

Pos	Cat Pos	First Name	Last Name	Club / Company	Cat	Swim + T1	Swim Pos	Bike	Bike Pos	T2 + Run	Run Pos	Finish	Comments
1	1	Oliver	Simon	Pembrokeshire Tri	MO	19:11.2	1	01:12:31.30	1	00:41:34.70	2	02:13:17.15	
2	1	Martin	Powell	Rhondda Tri	MV	22:27.9	9	01:16:55.35	9	00:41:38.35	3	02:21:01.60	
3	2	Samuel	Webster	Cardiff Tri	MO	21:31.4	6	01:15:11.80	6	00:45:59.25	11	02:22:42.45	
4	3	Jonathan	Williams		MO	21:17.8	5	01:15:01.50	5	00:46:55.20	14	02:23:14.45	
5	4	Leighton	Williams	Celtic Tri	MO	26:20.2	41	01:13:48.05	2	00:43:32.65	5	02:23:40.95	
6	1	Newgale Surf Life Saving Club		Newgale Surf Life Saving Club	MREL	22:21.0	8	01:14:07.70	3	00:48:18.20	27	02:24:46.95	
7	5	Patrick	Lees	Cardiff Tri	MO	24:39.0	26	01:16:54.95	8	00:44:37.80	7	02:26:11.70	
8	6	Matthew	Davies	Pencoed Tri	MO	23:00.0	15	01:19:22.30	18	00:43:54.95	6	02:26:17.30	
9	7	Jonathan	Pryke	Pembrokeshire Tri	MO	19:21.7	2	01:20:09.05	20	00:48:16.80	26	02:27:47.60	
10	8	James	Nunn	Cardiff Tri	MO	25:00.4	32	01:18:28.45	12	00:45:11.60	9	02:28:40.50	
11	9	Phil	Kruse		MO	24:43.8	27	01:19:20.40	17	00:44:49.10	8	02:28:53.30	
12	2	Andrew	Maclaen	Cardiff Tri	MV	23:23.2	20	01:18:21.85	11	00:48:11.80	24	02:29:56.80	
13	10	Scott	Patrick	Pembrokeshire Tri	MO	26:51.6	50	01:16:40.30	7	00:47:17.50	16	02:30:49.45	
14	11	Stephen	Paterson	Les Croupiers Tri	MO	24:24.8	24	01:27:07.85	64	00:39:37.60	1	02:31:10.25	
15	12	James	Manson	Cardiff Tri	MO	25:08.4	33	01:19:03.15	15	00:47:58.25	21	02:32:09.80	
16	13	Robert	Lewis		MO	23:56.7	22	01:21:23.45	26	00:47:19.00	17	02:32:39.20	
17	3	Gareth	Harvey	Trilife	MV	26:48.9	49	01:19:06.20	16	00:48:02.65	23	02:33:57.70	
18	14	Mathew	Pritchard	Pembrokeshire Tri	MO	22:42.6	12	01:20:45.85	22	00:50:38.15	39	02:34:06.60	
19	15	Matthew	Brown	Pembrokeshire Velo	MO	22:56.3	14	01:21:15.15	25	00:50:10.15	37	02:34:21.60	
20	16	Mark	Suret	Cardiff Tri	MO	20:41.4	3	01:21:05.85	24	00:52:38.10	60	02:34:25.40	
21	17	Robert	Goggs	BAD Tri	MO	27:04.2	56	01:18:52.05	13	00:48:31.30	28	02:34:27.50	
22	4	Adrian	James		MV	26:05.1	39	01:19:45.60	19	00:48:47.85	31	02:34:38.55	
23	18	Andrew	Wright	Celtic Tri	MO	26:37.1	45	01:24:53.15	49	00:43:15.05	4	02:34:45.35	
24	1	Jessica	Parry-Williams	Cardiff Tri	FO	24:36.0	25	01:24:21.10	46	00:45:59.40	12	02:34:56.50	
25	1	Hair Bear Pair		Pembrokeshire Velo	FREL	25:25.0	35	01:21:31.55	28	00:48:02.20	22	02:34:58.75	
26	19	Edward	Evans		MO	22:33.2	11	01:21:42.10	29	00:51:16.10	44	02:35:31.45	
27	5	Huw	Evans	Cardiff Tri	MV	24:48.7	29	01:26:14.70	57	00:45:53.30	10	02:36:56.70	
28	6	Kevin	Hill	Pembrokeshire Tri	MV	24:14.5	23	01:22:03.10	31	00:51:16.75	45	02:37:34.35	
29	20	Paul	Davies		MO	23:05.9	17	01:25:41.70	51	00:48:57.75	33	02:37:45.30	
30	21	Jonathan	Airey		MO	22:53.0	13	01:23:10.75	37	00:51:56.05	50	02:37:59.75	
31	7	Neil	Morgan	Pembrokeshire Velo	MV	26:58.5	52	01:24:41.05	48	00:46:55.40	15	02:38:34.95	
32	22	Jonathan	Crocombe		MO	28:31.7	89	01:22:56.45	35	00:47:27.95	19	02:38:56.10	
33	23	Conrad	Rees		MO	27:58.9	72	01:17:50.00	10	00:53:13.30	62	02:39:02.20	
34	8	Peter	Kellam	Les Croupiers Tri	MV	30:29.9	109	01:21:55.25	30	00:46:51.05	13	02:39:16.20	
35	9	Miles	Brown	Cardiff Tri	MV	23:02.5	16	01:23:14.05	39	00:53:49.15	68	02:40:05.65	
36	24	Christopher	Price	Celtic Tri	MO	23:53.9	21	01:21:30.00	27	00:54:47.70	75	02:40:11.65	
37	25	Ryan	Thomas	Pembrokeshire Tri	MO	31:13.7	117	01:20:45.20	21	00:48:14.20	25	02:40:13.10	
38	10	Leighton	Williams	Team Deviant	MV	27:59.3	74	01:23:28.20	42	00:48:56.00	32	02:40:23.45	
39	1	Sian & The Shambles		Pembrokeshire Tri	XREL	25:41.2	38	01:27:30.45	66	00:47:27.30	18	02:40:38.95	
40	1	Ian	Vickery	Tenby Aces	MSV	25:26.5	36	01:23:00.05	36	00:52:20.20	56	02:40:46.75	
41	26	Philip	Tucker		MO	29:17.0	97	01:22:55.40	34	00:48:59.65	34	02:41:12.00	
42	27	Niall	Foster	Cardiff Tri	MO	27:21.8	60	01:23:12.00	38	00:50:42.25	41	02:41:16.10	
43	11	Mike	Tate	Celtic Tri	MV	28:26.1	87	01:22:04.00	32	00:50:55.55	42	02:41:25.60	

44	12	Chris	Ross		MV	27:56.5	68	01:24:13.30	45	00:49:35.80	35	02:41:45.60
45	28	Richard	Rees	Celtic Tri	MO	28:34.2	90	01:23:48.05	44	00:50:17.00	38	02:42:39.30
46	29	Stuart	Marsh	Oxford Tri	MO	23:06.3	18	01:25:58.40	52	00:53:51.90	69	02:42:56.55
47	30	Daniel	Milne		MO	27:39.7	64	01:23:40.05	43	00:51:46.80	48	02:43:06.55
48	2	Rhodri	Evans		MSV	24:53.6	30	01:26:05.75	55	00:52:21.05	57	02:43:20.40
49	3	Mike	Rimmer		MSV	24:45.9	28	01:26:45.90	61	00:52:15.50	54	02:43:47.30
50	31	Ben	Taylor		MO	31:40.9	118	01:20:46.05	23	00:51:43.20	47	02:44:10.20
51	13	Brian	Phillips	NEWT	MV	21:59.4	7	01:28:32.00	74	00:53:45.20	67	02:44:16.55
52	32	Philip	Thomas	Rhondda Tri	MO	28:56.9	93	01:23:27.05	41	00:51:58.60	51	02:44:22.55
53	2	The Good The Bad The Horrid		Pembs Tri / Loughborough Uni	XREL	20:45.3	4	01:33:04.15	98	00:50:38.70	40	02:44:28.15
54	14	Paul	Atkinson	Tuff Fitty Triathlon Club	MV	26:25.0	44	01:25:07.90	50	00:53:29.40	66	02:45:02.30
55	4	Steve	Pryke	Pembrokeshire Tri	MSV	26:17.6	40	01:24:28.90	47	00:55:10.75	80	02:45:57.25
56	1	FBM		FBM	XRELC	26:24.7	43	01:26:05.25	54	00:53:27.60	65	02:45:57.55
57	33	Byron	Davies	3M's	MO	28:09.1	78	01:25:59.50	53	00:52:22.50	58	02:46:31.05
58	34	Matt	Lewis		MO	26:21.0	42	01:27:51.70	68	00:53:24.75	64	02:47:37.40
59	35	Chris	Fairclough		MO	28:11.0	80	01:22:06.75	33	00:57:41.45	89	02:47:59.15
60	15	Tony	Williams	Penrith Triathlon Club	MV	27:01.5	54	01:26:53.15	62	00:54:09.65	70	02:48:04.30
61	2	Katie	Beecher	Les Croupiers Tri	FO	27:57.2	70	01:33:51.85	103	00:47:52.15	20	02:49:41.25
62	16	Richard	Self	Les Croupiers Tri	MV	33:08.1	128	01:27:59.45	71	00:48:33.70	30	02:49:41.30
63	36	Garry	Rhoades	Pembrokeshire Tri	MO	29:37.9	102	01:28:34.30	76	00:51:48.50	49	02:50:00.65
64	37	Daren	Nel		MO	27:56.3	67	01:23:23.75	40	00:59:01.55	99	02:50:21.65
65	3	FUD			XREL	30:38.7	111	01:14:53.20	4	01:04:50.75	122	02:50:22.60
66	38	Oliver	Davies		MO	27:59.2	73	01:26:12.25	56	00:57:01.90	88	02:51:13.35
67	17	Desmond	Astley		MV	27:35.6	63	01:18:53.10	14	01:04:55.90	123	02:51:24.65
68	1	Celia	White	Pembrokeshire Tri	FV	28:31.2	88	01:31:04.45	88	00:51:58.60	52	02:51:34.25
69	3	Jen	Dickson		FO	23:15.0	19	01:30:01.25	81	00:58:39.05	97	02:51:55.35
70	2	Janice	Coyle	Cardiff Tri	FV	27:54.4	66	01:26:36.70	60	00:58:19.85	93	02:52:51.00
71	4	Tears for Beers			XREL	27:57.8	71	01:26:26.35	59	00:58:35.85	96	02:52:59.95
72	5	Love Triangle			XREL	25:23.6	34	01:31:25.25	91	00:56:32.25	85	02:53:21.05
73	39	Richard	Fuller		MO	29:24.4	99	01:31:12.20	89	00:53:21.40	63	02:53:57.95
74	40	James	White		MO	28:46.1	92	01:27:57.60	69	00:57:55.70	90	02:54:39.45
75	41	William	Allan		MO	28:12.8	82	01:27:51.40	67	00:58:35.30	95	02:54:39.55
76	42	Patrick	Lord		MO	26:53.5	51	01:31:20.40	90	00:56:49.35	86	02:55:03.30
77	5	Brian	Russell	Pembrokeshire Tri / Cardigan RC	MSV	33:24.9	130	01:27:18.80	65	00:54:24.55	71	02:55:08.30
78	18	David	O'Neill	Pembrokeshire Harriers	MV	33:58.0	133	01:30:15.10	83	00:50:56.40	43	02:55:09.45
79	6	Paul	White	Leg-It	MSV	30:24.6	108	01:30:13.75	82	00:54:52.10	76	02:55:30.40
80	6	Team McStead			XREL	30:56.0	114	01:34:57.90	112	00:50:04.35	36	02:55:58.25
81	19	Richard	Brown	Pembrokeshire Tri	MV	31:11.2	116	01:27:57.95	70	00:56:58.50	87	02:56:07.70
82	43	JP	Milne		MO	27:03.2	55	01:34:26.65	109	00:54:46.70	74	02:56:16.55
83	44	Jonathan	Roberts	Fat Rhino	MO	28:14.0	83	01:28:14.75	73	01:00:03.20	103	02:56:31.95
84	45	Richard	Lewis	Celtic Tri	MO	28:12.3	81	01:32:04.10	93	00:56:19.40	83	02:56:35.80
85	20	Nick	Elliott		MV	30:06.1	105	01:34:21.75	107	00:52:18.05	55	02:56:45.90
86	46	Peter	Figg		MO	35:17.5	139	01:28:33.20	75	00:53:11.85	61	02:57:02.55
87	7	The Rudders		Pembrokeshire Tri	XREL	27:32.2	62	01:34:24.50	108	00:55:10.50	79	02:57:07.20

88	47	Tom	Overton		MO							02:57:18.12	Lost Chip
89	21	Bill	Cork	Ootri	MV	31:05.3	115	01:31:49.85	92	00:54:41.30	72	02:57:36.50	
90	22	David	Thompson	Pencoed Tri	MV	29:40.8	103	01:28:49.65	77	00:59:21.35	100	02:57:51.80	
91	48	Mark	Marrin		MO	27:28.1	61	01:34:49.00	111	00:56:17.70	82	02:58:34.85	
92	49	Jason	Powell		MO	33:21.8	129	01:26:55.95	63	00:58:31.10	94	02:58:48.85	
93	1	Glyn	Williams	Celtic Tri	MVV	27:04.9	57	01:30:47.05	85	01:01:50.95	110	02:59:42.85	
94	50	Alun	Rees		MO	28:10.2	79	01:40:20.90	131	00:51:20.45	46	02:59:51.50	
95	7	Martin	Davies	NEWT	MSV	33:32.7	132	01:38:07.35	125	00:48:32.05	29	03:00:12.05	
96	51	Ben	Lomax	BCTTT	MO	24:57.3	31	01:36:05.75	119	00:59:26.50	101	03:00:29.55	
97	52	Matthew	Evans	Ful-On Tri	MO	27:57.1	69	01:32:15.75	94	01:00:32.70	105	03:00:45.55	
98	2	Harcourt Flyers		Harcourt Colourprint	MRELC	22:31.8	10	01:34:00.20	105	01:04:36.85	121	03:01:08.90	
99	53	Robbie	Hyde	NEWT	MO	26:41.3	47	01:30:16.45	84	01:05:23.05	126	03:02:20.80	
100	23	Ian	Speed	Pembrokeshire Tri	MV	32:47.8	125	01:33:42.40	102	00:56:25.35	84	03:02:55.50	
101	54	Anthony	Morgan		MO	32:56.4	126	01:38:06.00	124	00:52:07.25	53	03:03:09.70	
102	8	Mark	Youde	Pembrokeshire Tri	MSV	29:26.2	100	01:30:53.75	86	01:02:58.65	118	03:03:18.65	
103	55	Rhys	Wheeler		MO	30:03.2	104	01:26:23.75	58	01:07:12.55	132	03:03:39.50	
104	9	Malcolm	Clash	Pembrokeshire Tri	MSV	32:42.0	123	01:29:31.80	80	01:01:48.25	109	03:04:02.00	
105	24	Jeff	Jones	Rhondda Tri	MV	29:03.6	95	01:32:42.50	96	01:02:35.40	114	03:04:21.50	
106	3	Misfits			MREL	28:01.2	75	01:43:52.50	140	00:52:33.20	59	03:04:26.90	
107	56	Tom	Shaw	British Army	MO	34:07.1	134	01:35:26.20	113	00:55:08.10	78	03:04:41.45	
108	25	James	Owens		MV	28:06.8	77	01:31:00.70	87	01:05:43.65	127	03:04:51.10	
109	57	Jamie	Downton	Jacksons Bay	MO	27:19.7	59	01:36:10.90	120	01:02:09.30	111	03:05:39.85	
110	1	Christina	Smith	Celtic Tri	FSV	34:49.0	136	01:35:27.05	114	00:55:39.50	81	03:05:55.55	
111	58	David	Hawkins	Pembrokeshire Velo	MO	30:33.1	110	01:29:13.95	79	01:06:14.10	128	03:06:01.15	
112	10	Ken	Milligan	Celtic Tri	MSV	28:18.6	85	01:35:29.90	115	01:02:53.20	117	03:06:41.65	
113	26	John David	Jones	Rhondda Tri	MV	30:50.0	113	01:33:22.15	99	01:02:35.80	115	03:06:47.95	
114	59	Steve	Robson	Cardiff Tri	MO	30:22.7	107	01:35:30.65	116	01:00:56.45	108	03:06:49.75	
115	27	Mike	Griffiths	Team Deviant	MV	28:58.4	94	01:37:31.55	122	01:02:16.90	112	03:08:46.85	
116	28	Shaun	Sinclair	Pembrokeshire Tri	MV	28:35.9	91	01:33:38.20	101	01:06:34.75	129	03:08:48.80	
117	4	Claire	Manson	Cardiff Tri	FO	26:42.6	48	01:34:06.35	106	01:09:06.00	138	03:09:54.90	
118	60	John	Sture		MO	28:14.0	84	01:38:35.55	127	01:04:15.50	120	03:11:05.05	
119	5	Rhian	Bruce	Pembrokeshire Tri	FO	31:52.7	119	01:37:19.55	121	01:02:42.20	116	03:11:54.50	
120	61	Nigel	Shires	Pencoed Tri	MO	30:46.0	112	01:33:28.95	100	01:07:47.65	136	03:12:02.60	
121	8	Rod Jane and Freddy			XREL	35:33.7	140	01:32:32.45	95	01:05:05.65	124	03:13:11.80	
122	9	The Wacky Racers		The Wacky Racers	XREL	27:18.4	58	01:34:40.65	110	01:11:38.30	142	03:13:37.35	
123	3	Clare	Williams	Pembrokeshire Tri	FV	32:39.8	122	01:42:13.70	136	01:00:10.30	104	03:15:03.85	
124	29	Karl	Sutton	Pembrokeshire Tri	MV	28:21.5	86	01:40:35.50	132	01:06:42.40	130	03:15:39.45	
125	2	Camilla	Youde	Pembrokeshire Tri	FSV	29:17.4	98	01:39:37.95	129	01:07:31.60	135	03:16:27.00	
126	11	Chris	Davies	NEWT	MSV	39:25.3	145	01:40:03.45	130	00:58:16.70	91	03:17:45.40	
127	6	Julia	Hill	Pembrokeshire Tri	FO	30:21.5	106	01:37:36.15	123	01:10:25.00	139	03:18:22.60	
128	12	Paul	Winteringham	BAD Tri	MSV	32:00.6	121	01:39:26.05	128	01:07:05.70	131	03:18:32.40	
129	10	Last Minute Mob			XREL	27:45.8	65	01:50:53.15	145	01:00:35.55	106	03:19:14.50	
130	7	Rebecca	Thomas	Team Deviant	FO	34:17.9	135	01:38:32.80	126	01:07:17.25	134	03:20:07.95	
131	30	Andrew	Deans	Cardiff Tri	MV	27:00.7	53	01:41:18.60	134	01:12:21.00	143	03:20:40.30	

132	13	Aled	Watkins	BRAT	MSV	29:11.8	96	01:43:22.55	139	01:08:27.20	137	03:21:01.55	
133	62	Chris	Conway		MO	40:34.5	146	01:41:11.90	133	01:00:43.30	107	03:22:29.70	
134	14	Mervyn	Palmer	Pembrokeshire Tri	MSV	52:14.0	148	01:35:44.60	118	00:54:45.15	73	03:22:43.75	
135	31	Aled	Evans		MV	33:00.9	127	01:42:34.75	138	01:07:14.35	133	03:22:50.00	
136	63	Jonathon	Moore		MO	35:09.9	138	01:45:24.60	142	01:02:24.00	113	03:22:58.55	
137	4	Second to Last Minute Mob			MREL	33:31.5	131	01:53:12.10	146	00:58:52.25	98	03:25:35.90	
138	1	Pemb Pack 1st Old Timers		Pembroke Packaging	MRELC	36:11.7	141	01:47:35.50	143	01:04:06.75	119	03:27:54.00	
139	64	Mark	Tambini	Taff Ely Tri Club	MO	32:44.0	124	01:45:08.50	141	01:10:48.80	141	03:28:41.25	
140	5	Team Space			MREL	51:37.4	147	01:42:20.50	137	00:55:02.65	77	03:29:00.55	
141	65	Alex	Lord		MO	25:29.5	37	01:33:56.25	104	01:29:39.15	146	03:29:04.95	
142	6	The Good The Bad The Ugly			MREL	31:54.5	120	01:28:09.40	72	01:31:43.55	147	03:31:47.45	
143	32	David	Knight	Pembrokeshire Tri	MV	36:22.0	142	01:41:44.85	135	01:15:19.95	145	03:33:26.80	
144	33	Robert	Bailey	Pencoed Tri	MV	34:56.8	137	01:49:35.35	144	01:12:51.45	144	03:37:23.65	
145	11	All Sorts			XREL	38:43.1	144	02:02:36.10	147	00:59:41.30	102	03:41:00.55	
146	8	Melissa	Jenkins		FO	36:54.3	143	02:08:58.15	149	01:10:46.70	140	03:56:39.15	
147	34	Russell	Gibbs	BAD Tri	MV	52:21.4	149	02:08:39.60	148	01:49:06.75	148	04:50:07.80	
DQ		Sarah	Cooper	Pembrokeshire Tri	FO	29:27.7	101	01:32:55.70	97	00:58:19.75	92	03:00:43.15	Incomplete bike
DQ		Trishys Team		Cardiff Tri	FREL	26:39.2	46	01:35:43.50	117	01:05:22.70	125	03:07:45.35	Incomplete bike
DNF		Ian	Bailey	Rhondda Tri	MV	28:05.9	76	01:28:55.80	78	01:57:01.75	149		