

**Pembrokeshire Triathlon Club**  
**Annual Club Triathlon**  
**2<sup>nd</sup> May 2010 – Results**

Pos	Name	Cat	No	Swim inc T1	Bike inc T2	Run	Total Time
1	Luke Cornish	YM	279	00:05:53	00:25:52	00:12:21	00:44:06
2	Jack Lear	JM-N	278	00:06:03	00:25:46	00:12:24	00:44:13
3	Patrick Martin	OM	275	00:07:05	00:28:11	00:12:22	00:47:38
4	Ellie Jones	OF	273	00:06:52	00:29:09	00:12:54	00:48:55
5	Richard Thompson	VM	266	00:09:10	00:28:27	00:11:49	00:49:26
6	Ian Cooper	OM	274	00:07:02	00:29:59	00:13:09	00:50:10
7	Megan Withers	YF	276	00:06:34	00:34:35	00:12:19	00:53:28
8	Jason Woodruff	VM	247	00:09:25	00:31:10	00:13:12	00:53:47
9	Mark Jones	OM	270	00:09:01	00:29:09	00:15:37	00:53:47
10	Rob Thomson	OM	267	00:09:19	00:32:03	00:12:51	00:54:13
11	Adrian Smith	OM-N	263	00:09:29	00:32:48	00:13:08	00:55:25
12	George Payne	OM-N	271	00:09:45	00:32:31	00:13:19	00:55:35
13	David Oneill	VM-N	140	00:11:31	00:31:51	00:12:49	00:56:11
14	Brian Russell	SVM	151	00:11:57	00:32:45	00:13:09	00:57:51
15	Huw Lewis	VM	110	00:09:52	00:33:52	00:14:08	00:57:52
16	Andrew Owen	OM-N	99	00:09:16	00:33:59	00:15:35	00:58:50
17	Alun Nelson	OM	197	00:09:56	00:35:17	00:14:12	00:59:25
18	Richard Pullin	VM-N	269	00:09:39	00:35:20	00:15:15	01:00:14
19	Karl Sutton	VM-N	195	00:09:34	00:34:54	00:15:58	01:00:26
20	James Russell	JM-N	272	00:10:42	00:36:11	00:14:35	01:01:28
21	Emily Payne	OF-N	265	00:10:18	00:37:08	00:14:36	01:02:02
22	Leeann Morgan	OF	127	00:10:45	00:36:27	00:14:58	01:02:10
23	Ceri Jones	VM	217	00:10:58	00:36:34	00:15:30	01:03:02
24	Rhian Bruce	OF	264	00:10:12	00:36:40	00:16:17	01:03:09
25	Zoe Woodruff	OF-N	268	00:08:57	00:38:32	00:16:10	01:03:39
26	Lisa Milton	OF	257	00:11:18	00:40:26	00:16:54	01:08:38
27	Georgina Burrows	OF-N	178	00:12:10	00:39:25	00:17:13	01:08:48
28	Alan Williams	OM-N	128	00:14:10	00:39:18	00:16:30	01:09:58
29	Tami Richards	OF-N	119	00:10:04	00:43:33	00:20:30	01:14:07
30	Julie Milewski	VF-N	118	00:14:02	00:45:53	00:18:06	01:18:01
31	Dasos Zangouras	VM	170	00:13:53	00:47:26	00:20:25	01:21:44
32	Alex Matchett	JM	277	00:00:00	00:00:00	00:00:00	DNS