

## Illawarra Triathlon Club - Port Kembla Triathlon Race 6 - 21st March 2004

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

Name	Cat Age	Wave Start	Finish Time	Overall Place	Overall Cat Place	Swim 400m +T1	Swim/T1 Pace min/100m	Swim Place	Cycle 14.8km	Ave Speed	Cycle Place	Run 3.6km	Run Pace min/km	Run Place
Joel Cook	JELITE	13:00	47:15	1	1	09:18	02:20	2	25:38	34.64	3	12:19	03:25	1
Ben Yates	JELITE	13:00	47:35	2	2	09:25	02:21	5	25:33	34.76	1	12:37	03:30	4
David Glen	JELITE	13:00	48:06	3	3	09:16	02:19	1	26:00	34.15	4	12:50	03:34	6
James Greathead	M17-19	13:00	48:09	4	1	09:30	02:22	9	26:15	33.83	5	12:24	03:27	3
Brendan Sexton	JELITE	13:00	48:10	5	4	09:21	02:20	3	26:30	33.51	6	12:19	03:25	2
Brett Lee	JELITE	13:00	49:00	6	5	09:24	02:21	4	26:32	33.47	7	13:04	03:38	10
Mark Scott	M20-29	13:00	49:01	7	1	09:32	02:23	10	25:34	34.73	2	13:55	03:52	14
Maui Siyesh	JELITE	13:00	49:32	8	6	09:29	02:22	7	26:59	32.91	9	13:04	03:38	9
Syed Jabir	JELITE	13:00	49:33	9	7	09:29	02:22	8	27:09	32.71	11	12:55	03:35	7
Mahesh Shinde	JELITE	13:00	49:55	10	8	09:26	02:22	6	27:34	32.21	14	12:55	03:35	8
Kirk Vandeweghe	M30-39	13:00	50:18	11	1	09:34	02:23	11	26:52	33.05	8	13:52	03:51	13
Merja Kivranata	F20-29	07:00	50:50	12	1	10:05	02:31	14	27:10	32.69	12	13:35	03:46	11
Jake Trindorfer	M20-29	13:00	51:16	13	2	10:29	02:37	15	27:07	32.75	10	13:40	03:48	12
Paul Micala	M30-39	07:00	52:01	14	2	10:40	02:40	16	28:44	30.90	18	12:37	03:30	5
Trudi Barnes	F20-29	07:00	52:49	15	2	10:04	02:31	13	28:23	31.29	16	14:22	03:59	15
Brett Quayle	JELITE	13:00	53:15	16	9	09:35	02:24	12	29:08	30.48	20	14:32	04:02	16
Lou Caruana	M40-49	07:00	54:03	17	1	11:42	02:55	21	27:13	32.63	13	15:08	04:12	19
Scott Lunney	M30-39	07:00	54:26	18	3	11:02	02:46	17	28:38	31.01	17	14:46	04:06	17
Steven Newman	M20-29	07:00	56:05	19	3	13:05	03:16	27	27:45	32.00	15	15:15	04:14	22
Nicky Joyce	F30-39	07:00	56:55	20	1	11:40	02:55	20	29:13	30.39	21	16:02	04:27	25
Mel Sharpe	F30-39	07:00	57:26	21	2	11:15	02:49	18	30:38	28.99	23	15:33	04:19	23
Damien Paynter	M30-39	07:00	57:56	22	4	13:04	03:16	26	29:38	29.97	22	15:14	04:14	21
Kavya Murthy	JELITE	07:00	58:23	23	10	11:36	02:54	19	31:00	28.65	24	15:47	04:23	24
Scott Wilmshire	M20-29	07:00	58:36	24	4	12:14	03:04	22	31:24	28.28	26	14:58	04:09	18
Tanya Strevens	F20-29	07:00	58:44	25	3	12:19	03:05	23	31:14	28.43	25	15:11	04:13	20
Bob Scott	M40-49	00:00	1:01:56	26	2	13:54	03:29	31	29:04	30.55	19	18:58	05:16	30
Marco Ciccarelli	M40-49	00:00	1:02:45	27	3	13:25	03:21	29	32:14	27.55	27	17:06	04:45	27
Simon Haigh	M30-39	00:00	1:03:09	28	5	12:54	03:14	24	32:36	27.24	28	17:39	04:54	28
Peter Southgate	M50+	00:00	1:04:10	29	1	12:58	03:15	25	34:46	25.54	30	16:26	04:34	26
Des Comer	M50+	00:00	1:06:28	30	2	13:13	03:18	28	34:13	25.95	29	19:02	05:17	31
S. Kanthamani	JELITEF	07:00	1:07:29	31	1	13:35	03:24	30	36:08	24.58	31	17:46	04:56	29
Wendy Tranby	F40-49	00:00	1:18:55	32	1	20:08	05:02	32	39:19	22.59	32	19:28	05:24	32
Melanie Sexton Bike Short	JELITEF	13:00	56:27			10:23	02:36		22:57	38.69		23:07	06:25	
Brian Baird 1 lap	M50+	00:00	1:06:29			13:15	03:19		33:44	26.32		19:30	05:25	
Phil Malcomson 1 lap swim	M20-29	00:00	1:08:24			11:10	02:47		37:38	23.60		19:36	05:27	
Brian Flynn 1 lap swim	M50+	00:00	1:10:17			12:30	03:08		39:21	22.57		18:26	05:07	
Paul Wiedersehn Bike Short	M17-19	13:00	0:25:22						18:56			11:02	03:04	
Nathan A'Bell	M20-29	13:00												
Adrian Cominotto	JELITE	13:00												
Brittany Orr	JELITEF	07:00												
Rowan Allnutt	M40-49	13:00												
Erin Densham	JELITEF	07:00				16:04	04:01		29:02	30.59				

### MARSHALLS

Raf Moriana  
 Dean Marcinkowski  
 Cade Barnes  
 Dave Toll  
 Pete Kerry  
 William Dove  
 Amanda Vandeweghe  
 Steve Greathead