

HYROX Race Results Autumn Series 3 (November)

Age category	Gender	Name	Time
11 to 13	Female	Caitlyn Dickenson	11:14:00
11 to 13	Female	Keara Simpson	12:08:00
11 to 13	Female	Georgina Howells	15:43:00
14 to 15	Male	Toby McSorley	10:19:00
14 to 15	Male	Undisclosed	11:25:00
14 to 15	Female	Willow Farrington	10:33:00
14 to 15	Female	Lauren Semple	10:50:00
14 to 15	Female	Jude Kane	12:52:00
16 to 19	Female	Scarlett Jenkins	22:41:00
20 to 29	Male	Simon Irwin	12:17:00
20 to 29	Male	Undisclosed	12:18:00
20 to 29	Male	Luke McGrugan	13:07:00
20 to 29	Female	Catherine Shields	13:13:00
20 to 29	Female	Rebecca Steele	16:17:00
20 to 29	Female	Beth McCormick	16:41:00
20 to 29	Female	Jamie-Lee Clasper	17:44:00
20 to 29	Female	Louise Willis	20:19:00
30 to 39	Male	Samuel Hanna	12:39:00
30 to 39	Male	Ross Doherty	13:02:00
30 to 39	Male	Sean Savage	13:21:00
30 to 39	Male	Marty Caskey	13:23:00
30 to 39	Male	Undisclosed	13:50:00
30 to 39	Male	Scott Leckey	14:02:00
30 to 39	Male	Brian Shek	14:16:00
30 to 39	Male	Matthew Goodricke	14:24:00
30 to 39	Male	Peter Robinson	14:41:00
30 to 39	Male	David Gibson	14:44:00
30 to 39	Male	Daniel McCarthy	16:33:00
30 to 39	Female	Robyn Elliott	15:02:00
30 to 39	Female	Sarah McCarthy	15:15:00
30 to 39	Female	Narelle Goodricke	15:21:00
30 to 39	Female	Rachel Lyttle	15:33:00
30 to 39	Female	Sarah McKeag	15:39:00
30 to 39	Female	Jo Cox	15:45:00
30 to 39	Female	Emma Heald	18:28:00

40 to 49	Male	Gerard Adair	13:16:00
40 to 49	Male	David Saunders	13:22:00
40 to 49	Male	Graeme Black	13:27:00
40 to 49	Male	Aaron Bell	13:45:00
40 to 49	Male	Graeme McGowan	13:52:00
40 to 49	Male	Stephen Turner	13:52:00
40 to 49	Male	Robert Oliver	13:55:00
40 to 49	Male	Michael Cromie	14:12:00
40 to 49	Male	Colin Harper	14:38:00
40 to 49	Male	Ryan Murphy	14:45:00
40 to 49	Male	Graeme Farrington	14:48:00
40 to 49	Male	Mark Stothers	15:26:00
40 to 49	Male	Richard McGimpsey	15:39:00
40 to 49	Male	Glenn Kernohan	15:43:00
40 to 49	Male	David Balmer	16:00:00
40 to 49	Male	James O'Brien	17:25:00

40 to 49	Female	Ella Williamson	14:03:00
40 to 49	Female	Gayle Malaugh	14:49:00
40 to 49	Female	Julie Balmer	15:33:00
40 to 49	Female	Paula Steele	16:16:00
40 to 49	Female	Leah Semple	16:50:00
40 to 49	Female	Karen Farrelly	17:32:00
40 to 49	Female	Julie Dickenson	18:56:00

50 to 59	Male	Stephen Houston	14:23:00
50 to 59	Male	Undisclosed	15:11:00
50 to 59	Male	Duncan McAlister	15:25:00
50 to 59	Male	Undisclosed	15:46:00
50 to 59	Male	Stephen Watterson	15:52:00
50 to 59	Male	Undisclosed	15:59:00
50 to 59	Male	Graham Willis	16:14:00
50 to 59	Male	Quinton Mawhinney	16:24:00
50 to 59	Male	Matt Myers	19:25:00
50 to 59	Male	David Howells	21:18:00

50 to 59	Female	Carol Thompson	14:07:00
50 to 59	Female	Caroline Smith	16:57:00
50 to 59	Female	Suzann Flowers	21:34:00

	Male	Kevin Lowry	13:42:00
	Male	Jason Lindsay	14:34:00
	Female	Nuala Glynn	15:20:00

Adaptive Race

20 to 29	Male	Charlie Allen	12:50:00
30 to 39	Female	Kirsty Reilly	13:41:00

	Female	Alison Evans	23:36:00
30 to 39	Male	Mark McClure	30:40:00