

No.	Forename	Surname	Club	Finish Position	Finish Time
46	michael	Lewis	Torfaen Triathlon Club	1	29:02:00
21	Emyr	Thomas	WTDA	2	31:35:00
89	Joseph	Reardon	Triathlon Coaching Wales	3	32:20:00
55	Peter	Jeremiah		4	34:14:00
20	David	Mort	Cardiff Triathlon Club	5	34:51:00
17	Darren	Bishop	Pontypridd Roadents	6	34:57:00
64	Ryan	Steven	NSWPC	7	35:34:00
57	Philip	Thomas	Rhondda Triathlon Club	8	35:36:00
60	Richard	Hughes	Caerleon Running Club	9	35:41:00
69	steven	bridges	Aberdare valley acc	10	36:04:00
22	Gareth	Hall	NEWT	11	36:59:00
37	Liam	McNally	Caerphilly Tri-ers	12	37:02:00
5	Brian	Phillips	NEWT	13	37:34:00
97	Desmond	Astley	Taff Ely Triathlon Club	14	37:57:00
77	Darren	Griffiths	Rhondda Triathlon Club	15	38:03:00
92	Julia	Malik	Cardiff Triathletes	16	38:07:00
44	Martyn	Driscoll	Cardiff Triathlon Club	17	38:28:00
76	Mathew	Ellis	Y Fenni Triathlon	18	38:48:00
18	dave	mathews	Cardiff Triathlon Club	19	38:50:00
10	Charlotte	Ralph	Cardiff Triathlon Club	20	39:02:00
26	Jack	LEE	Taff Ely Triathlon Club	21	39:21:00
79	Huw	Jones	Taff Ely Triathlon Club	22	39:26:00
33	Justin	Phillips	Rhondda Triathlon Club	23	39:36:00
59	Rhian	Jenkins	Cardiff Triathlon Club	24	39:57:00
16	Damian	Caswell	Piranha's Tri Club	25	39:59:00
29	Jonathon	Hatfield	Caerphilly Tri-ers	26	40:22:00
23	Gillian	Hopkins	Cardiff Triathlon Club	27	40:41:00
83	Michael	Matthews	Y Fenni Triathlon	28	40:46:00
80	Tomos	Jones	Taff Ely Triathlon Club	29	40:51:00
63	Robert	Hall	Caerphilly Tri-ers	30	41:10:00
25	Helen	Colley	Taff Ely Triathlon Club	31	41:21:00
91	James	Farrant	Pencoed Tri	32	41:40:00
13	Christopher	LEE	Taff Ely Triathlon Club	33	41:41:00
1	Adrian	Colley	Taff Ely Triathlon Club	34	42:15:00
19	DAVID	LEWIS	Cardiff Triathlon Club	35	42:27:00
6	cain	thomas		36	42:55:00
95	Mark	Passmore		37	42:57:00
75	Daniel	Seymour		38	42:59:00
65	samantha	Toop	Torfaen Triathlon Club	39	43:11:00
12	Christopher	Potter		40	43:12:00
61	Richard	Price	Bryn Bach Park Running Club	41	43:20:00
9	Catherine	Etchell	Brecon Triathlon	42	43:41:00
40	Mandy	Morris	Port Talbot Harriers	43	43:48:00
53	Paul	Harris	Roberttown Roadrunners	44	44:01:00

No.	Forename	Surname	Club	Finish Position	Finish Time
52	Nigel	Soulsby	Taff Ely Triathlon Club	45	44:26:00
82	Clayton	Shorthouse	Y Fenni Triathlon	46	44:40:00
15	Cyril	Williams		47	44:46:00
78	Liam	Richards	Swimmers United	48	44:55:00
39	Lucy	Davies	Cardiff Triathlon Club	49	44:58:00
45	Julie	Roche	Fairwater Runners	50	45:06:00
50	Nicholas	Pounder	Pontypridd roadents	51	45:13:00
66	Sian/Andrew	Hollins/Hollins		52	45:16:00
90	Richard	Parry		53	45:23:00
88	Lisa	Bateman	Lliswerry Runners	54	45:52:00
85	Kelly	Rowe	Taff Ely Triathlon Club	55	45:39:00
4	Antony	Mee	Taff Ely Triathlon Club	56	46:14:00
81	Stuart/Helen	Grant/Jones	Taff Ely Triathlon Club	57	46:30:00
49	nabeel	rahman		58	46:54:00
68	Stephen	Williams		59	47:05:00
73	Terry	Jones	Triathlon Coaching Wales	60	47:22:00
27	Jane	Lewis	Torfaen Triathlon Club	61	47:45:00
8	Catherine	Colleypriest	Crap tri	62	48:00:00
41	marcelle	mackay	brecon triathlon	63	48:07:00
47	Mike	Gwynne	Pontypridd Roadents AC	64	48:09:00
56	Phil	Whitney	Celtic Tri	65	48:24:00
31	Julia	Suret	Cardiff Triathlon Club	66	48:42:00
58	Rachael	Davies		67	48:49:00
84	Louise	Munkley	Taff Ely Triathlon Club	68	49:18:00
86	Samuel	Jackson	Parc Bryn Bach Running Club	69	49:28:00
30	josh	carter		70	49:36:00
32	Julie	Lees	Fairwater runners Cwmbran	71	50:19:00
93	Janet	Ebenezer		72	51:49:00
72	Suzanne	williams	Fairwater runners cumbran	73	52:56:00
96	Sarah	Passmore		74	53:52:00
74	Yvonne	Forsey	NEWT	75	57:08:00
28	John	Ayres	Port Talbot Harriers	76	57:14:00
87	Brigette	Widdas	Lliswerry Runners	77	58:14:00
94	Desmond	Jones	NEWT	78	58:16:00
11	Chris	Gentle	Lliswerry Runners	79	58:24:00
7	Carwyn	Evans	Taff Ely Triathlon Club	80	59:15:00
24	Heidi	Brice	Torfaen Triathlon Club	DNF	
35	Lesley	Mainwaring	Triathlon Coaching Wales	DNF	
38	Lloyd	Evans	Celtic Tri	DNF	
71	Stuart	Edgar	Cardiff Triathletes	DNF	
2	Andrew	Beamish		DNS	
3	Andrew	Underhill	San domenico	DNS	
14	Clare	Kingdon		DNS	
34	keenan	napper	rhondda junior tr	DNS	

<b>No.</b>	<b>Forename</b>	<b>Surname</b>	<b>Club</b>	<b>Finish Position</b>	<b>Finish Time</b>
36	Lewys	John	Welsh Devoplment	DNS	
42	Marie	Yates		DNS	
43	Mark	Steedman	Cardiff Triathlon Club	DNS	
48	Miles	Thomas	Roberttown road runner	DNS	
54	Paul	Evans	Cardiff Triathlon Club	DNS	
62	Robbie	Campbell	Cardiff Triathlon Club	DNS	
67	Simon	Fairclough	Y Fenni Triathlon	DNS	
51	NIGEL	WOTHERSPOON		swim only	
70	Stewart	Webb	Brecon Triathlon Club	swim only	