

Illawarra Triathlon Club - Port Kembla Triathlon Race 1 - 30th October 2005
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
Kirk Vandeweghe	M40-49	49:19	1	1	09:32	1	25:28	34.87	2	14:19	03:59	4
Scott Harrison	M30-39	50:14	2	1	11:05	5	25:21	35.03	1	13:48	03:50	1
Scott Wilsmore	M20-29	51:55	3	1	11:08	6	26:43	33.24	3	14:04	03:54	2
Trudi Barnes	F30-39	52:19	4	1	10:10	2	27:45	32.00	8	14:24	04:00	6
Jarrod Howarth	M30-39	53:55	5	2	12:13	14	27:26	32.37	5	14:16	03:58	3
Dave Matthews	M30-39	54:12	6	3	11:34	11	27:40	32.10	7	14:58	04:09	7
Tanya Strevens	F20-29	54:33	7	1	11:27	10	27:51	31.89	9	15:15	04:14	9
Steven Newman	M20-29	54:51	8	2	12:09	12	27:10	32.69	4	15:32	04:19	12
Sophie McLeod	F13-16	54:52	9	1	11:10	8	28:21	31.32	10	15:21	04:16	10
Greg Fisher	M40-49	55:09	10	2	12:12	13	27:28	32.33	6	15:29	04:18	11
Paul Coxhead	M40-49	56:20	11	3	10:18	3	31:43	28.00	16	14:19	03:59	5
Jessica Simpson	F17-19	56:49	12	1	11:08	7	28:42	30.94	12	16:59	04:43	15
Dave Toll	M40-49	57:00	13	4	10:32	4	30:08	29.47	13	16:20	04:32	13
Michael Buffet	M30-39	58:11	14	4	13:06	17	28:38	31.01	11	16:27	04:34	14
Carolyn Dews	F30-39	59:52	15	2	13:16	19	31:34	28.13	14	15:02	04:11	8
Simon Haigh	M30-39	1:03:16	16	5	12:59	16	31:38	28.07	15	18:39	05:11	21
Pete Southgate	M50-59	1:03:35	17	1	14:02	21	31:48	27.92	17	17:45	04:56	17
Wil Orellana	M30-39	1:03:47	18	6	13:06	18	32:01	27.74	18	18:40	05:11	22
Des Comer	M60-69	1:04:04	19	1	13:16	20	32:11	27.59	20	18:37	05:10	20
Rosie Welch	F20-29	1:04:40	20	2	14:45	22	32:08	27.63	19	17:47	04:56	18
Lydia Nicholson	F20-29	1:06:15	21	3	12:29	15	34:50	25.49	22	18:56	05:16	23
Bruce Rowles	M50-59	1:07:12	22	2	11:19	9	38:41	22.96	24	17:12	04:47	16
Liz Bevan	F40-49	1:10:16	23	1	18:10	24	33:55	26.18	21	18:11	05:03	19
Jenny Simpson	F40-49	1:13:57	24	2	14:52	23	36:59	24.01	23	22:06	06:08	24
Team Scott		1:09:12			13:02		37:09	23.90		19:01	05:17	
Damian (no swim)	M30-39	1:07:00					?			16:24	04:33	
Troy Lewis (short swim)	M20-29	1:10:40			19:36		31:54	27.84		19:10	05:19	
Sue Newman (short swim)	F30-39	1:22:45			14:35		43:34	20.38		24:36	06:50	

MARSHALLS

Marco Ciccarelli
 Paul Ciccarelli
 Emily Cranney
 Anthony Samways
 Paul Micale