



**HYROX Race Results**  
**Spring Summer Series Race 1 March 2025**

Age category	Gender	Name	Time
11 to 13	Male	Dylan Assorto-McIlwaine	15:54:00
11 to 13	Male	Undisclosed	16:02:00
11 to 13	Female	Caitlyn Dickenson	12:02:00
11 to 13	Female	Keara Simpson	12:27:00
14 to 15	Male	Dylan Gregory	12:41:00
14 to 15	Male	Kenzie Ross	15:59:00
14 to 15	Female	Lauren Semple	12:17:00
16 to 19	Male	Ryan McCauley	16:39:00
16 to 19	Male	Jason Rossborough	20:24:00
20 to 29	Male	Simon Irwin	14:53:00
20 to 29	Male	Chris Curran Cochrane	15:09:00
20 to 29	Male	Connor Nairn	15:13:00
20 to 29	Male	Fraser Morrison	15:27:00
20 to 29	Male	Joe Beck	17:01:00
20 to 29	Male	Sean McCaffrey	17:18:00
20 to 29	Male	Ryan Thompson	17:22:00
20 to 29	Male	Bryce Stockman	17:24:00
20 to 29	Female	Grace McKee	17:18:00
20 to 29	Female	TJ Baker	18:23:00
20 to 29	Female	Abigail Leckey	19:34:00
20 to 29	Female	Emma Lappin	19:50:00
20 to 29	Female	Heidi Quinn	20:36:00
20 to 29	Female	Jamie-Lee Clasper	21:57:00
20 to 29	Female	Grace McCue	23:07:00
20 to 29	Female	Louise Willis	26:30:00
30 to 39	Male	Stuart Arthers	15:09:00
30 to 39	Male	Ross Doherty	15:18:00
30 to 39	Male	Sean Savage	15:24:00
30 to 39	Male	Mark Penn	15:49:00
30 to 39	Male	Scott Leckey	16:56:00
30 to 39	Male	Daniel McCarthy	17:22:00

30 to 39	Male	Peter Robinson	17:40:00
30 to 39	Male	Brian Shek	17:47:00
30 to 39	Male	Fergal McManus	18:45:00
30 to 39	Male	Jack Moffitt	19:06:00
30 to 39	Female	Sarah McCarthy	18:16:00
30 to 39	Female	Lynsey McCloskey	18:36:00
30 to 39	Female	Sarah McKeag	18:51:00
30 to 39	Female	Jo Cox	19:38:00
30 to 39	Female	Denise Armstrong	20:22:00
30 to 39	Female	Hope Mairs	20:48:00
30 to 39	Female	Quirine Tettelaar	21:40:00
30 to 39	Female	Courtney Gregory	22:17:00
30 to 39	Female	Daniela Laprea	22:23:00
40 to 49	Male	David Saunders	14:52:00
40 to 49	Male	Graeme Black	14:53:00
40 to 49	Male	Colin Harper	15:43:00
40 to 49	Male	Drew Bradley	15:57:00
40 to 49	Male	Graeme McGowan	16:36:00
40 to 49	Male	Gerard Adair	16:45:00
40 to 49	Male	William McGrath	16:56:00
40 to 49	Male	Emmanuel Farrelly	17:32:00
40 to 49	Male	Richard McGimpsey	19:14:00
40 to 49	Male	Glenn Kernohan	19:50:00
40 to 49	Male	Ally Watson	20:27:00
40 to 49	Male	James O'Brien	20:48:00
40 to 49	Male	Phil Spence	20:51:00
40 to 49	Male	Stuart Boyd	22:34:00
40 to 49	Female	Gayle Malaugh	17:58:00
40 to 49	Female	Paula Steele	18:32:00
40 to 49	Female	Karen Farrelly	19:00:00
40 to 49	Female	Leah Semple	20:03:00
50 to 59	Male	Stephen Houston	16:55:00
50 to 59	Male	Alfie Crangle	18:07:00
50 to 59	Male	Duncan McAlister	18:20:00
50 to 59	Male	Undisclosed	18:23:00
50 to 59	Male	Quinton Mawhinney	19:14:00
50 to 59	Male	Ian Hunter	19:27:00
50 to 59	Male	Graham Willis	19:27:00
50 to 59	Male	Jake Drinkwater	19:43:00
50 to 59	Male	Ray Anderson	20:12:00
50 to 59	Female	Carol Thompson	16:49:00

50 to 59	Female	Amanda Perry	17:33:00
50 to 59	Female	Caroline Smith	19:25:00
50 to 59	Female	Tracey Dempsey	23:15:00
50 to 59	Female	Nicola Boyd	24:47:00

### **Adaptive**

20 to 29	Male	Charlie Allen	11:17:00
30 to 39	Female	Kirsty Reilly	11:58:00