

Canberra, Australia: 12 Nov 2023

| im 1 : 1.5 | Km     |                       |                        |               |
|------------|--------|-----------------------|------------------------|---------------|
| Category   | Time   | Name                  | Team Name              | Team Category |
| Solo Ma    | le     |                       |                        |               |
| 1          | 21:01  | Michael Brennan       |                        |               |
| 2          | 25:57  | Trevor Fairhurst      |                        |               |
| 3          | 26:45  | Kurt Michl            |                        |               |
| Solo Fei   | male   |                       |                        |               |
| 1          | 28:58  | Beth Bowen            |                        |               |
| Male - in  | a Tea  | m of 3                |                        |               |
| 1          | 23:40  | James Trihey          | The Bharals            | T3 Open       |
| 2          | 24:12  | Lachlan Mccalman      | Adeptus Athleticus     | T3 Open       |
| 3          | 25:17  | Ben Buchler           | Stuff the Puffs        | T3 Open       |
| Female -   | in a T | eam of 3              |                        |               |
| 1          | 21:25  | Jacinta Essam         | Tri hards              | T3 Mixed      |
| 2          | 24:56  | Sabrina Moir          | Happy Go Lucky         | T3 Female     |
| 3          | 25:34  | Claire Fishpool       | C and N                | T3 Mixed      |
| Male - in  | a Tea  | m of 9                |                        |               |
| 1          | 23:41  | Tim Robinson          | bold and beautiful II  | T9 Open       |
| 2          | 23:44  | Stuart Godley         | The Investigators      | T9 Mixed      |
| 3          | 27:04  | Jason Pattison        | Triple Threat          | T9 Open       |
| Female -   | in a T | eam of 9              |                        |               |
| 1          | 25:31  | Rowena Sinclair-Smith | We Just Want to Finish | T9 Mixed      |
| 2          | 25:36  | Jess Martin           | Die Kan Guruen         | T9 Open       |
| 3          | 26:32  | Bridget Taylor        | Team Health            | T9 Mixed      |



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| e 1 : 36K | m        |                     |                            |              |
|-----------|----------|---------------------|----------------------------|--------------|
| Category  | Time     | Name                | Team Name                  | Team Categor |
| Solo Ma   | ale      |                     |                            |              |
| 1         | 1:48:50  | Michael Brennan     |                            |              |
| 2         | 2:04:14  | Trevor Fairhurst    |                            |              |
| 3         | 2:08:44  | Aston Duncan        |                            |              |
| Solo Fe   | male     |                     |                            |              |
| 1         | 2:43:21  | Beth Bowen          |                            |              |
| Male - ir | n a Tea  | m of 3              |                            |              |
| 1         | 1:41:21  | Adrian Sheppard     | Stuff the Puffs            | T3 Open      |
| 2         | 1:46:06  | James Thorp         | JT Multisport Black        | T3 Mixed     |
| 3         | 1:51:45  | Seb Dunne           | 32 Flavours                | T3 Mixed     |
| Female    | - in a T | eam of 3            |                            |              |
| 1         | 1:51:26  | Cristy Henderson    | Spring Chickens            | T3 Female    |
| 2         | 2:02:23  | Libby Adamson       | Full Send                  | T3 Mixed     |
| 3         | 2:21:25  | Sue Moore           | Force de Femme             | T3 Female    |
| Male - ir | n a Tea  | m of 9              |                            |              |
| 1         | 1:32:22  | Joel Findlay        | We Just Want to Finish Too | T9 Open      |
| 2         | 1:40:40  | Steve Williams      | bold and beautiful II      | T9 Open      |
| 3         | 1:45:58  | David Simpfendorfer | Triple Threats             | T9 Mixed     |
| Female    | - in a T | eam of 9            |                            |              |
| 1         | 1:55:23  | Claire Aubrey       | Chai Tea Ladies            | T9 Female    |
| 2         | 2:12:32  | Monica Dalidowicz   | Tri sisters                | T9 Female    |
| 3         | 2:18:12  | Paula Sutton        | No Nuts Just Guts          | T9 Female    |



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| n 1 : 18 | Km         |                  |                                   |               |
|----------|------------|------------------|-----------------------------------|---------------|
| Categor  |            | Name             | Team Name                         | Team Catego   |
| Solo I   | Male       |                  |                                   |               |
| 1        | 1:43:19    | Michael Brennan  |                                   |               |
| 2        | 2:00:10    | Aston Duncan     |                                   |               |
| 3        | 2:09:41    | Trevor Fairhurst |                                   |               |
| Solo I   | Female     |                  |                                   |               |
| 1        | 2:37:35    | Beth Bowen       |                                   |               |
| Male -   | in a Tea   | m of 3           |                                   |               |
| 1        | 1:22:15    | Tom Driscoll     | JT Multisport Black               | T3 Mixed      |
| 2        | 1:43:09    | Thomas Allen     | 3 Amigos                          | T3 Open       |
| 3        | 1:44:25    | Ross Hamilton    | Tri IP                            | T3 Open 50+   |
| Femal    | e - in a T | eam of 3         |                                   |               |
| 1        | 1:52:42    | Caitlin Chandler | Full Send                         | T3 Mixed      |
| 2        | 2:01:34    | Narelle Patrick  | FIT Actually                      | T3 Female 50+ |
| 3        | 2:10:26    | Sam Reinhardt    | Spring Chickens                   | T3 Female     |
| Male -   | in a Tea   | m of 9           |                                   |               |
| 1        | 1:27:45    | Daniel Carson    | Not all those who wander are lost | T9 Open       |
| 2        | 1:29:44    | Nathan Frazer    | Giant 440 Woodys for Pete         | T9 Open       |
| 3        | 1:32:13    | Jordan Kelly     | Say that again                    | T9 Mixed      |
| Femal    | e - in a T | eam of 9         |                                   |               |
| 1        | 1:46:24    | Fan Xiang        | Adultz Racing                     | T9 Mixed      |
| 2        | 1:53:40    | Bridget Taylor   | Team Health                       | T9 Mixed      |
| 3        | 1:56:45    | Rebekah Stuart   | Griffs                            | T9 Female     |



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| m 0 . 2 ! | - Mare   |                       |                             |             |
|-----------|----------|-----------------------|-----------------------------|-------------|
| m 2 : 3.  |          |                       |                             |             |
| Category  | Time     | Name                  | Team Name                   | Team Catego |
| Solo M    | ale      |                       |                             |             |
| 1         | 46:09    | Michael Brennan       |                             |             |
| 2         | 53:45    | Trevor Fairhurst      |                             |             |
| 3         | 56:40    | Kurt Michl            |                             |             |
| Solo Fe   | emale    |                       |                             |             |
| 1         | 1:08:58  | Beth Bowen            |                             |             |
| Male - i  | n a Tea  | m of 3                |                             |             |
| 1         | 47:03    | Ben Buchler           | Stuff the Puffs             | T3 Open     |
| 2         | 47:40    | James Trihey          | The Bharals                 | T3 Open     |
| 3         | 52:28    | Craig Allatt          | Tri IP                      | T3 Open 50+ |
| Female    | - in a T | eam of 3              |                             |             |
| 1         | 39:31    | Jacinta Essam         | Tri hards                   | T3 Mixed    |
| 2         | 49:57    | Sabrina Moir          | Happy Go Lucky              | T3 Female   |
| 3         | 52:33    | Ash Lawson            | JT Multisport Black         | T3 Mixed    |
| Male - i  | n a Tea  | m of 9                |                             |             |
| 1         | 45:56    | Matthew Pellow        | ED Social Crew              | T9 Mixed    |
| 2         | 46:00    | Tim Robinson          | bold and beautiful II       | T9 Open     |
| 3         | 46:23    | Joseph Pascall        | JTM Gold                    | T9 Mixed    |
| Female    | - in a T | eam of 9              |                             |             |
| 1         | 46:12    | Sally Parker          | We Just Want to Finish Also | T9 Open     |
| 2         | 48:38    | Elizabeth Merenda     | Gas Baggers plus 1          | T9 Mixed    |
| 3         | 50:37    | Rowena Sinclair-Smith | We Just Want to Finish      | T9 Mixed    |



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| ike 2 : 36k | <b>C</b> m |                     |                                   |               |
|-------------|------------|---------------------|-----------------------------------|---------------|
| Category    | Time       | Name                | Team Name                         | Team Category |
| Solo M      | ale        |                     |                                   |               |
| 1           | 2:02:13    | Michael Brennan     |                                   |               |
| 2           | 2:10:13    | Trevor Fairhurst    |                                   |               |
| 3           | 2:34:26    | Aston Duncan        |                                   |               |
| Solo Fe     | emale      |                     |                                   |               |
| 1           | 2:50:02    | Beth Bowen          |                                   |               |
| Male - i    | n a Tea    | m of 3              |                                   |               |
| 1           | 1:38:21    | James Thorp         | JT Multisport Black               | T3 Mixed      |
| 2           | 1:48:56    | Andy Hogg           | Team 157                          | T3 Open 50+   |
| 3           | 1:55:10    | Seb Dunne           | 32 Flavours                       | T3 Mixed      |
| Female      | - in a T   | eam of 3            |                                   |               |
| 1           | 1:58:47    | Libby Adamson       | Full Send                         | T3 Mixed      |
| 2           | 2:01:11    | Susie Kluth         | Spring Chickens                   | T3 Female     |
| 3           | 2:13:51    | Helen Jeffs         | FIT Actually                      | T3 Female 50+ |
| Male - i    | n a Tea    | m of 9              |                                   |               |
| 1           | 1:28:57    | Mackenzie Edwardson | Not all those who wander are lost | T9 Open       |
| 2           | 1:31:15    | Mark Gibson         | Triple Threat                     | T9 Open       |
| 3           | 1:32:16    | Joel Findlay        | We Just Want to Finish Too        | T9 Open       |
| Female      | - in a T   | eam of 9            |                                   |               |
| 1           | 1:49:25    | Claire Aubrey       | Chai Tea Ladies                   | T9 Female     |
| 2           | 1:59:21    | Jennifer Davis      | Shredders who mum                 | T9 Female     |
| 3           | 2:08:21    | Sophie Clement      | No Nuts Just Guts                 | T9 Female     |



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| n 2 : 1 | 1Km              |                       |                            |               |
|---------|------------------|-----------------------|----------------------------|---------------|
| Catego  | ry Time          | Name                  | Team Name                  | Team Categor  |
| Solo    | Male             |                       |                            |               |
|         | <b>1</b> 1:25:05 | Joe Walshe            |                            |               |
|         | 2 1:41:53        | Kurt Michl            |                            |               |
|         | <b>3</b> 1:42:39 | Trevor Fairhurst      |                            |               |
| Solo    | Female           |                       |                            |               |
|         | <b>1</b> 1:40:22 | Beth Bowen            |                            |               |
| Male -  | in a Tea         | m of 3                |                            |               |
|         | <b>1</b> 45:10   | Tom Driscoll          | JT Multisport Black        | T3 Mixed      |
|         | <b>2</b> 50:03   | Adrian Sheppard       | Stuff the Puffs            | T3 Open       |
|         | <b>3</b> 53:26   | Samuel McNamara       | Tri hards                  | T3 Mixed      |
| Fema    | le - in a T      | eam of 3              |                            |               |
| •       | <b>1</b> 1:10:07 | Sam Reinhardt         | Spring Chickens            | T3 Female     |
|         | <b>2</b> 1:15:06 | Julie Kael            | 2kWatts                    | T3 Mixed      |
|         | <b>3</b> 1:18:15 | Sarah Rainbow         | FIT Actually               | T3 Female 50+ |
| Male -  | · in a Tea       | m of 9                |                            |               |
|         | <b>1</b> 46:48   | Alexander Skeffington | Triple Threat              | T9 Open       |
|         | <b>2</b> 47:38   | Alan Craigie          | We Just Want to Finish Too | T9 Open       |
|         | <b>3</b> 47:43   | Jaemin Frazer         | Giant 440 Woodys for Pete  | T9 Open       |
| Fema    | le - in a T      | eam of 9              |                            |               |
| •       | <b>1</b> 1:03:50 | Noelia Martinez       | Double Club Trouble        | T9 Mixed      |
|         | <b>2</b> 1:07:16 | Kelly Muckle          | The Investigators          | T9 Mixed      |
|         | <b>3</b> 1:08:10 | Julia Madigan         | The Hotch Potches          | T9 Open       |



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|            |        |                  |                           | <u> </u>    |
|------------|--------|------------------|---------------------------|-------------|
| im 3 : 1.2 | Km     |                  |                           |             |
| Category   | Time   | Name             | Team Name                 | Team Catego |
| Solo Ma    | le     |                  |                           |             |
| 1          | 27:20  | Kurt Michl       |                           |             |
| 2          | 28:42  | Trevor Fairhurst |                           |             |
| 3          | 32:18  | Aston Duncan     |                           |             |
| Solo Fe    | male   |                  |                           |             |
| 1          | 29:27  | Beth Bowen       |                           |             |
| Male - in  | a Tea  | m of 3           |                           |             |
| 1          | 18:17  | James Trihey     | The Bharals               | T3 Open     |
| 2          | 19:26  | Ben Buchler      | Stuff the Puffs           | T3 Open     |
| 3          | 21:07  | Lachlan Mccalman | Adeptus Athleticus        | T3 Open     |
| Female -   | in a T | eam of 3         |                           |             |
| 1          | 15:52  | Jacinta Essam    | Tri hards                 | T3 Mixed    |
| 2          | 18:00  | Sabrina Moir     | Happy Go Lucky            | T3 Female   |
| 3          | 19:50  | Grace Thorp      | JT Multisport Black       | T3 Mixed    |
| Male - in  | a Tea  | m of 9           |                           |             |
| 1          | 18:10  | Tim Robinson     | bold and beautiful II     | T9 Open     |
| 2          | 18:51  | Andrew Dawes     | Buzz Lightyears Over 50s  | T9 Open 50+ |
| 3          | 20:33  | George Gardiner  | Gang Beasts               | T9 Mixed    |
| Female -   | in a T | eam of 9         |                           |             |
| 1          | 15:06  | Sofia Szymanski  | Triple Chocolate Brownie  | T9 Mixed    |
| 2          | 21:01  | Lori McWhirter   | Giant 440 Woodys for Pete | T9 Open     |
| 3          | 21:35  | Sarah Murphy     | ED Social Crew            | T9 Mixed    |



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| 3ike 3 : 23k | (m       |                  |                             |               |
|--------------|----------|------------------|-----------------------------|---------------|
| Category     | Time     | Name             | Team Name                   | Team Category |
| Solo M       | ale      |                  |                             |               |
| 1            | 1:47:48  | Trevor Fairhurst |                             |               |
| 2            | 1:52:12  | Joe Walshe       |                             |               |
| 3            | 2:16:18  | Kurt Michl       |                             |               |
| Solo Fe      | emale    |                  |                             |               |
| 1            | 2:14:28  | Beth Bowen       |                             |               |
| Male - i     | n a Tea  | m of 3           |                             |               |
| 1            | 1:12:13  | Ben Buchler      | Stuff the Puffs             | T3 Open       |
| 2            | 1:27:04  | James Thorp      | JT Multisport Black         | T3 Mixed      |
| 3            | 1:30:52  | Raymond McAleer  | Tri hards                   | T3 Mixed      |
| Female       | - in a T | eam of 3         |                             |               |
| 1            | 1:16:42  | Cristy Henderson | Spring Chickens             | T3 Female     |
| 2            | 1:30:25  | Libby Adamson    | Full Send                   | T3 Mixed      |
| 3            | 1:38:55  | Julie Kael       | 2kWatts                     | T3 Mixed      |
| Male - i     | n a Tea  | m of 9           |                             |               |
| 1            | 1:05:41  | Dave Cooper      | We Just Want to Finish Also | T9 Open       |
| 2            | 1:10:08  | Matt Shadwell    | Resultz Racing              | T9 Mixed      |
| 3            | 1:14:28  | Gerard Walsh     | Triple Threat               | T9 Open       |
| Female       | - in a T | eam of 9         |                             |               |
| 1            | 1:17:58  | Claire Aubrey    | Chai Tea Ladies             | T9 Female     |
| 2            | 1:35:55  | Kim Elms         | JTM Gold                    | T9 Mixed      |
| 3            | 1:37:11  | Kate Kiely       | Tri sisters                 | T9 Female     |



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| Run 3 : 1 | 3K    | m        |                  |                                   |               |
|-----------|-------|----------|------------------|-----------------------------------|---------------|
| Catego    | ory   | Time     | Name             | Team Name                         | Team Category |
| Solo      | Ma    | ale      |                  |                                   |               |
| _         | 1     | 1:33:22  | Joe Walshe       |                                   |               |
| _         | 2     | 1:44:56  | Trevor Fairhurst |                                   |               |
| _         | 3     | 1:51:53  | Kurt Michl       |                                   |               |
| Solo      | Fe    | male     |                  |                                   |               |
| _         | 1     | 1:59:40  | Beth Bowen       |                                   |               |
| Male      | - ir  | n a Tea  | m of 3           |                                   |               |
| _         | 1     | 57:39    | Tom Driscoll     | JT Multisport Black               | T3 Mixed      |
| _         | 2     | 1:09:38  | Adrian Sheppard  | Stuff the Puffs                   | T3 Open       |
| _         | 3     | 1:12:43  | Andy Hogg        | Team 157                          | T3 Open 50+   |
| Fema      | ıle · | - in a T | eam of 3         |                                   |               |
| _         | 1     | 1:15:50  | Caitlin Chandler | Full Send                         | T3 Mixed      |
| _         | 2     | 1:27:15  | Elna Jennings    | FIT Actually                      | T3 Female 50+ |
|           | 3     | 1:33:48  | Genevieve Hofman | Happy Go Lucky                    | T3 Female     |
| Male      | - ir  | n a Tea  | m of 9           |                                   |               |
|           | 1     | 1:00:54  | Isaac Hogan      | Triple Threat                     | T9 Open       |
| _         | 2     | 1:03:22  | Jono Windsor     | Not all those who wander are lost | T9 Open       |
|           | 3     | 1:04:13  | Stefan Hese      | Giant 440 Woodys for Pete         | T9 Open       |
| Fema      | ıle · | in a T   | eam of 9         |                                   |               |
| _         | 1     | 1:06:58  | Eleanor Boxall   | We Just Want to Finish As Well    | T9 Open       |
| _         | 2     | 1:14:32  | Suzanne Ashley   | Triple Cry                        | T9 Mixed      |
| _         | 3     | 1:15:55  | Con Ammett       | Griffs                            | T9 Female     |