

Illawarra Triathlon Club - Port Kembla Triathlon Race 7 - 18 April 2004 Club Championships

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

Name	Cat Age	CLUB CHAMP PLACE	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		44:45	1	1	08:10	02:02	2	24:10	36.74	1	12:25	03:27	3
Brendan Sexton	M16-19		45:20	2	1	08:05	02:01	1	25:00	35.52	2	12:15	03:24	2
James Greathead	M16-19	1	47:00	3	2	08:50	02:12	3	25:35	34.71	4	12:35	03:30	4
Paul Micale	M30-39	2	49:00	4	1	09:25	02:21	7	27:20	32.49	10	12:15	03:24	1
Kirk Vandeweghe	M30-39	3	49:20	5	2	09:05	02:16	5	26:10	33.94	6	14:05	03:55	6
Dean Marcinkowski	M30-39	4	49:40	6	3	09:30	02:22	8	25:00	35.52	3	15:10	04:13	13
Trudi Barnes	F20-29	1	50:25	7	1	09:20	02:20	6	26:50	33.09	8	14:15	03:57	7
Pete Kerry	M30-39	5	50:40	8	4	10:15	02:34	10	27:25	32.39	11	13:00	03:37	5
Tegan Makowski	F16-19	2	51:55	9	1	09:00	02:15	4	27:00	32.89	9	15:55	04:25	17
Steven Newman	M20-29	6	52:05	10	2	11:30	02:53	18	25:40	34.60	5	14:55	04:09	12
Lou Caruana	M40-49	7	52:10	11	1	11:05	02:46	17	26:40	33.30	7	14:25	04:00	9
Scott Lunney	M30-39	8	52:40	12	5	10:20	02:35	12	27:35	32.19	12	14:45	04:06	11
Scott Wilsmore	M20-29	9	52:50	13	3	10:15	02:34	11	28:20	31.34	14	14:15	03:57	8
Andrew Crawford	M20-29		53:50	14	4	09:55	02:29	9	28:20	31.34	13	15:35	04:20	16
Tanya Strevens	F20-29	3	53:55	15	2	10:50	02:43	15	28:35	31.07	16	14:30	04:02	10
Greg Flood	M20-29	10	55:05	16	5	10:45	02:41	14	29:10	30.45	17	15:10	04:13	14
Greg Fisher	M40-49	11	56:15	17	2	10:30	02:37	13	28:30	31.16	15	17:15	04:47	19
Tony Tentake	M30-39	12	57:00	18	6	10:55	02:44	16	29:25	30.19	18	16:40	04:38	18
Marco Ciccarelli	M40-49	13	59:15	19	3	11:55	02:59	21	30:00	29.60	19	17:20	04:49	20
Jeff Gottaes	M40-49		59:25	20	4	12:00	03:00	22	31:50	27.90	23	15:35	04:20	15
Des Comer	M50+	14	1:00:35	21	1	11:40	02:55	20	30:45	28.88	21	18:10	05:03	22
Anders Klassan	M40-49		1:02:00	22	5	12:30	03:07	24	30:45	28.88	22	18:45	05:12	23
Simon Haigh	M30-39	15	1:02:25	23	7	11:35	02:54	19	30:45	28.88	20	20:05	05:35	25
Amanda Vandeweghe	F40-49	4	1:06:05	24	1	13:25	03:21	25	33:10	26.77	24	19:30	05:25	24
Emily Cranney	F30-39	5	1:06:20	25	1	12:10	03:02	23	36:20	24.44	25	17:50	04:57	21
Belinda Irwin	F20-29	6	1:16:35	26	3	15:15	03:49	26	39:20	22.58	26	22:00	06:07	26

MARSHALLS

Raf Moriana
 Bill McClatchie
 Oliva and Layla Comer
 Steve Greathead
 Melinda Sharpe
 Lisa Matuzels (for Pete)
 Nicky Joyce
 Mr Makowski