

### *Pembrokeshire Duathlon 2009 - Relay Teams*

<b>Pos</b>	<b>Bib</b>	<b>Team Name</b>	<b>Cat</b>	<b>Name 1</b>	<b>Name 2</b>	<b>Name 3</b>	<b>Run 1</b>	<b>Bike</b>	<b>Run 2</b>	<b>Total</b>
1	33	Tenby Aces Debs & Steve	RMX	Steve Lewis	Debbie Phillips		00:21:31	00:38:39	00:11:30	01:11:40
2	39	Pembrokeshire Harriers Z	RMX	Carol Howard	Jon Phillips		00:24:33	00:40:19	00:13:25	01:18:17
3	31	Tenby Tortoises	RTF	Tara Rees	Tanis Hand		00:26:30	00:40:19	00:13:37	01:20:26
4	25	Tenby Turbos	RMX	Gareth Rees	Kay Davies		00:30:29	00:36:39	00:15:28	01:22:36
5	13	Kitkat & Éclair	RTF	Caitlin Thompson	Kate Matchett	Clair Davies	00:23:58	00:46:22	00:13:14	01:23:34
6	41	Refined Gentlemen	RTM	Bruce Vessey	Ken Richards		00:30:09	00:46:41	00:16:00	01:32:50