

Pembrokeshire Triathlon Club

2007 Club Championship Results

Overall - Men

Pos.	Name	Swim 800m	Swim 1500m	Bike 20km	Bike 40km	Run 5km	Run 10km	Total
1	Luke Watson	9:50	19:16	34:00	1:12:39	17:09	37:15	3:10:09
2	Patrick Martin	12:14	23:29	32:33	1:09:26	17:17	36:54	3:11:53
3	David Astins	12:14	23:40	34:28	1:12:58	18:21	37:34	3:19:15
4	Darren Evans	12:51	24:23	35:36	1:10:39	18:51	38:34	3:20:54
5	Alex Ilyat	15:23	28:49	38:07	1:14:16	19:59	45:18	3:41:52
6	Jim Buck	15:24	30:39	38:17	1:18:43	20:08	42:12	3:45:23
7	Les Watson	17:09	31:39	39:25	1:21:11	19:41	40:56	3:49:51
8	Ian Cooper	12:48	24:52	41:14	1:24:15	21:16	46:43	3:51:08
9	Jake Watson	10:31	22:41	42:47	1:24:27	20:50	54:38	3:55:54
10	Dave Moore	20:34	34:24	45:48	1:36:48	19:28	40:34	4:17:36

Overall - Women

Pos.	Name	Swim 800m	Swim 1500m	Bike 20km	Bike 40km	Run 5km	Run 10km	Total
1	Rhiannon Ace	15:36	32:36	36:07	1:16:05	18:03	38:06	3:36:23
2	Karen Corcoran	16:16	32:32	43:24	1:27:44	23:05	48:32	4:11:33
3	Nia Owen-Williams	16:00	30:23	47:32	1:39:26	27:58	58:09	4:39:28

Best Swimmer – 1,500m open water – 14 June

Male Luke Watson 20:25

Female Ellie Jones 25:42

Best Cyclist – 40.5km – 20 June

Male Patrick Martin 1:09:26

Female Lynn Green 1:17:26

Best Runner – 10km – 31 July

Male Patrick Martin 36:54

Female Rhiannon Ace 38:27