

# JT CYCLES TRIATHLON SERIES 2008/09

## Race 3 – 11 January, 2009

### Race Results

#### Challenge – Swim 750m/Cycle 19.5km/Run 5km

Open	Male	Time	Female	Time
1 <sup>st</sup>	Matthew White	56.41	Edith Kostovitz	1.04.05
2 <sup>nd</sup>	Shane Johnson	56.52	Ella Holmes	1.05.08
3 <sup>rd</sup>	Ryan Johnson	56.59	Yvette Eglinton	1.05.44
<b>Jun High Perf</b>	Alex Wilson	59.18	No Competitors	
<b>Age Group</b>				
13-15	Ben Tripodi	1.09.29	Rebecca Copson	1.11.28
16-17	Anthony Bishop	1.06.30	Shannen McDonald	1.09.55
18-19	Daniel Vreugdenhil	1.10.45	No Competitors	
20-24	Toby Richardson	1.02.57	Alison Ward	1.07.23
25-29	Nathan Mercurio	1.05.19	Lucy Eckermann	1.12.04
30-34	Michael Slater	1.00.27	Julianne Schliebs	1.08.13
35-39	Shaun Yates	1.02.10	Vanessa Dorn	1.12.21
40-44	Michael Cocks	1.03.35	Angela Potter	1.18.06
45-49	Malcolm MacKay	1.06.43	Trudy Fenton	1.11.12
50-54	Andrew Loose	1.03.06	Rosalind Weaver	1.19.40
55-59	Colin Clarke	1.08.28	Jan Daley	1.16.01
60-64	Trevor Moore	1.13.12	No Competitors	
<b>65-69</b>	Doug Smart	1.16.20	Val Lambert	1.54.17
<b>Team</b>	<b>Gramps Champs</b> – Jeremy Gramp, Matthew Ward, Chris Davis	1.02.27	<b>JT Chicks</b> – Jackie Prentice & Dani Stephens	1.01.43
<b>Mixed</b>	<b>Shank Dogs</b> - Heath Huxoll, Emily Mahomet, Ross Taylor	59.05		

#### Tinman – Swim 300m/Cycle 13km/Run 3km

Age Group	Male	Time	Female	Time
13-15	Dylan Wilson	41.54	Eleanor Garrard	43.45
16-17	Cooper Rees-Jones	43.21	Monica Glowacki	47.58
18-19	No Competitors		Christine Fenech	48.22
20-24	Ronan Foolkes	41.47	Melanie Budreika	54.04
25-29	Jeremy Bell	43.52	Kristen Barling	48.03
30-34	Chris Lauder	43.29	Erica Ames	47.14
35-39	Tony Murabito	44.03	Josephine Lamshed	52.01
40-44	Phillip Chehade	43.36	Diana Phibbs	48.50
45-49	Clive Hahn	46.31	Jennifer Lutze	54.23
50-54	Andrew Dolan	42.41	Sue Walter	52.03
55-59	Tony Brady	46.05	No Competitors	
60-64	No Competitors		Penny Hepworth	58.20
<b>Team</b>	The Craigs – John, Andrew & Len Craig	48.09	<b>Mx</b> – Buff Stuff - Lisa Elliston, Sue GTuscott, Ben McDonnell	44.31

#### Mini – Swim 100m/Cycle 6.5km/Run 1km

Age Group	Male	Time	Female	Time
10-12	Saxon Klass	21.06	Kristiina Ahola,	20.30
13-15	Joshua McMillan	22.58	Stacey Riedel	20.37
18-19	No Competitors		Rachael Potter	29.49
25-29	No Competitors		Katie Hefford	24.54
30-34	Darren Clark	20.05	Cindy Colling	23.55
35-39	Darryl Field	22.48	Julie Lecons	21.53
40-44	No Competitors		Elaine Roberts	21.27
50-54	No Competitors		Margaret Bartel	23.11
<b>Team</b>	First Class (Velvet & Lorenz Klass)			20.06

**NEXT RACE – MONDAY, 26 JANUARY, 2009 – 9.00AM**  
**MIDCOURSE RESERVE, BREBNER DRIVE – WEST LAKES**  
**Challenge: 1200m Swim/35k Cycle/8k Run Tinman: 400m Swim/17.5k Cycle/4k Run**  
**Mini: 100m Swim/6.5k Cycle/1k Run**

**This Voucher entitles you to one complimentary Swim Pass to the Unley Swimming Centre for competing in the JT Cycles Triathlon Series – Race 3**

**Valid until: 25 January, 2009**

**Gatti Sports Promotions**

# JT Cycles Triathlon Series 11/1/09

# Race Result - Challenge

POS	Race No	NAME	AGE	CAT	POS	LEG 1	LEG 2	LEG 3	TOTAL	CLUB			
001	610	WHITE, MATT	31	M Open	1	0:11:50	5	0:27:24	2	0:17:27	4	0:56:41	Adelaide Vales
002	600	JOHNSON, SHANE	39	M Open	2	0:11:48	4	0:27:28	3	0:17:36	5	0:56:52	Adelaide Vales
003	613	JOHNSON, RYAN	28	M Open	3	0:11:54	7	0:27:24	1	0:17:41	6	0:56:59	Adelaide Vales
004	589	(TEAM) SKANKDOGS, TEAM		M Team	1	0:11:20	1	0:31:04	38	0:16:41	1	0:59:05	
005	612	CSONGEI, JOHN	32	M Open	4	0:12:44	23	0:28:22	5	0:18:05	8	0:59:11	Meteors
006	634	WILSON, ALEXANDER	17	M Junior	1	0:11:43	2	0:28:44	9	0:18:51	18	0:59:18	Meteors
007	609	CLARKEN, PAUL	34	M Open	5	0:12:57	29	0:29:24	14	0:17:24	3	0:59:45	
008	631	WAUER, BRADLEY	18	M Junior	2	0:12:48	25	0:28:24	6	0:18:58	21	1:00:10	Triplings
009	852	SLATER, MICHAEL	31	M 30-34	1	0:12:55	28	0:28:38	8	0:18:54	19	1:00:27	Meteors
010	605	LIMMER, SHANE	32	M Open	6	0:12:37	20	0:28:25	7	0:19:41	35	1:00:43	Adelaide Vales
011	611	LOCK, DANIEL	23	M Open	7	0:12:05	13	0:30:42	30	0:18:03	7	1:00:50	Lakers
012	604	GILLIGAN, THOMAS	20	M Open	8	0:12:00	8	0:29:46	17	0:19:10	23	1:00:56	Lakers
013	606	DUFFY, JAMES	22	M Open	9	0:13:11	32	0:29:08	12	0:18:58	21	1:01:17	Lakers
014	585	(TEAM) JT CHICKS, TEAM		M Team	2	0:13:17	34	0:30:03	19	0:18:23	11	1:01:43	
015	632	LYONS, ETHAN	19	M Junior	3	0:12:03	11	0:30:14	20	0:19:30	29	1:01:47	Lakers
016	602	SMITH, MARK	40	M Open	10	0:14:21	53	0:27:54	4	0:19:37	33	1:01:52	Triplings
017	819	MARLOWE, JAY	31	M 30-34	2	0:13:37	40	0:29:52	18	0:18:38	16	1:02:07	Adelaide Vales
018	994	YATES, SHAUN	35	M 35-39	1	0:12:53	27	0:30:45	31	0:18:32	14	1:02:10	Meteors
019	953	WILLIAMSON, TOBY	35	M 35-39	2	0:12:51	26	0:30:17	21	0:19:18	24	1:02:26	
020	584	(TEAM) GRAMP CHAMPS, TEAM		M Team	3	0:11:52	6	0:32:07	60	0:18:28	12	1:02:27	
021	608	HILL, MARTIN	24	M Open	11	0:12:32	17	0:30:33	25	0:19:34	31	1:02:39	Meteors
022	603	SALTER, DANNY	39	M Open	12	0:14:24	54	0:28:58	11	0:19:26	28	1:02:48	Lakers
023	820	RICHARDSON, TOBY	24	M 20-24	1	0:14:01	49	0:29:32	15	0:19:24	26	1:02:57	Mt Gambier
024	980	LOOSE, ANDREW	53	M 50-54	1	0:12:05	15	0:31:16	43	0:19:45	36	1:03:06	Tribe
025	833	MEADE, ANTHONY	33	M 30-34	3	0:14:34	58	0:30:30	24	0:18:20	9	1:03:24	Lakers
026	844	CASTLE, DANIEL	22	M 20-24	2	0:13:49	45	0:31:02	33	0:18:35	15	1:03:26	
027	989	COCKS, MICHAEL	44	M 40-44	1	0:15:52	113	0:29:12	13	0:18:31	13	1:03:35	
028	925	BOX, MICHAEL	38	M 35-39	3	0:14:26	55	0:31:03	35	0:18:20	9	1:03:49	Adelaide Vales
029	961	KARRAN, MARK	38	M 35-39	4	0:13:13	33	0:31:19	46	0:19:21	25	1:03:53	Adelaide Vales
030	652	KOSZTOVITS, EDITH	33	F Open	1	0:13:42	41	0:30:27	23	0:19:56	39	1:04:05	Meteors
031	840	HOARE, DAMIAN	32	M 30-34	4	0:14:49	69	0:29:41	16	0:19:40	34	1:04:10	Lakers
032	633	CURRIE, TOM	15	M Junior	4	0:12:01	10	0:31:26	50	0:20:55	58	1:04:22	Meteors
033	814	NUICH, JUSTIN	31	M 30-34	5	0:12:40	22	0:31:05	39	0:20:57	60	1:04:42	Meteors
034	927	THOMPSON, NEIL	44	M 40-44	2	0:13:18	35	0:30:36	26	0:20:53	56	1:04:47	Tri SA
035	827	FENECH, MATTHEW	30	M 30-34	6	0:16:19	122	0:31:38	52	0:17:02	2	1:04:59	Meteors
036	861	MCCONNELL, BILLY	22	M 20-24	3	0:12:25	16	0:32:11	63	0:20:31	52	1:05:07	
037	651	HOLMES, ELLA	18	F Open	2	0:12:03	11	0:33:09	88	0:19:56	39	1:05:08	Triplings
038	832	MERCURIO, NATHAN	26	M 25-29	1	0:15:26	97	0:30:17	21	0:19:36	32	1:05:19	Adelaide Vales
039	841	MCLEAN, ROB	26	M 25-29	2	0:15:01	75	0:30:36	26	0:19:56	38	1:05:33	Meteors
040	582	(TEAM) MILLSY + TWO, TEAM		M Team	4	0:14:19	52	0:32:21	69	0:18:54	19	1:05:34	
041	923	TAGELL, MICHAEL	52	M 50-54	2	0:15:13	83	0:31:02	33	0:19:25	27	1:05:40	Lakers
042	650	EGLINTON, YVETTE	29	F Open	3	0:13:53	47	0:31:21	47	0:20:30	51	1:05:44	Meteors
043	808	ROBERTS, DARREN	33	M 30-34	7	0:15:01	75	0:30:46	32	0:20:14	48	1:06:01	Lakers
044	828	BISHOP, ANTHONY	16	M 16-17	1	0:13:33	38	0:31:42	53	0:21:15	70	1:06:30	Tri SA
045	983	MACKAY, MALCOLM	49	M 45-49	1	0:16:09	115	0:31:44	54	0:18:50	17	1:06:43	Meteors
046	851	BEARE, DAVID	25	M 25-29	3	0:12:37	20	0:32:08	61	0:22:00	88	1:06:45	
047	986	PAYZE, ANDREW	42	M 40-44	3	0:13:03	30	0:33:11	92	0:20:35	53	1:06:49	
048	909	MCFARLANE, CRAIG	37	M 35-39	5	0:14:36	59	0:32:30	70	0:19:52	37	1:06:58	Meteors
049	843	STOCKS, KURT	26	M 25-29	4	0:15:24	94	0:31:28	51	0:20:12	46	1:07:04	
050	842	CHAPMAN, FRED	31	M 30-34	8	0:12:36	19	0:31:07	40	0:23:32	133	1:07:15	Lakers
051	713	WARD, ALISON	24	F 20-24	1	0:13:36	39	0:31:51	55	0:21:56	87	1:07:23	Tribe
052	655	HEARD, ERIN	22	F Open	4	0:12:01	9	0:32:54	79	0:22:41	112	1:07:36	Meteors
053	653	ALBINUS, LISA	41	F Open	5	0:15:40	104	0:31:22	49	0:20:41	54	1:07:43	Adelaide Vales
054	924	DUFFY, KEVIN	53	M 50-54	3	0:15:32	100	0:31:16	43	0:20:56	59	1:07:44	Lakers
055	990	LOUDON, ANDREW	42	M 40-44	4	0:15:20	86	0:32:48	75	0:19:56	39	1:08:04	
056	716	CIBICH, SKYE	23	F 20-24	2	0:13:57	48	0:32:43	74	0:21:27	75	1:08:07	Meteors
057	601	IZZINI, CRISTIAN	31	M Open	13	0:14:51	70	0:32:14	66	0:21:06	63	1:08:11	Adelaide Vales
058	704	SCHLIEBS, JULIANNE	30	F 30-34	1	0:13:48	44	0:33:10	89	0:21:15	68	1:08:13	Tri SA
059	654	EASTWOOD, ANNETTE	27	F Open	6	0:14:10	50	0:33:02	81	0:21:13	66	1:08:25	Lakers
060	977	CLARKE, COLIN	55	M 55-59	1	0:15:19	85	0:31:21	47	0:21:48	82	1:08:28	Lakers
061	960	HUGHES, JASON	37	M 35-39	6	0:15:07	80	0:33:03	84	0:20:25	49	1:08:35	Lakers
062	587	(TEAM) BITS + PIECES, TEAM		M Team	5	0:12:46	24	0:35:35	143	0:20:28	50	1:08:49	
063	734	PIETSCH, VERITY	33	F 30-34	2	0:13:50	46	0:33:53	105	0:21:15	70	1:08:58	Lakers
064	916	BERRY, IAN	54	M 50-54	4	0:16:46	135	0:31:07	41	0:21:07	64	1:09:00	Lakers
065	741	MANNING, TARA	34	F 30-34	3	0:14:48	68	0:32:08	62	0:22:19	102	1:09:15	Tri SA
066	834	FIELD, BRAD	31	M 30-34	9	0:14:55	72	0:33:28	96	0:20:57	60	1:09:20	
067	822	SCHROEDER, TIM	32	M 30-34	10	0:15:33	102	0:32:12	64	0:21:42	80	1:09:27	
068	807	EVANS, KIERAN	15	M 13-15	1	0:12:05	13	0:35:56	161	0:21:28	76	1:09:29	Adelaide Vales
069	903	OWENS, KERRY	46	M 45-49	2	0:15:18	84	0:32:20	68	0:21:54	86	1:09:32	Adelaide Vales
070	805	TRIPODI, BEN	15	M 13-15	2	0:13:24	36	0:34:26	117	0:21:48	82	1:09:38	
071	839	PYMAN, BEN	34	M 30-34	11	0:16:11	117	0:32:12	65	0:21:17	72	1:09:40	
072	736	BEADMAN, MELISSA	33	F 30-34	4	0:15:21	89	0:33:02	81	0:21:23	73	1:09:46	Adelaide Vales
073	933	NOLAN, PETER	46	M 45-49	3	0:16:53	140	0:31:08	42	0:21:47	81	1:09:48	Lakers
074	846	GOLDUP, LUKE	24	M 20-24	4	0:14:40	63	0:35:41	149	0:19:34	30	1:09:55	Tri SA
075	743	MCDONALD, SHANNEN	16	F 16-17	1	0:15:26	98	0:34:29	120	0:20:00	42	1:09:55	Adelaide Vales
076	907	PATERSON, TODD	39	M 35-39	7	0:14:47	67	0:32:00	56	0:23:12	123	1:09:59	Lakers
077	802	GREEN, JASON	21	M 20-24	5	0:15:12	82	0:32:51	77	0:22:05	90	1:10:08	
078	588	(TEAM) THE FLYING PUFFING		M Team	6	0:12:35	18	0:32:51	77	0:24:49	169	1:10:15	
079	854	HOLMES, JAMES	25	M 25-29	5	0:15:03	78	0:33:11	91	0:22:03	89	1:10:17	
080	917	DORAN, ANDREW	36	M 35-39	8	0:15:22	91	0:32:43	72	0:22:17	99	1:10:22	
081	906	MEHAFFEY, CHRIS	58	M 55-59	2	0:14:34	57	0:32:32	71	0:23:25	128	1:10:31	Lakers
082	915	GRIFFITHS, AARON	36	M 35-39	9	0:17:48	154	0:31:04	37	0:21:50	85	1:10:42	Meteors
083	830	VREUGDENHIL, DANIEL	19	M 18-19	1	0:16:30	128	0:33:11	90	0:21:04	62	1:10:45	Triplings
084	811	REEVE, KYLE	19	M 18-19	2	0:14:44	64	0:34:52	131	0:21:11	65	1:10:47	



172	803	YOUNG, RICHARD	33	M 30-34	27	0:18:20	171	0:35:33	142	0:25:27	182	1:19:20	
172	806	RAWLING, TIM	24	M 20-24	10	0:20:38	212	0:36:33	177	0:22:09	92	1:19:20	Meteors
173	912	O'CALLAGHAN, ANDREW	41	M 40-44	11	0:18:25	175	0:36:33	178	0:24:28	160	1:19:26	Tri SA
174	991	CURNOW, MATT	42	M 40-44	12	0:19:29	192	0:36:22	174	0:23:38	135	1:19:29	
175	862	ROFE, CARL	25	M 25-29	11	0:16:44	134	0:38:10	200	0:24:38	165	1:19:32	Tribe
176	900	ARDLIE, MICHAEL	59	M 55-59	4	0:18:19	170	0:35:09	135	0:26:10	196	1:19:38	Tri SA
177	717	STEELE, AMANDA	29	F 25-29	7	0:20:40	213	0:34:21	115	0:24:39	167	1:19:40	Adelaide Vales
177	799	WEAVER, ROSALIND	53	F 50-54	1		0		0		0	1:19:40	Meteors
178	963	BASHEER, ADAM	40	M 40-44	13	0:17:51	155	0:37:54	197	0:24:14	150	1:19:59	Tri SA
179	928	WEIDENBACH, JULIEN	37	M 35-39	25	0:19:21	189	0:35:49	156	0:24:52	172	1:20:02	
180	821	WRIGHT, DARREN	32	M 30-34	28	0:18:08	165	0:35:47	155	0:26:18	199	1:20:13	Lakers
180	934	CARR, KEVIN	50	M 50-54	8	0:19:15	187	0:34:15	113	0:26:43	204	1:20:13	Lakers
181	967	THOMPSON, GARY	54	M 50-54	9	0:20:53	214	0:36:12	169	0:23:12	122	1:20:17	Meteors
182	988	TAYLOR, MARK	50	M 50-54	10	0:17:58	159	0:36:14	171	0:26:20	201	1:20:32	Lakers
183	850	ADAMS, BRAD	33	M 30-34	29	0:19:09	183	0:35:35	144	0:26:05	194	1:20:49	Tribe
184	845	WARD, WAYNE	32	M 30-34	30	0:20:32	211	0:37:53	196	0:22:32	105	1:20:57	Tri SA
185	728	DENT, ELSA	30	F 30-34	6	0:15:42	106	0:38:37	206	0:26:53	205	1:21:12	Tri SA
186	942	HOOK, BEN	35	M 35-39	26	0:19:56	201	0:37:42	192	0:23:43	139	1:21:21	
187	944	EVANS, CRAIG	37	M 35-39	27	0:19:31	193	0:35:51	159	0:26:01	189	1:21:23	
188	913	PAYNTER, BARRIE	41	M 40-44	14	0:18:38	179	0:38:54	211	0:24:07	148	1:21:39	
189	838	WAGENER, SEAN	32	M 30-34	31	0:18:41	180	0:38:38	208	0:24:25	158	1:21:44	
190	733	THOMAS, PENNY	33	F 30-34	7	0:19:59	202	0:37:17	190	0:24:29	162	1:21:45	Mt Gambier
191	908	PEAT, BRIAN	57	M 55-59	5	0:19:13	186	0:35:26	141	0:27:07	207	1:21:46	
192	922	DE SILVA, ADRIAN	40	M 40-44	15	0:21:11	217	0:36:08	167	0:24:51	171	1:22:10	
193	973	ANSELL, STEPHEN	48	M 45-49	14	0:16:30	127	0:38:46	210	0:27:28	210	1:22:44	Lakers
194	945	BEARD, MATTHEW	45	M 45-49	15	0:18:07	164	0:38:35	205	0:26:10	197	1:22:52	Tribe
195	929	ROBERTS, ANDREW	41	M 40-44	17	0:19:05	182	0:30:38	29	0:33:36	226	1:23:19	
196	738	MILLS, LOUISE	28	F 25-29	8	0:19:51	198	0:38:29	203	0:25:02	176	1:23:22	Lakers
197	586	(TEAM) METEORS, TEAM		M Team	8	0:18:32	177	0:41:25	222	0:23:41	137	1:23:38	
198	937	LUTZE, GAVIN	48	M 45-49	16	0:19:42	195	0:36:01	163	0:27:59	214	1:23:42	
199	745	GALLERY, SKANA	38	F 35-39	4	0:20:53	215	0:38:15	202	0:24:36	164	1:23:44	
200	858	DEL CAMPO, DAMIAN	30	M 30-34	32	0:18:18	169	0:35:39	148	0:29:50	223	1:23:47	
201	979	HILL, GARY	42	M 40-44	18	0:20:10	204	0:35:51	159	0:27:58	212	1:23:59	
202	947	WILSON, IAN	48	M 45-49	17	0:16:42	131	0:39:22	216	0:27:59	213	1:24:03	Triplings
203	972	STIRNA, CRAIG	35	M 35-39	28	0:18:24	174	0:39:37	219	0:26:04	191	1:24:05	Tri SA
204	941	PARTRIDGE, RAY	44	M 40-44	19	0:18:21	172	0:35:52	161	0:30:17	224	1:24:30	Adelaide Vales
205	837	TAINTEY, ANDREW	33	M 30-34	33	0:20:54	216	0:37:10	188	0:26:38	203	1:24:42	
206	702	MACHOTKA, ZUZANA	29	F 25-29	9	0:21:12	218	0:37:46	194	0:25:47	185	1:24:45	
207	721	STURM, SAMANTHA	31	F 30-34	8	0:20:05	203	0:39:23	218	0:25:26	180	1:24:54	Lakers
208	993	SMITH, PETER	67	M 65-69	2	0:18:33	178	0:37:44	193	0:28:42	217	1:24:59	Tri SA
209	970	VENNING, PAUL	46	M 45-49	18	0:19:55	200	0:39:22	216	0:26:29	202	1:25:46	Tribe
210	804	STEERE, ANDREW	33	M 30-34	34	0:19:47	196	0:36:58	186	0:29:11	218	1:25:56	
211	974	DONNELLY, FRANK	42	M 40-44	20	0:22:05	222	0:38:33	204	0:25:26	180	1:26:04	Triplings
212	992	VOIGT, IAN	41	M 40-44	21	0:22:01	221	0:37:52	195	0:27:02	206	1:26:55	
213	818	WINTER, JOHN	30	M 30-34	35	0:24:18	229	0:39:05	213	0:24:20	154	1:27:43	
214	714	O'CONNELL, SHARON	42	F 40-44	2	0:21:48	220	0:38:37	206	0:27:44	211	1:28:09	Triplings
215	812	MACKEY, CHRIS	24	M 20-24	11	0:18:23	173	0:39:00	212	0:31:00	225	1:28:23	Tri SA
216	865	JOHNSON, FRASER	32	M 30-34	36	0:16:48	136	0:47:35	228	0:24:02	147	1:28:25	
217	739	GOLLAN, MIM	26	F 25-29	10	0:20:24	207	0:38:44	209	0:29:25	221	1:28:33	
218	706	MCPHARLIN, STEPHANIE	54	F 50-54	2	0:25:33	230	0:36:49	185	0:27:24	209	1:29:46	Adelaide Vales
219	581	(TEAM) BALCO, TEAM		M Team	9	0:23:11	225	0:41:09	221	0:25:34	183	1:29:54	
220	920	MALES, GRANT	41	M 40-44	22	0:20:31	210	0:40:23	220	0:29:38	222	1:30:32	
221	740	LANGLEY, FELICITY	23	F 20-24	5	0:23:52	227	0:42:23	224	0:26:05	193	1:32:20	
222	732	PASHLEY, FIONA	36	F 35-39	5	0:20:23	206	0:43:16	226	0:29:24	220	1:33:03	Adelaide Vales
223	730	McEACHERN, SARAH	26	F 25-29	11	0:23:54	228	0:42:27	225	0:27:07	208	1:33:28	Tri SA
224	742	HEBHARDT, LOUIZA	35	F 35-39	6	0:20:28	209	0:47:57	229	0:29:11	218	1:37:36	
225	580	(TEAM) BALCO ENTRANTS, TEAM		MX Team	1	0:23:01	223	0:39:21	215	0:36:51	227	1:39:13	
226	725	PROCTOR, LEONIE	41	F 40-44	3	0:21:40	219	0:45:07	227	0:42:08	228	1:48:55	Tribe
227	719	LAMBERT, VAL	68	F 65-69	1	0:23:15	226	0:48:26	230	0:42:36	229	1:54:17	Meteors
999	607	LEAN, PHILIP	44	M Open	0	0:11:44	3	0:28:53	10		0		Adelaide Vales
999	707	OWERS, DEBRA	26	F 25-29	0		0		0		0		Adelaide Vales
999	769	INGMAN, MEGAN	39	F 35-39	0		0		0		0		Adelaide Vales
999	800	JOHNSON, FRASER	32	M 30-34	0		0		0		0		
999	810	MATHESON, SCOTT	26	M 25-29	0		0		0		0		
999	855	HARTE, MICHAEL	16	M 18-19	0		0		0		0		Triplings
999	860	HARPER, DAVID	33	M 30-34	0		0		0		0		Aust Defence Force
999	901	HOOD, SIMON	42	M 40-44	0		0		0		0		
999	910	SCHLIEBS, RAY	57	M 55-59	0		0		0		0		Adelaide Vales
999	911	BAUZE, ANTONY	40	M 40-44	0		0		0		0		Tribe
999	950	LIERSCH, PAUL	40	M 40-44	0		0		0		0		



**JT Cycles Triathlon Series 2008/09 11/1/09**

**Race Result - Mini**

POS	RACE NO	NAME	AGE	CAT	POS	TOTAL	CLUB						
001	157	CLARK, DARREN	31	M 30-34	1	0:20:05	Tri SA						
002	501	(TEAM) FIRST KLASS, TEAM		M Team	1	0:20:06							
003	121	AHOLA, KRISTIINA	12	F 10-12	1	0:20:30	Adel Vales						
004	500	(TEAM) BEN'S COUSINS		M Team	2	0:20:32							
005	105	RIEDEL, STACEY	13	F 13-15	1	0:20:37	St J's Gram						
006	151	KLASS, SAXON	11	M 10-12	1	0:21:06							
007	153	EYERS, TOMMY	11	M 10-12	2	0:21:18							
008	160	RICHARDSON, JOSHUA	11	M 10-12	3	0:21:19	Tri SA						
009	104	ROBERTS, ELAINE	40	F 40-44	1	0:21:27							
010	120	SLAVEN, VICTORIA	12	F 10-12	2	0:21:29	Lakers						
011	107	LECONS, JULIE	37	F 35-39	1	0:21:53							
012	124	BATLEY, KIMBERLEY	14	F 13-15	2	0:21:56							
013	122	MIDDLETON, LAUREN	12	F 10-12	3	0:22:29							
014	108	WILSON, NIKKI	13	F 13-15	3	0:22:36							
015	111	DORAN, SUE	41	F 40-44	2	0:22:40	Tri SA						
016	100	DE ROSS, RAELENE	38	F 35-39	2	0:22:42							
017	250	FIELD, DARRYL	39	M 35-39	1	0:22:48							
018	109	HODGE, MARIE	39	F 35-39	3	0:22:50							
019	150	MCMILLAN, JOSHUA	14	M 13-15	1	0:22:58							
020	162	SPURLING, MAX	10	M 10-12	4	0:23:06							
021	103	BARTEL, MARGARET	52	F 50-54	1	0:23:11							
022	115	COLLING, CINDY	34	F 30-34	1	0:23:55							
023	155	O'HARA, BAILEY	10	M 10-12	5	0:24:25	Tribe						
024	251	ROBERTS, MARK	38	M 35-39	2	0:24:35							
025	152	PARTRIDGE, JORDAN	11	M 10-12	6	0:24:39	Adel Vales						
026	163	ANDRIANI, SAM						13	M 13-15	2	0:24:46		
027	128	SHANNON, JACQUI						34	F 30-34	2	0:24:48		
028	123	HEFFORD, KATIE						29	F 25-29	1	0:24:54		
029	101	ROSTRON, VANESSA						34	F 30-34	3	0:24:57		
030	112	ADAMS, Sarah						33	F 30-34	4	0:26:21		
031	164	ANDRIANI, LAURENCE						14	M 13-15	3	0:26:30		
032	116	GANNON, CASSANDRA						30	F 30-34	5	0:26:32		
033	129	KENT, DONNA						43	F 40-44	3	0:27:01		
034	125	REGAN, JANE						28	F 25-29	2	0:27:28		
035	158	HUNT, DAKOTA						11	M 10-12	7	0:27:30		
036	117	KIDNEY, LUANA						10	F 10-12	4	0:27:32		
037	156	MARTIN, AIDAN						10	M 10-12	8	0:27:52		
038	110	LAMSHED, JANE						27	F 25-29	3	0:27:56		
039	126	SWAN, JENNIFER						39	F 35-39	4	0:27:58		
040	127	BRYAN, KELLIE						32	F 30-34	6	0:27:59		
041	154	LECONS, SAM						10	M 10-12	9	0:28:15		
042	114	GORDON, MATILDA						11	F 10-12	5	0:29:06		
043	130	GORDON, KRISTEN						40	F 40-44	4	0:29:07		
044	118	McGREE, BROOKE						12	F 10-12	6	0:29:37		
045	161	KENT, CONNAR						12	M 10-12	10	0:29:38	Triplings	
046	252	KENT, BRETT						37	M 35-39	3	0:29:39		
047	102	WEIDEMANN, RACHEL						11	F 10-12	7	0:29:42	Lakers	
048	113	POTTER, RACHAEL						19	F 18-19	1	0:29:49		
049	159	KENT, CHELSEA						10	F 10-12	8	0:30:29		
050	106	FIELD, REBECCA						10	F 10-12	9	0:34:10		
051	119	HERBERT, WYE YEE						37	F 35-39	5	0:34:35		

# Triathlon for Beginners

Thinking about competing in the JT Cycles Triathlon series? Want to do a triathlon but are unsure of what is required?

Triathlon is a fantastic sport, but the challenge of combining three events into one can be overwhelming. Gatti Sports, the Lakers Triathlon Club and Finish Line Fitness are pleased to provide you with an opportunity to fast track your triathlon experience.

Our goal is to make sure you not only finish but also thrive on the experience.

## What to expect

Spread over 2 days sessions include

- A fun filled Saturday afternoon session looking at running off the bike, cycling skills, bike maintenance, tips and tricks for training and racing, equipment and the secrets of a fast transition.
- Thursday night open water swimming skills and aquathlon (swim, run) and a discussion of what to wear, eat, do etc on the morning of a triathlon,

## Who would benefit?

The session is designed for anyone new to the sport or looking to improve their triathlon performance. You are never too old to learn new tricks! The sessions are suitable for anyone 13 and older.

## Session details

- Saturday January 17<sup>th</sup>, 2009, 2- 4 pm, Hanson Reserve Velodrome, Sixth Avenue, Woodville Gardens (this is a safe, outdoor arena perfectly suited for beginners).
- Thursday January 22<sup>nd</sup> 6-7 pm Henley little athletics oval Raymond Tce)

## What to bring

Saturday - Bike and bike equipment (helmet, shoes etc), running shoes, drink, sunscreen, hat  
Thursday – bathers, goggles, running shoes and clothes, towel

## Cost

\$35, places are limited so book early.

## The coaches

Nigel and Verity Pietsch, both experienced triathletes and triathlon coaches, will be on hand to unravel the secrets of the sport and answer all of your triathlon-related questions. Nigel and Verity will be supported by members of the Lakers Triathlon club.

For more information please call Nigel on 041 3399 453 or email [nigelpietsch@optusnet.com.au](mailto:nigelpietsch@optusnet.com.au)

**Tax invoice**

**December 21<sup>st</sup> 2008**

**ABN 81 057 719 665**

**To register please complete the following form**

Name \_\_\_\_\_

Contact number/s \_\_\_\_\_

Email: \_\_\_\_\_

Age \_\_\_\_\_ if under 18 parent or guardian signature \_\_\_\_\_

**Cost**

- \$35 per person
- \$25 for 13-18 year olds

**Payment Method**

- Internet banking BSB number 105 034 account # 058939040 (attach receipt to form)
- Cash (I will pay on the day)

Either email completed registration form to [nigelpietsch@optusnet.com.au](mailto:nigelpietsch@optusnet.com.au) or post it to PO Box 342 Woodville SA

**Declaration**

I, the under signed in consideration of and as a condition of acceptance into the development session listed, understand triathlon is a test of person's physical and mental limits, & carries with it potential for death, serious injury & property loss. The risks include but are not limited to pollution, temperatures, currents, weather, condition of athletes equipment, vehicle traffic, lack of hydration, actions of participants, volunteers, spectators &/or organisers of the event. I hereby assume the risks of participating in the session and agree to abide by the wishes of the organisers to ensure my safety. I certify that I am physically fit and healthy. I have attached any medical conditions from which I suffer that might be relevant if medical treatment is needed. I consent to receiving any medical treatment including ambulance transportation that the event coordinator thinks desirable.

Name \_\_\_\_\_ Signed \_\_\_\_\_

Date \_\_\_\_\_



CHECK OUT THE PHOTOS ON [WWW.NEVETSPHOTOGRAPHY.COM](http://WWW.NEVETSPHOTOGRAPHY.COM)

**JT CYCLES ... [www.jtcycles.com.au](http://www.jtcycles.com.au)**

Four great locations

Adelaide...234 Pultney Street...Ph. 8359 2755

Brighton...391 Brighton Road...Ph. 8358 1500

Elizabeth...U1/1 Philip Hwy...Ph: 8255 7100

Holden Hill...650 North East Road...Ph. 8369 0550

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**National Pharmacies - [www.nationalpharmacies.com.au](http://www.nationalpharmacies.com.au)**

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**Limar Time Trial Helmets - [www.limar.com.au](http://www.limar.com.au)**

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**Australia Day Council - [www.australiaday.org.au](http://www.australiaday.org.au)**

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**Brooks Running Shoes and Sports Apparel [www.runhappy.com.au](http://www.runhappy.com.au)**

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**Hi 5 – For all your Nutrition needs [www.highfive.com.au](http://www.highfive.com.au)**

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**Joggers World [www.joggersworld.com.au](http://www.joggersworld.com.au)**

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**2XU - [www.2xu.com](http://www.2xu.com)**

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**Piccadilly Natural Spring Water [www.piccadilly.com.au](http://www.piccadilly.com.au)**

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**Unley Swimming Centre – A Great Place to Train [www.unley.sa.gov.au](http://www.unley.sa.gov.au)**

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**Herb Valley – For all your vitamin and mineral supplements [www.herbvalley.com.au](http://www.herbvalley.com.au)**

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