

Illawarra Triathlon Club - Port Kembla Triathlon Race 2 - 21st November 2004
Swim 280m(SHORT) +Trans 400m, Cycle 14.8km, Run 3.6km (Approx. Distances)

Name	Cat Age	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
Jordon Gover	M30-39	44:43	1	1	06:55	2	23:40	37.52	1	14:08	03:56	4
Kirk Vandeweghe	M40-49	45:17	2	1	06:50	1	24:35	36.12	2	13:52	03:51	3
Scott Wilsmore	M20-29	48:13	3	1	08:20	5	26:10	33.94	3	13:43	03:49	2
Pete Kerry	M30-39	49:05	4	2	07:50	3	27:55	31.81	5	13:20	03:42	1
Jarrold Howarth	M20-29	50:15	5	2	08:35	6	27:30	32.29	4	14:10	03:56	5
John Arnold	M40-49	52:02	6	2	08:45	7	28:10	31.53	6	15:07	04:12	6
Jessica Simpson	F16-19	55:25	7	1	08:15	4	29:55	29.68	8	17:15	04:47	7
Bruce Boaler	M40-49	56:53	8	3	09:40	9	29:25	30.19	7	17:48	04:57	9
Edward Baird	M20-29	58:54	9	3	09:25	8	29:55	29.68	9	19:34	05:26	12
Danielle Annese	F30-39	1:00:15	10	1	10:15	12	31:35	28.12	11	18:25	05:07	10
Des Comer	M60-69	1:00:51	11	1	09:45	10	31:35	28.12	10	19:31	05:25	11
Emily Cranney	F30-39	1:01:57	12	2	10:10	11	34:15	25.93	13	17:32	04:52	8
Rosie Welch	??	1:04:52	13	??	11:05	13	33:25	26.57	12	20:22	05:39	13
Bob/Sue Scott TEAM		53:06			09:50		26:00	34.15		17:16	04:48	

MARSHALLS

North Turn Around Lisa Metuzelis (Pete Kerry)
North Turn Around Dan Arenus
South Turn Around Dave Toll
Bike Exit James Greathead
Time Keeper Amanda Vandeweghe
Brody Street Witold Krajewski
Gallipoli Street Eloise White