

23rd ANNUAL CONCHMAN TRIATHLON  
Saturday 7th November, 2009

## INDIVIDUAL AGE-GROUP RESULTS

## FEMALE INDIVIDUAL AGE GROUP: 1 - 16

## MALE INDIVIDUAL AGE GROUP: 1 - 16

1	155	13	John	Silvera	Freeport	1:39:46
2	141	11	Jacob	Warren	Freeport	1:42:32
3	153	13	Andrew	Hindley	Freeport	1:48:04
4	97	10	Valentino	Bodie	Freeport	2:07:55

## FEMALE INDIVIDUAL AGE GROUP: 17 - 29

1	157	24	Ashleigh	Akehurst	Freeport	2:05:51
2	113	27	Lindsay	Stollery	Toronto	2:11:22
3	73	23	Jill	Sears	Falls Church	2:22:18

## MALE INDIVIDUAL AGE GROUP: 17 - 29

1	49	29	Vanja	Sikirica	Princeton	1:19:45
2	131	25	Harry	Winner	Nassau	1:29:04
3	115	28	Ryan	Knowles	Nassau	1:35:01
4	85	27	Michael	Taylor	Freeport	1:35:37
5	159	21	Mark	Rawlings	Freeport	1:37:30
6	127	20	Michael	McIntosh	Freeport	1:42:16
7	19	24	Gareth	Higgs	Freeport	1:52:55
8	205	20	Kent	Ward	Freeport	1:54:39
9	39	29	Bilal	Pasha	Lighthouse Pt	2:05:40
10	101	29	Jeff	Mitchell	Nassau	2:15:39

## FEMALE INDIVIDUAL AGE GROUP: 30 - 39

1	145	30	Kristen	Welsh	Westford	1:50:49
2	123	32	Tara	Doherty	Freeport	1:51:53
3	149	33	Rachel	Bandelin	Freeport	1:54:48
4	37	30	Monique	Danziger	Washington	1:56:16
5	67	32	Alex	Cafferata	Freeport	1:57:44
6	41	31	Laurie	Choi	Baltimore	2:03:41
7	133	36	Stephanie	Holsten	Freeport	2:28:24
8	11	30	Dania	Rajendra	Brooklyn	2:51:44

MALE INDIVIDUAL AGE GROUP: 30 - 39

1	144	30	Marc	Rutishauer	Nassau	1:18:39
2	119	39	James	Nottage	Nassau	1:20:32
3	105	39	Sean	Farrington	Nassau	1:21:16
4	111	39	Adam	Issac	Nassau	1:21:46
5	117	38	Massimo	Liusso	Nassau	1:34:32
6	135	37	Jonathan	Holsten	Freeport	1:35:58
7	77	34	John	Doherty	Freeport	1:42:34
8	79	32	Robert	Rothwell	Nassau	1:54:44
9	13	30	Jonathon	Harris	Brooklyn	2:54:03

FEMALE INDIVIDUAL AGE GROUP: 40 - 49

1	29	42	Elizabeth	Risch	Savannah	1:49:31
2	75	43	Allison	LaFrenier	Freeport	1:58:02
3	33	46	Christine	Bonaventura	Freeport	1:59:53
4	137	45	Kim	Ferguson	Freeport	2:28:26

MALE INDIVIDUAL AGE GROUP: 40 - 49

1	93	44	Dale	Winner	Nassau	1:22:50
2	129	43	Jason	McCarroll	Nassau	1:24:03
3	1	42	Jim	Allan	Nassau	1:30:19
4	59	47	Michael	Toledo	Tampa	1:40:58
5	91	41	Richard	Wade	Canton	1:48:35
6	31	43	Robert	Risch	Savannah	1:49:59
7	27	49	Garth	Grannum	Washington	2:14:33

FEMALE INDIVIDUAL AGE GROUP: 50 - 59

1	17	51	Laurie	Tuchel	Freeport	1:58:13
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MALE INDIVIDUAL AGE GROUP: 50 - 59

1	143	50	Mario	Carey	Nassau	1:22:17
2	87	55	Gregory	Low	Nassau	1:30:26
3	57	51	Rick A	Smith	Land O Lakes	1:49:53
4	103	51	Gilbert	Gray	Nassau	2:02:42
5	125	58	Hennie	Serfontein	Nassau	2:08:27

FEMALE INDIVIDUAL AGE GROUP: 60 - 99

1	151	70	Harriet	Hoskyns-Abraham	Atlanta	2:10:50
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MALE INDIVIDUAL AGE GROUP: 60 - 69

1	83	63	Chris	Baker	Freeport	1:41:43
2	71	68	Carl	Mowery	Murray	2:12:41

MALE INDIVIDUAL AGE GROUP: 70 - 99

1	99	73	John B	Mayer	Ft Lauderdale	1:50:52
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