

## 3rd Long Event

25th January 2025

| Name              | Race No | Time     | Category            | Swim     | T1       | Cycle    | T2       | Run      |
|-------------------|---------|----------|---------------------|----------|----------|----------|----------|----------|
| Chris Goudkamp    | 111     | 01:12:02 | Senior Open         | 00:10:49 | 00:01:10 | 00:30:00 | 00:01:15 | 00:28:47 |
| Bill Chaffey      | 150     | 01:05:27 | Senior Long         | 00:13:09 | 00:00:50 | 00:35:02 | 00:01:01 | 00:15:25 |
| Tony Hall         | 121     | 01:10:27 | Senior Long         | 00:12:56 | 00:00:30 | 00:33:01 | 00:00:39 | 00:23:21 |
| Mark Condon       | 148     | 01:12:52 | Senior Long         | 00:13:58 | 00:01:09 | 00:36:41 | 00:00:58 | 00:20:07 |
| Cameron Scutts    | 149     | 01:15:18 | Senior Long         | 00:13:53 | 00:00:52 | 00:35:25 | 00:00:56 | 00:24:13 |
| Clive Pearce      | 140     | 01:15:47 | Senior Long         | 00:15:44 | 00:00:46 | 00:35:41 | 00:00:41 | 00:22:54 |
| Dean Cranney      | 115     | 01:17:39 | Senior Long         | 00:15:12 | 00:00:41 | 00:38:35 | 00:01:09 | 00:22:02 |
| Blake Van Eck     | 137     | 01:18:03 | Senior Long         | 00:15:57 | 00:00:46 | 00:38:46 | 00:00:40 | 00:21:55 |
| Jayson Hoffman    | 134     | 01:18:03 | Senior Long         | 00:17:42 | 00:00:39 | 00:37:05 | 00:00:41 | 00:21:56 |
| Brett Quantrill   | 141     | 01:19:14 | Senior Long         | 00:15:56 | 00:00:48 | 00:39:01 | 00:00:31 | 00:23:00 |
| Juliana King      | 206     | 01:21:10 | Senior Long         | 00:12:19 | 00:00:37 | 00:42:17 | 00:00:37 | 00:25:21 |
| Ross Woodward     | 110     | 01:21:21 | Senior Long         | 00:13:45 | 00:00:40 | 00:37:49 | 00:00:53 | 00:28:14 |
| Graham Hopkinson  | 147     | 01:21:47 | Senior Long         | 00:15:36 | 00:00:39 | 00:39:23 | 00:00:46 | 00:25:25 |
| Miranda Quantrill | 202     | 01:21:55 | Senior Long         | 00:13:51 | 00:00:45 | 00:42:14 | 00:00:50 | 00:24:16 |
| Isa Soenen        | 215     | 01:23:48 | Senior Long         | 00:14:44 | 00:00:40 | 00:42:15 | 00:00:39 | 00:25:29 |
| Sofie Soenen      | 216     | 01:24:03 | Senior Long         | 00:14:55 | 00:00:35 | 00:42:10 | 00:00:36 | 00:25:47 |
| Patrick Kee       | 105     | 01:26:04 | Senior Long         | 00:15:16 | 00:02:09 | 00:42:36 | 00:00:29 | 00:25:35 |
| Daniel Bice       | 112     | 01:27:24 | Senior Long         | 00:15:15 | 00:01:03 | 00:42:20 | 00:01:10 | 00:27:37 |
| Matt Hill         | 113     | 01:27:40 | Senior Long         | 00:15:41 | 00:00:43 | 00:46:13 | 00:00:50 | 00:24:13 |
| Lawrence Kee      | 133     | 01:31:34 | Senior Long         | 00:16:13 | 00:02:01 | 00:45:32 | 00:00:36 | 00:27:13 |
| Yolanda Ross      | 214     | 01:32:34 | Senior Long         | 00:18:39 | 00:01:09 | 00:45:55 | 00:01:09 | 00:25:43 |
| David Kee         | 103     | 01:39:23 | Senior Long         | 00:20:32 | 00:01:43 | 00:43:20 | 00:00:56 | 00:32:52 |
| Sharnah Bowen     | 208     | 01:40:01 | Senior Long         | 00:19:46 | 00:00:59 | 00:45:14 | 00:01:28 | 00:32:34 |
| Hannah Hopkinson  | 207     | 02:02:16 | Senior Long         | 00:13:15 | 00:01:05 | 00:57:23 | 00:00:48 | 00:49:44 |
| Melanie Reeves    | 220     | 01:07:00 | Senior Female       | 00:13:56 | 00:00:43 | 00:31:02 | 00:00:33 | 00:20:46 |
| Tania Penrose     | 201     | 01:10:07 | Senior Female       | 00:11:43 | 00:01:08 | 00:30:08 | 00:01:16 | 00:25:52 |
| Rainer Tiffen     | 306     | 00:37:09 | Intermediate Open   | 00:05:38 | 00:02:05 | 00:16:29 | 00:00:41 | 00:12:15 |
| Anise Dawkins     | 424     | 01:04:22 | Intermediate Long   | 00:08:56 | 00:01:10 | 00:32:02 | 00:00:30 | 00:21:43 |
| Carlie Woodward   | 422     | 01:05:17 | Intermediate Long   | 00:11:38 | 00:01:09 | 00:29:29 | 00:00:36 | 00:22:25 |
| Milly Simpson     | 414     | 01:07:44 | Intermediate Long   | 00:10:00 | 00:00:59 | 00:33:10 | 00:00:34 | 00:23:02 |
| Joan Gibbons      | 439     | 01:09:53 | Intermediate Long   | 00:12:58 | 00:01:08 | 00:30:09 | 00:01:15 | 00:24:24 |
| Shandelle Carrol  | 403     | 01:12:42 | Intermediate Long   | 00:13:00 | 00:00:44 | 00:31:29 | 00:00:41 | 00:26:49 |
| Indi Rawson       | 404     | 01:17:37 | Intermediate Long   | 00:09:23 | 00:01:23 | 00:36:58 | 00:00:37 | 00:29:15 |
| Eboni Rawson      | 430     | 01:21:51 | Intermediate Long   | 00:10:15 | 00:01:59 | 00:37:03 | 00:00:54 | 00:31:41 |
| Dannielle Kee     | 408     | 01:21:52 | Intermediate Long   | 00:10:26 | 00:01:49 | 00:36:35 | 00:01:21 | 00:31:41 |
| Mary Woodward     | 450     | 01:24:03 | Intermediate Long   | 00:16:35 | 00:00:53 | 00:33:21 | 00:01:05 | 00:32:09 |
| Karen Walker      | 417     | 01:31:20 | Intermediate Long   | 00:16:37 | 00:01:13 | 00:39:22 | 00:01:17 | 00:32:51 |
| Elke Dawkins      | 425     | 00:31:29 | Intermediate Female | 00:04:13 | 00:00:49 | 00:15:12 | 00:00:29 | 00:10:47 |
| Amalia Pahlow     | 412     | 00:36:35 | Intermediate Female | 00:06:09 | 00:01:13 | 00:16:50 | 00:00:37 | 00:11:46 |
| Danielle Brown    | 419     | 00:42:14 | Intermediate Female | 00:05:49 | 00:02:20 | 00:19:55 | 00:00:59 | 00:13:11 |
| Rowena Lamont     | 456     | 00:42:46 | Intermediate Female | 00:05:55 | 00:01:21 | 00:17:42 | 00:01:19 | 00:16:29 |
| Bronte Brown      | 443     | 00:44:27 | Intermediate Female | 00:05:27 | 00:01:53 | 00:23:06 | 00:00:52 | 00:13:10 |
| Alani Lamont      | 434     | 00:45:13 | Intermediate Female | 00:05:48 | 00:01:27 | 00:18:31 | 00:01:07 | 00:18:19 |