

## Self-Transcendence Sprint Triathlon - Individual Results

Plc	Name	Overall	Cat Plc	Category	Swim	S/Plc	S/Cat Plc	S/Sex Plc	Cycle	C/Plc	C/Cat Plc	C/Sex Plc	Km/hr	Run	R/Plc	R/Cat Plc	R/Sex Plc	mins/km	Club
1	Jonathan Hal	0:51:31.8	1	M 30- 34	0:07:38.0	16	2	10	0:29:38.8	1	1	1	36.43	0:14:05.0	1	1	1	3:31	Illawarra
2	Ryan O'Neill	0:54:37.1	1	M 25- 29	0:06:45.5	1	1	1	0:32:21.3	2	1	2	33.38	0:15:20.3	4	2	4	3:50	Tridents
3	Ryan Yates	0:54:46.8	2	M 25- 29	0:07:33.7	13	3	7	0:32:36.8	4	2	4	33.12	0:14:26.4	3	1	2	3:37	
4	James Greathead	0:55:38.4	1	M 16- 19	0:07:05.4	6	3	5	0:32:29.3	3	1	3	33.24	0:15:53.7	7	1	5	3:58	Illawarra
5	Stephen Nicholson	0:56:43.1	2	M 16- 19	0:06:54.2	3	1	2	0:33:01.7	5	2	5	32.7	0:16:37.3	17	2	13	4:09	
6	Phillip Baigent	0:56:59.7	1	M 40- 44	0:07:32.6	12	1	6	0:33:09.6	7	1	7	32.57	0:16:17.6	11	1	10	4:04	Cronulla
7	Paul Micale	0:57:30.1	2	M 30- 34	0:07:39.8	17	3	11	0:35:21.2	18	5	17	30.55	0:14:29.2	2	2	3	3:37	Illawarra
8	Philip Clarke	0:58:17.4	3	M 16- 19	0:06:55.7	5	2	4	0:33:32.2	8	3	8	32.2	0:17:49.6	33	4	30	4:27	Tridents
9	Paul Every	0:58:37.7	1	M 35- 39	0:08:35.8	46	3	34	0:33:36.2	9	1	9	32.14	0:16:25.7	13	3	11	4:06	
10	Garry Stevens	0:58:42.0	3	M 30- 34	0:08:24.1	32	4	25	0:33:07.4	6	2	6	32.61	0:17:10.5	22	6	20	4:18	Bilbys
11	Craig May	0:58:49.7	4	M 30- 34	0:08:40.2	50	9	38	0:34:07.1	11	3	11	31.66	0:16:02.5	6	3	7	4:01	
12	Graeme Sproule	0:58:55.6	2	M 35- 39	0:08:25.1	35	2	27	0:33:45.3	10	2	10	32	0:16:45.2	16	5	16	4:11	Tridents
13	Stuart Shaw	0:59:54.8	3	M 25- 29	0:06:54.3	4	2	3	0:36:15.9	28	4	26	29.78	0:16:44.6	15	3	15	4:11	Tridents
14	Gary Rolfe	1:00:05.9	3	M 35- 39	0:08:39.8	49	5	37	0:34:09.8	12	3	12	31.61	0:17:16.3	24	6	22	4:19	Bilbys
15	Tegan Makowski	1:00:20.4	1	F 16- 19	0:06:48.3	2	1	1	0:34:28.0	14	1	1	31.33	0:18:54.1	72	2	9	4:44	Illawarra
16	Timothy Reed	1:00:28.9	4	M 16- 19	0:07:47.9	18	5	12	0:35:39.4	20	4	19	30.29	0:17:01.7	20	3	18	4:15	
17	Craig Harmer	1:00:46.9	5	M 30- 34	0:08:44.6	56	10	42	0:35:12.2	16	4	15	30.68	0:16:50.1	18	5	17	4:13	
18	Kerry Baxter	1:00:47.9	4	M 35- 39	0:09:54.7	124	14	88	0:34:38.4	15	4	14	31.18	0:16:14.8	10	2	9	4:04	Goulburn Tri Club
19	Jon Iles	1:00:58.6	5	M 35- 39	0:07:59.6	21	1	15	0:35:37.6	19	5	18	30.32	0:17:21.5	25	7	23	4:20	Balmoral
20	Patricia McKibbin	1:01:17.9	1	F16U	0:07:28.0	11	3	6	0:35:47.5	21	1	2	30.17	0:17:52.4	38	1	5	4:28	
21	Wade Mitchell	1:01:25.3	6	M 30- 34	0:07:36.2	14	1	8	0:36:02.5	26	9	24	29.97	0:17:46.7	32	7	29	4:27	Wagga Tri-ants
22	Grant Allan Brady	1:01:46.2	6	M 35- 39	0:09:01.3	71	8	54	0:36:42.7	32	6	30	29.42	0:16:02.3	5	1	6	4:01	Balmoral
23	Billy Griffiths	1:01:51.1	1	M 16U	0:08:12.5	27	2	20	0:37:30.6	49	3	45	28.79	0:16:08.0	9	1	8	4:02	Bilbys
24	David Sullivan	1:02:34.4	7	M 35- 39	0:08:59.7	68	7	51	0:37:08.6	41	8	39	29.08	0:16:26.2	14	4	12	4:07	Botany Bay
25	Andrew Crawford	1:02:56.8	1	M 20- 24	0:08:01.0	22	1	16	0:36:16.4	29	1	27	29.77	0:18:39.4	56	2	48	4:40	Cronulla
26	Adrian Cherney	1:03:07.9	7	M 30- 34	0:09:09.2	82	15	63	0:35:50.9	22	6	20	30.13	0:18:07.8	41	10	35	4:32	
27	Lindsey Wall	1:03:18.8	2	M 16U	0:07:58.0	19	1	13	0:36:57.3	38	2	36	29.22	0:18:23.6	47	2	40	4:36	
28	David Meere	1:03:21.2	8	M 30- 34	0:08:52.6	63	12	47	0:36:23.9	30	10	28	29.67	0:18:04.8	39	9	33	4:31	Bilbys
29	Anthony Karsay	1:03:27.4	4	M 25- 29	0:08:11.5	26	5	19	0:36:45.4	33	5	31	29.38	0:18:30.6	49	5	42	4:38	BRAT - Bondi Runners
30	Lisa Cash	1:03:42.2	1	F 30- 34	0:08:41.9	53	4	13	0:37:28.8	48	2	4	28.82	0:17:21.6	28	1	3	4:20	Balmoral
31	Brad Hetharia	1:03:51.1	5	M 25- 29	0:09:33.4	109	16	82	0:35:12.7	17	3	16	30.67	0:19:05.1	73	12	64	4:46	
32	Leif Schnoor	1:04:23.5	1	M 45- 49	0:11:08.5	207	9	146	0:34:17.1	13	1	13	31.5	0:18:58.0	66	3	58	4:45	Panthers
33	Jane Zeller	1:04:28.3	1	F 35- 39	0:09:11.3	87	2	21	0:38:56.0	67	1	7	27.74	0:16:11.0	12	2	2	4:03	
34	Andrew Arundel	1:04:28.3	3	M 16U	0:08:21.9	30	3	23	0:36:47.9	34	1	32	29.35	0:19:18.6	82	4	71	4:50	
35	David Hamer	1:04:56.8	6	M 25- 29	0:08:09.4	25	4	18	0:36:50.9	35	6	33	29.31	0:19:56.5	95	15	82	4:59	Tridents
36	Richard Taylor	1:05:01.4	9	M 30- 34	0:08:27.8	37	6	29	0:38:05.1	54	14	49	28.36	0:18:28.5	48	11	41	4:37	Bilbys
37	Simon Comish	1:05:10.6	8	M 35- 39	0:08:38.0	47	4	35	0:37:17.0	43	9	41	28.97	0:19:15.6	78	16	68	4:49	
38	Myles Hannan	1:05:18.4	10	M 30- 34	0:12:27.2	264	40	180	0:36:00.8	24	8	22	29.99	0:16:40.4	19	4	14	4:10	BRAT - Bondi Runners
39	Jim Williams	1:05:25.0	1	M 50- 54	0:08:56.5	65	1	49	0:39:19.3	73	6	66	27.47	0:17:09.3	21	1	19	4:17	
40	Rodney McWhirter	1:05:26.6	9	M 35- 39	0:09:05.6	74	9	57	0:36:56.3	37	7	35	29.24	0:19:24.7	86	19	74	4:51	
41	Kevin Miller	1:05:43.0	7	M 25- 29	0:09:08.6	80	11	62	0:37:32.0	50	7	46	28.78	0:19:02.5	71	11	63	4:46	
42	Stephanie Leary	1:05:53.6	2	F16U	0:07:10.2	8	2	3	0:37:52.6	53	2	5	28.51	0:20:40.8	123	2	17	5:10	
43	Darren Adams	1:05:56.7	10	M 35- 39	0:10:28.5	165	22	117	0:37:42.9	51	11	47	28.64	0:17:45.3	31	9	28	4:26	Macarthur
44	Sally Timbrell	1:05:58.5	2	F 30- 34	0:07:26.0	10	1	5	0:37:25.4	47	1	3	28.86	0:21:07.2	134	4	21	5:17	Balmoral
45	Barry Bond	1:05:58.6	2	M 40- 44	0:09:01.1	69	6	52	0:36:01.1	25	2	23	29.98	0:20:56.4	127	17	108	5:14	
46	Greg Matthews	1:06:08.5	3	M 40- 44	0:08:47.3	58	4	43	0:38:58.5	68	6	61	27.71	0:18:22.8	46	3	39	4:36	Panthers
47	Philip Whistler	1:06:17.6	2	M 50- 54	0:12:48.1	273	13	182	0:36:04.8	27	1	25	29.93	0:17:24.8	27	3	25	4:21	
48	David Garrity	1:06:24.4	4	M 40- 44	0:10:00.7	132	14	93	0:38:11.1	55	3	50	28.28	0:18:12.6	43	2	36	4:33	
49	Bradley Stretton	1:06:25.5	2	M 20- 24	0:08:54.9	64	3	48	0:37:18.0	44	2	42	28.95	0:20:12.6	106	3	92	5:03	Panthers
50	James Box	1:06:38.5	1	M 55- 59	0:08:35.0	45	1	33	0:40:31.7	96	4	83	26.65	0:17:31.9	29	1	26	4:23	BRAT - Bondi Runners
51	Kate Griffiths	1:06:50.7	2	F 16- 19	0:09:08.7	81	6	19	0:39:32.6	78	2	9	27.31	0:17:59.5	42	1	7	4:30	Bilbys
52	Gary Fairweather	1:07:04.5	3	M 50- 54	0:10:29.8	167	7	118	0:37:09.6	42	2	40	29.06	0:19:25.2	87	4	75	4:51	
53	John McCarthy	1:07:05.8	11	M 35- 39	0:10:23.4	159	20	112	0:38:37.6	61	12	56	27.96	0:18:04.8	39	11	33	4:31	Bilbys
54	Craig Lambeth	1:07:13.6	11	M 30- 34	0:08:48.1	59	11	44	0:37:06.5	40	13	38	29.1	0:21:19.1	142	20	121	5:20	Panthers
55	Martin Brady	1:07:15.9	4	M 50- 54	0:09:27.0	98	3	74	0:40:27.3	92	8	79	26.7	0:17:21.6	26	2	24	4:20	
56	Andrew Mohr	1:07:21.7	12	M 30- 34	0:10:08.0	140	21	101	0:36:00.6	23	7	21	29.99	0:21:13.2	139	19	118	5:18	
57	Craig Simonetto	1:07:23.6	8	M 25- 29	0:08:26.9	36	9	28	0:39:56.9	82	10	73	27.03	0:18:59.8	69	10	61	4:45	Tridents
58	Peter Hynd	1:07:30.4	13	M 30- 34	0:08:28.3	38	7	30	0:39:29.1	77	17	69	27.35	0:19:33.1	89	14	77	4:53	
59	Scott Cadden	1:07:36.5	14	M 30- 34	0:10:45.4	182	25	129	0:36:25.9	31	11	29	29.64	0:20:25.2	114	16	100	5:06	
60	Steven Moore	1:07:45.8	4	M 16U	0:08:43.5	55	4	41	0:39:42.9	79	4	70	27.19	0:19:19.5	84	5	73	4:50	Mudgee Red Devils
61	Anthony Sansom	1:07:49.9	5	M 40- 44	0:10:34.4	170	18	120	0:38:17.1	59	4	54	28.21	0:18:58.4	68	8	60	4:45	
62	Lee Fanning	1:07:53.6	2	F 35- 39	0:08:30.5	42	1	11	0:40:44.0	105	2	15	26.51	0:18:39.2	55	3	8	4:40	
63	Sean Hunt	1:07:57.0	9	M 25- 29	0:09:37.1	114	18	85	0:38:12.9	56	9	51	28.26	0:20:07.1	101	16	88	5:02	Snappa Head
64	Lori McGarva	1:08:00.1	3	F 30- 34	0:08:24.3	33	2	8	0:40:18.5	88	5	12	26.79	0:19:17.3	80	3	11	4:49	

## Self-Transcendence Sprint Triathlon - Individual Results

Plc	Name	Overall	Cat Plc	Category	Swim	S/Plc	S/Cat Plc	S/Sex Plc	Cycle	C/Plc	C/Cat Plc	C/Sex Plc	Km/hr	Run	R/Plc	R/Cat Plc	R/Sex Plc	mins/km	Club
65	Wally Erven	1:08:01.4	2	M 45- 49	0:10:24.5	160	7	113	0:36:53.7	36	2	34	29.27	0:20:43.3	121	6	104	5:11	Kiama
66	Michelle Krelle	1:08:04.7	4	F 30- 34	0:10:45.6	183	12	54	0:39:27.3	75	4	8	27.37	0:17:51.8	34	2	4	4:28	
67	Robert Hurman	1:08:13.8	10	M 25- 29	0:10:20.6	154	20	108	0:40:38.4	101	13	87	26.58	0:17:14.9	23	4	21	4:19	Tuggeranong Vikings Triathlon Club
68	Nathan McGrath	1:08:17.3	5	M 16U	0:09:02.7	72	5	55	0:40:41.0	104	5	90	26.55	0:18:33.6	51	3	44	4:38	Griffith Feral Triards
69	Sebastien Dunne	1:08:32.1	5	M 16- 19	0:09:01.3	70	7	53	0:38:13.3	57	5	52	28.26	0:21:17.5	141	6	120	5:19	
70	Ken Hall	1:08:33.6	12	M 35- 39	0:09:33.2	108	12	81	0:38:51.2	66	14	60	27.8	0:20:09.3	105	26	91	5:02	Bilbys
71	Anthony Walker	1:08:53.1	11	M 25- 29	0:09:21.1	91	14	70	0:40:40.2	102	14	88	26.56	0:18:51.8	63	8	55	4:43	
72	Janelle Burgmann	1:08:56.3	3	F 35- 39	0:10:33.2	169	6	50	0:42:16.5	135	3	24	25.55	0:16:06.6	8	1	1	4:02	
73	Kipling Walker	1:08:56.4	13	M 35- 39	0:10:32.1	168	23	119	0:40:30.7	95	18	82	26.66	0:17:53.6	36	10	31	4:28	BRAT - Bondi Runners
74	Glen Schofield	1:08:56.8	6	M 40- 44	0:09:11.2	86	8	66	0:38:42.0	63	5	58	27.91	0:21:03.6	131	18	111	5:16	
75	Jason Foley	1:08:58.2	12	M 25- 29	0:09:21.6	92	15	71	0:37:48.8	52	8	48	28.56	0:21:47.9	160	20	131	5:27	
76	Bruce Chancellor	1:09:05.9	15	M 30- 34	0:11:49.2	238	35	166	0:36:59.7	39	12	37	29.19	0:20:17.0	109	15	95	5:04	
77	Paul Heaton	1:09:06.0	14	M 35- 39	0:10:28.4	164	21	116	0:38:37.7	62	13	57	27.96	0:20:00.0	96	23	83	5:00	
78	Kevin Lowe	1:09:20.6	5	M 50- 54	0:10:47.7	184	8	130	0:38:13.7	58	4	53	28.25	0:20:19.3	110	7	96	5:05	
79	Melissa Fanning	1:09:32.8	5	F 30- 34	0:09:07.7	78	5	18	0:38:45.2	65	3	6	27.87	0:21:39.9	155	5	27	5:25	
80	Paul O'Dwyer	1:09:40.3	15	M 35- 39	0:12:16.5	255	34	174	0:37:19.7	45	10	43	28.93	0:20:04.2	98	25	85	5:01	Tridents
81	Rebecca Wilson	1:09:54.9	3	F 16- 19	0:08:44.8	57	4	15	0:40:18.5	88	3	12	26.79	0:20:51.6	125	5	19	5:13	
82	Peter Bond	1:10:13.8	16	M 35- 39	0:09:32.6	106	11	79	0:39:01.4	69	15	62	27.68	0:21:39.8	154	29	128	5:25	Tridents
83	Alan Davis	1:10:19.1	7	M 40- 44	0:09:54.8	125	13	89	0:39:16.3	72	7	65	27.5	0:21:08.1	136	19	115	5:17	
84	Tim Potter	1:10:20.5	16	M 30- 34	0:08:29.9	41	8	31	0:40:17.2	86	18	76	26.81	0:21:33.4	149	21	125	5:23	Bilbys
85	Dale Cochrane	1:10:24.5	13	M 25- 29	0:10:26.2	162	22	114	0:40:18.9	90	12	77	26.79	0:19:39.4	91	14	79	4:55	
86	Elise Gruber	1:10:27.2	4	F 16- 19	0:08:43.4	54	3	14	0:41:02.0	109	4	17	26.32	0:20:41.8	120	4	18	5:10	Bilbys
87	Peter McGowan	1:10:40.7	6	M 50- 54	0:10:16.6	151	5	106	0:40:08.6	85	7	75	26.9	0:20:15.5	107	6	93	5:04	Warringah
88	Russell De Groot	1:10:44.8	7	M 50- 54	0:10:22.6	157	6	110	0:37:23.7	46	3	44	28.88	0:22:58.5	192	12	150	5:45	BRAT - Bondi Runners
89	Michael Dupe	1:10:48.2	3	M 45- 49	0:11:06.3	204	8	144	0:40:56.4	106	4	91	26.38	0:18:45.6	61	2	53	4:41	
90	Greg Mitchell	1:10:49.3	8	M 40- 44	0:09:29.0	101	10	76	0:40:29.5	94	8	81	26.67	0:20:50.8	124	15	106	5:13	
91	Simon Dean	1:10:54.8	9	M 40- 44	0:10:01.0	134	15	95	0:40:32.7	97	9	84	26.64	0:20:21.1	112	13	98	5:05	
92	Martin Smith	1:10:55.0	10	M 40- 44	0:10:39.6	175	19	124	0:41:35.5	116	11	97	25.97	0:18:39.9	57	6	49	4:40	Cronulla
93	Peter Dollin	1:10:56.8	11	M 40- 44	0:09:32.9	107	11	80	0:42:44.0	146	14	117	25.27	0:18:40.0	58	7	50	4:40	
94	David Rolls	1:10:59.8	17	M 35- 39	0:09:55.6	127	15	90	0:39:56.1	81	16	72	27.04	0:21:08.1	136	28	115	5:17	
95	Jeremy Cheesman	1:11:00.5	17	M 30- 34	0:10:07.2	138	20	99	0:41:47.1	120	21	101	25.85	0:19:06.2	75	13	66	4:47	
96	Nick Vaughan	1:11:01.3	14	M 25- 29	0:10:19.3	152	19	107	0:41:24.7	115	16	96	26.08	0:19:17.4	81	13	70	4:49	Bilbys
97	Graeme Power	1:11:12.8	8	M 50- 54	0:10:59.8	200	10	140	0:38:35.6	60	5	55	27.98	0:21:37.5	150	9	126	5:24	
98	Tony Geange	1:11:20.8	12	M 40- 44	0:09:26.2	96	9	73	0:40:59.7	107	10	92	26.34	0:20:54.9	126	16	107	5:14	
99	Adam Norden	1:11:27.2	3	M 20- 24	0:09:07.2	77	4	60	0:42:03.9	129	3	107	25.67	0:20:16.1	108	4	94	5:04	
100	Andrew John Mead	1:11:30.3	13	M 40- 44	0:09:10.5	85	7	65	0:41:50.3	121	12	102	25.81	0:20:29.5	115	14	101	5:07	
101	Daniel Moona	1:11:33.2	15	M 25- 29	0:10:23.1	158	21	111	0:42:15.6	134	18	111	25.56	0:18:54.6	65	9	57	4:44	
102	Paul Bink	1:11:35.3	18	M 35- 39	0:11:42.2	236	31	165	0:40:34.4	99	19	85	26.62	0:19:18.8	83	18	72	4:50	
103	Carl Murphy	1:11:37.7	14	M 40- 44	0:08:38.6	48	3	36	0:44:24.0	171	16	133	24.32	0:18:35.2	53	5	46	4:39	
104	Michael Hanbury	1:11:37.8	18	M 30- 34	0:10:48.0	185	26	131	0:42:51.7	149	23	119	25.2	0:17:58.2	37	8	32	4:30	
105	Luke Snow	1:11:40.7	6	M 16- 19	0:09:03.1	73	8	56	0:39:28.9	76	6	68	27.35	0:23:08.7	195	7	152	5:47	
106	Alex Gosman	1:11:44.5	4	M 45- 49	0:08:31.4	43	1	32	0:44:54.4	179	7	137	24.05	0:18:18.7	45	1	38	4:35	
107	Randall Kingsley	1:11:48.3	2	M 55- 59	0:11:30.3	227	6	161	0:39:04.7	70	2	63	27.64	0:21:13.4	140	5	119	5:18	Tridents
108	David Williams	1:11:53.1	19	M 35- 39	0:08:49.9	62	6	46	0:40:29.4	93	17	80	26.67	0:22:33.8	179	31	143	5:38	
109	Michael Ashleigh	1:11:57.6	20	M 35- 39	0:09:42.6	117	13	86	0:42:25.1	139	27	114	25.46	0:19:50.0	93	21	80	4:57	
110	Gerhard Zeiler	1:11:58.7	21	M 35- 39	0:10:36.7	172	24	122	0:42:05.2	131	25	109	25.66	0:19:16.8	79	17	69	4:49	
111	Amy Bainbridge	1:11:59.4	1	F 20- 24	0:09:28.9	100	1	25	0:42:22.0	137	1	25	25.49	0:20:08.5	103	1	14	5:02	
112	John Rogers	1:12:05.9	3	M 55- 59	0:10:48.3	188	2	133	0:38:42.4	64	1	59	27.9	0:22:35.3	180	7	144	5:39	Tridents
113	Daniel Craven	1:12:07.6	19	M 30- 34	0:09:08.4	79	14	61	0:42:29.1	142	22	115	25.42	0:20:30.2	116	17	102	5:08	
114	Robert Wallace	1:12:12.8	22	M 35- 39	0:11:26.6	221	28	157	0:41:59.4	124	23	105	25.72	0:18:46.9	62	13	54	4:42	
115	Geoff Davies	1:12:12.9	5	M 45- 49	0:09:27.0	99	4	75	0:42:22.5	138	5	113	25.49	0:20:23.4	113	5	99	5:06	
116	Tony McGowen	1:12:15.2	6	M 45- 49	0:11:22.0	217	10	154	0:39:49.0	80	3	71	27.12	0:21:04.2	133	7	113	5:16	Southern Highlands
117	Barbara Beard	1:12:17.5	1	F 40- 44	0:09:43.5	118	2	32	0:40:32.7	97	1	14	26.64	0:22:01.3	165	5	30	5:30	
117	Gemma Poppett	1:12:17.5	1	F 25- 29	0:07:19.6	9	1	4	0:42:49.7	148	4	30	25.22	0:22:08.2	169	7	31	5:32	BRAT - Bondi Runners
119	Bruce Campbell	1:12:19.1	23	M 35- 39	0:10:57.4	196	26	138	0:41:19.6	113	21	94	26.13	0:20:02.1	97	24	84	5:01	Bilbys
120	Julie Baracz	1:12:25.3	2	F 25- 29	0:08:28.7	39	2	9	0:42:26.0	140	3	26	25.45	0:21:30.6	148	4	24	5:23	
121	Richard Osmotherly	1:12:31.8	9	M 50- 54	0:11:04.4	201	11	141	0:41:51.9	122	10	103	25.8	0:19:35.6	90	5	78	4:54	LAPD - Leichhardt & Parramatta District
122	Ross Wilson	1:12:36.6	24	M 35- 39	0:10:10.8	146	19	104	0:41:18.4	111	20	93	26.15	0:21:07.5	135	27	114	5:17	Bilbys
123	James Allnutt	1:12:43.4	20	M 30- 34	0:10:00.2	131	18	92	0:40:38.1	100	19	86	26.58	0:22:05.1	167	26	137	5:31	Tridents
124	Camilla Brent	1:12:44.8	3	F16U	0:08:01.5	23	4	7	0:42:00.0	126	3	20	25.71	0:22:43.3	188	3	40	5:41	bilbys
125	Teresa Burgess	1:12:55.4	2	F 40- 44	0:10:25.8	161	3	48	0:44:37.0	175	11	40	24.21	0:17:52.6	35	1	6	4:28	Griffith Feral Triards
126	Michelle Greenwood	1:13:01.6	3	F 40- 44	0:12:17.3	257	11	83	0:41:03.8	110	3	18	26.3	0:19:40.6	92	2	13	4:55	Bilbys
127	John Algie	1:13:03.9	7	M 45- 49	0:10:10.3	144	6	103	0:42:46.3	147	6	118	25.25	0:20:07.3	102	4	89	5:02	Southern Highlands
128	Peter Dunn	1:13:06.1	4	M 55- 59	0:11:14.4	210	5	149	0:40:23.5	91	3	78	26.74	0:21:28.3	146	6	123	5:22	Bilbys

## Self-Transcendence Sprint Triathlon - Individual Results

Plc	Name	Overall	Cat Plc	Category	Swim	S/Plc	S/Cat Plc	S/Sex Plc	Cycle	C/Plc	C/Cat Plc	C/Sex Plc	Km/hr	Run	R/Plc	R/Cat Plc	R/Sex Plc	mins/km	Club
129	Steve Ball	1:13:08.1	10	M 50- 54	0:11:16.0	212	12	150	0:40:40.7	103	9	89	26.55	0:21:11.4	138	8	117	5:18	Balmoral
130	Wayne Cash	1:13:08.7	25	M 35- 39	0:11:26.8	222	29	158	0:42:09.9	133	26	110	25.61	0:19:32.1	88	20	76	4:53	
131	Calvin Smith	1:13:14.5	21	M 30- 34	0:12:24.8	262	39	178	0:39:08.3	71	15	64	27.59	0:21:41.4	156	23	129	5:25	
132	Helen Barlow	1:13:14.9	4	F 40- 44	0:09:09.9	84	1	20	0:43:34.1	157	7	34	24.79	0:20:30.9	117	3	15	5:08	
133	Courtney Dickins	1:13:40.5	5	F 16- 19	0:08:49.1	61	5	16	0:42:03.4	128	5	22	25.68	0:22:48.0	190	6	42	5:42	Goulburn Tri Club
134	Grant Innis	1:13:41.2	22	M 30- 34	0:11:25.3	218	32	155	0:41:43.2	118	20	99	25.89	0:20:32.8	118	18	103	5:08	
135	Herb Willem	1:13:57.4	5	M 55- 59	0:11:10.7	208	4	147	0:43:37.1	158	7	124	24.76	0:19:09.7	76	2	67	4:47	
136	Daniel Daly	1:14:03.7	16	M 25- 29	0:09:36.5	113	17	84	0:41:20.5	114	15	95	26.12	0:23:06.8	194	23	151	5:47	
137	Alex James	1:14:04.1	17	M 25- 29	0:10:39.0	174	24	123	0:43:04.3	152	19	121	25.07	0:20:20.9	111	17	97	5:05	
138	Janette Comish	1:14:22.8	5	F 40- 44	0:10:37.4	173	4	51	0:41:01.6	108	2	16	26.32	0:22:43.8	189	7	41	5:41	
139	Adrian Rumore	1:14:33.8	15	M 40- 44	0:10:21.4	156	16	109	0:45:37.5	190	19	142	23.67	0:18:35.0	52	4	45	4:39	
140	Michael Brewer	1:14:40.1	18	M 25- 29	0:08:21.2	29	7	22	0:41:38.5	117	17	98	25.94	0:24:40.5	225	25	164	6:10	Bilbys
141	Naomi Hedgecoe	1:14:41.7	3	F 25- 29	0:09:55.2	126	8	37	0:40:05.9	84	1	10	26.93	0:24:40.7	226	12	62	6:10	Bilbys
142	Lindy Dunn	1:14:42.4	1	F 50- 54	0:09:50.1	123	1	36	0:40:18.1	87	1	11	26.8	0:24:34.3	222	2	59	6:09	Females In Training (FIT)
143	John McLean	1:14:44.2	26	M 35- 39	0:09:57.2	128	16	91	0:46:33.4	204	31	147	23.2	0:18:13.7	44	12	37	4:33	
144	Ronan Moss	1:14:44.4	19	M 25- 29	0:08:23.0	31	8	24	0:44:03.6	165	20	130	24.51	0:22:17.8	174	22	140	5:34	
145	Sven Graham	1:14:50.0	16	M 40- 44	0:10:42.6	178	20	126	0:42:41.3	144	13	116	25.3	0:21:26.2	143	20	122	5:22	Balmoral
146	Desmond Mohr	1:14:55.6	6	M 55- 59	0:12:57.3	277	9	185	0:41:52.5	123	5	104	25.79	0:20:05.8	99	3	86	5:01	Griffith Feral Triads
147	Daniel Long	1:14:56.6	17	M 40- 44	0:10:58.4	198	24	139	0:44:56.6	180	17	138	24.03	0:19:01.6	70	9	62	4:45	
148	Matthew O'Rourke	1:14:59.8	27	M 35- 39	0:12:18.7	258	35	175	0:43:43.1	160	28	126	24.7	0:18:58.0	66	15	58	4:45	
149	Pippa Featherston	1:15:00.1	6	F 16- 19	0:10:10.9	147	7	43	0:45:36.0	189	6	48	23.68	0:19:13.2	77	3	10	4:48	Females In Training (FIT)
150	Peter Cheadle	1:15:09.0	4	M 20- 24	0:08:48.5	60	2	45	0:47:44.0	221	4	158	22.63	0:18:36.6	54	1	47	4:39	
151	Ashley Leggott	1:15:09.5	20	M 25- 29	0:10:36.4	171	23	121	0:40:02.7	83	11	74	26.97	0:24:30.5	220	24	163	6:08	
152	Scott Lambeth	1:15:17.8	28	M 35- 39	0:10:07.4	139	18	100	0:41:45.9	119	22	100	25.86	0:23:24.6	200	33	155	5:51	Tuggeranong Vikings Triathlon Club
153	Peter Clarke	1:15:19.2	7	M 55- 59	0:12:01.8	245	7	171	0:42:17.4	136	6	112	25.54	0:21:00.1	129	4	110	5:15	tridents
154	Leanne Rylands	1:15:28.5	6	F 40- 44	0:10:48.1	186	6	55	0:42:31.5	143	6	28	25.4	0:22:09.0	170	6	32	5:32	LAPD - Leichhardt & Parramatta District
155	Peter Gann	1:15:28.6	11	M 50- 54	0:10:56.5	195	9	137	0:42:04.1	130	11	108	25.67	0:22:28.0	178	11	142	5:37	
156	Tom Longworth	1:15:29.9	7	M 16- 19	0:08:03.1	24	6	17	0:46:40.8	208	7	149	23.14	0:20:46.1	122	5	105	5:12	
157	Anthony Nicholson	1:15:37.2	29	M 35- 39	0:12:30.1	266	37	181	0:44:13.4	167	29	132	24.42	0:18:53.7	64	14	56	4:43	
158	Lana Edmonds	1:15:48.9	4	F 25- 29	0:12:04.1	247	17	76	0:42:07.2	132	2	23	25.64	0:21:37.7	151	5	25	5:24	
159	Julian Laffan	1:16:03.9	21	M 25- 29	0:11:28.3	224	25	159	0:45:51.2	194	21	144	23.55	0:18:44.5	60	7	52	4:41	Bilbys
160	David McInnes	1:16:08.0	30	M 35- 39	0:11:33.8	232	30	163	0:46:50.2	210	32	151	23.06	0:17:44.1	30	8	27	4:26	
161	John King	1:16:17.6	23	M 30- 34	0:11:05.6	202	28	142	0:43:04.5	153	25	122	25.07	0:22:07.5	168	27	138	5:32	
162	Susie Barratt	1:16:18.4	6	F 30- 34	0:08:34.6	44	3	12	0:43:24.3	156	6	33	24.88	0:24:19.5	217	9	56	6:05	Tridents
163	Darryl Bounty	1:16:26.9	18	M 40- 44	0:10:45.4	181	22	128	0:43:45.4	161	15	127	24.68	0:21:56.2	163	21	134	5:29	
164	Timothy Bendeich	1:16:31.4	19	M 40- 44	0:08:57.0	67	5	50	0:47:25.4	218	21	155	22.77	0:20:09.1	104	12	90	5:02	
165	Craig Buerckner	1:16:36.0	24	M 30- 34	0:10:53.1	191	27	135	0:43:56.2	163	29	129	24.58	0:21:46.8	159	24	130	5:27	
166	Cherie Power	1:16:56.5	1	F 45- 49	0:11:30.8	228	4	67	0:42:00.7	127	1	21	25.71	0:23:25.1	202	3	47	5:51	
167	Celina Miller	1:17:08.8	5	F 25- 29	0:08:56.6	66	3	17	0:46:00.5	195	8	51	23.47	0:22:11.8	171	8	33	5:33	
168	Simon Haigh	1:17:18.8	31	M 35- 39	0:10:05.4	136	17	97	0:41:59.4	125	24	106	25.72	0:25:14.0	239	35	168	6:18	Illawarra
169	Keith Robertson	1:17:19.9	25	M 30- 34	0:10:16.2	150	23	105	0:44:44.7	177	32	136	24.14	0:22:19.1	175	28	141	5:35	
170	Bernard Hardy	1:17:28.5	26	M 30- 34	0:11:17.6	214	31	152	0:44:09.9	166	30	131	24.45	0:22:01.0	164	25	135	5:30	
171	Karen Burgan	1:17:35.9	2	F 45- 49	0:10:49.5	189	2	56	0:42:53.8	150	3	31	25.18	0:23:52.7	209	5	51	5:58	
172	Matthew Conroy	1:17:47.0	22	M 25- 29	0:09:11.3	87	12	67	0:46:41.3	209	22	150	23.13	0:21:54.4	162	21	133	5:29	
173	Steven Barraclough	1:17:47.3	27	M 30- 34	0:11:33.7	231	34	162	0:43:17.3	154	26	123	24.95	0:22:56.4	191	30	149	5:44	
174	David Huxtable	1:17:57.9	23	M 25- 29	0:08:19.7	28	6	21	0:51:07.7	266	26	176	21.12	0:18:30.6	49	5	42	4:38	
175	Christina Thorne	1:17:59.2	6	F 25- 29	0:09:41.1	116	6	31	0:46:36.1	205	10	58	23.18	0:21:42.0	157	6	28	5:26	Bilbys
176	Ben Cox	1:18:25.7	28	M 30- 34	0:10:06.9	137	19	98	0:39:26.5	74	16	67	27.38	0:28:52.3	279	38	179	7:13	
177	Mark Casey	1:18:29.9	29	M 30- 34	0:11:05.8	203	29	143	0:48:43.5	232	36	162	22.17	0:18:40.6	59	12	51	4:40	
178	Diana Prowse	1:18:40.2	7	F 40- 44	0:10:43.0	179	5	53	0:44:00.8	164	8	35	24.54	0:23:56.4	210	8	52	5:59	Panthers
179	David Decorte	1:18:48.0	30	M 30- 34	0:11:25.9	220	33	156	0:43:39.6	159	27	125	24.74	0:23:42.5	206	31	157	5:56	
180	Mick Smith	1:18:53.2	31	M 30- 34	0:09:47.1	120	17	87	0:43:54.4	162	28	128	24.6	0:25:11.8	237	35	167	6:18	Bilbys
181	Andrew McCrossin	1:19:05.8	20	M 40- 44	0:09:35.0	111	12	83	0:50:24.9	261	24	175	21.42	0:19:05.9	74	10	65	4:46	
182	Kate Giles	1:19:10.5	7	F 25- 29	0:10:08.0	140	9	40	0:43:22.1	155	5	32	24.9	0:25:40.4	250	14	80	6:25	Balmoral
183	Deirdre MacKen	1:19:31.7	1	F 55- 59	0:12:12.9	253	1	81	0:46:38.8	206	1	59	23.15	0:20:40.0	119	1	16	5:10	Wagga Tri-ants
184	Nick Debere	1:19:32.8	32	M 30- 34	0:15:00.7	299	42	190	0:42:54.4	151	24	120	25.17	0:21:37.7	152	22	127	5:24	
185	Alvarez Jose	1:19:45.6	21	M 40- 44	0:12:06.0	249	26	172	0:44:58.8	182	18	139	24.01	0:22:40.9	184	22	147	5:40	Tridents
186	Rebecca Dixon	1:19:49.7	2	F 20- 24	0:10:14.6	148	4	44	0:47:13.6	215	4	63	22.87	0:22:21.5	176	3	35	5:35	
187	Matthew Ward	1:19:50.1	5	M 20- 24	0:09:15.4	89	5	68	0:49:06.3	240	7	166	21.99	0:21:28.5	147	5	124	5:22	
188	Shane McCarthy	1:19:57.9	22	M 40- 44	0:07:59.2	20	2	14	0:47:41.5	220	22	157	22.65	0:24:17.3	215	25	160	6:04	
189	Philip Huxtable	1:19:58.5	24	M 25- 29	0:08:40.6	51	10	39	0:50:13.8	257	25	173	21.5	0:21:04.1	132	19	112	5:16	
190	Janene Wood	1:20:05.5	8	F 40- 44	0:12:34.3	269	14	88	0:41:19.2	112	4	19	26.14	0:26:12.0	259	15	86	6:33	
191	Beta Zadnik	1:20:06.2	9	F 40- 44	0:10:57.6	197	8	59	0:42:28.0	141	5	27	25.43	0:26:40.7	263	16	89	6:40	
192	Stacey Defina	1:20:16.9	4	F 35- 39	0:09:25.9	95	3	23	0:46:02.1	196	6	52	23.46	0:24:48.9	229	6	65	6:12	

## Self-Transcendence Sprint Triathlon - Individual Results

Plc	Name	Overall	Cat Plc	Category	Swim	S/Plc	S/Cat Plc	S/Sex Plc	Cycle	C/Plc	C/Cat Plc	C/Sex Plc	Km/hr	Run	R/Plc	R/Cat Plc	R/Sex Plc	mins/km	Club
193	Mackin Louise	1:20:23.4	8	F 25- 29	0:10:42.5	177	11	52	0:46:31.3	203	9	57	23.22	0:23:09.7	197	10	45	5:47	bilbys
194	Simon Thorp	1:20:26.5	32	M 35- 39	0:11:12.6	209	27	148	0:49:21.2	246	34	168	21.88	0:19:52.8	94	22	81	4:58	
195	Alissa Jones	1:20:31.6	7	F 30- 34	0:10:21.0	155	11	47	0:47:01.7	212	12	61	22.96	0:23:08.9	196	7	44	5:47	
196	Warren Schaeffer	1:20:33.1	12	M 50- 54	0:12:55.4	274	14	183	0:45:23.0	187	12	141	23.8	0:22:14.8	172	10	139	5:34	
197	Caroline Salisbury	1:20:36.7	10	F 40- 44	0:11:35.6	233	10	70	0:44:18.6	169	9	37	24.37	0:24:42.5	227	11	63	6:11	Tridents
198	Danny Green	1:20:37.0	33	M 30- 34	0:10:10.1	143	22	102	0:46:09.1	198	33	145	23.4	0:24:17.9	216	33	161	6:04	
199	Ingrid Marchant	1:20:39.2	3	F 20- 24	0:09:30.4	103	2	26	0:46:16.1	200	3	55	23.34	0:24:52.7	230	7	66	6:13	
200	Kate Adams	1:20:51.8	4	F 20- 24	0:11:14.8	211	8	62	0:44:43.8	176	2	41	24.15	0:24:53.3	231	8	67	6:13	
201	John Daley	1:21:01.7	8	M 55- 59	0:10:54.3	193	3	136	0:44:34.3	173	8	134	24.23	0:25:33.1	247	9	170	6:23	
202	Paul Mifsud-Ellul	1:21:24.2	25	M 25- 29	0:11:35.6	233	27	164	0:48:48.6	234	24	164	22.13	0:21:00.0	128	18	109	5:15	
203	Jennifer Dove	1:21:24.7	11	F 40- 44	0:12:30.7	267	13	86	0:44:21.5	170	10	38	24.35	0:24:32.5	221	10	58	6:08	Illawarra
204	Rob Marshall	1:21:26.2	34	M 30- 34	0:09:06.4	75	13	58	0:47:15.5	216	34	153	22.85	0:25:04.4	234	34	165	6:16	
205	Joanne Bevan	1:21:26.7	12	F 40- 44	0:10:55.2	194	7	58	0:45:09.2	186	13	46	23.92	0:25:22.3	242	13	74	6:21	
206	Paul Stone	1:21:27.1	1	M 60- 64	0:12:55.8	275	1	184	0:46:39.6	207	1	148	23.15	0:21:51.8	161	1	132	5:28	
207	Julia Easthope	1:21:29.1	9	F 25- 29	0:11:36.3	235	15	71	0:44:30.7	172	6	39	24.26	0:25:22.2	241	13	73	6:21	Bilbys
208	Imogen Scott	1:21:29.6	8	F 30- 34	0:09:37.9	115	9	30	0:45:50.6	193	8	50	23.56	0:26:01.2	256	17	83	6:30	Bilbys
209	Kirsty Boazman	1:21:35.1	9	F 30- 34	0:09:33.6	110	8	28	0:46:09.0	197	9	53	23.4	0:25:52.5	254	16	82	6:28	
210	Caitlin Smith	1:21:39.5	5	F 20- 24	0:10:20.5	153	6	46	0:47:46.3	223	5	65	22.61	0:23:32.8	203	6	48	5:53	Bilbys
211	Moby Rahman	1:21:49.8	33	M 35- 39	0:14:06.0	293	38	188	0:45:04.9	184	30	140	23.96	0:22:38.9	181	32	145	5:40	BRAT - Bondi Runners
212	Liz Bateman	1:21:53.4	5	F 35- 39	0:09:48.4	122	4	35	0:48:25.3	230	7	70	22.3	0:23:39.8	204	5	49	5:55	
213	Gillian Whiting	1:21:54.1	10	F 30- 34	0:11:52.6	241	16	73	0:47:44.5	222	13	64	22.62	0:22:17.1	173	6	34	5:34	Females In Training (FIT)
214	Brian Myers	1:21:55.0	35	M 30- 34	0:09:09.6	83	16	64	0:50:05.4	254	38	171	21.56	0:22:40.1	182	29	146	5:40	
215	Ashley Newton	1:21:59.2	6	M 20- 24	0:10:04.5	135	6	96	0:48:14.6	229	5	160	22.39	0:23:40.2	205	6	156	5:55	
216	Peter McLean	1:22:08.8	8	M 45- 49	0:09:06.4	76	3	59	0:47:12.4	214	8	152	22.88	0:25:50.0	253	8	172	6:28	
217	Peter Hallams	1:22:09.2	9	M 55- 59	0:12:25.1	263	8	179	0:46:28.4	202	9	146	23.24	0:23:15.8	199	8	154	5:49	Bilbys
218	Tracey Jones	1:22:27.8	11	F 30- 34	0:12:09.4	251	18	79	0:46:20.3	201	11	56	23.31	0:23:58.1	211	8	53	6:00	Albury Wodonga
219	Deborah Cooper	1:22:34.9	10	F 25- 29	0:11:44.5	237	16	72	0:48:10.0	227	12	68	22.42	0:22:40.4	183	9	37	5:40	Cronulla
220	Mark Hardy	1:22:36.8	23	M 40- 44	0:11:19.9	216	25	153	0:48:06.4	226	23	159	22.45	0:23:10.5	198	24	153	5:48	
221	Megan Hinchley	1:22:41.9	6	F 20- 24	0:10:08.3	142	3	41	0:50:51.1	264	9	89	21.24	0:21:42.5	158	2	29	5:26	
222	Fiona Johnstone	1:23:03.2	12	F 30- 34	0:09:24.5	94	6	22	0:49:12.8	243	15	77	21.95	0:24:26.0	219	10	57	6:06	Tridents
223	Grant Ellis	1:23:08.6	24	M 40- 44	0:14:45.2	295	27	189	0:45:42.6	192	20	143	23.63	0:22:40.9	184	22	147	5:40	
224	Kirstie Hardy	1:23:14.6	7	F 20- 24	0:10:29.1	166	7	49	0:50:23.5	260	8	86	21.43	0:22:22.0	177	4	36	5:35	
225	Sue Scott	1:23:19.4	3	F 45- 49	0:13:46.9	288	9	101	0:47:53.6	225	6	67	22.55	0:21:38.9	153	1	26	5:25	Illawarra
226	Kate Aisbitt	1:23:30.0	13	F 30- 34	0:13:48.8	289	21	102	0:44:17.2	168	7	36	24.39	0:25:24.1	244	14	75	6:21	
227	Neil Kennedy	1:23:32.3	13	M 50- 54	0:09:30.3	102	4	77	0:48:54.1	237	13	165	22.09	0:25:07.9	236	13	166	6:17	
228	Janette Parks	1:23:35.8	13	F 40- 44	0:13:03.0	278	15	93	0:49:04.7	239	15	74	22.01	0:21:28.1	145	4	23	5:22	Tuggeranong Vikings Triathlon Club
229	Catherine Gardner	1:23:39.6	14	F 40- 44	0:13:14.8	280	16	94	0:45:06.3	185	12	45	23.94	0:25:18.6	240	12	72	6:20	Tridents
230	Melinda Tsoupis	1:23:42.5	11	F 25- 29	0:09:45.2	119	7	33	0:54:37.3	280	20	100	19.77	0:19:20.0	85	1	12	4:50	
231	Cameron Whitnall	1:23:47.1	34	M 35- 39	0:11:50.3	240	32	168	0:49:53.6	251	35	169	21.65	0:22:03.3	166	30	136	5:31	
232	Agneta Sherborne	1:23:47.7	4	F 45- 49	0:11:07.1	205	3	61	0:49:15.6	245	9	78	21.92	0:23:25.1	201	2	46	5:51	
233	Kris Arnold	1:23:48.0	7	M 20- 24	0:11:16.0	212	7	150	0:48:48.1	233	6	163	22.13	0:23:43.9	207	7	158	5:56	Bilbys
234	Ruth Bausmann	1:23:56.0	2	F 50- 54	0:14:06.4	294	4	106	0:47:07.7	213	2	62	22.92	0:22:41.9	186	1	38	5:40	
235	Linda Powell	1:24:06.1	6	F 35- 39	0:13:35.2	286	12	99	0:44:46.4	178	4	42	24.12	0:25:44.6	251	9	81	6:26	
236	Robyn McClelland	1:24:07.2	5	F 45- 49	0:13:32.5	284	8	97	0:45:00.5	183	4	44	24	0:25:34.3	248	9	78	6:24	Females In Training (FIT)
237	Julianna Taylor	1:24:21.9	12	F 25- 29	0:12:45.9	272	18	91	0:50:08.5	255	15	84	21.54	0:21:27.6	144	3	22	5:22	Panthers
238	Alan Gregory	1:24:22.7	14	M 50- 54	0:09:23.2	93	2	72	0:49:13.9	244	14	167	21.94	0:25:45.6	252	14	171	6:26	
239	Rosie Spicer	1:24:27.9	6	F 45- 49	0:16:45.7	302	12	112	0:42:41.7	145	2	29	25.3	0:25:00.5	232	7	68	6:15	
240	Christine Brickhill	1:24:33.6	7	F 45- 49	0:09:59.6	130	1	39	0:47:51.4	224	5	66	22.57	0:26:42.6	265	11	90	6:41	
241	Jennifer Cranney	1:24:35.4	15	F 40- 44	0:14:54.7	297	17	108	0:45:35.6	188	14	47	23.69	0:24:05.1	213	9	54	6:01	Bilbys
242	Chelsey Dewson	1:24:40.9	8	F 20- 24	0:10:14.9	149	5	45	0:48:55.8	238	6	73	22.07	0:25:30.3	246	9	77	6:23	
243	Holly Davies	1:24:47.9	13	F 25- 29	0:09:32.2	105	4	27	0:48:48.8	235	13	71	22.13	0:26:26.9	261	16	87	6:37	
244	Sue Smith	1:25:01.2	7	F 35- 39	0:12:16.5	256	10	82	0:50:02.2	253	9	83	21.58	0:22:42.6	187	4	39	5:41	
245	Amanda James	1:25:06.4	14	F 25- 29	0:13:20.0	283	20	96	0:44:58.6	181	7	43	24.01	0:26:47.9	266	17	91	6:42	Tuggeranong Vikings Triathlon Club
246	Paul Fairweather	1:25:07.9	25	M 40- 44	0:10:44.7	180	21	127	0:54:17.1	278	26	180	19.9	0:20:06.2	100	11	87	5:02	
247	Helen Irvine	1:25:25.3	14	F 30- 34	0:13:33.2	285	20	98	0:46:12.3	199	10	54	23.37	0:25:39.9	249	15	79	6:25	Tuggeranong Vikings Triathlon Club
248	Shane Osmotherly	1:25:28.2	26	M 25- 29	0:11:28.7	225	26	160	0:47:34.2	219	23	156	22.7	0:26:25.3	260	26	174	6:36	
249	Margaret Jervis	1:25:56.6	8	F 35- 39	0:09:57.6	129	5	38	0:50:34.4	263	11	88	21.36	0:25:24.6	245	8	76	6:21	Kiama
250	Karina Ward	1:26:21.8	15	F 25- 29	0:13:17.7	281	19	95	0:52:02.8	269	17	92	20.75	0:21:01.3	130	2	20	5:15	
251	Edward Re	1:26:24.9	36	M 30- 34	0:11:07.7	206	30	145	0:49:53.6	251	37	169	21.65	0:25:23.7	243	36	169	6:21	Botany Bay
252	Peter Spencer	1:26:35.7	9	M 45- 49	0:08:41.5	52	2	40	0:50:11.0	256	9	172	21.52	0:27:43.3	273	10	177	6:56	Tridents
253	Robin Van Eck	1:26:39.4	16	F 25- 29	0:10:10.5	145	10	42	0:46:51.1	211	11	60	23.05	0:29:37.9	282	20	103	7:24	Cronulla
254	Ian Short	1:27:26.4	37	M 30- 34	0:13:03.2	279	41	186	0:50:23.5	259	39	174	21.43	0:23:59.8	212	32	159	6:00	
255	Anthony Lawler	1:27:43.3	35	M 35- 39	0:12:24.5	261	36	177	0:48:37.4	231	33	161	22.21	0:26:41.5	264	36	175	6:40	
256	Trevor Mullins	1:27:44.4	38	M 30- 34	0:12:00.6	244	37	170	0:47:17.1	217	35	154	22.84	0:28:26.8	276	37	178	7:07	

## Self-Transcendence Sprint Triathlon - Individual Results

P/c	Name	Overall	Cat P/c	Category	Swim	S/P/c	S/Cat P/c	S/Sex P/c	Cycle	C/P/c	C/Cat P/c	C/Sex P/c	Km/hr	Run	R/P/c	R/Cat P/c	R/Sex P/c	mins/km	Club
257	Sophie Cowell	1:27:57.8	17	F 25- 29	0:11:25.9	219	12	64	0:52:16.2	271	19	94	20.66	0:24:15.8	214	11	55	6:04	
258	Jane Smith	1:28:12.5	8	F 45- 49	0:12:33.1	268	6	87	0:49:06.5	241	8	75	21.99	0:26:32.9	262	10	88	6:38	
259	Jenny Gottaas	1:28:26.0	16	F 40- 44	0:11:19.2	215	9	63	0:49:48.4	250	17	82	21.68	0:27:18.5	268	17	93	6:50	Kiama
260	Sue Gaborit	1:28:26.1	9	F 45- 49	0:14:57.9	298	11	109	0:48:54.0	236	7	72	22.09	0:24:34.3	222	6	59	6:09	Panthers
261	Sharon Stekelenburg	1:28:27.9	15	F 30- 34	0:09:26.4	97	7	24	0:54:16.3	277	17	98	19.9	0:24:45.2	228	12	64	6:11	
262	Lynn Holder	1:28:44.7	9	F 35- 39	0:13:38.9	287	13	100	0:45:38.0	191	5	49	23.67	0:29:27.8	281	11	102	7:22	
263	Simon Bateman	1:29:00.6	26	M 40- 44	0:10:28.2	163	17	115	0:52:36.2	274	25	179	20.53	0:25:56.3	255	26	173	6:29	
264	Emma Harris	1:29:03.5	18	F 25- 29	0:11:33.6	230	14	69	0:49:09.5	242	14	76	21.97	0:28:20.4	275	18	98	7:05	
265	Maree Williams	1:29:06.6	17	F 40- 44	0:12:19.3	260	12	84	0:49:28.1	249	16	81	21.83	0:27:19.3	269	18	94	6:50	Southern Highlands
266	Paul O'Brien	1:29:20.5	10	M 45- 49	0:10:00.7	132	5	93	0:51:54.2	268	10	177	20.81	0:27:25.6	270	9	176	6:51	Griffith Feral Triads
267	Clare Wall	1:29:31.5	10	F 45- 49	0:12:05.3	248	5	77	0:52:18.5	272	10	95	20.65	0:25:07.7	235	8	70	6:17	
268	Lisa Farrell	1:30:13.6	16	F 30- 34	0:10:59.6	199	13	60	0:51:02.5	265	16	90	21.16	0:28:11.5	274	19	97	7:03	Macarthur
269	Michelle Earle	1:30:26.6	19	F 25- 29	0:09:36.2	112	5	29	0:52:09.3	270	18	93	20.71	0:28:41.1	278	19	100	7:10	Tridents
270	Cassandra Steedman	1:30:29.4	17	F 30- 34	0:09:47.8	121	10	34	0:48:12.7	228	14	69	22.4	0:32:29.0	291	21	109	8:07	Tridents
271	Silke Speier	1:30:57.4	18	F 30- 34	0:11:55.1	243	17	74	0:54:22.1	279	18	99	19.86	0:24:40.3	224	11	61	6:10	
272	Martin McManus	1:31:52.3	36	M 35- 39	0:10:52.9	190	25	134	0:56:37.4	284	36	182	19.07	0:24:22.0	218	34	162	6:06	
273	Juliette Ford	1:32:36.2	10	F 35- 39	0:12:03.3	246	8	75	0:49:27.0	248	8	80	21.84	0:31:06.0	287	13	107	7:47	Females In Training (FIT)
274	Patricia De Groot	1:32:45.0	3	F 50- 54	0:12:10.8	252	2	80	0:53:06.4	276	4	97	20.34	0:27:27.8	271	3	95	6:52	BRAT - Bondi Runners
275	Katherine Watson	1:33:02.0	9	F 20- 24	0:13:56.0	290	9	103	0:56:02.7	282	10	101	19.27	0:23:03.4	193	5	43	5:46	
276	Tamsin Cowap	1:33:25.9	11	F 35- 39	0:12:09.2	250	9	78	0:50:20.3	258	10	85	21.45	0:30:56.4	285	12	105	7:44	Females In Training (FIT)
277	Madeleine Brice	1:33:26.2	10	F 20- 24	0:14:45.3	296	10	107	0:49:21.9	247	7	79	21.88	0:29:19.0	280	10	101	7:20	
278	Judy Cotterell	1:34:14.3	11	F 45- 49	0:12:35.0	270	7	89	0:53:00.4	275	11	96	20.37	0:28:38.9	277	12	99	7:10	
279	Alisa Moss	1:34:35.0	20	F 25- 29	0:11:29.5	226	13	66	0:56:56.1	285	21	103	18.97	0:26:09.5	258	15	85	6:32	
280	Catherine Hurman	1:35:03.2	21	F 25- 29	0:13:57.8	291	21	104	0:50:28.1	262	16	87	21.4	0:30:37.3	284	21	104	7:39	Tuggeranong Vikings Triathlon Club
281	Robert Clark	1:35:12.5	39	M 30- 34	0:10:40.0	176	24	125	0:52:27.0	273	40	178	20.59	0:32:05.6	290	39	182	8:01	Tridents
282	Pippa Carron	1:35:24.2	4	F 50- 54	0:12:57.2	276	3	92	0:51:28.3	267	3	91	20.98	0:30:58.8	286	4	106	7:45	
283	Sally McCrossin	1:35:46.0	12	F 35- 39	0:10:54.0	192	7	57	0:57:58.2	286	12	104	18.63	0:26:53.8	267	10	92	6:43	
284	Rebecca McManus	1:37:14.7	19	F 30- 34	0:12:41.1	271	19	90	0:59:32.0	288	20	106	18.14	0:25:01.6	233	13	69	6:15	
285	Gail Lewry	1:37:19.4	12	F 45- 49	0:14:04.6	292	10	105	0:59:24.0	287	12	105	18.18	0:23:50.9	208	4	50	5:58	
286	David Bryant	1:37:50.0	11	M 45- 49	0:11:50.1	239	11	167	0:55:52.1	281	11	181	19.33	0:30:07.8	283	11	180	7:32	Bilbys
287	Kellie Rogers	1:39:16.9	20	F 30- 34	0:11:27.3	223	14	65	0:56:03.4	283	19	102	19.27	0:31:46.3	289	20	108	7:57	TRIDENTS
288	Felicity Booth	1:40:02.3	13	F 35- 39	0:12:29.1	265	11	85	1:02:19.5	292	13	109	17.33	0:25:13.8	238	7	71	6:18	
289	Sarah Booth	1:42:32.1	21	F 30- 34	0:11:32.9	229	15	68	1:03:21.1	293	21	110	17.05	0:27:38.1	272	18	96	6:55	
290	Hala Phipps	1:44:36.1	18	F 40- 44	0:16:32.0	301	18	111	1:01:58.5	291	18	108	17.43	0:26:05.6	257	14	84	6:31	
291	Rhod McDonald	1:46:03.3	12	M 45- 49	0:13:17.8	282	12	187	0:59:39.9	289	12	183	18.1	0:33:05.6	292	12	183	8:16	bilbys
292	Tim McGowan	1:46:54.8	37	M 35- 39	0:12:14.7	254	33	173	1:03:26.0	294	37	184	17.03	0:31:14.2	288	37	181	7:49	
293	Ellen Ward	1:51:14.8	2	F 55- 59	0:16:03.7	300	2	110	1:01:47.4	290	2	107	17.48	0:33:23.8	293	2	110	8:21	
0	Andrew Chamberlain	DNF	0	M 30- 34	0:08:24.7	34	5	26	0:44:34.4	174	31	135	0		0	0	0		
0	Grant Fry	DNF	0	M 25- 29	0:09:19.5	90	DNF	13	69		0	0	0		0	0	0		Tuggeranong Vikings Triathlon Club
0	Volker Gebhardt	DNF	0	M 30- 34	0:12:18.9	259	38	176		0	0	0	0		0	0	0		
0	Doug Alcock	DNF	0	M 16- 19	0:07:37.9	15	4	9		0	0	0	0		0	0	0		
0	Jesse Whistler	DNF	0	F 16- 19	0:08:29.8	40	2	10		0	0	0	0		0	0	0		
0	Justin Lee	DNF	0	M 30- 34	0:11:53.1	242	36	169		0	0	0	0		0	0	0		
0	Greg Terrill	DNF	0	M 35- 39	0:09:31.4	104	10	78		0	0	0	0		0	0	0		
0	Danielle Cooper	DNF	0	F16U	0:07:10.1	7	1	2		0	0	0	0		0	0	0		
0	Stephen Trathen	DNF	0	M 40- 44	0:10:48.3	187	23	132		0	0	0	0		0	0	0		