



## TRIATHLON CHAMPIONSHIPS 2015

The Secondary School Sport SA Individual and Teams' Triathlon championship was held at the West Lakes Aquatic Reserve on Wednesday 18<sup>th</sup> February.

The number of participants was:

Individual State Trials	-	63
Individual Come 'N' Try	-	51
Teams (3 members/team)	-	130 teams

The following people and organisations are sincerely thanked for their assistance in making this championship successful:

- Charles Sturt Council for the use of the venue
- Canoe SA for the use of their facilities
- SA Police for their valuable assistance with the cycle leg
- Malcolm Robertson from Event Strategies for doing the results and his sponsorship of the event.
- To CMI Toyota for the use of a Hilux Utility for set up and the day of the triathlon.
- Altus Traffic for their coning and signage and manning on the cycle course.
- To Triathlon SA and Triathlon Australia who sanction our event and provided a referee Darryl Webb and a technical officer Jo Clippingdale for the event.
- Brian Jackson (race director) for his excellent work in bringing all aspects of the event together which is always a huge task.
- The key officials who do a fantastic job in setting up the day before and then ensuring that the event runs smoothly and safely for all competitors. They are: Brian Jackson, David Phillips, Kevin Gruhl, Phil Robinson, Trent English and also three Uni SA students Sarah Leadbeater, Ashlee Fennell and Hayley McAteer who helped both days.
- Officials on the day Dave Gomer, Dave Edwards, Ted Zeitz, Tony Diercks, Sophie Common, Julie Phillips, Amelia Maddern, Stuart Woolford, Dave Nottage, Brian Cutting, Loretta Martin, Barry Hank, Julie Keast, Steph Jolly a Flinders Uni student, Chris Timmins, Chris Clohsey and Chris Grenfold.
- Troy Edwards and his Sport and Recreation class from Windsor Gardens Vocational College for their help in officiating and packing up. These students did a variety of tasks which was greatly appreciated by all and enabled the competition to run smoothly.
- Russell Watkins and the Henley HS Surf Life Saving Sport Specialist students for providing the water coverage for the swim legs.
- All of the school officials for making themselves available to perform the required duties out on the cycle course.

### SAM WHITE TROPHY

Scoring System – based on State Championships, Come & Try, and Teams Events

<b>1<sup>ST</sup></b>	<b>LOXTON HIGH SCHOOL</b>	<b>73</b>
<b>2<sup>ND</sup></b>	<b>IMMANUEL COLLEGE</b>	<b>53</b>
<b>3<sup>RD</sup></b>	<b>PEMBROKE SCHOOL</b>	<b>50</b>

**Marg Smith**  
**School Sport Officer**  
**SSSSA**

## State Trials Medallists



Senior girls



Intermediate girls



Junior girls



Senior boys



Intermediate boys



Junior boys

## Come n' Try Medallists



Senior girls



Intermediate girls



Junior girls



Senior boys



Intermediate boys



Junior boys

## Teams Medallist



Senior boys



Senior girls



Senior mixed



Intermediate boys



Intermediate girls



Intermediate mixed



Junior boys



Junior girls



Junior mixed



Sam White Trophy winners – Loxton HS Captains

## Sam White Trophy Winners – Loxton High School



## SSSSA Triathlon Championships Results 2015

### Senior Boys State Trials

Overall Pos	Name	Race No	Time	School	Swim Time	Swim Pace	Swim Pos	Cycle Time	Cycle Pace	Cycle Pos	Run Time	Run Pace	Run Pos
1	Jack TIERNEY	101	00:55:12	Immanuel Coll	00:09:02	1:12 sec/100m	1	00:26:34	38.4 km/h	1	00:19:35	4:21 min/km	3
2	Shaun HAHN	100	00:56:59	Nuriootpa Hs	00:10:27	1:23 sec/100m	3	00:28:03	36.4 km/h	2	00:18:28	4:06 min/km	1
3	Zak WHEATON	104	00:57:12	Marryatville HS	00:10:08	1:21 sec/100m	2	00:28:22	35.9 km/h	3	00:18:41	4:09 min/km	2
4	Jack TAEGER	103	01:05:26	Scotch Coll	00:11:30	1:32 sec/100m	4	00:31:45	32.1 km/h	5	00:22:11	4:55 min/km	5
5	Joshua RICHARDS	102	01:06:04	St Michael'S Coll	00:12:05	1:36 sec/100m	5	00:31:17	32.6 km/h	4	00:22:41	5:02 min/km	6
6	Henry BAYNES	105	01:07:49	Henley Hs	00:13:04	1:44 sec/100m	6	00:33:03	30.9 km/h	6	00:21:40	4:49 min/km	4
7	Jesse HAYFORD	107	01:27:20	Trinity Coll	00:15:00	2:00 sec/100m	7	00:39:19	25.9 km/h	7	00:32:59	7:19 min/km	7

### Senior Girls State Trials

Overall Pos	Name	Race No	Time	School	Swim Time	Swim Pace	Swim Pos	Cycle Time	Cycle Pace	Cycle Pos	Run Time	Run Pace	Run Pos
1	Lauren SCHROEDER	151	01:07:43	Kings Baptist Gram Sch	00:12:33	1:40 sec/100m	3	00:31:41	32.2 km/h	1	00:23:28	5:12 min/km	2
2	Ella CONNAGHAN	152	01:12:12	St Peter's Girls Sch	00:12:14	1:37 sec/100m	1	00:35:35	28.7 km/h	2	00:24:23	5:25 min/km	3
3	Mika OGAI	155	01:18:36	Pembroke Sch	00:16:00	2:08 sec/100m	4	00:41:14	24.7 km/h	3	00:21:21	4:44 min/km	1
4	Lydea PHILLIPS	153	01:20:21	Asms	00:12:30	1:40 sec/100m	2	00:42:29	24.0 km/h	4	00:25:20	5:37 min/km	4
5	Phoebe MATTHEWS	154	01:39:11	Trinity Coll	00:22:26	2:59 sec/100m	6	00:44:11	23.1 km/h	5	00:32:33	7:14 min/km	5
6	Jasmine GRAEBER	150	01:43:14	Unley Hs	00:17:52	2:22 sec/100m	5	00:50:19	20.3 km/h	6	00:35:02	7:47 min/km	6

### Intermediate Boys State Trials

Overall Pos	Name	Race No	Time	School	Swim Time	Swim Pace	Swim Pos	Cycle Time	Cycle Pace	Cycle Pos	Run Time	Run Pace	Run Pos
1	Max SPURLING	208	00:57:37	Scotch Coll	00:08:57	1:29 sec/100m	5	00:30:31	33.4 km/h	2	00:18:11	4:02 min/km	1
2	Jack SYKES	211	00:57:52	Henley Hs	00:08:26	1:24 sec/100m	2	00:30:06	33.9 km/h	1	00:19:22	4:18 min/km	2
3	Byron GOODRICK	207	01:02:34	Tatachilla Luth Coll	00:09:45	1:37 sec/100m	9	00:31:11	32.7 km/h	3	00:21:39	4:48 min/km	3
4	Spencer Ng	206	01:04:42	Prince Alfred Coll	00:09:20	1:33 sec/100m	7	00:32:47	31.1 km/h	5	00:22:36	5:01 min/km	5
5	Thomas OATES	200	01:05:26	Loxton HS	00:10:20	1:43 sec/100m	10	00:31:45	32.1 km/h	4	00:23:21	5:11 min/km	8
6	Aiden LOCK	201	01:08:09	Immanuel Coll	00:08:42	1:26 sec/100m	4	00:35:16	28.9 km/h	7	00:24:12	5:22 min/km	9
7	James MCLACHLAN	213	01:08:15	Westminster Sch	00:08:22	1:23 sec/100m	1	00:36:43	27.8 km/h	9	00:23:10	5:08 min/km	6
8	Lachlan MERCHANT	203	01:09:52	Sacred Heart Coll-Ms	00:08:40	1:26 sec/100m	3	00:38:01	26.8 km/h	12	00:23:11	5:09 min/km	7
9	Edward GATES-ASHTON	210	01:11:00	St Michael'S Coll	00:09:42	1:36 sec/100m	8	00:36:33	27.9 km/h	8	00:24:46	5:30 min/km	10
10	Brodie Duell	215	01:11:54	Faith Luth Coll	00:09:00	1:29 sec/100m	6	00:37:29	27.2 km/h	10	00:25:26	5:38 min/km	12
11	Harry MILLER	212	01:19:21	Westminster Sch	00:12:54	2:08 sec/100m	12	00:37:42	27.1 km/h	11	00:28:45	6:23 min/km	13
12	Ed COCKCROFT	205	01:28:35	Glenunga Int HS	00:17:10	2:51 sec/100m	15	00:38:34	26.5 km/h	13	00:32:52	7:18 min/km	15
13	Patrick PANTILLANO	204	01:28:36	Sacred Heart Coll-Ms	00:12:50	2:08 sec/100m	11	00:50:43	20.1 km/h	15	00:25:04	5:34 min/km	11
14	Peter Mourtzios	214	01:29:24	Prince Alfred Coll	00:15:04	2:30 sec/100m	14	00:42:02	24.3 km/h	14	00:32:19	7:10 min/km	14
DNF	Samuel AMBROSE	202	01:10:23	Immanuel Coll	00:14:49	2:28 sec/100m	13	00:33:20	30.6 km/h	6	00:22:15	4:56 min/km	4

## SSSSA Triathlon Championships Results 2015

### Intermediate Girls State Trials

Overall Pos	Name	Race No	Time	School	Swim Time	Swim Pace	Swim Pos	Cycle Time	Cycle Pace	Cycle Pos	Run Time	Run Pace	Run Pos
1	Fern DAVIS	254	01:00:56	Woodcroft Coll	00:08:45	1:27 sec/100m	2	00:31:31	32.4 km/h	1	00:20:41	4:35 min/km	1
2	Amy STEVEN	251	01:04:33	Glenunga Int HS	00:09:50	1:38 sec/100m	6	00:32:28	31.4 km/h	2	00:22:17	4:56 min/km	2
3	Emily HILL	255	01:05:26	Windsor Gardens Sec Coll	00:08:30	1:24 sec/100m	1	00:32:40	31.2 km/h	3	00:24:17	5:23 min/km	3
4	Jessica TIERNEY	250	01:11:26	Immanuel Col	00:08:48	1:27 sec/100m	3	00:36:57	27.6 km/h	4	00:25:42	5:42 min/km	5
5	Erin MCGLASHAN	253	01:13:26	St Mary's Coll	00:09:36	1:36 sec/100m	5	00:38:51	26.3 km/h	5	00:24:59	5:33 min/km	4
6	Sara Edwards	256	01:17:35	Mercedes Coll	00:11:33	1:55 sec/100m	7	00:39:33	25.8 km/h	6	00:26:29	5:53 min/km	6
DNF	Bessie HUMPHRYS	252		Willunga Waldord Coll	00:09:18	1:32 sec/100m	4						

### Junior Boys State Trials

Overall Pos	Name	Race No	Time	School	Swim Time	Swim Pace	Swim Pos	Cycle Time	Cycle Pace	Cycle Pos	Run Time	Run Pace	Run Pos
1	Sam TIERNEY	2	00:30:13	Immanuel Coll	00:04:11	1:23 sec/100m	1	00:15:49	32.3 km/h	1	00:10:14	4:32 min/km	2
2	Declan GILLARD MARTIN	5	00:31:48	Trinity Coll	00:04:48	1:35 sec/100m	2	00:17:12	29.7 km/h	2	00:09:49	4:21 min/km	1
3	Scott GOODWIN	3	00:32:47	Sacred Heart Coll-Ms	00:05:05	1:41 sec/100m	5	00:17:13	29.6 km/h	3	00:10:30	4:39 min/km	3
4	Liam ATKINS	1	00:36:06	Immanuel Coll	00:06:19	2:06 sec/100m	7	00:18:22	27.8 km/h	4	00:11:26	5:04 min/km	5
5	Jesse ELLIS	8	00:36:12	Henley Hs	00:04:49	1:36 sec/100m	3	00:20:41	24.7 km/h	6	00:10:43	4:45 min/km	4
6	Samuel REID	14	00:37:27	Magill PS	00:07:03	2:20 sec/100m	10	00:18:55	27.0 km/h	5	00:11:30	5:06 min/km	6
7	Angus CROCKFORD	10	00:40:49	Henley Hs	00:07:01	2:20 sec/100m	9	00:20:47	24.6 km/h	7	00:13:02	5:47 min/km	8
8	Cooper DAY	12	00:41:25	Westminster Sch	00:05:05	1:41 sec/100m	6	00:21:52	23.3 km/h	8	00:14:29	6:25 min/km	11
9	Kaelum BARLOW	4	00:44:54	Cornerstone Coll	00:04:55	1:38 sec/100m	4	00:27:48	18.3 km/h	10	00:12:11	5:24 min/km	7
10	Ben SIGGS	9	00:46:48	Henley Hs	00:06:42	2:13 sec/100m	8	00:26:51	19.0 km/h	9	00:13:17	5:53 min/km	9
11	Josh HAYSMAN	13	00:50:21	Highgate Sch	00:07:12	2:23 sec/100m	11	00:29:28	17.3 km/h	11	00:13:42	6:05 min/km	10

### Junior Girls State Trials

Overall Pos	Name	Race No	Time	School	Swim Time	Swim Pace	Swim Pos	Cycle Time	Cycle Pace	Cycle Pos	Run Time	Run Pace	Run Pos
1	Charlotte DERBYSHIRE	63	00:32:43	Westminster Sch	00:05:17	1:45 sec/100m	7	00:18:15	27.9 km/h	4	00:09:11	4:04 min/km	1
2	Lucie Spurling	66	00:32:47	Scotch Coll	00:05:13	1:44 sec/100m	5	00:17:15	29.6 km/h	1	00:10:21	4:35 min/km	3
3	Emily STEVEN	53	00:33:45	Glenunga Int HS	00:05:34	1:51 sec/100m	9	00:17:47	28.7 km/h	2	00:10:25	4:37 min/km	4
4	Tamika BAYNES	61	00:33:51	Henley Hs	00:05:25	1:48 sec/100m	8	00:18:19	27.9 km/h	5	00:10:08	4:29 min/km	2
5	Grace ROBERTS	57	00:34:39	Saint Ignatius Coll	00:04:38	1:32 sec/100m	1	00:18:41	27.3 km/h	7	00:11:22	5:02 min/km	5
6	Ruby HICKMAN	59	00:35:38	Henley Hs	00:05:12	1:43 sec/100m	4	00:18:15	27.9 km/h	3	00:12:11	5:24 min/km	9
7	Kiana BAYNES	60	00:36:31	Henley Hs	00:05:46	1:55 sec/100m	10	00:19:10	26.6 km/h	9	00:11:36	5:09 min/km	6
8	Millie RUSSELL	56	00:36:45	Urrbrae Agri HS	00:06:04	2:01 sec/100m	11	00:19:05	26.7 km/h	8	00:11:37	5:09 min/km	7
9	Aimee MORONEY PLOUFFE	64	00:36:50	Adelaide HS	00:04:51	1:36 sec/100m	2	00:18:40	27.3 km/h	6	00:13:21	5:55 min/km	11
10	Larissa LOCK	51	00:37:43	Immanuel Coll	00:05:11	1:43 sec/100m	3	00:20:07	25.4 km/h	11	00:12:26	5:31 min/km	10
11	Sarah Wilkins	67	00:38:52	Saint Johns	00:05:16	1:45 sec/100m	6	00:19:49	25.7 km/h	10	00:13:48	6:07 min/km	14
12	Alicia MCNEILL	58	00:44:05	Adelaide HS	00:06:13	2:04 sec/100m	13	00:24:00	21.3 km/h	13	00:13:53	6:09 min/km	15
13	Lauren GALLAGHER	54	00:44:13	Trinity Coll	00:08:06	2:41 sec/100m	15	00:24:01	21.2 km/h	14	00:12:07	5:23 min/km	8
14	Connie GRIFFITHS	50	00:45:19	Waikerie HS	00:09:04	3:01 sec/100m	16	00:22:42	22.5 km/h	12	00:13:34	6:01 min/km	12
15	Jessie KEECHE	65	00:46:16	Highgate Sch	00:07:41	2:33 sec/100m	14	00:24:53	20.5 km/h	15	00:13:43	6:05 min/km	13
16	Annabel NETTLETON	68	00:51:14	Highgate Sch	00:09:31	3:10 sec/100m	17	00:26:00	19.6 km/h	16	00:15:44	6:59 min/km	16
DNF	Charley KENNEDY-DINAN	52		Colonel Light Gardens PS	00:06:05	2:01 sec/100m	12						

## SSSSA Triathlon Championships Results 2015

### Senior Boys Come n' Try

Overall Pos	Name	Race No	Time	School	Swim Time	Swim Pace	Swim Pos	Cycle Time	Cycle Pace	Cycle Pos	Run Time	Run Pace	Run Pos
1	Riley VAN DE LOO	709	00:30:44	Pembroke Sch	00:02:18	0:45 sec/100m	1	00:17:37	29.0 km/h	1	00:10:49	4:48 min/km	1
2	Codi VOUMARD	702	00:34:32	Loxton HS	00:03:09	1:02 sec/100m	2	00:18:53	27.0 km/h	2	00:12:31	5:33 min/km	4
3	Ben FORREST	708	00:34:49	Westminster Sch	00:03:31	1:10 sec/100m	3	00:19:43	25.9 km/h	3	00:11:36	5:09 min/km	2
4	Ryan WEYERHAUSER-MEYER	705	00:38:48	Faith Luth Coll	00:04:31	1:30 sec/100m	5	00:21:25	23.8 km/h	4	00:12:53	5:43 min/km	5
5	Alex PATTON	706	00:38:52	Renmark HS	00:04:08	1:22 sec/100m	4	00:22:38	22.5 km/h	5	00:12:06	5:22 min/km	3

### Senior Girls Come n' Try

Overall Pos	Name	Race No	Time	School	Swim Time	Swim Pace	Swim Pos	Cycle Time	Cycle Pace	Cycle Pos	Run Time	Run Pace	Run Pos
1	Marlee GEORGE	717	00:35:20	Loxton HS	00:03:05	1:01 sec/100m	1	00:20:08	25.4 km/h	2	00:12:08	5:23 min/km	1
2	Alicia SHOTTON	718	00:37:34	Loxton HS	00:04:53	1:37 sec/100m	7	00:19:40	25.9 km/h	1	00:13:02	5:47 min/km	3
3	Kenzie Corbett	721	00:39:51	Marryatville HS	00:04:14	1:24 sec/100m	5	00:22:46	22.4 km/h	4	00:12:52	5:42 min/km	2
4	Aimee BRETT	724	00:40:27	St Aloysius Coll	00:03:35	1:11 sec/100m	3	00:23:42	21.5 km/h	6	00:13:11	5:51 min/km	4
5	Ashleigh CHAPPILL	725	00:40:50	Westminster Sch	00:03:10	1:03 sec/100m	2	00:23:09	22.0 km/h	5	00:14:32	6:27 min/km	7
6	Brooke NEWTON	719	00:40:54	Immanuel Coll	00:03:49	1:16 sec/100m	4	00:23:53	21.4 km/h	7	00:13:13	5:52 min/km	5
7	Tegan GRIFFITHS	716	00:41:18	Waikerie HS	00:05:06	1:41 sec/100m	8	00:21:37	23.6 km/h	3	00:14:36	6:29 min/km	8
8	Lana WOOLLATT	715	00:44:04	Waikerie HS	00:05:11	1:43 sec/100m	9	00:25:13	20.2 km/h	8	00:13:40	6:04 min/km	6
9	Adele BEAUMONT	722	00:50:21	St Aloysius Coll	00:04:16	1:25 sec/100m	6	00:27:43	18.4 km/h	9	00:18:23	8:10 min/km	9
10	Tess BENNETT	720	01:05:47	Urrbrae Agri HS	00:05:18	1:45 sec/100m	10	00:40:02	12.7 km/h	10	00:20:28	9:05 min/km	10

### Intermeidate Boys Come n' Try

Overall Pos	Name	Race No	Time	School	Swim Time	Swim Pace	Swim Pos	Cycle Time	Cycle Pace	Cycle Pos	Run Time	Run Pace	Run Pos
1	Colby JACHMANN	739	00:27:31	Loxton HS	00:02:46	0:55 sec/100m	3	00:15:20	33.3 km/h	1	00:09:26	4:11 min/km	1
2	Hayden AMERY	741	00:30:39	Faith Luth Coll	00:02:15	0:44 sec/100m	2	00:18:08	28.1 km/h	2	00:10:17	4:34 min/km	5
3	Jez MCLENNAN	735	00:33:36	Nuriootpa Hs	00:02:54	0:58 sec/100m	5	00:20:26	25.0 km/h	7	00:10:16	4:33 min/km	4
4	Taran BROCK	732	00:35:04	Waikerie HS	00:04:21	1:26 sec/100m	10	00:20:36	24.8 km/h	8	00:10:08	4:30 min/km	2
5	Hamish WALLACE	742	00:35:11	Pembroke Sch	00:02:52	0:57 sec/100m	4	00:22:05	23.1 km/h	12	00:10:14	4:32 min/km	3
6	Jack EASTWOOD	743	00:35:18	Brighton SS	00:02:15	0:44 sec/100m	1	00:20:48	24.5 km/h	9	00:12:16	5:26 min/km	9
7	Riley ARNOLD	738	00:35:35	Loxton HS	00:03:44	1:14 sec/100m	8	00:19:40	25.9 km/h	3	00:12:12	5:24 min/km	8
8	Jonah GEORGE	736	00:36:04	Loxton HS	00:03:54	1:17 sec/100m	9	00:20:13	25.2 km/h	5	00:11:58	5:18 min/km	6
9	Josh VOUMARD	737	00:36:15	Loxton HS	00:04:25	1:28 sec/100m	11	00:19:42	25.9 km/h	4	00:12:09	5:23 min/km	7
10	Andrew GRACE	740	00:36:19	Faith Luth Coll	00:03:43	1:14 sec/100m	7	00:20:15	25.2 km/h	6	00:12:22	5:29 min/km	10
11	Joseph WHITEHEAD	730	00:37:53	Waikerie HS	00:03:22	1:07 sec/100m	6	00:21:36	23.6 km/h	10	00:12:56	5:44 min/km	11
12	Clayton HOLLAMBY	731	00:46:08	Waikerie HS	00:08:00	2:39 sec/100m	12	00:21:57	23.2 km/h	11	00:16:11	7:11 min/km	13
13	Barry CAVANAGH	734	00:46:08	Waikerie HS	00:08:05	2:41 sec/100m	13	00:24:22	20.9 km/h	13	00:13:42	6:05 min/km	12

## SSSSA Triathlon Championships Results 2015

### Intermeidate Girls Come n' Try

Overall Pos	Name	Race No	Time	School	Swim Time	Swim Pace	Swim Pos	Cycle Time	Cycle Pace	Cycle Pos	Run Time	Run Pace	Run Pos
1	Brooke WEBB	753	00:34:46	Renmark HS	00:04:24	1:27 sec/100m	7	00:20:01	25.5 km/h	1	00:10:22	4:36 min/km	1
2	Jessie MILLER	751	00:37:37	Immanuel Coll	00:04:16	1:25 sec/100m	6	00:20:47	24.5 km/h	2	00:12:35	5:35 min/km	7
3	Rachel FILLMORE	750	00:38:40	Waikerie HS	00:04:08	1:22 sec/100m	3	00:21:20	23.9 km/h	3	00:13:13	5:52 min/km	9
4	Niamh MURPHY-O'NEIL	756	00:39:03	Marryatville HS	00:04:11	1:23 sec/100m	4	00:22:11	23.0 km/h	5	00:12:41	5:37 min/km	8
5	Natasha WATERMAN	755	00:39:51	Marryatville HS	00:04:53	1:37 sec/100m	9	00:22:26	22.7 km/h	6	00:12:32	5:34 min/km	5
6	Meredith NORMAN	758	00:40:28	St Aloysius Coll	00:05:04	1:41 sec/100m	11	00:23:45	21.5 km/h	8	00:11:39	5:10 min/km	3
7	Eve CATON	759	00:40:47	St Aloysius Coll	00:02:16	0:45 sec/100m	1	00:23:56	21.3 km/h	9	00:14:37	6:29 min/km	10
8	Lexie BENTLEY	754	00:41:04	Urrbrae Agri HS	00:04:14	1:24 sec/100m	5	00:24:16	21.0 km/h	10	00:12:34	5:34 min/km	6
9	Sankkirtana SELLVAKUMARAN	762	00:41:54	Westminster Sch	00:03:36	1:11 sec/100m	2	00:26:43	19.1 km/h	11	00:11:36	5:09 min/km	2
10	Velvet KLASS	761	00:42:44	Brighton SS	00:04:24	1:28 sec/100m	8	00:21:56	23.3 km/h	4	00:16:25	7:17 min/km	12
11	Stacey BENNETT	752	00:43:50	Renmark HS	00:05:01	1:40 sec/100m	10	00:23:14	22.0 km/h	7	00:15:36	6:56 min/km	11
12	Clare PETERSON	760	00:47:47	St Aloysius Coll	00:05:05	1:41 sec/100m	12	00:30:15	16.9 km/h	12	00:12:29	5:32 min/km	4

### Junior Boys Come n' Try

Overall Pos	Name	Race No	Time	School	Swim Time	Swim Pace	Swim Pos	Cycle Time	Cycle Pace	Cycle Pos	Run Time	Run Pace	Run Pos
1	Luke SHARRAD	772	00:33:25	Loxton HS	00:03:54	1:17 sec/100m	2	00:18:56	26.9 km/h	1	00:10:36	4:42 min/km	1
2	Jackson FERRES	775	00:38:54	Pembroke Sch	00:03:23	1:07 sec/100m	1	00:23:59	21.3 km/h	3	00:11:33	5:07 min/km	2
3	Billy BEGER	774	00:40:29	Pembroke Sch	00:05:03	1:40 sec/100m	4	00:23:40	21.5 km/h	2	00:11:46	5:13 min/km	3
4	Riley STASINOWSKY	770	00:41:36	Loxton HS	00:05:10	1:43 sec/100m	5	00:24:07	21.2 km/h	5	00:12:19	5:28 min/km	4
5	Jett GARVIE	771	00:45:25	Loxton HS	00:04:18	1:25 sec/100m	3	00:23:59	21.3 km/h	4	00:17:08	7:36 min/km	5
6	Carter NORMAN	773	00:55:09	Sacred Heart Coll-Ms	00:05:42	1:54 sec/100m	6	00:30:16	16.9 km/h	6	00:19:11	8:31 min/km	6

### Junior Girls Come n' Try

Overall Pos	Name	Race No	Time	School	Swim Time	Swim Pace	Swim Pos	Cycle Time	Cycle Pace	Cycle Pos	Run Time	Run Pace	Run Pos
1	Chelsea HOLMES	790	00:37:44	St Aloysius Coll	00:05:03	1:40 sec/100m	2	00:21:30	23.7 km/h	1	00:11:12	4:58 min/km	1
2	Christie WEBB	787	00:38:32	Renmark HS	00:04:31	1:30 sec/100m	1	00:22:47	22.4 km/h	3	00:11:14	4:59 min/km	2
3	Tori VOUMARD	785	00:39:47	Loxton HS	00:05:17	1:45 sec/100m	3	00:22:04	23.1 km/h	2	00:12:27	5:31 min/km	3
4	Paige CONWAY	791	00:43:54	Westminster Sch	00:05:29	1:49 sec/100m	4	00:23:53	21.4 km/h	4	00:14:32	6:27 min/km	5
5	Maddie Reily	794	00:50:17	Urrbrae Agri HS	00:05:33	1:50 sec/100m	5	00:32:11	15.9 km/h	5	00:12:34	5:35 min/km	4

**SSSSA Triathlon Championships Results 2015****Senior Boys Teams**

Overall Pos	School	Race No	Overall Time	Swimmer Name	Cyclist Name	Runner Name
1	Henley Hs SNR M1	130	01:00:26	Kyle Thomas	Jack Sykes	Lachlan Fairall
2	Roma Mitchell Sc SNR M1	127	01:00:32	Toby Mills	Albert Beauchamp	Braden Porter
3	Pembroke Sch SNR M2	132	01:00:43	Aaron Chin	Rhys Wilson	Joshua Haselgrove
4	Glossop Hs SNR M1	126	01:03:00	Jake Millar	Luke Bacskai	Braden Page
5	Unley Hs SNR M2	133	01:05:17	Joseph Hutt	Lachlan Rowe	Mackenzie Slaughter
6	Loxton Hs SNR M1	124	01:05:29	Ryan Casey	Brad Beswick	Tyler Wagner
7	Pembroke Sch SNR M1	131	01:06:22	Matt Thomas	Sam Price	David Sun
8	Faith Luth Coll SNR M1	125	01:06:59	Andrew Grace	Sam Lecons	Harry Starak
9	Torrens Valley Cs SNR M1	128	01:08:12	Darcy Pols	Josiah Oakley	Matthew Parker
10	Waikerie Hs SNR M1	122	01:10:40	Braydn Rigby	Barry Cavanagh	Tristan Geehman
DNF	Roma Mitchell Sc SNR M2	129		Michael Tropeano	Daniel Chiochiulo	Dakota Nixon

**Senior Girls Teams**

Overall Pos	School	Race No	Overall Time	Swimmer Name	Cyclist Name	Runner Name
1	St Peter's Girls Sch SNR F1	169	01:01:02	Georgia Wilson	Ella Connaghan	Anna Cross
2	Pulteney Gram Sch SNR F1	168	01:02:05	Caitlin Pearce	Tessa Manning	Sophie Zuill
3	Pembroke Sch SNR F1	175	01:07:51	Flora King	Sophie Edwards	Tess Ballard
4	Immanuel Coll Snr F1	166	01:09:06	Sophie Hawkins	Isabella McPherson	Maise Nankievell
5	Loxton Hs SNR F1	165	01:13:57	Susie Stivahtaris	Alicia Shotton	Kailey Waechter
6	Marrytville Hs SNR F2	171	01:15:49	Stephanie Ory	Kelsey Zafiridis	Indira Davey
7	Marrytville Hs SNR F1	170	01:18:29	Niamh Murphy-O'Neil	Sarah Easson	Kenzie Corbett
8	Waikerie Hs SNR F1	162	01:21:54	Lana Woollatt	Tegan Griffiths	Chloe Lirke
9	Marrytville Hs SNR F3	172	01:24:02	Bridget Tronolone	Brittany Henry	Georgia Plagakis
10	Nuriootpa Hs SNR F2	164	01:25:28	Carly Monaghan	Regan Lambert	Emma Schultz
11	Unley Hs Snr F2	174	01:28:50	Madelaine Larkin	Olivia Caputo	Natalie Wehrs
12	St Aloysius Coll SNR F1	173	01:30:00	Adele Beaumont	Elise Sexton	Aimee Brett
13	Faith Luth Coll SNR F1	167	01:30:39	Georgia O'Dea	Ebony O'Dea	Maddie Ellis
14	Nuriootpa Hs SNR F1	163	01:38:10	Ruby McLennan	Claudia Cope	Sophie Watson

**Senior Mixed Teams**

Overall Pos	School	Race No	Overall Time	Swimmer Name	Cyclist Name	Runner Name
1	Immanuel Coll SNR X1	184	00:52:37	Jessica Tierney	Jack Tierney	Sam Tierney
2	Pembroke Sch SNR X1	187	00:58:36	Riley Van de loo	Mark Sampson	Mika Ogai
3	Nuriootpa Hs Snr X2	189	00:59:58	Tequilla Morris	Shaun Hahn	Ryan Hokklas
4	Loxton Hs SNR X3	183	01:01:12	Marlee George	Ben Butson	Jonty Inglis
5	Nuriootpa Hs Snr X1	180	01:03:50	Tarja Morris	Bradley Sibley	Aaron Laverty
6	Torrens Valley Cs SNR X1	186	01:04:12	Annika Phillips-Hughes	Jordan Partridge	Gloria Yoon
7	Loxton Hs SNR X1	181	01:13:23	Codi Voumard	Josh Albrecht	Jasmine Drake
8	Loxton Hs SNR X2	182	01:16:31	Lachlan Hampel	Emily Taylor	Jack Albrecht
9	Renmark Hs Snr X2	188	01:19:57	Alex Patton	Tate Milne	Ashlea James
10	Renmark Hs SNR X1	185	01:37:29	Dalyce Jenner	Ebony Forsyth	Troy Parker



## SSSSA Triathlon Championships Results 2015

### Intermediate Boys Teams

Overall Pos	School	Race No	Overall Time	Swimmer Name	Cyclist Name	Runner Name
1	Torrens Valley Cs INT M1	243	00:58:39	Jack Tingey	Ben Partridge	Isaac Heyne
2	Sacred Heart Coll-Ms INT M1	231	01:00:13	Lachlan Merchant	Lewis Walker	Patrick Pantillano
3	Faith Luth Coll INT M2	235	01:00:42	Tom Slape	Brett Dowse	Dougal Grieve
4	Immanuel Coll INT M1	232	01:00:56	Lochie Spinner	Aiden Lock	Toby Mackereth
5	Prince Alfred Coll INT M1	240	01:02:48	Connor Kioussis	Nicolas Howe	Sam May
6	Nuriootpa Hs INT M1	225	01:03:56	Jez McLennan	Shaun Hunt	Cooper Dahlms
7	Faith Luth Coll INT M1	234	01:04:46	Brodie Duell	Dylan Kalleske	Cooper Dunn
8	Marryatville Hs INT M1	241	01:05:56	Max Castor	Will Madden	William Horan
9	Glossop Hs INT M1	236	01:05:58	Matthew Nourse	Tim Ridley	Joshua Kleinig
10	Immanuel Coll INT M2	233	01:06:00	Lachie Clarke	Jordan Checker	Joshua Nielsen
11	Nuriootpa Hs INT M2	226	01:09:28	Mitchell Norton	Tom Martin	Simon Furnell
12	Waikerie Hs INT M2	223	01:11:21	Declan Sidhu	Jack Bergemeister	Jarrad Bee
13	Loxton Hs INT M3	229	01:13:22	Josh Voumard	Zane Lueth	Ross Romeo
14	Loxton Hs INT M1	227	01:13:28	Henry Rogers	Lachlan Biele	Hayden Nitschke
15	Loxton Hs INT M2	228	01:15:30	Jonah George	Kaleb Muller	Will Wright
16	Renmark Hs INT M3	239	01:15:50	Kel Morath	Lloyd Croft	Tomas Austin
17	Waikerie Hs INT M3	224	01:17:50	Asher Whitehead	Tylar Lambe	Dylan Krane
18	Renmark Hs INT M2	238	01:18:38	Codey Lambert	Lewis Zanlorenzi	Jackson Sanders
19	Loxton Hs INT M4	230	01:20:07	Colby Walding	McKenzie Bristow	Jesse Will
20	Marryatville Hs INT M2	242	01:21:51	Zac Nurton	Patrick Pike	Cameron Fatchen
DSQ	Brighton Ss INT M1	220	01:06:40	Jack Eastwood	Alex Witty	Joe Hosking
DSQ	Waikerie Hs INT M1	222	01:09:40	Joseph Whitehead	Clayton Hollamby	Taran Brock

### Intermediate Girls Teams

Overall Pos	School	Race No	Overall Time	Swimmer Name	Cyclist Name	Runner Name
1	Woodcroft Coll INT F1	275	01:00:39	Fern Davies	Milano Venter	Jenna Kelly
2	Glenunga Int Hs INT F1	268	01:02:38	Erin Merritt	Amy Steven	Emily Steven
3	Pembroke Sch INT F1	280	01:12:09	Ellie Treloar	Tori Moore	Eddie Angove
4	St Aloysius Coll INT F1	276	01:12:57	Emma-Lee Arnold	Chelsea Holmes	Meredith Norman
5	Torrens Valley Cs INT F2	274	01:14:11	Whitney Habner	Abuk Galuak	Rachel Dewing
6	Glossop Hs INT F1	265	01:15:16	Emily Kassebaum	Kira McMahon	Kate Bacskai
7	Westminster Sch INT F2	279	01:17:04	Bonita Hammond-Brown	Paige Conway	Lucy Prior
8	Westminster Sch INT F1	278	01:17:46	Sophie Burns	Isabella Triglau-Phillips	Olivia Pieck
9	Loxton Hs INT F2	264	01:17:56	Ellie Will	Jasmine Merkx	Emily Zdanowicz
10	St Peter's Girls Sch INT F1	271	01:18:59	Thandi Murada	Shania Morgan	Beth Cross
11	Waikerie Hs INT F2	262	01:19:28	Tamika Johnson	Rachel Fillmore	Trinity Schmidt
12	Renmark Hs INT F2	267	01:19:36	Annie-Rose Marafioti	Megan Sims	Claire Weeks
13	Marryatville Hs INT F1	272	01:20:37	Chloe Jacobs	Sam Werleman	Liliya Butonova
14	St Aloysius Coll INT F2	277	01:21:19	Eve Caton	Clare Peterson	Elissa Brett
15	Unley Hs INT F1	260	01:21:32	Elouise Larkin	Rachel Woodhouse	Millie Hall
16	St Mary's Coll INT F1	270	01:21:43	Amy Simpson	Erin McGlashan	Sophie Gepp
17	Glenunga Int Hs INT F2	269	01:22:53	Lucinda Kalisch	Emily Mansfield	Natalie Brooks
18	Loxton Hs INT F1	263	01:23:55	Amy Stephens	Courtney Tschirpigg	Shantelle Ferber
19	Torrens Valley Cs INT F1	273	01:29:17	Jasmine Masone	Ashlyn Vice	Teagan Vice
20	Renmark Hs INT F1	266	01:31:14	Jess Pater	Abbie Dix	Della Haynes
DSQ	Waikerie Hs INT F1	261	01:05:32	Kelly Brooke	Connie Griffiths	Laney West

## SSSSA Triathlon Championships Results 2015

### Intermediate Mixed Teams

Overall Pos	School	Race No	Overall Time	Swimmer Name	Cyclist Name	Runner Name
1	Loxton Hs INT X4	288	00:57:51	Ashlee Reichelt	Colby Jachmann	Riley Arnold
2	Pembroke Sch INT X2	297	00:59:52	Jaz Bishop	Isaac Urban-Esslinger	Max Rollins
3	Loxton Hs INT X2	286	01:04:01	Shelby Meredith	Thomas Oates	Cee Jay Inglis
4	Immanuel Coll INT X1	289	01:05:35	Joseph Semmens	Samuel Ambrose	Sarah Eckel
5	Loxton Hs INT X3	287	01:06:44	Kara Phillips	Gordon Pipe	William Gutsche
6	Pembroke Sch INT X1	296	01:07:11	Sonia Pfeiffer	Ben Preston Ward	Sophie Morphet
7	Westminster Sch INT X1	294	01:07:18	James McLachlan	Harry Miller	Charlotte Derbyshire
8	Westminster Sch INT X2	295	01:09:56	Cooper Day	Thomas Bowes	Sankkirtana Sellvakumaran
9	Renmark Hs Int X4	298	01:12:15	Brooke Webb	James Hutchins	David Wayne
10	Loxton Hs INT X1	285	01:12:47	Jesse Kent	Henry Wright	Ella Schultz
11	Renmark Hs INT X4	293	01:15:58	Nikea Pitman	Harrison Brown	Lachie Lellmann
12	Renmark Hs INT X1	290	01:18:09	Shay Hawkins	Sophie Croft	Lori Haynes
13	Renmark Hs INT X3	292	01:20:16	Sally Mills	Cassie Wayne	Jaydn Bonner
14	Renmark Hs Int X5	299	01:25:14	Shenae Rucioch	Jasper Cristoff	Jordan Schultz
15	Renmark Hs INT X2	291	01:39:00	Stacey Bennett	Vanessa Vu	Matt Giles

### Junior Boys Teams

Overall Pos	School	Race No	Overall Time	Swimmer Name	Cyclist Name	Runner Name
1	Trinity Coll JNR M1	30	00:31:11	Thomas Sherratt	Grady Mik	Declan Gillard-Martin
2	Marryatville Hs JNR M1	31	00:34:07	Angas Clark-Garncarz	Kael Thomas	Darren Nguyen
3	Marryatville Hs JNR M2	32	00:34:47	Tiger McCallum	Tom Kinsella	Sam Morris
4	Pembroke Sch JNR M3	37	00:35:53	Jackson Ferres	Jack Holland	Andy Xing
6	Torrens Valley Cs JNR M1	34	00:36:04	Jonathan Wootton	Jonathan Zussino	Ben Heyne
7	Faith Luth Coll JNR M2	23	00:36:11	Jackson Docherty	David Abbott	James Inwood
8	Faith Luth Coll JNR M1	22	00:36:18	Riley Duell	Aaron Bert	Lachlan Westlake
9	Renmark Hs JNR M2	29	00:36:31	Dylan Bennett	Clayton Bond	Jackson Webb
10	Sacred Heart Coll-Ms JNR M2	25	00:36:34	Oliver Martin	Jack Ramage	Max Underwood
11	Renmark Hs JNR M1	28	00:38:22	Zac Vause	Dion Brauer	Jaydn Mason
12	Pembroke Sch JNR M2	36	00:38:39	Callum Jamie	Jai Maddock	Charlie Dadds
13	Marryatville Hs JNR M3	33	00:38:40	Luka Ilic	Jared Waterman	David Pienaar
14	Pembroke Sch JNR M1	35	00:40:00	Charlie White	Elliot Winter	Billy Beger
15	Waikerie Hs JNR M1	20	00:40:22	Dillon Gollan	Steven Parfitt	Adam Weir
16	Sacred Heart Coll-Ms JNR M3	26	00:41:57	William Spencer	Hayden Supple	Xavier Robins
17	Loxton Hs JNR M1	21	00:42:04	Reegan Binder	Jett Garvie	Cadyrn Mullins
18	Sacred Heart Coll-Ms JNR M4	27	00:42:42	Ruben Gear	Carter Norman	Hartley Nobes
19	Pembroke Sch JNR M4	38	00:51:01	Elliot Thompson	Tom Barnett	Caleb Farnworth
UNOFF	Sacred Heart Coll-Ms Jnr M1	24	00:36:01	Jack Kelton	Isaac Constable	Jack Kelton

### Junior Girls Teams

Overall Pos	School	Race No	Overall Time	Swimmer Name	Cyclist Name	Runner Name
1	Immanuel Coll JNR F1	73	00:34:17	Kaitie Atkins	Larissa Lock	Gretel Mead
2	St Peter's Girls Sch JNR F1	76	00:34:51	Erin Barrera	Rachel Banham	Rose Pittman
3	Loxton Hs JNR F1	70	00:36:37	Torni Hill	Isabella Edwards	Jai Jai Mitchell
4	Loxton Hs Jnr F3	72	00:38:01	Georgy Grummett	Delaney Lueth	Ashlee Lavery
5	Loxton Hs JNR F2	71	00:38:14	Kenzie Wall	Tori Voumard	Holly Rowe
6	St Aloysius Coll JNR F1	79	00:40:01	Ella McAvaney	Emma O'Brien	Grace Peterson
7	Marryatville Hs JNR F1	77	00:42:58	Millie Castor	Maya Pettigrew	Alia Evans
8	Torrens Valley Cs JNR F1	78	00:46:26	Brooke Moseley	Haley Pickering	Lauren Pickering
DSQ	Immanuel Coll JNR F2	74	00:37:15	Sam Joubert	Cate Lipsham	Rosa Twyford
UNOFF	Unley Hs Jnr F1	80	00:54:55	Chloe Morgan		Justina Ma

### Junior Mixed Teams

Overall Pos	School	Race No	Overall Time	Swimmer Name	Cyclist Name	Runner Name
1	Immanuel Coll JNR X1	89	00:36:23	Sophie Clark	Liam Atkins	Jack Salisbury
2	Loxton Hs JNR X2	88	00:36:37	Hannah Meredith	Luke Sharrad	Tyson Kent
3	Loxton Hs JNR X3	92	00:39:08	Thomas Alm	Brailey Jachmann	Riley Battams
4	Renmark Hs Jnr X1	93	00:41:22	Ollie Pearce	Kelsey Hutchins	Christie Webb
5	Pembroke Sch JNR X1	90	00:43:32	Emma Davis	Zar MacLaren	Georgie Sharman
6	Pembroke Sch JNR X2	91	00:44:10	Thanh-mai Nguyen	Oscar Switala	Jess Coombe
7	Loxton Hs JNR X1	87	00:48:01	Lauren Reichelt	Riley Stasinowski	Jai Drake