

**Southland Triathlon & Multisport Club**  
**Winter Series Multisport Race 3 - Sun 30 August 2009**

<b>Multisport Race</b>	Kayak	Bike	Run	Total
Adam Cowie	0:14:05	0:22:32	0:16:54	0:53:31
Mike Grantham	0:14:25	0:24:27	0:18:59	0:57:51
Graham Neilson	0:16:03	0:23:08	0:19:35	0:58:46
Reuben Boniface	0:15:40	0:26:19	0:18:29	1:00:28
Sarah Kennedy	0:17:15	0:29:45	0:22:01	1:09:01
Shane Thomas	0:17:05	0:25:25	0:30:13	1:12:43

<b>Short Course</b>	Kayak	Bike	Run	Total
Thomas Kennedy	0:18:15	0:18:51	0:08:24	0:45:30

<b>Duathlon</b>	Run 1	Bike	Run 2	Total
Dwight Greive	0:17:55	0:25:14	0:17:27	1:00:36
Andy Whyte	0:18:35	0:23:47	0:19:47	1:02:09
Dave Maginn	0:18:15	0:24:35	0:19:20	1:02:10
Malcolm Patterson	0:20:35	0:23:45	0:20:28	1:04:48
Shane Ford	0:20:10	0:24:46	0:20:10	1:05:06
Hayley Hughes	0:20:00	0:24:56	0:20:31	1:05:27
Lia Styles	0:29:15	0:32:15	0:30:28	1:31:58

<b>Short Course Duathlon</b>				
Alison Neilson	0:10:20	0:41:10	0:10:15	1:01:45
Ryan Grantham	0:08:34	0:17:52	0:07:41	0:34:07 (1 Lap of Bike)