



# Sri Chinmoy Sprint Triathlon 2010

Yarralumla Bay : 30 Oct 2010 : 121 Triathletes

## Overall Results

Overall Place			Triathletes		Category		Final Time		Swim			Ride			Run		
O/All	Sex	No.	Name	Category	C.PI	Total	C.Diff	Time	PI	C.PI	Time	PI	C.PI	Time	PI	C.PI	
1	1	8	Brayden Clews-Proctor	Male Under 20	1	58:46		6:43	1	1	33:54	1	1	18:09	1	1	
2	2	6	Jack Bigmore	Male Under 20	2	1:02:32	3:46	6:57	3	3	36:40	7	2	18:55	4	2	
3	3	88	Matthew Fenech	Male 30-39	1	1:04:49		9:55	55	6	36:13	4	1	18:41	3	2	
4	4	126	Michael Longhurst	Male 40-49	1	1:05:17		8:47	25	4	36:17	5	2	20:13	7	1	
5	5	1	William Cannon	Male Under 20	3	1:06:44	7:58	8:29	16	5	37:13	8	3	21:02	9	3	
6	6	125	Andrew Fisher	Male 40-49	2	1:06:45	1:28	8:19	12	2	36:12	3	1	22:14	14	2	
7	7	83	Stephen Barter	Male 30-39	2	1:06:54	2:05	9:43	48	4	38:36	12	3	18:35	2	1	
8	8	47	Ken Gibson	Male 20-29	1	1:09:05		9:33	45	9	38:26	10	2	21:06	10	1	
9	1	278	Jodie Barker	Female 30-39	1	1:09:11		8:50	26	2	39:33	16	1	20:48	8	1	
10	9	89	Mick Hanbury	Male 30-39	3	1:09:50	5:01	8:27	15	2	39:56	20	4	21:27	12	5	
11	10	130	Gordon Bell	Male 40-49	3	1:10:14	4:57	8:32	17	3	37:49	9	3	23:53	28	6	
12	11	123	Iain Addinell	Male 40-49	4	1:10:25	5:08	7:30	5	1	39:11	14	4	23:44	24	4	
13	12	93	Jason Martin	Male 30-39	4	1:10:32	5:43	9:54	53	5	40:32	24	5	20:06	6	4	
14	13	132	Wayne Benham	Male 40-49	5	1:10:43	5:26	9:04	37	8	39:21	15	5	22:18	16	3	
15	14	167	Alexander Gosman	Male 50-59	1	1:11:09		7:47	6	1	40:24	22	1	22:58	18	1	
16	15	53	Tyrone Compton	Male 20-29	2	1:11:47	2:42	8:51	27	8	36:11	2	1	26:45	62	12	
17	16	90	Kevin Miller	Male 30-39	5	1:11:55	7:06	8:52	28	3	38:35	11	2	24:28	38	8	
18	17	183	Jim Williams	Male 60-69	1	1:12:00		8:56	31	1	40:39	27	2	22:25	17	1	
19	18	51	Justin Pacione	Male 20-29	3	1:12:32	3:27	9:44	51	11	39:44	17	4	23:04	20	5	
20	19	52	Jack Flynn	Male 20-29	4	1:12:43	3:38	8:22	14	4	38:54	13	3	25:27	50	10	
21	20	48	Shaun Martin	Male 20-29	5	1:13:26	4:21	9:35	46	10	40:35	26	6	23:16	21	6	
22	2	203	Therese Hancox	Female Under 20	1	1:13:56		8:39	21	2	41:14	34	2	24:03	32	1	



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<b>23</b>	21	41 Andrew Minahan	Male 20-29	<b>6</b>	<b>1:14:06</b>	5:01	8:03	9	1	41:50	37	9	24:13	35	7
<b>24</b>	22	140 Dwayne Currie	Male 40-49	<b>6</b>	<b>1:14:22</b>	9:05	8:52	28	5	40:45	28	8	24:45	41	11
<b>25</b>	3	243 Jacqueline McDermott	Female 20-29	<b>1</b>	<b>1:14:47</b>		8:53	30	1	41:03	32	1	24:51	43	2
<b>26</b>	23	121 Glenn Walker	Male 40-49	<b>7</b>	<b>1:15:00</b>	9:43	9:10	38	9	40:51	29	9	24:59	45	12
<b>27</b>	24	144 David Garritty	Male 40-49	<b>8</b>	<b>1:15:03</b>	9:46	9:24	44	13	41:50	37	11	23:49	25	5
<b>28</b>	25	45 Alexander Hal Tilemann	Male 20-29	<b>7</b>	<b>1:15:05</b>	6:00	10:07	60	12	43:36	48	11	21:22	11	2
<b>29</b>	26	122 Stephen Vidler	Male 40-49	<b>9</b>	<b>1:15:08</b>	9:51	9:12	41	11	40:17	21	7	25:39	54	13
<b>30</b>	27	46 Tim Cuddihy	Male 20-29	<b>8</b>	<b>1:15:36</b>	6:31	12:11	96	20	40:24	22	5	23:01	19	4
<b>31</b>	28	146 Michael Colquhoun	Male 40-49	<b>10</b>	<b>1:15:38</b>	10:21	10:10	62	16	39:46	18	6	25:42	56	15
<b>32</b>	29	143 Retlan Compton	Male 40-49	<b>11</b>	<b>1:15:45</b>	10:28	9:01	35	7	42:45	43	12	23:59	31	7
<b>33</b>	30	94 Al Palfreyman	Male 30-39	<b>6</b>	<b>1:16:20</b>	11:31	9:59	56	7	40:34	25	6	25:47	57	12
<b>34</b>	4	324 Michelle Elmitt	Female 40-49	<b>1</b>	<b>1:16:26</b>		9:46	52	3	41:10	33	1	25:30	52	1
<b>35</b>	31	34 Tommy Morwood	Male 20-29	<b>9</b>	<b>1:16:31</b>	7:26	8:34	18	5	46:22	67	13	21:35	13	3
<b>36</b>	32	33 Brett Cubbins	Male 20-29	<b>10</b>	<b>1:17:21</b>	8:16	8:18	11	2	41:01	30	7	28:02	76	14
<b>37</b>	33	166 Jeff Irving	Male 50-59	<b>2</b>	<b>1:17:27</b>	6:18	10:09	61	4	42:25	41	2	24:53	44	3
<b>38</b>	5	282 Robyn Winn	Female 30-39	<b>2</b>	<b>1:17:34</b>	8:23	9:54	53	3	43:50	51	3	23:50	27	2
<b>38</b>	34	50 Andrew Harvey	Male 20-29	<b>11</b>	<b>1:17:34</b>	8:29	10:36	74	15	41:30	36	8	25:28	51	11
<b>40</b>	35	185 David Bausmann	Male 60-69	<b>2</b>	<b>1:17:37</b>	5:37	12:36	102	4	39:50	19	1	25:11	46	2
<b>41</b>	36	84 Stuart Layard	Male 30-39	<b>7</b>	<b>1:18:02</b>	13:13	10:06	58	8	44:29	53	9	23:27	22	7
<b>42</b>	37	127 James Smith	Male 40-49	<b>12</b>	<b>1:18:42</b>	13:25	11:19	86	20	43:01	44	13	24:22	36	9
<b>43</b>	38	138 Damien Smith	Male 40-49	<b>13</b>	<b>1:18:43</b>	13:26	11:02	80	18	43:16	45	14	24:25	37	10
<b>44</b>	39	85 Shane Rattenbury	Male 30-39	<b>8</b>	<b>1:18:53</b>	14:04	7:49	7	1	51:44	95	16	19:20	5	3
<b>45</b>	40	82 Simon Milner	Male 30-39	<b>9</b>	<b>1:18:58</b>	14:09	11:28	90	14	42:40	42	7	24:50	42	10
<b>45</b>	40	128 Michael Rybinski	Male 40-49	<b>14</b>	<b>1:18:58</b>	13:41	9:10	38	9	41:24	35	10	28:24	80	19
<b>47</b>	42	181 Graeme Jones	Male 60-69	<b>3</b>	<b>1:18:59</b>	6:59	9:02	36	2	41:52	39	3	28:05	77	3



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48	43	136 Keith Robertson	Male 40-49	15	1:19:16	13:59	10:02	57	15	45:07	56	16	24:07	33	8
49	6	321 Debbi Henniker	Female 40-49	2	1:19:18	2:52	9:43	48	2	42:00	40	2	27:35	70	2
50	44	42 Sean McGrath	Male 20-29	12	1:19:41	10:36	10:53	78	17	43:35	47	10	25:13	47	9
51	7	202 Alice Wallett	Female Under 20	2	1:21:02	7:06	7:21	4	1	36:36	6	1	37:05	107	4
52	45	134 John Douglas	Male 40-49	16	1:21:10	15:53	12:12	98	23	43:18	46	15	25:40	55	14
53	46	73 Adrian Dowling	Male 30-39	10	1:21:13	16:24	10:19	63	9	45:28	59	11	25:26	49	11
54	8	274 Celina Miller	Female 30-39	3	1:21:23	12:12	8:35	19	1	44:54	54	4	27:54	73	8
55	9	277 Samantha Rampant	Female 30-39	4	1:21:26	12:15	10:48	77	5	43:39	49	2	26:59	66	6
56	47	49 Tom Middleton	Male 20-29	13	1:21:37	12:32	10:25	68	13	46:34	72	14	24:38	39	8
57	10	323 Jane Rudgley	Female 40-49	3	1:21:45	5:19	10:22	67	4	43:48	50	3	27:35	70	2
58	48	78 Andrew Briggs	Male 30-39	11	1:22:00	17:11	10:54	79	12	44:06	52	8	27:00	67	14
59	11	239 Ruth Bradbury	Female 20-29	2	1:22:36	7:49	9:17	43	4	46:22	67	3	26:57	65	5
60	49	139 Phillip Hennig	Male 40-49	17	1:22:40	17:23	10:20	64	17	46:07	64	17	26:13	59	16
61	50	3 Tom Ludington	Male Under 20	4	1:22:54	24:08	8:41	22	6	45:44	61	5	28:29	81	6
61	50	163 Jeff Swan	Male 50-59	3	1:22:54	11:45	9:38	47	3	45:20	58	3	27:56	75	6
63	52	74 Stewart Camara	Male 30-39	12	1:23:13	18:24	12:25	100	15	48:32	84	15	22:16	15	6
64	53	9 Duncan Robson	Male Under 20	5	1:23:18	24:32	12:49	105	8	46:58	76	6	23:31	23	4
65	54	87 Garry Mills	Male 30-39	13	1:23:55	19:06	12:47	104	16	46:30	71	13	24:38	39	9
66	12	241 Kate Griffiths	Female 20-29	3	1:24:29	9:42	9:00	34	3	49:55	90	6	25:34	53	3
67	13	201 Emma O'Shaughnessy	Female Under 20	3	1:24:33	10:37	8:43	23	3	46:49	74	4	29:01	83	2
68	14	232 Laurel Cavenagh	Female 20-29	4	1:24:34	9:47	8:58	32	2	46:23	69	4	29:13	86	7
69	15	240 Aoife Clarke	Female 20-29	5	1:24:47	10:00	14:55	116	10	46:03	63	2	23:49	25	1
70	55	4 Jared Ross	Male Under 20	6	1:25:34	26:48	12:11	96	7	45:06	55	4	28:17	78	5
71	56	79 David McKenna	Male 30-39	14	1:25:41	20:52	13:18	112	19	46:13	65	12	26:10	58	13
72	16	325 Tracy Kastelein	Female 40-49	4	1:25:54	9:28	9:11	40	1	48:22	81	4	28:21	79	4



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<b>73</b>	57	81 Daniel Watts	Male 30-39	<b>15</b>	<b>1:26:03</b>	21:14	10:21	65	10	46:41	73	14	29:01	83	15
<b>74</b>	17	283 Lorna Barr	Female 30-39	<b>5</b>	<b>1:26:10</b>	16:59	13:41	114	12	47:06	77	5	25:23	48	4
<b>75</b>	18	281 Joanna Guilfoyle	Female 30-39	<b>6</b>	<b>1:26:15</b>	17:04	11:57	94	7	47:26	79	6	26:52	64	5
<b>76</b>	19	204 Magdalen Elmitt	Female Under 20	<b>4</b>	<b>1:26:25</b>	12:29	10:43	75	4	45:46	62	3	29:56	90	3
<b>77</b>	58	54 Phil Threlfall	Male 20-29	<b>14</b>	<b>1:27:00</b>	17:55	10:31	71	14	46:13	65	12	30:16	91	15
<b>78</b>	59	124 Dean Brandt	Male 40-49	<b>18</b>	<b>1:27:57</b>	22:40	11:33	91	21	46:50	75	19	29:34	89	20
<b>79</b>	20	362 Robyn McClelland	Female 50-59	<b>1</b>	<b>1:28:33</b>		12:32	101	1	47:22	78	2	28:39	82	1
<b>80</b>	60	131 Chris Long	Male 40-49	<b>19</b>	<b>1:28:40</b>	23:23	11:46	93	22	49:47	89	21	27:07	68	18
<b>81</b>	61	35 Stefan Schneider-Kennedy	Male 20-29	<b>15</b>	<b>1:28:49</b>	19:44	12:06	95	19	48:48	86	16	27:55	74	13
<b>82</b>	62	162 Garry Williams	Male 50-59	<b>4</b>	<b>1:28:50</b>	17:41	13:06	109	8	48:30	82	4	27:14	69	5
<b>83</b>	21	361 Lindy Hou	Female 50-59	<b>2</b>	<b>1:29:23</b>	0:50	16:51	121	2	41:02	31	1	31:30	96	2
<b>84</b>	22	279 Nicole Hodge	Female 30-39	<b>7</b>	<b>1:30:25</b>	21:14	12:36	102	9	48:30	82	7	29:19	88	10
<b>85</b>	63	86 David Matheson	Male 30-39	<b>16</b>	<b>1:30:38</b>	25:49	12:52	106	17	45:18	57	10	32:28	100	18
<b>86</b>	23	242 Beth Greenup	Female 20-29	<b>6</b>	<b>1:30:53</b>	16:06	15:20	118	12	48:50	87	5	26:43	61	4
<b>87</b>	24	273 Jody Green	Female 30-39	<b>8</b>	<b>1:31:09</b>	21:58	12:59	108	11	48:53	88	8	29:17	87	9
<b>88</b>	25	271 Roz Robertson	Female 30-39	<b>9</b>	<b>1:31:22</b>	22:11	10:33	72	4	53:01	98	9	27:48	72	7
<b>89</b>	64	133 Martin Finniss	Male 40-49	<b>20</b>	<b>1:31:56</b>	26:39	11:03	81	19	54:05	101	24	26:48	63	17
<b>90</b>	65	145 Mick Smith	Male 40-49	<b>21</b>	<b>1:32:13</b>	26:56	9:43	48	14	46:23	69	18	36:07	104	22
<b>91</b>	66	164 Robert Omeara	Male 50-59	<b>5</b>	<b>1:33:07</b>	21:58	11:23	88	7	51:01	92	5	30:43	92	7
<b>92</b>	67	165 Craig Hardwicke	Male 50-59	<b>6</b>	<b>1:34:27</b>	23:18	10:21	65	5	57:45	104	7	26:21	60	4
<b>93</b>	68	431 The Three Amigos (Stuart, Ed & Duncan)	All-Male Team	<b>1</b>	<b>1:34:30</b>		11:08	83	1	59:11	105	1	24:11	34	1
<b>94</b>	69	92 Michael Cuddihy	Male 30-39	<b>17</b>	<b>1:34:31</b>	29:42	10:29	69	11	52:57	97	17	31:05	94	16
<b>95</b>	70	184 Geoff Barker	Male 60-69	<b>4</b>	<b>1:34:35</b>	22:35	13:19	113	5	45:32	60	4	35:44	103	4
<b>96</b>	71	37 Blake Stevens	Male 20-29	<b>16</b>	<b>1:35:45</b>	26:40	11:07	82	18	52:40	96	17	31:58	98	16
<b>97</b>	72	142 Rodney Apps	Male 40-49	<b>22</b>	<b>1:35:54</b>	30:37	16:23	120	24	48:39	85	20	30:52	93	21



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<b>98</b>	73	161 Deane Adams	Male 50-59	<b>7</b>	<b>1:36:56</b>	25:47	11:09	84	6	51:41	94	6	34:06	102	8
<b>99</b>	74	39 Jonathan Lowe	Male 20-29	<b>17</b>	<b>1:37:50</b>	28:45	10:44	76	16	48:06	80	15	39:00	110	17
<b>100</b>	75	137 Peter Turner	Male 40-49	<b>23</b>	<b>1:39:29</b>	34:12	9:15	42	12	51:25	93	23	38:49	109	23
<b>101</b>	26	235 Alexandra Ivett	Female 20-29	<b>7</b>	<b>1:39:45</b>	24:58	10:30	70	5	57:11	103	9	32:04	99	8
<b>102</b>	76	129 Daniel Pettit	Male 40-49	<b>24</b>	<b>1:40:21</b>	35:04	8:58	32	6	50:31	91	22	40:52	111	24
<b>103</b>	27	322 Sharon Pettit	Female 40-49	<b>5</b>	<b>1:40:24</b>	23:58	10:34	73	5	55:45	102	5	34:05	101	5
<b>104</b>	28	244 Nina Boughey	Female 20-29	<b>8</b>	<b>1:41:33</b>	26:46	11:22	87	6	53:38	99	7	36:33	105	9
<b>105</b>	29	231 Charlene Lim	Female 20-29	<b>9</b>	<b>1:43:29</b>	28:42	13:07	110	8	53:46	100	8	36:36	106	10
<b>106</b>	77	168 Greg Mitchell	Male 50-59	<b>8</b>	<b>1:44:47</b>	33:38	8:14	10	2	1:12:39	108	8	23:54	30	2
<b>107</b>	30	285 Lace Wang	Female 30-39	<b>10</b>	<b>1:47:56</b>	38:45	11:23	88	6	1:12:40	109	10	23:53	28	3
<b>108</b>	31	238 Morwenna Collett	Female 20-29	<b>10</b>	<b>1:52:15</b>	37:28	15:06	117	11	59:51	106	10	37:18	108	11
<b>109</b>	78	77 Adam Harris	Male 30-39	<b>18</b>	<b>1:54:17</b>	49:28	13:16	111	18	1:09:29	107	18	31:32	97	17
<b>110</b>	32	284 Jenni Tedesco	Female 30-39	<b>11</b>	<b>1:56:35</b>	47:24	12:19	99	8	1:12:47	110	11	31:29	95	11
<b>111</b>	33	237 Melissa Polkinghorne	Female 20-29	<b>11</b>	<b>2:10:05</b>	55:18	13:54	115	9	1:27:07	111	11	29:04	85	6
<b>DNF</b>	<b>DNF</b>	38 Andrew Haymet	Male 20-29	<b>DNF</b>	<b>DNF</b>		8:35	19	6	1:32:43	112	18			
<b>DNF</b>	<b>DNF</b>	7 Declan Moore	Male Under 20	<b>DNF</b>	<b>DNF</b>		6:51	2	2						
<b>DNF</b>	<b>DNF</b>	2 Hugh Harrison	Male Under 20	<b>DNF</b>	<b>DNF</b>		7:56	8	4						
<b>DNF</b>	<b>DNF</b>	40 Jonathan Marais	Male 20-29	<b>DNF</b>	<b>DNF</b>		8:21	13	3						
<b>DNF</b>	<b>DNF</b>	43 Craig Ashburner	Male 20-29	<b>DNF</b>	<b>DNF</b>		8:45	24	7						
<b>DNF</b>	<b>DNF</b>	182 Don Smith	Male 60-69	<b>DNF</b>	<b>DNF</b>		10:06	58	3						
<b>DNF</b>	<b>DNF</b>	91 Jeremy Hawes	Male 30-39	<b>DNF</b>	<b>DNF</b>		11:12	85	13						
<b>DNF</b>	<b>DNF</b>	236 Kyna Reddan	Female 20-29	<b>DNF</b>	<b>DNF</b>		11:39	92	7						
<b>DNF</b>	<b>DNF</b>	276 Michelle Burns	Female 30-39	<b>DNF</b>	<b>DNF</b>		12:56	107	10						
<b>DNF</b>	<b>DNF</b>	272 Caitrin Dunn	Female 30-39	<b>DNF</b>	<b>DNF</b>		15:33	119	13						