

Event	First name	Last name	Gender	Age category	Chip	Finish time	Overall pos	Gender pos	Category pos	Club	Swim1 Leg Time	Run1 Leg Time	Swim2 Leg Time	Run2 Leg Time
Long	Teija	Gerebtzoff	Female	14-15	240	00:41:06	13	4	1	Performance Triathlon Coaching (PTC)	00:06:27	00:13:34	00:06:55	00:14:08
Long	Mikaela	Mbonzi Geach	Female	14-15	241	00:44:57	21	6	2	Performance Triathlon Coaching (PTC)	00:06:34	00:15:09	00:07:27	00:15:45
Long	Angharad	Llewellyn	Female	20-24	309	00:42:14	17	5	1	Performance Triathlon Coaching (PTC)	00:07:00	00:13:21	00:07:55	00:13:56
Long	Maggie	Welfare	Female	20-24	244	00:50:50	34	11	2	Tuggeranong Vikings Triathlon Club	00:08:26	00:16:26	00:09:23	00:16:33
Long	Sophie	Woolford	Female	20-24	245	00:51:50	37	14	3	Tuggeranong Vikings Triathlon Club	00:09:37	00:16:01	00:10:38	00:15:32
Long	Claire	Stutchbury	Female	20-24	243	00:56:29	49	22	4	Goulburn Triathlon Club	00:08:56	00:18:41	00:09:56	00:18:55
Long	Ellie	Barrett	Female	25-29	246	00:47:04	27	9	1	Tuggeranong Vikings Triathlon Club	00:07:29	00:15:38	00:08:11	00:15:44
Long	Heather	Gow-Carey	Female	25-29	249	00:49:13	31	10	2	Females In Training (FIT)	00:07:21	00:16:40	00:08:16	00:16:54
Long	Lauren	Hendriks	Female	25-29	250	00:51:41	36	13	3	Canberra Bilbys Triathlon Club	00:07:47	00:17:30	00:08:53	00:17:28
Long	Natasha	Goodwin	Female	25-29	247	00:57:23	50	23	4	Females In Training (FIT)	00:09:20	00:19:00	00:09:55	00:19:07
Long	Kirsten	Simpkins	Female	25-29	252	01:16:23	58	28	5	Canberra Bilbys Triathlon Club	00:10:34	00:26:35	00:12:48	00:26:24
Long	Kym	Somi	Female	30-34	310	00:40:13	9	2	1	Performance Triathlon Coaching (PTC)	00:06:45	00:12:52	00:07:22	00:13:13
Long	Jacqui	Pham	Female	30-34	254	00:52:22	39	16	2	Canberra Bilbys Triathlon Club	00:08:34	00:16:57	00:09:43	00:17:07
Long	Marijke	Welvaert	Female	30-34	255	01:10:10	56	27	3	Canberra Bilbys Triathlon Club	00:11:36	00:22:47	00:13:56	00:21:50
Long	Carolyn	Mclaren	Female	35-39	260	00:51:53	38	15	1	Canberra Bilbys Triathlon Club	00:08:54	00:16:30	00:10:11	00:16:17
Long	Nicole	Davies	Female	35-39	257	00:54:07	41	17	2	No club	00:10:00	00:16:29	00:10:49	00:16:47
Long	Joanne	Haynes	Female	35-39	259	00:58:07	52	24	3	Australian Defence Force ACT	00:11:10	00:16:31	00:13:17	00:17:07
Long	Jodie	Barker	Female	40-44	265	00:45:04	23	7	1	Canberra Bilbys Triathlon Club	00:08:27	00:13:46	00:09:10	00:13:40
Long	Sarah	Whittaker	Female	40-44	269	00:45:57	25	8	2	Exceed Fitness	00:07:41	00:14:57	00:08:17	00:15:00
Long	Sonia	Worsley	Female	40-44	270	01:04:02	55	26	3	Tuggeranong Vikings Triathlon Club	00:09:41	00:21:02	00:11:14	00:22:04
Long	Alison	Hale	Female	45-49	271	00:56:01	46	20	1	Tuggeranong Vikings Triathlon Club	00:08:33	00:18:17	00:10:24	00:18:45
Long	Sharon	Humphreys	Female	50-54	273	00:54:28	42	18	1	Performance Triathlon Club (PTC)	00:10:16	00:16:39	00:11:37	00:15:54
Long	Leeanne	Tennant	Female	55-59	279	00:51:22	35	12	1	Performance Triathlon Coaching (PTC)	00:09:46	00:15:48	00:10:19	00:15:29
Long	Pam	Faulks	Female	55-59	277	00:56:09	48	21	2	Performance Triathlon Coaching (PTC)	00:09:23	00:18:16	00:10:05	00:18:23
Long	Sue	Bowden	Female	60-64	280	00:55:54	45	19	1	Tuggeranong Vikings Triathlon Club	00:09:22	00:18:07	00:10:23	00:18:01
Long	Jean	Chesson	Female	60-64	281	01:03:00	53	25	2	Females In Training (FIT)	00:12:19	00:17:24	00:15:25	00:17:51
Long	Ellie	Hoitink	Female	Open	283	00:38:11	6	1	1	Performance Triathlon Club (PTC)	00:06:27	00:12:19	00:06:48	00:12:36
Long	Penny	Slater	Female	Open	284	00:40:38	11	3	2	Canberra Bilbys Triathlon Club	00:06:59	00:12:46	00:07:41	00:13:11
Long	Jack	Wallis	Male	16-19	201	00:37:40	5	5	1	TACT No Club	00:06:59	00:11:32	00:07:35	00:11:32
Long	Daudi	Somi	Male	25-29	206	00:33:11	2	2	1	Performance Triathlon Coaching (PTC)	00:05:58	00:10:23	00:06:12	00:10:37
Long	Nuru	Somi	Male	25-29	318	00:35:34	3	3	2	Performance Triathlon Coaching (PTC)	00:05:53	00:10:26	00:06:01	00:13:12
Long	Thomas	Brazier	Male	25-29	202	00:40:05	8	7	3	Canberra Bilbys Triathlon Club	00:08:36	00:11:12	00:09:19	00:10:57
Long	Andrew	Welch	Male	25-29	207	00:45:51	24	17	4	Canberra Bilbys Triathlon Club	00:08:21	00:14:02	00:09:56	00:13:30
Long	Christian	Dent	Male	25-29	203	00:46:42	26	18	5	Canberra Bilbys Triathlon Club	00:08:30	00:14:21	00:09:21	00:14:29
Long	Dale	Ohlmus	Male	25-29	204	00:49:22	33	22	6	Canberra Bilbys Triathlon Club	00:08:58	00:15:38	00:09:45	00:14:59
Long	Timothy	Pidcock	Male	25-29	205	00:55:12	44	25	7	Canberra Bilbys Triathlon Club	00:09:20	00:17:20	00:11:17	00:17:14
Long	Mark	Bateman	Male	30-34	208	00:41:35	16	12	1	Performance Triathlon Coaching (PTC)	00:08:04	00:12:57	00:08:32	00:12:00
Long	Adam	Maiden	Male	30-34	210	00:43:35	19	14	2	Tuggeranong Vikings Triathlon Club	00:08:58	00:12:38	00:09:34	00:12:24
Long	Jeremy	Reading	Male	30-34	211	00:44:57	22	16	3	Canberra Bilbys Triathlon Club	00:07:55	00:13:56	00:09:02	00:14:03
Long	Mike	Tunnah	Male	30-34	212	00:57:43	51	27	4	Canberra Bilbys Triathlon Club	00:10:02	00:14:03	00:11:14	00:22:23
Long	Wayne	Corlis	Male	35-39	213	00:40:19	10	8	1	Performance Triathlon Coaching (PTC)	00:07:56	00:11:56	00:08:36	00:11:50
Long	Shane	Kelly	Male	35-39	214	00:48:46	29	20	2	Canberra Bilbys Triathlon Club	00:09:46	00:14:05	00:10:40	00:14:14

Long	David	Peedom	Male	40-44	221	00:37:17	4	4	1	TACT No Club	00:06:51	00:11:32	00:07:21	00:11:31
Long	Bruce	Norton	Male	40-44	220	00:41:31	14	10	2	Performance Triathlon Club (PTC)	00:08:03	00:12:13	00:09:02	00:12:11
Long	Scott	Tyo	Male	40-44	222	00:41:34	15	11	3	Canberra Bilbys Triathlon Club	00:08:24	00:12:06	00:09:18	00:11:44
Long	Kent	Maxwell	Male	40-44	218	00:47:08	28	19	4	No club	00:08:01	00:15:03	00:08:47	00:15:16
Long	Garry	Mills	Male	40-44	219	00:49:14	32	21	5	No club	00:09:24	00:15:24	00:10:07	00:14:17
Long	Iain	Addinell	Male	45-49	224	00:38:26	7	6	1	Canberra Bilbys Triathlon Club	00:06:30	00:12:21	00:06:50	00:12:43
Long	Simon	Ernst	Male	45-49	226	00:42:33	18	13	2	Canberra Bilbys Triathlon Club	00:08:18	00:12:47	00:08:50	00:12:37
Long	Mick	Hanbury	Male	45-49	227	00:43:42	20	15	3	Tridents Triathlon Club	00:08:12	00:13:21	00:09:02	00:13:06
Long	Joe	Westhuizen	Male	50-54	302	00:41:04	12	9	1	Hills Triathlon Club Membership	00:07:02	00:12:55	00:07:50	00:13:16
Long	John	Cartwright	Male	50-54	230	00:53:02	40	23	2	Performance Triathlon Coaching (PTC)	00:10:07	00:15:32	00:11:50	00:15:32
Long	Tony	Mccormack	Male	50-54	231	00:56:02	47	26	3	Tuggeranong Vikings Triathlon Club	00:10:04	00:16:46	00:11:54	00:17:17
Long	Geoff	Williams	Male	55-59	234	01:03:55	54	28	1	Tuggeranong Vikings Triathlon Club	00:13:28	00:18:54	00:12:14	00:19:16
Long	Brett	Hausmann	Male	55-59	233	01:11:11	57	29	2	Tuggeranong Vikings Triathlon Club	00:09:41	00:16:29	00:11:06	00:33:54
Long	Rod	Harrod	Male	60-64	235	00:54:32	43	24	1	Tuggeranong Vikings Triathlon Club	00:10:31	00:16:01	00:11:20	00:16:38
Long	Lachlan	Lewis	Male	75-79	286	01:38:12	59	30	1	Canberra Bilbys Triathlon Club	00:21:00	00:26:31	00:21:59	00:28:41
Long	Adam	Rudgley	Male	Open	238	00:32:46	1	1	1	Performance Triathlon Club (PTC)	00:05:56	00:10:24	00:06:00	00:10:24
Long		Team Binder	Mixed	Team	239	00:48:50	30	1	1	Canberra Bilbys Triathlon Club	00:07:17	00:16:07	00:07:51	00:17:33