



Bib No	First Name	Last Name	Club	Category	Gender	Swim	Swim Pos	T1	T1 Pos	Run	Run Pos	Finish	Overall Pos	Category Pos	Gender Pos	Comments
153	Ben	Bartlett	Triathlon Coaching Wales	M2039	M	00:10:09	1	00:00:23.60	2	00:17:36.00	1	00:28:09.10	1	1	1	
1	Michael	Lewis	Torfaen Triathlon Club	M2039	M							00:28:38.00	2	2	2	No Chip
7	Joshua	Wallace	Celtic Tri	M1719	M	00:11:01	5	00:00:38.65	27	00:18:22.80	4	00:30:02.75	3	1	3	
14	Nicholas	Thomas	Port Talbot Harriers	M2039	M	00:10:26	2	00:00:27.90	6	00:19:26.05	14	00:30:20.20	4	3	4	
12	Luke	Wyatt	Triathlon Coaching Wales	M1314	M	00:11:04	8	00:00:34.80	16	00:18:56.25	7	00:30:35.50	5	1	5	
62	Nino	Gatti	Port Talbot Harriers	M2039	M	00:12:01	17	00:00:48.40	48	00:18:03.35	2	00:30:53.10	6	4	6	
8	Finley	Hines	Port Talbot Harriers	M1516	M	00:12:14	20	00:00:48.75	49	00:18:19.80	3	00:31:22.70	7	1	7	
38	Paul	Jones		M2039	M	00:11:50	15	00:00:37.65	22	00:19:23.35	13	00:31:51.10	8	5	8	
15	Abigail	Davies	Triathlon Coaching Wales	F1314	F	00:10:57	4	00:00:24.80	3	00:20:43.45	27	00:32:05.30	9	1	1	
16	Osian	Williams	Triathlon Coaching Wales	M1516	M	00:11:03	6	00:00:31.60	10	00:20:47.80	28	00:32:22.45	10	2	9	
60	Mark	Binding	Taff Ely Triathlon Club	M4049	M	00:12:58	31	00:00:32.15	11	00:18:56.65	8	00:32:27.05	11	1	10	
58	Martin	Cole	Port Talbot Harriers	M5059	M	00:12:00	16	00:00:38.35	24	00:19:56.30	20	00:32:34.65	12	1	11	
59	Dean	Johnston	Port Talbot Harriers	M4049	M	00:13:07	33	00:00:41.60	36	00:18:52.40	6	00:32:41.35	13	2	12	
39	Greg	Millard		M4049	M	00:12:38	25	00:00:49.85	54	00:19:31.90	15	00:32:59.35	14	3	13	
75	Craig	Ellery	Port Talbot Harriers	M2039	M	00:12:29	23	00:00:20.35	1	00:20:19.60	22	00:33:08.95	15	6	14	
270	Mia	Smith	Torfaen Triathlon Club	R	N	00:12:46	27	00:00:31.05	9	00:19:52.50	18	00:33:09.25	16	1	1	
73	Gareth	Lawrence	Brecon Triathlon Club	M2039	M	00:14:01	49	00:00:39.05	30	00:18:36.85	5	00:33:17.25	17	7	15	
2	Fiona	Bostock	Triathlon Coaching Wales	F1516	F	00:11:34	10	00:00:27.55	5	00:21:37.30	38	00:33:39.05	18	1	2	
20	Alex	Layzell	Triathlon Coaching Wales	M1516	M	00:11:32	9	00:00:34.00	15	00:21:58.35	45	00:34:04.70	19	3	16	
17	Dominic	Davies	Bynea Cycling Club	M1516	M	00:11:39	12	00:00:39.35	32	00:21:57.45	44	00:34:15.80	20	4	17	
97	Gareth	Poston	Port Talbot Harriers	M2039	M	00:14:41	66	00:00:38.05	23	00:19:18.20	12	00:34:37.05	21	8	18	
82	Jamie	Best	Bynea Cycling Club	M4049	M	00:14:16	55	00:00:35.20	18	00:19:48.75	17	00:34:40.20	22	4	19	



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31	Paul	Seppman	Port Talbot Harriers	M4049	M	00:11:45	13	00:00:36.20	20	00:22:23.05	48	00:34:43.90	23	5	20	
89	Rhys	Perkins		M2039	M	00:14:39	64	00:00:55.00	73	00:19:10.10	11	00:34:44.35	24	9	21	
61	Matthew	Reynolds	Port Talbot Harriers	M2039	M	00:14:00	48	00:00:54.00	71	00:19:53.65	19	00:34:48.10	25	10	22	
3	Gareth	Evans-Fear	Rhondda Triathlon Club	M2039	M	00:13:37	41	00:00:38.90	29	00:20:39.70	24	00:34:55.45	26	11	23	
41	Christopher	Lewis	Port Talbot Harriers	M4049	M	00:13:19	34	00:01:02.65	100	00:20:41.30	25	00:35:03.25	27	6	24	
54	Marc	Fitzgibbon	Caerphilly Tri-ers	M2039	M	00:14:47	70	00:00:48.15	47	00:19:35.25	16	00:35:10.25	28	12	25	
139	Andrew	Poston	Port Talbot Harriers	M4049	M	00:15:38	93	00:00:43.65	42	00:18:57.10	9	00:35:18.30	29	7	26	
23	Daniel	Perkins	Pencoed Triathlon Club	M1516	M	00:13:22	35	00:01:09.55	114	00:20:52.05	29	00:35:23.25	30	5	27	
33	Anthony Dale	Bowler	Bynea Cycling Club	M2039	M	00:12:23	22	00:00:42.35	38	00:22:26.15	50	00:35:31.30	31	13	28	
69	David	Morgan	Port Talbot Harriers	M4049	M	00:13:22	36	00:00:33.10	13	00:21:42.00	41	00:35:37.20	32	8	29	
26	Ellie	Mccloy		F1719	F	00:11:04	7	00:00:43.00	41	00:23:51.10	81	00:35:38.20	33	1	3	
43	Tom	Longden		M2039	M	00:12:02	18	00:00:50.00	55	00:22:45.85	55	00:35:38.30	34	14	30	
4	Neo	Seppman	Port Talbot Harriers	M1516	M	00:11:36	11	00:00:51.05	63	00:23:17.05	68	00:35:43.70	35	6	31	
46	Jonathan	Carrick	Celtic Tri	M4049	M	00:14:36	63	00:00:28.90	8	00:20:42.95	26	00:35:48.15	36	9	32	
70	Justin	Phillips	Rhondda Triathlon Club	M4049	M	00:14:29	58	00:01:00.70	95	00:20:20.85	23	00:35:50.90	37	10	33	
136	Daniel	Elward	Port Talbot Harriers	M2039	M	00:13:49	45	00:00:59.00	87	00:21:04.05	32	00:35:52.20	38	15	34	
77	Mathew	Giles	Swansea Vale Tri	M4049	M	00:13:59	47	00:00:56.50	76	00:20:58.85	31	00:35:54.30	39	11	35	
19	Emma	Price-Stephens	Torfaen Triathlon Club	F2039	F	00:12:34	24	00:00:33.25	14	00:22:50.35	59	00:35:57.80	40	1	4	
123	John	Hiddlestone	North Dock Dredgers Tri	M4049	M	00:14:59	74	00:00:57.90	83	00:20:15.10	21	00:36:12.10	41	12	36	
91	Andrew	Proctor		M4049	M	00:14:40	65	00:00:47.75	45	00:20:54.90	30	00:36:22.90	42	13	37	
40	Lucas	Millard		R	N	00:12:39	26	00:00:28.90	7	00:23:23.55	70	00:36:31.20	43	2	2	



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222	Susannah	Bulpin	San Domenico	F4049	F	00:14:17	56	00:00:42.80	40	00:21:39.50	39	00:36:39.30	44	1	5	
113	Martin	Hines	Port Talbot Harriers	M4049	M	00:14:43	68	00:00:48.00	46	00:21:13.35	34	00:36:44.55	45	14	38	
18	Cathryn	Williams	Port Talbot Harriers	F2039	F	00:12:06	19	00:00:40.15	33	00:24:00.55	86	00:36:46.70	46	2	6	
197	Wendy	Hurst	Pencoed Triathlon Club	F4049	F	00:10:31	3	00:01:07.20	102	00:25:11.20	109	00:36:49.20	47	2	7	
45	Christian	Davies		M4049	M	00:14:05	50	00:00:50.10	56	00:22:23.65	49	00:37:18.50	48	15	39	
52	Paul	Chappell		M4049	M	00:14:50	71	00:00:32.20	12	00:21:58.55	46	00:37:20.50	49	16	40	
51	Mike	Dando		M2039	M	00:13:54	46	00:00:38.40	25	00:22:59.85	63	00:37:32.05	50	16	41	
81	Chris	Terry	Port Talbot Harriers	M4049	M	00:14:05	51	00:00:40.30	34	00:22:51.40	60	00:37:36.55	51	17	42	
152	Rob	Murray	Port Talbot Harriers	M4049	M	00:15:52	106	00:00:27.50	4	00:21:25.90	36	00:37:45.10	52	18	43	
49	Paul	Davies	Port Talbot Harriers	M4049	M	00:12:47	28	00:00:58.35	84	00:24:02.75	88	00:37:48.60	53	19	44	
76	Michael	Griffiths	Celtic Tri	M4049	M	00:13:41	44	00:01:22.60	139	00:22:47.45	58	00:37:51.55	54	20	45	
24	Lili	Jones		F1516	F	00:13:26	38	00:00:42.65	39	00:23:47.85	80	00:37:56.80	55	2	8	
105	Gareth	Meardon	Paul Popham RC	M2039	M	00:15:25	86	00:01:17.35	131	00:21:17.95	35	00:37:59.85	56	17	46	
151	Gary	Rossiter	Port Talbot Harriers	M4049	M	00:15:31	89	00:01:00.30	94	00:21:36.15	37	00:38:07.70	57	21	47	
142	Ben	Jones	Port Talbot Harriers	M4049	M	00:15:31	88	00:00:58.55	85	00:21:46.60	42	00:38:15.70	58	22	48	
44	Aled	Daniels		M4049	M	00:13:25	37	00:00:50.30	58	00:24:08.40	89	00:38:23.25	59	23	49	
137	Jason	Kingdom	Port Talbot Harriers	M4049	M	00:14:41	67	00:00:48.90	51	00:23:06.60	66	00:38:36.35	60	24	50	
118	Marc	Evans		M2039	M	00:12:18	21	00:01:02.55	99	00:25:30.55	112	00:38:51.60	61	18	51	
200	Alice	Mayo		F2039	F	00:14:33	61	00:00:56.75	79	00:23:33.55	74	00:39:02.95	62	3	9	
84	Andrew	Elliott	Celtic Tri	M4049	M	00:14:12	53	00:00:41.70	37	00:24:10.30	90	00:39:04.20	63	25	52	
265	Chris	Pugh	Aberavon Leisure Centre	M2039	M	00:13:26	39	00:01:14.95	125	00:24:27.75	95	00:39:09.20	64	19	53	



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160	John	Hopkins	Port Talbot Harriers	M5059	M	00:15:41	99	00:00:51.85	66	00:22:38.10	53	00:39:10.45	65	2	54	
163	Daniel	Morgan	Pencoed Triathlon Club	M4049	M	00:16:03	113	00:02:01.70	171	00:21:06.45	33	00:39:11.65	66	26	55	
187	Harry	Roberts	Ysgol Bae Baglan Tri	M1415	M	00:15:41	101	00:00:39.30	31	00:22:52.00	61	00:39:12.75	67	1	56	
53	Mark	Squirrell	Y Fenni Triathlon	M2039	M	00:13:39	42	00:01:07.95	105	00:24:26.00	94	00:39:13.45	68	20	57	
159	Jordan	Pearce	Port Talbot Harriers	M2039	M	00:14:33	60	00:01:13.35	122	00:23:30.00	72	00:39:15.90	69	21	58	
55	Iwan	Williams	AVH	M2039	M	00:14:10	52	00:02:21.60	184	00:22:56.25	62	00:39:27.85	70	22	59	
65	Liam	Murphy	Aberavon SLSC	M4049	M	00:12:50	29	00:01:00.10	93	00:25:41.25	117	00:39:31.35	71	27	60	
164	James	Farrant	Pencoed Triathlon Club	M4049	M	00:15:03	79	00:00:57.00	80	00:23:33.75	75	00:39:33.90	72	28	61	
95	Jay	Sharma	SWP Tri club	R	N	00:15:40	96	00:00:55.25	75	00:23:00.40	64	00:39:35.35	73	3	3	
100	Jon	Holland	CRP Tri Club	M2039	M	00:14:45	69	00:01:11.20	118	00:23:47.15	79	00:39:42.90	74	23	62	
36	Simon	Williams	Pen-Y-Bont Tri Club	M5059	M	00:14:58	73	00:01:15.60	127	00:23:29.70	71	00:39:43.55	75	3	63	
114	Steven	Wilkinson	Celtic Tri	M5059	M	00:16:45	129	00:01:16.05	128	00:21:49.55	43	00:39:50.75	76	4	64	
48	Paul	Hemsworth		M2039	M	00:12:56	30	00:00:50.25	57	00:26:10.05	126	00:39:56.60	77	24	65	
108	David	Richards	Celtic Tri	M5059	M	00:15:04	80	00:01:07.75	103	00:23:56.50	82	00:40:08.65	78	5	66	
266	Nicky	Llewelyn	BodySolve	M2039	M	00:15:38	94	00:01:29.20	146	00:23:03.35	65	00:40:10.30	79	25	67	
158	Adam	Clarke	Port Talbot Harriers	M4049	M	00:20:03	183	00:01:08.50	109	00:19:02.85	10	00:40:14.40	80	29	68	
191	Brandon	Hookings	Ysgol Bae Baglan Tri	M1415	M	00:17:02	130	00:00:48.90	52	00:22:30.10	52	00:40:20.25	81	2	69	
267	Jason	Massey	Port Talbot Harriers	M2039	M	00:15:42	103	00:00:48.75	50	00:23:58.10	83	00:40:29.05	82	26	70	
144	Emyr	Stephens		M4049	M	00:14:13	54	00:00:49.25	53	00:25:33.60	113	00:40:35.65	83	30	71	
74	Gareth	Key	Caerphilly Tri-ers	M2039	M	00:15:02	78	00:00:35.20	19	00:25:02.25	106	00:40:39.15	84	27	72	
178	Alistair	Murray		M2039	M	00:17:19	142	00:01:39.25	152	00:21:41.05	40	00:40:39.45	85	28	73	



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109	Dan	O Connor		M2039	M	00:14:33	62	00:01:25.30	141	00:24:43.35	99	00:40:41.90	86	29	74	
195	Emma	Gharahlar		F2039	F	00:13:02	32	00:01:17.95	133	00:26:23.25	130	00:40:43.65	87	4	10	
133	Gavin	Weaver	Celtic Tri	M4049	M	00:17:29	149	00:01:08.05	107	00:22:10.45	47	00:40:47.00	88	31	75	
175	David	Evans	Cwm Ogwr Tri Club	M5059	M	00:15:36	91	00:02:00.65	170	00:23:15.55	67	00:40:51.80	89	6	76	
71	Tim	Parfitt		M5059	M	00:17:08	133	00:01:08.95	111	00:22:38.70	54	00:40:55.55	90	7	77	
156	Nick	Butler	Caerphilly Tri-ers	M4049	M	00:17:53	160	00:00:44.75	43	00:22:27.20	51	00:41:04.95	91	32	78	
64	Simon	Tee	NEWT	M5059	M	00:14:28	57	00:00:55.20	74	00:25:43.25	119	00:41:06.85	92	8	79	
179	Jamie	Jones		M2039	M	00:15:20	83	00:01:47.20	160	00:24:00.45	85	00:41:07.80	93	30	80	
132	Glyn	Drucker	Caerphilly Tri-ers	M4049	M	00:17:34	153	00:00:53.25	70	00:22:46.50	56	00:41:13.60	94	33	81	
172	Michael	Lauder	Port Talbot Harriers	R	N	00:16:01	111	00:00:51.70	65	00:24:24.90	92	00:41:17.40	95	4	4	
86	Martyn	Norris	Port Talbot Harriers	M4049	M	00:16:02	112	00:00:59.80	91	00:24:30.20	96	00:41:32.05	96	34	82	
253	Louise	Pierpoint	Port Talbot Harriers	F4049	F	00:15:51	105	00:00:58.55	86	00:24:43.30	98	00:41:33.10	97	3	11	
134	Simon	Bromham	Celtic Tri	M4049	M	00:17:27	148	00:01:19.35	135	00:22:47.00	57	00:41:33.10	98	35	83	
104	Ryan	James	Celtic Tri	M2039	M	00:15:53	107	00:00:57.85	82	00:24:47.55	101	00:41:38.25	99	31	84	
131	Philip	Davies	Port Talbot Harriers	M4049	M	00:15:40	98	00:01:09.10	112	00:25:06.60	108	00:41:56.15	100	36	85	
235	Jane	Harwood	Port Talbot Harriers	F2039	F							00:42:07.00	101	5	12	
67	Arfon	Edwards	Port Talbot Harriers	M2039	M	00:13:40	43	00:01:16.45	130	00:27:16.45	141	00:42:12.70	102	32	86	
121	Craig	Wilyeo	Port Talbot Harriers	M2039	M	00:16:35	124	00:01:01.80	98	00:24:38.55	97	00:42:15.40	103	33	87	
88	Carl	Williams	Merthyr Triathlon Club	M2039	M	00:16:30	123	00:00:52.35	67	00:24:55.80	104	00:42:17.85	104	34	88	
218	Hollie	Labunsky	Port Talbot Harriers	F2039	F	00:15:44	104	00:01:03.95	101	00:25:39.90	116	00:42:28.35	105	6	13	
256	Shan	Castley	Port Talbot Harriers	R	N	00:17:15	138	00:01:13.55	123	00:24:01.05	87	00:42:29.75	106	5	5	



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124	Jeff	Partridge	Bynea Cycling Club	M4049	M	00:17:52	159	00:00:56.55	78	00:23:42.15	76	00:42:30.85	107	37	89	
223	Michele	Beales		F4049	F	00:15:59	109	00:01:11.05	117	00:25:28.85	111	00:42:39.30	108	4	14	
92	Philip	Murrow	Caerphilly Tri-ers	M6069	M	00:16:07	116	00:01:07.85	104	00:25:24.60	110	00:42:39.35	109	1	90	
190	Kieran	Chanfi	Ysgol Bae Baglan Tri	M1415	M	00:15:42	102	00:00:38.85	28	00:26:19.70	129	00:42:40.60	110	3	91	
125	Christie	Coleman	Cwm Ogwr Tri Club	M5059	M	00:17:35	154	00:01:01.55	97	00:24:14.55	91	00:42:50.80	111	9	92	
269	Luke	Cross		M2039	M	00:16:07	117	00:01:54.25	166	00:24:54.35	103	00:42:55.50	112	35	93	
56	Rhodri	Morgan		M2039	M	00:16:10	120	00:01:16.15	129	00:25:34.90	114	00:43:00.90	113	36	94	
189	Liam	Cain	Ysgol Bae Baglan Tri	M1415	M	00:16:41	128	00:00:50.90	60	00:25:41.60	118	00:43:12.85	114	4	95	
177	Andrew	Barry	NEWT	M5059	M	00:17:13	136	00:01:17.70	132	00:24:49.10	102	00:43:19.70	115	10	96	
211	Bethan	Morris	Port Talbot Harriers	F2039	F	00:17:19	143	00:01:20.20	136	00:24:43.60	100	00:43:23.10	116	7	15	
146	Samuel	Maddick		M4049	M	00:18:34	169	00:01:08.05	108	00:23:42.40	77	00:43:24.30	117	38	97	
120	Craig	Millett		M4049	M	00:16:00	110	00:01:10.10	115	00:26:16.30	128	00:43:26.15	118	39	98	
201	Amy	Jenkins	Port Talbot Harriers	F2039	F	00:16:06	115	00:00:59.45	90	00:26:27.35	132	00:43:33.10	119	8	16	
215	Sandra	Jones	Celtic Tri	F4049	F	00:16:37	125	00:01:08.55	110	00:25:54.45	122	00:43:39.80	120	5	17	
261	Lily-Anne	Roberts	Ysgol Bae Baglan Tri	R	N	00:14:32	59	00:00:38.55	26	00:28:35.55	158	00:43:45.85	121	6	6	
199	Kayley	Griffiths	Caerphilly Tri-ers	F2039	F	00:14:59	75	00:00:59.40	89	00:28:05.95	150	00:44:04.70	122	9	18	
140	Tony	Eustace	Celtic Tri	M5059	M	00:18:16	163	00:01:40.90	155	00:24:25.20	93	00:44:21.65	123	11	99	
93	Alex	Aldworth	Caerphilly Tri-ers	M2039	M	00:15:23	85	00:01:28.85	145	00:27:39.70	145	00:44:31.30	124	37	100	
117	Nigel	Godfrey		M4049	M	00:15:36	92	00:02:18.30	180	00:26:47.65	137	00:44:41.95	125	40	101	
241	Helen	Griffiths	Port Talbot Harriers	F2039	F	00:17:24	145	00:01:34.30	149	00:25:49.85	121	00:44:47.70	126	10	19	
68	Chris	Waygood		M2039	M	00:15:00	77	00:01:50.60	163	00:28:04.70	149	00:44:55.55	127	38	102	



Bib No	First Name	Last Name	Club	Category	Gender	Swim	Swim Pos	T1	T1 Pos	Run	Run Pos	Finish	Overall Pos	Category Pos	Gender Pos	Comments
192	Denise	Bradley	Aim2Tri	F5059	F	00:17:22	144	00:01:08.00	106	00:26:26.20	131	00:44:56.05	128	1	20	
128	Mark	Ford	Bynea Cycling Club	M5059	M	00:17:39	156	00:01:20.70	137	00:25:59.55	124	00:44:59.55	129	12	103	
171	Mark	Brooks	Caerphilly Tri-ers	M5059	M	00:17:43	158	00:01:40.65	154	00:25:46.35	120	00:45:10.20	130	13	104	
255	Kelly	Owen	Cwm Ogwr Tri Club	R	N	00:17:18	140	00:00:36.95	21	00:27:22.25	142	00:45:16.90	131	7	7	
115	Kevin	Dalling		M5059	M	00:15:54	108	00:01:51.60	164	00:27:38.50	144	00:45:23.65	132	14	105	
242	Lesley	Mainwaring	Triathlon Coaching Wales	F5059	F	00:18:41	172	00:01:43.60	157	00:24:59.35	105	00:45:23.95	133	2	21	
116	Dale	Clatworthy	Merthyr Triathlon Club	M2039	M	00:20:09	184	00:01:23.30	140	00:23:59.00	84	00:45:31.05	134	39	106	
257	Amelia	Willin	Ysgol Bae Baglan Tri	R	N	00:15:00	76	00:00:41.40	35	00:29:50.70	168	00:45:31.70	135	8	8	
217	Abigail	Summerfield		F2039	F	00:17:14	137	00:01:09.25	113	00:27:13.75	140	00:45:36.60	136	11	22	
78	Geoffrey	Wall	Y Fenni Triathlon	M5059	M	00:15:29	87	00:01:37.55	151	00:28:31.20	157	00:45:37.45	137	15	107	
226	Amy	Jenner	Caerphilly Tri-ers	F2039	F	00:19:06	175	00:00:54.25	72	00:25:39.60	115	00:45:39.90	138	12	23	
260	Martha	Williams	Ysgol Bae Baglan Tri	R	N	00:15:40	97	00:00:52.97	69	00:29:30.40	167	00:46:02.80	139	9	9	
22	Lloyd	Jones		R	N	00:15:13	82	00:00:50.55	59	00:30:04.10	170	00:46:07.35	140	10	10	
213	Sian	Davies	SWP Tri club	F2039	F	00:16:08	119	00:01:51.85	165	00:28:11.45	152	00:46:11.50	141	13	24	
30	Jack	Williams	Ysgol Bae Baglan Tri	M1516	M	00:18:28	165	00:01:34.55	150	00:26:10.70	127	00:46:12.85	142	7	108	
165	Leigh	Ayers	Swansea Bay Tri Club	M4049	M	00:18:04	162	00:02:06.85	175	00:26:02.90	125	00:46:13.80	143	41	109	
198	Amy	Seppman	Port Talbot Harriers	F2039	F	00:16:16	122	00:00:52.85	68	00:29:08.95	163	00:46:17.55	144	14	25	
135	Lawrence	Meakins		M5059	M	00:17:31	150	00:02:16.85	178	00:26:31.65	134	00:46:19.10	145	16	110	
180	David	Charles	Port Talbot Harriers	M4049	M	00:16:13	121	00:01:55.60	167	00:28:10.95	151	00:46:19.90	146	42	111	
210	Lisa	Pinney	Caerphilly Tri-ers	F4049	F	00:18:18	164	00:01:10.60	116	00:26:58.60	139	00:46:27.70	147	6	26	
155	Peter	Churm	Port Talbot Harriers	M5059	M	00:19:04	173	00:01:39.70	153	00:25:57.15	123	00:46:41.10	148	17	112	



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173	Shane	Taylor	CRP Tri Club	M4049	M	00:17:36	155	00:01:13.15	120	00:27:54.10	147	00:46:42.80	149	43	113	
106	Clayton	Tolland	Port Talbot Harriers	M5059	M	00:15:21	84	00:02:45.45	190	00:28:37.70	159	00:46:44.45	150	18	114	
230	Samantha	Perrott	Run4All Neath	F4049	F	00:18:34	170	00:01:21.15	138	00:26:50.40	138	00:46:45.50	151	7	27	
268	Thomas	Jenkins		M2039	M	00:17:18	141	00:01:11.30	119	00:28:18.30	153	00:46:47.75	152	40	115	
170	Mario	Rabaiotti	Port Talbot Harriers	M5059	M	00:20:46	187	00:01:19.25	134	00:25:06.35	107	00:47:12.05	153	19	116	
149	David	Hunter		M6069	M	00:18:29	167	00:02:18.60	181	00:26:31.40	133	00:47:19.05	154	2	117	
219	Jane	Lewis	Torfaen Triathlon Club	F5059	F	00:19:29	178	00:01:13.15	121	00:26:41.20	136	00:47:23.60	155	3	28	
262	Isabella	Thorne	Ysgol Bae Baglan Tri	R	N	00:14:58	72	00:00:35.10	17	00:31:52.15	184	00:47:25.25	156	11	11	
224	Nicola	Powell	Celtic Tri	F4049	F	00:19:19	177	00:00:57.75	81	00:27:24.95	143	00:47:41.80	157	8	29	
263	Eden	Edger	Ysgol Bae Baglan Tri	R	N	00:15:33	90	00:00:50.97	62	00:31:30.20	181	00:47:52.90	158	12	12	
161	Christopher	Jones	Bynea Cycling Club	M4049	M	00:22:39	193	00:01:30.75	147	00:23:45.40	78	00:47:55.10	159	44	118	
129	Paul	Evans	Fit4Tri	M5059	M	00:16:07	118	00:01:41.95	156	00:30:17.45	172	00:48:06.90	160	20	119	
183	Scott	Evans		M2039	M	00:16:39	126	00:02:05.25	173	00:29:24.80	165	00:48:08.85	161	41	120	
169	Jason	Edmonds	Pen-Y-Bont Tri Club	M4049	M	00:22:18	192	00:02:21.30	183	00:23:32.30	73	00:48:11.45	162	45	121	
250	Christine	Williams	Triathlon Coaching Wales	R	N	00:23:52	195	00:00:56.50	77	00:23:22.65	69	00:48:11.50	163	13	13	
29	Joe	Clarke	Ysgol Bae Baglan Tri	M1516	M	00:19:09	176	00:00:50.90	61	00:28:40.70	160	00:48:40.85	164	8	122	
204	Jodi	Pontin	NEWT	F2039	F	00:17:07	132	00:01:28.80	144	00:30:05.60	171	00:48:41.85	165	15	30	
246	Laura	Kennedy	Port Talbot Harriers	F2039	F	00:19:36	180	00:02:33.30	187	00:26:39.30	135	00:48:48.70	166	16	31	
203	Kayley	Griffiths	Caerphilly Tri-ers	F2039	F	00:19:05	174	00:01:31.90	148	00:28:21.00	154	00:48:58.25	167	17	32	
259	Amelia	Seaward	Ysgol Bae Baglan Tri	R	N	00:15:41	100	00:00:59.90	92	00:32:20.65	186	00:49:20.65	168	14	14	
194	Rachel	Dauncey	Port Talbot Harriers	F2039	F	00:15:13	81	00:01:00.70	96	00:33:22.00	188	00:49:35.25	169	18	33	





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252	Kirsty	Leckonby	Celtic Tri	F2039	F	00:17:34	152	00:02:53.75	191	00:29:20.90	164	00:49:48.25	170	19	34	
216	Bethan	Thomas	Port Talbot Harriers	F4049	F	00:17:13	135	00:01:15.55	126	00:31:27.05	180	00:49:55.25	171	9	35	
248	Leanne	Morris	Port Talbot Harriers	F4049	F	00:19:39	181	00:02:29.95	186	00:27:50.45	146	00:49:59.20	172	10	36	
221	Caroline	Tinsley	Caerphilly Tri-ers	F4049	F	00:19:35	179	00:01:58.75	168	00:28:26.00	155	00:49:59.80	173	11	37	
254	Claire	Slaughter	Pencoed Triathlon Club	R	N	00:17:15	139	00:01:28.70	143	00:31:21.60	179	00:50:05.75	174	15	15	
239	Kate	Thomas	Caerphilly Tri-ers	F4049	F	00:17:40	157	00:01:48.10	161	00:30:58.45	176	00:50:26.15	175	12	38	
207	Karen	Birdsall	Celtic Tri	F5059	F	00:20:59	188	00:01:45.10	158	00:27:59.40	148	00:50:43.35	176	4	39	
57	Matthew	Thorne	Triathlon Coaching Wales	M2039	M	00:17:25	147	00:02:16.20	177	00:31:03.80	177	00:50:45.20	177	42	123	
196	Gemma	Harris	Port Talbot Harriers	F2039	F	00:17:25	146	00:02:16.95	179	00:31:04.00	178	00:50:45.65	178	20	40	
238	Kathryn	Kearney	Triathlon Coaching Wales	F5059	F	00:19:46	182	00:02:05.25	174	00:29:05.60	162	00:50:56.70	179	5	41	
182	Wayne	Williams	Port Talbot Harriers	M5059	M	00:18:35	171	00:02:00.00	169	00:30:26.40	175	00:51:01.70	180	21	124	
249	Julie	Davies	Llswerry Runners	F5059	F	00:18:28	166	00:02:41.65	188	00:29:57.65	169	00:51:06.95	181	6	42	
227	Alex	Walsby		F2039	F	00:18:03	161	00:01:27.10	142	00:31:49.30	183	00:51:19.65	182	21	43	
237	Helen	Griffiths	Port Talbot Harriers	F5059	F							00:51:32.00	183	7	44	
148	John	Ayres	Port Talbot Harriers	M6069	M	00:21:13	189	00:01:45.90	159	00:28:45.70	161	00:51:45.05	184	3	125	
122	Michael	Kearney	Triathlon Coaching Wales	M5059	M	00:17:11	134	00:02:25.50	185	00:32:11.95	185	00:51:48.15	185	22	126	
229	Susan	Owen		F2039	F	00:20:16	185	00:02:16.15	176	00:29:27.85	166	00:51:59.95	186	22	45	
176	Carl	Morgan		M2039	M	00:18:31	168	00:04:16.75	194	00:30:25.40	174	00:53:13.10	187	43	127	
214	Laura	Gilbert	Fit4Tri	F2039	F	00:16:40	127	00:02:02.15	172	00:35:03.40	189	00:53:45.95	188	23	46	
245	Amy	Saunders	Port Talbot Harriers	F4049	F	00:22:06	191	00:02:20.20	182	00:30:19.35	173	00:54:45.50	189	13	47	
181	Gareth	Jones		M2039	M	00:17:33	151	00:03:25.75	192	00:35:06.50	190	00:56:04.90	190	44	128	



Bib No	First Name	Last Name	Club	Category	Gender	Swim	Swim Pos	T1	T1 Pos	Run	Run Pos	Finish	Overall Pos	Category Pos	Gender Pos	Comments
236	Joy	Williams	Celtic Tri	F4049	F							00:56:09.00	191	14	48	
185	Darren	Shakespeare		M2039	M	00:20:21	186	00:03:50.05	193	00:32:34.10	187	00:56:44.95	192	45	129	
154	Andrew	Miller	Swansea Bay Tri Club	M4049	M	00:21:44	190	00:04:20.60	195	00:31:31.40	182	00:57:35.90	193	46	130	
162	Paul	Thomas	Port Talbot Harriers	M5059	M	00:27:42	196	00:02:43.85	189	00:28:30.55	156	00:58:56.35	194	23	131	
85	Stuart	Bryant		M5059	M	00:17:03	131	00:01:50.05	162	00:42:24.15	192	01:01:17.05	195	24	132	
228	Andrea	Griffiths	Celtic Tri	F5059	F	00:23:26	194	00:01:14.15	124	00:38:15.70	191	01:02:55.50	196	8	49	