

Pembrokeshire Duathlon 2008 (Neyland)**25th May 2008****5k run / 22k bike / 2.5k run****Individual Results**

Pos	First	Name	No	Club/Team	Cat	Run 1 + T1	Bike	Run 2 + T2	Total
1	Oliver	Simon	52		OM	00:19:10	00:35:37	00:10:48	01:05:35
2	Jack	Loveday	34	University of Plymouth	OM	00:19:22	00:36:41	00:10:09	01:06:12
3	Patrick	Martin	35	Pembs Tri	OM	00:19:09	00:36:26	00:10:59	01:06:34
4	Steve	Morris	38	Pencoed Tri	OM	00:19:37	00:36:39	00:10:35	01:06:51
5	Lester	Hewitson	26	Ingli Runners	VM	00:19:08	00:37:42	00:11:14	01:08:04
6	Rhiannon	Ace	1	Pembs Tri	OF	00:19:07	00:38:39	00:10:48	01:08:34
7	Darren	Evans	63	Pembs Tri	OM	00:19:35	00:38:15	00:11:30	01:09:20
8	Kevin	Griffiths	20	TROTs	VM	00:19:00	00:40:32	00:11:04	01:10:36
9	Michael	George	17	Pembs Tri	OM	00:20:06	00:39:28	00:11:46	01:11:20
10	Gareth	Davies	12	Bridgend AC	VM	00:18:49	00:42:11	00:10:34	01:11:34
11	Ben	Haine	21		OM	00:20:00	00:42:30	00:11:40	01:14:10
12	Lynn	Green	18	Pembs Tri	SVF	00:22:37	00:39:33	00:13:29	01:15:39
13	Alex	Llyat	28	Pembs Tri	OM	00:22:46	00:41:25	00:12:31	01:16:42
14	John	Capper	3		VM	00:22:41	00:41:58	00:12:06	01:16:45
15	Andy	Triggs	58		OM	00:21:58	00:42:35	00:12:34	01:17:07
16	Steve	Davies	11	Port Talbot Harriers	VM	00:24:41	00:38:29	00:14:33	01:17:43
17	Kevin	Wheeler	64		VM	00:22:45	00:42:51	00:12:20	01:17:56
18	Neil	Williams	66		OM	00:22:25	00:43:17	00:12:40	01:18:22
19	Kirsty	Murray	40	TROTs	OF	00:22:35	00:44:01	00:12:16	01:18:52
20	Michael	Lawrence	32	Pembs Harriers	SVM	00:21:09	00:46:00	00:12:36	01:19:45
21	Rhys	Harries	23		OM	00:21:20	00:46:56	00:11:35	01:19:51
22	David	Moore	36	Pembs Tri	VM	00:22:22	00:45:34	00:12:23	01:20:19
23	Kat	Driver	15	Pembs Tri	OF	00:21:50	00:46:45	00:11:50	01:20:25
24	Paul	Colman	5	Pembs Harriers	VM	00:25:20	00:41:25	00:15:14	01:21:59
25	Brian	Russell	51	Pembs Tri	SVM	00:25:19	00:44:51	00:12:25	01:22:35
26	Val	Brown	2	Pembs Tri	VF	00:24:36	00:44:02	00:14:21	01:22:59
27	Jim	Cooper	8	TROTs	SVM	00:23:45	00:46:57	00:13:25	01:24:07
28	Fiona	Davies	9	Rhondda Tri Club	SVF	00:24:32	00:46:21	00:13:34	01:24:27
29	Stuart	Hay	24		OM	00:25:01	00:46:21	00:13:35	01:24:57
30	Malcolm	Clash	4	Neyland Rowing Club	SVM	00:24:51	00:45:42	00:14:42	01:25:15
31	Peter	Thomas	56		OM	00:22:47	00:49:39	00:13:03	01:25:29
32	Stephen	Lewis	83		OM	00:24:59	00:46:24	00:14:10	01:25:33

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33	Dilwyn	Williams	65		OM	00:25:22	00:45:17	00:15:52	01:26:31
34	Clare	Williams	67	Ingli Runners	VF	00:25:53	00:47:37	00:14:42	01:28:12
35	James	Harper	22		OM	00:25:50	00:48:13	00:14:50	01:28:53
36	Ben	Perks	42		OM	00:25:52	00:48:19	00:14:42	01:28:53
37	Penny	Rees	46	TROT's	OF	00:24:50	00:51:14	00:13:41	01:29:45
38	Elsbeth	Thompson	57		VF	00:26:43	00:47:18	00:16:04	01:30:05
39	Lester	Diez	14	Pencoed Tri	OM	00:25:21	00:50:31	00:14:46	01:30:38
40	Nigel	Davies	10		VM	00:25:26	00:51:04	00:14:09	01:30:39
41	Martin	Richards	48		OM	00:26:28	00:49:04	00:18:24	01:33:56
42	Will	Richmond	49		OM	00:27:07	00:51:40	00:15:45	01:34:32
43	Andrew	Rees	45		VM	00:25:24	00:55:01	00:14:20	01:34:45
44	Vince	Stroud	53		SVM	00:26:17	00:53:32	00:15:17	01:35:06
45	Jill	Colman	6	Pembs Harriers	VF	00:28:58	00:49:29	00:17:10	01:35:37
46	Mike	Walford	62		OM	00:28:14	00:50:48	00:16:46	01:35:48
47	Leeann	Morgan	37		OF	00:30:16	00:52:05	00:15:51	01:38:12
48	Tessa	Cooper	7	TROT's	SVF	00:31:05	00:52:20	00:18:04	01:41:29
49	Jamie	Roberts	50		OM	00:26:53	00:58:29	00:16:31	01:41:53
50	Michael	Thomas	54		SVM	00:26:54	00:58:31	00:16:28	01:41:53
51	Susan	Plumb	43		SVF	00:29:26	00:55:09	00:17:24	01:41:59
52	Sonia	Thomas	55	TROT's	OF	00:27:51	00:58:14	00:16:12	01:42:17
53	Raymond	Greenwood	19		SVM	00:29:02	01:00:11	00:14:57	01:44:10
54	Johathan	Johns	30		VM	00:27:39	01:00:16	00:16:49	01:44:44
55	Liz	Dutch	16	TROT's	SVF	00:28:53	01:00:11	00:16:40	01:45:44
56	Sarah	Vesey	61		OF	00:30:10	01:00:10	00:17:55	01:48:15
57	Alison	Tudor	59		VF	00:30:17	00:59:28	00:18:36	01:48:21
58	Elizabeth	Richards	47	TROT's	OF	00:31:12	01:06:20	00:18:43	01:56:15
59	Shirley	Johns	29	Pembs Harriers	SVF	00:31:20	01:08:53	00:19:45	01:59:58
	Carol	Howard	27		SVF	00:27:17	DNF		