

## Stroke n' Stride 2018 - Race 1 Results

Individual										
Female										
Overall M/F	Team M/F	Team Mixed	Age Group	Bib	Name	Age	AG	Time	Swim	Run
1	-	-	1	395	Alyssa Dodson	42	Female 40-49	0:23:02.8	0:07:31.5	0:15:31.2
2	-	-	1	318	Tracy Payne	26	Female 20-29	0:24:06.7	0:07:04.9	0:17:01.7
3	-	-	1	325	Kelsey Jackson	30	Female 30-39	0:24:15.0	0:08:57.0	0:15:17.9
4	-	-	2	334	Elaine Anderson	33	Female 30-39	0:24:27.5	0:08:21.4	0:16:06.0
5	-	-	1	348	Donna Graham	51	Female 50-59	0:24:35.9	0:07:44.4	0:16:51.5
6	-	-	3	336	Gemma Cowan	32	Female 30-39	0:24:54.7	0:07:34.2	0:17:20.4
7	-	-	2	398	Annalet Meyer	29	Female 20-29	0:25:24.0	0:08:52.9	0:16:31.1
8	-	-	2	374	Carol Mckenzie	48	Female 40-49	0:26:37.6	0:09:29.9	0:17:07.6
9	-	-	4	376	Nicola Freeth	30	Female 30-39	0:26:43.6	0:11:08.8	0:15:34.7
10	-	-	5	333	Jalene Cruz	31	Female 30-39	0:26:48.2	0:11:12.4	0:15:35.8
11	-	-	3	315	Shelley Wilkinson	43	Female 40-49	0:27:39.1	0:08:58.7	0:18:40.4
12	-	-	6	445	Wendy Clarke	38	Female 30-39	0:29:04.9	0:10:03.4	0:19:01.4
13	-	-	4	412	Emma Graham-Taylor	45	Female 40-49	0:29:30.4	0:09:31.0	0:19:59.3
14	-	-	5	403	Jennifer Cargo	45	Female 40-49	0:29:36.6	0:09:38.3	0:19:58.3
15	-	-	7	420	Michelle Veldhoven	34	Female 30-39	0:30:27.2	0:09:05.3	0:21:21.8
16	-	-	6	349	Nancy D	48	Female 40-49	0:30:48.3	0:12:40.8	0:18:07.4
17	-	-	2	428	Celine Macken	58	Female 50-59	0:31:04.4	0:10:36.4	0:20:28.0
18	-	-	3	446	Deborah Baildam	29	Female 20-29	0:31:21.7	0:12:11.6	0:19:10.0
19	-	-	8	377	Christine Drewe	36	Female 30-39	0:33:21.2	0:10:47.9	0:22:33.2
20	-	-	9	345	Kristin Sullivan	37	Female 30-39	0:33:28.3	0:11:42.0	0:21:46.3
21	-	-	10	319	Lorna Murphy	39	Female 30-39	0:33:35.7	0:10:56.2	0:22:39.5
22	-	-	7	340	Lisa Parks	44	Female 40-49	0:33:53.0	0:11:37.4	0:22:15.6
23	-	-	11	425	Jennifer LaStella MUFG	33	Female 30-39	0:34:38.9	0:12:03.4	0:22:35.4
24	-	-	1	379	Sam Rowland	18	Female 13-19	0:35:07.6	0:08:07.3	0:27:00.2
25	-	-	8	338	Marion Jones	41	Female 40-49	0:47:03.1	0:14:44.9	0:32:18.2
26	-	-	12	401	Maria Kharitidi	34	Female 30-39	0:47:05.0	0:14:44.1	0:32:20.8

**Individual**

**Male**

<b>Overall M/F</b>	<b>Team M/F</b>	<b>Team Mixed</b>	<b>Age Group</b>	<b>Bib</b>	<b>Name</b>	<b>Age</b>	<b>AG</b>	<b>Time</b>	<b>Swim</b>	<b>Run</b>
1	-	-	1	394	Patrick Harfield	40	Male 40-49	0:18:08.5	0:06:00.2	0:12:08.3
2	-	-	1	415	Jason Trautman	28	Male 20-29	0:19:14.5	0:06:12.0	0:13:02.4
3	-	-	2	432	Sean Lilley	28	Male 20-29	0:20:02.5	0:07:22.0	0:12:40.5
4	-	-	1	330	Esmond Brown	30	Male 30-39	0:20:46.7	0:08:04.9	0:12:41.7
5	-	-	1	359	Jake Stellatella	13	Male 13-19	0:20:53.0	0:06:05.7	0:14:47.2
6	-	-	2	387	Matt Volkwyn	34	Male 30-39	0:20:59.0	0:08:30.8	0:12:28.2
7	-	-	1	337	Kim Eckart	56	Male 50-59	0:21:02.3	0:06:23.3	0:14:39.0
8	-	-	3	391	Kendall Ebanks	27	Male 20-29	0:21:28.2	0:07:27.4	0:14:00.8
9	-	-	3	332	Greg Meaker	35	Male 30-39	0:21:32.5	0:06:50.9	0:14:41.6
10	-	-	2	304	Llion Ogden	41	Male 40-49	0:21:35.2	0:08:14.4	0:13:20.7
11	-	-	4	370	Graham Blyth	34	Male 30-39	0:22:06.0	0:07:06.0	0:14:59.9
12	-	-	3	378	JP Hanekom	45	Male 40-49	0:22:07.8	0:07:49.0	0:14:18.7
13	-	-	4	347	Conrad Proud	42	Male 40-49	0:22:25.8	0:08:55.1	0:13:30.6
14	-	-	5	434	James Murray	44	Male 40-49	0:22:56.0	0:09:25.9	0:13:30.1
15	-	-	5	402	Adam Baker	32	Male 30-39	0:23:00.9	0:07:21.2	0:15:39.7
16	-	-	6	422	Cesar Aparil	40	Male 40-49	0:23:26.4	0:08:49.0	0:14:37.4
17	-	-	4	367	Adam Leak	27	Male 20-29	0:23:27.4	0:07:45.7	0:15:41.7
18	-	-	2	360	Martin Wilkinson	52	Male 50-59	0:23:33.4	0:08:15.5	0:15:17.9
19	-	-	7	368	Michal Bonikowski	47	Male 40-49	0:23:47.8	0:07:53.8	0:15:54.0
20	-	-	1	326	Chris Sutton	66	Male 60+	0:23:54.7	0:09:32.1	0:14:22.6
21	-	-	8	390	Tim Dawson	42	Male 40-49	0:23:59.6	0:06:51.7	0:17:07.9
22	-	-	5	327	James Birkett	28	Male 20-29	0:24:05.4	0:07:21.3	0:16:44.1
23	-	-	3	341	Andrew Galloway	51	Male 50-59	0:24:07.4	0:08:42.4	0:15:24.9
24	-	-	6	316	Christot du Toit	28	Male 20-29	0:24:14.6	0:08:22.4	0:15:52.1
25	-	-	2	362	Josh Weaver	16	Male 13-19	0:24:22.6	0:10:09.6	0:14:13.0
26	-	-	6	346	Richard Lewis	35	Male 30-39	0:24:53.8	0:09:25.7	0:15:28.1
27	-	-	7	380	Jason Deamer	30	Male 30-39	0:25:03.4	0:09:13.7	0:15:49.6
28	-	-	8	313	Markus Kruger	31	Male 30-39	0:25:23.9	0:09:43.6	0:15:40.2
29	-	-	4	303	Gavin McDougall	51	Male 50-59	0:25:26.4	0:07:29.8	0:17:56.6
30	-	-	9	423	Yizzer Abdulah	33	Male 30-39	0:25:28.9	0:08:58.9	0:16:29.9

31	-	-	10	424	Ben Strangeway	33	Male 30-39	0:25:51.8	0:11:35.4	0:14:16.4
32	-	-	7	358	Tyron' Oettle	27	Male 20-29	0:26:22.1	0:08:02.0	0:18:20.1
33	-	-	11	385	Tim Baildam	30	Male 30-39	0:26:39.1	0:10:06.2	0:16:32.9
34	-	-	8	439	Quintin Smuts	28	Male 20-29	0:26:40.0	0:11:27.9	0:15:12.0
35	-	-	9	429	Andrew Sutor	46	Male 40-49	0:26:42.8	0:08:03.8	0:18:38.9
36	-	-	10	433	Martin Davis	43	Male 40-49	0:26:44.6	0:09:54.4	0:16:50.2
37	-	-	11	417	Mike Fiebiger	45	Male 40-49	0:27:03.7	0:09:17.3	0:17:46.3
38	-	-	5	431	James Lunn	51	Male 50-59	0:27:10.4	0:09:17.6	0:17:52.8
39	-	-	9	363	Delano Eksteen	27	Male 20-29	0:27:27.2	0:09:17.9	0:18:09.2
40	-	-	12	388	Chris Bailey	40	Male 40-49	0:27:42.2	0:07:23.5	0:20:18.7
41	-	-	13	343	Mac Imrie	48	Male 40-49	0:27:46.6	0:10:16.3	0:17:30.2
42	-	-	6	381	Mike Fullerton	50	Male 50-59	0:27:49.4	0:07:43.6	0:20:05.8
43	-	-	7	301	Ivan Jones	50	Male 50-59	0:27:52.6	0:09:35.4	0:18:17.2
44	-	-	12	397	Chris Turrell	33	Male 30-39	0:28:00.8	0:10:43.4	0:17:17.3
45	-	-	13	408	Grant McHendry	33	Male 30-39	0:28:26.6	0:09:24.8	0:19:01.8
46	-	-	10	405	Trevor Dunbar	28	Male 20-29	0:29:18.6	0:09:36.6	0:19:41.9
47	-	-	8	426	Bruno Deluche	50	Male 50-59	0:29:40.3	0:09:45.5	0:19:54.8
48	-	-	9	365	Chris Rowland	51	Male 50-59	0:29:44.5	0:10:55.6	0:18:48.8
49	-	-	2	411	Alan Bloomrosen	62	Male 60+	0:29:58.0	0:09:46.6	0:20:11.4
50	-	-	14	350	Damian Pentney	43	Male 40-49	0:30:29.7	0:11:12.8	0:19:16.8
51	-	-	15	444	Leo Kassam	44	Male 40-49	0:30:43.8	0:09:05.0	0:21:38.8
52	-	-	16	306	Rennie Khan	45	Male 40-49	0:30:50.4	0:12:28.8	0:18:21.6
53	-	-	14	320	Matt Vaughan	37	Male 30-39	0:31:19.4	0:09:33.2	0:21:46.1
54	-	-	11	308	Craig Pascoe	29	Male 20-29	0:31:24.5	0:10:12.0	0:21:12.4
55	-	-	3	310	Rodger Yeomans	70	Male 60+	0:31:41.5	0:11:49.0	0:19:52.5
56	-	-	12	382	Adam Barrie	25	Male 20-29	0:32:14.0	0:08:56.7	0:23:17.3
57	-	-	15	438	Jalon Linton	34	Male 30-39	0:32:20.0	0:11:22.2	0:20:57.7
58	-	-	13	361	Nelson Joaquin De Souza Da Encarnacao	27	Male 20-29	0:32:26.7	0:11:33.2	0:20:53.4
59	-	-	10	430	Sergio Coni	59	Male 50-59	0:32:27.7	0:11:33.1	0:20:54.6
60	-	-	17	312	Dirk Berlfonte	48	Male 40-49	0:35:02.3	0:09:49.7	0:25:12.6
61	-	-	4	373	Steve Surrey	61	Male 60+	0:38:34.2	0:17:10.6	0:21:23.6
62	-	-	16	407	Amey Raikar MUGF	37	Male 30-39	0:47:05.6	0:11:06.4	0:35:59.1

Team M/F										
Female										
Overall M/F	Team M/F	Team Mixed	Age Group	Bib	Name	Age	AG	Time	Swim	Run
-	2	-	-	328	In the Zone	-1		0:21:50.0	0:07:03.4	0:14:46.5
-	4	-	-	311	Olé!	-1		0:23:38.0	0:08:21.7	0:15:16.2
-	8	-	-	421	Bug n' Jack - Team Ogier 1	-1		0:29:02.5	0:08:46.4	0:20:16.0
Male										
-	1	-	-	372	345	-1		0:17:39.8	0:05:38.2	0:12:01.6
-	3	-	-	389	Team Whatever	-1		0:22:35.1	0:07:00.2	0:15:34.8
-	5	-	-	386	Team Name	-1		0:24:20.1	0:09:04.1	0:15:15.9
-	6	-	-	449	Wave Runners (Ogier Team 5)	23	Male 20-29	0:25:25.6	0:09:03.1	0:16:22.4
-	7	-	-	384	Team Tonge	-1		0:28:58.1	0:08:54.1	0:20:04.0
Team Mixed										
-	-	1	-	443	The Performance Lab	-1		0:23:17.7	0:07:30.2	0:15:47.5
-	-	2	-	400	Swim & Fin	-1		0:23:44.6	0:08:16.3	0:15:28.2
-	-	3	-	399	Surf and Turf - Team Ogier 4	-1		0:26:03.8	0:08:42.1	0:17:21.6
-	-	4	-	369	Team Seafire	-1		0:38:33.9	0:17:10.2	0:21:23.6