

Event 7

11th November 2023

Name	Race No	Time	Category	Swim	T1	Cycle	T2	Run	
Tony Hall	121	00:45:44	Senior Open	00:04:27	00:00:25	00:22:21	00:00:38	00:17:52	
Dan Smith	120	00:49:09	Senior Open	00:04:07	00:00:33	00:25:50	00:00:41	00:17:58	
Dean Cranney	115	00:49:12	Senior Open	00:05:30	00:00:37	00:25:43	00:00:57	00:16:27	
Jayson Hoffman	134	00:49:27	Senior Open	00:05:24	00:00:36	00:25:44	00:00:49	00:16:53	
Brett Quantrill	141	00:50:09	Senior Open	00:05:11	00:00:53	00:26:05	00:00:28	00:17:32	
Simon Buttenshaw	128	00:50:40	Senior Open	00:04:52	00:00:46	00:27:27	00:00:42	00:16:53	
Graham Hopkinson	147	00:50:49	Senior Open	00:05:06	00:00:38	00:26:32	00:00:40	00:17:54	
Arthur Gillard	122	00:51:47	Senior Open	00:04:45	00:00:32	00:26:01	00:00:35	00:19:56	
Patrick Kee	105	00:54:36	Senior Open	00:04:53	00:00:46	00:28:10	00:00:32	00:20:16	
Matthew Hill	113	00:54:40	Senior Open	00:05:19	00:00:41	00:29:57	00:00:44	00:17:59	
James Simpson	125	00:55:35	Senior Open	00:05:22	00:00:49	00:29:40	00:00:58	00:18:46	
Daniel Bice	112	00:55:54	Senior Open	00:04:57	00:01:01	00:28:22	00:00:47	00:20:47	
Chris Goudkamp	111	01:00:49	Senior Open	00:05:08	00:00:48	00:29:16	00:00:48	00:24:50	
Richard Wellm	119	01:02:10	Senior Open	00:06:48	00:00:40	00:29:51	00:00:32	00:24:20	
Blake Lotz	123	01:02:12	Senior Open	00:06:34	00:00:43	00:34:04	00:00:29	00:20:22	
Sharnah Bowen	206	00:45:20	Senior Female	00:06:21	00:00:52	00:29:47	00:00:39	00:07:41	S C S
Miranda Quantrill	202	00:50:30	Senior Female	00:04:34	00:00:53	00:27:30	00:00:25	00:17:07	
Sera Graham	212	00:55:09	Senior Female	00:04:32	00:00:32	00:27:57	00:00:38	00:21:31	
Marnie Buckley	210	00:59:41	Senior Female	00:04:35	00:00:58	00:30:14	00:01:19	00:22:35	
Tania Penrose	201	01:03:54	Senior Female	00:05:52	00:01:02	00:32:02	00:00:33	00:24:26	
Lisa Adams	213	01:05:15	Senior Female	00:05:09	00:01:09	00:33:14	00:00:58	00:24:45	
Elisha Dejong	209	01:06:40	Senior Female	00:05:46	00:00:47	00:35:00	00:01:07	00:24:01	
Lawrence Kee	302	00:33:20	Intermediate Open	00:05:20	00:01:45	00:15:52	00:00:30	00:09:53	
Max Bourke	307	00:34:10	Intermediate Open	00:05:28	00:00:57	00:17:29	00:00:36	00:09:41	
Chad Whyte	315	00:34:53	Intermediate Open	00:05:43	00:02:05	00:16:56	00:00:33	00:09:36	
Juliana King	441	00:32:05	Intermediate Female	00:05:22	00:00:37	00:14:49	00:00:47	00:10:31	
Grace Cupitt	406	0:34:31	Intermediate Female						swim run
Lomani Newman	454	00:34:53	Intermediate Female	00:04:19	00:00:57	00:17:03	00:01:00	00:11:34	
Alice Cupitt	423	00:34:56	Intermediate Female	00:06:28	00:00:54	00:16:45	00:00:32	00:10:17	
Makaylah De Jong	428	00:36:58	Intermediate Female	00:05:31	00:01:21	00:17:41	00:00:35	00:11:52	
Indi Rawson	404	00:37:47	Intermediate Female	00:04:45	00:01:06	00:20:55	00:00:47	00:10:14	
Eboni Rawson	430	0:37:53	Intermediate Female						
Milly Simpson	414	00:38:08	Intermediate Female	00:06:24	00:01:02	00:20:00	00:00:30	00:10:13	
Liz Simpson	435	00:38:09	Intermediate Female	00:06:48	00:00:40	00:20:01	00:00:31	00:10:09	
Heather Whyte	420	00:38:33	Intermediate Female	00:06:27	00:01:17	00:17:41	00:00:43	00:12:26	
Jennie Cupitt	422	00:38:42	Intermediate Female	00:06:53	00:01:21	00:17:34	00:00:43	00:12:12	
Hannah Hopkinson	401	00:40:23	Intermediate Female	00:06:09	00:00:44	00:18:13	00:00:35	00:14:42	
Kate Johnson	412	00:45:56	Intermediate Female	00:07:47	00:00:56	00:21:43	00:00:34	00:14:57	
Karen Walker	417	00:52:50	Intermediate Female	00:10:05	00:01:18	00:21:26	00:01:35	00:18:26	