

Race No	Name	Swim split	Pos	Bike Split	Pos	Run Split	Pos	Overall	Pos	
96	Iwan	Jones	00:05:16	1	00:33:31	3	00:18:15	3	00:57:02	1
77	Gareth	Lewis	00:07:38	15	00:32:41	1	00:19:27	6	00:59:46	2
61	Emyr	Roberts	00:09:32	47	00:33:25	2	00:18:06	2	01:01:03	3
59	Mark	Joyce	00:08:42	29	00:35:34	9	00:17:30	1	01:01:46	4
92	Katie	Greenwood	00:06:49	6	00:35:13	7	00:21:07	11	01:03:09	5
60	Andrew	Phillips	00:07:19	11	00:36:35	11	00:19:19	5	01:03:13	6
63	Elliot	Murray	00:07:24	13	00:35:47	10	00:20:58	9	01:04:09	7
62	Geraint	Rees	00:08:19	26	00:34:54	6	00:21:11	12	01:04:24	8
58	Neil	Brooke-Smith	00:09:03	36	00:34:15	4	00:21:13	14	01:04:31	9
76	Rhodri	howells	00:07:58	20	00:35:28	8	00:21:12	13	01:04:38	10
90	Neil	Grimwood	00:06:15	2	00:37:12	13	00:21:47	16	01:05:14	11
40	Richard	Johnson-Dunne	00:08:55	32	00:38:04	17	00:19:01	4	01:06:00	12
48	Andrew	Kane	00:07:30	14	00:37:33	15	00:21:05	10	01:06:08	13
94	Giles	Gamon	00:07:22	12	00:34:31	5	00:24:51	35	01:06:44	14
46	Joe	Emms	00:07:45	17	00:36:45	12	00:23:30	27	01:08:00	15
87	Gareth	Norton	00:06:48	5	00:39:09	23	00:22:03	18	01:08:00	16
82	Matt	Crole Rees	00:08:05	22	00:39:49	27	00:20:25	8	01:08:19	17
89	Anna	Buckland	00:06:18	3	00:38:46	21	00:23:16	24	01:08:20	18
84	Phil	Rees	00:08:59	34	00:39:00	22	00:20:25	7	01:08:24	19
95	Gareth	Booker	00:06:42	4	00:37:41	16	00:24:19	32	01:08:42	20
67	Rhys	Thomas	00:08:13	24	00:39:21	25	00:22:08	19	01:09:42	21
38	Philip	Lougher	00:09:40	50	00:38:04	17	00:22:01	17	01:09:45	22
74	James	Oflaherty	00:07:00	9	00:39:43	26	00:24:04	30	01:10:47	23
66	Damien	crombie	00:10:10	59	00:39:09	23	00:21:33	15	01:10:52	24
39	Gabrielle	Jones	00:11:48	78	00:37:16	14	00:22:28	21	01:11:32	25
13	Tom	Cooper	00:09:08	38	00:40:07	30	00:22:52	23	01:12:07	26
22	Richard	Jones	00:09:38	48	00:40:04	28	00:23:18	25	01:13:00	27
65	stephen	bevan	00:08:43	30	00:38:07	19	00:26:47	44	01:13:37	28

Race No	Name	Swim split	Pos	Bike Split	Pos	Run Split	Pos	Overall	Pos
86	Kieran	Crawford	67	00:38:09	20	00:25:05	39	01:14:18	29
71	Nathan	Cornish	43	00:40:35	31	00:24:44	34	01:14:41	30
70	Chris	Thomas	37	00:40:59	32	00:25:13	40	01:15:20	31
57	ruth	cordy	46	00:42:15	40	00:23:45	28	01:15:30	32
80	Ellisha	Hughes	10	00:41:02	33	00:27:24	49	01:15:44	33
20	Paul	Edwards	61	00:43:24	43	00:22:10	20	01:15:59	34
25	Claire	Date	39	00:42:22	41	00:24:28	33	01:16:02	35
85	Gillian	Steele	8	00:40:05	29	00:29:21	61	01:16:25	36
53	Juliet	Martinez	40	00:41:16	35	00:25:55	42	01:16:25	37
11	Paul	Cooper	42	00:42:06	38	00:25:31	41	01:16:58	38
8	Peter	Dorrington	49	00:44:15	44	00:23:29	26	01:17:23	39
43	Alexis	Rose	65	00:42:06	37	00:24:54	36	01:17:40	40
79	Carys	Frampton	18	00:42:08	39	00:27:57	54	01:17:55	41
49	Nick	Edwards	33	00:42:06	36	00:27:49	53	01:18:53	42
34	Kate	Braybrook	45	00:47:08	55	00:22:34	22	01:19:07	43
50	Jessica	Layfield	16	00:45:41	47	00:27:03	45	01:20:29	44
69	Katherine	Voyle	64	00:46:15	52	00:24:04	30	01:20:59	45
91	Laura	Jones	71	00:42:45	42	00:27:31	50	01:21:46	46
14	Ryan	Mantle	76	00:46:12	50	00:24:00	29	01:21:54	47
24	Andrew	Firth	44	00:46:15	51	00:27:44	52	01:23:23	48
35	Rebecca	Lewis	52	00:45:59	48	00:27:57	55	01:23:38	49
33	Roger	Hampton	58	00:47:35	57	00:26:00	43	01:23:42	50
10	Nia	James	74	00:41:11	34	00:31:19	71	01:24:06	51
73	Armanda	Rees-Van Wolferen	27	00:47:24	56	00:28:45	59	01:24:34	52
32	Charlotte	Eckhardt	77	00:44:17	45	00:28:34	58	01:24:35	53
93	Gareth	Key	7	00:53:19	69	00:24:55	37	01:25:08	54
64	Jayne	Calvert	55	00:47:04	54	00:29:32	63	01:26:24	55
75	Charlotte	Oliver	25	00:47:44	58	00:30:30	66	01:26:31	56

Race No	Name	Swim split	Pos	Bike Split	Pos	Run Split	Pos	Overall	Pos
37	Denise Allen	00:09:43	53	00:49:58	64	00:27:07	46	01:26:48	57
29	Aloma Blackmore	00:10:31	63	00:49:45	62	00:27:16	48	01:27:32	58
81	Janet Davies	00:08:11	23	00:51:03	67	00:28:20	56	01:27:34	59
30	Elaine Morse	00:11:13	69	00:44:54	46	00:32:01	73	01:28:08	60
3	Jason Sheppard	00:09:59	56	00:48:58	60	00:29:13	60	01:28:10	61
42	Andrew Cornelius	00:11:31	73	00:46:18	53	00:31:09	70	01:28:58	62
28	Sophie Taylor	00:09:44	54	00:50:12	65	00:30:11	65	01:30:07	63
18	Rhys Martin	00:08:02	21	00:48:19	59	00:34:53	80	01:31:14	64
31	Virginia Williams	00:11:29	70	00:49:50	63	00:31:01	69	01:32:20	65
68	Chris Davis	00:09:00	35	00:54:11	71	00:29:24	62	01:32:35	66
6	Sion Bonett	00:11:05	68	00:56:30	73	00:25:04	38	01:32:39	67
21	Michael Igoe	00:09:41	51	00:51:35	68	00:32:32	77	01:33:48	68
78	Robert Frampton	00:14:09	81	00:49:15	61	00:32:08	75	01:35:32	69
55	Rhian Jones	00:09:15	41	00:56:47	74	00:29:38	64	01:35:40	70
54	Gemma Mayled	00:08:34	28	01:00:21	79	00:27:11	47	01:36:06	71