

Pos	Bib	FirstName	LastName	Club	Category	Gen	Swim + T1	Swim POS	Swim Cat Pos	Bike	Bike Pos	Bike Cat Pos	Run + T2	Run Pos	Run Cat Pos	Finish	Cat Pos	Welsh Champs	Welsh Champs Pos	BTF	DQ/ Comments
1	59	Rhys	Jones	Rhondda Tri	MS	M	19:35	4	4	1:13:44	4	2	42:44	3	3	2:16:01	1	Y	1	W123864	
2	85	Oliver	Simon	Pembrokeshire Tri	MS	M	19:03	1	1	1:13:15	2	1	43:49	7	5	2:16:06	2	Y	2	W134469	
3	95	Luke	Watson	Pembrokeshire Tri / Loughborough	MS	M	19:09	3	3	1:18:09	8	6	41:56	2	2	2:19:13	3	Y	3	W123628	
4	178	Newgale Surf Lifesaving Club		Newgale Surf Lifesaving Club	R	M	19:45	5	1	1:13:18	3	1	46:50	19	2	2:19:53	1				
5	92	Gareth	Thomas	Mile High AC	MS	M	24:48:00	17	10	1:15:15	6	4	41:49	1	1	2:21:51	4	Y		W135253	
6	77	Jonathan	Pryke	Pembrokeshire Tri	MS	M	19:05	2	2	1:16:30	7	5	47:25	22	16	2:22:59	5				
7	96	Samuel	Webster	Cardiff Triathletes	MS	M	23:13	12	7	1:18:14	9	7	43:28	6	4	2:24:55	6			W137766	
8	53	David	Hannaford		MS	M	25:51:00	28	14	1:13:51	5	3	45:48	12	9	2:25:29	7			E127596	
9	55	James	Hockin	Celtic Tri	MS	M	21:26	6	5	1:18:38	11	9	46:13	14	10	2:26:16	8	Y		W135377	
10	31	Michael	Bool	Cardiff Tri	MS	M	21:35	7	6	1:20:16	14	12	47:08	21	15	2:28:58	9	Y		W134331	
11	37	Matthew	Davies	Pencoed Tri	MS	M	24:15:00	14	8	1:21:43	18	15	44:43	9	7	2:30:40	10	Y		W1031771	
12	63	Patrick	Lees	Cardiff Triathletes	MS	M	25:18:00	24	13	1:18:17	10	8	47:30	23	17	2:31:04	11	Y		W132194	
13	126	Laurence	Miles	East Grinstead Tri	MV	M	26:01:00	33	8	1:22:23	22	3	43:00	5	2	2:31:23	1			E121640	
14	98	John	Williams	ETPA.com.au	MS	M	25:09:00	22	11	1:19:37	12	10	47:03	20	14	2:31:48	12	Y		W137680	
15	148	Alun	Wood		MV	M	25:00:00	20	4	1:24:55	35	9	42:57	4	1	2:32:51	2	Y	1	W131540	
16	129	Christopher	Morris		MV	M	22:57	10	1	1:23:01	26	5	48:02	24	4	2:33:59	3	Y	2	W136328	
17	89	Steve	Snape	Tri Preston	MS	M	29:05:00	78	29	1:19:45	13	11	45:23	11	8	2:34:12	13			E1031090	
18	158	Brian	Palmer	Celtic Tri	MSV	M	28:34:00	67	5	1:20:45	16	1	46:21	15	1	2:35:39	1	Y	1	W11076	
19	118	Christopher	Garbett	OOTri (Oswestry Olympians)	MV	M	26:53:00	41	10	1:20:55	17	1	48:21	25	5	2:36:08	4			E118236	
20	102	Andrew	Wright	Celtic Tri	MS	M	27:34:00	49	22	1:24:43	33	18	43:56	8	6	2:36:12	14				
21	120	Kevin	Hill	Pembrokeshire Tri	MV	M	24:55:00	18	2	1:21:59	21	2	49:49	35	10	2:36:42	5				
22	65	Robert	Lewis		MS	M	25:17:00	23	12	1:24:55	36	19	46:37	18	13	2:36:48	15				
23	41	Andrew	Edwards	Celtic Tri	MS	M	27:24:00	44	19	1:21:43	19	14	48:58	28	18	2:38:04	16				
24	128	Neil	Morgan	Pembrokeshire Velo	MV	M	28:03:00	56	14	1:26:10	44	12	46:02	13	3	2:40:15	6				
25	80	Conrad	Rees		MS	M	28:48:00	71	27	1:20:24	15	13	51:12	44	21	2:40:23	17	Y		W1031939	
26	52	Benjamin	Hall	Cardiff Ajax	MS	M	30:47:00	111	44	1:23:27	29	17	46:34	17	12	2:40:47	18				
27	109	James	Braun	Les Croupiers Triathlon Club	MV	M	25:00:00	21	5	1:24:45	34	8	51:20	45	16	2:41:04	7	Y	3	W134639	
28	143	Ian	Vickery		MV	M	26:35:00	37	9	1:24:01	31	7	51:06	42	15	2:41:42	8				
29	8	Ellie	Jones	Pembrokeshire Tri	FS	F	23:26	13	1	1:27:10	55	2	51:36	47	3	2:42:11	1	Y	1	W1030861	
30	64	Chris	Lewis	Celtic Tri	MS	M	26:23:00	34	16	1:22:58	25	16	53:07	58	26	2:42:27	19	Y		W137456	
31	47	Tom	Foster		MS	M	28:16:00	59	24	1:27:46	61	27	46:26	16	11	2:42:27	20				
32	173	Hair Bear Bunch			R	F	26:00:00	32	6	1:27:59	64	7	49:02	30	4	2:43:00	2				
33	134	Paul	Rees	3M Gorseinon Road Runners	MV	M	26:56:00	42	11	1:26:23	50	16	50:29	37	11	2:43:47	9	Y		W133852	
34	147	Leighton	Williams	Team Deviant	MV	M	28:02:00	55	13	1:26:17	47	14	49:35	33	8	2:43:53	10	Y		W1031029	
35	111	Adrian	Cox	Pembrokeshire Tri	MV	M	29:48:00	93	21	1:23:17	27	6	50:58	40	13	2:44:02	11				
36	106	Paul	Atkinson	Tuff Fitty Tri	MV	M	28:21:00	61	15	1:26:20	48	15	49:39	34	9	2:44:19	12				
37	182	The First Timers			R	M	22:43	9	3	1:31:46	85	10	50:06	36	5	2:44:34	3				
38	110	Richard	Collins	OOTri (Oswestry Olympians)	MV	M	29:28:00	83	18	1:22:29	23	4	52:39	51	17	2:44:35	13			E130439	
39	160	Steve	Pryke	Pembrokeshire Tri	MSV	M	26:42:00	39	1	1:25:20	38	3	52:58	56	2	2:44:59	2	Y		W2371	
40	105	Paul	Arnold	Celtic Tri	MV	M	25:47:00	27	6	1:25:34	41	10	54:49	79	24	2:46:10	14	Y	2	W123552	

Pos	Bib	FirstName	LastName	Club	Category	Gen	Swim + T1	Swim POS	Swim Cat Pos	Bike	Bike Pos	Bike Cat Pos	Run + T2	Run Pos	Run Cat Pos	Finish	Cat Pos	Welsh Champs	Welsh Champs Pos	BTF	DQ/ Comments
41	69	Stuart	Marsh	Oxford Tri	MS	M	24:34:00	15	9	1:28:35	67	28	53:09	59	27	2:46:18	21			E138198	
42	27	Alex	John	Pencoed Tri	MJ	M	23:09	11	1	1:22:47	24	1	1:01:01	112	4	2:46:56	1			W128578	
43	62	Conrad	Kemp		MS	M	31:00:00	115	47	1:25:19	37	20	50:39	38	19	2:46:57	22				
44	184	The Three Amigos			R	M	29:00:00	75	11	1:24:04	32	3	53:57	71	6	2:47:00	4				
45	71	Lee	McMeeking	Cardiff Triathletes	MS	M	28:14:00	58	23	1:26:16	46	23	52:49	53	25	2:47:19	23				
46	93	Ryan	Thomas	Pembrokeshire Tri	MS	M	30:01:00	98	39	1:26:21	49	24	51:08	43	20	2:47:28	24				
47	108	Sean	Bellerby		MV	M	30:05:00	99	23	1:26:49	53	18	50:59	41	14	2:47:53	15				
48	74	Lewis	Pilkington	Cardiff Tri	MS	M	29:08:00	79	30	1:25:31	40	21	53:43	68	30	2:48:21	25				
49	25	Bridget	Ripley	Padarn Tri	FSV	F	28:51:00	73	1	1:26:02	43	1	53:39	66	1	2:48:31	1	Y	1	W1031449	
50	167	Paul	Belcher	Atlantic College	MVV	M	27:58:00	53	2	1:29:20	73	1	51:25	46	1	2:48:43	1	Y	1	W2563	
51	133	Nicky	Rees		MV	M	29:30:00	84	19	1:25:59	42	11	53:34	64	20	2:49:02	16			E1031078	
52	51	David	Gunthorpe	Cardiff Tri	MS	M	26:45:00	40	18	1:25:31	39	22	57:20	92	39	2:49:35	26	Y		W120367	
53	149	Jason	Woodruff	Pembrokeshire Tri	MV	M	30:09:00	102	24	1:26:11	45	13	53:18	60	18	2:49:37	17				
54	33	Jonathan	Budge		MS	M	27:27:00	46	20	1:29:47	77	31	52:25	49	23	2:49:38	27			E133660	
55	1	Jayne	Arnold	Celtic Tri	FS	F	27:40:00	50	4	1:29:33	75	3	52:51	55	4	2:50:03	2	Y		W123551	
56	138	Jonathan	Tatton		MV	M	29:58:00	95	22	1:26:43	51	17	53:27	63	19	2:50:07	18	Y		W135498	
57	180	Team Cardi			R	M	22:39	8	2	1:28:11	65	8	59:35	106	10	2:50:25	5				
58	145	Alex	Williams	Port Talbot Harriers	MV	M	32:35:00	122	27	1:29:14	72	24	48:43	27	6	2:50:31	19				
59	142	Stephen	Tranah		MV	M	29:26:00	82	17	1:27:26	57	20	53:47	69	22	2:50:38	20				
60	82	Stephen	Rogers	A B Tri	MS	M	29:40:00	89	34	1:27:15	56	25	53:48	70	31	2:50:42	28				
61	112	Duncan	Crowdy		MV	M	24:57:00	19	3	1:30:43	82	25	55:06	83	25	2:50:45	21				
62	130	David	O'Neill		MV	M	33:28:00	129	30	1:28:36	68	23	49:14	32	7	2:51:17	22				
63	181	The 3 Must-get-beers!			R	M	28:20:00	60	8	1:27:55	63	6	55:07	84	7	2:51:21	6				
64	176	Tri KCC			R	F	28:31:00	65	10	1:34:36	97	11	48:24	26	3	2:51:30	7				
65	187	Haven Sports		Haven Sports	RC	X	28:50:00	72	3	1:21:52	20	1	1:01:19	113	4	2:52:01	1				
66	165	Aled	Williams	Celtic Tri	MSV	M	28:26:00	62	4	1:27:49	62	4	56:06	88	7	2:52:20	3	Y		W128506	
67	56	Wayne	Hoyland		MS	M	30:49:00	112	45	1:29:41	76	30	52:23	48	22	2:52:51	29				
68	39	Byron	Davies		MS	M	29:24:00	81	32	1:28:50	69	29	54:49	80	35	2:53:03	30				
69	94	Rob	Thomson	Pembrokeshire Tri	MS	M	30:27:00	108	42	1:30:20	79	33	52:25	50	24	2:53:11	31				
70	113	James	Davies	Celtic Tri	MV	M	27:45:00	51	12	1:26:49	52	19	59:01	102	31	2:53:34	23	Y		W124264	
71	19	Tonia	Forsyth		FV	F	28:00:00	54	2	1:33:46	91	2	52:50	54	1	2:54:35	1				
72	49	Mike	Griffiths	Team Deviant	MS	M	28:34:00	68	26	1:30:09	78	32	55:55	85	38	2:54:38	32	Y		W119432	
73	174	Pembs Don't Tri Nearly Hard Enough		Pembrokeshire Tri	R	F	26:30:00	35	7	1:29:07	71	9	59:19	104	9	2:54:54	8				
74	16	Janice	Coyle	Cardiff Triathletes	FV	F	28:32:00	66	3	1:28:57	70	1	57:52	94	3	2:55:20	2	Y	1	W1031667	
75	183	The Swan Inn		Swan Inn	RC	M	34:09:00	134	4	1:29:24	74	2	52:39	52	1	2:56:11	2				
76	99	Troy	Wilson		MS	M	29:45:00	91	35	1:27:27	58	26	59:11	103	44	2:56:22	33				
77	97	James	White		MS	M	29:59:00	96	37	1:31:49	86	35	54:39	77	34	2:56:26	34				
78	5	Elaine	Ferguson	Cardiff Triathletes	FS	F	25:51:00	29	2	1:31:20	84	4	59:29	105	6	2:56:39	3	Y	3	W130336	
79	34	Dan	Budge	Cardiff Tri	MS	M	25:59:00	31	15	1:35:42	105	42	55:04	82	37	2:56:45	35	Y		W130134	
80	7	Stephanie	James		FS	F	29:39:00	87	6	1:38:51	119	6	49:01	29	1	2:57:29	4			E130330	

Pos	Bib	FirstName	LastName	Club	Category	Gen	Swim + T1	Swim POS	Swim Cat Pos	Bike	Bike Pos	Bike Cat Pos	Run + T2	Run Pos	Run Cat Pos	Finish	Cat Pos	Welsh Champs	Welsh Champs Pos	BTF	DQ/ Comments
81	135	Sandles	Flipflops	3M Gorseinon Road Runners	R	X	29:32:00	86	13	1:27:33	59	5	1:00:45	109	12	2:57:50	9				
82	38	Daniel	Davies		MS	M	26:31:00	36	17	1:33:12	89	37	58:13	97	41	2:57:55	36				
83	78	Guisseppi	Quinn	Pembrokeshire Tri	MS	M	31:03:00	116	48	1:32:37	88	36	54:25	74	33	2:58:04	37				
84	131	David	Price		MV	M	25:57:00	30	7	1:37:49	115	30	54:20	73	23	2:58:05	24				
85	141	David	Thompson		MV	M	33:16:00	125	28	1:28:18	66	22	56:51	90	27	2:58:24	25				
86	11	Kat	Steed	Pembrokeshire Tri	FS	F	29:49:00	94	8	1:39:27	122	7	49:10	31	2	2:58:25	5				
87	75	Wouter	Poortinga	Les Croupiers Running Club	MS	M	27:31:00	48	21	1:37:39	114	49	53:19	61	28	2:58:28	38				
88	132	Richard	Pullin	Pembrokeshire Tri	MV	M	29:39:00	88	20	1:27:35	60	21	1:01:56	118	31	2:59:09	26				
89	162	Brian	Russell	Pembrokeshire Tri / Cardigan RC	MSV	M	34:27:00	135	12	1:30:23	81	5	54:33	75	4	2:59:22	4	Y		W1031031	
90	87	Adrian	Smith	Pembrokeshire Tri	MS	M	30:07:00	100	40	1:30:23	80	34	58:55	101	43	2:59:25	39				
91	151	Malcolm	Clash	Pembrokeshire Tri	MSV	M	32:23:00	121	9	1:32:25	87	6	54:41	78	6	2:59:28	5				
92	116	Nick	Elliott		MV	M	30:21:00	107	26	1:35:39	104	29	53:36	65	21	2:59:35	27				
93	172	Glyn	Williams	Celtic Tri	MVV	M	27:29:00	47	1	1:31:12	83	2	1:01:32	114	2	3:00:12	2	Y		W13834	
94	29	William	Allan		MS	M	28:29:00	64	25	1:33:49	93	39	58:30	98	42	3:00:47	40				
95	91	Thomas	Thatcher	TFN Tri Club	MS	M	30:00:00	97	38	1:36:59	113	48	54:07	72	32	3:01:05	41				E137410
96	127	David	Moore	Pembrokeshire Tri	MV	M	36:16:00	146	35	1:35:01	100	28	50:45	39	12	3:02:01	28	Y		W130890	
97	189	Mix Match			R	X	28:27:00	63	9	1:27:07	54	4	1:06:43	139	14	3:02:17	10				
98	12	Kylie	Wilson		FS	F	40:06:00	159	12	1:11:23	1	1	1:11:23	152	12	3:02:51	6				
99	157	Mervyn	Palmer	Pembrokeshire Tri	MSV	M	32:57:00	123	10	1:35:27	102	10	54:37	76	5	3:03:00	6				
100	156	Ken	Milligan	Celtic Tri	MSV	M	27:53:00	52	2	1:33:46	90	7	1:01:48	117	9	3:03:25	7	Y		W11648	
101	164	Kevin	Wheeler		MSV	M	28:08:00	57	3	1:38:53	120	12	57:11	91	8	3:04:10	8				
102	36	Thomas	Colley		MS	M	33:23:00	127	52	1:36:56	111	46	54:50	81	36	3:05:08	42				
103	45	Peter	Figg		MS	M	38:10:00	153	58	1:33:48	92	38	53:20	62	29	3:05:17	43				
104	54	David	Heyes		MS	M	31:21:00	117	49	1:36:21	108	44	57:57	95	40	3:05:38	44				
105	146	Alec	Williams	Ingli Runners	MV	M	34:27:00	136	33	1:34:23	96	26	57:45	93	28	3:06:34	29				
106	9	Elizabeth	Kershaw	Last Minute	R	X	29:01:00	76	12	1:23:43	30	2	1:14:36	159	16	3:07:19	11				
107	88	Robert	Smith		MS	M	29:47:00	92	36	1:36:57	112	47	1:00:43	108	45	3:07:25	45				
108	193	Tri-ing to Exercise		TriExercise Ltd	RC	X	24:34:00	16	1	1:41:23	130	3	1:01:32	115	5	3:07:28	3				
109	23	Caroline	Sandles	3M Gorseinon Road Runners	FV	F	31:35:00	118	6	1:40:21	126	3	55:59	87	2	3:07:54	3				
110	42	Matthew	Evans		MS	M	29:10:00	80	31	1:34:03	94	40	1:05:09	131	51	3:08:22	46				
111	185	Tipi Valley			R	M	37:07:00	149	16	1:46:46	146	14	45:00	10	1	3:08:52	12				
112	43	Matthew	Evans		MS	M	29:30:00	85	33	1:36:12	106	43	1:03:28	125	48	3:09:10	47				
113	179	Splash, Crash & Dash			R	M	25:27:00	26	5	1:44:06	138	13	1:00:08	107	11	3:09:41	13				
114	159	Nigel	Pitt	Celtic Tri	MSV	M	37:03:00	148	14	1:23:25	28	2	1:09:32	148	13	3:09:59	9	Y		W9237	
115	188	Jenk's Gems			R	X	25:22:00	25	4	1:35:31	103	12	1:09:19	147	15	3:10:11	14				
116	114	Richard	Davies	NEWT	MV	M	33:26:00	128	29	1:39:16	121	32	58:39	99	29	3:11:20	30	Y		W12807	
117	72	Ian	Merrick		MS	M	33:07:00	124	51	1:34:38	98	41	1:04:00	128	49	3:11:44	48				
118	4	Karine	Davies	Pembrokeshire Tri	FS	F	30:29:00	109	9	1:43:51	137	10	58:03	96	5	3:12:23	7				
119	30	Lee	Barnes		MS	M	31:48:00	120	50	1:39:53	123	51	1:01:40	116	46	3:13:20	49				
120	194	Withybush Hospital Tri Team		Hywel Dda Health Board	RC	X	27:24:00	45	2	1:45:23	142	5	1:00:50	111	3	3:13:36	4				

Pos	Bib	FirstName	LastName	Club	Category	Gen	Swim + T1	Swim POS	Swim Cat Pos	Bike	Bike Pos	Bike Cat Pos	Run + T2	Run Pos	Run Cat Pos	Finish	Cat Pos	Welsh Champs	Welsh Champs Pos	BTF	DQ/ Comments
121	137	Michael	Smith		MV	M	33:30:00	130	31	1:34:49	99	27	1:05:19	134	34	3:13:38	31				
122	190	The Harcourt Flyers		Harcourt Litho Ltd	RC	X	38:46:00	155	6	1:42:00	133	4	52:58	57	2	3:13:43	5				
123	13	Zoe	Woodruff	Pembrokeshire Tri	FS	F	28:43:00	70	5	1:38:19	117	5	1:07:13	141	10	3:14:14	8				
124	2	Rhian	Bruce	Pembrokeshire Tri	FS	F	33:50:00	131	10	1:40:05	125	8	1:00:50	110	7	3:14:45	9			W1032071	
125	153	Graeme	Davies		MSV	M	35:54:00	142	13	1:35:15	101	9	1:03:54	127	10	3:15:02	10				
126	21	Rebecca	Hill	Pembrokeshire Tri	FV	F	30:07:00	101	4	1:42:39	135	4	1:02:54	123	5	3:15:38	4				
127	3	Catrin	Daniels		FS	F	29:44:00	90	7	1:42:39	134	9	1:03:44	126	8	3:16:06	10	Y		W129700	
128	166	Paul	Winteringham	Bad Tri	MSV	M	30:15:00	105	7	1:41:48	131	13	1:04:20	130	11	3:16:22	11			E121081	
129	61	Richard	Jones	Gorseinon Road Runners	MS	M	30:34:00	110	43	1:44:17	139	56	1:02:41	121	47	3:17:32	50				
130	83	Nicholas	Scott		MS	M	36:14:00	144	55	1:36:42	110	45	1:05:13	133	52	3:18:08	51				
131	152	Robert	Davies		MSV	M	34:08:00	133	11	1:36:33	109	11	1:09:16	146	12	3:19:56	12				
132	140	Craig	Thomas		MV	M	30:15:00	106	25	1:43:08	136	33	1:06:37	138	35	3:19:59	32				
133	81	Barry	Richards	Velo Teifi Cycling Club	MS	M	30:53:00	113	46	1:41:22	129	54	1:08:50	144	56	3:21:03	52				
134	119	Richard	Harris	Celtic Tri	MV	M	35:37:00	139	34	1:44:38	141	35	1:02:31	120	32	3:22:45	33	Y		W131062	
135	18	Lisa	Evans		FV	F	27:20:00	43	1	1:47:12	147	5	1:08:17	142	7	3:22:49	5	Y	2	W138503	
136	60	Mike	Jones	Cardiff Triathletes	MS	M	30:12:00	104	41	1:40:52	127	53	1:11:54	153	60	3:22:57	53				
137	50	Darren	Grounds	Team Deviant	MS	M	29:04:00	77	28	1:48:46	148	58	1:06:01	137	55	3:23:50	54				
138	192	The Struggling Artists			R	X	38:04:00	152	17	1:50:49	156	16	55:57	86	8	3:24:49	15				
139	125	Simon	Lindsey		MV	M	43:53:00	161	39	1:38:46	118	31	1:02:54	122	33	3:25:33	34				
140	139	Mike	Taylor		MV	M	38:28:00	154	37	1:50:44	154	38	56:45	89	26	3:25:56	35				
141	191	The Mad Meadowcrofters!			R	X	33:19:00	126	15	1:51:07	158	17	1:02:18	119	13	3:26:43	16				
142	14	Lynn	Bulbeck		FV	F	30:09:00	103	5	1:54:04	160	6	1:03:06	124	6	3:27:18	6				
143	10	Natalie	Mohr		FS	F	26:40:00	38	3	1:55:59	162	12	1:05:11	132	9	3:27:50	11				
144	117	James	Faulkner	PwC Tri Club	MV	M	28:57:00	74	16	1:44:24	140	34	1:14:34	158	37	3:27:54	36				
145	144	Dewi	West	3M Gorseinon Road Runners	MV	M	40:04:00	158	38	1:49:24	151	37	58:43	100	30	3:28:10	37				
146	107	Robert	Bailey	Pencoed Tri	MV	M	33:51:00	132	32	1:46:23	144	36	1:08:22	143	36	3:28:35	38	Y		W133242	
147	79	Rabab	Rabab	Bad Tri	MS	M	36:15:00	145	56	1:48:48	149	59	1:04:05	129	50	3:29:07	55			E1032500	
148	26	Christina	Smith	Celtic Tri	FSV	F	35:34:00	138	2	1:41:01	128	2	1:13:26	154	2	3:30:01	2	Y		W1030956	
149	90	Mark	Tambini		MS	M	35:09:00	137	53	1:49:38	152	60	1:05:21	135	53	3:30:06	56				
150	84	Nigel	Shires		MS	M	39:55:00	157	60	1:39:58	124	52	1:10:44	150	58	3:30:37	57				
151	40	Jon	Davies	HCD Group	MS	M	43:03:00	160	61	1:41:50	132	55	1:05:55	136	54	3:30:46	58				
152	154	Gareth	Jones		MSV	M	28:38:00	69	6	1:49:46	153	14	1:14:21	157	14	3:32:43	13	Y		W135446	
153	6	Becky	Hudson	Team Deviant	FS	F	36:38:00	147	11	1:46:29	145	11	1:10:38	149	11	3:33:45	12				
154	169	Andrew	Grey		MVV	M	30:56:00	114	3	1:57:08	163	4	1:07:00	140	3	3:35:04	3				
155	170	Mike	Hayes	Sheffield Tri Club	MVV	M	35:49:00	141	4	1:36:20	107	3	1:23:17	162	4	3:35:25	4				
156	103	Andrew	Young		MS	M	36:03:00	143	54	1:50:51	157	62	1:09:03	145	57	3:35:57	60				
157	186	All Sorts!			R	X	31:36:00	119	14	1:49:20	150	15	1:15:58	161	17	3:36:54	17				
158	57	Paul	Hunt		MS	M	38:02:00	151	57	1:46:12	143	57	1:15:23	160	61	3:39:36	61				
159	175	Swan Birds		Swan Inn	RC	F	35:39:00	140	5	2:05:26	164	6	1:14:06	155	6	3:55:10	6				
160	123	Ceri	Jones	Pembrokeshire Tri	MV	M	37:36:00	150	36	1:52:50	159	39	1:28:03	163	38	3:58:28	39				

Pos	Bib	FirstName	LastName	Club	Category	Gen	Swim + T1	Swim POS	Swim Cat Pos	Bike	Bike Pos	Bike Cat Pos	Run + T2	Run Pos	Run Cat Pos	Finish	Cat Pos	Welsh Champs	Welsh Champs Pos	BTF	DQ/ Comments
161	66	Graham	Long		MS	M	39:43:00	156	59	1:50:45	155	61	1:28:12	164	62	3:58:40	62				
162	24	Joy	Williams	Matlock Cycling Club	FV	F	54:42:00	163	7	1:55:45	161	7	1:14:07	156	8	4:04:33	7				
163	177	Down to Earth	Diggers	Down to Earth Diggers	R	M	44:47:00	162	18	2:37:37	165	18	1:30:10	165	18	4:52:32	18				
	155	Huw	Lewis	Pembrokeshire Tri	MSV	M	32:11:00	164	8	1:34:10	95	8	53:41	67	3	3:00:00					DQ - incomplete bike
	48	Marcus	Foster	Elsie Building	MS	M	45:19:00	165	62	1:38:11	116	50	1:11:11	151	59	3:34:40					DQ - nudity in transition
	168	David	Brearly	Redditch Tri Club	MVV	M															DNS
	171	Michael	Sandford	1485	MVV	M															DNS
	104	Martin	Allen		MV	M															DNS
	115	Roger	Denton	Pembrokeshire Tri	MV	M													E135897		DNS
	121	Grant	Howells	Multisport RC	MV	M															DNS
	122	Richard	Jones	thetrilife.com	MV	M												Y	W4166		DNS
	124	Simon	Kiln		MV	M															DNS
	136	Chris	Smith		MV	M															DNS
	150	Phil	Burke	A2TRI	MSV	M															DNS
	161	Mike	Rimmer	Celtic Tri	MSV	M												Y	W14179		DNS
	163	Stephen	Valentine		MSV	M													E138376		DNS
	28	Steve	Aicheler	Castle Bikes	MS	M															DNS
	32	Huw	Brassington	Cerist Tri	MS	M															DNS
	35	Alistair	Carley-Smith		MS	M															DNS
	44	Alan	Evans		MS	M															DNS
	46	Steffan	Ford	Team Trisports	MS	M												Y	W133198		DNS
	58	Angus	Jackson	Cambridge Tri	MS	M															DNS
	67	Alex	Lord		MS	M															DNS
	68	Patrick	Lord		MS	M															DNS
	70	Michael	McDonough	London Fronrunners	MS	M															DNS
	73	James	Motley		MS	M													E136097		DNS
	76	Mathew	Pritchard	Pembrokeshire Tri	MS	M															DNS
	86	Tommy	Smith		MS	M															DNS
	100	Stuart	Winter		MS	M															DNS
	101	Jonathan	Wright		MS	M															DNS
	15	Melanie	Colburn	Celtic Tri	FV	F												Y	W131518		DNS
	17	Karin	Denton		FV	F															DNS
	20	Andrea	Griffiths		FV	F												Y	W1031004		DNS
	22	Julia	Sandford	1485	FV	F															DNS