

Spring Shakeup Duathlon  
 Rabbit Island  
 Sunday 9th September 2007

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**Run Duathlon : U14 Male**

ID	Name	Run 4km		MTB 13km		Run 2km		Overall		Category
		Place	Time	Place	Time	Place	Time	Place	Time	
8	Scott Barr	15	20:55	23	45:51	13	11:37	20	1:18:23	1

**Run Duathlon : U16 Male**

ID	Name	Run 4km		MTB 13km		Run 2km		Overall		Category
		Place	Time	Place	Time	Place	Time	Place	Time	
5	Jordan Miller	4	16:07	3	32:23	2	08:02	3	56:32	1

**Run Duathlon : 20-29 Female**

ID	Name	Run 4km		MTB 13km		Run 2km		Overall		Category
		Place	Time	Place	Time	Place	Time	Place	Time	
15	Lauren Graham	9	18:35	12	39:30	11	11:09	9	1:09:14	1

**Run Duathlon : 20-29 Male**

ID	Name	Run 4km		MTB 13km		Run 2km		Overall		Category
		Place	Time	Place	Time	Place	Time	Place	Time	
40	Reid Carnegie	12	20:09	17	41:33	17	11:53	16	1:13:35	1

**Run Duathlon : 30-39 Female**

ID	Name	Run 4km		MTB 13km		Run 2km		Overall		Category
		Place	Time	Place	Time	Place	Time	Place	Time	
2	Doreen Lembke	16	21:43	21	43:59	16	11:47	19	1:17:29	1
11	Tania Robb	23	24:57	22	44:08	23	13:34	23	1:22:39	2

**Run Duathlon : 30-39 Male**

ID	Name	Run 4km		MTB 13km		Run 2km		Overall		Category Place
		Place	Time	Place	Time	Place	Time	Place	Time	
28	Jon Linyard	1	14:36	2	30:07	1	08:00	1	52:43	1
4	Steve Gibling	3	16:06	1	28:35	4	08:54	2	53:35	2
25	Alistair Ashcroft	17	22:01	6	35:42	12	11:32	10	1:09:15	3
39	Chris Branje	13	20:17	11	38:56	21	12:51	13	1:12:04	4

**Run Duathlon : 40-49 Female**

ID	Name	Run 4km		MTB 13km		Run 2km		Overall		Category Place
		Place	Time	Place	Time	Place	Time	Place	Time	
36	Carolyn Squance	10	19:50	13=	39:43	9	10:30	11	1:10:03	1
21	Claire Weyers	14	20:38	13=	39:43	18	11:54	14	1:12:15	2
37	Cathy Barr	18	22:02	10	37:45	19	12:40	15	1:12:27	3
26	Marielouise Bell	20	22:14	18	41:53	15	11:40	18	1:15:47	4

**Run Duathlon : 40-49 Male**

ID	Name	Run 4km		MTB 13km		Run 2km		Overall		Category Place
		Place	Time	Place	Time	Place	Time	Place	Time	
43	Nigel Muir	2	16:04	4	32:25	7	09:44	4	58:13	1
35	Charlie Squance	5	16:11	9	36:40	6	09:06	5	1:01:57	2
38	Martin Byrne	6	17:08	8	36:36	3	08:53	6	1:02:37	3
22	Paul Eggers	8	17:58	5	34:51	8	10:08	8	1:02:57	4

**Run Duathlon : 50-59 Female**

ID	Name	Run 4km		MTB 13km		Run 2km		Overall		Category Place
		Place	Time	Place	Time	Place	Time	Place	Time	
45	Chris Henderson	21	24:23	19	42:02	20	12:50	21	1:19:15	1
7	Wendy Hedgwig	22	24:52	20	43:58	22	13:23	22	1:22:13	2

**Run Duathlon : 50-59 Male**

ID	Name	Run 4km		MTB 13km		Run 2km		Overall		Category Place
		Place	Time	Place	Time	Place	Time	Place	Time	
23	Frits Hofman	11	20:02	16	40:23	10	11:06	12	1:11:31	1

**Run Duathlon : 60-69 Male**

ID	Name	Run 4km		MTB 13km		Run 2km		Overall		Category
		Place	Time	Place	Time	Place	Time	Place	Time	
1	Rod Jones	19	22:13	15	40:06	14	11:39	17	1:13:58	1

**Run Duathlon : Mixed Team**

ID	Name	Run 4km		MTB 13km		Run 2km		Overall		Category
		Place	Time	Place	Time	Place	Time	Place	Time	
3	Macpatt							7	1:02:38	1
	...Todd McAuley			7	36:24					
	...Pogo Paterson	7	17:17			5	08:57			

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**Short Run Duathlon : U14 Female**

ID	Name	Run 2km		MTB 9km		Run 2km		Overall Place	Time	Category Place
		Place	Time	Place	Time	Place	Time			
32	Deanne Marshall	5	11:27	12	49:42	11	15:29	12	1:16:38	1

**Short Run Duathlon : U14 Male**

ID	Name	Run 2km		MTB 9km		Run 2km		Overall Place	Time	Category Place
		Place	Time	Place	Time	Place	Time			
34	Hayden Squance	2	09:39	5	34:49	2	10:32	3	55:00	1
42	Zac Muir	1	09:02	9	38:00	1	09:39	4	56:41	2
44	Rick And Lucas							10	1:08:04	3
	...Rick Muir	7	11:58			6	11:42			
	...Lucas Tooney			11	44:24					

**Short Run Duathlon : 30-39 Female**

ID	Name	Run 2km		MTB 9km		Run 2km		Overall Place	Time	Category Place
		Place	Time	Place	Time	Place	Time			
33	Jenny Mason	3	09:42	2	31:33	4	10:47	2	52:02	1
41	Rhonda Muir	9	12:05	6	34:59	5	11:16	5	58:20	2
9	Dannette Olsen	8	12:03	4	34:17	8	13:29	6	59:49	3
10	Debbie Bradford	12	12:44	3	33:48	10	15:04	8	1:01:36	4

**Short Run Duathlon : 40-49 Female**

ID	Name	Run 2km		MTB 9km		Run 2km		Overall Place	Time	Category Place
		Place	Time	Place	Time	Place	Time			
18	Cheryl De Lange	10	12:25	7	35:16	7	13:08	7	1:00:49	1
31	Caroline Marshall	11	12:39	10	41:50	12	16:52	11	1:11:21	2

**Short Run Duathlon : 40-49 Male**

ID	Name	Run 2km		MTB 9km		Run 2km		Overall		Category
		Place	Time	Place	Time	Place	Time	Place	Time	
6	Hugh Miller	4	10:01	1	28:13	3	10:44	1	48:58	1
30	Garth Marshall	6	11:29	8	36:14	9	14:50	9	1:02:33	2

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**Walk Duathlon : 20-29 Female**

ID	Name	Walk 2km		MTB 9km		Walk 2km		Overall Place	Time	Category Place
		Place	Time	Place	Time	Place	Time			
16	Rebecca Wasley	2	14:12	1	31:34	1=	15:13	1	1:00:59	1
17	Ruth Bayley	4	17:55	7	41:49	5	18:34	8	1:18:18	2

**Walk Duathlon : 30-39 Female**

ID	Name	Walk 2km		MTB 9km		Walk 2km		Overall Place	Time	Category Place
		Place	Time	Place	Time	Place	Time			
20	Sarah Drozdowkis-Mant	5	18:24	3	35:58	6	19:12	5	1:13:34	1

**Walk Duathlon : 40-49 Female**

ID	Name	Walk 2km		MTB 9km		Walk 2km		Overall Place	Time	Category Place
		Place	Time	Place	Time	Place	Time			
27	Nyle Sunderland	1	13:37	2	32:11	1=	15:13	2	1:01:01	1

**Walk Duathlon : 50-59 Female**

ID	Name	Walk 2km		MTB 9km		Walk 2km		Overall Place	Time	Category Place
		Place	Time	Place	Time	Place	Time			
24	Kathleen Hofman	3	17:47	4	37:19	3	18:19	3	1:13:25	1

**Walk Duathlon : 60-69 Female**

ID	Name	Walk 2km		MTB 9km		Walk 2km		Overall Place	Time	Category Place
		Place	Time	Place	Time	Place	Time			
29	Jill Dickinson		NoTime		NoTime	4	18:22	4	1:13:26	1

<b>Walk Duathlon : Female Team</b>										
ID	Name	Walk 2km		MTB 9km		Walk 2km		Overall Place	Category Place	
		Place	Time	Place	Time	Place	Time			
12	PMP							7	1:16:05	1
	...Maryanne Reid			6	38:21					
	...Penny Reid	7	18:28			7	19:16			

<b>Walk Duathlon : Mixed Team</b>										
ID	Name	Walk 2km		MTB 9km		Walk 2km		Overall Place	Category Place	
		Place	Time	Place	Time	Place	Time			
13	PMP2							6	1:16:02	1
	...Alaisdair Clem			5	38:18					
	...Heike Koch	6	18:26			8	19:18			

A Triathlon Nelson Event

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