

Gweithgareddau Bywyd Iach



Bib No	First Name	Last Name	WT Member	Club	Category	Gender	Swim	Swim Pos	T1	T1 Pos	Bike	Bike Pos	T2	T2 pos	Run	Run Pos	Finish	Overall Pos	Category Pos	Gender Pos	Comments
256	Liam	Lloyd	Yes	Cycle Specific	MS	M	00:10:23	6	00:00:34.55	8	00:39:04.85	3	00:00:35.35	23	00:15:32.30	1	01:06:09.65	1	1	1	
277	Alex	Matchett	Yes	Pembrokeshire Tri	MS	M	00:10:19	2	00:00:33.60	7	00:39:05.15	4	00:00:26.05	2	00:16:12.85	3	01:06:36.45	2	2	2	
416	Sam	Wade	Yes	Team Pedal Cover	MS	M	00:10:38	9	00:00:28.15	2	00:38:56.15	1	00:00:58.45	131	00:16:11.05	2	01:07:12.05	3	3	3	
380	Beau	Smith	No		MS	M	00:10:16	1	00:00:27.30	1	00:39:15.40	5	00:00:23.10	1	00:17:07.45	5	01:07:29.05	4	4	4	
249	Joshua	Lewis	No	Ntpcw	MS	M	00:10:21	4	00:00:36.75	12	00:39:02.60	2	00:00:29.50	8	00:17:11.35	6	01:07:41.65	5	5	5	
376	Chris	Silver	Yes		MS	M	00:10:20	3	00:00:56.90	42	00:40:32.85	6	00:00:28.20	6	00:16:15.60	4	01:08:33.30	6	6	6	
377	Oliver	Simon	Yes	Atac	M40	M	00:10:36	8	00:00:32.60	5	00:40:45.80	7	00:00:36.05	28	00:19:08.75	25	01:11:38.85	7	1	7	
378	Ross	Simpson	Yes		MS	M	00:11:07	11	00:00:29.90	3	00:42:24.50	11	00:00:59.65	137	00:18:05.90	9	01:13:07.00	8	7	8	
299	Guto	Morgans	Yes	Cycle Specific	MS	M	00:12:03	15	00:00:36.45	11	00:42:50.90	13	00:00:28.45	7	00:19:18.10	29	01:15:16.75	9	8	9	
27	Jamie	Best	Yes	Bynea Cc	M40	M	00:14:39	62	00:00:36.80	13	00:41:34.30	8	00:00:36.70	30	00:19:13.75	27	01:16:40.50	10	2	10	
207	Kieran	John	Yes	Caerphilly Tri-Ers	MS	M	00:10:21	5	00:00:32.40	4	00:45:54.60	47	00:00:34.50	20	00:19:22.70	30	01:16:44.80	11	9	11	
263	Daniel	Madden	No	University Of Birmingham	MS	M	00:12:21	17	00:00:45.35	24	00:44:44.85	28	00:00:36.20	29	00:18:20.95	10	01:16:48.75	12	10	12	
72	Jamie	Davies	Yes	Newport East Wales Triathlon	MS	M	00:12:18	16	00:00:53.10	37	00:44:45.45	29	00:00:44.25	61	00:18:50.70	15	01:17:31.25	13	11	13	
165	Rhys	Harries	Yes	West Coast Tri	MS	M	00:14:56	75	00:00:43.10	21	00:42:39.90	12	00:00:40.50	46	00:18:46.55	14	01:17:46.20	14	12	14	
46	Dafydd	Brown	Yes	Pembrokeshire Triathlon Club	MJ	M	00:13:05	28	00:00:35.40	10	00:45:38.40	42	00:00:28.10	4	00:18:36.95	13	01:18:23.40	16	1	15	
116	Richard	Elgar	Yes	Newt	MS	M	00:13:28	35	00:01:06.90	65	00:44:19.75	22	00:00:44.40	65	00:18:55.45	18	01:18:34.10	17	13	16	
118	Daniel	Evans	Yes	Celtic Tri	MS	M	00:14:02	50	00:00:44.70	22	00:43:39.60	18	00:00:27.65	3	00:20:08.25	51	01:19:02.25	18	14	17	
273	James	Manson	Yes	Cardiff Triathletes	M40	M	00:14:58	77	00:00:39.30	16	00:44:03.05	20	00:00:33.95	17	00:18:54.95	17	01:19:09.40	19	3	18	
21	Richard	Beddow	No	North Dock Dredgers	MS	M	00:13:34	38	00:01:08.20	68	00:44:08.45	21	00:00:49.25	87	00:19:44.10	39	01:19:23.65	20	15	19	
244	Conrad	Lawson	No	Hereford Triathlon Club	M40	M	00:15:18	95	00:01:15.65	82	00:43:22.90	17	00:00:35.80	25	00:18:57.55	21	01:19:29.55	21	4	20	
393	Owain	Strange	No	North Dock Dredgers	MS	M	00:13:56	48	00:00:48.00	31	00:44:59.20	35	00:00:32.40	15	00:19:43.30	37	01:19:59.40	22	16	21	
97	Marc	Davies	Yes	Nathon Ford Triathlon	M40	M	00:13:45	44	00:00:47.85	30	00:46:37.55	56	00:00:59.65	138	00:17:51.30	7	01:20:01.40	23	5	22	
55	Edward	Clements	Yes	Tenby Aces	MS	M	00:15:05	83	00:01:13.30	74	00:44:39.45	27	00:01:04.25	163	00:18:02.55	8	01:20:04.45	24	17	23	
169	David	Hawkins	Yes	Cardiff Triathletes	M40	M	00:15:41	115	00:02:18.25	213	00:41:41.35	9	00:00:56.40	120	00:19:28.20	32	01:20:05.55	25	6	24	
179	Brian	Hosty	Yes		M40	M	00:14:55	74	00:01:03.90	55	00:44:24.30	24	00:00:51.35	99	00:18:55.50	19	01:20:10.35	26	7	25	
418	Colin	Wallace			M50	M	00:13:21	31	00:01:19.65	93	00:42:15.65	10	00:00:58.30	130	00:22:26.25	123	01:20:21.30	27	1	26	
248	Adrian	Leonard	Yes	Gog Triathlon	MS	M	00:13:24	32	00:00:46.25	25	00:45:39.45	43	00:00:37.75	34	00:20:09.60	52	01:20:37.20	29	18	27	
442	Tom	Williams	No		MS	M	00:13:10	29	00:01:00.00	49	00:44:46.75	30	00:01:42.35	311	00:20:02.10	45	01:20:41.50	30	19	28	
42	Gareth	Bowyer	Yes	Gog	M50	M	00:14:36	61	00:01:06.10	61	00:42:58.20	14	00:01:04.55	165	00:21:41.80	97	01:21:26.70	32	2	29	
6	Matt	Anthony	No	North Dock Dredgers	MS	M	00:13:58	49	00:00:46.90	28	00:44:00.60	19	00:00:52.35	104	00:21:51.65	108	01:21:29.60	33	20	30	
34	Mark	Binding	Yes	Taff Ely Triathlon	M40	M	00:15:07	86	00:01:06.40	62	00:44:21.45	23	00:01:00.35	141	00:20:06.35	49	01:21:41.50	34	8	31	
252	Chris	Lewis	Yes	Port Talbot Harriers	M40	M	00:13:39	42	00:01:39.80	134	00:44:57.10	33	00:01:06.70	174	00:20:34.25	60	01:21:57.10	35	9	32	
163	William	Hamilton	No	Thornbury Running Club	MS	M	00:13:27	34	00:01:57.30	171	00:44:37.15	25	00:01:09.95	189	00:21:01.40	72	01:22:12.60	36	21	33	
295	David	Morgan	Yes	Port Talbot Harriers	M40	M	00:14:07	52	00:01:31.10	114	00:44:53.35	32	00:00:38.25	35	00:21:09.60	78	01:22:19.75	37	10	34	
287	James	Moore	Yes	Pembrokeshire	M40	M	00:14:35	60	00:00:48.85	33	00:45:06.15	37	00:01:15.40	218	00:20:36.20	61	01:22:21.40	38	11	35	
119	Emyr	Evans	No	'	MS	M	00:15:47	120	00:01:15.25	79	00:45:08.75	38	00:00:50.15	93	00:19:48.45	40	01:22:49.60	40	22	36	
109	Iwan	Dugmore	Yes	Pembrokeshire Triathlon Club	MJ	M	00:13:34	39	00:00:42.60	18	00:48:44.10	110	00:00:35.70	24	00:19:25.35	31	01:23:01.30	41	2	37	
310	Lee	Murray	No		MS	M	00:13:31	37	00:02:05.10	185	00:46:58.60	67	00:01:00.95	146	00:19:36.80	34	01:23:12.10	42	23	38	
278	Steve	Matchett	Yes	Pembs Tri	M50	M	00:15:03	81	00:01:02.05	53	00:45:34.90	41	00:00:44.25	62	00:20:53.70	67	01:23:17.75	43	3	39	
368	Rodney	Savage	Yes	Cardiff Triathletes	M50	M	00:13:30	36	00:00:49.20	34	00:46:47.90	63	00:00:38.75	37	00:21:33.30	93	01:23:18.85	44	4	40	
320	James	Oulsnam	Yes	Csg Elite Performers	MJ	M	00:15:24	100	00:00:55.30	40	00:47:17.90	72	00:00:45.30	68	00:19:07.30	23	01:23:29.95	45	3	41	

58	David	Coates	Yes	West Coast Triathlon	M40	M	00:14:46	67	00:01:18.40	89	00:45:57.30	48	00:01:02.75	154	00:20:30.55	58	01:23:34.60	46	12	42
71	Dominic	Davies	Yes	Llanelli Asc	MY	M	00:12:25	19	00:00:57.85	43	00:48:27.60	105	00:00:43.20	55	00:21:04.05	73	01:23:37.75	47	1	43
111	Sam	Edwards	No	Bynea Cc	MS	M	00:14:15	54	00:00:42.60	19	00:47:28.50	75	00:00:32.00	13	00:20:41.15	64	01:23:39.70	49	24	44
65	Stephen	Coy	No	Leeds Bradford Triathlon Club	M40	M	00:16:00	128	00:01:15.55	81	00:46:39.80	60	00:00:52.45	105	00:18:52.30	16	01:23:40.45	50	13	45
313	Huw	Neale			MS	M	00:15:17	94	00:01:16.10	84	00:46:38.25	57	00:00:48.80	86	00:19:42.65	36	01:23:42.65	51	25	46
160	Ryan	Haigh	No	Primal	MS	M	00:16:23	145	00:01:21.80	98	00:44:37.55	26	00:00:43.15	53	00:20:40.80	63	01:23:46.40	52	26	47
371	Paul	Seppman	Yes	Port Talbot Harriers	M40	M	00:13:03	26	00:00:59.70	48	00:47:28.50	76	00:00:48.45	84	00:21:31.60	90	01:23:51.15	53	14	48
124	Edward	Evans	No	Poppit Slsc	M40	M	00:13:04	27	00:00:54.85	38	00:47:53.85	85	00:00:54.55	112	00:21:14.65	81	01:24:01.60	54	15	49
181	Hywel	Hughes	No		MS	M	00:12:41	21	00:02:08.75	193	00:48:06.00	92	00:01:07.90	182	00:20:04.50	48	01:24:08.15	55	27	50
441	Anthony	Williams	No	No	MS	M	00:15:15	92	00:01:22.30	99	00:46:16.50	53	00:01:37.80	296	00:19:43.80	38	01:24:15.75	56	28	51
140	Marcus	Foster	Yes		M40	M	00:15:31	107	00:01:04.15	56	00:45:03.25	36	00:00:46.10	69	00:21:53.15	110	01:24:18.10	57	16	52
112	Richard	Edwards	No		MS	M	00:16:14	139	00:01:42.35	142	00:46:39.00	58	00:01:20.85	240	00:18:24.90	11	01:24:20.25	58	29	53
240	Alan	Latter	Yes	West Coast Triathlon	M40	M	00:15:01	80	00:01:23.20	102	00:47:06.55	69	00:01:51.85	335	00:18:59.10	22	01:24:21.60	59	17	54
323	Rhys	Palmer	No		MS	M	00:13:54	47	00:01:15.25	78	00:48:17.80	102	00:00:40.05	44	00:20:29.15	57	01:24:35.90	60	30	55
386	Jack	Southam	Yes	Llanelli Swimming Club	MY	M	00:10:24	7	00:00:55.05	39	00:50:36.30	142	00:00:39.00	39	00:22:01.65	114	01:24:35.95	61	2	56
156	Dorian	Griffiths	No		M40	M	00:15:22	98	00:01:15.50	80	00:48:16.60	101	00:00:43.25	56	00:19:12.60	26	01:24:50.30	64	18	57
49	Jonathan	Carrick	Yes	Celtic Tri	M40	M	00:16:46	161	00:00:52.25	36	00:46:57.05	65	00:00:30.20	9	00:20:07.95	50	01:25:13.80	67	19	58
358	Jason	Roberts	No	Cycle Specific	M40	M	00:16:19	143	00:01:41.15	135	00:43:07.60	15	00:00:57.10	128	00:23:31.40	157	01:25:36.50	68	20	59
470	Marc	Barrow		Cycle Specific	M40	M	00:16:13	138	00:02:26.35	234	00:44:48.75	31	00:00:58.65	132	00:21:10.25	79	01:25:37.30	69	21	60
247	Gareth	Lee	No	Tinworks Tri	MS	M	00:15:40	114	00:01:35.35	125	00:47:51.35	84	00:01:05.60	172	00:19:33.10	33	01:25:44.95	70	31	61
40	Finlay	Bowie	Yes	U Tri Pembrokeshire	MS	M	00:14:31	59	00:01:14.10	76	00:47:30.55	77	00:00:34.30	18	00:22:03.05	115	01:25:53.40	71	32	62
391	Nick	Stevenson	Yes	Tinworks Tri	MS	M	00:14:10	53	00:01:35.40	126	00:46:50.10	64	00:00:54.20	110	00:22:25.75	122	01:25:55.00	72	33	63
144	Mark	Geary	Yes	Risc-A-Tri	M40	M	00:18:06	221	00:01:22.75	100	00:43:17.05	16	00:00:40.05	43	00:22:34.10	124	01:26:00.10	73	22	64
24	Richard	Leary			M40	M	00:15:27	103	00:01:06.50	64	00:45:52.70	46	00:01:08.45	184	00:22:42.65	128	01:26:16.80	74	23	65
435	Osian	Williams	Yes	Tcw	MY	M	00:11:23	12	00:00:33.15	6	00:51:54.15	173	00:01:18.20	232	00:21:13.05	80	01:26:21.60	75	3	66
293	Ricki	Morgan	Yes	Tenby Aces / Team Nbcc	MS	M	00:16:26	148	00:01:18.05	88	00:46:13.85	52	00:01:39.20	299	00:21:00.80	71	01:26:37.50	78	34	67
333	Luke	Powell	No	Rhondda Triathlon Club	MS	M	00:14:44	65	00:01:39.15	131	00:47:36.85	79	00:00:49.45	89	00:21:49.65	104	01:26:38.60	79	35	68
95	Christian	Davies	No	Wolfpack	M40	M	00:14:50	72	00:01:23.15	101	00:48:26.30	104	00:00:43.40	57	00:21:27.90	87	01:26:50.85	80	24	69
241	Gareth	Law	Yes	Royal Navy Triathlon	MS	M	00:13:12	30	00:02:36.80	260	00:48:06.80	94	00:01:35.20	284	00:21:20.75	83	01:26:51.50	81	36	70
436	Michael	Williams	No	Rhondda Triathlon	MS	M	00:15:34	109	00:01:53.70	168	00:47:27.75	74	00:01:04.95	167	00:20:51.25	66	01:26:51.50	82	37	71
148	Mathew	Giles	No	Swansea Vale Triathlon	M40	M	00:14:53	73	00:02:10.70	198	00:48:04.80	91	00:00:48.35	83	00:20:57.60	70	01:26:54.00	83	25	72
303	Andrew	Morrissey	No		MS	M	00:17:48	202	00:01:19.10	91	00:46:06.35	50	00:00:42.70	51	00:21:08.75	77	01:27:04.90	85	38	73
279	Stuart	Matthews	No	Gwendraeth Vally Cycling Club	MS	M	00:15:34	110	00:01:11.65	72	00:49:49.10	124	00:00:47.65	77	00:20:01.90	44	01:27:24.50	86	39	74
162	Robert	Hall	Yes	Celtic Tri	MS	M	00:19:11	272	00:01:19.80	94	00:45:11.40	39	00:00:45.15	67	00:21:08.60	76	01:27:35.60	87	40	75
80	Ellison	Griffiths			MS	M	00:15:27	104	00:01:31.20	116	00:46:58.05	66	00:00:50.25	94	00:22:52.15	132	01:27:38.50	89	41	76
443	Stephen	Williams	No	Bynea Cycling Club	MS	M	00:16:28	152	00:01:01.45	51	00:47:42.45	81	00:00:32.20	14	00:22:01.55	113	01:27:45.55	90	42	77
316	Gareth	Norton	Yes	Cardiff Triathletes	M50	M	00:13:47	45	00:01:04.45	57	00:49:45.20	120	00:00:48.00	80	00:22:23.65	119	01:27:48.25	91	5	78
280	Kirk	Matthews	No		MS	M	00:18:21	236	00:01:57.20	170	00:47:09.05	70	00:00:40.55	47	00:19:53.05	41	01:28:00.80	93	43	79
136	Marc	Fitzgibbon	Yes	Caerphilly Triers	MS	M	00:16:05	132	00:02:26.60	237	00:49:46.35	122	00:00:54.50	111	00:18:55.90	20	01:28:08.70	94	44	80
99	Neil	Davies	Yes	Rhondda Triathlon Club	M40	M	00:16:26	149	00:01:04.80	58	00:46:39.10	59	00:00:59.70	139	00:22:59.70	137	01:28:09.25	95	26	81
32	Dai	Beynon	Yes		MS	M	00:15:39	112	00:01:27.60	107	00:46:06.20	49	00:01:18.75	234	00:23:43.20	164	01:28:14.30	97	45	82
30	Nathan	Bevan	Yes	Rhondda Triathlon Club	M40	M	00:15:15	93	00:01:51.00	160	00:47:58.70	90	00:01:43.25	314	00:21:31.05	89	01:28:18.95	98	27	83
192	Stefan	James	No	None	MS	M	00:15:25	102	00:01:45.15	152	00:48:10.35	96	00:01:32.00	275	00:21:32.15	92	01:28:25.00	99	46	84
454	Andrew	Wilson	No	Cardiff Triathletes	MS	M	00:16:01	130	00:01:25.15	103	00:47:56.80	87	00:00:48.10	81	00:22:25.35	120	01:28:36.60	100	47	85
426	Samuel	Webb	No		MS	M	00:15:19	96	00:01:44.00	148	00:48:57.65	115	00:00:49.75	91	00:21:51.65	107	01:28:42.45	101	48	86
47	Mike	Buckinham		Leg-It	M40	M	00:15:05	84	00:00:59.10	44	00:48:06.75	93	00:01:02.10	148	00:23:41.00	163	01:28:54.20	102	28	87
210	Paul	John	No	Atac Ammanford Club	M40	M	00:19:24	276	00:02:11.80	199	00:45:48.50	45	00:01:05.40	170	00:20:27.20	55	01:28:57.20	103	29	88
102	Leighton	Davies	No	Cycle Specific	M50	M	00:16:15	141	00:02:02.85	177	00:46:23.30	54	00:01:13.65	209	00:23:03.85	140	01:28:58.95	104	6	89
439	Adam	Williams	No		MS	M	00:15:27	105	00:01:32.75	120	00:50:52.10	149	00:00:52.90	106	00:20:22.30	54	01:29:07.20	105	49	90
414	Garry	Vaughan	Yes	Port Talbot Harriers	M40	M	00:14:56	76	00:01:55.70	169	00:48:10.20	95	00:00:34.95	21	00:23:38.95	161	01:29:16.05	106	30	91
458	Oliver	Wray	No		MY	M	00:15:44	118	00:01:57.50	172	00:48:11.60	99	00:00:47.85	79	00:22:44.20	129	01:29:25.20	107	4	92
209	Gavin	John	Yes		M40	M	00:16:19	144	00:01:20.55	95	00:50:10.05	130	00:00:55.00	114	00:21:05.45	74	01:29:49.90	108	31	93

78	James	Davies	No	Nft	MS	M	00:15:59	127	00:02:10.40	197	00:49:45.20	121	00:01:27.80	260	00:20:39.05	62	01:30:01.90	109	50	94
412	Marc	Tiplady	No	Clwb Tri North Dock Dredgers	M40	M	00:15:09	87	00:01:30.25	111	00:49:52.45	126	00:00:59.00	133	00:22:51.20	131	01:30:21.90	110	32	95
351	Ben	Reid	No		M40	M	00:17:34	189	00:01:43.20	146	00:47:05.45	68	00:00:46.40	71	00:23:26.65	151	01:30:35.30	111	33	96
182	Dayton	Hughes	No	Atac	M40	M	00:14:19	57	00:01:42.90	144	00:48:45.10	111	00:00:55.75	117	00:24:58.40	212	01:30:40.85	113	34	97
332	Simon	Phillips	Yes	Tinworks Tri Club	M40	M	00:16:58	165	00:01:01.20	50	00:48:43.75	109	00:00:46.65	73	00:23:24.75	149	01:30:54.00	115	35	98
205	Rob	Jenkins	No	North Dock Dredgers Tri	M40	M	00:15:51	122	00:02:05.85	188	00:49:58.30	127	00:01:13.60	208	00:21:47.75	102	01:30:56.90	116	36	99
321	Mark	Owen	No	Newts	M50	M	00:16:33	156	00:02:19.40	216	00:50:40.10	145	00:01:16.00	227	00:20:21.75	53	01:31:10.70	117	7	100
268	Robert	Malough	Yes	Celtic Tri	M40	M	00:16:28	153	00:02:04.85	184	00:48:42.80	108	00:01:04.60	166	00:22:52.95	133	01:31:12.85	118	37	101
183	Martin	Hughes	No	Team Bodyworks	M50	M	00:15:27	106	00:00:39.10	15	00:50:19.60	134	00:00:59.50	135	00:24:02.65	174	01:31:28.30	119	8	102
276	James	Martin	No	Newt	MS	M	00:12:36	20	00:02:24.15	230	00:51:02.00	152	00:01:47.35	326	00:23:52.25	168	01:31:42.00	121	51	103
135	Jordan	Figoni	No	Atac	MS	M	00:15:12	89	00:02:01.10	176	00:50:00.55	128	00:01:00.60	143	00:23:37.20	158	01:31:51.40	122	52	104
232	Justin	Bailey	No	West Coast Tri	M40	M	00:16:32	155	00:02:32.20	250	00:47:57.50	88	00:01:15.90	224	00:23:37.30	159	01:31:55.05	123	38	105
259	Ian	Lloyd	No	North Dock Dredgers	M40	M	00:16:06	133	00:01:34.95	124	00:48:50.20	113	00:00:51.15	97	00:24:46.10	206	01:32:08.15	124	39	106
390	Emyr	Stephens	No		M40	M	00:14:58	78	00:02:13.75	204	00:52:04.05	178	00:00:55.00	115	00:21:59.30	112	01:32:10.40	125	40	107
174	John	Hiddlestone	No	North Dock Dredgers	M40	M	00:16:30	154	00:02:20.50	220	00:51:22.60	160	00:01:46.80	325	00:20:28.60	56	01:32:28.65	126	41	108
242	Spencer	Lawrence	No		M40	M	00:15:52	123	00:01:44.40	150	00:48:53.50	114	00:01:03.85	158	00:25:11.25	218	01:32:45.45	127	42	109
422	Dafydd	Walters	No	N/A	MS	M	00:16:04	131	00:02:57.35	293	00:51:39.30	166	00:01:06.90	176	00:21:07.10	75	01:32:54.30	128	53	110
137	Jon	Folkes	No		M40	M	00:16:12	137	00:01:51.90	161	00:48:10.95	98	00:00:51.70	100	00:25:48.50	241	01:32:55.55	129	43	111
353	Stephen	Richards	No	Rhondda Triathlon Club	M50	M	00:16:37	158	00:03:05.95	302	00:48:49.15	112	00:01:29.85	267	00:23:00.75	138	01:33:03.05	130	9	112
340	Andrew	Proctor	No		M40	M	00:15:00	79	00:02:30.90	247	00:52:40.05	200	00:01:34.00	281	00:21:27.85	86	01:33:12.90	131	44	113
54	Adam	Clarke	No	Port Talbot Harriers	M40	M	00:23:32	360	00:01:47.60	154	00:47:34.60	78	00:01:14.95	217	00:19:08.40	24	01:33:17.50	132	45	114
127	Mark	Evans	No	Bryncoch Bombers	M40	M	00:19:31	280	00:02:38.15	263	00:47:11.40	71	00:01:25.60	253	00:22:37.50	126	01:33:23.90	133	46	115
225	Ben	Jones	No		M40	M	00:17:26	182	00:02:36.20	258	00:50:42.85	147	00:01:12.50	207	00:21:28.30	88	01:33:25.70	134	47	116
286	Simon	Mills	Yes	Tinworks Tri	MS	M	00:17:49	204	00:02:03.55	181	00:50:37.60	143	00:01:08.95	186	00:21:50.60	106	01:33:29.85	135	54	117
357	Gareth	Roberts	No		MS	M	00:15:42	117	00:01:59.45	175	00:50:15.00	132	00:01:14.45	214	00:24:34.75	197	01:33:45.40	136	55	118
251	Jamie	Lewis	Yes	Cr@P Tri	MS	M	00:14:48	71	00:01:06.45	63	00:53:02.95	209	00:00:43.15	54	00:24:09.10	180	01:33:50.05	137	56	119
50	Simon	Cartlidge	Yes	San Domenico Rrc	M40	M	00:18:00	216	00:01:33.90	123	00:51:30.85	163	00:01:03.15	155	00:21:50.15	105	01:33:58.15	138	48	120
16	Sam	Barton	No	Pemb's Tri Club	MS	M	00:15:39	113	00:01:09.90	69	00:52:22.45	189	00:00:39.00	40	00:24:15.65	183	01:34:06.00	140	57	121
22	Sam	Belcher	Yes	Cardiff Junior Tri	MJ	M	00:13:42	43	00:02:20.05	219	00:56:22.25	272	00:00:56.50	122	00:20:46.05	65	01:34:06.70	141	4	122
375	Robert	Silcox	No	West Coast Triathlon	M40	M	00:19:05	269	00:02:44.05	269	00:50:21.45	135	00:01:46.70	324	00:20:33.15	59	01:34:30.15	143	49	123
190	Charlie	Jacob	No	Pum Heol Peddlers	M50	M	00:17:55	207	00:01:41.80	136	00:49:05.80	117	00:01:13.70	210	00:24:36.65	199	01:34:32.80	144	10	124
262	Greg	Mackay	No	Tri Fit	MS	M	00:17:31	184	00:02:21.00	221	00:50:54.35	151	00:01:27.85	262	00:22:25.70	121	01:34:39.70	145	58	125
178	Neil	Hopkins	No	Hillend Cycling Club	M50	M	00:17:17	175	00:01:41.95	140	00:47:50.55	83	00:01:28.20	263	00:26:28.80	260	01:34:46.05	146	11	126
100	Barri	Davies	No		M40	M	00:20:27	307	00:02:33.50	252	00:48:11.65	100	00:01:51.40	333	00:21:42.90	99	01:34:46.10	147	50	127
2	Joe	Alistair	No	North Dock Dredgers Tri	MS	M	00:12:59	25	00:02:13.15	203	00:53:45.40	224	00:01:08.75	185	00:24:47.50	208	01:34:53.70	149	59	128
239	Jordan	Lane	Yes	Port Talbot Harriers	MS	M	00:17:49	205	00:01:31.15	115	00:52:43.05	202	00:00:39.60	42	00:22:16.45	118	01:34:59.30	150	60	129
298	Nigel	Morgan	Yes	Bynea Cc	M40	M	00:16:09	136	00:01:58.30	173	00:51:38.20	165	00:00:47.20	76	00:24:38.65	200	01:35:11.05	151	51	130
191	Marcus	James	No	Dredgers	MS	M	00:16:36	157	00:02:35.00	254	00:51:16.00	158	00:00:50.30	95	00:23:54.55	170	01:35:12.10	152	61	131
261	Samuel	Lucitt-Rees	No		MS	M	00:19:07	270	00:02:35.25	257	00:52:20.70	187	00:01:16.45	229	00:20:01.65	43	01:35:20.55	153	62	132
346	Paul	Rees	No	Celtic Tri	MS	M	00:17:35	192	00:01:50.85	159	00:52:51.10	204	00:01:15.55	220	00:21:53.10	109	01:35:25.40	154	63	133
38	Andy	Bostock	Yes		M50	M	00:19:54	287	00:02:21.40	223	00:47:58.30	89	00:01:20.00	236	00:24:03.90	175	01:35:38.05	155	12	134
69	Carl	Daniels	Yes	Tinworks Tri Club	M40	M	00:17:48	203	00:02:09.25	194	00:51:54.05	172	00:00:48.30	82	00:23:16.50	147	01:35:56.00	158	52	135
258	Sean	Lloyd	No	Cycle Specific	M40	M	00:18:50	257	00:02:14.05	206	00:49:18.90	118	00:00:51.90	101	00:24:54.50	209	01:36:09.45	160	53	136
394	Robert	Stroud	Yes	Cr@P Tri	M40	M	00:16:42	160	00:01:39.60	132	00:51:45.85	169	00:01:38.75	298	00:24:27.00	193	01:36:13.65	161	54	137
325	Jeff	Partridge	No	Bynea Cc	M40	M	00:21:48	340	00:01:15.90	83	00:47:43.45	82	00:01:10.35	191	00:24:17.05	185	01:36:14.80	162	55	138
29	James	Bevan	No	Swyd Tri Club	M40	M	00:16:14	140	00:01:35.80	127	00:54:24.45	234	00:00:53.20	107	00:23:10.05	145	01:36:17.25	163	56	139
92	Lee	Davies	No	Tin Works Tri	MS	M	00:17:37	195	00:02:43.50	268	00:50:53.05	150	00:01:48.20	328	00:23:27.60	153	01:36:29.60	164	64	140
228	Mark	Jones	No	Tinworks Tri	M40	M	00:12:48	23	00:02:47.90	274	00:52:08.15	182	00:01:36.10	289	00:27:11.85	280	01:36:32.10	165	57	141
389	Steve	Starkey	No	North Dock Dredgers	M40	M	00:16:27	150	00:03:42.35	340	00:52:21.90	188	00:01:02.40	152	00:23:02.30	139	01:36:35.65	166	58	142
23	Gavin	Bendon	No	Rhondda Tri	M40	M	00:17:45	199	00:02:31.85	249	00:50:27.15	139	00:01:31.10	270	00:24:25.20	191	01:36:40.15	167	59	143
101	Stephen	Davies	No	Rhondda Tri	M50	M	00:18:05	219	00:02:50.40	278	00:50:18.45	133	00:01:49.80	330	00:23:38.95	162	01:36:42.95	168	13	144
126	Alastair	Evans	No		M40	M	00:18:12	226	00:02:13.95	205	00:50:21.55	136	00:01:38.30	297	00:24:17.30	186	01:36:43.30	169	60	145

257	Steven	Lloyd	No	None	MS	M	00:17:08	171	00:02:44.10	270	00:50:28.35	141	00:00:56.65	124	00:25:38.70	233	01:36:55.45	172	65	146
172	Steve	Hayward	No		M40	M	00:18:17	232	00:03:09.85	307	00:51:04.90	155	00:01:15.95	225	00:23:13.50	146	01:37:01.10	173	61	147
52	Ben	Chapman	Yes	Bynea Cc	MS	M	00:15:24	101	00:01:32.95	121	00:48:10.85	97	00:00:56.10	118	00:31:00.40	337	01:37:04.20	174	66	148
289	Huw	Morgan	Yes	N.E.W.T	MS	M	00:15:23	99	00:02:26.45	236	00:51:04.55	154	00:00:47.15	75	00:27:24.40	287	01:37:05.65	175	67	149
337	Andrew	Price	No		M40	M	00:14:42	64	00:02:06.50	190	00:53:18.20	213	00:01:31.65	271	00:25:29.70	226	01:37:08.40	176	62	150
406	Rhodri	Thomas	No		MS	M	00:18:26	239	00:02:32.70	251	00:52:38.80	199	00:00:54.65	113	00:22:39.50	127	01:37:11.55	177	68	151
460	Gareth	Yeoman	No	Newt	MS	M	00:16:08	135	00:02:53.65	286	00:49:46.55	123	00:01:40.65	303	00:26:43.10	268	01:37:12.15	178	69	152
437	Laurence	Williams	No	Atac	MS	M	00:17:04	166	00:02:45.30	272	00:50:23.20	138	00:01:31.75	273	00:25:29.40	225	01:37:13.95	179	70	153
216	Ashley	Jones	No		MS	M	00:18:14	228	00:01:42.25	141	00:52:26.65	192	00:00:38.80	38	00:24:19.25	188	01:37:21.20	180	71	154
423	Martin	Walters	Yes	Rhondda Triathlon	M40	M	00:20:35	190	00:01:58.80	174	00:50:39.10	144	00:01:11.90	202	00:22:58.60	136	01:37:22.95	183	63	155
260	Kyle	Lowry	No	Cycle Specific	MS	M	00:17:34	190	00:02:21.55	224	00:50:28.10	140	00:01:31.80	274	00:25:37.35	231	01:37:32.30	184	72	156
227	Andrew	Jones	Yes	Precision Coaching	M40	M	00:15:32	108	00:01:30.30	112	00:51:44.55	168	00:01:20.10	237	00:27:26.00	288	01:37:32.75	185	64	157
201	Luke	Jenkins	No	Tinworks Tri	MS	M	00:16:48	163	00:01:53.15	166	00:55:02.75	248	00:01:00.30	140	00:22:53.80	134	01:37:38.10	186	73	158
318	Anthony	Oneill	No		MS	M	00:18:19	235	00:02:24.40	231	00:54:11.95	230	00:01:31.70	272	00:21:44.55	100	01:38:11.95	188	74	159
212	Alex	Johnson	No		MS	M	00:18:45	251	00:03:46.90	344	00:51:45.95	170	00:01:45.30	321	00:22:13.45	117	01:38:16.15	189	75	160
12	David	Balint	Yes	Rhondda Tri Club	M40	M	00:17:49	206	00:02:10.30	196	00:51:03.05	153	00:01:16.05	228	00:25:59.45	249	01:38:17.40	190	65	161
125	Joe	Hawkins	Yes		MS	M	00:18:48	253	00:02:59.25	298	00:51:52.95	171	00:00:56.50	121	00:23:52.75	169	01:38:29.70	192	76	162
236	Josh	Kisley	No		MS	M	00:20:36	311	00:03:13.80	314	00:52:51.50	205	00:00:52.05	103	00:20:56.75	68	01:38:30.50	193	77	163
146	Huw	Gibbs	No	Rhondda Tri	MS	M	00:15:56	125	00:02:56.70	291	00:54:58.15	244	00:01:13.75	211	00:23:26.60	150	01:38:30.95	194	78	164
361	Josh	Roderick	Yes		MS	M	00:16:15	142	00:02:19.70	217	00:53:30.10	218	00:01:29.55	266	00:25:10.40	217	01:38:44.35	197	79	165
246	Gareth	Leachman	No	Dredgers	MS	M	00:17:39	197	00:01:52.55	164	00:52:36.90	198	00:01:10.90	196	00:25:34.90	230	01:38:54.40	199	80	166
211	Conrad	John			M40	M	00:17:47	201	00:02:03.20	180	00:52:23.20	190	00:01:07.60	180	00:26:14.25	253	01:39:34.85	202	66	167
129	Wayne	Evans	No	Bynea Cc	M40	M	00:22:38	347	00:02:22.95	227	00:50:03.70	129	00:01:24.05	247	00:23:30.80	155	01:39:59.80	204	67	168
187	Jason	Impey	Yes	Cardiff Triathletes	M40	M	00:18:15	230	00:01:52.00	162	00:54:05.45	229	00:02:13.70	353	00:23:50.90	166	01:40:17.50	206	68	169
372	Ross	Shepherd	No	Newts	M40	M	00:18:01	217	00:02:12.85	202	00:54:04.40	228	00:01:00.60	144	00:24:01.45	173	01:40:20.30	207	69	170
206	Brian	Jenkins	No	North Dock Dredgers Tri	M50	M	00:19:00	264	00:01:36.05	128	00:54:01.55	226	00:01:02.30	151	00:24:45.05	205	01:40:24.80	209	14	171
173	Alex	Heron	Yes	Celtic Tri	M70	M	00:17:32	185	00:01:53.15	167	00:54:50.95	242	00:01:41.20	304	00:24:39.50	201	01:40:36.75	212	1	172
168	Rhys	Hawkes	No	Portsmouth Tri	MS	M	00:18:35	248	00:01:53.05	165	00:53:22.95	216	00:01:14.00	213	00:25:38.50	232	01:40:43.05	214	81	173
79	Robert Lee	Davies	No	N/A	MS	M	00:18:17	233	00:02:58.25	295	00:52:45.45	203	00:02:33.35	369	00:24:11.15	182	01:40:45.30	215	82	174
352	Simon	Rex	No	Rhondda Tri	MS	M	00:18:27	240	00:02:26.60	238	00:53:10.65	212	00:00:56.80	127	00:25:47.80	240	01:40:49.00	216	83	175
53	Adam	Clapperton	No		M40	M	00:17:36	194	00:02:55.65	289	00:54:41.60	241	00:01:34.40	283	00:24:05.05	176	01:40:52.45	217	70	176
141	Ian	Frohwein	No	North Dock Dredgers Tri	M40	M	00:19:54	288	00:02:27.20	239	00:51:30.75	162	00:01:05.15	168	00:26:00.05	250	01:40:56.80	218	71	177
354	Paul	Ridgway	No	North Dock Dredgers Tri	M40	M	00:21:09	323	00:01:38.65	130	00:53:43.50	222	00:01:25.15	251	00:23:08.10	144	01:41:04.40	219	72	178
123	Chris	Evans	No	Rhondda Triathlon	M40	M	00:17:55	208	00:03:21.85	321	00:52:26.95	194	00:01:41.25	306	00:25:46.55	239	01:41:11.45	221	73	179
186	Mark	Hutfield	No		M50	M	00:18:47	252	00:03:13.55	313	00:52:25.70	191	00:03:24.00	377	00:23:29.15	154	01:41:19.50	222	15	180
152	Owen	Grey	No		MS	M	00:17:35	193	00:01:28.10	109	00:57:54.35	297	00:00:44.65	66	00:23:38.45	160	01:41:20.90	223	84	181
19	Michael	Battersby	Yes	Cardiff Triathlon Club	M60	M	00:14:46	69	00:01:01.75	52	00:50:22.50	137	00:01:58.85	343	00:33:27.45	355	01:41:37.05	225	1	182
158	Mike	Griffiths	Yes	Team Deviant/Celtic Tri	M40	M	00:15:35	111	00:01:43.60	147	00:56:28.25	274	00:03:21.05	376	00:24:29.25	195	01:41:37.10	226	74	183
388	Edward	Sprague	No	Rhondda Tri	M40	M	00:16:46	162	00:03:17.70	316	00:55:00.30	247	00:01:15.40	219	00:25:33.55	228	01:41:52.90	229	75	184
7	Nick	Armstead	No		MS	M	00:18:54	259	00:02:33.85	253	00:56:00.00	263	00:01:02.20	150	00:23:31.05	156	01:42:00.80	230	85	185
76	Liam	Davies	No		MS	M	00:18:04	218	00:02:43.05	267	00:54:25.60	235	00:01:04.15	162	00:25:49.35	242	01:42:06.35	231	86	186
307	Jamie	Munn	No	Pembrokeshire Tri Club	MS	M	00:17:23	178	00:02:35.25	256	00:54:58.45	245	00:02:47.45	371	00:24:36.20	198	01:42:20.65	232	87	187
121	Daniel	Evans	No	Piranhas Tri Club	MS	M	00:21:44	337	00:03:10.85	310	00:55:31.55	256	00:02:18.95	354	00:19:38.75	35	01:42:24.55	234	88	188
104	Gary	Davies	Yes		M50	M	00:17:12	173	00:01:42.60	143	00:55:47.00	258	00:01:39.75	302	00:26:16.10	256	01:42:37.25	235	16	189
180	Oliver	Howell	No		MS	M	00:20:01	292	00:02:28.80	243	00:51:17.95	159	00:01:42.20	310	00:27:17.70	282	01:42:47.40	237	89	190
138	Mark	Ford	Yes	Bynea	M50	M	00:18:08	224	00:02:11.85	200	00:53:43.05	200	00:02:20.00	355	00:26:42.95	267	01:43:05.55	239	17	191
379	Morgan	Slate	No	Tenby Aces	MS	M	00:18:18	234	00:02:29.90	245	00:57:16.75	285	00:01:55.80	338	00:23:07.40	143	01:43:08.10	240	90	192
93	Scott	Davies	No	Rhondda Triathlon Club	MS	M	00:18:48	254	00:02:53.00	285	00:52:26.65	193	00:01:45.85	322	00:27:21.70	284	01:43:15.25	241	91	193
133	Lea	Farrington	Yes	Celtic Tri	MS	M	00:19:24	277	00:02:52.15	282	00:56:10.20	267	00:01:09.05	187	00:24:00.00	172	01:43:35.45	244	92	194
397	Rhys	Thomas	No		MS	M	00:17:21	177	00:02:06.25	189	00:55:50.95	260	00:01:11.95	203	00:27:19.45	283	01:43:50.05	245	93	195
453	Martin	Williams	No	Westcoast Triathlon	M40	M	00:20:22	304	00:02:44.80	271	00:52:16.40	184	00:01:30.10	268	00:27:07.40	277	01:44:00.75	246	76	196
37	Mick	Bonnar	No	Newt	M40	M	00:18:05	220	00:02:05.70	187	00:56:16.80	269	00:01:49.40	329	00:26:18.30	258	01:44:35.15	248	77	197

224	Paul	Jones	No	Tinworks Tri	MS	M	00:20:18	302	00:02:03.05	178	00:54:32.45	237	00:01:06.10	173	00:26:51.35	270	01:44:51.15	249	94	198	
432	Andrew	White	No	North Dock Dredgers	M50	M	00:17:59	215	00:01:41.90	137	00:57:49.70	295	00:01:36.65	294	00:25:52.50	244	01:44:59.55	251	18	199	
31	Huw	Bevan	No	Celtic Tri	M50	M	00:19:03	268	00:03:43.30	341	00:54:41.45	240	00:01:41.50	307	00:25:53.30	245	01:45:02.90	253	19	200	
237	Sam	Knowles	Yes	Taff Ely	MS	M	00:17:24	180	00:04:01.40	357	00:57:00.15	281	00:01:58.15	340	00:24:42.90	203	01:45:06.85	254	95	201	
373	Kevin	Sherry Garnett	No	Coventry Triathletes	M40	M	00:18:41	249	00:04:54.60	373	00:56:09.85	266	00:01:27.40	258	00:24:20.60	189	01:45:33.05	256	78	202	
234	Gareth	King	No		MS	M	00:20:17	300	00:02:05.55	186	00:53:20.45	215	00:01:52.70	337	00:27:57.00	294	01:45:33.15	257	96	203	
243	Christopher	Lawry	No	None	M40	M	00:19:56	289	00:03:09.35	305	00:54:30.60	236	00:01:15.65	222	00:27:06.40	276	01:45:58.50	259	79	204	
36	Dyfed	Bolton	No		M40	M	00:21:09	324	00:03:17.55	315	00:52:54.25	206	00:01:35.75	288	00:27:08.75	279	01:46:05.65	260	80	205	
3	Kev	Allen	No	Tinworks Tri Club	MS	M	00:17:33	186	00:02:51.25	281	00:54:38.45	238	00:00:42.75	52	00:30:31.15	329	01:46:16.75	261	97	206	
363	Neil	Rusconi	No	N/A	M40	M	00:20:06	295	00:03:43.75	342	00:55:28.05	255	00:02:25.55	360	00:24:34.40	196	01:46:17.55	262	81	207	
13	Richard	Barratt	No	Run4Allneath	MS	M	00:21:22	329	00:02:22.85	225	00:59:08.45	317	00:00:34.35	19	00:23:06.35	142	01:46:33.65	263	98	208	
175	Dave	Hill	Yes		M60	M	00:20:45	316	00:03:32.65	332	00:50:43.95	148	00:01:41.85	308	00:29:51.40	317	01:46:34.35	264	2	209	
385	Nigel	Soulsby	Yes	Taff Ely Triathlon	M50	M	00:17:24	181	00:02:57.85	294	00:57:43.50	291	00:01:12.25	205	00:27:40.50	290	01:46:57.85	268	20	210	
208	Jamie	John	No		MS	M	00:21:44	338	00:02:55.00	288	00:55:26.65	254	00:01:18.35	233	00:25:45.10	237	01:47:08.90	269	99	211	
202	Thomas	Jenkins	No		MS	M	00:17:45	200	00:02:15.85	208	00:57:35.50	289	00:01:10.05	190	00:28:22.70	299	01:47:09.00	270	100	212	
214	Rhodri	Jones	Yes	Atac	MS	M	00:20:27	308	00:03:45.55	343	00:57:01.65	282	00:01:03.70	157	00:24:58.15	211	01:47:15.75	271	101	213	
365	Jason	Sanders	No		M40	M	00:20:43	315	00:05:50.30	381	00:52:31.75	195	00:01:57.30	339	00:26:16.20	257	01:47:18.30	272	82	214	
230	Iwan	Jones	No		M50	M	00:20:04	294	00:03:38.70	337	00:51:56.45	174	00:01:12.45	206	00:30:31.95	330	01:47:24.00	273	21	215	
61	Lee	Colling	No	Clwb Seiclo Cwm Gwendraeth	MS	M	00:20:39	312	00:03:47.45	346	00:56:19.50	270	00:01:47.95	327	00:24:59.90	213	01:47:33.40	274	102	216	
417	Geoff	Wall	Yes	Y Fenni	M50	M	00:15:57	126	00:03:50.30	349	00:58:16.30	301	00:01:33.85	280	00:28:00.85	295	01:47:38.35	275	22	217	
96	Stuart	Davies	No	Team Tank	M40	M	00:19:08	271	00:02:27.35	240	00:55:08.85	250	00:02:10.75	350	00:28:43.30	304	01:47:38.55	276	83	218	
415	Darren	Vaughan	Yes	Port Talbot Harriers	M40	M	00:16:48	164	00:02:35.05	255	00:56:32.65	277	00:01:23.70	244	00:30:40.95	334	01:48:00.75	277	84	219	
98	Edward Mark	Davies	Yes	Celtic Tri	M40	M	00:17:33	187	00:01:49.75	158	00:57:21.60	286	00:01:10.35	192	00:30:20.00	327	01:48:15.15	278	85	220	
428	Rhys	Westlake	No		MS	M	00:17:58	214	00:03:19.25	318	00:59:25.75	320	00:01:32.90	277	00:26:21.90	259	01:48:37.55	280	103	221	
105	Nick	Davies	Yes	Newts	M50	M	00:23:59	363	00:02:56.60	290	00:56:04.45	264	00:01:22.55	241	00:24:16.60	184	01:48:39.65	281	23	222	
331	Daniel	Phillips	No	Rhondda Triathlon Club	MS	M	00:20:49	318	00:03:27.45	328	00:55:11.80	251	00:01:24.50	248	00:27:47.80	292	01:48:40.95	283	104	223	
407	Leighton	Thomas	No	Na	M40	M	00:19:28	278	00:03:33.45	333	00:54:12.60	231	00:01:37.10	295	00:29:53.45	320	01:48:44.20	284	86	224	
330	Nathan	Phillips	No	Tinworks Tri Club	MS	M	00:17:40	198	00:02:30.90	248	00:55:49.55	259	00:01:14.65	216	00:31:33.30	341	01:48:48.30	285	105	225	
404	Chris	Thomas	No		MS	M	00:20:00	290	00:02:48.55	275	01:00:34.20	331	00:01:27.60	259	00:24:17.45	187	01:49:07.35	287	106	226	
222	Christopher	Jones	No		MS	M	00:21:33	334	00:02:23.05	228	00:59:00.00	315	00:01:10.90	197	00:25:18.75	222	01:49:25.40	290	107	227	
106	Andrew	Deans	Yes	Cardiff Triathletes	M50	M	00:16:27	151	00:03:03.10	300	00:57:46.95	293	00:02:58.95	375	00:29:11.05	309	01:49:27.00	291	24	228	
110	Bob	Dunne	No		MS	M	00:20:10	298	00:01:33.30	122	00:57:31.15	288	00:00:44.30	64	00:29:34.80	314	01:49:33.65	292	108	229	
130	Huw	Evans	No	North Dock Dredgers	M50	M	00:22:32	344	00:03:29.40	330	00:57:13.35	284	00:01:28.35	265	00:25:04.05	216	01:49:47.55	293	25	230	
189	Matthew	Jacob	No		MS	M	00:17:33	188	00:03:47.00	345	01:00:24.80	328	00:01:45.05	320	00:26:32.10	265	01:50:01.95	294	109	231	
223	Gareth Wyn	Jones	No	None	MS	M	00:21:31	333	00:02:03.55	182	00:56:26.35	273	00:01:07.55	179	00:28:54.70	307	01:50:03.35	295	110	232	
265	Allan	Maguire	No	Cycle Specific	M40	M	00:19:02	267	00:01:28.00	108	00:57:11.20	283	00:01:44.45	316	00:30:42.40	335	01:50:08.40	296	87	233	
64	Mark	Cook	Yes	Celtic Tri	M50	M	00:19:43	285	00:02:40.20	264	00:58:18.00	303	00:01:15.95	226	00:28:14.15	297	01:50:10.90	297	26	234	
424	David J	Walters	No	None	M50	M	00:19:31	281	00:02:29.85	244	00:57:53.30	296	00:02:20.85	356	00:28:24.55	302	01:50:40.00	301	27	235	
403	Phillip	Thomas	No		MS	M	00:19:32	283	00:03:58.75	355	00:58:04.90	298	00:01:58.65	342	00:27:23.35	286	01:50:58.10	302	111	236	
59	Dave	Coe	No	Northdock Dredgers	M50	M	00:21:25	331	00:03:48.15	347	00:52:00.10	177	00:01:22.85	243	00:32:55.30	348	01:51:31.40	304	28	237	
433	Martyn	White	No	North Dock Dredgers Tri Club	M50	M	00:19:48	286	00:02:08.00	191	00:55:26.50	253	00:02:48.55	372	00:31:42.30	343	01:51:53.40	305	29	238	
26	Leigh	Bennett	No		M50	M	00:17:56	212	00:03:26.40	327	00:58:42.50	311	00:02:26.20	364	00:29:27.05	311	01:51:58.50	306	30	239	
89	Martin	Davies	Yes	Newt	M60	M	00:22:39	348	00:02:30.40	246	00:59:51.65	322	00:01:07.50	178	00:25:58.15	248	01:52:07.15	307	3	240	
198	Ryan	James	No	West Coast Triathlon	M50	M											01:52:07.75	308	31	241	Pre race start Matt Activation no splits
245	Jack	Lawthom	No	Rhondda Tri Club	MS	M	00:27:23	375	00:02:52.85	284	00:56:30.20	275	00:01:05.40	171	00:24:46.90	207	01:52:38.15	309	112	242	
229	Christopher	Jones	Yes	Trims	M40	M	00:27:25	376	00:05:23.25	378	00:53:31.50	219	00:01:52.10	336	00:24:28.75	194	01:52:40.70	310	88	243	
193	Luke	James	No		MS	M	00:18:56	261	00:03:40.55	338	00:59:04.40	316	00:01:07.95	183	00:30:36.50	332	01:53:25.90	311	113	244	
14	Matthew	Barrell	Yes		M40	M	00:20:39	313	00:03:41.15	339	00:57:46.25	292	00:05:29.50	379	00:25:56.70	247	01:53:32.50	313	89	245	
147	Jonathan	Giddy	Yes	Cardiff Triathletes	M40	M	00:20:06	296	00:02:08.10	192	01:00:45.90	334	00:01:11.25	199	00:29:30.75	313	01:53:42.45	315	90	246	
194	Leighton	James	No	Taff Ely Triathlon Club	MS	M	00:23:21	357	00:02:27.80	241	00:58:09.00	300	00:01:20.25	238	00:28:26.40	303	01:53:44.60	317	114	247	
409	Craig	Thomas	No		M40	M	00:17:15	174	00:02:36.45	259	00:54:19.60	233	00:01:05.20	169	00:37:51.20	374	01:54:07.50	319	91	248	1 Min Pen Drafting
267	Luke	Maliphant	No		MS	M	00:18:06	223	00:02:26.35	235	00:58:38.80	310	00:01:13.95	212	00:34:17.55	363	01:54:42.30	322	115	249	

