

Race No	Finish Pos	Forename	Surname	Club	Finish Time
58	1	Oliver	Williams		00:31:33
21	3	Nino	Gatti	Port Talbot Harriers	00:31:47
51	3	Luke	Sullivan	NEWT	00:31:55
53	4	Elur	Urkola		00:32:57
38	5	Joxean	Montoya		00:32:58
45	6	Luke	Pryce	Ufit Triathlon Club	00:33:55
26	7	Richard	Hughes	Risca Tri Club	00:34:34
64	8	Craig	Burrows		00:35:06
55	9	Colin Richard	Wallace	Merthyr Cycling Club	00:35:12
24	10	Stuart	Greening	Rhondda Triathlon Club	00:35:15
63	11	Mark	Whittle		00:35:18
20	12	Russell	Evans		00:35:44
42	13	Justin	Phillips	Rhondda Triathlon Club	00:35:50
11	14	Steven	Bridges	Merthyr triathlon club	00:36:53
2	15	Hannah	Bidwell	Triathlon Coaching Wales	00:37:38
8	16	Darren	Bowden	Rhondda Triathlon Club	00:37:54
73	17	Adrian	Thomas		00:38:02
18	18	Luke	Dummett		00:38:07
68	19	Ciaran	Burns		00:39:07
23	20	James	Green		00:39:17
43	21	Simon	Phillips	Tinworks Tri	00:39:40
7	22	William	Booth	Risca Triathlon Club	00:41:45
44	23	Christopher	Potter		00:41:52
22	24	Mark	Gilley	Trizone tri club	00:42:04
56	25	Russ	White	Torfaen Triathlon Club	00:42:22
1	26	Andy	Barry	NEWT	00:42:26
17	27	Darren	Driscoll		00:42:49
66	28	Richard	Ingram		00:42:52

57	29	James	Williams	Parc Bryn Bach Running Club	00:43:05
65	31	Clayton	Shorthouse		00:43:31
54	32	Kristina	Urkola		00:43:41
33	33	Terry	Jones	Triathlon Coaching Wales	00:43:49
74	34	John	Williams		00:44:54
48	35	Jayson	Senchal	Celtic Tri	00:44:59
10	36	Denise	Bradley	Aim2Tri	00:45:03
15	37	Caitlyn	Donaldson	RISC A TRI	00:45:31
27	38	David	Hunter		00:45:34
41	39	john	parker	Brecon Triathlon	00:46:36
67	40	Karen	Elvers		00:46:37
50	41	Linda	Spillane	NEWT	00:47:18
61	42	Sioned	Powell		00:47:29
70	43	Lesley	Mainwaring		00:48:18
34	44	Rosemarie	Jones	Triathlon Coaching Wales	00:48:27
32	45	NICOLA	JONES	Taff Ely Triathlon Club	00:49:35
72	46	Linda	Chapple		00:49:39
52	47	Kate	Thomas	Caerphilly	00:50:30
60	48	Verena	Zimmer	Brecon Triathlon club	00:50:33
39	49	Claire	Morgan	Forest of Dean AC	00:50:55
69	50	Phill	Gibbon		00:51:25
28	51	Simon	Hurford	#TeamBeut	00:51:34
59	52	Suzanne	Williams	NEWT	00:54:55
30	53	Teresa	Jeffries- Callaghan	taf ely	00:55:40
3	DNS	Martyn	Bidwell	NEWT	
4	DNS	Daniel	Binks	Risc-A-tri	
5	DNS	Melanie	Blethyn	BFunctional	
6	DNS	Chris	Bloodworth	White Rock Triathletes	
9	DNS	Debbie	Bowen		
12	DNS	Jonathan	Burnett	Pencoed Triathlon Club	

13	DNS	Robbie	Campbell	Cardiff Triathlon Club	
14	DNS	Katie-Louise	Chapple		
16	DNS	Martyn	Driscoll	Cardiff triathlon club	
19	DNS	Camilla	Edlin	Ajax	
25	DNS	Cerys	Hughes		
29	DNS	Katherine	Iles	Pencoed Triathlon Club	
31	DNS	Debbie	Jones	Merthyr tri club	
35	DNS	Milly	Kipling	Cardiff Triathlon Club	
36	DNS	Ellen	McArthur		
37	DNS	Ellie-Rose	Merriman	Merthyr tri club	
47	DNS	Emma	Scott		
49	DNS	Jenny	Slocombe	Cardiff Triathlon Club	
40	Swim Only	Gethin	Parham		
46	Swim Only	CAROLINE	RICKARDS		
62	Swim Only	Fran	Knight		
71	Swim Only	Alun	Chapple		