

Pembrokeshire Duathlon 2009 - Individuals

Pos	Bib	First Name	Surname	Club	Cat	Cat Pos	Run 1	Bike	Run 2	Finish	Welsh Champs	BTF No.
1	188	Richard	Wilder	Les Croupiers Tri Club	OM	1	00:17:56	00:35:17	00:09:36	01:02:49	W	W128423
2	122	David	Hannaford	Ironhead Racing	OM	2	00:19:15	00:36:10	00:11:12	01:06:37		E127596
3	136	Jack	Loveday	University of Plymouth	OM	3	00:19:02	00:37:50	00:10:13	01:07:05		
4	137	Gareth	Lynch	Cardiff Tri	OM	4	00:19:29	00:37:29	00:10:33	01:07:31	W	W131384
5	114	Ryan	Evans	Celtic Tri	OM	5	00:19:32	00:38:12	00:10:17	01:08:01	W	W127781
6	184	Luke	Watson	Pembrokeshire Tri	JM	1	00:17:58	00:40:43	00:09:54	01:08:35		W123628
7	90	Steven	Bridges	Taff Ely	VM	1	00:20:00	00:38:15	00:10:45	01:09:00	W	W129356
8	101	Shane	Clash		OM	6	00:18:57	00:39:13	00:10:52	01:09:02		
9	155	Brian	Palmer	Celtic Tri	SVM	1	00:19:55	00:38:15	00:10:56	01:09:06	W	W11076
10	178	Richard	Thompson	Pembrokeshire Tri	VM	2	00:20:06	00:38:04	00:11:17	01:09:27		
11	139	Patrick	Martin	Pembrokeshire Tri	OM	7	00:19:52	00:38:25	00:11:17	01:09:34	W	W126735
12	198	Alun	Wood		VM	3	00:19:43	00:40:21	00:10:21	01:10:25	W	W131540
13	157	Scott	Patrick	Poppit SLSC	OM	8	00:21:07	00:39:12	00:11:11	01:11:30		
14	145	Neil	Morgan	Pembrokeshire Velos	OM	9	00:20:24	00:40:25	00:10:46	01:11:35		
15	95	Paul	Chick	NEWT	VM	4	00:21:33	00:38:31	00:11:39	01:11:43	W	W132745
16	127	Paul	Hughes		VM	5	00:22:15	00:38:26	00:11:45	01:12:26	W	W128240
17	186	Grant	Westcott	Celtic Tri	YM	1	00:20:07	00:41:18	00:11:02	01:12:27		W123038
18	140	Steve	Matchett	Pembrokeshire Tri	VM	6	00:20:52	00:41:26	00:11:25	01:13:43	W	W122463
19	190	Neil	Williams		OM	10	00:21:57	00:40:04	00:11:48	01:13:49		
20	111	Andrew	Edwards		OM	11	00:22:35	00:39:14	00:12:17	01:14:06		
21	85	Sean	Bellerby		VM	7	00:21:37	00:40:30	00:12:03	01:14:10		
22	109	Stephen	Davies	Port Talbot Harriers AC	VM	8	00:22:21	00:38:56	00:13:11	01:14:28		
23	93	John	Capper		VM	9	00:21:20	00:41:43	00:11:32	01:14:35		
24	161	Nigel	Pitt	Celtic Tri	SVM	2	00:23:46	00:37:32	00:13:29	01:14:47	W	W9237
25	197	Robin	Withers	Pembrokeshire Tri	VM	10	00:22:50	00:40:02	00:11:57	01:14:49	W	W125065
26	150	Andrew	Nicholas	Crymych Tri Club	VM	11	00:21:05	00:41:47	00:12:01	01:14:53		
27	110	Martin	Dyde	Pembrokeshire Harriers	SVM	3	00:22:40	00:40:12	00:12:30	01:15:22		
28	118	Lynn	Green	Pembrokeshire Tri	SVF	1	00:22:25	00:40:27	00:12:45	01:15:37		
29	115	Bethan	Fowler		OF	1	00:22:12	00:41:47	00:11:45	01:15:44	W	W131660
30	163	Guisseppi	Quinn	Neyland Rowing Club	OM	12	00:21:53	00:41:32	00:12:35	01:16:00		
31	160	Brian	Phillips	NEWT	VM	12	00:22:09	00:42:28	00:12:09	01:16:46	W	W122557
32	82	Andrew	Baker	Celtic Tri	OM	13	00:21:57	00:42:40	00:12:13	01:16:50	W	W131925
33	147	Adam	Murphy		OM	14	00:22:03	00:42:10	00:13:15	01:17:28		
34	185	Jake	Watson	Pembrokeshire Tri	JM	2	00:19:58	00:46:06	00:11:26	01:17:30		W123686
35	113	Fiona	Evans		OF	2	00:23:11	00:41:26	00:12:59	01:17:36		
36	133	Michael	Lawrence	Pembrokeshire Harriers	SVM	4	00:20:39	00:45:50	00:11:40	01:18:09		
37	176	David	Thomas		OM	15	00:20:41	00:45:12	00:12:22	01:18:15		
38	125	Lawrence	Harris		OM	16	00:25:01	00:40:29	00:12:53	01:18:23		
39	149	Derek	Nicholas		OM	17	00:22:58	00:42:05	00:13:23	01:18:26		
40	89	Billy	Breckon		YM	2	00:23:29	00:41:08	00:13:52	01:18:29		
41	193	Rob	Williams	Ingli Runners	VM	13	00:22:30	00:43:13	00:13:08	01:18:51		

Pembrokeshire Duathlon 2009 - Individuals

42	123	Rhys	Harries	Cardigan Running Club	OM	18	00:20:48	00:46:56	00:11:19	01:19:03		
43	170	Carl	Scott		OM	19	00:22:18	00:44:56	00:11:49	01:19:03		
44	132	Mark	Jones	Pembrokeshire Tri	OM	20	00:24:43	00:39:51	00:14:29	01:19:03	W	W130212
45	166	John	Rees	Pembrokeshire Harriers	VM	14	00:22:45	00:44:44	00:12:22	01:19:51		
46	103	Paul	Colman		VM	15	00:24:43	00:40:12	00:15:17	01:20:12		
47	154	Seamus	O'Sullivan		OM	21	00:23:37	00:45:57	00:12:07	01:21:41	W	W133001
48	146	Melanie	Morgan	Tenby Aces	OF	3	00:24:28	00:43:42	00:13:40	01:21:50		
49	100	Malcolm	Clash	Neyland Rowing Club	SVM	5	00:23:50	00:44:20	00:13:45	01:21:55		
50	105	Jim	Cooper	TROTts	SVM	6	00:23:44	00:45:43	00:13:01	01:22:28		
51	87	Chris	Bowen		OM	22	00:21:49	00:48:46	00:12:02	01:22:37		
52	162	Richard	Price	Celtic Tri	VM	16	00:25:20	00:45:00	00:14:13	01:24:33		
53	106	Karen	Corcoran	Pembrokeshire Tri	SVF	2	00:25:09	00:45:15	00:14:16	01:24:40		
54	152	Barry	Nichols		OM	23	00:23:48	00:47:47	00:13:07	01:24:42		
55	120	Lynwen	Griffiths		OF	4	00:26:30	00:44:11	00:14:43	01:25:24		
56	179	Andrew	Thompson	Crymych Tri Club	VM	17	00:26:35	00:43:55	00:15:00	01:25:30		
57	167	Penny	Rees	TROTts	OF	5	00:24:32	00:47:52	00:13:29	01:25:53		
58	192	Clare	Williams	Ingli Runners	VF	1	00:25:28	00:46:27	00:13:59	01:25:54		
59	124	Martin	Harris		VM	18	00:25:01	00:46:37	00:14:25	01:26:03		
60	108	Nigel	Davies		VM	19	00:24:28	00:48:11	00:13:26	01:26:05		
61	165	Andrew	Rees		VM	20	00:25:09	00:47:28	00:13:58	01:26:35		
62	169	Jayne	Schiess	Celtic Tri	OF	6	00:25:36	00:46:23	00:14:51	01:26:50	W	W133980
63	44	Roger	Allan		VM	21	00:26:58	00:44:57	00:15:12	01:27:07		
64	196	Kevin	Winstone		OM	24	00:24:33	00:48:27	00:14:08	01:27:08		
65	128	Callum	Hutchinson	Pembrokeshire Tri	YM	3	00:23:52	00:45:06	00:19:00	01:27:58		
66	164	Josephine	Raley		OF	7	00:26:07	00:48:20	00:13:55	01:28:22		
67	135	Dafydd	Llywelyn		OM	25	00:26:35	00:47:25	00:15:27	01:29:27		
68	183	Mike	Walford		SVM	7	00:28:10	00:46:00	00:15:28	01:29:38		
69	107	Lin	Cram	Crymych Tri Club	VF	2	00:28:10	00:46:43	00:14:49	01:29:42		
70	174	Jane	Stubbs		VF	3	00:26:18	00:48:02	00:15:33	01:29:53		
71	142	Nicola	Mills		OF	8	00:28:33	00:45:16	00:17:20	01:31:09		
72	194	Alan	Williams	Ingli Runners	OM	26	00:25:53	00:51:13	00:14:14	01:31:20		
73	94	Roger	Caygill	Crinkly Creak	OM	27	00:25:53	00:50:28	00:15:49	01:32:10		
74	134	Andy	Light	Crinkly Creak	VM	22	00:28:14	00:48:52	00:15:06	01:32:12		
75	116	Andy	French		OM	28	00:28:27	00:46:11	00:18:28	01:33:06		
76	88	Darren	Bowen	Crymych Tri Club	OM	29	00:29:02	00:47:12	00:16:56	01:33:10		
77	102	Jill	Colman		VF	4	00:27:37	00:49:54	00:15:55	01:33:26		
78	144	Leann	Morgan		OF	9	00:27:01	00:53:12	00:14:53	01:35:06		
79	130	Ieuan	Jones	Celtic Tri	VM	23	00:30:09	00:49:34	00:16:41	01:36:24	W	W119494
80	180	Nigel	Townsend	Pencoed Tri	VM	24	00:30:32	00:50:08	00:16:27	01:37:07	W	W131372
81	138	David	Manley	TriTalk.co.uk	OM	30	00:29:29	00:53:28	00:15:18	01:38:15	W	W134022
82	195	Janice	Williams		VF	5	00:29:44	00:52:46	00:15:55	01:38:25		
83	177	Gwyneth	Thomas	Crymych Tri Club	OF	10	00:30:17	00:51:15	00:17:18	01:38:50		
84	131	Gareth	Jones		SVM	8	00:29:58	00:53:25	00:16:25	01:39:48		

Pembrokeshire Duathlon 2009 - Individuals

85	191	Tracey	Williams	Celtic Tri	VF	6	00:29:28	00:54:11	00:17:01	01:40:40	W	W134320
86	159	Rhodri	Phillips	Pembrokeshire Tri	VM	25	00:32:00	00:52:29	00:18:34	01:43:03		
87	84	Matt	Bassett		OM	31	00:30:47	00:56:40	00:16:18	01:43:45		
88	104	Tessa	Cooper	TROTs	SVF	3	00:30:50	00:54:26	00:18:50	01:44:06		
89	175	Christopher	Teesdale		VM	26	00:28:04	00:58:51	00:17:27	01:44:22		
90	119	Karen	Grey	Celtic Tri	OF	11	00:31:20	00:55:48	00:18:07	01:45:15		
91	181	Sarah	Vessey		OF	12	00:30:05	00:57:13	00:18:19	01:45:37		
92	171	Helen	Scott		OF	13	00:30:07	00:59:41	00:16:30	01:46:18		
93	182	Paul	Waite	Celtic Tri	VVM	1	00:33:39	00:56:14	00:19:26	01:49:19		
94	91	Karen	Burrows	Celtic Tri	VF	7	00:28:17	01:08:59	00:15:11	01:52:27	W	W124045
95	112	Joanna	Evans		VF	8	00:29:44	01:06:58	00:17:06	01:53:48		
96	158	Huw	Phillips		VM	27	00:27:42	01:10:46	00:16:53	01:55:21		
97	86	Phillipa	Bowen		OF	14	00:35:29	01:03:45	00:19:36	01:58:50	W	W133435
98	117	Kevin	Goddard		VM	28	00:29:44	01:03:20	00:36:50	02:09:54		
	172	Elizabeth	Stieler		OF		00:24:20			DNF	W	W134242
	200	Dasos	Zangouras	Pembrokeshire Tri	VM					DNF		