

# Seat, No Rgret & Oxygen Debt

## Short Course Category Results

### Female All Ages

Pos	No	Name	Time	Cat	O.Pos	Swim	T1	Cycle	T2	Run
1	10	Judy HEYLEN	01:22:04	All Ages	5	00:08:26	00:02:11	00:32:19	00:01:47	00:37:20

### Male All Ages

Pos	No	Name	Time	Cat	O.Pos	Swim	T1	Cycle	T2	Run
1	143	Jake WILSON	00:57:42	All Ages	1	00:08:00	00:01:32	00:29:47	00:00:24	00:17:56
2	23	Andrew BLACKBURN	01:00:14	All Ages	2	00:10:35	00:01:10	00:26:01	00:01:08	00:21:18
3	1	Paul Luxton	01:00:17	All Ages	3	00:07:43	00:00:50	00:29:10	00:00:53	00:21:39
4	150	Andrew GAZE	01:15:18	All Ages	4	00:08:23	00:02:16	00:30:47	00:01:24	00:32:26