

Position	Last Name	First Name	Event	Total Time	Run 1	Bike	Run 2
1	Coyle	Fiona	Female - Duathlon Long Course - 30-34	01:00:52			00:14:13
2	Stepan	Natalie	Female - Duathlon Long Course - 30-34	01:04:13	00:07:38	00:42:19	00:14:16
3	Mannering	Kim	Female - Duathlon Long Course - 30-34	01:09:16	00:07:59	00:44:54	00:16:22
4	Burns	Susan	Female - Duathlon Long Course - 30-34	01:20:18	00:08:54	00:52:41	00:18:42
1	Davenport	Helen	Female - Duathlon Long Course - 35-39	01:08:07	00:08:20	00:43:07	00:16:39
2	Cowan	Kylie	Female - Duathlon Long Course - 35-39	01:08:10	00:07:56	00:45:21	00:14:54
3	McIntyre	Kate	Female - Duathlon Long Course - 35-39	01:10:27	00:08:26	00:45:46	00:16:16
1	Mills	Nadia	Female - Duathlon Long Course - 45-49	01:09:57	00:07:56	00:46:37	00:15:24
2	Strickland	Rebecca	Female - Duathlon Long Course - 45-49	01:41:03	00:11:22	01:06:02	00:23:38
1	Eksteen	Dalene	Female - Duathlon Long Course - 50-54	01:29:28	00:09:59	00:48:42	00:30:48
2	Maher	Lorna	Female - Duathlon Long Course - 50-54	01:32:09	00:12:13	00:56:10	00:23:46
1	Woodrow	Vicki	Female - Duathlon Long Course - 55-59	01:04:12	00:08:01	00:56:03	00:00:09
2	Falkner	Janne	Female - Duathlon Long Course - 55-59	01:15:58	00:08:53	00:48:14	00:18:52
1	Edwards	Maree	Female - Duathlon Short Course - 65-69	00:57:34	00:09:30	00:38:32	00:09:31
2	Tuxworth	Gail	Female - Duathlon Short Course - 65-69	00:59:17	00:10:04	00:38:26	00:10:46
1	Ryan	Eva	Female - Duathlon Short Course - 75-79	00:58:38			00:10:42
2	Howard	Sheila	Female - Duathlon Short Course - 75-79	01:01:00	00:11:37	00:37:57	00:11:26
1	Coyle	Kevin	Male - Duathlon Long Course - 30-34	00:51:43	00:06:36	00:32:23	00:12:43
2	Davies	Tecwyn	Male - Duathlon Long Course - 30-34	00:58:11			
3	Healey	Tim	Male - Duathlon Long Course - 30-34	01:00:42	00:06:40	00:40:44	00:13:18
4	Cadan	Shane	Male - Duathlon Long Course - 30-34	01:12:05	00:06:48	00:52:22	00:12:55
1	Goat	Steve	Male - Duathlon Long Course - 35-39	00:53:35	00:06:00	00:35:45	00:11:51
1	Lines	Jamie	Male - Duathlon Long Course - 45-49	00:59:31	00:06:08	00:41:22	00:12:02
2	King	Scott	Male - Duathlon Long Course - 45-49	01:03:14	00:07:27	00:40:36	00:15:12
1	Yffer	Max	Male - Duathlon Long Course - 50-54	00:54:03			00:12:37
2	Russell	Mark	Male - Duathlon Long Course - 50-54	00:57:29	00:09:15		
3	Stewart	Owen	Male - Duathlon Long Course - 50-54	01:03:29	00:07:11	00:41:07	00:15:11
1	Graves	Nigel	Male - Duathlon Long Course - 55-59	01:01:44			00:13:22
2	Gouweloos	Bas	Male - Duathlon Long Course - 55-59	01:09:43	00:07:42	00:46:07	00:15:54
3	Edwards	Glenn	Male - Duathlon Long Course - 55-59	01:11:26	00:10:13	00:44:12	00:17:01
4	Pickering	Andrew	Male - Duathlon Long Course - 55-59	01:14:12	00:08:11	00:49:38	00:16:24
1	Bird	David	Male - Duathlon Long Course - 60+	01:03:40	00:09:45	00:35:17	00:18:38
1	Collins	Bob	Male - Duathlon Long Course - 60+	01:03:40	00:09:45	00:35:17	00:18:38
1	van Wageningen	Rob	Male - Duathlon Short Course - 65-69	00:55:43	00:10:04	00:35:11	00:10:28
1	Little	Wayne	Male - Duathlon Short Course - 70-74	00:53:01	00:08:57	00:33:27	00:10:38
1	Street	Jack	Male - Duathlon Short Course - 75-79	00:47:17	00:07:07	00:32:44	00:07:25
2	Hobbs	Tom	Male - Duathlon Short Course - 75-79	01:09:11			00:12:56