

Pos	Family	First	No	Catgy	Club	Run 1	Bike	Run 2	Finish
1	Watson	Luke	98	OM	Pembs Tri	00:16:52	00:34:37	00:09:07	01:00:36
2	Simon	Oliver	92	OM	Pembs Tri	00:18:12	00:34:31	00:09:51	01:02:34
3	Lloyd	Liam	59	YTM	Celtic Tri	00:17:58	00:36:03	00:09:16	01:03:17
4	Davies	Morgan	19	YTM	Pencoed Tri's	00:17:41	00:36:33	00:09:11	01:03:25
5	Matchett	Alex	66	JM	Pembs Tri	00:17:43	00:36:22	00:09:42	01:03:47
6	Brady	Rich	4	OM	www.tri-monkey.co.uk	00:18:44	00:37:21	00:09:50	01:05:55
7	Harris	Josh	36	JM	NEWT	00:17:46	00:38:19	00:10:02	01:06:07
8	Nunn	James	78	OM	Cardiff Tri	00:18:43	00:37:20	00:10:22	01:06:25
9	Harrett	Iestyn	34	JM	Celtic Tri	00:17:54	00:38:12	00:10:22	01:06:28
10	Denton	Roger	22	M40	Pembs Tri	00:19:18	00:36:53	00:10:37	01:06:48
11	Dyde	Robert	25	OM	Pembs Harriers	00:18:36	00:39:04	00:09:49	01:07:29
12	Patrick	Scott	82	OM	Pembs Tri	00:20:12	00:36:53	00:10:31	01:07:36
13	Childs	Shelley	11	OM	Aberystwyth AC	00:20:17	00:36:17	00:11:23	01:07:57
14			117	R2M	Blind Date	00:20:49	00:36:32	00:10:38	01:07:59
15	Hughes	Paul	101	M40	Pembs Tri	00:20:28	00:37:16	00:11:04	01:08:48
16	Lear	Jack	55	JM	Pembs Velo	00:19:58	00:37:11	00:12:06	01:09:15
17	Palmer	Brian	81	M50	Celtic tri	00:19:53	00:38:31	00:10:53	01:09:17
18	Morgan	Neil	72	M40	Tenby Aces	00:19:44	00:39:40	00:10:22	01:09:46
19	Martin	Patrick	65	OM	Pembs Tri	00:20:01	00:38:39	00:11:19	01:09:59
20	Le Monica	Simon	54	OM	None	00:20:11	00:38:05	00:12:01	01:10:17
21	Casey	John	9	M40	Carrick Tri's	00:19:31	00:40:07	00:11:12	01:10:50
22	Whittle	Mark	104	OM	RAF Tri	00:20:22	00:40:29	00:10:33	01:11:24
23	Kallenberg	Michael	52	JM	Carmarthen Harriers	00:17:07	00:45:04	00:09:41	01:11:52
24	Osborne	Peter	80	M50	Llanelli Tri	00:20:08	00:41:29	00:10:43	01:12:20
25			118	R2X	Beauty and the Beast	00:23:42	00:38:01	00:10:42	01:12:25
26			119	R3F	Two Pees and a Pod	00:18:56	00:43:40	00:09:56	01:12:32
27	Rees	Paul	87	M40	3m Gorseinon RR	00:21:13	00:39:59	00:11:28	01:12:40
28	Jones	Ellie	47	OF	Pembs Tri	00:20:36	00:41:37	00:10:35	01:12:48
29	Williams	Alec	105	M40	Ingli Runners	00:19:59	00:42:11	00:11:05	01:13:15
30	Withers	Robin	110	M40	Pembs Tri	00:21:53	00:40:37	00:11:01	01:13:31
31	Lewis	Roy	56	M50	Celtis Tri	00:22:01	00:40:05	00:11:29	01:13:35
32	Wheeler	Kevin	103	M50	None	00:21:12	00:41:22	00:11:23	01:13:57
33	Davies	Martyn	18	M40	None	00:21:50	00:40:06	00:12:05	01:14:01
34	Bellerby	Sean	2	M40	None	00:21:19	00:41:03	00:11:48	01:14:10
35	Phillips	Brian	83	M40	NEWT	00:21:33	00:40:49	00:11:58	01:14:20
36	Elliott	Nick	28	M40	None	00:21:24	00:41:21	00:11:42	01:14:27
37	James	Tim	43	OM	Ingli Runners	00:20:57	00:40:57	00:12:41	01:14:35
38	Moore	david	69	M40	Pembs Tri	00:21:30	00:41:10	00:12:03	01:14:43
39	Pitt	Nigel	84	M50	Celtic Tri	00:25:02	00:37:26	00:13:33	01:16:01
40			121	R3X	Shocking Eh	00:21:44	00:40:48	00:13:32	01:16:04
41	Jones	Mark	49	OM	Pembs Tri	00:24:00	00:38:01	00:14:06	01:16:07
42	Colman	Paul	14	M50	Pembs Velo	00:24:22	00:38:03	00:14:06	01:16:31
43	Russell	Brian	90	M50	Cardigan RC	00:21:59	00:42:41	00:11:52	01:16:32
44	Braun	James	5	M40	Les Croupiers	00:23:19	00:41:35	00:12:42	01:17:36
45	Lord	Alex	61	OM	None	00:23:02	00:42:26	00:12:09	01:17:37
46	O'Sullivan	Seamus	79	OM	Cardigan RC	00:23:59	00:41:27	00:12:12	01:17:38
47	Davies	Byron	16	OM	None	00:23:32	00:42:07	00:12:13	01:17:52
48	Watson	Jake	97	JM	Pembs Tri	00:19:47	00:47:08	00:11:33	01:18:28
49	Williams	Rob	109	M40	Ingli Runners	00:21:36	00:45:00	00:11:55	01:18:31
50	Dicks	James	23	OM	None	00:23:24	00:42:13	00:12:56	01:18:33
51	Davies	James	17	M40	Celtic Tri	00:24:54	00:40:35	00:13:12	01:18:41
52	Jones	Mark	50	M50	Llanelli Tri	00:24:07	00:42:14	00:12:30	01:18:51
53	Dyde	Martin	24	M50	Pembs Harriers	00:23:18	00:43:17	00:12:22	01:18:57
54	Hoyland	Wayne	40	OM	None	00:22:00	00:44:03	00:13:05	01:19:08
55	Webster	Richard	100	M50	3m Gorseinon RR	00:22:00	00:45:34	00:11:49	01:19:23
56	Colman	Dan	13	YTM	Pembs Velo	00:25:00	00:39:46	00:14:45	01:19:31
57	Williams	Glyn	107	M60	Celtic Tri	00:25:06	00:42:11	00:12:56	01:20:13
58	Malarczyk	Edward	64	M50	None	00:25:52	00:39:38	00:14:49	01:20:19
59	Lord	Patrick	62	OM	None	00:24:20	00:43:22	00:13:03	01:20:45
60	Nicholls	John	77	M50	Celtic tri	00:25:06	00:41:23	00:14:16	01:20:45
61	Williams	Clare	106	F40	Ingli Runners	00:24:18	00:43:15	00:13:21	01:20:54

Pos	Family	First	No	Catgy	Club	Run 1	Bike	Run 2	Finish
62	Nash	Mike	75	M40	3m Gorseinon RR	00:23:50	00:44:28	00:12:59	01:21:17
63	Webster	Dean	99	OM	3M Gorseinon RR	00:20:56	00:49:01	00:11:26	01:21:23
63	Morgan	Melanie	71	OF	Tenby Aces	00:24:50	00:43:32	00:13:55	01:22:17
64	Nicholas	Andrew	76	OM	None	00:23:29	00:45:31	00:13:40	01:22:40
65	Cleathero	Claire	12	OF	TROT's	00:22:04	00:49:21	00:11:39	01:23:04
66			113	R2F	Ali & Eli Gog	00:25:32	00:44:59	00:13:00	01:23:31
68	Thomas	Philip	94	M40	Pembs Tri	00:24:26	00:45:52	00:13:28	01:23:46
69	Munn	Karen	74	F50	Pembs Tri	00:24:12	00:46:22	00:13:19	01:23:53
70	Elias	Dylan	27	OM	None	00:22:44	00:46:56	00:14:37	01:24:17
71	Goldsworthy	Kevin	32	M50	None	00:25:44	00:43:54	00:14:52	01:24:30
72	Ifan	Cynyr	42	OM	None	00:25:12	00:30:59	00:14:02	01:24:45
73	Jones	Ceri	45	M40	Pembs Tri	00:25:17	00:45:02	00:14:43	01:25:02
74			115	R2M	Bifyrs Bica	00:24:05	00:48:21	00:12:44	01:25:10
75	Brown	Val	6	F40	Pembs Tri	00:25:31	00:45:21	00:14:28	01:25:20
76	Evans	Rebeca	120	OF	None	00:27:20	00:45:01	00:14:03	01:26:24
77	Mills	Nicola	68	OF	Pembs Tri	00:26:47	00:44:49	00:15:02	01:26:38
78	Rees	Stuart	88	OM	None	00:23:54	00:50:35	00:12:24	01:26:53
79	Rees	Geraint	86	OM	None	00:24:02	00:48:53	00:14:02	01:26:57
80	Maguire	Allan	63	OM	None	00:25:21	00:48:06	00:13:49	01:27:16
81	Cram	Lin	15	F50	Crymych Tri's	00:26:48	00:45:34	00:15:11	01:27:33
82	Canny	Lee	8	OM	None	00:27:39	00:44:48	00:15:43	01:28:10
83	Davies	Warren	21	OM	None	00:27:21	00:48:13	00:13:58	01:29:32
84	Morgan	Leeann	70	OF	None	00:25:56	00:49:06	00:14:35	01:29:37
85	Light	Andy	57	M40	None	00:26:27	00:48:33	00:15:01	01:30:01
86	Goddard	Kevin	31	M40	None	00:26:40	00:47:44	00:15:41	01:30:05
87	Llynwelyn	Dafydd	60	OM	None	00:26:08	00:48:53	00:15:15	01:30:16
88	Walford	Mike	96	M50	None	00:28:08	00:47:02	00:16:16	01:31:26
89	Heys	Ian	39	M40	None	00:27:28	00:47:27	00:17:07	01:32:02
90	Jones	Elin	46	F40	None	00:27:25	00:50:59	00:14:05	01:32:29
91	Michaelsen	Axel	67	M40	None	00:30:48	00:46:13	00:16:08	01:33:09
92			116	R2F	Jill & Barbara	00:30:11	00:47:58	00:15:29	01:33:38
93	Griffiths	Lynwen	33	OF	None	00:29:42	00:48:05	00:16:29	01:34:16
94	Morris	Jane	73	F40	None	00:30:20	00:46:37	00:17:47	01:34:44
95	Evans	Joanna	29	F40	None	00:26:57	00:53:43	00:14:37	01:35:17
96	Bowen	Darren	3	OM	Crymych Tri	00:30:21	00:48:46	00:17:54	01:37:01
97	James	Vicky	44	OF	Pembs Tri	00:29:06	00:53:12	00:16:53	01:39:11
98	Caygill	Roger	10	OM	Pembs Tri	00:31:50	00:51:39	00:16:48	01:40:17
99	Williams	Janice	108	F40	Crymych Tri	00:33:40	00:49:57	00:17:07	01:40:44
100	Hull	Angharad	41	OF	Sarn Helen	00:27:50	00:59:03	00:16:19	01:43:12
101	Vesey	Sarah	95	OF	Pembs Tri	00:30:02	00:55:49	00:18:26	01:44:17
102	Davies	Shan	20	F40	None	00:29:05	01:03:38	00:16:09	01:48:52
103	Zangouras	Dasos	111	M40	Pembs Tri	00:32:40	00:59:18	00:19:47	01:51:45
104	Jones	Gareth	48	M50	None	00:36:15	00:58:01	00:19:59	01:54:15
105	Edwards	Hilary	26	F50	None	00:32:12	01:05:28	00:19:24	01:57:04
106	Richards	Elizabeth	89	OF	TROT's	00:32:39	01:08:59	00:18:16	01:59:54
107	Cadd	Theresa	7	OF	None	00:39:59	00:58:06	00:22:52	02:00:57
108			114	RX2	FBM	00:29:42	00:37:55		DNF