Date 22-Oct-06 **1st H'Cap Race**

Bike - km Run - km

Short Course **300** **9** **3** **3** **300** **9.3** **3**

Position	Race Num	Name	hcp	Swim Time		Bike time			Run time			S	B	R				Swim time	ave lap	Bike Time	Ave Speed - km/hr	Run Time	mins/km	total	hcp time	Time diff
1	110	Clinton Rudd	20	24	55	0	46	14	1	2	11	4.92	21.32	15.95	15.00	57.00	15:57	04:55	0:00:49	0:41:19	26.18	0:15:57	05:19	1:02:11	0:42:11	00:00
2	71	Julie Gardner	20	27	0	0	50	28	1	2	12	7.00	23.47	11.73	11.00	44.00	11:44	07:00	0:01:10	0:43:28	23.78	0:11:44	03:55	1:02:12	0:42:12	00:01
3	117	Bryan Tepper	25	30	35	0	51	7	1	3	10	5.58	20.53	12.05	12.00	3.00	12:03	05:35	0:00:56	0:45:32	27.18	0:12:03	04:01	1:03:10	0:38:10	00:59
4	114	Jacquie Upton	15	21	4	0	44	31	1	4	25	6.07	23.45	19.90	19.00	54.00	19:54	06:04	0:01:01	0:38:27	23.80	0:19:54	06:38	1:04:25	0:49:25	02:14
5	82	Liz Haugg	20	27	10	0	50	4	1	6	30	7.17	22.90	16.43	16.00	26.00	16:26	07:10	0:01:12	0:42:54	24.37	0:16:26	05:29	1:06:30	0:46:30	04:19
6	33	James Buchanan	28	33	41	0	52	54	1	6	46	5.68	19.22	13.87	13.00	52.00	13:52	05:41	0:00:57	0:47:13	29.04	0:13:52	04:37	1:06:46	0:38:46	04:35
7	112	Jason Hughes	25	29	32	0	52	30	1	7	16	4.53	22.97	14.77	14.00	46.00	14:46	04:32	0:00:45	0:47:58	24.30	0:14:46	04:55	1:07:16	0:42:16	05:05
8	58	Jo Smith	15	24	47	0	48	50	1	7	32	9.78	24.05	18.70	18.00	42.00	18:42	09:47	0:01:38	0:39:03	23.20	0:18:42	06:14	1:07:32	0:52:32	05:21
9	86	Nola Banasik	17	22	55	0	46	20	1	7	46	5.92	23.42	21.43	21.00	26.00	21:26	05:55	0:00:59	0:40:25	23.83	0:21:26	07:09	1:07:46	0:50:46	05:35
10	107	Tristan Polmear	24	29	5	0	50	28	1	7	58	5.08	21.38	17.50	17.00	30.00	17:30	05:05	0:00:51	0:45:23	26.10	0:17:30	05:50	1:07:58	0:43:58	05:47
11	100	Stefan Depre	29	34	41	0	53	28	1	8	3	5.68	18.78	14.58	14.00	35.00	14:35	05:41	0:00:57	0:47:47	29.71	0:14:35	04:52	1:08:03	0:39:03	05:52
12	115	Scott Newman	28	34	48	0	51	29	1	8	14	6.80	16.68	16.75	16.00	45.00	16:45	06:48	0:01:08	0:44:41	33.45	0:16:45	05:35	1:08:14	0:40:14	06:03
13	93	Nerissa Crombie	18	23	47	0	51	59	1	8	38	5.78	28.20	16.65	16.00	39.00	16:39	05:47	0:00:58	0:46:12	19.79	0:16:39	05:33	1:08:38	0:50:38	06:27
14	30	Cathy Raccanello	20	26	53	0	50	24	1	8	40	6.88	23.52	18.27	18.00	16.00	18:16	06:53	0:01:09	0:43:31	23.73	0:18:16	06:05	1:08:40	0:48:40	06:29
15	21	Megan Parker	26	31	31	0	53	21	1	8	45	5.52	21.83	15.40	15.00	24.00	15:24	05:31	0:00:55	0:47:50	25.56	0:15:24	05:08	1:08:45	0:42:45	06:34
16	89	Guylaine Thibodeau	25	30	50	0	53	10	1	8	48	5.83	22.33	15.63	15.00	38.00	15:38	05:50	0:00:58	0:47:20	24.99	0:15:38	05:13	1:08:48	0:43:48	06:37
17	27	Paul Darcey	26	31	43	0	53	15	1	9	10	5.72	21.53	15.92	15.00	55.00	15:55	05:43	0:00:57	0:47:32	25.91	0:15:55	05:18	1:09:10	0:43:10	06:59
18	20	Sian Nichols	30	36	42	0	55	17	1	9	22	6.70	18.58	14.08	14.00	5.00	14:05	06:42	0:01:07	0:48:35	30.03	0:14:05	04:42	1:09:22	0:39:22	07:11
19	13	Annelize Hanekom	27	31	48	0	53	49	1	9	38	4.80	22.02	15.82	15.00	49.00	15:49	04:48	0:00:48	0:49:01	25.34	0:15:49	05:16	1:09:38	0:42:38	07:27
20	32	Chris Banasik	28	33	39	0	54	51	1	9	52	5.65	21.20	15.02	15.00	1.00	15:01	05:39	0:00:57	0:49:12	26.32	0:15:01	05:00	1:09:52	0:41:52	07:41
21	12	Glenda Trevaskis	22	28	45	0	54	34	1	10	48	6.75	25.82	16.23	16.00	14.00	16:14	06:45	0:01:07	0:47:49	21.61	0:16:14	05:25	1:10:48	0:48:48	08:37
22	22	Jane Madden	22	29	48	0	51	36	1	11	1	7.80	21.80	19.42	19.00	25.00	19:25	07:48	0:01:18	0:43:48	25.60	0:19:25	06:28	1:11:01	0:49:01	08:50
23	101	Ben Levett	24	31	42	0	54	36	1	11	2	7.70	22.90	16.43	16.00	26.00	16:26	07:42	0:01:17	0:46:54	24.37	0:16:26	05:29	1:11:02	0:47:02	08:51
24	6	Beth Banasik	27	33	9	0	56	33	1	11	3	6.15	23.40	14.50	14.00	30.00	14:30	06:09	0:01:02	0:50:24	23.85	0:14:30	04:50	1:11:03	0:44:03	08:52
25	57	Simon Cheeseman	25	33	48	0	55	35	1	11	39	8.80	21.78	16.07	16.00	4.00	16:04	08:48	0:01:28	0:46:47	25.62	0:16:04	05:21	1:11:39	0:46:39	09:28
26	116	Glen Symonds	25	30	37	0	53	57	1	11	48	5.62	23.33	17.85	17.00	51.00	17:51	05:37	0:00:56	0:48:20	23.91	0:17:51	05:57	1:11:48	0:46:48	09:37
27	113	Tonya Bell	20	27	0	0	53	48	1	12	42	7.00	26.80	18.90	18.00	54.00	18:54	07:00	0:01:10	0:46:48	20.82	0:18:54	06:18	1:12:42	0:52:42	10:31
28	7	Diane Lukasiewich	21	28	5	0	54	51	1	12	52	7.08	26.77	18.02	18.00	1.00	18:01	07:05	0:01:11	0:47:46	20.85	0:18:01	06:00	1:12:52	0:51:52	10:41
29	119	Catherine Kerr	20	27	10	0	54	51	1	15	46	7.17	27.68	20.92	20.00	55.00	20:55	07:10	0:01:12	0:47:41	20.16	0:20:55	06:58	1:15:46	0:55:46	13:35
30	118	Malcom Ismail	25	34	0	1	0	51	1	22	3	9.00	26.85	21.20	21.00	12.00	21:12	09:00	0:01:30	0:51:51	20.78	0:21:12	07:04	1:22:03	0:57:03	19:52
31	111	Therese Wharton	20	25	45							5.75	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	05:45	0:00:58	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!

Long Course **600** **23** **6** **2.5** **600** **22.7** **6**

Position	Race Num	Name	hcp	Swim Time		Bike time			Run time			S	B	R				Swim time	ave lap	Bike Time	Ave Speed - km/hr	Run Time	mins/km	total	hcp time	Time diff
1	79	Andrew Brooker	13	24	6	1	3	20	1	26	37	11.10	39.23	23.28	23.00	17.00	23:17	11:06	0:00:56	0:52:14	34.64	0:23:17	03:53	1:26:37	1:13:37	00:00
2	83	Sam Penglis	8	18	7		58	54	1	27	19	10.12	40.78	28.42	28.00	25.00	28:25	10:07	0:00:51	0:48:47	33.32	0:28:25	04:44	1:27:19	1:19:19	00:42
3	42	Tristan Gogan	8	20	51	1	3	9	1	29	32	12.85	42.30	26.38	26.00	23.00	26:23	12:51	0:01:04	0:50:18	32.13	0:26:23	04:24	1:29:32	1:21:32	02:55
4	24	Jo Turner	7	17	53	1	1	34	1	30	49	10.88	43.68	29.25	29.00	15.00	29:15	10:53	0:00:54	0:50:41	31.11	0:29:15	04:53	1:30:49	1:23:49	04:12
5	94	Tim Langley	8	20	56	1	3	20	1	31	19	12.93	42.40	27.98	27.00	59.00	27:59	12:56	0:01:05	0:50:24	32.05	0:27:59	04:40	1:31:19	1:23:19	04:42
6	59	Julie Kerr	8	18	20	1	3	9	1	31	28	10.33	44.82	28.32	28.00	19.00	28:19	10:20	0:00:52	0:52:49	30.32	0:28:19	04:43	1:31:28	1:23:28	04:51
7	67	Stephen Gibson	8	19	22	1	4	38	1	31	50	11.37	45.27	27.20	27.00	12.00	27:12	11:22	0:00:57	0:53:16	30.02	0:27:12	04:32	1:31:50	1:23:50	05:13
8	50	Johan Labuschagne	4	16	15	1	0	58	1	31	56	12.25	44.72	30.97	30.00	58.00	30:58	12:15	0:01:01	0:48:43	30.39	0:30:58	05:10	1:31:56	1:27:56	05:19
9	88	Darren Barker	10	21	57	1	4	47	1	32	29	11.95	42.83	27.70	27.00	42.00	27:42	11:57	0:01:00	0:52:50	31.73	0:27:42	04:37	1:32:29	1:22:29	05:52
10	95	David Clark	6	19	40	1	8	37	1	33	34	13.67	48.95	24.95	24.00	57.00	24:57	13:40	0:01:08	0:54:57	27.76	0:24:57	04:10	1:33:34	1:27:34	06:57
11	23	Graeme Christie	14	25	1	1	6	17	1	33	45	11.02	41.27	27.47	27.00	28.00	27:28	11:01	0:00:55	0:55:16	32.93	0:27:28	04:35	1:33:45	1:19:45	07:08
12	47	Karen Bender	0	14	10	1	4	9	1	34	36	14.17	49.98	30.45	30.00	27.00	30:27	14:10	0:01:11	0:49:59	27.19	0:30:27	05:05	1:34:36	1:34:36	07:59
13	25	Jo Moyle	0	14	13	1	4	9	1	35	21	14.22	49.93	31.20	31.00	12.00	31:12	14:13	0:01:11	0:49:56	27.22	0:31:12	05:12	1:35:21	1:35:21	08:44
14	92	Shane Joyce	8	19	13	1	9	59	1	36	20	11.22	50.77	26.35	26.00	21.00	26:21	11:13	0:00:56	0:58:46	26.77	0:26:21	04:24	1:36:20	1:28:20	09:43
15	77	Dave O'Brien	11	25	33	1	12	12	1	36	35	14.55	46.65	24.38	24.00	23.00	24:23	14:33	0:01:13	0:57:39	29.13	0:24:23	04:04	1:36:35	1:25:35	09:58
16	103	Rob Hall	6						1	40	12	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	1:40:12	1:34:12	13:35
17	99	Kelly Stocks	0	12	0	1	5	29	1	41	49	12.00	53.48	36.33	36.00	20.00	36:20	12:00	0:01:00	0:53:29	25.41	0:36:20	06:03	1:41:49	1:41:49	15:12
18	109	Murray Pitts	6	16	34	1	4	39	1	45	9	10.57	48.08	40.50	40.00	30.00	40:30	10:34	0:00:53	0:54:05	28.26	0:40:30	06:45	1:45:09	1:39:09	18:32
19	91	Andrew Hembroff	4	15	15							11.25	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	11:15	0:00:56	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!