

Self-Transcendence Triple-Triathlon

Canberra, Australia : 23 Nov 2003

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	22:38	Wayne Ellis		
2	26:46	Mark Hutchings		
3	26:48	Mark Davis		

Solo Female

1	29:29	Alina McMaster		
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Male - in a Team of 3

1	20:32	Greg Cox	Dog's Breakfast	T3 Male
2	20:36	Cameron Boland	Kill-Roy	T3 Male
3	21:36	David Glen	The Leura Boys	T3 Male

Female - in a Team of 3

1	24:33	Rachel Meyer	Lisa's Triple-Tri Triplets	T3 Female
2	26:16	Robyn Barker	dirty dames	T3 Female
3	27:54	Kerrie Muir	Skanky Ho's	T3 Female

Male - in a Team of 9

1	20:46	Rian McDermid	Grumpy Old Men	T9 Male
2	21:35	Simon Thompson	55 Bonython	T9 Mixed
3	21:42	Luke Grattan	Hard Old Fellas	T9 Male

Female - in a Team of 9

1	22:15	Helen Douglass	Go Go Girls	T9 Female
2	22:22	Tegan Makowski	Dead Set Legend Bilbys	T9 Mixed
3	22:35	Sarah Dick	Balmoral Part 2	T9 Mixed

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Bike 1 : 35Km

Category	Time	Name	Team Name	Team Category
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Solo Male

1	1:49:55	Tom Landon-Smith		
2	1:56:59	Juan Carlos Popelka		
3	1:57:42	Mark Hutchings		

Solo Female

1	2:14:00	Alina McMaster		
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Male - in a Team of 3

1	1:31:44	Paul Crake	Dog's Breakfast	T3 Male
2	1:34:31	Adrian Sheppard	Puffed Puffy Puffcakes	T3 Male
3	1:38:18	David Osmond	Where's Roy?	T3 Male

Female - in a Team of 3

1	2:01:04	Adair Ferguson	dirty dames	T3 Female
2	2:02:20	Heidi Flaxman	Skanky Ho's	T3 Female
3	2:10:37	Leone Jansen	The Suffering Jets	T3 Female

Male - in a Team of 9

1	1:36:24	David Newton	55 Bonython	T9 Mixed
2	1:37:14	Rod Higgins	Where's My Pancakes	T9 Mixed
3	1:38:47	Gary Scheld	Hard Old Fellas	T9 Male

Female - in a Team of 9

1	2:04:50	Anne Broadbent	Oh Oh Oh	T9 Mixed
2	2:09:41	Sarah Wilson	Speedin Truckies	T9 Mixed
3	2:15:28	Rebecca Thomson	Rock-ettes Refined	T9 Female

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Fastest Times for Each Event - Top 3

Run 1 : 20Km

Category	Time	Name	Team Name	Team Category
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Solo Male

1	1:46:57	Tom Landon-Smith		
2	1:50:12	Carl Fellows		
3	1:50:49	Brett Currie		

Solo Female

1	1:59:40	Alina McMaster		
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Male - in a Team of 3

1	1:17:59	Vincent Craig	Puffed Puffy Puffcakes	T3 Male
2	1:21:52	Tim Shillington	The Very Happy Gilmours	T3 Male
3	1:24:32	Trevor Jacobs	Where's Roy?	T3 Male

Female - in a Team of 3

1	1:40:34	Elsie Dines	Rollmops	T3 Mixed
2	1:41:27	Belinda Bradberry	Triple Treats	T3 Female
3	1:41:52	Jane Zeller	Team JZZ	T3 Mixed

Male - in a Team of 9

1	1:17:52	Stuart Doyle	Where's My Pancakes	T9 Mixed
2	1:18:30	Bradley Croker	ULLADULLA RATS	T9 Mixed
3	1:18:48	John Winsbury	Slow Twitch	T9 Mixed

Female - in a Team of 9

1	1:38:11	Sarah Fein	Nonyn-tea nonyn per cent fat free-yee	T9 Mixed
2	1:38:54	Susan Sprague	Tri Harders	T9 Mixed
3	1:41:18	Heather Logie	Tri Hards	T9 Mixed

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Swim 2 : 3.5Km

Category	Time	Name	Team Name	Team Category
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Solo Male

1	54:24	Mark Davis		
2	56:14	Mark Hutchings		
3	1:00:49	Brett Currie		

Solo Female

1	1:03:55	Alina McMaster		
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Male - in a Team of 3

1	39:33	Greg Cox	Dog's Breakfast	T3 Male
2	40:54	Cameron Boland	Kill-Roy	T3 Male
3	42:36	Matthew Glen	The Leura Boys	T3 Male

Female - in a Team of 3

1	49:43	Rachel Meyer	Lisa's Triple-Tri Triplets	T3 Female
2	53:04	Robyn Barker	dirty dames	T3 Female
3	55:17	Megan Ryan	The Suffering Jets	T3 Female

Male - in a Team of 9

1	40:24	John Fox	Norris' Numbskulls	T9 Mixed
2	43:48	Luke Grattan	Hard Old Fellas	T9 Male
3	44:14	Sascha Saharov	Nine Lives	T9 Mixed

Female - in a Team of 9

1	42:56	Lotte Wilms	The Nonapods	T9 Mixed
2	45:34	Sally Parker	Where's My Pancakes	T9 Mixed
3	46:32	A Houston	Geoffrey	T9 Mixed

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Fastest Times for Each Event - Top 3

Bike 2 : 40Km

Category	Time	Name	Team Name	Team Category
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Solo Male

1	2:14:02	Mark Davis		
2	2:16:47	Carl Fellows		
3	2:20:50	Mark Hutchings		

Solo Female

1	2:36:14	Alina McMaster		
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Male - in a Team of 3

1	1:42:43	Paul Crake	Dog's Breakfast	T3 Male
2	1:45:47	Adrian Sheppard	Puffed Puffy Puffcakes	T3 Male
3	1:51:20	David Osmond	Where's Roy?	T3 Male

Female - in a Team of 3

1	2:12:18	Heidi Flaxman	Skanky Ho's	T3 Female
2	2:19:53	Julie Quinn	Lisa's Triple-Tri Triplets	T3 Female
3	2:27:30	Natasha Herron	The Suffering Jets	T3 Female

Male - in a Team of 9

1	1:40:34	Simon Thompson	55 Bonython	T9 Mixed
2	1:47:35	Matt Lenahan	Just Testing	T9 Male
3	1:49:20	Anthony Evans	Wood Peckers	T9 Mixed

Female - in a Team of 9

1	2:00:32	Belinda Allison	Nonyn-tea nonyn per cent fat free-yee	T9 Mixed
2	2:10:33	Eva Val	Eva's Divas	T9 Mixed
3	2:14:38	Penny Burrell	Triathletes of Mass Destruction	T9 Mixed

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Fastest Times for Each Event - Top 3

Run 2 : 12Km

Category	Time	Name	Team Name	Team Category
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Solo Male

1	1:02:20	Mark Davis
2	1:04:09	Carl Fellows
3	1:05:12	Brett Currie

Solo Female

1	1:08:15	Alina McMaster
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Male - in a Team of 3

1	40:54	Vincent Craig	Puffed Puffy Puffcakes	T3 Male
2	47:10	Steve Bradford	Dog's Breakfast	T3 Male
3	47:11	Trevor Jacobs	Where's Roy?	T3 Male

Female - in a Team of 3

1	53:54	Rachel Meyer	Lisa's Triple-Tri Triplets	T3 Female
2	54:04	Kerrie Muir	Skanky Ho's	T3 Female
3	55:15	Jane Zeller	Team JZZ	T3 Mixed

Male - in a Team of 9

1	43:28	Anthony Perry	Hard Old Fellas	T9 Male
2	43:29	Steve Sitko	Gai's Gang	T9 Mixed
3	43:34	Andrew Bennie	ULLADULLA RATS	T9 Mixed

Female - in a Team of 9

1	52:37	Sacha Fulton	Astro Boys/Girls	T9 Mixed
2	52:51	Fiona Hedgecoe	55 Bonython	T9 Mixed
3	55:43	Kerrie Bremner	tri-synergy	T9 Mixed

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Fastest Times for Each Event - Top 3

Swim 3 : 1.2Km

Category	Time	Name	Team Name	Team Category
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Solo Male

1	25:18	Brett Currie		
2	27:49	Mark Davis		
3	28:32	Matt Acheson		

Solo Female

1	29:46	Alina McMaster		
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Male - in a Team of 3

1	16:21	Greg Cox	Dog's Breakfast	T3 Male
2	16:38	Cameron Boland	Kill-Roy	T3 Male
3	17:54	John Fleming	The Background Lurkers	T3 Male

Female - in a Team of 3

1	22:43	Megan Ryan	The Suffering Jets	T3 Female
2	24:19	Sam Reinhardt	Lisa's Triple-Tri Triplets	T3 Female
3	24:59	Emily Whitten	Lactic Mayhem	T3 Mixed

Male - in a Team of 9

1	17:54	Aaron Farlow	Just in Time	T9 Male
2	18:47	Ivan Gavazov	Rhabdomyolysis All-Stars	T9 Mixed
3	19:05	Chris Allen	Balmoral Part 1	T9 Mixed

Female - in a Team of 9

1	18:27	Sarah Dick	Balmoral Part 2	T9 Mixed
2	20:29	Scarlet Reid	Nonyn-tea nonyn per cent fat free-yea	T9 Mixed
3	23:01	Maria Hancock	Hash House Harriers - ON BACK	T9 Mixed

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Fastest Times for Each Event - Top 3

Bike 3 : 24Km

Category	Time	Name	Team Name	Team Category
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Solo Male

1	1:32:22	Carl Fellows
2	1:34:10	Mark Davis
3	1:35:11	Brett Currie

Solo Female

1	1:43:27	Alina McMaster
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Male - in a Team of 3

1	58:01	Stewart Shaw	Kill-Roy	T3 Male
2	1:02:04	Paul Crake	Dog's Breakfast	T3 Male
3	1:09:00	Adrian Sheppard	Puffed Puffy Puffcakes	T3 Male

Female - in a Team of 3

1	1:26:54	Heidi Flaxman	Skanky Ho's	T3 Female
2	1:30:06	Julie Quinn	Lisa's Triple-Tri Triplets	T3 Female
3	1:38:18	Natasha Herron	The Suffering Jets	T3 Female

Male - in a Team of 9

1	1:04:36	David Newton	55 Bonython	T9 Mixed
2	1:05:03	Warren Burgess	Balmoral Part 2	T9 Mixed
3	1:05:36	Jason Hart	A Feisty Mob	T9 Mixed

Female - in a Team of 9

1	1:15:23	Emily Viner	Where's My Pancakes	T9 Mixed
2	1:16:33	Jo Mills	Slow Twitch	T9 Mixed
3	1:23:01	Mary Fien	tri-synergy	T9 Mixed

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Fastest Times for Each Event - Top 3

Run 3 : 13Km

Category	Time	Name	Team Name	Team Category
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Solo Male

1	1:11:21	Brett Currie		
2	1:17:17	Carl Fellows		
3	1:20:41	Matt Acheson		

Solo Female

1	1:25:21	Alina McMaster		
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Male - in a Team of 3

1	54:13	Anthony Millgate	Puffed Puffy Puffcakes	T3 Male
2	55:44	Daryn James	Ringwood Tri Club	T3 Mixed
3	59:18	David Glen	The Leura Boys	T3 Male

Female - in a Team of 3

1	1:11:25	Elsie Dines	Rollmops	T3 Mixed
2	1:12:49	Anna Thompson	Skanky Ho's	T3 Female
3	1:15:05	Joanne Chapman	Triple Treats	T3 Female

Male - in a Team of 9

1	49:00	Anthony Haber	Where's My Pancakes	T9 Mixed
2	51:49	Wayne Corlis	Hard Old Fellas	T9 Male
3	52:10	Simon Thompson	55 Bonython	T9 Mixed

Female - in a Team of 9

1	1:03:20	Jodie De Souza	Now Enough Women	T9 Mixed
2	1:04:46	Irena Wasko	Balmoral Part 1	T9 Mixed
3	1:05:26	Sarah Wilson	Speedin Truckies	T9 Mixed