

## Pembrokeshire Duathlon 2019

Pos	Bib	BT Number	Firstname	Surname	Club	Gen	Cat	Run 1	Bike	Run 2	Time
1	360	W126828	Liam	Lloyd	Cycle Specific	M	20-39	0:15:54	0:31:21	0:08:27	0:55:42
2	373	E1035671	Sam	Wade	Team Pedalcover	M	20-39	0:15:56	0:34:08	0:08:36	0:58:40
3	339	w1053093	David	Cole	Cycle Specific	M	20-39	0:16:42	0:32:03	0:10:02	0:58:47
4	341	W1059299	John	Collier	West Coast Tri	M	20-39	0:17:14	0:33:48	0:10:37	1:01:39
5	351	W1051986	Tom	Foster	Team Cranc	M	20-39	0:16:27	0:37:05	0:09:07	1:02:39
6	406	W128423	Richard	Wilder	Ufit Tri Team	M	40-49	0:18:32	0:34:19	0:10:19	1:03:10
7	338	W10143054	Edward	Clements	Tenby Aces	M	20-39	0:17:48	0:36:03	0:09:41	1:03:32
8	388	W1049125	Gareth	Green	San Domenico	M	40-49	0:18:31	0:35:21	0:10:11	1:04:03
9	380	W1080509	Mark	Binding	Taff Ely Triathlon	M	40-49	0:18:17	0:36:52	0:10:19	1:05:28
10	382	W1070512	Jonathan	Carrick	Celtic Tri	M	40-49	0:18:19	0:37:30	0:10:10	1:05:59
11	379	W1057338	Jamie	Best	Bynea CC	M	40-49	0:19:23	0:36:14	0:10:51	1:06:28
12	395	W1069925	Alan	Latter	West Coast Tri	M	40-49	0:18:30	0:38:57	0:10:08	1:07:35
13	343		Shane	Davies	Pembrokeshire Velo	M	20-39	0:19:25	0:37:37	0:10:36	1:07:38
14	412	W10136655	Owen	Jones	Cycle specific	M	50-59	0:18:46	0:38:33	0:11:10	1:08:29
15	397	W137456	Chris	Lewis	Port Talbot Harriers	M	40-49	9:34:00	0:57:27	0:11:11	1:09:59
16	359	W10143085	Richard	Landon	Tinworks tri	M	20-39	0:19:22	0:40:37	0:10:13	1:10:12
17	320		Rhiannon	Ace		F	40-49	0:18:16	0:41:42	0:10:21	1:10:19
18	387	W10141849	Marcus	Foster		M	40-49	0:21:27	0:37:41	0:11:53	1:11:01
19	344	W10107817	Chris	Davies	Celtic Tri	M	20-39	0:19:44	0:40:13	0:11:06	1:11:03
20	410	W10154102	Gary	Cairns	Celtic Tri	M	50-59	0:20:13	0:40:28	0:11:17	1:11:58
21	370		Liam	Rowlands	Pembrokeshire Velo	M	20-39	0:20:25	0:39:33	0:12:05	1:12:03
22	348	W10142454	James	Dicks	Pembrokeshire Tri	M	20-39	0:20:20	0:40:46	0:11:01	1:12:07
23	312	W1045068	Catherine	Marks	Pembrokeshire Tri	F	20-39	0:20:16	0:41:31	0:11:02	1:12:49
24	418	W118457	Dean	Hardie	Bynea CC	M	60-69	0:21:55	0:39:58	0:11:26	1:13:19
25	414	W1073063	Tim	Parfitt	Cr@p Tri	M	50-59	0:21:47	0:40:39	0:11:55	1:14:21
26	363		Edrian	Monk	West Coast Tri	M	20-39	0:19:24	0:43:43	0:11:17	1:14:24
27	403		Robert	Silcox	West Coast Tri	M	40-49	0:20:07	0:43:30	0:11:02	1:14:39
28	340		Jason	Cole	Milford Tritons	M	20-39	0:21:50	0:41:34	0:11:48	1:15:12
29	336		Luke	Brewin	TLT	M	20-39	0:19:38	0:45:12	0:10:36	1:15:26
30	411		John	Diffey		M	50-59	0:22:13	0:40:51	0:12:43	1:15:47
31	378	W1070193	Rob	Barker	Pembrokeshire Tri	M	40-49	0:22:19	0:41:24	0:12:16	1:15:59
32	342		Patrick	Cummins		M	20-39	0:21:33	0:40:17	0:14:31	1:16:21
33	413	E1056860	Christopher	Dixon	Pembrokeshire Harriers	M	40-49	0:21:31	0:44:02	0:11:58	1:17:31
34	371	W10106745	Robin	Sandham	GOG Triathlon Club	M	20-39	0:22:18	0:43:11	0:12:13	1:17:42
35	315	W1056333	Emer	Sandham	GOG Triathlon Club	F	20-39	0:22:54	0:44:15	0:11:56	1:19:05
36	402	W10110296	Eric	Rees	Sarn Helen	M	40-49	0:25:11	0:42:58	0:12:41	1:20:50
37	350		Carwyn	Evans	Cycle Specific	M	20-39	0:23:22	0:44:59	0:12:34	1:20:55
38	309	W1041272	Hayley	Griffiths	Celtic Tri	F	20-39	0:23:08	0:46:13	0:12:33	1:21:54
39	345		Mike	Davies	Cr@p Tri	M	20-39	0:21:42	0:48:38	0:11:50	1:22:10
40	354	W10142457	Joel	Hardaker	Pembrokeshire Tri	M	20-39	0:23:25	0:46:44	0:12:03	1:22:12
41	361		William	Martin		M	20-39	0:23:50	0:46:20	0:12:21	1:22:31
42	409	W10137383	Andrew	Bostock	Triathlon Coaching Wales	M	50-59	0:25:07	0:45:18	0:12:27	1:22:52
43	335		Sam	Barton	Pembrokeshire Tri	M	20-39	0:24:13	0:46:05	0:13:31	1:23:49
44	390	W1056260	Lloyd	Hamilton	Army Triathlon Association	M	40-49	0:23:32	0:46:54	0:13:31	1:23:57
45	400		Nathan	Orford	Unknown Runner	M	40-49	0:23:36	0:46:43	0:13:55	1:24:14
46	368		Will	Rees		M	20-39	0:23:05	0:49:14	0:12:28	1:24:47
47	365		Iestyn	Palmer		M	20-39	0:21:41	0:51:01	0:12:42	1:25:24
48	394		Carwyn	Jones		M	40-49	0:25:15	0:47:50	0:13:17	1:26:22
49	377		Timothy	Wroblewski		M	20-39	0:24:59	0:47:01	0:14:37	1:26:37
50	321	W1058380	Mel	Best	Bynea CC	F	40-49	0:24:46	0:48:54	0:13:21	1:27:01

## Pembrokeshire Duathlon 2019

51	366		Ben	Palmer	Pembrokeshire Tri	M	20-39	0:23:02	0:51:59	0:12:20	1:27:21
52	362		Owen	Mcconochie	Sarn Helen	M	20-39	0:26:21	0:46:30	0:14:48	1:27:39
53	386		Neil	Evans	West Coast Tri	M	40-49	0:27:17	0:45:49	0:14:48	1:27:54
54	334		Simon	Hudson		M	40-49	0:26:20	0:47:09	0:14:27	1:27:56
55	364		Adam	Morgan		M	20-39	0:21:52	0:54:36	0:14:05	1:30:33
56	323		Cara	Davies		F	40-49	0:25:58	0:50:31	0:14:24	1:30:53
57	314		Charlotte	Robins		F	20-39	0:24:28	0:54:30	0:13:09	1:32:07
58	352		Matthew	Halsted		M	20-39	0:27:14	0:50:04	0:14:51	1:32:09
59	367		Gareth	Phillips	Valhalla Racing	M	20-39	0:25:40	0:52:02	0:15:09	1:32:51
60	405	W10105288	Lee	Thompson	The Knitting Club	M	40-49	0:27:42	0:50:24	0:15:02	1:33:08
61	308		Lisa	Davies		F	20-39	0:27:10	0:52:12	0:14:57	1:34:19
62	416		Stuart	Blaxland	Pembrokeshire Tri	M	60-69	0:26:32	0:53:49	0:13:58	1:34:19
63	396		Scott	Lewis		M	40-49	0:27:38	0:52:15	0:14:50	1:34:43
64	349		Carl	Evans		M	20-39	0:28:15	0:49:57	0:16:41	1:34:53
65	327		Peter	Gilmartin		M	50-59	0:24:35	0:56:45	0:13:58	1:35:18
66	369		Dan	Rogers		M	20-39	0:27:03	0:52:49	0:15:52	1:35:44
67	384		Barry	Davies	West Coast Tri	M	40-49	0:33:19	0:49:26	0:17:35	1:40:20
68	357		Rhys	Hughes	Trizone Tri Club	M	20-39	0:26:25	1:00:08	0:15:59	1:42:32
69	353		Tom	Hamilton		M	20-39	0:29:12	0:58:24	0:16:43	1:44:19
70	389		Stephen	Hamer	Parc Bryn Bach	M	40-49	0:31:12	0:55:32	0:17:46	1:44:30
71	347		Steven	Davies	West Coast Tri	M	20-39	0:31:20	0:56:17	0:17:40	1:45:17
72	310		Rosie	Hill		F	20-39	0:27:40	1:02:55	0:14:49	1:45:24
73	313		Victoria	Page	TLT	F	20-39	0:25:29	1:06:37	0:13:59	1:46:05
74	325		Lydia	Hayward		F	40-49	0:32:47	0:56:29	0:17:35	1:46:51
75	331	W133434	Sue	Graves	Farnham Triathlon Club	F	70-79	0:29:25	1:05:37	0:16:19	1:51:21
76	404	W10109429	Shane	Storrow	Pembrokeshire Tri	M	40-49	0:36:37	1:00:47	0:20:41	1:58:05
77	318		Victoria	Thomas		F	20-39	0:31:54	1:20:55	0:19:13	2:12:02
78	374		James	Warren		M	20-39	0:31:55	1:20:55	0:19:13	2:12:03
79	319	W10143408	Kate	Wolsey	Pembrokeshire Tri	F	20-39	0:38:13	1:23:18	0:20:57	2:22:28
DNF	391		Andrew	Hodgson	Bridgend Athletic Club	M	40-49				
DNF	420		Derek	Graves	Hart Road Runners	M	70-79				
DNS	307	W1089850	Laura	Clements	Triforce Endurance	F	20-39				
DNS	311		Kelly	Jones		F	20-39				
DNS	316		Rowena	Simmonds		F	20-39				
DNS	317		Carys	Thomas		F	20-39				
DNS	322		Rebecca	Bowring		F	40-49				
DNS	324		Natalie	Fulstow	West Wales Fitness Coaching	F	40-49				
DNS	326		Shan	James	Team Cemais	F	40-49				
DNS	328		Claire	Warner	Tenby CC	F	40-49				
DNS	329	W1035927	Elizabeth	Williams	Pembrokeshire Tri	F	40-49				
DNS	330		Dawn	Evans		F	50-59				
DNS	332		Ian	Milsom		M	17-19				
DNS	333	W1061687	Joseph	Reardon		M	17-19				
DNS	337	W1059488	Dan	Cherry		M	20-39				
DNS	346	W10118780	Geraint	Davies		M	20-39				
DNS	355	W10101340	Jonathan	Harwood	Pembrokeshire Tri	M	20-39				
DNS	356	W10137231	Ellis	Hudson		M	20-39				
DNS	358		Matthew	Jenkins	Rhondda triathlon club	M	20-39				
DNS	372		Zac	Vaughan		M	20-39				
DNS	375		Craig	Williams	Risc-a-tri	M	20-39				
DNS	376	W1070782	David	Wilson	Cr@p Tri	M	20-39				

## Pembrokeshire Duathlon 2019

DNS	381	W10100290	Haydn	Boyce		M	40-49				
DNS	383		Matthew	Coates	Cr@p Tri	M	40-49				
DNS	385		Kevin	Dean	Whitland Tri	M	40-49				
DNS	393	W1079925	Dean	Johnston	Port Talbot Harriers	M	40-49				
DNS	398	W131384	Gareth	Lynch		M	40-49				
DNS	399		Steve	Noyce		M	40-49				
DNS	401		William	Pritchard	Plebs CC	M	40-49				
DNS	407		Roger	Williams	Celtic Tri	M	40-49				
DNS	408	W118748	David	Astins	Pembrokeshire Tri	M	50-59				
DNS	415		John	Ryan		M	50-59				
DNS	417		Stephen	Griffiths		M	60-69				
DNS	419	W137142	Roy	Lewis	Celtic Tri	M	60-69				