

PEMBROKESHIRE TRIATHLON CLUB
ANNUAL TRIATHLON
26 APRIL 2009
RESULTS

POS	NAME	CAT.	NO.	SWIM + T1	BIKE + T2	RUN	TOTAL TIME
1	Alex Matchett	JM	225	0:06:06	0:28:56	0:11:26	0:46:28
2	David Astins	VM	224	0:06:44	0:28:40	0:12:07	0:47:31
3	Steve Matchett	VM	218	0:08:08	0:30:03	0:12:38	0:50:49
4	Ian Cooper	M	222	0:07:23	0:30:57	0:12:47	0:51:07
5	Lynn Green	VF	203	0:10:21	0:30:02	0:13:05	0:53:28
6	Ellie Jones	F	221	0:07:38	0:32:53	0:13:07	0:53:38
7	Mathew Pritchard	M	220	0:07:34	0:32:49	0:13:18	0:53:41
8	Billy Breckon	NJM	223	0:08:31	0:33:09	0:14:35	0:56:15
9	Jim Buck	VM	216	0:08:34	0:34:18	0:13:53	0:56:45
10	Alex Dempster	NM	215	0:10:15	0:32:16	0:14:18	0:56:49
11	Guisseppi Quinn	NM	209	0:10:47	0:32:01	0:14:04	0:56:52
12	Seamus O'Sullivan	M	212	0:10:12	0:33:45	0:13:57	0:57:54
13	Gareth Davies	M	208	0:09:18	0:34:33	0:14:48	0:58:39
14	Karen Thomson	F	213	0:09:47	0:35:28	0:13:51	0:59:06
15	Malcolm Clash	VM	210	0:11:05	0:33:48	0:14:17	0:59:10
16	Lin Cram	VF	211	0:09:22	0:35:18	0:15:30	1:00:10
17	Karine Davies	F	219	0:09:02	0:37:28	0:14:02	1:00:32
18	Andrew Dunne	M	99	0:11:22	0:36:07	0:15:42	1:03:11
19	Clare Williams	VNF	204	0:11:53	0:36:38	0:15:27	1:03:58
20	Beth Aubrey	NF	214	0:10:00	0:41:21	0:14:52	1:06:13
21	Roger Caygill	NM	206	0:10:44	0:38:56	0:16:53	1:06:33
22	Ceri Jones	VM	207	0:12:44	0:38:19	0:16:36	1:07:39
23	Paul Fletcher	VNM	201	0:10:39	0:40:47	0:18:27	1:09:53
24	Ben Aubrey	NM	202	0:12:37	0:42:45	0:15:40	1:11:02
25	Ben Ferguson-Walker	NM	205	0:12:53	0:41:40	0:16:42	1:11:15
26	Jane Stubbs	VNF	97	0:17:09	0:37:32	0:16:54	1:11:35
27	Rhodri Phillips	VM	98	0:13:48	0:38:31	0:19:45	1:12:04
28	Alison Willis	VNF	217	0:11:42	0:50:31	0:18:35	1:20:48
29	Mandy Jones	VNF	96	0:14:36	0:45:05	0:21:21	1:21:02