Overall Pos	Overall Time	Bib	Name	Surname	Gender	Category	Event	Club	Status	Run 1	Run 1 Pos	Run 1 Avg	T1	T1 Pos	Bike	Bike Pos	Bike Avg	T2	T2 Pos	Run 2	Run 2 pos	Run 2 Avg	Gender Pos	Category Pos	Net Time
1	01:15:41	324	Jaden	Morgan	Male	Male Junior	Mumbles Duathlon Super Sprint	Propel next generation	Finished	00:20:11	1	4'02"/km	00:01:09	4	00:40:40	1	30.98 km/h	00:00:56	1	00:12:45	1	4'16"/km	1	1	01:15:41
2	01:20:23	333	Philo	Hurley	Male	Male Junior	Mumbles Duathlon Super Sprint	Teulu Triathlon Sirhowy	Finished	00:20:50	3	4'10"/km	00:01:17	6	00:42:54	3	29.36 km/h	00:02:00	17	00:13:21	4	4'29"/km	2	2	01:20:20
3	01:20:23	319	Luke	Hurley	Male	Male Vet	Mumbles Duathlon Super Sprint		Finished	00:20:49	2	4'09"/km	00:01:21	8	00:42:52	2	29.39 km/h	00:01:59	16	00:13:21	3	4'29"/km	3	1	01:20:20
4	01:23:22	321	Martin	Vogler	Male	Male Open	Mumbles Duathlon Super Sprint		Finished	00:22:02	4	4'24"/km	00:01:18	7	00:45:16	6	27.83 km/h	00:01:04	4	00:13:40	5	4'35"/km	4	1	01:23:18
5	01:25:47	332	Colin	Barrett	Male	Male Vintage Vet	Mumbles Duathlon Super Sprint	Tenby Aces	Finished	00:23:40	5	4'44"/km	00:01:45	10	00:45:09	5	27.90 km/h	00:01:02	2	00:14:09	7	4'45"/km	5	1	01:25:46
6	01:26:51	323	Andrew	Brockway	Male	Male Vintage Vet	Mumbles Duathlon Super Sprint		Finished	00:24:04	7	4'48"/km	00:02:42	20	00:44:28	4	28.32 km/h	00:01:47	12	00:13:48	6	4'37"/km	6	2	01:26:50
7	01:28:50	325	Rhys	Morgan	Male	Male Open	Mumbles Duathlon Super Sprint		Finished	00:23:42	6	4'44"/km	00:02:04	14	00:47:49	8	26.35 km/h	00:01:55	14	00:13:19	2	4'28"/km	7	2	01:28:50
8	01:29:26	317	Isobel	Dawson	Female	Female Vet	Mumbles Duathlon Super Sprint	Carmarthen Triathlon Club	Finished	00:24:08	8	4'49"/km	00:01:07	3	00:48:21	9	26.05 km/h	00:01:10	5	00:14:38	8	4'54"/km	1	1	01:29:18
9	01:30:20	307	Dylan	Lloyd	Male	Male Junior	Mumbles Duathlon Super Sprint	teulu tri sirhowy	Finished	00:24:18	10	4'51"/km	00:01:39	9	00:47:09	7	26.71 km/h	00:01:28	9	00:15:44	13	5'16"/km	8	3	01:30:17
10	01:36:13	309	Owen	Parris	Male	Male Open	Mumbles Duathlon Super Sprint		Finished	00:26:21	12	5'16"/km	00:02:09	15	00:50:05	10	25.15 km/h	00:02:01	18	00:15:36	11	5'14"/km	9	3	01:36:07
11	01:38:19	326	Jonathan	Foligno	Male	Male Open	Mumbles Duathlon Super Sprint	No	Finished	00:24:09	9	4'49"/km	00:00:59	1	00:56:49	14	22.17 km/h	00:01:20	8	00:15:00	10	5'02"/km	10	4	01:38:09
12	01:39:55	300	Polly	Kaliski Wiseman	Female	Female Open	Mumbles Duathlon Super Sprint		Finished	00:27:03	13	5'24"/km	00:01:07	2	00:54:53	13	22.95 km/h	00:01:11	6	00:15:39	12	5'15"/km	2	1	01:39:40
13	01:40:39	308	Jack	Thomas	Male	Male Junior	Mumbles Duathlon Super Sprint	Teulu Tri Sirhowy	Finished	00:26:11	11	5'14"/km	00:03:26	23	00:52:50	11	23.84 km/h	00:02:20	19	00:15:50	14	5'19"/km	11	4	01:40:35
14	01:41:52	331	Natalie	Jones	Female	Female Open	Mumbles Duathlon Super Sprint		Finished	00:27:22	14	5'28"/km	00:02:57	21	00:54:51	12	22.96 km/h	00:01:59	15	00:14:42	9	4'56"/km	3	2	01:41:44
15	01:46:16	320	Penny	Holborn	Female	Female Open	Mumbles Duathlon Super Sprint	Caerphilly tri-ers	Finished	00:27:54	15	5'34"/km	00:01:58	11	00:57:19	15	21.98 km/h	00:01:44	11	00:17:19	16	5'48"/km	4	3	01:46:07
16	01:51:06	329	Craig	Fox	Male	Male Vet	Mumbles Duathlon Super Sprint		Finished	00:28:50	18	5'46"/km	00:03:25	22	00:58:37	16	21.49 km/h	00:02:59	22	00:17:12	15	5'46"/km	12	2	01:50:54
17	01:51:27	306	Paul	Denniss	Male	Male Vintage Vet	Mumbles Duathlon Super Sprint		Finished	00:29:51	20	5'58"/km	00:01:11	5	00:59:52	18	21.04 km/h	00:01:03	3	00:19:27	21	6'31"/km	13	3	01:51:15
18	01:52:23	328	Caz	Harris	Female	Female Vintage Vet	Mumbles Duathlon Super Sprint		Finished	00:28:35	16	5'43"/km	00:02:37	19	00:59:32	17	21.16 km/h	00:03:14	23	00:18:22	18	6'10"/km	5	1	01:52:19
19	01:55:01	318	Tamsin	Davies	Female	Female Open	Mumbles Duathlon Super Sprint		Finished	00:30:25	21	6'05"/km	00:02:10	16	01:01:20	20	20.54 km/h	00:01:37	10	00:19:27	20	6'31"/km	6	4	01:54:47
20	01:56:38	302	Cai	Roberts	Male	Male Junior	Mumbles Duathlon Super Sprint		Finished	00:29:16	19	5'51"/km	00:02:23	18	01:05:19	21	19.29 km/h	00:01:52	13	00:17:48	17	5'58"/km	14	5	01:56:34
21	02:00:26	304	Deborah	Lewis	Female	Female Vintage Vet	Mumbles Duathlon Super Sprint	Craptri	Finished	00:33:06	22	6'37"/km	00:01:59	13	01:00:39	19	20.77 km/h	00:02:32	20	00:22:08	23	7'25"/km	7	2	02:00:12
22	02:04:38	315	Ashleigh	Hall	Female	Female Open	Mumbles Duathlon Super Sprint	Port Talbot Harriers	Finished	00:28:46	17	5'45"/km	00:01:59	12	01:13:31	26	17.13 km/h	00:01:17	7	00:19:04	19	6'23"/km	8	5	02:04:31
23	02:08:31	327	Simon	John	Male	Male Vintage Vet	Mumbles Duathlon Super Sprint		Finished	00:33:47	24	6'45"/km	00:04:15	24	01:05:57	22	19.10 km/h	00:03:36	24	00:20:54	22	7'00"/km	15	4	02:08:15
24	02:16:14	330	Jonathan	Hughes	Male	Male Vet	Mumbles Duathlon Super Sprint	Swansea Vale Triathlon #SVT	Finished	00:36:50	25	7'22"/km	00:04:29	25	01:06:44	25	18.87 km/h	00:04:35	26	00:23:33	25	7'54"/km	16	3	02:16:01
25	02:17:47	113	Andrew	Owen	Male	Male Vintage Vet	Mumbles Duathlon Super Sprint		Finished	00:39:07	26	7'49"/km	00:05:04	26	01:06:17	23	19.00 km/h	00:03:56	25	00:23:21	24	7'50"/km	17	5	02:17:32
26	02:20:00	313	Joy	Creaser-thomas	Female	Female Open	Mumbles Duathlon Super Sprint		Finished														9	6	02:20:00
27	02:30:06	88	Jamie	Lannen	Male	Male Vet	Mumbles Duathlon Super Sprint		Finished	00:33:26	23	6'41"/km	00:02:13	17	01:06:19	24	18.99 km/h	00:02:32	21	00:45:34	26	15'17"/km	18	4	02:29:53
		316	Emma	Adamiec	Female	Female Vet	Mumbles Duathlon Super Sprint		Not started																
		303	Andy	Bostock	Male	Male Vintage Vet	Mumbles Duathlon Super Sprint		Not started																
		312	Amy	Jenkins	Female	Female Open	Mumbles Duathlon Super Sprint		Not started																
		314	Clare	Rees	Female	Female Vet	Mumbles Duathlon Super Sprint		Not started																
		301	Janie	Smith	Female	Female Junior	Mumbles Duathlon Super Sprint		Not started																
		311	Damen	Miles	Male	Male Vintage Vet	Mumbles Duathlon Super Sprint		Not started																
		322	Mark	Day	Male	Male Vintage Vet	Mumbles Duathlon Super Sprint		Not started																
		310	William	Parry	Male	Male Open	Mumbles Duathlon Super Sprint		Not started																
		305	Ifan	Bowen	Male	Male Junior	Mumbles Duathlon Super Sprint	Welsh Triathlon Academy	Not started																