

| Race No | Finish Pos | Finish Time | First Name | Last Name | Age Group | Club |
|----------------|-------------------|--------------------|-------------------|------------------|------------------|--------------------------------------|
| 52 | 1 | 00:27:52 | Michael | Lewis | 25-29 | Torfaen Triathlon Club |
| 32 | 2 | 00:28:45 | Matt | Grantham | 20-24 | Tri-Monkey |
| 90 | 3 | 00:29:17 | Morgan | Watts | 17-18 | Piranha's Tri Club |
| 94 | 4 | 00:29:57 | Oliver | Williams | 35-39 | White Rock Triathletes |
| 82 | 5 | 00:30:42 | Ryan | Steven | 19 | CNSWPC |
| 29 | 6 | 00:30:58 | Nino | Gatti | 35-39 | Port Talbot Harriers |
| 37 | 7 | 00:31:51 | Josh | Hanbury | 25-29 | |
| 46 | 8 | 00:32:27 | Paul | Jones | 35-39 | |
| 42 | 9 | 00:32:33 | Hannah | Jenkins | 20-24 | |
| 62 | 10 | 00:32:42 | Keenan | Napper | 20-24 | Rhondda Junior Tristars |
| 96 | 11 | 00:33:53 | Morgan | willis | 15-16 | |
| 68 | 12 | 00:34:08 | Luke | Richards | 25-29 | Rhondda Triathlon Club |
| 78 | 13 | 00:34:54 | Tom | Sawyer | 40-44 | Tri Team Glos |
| 87 | 14 | 00:35:14 | colin | wallace | 55-59 | |
| 39 | 15 | 00:35:58 | Richard | Hughes | 40-44 | RISC A TRI triathlon club |
| 67 | 16 | 00:36:28 | Charlotte | Ralph | 25-29 | |
| 24 | 17 | 00:36:30 | Jack | Evans | 20-24 | |
| 88 | 18 | 00:36:34 | Alice | Watson | 20-24 | University of Bristol Triathlon Club |
| 35 | 19 | 00:36:38 | Gafin | Griffiths | 40-44 | |
| 31 | 20 | 00:36:45 | Mathew | Giles | 40-44 | Swansea Vale Tri |
| 34 | 21 | 00:37:04 | Stuart | Greening | 30-34 | Rhondda Triathlon Club |
| 49 | 22 | 00:37:15 | Gareth | Lawrence | 30-34 | Brecon Triathlon Club |
| 1 | 23 | 00:37:21 | Desmond | Astley | 55-59 | Taff Ely Triathlon Club |
| 23 | 24 | 00:37:35 | Gwilym | Evans | 25-29 | Cardiff Triathletes |
| 57 | 25 | 00:38:03 | Haydn | McGrath | 15-16 | RISC A TRI triathlon club |
| 51 | 26 | 00:38:06 | Haley | Lawton | 35-39 | |
| 84 | 27 | 00:38:13 | Adrian | Thomas | 35-39 | |
| 89 | 28 | 00:38:19 | Justin | Watts | 45-49 | Piranha's Tri Club |
| 44 | 29 | 00:38:43 | Lili | Jones | 17-18 | Merthyr Triathlon Club |
| 56 | 30 | 00:38:55 | Gerwyn | Malpas | 40-44 | Taff Ely Triathlon Club |
| 36 | 31 | 00:39:06 | steven | hall | 35-39 | Rhondda Triathlon Club |
| 79 | 32 | 00:39:11 | Jemma | Sedgmond | 30-34 | Cardiff Triathletes |
| 10 | 33 | 00:39:29 | Will | Burton | 19 | |
| 59 | 34 | 00:39:38 | Daniel | Morgan | 45-49 | Dragon Tri |
| 93 | 35 | 00:39:50 | Lewis | White | 30-34 | |
| 95 | 36 | 00:39:58 | Peter | Williams | 45-49 | Piranha's Tri Club |
| 97 | 37 | 00:40:24 | Emma | Wookey | 25-29 | NEWT |
| 69 | 38 | 00:40:26 | Sion | Richards | 20-24 | Rhondda Triathlon Club |
| 5 | 39 | 00:40:28 | Debbie | Bowen | 40-44 | RISC A TRI triathlon club |
| 50 | 40 | 00:40:37 | Jack | Lawthom | 30-34 | Rhondda Triathlon Club |
| 72 | 41 | 00:41:32 | Julie | Roche | 50-54 | |

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| 7 | 42 | 00:41:38 | Paul | Brookes | 50-54 | Piranha's Tri Club |
| 16 | 43 | 00:41:41 | Jason | Dixon | 50-54 | |
| 73 | 44 | 00:41:55 | Mark | Roe | 35-39 | Cardiff Triathletes |
| 14 | 45 | 00:41:55 | Helen | Colley | 45-49 | Taff Ely Triathlon Club |
| 65 | 46 | 00:41:57 | Hannah | Poole | 25-29 | Piranha's Tri Club |
| 64 | 47 | 00:42:03 | Geraint | Phillips | 30-34 | |
| 71 | 48 | 00:42:03 | Sarah | Roberts | 25-29 | Cardiff Triathletes |
| 18 | 49 | 00:43:27 | Glyn | Drucker | 50-54 | Caerphilly Tri-ers |
| 92 | 50 | 00:44:12 | Andrew | White | 50-54 | North Dock Dredgers Tri |
| 20 | 51 | 00:44:46 | Gareth | Edmondson | 45-49 | DC Triathlon |
| 75 | 52 | 00:44:50 | Kelly | Rowe | 40-44 | Taff Ely Triathlon Club |
| 58 | 53 | 00:45:52 | Susan | Mcmail | 50-54 | Merthyr Triathlon Club |
| 53 | 54 | 00:46:05 | Jane | Lewis | 50-54 | Torfaen Triathlon Club |
| 66 | 55 | 00:46:25 | Neil | Price | 40-44 | |
| 40 | 56 | 00:46:35 | David | Hunter | 60-64 | |
| 54 | 57 | 00:46:56 | Ashley | Long | 30-34 | Port Talbot Harriers |
| 12 | 58 | 00:47:40 | Dan | Chorley | 25-29 | |
| 41 | 59 | 00:47:55 | Dyddgu | Hywel | 30-34 | |
| 2 | 60 | 00:48:01 | RHIANON | ASTLEY | 55-59 | Merthyr Triathlon Club |
| 15 | 61 | 00:48:54 | Kate | davey | 35-39 | |
| 17 | 62 | 00:49:22 | Sarah | Drake | 40-44 | Swansea Vale Tri |
| 55 | 63 | 00:49:47 | Christopher | Lord | 30-34 | |
| 91 | 64 | 00:50:06 | Stewart | Webb | 50-54 | Brecon Triathlon Club |
| 61 | 65 | 00:50:09 | Helen | Munro | 40-44 | |
| 19 | 66 | 00:50:14 | Camilla | Edlin | 45-49 | |
| 33 | 67 | 00:51:49 | Mary-jayne | Granville | 30-34 | Pen-Y-Bont Triathlon Club |
| 26 | 68 | 00:56:13 | Sinead | Evans | 45-49 | Torfaen Triathlon Club |
| 25 | 69 | 01:05:47 | Dawn | Evans | 50-54 | |
| 77 | 70 | 01:11:56 | AMANDA | RUSTON | 50-54 | Caerphilly Tri-ers |