



PORT MACQUARIE TRIATHLON CLUB

2015-16 Race 7 @Forster (400/15/4)

Sponsored by Forster Tri Club

10th Jan 2016 - Forster Keys



www.portmactriclub.com.au

Bib	Name	Gender	Swim	Bike	Run	Total	Grade	Points
5	Laura Cook	Female	0:05:33	0:26:23	0:19:07	0:51:03	A	826
23	Darleen Cheney	Female	0:06:57	0:27:21	0:17:56	0:52:14	A	807
58	Christine Lalor	Female	0:07:43	0:28:04	0:18:13	0:54:00	B	781
100	Jody Marson	Female	0:07:22	0:27:11	0:19:38	0:54:11	B	778
88	Rachele Sanderson	Female	0:09:08	0:29:05	0:20:53	0:59:06	C	713
111	Cassie Pensini	Female	0:07:05	0:31:25	0:22:41	1:01:11	C	689
91	Tanya Porto	Female	0:09:40	0:30:34	0:24:24	1:04:38	D	652
114	Singe Parish	Female	0:07:39	0:34:06	0:25:28	1:07:13	C	627
95	Beryl Wilson	Female	0:08:37	0:26:02	0:24:04	DNF	D	200
94	Trish Davis	Female	0:07:23	0:27:15	0:25:16	DNF	D	200
2	Harry Jones	Male	0:05:42	0:22:31	0:13:58	0:42:11	A	1000
1	James Sanderson	Male	0:06:36	0:24:17	0:16:28	0:47:21	A	890
77	Joel Armitage	Male	0:06:47	0:23:31	0:17:31	0:47:49	A	882
24	Ben Johnson	Male	0:06:34	0:25:03	0:17:52	0:49:29	A	852
11	David Wilkie	Male	0:07:20	0:24:41	0:17:38	0:49:39	A	849
103	Adrian Pensini	Male	0:07:48	0:27:49	0:18:16	0:53:53	C	782
104	Ron Wilson	Male	0:08:00	0:28:16	0:18:48	0:55:04	C	766
112	Steve Farrell	Male	0:06:55	0:28:42	0:20:01	0:55:38	C	758
50	David Hewitson	Male	0:07:09	0:29:57	0:18:52	0:55:58	B	753
128	Philip Gammon	Male	0:08:20	0:28:59	0:19:52	0:57:11	C	737
138	Rod Loveday	Male	0:09:58	0:27:52	0:21:32	0:59:22	D	710
97	Graham Pill	Male	0:08:49	0:30:29	0:23:05	1:02:23	D	676
96	Adam Dean	Male	0:09:43	0:32:17	0:22:42	1:04:42	D	651
3/4 Distance			300m	12km	3km	Total	Grade	Points
127	Isaac Sanderson	Male	0:04:54	0:21:53	0:11:44	0:38:31	Half	500
120	Bennett Powell	Male	0:05:49	0:19:02	0:15:57	0:40:48	Half	472

118	Ricky Pomroy	Male	0:06:40	0:24:45	0:15:59	0:47:24	Half	406	
119	Emily Pitt	Female	0:05:42	0:25:37	0:17:28	0:48:47	Half	394	
133	Martin Bennie	Male	0:06:04			DNF	Half	100	
1/2 Distance			200m	9km	2km	Total	Grade	Points	
160	Liana Williams	Female	0:04:27	0:22:22	0:10:04	0:36:53	Half	378	0:50:56
144	Kerry Williams	Female	0:05:10	0:21:46	0:12:03	0:38:59	Half	355	0:54:11