

Pembrokeshire Duathlon 2018 Results

| Pos | Firstname | Lastname | No | Team/Club | Gen | Cat | Run 1 | Bike | Run 2 | Total |
|-----|--------------------|------------------|-----|-----------------------------------|-----|-----|---------|---------|---------|----------|
| 1 | John | Collier | 58 | West Coast Tri | M | S | 0:15:31 | 0:35:19 | 0:09:58 | 1:00:48 |
| 2 | Roscoe | Howell | 92 | Pembrokeshire Harriers | M | S | 0:16:26 | 0:35:10 | 0:09:45 | 1:01:21 |
| 3 | Rhys Harries Relay | | 85 | West Coast Tri | M | REL | 0:17:35 | 0:33:51 | 0:10:00 | 1:01:26 |
| 4 | Craig | Burrows | 47 | Team Cranc | M | S | 0:15:56 | 0:35:34 | 0:10:37 | 1:02:07 |
| 5 | Ben | Jones | 101 | Cycle Specific | M | S | 0:16:11 | 0:35:45 | 0:10:46 | 1:02:42 |
| 6 | Guto | Morgans | 118 | Cycle Specific | M | S | 0:16:45 | 0:36:23 | 0:10:30 | 1:03:38 |
| 7 | Chris | Holman | 90 | Team Bottrill | M | S | 0:17:22 | 0:35:44 | 0:10:42 | 1:03:48 |
| 8 | Ben | Griffiths | 79 | Cardiff University Triathlon Club | M | S | 0:17:02 | 0:37:25 | 0:10:21 | 1:04:48 |
| 9 | Alan Latter Relay | | 104 | West Coast Tri | M | REL | 0:17:01 | 0:37:39 | 0:10:30 | 1:05:10 |
| 10 | Joshua | Morgan | 116 | | M | S | 0:16:44 | 0:37:32 | 0:11:07 | 1:05:23 |
| 11 | Andrew | Hodgson | 87 | Bridgend Athletic Club | M | V | 0:16:14 | 0:39:31 | 0:10:49 | 1:06:34 |
| 12 | Richard | Beddow | 53 | Tenby Aces | M | S | 0:16:15 | 0:40:19 | 0:10:34 | 1:07:08 |
| 13 | Rhiannon | Ace | 3 | | F | S | 0:15:59 | 0:41:04 | 0:10:12 | 1:07:15 |
| 14 | Martin | Evans | 72 | | M | SV | 0:17:57 | 0:38:40 | 0:11:23 | 1:08:00 |
| 15 | Luke | Williams | 148 | Swansea University | M | S | 0:17:56 | 0:39:20 | 0:10:53 | 1:08:09 |
| 16 | Steven | Plumb | 124 | | M | V | 0:17:14 | 0:40:30 | 0:10:57 | 1:08:41 |
| 17 | Jack | Rees | 127 | Pembrokeshire Tri | M | S | 0:18:03 | 0:39:45 | 0:10:56 | 1:08:44 |
| 18 | David | Guy | 82 | | M | V | 0:18:02 | 0:38:44 | 0:11:59 | 1:08:45 |
| 19 | Andy | Hunt | 95 | Clwb Becio Ystwyth | M | V | 0:19:23 | 0:37:18 | 0:12:09 | 1:08:50 |
| 20 | James | Aldwyn-Allsworth | 38 | West Coast Tri | M | V | 0:19:15 | 0:38:02 | 0:12:11 | 1:09:28 |
| 21 | David | Coates | 55 | West Coast Tri | M | V | 0:18:28 | 0:39:25 | 0:11:42 | 1:09:35 |
| 22 | Catherine | Marks | 21 | | F | S | 0:18:11 | 0:40:01 | 0:11:26 | 1:09:38 |
| 23 | John | Goy | 78 | | M | S | 0:19:08 | 0:38:24 | 0:12:26 | 01:09:58 |
| 24 | Phil | Edwards | 70 | West Coast Tri | M | V | 0:19:16 | 0:39:43 | 0:12:01 | 1:11:00 |
| 25 | John | Diffey | 65 | | M | SV | 0:19:25 | 0:39:36 | 0:12:26 | 1:11:27 |
| 26 | Simon | Batty | 43 | | M | SV | 0:18:09 | 0:42:01 | 0:11:57 | 1:12:07 |
| 27 | Liam | Rowlands | 131 | Pembrokeshire Velo | M | S | 0:18:56 | 0:40:54 | 0:12:48 | 1:12:38 |
| 28 | Eric | Rees | 126 | Sarn Helen | M | V | 0:20:00 | 0:40:36 | 0:12:08 | 1:12:44 |
| 29 | Jason | Cole | 57 | Milford Tritons | M | S | 0:19:44 | 0:41:06 | 0:12:05 | 1:12:55 |

Pembrokeshire Duathlon 2018 Results

| | | | | | | | | | | |
|----|-----------------|------------------|-----|--------------------------|---|-----|---------|---------|---------|----------|
| 30 | Nathan | Kirby | 103 | | M | S | 0:18:18 | 0:43:24 | 0:11:51 | 1:13:33 |
| 31 | John | Camani | 49 | Pembrokeshire Harriers | M | S | 0:17:06 | 0:46:20 | 0:10:53 | 1:14:19 |
| 32 | Robin | Baker | 39 | Team Cemais | M | V | 0:18:50 | 0:43:28 | 0:12:09 | 1:14:27 |
| 33 | Shane | Clifford | 54 | | M | V | 0:20:38 | 0:41:48 | 0:12:57 | 1:15:23 |
| 34 | Simon | Colman | 59 | | M | S | 0:20:41 | 0:41:39 | 0:13:03 | 1:15:23 |
| 35 | Sophie | Armstrong | 6 | Triathlon Coaching Wales | F | Y | 0:19:28 | 0:43:58 | 0:12:03 | 1:15:29 |
| 36 | Bethan | Ouseley | 25 | Team Cemais | F | V | 0:19:54 | 0:43:17 | 0:12:33 | 1:15:44 |
| 37 | William | Martin | 112 | | M | S | 0:20:39 | 0:40:42 | 0:14:25 | 1:15:46 |
| 38 | Kevin | Wheeler | 143 | Pembrokeshire Tri | M | SV | 0:18:53 | 0:45:46 | 0:11:34 | 1:16:13 |
| 39 | Hornets-PRAg | | 2 | Haverfordwest Hornets | M | REL | 0:22:54 | 0:39:35 | 0:13:50 | 1:16:19 |
| 40 | Brian | Russell | 146 | West Coast Tri | M | SV | 0:20:55 | 0:42:31 | 0:12:57 | 1:16:23 |
| 41 | Bryanie | Aldwyn-Allsworth | 4 | West Coast Tri | F | S | 0:20:27 | 0:42:53 | 0:13:12 | 1:16:32 |
| 42 | Tom | Blackler | 44 | Team Cemais | M | S | 0:23:03 | 0:41:07 | 0:12:35 | 1:16:45 |
| 43 | Nathan | Orford | 119 | Unknown Runner | M | V | 0:20:09 | 0:45:29 | 0:12:57 | 1:18:35 |
| 44 | David | Hawkins | 86 | | M | S | 0:20:59 | 0:44:46 | 0:13:07 | 1:18:52 |
| 45 | Sam | Barton | 42 | Pembrokeshire Tri | M | S | 0:21:35 | 0:44:11 | 0:13:20 | 1:19:06 |
| 46 | Mel | Best | 9 | Bynea CC | F | S | 0:20:52 | 0:45:25 | 0:13:07 | 1:19:24 |
| 47 | Dan | Cherry | 51 | | M | S | 0:19:27 | 0:47:30 | 0:12:35 | 1:19:32 |
| 48 | Huw Lewis Relay | | 109 | Pembrokeshire Tri | M | REL | 0:20:24 | 0:46:56 | 0:12:24 | 1:19:44 |
| 49 | Huw | Hopkins | 91 | | M | S | 0:22:12 | 0:44:40 | 0:13:46 | 1:20:38 |
| 50 | Tim | Wroblewski | 150 | Pembrokeshire Tri | M | S | 0:21:06 | 0:44:06 | 0:15:40 | 1:20:52 |
| 51 | Adam | Davies | 62 | | M | S | 0:22:06 | 0:44:49 | 0:14:09 | 1:21:04 |
| 52 | Max | Holland | 89 | | M | Y | 0:20:29 | 0:46:33 | 0:14:10 | 01:21:12 |
| 53 | William | Goldsmith | 77 | Pembrokeshire Tri | M | S | 0:21:30 | 0:45:57 | 0:13:58 | 1:21:25 |
| 54 | Steve | Ndyce | 13 | | M | V | 0:20:42 | 0:45:58 | 0:15:25 | 1:22:05 |
| 55 | Lee | Thompson | 139 | | M | V | 0:23:39 | 0:44:13 | 0:14:19 | 1:22:11 |
| 56 | Nicky | Cursio | 60 | | M | S | 0:19:06 | 0:50:10 | 0:13:16 | 1:22:32 |
| 57 | Mike | Davies | 63 | Cr@p Tri | M | S | 0:19:57 | 0:49:29 | 0:13:29 | 1:22:55 |
| 58 | Steve | Lawrence | 106 | Bynea CC | M | V | 0:21:47 | 0:47:13 | 0:14:42 | 1:23:42 |
| 59 | Mark | Vines | 140 | | M | V | 0:20:32 | 0:49:09 | 0:14:14 | 1:23:55 |
| 60 | Craig | Colborne | 56 | Pembrokeshire Tri | M | V | 0:22:28 | 0:45:55 | 0:15:37 | 1:24:00 |
| 61 | Kevin | Dean | 64 | Whitland Tri | M | V | 0:21:51 | 0:48:59 | 0:13:18 | 1:24:08 |
| 62 | Dave | Wilson | 149 | Cr@p Tri | M | S | 0:22:05 | 0:48:42 | 0:13:24 | 1:24:11 |

Pembrokeshire Duathlon 2018 Results

| | | | | | | | | | | |
|----|--------------|----------------|-----|------------------------|---|-----|---------|---------|---------|---------|
| 63 | Matthew | Halsted | 83 | | M | S | 0:22:29 | 0:47:23 | 0:14:32 | 1:24:24 |
| 64 | Kenneth | Owen | 121 | Team Cemais | M | SV | 0:23:22 | 0:47:03 | 0:14:08 | 1:24:33 |
| 65 | Claire | Oldfield | 24 | Pembrokeshire Harriers | F | S | 0:22:13 | 0:49:41 | 0:13:14 | 1:25:08 |
| 66 | Dafydd | Rees | 128 | | M | V | 0:22:34 | 0:48:56 | 0:14:43 | 1:26:13 |
| 67 | Gareth | Lawlor | 105 | | M | S | 0:22:08 | 0:49:27 | 0:14:45 | 1:26:20 |
| 68 | Carwyn | Jones | 99 | | M | V | 0:23:33 | 0:48:58 | 0:14:46 | 1:27:17 |
| 69 | Steve | Dyde | 67 | Pembrokeshire Harriers | M | S | 0:24:27 | 0:46:56 | 0:16:11 | 1:27:34 |
| 70 | Elora | Ancelot | 5 | | F | S | 0:22:31 | 0:51:08 | 0:14:19 | 1:27:58 |
| 71 | Jordan | Richards | 129 | | M | S | 0:22:00 | 0:52:40 | 0:13:37 | 1:28:17 |
| 72 | Luke | Eden | 68 | | M | S | 0:22:48 | 0:51:47 | 0:14:37 | 1:29:12 |
| 73 | FBM Holidays | | 1 | Tenby Aces | F | REL | 0:27:57 | 0:43:42 | 0:18:02 | 1:29:41 |
| 74 | Rachel | Holland | 17 | Tenby CC | F | SV | 0:23:13 | 0:52:01 | 0:14:48 | 1:30:02 |
| 75 | Michael | Jarvis | 34 | | M | S | 0:20:43 | 0:56:39 | 0:13:18 | 1:30:40 |
| 76 | Nicole | Swales | 32 | | F | S | 0:22:30 | 0:54:48 | 0:13:24 | 1:30:42 |
| 77 | Roy | Lewis | 66 | Pembrokeshire Tri | M | V | 0:25:19 | 0:48:56 | 0:16:57 | 1:31:12 |
| 78 | Andrew | Jones | 100 | | M | V | 0:23:00 | 0:54:30 | 0:14:18 | 1:31:48 |
| 79 | Melinda | Rickett | 28 | | F | SV | 0:23:45 | 0:51:41 | 0:16:26 | 1:31:52 |
| 80 | Ian | Marks | 74 | | M | V | 0:26:47 | 0:48:42 | 0:17:00 | 1:32:29 |
| 81 | Stuart | Blaxland | 45 | Pembrokeshire Tri | M | SV | 0:23:37 | 0:53:55 | 0:15:45 | 1:33:17 |
| 82 | Hannah | Thomas | 33 | Milford Tritons | F | S | 0:23:44 | 0:55:04 | 0:16:03 | 1:34:51 |
| 83 | Sarah | Arthur | 7 | | F | S | 0:24:38 | 0:54:00 | 0:16:34 | 1:35:12 |
| 84 | Olga | Phelps | 26 | | F | SV | 0:23:42 | 0:56:58 | 0:15:40 | 1:36:20 |
| 85 | Nick | Johns | 98 | Tenby CC | M | VV | 0:28:08 | 0:52:39 | 0:16:19 | 1:37:06 |
| 86 | Alaina | Berntsen | 8 | | F | S | 0:27:41 | 0:57:33 | 0:16:40 | 1:41:54 |
| 87 | Sally | Haines-Hanham | 15 | | F | S | 0:27:44 | 0:57:27 | 0:16:44 | 1:41:55 |
| 88 | Alice | Walls | 35 | Vegan Runners | F | S | 0:26:58 | 0:58:04 | 0:17:32 | 1:42:34 |
| 89 | David | Rickett | 130 | Truro Cycle Club | M | VV | 0:28:47 | 0:54:15 | 0:20:09 | 1:43:11 |
| 90 | Rhys | Hughes | 94 | | M | S | 0:22:58 | 1:05:00 | 0:15:21 | 1:43:19 |
| 91 | Simon | Churchill | 52 | | M | SV | 0:27:52 | 0:58:59 | 0:17:16 | 1:44:07 |
| 92 | Martin | Mathias | 22 | | M | S | 0:25:45 | 1:00:18 | 0:18:30 | 1:44:33 |
| 93 | Ben | Mathias-Milsom | 113 | | M | J | 0:25:46 | 1:00:20 | 0:18:27 | 1:44:33 |
| | Jane | Weightman | 36 | | F | S | 0:19:54 | | | DNF |

Pembrokeshire Duathlon 2018 Results

| | | | | | | | | | | |
|--|-----------|-----------|-----|--------------------------|---|----|---------|--|--|-----|
| | Haydn | Boyce | 46 | | M | V | 0:21:49 | | | DNF |
| | James | White | 144 | | M | S | 0:20:40 | | | DNF |
| | Rachel | Carey | 10 | | F | S | | | | DNS |
| | Rachel | Codd | 11 | | F | S | | | | DNS |
| | Sophie | Davies | 12 | Triathlon Coaching Wales | F | J | | | | DNS |
| | Hannah | Good | 14 | | F | S | | | | DNS |
| | Beverley | Hill | 16 | | F | SV | | | | DNS |
| | Sarah | Hubbard | 18 | | F | S | | | | DNS |
| | Ffion | John | 19 | | F | V | | | | DNS |
| | Helen | Lewis | 20 | | F | SV | | | | DNS |
| | Katie | Morgan | 23 | | F | S | | | | DNS |
| | Megan Haf | Richards | 27 | Cardigan Running Club | F | S | | | | DNS |
| | Rachael | Sander | 29 | | F | S | | | | DNS |
| | Laura | Scale | 30 | | F | V | | | | DNS |
| | Sarah | Shute | 31 | | F | V | | | | DNS |
| | Kate | Wolsey | 37 | Pembrokeshire Tri | F | S | | | | DNS |
| | Luc | Bartlett | 40 | Triathlon Coaching Wales | M | J | | | | DNS |
| | Ben | Bartlett | 41 | Triathlon Coaching Wales | M | J | | | | DNS |
| | Richard | Callaghan | 48 | Bynea CC | M | V | | | | DNS |
| | Jonathan | Carrick | 50 | Celtic Tri | M | V | | | | DNS |
| | Carwyn | Davies | 61 | Sarn Helen | M | S | | | | DNS |
| | Brian | Edwards | 69 | | M | V | | | | DNS |
| | Jamie | Edwards | 71 | | M | V | | | | DNS |
| | Brian | Evans | 73 | | M | V | | | | DNS |
| | Darren | Gilbert | 75 | Welsh Triathlon | M | V | | | | DNS |
| | Stephen | Glynn | 76 | Pembrokeshire Tri | M | SV | | | | DNS |
| | Jonny | Griffiths | 80 | West Coast Tri | M | S | | | | DNS |
| | Tomas | Griffiths | 81 | Pembrokeshire Tri | M | Y | | | | DNS |
| | Kim | Harland | 84 | Tenby Aces | M | S | | | | DNS |
| | Lewis | Hodgson | 88 | | M | S | | | | DNS |
| | Paul | Hughes | 93 | | M | S | | | | DNS |

Pembrokeshire Duathlon 2018 Results

| | | | | | | | | | | |
|--|----------|-----------|-----|--------------------------|---|----|--|--|--|-----|
| | Timothy | James | 96 | | M | V | | | | DNS |
| | Ken | John | 97 | | M | V | | | | DNS |
| | Gareth | Kettle | 102 | | M | S | | | | DNS |
| | Alex | Layzell | 107 | Triathlon Coaching Wales | M | Y | | | | DNS |
| | Roy | Lewis | 108 | Celtic Tri | M | VV | | | | DNS |
| | Andrew | Lustig | 110 | | M | V | | | | DNS |
| | Simon | Malley | 111 | | M | V | | | | DNS |
| | Rhys | Miller | 114 | | M | S | | | | DNS |
| | Mark | Morgan | 115 | Merthyr Tri Club | M | SV | | | | DNS |
| | Jacob | Morgan | 117 | | M | J | | | | DNS |
| | James | Oulton | 120 | | M | S | | | | DNS |
| | Josh | Pearson | 122 | Cr@p Tri | M | S | | | | DNS |
| | Tim | Plumb | 123 | | M | S | | | | DNS |
| | Dorian | Rees | 125 | Sarn Helen | M | V | | | | DNS |
| | David | Schooling | 132 | | M | S | | | | DNS |
| | Nicholas | Sheehan | 133 | Llanelli AC | M | S | | | | DNS |
| | Robert | Silcox | 134 | West Coast Tri | M | V | | | | DNS |
| | Rhodri | Stafford | 135 | MRC | M | V | | | | DNS |
| | Shane | Storrow | 136 | Pembrokeshire Tri | M | V | | | | DNS |
| | Tom | Stubbs | 137 | Tenby Aces | M | J | | | | DNS |
| | Philip | Thomas | 138 | Pembrokeshire Tri | M | SV | | | | DNS |
| | George | Walters | 141 | Pembrokeshire Tri | M | S | | | | DNS |
| | Gareth | Walters | 142 | | M | S | | | | DNS |
| | Nick | Wilkes | 145 | | M | S | | | | DNS |
| | Bobby | Williams | 147 | | M | S | | | | DNS |