

No.	Surname	First Name	Club	Gender	Age	Welsh Tri	T1 Time	T2 Time	Finish
9	Matchett	Alex	The Tri Shop - Bristol	M	Open (20-39)	Yes	00:17:52	00:52:11	01:02:21
36	Thomas	Gareth	SAN DOMENICO	M	Open (20-39)	Yes	00:17:30	00:52:57	01:02:31
32	Stewart	Deri	Celtic Tri	M	Junior (17-19)	Yes	00:11:17	00:53:12	01:03:20
170	Dyde	Robert	Pembs Harriers	M	Open (20-39)		00:18:19	00:54:32	01:04:48
165	Cooke	Ieuan	Pembs Tri	M	Junior (17-19)	Yes	00:17:44	00:54:30	01:05:03
162	Colman	Daniel	Pembs Velo	M	Junior (17-19)		00:20:36	00:54:37	01:05:50
172	Edwards	Darren	Celtic Tri	M	Open (20-39)	Yes	00:19:32	00:57:15	01:07:57
21	Osborne	Simon	Pencoed Tri	M	Super Vet (50-59)	Yes	00:20:01	00:56:58	01:08:13
133	Brace						00:22:33	00:56:20	01:08:15
137	Pembrokeshire Bike Shop						00:20:22	00:57:49	01:08:24
199	Lear	Jack	Pembs Velo	M	Open (20-39)		00:19:16	00:57:09	01:08:44
191	Jones	Adam	Brecon Tri Club	M	Open (20-39)	Yes	00:19:58	00:57:32	01:09:06
175	George	Andrew	Celtic Tri	M	Open (20-39)	Yes	00:19:45	00:58:46	01:09:27
10	Matchett	Steve	Pembs	M	Vet (40-49)	Yes	00:20:35	00:58:18	01:09:44
134	Vicki & James						00:23:57		01:10:26
141	Baker	Andrew	Celtic Tri	M	Open (20-39)	Yes	00:20:17	01:00:00	01:11:45
158	Chwistek	Emil	Five Frogs	M	Open (20-39)		00:20:14	01:00:24	01:11:58
33	Tate	Mike	celtic tri	M	Vet (40-49)		00:21:17	01:00:37	01:11:59
22	Thomas	Ryan		M	Open (20-39)		00:21:15	00:59:41	01:12:02
200	Lewis	Christopher	Celtic Tri	M	Vet (40-49)	Yes	00:21:36	00:59:53	01:12:11
188	Howell	Roscoe		M	Open (20-39)		00:21:25		01:12:17
52	Worton	Rob		M	Vet (40-49)	Yes	00:22:11	01:00:29	01:12:19
8	Marks	Catherine		F	Open (20-39)	Yes	00:20:54	01:01:12	01:12:22
183	Hardie	Dean	Celtic Tri	M	Super Vet (50-59)	Yes	00:22:59	01:00:41	01:12:25
150	Boothman	Celia	Pembs tri	F	Open (20-39)	Yes	00:21:32	01:01:06	01:12:28
16	Morgan	Neil	Five Frogs	M	Vet (40-49)	Yes	00:21:08		01:12:34
24	Phillips	Jon	pembs tri	M	Super Vet (50-59)	Yes	00:22:45		01:12:43
46	White	Celia	Pembs Tri club	F	Vet (40-49)	Yes	00:21:35	01:01:07	01:12:52
157	Chislett	Gareth		M	Open (20-39)		00:23:22	00:59:55	01:12:54
142	Baker	Robin	Pembs tri club	M	Vet (40-49)		00:21:04	01:01:25	01:13:13
50	Williams	Alec		M	Vet (40-49)		00:21:12	01:01:08	01:13:43
39	Thomas	Philip	pembs tri	M	Vet (40-49)		00:21:49	01:01:04	01:13:56
186	Hobley	Steven	Ingli Runners	M	Vet (40-49)		00:21:02	01:01:33	01:14:00
163	Colman	Paul	Pembs Velo	M	Super Vet (50-59)		00:23:32	01:00:15	01:14:14
179	Goy	Adam		M	Open (20-39)		00:22:18	01:01:00	01:14:20
12	Miles	Nathan	Pembs Tri	M	Vet (40-49)	Yes	00:23:03	01:02:25	01:14:50
23	Phillips	Debbie	pembs harriers	F	Vet (40-49)	Yes	00:22:32	01:02:38	01:14:55
146	Belcher	Paul		M	Vintage Vets (60+)	Yes	00:22:27	01:03:00	01:15:22
45	Whitby	Mark	Pembs Harriers	M	Vet (40-49)		00:21:44	01:03:50	01:15:55
43	Warlow	Robert	CelticTri	M	Vet (40-49)	Yes	00:21:56		01:16:00
185	Hawkins	David	Pembs Tri	M	Open (20-39)	Yes	00:23:15	01:02:35	01:16:08
25	Price	Chris	Celtic Tri	M	Open (20-39)	Yes	00:23:49	01:03:38	01:16:15

168	Davies	Martyn		M	Vet (40-49)	Yes	00:22:29	01:03:59	01:16:18
140	Arnold	Paul	Celtic Tri	M	Vet (40-49)	Yes	00:24:49	01:03:44	01:16:49
14	Moore	David	Pembs Tri Club	M	Super Vet (50-59)	Yes	00:22:03	01:04:59	01:17:10
181	Griffiths	Hayley	Celtic Tri	F	Open (20-39)	Yes	00:24:17	01:04:52	01:17:20
2	Lewis	Stephen	CELTIC TRI	M	Open (20-39)		00:22:53	01:05:12	01:17:30
17	Morris	Jonathan		M	Junior (17-19)	Yes	00:23:41	01:04:00	01:17:48
189	James	Mike	PAC Tri	M	Super Vet (50-59)	Yes	00:23:16	01:05:08	01:17:53
143	Barker	Matthew		M	Open (20-39)		00:23:17	01:04:52	01:18:15
47	Wilkes	Alex	The Wilkes'	M	Open (20-39)		00:24:43	01:05:23	01:19:12
18	Murphy	Adam		M	Open (20-39)		00:23:47	01:06:38	01:19:25
152	Brace	Gerald		M	Vet (40-49)		00:24:02	01:06:20	01:19:43
159	Cleathero	Claire	Trots	F	Open (20-39)		00:23:37	01:07:11	01:19:53
180	Goy	John		M	Open (20-39)		00:24:15	01:06:13	01:20:06
27	Rees	Gareth	Tenby Aces	M	Vet (40-49)		00:25:13	01:04:56	01:20:27
139	Arnold	Jayne	Celtic Tri	F	Vet (40-49)	Yes	00:24:16	01:07:50	01:20:47
34	Thomas	Alex		M	Open (20-39)		00:22:49	01:07:36	01:20:54
132	Thunder Chickens						00:26:01	01:06:29	01:21:10
3	Llywelyn	Dafydd		M	Open (20-39)		00:25:02	01:07:47	01:21:20
192	Jones	Bryan	Pembs Velos	M	Super Vet (50-59)		00:27:46	01:06:10	01:21:53
198	Lawrence	Dylan		M	Vet (40-49)		00:24:27	01:08:02	01:21:56
49	Wilkes	Lewys	The Wilkes'	M	Junior (17-19)		00:24:33	01:08:13	01:22:10
35	Thomas	David	Pembs harriers	M	Vet (40-49)		00:26:38	01:07:58	01:22:14
167	Davies	James	Celtic Tri	M	Vet (40-49)	Yes	00:29:09	01:07:24	01:22:30
153	Brew	John		M	Open (20-39)		00:24:10	01:09:50	01:22:43
160	Clifford	Shane		M	Vet (40-49)		00:27:16	01:08:06	01:23:07
51	Williams	Alwyn		M	Vet (40-49)		00:25:08	01:10:02	01:23:31
190	John	Daryl	5 frogs	M	Open (20-39)		00:19:37	00:55:31	01:23:40
173	Edwards	Mark	Celtic Tri	M	Open (20-39)		00:23:54	01:10:03	01:23:48
195	Kelly	Matthew	RawPhotography	M	Open (20-39)		00:26:20	01:09:46	01:24:13
19	Nicholas	Dez		M	Super Vet (50-59)		00:25:28	01:09:18	01:24:45
7	Malough	Rob	Celtic Tri	M	Open (20-39)		00:25:36	01:09:42	01:25:09
6	Maiden	Dean		M	Super Vet (50-59)	Yes	00:25:54	01:11:40	01:25:14
42	Wall	Jason		M	Vet (40-49)		00:26:42	01:11:19	01:25:23
148	Bennett	Paul	O.U.	M	Vintage Vets (60+)	Yes	00:24:11	01:12:50	01:25:35
41	Walford	Mike	Pembs Tri	M	Vintage Vets (60+)	Yes	00:26:06	01:10:28	01:25:57
177	Goldsworthy	Kevin		M	Super Vet (50-59)		00:26:30	01:11:03	01:26:01
136	Mr & Mrs Pickford						00:29:23	01:10:41	01:26:02
15	Morgan	Aled		M	Open (20-39)		00:26:11	01:13:46	01:27:20
156	Cawton	Tony	5 Frogs Tri	M	Vet (40-49)		00:25:37	01:11:30	01:27:42
193	Jones	Lee-michelle	TRCC	F	Vet (40-49)	Yes	00:28:43	01:14:23	01:30:30
13	Milligan	Ken	Celtic Tri	M	Super Vet (50-59)	Yes	00:27:56	01:15:28	01:31:05
176	Gilbert	Andrew	Celtic Tri	M	Vet (40-49)	Yes	00:29:24	01:16:30	01:33:05
135	Hand-Me-Downs						00:31:41	01:17:08	01:33:44

171 Dymmock	Tarol		M	Vet (40-49)		00:27:01	01:15:15	01:33:56
196 Kethro	Philip	Celtic Tri	M	Vet (40-49)	Yes	00:28:33	01:17:42	01:33:58
48 Wilkes	Don	The Wilkes'	M	Vet (40-49)		00:25:12	01:20:22	01:34:13
164 Colville	Thomas		M	Open (20-39)		00:27:06	01:19:00	01:35:13
178 Govier	Robert	Celtictri	M	Vet (40-49)		00:32:46	01:20:03	01:37:24
169 Davies	Thomas		M	Vet (40-49)		00:31:15	01:20:32	01:37:35
31 Simmons	Lee		M	Vet (40-49)		00:28:20	01:24:13	01:40:05
40 Thompson	Lee		M	Vet (40-49)		00:33:37	01:21:57	01:40:49
30 Seppman	Amy	celtic tri	F	Open (20-39)	Yes	00:33:05	01:26:47	01:44:53
28 Rees	Mandy		F	Vet (40-49)		00:33:20	01:26:10	01:45:05
11 Mattick	Delyth		F	Vet (40-49)		00:33:01		01:46:38
149 Biscoe	Mark	Celtic Tri	M	Open (20-39)		00:30:31	01:28:47	01:47:08
197 Kirsopp	Pauline		F	Vet (40-49)		00:34:12	01:29:25	01:56:47
154 Brew	Lucy	None	F	Open (20-39)		00:32:53	01:36:04	01:59:49
144 Bateman	Jodi		F	Open (20-39)				
145 Bateman	Lyndon		M	Open (20-39)				
147 Bellerby	Sean		M	Super Vet (50-59)	Yes			
151 Bowen	Chris		M	Open (20-39)				
155 Cassidy	Helen	Cardiff Tri	F	Vet (40-49)	Yes			
161 Cole	Jason		M	Open (20-39)				
166 Daniel	Mark	Celtic tri	M	Open (20-39)	Yes			
174 Evans	Graham		M	Open (20-39)				
182 Groom	Paul	5 frogs	M	Vet (40-49)				
184 Harper	James		M	Open (20-39)				
187 Hodges	Mike	TROT	M	Super Vet (50-59)	Yes			
194 Jones	Terry	Celtic Tri	M	Vintage Vets (60+)	Yes	00:26:46	01:09:55	
1 Lewis	Dylan	Ystwyth	M	Open (20-39)	Yes			
4 Loveday	Jack	Optimus	M	Open (20-39)				
5 Maguire	Allan		M	Open (20-39)				
20 Nunn	James	Cardiff Tri	M	Open (20-39)	Yes			
26 Prout	Maria		F	Vet (40-49)	Yes			
29 Russell	Brian	PEMBSTRI	M	Super Vet (50-59)	Yes			
37 Thomas	Garry		M	Open (20-39)		00:34:23		
38 Thomas	Gary		M	Vet (40-49)				
44 Webb	Tom	team enhance IT	M	Junior (17-19)	Yes			

WELSH CHAMPIONSHIP RESULTS

	<i>Male Open</i>	<i>Female Open</i>	<i>MV</i>	<i>FV</i>	<i>MSV</i>	<i>FSV</i>	<i>MVV</i>	<i>Female V Vet</i>
1st	Alex Matchett	Catherine Marks	Steve Matchett	Celia White	Simon Osbourne		Paul Belcher	
2nd	Gareth Thomas	Celia Boothman	Chris Lewis	Debbie Phillips				
3rd	Darren Edwards	Hayley Griffiths	Rob Worton	Jayne Arnold				

PEMBROKESHIRE DUATHLON RESULTS

	<i>Male Open</i>	<i>Female Open</i>	<i>MV</i>	<i>FV</i>	<i>MSV</i>	<i>FSV</i>	<i>Junior Mal. Junior Female</i>
1st	Alex Matchett	Catherine Marks	Steve Matchett	Debbie Phillips	Simon Osbourne		Ieuan Cooke
2nd	Gareth Thomas	Celia Boothman	Chris Lewis	Jayne Arnold			
3rd	Deri Stewart	Celia White	Rob Worton	Lee Michelle-Jones			