

Spring Duathlon Series Race 1  
Rabbit Island, Nelson  
23rd August 2009

**Long Duathlon (run) : U14 Male**

ID	Name	2.5km Run		20km Cycle		5km Run		Overall		Category Place
		Place	Time	Place	Time	Place	Time	Place	Time	
23	Andrew Read	10	10:49	18	49:16	14	25:58	15	1:26:03	1

**Long Duathlon (run) : 30-39 Male**

ID	Name	2.5km Run		20km Cycle		5km Run		Overall		Category Place
		Place	Time	Place	Time	Place	Time	Place	Time	
9	Jonathan Linyard	1	09:11	1	35:54	1	19:44	1	1:04:49	1
7	Gary Milbanke	4=	09:45	2	36:49	8	22:36	3	1:09:10	2
8	Chris Whitaker	3	09:41	5	39:31	3	20:51	4	1:10:03	3
5	Craig Hellyer	9	10:47	8	39:40	15	26:36	9	1:17:03	4

**Long Duathlon (run) : 30-39 Female**

ID	Name	2.5km Run		20km Cycle		5km Run		Overall		Category Place
		Place	Time	Place	Time	Place	Time	Place	Time	
2	Susie Wood	4=	09:45	6	39:32	6	22:01	6	1:11:18	1
3	Bernie Whitaker	11	10:50	11	42:34	9	23:05	8	1:16:29	2
4	Helen Steenbergen	20	14:09	21	58:27	18	29:44	19	1:42:20	3

**Long Duathlon (run) : 40-49 Male**

ID	Name	2.5km Run		20km Cycle		5km Run		Overall		Category Place
		Place	Time	Place	Time	Place	Time	Place	Time	
13	Wayne Leighton	2	09:14	4	39:21	2	19:47	2	1:08:22	1
14	Chris James	7	10:39	3	39:20	5	21:47	7	1:11:46	2
15	Nick Rolton	8	10:45	13	43:53	7	22:33	10	1:17:11	3
16	Tim James	16	11:29	12	42:36	12	25:04	12	1:19:09	4
12	Roger Barr	17	11:46	16	47:10	13	25:08	13	1:24:04	5

**Long Duathlon (run) : 40-49 Female**

ID	Name	2.5km Run		20km Cycle		5km Run		Overall		Category
		Place	Time	Place	Time	Place	Time	Place	Time	
10	Jessica Ross	13	11:11	14	43:57	10	23:25	11	1:18:33	1
11	Carol Cooper	15	11:23	19	49:21	11	24:07	14	1:24:51	2

**Long Duathlon (run) : 50-59 Male**

ID	Name	2.5km Run		20km Cycle		5km Run		Overall		Category
		Place	Time	Place	Time	Place	Time	Place	Time	
18	Murray Tewnton	6	09:47	7	39:38	4	20:56	5	1:10:21	1

**Long Duathlon (run) : 50-59 Female**

ID	Name	2.5km Run		20km Cycle		5km Run		Overall		Category
		Place	Time	Place	Time	Place	Time	Place	Time	
17	Alison Warren	21	14:33	20	51:59	19	31:51	18	1:38:23	1

**Long Duathlon (run) : 60+ Male**

ID	Name	2.5km Run		20km Cycle		5km Run		Overall		Category
		Place	Time	Place	Time	Place	Time	Place	Time	
21	Rod Jones	19	13:14	15	45:34	16	27:52	16	1:26:40	1
20	Rod Sharp	18	12:49	17	48:37	17	28:51	17	1:30:17	2
22	Peter Gibbs	12	11:09	10	42:19		NoTime		NoTime	

**Long Duathlon (run) : Team**

ID	Name	2.5km Run		20km Cycle		5km Run		Overall		Category
		Place	Time	Place	Time	Place	Time	Place	Time	
203	Livingston Gibbs								NoTime	
	...Andrea Livingston			9	41:39					
	...Peter Gibbs	14	11:14				NoTime			

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**Short Duathlon (run) : U14 Female**

ID	Name	1.3km Run		7km Cycle		2.5km Run		Overall		Category
		Place	Time	Place	Time	Place	Time	Place	Time	
68	Ella James	10	05:49	7	16:52	12	15:40	12	38:21	1
67	Cedar Steenbergen	17	09:08	15	19:13	16	21:52	16	50:13	2
69	Ireland Steenbergen	14	07:59	17	23:11	17	23:22	17	54:32	3

**Short Duathlon (run) : 14-19 Male**

ID	Name	1.3km Run		7km Cycle		2.5km Run		Overall		Category
		Place	Time	Place	Time	Place	Time	Place	Time	
51	Caleb Mills	6	05:30	8	17:09	6	12:41	5	35:20	1

**Short Duathlon (run) : 14-19 Female**

ID	Name	1.3km Run		7km Cycle		2.5km Run		Overall		Category
		Place	Time	Place	Time	Place	Time	Place	Time	
50	Georgia Anderson	3	05:22	9	17:21	8	13:06	6	35:49	1

**Short Duathlon (run) : 30-39 Female**

ID	Name	1.3km Run		7km Cycle		2.5km Run		Overall		Category
		Place	Time	Place	Time	Place	Time	Place	Time	
54	Avis Fry	15	08:19	10	17:46	14	19:22	14	45:27	1

**Short Duathlon (run) : 40-49 Male**

ID	Name	1.3km Run		7km Cycle		2.5km Run		Overall		Category
		Place	Time	Place	Time	Place	Time	Place	Time	
71	Lenny Allred	9	05:39	3	15:33	9	13:20	4	34:32	1
59	Martin Anderson	5	05:25	12	18:25	7	12:50	7	36:40	2
61	Ed Steenbergen	16	09:02	16	20:09	15	21:01	15	50:12	3

**Short Duathlon (run) : 40-49 Female**

ID	Name	1.3km Run		7km Cycle		2.5km Run		Overall		Category
		Place	Time	Place	Time	Place	Time	Place	Time	
56	Julie Varney	12	06:39	4	16:31	11	14:22	11	37:32	1
58	Wendy De Maat	13	07:10	6	16:45	13	16:46	13	40:41	2

**Short Duathlon (run) : 50-59 Male**

ID	Name	1.3km Run		7km Cycle		2.5km Run		Overall		Category
		Place	Time	Place	Time	Place	Time	Place	Time	
63	Steve Pauling	1	05:02	2	15:06	2	11:33	1	31:41	1
65	Wouter De Maat	4	05:23	1	14:59	1	11:32	2	31:54	2
64	Ian McNabb	2	05:18	5	16:44	3	12:00	3	34:02	3

**Short Duathlon (run) : 60+ Male**

ID	Name	1.3km Run		7km Cycle		2.5km Run		Overall		Category
		Place	Time	Place	Time	Place	Time	Place	Time	
66	Mike Emanuel	11	05:57	11	17:56	10	13:21	10	37:14	1

**Short Duathlon (run) : Team**

ID	Name	1.3km Run		7km Cycle		2.5km Run		Overall		Category
		Place	Time	Place	Time	Place	Time	Place	Time	
202	Morris							8	36:47	1
	...Pamela Morris	8	05:37			5	12:32			
	...Ryan Morris			13	18:38					
201	Morris Scott							9	36:48	2
	...Paul Morris	7	05:36			4	12:25			
	...Scott			14	18:47					

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**Short Duathlon (walk) : 30-39 Female**

ID	Name	1.3km Walk		7km Cycle		2.5km Walk		Overall		Category
		Place	Time	Place	Time	Place	Time	Place	Time	
100	Leticia Robertson	5	11:31	4	23:17	5	26:02	4	1:00:50	1

**Short Duathlon (walk) : 50-59 Male**

ID	Name	1.3km Walk		7km Cycle		2.5km Walk		Overall		Category
		Place	Time	Place	Time	Place	Time	Place	Time	
104	Ross Mitchell	1	08:43	1	16:52	2	18:48	1	44:23	1
105	Barry Allred	2	10:27	3	19:38	3	21:05	2	51:10	2

**Short Duathlon (walk) : 50-59 Female**

ID	Name	1.3km Walk		7km Cycle		2.5km Walk		Overall		Category
		Place	Time	Place	Time	Place	Time	Place	Time	
102	Celia Ingerson	4	11:08	5	37:26	1	13:23	5	1:01:57	1

**Short Duathlon (walk) : Team**

ID	Name	1.3km Walk		7km Cycle		2.5km Walk		Overall		Category
		Place	Time	Place	Time	Place	Time	Place	Time	
200	Mills-Neill							3	51:45	1
	...Stephen Neill			2	16:56					
	...Kathryn Mills-Neill	3	11:05			4	23:44			