

Llanrwst Winter Duathlon 24th January 2010

Race No	Name		Sex	Club	Run 1	Bike	Run 2	Total
1	Ryan	Mullen	M	Planet X	00:19:33	00:33:17	00:21:33	01:14:23
2	Adrian	Leonard	M	Carneddau Tri	00:18:15	00:40:01	00:18:48	01:17:04
3	Vince	Edwards	M	Carneddau Tri	00:18:33	00:40:49	00:19:19	01:18:41
4	James	Atherton	M	Carneddau Tri	00:19:06	00:40:06	00:20:44	01:19:56
5	Jon	Rogers	M		00:19:28	00:42:55	00:20:21	01:22:44
6	Shelley	Childs	M	Aberystwyth AC	00:20:47	00:40:21	00:21:38	01:22:46
7	Russ	Godwin	M	Carneddau Tri	00:20:25	00:43:12	00:20:17	01:23:54
8	Craig	Jones	M	Carneddau Tri	00:19:13	00:46:27	00:19:44	01:25:24
9	Gwyn	Williams	M	Cheltenham Tri	00:22:03	00:41:18	00:22:38	01:25:59
10	Ron	Edwards	M	Carneddau Tri	00:21:07	00:46:44	00:22:31	01:30:22
11	Rhydian	Evans	M	Merthyr CC	00:24:07	00:41:18	00:26:27	01:31:52
12	Joshua	Whiteley	M	Harlech Tri	00:22:44	00:44:58	00:24:32	01:32:14
13	Martyn	Fairlamb	M	Carneddau Tri	00:22:30	00:48:09	00:23:48	01:34:27
14	Mark	Rigby	M		00:22:47	00:48:26	00:26:18	01:37:31
15	Trish	Mellor	F		00:24:23	00:47:35	00:25:48	01:37:46
16	Geraint	Lloyd-Williams	M		00:23:54	00:49:36	00:24:24	01:37:54
17	Vicky	Ronald	F	Carneddau Tri	00:24:27	00:50:33	00:24:48	01:39:48
18	Gary	Jones	M	Stafford Tri	00:23:39	00:52:27	00:24:29	01:40:35
19	Berwyn	Jones	M	Padarn Tri	00:26:28	00:49:33	00:26:13	01:42:14
20	Roger	Kiernan	M		00:26:05	00:49:13	00:27:39	01:42:57
21	David	Coyle	M		00:23:49	00:52:39	00:27:48	01:44:16
22	Anne	Williams	F	Tewkesbury Tri	00:27:17	00:55:37	00:28:44	01:51:38