

# JT CYCLES TRIATHLON SERIES 2008/09

## Race 6 – 29 March, 2009

### Race Results

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

Open	Male	Time	Female	Time
1 <sup>st</sup>	Daniel Lock	56.47	Krystal Smith	1.01.46
2 <sup>nd</sup>	Bradley Wauer	57.23	Jackie Prentice	1.02.13
3 <sup>rd</sup>	Shane Limmer	58.08	Annette Eastwood	1.05.01
<b>Jun High Perf</b>	Alex Wilson	58.41	Rebecca Copson	1.09.38
<b>Age Group</b>				
16-19	Daniel Vreugdenhil	1.07.21	No Competitors	
20-24	Luke Goldup	1.01.50	Zoe Dawson	1.16.20
25-29	Adam Didyk	1.04.39	Emma Noll	1.13.32
30-34	Tim Wilson	1.03.30	Elsa Dent	1.13.56
35-39	Steve Grant	1.01.31	Vanessa Dorn	1.08.41
40-44	Andrew Payze	1.03.17	Jane Powell	1.20.49
45-49	Graham Cooper	1.06.54	Trudy Fenton	1.08.59
50-54	Andrew Dolan	1.09.15	Annette Chatterton	1.13.55
55-59	Tony Brady	1.12.44	Jan Daley	1.16.01
60-64	Trevor Moore	1.08.49	No Competitors	
<b>Team</b>	<b>St Ignatius</b> – Will Shaw, Anthony Bishop, Blake Steel	58.43	<b>Esy</b> -Yvette Eglinton, Erin Heard & Sky Cibich	1.00.40
<b>Mixed</b>	<b>Mixed Mets</b> – Shaun Yates, Tania Helms, Malcolm McKay	1.04.17		

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

Age Group	Male	Time	Female	Time
13-15	Kieran Evans	40.58	Alexandra Slaven	44.23
16-19	Kyle Reeve	41.22	Natalie Hughes	48.39
20-24	James Kerr	40.37	Alicia Johnson	47.23
25-29	Daniel Lewis	42.01	Aimi Staudacher	46.05
30-34	Jamie Adams	43.07	Michelle Lodge	44.06
35-39	Matthew Evans	40.21	Ellen Swanepoel	52.05
40-44	Andrew McCracken	43.57	Helen Russell	49.51
45-49	Richard Everson	42.14	Julie Aspery	52.32
50-54	Tony Hull	46.49	Rita Bennink	54.52
55-59	Chris Carter	44.21	No Competitors	
65-69	Smith, Peter	49.55	No Competitors	58.20
<b>Team</b>	M-Luke & Kevin Duffy	40.34	St Ignatius – Emma & Kate Duncan	41.15
	Mx-Brittany & Michael Gallasch	41.16	& Angelica Caruso	

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

Age Group	Male	Time	Female	Time
10-12	Max Spurling	20.10	Kristiina Ahola	19.00
13-15	Sam Bishop	19.34	Nicole Heath	21.16
16-19	Cameron Heath	20.00	No Competitors	
25-29	Len Craig	19.04	Lucy Lack	20.27
30-34	Robert Sanchez	29.02	Rita Windell	20.58
35-39	Darren Simmons	38.25	Julie Lecons	20.47
40-44	Andrew Richardson	20.40	Libby Lucas	23.42
45-49	Stephen Heath	19.48	Lee McBride	23.10
50-54	No Competitors		Denise Tinwell	28.46
55-59	Peter Lores/Donald McNeill	26.53	Loreta Foran	26.14
<b>Team</b>	Mixed-EBB-Emily Hodgson, Ben Partridge & Briana Carroll	20.09	St Ignatius-Georgia van der Jeugd, Lauran Valana, Caitlin Murray	21.37

#### GRAVITY - ZERO

**PRESENT THIS VOUCHER AND RECEIVE – 20% OFF THE RRP OF ANY CARBON FIBRE GRAVITY-ZERO WHEEL**

**CONTACT: CRAIG NEWTON – 0401 678 662**

[www.gravity-zero.com.au](http://www.gravity-zero.com.au)

**Valid until: 30 June, 2009**

**This Voucher entitles you to one complimentary Swim Pass to the Unley Swimming Centre for competing in the JT Cycles Triathlon Series – Race 6**

**Valid until: 30 April, 2009**

**Gatti Sports Promotions**

# JT Cycles Triathlon Series 29/3/09

# Race Result - Challenge

POS	Race No	NAME	AGE	CAT	POS	LEG 1	LEG 2	LEG 3	TOTAL	CLUB			
001	638	LOCK, DANIEL	23	M Open	1	0:10:30	2	0:27:45	2	0:18:32	6	0:56:47	Lakers
002	635	WAUER, BRADLEY	18	M Open	2	0:10:57	10	0:27:56	3	0:18:30	5	0:57:23	Triplings
003	636	LIMMER, SHANE	32	M Open	3	0:11:19	12	0:27:30	1	0:19:19	16	0:58:08	Adelaide Vales
004	652	WILSON, ALEXANDER	17	M Junior	1	0:10:33	6	0:28:56	5	0:19:12	12	0:58:41	Meteors
005	633	(TEAM) SLIGNATIUS TEAM 6,		M Team	1	0:14:03	37	0:29:44	12	0:14:56	1	0:58:43	
006	650	CURRIE, TOM	15	M Junior	2	0:10:31	3	0:29:59	16	0:19:15	13	0:59:45	Meteors
007	625	(TEAM) ESY, EGLINTON	29	F Team	1	0:10:31	3	0:30:28	21	0:19:41	18	1:00:40	Meteors
008	917	GRANT, STEVE	36	M 35-39	1	0:13:39	32	0:29:13	7	0:18:39	8	1:01:31	
009	662	SMITH, KRYSYAL	17	F Open	1	0:11:55	13	0:29:43	11	0:20:08	22	1:01:46	Triplings
010	939	REEVES, CLAYTON	39	M 35-39	2	0:13:11	25	0:29:15	8	0:19:22	17	1:01:48	Meteors
011	813	GOLDUP, LUKE	24	M 20-24	1	0:12:09	15	0:31:00	34	0:18:41	9	1:01:50	Adelaide Vales
012	626	(TEAM) NORFOLK 'N' CHANCE,	45	M Team	2	0:12:18	16	0:30:44	28	0:19:00	11	1:02:02	
013	660	PRENTICE, JACKELYN	29	F Open	2	0:12:33	18	0:29:02	6	0:20:38	26	1:02:13	Adelaide Vales
014	962	PAYZE, ANDREW	42	M 40-44	1	0:12:06	14	0:30:11	19	0:21:00	33	1:03:17	
015	800	WILSON, TIM	34	M 30-34	1	0:13:19	28	0:29:52	14	0:20:19	24	1:03:30	Meteors
016	634	(TEAM) MIXED METS, YATES		M Team	3	0:12:45	21	0:34:43	107	0:16:49	2	1:04:17	
017	945	HUGHES, JASON	37	M 35-39	3	0:13:16	27	0:31:34	41	0:19:48	19	1:04:38	Lakers
018	836	DIDYK, ADAM	27	M 25-29	1	0:15:59	78	0:30:32	23	0:18:08	4	1:04:39	
019	631	(TEAM) MIXED UP, PHILLIPOU		M Team	4	0:10:40	8	0:31:01	35	0:23:07	67	1:04:48	
019	819	SCHROEDER, TIM	32	M 30-34	2	0:14:06	39	0:29:15	8	0:21:27	39	1:04:48	Triple Zero
021	637	SPURLING, MICHAEL	45	M Open	4	0:12:59	23	0:30:53	30	0:21:08	35	1:05:00	Adelaide Vales
022	661	EASTWOOD, ANNETTE	27	F Open	3	0:12:40	20	0:31:30	40	0:20:51	31	1:05:01	Lakers
023	968	LOUDON, ANDREW	42	M 40-44	2	0:14:33	50	0:31:36	43	0:19:18	15	1:05:27	
024	632	(TEAM) TALENT FOUND, SNOWDEN		M Team	5	0:10:32	5	0:34:05	95	0:21:23	36	1:06:00	
025	839	STEVENS, BEN	32	M 30-34	3	0:16:18	89	0:29:48	13	0:19:56	20	1:06:02	Lakers
026	954	AHOLA, SEPPO	44	M 40-44	3	0:17:15	111	0:28:41	4	0:20:14	23	1:06:10	Adelaide Vales
027	811	SEARLE, DAN	27	M 25-29	2	0:15:18	66	0:33:03	74	0:17:56	3	1:06:17	
028	904	DORAN, ANDREW	36	M 35-39	4	0:14:18	44	0:30:14	20	0:21:48	45	1:06:20	
029	963	COOPER, GRAHAM	45	M 45-49	1	0:15:44	72	0:30:29	22	0:20:41	28	1:06:54	Triplings
030	949	SANDERCOCK, MATT	35	M 35-39	5	0:14:47	55	0:30:07	18	0:22:04	49	1:06:58	Lakers
031	804	VREUGDENHIL, DANIEL	19	M 16-19	1	0:15:34	69	0:31:50	48	0:19:57	21	1:07:21	Triplings
032	629	(TEAM) SLIGNATIUS TEAM 9,		M Team	6	0:10:48	9	0:37:31	143	0:19:15	13	1:07:34	
033	816	HUNT, ADAM	34	M 30-34	4	0:14:54	58	0:30:04	17	0:23:01	65	1:07:59	Triplings
034	832	CHAPMAN, FRED	31	M 30-34	5	0:12:22	17	0:30:54	32	0:24:46	98	1:08:02	Lakers
035	630	(TEAM) ST. MARKS, MACDONALD		M Team	7	0:16:02	81	0:31:18	38	0:20:50	29	1:08:10	
036	964	REES-JONES, RICHARD	48	M 45-49	2	0:12:49	22	0:31:05	36	0:24:23	92	1:08:17	Lakers
037	907	VALE, TIM	41	M 40-44	4	0:15:10	62	0:30:53	30	0:22:24	55	1:08:27	
038	807	FRANK, ALEXANDER	23	M 20-24	2	0:14:20	45	0:32:15	58	0:22:00	48	1:08:35	
039	817	WHITCHER, KEITH	25	M 25-29	3	0:15:36	70	0:32:10	57	0:20:50	29	1:08:36	Meteors
040	712	DORN, VANESSA	39	F 35-39	1	0:13:36	31	0:32:39	66	0:22:26	56	1:08:41	
041	928	MOORE, TREVOR	60	M 60-64	1	0:14:02	36	0:29:56	15	0:24:51	101	1:08:49	Lakers
042	653	BENNETT, RYAN	16	M Junior	3	0:10:59	11	0:34:33	103	0:23:17	69	1:08:49	
043	654	HUXHOLL, HEATH	16	M Junior	4	0:10:35	7	0:34:49	110	0:23:26	74	1:08:50	Meteors
043	808	LACK, WADE	24	M 20-24	3	0:17:04	108	0:30:46	29	0:21:00	33	1:08:50	Tri SA
045	841	EAST, DAVID	26	M 25-29	4	0:15:49	74	0:32:28	63	0:20:37	25	1:08:54	Tri SA
046	700	FENTON, TRUDY	48	F 45-49	1	0:14:08	40	0:30:40	26	0:24:11	89	1:08:59	Adelaide Vales
047	849	HARTE, MICHAEL	16	M 16-19	2	0:14:27	47	0:31:16	37	0:23:21	71	1:09:04	Triplings
048	941	DALEY, RICK	62	M 60-64	2	0:14:16	43	0:31:29	39	0:23:28	77	1:09:13	Lakers
049	912	DOLAN, ANDREW	52	M 50-54	1	0:16:14	88	0:32:23	60	0:20:38	26	1:09:15	Mt Gambier
050	916	CLEMENTS, PETER	49	M 45-49	3	0:13:52	35	0:30:37	25	0:24:53	103	1:09:22	
051	681	COPSON, REBECCA	15	F Junior	1	0:12:36	19	0:35:17	116	0:21:45	44	1:09:38	Meteors
052	627	(TEAM) IT'S LILY, HEBART	32	M Team	8	0:18:33	140	0:32:33	65	0:18:33	7	1:09:39	
053	967	RICE, DARREN	37	M 35-39	6	0:16:04	82	0:31:56	52	0:21:45	43	1:09:45	
054	905	STRICKLAND, RORY	36	M 35-39	7	0:14:45	54	0:31:39	45	0:23:22	73	1:09:46	Adelaide Vales
055	951	HILL, DAVID	38	M 35-39	8	0:16:24	90	0:32:41	69	0:20:52	32	1:09:57	Adelaide Vales
056	950	LAKE, STEWART	40	M 40-44	5	0:16:35	93	0:31:59	54	0:21:27	40	1:10:01	Lakers
057	820	CRAIG, BRENTON	30	M 30-34	6	0:14:52	56	0:31:34	41	0:23:55	82	1:10:21	
058	903	WILMSHURST, NICK	38	M 35-39	9	0:15:59	78	0:32:09	56	0:22:26	56	1:10:34	
059	909	FORD, STEPHEN	42	M 40-44	6	0:15:13	64	0:31:56	50	0:23:26	74	1:10:35	
060	833	KINCHINGTON, SEAN	23	M 20-24	4	0:17:32	119	0:34:11	97	0:18:56	10	1:10:39	
061	932	CLOHESY, CHRIS	50	M 50-54	2	0:17:08	110	0:32:16	59	0:21:28	41	1:10:52	Tribe
062	818	CLOHESY, BEN	17	M 16-19	3	0:13:15	26	0:35:12	115	0:22:26	56	1:10:53	Tribe
063	835	POTTER, JEFF	33	M 30-34	7	0:16:09	84	0:32:08	55	0:22:45	62	1:11:02	
064	937	GRIFFITHS, AARON	36	M 35-39	10	0:16:58	104	0:30:56	33	0:23:18	70	1:11:12	Meteors
065	901	ROBERTS, GREG	50	M 50-54	3	0:14:05	38	0:31:55	49	0:25:15	111	1:11:15	
066	955	CLARKE, BARRY	38	M 35-39	11	0:14:38	51	0:33:13	79	0:23:26	74	1:11:17	
067	838	LODGE, ARIYA	31	M 30-34	8	0:15:41	71	0:30:33	24	0:25:07	107	1:11:21	
068	707	MITCHELL, MARY	49	F 45-49	2	0:14:39	52	0:34:45	108	0:22:14	52	1:11:38	Lakers
069	940	SHARRAD, PETER	49	M 45-49	4	0:17:21	113	0:31:56	50	0:22:23	54	1:11:40	
070	935	ACFIELD, LEIGH	61	M 60-64	3	0:15:49	75	0:30:42	27	0:25:12	108	1:11:43	
071	823	TURNBALL, ANGUS	34	M 30-34	9	0:16:34	92	0:31:37	44	0:23:43	80	1:11:54	
072	827	RAYMOND, JAMES	21	M 20-24	5	0:13:08	24	0:35:51	123	0:22:56	64	1:11:55	St John's Grammar
073	810	REED, SCOTT	25	M 25-29	5	0:14:53	57	0:33:03	74	0:24:00	84	1:11:56	
074	942	WEAVER, DAVID	48	M 45-49	5	0:16:09	85	0:33:43	86	0:22:28	59	1:12:20	Meteors
075	852	ROFE, CARL	25	M 25-29	6	0:16:53	100	0:33:23	80	0:22:06	50	1:12:22	Tribe
076	934	FOSTER, NEIL	39	M 35-39	12	0:14:28	49	0:33:30	81	0:24:27	94	1:12:25	Tri SA
077	961	DALTON, PHIL	35	M 35-39	13	0:14:11	41	0:31:57	53	0:26:18	128	1:12:26	Triple Zero
078	713	STROUT, RUTH	46	F 45-49	3	0:15:04	60	0:32:29	64	0:24:53	102	1:12:26	Coomoella
079	958	NEWTON, MARK	51	M 50-54	4	0:16:06	83	0:32:48	71	0:23:41	79	1:12:35	
080	969	CURNOW, MATT	42	M 40-44	7	0:16:52	99	0:33:52	89	0:21:53	47	1:12:37	Adelaide Vales
081	956	BRADY, TONY	55	M 55-59	1	0:14:44	53	0:33:57	92	0:24:03	85	1:12:44	Lakers
082	925	SCHLIEBS, RAY	57	M 55-59	2	0:17:05	109	0:34:49	110	0:21:24	37	1:13:18	Adelaide Vales
083	814	PORROVECCHIO, JAMES	34	M 30-34	10	0:16:59	105	0:31:41	46	0:24:39	97	1:13:19	
084	853	BERRETT, DYLAN	19	M 16-19	4	0:16:12	87	0:32:24	61	0:24:48	100	1:13:24	
085	815	VIOLANTE, MICHAEL	21	M 20-24	6	0:17:59	129	0:33:57	91	0:21:29	42	1:13:25	

086	710	NOLL, EMMA	27	F 25-29	1	0:13:50	34	0:35:39	122	0:24:03	86	1:13:32	
087	829	ZORKOVIC, GREGOR	34	M 30-34	11	0:17:17	112	0:33:08	77	0:23:12	68	1:13:37	Tri SA
088	926	TSCHARKE, TONY	54	M 50-54	5	0:17:02	107	0:34:01	94	0:22:38	61	1:13:41	
089	716	CHATTERTON, ANNETTE	52	F 50-54	1	0:15:10	62	0:34:40	106	0:24:05	87	1:13:55	Meteors
090	735	DENT, ELSA	30	F 30-34	1	0:14:16	42	0:34:16	98	0:25:24	114	1:13:56	Tri SA
091	831	JACKSON, JAMIE	34	M 30-34	12	0:18:02	130	0:33:34	83	0:22:35	60	1:14:11	Adelaide Vales
091	930	LAHNSTEIN, MARKO	45	M 45-49	6	0:15:46	73	0:33:12	78	0:25:13	109	1:14:11	Tri SA
093	848	DEANE, EDWARD	33	M 30-34	13	0:16:01	80	0:32:59	72	0:25:13	109	1:14:13	
094	809	WRIGHT, DARREN	32	M 30-34	14	0:15:21	67	0:32:59	72	0:26:00	124	1:14:20	Lakers
095	711	AMES, ERICA	30	F 30-34	2	0:13:25	29	0:33:47	87	0:27:21	142	1:14:33	Triplings
096	850	MANNING, TY	34	M 30-34	15	0:18:32	139	0:32:45	70	0:23:31	78	1:14:48	Tribe
097	730	ROXBY, JENESE	31	F 30-34	3	0:14:27	48	0:36:11	128	0:24:12	90	1:14:50	Meteors
098	802	BROWN, CAMERON	23	M 20-24	7	0:20:23	158	0:31:46	47	0:22:50	63	1:14:59	
099	843	WIGAN, SAM	26	M 25-29	7	0:17:25	115	0:33:47	87	0:23:57	83	1:15:09	
100	842	ALCOCK, ANTHONY	27	M 25-29	8	0:19:16	146	0:34:30	102	0:21:24	38	1:15:10	
101	902	PEACOCK, SAM	37	M 35-39	14	0:13:47	33	0:33:30	81	0:27:54	146	1:15:11	
102	844	CHAPMAN, LACHLAN	26	M 25-29	9	0:19:26	148	0:32:40	67	0:23:21	71	1:15:27	
103	702	SCHLIEBS, VERONICA	25	F 25-29	2	0:16:55	102	0:36:47	134	0:21:50	46	1:15:32	
104	834	HUGHES, ANDREW	26	M 25-29	10	0:18:11	134	0:32:25	62	0:25:05	105	1:15:41	
105	927	HOWELLS, STEPHEN	38	M 35-39	15	0:17:36	121	0:33:34	84	0:24:57	104	1:16:07	
106	725	DAWSON, ZOE	22	F 20-24	1	0:17:47	125	0:36:19	129	0:22:14	52	1:16:20	Tri SA
107	919	ASHMEAD, CAMERON	36	M 35-39	16	0:15:14	65	0:33:55	90	0:27:12	139	1:16:21	
108	732	SANDLAND, JACQUI	27	F 25-29	3	0:15:58	77	0:34:21	100	0:26:24	131	1:16:43	
109	714	WEAVER, ROSALIND	53	F 50-54	2	0:16:12	86	0:36:45	133	0:23:53	81	1:16:50	Meteors
110	854	SIMCHIK, JAMIE	24	M 20-24	8	0:17:39	122	0:33:37	85	0:25:49	123	1:17:05	
111	929	JONATS, ANDREW	38	M 35-39	17	0:16:48	98	0:35:17	117	0:25:16	112	1:17:21	Adelaide Vales
112	824	BUTTERY, ANDREW	43	M 40-44	8	0:15:51	76	0:36:06	126	0:25:41	120	1:17:38	
113	920	MANNERING, STUART	35	M 35-39	18	0:19:41	153	0:34:07	96	0:24:05	87	1:17:53	Triplings
114	960	TAYLOR, MARK	50	M 50-54	6	0:16:54	101	0:34:21	100	0:26:46	135	1:18:01	Lakers
115	825	TAINTEY, ANDREW	33	M 30-34	16	0:18:27	138	0:34:20	99	0:25:28	116	1:18:15	
116	923	PARTRIDGE, RAY	44	M 40-44	9	0:16:57	103	0:32:40	68	0:28:50	148	1:18:27	Adelaide Vales
117	921	BEARD, MATTHEW	45	M 45-49	7	0:16:45	96	0:36:24	130	0:25:25	115	1:18:34	Tribe
118	908	PYE, ROBERT	42	M 40-44	10	0:17:32	120	0:36:50	136	0:24:13	91	1:18:35	Lakers
119	628	(TEAM) MILDURA MASTERS, WILSON	18	M Team	9	0:16:46	97	0:37:44	145	0:24:25	93	1:18:55	
120	701	O'ROURKE, KIRSTY	26	F 25-29	4	0:16:42	94	0:36:53	137	0:25:29	117	1:19:04	
121	952	MCMEEKIN, PETER	45	M 45-49	8	0:18:03	131	0:33:58	93	0:27:03	137	1:19:04	
122	840	WAGENER, SEAN	32	M 30-34	17	0:18:40	142	0:35:58	125	0:24:27	95	1:19:05	
123	703	LAMSHED, JOSEPHINE	35	F 35-39	2	0:15:08	61	0:39:19	152	0:25:42	121	1:20:09	
124	900	MEADOWS, RICHARD	51	M 50-54	7	0:14:26	46	0:29:26	10	0:36:18	161	1:20:10	Adelaide Vales
125	845	BAHR, ANDREW	32	M 30-34	18	0:05:38	1	0:46:52	162	0:27:43	145	1:20:13	
126	822	SANDLAND, HEATH	32	M 30-34	19	0:19:30	150	0:34:39	105	0:26:07	126	1:20:16	
127	946	CLEARY, TERRY	48	M 45-49	9	0:22:44	164	0:33:07	76	0:24:34	96	1:20:25	
128	906	STIRNA, CRAIG	35	M 35-39	19	0:16:29	91	0:37:55	146	0:26:03	125	1:20:27	
129	704	WILSON, KAREN	47	F 45-49	4	0:17:30	118	0:35:58	124	0:27:19	140	1:20:47	Coomealla
130	933	MORSE, MARK	46	M 45-49	10	0:19:06	144	0:35:07	113	0:26:34	133	1:20:47	
131	728	POWELL, JANE	44	F 40-44	1	0:17:41	123	0:36:56	138	0:26:12	127	1:20:49	
132	830	SANDOVER, JAMES	32	M 30-34	20	0:19:33	151	0:34:57	112	0:26:20	129	1:20:50	
133	922	McRAE, JIM	47	M 45-49	11	0:18:09	133	0:36:24	130	0:26:21	130	1:20:54	
134	943	TAMLIN, DAVE	45	M 45-49	12	0:17:43	124	0:38:25	147	0:24:47	99	1:20:55	
135	965	FINLAY, MARK	44	M 40-44	11	0:19:27	149	0:36:29	132	0:25:06	106	1:21:02	
136	847	JOHNS, BARRY	32	M 30-34	21	0:19:46	154	0:39:24	153	0:22:07	51	1:21:17	
137	734	CLIPPINGDALE, JO	43	F 40-44	2	0:17:24	114	0:36:58	139	0:27:07	138	1:21:29	Tribe
138	957	HEWITT, TONY	46	M 45-49	13	0:15:28	68	0:35:11	114	0:31:12	157	1:21:51	
139	947	WILLIAMSON, JOHN	42	M 40-44	12	0:19:21	147	0:37:12	141	0:25:39	119	1:22:12	Tri SA
140	851	WARD, WAYNE	32	M 30-34	22	0:20:05	156	0:39:10	149	0:23:04	66	1:22:19	Tri SA
141	931	SKEWES, TREVOR	64	M 60-64	4	0:16:42	94	0:36:48	135	0:28:57	149	1:22:27	Meteors
142	821	MACEKEY, CHRIS	24	M 20-24	9	0:17:01	106	0:34:46	109	0:30:44	155	1:22:31	
143	915	OLSON, DON	52	M 50-54	8	0:18:26	137	0:39:09	148	0:25:17	113	1:22:52	
144	709	SORDILLO, TIZIANA	37	F 35-39	3	0:17:50	126	0:39:14	150	0:26:26	132	1:23:30	
145	812	KOLOKAS, LEE	32	M 30-34	23	0:19:52	155	0:37:02	140	0:26:48	136	1:23:42	
146	803	DUFF, TIMOTHY	20	M 20-24	10	0:17:30	117	0:35:20	118	0:31:09	156	1:23:59	
147	846	YOUNGER, BEN	32	M 30-34	24	0:20:15	157	0:36:10	127	0:27:37	143	1:24:02	
148	966	EGLINTON, MARK	37	M 35-39	20	0:19:38	152	0:35:22	120	0:29:03	150	1:24:03	
149	705	MCPHARLIN, STEPHANIE	54	F 50-54	3	0:21:24	161	0:35:32	121	0:27:19	140	1:24:15	Adelaide Vales
150	837	JOVICIC, GORAN	33	M 30-34	25	0:19:08	145	0:39:36	154	0:25:42	121	1:24:26	
151	717	HORAN, ALANA	27	F 25-29	5	0:18:41	143	0:40:17	155	0:25:32	118	1:24:30	
152	970	HARDY, PETER	58	M 55-59	3	0:22:27	163	0:35:22	119	0:27:42	144	1:25:31	
153	724	RUSCIANO, LEAH	28	F 25-29	6	0:18:20	136	0:40:34	156	0:27:58	147	1:26:52	Adelaide Vales
154	733	BALFOUR, BELINDA	49	F 45-49	5	0:17:28	116	0:40:43	158	0:30:06	153	1:28:17	
155	729	TALBOT-MALE, REBECCA	27	F 25-29	7	0:17:55	128	0:40:43	158	0:29:56	152	1:28:34	
156	706	JONES, TERRY	42	F 40-44	3	0:17:52	127	0:40:41	157	0:30:07	154	1:28:40	
157	731	HEWITT, SUE	41	F 40-44	4	0:18:05	132	0:37:42	144	0:32:56	160	1:28:43	
158	726	TAYLOR, MEGAN	25	F 25-29	8	0:20:59	160	0:39:16	151	0:29:52	151	1:30:07	
159	719	HUNT, MARDY	30	F 30-34	4	0:21:45	162	0:37:20	142	0:31:58	158	1:31:03	Triplings
160	723	OPPERMANN, NICOLE	32	F 30-34	5	0:18:36	141	0:46:44	161	0:26:43	134	1:32:03	
161	718	TOYER, MELANIE	34	F 30-34	6	0:20:50	159	0:43:37	160	0:32:23	159	1:36:50	
999	651	LYONS, ETHAN	19	M Junior	0		0		0		0		Lakers
999	708	ROACH, RIANNAH	26	F 25-29	0		0		0		0		Triplings
999	715	PENTREATH, CASSANDRA	38	F 35-39	0		0		0		0		
999	721	FOSTER, ELSE	48	F 45-49	0		0		0		0		Coomealla
999	722	JONES, ANNE	48	F 45-49	0		0		0		0		
999	805	BRITTEN-JONES, PHILIP	22	M 20-24	0		0		0		0		
999	806	LAUDER, CHRIS	31	M 30-34	0		0		0		0		Meteors
999	826	KELLETT, GRAEME	32	M 30-34	0		0		0		0		
999	828	RAYMOND, MICHAEL	27	M 25-29	0		0		0		0		
999	910	WILSON, IAN	48	M 45-49	0		0		0		0		Triplings
999	911	REDIGOLO, STEPHEN	47	M 45-49	0	0:14:56	59	0:34:37	104		0		
999	913	SODERSTROM, MARK	38	M 35-39	0		0		0		0		

999	914	EVANS, CRAIG	37	M 35-39	0	0	0	0	
999	918	DE SILVA, ADRIAN	40	M 40-44	0	0	0	0	
999	924	PENTREATH, MARK	45	M 45-49	0	0	0	0	
999	936	DE BOO, TERRY	55	M 55-59	0	0	0	0	Adelaide Vales
999	944	GREEN, JASON TROY	36	M 35-39	0	0:13:27	30	0	0
999	948	CARR, KEVIN	50	M 50-54	0	0	0	0	Lakers
999	953	FRANCIS, MARK	40	M 40-44	0	0	0	0	Meteors
999	959	REID, DAVID	38	M 35-39	0	0:18:15	135	0	0

**JT Cycles Triathlon Series 2008/09 29/3/09**

**Race Result - Mini**

POS	RACE NO	NAME	AGE	CAT	POS	TOTAL	CLUB
001	129	AHOLA, KRISTIINA	12	F 10-12	1	0:19:00	Adel Vales
002	201	CRAIG, LEN	27	M 25-29	1	0:19:04	
003	169	BISHOP, SAM	13	M 13-15	1	0:19:34	
004	252	HEATH, STEPHEN	47	M 45-49	1	0:19:48	
005	155	HEATH, CAMERON	19	M 16-19	1	0:20:00	
006	600	(TEAM) EBB, HODGSON	8	M Team	1	0:20:09	
007	153	SPURLING, MAX	10	M 10-12	1	0:20:10	
008	127	SLAVEN, VICTORIA	12	F 10-12	2	0:20:16	Lakers
009	107	LACK, LUCY	25	F 25-29	1	0:20:27	
010	257	RICHARDSON, ANDREW	43	M 40-44	1	0:20:40	
011	160	RICHARDSON, JOSHUA	11	M 10-12	2	0:20:46	Tri SA
012	103	LECONS, JULIE	37	F 35-39	1	0:20:47	
013	133	CARR, TINA-MARIE	37	F 35-39	2	0:20:48	
014	111	WINDLE, RITA	33	F 30-34	1	0:20:58	
015	100	CROCKFORD, SARA	12	F 10-12	3	0:21:06	
016	120	HEATH, NICOLE	13	F 13-15	1	0:21:16	
017	168	HUGGETT, FRASER	11	M 10-12	3	0:21:25	
018	163	HIGHAM, SEBASTIAN	12	M 10-12	4	0:21:36	
019	603	(TEAM) St.IGNATIUS TEAM 1,		M Team	2	0:21:37	
020	114	SMITH, SUSIE	39	F 35-39	3	0:21:40	
021	165	GREEN, JACK	10	M 10-12	5	0:21:42	
022	150	MANNING, KURT	10	M 10-12	6	0:21:46	
023	117	MCGOVERN, SAM	25	F 25-29	2	0:21:58	
024	254	HODGSON, GEOFF	42	M 40-44	2	0:22:03	
025	122	BRYAN, KELLIE	32	F 30-34	2	0:22:19	
026	258	DODDRIDGE, CRAIG	40	M 40-44	3	0:22:35	
027	116	LAMSHED, JANE	27	F 25-29	3	0:22:56	
028	109	SWAN, JENNIFER	39	F 35-39	4	0:23:03	
029	121	REGAN, JANE	28	F 25-29	4	0:23:04	
030	131	MCBRIDE, LEE	46	F 45-49	1	0:23:10	
031	130	LUCAS, LIBBY	43	F 40-44	1	0:23:42	
032	152	PARTRIDGE, JORDAN	11	M 10-12	7	0:23:55	Adel Vales
033	251	BRADBROOK, IAN	49	M 45-49	2	0:23:57	
034	124	VENN, CHARLOTTE	14	F 13-15	2	0:24:01	
035	119	HEFFORD, KATIE	29	F 25-29	5	0:24:07	
036	137	SCHIRRU, ELLA	11	F 10-12	4	0:24:10	
037	101	WEIDERMANN, RACHEL	11	F 10-12	5	0:24:11	Lakers
038	128	JIRANEK, DANIELLE	43	F 40-44	2	0:24:29	
039	123	BUTTERY, ANNABELLE	11	F 10-12	6	0:24:44	
040	118	SECOMBE, JENNY	47	F 45-49	2	0:24:49	
041	156	McINERNEY, LIAM	12	M 10-12	8	0:24:53	
042	154	MCGREE, CAMERON	9	M 10-12	9	0:24:59	
043	158	COLVIN, MICHAEL	12	M 10-12	10	0:25:15	
044	166	JIRANEK, MILAN	13	M 13-15	2	0:25:16	
045	136	SCHIRRU, LIVIA	10	F 10-12	7	0:25:35	
046	132	PEARSON, MELANIE	27	F 25-29	6	0:25:59	
047	108	ADAMS, SARAH	33	F 30-34	3	0:26:00	
047	151	LECONS, SAM	10	M 10-12	11	0:26:00	
047	164	WILLIAMSON, SAMUEL	10	M 10-12	11	0:26:00	
050	159	HODGSON, LACHLAN	10	M 10-12	13	0:26:09	
051	134	FORAN, LORETA	58	F 55-59	1	0:26:14	
052	113	McGREE, BROOKE	12	F 10-12	8	0:26:52	
052	601	(TEAM) St.IGNATIUS TEAM 3,		M Team	3	0:26:52	
054	255	LORES, PETER	58	M 55-59	1	0:26:53	
054	256	MCNEILL, DONALD	55	M 55-59	1	0:26:53	
056	126	MURCH, ALI	26	F 25-29	7	0:27:08	
057	106	BRADBROOK, SARAH	10	F 10-12	9	0:27:26	
058	110	BRADBROOK, SUSAN	48	F 45-49	3	0:27:40	
059	125	HEALY, GERALDINE	47	F 45-49	4	0:27:53	
060	105	TINWELL, DENISE	50	F 50-54	1	0:28:46	
061	253	SANCHEZ, ROBERT	33	M 30-34	1	0:29:02	
062	102	FIELD, REBECCA	10	F 10-12	10	0:31:47	
063	135	SIMMONS, MADDI	10	F 10-12	11	0:37:25	
064	259	SIMMONS, DARREN	39	M 35-39	1	0:38:25	

**JT Cycles Triathlon Series 2008/09 29/3/09**

**Race Result - Tinman**

POS	RACE NO	NAME	AGE	CAT	POS	TOTAL	CLUB
001	529	EVANS, MATTHEW	37	M 35-39	1	0:40:21	Adel Vales
002	613	(TEAM) PAIN CITY, DUFFY		M Team	1	0:40:34	
003	429	KERR, JAMES	24	M 20-24	1	0:40:37	
004	443	EVANS, KIERAN	15	M 13-15	1	0:40:58	Adel Vales
005	616	(TEAM) St.IGNATIUS TEAM 5,		M Team	2	0:41:15	
006	622	(TEAM) BRITZ AND THE		M Team	3	0:41:16	
007	427	REEVE, KYLE	19	M 16-19	1	0:41:22	
008	439	LEWIS, DANIEL	27	M 25-29	1	0:42:01	Adel Vales
009	517	EVERSON, RICHARD	45	M 45-49	1	0:42:14	
010	521	KEYTE, MICHAEL	36	M 35-39	2	0:42:17	
011	428	ADAMS, JAMIE	32	M 30-34	1	0:43:07	
012	620	(TEAM) RIVERTON HAWKS,		M Team	4	0:43:07	
013	615	(TEAM) St.IGNATIUS TEAM 4,		F Team	1	0:43:33	
014	618	(TEAM) St.IGNATIUS TEAM 7,		M Team	5	0:43:51	
015	545	MCCRACKEN, ANDREW	40	M 40-44	1	0:43:57	
016	366	LODGE, MICHELLE	33	F 30-34	1	0:44:06	
017	441	MARTINEZ, JOHN	13	M 13-15	2	0:44:21	Triplings
017	527	CARTER, CHRIS	56	M 55-59	1	0:44:21	Lakers
019	355	SLAVEN, ALEXANDRA	15	F 13-15	1	0:44:23	Lakers
020	614	(TEAM) STRUGGLE TOWN,		MX Team	1	0:44:25	
021	452	PRZYBYLSKI, MARC	29	M 25-29	2	0:44:33	
022	319	CLOHESY, CATHERINE	13	F 13-15	2	0:44:35	Tribe
023	610	(TEAM) LJT, KRAUSE	48	MX Team	2	0:44:38	
024	450	FOYLE, MARK	15	M 13-15	3	0:45:02	
025	523	BURKE, JUSTIN	35	M 35-39	3	0:45:09	
026	442	HENSEL, TOM	21	M 20-24	2	0:45:20	
027	459	TOKLEY, ROBERT	27	M 25-29	3	0:45:50	
028	300	TAKOS, HOLLY	13	F 13-15	3	0:46:04	Meteors
029	353	STAUDACHER, AIMI	25	F 25-29	1	0:46:05	
029	534	ANDERSON, JOHN WILLIAM	49	M 45-49	2	0:46:05	
031	440	KEMPSTER, BEN	32	M 30-34	2	0:46:10	
031	457	HARRIS, RYAN	25	M 25-29	4	0:46:10	
033	303	BAILEY, KELLY	26	F 25-29	2	0:46:32	
034	456	SYMONS, DANIEL	14	M 13-15	4	0:46:37	Tribe
035	434	WAKELIN, DANIEL	29	M 25-29	5	0:46:40	Lakers
036	454	BOWEN, JOSHUA	26	M 25-29	6	0:46:43	
037	461	HULL, TONY	53	M 50-54	1	0:46:49	Tribe
038	447	HOLDING, CHRIS	31	M 30-34	3	0:46:50	
039	611	(TEAM) THE COMPLETE	35	MX Team	3	0:46:54	
040	550	SHANNON, LINCOLN	42	M 40-44	2	0:46:58	
041	316	HALL, TEIGAN	15	F 13-15	4	0:47:14	Triplings
042	531	KEYNES, GRAHAM	49	M 45-49	3	0:47:22	
043	318	JOHNSON, ALICIA	20	F 20-24	1	0:47:23	
044	438	CLOHESY, DANIEL	16	M 16-19	2	0:47:26	Tribe
045	449	AXFORD, MATT	16	M 16-19	3	0:47:30	
046	315	OLIVER, BRIONI	25	F 25-29	3	0:47:54	
047	540	WELCH, IGNACIO	47	M 45-49	4	0:47:57	
048	446	McCURDIE, ANGUS	30	M 30-34	4	0:48:02	
049	350	WILLMENT, RACHAEL	30	F 30-34	2	0:48:08	
050	522	HILLSTONE, PAUL	35	M 35-39	4	0:48:22	
051	430	SCHUTZ, LUCAS	25	M 25-29	7	0:48:26	
052	325	BUDREIKA, MELANIE	20	F 20-24	2	0:48:33	
053	362	HUGHES, NATALIE	17	F 16-19	1	0:48:39	
054	554	ROFE, ALLAN	58	M 55-59	2	0:48:42	Tribe
055	317	RIEDEL, STACEY	13	F 13-15	5	0:48:47	St J's Gram
056	334	SLOCOMBE, AMY	32	F 30-34	3	0:48:59	
057	530	GRAY, PETER	54	M 50-54	2	0:49:08	Lakers
058	525	SHAW, CHRISTIAN	35	M 35-39	5	0:49:09	
059	451	JOHNSON, CHRIS	27	M 25-29	8	0:49:20	
060	331	GOLDING, KATH	39	F 35-39	1	0:49:25	
060	623	(TEAM) CHAN CHAN, CHAN		M Team	6	0:49:25	
062	337	MULLER, ABBIE	30	F 30-34	4	0:49:41	Adel Vales
063	436	RUST, GERALD	31	M 30-34	5	0:49:50	
064	345	RUSSELL, HELEN	40	F 40-44	1	0:49:51	
065	375	COOK, MARLEW	32	F 30-34	5	0:49:54	
065	555	O'DEA, VINCENT	40	M 40-44	3	0:49:54	Meteors
067	516	SMITH, PETER	67	M 65-69	1	0:49:55	Tri SA
068	542	GROOM, CHRIS	35	M 35-39	6	0:50:01	
069	301	COLEMAN, ALICE	21	F 20-24	3	0:50:02	
069	377	CHENOWETH, SAMANTHA	32	F 30-34	6	0:50:02	
071	431	CRAIG, ANDREW	31	M 30-34	6	0:50:03	
071	553	HARTE, PETER	47	M 45-49	5	0:50:03	
073	621	(TEAM) WELLBEING TRI,		M Team	7	0:50:05	
074	537	HILL, STEVEN	39	M 35-39	7	0:50:06	
075	612	(TEAM) THE OLD FARTS,	42	M Team	8	0:50:09	
076	462	JURISEVIC, JACKSON	14	M 13-15	5	0:50:16	
077	455	SHAW, ANGUS	24	M 20-24	3	0:50:17	
078	533	RUSSELL, STEVEN	42	M 40-44	4	0:50:24	
079	518	COOK, THOMAS	49	M 45-49	6	0:50:26	Triplings
080	539	HARTUS, JOHN	35	M 35-39	8	0:50:29	
081	330	CHILCOTT, ALLIE	33	F 30-34	7	0:50:49	
082	524	CALLEJA, DARREN	38	M 35-39	9	0:50:51	
083	437	HARRIS, MARTIN	30	M 30-34	7	0:50:52	
084	538	GARRETT, MIKE	39	M 35-39	10	0:50:56	
085	536	HUTCHINS, PAUL	41	M 40-44	5	0:50:59	
086	312	WESTMORELAND, SARAH	27	F 25-29	4	0:51:03	
087	528	CRAIG, JACK	57	M 55-59	3	0:51:07	
088	327	CLAY, MARIE	29	F 25-29	5	0:51:14	
089	329	McROBB, JUDITH	25	F 25-29	6	0:51:16	
089	444	WHITE, SHANE	28	M 25-29	9	0:51:16	
091	326	COWAN, SARAH	23	F 20-24	4	0:51:18	
092	346	WEBB, LEONIE	43	F 40-44	2	0:51:20	Lakers
093	551	FERRARO, CLAUDIO	37	M 35-39	11	0:51:53	Lakers
094	448	BOYCE, GARY	30	M 30-34	8	0:51:55	Triplings
095	335	SWANEPOEL, ELLEN	35	F 35-39	2	0:52:05	
096	367	YOUNGER, SALLY	30	F 30-34	8	0:52:07	
097	445	OATS, ROBERT	27	M 25-29	10	0:52:14	
098	356	MARINELLI, TINA	23	F 20-24	5	0:52:25	
099	458	CAMPEY, CHRIS	27	M 25-29	11	0:52:27	
100	373	ASPERY, JULIE	46	F 45-49	1	0:52:32	
101	358	POLTAVETS, VALENTINA	22	F 20-24	6	0:52:36	
102	535	MANSER, SIMON	39	M 35-39	12	0:52:40	
103	322	MATTHEWS, RACHEL	22	F 20-24	7	0:52:58	
104	463	ABBOTT, DAMIEN	32	M 30-34	9	0:53:03	
105	541	STEVENS, GEOFF	49	M 45-49	7	0:53:32	
106	338	DARE, MARIANNA	28	F 25-29	7	0:53:44	Adel Vales
107	369	HENDERSON, JULIET	25	F 25-29	8	0:53:52	
107	532	NOLL, KEN	57	M 55-59	4	0:53:52	
109	435	WONG, TIM	27	M 25-29	12	0:53:56	
110	302	NEWBURY, ALIX	30	F 30-34	9	0:53:57	
111	544	STALLARD, DARREN	37	M 35-39	13	0:54:11	
112	624	(TEAM) MCDEED AND FRIES,		M Team	9	0:54:38	
113	365	BENNINK, RITA	51	F 50-54	1	0:54:52	Lakers
114	359	DERMODY, IENELLA	27	F 25-29	9	0:54:58	Adel Vales
115	361	KELLY, ANNA	25	F 25-29	10	0:54:59	
116	549	MACLAREN, DOUGLAS	56	M 55-59	5	0:55:08	
117	364	HUGHES, SARAH	25	F 25-29	11	0:55:11	
118	332	NELDNER, KATE	32	F 30-34	10	0:55:13	Tri SA
119	339	HARRIS, KAREN	30	F 30-34	11	0:55:19	
120	328	KENDRICK, NIKI	26	F 25-29	12	0:55:37	
121	374	ROWLAND, BELINDA	31	F 30-34	12	0:55:51	
122	323	GIBBS, JULIA	25	F 25-29	13	0:55:53	
123	341	CRAIG, SAMANTHA	30	F 30-34	13	0:56:07	
124	460	ENDACOTT, MARK	34	M 30-34	10	0:56:14	
125	352	NOHLMANS, ALISON	30	F 30-34	14	0:56:21	
126	380	DE BOO, KAY	51	F 50-54	2	0:56:30	Adel Vales
127	520	FOTHERINGHAM, MICHAEL	37	M 35-39	14	0:56:42	
128	320	SIMONS, KERYN	30	F 30-34	15	0:56:45	
129	372	FINLAYSON, KRISTY	27	F 25-29	14	0:57:11	
130	333	PARTRIDGE, FIONA	39	F 35-39	3	0:57:30	Adel Vales
131	344	MAXWELL, LEAH	24	F 20-24	8	0:57:35	
132	342	GUSCOTT, SUE	34	F 30-34	16	0:57:55	
133	360	WELCH, LYN	47	F 45-49	2	0:58:00	
134	340	GOURD, JULIE	47	F 45-49	3	0:58:30	
135	547	MAIN, STUART	40	M 40-44	6	0:58:45	
136	432	GIBBS, DANIEL	25	M 25-29	13	0:58:53	
137	363	TESTER, LAUREN	24	F 20-24	9	0:59:10	
138	351	ROSTRON, VANESSA	34	F 30-34	17	0:59:11	
139	349	HILLSTONE, NERIDA	28	F 25-29	15	1:00:10	
140	311	SHEPHERD, HELEN	52	F 50-54	3	1:00:20	Lakers
141	310	SEARLE, EMMA	31	F 30-34	18	1:00:40	
142	464	LEE, RYAN	31	M 30-34	11	1:00:40	
143	526	BUTLER, DARYL	38	M 35-39	15	1:00:50	
144	548	REIFFEL, CHRIS	36	M 35-39	16	1:01:04	
145	347	SLATER, EMMA	31	F 30-34	19	1:01:48	
146	371	ROBERTSON, ALICIA	27	F 25-29	16	1:02:27	
147	324	RICHTER, GEORGINA	38	F 35-39	4	1:02:48	
148	354	LANCASTER, DARA	41	F 40-44	3	1:06:07	
149	321	DENNIS, TERESA	51	F 50-54	4	1:06:22	
150	348	HINDLE, FELICITY	29	F 25-29	17	1:07:55	
151	376	SIMMONS, NATALIE	37	F 35-39	5	1:11:12	
999	305	COLLING, CINDY	34	F 30-34	0		
999	306	DODD, CHANTAL	26	F 25-29	0		
999	307	DUFFIELD, KELLIE	21	F 20-24	0		
999	309	SCADDING, LYVIA	20	F 20-24	0		
999	313	WHITMORE, KENDI	35	F 35-39	0		Tri SA
999	314	ELDRIDGE, HEIDI	36	F 35-39	0		Adel Vales
999	336	HOARE, DANIELLE	25	F 25-29	0		
999	343	JOHNSON, LEILA	14	F 13-15	0		
999	368	KOCH, ERIKA	45	F 45-49	0		
999	370	MORRIS, STEPHANIE	33	F 30-34	0		
999	426	BOWEN, JOSHUA	26	M 25-29	0		
999	433	LAMOND, BRENTON	28	M 25-29	0		
999	453	HAMLIN, DWAYNE	22	M 20-24	0		
999	543	KOSTER, KYM	35	F 35-39	0		
999	552	GILCHRIST, ROBERT	41	M 40-44	0		

**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

---

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

---

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

---

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

---

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

---

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

---

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

---

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

---

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

---

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

---

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

---

**Adelaide Fresh Fruiterers for all your fresh Fruit and Vegies**

---