



**TRIATHLON  
CYMRU**  
TRISTAR SERIES 2023

**13<sup>th</sup> May**

**Llanelli Duathlon**

### TS1 Female

Name	Category	Time in Minutes	Points
Gwendolen Rowe	TS1	16:47:00	1000
Mali Beynon	TS1	17:10:00	978
Elizabeth Davies	TS1	18:04:00	929
Isabelle Watson	TS1	18:31:00	906

### TS1 Open

Name	Category	Time in Minutes	Points
Milo Lockyer	TS1	16:38:00	1000
Harri Jones	TS1	17:03:00	976
Ralph Bowen	TS1	18:59:00	876
Morgan Wakeman	TS1	19:58:00	833
Luca Kevan	TS1	20:15:00	821
Morgan Davies	TS1	25:34:00	651

### TS2 Female

Name	Category	Time in Minutes	Points
Annie Evans	TS2	15:16:00	1000
Zoe Jewell	TS2	16:48:00	909
Gwenno Jones	TS2	17:09:00	890
Jessie Davies	TS2	17:51:00	855
Dionne Kathrens	TS2	18:20:00	833
Alis Rucarean	TS2	19:03:00	801
Afa-Haf Lewis	TS2	19:08:00	798
Freya Lloyd	TS2	19:14:00	794
Mia Lanham	TS2	21:31:00	710

### TS2 Open

Name	Category	Time in Minutes	Points
Osian Phillips	TS2	13:23:00	1000
Ben Starkie	TS2	14:03:00	953
Issac McAdie	TS2	14:08:00	947
Zac Munn	TS2	15:42:00	852
Sebastian	TS2	15:59:00	837
Tomos How	TS2	16:18:00	821
Ifan Griffin	TS2	17:05:00	783
Harry Williams	TS2	17:13:00	777
A-Jay Abraham	TS2	17:26:00	768
Thomas Viloet	TS2	17:58:00	782
William Evans	TS2	19:57:00	671
Aaron Evans	TS2	21:01:00	637

### TS3 Female

Name	Category	Time in Minutes	Points
Katie Evans	TS3	14:44:00	1000
Grace Brady	TS3	15:09:00	972
Leah Rhodes	TS3	15:17:00	964
Anwen How	TS3	16:08:00	913
Milly Harris	TS3	16:14:00	908
Imogen McAdie	TS3	16:38:00	886

### TS3 Open

Name	Category	Time in Minutes	Points
Harri Roberts-Truman	TS3	13:34:00	1000
Ben Cleave	TS3	13:35:00	999
Toby Harris	TS3	14:33:00	932
Isaac Barry	TS3	14:34:00	931
Evan Rowe	TS3	14:49:00	916
Zak Kevan	TS3	15:00:00	904
Iggy Howe	TS3	15:01:00	903
Steffan Rucarean	TS3	15:59:00	849
Iestyn Rees-Jones	TS3	16:56:00	801