

Illawarra Triathlon Club - Port Kembla Triathlon Race 7 - 27 April 2008

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

No	Name	Cat Age	Wave	Finish Time	Overall Place	Overall Cat Place	Swim 400m +T1	Swim Place	Cycle 14.8km	Ave Speed km/h	Cycle Place	Run 3.6km	Run Pace min/km	Run Place
10	Gareth Barnes	20-29	2	0:48:57	1		0:10:43	4	0:24:25	36.37	1	0:13:49	3:50	1
28	Ian Kennerley	30-39	2	0:49:13	2		0:09:57	1	0:24:36	36.1	2	0:14:40	4:04	3
8	John Oconnell	40-49	2	0:49:38	3		0:10:06	2	0:25:47	34.44	6	0:13:45	3:49	2
25	Steve Newman	30-39	2	0:50:03	4		0:11:05	8	0:24:58	35.57	3	0:14:00	3:53	5
4	Chris Gelin	20-29	2	0:50:06	5		0:11:54	13	0:25:27	34.89	5	0:12:45	3:32	6
3	Jon Elvy	30-39	2	0:51:54	6		0:10:51	6	0:26:02	34.11	7	0:15:01	4:10	4
11	Phillip Parle	40-49	2	0:52:19	7		0:11:21	9	0:27:42	32.06	11	0:13:16	3:41	8
19	Andrew Peters	20-29	1	0:52:23	8		0:11:33	10	0:26:47	33.15	9	0:14:03	3:54	14
2	Kerry Auguston	30-39	2	0:52:59	9		0:10:41	3	0:26:17	33.79	8	0:16:01	4:27	17
23	Carolyn Dews	30-39	2	0:54:17	10		0:10:54	7	0:28:26	31.23	12	0:14:57	4:09	13
31	Nathan Lovett	20-29	2	0:55:15	11		0:11:44	12	0:27:27	32.35	10	0:16:04	4:28	18
1	Bob Scott	50-59	1	0:57:52	12		0:13:57	24	0:25:27	34.89	4	0:18:28	5:08	9
15	Peter Roope	40-49	1	0:58:08	13		0:11:56	14	0:29:28	30.14	13	0:16:44	4:39	19
5	Elyse Forster	14	1	0:58:34	14		0:10:51	5	0:31:43	28	20	0:16:00	4:27	11
29	Alisa Williams	20-29	1	0:58:45	15		0:13:41	21	0:30:19	29.29	14	0:14:45	4:06	15
24	Lloyd Mitchell	20-29	1	0:59:27	16		0:11:34	11	0:31:21	28.33	18	0:16:32	4:36	12
7	David Neall	20-29	1	1:00:34	17		0:12:19	16	0:30:26	29.18	15	0:17:49	4:57	29
18	Michael Peters	50-59	1	1:01:08	18		0:14:00	25	0:30:35	29.04	16	0:16:33	4:36	10
16	Jenny Simpson	40-49	1	1:02:26	19		0:12:42	18	0:31:38	28.07	19	0:18:06	5:02	21
12	Des Comer	60+	1	1:02:34	20		0:12:33	17	0:31:20	28.34	17	0:18:41	5:11	27
21	Karen-Ann Donnelly	30-39	1	1:04:37	22		0:13:29	20	0:33:20	26.64	24	0:17:48	4:57	16
17	Doug Simpson	50-59	1	1:05:52	23		0:14:57	28	0:32:19	27.48	21	0:18:36	5:10	20
13	David Ferri	30-40	1	1:06:17	25		0:13:45	23	0:33:29	26.52	25	0:19:03	5:18	30
6	Thomas Bourke	15	1	1:06:43	26		0:14:04	26	0:34:49	25.51	27	0:17:50	4:57	34
27	Liz Bevan	40-49	1	1:06:47	27		0:15:05	29	0:33:18	26.67	23	0:18:24	5:07	33
22	Kellie Owen	20-29	1	1:08:57	28		0:14:42	27	0:36:40	24.22	28	0:17:35	4:53	31
14	Bethany Comer	20-29	1	1:10:01	29		0:13:43	22	0:37:14	23.85	29	0:19:04	5:18	23
9	Ian Fargher	50-59	1	1:11:31	30		0:15:08	30	0:33:06	26.83	22	0:23:17	6:28	24
26	Stivin Denkovski	30-39	1	1:05:59	24		0:12:53	19	0:34:19	25.88	26	0:18:47	5:13	22 (short)
30	Margaret Butler	40-49	1	1:04:13	21		0:12:02	15	0:39:16	22.61	30	0:12:55	3:35	7 (short)