

## Illawarra Triathlon Club - Port Kembla Triathlon Race 4 - 21 January 2007

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

Name	Cat Age	Wave	Finish Time	Finish Position	Swim 400m +T1	Swim Place	Cycle 14.8km	Ave Speed	Cycle Place	Run 3.6km	Run Pace min/km	Run Place
Nick Hornman	Non Member	2	00:45:43	1	00:09:43	1	00:24:11	36.72	1	00:11:49	0:03:17	1
Ryan Hennessy	M13-16	2	00:47:13	2	00:10:00	2	00:24:47	35.83	2	00:12:26	0:03:27	4
Mark Scott	M20-29	2	00:48:28	3	00:11:16	7	00:24:52	35.71	3	00:12:20	0:03:26	2
James Marsden	M20-29	2	00:51:14	4	00:10:11	3	00:27:36	32.17	10	00:13:27	0:03:44	5
Trudi Barnes	<b>F30-39</b>	2	00:51:15	5	00:10:30	6	00:26:41	33.28	8	00:14:04	0:03:54	8
Sophie McLeod	<b>F16-19</b>	2	00:51:56	6	00:11:28	8	00:26:17	33.79	5	00:14:11	0:03:56	9
Meggie Helson	<b>F20-29</b>	2	00:52:31	7	00:10:14	4	00:27:39	32.12	11	00:14:38	0:04:04	11
John Oconnell	M40-49	2	00:53:43	8	00:11:57	10	00:27:57	31.77	13	00:13:49	0:03:50	6
Tegan Makowski	<b>F20-29</b>	2	00:54:28	9	00:10:18	5	00:27:04	32.81	9	00:17:06	0:04:45	20
Micheal Buffett	M30-39	2	00:54:35	10	00:12:22	11	00:26:24	33.64	6	00:15:49	0:04:24	15
Greg Fisher	M30-39	2	00:54:43	11	00:12:24	12	00:26:38	33.34	7	00:15:41	0:04:21	14
Greg Flood	Non Member	2	00:55:44	12	00:12:30	13	00:28:14	31.45	15	00:15:00	0:04:10	13
Craig Dinning	M30-39	2	00:55:58	13	00:13:14	15	00:27:51	31.89	12	00:14:53	0:04:08	12
Tanya Strevens	<b>F20-29</b>	2	00:56:06	14	00:12:44	14	00:28:48	30.83	20	00:14:34	0:04:03	10
Rachel Grocke	<b>F16-19</b>	2	00:59:08	15	00:11:50	9	00:28:42	30.94	18	00:18:36	0:05:10	24
Warren Poole	M40-49	1	00:59:23	16	00:14:12	17	00:28:30	31.16	16	00:16:41	0:04:38	19
Paul Coxhead	M30-39	1	00:59:36	17	00:15:45	22	00:29:48	29.80	21	00:14:03	0:03:54	7
Steve VanGils	M30-39	1	01:00:42	18	00:14:06	16	00:30:30	29.11	26	00:16:06	0:04:28	16
Patrick McNeill	M20-29	1	01:01:12	19	00:16:22	25	00:28:41	30.96	17	00:16:09	0:04:29	17
Bob Scott	M50-59	1	01:02:11	20	00:16:58	28	00:25:48	34.42	4	00:19:25	0:05:24	31
Emma Bronneberg	<b>F20-29</b>	1	01:02:25	21	00:14:33	19	00:30:24	29.21	24	00:17:28	0:04:51	21
Marco Ciccarelli	M40-49	2	01:02:31	22	00:15:03	20	00:28:44	30.90	19	00:18:44	0:05:12	26
Mark Monnier	M40-49	1	01:04:00	23	00:15:50	24	00:30:26	29.18	25	00:17:44	0:04:56	23
Simon Haigh	M30-39	1	01:04:40	24	00:15:15	21	00:29:52	29.73	22	00:19:33	0:05:26	32
Bruce Boaler	Non Member	1	01:04:53	25	00:15:45	23	00:30:22	29.24	23	00:18:46	0:05:13	27
Des Comer	M60-69	1	01:05:03	26	00:14:31	18	00:31:42	28.01	28	00:18:50	0:05:14	28
Peter Roope	M40-49	1	01:07:10	27	00:17:31	29	00:31:58	27.78	29	00:17:41	0:04:55	22
Seanne Pulbrook	Non Member	1	01:07:47	28	00:18:01	30	00:33:14	26.72	32	00:16:32	0:04:36	18
Jenny Simpson	<b>F40-49</b>	1	01:08:11	29	00:16:24	26	00:32:30	27.32	30	00:19:17	0:05:21	30
Alex Volcich	M30-39	1	01:11:09	30	00:21:02	32	00:31:25	28.27	27	00:18:42	0:05:12	25
Emily Cranny	M30-39	1	01:11:21	31	00:16:47	27	00:35:42	24.87	33	00:18:52	0:05:14	29
Doug Simpson	M50-59	1	01:17:32	32	00:19:43	31	00:36:43	24.19	34	00:21:06	0:05:52	33
Scott Lynch	Non Member	1	01:23:41	33	00:33:00	33	00:33:00	26.91	31	01:23:41	0:23:15	34
Scott Harrison	M30-39	1	DNF									
Paul Micale	M30-39	2	No Swim		No Swim		00:28:01	31.70	14	00:12:22	0:03:26	3
Junior Race												
Name	Cat Age	Wave	Finish Time	Finish Position	Swim 200m +T1	Swim Place	Cycle 7.4km	Ave Speed	Cycle Place	Run 1.8km	Run Pace min/km	Run Place
Jack Miller		1	00:34:39	1	00:07:54	1	00:17:35	25.25	1	00:09:10	0:05:06	1

Marshalls  
 Phil Giles (Time Keeper)  
 Laila Comer (Time keeper Assistant)  
 Liz Bevan  
 Steve Newman  
 Jason Mann  
 Carina Jordan  
 Paul Hennessy  
 Troy Lewis  
 Jacob Payne