

TriExercise Pembrokeshire Coast Triathlon



Bib No	First Name	Last Name	BTF	Club	Category	Gender	Swim	Swim Pos	T1	T1 Pos	Bike	Bike Pos	T2	T2 Pos	Run	Run Pos	Finish	Overall Pos	Category Pos	Gender Pos	Comments
121	Alex	Matchett	w121941	The Triathlon Shop Bristol	M20	M	18:55.7	1	00:00:42.10	3	01:11:48.05	1	00:00:26.70	1	00:43:31.95	14	02:15:24.50	1	1	1	
147	Deri	Stewart	W1032611	Tcw / Team Tredz	M20	M	19:06.1	2	00:00:45.20	7	01:16:11.20	11	00:00:37.65	10	00:41:31.75	8	02:18:11.90	2	2	2	
67	Matthew	Davies	W1031771	American Flyers	M35	M	24:59.3	20	00:01:01.55	38	01:15:10.50	9	00:00:40.00	20	00:39:48.20	3	02:21:39.60	3	1	3	
296	Tri 2 Win			Pembrokeshire Tri	MR	R	23:06.7	8	00:00:47.80	14	01:14:58.15	8	00:00:46.45	48	00:43:15.10	12	02:22:54.25	4	1	1	
263	Bluestone Buoys				MR	R	22:19.5	4	00:00:42.35	4	01:20:02.00	37	00:00:39.40	16	00:39:29.35	2	02:23:12.60	5	2	2	
229	Samuel	Webster	W137766	Cardiff Tri	M40	M	23:16.0	9	00:00:55.00	27	01:14:43.70	7	00:00:41.70	27	00:44:51.25	19	02:24:27.65	6	1	4	
179	David	Francis	w1057031	Team Nbcc	M40	M	25:57.7	32	00:00:49.85	19	01:13:12.55	4	00:00:39.95	19	00:43:56.45	15	02:24:36.55	7	2	5	
181	Richard	Gardiner	W1059177	Tenby Aces	M40	M	25:30.2	28	00:01:35.20	81	01:19:58.50	36	00:00:50.75	63	00:38:10.30	1	02:26:04.90	8	3	6	
210	Ben	Price	w1059055	Triathlon Coaching Wales	M40	M	22:45.4	5	00:00:47.15	8	01:18:15.45	22	00:00:44.20	36	00:44:57.60	21	02:27:29.80	9	4	7	
136	Mathew	Pritchard	W1031755		M30	M	25:00.3	21	00:01:04.05	43	01:17:49.00	19	00:00:48.10	56	00:43:09.15	11	02:27:50.60	10	1	8	
154	Jack	Tremlett	W1061803		M30	M	26:41.8	45	00:00:58.90	36	01:19:24.75	30	00:00:33.55	4	00:41:22.50	6	02:29:01.50	11	2	9	
93	Rhys	Harries	W1053791	West Coast Tri	M25	M	29:33.3	101	00:01:04.95	44	01:17:00.35	15	00:00:37.15	9	00:41:14.05	4	02:29:29.80	12	1	10	
122	Ross	Mcnally		Pembrokeshire Velo	M30	M	27:15.0	54	00:01:22.55	64	01:16:09.00	10	00:00:45.55	43	00:43:59.30	16	02:29:31.35	13	2	11	
108	Rob	Jones	W1040877		M25	M	25:22.7	27	00:01:01.45	37	01:16:55.80	14	00:00:39.00	15	00:45:37.65	29	02:29:36.55	14	2	12	
283	Old Men			Team Nbcc	MR	R	29:04.3	88	00:00:47.70	13	01:14:30.95	6	00:00:43.05	33	00:44:57.20	20	02:30:03.20	15	3	3	
118	James	Manson	W1031251	Cardiff Tri	M35	M	25:05.8	23	00:00:47.35	11	01:18:34.40	23	00:00:36.95	8	00:45:06.15	23	02:30:10.60	16	3	13	
88	Matthew	Gilbert		Bad Tri	M35	M	25:02.5	22	00:01:29.05	74	01:17:31.35	17	00:00:53.75	74	00:45:35.65	28	02:30:32.30	17	4	14	
165	Damian	Capps		Team Cemais	M45	M	30:42.2	130	00:01:20.45	60	01:12:51.00	3	00:00:46.80	50	00:45:10.25	25	02:30:50.70	18	1	15	
196	Chris	Lewis	W137456	Port Talbot Harriers	M40	M	24:28.1	18	00:01:22.75	65	01:17:03.15	16	00:01:02.30	101	00:47:12.85	38	02:31:09.10	19	5	16	
94	Karl	Harry	W1047179		M30	M	24:14.8	14	00:02:21.20	150	01:18:13.55	21	00:01:07.10	115	00:45:52.85	31	02:31:49.50	20	3	17	
278	Just Fast Not Furious			Team Cemais	MX	R	23:59.7	12	00:00:47.25	9	01:21:29.70	45	00:00:33.65	5	00:45:09.45	24	02:31:59.70	21	1	4	
109	Patrick	Jones	W1050532		M20	M	28:29.3	81	00:00:52.45	24	01:18:35.30	24	00:00:42.75	31	00:43:25.65	13	02:32:05.50	22	3	18	
288	Team Cemais Relay			Team Cemais	MR	R	25:47.8	30	00:00:41.20	1	01:23:46.45	56	00:00:35.70	7	00:41:28.60	7	02:32:19.75	23	4	5	
238	Martin	Evans		Team Cemais	M55	M	29:17.4	97	00:01:23.45	66	01:16:17.80	12	00:00:45.40	42	00:45:20.20	27	02:33:04.30	24	1	19	
91	Mike	Griffiths	W1041939	Newt	M35	M	29:16.9	96	00:01:49.45	110	01:19:50.25	35	00:00:56.05	82	00:41:55.15	9	02:33:47.80	25	5	20	
209	Stuart	Prendiville		Bynea Cc	M40	M	28:00.4	64	00:01:40.20	89	01:19:09.85	28	00:01:02.60	102	00:44:26.90	17	02:34:19.95	26	6	21	
245	Mike	Pfeiffer	w1045965	Brecon Tri	M50	M	30:17.9	121	00:02:32.75	174	01:19:34.75	33	00:00:51.65	67	00:41:18.40	5	02:34:35.45	27	1	22	
151	Ryan	Thomas		Team Cemais	M35	M	29:13.4	92	00:01:47.60	106	01:16:54.00	13	00:00:47.50	54	00:46:08.00	32	02:34:50.45	28	6	23	
64	John	Collier	E1059299	West Coast Tri	M25	M	26:57.7	49	00:01:34.50	80	01:20:41.85	40	00:00:37.65	11	00:46:30.05	34	02:36:21.80	29	3	24	
294	The Good The Bad And The Unfit				MR	R	31:57.8	162	00:01:09.35	49	01:14:18.55	5	00:00:40.50	22	00:48:35.70	54	02:36:41.90	30	5	6	
190	Rhys	Jeffreys			M40	M	26:44.2	47	00:01:38.85	85	01:19:34.20	32	00:01:22.90	167	00:48:07.45	48	02:37:27.60	31	7	25	
178	Gary	Flower			M45	M											02:37:59.00	32	2	26	Lost Chip
292	Tenby Aces			Tenby Aces	MR	R	26:21.5	38	00:00:54.90	26	01:22:28.85	51	00:00:39.70	17	00:47:39.70	40	02:38:04.65	33	6	7	
69	James	Locker			M20	M	34:50.8	201	00:02:25.70	158	01:12:01.25	2	00:00:41.90	28	00:48:14.90	51	02:38:14.50	34	4	27	
169	Daniel	Coombs		Team Nbcc / Pembrokeshire Tri	M40	M	26:58.4	50	00:02:21.35	152	01:19:23.40	29	00:00:53.30	73	00:48:54.20	57	02:38:30.65	35	8	28	
89	John	Goy	W1054382		M35	M	28:08.2	67	00:01:19.70	59	01:20:41.30	39	00:00:51.35	64	00:47:50.05	41	02:38:50.55	36	7	29	
103	Adam	John		Team Cemais	M30	M	28:00.9	65	00:01:25.60	71	01:17:36.00	18	00:00:46.00	46	00:51:20.60	70	02:39:09.05	37	4	30	
156	Elgan	Vittle		Clwb Cadw Droï	M35	M	27:18.9	56	00:01:39.75	88	01:21:14.45	43	00:00:53.75	75	00:48:04.25	45	02:39:11.15	38	8	31	
274	Gwibwyr Emlyn Flyers 122			Gwibwyr Emlyn Flyers	MX	R	27:17.0	55	00:00:49.40	18	01:19:00.55	27	00:00:40.30	21	00:51:26.10	74	02:39:13.30	39	2	8	
132	Ben	Phillips		Manup Uk	M35	M	22:51.8	6	00:01:50.55	112	01:18:45.20	25	00:01:05.50	111	00:53:04.15	88	02:39:37.20	40	9	32	2 Min Penalty Drafting
262	Acanthus Holden Architects			Acanthus Holden Architects	MC	R	29:31.3	100	00:00:49.10	15	01:20:46.85	41	00:00:43.95	35	00:48:05.70	46	02:39:56.90	41	1	9	
272	Flyers A Team			Emlyn Flyers	MX	R	26:04.4	34	00:00:58.05	31	01:21:24.30	44	00:00:37.90	13	00:51:24.55	72	02:40:29.15	42	3	10	
99	Llifton	Howell			M30	M	28:14.5	72	00:01:36.50	82	01:21:59.80	47	00:00:45.15	41	00:48:01.80	44	02:40:37.70	43	5	33	
83	Paul	Evans	W1040726	Cardiff Tri	M30	M	22:56.1	7	00:01:03.75	42	01:23:03.75	53	00:00:33.10	3	00:54:12.60	113	02:41:49.25	44	6	34	
14	Catherine	Marks		Team Cemais	F30	F	28:59.7	87	00:00:58.20	32	01:24:14.75	59	00:00:40.50	23	00:47:52.65	42	02:42:45.80	45	1	1	

56	Michael	Bool	W134331	Cardiff Tri	M30	M	24:27.2	17	00:00:50.25	20											DNF	
81	Stuart	Edgar	W1049073	Cardiff Tri	M30	M	30:15.4	120	00:01:10.25	50												DNF
158	Owen	William Evans			M30	M	27:23.2	59	00:01:27.55	73	01:19:44.15	34										DNF
113	Nathan	Kirby			M35	M	32:16.5	173	00:02:17.10	147	01:33:22.85	149										DNF
148	Vlad	Tanasescu			M35	M	48:28.6	264	00:07:24.00	265												DNF
208	Tony	Power			M45	M	35:06.9	204	00:03:12.65	218	01:39:44.15	203										DNF
212	Ashley	Prothero			M45	M	39:20.3	245	00:03:49.05	243	02:05:07.45	261										DNF
254	Robin	Withers	W125065		M50	M	31:52.9	155														DNF
47	Dylan	Aslett			M17	M																DNS
48	James	Harries	W1053224	Tenby Aces	M17	M																DNS
101	Mr	James			M20	M																DNS
120	Daniel	Mason			M30	M																DNS
53	Alex	Ball			M35	M																DNS
58	James	Bowers		Brecon Tri	M35	M																DNS
70	James	Davies			M35	M																DNS
98	Matt	Hole			M35	M																DNS
130	Chris	O'Brien		Brecon Tri	M35	M																DNS
140	Justin	Richards		Team Nbcc	M35	M																DNS
162	James	Alford			M40	M																DNS
168	Thomas	Colville			M40	M																DNS
191	Gareth	Jones			M40	M																DNS
213	Gareth	Rees			M40	M																DNS
167	Nick	Colmsee			M45	M																DNS
193	Dave	Kent		Tenby Aces	M45	M																DNS
198	Ian	Liddiatt	W137683		M45	M																DNS
217	Mark	Simon		Celtic Tri	M45	M																DNS
222	Craig	Thomas			M45	M																DNS
224	Owen	Thomas	W1044036		M45	M																DNS
241	John Michael	Lindsay		Willswheels Cc	M50	M																DNS
252	Georges	Videau	W1059425	Team Zoot Tri Europe	M50	M																DNS
255	Mark	Worley			M50	M																DNS
192					N																	DNS
260	2 Be Announced				MR	R	25:13.0	24	00:00:40.75													DNF
267	Die Tri-Ing				MX	R																DNS
273	Fortitude				MX	R																DNS



This event was serviced by Tri & Enter Events LTD - www.triandenter.com