

Pos	Time	BIB #	First Name	Surname	Club
1	29:13.0	60	Michael	Lewis	Torfaen Triathlon Club
2	32:48.8	31	Caroline	Jones	
3	32:57.7	6	Richard	Elgar	NEWT
4	33:03.0	29	Marc	Davies	Celtic Tri
5	33:19.1	38	Martin	Cole	
6	33:58.7	37	Paul	Jones	
7	34:52.3	10	Chris	Lewis	Port Talbot Harriers
8	35:15.9	39	Jack	LEE	Maindy flyers
9	35:17.4	65	Trish/Chris	Woodhouse/Lewis	
10	35:30.9	47	Ffion	Davies	
11	35:50.5	7	Owen	Evans	Cardiff Tri
12	35:57.5	54	Steve	Bridges	
13	36:07.0	70	Brian	Philips	
14	36:10.3	52	Rhys	Adams	
15	36:35.4	59	Daniel	Denning	Weston AC
16	36:35.6	9	Jake	Brooke-Smith	Pontypridd Roadents AC
17	37:04.4	51	Paul	Jones	
18	38:23.5	34	mathew	ellis	Y Fenni Triathlon
19	38:42.6	18	Simon	Fairclough	Y Fenni Triathlon
20	38:44.9	11	ian owen	williams	port talbot harriers
21	38:50.7	24	Robert	Davies	Cardiff Triathletes
22	39:11.7	25	Jonathon	Hatfield	Caerphilly runnetd
23	39:15.1	35	Gareth	Jehu	Taff Ely Triathlon Club
24	39:23.0	57	Geraint	Smith	Celtic Tri
25	40:14.1	16	Richard	Lewis	NEWT
26	40:14.8	19	Megan	Bowen	
27	40:17.8	23	Russell	White	Torfaen Triathlon Club
28	40:19.1	30	Steven	Perks	Cnt
29	40:26.6	72	Peter	Llewellyn	
30	40:32.9	49	Paul	Harmes	
31	40:58.1	63	Hazel/Megan	Wheeler/Clarke-Reid	
32	41:05.1	43	Jonathan	Jones	
33	41:16.6	58	Andrew	Bolton	
34	41:21.4	42	Hywel	Morgan	Pontypridd Roadents
35	41:40.8	12	Mandy	Morris	Port Talbot Harriers
36	42:01.0	68	Anthony	Wright	
37	42:23.8	26	Matthew	Brushett	
38	42:26.6	32	John/Tina	Hopkins/Arthur	port talbot harriers
39	42:49.2	55	Hayden/Emma	Osmond/Cook	
40	43:16.1	67	Debbie/Paul	Bishop/Edwards	
41	43:18.8	44	Daniel	seymour	
42	43:53.0	22	Julie	Roche	Fairwater Runners Cwmbran
43	43:53.4	15	Tim	Bailey	
44	44:07.6	64	Chris	Potter	
45	44:14.0	40	Chris	LEE	Taff Ely Triathlon Club
46	44:16.0	69	Marina	Wright	
47	44:59.0	14	Aaron	Farmer	
48	45:30.2	1	Cathryn	Jenkins	Celtictri
49	46:29.9	46	Linda	Spillane	NEWT
50	47:17.4	56	Lucy	Davies	Cardiff Tri
51	47:28.1	28	Carwyn/Marcus	Evans/Davies	Taff Ely Triathlon Club
52	48:50.4	45	Michael	Kearney	Run4All
53	50:14.5	36	Amy	Bevan	Ystrad running club
54	51:03.3	66	Jules	Jones	port talbot harriers
55	51:04.1	61	Neil	Wheeler	
56	52:00.8	62	Suzanne	Williams	
57	56:50.2	50	John	Parker	
58	57:12.6	27	Delyth	Lewis	