



TRIATHLON NZ
NATIONAL SERIES

**2023 – 2024 Sprint Distance
 Duathlon Championships**

Overall Winners

Male	Female
1. Andrew Lloyd	1. Lisa Cross
2. Abe O'Donnell	2. Charlotte Brown
3. Laim Miller	3. Gill Fullen

Age Group National Champions

Place	Athlete	Category
Para Duathlon		
1.	Fiona Southorn	PTS5
1.	Steve Donnelly	PTV2
1.	Kurt Peterson	PTS4



TRIATHLON NZ
NATIONAL SERIES

**2023 – 2024 Sprint Distance
 Duathlon Championships**

Place	Athlete	Category
Female		
1.	Charlotte Brown	Female 16-19
1.	Charlotte Carter	Female 20-24
2.	Taylah Arlidge	Female 20-24
3.	Nina Maurer	Female 20-24
1.	Rachel Mayhew	Female 30-34
1.	Ange Keen	Female 35-39
2.	Amanda Cathro	Female 35-39
3.	Luren Revie	Female 35-39
1.	Lisa Cross	Female 40-44
2.	Anna Russell	Female 40-44
3.	Lucy Williams	Female 40-44
1.	Karen Russo	Female 45-49
2.	Michaela Kelly	Female 45-49
1.	Kristine Reid	Female 50-54
2.	Michelle	Female 50-54
1.	Gill Fullen	Female 55-59
2.	Nicola Sproule	Female 55-59
3.	Suzie Clark	Female 55-59
1.	Bridget Ray	Female 60-64
2.	Christine Frase	Female 60-64
1.	Joy Baker	Female 70-74
2.	Maggie Ward	Female 70-74
3.	Shirley Rolston	Female 70-74



TRIATHLON NZ
NATIONAL SERIES

**2023 – 2024 Sprint Distance
 Duathlon Championships**

Age Group National Champions

Place	Athlete	Category
Male		
1.	Dion Wallwork	Male 16-19
2.	Ashton Upfold	Male 16-19
1.	Abe O'Donnell	Male 20-24
2.	Liam Miller	Male 20-24
3.	Ryan Williams	Male 20-24
1.	Charlie Taylor	Male 25-29
1.	Andrew Lloyd	Male 30-34
2.	Nick Jowsey	Male 30-34
3.	Jeremy Nesbitt	Male 30-34
1.	Matthew Hallam	Male 35-39
2.	Vincent Colombie	Male 35-39
3.	Sean Martin	Male 35-39
1.	Tim Pearce	Male 40-44
2.	Heath Packard	Male 40-44
3.	Ben Ruthe	Male 40-44
1.	AJ Cornwall	Male 45-49
2.	Adam Hazlett	Male 45-49
3.	Matt Treanor	Male 45-49
1.	Grant Clifton	Male 50-54
2.	Chris Hutchinson	Male 50-54
3.	Gareth Holebrook	Male 50-54
1.	Luke Williams	Male 55-59
2.	Paul Carter	Male 55-59
3.	David Presland	Male 55-59
1.	Glenn Wright	Male 60-64
2.	Mark Robsinson	Male 60-64
3.	Roger Spice	Male 60-64
1.	Michael Gowing	Male 65-69
2.	Nathan Livingstone	Male 65-69
3.	Brohn Torckler	Male 65-69



TRIATHLON NZ
NATIONAL SERIES

**2023 – 2024 Sprint Distance
Duathlon Championships**

1.	Brian Warren	Male 70-74
1.	Richard Sweetman	Male 75-79
2.	William Bird	Male 75-79