

## Illawarra Triathlon Club - Port Kembla Triathlon Race 5 - 18 February 2007

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

Name	Cat Age	Wave	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
James Marsden	M20-29	2	0:42:49	1	1	04:28	1	25:03	35.45	1	13:18	03:42	1
John OConnell	M40-49	2	0:44:36	2	1	04:57	5	25:56	34.24	4	13:43	03:49	2
Tanya Strevens	<b>F20-29</b>	2	0:45:57	3	1	05:14	6	26:35	33.40	6	14:08	03:56	4
Meggie Helson	<b>F20-29</b>	2	0:46:50	4	2	04:31	2	27:20	32.49	9	14:59	04:10	7
Miles Waring	Non Member	2	0:46:54	5		05:21	7	27:20	32.49	10	14:13	03:57	5
Carolyn Dews	<b>F30-39</b>	2	0:47:16	6	1	05:34	9	27:40	32.10	13	14:02	03:54	3
Geoff Stutsel	M30-39	2	0:47:43	7	1	05:31	8	27:26	32.37	12	14:46	04:06	6
Tegan Makowski	<b>F20-29</b>	2	0:48:13	8	3	04:32	3	26:14	33.85	5	17:27	04:51	19
Patrick McNeill	M20-29	1	0:49:20	9	2	06:48	11	27:11	32.67	8	15:21	04:16	8
Wally Ervan	Non Member	1	0:49:32	10		06:54	18	25:19	35.08	2	17:19	04:49	17
Natalie Owens	<b>Non Member</b>	1	0:50:13	11		06:54	15	27:10	32.69	7	16:09	04:29	11
Jessica Simpson	<b>F16-19</b>	2	0:50:57	12	1	04:51	4	28:50	30.80	20	17:16	04:48	16
Paul Coxhead	M30-39	1	0:51:30	13	2	07:08	22	28:45	30.89	19	15:37	04:20	10
Jon Elvy	Non Member	1	0:51:42	14		07:20	26	27:21	32.47	11	17:01	04:44	13
Michael Buffett	M30-39	2	0:51:44	15	3	05:55	10	28:42	30.94	18	17:07	04:45	14
Nigel Watts	Non Member	1	0:51:57	16		06:51	12	29:36	30.00	23	15:30	04:18	9
Bob Scott	M50-59	1	0:51:58	17	1	07:18	25	25:20	35.05	3	19:20	05:22	28
Emma Bronneberg	<b>F20-29</b>	1	0:52:33	18	4	06:54	13	28:07	31.58	15	17:32	04:52	20
Aaron Crinis	Non Member	1	0:52:37	19		07:03	20	29:01	30.60	21	16:33	04:36	12
Marco Ciccarelli	M40-49	1	0:52:57	20	2	07:04	21	27:41	32.08	14	18:12	05:03	22
Mark Monnier	M40-49	1	0:54:03	21	3	06:54	14	28:24	31.27	16	18:45	05:13	25
Craig Mitchell	Non Member	1	0:54:09	22		06:54	16	29:28	30.14	22	17:47	04:56	21
Peter Roope	M40-49	1	0:54:30	23	4	06:54	17	30:28	29.15	25	17:08	04:46	15
Simon Haigh	M30-39	1	0:54:50	24	4	07:01	19	28:39	30.99	17	19:10	05:19	27
Des Comer	M60-69	1	0:55:49	25	1	07:17	23	30:07	29.49	24	18:25	05:07	23
Jenny Simpson	<b>F40-49</b>	1	0:56:38	26	1	07:17	24	30:48	28.83	26	18:33	05:09	24
Liz Beven	<b>F40-49</b>	1	0:57:49	27	2	08:26	29	31:57	27.79	27	17:26	04:51	18
Sue Flynn	<b>Non Member</b>	1	0:59:31	28		08:26	28	32:09	27.62	28	18:56	05:16	26
Doug Simpson	M50-59	1	1:00:33	29	2	08:39	30	32:28	27.35	29	19:26	05:24	29
Ian Fargher	M50-59	1	1:03:40	30	3	07:24	27	33:07	26.81	30	23:09	06:26	30
Damien Hodges (Short Bike)	M30-39	2	0:41:50	31	5	05:12	6	22:29	39.50	2	14:09	03:56	4

### MARSHALS

Sue Scott  
 Brian Baird  
 Phil Giles  
 Jordan + Tanya  
 Will