

Place	Bib	Name	Cat	Club	Run1	T1	Bike	T2	Run	Finish	PENAL
Female Under 20											
1	19	Ffion Mulford	F		22:50	00:56	43:02:00	01:02	10:23	01:18:11	
2	65	Clara Rhodes	F	Newport U18 Triathletes	23:32	01:22	49:22:00	01:05	12:22	01:27:42	
Female 30-34											
1	11	Katrina Entwistle	F		19:35	01:20	44:57:00	01:03	09:08	01:16:01	
Female 35-39											
1	15	Lucy Marland	F	Rhondda Triathlon Club	19:11	00:44	39:34:00	00:46	08:47	01:09:00	
2	6	Beth Jones	F	Swansea Vale Tri	21:02	00:58	40:59:00	00:57	10:05	01:13:59	
Female 40-44											
1	33	Emer Sandham	F	GOG Triathlon	26:13:00	00:51	43:55:00	01:10	11:30	01:23:38	
2	98	Emily Brown	F	RAF Triathlon	23:45	01:07	46:31:00	00:47	11:44	01:23:53	
3	54	Laura Lambe	F	GOG Triathlon	28:22:00	01:34	46:06:00	02:02	13:56	01:31:58	
Female 45-49											
1	42	Caryl Williams	F	Tri Potential	24:00:00	01:01	43:11:00	01:11	11:21	01:20:42	
2	101	Gwennan Henstock	F		24:15:00	01:16	44:56:00	00:55	11:40	01:23:00	
3	45	Nesta Mccluskey	F		22:35	01:07	47:59:00	01:01	10:34	01:23:14	
Female 55-59											
1	51	Dawn Samuels	F	Wreccsam Tri Club	26:15:00	01:08	46:47:00	01:01	12:17	01:27:26	
Female 60-64											
1	59	Debs m Jones	F	GOG Triathlon	25:55:00	01:34	44:12:00	01:14	12:45	01:25:38	
2	8	Carolyn Williams	F	Port Talbot Harriers	28:04:00	01:18	49:47:00	01:30	14:12	01:34:48	

3	86	Enid Roberts	F	GOG Triathlon	30:29:00	01:44	49:39:00	01:16	15:03	01:38:08
Female 65-69										
1	78	Colette Price	F	GOG Triathlon	31:21:00	01:39	56:15:00	01:45	15:48	01:46:46
2	52	Alison Shepherd	F	GOG Triathlon	34:32:00	01:05	01:00:30	00:55	15:24	01:52:25
Female 75-79										
1	76	Sue Graves	F		37:10:00	02:00	01:00:35	01:40	17:55	01:59:18
2	84	Ann Dalbuquerque	F	GOG Triathlon	32:04:00	01:55	01:39:08	01:58	15:25	02:30:28
Open 20-24										
1	34	Adam Moore	O		19:23	00:52	38:34:00	00:41	09:00	01:08:28
Open 30-34										
1	2	Joseph Beech	O	Preston Wheelers	16:54	00:39	33:07:00	00:46	08:12	59:35:00
2	47	Gareth Bowen	O	TEAM NFT	20:35	01:19	37:14:00	01:01	09:29	01:09:35
Open 35-39										
1	104	James Peters	O	Rhondda Triathlon Club	17:43	01:17	37:08:00	00:52	08:02	01:05:59 +1:00
2	103	Huw Brassington	O	Tri Lakeland	19:11	00:54	36:39:00	00:38	09:04	01:06:26
3	31	Jason Cole	O	Peter Lloyd Coaching	19:42	00:43	37:41:00	00:47	09:06	01:07:58
4	29	Daniel Mcdonald	O		21:40	00:52	41:18:00	00:47	10:24	01:15:00
Open 40-44										
1	110	Jonathan Tyler	O		18:34	00:40	36:58:00	00:34	09:04	01:06:48 +1:00
2	53	Andrew Woods	O		34:49:00	02:05	50:50:00	02:14	18:16	01:48:12
Male 45-49										
1	36	John Fitzpatrick	O	White Rock Triathletes	19:08	00:55	35:23:00	01:06	08:59	01:05:28

2	10	Dave Coates	O		20:05	00:43	36:34:00	00:40	09:51	01:07:50
3	43	David Barlow	O		19:11	00:45	38:17:00	00:39	09:07	01:07:56
4	37	Miklos Biro	O	GOG Triathlon	22:21	00:50	40:50:00	01:01	10:40	01:15:41
5	24	Lee Hopkins	O	Swansea Vale Tri	23:20	01:01	39:25:00	00:53	11:54	01:16:31
6	58	Ashley Tomlinson	O	GOG Triathlon	28:08:00	01:11	43:15:00	00:52	13:38	01:27:01
Male 50-54*										
1	30	Llyr Apgeraint-roberts	O		19:44	00:39	39:46:00	00:44	09:24	01:10:15
2	40	Mark Kelly	O	GOG Triathlon	21:38	00:53	42:20:00	01:06	10:20	01:16:14
3	22	Simon Wilde	O	Wreccsam Tri	22:37	01:21	42:12:00	01:23	10:18	01:17:49
4	38	Colin Barrett	O	Tenby Aces CC	24:10:00	01:12	41:59:00	01:02	11:36	01:19:57
Male 55-59										
1	12	Michael Jones	O		19:53	00:48	39:31:00	00:59	09:22	01:10:32
2	20	Ian Houston	O	TCC Endurance	20:04	01:03	39:11:00	00:52	09:59	01:11:08
3	17	Owen Jones	O	DC TRIATHLON	20:53	01:36	39:29:00	00:59	09:47	01:12:42
4	16	Tim Burnett	O	Wreccsam Tri Club	25:25:00	00:55	37:59:00	00:58	11:44	01:16:59
5	35	Darren Thompson	O	Prestatyn running club	24:10:00	01:13	46:20:00	00:43	11:47	01:24:11
Male 65-69										
1	13	Dean Hardie	O	Bynea Cycling Club	23:26	00:39	40:41:00	00:42	10:54	01:16:21
2	49	John Pollard	O	Coventry Triathletes	24:31:00	01:20	45:23:00	01:40	11:51	01:24:44
3	7	Bill Davies	O		24:43:00	00:52	46:56:00	00:55	11:52	01:25:17
4	68	Kevin Pullin	O	Bynea Cycling Club	29:48:00	02:08	51:43:00	02:26	14:18	01:40:20
5	102	Guy Clamp	O	Wreccsam Tri Club	36:52:00	01:52	52:46:00	02:08	18:20	01:51:55

Male 70-74

1	50	Colin Hunt	O	Wreccsam Tri Club	26:24:00	00:43	46:31:00	00:39	13:06	01:27:21
2	81	Paul Belcher	O	Pen-Y-Bont Triathlon Club	27:21:00	01:25	46:28:00	01:16	13:30	01:29:58
3	66	Dave Passe	O	Clwb Seiclo Rhuthun, Harriers Dinbych	27:52:00	01:05	48:45:00	01:17	13:55	01:32:52