



North West Games Triathlon Results 6th June 2004 Gratwick Pool

Sprint Distance Event

Swim (m): 500
 Ride (km): 20
 Run (km): 5

Olympic Distance Event

Swim (m): 1500
 Ride (km): 40
 Run (km): 10

SPRINT DISTANCE TRIATHLON

	Swim Time	Av. Lap Time (sec)	Cycle Time	Av. Cycle Speed (km/hr)	Run Time	Av. Run Speed (km/hr)	Actual Time	Position
Open Mens								
Darryl Scott	0:07:47	46.7	0:34:03	35.2	0:18:59	15.8	1:00:49	1
James Nelson	0:11:29	68.9	0:40:22	29.7	0:28:42	10.5	1:20:33	2
Michael Hoare	0:11:33	69.3	0:49:41	24.2	0:34:22	8.7	1:35:36	3
Open Womens								
Kaye Bell	0:10:27	62.7	0:40:56	29.3	0:23:39	12.7	1:15:02	1
Monica Plane	0:10:54	65.4	0:49:25	24.3	0:30:29	9.8	1:30:48	2
Veteran Womens								
Karen Cornish	0:10:21	62.1	0:41:23	29.0	0:27:12	11.0	1:18:56	1
Louise Mercer	0:10:47	64.7	0:52:14	23.0	0:36:30	8.2	1:39:31	2
Junior Girls 200/10/3								
Nellie McGowan	0:03:42	55.5	0:28:41	20.9	0:17:34	10.2	0:49:57	1
Teams								
Kristian Scechtig	0:10:02	60.2						1
Andrew Bell			0:34:51	34.4				1
Jacque Rykers					0:23:37	12.7	1:08:30	1

OLYMPIC DISTANCE TRIATHLON

	Swim Time	Av. Lap Time (sec)	Cycle Time	Av. Cycle Speed (km/hr)	Run Time	Av. Run Speed (km/hr)	Actual Time	Position
Open Mens								
David Maxwell	0:28:05	56.2	1:09:23	34.6	0:40:45	14.7	2:18:13	1
Clint Bain	0:25:04	50.1	1:16:10	31.5	0:47:40	12.6	2:28:54	2
Wayne Carter	0:24:12	48.4	1:15:13	31.9	0:53:43	11.2	2:33:08	3
Merv Percy	0:29:09	58.3	1:23:51	28.6	0:54:27	11.0	2:47:27	4
Ron Jones	0:31:58	63.9	1:23:14	28.8	1:15:36	7.9	3:10:48	5
Steve Bertling	0:26:29	53.0	1:13:29	32.7	DNF	DNF	DNF	DNF
Open Womens								
Kathryn Heaton	0:27:26	54.9	1:21:56	29.3	0:53:33	11.2	2:42:55	1
Lisa Lay	0:29:15	58.5	1:26:28	27.8	1:01:33	9.7	2:57:16	2
Rachel Curry	0:28:40	57.3	1:25:32	28.1	1:04:22	9.3	2:58:34	3
Veteran Womens								
Andrea Sopolinsk	0:28:51	57.7	1:26:58	27.6	0:53:31	11.2	2:49:20	1