

# BALNAGOWAN TRIATHLON - 2013

JOHN COOK BRIDGE, PLEYSTOWE

10th March, 2013



## RESULTS

### ENTICER DISTANCE - 350m Swim, 10km Cycle & 2.5km Run

Overall Position	Category Position	First Name	Surname	Race Time
1	1	James	Egan	46.53
2	1	Jackie	Black	49.37
3	2	Emily	Morris	49.46
4	3	Mikaella	Mallet	50.48
5	4	Heidi	Croxson	51.13
6	5	Shelly	Karcz	51.14
7	6	Tenille	Galea	51.30
8	2	Michael	Machellor	52.20
9	7	Melissa	Harris	53.19
10	3	Wesley	Bailey	54.33
11	8	Racqel	Dalley	54.40
12	9	Jeanette	Farrugia	55.19
13	4	Pat	Johnson	55.59
14	1st Team	Rylea Giles &	Bree McFadzen	56.08
15	5	Steven	Blakey	57.19
16	6	Jake	Johnson	57.27
17	10	Bianca	Arbeithuber	57.31
18	11	Stephanie	Allen	59.11
19	7	Jarryd	Sisley	1.00.20
20	12	Sarah	Cumming	1.00.44
21	8	Ryan	Dunn	1.00.50
22	13	Linda	Palmer	1.04.45
23	14	Nicola	Patterson	1.04.45
24	15	Tinka	Welton	1.05.56
25	9	Josh	Shell	1.07.52
26	16	Jess	Shaxson	1.14.42
27	10	Logan	Burgess	1.14.59

### SPRINT DISTANCE - 700m Swim, 20km Cycle & 5km Run (2 lap course)

Overall Position	Category Position	First Name	Surname	Race Time
1	1	Adrian	Ellul	1.18.26
2	2	Elton	Jones	1.20.27
3	1st Team	Jesse, Gavin	& Heath	1.23.23
4	3	Matthew	Stevens	1.24.03
5	4	Brent	Farrell	1.26.03
6	5	Andy	List	1.26.22
7	6	Darren	Binstead	1.28.51
8	7	Fowke	Frisby	1.30.20
9	8	Stephen	Bailey	1.37.11
10	1	Nikki	Giles	1.38.41
11	2	Carmel	Moran	1.45.53
12	9	Peter	Robinson	1.46.36
13	3	Robyn	Richards	1.51.19
14	4	Tanya	Bailey	1.53.11

**MACKAY TRIATHLON CLUB**

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