



**Rob's Garage Doors Triathlon**  
**Race 5 Results**  
**Sunday 8th March 2020**  
**Minninup Pool, Collie**  
**Sprint Distance & Duathlon Sprint**



**FEMALE**

| Pos | Name           | RaceNo | Time     | O/A Pos | Swim     | T1       | Cycle    | T2       | Run      |
|-----|----------------|--------|----------|---------|----------|----------|----------|----------|----------|
| 1   | AMIE HOLWILL   | 58     | 01:18:19 | 2       | 00:09:08 | 00:00:55 | 00:43:28 | 00:00:44 | 00:24:02 |
| 2   | LUCY HARRIS    | 35     | 01:19:17 | 3       | 00:11:38 | 00:02:04 | 00:39:01 | 00:01:30 | 00:25:02 |
| 3   | SAM BATES      | 53     | 01:33:11 | 8       | 00:15:39 | 00:01:59 | 00:40:27 | 00:00:49 | 00:34:15 |
| 4   | RUTH PHILLIPS  | 64     | 01:34:30 | 9       | 00:16:27 | 00:01:34 | 00:46:27 | 00:00:39 | 00:29:20 |
| 5   | VERONICA MADGE | 62     | 01:42:35 | 11      | 00:14:45 | 00:01:20 | 00:49:00 | 00:00:24 | 00:37:03 |

**MALE**

| Pos | Name              | RaceNo | Time     | O/A Pos | Swim     | T1       | Cycle    | T2       | Run      |
|-----|-------------------|--------|----------|---------|----------|----------|----------|----------|----------|
| 1   | ANDREW BATES      | 52     | 01:16:56 | 1       | 00:12:54 | 00:02:29 | 00:41:07 | 00:00:50 | 00:19:34 |
| 2   | BRUCE HOLMES      | 57     | 01:19:58 | 4       | 00:12:20 | 00:01:00 | 00:38:03 | 00:00:45 | 00:27:49 |
| 3   | LIAM HANSON       | 55     | 01:27:15 | 5       | 00:13:15 | 00:01:06 | 00:40:51 | 00:00:32 | 00:31:29 |
| 4   | PAUL HANSON       | 56     | 01:27:16 | 6       | 00:11:36 | 00:01:39 | 00:42:09 | 00:00:42 | 00:31:08 |
| 5   | ROBERT MCLOUGHLAN | 2      | 01:31:54 | 7       | 00:18:58 | 00:03:21 | 00:41:17 | 00:01:00 | 00:27:16 |
| 6   | ALAN ROBERTSON    | 49     | 01:35:44 | 10      | 00:16:54 | 00:01:50 | 00:43:13 | 00:01:04 | 00:32:43 |

**DUATHLON MALE**

| Pos | Name       | RaceNo | Time     | O/A Pos | Swim     | T1       | Cycle    | T2       | Run      |
|-----|------------|--------|----------|---------|----------|----------|----------|----------|----------|
| 1   | CARL MADGE | 1      | 01:31:02 | 1       | 00:12:28 | 00:01:01 | 00:49:24 | 00:00:16 | 00:27:52 |