		Swim							Bike										Run					Total
	Date	2kim	1kim	500m	300m	200m	100m	Totals	50 kims	40 kims	30 kims	20 kims	10 kims	5 kims	Totals	20 kims	15 kims	10 kims	5 kims	3 kims	2 kims	1 kim	Totals	Time
Times	Best	0:45:23	0:20:07	0:09:53	0:05:49	0:03:42	0:01:44	**1:26:38**	1:29:00	1:15:00	0:52:17	0:35:15	0:16:33	0:08:30	**4:36:35**	1:59:30	1:30:00	0:57:49	0:23:22	0:14:28	0:09:33	0:04:15	**5:18:57**	11:22:10
	Worst	0:45:23	0:22:40	0:15:39	0:09:06	0:06:03	0:01:55	**1:40:46**	1:29:00	1:15:00	0:54:00	0:36:36	0:18:48	0:08:30	**4:41:54**	1:59:30	1:30:00	0:57:49	0:29:41	0:19:12	0:10:59	0:05:39	**5:32:50**	11:55:30
Bubbles	4-Jan		0:20:07	0:10:10	0:06:14	0:03:57	0:01:47	**0:42:15**			0:52:17		0:16:33		**1:08:50**				0:24:34	0:15:13	0:09:33	0:04:27	**0:53:47**	**2:44:52**
	9-Feb	0:45:23	0:22:40					**1:08:03**	1:29:00	1:15:00	0:54:00				**1:29:00**	1:59:30	1:30:00	0:57:49	0:27:40				**1:59:30**	**4:36:33**
Times	Best	0:40:30	0:17:30	0:08:51	0:05:15	0:03:22	0:01:37	**1:17:05**	1:40:00		0:59:05	0:36:36	0:18:05		**3:33:46**	2:25:00	1:50:00	1:13:00	0:27:25	0:16:16	0:16:01	0:05:03	**6:32:45**	11:23:36
	Worst	0:40:30	0:20:10	0:10:04	0:05:48	0:03:51	0:01:50	**1:22:13**	1:45:00		1:03:00	0:42:54	0:21:15		**3:52:09**	2:25:00	1:50:00	1:13:00	0:37:40	0:22:45	0:16:01	0:07:45	**6:52:11**	12:06:33
Wazza	4-Jan		0:19:00	0:09:25	0:05:35	0:03:38	0:01:37	**0:39:15**	1:45:00		1:03:00	0:41:44	0:20:31		**3:50:15**				0:31:20				**0:31:20**	**5:00:50**
	9-Feb	0:40:30	0:20:10	0:10:04		0:03:51	0:01:50	**1:16:25**	1:40:00						**1:40:00**	2:25:00	1:50:00	1:13:00	0:37:40				**2:25:00**	**5:21:25**
Times	Best	0:36:35	0:16:43	0:07:59	0:04:42	0:03:09	0:01:30	**1:10:38**	1:32:00		0:52:58	0:33:11	0:17:00		**3:15:09**			0:54:57	0:23:51	0:14:33	0:10:28	0:04:28	**1:48:17**	6:14:04
	Worst	0:36:35	0:18:18	0:08:43	0:05:09	0:03:30	0:01:37	**1:13:52**	1:45:00		0:55:03	0:36:43	0:17:51		**3:34:37**			0:55:58	0:27:56	0:16:46	0:10:41	0:05:28	**1:56:49**	6:45:18
Oliver	4-Jan		0:16:43	0:08:00	0:05:00	0:03:30	0:01:30	**0:34:43**			0:55:03	0:34:02	0:17:17		**1:46:22**				N/A	N/A		N/A	**0:00:00**	**2:21:05**
	9-Feb	0:36:35	0:17:23					**0:53:58**	1:33:24						**1:33:24**	N/A	N/A	0:55:35	0:27:56				**0:55:35**	**3:22:57**
Times	Best		0:19:05	0:09:30	0:05:44	0:03:54		**0:38:13**				0:38:20	0:19:14		**0:57:34**				0:32:50				**0:32:50**	2:08:37
	Worst		0:21:30	0:09:36	0:05:45	0:03:56		**0:40:47**				0:45:29	0:19:32		**1:05:01**				0:32:50				**0:32:50**	2:18:38
Sarah	4-Jan							**0:00:00**							**0:00:00**				N/A	N/A		N/A	**0:00:00**	**0:00:00**
	9-Feb		0:19:05					**0:19:05**							**0:00:00**				0:32:50				**0:32:50**	**0:51:55**
Times	Best			0:08:15	0:04:42	0:03:10		**0:16:07**				0:34:43	0:17:13		**0:51:56**			0:45:45	0:20:40	0:12:34	0:03:46		**1:22:45**	2:30:48
	Worst			0:08:31	0:04:57	0:03:11		**0:16:39**				0:34:43	0:17:13		**0:51:56**			0:55:00	0:22:57	0:12:51	0:04:01		**1:34:49**	2:43:24
Jason	4-Jan							**0:00:00**							**0:00:00**			0:55:00					**0:55:00**	**0:55:00**
	9-Feb							**0:00:00**							**0:00:00**								**0:00:00**	**0:00:00**
Times	Best	0:35:50	0:17:02	0:08:36	0:05:20	0:03:25	0:01:31	**1:11:44**							**0:00:00**	1:20:00		0:40:38	0:19:44				**2:20:22**	3:32:06
	Worst	0:35:50	0:17:02	0:08:36	0:05:20	0:03:25	0:01:31	**1:11:44**							**0:00:00**	1:20:00		0:40:38	0:19:44				**2:20:22**	3:32:06
Daggy	4-Jan							**0:00:00**							**0:00:00**								**0:00:00**	**0:00:00**
	9-Feb	0:35:50	0:17:02	0:08:36	0:05:20	0:03:25	0:01:31	**1:11:44**							**0:00:00**	1:20:00							**1:20:00**	**2:31:44**
Times	Best		0:18:06	0:08:56	0:05:19	0:03:25	0:01:33	**0:37:19**			0:51:39		0:16:32		**1:08:11**			0:39:36	0:19:09	0:11:18	0:07:30	0:03:31	**1:21:04**	3:06:34
	Worst		0:19:00	0:09:21	0:05:34	0:03:40	0:01:40	**0:39:15**			0:53:07		0:16:36		**1:09:43**			0:40:48	0:19:41	0:11:34	0:07:38	0:03:44	**1:23:25**	3:12:23
Adrian	4-Jan		0:18:31	0:09:07	0:05:21	0:03:31	0:01:38	**0:38:08**			0:51:45		0:16:36		**1:08:21**				0:19:23	0:11:34	0:07:38	0:03:43	**0:42:18**	**2:28:47**
	9-Feb		0:18:06	0:08:56	0:05:19	0:03:32	0:01:33	**0:37:26**			0:53:07				**0:53:07**			0:39:36	0:19:41	0:11:18		0:03:44	**1:14:19**	**2:44:52**

		Swim							Bike										Run					Total
	Date	2kim	1kim	500m	300m	200m	100m	Totals	50 kims	40 kims	30 kims	20 kims	10 kims	5 kims	Totals	20 kims	15 kims	10 kims	5 kims	3 kims	2 kims	1 kim	Totals	Time
Times	Best			0:10:41	0:06:15	0:04:03	0:01:41	**0:22:40**					0:22:10	0:10:20	**0:32:30**					0:20:00		0:05:57	**0:25:57**	1:21:07
	Worst			0:13:13	0:06:41	0:04:30	0:02:10	**0:26:34**					0:26:56	0:12:22	**0:39:18**					0:30:37		0:06:17	**0:36:54**	1:42:46
Gen	4-Jan				0:06:41	0:04:05	0:02:02	**0:12:48**					N/A	N/A	**0:00:00**					N/A		N/A	**0:00:00**	**0:12:48**
	9-Feb																							
Times	Best		0:17:34	0:08:37	0:04:52	0:03:12	0:01:22	**0:35:37**			0:57:38		0:18:34	0:09:13	**1:25:25**				0:29:25	0:16:52	0:12:07	0:04:48	**1:03:12**	3:04:14
	Worst		0:17:55	0:08:50	0:05:17	0:03:31	0:01:35	**0:37:08**			0:59:28		0:20:10	0:10:12	**1:29:50**				0:31:06	0:18:49	0:12:07	0:05:27	**1:07:29**	3:14:27
Jacqui	4-Jan		0:17:55	0:08:50	0:05:17	0:03:27	0:01:35	**0:37:04**			0:59:28		N/A	N/A	**0:59:28**				0:31:06	N/A	0:12:07	0:05:12	**0:48:25**	**2:24:57**
	9-Feb																							
Times	Best			0:11:03	0:05:54	0:03:56	0:01:49	**0:22:42**				0:35:32	0:17:24	0:08:46	**1:01:42**				0:24:07	0:13:56		0:04:08	**0:42:11**	2:06:35
	Worst			0:11:03	0:06:26	0:04:22	0:02:03	**0:23:54**				0:35:32	0:19:48	0:10:00	**1:05:20**				0:24:07	0:14:04		0:04:32	**0:42:43**	2:11:57
Paul	4-Jan							**0:00:00**							**0:00:00**								0:00:00	0:00:00
	9-Feb			0:10:43	0:06:21	0:04:04	0:01:45	**0:12:10**					0:17:24	0:09:01	**0:26:25**				0:24:07			0:04:08	**0:28:15**	**1:06:50**
Times	Best				0:09:50	0:05:40	0:02:35	**0:18:05**				0:47:10	0:22:30	0:10:42	**1:20:22**				0:29:26	0:14:57	0:10:28	0:04:43	**0:59:34**	2:38:01
	Worst				0:11:13	0:07:24	0:03:08	**0:21:45**				0:47:10	0:23:23	0:15:44	**1:26:17**				0:29:26	0:17:28	0:10:28	0:05:02	**1:02:24**	2:50:26
Pauline	4-Jan																							
	9-Feb					0:05:40	0:02:40	**0:08:20**				0:47:10	0:23:23		**1:10:33**				0:29:26	0:17:28			**0:46:54**	**2:05:47**

		Swim							Bike										Run					Total
	Date	2km	1km	500m	300m	200m	100m	Totals	50 kms	40 kms	30 kms	20 kms	10 kms	5 kms	Totals	20 kms	15 kms	10 kms	5 kms	3 kms	2 kms	1 km	Totals	Time
Times	Best			0:11:12	0:06:23	0:04:02	0:01:52	**0:23:29**						0:14:53	**0:14:53**					0:19:30		0:06:51	**0:26:21**	1:04:43
	Worst			0:11:12	0:06:48	0:04:05	0:01:54	**0:23:59**						0:14:53	**0:14:53**					0:21:30		0:07:01	**0:28:31**	1:07:23
Wendy	4-Jan																							
	9-Feb																							

Times	Best				0:08:13	0:04:39	0:02:04	**0:14:56**				0:46:00	0:21:13	0:09:55	**1:17:08**				0:32:23	0:18:54	0:13:00	0:05:37	**1:09:54**	2:41:58
	Worst				0:08:13	0:05:17	0:02:13	**0:15:43**				0:46:00	0:21:57	0:12:10	**1:20:07**				0:32:23	0:20:06	0:13:00	0:05:58	**1:11:27**	2:47:17
Pete	4-Jan					N/A	N/A	**0:00:00**					0:21:57	0:10:17	**0:32:14**					0:19:34	N/A	0:05:44	**0:25:18**	**0:57:32**
	9-Feb				0:08:13	0:04:39	0:02:04	**0:14:56**				0:46:00			**0:46:00**				0:32:23	0:20:06			**0:52:29**	**1:53:25**

Times	Best		0:23:20	0:11:05	0:06:27	0:03:35	0:01:42	**0:46:09**			0:54:19		0:17:52	0:09:17	**1:21:28**				0:19:53	0:11:13	0:07:48	0:03:29	**0:42:23**	2:50:00
	Worst		0:23:20	0:11:17	0:06:44	0:04:22	0:02:01	**0:47:44**			0:55:51		0:18:47	0:09:32	**1:24:10**				0:20:27	0:13:02	0:08:41	0:03:38	**0:45:48**	2:57:42
Josh	4-Jan		0:23:20	0:11:17	0:06:44	0:04:22	0:02:01	**0:47:44**			0:55:51		0:18:22		**1:14:13**				0:20:27	0:12:43	0:07:48	0:03:38	**0:24:09**	**2:26:06**
	9-Feb																							

Times	Best	0:32:07	0:16:05	0:07:57	0:04:36	0:03:01	0:01:21	**1:05:07**		1:12:24	0:52:59	0:34:03	0:17:09		**2:56:35**			0:49:38	0:24:25	0:13:56	0:09:35	0:04:17	**1:41:51**	5:43:33
	Worst	0:32:07	0:17:01	0:08:08	0:04:46	0:03:07	0:01:27	**1:06:36**		1:12:24	0:52:59	0:36:04	0:18:01		**2:59:28**			0:49:38	0:25:46	0:14:05	0:09:35	0:04:31	**1:43:35**	5:49:39
Tracey	4-Jan		0:16:16	0:08:08	0:04:46	0:03:04	0:01:27	**0:33:41**			N/A		N/A		**0:00:00**				N/A	N/A	N/A	N/A	**0:00:00**	**0:33:41**
	9-Feb	0:32:07	0:16:05	0:07:55	0:04:36	0:03:01	0:01:21	**1:05:05**		1:12:24		0:36:04	0:17:34		**2:06:02**			0:49:38	0:24:25				**0:49:38**	**4:00:45**

Times	Best			0:10:11	0:06:21	0:04:02	0:01:49	**0:22:23**				0:36:15	0:18:28	0:09:21	**1:04:04**								**0:00:00**	1:26:27
	Worst			0:11:43	0:07:07	0:04:21	0:01:59	**0:25:10**				0:37:01	0:22:45	0:10:19	**1:10:05**								**0:00:00**	1:35:15
Gary	4-Jan			0:11:43	0:07:07	0:04:21	0:01:49	**0:25:00**				0:37:01	0:22:45	0:09:30	**0:32:15**								**0:00:00**	**0:57:15**
	9-Feb																							

		Swim							Bike										Run					Total
	Date	2kim	1kim	500m	300m	200m	100m	Totals	50 kims	40 kims	30 kims	20 kims	10 kims	5 kims	Totals	20 kims	15 kims	10 kims	5 kims	3 kims	2 kims	1 km	Totals	Time
Times	Best		0:20:05	0:09:46	0:05:52	0:03:52	0:01:44	**0:41:19**				0:50:15		0:12:58	**1:03:13**				0:38:51			0:07:20	**0:46:11**	2:30:43
	Worst		0:20:05	0:10:30	0:06:03	0:03:59	0:01:54	**0:42:31**				0:50:15		0:12:58	**1:03:13**				0:38:51			0:08:03	**0:46:54**	2:32:38
Annette	4-Jan																							
	9-Feb		0:20:05	0:09:46	0:06:03	0:03:59	0:01:54	**0:41:47**				0:50:15			**0:50:15**				0:38:51			0:08:03	**0:46:54**	**2:18:56**
Times	Best			0:10:40	0:06:28	0:04:03	0:01:57	**0:23:08**					0:25:22	0:18:07	**0:43:29**					0:18:28	0:12:00	0:06:57	**0:37:25**	1:44:02
	Worst			0:10:40	0:06:44	0:04:19	0:02:10	**0:23:53**					0:25:22	0:18:07	**0:43:29**					0:18:28	0:12:20	0:06:57	**0:37:45**	1:45:07
Leah	4-Jan																							
	9-Feb			0:10:40	0:06:28	0:04:03	0:02:10	**0:23:21**					0:25:22		**0:25:22**					0:18:28	0:12:00		**0:30:28**	**1:19:11**
Times	Best			0:12:44	0:06:45	0:04:20	0:01:50	**0:25:39**					0:22:22	0:10:23	**0:32:45**					0:17:28	0:11:59	0:05:10	**0:34:37**	1:33:01
	Worst			0:12:44	0:08:07	0:04:43	0:02:10	**0:27:44**					0:25:50	0:12:42	**0:38:32**					0:19:46	0:13:22	0:06:20	**0:39:28**	1:45:44
Sally	4-Jan				0:06:45	0:04:21	0:01:55	**0:13:01**					0:22:22	0:10:23	**0:32:45**								0:00:00	**0:45:46**
	9-Feb			0:12:44	0:06:59	0:04:20	0:02:00	**0:26:03**														0:05:10	**0:05:10**	**0:31:13**
Times	Best				0:09:45	0:05:46	0:02:31	**0:18:02**						0:14:20	**0:14:20**					0:17:50	0:12:06	0:05:40	**0:35:36**	1:07:58
	Worst				0:09:45	0:05:46	0:02:31	**0:18:02**						0:14:20	**0:14:20**					0:17:50	0:12:06	0:06:20	**0:36:16**	1:08:38
Rochelle	4-Jan																							
	9-Feb																							
Times	Best				0:07:46	0:04:37	0:02:01	**0:14:24**						0:13:00	**0:13:00**				0:32:13	0:19:34		0:06:03	**0:57:50**	1:25:14
	Worst				0:08:31	0:04:46	0:02:08	**0:15:25**						0:13:00	**0:13:00**				0:32:13	0:19:34		0:07:20	**0:59:07**	1:27:32
Suzette	4-Jan																							
	9-Feb				0:07:46	0:04:37	0:02:08	**0:14:31**											0:32:13	0:19:34		0:06:03	**0:57:50**	**1:12:21**
Times	Best				0:07:11	0:04:47	0:02:02	**0:14:00**							**0:00:00**					0:17:38	0:12:04	0:05:53	**0:35:35**	0:49:35
	Worst				0:07:20	0:05:03	0:02:11	**0:14:34**							**0:00:00**					0:17:38	0:12:04	0:05:53	**0:35:35**	0:50:09
Rochelle M	4-Jan				0:07:15	0:04:47	0:02:02	**0:14:04**							**0:00:00**					0:17:38	0:12:04	0:05:53	**0:35:35**	**0:49:39**
	9-Feb				0:07:11	0:04:53	0:02:06	**0:14:10**																**0:14:10**