

**More
Triathlon
photos
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plus results**

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**South West Rocks
NEWS**

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Triathlon triumph



□ Regina Wright from Maryland was the female winner in a time of 1h 19m 8s

THE weekend Triathlon at South West Rocks attracted 825 participants. There were 352 children aged 5 to 15 competing in the 19th annual Nestle Mini Tri Series on Saturday and 473 triathletes competing in the 21st Coastline Credit Union Trial Bay Triathlon comprising 335 individuals along with 46 teams on the Sunday.

The Coastline Credit Union Trial Bay Triathlon started with a 500m swim in the clear waters of Trial Bay.

Benjamin Wood from Port Macquarie was the first male out of the water in nine minutes, quickly followed by Dean Thurgood from West Kempsey and Aaron Woolley from Bateau Bay.

Out on the Kempsey/South West Rocks Bike Shop 26km two lap cycle course Brad Eastwood from Urunga recorded the fastest time of 39m 32s followed by Rhett Pattison from Taree.

The 6km Brooks/Athletes Foot run is always challenging over the road, cross country bush and beach terrain. Woolley was the fastest recording 21m 16s to finish in first place in an overall time of 1h 11m 32s for his 2nd successive win, followed by Rhett Pattison for his 2nd successive place in 1h 12m 33s and Brad Eastwood 3rd in 1h 12m 58s.

In the ladies section Regina Wright from Maryland led from the beach followed by Nicola Bird from Dudley and Jodi Heeney from Kootingal.

Wright maintained her lead on the bike course recording 44m 25s for her cycle followed by Heeney, Kylie Wallis from Wingham and Melissa Bullock from Emerald Beach.

The running strength of Eliza Stewart from Port Macquarie recorded the fastest female run of 21m 50s closed the gap on Wright to within 40 seconds. Regina Wright held on to win overall in a time of 1h 19m 8s with Stewart 2nd place in 1h 19m 48s and Heeney crossing for 3rd place on 1h 22m 07s.

The first team home was a male team from Port Macquarie of Alex Rivas in a time of 1h 16m 10s followed by the mixed team of Reeves/Swan/Backhouse from Boambee in 1h 19m 8s, followed by a Yamba Mixed Team of Giggity/Giggity in a time of 1h 22m 34s. The 1st Local Macleay Valley Team was Nestle Milo 2 in a time 1h 23m 11s. The 1st Female Team was from Armidale, Team Mighty Muppets in a time of 1h 30m 9s.

The 1st Local Macleay Valley resident was again Scott Charlton from Kempsey in 1h 14m 31s and 1st local female was Tina McEvoy from Arakoon in 1h 31m 44s, for her 5th consecutive win.

Four Legends of Trial Bay have completed all 21 events; Chris Jenkins from Port Macquarie; David Sewell from Taree, Barry McDonald from Port Macquarie and Steele Beveridge from Emerald Beach. The best represented club was Port Macquarie, then Coffs Harbour.

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