

Overall Pos	Overall Time	Bib	Name	Surname	Gender	Category	Club	Status	Swim	Swim Pos	Swim Avg	T1	T1 Pos	Bike	Bike Pos	Bike Avg	T2	T2 Pos	Run	Run Pos	Run Avg	Gender Pos	Category Pos
1	00:55:30	472	Zachary	Beddows	Male	17-19	Celtic Tri	Finished	00:06:23	6	135*/100m	00:01:07	8	00:36:55	5	35.74 km/h	00:00:37	4	00:10:26	1	3:28**	1	1
2	00:56:11	454	Lewis	Wasley	Male	20-39	Celtic Tri	Finished	00:07:10	18	147*/100m	00:01:02	2	00:36:12	3	36.45 km/h	00:00:44	9	00:11:01	2	3:40**	1	1
3	00:56:54	474	Colin Richard	Wallace	Male	60-69	Merthyr Triathlon Club	Finished	00:06:41	9	140*/100m	00:01:08	10	00:34:56	1	37.78 km/h	00:01:21	76	00:12:46	20	4:15**	3	1
4	00:59:24	469	Hollin	Griffiths	Male	60-69	University of Bristol Triathlon Club	Finished	00:07:21	11	145*/100m	00:01:12	36	00:35:59	2	34.85 km/h	00:01:32	36	00:11:55	4	3:59**	4	2
5	00:59:27	467	David	Kingsland	Male	40-49	Port Talbot Harriers	Finished	00:07:01	12	145*/100m	00:01:07	7	00:38:42	11	34.07 km/h	00:01:12	54	00:11:22	4	3:47**	5	1
6	00:59:45	451	Spencer	Lawrence	Male	40-49	Swansea Vale Tri	Finished	00:07:05	16	146*/100m	00:01:23	23	00:36:30	4	36.15 km/h	00:01:14	59	00:13:30	39	4:30**	6	2
7	01:01:02	438	Benjamin	Reid	Male	40-49	Swansea Vale Tri	Finished	00:07:58	41	159*/100m	00:01:18	20	00:37:58	6	34.75 km/h	00:00:57	26	00:12:49	21	4:16**	7	3
8	01:01:37	476	Cathryn	Williams	Female	20-39	Port Talbot Harriers	Finished	00:06:19	4	134*/100m	00:01:01	1	00:40:21	18	32.70 km/h	00:01:28	92	00:12:26	14	4:08**	1	1
9	01:01:52	309	Christian	Regis	Male	40-49	GCS CLWB TRI	Finished	00:01:109	134	247*/100m	00:02:30	101	00:35:41	2	36.98 km/h	00:00:56	24	00:11:34	5	3:51**	8	4
10	01:01:58	456	Jason	Massey	Male	40-49	Aberavon Sandrabbits	Finished	00:07:03	14	145*/100m	00:01:13	16	00:39:54	14	33.06 km/h	00:00:54	21	00:12:51	24	4:17**	9	5
11	01:02:35	415	Lewis	Ayling	Male	20-39	Celtic Tri	Finished	00:07:53	36	158*/100m	00:02:05	71	00:38:16	8	34.47 km/h	00:01:14	61	00:13:03	31	4:21**	10	2
12	01:02:47	442	Alan	Porter	Male	50-59	Taff Ely Triathlon Club	Finished	00:07:51	33	157*/100m	00:01:14	17	00:40:07	15	32.89 km/h	00:00:49	13	00:12:44	19	4:14**	11	1
13	01:02:53	384	Craig	Howells	Male	50-59	Port Talbot Harriers	Finished	00:07:57	37	159*/100m	00:01:40	44	00:39:45	13	33.20 km/h	00:00:58	29	00:12:30	15	4:10**	12	1
14	01:02:55	450	Jamie	Barton	Male	40-49	Port Talbot Harriers	Finished	00:07:48	32	157*/100m	00:01:09	13	00:39:09	12	33.71 km/h	00:00:50	17	00:13:58	55	4:39**	13	6
15	01:03:00	416	Fran	Sprudd	Male	20-39	Caerphilly Tri-ers	Finished	00:08:23	52	205*/100m	00:02:36	110	00:38:14	7	34.51 km/h	00:00:55	23	00:12:50	23	4:16**	14	3
16	01:03:09	449	Edward Mark	Davies	Male	50-59	Ferry Flatliners	Finished	00:07:53	34	158*/100m	00:01:05	4	00:40:19	16	32.73 km/h	00:00:59	33	00:12:51	25	4:17**	15	3
17	01:03:12	348	Connor	Thomas	Male	17-19	Ferry Flatliners	Finished	00:08:21	50	205*/100m	00:01:38	40	00:40:52	20	32.28 km/h	00:01:05	40	00:11:14	3	3:44**	16	3
18	01:04:17	422	Daniel	Collins	Male	20-39	Celtic Tri	Finished	00:07:56	37	159*/100m	00:01:28	30	00:41:47	27	31.58 km/h	00:01:13	55	00:11:51	6	3:57**	17	4
19	01:04:28	425	Steve	Hayward	Male	50-59	Celtic Tri	Finished	00:08:46	66	211*/100m	00:01:10	14	00:41:37	24	31.70 km/h	00:00:34	1	00:12:19	13	4:06**	18	4
20	01:04:29	411	Martin	Brown	Male	50-59	Celtic Tri	Finished	00:05:48	2	127*/100m	00:01:02	00:42:49	34	30.82 km/h	00:01:19	69	00:13:29	38	4:29**	19	5	
21	01:05:37	323	Bethan	Howells	Female	40-49	Celtic Tri	Finished	00:07:55	22	151*/100m	00:01:56	65	00:43:09	38	30.58 km/h	00:01:12	51	00:11:54	8	3:58**	2	1
22	01:05:58	446	Dylan	Jones	Male	20-39	Swansea Vale Tri	Finished	00:07:54	35	158*/100m	00:01:50	62	00:43:03	37	30.65 km/h	00:01:10	49	00:11:58	9	3:59**	20	5
23	01:06:00	401	Ian	Davies	Male	60-69	Tri Potential	Finished	00:09:19	85	219*/100m	00:02:29	98	00:38:36	10	34.18 km/h	00:01:42	112	00:13:51	52	4:37**	21	2
24	01:06:38	325	Sarah	Ayling	Female	20-39	Tri Potential	Finished	00:09:06	81	216*/100m	00:01:58	67	00:41:16	21	31.97 km/h	00:01:18	67	00:12:58	28	4:19**	3	2
25	01:06:45	420	Jonathan	Mason	Male	20-39	Celtic Tri	Finished	00:08:32	56	208*/100m	00:01:08	9	00:43:56	42	30.04 km/h	00:01:03	37	00:12:04	10	4:01**	22	6
26	01:06:48	471	Ryan	Powell	Male	14-16	Celtic Tri	Finished	00:07:09	17	147*/100m	00:01:08	11	00:44:38	48	29.56 km/h	00:00:51	19	00:12:59	30	4:19**	23	1
27	01:06:49	414	Evan	Misson	Male	20-39	Alan Valley Swimming Club	Finished	00:07:03	13	145*/100m	00:01:25	26	00:43:20	39	30.45 km/h	00:00:59	31	00:13:59	56	4:39**	24	7
28	01:06:49	431	Richard	Harris	Male	50-59	CRP Tri Club	Finished	00:08:54	72	213*/100m	00:01:28	28	00:41:42	25	31.65 km/h	00:00:58	28	00:13:48	48	4:36**	25	6
29	01:07:08	475	Stephen	Stevens	Male	14-16	Celtic Tri	Finished	00:06:46	10	141*/100m	00:01:08	12	00:45:24	57	29.07 km/h	00:00:53	20	00:12:52	26	4:17**	26	2
30	01:07:16	296	Steph	Wilcox	Male	60-69	Port Talbot Harriers	Finished	00:10:57	130	244*/100m	00:01:07	6	00:40:21	17	32.70 km/h	00:01:22	79	00:13:28	37	4:29**	27	3
31	01:07:20	393	Peter	Richards	Male	60-69	Port Talbot Harriers	Finished	00:08:41	61	210*/100m	00:01:14	18	00:41:50	28	31.55 km/h	00:01:02	34	00:14:31	66	4:50**	28	4
32	01:07:37	389	Aled	Jones	Male	40-49	ATAC	Finished	00:07:58	40	159*/100m	00:01:40	42	00:43:30	41	30.34 km/h	00:01:23	82	00:13:05	33	4:21**	29	7
33	01:07:42	413	Thomas	Morris	Male	20-39	Pen-Y-Bont Triathlon Club	Finished	00:08:46	65	211*/100m	00:01:40	43	00:41:42	26	31.64 km/h	00:01:20	75	00:14:11	62	4:43**	30	8
34	01:08:29	461	Rhianon	Heredia-i-ris	Female	17-19	Celtic Tri	Finished	00:06:51	11	142*/100m	00:01:06	5	00:45:24	56	29.06 km/h	00:02:30	161	00:12:35	16	4:11**	31	4
35	01:08:31	477	Non	Watts	Female	17-19	Oxford University Triathlon Club	Finished	00:06:09	2	132*/100m	00:01:19	21	00:44:55	52	29.38 km/h	00:02:11	154	00:13:55	53	4:38**	32	5
36	01:08:34	466	Michael	Lauder	Male	20-39	Port Talbot Harriers	Finished	00:07:10	19	147*/100m	00:02:06	76	00:44:52	51	29.41 km/h	00:01:16	63	00:13:08	34	4:22**	33	9
37	01:08:57	403	Chris	Hughes	Male	20-39	Celtic Tri	Finished	00:07:45	31	156*/100m	00:02:29	99	00:47:01	70	29.06 km/h	00:00:47	11	00:12:09	11	4:03**	34	14
38	01:09:07	468	Iestyn	Evans	Male	20-39	Swansea Vale Tri	Finished	00:07:25	23	151*/100m	00:01:10	15	00:46:44	67	28.23 km/h	00:01:03	38	00:12:43	18	4:14**	35	11
39	01:09:08	379	Huw	Hammer	Male	20-39	Celtic Tri	Finished	00:10:32	120	238*/100m	00:01:31	34	00:41:53	29	31.50 km/h	00:01:19	71	00:13:50	50	4:36**	34	12
40	01:09:29	421	Stuart	Davies	Male	40-49	Swansea Vale Tri	Finished	00:08:59	75	214*/100m	00:02:17	87	00:42:17	32	31.21 km/h	00:01:22	80	00:14:32	68	4:50**	35	8
41	01:09:46	362	John	Hewson	Male	40-49	Swansea Vale Tri	Finished	00:10:36	122	239*/100m	00:02:17	88	00:44:02	43	29.97 km/h	00:00:37	3	00:12:12	12	4:04**	36	9
42	01:09:54	363	Alyn	Ginn	Male	20-39	Swansea Vale Tri	Finished	00:08:56	72	213*/100m	00:02:17	88	00:44:02	43	29.97 km/h	00:00:37	3	00:12:12	12	4:04**	36	9
43	01:09:54	408	Jennifer	Ayward	Female	50-59	Swansea Vale Tri	Finished	00:08:06	42	201*/100m	00:02:11	78	00:42:40	33	30.93 km/h	00:01:14	58	00:15:41	89	5:13**	37	13
44	01:10:03	452	Christopher	Roberts	Male	40-49	Celtic Tri	Finished	00:07:29	24	152*/100m	00:01:47	52	00:47:01	70	29.06 km/h	00:00:47	11	00:12:09	11	4:03**	38	10
45	01:10:16	282	Paul	Hughes	Male	20-39	Celtic Tri	Finished	00:07:47	31	156*/100m	00:02:29	99	00:47:01	70	29.06 km/h	00:00:47	11	00:12:09	11	4:03**	39	14
46	01:10:55	475	James	Lowery	Male	20-39	Port Talbot Harriers	Finished	00:07:36	27	154*/100m	00:02:17	85	00:45:56	62	28.72 km/h	00:01:07	43	00:13:54	54	4:39**	40	15
47	01:11:01	409	Russell Wayne	Williams	Male	60-69	Port Talbot Harriers	Finished	00:08:50	69	212*/100m	00:02:05	72	00:43:01	36	30.68 km/h	00:01:28	93	00:15:35	85	5:11**	41	5
48	01:11:04	432	Lydney	Hitt	Female	20-39	Swansea Vale Tri	Finished	00:08:45	64	211*/100m	00:02:12	79	00:44:40	49	29.54 km/h	00:01:11	50	00:14:14	63	4:44**	7	3
49	01:11:09	434	Catherine	Singleton	Female	40-49	Ferry Flatliners	Finished	00:08:18	49	204*/100m	00:01:43	49	00:46:00	64	28.68 km/h	00:01:16	64	00:13:49	48	4:36**	8	2
50	01:11:38	366	Anthony	Getgood	Male	50-59	Caerphilly Tri-ers	Finished	00:09:53	106	228*/100m	00:04:05	164	00:41:36	23	31.72 km/h	00:02:32	163	00:13:31	40	4:30**	42	7
51	01:11:39	387	Anna	Chaplin	Female	40-49	Carmarthen Triathlon Club	Finished	00:09:31	90	222*/100m	00:01:49	58	00:45:31	60	28.99 km/h	00:01:42	111	00:13:04	32	4:21**	9	3
52	01:11:47	343	Mr R A	Low	Male	50-59	Port Talbot Harriers	Finished	00:09:57	108	229*/100m	00:01:27	29	00:43:23	40	30.42 km/h	00:01:34	103	00:15:23	81	5:07**	43	8
53	01:11:51	345	Nathan	Phillips	Male	40-49	Celtic Tri	Finished	00:08:14	46	203*/100m	00:01:29	21	00:44:29	46	29.67 km/h	00:01:21	78	00:16:16	107	5:25**	44	11
54	01:11:52	443	Josephine	Francis	Female	50-59	Taff Ely Triathlon Club	Finished	00:07:58	39	159*/100m	00:01:24	24	00:45:30	59	29.00 km/h	00:01:08	55	00:15:50	95	5:18**	45	10
55																							

138	01:28:04	386	Christian	Evans	Male	20-39	Finished	00:07:35	26	1'53"/100m	00:02:42	116	00:52:54	125	24.95 km/h	00:00:51	18	00:24:01	172	8'00"/km	98	33
139	01:28:10	301	Adam	Robinson	Male	20-39	Finished	00:13:36	160	3'24"/100m	00:02:38	112	00:50:33	111	26.10 km/h	00:02:37	165	00:18:43	134	6'14"/km	99	34
140	01:28:10	465	Alan	Powell	Male	50-59	Finished	00:07:31	25	1'52"/100m	00:02:42	117	00:58:54	157	22.41 km/h	00:03:04	172	00:15:57	98	5'19"/km	100	21
141	01:28:27	406	Callum	Cole	Male	20-39	Finished	00:08:09	43	2'02"/100m	00:04:49	171	00:54:10	134	24.36 km/h	00:02:00	137	00:19:17	142	6'25"/km	101	35
142	01:28:51	440	Louise	Mordue	Female	40-49	Finished	00:14:27	162	3'36"/100m	00:02:57	130	00:57:03	151	23.13 km/h	00:01:59	47	00:13:14	35	4'24"/km	41	13
143	01:28:56	390	Kate	Davey	Female	20-39	Finished	00:09:50	105	2'27"/100m	00:03:33	148	00:53:49	132	24.51 km/h	00:01:51	123	00:19:50	146	6'36"/km	42	16
144	01:29:36	279	Dean	Bunting	Male	50-59	Finished	00:11:54	149	2'58"/100m	00:02:06	75	00:53:05	128	24.86 km/h	00:02:02	143	00:20:26	154	6'48"/km	102	22
145	01:29:37	289	Pete	Byrd	Male	20-39	Finished	00:15:48	167	3'57"/100m	00:01:16	19	00:56:24	149	23.40 km/h	00:01:13	56	00:14:54	72	4'58"/km	103	36
146	01:29:53	315	Natasha	Gannon	Female	20-39	Finished	00:11:51	148	2'57"/100m	00:03:28	144	00:53:01	127	24.89 km/h	00:02:27	160	00:19:05	139	6'21"/km	43	17
147	01:30:01	334	Philip	Evans	Male	60-69	Finished	00:12:46	155	3'11"/100m	00:06:03	174	00:50:18	109	26.23 km/h	00:02:03	144	00:18:49	136	6'16"/km	104	10
148	01:30:15	319	Oskar	Powell	Male	17-19	Finished	00:10:30	119	2'37"/100m	00:03:38	152	00:55:52	146	23.62 km/h	00:01:59	134	00:18:13	130	6'04"/km	105	8
149	01:31:00	433	Fion	Crooks	Female	14-16	Finished	00:08:29	54	2'07"/100m	00:01:47	51	00:58:18	154	22.63 km/h	00:00:41	6	00:21:43	163	7'14"/km	44	5
150	01:31:08	357	Helen	Penny	Female	40-49	Finished	00:10:37	124	2'39"/100m	00:02:48	122	00:56:00	147	23.56 km/h	00:01:47	120	00:19:54	149	6'38"/km	45	14
151	01:32:27	352	Sally	Styles	Female	40-49	Finished	00:09:36	95	2'24"/100m	00:01:49	55	00:51:27	120	25.64 km/h	00:01:51	122	00:27:43	177	9'14"/km	46	15
152	01:33:29	290	Kate	Gibson	Female	20-39	Finished	00:11:21	138	2'50"/100m	00:02:06	74	00:56:47	156	22.45 km/h	00:01:20	72	00:19:53	148	6'37"/km	47	18
153	01:33:35	283	Joceline	Keenan	Female	50-59	Finished	00:12:26	152	3'06"/100m	00:02:15	84	00:58:29	155	22.56 km/h	00:02:22	158	00:18:01	128	6'00"/km	48	7
154	01:33:40	313	Robert	Buckley	Male	60-69	Finished	00:10:05	112	2'31"/100m	00:03:04	135	00:55:17	141	23.87 km/h	00:02:31	162	00:22:41	167	7'33"/km	106	11
155	01:34:05	339	Jill	Peacock	Female	50-59	Finished	00:11:21	136	2'50"/100m	00:02:36	108	00:57:25	152	22.98 km/h	00:01:51	125	00:20:50	157	6'56"/km	49	8
156	01:34:47	351	Alun	Rhydderch	Male	40-49	Finished	00:06:14	3	1'33"/100m	00:03:40	153	01:05:47	166	20.06 km/h	00:01:59	136	00:17:05	120	5'41"/km	107	25
157	01:35:16	354	Damian	Williams	Male	20-39	Finished	00:10:43	127	2'40"/100m	00:03:15	139	01:01:49	162	21.35 km/h	00:02:17	157	00:17:11	121	5'43"/km	108	37
158	01:36:50	341	Ashley	Chiggs	Female	20-39	Finished	00:10:37	123	2'39"/100m	00:02:49	123	01:01:03	159	21.61 km/h	00:01:34	99	00:20:46	155	6'55"/km	50	19
159	01:38:53	276	Sean	Morgan	Male	40-49	Finished	00:18:53	174	4'43"/100m	00:06:25	175	00:53:54	133	24.49 km/h	00:02:08	149	00:17:31	124	5'07"/km	109	26
160	01:38:54	304	Callum	Gregory	Male	20-39	Finished	00:12:41	154	3'10"/100m	00:03:25	143	00:56:08	148	23.51 km/h	00:02:51	168	00:23:47	171	7'55"/km	110	38
161	01:38:10	467	Amelia	Boylan	Female	20-39	Finished	00:07:41	28	1'55"/100m	00:04:43	168	00:57:48	153	22.83 km/h	00:03:40	177	00:25:16	174	8'25"/km	51	20
162	01:40:20	307	Emily	Morris	Female	40-49	Finished	00:13:34	159	3'23"/100m	00:03:30	146	01:00:23	158	21.85 km/h	00:01:20	74	00:21:30	161	7'10"/km	52	16
163	01:40:20	338	Linda	Radmore	Female	60-69	Finished	00:11:06	133	2'46"/100m	00:03:33	147	01:01:29	161	21.46 km/h	00:01:23	83	00:22:48	170	7'36"/km	53	2
164	01:40:36	344	Helen	James	Female	40-49	Finished	00:11:43	146	2'55"/100m	00:04:01	163	01:02:49	163	21.01 km/h	00:01:44	117	00:20:16	152	6'45"/km	54	17
165	01:41:20	305	Tim	Allen	Male	50-59	Finished	00:12:56	157	3'14"/100m	00:03:36	149	01:04:34	165	20.43 km/h	00:02:10	151	00:18:01	127	6'00"/km	111	23
166	01:42:49	291	Miranda	Williams	Female	50-59	Finished	00:10:37	123	2'39"/100m	00:02:49	123	01:01:03	159	21.61 km/h	00:01:34	99	00:20:46	155	6'55"/km	55	9
167	01:43:04	292	Fionnair	Williams	Female	20-39	Finished	00:10:38	125	2'39"/100m	00:03:00	131	01:07:17	167	19.61 km/h	00:01:19	70	00:20:49	156	6'56"/km	56	21
168	01:43:24	294	Catherine	Hay	Female	20-39	Finished	00:14:16	161	3'34"/100m	00:03:02	132	01:01:21	160	21.51 km/h	00:01:56	131	00:22:47	169	7'35"/km	57	22
169	01:45:45	272	Carys	Dawe	Female	20-39	Finished	00:11:39	142	2'54"/100m	00:03:13	137	01:10:43	170	18.66 km/h	00:01:17	65	00:18:51	138	6'17"/km	58	23
170	01:47:55	333	Catherine	Hide	Female	50-59	Finished	00:12:53	156	3'13"/100m	00:03:37	151	01:07:27	168	19.56 km/h	00:02:08	150	00:21:48	164	7'16"/km	59	10
171	01:55:05	285	Laura	Donovan	Female	40-49	Finished	00:15:06	166	3'46"/100m	00:02:28	97	01:12:41	171	18.15 km/h	00:02:02	141	00:22:46	168	7'35"/km	60	18
172	01:57:18	274	Amanda	Edwards	Female	50-59	Finished	00:16:01	169	4'00"/100m	00:03:41	154	01:15:16	174	17.53 km/h	00:01:55	128	00:20:24	153	6'48"/km	61	11
173	01:57:41	286	Chloe	Finn	Female	20-39	Finished	00:11:28	140	2'52"/100m	00:03:25	141	01:14:31	172	17.71 km/h	00:01:58	133	00:26:18	176	8'46"/km	62	24
174	01:58:30	287	Louisa	Woodward	Female	40-49	Finished	00:17:19	172	4'19"/100m	00:03:44	156	01:16:39	176	17.21 km/h	00:01:23	81	00:19:24	144	6'28"/km	63	19
175	02:03:37	321	Katie	Bajada	Female	50-59	Finished	00:15:48	168	3'57"/100m	00:03:42	155	01:18:13	179	16.87 km/h	00:01:51	124	00:24:21	173	8'07"/km	64	12
176	02:04:27	308	Naomi	Mainwaring	Female	20-39	Finished	00:13:16	158	3'19"/100m	00:04:10	165	01:15:59	175	17.36 km/h	00:01:59	135	00:29:00	178	9'40"/km	65	25
177	02:05:07	271	Liz	Crimmins	Female	40-49	Finished	00:16:44	171	4'11"/100m	00:03:55	160	01:17:02	177	17.13 km/h	00:02:05	147	00:25:20	175	8'26"/km	66	20
178	02:06:06	284	Megan	Jones	Female	17-19	Finished	00:14:57	165	3'44"/100m	00:06:28	173	01:14:51	173	17.63 km/h	00:00:58	27	00:29:50	179	9'56"/km	67	3
179	02:06:22	273	Nicola	Davies	Female	50-59	Finished	00:21:24	175	5'21"/100m	00:04:58	172	01:17:29	178	17.03 km/h	00:01:32	98	00:29:56	158	6'58"/km	68	13
180	02:07:17	280	Darren	Forrester	Male	50-59	Finished	00:18:48	173	4'42"/100m	00:02:21	93	01:08:36	169	19.24 km/h	00:06:27	180	00:31:04	180	10'21"/km	112	24
181	02:19:55	281	Debbie	Lewis	Female	50-59	Finished	00:16:40	170	4'10"/100m	00:04:47	170	01:24:22	180	15.64 km/h	00:02:13	156	00:31:50	181	10'36"/km	69	14