

Pos	Bib	First Name	Last Name	Category	Club	Run 1	Bike + T1&T2	Run 2	Time
1	23	Team Watt		RELAY	Team Watt	16:48.3	37:17.5	08:55.6	01:03:01
2	88	Rupert	Milton	MS		18:06.3	37:33.0	09:26.4	01:05:06
3	70	Richard	Landon	MV	Cscg	17:15.7	38:45.9	09:06.3	01:05:08
4	84	Stuart	Matthews	MS	Cscg	17:23.5	40:02.5	09:28.5	01:06:55
5	55	Roscoe	Howell	MV	Pembrokeshire Velo	19:11.7	37:51.2	10:03.6	01:07:07
6	73	Chris	Lewis	MV	Port Talbot Harriers	18:47.0	38:50.4	10:08.1	01:07:46
7	97	Nick	Parish	MS	Team NFT	18:49.7	39:34.0	09:52.2	01:08:16
8	19	Richard	Callaghan	MV	Bynea CC	17:58.6	40:48.0	09:40.6	01:08:27
9	81	James	Manson	MV	Cardiff Tri	19:35.8	39:07.1	09:58.0	01:08:41
10	34	Archie	Dilks	MJ	Tenby Penguins	18:30.9	40:06.2	10:23.0	01:09:00
11	25	Andrew	Collins	MV		18:55.1	41:07.5	10:09.0	01:10:12
12	79	Joseph	Mainwaring	MS	Pen y Bont Tri	17:33.4	44:34.3	09:07.3	01:11:15
13	131	Jimmy	Walker	MS	DCTRIATHLON	18:59.7	41:50.2	10:29.1	01:11:19
14	106	Jack	Rees	MS	Pembrokeshire Tri	19:39.4	41:27.6	10:18.4	01:11:25
15	17	Steffan	Bridger	MJ	Pembrokeshire Tri	18:02.4	44:21.6	09:18.8	01:11:43
16	140	Steven	Plumb	MV	Carmarthen Triathlon Club	19:14.9	42:25.4	10:22.4	01:12:03
17	60	Sion	Jenkins	MS	Tenby Aces	19:33.1	42:15.3	10:33.6	01:12:22
18	5	Justin	Bailey	MSV	Team Watt	21:02.4	40:32.7	11:28.9	01:13:04
19	10	James	Barton	MS		19:09.3	43:32.7	10:47.1	01:13:29
20	121	Mike	Tate	MSV	Port Talbot harriers	19:03.9	44:18.5	10:24.4	01:13:47
21	44	Harry	Griffiths	MY	Pembrokeshire Tri	21:09.5	41:22.8	52:51.4	01:14:01
22	114	Ellis	Robinson	MJ	Pembrokeshire Tri	20:13.2	43:17.8	10:36.7	01:14:08
23	52	William	Horton	MS	Tenby Penguins	19:30.4	44:18.7	10:21.5	01:14:11
24	103	Samuel	Quick	MS		18:57.3	44:40.1	10:36.8	01:14:14
25	38	Clive	Evans	MSV	Team Watt	20:47.5	41:04.9	12:32.9	01:14:25
26	41	Chris	Frearson	MS	Tenby Penguins	20:34.8	42:15.0	11:38.4	01:14:28
27	1	Luke	Aldwyn-Allsworth	MJ	Team Watt	19:50.1	44:18.9	10:45.2	01:14:54
28	50	Chris	Harris	MV	Pembrokeshire Tri	21:12.1	42:21.7	12:09.3	01:15:43
29	28	Ben	Dare	MS	Pembrokeshire Tri	19:19.6	46:59.7	09:30.2	01:15:49
30	147	Robin	Jackson	MV	SWYD Tri Club	19:41.6	46:09.1	10:21.2	01:16:12
31	117	Simon	Scurrrell	MV		20:15.7	45:31.8	10:58.5	01:16:46
32	46	Matthew	Halsted	MV		21:41.5	43:25.7	11:56.1	01:17:03
33	82	Catherine	Marks	FV	Pembrokeshire Tri	20:58.8	45:31.7	11:33.2	01:18:04
34	27	Powered by Cummings		RELAY		27:11.2	38:15.0	13:20.1	01:18:46
35	33	John	Diffey	MSV		22:43.1	43:15.7	13:08.1	01:19:07
36	77	Cian	Llewellyn	MY		23:08.8	44:37.2	11:42.7	01:19:29
37	61	Stefan	Jenkins	MS	Tenby Penguins	23:52.3	43:47.5	12:01.6	01:19:41
38	134	Elizabeth	Williams	FSV	Pembrokeshire Tri	21:50.7	46:23.7	12:00.2	01:20:15
39	83	Graham	Marston	MV		22:18.6	47:08.0	11:16.9	01:20:44
40	45	John	Griffiths	MS	Tenby Penguins	21:47.0	48:38.3	10:43.6	01:21:09
41	43	Stephen	Glynn	MVV	Pembrokeshire Tri	23:24.4	45:36.3	12:35.3	01:21:36
42	133	Kevin	Wheeler	MVV	Pembrokeshire Tri	21:52.7	48:58.3	11:19.4	01:22:10
43	32	Richard	Davies	MV		21:54.6	48:45.5	12:13.1	01:22:53
44	62	Alan	Jones	MV		23:49.2	47:32.2	12:22.7	01:23:44
45	128	Will	Tollick	MSV	Pembrokeshire Tri	21:44.7	49:56.0	12:08.3	01:23:49
46	8	Bev	Barrett	FV	Tenby Aces	25:49.6	44:38.6	13:30.2	01:23:58
47	51	Clare	Harris	FV		23:22.7	48:22.8	12:25.7	01:24:11
48	143	James	Kelly	MVV		25:04.1	46:14.9	13:21.7	01:24:41
49	116	Chris	Rogers	MV		24:37.8	46:27.0	14:03.4	01:25:08
50	69	Manuel J	Lago-Fernandez	MSV	Pembrokeshire Tri	21:37.5	52:19.5	11:29.9	01:25:27
51	120	Richard	Symonds	MS	Pembrokeshire Tri	21:34.9	52:15.6	11:47.0	01:25:37
52	26	Jim	Cornock	MSV	Carmarthen Triathlon Club	25:06.7	47:23.2	13:18.4	01:25:48
53	102	Andrew	Quick	MSV		23:19.9	50:29.1	12:02.6	01:25:52
54	144	Joe	Howell	MS	Not Nblrs	23:29.8	49:30.3	13:09.9	01:26:10
55	95	Nathan	Orford	MSV	Unknown Runner	26:21.4	47:37.5	12:13.5	01:26:12
56	86	Leonie	Mcquaide	FS	Pen y Bont Tri	21:57.4	52:59.2	11:18.3	01:26:15
57	93	Nicholas	Newton	MSV		27:24.1	47:19.0	11:57.4	01:26:41
58	112	David	Roberts	MV		23:10.7	52:41.5	11:23.9	01:27:16
59	92	Mike	Nash	MVV		25:28.5	48:53.1	12:58.4	01:27:20

60	125	Sian Elen	Thomas	FS	Ful-on Tri	25:31.3	48:22.9	13:30.3	01:27:24
61	24	David	Cole	MS		22:41.6	51:19.0	13:42.4	01:27:43
62	2	Kes	Aleknavicius	MVV	Tenby Aces	25:55.2	48:19.7	13:40.0	01:27:55
63	6	Robin	Baker	MSV		26:09.9	50:14.6	11:57.5	01:28:22
64	129	Jon	Tudor	MSV		23:33.4	52:06.9	12:44.4	01:28:25
65	148	Olivia	Lean	FJ	Pembrokeshire Tri	24:30.6	50:44.4	13:52.4	01:29:07
66	126	Lee	Thompson	MSV	The Knitting Club	26:27.8	49:19.3	13:33.7	01:29:21
67	146	Catherine	Singleton	FV		22:37.5	55:24.8	11:46.5	01:29:49
68	122	Claire	Thomas	FV	Tenby Aces	25:17.0	51:05.6	13:36.5	01:29:59
69	124	Peter	Thomas	MVV		26:19.4	49:07.9	14:51.5	01:30:19
70	42	Peter	Gilmartin	MVV	Unknown Runner	23:07.3	55:40.1	12:52.4	01:31:40
71	136	Menna	Williams	FS		24:33.2	54:11.8	13:02.7	01:31:48
72	130	Mark	Vines	MSV		25:01.4	52:41.1	14:12.4	01:31:55
73	91	Sean	Moore	MS	Pembrokeshire Tri	22:58.7	57:54.0	11:06.1	01:31:59
74	90	David	Moore	MVV	Pembrokeshire Tri	22:56.3	57:20.6	11:43.1	01:32:00
75	107	Michael	Rees	MSV	Clwb Tri-2-1	28:51.2	47:39.6	16:00.9	01:32:32
76	99	Geraint	Phillips	MS		25:12.6	54:14.5	13:15.9	01:32:43
77	74	Dan	Lewis	MVV	Narberth Dynamos	26:03.5	53:22.0	13:52.2	01:33:18
78	65	Tegryn	Jones	MSV		23:00.1	57:48.7	12:43.4	01:33:32
79	105	Dafydd	Rees	MSV		27:39.8	52:40.6	13:51.3	01:34:12
80	123	Hannah	Thomas	FV	Milford Tritons	25:21.6	54:50.6	14:05.0	01:34:17
81	96	Julian	Owens	MSV	Milford Tritons	28:11.1	52:48.1	13:28.4	01:34:28
82	80	Claire	Manson	FV	Cardiff Tri	26:49.3	52:54.3	15:05.9	01:34:50
83	4	Richard	Atcherley	MSV	Pembrokeshire Tri	24:58.6	56:53.1	13:14.5	01:35:06
84	11	Kellie	Bateman	FS	Swansea Vale	24:56.2	57:38.4	12:36.9	01:35:12
85	63	Owain	Jones	MS		25:18.4	57:18.9	12:35.4	01:35:13
86	110	Melinda	Rickett	FVV	T.C.C	28:28.8	52:16.4	15:15.0	01:36:00
87	149	Daniel	Davies	MY		24:35.6	00:46.7	11:26.5	01:36:49
88	20	Wayne	Callen	MV		28:22.9	52:14.1	16:24.8	01:37:02
89	31	Matthew	Davies	MJ		27:26.6	56:39.0	13:53.3	01:37:59
90	76	Sarah	Littler	FV		28:20.4	55:50.2	14:24.9	01:38:36
91	132	Jess	West	FS		30:44.1	53:07.3	15:01.7	01:38:53
92	39	Kevin	Ferney	MSV	Tenby Penguins	25:52.0	59:16.0	14:36.2	01:39:44
93	21	Simon	Churchill	MSV	Neyland Rowing Club	27:29.7	58:18.5	14:23.9	01:40:12
94	145	Amy	Lewis	FS	Not Nblrs	26:35.9	00:41.3	13:53.0	01:41:10
95	85	Dan	McDermott	MS	Tenby Penguins	29:54.0	55:49.1	16:47.0	01:42:30
96	98	David	Phillips	MV		27:22.0	01:59.5	14:47.7	01:44:09
97	135	Emily	Williams	FS		28:30.7	59:48.3	16:00.0	01:44:19
98	127	Helena	Tollick	FSV	Pembrokeshire Tri	31:06.7	57:05.5	16:14.5	01:44:27
99	119	Ceri	Stephens	MV		25:14.8	06:17.6	13:51.8	01:45:24
100	150	Marie	Fowler	FV		29:50.8	02:23.3	13:19.3	01:45:33
101	37	Paul	Ellis	MV	Pembrokeshire Tri	28:33.3	02:23.8	15:10.2	01:46:07
102	139	Maureen	Wray	FSV	Pembrokeshire Tri	28:25.5	07:47.6	14:42.7	01:50:56
103	137	Wyn	Williams	MSV		27:32.4	09:52.4	14:08.4	01:51:33
104	104	George	Rainbow	MSV		31:57.3	03:23.7	18:19.5	01:53:40
105	113	Tom	Roberts	MSV	Cardiff Tri	30:10.0	08:18.3	16:11.3	01:54:40
106	16	Martha	Bowen	FS		30:32.3	11:44.6	14:50.2	01:57:07
107	101	Lucy	Price	FS		30:34.5	11:44.7	14:50.0	01:57:09
108	115	Anna	Rogers	FS		30:37.5	11:43.9	14:50.1	01:57:11
109	142	Sarah	Hoss	FSV		36:13.8	14:28.2	21:17.6	02:12:00
DNS	3	Matthew	Ashton-Smith	MS					
DNS	7	Chris	Banner	MV	Dragon Tri				
DNS	9	Colin	Barrett	MSV	Tenby Aces				
DNS	12	Kevin	Bean	MV	Pembrokeshire Tri				
DNS	13	Rhys	Bevan	MS	DCTRIATHLON				
DNS	14	Charlotte	Biddle	FS					
DNS	15	Andy	Bostock	MVV	Dragon Tri				
DNS	18	Matt	Broadhurst	MSV	Tenby Penguins				
DNS	22	Susan	Clarke	FVV	Milford Tritons				
DNS	30	Mark	Davies	MSV					

DNS 35	James	Dilks	MV	Tenby Penguins
DNS 36	Mark	Edwards	MS	Celtic Tri
DNS 47	James	Hamilton	MY	
DNS 48	Lloyd	Hamilton	MV	ATA
DNS 49	Martyn	Harries	MV	
DNS 56	Simon	Hudson	MSV	
DNS 58	Nigel	James	MSV	Celtic Tri
DNS 141	Matthew	Jenkins	MV	Rhondda Tri
DNS 64	Sarah	Jones	FV	
DNS 67	Aleks	King	FS	
DNS 68	Niall	King	MS	
DNS 75	Kathryn	Lewis-Bayley	FV	
DNS 78	John	Lumb	MS	
DNS 87	Melanie	Miles	FV	Pembrokeshire Tri
DNS 89	Louise	Miskell	FSV	
DNS 94	Simon	Newton	MV	
DNS 108	Melissa	Reid	PTVI	
DNS 109	Steve	Rich	MVV	Pembrokeshire Tri
DNS 111	Christine	Roberts	FV	
DNS 138	Kate	Wolsey	FV	Pembrokeshire Tri