

Overall	Bib	FirstName	LastName	Club	Cat	Cat Pos	Gen	Gen Pos	Swim+T1	Pos	Bike	Pos	Run+T2	Pos	Finish	Comments & penalties
1	232	Oliver	Simon	Pembrokeshire Tri	MO	1	M	1	24:09	1	1:14:19	2	42:45	2	2:21:11	
2	249	Richard	Wilder	Les Croupiers Triathletes	MO	2	M	2	29:12	7	1:13:13	1	45:59	9	2:28:23	
3	221	Jonathan	Pryke	Spiuk	MO	3	M	3	24:42	3	1:19:24	8	46:38	11	2:30:44	
4=	289	Newgale Surf Lifesaving Club	Newgale Surf Lifesaving Club	RELAY	1	MX	2	29:11	6	1:15:55	4	46:15	10	2:31:20		
4=	290	Newgale Surf Lifesaving Club A	Newgale Surf Lifesaving Club	RELAY	1	M	1	24:21	2	1:18:41	6	48:20	17	2:31:20		
6	245	Ian	Tivey	Cambridge Tri	MO	4	M	4	34:39	42	1:15:40	3	43:48	3	2:34:06	
7	200	Brian	Palmer	Celtic Tri	MSV	1	M	5	34:38	41	1:19:19	7	45:25	5	2:39:20	
8	159	David	Hannaford	Ironhead Racing	MO	5	M	6	33:18	22	1:18:19	5	48:55	20	2:40:32	
9	192	Christopher	Morris	Llanelli Tri	MV	1	M	7	29:18	8	1:23:22	23	49:00	21	2:41:39	
10	161	Kevin	Hill	Pembrokeshire Tri	MV	2	M	8	31:40	14	1:22:23	17	49:57	27	2:43:58	
11	253	Mervyn	Williams		MV	3	M	9	30:14	10	1:23:17	22	50:31	32	2:44:01	
12	150	Paul	Evans	Wrecsam tri	MO	6	M	10	36:26	68	1:20:07	10	47:29	13	2:44:02	
13	144	Roger	Denton	Thornbury Running Club	MV	4	M	11	36:57	75	1:21:29	13	45:44	7	2:44:08	
14	204	Scott	Patrick		MO	7	M	12	34:31	39	1:19:24	9	50:20	30	2:44:14	
15	252	John	Williams	Tritalk.co.uk	MO	8	M	13	32:39	19	1:23:01	19	49:33	24	2:45:11	
16	152	Steffan	Ford	FVS Tri	MO	9	M	14	32:32	18	1:21:55	15	50:57	34	2:45:23	
17	225	Conrad	Rees		MO	10	M	15	35:01	50	1:20:24	11	50:00	28	2:45:24	
18	141	Dafydd	Davies	Cerist Tri	MO	11	M	16	29:08	5	1:27:02	35	49:29	23	2:45:38	
19	235	Steve	Snape	Tri Preston	MO	12	M	17	38:59	87	1:21:08	12	45:48	8	2:45:53	
20	162	James	Hockin	Celtic Tri	MO	13	M	18	27:32	4	1:34:23	80	44:54	4	2:46:48	
21	188	Lee	McMeeking		MO	14	M	19	34:31	40	1:22:02	16	50:23	31	2:46:56	
22	231	Ian	Simmonds		MO	15	M	20	31:14	11	1:28:08	41	47:53	15	2:47:14	
23	260	Alun	Wood		MV	5	M	21	31:49	17	1:30:12	55	45:29	6	2:47:29	
24	216	Jonathon	Price		MO	16	M	22	34:27	37	1:25:05	27	48:43	19	2:48:15	
25	185	James	Manson	Cardiff Tri	MO	17	M	23	33:31	24	1:23:50	24	51:50	39	2:49:10	
26	218	Steve	Pryke	Pembrokeshire Tri	MSV	2	M	24	32:55	21	1:27:01	34	51:16	36	2:51:11	
27	130	James	Braun		MV	6	M	25	31:46	16	1:26:01	29	53:49	54	2:51:35	
28	165	Paul	Hughes	Pembrokeshire Tri	MV	7	M	26	36:31	71	1:24:53	26	50:13	29	2:51:36	
29	255	Leighton	Williams	Team Deviant	MV	8	M	27	33:32	25	1:26:31	32	51:34	37	2:51:36	
30	211	Brian	Phillips	Newport & East Wales Tri	MV	9	M	28	29:45	9	1:28:21	43	54:19	56	2:52:24	
31	179	Dylan	Lewis	Cerist Tri	MO	18	M	29	35:18	54	1:24:46	25	52:42	44	2:52:46	
32	229	Michael	Sandford	1485	MVV	1	M	30	34:06	29	1:29:23	49	49:49	26	2:53:16	
33	261	Ray	Wood		MV	10	M	31	32:41	20	1:27:34	38	53:09	49	2:53:23	
34	125	Sean	Bellerby		MV	11	M	32	34:18	34	1:26:21	31	53:05	48	2:53:44	
35	287	Fishguard Leisure Centre	Pembrokeshire County Council	RELAY	1	MX	3	31:45	15	1:32:56	73	49:26	22	2:54:06		
36	109	Kirsty	Murray	TROT's	FO	1	F	1	33:52	28	1:29:20	48	52:12	41	2:55:23	
37	120	Paul	Atkinson	Tuff Fitty Tri Club	MV	12	M	33	34:43	44	1:28:25	44	52:27	43	2:55:33	
38	163	Andy	Holliday		MO	19	M	34	34:14	33	1:26:15	30	55:22	58	2:55:51	
39	298	Tonandkate		RELAY	1	F	4	33:44	27	1:31:12	60	52:24	42	2:57:19		
40	286	14 Signal Regiment	14 Signal Regiment	RELAY	1	M	5	41:53	109	1:27:23	36	48:21	18	2:57:37		
41	299	Williams Brothers of TROT's	TROT's	RELAY	2	M	6	44:49	120	1:35:34	88	37:16	1	2:57:38		
42	194	Kevin	Mulligan		MV	13	M	35	39:23	91	1:23:08	21	55:22	59	2:57:51	
43	288	J-N-T Team B		RELAY	3	M	7	34:11	32	1:30:44	58	53:35	53	2:58:29		
44	292	Team KAC		RELAY	2	MX	8	39:11	89	1:33:09	75	46:39	12	2:58:58		
45	291	Team Extreme	The Royal School	RELAY	1	F	9	43:27	119	1:28:03	40	47:40	14	2:59:10		
46	103	Fiona	Evans		FO	2	F	2	36:00	62	1:27:26	37	55:54	61	2:59:19	
47	215	David	Price		MV	14	M	36	31:23	12	1:35:30	86	52:47	46	2:59:38	

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48	244	Robert	Thomson		MO	20	M	37							3:00:09	Lost Chip
49	230	Robert	Sandles	3M Gorseinon Road Runners	MV	15	M	38	38:03	83	1:30:08	54	52:04	40	3:00:14	
50	234	Grahame	Smout		MV	16	M	39	41:28	105	1:29:05	45	49:44	25	3:00:16	
51	131	Dave	Brian		MO	21	M	40	36:53	74	1:29:14	47	54:24	57	3:00:30	
52	196	Phil	Norton		MV	17	M	41	34:21	35	1:28:13	42	58:13	76	3:00:46	
53	164	Guy	Housley	Glais Grunts	MO	22	M	42	34:09	31	1:33:29	76	53:32	52	3:01:09	
54	254	Aled	Williams	Celtic Tri	MV	18	M	43	35:16	53	1:29:09	46	57:09	68	3:01:33	
55	142	Alex	Dempster	Pembrokeshire Tri	MO	23	M	44	34:28	38	1:25:45	28	1:01:38	96	3:01:50	
56	158	Johnnie	Griffiths		MV	19	M	45	36:11	64	1:23:06	20	1:02:57	100	3:02:13	
57	154	Tom	Foster		MO	24	M	46	37:03	76	1:34:49	82	51:02	35	3:02:53	
58	104	Stephanie	James		FO	3	F	3							3:03:48	Lost Chip
59	228	Vito	Rubino	BAD Tri	MO	26	M	48	35:11	52	1:31:51	66	56:55	65	3:03:56	
60	136	Adrian	Cox		MV	20	M	49	40:22	97	1:30:16	56	53:23	51	3:04:00	
61	108	Tanya	Morris		FO	4	F	4	34:56	48	1:29:32	51	1:00:40	92	3:05:06	
62	241	Dan	Thomas		MO	27	M	50	35:18	55	1:37:16	98	53:02	47	3:05:36	
63	175	Simon	Kiln		MV	21	M	51	41:33	106	1:27:39	39	56:36	63	3:05:47	
64	203	Mervyn	Palmer		MV	22	M	52	40:11	96	1:31:36	65	54:08	55	3:05:54	
65	157	Mike	Griffiths	Team Deviant	MO	28	M	53	35:55	60	1:29:48	53	1:00:27	88	3:06:09	
66	190	Ken	Milligan	Pencoed Tri	MSV	3	M	54	34:43	45	1:31:21	62	1:00:33	89	3:06:35	
67	243	David	Thompson		MV	23	M	55	41:20	103	1:29:23	50	56:31	62	3:07:14	
68	132	Michael	Brown		MO	29	M	56	37:20	78	1:34:22	79	55:53	60	3:07:34	
69	300	Withybush Hospital Tri Team		Hywel Dda NHS Trust	RELAY	2	F	10	35:07	51	1:33:46	78	59:01	82	3:07:54	
70	146	Nick	Elliott		MV	24	M	57	39:15	90	1:31:58	67	57:11	69	3:08:23	
71	248	Kevin	Wheeler		MV	25	M	58	34:54	47	1:35:23	85	58:06	75	3:08:23	
72	133	Phil	Burke	A2TRI	MV	26	M	59	39:43	93	1:30:21	57	58:31	78	3:08:34	
73	135	Dan	Close	Millfield	MV	27	M	60	36:42	73	1:41:49	114	50:33	33	3:09:03	
74	251	Glyn	Williams	Celtic Tri	MVV	2	M	61	35:00	49	1:33:29	77	1:00:45	94	3:09:13	
75	250	Alex	Williams	Team Pie	MV	28	M	62	44:59	121	1:31:34	64	52:45	45	3:09:16	
76	212	Nigel	Pitt	Celtic Tri	MSV	4	M	63	43:13	117	1:22:57	18	1:03:59	105	3:10:09	
77	138	James	Davies	Celtic Tri	MV	29	M	64	34:08	30	1:31:13	61	1:05:49	109	3:11:09	
78	114	Karen	Thomson	Pembrokeshire Tri	FO	5	F	5	36:03	63	1:36:50	96	1:01:07	95	3:13:58	
79	258	Paul	Winteringham	BAD Tri	MSV	5	M	65	39:04	88	1:35:32	87	59:52	87	3:14:27	
80	137	Graeme	Davies		MSV	6	M	66	45:04	122	1:31:26	63	57:59	74	3:14:28	
81	122	Keith	Avenell	South Wales Police	MSV	7	M	67	36:28	69	1:35:20	84	1:03:35	102	3:15:22	
82	173	Arwyn	Jones		MSV	8	M	68	38:57	86	1:32:57	74	1:03:57	104	3:15:50	
83	167	Hugh	James		MSV	9	M	69	34:24	36	1:34:36	81	1:07:16	113	3:16:15	
84	296	The Weakest Links			RELAY	3	MX	12	31:26	13	1:31:10	59	1:13:45	125	3:16:20	
85	160	Richard	Harris	Celtic Tri	MV	30	M	70	42:54	115	1:35:55	93	57:55	72	3:16:44	
86	139	Ben	Davies	Cardigan Bay Watersports	MO	30	M	71	35:48	57	1:38:01	99	1:03:19	101	3:17:07	
87	155	Steven	Fouracre	Pembrokeshire Tri	MSV	10	M	72	37:26	79	1:35:48	91	1:04:08	106	3:17:21	
88	182	Huw	Lewis	Pembrokeshire Tri	MSV	11	M	73	40:39	99	1:39:42	106	57:01	66	3:17:21	
89	147	Alan	Evans		MO	31	M	74	46:40	124	1:32:29	68	58:53	80	3:18:02	
90	113	Hannah	Thomas		FO	6	F	6	36:41	72	1:41:06	110	1:00:33	90	3:18:19	
91	174	Mark	Jones	Pembrokeshire Tri	MO	32	M	75	38:30	84	1:26:31	33	1:13:24	123	3:18:24	
92	256	Ben	Williams		MO	33	M	76	35:22	56	1:32:53	71	1:10:46	119	3:19:00	
93	105	Mary	James	Met Police	FV	1	F	7	40:40	100	1:41:41	113	57:26	70	3:19:46	
94	111	Julia	Sandford	1485	FV	2	F	8	33:32	26	1:41:03	109	1:05:22	108	3:19:56	

