



Mikes Bikes Pembrokeshire Coast Triathlon



Bib No	First Name/Team	Last Name	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
154	James	Hockin	Welsh Coast Cycles	M35	M	00:20:45	3	00:00:53.15	11	01:17:05.40	9	00:00:37.25	6	00:38:10.35	2	02:17:31.25	1	1	1	
228	Oliver	Simon	Mikes Bikes/Team Pedalcover /Team NBCC	M35	M	00:19:16	1	00:00:53.55	12	01:12:40.50	1	00:00:40.55	11	00:44:05.65	15	02:17:36.70	2	2	2	
130	Tom	Foster	Team Cranc	M25	M	00:24:27	18	00:01:04.90	30	01:16:04.25	6	00:00:52.10	48	00:38:55.85	4	02:21:24.10	3	1	3	
186	Ross	Mcnally	Pembrokeshire Velo	M30	M	00:25:11	35	00:00:47.55	4	01:14:58.80	5	00:00:41.20	13	00:41:10.70	7	02:23:04.05	4	1	4	15 sec penalty - number violation
27	Team Reagan			MR	N	00:24:34	19	00:01:09.65	35	01:13:55.85	3	00:00:41.30	15	00:42:59.45	11	02:23:20.30	5	1	1	
100	John	Collier	West Coast Tri	M25	M	00:25:49	49	00:01:16.60	43	01:17:03.65	8	00:00:36.45	4	00:40:28.90	6	02:25:14.80	6	2	5	
132	Richard	Gardiner	Tenby Aces/Cranc Cyclesport	M40	M	00:23:50	12	00:02:03.75	108	01:19:50.75	20	00:00:56.15	58	00:38:39.20	3	02:25:19.45	7	1	6	
99	Edward	Clements		M25	M	00:26:24	55	00:01:40.10	70	01:14:36.85	4	00:00:48.50	32	00:42:15.85	10	02:25:45.05	8	3	7	
96	Damian	Capps	Team Cemais	M45	M	00:26:58	71	00:01:18.35	44	01:13:06.65	2	00:00:40.30	10	00:44:27.65	18	02:26:30.80	9	1	8	
142	Mike	Griffiths	NEWT	M35	M	00:26:07	53	00:00:55.75	20	01:17:39.55	10	00:00:44.10	20	00:41:20.55	8	02:26:46.50	10	3	9	
161	Adam	Jelf	#MCC	M35	M	00:24:36	20	00:01:29.25	54	01:19:43.45	19	00:00:58.40	66	00:40:14.70	5	02:27:01.95	11	4	10	
22	Splash Flash & Dash			MR	N	00:25:24	39	00:01:13.60	39	01:26:33.60	71	00:00:34.40	1	00:34:24.45	1	02:28:10.30	12	2	2	
137	Matthew	Gilbert	BAD Tri	M35	M	00:24:14	16	00:01:04.25	29	01:17:49.15	11	00:00:44.45	21	00:44:18.90	17	02:28:10.50	13	5	11	
145	Rhys	Harries	West Coast Tri	M30	M	00:26:30	57	00:00:51.15	7	01:16:53.70	7	00:00:34.85	2	00:43:58.30	14	02:28:47.50	14	2	12	
125	Martin	Evans		M55	M	00:26:38	63	00:01:23.00	45	01:19:24.25	18	00:00:51.75	47	00:44:45.50	20	02:33:02.45	15	1	13	
14	Love Cd Training & Barker		Pembrokeshire Tri/CDTraining&Massage	XR	N											02:33:16.25	16	1	3	Chip Worn Incorrectly
60	Helen	Marshall	INTRtri	F35	F	00:22:25	7	00:01:24.75	49	01:21:50.55	30	00:01:00.05	74	00:46:39.65	29	02:33:20.45	17	1	1	
244	Elgan	Vittle	West Coast Tri	M35	M	00:25:41	46	00:01:28.85	52	01:18:13.90	13	00:00:51.15	45	00:47:26.30	34	02:33:41.65	18	6	14	
221	Darren	Roche	WUOSSS Tri	M40	M	00:24:23	17	00:02:04.35	110	01:17:53.20	12	00:01:07.10	99	00:49:44.60	62	02:35:12.45	19	2	15	
180	Jamie	Lewis		M30	M	00:24:37	21	00:02:06.35	117	01:19:02.85	17	00:01:12.75	116	00:49:31.40	56	02:36:30.55	20	3	16	
200	George	Payne		M35	M	00:27:07	73	00:01:51.10	84	01:21:01.65	26	00:00:43.85	19	00:46:03.50	23	02:36:47.05	21	7	17	
164	Tom	Jones	West Coast Tri	M30	M	00:25:24	40	00:01:26.85	50	01:18:14.80	14	00:00:55.95	56	00:50:59.75	74	02:37:01.80	22	4	18	
139	John	Goy		M35	M	00:26:27	56	00:01:06.25	32	01:20:56.95	25	00:01:02.45	78	00:47:40.70	36	02:37:13.70	23	8	19	
206	Alex	Picton	Cardiff Triathletes	M25	M	00:22:14	6	00:01:03.60	28	01:24:09.15	47	00:01:11.05	112	00:48:36.15	44	02:37:14.10	24	4	20	
1	10B Aces		Tenby Aces	MR	N	00:23:43	11	00:00:58.85	25	01:23:21.30	38	00:00:50.00	38	00:48:47.95	47	02:37:40.75	25	3	4	
84	Dylan	Aslett		M17	M	00:25:35	44	00:02:46.65	162	01:21:14.15	28	00:01:38.35	167	00:46:57.55	30	02:38:11.25	26	1	21	
26	Team Ppw		Pembrokeshire Tri	MR	N	00:24:10	14	00:01:08.10	33	01:23:18.65	37	00:00:50.05	40	00:48:48.35	48	02:38:15.35	27	4	5	
214	Conrad	Rees		M40	M	00:26:50	69	00:01:09.85	36	01:18:56.95	16	00:01:04.20	85	00:50:19.55	66	02:38:20.55	28	3	22	
235	Dave	Stanton		M30	M	00:27:15	76	00:01:35.15	64	01:24:50.80	57	00:00:58.00	64	00:43:46.60	13	02:38:25.95	29	5	23	
209	Thomas	Powell	University of Birmingham	M25	M	00:24:01	13	00:00:58.30	24	01:26:22.55	70	00:00:55.40	55	00:46:24.55	26	02:38:41.35	30	5	24	
11	Hilton Harriers		Hilton Harriers	XR	N	00:28:01	86	00:00:50.20	5	01:20:28.65	23	00:00:42.70	18	00:49:03.00	52	02:39:05.90	31	2	6	
88	Darren	Bowden	Rhondda Tri	M40	M	00:27:13	74	00:01:55.00	91	01:19:52.70	21	00:01:03.45	83	00:49:02.95	51	02:39:07.05	32	4	25	
105	Jonathan	Dauncey	Cupl Cold Beers	M25	M	00:25:29	43	00:01:59.10	99	01:25:46.25	65	00:01:04.95	88	00:45:29.20	22	02:39:48.95	33	6	26	
146	Gareth David Lloyd	Harvey	Whitmore Bay Surf Life Saving Club	M45	M	00:24:46	22	00:01:52.50	85	01:22:23.90	33	00:01:25.00	145	00:49:37.60	59	02:40:04.95	34	2	27	
241	Marc	Tiplady	Bynea CC	M40	M	00:24:52	28	00:01:48.55	81	01:22:49.35	35	00:01:17.05	126	00:49:21.90	55	02:40:08.90	35	5	28	
97	Samuel	Chalmers		M20	M	00:25:25	42	00:02:17.25	132	01:25:02.35	61	00:01:15.65	123	00:46:29.50	28	02:40:30.10	36	1	29	
92	Ashley	Burge	Rhondda Tri	M30	M	00:25:48	48	00:02:17.10	131	01:23:42.45	43	00:01:18.35	129	00:47:31.55	35	02:40:37.85	37	6	30	
182	Mark	Marrin		M35	M	00:26:35	60	00:02:29.20	146	01:24:44.50	55	00:00:49.40	35	00:46:16.80	25	02:40:55.05	38	9	31	
21	Son-in-Laws			MR	N	00:30:54	158	00:00:46.30	2	01:24:34.10	53	00:00:37.10	5	00:44:06.40	16	02:40:58.05	39	5	7	
138	Christopher	Gouldsmith	Pembrokeshire Tri	M30	M	00:28:05	89	00:01:49.05	82	01:23:26.00	39	00:00:49.00	34	00:46:59.30	31	02:41:08.05	40	7	32	
147	Jonathan	Harwood	Pembrokeshire Tri	M35	M	00:24:58	32	00:02:07.10	118	01:24:30.45	51	00:01:08.00	103	00:48:30.30	43	02:41:14.00	41	10	33	
219	James	Roberts		M25	M	00:26:47	66	00:02:50.60	167	01:23:43.80	45	00:01:36.85	165	00:46:16.15	24	02:41:14.70	42	7	34	
95	Richard	Callaghan	Bynea CC	M40	M	00:26:37	62	00:01:30.30	59	01:20:51.90	24	00:01:04.10	84	00:51:24.50	77	02:41:27.55	43	6	35	
7	Cemais Cavaliers		Team Cemais	XR	N	00:26:07	52	00:00:53.90	14	01:22:19.15	32	00:00:46.95	28	00:51:51.55	84	02:41:59.00	44	3	8	
179	Alan	Latter		M35	M	00:28:17	95	00:01:42.00	73	01:26:37.50	72	00:00:56.00	57	00:45:16.85	21	02:42:49.10	45	11	36	
79	Jack	Ackermann		M17	M	00:25:25	41	00:02:55.60	171	01:26:53.70	74	00:01:00.85	76	00:47:10.15	32	02:43:25.10	46	2	37	

192	Lee	Murray		M25	M	00:26:38	64	00:01:40.50	71	01:23:37.60	41	00:01:02.70	80	00:50:52.65	73	02:43:51.50	47	8	38	
34	Weakest Links			MR	N	00:32:30	177	00:00:51.20	8	01:20:15.95	22	00:00:41.60	16	00:49:36.05	58	02:43:54.65	48	6	9	
4	Ace Ladies		Tenby Aces	FR	N	00:25:20	37	00:00:54.05	15	01:28:59.80	90	00:00:46.10	25	00:48:05.60	38	02:44:05.35	49	1	10	
124	Nick	Elliott		M45	M	00:29:44	136	00:02:12.50	127	01:23:16.75	36	00:00:58.45	67	00:48:00.70	37	02:44:12.00	50	3	39	
59	Catherine	Marks		F35	F	00:27:31	80	00:01:14.90	41	01:28:05.85	84	00:00:45.10	23	00:47:25.55	33	02:45:02.25	51	2	2	
236	Andrew	Sutton		M30	M	00:28:06	90	00:01:33.70	60	01:25:37.45	63	00:00:59.25	69	00:49:01.75	50	02:45:17.90	52	8	40	
25	Team A1D			MR	N	00:29:18	124	00:00:50.80	6	01:18:41.75	15	00:00:49.65	36	00:55:58.80	116	02:45:38.95	53	7	11	
24	Swim Bike Run		Tenby Aces	MR	N	00:30:40	148	00:01:05.50	31	01:26:57.90	75	00:00:37.75	7	00:46:29.35	27	02:45:50.20	54	8	12	
207	Timothy	Plumb	Nobblers/PGT	M35	M	00:27:39	82	00:01:37.85	68	01:23:30.70	40	00:01:17.70	128	00:51:48.95	82	02:45:54.00	55	12	41	
89	Chris	Bowen		M35	M	00:27:29	79	00:01:36.05	65	01:23:55.40	46	00:00:59.60	71	00:52:22.15	90	02:46:22.20	56	13	42	
126	Gareth	Evans-Fear	Rhondda Tri	M35	M	00:24:54	30	00:02:05.55	115	01:25:40.85	64	00:00:51.05	44	00:52:54.90	93	02:46:26.05	57	14	43	
193	Lewis	Murray		M17	M	00:25:50	50	00:01:36.65	66	01:28:32.75	86	00:00:52.20	50	00:50:00.15	64	02:46:51.50	58	3	44	
3	3 Grumpy Old Men			MR	N	00:24:53	29	00:01:00.00	26	01:24:49.50	56	00:00:47.15	29	00:55:35.75	112	02:47:05.15	59	9	13	
184	Peter	Martin		M40	M	00:27:40	83	00:01:29.70	56	01:23:43.10	44	00:01:00.45	75	00:53:15.60	96	02:47:09.20	60	7	45	
90	Timothy	Bransden		M35	M	00:28:56	111	00:02:09.30	122	01:24:52.20	58	00:00:58.55	68	00:50:20.50	67	02:47:16.20	61	15	46	
240	Philip	Thomas	Pembrokeshire Tri	M50	M	00:32:48	183	00:01:30.10	58	01:21:07.10	27	00:01:11.60	113	00:50:40.40	72	02:47:17.55	62	1	47	
74	Elizabeth	Williams	Pembrokeshire Tri	F45	F	00:25:19	36	00:01:12.15	37	01:27:57.40	81	00:00:50.35	42	00:52:05.75	87	02:47:25.05	63	1	3	
196	Josh	Oates		M25	M	00:28:21	97	00:03:33.30	199	01:24:25.70	48	00:01:51.85	187	00:49:34.55	57	02:47:46.90	64	9	48	
6	B Row Dreamteam			MR	N	00:24:48	24	00:00:54.95	18	01:29:03.90	91	00:00:50.70	43	00:52:13.50	89	02:47:50.65	65	10	14	
166	Max	Jones		M25	M	00:30:02	139	00:01:28.90	53	01:27:13.55	77	00:00:59.50	70	00:48:08.05	39	02:47:52.05	66	10	49	
195	Mathew	Newman		M35	M	00:28:14	93	00:02:30.20	149	01:24:25.75	49	00:01:06.20	94	00:51:40.60	79	02:47:56.55	67	16	50	
251	Mark	Whitby	Milford Tritons	M45	M	00:33:13	194	00:02:20.60	136	01:21:16.30	29	00:01:18.50	130	00:50:22.35	69	02:48:30.65	68	4	51	
83	Paul	Arnold	Celtic Tri	M45	M	00:26:21	54	00:01:54.15	90	01:22:10.20	31	00:01:48.95	186	00:56:37.55	122	02:48:51.75	69	5	52	
205	Jonathan	Pickford	Team JC Racing	M35	M	00:29:39	135	00:00:55.75	21	01:29:40.95	98	00:00:36.25	3	00:48:28.10	41	02:49:19.60	70	17	53	
135	Simon	George		M40	M	00:28:04	88	00:02:42.10	156	01:28:01.75	83	00:01:24.10	144	00:49:39.65	61	02:49:51.35	71	8	54	
174	Nathan	Kirby		M35	M	00:29:21	126	00:02:59.30	177	01:28:15.40	85	00:01:07.60	102	00:48:29.85	42	02:50:12.90	72	18	55	
191	Neil	Morgan	Port Talbot Harriers Multisports	M40	M	00:23:40	10	00:01:58.35	97	01:29:19.60	93	00:01:08.20	105	00:54:12.45	103	02:50:18.75	73	9	56	
131	Daniel	Fraser		M25	M	00:29:14	122	00:03:12.10	185	01:24:34.05	52	00:01:05.55	90	00:52:32.65	91	02:50:37.90	74	11	57	
231	Matthew	Smith	NBCC	M30	M	00:30:52	156	00:03:08.85	183	01:26:17.45	68	00:01:45.80	178	00:48:53.85	49	02:50:57.45	75	9	58	
80	Will	Aikman		M35	M	00:23:31	9	00:01:34.65	61	01:30:47.45	108	00:01:15.35	122	00:53:56.65	99	02:51:04.65	76	19	59	
17	No Hoppers			MR	N	00:29:15	123	00:01:08.55	34	01:25:22.45	62	00:00:47.60	30	00:54:37.65	106	02:51:11.55	77	11	15	
258	Richard	Williams	David Lloyd Club	M45	M	00:29:20	125	00:01:29.85	57	01:29:26.35	95	00:01:02.70	81	00:50:21.60	68	02:51:40.55	78	6	60	
134	Marc	Gelona		M30	M	00:26:36	61	00:02:48.95	165	01:23:38.15	42	00:01:23.60	142	00:57:14.65	127	02:51:41.70	79	10	61	
117	Daniel	Devine	Milford Tritons	M30	M	00:27:25	78	00:02:55.85	172	01:22:48.70	34	00:01:04.60	86	00:57:34.20	129	02:51:47.95	80	11	62	
29	The Little Pigs			XR	N	00:24:13	15	00:01:24.30	48	01:26:53.20	73	00:00:44.85	22	00:58:34.15	139	02:51:49.35	81	4	16	
226	Robert	Silcox	West Coast Tri	M40	M	00:29:26	128	00:01:59.25	100	01:33:47.85	126	00:02:14.05	204	00:44:41.45	19	02:52:08.70	82	10	63	
119	James	Dicks	Pembrokeshire Tri	M35	M	00:32:56	189	00:02:02.50	102	01:27:58.60	82	00:01:05.60	91	00:48:45.10	45	02:52:48.20	83	20	64	
227	Jamie	Silvester	Tenby Aces	M25	M	00:28:25	100	00:02:42.40	157	01:29:41.65	99	00:00:56.70	61	00:51:13.30	75	02:52:59.25	84	12	65	
247	Tom	Warrell		M25	M	00:23:14	8	00:01:47.05	79	01:27:42.40	79	00:01:13.80	120	00:59:11.75	145	02:53:09.20	85	13	66	
163	Douglas	Johnson		M30	M	00:29:01	115	00:02:20.25	135	01:28:33.70	87	00:01:23.35	141	00:52:13.35	88	02:53:31.85	86	12	67	
32	Tri D & Dyde		Pembrokeshire Velo/Harriers	MR	N	00:27:14	75	00:00:52.00	9	01:27:06.65	76	00:00:50.00	39	00:58:09.85	133	02:54:12.80	87	12	17	
160	Julian	Jarvis		M30	M	00:28:39	105	00:01:57.05	94	01:32:10.85	116	00:01:11.70	114	00:50:26.05	70	02:54:24.80	88	13	68	
121	Sean	Duffy		M30	M	00:25:07	33	00:02:49.95	166	01:25:49.40	66	00:01:18.50	131	00:59:24.95	147	02:54:29.65	89	14	69	
242	Steven	Turgyan		M35	M	00:29:04	116	00:02:36.20	151	01:30:11.00	105	00:00:57.55	62	00:51:45.40	81	02:54:33.95	90	21	70	
217	Owain	Richards	West Coast Tri	M25	M	00:30:46	153	00:02:05.40	113	01:27:15.85	78	00:01:05.85	92	00:53:24.05	97	02:54:37.00	91	14	71	
171	David	Keenan	Llanelli AAC	M30	M	00:33:02	192	00:03:21.45	193	01:35:25.15	143	00:01:25.95	147	00:41:32.10	9	02:54:47.05	92	15	72	
115	Neil	Davies	Rhondda Tri	M45	M	00:26:43	65	00:01:44.90	77	01:29:59.00	104	00:01:23.95	143	00:55:04.30	110	02:54:54.80	93	7	73	
222	Mark	Rooke	Rhondda Tri	M45	M	00:32:49	184	00:02:56.55	174	01:24:59.40	60	00:01:19.75	134	00:53:08.70	95	02:55:13.75	94	8	74	
103	Paul	Craddock		M40	M	00:30:36	146	00:03:50.85	208	01:29:31.85	96	00:00:56.60	60	00:50:26.45	71	02:55:21.35	95	11	75	
254	Steven	Wilkinson	Celtic Tri	M50	M	00:29:05	118	00:01:38.00	69	01:32:02.20	114	00:01:06.70	96	00:51:49.25	83	02:55:41.65	96	2	76	
72	Sarah	Tagg	West Coast Tri	F40	F	00:29:05	117	00:03:25.50	196	01:32:18.45	117	00:01:26.75	149	00:49:38.80	60	02:55:54.70	97	1	4	
188	Jonathan	Meek		M45	M	00:30:44	151	00:02:08.45	121	01:29:17.50	92	00:01:04.70	87	00:52:58.85	94	02:56:13.10	98	9	77	
150	Will	Henton	Cr@p Tri	M45	M	00:29:28	129	00:02:19.15	133	01:24:53.50	59	00:01:28.50	155	00:58:17.50	134	02:56:26.65	99	10	78	
208	Steven	Plumb		M35	M	00:32:39	180	00:02:46.10	161	01:30:36.85	107	00:01:42.10	174	00:49:04.85	53	02:56:48.55	100	22	79	
54	Joey	Jones		F30	F	00:30:10	140	00:02:14.35	130	01:24:38.70	54	00:01:30.80	157	00:58:21.65	135	02:56:55.00	101	1	5	
123	Martin	Edwards	West Coast Tri	M35	M	00:31:49	173	00:02:05.10	112	01:26:13.90	67	00:01:07.30	101	00:55:49.65	114	02:57:05.00	102	23	80	
120	Thomas	Duffy		M25	M	00:29:30	130	00:02:13.85	129	01:40:58.30	178	00:01:00.00	73	00:43:29.95	12	02:57:11.85	103	15	81	

189	William	Milde	Hereford Tri Club	M30	M	00:29:10	121	00:02:05.55	116	01:36:09.85	151	00:01:20.60	136	00:48:27.60	40	02:57:13.55	104	16	82	
35	We Ll Get There!			XR	N	00:27:42	85	00:01:41.55	72	01:33:32.20	124	00:00:38.25	9	00:54:00.20	100	02:57:34.30	105	5	18	
85	David	Ayres	Port Talbot Harriers Multisports	M30	M	00:28:35	103	00:02:24.55	143	01:32:45.75	119	00:01:17.05	127	00:52:54.05	92	02:57:56.00	106	17	83	
5	Apres Tri			XR	N	00:24:55	31	00:01:02.05	27	01:37:28.65	160	00:00:42.45	17	00:53:54.20	98	02:58:02.80	107	6	19	
218	Jonathan	Roberts		M20	M	00:28:19	96	00:04:07.30	216	01:33:40.20	125	00:03:11.95	222	00:48:47.35	46	02:58:05.95	108	2	84	
175	Fergus	Knox		M25	M	00:30:57	160	00:01:45.05	78	01:29:47.15	102	00:01:02.65	79	00:54:47.20	108	02:58:18.65	109	16	85	
260	Jason	Winter	Pembrokeshire Tri	M45	M	00:29:54	137	00:01:29.55	55	01:34:17.85	133	00:00:56.15	59	00:51:57.55	85	02:58:35.35	110	11	86	
144	Joel	Hardaker	Pembrokeshire Tri	M35	M	00:28:48	109	00:03:13.00	186	01:31:00.80	110	00:01:36.40	164	00:54:11.35	102	02:58:49.30	111	24	87	
250	Kevin	Wheeler	Pembrokeshire Tri	M55	M	00:24:51	27	00:02:10.35	126	01:34:25.60	135	00:01:26.05	148	00:56:01.50	117	02:58:54.95	112	2	88	
225	Daniel	Sheen		M30	M	00:28:56	112	00:04:48.25	227	01:34:21.00	134	00:01:56.40	190	00:49:14.70	54	02:59:16.85	113	18	89	
255	Phylip	Williams	Clwb Cadw Droi	M30	M	00:31:06	166	00:02:39.75	154	01:29:39.65	97	00:01:22.10	139	00:54:29.65	105	02:59:16.95	114	19	90	
82	James	Allsworth	West Coast Tri	M45	M	00:32:17	176	00:02:39.50	153	01:29:22.40	94	00:01:29.35	156	00:54:11.25	101	02:59:59.15	115	12	91	
213	Richard	Rawlinson		M50	M	00:25:37	45	00:03:16.25	190	01:28:50.85	88	00:01:57.00	191	01:00:23.85	157	03:00:04.60	116	3	92	
12	Insite 1			MR	N	00:26:32	58	00:00:56.45	22	01:31:28.45	111	00:00:48.50	33	01:00:26.70	158	03:00:11.80	117	13	20	
116	Matthew	Dennison		M35	M	00:24:51	26	00:02:24.35	142	01:30:30.70	106	00:01:31.05	158	01:01:16.70	163	03:00:34.00	118	25	93	
183	Matthew	Marshall		M30	M	00:29:35	133	00:03:00.65	178	01:32:04.00	115	00:01:46.60	180	00:54:41.75	107	03:01:08.40	119	20	94	
118	Rhodri	Devonald		M35	M	00:29:31	132	00:02:02.90	106	01:27:51.25	80	00:00:53.85	53	01:01:20.30	164	03:01:39.10	120	26	95	
19	Papa & The Phillips			XR	N	00:28:15	94	00:01:23.60	46	01:28:51.10	89	00:00:41.25	14	01:02:36.65	171	03:01:47.35	121	7	21	
8	Cousins For Coleg			XR	N	00:26:06	51	00:01:13.15	38	01:38:28.25	164	00:01:03.10	82	00:54:57.90	109	03:01:48.35	122	8	22	
37	Jayne	Arnold	Celtic Tri	F45	F	00:30:40	149	00:01:42.25	74	01:29:45.65	101	00:01:25.25	146	00:58:24.85	137	03:01:58.15	123	2	6	
198	Gary	Painting		M30	M	00:31:05	165	00:02:56.70	175	01:35:58.40	148	00:01:08.05	104	00:51:28.55	78	03:02:36.35	124	21	96	
246	David	Walton		M45	M	00:30:38	147	00:01:56.20	93	01:29:57.05	103	00:01:16.15	124	00:58:48.95	141	03:02:36.50	125	13	97	
91	Mike	Brown		M35	M	00:29:00	114	00:02:05.45	114	01:35:15.40	141	00:01:05.05	89	00:55:43.35	113	03:03:09.60	126	27	98	
148	David	Hawkins		M35	M	00:31:21	170	00:02:27.75	145	01:31:36.00	112	00:01:34.15	163	00:57:27.40	128	03:04:26.70	127	28	99	
98	Malcolm	Clash		M60	M	00:30:46	152	00:03:03.45	180	01:33:10.75	121	00:01:41.35	171	00:55:56.45	115	03:04:37.55	128	1	100	
169	John	Jones	Rhondda Tri	M50	M	00:26:49	67	00:02:07.70	120	01:30:55.65	109	00:01:09.15	108	01:03:39.90	180	03:04:41.45	129	4	101	
245	Andrew	Wallace		M45	M	00:19:56	2	00:01:48.45	80	01:36:47.95	154	00:01:15.25	121	01:05:19.60	185	03:05:07.05	130	14	102	
140	Johnnie	Graham		M20	M	00:28:24	98	00:03:29.85	197	01:39:38.55	172	00:02:16.95	209	00:52:02.00	86	03:05:51.15	131	3	103	
239	Jason	Thomas		M50	M	00:33:40	201	00:01:27.15	51	01:33:14.05	123	00:00:59.70	72	00:57:04.55	125	03:06:25.35	132	5	104	
216	Jason	Richards		M40	M	00:32:55	188	00:01:55.40	92	01:34:12.95	130	00:01:09.50	109	00:56:15.45	118	03:06:28.40	133	12	105	
259	Dave	Wilson	Cr@p Tri	M35	M	00:35:55	216	00:02:27.30	144	01:29:43.75	100	00:01:47.60	184	00:56:40.20	123	03:06:33.55	134	29	106	
38	Miriam	Brown		F30	F	00:28:51	110	00:01:49.60	83	01:40:55.10	177	00:01:06.70	97	00:54:25.20	104	03:07:07.65	135	2	7	
62	Araby	Mcclintock		F25	F	00:32:10	175	00:02:29.65	147	01:41:32.50	183	00:01:12.05	115	00:49:48.30	63	03:07:12.20	136	1	8	
113	Martin	Davies	NEWT	M55	M	00:39:39	228	00:02:02.55	103	01:34:38.95	137	00:00:52.35	51	00:50:07.10	65	03:07:20.25	137	3	107	
10	Having A Laugh			XR	N	00:27:42	84	00:00:55.40	19	01:40:10.85	176	00:00:46.50	26	00:57:50.05	130	03:07:25.25	138	9	23	
13	Insite Dogs			MR	N	00:30:56	159	00:01:34.80	63	01:31:44.20	113	00:00:52.15	49	01:02:27.65	169	03:07:34.75	139	14	24	
93	Julian	Burt		M50	M	00:29:09	120	00:03:46.80	207	01:34:11.35	129	00:02:01.45	196	00:58:32.05	138	03:07:40.80	140	6	108	
165	Kevin	Jones		M45	M	00:29:06	119	00:02:13.30	128	01:36:06.95	149	00:02:21.25	211	00:57:57.15	132	03:07:44.90	141	15	109	
61	Jenny	Mcadie	Team Deviant	F40	F	00:28:01	87	00:02:09.50	124	01:41:21.10	182	00:01:10.70	111	00:55:04.75	111	03:07:46.70	142	2	9	
256	Alec	Williams	Pembrokeshire Tri	M50	M	00:32:56	190	00:01:15.50	42	01:36:56.55	155	00:00:54.00	54	00:56:17.90	119	03:08:19.60	143	7	110	
36	Bryanie	Aldwyn Allsworth	West Coast Tri	F20	F	00:27:32	81	00:01:34.80	62	01:38:31.80	165	00:01:00.85	77	00:59:46.55	149	03:08:25.85	144	1	10	
127	Gareth	Fawcett		M25	M	00:28:25	99	00:04:08.45	217	01:32:38.85	118	00:03:07.60	220	01:00:13.20	155	03:08:32.65	145	17	111	
158	Peter	Hughes		M40	M	00:29:22	127	00:02:21.65	137	01:35:30.95	145	00:02:08.20	200	01:00:01.40	152	03:09:23.70	146	13	112	
248	Dai	Webb	Pembrokeshire Tri	M50	M	00:26:49	68	00:02:22.60	140	01:34:52.85	138	00:02:00.00	194	01:04:25.85	183	03:10:30.65	147	8	113	
33	Wave Runners			FR	N	00:24:47	23	00:00:53.60	13	01:45:41.85	203	00:00:46.80	27	00:58:22.90	136	03:10:31.95	148	2	25	
176	Peter	Lane		M45	M	00:30:29	145	00:02:47.55	163	01:34:17.25	132	00:00:41.10	12	01:02:28.55	170	03:10:43.90	149	16	114	
63	Lisa	Mead		F40	F	00:36:00	217	00:05:39.45	233	01:35:30.90	144	00:02:15.15	207	00:51:22.35	76	03:10:47.75	150	3	11	
187	Matt	Mead		M40	M	00:32:39	179	00:02:29.95	148	01:35:45.80	147	00:01:27.55	153	00:59:02.55	144	03:11:25.00	151	14	115	
197	Luke	Orehawa		M35	M	00:31:28	172	00:02:07.40	119	01:37:21.05	159	00:01:17.00	125	00:59:21.95	146	03:11:35.15	152	30	116	
237	Jason	Thomas		M40	M	00:30:57	161	00:02:46.00	160	01:37:31.85	162	00:01:54.55	189	00:58:35.10	140	03:11:44.95	153	15	117	
224	Simon	Scurrrell	TROTs	M35	M	00:30:41	150	00:03:17.55	192	01:39:52.85	174	00:02:12.80	203	00:56:19.25	120	03:12:23.90	154	31	118	
53	Eleri	Jones		F25	F	00:30:12	141	00:01:54.05	89	01:42:29.95	192	00:01:20.10	135	00:56:32.55	121	03:12:28.70	155	2	12	
261	Mike	Woods	Pembrokeshire Tri	M35	M	00:31:17	168	00:04:02.25	213	01:34:16.55	131	00:02:24.05	212	01:00:29.55	160	03:12:29.55	156	32	119	
168	Terry	Jones	Triathlon Coaching Wales	M65	M	00:28:46	108	00:01:52.80	86	01:37:14.80	157	00:02:15.65	208	01:02:58.75	174	03:13:07.95	157	1	120	
111	Chris	Davies	NEWT	M60	M	00:33:44	203	00:02:56.30	173	01:34:59.60	139	00:01:27.40	152	01:00:11.50	154	03:13:18.55	158	2	121	
9	Fantastic With Figures			XR	N	00:32:36	178	00:00:54.20	16	01:41:47.10	186	00:00:50.20	41	00:57:53.55	131	03:14:01.30	159	10	26	
220	Steven	Roberts		M35	M	00:33:23	196	00:03:14.25	188	01:38:34.80	166	00:01:57.65	192	00:56:57.60	124	03:14:07.50	160	33	122	

43	Cara	Davies	Emlyn Flyers	F40	F	00:33:29	199	00:01:57.90	96	01:36:07.05	150	00:01:07.10	100	01:01:59.95	166	03:14:40.95	161	4	13
73	Sally	Waters Foster	Emlyn Flyers	F45	F	00:30:20	142	00:01:57.05	95	01:42:19.00	191	00:00:57.80	63	00:59:34.30	148	03:15:08.45	162	3	14
173	Martin	King	Pembrokeshire Tri	M30	M	00:26:59	72	00:02:57.00	176	01:37:29.60	161	00:02:20.40	210	01:05:40.70	188	03:15:26.45	163	22	123
204	Simon	Phillips	Pembrokeshire Tri	M35	M	00:35:08	211	00:03:37.65	201	01:35:37.05	146	00:01:40.00	169	00:59:49.95	151	03:15:52.30	164	34	124
190	Paul	Moores		M50	M	00:31:27	171	00:04:09.85	218	01:39:34.60	171	00:02:10.65	202	00:58:49.95	142	03:16:12.30	165	9	125
41	Kim	Chester		F40	F	00:35:06	210	00:02:09.75	125	01:38:55.80	168	00:01:12.95	118	00:58:53.15	143	03:16:17.75	166	5	15
167	Jonathan	Jones		M40	M	00:34:59	209	00:02:04.00	109	01:33:59.45	127	00:01:12.95	117	01:04:11.15	181	03:16:26.70	167	16	126
152	Craig	Hitchings		M35	M	00:26:33	59	00:02:21.95	139	01:39:11.75	169	00:01:58.45	193	01:06:54.15	194	03:16:58.95	168	35	127
170	Brian	Keane	Pembrokeshire Tri	M35	M	00:25:09	34	00:01:54.05	88	01:41:06.75	181	00:02:04.75	199	01:07:15.10	195	03:17:29.75	169	36	128
108	George	Davies		M25	M	00:28:08	91	00:03:07.75	182	01:40:03.60	175	00:02:02.70	198	01:04:36.00	184	03:17:58.55	170	18	129
201	Jason	Peach	Tewkesbury Tri Club	M50	M	00:33:28	198	00:03:15.65	189	01:42:16.90	190	00:01:27.65	154	00:59:49.60	150	03:20:18.20	171	10	130
253	James	Wicks	Milford Tritons	M30	M	00:39:13	223	00:02:40.45	155	01:37:07.30	156	00:01:21.90	138	01:01:13.85	162	03:21:36.20	172	23	131
15	M&Ms			XR	N	00:33:23	195	00:01:14.20	40	01:38:54.45	167	00:00:45.95	24	01:07:23.50	197	03:21:41.55	173	11	27
194	Marcus	Neely		M25	M	00:28:40	106	00:03:23.55	195	01:47:58.25	208	00:01:13.35	119	01:00:52.95	161	03:22:08.45	174	19	132
212	Jamie	Radmore		M20	M	00:28:08	92	00:02:09.45	123	01:41:44.05	185	00:01:42.80	175	01:08:33.05	200	03:22:17.25	175	4	133
178	David	Latham	Cr@p Tri	M40	M	00:32:47	182	00:02:48.05	164	01:45:29.50	201	00:01:31.75	160	01:00:02.70	153	03:22:39.40	176	17	134
75	Zara	Williams	Bridgend Athletic Club	F30	F	00:35:47	214	00:02:50.85	168	01:45:32.05	202	00:01:21.05	137	00:57:08.85	126	03:22:39.85	177	3	16
18	Old Timers			MR	N	00:29:00	113	00:01:37.20	67	01:44:46.65	198	00:01:06.75	98	01:06:18.05	191	03:22:48.25	178	15	28
86	Nigel	Barklie		M55	M	00:30:58	162	00:03:04.85	181	01:45:21.65	200	00:01:33.15	162	01:02:17.80	168	03:23:15.50	179	4	135
87	Matthew	Beaumont		M25	M	00:35:28	212	00:03:13.80	187	01:36:28.30	152	00:00:51.20	46	01:07:18.00	196	03:23:19.55	180	20	136
107	Phillip	Davies		M45	M	00:35:45	213	00:02:43.15	158	01:40:59.95	180	00:01:52.80	188	01:02:06.60	167	03:23:27.65	181	17	137
141	Martin	Green	Pembrokeshire Tri	M55	M	00:30:28	144	00:02:03.20	107	01:42:30.90	193	00:02:08.60	201	01:06:27.65	192	03:23:38.70	182	5	138
114	Huw	Davies	Carmarthen Harriers	M45	M	00:44:08	234	00:03:44.15	206	01:43:34.05	196	00:01:41.40	172	00:51:44.95	80	03:24:52.10	183	18	139
223	Dean	Saunders		M25	M	00:33:53	204	00:05:57.50	236	01:39:12.00	170	00:02:47.15	219	01:03:13.95	177	03:25:03.75	184	21	140
230	Michael	Smith		M55	M	00:35:51	215	00:03:03.35	179	01:39:43.05	173	00:01:48.75	185	01:05:21.90	186	03:25:48.50	185	6	141
133	Ross	Gardner		M55	M	00:33:30	200	00:04:06.55	214	01:45:58.00	204	00:02:14.75	206	01:00:27.85	159	03:26:17.55	186	7	142
203	Mike	Perry		M50	M	00:36:24	219	00:03:32.00	198	01:42:16.60	189	00:02:00.10	195	01:02:39.35	172	03:26:52.00	187	11	143
30	The Ultra Nuggets			XR	N	00:29:31	131	00:04:22.45	221	01:32:49.95	120	00:01:09.90	110	01:19:34.20	220	03:27:27.20	188	12	29
102	Jim	Cornock		M45	M	00:42:00	231	00:02:02.60	105	01:33:13.15	122	00:01:19.20	132	01:09:11.20	203	03:27:45.90	189	19	144
81	Joel	Akhurst		M25	M	00:28:29	101	00:03:37.40	200	01:52:26.10	215	00:01:19.45	133	01:01:55.00	165	03:27:47.40	190	22	145
229	Ray	Skinner		M55	M	00:42:59	232	00:03:43.15	205	01:41:51.80	187	00:01:22.15	140	01:00:13.75	156	03:30:09.45	191	8	146
31	Tri Not To Dai			XR	N	00:28:33	102	00:03:54.90	210	01:38:07.55	163	00:03:14.50	224	01:16:38.90	217	03:30:28.55	192	13	30
42	Camilla	Cooke	Pembrokeshire Tri	F45	F	00:36:07	218	00:02:23.50	141	01:45:01.95	199	00:01:39.65	168	01:05:52.05	190	03:31:03.70	193	4	17
153	Lee	Hitchings		M35	M	00:30:47	154	00:05:10.45	230	01:42:45.00	194	00:02:26.40	213	01:10:07.95	204	03:31:16.45	194	37	147
45	Lucy	Davies		F35	F	00:30:26	143	00:02:43.55	159	01:53:55.50	218	00:01:46.00	179	01:02:49.00	173	03:31:39.80	195	3	18
162	Matthew	John		M20	M	00:33:01	191	00:05:56.35	235	01:43:51.05	197	00:03:12.80	223	01:05:42.65	189	03:31:43.45	196	5	148
44	Chrissy	Davies	Pembrokeshire Tri	F45	F	00:30:59	163	00:02:20.10	134	01:50:08.60	209	00:01:47.40	183	01:06:38.05	193	03:31:52.85	197	5	19
40	Mary	Charles		F50	F	00:32:53	186	00:02:51.30	169	01:35:18.15	142	00:01:27.35	151	01:21:02.65	221	03:33:32.00	198	1	20
58	Mandy	Lewis		F50	F	00:39:25	224	00:02:35.30	150	01:42:12.90	188	00:01:41.85	173	01:08:10.40	199	03:34:05.80	199	2	21
257	Daniel	Williams	NBCC	M30	M	00:30:53	157	00:04:52.90	229	01:41:38.00	184	00:02:37.30	216	01:14:14.35	209	03:34:15.40	200	24	149
149	Wayne	Haycocks		M45	M	00:39:27	225	00:04:29.00	224	01:36:36.00	153	00:01:31.70	159	01:12:23.20	207	03:34:27.25	201	20	150
57	Vicki	Lewis		F30	F	00:24:51	25	00:02:38.95	152	01:50:18.90	210	00:01:06.10	93	01:15:45.10	214	03:34:39.85	202	4	22
157	Gareth	Howells	Pembrokeshire Tri	M45	M	00:31:18	169	00:03:17.45	191	01:43:32.70	195	00:01:43.10	177	01:14:55.20	212	03:34:46.45	203	21	151
94	Brian	Byrne		M50	M	00:32:53	187	00:03:51.65	209	01:54:08.95	219	00:01:08.30	106	01:03:21.75	179	03:35:23.90	204	12	152
23	Sussex Sizzlers			MR	N	00:39:35	227	00:01:44.20	76	01:51:12.90	213	00:00:49.85	37	01:03:06.30	175	03:36:28.50	205	16	31
69	Ying Yang			MR	N	00:37:05	221	00:04:13.25	220	01:51:10.35	212	00:00:53.80	52	01:03:06.75	176	03:36:28.65	206	17	32
68	Nadine	Pilkington	Wrecsam Tri	F25	F	00:25:20	38	00:02:02.60	104	02:01:33.25	225	00:00:58.30	65	01:07:23.75	198	03:37:18.25	207	3	23
67	Rachael	Parkinson	Bynea CC	F35	F	00:30:51	155	00:02:21.85	138	01:46:16.25	206	00:01:37.65	166	01:17:43.50	218	03:38:50.00	208	4	24
177	Gareth	Lane		M45	M	00:43:30	233	00:04:06.60	215	01:40:59.70	179	00:02:32.55	214	01:08:56.90	201	03:40:05.80	209	22	153
249	James	Wermig		M45	M	00:39:33	226	00:03:39.85	204	01:46:04.30	205	00:02:14.40	205	01:11:18.10	206	03:42:50.15	210	23	154
48	Bria	Gammer	NBCC	F20	F	00:32:03	174	00:02:53.65	170	01:52:37.90	216	00:01:33.10	161	01:14:33.50	211	03:43:41.40	211	2	25
71	Alisha	Sturley		F20	F	00:28:45	107	00:03:22.60	194	01:55:14.65	220	00:01:46.60	181	01:14:32.90	210	03:43:41.45	212	3	26
156	Chris	Hopkins		M40	M	00:39:05	222	00:03:56.50	212	01:47:17.95	207	00:03:16.20	225	01:10:19.50	205	03:43:55.30	213	18	155
49	Selina	Griffiths	Pembrokeshire Tri	F30	F	00:27:16	77	00:04:43.25	226	02:00:52.90	224	00:03:24.80	226	01:09:08.10	202	03:45:25.55	214	5	27
50	Rebecca	Hancock	Pembrokeshire Tri	F35	F	00:33:07	193	00:01:23.70	47	01:53:20.30	217	00:01:27.15	150	01:21:49.55	222	03:51:07.65	215	5	28
185	Emil	Matthews		M20	M	00:34:29	205	00:06:08.65	237	01:52:06.35	214	00:03:08.60	221	01:15:40.70	213	03:51:33.45	216	6	156
77	Sarah	Winter	Pembrokeshire Tri	F45	F	00:40:04	229	00:02:01.75	101	01:56:44.65	221	00:01:06.50	95	01:13:03.85	208	03:53:00.70	217	6	29

20	Pembs Youth			FR	N	00:36:56	220	00:00:54.70	17	02:09:48.10	230	00:00:38.05	8	01:05:25.65	187	03:53:42.45	218	3	33	
199	Tim	Parratt		M35	M	00:34:40	206	00:04:33.10	225	01:51:06.80	211	00:02:41.40	218	01:21:53.35	223	03:54:54.70	219	38	157	
65	Emily	Nicholas		F30	F	00:53:09	236	00:03:09.20	184	01:57:51.15	222	00:02:01.45	197	01:04:13.10	182	04:00:24.05	220	6	30	
104	Darren	Crockford		M40	M	00:30:00	138	00:03:39.20	202	01:58:17.30	223	00:02:37.75	217	01:26:31.50	225	04:01:06.20	221	19	158	
181	Simon	Lloyd		M45	M	00:31:01	164	00:03:55.20	211	02:05:43.20	227	00:02:34.25	215	01:18:14.05	219	04:01:27.25	222	24	159	
66	Lowri	O Boyle		F35	F	00:33:41	202	00:04:27.40	223	02:06:52.95	229	00:01:41.30	170	01:15:49.55	215	04:02:32.35	223	6	31	
159	Paul	Hunt		M45	M	00:32:50	185	00:03:39.55	203	02:16:10.60	232	00:01:42.90	176	01:16:21.45	216	04:10:44.95	224	25	160	
56	Julie	King		F35	F	00:34:43	208	00:05:48.50	234	02:06:36.05	228	00:01:47.15	182	01:31:06.50	226	04:20:01.05	225	7	32	
46	Makala	Doughty		F45	F	00:33:27	197	00:05:20.40	231	02:04:23.10	226	00:05:41.60	227	01:31:09.90	227	04:20:01.75	226	7	33	
28	The Kings			XR	N	00:34:43	207	00:01:43.70	75	02:17:32.30	233	00:01:09.00	107	01:24:56.70	224	04:20:04.85	227	14	34	
2	3 Amigos			MR	N	00:21:44	4	00:00:47.00	3								DNF			
39	Julia	Buxton		F50	F												DNF			
64	Juliana	Morgans	Narberth Dynamos	F20	F	00:32:44	181	00:01:53.50	87	01:26:19.90	69						DNF			
76	Clare	Williams	Pembrokeshire Tri	F50	F	00:31:15	167	00:02:04.50	111								DNF			
78	Megan	Withers	Pembrokeshire Tri	F20	F	00:22:13	5	00:00:52.15	10								DNF			
106	John	Davidson		M45	M												DNF			
110	Ceri	Davies		M45	M	00:28:38	104	00:04:10.65	219	01:34:07.60	128						DNF			
122	Tomos	Dugmore	Cardiff Metropolitan University	M20	M	00:25:43	47	00:00:57.90	23								DNF			
151	David	Hill	NBCC	M65	M	00:40:15	230	00:04:25.20	222	01:35:01.30	140						DNF			
210	Ben	Price	Triathlon Coaching Wales	M40	M												DNF			
215	Steve	Rich	Pembrokeshire Tri	M60	M	00:29:35	134	00:04:50.50	228	01:37:15.85	158						DNF			
233	Chris	Smith	Wrecsam Tri	M45	M	00:26:51	70	00:01:58.70	98	01:24:29.90	50						DNF			
234	Kyri	Spyrou		M45	M	00:47:33	235	00:05:30.95	232	02:10:54.50	231						DNF			
47	Rebecca	Evans		F40	F												DNS			
51	Julia	Hill	Pembrokeshire Tri	F40	F												DNS			
52	Kate	Humphreys		F35	F												DNS			
55	Sara	Jones	CMC	F35	F												DNS			
70	Maria	Saligova Smith	Cr@p Tri	F35	F												DNS			
101	Thomas	Colville		M40	M												DNS			
109	Berian	Davies		M40	M												DNS			
112	Mark	Davies	Rhondda Tri	M40	M												DNS			
128	Nicholas	Forbes	Bynea CC	M45	M												DNS			
129	Luke	Foster	Phoenix Triathlon	M30	M												DNS			
136	Darren	Gilbert		M40	M												DNS			
143	Tom	Grove		M30	M												DNS			
155	Neil	Holmes		M35	M												DNS			
172	Steve	King		M40	M												DNS			
202	Richard	Perkins	Pencoed Tri Club	M40	M												DNS			
211	Mathew	Pritchard		M30	M												DNS			
232	Mr	Smith	Five Frogs	M45	M												DNS			
238	Simon	Thomas		M40	M												DNS			
243	Phillip	Turner	Bynea CC	M45	M												DNS			
252	Andy	Whittle		M35	M												DNS			
16	Mid Life Crisis			MR	N			00:00:41.00	1	01:34:29.20	136	00:00:47.80	31	01:03:18.85	178	03:19:39.30	DQ			No Swim