

1st Long Race
28th January 2023

Name	Race No	Time	Category	Swim	T1	Cycle	T2	Run
Matt Lamont	106	01:08:40	Senior Open Long	00:10:44	00:00:33	00:35:27	00:00:45	00:21:09
Dan Smith	120	01:11:38	Senior Open Long	00:12:30	00:01:24	00:34:08	00:00:43	00:22:51
Tony Hall	121	01:12:11	Senior Open Long	00:13:27	00:00:26	00:34:08	00:00:44	00:23:24
Des Gooda	127	01:20:32	Senior Open Long	00:13:33	00:00:31	00:40:11	00:00:51	00:25:24
Brett Quantrill	141	01:20:41	Senior Open Long	00:16:17	00:00:46	00:40:23	00:00:31	00:22:40
Alex Torrance	129	01:25:00	Senior Open Long	00:16:29	00:01:18	00:40:53	00:01:21	00:24:57
Alex Wellm	116	01:25:16	Senior Open Long	00:11:23	00:04:20	00:41:56	00:00:29	00:27:07
Daniel Bice	112	01:27:23	Senior Open Long	00:16:17	00:01:00	00:42:56	00:00:58	00:26:11
Patrick Kee	105	01:27:29	Senior Open Long	00:15:26	00:00:54	00:41:22	00:00:42	00:29:02
Simon Buttenshaw	128	01:27:42	Senior Open Long	00:16:21	00:02:28	00:44:32	00:01:34	00:22:44
Ross Woodward	110	01:28:44	Senior Open Long	00:14:13	00:00:38	00:41:54	00:01:02	00:30:56
Craig Hoddinott	145	01:32:19	Senior Open Long	00:16:57	00:01:03	00:45:34	00:00:41	00:28:02
David Kee	103	01:38:33	Senior Open Long	00:19:55	00:01:22	00:42:29	00:00:38	00:34:06
Chris Goudkamp	111	01:08:32	Senior Open	00:10:25	00:00:58	00:30:21	00:00:53	00:25:54
Miranda Quantrill	202	01:19:43	Senior Female Long	00:15:24	00:00:41	00:41:24	00:00:27	00:21:45
Sera Graham	212	01:22:12	Senior Female Long	00:13:18	00:00:32	00:40:25	00:00:45	00:27:10
Suzie Vandebroek	218	01:33:28	Senior Female Long	00:14:39	00:01:24	00:41:37	00:01:41	00:34:05
Lisa Adams	213	01:34:37	Senior Female Long	00:13:51	00:01:23	00:46:54	00:01:09	00:31:18
Tania Penrose	201	01:39:45	Senior Female Long	00:17:17	00:00:56	00:49:44	00:01:01	00:30:46
Sharnah Bowen	206	1:45:35	Senior Female Long	0:21:06	00:01:08	00:46:49	00:01:29	00:34:51
Harrison Dowling	316	00:58:25	Intermediate Open Long	00:08:53	00:00:40	00:27:44	00:00:28	00:20:38
Mason Diplock	322	00:58:50	Intermediate Open Long	00:08:15	00:00:57	00:31:05	00:00:35	00:17:56
Lawrence Kee	302	01:15:53	Intermediate Open Long	00:11:02	00:01:39	00:34:59	00:00:32	00:27:39
Richard Wellm	326	01:17:25	Intermediate Open Long	00:12:27	00:01:49	00:34:02	00:00:40	00:28:25
Nicholas Walton	332	01:20:24	Intermediate Open Long	00:09:39	00:01:24	00:34:15	00:00:43	00:34:22
Chad Whyte	315	00:34:18	Intermediate Open	00:05:21	00:02:09	00:15:30	00:00:41	00:10:35
James Simpson	312	00:40:17	Intermediate Open	00:06:28	00:01:07	00:19:15	00:00:59	00:12:26
Emily Walton	427	01:09:37	Intermediate Female Long	00:11:47	00:00:42	00:34:06	00:00:38	00:22:22
Liz Simpson	435	01:11:51	Intermediate Female Long	00:12:39	00:00:49	00:34:29	00:00:37	00:23:15
Shandelle Carrol	403	01:22:45	Intermediate Female Long	00:16:16	00:00:45	00:34:29	00:00:46	00:30:27
Melanie Reeves	432	0:37:14	Intermediate Female	?	?	?	?	?
Milly Simpson	414	00:40:17	Intermediate Female	00:06:28	00:01:04	00:19:17	00:00:44	00:12:42
Mary Woodward	450	00:41:36	Intermediate Female	00:07:58	00:01:01	00:16:32	00:00:53	00:15:10
Hannah Hopkinson	401	0:44:11	Intermediate Female	?	?	?	?	?
Karen Walker	417	00:45:44	Intermediate Female	00:09:30	00:01:24	00:22:55	00:01:33	00:10:19