

**Southland Triathlon & Multisport Club
Winter Series Multisport Race 2 - Sun 26 July 2009**

Multisport Race

Adam Cowie	0:14:46	0:22:11	0:16:25	0:53:22	
Graham Neilson	0:17:25	0:22:25	0:17:46	0:57:36	
Reuben Boniface	0:16:47	0:24:43	0:19:23	1:00:53	
Mike Grantham	0:16:27	0:27:10	0:18:35	1:02:12	
Adele & Mike	0:21:10	0:25:20	0:23:20	1:09:50	1st Female
Pam Thomson	0:20:32	0:25:58	0:23:20	1:09:50	
Sarah Kennedy	0:19:21	0:29:04	0:22:46	1:11:11	
Shane Thomas	0:20:02	0:26:05	0:29:43	1:15:50	

Short Course

	Kayak	Bike	Run	Total
Thomas Kennedy				0:41:43

Duathlon

	Run 1	Bike	Run 2	Total	
Tony Goodall	0:16:38	0:22:39	0:16:38	0:55:55	
Tony Raggett	0:17:35	0:22:02	0:17:53	0:57:30	
Andy Whyte	0:18:26	0:24:24	0:19:56	1:02:46	
Shelley Findlater	0:18:40	0:25:20	0:19:20	1:03:20	1st Female
Leeon Johnston	0:19:38	0:25:21	0:19:46	1:04:45	
Jenny Ferguson	0:20:02	0:26:22	0:19:13	1:05:37	
Shane Ford	0:19:56	0:25:14	0:21:33	1:06:43	
Mary Marshall	0:22:59	0:29:51	0:23:00	1:15:50	

Short Course Duathlon

Lia Styles	0:09:17	0:36:18	0:32:55	1:18:30
Vicki Schulz	0:09:17	0:36:18	0:32:55	1:18:30
Alison Neilson	0:09:20	0:37:50	0:35:29	1:22:39