



Stage Results

13 April 2010

20:56:59

Stage	Stage Time	Elapsed Time	Posn @ Change	First	Family	M/ F	Age	Cat	Club
1									
	0:16:52	0:16:52	1	Luke	Watson	M		OM	Pembs Tri
	0:17:07	0:17:07	2	Michael	Kallenberg	M		JM	Carmarthen Harriers
	0:17:41	0:17:41	3	Morgan	Davies	M		YTM	Pencoed Tri's
	0:17:43	0:17:43	4	Alex	Matchett	M		JM	Pembs Tri
	0:17:46	0:17:46	5	Josh	Harris	M		JM	NEWT
	0:17:54	0:17:54	6	Iestyn	Harrett	M		JM	Celtic Tri
	0:17:58	0:17:58	7	Liam	Lloyd	M		YTM	Celtic Tri
	0:18:12	0:18:12	8	Oliver	Simon	M		OM	Pembs Tri
	0:18:36	0:18:36	9	Robert	Dyde	M		OM	Pembs Harriers
	0:18:43	0:18:43	10	James	Nunn	M		OM	Cardiff Tri
	0:18:44	0:18:44	11	Rich	Brady	M		OM	www.tri-monkey.co.uk
	0:18:56	0:18:56	12	Megan	Withers			R3F	Two Pees and a Pod
	0:19:18	0:19:18	13	Roger	Denton	M		M40	Pembs Tri
	0:19:31	0:19:31	14	John	Casey	M		M40	Carrick Tri's
	0:19:44	0:19:44	15	Neil	Morgan	M		M40	Tenby Aces
	0:19:47	0:19:47	16	Philip	Thomas	M		M40	Pembs Tri
	0:19:53	0:19:53	17	Brian	Palmer	M		M50	Celtic tri
	0:19:58	0:19:58	18	Jack	Lear	M		JM	Pembs Velo
	0:19:59	0:19:59	19	Alec	Williams	M		M40	Ingli Runners
	0:20:01	0:20:01	20	Patrick	Martin	M		OM	Pembs Tri
	0:20:08	0:20:08	21	Peter	Osborne	M		M50	Llanelli Tri
	0:20:11	0:20:11	22	Simon	Le Monica	M		OM	None
	0:20:12	0:20:12	23	Scott	Patrick	M		OM	Pembs Tri
	0:20:17	0:20:17	24	Shelley	Childs	M		OM	Aberystwyth AC
	0:20:22	0:20:22	25	Mark	Whittle	M		OM	RAF Tri
	0:20:28	0:20:28	26	Samuel	Webster	M		M40	Pembs Tri
	0:20:36	0:20:36	27	Ellie	Jones	F		OF	Pembs Tri
	0:20:49	0:20:49	28	Gareth	Rees			R2M	Blind Date
	0:20:56	0:20:56	29	Dean	Webster	M		OM	3M Gorseinon RR
	0:20:57	0:20:57	30	Tim	James	M		OM	Ingli Runners
	0:21:12	0:21:12	31	Kevin	Wheeler	M		M50	None
	0:21:13	0:21:13	32	Paul	Rees	M		M40	3m Gorseinon RR
	0:21:19	0:21:19	33	Sean	Bellerby	M		M40	None
	0:21:24	0:21:24	34	Nick	Elliott	M		M40	None

Stage	Stage Time	Elapsed Time	Posn @ Change	First	Family	M/ F	Age	Cat	Club
	0:21:30	0:21:30	35	david	Moore	M		M40	Pembs Tri
	0:21:36	0:21:36	37	Rob	Williams	M		M40	Ingli Runners
	0:21:44	0:21:44	38	Guiseppi	Quinn			R3X	Shocking Eh
	0:21:50	0:21:50	39	Martyn	Davies	M		M40	None
	0:21:59	0:21:59	41	Roy	Lewis	M		M50	Celtis Tri
	0:22:01	0:22:01	43	Claire	Cleathero	F		OF	TROTs
	0:22:04	0:22:04	44	Brian	Russell	M		M50	Cardigan RC
	0:22:44	0:22:44	45	Dylan	Elias	M		OM	None
	0:23:02	0:23:02	46	Alex	Lord	M		OM	None
	0:23:18	0:23:18	47	Martin	Dyde	M		M50	Pembs Harriers
	0:23:19	0:23:19	48	James	Braun	M		M40	Les Croupiers
	0:23:24	0:23:24	49	James	Dicks	M		OM	None
	0:23:29	0:23:29	50	Andrew	Nicholas	M		OM	None
	0:23:32	0:23:32	51	Byron	Davies	M		OM	None
	0:23:42	0:23:42	40	Caitlin	Thompson			R2X	Beauty and the Beast
	0:23:50	0:23:50	53	Mike	Nash	M		M40	3m Gorseinon RR
	0:23:54	0:23:54	54	Stuart	Rees	M		OM	None
	0:23:59	0:23:59	55	Seamus	O'Sullivan	M		OM	Cardigan RC
	0:24:00	0:24:00	56	Mark	Jones	M		OM	Pembs Tri
	0:24:02	0:24:02	57	Geraint	Rees	M		OM	None
	0:24:05	0:24:05	58	Carys	Roberts			R2M	Bifyrs Bica
	0:24:07	0:24:07	59	Mark	Jones	M		M50	Llanelli Tri
	0:24:12	0:24:12	60	Karen	Munn	F		F50	Pembs Tri
	0:24:18	0:24:18	61	Clare	Williams	F		F40	Ingli Runners
	0:24:20	0:24:20	62	Patrick	Lord	M		OM	None
	0:24:22	0:24:22	63	Paul	Colman	M		M50	Pembs Velo
	0:24:50	0:24:50	65	Melanie	Morgan	F		OF	Tenby Aces
	0:24:54	0:24:54	66	James	Davies	M		M40	Celtic Tri
	0:25:00	0:25:00	67	Dan	Colman	M		YTM	Pembs Velo
	0:25:06	0:25:06	70	John	Nicholls	M		M50	Celtic tri
	0:25:06	0:25:06	69	Glyn	Williams	M		M60	Celtic Tri
	0:25:12	0:25:12	71	Cynyr	Ifan	M		OM	None
	0:25:17	0:25:17	72	Ceri	Jones	M		M40	Pembs Tri
	0:25:21	0:25:21	73	Allan	Maguire	M		OM	None
	0:25:31	0:25:31	74	Val	James	F		F40	Pembs Tri
	0:25:32	0:25:32	75	Elen	Jones			R2F	Ali & Eli Gog
	0:25:44	0:25:44	76	Kevin	Goldsworthy	M		M50	None

Stage	Stage Time	Elapsed Time	Posn @ Change	First	Family	M/ F	Age	Cat	Club
	0:25:52	0:25:52	77	Edward	Malarczyk	M		M50	None
	0:25:56	0:25:56	78	Leeann	Morgan	F		OF	None
	0:26:08	0:26:08	79	Dafydd	Llynwelyn	M		OM	None
	0:26:27	0:26:27	80	Andy	Light	M		M40	None
	0:26:40	0:26:40	81	Kevin	Goddard	M		M40	None
	0:26:47	0:26:47	82	Nicola	Mills	F		OF	Pembs Tri
	0:26:48	0:26:48	83	Lin	Cram	F		F50	Crymych Tri's
	0:26:57	0:26:57	84	Joanna	Evans	F		F40	None
	0:27:20	0:27:20	85	Rebeca	Evans	F		OF	None
	0:27:21	0:27:21	86	Warren	Davies	M		OM	None
	0:27:25	0:27:25	87	Elin	Jones	F		F40	None
	0:27:28	0:27:28	88	Ian	Heys	M		M40	None
	0:27:39	0:27:39	89	Lee	Canny	M		OM	None
	0:27:50	0:27:50	90	Angharad	Hull	F		OF	Sarn Helen
	0:28:08	0:28:08	91	Mike	Walford	M		M50	None
	0:29:05	0:29:05	92	Shan	Davies	F		F40	None
	0:29:06	0:29:06	93	Vicky	James	F		OF	Pembs Tri
	0:29:42	0:29:42	94	Lynwen	Griffiths	F		OF	None
	0:29:58	0:29:58	95	Rebecca	Brace			R2X	FBM
	0:30:02	0:30:02	96	Sarah	Vesey	F		OF	Pembs Tri
	0:30:11	0:30:11	97	Jill	Colman			R2F	Jill & Barbara
	0:30:20	0:30:20	98	Jane	Morris	F		F40	None
	0:30:21	0:30:21	99	Darren	Bowen	M		OM	Crymych Tri
	0:30:48	0:30:48	100	Axel	Michaelsen	M		M40	None
	0:31:50	0:31:50	101	Roger	Caygill	M		OM	Pembs Tri
	0:32:12	0:32:12	102	Hilary	Edwards	F		F50	None
	0:32:39	0:32:39	103	Elizabeth	Richards	F		OF	TROT's
	0:32:40	0:32:40	104	Dasos	Zangouras	M		M40	Pembs Tri
	0:33:40	0:33:40	105	janice	Williams	F		F40	Crymych Tri
	0:36:15	0:36:15	106	Gareth	Jones	M		M50	None
	0:39:59	0:39:59	107	Theresa	Cadd	F		OF	None

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	0:34:31	0:52:43	2	Oliver	Simon	M		OM	Pembs Tri
	0:34:37	0:51:29	1	Luke	Watson	M		OM	Pembs Tri
	0:36:03	0:54:01	3	Liam	Lloyd	M		YTM	Celtic Tri
	0:36:17	0:56:34	11	Shelley	Childs	M		OM	Aberystwyth AC
	0:36:22	0:54:05	4	Alex	Matchett	M		JM	Pembs Tri

Stage	Stage Time	Elapsed Time	Posn @ Change	First	Family	M/ F	Age	Cat	Club
	0:36:32	0:57:21	14	Les	Watson			R2M	Blind Date
	0:36:33	0:54:14	5	Morgan	Davies	M		YTM	Pencoed Tri's
	0:36:53	0:56:11	22	Roger	Denton	M		M40	Pembs Tri
	0:36:53	0:57:05	12	Scott	Patrick	M		OM	Pembs Tri
	0:37:11	0:57:09	13	Jack	Lear	M		JM	Pembs Velo
	0:37:16	0:57:44	16	Samuel	Webster	M		M40	Pembs Tri
	0:37:20	0:56:03	6	James	Nunn	M		OM	Cardiff Tri
	0:37:21	0:56:05	7	Rich	Brady	M		OM	www.tri-monkey.co.uk
	0:37:26	1:02:28	36	Nigel	Pitt	M		M50	Celtic Tri
	0:37:39	1:07:37	61	Alexander	Brace			R2X	FBM
	0:38:01	1:01:43	25	Richard	Thompson			R2X	Beauty and the Beast
	0:38:01	1:02:01	28	Mark	Jones	M		OM	Pembs Tri
	0:38:03	1:02:25	35	Paul	Colman	M		M50	Pembs Velo
	0:38:05	0:58:16	17	Simon	Le Monica	M		OM	None
	0:38:12	0:56:06	9	Iestyn	Harrett	M		JM	Celtic Tri
	0:38:19	0:56:05	8	Josh	Harris	M		JM	NEWT
	0:38:31	0:58:24	18	Brian	Palmer	M		M50	Celtic tri
	0:38:39	0:58:40	19	Patrick	Martin	M		OM	Pembs Tri
	0:39:04	0:57:40	15	Robert	Dyde	M		OM	Pembs Harriers
	0:39:38	1:05:30	49	Edward	Malarczyk	M		M50	None
	0:39:40	0:59:24	20	Neil	Morgan	M		M40	Tenby Aces
	0:39:46	1:04:46	44	Dan	Colman	M		YTM	Pembs Velo
	0:39:59	1:01:12	23	Paul	Rees	M		M40	3m Gorseinon RR
	0:40:06	1:01:56	27	Martyn	Davies	M		M40	None
	0:40:07	1:02:06	29	Roy	Lewis	M		M50	Celtis Tri
	0:40:07	0:59:38	21	John	Casey	M		M40	Carrick Tri's
	0:40:29	1:00:51	22	Mark	Whittle	M		OM	RAF Tri
	0:40:35	1:05:29	48	James	Davies	M		M40	Celtic Tri
	0:40:48	1:02:32	38	Malcolm	Clash			R3X	Shocking Eh
	0:40:57	1:01:54	26	Tim	James	M		OM	Ingli Runners
	0:41:03	1:02:22	34	Sean	Bellerby	M		M40	None
	0:41:10	1:02:40	41	david	Moore	M		M40	Pembs Tri
	0:41:21	1:02:45	42	Nick	Elliott	M		M40	None
	0:41:22	1:02:34	39	Kevin	Wheeler	M		M50	None
	0:41:23	1:06:29	54	John	Nicholls	M		M50	Celtic tri
	0:41:27	1:05:26	46	Seamus	O'Sullivan	M		OM	Cardigan RC
	0:41:29	1:01:37	24	Peter	Osborne	M		M50	Llanelli Tri

Stage	Stage Time	Elapsed Time	Posn @ Change	First	Family	M/ F	Age	Cat	Club
	0:41:35	1:04:54	45	James	Braun	M		M40	Les Croupiers
	0:41:37	1:02:13	33	Ellie	Jones	F		OF	Pembs Tri
	0:42:07	1:05:39	51	Byron	Davies	M		OM	None
	0:42:11	1:02:30	37	Robin	Withers	M		M40	Pembs Tri
	0:42:11	1:07:17	58	Glyn	Williams	M		M60	Celtic Tri
	0:42:11	1:02:10	31	Alec	Williams	M		M40	Ingli Runners
	0:42:13	1:05:37	50	James	Dicks	M		OM	None
	0:42:14	1:06:21	53	Mark	Jones	M		M50	Llanelli Tri
	0:42:26	1:05:28	47	Alex	Lord	M		OM	None
	0:42:36	1:04:40	43	Brian	Russell	M		M50	Cardigan RC
	0:43:15	1:07:33	59	Clare	Williams	F		F40	Ingli Runners
	0:43:17	1:06:35	55	Martin	Dyde	M		M50	Pembs Harriers
	0:43:22	1:07:42	62	Patrick	Lord	M		OM	None
	0:43:32	1:08:22	64	Melanie	Morgan	F		OF	Tenby Aces
	0:43:40	1:02:36	40	Ffion	Price			R3F	Two Pees and a Pod
	0:43:54	1:09:38	66	Kevin	Goldsworthy	M		M50	None
	0:44:03	1:06:03	52	Wayne	Hoyland	M		OM	None
	0:44:28	1:08:18	63	Mike	Nash	M		M40	3m Gorseinon RR
	0:44:48	1:12:27	80	Lee	Canny	M		OM	None
	0:44:49	1:11:36	76	Nicola	Mills	F		OF	Pembs Tri
	0:44:59	1:10:31	71	Alison	Griffiths			R2F	Ali & Eli Gog
	0:45:00	1:06:36	56	Rob	Williams	M		M40	Ingli Runners
	0:45:01	1:12:21	77	Rebecca	Evans	F		OF	None
	0:45:02	1:10:19	70	Ceri	Jones	M		M40	Pembs Tri
	0:45:04	1:02:11	32	Michael	Kallenberg	M		JM	Carmarthen Harriers
	0:45:21	1:10:52	74	Val	James	F		F40	Pembs Tri
	0:45:31	1:10:43	10	Cynyr	Ifan	M		OM	None
	0:45:31	1:09:00	65	Andrew	Nicholas	M		OM	None
	0:45:34	1:07:34	60	Richard	Webster	M		M50	3m Gorseinon RR
	0:45:34	1:12:22	78	Lin	Cram	F		F50	Crymych Tri's
	0:46:13	1:17:01	92	Axel	Michaelsen	M		M40	None
	0:46:22	1:10:34	72	Karen	Munn	F		F50	Pembs Tri
	0:46:37	1:16:57	91	Jane	Morris	F		F40	None
	0:46:56	1:09:40	67	Dylan	Elias	M		OM	None
	0:47:02	1:15:10	89	Mike	Walford	M		M50	None
	0:47:08	1:06:55	57	Jake	Watson	M		JM	Pembs Tri
	0:47:27	1:14:55	85	Ian	Heys	M		M40	None

Stage	Stage Time	Elapsed Time	Posn @ Change	First	Family	M/ F	Age	Cat	Club
	0:47:44	1:14:24	83	Kevin	Goddard	M		M40	None
	0:47:58	1:18:09	94	Barbara	Thomas			R2F	Jill & Barbara
	0:48:05	1:17:47	93	Lynwen	Griffiths	F		OF	None
	0:48:06	1:13:27	82	Allan	Maguire	M		OM	None
	0:48:13	1:15:34	90	Warren	Davies	M		OM	None
	0:48:21	1:12:26	79	Sara	Beechey			R2M	Bifyrs Bica
	0:48:33	1:15:00	86	Andy	Light	M		M40	None
	0:48:46	1:19:07	96	Darren	Bowen	M		OM	Crymych Tri
	0:48:53	1:12:55	81	Geraint	Rees	M		OM	None
	0:48:53	1:15:01	87	Dafydd	Llynwelyn	M		OM	None
	0:49:01	1:09:57	68	Dean	Webster	M		OM	3M Gorseinon RR
	0:49:06	1:15:02	88	Leeann	Morgan	F		OF	None
	0:49:24	1:11:25	75	Claire	Cleathero	F		OF	TROT's
	0:49:57	1:23:37	100	janice	Williams	F		F40	Crymych Tri
	0:50:31	1:10:18	69	Philip	Thomas	M		M40	Pembs Tri
	0:50:35	1:14:29	84	Stuart	Rees	M		OM	None
	0:50:59	1:18:24	95	Elin	Jones	F		F40	None
	0:51:39	1:23:29	99	Roger	Caygill	M		OM	Pembs Tri
	0:53:12	1:22:18	98	Vicky	James	F		OF	Pembs Tri
	0:53:43	1:20:40	97	Joanna	Evans	F		F40	None
	0:55:49	1:25:51	101	Sarah	Vesey	F		OF	Pembs Tri
	0:58:01	1:34:16	105	Gareth	Jones	M		M50	None
	0:58:06	1:38:05	107	Theresa	Cadd	F		OF	None
	0:59:03	1:26:53	102	Angharad	Hull	F		OF	Sarn Helen
	0:59:18	1:31:58	103	Dasos	Zangouras	M		M40	Pembs Tri
	1:03:38	1:32:43	104	Shan	Davies	F		F40	None
	1:05:28	1:37:40	106	Hilary	Edwards	F		F50	None
	1:08:59	1:41:38	108	Elizabeth	Richards	F		OF	TROT's

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	0:09:07	1:00:36	1	Luke	Watson	M		OM	Pembs Tri
	0:09:11	1:03:25	4	Morgan	Davies	M		YTM	Pencoed Tri's
	0:09:16	1:03:17	3	Liam	Lloyd	M		YTM	Celtic Tri
	0:09:41	1:11:52	23	Michael	Kallenberg	M		JM	Carmarthen Harriers
	0:09:42	1:03:47	5	Alex	Matchett	M		JM	Pembs Tri
	0:09:49	1:07:29	11	Robert	Dyde	M		OM	Pembs Harriers
	0:09:50	1:05:55	6	Rich	Brady	M		OM	www.tri-monkey.co.uk
	0:09:51	1:02:34	2	Oliver	Simon	M		OM	Pembs Tri

Stage	Stage Time	Elapsed Time	Posn @ Change	First	Family	M/ F	Age	Cat	Club
	0:09:56	1:12:32	26	Rhianwedd	Price			R3F	Two Pees and a Pod
	0:10:02	1:06:07	7	Josh	Harris	M		JM	NEWT
	0:10:22	1:06:28	9	Iestyn	Harrett	M		JM	Celtic Tri
	0:10:22	1:06:25	8	James	Nunn	M		OM	Cardiff Tri
	0:10:22	1:09:46	18	Neil	Morgan	M		M40	Tenby Aces
	0:10:31	1:07:36	12	Scott	Patrick	M		OM	Pembs Tri
	0:10:33	1:11:24	22	Mark	Whittle	M		OM	RAF Tri
	0:10:35	1:12:48	28	Ellie	Jones	F		OF	Pembs Tri
	0:10:37	1:06:48	10	Roger	Denton	M		M40	Pembs Tri
	0:10:38	1:07:59	14	Gareth	Rees			R2M	Blind Date
	0:10:42	1:12:25	25	Richard	Thompson			R2X	Beauty and the Beast
	0:10:43	1:12:20	24	Peter	Osorne	M		M50	Llanelli Tri
	0:10:53	1:09:17	17	Brian	Palmer	M		M50	Celtic tri
	0:11:01	1:13:31	30	Robin	Withers	M		M40	Pembs Tri
	0:11:04	1:08:48	15	Samuel	Webster	M		M40	Pembs Tri
	0:11:05	1:13:15	29	Alec	Williams	M		M40	Ingli Runners
	0:11:12	1:10:50	21	John	Casey	M		M40	Carrick Tri's
	0:11:19	1:09:59	19	Patrick	Martin	M		OM	Pembs Tri
	0:11:23	1:13:57	32	Kevin	Wheeler	M		M50	None
	0:11:23	1:07:57	13	Shelley	Childs	M		OM	Aberystwyth AC
	0:11:26	1:21:23	63	Dean	Webster	M		OM	3M Gorseinon RR
	0:11:28	1:12:40	27	Paul	Rees	M		M40	3m Gorseinon RR
	0:11:29	1:13:35	31	Roy	Lewis	M		M50	Celtis Tri
	0:11:33	1:18:28	48	Jake	Watson	M		JM	Pembs Tri
	0:11:39	1:23:04	66	Claire	Cleathero	F		OF	TROT's
	0:11:42	1:14:27	36	Nick	Elliott	M		M40	None
	0:11:48	1:14:10	34	Sean	Bellerby	M		M40	None
	0:11:49	1:19:23	55	Richard	Webster	M		M50	3m Gorseinon RR
	0:11:52	1:16:32	43	Brian	Russell	M		M50	Cardigan RC
	0:11:55	1:18:31	49	Rob	Williams	M		M40	Ingli Runners
	0:11:58	1:14:20	35	Brian	Phillips	M		M40	NEWT
	0:12:01	1:10:17	20	Simon	Le Monica	M		OM	None
	0:12:03	1:14:43	38	david	Moore	M		M40	Pembs Tri
	0:12:05	1:14:01	33	Martyn	Davies	M		M40	None
	0:12:06	1:09:15	16	Jack	Lear	M		JM	Pembs Velo
	0:12:09	1:17:37	45	Alex	Lord	M		OM	None
	0:12:12	1:17:38	46	Seamus	O'Sullivan	M		OM	Cardigan RC

Stage	Stage Time	Elapsed Time	Posn @ Change	First	Family	M/ F	Age	Cat	Club
	0:12:13	1:17:52	47	Byron	Davies	M		OM	None
	0:12:22	1:18:57	53	Martin	Dyde	M		M50	Pembs Harriers
	0:12:24	1:26:53	78	Stuart	Rees	M		OM	None
	0:12:30	1:18:51	52	Mark	Jones	M		M50	Llanelli Tri
	0:12:41	1:14:35	37	Tim	James	M		OM	Ingli Runners
	0:12:42	1:17:36	44	James	Braun	M		M40	Les Croupiers
	0:12:44	1:25:10	74	Carys	Roberts			R2M	Bifyrs Bica
	0:12:56	1:18:33	50	James	Dicks	M		OM	None
	0:12:56	1:20:13	57	Glyn	Williams	M		M60	Celtic Tri
	0:12:59	1:21:17	62	Mike	Nash	M		M40	3m Gorseinon RR
	0:13:00	1:23:31	67	Elen	Jones			R2F	Ali & Eli Gog
	0:13:03	1:20:45	59	Patrick	Lord	M		OM	None
	0:13:05	1:19:08	54	Wayne	Hoyland	M		OM	None
	0:13:12	1:18:41	51	James	Davies	M		M40	Celtic Tri
	0:13:19	1:23:53	69	Karen	Munn	F		F50	Pembs Tri
	0:13:21	1:20:54	61	Clare	Williams	F		F40	Ingli Runners
	0:13:28	1:23:46	68	Philip	Thomas	M		M40	Pembs Tri
	0:13:32	1:16:04	40	Jenna	Clash			R3X	Shocking Eh
	0:13:33	1:16:01	39	Nigel	Pitt	M		M50	Celtic Tri
	0:13:40	1:22:40	65	Andrew	Nicholas	M		OM	None
	0:13:49	1:27:16	80	Allan	Maguire	M		OM	None
	0:13:55	1:22:17	64	Melanie	Morgan	F		OF	Tenby Aces
	0:13:58	1:29:32	83	Warren	Davies	M		OM	None
	0:14:02	1:26:57	79	Geraint	Rees	M		OM	None
	0:14:03	1:26:24	76	Rebeca	Evans	F		OF	None
	0:14:05	1:32:29	90	Elin	Jones	F		F40	None
	0:14:06	1:16:31	42	Paul	Colman	M		M50	Pembs Velo
	0:14:06	1:16:07	41	Mark	Jones	M		OM	Pembs Tri
	0:14:16	1:20:45	60	John	Nicholls	M		M50	Celtic tri
	0:14:28	1:25:20	75	Val	James	F		F40	Pembs Tri
	0:14:35	1:29:37	84	Leeann	Morgan	F		OF	None
	0:14:37	1:35:17	95	Joanna	Evans	F		F40	None
	0:14:37	1:24:17	70	Dylan	Elias	M		OM	None
	0:14:43	1:25:02	73	Ceri	Jones	M		M40	Pembs Tri
	0:14:45	1:19:31	56	Dan	Colman	M		YTM	Pembs Velo
	0:14:49	1:20:19	58	Edward	Malarczyk	M		M50	None
	0:14:52	1:24:30	71	Kevin	Goldsworthy	M		M50	None

Stage	Stage Time	Elapsed Time	Posn @ Change	First	Family	M/ F	Age	Cat	Club
	0:15:01	1:30:01	85	Andy	Light	M		M40	None
	0:15:02	1:26:38	77	Nicola	Mills	F		OF	Pembs Tri
	0:15:11	1:27:33	81	Lin	Cram	F		F50	Crymych Tri's
	0:15:15	1:30:16	87	Dafydd	Llynwelyn	M		OM	None
	0:15:29	1:33:38	92	Jill	Colman			R2F	Jill & Barbara
	0:15:41	1:30:05	86	Kevin	Goddard	M		M40	None
	0:15:43	1:28:10	82	Lee	Canny	M		OM	None
	0:16:08	1:33:09	91	Axel	Michaelsen	M		M40	None
	0:16:09	1:48:52	102	Shan	Davies	F		F40	None
	0:16:16	1:31:26	88	Mike	Walford	M		M50	None
	0:16:19	1:43:12	100	Angharad	Hull	F		OF	Sarn Helen
	0:16:29	1:34:16	93	Lynwen	Griffiths	F		OF	None
	0:16:48	1:40:17	98	Roger	Caygill	M		OM	Pembs Tri
	0:16:53	1:39:11	97	Vicky	James	F		OF	Pembs Tri
	0:17:07	1:40:44	99	janice	Williams	F		F40	Crymych Tri
	0:17:07	1:32:02	89	Ian	Heys	M		M40	None
	0:17:47	1:34:44	94	Jane	Morris	F		F40	None
	0:17:54	1:37:01	96	Darren	Bowen	M		OM	Crymych Tri
	0:18:16	1:59:54	106	Elizabeth	Richards	F		OF	TROT's
	0:18:26	1:44:17	101	Sarah	Vesey	F		OF	Pembs Tri
	0:19:24	1:57:04	105	Hilary	Edwards	F		F50	None
	0:19:47	1:51:45	103	Dasos	Zangouras	M		M40	Pembs Tri
	0:19:59	1:54:15	104	Gareth	Jones	M		M50	None
	0:22:52	2:00:57	107	Theresa	Cadd	F		OF	None
	0:28:34	1:24:45	72	Cynyr	Ifan	M		OM	None