

Pembrokeshire Duathlon 2008 (Neyland)**25th May 2008****5k run / 22k bike / 2.5k run****Individual Results**

Pos	First	Name	No	Club/Team	Cat	Run 1 + T1	Bike Finish	Bike	Run 2 + T2	Total
1	Oliver	Simon	52		OM	00:19:10	00:54:47	00:35:37	00:10:48	01:05:35
2	Jack	Loveday	34	University of Plymouth	OM	00:19:22	00:56:03	00:36:41	00:10:09	01:06:12
3	Patrick	Martin	35	Pembs Tri	OM	00:19:09	00:55:35	00:36:26	00:10:59	01:06:34
4	Steve	Morris	38	Pencoed Tri	OM	00:19:37	00:56:16	00:36:39	00:10:35	01:06:51
5	Lester	Hewitson	26	Ingli Runners	VM	00:19:08	00:56:50	00:37:42	00:11:14	01:08:04
6	Rhiannon	Ace	1	Pembs Tri	OF	00:19:07	00:57:46	00:38:39	00:10:48	01:08:34
7	Darren	Evans	63	Pembs Tri	OM	00:19:35	00:57:50	00:38:15	00:11:30	01:09:20
8	Kevin	Griffiths	20	TROT's	VM	00:19:00	00:59:32	00:40:32	00:11:04	01:10:36
9	Michael	George	17	Pembs Tri	OM	00:20:06	00:59:34	00:39:28	00:11:46	01:11:20
10	Gareth	Davies	12	Bridgend AC	VM	00:18:49	01:01:00	00:42:11	00:10:34	01:11:34
11	Ben	Haine	21		OM	00:20:00	01:02:30	00:42:30	00:11:40	01:14:10
12	Lynn	Green	18	Pembs Tri	SVF	00:22:37	01:02:10	00:39:33	00:13:29	01:15:39
13	Alex	Llyat	28	Pembs Tri	OM	00:22:46	01:04:11	00:41:25	00:12:31	01:16:42
14	John	Capper	3		VM	00:22:41	01:04:39	00:41:58	00:12:06	01:16:45
15	Andy	Triggs	58		OM	00:21:58	01:04:33	00:42:35	00:12:34	01:17:07
16	Steve	Davies	11	Port Talbot Harriers	VM	00:24:41	01:03:10	00:38:29	00:14:33	01:17:43
17	Kevin	Wheeler	64		VM	00:22:45	01:05:36	00:42:51	00:12:20	01:17:56
18	Neil	Williams	66		OM	00:22:25	01:05:42	00:43:17	00:12:40	01:18:22
19	Kirsty	Murray	40	TROT's	OF	00:22:35	01:06:36	00:44:01	00:12:16	01:18:52
20	Michael	Lawrence	32	Pembs Harriers	SVM	00:21:09	01:07:09	00:46:00	00:12:36	01:19:45
21	Rhys	Harries	23		OM	00:21:20	01:08:16	00:46:56	00:11:35	01:19:51
22	David	Moore	36	Pembs Tri	VM	00:22:22	01:07:56	00:45:34	00:12:23	01:20:19
23	Kat	Driver	15	Pembs Tri	OF	00:21:50	01:08:35	00:46:45	00:11:50	01:20:25
24	Paul	Colman	5	Pembs Harriers	VM	00:25:20	01:06:45	00:41:25	00:15:14	01:21:59
25	Brian	Russell	51	Pembs Tri	SVM	00:25:19	01:10:10	00:44:51	00:12:25	01:22:35
26	Val	Brown	2	Pembs Tri	VF	00:24:36	01:08:38	00:44:02	00:14:21	01:22:59
27	Jim	Cooper	8	TROT's	SVM	00:23:45	01:10:42	00:46:57	00:13:25	01:24:07
28	Fiona	Davies	9	Rhondda Tri Club	SVF	00:24:32	01:10:53	00:46:21	00:13:34	01:24:27
29	Stuart	Hay	24		OM	00:25:01	01:11:22	00:46:21	00:13:35	01:24:57
30	Malcolm	Clash	4	Neyland Rowing Club	SVM	00:24:51	01:10:33	00:45:42	00:14:42	01:25:15
31	Peter	Thomas	56		OM	00:22:47	01:12:26	00:49:39	00:13:03	01:25:29
32	Stephen	Lewis	83		OM	00:24:59	01:11:23	00:46:24	00:14:10	01:25:33
33	Dilwyn	Williams	65		OM	00:25:22	01:10:39	00:45:17	00:15:52	01:26:31
34	Clare	Williams	67	Ingli Runners	VF	00:25:53	01:13:30	00:47:37	00:14:42	01:28:12
35	James	Harper	22		OM	00:25:50	01:14:03	00:48:13	00:14:50	01:28:53
36	Ben	Perks	42		OM	00:25:52	01:14:11	00:48:19	00:14:42	01:28:53
37	Penny	Rees	46	TROT's	OF	00:24:50	01:16:04	00:51:14	00:13:41	01:29:45
38	Elspeth	Thompson	57		VF	00:26:43	01:14:01	00:47:18	00:16:04	01:30:05
39	Lester	Diez	14	Pencoed Tri	OM	00:25:21	01:15:52	00:50:31	00:14:46	01:30:38
40	Nigel	Davies	10		VM	00:25:26	01:16:30	00:51:04	00:14:09	01:30:39
41	Martin	Richards	48		OM	00:26:28	01:15:32	00:49:04	00:18:24	01:33:56
42	Will	Richmond	49		OM	00:27:07	01:18:47	00:51:40	00:15:45	01:34:32
43	Andrew	Rees	45		VM	00:25:24	01:20:25	00:55:01	00:14:20	01:34:45
44	Vince	Stroud	53		SVM	00:26:17	01:19:49	00:53:32	00:15:17	01:35:06
45	Jill	Colman	6	Pembs Harriers	VF	00:28:58	01:18:27	00:49:29	00:17:10	01:35:37

Pembrokeshire Duathlon 2008 (Neyland)

25th May 2008

5k run / 22k bike / 2.5k run

Individual Results

46	Mike	Walford	62		OM	00:28:14	01:19:02	00:50:48	00:16:46	01:35:48
47	Leeann	Morgan	37		OF	00:30:16	01:22:21	00:52:05	00:15:51	01:38:12
48	Tessa	Cooper	7	TROT's	SVF	00:31:05	01:23:25	00:52:20	00:18:04	01:41:29
49	Jamie	Roberts	50		OM	00:26:53	01:25:22	00:58:29	00:16:31	01:41:53
50	Michael	Thomas	54		SVM	00:26:54	01:25:25	00:58:31	00:16:28	01:41:53
51	Susan	Plumb	43		SVF	00:29:26	01:24:35	00:55:09	00:17:24	01:41:59
52	Sonia	Thomas	55	TROT's	OF	00:27:51	01:26:05	00:58:14	00:16:12	01:42:17
53	Raymond	Greenwood	19		SVM	00:29:02	01:29:13	01:00:11	00:14:57	01:44:10
54	Johathan	Johns	30		VM	00:27:39	01:27:55	01:00:16	00:16:49	01:44:44
55	Liz	Dutch	16	TROT's	SVF	00:28:53	01:29:04	01:00:11	00:16:40	01:45:44
56	Sarah	Vesey	61		OF	00:30:10	01:30:20	01:00:10	00:17:55	01:48:15
57	Alison	Tudor	59		VF	00:30:17	01:29:45	00:59:28	00:18:36	01:48:21
58	Elizabeth	Richards	47	TROT's	OF	00:31:12	01:37:32	01:06:20	00:18:43	01:56:15
59	Shirley	Johns	29	Pemb's Harriers	SVF	00:31:20	01:40:13	01:08:53	00:19:45	01:59:58
	Carol	Howard	27		SVF	00:27:17		DNF		

RELAY TEAMS

Pos	Name 1	Name 2	Name 3	Team	No	Cat	Run + T1	Bike	Bike	Run 2 + T2	Total
1	Alex Matcett	Matthew Richards	Tom Owen	Tortoise & Two Hares	71	RTM	00:18:29	00:51:33	00:33:04	00:10:05	01:01:38
2	Michael Kallenberg	Michael Rees		The Michaels	77	RTM	00:17:21	00:57:11	00:39:50	00:09:20	01:06:31
3	Jake Watson	Robin Withers	Megan Withers	Long, Short & Fossilized	76	RTX	00:18:11	00:57:47	00:39:36	00:10:37	01:08:24
4	Luke Cornish	Richard Kedward	Alaric Whalley	Fastest but Last	75	RTM	00:20:15	01:01:36	00:41:21	00:10:51	01:12:27
5	Roger Cooms	Dewi Jones		The Chuckle Brothers	81	RTM	00:19:42	01:02:36	00:42:54	00:11:06	01:13:42
6	Rob Williams	Angela Payne		Ingli Runners	70	RTX	00:20:05	01:03:42	00:43:37	00:10:47	01:14:29
7	Helen	Peter Walker		The Walkers	69	RTX	00:23:05	01:04:55	00:41:50	00:12:43	01:17:38
8	Tara Rees	Tanis Hand		Tenby Aces B Team	74	RTF	00:26:14	01:06:40	00:40:26	00:13:54	01:20:34
9	Gareth Rees	Kay Davies		Tenby Aces A Team	73	RTX	00:29:17	01:09:12	00:39:55	00:15:30	01:24:42
10	Catrin Brathwaite	Eilidh Mc Cartney		Catrin & Eilidh	78	RTF	00:24:40	01:13:06	00:48:26	00:12:32	01:25:38
11	Mel James	Gisella Corbett	Tash Sexton	Stroppy Mares	68	RTF	00:21:07	01:10:35	00:49:28	00:17:31	01:28:06
12	Caroline Gardner	Richard Corbett	Ian Plumb	Two Men & A Lady	72	RTX	00:29:37	01:17:26	00:47:49	00:13:33	01:30:59
13	Richard Davies	Madeleine Harrop	Tanya Duncan	Fenton Fools	79	RTX	00:24:22	01:25:01	01:00:39	00:16:43	01:41:44
	Gary Corby	Mike Corby		The Corbys	80	RTM	00:22:58	00:58:52	00:35:54	00:16:43	DQ*