

new course - new challenge!

# nina's WOMEN'S TRIATHLON

13 November 2016 SWIM CYCLE RUN



## *Diamond Long Course Distance* 300/15/3

First Name	Last Name	Race	Category	Time	Swim	Cycle	Run
Renae	Adams	48	Diamond Level	1:03:02	0:08:26	0:40:57	0:13:38
Narelle	Alstad	68	Diamond Level	1:01:37	0:07:26	0:38:58	0:15:12
Kim	Basile	2	Diamond Level	1:06:00	0:09:48		
Roslyn	Berry	22	Diamond Level	1:20:58	0:08:21	0:51:19	0:21:16
Debbie	Brace	74	Diamond Level	1:05:40	0:06:52	0:37:05	0:21:42
Ashleigh	Bruhn	69	Diamond Level	1:02:39	0:08:45	0:35:03	0:18:50
Madeline	Cantwell	18	Junior Diamond	1:00:09	0:07:10	0:38:31	0:14:27
Emma	Carolan	29	Diamond Level	1:05:40	0:09:47	0:40:51	0:15:02
Lauren	Cartledge	71	Diamond Level	0:59:32	0:07:55	0:34:04	0:17:33
Aleesha	Cheema	19	Junior Diamond	0:56:30	0:06:34	0:34:22	0:15:33
Aislinn	Cousins	23	Junior Diamond	0:55:37	0:06:04	0:30:48	0:18:43
Lee	Dabic	54	Diamond Level	1:09:10	0:07:48	0:36:50	0:24:31
Angela	Del Pino	31	Diamond Level	1:10:12	0:08:29	0:40:36	0:21:06
Rose	Devereaux	67	Diamond Level	1:04:37	0:08:14	0:37:18	0:19:05
Sophie	Docker	81	Junior Diamond	1:06:18	0:07:14	0:41:16	0:17:48
Maddi	Farquhar	64	Diamond Level	1:04:23	0:07:34	0:40:26	0:16:22
Raelene	Finlay	55	Diamond Level	0:59:39	0:07:13	0:36:23	0:16:02
Anna	Fleming	24	Diamond Level	1:05:55	0:08:46	0:41:02	0:16:06
Abby	Gellard	32	Diamond Level	1:04:29	0:07:57	0:38:25	0:18:06
Andrea	Gilmour	43	Diamond Level	1:05:25	0:07:46	0:40:12	0:17:26
Rachel	Goldsmith	12	Diamond Level	1:06:39	0:09:38	0:41:11	0:15:50
Bridy	Hall	76	Diamond Level	0:57:41	0:07:53	0:34:04	0:15:42
Lynda	Hanson	61	Diamond Level	1:13:02	0:10:13	0:42:06	0:20:42
Catherine	Harding	9	Diamond Level	0:57:55	0:08:28	0:32:48	0:16:39
Trish	Hatton	13	Diamond Level	1:05:17	0:07:57	0:39:27	0:17:52
Trudi	Haywood	1	Diamond Level	1:16:04	0:13:42	0:40:18	0:22:03
Nicole	Hearn	51	Diamond Level	1:02:00	0:06:28	0:35:22	0:20:09
Kasey	Hill	65	Diamond Level	1:02:55	0:07:11	0:35:38	0:20:05
Mary	Hobson	56	Diamond Level	1:31:15	0:12:18	0:48:52	0:30:04
Kanella	Hope	77	Diamond Level	1:06:01	0:07:47	0:37:23	0:20:49
Emma	Innes	27	Junior Diamond	0:58:49	0:06:19	0:37:54	0:14:35
Kaylee	Kirk	45	Diamond Level	0:53:45	0:07:27	0:30:30	0:15:47
Clare	Kirke	44	Diamond Level	1:06:11	0:09:03	0:38:34	0:18:34
Sarah	Lang	14	Diamond Level	0:58:40	0:09:28	0:33:31	0:15:41
Rebecca	Lawn	17	Diamond Level	1:07:01	0:08:48	0:36:37	0:21:35
Michelle	Lawrance	20	Diamond Level	0:58:44	0:09:04	0:34:52	0:14:47
Marie Therese	Mahoney	34	Diamond Level	1:06:30	0:09:28	0:37:33	0:19:29
Sue	Mazzucchelli	8	Diamond Level	1:02:47	0:08:40	0:37:41	0:16:25
Lisa	Mcclintock	5	Diamond Level	1:20:25	0:13:02	0:43:09	0:24:14
Julie	Mccreghan	6	Diamond Level	1:20:21	0:11:31	0:46:43	0:22:07
Heather	Mcqueen	58	Diamond Level	1:20:04	0:15:48	0:47:20	0:16:56
Cecilia	Muller	25	Diamond Level	1:06:48	0:08:42	0:37:27	0:20:38

Chloe	Munnings	66	Diamond Level	0:56:10	0:39:58		
Kim	Nock	36	Diamond Level	1:11:44	0:08:19	0:45:25	0:17:58
Annette	Owen	75	Diamond Level	0:58:06	0:07:44	0:32:45	0:17:36
Emma	Parker	62	Diamond Level	1:06:42	0:08:54	0:38:17	0:19:30
Tasha	Piccoli	7	Diamond Level	1:16:51	0:10:40	0:43:38	0:22:32
Charmaine	Proudfoot	15	Diamond Level	1:03:33	0:07:52	0:38:34	0:17:06
Sophie	Proudfoot	82	Junior Diamond	1:12:23	0:08:35	0:44:13	0:19:34
Jessica	Rees	49	Diamond Level	0:59:10	0:07:00	0:35:30	0:16:39
Claire	Roberts	41	Diamond Level	1:16:42	0:09:14	0:45:27	0:22:01
Narelle	Rodsjo	21	Diamond Level	0:56:07	0:06:33	0:34:57	0:14:36
Kim	Shepherd	38	Diamond Level	0:56:57	0:08:09	0:29:56	0:18:52
Kathii	Spooner	37	Diamond Level	0:53:48	0:39:54		
Jenie	Stone	50	Diamond Level	0:57:44	0:06:50	0:38:18	0:12:35
Kristen	Streatfield	46	Diamond Level	1:13:53	0:09:12	0:48:28	0:16:12
Handa	Strydom	59	Diamond Level	1:07:09	0:09:42	0:40:31	0:16:54
Kerry	Tacken	72	Diamond Level	1:00:47	0:07:55	0:36:01	0:16:50
Alison	Timms	35	Diamond Level	0:59:19	0:07:57	0:36:37	0:14:44
Samantha	Truran	3	Diamond Level	1:14:39	0:07:44	0:40:37	0:26:17
Hanlie	Van Syl	26	Diamond Level	1:06:29	0:08:04	0:37:46	0:20:37
Shonel	Vuletich	70	Diamond Level	1:03:42	0:08:48	0:37:39	0:17:14
Kim	Wallis	40	Diamond Level	0:57:42	0:07:04	0:31:40	0:18:57
Shernai	Walton	47	Diamond Level	1:11:18	0:08:55	0:46:17	0:16:04
Susanne	Williams	33	Diamond Level	1:00:02	0:08:57	0:35:29	0:15:35
Roslyn	Wilson	53	Diamond Level	0:58:35	0:07:32	0:33:37	0:17:24
Claire	Worswick	42	Diamond Level	1:05:03	0:08:06	0:40:11	0:16:44
Michelle	Zadow	30	Diamond Level	1:24:11	0:09:31	0:46:39	0:28:01