

Cat Pos	Race No	Name	Category	Gender	Club	Swim Split	T1 and Run	Overall
1	36	Josephine Hurst	TRISTAR 1	Female	Denbighshire Triathlon Club	00:02:21	00:04:54	00:07:15
2	31	Libby Hale	TRISTAR 1	Female		00:02:25	00:05:19	00:07:44
3	33	Freya Catling	TRISTAR 1	Female		00:02:24	00:05:21	00:07:45
4	37	Ella Harris	TRISTAR 1	Female	Celtic Tri	00:02:32	00:05:17	00:07:49
5	34	Mabli Collyer	TRISTAR 1	Female	Bynea Cycling Club	00:02:16	00:06:12	00:08:28
6	45	Ffion Mair	TRISTAR 1	Female	Cerist Triathlon Club	00:02:42	00:06:25	00:09:07
7	30	Grace Taylor	TRISTAR 1	Female	Celtic Tri	00:02:44	00:06:25	00:09:09
8	29	Seren Borland	TRISTAR 1	Female	Tristars Conwy	00:03:07	00:06:08	00:09:15
9	44	Maisie James	TRISTAR 1	Female	Celtic Tri	00:03:13	00:06:13	00:09:26
10	38	Megan Watts	TRISTAR 1	Female	Triathlon Coaching Wales	00:02:54	00:06:36	00:09:30
11	32	Violet Snellgrove	TRISTAR 1	Female	Swansea TriSharks	00:02:52	00:06:43	00:09:35
12	42	Daisy Stone	TRISTAR 1	Female	Denbighshire Triathlon Club	00:03:16	00:06:22	00:09:38
13	40	Elan Lewis	TRISTAR 1	Female	Celtic Tri	00:03:03	00:06:36	00:09:39
14	27	Grace James	TRISTAR 1	Female		00:04:14	00:05:26	00:09:40
15	43	Millie Jenkins	TRISTAR 1	Female	Celtic Tri	00:03:16	00:06:30	00:09:46
16	39	Evie Richards	TRISTAR 1	Female	Celtic Tri	00:02:54	00:07:45	00:10:39
17	46	Hazel Lister	TRISTAR 1	Female	Just Tri	00:03:13	00:08:07	00:11:20
18	28	Isla Hickman	TRISTAR 1	Female	Celtic Tri	00:03:41	00:07:39	00:11:20
19	25	Emily Edwards	TRISTAR 1	Female	Celtic Tri	00:05:42	00:07:11	00:12:53
20	41	Amelia Beddows	TRISTAR 1	Female	Celtic Tri	00:05:00	00:08:23	00:13:23
1	52	Daniel Warrender	TRISTAR 1	Male	Cerist Triathlon Club	00:02:52	00:05:00	00:07:52
2	59	Ando Hannant	TRISTAR 1	Male	Denbighshire Triathlon Club	00:02:43	00:05:24	00:08:07
3	56	Sion Thomas	TRISTAR 1	Male	Pembrokeshire Triathlon Club	00:02:50	00:05:23	00:08:13
4	64	Josh Cleave	TRISTAR 1	Male	Celtic Tri	00:02:45	00:05:37	00:08:22
5	53	Tristan Warrender	TRISTAR 1	Male	Cerist Triathlon Club	00:02:57	00:05:30	00:08:27
6	62	Charlie Malpas	TRISTAR 1	Male	Taff Ely Triathlon Club	00:02:41	00:05:55	00:08:36
7	66	Archie Morton	TRISTAR 1	Male		00:03:12	00:05:56	00:09:08
8	50	Iggy Howe	TRISTAR 1	Male		00:03:30	00:06:05	00:09:35
9	54	Ben Wolsey	TRISTAR 1	Male	Pembrokeshire Triathlon Club	00:03:27	00:06:25	00:09:52
10	58	Aron Bowen	TRISTAR 1	Male		00:03:16	00:06:37	00:09:53
11	57	Sam Morris	TRISTAR 1	Male	Just Tri	00:03:50	00:06:10	00:10:00
12	63	Gwion Lewis	TRISTAR 1	Male	Celtic Tri	00:03:29	00:06:43	00:10:12
13	47	Daniel Edwards	TRISTAR 1	Male	Nexus	00:02:55	00:07:24	00:10:19
14	55	Evan Powell	TRISTAR 1	Male	Celtic Tri	00:04:44	00:06:27	00:11:11
15	65	Rhys Jordan	TRISTAR 1	Male	Celtic Tri	00:04:06	00:07:07	00:11:13
16	51	Cian Lewis	TRISTAR 1	Male	Celtic Tri	00:03:11	00:08:26	00:11:37

17	60	Carter Hill	TRISTAR 1	Male	Celtic Tri	00:04:11	00:07:34	00:11:45
18	61	Sam Howe	TRISTAR 1	Male	Celtic Tri	00:04:32	00:07:16	00:11:48
19	48	Joseff Heath	TRISTAR 1	Male	Celtic Tri	00:04:38	00:07:48	00:12:26
20	67	Joshua Richards	TRISTAR 1	Male	Just Tri	00:06:22	00:07:23	00:13:45
21	68	Oliver Reeves	TRISTAR 1	Male	Just Tri	00:06:40	00:09:23	00:16:03
1	97	Anwen Nesham	TRISTAR 2	Female	Cardiff Junior Tri Club	00:03:47	00:04:49	00:08:36
2	98	Eleanor White	TRISTAR 2	Female	Pembrokeshire Triathlon Club	00:03:54	00:04:45	00:08:39
3	80	Madeline James	TRISTAR 2	Female	Denbighshire Triathlon Club	00:03:59	00:04:56	00:08:55
4	114	Anna-Rose Merchant	TRISTAR 2	Female		00:03:52	00:05:05	00:08:57
5	109	Millie Hannant	TRISTAR 2	Female	Denbighshire Triathlon Club	00:03:46	00:05:13	00:08:59
6	79	Mia Cleave	TRISTAR 2	Female	Celtic Tri	00:03:34	00:05:43	00:09:17
7	107	Holly Callen	TRISTAR 2	Female	Just Tri	00:03:52	00:05:47	00:09:39
8	74	cari hughes	TRISTAR 2	Female		00:03:53	00:05:46	00:09:39
9	70	Gemma Hale	TRISTAR 2	Female		00:03:54	00:05:47	00:09:41
10	77	Holly John	TRISTAR 2	Female	Pembrokeshire Triathlon Club	00:04:37	00:05:05	00:09:42
11	108	Lowri Lewis	TRISTAR 2	Female	Celtic Tri	00:03:35	00:06:10	00:09:45
12	100	Evie Goddard	TRISTAR 2	Female	Pembrokeshire Triathlon Club	00:04:09	00:05:39	00:09:48
13	101	Rhian Davies	TRISTAR 2	Female	Swansea Aquatics	00:03:54	00:06:03	00:09:57
14	69	Bethany Clifford	TRISTAR 2	Female	Celtic Tri	00:05:22	00:05:40	00:11:02
15	103	Alisha Lewis	TRISTAR 2	Female	Celtic Tri	00:04:36	00:06:55	00:11:31
16	85	Maddie Malpas	TRISTAR 2	Female	Taff Ely Triathlon Club	00:05:14	00:06:25	00:11:39
17	90	Gwenno-Mae Evans	TRISTAR 2	Female	Cardiff Junior Tri Club	00:05:35	00:06:37	00:12:12
18	71	Nieve Tovey	TRISTAR 2	Female	Celtic Tri	00:05:59	00:06:56	00:12:55
19	115	Laila Sturgess	TRISTAR 2	Female	Celtic Tri	00:06:10	00:07:11	00:13:21
20	87	Sophia Woodward	TRISTAR 2	Female	Celtic Tri	00:06:12	00:07:38	00:13:50
21	104	Ellie Evans	TRISTAR 2	Female	Celtic Tri	00:05:19	00:08:38	00:13:57
1	105	Tristyn James	TRISTAR 2	Male	Triathlon Coaching Wales	00:03:17	00:04:51	00:08:08
2	106	Ioan James	TRISTAR 2	Male	Triathlon Coaching Wales	00:03:33	00:04:44	00:08:17
3	75	Jac Thomas	TRISTAR 2	Male	Triathlon Coaching Wales	00:03:38	00:04:58	00:08:36
4	88	Lewis Morgan	TRISTAR 2	Male		00:03:37	00:05:01	00:08:38
5	113	Joe Fowler	TRISTAR 2	Male		00:03:38	00:05:10	00:08:48
6	73	Morgan Willis	TRISTAR 2	Male		00:03:38	00:05:21	00:08:59
7	110	Dewi Thomas	TRISTAR 2	Male	Pembrokeshire Triathlon Club	00:03:42	00:05:21	00:09:03
8	118	Ifan Bowen	TRISTAR 2	Male		00:04:22	00:04:49	00:09:11
9	92	Finlay Thapa	TRISTAR 2	Male	Cerist Triathlon Club	00:03:57	00:05:20	00:09:17
10	94	Iestyn Thomas	TRISTAR 2	Male	Triathlon Coaching Wales	00:04:08	00:05:33	00:09:41

1	156	Luke Wyatt	TRISTAR 3	Male	Triathlon Coaching Wales	00:05:31	00:08:06	00:13:37
2	155	Liam Edwards	TRISTAR 3	Male	Pembrokeshire Triathlon Club	00:05:37	00:08:32	00:14:09
3	132	morgan watts	TRISTAR 3	Male	Piranha's Tri Club	00:05:49	00:08:25	00:14:14
4	136	Max Geysen-Holley	TRISTAR 3	Male		00:05:07	00:09:09	00:14:16
5	137	Finlay Catling	TRISTAR 3	Male	Triathlon Coaching Wales	00:05:40	00:08:39	00:14:19
6	141	neo seppman	TRISTAR 3	Male	Triathlon Coaching Wales	00:05:18	00:10:16	00:15:34
7	135	William Stone	TRISTAR 3	Male	Denbighshire Triathlon Club	00:07:39	00:08:24	00:16:03
8	133	Charlie Harris	TRISTAR 3	Male		00:06:35	00:09:40	00:16:15
9	138	Harrison Goddard	TRISTAR 3	Male		00:06:23	00:10:14	00:16:37
10	149	Thomas Belcher	TRISTAR 3	Male	Cardiff Junior Tri Club	00:07:14	00:09:40	00:16:54
11	139	Thomas Woodward	TRISTAR 3	Male	Celtic Tri	00:07:27	00:13:55	00:21:22
12	152	Harri JONES	TRISTAR 3	Male		00:06:38	00:15:52	00:22:30
13	153	Dafydd Max Wood	TRISTAR 3	Male	Celtic Tri	00:07:47	00:17:26	00:25:13
1	11	Milly Harris	TRISTART	Female	Celtic Tri	00:01:14	00:02:26	00:03:40
2	12	Seren Bowen	TRISTART	Female		00:01:24	00:02:19	00:03:43
3	13	Eden Williams	TRISTART	Female	Celtic Tri	00:01:15	00:02:31	00:03:46
4	15	Niamh Cresswell	TRISTART	Female	Celtic Tri	00:01:13	00:02:41	00:03:54
5	14	Moli Evans	TRISTART	Female	Celtic Tri	00:01:16	00:03:01	00:04:17
1	21	Rhys Thomas	TRISTART	Male	Triathlon Coaching Wales	00:00:49	00:02:20	00:03:09
2	18	Ben Cleave	TRISTART	Male	Celtic Tri	00:00:59	00:02:20	00:03:19
3	22	Jack John	TRISTART	Male	Pembrokeshire Triathlon Club	00:01:01	00:02:22	00:03:23
4	24	Macsen Watts	TRISTART	Male	Piranha's Tri Club	00:01:22	00:02:05	00:03:27
5	19	Joe Morris	TRISTART	Male	Just Tri	00:01:04	00:02:43	00:03:47
6	16	Jake Williamson-Schiess	TRISTART	Male	Celtic Tri	00:01:14	00:02:50	00:04:04
7	20	Samuel Jordan	TRISTART	Male	Celtic Tri	00:01:24	00:02:52	00:04:16
8	23	Aidan Martin	TRISTART	Male	Swansea TriSharks	00:01:04	00:03:20	00:04:24
1	159	Ashleigh Willis	Youth	Female		00:05:16	00:13:42	00:18:58
2	157	Ella Phillips	Youth	Female	Cardiff Junior Tri Club	00:05:35	00:18:31	00:24:06
1	162	Joshua Wallace	Youth	Male	Celtic Tri	00:05:47	00:15:55	00:21:42
2	161	Callum Thomas	Youth	Male		00:05:16	00:16:29	00:21:45
3	160	Sam Belcher	Youth	Male	Cardiff Junior Tri Club	00:07:08	00:15:04	00:22:12