

Pos	Race No	Name	Time	Category	Cat Pos	Second Cat	Second Cat Pos	Gender	Gen Pos	Club	Swim	O/Pos	T1	O/Pos	Cycle	O/Pos	T2	O/Pos	Run	O/Pos
1	1	Liam Lloyd	01:44:56	Open	1	WTF Open		1	Male	1 TRI POTENTIAL	00:07:38	1	00:00:40	6	01:01:03	2	00:01:40	63	00:33:53	2
2	15	George Comins	01:49:47	Open	2	WTF Open		2	Male	2 Royal Navy Triathlon	00:09:18	15	00:01:04	33	01:00:50	1	00:01:40	71	00:36:53	11
3	18	Matthew Davies	01:51:16	40+	1	WTF 40+		1	Male	3 Dragon Tri	00:09:26	18	00:00:39	4	01:03:49	6	00:01:40	74	00:35:40	7
4	16	Iwan Jones	01:51:28	Open	3	WTF Open		3	Male	4 Total Tri Training	00:08:45	6	00:00:58	24	01:03:22	4	00:01:40	72	00:36:42	10
5	9	Matt Grantham	01:51:52	Open	4	WTF Open		4	Male	5 Tri Monkey	00:08:16	3	00:00:53	16	01:06:10	17	00:01:40	69	00:34:52	4
6	7	Jack Smith	01:52:32	Open	5	WTF Open		5	Male	6 Monmouth Tri Club	00:08:18	5	00:01:35	78	01:03:23	5	00:01:40	68	00:37:35	15
7	4	Alex John	01:53:11	Open	6	WTF Open		6	Male	7 Dragon Tri	00:08:17	4	00:00:37	3	01:04:29	11	00:01:40	65	00:38:07	18
8	22	Tom Graham	01:54:05	Open	7	WTF Open		7	Male	8 Dragon Tri	00:09:52	31	00:00:56	20	01:04:03	8	00:01:40	77	00:37:32	14
9	32	Tom Danter	01:54:09	Open	8				Male	9 Dragon Tri	00:09:42	27	00:00:52	14	01:04:12	10	00:01:40	85	00:37:42	16
10	51	Jonathan Phillips	01:54:20	40+	2	WTF 40+		2	Male	10 Dragon Tri	00:10:50	61	00:01:00	26	01:05:31	16	00:01:40	98	00:35:16	5
11	17	Kyle Blackmore	01:54:22	Open	9	WTF Open		8	Male	11 Dragon Tri	00:08:57	10	00:00:55	18	01:01:53	3	00:01:40	73	00:40:56	35
12	66	Stephen Rowlands	01:54:28	40+	3				Male	12	00:09:43	28	00:00:52	15	01:04:48	13	00:00:59	19	00:38:04	17
13	45	Daniel Madden	01:54:48	Open	10	WTF Open		9	Male	13 Bad Tri	00:09:17	14	00:00:35	1	01:07:45	22	00:01:40	93	00:35:29	6
14	8	James Harries	01:54:59	Junior	1	WTF Jun		1	Male	14 Tinworks	00:08:50	8	00:00:50	12					01:54:59	
15	36	Richard Dando	01:56:38	40+	4	WTF 40+		3	Male	15 Dragon Tri	00:09:53	32	00:00:41	7	01:07:43	21	00:01:40	88	00:36:39	9
16	77	Sam Dodge	01:56:46	Open	11				Male	16 Dragon Tri	00:09:27	19	00:01:12	49					01:56:46	
17	35	Richard Brady	01:56:51	40+	5	WTF 40+		4	Male	17 Tri Monkey	00:09:41	26	00:00:49	11	01:05:14	14	00:01:40	87	00:39:25	23
18	19	Oliver Webb	01:57:53	Open	12	WTF Open		10	Male	18 Cardiff Triathletes	00:08:46	7	00:01:02	31	01:09:27	29	00:01:40	75	00:36:56	12
19	67	Tristian Manning	01:58:17	Open	13	WTF Open		11	Male	19 ATAC	00:11:24	85	00:01:14	51	01:04:10	9	00:01:40	107	00:39:49	24
20	11	Gareth Bowyer	01:58:23	50+	1	WTF 50+		1	Male	20 GOG	00:09:59	34	00:01:07	41	01:04:00	7	00:01:40	70	00:41:35	39
21	48	Geraint Lewis	01:58:51	Open	14	WTF Open		12	Male	21 Trizone	00:09:52	30	00:01:46	91	01:04:30	12	00:01:40	95	00:41:01	37
22	39	Aled Jenkins	01:59:07	Open	15				Male	22 RAS Endurance	00:09:41	25	00:01:26	68	01:12:07	50	00:01:40	90	00:34:12	3
23	33	Jonathon Seymour	01:59:53	40+	6	WTF 40+		5	Male	23 GOG Triathlon Club	00:11:18	81	00:01:07	39	01:05:30	15	00:01:40	86	00:40:16	30
24	234	Joshua Burns	02:01:23	Open	16				Male	24	00:09:31	20	00:01:11	46	01:09:58	31	00:01:40	172	00:39:03	19
25	50	Jason Hanson	02:02:15	Open	17	WTF Open		13	Male	25 Monmouth Tri Club	00:11:26	87	00:01:05	35	01:08:51	26	00:01:40	97	00:39:12	22
26	131	Jordan Clarke	02:02:24	Open	18	WTF Open		14	Male	26 DC Triathlon	00:12:15	119	00:02:50	162	01:09:15	28	00:01:40	145	00:36:22	8
27	44	Clive Tilbury	02:03:19	50+	2	WTF 50+		2	Male	27 Individual	00:08:50	9	00:01:22	64	01:07:42	20	00:01:40	92	00:43:43	62
28	68	Sean Petty	02:03:34	Junior	2	WTF Jun		2	Male	28 Dragon Tri	00:10:42	57	00:01:39	86	01:07:27	19	00:01:40	108	00:42:05	44
29	95	Marc Barrow	02:04:11	40+	7	WTF 40+		6	Male	29 Swansea Vale Tri	00:11:12	76	00:02:36	150	01:06:38	18	00:01:40	125	00:42:04	43
30	69	Brian Hosty	02:04:27	40+	8	WTF 40+		7	Male	30	00:11:08	73	00:01:31	71	01:10:10	33	00:01:40	109	00:39:57	26
31	176	Gareth Medd	02:04:32	Open	19	WTF Open		15	Male	31 Taff Ely Triathlon	00:11:34	90	00:01:21	62	01:12:40	54	00:01:40	161	00:37:17	13
32	104	Gafin Griffiths	02:05:04	Open	20				Male	32 Les Croupiers Running Club	00:12:07	114	00:01:13	50					01:50:03	226
33	97	Matthew Jenkins	02:05:07	40+	9				Male	33 Rhondda Triathlon Club	00:11:52	105	00:01:08	43	01:09:53	30	00:01:40	126	00:40:32	32
34	182	Andrew Powell	02:05:20	Open	21	WTF Open		16	Male	34 Porthcawl Tridents	00:09:17	13	00:01:34	76	01:11:07	39	00:01:40	164	00:41:41	41
35	24	Alan Latter	02:05:46	40+	10	WTF 40+		8	Male	35 Team watt nutrition	00:10:38	54	00:01:03	32	01:11:27	42	00:01:40	79	00:40:56	36
36	46	Daniel oconnor	02:05:50	Open	22	WTF Open		17	Male	36 RAS Endurance	00:10:42	58	00:01:34	75	01:08:33	24	00:01:40	94	00:43:20	58
37	5	ben smith	02:05:55	Open	23	WTF Open		18	Male	37 ATG TRI	00:10:23	48	00:01:00	27	01:12:06	49	00:01:40	66	00:40:44	33
38	92	Ricky Howell	02:06:25	Open	24				Male	38	00:11:01	65	00:01:33	73	01:08:55	27	00:01:40	123	00:43:14	54
39	65	Ryan Bowen	02:06:38	Open	25	WTF Open		19	Male	39 Dragon Tri	00:10:19	45	00:01:10	45	01:13:10	59	00:01:40	106	00:40:17	31
40	60	Rhys Perkins	02:07:02	Open	26				Male	40 Porthcawl Triathlon Club	00:10:01	35	00:01:50	96	01:14:21	72	00:01:40	102	00:39:09	21
41	79	SIMON osborne	02:07:11	60+	1	WTF 60+		1	Male	41 Dragon Tri	00:11:02	67	00:00:50	13	01:11:50	46	00:01:40	116	00:41:47	42
42	84	Luke Hollyman	02:07:56	Open	27	WTF Open		20	Male	42	00:11:20	84	00:01:36	82	01:13:12	60	00:01:40	120	00:40:06	27
43	74	Marc Fitzgibbon	02:08:25	Open	28	WTF Open		21	Male	43 Pen y Bont Tri	00:11:34	91	00:01:56	105	01:11:37	44	00:01:40	112	00:41:35	40
44	71	Darren Jarman	02:09:05	40+	11	WTF 40+		9	Male	44 SY TRI	00:11:39	97	00:01:01	29	01:11:33	43	00:01:40	111	00:43:11	53
45	105	Lee Jefferson	02:09:20	40+	12				Male	45 ATG tri club	00:12:07	115	00:01:46	92	01:10:41	34	00:01:40	134	00:43:04	52
46	26	Chris Brown	02:09:34	Open	29	WTF Open		22	Male	46	00:10:12	39	00:01:05	37	01:13:18	61	00:01:40	81	00:43:17	55
47	129	Jon Launchbury	02:09:36	40+	13				Male	47 ATG Merthyr	00:10:36	52	00:02:26	138	01:10:59	37	00:01:40	144	00:43:53	63
48	124	Jack Hughes	02:09:42	Open	30				Male	48	00:12:37	133	00:02:08	116	01:11:10	40	00:01:40	140	00:42:06	45

49	283 Llyod Rosewell	02:09:42 Open	31	Male	49	00:07:59	2	00:00:57	22	01:13:46	65	00:01:40	176	00:45:18	79
50	98 Paul Chappell	02:10:45 40+	14 WTF 40+	10 Male	50 Dragon Tri	00:10:15	42	00:01:08	42	01:14:42	77	00:01:40	127	00:42:59	51
51	242 Peter Page	02:10:48 Open	32 WTF Open	23 Male	51 Torfaen triathlon club	00:13:48	168	00:02:16	123	01:14:27	73	00:01:11	30	00:39:05	20
52	178 Adam Clarke	02:10:49 40+	15	Male	52 Pth harriers	00:15:28	201	00:01:17	56	01:11:07	38	00:01:40	162	00:41:16	38
53	151 James Crook	02:10:51 Open	33	Male	53	00:10:27	49	00:01:26	69	01:13:19	62	00:01:40	151	00:43:57	65
54	25 Ryan Lecraw	02:11:05 Open	34	Male	54	00:09:26	17	00:01:31	72	01:12:20	51	00:01:40	80	00:46:07	84
55	29 Matt Downton	02:11:25 40+	16	Male	55 SWYD	00:11:05	70	00:01:06	38	01:14:55	82	00:01:40	83	00:42:37	49
56	156 Simon O'Neill	02:11:47 40+	17 WTF 40+	11 Male	56 Y-Fenni	00:10:47	60	00:01:04	34	01:14:53	80	00:01:40	153	00:43:22	59
57	102 Scott Gray	02:11:54 Open	1 WTF Open	1 Unknown	1 Dragon Tri	00:14:47	192	00:01:53	101	01:08:48	25	00:01:40	131	00:44:43	74
58	125 James McGrath	02:12:04 Open	35 WTF Open	24 Male	57 Porthcawl Tridents	00:10:15	43	00:02:24	134	01:13:43	64	00:01:40	141	00:44:00	67
59	101 Ryan Thomas	02:12:05 40+	18	Male	58 DC Triathlon	00:12:30	127	00:01:36	81	01:14:01	67	00:01:40	130	00:42:16	46
60	82 Dean Scourfield	02:12:07 Open	36	Male	59 DC Triathlon	00:11:26	88	00:01:49	95	01:13:51	66	00:01:40	118	00:43:19	56
61	41 Carson Pryce	02:12:11 Open	37 WTF Open	25 Male	60 DC Triathlon	00:10:13	40	00:01:11	48	01:10:55	35	00:01:40	91	00:48:10	112
62	63 Robert Jones	02:12:16 Open	38	Male	61	00:10:40	56	00:02:38	151	01:17:01	100	00:01:40	104	00:40:15	29
63	52 Jordan figoni	02:12:26 Open	39 WTF Open	26 Male	62 ATAC	00:09:40	24	00:01:25	66	01:18:49	116	00:01:40	99	00:40:50	34
64	139 Luke Dummett	02:12:34 Open	40	Male	63 ATG	00:10:16	44	00:01:16	53	01:14:54	81	00:01:40	148	00:44:27	71
65	275 Daniel Hearse	02:12:34 Open	41 WTF Open	27 Male	64 Pen Y Bont Triathlon Club	00:10:36	51	00:02:08	117	01:14:49	79	00:01:40	175	00:43:20	57
66	110 Anthony Owen	02:12:42 Open	42	Male	65 TEAM NFT	00:11:40	98	00:01:17	55	01:10:58	36	00:01:40	138	00:47:07	102
67	157 Simon Mills	02:12:44 Open	43 WTF Open	28 Male	66	00:13:29	158	00:02:09	119	01:11:48	45	00:01:40	154	00:43:37	60
68	204 Mark Evans	02:13:07 40+	19	Male	67 Tinworks Tri	00:13:12	151	00:01:20	59	01:11:51	47	00:01:40	166	00:45:03	77
69	100 Richard Landon	02:13:40 Open	44 WTF Open	29 Male	68 CSCG	00:10:37	53	00:01:27	70	01:19:48	122	00:01:40	129	00:40:07	28
70	201 Justin Bailey	02:14:20 50+	3 WTF 50+	3 Male	69 Team Watt	00:10:15	41	00:02:20	129	01:11:12	41	00:01:40	165	00:48:52	116
71	23 Tom Rhoden	02:14:35 Open	45 WTF Open	30 Male	70 Porthcawl Triathlon Club	00:09:39	22	00:00:42	9	01:20:07	124	00:01:40	78	00:42:25	47
72	43 Chloe Dooley	02:14:42 Open	1 WTF Open	1 Female	1 Cardiff AC	00:09:25	16	00:01:21	61	01:23:35	150	00:00:26	2	00:39:54	25
73	38 Adam Mathlin	02:14:56 Open	46 WTF Open	31 Male	71 None	00:14:07	177	00:01:21	63	01:15:14	84	00:01:40	89	00:42:33	48
74	78 Scott Askew	02:15:02 40+	20	Male	72	00:11:51	104	00:01:19	58	01:12:32	53	00:01:40	115	00:47:39	109
75	107 Phylip Williams	02:15:18 Open	47	Male	73 RHFC	00:12:54	144	00:02:07	115	01:14:57	83	00:01:40	136	00:43:38	61
76	142 Mathew Atkins	02:15:37 50+	4 WTF 50+	4 Male	74 N/A	00:11:09	74	00:00:57	23	01:14:16	71	00:01:40	149	00:47:34	108
77	171 Oliver Edwards	02:15:50 Open	48	Male	75 Dragon Tri	00:11:35	93	00:01:50	97	01:10:04	32	00:01:40	158	00:50:38	134
78	81 David Tanner	02:16:16 Open	49	Male	76 Rhondda Tri	00:12:03	110	00:01:33	74	01:14:12	69	00:01:40	117	00:46:46	95
79	75 Richard Leary	02:16:24 50+	5 WTF 50+	5 Male	77 Celtic Tri	00:10:58	64	00:01:01	30	01:14:32	75	00:01:40	113	00:48:11	113
80	6 Guto Morgan	02:16:26 Open	50 WTF Open	32 Male	78 Top step triathlon	00:09:03	11	00:00:36	2	01:08:29	23	00:01:40	67	00:56:35	181
81	133 Leon Burns	02:16:30 40+	21	Male	79 Burns tri club	00:13:00	150	00:01:37	83	01:14:02	68	00:01:40	146	00:46:09	85
82	30 Paige Horsnell	02:16:44 Open	2 WTF Open	2 Female	2 Rhondda Tri	00:09:39	21	00:00:56	19	01:17:24	106	00:01:40	84	00:47:05	101
83	99 Philip Thomas	02:17:05 Open	51	Male	80 Rhondda Triathlon Club	00:11:01	66	00:01:05	36	01:17:26	107	00:01:40	128	00:45:52	82
84	181 Andrew Davies	02:17:08 Open	52	Male	81 Porthcawl Triathlon Club	00:12:27	126	00:00:42	10	01:12:24	52	00:01:40	163	00:49:54	129
85	253 Jake Howells	02:17:17 Open	53	Male	82 Royal Navy Triathlon	00:11:49	103	00:02:23	132	01:15:24	87	00:01:58	202	00:45:42	80
86	70 Caryl Williams	02:17:36 40+	1 WTF 40+	1 Female	3 Bynea	00:11:57	108	00:01:44	89	01:18:01	112	00:01:40	110	00:44:13	68
87	76 Ricki Morgan	02:17:40 Open	54 WTF Open	33 Male	83 Tenby Aces	00:16:27	217	00:02:11	120	01:12:41	55	00:01:40	114	00:44:40	73
88	227 Owain Woodward	02:17:53 Open	55	Male	84 ATG Tri Merthyr	00:11:25	86	00:02:57	167	01:14:46	78	00:01:40	169	00:47:02	97
89	154 Richard Addis	02:18:10 Open	56	Male	85	00:12:32	128	00:01:57	106	01:17:08	103	00:01:33	56	00:44:58	76
90	175 James Farrant	02:18:14 40+	22 WTF 40+	12 Male	86 Dragon Tri	00:11:14	77	00:01:14	52	01:17:32	108	00:01:40	160	00:46:32	92
91	127 Jamie Cooper	02:18:15 Open	57 WTF Open	34 Male	87 Clwb Seiclo Cwm Gwendraeth	00:12:15	120	00:02:29	145	01:15:15	85	00:01:40	143	00:46:34	93
92	281 Garry Jones	02:18:15 40+	23	Male	88	00:11:18	83	00:01:51	98	01:17:01	99	00:00:59	17	00:47:04	100
93	64 Ryan Evans	02:18:38 40+	24	Male	89 Rhondda Triathlon Club	00:12:45	138	00:01:48	94	01:16:38	96	00:01:40	105	00:45:46	81
94	62 Robert Floyd	02:18:39 Open	58 WTF Open	35 Male	90 SWYD tri	00:10:38	55	00:02:01	109	01:20:05	123	00:01:40	103	00:44:14	69
95	213 Stephen Davies	02:18:46 50+	6	Male	91 Rhondda Tri	00:13:38	161	00:03:03	176	01:12:58	56	00:01:23	43	00:47:41	110
96	230 Evan Thomas	02:18:51 Open	59 WTF Open	36 Male	92 Dragon Tri	00:11:53	106	00:01:47	93	01:16:12	91	00:01:40	170	00:47:18	103

97	153	Rebecca Comins	02:18:57	50+	1	WTF 50+	1	Female	4	Dragon Tri	00:12:14	118	00:01:20	60	01:16:18	92	00:01:40	152	00:47:23	104
98	21	Aaron Nicholas	02:19:04	Open	60	WTF Open	37	Male	93	Porthcawl tri Club	00:10:03	36	00:01:35	79	01:16:25	94	00:01:40	76	00:49:18	122
99	83	Franklin Lewis	02:19:06	Open	61	WTF Open	38	Male	94		00:11:41	100	00:02:48	161	01:12:59	57	00:01:40	119	00:49:57	130
100	126	James Bater	02:19:11	40+	25			Male	95	RAC Tri	00:12:51	143	00:03:23	195	01:14:12	70	00:01:40	142	00:47:03	98
101	57	Marcus Sainsbury	02:19:12	40+	26			Male	96	Porthcawl Triathlon Club	00:11:38	95	00:02:15	122	01:14:32	74	00:01:40	101	00:49:07	119
102	197	Hywel Diplock	02:19:16	Open	62	WTF Open	39	Male	97	ATG Merthyr	00:13:49	170	00:02:09	118	01:19:40	121	00:00:55	12	00:42:42	50
103	87	Rhys Ward	02:19:27	Open	63	WTF Open	40	Male	98	Porthcawl Tridents	00:11:42	101	00:01:58	107	01:16:36	95	00:01:40	122	00:47:29	105
104	217	Daniel Rees	02:19:38	40+	27			Male	99	Rhondda Triathlon	00:11:36	94	00:02:35	148	01:20:30	128	00:00:59	18	00:43:56	64
105	117	Danielle Davies	02:19:54	Open	3			Female	5		00:14:26	187	00:01:26	67	01:18:42	115	00:00:30	3	00:44:47	75
106	205	Matthew Duggan	02:20:25	Open	64			Male	100	All The Gear	00:14:06	176	00:00:58	25	01:12:01	48	00:01:40	167	00:51:38	146
107	27	Gareth Norton	02:20:53	50+	7	WTF 50+	6	Male	101	Cardiff Triathletes	00:09:45	29	00:01:00	28	01:19:06	118	00:01:40	82	00:49:20	123
108	91	Ffion Caines	02:20:56	Open	4			Female	6	DC Triathlon	00:11:33	89	00:02:20	130	01:17:04	101	00:00:54	10	00:49:03	118
109	116	Daniel Morgan	02:20:59	40+	28			Male	102	Dragon Tri	00:12:33	129	00:02:51	163	01:19:22	120	00:01:35	60	00:44:35	72
110	170	Luke Rees	02:21:28	Open	65			Male	103	Rhondda Tri	00:12:44	137	00:01:11	47	01:14:38	76	00:01:40	157	00:51:14	137
111	200	Justin Howells	02:22:10	40+	29			Male	104	ATG Merthyr	00:12:33	130	00:03:51	213	01:17:34	110	00:01:46	181	00:46:23	89
112	115	Craig Millett	02:22:13	40+	30			Male	105	Tinworks triathlon	00:12:13	117	00:00:54	17	01:17:36	111	00:01:40	139	00:49:49	127
113	172	Richard Jenkins	02:22:19	50+	8			Male	106	U-FIT CARDIFF	00:10:20	47	00:03:10	184	01:15:34	88	00:01:40	159	00:51:34	145
114	93	Gavin John	02:22:22	40+	31			Male	107		00:10:45	59	00:00:41	8	01:23:01	144	00:01:40	124	00:46:14	87
115	236	Kevin Frood	02:22:34	50+	9	WTF 50+	7	Male	108											
116	263	Wesley Smith	02:22:34	Open	66			Male	109		00:13:48	169	00:02:19	128	01:18:15	113	00:01:46	182	00:46:24	90
117	155	Sara Morgan	02:22:40	40+	2	WTF 40+	2	Female	7	Taff Ely Tri	00:13:25	156	00:01:16	54	01:21:00	134	00:00:51	9	00:46:06	83
118	53	Keenan Jones	02:22:42	Open	67	WTF Open	41	Male	110	ATG Merthyr	00:10:07	37	00:01:44	90	01:25:51	160	00:01:01	21	00:43:58	66
119	211	Samuel Jenkins	02:22:56	Open	68	WTF Open	42	Male	111	Carmarthen Tri Club	00:12:45	139	00:02:19	127	01:16:39	98	00:01:24	44	00:49:47	126
120	56	Luke Trolley	02:23:23	Open	69	WTF Open	43	Male	112	Caerphilly Tri	00:10:19	46	00:01:18	57	01:16:39	97	00:01:40	100	00:53:25	159
121	209	Phil Protheroe	02:24:02	40+	32	WTF 40+	13	Male	113	Porthcawl Triathlon Club	00:15:34	205	00:03:07	179	01:31:19	198	00:02:00	206	00:32:00	1
122	73	Lucy Sullivan	02:24:06	Open	5	WTF Open	3	Female	8	Cardiff Triathletes	00:11:58	109	00:01:09	44	01:20:52	132	00:00:40	5	00:49:25	125
123	90	Edward Morgan	02:24:19	60+	2	WTF 60+	2	Male	114	Taff Ely triathlon club	00:13:28	157	00:01:36	80	01:21:32	138	00:00:56	14	00:46:46	94
124	145	Matthew Williams	02:24:25	Open	70			Male	115	Piranhas tri club	00:11:54	107	00:01:52	99	01:17:14	104	00:01:53	193	00:51:30	144
125	134	Leon Williams	02:24:36	40+	33			Male	116	Rhondda Tri	00:16:32	218	00:02:24	133	01:15:54	90	00:01:01	20	00:48:43	114
126	108	Andrew Rogers	02:24:44	40+	34			Male	117	None	00:11:38	96	00:02:52	164	01:17:34	109	00:01:40	137	00:50:59	136
127	135	Liam Demery	02:24:47	Open	71			Male	118	Porthcawl Triathlon Club	00:14:22	182	00:03:27	198	01:13:02	58	00:01:40	147	00:52:16	153
128	3	Hannah Jenkins	02:24:50	Open	6	WTF Open	4	Female	9		00:09:07	12	00:00:40	5	01:24:52	158	00:00:45	7	00:49:24	124
129	203	Laura Furness	02:25:02	Open	7			Female	10	Tenby Aces	00:12:22	121	00:03:09	183	01:15:42	89	00:01:40	178	00:52:07	150
130	144	Matt Clements	02:25:15	Open	72			Male	119		00:12:37	134	00:02:45	158	01:21:49	139	00:01:16	34	00:46:47	96
131	174	Alan Porter	02:25:24	50+	10	WTF 50+	8	Male	120	Taff Ely triathlon club	00:12:57	146	00:02:03	112	01:20:42	130	00:00:51	8	00:48:50	115
132	49	Gillian Hopkins	02:25:36	40+	3	WTF 40+	3	Female	11	Cardiff Triathletes	00:11:12	75	00:00:57	21	01:20:07	125	00:01:40	96	00:51:39	147
133	190	Christopher Harding	02:25:48	40+	35			Male	121	Tondu Wheelers	00:12:41	136	00:02:13	121	01:16:23	93	00:01:31	55	00:52:58	157
134	196	Hywel Dafydd	02:26:30	Relay	1			Male	122	Porthcawl Triathlon Club	00:13:44	164	00:01:37	85	01:19:21	119	00:00:24	1	00:51:22	140
135	143	Matt Simkins	02:26:41	40+	36	WTF 40+	14	Male	123	Tri Team Glos	00:11:06	71	00:01:42	88	01:18:51	117	00:01:18	37	00:53:42	161
136	299	Jennifer Aylward	02:27:22	50+	2	WTF 50+	2	Female	12	Celtic Tri	00:13:00	149	00:01:56	104	01:21:06	136	00:01:08	28	00:50:10	132
137	239	Martin Walters	02:27:59	40+	37			Male	124	Rhondda Triathlon Club	00:13:46	166	00:03:43	208	01:21:26	137	00:01:29	52	00:47:34	106
138	61	Richard Ingram	02:28:14	Open	73			Male	125	ATG Merthyr	00:15:08	197	00:03:09	181	01:21:05	135	00:01:17	36	00:47:34	107
139	169	Jonathan Cosson	02:28:44	40+	38	WTF 40+	15	Male	126	Porthcawl Triathlon Club	00:09:56	33	00:03:16	188	01:18:24	114	00:01:55	200	00:55:12	170
140	122	Ian Gill	02:29:16	Open	74			Male	127	Porthcawl Triathlon Club	00:10:53	62	00:02:29	144	01:24:19	154	00:01:35	58	00:49:59	131
141	106	Nicholas Parry	02:29:24	Open	75			Male	128	ATG tri club	00:18:26	226	00:03:51	212	01:20:11	126	00:01:40	135	00:45:15	78
142	80	Carwyn Jones	02:29:52	Open	76			Male	129		00:11:16	79	00:03:09	182	01:20:14	127	00:01:55	198	00:53:16	158
143	221	Owain Groves	02:30:32	Open	77	WTF Open	44	Male	130		00:12:49	141	00:02:02	111	01:27:28	172	00:01:40	168	00:46:32	91
144	254	James Watkins	02:30:53	50+	11	WTF 50+	9	Male	131	GOG Triathlon Club	00:17:34	223	00:03:10	185	01:17:05	102	00:01:46	184	00:51:15	139
145	225	Marc De Marigny	02:31:02	40+	39	WTF 40+	16	Male	132	Carmarthen Triathlon Club	00:14:42	191	00:03:18	189	01:13:26	63	00:01:48	188	00:57:46	190

146	85	Rebecca John	02:31:37	Open	8	WTF Open	5	Female	13	Porthcawl Triathlon Club	00:11:07	72	00:03:12	186	01:23:37	151	00:01:59	204	00:51:42	148
147	210	Richard Lewis	02:31:45	40+	40	WTF 40+	17	Male	133	NEWT	00:11:17	80	00:02:40	154	01:20:57	133	00:01:31	53	00:55:19	171
148	168	Clare Hughes	02:32:01	40+	4	WTF 40+	4	Female	14	Penybont triathlon team	00:16:35	219	00:02:18	126	01:23:33	149	00:01:40	156	00:47:54	111
149	218	Michael Argent	02:32:11	Open	78			Male	134	.	00:13:13	153	00:03:24	196	01:27:27	171	00:01:46	183	00:46:18	88
150	195	Gareth Freeman	02:32:12	Open	79			Male	135	N/A	00:12:25	123	00:02:26	137	01:23:25	148	00:01:21	40	00:52:33	154
151	152	Raeanna Grainger	02:33:01	Open	9			Female	15	Pen y Bont Tri Club	00:12:04	111	00:02:02	110	01:23:22	147	00:00:55	13	00:54:37	167
152	150	Owen Jones	02:33:06	Open	80			Male	136	DCTRIATHLON	00:13:38	162	00:02:32	146	01:26:02	162	00:01:40	150	00:49:12	121
153	109	Andrew Dixon	02:33:19	Open	81			Male	137		00:16:15	211	00:03:23	194	01:22:05	140	00:01:15	32	00:50:19	133
154	189	Christopher Dunn	02:34:09	40+	41	WTF 40+	18	Male	138	Penybont Triathlon Club	00:13:48	167	00:04:24	221	01:22:10	141	00:02:17	216	00:51:28	142
155	37	Tom Oliver	02:34:12	Open	82			Male	139	Dragon Tri	00:16:04	209	00:02:27	142	01:24:51	157	00:01:38	61	00:49:10	120
156	113	Chelsea Figoni	02:34:13	Open	10			Female	16	JF Tri	00:12:22	122	00:01:41	87	01:27:51	175	00:01:27	49	00:50:50	135
157	42	Carwyn Lawrence	02:34:14	Open	83			Male	140	Team Watt	00:11:47	102	00:01:53	100	01:24:21	155	00:01:25	46	00:54:46	168
158	148	Navid Childs	02:34:27	Open	84	WTF Open	45	Male	141	Dont have a club yet	00:14:22	180	00:02:34	147	01:29:22	187	00:01:04	24	00:47:04	99
159	277	Neil ridley	02:34:35	40+	42	WTF 40+	19	Male	142	Rhondda Tri	00:15:43	206	00:02:55	166	01:25:44	159	00:01:18	38	00:48:53	117
160	128	John Cregg	02:34:45	50+	12			Male	143	NEWT	00:10:07	38	00:01:07	40	01:25:52	161	00:00:43	6	00:56:54	183
161	121	Gwyn Williams	02:34:47	Open	85			Male	144	ATG	00:11:04	68	00:03:55	216	01:27:53	177	00:02:00	208	00:49:52	128
162	231	Hywel Davies	02:34:55	Open	86			Male	145	Porthcawl Triathlon Club	00:11:35	92	00:02:26	139	01:27:11	168	00:01:40	171	00:52:02	149
163	111	Ben Wheeler	02:35:16	Open	87	WTF Open	46	Male	146	Porthcawl Triathlon Club	00:11:05	69	00:05:15	228	01:20:32	129	00:03:24	227	00:54:58	169
164	120	Gary Phillips	02:35:44	50+	13			Male	147		00:12:26	125	00:01:37	84	01:17:21	105	00:01:02	23	01:03:17	209
165	137	Lucy Evans	02:35:47	Open	11			Female	17	Porthcawl Tridents	00:09:40	23	00:02:59	172	01:24:37	156	00:01:59	205	00:56:30	179
166	159	Stephen Horn	02:37:30	Open	88			Male	148		00:10:28	50	00:02:58	169	01:20:47	131	00:01:19	39	01:01:56	205
167	146	Megan Parker	02:37:31	Open	12			Female	18	JF Tri	00:13:56	172	00:01:58	108	01:23:10	146	00:01:48	187	00:56:36	182
168	194	Daniel Harris	02:37:51	Open	89	WTF Open	47	Male	149	Porthcawl Triathlon Club	00:12:54	145	00:04:13	219	01:27:27	170	00:01:47	185	00:51:29	143
169	165	Jake Batty	02:37:56	Open	90			Male	150	N/A	00:13:21	155	00:03:28	199	01:33:29	204	00:03:11	226	00:44:24	70
170	161	Tim Lebbon	02:38:29	50+	14	WTF 50+	10	Male	151	NEWT	00:12:47	140	00:03:08	180			00:01:40	155	02:20:53	227
171	267	Huw Macmillan	02:38:46	40+	43			Male	152		00:12:51	142	00:03:06	178	01:26:34	164	00:01:54	197	00:54:20	166
172	265	Daniel Jones	02:39:01	Open	91			Male	153	Porthcawl Tri	00:12:41	135	00:03:47	210	01:29:26	189	00:01:52	191	00:51:14	138
173	167	Paul Belcher	02:39:05	60+	3	WTF 60+	3	Male	154	Pen-y-Bont Tri	00:12:08	116	00:02:45	159	01:26:48	166	00:01:21	41	00:56:01	173
174	255	Joanne Williams	02:39:29	40+	5			Female	19		00:15:43	207	00:01:23	65	01:23:05	145	00:01:40	173	00:57:36	189
175	118	Daymion Jenkins	02:39:37	50+	15			Male	155		00:14:52	194	00:02:40	153	01:24:12	153	00:01:49	189	00:56:02	174
176	103	Bill Snowdon	02:40:06	60+	4	WTF 60+	4	Male	156	Cardiff Triathletes	00:14:51	193	00:01:55	103	01:27:48	174	00:01:40	132	00:53:50	164
177	284	Craig Fancis	02:40:51	50+	16			Male	157		00:13:51	171	00:02:53	165	01:23:37	152	00:01:40	177	00:58:49	196
178	192	Dan Fox	02:40:55	Open	92			Male	158		00:13:58	173	00:03:49	211	01:28:48	184	00:01:43	180	00:52:34	155
179	47	Gail Osborne	02:41:32	50+	3			Female	20	Taff Ely triathlon club	00:11:16	78	00:02:17	124	01:28:36	182	00:01:22	42	00:57:59	192
180	147	Melanie Williams	02:41:32	40+	6			Female	21	Porthcawl Triathlon Clun	00:13:35	160	00:03:37	203	01:35:58	209	00:02:11	214	00:46:09	86
181	185	Ben Griffiths	02:42:00	Open	93			Male	159	Pybtc	00:10:56	63	00:02:45	157	01:22:38	142	00:01:14	31	01:04:26	210
182	162	Tom Belotti	02:42:00	Open	94			Male	160	DC Triathlon	00:12:04	112	00:03:45	209	01:31:00	194	00:02:59	224	00:52:11	152
183	184	Andy Barry	02:42:46	50+	17			Male	161	Newport East Wales triathlon	00:13:45	165	00:04:08	218	01:29:09	186	00:01:54	194	00:53:48	163
184	241	Nicky Jo Evans	02:43:03	Open	13			Female	22		00:15:34	204	00:01:54	102	01:30:43	193	00:00:56	15	00:53:54	165
185	278	Craig Black	02:43:13	Open	95			Male	162	Rhondda Tri	00:15:06	196	00:05:14	227	01:26:50	167	00:03:06	225	00:52:55	156
186	249	barry gregory	02:43:25	Open	96			Male	163	Port talbot Harriers	00:18:54	227	00:02:39	152	01:22:45	143	00:02:51	222	00:56:15	175
187	114	Christian Aldridge	02:43:29	Open	97			Male	164	Pen y Bont Tri	00:14:24	184	00:02:44	156	01:27:32	173	00:02:19	217	00:56:28	178
188	166	Lewis Cameron	02:44:35	Open	98			Male	165	N/A	00:13:30	159	00:04:35	224	01:32:19	200	00:02:44	221	00:51:25	141
189	257	Mark James	02:44:54	50+	18	WTF 50+	11	Male	166	Porthcawl Triathlon Club	00:14:09	178	00:03:34	201	01:28:38	183	00:01:56	201	00:56:35	180
190	54	Kelly Edwards	02:45:01	40+	7	WTF 40+	5	Female	23	Rhondda Triathlon Club	00:14:06	175	00:02:27	140	01:27:25	169	00:01:25	47	00:59:36	198
191	232	Ian Keen	02:46:03	Open	99	WTF Open	48	Male	167	Pen y Bont Tri	00:16:02	208	00:03:01	173	01:29:25	188	00:01:15	33	00:56:17	176
192	188	Christie Coleman	02:46:46	50+	19	WTF 50+	12	Male	168	Penybont tri	00:16:06	210	00:02:59	171	01:31:59	199	00:02:00	207	00:53:40	160
193	266	David Hunter	02:46:49	60+	5	WTF 60+	5	Male	169		00:16:25	216	00:03:22	193	01:28:00	179	00:01:31	54	00:57:29	187
194	264	Alix Popham	02:46:50	40+	44			Male	170	Dragon Tri	00:15:27	200	00:03:19	190	01:28:13	181	00:02:39	220	00:57:10	184

94	Lee Griffiths	Not started	40+	WTF 40+	Male	Dragon Tri
96	Mark Marrin	Not started	Open		Male	
119	Ethan Dunning	Not started	Open		Male	Rhondda Triathlon Club
123	Jack Lawthom	Not started	Open	WTF Open	Male	Rhondda tri club
132	Joshua Jones	Not started	Open		Male	Griffithstown Tri Club
136	Liam Davies	Not started	Open		Male	Rhondda Triathlon Club
138	Luke Chambers	Not started	Open		Male	ATG tri club
140	mark steedman	Not started	40+	WTF 40+	Male	Cardiff Triathletes
141	Mark Gabb	Not started	40+	WTF 40+	Male	Celtic Tri
149	Nick Williams	Not started	Open		Male	DC Triathlon
163	Tom Dunning	Not started	Open		Male	Rhondda Triathlon Club
164	Vicky Hinstridge	Not started	50+	WTF 50+	Female	Denbighshire Tri Club
173	Robert Spain	Not started	50+	WTF 50+	Male	
186	Brigette Widdas	Not started	50+		Female	Newts
191	Colin Tucker	Not started	40+		Male	Rhondda Tri
202	Laura Butcher	Not started	Open	WTF Open	Female	Penybont Triathlon Club
206	Neil Bowdler	Not started	40+		Male	N/A
207	Paul Jacob	Not started	50+		Male	Admiral
208	Peter Rattenberry	Not started	40+		Male	Tribe of one
212	Simon Philpin	Not started	40+		Male	
214	Strve Ttofa	Not started	Open		Male	N/A
219	Chris Lewis	Not started	40+	WTF 40+	Male	Griffithstown Tri Club
222	Andrew Williams	Not started	50+		Male	
224	Jamie Davies	Not started	Open		Male	ATG
229	Ben Phillips	Not started	Open		Male	
233	Jamie Oleary	Not started	Open		Male	ATG Merthyr
237	Kieran Gingell	Not started	Junior		Male	N/A
250	Ben Robbins	Not started	Open		Male	

252	Debs M Jones	Not started	50+	WTF 50+	Female	Gog Triathlon								
259	Paul Bunyan	Not started	40+		Male	Tinworks Tri								
260	Rachel Gabb	Not started	40+	WTF 40+	Female	Celtic Tri								
261	Rachel Ghroum	Not started	40+	WTF 40+	Female	Porthcawl Triathlon Club								
268	jodie bryant	Not started	Open		Female									
279	Craig Davies	Not started	Open		Male									
300	Peter Ghoum	Not started	50+		Male									
12	Christopher Jones	Started	40+	WTF 40+	Male	Bynea CC								
13	Keith Tannetta	Started	50+	WTF 50+	Male	Cardiff Triathletes								
130	Jordan Lane	Started	Open	WTF Open	Male	Port talbot Harriers	00:12:07	113	00:01:34	77	01:31:17	197	00:01:24	45
270	Lee Parpworth	Started	40+	WTF 40+	Male	Porthcawl Triathlon Club								
272	Mark Shephard	Started	40+		Male	Rhondda Tri								

Cat Pos	Name	Club	Second Cat	Time	Stage Points	National Champs
1	Chloe	Dooley	Cardiff AC	WTF Open	02:14:42	100 1st sen women
2	Paige	Horsnell	Rhondda Tri	WTF Open	02:16:44	90 2nd sen women
3	Danielle	Davies			02:19:54	85
4	Ffion	Caines	DC Triathlon		02:20:56	80
5	Lucy	Sullivan	Cardiff Triathletes	WTF Open	02:24:06	75 3rd Sen Women
6	Hannah	Jenkins		WTF Open	02:24:50	70
7	Laura	Furness	Tenby Aces		02:25:02	65
8	Rebecca	John	Porthcawl Triathlon	WTF Open	02:31:37	60
9	Raeanna	Grainger	Pen y Bont Tri Club		02:33:01	55
10	Chelsea	Figoni	JF Tri		02:34:13	50
11	Lucy	Evans	Porthcawl Tridents		02:35:47	49
12	Megan	Parker	JF Tri		02:37:31	48
13	Nicky	Jo			02:43:03	47
14	Sharon	Simpson	Tri Training Harder	WTF Open	02:47:47	46
15	Victoria	Gee			02:50:41	45
16	Rhiannon	Thomas	Dragon Tri	WTF Open	02:50:56	44
17	Alice	Hutson			02:52:32	43
18	Rhiannon	Buckley	Porthcawl Triathlon Club		02:55:28	42
19	Jess	Gregory			02:57:33	41
20	Maia	Kavanagh	BAD (Bristol and District) Tri		03:19:25	40
21	Mary-jayne	Granville	Pen y bont	WTF Open	03:48:40	39

Cat Pos	Name		Club	Second Cat	Time	Stage Points	Nat Champs
1	Caryl	Williams	Bynea	WTF 40+	02:17:36	100	1st Female Vet
2	Sara	Morgan	Taff Ely Tri	WTF 40+	02:22:40	90	2nd Female Vet
3	Gillian	Hopkins	Cardiff Triathletes	WTF 40+	02:25:36	85	3rd Female Vet
4	Clare	Hughes	Penybont	WTF 40+	02:32:01	80	
5	Joanne	Williams			02:39:29	75	
6	Melanie	Williams	Porthcawl Triathlon Clun		02:41:32	70	
7	Kelly	Edwards	Rhondda Triathlon Club	WTF 40+	02:45:01	65	
8	Louise	James	Top step triathlon		02:51:02	60	
9	Kirstie	Edwards	Dragon Tri		02:55:23	55	
10	menna	jones	Top step tri		02:56:06	50	
11	lindsay	jones	Merthyr Triathlon Clubá		02:58:42	49	
12	Sara	Birkett	Porthcawl Tridents		03:00:16	48	
13	Liz	Davis	Dragon Tri		03:02:12	47	

Cat Pos	Name		Club	Second Cat	Time	Stage Points	Nat C hamps
1	Rebecca	Comins	Dragon Tri	WTF 50+	02:18:57	100	1st Female Vintage Veteran
2	Jennifer	Aylward	Celtic Tri	WTF 50+	02:27:22	90	2md Female Vintage Veteran
3	Gail	Osborne	Taff Ely triathlon club		02:41:32	85	
4	yvonne	brindley	NEWT		02:57:53	80	
5	Joy	Williams	Celtic Tri	WTF 50+	03:13:43	75	3rd Female Vintage Veteran

Cat Pos	Name	Club	Second Cat	Time	Stage Points	Nat Champs
1 James	Harries	Tinworks	WTF Jun	01:54:59	100	1st Male Junior
2 Sean	Petty	Dragon Tri	WTF Jun	02:03:34	90	2nd Male Junior

Cat Pos	Name	Name	Club	Second Cat	Time	Stage Points	National Champs
1	Liam	Lloyd	TRI POTENTIAL	WTF Open	01:44:56	100	1st Senior Male
2	George	Comins	Royal Navy Triathlon	WTF Open	01:49:47	90	2nd Senior Male
3	Iwan	Jones	Total Tri Training	WTF Open	01:51:28	85	3rd Senior Male
4	Matt	Grantham	Tri Monkey	WTF Open	01:51:52	80	
5	Jack	Smith	Monmouth Tri Club	WTF Open	01:52:32	75	
6	Alex	John	Dragon Tri	WTF Open	01:53:11	70	
7	Tom	Graham	Dragon Tri	WTF Open	01:54:05	65	
8	Tom	Danter	Dragon Tri		01:54:09	60	
9	Kyle	Blackmore	Dragon Tri	WTF Open	01:54:22	55	
10	Daniel	Madden	Bad Tri	WTF Open	01:54:48	50	
11	Sam	Dodge	Dragon Tri		01:56:46	49	
12	Oliver	Webb	Cardiff Triathletes	WTF Open	01:57:53	48	
13	Tristian	Manning	ATAC	WTF Open	01:58:17	47	
14	Geraint	Lewis	Trizone	WTF Open	01:58:51	46	
15	Aled	Jenkins	RAS Endurance		01:59:07	45	
16	Joshua	Burns			02:01:23	44	
17	Jason	Hanson	Monmouth Tri Club	WTF Open	02:02:15	43	
18	Jordan	Clarke	DC Triathlon	WTF Open	02:02:24	42	
19	Gareth	Medd	Taff Ely Triathlon	WTF Open	02:04:32	41	
20	Gafin	Griffiths	Les Croupiers Running Club		02:05:04	40	
21	Andrew	Powell	Porthcawl Tridents	WTF Open	02:05:20	39	
22	Daniel	oconnor	RAS Endurance	WTF Open	02:05:50	38	
23	ben	smith	ATG TRI	WTF Open	02:05:55	37	
24	Ricky	Howell			02:06:25	36	
25	Ryan	Bowen	Dragon Tri	WTF Open	02:06:38	35	

26	Rhys	Perkins	Porthcawl Triathlon Club		02:07:02	34
27	Luke	Hollyman		WTF Open	02:07:56	33
28	Marc	Fitzgibbon	Pen y Bont Tri	WTF Open	02:08:25	32
29	Chris	Brown		WTF Open	02:09:34	31
30	Jack	Hughes			02:09:42	30
31	Llyod	Rosewell			02:09:42	29
32	Peter	Page	Torfaen triathlon club	WTF Open	02:10:48	28
33	James	Crook			02:10:51	27
34	Ryan	Lecraw			02:11:05	26
1	Scott	Gray	Dragon Tri	WTF Open	02:11:54	25
35	James	McGrath	Porthcawl Tridents	WTF Open	02:12:04	24
36	Dean	Scourfield	DC Triathlon		02:12:07	23
37	Carson	Pryce	DC Triathlon	WTF Open	02:12:11	22
38	Robert	Jones			02:12:16	21
39	Jordan	figoni	ATAC	WTF Open	02:12:26	20
40	Luke	Dummett	ATG		02:12:34	19
41	Daniel	Hearse	Pen Y Bont Triathlon Club	WTF Open	02:12:34	18
42	Anthony	Owen	TEAM NFT		02:12:42	17
43	Simon	Mills		WTF Open	02:12:44	16
44	Richard	Landon	CSCG	WTF Open	02:13:40	15
45	Tom	Rhoden	Porthcawl Triathlon Club	WTF Open	02:14:35	14
46	Adam	Mathlin	None	WTF Open	02:14:56	13
47	Phylip	Williams	RHFC		02:15:18	12
48	Oliver	Edwards	Dragon Tri		02:15:50	11
49	David	Tanner	Rhondda Tri		02:16:16	10
50	Guto	Morgan	Top step triathlon	WTF Open	02:16:26	9

51	Philip	Thomas	Rhondda Triathlon Club		02:17:05	8
52	Andrew	Davies	Porthcawl Triathlon Club		02:17:08	7
53	Jake	Howells	Royal Navy Triathlon		02:17:17	6
54	Ricki	Morgan	Tenby Aces	WTF Open	02:17:40	5
55	Owain	Woodward	ATG Tri Merthyr		02:17:53	4
56	Richard	Addis	SWYD tri		02:18:10	3
57	Jamie	Cooper	Gwendraeth	WTF Open	02:18:15	2
58	Robert	Floyd	SWYD tri	WTF Open	02:18:39	1

Cat Pos	Name	Club	Second Cat	Time	Stage Points	National Champs
1	Matthew	Davies	Dragon Tri	WTF 40+	01:51:16	100 1st Male Veteran
2	Jonathan	Phillips	Dragon Tri	WTF 40+	01:54:20	90 2nd Male Veteran
3	Stephen	Rowlands			01:54:28	85
4	Richard	Dando	Dragon Tri	WTF 40+	01:56:38	80 3rd Male Veteran
5	Richard	Brady	Tri Monkey	WTF 40+	01:56:51	75
6	Jonathon	Seymour	GOG Triathlon Club	WTF 40+	01:59:53	70
7	Marc	Barrow	Swansea Vale Tri	WTF 40+	02:04:11	65
8	Brian	Hosty		WTF 40+	02:04:27	60
9	Matthew	Jenkins	Rhondda Triathlon Club		02:05:07	55
10	Alan	Latter	Team watt nutrition	WTF 40+	02:05:46	50
11	Darren	Jarman	SY TRI	WTF 40+	02:09:05	49
12	Lee	Jefferson	ATG tri club		02:09:20	48
13	Jon	Launchbury	ATG Merthyr		02:09:36	47
14	Paul	Chappell	Dragon Tri	WTF 40+	02:10:45	46
15	Adam	Clarke	Pth harriers		02:10:49	45
16	Matt	Downton	SWYD		02:11:25	44
17	Simon	O'Neill	Y-Fenni	WTF 40+	02:11:47	43
18	Ryan	Thomas	DC Triathlon		02:12:05	42
19	Mark	Evans	Tinworks Tri		02:13:07	41
20	Scott	Askew			02:15:02	40
21	Leon	Burns	Burns tri club		02:16:30	39
22	James	Farrant	Dragon Tri	WTF 40+	02:18:14	38
23	Garry	Jones			02:18:15	37
24	Ryan	Evans	Rhondda Triathlon Club		02:18:38	36
25	James	Bater	RAC Tri Porthcawl Triathlon Club		02:19:11	35
26	Marcus	Sainsbury	Club		02:19:12	34
27	Daniel	Rees	Rhondda Triathlon		02:19:38	33

28	Daniel	Morgan	Dragon Tri		02:20:59	32
29	Justin	Howells	ATG Merthyr		02:22:10	31
30	Craig	Millett	Tinworks triathlon		02:22:13	30
31	Gavin	John			02:22:22	29
			Porthcawl Triathlon			
32	Phil	Protheroe	Club	WTF 40+	02:24:02	28
33	Leon	Williams	Rhondda Tri		02:24:36	27
34	Andrew	Rogers	None		02:24:44	26
35	Christopher	Harding	Tondu Wheelers		02:25:48	25
36	Matt	Simkins	Tri Team Glos	WTF 40+	02:26:41	24
			Rhondda Triathlon			
37	Martin	Walters	Club		02:27:59	23
			Porthcawl Triathlon			
38	Jonathan	Cosson	Club	WTF 40+	02:28:44	22
			Carmarthen			
39	Marc	De	Triathlon Club	WTF 40+	02:31:02	21
40	Richard	Lewis	NEWT	WTF 40+	02:31:45	20
			Penybont Triathlon			
41	Christopher	Dunn	Club	WTF 40+	02:34:09	19
42	Neil	ridley	Rhondda Tri	WTF 40+	02:34:35	18
43	Huw	Macmillan			02:38:46	17
44	Alix	Popham	Dragon Tri		02:46:50	16
45	Paul	Fraser	RAC Tri		02:48:32	15
46	Brian	Cotton	Dragon Tri		02:50:21	14
47	Dan	Bevan	Tondu Wheelers		02:51:11	13
48	Stuart	Davies	ATAC	WTF 40+	02:51:14	12
49	brian	kilsby	emlyn		02:53:21	11
			PYBTC & Porthcawl			
50	Simon	Lightwood	Tridents		02:58:15	10
51	Paul	Bagshaw	Merthyr Tri		03:02:14	9

Cat Pos	Name	Club	Second Cat	Time	Stage Points	National Chamos	
1	Gareth	Bowyer	GOG	WTF 50+	01:58:23	100	1st Male Vintage Vet
2	Clive	Tilbury	Individual	WTF 50+	02:03:19	90	2nd Male Vintage Vet
3	Justin	Bailey	Team Watt	WTF 50+	02:14:20	85	3rd Male Vintage Vet
4	Mathew	Atkins	N/A	WTF 50+	02:15:37	80	
5	Richard	Leary	Celtic Tri	WTF 50+	02:16:24	75	
6	Stephen	Davies	Rhondda Tri		02:18:46	70	
7	Gareth	Norton	Cardiff Triathletes	WTF 50+	02:20:53	65	
8	Richard	Jenkins	U-FIT CARDIFF		02:22:19	60	
9	Kevin	Frood	Taff Ely triathlon club	WTF 50+	02:22:34	55	
10	Alan	Porter	GOG Triathlon Club	WTF 50+	02:25:24	50	
11	James	Watkins		WTF 50+	02:30:53	49	
12	John	Cregg	NEWT		02:34:45	48	
13	Gary	Phillips			02:35:44	47	
14	Tim	Lebbon	NEWT	WTF 50+	02:38:29	46	
15	Daymion	Jenkins			02:39:37	45	
16	Craig	Fancis	Newport East Wales triathlon Porthcawl		02:40:51	44	
17	Andy	Barry			02:42:46	43	
18	Mark	James	Triathlon Club	WTF 50+	02:44:54	42	
19	Christie	Coleman	Penybont tri Port talbot	WTF 50+	02:46:46	41	
20	Stuart	Mort	Harriers		02:50:36	40	
21	Julian	Hopkins	Dragon Tri Carmarthen	WTF 50+	02:55:15	39	
22	David	walters	Triathlon Club North Dock	WTF 50+	02:56:39	38	
23	Chris	Morris	Derdgers	WTF 50+	03:05:01	37	
24	Martin	James			03:15:08	36	
25	Simon	Davies	Pen Y Bont Triathlon Club	WTF 50+	03:22:04	35	

Cat Pos	Name	Club	Second Cat	Time	Points	National Champs
1	SIMON	osborne	Dragon Tri	WTF 60+	02:07:11	100 1st male super veteran
2	Edward	Morgan	Taff Ely triathlon club	WTF 60+	02:24:19	90 2nd male super veteran
3	Paul	Belcher	Pen-y-Bont Tri	WTF 60+	02:39:05	85 3rd male super veteran
4	Bill	Snowdon	Cardiff Triathletes	WTF 60+	02:40:06	80
5	David	Hunter		WTF 60+	02:46:49	75
6	Stuart	Elson	South Wales Police		02:48:38	70