

Event	First name	Last name	Club	Gender	Age Group	Chip #	Overall pos	Finish time	Gen pos	Cat pos	Run1 Leg Time	Swim Leg Time	Run2 Leg Time
Long	Jordyne	Rauter	Performance Triathlon Club (PTC)	Female	12-13	245	6	00:37:19	1	1	00:09:41	00:17:45	00:09:52
Long	Teija	Gerebtzoff	Performance Triathlon Coaching (PTC)	Female	14-15	246	8	00:38:23	2	1	00:10:20	00:17:04	00:10:58
Long	Mikaela	Mbonzi Geach	Performance Triathlon Coaching (PTC)	Female	14-15	247	19	00:41:23	8	2	00:11:13	00:17:50	00:12:19
Long	Laura	Ghali	The Hills Triathlon Club	Female	16-19	251	12	00:39:10	4	1	00:11:01	00:16:42	00:11:26
Long	Lauren	Elliott	Performance Triathlon Club (PTC)	Female	16-19	249	16	00:40:34	6	2	00:10:44	00:18:43	00:11:06
Long	Sarah	Gardner	Newcastle Tri Club	Female	16-19	250	21	00:41:50	9	3	00:11:14	00:17:18	00:13:18
Long	Sophie	Woolford	Tuggeranong Vikings Triathlon Club	Female	20-24	254	48	00:51:35	19	1	00:12:09	00:26:30	00:12:56
Long	Claire	Stutchbury	Goulburn Triathlon Club	Female	20-24	252	57	00:53:58	27	2	00:14:44	00:23:51	00:15:23
Long	Heather	Gow-Carey	Females In Training (FIT)	Female	25-29	257	37	00:46:37	14	1	00:12:16	00:20:40	00:13:41
Long	Elizabeth	Mutton	Canberra Bilbys Triathlon Club	Female	25-29	259	51	00:52:34	22	2	00:15:05	00:21:45	00:15:43
Long	Natasha	Goodwin	Females In Training (FIT)	Female	25-29	256	54	00:53:41	25	3	00:14:52	00:23:41	00:15:07
Long	Kym	Somi	Performance Triathlon Coaching (PTC)	Female	30-34	306	14	00:40:03	5	1	00:10:15	00:18:31	00:11:17
Long	Jacqui	Pham	Canberra Bilbys Triathlon Club	Female	30-34	262	49	00:51:38	20	2	00:13:24	00:23:43	00:14:29
Long	Jessica	Faulks	Canberra Bilbys Triathlon Club	Female	30-34	261	53	00:53:08	24	3	00:13:37	00:24:40	00:14:50
Long	Emily	Stacey	Canberra Bilbys Triathlon Club	Female	35-39	270	17	00:40:49	7	1	00:10:05	00:20:21	00:10:22
Long	Carolyn	Mclaren	Canberra Bilbys Triathlon Club	Female	35-39	267	43	00:50:09	17	2	00:12:46	00:24:22	00:13:00
Long	Jane	Wardlaw	exceed Fitness	Female	35-39	271	60	00:57:28	28	3	00:13:15	00:30:22	00:13:50
Long	Joanne	Haynes	Australian Defence Force Triathlon Club	Female	35-39	266	62	00:58:43	29	4	00:13:26	00:31:09	00:14:07
Long	Alana	Samodol	Canberra Bilbys Triathlon Club	Female	35-39	269	65	01:01:12	32	5	00:15:20	00:29:06	00:16:45
Long	Tanya	Alston	Tuggeranong Vikings Triathlon Club	Female	35-39	265	68	01:05:10	34	6	00:16:35	00:31:00	00:17:33
Long	Sarah	Whittaker	exceed Fitness	Female	40-44	276	29	00:43:26	12	1	00:11:46	00:19:37	00:12:02
Long	Felicity	Roantree	No Club	Female	40-44	274	38	00:46:55	15	2	00:12:00	00:22:12	00:12:42
Long	Sonia	Worsley	Tuggeranong Vikings Triathlon Club	Female	40-44	277	67	01:03:46	33	3	00:16:28	00:28:21	00:18:57
Long	Emma	Parker	Tuggeranong Vikings Triathlon Club	Female	40-44	273	71	01:07:17	36	4	00:18:31	00:29:29	00:19:17
Long	Angela	Bateup	Performance Triathlon Coaching (PTC)	Female	45-49	321	24	00:42:28	11	1	00:09:37	00:22:19	00:10:30
Long	Janeen	Hay	Jervis Bay	Female	45-49	295	41	00:49:16	16	2	00:13:14	00:22:08	00:13:53
Long	Penny	Palfrey	Bargara	Female	50-54	282	22	00:42:12	10	1	00:12:42	00:16:07	00:13:21
Long	Kerrie	Muir	Tuggeranong Vikings Triathlon Club	Female	50-54	281	32	00:44:16	13	2	00:11:30	00:20:57	00:11:48
Long	Sharon	Humphreys	Performance Triathlon Club (PTC)	Female	50-54	280	56	00:53:58	26	3	00:12:51	00:27:48	00:13:17
Long	Amanda	Power	Females In Training (FIT)	Female	50-54	283	64	01:01:12	31	4	00:15:09	00:30:02	00:16:01
Long	Leeanne	Tennant	Performance Triathlon Coaching (PTC)	Female	55-59	288	45	00:50:51	18	1	00:12:33	00:25:33	00:12:45
Long	Trish	Phillips	Females In Training (FIT)	Female	55-59	287	50	00:52:26	21	2	00:13:25	00:24:34	00:14:26
Long	Petra	Lean	Canberra Bilbys Triathlon Club	Female	55-59	286	72	01:10:25	37	3	00:17:37	00:34:52	00:17:56
Long	Sue	Bowden	Tuggeranong Vikings Triathlon Club	Female	60-64	289	52	00:52:41	23	1	00:14:02	00:24:26	00:14:12

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Long	Robyn	McClelland	Females In Training (FIT)	Female	60-64	292	63	01:00:54	30	2	00:14:49	00:30:55	00:15:09
Long	Jean	Chesson	Females In Training (FIT)	Female	60-64	290	69	01:05:47	35	3	00:14:24	00:36:36	00:14:47
Long	Julie	Dart	Jervis Bay	Female	60-64	291	73	01:13:40	38	4	00:22:23	00:27:11	00:24:06
Long	Penny	Slater	Canberra Bilbys Triathlon Club	Female	Open	294	10	00:38:32	3	1	00:09:50	00:18:13	00:10:28
Long	Jack	Wallis	TACT No Club	Male	16-19	201	9	00:38:25	7	1			
Long	Ben	O'sullivan	Tuggeranong Vikings Triathlon Club	Male	20-24	202	30	00:44:07	18	1	00:10:57	00:22:19	00:10:50
Long	Nuru	Somi	Performance Triathlon Coaching (PTC)	Male	25-29	308	1	00:31:22	1	1	00:08:18	00:14:27	00:08:36
Long	Daudi	Somi	Performance Triathlon Coaching (PTC)	Male	25-29	207	3	00:32:02	3	2	00:08:19	00:15:06	00:08:36
Long	David	Halpin	Performance Triathlon Club (PTC)	Male	25-29	204	11	00:39:09	8	3	00:09:54	00:19:33	00:09:41
Long	Andrew	Welch	Canberra Bilbys Triathlon Club	Male	25-29	208	28	00:43:20	17	4	00:10:31	00:22:08	00:10:40
Long	Christian	Dent	Canberra Bilbys Triathlon Club	Male	25-29	203	34	00:45:23	20	5	00:10:35	00:22:40	00:12:07
Long	Dale	Ohlmus	Canberra Bilbys Triathlon Club	Male	25-29	205	47	00:51:15	28	6	00:12:35	00:25:29	00:13:11
Long	Guy	Jones	Canberra Bilbys Triathlon Club	Male	30-34	210	13	00:39:28	9	1	00:11:22	00:17:10	00:10:55
Long	Mark	Bateman	Performance Triathlon Coaching (PTC)	Male	30-34	209	20	00:41:38	12	2	00:09:58	00:21:14	00:10:26
Long	Jeremy	Reading	Canberra Bilbys Triathlon Club	Male	30-34	212	36	00:46:09	22	3	00:10:45	00:21:55	00:13:28
Long	Mike	Tunnah	Canberra Bilbys Triathlon Club	Male	30-34	213	42	00:49:28	25	4	00:10:30	00:27:36	00:11:21
Long	Wayne	Corlis	Performance Triathlon Coaching (PTC)	Male	35-39	214	18	00:40:57	11	1	00:09:36	00:21:33	00:09:47
Long	Daniel	Watt	No Club	Male	35-39	319	31	00:44:12	19	2	00:10:36	00:21:46	00:11:49
Long	Shane	Kelly	Canberra Bilbys Triathlon Club	Male	35-39	215	44	00:50:33	26	3	00:11:29	00:27:04	00:11:59
Long	David	Peedom	TACT No Club	Male	40-44	220	5	00:35:58	5	1	00:09:00	00:17:25	00:09:32
Long	Scott	Tyo	Canberra Bilbys Triathlon Club	Male	40-44	304	27	00:43:13	16	2	00:09:28	00:23:40	00:10:04
Long	Paul	Jeffery	Canberra Bilbys Triathlon Club	Male	40-44	217	35	00:45:51	21	3	00:13:14	00:19:03	00:13:33
Long	Garry	Mills	No club	Male	40-44	219	40	00:48:29	24	4	00:11:17	00:24:42	00:12:28
Long	Iain	Addinell	Canberra Bilbys Triathlon Club	Male	45-49	222	7	00:37:31	6	1	00:09:53	00:16:58	00:10:39
Long	Mick	Hanbury	Tridents Triathlon Club	Male	45-49	227	23	00:42:25	13	2	00:10:16	00:21:17	00:10:51
Long	Simon	Ernst	Canberra Bilbys Triathlon Club	Male	45-49	225	26	00:42:55	15	3	00:10:14	00:22:00	00:10:40
Long	Perry	Blackmore	Canberra Bilbys Triathlon Club	Male	50-54	229	15	00:40:32	10	1	00:10:54	00:18:38	00:10:59
Long	John	Cartwright	Performance Triathlon Coaching (PTC)	Male	50-54	231	46	00:50:52	27	2	00:11:53	00:26:30	00:12:29
Long	Tony	Mccormack	Tuggeranong Vikings Triathlon Club	Male	50-54	232	61	00:58:09	32	3	00:13:28	00:30:02	00:14:38
Long	Stephen	Avery	Tuggeranong Vikings Triathlon Club	Male	50-54	228	70	01:06:47	34	4	00:15:46	00:34:29	00:16:31
Long	Chris	Palfrey	Bargara	Male	55-59	236	25	00:42:31	14	1	00:11:12	00:19:49	00:11:28
Long	Alan	Clark	ADFTC	Male	55-59	234	39	00:47:32	23	2	00:11:57	00:22:51	00:12:42
Long	Brett	Hausmann	Tuggeranong Vikings Triathlon Club	Male	55-59	235	59	00:56:51	31	3	00:14:08	00:28:47	00:13:55

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Long	Geoff	Williams	Tuggeranong Vikings Triathlon Club	Male	55-59	237	66	01:01:17	33	4	00:14:45	00:30:48	00:15:44
Long	Robin	Collins	Canberra Bilbys Triathlon Club	Male	60-64	238	58	00:55:59	30	1	00:13:12	00:29:39	00:13:06
Long	David	Bausmann	Canberra Bilbys Triathlon Club	Male	65-69	239	55	00:53:57	29	1	00:12:25	00:28:48	00:12:43
Long	Bernard	Crowe	Canberra Bilbys Triathlon Club	Male	75-79	240	74	01:28:15	35	1	00:20:58	00:44:47	00:22:29
Long	Lachlan	Lewis	Canberra Bilbys Triathlon Club	Male	75-79	241	75	01:37:08	36	2	00:20:36	00:52:49	00:23:43
Long	Conor	Sproule	Performance Triathlon Club (PTC)	Male	Open	244	2	00:31:44	2	1	00:08:18	00:14:29	00:08:55
Long	Jack	Bigmore	Performance Triathlon Club (PTC)	Male	Open	243	4	00:33:31	4	2	00:08:19	00:16:03	00:09:08
Long	Team	Kinder-Binstock	Canberra Bilbys Triathlon Club	Mixed	Team	315	33	00:44:42	1	1	00:12:52	00:18:43	00:13:06