

Fishguard Super Sprint Go-Tri Gwib Gwych Abergwaun									
Safle	Rhif Ras	Enw Cyntaf	Cyfenw	Categori	Nofis	Nofio	Beicio	Rhedeg	Cyfanswm Amser
Position	Race Number	First Name	Last Name	Category	Novice	Swim	Cycle	Run	Total Time
1	60	Simon	Mally	S.S M	No	00:04:40	00:20:55	00:08:44	00:34:19
2	64	Lydia	Hayward	S.S F	Yes	00:06:40	00:25:11	00:12:13	00:44:04
3	62	Karl	Weake	S.S M	Yes	00:11:50	00:23:13	00:10:59	00:46:03
4	67	Laura	Walters	S.S F		00:07:01	00:28:52	00:10:37	00:46:30
5	65	Jennie	Welton	S.S F	Yes	00:05:25	00:29:52	00:11:28	00:46:45
6	63	Liz	Davies	S.S F	Yes	00:07:43	00:28:07	00:11:12	00:47:03
7	50	Andrew	Morgan	S.S M	Y	00:10:12	00:26:22	00:10:39	00:47:13
8	66	Stuart	Blaxland	S.S M	Yes	00:11:32	00:26:45	00:12:04	00:50:21
9	68	Rhian	Hill	S.S F	Yes	00:08:13	00:32:52	00:11:17	00:52:21
10	61	Emma	James	S.S F	Yes	00:06:03	00:50:42	00:14:19	01:11:04
Fishguard Sprint Go-Tri Sbrint Abergwaun									
1	47	John	Collier	M	No	00:06:56	00:32:48	00:18:10	00:57:54
2	52	Damian	Capps	MV	No	00:08:14	00:32:46	00:20:52	01:01:52
3	17	Johnathan	Harwood	M	No	00:06:41	00:35:28	00:21:17	01:03:26
4	48	Alan	Latter	MV	No	00:07:45	00:36:35	00:20:04	01:04:24
5	26	Martin	Evans	MSV	No	00:08:09	00:35:49	00:21:29	01:05:27
6	54	Ryan	Thomas	MV	No	00:08:55	00:37:16	00:20:38	01:06:49
7	23	Lewys	Canton	M	No	00:06:09	00:39:06	00:21:38	01:06:53
8	40	Steve	Plumb	MV	No	00:08:26	00:37:37	00:21:05	01:07:08
9	4	Catherine	Marks	F	No	00:07:45	00:38:59	00:22:00	01:08:44
10	42	Timothy	Plumb	M	No	00:08:52	00:37:43	00:22:19	01:08:55
11	30	Nathan	Miles	MV	No	00:08:23	00:37:20	00:24:21	01:10:04
12	27	Martyn	Lewis	M	No	00:07:44	00:38:59	00:24:40	01:11:22
13	8	Helen	Platel	FV	No	00:10:06	00:37:48	00:23:57	01:11:52
14	39	Stephen	Glynn	MSV	No	00:09:32	00:39:30	00:23:28	01:12:29
15	15	Jane	Rees	FV	No	00:08:33	00:39:28	00:24:41	01:12:41
16	55	Tim	Wroblewski	M	No	00:08:54	00:38:40	00:25:27	01:13:02
17	29	Mike	Woods	M	No	00:09:39	00:38:28	00:25:41	01:13:48
18	22	Ken	John	MV	Yes	00:10:57	00:38:13	00:24:44	01:13:54
19	33	Rachel	Buckley	FV	No	00:09:31	00:41:25	00:23:45	01:14:40
20	5	Catherine	Lee	F	No	00:07:16	00:43:37	00:23:53	01:14:46
21	41	Tim	Phillips	M	No	00:10:38	00:39:12	00:27:07	01:16:57
22	11	James	Beckett	MV	No	00:09:53	00:43:16	00:23:49	01:16:58
23	25	Martin	Davies	M	Yes	00:10:56	00:42:09	00:24:02	01:17:07
24	21	Kathryn	Ilse	F	No	00:08:30	00:41:28	00:28:10	01:18:08
25	38	Simon	Phillips	M	No	00:09:21	00:42:49	00:26:21	01:18:30
26	37	Shan	James	FV	Yes	00:12:08	00:42:29	00:23:55	01:18:32
27	12	Jamie	Phillips	MV	Yes	00:12:15	00:42:14	00:24:05	01:18:34
28	19	Karl	Rees	MV	Yes	00:08:22	00:43:38	00:27:19	01:19:20
29	53	Luke	Dunning	MV	Yes	00:10:39	00:44:55	00:24:04	01:19:39
30	51	Carole	Dudley	FV	No	00:10:06	00:44:19	00:25:52	01:20:17
31	28	Matthew	Kelly	FV	Yes	00:12:28	00:42:34	00:25:27	01:20:29
32	49	Rachel	Bailey	F	N	00:08:37	00:47:23	00:26:36	01:22:37
33	43	Vicki	Lewis	F	No	00:07:49	00:47:10	00:29:44	01:24:43
34	44	Will	Tollick	MSV	Yes	00:10:31	00:44:52	00:29:22	01:24:45

35	10	James	Charles	M	Yes	00:12:51	00:45:09	00:27:36	01:25:35
36	45	Will	Lloyd	MV	Yes	00:16:31	00:41:02	00:28:52	01:26:26
37	7	Helen	Wright	F	No	00:10:55	00:47:22	00:28:24	01:26:41
38	35	Sam	Barton	M	Yes	00:10:47	00:50:00	00:26:26	01:27:13
39	6	Elian	Evans	M	Yes	00:10:37	00:48:08	00:29:53	01:28:37
40	1	Andrea	Garrington	FSV	No	00:09:56	00:50:00	00:33:01	01:32:57
41	20	Kate	Whitton	F	Yes	00:11:09	00:51:21	00:30:29	01:32:59
42	14	Jan	Jones	FSV	No	00:09:42	00:50:20	00:33:41	01:33:43
43	9	Helena	Tollick	FSV	Yes	00:10:52	00:49:48	00:33:39	01:34:19
44	56	Adrian	Coombs	MV	Yes	00:12:09	00:50:20	00:32:20	01:34:49
45	32	Nigel	Derbyshire	MSV	No	00:18:31	00:49:22	00:28:32	01:36:26
46	46	Kate	Allen	FV	Yes	00:12:01	00:54:30	00:31:19	01:37:49
47	13	Jamie	Evans	M	Yes	00:15:50	00:53:26	00:30:18	01:39:33
48	34	Roger	Derbyshire	MSV	No	00:14:50	00:56:47	00:33:00	01:44:36
49	2	Anwen	Evans	F	Yes	00:15:15	00:56:55	00:33:04	01:45:14
50	3	Caroline	Rees	FV	No	00:10:07	01:00:34	00:37:26	01:48:07
51	18	Julie	Barber	FSV	No	00:12:44	01:07:45	00:33:19	01:53:48