

Finish Time	Finish Position	Race #	Name	Surname	Gender	Club
00:28:19	1	39	Ross	Hosking	Male	Welsh Triathlon
00:30:02	2	41	Rhys	Jones	Male	Welsh Triathlon
00:30:05	3	43	Sam	Johnson	Male	Welsh Triathlon
00:30:55	4	44	Abbie	Williams	Female	Welsh Triathlon
00:31:14	5	63	Adam	Newton	Male	RTJ Sport
00:31:22	6	51	Luc	Bartlett	Male	Celtic Tri
00:31:46	7	59	Matthew	Grantham	Male	NEWT*
00:31:51	8	50	Ben	Bartlett	Male	Celtic Tri
00:31:53	9	5	Lewys	John	Male	Cardiff Junior Tri Club
00:31:55	10	36	Paul	Bruton	Male	NEWT*
00:32:37	11	47	Rhiannon	Middleton	Female	Welsh Triathlon
00:33:13	12	45	Elis	Pryse	Male	Welsh Triathlon
00:33:45	13	37	Rich	Elgar	Male	NEWT*
00:34:14	14	40	Jack	Boniface	Male	Welsh Triathlon
00:34:19	15	61	Awen	Lewis	Female	Welsh Triathlon
00:34:21	16	23	Steven	Bridges	Male	Taff Ely
00:35:17	17	22	Lucy	Hurley	Female	Nice Tri St Neots
00:36:13	18	35	Clara	Evans	Female	Pontypridd Roadents
00:36:19	19	4	Lloyd	Hanson	Male	
00:36:27	20	9	Simon	Fairclough	Male	Y Fenni Tri
00:36:29	21	17	Elaine	Ferguson	Female	Cardiff Tri
00:37:29	22	46	Joel/Martin	Valcic/Valcic	Relay	Unattached
00:38:27	23	58	Gareth	James	Male	Unattached
00:38:51	24	70	Martin	Richards	Male	Unattached
00:39:02	25	57	Nadine	James	Female	Welsh Triathlon
00:39:17	26	33	Martin	Pinnell	Male	Cardiff Tri
00:39:26	27	32	Andrew	Bolton	Male	Unattached

00:39:36	28	11	Robert	Davies	Male	Cardiff Triathletes
00:39:42	29	42	Russ	White	Male	Forza Cycles RT
00:39:57	30	26	Steven	Howell	Male	Celtic Tri
00:39:38	31	48	Matthew	Davies	Male	Unattached
00:40:02	32	3	Dean	David	Male	Bynea CC
00:40:26	33	65	Lucy	Middleton	Female	Unattached
00:40:38	34	71	Peter	Llewellyn	Male	Unattached
00:40:54	35	10	Hywel	Morgan	Male	
00:40:58	36	14	Alex	Tovey	Male	Castell Nedd Tri
00:42:02	37	53	Geraint	Smith	Male	Castell Nedd Tri
00:42:09	38	12	James	White	Male	San Domenico
00:43:02	39	34	Nigel	Wotherspoon	Male	Unattached
00:43:32	40	13	Cathryn	Jenkins	Female	Celtictri**
00:44:04	41	25	Meinir	Jones	Female	Castell Nedd Tri
00:44:16	42	2	Gareth	Williams	Male	Celtictri
00:44:25	43	7	Gemma	Harris	Female	Castell Nedd Tri**
00:44:33	44	28	Julie	Roche	Female	Fairwater Runners
00:45:04	45	38	Julie	Lees	Female	Fairwater Runners
00:46:32	46	64	Natalie	Hussey	Female	Taff Ely
00:46:59	47	56	Fiona	Davies	Female	Rhondda Triathlon Club
00:48:22	48	67	Steve/Julia	Perks/Perry	Relay	Castell Nedd Tri
00:49:33	49	24	Hazel	Wheeler	Female	Castell Nedd Tri
00:50:30	50	6	Catherine	Colleypriest	Female	
00:51:07	51	8	Amanda	Tristram	Female	
00:53:16	52	62	Amy	Bevan	Female	Unattached
00:53:43	53	60	Jules	Jones	Female	Castell Nedd Tri
00:53:51	54	52	Debbie	Bishop	Female	Unattached
00:53:58	55	69	Neil/Rhian	Wheeler/Powell	Relay	Castell Nedd Tri

00:54:52	56	29	Suzanne	Williams	Female	Fairwater Runners
00:54:54	57	30	Clare	Kingdon	Female	Unattached
00:55:02	58	54	Jennifer	Aylward	Female	Celtic Tri**
00:55:03	59	68	Nerys/Laura	Jones/Kingdom	Relay	Run4All Neath
00:57:05	60	27	Helen	Davies	Female	Unattached
	DNF	55	Tomos	Nesham	Male	Welsh Triathlon
	DNF	66	Aaron	Spacey	Male	Unattached
	DNTU	15	Phil	Thomas	Male	Rhondda Triathlon Club
	DNTU	16	Hanna	Smith	Female	UA
	DNTU	18	Anghard	Pocock	Female	Cardiff Tri
	DNTU	19	Andrew	Deans	Male	Cardiff Tri
	DNTU	21	Catherine	Pendleton	Female	Brecon Tri Club
	Swim Only	1	Jennifer	Evans	Female	
	Swim Only	49	Peter	Davies	Male	Unattached
	Swim Only	31	Sarah	Watkin	Female	Unattached

* Winning Male Team 2016
** Winning Female Team 2016