

**PEMBROKESHIRE TRISTAR AQUATHLON**  
**PEMBROKE LEISURE CENTRE**  
**16th MAY 2010**  
**RESULTS**

POS	NAME	CLUB	M/F	NO.	CAT.	DISTANCE	SWIM	RUN	TOTAL TIME
1	Rosie Llewelin	Pembroke Swimming Club	F	1	Tristart	50m/500m	00:51	04:04	04:55
2	Ellie Woodruff		F	2	Tristart	50m/500m	00:47	04:10	04:57
3	Daisy Buck	Pembrokeshire Tristars	F	17	Tristart	50m/500m	01:00	04:40	05:40
1	Kyle Cook		M	41	Tristart	50m/500m	01:00	04:03	05:03
2	Joshua Richards	Pembrokeshire Tristars	M	32	Tristart	50m/500m	01:13	04:10	05:23
3	Tom Randall	Pembroke Swimming Club	M	46	Tristart	50m/500m	00:52	04:38	05:30
4	Henry Llewelin	Haverfordwest Swimming Club	M	22	Tristart	50m/500m	01:12	04:19	05:31
5	Steven Abbot		M	201	Tristart	50m/500m	02:41	05:37	08:18
1	Lucy Dennis		F	74	Tristar 1	150m/1500m	02:16	08:09	10:25
2	Ellie McCormick		F	53	Tristar 1	150m/1500m	02:58	08:47	11:45
3	Sara Bevan	Pembrokeshire Tristars	F	71	Tristar 1	150m/1500m	02:27	09:55	12:22
4	Emily Astins	Pembrokeshire Tristars	F	61	Tristar 1	150m/1500m	03:12	09:25	12:37
5	Ella Smith	Pembrokeshire Tristars	F	65	Tristar 1	150m/1500m	03:20	11:40	15:00
6	Anais Smith	Pembrokeshire Tristars	F	68	Tristar 1	150m/1500m	07:15	12:50	20:05
	Eva Stieler		F	49	Tristar 1	150m/1500m	06:36		DNF
	Megan Rogers	Pembrokeshire Tristars	F	63	Tristar 1	150m/1500m			DNS
1	Huw Cooke	Pembrokeshire Tristars	M	124	Tristar 1	150m/1500m	02:29	07:46	10:15
2	Luc Bartlett	Celtic Tri	M	96	Tristar 1	150m/1500m	02:56	07:26	10:22
3	Ben Bartlett	Celtic Tri	M	103	Tristar 1	150m/1500m	02:54	07:29	10:23
4	Ieuan Williams		M	81	Tristar 1	150m/1500m	02:30	08:00	10:30
5	Lawrie Cox	Pembrokeshire Tristars	M	107	Tristar 1	150m/1500m	03:00	08:07	11:07
6	Curtis Palmer	Pembroke Swimming Club	M	106	Tristar 1	150m/1500m	02:31	08:37	11:08
7	Charles Llewelin	Haverfordwest Swimming Club	M	95	Tristar 1	150m/1500m	02:50	08:55	11:45
8	Rowan Kettle	Pembroke Swimming Club	M	105	Tristar 1	150m/1500m	02:44	09:31	12:15
9	Macsen Mather	Fishguard Swimming Club	M	79	Tristar 1	150m/1500m	02:54	09:29	12:23
10	Miles Thomas	Pembrokeshire Tristars	M	116	Tristar 1	150m/1500m	02:55	09:31	12:26
11	Jake Scott	Milford Swimming Club	M	83	Tristar 1	150m/1500m	02:56	12:46	15:42
1	Beth Meopham	Pembrokeshire Tristars	F	137	Tristar 2	250m/2000m	04:25	10:24	14:49
2	Sophie Rees	Pembrokeshire Tristars	F	138	Tristar 2	250m/2000m	04:06	10:47	14:53
3	Lili Mather	Pembroke Swimming Club	F	125	Tristar 2	250m/2000m	04:25	11:53	16:18
4	Francesca Llewelin	Haverfordwest Swimming Club	F	131	Tristar 2	250m/2000m	04:53	12:28	17:21
	Alicia Jones	Pembrokeshire Tristars	F	150	Tristar 2	250m/2000m			DNS
1	Euan Cox	Pembrokeshire Tristars	M	160	Tristar 2	250m/2000m	04:04	09:49	13:53
2	Keenan Napper		M	152	Tristar 2	250m/2000m	04:10	10:37	14:47
3	Aaron John	Pembrokeshire Tristars	M	154	Tristar 2	250m/2000m	04:52	13:07	17:59
	Finn Thompson	Pembrokeshire Tristars	M	155	Tristar 2	250m/2000m			DNS

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1	Ffion-Haf Harrett	Celtic Tri	F	187	Tristar 3	400m/3000m	05:16	14:57	20:13
2	Caitlin Thompson	Pembrokeshire Tristars	F	179	Tristar 3	400m/3000m	06:09	14:42	20:51
3	Cara Watson	Pembrokeshire Tristars	F	180	Tristar 3	400m/3000m	05:48	16:41	22:29
4	Lucy Buck	Pembrokeshire Tristars	F	173	Tristar 3	400m/3000m	06:57	16:04	23:01
5	Ffion Mather	Fishguard Swimming Club	F	178	Tristar 3	400m/3000m	06:53	18:35	25:28
6	Tirion Dowsett	Fishguard Swimming Club	F	175	Tristar 3	400m/3000m	06:54	18:44	25:38
7	Molly Jones	Fishguard Swimming Club	F	177	Tristar 3	400m/3000m	06:40	20:35	27:15
	Hollie Thomas	Pembrokeshire Tristars	F	182	Tristar 3	400m/3000m			DNS
1	Deri Stewart	Celtic Tri	M	192	Tristar 3	400m/3000m	05:32	12:50	18:22
2	Samuel Withers	Pembrokeshire Tristars	M	196	Tristar 3	400m/3000m	05:12	13:41	18:53
3	Ieuan Cooke	Pembrokeshire Tristars	M	195	Tristar 3	400m/3000m	05:36	13:22	18:58
4	Jack Rees	Pembrokeshire Tristars	M	194	Tristar 3	400m/3000m	05:33	13:29	19:02
1	Megan Withers	Pembrokeshire Tristars	F	188	Youth	400m/3000m	05:36	13:15	18:51
2	Kate Matchett	Pembrokeshire Tristars	F	189	Youth	400m/3000m	06:03	18:20	24:23
1	Kieran John	Team TriUK	M	197	Youth	400m/3000m	05:02	12:39	17:41
2	Todd Watson	Pembrokeshire Tristars	M	198	Youth	400m/3000m	05:35	13:04	18:39