

**PEMBROKESHIRE CHILDREN'S TRIATHLON**

**FISHGUARD LEISURE CENTRE**

**24th JUNE 2006**

**RESULTS**

**CATEGORY: TRISTAR START MALE  
(50m swim / 800m cycle / 600m run)**

<b>POS</b>	<b>NAME</b>	<b>CLUB</b>	<b>NO.</b>	<b>CAT.</b>	<b>M/F</b>	<b>SWIM</b>	<b>BIKE</b>	<b>RUN</b>	<b>TOTAL TIME</b>
1	Finnlay Thompson	Pembrokeshire Tristars	3	TS	M	03:06	03:10	03:24	09:40
2	David Clarke	Fishguard Flyers	1	TS	M	02:57	03:15	03:49	10:01
3	Liam Fitzpatrick-Smith	Pembrokeshire Tristars	4	TS	M	03:20	03:22	03:34	10:16
4	Ross Peacock	Fishguard Flyers	2	TS	M	03:03	03:44	04:52	11:39

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**24th JUNE 2006**

**RESULTS**

**CATEGORY: TRISTAR START FEMALE  
(50m swim / 800m cycle / 600m run)**

<b>POS</b>	<b>NAME</b>	<b>CLUB</b>	<b>NO.</b>	<b>CAT.</b>	<b>M/F</b>	<b>SWIM</b>	<b>BIKE</b>	<b>RUN</b>	<b>TOTAL TIME</b>
1	Sophie Rees	Pembrokeshire Tristars	8	TS	F	03:15	03:36	03:46	10:37
2	Alicia Jones	Pembrokeshire Tristars	5	TS	F	03:23	03:47	03:31	10:41
3	Beca Williams	Cardiff Junior Tri	7	TS	F	03:33	03:26	03:48	10:47
4	Isabelle Davies	Fishguard Flyers	6	TS	F	03:31	04:31	04:08	12:10

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**24th JUNE 2006**

**RESULTS**

**CATEGORY: TRISTAR 1 MALE  
(150m swim / 2km cycle / 1.2km run)**

<b>POS</b>	<b>NAME</b>	<b>CLUB</b>	<b>NO.</b>	<b>CAT.</b>	<b>M/F</b>	<b>SWIM</b>	<b>BIKE</b>	<b>RUN</b>	<b>TOTAL TIME</b>
1	Liam Bradley	Caldicot Swim Club	10	T1	M	04:19	05:25	05:39	15:23
2	Samuel Withers	Pembrokeshire Tristars	11	T1	M	04:24	06:20	05:58	16:42
3	Rowan Miller	Cardiff Junior Tri	12	T1	M	04:59	05:50	06:04	16:53
4	Jack Rees	Pembrokeshire Tristars	14	T1	M	04:33	06:44	06:25	17:42
5	Laurie Haworth	Pembrokeshire Tristars	79	T1	M	05:31	06:34	05:59	18:04
6	Jac Evans	Fishguard Flyers	80	T1	M	05:11	06:48	06:07	18:06
7	Steffan Williams	Pembrokeshire Tristars	13	T1	M	04:56	07:02	07:09	19:07
8	Stefan Hayes	unaffiliated	16	T1	M	05:48	06:43	06:59	19:30
9	Joshua Macleod	unaffiliated	17	T1	M	05:59	06:27	08:19	20:45
	Ben Phillips	Newport Surf Lifesaving Club	15	T1	M				DNS

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**RESULTS**

**CATEGORY: TRISTAR 1 FEMALE  
(150m swim / 2km cycle / 1.2km run)**

POS	NAME	CLUB	NO.	CAT.	M/F	SWIM	BIKE	RUN	TOTAL TIME
1	Siwan Thomas-Howells	Multisport	18	T1	F	03:58	06:31	06:14	16:43
2	Caitlin Thompson	Pembrokeshire Tristars	20	T1	F	04:27	07:04	06:38	18:09
3	Lucy Buck	Pembrokeshire Tristars	21	T1	F	04:51	08:00	07:12	20:03
4	Cara Watson	Pembrokeshire Tristars	19	T1	F	04:30	09:13	06:57	20:40
5	Alice Russell-Stretch	Pembrokeshire Tristars	27	T1	F	05:13	08:33	07:01	20:47
6	Rebecca Hayes	unaffiliated	30	T1	F	06:40	07:53	07:21	21:54
7	Hollie Thomas	Pembrokeshire Tristars	22	T1	F	05:06	09:26	07:29	22:01
8	Megan Thomas	Pembrokeshire Tristars	23	T1	F	05:11	09:52	07:23	22:26
9	Molly Jones	Fishguard Flyers	24	T1	F	05:26	09:15	08:10	22:51
10	Sophie Morse	unaffiliated	29	T1	F	06:35	08:05	08:34	23:14
11	Calypso Pierpoint	Fishguard Flyers	25	T1	F	05:34	08:53	08:48	23:15
12	Gemma Peacock	Fishguard Flyers	28	T1	F	07:08	09:27	11:13	27:48
13	Isabel Johns	Pembrokeshire Tristars	26	T1	F	05:22	12:37	11:09	29:08
	Miriam Williams	Llanelli Junior Tri	81	T1	F				DNS

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**24th JUNE 2006**

**RESULTS**

**CATEGORY: TRISTAR 2 MALE  
(200m swim / 4km cycle / 1.6km run)**

<b>POS</b>	<b>NAME</b>	<b>CLUB</b>	<b>NO.</b>	<b>CAT.</b>	<b>M/F</b>	<b>SWIM</b>	<b>BIKE</b>	<b>RUN</b>	<b>TOTAL TIME</b>
1	Hywel Hughes	Multisport	32	T2	M	04:21	10:04	06:54	21:19
2	Kieran John	Multisport	35	T2	M	04:37	10:28	07:05	22:10
3	Grant Westcott	Llanelli Junior Tri	38	T2	M	04:28	10:58	07:13	22:39
4	Joe Lloyd	Pembrokeshire Tristars	37	T2	M	04:58	10:06	07:36	22:40
5	Todd Watson	Pembrokeshire Tristars	34	T2	M	05:33	11:26	08:04	25:03
6	Sean Kemeny	Llanelli Junior Tri	52	T2	M	05:46	11:36	08:41	26:03
7	Emyr Williams	Pembrokeshire Tristars	36	T2	M	05:59	12:48	10:21	29:08
8	Alastair Davies	Fishguard Flyers	51	T2	M	05:41	16:30	07:38	29:49
9	Ross Sutton	Fishguard Flyers	33	T2	M	04:36	15:27	10:39	30:42

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**24th JUNE 2006**

**RESULTS**

**CATEGORY: TRISTAR 2 FEMALE  
(200m swim / 4km cycle / 1.6km run)**

<b>POS</b>	<b>NAME</b>	<b>CLUB</b>	<b>NO.</b>	<b>CAT.</b>	<b>M/F</b>	<b>SWIM</b>	<b>BIKE</b>	<b>RUN</b>	<b>TOTAL TIME</b>
1	Hywelis Thomas-Howells	Multisport	40	T2	F	03:51	10:17	06:38	20:46
2	Heledd Williams	Cardiff Junior Tri	42	T2	F	04:35	10:14	07:01	21:50
3	Claire Fitzpatrick-Smith	Pembrokeshire Tristars	41	T2	F	04:39	10:50	08:09	23:38
4	Eleri Buck	Pembrokeshire Tristars	46	T2	F	05:00	12:06	08:08	25:14
5	Meghan Good	Pembrokeshire Tristars	45	T2	F	05:10	12:26	08:15	25:51
6	Kate Matchett	Pembrokeshire Tristars	44	T2	F	05:18	13:01	09:11	27:30
7	Iola Williams	Fishguard Flyers	48	T2	F	05:12	14:38	08:28	28:18
8	Emma Westoby	unaffiliated	49	T2	F	05:35	15:15	11:00	31:50
9	Fleur Buck	Pembrokeshire Tristars	50	T2	F	06:23	15:12	13:03	34:38
	Megan Withers	Pembrokeshire Tristars	43	T2	F	04:42	11:10	DNF	DNF

**PEMBROKESHIRE CHILDREN'S TRIATHLON**

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**24th JUNE 2006**

**RESULTS**

**CATEGORY: TRISTAR 3 MALE  
(300m swim / 6km cycle / 2.4k run)**

<b>POS</b>	<b>NAME</b>	<b>CLUB</b>	<b>NO.</b>	<b>CAT.</b>	<b>M/F</b>	<b>SWIM</b>	<b>BIKE</b>	<b>RUN</b>	<b>TOTAL TIME</b>
1	Alex Matchett	Pembrokeshire Tristars	57	T3	M	05:45	14:42	09:29	29:56
2	Jake Watson	Pembrokeshire Tristars	55	T3	M	05:25	15:22	10:17	31:04
3	Luke Cornish	Pembrokeshire Tristars	56	T3	M	05:44	15:14	11:20	32:18
4	Chris Turner	Pembrokeshire Tristars	58	T3	M	07:09	15:31	12:07	34:47
5	Brandon Kemeny	Llanelli Junior Tri	59	T3	M	07:11	16:09	12:09	35:29
6	Alex Mason	unaffiliated	60	T3	M	06:20	17:20	13:03	36:43
7	James Griffiths	unaffiliated	62	T3	M	08:52	16:21	11:32	36:45
8	Tom Lloyd	Pembrokeshire Tristars	64	T3	M	06:50	17:18	14:31	38:39
9	Rhodri Morgans	unaffiliated	63	T3	M	09:00	17:09	13:51	40:00
	Joshua Harris	Cardiff Junior Tri	54	T3	M				DNS
	James Morse	unaffiliated	61	T3	M				DNS
	Aron Williams	Llanelli Junior Tri	82	T3	M				DNS

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**CATEGORY: TRISTAR 3 FEMALE  
(300m swim / 6km cycle / 2.4k run)**

<b>POS</b>	<b>NAME</b>	<b>CLUB</b>	<b>NO.</b>	<b>CAT.</b>	<b>M/F</b>	<b>SWIM</b>	<b>BIKE</b>	<b>RUN</b>	<b>TOTAL TIME</b>
1	Ruby Miller	Cardiff Junior Tri	65	T3	F	06:19	14:33	10:46	31:38
2	Jess Fitzpatrick-Smith	Pembrokeshire Tristars	66	T3	F	06:39	18:48	12:32	37:59
3	Megan Jones	Fishguard Flyers	67	T3	F	06:24	21:02	16:42	44:08

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**24th JUNE 2006**

**RESULTS**

**CATEGORY: YOUTH MALE**  
**(400m swim / 8km cycle / 3km run)**

<b>POS</b>	<b>NAME</b>	<b>CLUB</b>	<b>NO.</b>	<b>CAT.</b>	<b>M/F</b>	<b>SWIM</b>	<b>BIKE</b>	<b>RUN</b>	<b>TOTAL TIME</b>
1	Luke Watson	Pembrokeshire Tristars	70	YTH	M	06:26	17:43	11:55	36:04
2	Gregory Prout	Pencoed Tri	72	YTH	M	07:31	17:24	12:26	37:21
3	Emyr Rees	Cardiff Junior Tri	73	YTH	M	07:43	18:40	12:56	39:19
4	Simon Johns	Pembrokeshire Tristars	71	YTH	M	06:27	21:44	13:09	41:20
5	Adrian Westoby	unaffiliated	75	YTH	M	08:03	27:25	13:14	48:42
6	Dafydd Williams	Fishguard Flyers	74	YTH	M	08:06	25:19	18:52	52:17

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**RESULTS**

**CATEGORY: YOUTH FEMALE  
(400m swim / 8km cycle / 3km run)**

<b>POS</b>	<b>NAME</b>	<b>CLUB</b>	<b>NO.</b>	<b>CAT.</b>	<b>M/F</b>	<b>SWIM</b>	<b>BIKE</b>	<b>RUN</b>	<b>TOTAL TIME</b>
1	Manon Williams	Cardiff Junior Tri	77	YTH	F	07:49	20:05	13:35	41:29
	Amy Westcott	Llanelli Junior Tri	78	YTH	F	07:46	21:15		DNF