

Race No.	Finish Pos	Finish Time	First Name	Last Name	Age Group	Club
83	1	00:29:59	Ryan	Steven	19	CNSWPC
22	2	00:32:10	Desmond	Devlin	35-39	
74	3	00:32:22	Luke	Richards	25-29	Rhondda Triathlon Club
14	4	00:33:12	Ryan	Bowen	30-34	Dragon Tri
33	5	00:34:00	Brian	Hosty	40-44	
80	6	00:34:31	Tom	Sawyer	40-44	Tri Team Glos
34	7	00:35:03	Richard	Hughes	40-44	RISC A TRI triathlon club
8	8	00:35:12	Alyssa	Baker	17-18	Torfaen Triathlon Club
59	9	00:36:07	Haydn	McGrath	15-16	RISC A TRI triathlon club
71	10	00:36:19	Charlotte	Ralph	25-29	Piranha Tri
50	11	00:36:41	Gareth	Lawrence	30-34	Brecon Triathlon Club
43	12	00:36:55	Chris	Jones	50-54	Celtic Tri
16	13	00:37:05	susannah	bulpin	45-49	San Domenico
29	14	00:37:15	Jack	Evans	20-24	
44	15	00:37:53	Lili	Jones	17-18	Merthyr Triathlon Club
17	16	00:37:57	Will	Burton	19	
93	17	00:37:59	Lewis	White	30-34	
24	18	00:38:11	Owen	Dobbs	25-29	
27	19	00:38:24	Ryan	Evans	45-49	Rhondda Triathlon Club
11	20	00:38:32	Michael	Battersby	60-64	Cardiff Triathletes
18	21	00:38:35	Damian	Caswell	45-49	Piranha Tri
61	22	00:38:55	Daniel	Morgan	45-49	Dragon Tri
68	23	00:39:07	Geraint	Phillips	30-34	
58	24	00:39:13	Gerwyn	Malpas	40-44	Taff Ely Triathlon Club

77	25	00:39:39	Mark	Roe	35-39	
51	26	00:39:48	Jack	Lawthom	30-34	Rhondda Triathlon Club
7	27	00:40:01	Tracy	Baker	50-54	Torfaen Triathlon Club
92	28	00:40:40	Timothy	Whatmough	55-59	RISC A TRI triathlon club
63	29	00:40:47	Mandy	Morris	45-49	Port Talbot Harriers
6	30	00:41:05	George	BAKER	40-44	RISC A TRI triathlon club
69	31	00:41:17	Hannah	Poole	25-29	Piranha's Tri Club
20	32	00:41:24	Helen	Colley	45-49	Taff Ely Triathlon Club
82	33	00:41:25	Mark	Steedman	50-54	Cardiff Triathletes
75	34	00:41:44	Sion	Richards	20-24	Rhondda Triathlon Club
10	35	00:41:58	Andrew	Barry	60-64	NEWT
66	36	00:42:01	Alex	Pearce	30-34	
94	37	00:42:32	Serena	Williams	20-24	
76	38	00:42:45	Julie	Roche	50-54	Fair water Runners Cwmbran
28	39	00:42:59	Carwyn	Evans	45-49	ATAC
64	40	00:43:08	Craig	Nash	45-49	Piranha's Tri Club
48	41	00:43:21	Coral	Kennerley	25-29	
90	42	00:43:22	Isobel	Ward	25-29	
101	43	00:43:29	Thomas	Zielinski	20-24	
81	44	00:43:34	Helen	Seeby	30-34	Pen-Y-Bont Triathlon Club
96	45	00:44:06	James	Williams	35-39	
60	46	00:44:26	Susan	Mcmail	50-54	Merthyr Triathlon Club
35	47	00:45:57	David	Hunter	60-64	
72	48	00:46:13	Matthew	Rayner	40-44	
40	49	00:46:16	Cathryn	Jenkins	45-49	Celtic Tri
86	50	00:46:55	Abigail	Summerfield	40-44	Pecyn Blaidd

5	51	00:47:37	Claire	Baker	40-44	RISC A TRI triathlon club
26	52	00:47:45	Camilla	Edlin	45-49	
19	53	00:48:15	Spencer	Cleese	45-49	
100	54	00:48:30	Richard	Zielinski	50-54	
15	55	00:49:13	Yvonne	Brindley	55-59	NEWT
12	56	00:49:27	Daniel	Binks	40-44	RISC A TRI triathlon club
49	57	00:49:45	Tim	Knight	35-39	
73	58	00:49:59	Julie	Richards	45-49	
57	59	00:50:02	Lesley	Mainwaring	50-54	Triathlon Coaching Wales
2	60	00:50:03	Sian	Aubrey	35-39	
97	61	00:50:04	Joy	Williams	50-54	Celtic Tri
4	62	00:51:28	Paul	Bagshaw	45-49	Merthyr Triathlon Club
95	63	00:51:42	Christine	Williams	55-59	Port Talbot Harriers
41	64	00:52:35	Christopher	Jones	50-54	Bynea Cycling Club
31	65	00:52:53	Mary-jayne	Granville	30-34	Pen-Y-Bont Triathlon Club
88	66	00:53:18	Kate	Thomas	45-49	Caerphilly Tri-ers
99	67	00:53:59	Paula	Windsor	45-49	CFV Triathlon Club
84	68	00:54:01	Bethan	Sturgess	45-49	CFV Triathlon Club
39	69	00:56:01	Joanne	Jenkins	40-44	
89	70	00:58:45	Nadine	Vincent	35-39	Caerphilly Tri-ers
79	71	01:08:41	AMANDA	RUSTON	50-54	Caerphilly Tri-ers
98	73	01:10:30	Claire	Willicombe	45-49	CFV Triathlon Club
30	75	01:10:31	Dawn	Evans	50-54	Caerphilly Tri-ers
3	Swim Only		Stephanie	Bagshaw	40-44	
21	Swim Only		Jenny	Davies	50-54	