



Neath Valley Tri 2018 Results



Bib No	First Name	Last Name	Club	Category	Gender	LapCount	Swim +T1	Swim + T1 Pos	Bike	Bike Pos	T2	T2 Pos	Run	Run Pos	Finish	Overall Pos	Category Pos	Gender Pos
188	Nathanial	Harries	Celtic Tri	M1719	M	4	00:05:42	2	0:36:56.90	4	00:00:26.20	5	00:11:15.65	4	0:54:20.75	1	1	1
190	Carol	Bridge	Rhondda Triathlon Club	F2039	F	4	00:06:42	4	0:35:46.20	1	00:00:34.35	12	00:12:54.45	13	0:55:57.00	2	1	1
181	Dean	Johnston	Port Talbot Harriers	M4049	M	4	00:07:58	6	0:37:28.15	7	00:00:31.00	10	00:10:48.80	2	0:56:45.95	3	1	2
156	Gareth	Battle	Rhondda Triathlon Club	M4049	M	4	00:09:28	36	0:36:29.40	3	00:00:30.80	9	00:11:11.35	3	0:57:39.55	4	2	3
193	Chris	Jones	Celtic Tri	M4049	M	4	00:05:25	1	0:39:06.65	10	00:00:31.35	11	00:13:21.25	20	0:58:24.25	5	3	4
160	David	Williams	Celtic Tri	M4049	M	4	00:08:25	15	0:35:57.15	2	00:00:44.85	32	00:13:42.65	28	0:58:49.65	6	4	5
166	Byron	Davies	Celtic Tri	M4049	M	4	00:09:00	27	0:37:09.55	5	00:00:34.85	13	00:12:26.50	9	0:59:10.90	7	5	6
187	Nino	Gatti	Port Talbot Harriers	M2039	M	4	00:08:08	8	0:39:57.50	12	00:00:40.25	24	00:10:48.65	1	0:59:34.40	8	1	7
180	Neil	Davies	Rhondda Triathlon Club	M4049	M	4	00:08:23	13	0:38:22.60	8	00:00:47.00	35	00:12:49.55	12	1:00:22.15	9	6	8
103	Jamie	Barton		M2039	M	4	00:08:11	10	0:38:44.50	9	00:00:39.15	20	00:13:31.70	22	1:01:06.35	10	2	9
165	James	Davies	Celtic Tri	M5059	M	4	00:08:46	20	0:37:22.80	6	00:00:53.65	50	00:14:19.90	39	1:01:22.35	11	1	10
170	Simon	Malley		M4049	M	4	00:08:52	24	0:40:09.35	13	00:00:51.65	44	00:12:22.90	6	1:02:15.90	12	7	11
189	Neo	Seppman	Triathlon Coaching Wales	M1516	M	4	00:06:34	3	0:42:39.85	24	00:00:28.20	7	00:13:03.35	14	1:02:45.40	13	1	12
184	Darren	Beddows	Celtic Tri	M4049	M	4	00:09:00	26	0:41:21.40	17	00:00:39.00	18	00:12:23.20	8	1:03:23.60	14	8	13
186	Jon	Burnett	Pencoed Triathlon Club	M2039	M	4	00:07:18	5	0:42:13.30	21	00:00:59.05	61	00:13:04.35	15	1:03:34.70	15	3	14
141	Jon-Paul	Stevens		M2039	M	4	00:08:24	14	0:40:18.25	14	00:00:42.40	28	00:14:19.10	38	1:03:43.75	16	4	15
161	Dean	David	Bynea Cycling Club	M2039	M	4	00:08:58	25	0:39:23.40	11	00:00:39.05	19	00:15:22.90	55	1:04:23.35	17	5	16
176	Rhys	Palmer		M2039	M	4	00:08:09	9	0:42:54.20	25	00:00:44.60	31	00:12:38.70	11	1:04:26.50	18	6	17
167	Ian	Clark		M5059	M	4	00:09:12	34	0:42:24.35	22	00:01:07.00	90	00:11:51.70	5	1:04:35.05	19	2	18
163	Rob	Malough	Celtic Tri	M4049	M	4	00:09:17	35	0:41:07.20	15	00:00:47.05	36	00:13:42.55	27	1:04:53.80	20	9	19
128	Simon	Williams		M4049	M	4	00:10:41	48	0:41:20.80	16	00:00:48.10	39	00:12:23.00	7	1:05:12.90	21	10	20
171	Vince	Price	Aim2Tri	M5059	M	4	00:08:31	16	0:41:23.50	18	00:00:54.90	52	00:14:48.95	47	1:05:38.35	22	3	21
183	Alexander	Green		M2039	M	4	00:08:21	12	0:43:32.95	26	00:01:00.55	66	00:13:05.30	16	1:05:59.80	23	7	22
157	Joel	Davies		M2039	M	4	00:09:11	33	0:41:58.20	20	00:00:46.85	33	00:14:11.85	35	1:06:07.90	24	8	23
159	Joe	Emms	Performancecoaching.me	M2039	M	4	00:08:52	23	0:44:10.85	31	00:00:29.25	8	00:13:15.20	18	1:06:47.30	25	9	24
177	Mark	Gabb	Celtic Tri	M4049	M	4	00:08:17	11	0:45:06.50	36	00:00:40.10	23	00:13:38.20	25	1:07:41.80	26	11	25
162	Gafyn	Keeping		M2039	M	4	00:08:51	22	0:44:48.75	34	00:01:00.25	65	00:13:13.05	17	1:07:53.05	27	10	26
145	Mary	Lewis	Celtic Tri	F2039	F	4	00:09:08	31	0:42:27.20	23	00:01:04.95	84	00:15:18.75	54	1:07:58.90	28	2	2
115	Joe	Broad		M2039	M	4	00:11:38	58	0:43:45.95	28	00:00:47.40	37	00:12:32.05	10	1:08:43.40	29	11	27
91	Grant	Wakeman	Islwyn Running Club	M4049	M	4	00:10:19	42	0:43:53.10	29	00:00:59.55	64	00:13:43.50	29	1:08:55.15	30	12	28
144	Llywelyn	Williams	Celtic Tri	M2039	M	4	00:10:41	47	0:44:15.60	32	00:01:01.25	68	00:13:18.85	19	1:09:16.70	31	12	29

46	Amanda	Parry	Celtic Tri	F4049	F	4	00:11:51	60	0:41:49.90	19	00:01:24.25	120	00:14:17.60	37	1:09:22.75	32	1	3
122	Eden	Davies		FY	F	4	00:08:10	19	0:46:08.05	44	00:00:36.60	15	00:14:30.70	40	1:09:25.35	33	1	4
31	Rebecca	Andrews	Celtic Tri	F2039	F	4	00:08:04	7	0:46:26.15	46	00:00:23.45	4	00:14:46.40	45	1:09:40.00	34	3	5
149	Mark	Edwards		M4049	M	4	00:09:29	37	0:45:11.30	38	00:00:57.35	58	00:14:37.65	43	1:10:15.30	35	13	30
138	Stephen	Hughes		M5059	M	4	00:08:50	21	0:46:45.40	49	00:01:04.00	81	00:13:46.75	30	1:10:26.15	36	4	31
16	Ruth Adele	Francis	Celtic Tri	F5059	F	4	00:10:22	43	0:44:31.95	33	00:01:14.05	106	00:14:35.30	41	1:10:43.30	37	1	6
146	Jayne	Leary	Celtic Tri	F4049	F	4	00:10:30	46	0:45:38.10	40	00:00:50.40	43	00:13:52.95	32	1:10:51.45	38	2	7
153	Ian	Thorne	White Rock Tri	M5059	M	4	00:09:00	28	0:46:50.35	50	00:00:36.60	16	00:14:36.40	42	1:11:03.35	39	5	32
168	Amy	Seppman	Port Talbot Harriers	F2039	F	4	00:09:03	29	0:46:12.00	45	00:00:49.70	42	00:15:46.05	64	1:11:50.75	40	4	8
164	David	Richards	Celtic Tri	M5059	M	4	00:09:03	30	0:44:02.95	30	00:00:47.95	38	00:18:20.15	104	1:12:14.05	41	6	33
88	Neil	Cooper		M5059	M	4	00:12:20	65	0:44:51.90	35	00:00:55.40	53	00:14:49.70	48	1:12:57.00	42	7	34
131	Anna	Ciolek	Brecon Triathlon Club	F2039	F	4	00:12:26	70	0:46:58.70	51	00:01:01.70	70	00:13:31.10	21	1:13:57.50	43	5	9
148	Sandra	Jones	Celtic Tri	F4049	F	4	00:09:37	38	0:47:47.85	55	00:01:07.15	91	00:15:35.25	61	1:14:07.25	44	3	10
54	Marcus	Davies		M4049	M	4	00:12:27	71	0:45:40.25	41	00:01:38.65	133	00:14:42.85	44	1:14:28.75	45	14	35
102	William	Beech	Onalytica Tri	M2039	M	4	00:11:38	57	0:47:17.95	52	00:01:17.25	110	00:14:46.50	46	1:14:59.70	46	13	36
28	John	Newson		M4049	M	4	00:14:44	111	0:45:47.75	42	00:01:04.90	83	00:13:32.05	23	1:15:08.70	47	15	37
111	Matthew	Saker	Port Talbot Harriers	M2039	M	4	00:12:24	68	0:45:08.65	37	00:01:04.65	82	00:16:34.00	71	1:15:11.30	48	14	38
70	Nathan	Phillips		M2039	M	4	00:09:10	32	0:46:43.10	48	00:01:17.45	111	00:18:12.75	101	1:15:23.30	49	15	39
118	Darren	Bartley		M2039	M	4	00:11:08	51	0:49:19.60	60	00:01:03.30	76	00:13:56.40	33	1:15:27.30	50	16	40
178	Sian	Clement	Celtic Tri	F4049	F	4	00:08:34	17	0:48:18.70	57	00:01:07.50	92	00:17:31.80	87	1:15:32.00	51	4	11
116	Martyn	Parsons	White Rock Triathletes	M4049	M	4	00:11:57	63	0:48:04.65	56	00:00:22.95	3	00:15:10.15	52	1:15:34.75	52	16	41
44	Jon	Williams		M4049	M	4	00:15:07	117	0:45:56.45	43	00:00:22.90	2	00:14:14.65	36	1:15:41.00	53	17	42
96	Rhodri	Jones		M2039	M	4	00:11:37	56	0:49:38.20	61	00:01:03.95	80	00:13:40.30	26	1:15:59.45	54	17	43
100	Christopher	Kelly		M6069	M	4	00:13:23	86	0:45:16.70	39	00:02:09.65	148	00:15:43.85	63	1:16:33.20	55	1	44
26	Chris	Mills		M4049	M	4	00:13:30	89	0:47:42.75	53	00:01:13.80	105	00:14:11.65	34	1:16:38.20	56	18	45
7	Ian	Jones		M2039	M	4	00:17:50	144	0:43:33.75	27	00:01:34.75	129	00:14:53.80	49	1:17:52.30	57	18	46
150	Lesley	Mainwaring		F5059	F	4	00:15:34	123	0:46:30.45	47	00:01:21.00	116	00:14:58.15	51	1:18:23.60	58	2	12
121	Roy	Jones	Leicester Tri Club	M5059	M	4	00:10:00	40	0:48:54.30	59	00:01:28.00	124	00:18:12.60	100	1:18:34.90	59	8	47
125	Marie-Andree	Lachapelle	Taff Ely Triathlon Club	F5059	F	4	00:10:44	49	0:50:03.55	62	00:01:16.45	109	00:16:42.80	74	1:18:46.80	60	3	13
83	Michael	Kethro	Celtic Tri	M5059	M	4	00:12:56	78	0:47:45.70	54	00:01:18.75	113	00:17:26.40	83	1:19:26.85	61	9	48
81	Nicolas	Thomas		M2039	M	4	00:13:11	81	0:48:33.45	58	00:01:22.05	117	00:17:30.05	86	1:20:36.55	62	19	49
33	Sam	Knowles		M2039	M	4	00:13:39	93	0:51:23.80	67	00:02:07.05	147	00:13:37.35	24	1:20:47.20	63	20	50
132	Melanie	Thomas	Pen-Y-Bont Triathlon Club	F2039	F	4	00:13:05	79	0:51:08.45	65	00:01:09.20	94	00:16:57.00	76	1:22:19.65	64	6	14
139	Rachel	Gabb	Celtic Tri	F4049	F	4	00:11:50	59	0:52:14.30	69	00:01:06.85	89	00:17:39.10	90	1:22:50.25	65	5	15
27	Nicola	Thomas		F5059	F	4	00:14:17	100	0:50:04.30	63	00:01:40.25	134	00:17:29.15	84	1:23:30.70	66	4	16
155	Natalie	Cordy		F2039	F	4	00:09:43	39	0:56:23.50	92	00:00:39.45	22	00:17:16.70	82	1:24:02.65	67	7	17
140	Louisa	Addiscott	Taff Ely Triathlon Club	F4049	F	4	00:11:04	50	0:52:29.10	70	00:01:12.20	100	00:19:17.95	115	1:24:03.25	68	6	18
35	Ian	Price		M5059	M	4	00:14:26	103	0:51:43.30	68	00:02:22.55	152	00:15:32.95	60	1:24:04.80	69	10	51
21	Jack	Allum		M2039	M	4	00:14:22	101	0:54:16.45	77	00:00:41.35	26	00:14:58.05	50	1:24:17.85	70	21	52
123	Louise	Hughes		F4049	F	4	00:12:21	66	0:51:04.85	64	00:02:28.65	154	00:18:25.30	107	1:24:19.80	71	7	19
55	Hayley	Harris	Celtic Tri	F2039	F	4	00:12:48	77	0:55:06.20	80	00:00:40.55	25	00:16:20.70	70	1:24:55.45	72	8	20
89	Ann	Davies	Y Bont Tri club	F6069	F	4	00:11:32	55	0:53:51.40	74	00:01:20.25	114	00:18:12.85	102	1:24:56.50	73	1	21

94	Nick	Roe		M6069	M	4	00:14:37	105	0:51:10.30	66	00:01:51.55	143	00:17:29.75	85	1:25:08.60	74	2	53
152	Cat	Burnett	Pencoed Triathlon Club	F2039	F	4	00:11:29	54	0:54:51.50	79	00:01:12.95	102	00:17:47.40	92	1:25:20.85	75	9	22
133	Chris	Richards		M4049	M	4	00:12:27	72	0:56:13.30	89	00:01:12.85	101	00:16:36.85	73	1:26:30.00	76	19	54
124	Mark	Dickens		M5059	M	4	00:10:30	45	0:58:01.50	99	00:01:27.20	123	00:17:02.40	78	1:27:01.10	77	11	55
22	Sian	Rees-Jones		F5059	F	4	00:13:27	88	0:53:42.65	73	00:01:34.15	128	00:18:50.50	112	1:27:34.30	78	5	23
67	Chrissy	Harrison	Run4All Neath	F4049	F	4	00:13:26	87	0:57:38.40	95	00:00:43.60	30	00:15:53.60	65	1:27:41.60	79	8	24
154	Abigail	Summerfield		F2039	F	4	00:12:36	74	0:57:45.10	97	00:01:06.75	88	00:16:15.95	69	1:27:43.80	80	10	25
59	Anthony	Holling	Port Talbot Harriers	M6069	M	4	00:13:40	94	0:53:33.55	71	00:02:23.65	153	00:18:09.35	96	1:27:46.55	81	3	56
134	Lynn	Hickman		F5059	F	4	00:12:24	67	0:54:12.55	76	00:01:14.40	107	00:20:12.95	121	1:28:03.90	82	6	26
127	Natalie	Jones	Pen-Y-Bont Triathlon Club	F2039	F	4	00:16:27	131	0:53:58.25	75	00:01:48.85	140	00:16:53.25	75	1:29:07.35	83	11	27
86	David	Fazakerley		M2039	M	4	00:12:02	64	1:00:47.45	117	00:00:52.90	47	00:15:37.70	62	1:29:20.05	84	22	57
106	Andrea	Griffiths	Celtic Tri	F5059	F	4	00:11:16	52	0:55:55.60	84	00:00:59.00	60	00:21:18.65	135	1:29:29.25	85	7	28
4	Mike	Price		M5059	M	4	00:17:33	141	0:56:06.55	87	00:00:21.65	1	00:15:31.85	58	1:29:33.05	86	12	58
82	Thomas	Addiscott		M2039	M	4	00:12:26	69	0:58:27.25	101	00:00:43.50	29	00:18:09.60	97	1:29:46.35	87	23	59
12	Rachel	White		F4049	F	4	00:13:17	84	0:58:00.00	98	00:01:24.60	121	00:17:09.10	80	1:29:50.70	88	9	29
38	Ben	Hubbard		M2039	M	4	00:13:55	97	0:59:18.50	107	00:00:28.15	6	00:16:10.20	66	1:29:51.85	89	24	60
107	Emma	Carro		F4049	F	4	00:15:52	125	0:55:40.10	83	00:02:13.20	149	00:16:12.35	68	1:29:57.65	90	10	30
53	Craig	Richards	Celtic Tri	M2039	M	4	00:15:19	119	0:55:57.80	86	00:01:01.55	69	00:17:50.50	93	1:30:08.85	91	25	61
73	Anna	Rees	Celtic Tri	F2039	F	4	00:10:29	44	0:58:45.15	103	00:00:41.45	27	00:20:29.50	123	1:30:25.10	92	12	31
78	Mark	Stevens	Celtic Tri	M4049	M	4	00:13:55	96	1:01:22.80	125	00:01:41.30	135	00:13:48.45	31	1:30:47.55	93	20	62
174	Carly	Moran		F2039	F	4	00:08:39	18	1:00:13.25	111	00:00:46.85	34	00:21:15.85	133	1:30:54.95	94	13	32
5	Suzanne	Luker-Davies		F4049	F	4	00:13:49	95	0:59:08.55	104	00:00:39.25	21	00:17:35.95	88	1:31:12.75	95	11	33
76	Kate	Bennett		F2039	F	4	00:14:02	98	1:01:01.85	122	00:00:38.25	17	00:15:31.60	56	1:31:13.70	96	14	34
47	Peter	Dale	Celtic Tri	M6069	M	4	00:19:35	151	0:53:36.00	72	00:00:57.10	57	00:17:08.45	79	1:31:16.55	97	4	63
87	Teresa	Jeffries-Callaghan	Taff Ely Triathlon Club	F5059	F	4	00:16:06	128	0:56:19.25	90	00:00:53.65	51	00:18:02.75	95	1:31:21.65	98	8	35
98	Diane	Edwards Davies	Dragon s Running Club Aberdare	F4049	F	4	00:15:39	124	0:57:20.90	94	00:01:13.55	104	00:17:12.25	81	1:31:25.70	99	12	36
84	Rebecca	Helmore		F4049	F	4	00:11:54	61	1:03:08.90	132	00:00:51.90	45	00:15:32.10	59	1:31:26.90	100	13	37
34	Gareth	Ponting	Dragons Running Club	M5059	M	4	00:18:02	146	0:56:12.75	88	00:01:10.40	97	00:16:10.30	67	1:31:35.45	101	13	64
23	Dean	Martin		M4049	M	4	00:15:16	118	0:55:24.25	81	00:02:19.40	151	00:19:26.00	116	1:32:25.65	102	21	65
58	Daryl	Jenkins	Celtic Tri	M4049	M	4	00:15:28	121	0:54:44.05	78	00:01:41.45	136	00:21:03.55	131	1:32:57.05	103	22	66
92	Mika	Ireste		F2039	F	4	00:13:22	85	1:00:00.70	109	00:01:02.85	74	00:18:45.35	111	1:33:10.90	104	15	38
20	Warren	Fryer		M4049	M	4	00:15:02	116	0:55:56.95	85	00:01:35.55	130	00:21:09.65	132	1:33:44.15	105	23	67
90	Karen	Jones	Taff Ely Triathlon Club	F4049	F	4	00:12:45	76	1:00:57.05	121	00:01:22.90	118	00:19:17.70	114	1:34:22.65	106	14	39
95	Helen	Hughes		F5059	F	4	00:13:08	80	0:55:37.95	82	00:03:15.45	158	00:22:34.60	142	1:34:36.00	107	9	40
45	Gwen	Morgan	Will tri and keep going	F2039	F	4	00:17:31	140	1:00:53.10	120	00:01:02.35	71	00:15:31.70	57	1:34:58.15	108	16	41
32	Lesley	Romano		F5059	F	4	00:14:42	109	0:58:31.70	102	00:01:03.50	78	00:20:46.60	127	1:35:03.80	109	11	42
129	Stephanie	Evans	Taff Ely Triathlon Club	F2039	F	4	00:13:15	83	1:02:25.40	128	00:01:09.20	95	00:18:22.15	106	1:35:11.75	110	17	43
120	Karen	Birdsall	Celtic Tri	F5059	F	4	00:14:11	99	1:00:43.35	116	00:01:37.65	132	00:18:40.70	109	1:35:12.70	111	10	44
130	Joanne	Horton	Swansea TriSharks	F4049	F	4	00:12:43	75	0:59:11.30	105	00:01:26.20	122	00:22:23.70	140	1:35:44.20	112	15	45
39	Luke	French		M1719	M	4	00:17:24	139	1:02:31.10	130	00:01:03.90	79	00:15:18.35	53	1:36:17.35	113	2	68
109	Judith	John-Morris		F5059	F	4	00:13:36	92	1:01:53.00	127	00:01:11.75	98	00:20:04.30	120	1:36:45.05	114	12	46
14	Gemma	Forde		F2039	F	4	00:15:22	120	1:03:57.70	134	00:00:52.60	46	00:16:36.35	72	1:36:48.65	115	18	47

85	Cerys	Jenkins	Celtic Tri	F2039	F	4	00:10:17	41	1:07:18.75	142	00:00:49.50	41	00:18:27.00	108	1:36:52.25	116	19	48
60	Janine	Cordy		F5059	F	4	00:13:30	90	1:02:26.50	129	00:00:34.95	14	00:20:41.30	125	1:37:12.75	117	14	49
50	Felicity	Barrow	Celtic Tri	F5059	F	4	00:14:50	112	0:57:45.00	96	00:02:01.75	146	00:22:36.95	143	1:37:13.70	118	13	50
79	Andrew	Addiscott		M5059	M	4	00:16:49	132	1:01:16.40	124	00:00:56.80	56	00:18:20.35	105	1:37:22.55	119	15	69
37	Nick	French		M5059	M	4	00:21:58	155	0:56:19.60	91	00:00:56.30	54	00:18:12.35	99	1:37:26.25	120	14	70
93	Sarah	Hubbard		F2039	F	4	00:15:31	122	1:00:36.45	115	00:00:59.10	62	00:21:39.60	139	1:38:46.15	121	20	51
17	Chris	Cannings		M2039	M	4	00:18:22	148	1:00:07.75	110	00:01:30.00	127	00:19:02.65	113	1:39:02.40	122	26	71
56	Fiona	Morgan		F5059	F	4	00:17:01	134	0:59:15.65	106	00:01:35.65	131	00:21:18.30	134	1:39:10.60	123	15	52
11	Kelly	Trater		F2039	F	4	00:14:34	104	1:00:20.75	113	00:01:50.00	141	00:22:41.70	144	1:39:26.45	124	21	53
19	Trudi	Edwards	Dragons Running Club	F4049	F	4	00:16:27	130	1:03:53.05	133	00:01:09.30	96	00:18:11.25	98	1:39:40.60	125	16	54
2	Janine	Howard-Cook		F5059	F	4	00:18:18	147	0:59:19.05	108	00:01:18.30	112	00:20:48.30	129	1:39:43.65	126	17	55
57	Donna	James	Celtic Tri	F5059	F	4	00:17:21	138	1:01:48.30	126	00:01:02.80	73	00:19:37.75	117	1:39:49.85	127	16	56
72	Rebecca	Lewis		F2039	F	4	00:13:35	91	1:05:57.20	138	00:00:53.60	49	00:20:43.35	126	1:41:09.15	128	22	57
75	Jillian	Dale	Celtic Tri	F6069	F	4	00:17:47	143	1:00:48.55	119	00:01:11.90	99	00:21:37.00	137	1:41:24.45	129	2	58
158	Linda	Foster		F5059	F	4	00:15:00	115	1:06:55.45	140	00:01:46.15	139	00:17:59.30	94	1:41:40.90	130	18	59
41	Helen	Cahill		F6069	F	4	00:19:10	150	1:01:06.35	123	00:01:09.05	93	00:20:47.05	128	1:42:12.45	131	3	60
43	Tracey	Davies		F5059	F	4	00:15:52	126	1:09:17.65	147	00:01:05.25	85	00:17:39.50	91	1:43:54.40	132	19	61
48	Kelly	Evans		F2039	F	4	00:17:57	145	1:05:20.40	135	00:01:13.30	103	00:20:26.45	122	1:44:57.15	133	23	62
126	Samantha	Sturgess	Celtic Tri	F2039	F	4	00:14:43	110	1:09:11.05	146	00:01:03.35	77	00:20:03.55	119	1:45:00.95	134	24	63
24	Sian	James		F5059	F	4	00:12:34	73	1:09:45.75	148	00:01:15.55	108	00:21:38.30	138	1:45:13.60	135	20	64
112	Kate	Reeks		F2039	F	4	00:14:55	113	1:00:18.45	112	00:01:43.75	138	00:28:33.50	156	1:45:30.70	136	25	65
113	Malcolm	Reeks		M5059	M	4	00:14:55	114	1:00:21.10	114	00:02:01.50	145	00:28:13.60	155	1:45:31.20	137	16	72
80	Ffion	Addiscott		F2039	F	4	00:14:25	102	1:05:46.70	136	00:00:53.50	48	00:25:07.20	151	1:46:12.40	138	26	66
68	Vicky	Woodward	Celtic Tri	F2039	F	4	00:14:41	108	1:10:30.05	149	00:01:06.00	86	00:19:57.75	118	1:46:14.80	139	27	67
104	Sophie	Wallis	Cornelly Striders AC	F2039	F	4	00:13:13	82	1:11:00.50	151	00:01:53.40	144	00:21:03.45	130	1:47:10.35	140	28	68
29	Robyn	Williams	Run4All Neath	F2039	F	4	00:22:31	156	1:07:35.60	144	00:02:16.65	150	00:17:37.75	89	1:50:01.00	141	29	69
101	Amanda	Ruston		F4049	F	4	00:14:41	107	1:06:42.40	139	00:00:49.40	40	00:28:12.20	154	1:50:25.00	142	17	70
69	Laura	Donovan		F2039	F	4	00:16:26	129	1:10:56.80	150	00:01:03.20	75	00:22:30.20	141	1:50:56.20	143	30	71
71	Rhian	Barlow		F5059	F	4	00:16:52	133	1:11:35.50	153	00:01:20.60	115	00:21:25.45	136	1:51:13.55	144	21	72
119	Joy	Williams	Celtic Tri	F4049	F	4	00:32:33	160	0:58:07.65	100	00:01:00.60	67	00:20:33.05	124	1:52:14.30	145	18	73
117	Emma	Cordy		F2039	F	4	00:11:55	62	1:11:19.60	152	00:00:58.60	59	00:28:48.00	157	1:53:01.20	146	31	74
6	Jennie	Griffiths	Celtic Tri	F2039	F	4	00:24:08	158	1:00:48.50	118	00:04:05.50	160	00:24:08.20	149	1:53:10.20	147	32	75
36	Kathryn	Thomas		F6069	F	4	00:17:11	137	1:05:51.10	137	00:01:02.70	72	00:29:34.00	159	1:53:38.80	148	4	76
42	Julie	Kemp		F5059	F	4	00:17:09	136	1:17:43.75	160	00:00:56.60	55	00:18:40.95	110	1:54:30.30	149	22	77
49	William	Owen	Celtic Tri	M80+	M	4	00:21:51	154	1:07:24.95	143	00:01:41.55	137	00:24:19.00	150	1:55:16.50	150	1	73
64	Laurence	Anderson-Evans		M2039	M	4	00:17:06	135	1:13:08.70	156	00:02:48.05	156	00:23:13.15	146	1:56:15.90	151	27	74
65	Kevin	Farrow		M2039	M	4	00:17:47	142	1:12:59.25	155	00:02:56.45	157	00:23:11.95	145	1:56:54.65	152	28	75
77	Charlotte	Jones		F2039	F	4	00:14:40	106	1:17:12.80	159	00:01:06.25	87	00:24:06.50	148	1:57:05.55	153	33	78
105	Allison	Lewis-Wong	Celtic Tri	F5059	F	4	00:35:58	161	1:03:04.50	131	00:01:23.20	119	00:16:58.20	77	1:57:23.90	154	23	79
66	Elliot	Anderson-Evans		M2039	M	4	00:18:44	149	1:13:13.55	157	00:02:44.20	155	00:23:14.20	147	1:57:55.95	155	29	76
13	Jennifer	Richards		F4049	F	4	00:22:57	157	1:08:17.80	145	00:01:28.40	125	00:25:32.60	152	1:58:15.80	156	19	80
52	Claire	Thorne	White Rock Tri	F2039	F	4	00:21:03	152	1:11:41.40	154	00:01:28.40	126	00:31:57.85	160	2:06:10.65	157	34	81

