

## Illawarra Triathlon Club - Port Kembla Double Duathlon- 20th July 2003

Run 3.6km, Cycle 10km, Run 1.8km, Cycle 10km, Run 1.8km (Approx. Distances)

No	Name	Cat Age	Finish	Overall Place	Cat Place	Run1 3.6km	Run1 Pace min/km	Run1 Place	Cycle1 10km	Ave Speed	Cycle1 Place	Run2 1.8km	Run2 Pace min/km	Run2 Place	Cycle2 10km	Ave Speed	Cycle2 Place	Run3 1.8km	Run3 Pace min/km	Run3 Place
24	Mark Scott	M20-29	0:59:17	1	1	11:26	03:11	1	17:04	35.16	1	06:59	03:53	2	17:01	35.26	1	06:47	03:46	4
20	Bill McClatchie	M20-29	1:00:39	2	2	11:56	03:19	2	17:31	34.25	2	06:50	03:48	1	17:46	33.77	2	06:36	03:40	2
4	Steve VanGils	M30-39	1:04:03	3	1	12:36	03:30	4	18:09	33.06	4	07:27	04:08	5	17:51	33.61	3	08:00	04:27	15
9	Peter Kerry	M30-39	1:04:07	4	2	11:57	03:19	3	19:13	31.22	7	07:04	03:56	3	19:24	30.93	5	06:29	03:36	1
19	Dylan Forbes	M30-39	1:05:04	5	3	12:39	03:31	5	17:41	33.93	3	07:27	04:08	4	19:48	30.30	7	07:29	04:09	7
15	Kyle Tenkate	M13-16	1:07:01	6	1	12:43	03:32	6	19:54	30.15	10	08:03	04:28	9	19:35	30.64	6	06:46	03:46	3
27	Brett Hall	M20-29	1:07:48	7	3	13:21	03:43	9	18:29	32.46	5	08:32	04:44	16	20:38	29.08	11	06:48	03:47	5
17	Tim Crinnion	M30-39	1:08:21	8	4	13:07	03:39	8	19:45	30.38	9	07:47	04:19	6	20:36	29.13	9	07:06	03:57	6
13	Scott Lunney	M30-39	1:10:31	9	5	14:03	03:54	12	19:55	30.13	11	08:14	04:34	11	20:37	29.10	10	07:42	04:17	10
12	Brett Gordon	M20-29	1:10:56	10	4	14:05	03:55	13	20:05	29.88	12	08:05	04:29	10	21:00	28.57	12	07:41	04:16	9
6	John Arnold	M40-49	1:11:36	11	1	13:41	03:48	11	20:26	29.36	15	08:14	04:34	12	21:37	27.76	17	07:38	04:14	8
5	<b>Trudi Sanders</b>	<b>F20-29</b>	<b>1:12:52</b>	<b>12</b>	<b>1</b>	<b>14:40</b>	<b>04:04</b>	<b>18</b>	<b>20:20</b>	<b>29.51</b>	<b>14</b>	<b>08:25</b>	<b>04:41</b>	<b>15</b>	<b>21:29</b>	<b>27.93</b>	<b>15</b>	<b>07:58</b>	<b>04:26</b>	<b>14</b>
14	Paul Coxhead	M40-49	1:13:18	13	2	13:34	03:46	10	22:07	27.13	23	07:49	04:21	8	21:56	27.36	18	07:52	04:22	12
29	<b>Melinda Sharpe</b>	<b>F30-39</b>	<b>1:13:31</b>	<b>14</b>	<b>1</b>	<b>14:35</b>	<b>04:03</b>	<b>17</b>	<b>20:10</b>	<b>29.75</b>	<b>13</b>	<b>08:22</b>	<b>04:39</b>	<b>14</b>	<b>16:07</b>	<b>37.23</b>	<b>SHORT</b>	<b>14:17</b>	<b>07:56</b>	<b>27</b>
23	David Toll	M30-39	1:13:39	15	6	14:23	04:00	14	21:07	28.41	26	08:15	04:35	13	22:05	27.17	20	07:49	04:21	11
21	<b>Susan Russell</b>	<b>F20-29</b>	<b>1:14:30</b>	<b>16</b>	<b>2</b>	<b>14:29</b>	<b>04:01</b>	<b>15</b>	<b>20:32</b>	<b>29.22</b>	<b>16</b>	<b>08:39</b>	<b>04:48</b>	<b>17</b>	<b>22:50</b>	<b>26.28</b>	<b>23</b>	<b>08:00</b>	<b>04:27</b>	<b>16</b>
16	Tony Tenkate	M30-39	1:15:02	17	7	15:21	04:16	20	20:58	28.62	17	09:24	05:13	20	21:09	28.37	13	08:10	04:32	19
11	<b>Tanya Strevens</b>	<b>F20-29</b>	<b>1:15:08</b>	<b>18</b>	<b>3</b>	<b>14:33</b>	<b>04:03</b>	<b>16</b>	<b>21:18</b>	<b>28.17</b>	<b>20</b>	<b>07:49</b>	<b>04:21</b>	<b>7</b>	<b>23:32</b>	<b>25.50</b>	<b>24</b>	<b>07:56</b>	<b>04:24</b>	<b>13</b>
22	Marco Ciccarelli	M40-49	1:16:07	19	3	15:27	04:17	21	21:11	28.32	19	09:20	05:11	18	22:00	27.27	19	08:09	04:32	17
18	D and D Arenas	Team	1:16:27	20	1	18:09	05:02	29	18:44	32.03	6	10:05	05:36	23	19:18	31.09	4	10:11	05:39	26
10	Mick McCarthy	M30-39	1:16:46	21	8	15:08	04:12	19	21:58	27.31	22	09:22	05:12	19	22:08	27.11	21	08:10	04:32	18
28	Bob Scott	M40-49	1:16:48	22	4	18:03	05:01	28	19:20	31.03	8	10:11	05:39	24	19:48	30.30	8	09:26	05:14	23
7	Brian Baird	M50-59	1:17:28	23	1	15:34	04:19	22	21:29	27.93	21	09:54	05:30	21	21:31	27.89	16	09:00	05:00	22
26	<b>Bethany McCarthy</b>	<b>F20-29</b>	<b>1:18:56</b>	<b>24</b>	<b>4</b>	<b>16:43</b>	<b>04:39</b>	<b>25</b>	<b>21:03</b>	<b>28.50</b>	<b>18</b>	<b>10:20</b>	<b>05:44</b>	<b>27</b>	<b>21:17</b>	<b>28.19</b>	<b>14</b>	<b>09:33</b>	<b>05:18</b>	<b>24</b>
25	Michael Green	M30-39	1:22:15	25	9	17:01	04:44	27	22:32	26.63	24	10:14	05:41	25	22:42	26.43	22	09:46	05:26	25
3	Peter Asher	M60-69	1:23:10	26	1	16:09	04:29	23	23:01	26.07	25	10:20	05:44	28	24:47	24.21	25	08:53	04:56	21
2	Brian Flynn	M50-59	1:25:26	27	2	16:44	04:39	26	24:38	24.36	27	09:59	05:33	22	25:25	23.61	26	08:40	04:49	20
8	Jandirk (JD) Thiem	M20-29	DNF	DNF		12:59	03:36	7												
1	Emily Cranney	F30-39	DNF	DNF	2	16:35	04:36	24	26:41	22.49	28	10:15	05:42	26						

Female results in BOLD

Highlighted times have been estimated as missed during event - Finish times are correct