Highlights from School Sport Australia National Triathlon Championships - 2 to 5 April 2013

Sam Lewis (Intermediate Boys) - St Pauls Port Macquarie

- 16th in individual event - 3rd NSW
- Selected as the swimmer for the NSW Intermediate Boys relay team which won a National Bronze medal - Sam had the 2nd fastest swim.

Ainsley Bakker (Senior Girls) - Trinity Catholic College, Lismore

- won individual National Bronze medal - 2nd NSW
- Selected as the cyclist in NSW Senior Girls relay team which won a National Silver medal - Ainsley had the 2nd fastest cycle.

Some Highlights from NSW All Schools Triathlon Results - 21 to 22 Feb 2013

Sam Lewis (Intermediate Boys) - St Pauls Port Macquarie

- won individual NSW All Schools Bronze Medal (3rd out of 187 individuals that contested the intermediate division)
- won individual CCC Silver Medal
- won relay NSW All Schools Gold Medal (1st out of 299 teams that contest the intermediate division) - team broke State Record (Sam had the equal fastest run time)
- won relay CCC Gold Medal (same event as above)
- won relay CCC Bronze Medal - Sam assisted the St Paul's "B" team by completing the swim leg (the "B" teams swimmer had to pull out at last minute)

In all:

- Sam won 5 medals over the two day event which is a record haul for NSW All Schools Triathlon.
- He was selected in the NSW Combined High Schools Team to compete at Nationals.

Ainsley Bakker (Senior Girls) - Trinity Catholic College, Lismore

- won individual NSW All Schools Bronze Medal (3rd from 47 senior girls)
- won individual CCC Silver Medal

- Ainsley was selected in the NSW Combined High Schools Team to compete at Nationals.