

JT CYCLES TRIATHLON SERIES 2008/09

Australia Day Triathlon

Race 4 – 26 January, 2009

Provisional Race Results

Challenge – Swim 1200m/Cycle 35km/Run 8km

Open	Male	Time	Female	Time
1 st	Ryan Johnson	1.34.20	Edith Kostovitz	1.43.44
2 nd	Kevin Fergusson	1.36.48	Ella Holmes	1.05.08
3 rd	Shane Limmer	1.38.30	Krystal Smith	1.48.32
Jun High Perf	Alex Wilson	1.39.53	Rebecca Copson	2.00.57
Age Group				
13-15	Tom Currie	1.51.13	No Competitors	1.11.28
16-19	Anthony Bishop	1.48.46	Millicent Allcroft	1.57.05
20-24	Toby Richardson	1.41.50	Sarah Calton	1.48.34
25-29	Christopher Morgan	1.42.55	Britta Jensen	1.52.44
30-34	Jay Marlowe	1.40.09	Tara Manning	1.51.11
35-39	Steve Grant	1.45.50	Vanessa Dorn	1.57.01
40-44	Mark Pomery	1.45.01	Jacqui Timmins	2.06.55
45-49	Guy Griffiths	1.48.56	Trudy Fenton	1.53.50
50-54	Ian Berry	1.52.31	Nancy Cullen	1.58.35
55-59	Colin Clarke	1.50.14	Jan Daley	2.02.38
60-64	David Taylor	1.54.54	No Competitors	
65-69	Doug Smart	2.02.57	No Competitors	
Team	Adelaide Vales - Phil Lean, Nick Wood, Simon Little	1.32.45	JT Chicks – Jackie Prentice & Dani Stephens	1.41.50
Mixed	Balco – Emma Noll, Ken Noll, Darryl Butler	2.11.40		

Tinman – Swim 400m/Cycle 17.5km/Run 4km

Age Group	Male	Time	Female	Time
13-15	Luke Hargreaves	52.44	Emily Mahomet	52.06
16-19	Rory Dyus	49.57	Christine Fenech	1.02.54
20-24	Ronan Foolkes	55.08	Rebecca Maslen	1.00.31
25-29	Cameron Scarce	53.14	Tanya Joyce	1.07.36
30-34	Adam Walsh	56.36	Sophie Holt	59.38
35-39	Craig Newton	52.14	Amanda Allen	56.12
40-44	Sam Allen	54.01	Julie Stevens	59.53
45-49	Michael Spurling	53.52	Meridy Dunn	1.07.30
50-54	Andrew Dolan	56.20	Leah Fleming	1.15.02
55-59	Tony Brady	59.52	No Competitors	
60-64	David Sewell	1.01.35	Penny Hepworth	1.16.00
65-69	Peter Smith	1.07.45	Val Lambert	1.31.50
Team	2nd Timers – Stewart Macdonald, Jeff Duncan & Pat Gordon	51.21	F Team – Lara Nowland & Helen Szuster	1.17.52
	Mx – Lakers Team – Lorenzo Peressin, Sarah Martin & Anthony Bratolli			54.06

Mini – Swim 100m/Cycle 6.5km/Run 1km

Age Group	Male	Time	Female	Time
10-12	Tommy Eysers	18.46	Kristiina Ahola	19.02
13-15	Sam Bishop	19.52	Lotta Danna	19.03
16-19	Nathan Batley	19.40	No Competitors	
20-24	No Competitors		Tina Marinelli	22.25
25-29	No Competitors		Belinda Rowland	21.49
30-34	Tory Wright	17.34	Abbie Muller	20.34
35-39	Danny Potuszynski	19.23	Marie Hodge	21.01
40-44	No Competitors		Robyn Beck	23.03
45-49	Stephen Heath	19.55	Debbie Grope	23.41
50-54	No Competitors		Margaret Bartel	22.09
Team	Ben's Cousins (Ben Partridge, Jacob Carger & Andrew McDonald)	19.47	Mx-Junior Bratts-Amy Lecons, Kelby Hunt & Dakota Hunt	21.55

NEXT RACE – SUNDAY, 22 FEBRUARY, 2009 – 9.00AM
MIDCOURSE RESERVE, BREBNER DRIVE – WEST LAKES
Challenge: 750m Swim/19.5k Cycle/5k Run Tinman: 300m Swim/13k Cycle/3k 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 4

Valid until: 21 February, 2009

Gatti Sports Promotions

JT Cycles Triathlon Series 08/09

26/1/09

Race Result - Challenge

POS	Race No	NAME	AGE	CAT	POS	LEG 1	LEG 2	LEG 3	TOTAL	CLUB	
001	591	(TEAM) PHIL, NICK + SIMON, TEAM		M Team	1	0:16:41	3	0:47:30	1	1:32:45	
002	606	JOHNSON, RYAN	28	M Open	1	0:16:47	5	0:48:28	3	1:34:20	Adelaide Vales
003	602	FERGUSSON, KEVIN	49	M Open	2	0:17:41	8	0:47:40	2	1:36:48	Lakers
004	600	LIMMER, SHANE	32	M Open	3	0:17:43	9	0:49:08	4	1:38:30	Adelaide Vales
005	633	WILSON, ALEXANDER	17	M Junior	1	0:16:39	2	0:51:33	16	1:39:53	Meteors
006	832	MARLOWE, JAY	31	M 30-34	1	0:18:55	20	0:51:23	15	1:40:09	Adelaide Vales
007	632	MCDougALL, ASHLEIGH	18	M Junior	2	0:18:04	14	0:50:10	8	1:40:35	Triקים
008	604	DUFFY, JAMES	22	M Open	4	0:19:38	34	0:50:32	11	1:41:27	Lakers
009	586	(TEAM) JT CHICKS, TEAM		M Team	2	0:18:56	21	0:52:16	20	1:41:50	
009	807	RICHARDSON, TOBY	24	M 20-24	1	0:19:51	35	0:49:48	6	1:41:50	Mt Gambier
011	856	BAYLEY, GREG	34	M 30-34	2	0:20:39	54	0:51:00	14	1:41:56	
012	822	MEADE, ANTHONY	33	M 30-34	3	0:20:29	50	0:52:39	23	1:42:27	Lakers
013	836	HOARE, DAMIAN	32	M 30-34	4	0:21:18	72	0:50:23	9	1:42:35	Lakers
014	829	MORGAN, CHRISTOPHER	26	M 25-29	1	0:22:33	104	0:49:56	7	1:42:55	
015	592	(TEAM) TEAM AWESOME, TEAM		M Team	3	0:16:37	1	0:55:04	51	1:43:08	
016	838	TALBOT, DAVE	34	M 30-34	5	0:19:53	36	0:54:01	36	1:43:17	Adelaide Vales
017	650	KOSZTOVITS, EDITH	33	F Open	1	0:19:26	28	0:52:25	21	1:43:44	Meteors
018	949	POMERY, MARK	40	M 40-44	1	0:20:15	42	0:53:25	28	1:45:01	
019	800	ROBERTS, DARRREN	33	M 30-34	6	0:21:07	66	0:52:03	18	1:45:08	Lakers
020	593	(TEAM) MICHAEL AND CO, TEAM		M Team	4	0:21:10	68	0:52:32	22	1:45:17	
021	854	WILSON, GLYNN	27	M 25-29	2	0:21:25	76	0:50:41	13	1:45:22	
022	655	HOLMES, ELLA	18	F Open	2	0:17:22	7	0:55:58	62	1:45:33	Triקים
023	960	GRANT, STEVE	36	M 35-39	1	0:20:22	46	0:52:48	24	1:45:59	
024	946	WILLIAMSON, TOBY	35	M 35-39	2	0:18:41	18	0:54:06	39	1:46:30	
025	912	O'BRIEN, STEPHEN	40	M 40-44	2	0:19:34	32	0:50:33	12	1:47:36	Triקים
026	839	RICARDEZ MARTIN, LEONARDO	31	M 30-34	7	0:20:06	39	0:56:22	72	1:47:46	Adelaide Vales
027	967	VAN HEEREBEEK, FRANK	43	M 40-44	3	0:20:22	47	0:54:12	42	1:47:49	
028	651	SMITH, KRYSYAL	17	F Open	3	0:19:08	24	0:56:13	68	1:48:32	Triקים
029	711	CALTON, SARAH	24	F 20-24	1	0:18:23	16	0:54:56	48	1:48:34	Lakers
030	970	BLOOMFIELD, MARK	41	M 40-44	4	0:23:12	114	0:54:01	37	1:48:43	Tribe
031	828	BISHOP, ANTHONY	16	M 16-19	1	0:19:34	31	0:54:27	45	1:48:46	Tri SA
032	605	BOLCH, SAM	20	M Open	5	0:16:43	4	0:54:53	46	1:48:52	Meteors
033	973	GRIFFITHS, GUY	47	M 45-49	1	0:18:14	15	0:55:01	50	1:48:56	Lakers
034	722	CIBICH, SKYE	23	F 20-24	2	0:19:27	29	0:55:31	59	1:49:07	Meteors
035	850	CATT, DAVE	33	M 30-34	8	0:18:30	17	0:54:20	44	1:49:10	Tri SA
036	861	CATTONAR, JASON	28	M 25-29	3	0:22:17	95	0:53:30	29	1:49:40	
037	931	CLARKE, COLIN	55	M 55-59	1	0:20:28	49	0:53:30	29	1:50:14	Lakers
038	653	EASTWOOD, ANNETTE	27	F Open	4	0:19:33	30	0:57:17	82	1:50:28	Lakers
039	906	DUNN, CRAIG	40	M 40-44	5	0:21:29	77	0:56:01	63	1:50:40	Mt Gambier
040	818	CHAPMAN, FRED	31	M 30-34	9	0:17:45	10	0:54:10	40	1:51:01	Lakers
041	731	MANNING, TARA	34	F 30-34	1	0:20:54	59	0:55:13	53	1:51:11	Tri SA
042	844	COTTER, CRAIG	34	M 30-34	10	0:22:10	92	0:53:17	26	1:51:12	Triקים
043	805	CURRIE, TOM	15	M 13-15	1	0:16:58	6	0:54:14	43	1:51:13	Meteors
044	704	SCHLIEBS, JULIANNE	30	F 30-34	2	0:19:03	22	0:57:34	91	1:51:18	Tri SA
045	841	STUBING, LUCAS	34	M 30-34	11	0:21:51	88	0:55:21	57	1:51:24	
046	940	AHOLA, SEPPO	44	M 40-44	6	0:25:01	144	0:52:14	19	1:51:37	Adelaide Vales
047	971	NOLAN, PETER	46	M 45-49	2	0:21:39	83	0:54:11	41	1:51:53	Lakers
048	858	WILSON, DYLAN	15	M 13-15	2	0:21:15	70	0:55:13	52	1:52:01	St John's Grammar
049	943	KERR, ANDREW	36	M 35-39	3	0:23:50	127	0:53:20	27	1:52:04	Tri SA
050	580	(TEAM) TEAM RED, TEAM		M Team	5	0:23:57	128	0:54:54	47	1:52:22	
051	933	NORCOTT, BRIAN	45	M 45-49	3	0:20:31	51	0:57:45	94	1:52:23	Meteors
052	980	LOUDON, ANDREW	42	M 40-44	7	0:21:36	80	0:57:15	81	1:52:28	
053	918	BERRY, IAN	54	M 50-54	1	0:22:01	90	0:55:13	53	1:52:31	Lakers
053	965	MCNAMARA, DAVID	40	M 40-44	8	0:27:22	179	0:49:36	5	1:52:31	
055	859	SCHROEDER, TIM	32	M 30-34	12	0:21:41	84	0:55:47	61	1:52:41	
056	712	JENSEN, BRITTA	26	F 25-29	1	0:20:16	43	0:57:24	86	1:52:44	Adelaide Vales
057	732	BEADMAN, MELISSA	33	F 30-34	3	0:20:26	48	0:57:22	85	1:53:23	Adelaide Vales
058	981	UZELAC, GORAN	45	M 45-49	4	0:19:37	33	0:56:08	67	1:53:27	Meteors
059	952	FLEMING, JOHN	55	M 55-59	2	0:21:21	73	0:53:56	35	1:53:33	Coomaella
060	727	PIETSCH, VERITY	33	F 30-34	4	0:19:20	26	0:58:32	106	1:53:43	Lakers
061	814	PYMAN, BEN	34	M 30-34	13	0:22:29	103	0:53:03	25	1:53:45	
062	810	LOCKWOOD, ADAM	34	M 30-34	14	0:23:41	126	0:53:35	32	1:53:51	
063	853	WALLET, TROYE	32	M 30-34	15	0:20:47	55	0:57:21	84	1:53:54	
064	950	DREDGE, KENT	42	M 40-44	9	0:20:55	60	0:58:38	108	1:54:00	Lakers
065	824	MAHER, CAMERON	33	M 30-34	16	0:23:12	114	0:55:42	60	1:54:14	Lakers
066	919	DORAN, ANDREW	36	M 35-39	4	0:21:43	85	0:56:02	65	1:54:32	
067	700	FENTON, TRUDY	48	F 45-49	1	0:20:34	53	0:54:03	38	1:54:50	Adelaide Vales
068	953	TAYLOR, DAVID	60	M 60-64	1	0:22:35	105	0:53:42	33	1:54:54	Tribe
069	652	WARD, ALISON	24	F Open	5	0:19:19	25	0:57:19	83	1:55:06	Tribe
070	809	RAYMENT, JASON	24	M 20-24	2	0:22:09	91	0:55:21	56	1:55:20	
071	975	REES-JONES, RICHARD	48	M 45-49	5	0:19:54	37	0:55:28	58	1:55:25	Lakers
072	907	BAKER, JAMES	47	M 45-49	6	0:26:19	167	0:54:57	49	1:55:28	
073	974	WATT, ADAM	29	M 25-29	4	0:21:34	78	0:57:08	78	1:55:35	
074	845	CRAIG, BRENTON	30	M 30-34	17	0:20:56	61	0:56:56	75	1:55:36	
075	802	GREEN, JASON	21	M 20-24	3	0:22:24	99	0:57:33	90	1:55:49	
076	921	BROADLEY, PAUL	39	M 35-39	5	0:21:45	87	0:58:35	107	1:55:50	Lakers
077	916	LAURET, PHILIPPE	44	M 40-44	10	0:24:46	140	0:55:16	55	1:55:53	Lakers
078	923	ALLCROFT, PETER	48	M 45-49	7	0:25:03	147	0:58:30	103	1:56:04	Meteors
079	821	GALBREATH, MATTHEW	29	M 25-29	5	0:22:11	93	0:56:20	71	1:56:25	Triקים
079	849	EAST, DAVID	26	M 25-29	5	0:24:14	135	0:57:26	88	1:56:25	Tri SA
081	951	LINK, THOMAS	48	M 45-49	8	0:20:47	55	0:57:46	95	1:56:29	Lakers
082	959	RICE, DARREN	37	M 35-39	6	0:23:10	112	0:56:18	70	1:56:33	
083	917	HALLAS, GARY	43	M 40-44	11	0:21:16	71	0:56:01	63	1:56:50	
084	851	ROBINSON, MATTHEW	30	M 30-34	18	0:24:08	131	0:58:38	108	1:56:50	

085	806	GOODRICK, CHRIS	31	M 30-34	19	0:21:22	74	0:53:35	31	0:41:57	150	1:56:54	Tri SA
086	937	PRYOR, RICHARD	52	M 50-54	2	0:21:38	82	0:57:43	93	0:37:35	90	1:56:56	Lakers
087	703	DORN, VANESSA	39	F 35-39	1	0:20:09	41	0:59:45	121	0:37:07	83	1:57:01	
088	713	ALLCROFT, MILLICENT	16	F 16-19	1	0:21:44	86	0:59:58	124	0:35:23	54	1:57:05	Meteors
089	947	PENNIMENT, MARK	40	M 40-44	12	0:21:35	79	0:57:35	92	0:38:50	109	1:58:00	Lakers
090	969	LAKE, STEWART	40	M 40-44	13	0:24:10	134	0:57:14	80	0:36:38	77	1:58:02	Lakers
091	938	WACHTEL, SHAYNE	49	M 45-49	9	0:24:08	131	0:57:28	89	0:36:34	74	1:58:10	Triplings
092	835	KELLETT, MICHAEL	34	M 30-34	20	0:23:20	118	0:58:29	102	0:36:26	73	1:58:15	
093	963	NUGENT, GAVIN	47	M 45-49	10	0:30:05	188	0:51:37	17	0:36:34	75	1:58:16	Triplings
094	834	REYNOLDS, BEN	29	M 25-29	7	0:24:03	130	0:56:15	69	0:38:11	98	1:58:29	Triplings
095	725	CULLEN, NANCY	51	F 50-54	1	0:20:56	62	0:59:44	119	0:37:55	96	1:58:35	Lakers
096	590	(TEAM) NOT HERE YET, TEAM		M Team	6	0:26:12	161	1:02:42	151	0:29:45	5	1:58:39	
097	926	LAINGAM, SOMPRASONG	38	M 35-39	7	0:22:52	106	0:56:38	74	0:39:17	117	1:58:47	Lakers
098	972	MCDONALD, ROBERT	43	M 40-44	14	0:28:02	185	0:59:03	112	0:31:48	20	1:58:53	Adelaide Vales
099	860	HARPER, DAVID	33	M 30-34	21	0:23:34	124	0:59:45	120	0:36:03	67	1:59:22	Aust Defence Force
100	905	ELLIS, RODNEY	50	M 50-54	3	0:23:30	123	1:00:33	131	0:35:37	59	1:59:40	
101	978	CLIPPINGDALE, TOM	45	M 45-49	11	0:25:28	154	0:56:05	66	0:38:19	102	1:59:52	Tribe
102	702	BOURCHIER, KATE	29	F 25-29	2	0:19:05	23	1:01:30	140	0:39:33	119	2:00:08	Coomealla
103	804	RAYMOND, JAMES	21	M 20-24	4	0:20:53	58	0:58:30	105	0:40:53	141	2:00:16	St John's Grammar
104	715	ROBERTSON, SERIN	37	F 35-39	2	0:20:20	45	1:01:10	138	0:38:48	108	2:00:18	Lakers
105	936	VALE, TIM	41	M 40-44	15	0:23:14	116	0:56:30	73	0:40:36	139	2:00:20	
106	955	WEAVER, DAVID	48	M 45-49	12	0:23:22	120	1:00:05	126	0:37:15	86	2:00:42	Meteors
107	681	COPSON, REBECCA	15	F Junior	1	0:19:22	27	1:02:16	146	0:39:19	118	2:00:57	Meteors
108	929	BARTLETT, ANDREW	46	M 45-49	13	0:20:06	39	1:00:20	128	0:40:33	138	2:00:59	Adelaide Vales
109	862	THOMAS, CHAS	33	M 30-34	22	0:24:43	139	0:57:25	87	0:38:57	111	2:01:05	
110	857	WHITAKER, MICHAEL	34	M 30-34	23	0:25:48	156	0:57:00	77	0:38:24	103	2:01:12	Aust Defence Force
111	927	NEWBERRY, DAMIAN	40	M 40-44	16	0:21:14	69	0:58:22	101	0:41:42	149	2:01:18	Lakers
112	827	WHITCHER, KEITH	25	M 25-29	8	0:26:12	161	0:58:00	98	0:37:14	85	2:01:26	Meteors
113	815	BAMFORD, TONY	34	M 30-34	24	0:23:03	109	1:01:05	137	0:37:26	88	2:01:34	
114	812	SANDS, DAVID	29	M 25-29	9	0:23:05	110	1:02:23	148	0:36:44	78	2:02:12	
115	961	SEATON, ANDREW	43	M 40-44	17	0:21:22	74	0:59:42	118	0:41:26	146	2:02:30	Tri SA
115	976	STRICKLAND, RORY	36	M 35-39	8	0:21:36	80	0:59:20	114	0:41:34	148	2:02:30	Adelaide Vales
117	723	DALEY, JAN	56	F 55-59	1	0:21:56	89	0:56:59	76	0:43:43	162	2:02:38	Lakers
118	966	NEWTON, MARK	51	M 50-54	4	0:24:27	136	0:58:11	99	0:40:10	131	2:02:48	
119	962	DRAYTON, STUART	38	M 35-39	9	0:23:17	117	0:58:30	103	0:41:08	142	2:02:55	Triplings
120	913	SMART, DOUG	65	M 65-69	1	0:26:06	159	1:00:32	130	0:36:19	70	2:02:57	Meteors
121	843	BARRY, BRETT	34	M 30-34	25	0:24:10	133	0:59:51	123	0:39:08	115	2:03:09	Tri SA
122	803	YOUNG, RICHARD	33	M 30-34	26	0:24:31	137	1:00:26	129	0:38:17	101	2:03:14	
123	705	STROUT, RUTH	46	F 45-49	2	0:21:08	67	1:02:19	147	0:40:01	126	2:03:28	Coomealla
124	744	CHATTERTON, ANNETTE	52	F 50-54	2	0:23:02	108	1:00:16	127	0:40:26	135	2:03:44	Meteors
125	944	FOSTER, NEIL	39	M 35-39	10	0:22:22	98	1:01:44	141	0:39:48	123	2:03:54	Tri SA
126	939	SHARRAD, PETER	49	M 45-49	14	0:27:44	184	0:59:04	113	0:37:10	84	2:03:58	
127	964	COPPING, PAUL	38	M 35-39	11	0:23:01	107	1:00:57	136	0:40:09	130	2:04:07	Lakers
128	982	TATE, IAN	53	M 50-54	5	0:27:40	183	0:58:50	111	0:37:51	94	2:04:21	
129	935	PSAROULIS, PETER	44	M 40-44	18	0:22:19	96	0:57:46	95	0:44:22	165	2:04:27	Adelaide Vales
130	734	DELCAMPO, MICHAELA	27	F 25-29	3	0:20:32	52	1:01:49	143	0:42:15	154	2:04:36	
131	831	MENZ, CHRIS	29	M 25-29	10	0:26:45	172	1:02:29	150	0:35:48	63	2:05:02	
132	710	IBBOTSON, LOUISE	47	F 45-49	3	0:22:28	102	0:59:39	116	0:43:01	158	2:05:08	Adelaide Vales
133	719	HANLIN, RACHEL	28	F 25-29	4	0:22:26	101	0:58:39	110	0:44:07	163	2:05:12	
134	735	SOWERBY, HEIDI	37	F 35-39	3	0:23:24	121	1:03:34	156	0:38:44	107	2:05:42	
135	717	NOLL, EMMA	27	F 25-29	5	0:20:03	38	1:06:20	177	0:39:49	124	2:06:12	
136	808	ARCHER, ROBERT	24	M 20-24	5	0:29:22	187	1:00:39	133	0:36:21	72	2:06:22	Tribe
137	928	LAHNSTEIN, MARKO	45	M 45-49	15	0:23:24	121	0:59:46	122	0:43:14	159	2:06:24	Tri SA
138	820	RAWLING, TIM	24	M 20-24	6	0:26:41	171	0:59:39	115	0:40:32	137	2:06:52	Meteors
139	729	TIMMINS, JACQUI	42	F 40-44	1	0:20:48	57	1:04:41	165	0:41:26	147	2:06:55	
140	954	PRICE, DAVID	40	M 40-44	19	0:20:18	44	1:00:53	135	0:45:54	174	2:07:05	Meteors
141	957	CROSBY, PIET	59	M 55-59	3	0:27:10	178	1:01:58	144	0:38:31	105	2:07:39	Adelaide Vales
142	733	BAILEY, MICHELLE	36	F 35-39	4	0:22:20	97	1:00:34	132	0:45:01	166	2:07:55	Adelaide Vales
143	736	POTTER, ANGELA K	44	F 40-44	2	0:24:58	143	1:03:46	157	0:39:16	116	2:08:00	Lakers
144	910	SCHLIEBS, RAY	57	M 55-59	4	0:26:56	176	1:04:33	164	0:36:45	79	2:08:14	Adelaide Vales
145	942	ANNICCHIARICO, PATRICK	37	M 35-39	12	0:26:58	177	1:01:21	139	0:40:07	129	2:08:26	Adelaide Vales
146	726	WEAVER, ROSALIND	53	F 50-54	3	0:24:01	129	1:04:52	169	0:39:43	122	2:08:36	Meteors
147	977	SANDO, TODD	43	M 40-44	20	0:23:36	125	1:04:46	166	0:40:29	136	2:08:51	
148	833	MULVIHILL, SIMON	29	M 25-29	11	0:24:49	141	1:02:10	145	0:42:00	151	2:08:59	
149	968	BARNETT, JOHN	45	M 45-49	16	0:23:20	118	1:00:41	134	0:45:04	167	2:09:05	
150	945	WEIDENBACH, JULIEN	37	M 35-39	13	0:26:18	166	1:04:07	160	0:39:05	113	2:09:30	
151	958	FRANCIS, MARK	40	M 40-44	21	0:25:22	151	1:03:49	158	0:40:44	140	2:09:55	Meteors
152	846	STEVENS, NATHAN	31	M 30-34	27	0:23:08	111	1:07:23	181	0:39:39	121	2:10:10	Tri SA
153	817	THORNTON, LEE	31	M 30-34	28	0:26:39	169	1:04:19	161	0:40:23	133	2:11:21	
154	863	WAGNER, SAMUEL	31	M 30-34	29	0:26:05	157	1:05:11	172	0:40:24	134	2:11:40	
155	583	(TEAM) BALCO 1, TEAM		MX Team	1	0:25:24	153	1:04:55	170	0:41:21	144	2:11:40	
156	925	JONATS, ANDREW	38	M 35-39	14	0:24:33	138	1:05:13	173	0:42:08	153	2:11:54	Adelaide Vales
157	922	EVANS, CRAIG	37	M 35-39	15	0:26:53	175	1:00:03	125	0:45:23	169	2:12:19	
158	908	HILL, GARY	42	M 40-44	22	0:26:06	158	1:02:45	152	0:43:42	161	2:12:33	
159	724	SUTTON, KAY	51	F 50-54	4	0:25:07	148	1:06:13	176	0:41:24	145	2:12:44	Adelaide Vales
160	769	INGMAN, MEGAN	39	F 35-39	5	0:26:15	163	1:02:26	149	0:44:09	164	2:12:50	Adelaide Vales
161	716	DAWSON, ZOE	22	F 20-24	3	0:27:32	182	1:06:39	179	0:38:57	111	2:13:08	Tri SA
162	813	BIRDSEY, BEN	33	M 30-34	30	0:25:29	155	1:04:49	168	0:42:55	157	2:13:13	
163	587	(TEAM) THE FLYING PUFFING		M Team	7	0:17:45	10	1:10:25	187	0:45:49	173	2:13:59	
164	816	WARD, WAYNE	32	M 30-34	31	0:30:18	189	1:04:57	171	0:38:51	110	2:14:06	Tri SA
165	708	GALLERY, SKANA	38	F 35-39	6	0:26:39	169	1:06:36	178	0:41:09	143	2:14:24	
166	840	WAGENER, SEAN	32	M 30-34	32	0:26:16	165	1:05:33	174	0:42:42	156	2:14:31	
167	811	WRIGHT, DARREN	32	M 30-34	33	0:25:21	150	1:03:06	154	0:46:11	175	2:14:38	Lakers
168	915	PYE, ROBERT	42	M 40-44	23	0:26:08	160	0:57:49	97	0:51:21	181	2:15:18	Lakers
169	848	ALCOCK, ANTHONY	27	M 25-29	12	0:31:53	191	1:04:26	163	0:39:51	125	2:16:10	
170	914	STIRNA, CRAIG	35	M 35-39	16	0:24:49	141	1:08:30	185	0:43:26	160	2:16:45	Tri SA
171	932	ANSELL, STEPHEN	48	M 45-49	17	0:22:25	100	1:07:27	182	0:46:58	176	2:16:50	Lakers
172	721	STURM, SAMANTHA	31	F 30-34	5	0:26:29	168	1:08:16	184	0:42:07	152	2:16:52	Lakers

173	720	MILLS, LOUISE	28	F 25-29	6	0:26:50	174	0:58:13	100	0:51:57	182	2:17:00	Lakers
174	714	ADAM, PATRICIA	35	F 35-39	7	0:25:01	144	1:06:49	180	0:45:22	168	2:17:12	Mt Gambier
175	707	OWERS, DEBRA	26	F 25-29	7	0:25:09	149	1:04:47	167	0:48:29	178	2:18:25	Adelaide Vales
175	979	TAYLOR, MARK	50	M 50-54	6	0:26:47	173	1:03:09	155	0:48:29	178	2:18:25	Lakers
177	718	GOLLAN, MIM	26	F 25-29	8	0:27:24	181	1:05:53	175	0:47:06	177	2:20:23	
178	730	MURPHY-O'NEIL, BRIDGET	41	F 40-44	3	0:21:04	64	1:19:09	189	0:42:24	155	2:22:37	Adelaide Vales
179	934	VENNING, PAUL	46	M 45-49	18	0:29:11	186	1:07:44	183	0:45:43	172	2:22:38	Tribe
180	706	MCPHARLIN, STEPHANIE	54	F 50-54	5	0:33:58	192	1:03:57	159	0:45:35	170	2:23:30	Adelaide Vales
181	584	(TEAM) JHJ, TEAM		M Team	8	0:30:46	190	1:09:15	186	0:45:36	171	2:25:37	
182	924	ADAM, GARY	55	M 55-59	5	0:27:23	180	1:03:02	153	0:55:28	183	2:25:53	Mt Gambier
183	819	MACKEY, CHRIS	24	M 20-24	7	0:26:16	164	1:04:22	162	0:56:07	184	2:26:45	Tri SA
184	956	PARTRIDGE, RAY	44	M 40-44	24	0:25:23	152	1:01:47	142	1:00:11	185	2:27:21	Adelaide Vales
185	589	(TEAM) WINNIE AND THE POOH'S,		M Team	9	0:25:01	144	1:11:32	188	0:51:06	180	2:27:39	
999	601	HILL, MARTIN	24	M Open	0		0		0		0		Meteors
999	603	CLARKEN, PAUL	34	M Open	0	0:17:53	13		0		0		
999	631	WAUER, BRADLEY	18	M Junior	0	0:17:49	12		0		0		Trikeys
999	701	ROTHE, JANE	23	F 20-24	0		0		0		0		Lakers
999	728	DENT, ELSA	30	F 30-34	0		0		0		0		Tri SA
999	801	EDGLEY, LEWIS	27	M 25-29	0		0		0		0		
999	823	GRYGORCEWICZ, MATTHEW	32	M 30-34	0		0		0		0		Lakers
999	825	VREUGDENHIL, DANIEL	19	M 16-19	0		0		0		0		Trikeys
999	830	STOCKS, KURT	26	M 25-29	0		0		0		0		
999	837	STANDLEY, GREG	30	M 30-34	0		0		0		0		Meteors
999	842	MATHESON, SCOTT	26	M 25-29	0		0		0		0		
999	847	MERCURIO, NATHAN	26	M 25-29	0	0:20:57	63	0:53:48	34		0		Adelaide Vales
999	852	SLATER, MICHAEL	31	M 30-34	0	0:18:51	19	0:50:28	10		0		Meteors
999	855	HARTE, MICHAEL	16	M 16-19	0		0		0		0		Trikeys
999	900	ARDLIE, MICHAEL	59	M 55-59	0		0		0		0		Tri SA
999	901	HOOD, SIMON	42	M 40-44	0		0		0		0		
999	902	NORTON, GRAHAM	61	M 60-64	0		0		0		0		Adelaide Vales
999	903	OWENS, KERRY	46	M 45-49	0	0:21:04	65		0		0		Adelaide Vales
999	904	CARR, KEVIN	50	M 50-54	0		0		0		0		Lakers
999	909	MCFARLANE, CRAIG	37	M 35-39	0		0		0		0		Meteors
999	911	BAUZE, ANTONY	40	M 40-44	0		0		0		0		Tribe
999	920	GRAY, PETER	54	M 50-54	0		0		0		0		Lakers
999	941	CARR, KEVIN	50	M 50-54	0		0		0		0		Lakers
999	948	DALEY, RICK	62	M 60-64	0	0:22:15	94	0:57:10	79		0		Lakers
999	983	MEADOWS, RICHARD	51	M 50-54	0	0:23:11	113	0:59:41	117		0		Adelaide Vales

STOP PRESS...STOP PRESS...STOP PRESS

We are delighted to advise we will be putting on an additional event.

SUNDAY, 29 MARCH, 2009 – 9.00AM

MIDCOURSE RESERVE, BREBNER DRIVE – WEST LAKES

Challenge: 750m Swim/19.5k Cycle/5k Run Tinman: 300m Swim/13k Cycle/3k Run

Mini: 100m Swim/6.5k Cycle/1k Run

JT Cycles Triathlon Series 08/09 - 26/1/09

Race Result - Tinman

POS	RACE NO	NAME	AGE	CAT	POS	TOTAL	CLUB					
001	395	DYUS, RORY	18	M 16-19	1	0:49:57	Meteors					
002	533	(TEAM) 2ND TIMERS, TEAM		M Team	1	0:51:21						
003	495	MAHOMET, EMILY	15	F 13-15	1	0:52:06	Tribe					
004	438	NEWTON, CRAIG	36	M 35-39	1	0:52:14	Tri SA					
005	372	HARGREAVES, LUKE	14	M 13-15	1	0:52:44						
006	356	SCARCE, CAMERON	27	M 25-29	1	0:53:14	Tri SA					
007	428	THOMPSON, ADAM	36	M 35-39	2	0:53:44	Meteors					
008	436	SPURLING, MICHAEL	45	M 45-49	1	0:53:52	Adel Vales					
009	451	CLIPPINGDALE, NICK	15	M 13-15	2	0:53:55	Tribe					
010	433	ALLEN, SAM	44	M 40-44	1	0:54:01						
011	536	(TEAM) LAKERS TEAM,	48	MX Team	1	0:54:06						
012	397	FOOLKES, RONAN	24	M 20-24	1	0:55:08						
013	431	PATERSON, TODD	39	M 35-39	3	0:55:15	Lakers					
014	532	(TEAM) SAVAGE + TWO,		M Team	2	0:55:19						
015	386	GOSS, CRAIG	19	M 16-19	2	0:55:42						
016	531	(TEAM) MILLSY + TWO,		M Team	3	0:55:46						
017	494	ALLEN, AMANDA	38	F 35-39	1	0:56:12						
018	346	LACK, WADE	24	M 20-24	2	0:56:16	Tri SA					
019	355	BELL, JEREMY	25	M 25-29	2	0:56:17						
020	401	DOLAN, ANDREW	52	M 50-54	1	0:56:20	Mt Gambier					
021	426	CHEHADE, PHILLIP	41	M 40-44	2	0:56:35						
022	338	WALSH, ADAM	31	M 30-34	1	0:56:36						
023	345	BROWN, CAMERON	23	M 20-24	3	0:56:39						
024	437	MANCHEFF, MARTIN	46	M 45-49	2	0:57:02	Lakers					
025	446	REES-JONES, COOPER	17	M 16-19	3	0:57:11	Lakers					
026	350	LAUDER, CHRIS	31	M 30-34	2	0:57:13	Meteors					
027	405	KERR, JAMES	24	M 20-24	4	0:57:26						
028	440	ROBERTS, GREG	50	M 50-54	2	0:57:59						
029	361	RYLES, MATT	16	M 16-19	4	0:58:02	Tri SA					
030	450	KINCHINGTON, SEAN	23	M 20-24	5	0:58:04						
031	314	GARRARD, ELEANOR	14	F 13-15	2	0:58:06	Tri SA					
031	391	REAVLEY, MARK	16	M 16-19	5	0:58:06	St J's Gram					
033	389	LEWIS, DANIEL	27	M 25-29	3	0:58:07	Adel Vales					
034	530	(TEAM) BUFF STUFF, TEAM		MX Team	2	0:58:10						
035	360	KROPINSKI, RAYMOND	26	M 25-29	4	0:58:25	Triplings					
036	441	SUTTON, JEREMY	35	M 35-39	4	0:58:29	Tri SA					
037	402	READE, Alex	37	M 35-39	5	0:58:33						
037	416	GOSLING, SHANE	40	M 40-44	3	0:58:33	Lakers					
039	394	CHAPMAN, LACHLAN	26	M 25-29	5	0:58:54						
040	400	EVANS, KIERAN	15	M 13-15	3	0:58:55	Adel Vales					
041	376	HUTCHINS, RICK	33	M 30-34	3	0:58:56	Lakers					
042	388	WARD, LACHLAN	16	M 16-19	6	0:59:03						
043	382	ECONOMOU, KRISTIAN	19	M 16-19	7	0:59:04						
044	443	O'SULLIVAN, CHAD	24	M 20-24	6	0:59:08						
045	462	IERACI, NIGEL	34	M 30-34	4	0:59:15						
046	407	TSCHARKE, TONY	54	M 50-54	3	0:59:19						
047	373	MASTERSON, RICK	31	M 30-34	5	0:59:30						
048	347	ADAMS, JAMIE	32	M 30-34	6	0:59:32						
049	466	HOLT, SOPHIE	30	F 30-34	1	0:59:38	Lakers					
050	419	COLLETT, MARTIN	38	M 35-39	6	0:59:47						
051	420	BRADY, TONY	55	M 55-59	1	0:59:52	Lakers					
052	471	STEVENS, JULIE	41	F 40-44	1	0:59:53	Lakers					
053	392	MENZIES, NATHAN	27	M 25-29	6	1:00:04	Lakers					
054	352	CLOHESY, BEN	17	M 16-19	7	1:00:10	Tribe					
055	364	D'ADDINO, JOSH	25	M 25-29	7	1:00:19						
056	317	MASLEN, REBECCA	20	F 20-24	1	1:00:31						
057	324	JOHNSON, LEILA	14	F 13-15	3	1:00:34	Tri SA					
057	448	ROFE, CARL	25	M 25-29	8	1:00:34	Tribe					
059	357	HARRY, ADRIAN	32	M 30-34	7	1:00:40						
060	390	HALL, MICHAEL	32	M 30-34	8	1:00:50	Meteors					
060	465	LLOYD, MELISSA	22	F 20-24	2	1:00:50	Meteors					
062	393	BEAUMONT, MARK	31	M 30-34	9	1:00:51						
063	459	MANNING, TY	34	M 30-34	10	1:01:07	Tribe					
064	456	ROUND, VANESSA	21	F 20-24	3	1:01:22						
065	413	REDIGOLO, STEPHEN	47	M 45-49	3	1:01:34						
066	452	SEWELL, DAVID	60	M 60-64	1	1:01:35	Interstate					
067	365	EVANS, LUKE	30	M 30-34	11	1:01:43						
068	449	DEANE, EDWARD	33	M 30-34	12	1:01:44						
069	351	CLOHESY, DANIEL	16	M 16-19	9	1:01:54	Tribe					
070	430	FLEMING, DAVID	37	M 35-39	7	1:01:55						
071	404	O'CALLAGHAN, ANDREW	41	M 40-44	4	1:01:59	Tri SA					
072	458	REEP, SCOTT	25	M 25-29	9	1:02:04						
073	362	COCKS, RILEY	13	M 13-15	4	1:02:18						
074	313	TAKOS, HOLLY	13	F 13-15	4	1:02:43	Meteors					
075	342	WAKELIN, DANIEL	29	M 25-29	10	1:02:46	Lakers					
076	375	KELLETT, GRAEME	32	M 30-34	13	1:02:47						
077	383	HALL, ANDREW	37	M 35-39	8	1:02:48						
078	337	AMES, ERICA	30	F 30-34	2	1:02:50	Triplings					
079	461	FENECH, CHRISTINE	18	F 16-19	1	1:02:54	Tri SA					
080	467	HOWLETT, RHYS	29	M 25-29	11	1:02:57						
081	455	JOHNSON, ALICIA	20	F 20-24	4	1:02:58						
082	399	OUSTON, MARK	33	M 30-34	14	1:03:01						
083	434	DE SILVA, ADRIAN	40	M 40-44	5	1:03:08						
084	435	TAKOS, PAUL	44	M 40-44	6	1:03:17	Tri SA					
085	409	KEYNES, GRAHAM	49	M 45-49	4	1:03:44						
086	374	GRAEBER, PAUL	28	M 25-29	12	1:04:00						
087	310	PHIBBS, DIANA	43	F 40-44	2	1:04:02	Tri SA					
088	380	NUSKE, LUKE	28	M 25-29	13	1:04:10						
089	498	HALL, TEIGAN	15	F 13-15	5	1:04:15	Triplings					
090	381	HINRICH, SCOTT	31	M 30-34	15	1:04:18						
091	344	FLATMAN, STEPHEN	26	M 25-29	14	1:04:22						
092	457	MILLINGTON, JAMES	26	M 25-29	15	1:04:26						
093	328	LAMSHED, JOSEPHINE	35	F 35-39	2	1:04:28						
094	348	JIRICEK-SCOTT, P'AN-TAU	23	M 20-24	7	1:04:29						
095	323	CAVILL, ALISTAIR	37	M 35-39	9	1:04:30						
096	410	CLOHESY, CHRIS	50	M 50-54	4	1:04:40	Tribe					
097	396	SIMCHIK, JAMIE	24	M 20-24	8	1:04:46						
098	341	SYMONS, DANIEL	14	M 13-15	5	1:04:56	Tribe					
099	475	SLAYMAN, SARA	23	F 20-24	5	1:05:15	Meteors					
100	482	TEAGUE, SAMANTHA	18	F 16-19	2	1:05:18						
101	415	VAN GANGELEN, PAUL	56	M 55-59	2	1:05:20						
102	453	CLIPPINGDALE, JO	43	F 40-44	3	1:05:23	Tribe					
103	425	SATTERLEY, BEN	30	M 30-34	16	1:05:37						
104	432	SHANNON, LINCOLN	42	M 40-44	7	1:05:39						
105	303	WINTER, JOHN	30	M 30-34	17	1:05:40						
106	325	BUDREIKA, MELANIE	20	F 20-24	6	1:05:45						
106	366	FINCH, SIMEON	27	M 25-29	16	1:05:45						
108	414	HULL, TONY	53	M 50-54	5	1:05:58	Tribe					
108	481	MERRIGAN, JANE	39	F 35-39	3	1:05:58						
110	398	FLYNN, LUKE	17	M 16-19	10	1:06:05						
111	418	LUTZE, GAVIN	48	M 45-49	5	1:06:13						
112	488	ELIA, STAVROS	31	M 30-34	18	1:06:34						
113	403	OLSON, DON	52	M 50-54	6	1:06:41						
114	349	LUCK, TARA	24	F 20-24	7	1:06:50						
115	378	HOLDING, CHRIS	31	M 30-34	19	1:07:03						
116	422	ARNOLD, JAMES	38	M 35-39	10	1:07:11						
117	535	(TEAM) STEVE & MIKES,		M Team	4	1:07:14						
118	483	LONGDEN, KATE	24	F 20-24	8	1:07:18						
119	491	BARTRAM, ASHLEA	21	F 20-24	9	1:07:24						
120	411	O'DEA, VINCENT	40	M 40-44	8	1:07:29	Meteors					
121	339	DUNN, MERIDY	48	F 45-49	1	1:07:30	Meteors					
122	480	JOYCE, TANYA	28	F 25-29	1	1:07:36						
123	321	CLOHESY, CATHERINE	13	F 13-15	6	1:07:38	Tribe					
124	316	CLAY, MARIE	29	F 25-29	2	1:07:42						
124	358	HUTCHINSON, LUKE	31	M 30-34	20	1:07:42	Tri SA					
126	447	ROFE, ALLAN	58	M 55-59	3	1:07:44	Tribe					
127	406	SMITH, PETER	52	M 65-69	1	1:07:45						
128	353	MARTINEZ, JOHN	13	M 13-15	6	1:07:47	Triplings					
129	334	ALLCROFT, EVIE	13	F 13-15	7	1:07:50	Meteors					
130	487	LINK, JOANNE	48	F 45-49	2	1:08:02	Lakers					
131	421	KING, CHRIS	36	M 35-39	11							

170	311	HALL, LEANNE	47	F 45-49	5	1:15:21	TriKings
171	485	KELLY, ANNA	25	F 25-29	9	1:15:39	
172	320	LANDELLS, ESTHER	45	F 45-49	6	1:15:42	
173	490	DUFFIELD, KELLIE	21	F 20-24	13	1:15:57	Tri SA
174	484	HEPWORTH, PENNY	60	F 60-64	1	1:16:00	Meteors
175	379	CAWRSE, IAN	33	M 30-34	26	1:16:17	
176	472	CRAIG, SAMANTHA	30	F 30-34	8	1:16:43	
177	326	OPPERMANN, NICOLE	32	F 30-34	9	1:16:56	
178	300	TOYER, MELANIE	34	F 30-34	10	1:17:04	
179	301	RUDNICKI, CLAIRE	54	F 50-54	2	1:17:05	
180	477	SLATTERY, TERENA	51	F 50-54	3	1:17:22	Meteors
181	489	SHEPHERD, HELEN	52	F 50-54	4	1:17:27	Lakers
182	427	SOWDEN, PETER	59	M 55-59	4	1:17:35	
183	537	(TEAM) LARA & HELEN,		F Team	1	1:17:52	
184	408	COLVIN, CHRIS	47	M 45-49	7	1:17:56	
185	497	LUTZE, ANNA	17	F 16-19	3	1:19:08	
186	445	FRENCH, CHRIS	27	M 25-29	17	1:19:08	
187	318	HUME, EMMA	14	F 13-15	9	1:19:52	St J's Gram
188	476	PARTRIDGE, FIONA	39	F 35-39	8	1:20:28	Adel Vales
189	470	SEARLE, EMMA	31	F 30-34	11	1:20:49	
190	336	BOYD, NICOLE	31	F 30-34	12	1:21:02	
191	387	RYALL, DANIEL	22	M 20-24	10	1:21:17	
192	492	RAINSFORD, ALEXANDRA	26	F 25-29	10	1:21:19	Tri SA
193	408	WESTMORELAND, SARAH	27	F 25-29	11	1:21:20	
194	486	KENYON, AMRI	36	F 35-39	9	1:21:36	
195	331	GOURD, JULIE	47	F 45-49	7	1:24:50	
196	340	KOOP, MICHELLE	29	F 25-29	12	1:25:30	
197	319	LOWE, JUDITH	39	F 35-39	10	1:26:51	Tri SA
198	499	SHINNERS, TAMARA	28	F 25-29	13	1:28:25	
199	478	PERKINS, SARAH	35	F 35-39	11	1:28:42	
200	306	ELDRIDGE, HEIDI	36	F 35-39	12	1:31:15	Adel Vales
201	332	LAMBERT, VAL	68	F 65-69	1	1:31:50	Meteors
999	329	RAWLING, CAROL	40	F 40-44	0		Meteors
999	343	DUFF, TIMOTHY	20	M 20-24	0		
999	354	WIGHT, SAM	17	M 16-19	0		Meteors
999	371	ACKAN, NATHAN	19	M 16-19	0		
999	417	LIERSCH, PAUL	40	M 40-44	0		

JT Cycles Triathlon Series 08/09 - 26/1/09 Race Result - Mini

POS	RACE NO	NAME	AGE	CAT	POS	TOTAL	CLUB
001	201	WRIGHT, TORY	31	M 30-34	1	0:17:34	
002	153	EYERS, TOMMY	11	M 10-12	1	0:18:46	Adel Vales
003	128	AHOLA, KRISTIINA	12	F 10-12	1	0:19:02	Adel Vales
004	127	DANNER, LOTTA	13	F 13-15	1	0:19:03	
005	202	CLARK, DARREN	31	M 30-34	2	0:19:10	Tri SA
006	252	POTUSZYNSKI, DANNY	37	M 35-39	1	0:19:23	
007	159	HARGREAVES, JAMES	12	M 10-12	2	0:19:28	
008	112	RIEDEL, STACEY	13	F 13-15	2	0:19:34	St J's Gram
009	156	BATLEY, NATHAN	16	M 16-19	1	0:19:40	
010	501	(TEAM) BEN'S COUSINS		M Team	1	0:19:47	
011	119	SLAVEN, VICTORIA	12	F 10-12	2	0:19:48	Lakers
012	162	BISHOP, SAM	13	M 13-15	1	0:19:52	
013	250	HEATH, STEPHEN	47	M 45-49	1	0:19:55	
014	151	HUME, MATTHEW	11	M 10-12	3	0:20:13	St J's Gram
015	124	MULLER, ABBIE	30	F 30-34	1	0:20:34	
016	150	HEATH, CAMERON	19	M 16-19	2	0:20:45	
017	116	BATLEY, KIMBERLEY	14	F 13-15	3	0:20:53	
018	160	RICHARDSON, JOSHUA	11	M 10-12	4	0:20:54	Tri SA
019	122	MIDDLETON, LAUREN	12	F 10-12	3	0:20:54	
020	104	HODGE, MARIE	39	F 35-39	1	0:21:01	
021	107	LECONS, JULIE	37	F 35-39	2	0:21:04	
022	125	BROADBENT, ASHLEE	11	F 10-12	4	0:21:31	
023	139	CROCKFORD, SARA	12	F 10-12	5	0:21:33	
024	100	HEATH, NICOLE	13	F 13-15	4	0:21:44	
025	141	ROWLAND, BELINDA	31	F 25-29	1	0:21:49	
026	155	MCMILLAN, JOSHUA	14	M 13-15	2	0:21:51	
027	502	(TEAM) JUNIOR BRATTS,		MX Team	1	0:21:55	
028	169	SHIPP, MATTHEW	10	M 10-12	5	0:22:01	Lakers
029	105	BARTEL, MARGARET	52	F 50-54	1	0:22:09	
030	152	PARTRIDGE, JORDAN	11	M 10-12	6	0:22:13	Adel Vales
031	171	SPURLING, MAX	10	M 10-12	7	0:22:14	
032	117	ROSTRON, VANESSA	34	F 30-34	2	0:22:18	
033	137	MARINELLI, TINA	23	F 20-24	1	0:22:25	
034	118	SHANNON, JACQUI	34	F 30-34	3	0:22:33	
035	121	IERACI, ANNITA	27	F 25-29	2	0:22:43	
036	115	HEFFORD, KATIE	29	F 25-29	3	0:22:51	
037	145	HOFFMANN, KATE	28	F 25-29	4	0:22:54	
038	131	BECK, ROBYN	40	F 40-44	1	0:23:03	
038	253	LODGE, JAMES	39	M 35-39	2	0:23:03	
040	140	GANNON, CASSANDRA	30	F 30-34	4	0:23:12	
041	143	WAGENER, LEANNE	31	F 30-34	5	0:23:19	
042	144	REGAN, JANE	28	F 25-29	5	0:23:40	
043	126	GROPE, DEBBIE	47	F 45-49	1	0:23:41	
044	120	SCHIRRU, ELLA	11	F 10-12	6	0:23:48	
045	136	KENT, DONNA	43	F 40-44	2	0:24:22	
046	157	READE, MATT	14	M 13-15	3	0:24:31	
047	158	READE, JARRAD	13	M 13-15	4	0:24:32	
048	113	LAMSHED, JANE	27	F 25-29	6	0:24:36	
049	108	SWAN, JENNIFER	39	F 35-39	3	0:24:49	
050	103	ADAMS, SARAH	33	F 30-34	6	0:24:51	
051	161	READE, NATHAN	11	M 10-12	8	0:24:58	
052	170	RICHARDS, JOSH	10	M 10-12	9	0:25:02	Lakers
053	251	BRADBROOK, IAN	49	M 45-49	2	0:25:15	Tri SA
054	134	DODD, CHANTAL	26	F 25-29	7	0:25:55	
055	102	WEIDEMANN, RACHEL	11	F 10-12	7	0:26:02	Lakers
056	167	LECONS, SAM	10	M 10-12	10	0:26:03	
057	130	LUCAS, LIBBY	43	F 40-44	3	0:26:16	
058	138	KEYNES, MELANIE	49	F 45-49	2	0:26:44	
059	133	STOCKS, MADELEINE	43	F 40-44	4	0:26:56	
060	163	GRZESKOWIAK, MATTHEW	12	M 10-12	11	0:27:00	Adel Vales
061	132	GRZESKOWIAK, MEGAN	10	F 10-12	8	0:27:14	
062	142	ODEA, SIMONE	34	F 30-34	7	0:27:16	
063	114	McGREE, BROOKE	12	F 10-12	9	0:27:49	
064	165	LYNCH, FERGUS	12	M 10-12	12	0:28:13	
065	101	SCHIRRU, LIVIA	10	F 10-12	10	0:28:55	
066	111	FIELD, REBECCA	10	F 10-12	11	0:29:00	
067	135	KENT, CHELSEA	10	F 10-12	12	0:29:23	
068	164	MACAULAY, DANNY	10	M 10-12	13	0:30:02	
069	109	BRADBROOK, SUSAN	48	F 45-49	3	0:31:41	
070	123	TINWELL, DENISE	50	F 50-54	2	0:31:42	
071	106	BRADBROOK, SARAH	10	F 10-12	13	0:32:40	Tri SA
072	168	LEUNIG, PATRICK	10	M 10-12	14	0:32:54	
073	129	LYNCH, ELLEN	10	F 10-12	14	0:33:50	
074	154	COLVIN, MICHAEL	12	M 10-12	15	0:49:46	



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

-  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 run technique session 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 February 14th, 2009, 2- 4 pm, Hanson Reserve Velodrome, Sixth Avenue, Woodville Gardens (this is a safe, outdoor arena perfectly suited for beginners).
-  Thursday February 19th 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 – running gear and drink bottle

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

Tax invoice

December 21st 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 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

JT CYCLES ... 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

National Pharmacies - www.nationalpharmacies.com.au

Limar Time Trial Helmets - www.limar.com.au

Australia Day Council - www.australiaday.org.au

Brooks Running Shoes and Sports Apparel www.runhappy.com.au

Hi 5 – For all your Nutrition needs www.highfive.com.au

Joggers World www.joggersworld.com.au

2XU - www.2xu.com

Piccadilly Natural Spring Water www.piccadilly.com.au

Unley Swimming Centre – A Great Place to Train www.unley.sa.gov.au

Herb Valley – For all your vitamin and mineral supplements www.herbvalley.com.au

Adelaide Fresh Fruiterers for all your fresh Fruit and Vegies
