

| Position | Athlete Name | Category                 | Club                   | Swim     | T1       | Cycle    | Finish Time | Time Difference |
|----------|--------------|--------------------------|------------------------|----------|----------|----------|-------------|-----------------|
| 1        | TEAM 16      | All Male - Open Age      | Cardiff University     | 00:17:46 | 00:55:35 | 00:58:26 | 02:19:19    |                 |
| 2        | TEAM 23      | Mixed - Open             | Gog Triathlon          | 00:24:23 | 00:55:38 | 00:53:52 | 02:22:34    | +00:03:15       |
| 3        | TEAM 22      | All Male - Open Age      | Cardiff University     | 00:20:10 | 00:56:55 | 00:55:43 | 02:22:41    | +00:03:22       |
| 4        | TEAM 7       | Open Category - Open Age | Cardiff Triathlon Club | 00:21:17 | 00:55:37 | 00:55:55 | 02:23:30    | +00:04:11       |
| 5        | TEAM 9       | Mixed - Open             | Cardiff Triathlon Club | 00:21:28 | 00:55:58 | 01:00:18 | 02:25:31    | +00:06:12       |
| 6        | TEAM 15      | Open Category - Open Age | Cardiff Triathlon Club | 00:19:08 | 01:00:56 | 00:56:36 | 02:25:39    | +00:06:20       |
| 7        | TEAM 19      | All Male - Open Age      | Wrecsam Tri Club       | 00:21:41 | 00:58:50 | 00:59:05 | 02:27:28    | +00:08:09       |
| 8        | TEAM 11      | Mixed - Open             | Cardiff Triathlon Club | 00:21:26 | 00:55:28 | 01:01:32 | 02:28:15    | +00:08:56       |
| 9        | TEAM 13      | Open Category - Open Age | Cardiff Triathlon Club | 00:19:17 | 00:57:43 | 01:02:49 | 02:31:48    | +00:12:29       |
| 10       | TEAM 24      | Mixed - Open             | Cardiff University     | 00:22:11 | 01:00:20 | 01:03:35 | 02:36:07    | +00:16:48       |
| 11       | TEAM 12      | Mixed - Open             | Cardiff Triathlon Club | 00:22:52 | 01:00:10 | 01:03:57 | 02:37:48    | +00:18:29       |
| 12       | TEAM 21      | All Female - Open Age    | Cardiff University     | 00:22:38 | 01:00:04 | 01:05:57 | 02:38:55    | +00:19:36       |
| 13       | TEAM 17      | Mixed 40+                | Wrecsam Tri Club       | 00:24:37 | 01:04:01 | 01:03:12 | 02:40:52    | +00:21:33       |
| 14       | TEAM 10      | Mixed - Open             | Cardiff Triathlon Club | 00:27:27 | 01:03:57 | 01:03:51 | 02:44:05    | +00:24:46       |
| 15       | TEAM 18      | Male 50+                 | Wrecsam Tri Club       | 00:25:35 | 01:05:38 | 01:02:23 | 02:44:32    | +00:25:13       |
| 16       | TEAM 5       | All Female - Open Age    | Gog Triathlon          | 00:23:42 | 01:04:40 | 01:07:30 | 02:46:30    | +00:27:11       |
| 17       | TEAM 4       | Mixed 40+                | Gog Triathlon          | 00:23:43 | 01:02:46 | 01:10:53 | 02:47:13    | +00:27:54       |
| 18       | TEAM 1       | All Ages                 | Gog Triathlon          | 00:25:44 | 01:04:33 | 01:06:57 | 02:49:30    | +00:30:11       |
| 19       | TEAM 14      | Open Category - Open Age | Cardiff Triathlon Club | 00:22:51 | 01:06:29 | 01:12:11 | 02:50:44    | +00:31:25       |
| 20       | TEAM 3       | Mixed - Open             | Gog Triathlon          | 00:25:43 | 01:06:59 | 01:10:29 | 02:56:21    | +00:37:02       |
| 21       | TEAM 2       | Mixed 40+                | Gog Triathlon          | 00:30:10 | 01:02:36 | 01:09:38 | 02:56:23    | +00:37:04       |
| 22       | TEAM 8       | Mixed 40+                | Cardiff Triathlon Club | 00:23:21 | 01:15:36 | 01:08:27 | 02:58:04    | +00:38:45       |
| 23       | TEAM 6       | Mixed - Open             | Gog Triathlon          | 00:23:12 | 01:20:06 | 01:15:59 | 03:11:26    | +00:52:07       |
| 24       | TEAM 20      | Mixed - Open             | Gog Triathlon          | 00:31:42 | 01:16:00 | 01:18:07 | 03:17:07    | +00:57:48       |