

F3 Events Muscles of Steel Main Race. 25th May 2008 1.5km / 40km / 10km

Pos	Name	No.	Cat	Gender	Cat	Swim	Cycle	Run	Time
1	Julian Hatcher	358	Senior	Male		1 00:21:17	01:04:49	00:32:33	01:59:49
2	Tristan Shippides	457	Senior	Male		2 00:23:11	01:03:41	00:33:01	02:00:57
3	David Stutz	468	Senior	Male		3 00:20:39	01:05:14	00:33:55	02:01:08
4	Matthew Newman	413	Senior	Male		4 00:22:40	01:04:34	00:33:02	02:01:31
5	James Leith	385	Senior	Male		5 00:23:31	01:03:41	00:34:25	02:02:48
6	Nick Riding	444	Senior	Male		6 00:21:15	01:04:15	00:36:50	02:03:30
7	Richard Evans	324	Veteran	Male		1 00:21:06	01:03:06	00:37:23	02:04:45
8	Austin Swain	471	Veteran	Male		2 00:20:47	01:06:51	00:36:53	02:05:50
9	Malcolm Davies	307	Senior	Male		7 00:24:06	01:04:10	00:37:37	02:08:01
10	Richard Dando	305	Senior	Male		8 00:23:21	01:06:26	00:37:04	02:08:21
11	Oliver Jeffcote	367	Senior	Male		9 00:31:22	01:00:14	00:35:28	02:09:15
12	Matthew Foord	329	Senior	Male		10 00:20:40	01:07:23	00:39:42	02:09:21
13	Sophie Whitworth	496	Senior	Female		1 00:21:13	01:09:01	00:38:33	02:09:54
14	Matthew Moran	404	Senior	Male		11 00:22:33	01:08:29	00:37:13	02:10:02
15	Alex Brooks	278	Unknown	Male		1 00:27:09	01:07:14	00:33:56	02:10:13
16	Charles Ashwanden	257	Senior	Male		12 00:25:03	01:04:27	00:38:31	02:10:18
17	Rich Kiddle	518	Veteran	Male		3 00:21:11	01:09:36	00:38:34	02:11:27
18	Ian Smith	460	Veteran	Male		4 00:27:28	01:07:19	00:35:24	02:11:58
19	Matthew Hammersly	353	Senior	Male		13 00:23:37	01:09:47	00:37:25	02:13:02
20	Mark Suret	470	Senior	Male		14 00:21:55	01:08:38	00:41:35	02:13:39
21	John Elwell	322	Senior	Male		15 00:30:56		00:42:58	02:14:00
22	Edwin Cook	296	Senior	Male		16 00:24:14	01:08:15	00:40:35	02:14:49
23	Scott Cousins	300	Junior	Male		1 00:26:58	01:09:06	00:36:05	02:15:46
24	Paul Larkins	381	Veteran	Male		5 00:30:13	01:09:52	00:34:09	02:16:22
25	Gordon Ross	448	Senior	Male		17 00:25:25	01:08:20	00:40:49	02:16:47
26	Mark Rickinson	443	Senior	Male		18 00:27:19	01:09:08	00:39:12	02:16:55
27	Alanda Scott	451	Senior	Female		2 00:25:06	01:10:53	00:38:58	02:17:00
28	Mark Thomas	476	Veteran	Male		6 00:25:42	01:11:58	00:37:22	02:17:11
29	Gerry O'Connor	416	Veteran	Male		7 00:25:20	01:09:37	00:40:35	02:17:20
30	Ben Unsworth	481	Senior	Male		19 00:23:24	01:11:56	00:39:51	02:17:58
31	Jason Ash	255	Senior	Male		20 00:28:40	01:08:58	00:38:12	02:17:59
32	Ian Morgan	405	Senior	Male		21 00:23:49	01:10:39	00:39:57	02:18:01
33	Rob Forbes	330	Senior	Male		22 00:29:46	01:09:26	00:35:03	02:18:18
34	Mike Steven	465	Senior	Male		23 00:35:19	00:49:04	00:50:55	02:18:24
35	John Murphy	408	Veteran	Male		8 00:27:42	01:05:19	00:43:30	02:18:51
36	Greg Cahill	283	Senior	Male		24 00:28:31	01:03:10	00:44:50	02:18:55
37	Paul Stretch	467	Senior	Male		25 00:29:33	01:09:23	00:38:08	02:19:06
38	Tom Harper	356	Senior	Male		26 00:23:59	01:16:30	00:36:19	02:19:20
39	Michelle O'Dea	417	Senior	Female		3 00:23:28	01:12:20	00:41:50	02:20:10
40	Mike Whitworth	495	Veteran	Male		9 00:21:43	01:11:32	00:45:17	02:20:20
41	Simon Casebourne	287	Senior	Male		27 00:29:34	01:09:43	00:39:07	02:20:38
42	Trevor Morris	407	Senior	Male		28 00:24:15	01:10:07	00:45:12	02:21:42
43	Robert Alston	252	Senior	Male		29 00:27:53	01:14:55	00:36:53	02:22:00
44	James Easson	319	Senior	Male		30 00:28:12	01:15:38	00:35:25	02:22:14
45	Barnaby Durrant	318	Senior	Male		31 00:29:25	01:09:52	00:41:23	02:22:19
46	David Baker	261	Veteran	Male		10 00:27:03	01:12:37	00:40:27	02:22:23
47	Rob Smith	515	Senior	Male		32 00:26:53	01:18:02	00:34:12	02:22:57
48	Stuart Jefferys	368	Unknown	Male		2 00:29:39	01:09:06	23:54:29	02:23:42
49	Robert Ferris	326	Veteran	Male		11 00:26:38	01:12:55	00:42:26	02:24:15
50	Leonard Foley	328	Senior	Male		33 00:26:57	01:13:00	00:42:20	02:24:31
51	Thomas Astle	258	Senior	Male		34 00:26:18	01:17:07	00:39:21	02:25:12
52	Thomas Upchurch	482	Senior	Male		35 00:26:48	01:15:55	00:39:20	02:25:16
53	Simon Kearns	374	Senior	Male		36	01:15:41	00:41:09	02:25:53
54	Mark Sage	450	Senior	Male		37 00:26:13	01:13:49	00:42:34	02:26:07

55	Adam Grant	346	Senior	Male	38	00:27:18	01:13:48	00:43:42	02:26:26
56	Andrew Cotterill	511	Senior	Male	39	00:29:10		00:38:02	02:26:38
57	Paul Harris	357	Senior	Male	40	00:28:18	01:15:41	00:39:41	02:26:41
58	Daniel Parkman	424	Senior	Male	41	00:30:30	01:10:46	00:42:04	02:26:46
59	Bev Childs	290	Veteran	Female	1	00:26:43	01:15:34	00:42:01	02:26:52
60	Graeme Woodcock	503	Senior	Male	42	00:27:51	01:12:27	00:42:38	02:26:58
61	Gary Cooper	298	Veteran	Male	12	00:22:50	01:17:19	00:45:19	02:27:12
62	David Brockton	277	Senior	Male	43	00:28:00	01:14:15	00:42:52	02:27:34
63	Coralie Glaunes	341	Senior	Female	4	00:27:54	01:16:33	00:41:04	02:27:47
64	Andrew Dowie	316	Senior	Male	44	00:31:49	01:10:52	00:43:19	02:27:56
65	Adam Taylor	473	Senior	Male	45	00:24:07	01:21:13	00:40:26	02:28:37
66	Joanne Stephens-Smith	510	Veteran	Female	2	00:27:59	01:15:42	00:40:14	02:28:39
67	Rob Small	459	Senior	Male	46	00:26:11	01:18:29	00:41:53	02:29:01
68	Mark Currell	304	Senior	Male	47	00:26:01	01:17:03	00:43:35	02:29:19
69	Alan Parr	425	Veteran	Male	13	00:28:49	01:15:29	00:43:04	02:29:33
70	Charlotte East	320	Senior	Female	5	00:32:04	01:12:28	00:43:10	02:29:38
71	Richard Chandler	288	Veteran	Male	14	00:31:21	01:16:19	00:40:13	02:29:43
72	Ben Williams	499	Senior	Male	48	00:26:08	01:15:46	00:43:18	02:30:02
73	David Rahman	436	Senior	Male	49				02:30:33
74	Patrick Doyle	317	Veteran	Male	15	00:28:02	01:19:52	00:39:32	02:30:38
75	Graeme Blair	270	Senior	Male	50	00:27:38	01:19:59	00:39:35	02:30:49
76	Debbie Cooke	297	Veteran	Female	3	00:28:07	01:19:06	00:41:25	02:30:50
77	Richard Gormley	344	Senior	Male	51	00:29:28	01:14:25	00:43:08	02:30:58
78	Jacqui Phillips	431	Veteran	Female	4	00:27:57	01:17:00	00:43:46	02:31:32
79	Martin Cook	295	Veteran	Male	16	00:32:48	01:15:05	00:39:33	02:31:50
80	Nigel Swepson	472	Senior	Male	52	00:28:26	01:19:19	00:39:57	02:32:02
81	Maritz Carvalho	286	Senior	Male	53	00:27:57	01:19:22	00:42:16	02:32:12
82	David Low	392	Senior	Male	54	00:31:18	01:13:09	00:45:14	02:32:13
83	Justin Davies	308	Senior	Male	55	00:26:10	01:18:36	00:44:41	02:32:51
84	Galen Reynolds	442	Senior	Male	56	00:27:20	01:15:32	00:47:05	02:32:56
85	Dan McCormack	398	Senior	Male	57	00:35:21	01:16:51	00:38:04	02:33:10
86	Charles Tinsley	477	Senior	Male	58	00:32:10	01:12:07	00:45:21	02:33:26
87	Andy Roberson	447	Veteran	Male	17	00:25:16			02:33:30
88	Max Penverne	427	Veteran	Male	18	00:23:57	01:20:56	00:46:07	02:33:59
89	Louise Baker	262	Veteran	Female	5	00:27:58	01:15:01	00:48:57	02:34:16
90	Nigel Triik	479	Unknown	Male	3	00:29:39	01:13:38	00:45:52	02:34:35
91	Julian Brewer	275	Veteran	Male	19	00:31:41	01:15:48	00:43:31	02:34:46
92	Jenny Hill	361	Senior	Female	6	00:32:05	01:17:21	00:42:54	02:34:57
93	Robert Vigurs	485	Senior	Male	59	00:30:37	01:19:47	00:40:27	02:35:02
94	Stephen McMenamin	400	Veteran	Male	20	00:24:10	01:18:43	00:48:37	02:35:24
95	John Gething	338	Senior	Male	60	00:30:11	01:16:12	00:45:43	02:35:25
96	Clare Flannery	327	Senior	Female	7	00:28:36	01:22:48	00:40:45	02:35:27
97	Carolyn Hewett	360	Senior	Female	8	00:27:48	01:21:12	00:41:56	02:35:27
98	Chris Reid	439	Senior	Male	61	00:32:06	01:18:14		02:36:02
99	Diane Purton	435	Senior	Female	9	00:28:04	01:21:38	00:44:23	02:36:14
100	Johannes Burger	281	Senior	Male	62	00:28:10	01:13:18	00:48:23	02:36:17
101	Gregor Donaldson	315	Senior	Male	63	00:30:06	01:16:36	00:46:27	02:36:21
102	Paul Weshrood	494	Veteran	Male	21	00:32:41	01:15:10	00:45:32	02:36:29
103	Steve Smulovic	462	Senior	Male	64	00:27:56	01:18:12	00:48:21	02:37:13
104	Roger Lewis	387	Senior	Male	65	00:23:37	01:24:35	00:45:26	02:37:25
105	Jan den Hartog	311	Senior	Male	66	00:30:29	01:20:13	00:41:54	02:37:55
106	Stephanie Narbeth	409	Senior	Female	10	00:25:12	01:25:36	00:44:07	02:38:12
107	Simon Shelton	456	Senior	Male	67	00:32:02		00:44:53	02:38:32
108	Shaun Ritchie	446	Senior	Male	68	00:33:14		00:40:53	02:38:44
109	Neil Sinclair	458	Senior	Male	69	00:40:25	01:13:10	00:42:28	02:38:44

110	Ben Sharp	455	Senior	Male	70	00:28:41	01:22:50	00:44:40	02:38:49
111	Daniel Rapley	437	Senior	Male	71	00:29:33	01:18:10	00:48:06	02:39:05
112	Rachel Perry	428	Senior	Female	11	00:28:14	01:19:18	00:48:52	02:39:23
113	Nigel Cain	284	Senior	Male	72		01:16:20	00:40:08	02:39:38
114	William Hammerton	354	Veteran	Male	22	00:30:12	01:15:42	00:51:06	02:39:56
115	Andrew Bevan	267	Senior	Male	73	00:29:21	01:20:30	00:47:45	02:40:16
116	Alex Walton	490	Unknown	Female	1	00:25:30	01:24:21	00:46:44	02:40:20
117	Jerona Noonan	415	Senior	Female	12	00:32:00	01:21:43	00:44:40	02:40:27
118	Christo Van denHeever	483	Senior	Male	74	00:27:51	01:17:35	00:47:14	02:40:38
119	Blaise Jenner	370	Senior	Male	75	00:37:11	01:15:15	00:43:07	02:40:45
120	John Setford	452	Veteran	Male	23	00:31:14	01:18:32	00:47:38	02:40:51
121	Bruce Korican	380	Veteran	Male	24	00:27:45	01:17:26	00:53:19	02:40:59
122	Jana Minorini	403	Senior	Female	13	00:23:33	01:20:32	00:54:29	02:41:09
123	Ivan Newman	411	Veteran	Male	25	00:27:35	01:16:20	00:53:51	02:41:26
124	Roddy Reynolds	441	Veteran	Male	26	00:28:17	01:19:00	00:50:08	02:41:32
125	Richard Leslie	386	Veteran	Male	27	00:28:32	01:21:54	00:46:00	02:41:45
126	Gary Carter	285	Veteran	Male	28	00:28:05		00:49:17	02:42:04
127	Colin Porter	432	Senior	Male	76	00:31:15		00:46:43	02:42:05
128	Anna Lovelock	391	Veteran	Female	6	00:32:32	01:21:10	00:45:28	02:42:13
129	Felicity Palframan	509	Senior	Female	14	00:30:44	01:20:45	00:48:11	02:42:41
130	Simon Taylor	474	Senior	Male	77	00:32:08	01:21:38	00:46:55	02:43:18
131	Mark Wilson	513	Unknown	Male	4	00:28:23	01:29:34	00:43:29	02:43:40
132	Munier Kearns	373	Senior	Male	78	00:30:18	01:21:39	00:47:43	02:43:47
133	Judith Bazeley	265	Senior	Female	15	00:26:54	01:24:22	00:49:36	02:44:29
134	Fiona Boshier	271	Senior	Female	16	00:31:20	01:26:59	00:43:31	02:44:34
135	Derek Walters	489	Veteran	Male	29	00:32:37	01:21:31	00:47:10	02:45:09
136	Cameron Jensen	371	Senior	Male	79	00:30:16	01:27:33	00:44:21	02:45:13
137	Darren Gunning	350	Senior	Male	80	00:32:22	01:21:40	00:45:04	02:45:31
138	Lee Knightley	379	Senior	Male	81	00:24:24	01:25:15	00:53:02	02:45:38
139	Kevin Gleeson	342	Veteran	Male	30	00:39:11	01:15:57	00:45:17	02:45:50
140	Matthieu Leclerc-Chalve	384	Veteran	Male	31	00:32:36	01:24:39	00:45:30	02:45:55
141	Mick Nielsen	414	Veteran	Male	32	00:30:54	01:22:55	00:46:36	02:45:58
142	Mike Garrett	335	Senior	Male	82	00:28:42	01:25:31	00:48:06	02:46:00
143	Peter Culver	303	Senior	Male	83	00:34:56	01:25:17	00:43:36	02:46:32
144	Mike Hannay	355	Veteran	Male	33	00:36:57	01:18:14	00:48:01	02:46:56
145	Nathan French	332	Veteran	Male	34	00:34:20	01:21:32	00:46:48	02:47:18
146	Ross Edgar	321	Senior	Male	84	00:30:03	01:19:32	00:53:51	02:47:35
147	Katy Smith	461	Senior	Female	17				02:47:43
148	Nick Stewart	466	Veteran	Male	35	00:31:34	01:25:39	00:47:11	02:48:06
149	David Jenkinson	369	Veteran	Male	36	00:32:18	01:19:58	00:51:47	02:48:18
150	Frances Greenall	347	Veteran	Female	7	00:29:36	01:21:16	00:55:12	02:49:14
151	Jorge Reynal	440	Veteran	Male	37	00:30:14	01:27:45	00:48:54	02:49:17
152	Sam Bullen	280	Senior	Male	85	00:39:49	01:19:06	00:44:57	02:49:34
153	Gavin Davies	309	Veteran	Male	38	00:32:57	01:22:25	00:50:40	02:49:42
154	David Foskett	331	Senior	Male	86	00:31:26	01:26:59	00:46:48	02:49:56
155	Simon Williams	498	Veteran	Male	39	00:31:10	01:17:57	00:56:18	02:50:10
156	Marcus Greenhill	348	Senior	Male	87	00:30:34	01:23:26	00:53:52	02:50:17
157	John Allen	251	Veteran	Male	40	00:33:38	01:23:26	00:50:25	02:51:43
158	Ollie Marlow	393	Senior	Male	88	00:35:06	01:22:59	00:49:42	02:51:49
159	Dave Clyne	293	Senior	Male	89	00:34:31	01:23:41	00:50:59	02:52:12
160	David Garwood	336	Senior	Male	90	00:33:04	01:28:01	00:46:43	02:52:39
161	Colin Mead	401	Senior	Male	91	00:32:24	01:18:59	00:56:34	02:53:03
162	Patrick Newman	412	Veteran	Male	41	00:35:13	01:24:57	00:51:14	02:54:04
163	Emma Ritchie	445	Senior	Female	18	00:34:13	01:27:22	00:48:55	02:54:17
164	Graeme Todd	478	Veteran	Male	42	00:35:04	01:21:04	00:55:25	02:55:03

165	Julien Groutean	349	Senior	Male	92	00:27:36	01:34:26	00:49:02	02:55:09
166	Iain Gair	334	Senior	Male	93	00:30:01	01:30:36	00:51:06	02:56:16
167	John Batchelor	263	Veteran	Male	43	00:32:31	01:24:55	00:56:07	02:57:22
168	Howard Willis	500	Veteran	Male	44	00:39:08	01:29:11	00:46:24	02:59:37
169	Jim Oddie	419	Senior	Male	94	00:34:49	01:33:00	00:47:11	03:00:04
170	David Conley	294	Veteran	Male	45	00:32:44	01:33:02	00:52:26	03:02:07
171	Steven Craig	301	Veteran	Male	46				03:03:43
172	Michael Smyth	517	Unknown	Male	5	00:33:11	01:27:10	01:02:05	03:07:10
173	Sue O'dowd	418	Veteran	Female	8	00:37:21	01:31:57	01:01:24	03:18:13
174	Joanne Godfery	343	Senior	Female	19	00:44:02		00:52:27	03:18:53
175	Surjit Bains	260	Senior	Male	95	00:45:42			03:22:07
	Michael Arnott	254	Senior	Male		00:38:30			
	Paul Ashley	256	Senior	Male		00:24:12	00:47:11		
	David Baxter	264	Senior	Male		00:21:14	23:00:31		
	Robert Biddlecombe	268	Senior	Male		00:25:44	00:49:48		
	Kim Bray	274	Veteran	Female		00:35:16			
	Andrew Brinded	276	Senior	Male		00:28:40	01:48:38		
	Karl Charvat	289	Veteran	Male		00:29:12			
	John Donaldson	314	Veteran	Male		00:38:26	01:20:39		
	Tracey Kay Hall	351	Veteran	Female		00:32:43	01:22:19		
	Ashley Howes	364	Senior	Male		00:24:00			
	Sarah King	376	Senior	Female		00:32:34	00:43:08		
	Ross Lovell	390	Unknown	Male		00:35:53	01:10:55		
	Jill Parker	423	Senior	Female		00:23:30	01:21:12		
	Adrian Phelan	429	Veteran	Male		00:23:43	01:08:59		
	Daniel Phillips	430	Senior	Male		00:20:21	00:55:28		
	Jodie Shann	454	Unknown	Male					
	Andrew Walpole	488	Senior	Male		00:22:00	01:06:54		
	Edward Griffin	516	Senior	Male		00:30:11	01:18:56		