Blue Lake Training Tri 7th Nov 2009	Swim 500m	Bike 1 8K	Bike 2 16K	Run 1 5.5K	Run 2 11K	Total
Lawrence Oldershaw	00:07:20		00:32:47		00:43:39	01:23:46
Vance Wilson	00:08:10		00:33:11		00:48:45	01:30:06
Erin Eggleston	00:07:47		00:36:16		00:52:47	01:36:50
Tony Broadhead	00:09:45		00:39:56		00:49:43	01:39:24
Mike Elmsly	00:11:02		00:47:18		01:06:21	02:04:41
Mandy Dunn	00:09:01		00:41:54	00:31:58		01:22:53
Hugh Booten	00:07:57		00:36:00	00:39:40		01:23:37
Martin Carlyle	00:10:22		00:50:06	00:39:01		01:39:29
Chris Turner	00:08:13	00:19:38		00:26:09		00:54:00
Stephen Rolls	00:12:29	00:25:08		00:29:37		01:07:14
Jacky James	00:11:47	00:29:54		00:49:55		01:31:36
Bruce Smith			00:37:11		01:01:36	01:38:47
Martin Watt			00:35:49	00:28:44		01:04:33
Anna Armstrong			00:42:43	00:30:37		01:13:20