

NMTBC Shred Like a Girl 2019

September 07, 2019

OVERALL RESULTS - PROVISIONAL

Intermediate Legends (50+)

Pos	Name	S1 WTDO	Pos	S2 Hulk n Hogan	Pos	S3 P51	Pos	Overall	Behind
1st	Lisa Williams	<u>6:06.02</u>	(1)	<u>4:34.09</u>	(1)	<u>5:54.51</u>	(1)	16:34.62	

Intermediate Master (30-39)

Pos	Name	S1 WTDO	Pos	S2 Hulk n Hogan	Pos	S3 P51	Pos	Overall	Behind
1st	Amanda Pearce	<u>3:48.72</u>	(1)	<u>3:25.96</u>	(1)	<u>4:38.82</u>	(1)	11:53.50	
2nd	Janelle Underwood	4:09.97	(2)	3:42.10	(2)	4:57.74	(2)	12:49.81	+0:56.31
3rd	Therese Wells	5:58.35	(4)	4:47.41	(4)	5:46.18	(3)	16:31.94	+4:38.44
4th	Briony Beddek	7:11.90	(5)	4:43.57	(3)	5:49.57	(4)	17:45.04	+5:51.54
	Jess Fulford	5:07.00	(3)					DNF	

Intermediate Open (19-29)

Pos	Name	S1 WTDO	Pos	S2 Hulk n Hogan	Pos	S3 P51	Pos	Overall	Behind
1st	Lauri Belcher	<u>4:16.41</u>	(1)	<u>3:41.17</u>	(1)	<u>4:55.86</u>	(1)	12:53.44	
2nd	Michelle Heslop	5:22.75	(2)	4:19.94	(2)	5:19.18	(2)	15:01.87	+2:08.43
3rd	Georgina Christie	5:58.84	(4)	4:53.40	(5)	5:44.70	(4)	16:36.94	+3:43.50
4th	Isabella Ching	6:32.50	(5)	4:48.98	(4)	5:40.37	(3)	17:01.85	+4:08.41
5th	Ellie Wilson	8:23.14	(6)	5:13.38	(6)	5:54.05	(5)	19:30.57	+6:37.13
	Lucy Allan	5:53.46	(3)	4:30.78	(3)			DNF	

Intermediate Under 15

Pos	Name	S1 WTDO	Pos	S2 Hulk n Hogan	Pos	S3 P51	Pos	Overall	Behind
1st	Florence McNabb	<u>4:46.44</u>	(1)	<u>4:01.38</u>	(1)	<u>4:49.10</u>	(1)	13:36.92	
2nd	Kate Day	4:53.65	(2)	4:06.39	(2)	5:06.08	(2)	14:06.12	+0:29.20
3rd	Maddy Sinclair	5:15.85	(3)	4:06.79	(3)	5:13.86	(3)	14:36.50	+0:59.58
4th	Sally Roff	5:32.47	(4)	4:24.44	(4)	5:34.03	(5)	15:30.94	+1:54.02

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Intermediate Under 15

Pos	Name	S1 WTDO	Pos	S2 Hulk n Hogan	Pos	S3 P51	Pos	Overall	Behind	
Team										
5th	Hannah Richardson	5:51.20	(5)	4:40.43	(5)	5:21.85	(4)	15:53.48	+2:16.56	
6th	Morgan Wells	6:49.30	(6)	5:15.96	(6)	5:56.49	(6)	18:01.75	+4:24.83	
7th	Rosie Slack	7:35.00	(7)	5:51.65	(7)	6:44.34	(7)	20:10.99	+6:34.07	
8th	Edie Lloyd	9:16.26	(8)	5:59.92	(8)	7:07.71	(8)	22:23.89	+8:46.97	

Intermediate Under 19

Pos	Name	S1 WTDO	Pos	S2 Hulk n Hogan	Pos	S3 P51	Pos	Overall	Behind	
Team										
1st	Isla Day	<u>4:29.54</u>	(1)	<u>3:48.02</u>	(1)	<u>4:53.69</u>	(1)	13:11.25		
2nd	Maddie Bryan	5:05.49	(3)	3:54.57	(2)	5:01.77	(2)	14:01.83	+0:50.58	
3rd	Maya Gavalas	5:04.93	(2)	4:11.84	(3)	5:19.33	(3)	14:36.10	+1:24.85	
4th	Brianna Warrander	5:20.98	(4)	4:33.25	(4)	5:23.01	(4)	15:17.24	+2:05.99	

Intermediate Vet (40-49)

Pos	Name	S1 WTDO	Pos	S2 Hulk n Hogan	Pos	S3 P51	Pos	Overall	Behind	
Team										
1st	Michelle Walker	<u>5:08.05</u>	(1)	<u>3:57.37</u>	(1)	<u>5:12.50</u>	(1)	14:17.92		
2nd	Rachel Madsen	5:39.43	(2)	4:31.19	(3)	5:46.73	(3)	15:57.35	+1:39.43	
3rd	Catherine Day	5:50.68	(3)	4:29.15	(2)	5:39.85	(2)	15:59.68	+1:41.76	
4th	Gina Head	7:08.82	(4)	5:07.04	(4)	6:12.53	(4)	18:28.39	+4:10.47	
5th	Amanda Hedge	9:12.35	(6)	5:52.68	(5)	6:54.25	(5)	21:59.28	+7:41.36	
6th	Yasmin Gee	8:25.66	(5)	6:47.58	(6)	6:59.63	(6)	22:12.87	+7:54.95	
7th	Leah Scadden	11:55.51	(7)	8:04.84	(7)	8:24.53	(7)	28:24.88	+14:06.96	

Advanced Master (30-39)

Pos	Name	S1 WTDO	Pos	S2 Keyboard Warrior	Pos	S3 Mr Chomper	Pos	S4 Hulk N Hogan	Pos	Overall	Behind	
Team		S5 P51	Pos									
1st	Missy Hart	<u>4:02.20</u>	(1)	<u>5:38.16</u>	(1)	3:56.23	(4)	<u>3:34.89</u>	(1)	21:53.43		
		<u>4:41.95</u>	(1)									

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Advanced Master (30-39)

Pos	Name	S1 WTDO	Pos	S2 Keyboard Warrior	Pos	S3 Mr Chomper	Pos	S4 Hulk N Hogan	Pos	Overall	Behind
	Team	S5 P51	Pos								
2nd	Jess Harvey	4:11.70	(3)	5:40.87	(3)	3:23.08	(2)	3:44.98	(3)	21:55.89	+0:02.46
		4:55.26	(3)								
3rd	Michele Aebi	4:04.00	(2)	5:51.14	(4)	3:37.52	(3)	3:36.67	(2)	21:57.19	+0:03.76
		4:47.86	(2)								
4th	Katie Roddis	4:34.43	(4)	5:38.56	(2)	<u>3:21.99</u>	(1)	3:47.10	(4)	22:22.01	+0:28.58
		4:59.93	(4)								

Advanced Open (19-29)

Pos	Name	S1 WTDO	Pos	S2 Keyboard Warrior	Pos	S3 Mr Chomper	Pos	S4 Hulk N Hogan	Pos	Overall	Behind
	Team	S5 P51	Pos								
1st	Louise Kelly	3:51.03	(1)	4:40.90	(1)	2:59.60	(1)	3:29.00	(2)	19:40.50	
		4:39.97	(2)								
2nd	Emma Bateup	3:54.03	(2)	5:13.37	(2)	3:22.88	(2)	<u>3:22.28</u>	(1)	20:25.50	+0:45.00
		4:32.94	(1)								
3rd	Jess Boyne	4:20.55	(4)	6:22.33	(3)	3:55.25	(3)	3:43.49	(4)	23:21.91	+3:41.41
		5:00.29	(4)								
4th	Zara Walker	4:04.71	(3)	7:24.33	(4)	5:17.82	(4)	3:35.75	(3)	25:13.12	+5:32.62
		4:50.51	(3)								
5th	Francesca Harris	4:34.86	(5)	8:47.66	(5)	5:30.92	(5)	3:59.42	(5)	27:59.76	+8:19.26
		5:06.90	(5)								

Advanced Under 15

Pos	Name	S1 WTDO	Pos	S2 Keyboard Warrior	Pos	S3 Mr Chomper	Pos	S4 Hulk N Hogan	Pos	Overall	Behind
	Team	S5 P51	Pos								
1st	Awen Lloyd	4:40.63	(1)	8:01.72	(1)	4:25.69	(1)	<u>3:39.19</u>	(1)	25:29.87	
		4:42.64	(1)								

Advanced Under 19

Pos	Name	S1 WTDO	Pos	S2 Keyboard Warrior	Pos	S3 Mr Chomper	Pos	S4 Hulk N Hogan	Pos	Overall	Behind
	Team	S5 P51	Pos								
1st	Rebecca Hufflett	3:45.27	(1)	5:02.20	(1)	3:18.59	(2)	<u>3:16.56</u>	(1)	19:46.02	
		4:23.40	(1)								
2nd	Zoe Nathan	3:45.42	(2)	5:38.46	(4)	3:32.02	(3)	3:25.18	(2)	21:01.66	+1:15.64
		4:40.58	(2)								
3rd	Millie Day	4:00.60	(3)	5:28.88	(3)	<u>3:15.29</u>	(1)	3:35.31	(3)	21:09.22	+1:23.20
		4:49.14	(4)								
4th	Amber Werensteyn	4:24.43	(4)	5:23.70	(2)	3:38.57	(4)	3:38.27	(4)	21:53.15	+2:07.13
		4:48.18	(3)								

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Advanced Vet (40-49)

Pos	Name	S1 WTDO	Pos	S2 Keyboard Warrior	Pos	S3 Mr Chomper	Pos	S4 Hulk N Hogan	Pos	Overall	Behind
	Team	S5	P51	Pos							
1st	Sandy Vincent	<u>3:55.85</u>	(1)	5:28.67	(2)	<u>3:24.78</u>	(1)	<u>3:33.48</u>	(1)	21:03.82	
		<u>4:41.04</u>	(1)								
2nd	Falesha Stocker	3:56.44	(2)	<u>5:07.68</u>	(1)	3:31.23	(2)	3:37.30	(2)	21:07.29	+0:03.47
		4:54.64	(2)								
3rd	Cheryl Haltmeier	4:28.05	(4)	7:55.86	(3)	6:43.02	(3)	3:58.44	(4)	28:18.87	+7:15.05
		5:13.50	(4)								
	Karolyne Dunn	4:22.95	(3)					3:55.92	(3)	DNF	
		4:58.70	(3)								