



TriExercise Pembrokeshire Coast Triathlon

Table with columns: Overall Pos, Cat Pos, Gender Pos, Bib No, First Name, Last Name, WC, WT No, Club, Category, Gender, Swim, Swim Pos, T1, T1 Pos, Bike, Bike Pos, T2, T2 Pos, Run, Run Pos, Finish, Comments. Contains 53 rows of athlete performance data.

54	34	46	249	Daren	Nel				Boxfit Tri Club	MO	M	28:52.9	109	00:01:06.90	54	01:20:27.85	20	00:01:24.75	183	00:55:03.70	99	02:46:56.05
55	1	47	387	Swan Inn						MREL	M	33:37.8	183	00:00:43.65	21	01:15:17.40	4	00:00:37.45	23	00:56:43.15	118	02:46:59.50
56	4	5	100	Kirsty	Murray	Yes	W1032714	Pembrokeshire Tri		FO	F	25:42.9	43	00:01:06.75	52	01:28:34.25	91	00:00:36.05	18	00:51:02.40	56	02:47:02.35
57	35	48	268	Adrian	Smith					MO	M	26:44.1	58	00:01:14.35	72	01:23:41.95	47	00:00:54.10	102	00:54:31.10	91	02:47:05.65
58	36	49	192	Alex	Chapman			Kingfisher Triathletes		MO	M	28:38.2	105	00:01:09.20	60	01:26:53.40	74	00:00:41.40	39	00:49:46.15	38	02:47:08.40
59	3	5	376	FBM				FBM		XRELC	X	26:37.0	56	00:00:41.00	9	01:27:50.95	84	00:00:38.65	25	00:51:26.80	58	02:47:14.35
60	37	50	248	Andrew	Mundy			Pencoed Tri		MO	M	28:22.1	98	00:01:40.85	113	01:26:34.90	71	00:01:03.15	137	00:50:01.05	41	02:47:42.10
61	2	51	353	Rhodri	Evans	Yes	W118766			MSV	M	25:46.0	44	00:01:06.80	53	01:27:35.20	80	00:00:47.90	73	00:52:28.85	67	02:47:44.80
62	5	6	76	Catherine	Marks					FO	F	28:27.5	101	00:01:25.30	90	01:27:08.95	78	00:00:42.80	49	00:50:37.65	53	02:48:22.20
63	12	52	319	Peter	Kellam	Yes	W1041507	Les Croupiers		MV	M	30:32.9	140	00:01:24.20	88	01:26:02.95	65	00:00:40.60	34	00:50:16.20	46	02:48:56.85
64	38	53	243	Mark	Marrin					MO	M	27:41.5	79	00:01:36.40	102	01:28:15.35	87	00:01:09.15	153	00:50:31.95	52	02:49:14.35
65	4	6	378	Harcourt Flyers				Harcourt Colourprint		XRELC	X	18:14.2	1	00:00:36.70	4	01:34:42.00	142	00:00:35.35	13	00:55:16.20	102	02:49:24.45
66	13	54	345	Stephen	Tranah	Yes	W1040313			MV	M	26:30.1	53	00:01:12.95	69	01:27:44.90	82	00:00:48.35	78	00:53:24.45	76	02:49:40.75
67	6	7	32	Elaine	Ferguson	Yes	W130336	Cardiff Tri		FO	F	27:33.2	74	00:01:07.50	56	01:25:48.85	62	00:00:47.60	70	00:54:44.10	94	02:50:01.25
68	39	55	86	Ryan	Murphy	Yes	W1042032			MO	M	29:05.9	117	00:01:27.20	91	01:25:55.45	64	00:00:47.00	67	00:52:56.85	72	02:50:12.45
69	40	56	223	Neil	Holmes	Yes	W1041648			MO	M	27:33.5	75	00:01:31.20	93	01:28:02.65	85	00:00:48.35	79	00:52:18.90	66	02:50:14.60
70	3	7	386	Pioneers				Pembrokeshire Tri		XREL	X	30:24.8	137	00:00:41.35	12	01:28:35.25	92	00:00:33.80	9	00:50:19.10	47	02:50:34.35
71	14	57	303	Mark	Edwards					MV	M	30:35.8	141	00:03:18.25	202	01:27:47.95	83	00:01:33.00	191	00:47:26.05	25	02:50:41.10
72	2	8	177	Celia	White	Yes	W1039989	Pembrokeshire Tri		FV	F	27:33.9	76	00:01:13.35	71	01:28:57.15	97	00:00:51.40	89	00:52:30.95	69	02:51:06.75
73	41	58	253	George	Payne					MO	M	26:46.4	60	00:01:50.45	130	01:26:47.95	73	00:01:05.95	144	00:55:20.50	105	02:51:51.30
74	2	59	373	Clankys						MREL	M	38:54.8	208	00:00:39.60	7	01:19:45.55	17	00:00:35.75	17	00:52:01.10	64	02:51:56.75
75	42	60	185	Andrew	Baker	Yes	W131925	Celtic Tri		MO	M	27:42.7	80	00:02:01.05	142	01:29:35.20	102	00:00:59.30	115	00:51:56.20	62	02:52:14.45
76	7	9	161	Carla	Tonks		E1035786	BADTri		FO	F	28:16.8	95	00:02:39.35	183	01:24:54.80	57	00:01:20.35	181	00:55:08.00	101	02:52:19.35
77	3	10	170	Tonia	Forsyth					FV	F	25:00.8	32	00:03:04.85	198	01:32:08.80	120	00:01:18.70	175	00:51:12.35	57	02:52:45.50
78	43	61	215	Chris	Hall			Boxfit Tri Club		MO	M	28:50.0	107	00:01:25.20	89	01:26:32.20	70	00:01:11.45	160	00:55:00.40	98	02:52:59.25
79	15	62	286	Robin	Baker			Fishguard Tri Group		MO	M	28:01.8	93	00:01:23.80	86	01:29:36.10	103	00:01:01.95	131	00:53:22.20	75	02:53:25.90
80	16	63	336	Jason	Smith					MV	M	28:55.2	111	00:02:49.95	194	01:27:37.65	81	00:00:53.60	98	00:53:26.55	78	02:53:42.95
81	4	11	174	Jane	Lewis	Yes	W1031693			FV	F	28:21.3	97	00:01:00.65	42	01:30:25.85	108	00:00:45.35	63	00:53:25.95	77	02:53:59.15
82	17	64	340	Jason	Taylor			NEWT		MV	M	24:59.1	29	00:01:34.05	97	01:30:01.10	106	00:00:54.35	103	00:56:44.30	120	02:54:12.95
83	44	65	273	Ryan	Thomas			Pembrokeshire Tri		MO	M	32:50.8	172	00:01:43.20	119	01:24:16.15	53	00:00:45.30	62	00:54:57.60	97	02:54:33.05
84	1	66	369	Charles	Cowan	Yes	W124623			MVV	M	29:39.1	122	00:02:09.35	154	01:24:48.30	55	00:01:08.65	152	00:56:52.00	123	02:54:37.35
85	18	67	320	Nick	Lansdowne	Yes	W137272			MV	M	26:44.5	59	00:01:14.65	73	01:30:53.05	113	00:00:41.15	38	00:55:32.55	111	02:55:05.90
86	45	68	247	Anthony	Morgan					MO	M	27:28.1	70	00:02:38.50	180	01:32:57.10	128	00:01:23.25	182	00:50:45.20	54	02:55:12.20
87	46	69	228	Tom	Jones					MO	M	27:50.8	85	00:01:23.00	84	01:28:31.95	89	00:01:01.10	127	00:56:49.90	122	02:55:36.70
88	2	70	368	Paul	Belcher	Yes	W2563	Atlantic College		MVV	M	28:36.9	104	00:01:18.50	77	01:32:38.70	124	00:01:10.00	156	00:52:30.20	68	02:56:14.25
89	3	71	364	Peter	Thomas	Yes	W1040214	NEWT		MSV	M	29:54.3	128	00:01:05.60	48	01:29:31.35	101	00:00:58.30	112	00:54:53.95	96	02:56:23.55
90	5	12	175	Debbie	Phillips			Pembrokeshire Velo		FV	F	31:03.5	147	00:02:06.40	149	01:27:05.95	76	00:01:00.45	123	00:55:21.10	106	02:56:37.45
91	47	72	271	Andrew	Sutton			Acanthus Holden Architects		MO	M	29:37.9	121	00:02:08.70	152	01:25:38.30	61	00:00:50.50	85	00:58:24.65	133	02:56:40.00
92	19	73	341	Craig	Thomas					MV	M	26:53.5	63	00:01:48.70	126	01:25:49.10	63	00:01:02.85	134	01:01:14.55	152	02:56:48.75
93	48	74	214	James	Gwyther					MO	M	30:20.1	136	00:01:08.20	57	01:28:32.30	90	00:00:45.15	61	00:56:12.30	115	02:56:58.05
94	4	75	349	Malcolm	Clash	Yes	W1041237	Pembrokeshire Tri		MSV	M	34:07.0	187	00:01:20.20	81	01:28:43.65	94	00:00:42.60	47	00:52:14.10	65	02:57:07.60
95	20	76	306	Gary	Flower			Llantrisant Triathlon Club		MV	M	27:48.4	83	00:02:30.50	173	01:31:24.00	115	00:01:13.55	165	00:54:30.60	88	02:57:27.05
96	21	77	339	Mike	Tate			Celtic Tri		MV	M	30:16.7	134	00:01:36.70	104	01:30:18.20	107	00:00:40.70	35	00:54:49.05	95	02:57:41.40
97	49	78	256	Christopher	price	Yes	W1035310	Marton Civil Engineering Ltd		MO	M	25:10.5	34	00:00:43.30	18	01:24:52.20	56	00:00:37.35	22	01:06:38.50	180	02:58:01.80
98	22	79	314	John	Hughes	Yes	W126864	Rhondda Tri		MV	M	28:49.1	106	00:01:50.30	129	01:24:01.80	51	00:01:20.10	180	01:02:03.60	158	02:58:04.90
99	23	80	344	David	Thompson	Yes	W1037865	Pencoed Tri		MV	M	32:06.5	162	00:01:36.65	103	01:27:00.65	75	00:01:04.75	140	00:56:23.10	116	02:58:11.60
100	50	81	264	Nigel	Shires			Cardiff Tri		MO	M	29:49.7	126	00:01:33.20	96	01:30:32.85	110	00:01:02.75	133	00:55:19.35	103	02:58:17.90
101	24	82	311	Martin	Harris	Yes	W1040173	Team Courgette		MV	M	28:51.3	108	00:01:49.95	127	01:28:06.50	86	00:00:54.00	100	00:58:57.90	137	02:58:39.65
102	25	83	301	Gary	Davies	Yes	W1038954			MV	M	36:26.1	200	00:01:12.50	68	01:28:59.15	98	00:00:49.05	83	00:51:28.05	59	02:58:54.80
103	26	84	330	David	Price					MV	M	25:02.2	33	00:01:52.40	132	01:37:27.45	164	00:01:28.40	187	00:53:12.90	73	02:59:03.30
104	27	85	304	Nick	Elliott					MV	M	29:52.9	127	00:01:56.55	135	01:33:01.55	130	00:00:53.60	99	00:53:32.20	79	02:59:16.80
105	28	86	309	Richard	Graham					MV	M	27:59.0	91	00:02:43.60	188	01:33:22.60	134	00:01:18.00	173	00:54:30.70	89	02:59:53.85
106	8	13	163	Katy	Vose					FO	F	32:59.7	177	00:02:24.85	171	01:28:45.20	95	00:00:47.15	68	00:55:07.25	100	03:00:04.15
107	51	87	281	James	White					MO	M	30:26.0	138	00:01:43.55	120	01:31:34.85	116	00:00:56.50	107	00:55:41.10	112	03:00:22.05
108	52	88	213	David	Gunthorpe	Yes	W120367	Cardiff Tri		MO	M	28:27.7	102	00:03:31.90	206	01:29:43.30	104	00:00:52.55	94	00:57:50.20	128	03:00:25.65
109	5	8	390	The Love Triangle				Coast & County Holidays		XRELC	X	25:42.1	42	00:00:42.55	15	01:35:03.30	146	00:00:35.35	14	00:58:23.20	132	03:00:26.45
110	53	89	226	Alex	Ilyat	Yes	W124672	Pembrokeshire Tri		MO	M	28:54.7	110	00:01:21.70	83	01:29:24.65	99	00:00:43.65	51	01:00:09.35	146	03:00:34.10
111	4	9	374	Cycle Babble						XREL	X	33:30.3	182	00:00:43.50	20	01:32:08.60	119	00:00:44.55	58	00:53:42.50	80	03:00:49.45
112	54	90	191	Jonathan	Bury					MO	M	27:53.5	87	00:01:57.70	137	01:35:31.15	149	00:00:59.85	120	00:54:35.85	92	03:00:58.05
113	55	91																				

121	56	97	210	Jack	Gilbert				MO	M	26:34.5	55	00:01:15.15	75	01:44:09.30	192	00:00:51.70	90	00:49:54.40	39	03:02:45.05	
122	57	98	276	Adam	Wardle			Cardiff Tri	MO	M	26:21.1	51	00:02:04.35	145	01:34:19.55	139	00:01:15.45	170	00:59:12.10	139	03:03:12.50	
123	1	99	182	Charles	George				MJ	M	29:45.4	124	00:01:36.15	101	01:36:17.95	152	00:00:55.60	105	00:54:43.80	93	03:03:18.95	
124	58	100	221	Matt	Hilton			14th Sig Regt (EW)	MO	M	30:36.4	142	00:01:41.85	116	01:37:41.80	167	00:00:36.05	19	00:52:50.00	71	03:03:26.05	
125	59	101	280	Rhys	Wheeler				MO	M	28:26.6	100	00:02:32.25	175	01:27:07.00	77	00:01:27.75	186	01:03:54.50	166	03:03:28.10	
126	32	102	328	David	O'Neill			Pembrokeshire Harriers	MV	M	36:49.6	201	00:01:04.10	46	01:33:16.30	133	00:00:51.20	87	00:51:32.70	60	03:03:33.90	
127	33	103	317	Pete	Jones				MV	M	32:07.6	163	00:02:42.30	186	01:33:35.80	136	00:01:16.55	172	00:54:30.75	90	03:04:13.00	
128	60	104	236	Ben	Lomax	E1035575		BCTTT	MO	M	24:32.0	23	00:02:11.60	157	01:35:25.75	148	00:01:00.05	122	01:01:41.10	155	03:04:50.45	
129	1	105	377	Acanthus Holden Architects				Acanthus Holden Architects	MRELC	M	28:12.7	94	01:41:49.10	218							03:04:54.20	Chip On Wrist
130	6	11	379	Harcourt Tryers				Harcourt Colourprint	XRELC	X	22:47.6	16	00:00:45.20	25	01:43:38.00	190	00:00:39.65	28	00:57:30.65	125	03:05:21.05	
131	61	105	184	William	Allan				MO	M	30:10.5	132	00:02:06.95	150	01:34:56.25	145	00:00:59.85	119	00:57:34.25	126	03:05:47.80	
132	7	106	350	Martin	Davies	Yes	W1033112	NEWT	MSV	M	35:26.7	196	00:02:28.05	172	01:39:57.25	177	00:00:57.70	111	00:47:05.15	22	03:05:54.85	
133	34	107	296	Sean	Davey			Caerleon Running Club	MV	M	33:29.7	181	00:02:38.95	181	01:30:32.30	109	00:01:15.15	168	00:58:01.05	129	03:05:57.15	
134	35	108	333	Gareth	Rees			Tenby Aces	MV	M	35:01.3	190	00:02:14.95	161	01:23:59.70	50	00:01:12.45	162	01:03:31.35	164	03:05:59.75	
135	36	109	302	Andrew	Deans	Yes	W118481	Cardiff Tri	MV	M	26:49.5	62	00:02:07.25	151	01:34:07.80	138	00:00:50.90	86	01:02:52.20	161	03:06:47.65	
136	62	110	244	James	McNamara				MO	M	30:07.5	131	00:01:38.60	107	01:32:57.30	129	00:00:54.05	101	01:01:22.60	154	03:07:00.05	
137	37	111	294	Nick	Chilton				MV	M	32:00.0	159	00:01:40.70	112	01:35:03.50	147	00:01:05.10	142	00:57:26.70	124	03:07:15.95	
138	38	112	288	Rob	Barker			Pembrokeshire Tri	MV	M	33:38.5	184	00:01:43.15	118	01:30:35.10	111	00:00:45.10	60	01:00:40.25	147	03:07:22.15	
139	63	113	259	Guiseppe	Quinn			Pembrokeshire Tri	MO	M	32:56.2	176	00:01:35.80	100	01:35:32.55	150	00:01:18.00	174	00:56:07.40	114	03:07:30.00	
140	8	114	351	Chris	Davies	Yes	W1035251	NEWT	MSV	M	36:11.7	199	00:01:58.60	139	01:34:40.90	141	00:00:44.20	55	00:53:58.60	85	03:07:34.05	
141	64	115	239	Evan	MacRae				MO	M	30:01.4	129	00:01:53.40	133	01:31:14.05	114	00:01:10.50	158	01:03:27.45	163	03:07:46.85	
142	65	116	254	Timothy	Plumb			JNT	MO	M	30:43.8	144	00:02:49.95	195	01:31:59.00	118	00:02:19.05	211	01:00:40.40	148	03:08:32.20	
143	66	117	189	Mark	Boden				MO	M	27:59.3	92	00:02:54.85	197	01:40:16.55	178	00:00:51.30	88	00:56:44.10	119	03:08:46.10	
144	39	118	335	Shaun	Sinclair			Pembrokeshire Tri	MV	M	29:23.7	120	00:00:54.10	34	01:33:56.40	137	00:01:08.60	151	01:03:53.30	165	03:09:16.15	
145	9	119	361	Jon	Phillips			Pembrokeshire Velo	MSV	M	31:07.5	149	00:01:44.55	123	01:28:39.85	93	00:01:01.25	129	01:07:06.70	184	03:09:39.80	
146	67	120	219	David	Hawkins	Yes	W1042422	Pembrokeshire Velo	MO	M	28:34.1	103	00:02:43.25	187	01:28:46.20	96	00:00:58.85	114	01:08:37.50	190	03:09:39.90	
147	68	121	269	John	Sture				MO	M	32:50.8	173	00:02:18.20	163	01:31:55.40	117	00:01:58.00	207	01:00:48.00	150	03:09:50.45	
148	6	15	168	Karine	Davies			Pembrokeshire Tri/CD Training	FV	F	28:59.0	112	00:03:09.10	199	01:44:44.05	194	00:01:02.15	132	00:51:59.80	63	03:09:54.10	
149	10	16	22	Katherine	Devonald				FO	F	27:49.0	84	00:01:09.50	62	01:33:05.30	132	00:00:48.30	76	01:07:14.10	186	03:10:06.25	
150	7	17	172	Hilary	Hillhouse	Yes	W136674	Kingfisher Triathletes	FV	F	32:52.0	174	00:01:15.00	74	01:37:02.40	158	00:00:59.80	118	00:58:10.40	131	03:10:19.55	
151	8	18	176	Maria	Prout	Yes	W1030740		FV	F	30:04.9	130	00:01:19.20	79	01:38:51.25	176	00:00:48.30	77	00:59:32.90	141	03:10:36.50	
152	40	122	310	Mike	Griffiths	Yes	W119432	Team Deviant	MV	M	27:56.0	88	00:03:48.30	208	01:37:06.60	160	00:02:32.90	213	00:59:56.90	142	03:11:20.65	
153	3	123	389	The Dynamic Duo					MREL	M	41:32.0	213	00:03:16.60	201	01:37:02.50	159	00:00:32.15	6	00:49:08.65	36	03:11:31.95	
154	69	124	238	Alex	Lord				MO	M	27:43.7	81	00:02:13.20	158	01:45:09.45	195	00:01:10.70	159	00:55:23.05	108	03:11:40.10	
155	70	125	267	Mike	Slack			Bluestone Resorts Ltd	MO	M	26:06.1	46	00:02:03.30	143	01:38:32.65	175	00:00:25.30	1	01:05:25.85	174	03:12:33.15	
156	71	126	255	Jason	Powell				MO	M	38:20.4	207	00:02:44.50	192	01:32:12.85	122	00:01:19.00	177	00:58:04.00	130	03:12:40.75	
157	1	19	180	Christina	Smith	Yes	W1030956	Celtic Tri	FSV	F	35:13.6	195	00:02:11.05	156	01:38:04.70	170	00:01:29.35	188	00:56:04.25	113	03:13:02.95	
158	11	20	150	Karen	Thomson			14th Sig Regt (EW)	FO	F	29:46.8	125	00:02:00.40	141	01:43:22.10	189	00:01:16.15	171	00:56:48.90	121	03:13:14.30	
159	72	127	199	Alex	Dempster			Pembrokeshire Tri	MO	M	31:32.7	152	00:02:09.05	153	01:37:48.95	168	00:01:00.95	126	01:00:45.05	149	03:13:16.70	
160	73	128	245	Matt	Mead				MO	M	33:06.3	179	00:02:16.95	162	01:37:06.80	161	00:01:06.80	147	01:00:05.45	145	03:13:42.30	
161	9	21	178	Clare	Williams			Pembrokeshire Tri	FV	F	33:16.1	180	00:02:23.05	169	01:38:30.35	173	00:01:05.20	143	00:58:39.80	134	03:13:54.55	
162	74	129	230	Dan	Kings				MO	M	32:26.9	167	00:01:23.30	85	01:37:13.55	162	00:00:50.45	84	01:02:02.10	157	03:13:56.35	
163	12	22	20	Heather	Dennis				FO	F	27:58.3	90	00:01:48.60	125	01:36:40.55	155	00:01:12.30	161	01:06:59.40	182	03:14:39.15	
164	41	130	313	Steven	Hobley			Hafod Masters	MV	M	32:14.9	166	00:01:33.10	95	01:37:49.55	169	00:01:01.15	128	01:02:08.25	159	03:14:46.95	
165	42	131	318	John David	Jones			Rhondda Tri	MV	M	29:11.3	119	00:02:22.40	167	01:37:27.05	163	00:01:36.25	195	01:04:22.60	169	03:14:59.55	
166	75	132	202	Richard	Elgar	Yes	W1041111	NEWT	MO	M	31:45.0	156	00:01:41.95	117	01:34:55.10	144	00:00:59.90	121	01:06:05.30	177	03:15:27.30	
167	43	133	289	Simon	Batty				MV	M	34:58.2	189	00:02:41.60	185	01:33:32.80	135	00:01:58.00	208	01:02:21.60	160	03:15:32.25	
168	44	134	291	Andrew	Bilos				MV	M	32:38.5	169	00:02:05.15	147	01:32:52.90	127	00:00:56.10	106	01:07:06.80	185	03:15:39.45	
169	4	135	377	Gwaun Valley Hopefuls				Pembrokeshire Tri	MREL	M	27:40.8	78	00:00:41.80	13	01:46:37.60	198	00:00:44.50	57	01:00:04.10	144	03:15:48.85	
170	10	136	367	Mark	Youde	E8297		Pembrokeshire Tri	MSV	M	33:05.7	178	00:01:34.30	98	01:36:13.00	151	00:00:51.75	91	01:04:06.90	167	03:15:51.65	
171	6	12	136	BodyWorks Machines				Team Deviant	XREL	X	23:51.1	20	00:00:36.55	3	01:40:36.25	181	00:01:08.25	150	01:09:56.00	193	03:16:08.10	
172	76	137	207	Sanjay	Farmahan				MO	M	32:09.3	164	00:03:27.25	205	01:33:02.05	131	00:01:13.10	164	01:07:01.70	183	03:16:53.40	
173	45	138	297	Bill	Davies	Yes	W1038789	Toro CSC	MV	M	31:15.0	150	00:01:09.25	61	01:42:31.15	185	00:00:48.70	81	01:01:14.00	151	03:16:58.15	
174	1	23	383	Not A Tractor					FREL	F	31:54.4	158	00:00:40.25	8	01:42:30.30	184	00:00:38.80	27	01:01:15.55	153	03:16:59.35	
175	46	139	332	Matthew	Reed				MV	M	39:40.0	211	00:04:01.55	209	01:32:10.70	121	00:01:50.80	205	00:59:22.95	140	03:17:06.00	
176	13	24	124	Hiroko	Tagashira	W1038331		Cardiff Tri	FO	F	32:00.2	160	00:01:39.40	110	01:40:40.35	182	00:00:47.70	71	01:01:59.70	156	03:17:07.30	
177	11	140	357	Hugh	James				MSV	M	29:02.3	114	00:02:35.55	178	01:38:19.40	171	00:01:33.25	192	01:07:37.35	187	03:19:07.85	
178	10	25	165	Rhian	Bruce				FV	F	30:47.1	145	00:02:34.65	177	01:40:16.85	179	00:01:06.55	146	01:04:37.85	171	03:19:22.95	
179	47	141	338	Karl	Sutton			Pembrokeshire Tri	MV	M	28:23.1	99	00:01:50.10	128	01:37:32.75	166	00:00:59.50	117	01:10:47.95	195	03:19:33.40	
180	77	142	251	Simon	O'Neill				MO	M	30:38.9	143	00:04:29.35	214	01:43:05.90	187	00:02:07					



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