

## Illawarra Triathlon Club - Port Kembla Triathlon Race 5 - 20th February 2005

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

Name	Cat	Wave	Wave Start	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
<b>MALE RACE</b>														
Jordan Gover	M30-39	2	10:00	44:30	1	1	04:10	2	26:20	33.72	1	14:00	03:53	2
Jarrold Howarth	M20-29	2	10:00	47:10	2	1	04:30	7	29:00	30.62	5	13:40	03:48	1
Gregory Flood	M30-39	2	10:00	47:20	3	2	04:25	5	28:45	30.89	4	14:10	03:56	4
Kyle Morrison	M20-29	1	00:00	49:30	6	2	06:00	18	28:40	30.98	3	14:50	04:07	8
Mark Emerton	M40-49	2	10:00	49:45	7	1	04:35	8	29:35	30.02	7	15:35	04:20	11
Geoff Stutsel	M30-39	2	10:00	49:50	8	3	05:45	15	30:00	29.60	8	14:05	03:55	3
Jeremy Sutton	M30-39	2	10:00	51:45	11	4	04:25	6	30:15	29.36	9	17:05	04:45	18
Jeff Gottaas	M40-49	1	00:00	53:10	12	2	06:15	21	32:05	27.68	12	14:50	04:07	7
Anthony Samways	M20-29	2	10:00	54:35	14	3	04:50	9	33:00	26.91	17	16:45	04:39	17
Michael Buffett	M20-29	1	00:00	54:55	15	4	05:45	16	33:00	26.91	16	16:10	04:29	14
Paul Coxhead	M40-49	1	00:00	55:15	16	3	06:05	19	33:55	26.18	20	15:15	04:14	10
Eddy Birchall	M20-29	1	00:00	55:40	17	5	06:10	20	33:20	26.64	18	16:10	04:29	13
Marco Ciccarelli	M40-49	1	00:00	56:05	18	4	06:40	24	32:20	27.46	14	17:05	04:45	19
Peter Southgate	M50-59	1	00:00	57:15	20	1	05:50	17	34:00	26.12	21	17:25	04:50	20
Desmond Comer	M60-69	1	00:00	57:35	21	1	05:40	14	33:45	26.31	19	18:10	05:03	23
<b>FEMALE RACE</b>														
Trudi Barnes	F30-39	2	10:00	47:45	4	1	04:05	1	29:20	30.27	6	14:20	03:59	5
Tegan Makowski	F20-29	2	10:00	47:50	5	1	04:15	3	28:25	31.25	2	15:10	04:13	9
Tanya Strevens	F20-29	2	10:00	50:45	9	2	05:30	12	30:25	29.19	10	14:50	04:07	6
Melinda Sharpe	F40-49	2	10:00	51:20	10	1	04:20	4	31:20	28.34	11	15:40	04:21	12
Jessica Simpson	F13-16	1	00:00	53:20	13	1	04:55	11	32:10	27.61	13	16:15	04:31	15
Teagon Southwell	F17-19	1	00:00	56:50	19	1	04:50	10	34:30	25.74	22	17:30	04:52	21
Elke Stebbins	F30-39	1	00:00	59:15	22	2	06:20	22	32:55	26.98	15	20:00	05:33	25
Lydia Nicholson	F20-29	1	00:00	1:00:30	23	3	05:35	13	37:20	23.79	25	17:35	04:53	22
Julie Renshaw	F30-39	1	00:00	1:02:15	24	3	06:25	23	35:45	24.84	23	20:05	05:35	26
Amanda Vandeweghe	F40-49	1	00:00	1:02:55	25	2	06:45	25	36:15	24.50	24	19:55	05:32	24
Seanne Pulbrook (Bike Short)	F20-29	1	00:00	51:30			06:55	26	28:05	31.62		16:30	04:35	16

### MARSHALS (Plus others, Email me if you were there)

North Turn Around	Julie Sgangarella
North Turn Around	Cade Barnes
South Turn Around	Scott Wilmshire + Scott Lunney?
Bike Exit	Julie Sgangarella
Time Keeper	Steven Newman
Brody Street	Bruce Boaler
Gallipoli Street	Damian Paynter + Jenny Simpson
Draft Buster	