

Num	First	Family	Club/Team	Cat	Gen	S/P	Swim	R/P	Run	Finish	Pos	A/W
503	ROSS	SIMPSON	TEAM TRI UK	MS	M	3	0:18:23	1	0:18:00	0:36:23	1	W
515	ARON	WILKINSON	CELTIC TRI	MY	M	1	0:17:05	9	0:20:22	0:37:27	2	W
509	GARETH	HALL	NEWTs	MS	M	5	0:18:49	4	0:18:59	0:37:48	3	W
505	DAVID	ASTINS	PEMBS TRI	MV	M	10	0:19:44	5	0:19:11	0:38:55	4	W
53	PAUL	DAVIES	PEMBS TRI	OM	M	11	0:20:05	6	0:19:33	0:39:38	5	A
508	JACK	REES	PEMBS TRI	MY	M	6	0:19:05	13	0:21:21	0:40:26	6	W
511	RHYS	THOMAS	PEMBS TRI	MS	M	8	0:19:21	14	0:21:26	0:40:47	7	W
514	BRIAN	PHILLIPS	NEWTs	MV	M	7	0:19:07	16	0:21:46	0:40:53	8	W
507	RHYS	JEFFREYS	YSTWYTH CC	MS	M	17	0:21:35	7	0:19:38	0:41:13	9	W
118	BETHAN	PHILLIPS	POPPIT SLSC	R16	X	15	0:20:54	11	0:20:46	0:41:40	10	R
78	GERAINT	FORSTER	POPPIT SLSC	OM	M	21	0:22:33	8	0:20:05	0:42:38	11	A
120	BETHAN	WILLIAMS	ABERTEIFI	RO	X	14	0:20:46	18	0:22:11	0:42:57	12	R
54	SAM	PURNELL	POPPIT SLSC	OM	M	12	0:20:07	25	0:23:01	0:43:08	13	A
123	ROBERT	WALTER		RO	X	13	0:20:27	23	0:22:44	0:43:11	14	R
502	ANGELA	JONES	NEWTs	FV	F	20	0:22:32	12	0:21:09	0:43:41	15	W
122	EDWARD	EVANS	POPPIT SLSC	RO	X	4	0:18:24	40	0:26:31	0:44:55	16	R
517	JAMES	BRAVN	LES CROUPIERS	MV	M	25	0:22:49	21	0:22:25	0:45:14	17	W
516	STEVEN	WILKINSON	CELTIC TRI	MV	M	37	0:25:06	10	0:20:24	0:45:30	18	W
512	SION	WILLIAMS	PEMBS TRI	FV	F	27	0:23:16	20	0:22:24	0:45:40	19	W
125	ELLIE	BODENHAM	POPPIT SLSC	R16	X	26	0:23:08	24	0:22:52	0:46:00	20	R
52	JACOB	BEETHAN		M16	M	22	0:22:36	28	0:23:33	0:46:09	21	A
61	ROBIN	BAKER		M40	M	32	0:24:30	15	0:21:40	0:46:10	22	A
124	PRHYS	HARRIS		RO	X	48	0:28:07	2	0:18:31	0:46:38	23	R
73	MARK	GRIFFITHS	TELFORD HARRIERS	M40	M	49	0:28:21	3	0:18:31	0:46:52	24	A
116	LOWRI	DAVIES	POPPIT SLSC	R16	X	29	0:23:59	26	0:23:02	0:47:01	25	R
58	STEFFAN	GRIFFITHS		OM	M	31	0:24:17	27	0:23:05	0:47:22	26	A
51	HANNAH	BEETHAN		F16	F	18	0:22:04	33	0:25:21	0:47:25	27	A
76	CARYS	THOMAS	NEWPORT SLSC	F16	F	23	0:22:39	30	0:24:51	0:47:30	28	A
74	ELIN HAF	JONES		OF	F	38	0:25:12	22	0:22:26	0:47:38	29	A
77	CELIA	BOOTHMAN	PEMBS TRI	OF	F	39	0:25:22	19	0:22:19	0:47:41	30	A
126	JOHNY	JAMES	POPPIT SLSC	RO	X	24	0:22:46	32	0:25:19	0:48:05	31	R
70	ISABELLE	DAVIES		F16	F	2	0:18:08	54	0:30:08	0:48:16	32	A
513	MICHAEL	BATTERSBY	CARDIFF TRI	MSV	M	16	0:21:23	43	0:27:03	0:48:26	33	W
50	MOLLY	BEETHAN		F16	F	19	0:22:27	41	0:26:59	0:49:26	34	A
57	HAWYS	HATLEY		F16	F	9	0:19:37	53	0:30:07	0:49:44	35	A

119	MENNA	PHILLIPS	POPPIT SLSC	R16	F	28	0:23:46	38	0:26:07	0:49:53	36	R
114	ALISTER	MCINTOSH		RO	X	47	0:28:02	17	0:21:56	0:49:58	37	R
115	HAZEL	DAVIES	EMLYN FLYERS	RO	X	44	0:26:39	29	0:23:43	0:50:22	38	R
60	KARL	SUTTON	PEMBS TRI	M40	M	40	0:25:33	31	0:24:53	0:50:26	39	A
69	MALLT	MASKELL		M16	M	36	0:25:03	36	0:25:39	0:50:42	40	A
500	JAMES	DAVIES	CELTIC TRI	MV	M	41	0:25:50	34	0:25:34	0:51:24	41	W
59	KATHERINE	DEVONALD	PEMBS VELOS	OF	F	30	0:24:06	45	0:27:26	0:51:32	42	A
62	DANIEL	PURNELL	POPPIT SLSC	M16	M	35	0:24:57	42	0:27:01	0:51:58	43	A
56	IAN	DAVIES	EMLYN FLYERS	M40	M	34	0:24:54	47	0:28:17	0:53:11	44	A
121	BRIAN	RUSSELL	PEMBS TRI	RO	X	45	0:27:31	39	0:26:09	0:53:40	45	R
65	ELIN	JONES	NEWPORT SLSC	F40	F	50	0:28:31	35	0:25:37	0:54:08	46	A
510	KELLY	GAFFNEY	NEWPORT TRI	FS	F	33	0:24:51	51	0:29:19	0:54:10	47	W
67	NICOLA	LLOYD	EMLYN FLYERS	OF	F	42	0:26:28	49	0:28:44	0:55:12	48	A
66	EDWINA	LLOYD	EMLYN FLYERS	F40	F	46	0:27:33	46	0:27:45	0:55:18	49	A
127	ROGER	CAYGILL		RO	X	52	0:30:01	37	0:26:06	0:56:07	50	R
68	MALCOLM	MASKELL		M40	M	51	0:28:43	50	0:29:02	0:57:45	51	A
63	DAFYDD	NICHOLLS	POPPIT SLSC	M16	M	43	0:26:32	56	0:33:16	0:59:48	52	A
75	GARETH	ROBINSON	POPPIT SLSC	M40	M	54	0:32:29	44	0:27:22	0:59:51	53	A
506	DIANE	HYNAM	CELTIC TRI	FVV	F	53	0:32:01	48	0:28:42	1:00:43	54	W
72	DEBORAH	HUGH	TELFORD HARRIERS	F40	F	55	0:33:37	52	0:29:23	1:03:00	55	A
64	LIZ	HAWKER	POPPIT SLSC	OF	F	56	0:33:54	55	0:32:32	1:06:26	56	A
49	IAN	HIPKINS	PEMBS TRI	M40	M		DNS		#####			A
55	GRANT	WESTCOTT	LLANELLI ASC	OM	M		DNS		#####			A
71	MARTHA	OWEN	NEWPORT SLSC	FSV	F		DNS		#####			A
117	MORAGN	DAVIES	POPPIT SLSC	R16	M		DNS		#####			R
504	ELLIE	JONES	PEMBS TRI	FS	F		DNS		#####			W