

## Box End Quadrathlon 4 August 2013 Results

| Position | Name           | Category | Swim     | T1       | Kayak    | T2       | Cycle    | T3       | Run      | Total    |          |
|----------|----------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| 1        | Adam Norfolk   | SM       | 00:12:32 | 00:00:28 | 00:21:15 | 00:00:29 | 00:38:11 | 00:00:17 | 00:20:19 | 01:33:31 | 1st Man  |
| 2        | Steve King     | MV40     | 00:10:35 | 00:01:08 | 00:21:49 | 00:00:28 | 00:38:39 | 00:00:34 | 00:22:13 | 01:35:26 | 2nd Man  |
| 3        | Ian Smith      | MV50     | 00:14:19 | 00:00:54 | 00:23:17 | 00:00:43 | 00:41:03 | 00:00:53 | 00:21:16 | 01:42:25 |          |
| 4        | Dill Wetherill | MV40     | 00:12:27 | 00:01:17 | 00:34:16 | 00:00:58 | 00:38:42 | 00:00:42 | 00:22:04 | 01:50:26 |          |
| 5        | John Kavanagh  | MV50     | 00:12:20 | 00:00:40 | 00:26:52 | 00:00:56 | 00:46:12 | 00:00:53 | 00:27:45 | 01:55:38 |          |
| 6        | Sharon Colley  | FV40     | 00:13:38 | 00:00:48 | 00:24:24 | 00:00:52 | 00:49:29 | 00:00:35 | 00:26:21 | 01:56:07 | 1st Lady |
| 7        | Russel Breyer  | MV50     | 00:15:01 | 00:00:57 | 00:30:05 | 00:01:13 | 00:45:08 | 00:00:54 | 00:24:00 | 01:57:18 |          |
| 8        | Phil Holden    | MV40     | 00:15:34 | 00:01:04 | 00:32:19 | 00:00:41 | 00:49:55 | 00:00:42 | 00:25:24 | 02:05:39 |          |
| 9        | John Ellwood   | MV50     | 00:15:59 | 00:00:45 | 00:36:02 | 00:01:29 | 00:48:10 | 00:00:32 | 00:24:05 | 02:07:02 |          |
| 10       | Julian Brewer  | MV40     | 00:18:09 | 00:00:31 | 00:34:10 | 00:00:57 | 00:48:28 | 00:00:30 | 00:24:57 | 02:07:42 |          |
| 11       | Jean Ashley    | FV50     | 00:14:43 | 00:00:58 | 00:28:07 | 00:00:45 | 00:56:16 | 00:00:22 | 00:27:23 | 02:08:34 | 2nd Lady |
| 12       | Lance Ball     | MV40     | 00:16:29 | 00:01:10 | 00:36:18 | 00:01:12 | 00:48:40 | 00:00:35 | 00:28:23 | 02:12:47 |          |
| 13       | Kate Ashley    | FU23     | 00:16:44 | 00:01:24 | 00:30:17 | 00:00:44 | 00:53:31 | 00:00:25 | 00:33:07 | 02:16:12 |          |
| 14       | Keith Robin    | MV40     | 00:16:39 | 00:01:11 | 00:32:24 | 00:01:20 | 00:54:44 | 00:01:25 | 00:29:42 | 02:17:25 |          |
| 15       | Michael Shann  | MV40     | 00:13:38 | 00:00:55 | 00:49:37 | 00:01:08 | 00:49:11 | 00:00:25 | 00:23:24 | 02:18:18 |          |
| 16       | Garry Grey     | MV50     | 00:22:28 | 00:01:10 | 00:39:11 | 00:02:02 | 00:48:29 | 00:01:11 | 00:33:15 | 02:27:46 |          |
|          | Mike Waters    | MV40     | 00:16:06 | 00:01:23 | 00:43:41 | 00:01:02 | 00:59:32 | -        | -        | DNF      |          |