

Australian Time Trials Association

Lakes Day 25

6 Mar 2023
Champion Lakes



25 km Option

Place	Bib	Name	Category	Cat Place	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Total	Speed	Std Time	Std Place	Comment
1	71	Joseph Laurendi	30-39M	1	6:27.8	6:16.3	6:16.5	6:22.9	6:16.0	31:39.5	47.4	08:43	6	
2	78	Jeremy Smith	JM	1	6:34.7	6:29.7	6:28.4	6:26.3	6:24.0	32:23.2	46.3			Course record
3	18	Lee Bolden	40-49M	1	6:32.1	6:31.8	6:30.1	6:27.3	6:29.2	32:30.4	46.1	09:00	4	PB
4	90	Matheos Venetis	50-59M	1	6:34.9	6:34.5	6:31.6	6:35.6	6:28.9	32:45.6	45.8	09:07	3	PB
5	85	Chris Glasby	50-59M	2	6:33.2	6:34.2	6:38.4	6:35.5	6:32.2	32:53.4	45.6	09:52	2	
6	76	Robert Hurst	40-49M	2	6:38.9	6:37.0	6:41.3	6:37.4	6:34.7	33:09.3	45.2	08:06	8	PB
7	81	Finlay McRobbie	JM	2	6:41.7	6:41.6	6:40.4	6:40.3	6:31.2	33:15.2	45.1			
8	26	David Bryant	30-39M	2	6:43.7	6:42.4	6:41.6	6:45.0	6:38.3	33:31.1	44.8	06:51	12	
9	49	Steven Knight	60-69M	1	6:51.2	6:41.2	6:40.8	6:38.8	6:41.9	33:33.9	44.7	10:16	1	PB
10	88	Chris Roberts	50-59M	3	6:50.3	6:45.0	6:49.4	6:46.3	6:46.8	33:57.9	44.2	08:38	7	PB
11	73	Mathew Wardynec	30-39M	3	6:50.7	6:48.5	6:54.4	6:51.0	6:43.8	34:08.5	43.9	06:21	15	
12	83	Stuart Murray	40-49M	3	7:01.3	6:48.7	6:49.5	6:50.6	6:55.5	34:25.5	43.6	06:50	13	PB
13	23	Simon Hansen	30-39M	4	6:48.0	6:58.3	6:55.1	6:58.5	6:49.8	34:29.7	43.5	05:53	19	
14	70	Gareth Mullins	30-39M	5	7:02.3	6:53.7	6:56.6	6:59.1	6:46.8	34:38.5	43.3	05:44	21	
15	41	Steven Leung	40-49M	4	7:02.4	6:54.1	6:54.8	6:55.8	6:53.8	34:41.0	43.2	06:14	16	
16	60	Mark Smith	50-59M	4	6:53.1	7:01.6	7:00.7	7:03.6	6:57.4	34:56.4	42.9	07:21	9	
17	32	Jeff Grbelja	50-59M	5	7:07.8	7:01.2	7:04.3	7:03.9	7:08.5	35:25.8	42.3	06:27	14	
18	82	Nick Lowe	40-49M	5	7:04.0	7:08.0	7:07.8	7:02.8	7:04.6	35:27.2	42.3	05:41	22	
19	3	Paul Borrett	50-59M	6	7:16.6	7:05.8	7:02.8	7:08.0	7:00.9	35:34.1	42.2	07:21	10	
20	33	Scott McDowell	40-49M	6	7:11.5	7:09.3	7:04.1	7:09.1	7:07.7	35:41.7	42.0	05:56	18	
21	80	Tom Barratt	40-49M	7	7:01.2	7:10.9	7:14.5	7:10.7	7:04.8	35:42.1	42.0	05:48	20	
22	53	Andrew Bartucciotto	40-49M	8	7:21.9	7:17.2	7:10.8	7:08.5	7:06.4	36:04.8	41.6	05:11	25	PB
23	39	Jason Rhine	30-39M	6	7:18.2	7:21.5	7:19.6	7:22.2	7:18.5	36:40.0	40.9	03:49	31	
24	67	Samuel Toland	30-39M	7	7:27.4	7:25.2	7:25.7	7:20.1	7:16.6	36:55.0	40.6	03:28	35	
25	77	Paul van der Walt	60-69M	2	7:19.7	7:26.1	7:21.1	7:20.1	7:28.1	36:55.2	40.6	07:08	11	PB
26	22	Zvon Mikulic	40-49M	9	7:18.5	7:24.0	7:25.5	7:25.0	7:22.9	36:55.9	40.6	03:53	29	
27	37	Marion Mundt	30-39F	1	7:35.6	7:25.2	7:18.5	7:20.5	7:21.0	37:00.8	40.5	06:00	17	PB
28	65	Brett Amos	50-59M	7	7:26.5	7:26.2	7:26.0	7:23.4	7:22.5	37:04.6	40.5	04:56	26	
29	4	Darren Powell	50-59M	8	7:25.8	7:23.6	7:21.4	7:29.3	7:24.9	37:05.0	40.4	05:13	24	PB
30	19	Domenico Minervini	40-49M	10	7:22.6	7:36.1	7:21.9	7:40.2	7:32.6	37:33.5	39.9	03:35	33	
31	30	Kate Bonner	18-29F	1	7:36.5	7:29.7	7:33.1	7:30.8	7:26.0	37:36.1	39.9			
32	8	Toby Gallagher	JM	3	7:32.2	7:23.4	7:36.7	7:50.8	7:24.4	37:47.4	39.7			
33	31	Ian Turner	60-69M	3	7:47.4	7:32.3	7:37.9	7:36.1	7:30.3	38:04.0	39.4	05:35	23	
34	69	Clint Armstrong	30-39M	8	7:40.2	7:40.1	7:41.9	7:41.6	7:34.4	38:18.1	39.2	02:04	44	
35	29	Ricky Pedersen	40-49M	11	7:47.0	7:38.5	7:45.2	7:38.5	7:36.3	38:25.4	39.0	02:17	41	
36	21	Simon Fell	40-49M	12	7:32.6	7:49.8	7:47.1	7:44.3	7:31.9	38:25.7	39.0	03:12	36	
37	62	Darren Wright	50-59M	9	7:44.4	7:39.9	7:43.5	7:42.5	7:35.9	38:26.2	39.0	03:52	30	
38	86	Peter Hiotis	18-29M	1	7:56.0	7:28.0	7:25.0	8:09.5	7:54.2	38:52.8	38.6			
39	50	Peter Lundberg	40-49M	13	7:58.6	7:46.9	7:44.9	7:46.6	7:43.3	39:00.2	38.5	02:30	40	
40	68	Pieter Nel	40-49M	14	7:56.5	7:50.4	7:58.5	7:48.4	7:35.0	39:08.8	38.3	01:53	46	
41	44	Stuart Taylor-Charnley	40-49M	15	7:35.4	7:48.9	7:42.1	8:05.0	7:58.1	39:09.5	38.3	01:39	50	
42	34	Gabriel Cobb-Diamond	30-39M	9	7:39.4	7:51.8	7:56.5	8:04.1	7:48.8	39:20.6	38.1			
43	28	Matt Kraus	40-49M	16	7:50.6	7:54.0	8:00.3	7:50.1	7:47.1	39:22.2	38.1	01:46	49	
44	54	Don McCracken	60-69M	4	7:50.2	7:50.2	8:05.0	7:56.9	7:49.2	39:31.5	38.0	04:19	27	
45	36	David Equid	60-69M	5	7:56.1	7:55.0	7:57.0	8:00.5	8:00.6	39:49.3	37.7	04:14	28	
46	43	Colin McCaughey	50-59M	10	8:05.9	7:58.0	7:52.0	8:03.9	7:54.6	39:54.4	37.6	03:01	38	
47	47	Mark Berry	40-49M	17	8:05.2	7:57.0	8:07.1	7:58.6	7:50.2	39:58.1	37.5	01:04	53	
48	7	Campbell McDowell	JM	4	7:49.5	7:57.0	8:07.2	8:06.2	8:00.6	40:00.6	37.5			
49	9	Ian Gallagher	50-59M	11	7:57.7	8:15.1	8:06.0	7:54.8	7:53.5	40:07.2	37.4	02:11	43	
50	58	Greg Perry	60-69M	6	8:09.7	8:05.4	7:59.4	8:01.3	7:51.5	40:07.2	37.4	03:43	32	
51	38	Abbie Crew	18-29F	2	8:07.2	8:03.0	8:02.0	8:04.7	7:51.7	40:08.6	37.4			
52	74	Paul Taylor	40-49M	18	8:12.9	8:04.8	8:03.5	7:57.0	7:55.4	40:13.5	37.3	01:17	52	
53	35	Jim Macaskill	50-59M	12	8:02.1	8:05.3	8:01.0	8:02.0	8:03.7	40:14.1	37.3	02:51	39	
54	11	Bailey Paton	JM	5	7:50.9	8:04.8	8:12.8	8:13.8	7:55.1	40:17.5	37.2			
55	24	Jenny Sammons	60-69F	1	8:15.5	8:08.6	8:14.7	7:55.9	7:47.8	40:22.6	37.2	08:57	5	
56	46	Sabine Bird	30-39F	2	8:07.2	7:54.8	8:10.6	8:13.7	8:22.3	40:48.7	36.8	03:03	37	
57	12	James Gray	JM	6	8:09.0	8:09.1	8:21.0	8:15.1	7:58.5	40:52.7	36.7			
58	66	Chris Reid	50-59M	13	8:02.4	8:07.8	8:25.0	8:26.5	8:26.1	41:27.8	36.2	01:49	48	
59	61	Ade Richardson	50-59M	14	8:02.6	8:15.8	8:26.2	8:24.7	8:20.7	41:30.0	36.1	00:23	55	
60	16	Prince Reyes	50-59M	15	8:25.9	8:32.2	8:37.5	8:46.0	8:41.1	43:02.8	34.8	-01:10	59	
61	17	Rick Churchill	60-69M	7	8:31.8	8:35.4	8:39.6	8:46.6	8:34.3	43:07.7	34.8	01:51	47	
62	45	Bakhyt Abishbayev	30-39M	10	8:30.4	8:33.9	8:42.9	8:43.2	8:48.1	43:18.5	34.6	-02:56	60	
63	52	Adie Richardson	40-49F	1	8:57.0	8:39.8	8:35.4	8:37.4	8:32.5	43:22.1	34.6	02:12	42	
64	25	Leanne Jeffrey	50-59F	1	8:41.4	8:37.8	8:43.6	8:45.4	8:41.6	43:29.8	34.5	03:31	34	
65	51	Tina Macaskill	50-59F	2	9:02.1	8:51.8	8:59.4	8:58.8	8:48.4	44:40.5	33.6	01:28	51	
66	48	Mandy McEvoy	40-49F	2	8:58.0	8:54.8	9:15.7	9:03.0	8:51.9	45:03.5	33.3	00:39	54	
67	64	Anna Schwartz	40-49F	3	8:54.0	9:03.6	9:10.6	9:03.3	9:07.6	45:19.1	33.1	-00:18	56	
68	10	Ian Davies	70-79M	1	9:01.7	9:00.7	9:09.7	9:10.1	9:01.0	45:23.2	33.0	02:00	45	
69	40	Sally Pilbeam	40-49F	4	9:02.0	9:05.0	9:01.1	9:06.9	9:10.9	45:26.0	33.0	-00:24	57	
70	13	Peter Vaughan	60-69M	8	9:21.2	9:25.0	9:16.5	9:16.6	9:08.2	46:27.4	32.3	-00:57	58	PB
71	27	Mari Turner	40-49F	5	9:33.8	9:39.9	9:39.2	9:45.2	9:31.1	48:09.2	31.2	-03:37	61	
72	84	Kimberly Krivan	40-49F	6	9:34.4	9:43.7	9:50.9	9:56.1	9:40.0	48:45.2	30.8	-04:13	62	
73	6	Sally Churchill	40-49F	7	11:59.6	11:51.1	11:44.1	11:58.2	12:23.5	59:56.4	25.0	-14:55	63	
74	2	John Andrews	80-89M	1	13:00.9	12:55.8	13:20.6	13:36.4	13:46.8	1:06:40.5	22.5	-17:12	64	
75	1	Phil Gyford	80-89M	2	13:43.8	13:22.0	13:54.7	14:13.3	13:58.6	1:09:12.5	21.7	-17:36	65	

15 km Option

Place	Bib	Name	Category	Cat Place	Lap 1	Lap 2	Lap 3	Lap 4	Total	Speed	Standard Time	Std Place	Comment
1	15	Jaco Nel	JM	1	7:57.5	7:54.1	7:42.4		23:34.0	38.2		1	

10 km Option

Place	Bib	Name	Category	Cat Place	Lap 1	Lap 2	Lap 3	Lap 4	Total	Speed	Standard Time	Std Place	Comment
1	5	Oscar Barratt	JM	1	8:05.2	8:16.6			16:21.8	36.7			PB
2	56	Indiah Coupland	JF	1	8:32.2	8:46.2			17:18.3	34.7			PB
3	92	Elliott Harding	JM	2	10:09.5	10:56.7			21:06.2	28.4			
4	14	Karen Oakes	50-59F	1	12:28.9	13:15.4			25:44.4	23.3	-07:14		

CHAMPION LAKES RACE REPORT - 25Km LAKES DAY 6 MARCH 2023

A perfect autumn morning greeted the 80 riders that lined up at the start to round out another lazy long weekend. Riders were anything but lazy, with six of the top 10 riders posting PB's with a total of 13 PB's recorded despite a south easterly wind that seemed to pick up and drop off throughout the morning. Joseph Laurendi was on fire with an average speed of 47.4km/hr as was Jeremy Smith who posted a new junior course record, beating Michael Storers record way back in 2014. Lee Bolden also with a PB, rounded out the top three. For the ladies, Marion Mundt threw down some serious watts and a new PB, followed by Kate Boner and Abbie Crew. Steve Knight, Chris Glasby and Matheos Venetis rounded out the top three on Standards.

The fine weather also brought out lots of walkers on the outer track and rowers on the water meaning our traffic wardens and marshals were kept extremely busy managing people, cars and riders. Our riders were well behaved keeping left to allow for overtaking and turning off the course at the foot bridge on the eastern end. A few riders were observed to be passing other riders a little too closely, so a gentle reminder that you don't have to be so close that you can whisper in someone's ear when passing them. The path is wide enough to give everyone enough room to get around safely. A super big thank you to all the volunteers (Jane, Cheryl, Chloe, Megan, Tanya, Simone and Nick) who gave up their sleep-in to make this event possible, and a special shout out to David Equid for managing the timing, start list and collating results after the event. This is a mammoth task that involves many hours of behind the scenes work that goes unnoticed by riders on the day who benefit from David's hard work. He's also a magician when it comes to fixing the timing system when it goes amiss 90 seconds out from the first rider starting. Speaking of volunteers, next week we are at Chidlow for the 40km State Champs and we are still in need of a number of volunteers. If you, a family member or friend can help, please go to the web page and sign up. Our events rely on volunteer support so if you can please step forward and help out.

Finally, a special shout out to all the Triathletes, first time riders and those returning after a few years break. It was great to see familiar faces, new faces and Triathletes getting in some race practice for your upcoming events. We hope you enjoyed the beautiful morning and hope to see you again at future events.