

PEMBROKESHIRE TRISTARS TRIATHLON

PEMBROKE LEISURE CENTRE

17th MAY 2009

RESULTS

CATEGORY: TRISTAR 1 MALE

(150m swim | 2km cycle | 1.2km run)

POS	NAME	CLUB	NO.	CAT.	M/F	SWIM	T1	BIKE	RUN (incl T2)	TOTAL TIME
1	Sion Bevan	Pembrokeshire Tri	244	T1	M	02:11	01:23	06:20	04:16	14:10
2	Luc Bartlett	Celtic Tri	240	T1	M	03:08	01:33	07:53	04:37	17:11
3	Huw Cooke	Pembrokeshire Tri	243	T1	M	02:46	01:32	08:07	04:47	17:12
4	Ben Bartlett	Celtic Tri	241	T1	M	03:17	01:35	07:43	05:33	18:08
5	Calum Walton		228	T1	M	03:05	02:18	09:04	05:31	19:58
6	Leon Whalley	Pembrokeshire Tri	245	T1	M	03:10	01:29	10:07	05:18	20:04
7	Charles Llewelin	Pembrokeshire Tri	247	T1	M	03:25	01:50	10:31	04:34	20:20
8	Thomas Long	Haverfordwest Swim Club	250	T1	M	03:14	02:24	09:04	05:55	20:37
9	Cameron Gillies	Pembrokeshire Tri	248	T1	M	03:24	01:59	10:03	05:28	20:54
10	Gareth Colburn	Celtic Tri	242	T1	M	03:11	01:50	10:19	06:14	21:34
11	Rowan Kettle	Pembroke Swim Club	246	T1	M	03:02	01:56	11:01	05:44	21:43
	Aaron Brady	Pembrokeshire Tri	249	T1	M					DNF