

# Virtual Duathlon Results



## TriStart (8 yrs Old)

Category Position	Participants Name	Age Category	Club	Run #1 Time	Bike Time	Run #2 Time	Total Time
1	Kathryn Lyne	TriStart (8 yrs Old)		0:55	5:06	2:05	00:08:06
2	Lauren Crawshay-Williams	TriStart (8 yrs Old)	Torfean Dolphins	02:30	30:00	03:02	00:35:32

## TriStar 1

Category Position	Participants Name	Age Category	Club	Run #1 Time	Bike Time	Run #2 Time	Total Time
1	Jack John	TriStar 1 (9&10yrs Old)	Pembrokeshire Tri	05:45	08:50	01:36	00:15:51
2	Sebastian Lyne	TriStar 1 (9&10yrs Old)		5:26	11:08	1:36	00:18:10
3	Lucas Phillips	TriStar 1 (9&10yrs Old)	Pembrokeshire triathlon club	7:38	8:44	2:42	00:18:24
4	Carys Hughes	TriStar 1 (9&10yrs Old)	Newport Under 18s Triathletes	5 min 40s	11 min 19s	2min 06s	00:19:34
5	Max Major	TriStar 1 (9&10yrs Old)		6:51	15:20	2:21	00:24:32
6	Max Richards	TriStar 1 (9&10yrs Old)		8:24min	13:24 min	2:45 min	00:24:33

## TriStar 2

Category Position	Participants Name	Age Category	Club	Run #1 Time	Bike Time	Run #2 Time	Total Time
1	Scarlett Hinton	TriStar 2 (11&12yrs Old)	Pembrokeshire Triathlon club	9:12	9:10	3:14	00:21:36
2	Osian Emmerson	TriStar 2 (11&12yrs Old)	cardiff junior tri club	6.56	13.32	2.39	00:23:07
3	Sion Thomas	TriStar 2 (11&12yrs Old)	Pembrokeshire Tri	08:40	13:07	03:06	00:24:53
4	Emily Crawshay-Williams	TriStar 2 (11&12yrs Old)	Torfaen Dolphins	7:35	17:43	3:50	00:28:28
5	Leo Tytler	TriStar 2 (11&12yrs Old)	Pembrokeshire Triathlon Club	7 mins 47seconds	18mins 58seconds	3 mins 0 seconds	00:32:45
6	Harri Titchener	TriStar 2 (11&12yrs Old)	Torfaen Dolphins Triathlon Club	8min 9sec	21min 50sec	2min 59sec	00:32:58
7	Teagan Bick	TriStar 2 (11&12yrs Old)	Torfaen Dolphins	9.37	29.36	7.09	00:46:22

# Virtual Duathlon Results



## TriStar 3 (13&14yrs Old)

Category Position	Participants Name	Age Category	Club	Run #1 Time	Bike Time	Run #2 Time	Total Time
1	Eleanor White	TriStar 3 (13&14yrs Old)	Pembrokeshire Tri	8:43	12:59	3:08	00:14:50
2	Luke Allsworth	TriStar 3 (13&14yrs Old)	Pembs Tri	6:34	13:19	2:32	00:22:25
3	Ifan Bowen	TriStar 3 (13&14yrs Old)	Pembrokeshire Tri	6.51	13.42	2.42	00:23:15
4	Dewi Thomas	TriStar 3 (13&14yrs Old)	Pembrokeshire tri	08:21	11:55	03:03	00:23:19
5	Chloe Hale	TriStar 3 (13&14yrs Old)	Pembrokeshire Tri	07:41	14:21	02:44 (850m)	00:24:46
6	Steffan Bridger	TriStar 3 (13&14yrs Old)	Pembrokeshire Tri Club	8:09	13:38	3:23	00:25:10
7	Lucy Jones	TriStar 3 (13&14yrs Old)	Pembrokeshire Tri	7.54	15.18	3.09	00:25:21
8	Rhys Caygill	TriStar 3 (13&14yrs Old)	Pembrokeshire triathlon club	7 mins 1 sec	15mins 57 sec	2 mins 41.8 secs	00:25:41
9	Lucy Jones	TriStar 3 (13&14yrs Old)	Pembrokeshire Triathlon club	7.52	14.59	3	00:25:52
10	Lucy Jones	TriStar 3 (13&14yrs Old)	Pembrokeshire Triathlon club	7.52	14.59	3	00:25:52
11	Finley Bruce	TriStar 3 (13&14yrs Old)	Pembrokeshire Tri/Just Tri	7:40	15:09	3:05	00:25:54
12	Ethan Hinton	TriStar 3 (13&14yrs Old)	Pembrokeshire Triathlon Club	8:40	14:09	3:18	00:26:07
13	Holly John	TriStar 3 (13&14yrs Old)	Pembrokeshire Tri	08:07	16:33	3:06	00:27:46
14	Isabelle Adams	TriStar 3 (13&14yrs Old)	Torfaen Dolphins	7:58	19:16	2:49	00:30:23
15	Seb Major	TriStar 3 (13&14yrs Old)	Torfaen Dolphins Swimming Club	10:37	22:12	3:40	00:36:29
16	Holly Greenslade	TriStar 3 (13&14yrs Old)	Torfaen Dolphins Swimming Club	10m:04s	22m:59s	3m:40s	00:36:43
17	Ellie Phillips	TriStar 3 (13&14yrs Old)	Pembrokeshire triathlon club	12:42	19:26	5:39	00:37:47
18	Ben Richards	TriStar 3 (13&14yrs Old)		10:25	25:31	4:07	00:40:03

## Youth (15&16yrs Old)

Category Position	Participants Name	Age Category	Club	Run #1 Time	Bike Time	Run #2 Time	Total Time
1	Liam Edwards	Youth (15&16yrs Old)	Pembrokeshire triathlon club	00:05:57	00:12:59	00:02:19	00:21:15
2	Ellis Robinson	Youth (15&16yrs Old)	Pembrokeshire triathlon club	7:42	13:14	3:17	00:24:13
3	Alyssa Baker	Youth (15&16yrs Old)	Torfaen	8mins 4 seconds	13mins 54 seconds	3mins 8 sec-onds	00:25:06
4	Jack Bruce	Youth (15&16yrs Old)	Pembrokeshire Tri/Just Tri	7:21	15:58	3:07	00:26:26
5	Eve Hickman	Youth (15&16yrs Old)	Triathlon Coaching Wales	9:24	13:37	3:26.9	00:26:27

# Virtual Duathlon Results



## Junior (17,18 & 19yrs Old)

Category Position	Participants Name	Age Category	Club	Run #1 Time	Bike Time	Run #2 Time	Total Time
1	Danny Jones	Junior (17,18 & 19yrs	Pembrokeshire Tri Club	11:07	19:20	5:07	00:35:34
2	Callum Thomas	Junior (17,18 & 19yrs	Pembrokeshire Tri Club	11:05.1	21:30.3	5:13.6	00:37:49
3	Callum Thomas	Junior (17,18 & 19yrs	Pembrokeshire Tri Club	11:05.1	21:30.3	5:13.6	00:37:49
4	Eva Edwards	Junior (17,18 & 19yrs Old)	Pembrokeshire Traithlon Club	11:28	21:20	5:44	00:39:32
5	Scarlet Major	Junior (17,18 & 19yrs		14:25	28:21	6:44	00:49:30

## Adult (20 +)

Category Position	Participants Name	Age Category	Club	Run #1 Time	Bike Time	Run #2 Time	Total Time
1	Peter page	Adult (20 Years and	Torfaen Tri Club	11:44	33:03	21:15	01:06:02
2	Elise Emmerson	Adult (20 Years and	nil	21.41	41	10.44	01:13:25
3	Andrew Smith	Adult (20 Years and	Pontypool runners	21:48	42:51	10:47	01:15:26
4	Tracy Baker	Adult (20 Years and	Torfaen	23 mins 6 seconds	40 mins	11 mins 56 sec-	01:15:39
5	Simon Phillips	Adult (20 Years and	Pembrokeshire triathlon club	23:44	40:19	13:34	01:17:07
6	Steve Matthews	Adult (20 Years and	Pontypool runners	25.5	51.24	13.44	01:30:58
7	Dave Timson	Adult (20 Years and	Pont-y-pwl and District RC	31:18	46:20	14:57	01:32:35
8	Silke Richards	Adult (20 Years and		42:28min	1:07:43hr	20:40min	02:10:51
9	Sarah Major	Adult (20 Years and		53:03	1:02.15	26:42	02:22:00