

Race No	Name	Start time	Swim Out	Swim split	Pos	Clock time out of T2	Bike Split	Pos	Finish	Run Split	Pos	Penalty	Overall	Pos
95	Tom Nesham	01:45:36	01:50:37	00:05:01	2	02:18:56	00:28:19	1	02:36:15	00:17:19	6		00:50:39	1
94	Marc Davies	01:45:36	01:52:13	00:06:37	6	02:21:53	00:29:40	2	02:37:41	00:15:48	1		00:52:05	2
78	darren griffiths	01:33:36	01:40:54	00:07:18	9	02:11:07	00:30:13	3	02:28:21	00:17:14	5		00:54:45	3
96	Rhys Jones	01:45:36	01:50:36	00:05:00	1	02:21:48	00:31:12	6	02:40:32	00:18:44	13		00:54:56	4
34	Jamie Davies	00:37:30	00:43:25	00:05:55	3	01:16:30	00:33:05	10	01:34:32	00:18:02	11		00:57:02	5
87	Matthew Hurford	01:45:36	01:53:09	00:07:33	15	02:26:51	00:33:42	15	02:42:49	00:15:58	2		00:57:13	6
80	Finn Arentz	01:33:36	01:40:56	00:07:20	10	02:13:56	00:33:00	9	02:31:17	00:17:21	7		00:57:41	7
83	Matthew Vincent	01:33:36	01:41:32	00:07:56	25	02:13:50	00:32:18	7	02:31:35	00:17:45	10		00:57:59	8
46	Emyr Roberts	00:55:30	01:04:25	00:08:55	43	01:38:00	00:33:35	13	01:54:49	00:16:49	4		00:59:19	9
74	Richard Dunne	01:33:36	01:41:52	00:08:16	31	02:15:32	00:33:40	14	02:33:03	00:17:31	8		00:59:27	10
81	Geraint Williams	01:33:36	01:41:10	00:07:34	16	02:13:35	00:32:25	8	02:33:08	00:19:33	18		00:59:32	11
85	Elliot Murray	01:45:36	01:53:14	00:07:38	19	02:26:21	00:33:07	11	02:45:14	00:18:53	16		00:59:38	12
86	Jamie Brown	01:45:36	01:53:20	00:07:44	22	02:27:36	00:34:16	16	02:45:20	00:17:44	9		00:59:44	13
69	Chris Lee	01:23:48	01:32:41	00:08:53	42	02:03:32	00:30:51	4	02:23:51	00:20:19	26		01:00:03	14
76	Adam Morton	01:33:36	01:44:38	00:11:02	77	02:15:37	00:30:59	5	02:33:44	00:18:07	12		01:00:08	15
72	Danielle Davies	01:23:48	01:31:43	00:07:55	24	02:05:08	00:33:25	12	02:23:56	00:18:48	14		01:00:08	16
92	Jack Smith	01:45:36	01:51:36	00:06:00	4	02:27:48	00:36:12	24	02:46:37	00:18:49	15		01:01:01	17
73	Geraint Rees	01:33:36	01:41:40	00:08:04	26	02:16:45	00:35:05	20	02:36:49	00:20:04	23		01:03:13	18
7	Rory Aldritt	00:00:00	00:08:13	00:08:13	29	00:47:09	00:38:56	30	01:03:37	00:16:28	3		01:03:37	19
71	Alexander Burns	01:23:48	01:31:30	00:07:42	20	02:06:23	00:34:53	18	02:27:50	00:21:27	33		01:04:02	20
42	Charles Stevenson	00:55:30	01:04:49	00:09:19	53	01:40:17	00:35:28	21	01:59:54	00:19:37	20		01:04:24	21
61	Dean Porter	00:37:30	00:48:00	00:10:30	73	01:22:29	00:34:29	17	01:42:15	00:19:46	22		01:04:45	22
58	Shona Bennett	01:11:33	01:18:56	00:07:23	11	01:54:48	00:35:52	23	02:16:31	00:21:43	35		01:04:58	23
65	Dean Rolland	01:23:48	01:31:14	00:07:26	13	02:06:52	00:35:38	22	02:28:57	00:22:05	37		01:05:09	24
84	Lucy Sullivan	01:33:36	01:41:42	00:08:06	28	02:19:37	00:37:55	28	02:38:56	00:19:19	17		01:05:20	25
93	John Culling	01:45:36	01:52:34	00:06:58	7	02:30:25	00:37:51	27	02:52:15	00:21:50	36		01:06:39	26
27	Luke Pryce	00:37:30	00:47:24	00:09:54	63	01:22:28	00:35:04	19	01:45:03	00:22:35	40		01:07:33	27
75	Kim Morgan	01:33:36	01:41:14	00:07:38	18	02:20:14	00:39:00	31	02:41:35	00:21:21	32		01:07:59	28
67	Peter Spinner	01:23:48	01:31:20	00:07:32	14	02:11:26	00:40:06	35	02:32:25	00:20:59	30		01:08:37	29
55	Nick Davies	01:11:33	01:20:57	00:09:24	56	01:59:10	00:38:13	29	02:20:42	00:21:32	34		01:09:09	30
77	Andrew Leftley	01:33:36	01:41:00	00:07:24	12	02:22:59	00:41:59	42	02:43:54	00:20:55	28		01:10:18	31
5	philip thomas	00:00:00	00:10:05	00:10:05	66	00:49:44	00:39:39	34	01:11:00	00:21:16	31		01:11:00	32
88	Rachael Jordan	01:45:36	01:53:11	00:07:35	17	02:33:24	00:40:13	36	02:56:45	00:23:21	46		01:11:09	33
91	Ceri Crawford	01:45:36	01:51:46	00:06:10	5	02:32:49	00:41:03	38	02:57:00	00:24:11	50		01:11:24	34
68	Selina Chan	01:23:48	01:32:40	00:08:52	41	02:12:57	00:40:17	37	02:35:17	00:22:20	39		01:11:29	35
13	Stuart Davies	00:19:20	00:29:00	00:09:40	59	01:11:55	00:42:55	47	01:32:05	00:20:10	24		01:12:45	36
24	Dewi Reed	00:19:20	00:29:12	00:09:52	62	01:08:50	00:39:38	32	01:32:07	00:23:17	44		01:12:47	37
43	David Burnett	00:55:30	01:11:06	00:15:36	88	01:48:46	00:37:40	25	02:08:28	00:19:42	21		01:12:58	38
23	Carson Pryce	00:19:20	00:28:51	00:09:31	58	01:06:39	00:37:48	26	01:32:44	00:26:05	63		01:13:24	39
17	Will Watkins	00:19:20	00:28:30	00:09:10	48	01:13:04	00:44:34	52	01:33:19	00:20:15	25		01:13:59	40
30	Rhys Cooper	00:37:30	00:47:21	00:09:51	61	01:28:25	00:41:04	39	01:51:46	00:23:21	45		01:14:16	41
62	Mark Wheatley	01:23:48	01:32:13	00:08:25	34	02:13:58	00:41:45	41	02:38:05	00:24:07	49		01:14:17	42
63	Bethan Jenkins	01:23:48	01:31:32	00:07:44	21	02:13:16	00:41:44	40	02:38:05	00:24:49	58		01:14:17	42
54	Patrick Emanuel	01:11:33	01:20:21	00:08:48	40	02:02:54	00:42:33	45	02:26:11	00:23:17	43		01:14:38	44
70	Rob Sinneron	01:23:48	01:32:08	00:08:20	33	02:18:15	00:46:07	63	02:39:13	00:20:58	29		01:15:25	45
40	Rachel Prangley	00:55:30	01:05:27	00:09:57	65	01:50:19	00:44:52	55	02:11:07	00:20:48	27		01:15:37	46
29	Matthew Jones	00:37:30	00:51:12	00:13:42	85	01:30:51	00:39:39	33	01:53:10	00:22:19	38		01:15:40	47
50	Laura Stevens	01:11:33	01:20:46	00:09:13	51	02:03:06	00:42:20	43	02:27:19	00:24:13	51		01:15:46	48
37	Ben James	00:55:30	01:04:42	00:09:12	50	01:48:22	00:43:40	50	02:11:19	00:22:57	42		01:15:49	49
26	Gina Hardman	00:37:30	00:48:09	00:10:39	74	01:33:51	00:45:42	60	01:53:26	00:19:35	19		01:15:56	50
20	Alastair Gardner-Smith	00:19:20	00:27:34	00:08:14	30	01:12:42	00:45:08	57	01:35:34	00:22:52	41		01:16:14	51
45	emma jenkins	00:00:00	00:08:41	00:08:41	37	00:51:06	00:42:25	44	01:16:37	00:25:31	61		01:16:37	52
44	Edward mark Davies	00:55:30	01:03:34	00:08:04	27	01:47:01	00:43:27	49	02:12:55	00:25:54	62		01:17:25	53
59	Rowena Duffield	01:11:33	01:20:45	00:09:12	49	02:05:29	00:44:44	53	02:29:44	00:24:15	52		01:18:11	54
66	Lucy Roblin	01:23:48	01:32:15	00:08:27	35	02:16:39	00:44:24	51	02:42:02	00:25:23	60		01:18:14	55
89	Lorna Mattocks	01:45:36	01:52:53	00:07:17	8	02:35:35	00:42:42	46	03:03:54	00:28:19	74		01:18:18	56
47	Gemma Dummett	00:55:30	01:05:25	00:09:55	64	01:50:22	00:44:57	56	02:14:52	00:24:30	54		01:19:22	57
51	Melonie Senior	01:11:33	01:20:38	00:09:05	45	02:06:08	00:45:30	58	02:30:56	00:24:48	57		01:19:23	58
38	Beverley Smith	00:55:30	01:04:45	00:09:15	52	01:50:28	00:45:43	61	02:15:12	00:24:44	56		01:19:42	59
36	Simon Richards	00:37:30	00:47:00	00:09:30	57	01:32:36	00:45:36	59	01:57:45	00:25:09	59		01:20:15	60
82	Kerry Morgan	01:33:36	01:42:17	00:08:41	36	02:30:05	00:47:48	69	02:54:38	00:24:33	55		01:21:02	61
11	Kelly Barrett	00:00:00	00:09:09	00:09:09	47	00:56:42	00:47:33	68	01:21:04	00:24:22	53		01:21:04	62
39	Nicola James	00:55:30	01:05:49	00:10:19	72	01:50:35	00:44:46	54	02:16:44	00:26:09	64		01:21:14	63
64	Charlotte Oliver	01:23:48	01:32:33	00:08:45	38	02:18:33	00:46:00	62	02:45:46	00:27:13	70		01:21:58	64
22	Victoria Lloyd	00:19:20	00:28:28	00:09:08	46	01:15:13	00:46:45	65	01:41:26	00:26:13	65		01:22:06	65
9	nigel derbyshire	00:00:00	00:12:08	00:12:08	81	00:58:27	00:46:19	64	01:22:10	00:23:43	48		01:22:10	66
53	Amie Louise Prior	01:11:33	01:20:19	00:08:46	39	02:07:10	00:46:51	66	02:33:52	00:26:42	67		01:22:19	67
52	Michael Prior	01:11:33	01:19:49	00:08:16	31	02:07:10	00:47:21	67	02:33:53	00:26:43	68		01:22:20	68
49	Karl Taylor	01:11:33	01:20:56	00:09:23	55	02:11:39	00:50:43	73	02:35:08	00:23:29	47		01:23:35	69
8	Thomas Donne	00:00:00	00:13:22	00:13:22	84	00:56:31	00:43:09	48	01:24:12	00:27:41	72		01:24:12	70
14	Michael Dawkins	00:19:20	00:29:26	00:10:06	67	01:19:44	00:50:18	71	01:45:57	00:26:13	65		01:26:37	71
33	Verity Pritchard	00:37:30	00:47:45	00:10:15	71	01:37:54	00:50:09	70	02:04:40	00:26:46	69		01:27:10	72
41	Ceri Waters	00:55:30	01:05:40	00:10:10	69	01:56:02	00:50:22	72	02:25:11	00:29:09	78		01:29:41	73
60	Jessica Harden	01:11:33	01:21:19	00:09:46	60	02:13:26	00:52:07	77	02:41:21	00:27:55	73		01:29:48	74
1	Natasha Llewelyn Thomas	00:00:00	00:09:21	00:09:21	54	01:03:46	00:54:25	80	01:31:12	00:27:26	71		01:31:12	75
28	Lyndsay Patterson	00:37:30	00:48:09	00:10:39	74	01:39:55	00:51:46	76	02:08:55	00:29:00	77		01:31:25	76
56	Nicola Richards	01:11:33	01:20:30	00:08:57	44	02:12:51	00:52:21	78	02:42:59	00:30:08	80		01:31:26	77
57	Paola Marks	01:11:33	01:22:48	00:11:15	79	02:14:16	00:51:28	74	02:44:03	00:29:47	79			

