

Position	NO	NAME	SURNAME	SEX	CAT	CLUB	Swim + T1	Rank	Bike + T2	Rank	Run	Rank	TOTAL
1	89	Matthew	Newman	M	O	BAD Tri	00:11:37	2	01:37:04	1	00:41:29	1	02:30:10
2	43	Chris	Stuart	M	O	Army	00:11:02	1	01:42:14	3	00:44:09	3	02:37:25
3	86	Michael	Bool	M	O	Cardiff Triathletes	00:12:06	3	01:42:15	4	00:45:50	6	02:40:11
4	78	Dave	Copland	M	V	Ipswich Tri Club	00:15:04	24	01:42:56	5	00:45:44	5	02:43:44
5	69	Richard	Lewis	M	O	Celtic Tri	00:16:26	41	01:44:19	7	00:43:32	2	02:44:17
6	68	Scott	Davies	M	O	Celtic Tri	00:14:58	20	01:43:28	6	00:46:33	8	02:44:59
7	84	Ioan	Williams	M	O	PSUK - Gwent Police	00:17:28	57	01:39:52	2	00:48:50	14	02:46:10
8	76	James	Nunn	M	O	Cardiff Triathletes	00:14:18	14	01:47:35	10	00:46:41	9	02:48:34
9	90	Chris	Ward	M	O	0	00:13:43	9	01:48:07	11	00:46:52	10	02:48:42
10	88	Gethin	Parnham	M	O	0	00:13:12	7	01:49:50	15	00:45:41	4	02:48:43
11	77	John	Littlewood	M	O	Celtic Tri	00:15:15	25	01:49:31	13	00:45:59	7	02:50:45
12	82	Paul	Bruton	M	O	NEWT	00:13:04	6	01:50:32	17	00:49:20	18	02:52:56
13	63	Des	Devlin	M	O	ACME Wheelers	00:15:20	26	01:46:49	9	00:50:58	26	02:53:07
14	80	Robert	Edwards	M	O	BAD Tri	00:12:58	4	01:50:15	16	00:49:58	21	02:53:11
15	70	JAMES	MANSON	M	O	Cardiff Triathletes	00:15:24	28	01:49:19	12	00:49:01	15	02:53:44
16	47	Andrew	MacLae	M	V	Cardiff Triathletes	00:14:17	13	01:52:21	21	00:48:14	12	02:54:52
17	13	Dan	Taylor	M	O	Taff Ely Triathlon Club	00:16:07	37	01:46:31	8	00:52:49	35	02:55:27
18	81	Jamie	Organ	M	O	Royal Air Force	00:13:45	10	01:51:04	19	00:51:16	28	02:56:05
19	28	Sam	Shannon	M	O	0	00:14:42	17	01:52:18	20	00:50:18	22	02:57:18
20	73	Brian	Palmer	M	SV	Celtic Tri	00:16:19	40	01:53:15	22	00:48:46	13	02:58:20
21	51	Stephen	Caldwell	M	V	Chepstow Harriers	00:18:38	69	01:54:07	26	00:47:24	11	03:00:09
22	75	Bethan	Fowler	F	O	Team Tri UK	00:14:03	12	01:57:18	34	00:49:30	19	03:00:51
23	83	miles	Brown	M	V	Cardiff Triathletes	00:13:21	8	01:54:06	25	00:55:37	46	03:03:04
24	48	James	Braun	M	V	Les Croupiers Triathletes	00:13:00	5	01:56:20	31	00:53:56	39	03:03:16
25	52	neil	jones	M	O	Abergavenny RC	00:18:16	67	01:49:44	14	00:55:17	44	03:03:17
26	41	Huw	Pullen	M	O	Cardiff Triathlon Club	00:13:50	11	01:56:43	32	00:53:00	37	03:03:33
27	60	Edward	Morgan	M	SV	Taff Ely Triathlon Club	00:15:28	29	01:59:18	36	00:49:04	16	03:03:50
28	65	Stuart	Howe	M	O	Rhondda Triathlon Club	00:16:27	42	01:58:13	35	00:49:34	20	03:04:14
29	64	John	Pedder-Roberts	M	V	Gwent Triathlon Club	00:16:28	43	01:56:17	30	00:51:30	30	03:04:15
30	38	Raoul	Tufnell	M	O	Tewkesbury Ticklers	00:17:03	54	01:53:55	24	00:54:15	40	03:05:13
31	36	Niall	Foster	M	O	0	00:16:36	44	01:56:14	29	00:52:30	33	03:05:20
32	58	Gareth	Lynch	M	O	Cardiff Triathletes	00:18:22	68	01:57:07	33	00:50:39	23	03:06:08
33	57	Paddy	Goodall	M	V	0	00:17:02	53	01:53:44	23	00:56:18	49	03:07:04
34	85	Andy	Pearce	M	V	Cardiff Triathletes	00:15:54	35	01:55:59	28	00:55:26	45	03:07:19
35	74	wayne	cooper	M	V	newt	00:14:28	15	01:55:36	27	00:57:37	55	03:07:41
36	32	Fairclough	Chris	M	O	Unattached	00:16:08	38	01:51:03	18	01:00:49	64	03:08:00
37	19	Tom	Foster	M	O	0	00:15:22	27	02:04:26	44	00:49:14	17	03:09:02
38	15	Richard T	Rees	M	O	Celtic Tri	00:15:54	36	02:00:22	37	00:53:13	38	03:09:29
39	59	neil	williams	M	V	Celtic Tri	00:16:53	49	02:02:11	40	00:52:34	34	03:11:38
40	35	Dominic	Ryland	M	V	Cardiff Tri	00:16:39	45	02:04:17	43	00:50:51	24	03:11:47
41	44	MARK	ENGLISH	M	V	N.E.W.T	00:15:36	30	02:06:30	53	00:50:54	25	03:13:00
42	79	david	gunthorpe	M	O	Cardiff Triathletes	00:14:56	18	02:02:40	41	00:56:00	48	03:13:36
43	40	Elaine	Ferguson	F	O	Cardiff Triathletes	00:15:02	22	02:02:01	39	00:56:41	50	03:13:44
44	31	Philip	Thomas	M	O	Rhondda Triathlon Club	00:17:10	56	02:05:22	48	00:52:49	36	03:15:21
45	37	Paul	Belcher	M	VV	0	00:17:34	59	02:07:11	54	00:51:26	29	03:16:11
46	29	Vanessa	Lawson	F	V	Chepstow Harriers	00:18:59	73	02:04:58	46	00:52:17	32	03:16:14
47	34	Keith	Richards	M	V	Pencoed Tri	00:16:08	39	02:05:38	51	00:54:28	41	03:16:14
48	66	Christoph	Price	M	O	Celtic Tri	00:15:00	21	02:05:25	49	00:55:58	47	03:16:23
49	50	Esther	Barrett	F	O	Chepstow Harriers	00:18:42	70	02:00:50	38	00:58:04	57	03:17:36
50	46	Trish	Chalk	F	O	Monmouth Tri Club	00:15:42	32	02:03:07	42	00:59:50	61	03:18:39
51	71	richard	jones	M	O	3ms road runners	00:16:51	48	02:04:47	45	00:57:24	54	03:19:02
52	24	CLAIRE	MANSON	F	O	Cardiff Triathletes	00:14:38	16	02:05:06	47	00:59:20	60	03:19:04
53	18	Jane	Lewis	F	V	0	00:15:41	31	02:08:26	56	00:55:03	43	03:19:10
54	27	Paul	White	M	SV	Leg-it	00:17:55	62	02:05:32	50	00:56:41	51	03:20:08
55	42	Richard L	Lewis	M	O	Celtic Tri	00:16:48	47	02:07:26	55	00:58:42	58	03:22:56
56	87	andy	marriner	M	V	iron monkeys triathlon club	00:15:50	34	02:11:30	59	00:57:10	53	03:24:30
57	16	Jayne	Arnold	F	V	Celtic Tri	00:16:55	51	02:12:20	60	00:56:55	52	03:26:10
58	26	Mark	Sims	M	SV	Brecon Triathlon Club	00:18:44	71	02:13:29	62	00:54:44	42	03:26:57
59	6	John	Diffey	M	V	South Wales Police	00:19:53	77	02:15:36	69	00:51:31	31	03:27:00
60	22	Byron	Davies	M	O	3M'S	00:16:53	50	02:14:36	64	00:58:03	56	03:29:32
61	2	rich	evans	M	SV	0	00:22:23	82	02:06:17	52	01:00:59	65	03:29:39
62	49	David	Moore	M	V	Pembrokeshire Triathlon Club	00:20:31	79	02:18:24	72	00:51:16	27	03:30:11
63	39	Damian	Evans	M	O	0	00:17:55	63	02:10:14	57	01:03:14	71	03:31:23
64	45	Simon	Rawlings	M	V	East Essex Tri	00:17:04	55	02:15:10	66	01:00:06	63	03:32:20
65	33	catherine	etchell	F	V	Taff Ely Triathlon Club	00:17:55	64	02:11:14	58	01:03:23	72	03:32:32
66	61	paul	jackson	M	V	0	00:20:04	78	02:14:53	65	00:59:51	62	03:34:48
67	11	Pamela	Suter	F	O	0	00:18:47	72	02:14:27	63	01:02:45	70	03:35:59
68	23	Darren	Cassidy	M	O	East Essex Tri	00:15:47	33	02:16:59	71	01:03:33	73	03:36:19
69	54	Matthew	Crowley	M	O	0	00:17:38	60	02:16:55	70	01:02:26	68	03:36:59
70	55	Rob	Summers	M	V	Chepstow Harriers	00:16:47	46	02:15:27	68	01:05:43	75	03:37:57
71	25	julian	sanders	M	O	0	00:17:56	65	02:21:52	74	00:58:45	59	03:38:33
72	30	Marc	Yeoman	M	O	0	00:17:01	52	02:12:44	61	01:09:54	79	03:39:39
73	10	Rosalind	Edmonds	F	SV	Taff Ely Triathlon Club	00:19:28	74	02:19:03	73	01:01:42	67	03:40:13
74	7	adrian	pearce	M	V	0	00:17:28	58	02:24:56	76	01:02:30	69	03:44:54
75	72	rachel	allen	F	O	griff harrdiere	00:15:04	23	02:29:36	77	01:01:11	66	03:45:51
76	4	Andrew	Thompson	M	V	Leeds And Bradford Triathlon Club	00:19:42	75	02:15:24	67	01:10:48	80	03:45:54
77	56	daryl	lynch	M	V	0	00:17:38	61	02:22:35	75	01:08:04	76	03:48:17
78	21	Andrew	Deans	M	V	Cardiff Triathletes	00:14:57	19	02:38:12	80	01:09:16	77	04:02:25
79	9	paul	griffin	M	O	0	00:19:52	76	02:33:23	78	01:16:18	82	04:09:33
80	8	Patrick	Newman	M	VV	BAD Tri	00:21:23	80	02:44:10	82	01:09:22	78	04:14:55
81	20	Troy	Elliott	M	V	Iron Monkeys	00:18:04	66	02:34:00	79	01:23:37	84	04:15:41
82	1	Berna	Cantwell	F	V	Chepstow Harriers	00:34:30	84	02:42:17	81	01:05:19	74	04:22:06
83	14	Philippa	Crocker	F	V	Kingswood Tri	00:22:18	81	02:49:42	83	01:18:30	83	04:30:30
84	3	nicholas	price	M	V	0	00:26:52	83	03:00:46	84	01:13:35	81	04:41:13
DNF	67	Paul	Arnold	F	V	Celtic Tri	00:15:02		00:00:00		00:00:00		00:00:00
DNF	62	Jonathan	Saunders	M	O	0	00:15:22		02:12:16		00:00:00		00:00:00
DNF	53	Pedro	Bonillo-Farias	M	O	Weston Athletic Club	00:20:25		00:00:00		00:00:00		00:00:00
DNF	12	Gavin	Watts	M	O	Pencoed Tri	00:19:55		00:00:00		00:00:00		00:00:00
DNF	5	Christophe	Carrott	M	V	East Essex Tri	00:18:44		00:00:00		00:00:00		00:00:00
DNF	17	SEAN	LAMBERT	M	V	0	00:16:20		02:06:38		00:00:00		00:00:00