

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
306	Hannah	Munday	Yes	Intelligent Triathlon Training	FS	F	00:10:48	10	00:00:35.20	9	00:45:18.30	40	00:01:06.85	175	00:20:04.50	47	01:17:53.00	15	1	1	
43	Carol	Bridge	Yes	Erdinger	FS	F	00:11:30	13	00:00:36.90	14	00:45:39.95	44	00:01:02.60	153	00:21:36.40	94	01:20:25.65	28	2	2	
285	Rhiannon	Middleton	Yes		FS	F	00:12:02	14	00:00:42.65	20	00:46:39.85	61	00:00:31.50	11	00:20:57.35	69	01:20:53.50	31	3	3	
275	Helen	Marshall	Yes	Intrtri	F40	F	00:12:44	22	00:01:32.60	119	00:47:37.30	80	00:00:46.30	70	00:19:55.40	42	01:22:35.35	39	1	4	
233	Katie	Greenwood	Yes	Cardiff Triathletes	FS	F	00:14:45	66	00:01:21.30	97	00:47:56.75	86	00:00:37.15	32	00:20:02.45	46	01:24:42.30	62	4	5	
142	Becky	Hoore	No		FS	F	00:16:24	146	00:01:07.70	67	00:44:58.80	34	00:01:02.15	149	00:21:18.75	82	01:24:51.45	65	5	6	
41	Jasmine	Bowyer	Yes	Cycle Specific	FS	F	00:12:57	24	00:00:48.20	32	00:48:30.55	106	00:00:36.00	26	00:22:12.75	116	01:25:04.90	66	6	7	
468	Samantha	Sueden	Yes		FS	F	00:13:34	40	00:00:40.10	17	00:48:59.90	116	00:00:37.45	33	00:22:35.35	125	01:26:26.85	76	7	8	
322	Emma	Palfrey	Yes	Cycle Specific	FS	F	00:13:49	46	00:00:59.25	45	00:49:43.25	119	00:00:30.30	10	00:21:31.90	91	01:26:33.60	77	8	9	
235	Gwen	Kinsey	No	Pedal Cover Insurance Tri Team	F40	F	00:12:21	18	00:00:46.75	27	00:50:11.30	131	00:00:56.55	123	00:22:48.25	130	01:27:03.90	84	2	10	
274	Catherine	Marks	Yes	Pembrokeshire Triathlon	FS	F	00:16:01	129	00:00:47.00	29	00:48:32.20	107	00:00:55.55	116	00:21:20.85	84	01:27:36.50	88	9	11	
56	Laura	Clements	Yes	Ufit	FS	F	00:17:56	210	00:01:21.05	96	00:46:08.25	51	00:00:44.25	63	00:21:47.25	101	01:27:56.55	92	10	12	
62	Rebecca	Comins	Yes	Monmouth Triathlon Club	F50	F	00:15:49	121	00:01:10.50	70	00:48:22.65	103	00:01:11.40	201	00:21:40.05	96	01:28:13.50	96	1	13	
366	Emer	Sandham	Yes	Gog Triathlon Club	FS	F	00:15:45	119	00:00:59.50	46	00:51:07.00	156	00:00:59.10	134	00:21:48.65	103	01:30:38.90	112	11	14	
48	Joanna	Callan	No		FS	F	00:14:46	68	00:01:11.75	73	00:51:57.50	176	00:01:10.90	195	00:21:40.05	95	01:30:46.25	114	12	15	
342	Charlotte	Ralph	Yes	Cardiff Triathletes	FS	F	00:14:48	70	00:01:44.25	149	00:52:20.55	186	00:00:47.65	78	00:21:54.90	111	01:31:35.00	120	13	16	
448	Sian	Williams	Yes	Pembrokeshire Traithlon Club	F40	F	00:15:14	90	00:01:05.90	59	00:51:42.00	167	00:01:07.20	177	00:25:17.65	221	01:34:26.50	142	3	17	
272	Claire	Manson	Yes	Cardiff Triathletes	FS	F	00:15:04	82	00:00:55.95	41	00:51:57.15	175	00:00:43.55	59	00:26:12.15	251	01:34:53.25	148	14	18	
83	Melanie	Davies	No		FS	F	00:18:50	256	00:01:42.90	145	00:52:09.45	183	00:01:27.80	261	00:21:42.75	98	01:35:53.30	156	15	19	
238	Hollie	Labunsky	No	Pth Multi Sport	FS	F	00:17:07	169	00:01:26.30	104	00:50:41.25	146	00:00:49.35	88	00:25:51.35	243	01:35:55.70	157	16	20	
264	Louise	Maguire	No	Cycle Specific	F40	F	00:15:05	85	00:01:19.20	92	00:51:28.25	161	00:00:49.90	92	00:27:22.75	285	01:36:05.00	159	4	21	
17	Natasha	Barton	Yes	Pencoed	FS	F	00:17:07	170	00:01:44.40	151	00:52:06.75	180	00:00:41.20	49	00:25:12.35	220	01:36:51.35	170	17	22	
177	Tracy	Hopkins	No		F40	F	00:16:06	134	00:02:03.75	183	00:53:51.40	225	00:01:36.50	291	00:23:16.95	148	01:36:54.50	171	5	23	
369	Jemma	Sedgmond	Yes	Cardiff Triathletes	FS	F	00:15:52	124	00:01:38.45	129	00:55:57.45	262	00:00:48.65	85	00:23:04.85	141	01:37:21.65	181	18	24	
86	Rosie	Davies	No		F40	F	00:18:10	225	00:02:54.60	287	00:51:35.95	164	00:01:14.55	215	00:23:26.75	152	01:37:21.80	182	6	25	
282	Jenny	Mcadie	Yes		F40	F	00:16:24	147	00:01:41.95	139	00:55:18.25	252	00:00:49.55	90	00:23:52.15	167	01:38:05.65	187	7	26	
429	Emma	Wheeler	Yes	Cmc Llandeilo	F50	F	00:17:37	196	00:01:48.70	156	00:52:34.00	196	00:01:01.25	147	00:25:22.00	224	01:38:23.30	191	2	27	
10	Jennifer	Aylward	Yes	Celtic Tri	F50	F	00:18:23	237	00:02:47.65	273	00:52:35.20	197	00:00:46.75	74	00:24:07.05	179	01:38:40.10	195	3	28	
4	Bryanie	Allsworth	Yes	West Coast Triathlon	FS	F	00:15:14	91	00:01:48.45	155	00:56:35.90	278	00:00:59.55	136	00:24:06.15	178	01:38:44.35	196	19	29	
349	Ceri	Rees-Coe	Yes	North Dock Dredgers	F40	F	00:16:37	159	00:01:16.85	85	00:52:07.35	181	00:01:33.15	278	00:27:46.85	291	01:39:21.10	200	8	30	
400	Kath	Thomas	No	Cyclespecific	F40	F	00:18:59	262	00:01:18.60	90	00:52:41.50	201	00:01:15.70	223	00:24:10.70	181	01:39:25.65	201	9	31	1 Min Pen Drafting
60	Helen	Colley	Yes	Taff Ely Tri Club	F40	F	00:15:10	88	00:01:26.35	105	00:55:57.15	261	00:00:56.10	119	00:26:13.15	252	01:39:42.45	203	10	32	
154	Hayley	Griffiths	Yes	Celtic Tri	FS	F	00:22:12	342	00:01:14.75	77	00:53:04.75	210	00:00:42.55	50	00:22:57.40	135	01:40:11.65	205	20	33	
82	Zoe	Davies	Yes	Risc-A-Tri	FS	F	00:17:57	213	00:02:10.20	195	00:53:19.75	214	00:01:00.75	145	00:24:54.60	210	01:40:22.70	208	21	34	1 Min Pen Drafting
184	Kate	Humphrey	Yes	Newt	FS	F	00:18:13	227	00:02:58.55	296	00:53:01.20	208	00:01:15.60	221	00:25:00.45	214	01:40:28.90	210	22	35	
413	Elizabeth	Vaughan	Yes	Taff Ely Triathlon Club	F50	F	00:17:05	167	00:02:49.90	277	00:54:39.15	239	00:02:00.30	345	00:23:56.15	171	01:40:30.25	211	4	36	
469	Cathryn	Williams	Yes	Port Talbot Harriers	FS	F	00:13:34	41	00:01:52.10	163	00:58:17.05	302	00:02:53.15	374	00:24:06.10	177	01:40:42.30	213	23	37	
360	Julie	Roche	No	Fairwater Runners Cwmbran	F50	F	00:17:19	176	00:03:00.15	299	00:54:01.85	227	00:01:24.95	249	00:25:19.00	223	01:41:04.80	220	5	38	
425	Sally	Waters Foster	No	West Coast Tri	F50	F	00:18:06	222	00:01:32.20	117	00:53:43.95	223	00:01:07.70	181	00:26:54.65	275	01:41:24.35	224	6	39	
200	Nichola	James			FS	F	00:20:01	291	00:02:03.10	179	00:52:06.20	179	00:01:16.95	230	00:26:14.75	254	01:41:41.95	227	24	40	
271	Helen	Mansfield	Yes	None	F50	F	00:20:55	320	00:02:16.50	209	00:53:23.15	217	00:01:25.25	252	00:24:24.55	190	01:42:24.35	233	7	41	



114	Cheryle	Edwards	No	Newport East Wales Triathlon	F60	F	00:19:41	284	00:03:11.35	311	01:02:21.15	344	00:02:25.70	362	00:45:50.60	377	02:13:29.65	371	4	94	
88	Ann	Davies	No	Pen Y Bont Tri	F60	F	00:22:49	352	00:04:01.55	358	01:10:20.95	373	00:02:29.05	367	00:34:12.80	361	02:13:53.00	373	5	95	
161	Helen	Hall	No	Swansea Bay Tri Club	F50	F	00:27:42	377			01:13:49.95	379	00:01:41.20	305	00:36:50.95	371	02:20:04.30	374	21	96	
444	Menna	Williams	No		FS	F	00:30:45	382	00:04:20.95	365	01:08:27.65	369	00:02:23.30	358	00:34:32.00	366	02:20:28.45	375	46	97	
317	Karen	O'Brien	No	Sospan Road Runners	F50	F	00:29:36	380	00:05:37.90	379	01:11:16.05	375	00:02:13.50	352	00:34:26.80	365	02:23:09.90	376	22	98	
319	Bethan	Osborne	No	Tenby Aces	FS	F	00:32:14	383	00:05:47.50	380	01:19:36.45	380	00:00:36.95	31	00:32:57.05	349	02:31:11.70	377	47	99	
150	Vicki	Gray	No		FS	F	00:30:26	381									03:03:06.00	378	48	100	Lost Chip
51	Kaz	Ceeney	Yes	Newport East Wales Triathlon	F60	F	00:21:41	336	00:05:07.35	376	01:11:24.40	376					DNF				
447	Kelly	Williams	No	Tri Fit	FS	F											DNF				
39	Meryl	Bowen	No		F40	F											DNS				
45	Lucie	Bromfield	Yes	Rhondda Tri	F40	F											DNS				
67	Mared	Dafydd	Yes	Gog Triathlon Club	FS	F											DNS				
81	Nia Elen	Davies	No	None	FS	F											DNS				
108	Hannah	Dry	No	Universityofstirlingtriathlon	FS	F											DNS				
120	Enfys	Evans	No		FS	F											DNS				
132	Jacquie	Fagan-Fox	No	Celtic Tri	F50	F											DNS				
143	Bria	Gammer	No		FS	F											DNS				
196	Shan	James	No	Team Cemais	F40	F											DNS				
218	Sian	Jones	No	Newport East Wales Triathlon	FS	F											DNS				
219	Sara	Jones	Yes	Bynea	F40	F											DNS				
254	Susan	Liddington	No		F60	F											DNS				
269	Jenny	Manners	No	Ntpcw	FS	F											DNS				
291	Kim	Morgan	No	Taff Ely	F40	F											DNS				
356	Sally	Roberts	No		F50	F											DNS				
367	Debby	Saunders	Yes	Port Talbot Harriers Ac	F40	F											DNS				
421	Alex	Walsby	No		FS	F											DNS				
455	Natalie	Wood	No		FS	F											DNS				