

Category			First Name	Last Name	POINTS	Aquathlon					Duathlon					Triathlon				
Gen.	Cat.	Pos.				Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total
Female	16-39	1	Sarah	Cherriman	200						1	0:46:47	100	100	200					
Female	16-39	1	Hseng Zjue	Neo	200	1	0:20:00	100	100	200										
Female	16-39	3	Meryl	Koh	199						2	0:46:58	100	99	199					
Female	16-39	4	J-Ing	Goh	196						3	0:47:35	98	98	196					
Female	16-39	5	Jia Le	See	195	2	0:20:46	96	99	195										
Female	16-39	6	Leng Hoe Jessica	Chia	194	5	0:26:36	75	96	171	4	0:48:08	97	97	194					
Female	16-39	7	Donna	Mcwilliams	193	3	0:24:45	81	98	179	5	0:48:18	97	96	193					
Female	16-39	8	Brooke	Holland	188						6	0:50:07	93	95	188					
Female	16-39	9	Yoon Sann	Wong	186						7	0:50:46	92	94	186					
Female	16-39	10	Lee Meng	Koh	184	8	0:27:51	72	93	165	8	0:51:41	91	93	184					
Female	16-39	11	Joanne	Woodward	182	10	0:28:33	70	91	161	9	0:51:58	90	92	182					
Female	16-39	12	May Hua Sharon	Teo	181	13	0:30:01	67	88	155	10	0:52:08	90	91	181					
Female	16-39	13	Seetoh	Su-Ying	176	4	0:25:24	79	97	176										
Female	16-39	14	Meihua	Chua	174						11	0:55:34	84	90	174					
Female	16-39	15	Wendy	Seow	172						12	0:56:25	83	89	172					
Female	16-39	16	Junainah	Binte Mohamed Eusuff	170						13	0:56:48	82	88	170					
Female	16-39	17	Vikki Imelda	Jonied	169						14	0:56:55	82	87	169					
Female	16-39	18	Yumiko	Ueda	169	6	0:26:53	74	95	169										
Female	16-39	19	Kai Yen Cheryl	Lim	168						15	0:57:09	82	86	168					
Female	16-39	20	Zeng Huifeng	Zeng	166	7	0:27:47	72	94	166										
Female	16-39	21	Godfroid	Gaelle	165						16	0:58:22	80	85	165					
Female	16-39	22	Katherine Grace	Cabrera	163	41	0:40:30	49	60	109	17	0:58:52	79	84	163					
Female	16-39	23	Sabine	Herrmannsdorfer	163	9	0:28:21	71	92	163										
Female	16-39	24	Sharon	Oh	162						18	0:59:28	79	83	162					
Female	16-39	25	Reahlyne	Tardio	159	21	0:31:56	63	80	143	19	1:01:06	77	82	159					
Female	16-39	26	Wai Han Gene	Chan	159	11	0:28:49	69	90	159										
Female	16-39	27	Li Dang Wendy	Tham	157						20	1:01:43	76	81	157					
Female	16-39	28	Esther La	Kiswanto Leonardo	156	12	0:29:59	67	89	156										
Female	16-39	29	Eunice	Chua	155						21	1:02:46	75	80	155					
Female	16-39	30	Xue Li Jeanne	Lim	153	14	0:30:24	66	87	153										
Female	16-39	31	Woon Li	Tay	152						22	1:03:53	73	79	152					
Female	16-39	32	Xuan Ting	Toh	151	32	0:35:29	56	69	125	23	1:03:54	73	78	151					
Female	16-39	33	Haslinda	Hassan	151	15	0:30:43	65	86	151										
Female	16-39	34	Joanna	Abu	150						24	1:04:29	73	77	150					
Female	16-39	35	Hui Min	Tan	150	16	0:30:43	65	85	150										
Female	16-39	36	Meihua	Chua	149	17	0:30:55	65	84	149										
Female	16-39	37	Gina Sok Hui	Lim	147	18	0:31:22	64	83	147										
Female	16-39	38	Suat Hua	Ong	146	19	0:31:25	64	82	146										
Female	16-39	39	Roberta Li Yuen	Burridge	144	20	0:31:38	63	81	144										
Female	16-39	40	Shrimathi	Swaminathan	142						25	1:11:04	66	76	142					
Female	16-39	41	Wei Ping Geraldine	Ng	141	22	0:32:31	62	79	141										
Female	16-39	42	Hayley	Pereira	139	23	0:33:00	61	78	139										
Female	16-39	43	Eliyah	Osman	138	24	0:33:01	61	77	138										
Female	16-39	44	Godfroid	Gaelle	137	25	0:33:02	61	76	137										
Female	16-39	45	Joan	Teo	135	26	0:33:17	60	75	135										
Female	16-39	46	Amelia	Lim	133	27	0:33:37	59	74	133										
Female	16-39	47	Meei Lai	Wang	132	28	0:33:49	59	73	132										
Female	16-39	48	Pei En	Yee	131	29	0:33:50	59	72	131										

Category			First Name	Last Name	POINTS	Aquathlon					Duathlon					Triathlon				
Gen.	Cat.	Pos.				Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total
Female	16-39	49	Cherie	Tang	129	30	0:34:15	58	71	129										
Female	16-39	50	Vairi	Elliott	128	31	0:34:20	58	70	128										
Female	16-39	51	Joanna	Maneckji	123	33	0:36:03	55	68	123										
Female	16-39	52	Antonina	Odindo	122	34	0:36:04	55	67	122										
Female	16-39	53	Hong Jin	See	121	35	0:36:39	55	66	121										
Female	16-39	54	Maricris	Hernandez	118	36	0:37:32	53	65	118										
Female	16-39	55	Siti Noraini	Palli	117	37	0:37:57	53	64	117										
Female	16-39	56	Hui Khoon	Chua	115	38	0:38:24	52	63	115										
Female	16-39	57	Huong Giang	Tran	113	39	0:39:17	51	62	113										
Female	16-39	58	Gracita Buala	Manalac	112	40	0:39:35	51	61	112										

Category			First Name	Last Name	POINTS	Aquathlon					Duathlon					Triathlon				
Gen.	Cat.	Pos.				Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total
Female	40+	1	Vicky	Binns	200	9	0:29:52	78	92	170	1	0:44:00	100	100	200					
Female	40+	1	Kim Eileen	Faure	200	1	0:23:20	100	100	200										
Female	40+	3	Angeline	Poon	198	2	0:23:36	99	99	198	5	0:48:35	91	96	187					
Female	40+	4	Khoon Hsing	Ling	194						2	0:46:15	95	99	194					
Female	40+	5	Julia	He	193	6	0:27:19	85	95	180	3	0:46:29	95	98	193					
Female	40+	6	Wai Lee	Yang	192	3	0:24:47	94	98	192										
Female	40+	7	Karen	Clough	188						4	0:48:26	91	97	188					
Female	40+	8	Vivian	Lee	187	4	0:25:48	90	97	187										
Female	40+	9	Susan	Smith	185	5	0:26:39	88	96	184	6	0:49:08	90	95	185					
Female	40+	10	Valerie	Brett	177	7	0:28:03	83	94	177										
Female	40+	11	Lay Lin	Tan	175						7	0:54:37	81	94	175					
Female	40+	12	Kumiko	Kato	174	8	0:28:50	81	93	174										
Female	40+	13	Kate	Packwood	167						8	0:59:36	74	93	167					
Female	40+	14	Lisa	Horsington	167	10	0:30:32	76	91	167										
Female	40+	15	Camille	Gribble	166	11	0:30:33	76	90	166										
Female	40+	16	Jennifer	Sullivan	164	12	0:31:19	75	89	164										
Female	40+	17	Bettina	Devan	162	15	0:33:29	70	86	156	9	1:02:29	70	92	162					
Female	40+	18	Siti Hawa	Sulaiman	160						10	1:04:04	69	91	160					
Female	40+	19	Grace	Min Li Loo	160	13	0:32:34	72	88	160										
Female	40+	20	Lee Lee	Phay	157	14	0:33:21	70	87	157										
Female	40+	21	Min Li	Loo	154						11	1:08:18	64	90	154					

Category			First Name	Last Name	POINTS	Aquathlon					Duathlon					Triathlon				
Gen.	Cat.	Pos.				Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total
Male	16-39	1	Brian	Tan	200	3	0:20:43	95	98	193	1	0:35:39	100	100	200					
Male	16-39	1	Yao Zong	Oh	200	1	0:19:43	100	100	200										
Male	16-39	3	Bernard	Johnson	195						2	0:37:04	96	99	195					
Male	16-39	3	Joel Jun Jie	Wong	195	2	0:20:36	96	99	195	3	0:39:47	90	98	188					
Male	16-39	5	Noorhakem	Kamil	188	4	0:21:37	91	97	188										
Male	16-39	6	Chin Yeh	Chia	187						4	0:39:49	90	97	187					
Male	16-39	7	Nicholas	Lim	186	5	0:21:49	90	96	186	6	0:40:54	87	95	182					
Male	16-39	8	Si Kuan	Aw	184						5	0:40:20	88	96	184					
Male	16-39	9	Vi Pin	Koa	181	6	0:23:19	85	95	180	7	0:41:02	87	94	181					
Male	16-39	10	Yong Wee	Ho	179						8	0:41:15	86	93	179					
Male	16-39	11	Ee Han	Tee	178						9	0:41:40	86	92	178					
Male	16-39	12	Azrulnizam Shah	Sohaimi	177	7	0:23:42	83	94	177	11	0:43:35	82	90	172					
Male	16-39	13	Qi Zhi	Tan	175						10	0:42:13	84	91	175					
Male	16-39	14	Affandi	Aziz	175	8	0:23:59	82	93	175										
Male	16-39	15	Mohamad Luqman	Mohamad Zulkifli	171	9	0:25:00	79	92	171										
Male	16-39	16	Benjamin	Lee	170	10	0:25:02	79	91	170										
Male	16-39	17	Ping Foong Alvin	Chia	169						12	0:44:48	80	89	169					
Male	16-39	18	Philip	Riley	167						13	0:44:55	79	88	167					
Male	16-39	19	Timothy	Barnes	167	11	0:25:28	77	90	167										
Male	16-39	20	Shahrani	Rahiman	165						14	0:45:35	78	87	165					
Male	16-39	21	Mingchang	Wang	164	12	0:26:09	75	89	164										
Male	16-39	22	Melvin	Foo Cheng Loong	163	13	0:26:10	75	88	163										
Male	16-39	23	Muhamad Haziq Bin	Mohd Azhar	162						15	0:46:38	76	86	162					
Male	16-39	24	Jiren	Long	162	14	0:26:22	75	87	162	17	0:47:34	75	84	159					
Male	16-39	25	Fariz	Tajularus	161						16	0:46:56	76	85	161					
Male	16-39	26	Eng Hwoon	Ong	160	15	0:26:33	74	86	160										
Male	16-39	27	Kiew Hanwee	Kiew	159	16	0:26:38	74	85	159										
Male	16-39	28	Kien Seng	Yow	157	17	0:26:55	73	84	157	19	0:49:19	72	82	154					
Male	16-39	29	Chit Seng Andrew	Chng	156						18	0:48:51	73	83	156					
Male	16-39	30	Kian Lum Derek	Khor	155	18	0:27:12	72	83	155	23	0:51:58	69	78	147					
Male	16-39	31	Vee Tat	Lam	154	19	0:27:29	72	82	154										
Male	16-39	32	Aminudin Bin	Abdul Aziz	152						20	0:50:24	71	81	152					
Male	16-39	33	Johann	Bin Johari	152	20	0:27:39	71	81	152										
Male	16-39	34	Hugh	Humphrey	150						21	0:51:12	70	80	150					
Male	16-39	35	Xerxes Rui Xiang	Toh	150	21	0:28:22	70	80	150										
Male	16-39	36	Tan Chun Hou Randy	Tan	148						22	0:51:53	69	79	148					
Male	16-39	37	Hua Shin	Ang	148	22	0:28:24	69	79	148										
Male	16-39	38	Winnepenninckx	Pierre	147	23	0:28:28	69	78	147	26	0:52:45	68	75	143					
Male	16-39	39	Reymond	Abad	146	24	0:28:47	69	77	146										
Male	16-39	40	Donald	Hermoso	145	27	0:29:50	66	74	140	24	0:52:18	68	77	145					
Male	16-39	41	Dean	Imbong	144	28	0:29:50	66	73	139	25	0:52:19	68	76	144					
Male	16-39	42	Boon Piau	Koh	143	25	0:29:30	67	76	143	30	0:57:55	62	71	133					
Male	16-39	43	Nicholas Graham	Allcock	142	26	0:29:31	67	75	142										
Male	16-39	44	Eugene	Sun	140						27	0:54:02	66	74	140					
Male	16-39	45	Alvin	Choo	137	29	0:30:30	65	72	137										
Male	16-39	46	Mohammad Fauzi Bin	Azman	135						28	0:57:47	62	73	135					
Male	16-39	47	Fadhli	Ong	135	30	0:30:47	64	71	135										
Male	16-39	48	Muhamad Faisal	Abdul Rahman	134						29	0:57:50	62	72	134					

Category			First Name	Last Name	POINTS	Aquathlon					Duathlon					Triathlon				
Gen.	Cat.	Pos.				Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total
Male	16-39	49	Cheng How	Tan	133	31	0:31:08	63	70	133										
Male	16-39	50	Terry Lee Khoon Hon	Lee	130						31	0:59:31	60	70	130					
Male	16-39	51	Faisal Reza Bin Raki	Faisal	130	32	0:32:31	61	69	130										
Male	16-39	52	Arrow	Chan	129						32	0:59:40	60	69	129					
Male	16-39	53	Muhammad	Ashiq Chu	128	33	0:32:57	60	68	128										
Male	16-39	54	Mikhel	Yap	127	34	0:32:59	60	67	127										
Male	16-39	55	Chee Wei Eddie	Foo	123	35	0:34:35	57	66	123										
Male	16-39	56	Yoong Kong	Chee	121						33	1:06:58	53	68	121					
Male	16-39	57	Wei Wen	Boo	121	36	0:34:57	56	65	121										
Male	16-39	58	Nicholas	Sergi	120						34	1:07:00	53	67	120					
Male	16-39	59	Shamim Ahmad	Abdul Wahid	120	37	0:35:04	56	64	120										
Male	16-39	60	Hon Hei	Mah	117	38	0:38:28	51	63	114	35	1:09:20	51	66	117					
Male	16-39	61	Wong Zhihan	Wong	109	39	0:42:15	47	62	109										
Male	16-39	62	Woon Wei	Chin	108						36	1:22:26	43	65	108					
Male	16-39	63	Zaffis	Ibrahim	107						37	1:22:27	43	64	107					
Male	16-39	64	Adrian	Ong	106	40	0:44:05	45	61	106										
Male	16-39	65	Subbaiah	Selvamuthukumar	103	41	0:46:00	43	60	103										
Male	16-39	66	Palaniyappan	Sivakkumar	102	42	0:46:01	43	59	102										
Male	16-39	67	Casper	Payongayong	100	43	0:47:03	42	58	100										

Category			First Name	Last Name	POINTS	Aquathlon					Duathlon					Triathlon				
Gen.	Cat.	Pos.				Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total	Pos.	Time	Time	Rank	Total
Male	40+	1	Carl	Chan	200	1	0:18:12	100	100	200	1	0:37:39	100	100	200					
Male	40+	2	Yong	Loi Huat	197						2	0:38:15	98	99	197					
Male	40+	3	Joseph	Grant	182						3	0:45:00	84	98	182					
Male	40+	4	Don	Duttlinger	179	2	0:25:17	72	99	171	4	0:45:52	82	97	179					
Male	40+	5	Tuck Meng	Yang	175	3	0:26:15	69	98	167	5	0:47:32	79	96	175					
Male	40+	6	Yew Kuan	Wong	174	7	0:28:21	64	94	158	6	0:47:44	79	95	174					
Male	40+	7	Peter Charles	Goonewardena	171						7	0:48:56	77	94	171					
Male	40+	8	Chee Koon	Chng	169	5	0:27:54	65	96	161	8	0:49:14	76	93	169					
Male	40+	9	Alan Soo Yuen	Lee	167	12	0:31:12	58	89	147	9	0:50:26	75	92	167					
Male	40+	10	Rodney Vincent	Gardner	165	14	0:36:04	50	87	137	10	0:51:04	74	91	165					
Male	40+	11	Terence	Wong	162						11	0:52:07	72	90	162					
Male	40+	12	Andrew	Windheim	162	4	0:27:50	65	97	162										
Male	40+	13	Frederick James	Francis	161	9	0:29:16	62	92	154	12	0:52:22	72	89	161					
Male	40+	14	Tar Choong Eric	Kok	160	6	0:28:11	65	95	160										
Male	40+	15	York Seng	Sim	157						13	0:54:33	69	88	157					
Male	40+	16	Klaus-Juergen	Feilkas	157	8	0:28:37	64	93	157										
Male	40+	17	Jeffery	Hwang	155						14	0:55:35	68	87	155					
Male	40+	18	Raymond	Chew	153	15	0:36:07	50	86	136	15	0:56:36	67	86	153					
Male	40+	19	Siew Loong	Wong	152	10	0:29:45	61	91	152										
Male	40+	20	Wee Kwong	Yeo	151	11	0:29:57	61	90	151										
Male	40+	21	Lim Mong	Tan	150	13	0:31:52	57	88	145	16	0:58:12	65	85	150					
Male	40+	22	Kai Lim	Loy	147						17	0:59:54	63	84	147					
Male	40+	23	James William	Bostock	138						18	1:08:26	55	83	138					
Male	40+	24	Swaminathan	Venkatar	133						19	1:13:53	51	82	133					
Male	40+	25	Kyaw Htet	Maung	133	16	0:37:40	48	85	133										