

Illawarra Triathlon Club - Port Kembla Triathlon Race 5 - 15th February 2004
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
Nathan A'Bell	M20-29	47:35	1	1	10:00	02:30	1	24:25	36.37	1	13:10	03:39	3
James Greathead	M17-19	47:45	2	1	10:05	02:31	2	25:00	35.52	4	12:40	03:31	1
Kirk Vandeweghe	M30-39	48:35	3	1	10:20	02:35	4	24:40	36.00	2	13:35	03:46	7
Bill McClatchie	M20-29	49:50	4	2	12:10	03:02	12	24:40	36.00	3	13:00	03:37	2
Rowan Allnutt	M40-49	50:40	5	1	11:40	02:55	10	25:40	34.60	7	13:20	03:42	5
Tegan Makowski	F17-19	50:50	6	1	10:15	02:34	3	25:25	34.94	5	15:10	04:13	16
Merja Kivrinta	F20-29	51:00	7	1	12:05	03:01	11	25:35	34.71	6	13:20	03:42	4
Trudi Barnes	F20-29	51:55	8	2	10:55	02:44	6	26:55	32.99	13	14:05	03:55	10
Tim Green	M30-39	52:05	9	2	10:50	02:42	5	26:55	32.99	14	14:20	03:59	12
Jeff Gray	M30-39	52:15	10	3	12:35	03:09	14	25:55	34.26	8	13:45	03:49	9
Scott Harrison	M30-39	52:40	11	4	12:55	03:14	17	26:15	33.83	10	13:30	03:45	6
Geoff Stutsel	M30-39	53:10	12	5	13:10	03:17	20	26:20	33.72	11	13:40	03:48	8
James Marsden	M20-29	54:05	13	3	11:20	02:50	8	28:05	31.62	20	14:40	04:04	14
John Arnold	M40-49	55:25	14	2	13:15	03:19	21	28:05	31.62	19	14:05	03:55	11
Jarrold Howarth	M20-29	55:40	15	4	13:40	03:25	24	27:30	32.29	17	14:30	04:02	13
Scott Wilsmore	M20-29	56:00	16	5	13:00	03:15	18	28:15	31.43	21	14:45	04:06	15
Tanya Strevens	F20-29	56:15	17	3	12:45	03:11	16	28:15	31.43	22	15:15	04:14	17
Damien Paynter	M30-39	56:35	18	6	14:10	03:32	26	27:00	32.89	15	15:25	04:17	19
Steven Newman	M20-29	56:45	19	6	14:45	03:41	29	26:40	33.30	12	15:20	04:16	18
Tony Tenkate	M30-39	57:20	20	7	12:40	03:10	15	28:50	30.80	24	15:50	04:24	20
Warren Poole	M40-49	58:45	21	3	13:05	03:16	19	27:35	32.19	18	18:05	05:01	24
Nicky Joyce	F30-39	58:50	22	1	13:30	03:22	22	27:15	32.59	16	18:05	05:01	23
Trevor Smith	M20-29	1:00:10	23	7	13:35	03:24	23	30:25	29.19	26	16:10	04:29	21
Lex Battard	M17-19	1:00:15	24	2	11:30	02:52	9	28:55	30.71	25	19:50	05:31	29
Bob Scott	M40-49	1:01:50	25	4	15:15	03:49	30	26:15	33.83	9	20:20	05:39	30
Simon Haigh	M30-39	1:04:30	26	8	14:30	03:37	28	30:35	29.04	27	19:25	05:24	28
Peter Southgate	M50+	1:04:50	27	1	14:05	03:31	25	32:25	27.39	29	18:20	05:06	25
Des Comer	M50+	1:05:00	28	2	14:25	03:36	27	31:40	28.04	28	18:55	05:15	27
Brian Flynn	M50+	1:11:25	29	3	19:10	04:47	31	34:30	25.74	30	17:45	04:56	22
Wendy Trinby	F40-49	1:13:45	30	2	19:30	04:52	32	35:25	25.07	31	18:50	05:14	26
Andrew Crawford	M20-29	DNF	DNF	DNF	12:30	03:07	13	28:25	31.25	23	DNF	DNF	DNF
Hans Battard	M40-49	DNF	DNF	DNF	11:05	02:46	7	DNF	DNF	DNF	DNF	DNF	DNF

MARSHALLS

Scott Lunney Marco Ciccarelli
William Dove Sue Scott
Mel Sharpe Amanda Vandeweghe
Brian McKinnon Stuart
Raf Moriana Jandirk Thiem
Dave Toll