

Fastest Times for Each Event - Top 3

Swim 1 : 1.5Km

Category	Time	Name	Team Name	Team Category
Solo Male				
1	25:16	Graham Hammell		
2	25:50	David Shirley		
Male - in a Team of 4				
1	21:49	Dave Kelly	Bullfrogs	T4 Open
2	21:54	Chris Southby	Scary Green Pants	T4 Open
3	21:58	Heath Wade	32 Flavours	T4 Open
Female - in a Team of 4				
1	22:24	Tegan Makowski	Evan's Angels	T4 Mixed
2	24:29	Joanne Helson	SHELLHARBOUR BLUE	T4 Open
3	25:02	Tina Smith	Flamin' Lambrettas	T4 Mixed
Male - in a Team of 12				
1	21:03	Jacob Helson	Six of the best	T12 Open
2	26:01	Craig Honeybrook	Sport & Spinal Physiotherapy	T12 Mixed
3	26:35	Thomas O'Meara	Bold & the Old	T12 Mixed
Female - in a Team of 12				
1	21:43	Amanda Tully	AgroRacers	T12 Mixed
2	25:13	Kate Vandenberg	Sweet Lego	T12 Mixed
3	27:42	Adrienne Nicotra	Kaos	T12 Mixed

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Paddle 1 : 9Km

Category	Time	Name	Team Name	Team Category
Solo Male				
1	53:37	Graham Hammell		
2	54:40	David Shirley		
Male - in a Team of 4				
1	40:03	Simon Stenhouse	Scinda Simorm	T4 Open
2	42:37	Mark McDonald	32 Flavours	T4 Open
3	43:24	Grant Watson	Whippersnappers	T4 Open
Female - in a Team of 4				
1	47:14	Karri Ryan	Evan's Angels	T4 Mixed
2	48:04	Kristy Benjamin	Jacuzzis	T4 Open
3	51:58	Sue Donoghoe	Phoenix	T4 Open
Male - in a Team of 12				
1	45:30	Martin Wells	Six of the best	T12 Open
2	45:46	Clint Shinn	Clint Shinn and Team Gunuma	T12 Mixed
3	47:40	Coco Wakeford	It's All Good	T12 Mixed
Female - in a Team of 12				
1	49:53	Danielle Winslow	Sweet Lego	T12 Mixed
2	54:16	Nicole Andrews	Team Ti2	T12 Mixed
3	1:03:23	Denise Collins	Swim ride run paddle party harder	T12 Mixed

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Run 1 : 7Km

Category	Time	Name	Team Name	Team Category
Solo Male				
1	32:53	Graham Hammell		
2	40:34	David Shirley		
Male - in a Team of 4				
1	25:57	Kyle Glazier	SHELLHARBOUR BLUE	T4 Open
2	26:52	Al McClusky	Bullfrogs	T4 Open
3	27:12	Ian Kennerley	Team Ranga	T4 Open
3	27:12	Jean-Baptiste Vuillard	Whippersnappers	T4 Open
Female - in a Team of 4				
1	27:00	Meg Helson	Evan's Angels	T4 Mixed
2	31:57	Sharon Spink	Eden	T4 Open
3	33:15	Lil Harding	Roaring Forties	T4 Female
Male - in a Team of 12				
1	30:10	Hamish McDonald	Gorillas	T12 Open
2	30:36	Patrick van Eybergen	Team Ti2	T12 Mixed
3	31:01	Michael Hass	Six of the best	T12 Open
Female - in a Team of 12				
1	31:23	Alexandra Morrison	Amazzballs	T12 Mixed
2	31:55	Amy Kelly	Tadpoles	T12 Mixed
3	32:22	Gemma Hooper	Clint Shinn and Team Gunuma	T12 Mixed

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Bike 1 : 9Km

Category	Time	Name	Team Name	Team Category
Solo Male				
1	40:36	Graham Hammell		
2	49:08	David Shirley		
Male - in a Team of 4				
1	29:46	David Simpfendorfer	32 Flavours	T4 Open
2	30:22	George Murray	Magic 8 Ball	T4 Open
3	31:31	Martin Worthy	Scary Green Pants	T4 Open
Female - in a Team of 4				
1	36:34	Vanessa Knee	Jindy Quattro Divas	T4 Female
2	42:45	Catherine Horan	Jelly Belles	T4 Female
3	43:52	Carol Lee	Roaring Fourties	T4 Female
Male - in a Team of 12				
1	34:30	Tim Crockford	ANUMC	T12 Open
2	34:58	Glenn Allen	Molonglo 'Ice' Dragons	T12 Open
3	35:31	Simon Davis	Sport & Spinal Physiotherapy	T12 Mixed
Female - in a Team of 12				
1	37:55	Zoe Cuthbert	Kaos	T12 Mixed
2	40:22	Ursula Ditton	Tadpoles	T12 Mixed
3	41:32	Gwynn Le Maitre	Bold & the Old	T12 Mixed

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Swim 2 : 2.5Km

Category	Time	Name	Team Name	Team Category
Solo Male				
1	52:29	Graham Hammell		
2	54:49	David Shirley		
Male - in a Team of 4				
1	32:11	Warren Bradshaw	Fire Breathing Rubber Duckies	T4 Open
2	36:40	Jacques Lepron	French Snails	T4 Open
3	37:05	Andrew Laery	Whippersnappers	T4 Open
Female - in a Team of 4				
1	41:35	Tegan Makowski	Evan's Angels	T4 Mixed
2	45:31	Tara Burton	Jindy Quattro Divas	T4 Female
3	45:54	Tina Smith	Flamin' Lambrettas	T4 Mixed
Male - in a Team of 12				
1	34:30	Haydn Vale	AgroRacers	T12 Mixed
2	36:14	Jacob Helson	Six of the best	T12 Open
3	43:22	Alistair Mclusky	Tadpoles	T12 Mixed
Female - in a Team of 12				
1	47:24	Kate Vandenberg	Sweet Lego	T12 Mixed
2	47:40	Emma Rees	Clint Shinn and Team Gunuma	T12 Mixed
3	48:58	Adrienne Nicotra	Kaos	T12 Mixed

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Paddle 2 : 5.5Km

Category	Time	Name	Team Name	Team Category
Solo Male				
1	37:09	Graham Hammell		
2	39:27	David Shirley		
Male - in a Team of 4				
1	24:08	Ian Kennerley	Team Ranga	T4 Open
2	25:15	Simon Stenhouse	Scinda Simorm	T4 Open
3	26:23	Grant Watson	Whippersnappers	T4 Open
Female - in a Team of 4				
1	28:14	Karri Ryan	Evan's Angels	T4 Mixed
2	29:42	Kristy Benjamin	Jacuzzis	T4 Open
3	32:12	Sue Donoghoe	Phoenix	T4 Open
Male - in a Team of 12				
1	27:19	Martin Wells	Six of the best	T12 Open
2	30:24	Andrew Scully	It's All Good	T12 Mixed
3	30:53	Anthony Hageman	Amazzballs	T12 Mixed
Female - in a Team of 12				
1	32:23	Danielle Winslow	Sweet Lego	T12 Mixed
2	38:47	Bridget Kelly	Swim ride run paddle party harder	T12 Mixed
3	40:31	Emma Rees	Clint Shinn and Team Gunuma	T12 Mixed

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Bike 2 : 11Km

Category	Time	Name	Team Name	Team Category
Solo Male				
1	37:05	Graham Hammell		
2	40:14	David Shirley		
Male - in a Team of 4				
1	24:34	David Simpfendorfer	32 Flavours	T4 Open
2	24:45	Martin Worthy	Scary Green Pants	T4 Open
3	28:44	Mark Blanch	Shellharbour Gold	T4 Open
Female - in a Team of 4				
1	29:28	Vanessa Knee	Jindy Quattro Divas	T4 Female
2	35:23	Sue Machin	Roaring Fourties	T4 Female
3	37:47	Caroline Denes	French Snails	T4 Open
Male - in a Team of 12				
1	27:33	Paul Cuthbert	Kaos	T12 Mixed
2	28:26	Matt Lans	Gorillas	T12 Open
3	30:09	Jean-Michel Perraud	Tadpoles	T12 Mixed
Female - in a Team of 12				
1	29:00	Beth Chaffers	Sweet Lego	T12 Mixed
2	36:32	Denise Collins	Swim ride run paddle party harder	T12 Mixed
3	36:34	Joyce Yeoh	ANUMC	T12 Open

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Run 2 : 12.5Km

Category	Time	Name	Team Name	Team Category
Solo Male				
1	1:25:57	Graham Hammell		
2	2:00:49	David Shirley		
Male - in a Team of 4				
1	1:08:30	Al Boyle	Team Ranga	T4 Open
2	1:10:42	Lindsey Collison	TriNova Triplets	T4 Open
3	1:12:35	Al McClusky	Bullfrogs	T4 Open
Female - in a Team of 4				
1	1:33:23	Sharon Spink	Eden	T4 Open
2	1:34:40	Lil Harding	Roaring Fourties	T4 Female
3	1:38:38	Kerryn Hopkins	Flamin' Lambrettas	T4 Mixed
Male - in a Team of 12				
1	1:04:10	Paul Cuthbert	Kaos	T12 Mixed
2	1:09:15	Bradley Holland	Six of the best	T12 Open
3	1:13:41	Brenton Clark	Sport & Spinal Physiotherapy	T12 Mixed
Female - in a Team of 12				
1	1:21:12	Melonie Meggitt	Clint Shinn and Team Gunuma	T12 Mixed
2	1:28:58	Bridget Kelly	Swim ride run paddle party harder	T12 Mixed
3	1:29:38	Kate Vandenberg	Sweet Lego	T12 Mixed

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Bike 3 : 42.8Km

Category	Time	Name	Team Name	Team Category
Solo Male				
1	2:45:19	Graham Hammell		
2	3:14:29	David Shirley		
Male - in a Team of 4				
1	1:54:04	David Simpfendorfer	32 Flavours	T4 Open
2	2:03:09	Martin Worthy	Scary Green Pants	T4 Open
3	2:08:26	Christian De La Rica	Whippersnappers	T4 Open
Female - in a Team of 4				
1	2:26:46	Vanessa Knee	Jindy Quattro Divas	T4 Female
2	2:56:06	Leah Hovenden	Jelly Belles	T4 Female
3	3:16:13	Carol Lee	Roaring Forties	T4 Female
Male - in a Team of 12				
1	2:03:24	Craig Honeybrook	Sport & Spinal Physiotherapy	T12 Mixed
2	2:13:36	Adam Rawlings	MACPAK	T12 Mixed
3	2:14:14	Ian Warren	Sweet Lego	T12 Mixed
Female - in a Team of 12				
1	2:42:51	Tara Sutherland	Kaos	T12 Mixed
2	2:59:06	Helen Jeffs	Bold & the Old	T12 Mixed
3	3:30:03	Clare Paynter	ANUMC	T12 Open

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Swim 3 : 1.4Km

Category	Time	Name	Team Name	Team Category
Solo Male				
1	31:27	David Shirley		
2	35:50	Graham Hammell		
Male - in a Team of 4				
1	18:25	Howard Seligsohn	Sanwa Suckers	T4 Open
2	18:42	Heath Wade	32 Flavours	T4 Open
3	18:45	Dave Kelly	Bullfrogs	T4 Open
Female - in a Team of 4				
1	22:39	Joanne Helson	SHELLHARBOUR BLUE	T4 Open
2	22:41	Tina Smith	Flamin' Lambrettas	T4 Mixed
3	23:20	Tegan Makowski	Evan's Angels	T4 Mixed
Male - in a Team of 12				
1	17:45	Jacob Helson	Six of the best	T12 Open
2	20:56	Dave Kelly	Tadpoles	T12 Mixed
3	23:43	Rohan Smith	Gorillas	T12 Open
Female - in a Team of 12				
1	24:25	Beth Chaffers	Sweet Lego	T12 Mixed
2	25:23	Indira Shinn Rees	Clint Shinn and Team Gunuma	T12 Mixed
3	25:58	Rebecca O'Brien	Swim ride run paddle party harder	T12 Mixed

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Paddle 3 : 9.5Km

Category	Time	Name	Team Name	Team Category
Solo Male				
1	1:18:39	Graham Hammell		
2	1:20:28	David Shirley		
Male - in a Team of 4				
1	43:50	Ian Kennerley	Team Ranga	T4 Open
2	46:14	Simon Stenhouse	Scinda Simorm	T4 Open
3	48:06	Mark McDonald	32 Flavours	T4 Open
Female - in a Team of 4				
1	52:14	Karri Ryan	Evan's Angels	T4 Mixed
2	55:13	Kristy Benjamin	Jacuzzis	T4 Open
3	1:08:27	Sue Donoghoe	Phoenix	T4 Open
Male - in a Team of 12				
1	52:18	Martin Wells	Six of the best	T12 Open
2	55:25	Paul Cook	Magic Happens	T12 Mixed
3	56:42	Clint Shinn	Clint Shinn and Team Gunuma	T12 Mixed
Female - in a Team of 12				
1	59:06	Danielle Winslow	Sweet Lego	T12 Mixed
2	1:07:36	Nicole Andrews	Team Ti2	T12 Mixed
3	1:27:10	Lorena Blacklock	Molonglo 'Ice' Dragons	T12 Open

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Run 3 : 5Km

Category	Time	Name	Team Name	Team Category
Solo Male				
1	28:13	Graham Hammell		
2	35:17	David Shirley		
Male - in a Team of 4				
1	18:46	Alistair McClusky	Bullfrogs	T4 Open
2	19:47	Peter Clark	Trinova Twins	T4 Open
3	20:28	Kyle Glazier	SHELLHARBOUR BLUE	T4 Open
Female - in a Team of 4				
1	20:11	Meg Helson	Evan's Angels	T4 Mixed
2	23:08	Teresa Wynter	Team Spesh	T4 Mixed
3	24:00	Sharon Spink	Eden	T4 Open
Male - in a Team of 12				
1	20:23	Simon Everett	Sweet Lego	T12 Mixed
2	21:11	Hamish McDonald	Gorillas	T12 Open
3	21:43	Thomas O'Meara	Bold & the Old	T12 Mixed
Female - in a Team of 12				
1	24:29	Michelle Rojas	Amazzballs	T12 Mixed
2	25:33	Sarah Aedy	It's All Good	T12 Mixed
2	25:33	Peta MacKinnon	Tadpoles	T12 Mixed
2	25:33	Bronwen Sparkes	Team Ti2	T12 Mixed