

Pos	Bib	First Name	Last Name	Category	Club	Run 1	Bike + T1/2	Run 2	Time
1	100	David	Cole	M20-39	Cycle Specific	00:17:02	00:33:18	00:09:26	00:59:46
2	70	Rhys	Harries	M20-39	Team Watt	00:17:58	00:35:07	00:09:28	01:02:34
3	46	Ross	McNally	M20-39	Pembrokeshire Velo	00:17:14	00:36:02	00:09:18	01:02:35
4	67	Roscoe	Howell	M20-39	Pembrokeshire Harriers	00:17:55	00:35:30	00:09:21	01:02:46
5	102	Edward	Clements	M20-39	Tenby Aces	00:17:16	00:36:35	00:09:24	01:03:16
6	6	Richard	Wilder	M40-49	Ufit Triathlon Club	00:18:34	00:35:18	00:10:03	01:03:56
7	106	Jonathan	Carrick	M40-49	Celtic Tri	00:18:02	00:39:07	00:10:02	01:07:12
8	58	Richard	Landon	M20-39	Tinworks Tri	00:18:32	00:39:18	00:10:00	01:07:49
9	1	Tom	Wye	M20-39		00:19:58	00:38:14	00:10:18	01:08:30
10	18	George	Speak	M20-39		00:19:13	00:39:19	00:10:17	01:08:49
11	27	Jack	Rees	M20-39	Pembrokeshire Tri	00:19:25	00:39:12	00:10:29	01:09:05
12	57	Alan	Latter	M40-49	West Coast Tri	00:18:45	00:40:26	00:10:19	01:09:31
13	111	Michael	Bool	M20-39	Pembrokeshire Tri	00:18:44	00:40:52	00:09:57	01:09:33
14	101	Jason	Cole	M20-39	Pembrokeshire Velo	00:20:50	00:39:24	00:10:59	01:11:13
15	32	Steven	Plumb	M40-49	Natberth Nobblers	00:20:03	00:40:36	00:11:04	01:11:43
16	78	Niall	Foster	M40-49	Cardiff Triathletes	00:22:34	00:37:23	00:12:10	01:12:07
17	86	Phil	Edwards	M40-49	Team Watt	00:20:54	00:41:10	00:11:11	01:13:15
18	43	Ricki	Morgan	M20-39	Tenby Aces / Team NBCC	00:20:52	00:41:45	00:11:08	01:13:46
19	41	Mathew	Newman	M40-49		00:22:50	00:40:35	00:11:30	01:14:54
20	96	Shane	Davies	M20-39	Team NFT	00:18:51	00:45:47	00:10:20	01:14:58
21	31	Haydn	Ralph	M20-39		00:21:35	00:42:55	00:10:31	01:15:01
22	56	William	Horton	M20-39		00:20:46	00:43:35	00:10:51	01:15:13
23	48	Catherine	Marks	F20-39	Pembrokeshire Tri	00:21:05	00:42:53	00:11:25	01:15:22
24	37	Nick	Parish	M20-39		00:21:48	00:41:54	00:12:11	01:15:53
25	5	Ben	Williams	M20-39		00:25:39	00:39:07	00:11:11	01:15:57
26	117	Andrew	Alcorn	M50-59		00:22:18	00:43:56	00:11:13	01:17:28
27	89	Archie	Dilks	MU20	Tenby Penguins	00:20:55	00:44:41	00:12:05	01:17:41
28	82	Clive	Evans	M50-59	Team Watt	00:21:57	00:45:14	00:11:27	01:18:39
29	115	Colin	Barrett	M40-49	Tenby Aces	00:24:04	00:42:40	00:12:33	01:19:17
30	113	Sam	Barton	M20-39	Pembrokeshire Tri	00:23:40	00:43:52	00:11:48	01:19:20
31	16	Sophie	Thomas	F20-39	Tenby Aces	00:21:42	00:45:57	00:11:45	01:19:24
32	114	James	Barton	M20-39		00:21:16	00:47:06	00:11:33	01:19:55
33	19	Jamie	Silvester	M20-39	Tenby Aces	00:21:44	00:47:11	00:11:51	01:20:46
34	73	Matthew	Halsted	M20-39		00:23:26	00:45:03	00:12:36	01:21:05
35	97	Mike	Davies	M20-39	Cr@p Tri	00:21:27	00:47:51	00:11:58	01:21:16
36	88	James	Dilks	M40-49	TROTs	00:22:53	00:45:49	00:12:37	01:21:18
37	45	Melanie	Miles	F40-49	Team NBCC	00:23:29	00:45:43	00:12:28	01:21:40
38	69	Shayne	Hembrow	M50-59	Monmouth Tri Club	00:24:12	00:44:47	00:12:59	01:21:59
39	2	Mark	Wusthoff	M40-49		00:22:24	00:47:15	00:12:46	01:22:24
40	21	Simon	Scurrrell	M40-49	TROTs	00:22:41	00:48:34	00:11:47	01:23:02
41	25	Steve	Rich	M60+	Pembrokeshire Tri	00:25:10	00:44:59	00:13:01	01:23:10
42	109	Haydn	Boyce	M40-49		00:25:05	00:44:46	00:13:46	01:23:37
43	84	Kimberley	Evans	F20-39		00:24:16	00:46:29	00:13:01	01:23:46
44	13	Andrew	Thorp	M50-59		00:23:35	00:47:56	00:12:27	01:23:58
45	30	Hugo	Rattenbury	MU20		00:24:34	00:47:23	00:12:21	01:24:18
46	3	Tim	Wroblewski	M20-39	Pembrokeshire Tri	00:25:32	00:45:27	00:13:33	01:24:32
47	81	Neil	Evans	M40-49	West Coast Tri	00:25:42	00:45:57	00:13:20	01:24:59
48	33	Debbie	Phillips	F50-59	Tenby Aces	00:23:12	00:49:03	00:12:53	01:25:08
49	47	William	Martin	M20-39		00:25:34	00:48:04	00:12:11	01:25:49
50	79	Ian	Ford	M40-49	Tenby Aces	00:26:09	00:47:07	00:12:51	01:26:06
51	90	Kevin	Dean	M40-49	Pembrokeshire Tri	00:23:23	00:50:39	00:12:28	01:26:30
52	60	Rhys	Jones	M20-39	Pembrokeshire Harriers	00:24:15	00:50:20	00:12:33	01:27:08
53	93	Matthew	Davies	M40-49		00:22:30	00:53:12	00:11:40	01:27:23
54	39	Nathan	Orford	M40-49	Unknown Runner	00:26:39	00:47:19	00:13:46	01:27:44
55	34	Jon	Phillips	M60+	Tenby Aces	00:23:41	00:52:47	00:12:34	01:29:02
56	83	Carl	Evans	M20-39		00:26:48	00:48:19	00:14:11	01:29:18
57	40	Claire	Oldfield	F20-39	Pembrokeshire Harriers	00:23:31	00:53:59	00:12:43	01:30:12
58	116	Kes	Aleknavicus	M60+	Tenby Aces	00:27:48	00:48:17	00:14:43	01:30:48
59	61	Michael	Jones	M20-39	Celtic Tri	00:24:18	00:53:19	00:13:44	01:31:22
60	92	Ieuan	Davies	M40-49	Risc A Tri	00:25:00	00:52:49	00:13:34	01:31:23
61	52	Dan	Lewis	M60+	Narberth Dynamos	00:27:18	00:50:01	00:14:24	01:31:43

62	62	Nia	Jones	F20-39		00:24:31	00:55:21	00:12:51	01:32:43
63	118	Andrew	Adamson	M40-49	Tenby Aces	00:29:07	00:49:49	00:16:16	01:35:12
64	29	Steven	Rees	M40-49		00:26:06	00:53:57	00:15:23	01:35:27
65	35	Dai	Phillips	M20-39		00:26:13	00:55:35	00:13:51	01:35:39
66	14	Lee	Thompson	M50-59	The Knitting Club	00:29:29	00:53:14	00:15:43	01:38:27
67	87	Mark	Doble	M50-59		00:27:10	00:56:50	00:14:38	01:38:38
68	59	Manuel Jesus	Lago Fernandez	M40-49		00:22:39	01:04:00	00:12:19	01:38:58
69	26	Matthew	Reynolds	M50-59		00:29:51	00:53:28	00:16:04	01:39:22
70	94	Mark	Davies	M40-49		00:28:29	00:54:45	00:16:13	01:39:27
71	8	Lisa	Wells	F20-39		00:28:05	00:56:20	00:15:17	01:39:42
72	63	Magda	Jones	F20-39	ATAC	00:29:37	00:54:52	00:15:21	01:39:50
73	65	Paul	John	M40-49	ATAC	00:29:39	00:54:52	00:15:22	01:39:53
74	23	Melinda	Rickett	F60+	TCC	00:29:43	00:54:13	00:16:54	01:40:50
75	20	Robert	Silcox	M40-49	Team Watt	00:29:48	00:55:20	00:15:43	01:40:52
76	91	Claire	Deacon	F50-59	Pembrokeshire Tri	00:27:04	00:59:39	00:14:26	01:41:10
77	104	Simon	Churchill	M50-59		00:29:24	00:59:33	00:15:25	01:44:23
78	72	Stephen	Hamer	M40-49	Parc Bryn Bach Running Club	00:32:36	00:54:33	00:17:41	01:44:49
79	80	Sam	Flint	F50-59		00:30:37	00:57:52	00:16:41	01:45:09
80	12	Chantelle	Tovey	F20-39	Tenby Aces	00:29:52	00:59:08	00:16:47	01:45:47
81	7	Rachael	Whitfield	F40-49		00:28:41	01:01:56	00:15:16	01:45:54
82	68	Michelle	Hitches	F40-49		00:28:47	01:01:12	00:15:57	01:45:55
83	110	Miranda	Bowen	F40-49	TROT's	00:30:28	00:59:08	00:17:41	01:47:17
84	24	Megan Haf	Richards	F20-39		00:32:03	01:01:15	00:18:15	01:51:33
85	112	Sara	Bates	F40-49		00:33:49	01:02:43	00:18:52	01:55:24
86	10	Helena	Warne	F40-49		00:35:01	01:01:09	00:19:57	01:56:07
87	11	Ian	Warne	M50-59		00:34:58	01:01:39	00:19:31	01:56:09
88	75	Julie	Griffiths	F50-59		00:33:58	01:08:01	00:20:57	02:02:56
89	76	Claire	Grehan	F40-49		00:33:53	01:07:50	00:21:15	02:02:58
DNS	4	Kate	Wolsey	F20-39	Pembrokeshire Tri				
DNS	9	Jason	Webb	M50-59					
DNS	15	Richard	Thompson	M50-59	Pembrokeshire Tri				
DNS	17	Carolyn	Thomas	F50-59					
DNS	22	Daniel	Roberts	M20-39					
DNS	28	Dan	Rees	M20-39					
DNS	36	Daniel	Phillips	M20-39					
DNS	38	Scott	Ormond	M40-49	Pembrokeshire Tri				
DNS	42	Shaun	Newbery	M20-39	Pembrokeshire Velo				
DNS	44	Brendan	Monnelly	M20-39					
DNS	49	Iain	Lloyd	M20-39					
DNS	50	Mandy	Lewis	F50-59	Narberth Nobblers				
DNS	51	Scott	Lewis	M40-49					
DNS	53	Laura	Lewis	F40-49					
DNS	54	Elizabeth	Lewis	F40-49					
DNS	55	Sarah	Lavender	F20-39					
DNS	64	Dylan	Jones	M20-39					
DNS	66	Ffion	John	F40-49					
DNS	71	Lloyd	Hamilton	M40-49	ATAC				
DNS	74	Jonny	Griffiths	M40-49					
DNS	77	Dave	Gosling	M20-39	Tenby Aces				
DNS	85	Nick	Elliott	M50-59	Mike's Bikes				
DNS	95	Barry	Davies	M40-49	Team Watt				
DNS	98	Tracey	Creedon	F40-49					
DNS	99	Paul	Colman	M60+	Pembrokeshire Harriers				
DNS	103	Stuart	Clark	M20-39					
DNS	105	Mandy	Cavill	F50-59					
DNS	107	Gary	Cairns	M50-59	Celtic tri				
DNS	108	Tom	Bromby	M20-39					