

11th Anniversary



# 2WWS NEPEAN TRIATHLON

## 1992 RACE RESULTS

### FEATURING

THE **FRED FALZON'S**  **ENDURANCE SPORTS** SWIM LEG - 1 km

THE *Panther Cycles* CYCLE LEG - 40 km

THE **Saucony**  RUN LEG - 12 km



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PENRITH 2751  
New South Wales  
Australia

Dear Triathletes & Supporters,

I am very proud to once again take part in the presentation at the conclusion of the Triathlon.

My congratulations to all the competitors for a great effort. What a spectacular event this Nepean Triathlon has become, with over a thousand entries, and for this the organisers must also be congratulated. We are very lucky here in Penrith to have the wonderful asset of the Nepean River for such a contest.

I applaud the winners of this event for such an outstanding performance over a gruelling course and I thank you all for inviting me to share this wonderful day with you.

Yours sincerely,

Ald Faye Lo Po  
MEMBER FOR PENRITH

### **To all Competitors**

Congratulations to all finishers in the 1992 2WS Nepean triathlon and to our outright and age group winners.

Thanks goes to 2WS and our major supporting sponsors, the SWB Community Credit Union and Panthers together with Saucony, Fred Falzon Endurance Sports and Panther Cycles. I hope all competitors enjoyed our great post race finish reception sponsored by Sustagen Gold, Uncle Tobys, Schweppes, Neverfail and the Nepean College of Natural Therapeutics.

Thanks also to the many sporting and community clubs that supply the many first aid officials and marshalls on race day. This year \$14000 was distributed to these groups and we thank them for their efforts in making the day a success.

Dont forget the the Penrith Lakes Long Course Triathlon on 14th March 1993 and the inaugural Panthers NSW Junior State Championships at the exciting Panthers ski lake complex on 31st January 1993.

WARWICK BRENNAN

CHED TOWNES

ALAN MCINTYRE

## 2WS NEPEAN TRIATHLON - 1992 RESULTS

### PROFESSIONAL MALE

1st Tim Bentley 1:49:43  
 2nd Marc Dragan 1:50:58  
 3rd Chris Doherty 1:51:36  
 4th Ben Bright 1:51:55  
 5th Marc Lees 1:52:10  
 6th Bruce Thomas 1:52:25  
 7th Greg Stewart 1:53:11  
 8th Andrew Noble 1:53:56  
 9th Michael Moroney 1:54:15  
 10th Chris Southwell 1:54:19

### PROFESSIONAL FEMALE

1st Rina Bradshaw 2:05:10  
 2nd Maureen Cummings 2:06:26  
 3rd Jackie Gallagher 2:09:40  
 4th Lena Edmonston 2:16:21  
 5th Jane Despas 2:17:03

### AGE GROUPS -

#### WOMEN UNDER 19

1st-Monique Ploeg 2:22:54  
 2nd-Stephanie Park 2:48:27  
 3rd-Grazyna Kordek 3:21:24

#### WOMEN 20-24

1st-Sue Thompson 2:28:47  
 2nd-Jenny Anderson 2:32:24  
 3rd-Susan Ashcroft 2:34:08

#### WOMEN 25-29

1st-Wendy Sharp 2:25:18  
 2nd-Kathy Roser 2:32:12  
 3rd Sue Boyle 2:34:15

#### WOMEN 30-34

1st-Teresa Rider 2:25:43  
 2nd-Sharon Lane 2:32:30  
 3rd Natallie Mort 2:33:39

#### WOMEN 35-39

1st Belinda Soszyn 2:20:48  
 2nd P. Bellemore 2:45:42  
 3rd Susan Cave 2:48:25

#### WOMEN 40-44

1st Sarah Entwistle 2:35:11  
 2nd Judith Willott 2:41:11  
 3rd Maureen Neal 2:46:08

#### WOMEN OVER 45

1st Anne Telfer 2:46:20  
 2nd Sonia Henderson 2:47:17  
 3rd Janice Iredale 2:51:00

#### MEN UNDER 19

1st Chris Lee 2:01:43  
 2nd Ben Artup 2:02:43  
 3rd Ricardo Dacosta 2:02:47

#### MEN 20-24

1st Scott Wevers 2:00:47  
 2nd Ollie Weber 2:01:22  
 3rd Paul Ainsley 2:01:59

#### MEN 25-29

1st Michael Ferris 2:02:54  
 2nd Eric Hunter 2:05:02  
 3rd Marc Ware 2:06:08

#### MEN 30-34

1st George Osadczuki 2:04:52  
 2nd Greg Johnstone 2:06:43  
 3rd Mark Emerton 2:06:47

#### MEN 35-39

1st Tim McKay 2:03:38  
 2nd Tom Douglas 2:04:56  
 3rd Greg Franks 2:06:18

#### MEN 40-44

1st Robert Pickard 2:09:45  
 2nd Bob Knezevic 2:10:32  
 3rd Geoff McMahon 2:10:47

#### MEN 45-49

1st Bob Telfer 2:08:43  
 2nd Clive Hodges 2:11:30  
 3rd Geoff Thorsen 2:12:57

#### MEN 50-54

1st John Ross 2:21:48  
 2nd William Turner 2:22:46  
 3rd John Baker 2:25:39

#### MEN 55-59

1st Bill Raimond 2:26:37  
 2nd Phil Scott 2:30:20  
 3rd Derek Taylor 2:53:59

#### MEN OVER 60

1st Billy Stafford 2:35:33  
 2nd Bob Southwell 2:37:33

### 1ST LOCALS

Monique Ploeg 2:22:54

Ollie Weber 2:01:22

# Magnificent Monique

## Steadfast in stamina test

**DISTANCE** runner turned triathlete Monique Ploeg utilised her stamina to be the first local female finisher in the 11th 2WS Nepean Triathlon held in Penrith on Sunday.

Ploeg, of St Marys, completed the 53km course in the time of 2 hours 22 mins 54 secs and was the eighth overall woman finisher and the first non-professional woman home.

Her effort gave her a first-placing in the women's 19 years and under category.

Race director Warwick Brennan said Ploeg mowed down her competitors during the run leg for the finish line.

"Apart from maybe two of the professionals who were competing, she was the strongest woman runner there," Brennan said.

"She's been competing in triathlons only 18 months and has been working on her swimming and cycling, which should make her a future champion."

Her performance during the second-half of the event was remarkable, considering she was in 30th place after the 1km swim leg.

Glenbrook's Ollie Weber (2:01.22) was the first local male to finish

and also managed a second-placing in the men's 20-24 age group.

Weber is aiming for selection in the Australian world championships squad next year.

He hopes to travel to England next year to compete on the European triathlon circuit to enhance his chances of making the squad.

Other locals to do well included Springwood's Ben Artup (2:02.43) who finished second in the 17 and under, Werrington's Tim McKay (2:03.34) who won the 35-39 open age group and Bob Kenzevic (2:10.32) who finished second in the 40-44 category.

Victoria's Tim Bentley (1:49.43) was the overall men's winner while Rina Bradshaw (2:05.10) of Queensland was the first female to finish.

The race attracted 1150 competitors, including 350 locals.

The Nepean Triathlon is the largest event of its kind in Australia and requires competitors to swim 1km of the Nepean adjacent to Tench Reserve, cycle 40km to Wallacia and back and run 12km through Emu Plains and Leonay.



VICTORIA'S Tim Bentley . . . the overall winner of the 11th 2WS Nepean Triathlon



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# Door opens at last for Vic visitor

## TRIATHLON

A REGULAR Victorian visitor to the 2WS Nepean Triathlon in recent years finally came up trumps in the huge event last Sunday.

And while the top local female prize went to the favorite for that honor, a bolter overcame the two main contenders for the top local male award.

The overall winner of the triathlon was Victoria's Tim Bentley, who completed the swim, cycle and run legs in 1.49.43hr.

"He's supported the race for the last five years straight and has had a second and a third," race director Warwick Brennan said. "He's been knocking on the door."

Bentley beat last year's winner, Sydney's Marc Dragan, while Chris Doherty, who is from Armidale but trains on the Gold Coast, repeated his third placing of last year.

The other top-five finishers were Australian Triathlete of the Year Ben Bright and Marc Lees, who train together on the Gold Coast.

Another of their training partners, Rina Bradshaw, won the overall female prize with a time of 2.05.10, maintaining an incredible record of winning every



Tim Bentley cools down after his victory in the Nepean Triathlon

triathlon she has been in since coming into the sport this year.

She beat Maureen Cummings, of Sydney, and another Gold Coast entrant, Jackie Gallagher.

It was a double celebration for the first local female, Monique Ploeg, of St Marys, whose time of 2.22.54 also won her the women's 19-and-under age group.

The first local male winner was 21-year-old Ollie Webber, of Glenbrook, in 2.01.22, beating Springwood

teenager Ben Artup (2.02.43) and Werrington Downs veteran Tim McKay (2.03.38).

Artup led the trio out of the water and off the bike but Webber passed him in the run.

Brennan said Webber had been a member of the Panthers Tri Club for about three years and that while he had had some good performances, this was "no doubt his best result".

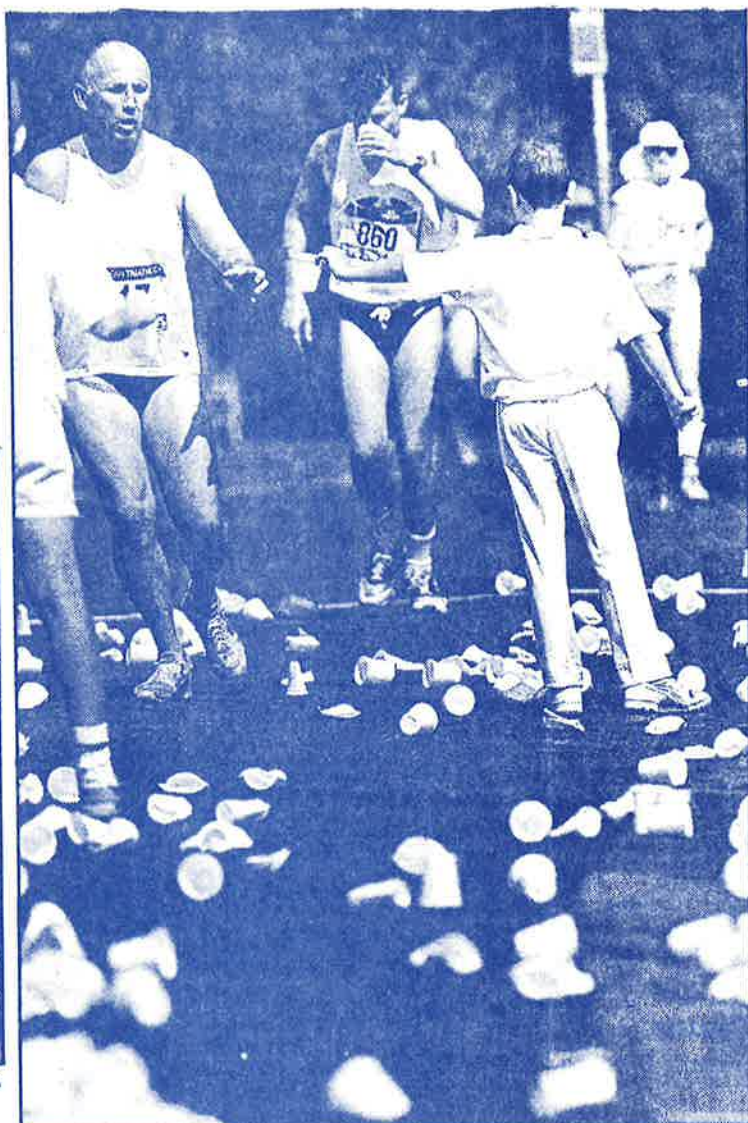
Webber's effort also earned him second spot in the 20-24 age group, while Artup was similarly placed in

19-and-under. McKay was first in 35-39, while other locals who figured in age group placings were Bob Knezevic, second in 40-44, and John Ross, first in 50-54.

Brennan said that of the 1200 entrants, there were about 350 locals.

He acknowledged the continued support of sponsors 2WS, Panthers and the SWB Community Credit Union, and thanked the 400 marshalls from Penrith and Emu Plains sporting clubs.

— BRAD EARL



A trail of plastic cups tells the story of the run leg through the streets of Emu Plains and Leony as triathletes pass through a drinks station  
PHOTOS Grant Turner

FRED FALZON'S  
ENDURANCE SPORTS

Panther Cycles

Saucony



















2WS NEPEAN TRIATHLON  
RESULTS FOR EVENT

6/12/92

NO.	NAME	CATEGORY	AGE	SWIM	OVER CLASS -ALL POSN.	CYCLE	OVER CLASS -ALL POSN.	RUN	OVER CLASS -ALL POSN.	TOTAL	OVER CLASS -ALL POSN.
1072	KENNEDY DAVIE	45 - 49 MEN	46	29:30 (688) ( 27)	1:20:00 ( 730) ( 35)	1:20:54 ( 793) ( 40)	3:10:24 ( 802) ( 39)				
1073	CONNOLLY JOHN	40 - 44 MEN	44	30:50 ( 740) ( 74)	1:23:30 ( 767) ( 87)	1:16:50 ( 774) ( 89)	3:11:10 ( 803) ( 90)				
829	ALLEN JEFFERY	45 - 49 MEN	46	32:00 ( 780) ( 37)	1:27:10 ( 799) ( 41)	1:13:00 ( 744) ( 37)	3:12:10 ( 804) ( 40)				
118	EVERY BRENDA	45 AND OVER WD	64	36:10 ( 845) ( 6)	1:24:40 ( 780) ( 5)	1:11:56 ( 730) ( 6)	3:12:46 ( 805) ( 6)				
361	SEGAL COLIN	35 - 39 MEN	39	30:00 ( 712) ( 79)	1:25:20 ( 786) ( 101)	1:17:42 ( 779) ( 105)	3:13:02 ( 806) ( 107)				
455	WHITE PAUL	19 AND UNDER M	16	29:00 ( 667) ( 50)	1:18:50 ( 714) ( 59)	1:25:20 ( 805) ( 58)	3:13:10 ( 807) ( 60)				
1024	MENSFORTH PAUL	25 - 29 MEN	26	26:50 ( 550) ( 115)	1:22:40 ( 758) ( 139)	1:24:31 ( 802) ( 144)	3:14:01 ( 808) ( 147)				
128	M GUINN SUSANNE	30 - 34 WOMEN	30	26:50 ( 550) ( 6)	0 ( 0) ( 0)	0 ( 0) ( 0)	3:14:07 ( 809) ( 13)				
924	JONES A	30 - 34 MEN	34	29:50 ( 704) ( 115)	1:28:10 ( 804) ( 130)	1:16:26 ( 771) ( 128)	3:14:26 ( 810) ( 134)				
758	SMITH KEVIN	25 - 29 MEN	28	36:00 ( 842) ( 156)	1:24:00 ( 774) ( 142)	1:14:27 ( 757) ( 140)	3:14:27 ( 811) ( 148)				
116	KENNEDY PATRICIA	25 - 29 WOMEN	29	26:30 ( 521) ( 13)	1:32:10 ( 818) ( 19)	1:16:05 ( 770) ( 14)	3:14:45 ( 812) ( 16)				
1060	SHAUGHNESSY TIM	35 - 39 MEN	37	44:30 ( 866) ( 109)	1:23:00 ( 763) ( 97)	1:08:14 ( 666) ( 88)	3:15:44 ( 813) ( 108)				
411	TAYLOR DARREN	25 - 29 MEN	26	29:50 ( 704) ( 141)	1:29:50 ( 811) ( 149)	1:17:31 ( 777) ( 143)	3:17:11 ( 814) ( 149)				
715	SMITH MICHAEL	45 - 49 MEN	47	35:10 ( 837) ( 44)	1:24:20 ( 777) ( 38)	1:18:24 ( 785) ( 39)	3:17:54 ( 815) ( 41)				
251	BLACK DUNCAN	20 - 24 MEN	20	24:10 ( 337) ( 67)	1:23:30 ( 767) ( 113)	1:30:32 ( 810) ( 113)	3:18:12 ( 816) ( 116)				
508	CORIN JOHN	50 - 54 MEN	50	35:30 ( 839) ( 12)	1:25:10 ( 785) ( 10)	1:17:35 ( 778) ( 9)	3:18:15 ( 817) ( 10)				
1081	TEW IAN	35 - 39 MEN	36	30:10 ( 715) ( 81)	1:25:40 ( 789) ( 102)	1:23:05 ( 798) ( 108)	3:18:55 ( 818) ( 109)				
143	LAW JANE	35 - 39 WOMEN	38	31:20 ( 762) ( 6)	1:22:50 ( 761) ( 6)	1:24:46 ( 803) ( 8)	3:18:56 ( 819) ( 8)				
68	GILBERT SUE	25 - 29 WOMEN	29	27:30 ( 579) ( 17)	1:29:10 ( 808) ( 17)	1:22:17 ( 797) ( 16)	3:18:57 ( 820) ( 17)				
743	KONEMANN COLIN	35 - 39 MEN	36	40:50 ( 861) ( 107)	1:20:00 ( 730) ( 94)	1:18:20 ( 783) ( 106)	3:19:10 ( 821) ( 110)				
94	ROCHE PHILLIPPA	30 - 34 WOMEN	30	27:10 ( 565) ( 8)	1:24:30 ( 778) ( 11)	1:27:37 ( 808) ( 14)	3:19:17 ( 822) ( 14)				
703	HEPWORTH DAVID	45 - 49 MEN	46	32:10 ( 786) ( 38)	1:27:00 ( 798) ( 40)	1:21:29 ( 795) ( 42)	3:20:39 ( 823) ( 42)				
159	KORDEK GRAZYNA	19 AND UNDER W	15	27:00 ( 561) ( 3)	1:30:50 ( 813) ( 3)	1:23:34 ( 801) ( 2)	3:21:24 ( 824) ( 3)				
789	BUTTERFIELD GRANT	20 - 24 MEN	23	34:10 ( 825) ( 121)	1:31:50 ( 816) ( 115)	1:15:45 ( 769) ( 112)	3:21:45 ( 825) ( 117)				
884	WISE PETER	30 - 34 MEN	32	49:10 ( 867) ( 141)	1:17:30 ( 692) ( 11)	1:15:25 ( 765) ( 126)	3:22:05 ( 826) ( 135)				
768	ALLEN GREGORY	30 - 34 MEN	32	30:40 ( 738) ( 120)	1:23:30 ( 767) ( 126)	1:28:47 ( 809) ( 130)	3:22:57 ( 827) ( 136)				
464	RIGBY ROBERT	19 AND UNDER M	16	34:20 ( 829) ( 61)	1:18:00 ( 699) ( 57)	1:30:37 ( 811) ( 59)	3:22:57 ( 827) ( 61)				
92	O HARE LIZ	30 - 34 WOMEN	30	31:50 ( 771) ( 14)	1:33:50 ( 825) ( 14)	1:19:19 ( 786) ( 13)	3:24:59 ( 830) ( 15)				
811	ROSS PHILIP	40 - 44 MEN	43	37:30 ( 850) ( 91)	1:28:10 ( 804) ( 91)	1:19:34 ( 787) ( 90)	3:25:14 ( 831) ( 91)				
119	LATTOUF KATHERYNE	25 - 29 WOMEN	29	29:30 ( 688) ( 19)	1:29:30 ( 809) ( 18)	1:26:16 ( 806) ( 17)	3:25:16 ( 832) ( 18)				
542	ANDERSON JAMES	45 - 49 MEN	45	31:00 ( 749) ( 33)	1:30:50 ( 813) ( 43)	1:23:29 ( 799) ( 43)	3:25:19 ( 833) ( 43)				
593	BEVAN RAY	50 - 54 MEN	52	31:50 ( 771) ( 11)	1:22:10 ( 750) ( 9)	1:32:35 ( 813) ( 11)	3:26:35 ( 834) ( 11)				
587	BAIRD CRAIG	20 - 24 MEN	23	26:00 ( 489) ( 90)	1:04:00 ( 233) ( 48)	1:57:20 ( 819) ( 114)	3:27:20 ( 835) ( 118)				
1044	HALL JIM	25 - 29 MEN	27	28:30 ( 643) ( 133)	1:25:50 ( 793) ( 147)	1:33:35 ( 814) ( 145)	3:27:55 ( 836) ( 150)				
610	BOIDIN DAMIEN	30 - 34 MEN	31	34:00 ( 820) ( 133)	1:36:40 ( 827) ( 132)	1:17:42 ( 779) ( 129)	3:28:22 ( 837) ( 137)				
605	GRAHAM PETER	40 - 44 MEN	44	41:30 ( 863) ( 95)	1:33:00 ( 822) ( 92)	1:14:44 ( 762) ( 86)	3:29:14 ( 838) ( 92)				
60	BELL ROBYN	25 - 29 WOMEN	26	31:00 ( 749) ( 20)	1:25:40 ( 789) ( 16)	1:40:36 ( 817) ( 18)	3:37:16 ( 839) ( 19)				
573	DAVIES GREG	40 - 44 MEN	42	31:20 ( 762) ( 78)	1:33:40 ( 824) ( 93)	1:32:31 ( 812) ( 92)	3:37:31 ( 840) ( 93)				
646	MCKENZIE TED	50 - 54 MEN	50	39:50 ( 860) ( 14)	1:38:30 ( 829) ( 12)	1:27:18 ( 807) ( 10)	3:45:38 ( 841) ( 12)				
807	BLAMIRIS DAVID	50 - 54 MEN	53	38:10 ( 855) ( 13)	1:32:50 ( 820) ( 11)	1:37:59 ( 816) ( 12)	3:48:59 ( 842) ( 13)				
583	JARJOURA DAVID	30 - 34 MEN	31	35:30 ( 839) ( 136)	1:38:10 ( 828) ( 133)	1:42:37 ( 818) ( 131)	3:56:17 ( 843) ( 138)				
902	PARKER CHRIS	45 - 49 MEN	45	52:00 ( 868) ( 46)	1:32:50 ( 820) ( 44)	1:33:44 ( 815) ( 44)	3:58:34 ( 844) ( 44)				
481	THOMPSON DAVID	20 - 24 MEN	20	21:20 ( 136) ( 29)	1:07:50 ( 375) ( 67)	2:37:42 ( 820) ( 115)	4:06:52 ( 845) ( 119)				
1079	PATEMAN DARREN	25 - 29 MEN	26	23:00 ( 245) ( 52)	1:07:00 ( 335) ( 63)	4:00:36 ( 821) ( 146)	5:30:36 ( 846) ( 151)				

# CONGRATULATIONS TO ALL FINISHERS



## **THANK YOU**

**The race committee would like to thank the following people and organisations for contributing to the success of the 1992 2WS NEPEAN TRIATHLON:**

2WS - Greg Power and Greg Hendricks  
SWB COMMUNITY CREDIT UNION - Warren Andrews  
PANTHERS - Roger Cowan  
SAUCONY - Sheldon Pozniak and Jim Mellan  
FRED FALZON ENDURANCE SPORTS - Fred and Donna Falzon  
PANTHER CYCLES - Mark Ross  
FAYE LO PO - State Member for Penrith, Patron of the Race  
DR TONY BOWDEN - Race Medical Director  
DR MARK GRAYDEN - Race Medical Director  
DR BILL GAYED - Mayor of the City of Penrith  
RTA SYDNEY REGION - Bob Morris and staff  
THOMAS MARSDEN ADVERTISING - Phil Morehead  
PENRITH CITY COUNCIL - Raffael Collins & Staff  
PENRITH POLICE  
AUSSI BINS - Jim Aiken  
THE RUNNERS SHOP, PARRAMATTA - Robert Sharp  
ANTON OHNUT - Computerisation  
GKN RENTAL - Joe Gauci and Mat Hardy  
PANTHERS TRIATHLON CLUB  
MASTERS RENTAL - Fridges  
NICK REED -  
MICHAEL DUNN - JT AUSTRALIA  
RON RICARDSON AND THE PANTHERS TRIATHLON CLUB  
FAIRMONT RESORT, LEURA  
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**All proceeds on the day are distributed to the following organisations who help control the event on race day:**

Penrith Red Cross	Emu Plains Little Athletics
Penrith SES	Yamaha Motor Cycle Club
Emu Plains Netball	Penrith City Band
Panthers Cycle Club	Emu Plains Cricket Club
Blue Mountains Joggers	South Penrith Girl Guides
Emu Plains Girl Guides	NSW Scout Badges Club
Penrith Girl Guides	Friends of the Q Theatre
Emu Plains Scouts	Penrith Bush Fire Brigade

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## **SWIM LEG**

The race committee contracts out the setting up and marshalling of the swim leg of the triathlon to Mark Pringle's Prestige Aquatic Services Pty Ltd. Mark apologises for the long swim which was due to human error on the day. He would like to assure all competitors that the swim next year will be accurately measured.

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