

Forsyths Armidale Triathlon Series 2019 Round 1

Long Course

Place	Bib	Name	Gender	Age Group	Swim	Bike	Run	Finish
1	66	Nick Pluimers	M	17-34 Male	0:05:41	0:35:24	0:14:31	55:36
2	74	Michael Singleton	M	35-49 Male	0:07:29	0:35:28	0:16:22	59:18
3	75	Andrew Gahan	M	35-49 Male	0:06:34	0:37:53	0:15:50	1:00:16
4	12	Alex & Isabelle	Mixed	Team	0:06:52	0:35:24	0:19:17	1:01:31
5	28	Nathan Friedman	M	35-49 Male	0:06:48	0:40:00	0:16:51	1:03:37
6	76	Codie, Oliver & Mollie	Mixed	Team	0:06:45	0:36:25	0:20:39	1:03:49
7	63	Daniel Gooch	M	35-49 Male	0:08:16	0:40:43	0:15:10	1:04:08
8	65	Zoe Heiniger	F	17-34 Female	0:06:03	0:42:37	0:16:03	1:04:42
9	34	Sam Smythe	M	17-34 Male	0:06:46	0:42:22	0:17:08	1:06:15
10	69	David Ross	M	35-49 Male	0:08:04	0:43:11	0:18:55	1:10:08
11	15	Pat McMillan	M	35-49 Male	0:08:14	0:42:26	0:20:52	1:11:31
12	23	Jacqui King	F	35-49 Female	0:08:04	0:44:31	0:19:28	1:12:02
13	29	Sheree Friedman	F	35-49 Female	0:08:37	0:45:23	0:18:41	1:12:40
14	4	Michael Henderson	M	50+ Male	0:08:30	0:45:37	0:20:01	1:14:08
15	5	Heather Nonhebel	F	50+ Female	0:11:38	0:46:38	0:19:09	1:17:24
16	68	Suzy Ross	F	35-49 Female	0:07:28	0:51:45	0:18:13	1:17:25

Short Course

Place	Bib	Name	Gender	Age Group	Swim	Bike	Run	Finish
1	6	Ben Page	M	35-49 Male	0:04:46	0:23:33	0:09:17	37:35
2	67	Olive Tutt	F	Junior Female	0:03:52	0:21:13	0:13:51	38:55
3	56	Tom Cooper	M	Junior Male	0:04:23	0:24:49	0:10:01	39:11
4	37	Martin Lindeman	M	50+ Male	0:04:30	0:24:54	0:10:02	39:25
5	79	Lachlan Cullen	M	35-49 Male	0:04:27	0:27:46	0:09:53	42:05
6	64	Tim Dyall	M	50+ Male	0:05:12	0:29:19	0:08:54	43:24
7	58	Christopher Pears	M	50+ Male	0:04:14	0:25:44	0:13:34	43:31
8	59	Maya Hess	F	Junior Female	0:04:12	0:30:01	0:10:00	44:11
9	13	Phil Hess	M	35-49 Male	0:04:11	0:31:00	0:09:02	44:12
10	60	Flynn Hess	M	Junior Male	0:03:41	0:35:40	0:11:46	51:07
11	73	Susan Newey	F	50+ Female	0:05:56	0:33:58	0:11:17	51:10

Novice Course

Place	Bib	Name	Gender	Age Group	Swim	Bike	Run	Finish
1	11	Laura Billings	F	Junior Female	0:02:41	0:15:11	0:05:16	23:07
2	62	Caitlin Lord	F	Junior Female	0:01:59	0:16:13	0:05:20	23:32
3	61	Jolanda Hess	F	Junior Female	0:01:54	0:16:44	0:04:57	23:34
4	54	Anna Murrell	F	35-49 Female	0:03:13	0:16:04	0:05:03	24:20
5	45	Stephanie Thomas	F	35-49 Female	0:02:13	0:18:04	0:05:32	25:48
6	26	Bella Page	F	Junior Female	0:03:39	0:17:58	0:05:28	27:04
7	30	Hannah Friedman	F	Junior Female	0:02:55	0:19:12	0:05:24	27:30
8	36	Nick Thomas	M	Junior Male	0:02:38	0:20:32	0:07:34	30:43
9	8	June Billings	F	50+ Female	0:03:16	0:19:13	0:08:23	30:51
10	78	Penny Rummery	F	17-34 Female	0:03:42	0:20:46	0:06:28	30:55
11	77	Katie Cooper	F	17-34 Female	0:03:44	0:20:44	0:06:34	31:01
12	72	Minnie Chick	F	Junior Female	0:03:00	0:25:51	0:06:56	35:46
13	70	Zana Ross	F	Junior Female	0:03:00	0:25:50	0:07:02	35:51
14	71	Mila Wright	F	Junior Female	0:03:05	0:25:45	0:09:04	37:52