

Pembrokeshire Duathlon 2011

Num	Total	First	Name	Club/Team	Cat	Gen	Run 5k	Bike	Run 2.5k
91	01:03:51	Luke	Watson	Pembs Tri	OM	M	0:17:53	00:36:17	00:09:41
81	01:05:08	Oliver	Simon	Pembs Tri	OM	M	0:18:35	00:36:30	00:10:03
51	01:05:21	Patrick	Lees	Cardiff Tri	OM	M	0:19:31	00:35:36	00:10:14
72	01:05:55	Scott	Patrick	Pembs Tri	OM	M	0:19:46	00:35:49	00:10:20
70	01:06:24	Simon	Osborne	Pencoed Tri	M50	M	0:19:26	00:36:07	00:10:51
50	01:08:46	Jack	Lear	Pembs Tri	JM	M	0:19:19	00:35:51	00:13:36
62	01:08:54	Dougie	Moore		M40	M	0:19:23	00:39:16	00:10:15
64	01:09:05	Neil	Morgan	Pembs Velo	M40	M	0:19:36	00:39:10	00:10:19
92	01:09:09	Mark	Whittle	RAF Tri	OM	M	0:19:44	00:38:57	00:10:28
71	01:09:26	Brian	Palmer	Celtic Tri	M50	M	0:20:16	00:38:27	00:10:43
86	01:10:12	Rhys	Thomas	Pembs Tri	OM	M	0:21:17	00:37:43	00:11:12
74	01:10:14	Mathew	Pritchard	Pembs Tri	OM	M	0:20:20	00:38:49	00:11:05
2	01:10:16	Stuart	Baker		OM	M	0:19:35	00:39:57	00:10:44
10	01:10:38	Paul	Chick	N.E.W.T.	M40	M	0:22:05	00:36:57	00:11:36
75	01:11:05	Conrad	Rees		OM	M	0:22:00	00:37:00	00:12:05
22	01:11:10	Paul	Davies		OM	M	0:20:21	00:39:15	00:11:34
42	01:11:45	Rob	Hughes		OM	M	0:19:33	00:40:48	00:11:24
83	01:12:02	Mike	Tate	Celtic Tri	M40	M	0:21:03	00:39:22	00:11:37
13	01:12:32	Daniel	Colman	Pembs Velo	YM	M	0:23:26	00:35:22	00:13:44
4	01:13:11	Sean	Bellerby		M50	M	0:21:36	00:39:52	00:11:43
68	01:13:47	Kirsty	Murray	Pembs Tri	OF	F	0:21:30	00:41:01	00:11:16
9	01:14:02	Richard	Cheney	Aspiratiions	OM	M	0:22:25	00:39:31	00:12:06
80	01:14:05	Douglas	Scott		OM	M	0:20:18	00:42:49	00:10:58
21	01:14:12	Martyn	Davies		M40	M	0:21:58	00:40:21	00:11:53
19	01:14:32	Claire	Davies	Pembs Tri	F40	F	0:21:28	00:41:36	00:11:28
14	01:14:44	Paul	Colman	Pembs Velo	M50	M	0:24:09	00:36:59	00:13:36
93	01:16:37	Alec	Williams	Ingli Runners	M40	M	0:21:18	00:42:31	00:12:48
85	01:17:14	Phillip	Thomas	Pembs Tri	M40	M	0:22:04	00:42:07	00:13:03
97	01:17:58	Sian	Williams	Pembs Tri	F40	F	0:22:18	00:42:58	00:12:42
37	01:18:02	David	Hawkins	Pembs Velo	OM	M	0:24:25	00:39:36	00:14:01
43	01:18:35	Callum	Hutchinson		JM	M	0:22:17	00:40:24	00:15:54
49	01:18:55	Natham	Kirby		OM	M	0:21:24	00:45:01	00:12:30
79	01:19:31	Stuart	Rogers		M40	M	0:23:49	00:42:31	00:13:11
20	01:20:11	Karine	Davies	Pembs Tri	OF	F	0:21:45	00:46:05	00:12:21
66	01:21:05	Adam	Murphy		OM	M	0:23:25	00:44:16	00:13:24
84	01:21:09	David	Thomas	Pembs Harriers	OM	M	0:24:52	00:42:41	00:13:36
55	01:21:27	Dafydd	Llywelyn		OM	M	0:24:23	00:43:24	00:13:40
58	01:21:33	Mark	Marrin		OM	M	0:22:30	00:46:43	00:12:20
40	01:21:46	Mark	Hill		OM	M	0:22:47	00:44:59	00:14:00
25	01:21:58	Jennifer	Dickson		OF	F	0:24:33	00:43:25	00:14:00
88	01:22:07	Karen	Thomson	Pembs Tri	OF	F	0:23:29	00:45:58	00:12:40
12	01:22:32	Claire	Clethero	Towy Riders C C	OF	F	0:22:15	00:48:25	00:11:52
59	01:22:35	Colin	Mason		M40	M	0:25:25	00:43:07	00:14:03
30	01:22:45	Charles	George		YM	M	0:22:21	00:47:13	00:13:11
38	01:23:02	Adrian	Haworth		M40	M	0:24:24	00:44:39	00:13:59
6	01:23:14	Darren	Bowen	Crymych Tri	OM	M	0:24:10	00:45:09	00:13:55
87	01:23:32	Andrew	Thompson	Crymych Tri	M50	M	0:24:40	00:44:28	00:14:24
65	01:23:39	Karen	Munn	Pembs Tri	F50	F	0:24:42	00:45:03	00:13:54
53	01:23:41	Gareth	Liley		OM	M	0:25:49	00:43:59	00:13:53
98	01:23:45	Chris	Hall		M40	M	0:22:40	00:47:15	00:13:50
94	01:24:02	Helen	Williams	TROT's	F50	F	0:24:38	00:46:08	00:13:16
33	01:24:16	Kevin	Goldsworthy		M50	M	0:25:28	00:43:46	00:15:02
45	01:24:17	Gareth	Jones	Pembs Tri	OM	M	0:25:01	00:45:23	00:13:53
29	01:25:22	Stacey	Evans		OF	F	0:26:12	00:44:07	00:15:03
61	01:26:08	Gethin	Mills	Pembs Tri	OM	M	0:28:13	00:41:21	00:16:34
78	01:27:08	Penny	Rees	TROT's	OF	F	0:24:47	00:49:20	00:13:01
18	01:27:11	Caryl	Davies	Sarn Helen	OF	F	0:25:13	00:49:36	00:12:22
60	01:28:12	Axel	Michaelsen		M40	M	0:26:41	00:47:08	00:14:23

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57	01:28:20	Rodri	Maiden		YM	M	0:26:55	<i>00:45:13</i>	00:16:12
56	01:28:21	Dean	Maiden	Pembs Harriers	M40	M	0:26:53	<i>00:45:08</i>	00:16:20
32	01:29:07	Mike	Gibson		M50	M	0:26:35	<i>00:48:11</i>	00:14:21
15	01:30:00	Lin	Cram	Crymych Tri	F50	F	0:27:47	<i>00:46:48</i>	00:15:25
35	01:30:21	Penelope	Graepel		F50	F	0:27:17	<i>00:48:56</i>	00:14:08
34	01:30:31	Lara	Goodridge		OF	F	0:28:01	<i>00:47:02</i>	00:15:28
31	01:30:51	Hilary	Gibson		F40	F	0:28:35	<i>00:47:24</i>	00:14:52
77	01:31:29	Michael	Rees		M40	M	0:29:00	<i>00:45:14</i>	00:17:15
16	01:31:35	Zoe	Cruse		OF	F	0:25:26	<i>00:51:17</i>	00:14:52
63	01:31:44	Aled	Morgan		OM	M	0:27:08	<i>00:49:59</i>	00:14:37
24	01:31:52	Katherine	Devonald		OF	F	0:29:17	<i>00:46:49</i>	00:15:46
5	01:34:34	Ellie	Bodenham		F40	F	0:29:04	<i>00:49:33</i>	00:15:57
47	01:34:45	Jackie	Jones		OF	F	0:27:56	<i>00:50:31</i>	00:16:18
23	01:37:11	Sharon	Davies		F40	F	0:28:53	<i>00:52:05</i>	00:16:13
89	01:37:20	Mike	Walford		M50	M	0:30:08	<i>00:49:21</i>	00:17:51
17	01:38:00	Cara	Davies		OF	F	0:27:24	<i>00:55:01</i>	00:15:35
95	01:38:09	Janice	Williams		F50	F	0:30:09	<i>00:52:22</i>	00:15:38
46	01:38:10	Gareth	Jones		M50	M	0:29:37	<i>00:52:17</i>	00:16:16
52	01:39:12	Amanda	Lewis		F40	F	0:29:43	<i>00:53:00</i>	00:16:29
27	01:44:26	Katrina	Edwards		F40	F	0:32:00	<i>00:54:57</i>	00:17:29
36	01:48:57	Dave	Harriers	Pembs Tri	M40	M	0:35:07	<i>00:55:18</i>	00:18:32
44	01:49:25	Glynis	James		F40	F	0:36:09	<i>00:53:29</i>	00:19:47
26	01:49:34	Andrea	Drury		F40	F	0:31:11	<i>01:01:09</i>	00:17:14
1	01:49:34	Julie	Andrasko		F40	F	0:36:00	<i>00:53:27</i>	00:20:07
54	02:18:33	Natalie	Lingwood		OF	F	0:30:59	<i>01:28:45</i>	00:18:49
76	01:16:52	Jane	Rees		OF	F	0:26:51	<i>00:35:34</i>	00:14:27
8	DNF	Theresa	Cadd		F40	F			
69	DNS	James	Nunn	Cardiff Tri	OM	M			
3	DNS	Chris	Bates	Bynes C C	OM	M			
7	DNS	James	Brown		JM	M			
11	DNS	gareth	Chioslett	Blaenau Gwent CC	OM	M			
28	DNS	Ryan	Evans		M40	M			
39	DNS	Stuart	Hay		OM	M			
41	DNS	Steven	Hobley		M40	M			
48	DNS	Mark	Jones	Pembs Tri	OM	M			
67	DNS	Huw	Murphy		M40	M			
73	DNS	Brian	Phillips	NEWT	M40	M			
82	DNS	Adrian	Smith		OM	M			
96	DNS	John	Williams	etpa.com.au	OM	M			

Pembrokeshire Duathlon Relay 2011

No	Total	Name 1	Name 2	Name 3	Club/Team	Cat	Run 5k	Bike	Run 2.5k
406	01:09:00	Ieuan Cooke	Morgan Smith		Ieuan & Morgan	2M	00:19:08	00:39:45	00:10:07
121	01:10:24	Richard Thompson	Jack Rees	Finnlay Thompson	Young, Fast & Handsome	3M	00:20:51	00:38:22	00:11:11
404	01:12:09	Todd Watson	Caitlin Thompson		Hare & Tortoise	2X	00:18:55	00:42:09	00:11:05
403	01:12:11	Tim Brace	Billy Conner		FBM 2	2M	00:23:30	00:36:25	00:12:16
407	01:13:29	Mark Thompson	Mark Dixon		The Two Marks	2M	00:22:21	00:39:41	00:11:27
400	01:15:59	Rebecca Brace	Alexander Brace		FBM 1	2X	00:23:43	00:39:26	00:12:50
126	01:21:25	Steve Russell Stretch	Alastair Birch	Alice Russell Stretch	You can call me AL	3X	00:23:56	00:44:42	00:12:47
408	01:24:54	Russell Murray	Neil Mc Carthy		Russell & Neil	2M	00:24:08	00:47:43	00:13:03
90	01:25:59	Jake Watson	Cara Watson		Star Wars	2X	00:27:20	00:43:17	00:15:22
402	01:30:58	Vicki Brace	Nik Jenkins		Brace & Jenks	2X	00:27:03	00:49:05	00:14:50