

**PEMBROKESHIRE TRISTAR TRIATHLON**

**PEMBROKE LEISURE CENTRE**

**12th JUNE 2010**

**RESULTS**

POS	NAME	CLUB	M/F	BIB	CAT.	DISTANCE	WAVE	SWIM	BIKE	RUN	TOTAL TIME
1	Ocean Poultney-Maddy	Pencoed Tri	F	2	Tristar	50m/500m/600m	1	00:58	04:37	02:47	08:22
2	Daisy Buck	Pembrokeshire Tri	F	1	Tristar	50m/500m/600m	1	01:04	04:58	02:39	08:41
3	Ellie Williams	Pembroke Swimming Club	F	48	Tristar	50m/500m/600m	1	00:52	05:30	03:01	09:23
1	Joshua Richards	Pembrokeshire Tri	M	4	Tristar	50m/500m/600m	1	01:10	03:45	02:14	07:09
2	Teilo Davies		M	50	Tristar	50m/500m/600m	1	01:28	03:51	02:03	07:22
3	Kyle Cook	Pembrokeshire Tri	M	5	Tristar	50m/500m/600m	1	01:05	03:57	02:22	07:24
4	Henry Llewelin	Haverfordwest Swimming Club	M	6	Tristar	50m/500m/600m	1	01:03	04:23	02:14	07:40
5	Benjamin Omnet	Pembroke Swimming Club	M	3	Tristar	50m/500m/600m	1	00:48	04:47	02:43	08:18
1	Sara Bevan	Pembrokeshire Tri	F	9	Tristar 1	150m/2k/1k	2	02:27	10:07	04:23	16:57
2	Abbie Williams	Pembroke Swimming Club	F	49	Tristar 1	150m/2k/1k	2	02:13	11:21	04:01	17:35
3	Ellie McCormick	Celtic Tri	F	8	Tristar 1	150m/2k/1k	2	02:48	11:00	03:55	17:43
4	Erin Rees	Pembrokeshire Tri	F	7	Tristar 1	150m/2k/1k	2	02:47	10:57	05:49	19:33
5	Megan Rogers	Pembrokeshire Tri	F	10	Tristar 1	150m/2k/1k	2	02:24	12:06	05:17	19:47
1	Huw Cooke	Pembrokeshire Tri	M	21	Tristar 1	150m/2k/1k	3	02:25	08:05	03:39	14:09
2	Ben Bartlett	Celtic Tri	M	16	Tristar 1	150m/2k/1k	3	03:00	07:28	03:44	14:12
3	Alaric Jones	Pembrokeshire Tri	M	20	Tristar 1	150m/2k/1k	3	02:31	08:08	03:34	14:13
4	Luc Bartlett	Celtic Tri	M	15	Tristar 1	150m/2k/1k	3	02:59	07:33	03:43	14:15
5	Lawrie Cox	Pembrokeshire Tri	M	19	Tristar 1	150m/2k/1k	3	02:51	08:47	04:04	15:42
6	Curtis Palmer	Pembroke Swimming Club	M	18	Tristar 1	150m/2k/1k	3	02:35	09:18	04:03	15:56
7	Charles Llewelin	Haverfordwest Swimming Club	M	14	Tristar 1	150m/2k/1k	3	02:56	09:32	04:14	16:42
8	Macsen Mather	Fishguard Swimming Club	M	11	Tristar 1	150m/2k/1k	3	03:02	09:57	04:28	17:27
9	Gareth Colburn	Celtic Tri	M	13	Tristar 1	150m/2k/1k	3	02:57	09:48	04:45	17:30
10	Miles Thomas	Pembrokeshire Tri	M	12	Tristar 1	150m/2k/1k	3	03:02	09:23	05:07	17:32
11	Rowan Kettle	Pembroke Swimming Club	M	17	Tristar 1	150m/2k/1k	3	02:41	10:47	05:00	18:28
1	Alicia Jones	Pembrokeshire Tri	F	26	Tristar 2	200m/4k/1.5k	4	03:03	14:12	06:30	23:45
2	Sophie Rees	Pembrokeshire Tri	F	25	Tristar 2	200m/4k/1.5k	4	03:09	14:14	07:10	24:33
3	Beth Meopham	Pembrokeshire Tri	F	24	Tristar 2	200m/4k/1.5k	4	03:19	17:35	07:10	28:04
4	Lili Mather	Fishguard Swimming Club	F	22	Tristar 2	200m/4k/1.5k	4	03:28	17:28	08:47	29:43
5	Lucy Omnet	Pembroke Swimming Club	F	23	Tristar 2	200m/4k/1.5k	4	03:20	20:55	07:20	31:35
1	Sion Bevan	Pembrokeshire Tri	M	32	Tristar 2	200m/4k/1.5k	5	02:43	13:19	06:30	22:32
2	Euan Cox	Pembrokeshire Tri	M	29	Tristar 2	200m/4k/1.5k	5	03:09	13:36	06:24	23:09
3	Finn Thompson	Pembrokeshire Tri	M	31	Tristar 2	200m/4k/1.5k	5	03:14	13:53	06:13	23:20
4	Teifion Best	Abergavenny Cycling Club	M	27	Tristar 2	200m/4k/1.5k	5	04:35	13:04	07:08	24:47
5	Ieuan Best	Abergavenny Cycling Club	M	28	Tristar 2	200m/4k/1.5k	5	05:30	13:52	08:13	27:35
6	Oliver Crawford	Pembroke Swimming Club	M	33	Tristar 2	200m/4k/1.5k	5	02:48	17:40	07:52	28:20
7	Daniel Picton	Pembroke Swimming Club	M	30	Tristar 2	200m/4k/1.5k	5	02:46	19:32	07:55	30:13
1	Caitlin Thompson	Pembrokeshire Tri	F	36	Tristar 3	300m/6k/2.4k	6	04:42	18:41	10:07	33:30
2	Hollie Thomas	Pembrokeshire Tri	F	39	Tristar 3	300m/6k/2.4k	6	03:52	19:21	11:50	35:03
3	Alice Russell-Stretch	Pembrokeshire Tri	F	38	Tristar 3	300m/6k/2.4k	6	04:27	21:09	12:03	37:39
4	Ffion Mather	Fishguard Swimming Club	F	37	Tristar 3	300m/6k/2.4k	6	05:03	21:18	13:22	39:43
5	Lucy Buck	Pembrokeshire Tri	F	35	Tristar 3	300m/6k/2.4k	6	05:06	22:07	12:55	40:08
6	Megan Jones	Pembrokeshire Tri	F	34	Tristar 3	300m/6k/2.4k	6	05:35	22:42	14:26	42:43
1	Deri Stewart	Celtic Tri	M	40	Tristar 3	300m/6k/2.4k	7	04:10	16:14	09:26	29:50
2	Jack Rees	Pembrokeshire Tri	M	46	Tristar 3	300m/6k/2.4k	7	04:15	16:04	09:53	30:12
3	Liam Bradley		M	45	Tristar 3	300m/6k/2.4k	7	04:10	17:01	09:31	30:42
4	Ieuan Cooke	Pembrokeshire Tri	M	44	Tristar 3	300m/6k/2.4k	7	04:08	17:43	08:59	30:50
5	Samuel Withers	Pembrokeshire Tri	M	47	Tristar 3	300m/6k/2.4k	7	03:48	18:15	10:11	32:14
6	Joel Poultney-Maddy	Pencoed Tri	M	42	Tristar 3	300m/6k/2.4k	7	04:03	19:18	11:46	35:07
7	Ruaridh Cox	Pembrokeshire Tri	M	41	Tristar 3	300m/6k/2.4k	7	05:10	20:13	11:19	36:42
8	James Colburn	Celtic Tri	M	43	Tristar 3	300m/6k/2.4k	7	05:14	18:45	13:01	37:00