

Illawarra Triathlon Club - Port Kembla Triathlon Race 3 - 17 December 2006

Swim 400m, Trans 400m + Cycle 14.8km, Run 3.6km (Approx. Distances)

Name	Cat Age	Wave	Finish Time	Finish Position	Swim 400m +T1	Swim Place	Cycle 14.8km	Ave Speed	Cycle Place	Run 3.6km	Run Pace min/km	Run Place
Ryan Henessy	M13-16	2	0:46:51	1	0:08:11	1	0:25:44	34.51	1	0:12:56	0:03:36	1
Trudi Barnes	F30-39	2	0:50:57	2	0:08:18	2	0:28:17	31.40	5	0:14:22	0:03:59	4
Jacob Payne	M20-29	2	0:51:44	3	0:09:23	5	0:27:32	32.25	3	0:14:49	0:04:07	7
John Oconnell	M40-49	2	0:51:54	4	0:09:20	4	0:28:57	30.67	9	0:13:37	0:03:47	2
Lou Caruana	M40-49	2	0:52:14	5	0:10:25	12	0:25:55	34.26	2	0:15:54	0:04:25	12
Maggie Helson		2	0:52:21	6	0:08:23	3	0:29:02	30.59	10	0:14:56	0:04:09	9
Chris Vince		2	0:52:23	7	0:10:01	8	0:27:37	32.15	4	0:14:45	0:04:06	5
Tanya Strevens	F20-29	2	0:53:20	8	0:10:05	10	0:28:20	31.34	6	0:14:55	0:04:09	8
Anthony Samways	M20-29	1	0:54:26	9	0:09:57	7	0:28:36	31.05	7	0:15:53	0:04:25	11
Jessica Simpson	F16-19	2	0:54:47	10	0:09:24	6	0:29:19	30.29	13	0:16:04	0:04:28	13
Edward Baird		1	0:56:04	11	0:10:25	11	0:29:07	30.50	11	0:16:32	0:04:36	15
Paul Coxhead	M30-39	1	0:56:20	12	0:11:48	19	0:29:45	29.85	14	0:14:47	0:04:06	6
Craig Dinning		2	0:56:26	13	0:10:29	13	0:29:13	30.39	12	0:16:44	0:04:39	17
Marco Cicarelli	M40-49	1	0:56:28	14	0:11:16	17	0:28:57	30.67	8	0:16:15	0:04:31	14
Andrew Sutton		2	0:58:10	15	0:10:04	9	0:32:21	27.45	20	0:15:45	0:04:22	10
Miles Waring (T4)		1	0:59:10	16	0:11:50	20	0:33:07	26.81	24	0:14:13	0:03:57	3
Brian Baird	M60-69	1	0:59:14	17	0:12:07	24	0:30:00	29.60	15	0:17:07	0:04:45	19
Emma Bronneberg	F20-29	1	0:59:55	18	0:11:04	15	0:31:13	28.45	17	0:17:38	0:04:54	22
Mark Monnier		1	1:00:44	19	0:11:43	18	0:30:30	29.11	16	0:18:31	0:05:09	24
David Hale		1	1:00:55	20	0:10:41	14	0:32:46	27.10	23	0:17:28	0:04:51	20
Peter Roope	M40-49	1	1:01:40	21	0:11:51	21	0:32:12	27.58	19	0:17:37	0:04:54	21
Craig Mitchell		1	1:02:02	22	0:11:55	22	0:32:22	27.44	21	0:17:45	0:04:56	23
Jenny Simpson	F40-49	1	1:03:00	23	0:11:56	23	0:32:32	27.30	22	0:18:32	0:05:09	26
Liz Beven	F40-49	1	1:03:04	24	0:12:48	25	0:33:09	26.79	25	0:17:07	0:04:45	18
Peter James	M40-49	2	1:03:20	25	0:13:09	26	0:31:40	28.04	18	0:18:31	0:05:09	25
Matthew Simpson (T6)		1	1:04:01	26	0:11:12	16	0:36:08	24.58	27	0:16:41	0:04:38	16
Doug Simpson	M50-59	1	1:10:22	27	0:14:51	27	0:35:45	24.84	26	0:19:46	0:05:29	27
Tegan Makowski	F20-29	2	DNF	28	0:08:46		0:30:48	28.83				
Rachel Grocke	F20-29	2	DNF	29	0:09:37		0:29:26	30.17				
Sophie McLeod		2	DNF	30	0:09:03		0:24:01	36.97				

Carolyn Dews
 Sue Scott
 Troy
 Mark Scott
 Simon Haigh
 Des Comer
 Ian Fargham
 Bob Scott
 Emily Grey
 Greg Fisher
 Jeanne Roope (for Peter Roope)
 Mick Buffett
 Steve Newman
 Jamie Turner