



HYROX Race Results
Spring Summer Series Race 3 (May 2025)

Age category	Gender	Name	Time
11 to 13	Female	Caitlyn Dickenson	11:37:00
11 to 13	Female	Keara Simpson	11:57:00

14 to 15	Female	Willow Farrington	11:28:00
14 to 15	Female	Lauren Semple	12:00:00

16 to 19	Female	Lauren Taylor	15:55:00
16 to 19	Female	Katie McKittrick	18:42:00

16 to 19	Male	Jason Rossborough	21:22:00
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20 to 29	Female	Jordan McGrugan	20:32:00
20 to 29	Female	Jamie-Lee Clasper	20:40:00
20 to 29	Female	Rebecca Steele	22:06:00
20 to 29	Female	Louise Willis	24:48:00

20 to 29	Male	Simon Irwin	14:23:00
20 to 29	Male	Luke McGrugan	14:49:00
20 to 29	Male	Chris Curran Cochrane	15:16:00
20 to 29	Male	Josh Mcllwraith	15:51:00

30 to 39	Female	Lynsey McCloskey	17:09:00
30 to 39	Female	Jo Cox	17:20:00
30 to 39	Female	Sarah McCarthy	17:41:00
30 to 39	Female	Denise Armstrong	18:42:00
30 to 39	Female	Sarah McKeag	19:16:00
30 to 39	Female	Hope Mairs	19:56:00
30 to 39	Female	Quirine Tettelaar	20:36:00

30 to 39	Male	Ross Doherty	14:40:00
30 to 39	Male	Mark Penn	14:48:00
30 to 39	Male	Sean Savage	15:16:00
30 to 39	Male	Kyle Jaswal	16:38:00
30 to 39	Male	Daniel McCarthy	16:38:00
30 to 39	Male	Brian Shek	16:57:00
30 to 39	Male	Chris Copeland	18:08:00

40 to 49	Female	Kerry Speers	15:26:00
40 to 49	Female	Gayle Malaugh	17:15:00
40 to 49	Female	Paula Steele	18:22:00
40 to 49	Female	Leah Semple	19:02:00
40 to 49	Female	Karen Farrelly	19:30:00
40 to 49	Female	Julie Balmer	19:43:00

40 to 49	Male	Graeme Black	14:38:00
40 to 49	Male	Colin Harper	15:18:00
40 to 49	Male	William McGrath	15:43:00
40 to 49	Male	David Saunders	15:45:00
40 to 49	Male	Gerard Adair	15:47:00
40 to 49	Male	Graeme McGowan	15:55:00
40 to 49	Male	Stuart Cameron	16:31:00
40 to 49	Male	David Balmer	17:24:00
40 to 49	Male	Dean Hicks	18:41:00
40 to 49	Male	Glenn Kernohan	18:53:00
40 to 49	Male	Richard McGimpsey	19:15:00
40 to 49	Male	Ally Watson	19:29:00
40 to 49	Male	Andy Palmer	19:38:00
40 to 49	Male	Stuart Boyd	22:03:00

50 to 59	Female	Amanda Perry	15:45:00
50 to 59	Female	Carol Thompson	16:47:00
50 to 59	Female	Heather McKittrick	21:17:00

50 to 59	Male	Davy Ritchie	15:34:00
50 to 59	Male	Simon Burgess	17:17:00
50 to 59	Male	Undisclosed	17:22:00
50 to 59	Male	Stephen Houston	17:30:00
50 to 59	Male	Duncan McAlister	18:07:00
50 to 59	Male	Graham Willis	18:53:00
50 to 59	Male	Ray Anderson	19:00:00
50 to 59	Male	Matt Myers	20:36:00
50 to 59	Male	Darren McGrugan	22:09:00

Adaptive

30 to 39	Female	Kirsty Reilly	12:25:00
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