

Pembrokeshire Duathlon 13th March 2016

Final Results

Pos	First Name	Last Name	Bib	Cat	Team	Run1+T1	Bike+T2	Run2	Total	Comments
1	Ieuan	Cooke	53	MS	Pembrokeshire Tri	0:17:24	0:34:45	0:09:00	1:01:09	
2	Rhys	Harries	76	MS	West Coast Tri	0:17:46	0:35:58	0:09:07	1:02:51	
3	Roscoe	Howell	83	MS	Pembrokeshire Velo / Pembrokeshir	0:19:19	0:34:34	0:09:44	1:03:37	
4	Ross	McNally	100	MS	Pembrokeshire Velo	0:19:14	0:35:44	0:09:24	1:04:22	
5	Jack	Tremlett	138	MS	Bynea CC	0:18:01	0:37:18	0:09:26	1:04:45	
6	John	Collier	51	MS	West Coast Tri	0:18:25	0:37:44	0:09:27	1:05:36	
7	Jamie	Best	37	MV	Pembrokeshire Tri	0:19:35	0:36:17	0:09:59	1:05:51	
8	Damian	Capps	43	MV	Team Cemais	0:19:39	0:36:19	0:10:02	1:06:00	
9	Sion	Jenkins	84	MS	Tenby Aces	0:18:49	0:38:07	0:09:28	1:06:24	
10	Tomos	Dugmore	144	MS	West Coast Triathlon	0:20:00	0:37:25	0:10:09	1:07:34	
11	Martin	Evans	68	MSV	Team Cemais	0:20:10	0:37:31	0:09:57	1:07:38	
12	2 Fast 2 Furious		1	RM		0:18:18	0:40:10	0:09:13	1:07:41	
13	John	Goy	69	MS		0:21:02	0:36:44	0:10:39	1:08:25	
14	Richard	Thompson	137	MSV	Pembrokeshire Tri	0:20:57	0:37:30	0:10:42	1:09:09	
15	Alan	Latter	95	MS	Team Cemais	0:19:05	0:40:48	0:09:40	1:09:33	
16	Tenby Aces Duo		3	RM	Tenby Aces	0:20:49	0:38:46	0:10:07	1:09:42	
17	Shane	Davies	57	MS	Loughborough Sport	0:20:57	0:37:59	0:10:48	1:09:44	
18	Abbie	Williams	27	FY	Pembrokeshire Tri	0:19:14	0:40:51	0:09:53	1:09:58	
19	Tom	Jones	93	MS	West Coast Tri	0:22:07	0:36:55	0:11:03	1:10:05	
20	Nathan	Miles	101	MV	Pembrokeshire Tri	0:22:00	0:37:35	0:10:40	1:10:15	
21	Rob	Allen	30	MS	Milford Tritons	0:21:11	0:38:28	0:10:39	1:10:18	
22	Lee	Brazier	39	MV	Team NBCC	0:21:22	0:38:40	0:10:43	1:10:45	
23	Nathan	Kirby	94	MS		0:21:07	0:39:22	0:10:30	1:10:59	
24	Richard	Beech	36	MSV	Brackla Harriers		0:59:42	0:11:18	1:11:00	
25	Daniel	Devine	61	MS	Milford Tritons	0:22:36	0:36:58	0:11:45	1:11:19	
26	Thomas	John	87	MS	Team Cemais	0:21:30	0:38:58	0:10:52	1:11:20	
27	Jonathan	Pickford	116	MS	TEAM JC	0:20:32	0:40:48	0:11:03	1:12:23	
28	Jason	Cole	50	MS	Milford Tritons	0:22:23	0:39:19	0:10:48	1:12:30	
29	Andrew	Griffiths	71	MS		0:21:23	0:40:50	0:10:36	1:12:49	
30	Catherine	Marks	20	FS	Team Cemais	0:20:49	0:41:34	0:10:38	1:13:01	
31	Billy	Kinnear	52	MY	Tenby Aces	0:21:06	0:41:08	0:10:54	1:13:08	
32	Lee	Murray	108	MS		0:21:36	0:40:17	0:11:16	1:13:09	
33	Liam	Rowlands	124	MJ	Pembrokeshire Velo		1:00:51	0:12:21	1:13:12	
34	Dan	Morgan	103	MS	Team Cemais	0:21:12	0:40:59	0:11:15	1:13:26	

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35	Celia	Boothman	6	FV	Pembrokeshire Tri/LTR Coaching		1:03:05	0:10:26	1:13:31	
36	Richard	Callaghan	42	MS	Llanelli AAC	0:22:22	0:40:06	0:11:06	1:13:34	
37	Ryan	Semper	128	MY	Tenby Aces	0:22:56	0:39:29	0:11:11	1:13:36	
38	James	Dicks	62	MS		0:21:30	0:41:23	0:10:50	1:13:43	
39	Trys	Johns	89	MS	West Coast Tri	0:23:02	0:39:14	0:11:34	1:13:50	
40	David	Hawkins	78	MS	Pembrokeshire Velo	0:22:44	0:40:08	0:11:13	1:14:05	
41	Jon	Phillips	115	MSV	Pembrokeshire Tri		1:03:02	0:11:08	1:14:10	
42	Jamie	Silvester	129	MS	Tenby Aces	0:21:48	0:42:07	0:10:18	1:14:13	
43	Mikhael	Puar	117	MS		0:23:17	0:39:50	0:11:08	1:14:15	
44	Jonathan	Evans	67	MS	Team NBCC	0:23:11	0:39:58	0:11:17	1:14:26	
45	Jonathan	Davis	59	MS	Team Cemais	0:22:50	0:40:25	0:11:13	1:14:28	
46	Dylan	Jones	91	MS		0:22:05	0:41:34	0:10:50	1:14:29	
47	Andrew	Thomas	133	MV		0:22:53	0:40:53	0:10:53	1:14:39	
48	Damian	Arthur	31	MS	Five Frogs Triathlon		1:03:53	0:10:54	1:14:47	
49	Peter	Munn	107	MSV	Pembrokeshire Tri	0:22:58	0:40:30	0:11:27	1:14:55	
50	Simon	Stanford	132	MS	Tenby Aces	0:22:13	0:41:24	0:11:26	1:15:03	
51	Debbie	Phillips	24	FSV	Pembrokeshire Tri	0:22:39	0:40:57	0:11:37	1:15:13	
52	Mike	Barrett	34	MV	Pembrokeshire Tri	0:21:45	0:40:59	0:10:47	1:15:31	Helmet violation +2mins
53	Gary Ross	Peniket	112	MV			1:04:33	0:11:01	1:15:34	
54	Hayden	Johns	88	MS	Tenby Aces	0:23:08	0:41:18	0:11:28	1:15:54	
55	Brian	Russell	125	MSV	Pembrokeshire Tri	0:21:48	0:43:01	0:11:08	1:15:57	
56	Shane	Clifford	47	MV		0:24:03	0:40:35	0:11:49	1:16:27	
57	Philip	Thomas	135	MSV	Pembrokeshire Tri	0:23:15	0:40:40	0:12:46	1:16:41	
58	Mark	Sims	130	MVV	Brecon Triathlon Club	0:23:09	0:41:58	0:11:42	1:16:49	
59	Steve	Dyde	63	MS		0:24:53	0:40:17	0:12:00	1:17:10	
60	Simon	Morgan	105	MS		0:22:47	0:43:08	0:11:46	1:17:41	
61	Tom	Blackler	38	MS		0:22:54	0:43:51	0:11:21	1:18:06	
62	Paul	Luger	98	MS	Team NBCC	0:24:02	0:41:28	0:12:46	1:18:16	
63	Justin	Richards	120	MS	Team NBCC	0:24:25	0:41:13	0:12:38	1:18:16	
64	Warren	Codd	48	MV	Pembrokeshire Tri	0:23:56	0:42:49	0:12:05	1:18:50	
65	Dan	Cherry	46	MS		0:22:24	0:44:27	0:12:00	1:18:51	
66	Edward	John	86	MS		0:21:51	0:46:30	0:10:43	1:19:04	
67	Lewis	Murray	109	MJ		0:21:47	0:44:58	0:12:33	1:19:18	
68	Martyn	Pennell	113	MV	RCT Performance Swim	0:24:05	0:44:26	0:10:58	1:19:29	
69	Sophie	Noott	23	FV	Team Cemais	0:21:58	0:47:06	0:10:46	1:19:50	

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70	Daniel	Williams	141	MS	Team Cemais	0:22:42	0:45:21	0:12:02	1:20:05	
71	Mike	Davies	56	MS	Cr@p Tri		1:08:28	0:11:48	1:20:16	
72	Jason	Thomas	134	MV			1:07:59	0:12:23	1:20:22	
73	Jon	Trevitt	139	MV	West Coast Tri		1:09:05	0:11:50	1:20:55	
74	David	Moore	102	MSV	Pembrokeshire Tri	0:22:09	0:47:52	0:11:09	1:21:10	
75	Dean	Scourfield	127	MS	Team NBCC	0:24:24	0:45:18	0:11:48	1:21:30	
76	Rose & Warren		2	RX		0:26:50	0:41:35	0:13:46	1:22:11	
77	Mark	Edwards	65	MSV			1:09:24	0:13:02	1:22:26	
78	Tudor	Davies	58	MV	Team NBCC	0:25:37	0:44:28	0:13:00	1:23:05	
79	Mark	Nally	110	MV	Bierspool Cycles	0:24:50	0:44:15	0:12:32	1:23:37	Helmet violation +2mins
80	Lloyd	Hamilton	73	MV	Army Triathlon Association	0:24:05	0:46:52	0:13:03	1:24:00	
81	Ian	Davies	55	MSV		0:25:23	0:46:17	0:12:46	1:24:26	
82	Matthew	Lewis	96	MV		0:23:33	0:49:17	0:11:44	1:24:34	
83	David	Wood	147	MV		0:25:21	0:45:48	0:13:27	1:24:36	
84	Mel	Best	5	FS	Pembrokeshire Tri	0:25:34	0:46:22	0:13:10	1:25:06	
85	Richard	Day	60	MS	Tenby Aces	0:26:38	0:44:08	0:14:21	1:25:07	
86	Chris	Banner	33	MS	Pencoed Tri	0:28:16	0:42:51	0:14:16	1:25:23	
87	Anna	Williams	28	FV		0:24:41	0:47:33	0:13:10	1:25:24	
88	Celia	Morris	21	FV	Team Cemais	0:24:05	0:49:38	0:11:59	1:25:42	
89	Joe	Rollings	123	MS		0:21:45	0:51:36	0:12:22	1:25:43	
90	Karen	Munn	22	FSV	Pembrokeshire Tri	0:26:35	0:46:23	0:12:54	1:25:52	
91	Martin	Harris	77	MSV		0:25:26	0:47:33	0:12:58	1:25:57	
92	Andrew	Williams	140	MV		0:25:12	0:48:18	0:13:03	1:26:33	
93	Sara	Jones	17	FS	Brown Tri Team	0:28:04	0:45:17	0:13:25	1:26:46	
94	Mark	Vines	143	MV	Pembrokeshire Harriers	0:26:06	0:47:04	0:13:36	1:26:46	
95	Hayley	Lawrence	18	FV		0:25:53	0:48:26	0:12:43	1:27:02	
96	Shan	James	16	FV	Team Cemais	0:24:57	0:50:31	0:11:43	1:27:11	
97	Wayne	Brenchley	40	MS		0:25:18	0:48:42	0:13:34	1:27:34	
98	Robert	Smith	131	MV		0:28:12	0:45:24	0:14:08	1:27:44	
99	Jamie	Edwards	64	MV		0:26:18	0:49:00	0:13:02	1:28:20	
100	Graham	Williams	142	MSV		0:28:18	0:46:05	0:14:20	1:28:43	
101	Rhys	Owens	146	MS	Five Frogs	0:28:12	0:45:45	0:14:48	1:28:45	
102	Ray	Roberts	122	MV		0:29:16	0:44:15	0:15:17	1:28:48	
103	Joe	Howell	82	MS		0:26:38	0:48:32	0:14:23	1:29:33	
104	Lee	Thompson	136	MV		0:28:28	0:47:27	0:13:46	1:29:41	

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105	Dominic	Jones	90	MS		0:29:28	0:47:02	0:15:29	1:31:59	
106	Stefan	Jenkins	85	MS	Tenby Aces	0:26:03	0:52:40	0:13:33	1:32:16	
107	Richard	Hillier	80	MS		0:23:59	0:55:50	0:12:34	1:32:23	
108	Rachel	Buckley	9	FS	Team Cemais	0:25:12	0:55:18	0:12:13	1:32:43	
109	Daniel	Roberts	121	MS		0:28:09	0:49:24	0:15:16	1:32:49	
110	Penny	Evans	14	FS		0:26:09	0:52:52	0:14:19	1:33:20	
111	Tracey	Bridge	8	FSV	Team Cemais	0:26:29	0:52:18	0:14:59	1:33:46	
112	Camilla	Cooke	11	FV	Pembrokeshire Tri	0:27:47	0:53:03	0:14:16	1:35:06	
113	Andrew	Perkins	114	MV		0:30:17	0:48:26	0:14:35	1:35:18	Helmet violation + 2mins
114	Hayley	Callan	10	FS		0:26:29	0:57:03	0:12:47	1:36:19	
115	Shan	Davies	13	FSV		0:29:12	0:54:47	0:14:57	1:38:56	
116	James	Gardner	145	MS		0:27:25	0:58:42	0:15:46	1:41:53	
117	Lynsey	Brenchley	7	FS		0:28:48	1:00:46	0:13:19	1:42:53	
118	Donna	Maiden	19	FV		0:29:19	1:00:48	0:14:21	1:44:28	
119	Dean	Maiden	99	MSV		0:29:21	1:00:50	0:14:17	1:44:28	
120	Rebecca	Hancock	15	FS	Pembrokeshire Tri	0:31:35	0:54:40	0:18:28	1:44:43	
121	Tony	Guymmer	72	MV		0:29:29	1:00:05	0:17:12	1:46:46	
122	Robert	Jones	92	MV	Browen Tri Team	0:32:03	0:58:55	0:18:58	1:49:56	
123	Wendy	Preece	25	FS		0:31:25	1:05:29	0:15:46	1:52:40	
124	Michael	Hamilton	74	MVV		0:31:39	1:07:09	0:18:45	1:57:33	
	James	Harries	75	MJ	Tenby Aces	0:22:14			DNF	
	David	Cole	49	MS	West Coast Tri				DNF	
	Mary Ann	Armstrong	4	FV	Team Cemais				DNS	
	Robin	Baker	32	MV	Team Cemais				DNS	
	Joe	Beech	35	MS	Onit Cycles				DNS	
	Andrew	Byrne	41	MS					DNS	
	Martyn	Carroll	44	MS					DNS	
	Roger	Caygill	45	MV	West Coast Tri				DNS	
	Danny	Curtis	54	MS					DNS	
	Cara	Davies	12	FV	Emlyn Flyers				DNS	
	Graham	Evans	66	MS					DNS	
	Phil	Greenwood	70	MV	Cr@p tri				DNS	
	Matthew	Heath	79	MS					DNS	
	Neil	Holmes	81	MS					DNS	
	Dafydd	Llywelyn	97	MV					DNS	

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	Glynne	Morgan	104	MVV	Pembrokeshire Tri					DNS	
	Michael	Moss	106	MV						DNS	
	Nic	North	111	MSV						DNS	
	Gareth	Rees	118	MV	Tenby Aces					DNS	
	Mike	Rees	119	MS						DNS	
	Jane	Richards	26	FSV						DNS	
	Richard	Scott	126	MS						DNS	
	Janine	Williams	29	FVV						DNS	