

## Pembrokeshire Tri Multisport Challenge 2009

Pos	First Name	Last Name	Club	Cat	Cat Pos	Duathlon	Triathlon	Half Marathon	Total
1	Richard	Wilder	Les Croupiers Triathletes	MO	1	1:02:49	2:28:23		3:31:12
2	David	Hannaford	Ironhead Racing	MO	2	1:06:37	2:40:32		3:47:09
3	Brian	Palmer	Celtic Tri	MSV	1	1:09:06	2:39:20		3:48:26
4	Scott	Patrick	Poppit SLSC	MO	3	1:11:30	2:44:14		3:55:44
5	Alun	Wood		MV	1	1:10:25	2:47:29		3:57:54
6	Paul	Hughes	Pembrokeshire Tri	MV	2	1:12:26	2:51:36		4:04:02
7	Sean	Bellerby		MV	3	1:14:10	2:53:44		4:07:54
8	Brian	Phillips	Newport & East Wales Tri	MV	4	1:16:46	2:52:24		4:09:10
9	Fiona	Evans		FO	1	1:17:36	2:59:19		4:16:55
10	Nigel	Pitt	Celtic Tri	MSV	2	1:14:47	3:10:09		4:24:56
11	Mark	Jones	Pembrokeshire Tri	MO	4	1:19:03	3:18:24		4:37:27
12	Karen	Corcoran	Pembrokeshire Tri	FSV	1	1:24:40	3:20:58		4:45:38
13	Gareth	Jones		MSV	3	1:39:48	3:44:47		5:24:35