



Vale of Glamorgan Duathlon Senior Results 2016



Bib No	First Name	Last Name	Club	Category	Gender	Run 1	Run 1 Pos	T1	T1 Pos	Bike	Bike Pos	T2	T2 Pos	Run 2	Run 2 Pos	Finish	Overall Pos	Category Pos	Gender Pos
77	James	Hockin	Welsh Coast Cycles	MO	M	23:54.3	1	00:00:45.05	9	00:43:15.65	2	00:00:36.50	7	00:09:49.35	1	01:18:20.85	1	1	1
114	Richard	Wilder	San Domenico	MV	M	25:09.3	3	00:00:26.40	1	00:42:18.90	1	00:00:30.20	2	00:10:17.30	3	01:18:42.10	2	1	2
115	Jonathan	Phillips	American Flyers	MO	M	24:00.8	2	00:00:49.60	15	00:47:58.50	8	00:00:38.60	13	00:10:08.95	2	01:23:36.45	3	2	3
88	James	Manson	Cardiff Tri	MO	M	26:12.4	6	00:00:31.05	2	00:46:17.15	3	00:00:39.00	16	00:10:47.15	5	01:24:26.75	4	3	4
118	Matt	Grantham		MJ	M	25:54.1	5	00:00:55.65	26	00:50:41.60	20	00:00:44.00	24	00:10:17.90	4	01:28:33.25	5	1	5
109	Timothy	Williams	Celtic Tri	MO	M	27:19.1	8	00:00:33.25	3	00:49:14.15	14	00:00:37.10	9	00:11:04.30	7	01:28:47.90	6	4	6
110	Jonathan	Harry	Bfunctional	MO	M	27:41.1	10	00:00:51.55	18	00:47:48.45	7	00:00:45.00	27	00:11:47.85	13	01:28:53.90	7	5	7
99	Mark	Greedy		MO	M	27:24.6	9	00:01:06.25	45	00:48:46.50	12	00:00:52.75	51	00:11:36.00	11	01:29:46.05	8	6	8
66	Jonathan	Carrick	Celtic Tri	MO	M	25:49.7	4	00:01:08.20	49	00:51:17.70	29	00:00:47.60	35	00:10:58.70	6	01:30:01.90	9	7	9
55	Niall	Foster	Cardiff Triathletes	MO	M	29:22.9	26	00:00:52.10	19	00:46:33.95	4	00:00:51.45	47	00:12:37.10	39	01:30:17.50	10	8	10
83	Ryan	Bowen	Aim2Tri	MO	M	26:54.2	7	00:00:53.95	24	00:50:10.75	18	00:00:38.20	11	00:12:04.55	19	01:30:41.65	11	9	11
61	Gary	Jones		MSV	M	29:14.8	22	00:00:48.05	12	00:48:05.00	9	00:00:48.40	39	00:12:21.95	25	01:31:18.25	12	1	12
38	Peter	Martin	Celtic Tri	MO	M	29:23.9	27	00:01:06.75	46	00:48:09.25	10	00:00:36.55	8	00:12:05.15	20	01:31:21.60	13	10	13
32	Nigel Taylor	Taylor	Cardiff Triathletes	MO	M	29:38.6	31	00:00:48.70	13	00:47:11.25	5	00:00:39.40	18	00:13:12.40	53	01:31:30.40	14	11	14
119	Paul	Arnold	Celtic Tri	MV	M	29:45.3	33	00:01:02.70	40	00:47:47.90	6	00:01:03.25	63	00:12:21.35	24	01:32:00.50	15	2	15
90	Richard	Beech	Brackla Harriers	MSV	M	29:38.1	30	00:00:39.90	7	00:48:29.75	11	00:00:48.25	37	00:12:33.70	33	01:32:09.70	16	2	16
35	Chris	Jones	Celtic Tri	MV	M	29:27.6	28	00:00:49.45	14	00:49:38.70	15	00:00:34.65	4	00:12:35.00	36	01:33:05.40	17	3	17
18	Rhiannon	Middleton		FO	F	29:02.2	18	00:00:37.30	6	00:50:54.55	21	00:00:34.95	5	00:12:44.70	40	01:33:53.70	18	1	1
116	Adam	Morton		MO	M	28:37.9	12	00:01:34.10	84	00:51:16.25	28	00:00:47.90	36	00:11:57.65	16	01:34:13.75	19	12	18
97	David	Song		MO	M	27:41.5	11	00:00:56.55	27	00:53:29.75	37	00:00:38.85	15	00:11:50.55	14	01:34:37.25	20	13	19
54	Keith	Tannetta	Cardiff Triathletes	MSV	M	29:22.9	25	00:00:54.85	25	00:51:04.60	26	00:01:02.30	62	00:12:31.25	30	01:34:55.85	21	3	20
107	Gareth	Thomas	Cardiff	MO	M	29:00.0	17	00:01:15.45	59	00:51:00.90	25	00:00:37.60	10	00:13:03.90	47	01:34:57.90	22	14	21
121	Byron	Davies	Celtic Tri	MV	M	30:45.1	43	00:00:46.60	10	00:50:58.95	23	00:00:36.10	6	00:12:36.75	37	01:35:43.50	23	4	22
21	Katie	Greenwood		FO	F	29:22.4	24	00:00:58.50	30	00:52:48.85	33	00:00:39.55	20	00:11:55.20	15	01:35:44.50	24	2	2
92	Dean	Porter	Mambo Tri	MV	M	29:39.9	32	00:01:17.65	63	00:51:44.50	31	00:00:47.00	33	00:12:34.15	34	01:36:03.20	25	5	23
81	Andrew	Hill		MO	M	28:41.1	14	00:01:02.50	38	00:54:01.65	40	00:00:51.95	48	00:11:36.30	12	01:36:13.45	26	15	24
68	Richard	Watts	Celtic Tri	MO	M	30:55.5	48	00:00:58.95	31	00:50:28.50	19	00:00:50.55	46	00:13:03.05	44	01:36:16.60	27	16	25
70	Nigel	Morse	Celtic Tri	MV	M	31:37.0	59	00:01:08.50	50	00:49:45.45	16	00:00:39.45	19	00:13:16.35	55	01:36:26.70	28	6	26
98	Cain	Thomas	Cardiff Tri	MV	M	30:26.0	37	00:00:52.65	23	00:51:13.60	27	00:00:41.40	22	00:13:14.90	54	01:36:28.50	29	7	27
85	Tom	Chapman	Pencoed Tri	MO	M	29:28.1	29	00:00:57.15	28	00:53:57.60	39	00:00:57.90	56	00:11:24.35	9	01:36:45.05	30	17	28

108	Gareth	Griffiths		MV	M	29:02.7	19	00:01:38.45	89	00:53:03.40	34	00:01:12.40	80	00:12:03.60	17	01:37:00.50	31	8	29
43	Paul	Seppman	Celtic Tri	MV	M	30:55.4	47	00:01:00.10	34	00:51:39.80	30	00:00:45.70	29	00:13:10.65	52	01:37:31.70	32	9	30
91	David	Williams	Celtic Tri	MV	M	31:37.3	60	00:01:26.05	73	00:49:52.80	17	00:01:01.70	61	00:13:39.60	60	01:37:37.45	33	10	31
106	Geraint	Hampton		MO	M	28:39.8	13	00:00:52.50	22	00:55:12.75	51	00:00:38.55	12	00:12:20.10	23	01:37:43.65	34	18	32
78	Mikhael	Puar		MO	M	31:36.1	58	00:01:14.70	55	00:50:59.85	24	00:00:49.00	41	00:13:40.35	61	01:38:19.95	35	19	33
87	Rhys	Gandy	Aim2Tri	MV	M	29:19.5	23	00:01:03.35	41	00:55:09.25	50	00:01:16.05	85	00:12:04.35	18	01:38:52.50	36	11	34
122	Andrew	Rosen	Caerleon Running Club	MO	M	29:03.1	20	00:00:52.15	20	00:56:48.25	60	00:00:45.35	28	00:11:31.25	10	01:39:00.15	37	20	35
33	James	Davies	Celtic Tri	MV	M	33:40.7	79	00:01:18.60	65	00:49:11.65	13	00:01:04.25	65	00:13:47.65	63	01:39:02.90	38	12	36
84	Mike	Bessell	White Rock Runners	MO	M	30:01.2	34	00:01:21.20	67	00:54:33.25	45	00:01:10.80	74	00:12:18.85	22	01:39:25.30	39	21	37
95	Dan	Cherry		MO	M	30:41.5	40	00:01:03.45	42	00:54:35.40	46	00:00:48.50	40	00:12:32.15	32	01:39:40.95	40	22	38
34	Martin	Davies	Whittlefit	MV	M	32:03.9	62	00:01:07.40	47	00:52:09.90	32	00:01:06.90	69	00:13:42.00	62	01:40:10.10	41	13	39
112	Peter	Malough	Celtic Tri	MO	M	32:30.2	69	00:01:12.45	53	00:53:20.65	36	00:00:45.75	30	00:12:25.45	26	01:40:14.50	42	23	40
20	Fiona	Bussell	San Domenico	FO	F	28:47.8	16	00:02:03.40	104	00:57:14.60	61	00:00:58.05	57	00:11:16.60	8	01:40:20.45	43	3	3
100	Ben	Rabey		MO	M	31:05.1	49	00:01:13.75	54	00:54:36.70	47	00:01:06.45	68	00:12:27.50	27	01:40:29.55	44	24	41
102	Lee	Howells		MV	M	31:31.6	55	00:01:33.10	83	00:53:10.15	35	00:01:18.35	87	00:12:56.95	42	01:40:30.10	45	14	42
76	Michael	Wilson		MO	M	28:43.8	15	00:01:27.05	77	00:56:24.60	58	00:00:49.25	42	00:13:08.55	49	01:40:33.30	46	25	43
36	Phil	Davies	Celtic Tri	MV	M	31:16.2	51	00:01:01.25	37	00:54:42.45	48	00:00:44.35	25	00:12:59.90	43	01:40:44.15	47	15	44
46	Derrick	Tredray	Aim2Tri	MO	M	30:41.2	39	00:00:52.45	21	00:55:36.90	53	00:00:39.30	17	00:13:10.40	51	01:41:00.30	48	26	45
12	Jayne	Arnold	Celtic Tri	FV	F	32:21.1	67	00:01:00.25	35	00:53:48.10	38	00:00:49.60	43	00:13:03.40	45	01:41:02.40	49	1	4
71	Leo	King	None	MO	M	31:32.5	56	00:01:16.90	62	00:54:15.00	41	00:00:55.75	54	00:13:03.95	48	01:41:04.10	50	27	46
22	Awen	Lewis	Welsh Triathlon	FJ	F	29:05.9	21	00:00:50.65	16	00:58:03.30	66	00:00:52.00	49	00:12:27.75	28	01:41:19.65	51	1	5
58	Lee	Hopkins	Celtic Tri	MO	M	31:07.2	50	00:01:48.45	98	00:54:28.35	42	00:01:15.50	83	00:13:21.70	57	01:42:01.20	52	28	47
103	Gary	Jones	Pontypool Rcc	MSV	M	33:17.6	74	00:01:42.85	95	00:50:56.65	22	00:01:26.60	93	00:15:04.35	82	01:42:28.05	53	4	48
30	Richard	Harris	Cardiff Triathletes	MO	M	31:17.7	52	00:01:30.60	81	00:54:29.95	43	00:00:59.20	59	00:14:12.90	69	01:42:30.35	54	29	49
104	Andrew	Mundy	Cr@P Tri	MV	M	30:06.4	35	00:01:03.70	43	00:58:15.30	68	00:00:39.55	21	00:12:29.85	29	01:42:34.80	55	16	50
14	Claire	Manson	Cardiff Tri	FO	F	32:19.4	66	00:00:36.45	5	00:55:13.00	52	00:00:38.65	14	00:14:13.75	70	01:43:01.30	56	4	6
73	Simon	Rex		MO	M	30:46.4	44	00:01:07.80	48	00:56:21.55	57	00:00:53.00	52	00:14:01.70	66	01:43:10.45	57	30	51
49	Matthew	Bunce	Brackla Harriers	MV	M	31:34.6	57	00:01:41.65	91	00:56:02.00	54	00:01:22.60	91	00:12:34.20	35	01:43:15.10	58	17	52
50	Richard	Dyke	Brackla Harriers	MV	M	30:50.8	46	00:01:22.95	71	00:57:18.65	62	00:01:12.35	79	00:12:36.75	38	01:43:21.50	59	18	53
82	Robert	Malough	Celtic Tri	MO	M	33:18.1	75	00:01:26.80	76	00:54:55.70	49	00:00:48.30	38	00:13:32.60	58	01:44:01.50	60	31	54
80	Rabab	Rabab	Celtic Tri	MV	M	30:43.2	41	00:01:24.20	72	00:58:33.50	70	00:01:16.70	86	00:13:37.70	59	01:45:35.30	61	19	55
124	Richard	Ford		MSV	M	32:12.1	64	00:01:15.05	58	00:57:57.70	65	00:01:12.70	82	00:13:09.60	50	01:45:47.10	62	5	56
59	Anthony	Watson	Celtic Tri	MO	M	33:19.3	76	00:00:47.85	11	00:56:47.95	59	00:00:33.00	3	00:14:19.55	74	01:45:47.70	63	32	57
79	Shaun	Thomas	Celtic Tri	MO	M	32:40.4	70	00:00:59.50	32	00:57:47.95	63	00:00:56.40	55	00:13:49.00	64	01:46:13.25	64	33	58
29	Tom	Cowdale		MO	M	33:11.9	73	00:01:04.05	44	00:56:13.20	55	00:01:15.80	84	00:15:12.55	84	01:46:57.50	65	34	59
42	Adrian	Rees		MV	M	30:15.8	36	00:01:22.25	69	01:00:57.45	72	00:01:29.65	96	00:13:03.65	46	01:47:08.80	66	20	60
37	David	Nobbs		MV	M	30:44.7	42	00:01:02.50	39	01:02:03.15	73	00:01:08.80	72	00:12:31.65	31	01:47:30.80	67	21	61
48	John	Price	Aim2Tri	MO	M	34:35.2	80	00:01:14.80	57	00:56:18.75	56	00:00:47.45	34	00:14:34.95	79	01:47:31.20	68	35	62
57	Nicholas	Drage		MV	M	33:30.8	78	00:01:27.80	78	00:57:53.50	64	00:01:12.10	78	00:14:23.10	76	01:48:27.30	69	22	63
126	Martin	Pinnell		MSV	M	30:49.6	45	00:01:22.95	70	01:02:06.50	74	00:01:21.75	89	00:12:56.60	41	01:48:37.40	70	6	64
25	Lucy	Middleton		FO	F	30:38.5	38	00:01:14.75	56	01:03:38.30	80	00:00:55.70	53	00:12:18.00	21	01:48:45.25	71	5	7

44	Daniel	Seymour		MO	M	34:50.5	81	00:00:35.40	4	00:58:20.65	69	00:00:41.90	23	00:14:17.40	72	01:48:45.85	72	36	65
96	Matthew	Parker		MO	M	33:22.8	77	00:01:19.35	66	00:58:08.50	67	00:01:05.60	67	00:14:57.55	81	01:48:53.80	73	37	66
117	Jordan	Yip	None	MO	M	35:49.1	87	00:00:41.70	8	00:54:33.25	44	00:00:46.00	31	00:17:09.35	95	01:48:59.40	74	38	67
40	Jason	Welsh		MO	M	32:09.9	63	00:01:16.20	61	01:03:46.65	83	00:00:44.70	26	00:14:08.90	68	01:52:06.40	75	39	68
16	Laura	Newitt		FO	F	31:56.7	61	00:01:21.45	68	01:05:09.20	89	00:00:50.00	45	00:13:16.65	56	01:52:33.95	76	6	8
41	Andrew	Mainwaring		MV	M	32:57.1	71	00:01:37.45	88	01:02:29.85	77	00:01:09.90	73	00:14:29.90	78	01:52:44.25	77	23	69
93	Simon	Readman		MV	M	32:29.0	68	00:01:34.20	85	01:02:45.45	78	00:01:08.25	71	00:14:51.55	80	01:52:48.45	78	24	70
105	Edward	Brown	White Rock Runners	MV	M	32:15.9	65	00:01:29.30	79	01:03:58.85	84	00:01:37.75	98	00:14:19.25	73	01:53:41.05	79	25	71
125	Joe	Hawkins		MO	M	35:39.4	86	00:01:12.25	52	01:02:08.95	76	00:00:59.60	60	00:14:21.95	75	01:54:22.15	80	40	72
45	Stuart	Elson	South Wales Police Tri Club	MSV	M	36:44.9	90	00:01:18.05	64	01:00:12.45	71	00:01:29.85	97	00:15:08.00	83	01:54:53.20	81	7	73
72	Christopher	Bloodworth	N/A	MSV	M	35:31.1	85	00:01:42.65	94	01:02:06.70	75	00:01:07.05	70	00:14:26.60	77	01:54:54.15	82	8	74
13	Lorna	Silke	Swansea Bay Tri	FV	F	35:15.5	83	00:01:10.35	51	01:04:38.35	86	00:00:58.85	58	00:15:30.85	86	01:57:33.90	83	2	9
23	Sarah	Linnard		FSV	F	34:57.1	82	00:01:56.25	101	01:05:57.05	90	00:01:11.70	77	00:14:17.15	71	01:58:19.20	84	1	10
101	Dylan	Gwyn	None	MSV	M	36:00.4	88	00:00:59.85	33	01:04:53.45	88	00:01:12.40	81	00:15:27.90	85	01:58:34.00	85	9	75
15	Tula	Smallman	Aim2Tri	FO	F	36:05.5	89	00:01:45.00	97	01:03:39.05	81	00:01:18.45	88	00:15:48.10	88	01:58:36.05	86	7	11
11	Katherine	Iles	Pencoed Tri	FO	F	37:16.3	91	00:01:26.65	75	01:04:46.05	87	00:01:27.70	94	00:15:47.85	87	02:00:44.55	87	8	12
120	Jon	James		MV	M	38:47.2	94	00:01:41.75	92	01:03:41.70	82	00:01:41.35	100	00:16:13.80	90	02:02:05.80	88	26	76
65	Phillip	Mears	White Rock Runners	MV	M	31:20.6	53	00:01:15.65	60	01:14:56.30	98	00:00:46.70	32	00:14:01.55	65	02:02:20.75	89	27	77
10	Deb	Goule		FV	F	33:08.0	72	00:02:34.05	105	01:12:01.35	96	00:02:13.00	105	00:14:06.85	67	02:04:03.30	90	3	13
4	Andrea	Garrington	Pencoed Tri Club	FSV	F	38:25.6	93	00:01:31.15	82	01:06:31.95	93	00:01:39.20	99	00:16:35.80	92	02:04:43.70	91	2	14
5	Sian	Mahoney	Celtic Tri	FV	F	39:32.7	95	00:01:37.20	87	01:05:58.40	91	00:01:23.55	92	00:16:28.60	91	02:05:00.40	92	4	15
52	Adrian	Penny		MO	M	40:31.2	99	00:01:57.40	102	01:03:07.50	79	00:01:47.25	101	00:18:41.60	99	02:06:04.95	93	41	78
51	Peter	Webb	None	MSV	M	40:36.8	101	00:01:43.35	96	01:04:22.05	85	00:02:06.15	104	00:17:40.85	97	02:06:29.20	94	10	79
64	John	Morrissey	Swansea Bay Triathlon Club	MSV	M	35:27.6	84	00:01:30.00	80	01:13:22.25	97	00:01:10.90	75	00:16:39.60	93	02:08:10.40	95	11	80
6	Sian	Hollins		FV	F	42:27.2	103	00:01:41.00	90	01:07:33.40	94	00:01:29.50	95	00:18:06.70	98	02:11:17.80	96	5	16
8	Zoe	Clancy		FV	F	40:31.8	100	00:01:50.35	99	01:10:17.80	95	00:01:57.35	102	00:17:06.40	94	02:11:43.70	97	6	17
9	Jan	Jones	Pencoed Tri Club	FSV	F	44:18.7	104	00:01:26.15	74	01:06:25.05	92	00:01:04.20	64	00:18:51.75	101	02:12:05.90	98	3	18
53	Roger	Hampton		MSV	M	37:33.5	92	00:01:01.20	36	01:19:02.40	99	00:00:27.75	1	00:15:55.80	89	02:14:00.65	99	12	81
69	Harry	Pankhurst		MO	M	40:11.5	97	00:00:51.35	17	01:19:21.45	100	00:00:49.65	44	00:19:50.20	103	02:21:04.15	100	42	82
27	David	Hallett		MV	M	40:41.2	102	00:01:42.55	93	01:20:18.65	101	00:01:21.95	90	00:18:47.60	100	02:22:51.90	101	28	83
123	Matthew	Harris		MO	M	40:27.3	98	00:00:57.55	29	01:22:51.65	102	00:00:52.05	50	00:19:21.30	102	02:24:29.90	102	43	84
3	Terri	Woodsford		FSV	F	39:58.8	96	00:02:56.25	106	01:34:49.90	104	00:01:11.50	76	00:17:34.25	96	02:36:30.70	103	4	19
1	Deborah	Longman	Celtic Tri	FV	F	52:42.9	106	00:01:36.10	86	01:27:06.40	103	00:01:04.95	66	00:24:16.85	105	02:46:47.20	104	7	20
7	Louise	Decunha	Women Running Penarth	FSV	F	45:45.0	105	00:01:58.00	103	01:39:00.90	105	00:02:00.01	103	00:21:16.50	104	02:50:00.40	105	5	21
75	Jonathon	Hatfield	Caerphilly Runners	MV	M	31:28.7	54	00:01:54.25	100							DNF			
2	Gina	Hardman	Bridgend Ac	FV	F											DNS			
17	Ruth	Davies	Pencoed Triathlon Club	FV	F											DNS			
19	Amy	Seppman	Celtic Tri	FO	F											DNS			
24	Laura	Edwards		FO	F											DNS			
26	Simon	Mitcheson		MO	M											DNS			
28	Michael	Tarling	West Wales Cycle Racing Team	MO	M											DNS			

