

Spring Duathlon Series Race 3
Conifer Park, Rabbit Island, Nelson
25th October 2009

Long Duathlon (run) : 14-19 Male

| ID | Name | 5km Run | | 12km Cycle | | 2.5km Run | | Overall | | Category Place |
|----|--------------|---------|-------|------------|-------|-----------|-------|---------|---------|----------------|
| | | Place | Time | Place | Time | Place | Time | Place | Time | |
| 31 | Josh Kennedy | 14 | 25:40 | 16 | 47:07 | 6 | 12:55 | 14 | 1:25:42 | 1 |

Long Duathlon (run) : 30-39 Male

| ID | Name | 5km Run | | 12km Cycle | | 2.5km Run | | Overall | | Category Place |
|----|------------------|---------|-------|------------|-------|-----------|-------|---------|---------|----------------|
| | | Place | Time | Place | Time | Place | Time | Place | Time | |
| 9 | Jonathan Linyard | 1 | 19:51 | 2 | 32:47 | 1 | 10:39 | 1 | 1:03:17 | 1 |
| 30 | Paul McNabb | 2 | 21:20 | 1 | 31:05 | 2 | 11:27 | 2 | 1:03:52 | 2 |
| 8 | Craig Hellyer | 5 | 23:33 | 3 | 36:12 | 7 | 13:13 | 4 | 1:12:58 | 3 |

Long Duathlon (run) : 30-39 Female

| ID | Name | 5km Run | | 12km Cycle | | 2.5km Run | | Overall | | Category Place |
|----|---------------|---------|-------|------------|-------|-----------|-------|---------|---------|----------------|
| | | Place | Time | Place | Time | Place | Time | Place | Time | |
| 33 | Karolyne Dunn | 18 | 29:29 | 14 | 43:44 | 18 | 15:50 | 17 | 1:29:03 | 1 |
| 1 | Toni Charles | 17 | 28:36 | 17 | 47:25 | 17 | 14:58 | 18 | 1:30:59 | 2 |

Long Duathlon (run) : 40-49 Male

| ID | Name | 5km Run | | 12km Cycle | | 2.5km Run | | Overall | | Category Place |
|----|-----------------|---------|-------|------------|-------|-----------|-------|---------|---------|----------------|
| | | Place | Time | Place | Time | Place | Time | Place | Time | |
| 26 | Chris James | 3 | 22:10 | 4 | 36:34 | 3 | 12:00 | 3 | 1:10:44 | 1 |
| 18 | Charlie Squance | 4 | 22:12 | 7 | 40:07 | 4 | 12:16 | 5 | 1:14:35 | 2 |
| 16 | Andy Gabriel | 11 | 25:07 | 10 | 41:34 | 12 | 13:48 | 10 | 1:20:29 | 3 |
| 14 | Martin Anderson | 13 | 25:37 | 8 | 40:51 | 15 | 14:13 | 11 | 1:20:41 | 4 |

Long Duathlon (run) : 40-49 Female

| ID | Name | 5km Run | | 12km Cycle | | 2.5km Run | | Overall | | Category Place |
|----|--------------------|---------|-------|------------|-------|-----------|-------|---------|---------|----------------|
| | | Place | Time | Place | Time | Place | Time | Place | Time | |
| 10 | Carol Cooper | 6 | 23:56 | 11 | 42:03 | 5 | 12:50 | 8 | 1:18:49 | 1 |
| 32 | Leigh-ann Champion | 10 | 25:03 | 9 | 40:55 | 10 | 13:30 | 9 | 1:19:28 | 2 |
| 28 | Tony Davies | 12 | 25:08 | 12 | 42:32 | 8 | 13:20 | 12 | 1:21:00 | 3 |
| 13 | Carolyn Squance | 15 | 27:00 | 18 | 47:45 | 13 | 14:03 | 16 | 1:28:48 | 4 |

Long Duathlon (run) : 50-59 Male

| ID | Name | 5km Run | | 12km Cycle | | 2.5km Run | | Overall | | Category Place |
|----|--------------|---------|-------|------------|-------|-----------|-------|---------|---------|----------------|
| | | Place | Time | Place | Time | Place | Time | Place | Time | |
| 27 | David King | 7 | 24:15 | 5 | 37:38 | 9 | 13:21 | 6 | 1:15:14 | 1 |
| 20 | Frits Hofman | 16 | 27:27 | 15 | 46:23 | 16 | 14:53 | 15 | 1:28:43 | 2 |

Long Duathlon (run) : 60-69 Male

| ID | Name | 5km Run | | 12km Cycle | | 2.5km Run | | Overall | | Category Place |
|----|-----------------|---------|-------|------------|-------|-----------|-------|---------|---------|----------------|
| | | Place | Time | Place | Time | Place | Time | Place | Time | |
| 29 | Alister Dickson | 8 | 24:20 | 6 | 39:59 | 11 | 13:31 | 7 | 1:17:50 | 1 |
| 24 | Colin Wragg | 9 | 24:49 | 13 | 42:42 | 14 | 14:11 | 13 | 1:21:42 | 2 |
| 21 | Kerry Bateman | 19 | 32:40 | 19 | 50:25 | 19 | 18:16 | 19 | 1:41:21 | 3 |

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Short Duathlon (run) : U14 Male

| ID | Name | 2.5km Run | | 6km Cycle | | 2.5km Run | | Overall | | Category Place |
|-----|-------------|-----------|-------|-----------|-------|-----------|-------|---------|---------|----------------|
| | | Place | Time | Place | Time | Place | Time | Place | Time | |
| 120 | Sean Davies | 16 | 17:13 | 18 | 31:35 | 16 | 20:38 | 17 | 1:09:26 | 1 |
| 123 | Ryan Morris | 19 | 18:56 | 14 | 27:23 | 19 | 28:19 | 19 | 1:14:38 | 2 |

Short Duathlon (run) : U14 Female

| ID | Name | 2.5km Run | | 6km Cycle | | 2.5km Run | | Overall | | Category Place |
|-----|-------------|-----------|-------|-----------|-------|-----------|-------|---------|---------|----------------|
| | | Place | Time | Place | Time | Place | Time | Place | Time | |
| 119 | Lucy Davies | 14= | 17:12 | 20 | 33:36 | 10= | 18:37 | 16 | 1:09:25 | 1 |

Short Duathlon (run) : 14-19 Male

| ID | Name | 2.5km Run | | 6km Cycle | | 2.5km Run | | Overall | | Category Place |
|-----|-----------------|-----------|-------|-----------|-------|-----------|-------|---------|-------|----------------|
| | | Place | Time | Place | Time | Place | Time | Place | Time | |
| 100 | Thomas Andersen | 1 | 10:29 | 1 | 18:16 | 1 | 11:38 | 1 | 40:23 | 1 |

Short Duathlon (run) : 20-29 Female

| ID | Name | 2.5km Run | | 6km Cycle | | 2.5km Run | | Overall | | Category Place |
|-----|-------------|-----------|-------|-----------|-------|-----------|-------|---------|-------|----------------|
| | | Place | Time | Place | Time | Place | Time | Place | Time | |
| 101 | Emily Wragg | 9 | 13:17 | 13 | 25:21 | 8 | 15:00 | 10 | 53:38 | 1 |

Short Duathlon (run) : 30-39 Male

| ID | Name | 2.5km Run | | 6km Cycle | | 2.5km Run | | Overall | | Category Place |
|-----|--------------|-----------|-------|-----------|-------|-----------|-------|---------|-------|----------------|
| | | Place | Time | Place | Time | Place | Time | Place | Time | |
| 117 | Lenny Allred | 5 | 12:06 | 5 | 20:12 | 5 | 14:02 | 5 | 46:20 | 1 |

Short Duathlon (run) : 30-39 Female

| ID | Name | 2.5km Run | | 6km Cycle | | 2.5km Run | | Overall | | Category Place |
|-----|-------------|-----------|-------|-----------|-------|-----------|-------|---------|---------|----------------|
| | | Place | Time | Place | Time | Place | Time | Place | Time | |
| 121 | Renee Hunt | 3 | 11:39 | 8 | 21:43 | 2 | 12:48 | 4 | 46:10 | 1 |
| 104 | Avis Fry | 17 | 17:35 | 11 | 23:40 | 14 | 19:28 | 12 | 1:00:43 | 2 |
| 103 | Helen Lane | 12 | 15:53 | 17 | 28:54 | 15 | 19:53 | 13 | 1:04:40 | 3 |
| 105 | Nettie Stow | 11 | 15:45 | 7 | 20:51 | 20 | 30:57 | 14 | 1:07:33 | 4 |

Short Duathlon (run) : 40-49 Female

| ID | Name | 2.5km Run | | 6km Cycle | | 2.5km Run | | Overall | | Category Place |
|-----|---------------|-----------|-------|-----------|-------|-----------|-------|---------|---------|----------------|
| | | Place | Time | Place | Time | Place | Time | Place | Time | |
| 122 | Rachel Thomas | 4 | 11:57 | 6 | 20:47 | 3 | 13:25 | 3 | 46:09 | 1 |
| 107 | Julie Varney | 10 | 13:34 | 9 | 23:01 | 9 | 16:07 | 9 | 52:42 | 2 |
| 118 | Judith Davies | 14= | 17:12 | 19 | 33:35 | 10= | 18:37 | 15 | 1:09:24 | 3 |

Short Duathlon (run) : 50-59 Male

| ID | Name | 2.5km Run | | 6km Cycle | | 2.5km Run | | Overall | | Category Place |
|-----|---------------|-----------|-------|-----------|-------|-----------|-------|---------|-------|----------------|
| | | Place | Time | Place | Time | Place | Time | Place | Time | |
| 111 | Steve Pauling | 2 | 10:54 | 3 | 19:43 | 6 | 14:07 | 2 | 44:44 | 1 |
| 110 | Ian McNabb | 7 | 12:36 | 12 | 25:09 | 4 | 13:48 | 8 | 51:33 | 2 |

Short Duathlon (run) : Team

| ID | Name | 2.5km Run | | 6km Cycle | | 2.5km Run | | Overall | | Category Place |
|-----|-----------------|-----------|-------|-----------|-------|-----------|-------|---------|---------|----------------|
| | | Place | Time | Place | Time | Place | Time | Place | Time | |
| 115 | Michael Simpson | 8 | 13:00 | 4 | 19:44 | 12 | 18:46 | 7 | 51:30 | 1 |
| 116 | Brendon Hughes | 13 | 16:56 | 2 | 18:40 | 13 | 19:18 | 11 | 54:54 | 2 |
| 114 | Paul Morris | 18 | 18:54 | 15 | 27:29 | 18 | 28:14 | 18 | 1:14:37 | 3 |
| 108 | Karen Bateman | 20 | 22:19 | 16 | 27:37 | 17 | 25:46 | 20 | 1:15:42 | 4 |

Short Duathlon (run) : U-14 Male

| ID | Name | 2.5km Run | | 6km Cycle | | 2.5km Run | | Overall | | Category |
|-----|----------------|-----------|-------|-----------|-------|-----------|-------|---------|-------|----------|
| | | Place | Time | Place | Time | Place | Time | Place | Time | |
| 113 | Hayden Squance | 6 | 12:21 | 10 | 23:22 | 7 | 14:11 | 6 | 49:54 | 1 |

Spring Duathlon Series Race 3
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Short Duathlon (walk) : 20-29 Female

| ID | Name | 2.5km Walk | | 6km Cycle | | 2.5km Walk | | Overall | | Category |
|-----|----------------|------------|-------|-----------|-------|------------|-------|---------|---------|----------|
| | | Place | Time | Place | Time | Place | Time | Place | Time | |
| 200 | Abbie Cederman | 4 | 22:32 | 5 | 27:53 | 6 | 25:00 | 6 | 1:15:25 | 1 |

Short Duathlon (walk) : 30-39 Female

| ID | Name | 2.5km Walk | | 6km Cycle | | 2.5km Walk | | Overall | | Category |
|-----|----------------|------------|-------|-----------|-------|------------|-------|---------|---------|----------|
| | | Place | Time | Place | Time | Place | Time | Place | Time | |
| 201 | Kirsty Johnsen | 8 | 23:44 | 4 | 27:06 | 3= | 24:34 | 5 | 1:15:24 | 1 |

Short Duathlon (walk) : 40-49 Female

| ID | Name | 2.5km Walk | | 6km Cycle | | 2.5km Walk | | Overall | | Category |
|-----|--------------|------------|-------|-----------|-------|------------|-------|---------|---------|----------|
| | | Place | Time | Place | Time | Place | Time | Place | Time | |
| 204 | Mary Coghlan | 5 | 22:34 | 6 | 28:15 | 3= | 24:34 | 4 | 1:15:23 | 1 |
| 205 | Sue Mitchell | 6 | 22:40 | 7 | 29:50 | | DNF | | DNF | |

Short Duathlon (walk) : 50-59 Male

| ID | Name | 2.5km Walk | | 6km Cycle | | 2.5km Walk | | Overall | | Category |
|-----|---------------|------------|-------|-----------|-------|------------|-------|---------|-------|----------|
| | | Place | Time | Place | Time | Place | Time | Place | Time | |
| 208 | Ross Mitchell | 1 | 17:50 | 1 | 21:43 | 1 | 20:14 | 1 | 59:47 | 1 |

Short Duathlon (walk) : 50-59 Female

| ID | Name | 2.5km Walk | | 6km Cycle | | 2.5km Walk | | Overall | | Category |
|-----|-----------------|------------|-------|-----------|-------|------------|-------|---------|---------|----------|
| | | Place | Time | Place | Time | Place | Time | Place | Time | |
| 206 | Barb Gibbs | 2 | 18:52 | 3 | 26:50 | 2 | 24:08 | 2 | 1:09:50 | 1 |
| 207 | Kathleen Hofman | 3 | 22:05 | 8 | 31:29 | 7 | 27:55 | 7 | 1:21:29 | 2 |

Short Duathlon (walk) : Team

| ID | Name | 2.5km Walk | | 6km Cycle | | 2.5km Walk | | Overall | | Category |
|-----|---------------------|------------|-------|-----------|-------|------------|-------|---------|---------|----------|
| | | Place | Time | Place | Time | Place | Time | Place | Time | |
| 210 | Kathryn Mills-neill | 7 | 23:16 | 2 | 22:51 | 5 | 24:53 | 3 | 1:11:00 | 1 |

Triathlon Nelson