

PEMBROKESHIRE CHILDREN'S TRIATHLON

PEMBROKE LEISURE CENTRE

21st JULY 2007

RESULTS

CATEGORY: TRISTAR 1 FEMALE

(150m swim / 2km cycle / 1.2km run)

POS	NAME	CLUB	NO.	CAT.	M/F	SWIM	T1	BIKE	RUN	TOTAL TIME
1	Lucy Buck	Pembrokeshire Tri	22	T1	F	02:31	01:28	08:43	05:01	17:43
2	Alicia Jones	Pembrokeshire Tri	26	T1	F	02:51	01:26	08:49	04:52	17:58
3	Hollie Thomas	Pembrokeshire Tri	24	T1	F	02:40	01:31	08:59	05:25	18:35
4	Alice Russell-Stretch	Pembrokeshire Tri	30	T1	F	02:46	01:31	09:02	05:32	18:51
5	Sophie Rees	Pembrokeshire Tri	27	T1	F	02:45	01:33	09:22	05:15	18:55
6	Ffion Mather		205	T1	F	02:57	01:30	09:16	05:20	19:03
7	Cara Watson	Pembrokeshire Tri	16	T1	F	02:22	01:37	09:42	05:26	19:07
8	Cara Arnold		160	T1	F	02:53	01:42	09:08	05:39	19:22
9	Kelsey Willams	Haverfordwest Swim	17	T1	F	02:51	01:47	11:24	03:59	20:01
10=	Megan Thomas	Pembrokeshire Tri	23	T1	F	02:49	01:31	10:29	05:21	20:10
10=	Niamh Slack	Tenby Swim	214	T1	F	02:37	01:50	10:42	05:01	20:10
12	Carys Wilkinson	Celtic Tri	204	T1	F	03:03	02:05	11:12	04:01	20:21
13	Beca Williams	Cardiff Tri	208	T1	F	04:06	01:50	10:25	04:01	20:22
14	Jess Gibby	Pembroke Swim	210	T1	F	03:16	02:24	10:46	03:57	20:23