

**PEMBROKESHIRE TRISTARS TRIATHLON**

**PEMBROKE LEISURE CENTRE**

**17th MAY 2009**

**RESULTS**

**CATEGORY: TRISTAR START MALE**

**(50m swim | 800m cycle | 600m run)**

<b>POS</b>	<b>NAME</b>	<b>CLUB</b>	<b>NO.</b>	<b>CAT.</b>	<b>M/F</b>	<b>SWIM</b>	<b>T1</b>	<b>BIKE</b>	<b>RUN (incl T2)</b>	<b>TOTAL TIME</b>
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