

Race No	Swim Start	Swim Finish	Swim Time	Bike Finish	Bike Time	Run Finish	Run Time	Finish Time	Position	Forename	Surname	Cat
107	01:44:00	01:49:33	00:05:33	02:15:00	00:25:27	02:35:40	00:20:40	00:51:40	1	Ross	Simpson	MS
115	01:44:00	01:50:10	00:06:10	02:15:30	00:25:20	02:38:59	00:23:29	00:54:59	2	Colin	Wallace	M40
112	01:44:00	01:50:42	00:06:42	02:16:41	00:25:59	02:38:59	00:22:18	00:54:59	3	Sam	Hall	MS
106	01:36:14	01:42:37	00:06:23	02:08:55	00:26:18	02:31:14	00:22:19	00:55:00	4	Christopher	Morris	M40
109	01:44:00	01:51:23	00:07:23	02:19:42	00:28:19	02:39:34	00:19:52	00:55:34	5	MMM!!!		Relay Team
62	00:52:37	01:00:09	00:07:32	01:28:03	00:27:54	01:48:53	00:20:50	00:56:16	6	Leigh	Jones	MS
103	01:31:50	01:39:19	00:07:29	02:06:19	00:27:00	02:28:26	00:22:07	00:56:36	7	Philip	Tucker	MS
105	01:36:14	01:42:24	00:06:10	02:10:21	00:27:57	02:33:34	00:23:13	00:57:20	8	Paul	Jennings	MS
96	01:26:50	01:34:48	00:07:58	02:02:01	00:27:13	02:24:22	00:22:21	00:57:32	9	Alan	Kerr	M50
99	01:28:17	01:33:28	00:05:11	02:02:36	00:29:08	02:27:09	00:24:33	00:58:52	10	Christopher	Price	MS
111	01:44:00	01:51:14	00:07:14	02:20:48	00:29:34	02:43:31	00:22:43	00:59:31	11	David	Francis	M40
97	01:26:50	01:35:13	00:08:23	02:04:31	00:29:18	02:26:46	00:22:15	00:59:56	12	Hugh	Pascoe	MS
90	01:20:10	01:28:15	00:08:05	01:56:54	00:28:39	02:20:16	00:23:22	01:00:06	13	Adam	Jones	MS
52	00:45:33	00:53:10	00:07:37	01:22:50	00:29:40	01:46:03	00:23:13	01:00:30	14	Roy	Lewis	M50
117	01:44:00	01:51:35	00:07:35	02:22:36	00:31:01	02:45:09	00:22:33	01:01:09	15	Rhys	Harries	MS
104	01:31:50	01:37:05	00:05:15	02:07:12	00:30:07	02:33:09	00:25:57	01:01:19	16	Stuart	Colston	M40
98	01:28:17	01:36:03	00:07:46	02:06:04	00:30:01	02:29:38	00:23:34	01:01:21	17	Andrew	Poole	MS
101	01:30:01	01:37:54	00:07:53	02:07:48	00:29:54	02:32:00	00:24:12	01:01:59	18	Rony	seamons	MS
10	00:08:41	00:16:08	00:07:27	00:46:55	00:30:47	01:11:00	00:24:05	01:02:19	19	Teifion	Thomas	M40
87	01:16:19	01:26:15	00:09:56	01:56:47	00:30:32	02:19:14	00:22:27	01:02:55	20	Bleddyn	Jones	MS
100	01:30:01	01:39:46	00:09:45	02:09:01	00:29:15	02:33:45	00:24:44	01:03:44	21	Brian	Russell	M50
61	00:52:08	01:00:03	00:07:55	01:29:00	00:28:57	01:55:54	00:26:54	01:03:46	22	Marc	James	MS
49	00:42:00	00:50:24	00:08:24	01:20:42	00:30:18	01:46:32	00:25:50	01:04:32	23	Andy	Evans	MS
86	01:16:19	01:25:23	00:09:04	01:55:29	00:30:06	02:21:25	00:25:56	01:05:06	24	Chris	Trigg	MS
69	00:58:54	01:06:12	00:07:18	01:37:09	00:30:57	02:05:17	00:28:08	01:06:23	25	Vince	Price	M40
64	00:54:40	01:03:23	00:08:43	01:37:00	00:33:37	02:01:09	00:24:09	01:06:29	26	Barry	Owen	MS
21	00:20:57	00:30:15	00:09:18	01:07:05	00:36:50	01:27:40	00:20:35	01:06:43	27	Mathew	Reynolds	MS
95	01:26:18	01:35:30	00:09:12	02:06:16	00:30:46	02:33:39	00:27:23	01:07:21	28	Mathew	Davies	MS
94	01:26:18	01:34:56	00:08:38	02:08:40	00:33:44	02:33:46	00:25:06	01:07:28	29	Huw	Davies	MS
13	00:09:20	00:19:56	00:10:36	00:52:27	00:32:31	01:16:58	00:24:31	01:07:38	30	Oliver	Wicks	MS
50	00:42:48	00:50:44	00:07:56	01:23:02	00:32:18	01:51:04	00:28:02	01:08:16	31	Georgina	Gilbert	FS
58	00:58:03	00:58:50	00:00:47	01:35:02	00:36:12	02:06:49	00:31:47	01:08:46	32	Darren	Hancock	M40
113	01:44:00	01:53:35	00:09:35	02:26:41	00:33:06	02:52:48	00:26:07	01:08:48	33	Neil	James	M40
75	01:02:38	01:13:33	00:10:55	01:53:42	00:40:09	02:11:36	00:17:54	01:08:58	34	Wayne	Harper	M40
45	00:39:31	00:48:58	00:09:27	01:20:51	00:31:53	01:49:05	00:28:14	01:09:34	35	Robert	Williams	M40
91	01:20:10	01:27:26	00:07:16	02:03:17	00:35:51	02:30:15	00:26:58	01:10:05	36	Suzy	Battle	FS

70	00:59:08	01:07:53	00:08:45	01:42:33	00:34:40	02:09:14	00:26:41	01:10:06	37	Mathew	Seamons	
54	00:47:28	00:55:59	00:08:31	01:31:05	00:35:06	01:57:54	00:26:49	01:10:26	38	Joshua	Mogford	MS
44	00:38:51	00:47:29	00:08:38	01:22:26	00:34:57	01:49:32	00:27:06	01:10:41	39	Rhys	Williams	MS
39	00:35:05	00:45:26	00:10:21	01:22:00	00:36:34	01:46:20	00:24:20	01:11:15	40	Richard	Ingram	MS
114	01:44:00	01:53:06	00:09:06	02:25:33	00:32:27	02:55:16	00:29:43	01:11:16	41	Wayne	Lewis	M40
71	00:59:28	01:08:59	00:09:31	01:43:33	00:34:34	02:11:20	00:27:47	01:11:52	42	Carwyn	Thomas	MS
25	00:24:04	00:33:45	00:09:41	01:07:15	00:33:30	01:35:59	00:28:44	01:11:55	43	Nathan	Daniel	MS
89	01:18:00	01:26:10	00:08:10	02:03:22	00:37:12	02:30:09	00:26:47	01:12:09	44	Ian	Haines	M40
57	00:59:44	00:59:59	00:00:15	01:39:29	00:39:30	02:12:03	00:32:34	01:12:19	45	Nicola	Griffiths	F40
88	01:18:00	01:25:26	00:07:26	02:01:39	00:36:13	02:30:24	00:28:45	01:12:24	46	Stuart	Evans	M40
80	01:07:42	01:16:44	00:09:02	01:51:17	00:34:33	02:20:27	00:29:10	01:12:45	47	Jason	Millership	M40
23	00:22:28	00:35:06	00:12:38	01:08:04	00:32:58	01:35:48	00:27:44	01:13:20	48	Delme	Bennett	MS
38	00:35:05	00:45:26	00:10:21	01:18:37	00:33:11	01:48:31	00:29:54	01:13:26	49	Stuasrt	Hood	M40
82	01:09:13	01:19:20	00:10:07	01:52:17	00:32:57	02:22:52	00:30:35	01:13:39	50	Martin	Richards	M40
79	01:06:10	01:15:08	00:08:58	01:50:36	00:35:28	02:19:53	00:29:17	01:13:43	51	Paul	Lewis	M40
84	01:15:54	01:24:36	00:08:42	02:00:40	00:36:04	02:29:49	00:29:09	01:13:55	52	Paul	Seppman	MS
12	00:08:41	00:19:30	00:10:49	00:55:41	00:36:11	01:23:06	00:27:25	01:14:25	53	Gareth	Watkins	MS
1	00:08:02	00:21:08	00:13:06	00:56:21	00:35:13	01:22:36	00:26:15	01:14:34	54	Christopher	Dinham	MS
36	00:33:27	00:41:58	00:08:31	01:17:37	00:35:39	01:48:28	00:30:51	01:15:01	55	Nicholas	Burtenshaw	MS
6	00:08:22	00:23:47	00:15:25	00:58:10	00:34:23	01:23:39	00:25:29	01:15:17	56	Stephen	Lewis	MS
18	00:16:44	00:27:36	00:10:52	01:04:42	00:37:06	01:32:22	00:27:40	01:15:38	57	Gillian	Phillips	F50
9	00:08:41	00:22:13	00:13:32	00:59:01	00:36:48	01:24:24	00:25:23	01:15:43	58	Geraint	Smith	M40
24	00:23:21	00:39:26	00:16:05	01:14:31	00:35:05	01:39:06	00:24:35	01:15:45	59	James	Berrill	MS
17	00:09:20	00:21:19	00:11:59	00:56:40	00:35:21	01:25:50	00:29:10	01:16:30	60	Patrick	Moran	M40
77	01:03:58	01:14:08	00:10:10	01:48:43	00:34:35	02:20:32	00:31:49	01:16:34	61	Adrian	Lewis	M40
74	01:02:38	01:12:39	00:10:01	01:48:53	00:36:14	02:19:22	00:30:29	01:16:44	62	Paul	Edwards	M50
8	00:08:41	00:23:14	00:14:33	00:59:48	00:36:34	01:25:40	00:25:52	01:16:59	63	Janet	Richards	F40
78	01:06:10	01:12:59	00:06:49	01:52:07	00:39:08	02:23:20	00:31:13	01:17:10	64	Sian	Lewis	FS
116	00:27:33	00:38:17	00:10:44	01:14:52	00:36:35	01:44:48	00:29:56	01:17:15	65	Anna	Stickland	FS
108	01:44:00	01:51:18	00:07:18	02:28:53	00:37:35	03:01:38	00:32:45	01:17:38	66	Bianca	Zietsman	FS
76	01:03:58	01:12:58	00:09:00	01:51:21	00:38:23	02:21:44	00:30:23	01:17:46	67	Aled	Jones	MS
20	00:20:13	00:30:12	00:09:59	01:06:51	00:36:39	01:38:43	00:31:52	01:18:30	68	Dewi	Powell	MS
92	01:20:36	01:28:29	00:07:53	02:07:25	00:38:56	02:39:41	00:32:16	01:19:05	69	Rhainnon	Berrill	FS
14	00:09:20	00:24:56	00:15:36	01:01:29	00:36:33	01:28:34	00:27:05	01:19:14	70	Alwyn	Williams	M40
93	01:20:36	01:30:42	00:10:06		00:00:00	02:40:27	02:40:27	01:19:51	71	Chris	David	M50
85	01:15:54	01:25:27	00:09:33	02:01:52	00:36:25	02:35:48	00:33:56	01:19:54	72	Craig	Toutt	MS

32	00:31:45	00:43:25	00:11:40	01:19:30	00:36:05	01:52:58	00:33:28	01:21:13	73	Christian	Sweeney	MS
47	00:41:15	00:48:46	00:07:31	01:27:00	00:38:14	02:03:06	00:36:06	01:21:51	74	Martin	Nicholls	M40
51	00:45:00	00:56:14	00:11:14	01:37:54	00:41:40	02:07:02	00:29:08	01:22:02	75	Penelope	Greapel	F50
15	00:09:20	00:19:27	00:10:07	00:58:37	00:39:10	01:31:46	00:33:09	01:22:26	76	James	Williams	MS
29	00:26:54	00:40:07	00:13:13	01:18:37	00:38:30	01:49:25	00:30:48	01:22:31	77	Phil	Peake	M40
60	00:51:25	01:00:51	00:09:26	01:39:02	00:38:11	02:14:04	00:35:02	01:22:39	78	James	Henderson	MS
22	00:22:04	00:33:00	00:10:56	01:12:05	00:39:05	01:45:08	00:33:03	01:23:04	79	Stephanie	Avery	FS
40	00:36:47	00:49:29	00:12:42	01:31:54	00:42:25	01:59:57	00:28:03	01:23:10	80	Ian	James	MS
31	00:30:11	00:42:08	00:11:57	01:17:40	00:35:32	01:53:52	00:36:12	01:23:41	81	Christopher	Spry	M40
4	00:08:22	00:19:56	00:11:34	00:56:44	00:36:48	01:32:26	00:35:42	01:24:04	82	Paul	Griffiths	M40
30	00:30:11	00:38:52	00:08:41	01:20:33	00:41:41	01:54:48	00:34:15	01:24:37	83	Lauren	Rowe	FS
27	00:26:05	00:37:50	00:11:45	01:17:19	00:39:29	01:51:58	00:34:39	01:25:53	84	Gill	Kingston	F40
16	00:09:20	00:20:43	00:11:23	01:04:00	00:43:17	01:35:19	00:31:19	01:25:59	85	Mathew	Anderson	MS
19	00:19:01	00:29:36	00:10:35	01:11:54	00:42:18	01:45:34	00:33:40	01:26:33	86	Lloyd	Picton	MS
48	00:44:17	00:54:15	00:09:58	01:34:12	00:39:57	02:12:15	00:38:03	01:27:58	87	John	Edwards	M50
63	00:53:38	01:03:31	00:09:53	01:50:22	00:46:51	02:22:15	00:31:53	01:28:37	88	Kimberley	Lomas	FS
37	00:34:12	00:47:27	00:13:15	01:28:47	00:41:20	02:02:55	00:34:08	01:28:43	89	David	Daley	M40
83	01:09:13	01:20:20	00:11:07	02:08:18	00:47:58	02:38:14	00:29:56	01:29:01	90	Mal	Richards	M40
5	00:08:22	00:20:52	00:12:30	01:04:50	00:43:58	01:37:45	00:32:55	01:29:23	91	David	Jones	M40
73	01:00:39	01:09:09	00:08:30	01:46:33	00:37:24	02:30:05	00:43:32	01:29:26	92	Robert	Colston	M50
42	00:37:24	00:46:11	00:08:47	01:33:41	00:47:30	02:06:55	00:33:14	01:29:31	93	Clare	Morgan	FS
81	01:07:42	01:19:24	00:11:42	01:59:01	00:39:37	02:37:59	00:38:58	01:30:17	94	Simon	Rees	M50
67	00:56:13	01:04:26	00:08:13	01:50:17	00:45:51	02:26:44	00:36:27	01:30:31	95	Helen	Jones	FS
56	00:49:22	01:00:13	00:10:51	01:44:06	00:43:53	02:21:50	00:37:44	01:32:28	96	Gwyn	Williams	M40
7	00:08:22	00:32:03	00:23:41	01:11:50	00:39:47	01:40:56	00:29:06	01:32:34	97	Kevin	Rees	MS
26	00:24:21	00:35:44	00:11:23	01:17:15	00:41:31	01:56:59	00:39:44	01:32:38	98	Lyn	James	M40
35	00:32:40	00:48:29	00:15:49	01:33:03	00:44:34	02:08:59	00:35:56	01:36:19	99	Claire	Bignell	FS
55	00:47:55	01:01:20	00:13:25	01:49:52	00:48:32	02:27:55	00:38:03	01:40:00	100	Miranda	Williams	F40
53	00:45:55	00:59:00	00:13:05	01:50:28	00:51:28	02:37:54	00:47:26	01:51:59	101	Jackie	Marshall	FS
11	00:08:41	00:26:49	00:18:08	01:21:56	00:55:07	02:04:54	00:42:58	01:56:13	102	Kathryn	Timothy	F50
110	01:44:00		00:00:00		00:00:00		00:00:00	#####		Matthew	Davies	MS
2			00:00:00		00:00:00		00:00:00	00:00:00		Catherine	Dorney	F40
3			00:00:00		00:00:00		00:00:00	00:00:00		Jason	Garcia	M40
28			00:00:00		00:00:00		00:00:00	00:00:00		Carwyn	Evans	MS
33			00:00:00		00:00:00		00:00:00	00:00:00		Roger	Thomas	M40
34			00:00:00		00:00:00		00:00:00	00:00:00		Martin	Bennett	M40
41			00:00:00		00:00:00		00:00:00	00:00:00		Adam	Jones	MS

43			00:00:00		00:00:00		00:00:00	00:00:00		Sara	Thomas	FS
46			00:00:00		00:00:00		00:00:00	00:00:00		Victoria	Jenkins	FS
59			00:00:00		00:00:00		00:00:00	00:00:00		Christie	Harper	FS
65			00:00:00		00:00:00		00:00:00	00:00:00		Ben's Team		Relay Team
66			00:00:00		00:00:00		00:00:00	00:00:00		Rob's Team		Relay Team
68			00:00:00		00:00:00		00:00:00	00:00:00		Della	Powell	FS
72			00:00:00		00:00:00		00:00:00	00:00:00		James	Barker	MS
102			00:00:00				00:00:00	00:00:00		Luke	Spurway	MS