# 4th Long Race 

19th January 2019

| Name | Race No | Time | Category | Swim | T1 | Cycle | T2 | Run |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| James Simpson | 125 | 00:57:49 | Senior Open | 00:10:19 | 00:00:44 | 00:26:57 | 00:01:01 | 00:18:49 |
| Andras Andrew | 114 | 00:59:40 | Senior Open | 00:08:11 | 00:00:47 | 00:29:18 | 00:00:29 | 00:20:56 |
| Brian Alderman | 136 | 01:07:17 | Senior Open | 00:11:49 | 00:00:52 | 00:30:32 | 00:00:55 | 00:23:10 |
| Sharon Goudkamp | 218 | 01:24:28 | Senior Open | 00:12:18 | 00:01:35 | 00:36:57 | 00:00:45 | 00:32:55 |
| Bill Chaffey | 150 | 01:03:17 | Senior Long | 00:11:40 | 00:00:50 | 00:36:07 | 00:00:49 | 00:13:52 |
| Brendon Murray | 107 | 1:05:57 | Senior Long | 00:11:32 | 00:00:37 | 00:32:57 | 00:00:30 | 0:20:23 |
| Matt Lamont | 106 | 01:06:42 | Senior Long | 00:10:59 | 00:00:34 | 00:34:30 | 00:00:28 | 00:20:13 |
| Dan Smith | 158 | 01:07:14 | Senior Long | 00:11:41 | 00:00:38 | 00:33:46 | 00:00:42 | 00:20:30 |
| Kai Davis | 113 | 01:12:09 | Senior Long | 00:12:04 | 00:00:31 | 00:36:36 | 00:00:37 | 00:22:23 |
| Brett Quantrill | 141 | 01:17:18 | Senior Long | 00:15:00 | 00:00:34 | 00:38:58 | 00:00:28 | 00:22:20 |
| Graham Hopkinson | 147 | 01:18:57 | Senior Long | 00:14:11 | 00:00:43 | 00:39:24 | 00:00:27 | 00:24:14 |
| Robert Davis | 102 | 01:19:11 | Senior Long | 00:12:19 | 00:00:44 | 00:40:38 | 00:00:50 | 00:24:41 |
| Jeanette Annett | 231 | 01:19:56 | Senior Long | 00:13:58 | 00:00:33 | 00:38:32 | 00:00:50 | 00:26:04 |
| Marnie Buckley | 210 | 01:21:08 | Senior Long | 00:13:00 | 00:01:09 | 00:40:59 | 00:00:51 | 00:25:10 |
| Daniel Bice | 112 | 01:27:07 | Senior Long | 00:15:32 | 00:00:47 | 00:44:39 | 00:00:31 | 00:25:40 |
| Chris Goudkamp | 111 | 01:29:33 | Senior Long | 00:14:03 | 00:00:49 | 00:43:11 | 00:01:01 | 00:30:30 |
| Ross Woodward | 110 | 01:30:11 | Senior Long | 00:12:55 | 00:00:43 | 00:42:13 | 00:01:22 | 00:33:00 |
| Elisha Dejong | 209 | 01:38:05 | Senior Long | 00:15:50 | 00:00:38 | 00:47:54 | 00:01:23 | 00:32:22 |
| Sean Carney | 322 | 00:29:10 | Intermediate Open | 00:04:32 | 00:01:01 | 00:14:25 | 00:00:29 | 00:08:45 |
| Anthony Carney | 343 | 00:32:41 | Intermediate Open | 00:05:35 | 00:01:11 | 00:15:22 | 00:00:30 | 00:10:04 |
| Sean Read | 324 | 00:34:08 | Intermediate Open | 00:07:22 | 00:01:22 | 00:15:01 | 00:00:43 | 00:09:41 |
| Liam Brown | 323 | 00:34:58 | Intermediate Open | 00:05:23 | 00:00:58 | 00:15:55 | 00:00:36 | 00:12:08 |
| Patrick Kee | 325 | 00:35:10 | Intermediate Open | 00:05:17 | 00:01:02 | 00:15:58 | 00:00:35 | 00:12:20 |
| Castro Pearso | 315 | 00:35:19 | Intermediate Open | 00:05:46 | 00:01:05 | 00:15:45 | 00:00:34 | 00:12:10 |
| Aaron Hair | 320 | 00:35:49 | Intermediate Open | 00:05:16 | 00:01:40 | 00:16:29 | 00:00:38 | 00:11:48 |
| Xavier Davis | 347 | 00:37:31 | Intermediate Open | 00:05:45 | 00:01:12 | 00:16:39 | 00:00:45 | 00:13:12 |
| Peter Fitzpatrick | 333 | 00:41:16 | Intermediate Open | 00:05:52 | 00:01:35 | 00:18:13 | 00:01:07 | 00:14:30 |
| Dylan Jankowski | 351 | 00:42:42 | Intermediate Open | 00:07:26 | 00:01:49 | 00:20:08 | 00:00:38 | 00:12:44 |
| Tahl Jenkins | 332 | 00:46:42 | Intermediate Open | 00:08:04 | 00:02:28 | 00:21:29 | 00:03:00 | 00:11:44 |
| David Walsh | 329 | 00:47:07 | Intermediate Open | 00:10:38 | 00:00:47 | 00:18:13 | 00:01:01 | 00:16:30 |
| Jet Tunsted | 336 | 00:57:43 | Intermediate Long | 00:08:51 | 00:00:32 | 00:28:37 | 00:00:45 | 00:18:59 |
| Michael Brooks | 303 | 01:03:53 | Intermediate Long | 00:13:52 | 00:01:11 | 00:28:33 | 00:00:53 | 00:19:26 |
| Miranda Quantrill | 436 | 01:04:22 | Intermediate Long | 00:10:23 | 00:00:45 | 00:30:43 | 00:00:29 | 00:22:04 |
| Heidi Chaffey | 404 | 01:04:50 | Intermediate Long | 00:12:12 | 00:00:47 | 00:29:33 | 00:00:32 | 00:21:49 |
| Asha Pearson | 453 | 01:05:51 | Intermediate Long | 00:11:19 | 00:00:55 | 00:30:21 | 00:00:27 | 00:22:51 |
| Tania Penrose | 456 | 01:07:12 | Intermediate Long | 00:10:48 | 00:00:44 | 00:31:30 | 00:00:30 | 00:23:42 |
| William Quantrill | 313 | 01:10:04 | Intermediate Long | 00:12:24 | 00:00:55 | 00:33:39 | 00:00:33 | 00:22:35 |
| Monique Brooks | 420 | 01:11:56 | Intermediate Long | 00:14:33 | 00:01:29 | 00:35:38 | 00:00:43 | 00:19:36 |
| Sasha Hendrikse | 414 | 00:32:52 | Intermediate Female | 00:05:24 | 00:00:56 | 00:15:40 | 00:00:35 | 00:10:17 |
| Tessa Hendrikse | 406 | 00:34:11 | Intermediate Female | 00:05:37 | 00:01:06 | 00:15:45 | 00:00:41 | 00:11:04 |
| Vanessa Chaffey | 402 | 00:34:54 | Intermediate Female | 00:06:18 | 00:00:36 | 00:15:04 | 00:00:53 | 00:12:05 |
| Priscilla Davis | 457 | 00:35:19 | Intermediate Female | 00:05:54 | 00:00:47 | 00:15:49 | 00:00:49 | 00:12:01 |
| Amity Chaffey | 428 | 00:36:43 | Intermediate Female | 00:05:55 | 00:00:54 | 00:17:13 | 00:00:37 | 00:12:05 |
| Heather Whyte | 408 | 00:36:52 | Intermediate Female | 00:06:10 | 00:01:12 | 00:16:26 | 00:00:43 | 00:12:23 |
| Trish Quantrill | 405 | 00:39:58 | Intermediate Female | 00:07:46 | 00:00:47 | 00:16:24 | 00:00:44 | 00:14:19 |
| Makayla Dejong | 443 | 00:40:13 | Intermediate Female | 00:06:11 | 00:01:06 | 00:18:46 | 00:00:26 | 00:13:47 |
| Olivia Glazebrook | 445 | 00:41:32 | Intermediate Female | 00:07:14 | 00:01:14 | 00:17:19 | 00:00:54 | 00:14:51 |
| Mary Woodward | 450 | 00:41:35 | Intermediate Female | 00:08:01 | 00:00:51 | 00:16:56 | 00:00:56 | 00:14:53 |

