

Illawarra Triathlon Club - Port Kembla Triathlon Race 1 - 24th October 2004

Swim 400m + 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
Dan Arenas	M30-39	50:10	1	1	10:45	1	25:55	34.26	4	13:30	03:45	2
Kirk Vandeweghe	M40-49	50:50	2	1	10:50	2	25:40	34.60	1	14:20	03:59	3
Scott Harrison	M30-39	51:05	3	2	11:50	6	25:45	34.49	3	13:30	03:45	1
Dean Marcinowski	M30-39	52:05	4	3	11:05	4	25:40	34.60	2	15:20	04:16	8
Scott Wilsmore	M20-29	54:20	5	1	12:20	7	27:35	32.19	5	14:25	04:00	4
Greg Flood	M30-39	54:55	6	4	11:30	5	28:15	31.43	7	15:10	04:13	6
Eloise White	F13-16	56:10	7	1	10:55	3	29:55	29.68	13	15:20	04:16	7
Damien Paynter	M30-39	56:50	8	5	12:50	8	28:25	31.25	9	15:35	04:20	10
Tanya Strevens	F20-29	57:15	9	1	13:20	11	28:15	31.43	8	15:40	04:21	11
Steven Newman	M20-29	57:20	10	2	14:00	15	27:50	31.90	6	15:30	04:18	9
Tim Crinnion	M30-39	57:55	11	6	13:15	10	29:35	30.02	12	15:05	04:11	5
Tony Tenkate	M40-49	59:00	12	2	13:50	14	29:25	30.19	11	15:45	04:22	12
Julie Sgangarella	F20-29	1:00:25	13	2	13:10	9	30:20	29.27	15	16:55	04:42	13
Bruce Boaler	M40-49	1:01:30	14	3	14:25	17	29:10	30.45	10	17:55	04:59	16
Mark O'Keefe	M40-49	1:01:45	15	4	13:45	13	30:10	29.44	14	17:50	04:57	15
Peter Southgate	M50-59	1:03:05	16	1	13:25	12	32:25	27.39	18	17:15	04:47	14
Will Orellana	M30-39	1:04:10	17	7	14:35	18	31:35	28.12	16	18:00	05:00	17
Des Comer	M60-69	1:05:20	18	1	14:05	16	32:15	27.53	17	19:00	05:17	19
Amanda Gross	F20-29	1:06:50	19	3	14:45	19	34:00	26.12	19	18:05	05:01	18
Brian Baird (Short Swim)	M60-69	1:03:43					30:50	28.80		18:13	05:04	
Paul Coxhead (Short Swim)	M40-49											
Bob Scott (Short Distance)	M40-49				14:30							

MARSHALLS

North Turn Around	Nicky Joyce
North Turn Around	Scott Lunney
South Turn Around	Paul Micale
Bike Exit	Paul Micale
Time Keeper	Amanda Vandeweghe and Emily Cranny
Brody Street	Danielle Annese
Gallipoli Street	Marco Ciccarelli