

PEMBROKESHIRE TRIATHLON CLUB

ANNUAL DUATHLON

HAVEFORDWEST CRICKET CLUB - 10 MARCH 2007

5K RUN / 14.7K BIKE / 1.8K RUN

FINAL RESULTS

POS	NAME	CAT. *	NO.	RUN 1	RANK	BIKE	RANK	RUN 2	RANK	TOTAL TIME
1	Patrick Martin	OM	2	0:18:42	1	0:26:00	1	0:07:50	2	0:52:32
2	Dave Phillips	NM	40	0:18:48	2	0:28:03	2	0:07:36	1	0:54:27
3	Roger Devonald & Mark Jones	Relay	43	0:20:18	4	0:28:25	3	0:08:26	4	0:57:09
4	Rhiannon Ace	OF	44	0:19:53	3	0:29:43	6	0:08:09	3	0:57:45
5	Darren Evans	OM	41	0:21:03	5	0:28:49	4	0:08:31	6	0:58:23
6	Alex Ilyat	OM	28	0:21:50	7	0:30:01	7	0:08:53	7	1:00:44
7	Robin Withers	OM	20	0:21:53	8	0:30:04	8	0:08:53	8	1:00:50
8	John Capper	NM	18	0:23:03	11	0:29:31	5	0:08:30	5	1:01:04
9	Les Watson	OM	42	0:21:13	6	0:31:53	9	0:08:57	9	1:02:03
10	Julian Rutherford	NM	9	0:22:24	9	0:32:31	11	0:09:30	11	1:04:25
11	Jake Watson	OM	4	0:23:02	10	0:34:05	13	0:10:13	14	1:07:20
12	Mark Davies	OM	5	0:25:57	16	0:32:29	10	0:09:55	12	1:08:21
13	Karine Davies	NF	37	0:24:21	12	0:34:48	14	0:09:24	10	1:08:33
14	Karen Corcoran	OF	39	0:25:36	15	0:33:26	12	0:10:15	15	1:09:17
15	Mark Burton	NM	36	0:24:57	13	0:35:23	15	0:11:21	18	1:11:41
16	Jamie Munn	NM	38	0:25:04	14	0:38:37	17	0:10:05	13	1:13:46
17	Terri Harrison	NF	31	0:27:17	17	0:37:53	16	0:10:43	16	1:15:53
18	Helen Scott	NF	35	0:28:13	18	0:40:22	19	0:11:08	17	1:19:43
19	Nia Owen-Williams	OF	25	0:31:34	19	0:40:06	18	0:13:17	19	1:24:57

* N = novice. Any queries with the results please see David Astins (07766 911069)