

- HORSHAM TELSTRA T-LIFE -

HORSHAM LONG COURSE - OVERALL RESULTS - 23 Jan 2010

Competitor	-----RACE-----			-RESULT-		-----SWIM-----				-----BIKE-----				-----RUN-----				OVERALL TIME
	Nbr	S	Cat	Ovl Pos	Cat Pos	Ovl Pos	Cat Pos	Time	Ovl Pos	Cat Pos	Time	kph	Ovl Pos	Cat Pos	Time	m/km		
Gray Steve	442	M	30-39	1	1	3	2	0:08:19	2	2	0:33:12	36.1	1	1	0:19:07	3.82	1:00:38	
Pumpa Mark	445	M	30-39	2	2	5	4	0:08:49	1	1	0:33:03	36.3	7	5	0:20:22	4.07	1:02:14	
Preece Roy	418	M	50++	3	1	2	1	0:08:08	3	1	0:34:45	34.5	12	2	0:21:21	4.27	1:04:14	
James Steve	407	M	30-39	4	3	6	5	0:08:54	5	4	0:35:13	34.1	8	6	0:20:40	4.13	1:04:47	
Mellors Anthony	409	M	30-39	5	4	1	1	0:07:40	9	5	0:37:06	32.3	4	3	0:20:05	4.02	1:04:51	
Bennett Jamie	404	M	30-39	6	5	17	8	0:10:09	4	3	0:35:13	34.1	5	4	0:20:07	4.02	1:05:29	
Carmody Ashley	451	M	16-19	7	1	9	1	0:09:01	6	1	0:36:46	32.6	3	1	0:19:55	3.98	1:05:42	
Rigby Glen	450	M	40-49	8	1	14	2	0:09:37	10	2	0:37:23	32.1	11	1	0:21:15	4.25	1:08:15	
Coutts Simon	406	M	30-39	9	6	22	9	0:11:08	12	6	0:38:01	31.6	2	2	0:19:29	3.90	1:08:38	
Mentz Simon	413	M	40-49	10	2	20	6	0:10:32	8	1	0:37:05	32.4	14	3	0:22:00	4.40	1:09:37	
Ennis Neil	411	M	40-49	11	3	15	3	0:09:46	16	4	0:38:56	30.8	13	2	0:21:51	4.37	1:10:33	
Sampson Mark	414	M	40-49	12	4	19	5	0:10:25	13	3	0:38:03	31.5	20	5	0:23:00	4.60	1:11:28	
Jorgensen Noel	402	M	20-29	13	1	32	3	0:13:00	14	1	0:38:22	31.3	6	1	0:20:16	4.05	1:11:38	
Rice Gary	419	M	50++	14	2	21	3	0:10:41	11	2	0:37:55	31.6	22	3	0:23:03	4.61	1:11:39	
Dixon Jonathon	401	M	20-29	15	2	11	2	0:09:10	17	2	0:39:43	30.2	24	3	0:23:46	4.75	1:12:39	
McLoughlan Paul	408	M	30-39	16	7	13	6	0:09:24	18	7	0:40:15	29.8	23	10	0:23:32	4.71	1:13:11	
Macgregor Duncan	447	M	30-39	17	8	16	7	0:09:59	20	8	0:40:59	29.3	19	8	0:22:57	4.59	1:13:55	
Toomey Mark	410	M	30-39	18	9	4	3	0:08:19	27	10	0:43:07	27.8	21	9	0:23:00	4.60	1:14:26	
Bell Zane	416	M	50++	19	3	10	2	0:09:08	19	4	0:40:39	29.5	28	4	0:24:57	4.99	1:14:44	
Greed Jackie	420	F	30-39	20	1	25	3	0:11:21	21	1	0:41:03	29.2	17	2	0:22:23	4.48	1:14:47	
Ellis Susie	443	F	40-49	21	1	23	1	0:11:19	7	1	0:36:54	32.5	32	2	0:26:46	5.35	1:14:59	
Wallis Lee	403	M	20-29	22	3	8	1	0:09:00	29	3	0:43:41	27.5	15	2	0:22:18	4.46	1:14:59	
Carmody Melissa	449	F	40-49	23	2	26	2	0:11:23	23	2	0:41:47	28.7	25	1	0:24:24	4.88	1:17:34	
Walsgott Peter	415	M	40-49	24	5	12	1	0:09:16	33	7	0:45:34	26.3	18	4	0:22:52	4.57	1:17:42	
Ward Simon	444	M	30-39	25	10	31	11	0:12:48	30	11	0:43:59	27.3	10	7	0:20:56	4.19	1:17:43	
Bryan Shane	405	M	30-39	26	11	28	10	0:11:44	26	9	0:42:36	28.2	26	11	0:24:27	4.89	1:18:47	
Edgar Sardie	453	F	30-39	27	2	24	2	0:11:20	31	2	0:45:09	26.6	16	1	0:22:18	4.46	1:18:47	
McKinnon Tony	454	M	50++	28	4	27	4	0:11:37	24	5	0:41:50	28.7	30	5	0:26:05	5.22	1:19:32	
Vivian Simon	430	M	40-49	29	6	30	7	0:12:45	28	6	0:43:37	27.5	27	6	0:24:44	4.95	1:21:06	
Parnaby Meg	423	F	50++	30	1	33	1	0:13:22	22	1	0:41:40	28.8	35	1	0:27:29	5.50	1:22:31	
Williams Mark	440	M	40-49	31	7	35	8	0:13:36	25	5	0:42:27	28.3	31	7	0:26:42	5.34	1:22:45	
Fiedler Gavin	417	M	50++	32	5	36	5	0:24:08	15	3	0:38:56	30.8	9	1	0:20:41	4.14	1:23:45	
Gay Rebecca	441	F	30-39	33	3	34	5	0:13:30	34	4	0:45:53	26.2	29	3	0:25:09	5.03	1:24:32	

Kelly Helen	421	F	30-39	34	4	7	1	0:08:59	32	3	0:45:21	26.5	36	5	0:30:15	6.05	1:24:35
Holloway Grant	412	M	40-49	35	8	18	4	0:10:24	35	8	0:47:22	25.3	33	8	0:27:13	5.44	1:24:59
Peterson Megan	422	F	30-39	36	5	29	4	0:11:52	36	5	0:49:43	24.1	34	4	0:27:17	5.46	1:28:52

Average Times								0:10:51			0:40:22	29.7			0:23:08	4.63	1:14:21
---------------	--	--	--	--	--	--	--	---------	--	--	---------	------	--	--	---------	------	---------

Bike time includes both transitions plus 20 km - Run distance = 5 km  
 0:00:00 = Split Times not Assessed DNF = Did Not Finish DQ = Disqualified (Refer to Race Director)  
 Race Timing and Results by ON THE DAY RACE RESULTS - Contact: Deane Welsh (deanewelsh@bigpond.com)