

# Pencoed Novice Triathlon 2015

Position	Bib #	Athlete Name	Gender	Category	Club	Swim	T1	Cycle	T2	Spotter	Run	Finish Time
1	115	Gareth LEWIS	M	top 3		00:08:15	00:00:37	00:27:56	00:00:21	00:12:24	00:00:07	00:49:39
2	109	Daniel TAYLOR	M	top 3	White Rock Runners	00:06:47	00:00:46	00:30:17	00:00:28	00:13:55	00:00:09	00:52:23
3	116	Vince PRICE	M	top 3		00:07:06	00:00:47	00:29:51	00:00:30	00:15:59	00:00:10	00:54:22
4	118	Richard Wild	M		3039 CARDIFF TRI	00:08:11	00:00:51	00:31:04	00:00:31	00:13:58	00:00:10	00:54:43
5	120	Garry JONES	M		1729	00:06:38	00:01:08	00:31:49	00:00:29	00:14:57	00:00:10	00:55:11
6	106	Mark HARRIS	M		4049	00:08:39	00:00:43	00:32:15	00:00:36	00:15:08	00:00:08	00:57:29
7	96	Damien CROMBIE	M		3039 PENCOED TRI	00:09:03	00:01:17	00:31:43	00:00:55	00:14:41	00:00:08	00:57:47
8	91	Ian THORNE	M		4049 Pegasus Rc	00:08:54	00:00:32	00:33:08	00:00:23	00:15:09	00:00:08	00:58:14
9	119	Jonathan BURNETT	M		1729 Pencoed Triathlon Club	00:06:58	00:01:19	00:33:06	00:00:55	00:16:01	00:00:09	00:58:27
10	65	Ross DUFFIELD	M		3039	00:09:47	00:01:22	00:34:00	00:00:32	00:13:20	00:00:09	00:59:08
11	121	Joe Emms	M		1729	00:08:11	00:00:41	00:34:34	00:00:28	00:15:09	00:00:09	00:59:10
12	110	Tom WRIGHT	M	YOUTH	PENCOED TRI	00:07:16	00:01:10	00:36:52	00:00:30	00:14:34	00:00:08	01:00:30
13	108	James OFLAHERTY	M		3039 South Wales Police Tri club	00:07:54	00:01:10	00:35:04	00:01:19	00:16:03	00:00:09	01:01:39
14	88	Neil WHITTINGHAM	M		3039 AIM2TRI	00:08:52	00:00:58	00:35:01	00:00:41	00:16:07	00:00:10	01:01:49
15	33	Peter EVANS	M		4049 AIM2TRI	00:08:45	00:01:46	00:34:10	00:01:02	00:16:11	00:00:09	01:02:02
16	75	Gina HARDMAN	F	top 3	PETERSTON LADIES	00:11:19	00:01:08	00:35:47	00:00:28	00:13:45	00:00:08	01:02:33
17	112	Morgan NOREY	M		4049	00:08:07	00:01:43	00:37:12	00:01:16	00:14:56	00:00:09	01:03:22
18	86	Gareth EVANS	M		3039	00:10:58	00:00:42	00:36:04	00:00:26	00:15:19	00:00:07	01:03:35
19	14	Neil HARRIS	M		4049	00:11:05	00:02:04	00:35:37	00:00:59	00:13:54	00:00:08	01:03:46
20	98	Stephen PAYNE	M		3039	00:10:11	00:01:29	00:33:55	00:00:15	00:16:02	00:00:09	01:04:02
21	95	Emma JAMES	F	top 3		00:08:12	00:01:09	00:37:16	00:00:20	00:17:14	00:00:11	01:04:20
22	84	Adam SAWYER	M		4049	00:10:37	00:02:36	00:33:24	00:01:38	00:16:20	00:00:08	01:04:43
23	72	PHILLIP MEARS	M		4049	00:11:19	00:01:54	00:36:54	00:00:29	00:14:27	00:00:08	01:05:11
24	34	James WILLIAMS	M		1729	00:10:08	00:01:53	00:36:20	00:02:07	00:14:41	00:00:11	01:05:18
25	107	Chris NOREY	M		5059	00:08:45	00:01:49	00:37:22	00:01:15	00:16:03	00:00:10	01:05:23
26	64	Martin BEARD	M		4049	00:12:40	00:01:27	00:34:16	00:00:26	00:16:33	00:00:10	01:05:31
27	99	Christophe PRUVOST	M		3039	00:10:02	00:01:30	00:37:06	00:01:25	00:15:52	00:00:11	01:06:05
28	73	Alison CONNAUGHTON	F	top 3		00:09:45	00:01:15	00:36:54	00:00:34	00:17:40	00:00:10	01:06:17
29	71	DARREN ROBERTS	M		4049	00:09:35	00:00:52	00:36:18	00:00:21	00:19:07	00:00:11	01:06:24
30	5	Becks WILLIAMS	F		4049 SOUTH WALES POLICE	00:07:53	00:01:09	00:40:22	00:00:24	00:16:40	00:00:08	01:06:35
31	105	Lucy PRUVOST	F		3039	00:09:20	00:01:36	00:37:05	00:00:22	00:18:08	00:00:11	01:06:41
32	77	Sian MAHONEY	F		4049	00:08:48	00:02:06	00:37:21	00:00:21	00:18:31	00:00:11	01:07:18
33	70	Nicola BEYNON	F		1729	00:11:37	00:00:58	00:35:49	00:00:53	00:17:58	00:00:08	01:07:23
34	87	Kristian JAMES	M		4049 n/a	00:12:08	00:02:57	00:38:04	00:00:32	00:14:16	00:00:09	01:08:05
35	81	Sarah JONES	F		4049	00:11:14	00:00:58	00:36:19	00:00:28	00:18:57	00:00:12	01:08:07
36	16	Aled WILLIAMS	M		3039	00:10:52	00:02:55	00:35:02	00:01:12	00:18:20	00:00:09	01:08:29
37	41	Paul BRIDGES	M		3039	00:09:42	00:02:33	00:39:19	00:01:04	00:15:44	00:00:08	01:08:29
38	80	Antonia CARDEW	F		1729	00:08:27	00:01:57	00:41:46	00:00:30	00:15:45	00:00:10	01:08:35
39	102	Sian HOLLINS	F		4049	00:08:58	00:01:07	00:36:51	00:01:29	00:20:13	00:00:11	01:08:48
40	78	Jen RUTTER	F		3039	00:10:56	00:01:10	00:37:23	00:00:21	00:18:55	00:00:11	01:08:56
41	8	Kathleen WALKER	F		3039	00:10:28	00:02:11	00:40:09	00:01:08	00:15:22	00:00:10	01:09:26
42	60	Nia JAMES	F		4049	00:12:02	00:01:15	00:33:59	00:01:07	00:22:02	00:00:13	01:10:38
43	103	Cat POPE	F		3039 Pencoed Triathlon Club	00:08:44	00:02:21	00:41:03	00:00:36	00:17:55	00:00:11	01:10:49
44	44	Rachel LEE	F		4049	00:11:48	00:01:42	00:39:45	00:00:20	00:17:48	00:00:11	01:11:32
45	85	Stephen TAYLOR	M		3039	00:07:49	00:01:26	00:39:15	00:01:06	00:21:49	00:00:10	01:11:34
46	45	Victoria LLOYD	F		4049	00:09:46	00:02:14	00:41:12	00:00:24	00:19:19	00:00:12	01:13:06
47	82	Rebecca LEWIS	F		3039	00:10:42	00:01:04	00:40:57	00:00:19	00:19:54	00:00:10	01:13:06
48	40	Christopher BLOODWORTH	M		5059	00:11:13	00:01:30	00:44:04	00:00:56	00:15:49	00:00:10	01:13:42
49	17	Justine DAWKINS	F		4049	00:11:22	00:04:54	00:39:54	00:00:58	00:16:59	00:00:10	01:14:16
50	18	Julia RIDGE	F		4049	00:14:16	00:01:59	00:40:05	00:00:48	00:17:00	00:00:09	01:14:16
51	89	HUW WILKINS	M		5059 WHITEROCKRUNNERS	00:11:26	00:02:06	00:42:48	00:00:25	00:17:26	00:00:10	01:14:21
52	61	Bethan JONES	F		3039	00:11:05	00:01:34	00:42:59	00:00:27	00:18:03	00:00:13	01:14:21
53	100	Emma DAVIES	F		3039 118/118	00:09:45	00:01:02	00:40:57	00:00:27	00:22:21	00:00:12	01:14:43
54	22	Carl WATKINS	M		3039	00:09:41	00:01:46	00:50:18	00:00:22	00:13:38	00:00:13	01:15:45
55	113	Denise CUER	F		4049 N E W T	00:08:13	00:01:04	00:44:34	00:00:30	00:21:37	00:00:11	01:16:08
56	59	Rowena DUFFIELD	F		3039	00:10:14	00:02:00	00:44:27	00:00:22	00:19:30	00:00:12	01:16:43
57	66	James JONES	M		3039	00:11:36	00:01:34	00:43:14	00:00:25	00:20:18	00:00:12	01:17:19
58	4	Linda PUGH	F		4049 AIM2TRI	00:13:31	00:03:50	00:40:18	00:01:32	00:18:09	00:00:11	01:17:30
59	57	Marilyn ALLIN	F		4049	00:10:06	00:01:34	00:49:17	00:00:30	00:17:20	00:00:11	01:18:57
60	55	Louissa MARTIN	F		4049	00:10:36	00:02:46	00:44:35	00:01:14	00:20:08	00:00:13	01:19:31
61	51	Nicola HATHWAY	F		5059	00:11:28	00:01:52	00:44:16	00:01:01	00:20:43	00:00:13	01:19:32
62	49	Rebecca PRATCHETT	F		1729	00:13:37	00:02:08	00:39:29	00:00:47	00:23:28	00:00:10	01:19:38
63	52	Jayne HOPKINS	F		5059	00:10:18	00:03:05	00:44:35	00:00:57	00:20:33	00:00:13	01:19:40
64	111	Paul BAILEY	M		4049	00:08:47	00:01:45	00:42:33	00:00:24	00:26:05	00:00:15	01:19:49
65	62	Zoe MUSSON	F		4049	00:11:50	00:01:40	00:43:26	00:00:35	00:23:53	00:00:15	01:21:39
66	25	Vanessa ROBERTS	F		4049	00:11:54	00:01:31	00:44:39	00:00:44	00:23:03	00:00:11	01:22:02
67	43	Julie GAMMAIDONI	F		4049	00:10:19	00:01:27	00:44:53	00:01:08	00:24:17	00:00:15	01:22:18
68	54	Daniela JONES	F		4049	00:10:37	00:03:02	00:47:03	00:00:45	00:21:11	00:00:12	01:22:50
69	10	Kelly MATTHEWS	F		4049	00:14:01	00:03:00	00:45:20	00:01:09	00:19:28	00:00:13	01:23:10
70	27	Julie GIBSON	F		1729	00:12:46	00:02:20	00:46:35	00:00:33	00:20:50	00:00:10	01:23:12
71	15	Jason SHEPPARD	M		3039 RVR	00:11:43	00:04:14	00:46:32	00:01:19	00:20:30	00:00:11	01:24:29
72	32	Amy HINES	F		3039	00:11:57	00:03:40	00:50:07	00:00:37	00:18:30	00:00:10	01:25:00
73	68	Richard PREECE	M		3039 BIKE DOCTOR	00:12:09	00:02:04	00:46:17	00:01:02	00:23:20	00:00:10	01:25:00
74	6	Kellie BARON	F		3039 AIM2TRI	00:14:46	00:02:08	00:41:52	00:01:37	00:24:37	00:00:15	01:25:14
75	104	Sarah JONES	F		4049	00:09:27	00:02:04	00:46:25	00:00:36	00:26:28	00:00:16	01:25:15
76	76	Nia HOPKIN	F		3039 WHITMORE	00:11:12	00:01:34	00:50:31	00:00:27	00:21:27	00:00:11	01:25:23
77	63	Michelle GIBBS	F		3039	00:09:44	00:01:31	00:46:01	00:00:52	00:27:40	00:00:15	01:26:02
78	19	Ceri DAVIES	M		4049	00:17:42	00:02:21	00:44:38	00:01:01	00:20:44	00:00:10	01:26:35
79	74	Debra GUY	F		5059	00:13:55	00:03:08	00:43:56	00:00:54	00:24:44	00:00:13	01:26:49
80	79	Clare WHITTAL-WILLIAMS	F		5059	00:10:52	00:03:25	00:46:46	00:00:49	00:24:45	00:00:12	01:26:49
81	53	Beverley JOHNSON	F		4049 n/a	00:13:27	00:02:23	00:50:37	00:00:48	00:19:35	00:00:13	01:27:01
82	7	Ito UMOREN	F		3039	00:14:23	00:02:07	00:44:50	00:00:53	00:26:03	00:00:17	01:28:31
83	1	Michelle JONES	F		4049	00:12:27	00:04:33	00:49:35	00:00:46	00:21:12	00:00:12	01:28:43
84	21	Adrian LEWIS	M		4049	00:17:46	00:02:40	00:45:04	00:00:34	00:22:29	00:00:16	01:28:48
85	30	Rhian DOWLING	F		3039	00:10:01	00:02:08	00:48:50	00:00:38	00:28:07	00:00:15	01:29:58
86	48	Linos FROLEY	F		3039	00:12:05	00:02:30	00:50:01	00:00:45	00:26:15	00:00:14	01:31:50
87	46	Luke JONES	M		3039	00:10:10	00:03:06	00:40:28	00:03:04	00:35:01	00:00:24	01:32:12
88	2	Deborah LONGMAN	F		4049	00:12:44	00:03:03	00:47:23	00:00:43	00:28:19	00:00:14	01:32:26
89	24	A										