

Overall Pos	Overall Time	Bib	Name	Surname	Gender	Category	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	Nettime
1	01:01:34	35	David	Cole	Open	Senior Open	DC TRIATHLON	Finished	00:15:55	2	3:11"7m	00:00:38	10	00:35:30	2	35.48 km/h	00:00:30	6	00:09:00	2	3:37"7m	1	1	01:01:34
2	01:04:58	138	Will	Birchall	Open	Youth Open	South West Academy	Finished	00:15:55	1	3:11"7m	00:00:16	1	00:36:30	4	32.71 km/h	00:00:41	6	00:08:31	4	3:50"7m	2	1	01:04:58
3	01:04:59	89	Nath	Birchall	Open	Junior Open	South West Academy	Finished	00:15:56	1	3:11"7m	00:00:24	3	00:39:51	6	32.10 km/h	00:00:42	29	00:08:41	3	4:00"7m	3	1	01:04:59
4	01:06:58	44	Rhys	Bevan	Open	Senior Open	DC TRIATHLON	Finished	00:19:25	8	3:53"7m	00:01:12	48	00:35:27	1	35.53 km/h	00:00:37	18	00:10:17	10	4:08"7m	4	2	01:06:58
5	01:07:05	41	Jason	Cole	Open	Senior Open	Peter Lloyd Coaching	Finished	00:18:36	5	3:43"7m	00:00:30	6	00:37:47	3	33.33 km/h	00:00:39	22	00:09:31	3	3:50"7m	5	3	01:07:05
6	01:07:39	67	John	Fitzpatrick	Open	Veteran Open	White Rock Triathletes	Finished	00:17:46	4	3:33"7m	00:00:33	9	00:39:11	5	32.14 km/h	00:00:32	9	00:09:35	6	3:52"7m	6	1	01:07:39
7	01:11:42	47	Paul	Worcester	Open	Veteran Open	Tenby Penguins	Finished	00:21:42	13	4:06"7m	00:00:41	26	00:40:21	15	30.49 km/h	00:00:41	29	00:10:48	15	4:02"7m	7	2	01:11:42
8	01:13:19	12	Nath	Honeysett	Open	Senior Open	Pembrokehire Tri	Finished	00:20:03	13	4:00"7m	00:00:41	13	00:41:44	20	30.18 km/h	00:00:46	41	00:10:33	9	4:03"7m	8	4	01:13:19
9	01:13:28	53	Catherine	Marks	Female	Veteran Female	Pembrokehire Tri	Finished	00:20:13	16	4:02"7m	00:00:27	5	00:41:19	15	30.48 km/h	00:00:29	5	00:10:58	18	4:25"7m	1	1	01:13:28
10	01:13:32	24	Oliver	Williams	Open	Senior Open	Peter Lloyd Coaching	Finished	00:19:36	10	3:55"7m	00:01:00	30	00:42:23	24	29.72 km/h	00:00:56	53	00:09:35	5	3:51"7m	9	5	01:13:32
11	01:13:41	60	Timothy	Plumb	Open	Veteran Open	NBLIS	Finished	00:20:25	17	4:05"7m	00:00:52	25	00:40:52	12	30.62 km/h	00:00:45	38	00:10:44	14	4:19"7m	10	3	01:13:41
12	01:13:48	4	Harry	Griffiths	Open	Junior Open	Pembrokehire Tri	Finished	00:21:48	11	4:21"7m	00:00:30	7	00:39:42	7	31.72 km/h	00:00:33	12	00:11:13	23	4:31"7m	11	2	01:13:48
13	01:14:06	3	Leo	Tyler	Open	Youth Open	Pembrokehire Tri	Finished	00:21:00	24	4:12"7m	00:00:25	4	00:42:17	22	29.79 km/h	00:00:35	14	00:09:47	7	3:56"7m	12	2	01:14:06
14	01:14:13	16	Charlie	Felstead	Open	Senior Open	Tenby Penguins	Finished	00:20:28	19	4:05"7m	00:00:50	23	00:40:50	11	30.85 km/h	00:00:32	10	00:11:31	25	4:38"7m	13	6	01:14:13
15	01:14:24	72	Steven	Plumb	Open	Veteran Open	Carmarthen Triathlon Club	Finished	00:20:08	14	4:01"7m	00:01:02	34	00:41:45	21	30.17 km/h	00:00:36	17	00:10:51	16	4:22"7m	14	4	01:14:24
16	01:14:41	40	Both	Jones	Female	Senior Female	Swansea Vale Tri	Finished	00:19:57	12	3:57"7m	00:01:18	35	00:42:22	23	29.72 km/h	00:00:42	30	00:10:19	11	4:00"7m	2	1	01:14:41
17	01:15:11	116	Clive	Patterson-Jett	Open	Super Veteran Open	Pembrokehire Tri	Finished	00:21:19	26	4:15"7m	00:00:53	26	00:41:11	14	30.58 km/h	00:00:44	34	00:11:03	20	4:27"7m	15	1	01:15:11
18	01:15:18	78	James	Dicks	Open	Senior Open	Tenby Penguins	Finished	00:20:58	23	4:11"7m	00:00:45	16	00:41:36	19	30.28 km/h	00:00:41	26	00:10:17	24	4:33"7m	16	5	01:15:18
19	01:15:21	135	Valeros Finest		Mixed	Relay		Finished	00:19:35	9	3:55"7m	00:01:07	43	00:44:01	32	28.61 km/h	00:00:35	15	00:10:01	8	4:02"7m	1	1	01:15:21
20	01:15:31	82	Stephanie	Waring	Female	Super Veteran Female	Tenby Aces	Finished	00:21:34	29	4:19"7m	00:00:51	24	00:41:21	16	30.46 km/h	00:00:41	25	00:11:01	19	4:26"7m	3	1	01:15:31
21	01:15:56	37	Rhys	Thomas	Open	Senior Open	Tenby Penguins	Finished	00:20:40	21	4:06"7m	00:00:44	15	00:43:07	28	29.21 km/h	00:00:31	7	00:10:51	17	4:22"7m	17	7	01:15:56
22	01:16:08	68	Lee	Hopkins	Open	Veteran Open	Swansea Vale Tri	Finished	00:21:57	34	4:23"7m	00:00:55	27	00:40:38	9	31.00 km/h	00:00:43	33	00:11:53	34	4:47"7m	18	6	01:16:08
23	01:16:13	31	James	Barton	Open	Senior Open	Pembrokehire Tri	Finished	00:21:24	28	4:18"7m	00:01:00	31	00:41:08	13	30.63 km/h	00:00:43	31	00:11:57	35	4:49"7m	19	8	01:16:13
24	01:16:27	89	Colin	Barrett	Open	Super Veteran Open	Tenby Aces	Finished	00:21:35	30	4:19"7m	00:01:03	35	00:41:31	18	30.34 km/h	00:00:39	21	00:11:38	28	4:41"7m	20	2	01:16:27
25	01:17:21	45	John	Evans	Open	Veteran Open	Carmarthen Triathlon Club	Finished	00:20:08	15	4:01"7m	00:01:21	58	00:43:31	25	29.28 km/h	00:01:06	64	00:11:52	64	4:47"7m	21	7	01:17:21
26	01:17:43	97	Robert	De-Schoolmeester	Open	Super Veteran Open	TROTS	Finished	00:20:26	18	4:05"7m	00:01:19	57	00:43:38	28	28.87 km/h	00:01:14	70	00:11:04	21	4:28"7m	22	3	01:17:43
27	01:18:02	46	Thomas	Bates	Open	Senior Open	Pembrokehire Tri	Finished	00:18:56	6	3:47"7m	00:00:24	2	00:47:59	46	26.25 km/h	00:00:22	1	00:10:20	12	4:10"7m	23	9	01:18:02
28	01:18:40	18	Tomos	Dagnone	Open	Senior Open	Narberth Dynamos	Finished	00:21:02	25	4:12"7m	00:01:04	36	00:45:00	35	27.99 km/h	00:00:51	44	00:10:41	13	4:18"7m	24	10	01:18:40
29	01:18:48	119	Andrew	Rees	Open	Super Veteran Open	Narberth Dynamos	Finished	00:20:29	20	4:05"7m	00:02:31	88	00:43:11	27	29.17 km/h	00:01:25	77	00:11:20	22	4:30"7m	25	4	01:18:48
30	01:19:15	138	Cedric	Tip	Mixed	Relay		Finished	00:22:33	40	4:36"7m	00:00:46	18	00:43:53	30	29.70 km/h	00:00:29	4	00:11:31	47	4:39"7m	2	2	01:19:15
31	01:19:50	127	Paul	Colman	Open	Vintage Veteran Open	Pembrokehire Tri	Finished	00:23:01	44	4:36"7m	00:01:05	40	00:41:29	17	30.36 km/h	00:01:13	68	00:13:00	49	5:14"7m	26	1	01:19:50
32	01:21:02	64	Russell	Clarke	Open	Veteran Open	Tenby Aces	Finished	00:22:27	39	4:29"7m	00:01:28	61	00:44:15	33	28.46 km/h	00:00:57	55	00:11:53	32	4:47"7m	27	8	01:21:02
33	01:21:07	63	Isobel	Dawson	Female	Veteran Female	Carmarthen Triathlon Club	Finished	00:23:02	45	4:36"7m	00:00:46	17	00:44:29	34	28.32 km/h	00:00:56	52	00:11:53	33	4:47"7m	4	2	01:21:07
34	01:21:48	60	William	Williams	Open	Super Veteran Female	Pembrokehire Tri	Finished	00:22:40	40	4:30"7m	00:00:46	18	00:43:53	30	29.70 km/h	00:00:29	4	00:11:31	47	4:39"7m	2	2	01:21:48
35	01:21:53	58	Sarah	Jones	Female	Veteran Female	Pembrokehire Tri	Finished	00:22:43	41	4:32"7m	00:01:49	73	00:43:41	29	28.83 km/h	00:01:07	65	00:12:32	42	5:03"7m	6	3	01:21:53
36	01:22:29	9	Byron	Grey	Open	Senior Open	Pembrokehire Tri	Finished	00:21:49	32	4:21"7m	00:00:38	11	00:47:12	45	26.68 km/h	00:00:45	38	00:12:02	36	4:51"7m	28	11	01:22:29
37	01:22:48	98	Julian	Howe	Open	Super Veteran Open	Pembrokehire Tri	Finished	00:22:22	38	4:28"7m	00:01:06	42	00:46:52	43	26.88 km/h	00:00:47	43	00:11:40	29	4:42"7m	29	5	01:22:48
38	01:23:14	132	Hey Ho! Let's Go!		Mixed	Relay		Finished	00:19:37	11	3:55"7m	00:00:46	20	00:46:51	55	25.78 km/h	00:00:31	8	00:12:27	56	5:25"7m	3	6	01:23:14
39	01:23:42	48	Rob	Hughes	Open	Veteran Open	Pembrokehire Tri	Finished	00:23:54	52	4:10"7m	00:01:10	45	00:48:31	42	27.06 km/h	00:01:01	60	00:12:04	60	4:52"7m	30	9	01:23:42
40	01:24:01	2	Leo	Pearson-ryall	Open	Youth Open	Cwb Seiclo Llanyddridd	Finished	00:22:11	36	4:26"7m	00:01:29	62	00:45:55	40	27.43 km/h	00:01:24	76	00:13:00	48	5:14"7m	31	3	01:24:01
41	01:24:22	133	Off Their Trolleys		Mixed	Relay		Finished	00:27:21	76	5:28"7m	00:01:27	60	00:40:43	10	30.94 km/h	00:00:33	13	00:14:16	69	5:45"7m	4	4	01:24:22
42	01:24:39	45	Matthew	Hooper	Open	Senior Open	Tenby Aces	Finished	00:23:59	50	4:47"7m	00:01:05	38	00:45:26	37	27.72 km/h	00:00:47	42	00:13:21	55	5:22"7m	32	12	01:24:39
43	01:24:42	47	Matthew	Hooper	Open	Senior Open	Tenby Aces	Finished	00:23:59	50	4:47"7m	00:01:05	38	00:45:26	37	27.72 km/h	00:00:47	42	00:13:21	55	5:22"7m	32	12	01:24:42
44	01:24:45	7	Morgan	Smith	Open	Senior Open	Tenby Penguins	Finished	00:21:58	35	4:23"7m	00:01:15	53	00:48:58	56	25.73 km/h	00:01:01	59	00:11:31	26	4:39"7m	34	14	01:24:45
45	01:24:50	30	Rhys	Williams	Open	Senior Open	Carmarthen Triathlon Club	Finished	00:21:22	27	4:16"7m	00:01:04	37	00:48:58	60	25.20 km/h	00:00:40	23	00:11:43	30	4:43"7m	35	15	01:24:50
46	01:25:06	22	Lynsey	Dowling	Female	Senior Female	Swansea Vale Tri	Finished	00:24:38	54	4:55"7m	00:01:05	41	00:45:50	39	27.48 km/h	00:00:46	40	00:12:45	46	5:08"7m	7	2	01:25:06
47	01:25:49	85	Nathan	Orford	Open	Super Veteran Open	Pembrokehire Tri	Finished	00:23:54	49	4:46"7m	00:00:46	22	00:46:51	48	26.10 km/h	00:00:22	2	00:12:27	41	5:01"7m	36	6	01:25:49
48	01:26:22	121	Fruy	Price	Open	Vintage Veteran Open	Pembrokehire Dygals	Finished	00:24:03	52	4:46"7m	00:01:28	65	00:46:33	42	27.06 km/h	00:01:19	73	00:12:47	47	5:05"7m	37	2	01:26:22
49	01:26:38	28	David	Davies	Open	Senior Open	Taf Valley Cycling Club	Finished	00:25:57	66	5:11"7m	00:01:42	69	00:43:56	31	28.66 km/h	00:01:23	74	00:13:38	60	5:29"7m	38	16	01:26:38
50	01:26:58	32	Andrew	Davies	Open	Senior Open	Pembrokehire Tri	Finished	00:22:52	42	4:34"7m	00:01:35	64	00:48:24	50	26.03 km/h	00:01:43	84	00:12:20	38	4:58"7m	37	17	01:26:58
51	01:28:17	5	Abbie	Howe	Open	Junior Open	Newport under Eighteens	Finished	00:21:51	33	4:22"7m	00:01:54	77	00:50:19	64	25.12 km/h	00:01:02	61	00:13:09	51	5:18"7m	40	3	01:28:17
52	01:28:18	69	Barry	Barrett	Female	Veteran Female	Tenby Aces	Finished	00:26:27	69	5:17"7m	00:01:41	68	00:45:21	38	27.67 km/h	00:00:55	51	00:13:42					