

Pembrokeshire Duathlon 2012

Pos	Num	Total	First	Name	Club/Team	Cat	Gen	No	Rpos	Run 1	Bpos	Bike	Bike Sp	Run 2 Sp
1	90	01:01:34	Oliver	Simon	Pembrokeshire Tri	OM	M	90	1	0:18:02	1	00:51:52	00:33:50	00:09:42
2	7	01:05:32	Wayne	Beynon	Cardiff Ajax	OM	M	7	4	0:19:21	2	00:54:51	00:35:30	00:10:41
3	79	01:05:49	Scott	Patrick	Pembrokeshire Tri	M40	M	79	5	0:19:25	4	00:54:54	00:35:29	00:10:55
4	61	01:05:51	Allan	Maguire	Emlyn Fliers	OM	M	61	7	0:19:40	3	00:54:51	00:35:11	00:11:00
5	56	01:06:35	Dylan	Lewis	Ystwyth	OM	M	56	3	0:18:59	5	00:56:11	00:37:12	00:10:24
6	28	01:07:22	Robert	Dyde	Pembrokeshire Harriers	OM	M	28	2	0:18:28	7	00:57:11	00:38:43	00:10:11
7	13	01:07:45	Matt	Brown		OM	M	13	8	0:19:42	6	00:56:43	00:37:01	00:11:02
8	83	01:08:29	Mathew	Pritchard		M50	M	83	11	0:19:55	11	00:57:34	00:37:39	00:10:55
9	26	01:08:32	Paul	Davies	Pembrokeshire Tri	OM	M	26	10	0:19:52	10	00:57:32	00:37:40	00:11:00
10	76	01:09:12	Matthwe	Page	Team Wiggle	OM	M	76	38	0:22:20	12	00:57:37	00:35:17	00:11:35
11	19	01:09:57	Dan	Coleman	Pembrokeshire Velo	JM	M	19	37	0:22:19	8	00:57:15	00:34:56	00:12:42
12	20	01:10:13	Paul	Coleman	Pembrokeshire Velo	M50	M	20	47	0:22:49	9	00:57:17	00:34:28	00:12:56
13	70	01:10:18	Neil	Morgan	Pembrokeshire Tri	M40	M	70	9	0:19:48	14	00:59:39	00:39:51	00:10:39
14	35	01:10:29	michael	George	Pembrokeshire Velo	OM	M	35	28	0:21:38	13	00:58:51	00:37:13	00:11:38
15	53	01:10:39	Paul	Keen	Hallamshire harriers	RM		53	14	0:20:25	18	01:00:01	00:39:36	00:10:38
16	92	01:11:24	Adrian	Smith		OM	F	92	23	0:21:09	17	00:59:58	00:38:49	00:11:26
17	16	01:11:42	Richard	Cheney	Aspirations	OM	M	16	19	0:20:56	16	00:59:57	00:39:01	00:11:45
18	32	01:11:51	Geraint	Forster	Poppit Sands	OM	M	32	12	0:19:58	22	01:00:53	00:40:55	00:10:58
19	11	01:12:01	Liam	Bradley	Pembrokeshire Tri	JM	M	11	6	0:19:38	15	00:59:41	00:40:03	00:12:20
20	6	01:12:19	Sean	Bellerby		M50	M	6	20	0:20:59	23	01:01:01	00:40:02	00:11:18
21	126	01:12:22	Mark	Thomson	H.M.B.	RM		126	39	0:22:23	24	01:01:02	00:38:39	00:11:20
22	22	01:12:23	Ian	Cooper	Pembrokeshire Tri	OM	M	22	29	0:21:47	19	01:00:48	00:39:01	00:11:35
23	4	01:12:25	Robin	Barker	Pembrokeshire Tri	M40	M	4	27	0:21:34	21	01:00:52	00:39:18	00:11:33
24	2	01:12:28	David	Astins	Pembrokeshire Tri	M40	M	2	25	0:21:26	25	01:01:06	00:39:40	00:11:22
25	52	01:13:04	Tom	Jones		OM	M	52	33	0:21:55	20	01:00:49	00:38:54	00:12:15
26	65	01:13:35	Catherine	Marks		OF	F	65	15	0:20:43	27	01:01:31	00:40:48	00:12:04
27	50	01:14:01	Rob	Hughes		OM	M	50	21	0:21:00	29	01:01:49	00:40:49	00:12:12
28	9	01:14:13	Celia	Boothman	Pembrokeshire Tri	OF	F	9	40	0:22:25	32	01:02:24	00:39:59	00:11:49
29	82	01:14:16	Jonathan	Phillips		M50	M	82	48	0:22:50	28	01:01:36	00:38:46	00:12:40
30	123	01:14:17	John	Rees	Beauty and the Beast	RM		123	13	0:20:03	26	01:01:16	00:41:13	00:13:01
31	74	01:14:53	David	O'Neill		M40	M	74	16	0:20:49	35	01:03:18	00:42:29	00:11:35
32	17	01:15:03	Emil	Chwistek		OM	M	17	22	0:21:05	33	01:02:45	00:41:40	00:12:18
33	199	01:15:04	Steve	Williams		M40	M	199	30	0:21:48	30	01:02:20	00:40:32	00:12:44
34	37	01:15:23	Adam	Goy		OM	M	37	41	0:22:28	31	01:02:22	00:39:54	00:13:01
35	68	01:15:50	David	Moore	Pembrokeshire Tri	M50	M	68	31	0:21:49	38	01:03:41	00:41:52	00:12:09
36	3	01:15:57	Robin	Baker		M40	M	3			40	01:04:18	01:04:18	00:11:39
37	67	01:16:23	Nathan	Miles	Pembrokeshire Tri	M40	M	67	57	0:23:43	37	01:03:34	00:39:51	00:12:49
38	196	01:16:30	Peter	Walker		M50		196	68	0:24:38	34	01:03:06	00:38:28	00:13:24
39	86	01:16:37	Alun	Rees		OM	M	86	51	0:23:00	44	01:04:41	00:41:41	00:11:56
40	47	01:16:41	Matthew	Hilton	14 Signal Regiment	OM	M	47	34	0:21:56	45	01:04:44	00:42:48	00:11:57
41	48	01:16:59	Steven	Hobley		M40	M	48	26	0:21:30	36	01:03:33	00:42:03	00:13:26
42	94	01:17:08	Phillip	Thomas	Pembrokeshire Tri	M40	M	94	32	0:21:54	41	01:04:20	00:42:26	00:12:48

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43	43	01:17:10	Ryan	Hallett	Pembrokeshire Tri	OM	M	43	43	0:22:34	47	01:05:05	00:42:31	00:12:05
44	81	01:17:11	Debbie	Phillips		F40	F	81	53	0:23:14	39	01:04:08	00:40:54	00:13:03
45	89	01:17:12	Stuart	Rogers		M40	M	89	58	0:23:44	43	01:04:29	00:40:45	00:12:43
46	55	01:17:15	Nick	Lansdowne		M40	M	55	64	0:24:05	50	01:05:25	00:41:20	00:11:50
47	54	01:17:16	David	Langford	Pembrokeshire Tri	M50	M	54	42	0:22:29	46	01:04:48	00:42:19	00:12:28
48	125	01:17:45	Andrew	Griffiths	Griff & Gwill	RM		125	17	0:20:51	56	01:06:52	00:46:01	00:10:53
49	10	01:17:52	Chris	Bowen		OM	M	10	24	0:21:12	53	01:06:26	00:45:14	00:11:26
50	122	01:18:00	Alastair	Baker	Batman & Robin	RM		122	62	0:23:54	52	01:06:16	00:42:22	00:11:44
51	30	01:18:02	Heddwyn	Evans		OM	M	30	18	0:20:55	51	01:06:09	00:45:14	00:11:53
51	59	01:18:31	Dafydd	Llywelyn		OM	M	59	50	0:22:56	48	01:05:17	00:42:21	00:13:14
53	95	01:18:41	Richard	Thomas		OM	M	95	35	0:22:02	55	01:06:39	00:44:37	00:12:02
54	98	01:18:44	Adam	Turnbull	The Mad Raving Looney Club	M40	M	98	59	0:23:45	49	01:05:18	00:41:33	00:13:26
55	130	01:19:00	Alice	Russell-Stretch	Rhi-Ali-team	RF		130	49	0:22:53	57	01:06:54	00:44:01	00:12:06
56	87	01:19:10	Gareth	Rees	Tenby Aces	M40	M	87	78	0:26:03	42	01:04:25	00:38:22	00:14:45
57	75	01:19:12	Betham	Ouseley	Ingli Runners	OF	F	75	54	0:23:16	54	01:06:31	00:43:15	00:12:41
58	85	01:21:10	Mark	Prout		M40	M	85	76	0:25:46	58	01:07:57	00:42:11	00:13:13
59	25	01:21:16	Mark	davies		M40	M	25			60	01:08:20	01:08:20	00:12:56
60	1	01:21:51	Will	Allan		OM	M	1	52	0:23:04	61	01:08:25	00:45:21	00:13:26
61	8	01:21:58	Simon	Biggs		OM	M	8	56	0:23:25	59	01:08:15	00:44:50	00:13:43
62	51	01:22:01	Tim	John	TROT's	OM	M	51	44	0:22:38	68	01:09:31	00:46:53	00:12:30
63	14	01:22:15	Jonathan	Bury		OM	M	14	60	0:23:50	65	01:09:15	00:45:25	00:13:00
64	21	01:22:34	Billy	Connor		OM	M	21	46	0:22:47	69	01:09:42	00:46:55	00:12:52
65	124	01:22:57	Cynyr	Ifan	Deuawd Dolau	RM		124	84	0:26:36	64	01:09:11	00:42:35	00:13:46
66	96	1:23:23	Karen	Thompson	Pembrokeshire Tri	OF	F	96	45	0:22:40	71	01:10:31	00:47:51	#VALUE!
67	33	01:23:32	Chris	Gale		M40	M	33	66	0:24:24	67	01:09:21	00:44:57	00:14:11
68	12	01:24:13	James	Braun	Cardiff Tri	M40	M	12	63	0:23:58	74	01:11:09	00:47:11	00:13:04
69	88	01:24:25	Michael	Rees		M40	M	88	88	0:27:30	62	01:08:47	00:41:17	00:15:38
70	62	01:24:36	Dean	Maiden		M50	M	62	75	0:25:43	73	01:10:59	00:45:16	00:13:37
71	27	01:24:53	William	Davies	Tenby Aces	M40	M	27	70	0:25:15	63	01:09:10	00:43:55	00:15:43
72	91	01:24:56	Shaun	Sinclair	Pembrokeshire Tri	M40	M	91	73	0:25:33	72	01:10:31	00:44:58	00:14:25
73	69	01:25:04	Aled	Morgan		OM	M	69	72	0:25:24	77	01:11:34	00:46:10	00:13:30
74	84	01:25:16	Maria	Prout		F40	F	84	77	0:25:53	81	01:11:48	00:45:55	00:13:28
75	131	01:25:33	Donna	Maiden	Rthe Maidens	RM		131	80	0:26:18	79	01:11:36	00:45:18	00:13:57
76	31	01:25:52	Rebecca	Evans		OF	F	31	88	0:27:18	78	01:11:35	00:44:17	00:14:17
77	36	01:26:08	Kevin	Goldsworthy	Pembrokeshire Velo	M50	M	36	74	0:25:34	75	01:11:10	00:45:36	00:14:58
78	100	01:26:11	Helen	Walker	Ingli Runners	F50	F	100	69	0:24:45	83	01:12:30	00:47:45	00:13:41
79	99	01:26:13	Mike	Walford		M60	M	99	82	0:26:32	80	01:11:38	00:45:06	00:14:35
80	46	01:26:53	Julia	Hill	Pembrokeshire Tri	OF	F	46	81	0:26:24	76	01:11:18	00:44:54	00:15:35
81	15	01:26:57	Roger	Caygill		M40	M	15	55	0:23:20	66	01:09:18	00:45:58	00:17:39
82	80	01:26:59	Stewart	Pearce		OM	M	80	79	0:26:10	84	01:12:58	00:46:48	00:14:01
83	200	01:27:30	Nigel	Qorvell		OM	M	200	85	0:26:37	70	01:10:24	00:43:47	00:17:06
84	128	01:28:17	Paul	Macken	No Secrets	RM		128	36	0:22:08	82	01:12:27	00:50:19	00:15:50

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85	29	01:29:57	Paul Edwards		M50 M	29	65	0:24:15	86	01:14:07	00:49:52	00:15:50
86	63	01:30:26	Chris Majewski		OM M	63	87	0:27:17	88	01:15:41	00:48:24	00:14:45
87	18	01:31:58	Steve Clack		OM M	18	98	0:29:17	85	01:13:35	00:44:18	00:18:23
88	40	01:32:00	Paul Groom		M40 M	40	100	0:29:59	87	01:14:52	00:44:53	00:17:08
89	58	01:32:46	Natalie Lingwood		OF F	58	94	0:28:18	89	01:16:28	00:48:10	00:16:18
90	41	01:32:53	Owen Habens		OM M	41	67	0:24:32	90	01:17:31	00:52:59	00:15:22
91	24	01:33:03	Havel Davies		F60 F	24	71	0:25:16	97	01:19:22	00:54:06	00:13:41
92	57	01:33:42	Andrew Light		M50 M	57	93	0:28:02	91	01:17:53	00:49:51	00:15:49
93	38	01:33:52	Phil Greenwood		OM M	38	91	0:27:35	95	01:18:44	00:51:09	00:15:08
94	23	01:34:07	Cara Davies	Emlyn Runners	OF F	23	61	0:23:53	92	01:18:09	00:54:16	00:15:58
95	93	01:34:08	Gwyneth Thomas	Emlyn Fliers	OF F	93	99	0:29:35	94	01:18:38	00:49:03	00:15:30
96	49	01:35:29	Carol Howard		F50 F	49	86	0:27:04	93	01:18:30	00:51:26	00:16:59
97	34	01:35:51	Luned George		OF F	34	97	0:28:53	98	01:19:45	00:50:52	00:16:06
98	127	01:35:58	Greg Dow	Medically Fit	RM	127	96	0:28:50	96	01:18:54	00:50:04	00:17:04
99	39	01:39:57	Mark Griffiths		OM M	39	95	0:28:44	99	01:22:49	00:54:05	00:17:08
100	97	01:40:51	Nicola Tinsley		F40 F	97	90	0:27:33	101	01:24:50	00:57:17	00:16:01
101	198	01:42:13	Janice Williams		F50 F	198	101	0:32:31	100	01:24:30	00:51:59	00:17:43
	5		Marella Baxter		OF F	5					00:00:00	00:00:00
	42		Wayne Jenkins		M40 M	42					00:00:00	00:00:00
	44		Adrian Haworth		M40 M	44					00:00:00	00:00:00
	45		Stuart Hay		OM M	45					00:00:00	00:00:00
	60		Robert Luxton		M50 M	60			3	00:54:53	00:54:53	#####
	64		Edward Malarczyk	Cwmcarn Paragon CC	M60 M	64					00:00:00	00:00:00
	66		Axel Michaelsen		M40 M	66					00:00:00	00:00:00
	71		Lee Mosey		OM M	71					00:00:00	00:00:00
	72		Andrew Nicholas		M40 M	72					00:00:00	00:00:00
	73		Craig Nutty	Pembrokeshire Tri	OM M	73					00:00:00	00:00:00
	77		Emma Palfrey		OF F	77					00:00:00	00:00:00
	78		Nicky Palmer		OM M	78					00:00:00	00:00:00
	129		Mair Griffiths	Penbryn Motors	RM	129					00:00:00	00:00:00
	197		Helen Wallen		OF F	197					00:00:00	00:00:00