

1989
N.S.W.
State
Championships

1989 NSW STATE CHAMPIONSHIPS 2WS NEPEAN TRIATHLON

1989 RACE RESULTS

in association with



■ SYDNEY
125 Bathurst St
(02) 267 9804

■ LIVERPOOL
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■ PENRITH
148 Station St (nr Black Stump)
(047) 31 1966

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■ BANKSTOWN
Cnr The Mall & The Appian Way
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PARLIAMENT OF NEW SOUTH WALES
LEGISLATIVE ASSEMBLY

MEMBER FOR PENRITH

15 December 1989

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Dear Contestant

Congratulations!!!

The Nepean Triathlon grows bigger and better each year. It was again my pleasure to be Official Race Starter for this year's event which displayed the tremendous ability of competitors who are truly a credit to their sport and their local area.

My thanks to the organisers of the event whose efforts made the event possible.

Yours sincerely

GUY MATHESON MP
Member for PENRITH

1989 2WS NEPEAN TRIATHALON COMMITTEE

**WARWICK BRENNAN
RAY EYRES
ALAN McINTYRE**

**CHED TOWNS
NEVILLE CHEETHAM**

MANY THANKS TO....

**UTA FRENCH AIRLINES.
FOR PROVIDING A RETURN AIRFARE
TO THE WINNER OF THE TRIP TO THE
1990 NEW CALEDONIA TRIATHLON DU
SOLIEL.**

**THEIR SUPPORT AND CO-OPERATION IS
GREATLY APPRECIATED.**



RACE REPORT

By Warwick Brennan

To the relief of organisers, race morning broke to a dry overcast day. It was a magnificent sight from the starters position high up on the Nepean Belle paddlesteamer as the five waves lined up the ramp leading to the deep water swim start distinguished by the different coloured Speedo swim caps. The huge crowd waited expectantly as race caller Marc Dragan called the race start. The importance of the race on the Australian triathlon calender was evident with teams from Australian Triathlon Sports Magazine, Multisport Magazine, Sydney's Daily Mirror and the local media representatives vying for the best positions to capture what was shaping up as the race of the year.

With every leading triathlete in the country, a capacity field of 1200, cycling legend Bernard Hinault in attendance and a record breaking crowd the 1989 2WS Nepean Triathlon was set to go.

The men's category was wide open with previous winners Spot Anderson and Greg Stewart, Hawaii hero Greg Welch, Queensland trio of Brad Bevan, Nick Croft and Troy Fidler, Victorian Tim Bentley, South Australian Shane Johnston, West Australian Peter Trench up against Michael Moroney, Rick Pallister, Dean Piazza, Wayne (Chipmunk) Frazer and Tony Unicomb.

The ladies field also represented the cream of the sport with 1988 winner Louise Bonham on the comeback trail after injury up against Michellie Jones, Maureen Cummings and West Australians' Sue Turner and Loretta Garrett.

7am and the elite competitors yellow capped wave hit the water followed in orderly fashion by the other four waves at set five minute intervals. With \$500 Speedo Swim Awards for first male and female out of the water the race was on. With Marc Dragan expertly calling the action the huge crowd roared encouragement as three swimmers hit the exit ramp together. It was a race to the timing gate with Brad Bevan \$500 richer closely followed by Spot Anderson and Rick Pallister. First lady out of the water was Commonwealth Games swimming representative Collette Gunn from the Gold Coast who easily won the ladies \$500 from Belinda King and Maureen Cummings.

Onto the bike and it soon became evident to the crowd that Brad Bevan was making the big move with Greg Welch, Michael Moroney, Tony Unicomb and Spot Anderson in hot pursuit. At the end of the ride Bevan led by exactly two minutes with a cycle time of 52:30 to claim the stage award. It looked as if he had the race to himself as he ran out of sight before Greg Welch hit the transition area. With the large crowd providing rousing encouragement he set off in pursuit followed in quick succession by Michael Moroney, Tony Unicomb and Spot Anderson.

Although Louise Bonham had exited the water over 2 minutes behind she put her stamp on the ladies race during the ride. With an incredible 57:30 cycle split she led the field in claiming the \$500 Peter Bundy Cycles award with Maureen Cummings, Michellie Jones, Sue Turner and swim leader Collette Gunn doing the chasing.

The word soon came back that Welch was making his assault on the seemingly unassailable lead set by Bevan. First he was 1:30 behind, then 1 minute with 6km remaining, then 30 seconds. The crowd was waiting on every word from the race commentary team. Then the news broke, Welch and Bevan were racing stride for stride with 1km to go. Then with a quick handshake between the two friends it was over. Greg Welch had achieved the seemingly impossible with a 40:40 run time and had taken the lead. Off the F4 bridge he came to a big reception on the now famous 2WS finish straight to claim victory in Australia's largest triathlon in 1hr 46:00. Brad Bevan followed Welch up the straight with 1988 winner Spot Anderson third and Rick Pallister fourth with all posting excellent times on the testing run course.

Louise continued her stranglehold on the ladies race during the run posting a 46:30 run split and hit the finish banner in first place in the excellent time of 1 hour 57:40. She received a great ovation from the crowd as she ran up the finish straight with Michellie Jones finishing second, Maureen Cummings third, Sue Turner fourth and Loretta Garrett fifth.

Both winners were estastic with their efforts with Louise signalling to all that she is back with a vengeance and Greg still on a roll following his incredible race in Hawaii.

As each competitor finished they were presented with a NSW championships medallion by the 2WS girls and treated to a well deserved finisher's breakfast of Sustagen Gold from Bristol Myers, Uncle Tobys museli bars, cola from Davids Holdings, mountains of fresh fruit and most competitors also took advantage of the 50 massage personnel in the recovery area to get their bodies back into working order. The honorary race committee pride themselves in presenting a well run high value for money event for all competitors and thanks in this area goes to the SWB Community Credit Union, Panthers, Peter Bundy Cycles and Speedo who all get behind the event and its competitors.

In all a great race, an excellent field of top athletes and a big thank you to all competitors who continue to make our race the largest race in the Southern Hemisphere.

The 1990 race will again be held on the first Sunday of December and as their will again be a race limit of 1200 it is suggested that competitors enter early to avoid disappointment.

**2WS NEPEAN TRIATHLON
RESULTS**

MALES

1st Greg Welch 1:46:00
2nd Brad Beven 1:46:10
3rd Spot Anderson 1:47:50
4th Rick Pallister
5th Dean Piazza
6th Peter Trench
7th Greg Stewart
8th Troy Fidler
9th Chipmunk Fraser
10th Bruce Thomas

FEMALES

Louise Bonham 1:57:40
Michellie Jones 2:00:04
Maureen Cummings 2:01:10
Sue Turner
Loretta Garrett

AGE DIVISION WINNERS

17 and Under

1st John Bowers 1:50:50
2nd Steven Williams
3rd Robert Battocchio

18 to 29

1st Rick Pallister 1:48:50
2nd Dean Piazza
3rd Peter Trench

30 to 39

1st Greg Stewart 1:49:10
2nd Tim Mckay
3rd Gordon Boman

40 to 49

1st Bob Telfer 1:55:00
2nd Doug Luckman
3rd Lez Freeman

Over 50

1st John Baker 2:07:40
2nd Richard Thomas
3rd John Rodgers

Natalya Orchard 2:14:30
Natasha Brown
Belinda King

Sue Turner 2:03:20
Loretta Garrett
Collette Gunn

Claire Turner 2:06:20
Louise MacIntyre
Belinda Soszyn

Trish Griffen 2:28:10
Janice Iredale
Merri Mack

Leaders Out of the Water

1st Brad Beven
2nd Spot Anderson
3rd Rick Pallister

Collette Gunn
Belinda King
Maureen Cummings

Leaders off the Bike

1st Brad Beven
2nd Greg Welch
3rd Michael Moroney

Louise Bonham
Maureen Cummings
Michielle Jones

Locals

1st Tim Mckay
2nd Brian Lang
3rd Matt Langdon

Denise Mills
Judy Towns
Judith Conning

NEPEAN TRIATHLON

INDIVIDUAL RESULTS

DECEMBER 3RD 1989

| NO. | NAME | CATEGORY | SWIM | OVER CLASS -ALL POSN. | CYCLE | OVER CLASS -ALL POSN. | RUN | OVER CLASS -ALL POSN. | TOTAL | OVER CLASS -ALL POSN. |
|------|---------------------|-------------|-------------------|--------------------------|---------------------|--------------------------|-------------------|--------------------------|-------|--------------------------|
| 1076 | STOREY DONNA | U/18 WOMEN | 22:40(981)(6) | 0(0)(0) | 0(0)(0) | 0(0)(0) | 3:15:00(1201)(6) | | | |
| 1370 | SHEEKEY DAVID | MEN 18-29 | 20:50(840)(382) | 1:33:50(1066)(445) | 1:21:00(1089)(459) | 3:15:40(1202)(510) | | | | |
| 1000 | CROKER SEAN | MEN 18-29 | 28:30(1172)(498) | 1:14:10(801)(363) | 1:34:10(1118)(468) | 3:16:50(1203)(511) | | | | |
| 803 | NEALE JAMES | U/18 MEN | 18:20(505)(40) | 1:16:00(859)(69) | 1:42:50(1133)(87) | 3:17:10(1204)(89) | | | | |
| 761 | GRINHAM DAVID | MEN 18-29 | 19:10(620)(299) | 1:24:20(1008)(428) | 1:33:40(1115)(467) | 3:17:10(1204)(512) | | | | |
| 1238 | TWITCHIN RODNEY | MEN 18-29 | 23:20(1025)(456) | 1:20:00(956)(413) | 1:34:20(1119)(469) | 3:17:40(1206)(513) | | | | |
| 1384 | SECKOLD DAVID | MEN 18-29 | 25:50(1129)(487) | 1:23:50(1003)(426) | 1:29:00(1107)(464) | 3:18:40(1207)(514) | | | | |
| 700 | JARVIS BARRY | SUPER VETS | 27:40(1163)(16) | 1:23:40(1047)(16) | 1:21:20(1092)(18) | 3:18:40(1207)(18) | | | | |
| 1205 | MCKELLAR STEVE | MEN 18-29 | 22:10(944)(427) | 1:19:50(951)(412) | 1:36:50(1126)(473) | 3:18:50(1209)(515) | | | | |
| 811 | LEE TINA | WOMEN 40-49 | 21:50(923)(4) | 1:42:00(1077)(-6) | 1:15:00(1053)(5) | 3:18:50(1209)(7) | | | | |
| 977 | JUNIOR KEVIN | MEN 30-39 | 25:20(1113)(317) | 1:19:10(940)(275) | 1:35:20(1121)(317) | 3:19:50(1211)(347) | | | | |
| 1862 | O HARE LIZ | WOMEN 18-29 | 26:10(1135)(56) | 0(0)(0) | 0(0)(0) | 3:20:10(1212)(55) | | | | |
| 451 | RANDALL BRYN | U/18 MEN | 19:10(620)(52) | 1:48:40(1082)(80) | 1:13:20(1036)(76) | 3:21:10(1213)(90) | | | | |
| 677 | BURKE SCOTT G | U/18 MEN | 18:50(578)(48) | 1:25:40(1020)(78) | 1:37:20(1127)(86) | 3:21:50(1214)(91) | | | | |
| 162 | KANYARD CHRISTOPHER | MEN 18-29 | 0(0)(0) | 0(0)(0) | 0(0)(0) | 3:23:00(1215)(516) | | | | |
| 1489 | WHITE MARK | MEN 18-29 | 20:10(768)(354) | 1:32:00(1055)(441) | 1:31:30(1111)(465) | 3:23:40(1216)(517) | | | | |
| 347 | HORWICK ANTHONY | MEN 30-39 | 23:20(1025)(287) | 1:39:00(1074)(308) | 1:21:20(1092)(312) | 3:23:40(1216)(348) | | | | |
| 731 | NEWHAM JOHNATHON | U/18 MEN | 18:10(489)(39) | 1:21:40(979)(76) | 1:45:40(1135)(88) | 3:25:30(1218)(92) | | | | |
| 1350 | CAMPBELL MARK | MEN 40-49 | 24:00(1061)(118) | 1:32:10(1056)(131) | 1:31:10(1109)(138) | 3:27:20(1219)(147) | | | | |
| 1132 | WATSON LOUISE | WOMEN 18-29 | 18:30(534)(33) | 1:23:40(999)(44) | 1:45:10(1134)(56) | 3:27:20(1219)(56) | | | | |
| 1155 | STEPHENS HAYDEN | MEN 18-29 | 29:50(1190)(502) | 1:22:20(984)(420) | 1:35:30(1122)(471) | 3:27:40(1221)(518) | | | | |
| 662 | RAWLING TESSA | WOMEN 30-39 | 28:30(1178)(30) | 1:31:20(1052)(26) | 1:27:50(1104)(28) | 3:27:40(1221)(30) | | | | |
| 1180 | CASTLEMAN JOHN | MEN 40-49 | 21:10(868)(86) | 1:37:30(1071)(133) | 1:31:00(1108)(137) | 3:29:40(1223)(148) | | | | |
| 1378 | BAUERHUT IVAN | U/18 MEN | 28:20(1170)(85) | 1:26:40(1025)(79) | 1:36:00(1124)(85) | 3:31:00(1224)(93) | | | | |
| 1322 | BARKER KATHRYN | WOMEN 18-29 | 21:30(894)(45) | 1:27:40(1034)(49) | 1:41:50(1131)(55) | 3:31:00(1224)(57) | | | | |
| 893 | PICKERING PAUL | SUPER VETS | 36:20(1207)(21) | 1:33:40(1064)(19) | 1:21:00(1089)(17) | 3:31:00(1224)(19) | | | | |
| 891 | WILCZEK JAYSON | MEN 18-29 | 26:20(1142)(491) | 1:26:10(1023)(434) | 1:38:50(1129)(475) | 3:31:20(1227)(519) | | | | |
| 729 | BLAMIREDS DAVID | SUPER VETS | 29:20(1184)(18) | 1:29:40(1047)(16) | 1:35:30(1122)(20) | 3:34:30(1228)(20) | | | | |
| 985 | DUNNACLIFF PETER E | SUPER VETS | 21:00(862)(8) | 0(0)(0) | 0(0)(0) | 3:35:10(1229)(21) | | | | |
| 1403 | BROWN SHARON | WOMEN 18-29 | 22:50(1003)(51) | 1:44:10(1080)(54) | 1:31:50(1112)(54) | 3:38:50(1230)(58) | | | | |
| 693 | BARKER GLENN | MEN 18-29 | 23:50(1054)(466) | 1:39:10(1075)(448) | 1:36:10(1125)(472) | 3:39:10(1231)(520) | | | | |
| 1367 | GALL PETER | MEN 18-29 | 24:10(1070)(471) | 1:43:50(1073)(449) | 1:32:40(1113)(466) | 3:40:40(1232)(521) | | | | |
| 1414 | SMITH RICKY | MEN 18-29 | 20:00(735)(344) | 1:47:30(1081)(450) | 1:34:20(1119)(469) | 3:41:50(1233)(522) | | | | |
| 1200 | SZABO GEORGE | MEN 30-39 | 29:10(1183)(338) | 1:38:50(1073)(307) | 1:33:50(1116)(315) | 3:41:50(1233)(349) | | | | |
| 1123 | HOFFMAN MARK | MEN 30-39 | 16:30(288)(59) | 1:58:50(1085)(311) | 1:28:30(1106)(314) | 3:43:50(1235)(350) | | | | |
| 1183 | GALEA TIMOTHY | U/18 MEN | 28:40(1175)(86) | 1:23:40(999)(77) | 1:51:40(1137)(90) | 3:44:00(1236)(94) | | | | |
| 1596 | VELLENKA JOHN | MEN 30-39 | 32:00(1198)(342) | 1:33:10(1060)(303) | 1:40:40(1130)(318) | 3:45:50(1237)(351) | | | | |
| 1379 | EDWARDS PAUL | U/18 MEN | 0(0)(0) | 0(0)(0) | 1:46:20(1136)(89) | 3:48:00(1238)(95) | | | | |
| 1232 | HOLMES JAMES | MEN 40-49 | 35:50(1204)(144) | 1:41:40(1076)(134) | 1:32:40(1113)(139) | 3:50:10(1239)(149) | | | | |
| 335 | BEGER TONY | MEN 30-39 | 22:00(938)(267) | 1:50:30(1083)(310) | 1:42:40(1132)(319) | 3:55:10(1240)(352) | | | | |
| 1037 | ZINN CECIL | MEN 30-39 | 26:20(1142)(325) | 1:28:30(1040)(299) | 2:09:00(1138)(320) | 4:03:50(1241)(353) | | | | |

CONGRATULATIONS
TO ALL FINISHERS



PETER BUNDY CYCLES



THANK YOU

The Race Committee would like to thank the following people and organisations for their help which contributed to the 1989 event being such a success:-

Alan Stevenson, Greg Henricks, Simon Gibb - 2WS
Warren Andrews and Ian Ryan - SWB Community Credit Union
Roger Cowan, Henry Lysaght, Geoff James - Panthers
Jan Staunton - Speedo
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Phil Morehead - Thomas Marsden Advertising
Penrith City Council
Mr Rafael Collins & Staff - Penrith City Council
Sgt. Barry Harris & Staff - Penrith Police
Jim Aiken - Aussie Bins, Penrith
Dr. Tony Bowden - Race Medical Director
John Wakeling - Nepean Belle
Liz Cheetham - Computerisation
Judy Towns - Lucky Draw Co-ordinator
Talays, Randwick
Daniel Smith - Computerisation
Anton Ohnut - Computerisation
Denise Brennan - Race Secretary

Special thanks to the wives and children of the Committee members.

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All proceeds on the day are distributed to the following organisations who help control the event on the day:-

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Emu Plains Netball
Emu Plains Rugby League
Panthers Cycle Club
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South Penrith Girl Guides
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NSW Scout Badges Club
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