

TriExercise Pembrokeshire Coast Triathlon 20th June 2015
FINAL RESULTS

Pos	No	Time	Name	Club	MemNo	Cat	CatPos	Swim	Pos	Cat	Gen	T1	Bike	Pos	Cat	Gen	T2	Run	Pos	Cat	Gen
1	220	02:17:24	Samuel WEBSTER	Cardiff Triathletes	W137766	MV40	1	00:21:10	5	2	5	00:00:49	01:12:25	1	1	1	00:00:32	00:42:26	5	2	5
2	91	02:19:49	James HOCKIN	Welsh Coast Cycles	W135377	MSEN	1	00:20:26	2	1	2	00:00:57	01:15:30	3	2	3	00:00:48	00:42:06	2	1	2
3	55	02:24:02	Richard DANDO	Pencoed Tri	W125638	MSEN	2	00:22:56	11	6	10	00:00:48	01:16:45	8	5	8	00:00:29	00:43:01	7	4	7
4	204	02:24:29	David MURRAY	Pencoed Tri	W1041104	MV40	2	00:19:59	1	1	1	00:00:48	01:16:12	6	2	6	00:00:47	00:46:40	15	5	15
5	258	02:24:48	Edward EVANS	Emlyn flyers		MSEN	3	00:20:43	3	2	3	00:00:45	01:16:03	5	4	5	00:00:53	00:46:23	13	9	13
6	182	02:24:57	Richard GARDINER	Tenby Aces	W1059177	MV40	3	00:23:30	12	4	11	00:01:46	01:20:16	32	11	32	00:00:50	00:38:33	1	1	1
7	145	02:28:13	Mark SYKES		E123633	MSEN	4	00:22:28	8	5	8	00:00:50	01:16:48	9	6	9	00:00:41	00:47:25	22	12	22
8	148	02:30:20	Jack TREMLETT		W1061803	MSEN	5	00:25:58	46	24	38	00:01:39	01:19:04	18	9	18	00:01:00	00:42:38	6	3	6
9	241	02:30:26	Mike PFEIFFER		W1045965	MV50	1	00:27:50	99	14	88	00:01:47	01:17:27	10	1	10	00:00:58	00:42:22	4	1	4
10	86	02:30:35	Mike GRIFFITHS			MSEN	6	00:26:17	52	28	44	00:01:33	01:19:22	22	12	22	00:01:00	00:42:21	3	2	3
11	128	02:31:34	Ben PHILLIPS			MSEN	7	00:21:05	4	3	4	00:01:47	01:14:01	2	1	2	00:00:59	00:53:42	81	49	77
12	209	02:31:44	Ben PRICE		W1059055	MV40	4	00:22:22	7	3	7	00:01:20	01:20:31	33	12	33	00:00:52	00:46:36	14	4	14
13	197	02:31:57	Ian KNEALE		W1045479	MV40	5	00:24:51	26	8	22	00:02:05	01:17:49	11	4	11	00:00:55	00:46:15	12	3	12
14	162	02:33:02	David ASTINS	Pembrokeshire Tri	W118748	MV40	6	00:23:37	14	5	12	00:01:31	01:19:41	25	10	25	00:01:02	00:47:09	20	8	20
15	102	02:33:33	Patrick JONES	Swansea Trisharks	W1050532	MSEN	8	00:27:54	106	52	95	00:00:56	01:18:38	13	7	13	00:01:05	00:44:59	10	7	10
16	225	02:33:44	Mark YOUNG	Clonmel Tri Club	10002164	MV40	7	00:26:01	47	11	39	00:01:19	01:18:48	16	6	16	00:00:50	00:46:44	17	6	17
17	64	02:35:34	David Heddwyn EVANS	West Coast Tri		MSEN	9	00:27:15	77	37	66	00:01:23	01:21:13	41	22	41	00:00:48	00:44:54	9	6	9
18	232	02:35:36	Martin EVANS	Pembrokeshire Tri	W1060369	MV50	2	00:26:44	61	5	53	00:01:26	01:19:34	23	3	23	00:01:10	00:46:40	16	2	16
19	104	02:36:03	Tom KAHAN			MSEN	10	00:24:33	24	12	20	00:02:05	01:21:42	44	25	44	00:00:54	00:46:48	18	10	18
20	256	02:36:17	Matt O'KEEFE			MSEN	11	00:26:49	64	33	55	00:02:00	01:20:53	35	19	35	00:01:04	00:45:30	11	8	11
21	112	02:36:40	Ross MCNALLY			MSEN	12	00:25:24	35	17	30	00:01:38	01:19:42	26	13	26	00:01:12	00:48:43	29	18	28
22	43	02:36:59	Scott PATRICK	West Coast Tri		MV40	8	00:25:13	33	10	28	00:01:01	01:18:46	14	5	14	00:00:41	00:51:16	50	16	48
23	56	02:37:19	Daniel DAVIES			MSEN	14	00:25:26	37	18	31	00:01:37	01:19:54	29	15	29	00:00:52	00:49:28	39	25	37
24	2	02:37:34	Ellie ASTINS	Pembrokeshire Tri	W1030861	FSEN	1	00:24:08	17	3	4	00:00:58	01:24:11	64	1	1	00:00:39	00:47:37	23	1	1
25	48	02:37:40	Matthew BROWN	Team NBCC		MSEN	15	00:21:28	6	4	6	00:00:50	01:21:57	49	28	49	00:01:09	00:52:15	61	34	59
26	36	02:37:54	Jamie DAVIES	NEWT	W1055218	MU20	1	00:22:54	10	1	9	00:01:11	01:22:42	54	1	54	00:00:56	00:50:10	44	1	42
27	199	02:37:56	Ian LIDDIATT	Cardiff Triathletes	W137683	MV40	9	00:27:00	72	18	61	00:01:48	01:20:58	37	13	37	00:01:13	00:46:57	19	7	19
28	94	02:38:03	Lilfon HOWELL	West Coast Tri		MSEN	16	00:27:06	74	36	63	00:01:37	01:20:58	38	21	38	00:00:56	00:47:24	21	11	21
29	168	02:39:33	Damian CAPPS	Pembrokeshire Tri		MV40	10	00:31:15	188	47	163	00:01:39	01:16:32	7	3	7	00:01:04	00:49:02	35	10	33
30	161	02:40:23	Paul ARNOLD	Celtic Tri	W125332	MV40	11	00:24:28	22	7	18	00:01:34	01:19:01	17	7	17	00:01:12	00:54:07	89	28	85
31	85	02:40:28	Jonny GRIFFITHS		W1061886	MSEN	17	00:30:55	180	92	158	00:01:29	01:15:57	4	3	4	00:01:51	00:50:14	46	27	44
32	165	02:40:52	Ben BLAKE	Tenby Aces	W1048269	MV40	12	00:28:04	112	28	101	00:02:20	01:19:38	24	9	24	00:00:48	00:50:01	43	13	41
33	147	02:41:07	Bleddyn THOMAS			MSEN	18	00:26:19	53	29	45	00:02:22	01:26:35	90	49	88	00:01:03	00:44:47	8	5	8
34	146	02:41:09	Ryan THOMAS	West Coast Tri		MSEN	19	00:28:18	125	64	114	00:01:33	01:22:26	51	29	51	00:01:10	00:47:39	24	13	23
35	81	02:41:09	John GOY		W1054382	MSEN	20	00:27:47	95	46	84	00:01:06	01:19:56	30	16	30	00:00:45	00:51:33	53	31	51
36	181	02:41:12	Martin EVERETT			MV40	13	00:26:42	59	15	51	00:01:54	01:22:36	52	19	52	00:01:01	00:48:58	34	9	32
37	139	02:41:34	Carl SCOTT	Pembrokeshire Harriers		MSEN	21	00:27:27	80	39	69	00:01:25	01:19:06	19	10	19	00:00:48	00:52:46	67	40	65
38	88	02:41:51	Nick HAWKER	Soho Bikes		MSEN	22	00:28:42	134	70	122	00:02:06	01:19:13	21	11	21	00:01:54	00:49:54	42	26	40
39	7	02:41:58	Sion JENKINS	Tenby Aces	W1058325	MSEN	23	00:28:08	117	60	106	00:01:47	01:23:20	57	32	57	00:00:50	00:47:51	25	14	24
40	189	02:42:10	Simon HURDS			MV40	14	00:26:20	54	13	46	00:01:37	01:21:45	46	17	46	00:00:50	00:51:37	54	18	52
41	89	02:42:49	Anthony HAYWARD	Man Up UK		MSEN	24	00:24:17	18	7	14	00:01:32	01:20:50	34	18	34	00:01:10	00:54:59	101	56	94
42	251	02:42:53	Richard THOMPSON	Pembrokeshire Tri	W134570	MV50	3	00:28:57	139	16	125	00:01:17	01:19:47	27	4	27	00:00:50	00:52:00	55	3	53
43	115	02:43:42	William MILDE	Hereford Tri Club	E1058029	MSEN	25	00:28:33	130	66	118	00:01:24	01:20:14	31	17	31	00:00:53	00:52:36	64	37	62
44	236	02:43:50	Peter LLOYD	Team NBCC	W1052287	MV50	4	00:26:36	56	4	48	00:01:37	01:18:24	12	2	12	00:00:48	00:56:24	114	7	103

TriExercise Pembrokeshire Coast Triathlon 20th June 2015
FINAL RESULTS

45	203	02:44:05	Neil MORGAN	Tenby Aces	W1044741	MV40	15	00:27:34	86	20	75	00:02:01	01:23:47	60	22	60	00:00:59	00:49:43	40	11	38
46	166	02:44:09	Darren BOWDEN	Rhondda Tri	w1055691	MV40	16	00:27:54	104	27	93	00:02:00	01:21:43	45	16	45	00:01:11	00:51:20	52	17	50
47	125	02:44:13	George PAYNE			MSEN	26	00:26:43	60	32	52	00:01:47	01:21:47	47	26	47	00:01:15	00:52:40	65	38	63
48	175	02:45:07	Simon DAVIES			MV40	17	00:29:01	144	39	129	00:01:45	01:19:10	20	8	20	00:01:09	00:54:01	86	26	82
49	45	02:45:13	Jamie BARNES	Team NBCC / Pembrokeshire Tri		MSEN	27	00:25:00	30	15	25	00:01:46	01:19:48	28	14	28	00:00:55	00:57:42	129	68	115
50	65	02:45:15	Bleddyn EVANS	Taff Ely Tri		MSEN	28	00:26:20	55	30	47	00:01:59	01:21:49	48	27	48	00:01:04	00:54:01	85	50	81
51	40	02:45:36	Alexis ADONIS			MSEN	29	00:26:50	65	34	56	00:02:15	01:24:48	70	38	69	00:00:48	00:50:54	48	28	46
52	23	02:45:52	Anna BARTLETT	Shrewsbury Triathlon Club		FV40	1	00:26:58	70	3	10	00:01:35	01:27:39	99	2	5	00:00:56	00:48:44	30	1	2
53	179	02:46:02	Nick ELLIOTT			MV40	18	00:29:00	141	38	127	00:02:10	01:23:43	59	21	59	00:00:56	00:50:12	45	14	43
54	207	02:46:14	Gareth POWELL	Team NBCC		MV40	19	00:28:26	128	35	116	00:02:52	01:21:07	39	14	39	00:01:45	00:52:02	56	19	54
55	74	02:46:28	Charles GEORGE			MSEN	30	00:28:05	113	57	102	00:01:53	01:27:32	98	54	94	00:00:56	00:48:01	26	15	25
56	176	02:46:48	Carl DAVIES	Team Cemais		MV40	20	00:28:21	126	34	115	00:01:15	01:22:03	50	18	50	00:01:05	00:54:03	88	27	84
57	195	02:46:50	Peter KELLAM	Cardiff Triathletes	W1041507	MV40	21	00:28:59	140	37	126	00:01:42	01:24:29	68	24	67	00:01:02	00:50:37	47	15	45
58	142	02:47:19	Thomas SMITH			MSEN	31	00:31:32	192	97	167	00:02:41	01:23:16	56	31	56	00:00:59	00:48:50	33	21	31
59	73	02:47:37	Simon GEORGE			MSEN	32	00:25:29	38	19	32	00:02:31	01:29:02	116	61	110	00:01:06	00:49:27	38	24	36
60	107	02:48:09	Matt LEWIS			MSEN	33	00:26:08	49	26	41	00:01:35	01:26:08	87	47	85	00:00:57	00:53:19	75	44	71
61	151	02:48:09	James WHITE			MSEN	34	00:27:29	82	41	71	00:02:08	01:24:15	66	36	65	00:01:02	00:53:14	74	43	70
62	167	02:48:10	Adam BROWN	Tenby Aces	W1054555	MV40	22	00:26:16	51	12	43	00:02:34	01:21:10	40	15	40	00:01:00	00:57:09	121	33	108
63	103	02:48:45	Toby JONSSON	Pembrokeshire Tri		MSEN	35	00:28:18	124	63	113	00:01:48	01:25:42	81	44	79	00:00:48	00:52:08	60	33	58
64	172	02:48:48	Daniel COOMBS			MV40	23	00:28:12	121	31	110	00:02:58	01:22:38	53	20	53	00:01:10	00:53:49	84	25	80
65	191	02:48:49	Simeon JENKINS			MV40	24	00:27:51	100	25	89	00:01:56	01:25:58	85	29	83	00:00:59	00:52:04	58	21	56
66	127	02:48:51	Richard PEARCE			MSEN	36	00:27:47	94	45	83	00:02:34	01:26:32	89	48	87	00:00:58	00:50:59	49	29	47
67	257	02:49:00	Greg BROWN			MSEN	37	00:25:48	41	21	34	00:01:27	01:32:02	146	80	138	00:00:52	00:48:49	32	20	30
68	69	02:49:56	Sanjay FARMAHAN			MSEN	38	00:27:58	109	54	98	00:03:34	01:20:53	36	20	36	00:01:40	00:55:49	108	59	99
69	17	02:50:09	Katie SILKE	Swansea Bay Triathlon Club	W125567	FSEN	2	00:22:47	9	1	1	00:01:07	01:31:06	137	4	8	00:00:47	00:54:20	91	3	5
70	49	02:50:22	Richard BUSHELL	Cardiff Triathletes		MSEN	39	00:27:54	105	51	94	00:01:52	01:27:03	93	51	91	00:01:01	00:52:31	63	36	61
71	46	02:50:27	Wayne BENDER			MSEN	40	00:36:11	219	107	191	00:02:10	01:23:00	55	30	55	00:00:48	00:48:15	27	16	26
72	152	02:50:29	Alex WILKES	Cr@p Tri		MSEN	41	00:24:36	25	13	21	00:01:34	01:21:32	43	24	43	00:00:50	01:01:55	171	87	150
73	53	02:50:47	George COLVILLE			MSEN	42	00:30:30	175	89	154	00:02:13	01:24:22	67	37	66	00:00:57	00:52:43	66	39	64
74	215	02:51:13	Adrian SMITH			MV40	25	00:27:42	92	23	81	00:00:59	01:25:56	84	28	82	00:01:08	00:55:26	103	31	96
75	41	02:51:14	William ALLAN			MSEN	43	00:27:26	79	38	68	00:01:57	01:24:59	74	40	72	00:01:07	00:55:43	105	58	98
76	42	02:51:24	Tom ARNOLD		W1057350	MSEN	44	00:29:11	148	74	133	00:01:51	01:21:29	42	23	42	00:00:50	00:58:01	133	70	119
77	243	02:51:27	Steve PRYKE	Pembrokeshire Tri	W2371	MV50	5	00:26:55	68	7	59	00:01:12	01:25:40	79	7	77	00:01:00	00:56:38	116	8	104
78	108	02:51:37	Gair MCADIE	Team Deviant		MSEN	45	00:32:08	200	100	174	00:01:17	01:24:12	65	35	64	00:01:01	00:52:58	70	42	68
79	22	02:51:45	Jayne ARNOLD	Celtic Tri	W125331	FV40	2	00:28:22	127	4	12	00:01:40	01:27:23	96	1	4	00:01:06	00:53:12	73	2	4
80	196	02:51:56	David KENT			MV40	26	00:26:40	57	14	49	00:02:23	01:27:56	102	33	97	00:01:14	00:53:41	80	24	76
81	250	02:52:17	Philip THOMAS	Pembrokeshire Tri		MV50	6	00:32:01	196	21	170	00:01:32	01:24:07	63	5	63	00:00:51	00:53:45	82	4	78
82	169	02:52:26	Warren CODD	Pembrokeshire Tri		MV40	27	00:27:53	102	26	91	00:02:26	01:26:15	88	31	86	00:00:54	00:54:56	99	30	93
83	27	02:52:34	Elizabeth WILIAMS	Pembrokeshire Tri / CDT	W1035927	FV40	3	00:25:57	45	2	8	00:01:16	01:28:35	108	3	6	00:00:44	00:56:00	109	4	10
84	135	02:52:44	Lee REES	Team NBCC		MSEN	46	00:30:18	170	88	152	00:02:13	01:24:55	73	39	71	00:00:53	00:54:24	93	52	88
85	260	02:52:48	Gareth JONES	Team NBCC		MSEN	47	00:25:55	44	23	37	00:02:56	01:23:35	58	33	58	00:02:13	00:58:07	138	73	122
86	221	02:52:56	Alec WILLIAMS	Pembrokeshire Tri		MV40	28	00:28:14	123	33	112	00:01:38	01:29:35	122	38	116	00:00:42	00:52:46	68	22	66
87	58	02:53:11	Aled DAVIES	Clwb Cadw Droi		MSEN	48	00:28:08	118	61	107	00:02:17	01:24:01	61	34	61	00:00:50	00:57:54	131	69	117
88	106	02:53:39	Ian LESLIE	Pembrokeshire Tri		MSEN	49	00:28:09	119	62	108	00:01:44	01:28:52	114	60	108	00:01:16	00:53:36	78	47	74
89	261	02:53:56	Sam MILLS	Team NBCC	W1056392	MSEN	50	00:32:29	203	102	177	00:01:46	01:25:35	78	42	76	00:01:14	00:52:51	69	41	67

TriExercise Pembrokeshire Coast Triathlon 20th June 2015
FINAL RESULTS

90	20	02:54:03	Katy VOSE			FSEN	3	00:28:53	138	9	14	00:02:03	01:24:49	71	2	2	00:01:00	00:57:17	123	10	14
91	231	02:54:16	Rhodri EVANS	Randoms	W118766	MV50	7	00:25:50	42	3	35	00:01:29	01:28:25	106	10	101	00:01:10	00:57:21	125	9	111
92	80	02:54:28	Christopher GOULDSMITH			MSEN	51	00:28:37	132	68	120	00:02:00	01:25:12	76	41	74	00:01:13	00:57:25	126	67	112
93	192	02:54:46	Adam JOHN			MV40	29	00:24:06	16	6	13	00:01:37	01:24:42	69	25	68	00:00:48	01:03:31	183	45	161
94	37	02:55:03	Tomos DUGMORE	West Coast Tri	W1061875	MU20	2	00:29:13	150	3	135	00:01:50	01:28:58	115	2	109	00:01:13	00:53:48	83	2	79
95	254	02:55:14	Kevin WHEELER	Pembrokeshire Tri		MV50	8	00:25:03	31	2	26	00:02:02	01:29:13	118	11	112	00:01:06	00:57:49	130	11	116
96	159	02:55:23	Phil WILLOUGHBY			MSEN	52	00:28:48	137	71	124	00:03:52	01:25:42	80	43	78	00:01:00	00:56:00	110	60	100
97	238	02:55:38	Peter MUNN	Pembrokeshire Tri	W1031830	MV50	9	00:27:32	85	12	74	00:01:29	01:28:04	103	9	98	00:00:57	00:57:35	127	10	113
98	131	02:55:40	Timothy PLUMB			MSEN	53	00:27:37	88	42	77	00:02:20	01:27:27	97	53	93	00:00:55	00:57:20	124	66	110
99	105	02:55:50	Nathan KIRBY			MSEN	54	00:30:16	169	87	151	00:01:34	01:29:32	120	64	114	00:01:01	00:53:25	76	45	72
100	66	02:56:23	Llyr EVANS			MSEN	55	00:28:01	110	55	99	00:02:34	01:31:58	145	79	137	00:01:40	00:52:08	59	32	57
101	120	02:56:28	Andrew MORRIS			MSEN	56	00:29:21	154	77	138	00:02:01	01:29:27	119	63	113	00:01:13	00:54:24	94	53	89
102	155	02:56:35	Andy WILLIAMS	Birmingham Running and Triathlon		MSEN	57	00:29:22	155	78	139	00:01:44	01:30:18	130	69	123	00:01:07	00:54:03	87	51	83
103	60	02:56:55	Rhodri DEVONALD	Acanthus Holden Architects		MSEN	58	00:26:05	48	25	40	00:01:11	01:27:05	94	52	92	00:01:14	01:01:18	164	80	143
104	178	02:57:02	Greg DOW			MV40	30	00:27:36	87	21	76	00:01:37	01:31:23	139	41	131	00:00:46	00:55:39	104	32	97
105	124	02:57:03	Daniel O'KEEFE			MSEN	59	00:31:16	189	95	164	00:01:30	01:30:25	132	71	125	00:01:30	00:52:21	62	35	60
106	15	02:57:05	Rebecca PURCELL	Clonmel Tri Club	10002063	FSEN	4	00:26:59	71	8	11	00:01:55	01:33:37	163	7	11	00:01:29	00:53:03	71	2	3
107	246	02:57:07	Rob SANDLES	3M Gorseinon Road Runners	W128805	MV50	10	00:27:56	107	15	96	00:02:00	01:25:10	75	6	73	00:00:59	01:01:00	161	16	141
108	160	02:57:32	Osian WYN	Clwb Cadw Droi		MSEN	60	00:29:12	149	75	134	00:01:51	01:31:08	138	74	130	00:00:43	00:54:36	96	55	91
109	132	02:57:33	Dan REES			MSEN	61	00:27:48	97	47	86	00:03:04	01:30:30	133	72	126	00:01:05	00:55:04	102	57	95
110	141	02:57:54	Jamie SILVESTER	Tenby Aces		MSEN	62	00:29:56	164	84	146	00:03:25	01:34:24	172	91	158	00:01:04	00:49:03	36	22	34
111	19	02:58:01	Katherine TORR			FSEN	5	00:25:45	40	6	7	00:02:20	01:32:10	148	5	9	00:00:48	00:56:56	119	9	13
112	26	02:58:11	Mark WHITBY	Pembrokeshire Harriers / Milford Tritons CC		MV40	31	00:34:59	218	56	190	00:03:18	01:28:20	105	35	100	00:01:43	00:49:49	41	12	39
113	177	02:58:28	Ioan DOLLING	Pembrokeshire Tri		MV40	32	00:26:56	69	17	60	00:02:50	01:24:52	72	26	70	00:01:16	01:02:33	177	44	156
114	237	02:58:28	Alan MCCLELLAND	Pembrokeshire Tri		MV50	11	00:26:54	67	6	58	00:03:09	01:30:45	135	14	128	00:01:21	00:56:18	113	6	102
115	140	02:58:29	Matt SEDGEBEER			MSEN	63	00:28:29	129	65	117	00:01:26	01:25:54	83	46	81	00:00:59	01:01:39	169	85	148
116	223	02:58:32	Martin WILLIAMS		W1049115	MV40	33	00:28:10	120	30	109	00:03:09	01:25:27	77	27	75	00:01:06	01:00:38	156	41	137
117	5	02:58:32	Katarina BURNS			FSEN	6	00:25:26	36	5	6	00:02:20	01:33:42	166	8	12	00:02:04	00:54:59	100	5	7
118	130	02:58:38	Steven PLUMB			MSEN	64	00:27:50	98	48	87	00:02:52	01:28:49	112	58	106	00:01:01	00:58:05	136	71	120
119	111	02:58:43	James MCNABB	Cr@p Tri		MSEN	65	00:24:31	23	11	19	00:02:22	01:32:36	152	81	143	00:01:04	00:58:09	139	74	123
120	116	02:58:53	Jp MILNE			MSEN	66	00:24:21	20	9	16	00:02:51	01:31:31	141	75	133	00:00:45	00:59:24	147	78	130
121	31	02:59:06	Catherine ETCHELL	Brecon Triathlon Club	W1060234	FV50	1	00:29:17	151	2	16	00:02:07	01:27:08	95	1	3	00:00:58	00:59:34	150	2	18
122	10	02:59:09	Alyson MAPSTONE			FSEN	7	00:24:53	28	4	5	00:02:03	01:34:33	174	11	15	00:01:34	00:56:03	111	7	11
123	235	02:59:11	John JONES	Rhondda Tri	W1046559	MV50	12	00:27:09	75	9	64	00:02:43	01:27:43	100	8	95	00:01:35	00:59:59	153	15	134
124	129	02:59:23	Alex PICTON			MSEN	67	00:24:56	29	14	24	00:02:57	01:31:41	143	77	135	00:01:14	00:58:34	142	76	125
125	200	02:59:24	Steven LILES			MV40	34	00:31:03	184	45	160	00:02:28	01:30:13	129	39	122	00:01:24	00:54:14	90	29	86
126	252	02:59:38	Dai WEBB	Pembrokeshire Tri		MV50	13	00:27:46	93	13	82	00:01:57	01:29:49	124	13	118	00:00:48	00:59:16	145	14	128
127	180	03:00:11	Ryan EVANS	Rhondda Tri		MV40	35	00:29:19	153	41	137	00:01:35	01:24:01	62	23	62	00:00:57	01:04:17	188	46	165
128	95	03:00:19	Robin JACKSON			MSEN	68	00:31:12	186	94	161	00:02:47	01:33:43	168	89	156	00:03:12	00:49:23	37	23	35
129	193	03:00:35	Andrew JONES	Freedom Tri		MV40	36	00:25:07	32	9	27	00:01:47	01:32:11	149	42	140	00:01:12	01:00:15	154	39	135
130	188	03:00:38	Jonathan HUGHES			MV40	37	00:28:46	136	36	123	00:02:48	01:28:19	104	34	99	00:01:16	00:59:27	148	36	131
131	113	03:00:39	Matt MEAD			MSEN	69	00:29:00	142	72	128	00:01:51	01:30:01	126	67	120	00:01:41	00:58:05	137	72	121
132	11	03:00:41	Melanie MILES	Team NBCC		FSEN	8	00:30:56	181	13	23	00:02:23	01:30:03	127	3	7	00:01:32	00:55:45	106	6	8
133	51	03:01:07	Richard CANNON	3M Gorseinon Road Runners		MSEN	70	00:32:04	197	98	171	00:01:47	01:29:39	123	65	117	00:01:29	00:56:07	112	61	101
134	57	03:01:11	Aron DAVIES			MSEN	71	00:28:06	114	58	103	00:02:39	01:35:50	179	92	163	00:01:06	00:53:28	77	46	73

TriExercise Pembrokeshire Coast Triathlon 20th June 2015
FINAL RESULTS

135	63	03:01:16	Joseph EDWARDS			MSEN	72	00:30:43	178	91	156	00:01:57	01:25:54	82	45	80	00:01:06	01:01:35	167	83	146
136	12	03:01:55	Bethan OUSELEY	Pembrokeshire Harriers		FSEN	9	00:31:00	183	14	24	00:01:42	01:33:24	159	6	10	00:01:00	00:54:47	97	4	6
137	173	03:02:00	Tom COX			MV40	38	00:30:26	174	44	153	00:03:10	01:26:47	91	32	89	00:00:51	01:00:44	158	42	138
138	84	03:02:01	Phil GREENWOOD			MSEN	73	00:26:41	58	31	50	00:02:17	01:28:50	113	59	107	00:00:54	01:03:18	181	93	159
139	50	03:02:03	Lee CANDLER			MSEN	74	00:25:29	39	20	33	00:02:25	01:29:05	117	62	111	00:01:11	01:03:52	185	94	163
140	247	03:02:26	Douglas SHAW			MV50	14	00:27:31	84	11	73	00:02:36	01:32:02	147	16	139	00:01:12	00:59:03	144	13	127
141	149	03:02:29	Tom WARRELL			MSEN	75	00:24:22	21	10	17	00:03:25	01:26:57	92	50	90	00:01:15	01:06:29	199	100	176
142	78	03:02:40	John GILMOUR	Serpentine		MSEN	76	00:36:36	221	108	192	00:02:39	01:33:23	158	84	149	00:01:15	00:48:45	31	19	29
143	28	03:02:43	Anna WILLIAMS			FV40	4	00:23:51	15	1	3	00:02:21	01:37:17	184	4	17	00:00:43	00:58:30	141	5	17
144	245	03:02:56	Iain RICH	Tenby Aces		MV50	15	00:27:31	83	10	72	00:03:25	01:29:34	121	12	115	00:01:12	01:01:13	162	17	142
145	123	03:03:00	Chris O'BRIEN	Brecon Triathlon Club		MSEN	77	00:30:13	167	86	149	00:03:40	01:33:38	164	87	153	00:01:50	00:53:37	79	48	75
146	62	03:03:07	Thomas DUFFY			MSEN	78	00:28:41	133	69	121	00:03:26	01:40:52	202	102	182	00:01:39	00:48:26	28	17	27
147	222	03:03:19	Steve WILLIAMS	Man Up UK		MV40	39	00:32:53	208	50	181	00:02:06	01:34:26	173	48	159	00:00:48	00:53:03	72	23	69
148	133	03:03:32	Nick REES			MSEN	79	00:30:33	176	90	155	00:03:44	01:33:29	162	86	152	00:01:09	00:54:36	95	54	90
149	4	03:03:39	Miriam BROWN			FSEN	10	00:26:48	63	7	9	00:02:17	01:33:45	169	9	13	00:01:07	00:59:40	152	12	19
150	239	03:03:48	Nic NORTH			MV50	16	00:32:55	209	23	182	00:02:13	01:32:50	156	17	147	00:01:26	00:54:22	92	5	87
151	122	03:04:05	Martin NICHOLAS			MSEN	80	00:29:51	162	82	144	00:02:58	01:30:10	128	68	121	00:01:44	00:59:20	146	77	129
152	216	03:04:17	Simon THOMAS	Narberth Dynamos		MV40	40	00:29:58	165	43	147	00:02:13	01:28:48	111	37	105	00:01:07	01:02:10	175	43	154
153	154	03:04:29	Jonathan WILLIAMS	Team NBCC		MSEN	81	00:32:06	199	99	173	00:02:46	01:29:51	125	66	119	00:01:20	00:58:25	140	75	124
154	218	03:04:37	David WALTON			MV40	41	00:28:07	116	29	105	00:02:02	01:32:33	150	43	141	00:01:28	01:00:26	155	40	136
155	117	03:05:27	Daniel MILNE			MSEN	82	00:26:51	66	35	57	00:03:00	01:32:53	157	83	148	00:00:54	01:01:48	170	86	149
156	164	03:05:34	Ian BARTLETT	Man Up UK		MV40	42	00:28:13	122	32	111	00:02:34	01:28:34	107	36	102	00:01:10	01:05:01	191	48	168
157	183	03:05:39	Mike GRIFFITHS	Team Deviant	W119432	MV40	43	00:26:46	62	16	54	00:03:22	01:32:40	154	46	145	00:03:20	00:59:30	149	37	132
158	71	03:05:42	Josh GARDENER	Siemens Wind Power		MSEN	83	00:28:03	111	56	100	00:02:55	01:30:41	134	73	127	00:01:39	01:02:22	176	90	155
159	47	03:06:05	Nathan BEVAN	Rhondda Tri	W1044117	MSEN	84	00:27:58	108	53	97	00:01:42	01:33:28	161	85	151	00:00:56	01:01:59	172	88	151
160	156	03:06:34	Daniel WILLIAMS			MSEN	85	00:32:46	206	104	179	00:02:33	01:32:44	155	82	146	00:01:15	00:57:13	122	65	109
161	59	03:06:40	Andrew DAVIES			MSEN	86	00:27:28	81	40	70	00:03:31	01:31:40	142	76	134	00:02:22	01:01:37	168	84	147
162	54	03:06:47	Mike CRANTON			MSEN	87	00:27:53	103	50	92	00:01:52	01:34:01	171	90	157	00:01:30	01:01:29	165	81	144
163	224	03:07:06	Jason WINTER	Pembrokeshire Tri	W106089	MV40	44	00:29:43	159	42	142	00:01:41	01:37:15	183	51	167	00:00:45	00:57:40	128	34	114
164	150	03:07:42	Robert WEBB			MSEN	88	00:29:04	145	73	130	00:02:40	01:27:44	101	55	96	00:01:08	01:07:05	204	102	180
165	76	03:07:56	Darren GILBERT			MSEN	89	00:29:18	152	76	136	00:02:12	01:28:47	110	57	104	00:00:49	01:06:49	201	101	178
166	33	03:08:07	Jayne RICHARDS			FV50	2	00:28:43	135	1	13	00:02:11	01:38:04	188	2	18	00:01:03	00:58:04	135	1	16
167	255	03:09:53	Paul BENNETT		W2864	MV60	1	00:29:09	146	1	131	00:02:07	01:42:45	207	1	186	00:01:03	00:54:47	98	1	92
168	214	03:09:59	Shaun SINCLAIR	Pembrokeshire Tri		MV40	45	00:27:47	96	24	85	00:00:56	01:32:36	151	44	142	00:01:19	01:07:19	205	53	181
169	24	03:10:36	Caroline SANDLES	3M Gorseinon Road Runners		FV40	5	00:30:39	177	7	22	00:02:44	01:39:31	197	5	20	00:01:52	00:55:48	107	3	9
170	121	03:11:02	Michael MURRAY			MSEN	90	00:29:43	160	81	143	00:02:52	01:31:57	144	78	136	00:02:15	01:04:14	187	95	164
171	110	03:11:03	Alex MCINTOSH			MSEN	91	00:29:55	163	83	145	00:01:53	01:36:36	181	94	165	00:01:06	01:01:32	166	82	145
172	136	03:11:16	Scott RICHARDS			MSEN	92	00:27:39	90	44	79	00:01:27	01:38:15	189	98	171	00:00:53	01:03:00	180	92	158
173	202	03:11:16	Jonathan MEEK			MV40	46	00:32:28	202	49	176	00:03:10	01:35:41	177	50	162	00:01:58	00:57:57	132	35	118
174	249	03:11:33	Gareth THOMAS			MV50	17	00:30:16	168	17	150	00:02:18	01:35:40	176	19	161	00:01:18	01:02:00	173	18	152
175	163	03:11:36	Colin BARRETT	Tenby Aces		MV40	47	00:32:58	211	52	184	00:03:24	01:25:59	86	30	84	00:01:27	01:07:45	207	54	183
176	248	03:11:58	Michael SMITH			MV50	18	00:33:26	213	24	185	00:02:07	01:31:26	140	15	132	00:01:08	01:03:48	184	20	162
177	72	03:12:52	Marc GELONA			MSEN	93	00:27:52	101	49	90	00:02:57	01:39:33	198	100	178	00:01:34	01:00:55	160	79	140
178	93	03:13:12	Joseph HOWARD			MSEN	94	00:25:52	43	22	36	00:03:04	01:33:39	165	88	154	00:01:59	01:08:36	210	106	186
179	259	03:13:25	Tom ROUTLEDGE			MSEN	95	00:30:57	182	93	159	00:02:01	01:30:20	131	70	124	00:01:48	01:08:16	209	105	185

TriExercise Pembrokeshire Coast Triathlon 20th June 2015
FINAL RESULTS

180	184	03:13:50	Andy GRIFFITHS			MV40	48	00:27:24	78	19	67	00:03:20	01:30:49	136	40	129	00:01:25	01:10:51	216	56	191
181	171	03:14:19	Thomas COLVILLE			MV40	49	00:27:41	91	22	80	00:01:41	01:34:42	175	49	160	00:00:52	01:09:21	212	55	188
182	210	03:14:22	Mark REED			MV40	50	00:31:13	187	46	162	00:03:21	01:33:26	160	47	150	00:01:46	01:04:33	190	47	167
183	230	03:14:55	Chris DAVIES		E1056161	MV50	19	00:32:05	198	22	172	00:02:30	01:40:10	200	23	180	00:01:15	00:58:53	143	12	126
184	100	03:15:50	Gareth JONES			MSEN	96	00:28:37	131	67	119	00:04:36	01:37:36	187	97	170	00:02:01	01:02:58	179	91	157
185	174	03:16:45	Huw DAVIES	Carmarthen Harriers		MV40	51	00:38:56	227	58	197	00:03:23	01:40:49	201	55	181	00:01:33	00:52:03	57	20	55
186	158	03:17:00	Sam WILLIAMS			MSEN	97	00:32:10	201	101	175	00:03:11	01:36:59	182	95	166	00:02:33	01:02:05	174	89	153
187	226	03:17:04	David ALLEN			MV50	20	00:30:53	179	18	157	00:03:21	01:33:42	167	18	155	00:02:38	01:06:27	197	21	174
188	8	03:17:14	Sara JONES			FSEN	11	00:31:34	193	16	26	00:03:14	01:33:55	170	10	14	00:01:26	01:07:04	203	15	24
189	212	03:17:18	Jason RICHARDS			MV40	52	00:34:05	215	54	187	00:02:47	01:39:28	196	54	177	00:01:17	00:59:39	151	38	133
190	82	03:17:34	Adam GOY	West Coast Tri		MSEN	98	00:30:10	166	85	148	00:02:03	01:39:03	193	99	174	00:01:46	01:04:31	189	96	166
191	205	03:17:36	Adam JENKINS	Tenby Aces		MSEN	99	00:27:39	89	43	78	00:01:50	01:36:21	180	93	164	00:01:12	01:10:32	214	108	190
192	119	03:17:46	Jason MORRIS			MSEN	100	00:29:27	156	79	140	00:01:54	01:28:36	109	56	103	00:00:49	01:16:59	221	110	193
193	38	03:19:22	Ross SCRIVENS			MU20	3	00:27:14	76	2	65	00:02:51	01:43:16	208	4	187	00:00:53	01:05:06	193	4	170
194	9	03:19:24	Erika MALEIN			FSEN	12	00:23:37	13	2	2	00:02:36	01:55:16	226	16	27	00:01:29	00:56:24	115	8	12
195	18	03:20:09	Marie TILLEY			FSEN	13	00:31:10	185	15	25	00:03:57	01:38:32	190	13	19	00:02:29	01:03:59	186	14	23
196	1	03:20:43	Sophie ROLLS			FSEN	14	00:33:07	212	17	28	00:03:44	01:43:54	210	14	22	00:01:53	00:58:03	134	11	15
197	61	03:20:43	Sean DUFFY		E1054482	MSEN	101	00:24:19	19	8	15	00:09:51	01:37:20	185	96	168	00:02:44	01:06:28	198	99	175
198	29	03:20:54	Clare WILLIAMS	Pembrokeshire Tri	W1048619	FV40	6	00:30:19	171	6	19	00:01:43	01:45:33	214	7	24	00:01:59	01:01:17	163	6	21
199	194	03:21:24	Jonathan JONES			MV40	53	00:33:48	214	53	186	00:01:59	01:38:52	192	52	173	00:01:00	01:05:44	194	49	171
200	14	03:21:38	Lowri PHILLIPS	San Domenico Rc	W1032097	FSEN	15	00:29:38	157	10	17	00:03:31	01:35:45	178	12	16	00:01:54	01:10:48	215	16	25
201	90	03:22:13	Stuart HINGLEY			MSEN	102	00:42:57	231	113	201	00:01:22	01:39:34	199	101	179	00:01:36	00:56:42	118	63	106
202	187	03:22:26	Gareth HOWELLS	Pembrokeshire Tri		MV40	54	00:29:10	147	40	132	00:03:03	01:41:11	204	56	184	00:02:09	01:06:52	202	52	179
203	137	03:22:31	Jonathan ROBERTS			MSEN	103	00:38:21	226	111	196	00:03:54	01:41:03	203	103	183	00:02:12	00:56:59	120	64	107
204	39	03:23:47	James ADAMS			MSEN	104	00:26:13	50	27	42	00:02:26	01:48:41	222	110	197	00:01:21	01:05:03	192	97	169
205	3	03:26:12	Gina BANNISTER			FSEN	16	00:29:45	161	11	18	00:03:57	01:49:50	224	15	26	00:01:55	01:00:44	157	13	20
206	233	03:27:03	Ross GARDNER			MV50	21	00:31:31	191	19	166	00:02:55	01:47:05	219	24	194	00:02:08	01:03:22	182	19	160
207	198	03:27:35	Gareth LANE			MV40	55	00:37:36	224	57	194	00:02:50	01:39:12	195	53	176	00:02:09	01:05:47	195	50	172
208	83	03:27:42	Johnnie GRAHAM			MSEN	105	00:28:06	115	59	104	00:04:19	01:56:16	227	112	200	00:02:18	00:56:41	117	62	105
209	208	03:28:11	Tony POWER	MTB Berkhamsted		MV40	56	00:31:34	194	48	168	00:02:59	01:32:37	153	45	144	00:01:57	01:19:00	222	57	194
210	35	03:28:23	Rhys BRADNEY			MU20	4	00:39:49	230	4	200	00:04:39	01:41:18	205	3	185	00:01:41	01:00:54	159	3	139
211	244	03:29:34	Gary RANDALL			MV50	22	00:27:00	73	8	62	00:02:33	01:37:31	186	20	169	00:01:30	01:20:58	223	23	195
212	114	03:29:53	Tom MEIRING			MSEN	106	00:31:21	190	96	165	00:03:26	01:43:28	209	104	188	00:02:14	01:09:22	213	107	189
213	138	03:30:04	Jonathan ROGERS			MSEN	107	00:32:39	205	103	178	00:02:49	01:45:15	212	105	190	00:01:49	01:07:29	206	103	182
214	228	03:30:52	Charlie COLEMAN	Team NBCC		MV50	23	00:39:05	229	25	199	00:02:33	01:39:05	194	22	175	00:01:16	01:08:51	211	22	187
215	213	03:32:59	Garry SCRIVENS			MV40	57	00:32:56	210	51	183	00:03:17	01:48:10	220	58	195	00:02:00	01:06:35	200	51	177
216	101	03:34:59	Dyfed JONES			MSEN	108	00:37:35	223	109	193	00:03:26	01:46:22	217	107	192	00:01:30	01:06:03	196	98	173
217	34	03:35:19	Jan HANNAFORD	Pembrokeshire Tri	W1046092	FV60	1	00:32:30	204	1	27	00:02:35	01:45:16	213	1	23	00:01:49	01:13:08	219	1	27
218	25	03:38:03	Nalda WAINWRIGHT			FV40	7	00:29:00	143	5	15	00:03:16	01:42:27	206	6	21	00:02:09	01:21:09	224	7	29
219	79	03:38:51	Dave GOSLING	Pembrokeshire Tri		MSEN	109	00:37:37	225	110	195	00:04:34	01:46:48	218	108	193	00:01:35	01:08:15	208	104	184
220	87	03:39:07	Grant HARDY	Tenby Aces		MSEN	110	00:32:47	207	105	180	00:03:33	01:48:38	221	109	196	00:01:54	01:12:13	217	109	192
221	30	03:41:27	Mandy DRAPER			FV50	3	00:44:15	233	4	31	00:06:04	01:46:10	216	3	25	00:02:23	01:02:34	178	3	22
222	44	03:42:37	Tom BANNISTER			MSEN	111	00:29:42	158	80	141	00:03:53	01:45:52	215	106	191	00:01:56	01:21:13	226	111	197
223	219	03:47:01	Jason WEBB			MV40	58						01:44:10	211	57	189					
224	227	03:50:34	Robert BAILEY		W133242	MV50	24	00:31:51	195	20	169	00:02:29	01:53:22	225	25	199	00:01:26	01:21:24	227	24	198

TriExercise Pembrokeshire Coast Triathlon 20th June 2015
FINAL RESULTS

225	21	03:57:36	Liz WEBSTER			FSEN	17	00:36:33	220	18	29	00:03:27	01:59:12	228	17	28	00:01:59	01:16:24	220	17	28
226	32	04:05:20	Kate HOVERS	Brecon Triathlon Club	W1057800	FV50	4	00:37:33	222	3	30	00:04:10	02:09:09	232	4	29	00:01:32	01:12:55	218	4	26
227	201	04:08:14	Simon LOCKE			MV40	59	00:34:08	216	55	188	00:03:07	02:07:29	230	59	202	00:02:16	01:21:13	225	58	196
228	52	04:12:44	Berian CHURCHILL-WILLIAMS			MSEN	112	00:38:59	228	112	198	00:04:32	02:02:50	229	113	201	00:02:29	01:23:53	228	112	199
229	99	04:14:50	Craig JOHNSON			MSEN	113	00:43:44	232	114	202	00:03:41	01:49:16	223	111	198	00:01:56	01:36:12	230	114	201
230	134	04:17:19	Rhydian REES			MSEN	114	00:34:20	217	106	189	00:03:52	02:07:40	231	114	203	00:02:48	01:28:38	229	113	200
231	16	04:25:22	Phoebe Russell	NEWT		FU20	1	00:30:24	173	1	21	00:02:32	02:09:10	233	1	30	00:01:45	01:41:28	231	1	30
232	6	04:25:23	Ally DAVIES	NEWT		FSEN	18	00:30:22	172	12	20	00:02:17	02:09:25	234	18	31	00:01:44	01:41:33	232	18	31
DNF	118		Owen MITCHELL	Bangor University Triathlon	E134364	MSEN		00:19:18				00:00:59	01:24:34				00:00:47				
DNF	13		Rachael PARKINSON		W1060061	FSEN		00:39:02													
DNF	253		Nick WEED			MV50		00:46:38				00:04:13	02:07:42								
DNF	109		Mark DAVIES	West Coast Tri		MSEN		00:24:58				00:02:08									