

2013 Results

Bib	First Name	Last Name	Club	Category	Gender	Swim	Swim Pos	T1	T1 Pos	Bike	Bike Pos	T2	T2 Pos	Run	Run Pos	Finish	Overall Pos	Cat Pos	Gen Pos	Comments
125	Ross	Simpson	Urban Cyclery	MO	M	19:56.8	3	00:00:38.95	3	01:13:54.30	5	00:00:29.55	8	00:40:56.90	2	02:15:56.50	1	1	1	
137	Samuel	Webster	Cardiff Tri	MO	M	21:37.2	9	00:00:50.95	20	01:13:34.95	4	00:00:27.45	4	00:43:56.65	9	02:20:27.20	2	2	2	
266	U Got Frogged		5 Frogs	RTX	N	18:25.8	1	00:00:53.60	24	01:11:39.40	2	00:00:27.20	3	00:50:56.70	54	02:22:22.70	3	1	1	
136	Luke	Watson	TriExercise/Pembrokeshire Tri	MO	M	18:30.9	2	00:00:41.65	5	01:20:49.60	29	00:00:21.90	1	00:43:11.55	6	02:23:35.55	4	3	3	
91	Patrick	Lees	Cardiff Tri	MO	M	23:14.4	17	00:00:46.80	11	01:16:46.35	8	00:00:35.35	15	00:43:41.40	8	02:25:04.25	5	4	4	
257	Two Dads and a Stallion			RTM	N	21:25.3	7	00:00:38.25	2	01:18:52.50	13	00:00:27.80	6	00:44:13.05	10	02:25:36.90	6	1	2	
194	David	Murray	Pencoed Tri	MV	M	20:01.3	4	00:00:46.75	9	01:18:35.50	12	00:00:40.25	39	00:45:58.85	15	02:26:02.65	7	1	5	
10	Jessica	Parry-Williams	Cardiff Tri	FO	F	23:48.1	21	00:00:48.60	14	01:20:27.30	26	00:00:37.30	24	00:41:40.75	3	02:27:22.05	8	1	1	
118	Christian	Prior	Tri Camp Race Team	MO	M	23:04.6	16	00:00:55.35	27	01:16:31.85	7	00:00:52.50	95	00:46:19.90	18	02:27:44.15	9	5	6	
46	Andy	Campbell	Wrexham Tri	MO	M	20:55.3	5	00:01:07.50	49	01:17:37.90	10	00:00:37.05	23	00:47:30.10	31	02:27:47.90	10	6	7	
65	Edward	Evans	Pembrokeshire Tri	MO	M	21:10.1	6	00:00:46.60	8	01:18:25.70	11	00:00:44.80	67	00:46:47.85	23	02:27:55.10	11	7	8	
196	Scott	Patrick	Pembrokeshire Tri	MV	M	25:30.7	50	00:00:50.65	18	01:16:29.60	6	00:00:25.65	2	00:46:46.70	22	02:30:03.25	12	2	9	
58	Robert	Dyde	Pembrokeshire Harriers	MO	M	28:43.4	111	00:01:04.90	47	01:17:34.65	9	00:00:35.70	17	00:42:09.50	4	02:30:08.15	13	8	10	
111	Stephen	Paterson		MO	M	24:19.3	33	00:01:21.95	71	01:25:22.75	67	00:00:37.70	27	00:39:56.00	1	02:31:37.70	14	9	11	
258	FBM		FBM	RTXC	N	24:01.3	25	00:00:45.50	7	01:11:18.00	1	00:00:27.50	5	00:55:25.70	106	02:31:58.00	15	1	3	
197	Michael	Pfeiffer	Brecon Tri	MV	M	26:20.1	60	00:01:47.40	116	01:20:09.70	22	00:00:49.30	83	00:43:16.90	7	02:32:23.35	16	3	12	
54	Luke Paul	Davies	LEG-IT	MO	M	24:30.4	38	00:00:59.25	40	01:20:51.60	30	00:00:30.60	9	00:45:35.30	13	02:32:27.15	17	10	13	
189	Andrew	Maclaen		MV	M	24:05.6	28	00:00:49.25	15	01:19:42.80	17	00:00:42.55	48	00:47:26.75	30	02:32:46.95	18	4	14	
223	Gerwyn	Davies	Rhondda Tri	MSV	M	24:14.3	30	00:00:58.55	37	01:20:47.30	28	00:00:38.55	33	00:46:28.90	19	02:33:07.60	19	1	15	
82	Daryl	John	5 Frogs	MO	M	28:44.5	112	00:01:51.45	121	01:19:24.50	15	00:00:52.30	93	00:42:24.10	5	02:33:16.90	20	11	16	
255	Tom & Dick			RTM	N	21:30.1	8	00:00:33.95	1	01:22:37.25	41	00:00:40.65	41	00:48:17.90	33	02:33:39.90	21	2	4	
134	Jack	Tremlett		MO	M											02:35:13.00	22	12	17	Lost Chip
124	James	Shuttleworth	Tenby Aces	MO	M											02:35:18.00	23	13	18	Lost Chip
166	David	Francis	Tenby Aces	MV	M	24:47.8	42	00:00:49.60	17	01:20:20.80	25	00:01:00.85	120	00:48:41.50	34	02:35:40.50	24	5	19	
133	Philip	Thomas	Rhondda Tri	MO	M	26:54.3	72	00:01:21.00	68	01:20:08.20	20	00:00:35.90	18	00:47:22.50	29	02:36:21.90	25	14	20	
236	Robert	Wilson	Penarth & Dinas Runners	MSV	M	25:42.0	53	00:01:23.80	75	01:21:18.75	34	00:00:59.55	116	00:47:11.65	28	02:36:35.75	26	2	21	
4	Bethan	Hughes	Tri Camp Race Team	FO	F	24:18.6	31	00:00:57.30	34	01:21:36.65	36	00:00:49.95	86	00:49:00.40	40	02:36:42.90	27	2	2	
132	Ryan	Thomas	Pembrokeshire Tri	MO	M	30:14.4	161	00:02:05.80	151	01:18:54.55	14	00:00:33.45	11	00:46:00.20	16	02:37:48.35	28	15	22	
73	James	Hayden		MO	M	25:39.6	52	00:01:10.25	55	01:21:21.05	35	00:00:44.05	61	00:48:54.55	38	02:37:49.55	29	16	23	
155	Miles	Brown	Cardiff Tri	MV	M	22:15.4	11	00:00:54.75	25	01:22:12.60	40	00:00:48.75	80	00:51:40.80	66	02:37:52.30	30	6	24	
16	Anna	Bartlett	Shrewsbury Tri	FV	F	24:28.5	36	00:00:58.40	36	01:25:03.85	62	00:00:33.85	13	00:46:48.40	24	02:37:53.05	31	1	3	
208	Adrian	Smith		MV	M	26:41.8	67	00:01:40.05	100	01:20:08.30	21	00:00:39.25	36	00:48:50.75	37	02:38:00.15	32	7	25	
261	Just Fast Not Furious			RTX	N	22:35.2	13	00:00:52.10	23	01:28:13.95	96	00:00:41.30	43	00:45:39.55	14	02:38:02.10	33	2	5	
182	Adrian	Jeremiah	Rhondda Tri	MV	M	27:27.4	85	00:01:22.40	73	01:21:54.50	39	00:00:46.60	71	00:46:52.20	25	02:38:23.05	34	8	26	
249	RAW		Pembrokeshire Tri	RTM	N	24:22.0	34	00:00:47.40	12	01:26:35.10	77	00:00:40.35	40	00:46:10.65	17	02:38:35.45	35	3	6	
113	George	Payne		MO	M	26:03.9	56	00:01:26.20	79	01:21:03.80	33	00:00:42.65	50	00:49:25.60	41	02:38:42.20	36	17	27	
50	Ian	Cooper	Pembrokeshire Tri	MO	M	22:58.3	14	00:00:58.80	39	01:21:36.85	37	00:00:36.00	20	00:52:47.90	73	02:38:57.85	37	18	28	
52	Jon	Dallimore	London Phoenix	MO	M	24:18.9	32	00:01:06.85	48	01:19:37.30	16	00:00:30.80	10	00:54:05.55	90	02:39:39.40	38	19	29	

177	Peter	Hopson		MV	M	22:13.5	10	00:01:27.65	84	01:24:47.80	57	00:00:35.60	16	00:50:51.90	53	02:39:56.50	39	9	30	
61	Darren	Evans	Pembrokeshire Tri	MO	M	24:30.0	37	00:00:49.60	16	01:23:49.75	46	00:00:28.50	7	00:50:39.50	52	02:40:17.30	40	20	31	
150	Chris	Bates	Sosban Riders	MV	M	29:25.9	145	00:02:40.65	193	01:12:58.65	3	00:01:04.45	132	00:54:25.50	93	02:40:35.15	41	10	32	
121	Andrew	Rowlands		MO	M	23:57.5	23	00:01:45.30	109	01:22:45.60	42	00:01:13.85	157	00:50:56.85	55	02:40:39.10	42	21	33	
47	David	Cole		MO	M	27:36.0	89	00:01:55.50	131	01:24:42.90	55	00:01:14.75	159	00:45:23.55	12	02:40:52.75	43	22	34	
72	Nick	Hawker		MO	M	27:43.9	95	00:02:01.50	143	01:20:00.95	18	00:00:50.00	87	00:50:27.35	50	02:41:03.65	44	23	35	
184	Ieuan	Jones		MV	M	27:04.2	77	00:01:04.25	44	01:25:29.35	71	00:00:47.50	74	00:46:54.90	26	02:41:20.15	45	11	36	
200	Matthew	Reed		MV	M	28:01.4	101	00:02:02.15	145	01:20:30.90	27	00:01:08.65	142	00:50:11.60	47	02:41:54.70	46	12	37	
193	Neil	Morgan	5 Frogs	MV	M	26:36.3	65	00:01:45.95	111	01:24:47.15	56	00:00:53.90	98	00:48:07.75	32	02:42:11.05	47	13	38	
63	Heddwyn	Evans	Emlyn Flyers	MO	M	26:18.3	58	00:01:36.35	95	01:28:07.30	95	00:01:23.25	180	00:44:53.80	11	02:42:19.00	48	24	39	
95	Alex	Lord		MO	M	23:45.2	19	00:00:58.65	38	01:30:21.95	126	00:00:39.45	37	00:47:08.25	27	02:42:53.55	49	25	40	
247	Little Haven Lifeboat		RNLI	RTMC	N	29:24.9	144	00:00:55.55	28	01:25:26.60	69	00:00:39.80	38	00:46:34.80	21	02:43:01.70	50	1	7	
233	Ian	Vickery	5 Frogs	MSV	M	24:01.1	24	00:01:46.40	112	01:22:50.80	43	00:00:42.15	45	00:53:53.15	89	02:43:13.55	51	3	41	
144	Paul	Arnold	Celtic Tri	MV	M	25:30.5	49	00:01:58.10	137	01:20:53.75	31	00:01:35.00	199	00:53:42.80	84	02:43:40.15	52	14	42	
115	Jack	Pinson		MO	M	23:23.9	18	00:01:56.75	135	01:26:43.40	78	00:00:42.70	52	00:51:15.65	63	02:44:02.35	53	26	43	
84	Tom	Jones		MO	M	27:00.9	75	00:01:20.85	67	01:20:07.70	19	00:00:43.15	56	00:54:55.30	96	02:44:07.90	54	27	44	
243	Acanthus Holden Architects		Acanthus Holden Architects	RTMC	N	29:30.8	147	00:00:46.75	10	01:21:37.80	38	00:00:46.65	72	00:52:02.15	70	02:44:44.10	55	2	8	
253	The Hopefulls			RTX	N	25:11.8	44	00:00:48.15	13	01:21:02.00	32	00:00:44.95	68	00:57:02.00	126	02:44:48.90	56	3	9	
209	Simon	Smith		MV	M	30:48.0	171	00:01:31.40	88	01:20:13.15	23	00:00:44.75	66	00:52:00.90	69	02:45:18.20	57	15	45	
175	Kevin	Hill		MV	M	24:24.5	35	00:01:08.30	50	01:25:28.35	70	00:00:36.90	22	00:54:06.50	91	02:45:44.50	58	16	46	
147	Rob	Barker	Pembrokeshire Tri	MV	M	29:15.7	139	00:01:50.60	119	01:20:19.75	24	00:00:43.85	59	00:53:41.10	83	02:45:51.00	59	17	47	
245	High Priests of Doom		Malvern Tri	RTM	N	27:11.0	81	00:00:45.15	6	01:30:58.85	131	00:00:42.30	47	00:46:34.75	20	02:46:12.05	60	4	10	
83	Chris	Johns	Cardiff Ajax	MO	M	23:47.5	20	00:01:25.65	77	01:23:23.60	45	00:00:42.85	53	00:57:11.50	130	02:46:31.10	61	28	48	
186	Peter	Kellam	Cardiff Tri	MV	M	29:52.1	152	00:01:10.20	54	01:26:14.25	75	00:00:43.00	54	00:48:50.10	36	02:46:49.65	62	18	49	
81	Sion	Jenkins	5 Frogs	MO	M	29:18.2	143	00:02:07.30	155	01:24:38.60	54	00:00:42.65	51	00:50:05.35	46	02:46:52.10	63	29	50	
203	Chris	Ross		MV	M	29:15.1	137	00:01:40.00	99	01:24:52.80	59	00:00:44.40	63	00:50:22.45	49	02:46:54.75	64	19	51	
167	Rogan	Gething		MV	M	23:53.8	22	00:01:55.70	132	01:27:20.85	87	00:01:11.25	148	00:53:16.20	79	02:47:37.80	65	20	52	
232	Steve	Pryke	Pembrokeshire Tri	MSV	M	26:40.6	66	00:00:57.50	35	01:24:33.70	52	00:00:37.35	26	00:54:57.10	97	02:47:46.25	66	4	53	
221	Nick	Dallimore	Les Croupiers	MSV	M	29:52.5	153	00:01:10.55	56	01:25:26.55	68	00:00:44.40	64	00:50:38.50	51	02:47:52.50	67	5	54	
98	Mark	Marrin		MO	M	27:26.3	84	00:01:21.90	70	01:28:04.65	94	00:00:38.75	34	00:50:22.00	48	02:47:53.60	68	30	55	
265	The Rudders			RTX	N	28:50.9	117	00:01:10.65	57	01:27:00.95	82	00:00:37.30	25	00:51:00.50	57	02:48:39.35	69	4	11	
224	Martin	Evans		MSV	M	28:53.1	118	00:01:43.65	107	01:25:04.25	63	00:01:09.15	143	00:51:55.20	68	02:48:45.35	70	6	56	
35	David	Ayers	5 Frogs	MO	M	24:38.8	41	00:02:14.60	164	01:27:21.55	88	00:01:00.75	119	00:53:29.90	80	02:48:45.55	71	31	57	
123	Nigel	Shires	Cardiff Tri	MO	M	28:09.2	103	00:01:27.10	82	01:26:44.70	79	00:01:01.05	121	00:51:23.55	64	02:48:45.65	72	32	58	
68	Adam	Goy		MO	M	27:40.3	92	00:01:41.60	103	01:23:16.90	44	00:01:10.85	146	00:55:06.65	100	02:48:56.25	73	33	59	
94	Matthew	Lewis		MO	M	31:11.5	178	00:01:48.05	118	01:25:05.55	64	00:01:03.05	127	00:49:49.80	45	02:48:58.00	74	34	60	
171	Ken	Harries		MV	M	26:10.4	57	00:01:41.85	104	01:27:52.90	91	00:01:09.30	144	00:52:15.30	72	02:49:09.75	75	21	61	
51	Alex	Cooper	Pembrokeshire Tri	MO	M	27:11.9	82	00:00:50.65	19	01:24:14.25	49	00:00:45.80	70	00:56:33.80	120	02:49:36.40	76	35	62	
231	Jon	Phillips	Pembrokeshire Tri	MSV	M	26:54.8	74	00:01:21.80	69	01:26:33.20	76	00:00:38.10	31	00:54:13.45	92	02:49:41.30	77	7	63	
32	Jonathan	Morris		MJ	M	25:32.0	51	00:01:58.20	138	01:25:07.25	65	00:00:48.70	79	00:56:20.60	117	02:49:46.75	78	1	64	
12	Katy	Vose		FO	F	27:22.8	83	00:02:01.15	142	01:24:28.65	51	00:00:57.20	108	00:55:11.35	101	02:50:01.10	79	3	4	
26	Sian	Williams	Pembrokeshire Tri/CDT Trainig	FV	F	26:34.1	63	00:01:04.75	46	01:28:00.90	93	00:00:50.55	89	00:53:48.85	87	02:50:19.15	80	2	5	
48	Rob	Collins	5 Frogs	MO	M											02:50:21.75	81	36	65	Lost Chip
14	Jayne	Arnold	Celtic Tri	FV	F	27:31.2	86	00:01:19.85	65	01:28:23.65	99	00:01:19.25	170	00:51:53.05	67	02:50:27.00	82	3	6	
149	Mike	Barrett		MV	M	30:55.2	173	00:01:53.45	128	01:27:32.80	90	00:00:43.55	57	00:49:27.30	42	02:50:32.30	83	22	66	
67	Bob	Froy		MO	M	24:03.0	27	00:02:15.30	167	01:23:50.55	47	00:01:15.25	161	00:59:20.60	151	02:50:44.70	84	37	67	
106	Anthony	Morgan		MO	M											02:51:28.30	85	38	68	Lost Chip
6	Catherine	Marks		FO	F	29:26.5	146	00:01:34.15	92	01:30:15.75	123	00:00:43.70	58	00:49:30.50	43	02:51:30.60	86	4	7	
151	Ben	Blake		MV	M	30:05.9	155	00:02:06.75	153	01:27:19.40	86	00:00:49.55	84	00:51:10.95	62	02:51:32.55	87	23	69	
128	Andrew	Sutton		MO	M	28:54.6	119	00:02:03.90	149	01:23:56.15	48	00:01:29.75	194	00:56:05.90	113	02:52:30.35	88	39	70	

77	Scott	Holder		MO	M	26:44.6	68	00:01:40.00	98	01:26:55.05	80	00:01:05.35	135	00:56:21.00	118	02:52:46.05	89	40	71	
152	Gerald	Brace		MV	M	28:00.1	100	00:02:52.20	197	01:29:24.25	111	00:01:04.15	131	00:51:30.30	65	02:52:51.00	90	24	72	
21	Debbie	Phillips	Pembrokeshire Tri	FV	F	29:44.1	151	00:01:35.70	94	01:27:31.20	89	00:00:55.55	104	00:53:15.15	78	02:53:01.65	91	4	8	
205	Robert	Sandles	3M Gorseinon Road Runners	MV	M	28:06.1	102	00:01:32.20	89	01:31:22.75	134	00:00:57.40	109	00:51:05.55	59	02:53:04.00	92	25	73	
264	Tears for Beers Return			RTX	N	26:33.7	62	00:00:54.80	26	01:30:29.60	127	00:01:39.65	208	00:53:31.45	82	02:53:09.20	93	5	12	
225	Jeffrey	Lewis	Cardiff Tri	MSV	M	26:46.6	69	00:00:57.00	33	01:24:50.00	58	00:00:37.85	30	01:00:14.80	162	02:53:26.30	94	8	74	
127	Mark	Suret	Cardiff Tri	MO	M	31:07.5	233								02:53:45.60	95	41	75	Lost Chip	
107	Andrew	Mundy		MO	M	27:42.4	93	00:01:17.10	60	01:31:15.20	132	00:00:49.55	85	00:53:01.35	75	02:54:05.55	96	42	76	
192	Nathan	Miles	Pembrokeshire Tri	MV	M	27:07.3	79	00:01:24.00	76	01:28:30.25	100	00:00:44.05	62	00:56:33.80	121	02:54:19.40	97	26	77	
235	Aled	Williams	Celtic Tri	MSV	M	25:43.8	54	00:02:53.55	198	01:28:42.45	102	00:01:23.85	183	00:56:13.60	114	02:54:57.20	98	9	78	
38	Nathan	Bevan	Rhondda Tri	MO	M	28:46.4	113	00:02:07.65	156	01:32:11.15	139	00:00:58.35	114	00:50:57.10	56	02:55:00.65	99	43	79	
36	Matthew	Barker	Pembrokeshire Tri	MO	M	27:32.8	87	00:01:53.85	129	01:28:43.65	103	00:01:05.50	136	00:56:02.65	112	02:55:18.50	100	44	80	
212	Philip	Thomas	Pembrokeshire Tri	MV	M	33:55.0	211	00:01:46.45	113	01:25:18.35	66	00:00:54.90	100	00:53:46.25	86	02:55:40.95	101	27	81	
33	Alexis	Adonis		MO	M	27:08.3	80	00:03:43.45	218	01:32:56.45	144	00:02:12.10	221	00:49:43.95	44	02:55:44.20	102	45	82	
251	Team Smout			RTM	N	29:10.0	131	00:00:51.25	21	01:29:17.80	109	00:00:43.85	60	00:55:56.90	110	02:55:59.80	103	5	13	
102	Matt	Mead		MO	M	29:34.5	148	00:01:44.15	108	01:30:05.90	121	00:01:14.35	158	00:53:30.40	81	02:56:09.30	104	46	83	
154	Adam	Brown	Tenby Aces	MV	M	28:26.7	106	00:03:01.30	202	01:25:00.85	61	00:01:27.35	191	00:58:22.85	144	02:56:19.05	105	28	84	
228	David	Moore	Pembrokeshire Tri	MSV	M	31:50.2	193	00:01:18.80	63						02:56:58.75	106	10	85	Lost Chip	
138	Ian	Wellings		MO	M	27:52.4	98	00:01:14.10	59	01:24:22.00	50	00:00:41.10	42	01:02:50.00	184	02:56:59.60	107	47	86	
19	Heather	Dennis	Cardiff Tri	FV	F	26:53.4	71	00:01:30.30	87	01:29:04.60	106	00:01:14.90	160	00:58:16.60	142	02:56:59.75	108	5	9	
86	Richard	Jones		MO	M	30:13.0	160	00:02:38.20	190	01:28:18.45	98	00:00:58.85	115	00:54:57.15	98	02:57:05.60	109	48	87	
162	Kelvyn	Davies	Rhondda Tri	MV	M	31:42.2	191	00:03:21.25	211	01:27:05.25	84	00:01:15.30	162	00:53:43.35	85	02:57:07.35	110	29	88	
122	Jonathan	Scarr		MO	M	28:17.6	105	00:02:59.55	200	01:31:25.70	135	00:01:24.20	184	00:53:00.35	74	02:57:07.40	111	49	89	
267	Where is the Love			RTX	N	23:03.4	15	00:01:00.30	42	01:30:39.20	128	00:00:36.10	21	01:02:02.45	177	02:57:21.45	112	6	14	
195	David	O'Neill	Pembrokeshire Harriers	MV	M	33:39.8	209	00:01:40.15	101	01:29:59.50	117	00:00:55.00	101	00:51:10.30	61	02:57:24.80	113	30	90	
69	John	Goy		MO	M	29:36.3	149	00:01:23.10	74	01:25:31.70	72	00:00:48.35	78	01:00:12.00	160	02:57:31.40	114	50	91	
34	William	Allan		MO	M	28:50.2	116	00:02:07.25	154	01:30:00.00	118	00:01:04.75	133	00:55:37.65	108	02:57:39.90	115	51	92	
140	James	White		MO	M	31:07.9	176	00:01:20.35	66	01:29:01.10	104	00:00:47.90	75	00:55:23.60	103	02:57:40.80	116	52	93	
28	Catherine	Etchell	Brecon Tri	FSV	F	31:44.5	192	00:01:45.80	110	01:27:16.40	85	00:00:52.35	94	00:56:17.75	115	02:57:56.75	117	1	10	
252	Team UA		United Aerospace Ltd	RTMC	N	29:14.8	136	00:01:08.85	52	01:29:06.90	108	00:00:35.95	19	00:57:50.40	134	02:57:56.90	118	3	15	
168	Justin	Gill	Pembrokeshire Tri	MV	M	26:54.3	73	00:01:19.70	64	01:28:14.05	97	00:01:05.55	138	01:00:25.15	163	02:57:58.75	119	31	94	
183	Adam	John	5 Frogs	MV	M	24:02.5	26	00:01:33.15	91	01:27:02.30	83	00:00:58.00	113	01:04:28.35	192	02:58:04.30	120	32	95	
165	Jeremy	Forsheaw		MV	M	32:41.4	205	00:03:05.15	203	01:28:35.55	101	00:01:39.80	209	00:52:11.35	71	02:58:13.30	121	33	96	
229	Peter	Munn	Pembrokeshire Tri	MSV	M	29:12.1	133	00:01:18.05	61	01:29:43.10	113	00:00:56.05	105	00:57:05.35	128	02:58:14.70	122	11	97	
185	John David	Jones	Rhondda Tri	MV	M	27:38.9	90	00:01:51.10	120	01:29:38.75	112	00:01:23.80	182	00:58:11.75	141	02:58:44.35	123	34	98	
88	Rhys	Jordan		MO	M	28:30.1	107	00:02:15.20	166	01:29:05.85	107	00:01:03.70	130	00:57:53.65	135	02:58:48.50	124	53	99	
53	Shane	Davies		MO	M	29:38.6	150	00:01:51.90	124	01:29:59.00	116	00:00:55.20	103	00:56:45.65	123	02:59:10.40	125	54	100	
213	Jason	Thomas	Pembrokeshire Tri	MV	M	28:59.1	125	00:01:11.45	58	01:33:02.35	145	00:00:35.25	14	00:55:25.30	105	02:59:13.45	126	35	101	
40	Deryn	Brace		MO	M	34:07.5	213	00:02:33.70	185	01:32:35.15	142	00:01:12.00	150	00:48:46.50	35	02:59:14.80	127	55	102	
260	Harcourt Flyers		Harcourt Litho Limited	RTXC	N	25:26.4	47	00:00:56.75	31	01:39:15.00	186	00:00:38.30	32	00:53:09.50	77	02:59:25.95	128	2	16	
201	Gareth	Rees	Tenby Aces	MV	M	32:13.8	200	00:01:52.25	126	01:24:37.95	53	00:00:51.90	92	01:00:12.25	161	02:59:48.15	129	36	103	
110	Tony	Padgett		MO	M	29:05.1	127	00:01:58.55	141	01:27:56.15	92	00:01:19.30	171	01:00:03.80	158	03:00:22.90	130	56	104	
206	Shaun	Sinclair	Pembrokeshire Tri	MV	M	27:05.2	78	00:00:52.00	22	01:30:10.60	122	00:00:57.05	107	01:01:24.15	171	03:00:29.00	131	37	105	
108	Adam	Murphy		MO	M	32:51.1	206	00:01:32.95	90	01:32:26.45	141	00:00:50.85	90	00:53:01.75	76	03:00:43.10	132	57	106	
93	Ian	Leslie	Pembrokeshire Tri	MO	M	29:01.8	126	00:02:06.75	152	01:33:15.55	147	00:01:20.80	175	00:55:24.10	104	03:01:09.05	133	58	107	
198	Kevin	Phelps		MV	M	31:21.0	182	00:02:28.75	181	01:29:19.00	110	00:00:57.05	106	00:57:08.75	129	03:01:14.55	134	38	108	
187	Dylan	Lawrence		MV	M	27:44.6	96	00:02:08.50	157	01:30:20.55	124	00:01:00.40	117	01:00:06.20	159	03:01:20.30	135	39	109	
158	Nick	Chilton	Fishguard Garden Centre	MV	M	28:58.2	124	00:02:08.90	158	01:30:20.60	125	00:00:47.90	76	00:59:06.55	148	03:01:22.15	136	40	110	
139	Rhys	Wheeler		MO	M	27:01.6	76	00:02:38.50	191	01:26:13.50	74	00:01:15.65	163	01:04:28.80	193	03:01:38.10	137	59	111	
179	John	Jackson		MV	M	28:39.8	109	00:02:03.75	147	01:30:48.50	130	00:01:17.45	167	00:59:18.95	149	03:02:08.50	138	41	112	

117	Jason	Powell		MO	M	30:07.7	156	00:02:25.30	175	01:30:05.15	120	00:01:16.00	164	00:58:35.85	146	03:02:30.00	139	60	113
90	Steven	Keating	5 Frogs	MO	M	30:07.9	157	00:02:37.45	189	01:33:15.55	148	00:01:01.45	124	00:55:48.70	109	03:02:51.10	140	61	114
220	Jeremy	Clutterbuck		MSV	M	34:06.0	212	00:03:10.60	206	01:24:58.75	60	00:02:48.25	226	00:57:50.20	133	03:02:53.85	141	12	115
109	Simon	O'Neill	Team GB	MO	M	27:39.2	91	00:01:25.80	78	01:33:30.50	150	00:00:55.10	102	00:59:27.05	154	03:02:57.70	142	62	116
56	Michael	Davies	Celtic Tri	MO	M	32:11.0	199	00:02:03.85	148	01:37:06.25	169	00:01:12.30	152	00:51:03.95	58	03:03:37.35	143	63	117
156	James	Campanini		MV	M	29:07.4	128	00:02:28.85	182	01:32:22.70	140	00:01:12.05	151	00:58:29.40	145	03:03:40.40	144	42	118
227	Ken	Milligan	Celtic Tri	MSV	M	29:13.9	135	00:01:51.65	122	01:33:08.35	146	00:01:27.10	190	00:58:17.80	143	03:03:58.75	145	13	119
207	Mark	Skingley		MV	M	25:01.1	43	00:03:11.45	207	01:40:17.70	190	00:00:57.45	110	00:54:40.90	94	03:04:08.60	146	43	120
145	Mark	Baggott	Emlyn Flyers	MV	M	25:28.6	48	00:01:56.70	134	01:37:46.50	176	00:01:13.15	154	00:58:04.35	139	03:04:29.35	147	44	121
169	Mike	Griffiths	Team Deviant	MV	M	26:48.5	70	00:03:05.70	204	01:33:19.70	149	00:04:34.35	229	00:57:04.20	127	03:04:52.50	148	45	122
199	David	Price		MV	M	24:37.7	40	00:02:34.10	186	01:40:11.65	189	00:01:10.85	147	00:56:18.70	116	03:04:53.00	149	46	123
13	Sally	Wilson	Pembrokeshire Tri	FO	F	30:34.0	166	00:01:29.60	160	01:35:05.20	160	00:01:03.60	128	00:56:54.55	124	03:05:07.00	150	5	111
248	New 3 Anchors			RTM	N	24:11.0	29	00:00:41.35	4	01:41:40.75	198	00:00:52.95	96	00:58:04.20	138	03:05:30.25	151	6	17
238	Paul	Bennett		MVV	M	29:08.6	129	00:01:40.20	102	01:39:22.65	188	00:00:37.75	28	00:54:46.75	95	03:05:35.95	152	1	124
79	Ben	Innes		MO	M	30:10.8	159	00:02:30.80	183	01:31:41.05	137	00:00:42.15	46	01:00:41.35	165	03:05:46.10	153	64	125
254	The Why Nots!		Pembrokeshire County Council	RTMC	N	25:15.3	45	00:01:26.30	80	01:37:35.20	172	00:00:53.30	97	01:00:38.85	164	03:05:48.95	154	4	18
17	Haydn	Boyce		MV	M	30:31.0	165	00:04:07.40	224	01:32:03.20	138	00:01:50.50	214	00:57:21.40	131	03:05:53.55	155	47	126
143	Peter	Armytage	Tenby Aces	MV	M	30:28.2	164	00:02:09.20	159	01:25:59.55	73	00:00:46.75	73	01:06:34.90	202	03:05:58.60	156	48	127
100	Andy	Mayer		MO	M	28:58.0	123	00:01:41.95	105	01:35:44.80	161	00:01:20.00	173	00:58:47.35	147	03:06:32.10	157	65	128
1	Louise	Bartlett		FO	F	26:18.8	59	00:01:26.40	81	01:38:26.90	178	00:01:03.60	129	00:59:21.70	152	03:06:37.40	158	6	12
259	Hains & Lewis		Hains & Lewis	RTXC	N	30:24.3	163	00:00:59.50	41	01:38:40.70	179	00:00:43.05	55	00:56:00.45	111	03:06:47.90	159	3	19
101	James	McNabb		MO	M	27:34.5	88	00:02:21.85	171	01:32:50.20	143	00:01:22.95	179	01:02:47.75	183	03:06:57.25	160	66	129
116	Timothy	Plumb	JNT	MO	M	31:30.9	189	00:01:58.35	139	01:31:19.70	133	00:01:02.40	126	01:01:07.20	167	03:06:58.55	161	67	130
237	Mark	Youde	Pembrokeshire Tri	MSV	M	29:09.4	130	00:01:18.20	62	01:34:33.90	157	00:01:09.45	145	01:01:19.20	170	03:07:30.10	162	14	131
170	Christopher	Hall		MV	M	31:16.4	180	00:03:20.10	210	01:29:46.65	115	00:01:37.70	203	01:01:42.70	175	03:07:43.60	163	49	132
119	Guiseppi	Quinn	Pembrokeshire Tri	MO	M	31:08.6	177	00:01:42.80	106	01:37:05.90	168	00:00:57.80	112	00:56:58.80	125	03:07:53.85	164	68	133
18	Rhian	Bruce	Pembrokeshire Tri	FV	F	29:11.8	132	00:02:24.40	173	01:37:29.15	171	00:01:32.05	196	00:57:47.45	132	03:08:24.85	165	6	13
97	Gareth	Mahoney	Cardiff Tri/Best of Wales	MO	M	30:59.6	174	00:02:28.40	180	01:38:59.10	182	00:00:51.50	91	00:55:12.00	102	03:08:30.60	166	69	134
262	Last Minute			RTX	N	31:07.1	175	00:01:27.45	83	01:33:34.10	151	00:00:45.30	69	01:01:39.10	173	03:08:33.05	167	7	20
218	Steve	Bowen	Hadleigh Hares	MSV	M	32:06.6	197	00:01:28.50	85	01:29:01.30	105	00:01:08.60	141	01:04:53.75	195	03:08:38.80	168	15	135
256	Triagra			RTM	N	34:53.5	219	00:00:56.60	30	01:40:57.85	195	00:01:00.40	118	00:51:09.65	60	03:08:58.05	169	7	21
126	John	Sture		MO	M	29:16.0	140	00:02:20.75	169	01:34:22.20	156	00:01:05.60	139	01:02:22.25	178	03:09:26.80	170	70	136
114	Jordan	Phillips	Pendine Outdoors	MO	M	25:24.1	46	00:01:09.15	53	01:34:57.50	159	00:01:01.15	122	01:07:04.45	204	03:09:36.35	171	71	137
219	Malcolm	Clash	Pembrokeshire Tri	MSV	M	31:29.4	187	00:02:02.60	146	01:36:32.10	166	00:01:05.30	134	00:59:20.40	150	03:10:29.80	172	16	138
173	Noel	Harris	South Wales Police / NEWT	MV	M	33:51.0	210	00:02:21.25	170	01:33:48.15	152	00:01:27.65	192	00:59:22.25	153	03:10:50.35	173	50	139
246	JNT			RTM	N	28:10.9	104	00:01:08.80	51	01:52:59.60	221	00:00:44.50	65	00:48:57.95	39	03:12:01.70	174	8	22
131	Andrew	Thomas		MO	M	29:17.4	142	00:02:15.15	165	01:40:28.70	192	00:00:54.05	99	01:00:00.70	157	03:12:56.00	175	72	140
244	Heaven Help Us			RTM	N	32:16.8	201	00:00:56.30	29	01:41:17.40	197	00:00:33.50	12	00:58:08.85	140	03:13:12.90	176	9	23
11	Adele	Schulz	Ful-on Tri	FO	F	28:41.2	110	00:02:10.65	161	01:37:46.35	175	00:01:35.35	200	01:03:43.70	189	03:13:57.25	177	7	14
44	Peter	Bryant		MO	M	27:56.3	99	00:03:00.45	201	01:37:37.10	173	00:01:39.35	207	01:03:44.30	190	03:13:57.50	178	73	141
215	Dai	Webb		MV	M	32:26.7	202	00:03:16.70	209	01:34:11.05	155	00:01:37.10	202	01:02:43.00	182	03:14:14.60	179	51	142
190	Paul	Mansi		MV	M	34:54.8	220	00:02:30.85	184	01:37:27.60	170	00:01:32.40	197	00:57:53.70	136	03:14:19.40	180	52	143
112	Scott	Payne	Tenby Aces	MO	M	28:46.8	114	00:02:09.35	160	01:36:28.25	165	00:00:50.25	88	01:06:20.00	200	03:14:34.70	181	74	144
240	Glyn	Williams	Celtic Tri	MVV	M	29:12.8	134	00:01:51.90	123	01:39:12.85	185	00:00:49.00	81	01:03:55.90	191	03:15:02.40	182	2	145
142	Charlie	Ainge	The Crest B&B	MV	M	25:51.0	55	00:03:36.85	217	01:42:36.55	201	00:00:38.75	35	01:02:29.10	180	03:15:12.30	183	53	146
25	Clare	Williams	Pembrokeshire Tri	FV	F	30:22.3	162	00:01:47.75	117	01:42:18.40	200	00:01:13.55	156	00:59:37.25	156	03:15:19.25	184	7	15
23	Caroline	Sandles	3M Gorseinon Road Runners	FV	F	31:50.7	194	00:01:55.25	130	01:44:55.90	204	00:01:11.95	149	00:55:34.55	107	03:15:28.30	185	8	16
160	Ollie	Crowe		MV	M	22:31.9	12	00:02:01.65	144	01:38:47.15	181	00:01:13.50	155	01:12:04.45	214	03:16:38.65	186	54	147
42	Mike	Brown		MO	M	28:57.6	122	00:01:22.00	72	01:34:10.70	154	00:01:01.80	125	01:11:16.40	213	03:16:48.55	187	75	148
210	Christopher	Spry	Rhondda Tri	MV	M	30:36.5	168	00:02:19.20	168	01:33:58.35	153	00:01:28.80	193	01:08:34.85	206	03:16:57.70	188	55	149

153	Chris	Brace		MV	M	31:16.8	181	00:02:11.25	162	01:40:26.85	191	00:01:52.55	216	01:01:14.15	168	03:17:01.65	189	56	150	
62	Matthew	Evans		MO	M	28:49.4	115	00:02:50.50	196	01:39:19.95	187	00:01:40.05	210	01:05:00.50	197	03:17:40.40	190	76	151	
31	Camilla	Youde	Pembrokeshire Tri	FSV	F	28:55.8	120	00:02:05.00	150	01:34:49.05	158	00:01:37.75	204	01:10:30.55	211	03:17:58.15	191	2	17	
188	David	Lewis	Cardiff Tri	MV	M	31:26.9	185	00:01:46.80	115	01:37:40.00	174	00:01:24.60	185	01:05:47.00	199	03:18:05.25	192	57	152	
242	Vibrant Vixens			RTF	N	32:27.1	203	00:00:56.80	32	01:47:56.55	210	00:00:42.60	49	00:56:27.40	119	03:18:30.50	193	1	24	
148	Paul	Barnikel		MV	M	30:34.6	167	00:02:35.55	187	01:43:10.35	203	00:01:05.50	137	01:01:26.30	172	03:18:52.30	194	58	153	
85	Tom	Jones		MO	M	32:40.9	204	00:03:34.05	215	01:36:20.10	163	00:01:48.30	213	01:05:33.95	198	03:19:57.30	195	77	154	
263	Team FOMO			RTX	N	29:16.8	141	00:01:04.25	45	01:52:19.65	219	00:00:48.10	77	00:56:45.05	122	03:20:13.80	196	8	25	
159	Adam	Cross		MV	M	31:25.6	184	00:01:57.35	136	01:40:57.05	194	00:01:25.95	188	01:04:31.75	194	03:20:17.70	197	59	155	
222	Chris	Davies	NEWT	MSV	M	35:45.1	223	00:01:39.30	97	01:38:45.40	180	00:01:17.95	168	01:02:55.45	187	03:20:23.25	198	17	156	
59	Joseph	Edwards		MO	M	35:03.1	221	00:02:40.95	194	01:30:02.25	119	00:01:53.05	218	01:11:08.55	212	03:20:47.90	199	78	157	
174	Andrew	Hickey		MV	M	31:28.1	186	00:03:23.20	212	01:39:09.95	184	00:01:44.15	211	01:06:41.40	203	03:22:26.75	200	60	158	
74	John	Hayes		MO	M	38:35.3	228	00:06:17.70	230	01:37:05.75	167	00:01:26.05	189	00:59:30.75	155	03:22:54.55	201	79	159	
96	Marcus	Loveland		MO	M	28:31.9	108	00:04:03.70	223	01:48:01.30	211	00:01:30.75	195	01:01:05.40	166	03:23:13.05	202	80	160	
8	Melanie	Miles		FO	F	38:21.7	227	00:03:24.05	213	01:39:06.95	183	00:01:07.05	140	01:01:54.75	176	03:23:54.50	203	8	18	
24	Tracey	Sharratt	5 Frogs	FV	F	31:15.8	179	00:03:14.00	208	01:46:34.50	206	00:01:51.70	215	01:02:29.65	181	03:25:25.65	204	9	19	
216	Neil	Webster		MV	M	30:38.2	169	00:02:25.45	176	01:36:24.95	164	00:01:18.20	169	01:15:00.60	220	03:25:47.45	205	61	161	
217	Tac	Bartlett		MSV	M	34:28.0	214	00:01:53.25	127	01:46:49.50	208	00:01:34.25	198	01:01:40.60	174	03:26:25.60	206	18	162	
39	Adam	Bishop		MO	M	27:45.7	97	00:01:58.50	140	01:37:49.65	177	00:01:21.85	176	01:17:43.00	225	03:26:38.70	207	81	163	
49	Thomas	Colville		MO	M	27:43.0	94	00:01:46.70	114	01:48:02.10	213	00:00:49.05	82	01:09:40.85	210	03:28:01.65	208	82	164	
157	Owen	Charles		MV	M	31:23.0	183	00:03:59.75	222	01:40:52.55	193	00:02:42.80	225	01:09:20.50	208	03:28:18.60	209	62	165	
30	Helen	Walker	Pembrokeshire Bikes	FSV	F	34:52.5	218	00:01:56.50	133	01:49:38.10	215	00:01:01.30	123	01:01:15.60	169	03:28:44.00	210	3	20	
57	Rhodri	Devonald	Acanthus Holden Architects	MO	M	34:46.8	217	00:02:27.35	179	01:35:54.05	162	00:01:22.15	178	01:15:12.45	221	03:29:42.85	211	83	166	
178	Gareth	Howells		MV	M	34:38.6	215	00:02:25.05	174	01:42:11.45	199	00:01:38.40	206	01:08:59.75	207	03:29:53.25	212	63	167	
241	Splash Flash Dash			RTF	N	33:07.8	207	00:01:03.40	43	01:57:45.60	224	00:00:37.75	29	00:58:00.65	137	03:30:35.15	213	2	26	
9	Hannah	Oliver		FO	F	33:29.0	208	00:04:21.55	226	01:58:08.20	225	00:01:20.25	174	00:53:52.80	88	03:31:11.85	214	9	21	
45	Gareth	Burks		MO	M	29:15.2	138	00:03:46.75	220	01:42:54.70	202	00:01:55.90	219	01:14:13.70	217	03:32:06.25	215	84	168	
146	Robert	Bailey		MV	M	34:39.7	216	00:02:26.65	177	01:45:17.20	205	00:01:24.60	186	01:09:39.30	209	03:33:27.40	216	64	169	
141	Andrew	Williams	Rhondda Tri	MO	M	38:45.6	229	00:03:44.40	219	01:49:14.80	214	00:00:57.60	111	01:03:41.80	188	03:36:24.20	217	85	170	
20	Amanda	Love	Pembrokeshire Tri	FV	F	24:34.8	39	00:02:22.45	172	01:52:41.70	220	00:01:12.35	153	01:15:57.20	223	03:36:48.50	218	10	22	
92	Mark	Leggett		MO	M	32:08.9	198					00:01:25.05	187	00:55:00.55	99	03:36:57.45	219	86	171	
234	Andy	Williams	Trinity Saint David	MSV	M	31:39.8	190	00:03:07.35	205	01:47:41.00	209	00:01:16.10	165	01:13:49.15	216	03:37:33.35	220	19	172	
239	Ian	Hipkins	Pembrokeshire Tri	MVV	M	30:04.9	154	00:02:46.50	195	01:48:01.35	212	00:01:16.25	166	01:15:49.60	222	03:37:58.55	221	3	173	
15	Tereli	Askwith		FV	F	35:37.8	222	00:05:12.35	228	01:52:01.40	218	00:01:19.75	172	01:04:55.50	196	03:39:06.75	222	11	23	
89	Tom	Kahan		MO	M	26:28.6	61	00:07:26.50	231	02:04:32.55	229	00:02:32.15	224	01:02:53.20	185	03:43:53.00	223	87	174	
5	Emma	Kahan		FO	F	30:49.9	172	00:04:20.90	225	02:03:19.55	228	00:02:29.25	223	01:02:53.55	186	03:43:53.15	224	10	24	
55	Dorian	Davies		MO	M	39:08.6	231	00:03:36.15	216	01:57:41.20	223	00:01:23.50	181	01:02:23.00	179	03:44:12.50	225	88	175	
43	Matt	Brown		MO	M	37:31.1	226	00:02:27.25	178	01:51:03.60	217	00:01:38.25	205	01:12:32.10	215	03:45:12.30	226	89	176	
172	Stephen	Harris		MV	M	39:35.0	232	00:02:36.15	188	01:46:36.05	207	00:01:56.25	220	01:17:12.15	224	03:47:55.55	227	65	177	
130	Trevor	Thackwell		MO	M	30:41.3	170	00:03:50.75	221	02:02:56.85	227	00:03:14.45	228	01:07:15.65	205	03:47:59.00	228	90	178	
29	Jan	Hannaford	Pembrokeshire Tri	FSV	F	37:07.1	225	00:02:11.40	163	01:53:33.35	222	00:01:52.60	217	01:14:24.25	218	03:49:08.70	229	4	25	
99	Daniel	Mason	5 Frogs	MO	M	38:53.5	230	00:05:38.60	229	01:49:48.40	216	00:02:56.35	227	01:14:55.95	219	03:52:12.80	230	91	179	
27	Alison	Willis	Pembrokeshire Triathlon Club	FV	F	32:02.3	196	00:03:25.40	214	02:06:27.00	230	00:01:22.10	177	01:19:36.60	226	04:02:53.40	231	12	26	
22	Sabrina	Rind		FV	F	28:57.0	121	00:04:29.70	227	02:08:45.60	231	00:01:45.45	212	01:26:31.30	227	04:10:29.05	232	13	27	
250	Reluctantly Tri-ing			RTM	N			00:10:37.05	232	01:40:59.05	196	00:00:41.40	44	01:06:23.85	201	DQ				Incomplete swim
60	Ian	Evans		MO	M	37:00.1	224	00:01:52.10	125	02:00:12.45	226					DNF				
66	Sanjay	Farmahan		MO	M	31:30.5	188	00:02:56.10	199	01:31:37.65						DNF				
191	Steve	Matchett	Pembrokeshire Tri	MV	M	26:34.9	64	00:01:38.50	196	01:30:43.95						DNF				
226	Peter	Malpas		MSV	M	30:09.3	158	00:02:40.45	92	01:29:46.10	114	00:01:36.75	201			DNF				
230	Mervyn	Palmer	Pembrokeshire Tri	MSV	M	31:57.4	195	00:01:35.65	93	01:26:57.85	81	00:02:15.30	222			DNF				

