

## Pembrokeshire Duathlon 5th March 2017

Pos	Firstname	Lastname	Club	Bib	Gen	Cat	Run 1	Bike	Run 2	Time
1	David	Cole	Cycle Specific	56	M	S	0:16:46	0:33:56	0:09:10	0:59:52
2	John	Collier	West Coast Tri	57	M	S	0:16:48	0:37:06	0:09:08	1:03:02
3	Liam	Bradley		48	M	S	0:17:41	0:36:27	0:09:52	1:04:00
4	Roscoe	Howell	Pembrokeshire Harriers	89	M	S	0:18:32	0:35:53	0:09:54	1:04:19
5	Rhys	Harries	West Coast Tri	83	M	S	0:18:01	0:37:04	0:09:34	1:04:39
6	Dan	Colman	Pembrokeshire Velo	59	M	S	0:18:58	0:36:08	0:10:22	1:05:28
7	Jack	Tremlett		134	M	S	0:17:43	0:38:52	0:09:27	1:06:02
8			Back on the Coffee Train	147	M	RELAY	0:20:52	0:34:51	0:10:22	1:06:05
9	Shane	Davies	Pembrokeshire Velo	64	M	S	0:19:42	0:36:16	0:10:57	1:06:55
10	Martin	Evans	Team Cemais	71	M	SV	0:19:28	0:39:05	0:10:20	1:08:53
11	Damian	Capps	Team Cemais	50	M	V	0:19:14	0:39:27	0:10:26	1:09:07
12	Jonathan	Carrick	Celtic Tri	52	M	V	0:18:47	0:40:41	0:09:59	1:09:27
13	Ben	Griffiths	Cardiff University Triathlon Club	82	M	S	0:19:21	0:39:08	0:11:04	1:09:33
14	Christopher	Dixon	Pembrokeshire Tri	67	M	V	0:19:55	0:39:31	0:10:46	1:10:12
15	Scott	Holder		87	M	S	0:20:20	0:39:10	0:11:15	1:10:45
16	John	Goy		80	M	S	0:20:44	0:39:17	0:10:47	1:10:48
17	Megan	Withers	Pembrokeshire Tri	37	F	S	0:20:20	0:39:57	0:10:33	1:10:50
18	Emil	Chwistek	Tenby Aces	54	M	S	0:19:40	0:40:56	0:10:20	1:10:56
19	Liam	Rowlands	Pembrokeshire Velo	120	M	S	0:20:25	0:38:57	0:11:45	1:11:07
20	Elgan	Vittle	West Coast Tri	138	M	S	0:19:59	0:40:35	0:10:44	1:11:18
21	Mike	Rees		117	M	S	0:20:12	0:40:14	0:10:53	1:11:19
22	Ricki	Morgan	Cardiff Triathletes	105	M	S	0:21:04	0:40:21	0:10:53	1:12:18
23	Dan	Morgan		106	M	S	0:19:15	0:42:37	0:10:42	1:12:34
24	Neil	Holmes		88	M	S	0:20:16	0:42:04	0:10:54	1:13:14

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25	Jonathan	Davis	Team Cemais	66	M	S	0:21:03	0:41:19	0:11:10	1:13:32
26	Christopher	Goldsmith	Pembrokeshire Tri	149	M	S	0:19:30	0:43:52	0:10:23	1:13:45
27	Jamie	Lewis		100	M	S	0:23:23	0:38:17	0:12:16	1:13:56
28	Abbie	Williams	Pembrokeshire Tri	34	F	J	0:19:23	0:44:14	0:10:23	1:14:00
29	Richard	Callaghan	Llanelli AC	49	M	V	0:20:32	0:42:44	0:10:54	1:14:10
30	Jason	Wilkins	Cardigan Running Club	141	M	V	0:22:03	0:40:14	0:12:06	1:14:23
31	Catherine	Marks	Team Cemais	21	F	S	0:20:45	0:43:07	0:10:41	1:14:33
32	Meilyr	Hughes		92	M	S	0:20:51	0:41:36	0:12:15	1:14:42
33	Lee	Murray		109	M	S	0:21:38	0:41:16	0:12:00	1:14:54
34	Martin	Edwards	West Coast Tri	116	M	S	0:22:23	0:40:38	0:11:55	1:14:56
35	Ryan	Semper	Tenby Aces	123	M	Y	0:21:48	0:41:36	0:11:44	1:15:08
36	Philip	Thomas	Pembrokeshire Tri	132	M	SV	0:21:21	0:41:54	0:12:02	1:15:17
37	Nathan	Kirby		97	M	S	0:21:07	0:43:18	0:11:33	1:15:58
38	Jamie	Silvester	Tenby Aces	127	M	S	0:21:53	0:43:09	0:10:57	1:15:59
39	Jonathan	Harwood	Pembrokeshire Tri	85	M	S	0:21:13	0:43:40	0:11:18	1:16:11
40	Jon	Phillips		115	M	SV	0:21:39	0:43:16	0:11:28	1:16:23
41	Owain	Richards	West Coast Tri	118	M	S	0:23:04	0:42:08	0:11:17	1:16:29
42	Jonathan	Evans	Team NBCC	73	M	S	0:22:14	0:42:42	0:11:38	1:16:34
43	Chris	Cray		61	M	S	0:22:35	0:41:58	0:12:16	1:16:49
44	Paul	Colman	Pembrokeshire Velo	60	M	SV	0:23:48	0:40:41	0:12:44	1:17:13
45	Steve	Ouseley		113	M	V	0:20:26	0:44:55	0:11:59	1:17:20
46	Sophie	Noott	Team Cemais	23	F	V	0:21:27	0:45:29	0:10:46	1:17:42
47	Sam	James	Team Cemais	94	M	S	0:22:16	0:43:37	0:11:50	1:17:43
48	David	Meyrick	Tenby Aces	103	M	S	0:21:57	0:44:19	0:11:42	1:17:58
49	Justin	Bailey	West Coast Tri	43	M	V	0:22:18	0:43:10	0:12:32	1:18:00

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50	Adam	Carlile	West Coast Tri	51	M	J	0:20:17	0:47:19	0:10:33	1:18:09
51	Paul	Arnold	Celtic Tri	41	M	V	0:23:00	0:43:36	0:11:45	1:18:21
52	Dan	Cherry		53	M	S	0:21:37	0:45:22	0:11:42	1:18:41
53	James	Allsworth	West Coast Tri	40	M	V	0:22:11	0:44:30	0:12:15	1:18:56
54	Elizabeth	Williams	Pembrokeshire Tri	33	F	V	0:22:25	0:45:14	0:11:57	1:19:36
55	Jayne	Arnold	Celtic Tri	3	F	V	0:23:08	0:44:33	0:12:08	1:19:49
56	Lewis	Murray		108	M	J	0:21:53	0:46:04	0:11:58	1:19:55
57	Kieron	Scott		122	M	S	0:23:55	0:43:39	0:12:22	1:19:56
58	Robert	Silcox		126	M	V	0:20:24	0:48:59	0:10:49	1:20:12
59	Tim	Wroblewski		145	M	S	0:24:04	0:43:28	0:12:45	1:20:17
60			G & R Davies	13	X	RELAY	0:20:19	0:49:56	0:10:19	1:20:34
61	Richard	Landon		98	M	S	0:21:29	0:47:11	0:12:43	1:21:23
62	Brian	Evans		74	M	S	0:23:02	0:45:36	0:13:12	1:21:50
63	Joanna	Callan		9	F	S	0:22:25	0:47:35	0:11:51	1:21:51
64	Dave	Wilson	CR@P TRI	144	M	S	0:23:47	0:46:00	0:12:22	1:22:09
65	Brian	Russell	Pembrokeshire Tri	121	M	SV	0:23:56	0:45:52	0:12:38	1:22:26
66	Steve	Dyde	Pembs Harriers / Pembs Velo	69	M	S	0:24:59	0:43:45	0:14:13	1:22:57
67	James	Wicks	Milford Tritons	139	M	S	0:24:35	0:45:20	0:13:04	1:22:59
68	Bethan	Ouseley		24	F	V	0:24:02	0:46:36	0:12:38	1:23:16
69	Josh	George	Llanelli Tri Club	148	M	S	0:25:36	0:44:58	0:12:56	1:23:30
70	Bryanie	Allsworth	West Coast Tri	1	F	S	0:23:14	0:48:30	0:12:27	1:24:11
71	Hefin	Lloyd	Bancffosfelen Bombers	102	M	V	0:25:35	0:45:20	0:13:23	1:24:18
72	Robert	Smith	Pembrokeshire Velo	129	M	V	0:25:51	0:44:44	0:14:17	1:24:52
73	Aled	Thomas		131	M	V	0:23:16	0:48:54	0:12:46	1:24:56
74	Daniel	Sheen	Pembrokeshire Harriers	125	M	S	0:24:04	0:49:37	0:11:32	1:25:13

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75	Luke	Dunning	Team Cemais	68	M	V	0:22:37	0:50:51	0:11:50	1:25:18
76	Eleri	Jones		19	F	S	0:24:31	0:49:00	0:12:06	1:25:37
77	Gavin	Moore		104	M	S	0:24:41	0:49:06	0:12:05	1:25:52
78	Jon	Trevitt	West Coast Tri	135	M	V	0:22:40	0:50:37	0:12:43	1:26:00
79	Joseph	Griffiths		81	M	Y	0:21:25	0:50:28	0:14:21	1:26:14
80	Mark	Vines	Pembrokeshire Harriers	137	M	V	0:23:18	0:50:17	0:13:00	1:26:35
81	Nathan	Orford		112	M	V	0:22:48	0:52:00	0:13:08	1:27:56
82	Nigel	Bevan	West Coast Tri / PGT	46	M	SV	0:26:10	0:49:15	0:13:07	1:28:32
83	Andrew	Williams		143	M	V	0:24:30	0:51:07	0:12:57	1:28:34
84	Nia	Davies	West Coast Tri	12	F	S	0:24:15	0:50:48	0:13:35	1:28:38
85	Anna	Williams	Pembroke Swimming Club	35	F	V	0:24:33	0:51:16	0:13:03	1:28:52
86	Gareth	Edwards		70	M	S	0:25:33	0:48:37	0:15:03	1:29:13
87	Sahar	Khan		20	F	S	0:23:20	0:53:09	0:13:02	1:29:31
88	Cara	Davies	Emlyn Flyers	14	F	V	0:25:00	0:50:58	0:14:14	1:30:12
89	Lee	Thompson	The Knitting Club	133	M	V	0:25:12	0:52:06	0:13:26	1:30:44
90	Gina	Bannister	Team Bodyfit	5	F	S	0:24:53	0:53:49	0:12:42	1:31:24
91	Clare	Scott		28	F	S	0:25:05	0:55:20	0:13:09	1:33:34
92	Edward	Howells		91	M	SV	0:25:51	0:55:08	0:13:01	1:34:00
93	Victoria	Stockdale	Celtic Tri	29	F	V	0:30:17	0:48:06	0:15:46	1:34:09
94	Jamie	Edwards		72	M	V	0:26:01	0:53:53	0:14:26	1:34:20
95	Richard	Nicholas		110	M	V	0:26:29	0:54:20	0:13:53	1:34:42
96	Sarah	Arthur		4	F	S	0:27:24	0:53:35	0:14:21	1:35:20
97	Tara	Worrall	Pembrokeshire Harriers	38	F	S	0:27:41	0:52:33	0:15:06	1:35:20
98	Emily	Nicholas		22	F	S	0:25:27	0:57:00	0:13:53	1:36:20
99	Rachel	Armstrong	Milford Tritons	2	F	S	0:28:20	0:51:37	0:16:26	1:36:23

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100	Nicholas	Thomas		130	M	S	0:29:10	0:51:26	0:15:55	1:36:31
101	Nikki	Powell	Celtic Tri	27	F	V	0:26:02	0:58:23	0:14:19	1:38:44
102	Georgina	Walters	Pembrokeshire Harriers	32	F	V	0:27:00	0:58:05	0:15:00	1:40:05
103	Ian	Morgan		107	M	V	0:28:36	0:57:46	0:15:56	1:42:18
104	Tracey	Williams	Celtic Tri	36	F	SV	0:29:55	0:57:54	0:15:06	1:42:55
105	Shaun	Lewis		101	M	S	0:28:55	0:57:53	0:16:18	1:43:06
106	Hannah	Thomas	Milford Tritons	30	F	S	0:28:52	0:33:00	0:42:49	1:44:41
107	Andrea	Griffiths	Celtic Tri	15	F	SV	0:31:49	1:02:09	0:18:13	1:52:11
108	Rebecca	Hitchcock		17	F	S	0:29:30	1:07:11	0:17:49	1:54:30
109	Karen	Birdsall	Celtic Tri	6	F	SV	0:31:27	1:07:20	0:16:08	1:54:55
110	Trudy	Herbert		16	F	SV	0:31:59	1:05:45	0:17:16	1:55:00
111	Joanne	Parr		25	F	V	0:31:59	1:05:46	0:17:24	1:55:09
112	James	Howells		90	M	S	0:30:36	1:09:17	0:20:06	1:59:59
DNF	Alan	Latter	Team Cemais	99	M	S	0:18:55	0:41:30		
DNF	Jamie	Best	Pembrokeshire Tri	45	M	V	0:19:11			
DNF	Russell	Williams	West Coast Tri	142	M	S	0:23:36			
DNS	Rachel	Buckley	Team Cemais	7	F	V				
DNS	Claire	Byrne		8	F	S				
DNS	Rebecca	Clatworthy	Celtic Tri	10	F	S				
DNS	Jill	Colman	Pembrokeshire Velo	11	F	SV				
DNS	Shan	James	Team Cemais	18	F	V				
DNS	Debbie	Phillips		26	F	SV				
DNS	Elizabeth	Tremlett		31	F	S				
DNS	Rowan	Allingham		39	M	S				
DNS	Damian	Arthur		42	M	S				

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DNS	Chris	Banner	Pencoed Tri Club	44	M	S				
DNS	Chris	Bowen		47	M	S				
DNS	Matthew	Coates		55	M	V				
DNS	Rob	Collins	Five Frogs Triathlon	58	M	S				
DNS	Joel	Crockford		62	M	S				
DNS	Rhys	Davies	Pembrokeshire Tri	63	M	Y				
DNS	Mike	Davies	CR@P TRI	65	M	S				
DNS	Jeffrey	Evans		75	M	V				
DNS	Gary	Evans		77	M	SV				
DNS	Christopher	Fitzpatrick		78	M	S				
DNS	Darren	Gilbert		79	M	V				
DNS	Oliver	Harries		84	M	V				
DNS	David	Hawkins		86	M	S				
DNS	Rhys	Ivemey		93	M	S				
DNS	Edward	John	TriSpecific	95	M	S				
DNS	Adam	John	Team Cemais	96	M	S				
DNS	Richard	Pearce		114	M	S				
DNS	Anthony	Price		116	M	V				
DNS	Daniel	Roberts	Tenby Cycles	119	M	S				
DNS	Nicholas	Sheehan	Llanelli Tri	124	M	S				
DNS	Shaun	Sinclair	Pembrokeshire Tri	128	M	V				
DNS	Philip	Verbinnen		136	M	S				
DNS	Don	Wilkes	CR@P TRI	140	M	SV				
DNS	Osian	Wyn	Clwb Cadw Droi	146	M	S				