



**North Head Triathlon**  
**Presented by Innovations Sports Physiotherapy**  
**January 20th 2013**

Race number	Name	Sex	Swim Rank	Run 1 min/km	Rank	Bike km/hr	Rank	Run 2 min/km	Rank	Total time	Gender rank	Overall rank				
<b>Short course</b>																
11	Luke Hall	M	00:08:10	4	00:15:05	00:05:35	2	00:29:16	27.58	1	00:13:19	00:04:26	1	01:05:51	1	1
8	Idette Warburton	F	00:07:17	1	00:15:26	00:05:43	3	00:30:36	26.37	3	00:14:38	00:04:53	3	01:07:58	1	2
35	Amanda Whiteman	F	00:08:07	3	00:15:41	00:05:48	4	00:29:30	27.35	2	00:15:35	00:05:12	4	01:08:53	2	3
1	David Laimé	M	00:07:47	2	00:15:05	00:05:35	1	00:31:57	25.26	5	00:14:16	00:04:45	2	01:09:05	2	4
64	Bryan Rollins	M	00:08:28	9	00:16:49	00:06:14	5	No split			00:16:54	00:05:38	5	01:12:30	3	5
9	Markus Hagleitner	M	00:08:12	5	00:19:20	00:07:10	8	00:32:32	24.80	6	00:17:11	00:05:44	6	01:17:16	4	6
2	Retha Howard	F	00:09:27	10	00:17:13	00:06:23	6	00:31:16	25.82	4	00:23:54	00:07:58	9	01:21:50	3	7
10	Nicole Mack	F	00:08:23	6	00:19:06	00:07:04	7	00:36:46	21.95	9	00:19:00	00:06:20	7	01:23:15	4	8
5	Deane Adams	M	00:08:23	7	00:23:35	00:08:44	9	00:35:26	22.78	8	00:21:17	00:07:06	8	01:28:41	5	9
7	Brett Moody	M	00:08:23	8	00:24:42	00:09:09	10	00:35:12	22.93	7	00:25:47	00:08:36	10	01:34:04	6	10
<b>Enticer</b>																
18	Luke Walker	M	00:06:52	1	00:15:39	00:05:48	1	00:22:26	27.01	1	00:06:24	00:04:25	4	00:51:21	1	1
15	Claudia Brooks	F	00:06:52	2	00:20:12	00:07:29	4	00:26:37	22.77	2	00:04:58	00:03:25	1	00:58:38	1	2
19	James Walker	M	00:08:44	3	00:19:16	00:07:08	3	00:28:08	21.55	3	00:05:04	00:03:30	2	01:01:11	2	3
17	Anika Hoffman	F	00:09:31	5	00:18:47	00:06:57	2	00:28:33	21.22	4	00:05:12	00:03:35	3	01:02:04	2	4
23	Charlotte Svanen	F	00:08:59	4	00:27:11	00:10:04	5	00:36:47	16.47	5	00:12:24	00:08:33	5	01:25:22	3	5
<b>Long course</b>																
110	Jake Stollery	M	00:10:41	1	00:10:49	0:04:00	1	00:36:20	33.36	9	00:18:17	00:03:39	1	01:16:07	1	1
101	Anthony Lowes	M	00:11:50	8	00:11:12	0:04:09	2	00:35:28	34.17	4	00:19:39	00:03:56	3	01:18:09	2	2
95	Darren Quarrell	M	00:11:36	3	00:12:15	0:04:32	3	00:35:06	34.53	2	00:19:16	00:03:51	2	01:18:13	3	3
92	Steven Middleton	M	00:11:44	5	00:12:47	0:04:44	7	00:33:56	35.72	1	00:20:27	00:04:05	6	01:18:54	4	4
60	Peter Walker	M	00:11:36	4	00:12:31	0:04:38	4	00:35:53	33.78	6	00:20:30	00:04:06	7	01:20:30	5	5
74	Daniel Howitt	M	00:10:41	2	00:12:33	0:04:39	5	00:38:41	31.33	18	00:19:47	00:03:57	4	01:21:43	6	6
72	Ian Blaiklock	M	00:12:48	18	00:12:52	0:04:46	9	00:36:02	33.64	8	00:20:34	00:04:07	8	01:22:16	7	7
55	Brian Black	M	00:12:43	15	00:12:45	0:04:43	6	00:37:40	32.18	12	00:19:52	00:03:58	5	01:23:00	8	8
79	Mark Northcote	M	00:11:44	6	00:13:46	0:05:06	18	00:36:47	32.95	11	00:21:06	00:04:13	11	01:23:23	9	9

106	Cam Dinnie	M	00:11:44	7	00:14:15	0:05:17	23	00:35:46	33.88	5	00:22:57	00:04:35	24	01:24:42	10	10
112	Murray Robertson	M	00:13:03	22	00:13:14	0:04:54	12	00:37:49	32.05	14	00:20:42	00:04:08	9	01:24:49	11	11
63	Darren Bramwell	M	00:13:28	29	00:13:33	0:05:01	13	00:35:56	33.73	7	00:22:35	00:04:31	20	01:25:32	12	12
94	Justin Worthington	M	00:13:25	28	00:13:06	0:04:51	11	00:36:29	33.23	10	00:22:45	00:04:33	22	01:25:44	13	13
102	Adam Lord	M	00:12:09	10	00:13:54	0:05:09	20	00:38:32	31.45	16	00:22:12	00:04:26	17	01:26:48	14	14
104	Keith Double	M	00:12:59	21	00:13:37	0:05:03	15	00:38:57	31.12	19	00:21:40	00:04:20	13	01:27:12	15	15
57	Chris Jones	M	00:12:25	14	00:13:34	0:05:01	14	00:39:29	30.69	25	00:21:46	00:04:21	15	01:27:14	16	16
36	Phoebe Fear	F	00:12:25	13	00:13:46	0:05:06	17	00:39:27	30.72	22	00:22:04	00:04:25	16	01:27:41	1	17
66	Nick Lawry	M	00:12:43	16	00:14:24	0:05:20	26	00:37:55	31.97	15	00:23:18	00:04:40	28	01:28:20	17	18
89	Time Peel	M	00:14:29	36	00:13:38	0:05:03	16	00:39:34	30.64	27	00:20:53	00:04:11	10	01:28:33	18	19
116	Ben Woods	M	00:12:53	20	00:12:51	0:04:46	8	00:42:00	28.86	49	00:21:07	00:04:13	12	01:28:51	19	20
33	Sarah Thomson	F	00:12:48	17	00:14:05	0:05:13	21	00:40:18	30.07	33	00:21:45	00:04:21	14	01:28:56	2	21
107	Paul Duggan	M	00:14:00	33	00:14:18	0:05:18	25	00:38:35	31.41	17	00:23:14	00:04:39	26	01:30:07	20	22
28	Lia Skountas	F	00:12:09	9	00:14:43	0:05:27	28	00:40:58	29.59	38	00:22:23	00:04:29	18	01:30:12	3	23
67	Ryan Lonsdale	M	00:12:17	12	00:15:07	0:05:36	36	00:40:15	30.12	32	00:22:50	00:04:34	23	01:30:28	21	24
91	Michael Cameron	M	00:15:49	56	00:13:04	0:04:50	10	00:39:27	30.72	23	00:22:29	00:04:30	19	01:30:49	22	25
29	Kate Kiely	F	00:13:06	24	00:14:16	0:05:17	24	00:40:24	30.00	34	00:23:16	00:04:39	27	01:31:01	4	26
117	Simon Eddy	M	00:12:09	11	00:15:10	0:05:37	37	00:41:14	29.40	43	00:23:13	00:04:39	25	01:31:45	23	27
100	Dave Bain	M	00:13:35	31	00:16:54	0:06:15	63	00:35:07	34.52	3	00:26:13	00:05:15	57	01:31:49	24	28
65	Nic Marshall	M	00:13:10	25	00:15:35	0:05:46	44	00:39:30	30.69	26	00:23:38	00:04:44	32	01:31:52	25	29
69	David Wiles	M	00:15:24	50	00:15:45	0:05:50	48	00:37:49	32.05	13	00:24:05	00:04:49	36	01:33:04	26	30
43	Jane Lillicrop	F	00:15:32	52	00:13:53	0:05:08	19	00:41:10	29.44	41	00:22:35	00:04:31	21	01:33:10	5	31
97	Neil MacLeod	M	00:14:29	37	00:15:17	0:05:40	40	00:39:53	30.39	28	00:24:03	00:04:49	34	01:33:42	27	32
75	Eric Miller	M	00:12:51	19	00:14:57	0:05:32	32	00:40:50	29.68	37	00:25:25	00:05:05	50	01:34:03	28	33
96	Mathew Briggs	M	00:16:06	63	00:14:26	0:05:21	27	00:40:12	30.15	30	00:23:24	00:04:41	29	01:34:07	29	34
54	Shane McCormack	M	00:13:12	26	00:16:18	0:06:02	55	00:40:37	29.83	35	00:24:12	00:04:50	37	01:34:19	30	35
109	Rob Howitt	M	00:13:03	23	00:15:53	0:05:53	50	00:39:16	30.87	20	00:26:35	00:05:19	60	01:34:46	31	36
62	Pat Cronin	M	00:15:12	47	00:14:58	0:05:33	33	00:40:14	30.12	31	00:24:29	00:04:54	39	01:34:53	32	37
86	Ian Nissen	M	00:13:30	30	00:15:17	0:05:39	39	00:41:12	29.42	42	00:25:23	00:05:05	49	01:35:21	33	38
26	Claire Pople	F	00:14:24	35	00:14:48	0:05:29	29	00:41:41	29.08	47	00:25:04	00:05:01	45	01:35:58	6	39
83	Ben Peacock	M	00:15:02	44	00:15:14	0:05:39	38	00:41:50	28.98	48	00:24:04	00:04:49	35	01:36:10	34	40
59	Ian Andrews	M	00:14:41	41	00:15:33	0:05:46	43	00:40:08	30.20	29	00:25:55	00:05:11	55	01:36:17	35	41
39	Emma Just	F	00:15:29	51	00:14:49	0:05:29	30	00:43:03	28.16	55	00:23:25	00:04:41	30	01:36:46	7	42
111	Greg Pride	M	00:14:58	43	00:15:39	0:05:48	45	00:39:28	30.71	24	00:27:33	00:05:31	65	01:37:38	36	43
58	Stuart Caveney	M	00:16:12	66	00:16:00	0:05:55	52	00:41:02	29.53	39	00:24:32	00:04:54	40	01:37:45	37	44
48	Greta Donnelley	F	00:15:49	54	00:15:05	0:05:35	35	00:43:17	28.00	57	00:23:41	00:04:44	33	01:37:52	8	45
80	Greg Fawkner	M	00:16:56	71	00:14:59	0:05:33	34	00:41:14	29.39	44	00:25:05	00:05:01	46	01:38:15	38	46
45	Alison Vander Stratton	F	00:15:32	53	00:14:54	0:05:31	31	00:44:25	27.29	62	00:23:29	00:04:42	31	01:38:19	9	47
68	Ori Bowen	M	00:15:55	61	00:14:11	0:05:15	22	00:43:37	27.79	59	00:24:44	00:04:57	42	01:38:27	39	48
53	Mark Page	M	00:13:40	32	00:16:47	0:06:13	61	00:40:49	29.69	36	00:27:13	00:05:27	63	01:38:29	40	49
27	Shannon Quartly	F	00:14:35	38	00:17:01	0:06:18	65	00:42:19	28.64	54	00:24:52	00:04:58	44	01:38:47	10	50
113	Eduardo Moura	M	00:13:17	27	00:16:39	0:06:10	58	00:42:13	28.71	52	00:27:20	00:05:28	64	01:39:28	41	51
99	Huong Siew	M	00:14:16	34	00:15:44	0:05:50	47	00:44:07	27.47	60	00:25:54	00:05:11	54	01:40:02	42	52
31	Jodi Stacker	F	00:15:49	55	00:15:39	0:05:48	46	00:44:17	27.37	61	00:24:24	00:04:53	38	01:40:10	11	53
70	Adam Sutton	M	00:15:55	62	00:16:48	0:06:13	62	00:41:20	29.32	45	00:26:11	00:05:14	56	01:40:14	43	54

81	Elliot Cunnew	M	00:15:49	57	00:16:31	0:06:07	56	00:41:40	29.08	46	00:26:21	00:05:16	59	01:40:22	44	55
34	Caroline Cornish	F	00:17:15	74	00:15:30	0:05:45	42	00:43:04	28.14	56	00:25:12	00:05:02	48	01:41:01	12	56
98	James Maltman	M	00:14:35	39	00:16:33	0:06:08	57	00:46:01	26.34	69	00:24:45	00:04:57	43	01:41:54	45	57
115	Scott Fraser	M	00:17:50	77	00:15:58	0:05:55	51	00:42:08	28.76	51	00:26:19	00:05:16	58	01:42:15	46	58
85	Geoff Meers	M	00:15:49	58	00:17:04	0:06:19	66	00:41:06	29.49	40	00:28:20	00:05:40	69	01:42:18	47	59
50	Robert Mey	M	00:14:35	40	00:17:31	0:06:29	68	00:43:27	27.89	58	00:26:50	00:05:22	61	01:42:22	48	60
30	Rowena Walker	F	00:17:08	73	00:15:48	0:05:51	49	00:44:42	27.12	64	00:25:11	00:05:02	47	01:42:49	13	61
32	Terry Buchanan	F	00:15:12	45	00:15:20	0:05:41	41	00:47:07	25.72	71	00:25:27	00:05:05	51	01:43:07	14	62
51	Paul Toohey	M	00:16:18	68	00:16:45	0:06:12	60	00:44:51	27.02	66	00:25:33	00:05:07	52	01:43:27	49	63
73	Mathew Lonergan	M	00:15:49	59	00:17:57	0:06:39	69	00:39:17	30.85	21	00:30:39	00:06:08	74	01:43:42	50	64
78	David Warnerford	M	00:16:56	72	00:17:04	0:06:19	67	00:42:14	28.70	53	00:28:11	00:05:38	67	01:44:25	51	65
46	Pam Greening	F	00:15:12	46	00:18:05	0:06:42	71	00:44:39	27.15	63	00:27:42	00:05:32	66	01:45:39	15	66
105	Michael Baird	M	00:16:50	70	00:16:04	0:05:57	53	00:49:03	24.71	73	00:24:42	00:04:56	41	01:46:39	52	67
56	Sean Peacock	M	00:15:21	48	00:16:06	0:05:58	54	00:49:53	24.29	76	00:25:49	00:05:10	53	01:47:08	53	68
25	Lindsay Anderson	M	00:16:23	69	00:16:44	0:06:12	59	00:47:03	25.76	70	00:27:10	00:05:26	62	01:47:21	16	69
76	Timothy Irving	M	00:16:06	64	00:18:01	0:06:40	70	00:45:32	26.61	67	00:29:54	00:05:59	72	01:49:33	54	70
37	Zali Steggall	F	00:15:55	60	00:18:19	0:06:47	72	00:45:52	26.42	68	00:29:31	00:05:54	71	01:49:36	17	71
77	Paul Burges	M	00:15:21	49	00:19:01	0:07:03	74	00:44:45	27.08	65	00:30:36	00:06:07	73	01:49:42	55	72
108	Phil Beeston	M	00:16:12	67	00:18:49	0:06:58	73	00:47:27	25.54	72	00:28:11	00:05:38	68	01:50:40	56	73
82	Nigel Swain	M	00:14:50	42	00:16:59	0:06:17	64	00:54:23	22.29	77	00:28:34	00:05:43	70	01:54:45	57	74
71	Neil Sheard	M	00:17:37	76	00:21:00	0:07:47	76	00:42:01	28.85	50	00:38:01	00:07:36	77	01:58:39	58	75
49	Jenna Seymour	F	00:17:15	75	00:20:55	0:07:45	75	00:49:19	24.57	75	00:31:34	00:06:19	75	01:59:03	18	76
61	Mitchell Lowrie	M	00:16:06	65	00:24:18	0:09:00	77	00:49:06	24.68	74	00:37:53	00:07:35	76	02:07:23	59	77