

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

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35	111	Adrian	Cox	Pembrokeshire Tri	MV	M	29:48:00	1:23:17	50:58	2:44:02	11			
36	106	Paul	Atkinson	Tuff Fitty Tri	MV	M	28:21:00	1:26:20	49:39	2:44:19	12			
37	182	The First Timers			R	M	22:43	1:31:46	50:06	2:44:34	3			
38	110	Richard	Collins	OOTri (Oswestry Olympians)	MV	M	29:28:00	1:22:29	52:39	2:44:35	13		E130439	
39	160	Steve	Pryke	Pembrokeshire Tri	MSV	M	26:42:00	1:25:20	52:58	2:44:59	2	Y	W2371	
40	105	Paul	Arnold	Celtic Tri	MV	M	25:47:00	1:25:34	54:49	2:46:10	14	Y	W123552	
41	69	Stuart	Marsh	Oxford Tri	MS	M	24:34:00	1:28:35	53:09	2:46:18	21		E138198	
42	27	Alex	John	Pencoed Tri	MJ	M	23:09	1:22:47	1:01:01	2:46:56	1		W128578	
43	62	Conrad	Kemp		MS	M	31:00:00	1:25:19	50:39	2:46:57	22			
44	184	The Three Amigos			R	M	29:00:00	1:24:04	53:57	2:47:00	4			
45	71	Lee	McMeeking	Cardiff Triathletes	MS	M	28:14:00	1:26:16	52:49	2:47:19	23			
46	93	Ryan	Thomas	Pembrokeshire Tri	MS	M	30:01:00	1:26:21	51:08	2:47:28	24			
47	108	Sean	Bellerby		MV	M	30:05:00	1:26:49	50:59	2:47:53	15			
48	74	Lewis	Pilkington	Cardiff Tri	MS	M	29:08:00	1:25:31	53:43	2:48:21	25			
49	25	Bridget	Ripley	Padarn Tri	FSV	F	28:51:00	1:26:02	53:39	2:48:31	1	Y	W1031449	
50	167	Paul	Belcher	Atlantic College	MVV	M	27:58:00	1:29:20	51:25	2:48:43	1	Y	W2563	
51	133	Nicky	Rees		MV	M	29:30:00	1:25:59	53:34	2:49:02	16		E1031078	
52	51	David	Gunthorpe	Cardiff Tri	MS	M	26:45:00	1:25:31	57:20	2:49:35	26	Y	W120367	
53	149	Jason	Woodruff	Pembrokeshire Tri	MV	M	30:09:00	1:26:11	53:18	2:49:37	17			
54	33	Jonathan	Budge		MS	M	27:27:00	1:29:47	52:25	2:49:38	27		E133660	
55	1	Jayne	Arnold	Celtic Tri	FS	F	27:40:00	1:29:33	52:51	2:50:03	2	Y	W123551	
56	138	Jonathan	Tatton		MV	M	29:58:00	1:26:43	53:27	2:50:07	18	Y	W135498	
57	180	Team Cardi			R	M	22:39	1:28:11	59:35	2:50:25	5			
58	145	Alex	Williams	Port Talbot Harriers	MV	M	32:35:00	1:29:14	48:43	2:50:31	19			
59	142	Stephen	Tranah		MV	M	29:26:00	1:27:26	53:47	2:50:38	20			
60	82	Stephen	Rogers	A B Tri	MS	M	29:40:00	1:27:15	53:48	2:50:42	28			
61	112	Duncan	Crowdy		MV	M	24:57:00	1:30:43	55:06	2:50:45	21			
62	130	David	O'Neill		MV	M	33:28:00	1:28:36	49:14	2:51:17	22			
63	181	The 3 Must-get-beers!			R	M	28:20:00	1:27:55	55:07	2:51:21	6			
64	176	Tri KCC			R	F	28:31:00	1:34:36	48:24	2:51:30	7			
65	187	Haven Sports		Haven Sports	RC	X	28:50:00	1:21:52	1:01:19	2:52:01	1			
66	165	Aled	Williams	Celtic Tri	MSV	M	28:26:00	1:27:49	56:06	2:52:20	3	Y	W128506	
67	56	Wayne	Hoyland		MS	M	30:49:00	1:29:41	52:23	2:52:51	29			
68	39	Byron	Davies		MS	M	29:24:00	1:28:50	54:49	2:53:03	30			

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69	94	Rob	Thomson	Pembrokeshire Tri	MS	M	30:27:00	1:30:20	52:25	2:53:11	31			
70	113	James	Davies	Celtic Tri	MV	M	27:45:00	1:26:49	59:01	2:53:34	23	Y	W124264	
71	19	Tonia	Forsyth		FV	F	28:00:00	1:33:46	52:50	2:54:35	1			
72	49	Mike	Griffiths	Team Deviant	MS	M	28:34:00	1:30:09	55:55	2:54:38	32	Y	W119432	
73	174	Pembs Don't Tri	Nearly Hard Enough	Pembrokeshire Tri	R	F	26:30:00	1:29:07	59:19	2:54:54	8			
74	16	Janice	Coyle	Cardiff Triathletes	FV	F	28:32:00	1:28:57	57:52	2:55:20	2	Y	W1031667	
75	183	The Swan Inn		Swan Inn	RC	M	34:09:00	1:29:24	52:39	2:56:11	2			
76	99	Troy	Wilson		MS	M	29:45:00	1:27:27	59:11	2:56:22	33			
77	97	James	White		MS	M	29:59:00	1:31:49	54:39	2:56:26	34			
78	5	Elaine	Ferguson	Cardiff Triathletes	FS	F	25:51:00	1:31:20	59:29	2:56:39	3	Y	W130336	
79	34	Dan	Budge	Cardiff Tri	MS	M	25:59:00	1:35:42	55:04	2:56:45	35	Y	W130134	
80	7	Stephanie	James		FS	F	29:39:00	1:38:51	49:01	2:57:29	4		E130330	
81	135	Sandles Flipflops		3M Gorseinon Road Runners	R	X	29:32:00	1:27:33	1:00:45	2:57:50	9			
82	38	Daniel	Davies		MS	M	26:31:00	1:33:12	58:13	2:57:55	36			
83	78	Guiseppe	Quinn	Pembrokeshire Tri	MS	M	31:03:00	1:32:37	54:25	2:58:04	37			
84	131	David	Price		MV	M	25:57:00	1:37:49	54:20	2:58:05	24			
85	141	David	Thompson		MV	M	33:16:00	1:28:18	56:51	2:58:24	25			
86	11	Kat	Steed		FS	F	29:49:00	1:39:27	49:10	2:58:25	5			
87	75	Wouter	Poortinga	Les Croupiers Running Club	MS	M	27:31:00	1:37:39	53:19	2:58:28	38			
88	132	Richard	Pullin	Pembrokeshire Tri	MV	M	29:39:00	1:27:35	1:01:56	2:59:09	26			
89	162	Brian	Russell		MSV	M	34:27:00	1:30:23	54:33	2:59:22	4	Y	W1031031	
90	87	Adrian	Smith	Pembrokeshire Tri	MS	M	30:07:00	1:30:23	58:55	2:59:25	39			
91	151	Malcolm	Clash	Pembrokeshire Tri	MSV	M	32:23:00	1:32:25	54:41	2:59:28	5			
92	116	Nick	Elliott		MV	M	30:21:00	1:35:39	53:36	2:59:35	27			
93	172	Glyn	Williams	Celtic Tri	MVV	M	27:29:00	1:31:12	1:01:32	3:00:12	2	Y	W13834	
94	29	William	Allan		MS	M	28:29:00	1:33:49	58:30	3:00:47	40			
95	91	Thomas	Thatcher	TFN Tri Club	MS	M	30:00:00	1:36:59	54:07	3:01:05	41		E137410	
96	127	David	Moore	Pembrokeshire Tri	MV	M	36:16:00	1:35:01	50:45	3:02:01	28	Y	W130890	
97	189	Mix Match			R	X	28:27:00	1:27:07	1:06:43	3:02:17	10			
98	12	Kylie	Wilson		FS	F	40:06:00	1:11:23	1:11:23	3:02:51	6			
99	157	Mervyn	Palmer	Pembrokeshire Tri	MSV	M	32:57:00	1:35:27	54:37	3:03:00	6			
100	156	Ken	Milligan	Celtic Tri	MSV	M	27:53:00	1:33:46	1:01:48	3:03:25	7	Y	W11648	
101	164	Kevin	Wheeler		MSV	M	28:08:00	1:38:53	57:11	3:04:10	8			
102	36	Thomas	Colley		MS	M	33:23:00	1:36:56	54:50	3:05:08	42			

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103	45	Peter	Figg		MS	M	38:10:00	1:33:48	53:20	3:05:17	43			
104	54	David	Heyes		MS	M	31:21:00	1:36:21	57:57	3:05:38	44			
105	146	Alec	Williams	Ingli Runners	MV	M	34:27:00	1:34:23	57:45	3:06:34	29			
106	9	Elizabeth	Kershaw	Last Minute	R	X	29:01:00	1:23:43	1:14:36	3:07:19	11			
107	88	Robert	Smith		MS	M	29:47:00	1:36:57	1:00:43	3:07:25	45			
108	193	Tri-ing to Exercise		TriExercise Ltd	RC	X	24:34:00	1:41:23	1:01:32	3:07:28	3			
109	23	Caroline	Sandles	3M Gorseinon Road Runners	FV	F	31:35:00	1:40:21	55:59	3:07:54	3			
110	42	Matthew	Evans		MS	M	29:10:00	1:34:03	1:05:09	3:08:22	46			
111	185	Tipi Valley			R	M	37:07:00	1:46:46	45:00	3:08:52	12			
112	43	Matthew	Evans		MS	M	29:30:00	1:36:12	1:03:28	3:09:10	47			
113	179	Splash, Crash & Dash			R	M	25:27:00	1:44:06	1:00:08	3:09:41	13			
114	159	Nigel	Pitt	Celtic Tri	MSV	M	37:03:00	1:23:25	1:09:32	3:09:59	9	Y	W9237	
115	188	Jenk's Gems			R	X	25:22:00	1:35:31	1:09:19	3:10:11	14			
116	114	Richard	Davies	NEWT	MV	M	33:26:00	1:39:16	58:39	3:11:20	30	Y	W12807	
117	72	Ian	Merrick		MS	M	33:07:00	1:34:38	1:04:00	3:11:44	48			
118	4	Karine	Davies	Pembrokeshire Tri	FS	F	30:29:00	1:43:51	58:03	3:12:23	7			
119	30	Lee	Barnes		MS	M	31:48:00	1:39:53	1:01:40	3:13:20	49			
120	194	Withybush Hospital Tri Team		Hywel Dda Health Board	RC	X	27:24:00	1:45:23	1:00:50	3:13:36	4			
121	137	Michael	Smith		MV	M	33:30:00	1:34:49	1:05:19	3:13:38	31			
122	190	The Harcourt Flyers		Harcourt Litho Ltd	RC	X	38:46:00	1:42:00	52:58	3:13:43	5			
123	13	Zoe	Woodruff	Pembrokeshire Tri	FS	F	28:43:00	1:38:19	1:07:13	3:14:14	8			
124	2	Rhian	Bruce	Pembrokeshire Tri	FS	F	33:50:00	1:40:05	1:00:50	3:14:45	9		W1032071	
125	153	Graeme	Davies		MSV	M	35:54:00	1:35:15	1:03:54	3:15:02	10			
126	21	Rebecca	Hill	Pembrokeshire Tri	FV	F	30:07:00	1:42:39	1:02:54	3:15:38	4			
127	3	Catrin	Daniels		FS	F	29:44:00	1:42:39	1:03:44	3:16:06	10	Y	W129700	
128	166	Paul	Winteringham	Bad Tri	MSV	M	30:15:00	1:41:48	1:04:20	3:16:22	11		E121081	
129	61	Richard	Jones	Gorseinon Road Runners	MS	M	30:34:00	1:44:17	1:02:41	3:17:32	50			
130	83	Nicholas	Scott		MS	M	36:14:00	1:36:42	1:05:13	3:18:08	51			
131	152	Robert	Davies		MSV	M	34:08:00	1:36:33	1:09:16	3:19:56	12			
132	140	Craig	Thomas		MV	M	30:15:00	1:43:08	1:06:37	3:19:59	32			
133	81	Barry	Richards	Velo Teifi Cycling Club	MS	M	30:53:00	1:41:22	1:08:50	3:21:03	52			
134	119	Richard	Harris	Celtic Tri	MV	M	35:37:00	1:44:38	1:02:31	3:22:45	33	Y	W131062	
135	18	Lisa	Evans		FV	F	27:20:00	1:47:12	1:08:17	3:22:49	5	Y	W138503	
136	60	Mike	Jones	Cardiff Triathletes	MS	M	30:12:00	1:40:52	1:11:54	3:22:57	53			

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137	50	Darren	Grounds	Team Deviant	MS	M	29:04:00	1:48:46	1:06:01	3:23:50	54			
138	192	The Struggling Artists			R	X	38:04:00	1:50:49	55:57	3:24:49	15			
139	125	Simon	Lindsey		MV	M	43:53:00	1:38:46	1:02:54	3:25:33	34			
140	139	Mike	Taylor		MV	M	38:28:00	1:50:44	56:45	3:25:56	35			
141	191	The Mad Meadowcrofters!			R	X	33:19:00	1:51:07	1:02:18	3:26:43	16			
142	14	Lynn	Bulbeck		FV	F	30:09:00	1:54:04	1:03:06	3:27:18	6			
143	10	Natalie	Mohr		FS	F	26:40:00	1:55:59	1:05:11	3:27:50	11			
144	117	James	Faulkner	PwC Tri Club	MV	M	28:57:00	1:44:24	1:14:34	3:27:54	36			
145	144	Dewi	West	3M Gorseinon Road Runners	MV	M	40:04:00	1:49:24	58:43	3:28:10	37			
146	107	Robert	Bailey	Pencoed Tri	MV	M	33:51:00	1:46:23	1:08:22	3:28:35	38	Y		W133242
147	79	Rabab	Rabab	Bad Tri	MS	M	36:15:00	1:48:48	1:04:05	3:29:07	55			E1032500
148	26	Christina	Smith	Celtic Tri	FSV	F	35:34:00	1:41:01	1:13:26	3:30:01	2	Y		W1030956
149	90	Mark	Tambini		MS	M	35:09:00	1:49:38	1:05:21	3:30:06	56			
150	84	Nigel	Shires		MS	M	39:55:00	1:39:58	1:10:44	3:30:37	57			
151	40	Jon	Davies	HCD Group	MS	M	43:03:00	1:41:50	1:05:55	3:30:46	58			
152	154	Gareth	Jones		MSV	M	28:38:00	1:49:46	1:14:21	3:32:43	13	Y		W135446
153	6	Becky	Hudson	Team Deviant	FS	F	36:38:00	1:46:29	1:10:38	3:33:45	12			
154	169	Andrew	Grey		MVV	M	30:56:00	1:57:08	1:07:00	3:35:04	3			
155	170	Mike	Hayes	Sheffield Tri Club	MVV	M	35:49:00	1:36:20	1:23:17	3:35:25	4			
156	103	Andrew	Young		MS	M	36:03:00	1:50:51	1:09:03	3:35:57	60			
157	186	All Sorts!			R	X	31:36:00	1:49:20	1:15:58	3:36:54	17			
158	57	Paul	Hunt		MS	M	38:02:00	1:46:12	1:15:23	3:39:36	61			
159	175	Swan Birds		Swan Inn	RC	F	35:39:00	2:05:26	1:14:06	3:55:10	6			
160	123	Ceri	Jones	Pembrokeshire Tri	MV	M	37:36:00	1:52:50	1:28:03	3:58:28	39			
161	66	Graham	Long		MS	M	39:43:00	1:50:45	1:28:12	3:58:40	62			
162	24	Joy	Williams	Matlock Cycling Club	FV	F	54:42:00	1:55:45	1:14:07	4:04:33	7			
163	177	Down to Earth Diggers		Down to Earth Diggers	R	M	44:47:00	2:37:37	1:30:10	04:52:32	18			
	155	Huw	Lewis	Pembrokeshire Tri	MSV	M	32:11:00	1:34:10	53:41	3:00:00	0			DQ - incomplete bike
	48	Marcus	Foster	Elsie Building	MS	M	45:19:00	1:38:11	1:11:11	3:34:40	59			DQ - nudity in transition
	15	Melanie	Colburn	Celtic Tri	FV	F						Y	W131518	DNS
	17	Karin	Denton		FV	F								DNS
	20	Andrea	Griffiths		FV	F						Y	W1031004	DNS

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	22	Julia	Sandford	1485	FV	F								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
	150	Phil	Burke	A2TRI	MSV	M								DNS
	161	Mike	Rimmer	Celtic Tri	MSV	M					Y	W14179		DNS
	163	Stephen	Valentine		MSV	M						E138376		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
	168	David	Brearily	Redditch Tri Club	MVV	M								DNS
	171	Michael	Sandford	1485	MVV	M								DNS