

PEMBROKESHIRE TRISTARS TRIATHLON
PEMBROKE LEISURE CENTRE
17th MAY 2009
RESULTS: ALL CATEGORIES

POS	NAME	CLUB	NO.	CAT.	M/F	SWIM	T1	BIKE	RUN (incl T2)	TOTAL TIME
<u>TRISTAR START</u>										
1	Sara Bevan	Pembrokeshire Tri	226	TS	F	00:44	02:16	02:15	02:29	07:44
2	Victoria Crawford	Pembroke Swim Club	227	TS	F	00:51	00:00	05:16	04:12	10:19
1	Alaric Jones	Pembrokeshire Tri	233	TS	M	00:45	02:06	01:55	02:09	06:55
2	Laurie Cox	Pembrokeshire Tri	229	TS	M	00:57	01:54	02:02	02:37	07:30
3	Curtis Palmer	Pembroke Swim Club	232	TS	M	00:43	00:00	04:53	02:12	07:48
4=	Macsen Mather		231	TS	M	00:55	00:00	04:41	02:20	07:56
4=	Miles Thomas	Pembrokeshire Tri	234	TS	M	00:54	00:00	04:32	02:30	07:56
	Kane Brady	Pembrokeshire Tri	230	TS	M					DNS
<u>TRISTAR 1</u>										
1	Lili Mather		238	T1	F	02:38	01:36	08:52	05:21	18:27
2	Libby Saunders	Tri Cycle NW	237	T1	F	02:40	02:09	09:38	05:27	19:54
3	Amelia Edmonds	Taf Ely Tri	235	T1	F	03:05	02:37	09:54	06:24	22:00
	Emma Sutton	Taf Ely Tri	236	T1	F	02:07	01:42	09:21		DNF
	Suna Goodman	Pembroke Swim Club	239	T1	F	02:55	02:22	10:46		DNF
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 Llewellyn	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
<u>TRISTAR 2</u>										
1	Alice Russell-Stretch	Pembrokeshire Tri	257	T2	F	02:59	01:21	14:27	07:17	26:04
2	Robyn Saunders	Tri Cycle NW	255	T2	F	02:51	01:32	17:48	06:49	29:00
3	Sophie Rees	Pembrokeshire Tri	252	T2	F	03:33	01:28	16:23	07:52	29:16
4	Lucy Buck	Pembrokeshire Tri	251	T2	F	03:19	01:13	17:31	07:57	30:00
5	Melissa Edmonds	Taf Ely Tri	253	T2	F	03:21	01:47	17:14	08:06	30:28
6	Carys Wilkinson	Celtic Tri	254	T2	F	03:42	01:40	18:03	08:15	31:40
7	Megan Jones	Haverfordwest Swim Club	259	T2	F	04:07	01:46	17:24	08:34	31:51
8	Ffion Mather		260	T2	F	03:40	02:13	18:27	08:13	32:33
9	Francesca Llewellyn	Pembrokeshire Tri	258	T2	F	04:17	01:52	21:06	09:01	36:16
10	Ffion Smith		262	T2	F	05:17	02:05	24:32	10:52	42:46
	Molly Edmonds		261	T2	F					DNS
	Alicia Jones	Pembrokeshire Tri	256	T2	F					DNS
1	Samuel Withers	Pembrokeshire Tri	272	T2	M	02:54	01:23	14:45	07:20	26:22
2	Ruaridh Cox	Pembrokeshire Tri	267	T2	M	03:23	01:13	14:15	08:13	27:04
3	Euan Cox	Pembrokeshire Tri	268	T2	M	03:23	01:26	14:29	07:52	27:10
4	Finn Thompson	Pembrokeshire Tri	266	T2	M	03:33	01:24	15:33	07:15	27:45
5	Jonathan Orchard ***	Pembroke Swim Club	271	T2	M	02:54	01:36	15:50	07:30	27:50
6	Lewis Gibby **		270	T2	M	03:46	01:24	15:36	07:21	28:07
7	Liam Fitzpatrick-Smith	Pembrokeshire Tri	265	T2	M	03:27	01:30	15:50	07:34	28:21
8	Ieuan Edmonds		264	T2	M	03:27	01:44	17:16	07:42	30:09
9	Oliver Crawford	Pembroke Swim Club	269	T2	M	02:58	01:35	18:28	08:18	31:19
10	Dylan Hunt *	Pembroke Swim Club	263	T2	M	03:16	01:38	19:58	08:12	33:04

* 1 lap too few on bike (marshal error), 2:35 added based on average bike laps

** 1 lap too many on bike (marshal error), 1:57 subtracted based on average bike laps

*** 1 lap too many on bike (marshal error), 1:55 subtracted based on average bike laps

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TRISTAR 3

1	Megan Withers	Pembrokeshire Tri	278	T3	F	04:30	00:56	18:51	10:16	34:33
2	Kate Matchett	Pembrokeshire Tri	277	T3	F	04:30	00:58	20:25	13:03	38:56
3	Caitlin Thompson	Pembrokeshire Tri	275	T3	F	04:48	01:10	23:17	11:48	41:03
4	Ffion-Haf Harrett	Celtic Tri	276	T3	F	04:05	01:19	22:14	14:31	42:09
5	Laura Miles	Celtic Tri	274	T3	F	05:10	00:50	28:32	13:42	48:14
6	Fleur Buck	Pembrokeshire Tri	273	T3	F	05:00	01:25	28:43	14:12	49:20
1	Liam Bradley		283	T3	M	04:32	01:02	17:18	10:45	33:37
2	Jack Rees	Pembrokeshire Tri	280	T3	M	04:42	01:08	19:40	10:27	35:57
3	Sam Silke	Celtic Tri	282	T3	M	04:07	01:17	19:12	11:37	36:13
4	James Colburn	Celtic Tri	281	T3	M	05:08	01:44	21:44	12:50	41:26
5	Morgan Edmonds		279	T3	M	05:36	01:44	21:15	14:39	43:14
	Ieuan Cooke	Pembrokeshire Tri	284	T3	M	04:33	01:13	18:33		DNF