



**PORT MACQUARIE TRIATHLON CLUB
RACE 6 - HELATHIER YOU GRADED RACE
2ND FEBRUARY 2020 - MCINHERNEY PARK**



6584-1880

HEALTHIER YOU
DIETETICS

LONG COURSE

Bib	Name	Category	Gender	Time	Start	Finish
5	Lleyton Wall	A grade	Male	55:06.5	2:00	53:06
82	Luke Temple	B grade	Male	1:03:08.1	2:00	1:01:08
78	Mark Collins	B grade	Male	1:03:35.1	2:00	1:01:35
71	Paul Gagliardi	B grade	Male	1:03:43.6	2:00	1:01:43
68	Josh Walker	B grade	Male	1:03:55.0	2:00	1:01:55
112	Martin Zwetscoot	C Grade	Male	1:02:43.0	0:00	1:02:43
55	Jasper Sumsy	B grade	Male	1:05:14.9	2:00	1:03:14
75	Samuel Soper	B grade	Male	1:05:30.7	2:00	1:03:30
74	Jodie Barry	B grade	Female	1:06:29.9	2:00	1:04:29
67	David Carter	B grade	Male	1:07:03.3	2:00	1:05:03
6	Cassie Pensini	A grade	Female	1:07:34.1	2:00	1:05:34
83	Michael Cutting	B grade	Male	1:07:45.2	2:00	1:05:45
80	Annelise Cains	B grade	Female	1:07:57.6	2:00	1:05:57
70	Richard Warwick	B grade	Male	1:08:21.1	2:00	1:06:21
119	David Craddock	C grade	Male	1:09:02.2	0:00.0	1:09:02
110	Andrew Lister	C grade	Male	1:10:02.1	0:00.0	1:10:02
108	Ron Wilson	C grade	Male	1:10:57.3	0:00.0	1:10:57
3	Darleen Cheney	A grade	Female	1:11:21.2	2:00	1:09:21
168	Tom Jenkins	D grade	Male	1:11:31.9	0:00.0	1:11:31
72	Rachel Goodwin	B grade	Female	1:12:01.7	2:00	1:10:21
115	Lucas Tierney	C grade	Male	1:12:29.5	0:00.0	1:12:29
116	Gary Hill	C grade	Male	1:13:59.6	0:00.0	1:13:59
69	Christine Lalor	B grade	Female	1:14:17.1	2:00	1:12:17
109	Chris Favolaro	C grade	Male	1:14:47.1	0:00.0	1:14:47
118	Eliza Wall	C grade	Female	1:15:20.1	0:00.0	1:15:20
167	Doug Stevenson	D grade	Male	1:18:07.9	0:00.0	1:18:07
113	Richie Merrick	C grade	Male	1:19:20.7	0:00.0	1:19:20
169	Linda Smith	D grade	Female	1:26:23.8	0:00.0	1:26:18
165	John Tracy	D grade	Male	1:26:29.8	0:00.0	1:26:29
163	Beryl Wilson	D grade	Female	1:27:19.0	0:00.0	1:27:19
160	Singe Parish	D grade	Female	1:28:23.4	0:00.0	1:32:11
81	Tom Crofts	B grade	Male	DNF	2:00	DNF

Wave Starts	Time Gap
A Grade	2.00 mins
B Grade	2.00 mins
C Grade	scratch
D Grade	scratch
Short Course	5.00 mins
Social	5.00 mins

SHORT COURSE + SOCIAL GRADE

Bib	Name	Category	Gender	Time	Start	Finish
207	Eileen Gainsford	Short course	Female	47:46.0	5:00	42:46
205	Blair Webb	Short course	Male	47:52.2	5:00	42:52
228	Michelle Blyledich	Short course	Female	48:30.9	5:00	43:30
223	Dylan Williams	Short course	Male	49:13.3	5:00	44:13
227	John Swarbrick	Short course	Male	49:44.9	5:00	44:44
213	Joanne Ashton	Short course	Female	49:50.6	5:00	44:50
219	Jody Hopkins	Short course	Female	51:41.7	5:00	46:41
226	Julie Swarbrick	Short course	Female	53:28.8	5:00	48:28
221	Bec Mendez	Short course	Female	54:02.4	5:00	49:02
202	Martin Brown	Short course	Male	54:58.6	5:00	49:58
208	Anne Rogers	Social	Female	38:11.9	5:00	33:11
210	Jenny Kelly	Social	Female	56:45.6	5:00	51:45