

## ISCA Duathlon Results 2014

| Rank | Name                     | Club                       | Time     | Run1    | Bike    | Run2    | Bib | AG                   |
|------|--------------------------|----------------------------|----------|---------|---------|---------|-----|----------------------|
| 1    | Mr. Gareth Thomas        | San Domenico               | 01:01:48 | 15:43.7 | 29:55.0 | 16:09.1 | 134 | Seniors M 18 - 39    |
| 2    | Mr. Alexander Royffe     | Newport Phoenix            | 01:03:00 | 16:20.0 | 28:42.7 | 17:57.6 | 133 | Seniors M 18 - 39    |
| 3    | Mr. Gareth Green         | San Domenico               | 01:03:46 | 16:15.5 | 30:10.5 | 17:20.0 | 117 | Seniors M 18 - 39    |
| 4    | Mr. Benjamin Griffiths   | Sheffield Hallam Triathlon | 01:04:10 | 16:18.6 | 30:30.7 | 17:20.7 | 121 | Seniors M 18 - 39    |
| 5    | Mr. Lewys Winfield Young | Tri Life                   | 01:04:17 | 16:33.3 | 29:29.7 | 18:13.7 | 139 | Seniors M 18 - 39    |
| 6    | Mr. Dylan Lewis          | Sarn Helen                 | 01:05:29 | 16:36.8 | 31:15.9 | 17:36.0 | 100 | Seniors M 18 - 39    |
| 7    | Mr. Adam Newton          | No club                    | 01:06:41 | 16:49.8 | 32:00.2 | 17:50.5 | 128 | Seniors M 18 - 39    |
| 8    | Mr. Mike Griffiths       | NEWT                       | 01:06:44 | 16:40.5 | 32:35.0 | 17:28.2 | 123 | Seniors M 18 - 39    |
| 9    | Mr. Andrew Wright        | Celtic tri                 | 01:07:56 | 17:59.5 | 31:39.1 | 18:17.3 | 98  | Vets M 40 - 49       |
| 10   | Mr. Mike Pfeiffer        | Hereford triathlon club    | 01:08:42 | 17:24.0 | 33:13.5 | 18:04.1 | 105 | Vets M 40 - 49       |
| 11   | Mr. Dan Whaites          | n/a                        | 01:08:49 | 18:15.8 | 31:57.1 | 18:36.5 | 55  | Seniors M 18 - 39    |
| 12   | Mr. Mark Allen           | South Wales police tri     | 01:09:24 | 18:22.2 | 31:16.0 | 19:45.7 | 138 | Seniors M 18 - 39    |
| 13   | Mr. Billy Harriss        | n/a                        | 01:10:00 | 17:58.6 | 32:47.0 | 19:14.3 | 99  | Seniors M 18 - 39    |
| 14   | Dr. Paul Bruton          | NEWT                       | 01:10:42 | 18:42.3 | 32:23.7 | 19:35.9 | 106 | Seniors M 18 - 39    |
| 15   | Mr. Miles Thomas         | NEWT                       | 01:10:49 | 17:24.5 | 35:05.8 | 18:18.5 | 103 | Seniors M 18 - 39    |
| 16   | Mr. simon osborne        | pencoed tri                | 01:11:11 | 19:06.1 | 32:07.1 | 19:57.9 | 111 | Super Vets M 50 - 59 |
| 17   | Mr. Mark Balch           | NEWT                       | 01:11:33 | 18:05.4 | 34:04.7 | 19:22.4 | 94  | Vets M 40 - 49       |
| 18   | Mr. Patrick Jones        | Swansea TriSharks          | 01:11:53 | 18:17.2 | 34:32.5 | 19:03.0 | 113 | Seniors M 18 - 39    |
| 19   | Mr. Michael Lewis        | Welsh triathlon academy    | 01:12:09 | 17:58.8 | 34:39.4 | 19:30.2 | 125 | Junior M             |
| 20   | Mr. Matt Grantham        | lliswerry runners          | 01:12:16 | 18.07   | 31.38   | 22.31   | 96  | Junior M             |
| 21   | Mr. alun wood            | Pencoed tri                | 01:13:19 | 18:09.1 | 37:17.2 | 17:52.4 | 85  | Vets M 40 - 49       |
| 22   | Mr. paul guest           | worcester st johns cc      | 01:13:22 | 19:36.6 | 32:40.2 | 21:04.8 | 131 | Vets M 40 - 49       |
| 23   | Mr. gareth hall          | NEWT                       | 01:13:26 | 19:18.9 | 32:40.5 | 21:26   | 127 | Seniors M 18 - 39    |
| 24   | Mr. Stephen Mark Gee     | Thames Turbo Triathlon     | 01:13:30 | 19:04.3 | 33:53.5 | 20:32.2 | 118 | Vets M 40 - 49       |
| 25   | Mr. Dean Hardie          | Celtic tri                 | 01:13:52 | 20:14.2 | 32:56.2 | 20:41.6 | 107 | Super Vets M 50 - 59 |
| 26   | Mr. Richard Elgar        | NEWT                       | 01:14:15 | 19:11.2 | 34:25.0 | 20:38.7 | 86  | Seniors M 18 - 39    |
| 27   | Miss fenella Langridge   | Team Pro Motion Dynamics   | 01:14:15 | 19:31.7 | 34:46.3 | 19:57.1 | 81  | Seniors F 18 - 39    |
| 28   | Miss Bethan Fowler       | NEWT                       | 01:14:20 | 19:29.0 | 34:33.5 | 20:17.0 | 71  | Seniors F 18 - 39    |
| 29   | Mr. john diffey          | San Domenico               | 01:14:34 | 19:39.1 | 34:14.3 | 20:40.8 | 87  | Super Vets M 50 - 59 |
| 30   | Mr. Ian McDonald         | San Domenico               | 01:14:58 | 20:29.2 | 33:08.2 | 21:20.4 | 108 | Super Vets M 50 - 59 |

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|------------------------|-----------------------------|----------|---------|---------|---------|--------------------------|
| 31 Mr. Peter Thomas    | NEWT                        | 01:15:31 | 20:52.8 | 33:36.7 | 21:01.7 | 84 Super Vets M 50 - 59  |
| 32 Mrs. Celia White    | Pembrokeshire Tri           | 01:16:29 | 20:33.9 | 35:03.4 | 20:51.5 | 58 Vets F 40 - 49        |
| 33 Mr. Mark Carroll    | Markopolo                   | 01:16:47 | 19:14.6 | 36:50.7 | 20:42.0 | 78 Seniors M 18 - 39     |
| 34 Mr. Matthew Pizey   |                             | 01:16:50 | 19:05.4 | 37:08.9 | 20:35.6 | 74 Seniors M 18 - 39     |
| 35 Mr. Peter Kellam    | Cardiff Tri                 | 01:17:33 | 20:27.0 | 35:02.2 | 22:03.4 | 104 Vets M 40 - 49       |
| 36 Mr. Paul Arnold     | Celtic Tri                  | 01:17:35 | 21:02.7 | 34:07.9 | 22:24.6 | 57 Vets M 40 - 49        |
| 37 Dr. Paul Belcher    | Atlantic College            | 01:19:00 | 20:38.3 | 36:42.3 | 21:39.7 | 101 Vintage Vets M 60+   |
| 38 Mr. Simon O'Neill   | Abergavenny                 | 01:19:08 | 20:06.6 | 37:34.9 | 21:26.8 | 75 Vets M 40 - 49        |
| 39 Mr. Stephen Lewis   | CELTIC TRI                  | 01:20:15 | 20:54.9 | 37:19.6 | 22:00.2 | 91 Vets M 40 - 49        |
| 40 Mr. David Frost     | Y Fenni Tri Club            | 01:20:33 | 20:57.9 | 38:04.1 | 21:31.1 | 49 Vets M 40 - 49        |
| 41 Mrs. Lou Summers    | Pont-y-pwl runners          | 01:20:46 | 21:03   | 37:56.0 | 21:47   | 68 Vets F 40 - 49        |
| 42 Mr. Philip Hughes   | San Domenico RC             | 01:20:53 | 19:50.6 | 40:01.3 | 21:00.8 | 95 Seniors M 18 - 39     |
| 43 Mr. Andrew Dickens  | Pont y pwl runners          | 01:20:59 | 21:01.4 | 38:18.0 | 21:40.0 | 28 Vets M 40 - 49        |
| 44 Mr. Andy Farrell    | Bike Doctor                 | 01:21:01 | 21:33.9 | 36:39.5 | 22:48.0 | 90 Seniors M 18 - 39     |
| 45 Mr. Mike Ridd       | Lliswerry runners           | 01:21:05 | 19:38.1 | 40:56.4 | 20:30.7 | 73 Seniors M 18 - 39     |
| 46 Mr. Gareth Hart     | NEWT                        | 01:21:06 | 21:18.5 | 37:30.0 | 22:17.6 | 70 Vets M 40 - 49        |
| 47 Mrs. Jayne Arnold   | Celtic Tri                  | 01:21:16 | 22:05.9 | 36:08.0 | 23:02.0 | 31 Vets F 40 - 49        |
| 48 Mr. Christopher Huw | Celtic tri                  | 01:21:23 | 22:01.0 | 35:22.9 | 23:59.3 | 46 Vets M 40 - 49        |
| 49 Mr. TIM CLARKE      | NEWT                        | 01:21:26 | 21:41.2 | 35:48.0 | 23:56.1 | 41 Super Vets M 50 - 59  |
| 50 Mr. Martin Davies   | NEWT                        | 01:21:59 | 20:38.6 | 39:52.0 | 21:28.1 | 132 Super Vets M 50 - 59 |
| 51 Mr. Jonathan Johns  | None                        | 01:22:17 | 20:31.1 | 38:41.4 | 23:04.8 | 97 Seniors M 18 - 39     |
| 52 Mr. Noel Harris     | NEWTS                       | 01:23:04 | 22:18.1 | 37:46.9 | 22:58.6 | 69 Vets M 40 - 49        |
| 53 Mr. Gareth Small    | None                        | 01:23:09 | 21:17.2 | 40:06.5 | 21:45.2 | 79 Seniors M 18 - 39     |
| 54 Mr. David Walker    | Unattached                  | 01:23:32 | 23:33.6 | 34:22.4 | 25.36   | 92 Vintage Vets M 60+    |
| 55 Miss Olivia Blok    | n/a                         | 01:23:47 | 21:46.8 | 39:38.1 | 22.23   | 59 Seniors F 18 - 39     |
| 56 Mr. Tim Leban       | Newt                        | 01:23:57 | 22:35.1 | 37:27.2 | 23:54.1 | 60 Vets M 40 - 49        |
| 57 Mr. Thomas Few      | Taff Ely Triathlon Club     | 01:24:04 | 21:58.5 | 37:19.3 | 24:45.9 | 137 Seniors M 18 - 39    |
| 58 Dr. Ken Gale        | Cardiff Jif                 | 01:24:09 | 22:04.5 | 34:55.8 | 27.09   | 14 Vets M 40 - 49        |
| 59 Miss Helen Barrett  | South Wales Police Try Club | 01:25:01 | 22:36.6 | 38:39.2 | 23:45.3 | 54 Seniors F 18 - 39     |
| 60 Mr. Iestyn Pugh     | N/A                         | 01:25:14 | 21:39.4 | 39:08.1 | 24:26.6 | 66 Seniors M 18 - 39     |
| 61 Mr. Osamah Al-Rasbi | n/a                         | 01:25:24 | 20:58.5 | 42:25.2 | 22:00.4 | 64 Seniors M 18 - 39     |
| 62 Mr. Chris Adams     | Tata Steel Multisport Club  | 01:25:31 | 23:56.6 | 37:04.5 | 24:29.8 | 88 Vets M 40 - 49        |
| 63 Mr. Paul Bennett    | N/A                         | 01:25:48 | 21:49.9 | 40:37.2 | 23:21.2 | 83 Vintage Vets M 60+    |

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|----|--------------------------|------------------------------|----------|---------|---------|---------|-------------------------|
| 64 | Mr. Richard Harris       | Celtic Tri                   | 01:26:00 | 22:34.6 | 38:40.5 | 24:44.6 | 51 Vets M 40 - 49       |
| 65 | Miss Alice Bevan         | Taff Ely Triathlon Club      | 01:26:10 | 22:47.7 | 38:44.6 | 24:37.7 | 102 Seniors F 18 - 39   |
| 66 | Miss Angharad Williams   | N/A                          | 01:26:23 | 23:11.5 | 37:16.8 | 25:54.7 | 3 Seniors F 18 - 39     |
| 67 | Ms. Rita Kingdon         | wtf                          | 01:26:37 | 23:07.7 | 40:02.0 | 23:27.6 | 22 Seniors F 18 - 39    |
| 68 | Dr. Fiona Davies         | Rhondda Triathlon            | 01:27:06 | 22:57.7 | 40:45.4 | 23:22.3 | 40 Super Vets F 50 - 59 |
| 69 | Mr. Andrew Davies        | South Wales Police Tri       | 01:27:20 | 23:35.8 | 38:02.5 | 25:41.6 | 26 Vets M 40 - 49       |
| 70 | Miss Hannah Paull        | NEWT                         | 01:27:26 | 23:27.5 | 38:34.9 | 25:23.2 | 4 Vets F 40 - 49        |
| 71 | Mr. Matthew O'Brien      | not applicable               | 01:28:03 | 23:20.4 | 37:01.7 | 27:40.7 | 63 Seniors M 18 - 39    |
| 72 | Mrs. Christine Jones     | Celtictri                    | 01:28:07 | 22:37.4 | 41:48.7 | 23:40.3 | 50 Super Vets F 50 - 59 |
| 73 | Mr. Guy Flavell          | none                         | 01:28:32 | 23:42.8 | 39:18.7 | 25:30.7 | 47 Vets M 40 - 49       |
| 74 | Mr. Andy Leonard         | Taff Attack                  | 01:29:01 | 23:50.1 |         |         | 93 Vets M 40 - 49       |
| 75 | Mr. John Graham Evans    | Celtic Tri                   | 01:29:10 | 23:24.5 | 40:33.8 | 25:11.6 | 6 Vintage Vets M 60+    |
| 76 | Mr. John Jenkins         | none                         | 01:30:26 | 24:36.9 | 40:46.4 | 25:02.9 | 27 Super Vets M 50 - 59 |
| 77 | Mr. Mark Rostron         | None                         | 01:30:35 | 22:58.5 | 40:56.8 | 26:39.6 | 67 Vets M 40 - 49       |
| 78 | Mr. Christopher Saunders | na                           | 01:30:36 | 24:38.7 | 38:18.7 | 27:38.8 | 20 Seniors M 18 - 39    |
| 79 | Mr. Owen Hagger          | N/a                          | 01:31:12 | 22:02.1 | 44:36.6 | 24:32.9 | 42 Seniors M 18 - 39    |
| 80 | Miss Sian Jones          | NEWT                         | 01:31:17 | 23:23.1 | 42:53.7 | 24:59.6 | 116 Seniors F 18 - 39   |
| 81 | Mr. Dave Timson          | Pontypool & District Runners | 01:31:19 | 23:35.1 | 41:54.5 | 25:49.1 | 38 Vets M 40 - 49       |
| 82 | Mr. Chris Hourihane      | Taffattack                   | 01:31:40 | 24:59.1 | 39:02.1 | 27:38.8 | 33 Vets M 40 - 49       |
| 83 | Mr. Dan Davies           | N/A                          | 01:31:51 | 22:13.8 | 44:57.3 | 24:39.5 | 76 Seniors M 18 - 39    |
| 84 | Mr. Leighton Williams    | Celtic Tri                   | 01:32:34 | 25:01.5 | 37:35.4 | 29:56.6 | 115 Seniors M 18 - 39   |
| 85 | Mrs. Helen Thomas        | NEWT                         | 01:33:18 | 24:32.6 | 42:28.6 | 26:16.3 | 21 Super Vets F 50 - 59 |
| 86 | Mr. Roger Smith          | Celtic tri                   | 01:33:29 | 25:17.5 | 39:34.9 | 28:36.0 | 110 Vets M 40 - 49      |
| 87 | Mrs. Rachel Prangley     | Islwyn Running Club          | 01:33:52 | 23:43.8 | 45:42.5 | 24:25.2 | 35 Seniors F 18 - 39    |
| 88 | Mr. Liam O'Brien         | Bike Doctor                  | 01:34:06 | 24:32.2 | 37:54.6 | 31:38.8 | 89 Seniors M 18 - 39    |
| 89 | Mr. Iestyn Morgan        | Nil                          | 01:34:32 | 24:37.9 | 43:47.3 | 26:06.4 | 30 Seniors M 18 - 39    |
| 90 | Mrs. Natalie Richards    | None                         | 01:34:39 | 23:34.9 | 45:27.1 | 25:37.4 | 53 Seniors F 18 - 39    |
| 91 | Mr. Derek Graves         | Farnham Triathlon Club       | 01:36:11 | 23:52.8 | 45:33.1 | 26:45.0 | 109 Vintage Vets M 60+  |
| 92 | Mr. Gareth Jianikos      | Not applicable               | 01:36:13 | 25:36.1 | 42:51.1 | 27:45.6 | 34 Seniors M 18 - 39    |
| 93 | Ms. Paula Strong         | None                         | 01:36:13 | 23:47.3 | 46:25.2 | 26:00.3 | 52 Seniors F 18 - 39    |
| 94 | Mr. Paul Wedgbury        | Lions Den                    | 01:37:21 | 27:27.1 | 42:26.3 | 27:27.5 | 19 Vets M 40 - 49       |
| 95 | Mr. Gareth Mills         | N/A                          | 01:40:25 | 26:59.0 | 43:18.1 | 30:08.0 | 7 Vets M 40 - 49        |
| 96 | Mr. Eliot Gibbins        | None                         | 01:40:59 | 27:21.0 | 44:53.4 | 28:44.0 | 17 Seniors M 18 - 39    |

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|---------------------------|------------------------|----------|---------|----------|---------|-------------------------|
| 97 Mrs. Linda Spillane    | NEWT                   | 01:40:59 | 25:44.1 | 46:44.1  | 28:30.2 | 5 Vintage Vets F 60+    |
| 98 Miss Alice Gibbins     | Vc st Raphael          | 01:40:59 | 26:18.1 | 46:17.7  | 28:22.8 | 13 Seniors F 18 - 39    |
| 99 Mr. Andrew Morgan      | N/A                    | 01:41:32 | 26:22.0 | 46:39.4  | 28:30.6 | 45 Super Vets M 50 - 59 |
| 100 Miss Katie Byrne      | N/A                    | 01:42:21 | 23:38.5 | 52:38.0  | 26:04.1 | 80 Seniors F 18 - 39    |
| 101 Mr. andrew blandford  | lions den              | 01:43:36 | 27:27.8 | 45:58.1  | 30:10.2 | 18 Seniors M 18 - 39    |
| 102 Mr. Jason Hislop      | n/a                    | 01:46:06 | 26:45.0 | 47:26.5  | 31:54.4 | 10 Seniors M 18 - 39    |
| 103 Mr. rhys gladwyn      | tata multisport        | 01:46:18 | 26:49.0 | 48:23.5  | 31:05.8 | 23 Vets M 40 - 49       |
| 104 Mr. Morgan Price      | none                   | 01:46:18 | 28:54.6 | 46:56.1  | 30:27.6 | 16 Vets M 40 - 49       |
| 105 Mrs. Sue Graves       | Farnham Triathlon Club | 01:46:50 | 28:06.6 | 49:00.6  | 29:42.2 | 15 Vintage Vets F 60+   |
| 106 Mrs. Jane Mills       | NEWT                   | 01:50:31 | 31:15.5 | 45:56.3  | 33:19.1 | 43 Vets F 40 - 49       |
| 107 Miss Karen Burge      | N/a                    | 01:54:39 | 29:40.6 | 50:55.1  | 34:03.0 | 8 Seniors F 18 - 39     |
| 108 Mrs. Kaz Ceeney       | NEWT                   | 01:56:10 | 30:03.3 | 55:10.8  | 30:56.2 | 25 Super Vets F 50 - 59 |
| 109 Mrs. Vanessa Maidment | N/A                    | 01:56:55 | 30:57.1 | 52:20.8  | 33:36.9 | 2 Seniors F 18 - 39     |
| 110 Mr. Matthew Levan     | none                   | 02:20:38 | 29:39.0 | 01:15:28 | 35:31.5 | 1 Seniors M 18 - 39     |
| 111 Mr. James Braun       | Cardiff Triathlon Club |          | 21:46.7 | DNF      | 22:15.0 | 39 Vets M 40 - 49       |