

## Cosmeston Spring Duathlon 2016 Results, Cardiff Triathletes

Overall position	First name	Last name	Race number	Gender	Finish status	Age category	Finish time	Run1 Split Time	T1 Split Time	Cycle Split Time	T2 Split Time	Run2 Split Time
1	Daniel	Cannon	3	Male	Finished	Senior	01:05:04	00:19:58	00:00:20	00:35:04	00:00:30	00:09:10
2	Jon	Dallimore	31	Male	Finished	Senior	01:05:13	00:21:23	00:00:26	00:33:12	00:00:19	00:09:52
3	Luke	Starkie	26	Male	Finished	Senior	01:07:15	00:21:10	00:00:30	00:33:48	00:00:27	00:11:18
4	Rob	Jones	15	Male	Finished	Senior	01:07:33	00:21:01	00:00:19	00:36:17	00:00:20	00:09:34
5	Rhys	Jones	16	Male	Finished	Senior	01:08:02	00:19:56	00:00:36	00:37:14	00:00:27	00:09:47
6	Darren	Griffiths	10	Male	Finished	Senior	01:08:06	00:20:39	00:00:57	00:36:09	00:00:27	00:09:52
7	James	Tugwell	27	Male	Finished	Senior	01:08:32	00:21:41	00:00:22	00:35:37	00:00:24	00:10:27
8	Matt	Grantham	8	Male	Finished	Senior	01:10:07	00:20:37	00:00:44	00:37:59	00:01:09	00:09:37
9	Gary	Jones	77	Male	Finished	Supervet	01:10:09	00:22:51	00:00:43	00:34:29	00:00:37	00:11:27
10	John	Diffey	73	Male	Finished	Supervet	01:11:52	00:22:49	00:00:48	00:36:39	00:00:28	00:11:06
11	Clare	Dallimore	46	Female	Finished	Senior	01:12:18	00:22:43	00:00:44	00:37:29	00:00:38	00:10:42
12	Sean	Hart	12	Male	Finished	Senior	01:12:32	00:22:56	00:00:35	00:38:32	00:00:33	00:09:54
13	Richard	Dunne	7	Male	Finished	Senior	01:12:35	00:22:22	00:00:44	00:38:19	00:00:33	00:10:35
14	Michael	Wilson	30	Male	Finished	Senior	01:13:36	00:21:51	00:00:56	00:39:21	00:00:30	00:10:55
15	Mikhael	Puar	23	Male	Finished	Senior	01:13:44	00:25:07	00:00:51	00:35:49	00:00:36	00:11:19
16	Thomas	Few	32	Male	Finished	Senior	01:14:45	00:23:50	00:00:49	00:37:23	00:00:32	00:12:10
17	Gareth	Hardman	75	Male	Finished	Supervet	01:14:58	00:22:00	00:00:48	00:41:21	00:00:26	00:10:20
18	Ben	Innes	13	Male	Finished	Senior	01:15:00					
19	James	Braun	50	Male	Finished	Vet	01:15:02	00:24:15	00:00:41	00:37:55	00:00:50	00:11:20
20	Erica	Martin	44	Female	Finished	Senior	01:15:17	00:22:21	00:00:39	00:41:19	00:00:40	00:10:17
21	Gareth	Davies	71	Male	Finished	Supervet	01:15:28	00:21:36	00:00:48	00:41:43	00:01:28	00:09:51
22	Rob	McKillop	17	Male	Finished	Senior	01:16:09	00:24:23	00:00:43	00:38:33	00:00:49	00:11:39
23	Hywel	Lovelock	59	Male	Finished	Senior	01:16:15	00:24:02	00:01:14	00:38:27	00:00:48	00:11:42
24	Lloyd	Hanson	11	Male	Finished	Senior	01:16:51	00:23:46	00:00:57	00:38:59	00:00:40	00:12:28
25	Andrew	Rowlands	25	Male	Finished	Senior	01:17:30	00:23:51	00:01:08	00:39:55	00:01:02	00:11:31
26	Mark	Harris	51	Male	Finished	Vet	01:17:35	00:24:41	00:00:40	00:39:39	00:00:48	00:11:45
27	Geraint	Rees	24	Male	Finished	Senior	01:18:15	00:23:53	00:00:49	00:40:46	00:00:26	00:12:18
28	Ryan	McKillop	18	Male	Finished	Senior	01:18:42	00:23:58	00:00:43	00:42:40	00:00:29	00:10:50
29	Carl	Morgan	19	Male	Finished	Senior	01:21:05	00:27:40	00:01:24	00:39:04	00:01:25	00:11:31
30	Fiona	Davies	91	Female	Finished	Supervet	01:21:09	00:24:58	00:01:05	00:42:39	00:00:52	00:11:33
31	Luke	Pryce	22	Male	Finished	Senior	01:21:17	00:25:25	00:00:48	00:42:02	00:00:46	00:12:14
32	Craig	Hinks	52	Male	Finished	Vet	01:21:48	00:24:49	00:00:43	00:43:45	00:00:37	00:11:53
33	Mike	De Wett	6	Male	Finished	Senior	01:22:06					
34	Chas	Ryder	78	Male	Finished	Supervet	01:22:13	00:27:24	00:02:11	00:38:12	00:01:36	00:12:49
35	Nick	Davies	72	Male	Finished	Supervet	01:22:23	00:25:16	00:00:56	00:43:34	00:00:50	00:11:46
36	Joe	Taylor	58	Male	Finished	Vet	01:22:38	00:25:52	00:01:23	00:42:27	00:01:17	00:11:37
37	Darrel	Cox	5	Male	Finished	Senior	01:23:13	00:27:42	00:01:22	00:39:23	00:01:06	00:13:37
38	Rick	Grosfils	74	Male	Finished	Supervet	01:23:40	00:26:25	00:01:25	00:41:58	00:01:18	00:12:32
39	Carson	Pryce	21	Male	Finished	Senior	01:25:32	00:29:34	00:00:31	00:40:35	00:00:42	00:14:08
40	David	Jones	55	Male	Finished	Vet	01:26:32	00:26:29	00:01:17	00:45:31	00:01:42	00:11:31
41	Graham	Roddis	57	Male	Finished	Vet	01:26:51	00:27:53	00:00:54	00:43:23	00:00:53	00:13:45
42	Lee	Waters	28	Male	Finished	Senior	01:27:21	00:24:38	00:00:40	00:49:08	00:00:31	00:12:23
43	Deb	Goule	93	Female	Finished	Vet	01:28:20	00:25:35	00:01:19	00:48:40	00:00:58	00:11:47
44	David	Hunter	76	Male	Finished	Supervet	01:29:07	00:29:09	00:01:01	00:44:49	00:00:54	00:13:13
45	Hayley	Green	42	Female	Finished	Senior	01:31:37	00:26:21	00:01:43	00:48:49	00:01:45	00:12:58
46	Hayley	Graham	41	Female	Finished	Senior	01:34:43	00:27:51	00:00:26	00:51:11	00:00:45	00:14:28
47	Dan	Caunt	4	Male	Finished	Senior	01:35:13	00:29:57	00:01:55	00:47:41	00:01:25	00:14:12
48	Hywel	Green	9	Male	Finished	Senior	01:35:35	00:28:52	00:01:12	00:50:32	00:00:35	00:14:22
49	Bivin	Mathew	45	Male	Finished	Senior	01:35:43	00:28:04	00:01:04	00:51:02	00:00:40	00:14:50
50	Ian	James	14	Male	Finished	Senior	01:43:18	00:29:52	00:02:07	00:55:07	00:01:19	00:14:50
51	Charlotte	Oliver	47	Female	Finished	Senior	01:44:40	00:33:25	00:01:26	00:52:03	00:01:14	00:16:31
52	Hayley	Edwards	40	Female	Finished	Senior	01:45:04	00:32:20	00:01:35	00:54:25	00:01:02	00:15:40
53	Huw	Wilkins	79	Male	Finished	Supervet	01:49:20	00:31:14	00:01:22	01:02:14	00:00:33	00:13:55
54	Louise	Aherne	90	Female	Finished	Supervet	01:52:18	00:35:28	00:01:09	00:58:43	00:00:38	00:16:18
55	Cheryle	Edwards	92	Female	Finished	Supervet	01:55:23	00:40:22	00:01:19	00:51:53	00:01:31	00:20:17
	Adrian	Jones	54	Male	Disqualified	Vet	01:22:57					
	Warren	Ball	1	Male	Not yet started	Senior						
	Joe	Beech	2	Male	Not yet started	Senior						
	Jonathan	Phillips	20	Male	Not yet started	Senior						
	Jason	Welsh	29	Male	Not yet started	Senior						
	Zoe	Holloway	43	Female	Not yet started	Senior						
	Robert	Janney	53	Male	Not yet started	Vet						
	James	Morter	56	Male	Not yet started	Vet						
	Jonathan	Bullock	70	Male	Not yet started	Supervet						