

**Illawarra Triathlon Club - Port Kembla Triathlon Race 2 - 09th November 2003**  
**Swim 400m +Trans 400m, Cycle 14.8km, Run 3.6km (Approx. Distances)**

Name	Cat Age	Finish Time	Overall Place	Overall Cat Place	Swim 400m +T1	Swim/T1 Pace min/100m	Swim Place	Cycle 14.8km	Ave Speed	Cycle Place	Run 3.6km	Run Pace min/km	Run Place
Paul Wiedersehn	M16-19	45:41	1	1	08:30	02:07	1	24:30	36.24	3	12:41	03:31	2
Stuart Colquhan	M30-39	45:58	2	1	10:50	02:43	18	22:40	39.18	1	12:28	03:28	1
Mark Scott	M20-29	47:53	3	1	09:20	02:20	4	25:00	35.52	5	13:33	03:46	5
Bill McClatchie	M20-29	48:19	4	2	10:42	02:40	17	24:48	35.81	4	12:49	03:34	3
Kirk Vandeweghe	M30-39	48:24	5	2	09:00	02:15	3	25:35	34.71	6	13:49	03:50	8
Phil Giles	M20-29	48:52	6	3	11:02	02:46	20	23:37	37.60	2	14:13	03:57	12
James Greathead	M16-19	49:05	7	2	09:42	02:25	10	25:48	34.42	8	13:35	03:46	6
Tim Green	M30-39	50:35	8	3	09:25	02:21	5	26:35	33.40	14	14:35	04:03	17
<b>Susanne Russell</b>	<b>F20-29</b>	<b>50:49</b>	<b>9</b>	<b>1</b>	<b>09:30</b>	<b>02:23</b>	<b>7</b>	<b>26:50</b>	<b>33.09</b>	<b>16</b>	<b>14:29</b>	<b>04:01</b>	<b>16</b>
Scott Harrison	M30-39	51:00	10	4	11:00	02:45	19	27:00	32.89	19	13:00	03:37	4
Steve Vangils	M30-39	51:07	11	5	09:50	02:28	11	26:55	32.99	18	14:22	03:59	15
Scott Wilsmore	M20-29	51:38	12	4	11:20	02:50	21	26:00	34.15	11	14:18	03:58	14
John Whitting	M30-39	51:52	13	6	10:10	02:32	13	26:45	33.20	15	14:57	04:09	20
Dean Marcinkawski	M30-39	52:43	14	7	08:55	02:14	2	26:25	33.62	12	17:23	04:50	30
Dan Arenas	M20-29	52:54	15	5	12:25	03:06	29	26:50	33.09	17	13:39	03:47	7
Scott Lunney	M30-39	53:03	16	8	10:00	02:30	12	28:05	31.62	21	14:58	04:09	21
<b>Tegan Makowski</b>	<b>F16-19</b>	<b>53:34</b>	<b>17</b>	<b>1</b>	<b>09:32</b>	<b>02:23</b>	<b>8</b>	<b>27:38</b>	<b>32.14</b>	<b>20</b>	<b>16:24</b>	<b>04:33</b>	<b>24</b>
John Arnold	M40-49	53:43	18	1	14:03	03:31	33	25:37	34.66	7	14:03	03:54	11
Greg Flood	M20-29	53:50	19	6	10:40	02:40	16	28:25	31.25	22	14:45	04:06	19
Steven Newman	M20-29	54:49	20	7	11:35	02:54	23	26:31	33.49	13	16:43	04:39	26
<b>Melinda Sharpe</b>	<b>F30-39</b>	<b>54:53</b>	<b>21</b>	<b>1</b>	<b>10:36</b>	<b>02:39</b>	<b>15</b>	<b>28:54</b>	<b>30.73</b>	<b>23</b>	<b>15:23</b>	<b>04:16</b>	<b>22</b>
Tim Crinnion	M30-39	55:54	22	9	11:37	02:54	24	30:03	29.55	27	14:14	03:57	13
<b>Trudi Barnes</b>	<b>F20-29</b>	<b>55:59</b>	<b>23</b>	<b>2</b>	<b>10:30</b>	<b>02:37</b>	<b>14</b>	<b>29:20</b>	<b>30.27</b>	<b>25</b>	<b>16:09</b>	<b>04:29</b>	<b>23</b>
<b>Michelle Wu</b>	<b>F20-29</b>	<b>56:53</b>	<b>24</b>	<b>3</b>	<b>11:30</b>	<b>02:53</b>	<b>22</b>	<b>30:45</b>	<b>28.88</b>	<b>28</b>	<b>14:38</b>	<b>04:04</b>	<b>18</b>
Paul Coxhead	M40-49	58:34	25	2	12:35	03:09	30	32:00	27.75	33	13:59	03:53	9
Warren Poole	M40-49	58:59	26	3	11:50	02:58	25	29:00	30.62	24	18:09	05:02	31
Stephen Rowland	M30-39	1:00:57	27	10	12:05	03:01	26	32:10	27.61	34	16:42	04:38	25
Mick McCarthy	M30-39	1:01:27	28	11	12:15	03:04	28	31:50	27.90	32	17:22	04:49	29
Marco Ciccarelli	M40-49	1:01:35	29	4	14:55	03:44	34	29:35	30.02	26	17:05	04:45	27
Des Comer	M50+	1:02:48	30	1	12:07	03:02	27	31:48	27.92	31	18:53	05:15	32
<b>Amanda Vandeweghe</b>	<b>F40-49</b>	<b>1:03:31</b>	<b>31</b>	<b>1</b>	<b>13:00</b>	<b>03:15</b>	<b>31</b>	<b>31:20</b>	<b>28.34</b>	<b>29</b>	<b>19:11</b>	<b>05:20</b>	<b>34</b>
Simon Haigh	M30-39	1:04:43	32	12	13:04	03:16	32	31:20	28.34	30	20:19	05:39	37
Brendan McAlister	M30-39	1:15:02	33	13	16:55	04:14	35	37:50	23.47	37	20:17	05:38	36
James Marsden (Flat Tyre on Ride)	M16-19	51:00			09:40	02:25	9	27:20	32.49		14:00	03:53	10
Bob Scott (Only Completed 1 lap swim)	M40-49	55:27			10:35	02:39		25:49	34.40	9	19:03	05:18	33
<b>Sue Scott</b> (Only Completed 1 lap swim)	<b>F40-49</b>	<b>1:02:45</b>			<b>10:55</b>	<b>02:44</b>		<b>34:40</b>	<b>25.62</b>	<b>35</b>	<b>17:10</b>	<b>04:46</b>	<b>28</b>
<b>Trudie Webb</b> (Only Completed 1 lap swim)	<b>F20-29</b>	<b>1:05:59</b>			<b>10:45</b>	<b>02:41</b>		<b>35:35</b>	<b>24.96</b>	<b>36</b>	<b>19:39</b>	<b>05:28</b>	<b>35</b>
Jandirk (JD) Thiem (Only Completed 1 lap of run)	M20-29				09:26	02:22	6	25:58	34.20	10			

**MARSHALLS**

Jarrold Howarth

Tony Tenkate

Brad Wiedersehn

Dani Annese (For Trudi Webb)

Lou Caruana

Lenore Coxhead (For Paul Coxhead)

Greg Fisher

Kathy McCarthy (For Bill McClatchie)