



2023 – 2024 Standard Duathlon National Championships

Overall Winners

Male	Female
1. Sam Anderson	1. Penny Mouat
2. Sam King	2. Lindy Millar
3. Dan Hunt	3. Tessa Dekker

Age-Group National Champions

Place	Athlete	Category
Female		
1.	Penny Mouat	Female 25-29
2.	Courtney Hawke	Female 25-29
3.	Emma Waite	Female 25-29
1.	Alice Mullins	Female 30-34
2.	Emily Trevail	Female 30-34
3.	Emma Johns	Female 30-34
1.	Tessa Dekker	Female 35-39
1.	Louise Hope	Female 40-44
1.	Lindy Millar	Female 45-49
1.	Raelene Rees	Female 60-64
1.	Shirley Rolston	Female 75-79



2023 – 2024 Standard Duathlon National Championships

Age Group National Champions

Place	Athlete	Category
Male		
1.	Sam Anderson	Male 20-24
2.	Sam King	Male 20-24
3.	Abe O'Donnell	Male 20-24
1.	Dan Hunt	Male 30-34
2.	Nick Jowsey	Male 30-34
3.	Ben O'Carroll	Male 30-34
1.	Andrew Davidson	Male 35-39
2.	Mike Draper	Male 35-39
3.	Nathan Lewis	Male 35-39
1.	Flavio Vianna	Male 40-44
2.	Simon Kristiansen	Male 40-44
3.	Kerry Tull	Male 40-44
1.	James Brown	Male 45-49
1.	Hayden Prattley	Male 50-54
2.	Rick Lamb	Male 50-54
3.	Gareth Holebrook	Male 50-54
1.	John Wood	Male 85-89