

# Illawarra Triathlon Club - Port Kembla Triathlon Race 2 - 19 November 2006

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
Jiang Zhi Hang	PRO	2	0:44:06	1	1	07:20	2	24:21	36.47	3	12:25	03:27	2
Ryan Hennessy	M13-16	2	0:44:14	2	1	07:24	3	24:20	36.49	2	12:30	03:28	3
Nathan A'Bell	?	2	0:45:43	3		07:05	1	24:11	36.72	1	14:27	04:01	5
Paul Micale	M30-39	2	0:48:01	4	1	08:29	6	27:13	32.63	4	12:19	03:25	1
Xing Lin	PRO	2	0:49:42	5	2	07:53	4	27:58	31.75	8	13:51	03:51	4
Chris Vince	Kiama	1	0:51:05	6		08:47	8	27:26	32.37	5	14:52	04:08	9
Michael Buffett	M30-39	1	0:52:10	7	2	08:53	9	27:48	31.94	6	15:29	04:18	10
Tanya Strevens	F20-29	2	0:52:11	8	1	09:12	11	28:08	31.56	9	14:51	04:08	8
Meggie Heison	?	2	0:52:50	9		07:57	5	30:12	29.40	14	14:41	04:05	6
Jeremy Sutton	Kiama	2	0:54:20	10		08:46	7	28:18	31.38	10	17:16	04:48	17
Warren Poole	M40-49	1	0:54:31	11	1	09:28	13	27:52	31.87	7	17:11	04:46	16
Jessica Simpson	F16-19	2	0:55:04	12	1	09:09	10	28:49	30.82	12	17:06	04:45	15
Andrew Setton	Kiama	2	0:55:52	13		09:14	12	31:05	28.57	15	15:33	04:19	11
Marco Ciccarelli	M40-49	1	0:56:10	14	2	10:30	17	28:39	30.99	11	17:01	04:44	14
Patrick MacNeill	M20-29	1	0:56:39	15	1	10:54	20	30:08	29.47	13	15:37	04:20	12
Miles Waring	?	1	0:57:39	16		10:06	14	32:51	27.03	19	14:42	04:05	7
Chris Stubbs	M30-39	1	0:59:01	17	3	10:20	15	31:49	27.91	16	16:52	04:41	13
Liz Beven	F40-49	1	1:01:28	18	1	12:12	22	31:59	27.76	18	17:17	04:48	18
Jenny Simpson	F40-49	1	1:02:10	19	2	10:42	19	32:51	27.03	20	18:37	05:10	20
Des Comer	M60-69	1	1:03:09	20	1	10:28	16	33:29	26.52	21	19:12	05:20	22
Alex Volcich	M30-39	1	1:03:34	21	4	13:27	23	31:58	27.78	17	18:09	05:02	19
Emilia A'Bell	?	1	1:04:31	22		10:41	18	34:53	25.46	22	18:57	05:16	21
Ian Fargher	M50-59	1	1:09:41	23	1	11:46	21	35:59	24.68	23	21:56	06:06	23

Age Groups to be updated once membership form received

### MARSHALS

Paul Coxhead  
 Scott Harrison  
 Jason Mann  
 Doug Simpson (For Jessica)  
 Sue Newman  
 Steven Newman  
 Brian Baird  
 Simon Haigh

**Pictured  
 Jiang Zhi Hang**

