

Race No	Finish Position	Forename	Surname	Finish Time
18	1	Matt	Grantham	31:07:00
25	2	Ceirion	jones	32:39:00
43	3	Ryan	Steven	34:25:00
27	4	Paul	Jones	34:36:00
22	5	Richard	Hughes	36:00:00
45	6	Joshua	Wakefield	36:19:00
37	7	Natalie	Proctor	37:16:00
32	8	Ellie-Rose	Merriman	37:55:00
62	9	Rhian	Jenkins	38:17:00
17	10	David	Gibbon	38:18:00
30	11	Gareth	Lawrence	38:41:00
8	12	Damian	Caswell	39:12:00
26	13	Vicky	Jones	39:23:00
68	14	Henry	Jones	39:41:00
20	15	john	hopkins	39:52:00
44	16	Dorian	Thomas	40:05:00
40	17	Rachel	Sion	40:13:00
15	18	Marc	Geary	40:41:00
60	19	Adrian	Thomas	41:13:00
38	20	Dan	Rees	41:21:00
4	21	Tim	Bailey	41:24:00
55	22	William Gareth	Short	41:43:00
59	23	Mark	Roe	41:59:00
64	24	Paul	Bufton	42:14:00
65	25	John	Williams	42:18:00
19	26	Andrew	Gunter	42:21:00
63	27	Eleri	Rogers	42:43:00
58	28	Mandy	Morris	42:57:00
36	29	Christopher	Potter	43:26:00
6	30	Debbie	Bowen	43:33:00
34	31	Bethan	Morris	43:42:00
33	32	Anna	Moon	43:59:00
41	33	Dafydd	Sion	44:03:00
39	34	Julie	Roche	44:11:00
57	35	Daniel	Seymour	44:35:00
9	36	Nicholas	Clifton	44:55:00
49	37	James	Williams	45:16:00
69	38	Desmond	jones	45:21:00
13	39	Rhianydd	Evans	46:18:00

52		40 Rhys	Williams	46:51:00
67		41 Stephen	Axe	47:01:00
3		42 Darren	Attew	47:10:00
56		43 Clayton	Shorthouse	47:35:00
16		44 Phill	Gibbon	47:59:00
70		45 Tim	Wright	49:02:00
23		46 David	Hunter	49:11:00
66		47 Yvonne	Williams	49:48:00
11		48 Fiona	Davies	50:00:00
48		49 Stewart	Webb	51:00:00
42		50 Linda	Spillane	51:13:00
24		51 Sian/Ian	Jakeman	51:20:00
28		52 Daniel	Kerr	52:44:00
51		53 Suzanne	Williams	54:39:00
35		54 Lyndsay	Patterson	57:11:00
54		55 Gulam	Zilani	58:44:00
61		56 Gareth	Yeoman	01:10:29
21		57 Cerys	Hughes	01:10:45
5		58 Melanie	Blethyn	01:10:46
2	DNS	Samantha	Ahearne	
7	DNS	Linda	Brewer	
10	DNS	Debbie	Curtis	
12	DNS	Camilla	Edlin	
14	DNS	Annie	Gale	
29	DNS	Gav	King	
46	DNS	Colin Richard	Wallace	
47	DNS	David	Watson	
50	DNS	Dale	Williams	
53	DNS	Jamie	Williams-Attew	
1	Swim Only	Louisa	addiscott	
31	Swim Only	Hattie	Le Feuvre	

Triathlon Coaching Wales
CNSWPC
Caerleon Running Club
Piranha's Tri Club
Piranha's Tri Club
Y Fenni Triathlon Tenby Aces
port talbot harriers
Risc A Tri
Port Talbot Harriers
Cardiff Triathlon Club
Fairwater Runners Cwmbran
Cardiff Triathlon Club
Parc Bryn Bach Running Club
Piranha's Tri Club

Taff Ely Triathlon Club
BFunctional
Brecon Triathlon Club
NEWT
Pencoed Triathlon Club
Fairwater runners cumbran
Cr@pTri
Piranha's Tri Club
Merthyr Cycling Club
Deferred from last race
Brecon Triathlon club
Taff Ely Triathlon Club