

Gweithgareddau Bywyd Iach  
Healthy Life Activities



Bib No	First Name	Last Name	WT Member	Club	Race	Category	Gender	Swim	Swim Pos	T1	T1 Pos	Bike	Bike Pos	T2	T2 Pos	Run	Run Pos	Finish	Overall Pos	Category Pos	Gender Pos
59	Dewi	Thomas	Yes	Pembrokeshire Triathlon Club	TS2	MTS2	M											00:22:07.00	1	1	1
51	Ioan	James	Yes	Triathlon Coaching Wales	TS2	MTS2	M	00:04:03	1	00:00:54.85	4	00:11:20.55	8	00:00:20.80	2	00:05:39.05	1	00:22:17.85	4	2	2
79	Rhys	Caygill			TS2	MTS2	M	00:04:30	7	00:01:01.50	7	00:11:32.55	10	00:00:24.15	9	00:05:44.90	2	00:23:12.70	7	3	3
56	Iwan	Froley	Yes	Bridgend Athletics	TS2	MTS2	M	00:04:49	11	00:00:59.30	6	00:10:48.00	5	00:00:25.95	15	00:06:16.70	9	00:23:18.90	8	4	4
46	Finley	Bruce	Yes	Just Tri	TS2	MTS2	M	00:06:04	26	00:01:05.60	12	00:11:31.40	9	00:00:27.80	17	00:05:55.90	4	00:23:58.65	10	5	5
53	Lewis	Morgan	Yes	Triathlon Coaching Wales	TS2	MTS2	M	00:04:19	2	00:01:18.15	22	00:12:03.60	17	00:00:30.25	22	00:06:35.40	15	00:24:46.75	14	6	6
47	Zachary	Beddows	Yes	Celtic Tri	TS2	MTS2	M	00:04:48	10	00:01:06.45	14	00:12:15.85	20	00:00:28.71	19	00:06:20.95	12	00:24:59.40	16	7	7
49	Daniel	Warrender	Yes	Cerist Triathlon Club	TS2	MTS2	M	00:05:38	19	00:00:56.05	5	00:11:59.10	16	00:00:22.20	5	00:06:26.05	13	00:25:21.20	17	8	8
58	Iestyn	Williams	Yes	Celtic tri	TS2	MTS2	M	00:05:23	17	00:01:09.80	16	00:13:18.30	24	00:00:25.86	14	00:07:20.45	22	00:27:36.70	23	9	9
50	William	Pritchard	Yes	Denbighshire tristars	TS2	MTS2	M	00:06:29	29	00:01:05.81	13	00:13:30.15	25	00:00:29.95	21	00:06:09.25	6	00:27:43.40	24	10	10
48	Harry	Griffiths	No	Pembrokeshire triathlon	TS2	MTS2	M	00:05:46	22	00:00:51.45	3	00:12:37.55	22	00:00:35.30	25	00:08:03.90	26	00:27:54.05	25	11	11
77	Charlie	Malpass	No	Taff Ely TRI club	TS2	MTS2	M	00:05:53	24	00:02:03.05	30	00:11:46.85	12	00:00:37.65	28	00:07:44.25	24	00:28:04.70	26	12	12
57	Albie	Howe	Yes		TS2	MTS2	M	00:05:35	18	00:01:50.90	28	00:13:43.35	28	00:00:28.15	18	00:06:54.95	18	00:28:32.80	27	13	13
52	Sam	Thomas	Yes	Cardiff Junior Tri Club	TS2	MTS2	M	00:05:50	23	00:01:30.90	23	00:13:38.75	27	00:00:39.40	29	00:08:45.05	28	00:30:24.35	30	14	14
54	Rhys		Yes		TS2	MTS2	M											DNS			
55	Finlay	Thapa	Yes	Cerist Junior Triathlon	TS2	MTS2	M											DNS			

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21	Aelwen	Davies			TS2	FTS2	F	00:04:29	6	00:01:03.05	9	00:10:00.15	1	00:00:21.50	3	00:06:20.45	10	00:22:13.90	2	1	1
4	Anna-Rose	Merchant	Yes	Triathlon Coaching Wales	TS2	FTS2	F	00:04:55	13	00:01:04.05	10	00:10:02.25	2	00:00:20.59	1	00:05:54.05	3	00:22:16.95	3	2	2
18	Lauren	Mitchell	Yes	Medwaytri	TS2	FTS2	F	00:04:33	8	00:00:44.85	1	00:10:48.95	6	00:00:24.55	10	00:05:57.25	5	00:22:28.65	5	3	3
14	Rebecca	Van Aardt	Yes	4 Life Tri	TS2	FTS2	F	00:04:47	9	00:00:48.90	2	00:10:51.25	7	00:00:21.90	4	00:06:14.30	7	00:23:03.40	6	4	4
13	Mabli	Phillips	Yes	Cardiff Junior Triathlon Club	TS2	FTS2	F	00:06:00	25	00:01:07.20	15	00:10:03.80	3	00:00:24.70	11	00:06:20.95	11	00:23:55.50	9	5	5
5	Josephine	Hurst	Yes	Denbighshire Triathlon Club	TS2	FTS2	F	00:04:51	12	00:01:11.33	18	00:10:10.45	4	00:00:24.10	8	00:06:40.90	17	00:24:23.05	11	6	6
19	Hannah	Tilney	No	Tavistock Athletics	TS2	FTS2	F	00:04:25	5	00:01:01.65	8	00:11:55.45	15	00:00:25.75	12	00:06:39.60	16	00:24:27.60	12	7	7
15	Lucy	Jones	Yes	City of Newport	TS2	FTS2	F	00:04:21	4	00:01:12.70	19	00:11:35.05	11	00:00:25.85	13	00:07:00.50	19	00:24:35.20	13	8	8
16	Bethany	Clifford	Yes	Celtic TRI	TS2	FTS2	F	00:05:14	15	00:01:15.60	20	00:11:48.50	13	00:00:23.70	7	00:06:14.40	8	00:24:55.95	15	9	9
9	Lily	Roberts	Yes	Denbighshire Triathlon Club	TS2	FTS2	F	00:05:22	16	00:01:04.90	11	00:12:15.45	19	00:00:26.55	16	00:06:32.65	14	00:25:41.50	18	10	10
3	Ella	Harris	Yes	Celtic Tri	TS2	FTS2	F											00:25:44.45	19	11	11
12	Mia	Cleave	Yes	Celtic tri	TS2	FTS2	F	00:04:20	3	00:01:11.00	17	00:11:52.90	14	00:00:23.55	6	00:08:50.45	29	00:26:37.85	20	12	12
10	Elan	Lewis	Yes	Celtic tri	TS2	FTS2	F	00:05:43	21	00:01:37.30	25	00:12:09.30	18	00:00:36.95	27	00:07:02.65	20	00:27:09.40	21	13	13
7	Carys	Williams	Yes	Taff Ely triathlon club	TS2	FTS2	F	00:05:06	14	00:01:59.55	29	00:12:33.35	21	00:00:28.85	20	00:07:16.25	21	00:27:24.05	22	14	14
11	Nieve	Tovey	No	Celtic Tri	TS2	FTS2	F	00:05:39	20	00:01:37.60	26	00:13:43.55	29	00:00:35.16	24	00:08:01.45	25	00:29:36.65	28	15	15
20	Maisie	James	Yes	Celtic Tri	TS2	FTS2	F	00:06:17	28	00:01:16.05	21	00:14:20.45	30	00:00:36.70	26	00:07:20.60	23	00:29:50.60	29	16	16
17	Isabella	Stone	Yes	Myddelton College	TS2	FTS2	F	00:07:02	30	00:01:33.60	24	00:13:17.05	23	00:00:31.65	23	00:08:43.30	27	00:31:07.95	31	17	17
6	Gwen	Jones	Yes	Taff Ely Triathlon Club	TS2	FTS2	F	00:06:12	27	00:01:41.90	27	00:13:37.65	26	00:00:40.66	30	00:09:03.70	30	00:31:15.45	32	18	18
1	Ellie	Evans	No	Celtic tri	TS2	FTS2	F											DNS			
2	Hollie	Lewis	Yes	Bridgend Swim Club	TS2	FTS2	F											DNS			
8	Millie	Jenkins	Yes	Celtic Tri	TS2	FTS2	F											DNS			

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65	Finlay	Catling	Yes	Triathlon Coaching Wales	TS3	MTS3	M	00:03:52	3	00:00:39.20	5	00:12:31.95	5	00:00:20.50	2	00:10:30.85	1	00:27:54.00	1	1	1
63	Luke	Wyatt	Yes	Triathlon Coaching Wales	TS3	MTS3	M	00:04:39	22	00:00:30.21	1	00:11:55.35	1	00:00:19.90	1	00:10:32.90	2	00:27:57.50	2	2	2
69	Oliver	Jones	Yes	Ruthin TriStars	TS3	MTS3	M	00:04:10	6	00:00:39.50	7	00:12:16.85	4	00:00:30.70	24	00:10:53.80	5	00:28:30.95	3	3	3
70	George	Mahon	Yes	George MAhon	TS3	MTS3	M	00:04:01	5	00:00:31.55	2	00:12:36.60	6	00:00:25.70	12	00:11:01.80	7	00:28:36.35	4	4	4
61	Deri	Mccluskey	Yes	Ryan	TS3	MTS3	M	00:04:47	27	00:00:41.96	9	00:12:01.70	2	00:00:31.90	29	00:10:52.45	4	00:28:53.85	6	5	5
74	Daniel	Van Aardt	Yes	4 Life Tri	TS3	MTS3	M	00:04:12	8	00:00:53.25	19	00:12:54.85	10	00:00:21.95	5	00:10:36.10	3	00:28:57.95	7	6	6
64	Jack	Bruce	Yes	Just Tri	TS3	MTS3	M	00:04:26	15	00:01:02.45	23	00:13:18.85	13	00:00:26.35	14	00:11:07.65	9	00:30:21.25	11	7	7
60	Ifan	Bowen	Yes	Pembrokeshire Triathlon	TS3	MTS3	M	00:04:37	21	00:00:42.25	10	00:13:26.30	18	00:00:20.65	3	00:11:32.85	11	00:30:39.35	13	8	8
76	William	Stone	Yes	Myddelton College	TS3	MTS3	M	00:04:34	19	00:01:10.90	26	00:13:03.30	11	00:00:29.25	23	00:12:04.40	15	00:31:21.75	16	9	9
72	Will	Pearson Inman	Yes	4Life Tri	TS3	MTS3	M	00:04:40	24	00:00:43.20	13	00:13:44.50	20	00:00:22.75	6	00:12:21.55	16	00:31:52.30	17	10	10
75	Conor	Orchard	Yes	Chapel Tri Junior Triathlon Club	TS3	MTS3	M	00:04:23	12	00:00:48.70	16	00:13:59.60	21	00:00:26.00	13	00:12:47.20	19	00:32:24.45	19	11	11
73	Tomos	Obrien	Yes	Celtic Tri	TS3	MTS3	M	00:04:24	14	00:01:18.00	28	00:14:27.85	25	00:00:23.70	8	00:13:02.35	21	00:33:36.00	21	12	12
62	Luke	Allsworth	No	West coast triathlon	TS3	MTS3	M	00:04:46	26	00:01:22.65	29	00:14:51.50	31	00:00:28.30	20	00:13:12.00	22	00:34:40.10	26	13	13
80	Rhydian	Brown			TS3	MTS3	M	00:06:19	36	00:01:02.21	22	00:13:14.75	12	00:00:36.25	33	00:14:01.80	27	00:35:14.25	29	14	14
78	Ethan	Hinton			TS3	MTS3	M	00:06:18	35	00:00:53.45	20	00:15:16.50	32	00:00:44.35	36	00:14:14.25	29	00:37:26.40	30	15	15
66	Shauna	Osmond	Yes	cardiff junior triathlon club	TS3	MTS3	M											DNS			
67	Thomas	Belcher	Yes	Cardiff Junior Tri	TS3	MTS3	M											DNS			
68	Tristyn	James	Yes	Triathlon Coaching Wales	TS3	MTS3	M											DNS			
71	Luis	Rendall	Yes	Celtic Tri	TS3	MTS3	M											DNS			

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22	Abigail	Davies	Yes	Triathlon Coaching Wales	TS3	FTS3	F	00:03:47	1	00:00:42.95	12	00:12:51.15	9	00:00:21.20	4	00:11:06.40	8	00:28:48.60	5	1	1
45	Eve	Whitaker	Yes	none	TS3	FTS3	F	00:04:12	9	00:00:32.65	3	00:12:49.95	8	00:00:29.15	22	00:10:59.45	6	00:29:03.20	8	2	2
41	Daisy	Burton	Yes	Team Bodyworks XTC	TS3	FTS3	F	00:03:50	2	00:00:45.50	15	00:12:46.05	7	00:00:27.85	19	00:11:39.95	12	00:29:29.80	9	3	3
40	Melissa Eve	Cooper	Yes	CHAPEL TRI JUNIOR TRIATHLON CLUB	TS3	FTS3	F	00:04:33	18	00:00:39.51	8	00:12:08.75	3	00:00:31.00	25	00:12:24.85	17	00:30:16.25	10	4	4
38	Melissa	Turnbull	Yes	Fusion Triathlon Club	TS3	FTS3	F	00:04:24	13	00:00:39.35	6	00:13:23.75	17	00:00:35.70	32	00:11:28.85	10	00:30:31.55	12	5	5
26	Eve	Hickman	Yes	Triathlon Coaching Wales	TS3	FTS3	F	00:03:55	4	00:00:43.90	14	00:13:40.50	19	00:00:27.05	16	00:12:03.95	14	00:30:49.95	14	6	6
43	Molly	Thomas	Yes	Badtri	TS3	FTS3	F	00:04:10	7	00:00:51.05	17	00:13:22.75	16	00:00:27.60	18	00:12:01.10	13	00:30:52.70	15	7	7
24	Maddy	James	Yes	Denbighshire triathlon (Ruthin tristar)	TS3	FTS3	F	00:04:43	25	00:01:02.85	24	00:13:21.40	15	00:00:29.10	21	00:12:37.55	18	00:32:13.80	18	8	8
27	Robyn	Beck	Yes	Ruthin Tristars	TS3	FTS3	F	00:04:51	28	00:00:52.35	18	00:14:17.55	23	00:00:27.35	17	00:12:55.00	20	00:33:23.55	20	9	9
39	Coryn	Maclean	Yes	fusion	TS3	FTS3	F	00:04:30	16	00:00:36.70	4	00:13:21.10	14	00:00:32.45	31	00:14:55.75	31	00:33:55.90	22	10	10
34	Elen	Morgan	Yes		TS3	FTS3	F	00:04:20	10	00:01:03.90	25	00:14:45.65	28	00:00:23.65	7	00:13:40.20	24	00:34:13.80	23	11	11
30	Lorna	Dumbleton	Yes	London Feilds Triathlon	TS3	FTS3	F	00:04:22	11	00:00:42.55	11	00:14:47.50	29	00:00:31.85	28	00:13:59.20	26	00:34:23.55	24	12	12
29	Aoife	Matthews	Yes	Cerist Triathlon Club	TS3	FTS3	F	00:04:40	23	00:00:57.50	21	00:14:51.10	30	00:00:37.55	34	00:13:30.45	23	00:34:36.55	25	13	13
23	Shauna	Reed	Yes		TS3	FTS3	F	00:04:32	17	00:01:27.95	30	00:14:20.85	24	00:00:24.35	9	00:14:09.15	28	00:34:54.15	27	14	14
37	Isabelle	Shaw	Yes	Tristars Conwy	TS3	FTS3	F	00:05:07	30	00:01:12.20	27	00:14:31.85	26	00:00:25.35	10	00:13:47.30	25	00:35:04.15	28	15	15
33	Maddie	Malpas	Yes	Taff Ely Triathlon	TS3	FTS3	F	00:05:58	34	00:02:20.70	35	00:14:45.60	27	00:00:40.25	35	00:14:53.75	30	00:38:38.05	31	16	16
36	Megan	Cole	Yes	Just Tri	TS3	FTS3	F	00:05:39	32	00:02:11.71	34	00:14:00.35	22	00:00:25.60	11	00:17:08.30	35	00:39:24.25	32	17	17
32	Erin	Thomas	No	Cardiff Junior Triathalon	TS3	FTS3	F	00:04:35	20	00:02:28.25	36	00:15:22.30	33	00:00:31.30	27	00:17:00.80	34	00:39:57.50	33	18	18
42	Rhiannon	Heredia-Rowe	Yes	Celtic Tri	TS3	FTS3	F	00:05:05	29	00:01:46.90	32	00:17:58.30	36	00:00:27.00	15	00:15:14.85	32	00:40:31.85	34	19	19
44	Molly	Jones	Yes	Just Tri	TS3	FTS3	F	00:05:46	33	00:01:43.20	31	00:17:01.10	35	00:00:32.01	30	00:15:40.20	33	00:40:42.75	35	20	20
35	Sophie	Southam	No	Llanelli Swimming Club	TS3	FTS3	F	00:05:10	31	00:01:51.25	33	00:16:24.55	34	00:00:31.00	26	00:18:51.50	36	00:42:48.35	36	21	21
25	Eleanor	White	Yes	Pembrokeshire Triathlon club	TS3	FTS3	F											DNS			
28	Anwen	Nesham	Yes	Cardiff junior triathlon club	TS3	FTS3	F											DNS			
31	Freya	Thapa	Yes	Cerist Junior Triathlon	TS3	FTS3	F											DNS			



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107	Joseph	Newton	Pontilliw Primary	TS	MTS	M	00:02:19	7	00:00:35.00	3	00:05:02.85	2	00:00:29.15	6	00:00:29.15	6	00:09:54.85	1	1	1
109	Osian	Phillips	Ysgol Mynydd Bychan	TS	MTS	M	00:02:27	12	00:00:46.15	12	00:04:57.00	1	00:00:30.70	9	00:00:30.70	9	00:10:13.90	2	2	2
64	Mike	Hosty	Glyncoed primary cardoff	TS	MTS	M	00:02:25	11	00:00:34.25	2	00:05:42.00	6	00:00:26.20	2	00:00:26.20	2	00:10:36.95	3	3	3
47	Charley	Green	Pembrey	TS	MTS	M	00:02:12	2	00:00:41.50	9	00:05:36.45	4	00:00:37.65	22	00:00:37.65	19	00:10:39.75	4	4	4
79	Travis	Jones	Garnteg primary	TS	MTS	M	00:02:19	6	00:00:40.15	7	00:05:40.75	5	00:00:33.65	13	00:00:33.65	13	00:10:55.95	6	5	5
44	Connor	Goode	Bryngwyn Road Campus	TS	MTS	M	00:02:16	4	00:00:38.25	5	00:06:03.10	7	00:00:29.15	7	00:00:29.15	7	00:11:01.75	7	6	6
121	Iestyn	Rees-Joned	Ysgol Gymraeg Rhydaman	TS	MTS	M	00:02:04	1	00:00:36.05	4	00:06:30.60	10	00:00:26.75	3	00:00:26.75	3	00:11:09.05	8	7	7
88	Gwilym	King	YGG Pontybrenin	TS	MTS	M	00:02:16	3	00:00:50.55	14	00:06:36.85	11	00:00:36.50	17	00:00:36.50	15	00:11:50.15	10	8	8
11	Alex	Blyth	Waunarlwydd	TS	MTS	M	00:02:40	17	00:00:48.75	13	00:06:23.75	9	00:00:34.60	14	00:01:57.95	25	00:12:25.00	12	9	9
39	William	Evans	Sketty Primary School	TS	MTS	M	00:02:48	23	00:00:42.00	10	00:07:26.05	15	00:00:31.90	11	00:00:31.90	11	00:13:20.55	14	10	10
151	Ashwin	Yoganathan	St Michael s School	TS	MTS	M	00:02:24	10	00:01:11.00	19	00:08:00.25	19	00:00:38.95	24	00:01:29.75	21	00:13:44.20	16	11	11
91	Jacob	Knight	YGG Pontybrenin	TS	MTS	M	00:02:42	18	00:01:14.15	20	00:07:37.25	16	00:00:42.00	26	00:00:42.00	20	00:13:59.10	17	12	12
25	Ioan	Davies	Penrepoeth Junior School	TS	MTS	M	00:02:39	16	00:01:15.15	21	00:07:50.50	18	00:00:38.95	23	00:01:45.15	22	00:14:08.55	19	13	13
74	Cole	Jenkins	Ysgol Nant gwyn	TS	MTS	M	00:02:37	15	00:02:29.40	26	00:07:23.55	14	00:00:28.60	5	00:00:28.60	5	00:14:31.95	20	14	14
104	Cian	Murphy	Ysgol Gymraeg Rhydaman	TS	MTS	M	00:02:21	9	00:01:16.50	22	00:09:24.80	26	00:00:37.15	18	00:00:37.15	16	00:15:17.10	23	15	15
60	Jack	Harwood	Broad haven	TS	MTS	M											DNS			
76	Harri	Jermin-Jones	Ysgol Gymraeg Brynsierfel	TS	MTS	M											DNS			



Bib No	First Name	Last Name	Club	Race	Category	Gender	Run 1	Run 1 Pos	T1	T1 Pos	Bike	Bike Pos	T2	T2 Pos	Run 2	Run 2 Pos	Finish	Overall	Category Pos	Gender Pos
78	Alaina	Jones	Esgob Morgan	TS	FTS	F	00:02:30	13	00:00:33.65	1	00:05:28.05	3	00:00:29.60	8	00:00:29.60	8	00:10:43.40	5	1	1
131	Catrin	Thomas	Ysgol Gymraeg Melin Gruffydd	TS	FTS	F	00:02:17	5	00:00:39.00	6	00:06:16.40	8	00:00:25.50	1	00:00:25.50	1	00:11:12.10	9	2	2
38	Annie	Evans	Tywyn	TS	FTS	F	00:02:20	8	00:00:41.20	8	00:06:45.90	12	00:00:28.45	4	00:00:28.45	4	00:11:50.55	11	3	3
52	Ffion	Griffiths	Saundersfoot C.P	TS	FTS	F	00:02:49	24	00:01:19.95	23	00:06:51.00	13	00:00:37.55	19	00:00:37.55	17	00:13:15.25	13	4	4
142	Sophie	Williams	Tywyn junior school	TS	FTS	F	00:02:34	14	00:00:53.80	15	00:07:47.00	17	00:00:33.00	12	00:00:33.00	12	00:13:26.40	15	5	5
51	Mali	Griffiths	Llangynnor	TS	FTS	F	00:02:46	21	00:00:59.00	18	00:08:01.10	20	00:00:31.35	10	00:00:31.35	10	00:14:02.70	18	6	6
41	Rafaella	Fasham	Parkland Primary School	TS	FTS	F	00:02:47	22	00:00:44.05	11	00:08:40.50	22	00:00:36.05	16	00:00:36.05	14	00:14:38.35	21	7	7
157	Daisy	Barber		TS	FTS	F	00:02:44	20	00:00:58.95	17	00:08:49.35	23	00:00:34.65	15	00:01:56.35	24	00:15:03.35	22	8	8
158	Faith	Deer		TS	FTS	F	00:03:03	27	00:00:56.95	16	00:08:49.60	24	00:00:41.20	25	00:02:10.45	26	00:15:41.50	24	9	9
8	Evie-Leigh	Bentley	Ysgol Y Bedol	TS	FTS	F	00:03:02	26	00:01:21.75	24	00:08:35.85	21	00:00:37.60	20	00:02:23.45	27	00:16:00.50	25	10	10
10	Grace	Bevan	Pontybrenin	TS	FTS	F	00:02:43	19	00:01:27.40	25	00:09:01.85	25	00:01:02.00	27	00:01:50.70	23	00:16:05.30	26	11	11
147	Emily	Wolsey	Ysgol Caer Elen	TS	FTS	F	00:02:50	25	00:02:30.30	27	00:14:38.00	27	00:00:37.60	21	00:00:37.60	18	00:22:24.05	27	12	12



Bib No	First Name	Last Name	Club	Race	Category	Gender	Run 1	Run 1 Pos	T1	T1 Pos	Bike	Bike Pos	T2	T2 Pos	Run 2	Run 2 Pos	Finish	Overall	Category Pos	Gender Pos	
32	Daniel	Jett	Davies	Evenlode Primary School	T1	MT1	M	00:04:47	2	00:00:29.85	2	00:07:05.70	1	00:00:30.35	18	00:00:30.35	11	00:14:15.50	1	1	1
21	William		Coles	Ysgol Llangadog	T1	MT1	M	00:04:35	1	00:00:41.85	23	00:08:07.05	2	00:00:25.30	2	00:01:19.85	37	00:15:08.65	2	2	2
18	Josh		Cleave	Rhos primary	T1	MT1	M	00:04:55	4	00:00:33.45	5	00:08:18.95	4	00:00:25.95	6	00:01:21.45	40	00:15:34.75	3	3	3
132	Sion		Thomas	Pembrokeshire Tri Club	T1	MT1	M	00:05:14	9	00:00:28.80	1	00:09:08.70	9	00:00:25.75	4	00:00:25.75	3	00:16:42.80	4	4	4
17	Ben		Cleave	Rhos primary	T1	MT1	M	00:05:13	8	00:00:37.15	14	00:09:06.40	7	00:00:27.55	7	00:01:22.70	41	00:16:46.80	5	5	5
77	William		John	West park	T1	MT1	M	00:05:11	7	00:00:38.40	15	00:09:06.95	8	00:00:35.75	28	00:00:35.75	18	00:17:00.75	6	6	6
58	Toby		Harris	Lamphy CP school	T1	MT1	M	00:05:21	13	00:00:44.25	28	00:09:11.60	10	00:00:25.35	3	00:00:25.35	2	00:17:07.70	7	7	7
156	Evan		Neal		T1	MT1	M	00:05:38	23	00:00:36.55	10	00:09:06.20	6	00:00:28.80	12	00:01:33.30	46	00:17:22.45	11	8	8
149	Jody		Wright	Cardigan Primary	T1	MT1	M	00:05:23	14	00:00:36.60	11	00:09:40.15	16	00:00:29.10	13	00:01:24.95	42	00:17:33.75	12	9	9
124	Harri		Roberts-Truman	YGG Pontardawe	T1	MT1	M	00:05:32	21	00:00:40.25	19	00:09:28.30	12	00:00:28.70	11	00:00:28.70	7	00:17:34.15	13	10	10
66	Iggy		Howe	Rougemont	T1	MT1	M	00:05:08	5	00:00:36.65	12	00:10:03.45	20	00:00:25.15	1	00:00:25.15	1	00:17:34.75	14	11	11
69	Elis		Hyett	Ysgol Gynradd Trebannws	T1	MT1	M	00:05:52	31	00:01:06.60	53	00:08:35.35	5	00:00:38.95	34	00:00:38.95	22	00:17:42.45	15	12	12
43	Rowan		Fisher	Y Dderwen	T1	MT1	M	00:05:30	19	00:00:44.20	27	00:09:31.05	13	00:00:28.10	9	00:00:28.10	5	00:17:44.00	16	13	13
99	Thomas		Maclean	Bishopston	T1	MT1	M	00:04:55	3	00:00:35.75	8	00:10:44.85	30	00:00:25.90	5	00:00:25.90	4	00:18:06.50	17	14	14
83	Rhys		Jones	Ysgol cymraeg rhydaman	T1	MT1	M	00:05:15	10	00:00:49.15	35	00:10:23.90	23	00:00:28.50	10	00:00:28.50	6	00:18:20.65	19	15	15
110	Finley		Phillips	St Mary llanelli	T1	MT1	M	00:05:46	28	00:00:36.25	9	00:10:13.05	21	00:00:29.45	14	00:00:29.45	8	00:18:40.05	20	16	16
117	Tomos		Rees	Ysgol Gymraeg Rhydaman	T1	MT1	M	00:05:28	17	00:00:42.05	24	00:10:27.90	26	00:00:39.45	38	00:00:39.45	24	00:18:45.00	22	17	17
89	Cynan		King	YGG Pontybrenin	T1	MT1	M	00:05:21	12	00:00:55.00	42	00:10:27.10	25	00:00:46.75	49	00:00:46.75	30	00:18:58.85	24	18	18
9	James		Bentley	Ysgol Y Bedol	T1	MT1	M	00:05:32	20	00:00:39.30	16	00:10:34.60	28	00:00:46.70	48	00:01:27.25	43	00:18:59.80	25	19	19
84	Ifan		Jones	Ysgol Gymraeg Rhydaman	T1	MT1	M	00:05:40	25	00:00:48.00	34	00:10:38.30	29	00:00:32.75	22	00:00:32.75	13	00:19:13.95	27	20	20
42	Josiah		Fasham	Parkland Primary School	T1	MT1	M	00:05:29	18	00:00:40.20	18	00:10:56.05	32	00:00:29.60	16	00:00:29.60	9	00:19:20.80	28	21	21
36	Joshua		Doorbar	Ysgol Y Bedol	T1	MT1	M	00:05:35	22	00:00:50.35	36	00:10:52.55	31	00:00:41.60	43	00:00:41.60	27	00:19:34.25	29	22	22
2	Seth		Amas	Terrace Road Primary School	T1	MT1	M	00:05:59	34	00:00:47.10	33	00:10:31.00	27	00:00:38.95	35	00:01:40.20	50	00:19:35.25	30	23	23
119	Osian		Rees-Harries	Cross hands	T1	MT1	M	00:05:48	29	00:00:44.85	29	00:11:00.80	35	00:00:40.15	42	00:00:40.15	26	00:19:51.65	32	24	24
155	Badley		Davies		T1	MT1	M	00:06:02	35	00:00:44.95	31	00:11:07.55	37	00:00:39.95	41	00:01:32.35	45	00:20:07.10	34	25	25
115	Thomas		Proctor	Ysgol Y Berllan Deg	T1	MT1	M	00:05:56	32	00:00:41.25	21	00:11:13.70	38	00:00:36.25	29	00:00:36.25	19	00:20:07.80	35	26	26
55	Ellis		Griffiths	Tycroes CP	T1	MT1	M	00:05:45	27	00:00:45.30	32	00:11:21.55	41	00:00:42.65	45	00:00:42.65	28	00:20:08.55	36	27	27
129	Cory		Shelmerdine	Lamphey	T1	MT1	M	00:06:04	36	00:00:56.15	43	00:11:20.05	40	00:00:33.15	24	00:00:33.15	15	00:20:31.45	39	28	28
37	Oliver		Duxberry	PENIEL	T1	MT1	M	00:06:32	43	00:01:05.55	52	00:10:25.35	24	00:00:39.20	37	00:00:39.20	23	00:20:33.25	40	29	29
94	Macsen		Llewelyn	Ysgol Y Bedol	T1	MT1	M	00:06:19	42	00:01:02.35	51	00:11:36.00	44	00:00:31.85	20	00:00:31.85	12	00:21:12.65	41	30	30
96	Osian		Lloyd-Probert	Ysgol Parc Y Tywyn	T1	MT1	M	00:07:13	51	00:00:39.75	17	00:11:38.10	45	00:00:36.25	30	00:00:36.25	20	00:21:39.55	44	31	31

54	Caydan	Griffiths	Tycroes CP	T1	MT1	M	00:06:33	44	00:00:51.75	38	00:11:30.65	43	00:01:12.90	55	00:01:12.90	36	00:21:46.25	45	32	32
4	Gethyn	Battersby	Rhyderpenau Primary School	T1	MT1	M	00:06:41	46	00:00:53.75	40	00:12:50.50	47	00:00:37.90	32	00:01:42.45	52	00:22:45.45	47	33	33
105	Jac Owen	Murphy	Ysgol Gymraeg Rhydaman	T1	MT1	M	00:05:40	24	00:01:14.90	55	00:14:11.70	50	00:00:33.44	26	00:01:36.60	47	00:23:16.30	48	34	34
112	Anton Jay	Pridmore	Tan Y Lan	T1	MT1	M	00:06:55	48	00:00:56.65	45	00:14:17.95	52	00:00:47.90	50	00:00:47.90	31	00:24:51.85	51	35	35
30	Drew	Davies	Parcyrhun	T1	MT1	M	00:07:42	52	00:01:07.05	54	00:13:16.70	48	00:00:48.90	52	00:00:48.90	33	00:25:11.45	53	36	36
31	Mason	Davies	Parcyrhun	T1	MT1	M	00:10:31	55	00:00:56.40	44	00:14:56.60	53	00:01:06.90	54	00:01:06.90	35	00:30:37.55	54	37	37
92	Joshua	Ladd-Davies	Ysgol saron	T1	MT1	M											DNS			
95	Owain	Lloyd-Probert	Ysgol Parc Y Tywyn	T1	MT1	M											DNS			
101	Aidan	Martin	Crwys Primary School	T1	MT1	M											DNS			





Bib No	First Name	Last Name	Club	Race	Category	Gender	Run 1	Run 1 Pos	T1	T1 Pos	Bike	Bike Pos	T2	T2 Pos	Run 2	Run 2 Pos	Finish	Overall	Category Pos	Gender Pos
102	Imogen	Mcadie	YGG Brynymor	T1	FT1	F	00:06:11	38	00:00:40.55	20	00:08:18.60	3	00:00:31.44	19	00:01:30.80	44	00:17:11.85	8	1	1
128	Taylor	Shelmerdine	Bishopston	T1	FT1	F	00:05:16	11	00:00:35.40	7	00:09:24.85	11	00:00:37.60	31	00:01:21.20	39	00:17:14.35	9	2	2
27	Soffia-Mai	Davies	Nantgaredig	T1	FT1	F	00:05:09	6	00:00:36.95	13	00:09:32.20	14	00:00:39.95	40	00:01:20.15	38	00:17:17.70	10	3	3
15	Grace	Brady	Gwauncelyn	T1	FT1	F	00:05:56	33	00:00:30.25	3	00:09:39.15	15	00:00:27.75	8	00:01:39.05	49	00:18:12.60	18	4	4
130	Daisy	Stone	Myddelton College	T1	FT1	F	00:06:15	41	00:00:35.35	6	00:09:44.15	18	00:00:33.30	25	00:00:33.30	16	00:18:41.40	21	5	5
57	Milly	Harris	Waunarlwydd	T1	FT1	F	00:05:23	15	00:00:57.85	46	00:10:18.20	22	00:00:39.85	39	00:00:39.85	25	00:18:48.55	23	6	6
71	Grace	James	St Clare s School	T1	FT1	F	00:05:26	16	00:00:31.70	4	00:11:02.30	36	00:00:29.90	17	00:00:29.90	10	00:19:00.50	26	7	7
13	Seren	Bowen	Y Dderwen	T1	FT1	F	00:05:49	30	00:00:43.50	26	00:10:57.95	34	00:00:29.55	15	00:01:38.15	48	00:19:38.20	31	8	8
28	Cali	Davies	Hendrefoilan school	T1	FT1	F	00:05:43	26	00:00:41.60	22	00:11:15.45	39	00:00:38.10	33	00:00:38.10	21	00:19:54.80	33	9	9
26	Manon	Davies	Brynsaron	T1	FT1	F	00:06:08	37	00:00:44.85	30	00:10:56.40	33	00:00:44.40	47	00:01:41.80	51	00:20:15.60	37	10	10
29	Llinos	Davies	Ysgol Tyle r Ynn	T1	FT1	F	00:06:56	49	00:00:53.85	41	00:09:54.25	19	00:00:48.40	51	00:00:48.40	32	00:20:19.15	38	11	11
144	Nia	Williams	Ysgol Y Bedol	T1	FT1	F	00:06:39	45	00:00:53.00	39	00:11:22.65	42	00:00:33.55	27	00:00:33.55	17	00:21:13.20	42	12	12
6	Ffion	Bennett	Ysgol Y Bedol	T1	FT1	F	00:07:52	53	00:00:59.90	49	00:09:43.00	17	00:00:42.25	44	00:02:04.80	55	00:21:21.90	43	13	13
135	Lowri	Tucker	Parc y Tywyn	T1	FT1	F	00:06:49	47	00:00:58.60	47	00:12:02.80	46	00:00:32.60	21	00:01:51.85	54	00:22:14.25	46	14	14
116	Eviny	Rees	Ysgol Y Bedol	T1	FT1	F	00:06:14	40	00:00:43.20	25	00:14:12.80	51	00:00:32.75	23	00:00:32.75	14	00:23:18.40	49	15	15
152	Jasmin	Yoganathan	St Michael s School	T1	FT1	F	00:06:14	39	00:00:51.50	37	00:15:14.90	54	00:00:39.05	36	00:01:42.75	53	00:24:41.90	50	16	16
143	Evie	Williams	Ysgol Y Bedol	T1	FT1	F	00:07:01	50	00:01:01.00	50	00:14:05.75	49	00:00:57.35	53	00:00:57.35	34	00:24:56.35	52	17	17
53	Honee	Griffiths	St Thomas Primary	T1	FT1	F	00:09:07	54	00:00:59.85	48	00:18:34.10	55	00:00:43.80	46	00:00:43.80	29	00:31:57.95	55	18	18
20	Kelsea Louise	Coles	Bryn Primary School	T1	FT1	F											DNS			
40	Katie	Evans	Llangennech	T1	FT1	F											DNS			
80	Alex	Jones	Garnteg primary	T1	FT1	F											DNS			
81	Gwenan Fflur	Jones	Ysgol Y Dderwen Caerfyrddin	T1	FT1	F											DNS			
114	Efa	Pritchard	LLANDYBIE	T1	FT1	F											DNS			



Bib No	First Name	Last Name	Club	Race	Category	Gender	Run 1	Run 1 Pos	T1	T1 Pos	Bike	Bike Pos	T2	T2 Pos	Run 2	Run 2 Pos	Finish	Overall	Category Pos	Gender Pos
46	Rory	Gravelle	QE High Carmarthen	T2	MT2	M	00:05:32	3	00:00:31.45	6	00:09:46.95	1	00:00:24.95	3	00:00:24.95	2	00:17:35.75	1	1	1
108	Oliver	Patterson	cila	T2	MT2	M	00:05:48	5	00:00:29.40	3	00:10:00.80	2	00:00:31.40	13	00:01:19.15	24	00:18:08.00	2	2	2
125	Elliot	Robrts-Cutts		T2	MT2	M	00:05:46	4	00:00:32.67	10	00:10:29.45	3	00:00:30.60	11	00:01:13.50	23	00:18:30.85	3	3	3
22	Alex	Coles	Ysgol Llangadog	T2	MT2	M	00:05:31	1	00:00:30.90	5	00:11:41.35	7	00:00:26.20	4	00:01:19.20	25	00:19:28.40	4	4	4
137	Leo	Tytler	Ysgol Caer Elen	T2	MT2	M	00:05:59	7	00:00:25.30	1	00:11:33.75	5	00:00:23.55	1	00:00:23.55	1	00:19:48.35	5	5	5
3	Joshua	Barrett	Premed Tristars	T2	MT2	M	00:05:31	2	00:00:29.20	2	00:12:14.95	8	00:00:23.60	2	00:01:12.90	22	00:19:51.80	6	6	6
86	Elliot	Jones	Denbigh High	T2	MT2	M	00:06:22	12	00:00:37.20	16	00:11:21.20	4	00:00:40.90	36	00:01:23.55	28	00:20:23.90	7	7	7
56	Sam	Griffiths	Llangynnor	T2	MT2	M	00:05:56	6	00:00:32.55	9	00:12:54.05	11	00:00:27.80	8	00:00:27.80	5	00:21:04.75	8	8	8
127	Alfie	Shaw	Newbridge Comprehensive	T2	MT2	M	00:06:11	8	00:00:37.45	17	00:12:55.70	12	00:00:33.60	16	00:00:33.60	7	00:21:55.65	9	9	9
59	James	Harris	Lamphy CP school	T2	MT2	M	00:06:50	21	00:00:33.20	11	00:12:44.05	10	00:00:26.50	6	00:00:26.50	4	00:22:03.35	10	10	10
150	Louis	Wright	Cardigan Primary	T2	MT2	M	00:06:24	14	00:00:41.75	21	00:13:07.00	14	00:00:29.30	9	00:01:37.65	35	00:22:19.55	12	11	11
48	Freddy	Green	Pembrey	T2	MT2	M	00:06:16	9	00:00:36.10	14	00:13:31.05	16	00:00:37.60	30	00:00:37.60	14	00:22:25.70	13	12	12
90	Iolo	King	YGG Pontybrenin	T2	MT2	M	00:06:30	16	00:00:39.10	19	00:14:04.30	20	00:00:34.10	18	00:00:34.10	8	00:23:18.50	15	13	13
14	Aron	Bowen	Y Dderwen	T2	MT2	M	00:07:54	36	00:00:30.50	4	00:12:38.75	9	00:00:30.35	10	00:01:47.55	38	00:23:20.85	16	14	14
12	Leo	Bonham	Pontarddulais Primary	T2	MT2	M	00:06:17	10	00:00:36.15	15	00:14:47.20	28	00:00:27.35	7	00:01:31.95	34	00:23:39.55	19	15	15
134	Cai	Thomas	Ysgol Gynradd Brynaman	T2	MT2	M	00:06:49	20	00:00:33.25	12	00:14:29.95	24	00:00:26.35	5	00:00:26.35	3	00:23:42.75	20	16	16
148	Benjamin	Wolsey	Ysgol Caer Elen	T2	MT2	M	00:06:47	18	00:00:35.25	13	00:14:27.05	23	00:00:36.33	25	00:01:24.40	29	00:23:49.55	22	17	17
65	Dan	Hosty	Glyncod primary cardiff	T2	MT2	M	00:07:05	28	00:00:39.30	20	00:13:47.60	18	00:00:31.55	14	00:00:31.55	6	00:23:52.30	23	18	18
73	Alex	James	Ysgol Y Bedol	T2	MT2	M	00:06:57	22	00:00:46.80	28	00:15:46.50	30	00:00:36.90	28	00:01:30.90	32	00:25:37.25	30	19	19
72	Owain	James	Bryntawe	T2	MT2	M	00:07:18	32	00:00:46.10	26	00:15:59.55	32	00:00:36.60	27	00:00:36.60	13	00:26:18.45	32	20	20
87	Ryan	Jones	Ysgol dyffryn Amman	T2	MT2	M	00:07:16	31	00:00:52.65	31	00:19:21.65	38	00:00:43.25	37	00:00:43.25	20	00:29:51.30	38	21	21
141	Kailum	Walters	Williamstown Primary School	T2	MT2	M	00:08:36	39	00:01:02.45	38	00:23:04.85	40	00:00:38.10	32	00:00:38.10	16	00:35:24.85	39	22	22
82	Owen	Jones	Ysgol Gymraeg Rhydaman	T2	MT2	M											DNF			
93	Dyfan Llyr	Llewellyn	Ysgol Gynradd Brynaman	T2	MT2	M											DNS			
97	Evan	Lougher	St Cenydd	T2	MT2	M											DNS			
122	Oscar	Reilly	Halfway	T2	MT2	M											DNS			
123	Kennedy John	Richards	Ysgol Gymraeg Rhydaman	T2	MT2	M											DNS			



Bib No	First Name	Last Name	Club	Race	Category	Gender	Run 1	Run 1 Pos	T1	T1 Pos	Bike	Bike Pos	T2	T2 Pos	Run 2	Run 2 Pos	Finish	Overall	Category Pos	Gender Pos
63	Scarlett	Hinton	Ysgol Y Frenni	T2	FT2	F	00:06:38	17	00:00:31.50	7	00:12:58.40	13	00:00:33.95	17	00:01:30.35	31	00:22:11.60	11	1	1
45	Kassie	Goode	Newbridge Comprehensive	T2	FT2	F	00:06:18	11	00:00:31.60	8	00:13:37.20	17	00:00:48.95	39	00:01:20.70	26	00:22:35.75	14	2	2
33	Ava	Davies	Parklands Primary	T2	FT2	F	00:06:24	15	00:00:41.85	22	00:14:19.95	22	00:00:34.25	19	00:00:34.25	9	00:23:22.10	17	3	3
133	Seren	Thomas	Ysgol Gymraeg Melin Gruffydd	T2	FT2	F	00:07:03	27	00:00:38.90	18	00:13:20.20	15	00:00:36.35	26	00:00:36.35	12	00:23:22.35	18	4	4
61	Amelia	Harwood		T2	FT2	F											00:23:43.30	21	5	5
120	Cesian	Rees-Harries	Cross hands	T2	FT2	F	00:06:49	19	00:00:46.40	27	00:13:52.60	19	00:00:47.25	38	00:00:47.25	21	00:23:52.45	24	6	6
1	Nel	Alaw	Maes y Gwendraeth	T2	FT2	F	00:06:23	13	00:00:50.90	30	00:14:44.00	26	00:00:34.70	21	00:01:22.75	27	00:23:55.35	25	7	7
34	Ffion	Davies	Brynsaron	T2	FT2	F	00:07:11	29	00:00:45.25	25	00:14:32.50	25	00:00:39.15	34	00:00:39.15	18	00:24:42.25	26	8	8
16	Ffion	Challis	Bigyn	T2	FT2	F	00:07:22	33	00:00:55.45	34	00:14:09.80	21	00:00:50.10	40	00:01:25.50	30	00:24:42.55	27	9	9
75	Millie	Jenkins	Catwg	T2	FT2	F	00:06:58	23	00:01:01.80	37	00:14:44.80	27	00:00:34.25	20	00:00:34.25	10	00:24:50.00	28	10	10
118	Gwenan	Rees	Ysgol Maes y Gwendraeth	T2	FT2	F	00:06:59	24	00:00:54.55	33	00:15:16.05	29	00:00:37.60	31	00:00:37.60	15	00:25:23.65	29	11	11
7	Millie	Bennett	Ysgol Y Bedol	T2	FT2	F	00:07:16	30	00:00:50.75	29	00:16:02.95	33	00:00:32.35	15	00:01:31.50	33	00:26:13.15	31	12	12
153	Ellie	Evans	Bae Baglan	T2	FT2	F	00:08:30	38	00:00:43.60	24	00:15:58.95	31	00:00:37.55	29	00:01:45.45	37	00:27:35.95	33	13	13
106	Lara Gwen	Murphy	Ysgol Gymraeg Rhydaman	T2	FT2	F	00:07:00	25	00:00:53.05	32	00:17:28.80	34	00:00:40.05	35	00:00:40.05	19	00:27:37.05	34	14	14
85	Sara	Jones	Ysgol Gymraeg Rhydaman	T2	FT2	F	00:07:01	26	00:00:56.95	35	00:17:58.45	35	00:00:35.90	24	00:00:35.90	11	00:28:12.85	35	15	15
146	Hannah	Wisdom	Bigyn	T2	FT2	F	00:07:43	35	00:01:05.50	39	00:18:24.75	37	00:00:35.60	22	00:01:40.65	36	00:29:29.10	36	16	16
145	Lowri	Williams	Ysgol Dyffryn Aman	T2	FT2	F	00:07:57	37	00:01:14.95	40	00:18:02.90	36	00:00:30.60	12	00:01:55.55	40	00:29:40.20	37	17	17
138	Heledd	Tywyn	Ysgol Parc-y-Tywyn	T2	FT2	F	00:11:07	40	00:00:57.90	36	00:22:50.35	39	00:00:38.35	33	00:00:38.35	17	00:38:06.75	40	18	18
5	Scarlett	Battersby	Rhyderpenau Primary School	T2	FT2	F	00:07:41	34	00:00:42.35	23	00:11:40.00	6	00:00:35.90	23	00:01:50.30	39	00:22:29.25	0	0	0
19	Bethany	Clifford	St Josephs RC Primary Neath	T2	FT2	F											DNS			
103	Lauren	Mitchell	Fort Pitt	T2	FT2	F											DNS			
111	Mabli	Phillips	Ysgol Mynydd Bychan	T2	FT2	F											DNS			
126	Lowri	Rogers	Ysgol Arbeth	T2	FT2	F											DNS			
140	Rebecca	Van Aardt	Woodbrook Vale	T2	FT2	F											DNS			
154	Violet	Shelgrove	Tri Sharks	T2	FT2	F											DNS			



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50	Frazer	Gregory	Ysgol Bro Dinefwr	T3	MT3	M	00:06:26	2	00:00:27.20	2	00:10:36.90	2	00:00:20.95	1	00:00:20.95	1	00:19:01.50	2	1	1
70	Dafydd	James	Ysgol Bro Teifi	T3	MT3	M	00:06:36	3	00:01:38.50	6	00:11:41.20	4	00:00:39.05	5	00:00:39.05	3	00:21:58.15	4	2	2
68	Dafydd	Hyett	Cwmtawe Comprehensive	T3	MT3	M	00:06:58	4	00:00:35.95	4	00:12:23.65	5	00:00:48.85	6	00:00:48.85	4	00:21:58.35	5	3	3
23	Matthew	Cox	Llangatwg Community School	T3	MT3	M	00:07:49	6	00:00:41.00	5	00:13:59.75	6	00:00:26.45	4	00:01:30.90	6	00:24:26.95	6	4	4
62	Ethan	Hinton	Ysgol Uwrchradd Aberteifi	T3	MT3	M											DNS			
67	Joshua	Howells	Gowerton comprehensive	T3	MT3	M											DNS			
100	Cian	Martin	Bishopston Comprehensive	T3	MT3	M											DNS			
139	Daniel	Van Aardt	Wood brook Vale	T3	MT3	M											DNS			



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35	Sonja	De Koning	Ousedale	T3	FT3	F	00:06:08	1	00:00:22.45	1	00:10:02.00	1	00:00:23.30	2	00:00:23.30	2	00:18:06.15	1	1	1
24	Helena	Coy	Ilkley Grammar School	T3	FT3	F	00:07:08	5	00:00:28.70	3	00:11:10.30	3	00:00:25.80	3	00:01:22.80	5	00:20:35.45	3	2	2
49	Freya	Gregory	SHS	T3	FT3	F											DNS			
98	Coryn	Maclean	high school of glasgow	T3	FT3	F											DNS			
113	Gwenno	Pritchard	Bro Dinefwr	T3	FT3	F											DNS			
136	Melissa	Turnbull	Stirling High School	T3	FT3	F											DNS			