

**PEMBROKESHIRE TRIATHLON CLUB**  
**ANNUAL CLUB TRIATHLON, HAVERFORDWEST**

**29<sup>TH</sup> APRIL 2007**

**400m SWIM – 15.5k BIKE – 3.1k RUN**

Pos.	M/F	Name	Swim Split	Bike Split	Run Split	Total Time
1	M	Oliver Simon	05:18	00:26:27	00:12:11	00:43:56
2	M	Thomas Owen	06:02	00:25:39	00:12:47	00:44:28
3	M	David Astins	06:25	00:27:51	00:12:02	00:46:18
4	M	Mervyn Williams	06:15	00:27:58	00:12:44	00:46:57
5	M	Lee Wells	08:42	00:29:23	00:12:41	00:50:46
6	M	Alex Ilyat	07:42	00:30:15	00:13:40	00:51:37
7	M	Ian Vickery	08:07	00:30:26	00:14:14	00:52:47
8	M	Jim Buck	08:04	00:31:40	00:13:46	00:53:30
9	F	Rhiannon Ace	09:12	00:30:58	00:13:33	00:53:43
10	M	Mark Jones	08:35	00:28:05	00:17:09	00:53:49
11	F	Lynn Green	09:43	00:29:56	00:14:10	00:53:49
12	M	Les Watson	09:23	00:31:24	00:13:33	00:54:20
13	F	Julia Hill	08:02	00:31:45	00:16:35	00:56:22
14	NM	Andrew Nicholas	10:40	00:32:17	00:13:35	00:56:32
15	NM	Ian Cooper	07:18	00:34:54	00:14:36	00:56:48
16	F	Karen Corcoran	09:01	00:34:22	00:16:12	00:59:35
17	NM	Darren Bowen	07:56	00:35:18	00:17:47	01:01:01
18	F	Kate Cross	08:39	00:35:46	00:17:03	01:01:28
19	F	Elen Jones	09:55	00:36:55	00:15:33	01:02:23
20	NF	Celia Boothman	09:27	00:39:21	00:14:17	01:03:05
21	NM	David Moore	11:20	00:36:02	00:16:37	01:03:59
22	F	Terri Harrison	11:17	00:38:47	00:16:59	01:07:03
23	F	Nia Owen-Williams	09:37	00:40:03	00:19:56	01:09:36
24	NF	Lynn Cram	13:31	00:38:54	00:17:32	01:09:57
25	NF	Fiona Matchett	09:40	00:41:09	00:20:24	01:11:13
26	NM	Andrew Thompson	15:16	00:39:18	00:16:39	01:11:13
27	NF	Gwyneth Thomas	08:29	00:40:59	00:22:17	01:11:45
28	NF	Janice Parry	14:54	00:40:17	00:18:41	01:13:52
29	NF	Jo Astins	11:27	00:43:16	00:22:08	01:16:51

N = Novice, i.e. first ever triathlon!