

## Pembrokeshire Duathlon 16th March 2014

Pos	Forename	Surname	Bib	Club	Cat	Run1+T1	Bike	T2+Run2	Finish
1	Deri	Stewart	40	Celtic Tri	MJ	16:46	33:20	10:12	1:00:18
2	Ieuan	Cooke	35	Pembrokeshire Tri	MJ	17:21	34:15	09:21	1:00:57
3	Robert	Dyde	60	Pembrokeshire Harriers	MS	18:04	33:20	09:36	1:01:00
4	Liam	Bradley	33	Pembrokeshire Tri	MJ	17:18	35:05	10:23	1:02:46
5	John	Collier	51	Westbury Harriers	MS	17:14	36:47	09:31	1:03:32
6	Daniel	Colman	34	Pembrokeshire Velo	MJ	21:05	32:59	11:11	1:05:15
7	Mike	Pfeiffer	104	Hereford Tri Club	MV	19:10	36:40	10:02	1:05:52
8	Team	Scott	82	Pembrokeshire Harriers	MREL	19:43	36:03	10:19	1:06:05
9	Finnlay	Thompson	32	Pembrokeshire Tri	MY	19:10	36:39	10:30	1:06:19
10	Roscoe	Howell	68		MS	19:58	36:04	10:59	1:07:01
11	Geraint	Forster	101		MV	19:29	36:57	10:41	1:07:07
12	Mark	Whittle	111	San Domenico	MV	19:46	36:43	10:45	1:07:14
13	Ben	Grabham	37	Pencoed Tri	MJ	20:19	36:55	10:06	1:07:20
14	Sion	Jenkins	70	Tenby Aces	MS	19:30	37:20	10:38	1:07:28
15	Jack	Loveday	75	Optimus	MS	20:12	36:10	11:17	1:07:39
16	Adam	Jones	71	Brecon Tri Club	MS	19:55	36:33	11:22	1:07:50
17	Chris	Dixon	59	Pembrokeshire Velo	MS	19:58	36:45	11:08	1:07:51
18	Rob	Collins	52		MS	20:34	37:12	11:12	1:08:58
19	Rhiannon	Middleton	4	Cardiff Tri	FJ	20:30	37:24	11:08	1:09:02
20	Neil	Morgan	103		MV	19:51	38:19	10:53	1:09:03
21	Emil	Chwistek	48	Five Frogs	MS	20:23	37:46	11:23	1:09:32
22	Heddwyn	Evans	62	Emlyn Flyers	MS	20:13	38:24	11:00	1:09:37
23	Jaap	Van Soest	89		MS	20:35	37:30	11:44	1:09:49
24	Jonathan	Pickford	80		MS	20:46	37:52	11:38	1:10:16
25	Ben	Blake	94		MV	20:58	37:27	11:56	1:10:21
26	Ffion-Haf	Harrett	2		FJ	19:45	39:39	11:01	1:10:25
27	Shane	Davies	57	Team NBCC	MS	21:31	36:37	12:23	1:10:31
28	Alec	Williams	113	Pembrokeshire Tri	MV	20:32	40:31	11:20	1:12:23
29	Richard	Thompson	124	Pembrokeshire Tri	MSV	21:34	38:56	11:56	1:12:26
30	John	Goy	63		MS	21:52	38:35	12:05	1:12:32
31	Catherine	Marks	17		FS	20:47	40:17	11:31	1:12:35
32	David	Hawkins	65	Pembrokeshire Tri	MS	22:01	39:13	12:06	1:13:20
33	Jonathan	Morris	38	Pembrokeshire Tri	MJ	21:48	38:17	13:41	1:13:46
34	Philip	Thomas	123	Pembrokeshire Tri	MSV	22:33	38:53	12:33	1:13:59
35	Kyle	Wallis	90		MS	20:45	41:45	11:29	1:13:59
36	Luke	Burton	46	Five Frogs	MS	22:09	39:53	13:01	1:15:03
37	Jamie	Street	85		MS	22:25	40:20	12:19	1:15:04
38	Debbie	Phillips	23	Pembrokeshire Tri	FV	21:57	41:08	12:02	1:15:07
39	Jon	Phillips	120	Pembrokeshire Tri	MSV	22:41	40:09	12:24	1:15:14
40	Mark	Whitby	110	Pembrokeshire Harriers	MV	21:55	41:07	12:21	1:15:23
41	David	Moore	118	Pembrokeshire Tri	MSV	21:40	42:08	11:55	1:15:43
42	Matt	Broadhurst	96	Five Frogs	MV	22:46	39:53	13:06	1:15:45
43	Ricki	Morgan	78	Cardiff Tri	MS	21:57	42:39	11:40	1:16:16
44	Mark	Sims	122	Brecon Tri Club	MSV	23:29	39:45	13:09	1:16:23
45	William	Allan	61		MS	23:19	40:14	12:53	1:16:26
46	Paul	Colman	115	Pembrokeshire Velo	MSV	25:35	35:34	15:23	1:16:32
47	Billy	Connor	53	Tenby Aces	MS	21:37	43:00	12:02	1:16:39
48	Simon	Stanford	84		MS	22:50	41:50	12:14	1:16:54
49	Daniel	Milne	77		MS	22:43	41:58	12:14	1:16:55
50	Jamie	Silvester	83	Tenby Aces	MS	22:06	43:23	11:46	1:17:15
51	Haydn	Boyce	95		MV	23:08	42:05	12:17	1:17:30
52	Oliver	Brace	43		MS	23:54	40:20	14:04	1:18:18
53	Richard	Wintle	117	Five Frogs	MV	23:05	42:15	12:59	1:18:19
54	David	Gosling	129		MS	24:35	41:03	12:47	1:18:25
55	Dez	Nicholas	119		MSV	23:59	40:39	13:51	1:18:29
56	Paul	Luger	76	Five Frogs	MS	24:18	40:39	14:00	1:18:57
57	Llyr	Thomas	86		MS	23:47	42:01	13:10	1:18:58
58	Jason	Thomas	107		MV	24:13	42:08	13:03	1:19:24
59	Matt	Lewis	73		MS	22:48	43:34	13:06	1:19:28
60	Gareth	Rees	105	Tenby Aces	MV	25:37	38:32	15:21	1:19:30
61	David	Thomas	106	Pembrokeshire Harriers	MV	24:59	40:44	13:50	1:19:33
62	Justin	Richards	81		MS	24:28	41:59	13:34	1:20:01
63	Karen	Thomson	19	Army	FS		01:07:49	12:30	1:20:19
64	Marc	James	69		MS	24:31	41:36	14:14	1:20:21
65	Matthew	Kelly	102		MV	24:05	42:33	13:43	1:20:21
66	Chris	Bowen	42		MS	42:32	25:30	12:23	1:20:25
67	Shane	Clifford	97		MV	26:49	38:52	15:29	1:21:10
68	Mark	Wilson	114	Cr@p Tri	MV	23:58	43:23	13:49	1:21:10
69	Lewys	Wilkes	41	Cr@p Tri	MJ	23:56	43:38	13:36	1:21:10

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70	Nic	North	87	Cardigan RC	MSV	23:30	44:22	13:44	1:21:36
71	Tom	Dennis	58		MS	24:01	41:52	16:06	1:21:59
72	Celia	Speake	25	Hereford Tri Club	FV	23:31	45:39	12:50	1:22:00
73	Lee	Brazier	44		MS	25:18	42:41	14:07	1:22:06
74	Jason	Wall	109	Pembrokeshire Tri	MV	25:10	43:42	13:40	1:22:32
75	James	Harries	30	Tenby Aces	MY	24:07	45:10	13:55	1:23:12
76	Neilson	Cole	50		MS	24:51	46:43	12:10	1:23:44
77	Miriam	Cooper	9		FS	26:22	44:00	14:04	1:24:26
78	Janine	Doggett	12		FS	23:10	47:52	13:50	1:24:52
79	Joe	Howell	67		MS	25:08	45:49	14:08	1:25:05
80	Tereli	Askwith	20		FV	23:51	47:58	13:19	1:25:08
81	Barry	Nichols-Grey	79		MS	25:02	45:40	14:31	1:25:13
82	Paul	Childs	47		MS	28:37	41:02	15:42	1:25:21
83	Katie	Ball	6		FS	22:47	50:58	11:53	1:25:38
84	Greg	Dow	100		MV	26:12	45:32	14:01	1:25:45
85	Robert	Brown	45		MS	25:06	45:55	14:52	1:25:53
86	Gareth	Davies	55		MS	25:50	43:37	16:30	1:25:57
87	John	Shuttleworth	121	Tenby Aces	MSV	27:54	42:45	15:53	1:26:32
88	Rob	Connor	54		MS	23:01	50:00	13:46	1:26:47
89	Cara	Davies	11	Emllyn Runners	FS	26:31	45:04	15:14	1:26:49
90	Jill	Colman	26	Pembrokeshire Velo	FSV	26:45	44:54	15:25	1:27:04
91	Don	Wilkes	112	Cr@p Tri	MV	25:11	47:48	14:17	1:27:16
92	Dafydd	Llywelyn	74		MS	26:10	46:05	15:10	1:27:25
93	Nicola	Mills	22	Pembrokeshire Tri	FV	27:01	45:19	16:03	1:28:23
94	Maria	Prout	24		FV	26:46	47:29	14:15	1:28:30
95	Jamie	Best	93		MV	26:27	46:35	16:07	1:29:09
96	Mike	Walford	128	Pembrokeshire Tri	MVV	27:16	46:35	15:38	1:29:29
97	Megan	Irving	15		FS	27:51	45:51	15:58	1:29:40
98	Hannah	Francis	13		FS	26:11	49:58	14:11	1:30:20
99	Geraint	Davies	56		MS		01:15:16	16:22	1:31:38
100	Ella	Richardson	18	TFB	FS	26:50	48:55	16:20	1:32:05
101	Jon	Trevitt	88		MS	25:52	51:04	15:14	1:32:10
102	Richard	Hillier	66		MS	25:38	53:04	14:07	1:32:49
103	Mel	Best	7		FS	27:09	54:58	15:24	1:37:31
104	Mariko	Boyce	8		FS	29:32	52:39	16:01	1:38:12
105	Hannah	Harries	14		FS	26:09	57:54	14:32	1:38:35
106	Natalie	John	28		FS	26:48	57:23	16:12	1:40:23
107	Lee	Thompson	108		MV	33:51	46:48	19:58	1:40:37
108	Iwan	Rees	31	Go Tri	MY	31:51	48:54	20:19	1:41:04
109	Natasha	Curtis	10		FS	27:48	59:31	14:41	1:42:00
110	Karen	Lewis	21		FV	27:17	59:59	14:44	1:42:00
111	Natalie	Lingwood	16		FS	30:04	55:26	17:11	1:42:41
112	Team	Newton	1		XREL	35:10	48:03	19:43	1:42:56
113	Warren	Codd	99		MV	34:04	50:17	19:28	1:43:49
114	Melanie	Codd	98		MV	34:14	50:06	19:29	1:43:49
115	Sian	Richardson	27	TFB	FSV	34:14	54:16	19:40	1:48:10
116	Andrew	Jones	72		MS	26:18	01:07:30	15:31	1:49:19
117	Stephen	John	116		MSV	32:34	57:40	19:11	1:49:25
118	Jane	Smith	29		FVV	36:29	01:01:58	21:24	1:59:51
DNF	Jack	Rees	39	Pembrokeshire Tri	MJ	20:48			
DNS	Betsan	Jenkins	3	Welsh Talent Squad	FJ				
DNS	Vicky	Badham	5		FS				
DNS	David	Flanigan	36		MJ				
DNS	Jason	Cole	49		MS				
DNS	David	Harris	64		MS				
DNS	Dean	Wilcox	91		MS				
DNS	Steven	Williams	92		MS				
DNS	Paul	Keen	125	Hallamshire Harriers	MVV				
DNS	David	Lewis	126		MVV				
DNS	Edward	Malarczyk	127	Cwmcarn Paragon RC	MVV				