

# St Georges Grunt

## Long Course Category Results

### Female All Ages

Pos	No	Name	Time	Cat	O.Pos	Swim	T1	Cycle	T2	Run
	4	Trish SIVYER		All Ages						
1	102	Mylee GRANT	01:26:33	All Ages	4	00:10:58	00:01:25	00:48:50	00:00:35	00:24:44
2	149	Lisa KEEFE	01:28:53	All Ages	5	00:13:57	00:01:03	00:44:10	00:00:47	00:28:55

### Male All Ages

Pos	No	Name	Time	Cat	O.Pos	Swim	T1	Cycle	T2	Run
	1	Paul Luxton	01:13:55	All Ages		00:13:53	00:01:30	00:47:35	00:01:27	00:09:28
1	146	Lester SMITH	01:14:56	All Ages	1	00:11:18	00:01:16	00:38:57	00:01:10	00:22:13
2	91	Russell BROWNE	01:22:09	All Ages	2	00:12:26	00:01:50	00:42:21	00:01:55	00:23:34
3	110	Simon TEAKLE	01:22:25	All Ages	3	00:10:25	00:01:07	00:40:57	00:01:16	00:28:38
4	137	Mark ADAM	01:35:18	All Ages	6	00:11:10	00:01:22	00:43:46	00:01:05	00:37:53