

Number	Name	M/F	Swim + T1	Bike	Run + T2	Total	Rank	Category Rank
193	Lewys John	Male	00:05:47	00:27:53	00:18:05	0:51:45	1	1
190	Richard Wilder	Male	00:06:56	00:25:55	00:19:43	0:52:34	2	2
189	Des Devlin	Male	00:06:55	00:27:35	00:19:03	0:53:33	3	3
186	David Mort	Male	00:07:03	00:27:36	00:19:08	0:53:47	4	4
187	Gethin Parham	Male	00:07:12	00:27:27	00:19:42	0:54:20	5	5
185	Brian Hosty	Male	00:07:50	00:27:41	00:20:50	0:56:20	6	6
181	Thomas Graham	Male	00:06:58	00:27:52	00:21:58	0:56:48	7	7
166	Carson Pryce	Male	00:06:52	00:29:10	00:22:17	0:58:19	8	8
172	Ray Morgan	Male	00:08:27	00:30:12	00:20:04	0:58:44	9	9
174	Huw Brace	Male	00:08:26	00:28:34	00:21:45	0:58:45	10	10
180	Paul Whitesmith	Male	00:07:18	00:30:17	00:21:21	0:58:56	11	11
183	Tom Radley	Male	00:07:40	00:31:02	00:20:32	0:59:14	12	12
182	Johnny Hathaway	Male	00:08:16	00:30:58	00:22:04	1:01:18	13	13
150	Niall Boxhall	Male	00:08:57	00:31:02	00:21:20	1:01:19	14	14
171	Simon Malley	Male	00:08:25	00:30:09	00:23:24	1:01:57	15	15
176	Gillian Hopkins	Female	00:08:44	00:31:10	00:23:30	1:03:25	16	1
177	Tomos Absalom	Male	00:09:26	00:29:57	00:24:06	1:03:29	17	16
195	ryan steven	Male	00:06:37	00:34:06	00:23:59	1:04:42	18	17
158	Tom Brown	Male	00:09:17	00:33:15	00:23:21	1:05:53	19	18
154	Crisanto Quintana	Male	00:10:11	00:32:06	00:23:41	1:05:59	20	19
179	Daniel Seymour	Male	00:08:08	00:33:11	00:24:41	1:06:00	21	20
145	Sam Belcher	Male	00:08:52	00:35:30	00:21:40	1:06:02	22	21
140	Emily Payne	Female	00:10:16	00:33:34	00:22:26	1:06:16	23	2
157	Richard Appleby	Male	00:10:53	00:33:35	00:22:02	1:06:31	24	22
137	Lloyd Bartley	Male	00:10:53	00:31:50	00:24:02	1:06:46	25	23
165	Gafyn Keeping	Male	00:09:13	00:34:19	00:23:18	1:06:50	26	24
152	Luke Dandy	Male	00:10:40	00:31:05	00:25:55	1:07:40	27	25
135	Robbie Andrews	Male	00:12:57	00:30:10	00:24:43	1:07:51	28	26
170	Alex Chase	Male	00:08:29	00:37:16	00:22:49	1:08:34	29	27
148	Gareth Poulton	Male	00:12:55	00:29:35	00:26:10	1:08:40	30	28
159	Stuart Bruton	Male	00:09:42	00:33:02	00:27:02	1:09:47	31	29
169	Dene Caple	Male	00:10:01	00:32:15	00:27:37	1:09:53	32	30
144	Alex Jones	Male	00:11:55	00:32:16	00:25:52	1:10:03	33	31
102	Andrew Barry	Male	00:12:15	00:33:51	00:24:04	1:10:09	34	32
149	Tom Vear	Male	00:09:24	00:37:17	00:23:54	1:10:36	35	33
191	Kayla Hayes	Female	00:07:36	00:35:23	00:27:41	1:10:40	36	3
101	Kristian Sinclair	Male	00:12:07	00:33:45	00:25:00	1:10:52	37	34
178	Angharad Pocock	Female	00:09:19	00:34:05	00:27:43	1:11:07	38	4
167	Jack Thomas	Male	00:09:38	00:37:49	00:24:10	1:11:37	39	35
104	Richard Darch	Male	00:13:48	00:32:32	00:25:19	1:11:39	40	36
106	David Smith	Male	00:11:36	00:35:30	00:25:26	1:12:33	41	37
153	keith nash	Male	00:10:36	00:34:55	00:27:29	1:12:59	42	38
118	Andrew Thomas	Male	00:12:24	00:37:46	00:23:06	1:13:16	43	39
136	Christopher Baker	Male	00:11:19	00:34:59	00:27:08	1:13:27	44	40
128	PAUL HARRISON	Male	00:12:36	00:35:01	00:26:16	1:13:54	45	41
168	Tom Warwick	Male	00:09:46	00:38:54	00:26:00	1:14:40	46	42
160	Emma Wootten	Female	00:08:32	00:39:58	00:26:45	1:15:15	47	5
115	Richard Arnold	Male	00:14:29	00:34:59	00:26:24	1:15:52	48	43
111	Samuel Luckwell	Male	00:13:34	00:38:07	00:23:59	1:15:39	49	44
156	Gayle Sheppard	Female	00:10:44	00:39:32	00:26:26	1:16:41	50	6
147	Joe Walbyoff	Male	00:09:47	00:39:08	00:27:47	1:16:41	51	45
164	Rowan Jones	Male	00:09:15	00:39:43	00:28:31	1:17:29	52	46
143	Tim Wright	Male	00:13:16	00:37:48	00:26:35	1:17:39	53	47
146	Christopher Elliott	Male	00:11:53	00:41:43	00:24:13	1:17:48	54	48
151	Jessica Appleby	Female	00:12:08	00:38:23	00:27:19	1:17:50	55	7
121	Jon Howells	Male	00:09:57	00:42:42	00:25:13	1:17:51	56	49
138	Mike Haworth	Male	00:12:50	00:37:28	00:27:37	1:17:55	57	50
116	Rachel McCann	Female	00:13:34	00:36:45	00:27:36	1:17:55	58	8

139	Helen Jones	Female	00:12:51	00:33:55	00:32:14	1:19:00	59	9
123	Ruth Walford	Female	00:12:51	00:38:52	00:28:16	1:20:00	60	10
124	Jo Walford	Female	00:12:29	00:41:08	00:26:47	1:20:24	61	11
122	Neil kerby	Male	00:16:36	00:36:16	00:31:12	1:24:04	62	51
126	Suzanne williams	Female	00:13:52	00:40:09	00:30:55	1:24:56	63	12
113	Sarah Bent	Female	00:14:47	00:39:46	00:30:48	1:25:20	64	13
133	Andy Moss	Male	00:15:56	00:39:24	00:30:04	1:25:23	65	52
125	Emma Williams	Female	00:15:19	00:43:29	00:27:08	1:25:56	66	14
161	Robert Chappell	Male	00:11:59	00:42:03	00:36:36	1:30:37	67	53
155	Kirsty Shaw	Female	00:11:48	00:42:28	00:36:44	1:31:00	68	15
120	Barrie Desmond	Male	00:12:55	00:50:43	00:28:04	1:31:42	69	54
132	Rebecca Griffiths	Female	00:14:22	00:48:39	00:29:11	1:32:12	70	16
110	Pauline Beckett	Female	00:18:40	00:40:10	00:33:39	1:32:29	71	17
117	Tim Ridd	Male	00:19:02	00:41:36	00:32:10	1:32:48	72	55
119	Justine Desmond	Female	00:12:41	00:51:02	00:31:55	1:35:38	73	18
107	Louise Ahern	Female	00:22:25	00:40:23	00:37:42	1:40:31	74	19
142	Emma White	Female	00:18:37	00:42:09	00:40:51	1:41:36	75	20
129	Kate Morgan	Female	00:14:29	00:53:40	00:37:38	1:45:46	76	21
108	Sarah Creed	Female	00:14:43	00:54:09	00:40:29	1:49:20	77	22
141	Wyndham Thomas	Male	00:16:13	00:46:43	00:47:21	1:50:17	78	56
112	Kate Bennett	Female	00:15:01	01:12:04	00:29:50	1:56:55	79	23
134	Christie Coleman	Male	#N/A	#N/A	#N/A	#N/A	DNS	DNS
194	Emyr Thomas	Male	#N/A	#N/A	#N/A	#N/A	DNS	DNS
188	Gemma Roche-clarke	Female	#N/A	#N/A	#N/A	#N/A	DNS	DNS
163	Jonathan Giddy	Male	#N/A	#N/A	#N/A	#N/A	DNS	DNS
130	Kerry Newman	Male	#N/A	#N/A	#N/A	#N/A	DNS	DNS
175	Laura Edwards	Female	#N/A	#N/A	#N/A	#N/A	DNS	DNS
184	Leah Cooper	Female	#N/A	#N/A	#N/A	#N/A	DNS	DNS
103	Nick Penn	Male	#N/A	#N/A	#N/A	#N/A	DNS	DNS
131	Paul Owen	Male	#N/A	#N/A	#N/A	#N/A	DNS	DNS
173	Pavel Rydl	Male	#N/A	#N/A	#N/A	#N/A	DNS	DNS
114	Rhiannon Jones	Female	#N/A	#N/A	#N/A	#N/A	DNS	DNS
192	Rhys Jones	Male	#N/A	#N/A	#N/A	#N/A	DNS	DNS
109	Sarah Appleton	Female	#N/A	#N/A	#N/A	#N/A	DNS	DNS
127	Sheiladen Aquino	Female	#N/A	#N/A	#N/A	#N/A	DNS	DNS
162	Thomas Few	Male	#N/A	#N/A	#N/A	#N/A	DNS	DNS
105	Chris Foster	Male	#N/A	#N/A	#N/A	#N/A	DNS	DNS