

Overall Pos	Overall Time	Bib	Name	Surname	Gender	Club	Swim	Swim Pos	T1	T1 Pos	Bike	Bike Pos	Bike Avg	T2	T2 Pos	Run	Run Pos	Run Avg	Gender Pos
1	00:38:07	67	Nathan	Launchbury-jones	Open	Port Talbot Harriers	00:07:17	5	00:00:54	4	00:16:49	1	22.06 mph	00:01:07	40	00:11:57	1	6'10"/mile	1
2	00:40:38	62	Matt	Colley	Open		00:08:04	15	00:00:40	2	00:17:53	2	20.74 mph	00:00:44	17	00:13:15	5	6'50"/mile	2
3	00:40:51	1	Cathryn	Williams	Female	Port Talbot Harriers	00:06:33	2	00:00:38	1	00:18:34	4	19.98 mph	00:00:40	10	00:14:24	17	7'26"/mile	1
4	00:41:13	6	Ben	Raymond	Open	Dragon tri	00:07:10	4	00:00:48	3	00:19:15	12	19.27 mph	00:01:23	53	00:12:36	3	6'30"/mile	3
5	00:41:19	69	Dylan	Jones	Open		00:07:52	11	00:01:23	12	00:18:34	3	19.98 mph	00:01:03	36	00:12:24	2	6'24"/mile	4
6	00:41:51	72	Ben	Reynolds	Open	Team GJE	00:07:23	6	00:01:26	13	00:19:12	10	19.31 mph	00:01:02	30	00:12:45	4	6'34"/mile	5
7	00:45:02	5	Sheridan	Court	Female	Ferry Flatliners	00:08:18	18	00:01:59	37	00:19:15	11	19.28 mph	00:01:02	31	00:14:25	18	7'26"/mile	2
8	00:45:08	77	Michael	Collett	Open		00:09:27	43	00:01:23	11	00:18:58	7	19.56 mph	00:01:08	42	00:14:10	15	7'18"/mile	6
9	00:45:13	75	Jay	Howells	Open		00:07:59	14	00:02:19	49	00:20:09	18	18.41 mph	00:01:18	48	00:13:26	8	6'55"/mile	7
10	00:45:58	71	Michael	Lauder	Open	Port Talbot Harriers	00:07:31	8	00:01:57	35	00:20:48	28	17.84 mph	00:01:29	59	00:14:11	16	7'19"/mile	8
11	00:46:02	89	Corey	Morris	Open	Port Talbot Harriers	00:09:13	39	00:01:40	24	00:19:42	15	18.82 mph	00:01:15	45	00:14:09	14	7'18"/mile	9
12	00:46:18	60	Mike	Wood	Open	Swansea Vale Tri	00:07:26	7	00:01:13	8	00:20:55	30	17.74 mph	00:00:37	6	00:16:05	38	8'18"/mile	10
13	00:46:28	66	Oliver	Bladen	Open		00:08:44	25	00:01:32	18	00:19:08	8	19.39 mph	00:00:47	19	00:16:15	39	8'23"/mile	11
14	00:46:29	3	Beth	Connolly	Female		00:06:24	1	00:01:32	19	00:23:25	54	15.84 mph	00:00:39	9	00:14:26	19	7'27"/mile	3
15	00:46:40	9	Steven	Burnett	Open	Rhondda Triathlon Club	00:08:33	23	00:02:52	64	00:19:45	17	18.78 mph	00:02:01	77	00:13:26	9	6'56"/mile	12
16	00:46:45	100	Jake	Howard	Open		00:09:05	36	00:01:56	34	00:19:16	13	19.26 mph	00:01:55	75	00:14:30	20	7'28"/mile	13
17	00:47:22	61	Joan-manuel	Cerda	Open		00:07:52	12	00:03:25	79	00:20:40	24	17.96 mph	00:01:40	67	00:13:42	10	7'04"/mile	14
18	00:47:36	63	Leah	Morris	Female		00:08:48	27	00:01:35	21	00:20:36	23	18.01 mph	00:01:06	39	00:15:29	28	7'59"/mile	4
19	00:47:53	78	Lewis	Morgan	Open		00:08:38	24	00:03:53	86	00:20:31	22	18.09 mph	00:01:01	28	00:13:49	12	7'07"/mile	15
20	00:48:02	99	Vince	Price	Open	Dragon Tri	00:08:08	16	00:01:46	26	00:18:58	6	19.56 mph	00:01:30	60	00:17:37	53	9'05"/mile	16
21	00:48:06	44	Bethan	Francis-williams	Female	Ferry Flatliners	00:10:22	53	00:01:42	25	00:19:34	14	18.96 mph	00:00:42	13	00:15:45	29	8'07"/mile	5
22	00:48:10	92	Richard	Lowe	Open	Port Talbot Harriers	00:10:07	48	00:01:27	14	00:19:44	16	18.8 mph	00:01:03	33	00:15:40	30	8'08"/mile	17
23	00:48:18	83	Lewis	Bladen	Open	Team GJE	00:09:45	44	00:01:21	10	00:20:42	25	17.92 mph	00:01:47	71	00:14:42	22	7'35"/mile	18
24	00:48:28	35	James	Eden	Open	Dead Last Tri	00:10:44	59	00:01:29	16	00:19:12	9	19.32 mph	00:00:59	26	00:16:02	36	8'16"/mile	19
25	00:48:46	86	Tom	Holland	Open		00:10:33	58	00:01:08	7	00:18:49	5	19.71 mph	00:01:17	47	00:16:57	43	8'45"/mile	20
26	00:48:53	37	James	Ruggiero	Open		00:08:56	34	00:02:01	39	00:20:28	20	18.13 mph	00:02:04	80	00:15:23	26	7'56"/mile	21
27	00:48:59	80	Harrison	Kent	Open		00:08:44	26	00:03:16	73	00:20:26	19	18.16 mph	00:01:27	57	00:15:04	24	7'46"/mile	22
28	00:49:13	53	Kirk	Mcnally	Open	Tri hard harriers	00:09:20	40	00:01:58	36	00:23:08	51	16.03 mph	00:01:19	49	00:13:25	7	6'55"/mile	23
29	00:49:25	42	James	Lowery	Open	Port Talbot Harriers	00:09:04	35	00:01:56	32	00:22:18	39	16.63 mph	00:01:16	46	00:14:49	23	7'39"/mile	24
30	00:49:32	52	Jamie	Hopkins	Open		00:11:03	63	00:02:46	61	00:20:47	27	17.85 mph	00:01:34	63	00:13:19	6	6'52"/mile	25
31	00:49:56	87	Peter	Richards	Open	Port Talbot Harriers	00:09:26	42	00:02:03	40	00:20:28	21	18.13 mph	00:00:51	22	00:17:06	47	8'49"/mile	26
32	00:50:06	81	Ceri	Humphreys	Open	Tri Hard Harriers	00:07:45	10	00:01:52	28	00:24:05	59	15.41 mph	00:00:32	2	00:15:51	32	8'10"/mile	27
33	00:50:10	59	Gem	Rowlands	Female	Rhondda Tri	00:08:52	31	00:02:03	41	00:22:34	42	16.44 mph	00:00:40	11	00:15:58	35	8'14"/mile	6
34	00:50:24	73	Mark	Finn	Open	Port Talbot Harriers	00:08:53	33	00:01:29	15	00:21:10	31	17.53 mph	00:01:03	34	00:17:47	58	9'10"/mile	28
35	00:50:26	2	Simon	Short	Open	Port Talbot Harriers	00:06:40	3	00:01:01	6	00:28:22	81	13.08 mph	00:00:37	7	00:13:44	11	7'05"/mile	29
36	00:50:44	8	Sophie	Charles	Female	Port Talbot Harriers	00:08:17	17	00:01:33	20	00:22:54	49	16.2 mph	00:02:04	81	00:15:52	33	8'11"/mile	7
37	00:51:01	82	Michael	Morgan	Open		00:07:56	13	00:03:23	76	00:22:14	38	16.69 mph	00:02:05	83	00:15:21	25	7'55"/mile	30
38	00:51:09	101	Gemma	Williams	Female		00:10:28	55	00:02:09	45	00:20:47	26	17.86 mph	00:01:56	76	00:15:47	31	8'08"/mile	8
39	00:51:11	10	Matthew	Jacob	Open		00:10:15	50	00:01:51	27	00:22:49	47	16.26 mph	00:00:49	21	00:15:25	27	7'57"/mile	31
40	00:51:21	27	Stephen	Williams	Open	Port Talbot Harriers	00:11:28	72	00:02:09	46	00:22:25	41	16.55 mph	00:00:40	12	00:14:36	21	7'32"/mile	32
41	00:51:32	91	Christopher	Evans	Open		00:11:49	74	00:03:11	70	00:21:11	32	17.51 mph						33
42	00:51:53	97	Chloe	Morgan	Female	Port Talbot Harriers	00:08:50	30	00:01:52	29	00:22:49	46	16.27 mph	00:00:34	4	00:17:46	57	9'10"/mile	9
43	00:52:04	93	Cathryn	Jenkins	Female	Celtic Tri	00:10:14	49	00:01:39	23	00:21:54	37	16.94 mph	00:00:56	24	00:17:18	49	8'55"/mile	10
44	00:52:10	74	Samantha	Wray	Female	Rhondda Triathlon Club	00:08:32	22	00:01:31	17	00:21:39	35	17.14 mph	00:00:59	25	00:19:28	67	10'02"/mile	11
45	00:52:23	14	Callum	Norman	Open		00:12:31	78	00:02:00	38	00:21:43	36	17.09 mph	00:02:02	79	00:14:05	13	7'15"/mile	34
46	00:52:32	96	Lauren	Dougan	Female	Port Talbot Harriers	00:09:05	37	00:02:45	60	00:22:40	43	16.37 mph	00:02:02	78	00:15:58	34	8'14"/mile	12
47	00:53:37	49	Stuart	Felix	Open		00:11:10	67	00:02:27	53	00:22:22	40	16.59 mph	00:01:32	62	00:16:04	37	8'17"/mile	35
48	00:53:54	23	Ben	Howells	Open	Port Talbot Harriers	00:10:20	51	00:02:53	66	00:21:33	34	17.22 mph	00:01:22	52	00:17:44	56	9'09"/mile	36
49	00:53:54	50	Warren	Davies	Open		00:09:12	38	00:02:05	42	00:24:26	63	15.19 mph	00:01:06	38	00:17:04	45	8'48"/mile	37
50	00:54:01	12	Lydia	Miles	Female	Port Talbot Harriers	00:10:03	46	00:01:56	33	00:22:41	44	16.36 mph	00:01:29	58	00:17:50	59	9'12"/mile	13
51	00:54:17	98	Shan	Castley	Female	Port Talbot Harriers	00:08:50	28	00:03:12	59	00:23:23	53	15.86 mph	00:01:46	69	00:17:33	52	9'03"/mile	14
52	00:54:28	56	Sean	Ware	Open	Rhondda Triathlon Club	00:10:06	47	00:03:20	74	00:21:32	33	17.22 mph	00:01:46	70	00:17:42	55	9'07"/mile	38
53	00:54:42	29	Evan	Jenkins	Open		00:12:10	77	00:01:18	9	00:23:48	57	15.59 mph	00:00:33	3	00:16:50	42	8'41"/mile	39
54	00:54:59	85	Paul Gray	Bennett	Open	Port Talbot Harriers	00:10:57	62	00:01:53	30	00:23:21	52	15.89 mph	00:00:31	1	00:18:15	60	9'25"/mile	40
55	00:55:15	68	Craig	Napper	Open	Trident Swim Coaching	00:07:40	9	00:00:57	5	00:24:06	60	15.4 mph	00:01:08	41	00:21:23	75	10'01"/mile	41
56	00:55:36	38	Tim	Allen	Open	Port Talbot Harriers	00:11:07	66	00:02:48	62	00:22:43	45	16.33 mph	00:01:27	56	00:17:29	51	9'11"/mile	42
57	00:55:46	95	Matthew	Richards	Open	Ferry Flatliners	00:08:53	32	00:03:16	72	00:25:23	67	14.62 mph	00:00:43	15	00:17:29	50	9'01"/mile	43
58	00:55:46	55	Dean	Jenkins	Open		00:14:32	82	00:01:35	22	00:20:51	29	17.8 mph	00:01:40	66	00:17:05	46	8'49"/mile	44
59	00:55:51	45	Jessica	Dando	Female		00:10:56	60	00:02:30	55	00:24:14	62	15.31 mph	00:01:26	55	00:16:43	40	8'37"/mile	15
60	00:56:42	58	Daniel	Taylor	Open		00:08:22	19	00:02:23	50	00:24:34	64	15.1 mph	00:00:37	8	00:20:44	73	10'41"/mile	45
61	00:57:24	102	Elliot	Jones	Open		00:13:14	80	00:02:49	63	00:23:44	56	15.63 mph	00:00:49	20	00:16:47	41	8'39"/mile	46
62	00:57:31	76	Ruth	Collett	Female		00:09:21	41	00:02:53	65	00:27:17	74	13.6 mph	00:00:43	14	00:17:16	48	8'54"/mile	16
63	00:57:48	51	Anthony	Wilson	Open		00:10:23	54	00:03:59	87	00:23:41	55	15.66 mph	00:02:05	82	00:17:38	54	9'05"/mile	47
64	00:58:21	64	Callum	Cole	Open		00:08:26	20	00:03:43	85	00:26:54	71	13.79 mph	00:02:15	86	00:17:02	44	8'47"/mile	48
65	00:58:40	31	Melissa	Thomas	Female	ATG	00:10:29	56	00:02:08	44	00:24:37	65	15.07 mph	00:02:09	84	00:19:15	65	9'56"/mile	17
66	00:58:50	79	Toto	Wright-morris	Female		00:08:50	29	00:03:24	78	00:27:27	76	13.52 mph	00:00:45	1				