



## Race Results - Category Googong Dam and Foreshores : 4 Oct 2009

### Results Key...

**DNC** A lap was defaulted  
(pink background)  
**DNF** Did Not Finish the race

### Placings Key

**3:57:59** Leg Time  
Overall Place **32** **3** **10** **2** Group Place by sex  
Category Place Overall Place by sex

### Long All-Male Team : 2 Entries

Cat	PI	Athlete or Team Name	O'all	PI	Race Time	O'all Dif	Individual Leg Splits			
						Cat Dif	Run 1	Paddle	Mountain Bike	Run 2
<b>1</b>		402 <b>Davo and Paul</b> Long All-Male Team	<b>1</b>		<b>3:17:11</b>		Paul Ledbrook <b>22:23</b> 2 1 2 2	David Simpfendorfer <b>54:04</b> 7 1 4 4	David Simpfendorfer <b>1:36:12</b> 1 1 1 1	Paul Ledbrook <b>24:32</b> 1 1 1 1
<b>2</b>		401 <b>3 Amigos</b> Long All-Male Team	<b>8</b>		<b>4:08:56</b>	51:45 51:45	Stuart Miller <b>55:29</b> 19 2 14 14	Ed Quay <b>1:07:13</b> 15 2 12 12	Matt Georgeson <b>2:04:45</b> 4 2 4 4	Stuart Miller <b>29:52</b> 5 2 4 4



# Race Results - Category Googong Dam and Foreshores : 4 Oct 2009

## Results Key...

**DNC** A lap was defaulted  
(pink background)  
**DNF** Did Not Finish the race

## Placings Key

**3:57:59** Leg Time  
Overall Place **32** **3** **10** **2** Group Place by sex  
Category Place Overall Place by sex

### Long Mixed Team : 3 Entries

Cat	PI	Athlete or Team Name	O'all PI	Race Time	O'all Dif	Cat Dif	Run 1	Paddle	Mountain Bike	Run 2
<b>1</b>		441 <b>Not kick a### but can manage...</b> Long Mixed Team	<b>4</b>	<b>3:56:35</b>	<b>39:24</b>		Lizzie Writh <b>24:26</b> 8 1 1 1	Andrew Rowe <b>50:11</b> 3 2 2 2	Andrew Rowe <b>2:16:00</b> 9 2 8 8	Lizzie Writh <b>25:58</b> 2 1 1 1
<b>2</b>		442 <b>L.G.R.</b> Long Mixed Team	<b>6</b>	<b>4:01:56</b>	<b>44:45</b>	<b>5:21</b>	Lorena Blacklock <b>30:35</b> 17 3 5 5	Roslyn Hickson <b>49:49</b> 2 1 1 1	Glenn Allen <b>2:07:35</b> 7 1 7 7	Lorena Blacklock <b>33:57</b> 12 3 4 4
<b>3</b>		443 <b>Sv/lo Malv©</b> Long Mixed Team	<b>18</b>	<b>5:02:55</b>	<b>1:45:44</b>	<b>1:06:20</b>	Felicity Barnes <b>26:51</b> 15 2 4 4	Claire Dunn <b>1:16:12</b> 18 3 4 4	Elon Dell <b>2:47:10</b> 18 3 16 16	Felicity Barnes <b>32:42</b> 11 2 3 3



# Race Results - Category Googong Dam and Foreshores : 4 Oct 2009

## Results Key...

**DNC** A lap was defaulted  
(pink background)  
**DNF** Did Not Finish the race

## Placings Key

**3:57:59** Leg Time  
Overall Place **32** **3** **10** **2** Group Place by sex  
Category Place Overall Place by sex

### Long Solo Female Under 50 : 2 Entries

Cat	PI	Athlete or Team Name	O'all PI	Race Time	O'all Dif	Cat Dif	Individual Leg Splits			
							Run 1	Paddle	Mountain Bike	Run 2
1	202	<b>Danielle Winslow</b>	7	4:06:30	49:19		Danielle Winslow 26:34 14 2 3 3	Danielle Winslow 53:42 5 2 3 3	Danielle Winslow 2:13:53 8 1 1 1	Danielle Winslow 32:21 10 1 2 2
		Long Solo Female Under 50								
2	201	<b>Kym O'Halloran</b>	10	4:15:01	57:50	8:31	Kym O'Halloran 26:22 12 1 2 2	Kym O'Halloran 51:41 4 1 2 2	Kym O'Halloran 2:21:24 13 2 2 2	Kym O'Halloran 35:34 14 2 5 5
		Long Solo Female Under 50								



## Race Results - Category Googong Dam and Foreshores : 4 Oct 2009

### Results Key...

**DNC** A lap was defaulted  
(pink background)  
**DNF** Did Not Finish the race

### Placings Key

**3:57:59** Leg Time  
Overall Place **32** **3** **10** **2** Group Place by sex  
Category Place Overall Place by sex

### Long Solo Male 50+ : 3 Entries

Cat	PI	Athlete or Team Name	O'all	PI	Race Time	O'all Dif	Cat Dif	Run 1	Paddle	Mountain Bike	Run 2
<b>1</b>	103	<b>Peter Fogarty</b>	12		<b>4:18:04</b>	1:00:53		Peter Fogarty 25:36 11 1 10 10	Peter Fogarty 57:36 9 1 6 6	Peter Fogarty 2:23:33 14 1 12 12	Peter Fogarty 31:19 7 1 6 6
		Long Solo Male 50+									
<b>2</b>	102	<b>Bruce Rennie</b>	17		<b>5:01:02</b>	1:43:51	42:58	Bruce Rennie 30:26 16 2 12 12	Bruce Rennie 1:03:29 11 2 8 8	Bruce Rennie 2:47:32 19 3 17 17	Bruce Rennie 40:35 18 2 13 13
		Long Solo Male 50+									
<b>3</b>	101	<b>Fil Giles</b>	19		<b>5:22:36</b>	2:05:25	1:04:32	Fil Giles 36:51 18 3 13 13	Fil Giles 1:07:04 14 3 11 11	Fil Giles 2:46:04 17 2 15 15	Fil Giles 52:37 19 3 14 14
		Long Solo Male 50+									



# Race Results - Category Googong Dam and Foreshores : 4 Oct 2009

## Results Key...

**DNC** A lap was defaulted (pink background)  
**DNF** Did Not Finish the race

## Placings Key

**3:57:59** Leg Time  
 Overall Place **32** **3** **10** **2** Group Place by sex  
 Category Place Overall Place by sex

### Long Solo Male Under 50 : 9 Entries

Cat	PI	Athlete or Team Name	O'all PI	Race Time	O'all Dif	Cat Dif	Run 1	Paddle	Mountain Bike	Run 2
1	9	2	30:53	Steven Hanley	3:48:04	24:43	Steven Hanley	48:52	Steven Hanley	32:17
				Long Solo Male Under 50			9 7 8 8	1 1 1 1	2 1 2 2	9 5 8 8
2	7	3	34:35	Ray Neill	3:51:46	3:42	Ray Neill	54:02	Ray Neill	30:48
				Long Solo Male Under 50			3 2 3 3	6 2 3 3	3 2 3 3	6 3 5 5
3	2	5	40:44	Gary Rolfe	3:57:55	9:51	Gary Rolfe	57:39	Gary Rolfe	29:39
				Long Solo Male Under 50			4 3 4 4	10 4 7 7	6 4 6 6	4 2 3 3
4	5	9	52:08	Robert Mudford	4:09:19	21:15	Robert Mudford	1:05:49	Robert Mudford	32:15
				Long Solo Male Under 50			6 5 6 6	13 6 10 10	5 3 5 5	8 4 7 7
5	3	11	1:00:33	Aaron Coles	4:17:44	29:40	Aaron Coles	1:07:43	Aaron Coles	28:39
				Long Solo Male Under 50			1 1 1 1	16 7 13 13	10 5 9 9	3 1 2 2
6	8	13	1:01:24	Dane Jennings	4:18:35	30:31	Dane Jennings	56:10	Dane Jennings	35:45
				Long Solo Male Under 50			13 9 11 11	8 3 5 5	11 6 10 10	16 8 11 11



# Race Results - Category Googong Dam and Foreshores : 4 Oct 2009

## Results Key...

**DNC** A lap was defaulted  
(pink background)  
**DNF** Did Not Finish the race

## Placings Key

**3:57:59** Leg Time  
Overall Place **32** **3** **10** **2** Group Place by sex  
Category Place Overall Place by sex

<b>7</b>	1	14	1:07:48	Lee Rice	Lee Rice	Lee Rice	Lee Rice
<b>Lee Rice</b>			<b>4:24:59</b> 36:55	<b>24:16</b>	<b>1:04:18</b>	<b>2:20:57</b>	<b>35:28</b>
Long Solo Male Under 50				7 6 7 7	12 5 9 9	12 7 11 11	13 6 9 9
<b>8</b>	6	15	1:28:37	Steven Peterson	Steven Peterson	Steven Peterson	Steven Peterson
<b>Steven Peterson</b>			<b>4:45:48</b> 57:44	<b>24:47</b>	<b>1:15:36</b>	<b>2:27:49</b>	<b>37:36</b>
Long Solo Male Under 50				10 8 9 9	17 8 14 14	15 8 13 13	17 9 12 12
<b>9</b>	4	16	1:30:50	Marco Bottari	Marco Bottari	Marco Bottari	Marco Bottari
<b>Marco Bottari</b>			<b>4:48:01</b> 59:57	<b>24:00</b>	<b>1:18:49</b>	<b>2:29:32</b>	<b>35:40</b>
Long Solo Male Under 50				5 4 5 5	19 9 15 15	16 9 14 14	15 7 10 10