

Position	Bib #	Athlete Name	Gender	Category	Club	Gun Time	Time Difference
1	414	Liam LLOYD	M	20-29	Cycle Specific	00:51:04	
2	415	Alex Matchett	M	20-29	Pembrokeshire Triathlon CLUB	00:51:15	+00:00:11
3	413	Sam WADE	M	20-29	Pedalcover	00:51:25	+00:00:21
4	410	Beau Smith	M	20-29		00:51:59	+00:00:55
5	439	Patrick Robinson	M	20-29	Solihull Triathlon Club	00:57:07	+00:06:03
6	287	Callum Welman	M	20-29	Loughborough Triathlon	00:57:22	+00:06:18
7	438	Thomas ROBINSON	M	20-29	Loughborough Triathlon	00:57:36	+00:06:32
8	403	Kieran John	M	20-29	Caerphilly Tri-ers	00:57:38	+00:06:34
9	401	Mark BINDING	M	40-49	Taff Ely Triathlon Club	00:57:43	+00:06:39
10	550	Megan Mcdonald	F	20-29		00:57:58	+00:06:54
11	541	Simon Cole	M	30-39	Gog Triathlon	00:58:03	+00:06:59
12	471	Daniel Madden	M	20-29	University Of Birmingham Triathlon Team	00:58:59	+00:07:55
13	534	Jonathon Seymour	M	30-39	Gog Triathlon	00:59:18	+00:08:14
14	502	Jonathan Phillips	M	30-39	Taff Ely Triathlon Club	00:59:34	+00:08:30
15	453	Gareth Bowyer	M	50-59	Gog Triathlon	00:59:53	+00:08:49
16	418	Rhian Roxburgh	F	40-49	Gog Triathlon	00:59:55	+00:08:51
17	528	Hannah PEARSON	F	20-29	Black Country Triathletes	01:01:05	+00:10:01
18	408	Rhiannon Middleton	F	20-29		01:01:10	+00:10:06
19	503	Dafydd Brown	M	17-18 (B)	Pembrokeshire Triathlon CLUB	01:01:16	+00:10:12
20	549	Joel POLLARD	M	YOU (A)	Wigan Triathlon Club (Tri Team Wigan)	01:01:30	+00:10:26
21	545	Kai WALSH	M	YOU (A)	Cadence Tri	01:01:38	+00:10:34
22	553	Ricardo Iglesias	M	YOU (A)	Denbighshire Triathlon Club	01:01:42	+00:10:38
23	470	Jack Southam	M	YOU (A)		01:01:46	+00:10:42
24	411	Gwen Kinsey	F	40-49	Pedal Cover Insurance Team	01:01:47	+00:10:43
25	538	David Mort	M	30-39	Cardiff Triathletes	01:01:53	+00:10:49
26	518	Elur Urkola	M	YOU (A)	Newport Under 18 Triathletes	01:01:58	+00:10:54
27	531	Colin Richard Wallace	M	50-59		01:02:10	+00:11:06
28	412	Florence Swan	F	20-29		01:02:17	+00:11:13
29	407	Helen Marshall	F	40-49	INTRtri	01:02:21	+00:11:17
30	496	Dominic Davies	M	YOU (A)	Llanelli ASC	01:02:47	+00:11:43
31	482	Danny Jones	M	YOU (A)		01:03:13	+00:12:09
32	237	Dave Coates	M	40-49		01:03:41	+00:12:37

33	530 Paul ALGIERI	M	50-59	Gog Triathlon	01:03:45 +00:12:41
34	492 James Moore	M	40-49		01:03:47 +00:12:43
35	434 Sara Willhoit	F	30-39	SY Tri (Shrewsbury Triathlon)	01:03:51 +00:12:47
36	501 Alan Latter	M	40-49		01:04:05 +00:13:01
37	436 Mark Geary	M	40-49	RISC A TRI triathlon club	01:04:13 +00:13:09
38	405 Eloise CROWLEY	F	30-39	Cardiff Triathlon Club	01:04:26 +00:13:22
39	516 Steve MATCHETT	M	50-59	Pembrokeshire Triathlon CLUB	01:04:37 +00:13:33
40	551 Josh Hough	M	20-29		01:04:56 +00:13:52
41	406 Catherine MARKS	F	30-39	Pembrokeshire Triathlon CLUB	01:05:11 +00:14:07
42	467 Rodney SAVAGE	M	50-59	Cardiff Triathletes	01:05:13 +00:14:09
43	547 James Haddley	M	30-39	Chester Triathlon Club	01:05:16 +00:14:12
44	416 Larna ANDREW	F	20-29		01:05:29 +00:14:25
45	542 Simon Roxburgh	M	40-49	Gog Triathlon	01:06:05 +00:15:01
46	420 Jasmine BOWYER	F	20-29	Cycle Specific	01:06:12 +00:15:08
47	493 Richard Leary	M	40-49	CELTIC TRI	01:06:28 +00:15:24
48	404 Rebecca Comins	F	50-59	Monmouth Tri Club	01:06:32 +00:15:28
49	424 Matt Thomas	M	30-39	Gog Triathlon	01:06:56 +00:15:52
50	559 Joanna Callan	F	30-39	CARDIFF	01:06:57 +00:15:53
51	423 Marcus Foster	M	40-49		01:06:59 +00:15:55
52	480 Samantha Sugden	F	30-39		01:07:21 +00:16:17
53	525 Peter LEDSON	M	17-18 (B)		01:07:25 +00:16:21
54	519 Amy Edwards-O'hare	F	20-29	Cardiff University Triathlon Club	01:07:31 +00:16:27
55	520 Emyr Thomas	M	17-18 (B)		01:07:56 +00:16:52
56	460 Nathan Bevan	M	40-49	RHONDDA TRIATHLON CLUB	01:08:54 +00:17:50
57	478 Edward Lawton	M	19 (C)	Exeter University Triathlon Club	01:09:07 +00:18:03
58	426 Edward CLEMENTS	M	30-39	Tenby Aces CC	01:09:48 +00:18:44
59	497 Christian Davies	M	40-49	Wolfpack	01:09:54 +00:18:50
60	461 Justin Bailey	M	40-49	WEST COAST TRI	01:09:56 +00:18:52
61	533 Neil Dalleywater	M	50-59		01:09:58 +00:18:54
62	548 Finola Corley	F	30-39	SY Tri (Shrewsbury Triathlon)	01:10:06 +00:19:02
63	560 Thomas Gill	M	20-29	Cardiff University Triathlon Club	01:10:16 +00:19:12
64	479 Jennifer PYBIS	F	30-39	St Helens Tri	01:10:17 +00:19:13
65	427 Eleanor Davies	F	40-49		01:10:24 +00:19:20

66	446 Simon Phillips	M	40-49	Tinworks Tri	01:10:41 +00:19:37
67	466 Gareth Harding	M	30-39		01:11:21 +00:20:17
68	506 Sophie WHITTINGHAM	F	20-29	SY Tri (Shrewsbury Triathlon)	01:11:22 +00:20:18
69	465 Joshua WHITE	M	20-29	Gog Triathlon	01:11:25 +00:20:21
70	428 Steve Kelly	M	50-59	MANX TRI CLUB	01:12:09 +00:21:05
71	474 Mali Fflur Jones	F	17-18 (B)	Cerist Triathlon Club	01:12:25 +00:21:21
72	485 Bridget Ripley	F	60-69		01:12:48 +00:21:44
73	523 Pete Jenkins	M	60-69	INTRtri	01:12:58 +00:21:54
74	498 Peter Munn	M	50-59	Pembrokeshire Triathlon CLub	01:12:59 +00:21:55
75	458 John Ofarrell	M	50-59		01:13:32 +00:22:28
76	483 Martin Jones	M	40-49	NEWT - Newport and East Wales Triathlon	01:14:15 +00:23:11
77	417 Elizabeth Vaughan	F	50-59	Taff Ely Triathlon Club	01:14:24 +00:23:20
78	524 Emma Shallcross	F	20-29		01:14:33 +00:23:29
79	562 Iwan Pullen	M	20-29	Cardiff University Triathlon Club	01:14:36 +00:23:32
80	437 Zoe DAVIES	F	20-29	RISC A TRI triathlon club	01:14:39 +00:23:35
81	561 Paula Stevens	F	40-49	Gog Triathlon	01:14:42 +00:23:38
82	507 Steve Rich	M	60-69	Pembrokeshire Triathlon CLub	01:14:59 +00:23:55
83	513 Mared Dafydd	F	30-39	Gog Triathlon	01:15:12 +00:24:08
84	540 Franklin Higgins	M	20-29	Cardiff University Triathlon Club	01:15:15 +00:24:11
85	473 Connie James	F	40-49		01:15:19 +00:24:15
86	558 Douglas Smith	M	70-79	Jersey Triathlon Club	01:15:38 +00:24:34
87	552 Vicki LEWIS	F	30-39	Pembrokeshire Triathlon CLub	01:15:48 +00:24:44
88	421 Jennifer Aylward	F	50-59	CELTIC TRI	01:16:04 +00:25:00
89	429 Rowan Jones	M	YOU (A)	Taff Ely Triathlon Club	01:16:18 +00:25:14
90	490 Eden Rae Davies	F	YOU (A)	CELTIC TRI	01:16:55 +00:25:51
91	529 Charlotte Brass	F	20-29	Cardiff University Triathlon Club	01:16:56 +00:25:52
92	536 Alex Mcdonnell	M	50-59	Chester Triathlon Club	01:17:51 +00:26:47
93	472 Rhydian Brown	M	YOU (A)	Pembrokeshire Triathlon CLub	01:17:53 +00:26:49
94	557 Anna Iley	F	40-49	SY Tri (Shrewsbury Triathlon)	01:17:55 +00:26:51
95	499 Karen Munn	F	60-69	Pembrokeshire Triathlon CLub	01:18:06 +00:27:02
96	554 Jacqueline Gibbons	F	50-59	Pembrokeshire Triathlon CLub	01:18:24 +00:27:20
97	430 Tomos Jones	M	17-18 (B)	Taff Ely Triathlon Club	01:19:17 +00:28:13
98	509 Guy Clamp	M	60-69	Wreccsam Tri Club	01:20:06 +00:29:02

99	435 Mark Taylor	M	40-49	Chiltern Tri	01:20:38 +00:29:34
100	522 Stephen Dines	M	60-69	WIGHT TRI	01:21:14 +00:30:10
101	539 Matthew Williams	M	40-49		01:21:34 +00:30:30
102	544 Debs M Jones	F	50-59	Gog Triathlon	01:21:42 +00:30:38
103	563 Ceri Hughes	F	40-49	Gog Triathlon	01:22:20 +00:31:16
104	543 Mike WOODS	M	30-39	Pembrokeshire Triathlon Club	01:22:35 +00:31:31
105	443 Lauren Watts	F	17-18 (B)	Cerist Triathlon Club	01:22:42 +00:31:38
106	422 Ian WALKER	M	50-59	TEAM MANVERS	01:23:04 +00:32:00
107	495 Ali Roberts	F	30-39		01:23:06 +00:32:02
108	303 Reece Lester	M	20-29	Cardiff University Triathlon Club	01:23:19 +00:32:15
109	532 Andrew Deans	M	50-59	Cardiff Triathletes	01:23:39 +00:32:35
110	517 Jayne Hamer	F	20-29		01:23:44 +00:32:40
111	425 Geoffrey Wall	M	50-59	Y Fenni Triathlon	01:23:50 +00:32:46
112	477 Jess Simpson	F	19 (C)	Cardiff University Triathlon Club	01:24:19 +00:33:15
113	535 Stephen Bell	M	50-59	Team Dotty	01:24:32 +00:33:28
114	457 Jeff Heenan-Jalil	M	50-59		01:26:41 +00:35:37
115	537 Julie Mcdonnell	F	50-59	Chester Triathlon Club	01:26:45 +00:35:41
116	489 Stephanie George	F	30-39		01:29:07 +00:38:03
117	432 Sarah Mcdonnell	F	40-49	Total Transition Triathlon	01:30:37 +00:39:33
118	546 Sara Jones	F	40-49		01:30:39 +00:39:35
119	526 Katharine Burton	F	40-49	Chester Triathlon Club	01:31:44 +00:40:40
120	451 Stephen Lloyd	M	50-59		01:32:46 +00:41:42
121	448 Kate Benny	F	40-49		01:32:52 +00:41:48
122	484 Emma Scott	F	30-39		01:34:17 +00:43:13
123	527 John Clark	M	30-39		01:34:35 +00:43:31
124	447 Andrew FLETCHER	M	50-59	WARLEY WASPS TRIATHLON & RUNNING CLUB	01:34:44 +00:43:40
125	564 Seren Hathway	F	30-39		01:34:45 +00:43:41
126	464 Hannah Brake	F	20-29		01:35:25 +00:44:21
127	449 Gerald Cooper	M	50-59	Aberdeen University Triathlon Club	01:36:01 +00:44:57
128	452 Alice Bevan-Fisher	F	30-39		01:36:13 +00:45:09
129	463 Tony Williams	M	40-49	port talbot harriers	01:36:23 +00:45:19
130	515 Danny Burke	M	40-49		01:36:43 +00:45:39
131	514 Sarah Ellwood	F	40-49	Gog Triathlon	01:36:57 +00:45:53

132	445 Dinah HAZELDINE	F	50-59	Gog Triathlon	01:42:10 +00:51:06
133	508 Kerry Wykes	F	50-59	COVENTRY TRIATHLETES	01:42:19 +00:51:15
134	487 Matt Mckay	M	30-39		01:43:04 +00:52:00
135	442 Les Mouldsdale	M	50-59	Mere Runners	01:43:58 +00:52:54
136	488 Harriet Mccann	F	30-39		01:45:17 +00:54:13
137	441 Judith Mouldsdale	F	40-49	Mere Runners	01:45:55 +00:54:51
138	455 Chris Parker	M	50-59		01:47:54 +00:56:50
139	504 Peter Norman	M	80+ (Q)	Wreccsam Tri Club	01:50:14 +00:59:10
140	475 Ali Barber	F	50-59	Gog Triathlon	02:01:58 +01:10:54
141	431 Lewis Ash	M	30-39		02:04:29 +01:13:25
143	385	U			02:57:28 +02:06:24
-	402 John Collier	M	30-39	West coast Triathlon	00:00:00
-	486 Lauren Baker	F	20-29	Cardiff University Triathlon Club	00:00:00
-	444 Sian Williams	F	40-49	Pembrokeshire Triathlon CLub	00:00:00