

Pembrokeshire Triathlon Club
Annual Club Triathlon
2nd May 2010 – Results

Pos	Name	Cat	No	Swim inc T1	Bike inc T2	Run	Total Time
1	Jack Lear	JM	191	00:06:03	00:26:25	00:12:28	00:44:56
2	Scott Patrick	OM	181	00:07:09	00:27:09	00:11:38	00:45:56
3	Ieuan Cooke	JM	190	00:05:51	00:30:32	00:11:29	00:47:52
4	David Astins	VM	188	00:07:11	00:28:35	00:12:13	00:47:59
5	Paul Davies	OM	193	00:06:40	00:30:20	00:11:51	00:48:51
6	Darren Evans	OM	195	00:06:57	00:29:10	00:13:05	00:49:12
7	Todd Watson	JM	187	00:06:28	00:30:40	00:12:41	00:49:49
8	Richard Thompson	VM	171	00:09:07	00:29:07	00:12:05	00:50:19
9	Ellie Jones	OF	189	00:06:59	00:31:15	00:12:14	00:50:28
10	Liam Bradley	JM	194	00:06:05	00:32:31	00:12:13	00:50:49
11	Richard Pullin	VM	183	00:08:33	00:29:05	00:13:14	00:50:52
12	Caitlin Thompson	JF	192	00:06:39	00:32:23	00:12:50	00:51:52
13	Jason Woodruff	VM	172	00:08:57	00:30:11	00:12:52	00:52:00
14	Gary Rhoades	OM	184	00:08:26	00:31:18	00:13:00	00:52:44
15	Peter Munn	SVM	177	00:08:35	00:30:26	00:14:04	00:53:05
16	Dougie Moore	VM-N	168	00:13:13	00:29:31	00:11:26	00:54:10
17	Guisseppi Quinn	OM	166	00:08:39	00:32:35	00:13:14	00:54:28
18	Shaun Sinclair	VM-N	178	00:07:58	00:32:18	00:14:18	00:54:34
19	David O'neil	VM	41	00:11:01	00:32:10	00:11:29	00:54:40
20	Dad & Cara Watson	Relay	186	00:06:19	00:32:41	00:15:52	00:54:52
21	Malcolm Clash	SVM	164	00:09:25	00:32:20	00:14:03	00:55:48
22	Jonathan James	OM	180	00:09:08	00:32:09	00:14:33	00:55:50
23	Celia Boothman	OF	173	00:08:59	00:33:12	00:14:28	00:56:39
24	Karen Thompson	OF	175	00:08:53	00:33:58	00:13:58	00:56:49
25	Karine Davies	OF	185	00:08:32	00:35:00	00:13:34	00:57:06
26	Ian Speed	VM-N	163	00:10:09	00:33:40	00:13:25	00:57:14
27	Phil Curran	VM	179	00:09:31	00:31:06	00:17:02	00:57:39
28	Adam Murphy	OM-N	28	00:11:42	00:33:03	00:13:17	00:58:02
29	Karl Sutton	VM	174	00:09:06	00:34:20	00:14:52	00:58:18
30	Gareth Jones	OM	165	00:09:27	00:34:21	00:14:34	00:58:22
31	Mark Hill	OM	169	00:09:16	00:36:11	00:14:04	00:59:31
32	Clare Williams	VF	96	00:10:12	00:35:18	00:14:52	01:00:22
33	Charlie George	JM-N	67	00:11:46	00:35:14	00:13:30	01:00:30
34	Zoe Woodruff	OF	176	00:09:03	00:36:40	00:16:33	01:02:16
35	Dan Kings	OM-N	170	00:10:05	00:37:19	00:14:53	01:02:17
36	Philip Thomas	VM-N	3	00:15:26	00:32:51	00:14:16	01:02:33
37	David Seal	VM-N	182	00:10:55	00:38:55	00:15:18	01:05:08
38	Mair Rees	OF	167	00:10:07	00:39:44	00:16:19	01:06:10
39	David Knight	VM-N	7	00:12:33	00:36:18	00:17:31	01:06:22
40	Gareth Richards	OM-N	69	00:12:14	00:41:24	00:12:57	01:06:35
41	Jason Thomas	SVM-N	39	00:12:21	00:41:24	00:15:30	01:09:15
42	Tony Cremin	OM-N	82	00:00:00	00:00:00	00:00:00	DNS