

Finish Time	Race Position	Athlete #	Forename	Surname	Gender	Club
30:29	1	93	Rhys	Davies	Male	Pembrokeshire Triathlon Club
30:31	2	54	Joe	Beech	Male	Onit Cycles
32:20	3	109	Matthew	Grantham	Male	NEWT
33:17	4	16	Lewis	John	Male	Unattached
33:26	5	111	Paul	Bruton	Male	NEWT
33:32	6	18	Caroline	Jones	Female	Unattached
33:42	7	22	chris	fairclough	Male	Unattached
33:51	8	73	Martin	Cole	Male	Unattached
34:20	9	87	Paul	Jones	Male	Unattached
34:34	10	25	Darren	Bishop	Male	Pontypridd Roadents
34:47	11	118	Scott	Morris	Male	Unattached
35:20	12	112	Richard	Elgar	Male	NEWT
35:27	13	91	Rhodri	Harris	Male	Unattached
35:35	14	101	steven	bridges	Male	Unattached
35:42	15	99	Simon	Crowther	Male	Brecon Triathlon Club
35:47	16	49	Jamie	Brown	Male	Unattached
35:53	17	29	David	Mort	Male	Cardiff Triathlon Club
36:14	18	34	Elaine	Ferguson	Female	Cardiff Triathletes
36:35	19	104	Tim	Ford	Male	NEWT
36:56	20	14	Brian	Phillips	Male	NEWT
37:00	21	86	Osian	Griffith	Male	Llantrisant Sharks
37:17	22	62	karyss	hockin	Female	Triathlon Coaching Wales
37:21	23	40	Gareth	Thomas	Male	Cardiff Triathlon Club
37:26	24	56	Jonathon	Astley	Male	Taff Ely Triathlon Club
37:47	25	78	Mhairi-Clair	Stewart	Female	Cardiff Triathlon Club
37:57	26	2	Alex	Tovey	Male	Castell Nedd Tri
38:01	27	59	Jordan	Williams	Male	Triathlon Coaching Wales
38:04	28	39	Gareth	James	Male	Unattached
38:08	29	107	Vicky	Jones	Female	Unattached
38:12	30	120	Rhys	Adam	Male	Llantrisant Sharks
38:16	31	83	Neil	James	Male	Cnt
38:20	32	110	Chris	Wood	Male	White Rock Runners
38:26	33	68	Marc	Williams	Male	Crap tri
38:32	34	27	David	Morgan	Male	Unattached
38:56	35	69	Marc	Durkin	Male	Cardiff Triathletes
38:58	36	46	Huw	Jones	Male	Taff Ely Triathlon Club
39:12	37	57	Jonathon	Hatfield	Male	Unattached
39:14	38	100	Stephen	Robins	Male	Unattached
39:30	39	80	Mike	Bessell	Male	Unattached
39:31	40	71	Mark	Mayers	Male	Unattached
39:42	41	8	Andrew	Evans	Male	Unattached
39:44	42	94	Russ	White	Male	Torfaen Triathlon Club
39:45	43	5	Andrew	Elliott	Male	Celtic Tri
39:57	44	58	Jonathon	Mitchell	Male	Unattached
39:59	45	70	Marina	Wright	Female	NEWT
40:08	46	1	Adrian	Bennett	Male	Celtic Tri

40:13	47	102	Steven	Howell	Male	Triathlon Coaching Wales
40:20	48	95	Ruth	Davies	Female	Pencoed Tri club
40:32	49	26	Simon	Cartlidge	Male	Unattached
40:40	50	41	Garry	Vaughan	Male	Port talbot harriers
40:46	51	72	Mark	Owen	Male	Taff Ely Triathlon Club
41:03	52	75	Martyn	Pennell	Male	Unattached
41:15	53	66	Llyr	Jones	Male	Port Talbot MS
41:17	54	21	Chris	Lee	Male	Taff Ely Triathlon Club
41:28	55	12	Arfon	Edwards	Male	Unattached
41:43	56	17	carl	edwards	Male	Pontypridd Roadents AC
41:56	57	105	Tomos	Jones	Male	Taff Ely Triathlon Club
41:56	58	15	Cai	Pughsley	Male	Unattached
42:00	59	38	Gareth	Mahoney	Male	Cardiff Triathlon Club
42:03	60	32	David	Charles	Male	Port talbot harries
42:32	61	37	Gail	Osborne	Female	Taff Ely Triathlon Club
42:38	62	31	David	Ayres	Male	Port talbot harriers
42:43	63	115	Cathryn	Jenkins	Female	Celtictri
42:56	64	116	Angharad	Pocock	Female	Cardiff Tri
43:01	65	89	Rachel	Beckley	Female	Taff Ely Triathlon Club
43:05	66	117	Stephen	Nicholas	Male	Unattached
43:08	67	98	Simon	Morgan	Male	Taff Ely Triathlon Club
43:14	68	103	Thomas	Jones	Male	Unattached
43:27	69	47	Huw	Roberts-Thomas	Male	Cardiff Triathlon Club
43:52	70	10	Antony	Mee	Male	Taff Ely
43:57	71	55	Joe	Emms	Male	Performancecoaching.me
43:58	72	67	Lucie	Bromfield	Female	Rhondda tri
44:19	73	113	Gemma	Harris	Female	Castell Nedd Tri
44:31	74	96	SARA	Morgan	Female	Taff Ely Triathlon Club
44:41	75	79	Emily	Lewis	Female	Torfaen
44:45	76	6	Andrew	Hillis	Male	NEWT
44:47	77	4	Andrew	Deans	Male	Cardiff Triathlon Club
44:51	78	84	nicholas	pounder	Male	Unattached
45:06	79	11	Antony	Layzell	Male	Celtictri
45:12	80	76	Mathew	Ellis	Male	Y Fenni Triathlon
45:14	81	74	Martin	Jones	Male	Triathlon Coaching Wales
45:20	82	63	Lindsay	Jones-williams	Female	Taff Ely Triathlon Club
45:37	83	90	Rhodri	Price	Male	South Wales Police Tri
45:43	84	35	Elisha	Hughes	Female	Taff Ely Triathlon Club
45:50	85	13	Bernadette	Wilkinson	Female	Unattached
46:20	86	82	Neil	Brooke-Smith	Male	Taff Ely Triathlon Club
46:33	87	88	Phil	Whitney	Male	Celtic Tri
47:04	88	92	Rhodri	Evans	Male	Pontypridd roadents
47:22	89	42	hannah	withers	Female	San Domenico
48:00	90	50	Jane	Lewis	Female	Torfaen
48:08	91	60	Julie	Roche	Female	Unattached
48:12	92	52	Jennifer	Evans	Female	Unattached
48:15	93	77	Mel	Senior	Female	Unattached
48:23	94	9	AnnMarie	morgan	Female	Taff Ely Triathlon Club

48:59	95	36	Frances	Trace	Female	None.
49:00	96	106	Tracey/Dyvin	Williams/Parry	Relay	Unattached
49:24	97	48	Alicia	Thoburn	Female	Unattached
49:57	98	33	Debbie	Bishop	Female	Castell nedd tri
49:58	99	28	Stephen	Perks	Male	Cnt
51:19	100	81	Neil	Wheeler	Male	Unattached
51:44	101	119	Linda	Spillane	Female	NEWT
51:47	102	20	Catherine	Colleypriest	Female	CRP Tri Club
51:56	103	97	Sian	Hollins	Female	Unattached
52:37	104	85	Robert	Chappell	Male	Unattached
52:54	105	45	Helen	Jones	Female	Taff Ely Triathlon Club
54:56	106	43	Hazel	Wheeler	Female	Cnt
54:59	107	53	Joanne	Evans	Female	Unattached
56:35	108	7	Andrew	Timms	Male	Taff Ely Triathlon Club
57:40	109	19	Carwyn	Evans	Male	Taff Ely Tri
58:31	110	114	Jennifer	Alyward	Female	Unattached
60:02	111	64	Liz	Morgan	Female	San Domenico
	DNF	44	Helen	Davies	Female	Unattached
	DNF	65	Lloyd	Evans	Male	Nutty Swimmers
	DNS	23	DNTU			
	DNS	51	DNTU			
	Swim Only	3	Hayden	Osmond	Male	Unattached
	Swim Only	24	Clare	Kingdon	Female	Unattached
	Swim Only	30	Stephen	Osborne	Male	Taff Ely Triathlon Club
	Swim Only	61	Nigel	Wotherspoon	Male	Unattached
	Swim Only	108	James	Elgar	Male	NEWT