

Illawarra Triathlon Club - Port Kembla Triathlon Race 6 - 19 March 2006

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

Name	Cat Age	Wave	Finish Time	Overall Place	Overall		Swim 400m +T1	Swim Place	Cycle 14.8km	Ave Speed	Cycle Place	Run 3.6km	Run Pace min/km	Run Place
					Cat Place	Place								
Brendan Sexton	Jelite	2	0:44:38	1	1		09:12	1	23:19	38.08	1	12:07	03:22	1
Paul Micale	M30-39	2	0:49:30	2	1		10:58	7	26:25	33.62	8	12:07	03:22	2
Erin Densham	Jelite	2	0:49:40	3	2		10:47	6	25:45	34.49	4	13:08	03:39	4
Ben Hammond	Jelite	2	0:50:03	4	3		11:09	9	25:17	35.12	3	13:37	03:47	7
Trudi Barnes	F30-39	2	0:50:29	5	1		10:15	3	26:19	33.74	7	13:55	03:52	9
Kirk Vandeweghe	M40-49	2	0:51:23	6	1		10:40	4	25:47	34.44	5	14:56	04:09	12
James Marsden	M20-29	2	0:52:13	7	1		11:24	12	27:45	32.00	15	13:04	03:38	3
Scott Wilsmore	M20-29	2	0:52:15	8	2		12:52	18	25:56	34.24	6	13:27	03:44	6
Barbara Rivenos	??	2	0:52:17	9			11:09	10	27:23	32.43	11	13:45	03:49	8
Ryan Hennessy	??	1	0:52:32	10			10:47	5	28:20	31.34	17	13:25	03:44	5
Hannah Lee	Jelite	2	0:53:50	11	4		12:24	16	27:19	32.51	10	14:07	03:55	10
Sophie McLeod	F13-16	1	0:53:53	12	1		11:13	11	27:16	32.57	9	15:24	04:17	13
Jessica Simpson	F17-19	1	0:54:23	13	1		11:08	8	27:26	32.37	12	15:49	04:24	15
Melinda Sharpe	F30-39	1	0:55:33	14	2		11:56	15	28:01	31.70	16	15:36	04:20	14
Tanya Strevens	F20-29	2	0:55:36	15	1		13:26	19	27:33	32.23	13	14:37	04:04	11
David Toll	M40-49	1	0:57:12	16	2		11:32	14	29:23	30.22	20	16:17	04:31	17
Jacob Payne	M20-29	2	0:57:15	17	3		11:24	13	28:31	31.14	18	17:20	04:49	21
Kerry Auguston	F30-39	2	0:57:30	18	3		12:48	17	27:35	32.19	14	17:07	04:45	20
Marco Ciccarelli	M40-49	1	1:01:30	19	3		15:10	25	29:22	30.24	19	16:58	04:43	19
Miles Waring	M40-49?	1	1:03:32	20	4		14:39	21	32:18	27.49	23	16:35	04:36	18
Troy Lewis	M20-29	2	1:03:44	21	4		14:24	20	30:58	28.68	21	18:22	05:06	24
Laila Comer	F20-29	1	1:06:08	22	2		14:43	22	35:20	25.13	28	16:05	04:28	16
Jenny Simpson	F40-49	1	1:08:06	23	1		14:58	24	33:38	26.40	25	19:30	05:25	25
Liz Bevan	F40-49	1	1:08:20	24	2		17:58	29	32:47	27.09	24	17:35	04:53	22
Sue Scott	F50-59	1	1:09:49	25	1		18:11	30	33:40	26.38	26	17:58	04:59	23
Melanie Atlee	F??	1	1:13:30	26			16:39	27	34:19	25.88	27	22:32	06:16	26
John Shoebridge	M??	1	1:23:09	27			17:25	28	40:46	21.78	29	24:58	06:56	27
John Grady	Jelite	2	DNF	DNF	DNF		09:14	2	23:33	37.71	2	DNF	DNF	DNF
Des Comer	M60-69	1	DNF	DNF	DNF		15:10	26	31:53	27.85	22	DNF	DNF	DNF
Chris Waring		1	DNF	DNF	DNF		14:55	23	DNF	DNF	DNF	DNF	DNF	DNF

MARSHALS

Julie Sgangarella Steven Newman

Doug Simpson Sue Newman

Bob Scott

Plus others please advise if missed