

Illawarra Triathlon Club - Port Kembla Triathlon Race 4 - 16th January 2005

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 Place	Cycle 14.8km	Ave Speed	Cycle Place	Run 3.6km	Run Pace min/km	Run Place
Male Results												
Brendan Sexton	M17-19	44:20	1	1	08:25	1	22:55	38.75	1	13:00	03:37	3
Ben Yates	M17-19	44:50	2	2	08:50	3	23:15	38.19	2	12:45	03:32	2
Johnathon Grady	M20-29	47:50	3	1	08:30	2	23:40	37.52	3	15:40	04:21	20
Jake Trindorfer	M20-29	48:00	4	2	09:10	4	24:45	35.88	4	14:05	03:55	8
Brad Wright	M20-29	48:15	5	3	09:22	7	25:08	35.33	5	13:45	03:49	6
Dan Arenus	M30-39	48:40	6	1	09:50	10	25:10	35.28	6	13:40	03:48	4
Kirk Vandeweghe	M40-49	48:45	7	1	09:12	5	25:33	34.76	9	14:00	03:53	7
Paul Micale	M30-39	49:15	8	2	09:30	8	27:15	32.59	17	12:30	03:28	1
Scott Harrison	M30-39	49:55	9	3	10:55	15	25:15	35.17	7	13:45	03:49	5
Steven Newman	M20-29	51:30	10	4	11:25	20	25:25	34.94	8	14:40	04:04	10
Scott Lunney	M30-39	51:31	11	4	10:20	11	26:35	33.40	11	14:36	04:03	9
Scott Wilmore	M20-29	52:12	12	5	11:05	16	25:42	34.55	10	15:25	04:17	17
Greg Flood	M30-39	52:50	13	5	10:52	14	27:13	32.63	16	14:45	04:06	11
Jarrold Howarth	M20-29	53:05	14	6	11:07	17	27:03	32.83	13	14:55	04:09	13
Mark Emerton	M40-49	54:45	17	2	11:37	22	27:08	32.73	14	16:00	04:27	21
Tim Crinnion	M30-39	55:00	20	6	11:35	21	28:25	31.25	21	15:00	04:10	16
Stephen Rowland	M30-39	57:05	22	7	12:05	25	29:25	30.19	27	15:35	04:20	19
Damien Paynter	M30-39	57:30	23	8	12:00	24	28:15	31.43	19	17:15	04:47	25
Tony Tenkate	M40-49	58:30	24	3	12:20	27	28:40	30.98	22	17:30	04:52	26
Jeremy Sutton	M30-39	58:50	25	9	11:40	23	29:20	30.27	26	17:50	04:57	30
Peter Brown	M30-39	59:15	26	10	13:10	33	29:25	30.19	28	16:40	04:38	23
Brett Barlow	M20-29	59:29	27	7	12:10	26	29:40	29.93	31	17:39	04:54	29
Bruce Boaler	M40-49	1:00:10	29	4	13:15	34	29:05	30.53	25	17:50	04:57	32
Marco Ciccarelli	M40-49	1:01:00	30	5	13:55	39	29:30	30.10	29	17:35	04:53	28
Gilles Chatelin	M20-29	1:01:07	31	8	14:05	40	28:45	30.89	24	18:17	05:05	36
Anders Klasson	M40-49	1:02:05	32	6	14:10	41	29:50	29.77	33	18:05	05:01	35
Will Orellana	M30-39	1:02:10	33	11	12:45	29	31:52	27.87	37	17:33	04:52	27
Bob Scott	M50-59	1:02:25	35	1	13:30	36	26:50	33.09	12	22:05	06:08	44
Mark Monier	M40-49	1:02:35	36	7	13:32	37	29:43	29.88	32	19:20	05:22	37
Michael Green	M30-39	1:03:05	37	12	12:55	30	32:20	27.46	39	17:50	04:57	31
Paul Coxhead	M40-49	1:03:35	38	8	14:25	42	32:15	27.53	38	16:55	04:42	24
Desmond Comer	M60-69	1:03:55	39	1	13:00	31	31:30	28.19	36	19:25	05:24	38
Brian Flynn	M50-59	1:16:06	44	2	19:10	44	37:15	23.84	44	19:41	05:28	40
Female Results												
Tanya Strevens	F20-29	53:25	15	1	11:20	18	27:10	32.69	15	14:55	04:09	14
Trudi Barnes	F30-39	53:40	16	1	10:30	12	28:25	31.25	20	14:45	04:06	12
Eloise White	F13-16	54:50	18	1	09:45	9	29:35	30.02	30	15:30	04:18	18
Tegan Makowski	F20-29	54:52	19	2	09:20	6	27:37	32.15	18	17:55	04:59	33
Melinda Sharpe	F40-49	56:10	21	1	10:50	13	28:40	30.98	23	16:40	04:38	22
Jessica Simpson	F13-16	59:35	28	2	11:20	19	30:15	29.36	34	18:00	05:00	34
Carolyn Dews	F30-39	1:02:12	34	2	13:30	35	33:45	26.31	42	14:57	04:09	15
Danielle Annese	F30-39	1:05:50	40	3	13:05	32	32:35	27.25	40	20:10	05:36	41
Elke Stebbings	F30-39	1:06:25	41	4	13:50	38	31:10	28.49	35	21:25	05:57	43
Julie Sgangarella	F20-29	1:07:00	42	3	12:40	28	34:45	25.55	43	19:35	05:26	39
Amanda Vandeweghe	F40-49	1:08:35	43	2	14:40	43	33:00	26.91	41	20:55	05:49	42
Lydia Nicholson (1 LAP BIKE)	F20-29	1:03:50			12:50		31:45			19:15	05:21	
Mark Scott (DNF)	M20-29				09:25							
MARSHALS (Plus others, Email me if you were there)												
North Turn Around	Stuart Reed											
North Turn Around												
South Turn Around	Paul Fleuren											
Bike Exit	John Howarth											
Time Keeper	Mrs Makowski and Sue Scott											
Brody Street	Mrs White											
Gallipoli Street												
Draft Buster	Rowan Allnutt											