

Pos	Race No	Gender	Category	Name	Swim split	T1 and Run	Time	Club
1	3	Female	FUN	Annabelle Williams	00:00:45	00:03:17	00:04:02	Cerist Triathlon Club
2	7	Female	FUN	Phoebe Heath	00:01:22	00:03:01	00:04:23	Celtic Tri
3	1	Female	FUN	Callie Howe	00:02:35	00:13:17	00:15:52	Celtic Tri
1	16	Female	TS	Annie Evans	00:01:07	00:02:22	00:03:29	Celtic Tri
2	15	Female	TS	Sophie Williams	00:01:03	00:02:38	00:03:41	Celtic Tri
3	17	Female	TS	Ffion Griffiths	00:01:09	00:02:45	00:03:54	Just Tri
4	54	Female	TS	Ella Drew	00:01:18	00:02:51	00:04:09	Swansea TriSharks
5	18	Female	TS	Lucy Kirkhouse	00:01:12	00:03:03	00:04:15	Swansea TriSharks
6	19	Female	TS	Rafaella Fasham	00:02:15	00:03:43	00:05:58	Swansea TriSharks
1	9	Male	TS	Oliver Hale	00:00:50	00:02:20	00:03:10	
2	13	Male	TS	Harrison Leonard	00:00:57	00:02:21	00:03:18	Denbighshire Triathlon Club
3	8	Male	TS	Elis Powell	00:01:11	00:02:31	00:03:42	Celtic Tri
4	14	Male	TS	A-Jay Abraham	00:01:11	00:02:35	00:03:46	Swansea TriSharks
5	11	Male	TS	Charlie Howells	00:00:57	00:02:51	00:03:48	Swansea TriSharks
6	12	Male	TS	Alex Blyth	00:01:24	00:03:13	00:04:37	Celtic Tri
7	152	Male	TS	Ellis hardy	00:01:40	00:03:26	00:05:06	Celtic Tri
8	10	Male	TS	Rhys Stevens	00:01:48	00:03:42	00:05:30	Celtic Tri

1	55	Female	T1	Libby Hale	00:02:16	00:05:13	00:07:29	
2	65	Female	T1	Taylor Shelmerdine	00:02:46	00:05:47	00:08:33	Swansea TriSharks
3	64	Female	T1	Ffion Mulford	00:02:31	00:06:05	00:08:36	
4	51	Female	T1	Grace James	00:02:43	00:06:07	00:08:50	
5	52	Female	T1	Seren Borland	00:02:44	00:06:22	00:09:06	Tristars Conwy
6	50	Female	T1	Daisy Lewis	00:02:34	00:07:14	00:09:48	Bridgend Swim Club
7	56	Female	T1	Milly Harris	00:03:46	00:06:04	00:09:50	Celtic Tri

8	63	Female	T1	Seren Barrett	00:03:42	00:06:57	00:10:39	Just Tri
9	53	Female	T1	Seren Bowen	00:04:07	00:06:50	00:10:57	
10	59	Female	T1	Isla Hickman	00:03:11	00:07:55	00:11:06	Celtic Tri
11	62	Female	T1	Niamh Cresswell	00:03:56	00:07:29	00:11:25	Celtic Tri
12	61	Female	T1	Amelia Earles	00:03:56	00:07:36	00:11:32	Celtic Tri
13	57	Female	T1	Emily Edwards	00:04:04	00:08:00	00:12:04	Celtic Tri
14	60	Female	T1	Mia Morris	00:04:40	00:08:55	00:13:35	Celtic Tri
15	58	Female	T1	Honee Griffiths	00:04:40	00:09:38	00:14:18	Swansea TriSharks

1	33	Male	T1	Ewan Leonard	00:02:19	00:05:19	00:07:38	Denbighshire Triathlon Club
2	31	Male	T1	Tristan Warrender	00:02:39	00:05:11	00:07:50	Cerist Triathlon Club
3	28	Male	T1	Sion Thomas	00:02:28	00:05:28	00:07:56	Pembrokeshire Tri
4	29	Male	T1	Josh Cleave	00:02:20	00:05:54	00:08:14	Celtic Tri
5	32	Male	T1	Ben Cleave	00:02:43	00:05:50	00:08:33	Celtic Tri
6	40	Male	T1	Arthen Banning	00:03:00	00:05:40	00:08:40	Brecon Triathlon Club
7	35	Male	T1	Owen Lanchbury	00:03:28	00:05:18	00:08:46	Cardiff Junior Tri Club
8	39	Male	T1	Finley Phillips	00:02:49	00:06:00	00:08:49	Tinworks Tri
9	24	Male	T1	Harri Roberts-Truman	00:03:09	00:05:42	00:08:51	Celtic Tri
10	23	Male	T1	Alfie Gilligan	00:02:34	00:06:19	00:08:53	Swansea TriSharks
11	30	Male	T1	Iggy Howe	00:02:48	00:06:07	00:08:55	
12	41	Male	T1	Macsen Watts	00:03:10	00:05:56	00:09:06	Piranha's Tri Club
13	38	Male	T1	Gwion Lewis	00:03:06	00:06:10	00:09:16	Celtic Tri
14	5	Male	T1	Evan Rowe	00:03:09	00:06:27	00:09:36	Taff Ely Triathlon Club
15	21	Male	T1	Evan Powell	00:03:59	00:05:49	00:09:48	Celtic Tri
16	46	Male	T1	Gethin James	00:03:27	00:06:25	00:09:52	Celtic Tri
17	36	Male	T1	Jack John	00:03:28	00:06:26	00:09:54	Pembrokeshire Triathlon Club
18	49	Male	T1	Jack Whitehouse	00:02:58	00:07:03	00:10:01	Celtic Tri
19	26	Male	T1	Cory Shelmerdine	00:03:19	00:06:50	00:10:09	Just Tri

20	48	Male	T1	Lucas Price	00:04:02	00:06:22	00:10:24	Celtic Tri
21	25	Male	T1	Lloyd James	00:03:42	00:06:44	00:10:26	Celtic Tri
22	42	Male	T1	Cai Davies-Jedrysiak	00:03:19	00:07:12	00:10:31	Swansea TriSharks
23	22	Male	T1	Aidan Martin	00:03:48	00:06:43	00:10:31	Swansea TriSharks
24	44	Male	T1	Cian Lewis	00:02:41	00:08:11	00:10:52	Celtic Tri
25	37	Male	T1	Jackson Frayne	00:03:22	00:07:39	00:11:01	Swansea TriSharks
26	47	Male	T1	Josiah Fasham	00:04:57	00:06:31	00:11:28	
27	43	Male	T1	Joseff Heath	00:03:33	00:07:59	00:11:32	Celtic Tri
1	108	Female	T2	Anna-Rose Merchant	00:02:50	00:09:28	00:12:18	Triathlon Coaching Wales
2	96	Female	T2	Josephine Hurst	00:03:06	00:09:38	00:12:44	Denbighshire Triathlon Club
3	91	Female	T2	Ella Harris	00:03:20	00:09:59	00:13:19	Celtic Tri
4	111	Female	T2	Holly John	00:03:36	00:10:05	00:13:41	Pembrokeshire Triathlon Club
5	92	Female	T2	Bethany Clifford	00:03:37	00:10:04	00:13:41	Celtic Tri
6	103	Female	T2	Imogen Lemon	00:03:51	00:10:03	00:13:54	
7	101	Female	T2	Gemma Hale	00:03:49	00:10:16	00:14:05	
8	110	Female	T2	Aelwen Davies	00:03:01	00:11:14	00:14:15	Brecon Triathlon Club
9	105	Female	T2	Mabli Phillips	00:04:07	00:10:09	00:14:16	Cardiff Junior Tri Club
10	93	Female	T2	Freya Catling	00:03:08	00:11:22	00:14:30	
11	94	Female	T2	Maisie James	00:03:42	00:11:15	00:14:57	Celtic Tri
12	98	Female	T2	Elan Iewis	00:03:38	00:11:29	00:15:07	Celtic Tri
13	99	Female	T2	Nel Alaw Davies	00:03:29	00:11:48	00:15:17	ATAC
14	114	Female	T2	Lilwen Banning	00:03:34	00:11:44	00:15:18	Brecon Triathlon Club
15	102	Female	T2	Carys Williams	00:04:02	00:11:49	00:15:51	Taff Ely Triathlon Club
16	97	Female	T2	Nieve Tovey	00:03:49	00:12:36	00:16:25	Celtic Tri
17	90	Female	T2	Grace Taylor	00:03:19	00:13:28	00:16:47	Bridgend Swim Club
18	100	Female	T2	Millie Jenkins	00:03:58	00:13:22	00:17:20	Celtic Tri
19	113	Female	T2	Georgia Smele	00:03:35	00:13:57	00:17:32	

20	95	Female	T2	Nia Richards	00:03:57	00:13:37	00:17:34	Celtic Tri
21	112	Female	T2	Skye Breckenridge	00:04:16	00:13:28	00:17:44	Cardiff Junior Tri Club
22	104	Female	T2	Gwen Jones	00:04:51	00:13:09	00:18:00	Taff Ely Triathlon Club
23	107	Female	T2	Ellie Evans	00:04:51	00:16:48	00:21:39	Celtic Tri
1	79	Male	T2	Ioan James	00:02:39	00:09:22	00:12:01	Triathlon Coaching Wales
2	80	Male	T2	Dewi Thomas	00:02:40	00:10:03	00:12:43	Pembrokeshire Triathlon Club
3	74	Male	T2	Finley Bruce	00:03:36	00:09:21	00:12:57	Just Tri
4	69	Male	T2	Daniel Warrender	00:03:42	00:09:28	00:13:10	Cerist Triathlon Club
5	66	Male	T2	Finlay Thapa	00:03:04	00:10:38	00:13:42	Cerist Triathlon Club
6	77	Male	T2	Liam Adams	00:03:38	00:10:43	00:14:21	Cardiff Junior Tri Club
7	67	Male	T2	Albie Howe	00:03:31	00:11:05	00:14:36	
8	86	Male	T2	Jac Williams	00:04:18	00:10:36	00:14:54	OO Tri (Oswestry Olympians)
9	76	Male	T2	Charlie Malpas	00:03:27	00:11:30	00:14:57	Taff Ely Triathlon Club
10	72	Male	T2	Iestyn Williams	00:03:45	00:11:38	00:15:23	Celtic Tri
11	85	Male	T2	Harry Peniket	00:04:33	00:10:56	00:15:29	Just Tri
12	71	Male	T2	Darragh Matthews	00:03:43	00:12:06	00:15:49	Cerist Triathlon Club
13	84	Male	T2	Ioan Hobbs	00:04:26	00:11:31	00:15:57	Celtic Tri
14	78	Male	T2	Jacob Thomson	00:03:32	00:12:26	00:15:58	Pembrokeshire Triathlon Club
15	83	Male	T2	Ryan Blyth	00:03:07	00:12:58	00:16:05	Celtic Tri
16	87	Male	T2	Benjamin Wolsey	00:04:10	00:12:07	00:16:17	Pembrokeshire Triathlon Club
17	82	Male	T2	Thomas Whitehouse	00:04:21	00:13:28	00:17:49	Celtic Tri
18	81	Male	T2	Daniel Edwards	00:03:49	00:14:10	00:17:59	Nexus valley swimming club
19	70	Male	T2	Owain James	00:05:00	00:13:17	00:18:17	Celtic Tri
20	75	Male	T2	John Ballman	00:05:44	00:12:45	00:18:29	
21	73	Male	T2	Aron Bowen	00:04:14	00:14:37	00:18:51	
1	128	Female	T3	Abigail Davies	00:03:47	00:13:50	00:17:37	Triathlon Coaching Wales

2	129	Female	T3	Eve Hickman	00:03:47	00:14:51	00:18:38	Triathlon Coaching Wales
3	133	Female	T3	Aoife Matthews	00:04:38	00:15:02	00:19:40	Cerist Triathlon Club
4	134	Female	T3	Elen Morgan	00:04:17	00:16:00	00:20:17	
5	146	Female	T3	tesni francis-parker	00:04:27	00:16:29	00:20:56	
6	143	Female	T3	Olivia Garrod	00:04:58	00:16:12	00:21:10	Cerist Triathlon Club
7	130	Female	T3	Freya Thapa	00:04:24	00:16:56	00:21:20	Cerist Triathlon Club
8	145	Female	T3	Rhiannon Heredia-Rowe	00:04:37	00:17:38	00:22:15	Celtic Tri
9	141	Female	T3	Rhianna PHILLIPS	00:04:26	00:18:39	00:23:05	Tinworks Tri
10	136	Female	T3	Maddie Malpas	00:05:49	00:17:41	00:23:30	Taff Ely Triathlon Club
11	138	Female	T3	Megan Cole	00:05:04	00:19:14	00:24:18	Just Tri
12	144	Female	T3	Non Watts	00:04:10	00:20:40	00:24:50	
13	139	Female	T3	Molly Jones	00:05:53	00:20:07	00:26:00	Just Tri
14	142	Female	T3	Lucy Phelps	00:04:46	00:21:23	00:26:09	Celtic Tri
15	140	Female	T3	Catrin James	00:07:01	00:24:24	00:31:25	Celtic Tri
1	118	Male	T3	Finlay Catling	00:04:00	00:13:22	00:17:22	Triathlon Coaching Wales
2	119	Male	T3	Luke Wyatt	00:04:09	00:13:54	00:18:03	Triathlon Coaching Wales
3	116	Male	T3	Ifan Bowen	00:04:53	00:13:26	00:18:19	Pembrokeshire Triathlon Club
4	117	Male	T3	Jack Bruce	00:04:42	00:13:48	00:18:30	Just Tri
5	127	Male	T3	Thomas Belcher	00:04:36	00:13:57	00:18:33	Cardiff Junior Tri Club
6	115	Male	T3	Tomos O'Brien	00:04:41	00:14:34	00:19:15	Celtic Tri
7	125	Male	T3	Matthew Cox	00:05:32	00:17:22	00:22:54	Celtic Tri
8	124	Male	T3	Harry Cresswell	00:06:14	00:16:43	00:22:57	Celtic Tri
9	123	Male	T3	Luis rendall	00:07:02	00:19:07	00:26:09	Celtic Tri
10	121	Male	T3	Samuel Edwards	00:03:50	00:25:10	00:29:00	Nexus valley swimming club
11	126	Male	T3	Cian Martin	00:05:52	00:23:56	00:29:48	Swansea TriSharks
1	147	Female	YJ	Alyssa Baker	00:03:50	00:15:00	00:18:50	

2	148	Female	YJ	Megan Thomson	00:04:37	00:14:30	00:19:07	Pembrokeshire Triathlon Club
3	149	Female	YJ	Amelia Tucker	00:04:12	00:15:48	00:20:00	Fit4Tri

1	151	Male	YJ	Morgan Watts	00:03:50	00:12:27	00:16:17	Piranha's Tri Club
2	150	Male	YJ	Sam Belcher	00:05:04	00:11:57	00:17:01	Cardiff Junior Tri Club

TBC