

Fastest Times for Each Event - Top 3

Swim 1 : 1.5Km

Category	Time	Name	Team Name	Team Category
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Solo Male

1	22:05	Jonathan Grady
2	26:14	Aston Duncan
3	26:21	Blake Fretwell

Solo Female

1	30:07	Ashlee Innes
2	30:33	Julie Quinn
3	34:50	Aimee McLaren

Male - in a Team of 3

1	22:51	Perry Blackmore	Geriathletes	T3 Open 50+
2	23:24	Ben Buchler	Stuffed Puffs	T3 Open
3	25:04	Toby (The Fish)	The Diggers	T3 Open

Female - in a Team of 3

1	23:13	Bridget Jones	Keepin Up with the Joneses	T3 Mixed
2	23:41	Claire Fishpool	Chafing Dreams	T3 Mixed
3	24:54	Merlene Dilger	Merlene Simon and Claire	T3 Mixed 50+

Male - in a Team of 9

1	21:15	Michael Pranckl	Mixed Bag	T9 Mixed
2	22:59	James Leckie	Team Pivot	T9 Open
3	23:09	Tim Waey	Not all those who wander are lost 2	T9 Mixed

Female - in a Team of 9

1	20:07	Manon Godefroy	Really Mixed Bag	T9 Mixed
2	23:11	Ruby Clark	Majura Machines	T9 Mixed
3	26:02	Kate Kristiansen	We Dont want cramps	T9 Mixed

Sri Chinmoy Triple Triathlon

Canberra, Australia : 9 Nov 2025

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Bike 1 : 36Km

Category	Time	Name	Team Name	Team Category
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Solo Male

1	1:55:42	Matt Shadwell
2	2:01:52	Blake Fretwell
3	2:05:18	Aston Duncan

Solo Female

1	2:16:43	Julie Quinn
2	2:29:42	Ashlee Innes
3	3:21:23	Aimee McLaren

Male - in a Team of 3

1	1:56:37	Richard Smyth	Geriathletes	T3 Open 50+
2	2:01:26	David Osmond	Stuffed Puffs	T3 Open
3	2:01:32	Kyle Wilson	Pirate Palava	T3 Open

Female - in a Team of 3

1	1:55:04	Cristy Henderson	Spring Chickens	T3 Female 50+
2	2:09:21	Catherine Hogg	Three little ducks went out one day	T3 Female
3	2:11:37	Leanne Haupt	Tri IP	T3 Mixed 50+

Male - in a Team of 9

1	1:39:57	Aaron Farlow	Not all those who wander are lost	T9 Mixed
2	1:47:51	Gavin Bates	Aquaholics Chafing The Dream	T9 Open
3	1:51:26	Keiran Andrusko	AgriAthletes	T9 Mixed

Female - in a Team of 9

1	1:43:52	Katherine Hosking	EmPower Rangers	T9 Mixed
2	2:06:41	Alice Patterson-Robert	Code Tri	T9 Mixed
3	2:08:21	Jacqui Allen	Giant Wollongong	T9 Female

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Run 1 : 22.4 Km

Category	Time	Name	Team Name	Team Category
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Solo Male

1	2:05:35	David Baldwin
2	2:15:55	Matt Shadwell
3	2:17:44	Aston Duncan

Solo Female

1	2:18:39	Julie Quinn
2	2:56:10	Ashlee Innes

Male - in a Team of 3

1	1:47:57	Thomas Allen	3 Amigos	T3 Open
2	1:49:37	Dan Chief of Digging	The Diggers	T3 Open
3	1:51:21	Moss Thompson	MEB	T3 Mixed

Female - in a Team of 3

1	2:02:49	Keira Germech	Chafing Dreams	T3 Mixed
2	2:12:58	Suzanne Ashley	Zone 2 Crew	T3 Mixed
3	2:21:03	Shannon Jones	Three little ducks went out one day	T3 Female

Male - in a Team of 9

1	1:35:39	Daniel Carson	Not all those who wander are lost	T9 Mixed
2	1:40:17	Josh Blatchford	Bilby Baggins	T9 Open
3	1:44:58	Nathan Frazer	Giant 440 Woodys 4Pete	T9 Open

Female - in a Team of 9

1	2:01:51	Josie Lemm	Majura Machines	T9 Mixed
2	2:07:57	Cassie Cohen	Canberra Carrots	T9 Open
3	2:10:01	Simona Martorana	Paddle Pedal Plod repeat	T9 Mixed

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Swim 2 : 3.0 Km

Category	Time	Name	Team Name	Team Category
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Solo Male

1	48:34	Jonathan Grady
2	1:00:18	Blake Fretwell
3	1:00:46	Aston Duncan

Solo Female

1	1:03:37	Julie Quinn
2	1:14:33	Ashlee Innes

Male - in a Team of 3

1	43:03	Ben Buchler	Stuffed Puffs	T3 Open
2	45:54	Perry Blackmore	Geriathletes	T3 Open 50+
3	48:04	Raymond Wang	Zone 2 Crew	T3 Mixed

Female - in a Team of 3

1	43:45	Claire Fishpool	Chafing Dreams	T3 Mixed
2	44:08	Bridget Jones	Keepin Up with the Joneses	T3 Mixed
3	44:42	Merlene Dilger	Merlene Simon and Claire	T3 Mixed 50+

Male - in a Team of 9

1	39:51	Benjamin Freeman	Kitsune	T9 Open
2	40:09	Karl Dittko	Aquaholics Chafing The Dream	T9 Open
3	40:23	Mike Brennan	Healthy Revenge	T9 Open

Female - in a Team of 9

1	40:41	Lauren Stumpf	Not all those who wander are lost	T9 Mixed
2	42:03	Kelly Henry	Shaun Is Optimistic	T9 Mixed
3	43:38	Eleanor St George	Tri-curious	T9 Mixed

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Bike 2 : 35.6 Km

Category	Time	Name	Team Name	Team Category
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Solo Male

1	2:03:58	Jonathan Grady
2	2:04:40	Blake Fretwell
3	2:05:13	Matt Shadwell

Solo Female

1	2:09:33	Julie Quinn
2	2:30:30	Ashlee Innes

Male - in a Team of 3

1	1:36:05	Kyle Wilson	Pirate Palava	T3 Open
2	1:39:55	Adrian Sheppard	Stuffed Puffs	T3 Open
3	1:44:31	Richard Smyth	Geriathletes	T3 Open 50+

Female - in a Team of 3

1	1:56:09	Susie Kluth	Spring Chickens	T3 Female 50+
2	1:57:13	Belinda Allison	Three little ducks went out one day	T3 Female
3	1:58:22	Leanne Haupt	Tri IP	T3 Mixed 50+

Male - in a Team of 9

1	1:28:01	Trevor Hill	The Multi Gens	T9 Open
2	1:28:15	Steve Williams	Team Pivot	T9 Open
3	1:30:00	David Simpfendorfer	Tripple Threats	T9 Open

Female - in a Team of 9

1	1:58:47	Rachel Poldy	Bear Hunt	T9 Mixed
2	2:00:53	Natalie Miller	The Disorientees	T9 Mixed
3	2:01:37	Carol Hartley	No Nuts Just Guts	T9 Female

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Run 2 : 11Km

Category	Time	Name	Team Name	Team Category
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Solo Male

1	1:05:45	David Baldwin
2	1:12:30	Matt Shadwell
3	1:19:49	Michael Culhane

Solo Female

1	1:05:48	Julie Quinn
2	1:34:34	Ashlee Innes

Male - in a Team of 3

1	46:18	Thomas Allen	3 Amigos	T3 Open
2	48:00	Moss Thompson	MEB	T3 Mixed
3	54:03	Glenn Paterson	Geriatric Athletes	T3 Open 50+

Female - in a Team of 3

1	58:11	Suzanne Ashley	Zone 2 Crew	T3 Mixed
2	58:37	Keira Germech	Chafing Dreams	T3 Mixed
3	1:01:06	Shannon Jones	Three little ducks went out one day	T3 Female

Male - in a Team of 9

1	41:56	Alexander Skeffington	Triple Threat	T9 Open
2	44:55	Craig Benson	Not all those who wander are lost	T9 Mixed
3	46:43	Dale Drummond	Paddle Pedal Plod repeat	T9 Mixed

Female - in a Team of 9

1	54:04	Michelle Bray	Lanwell Legends	T9 Mixed
2	54:34	Tarana Stubenrauch	Gators	T9 Mixed
3	57:55	Jessica Robson	Chafing the dream	T9 Open

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Swim 3 : 1.2Km

Category	Time	Name	Team Name	Team Category
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Solo Male

1	25:53	Jonathan Grady
2	33:02	Blake Fretwell
3	33:23	Adam Knight

Solo Female

1	36:00	Julie Quinn
2	49:59	Ashlee Innes

Male - in a Team of 3

1	20:49	Perry Blackmore	Geriatricles	T3 Open 50+
2	20:51	Dan Chief of Digging	The Diggers	T3 Open
3	22:26	Ben Buchler	Stuffed Puffs	T3 Open

Female - in a Team of 3

1	21:31	Bridget Jones	Keepin Up with the Joneses	T3 Mixed
2	24:15	Claire Fishpool	Chafing Dreams	T3 Mixed
3	25:16	Jody Mielke	Mielke madness	T3 Female

Male - in a Team of 9

1	19:35	Duke Shepherd	Bullseye	T9 Open
2	20:49	Robert Page	Not all those who wander are lost 2	T9 Mixed
3	20:55	James Leckie	Team Pivot	T9 Open

Female - in a Team of 9

1	21:37	Lauren Stumpf	Not all those who wander are lost	T9 Mixed
2	22:54	Natasha Kosev	Paddle Pedal Plod repeat	T9 Mixed
3	23:37	Jessica Simpson	Giant Wollongong	T9 Female

Fastest Times for Each Event - Top 3

Bike 3 : 23Km

Category	Time	Name	Team Name	Team Category
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Solo Male

1	1:26:51	Blake Fretwell
2	1:30:53	Matt Shadwell
3	1:37:51	Jonathan Grady

Solo Female

1	1:36:51	Julie Quinn
2	2:10:30	Ashlee Innes

Male - in a Team of 3

1	1:08:29	Ben Buchler	Stuffed Puffs	T3 Open
2	1:13:16	Kyle Wilson	Pirate Palava	T3 Open
3	1:20:11	Richard Smyth	Geriathletes	T3 Open 50+

Female - in a Team of 3

1	1:13:59	Cristy Henderson	Spring Chickens	T3 Female 50+
2	1:14:04	Teresa Kay	Chafing The Dream 2	T3 Mixed 50+
3	1:26:42	Leanne Haupt	Tri IP	T3 Mixed 50+

Male - in a Team of 9

1	1:04:26	Angus Apps	EmPower Rangers	T9 Mixed
2	1:07:52	David Simpfendorfer	Tripple Threats	T9 Open
3	1:09:18	Anthony Newman	Tri-curious	T9 Mixed

Female - in a Team of 9

1	1:30:27	Zoe Cameron	Awesome Foursome	T9 Mixed
2	1:31:15	Charlotte Petersen	Bear Hunt	T9 Mixed
3	1:34:10	Mikaela Rose	Giant Wollongong	T9 Female

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Run 3 : 13Km

Category	Time	Name	Team Name	Team Category
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Solo Male

1	1:15:16	David Baldwin
2	1:22:42	Blake Fretwell
3	1:31:35	Jonathan Grady

Solo Female

1	1:17:04	Julie Quinn
2	1:59:39	Ashlee Innes

Male - in a Team of 3

1	58:07	Thomas Allen	3 Amigos	T3 Open
2	1:01:45	Ross Hamilton	Tri IP	T3 Mixed 50+
3	1:06:41	Adrian Sheppard	Stuffed Puffs	T3 Open

Female - in a Team of 3

1	1:12:35	Suzanne Ashley	Zone 2 Crew	T3 Mixed
2	1:14:02	Keira Germech	Chafing Dreams	T3 Mixed
3	1:17:16	Belinda Allison	Three little ducks went out one day	T3 Female

Male - in a Team of 9

1	53:22	Monty Lloyd Jones	We Dont want cramps	T9 Mixed
2	54:15	Daniel Hopkins	Bullseye	T9 Open
3	56:24	Junn Wei Teng	Gators	T9 Mixed

Female - in a Team of 9

1	1:01:26	Ally Durr	Bullfrogs	T9 Open
2	1:02:05	Julia Murphy	Not all those who wander are lost 2	T9 Mixed
3	1:09:32	Teresa Wynter	Keeping it Real	T9 Mixed