



TriExercise Pembrokeshire Coast Triathlon

## 2014 Results



TriExercise Pembrokeshire Coast Triathlon

Overall Pos	Bib No	First Name/Team Name	Last Name	Club	Category	Gender	Swim	Swim Pos	T1	T1 Pos	Bike	Bike Pos	T2	T2 Pos	Run	Run Pos	Finish	Category Pos	Gender Pos	Comments
1	111	Oliver	Simon	Tri Exercise / Team NBCC	MS	M	19:16.9	1	00:00:51.50	16	01:11:26.70	1	00:00:43.95	38	00:40:20.90	2	02:12:40.00	1	1	
2	112	Ross	Simpson	Urban Cyclery Swansea	MS	M	20:46.9	4	00:00:40.00	3	01:14:19.10	3	00:00:32.90	6	00:42:24.30	7	02:18:43.20	2	2	
3	63	Tom	Foster	Cardiff Tri / WhittleFit	MS	M	24:27.2	24	00:00:53.30	20	01:14:04.95	2	00:00:34.35	10	00:40:41.60	4	02:20:41.40	3	3	
4	234	Team NBCC		Team NBCC	RTM	N	24:54.0	31	00:00:47.85	11	01:15:02.25	7	00:00:31.70	3	00:39:31.60	1	02:20:47.35	1	1	
5	170	David	Murray	Pencoed Tri	MV	M	19:53.5	2	00:01:06.80	36	01:14:47.50	5	00:00:46.85	50	00:45:01.20	17	02:21:35.85	1	4	
6	57	Robert	Dyde	Pembrokeshire Tri	MS	M	27:51.4	95	00:01:07.10	37	01:14:44.00	4	00:00:38.75	18	00:42:02.20	6	02:26:23.45	4	5	
7	121	Lyndon	Wake		MS	M	21:55.0	5	00:00:57.50	25	01:18:03.70	13	00:00:39.25	21	00:45:16.60	18	02:26:52.05	5	6	
8	78	Leigh	Jones	Cyclone Cycles	MS	M	25:28.6	42	00:01:04.80	33	01:15:50.35	9	00:00:42.40	32	00:44:23.15	14	02:27:29.30	6	7	
9	235	Team WhittleFit			RTM	N	23:13.6	7	00:01:23.85	57	01:20:34.10	30	00:00:39.85	22	00:41:56.40	5	02:27:47.80	2	2	
10	60	Rhys	Evans	Army Triathlon Association	MS	M	24:49.9	29	00:00:59.60	30	01:17:56.90	12	00:00:32.00	4	00:44:45.60	16	02:29:03.95	7	8	
11	252	West Coast Triathlon		West Coast Triathlon	RTX	N	25:20.0	41	00:00:46.65	9	01:15:51.40	10	00:00:29.60	1	00:46:48.10	26	02:29:15.70	1	3	
12	116	Eliot	Taylor	Hereford Tri	MS	M	25:18.5	39	00:01:11.25	42	01:19:38.90	23	00:00:30.80	2	00:42:48.80	9	02:29:28.25	8	9	
13	191	Andrew	Wright	Celtic Tri	MV	M	26:08.6	51	00:01:21.35	52	01:19:52.35	24	00:00:40.85	25	00:43:22.60	12	02:31:25.80	2	10	
14	98	Rhys	Payne		MS	M	24:07.4	16	00:01:49.60	102	01:14:47.50	6	00:01:02.30	111	00:49:46.35	45	02:31:33.15	9	11	
15	67	Mike	Griffiths	NEWT	MS	M	26:52.7	64	00:01:26.25	59	01:20:20.10	26	00:00:55.25	85	00:42:39.35	8	02:32:13.65	10	12	
16	62	Heddwyn	Evans	Emlyn Flyers	MS	M	27:04.6	69	00:01:08.95	41	01:20:31.20	29	00:00:47.80	58	00:42:51.05	10	02:32:23.60	11	13	
17	174	Michael	Pfeiffer	Hereford Tri	MV	M	27:27.9	81	00:01:44.30	91	01:19:28.95	20	00:00:55.25	84	00:43:09.90	11	02:32:46.25	3	14	
18	157	Gareth	Harvey	Whitmore Bay Surf Lifesavers	MV	M	25:15.4	38	00:01:46.70	93	01:21:31.00	36	00:00:39.05	19	00:46:20.55	23	02:35:32.75	4	15	
19	70	Matt	Hole		MS	M	23:53.6	12	00:01:58.10	116	01:22:58.35	55	00:01:53.00	201	00:45:22.55	20	02:36:05.55	12	16	
20	94	Jamie	Naughton		MS	M	23:47.6	10	00:01:34.85	70	01:22:52.00	52	00:00:54.60	82	00:48:11.90	28	02:37:20.95	13	17	
21	100	Ben	Phillips		MS	M	23:52.3	11	00:01:49.75	103	01:18:37.95	15	00:01:00.65	108	00:52:14.10	71	02:37:34.75	14	18	
22	61	Owen	Evans		MS	M	26:01.6	48	00:02:08.95	129	01:24:23.70	64	00:00:59.10	101	00:44:08.30	13	02:37:41.60	15	19	
23	147	Neil	Davies	Rhondda Tri	MV	M	26:06.5	49	00:01:11.85	43	01:18:49.00	16	00:00:51.20	67	00:50:47.70	53	02:37:46.30	5	20	
24	47	Emil	Chwistek	Tenby Aces	MS	M	28:21.3	107	00:01:26.60	60	01:20:52.20	31	00:00:43.05	34	00:46:27.25	25	02:37:50.40	16	21	
25	168	Neil	Morgan	Tenby Aces	MV	M	27:20.9	77	00:01:46.95	95	01:21:36.10	37	00:00:53.40	79	00:46:24.80	24	02:38:02.20	6	22	
26	120	Jaap	Van Soest		MS	M	28:24.7	109	00:01:08.45	39	01:18:57.35	17	00:00:42.30	30	00:49:03.65	35	02:38:16.45	17	23	
27	167	Simon	Moore	Cr@pTri	MV	M	27:01.2	66	00:02:03.40	124	01:19:29.20	21	00:00:37.90	15	00:49:19.35	39	02:38:31.05	7	24	
28	134	Ben	Blake	Five Frogs	MV	M	27:25.0	79	00:01:50.35	105	01:20:28.05	27	00:00:58.40	98	00:48:18.55	29	02:39:00.40	8	25	
29	230	B.A.D. Lads			RTM	N	25:08.6	36	00:00:49.85	13	01:19:06.30	19	00:00:33.05	7	00:53:25.25	85	02:39:03.05	3	4	
30	117	Ryan	Thomas	West Coast Tri	MS	M	31:59.8	166	00:02:00.60	119	01:19:03.50	18	00:01:02.40	112	00:45:40.90	22	02:39:47.20	18	26	
31	213	Tim	Taylor		MSV	M	28:52.5	125	00:02:13.25	138	01:22:56.20	54	00:01:09.45	129	00:44:42.75	15	02:39:54.15	1	27	
32	129	Paul	Arnold	Celtic Tri	MV	M	25:35.8	46	00:01:35.45	71	01:20:17.95	25	00:01:20.95	158	00:51:13.15	59	02:40:03.35	9	28	
33	2	Celia	Boothman	Pembrokeshire Tri	FS	F	25:33.8	44	00:01:08.15	38	01:25:37.15	73	00:00:45.90	48	00:47:10.85	27	02:40:15.85	1	1	
34	216	Ian	Vickery	Tenby Aces	MSV	M	24:23.4	23	00:01:38.50	78	01:22:36.70	47	00:00:45.10	45	00:51:03.75	56	02:40:27.45	2	29	
35	159	Kevin	Hill	Pembrokeshire Tri	MV	M	24:46.8	27	00:01:34.60	68	01:22:19.50	44	00:00:36.25	13	00:51:33.70	64	02:40:50.85	10	30	
36	197	Martin	Evans		MSV	M	27:37.5	88	00:01:20.30	49	01:22:08.15	43	00:00:52.20	73	00:48:57.35	34	02:40:55.45	3	31	
37	99	George	Payne		MS	M	26:56.6	65	00:01:49.30	101	01:21:47.20	38	00:00:59.05	100	00:49:26.05	40	02:40:58.15	19	32	
38	53	Daniel	Davies	San Domenico RC	MS	M	25:32.6	43	00:01:40.25	87	01:24:09.60	63	00:01:05.80	123	00:49:03.95	36	02:41:32.20	20	33	
39	236	The Older We Get The Faster We Were			RTM	N	24:59.1	33	00:00:43.50	5	01:22:30.85	46	00:00:33.35	8	00:53:00.55	81	02:41:47.80	4	5	
40	109	Carl	Scott	Pembrokeshire Harriers	MS	M	27:45.9	94	00:01:43.05	90	01:21:11.75	32	00:00:50.50	64	00:50:22.95	49	02:41:54.20	21	34	
41	240	Heaven Help Us			RTX	N	24:50.7	30	00:00:37.65	1	01:30:26.85	122	00:00:35.50	12	00:45:32.90	21	02:42:03.60	2	6	
42	241	Just Fast Not Furious			RTX	N	24:04.7	15	00:00:38.05	2	01:28:13.45	96	00:00:32.55	5	00:49:04.65	37	02:42:33.45	3	7	
43	7	Catherine	Marks		FS	F	27:17.7	75	00:01:03.70	31	01:25:09.70	69	00:00:47.00	52	00:48:21.30	30	02:42:39.40	2	2	

44	206	Jon	Phillips	Pembrokeshire Tri	MSV	M	26:37.7	61	00:01:49.30	100	01:22:00.45	42	00:00:43.15	35	00:51:42.90	67	02:42:53.45	4	35	
45	73	Sion	Jenkins	Tenby Aces	MS	M	29:29.6	139	00:01:25.10	58	01:21:56.75	41	00:00:48.35	59	00:49:35.15	42	02:43:14.90	22	36	
46	106	Gareth	Ryan	Rhondda Tri	MS	M	32:57.3	176	00:01:32.50	66	01:18:30.45	14	00:00:54.80	83	00:49:54.50	46	02:43:49.55	23	37	
47	146	Byron	Davies	3M's Road Runners	MV	M	27:32.8	84	00:01:23.35	54	01:22:22.55	45	00:00:47.40	55	00:52:34.95	73	02:44:41.05	11	38	
48	163	Peter	Lloyd	Team NBCC	MV	M	26:31.9	59	00:02:01.15	121	01:15:12.00	8	00:01:37.00	186	00:59:25.75	147	02:44:47.85	12	39	
49	131	Mike	Barrett	Pembrokeshire Tri	MV	M	28:38.2	119	00:01:39.85	86	01:24:09.30	62	00:00:41.65	28	00:49:44.55	43	02:44:53.50	13	40	
50	21	Clair	Davies	CD Training	FV	F	27:12.9	72	00:01:38.40	77	01:25:01.30	68	00:00:39.10	20	00:50:25.40	50	02:44:57.10	1	3	
51	68	David	Hawkins	Pembrokeshire Tri	MS	M	27:30.0	82	00:01:39.80	85	01:21:20.00	34	00:00:42.70	33	00:53:59.15	90	02:45:11.70	24	41	
52	181	Adrian	Smith		MV	M	27:15.2	74	00:01:19.55	48	01:24:53.65	67	00:00:56.90	94	00:51:06.85	58	02:45:32.15	14	42	
53	176	Darren	Picton		MV	M	28:33.5	114	00:02:23.60	151	01:24:31.65	65	00:01:00.15	106	00:49:15.65	38	02:45:44.55	15	43	
54	24	Debbie	Phillips	Pembrokeshire Tri	FV	F	29:40.3	142	00:01:39.50	82	01:23:42.95	59	00:00:51.40	68	00:50:03.40	47	02:45:57.50	2	4	
55	148	Andrew	Dawe		MV	M											02:46:43.00	1	44	No Chip
56	141	Karl	Burnell	Rhondda Tri	MV	M	32:58.5	177	00:02:01.70	122	01:19:30.85	22	00:00:57.45	95	00:51:16.75	60	02:46:45.25	16	45	
57	232	John Sture			RTM	N	29:02.8	128	00:00:53.40	22	01:20:30.50	28	00:00:53.50	80	00:55:37.00	109	02:46:57.15	5	8	
58	31	Jamie	Davies	NEWT	MJ	M	24:14.9	20	00:01:32.75	67	01:28:40.25	102	00:01:19.40	156	00:51:20.45	61	02:47:07.75	1	46	
59	55	Rhodri	Devonald		MS	M	27:59.6	98	00:01:29.30	62	01:21:25.75	35	00:01:40.15	189	00:54:55.85	103	02:47:30.70	25	47	
60	90	William	Milde	Hereford Tri	MS	M	32:06.3	169	00:01:46.10	92	01:21:15.45	33	00:01:05.65	121	00:51:49.05	68	02:48:02.55	26	48	
61	221	Aled	Williams	Celtic Tri	MSV	M	26:16.1	53	00:01:50.55	107	01:25:47.05	75	00:00:56.25	91	00:54:12.85	96	02:49:02.85	5	49	
62	38	Darren	Bowden	Rhondda Tri / Bike Doctor	MS	M	28:37.1	118	00:02:04.95	126	01:23:28.25	57	00:00:45.05	44	00:54:31.20	99	02:49:26.50	27	50	
63	65	Simon	George		MS	M	26:48.5	63	00:02:27.70	153	01:26:18.65	80	00:01:08.85	128	00:52:50.65	79	02:49:34.35	28	51	
64	17	Jayne	Arnold	Celtic Tri	FV	F	28:21.9	108	00:01:14.05	45	01:27:02.20	85	00:00:51.80	70	00:52:17.60	72	02:49:47.50	3	5	
65	39	Ricky	Bowen		MS	M	29:23.5	135	00:03:29.70	202	01:25:51.55	77	00:01:45.30	195	00:49:28.05	41	02:49:58.10	29	52	
66	82	Brian	Keane	Pixels Pro / Acanthus Holden	MS	M	24:29.4	25	00:01:08.95	40	01:27:58.15	92	00:01:01.65	109	00:55:22.70	106	02:50:00.85	30	53	
67	44	Luke	Burton	Tenby Aces	MS	M											02:50:14.00	31	54	No Chip
68	84	Matt	Lewis		MS	M	27:05.5	70	00:02:12.65	136	01:27:44.90	90	00:01:36.30	184	00:51:35.10	65	02:50:14.45	32	55	
69	64	Ian	Gaffney	CUSWPC	MS	M	20:15.1	3	00:02:18.00	144	01:38:41.05	180	00:01:03.30	113	00:48:27.60	32	02:50:45.05	33	56	
70	207	Steve	Pryke	Pembrokeshire Tri	MSV	M	27:26.3	80	00:01:14.80	46	01:23:59.85	60	00:00:44.85	43	00:57:40.55	130	02:51:06.35	6	57	
71	143	Jim	Clarkson		MV	M	23:14.1	8	00:02:13.10	137	01:30:22.20	121	00:00:47.70	57	00:54:40.10	101	02:51:17.20	17	58	
72	237	Tri Acanthus		Acanthus Holden Architects	RTM-C	N	27:33.9	85	00:00:43.70	6	01:29:36.25	114	00:00:43.25	36	00:52:48.95	78	02:51:26.05	1	9	
73	169	Craig	Morris	Rhondda Tri	MV	M	29:51.0	145	00:01:54.55	109	01:28:26.35	99	00:00:51.80	71	00:50:56.00	55	02:51:59.65	18	59	
74	214	Philip	Thomas	Pembrokeshire Tri	MSV	M	33:59.4	192	00:01:38.20	75	01:22:51.90	51	00:00:51.05	66	00:52:53.55	80	02:52:14.10	7	60	
75	246	The Other Team			RTX	N	26:28.1	57	00:00:50.15	14	01:32:52.50	138	00:00:36.95	14	00:51:36.70	66	02:52:24.35	4	10	
76	76	Tom	Jones	West Coast Tri	MS	M											02:52:51.00	34	61	No Chip
77	113	James	Smith	Fingers & Thumbs	MS	M	26:47.9	62	00:01:23.80	56	01:42:53.35	196	00:01:25.70	165	00:40:21.40	3	02:52:52.10	35	62	
78	173	Ashley	Pascoe	3M's Road Runners	MV	M	28:02.7	99	00:01:50.45	106	01:33:28.90	144	00:00:56.35	93	00:48:45.55	33	02:53:03.95	19	63	
79	204	Peter	Munn	Pembrokeshire Tri	MSV	M	28:35.4	116	00:01:20.65	50	01:25:43.10	74	00:00:44.35	42	00:56:44.80	117	02:53:08.35	8	64	
80	138	Matt	Broadhurst	Five Frogs	MV	M	30:27.8	155	00:02:15.90	141	01:23:12.10	56	00:01:47.45	196	00:55:29.45	108	02:53:12.70	20	65	
81	187	Josh	Tulino	Pembrokeshire Harriers	MV	M	26:24.4	55	00:02:28.85	155	01:33:16.55	141	00:00:42.30	31	00:50:43.85	52	02:53:35.90	21	66	
82	208	Stephen	Quinton		MSV	M	30:39.8	158	00:02:02.15	123	01:29:26.80	112	00:01:17.05	150	00:50:21.25	48	02:53:47.05	9	67	
83	211	Brian	Russell	Pembrokeshire Tri	MSV	M	32:05.1	168	00:01:39.75	84	01:25:28.55	71	00:01:05.85	124	00:53:35.90	86	02:53:55.20	10	68	
84	164	Patrick	Lord	Celtic Tri	MV	M	25:03.8	34	00:02:13.65	140	01:29:42.55	116	00:01:17.90	154	00:55:38.05	110	02:53:55.95	22	69	
85	96	Celyn	Owens		MS	M	26:09.8	52	00:02:29.00	156	01:30:08.10	119	00:01:11.75	140	00:54:11.50	94	02:54:10.10	36	70	
86	5	Rebecca	John		FS	F	27:14.4	73	00:01:12.05	44	01:31:43.60	133	00:00:51.85	72	00:53:08.75	83	02:54:10.70	3	6	
87	41	Deryn	Brace	Tenby Aces	MS	M	30:13.9	150	00:02:27.75	154	01:27:42.95	89	00:01:17.80	153	00:52:35.65	74	02:54:18.05	37	71	
88	13	Eleanor	Powell	Cardiff Tri	FS	F											02:54:40.00	4	7	No Chip
89	124	Tom	Warrell		MS	M	23:58.5	14	00:02:42.15	170	01:27:16.35	87	00:01:35.75	182	00:59:37.60	149	02:55:10.40	38	72	
90	71	Paul	Hughes		MS	M	33:10.6	181	00:03:05.75	189	01:26:30.45	83	00:01:28.75	175	00:50:55.20	54	02:55:10.70	39	73	
91	180	Mark	Skingley		MV	M	24:55.5	32	00:02:49.85	178	01:34:27.80	151	00:01:32.15	179	00:51:27.85	63	02:55:13.20	23	74	
92	59	James	Erte	BP	MS	M	28:59.1	127	00:01:26.95	61	01:26:24.15	81	00:00:56.35	92	00:57:26.65	127	02:55:13.25	40	75	
93	145	Ian	Davies	Rhondda Tri	MV	M	27:44.5	93	00:01:15.35	47	01:26:16.05	79	00:00:55.35	86	00:59:03.05	141	02:55:14.35	24	76	
94	132	Simon	Batty		MV	M	30:32.7	156	00:02:30.10	157	01:28:38.55	101	00:01:41.30	191	00:51:54.30	69	02:55:16.90	25	77	
95	209	Iain	Rich		MSV	M	26:25.1	56	00:02:10.70	133	01:28:08.20	93	00:01:43.15	192	00:56:58.45	121	02:55:25.60	11	78	
96	107	Jonathan	Scarr		MS	M	28:16.6	106	00:02:45.50	174	01:29:21.85	110	00:01:33.25	181	00:53:41.70	87	02:55:38.90	41	79	
97	136	Haydn	Boyce		MV	M	30:12.0	148	00:02:44.15	173	01:30:14.45	120	00:01:10.35	134	00:51:21.60	62	02:55:42.60	26	80	
98	186	Jason	Thomas	Pembrokeshire Tri	MV	M	30:15.5	151	00:01:41.00	88	01:31:58.30	134	00:00:46.40	49	00:51:05.60	57	02:55:46.80	27	81	

99	139	Adam	Brown	Tenby Aces	MV	M	27:01.9	67	00:02:50.05	179	01:24:02.95	61	00:01:37.30	187	01:00:18.55	156	02:55:50.70	28	82
100	161	David	Kent		MV	M	27:32.7	83	00:02:37.60	164	01:31:02.20	127	00:01:04.50	117	00:54:10.85	92	02:56:27.85	29	83
101	172	Charles	Palmer		MV	M	36:30.5	209	00:02:47.70	176	01:21:48.85	39	00:00:59.95	105	00:54:31.85	100	02:56:38.85	30	84
102	40	Oliver	Brace	Tenby Aces	MS	M	25:34.9	45	00:01:49.90	104	01:29:12.45	109	00:00:59.10	102	00:59:19.95	144	02:56:56.25	42	85
103	74	Simeon	Jenkins		MS	M	28:34.1	115	00:02:09.55	130	01:32:39.70	136	00:00:55.35	87	00:52:39.35	75	02:56:58.05	43	86
104	92	Ricki	Morgan	Cardiff Tri	MS	M	34:05.1	193	00:02:08.05	127	01:29:34.05	113	00:00:48.35	61	00:50:39.55	51	02:57:15.05	44	87
105	171	Simon	O'Neill	Abergavenny	MV	M	30:02.5	146	00:01:23.45	55	01:31:42.70	132	00:00:52.60	76	00:53:21.95	84	02:57:23.20	31	88
106	37	Bastien	Beauvois		MS	M	30:23.2	154	00:02:35.55	163	01:29:04.65	108	00:01:27.45	172	00:54:04.95	91	02:57:35.85	45	89
107	9	Emma	Newsome		FS	F	28:05.2	100	00:01:47.15	96	01:28:46.80	106	00:01:03.80	115	00:57:57.55	135	02:57:40.55	5	8
108	1	Louise	Bartlett	Hereford Tri	FS	F	26:07.1	50	00:01:23.25	53	01:31:38.70	130	00:01:15.30	145	00:57:55.75	134	02:58:20.10	6	9
109	231	Danigo			RTM	N	25:43.3	47	00:00:52.25	18	01:39:08.50	181	00:00:45.20	47	00:51:57.70	70	02:58:26.90	6	11
110	215	Owen	Thomas		MSV	M	28:43.5	121	00:03:23.05	199	01:35:27.20	156	00:01:14.70	144	00:49:44.95	44	02:58:33.40	12	90
111	244	Save Withybush			RTX	N	36:03.1	207	00:00:46.25	7	01:26:12.35	78	00:00:39.90	23	00:54:59.45	104	02:58:41.05	5	12
112	110	Jamie	Silvester	Tenby Aces	MS	M	29:45.7	144	00:03:35.85	205	01:35:39.20	159	00:01:18.70	155	00:48:25.70	31	02:58:45.15	46	91
113	50	Michael	Cranton		MS	M	28:30.9	112	00:01:50.90	108	01:29:48.75	117	00:01:00.35	107	00:57:34.35	129	02:58:45.30	47	92
114	123	Steven	Walsh	KTC	MS	M	25:19.2	40	00:01:46.90	94	01:28:20.40	97	00:01:04.05	116	01:02:28.50	170	02:58:59.10	48	93
115	35	Jamie	Barnes		MS	M	27:19.2	76	00:02:20.25	147	01:27:56.80	91	00:01:23.55	161	01:00:02.75	154	02:59:02.50	49	94
116	29	Jayne	Richards		FSV	F	27:55.5	97	00:01:55.15	111	01:31:26.40	128	00:00:55.75	88	00:56:58.40	120	02:59:11.20	1	10
117	25	Maria	Prout		FV	F	29:23.4	134	00:01:04.00	32	01:32:07.70	135	00:00:49.95	63	00:56:04.35	112	02:59:29.35	4	11
118	58	Joseph	Edwards		MS	M	33:08.9	180	00:01:48.20	98	01:23:28.60	58	00:01:17.60	151	01:00:00.65	152	02:59:43.95	50	95
119	228	Wave Rnners			RTF	N	24:12.3	18	00:00:58.70	28	01:38:08.35	175	00:00:50.65	65	00:55:40.75	111	02:59:50.75	1	13
120	95	John	O'Boyle		MS	M	24:22.6	22	00:01:55.05	110	01:33:36.15	146	00:01:13.85	142	00:59:25.80	148	03:00:33.45	51	96
121	177	Gareth	Rees	Tenby Aces	MV	M	33:26.8	187	00:01:34.70	69	01:22:51.30	50	00:01:08.10	127	01:01:42.55	167	03:00:43.50	32	97
122	105	Christopher	Rees		MS	M	29:28.6	138	00:02:08.35	128	01:33:53.55	150	00:00:55.95	90	00:54:22.25	97	03:00:48.65	52	98
123	88	James	McNabb		MS	M	24:13.1	19	00:02:11.80	135	01:33:06.10	140	00:01:06.45	125	01:00:19.10	157	03:00:56.55	53	99
124	149	Greg	Dow		MV	M	28:46.4	123	00:01:56.90	115	01:32:58.25	139	00:00:44.30	41	00:56:35.20	115	03:01:01.00	33	100
125	154	Andy	Green	Bayside Tri	MV	M	24:49.1	28	00:03:05.60	187	01:36:52.90	167	00:01:26.40	167	00:55:00.75	105	03:01:14.75	34	101
126	219	Kevin	Wheeler	Pembrokeshire Tri	MSV	M	26:16.4	54	00:02:30.75	158	01:29:37.50	115	00:01:20.40	157	01:01:38.15	164	03:01:23.20	13	102
127	229	#Badplan			RTM	N	34:19.6	198	00:00:53.95	23	01:28:42.70	104	00:00:38.30	16	00:57:01.30	122	03:01:35.85	7	14
128	251	Twos Company Threes a Crowd		Hereford Tri	RTX	N	27:39.3	89	00:00:52.10	17	01:38:17.80	176	00:00:58.80	99	00:53:48.85	89	03:01:36.85	6	15
129	185	Simon	Thomas	Pembrokeshire Tri	MV	M	30:19.3	152	00:02:20.20	146	01:30:41.55	123	00:01:09.75	131	00:57:23.15	125	03:01:53.95	35	103
130	218	Dai	Webb		MSV	M	29:18.0	132	00:02:22.60	149	01:28:11.70	95	00:01:10.65	135	01:00:53.55	161	03:01:56.50	14	104
131	175	Kevin	Phelps		MV	M	32:44.1	172	00:01:38.85	79	01:28:57.00	107	00:01:27.40	171	00:57:16.05	124	03:02:03.45	36	105
132	128	Peter	Armytage	Tenby Aces	MV	M	28:42.0	120	00:02:13.30	139	01:26:28.05	82	00:01:35.85	183	01:03:13.85	175	03:02:13.05	37	106
133	103	Timothy	Plumb	JNT / Narberth Dynamos	MS	M	29:06.2	129	00:02:11.60	134	01:30:57.35	125	00:00:52.45	75	00:59:09.90	143	03:02:17.45	54	107
134	158	William	Henton		MV	M	30:31.6	140	00:02:31.95	159	01:28:10.00	94	00:01:21.10	159	01:00:44.40	159	03:02:19.00	38	108
135	144	Nick	Colmsee		MV	M	27:12.2	71	00:02:48.95	177	01:33:23.10	143	00:01:26.50	168	00:57:28.85	128	03:02:19.65	39	109
136	26	Jane	Rees	Narberth Dynamos	FV	F	28:09.9	102	00:02:39.60	167	01:31:40.65	131	00:01:10.70	136	00:59:22.65	146	03:03:03.50	5	12
137	242	Maverick Tapers			RTX	N	34:54.1	199	00:00:59.50	29	01:33:51.10	149	00:00:47.25	54	00:52:40.05	76	03:03:12.00	7	16
138	152	Justin	Gill		MV	M	28:28.6	111	00:02:00.10	118	01:26:47.10	84	00:01:29.65	176	01:04:48.55	185	03:03:34.05	40	110
139	51	Steven	Cristofaro		MS	M	25:06.6	35	00:01:30.70	64	01:36:50.50	166	00:01:05.75	122	00:59:21.65	145	03:03:55.20	55	111
140	140	James	Bruce		MV	M	35:07.0	203	00:02:53.25	182	01:30:52.00	124	00:01:27.05	170	00:54:12.25	95	03:04:31.55	41	112
141	233	Team Big D			RTM	N	42:50.0	219	00:01:05.45	34	01:25:30.75	72	00:00:55.85	89	00:54:11.30	93	03:04:33.30	8	17
142	222	Mark	Youde	Pembrokeshire Tri	MSV	M	30:21.1	153	00:01:37.75	74	01:32:46.50	137	00:01:07.40	126	00:58:49.70	139	03:04:42.50	15	113
143	52	Aled	Davies		MS	M	31:09.5	161	00:03:03.55	186	01:24:33.15	66	00:01:16.60	148	01:04:42.05	184	03:04:44.85	56	114
144	23	Lee-michelle	Jones	Bynea CC	FV	F	33:00.4	178	00:02:17.60	143	01:28:30.75	100	00:01:13.80	141	00:59:59.70	151	03:05:02.25	6	13
145	42	Gregory	Brown		MS	M	28:15.5	105	00:02:01.00	120	01:37:39.60	170	00:00:53.10	77	00:56:14.00	113	03:05:03.20	57	115
146	160	Alex	Holland	Narberth Dynamos	MV	M	36:01.7	206	00:01:41.85	89	01:25:50.80	76	00:00:54.00	81	01:00:36.50	158	03:05:04.80	42	116
147	150	Ryan	Evans		MV	M	32:41.6	170	00:01:21.25	51	01:29:22.25	111	00:01:05.00	120	01:00:45.50	160	03:05:15.55	43	117
148	130	Paul	Barnikel		MV	M	27:44.2	92	00:01:56.80	114	01:35:44.55	160	00:00:59.10	103	00:58:55.45	140	03:05:20.15	44	118
149	32	Jonathan	Morris	Pembrokeshire Tri	MJ	M	23:43.9	9	00:01:39.30	81	01:28:46.80	105	00:01:03.70	114	01:10:13.90	201	03:05:27.55	2	119
150	14	Claire	Stubbs	Tenby Aces	FS	F	30:06.0	147	00:02:04.70	125	01:35:27.15	155	00:01:11.35	138	00:56:41.00	116	03:05:30.15	7	14
151	19	Lana	Brace	Five Frogs	FV	F	32:01.4	167	00:02:39.80	168	01:36:42.60	164	00:01:17.60	152	00:53:02.15	82	03:05:43.55	7	15
152	248	The Tigers			RTX	N	31:50.2	162	00:00:40.55	4	01:35:16.50	153	00:00:40.30	24	00:57:23.25	126	03:05:50.75	8	18
153	8	Melanie	Miles	Pembrokeshire Harriers	FS	F	32:53.0	175	00:03:02.10	185	01:31:31.00	129	00:01:29.70	177	00:57:53.20	133	03:06:49.00	8	16

154	27	Russell	Duncan	Narberth Dynamos	MS	M	33:30.9	188	00:05:39.10	220	01:33:45.85	148	00:01:21.80	160	00:52:46.00	77	03:07:03.60	58	120
155	227	Splash Dash & Plod			RTF	N	24:09.6	17	00:00:53.15	19	01:43:01.30	197	00:00:43.95	39	00:58:26.05	137	03:07:14.05	2	19
156	212	Michael	Smith		MSV	M	33:55.4	191	00:02:10.15	132	01:28:40.70	103	00:01:16.65	149	01:02:04.70	168	03:08:07.60	16	121
157	104	Steven	Plumb	JNT	MS	M	35:01.5	201	00:03:47.85	208	01:35:28.85	157	00:00:58.30	97	00:53:42.45	88	03:08:59.00	59	122
158	83	Ian	Leslie	Pembrokeshire Tri	MS	M	29:35.2	141	00:02:33.20	161	01:41:04.75	188	00:01:25.65	164	00:54:28.40	98	03:09:07.20	60	123
159	194	Jeremy	Clutterbuck		MSV	M	34:56.8	200	00:03:20.55	197	01:22:44.00	49	00:02:04.65	209	01:06:28.90	190	03:09:34.95	17	124
160	36	Nick	Barton	Cardiff Tri	MS	M	24:35.1	26	00:01:37.30	73	01:22:39.60	48	00:00:48.35	60	01:19:54.75	211	03:09:35.10	61	125
161	247	The Robinsons		Liswerry Runners	RTX	N	31:58.2	164	00:02:17.35	142	01:27:12.45	86	00:00:45.15	46	01:07:27.90	193	03:09:41.05	9	20
162	224	Paul	Winteringham	BAD Tri	MVV	M	29:28.1	137	00:01:59.90	117	01:37:29.65	168	00:01:04.90	119	00:59:56.95	150	03:09:59.45	1	126
163	193	John	Brown	Forza Cycles Racing Team	MSV	M	26:29.2	58	00:01:39.70	83	01:31:01.90	126	00:00:46.85	51	01:10:42.30	203	03:10:40.00	18	127
164	196	Chris	Davies	NEWT	MSV	M	34:13.9	196	00:01:47.60	97	01:36:46.00	165	00:01:09.45	130	00:56:45.05	118	03:10:41.95	19	128
165	28	Clare	Williams	Pembrokeshire Tri	FV	F	30:38.4	157	00:02:19.90	145	01:38:07.55	174	00:01:16.10	147	00:58:31.10	138	03:10:53.10	8	17
166	4	Emma	Frost	Tenby Aces	FS	F	27:36.7	87	00:03:08.70	191	01:36:02.75	162	00:01:44.80	194	01:02:46.85	173	03:11:19.85	9	18
167	48	George	Colville		MS	M	34:17.7	197	00:02:23.40	150	01:29:56.60	118	00:01:02.20	110	01:03:44.50	181	03:11:24.40	62	129
168	49	Thomas	Colville		MS	M	27:36.6	86	00:01:38.25	76	01:37:34.55	169	00:00:51.40	69	01:03:43.80	180	03:11:24.60	63	130
169	77	Matthew	Jones		MS	M	27:22.9	78	00:03:08.65	190	01:41:02.45	187	00:01:32.65	180	00:58:25.15	136	03:11:31.75	64	131
170	72	Marc	James	Tenby Aces	MS	M	32:45.0	173	00:03:57.55	212	01:33:30.15	145	00:02:13.15	211	00:59:06.00	142	03:11:31.85	65	132
171	238	Tri Agra			RTM	N	25:09.3	37	00:00:46.50	8	01:47:25.40	204	00:00:41.90	29	00:57:44.60	132	03:11:47.70	9	21
172	245	Suzi and the Banshees			RTX	N	27:43.8	91	00:00:55.75	24	01:47:43.60	205	00:00:38.65	17	00:54:52.85	102	03:11:54.60	10	22
173	239	Hains & Lewis		Hains & Lewis Solicitors	RTX-C	N	33:26.4	186	00:00:57.60	26	01:39:50.60	185	00:00:52.35	74	00:57:06.15	123	03:12:13.15	1	23
174	20	Rhian	Bruce		FV	F	29:22.7	133	00:02:32.05	160	01:35:48.65	161	00:01:50.65	198	01:02:41.80	171	03:12:15.85	9	19
175	155	Mat	Greener	Tenby Aces	MV	M	33:17.2	184	00:04:17.90	216	01:28:24.50	98	00:02:06.60	210	01:05:00.35	187	03:13:06.55	45	133
176	250	Trying To Beat			RTX	N	27:03.4	68	00:00:50.75	15	01:59:49.10	220	00:00:41.00	27	00:45:17.90	19	03:13:42.15	11	24
177	243	Sallyjonmarcus			RTX	N	28:25.6	110	00:00:47.30	10	01:41:16.30	189	00:00:34.65	11	01:02:57.45	174	03:14:01.30	12	25
178	162	Gareth	Lane		MV	M	35:52.0	205	00:03:37.45	206	01:33:40.60	147	00:01:25.50	163	01:00:00.90	153	03:14:36.50	46	134
179	178	Nigel	Ryder		MV	M	33:21.0	185	00:03:18.90	196	01:33:18.45	142	00:02:53.10	214	01:02:09.80	169	03:15:01.25	47	135
180	18	Tereli	Askwith		FV	F	31:59.5	165	00:03:31.95	203	01:41:48.65	190	00:01:53.20	202	00:56:51.20	119	03:16:04.45	10	20
181	135	Lewis	Bott		MV	M	26:34.8	60	00:04:10.80	214	01:39:25.55	182	00:00:47.65	56	01:05:27.20	188	03:16:25.95	48	136
182	184	David	Thomas	Pembrokeshire Harriers	MV	M	36:34.6	210	00:02:25.55	152	01:35:20.55	154	00:01:10.75	137	01:01:09.30	162	03:16:40.80	49	137
183	165	Paul	Mansi		MV	M	33:42.6	189	00:03:05.65	188	01:37:52.40	173	00:01:56.50	204	01:00:06.55	155	03:16:43.75	50	138
184	225	Haysie Babes			RTF	N	28:12.5	104	00:01:06.25	35	01:50:14.95	212	00:00:44.15	40	00:56:27.85	114	03:16:45.70	3	26
185	43	Gareth	Burks		MS	M	28:11.4	103	00:02:40.85	169	01:36:35.70	163	00:01:24.15	162	01:07:59.25	197	03:16:51.35	66	140
186	3	Nichola	Edwards		FS	F	23:01.2	6	00:01:48.40	99	01:42:16.70	193	00:01:27.55	173	01:09:02.70	199	03:17:36.55	10	21
187	54	Tom	Dennis		MS	M	32:42.7	171	00:03:00.05	184	01:35:32.40	158	00:01:49.25	197	01:04:50.10	186	03:17:54.50	67	141
188	223	Glyn	Williams	Celtic Tri	MVV	M	28:57.3	126	00:01:56.45	113	01:38:24.85	177	00:01:26.75	169	01:07:37.75	194	03:18:23.05	2	142
189	156	Mike	Griffiths	Team Deviant	MV	M	31:52.0	163	00:03:34.90	204	01:41:56.95	191	00:03:16.70	216	00:57:44.35	131	03:18:24.90	51	143
190	33	Julian	Arthur		MS	M	28:32.2	113	00:03:11.45	194	01:37:50.50	171	00:01:11.65	139	01:07:39.40	195	03:18:25.20	68	144
191	89	Matt	Mead		MS	M	34:11.4	195	00:02:33.75	162	01:38:28.20	178	00:02:25.75	213	01:01:22.20	163	03:19:01.30	69	145
192	253	Wii Not Fit			RTX	N	29:24.4	136	00:00:58.10	27	01:53:57.05	218	00:00:33.35	9	00:55:27.45	107	03:20:20.30	13	27
193	127	Andrew	Williams	Rhondda Tri	MS	M	37:11.8	214	00:03:09.50	192	01:38:37.75	179	00:00:53.20	78	01:01:41.45	165	03:21:33.70	70	146
194	226	Rudder's Udders			RTF	N	27:42.7	90	00:00:49.70	12	01:48:49.40	207	00:00:49.80	62	01:03:43.80	179	03:21:55.40	4	28
195	16	Katherine	Wray	Fingers & Thumbs	FS	F	28:45.2	122	00:02:43.35	172	01:49:22.95	210	00:00:58.20	96	01:01:42.25	166	03:23:32.00	11	22
196	22	Mel	Gaul		FV	F	37:00.2	211	00:01:36.70	72	01:37:51.60	172	00:01:25.85	166	01:06:46.20	191	03:24:40.55	11	23
197	69	Richard	Henton		MS	M	33:43.8	190	00:02:38.80	166	01:45:07.35	198	00:01:14.50	143	01:02:46.85	172	03:25:31.30	71	147
198	86	Jonathan	Lewtas		MS	M	31:07.5	160	00:05:04.40	219	01:45:55.55	203	00:00:59.60	104	01:03:19.65	177	03:26:26.70	72	148
199	56	David	Douglas-Law		MS	M	30:13.3	149	00:03:24.10	201	01:42:39.00	194	00:01:59.90	206	01:08:49.85	198	03:27:06.20	73	149
200	137	Chris	Brace		MV	M	32:46.3	174	00:02:38.20	165	01:42:04.45	192	00:01:52.10	199	01:07:45.55	196	03:27:06.55	52	150
201	179	Lee	Simmons	Five Frogs	MV	M	28:36.4	117	00:03:57.25	211	01:48:06.15	206	00:02:03.55	207	01:04:30.45	182	03:27:13.85	53	151
202	202	David	Jones		MSV	M	38:20.6	218	00:04:20.45	217	01:39:46.25	184	00:01:37.30	188	01:04:37.40	183	03:28:42.00	21	152
203	210	Bill	Ridge		MSV	M	33:13.1	183	00:04:16.95	215	01:42:49.10	195	00:02:19.55	212	01:06:03.55	189	03:28:42.30	22	153
204	220	Andy	Williams		MSV	M	31:05.5	159	00:03:40.65	207	01:40:13.25	186	00:02:59.05	215	01:11:02.65	204	03:29:01.10	23	154
205	85	Neal	Lewis		MS	M	34:06.2	194	00:02:51.60	181	01:45:35.05	201	00:01:36.30	185	01:09:46.65	200	03:33:55.85	74	155
206	30	Jan	Hannaford	Pembrokeshire Tri	FVV	F	33:11.7	182	00:02:09.80	131	01:45:35.85	202	00:01:55.05	203	01:14:24.05	207	03:37:16.50	1	24
207	108	Richard	Scott		MS	M	37:07.5	212	00:02:43.15	171	01:45:10.20	199	00:01:10.10	133	01:12:13.20	205	03:38:24.10	75	156
208	10	Hanna	Nuutila		FS	F	38:02.6	216	00:03:55.50	210	01:49:00.30	208	00:00:43.50	37	01:07:24.35	192	03:39:06.25	12	25

