

Results Key...

DNC A lap was defaulted
(pink background)
DNF Did Not Finish the race

Placings Key

3:57:59 Leg Time
Overall Place **32** **3** **10** **2** Group Place by sex
Category Place Overall Place by sex

Race Results - Category Lake Burley Griffin, Canberra : 4 Dec 2016

Male Team : 2 Entries		O'all Dif		Individual Leg Splits					
Cat	PI	Athlete or Team Name	O'all PI	Race Time	Cat Dif	Swim 1 : 1.79 Km	Swim 2 : 2.53 Km	Swim 3 : 2.76 Km	Swim 4 : 1.87 Km
1	441	3 Mates and a Carp	8	2:30:34	31:49	Greg Mitchell 29:18 30 1 18 3	Matty Hardy 42:58 10 1 7 2	Tyrone Compton 49:10 9 2 6 2	Mick Hanbury 29:08 13 1 10 1
		Male Team							
2	442	Fotitude Performance Coaching	13	2:35:09	36:24	Daryl Read 29:26 31 2 19 4	David Williams 47:34 18 2 12 3	Todd Hayword 45:48 7 1 5 1	Hayden Price 32:21 24 2 15 3
		Male Team							

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Overall Place: 32, 3, 10, 2
 Category Place: 3, 10, 2
 Overall Place by sex: 10, 2
 Leg Time: 3:57:59
 Group Place by sex: 10, 2

Race Results - Category Lake Burley Griffin, Canberra : 4 Dec 2016

Female Team : 9 Entries		O'all Dif		Individual Leg Splits					
Cat	PI	Athlete or Team Name	O'all PI	Race Time	Cat Dif	Swim 1 : 1.79 Km	Swim 2 : 2.53 Km	Swim 3 : 2.76 Km	Swim 4 : 1.87 Km
1	489	19	45:21	2:44:06		Claire Fishpool 29:07 27 1 10 1	Katie Binstock 47:58 20 1 8 1	Claire Fishpool 57:21 18 1 7 1	Katie Binstock 29:40 17 1 6 1
Female Team									
2	488	33	58:06	2:56:51	12:45	Jacqui Pham 32:14 43 2 16 2	Chaitanya Oehmigara 50:26 28 2 13 2	Lauren Hendriks 1:01:19 30 3 12 3	Michelle Welch 32:52 30 3 12 3
Female Team									
3	485	46	1:20:27	3:19:12	35:06	Stephanie Anderson 33:58 48 3 19 3	Merilyn Basset 1:13:58 64 9 32 10	Heather Gow-Carey 59:54 26 2 10 2	Liz Draper 31:22 20 2 8 2
Female Team									
4	483	47	1:23:18	3:22:03	37:57	Emma Rees 34:58 50 4 20 4	Indira Shinn Rees 57:08 47 3 19 3	Indira Shinn Rees 1:10:26 46 5 21 5	Helen Gray 39:31 52 6 24 6
Female Team									
5	482	48	1:26:21	3:25:06	41:00	Melissa Nickols 38:02 57 7 27 7	Rebecca Fabrizi 57:44 48 4 20 4	Claire Stutchbury 1:07:22 41 4 18 4	Megan Carters 41:58 54 7 25 7
Female Team									
6	486	49	1:29:05	3:27:50	43:44	Liz Eedle 35:48 53 5 23 5	Karen Foat 1:02:56 54 6 23 6	Jessica Faulks 1:12:26 48 6 22 6	Samantha Rampant 36:40 44 5 20 5
Female Team									

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Group Place by sex

Category Place

Overall Place by sex

Race Results - Category Lake Burley Griffin, Canberra : 4 Dec 2016

7	484	54	1:39:25	Polly Templeton	Katharine Silk	Petra Mossop	Lindy Dunn
	Fit and fabulous	3:38:10	54:04	37:51	1:03:23	1:22:01	34:55
Female Team				56 6 26 6	55 7 24 7	57 7 27 7	39 4 17 4
8	487	59	2:08:23	Alana Samodol	Kirsten Simpkins	Marijke Welvaert	Kerry Percival
	The non-competers	4:07:08	1:23:02	39:06	1:00:30	1:37:56	49:36
Female Team				61 9 30 9	49 5 21 5	64 9 32 10	62 8 30 9
9	481	63	2:12:58	Ingrid Chapman	Kye Porritt	Julie Lambert	Elaine Hipwell
	The Waterbirthers	4:11:43	1:27:37	38:04	1:11:19	1:26:51	55:29
Female Team				58 8 28 8	61 8 29 8	58 8 28 8	63 9 31 10

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32 Overall Place
3 Category Place
10 Overall Place by sex
2 Group Place by sex

Race Results - Category Lake Burley Griffin, Canberra : 4 Dec 2016

Mixed Team : 4 Entries		O'all Dif		Individual Leg Splits					
Cat	PI	Athlete or Team Name	O'all PI	Race Time	Cat Dif	Swim 1 : 1.79 Km	Swim 2 : 2.53 Km	Swim 3 : 2.76 Km	Swim 4 : 1.87 Km
1	403	The Swimpsons	7	2:23:00	24:15	Oscar Johnston 24:10 9 2 6 2	Kylie Messgae 46:19 15 3 4 1	Guy Jones 45:41 6 1 4 1	Oscar Johnston 26:50 7 2 5 2
		Mixed Team							
2	404	Just Keep Swimming	25	2:50:19	51:34	Rowan Beggs-French 23:53 8 1 5 1	Rowan Beggs-French 41:39 6 1 4 1	Amy Beggs-French 1:05:26 37 2 16 1	Daina Hyatt 39:21 51 4 23 1
		Mixed Team							
3	402	Pat-O's Despair - #4Pete	31	2:55:44	56:59	Jacqueline Oberg 33:23 46 3 18 1	Jason Pattison 42:10 8 2 6 2	Andrew Oberg 1:13:45 50 4 27 2	Jason Pattison 26:26 6 1 4 1
		Mixed Team							
4	401	Vikings 4	56	3:45:51	1:47:06	Sue Wirken 44:00 62 4 31 2	Emma Parker 1:11:28 62 4 30 2	Sue Bowden 1:13:29 49 3 23 2	Geoff Williams 36:54 46 3 26 3
		Mixed Team							

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Overall Place

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3

10

2

Group Place by sex

Category Place

Overall Place by sex

Race Results - Category Lake Burley Griffin, Canberra : 4 Dec 2016

Female Team All Over 60 : 1 Entries

Cat	PI	Athlete or Team Name	O'all PI	Race Time	O'all Dif	Swim 1 : 1.79 Km	Swim 2 : 2.53 Km	Swim 3 : 2.76 Km	Swim 4 : 1.87 Km
1	496	S.A.S.S.Y	64	4:22:32	2:23:47	Deborah Johns 46:22 63 1 32 10	Helen Rubin 1:12:32 63 1 31 9	Helen Rubin 1:35:25 62 1 31 9	Deborah Johns 48:13 60 1 29 8
Female Team All Over 60									

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3:57:59 Leg Time

Overall Place

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Group Place by sex

Category Place

Overall Place by sex

Race Results - Category Lake Burley Griffin, Canberra : 4 Dec 2016

Male Team All Over 50 : 1 Entries		O'all Dif		Individual Leg Splits					
Cat	PI	Athlete or Team Name	O'all PI	Race Time	Cat Dif	Swim 1 : 1.79 Km	Swim 2 : 2.53 Km	Swim 3 : 2.76 Km	Swim 4 : 1.87 Km
1	471	Rod and Reel	9	2:31:48	33:03	Andrew Dawes 23:51 7 1 4 1	Rodney Smith 41:41 7 1 5 1	Andrew Dawes 54:51 15 1 11 3	Rodney Smith 31:25 21 1 13 2
Male Team All Over 50									

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Overall Place **32** **3** **10** **2** Group Place by sex
Category Place Overall Place by sex

Race Results - Category Lake Burley Griffin, Canberra : 4 Dec 2016

Male Team All Over 60 : 2 Entries		O'all Dif		Individual Leg Splits					
Cat	PI	Athlete or Team Name	O'all PI	Race Time	Cat Dif	Swim 1 : 1.79 Km	Swim 2 : 2.53 Km	Swim 3 : 2.76 Km	Swim 4 : 1.87 Km
1	476	The Old Guys	22	2:48:33	49:48	Alex Gosman 28:11 22 1 14 2	Alex Gosman 49:44 26 1 14 4	Terry Dixon 57:55 20 1 12 4	Terry Dixon 32:43 28 1 18 4
		Male Team All Over 60							
2	477	Anything's possible	61	4:10:33	2:11:48 1:22:00	Geoff Barker 48:19 64 2 32 5	Ron Brent 1:02:24 53 2 31 5	John Kennedy 1:14:06 51 2 28 5	Lachlan Lewis 1:05:44 64 2 33 5
		Male Team All Over 60							

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Leg Time

Group Place by sex

Category Place

Overall Place by sex

Race Results - Category Lake Burley Griffin, Canberra : 4 Dec 2016

Solo Female 50-59 : 1 Entries

Cat	PI	Athlete or Team Name	O'all PI	Race Time	O'all Dif	Individual Leg Splits			
					Cat Dif	Swim 1 : 1.79 Km	Swim 2 : 2.53 Km	Swim 3 : 2.76 Km	Swim 4 : 1.87 Km
1	251	Nicolee Martin	24	2:50:13	51:28	27:19	48:43	1:00:27	33:44
		Solo Female 50-59				18 1 7	23 1 11	28 1 11	34 1 14

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Overall Place

32

3

10

2

Group Place by sex

Category Place

Overall Place by sex

Race Results - Category Lake Burley Griffin, Canberra : 4 Dec 2016

Solo Female 50-59 Wetsuit : 1 Entries

O'all Dif

Individual Leg Splits

Cat	PI	Athlete or Team Name	O'all PI	Race Time	Cat Dif	Swim 1 : 1.79 Km	Swim 2 : 2.53 Km	Swim 3 : 2.76 Km	Swim 4 : 1.87 Km
1	752	Sue Lyon	42	3:10:30	1:11:45	32:00	55:19	1:06:34	36:37
		Solo Female 50-59 Wetsuit				42 1 15	41 1 16	39 1 17	43 1 19

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Overall Place

32 3

10 2

Leg Time
Group Place by sex

Category Place

Overall Place by sex

Race Results - Category Lake Burley Griffin, Canberra : 4 Dec 2016

Solo Female 60-69 : 2 Entries		O'all Dif		Individual Leg Splits					
Cat	PI	Athlete or Team Name	O'all PI	Race Time	Cat Dif	Swim 1 : 1.79 Km	Swim 2 : 2.53 Km	Swim 3 : 2.76 Km	Swim 4 : 1.87 Km
1	342	Jannion Di Tommaso	44	3:15:38	1:16:53	33:01	56:54	1:09:46	35:57
		Solo Female 60-69				44 1 17	46 1 18	45 1 20	42 1 18
2	341	Pauline English	53	3:35:57	1:37:12	36:40	1:01:44	1:18:19	39:14
		Solo Female 60-69				54 2 24	50 2 22	54 2 25	50 2 22

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Overall Place **32** **3** **10** **2** Leg Time
 Group Place by sex
 Category Place Overall Place by sex

Race Results - Category Lake Burley Griffin, Canberra : 4 Dec 2016

Solo Female Under 50 : 12 Entries		O'all Dif		Individual Leg Splits					
Cat	PI	Athlete or Team Name	O'all PI	Race Time	Cat Dif	Swim 1 : 1.79 Km	Swim 2 : 2.53 Km	Swim 3 : 2.76 Km	Swim 4 : 1.87 Km
1	111	Emma Gillingham	2	2:05:10	6:25	21:21 3 2 2	37:08 3 2 2	42:36 1 1 1	24:05 2 1 1
Solo Female Under 50									
2	109	Isabella Coghlan	3	2:07:40	8:55	21:20 2 1 1	36:50 2 1 1	44:07 3 2 2	25:23 5 2 2
Solo Female Under 50									
3	101	Jenna Freeman	6	2:21:21	22:36	22:58 6 3 3	42:33 9 3 3	48:32 8 3 3	27:18 8 3 3
Solo Female Under 50									
4	104	Melissa Joy	15	2:37:29	38:44	26:31 13 4 4	46:40 16 4 5	53:32 10 4 4	30:46 18 6 7
Solo Female Under 50									
5	103	Anna Doubell	16	2:42:44	43:59	29:11 29 8 12	48:13 21 6 9	56:10 17 6 6	29:10 14 4 4
Solo Female Under 50									
6	110	Rachael Elkaim	17	2:42:46	44:01	29:10 28 7 11	48:19 22 7 10	56:02 16 5 5	29:15 15 5 5
Solo Female Under 50									

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Race Results - Category Lake Burley Griffin, Canberra : 4 Dec 2016

7	112	20	46:30																		
Emma Radford			2:45:15	40:05																	
Solo Female Under 50					27:01				47:13					58:14						32:47	
					15	5	6		17	5	6			22	7	9			29	8	11
8	106	28	53:30																		
Bronwen Puleston-Jones			2:52:15	47:05																	
Solo Female Under 50					27:54				49:41					1:02:05						32:35	
					20	6	8		25	8	12			32	8	14			27	7	10
9	107	35	1:00:31																		
Lisa Moore			2:59:16	54:06																	
Solo Female Under 50					30:21				52:22					1:03:34						32:59	
					37	9	14		34	9	15			33	9	15			31	9	13
10	113	52	1:35:04																		
Helen Walpole			3:33:49	1:28:39																	
Solo Female Under 50					35:25				1:03:59					1:17:30						36:55	
					52	10	22		56	10	25			53	10	24			47	10	21
11	108	58	2:00:40																		
Alex Roberts			3:59:25	1:54:15																	
Solo Female Under 50					36:43				1:08:40					1:28:38						45:24	
					55	11	25		58	11	27			59	11	29			55	11	26
12	105	60	2:09:53																		
Changyue Zhu			4:08:38	2:03:28																	
Solo Female Under 50					38:43				1:10:09					1:33:14						46:32	
					60	12	29		60	12	28			61	12	30			59	12	28

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3:57:59 Leg Time

Overall Place

32 3

10 2

Group Place by sex

Category Place

Overall Place by sex

Race Results - Category Lake Burley Griffin, Canberra : 4 Dec 2016

Solo Female Under 50 Wetsuit		4 Entries	O'all Dif	Individual Leg Splits					
Cat	PI	Athlete or Team Name	O'all PI	Race Time	Cat Dif	Swim 1 : 1.79 Km	Swim 2 : 2.53 Km	Swim 3 : 2.76 Km	Swim 4 : 1.87 Km
1	602	Sarah Murphy	18	2:44:00	45:15	26:47 14 1 5	47:50 19 1 7	57:30 19 1 8	31:53 22 1 9
Solo Female Under 50 Wetsuit									
2	605	Alison Taylor	32	2:56:04	57:19	28:43 26 2 9	50:51 31 2 14	1:01:39 31 2 13	34:51 37 3 16
Solo Female Under 50 Wetsuit									
3	604	Jessica Slinn	40	3:08:25	1:09:40	30:19 36 3 13	56:11 43 3 17	1:07:33 43 3 19	34:22 35 2 15
Solo Female Under 50 Wetsuit									
4	603	Jennie Sheppard	55	3:40:42	1:41:57	35:01 51 4 21	1:04:52 57 4 26	1:20:52 56 4 26	45:41 56 4 27
Solo Female Under 50 Wetsuit									

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3:57:59 Leg Time
Overall Place **32** **3** **10** **2** Group Place by sex
Category Place Overall Place by sex

Race Results - Category Lake Burley Griffin, Canberra : 4 Dec 2016

Solo Male 50-59 : 3 Entries		O'all Dif		Individual Leg Splits					
Cat	PI	Athlete or Team Name	O'all PI	Race Time	Cat Dif	Swim 1 : 1.79 Km	Swim 2 : 2.53 Km	Swim 3 : 2.76 Km	Swim 4 : 1.87 Km
1	202	Lloyd Dobson	23	2:49:50	51:05	29:29 33 1 21	50:50 29 1 16	58:10 21 1 13	31:21 19 1 12
		Solo Male 50-59							
2	203	Chris Mill	38	3:05:33	1:06:48	31:11 39 2 25	53:35 39 2 24	1:04:59 36 2 21	35:48 41 2 24
		Solo Male 50-59							
3	201	Tim Garrett	62	4:11:32	2:12:47	38:10 59 3 31	1:09:46 59 3 32	1:37:13 63 3 32	46:23 58 3 31
		Solo Male 50-59							

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Placings Key

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Overall Place

32 3

Category Place

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Leg Time

Group Place by sex

Race Results - Category Lake Burley Griffin, Canberra : 4 Dec 2016

Solo Male 50-59 Wetsuit : 2 Entries

Cat	PI	Athlete or Team Name	O'all PI	Race Time	O'all Dif	Individual Leg Splits			
						Cat Dif	Swim 1 : 1.79 Km	Swim 2 : 2.53 Km	Swim 3 : 2.76 Km
1	703	Peter Turner	37	3:03:09	1:04:24	29:37	52:26	1:05:38	35:28
		Solo Male 50-59 Wetsuit				35 1 23	36 1 21	38 1 22	40 2 23
2	701	John Macleay	41	3:10:01	1:11:16	33:12	55:29	1:06:56	34:24
		Solo Male 50-59 Wetsuit				45 2 28	42 2 26	40 2 23	36 1 21

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3:57:59

Overall Place

32 3

10 2

Leg Time
Group Place by sex

Category Place

Overall Place by sex

Race Results - Category Lake Burley Griffin, Canberra : 4 Dec 2016

Solo Male 60-69 : 2 Entries		O'all Dif		Individual Leg Splits					
Cat	PI	Athlete or Team Name	O'all PI	Race Time	Cat Dif	Swim 1 : 1.79 Km	Swim 2 : 2.53 Km	Swim 3 : 2.76 Km	Swim 4 : 1.87 Km
1	302	Greg Gourley	36	2:59:36	1:00:51	29:31	50:50	1:04:24	34:51
		Solo Male 60-69				34 1 22	29 1 16	34 1 19	37 1 22
2	301	Jim Donaldson	57	3:54:16	1:55:31	33:40	1:02:11	1:29:23	49:02
		Solo Male 60-69				47 2 29	52 2 30	60 2 31	61 2 32

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Race Results - Category Lake Burley Griffin, Canberra : 4 Dec 2016

Solo Male 60-69 Wetsuit : 1 Entries

Cat		PI	Athlete or Team Name	O'all PI	Race Time	O'all Dif	Cat Dif	Swim 1 : 1.79 Km	Swim 2 : 2.53 Km	Swim 3 : 2.76 Km	Swim 4 : 1.87 Km
1		801	Bob Welldon	45	3:17:02	1:18:17		30:31	56:11	1:11:15	39:05
			Solo Male 60-69 Wetsuit					38 1 24	43 1 27	47 1 26	49 1 28

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Race Results - Category Lake Burley Griffin, Canberra : 4 Dec 2016

Solo Male 80+ Wetsuit : 1 Entries		O'all Dif		Individual Leg Splits					
Cat	PI	Athlete or Team Name	O'all PI	Race Time	Cat Dif	Swim 1 : 1.79 Km	Swim 2 : 2.53 Km	Swim 3 : 2.76 Km	Swim 4 : 1.87 Km
1	891	Geoff Llewellyn	51	3:33:35	1:34:50	34:16	1:02:04	1:16:14	41:01
		Solo Male 80+ Wetsuit				49 1 30	51 1 29	52 1 29	53 1 29

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Race Results - Category Lake Burley Griffin, Canberra : 4 Dec 2016

Solo Male Under 50 : 15 Entries		O'all Dif		Individual Leg Splits					
Cat	PI	Athlete or Team Name	O'all PI	Race Time	Cat Dif	Swim 1 : 1.79 Km	Swim 2 : 2.53 Km	Swim 3 : 2.76 Km	Swim 4 : 1.87 Km
1	1	Benjamin Freeman	1	1:58:45		20:07 1 1 1	35:15 1 1 1	43:52 2 1 1	19:31 1 1 1
Solo Male Under 50									
2	2	Eskindir Gavel	4	2:08:54	10:09	21:34 5 3 3	37:15 4 2 2	44:52 4 2 2	25:13 3 2 2
Solo Male Under 50									
3	3	Ned Wieland	5	2:10:29	11:44	21:27 4 2 2	38:06 5 3 3	45:38 5 3 3	25:18 4 3 3
Solo Male Under 50									
4	7	Michael Prancki	10	2:32:42	33:57	24:47 10 4 7	45:21 12 5 9	53:33 11 4 7	29:01 11 5 8
Solo Male Under 50									
5	16	Gary Odewahn	11	2:32:43	33:58	25:09 11 5 8	44:59 11 4 8	53:33 11 4 7	29:02 12 6 9
Solo Male Under 50									
6	14	Ant Schwager	14	2:35:43	36:58	27:01 15 6 10	45:26 13 6 10	53:54 13 6 9	29:22 16 7 11
Solo Male Under 50									

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13	15	39	1:07:21										
Simon Peter Price			3:06:06	1:07:21	31:13	53:12	1:04:48	36:53					
Solo Male Under 50					40 14 26	38 13 23	35 12 20	45 13 25					
14	5	43	1:16:52										
Kane Orr			3:15:37	1:16:52	31:35	56:51	1:08:30	38:41					
Solo Male Under 50					41 15 27	45 15 28	44 14 25	48 14 27					
15	8	50	1:30:53										
Oliver Mill			3:29:38	1:30:53	28:40	55:08	1:19:55	45:55					
Solo Male Under 50					25 12 17	40 14 25	55 15 30	57 15 30					

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Group Place by sex

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Overall Place by sex

Race Results - Category Lake Burley Griffin, Canberra : 4 Dec 2016

Solo Male Under 50 Wetsuit		1 Entries	O'all Dif	Individual Leg Splits					
Cat	PI	Athlete or Team Name	O'all PI	Race Time	Cat Dif	Swim 1 : 1.79 Km	Swim 2 : 2.53 Km	Swim 3 : 2.76 Km	Swim 4 : 1.87 Km
1	502	John Sheely	12	2:34:40	35:55	25:27	46:03	54:21	28:49
		Solo Male Under 50 Wetsuit				12 1 9	14 1 11	14 1 10	10 1 7