

Helen's Tri-Terrific

Long Course

Overall Results: Male

Pos	No	Name	Time	Categ	C.Pos	Swim	Pos	C.Pos	Cycle	Pos	C.Pos	Run	Pos	C.Pos
1	1077	Lester SMITH	01:25:35	All Ages	1	00:13:32	1	1	00:50:11	1	1	00:21:51	1	1
2	2	Paul Luxton	01:38:05	All Ages	2	00:17:04	2	2	00:54:47	2	2	00:26:13	2	2