

Self-Transcendence Long-Course Triathlon 2004 - Individual Results

Plc	Name	Overall	Cat Plc	Category	Swim	S/Plc	S/Cat Plc	S/Sex Plc	Mins/Km	Cycle	C/Plc	C/Cat Plc	C/Sex Plc	Km/hr	Run	R/Plc	R/Cat Plc	R/Sex Plc	mins/Km	Club
1	Chris Legh	3:43:37.9	1	M 30- 34	0:25:54.8	4	2	4	12:57	2:03:01.6	1	1	1	39.02	1:14:41.5	1	1	1	3:33	
2	Stuart Bardsley	4:00:23.7	2	M 30- 34	0:27:03.2	8	3	8	13:32	2:04:59.7	2	2	2	38.4	1:28:20.8	17	5	17	4:12	Bilbys
3	Anthony Millgate	4:04:11.1	3	M 30- 34	0:25:06.7	2	1	2	12:33	2:12:04.9	3	3	3	36.34	1:26:59.6	13	4	13	4:09	
4	Chris Southwell	4:07:14.4	1	M 35- 39	0:25:23.1	3	2	3	12:42	2:15:26.1	5	1	5	35.44	1:26:25.3	11	3	11	4:07	Engadine
5	Andre La Gerche	4:07:56.9	4	M 30- 34	0:27:43.5	12	6	12	13:52	2:17:31.4	11	5	11	34.9	1:22:42.0	4	2	4	3:56	
6	Brett Currie	4:10:46.8	1	M 25- 29	0:33:26.9	104	20	93	16:43	2:16:38.4	8	2	8	35.13	1:20:41.5	3	2	3	3:51	Panthers
7	Jarrad Adams	4:13:47.0	1	M 20- 24	0:29:06.0	23	1	22	14:33	2:20:07.9	19	2	19	34.25	1:24:33.2	5	1	5	4:02	Macarthur
8	Charlie Low	4:15:34.2	2	M 25- 29	0:29:47.5	40	14	35	14:54	2:29:12.3	65	12	62	32.17	1:16:34.4	2	1	2	3:39	Balmoral
9	Andrew Douglas	4:15:40.5	1	M 40- 44	0:28:00.6	15	1	15	14:00	2:16:20.8	7	1	7	35.2	1:31:19.1	32	4	31	4:21	
10	Dean Chiron	4:16:57.9	2	M 40- 44	0:30:29.5	45	9	40	15:15	2:20:52.7	20	3	20	34.07	1:25:35.8	7	1	7	4:05	
11	Michael Lynch	4:17:04.0	2	M 35- 39	0:32:43.4	90	17	79	16:22	2:18:02.3	12	2	12	34.77	1:26:18.4	10	2	10	4:07	
12	Trout Wayth	4:17:10.4	5	M 30- 34	0:33:07.1	96	23	85	16:34	2:19:26.3	18	10	18	34.42	1:24:37.0	6	3	6	4:02	
13	Graham Bruce	4:17:16.3	3	M 35- 39	0:24:48.4	1	1	1	12:24	2:24:29.3	34	4	33	33.22	1:27:58.7	16	4	16	4:11	Warringah
14	Timothy Molesworthy	4:19:35.4	2	M 20- 24	0:35:44.9	142	5	121	17:52	2:17:19.2	10	1	10	34.96	1:26:31.4	12	2	12	4:07	LAPD - Leichhardt & Parramatta District
15	William McClatchie	4:19:35.8	3	M 25- 29	0:33:50.3	110	21	99	16:55	2:15:03.9	4	1	4	35.54	1:30:41.6	29	6	29	4:19	
16	Jamin Forbes	4:20:18.0	6	M 30- 34	0:31:29.7	61	13	54	15:45	2:19:22.2	17	9	17	34.44	1:29:26.1	20	7	20	4:16	
17	Martin Spierings	4:20:42.3	4	M 25- 29	0:25:59.0	5	1	5	13:00	2:24:33.5	35	6	34	33.2	1:30:09.8	23	4	23	4:18	
18	Ashley Miles	4:20:47.3	5	M 25- 29	0:29:04.6	22	9	21	14:32	2:21:14.3	23	4	23	33.99	1:30:28.5	25	5	25	4:18	BRAT - Bondi Runners
19	Jeffrey Tam	4:20:56.9	7	M 30- 34	0:33:09.4	99	25	88	16:35	2:18:42.5	15	7	15	34.61	1:29:05.1	18	6	18	4:15	LAPD - Leichhardt & Parramatta District
20	Chris Waterhouse	4:20:57.2	6	M 25- 29	0:26:58.7	7	3	7	13:29	2:28:10.2	58	10	56	32.4	1:25:48.4	8	3	8	4:05	BRAT - Bondi Runners
21	Glenn Rea	4:22:48.9	8	M 30- 34	0:33:38.8	106	30	95	16:49	2:19:05.1	16	8	16	34.51	1:30:05.0	21	8	21	4:17	
22	Scott McDonald	4:24:14.0	9	M 30- 34	0:27:48.0	13	7	13	13:54	2:21:56.5	25	13	25	33.82	1:34:29.6	49	16	46	4:30	BRAT - Bondi Runners
23	John Hill	4:24:18.7	1	M 45- 49	0:31:53.8	71	3	64	15:57	2:22:00.9	26	1	26	33.8	1:30:24.0	24	3	24	4:18	BRAT - Bondi Runners
24	Steve Sitko	4:24:20.3	3	M 40- 44	0:29:18.2	29	3	26	14:39	2:17:03.5	9	2	9	35.02	1:37:58.6	63	11	57	4:40	
25	Kate Major	4:25:05.9	1	F 25- 29	0:29:24.4	34	3	5	14:42	2:24:54.6	39	2	2	33.12	1:30:47.0	30	1	1	4:19	Noosa
26	James Sweeney	4:25:25.5	10	M 30- 34	0:28:10.1	17	9	17	14:05	2:21:39.3	24	12	24	33.89	1:35:36.1	53	18	48	4:33	Panthers
27	Scott Payne	4:25:26.7	7	M 25- 29	0:28:44.4	20	8	20	14:22	2:18:25.7	13	3	13	34.67	1:38:16.7	65	10	58	4:41	Tridents
28	Nick Kastelein	4:26:02.3	4	M 40- 44	0:37:34.0	166	23	143	18:47	2:21:06.4	22	4	22	34.02	1:27:22.0	14	2	14	4:10	Mudgee Red Devils
29	David Baldwin	4:26:25.8	4	M 35- 39	0:32:44.2	91	18	80	16:22	2:27:41.5	57	8	55	32.5	1:26:00.2	9	1	9	4:06	Bilbys
30	John Southwell	4:27:09.3	5	M 40- 44	0:29:34.7	36	4	31	14:47	2:26:08.1	49	8	47	32.85	1:31:26.6	34	5	33	4:21	Cronulla
31	Greg Plamondon	4:27:21.9	11	M 30- 34	0:31:47.0	67	15	60	15:54	2:24:59.9	40	16	38	33.1	1:30:35.0	26	9	26	4:19	LAPD - Leichhardt & Parramatta District
32	Graeme Alford	4:27:52.0	6	M 40- 44	0:30:58.3	52	11	46	15:29	2:22:58.7	32	5	31	33.57	1:33:55.1	43	8	42	4:28	
33	Martin Boyd	4:28:38.4	12	M 30- 34	0:30:33.2	47	12	42	15:17	2:25:04.0	43	17	41	33.09	1:33:01.2	39	13	38	4:26	Tridents
34	John Mead	4:29:09.8	13	M 30- 34	0:30:09.6	44	11	39	15:05	2:25:57.6	48	19	46	32.89	1:33:02.7	40	14	39	4:26	
35	Julian Donnan	4:29:51.7	8	M 25- 29	0:33:02.9	95	19	84	16:31	2:25:29.6	45	8	43	32.99	1:31:19.3	33	7	32	4:21	
36	Dean Morcinkowski	4:30:53.9	14	M 30- 34	0:27:12.9	10	4	10	13:36	2:18:40.8	14	6	14	34.61	1:45:00.2	106	24	91	5:00	Illawarra
37	Michael Low	4:31:32.7	3	M 20- 24	0:35:21.5	126	3	108	17:41	2:23:34.5	33	3	32	33.43	1:32:36.7	37	3	36	4:25	Bilbys
38	Glenn Day	4:31:41.7	5	M 35- 39	0:31:46.9	66	12	59	15:53	2:28:52.1	63	10	60	32.24	1:31:02.8	31	6	30	4:20	Engadine
39	Tom Buckley	4:31:53.7	15	M 30- 34	0:34:20.3	116	31	103	17:10	2:25:37.5	46	18	44	32.96	1:31:56.0	35	11	34	4:23	
40	David Chick	4:32:37.0	16	M 30- 34	0:33:07.6	98	24	87	16:34	2:21:02.5	21	11	21	34.03	1:38:27.0	66	20	59	4:41	
41	Melanie Rassam	4:32:51.5	2	F 25- 29	0:35:09.2	123	8	16	17:35	2:22:26.8	29	1	1	33.7	1:35:15.5	51	3	4	4:32	BRAT - Bondi Runners
42	Alexander Shearer	4:33:00.8	2	M 45- 49	0:30:47.1	50	1	45	15:24	2:22:55.6	31	2	30	33.58	1:39:18.2	71	5	63	4:44	
43	Frank Zeller	4:33:12.9	7	M 40- 44	0:30:04.0	43	8	38	15:02	2:25:26.1	44	7	42	33	1:37:42.9	62	10	56	4:39	
44	Stephen Trevaskis	4:34:32.1	17	M 30- 34	0:32:59.3	94	22	83	16:30	2:26:23.6	50	20	48	32.79	1:35:09.2	50	17	47	4:32	
45	Iain Moore	4:34:38.2	8	M 40- 44	0:35:24.4	129	21	111	17:42	2:31:40.4	80	16	76	31.65	1:27:33.5	15	3	15	4:10	Tridents
46	Mark Moro	4:34:57.8	3	M 45- 49	0:33:46.6	109	5	98	16:53	2:25:02.6	41	3	39	33.09	1:36:08.7	55	4	50	4:35	Macarthur
47	Steve Arentz	4:35:09.4	9	M 25- 29	0:28:09.1	16	5	16	14:05	2:33:27.7	85	19	81	31.28	1:33:32.6	42	8	41	4:27	
48	Alan Onions	4:35:13.1	10	M 25- 29	0:26:38.1	6	2	6	13:19	2:31:03.1	75	16	71	31.78	1:37:31.9	61	9	55	4:39	
49	Craig Mitchell	4:35:22.1	18	M 30- 34	0:32:02.9	77	18	67	16:01	2:22:05.9	27	14	27	33.78	1:41:13.4	78	21	68	4:49	
50	Lisa Marangon	4:35:28.7	1	F 20- 24	0:29:12.5	25	1	2	14:36	2:28:17.1	59	1	3	32.37	1:37:59.2	64	1	7	4:40	BRAT - Bondi Runners
51	Rick Jackel	4:35:36.3	9	M 40- 44	0:31:10.0	56	14	49	15:35	2:31:06.4	77	15	73	31.77	1:33:20.0	41	7	40	4:27	Bendigo
52	Michael Baker	4:35:45.7	6	M 35- 39	0:31:17.4	57	5	50	15:39	2:27:40.9	56	7	54	32.5	1:36:47.4	57	9	52	4:37	Steam Sports
53	Gary Lilley	4:35:54.2	10	M 40- 44	0:30:42.9	49	10	44	15:21	2:24:51.4	38	6	37	33.14	1:40:19.9	74	14	66	4:47	Tuggeranong Vikings Triathlon Club
54	Richard Mergler	4:36:11.6	7	M 35- 39	0:34:00.0	113	22	102	17:00	2:22:13.1	28	3	28	33.75	1:39:58.5	72	11	64	4:46	
55	Louis Guihenneuc	4:36:29.1	19	M 30- 34	0:36:15.4	150	37	127	18:08	2:29:35.6	68	21	65	32.09	1:30:38.2	28	10	28	4:19	
56	Geoff Hawke	4:37:35.6	4	M 45- 49	0:32:12.9	82	4	72	16:06	2:35:16.8	104	5	97	30.91	1:30:05.9	22	2	22	4:17	Bilbys
57	Stuart Jacobson	4:37:50.7	20	M 30- 34	0:32:12.8	81	21	71	16:06	2:31:23.0	79	23	75	31.71	1:34:15.0	47	15	45	4:29	
58	Brendan King	4:38:13.0	11	M 40- 44	0:29:40.5	39	6	34	14:50	2:29:44.1	69	12	66	32.06	1:38:48.4	68	12	61	4:42	Bayside
59	Neil Warnock	4:39:18.1	1	M 50- 54	0:30:39.2	48	1	43	15:20	2:25:46.2	47	1	45	32.93	1:42:52.8	89	1	76	4:54	Leeton
60	Andrew Bruce	4:39:25.2	8	M 35- 39	0:31:31.1	62	9	55	15:46	2:27:35.3	55	6	53	32.52	1:40:18.9	73	12	65	4:47	Wagga Tri-ants
61	Matt Acheson	4:39:30.5	21	M 30- 34	0:31:50.0	70	17	63	15:55	2:34:58.9	99	24	92	30.97	1:32:41.6	38	12	37	4:25	
62	Dean Sanderson	4:39:31.5	9	M 35- 39	0:32:24.8	85	14	74	16:12	2:25:03.9	42	5	40	33.09	1:42:02.8	83	13	71	4:52	
63	Jose Sanchez	4:40:13.2	5	M 45- 49	0:31:49.4	69	2	62	15:55	2:26:58.0	53	4	51	32.66	1:41:25.8	81	6	70	4:50	
64	Natalie Wood	4:40:29.9	3	F 25- 29	0:30:59.6	53	5	7	15:30											

Self-Transcendence Long-Course Triathlon 2004 - Individual Results

Plc	Name	Overall	Cat Plc	Category	Swim	S/Plc	S/Cat Plc	S/Sex Plc	Mins/Km	Cycle	C/Plc	C/Cat Plc	C/Sex Plc	Km/hr	Run	R/Plc	R/Cat Plc	R/Sex Plc	mins/Km	Club
73	Glyndon Wakeman	4:43:34.5	11	M 35- 39	0:31:46.7	65	11	58	15:53	2:28:26.3	60	9	57	32.34	1:43:21.6	93	16	79	4:55	Panthers
74	Scott Lunney	4:44:47.2	12	M 35- 39	0:31:29.0	60	8	53	15:44	2:29:00.6	64	11	61	32.21	1:44:17.7	100	18	85	4:58	Illawarra
75	Travis Hicks	4:45:48.1	23	M 30- 34	0:33:13.0	101	27	90	16:36	2:24:37.2	36	15	35	33.19	1:47:57.9	118	26	101	5:08	Tridents
76	Paul Every	4:45:55.0	13	M 35- 39	0:36:58.3	163	29	140	18:29	2:34:45.4	96	15	90	31.02	1:34:11.3	46	8	44	4:29	
77	Lou Caruana	4:46:29.3	14	M 40- 44	0:32:50.7	92	17	81	16:25	2:26:36.0	52	10	50	32.74	1:47:02.6	113	20	96	5:06	Illawarra
78	Jodie Bowman	4:46:58.8	1	F 30- 34	0:31:55.5	73	2	8	15:58	2:39:43.3	132	3	11	30.05	1:35:20.1	52	1	5	4:32	Cronulla
79	Tess Waterhouse	4:48:07.3	2	F 30- 34	0:29:14.3	26	1	3	14:37	2:38:28.3	129	2	10	30.29	1:40:24.8	75	2	9	4:47	BRAT - Bondi Runners
80	Bob Harlow	4:48:28.1	1	M 55- 59	0:40:01.3	198	3	167	20:01	2:31:47.7	81	1	77	31.62	1:36:39.1	56	1	51	4:36	Tridents
81	Paul Bruce	4:48:56.1	6	M 45- 49	0:35:26.1	131	7	112	17:43	2:44:07.7	155	10	136	29.25	1:29:22.4	19	1	19	4:15	
82	Phillip Glenn	4:49:38.5	15	M 25- 29	0:32:26.2	86	17	75	16:13	2:29:23.6	67	14	64	32.13	1:47:48.8	117	17	100	5:08	
83	Peter Piccolo	4:49:43.3	15	M 40- 44	0:37:47.9	173	26	150	18:54	2:30:34.3	73	14	69	31.88	1:41:21.2	80	16	69	4:50	Griffith Feral Triards
84	Trudi Barnes	4:49:56.8	4	F 25- 29	0:29:22.2	32	2	4	14:41	2:34:37.1	94	4	6	31.04	1:45:57.5	111	4	17	5:03	Illawarra
85	Steven Southwell	4:50:01.7	14	M 35- 39	0:31:21.5	59	7	52	15:41	2:36:15.0	111	20	103	30.72	1:42:25.3	87	15	74	4:53	Cronulla
86	Paul Hunter	4:50:59.6	16	M 25- 29	0:28:39.1	19	7	19	14:20	2:35:08.4	102	23	95	30.94	1:47:12.2	114	16	97	5:06	Balmoral
87	Stephen Duerden	4:51:53.3	16	M 40- 44	0:32:10.6	80	16	70	16:05	2:33:56.5	89	18	85	31.18	1:45:46.3	110	19	94	5:02	LAPD - Leichhardt & Parramatta District
88	Anthony Donnelly	4:51:59.9	15	M 35- 39	0:39:56.6	196	34	165	19:58	2:38:01.1	125	23	116	30.38	1:34:02.2	44	7	43	4:29	BRAT - Bondi Runners
89	Keith Hannan	4:52:11.9	16	M 35- 39	0:34:58.8	122	23	107	17:29	2:35:03.4	101	16	94	30.96	1:42:09.7	84	14	72	4:52	
90	Graeme Sutton	4:52:33.1	17	M 35- 39	0:31:41.0	63	10	56	15:51	2:33:29.5	86	12	82	31.27	1:47:22.6	116	23	99	5:07	
91	Shane Robinson	4:52:38.5	17	M 25- 29	0:29:20.3	31	10	28	14:40	2:32:13.5	82	17	78	31.53	1:51:04.8	127	20	109	5:17	Tridents
92	James Pollett	4:52:50.7	18	M 25- 29	0:32:42.3	89	18	78	16:21	2:37:46.5	122	26	113	30.42	1:42:22.0	86	11	73	4:52	BRAT - Bondi Runners
93	Ben Crabb	4:52:52.1	19	M 25- 29	0:29:35.9	37	13	32	14:48	2:34:15.8	92	20	87	31.12	1:49:00.5	119	18	102	5:11	Bilbys
94	Jed Ingalls	4:53:15.6	24	M 30- 34	0:33:11.1	100	26	89	16:36	2:37:02.0	115	28	107	30.57	1:43:02.6	91	22	77	4:54	
95	Peter Thomas	4:53:15.8	2	M 50- 54	0:36:19.3	153	4	130	18:10	2:32:19.8	83	3	79	31.51	1:44:36.7	103	2	88	4:59	
96	Ben Wakefield	4:53:26.5	4	M 20- 24	0:33:15.1	102	2	91	16:38	2:30:47.0	74	4	70	31.83	1:49:24.4	121	5	104	5:13	Cronulla
97	Shelley Foster	4:53:46.3	1	F 40- 44	0:35:59.7	147	2	23	18:00	2:34:49.7	98	2	7	31	1:42:57.0	90	2	14	4:54	
98	Craig Sloan	4:53:54.5	18	M 35- 39	0:31:57.2	74	13	66	15:59	2:35:17.9	105	18	98	30.91	1:46:39.4	112	22	95	5:05	Bendigo
99	Rob Mander	4:54:38.4	17	M 40- 44	0:37:41.6	168	25	145	18:51	2:39:43.6	133	22	122	30.05	1:37:13.2	58	9	53	4:38	Warringah
100	John Sweet	4:54:52.4	19	M 35- 39	0:32:55.7	93	19	82	16:28	2:37:17.7	117	21	108	30.52	1:44:39.1	104	21	89	4:59	Steam Sports
101	Kirra Rankin	4:55:37.8	2	F 20- 24	0:32:00.3	75	2	9	16:00	2:41:45.6	145	3	16	29.67	1:41:52.0	82	2	12	4:51	Tridents
102	Amanda Murtagh	4:55:45.3	1	F 35- 39	0:32:01.1	76	1	10	16:01	2:44:38.2	158	1	22	29.16	1:39:06.0	69	2	8	4:43	Bilbys
103	Warren Hurst	4:56:27.5	18	M 40- 44	0:29:36.7	38	5	33	14:48	2:54:14.5	183	26	151	27.55	1:32:36.3	36	6	35	4:25	Panthers
104	Wayne Crook	4:56:43.8	19	M 40- 44	0:33:51.3	112	19	101	16:56	2:33:45.3	87	17	83	31.22	1:49:07.3	120	21	103	5:12	
105	Tani Ruckle	4:57:32.2	2	F 40- 44	0:53:08.6	222	5	38	26:34	2:29:56.4	70	1	4	32.01	1:34:27.2	48	1	3	4:30	
106	Stephen Field	4:57:39.6	20	M 40- 44	0:39:45.4	193	29	163	19:53	2:34:32.6	93	19	88	31.06	1:43:21.6	94	17	80	4:55	Albury Wodonga
107	Gregory Fisher	4:58:03.0	21	M 40- 44	0:29:55.9	41	7	36	14:58	2:28:47.1	62	11	59	32.26	1:59:20.1	159	26	130	5:41	Illawarra
108	Steve Briody	4:58:48.7	25	M 30- 34	0:33:25.1	103	28	92	16:43	2:40:39.1	136	33	125	29.88	1:44:44.6	105	23	90	4:59	
109	Aaron Billing	4:58:49.6	5	M 20- 24	0:35:46.0	143	6	122	17:53	2:47:08.3	166	7	140	28.72	1:35:55.4	54	4	49	4:34	
110	Declan Hogan	4:58:55.3	26	M 30- 34	0:35:48.1	144	35	123	17:54	2:37:31.5	121	30	112	30.47	1:45:35.8	108	25	92	5:02	BRAT - Bondi Runners
111	Nathan Sliwka	4:59:30.2	27	M 30- 34	0:27:53.8	14	8	14	13:57	2:36:38.4	112	26	104	30.64	1:54:58.1	143	30	120	5:28	
112	Patrick Wallbridge	5:00:30.1	20	M 25- 29	0:35:22.8	127	22	109	17:41	2:32:22.6	84	18	80	31.5	1:52:44.7	129	21	111	5:22	Bilbys
113	Julie Quinn	5:00:39.6	3	F 30- 34	0:35:24.6	130	6	19	17:42	2:43:57.8	154	7	19	29.27	1:41:17.2	79	4	11	4:49	Bilbys
114	Christopher Cafe	5:00:42.7	20	M 35- 39	0:32:38.0	88	16	77	16:19	2:33:47.0	88	13	84	31.21	1:54:17.7	138	27	117	5:27	Cronulla
115	David Evan Wilson	5:01:46.5	22	M 40- 44	0:36:08.1	149	22	126	18:04	2:34:47.9	97	20	91	31.01	1:50:50.5	125	23	107	5:17	
116	Margreet Dietz	5:02:30.4	4	F 30- 34	0:38:46.1	185	10	26	19:23	2:43:17.1	153	6	18	29.4	1:40:27.2	76	3	10	4:47	BRAT - Bondi Runners
117	David Thomas	5:03:18.5	21	M 35- 39	0:40:49.3	202	38	171	20:25	2:38:11.4	126	24	117	30.34	1:44:17.8	101	19	86	4:58	BRAT - Bondi Runners
118	Kristen Connell	5:03:26.5	5	F 25- 29	0:38:50.2	187	10	28	19:25	2:34:05.0	90	3	5	31.15	1:50:31.4	124	5	18	5:16	Tridents
119	Craig Steen	5:03:49.4	22	M 35- 39	0:32:35.7	87	15	76	16:18	2:38:21.8	128	25	119	30.31	1:52:51.9	131	26	112	5:22	
120	Peter Bilos	5:04:06.5	23	M 35- 39	0:39:08.0	189	33	160	19:34	2:41:31.0	141	28	127	29.72	1:43:27.6	96	17	82	4:56	
121	Kristie Ramsland	5:04:14.6	3	F 20- 24	0:34:47.8	118	3	14	17:24	2:44:20.6	157	5	21	29.21	1:45:06.2	107	3	16	5:00	BRAT - Bondi Runners
122	Laurie Lyster	5:04:16.2	3	M 50- 54	0:37:31.7	165	5	142	18:46	2:31:04.0	76	2	72	31.77	1:55:40.5	147	5	123	5:30	Benalla
123	Loretta Robertson	5:05:00.5	2	F 35- 39	0:34:55.5	121	2	15	17:28	2:52:34.0	180	3	32	27.82	1:37:31.1	59	1	6	4:39	Griffith Feral Triards
124	Edward Harrod	5:05:47.6	21	M 25- 29	0:29:22.6	33	11	29	14:41	2:35:58.6	108	24	100	30.77	2:00:26.4	162	24	133	5:44	Macarthur
125	Victoria Stewart	5:06:08.1	6	F 25- 29	0:32:21.0	84	6	11	16:11	2:40:46.0	138	6	12	29.86	1:53:01.1	133	7	21	5:23	BRAT - Bondi Runners
126	Michael Griffiths	5:06:21.8	23	M 40- 44	0:31:09.6	55	13	48	15:35	2:37:57.4	123	21	114	30.39	1:57:14.9	154	25	127	5:35	BRAT - Bondi Runners
127	Susan Langley	5:06:24.1	5	F 30- 34	0:34:17.4	115	3	13	17:09	2:48:39.1	174	10	28	28.46	1:43:27.6	97	6	15	4:56	East Coast Cyco
128	David Matthews	5:06:52.0	24	M 35- 39	0:29:10.2	24	3	23	14:35	2:35:14.0	103	17	96	30.92	2:02:27.9	171	31	140	5:50	
129	Sally Clark	5:07:01.4	6	F 30- 34	0:35:20.1	125	5	18	17:40	2:37:08.7	116	1	9	30.55	1:54:32.7	141	7	23	5:27	
130	Clinto Wyatt	5:07:05.1	24	M 40- 44	0:33:51.0	111	18	100	16:55	2:47:35.8	170	25	143	28.64	1:45:38.4	109	18	93	5:02	LAPD - Leichhardt & Parramatta District
131	Andrew Bilsdon	5:07:33.6	25	M 35- 39	0:40:00.3	197	35	166	20:00	2:43:13.1	152	32	135	29.41	1:44:20.3	102	20	87	4:58	Steam Sports
132	Stephen Bingham	5:07:36.3	25	M 40- 44	0:31:00.6	54	12	47	15:30	2:40:42.8	137	23	126	29.87	1:55:52.9	149	24	125	5:31	LAPD - Leichhardt & Parramatta District
133	Stephanie Yeung	5:07:47.5	7	F 30- 34	0:38:05.3	176	8	24	19:03	2:47:26.8	168	9	27	28.67	1:42:15.4	85	5	13	4:52	
134	Gavin Keating	5:07:50.0	28	M 30- 34	0:29:15.3	27	10	24	14:38	2:44:38.4	159	34								

Self-Transcendence Long-Course Triathlon 2004 - Individual Results

Plc	Name	Overall	Cat Plc	Category	Swim	S/Plc	S/Cat Plc	S/Sex Plc	Mins/Km	Cycle	C/Plc	C/Cat Plc	C/Sex Plc	Km/hr	Run	R/Plc	R/Cat Plc	R/Sex Plc	mins/Km	Club
145	Juan Carlos Popelka	5:14:40.8	29	M 30- 34	0:36:24.7	155	40	132	18:12	2:37:30.6	120	29	111	30.47	2:00:45.6	164	32	135	5:45	Bilbys
146	Gian Minns	5:14:45.2	23	M 25- 29	0:35:49.2	145	26	124	17:55	2:36:43.8	113	25	105	30.63	2:02:12.2	167	25	137	5:49	
147	Andrew Dentskevich	5:14:54.9	31	M 35- 39	0:37:41.7	169	31	146	18:51	2:42:03.0	146	30	130	29.62	1:55:10.2	144	28	121	5:29	Balmoral
148	Michelle Elmitt	5:15:00.2	3	F 40- 44	0:35:36.1	139	1	20	17:48	2:45:01.1	163	3	25	29.09	1:54:23.1	139	4	22	5:27	Tridents
149	Ben Peterson	5:15:03.7	24	M 25- 29	0:30:01.4	42	15	37	15:01	2:28:38.0	61	11	58	32.29	2:16:24.4	199	27	166	6:30	
150	Peter MacArtney	5:15:12.0	5	M 50- 54	0:37:45.9	172	7	149	18:53	2:36:08.4	110	4	102	30.74	2:01:17.7	165	7	136	5:47	
151	Brent Whiteman	5:15:20.2	25	M 25- 29	0:28:34.9	18	6	18	14:17	2:34:42.1	95	21	89	31.03	2:12:03.3	192	26	160	6:17	
152	Shane Compton	5:16:25.3	26	M 25- 29	0:41:07.3	206	29	173	20:34	2:37:59.9	124	27	115	30.38	1:57:18.1	155	23	128	5:35	
153	Sara Warner	5:16:47.7	8	F 25- 29	0:39:06.1	188	11	29	19:33	2:44:56.0	162	9	24	29.1	1:52:45.7	130	6	19	5:22	
154	Fiona Skinner	5:18:08.8	8	F 30- 34	0:38:34.3	182	9	25	19:17	2:42:47.8	149	5	17	29.48	1:56:46.8	153	8	27	5:34	BRAT - Bondi Runners
155	Tom McCann	5:18:18.4	27	M 25- 29	0:41:00.7	204	28	172	20:30	2:47:32.1	169	28	142	28.65	1:49:45.6	123	19	106	5:14	
156	Richard Phillips	5:18:24.6	30	M 30- 34	0:32:07.9	78	19	68	16:04	2:36:06.8	109	25	101	30.75	2:10:10.0	190	39	158	6:12	
157	Michael Doyle	5:18:57.1	9	M 45- 49	0:36:15.8	151	8	128	18:08	2:42:47.3	147	8	131	29.49	1:59:54.0	161	9	132	5:43	
158	Bobby Broadhurst	5:19:34.1	31	M 30- 34	0:34:51.3	120	32	106	17:26	2:38:20.3	127	31	118	30.31	2:06:22.6	181	36	149	6:01	
159	Sam Reinhardt	5:19:43.9	9	F 30- 34	0:35:58.1	146	7	22	17:59	2:40:53.1	139	4	13	29.83	2:02:52.7	172	9	32	5:51	Bilbys
160	Garrie Foster	5:20:12.2	10	M 45- 49	0:38:07.4	177	12	153	19:04	2:39:40.7	131	7	121	30.06	2:02:24.1	168	10	138	5:50	Forster-Tuncurry
161	Jennifer Thomas	5:20:31.4	4	F 20- 24	0:40:54.6	203	5	32	20:27	2:41:07.6	140	2	14	29.79	1:58:29.3	158	4	29	5:39	BRAT - Bondi Runners
162	Tony Gaborit	5:21:37.9	6	M 50- 54	0:33:42.9	108	3	97	16:51	3:00:35.5	193	7	159	26.58	1:47:19.6	115	3	98	5:07	Panthers
163	Rhonda Lotz	5:22:21.9	5	F 20- 24	0:35:38.3	140	4	21	17:49	2:44:18.1	156	4	20	29.21	2:02:25.6	169	5	31	5:50	LAPD - Leichhardt & Parramatta District
164	Mark Gardiner	5:23:05.0	32	M 35- 39	0:40:16.3	199	36	168	20:08	2:42:58.5	150	31	133	29.45	1:59:50.3	160	29	131	5:42	
165	Koppo Kopcikas	5:23:11.1	32	M 30- 34	0:31:46.2	64	14	57	15:53	2:36:44.2	114	27	106	30.62	2:14:40.8	196	40	163	6:25	LAPD - Leichhardt & Parramatta District
166	Dieter Reithmeier	5:23:19.4	2	M 55- 59	0:40:28.6	200	4	169	20:14	2:47:37.0	171	2	144	28.64	1:55:13.8	146	2	122	5:29	Cronulla
167	Graeme Boorman	5:24:12.1	33	M 30- 34	0:36:54.5	162	42	139	18:27	2:53:45.0	182	36	150	27.63	1:53:32.7	134	27	113	5:24	Cronulla
168	Penny Burrell	5:24:53.8	9	F 25- 29	0:43:39.7	210	13	35	21:50	2:44:53.2	161	8	23	29.11	1:56:21.0	151	9	25	5:32	
169	Ronnie Hojlund	5:25:07.6	26	M 40- 44	0:38:14.8	179	27	155	19:07	2:57:20.4	190	27	156	27.07	1:49:32.5	122	22	105	5:13	Kiama
170	Steve McManus	5:27:40.3	11	M 45- 49	0:36:49.0	160	10	137	18:25	2:42:47.4	148	9	132	29.49	2:08:03.9	186	13	154	6:06	
171	Brad Jones	5:29:25.1	27	M 40- 44	0:29:15.9	28	2	25	14:38	2:46:41.5	164	24	139	28.8	2:13:27.7	194	28	162	6:21	
172	Matthew Pooley	5:29:37.2	6	M 20- 24	0:35:27.9	135	4	116	17:44	2:41:32.0	142	5	128	29.72	2:12:37.4	193	7	161	6:19	
173	Tim Scott	5:29:38.4	33	M 35- 39	0:36:33.1	157	26	134	18:17	2:35:36.9	107	19	99	30.85	2:17:28.4	201	38	168	6:33	
174	Gabrielle Crowe	5:30:31.9	10	F 25- 29	0:38:49.7	186	9	27	19:25	2:56:29.7	187	11	33	27.2	1:55:12.5	145	8	24	5:29	Females In Training (FIT)
175	Daniel James Corbett	5:31:03.6	34	M 30- 34	0:32:08.8	79	20	69	16:04	2:51:50.4	178	35	148	27.93	2:07:04.4	183	37	151	6:03	
176	Terry Moore	5:31:35.1	4	F 40- 44	0:44:07.3	211	4	36	22:04	2:49:28.4	175	4	29	28.32	1:57:59.5	156	5	28	5:37	
177	Steve Moore	5:31:54.1	34	M 35- 39	0:38:39.8	184	32	159	19:20	2:48:10.3	173	33	146	28.54	2:05:04.0	178	34	146	5:57	Botany Bay
178	Shane Radnell	5:33:01.4	35	M 30- 34	0:36:07.1	148	36	125	18:04	2:38:47.9	130	32	120	30.23	2:18:06.5	202	41	169	6:35	Tridents
179	Jo Wakefield	5:33:03.9	3	F 35- 39	0:39:13.2	190	3	30	19:37	2:52:01.5	179	2	31	27.9	2:01:49.2	166	3	30	5:48	
180	Daniel Robins	5:33:04.8	7	M 20- 24	0:38:29.8	181	7	157	19:15	2:44:48.6	160	6	138	29.12	2:09:46.5	189	6	157	6:11	Orange Cycle and
181	Alex Sherrard	5:33:49.4	35	M 35- 39	0:35:27.7	134	24	115	17:44	2:55:11.1	185	34	153	27.4	2:03:10.6	174	32	142	5:52	BRAT - Bondi Runners
182	Paul Worth	5:38:14.7	12	M 45- 49	0:34:47.8	118	6	105	17:24	2:47:09.9	167	11	141	28.71	2:16:17.0	198	15	165	6:29	Balmoral
183	Keith Spackman	5:39:28.0	3	M 55- 59	0:35:26.7	133	1	114	17:43	3:05:56.9	208	3	174	25.81	1:58:04.4	157	3	129	5:37	Balmoral
184	Oliver Morrison	5:41:12.1	36	M 30- 34	0:36:18.4	152	38	129	18:09	2:56:35.8	188	37	155	27.18	2:08:17.9	187	38	155	6:07	
185	Steven Barry	5:43:13.6	36	M 35- 39	0:33:07.5	97	20	86	16:34	3:01:31.7	197	36	163	26.44	2:08:34.5	188	36	156	6:07	Bilbys
186	Cathy Newman	5:44:08.9	5	F 40- 44	0:41:04.6	205	3	33	20:32	3:10:09.0	209	5	35	25.24	1:52:55.3	132	3	20	5:23	
187	Arkin Djemal	5:44:14.5	37	M 30- 34	0:46:00.4	215	44	179	23:00	3:03:41.6	204	41	170	26.13	1:54:32.6	140	29	118	5:27	
188	Kevin Dixon	5:45:06.8	13	M 45- 49	0:37:49.7	174	11	151	18:55	3:00:52.3	194	13	160	26.54	2:06:24.8	182	12	150	6:01	Macarthur
189	Janelle MacKenzie	5:45:30.7	11	F 25- 29	0:28:51.4	21	1	1	14:26	2:56:37.5	189	12	34	27.18	2:20:01.8	205	12	34	6:40	Hills
190	Fiona Mavris	5:46:35.6	12	F 25- 29	0:30:55.9	51	4	6	15:28	2:50:33.1	176	10	30	28.14	2:25:06.7	208	13	35	6:55	BRAT - Bondi Runners
191	Thomas O'Leary	5:46:57.7	38	M 30- 34	0:36:22.7	154	39	131	18:11	3:05:19.0	206	42	172	25.9	2:05:16.1	180	35	148	5:58	
192	Witold Krajewski	5:47:15.9	7	M 50- 54	0:58:03.2	223	11	185	29:02	2:54:21.2	184	6	152	27.53	1:54:51.6	142	4	119	5:28	
193	Rowan McMurray	5:47:28.5	28	M 25- 29	0:35:28.6	136	23	117	17:44	2:53:30.9	181	30	149	27.66	2:18:29.1	203	28	170	6:36	
194	Ken Mansell	5:49:06.7	39	M 30- 34	0:45:16.2	212	43	176	22:38	3:01:23.4	196	40	162	26.46	2:02:27.1	170	33	139	5:50	Tridents
195	Bob Pigott	5:49:34.6	8	M 50- 54	0:41:37.3	209	9	175	20:49	3:04:55.4	205	10	171	25.96	2:03:02.0	173	8	141	5:52	
196	Steve Szymanek	5:51:44.1	37	M 35- 39	0:36:44.4	159	27	136	18:22	3:03:09.7	200	37	166	26.21	2:11:50.0	191	37	159	6:17	Hills
197	Brian Shanahan	5:53:01.1	40	M 30- 34	0:35:24.2	128	33	110	17:42	2:58:22.1	192	39	158	26.91	2:19:14.9	204	42	171	6:38	
198	Mike Halliday	5:54:50.7	14	M 45- 49	0:47:37.0	217	16	181	23:49	3:03:39.9	203	16	169	26.13	2:03:33.8	175	11	143	5:53	
199	Phil Williams	5:55:14.7	15	M 45- 49	0:36:33.4	158	9	135	18:17	3:03:25.1	201	15	167	26.17	2:15:16.2	197	14	164	6:26	Panthers
200	Michael Seay	5:58:37.7	41	M 30- 34	0:36:32.8	156	41	133	18:16	2:58:08.2	191	38	157	26.95	2:23:56.7	207	43	173	6:51	
201	Trevor Skewes	5:58:49.6	4	M 55- 59	0:37:57.7	175	2	152	18:59	3:15:43.6	211	4	176	24.52	2:05:08.3	179	4	147	5:58	
202	Matt Crowe	5:59:49.8	42	M 30- 34	0:35:26.2	132	34	113	17:43	3:20:48.6	214	43	179	23.9	2:03:35.0	176	34	144	5:53	
203	Marcelo Ramirez	5:59:51.3	38	M 35- 39	0:48:24.7	218	40	182	24:12	3:03:25.4	202	38	168	26.17	2:08:01.3	185	35	153	6:06	
204	Joe Dimech	6:01:21.3	9	M 50- 54	0:37:42.0	170	6	147	18:51	3:01:11.1	195	8	161	26.49	2:22:28.2	206	9	172	6:47	LAPD - Leichhardt & Parramatta District
205	Gerard Sarkozy	6:04:40.1	29	M 25- 29	0:39:50.5	194	27	164	19:55	2:51:26.8	177	29	147	28	2:33:22.9	210	29	175	7:18	Sydney Triathlon Group

Self-Transcendence Long-Course Triathlon 2004 - Individual Results

Plc	Name	Overall	Cat Plc	Category	Swim	S/Plc	S/Cat Plc	S/Sex Plc	Mins/Km	Cycle	C/Plc	C/Cat Plc	C/Sex Plc	Km/hr	Run	R/Plc	R/Cat Plc	R/Sex Plc	mins/Km	Club
0	Andrew Roydhouse	DNF	0	M 35- 39	0:45:23.3	213	39	177			0	0	0	0		0	0	0		BRAT - Bondi Runners
0	Rebecca Joslin	DNF	0	F 30- 34	0:35:14.4	124	4	17			0	0	0	0		0	0	0		
0	James Hall	DNF	0	M 35- 39	0:33:42.6	107	21	96			0	0	0	0		0	0	0		Bilbys
0	Nathan Turner	DNF	0	M 20- 24	0:41:34.6	208	8	174		3:21:48.3	215	8	180	0		0	0	0		
0	Kamal Arrowsmith	DNF	0	M 50- 54	0:38:10.6	178	8	154		3:02:42.7	198	9	164	0		0	0	0		
0	Brett Newton	DNF	0	M 30- 34	0:27:36.6	11	5	11		2:15:58.1	6	4	6	0		0	0	0		
0	Jeff Beeston	DNF	0	M 45- 49	0:39:33.6	191	14	161		3:03:01.9	199	14	165	0		0	0	0		Tridents
0	Geoff Moon	DQ	0	M 40- 44	0:30:58.7	0	0	0			0	0	0	0		0	0	0		