

Race No	Surname	Forename	Swim Time	End Bike	Bike Time	End Run	Run Time	Finish Time	SEX	AGE	CAT	CLUB
40	WILDER	RICHARD	00:08:40	00:50:54	00:42:14	01:10:05	00:19:11	01:10:05	MALE	36	SENIOR	LES CROUPIERS TRI CLUB
50	AMMAN VALLEY SCH		00:07:51	00:53:53	00:46:02	01:12:38	00:18:45	01:12:38	RELAY TEAM		RELAY TEAM	
23	LLOYD	LIAM	00:08:57	00:55:38	00:46:41	01:15:26	00:19:48	01:15:26	MALE	15	YOUTH	CELTIC TRI
26	MORRIS	CHRISTOPHER	00:08:45	00:55:26	00:46:41	01:16:35	00:21:09	01:16:35	MALE	40	VET	CLWB TRI LLANELLI
6	CORNISH	LUKE	00:08:11	00:55:20	00:47:09	01:17:26	00:22:06	01:17:26	MALE	16	YOUTH	PEMBROKESHIRE TRIATHLON
29	PATRICK	SCOTT	00:10:20	00:57:09	00:46:49	01:18:00	00:20:51	01:18:00	MALE	37	SENIOR	
46	HUGHES	PAUL			00:00:00	01:18:27	01:18:27	01:18:27	MALE	41	VET	PEMBROKESHIRE TRI CLUB
43	WILLIAMS	JOHN	00:10:24	00:57:37	00:47:13	01:18:42	00:21:05	01:18:42	MALE	26	SENIOR	TRITALK.CO.UK
1	ASTINS	DAVID	00:09:35	00:57:43	00:48:08	01:18:53	00:21:10	01:18:53	MALE	40	VET	PEMBROKESHIRE TRI
25	MORGAN	GARETH	00:10:44	00:59:04	00:48:20	01:19:55	00:20:51	01:19:55	MALE	30	SENIOR	CARDIFF TRI
5	COOPER	IAN	00:09:08	00:58:29	00:49:21	01:20:10	00:21:41	01:20:10	MALE	25	SENIOR	PEMBROKESHIRE TRI
20	KERR	ALAN	00:10:25	00:59:58	00:49:33	01:20:22	00:20:24	01:20:22	MALE	52	SUPER VET	PENCOED
51	HUGHES	PAUL	00:11:44	00:59:20	00:47:36	01:21:26	00:22:06	01:21:26	MALE	40	VET	
27	MORRIS	PAUL	00:11:58	00:58:02	00:46:04	01:22:14	00:24:12	01:22:14	MALE	52	SUPER VET	
30	PRENDIVILLE	STUART	00:12:31	01:00:38	00:48:07	01:22:52	00:22:14	01:22:52	MALE	35	SENIOR	BYNEA CYCLING CLUB
15	ILYAT	ALEX	00:10:48	01:00:08	00:49:20	01:23:05	00:22:57	01:23:05	MALE	29	SENIOR	PEMBROKESHIRE TRIATHLON CLUB
17	JONES	ELLIE	00:09:23	01:01:30	00:52:07	01:23:07	00:21:37	01:23:07	FEMALE	29	SENIOR	PEMBROKESHIRE TRI CLUB
12	GUNTHORPE	DAVID	00:11:45	00:59:37	00:47:52	01:23:40	00:24:03	01:23:40	MALE	34	SENIOR	CARDIFF TRI
21	LADE	MARK	00:09:42	00:58:42	00:49:00	01:24:05	00:25:23	01:24:05	MALE	38	SENIOR	
10	DAVIES	LUKE	00:11:12	01:03:04	00:51:52	01:24:26	00:21:22	01:24:26	MALE	21	SENIOR	
44	WOOD	DANIEL	00:11:18	00:59:54	00:48:36	01:25:05	00:25:11	01:25:05	MALE	27	SENIOR	CARDIFF TRIATHLON CLUB
49	MILLIGAN	KEN	00:11:32	01:01:20	00:49:48	01:25:27	00:24:07	01:25:27	MALE	52	SUPER VET	
33	RELAY TEAM		00:09:18	00:58:49	00:49:31	01:25:53	00:27:04	01:25:53			RELAY TEAM	DEESTRIDERS RC
42	WILLIAMS	ALEX	00:13:09	01:04:51	00:51:42	01:27:55	00:23:04	01:27:55	MALE	42	VET	TEAM PIE
32	RELAY TEAM		00:11:08	00:59:45	00:48:37	01:29:48	00:30:03	01:29:48			RELAY TEAM	GOOD BAD UGLY
28	NICHOLLS	JOHN	00:12:03	01:03:01	00:50:58	01:30:03	00:27:02	01:30:03	MALE	58	SUPER VET	CELTIC TRI
18	JONES	IAN	00:11:26	01:06:42	00:55:16	01:30:50	00:24:08	01:30:50	MALE	35	SENIOR	
31	PRICE	RICHARD	00:12:00	01:04:48	00:52:48	01:30:50	00:26:02	01:30:50	MALE	43	VET	CELTIC TRI
19	JONES	MARK	00:13:08	01:07:40	00:54:32	01:32:12	00:24:32	01:32:12	MALE	51	SUPER VET	
11	FERGUSON	ELAINE	00:10:52	01:05:59	00:55:07	01:32:15	00:26:16	01:32:15	FEMALE	28	SENIOR	CARDIFF TRI
37	WELLINGS	IAN	00:12:25	01:09:01	00:56:36	01:32:50	00:23:49	01:32:50	MALE	21	SENIOR	
13	HARRIS	NOEL	00:15:14	00:71:18		01:36:00		01:36:00	MALE	44	VET	SOUTH WALES POLICE
52	RELAY TEAM	SPORTS DEV		01:04:50	01:04:50	01:36:50	00:32:00	01:36:50	RELAY TEAM		RELAY TEAM	
3	CHAMBERS	ANDREW	00:16:30	01:12:53	00:56:23	01:39:35	00:26:42	01:39:35	MALE	35	SENIOR	
35	RELAY TEAM		00:13:50	01:13:59	01:00:09	01:40:13	00:26:14	01:40:13			RELAY TEAM	3 POOFS ON A BIKE (Aar/Jam/Dan)
41	WILLIAMS	IAN	00:16:08	01:08:24	00:52:16	01:40:18	00:31:54	01:40:18	MALE	53	SUPER VET	
16	JENKINS	LINDEN	00:17:20	01:15:02	00:57:42	01:41:03	00:26:01	01:41:03	MALE	66	VINTAGE VET	
38	WELLINGS	STUART	00:13:48	01:14:50	01:01:02	01:41:03	00:26:13	01:41:03	MALE	23	SENIOR	
53	JONES	HUW	00:13:55	01:10:33	00:56:38	01:41:52	00:31:19	01:41:52	MALE	48	VET	
9	DAVIES	KARINE	00:13:16	01:16:46	01:03:30	01:41:53	00:25:07	01:41:53	FEMALE	37	SENIOR	PEMBROKESHIRE TRIATHLON CLUB
8	DAVIES	ANN	00:14:35	01:15:10	01:00:35	01:43:20	00:28:10	01:43:20	FEMALE	53	SUPER VET	
54	WALFORD	DIANE	00:16:13	01:15:17	00:59:04	01:44:00	00:28:43	01:44:00	FEMALE	58	SUPER VET	
45	WORSFORD	JOHN	00:14:16	01:14:07	00:59:51	01:46:20	00:32:13	01:46:20	MALE	39	SENIOR	
48	BARNETT	PHILLIP	00:18:04	01:19:09	01:01:05	01:47:10	00:28:01	01:47:10	MALE	47	VET	
36	STONE	MELANIE	00:14:53	01:21:09	01:06:16	01:49:35	00:28:26	01:49:35	FEMALE	37	SENIOR	
55	JONES	LLYR	00:15:33	01:20:08	01:04:35	01:54:25	00:34:17	01:54:25	MALE	28	SENIOR	
34	RELAY TEAM		00:11:14	01:25:57	01:14:43	01:55:10	00:29:13	01:55:10			RELAY TEAM	2 CHICKS AND A DUDE (Sha/Deb/AI)
2	CARMAN	PAUL	00:20:59	01:28:20	01:07:21	01:56:15	00:27:55	01:56:15	MALE	55	SUPER VET	
4	COFFEY	KAYE	00:17:50	01:29:08	01:11:18	01:57:20	00:28:12	01:57:20	FEMALE	47	VET	WEST CORK TRI
24	MCGARRIGLE	JASON	00:19:16	01:28:01	01:08:45	01:59:40	00:31:39	01:59:40	MALE	35	SENIOR	
7	DANDO	RICHARD							MALE	31	SENIOR	
22	LEWIS	JAMES							MALE	33	SENIOR	