

Pembrokeshire Duathlon - Neyland - 15th March 2015

Pos	Num	Forename	Surname	Club	Cat	Cat Pos	Run1+T1	Bike	T2+Run2	Finish
1	86	Alex	Matchett	The Triathlon Shop	MS	1	0:16:54	0:33:10	0:09:25	0:59:29
2	33	Ieuan	Cooke	Pembrokeshire Tri	MJ	1	0:17:31	0:33:29	0:10:03	1:01:03
3	29	John	Collier	West Coast Tri	MS	2	0:17:05	0:35:48	0:09:28	1:02:21
4	52	Gareth	Green	Cleddau Tri	MS	3	0:18:20	0:33:40	0:10:25	1:02:25
5	16	Mark	Brown		MS	4	0:19:49	0:33:33	0:11:15	1:04:37
6	32	Dan	Colman		MS	5	0:20:10	0:33:01	0:11:43	1:04:54
7	72	Daryl	John	Pembrokeshire Velo	MV	1	0:19:12	0:35:52	0:10:23	1:05:27
8	69	Sion	Jenkins		MS	6	0:19:33	0:36:13	0:10:30	1:06:16
9	136	Owen	William Evans		MS	7	0:18:12	0:38:46	0:10:37	1:07:35
10	127	Jack	Tremlett	TROTs	MS	8	0:19:09	0:37:54	0:10:49	1:07:52
11	20	Damian	Capps	Pembrokeshire Tri	MV	2	0:20:11	0:37:08	0:11:36	1:08:55
12	79	Alex	Lewis		MS	9	0:21:05	0:36:44	0:11:23	1:09:12
13	9	Jamie	Best	Leggett	MV	3	0:20:56	0:37:00	0:11:26	1:09:22
14	40	Christopher	Dixon	Pembrokeshire Tri	MS	10	0:20:33	0:37:26	0:11:35	1:09:34
15	23	Emil	Chwistek	Tenby Aces	MS	11	0:20:13	0:38:15	0:11:32	1:10:00
16	39	Shane	Davies	Team NBCC	MS	12	0:21:41	0:36:29	0:11:57	1:10:07
17	34	Luke	Cornish		MS	13	0:22:06	0:35:41	0:12:47	1:10:34
18	3	Robert	Allen	Milford Tritons	MS	14	0:22:18	0:36:02	0:12:15	1:10:35
19	80	Chris	Lewis		MS	15	0:21:06	0:38:20	0:11:33	1:10:59
20	88	Ross	McNally		MS	16	0:20:50	0:39:00	0:11:34	1:11:24
21	51	John	Goy		MS	17	0:22:02	0:37:35	0:12:07	1:11:44
22	116	Nicholas	Sheehan	Leggett	MS	18	0:21:07	0:39:22	0:11:41	1:12:10
23	118	Jeremy	Simpson	Pembrokeshire Tri	MV	4	0:21:18	0:39:32	0:11:49	1:12:39
24	101	Jonathan	Pickford		MS	19	0:21:11	0:40:07	0:11:38	1:12:56

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25	1	Billy & Marc			RELAY	1	0:21:04	0:41:10	0:10:47	1:13:01
26	63	David	Hawkins	Pembrokeshire Velo	MS	20	0:22:00	0:38:36	0:12:26	1:13:02
27	84	Catherine	Marks	Team Cemaes	FS	1	0:21:30	0:40:21	0:11:26	1:13:17
28	97	Lee	Murray		MS	21	0:21:08	0:40:00	0:12:29	1:13:37
29	59	James	Harries		MJ	2	0:21:26	0:40:08	0:12:22	1:13:56
30	132	James	White		MS	22	0:22:10	0:38:57	0:12:59	1:14:06
31	50	Ken	Gale	Cardiff Jiff	MSV	1	0:23:25	0:37:41	0:13:03	1:14:09
32	30	Paul	Colman	Pembrokeshire Velo	MSV	2	0:24:14	0:36:11	0:14:16	1:14:41
33	122	Philip	Thomas	Pembrokeshire Tri	MSV	3	0:22:35	0:39:11	0:12:59	1:14:45
34	87	Paul	Maytam		MSV	4	0:21:34	0:41:13	0:12:14	1:15:01
35	5	Damian	Arthur		MS	23	0:23:30	0:39:04	0:12:27	1:15:01
36	65	Will	Allen		MS	24	0:23:29	0:37:36	0:14:03	1:15:08
37	73	Dylan	Jones		MS	25	0:21:44	0:41:09	0:12:37	1:15:30
38	140	Abbie	Williams		FY	1	0:21:20	0:43:13	0:11:08	1:15:41
39	139	Daniel	Williams	Team Cemaes	MS	26	0:21:09	0:42:05	0:12:36	1:15:50
40	109	Dan	Rees		MS	27	0:22:15	0:41:22	0:12:28	1:16:05
41	15	Matt	Broadhurst	5 Frogs	MV	5	0:23:44	0:38:49	0:13:45	1:16:18
42	96	Jonathan	Morris	Pembrokeshire Tri	MS	28	0:22:48	0:39:47	0:14:19	1:16:54
43	13	Lee	Brazier	Team NBCC	MV	6	0:23:23	0:39:55	0:13:39	1:16:57
44	119	Mark	Sims	Brecon Tri	MVV	1	0:23:03	0:40:56	0:13:04	1:17:03
45	120	Simon	Stanford	Tenby Aces	MS	29	0:22:25	0:42:25	0:12:24	1:17:14
46	62	Chris	Harris		MS	30	0:23:29	0:40:06	0:13:46	1:17:21
47	129	Josh	Tulino	Pembrokeshire Harriers	MV	7	0:22:26	0:43:22	0:11:42	1:17:30
48	117	Jamie	Silvester	Tenby Aces	MS	31	0:23:28	0:42:19	0:11:51	1:17:38
49	90	David	Moore	Pembrokeshire Tri	MSV	5	0:22:21	0:42:41	0:12:42	1:17:44

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50	124	Llyr	Thomas		MS	32	0:23:50	0:40:05	0:13:56	1:17:51
51	24	Shane	Clifford		MV	8	0:24:51	0:38:30	0:14:46	1:18:07
52	135	Lewys	Wilkes	Crap Tri	MJ	3	0:22:19	0:43:26	0:12:31	1:18:16
53	113	Justin	Richards	Team NBCC	MS	33	0:23:53	0:41:33	0:12:51	1:18:17
54	27	Jason	Cole		MS	34	0:23:56	0:41:40	0:13:00	1:18:36
55	134	Alex	Wilkes	Crap Tri	MS	35	0:25:48	0:37:57	0:15:08	1:18:53
56	46	Jonathan	Evans		MS	36	0:24:28	0:41:10	0:13:23	1:19:01
57	2	Darren	Aitkin		MS	37	0:24:32	0:41:18	0:13:31	1:19:21
58	89	Daniel	Milne		MS	38	0:25:08	0:40:42	0:13:40	1:19:30
59	138	Jonathan	Williams	Team NBCC	MS	39	0:24:53	0:40:47	0:14:00	1:19:40
60	110	Mike	Rees		MS	40	0:23:48	0:42:17	0:13:36	1:19:41
61	99	Scott	Nash	Pembrokeshire Tri	MV	9	0:27:55	0:36:42	0:15:38	1:20:15
62	68	Ben	James		MS	41	0:23:58	0:43:02	0:14:10	1:21:10
63	4	Peter	Armytage	Tenby Aces	MV	10	0:25:16	0:40:49	0:15:22	1:21:27
64	41	Greg	Dow		MV	11	0:25:10	0:42:55	0:13:30	1:21:35
65	38	Mike	Davies	Crap Tri	MS	42	0:23:36	0:44:34	0:13:28	1:21:38
66	98	Mark	Nally		MV	12	0:24:48	0:42:45	0:14:07	1:21:40
67	76	Nathan	Kirby		MS	43	0:22:27	0:46:15	0:13:04	1:21:46
68	123	David	Thomas	Pembrokeshire Harriers	MV	13	0:25:12	0:42:55	0:14:12	1:22:19
69	43	Henry	Durrant		MS	44	0:25:06	0:45:18	0:12:47	1:23:11
70	22	Dan	Cherry		MS	45	0:24:00	0:45:40	0:13:59	1:23:39
71	58	Joel	Hardaker	Pembrokeshire Tri	MS	46	0:25:23	0:44:54	0:13:35	1:23:52
72	112	Jayne	Richards	Team Cemaes	FSV	1	0:25:52	0:44:12	0:14:13	1:24:17
73	26	Warren	Codd	Pembrokeshire Tri	MV	14	0:26:20	0:43:06	0:15:14	1:24:40
74	104	Mark	Prout		MSV	6	0:26:15	0:44:06	0:14:25	1:24:46

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75	45	Rebecca	Evans		FS	2	0:25:44	0:45:19	0:13:50	1:24:53
76	35	Tudor	Davies	Team NBCC	MV	15	0:27:29	0:42:57	0:15:10	1:25:36
77	11	Nigel	Bevan		MSV	7	0:27:22	0:42:43	0:15:32	1:25:37
78	74	Matthew	Kelly	Cleddau Tri	MV	16	0:28:35	0:40:44	0:16:21	1:25:40
79	121	Jamie	Street		MS	47	0:26:32	0:44:37	0:16:06	1:27:15
80	133	Don	Wilkes	Crap Tri	MV	17	0:25:17	0:47:17	0:14:55	1:27:29
81	66	Joe	Howell		MS	48	0:25:14	0:46:30	0:16:07	1:27:51
82	10	Mel	Best	Leggett	FS	3	0:26:07	0:47:30	0:14:39	1:28:16
83	111	Iwan	Rees	Pembrokeshire Velo	MJ	4	0:28:30	0:42:49	0:16:58	1:28:17
84	78	Matthew	Lewis		MV	18	0:25:32	0:48:53	0:14:17	1:28:42
85	64	Cara	Davies	Emlyn Runners	FS	4	0:26:49	0:46:39	0:16:16	1:29:44
86	85	Nicky	Mason		MV	19	0:26:59	0:47:11	0:15:53	1:30:03
87	105	Maria	Prout		FSV	2	0:27:44	0:47:34	0:14:49	1:30:07
88	42	Joseph	Durrant		MS	49	0:25:05	0:51:43	0:13:40	1:30:28
89	47	Helen	Evans		FS	5	0:28:58	0:45:01	0:16:46	1:30:45
90	95	Celia	Morris	Team Cemaes	FV	1	0:26:46	0:49:55	0:14:42	1:31:23
91	60	Martin	Harris		MV	20	0:27:04	0:48:29	0:15:53	1:31:26
92	130	Mike	Walford	Pembrokeshire Tri	MVV	2	0:28:38	0:46:16	0:16:34	1:31:28
93	25	Matthew	Coates	Team NBCC	MV	21	0:28:50	0:45:55	0:16:49	1:31:34
94	107	Mike	Rees		MV	22	0:29:53	0:43:14	0:18:29	1:31:36
95	128	Jon	Trevitt		MV	23	0:26:00	0:50:08	0:15:45	1:31:53
96	31	Jill	Colman	Pembrokeshire Velo	FSV	3	0:27:44	0:49:20	0:16:03	1:33:07
97	137	Anna	Williams		FV	2	0:25:28	0:53:51	0:14:01	1:33:20
98	81	Nick	Logan	Team NBCC	MV	24	0:30:34	0:46:26	0:16:59	1:33:59
99	49	Hannah	Francis		FS	6	0:27:00	0:51:34	0:16:02	1:34:36

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100	7	Tom	Bannister		MS	50	0:26:22	0:54:46	0:15:59	1:37:07
101	125	Lee	Thompson		MV	25	0:31:55	0:47:31	0:18:21	1:37:47
102	126	Nicola	Tinsley		FV	3	0:27:18	0:54:59	0:15:35	1:37:52
103	8	Joanne	Barrett	Pembrokeshire Tri	FV	4	0:30:23	0:51:13	0:17:33	1:39:09
104	12	Mariko	Boyce		FS	7	0:29:48	0:54:09	0:16:53	1:40:50
105	102	Zoe	Priestley		FS	8	0:31:46	0:51:57	0:17:55	1:41:38
106	53	Matthias	Grein		MSV	8	0:34:43	0:48:04	0:19:28	1:42:15
107	94	Manon	Morgans		FS	9	0:32:08	0:51:25	0:19:26	1:42:59
108	75	Lisa	Kelly	Cleddau Tri	FV	5	0:30:28	0:58:15	0:17:14	1:45:57
109	103	William	Pritchard		MV	26	0:35:53	0:53:05	0:19:46	1:48:44
110	106	Katherine	Quant	Cleddau Tri	FV	6	0:30:28	1:03:21	0:16:34	1:50:23
111	57	Rebecca	Hancock	Pembrokeshire Tri	FS	10	0:32:48	0:57:04	0:22:17	1:52:09
DNF	93	Ricki	Morgan		MS		0:26:20			
DNF	91	Neil	Morgan	Tenby Aces	MV		0:20:26			
DNS	19	Susan	Bushnell		FS					
DNS	92	Phillipa	Morgan		FV					
DNS	17	Miles	Burton		MJ					
DNS	18	Hayden	Burton		MJ					
DNS	48	David	Flanigan		MJ					
DNS	6	Chris	Banner		MS					
DNS	14	Mark	Brimacombe		MS					
DNS	28	David	Cole		MS					
DNS	36	Geraint	Davies		MS					
DNS	37	Endaf	Davies		MS					
DNS	54	Kristian	Griffiths	Narberth Dynamos	MS					

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DNS	55	Benjamin	Griffiths		MS					
DNS	70	Adam	Jenkins		MS					
DNS	82	Paul	Luger		MS					
DNS	83	Tristian	Manning		MS					
DNS	100	Gareth	Phillips		MS					
DNS	114	Gareth	Roberts		MS					
DNS	115	Richard	Scott		MS					
DNS	131	Kyle	Wallis		MS					
DNS	44	Gary	Evans		MSV					
DNS	71	Stephen	John		MSV					
DNS	21	Antony	Cawton		MV					
DNS	56	James	Gwyther		MV					
DNS	61	David	Harris		MV					
DNS	67	Aneurin	James		MV					
DNS	77	Nigel	Lewis		MV					
DNS	108	Gareth	Rees	Tenby Aces	MV					