

Individual - Male Open Results

Num.	Full Name	Sex	Club	Category	Nov.	Loc.	SwimTime	Swim Posn	BikeTime	Bike Posn	RunTime	Run Posn	Total Time	Posn	Penalty	Hill Time	Posn
370	Clarke, Christopher	M	f2k Health and Fitness	M30			0:06:01	9	0:44:37	3	0:23:43	3	1:14:21	1		0:03:33	3
188	Brook, Peter	M	Chester Tri	M20			0:06:05	13	0:46:52	7	0:25:09	4	1:18:06	2		0:03:35	4
343	Harvey, Robert	M	Manchester Triathlon	M30			0:05:51	7	0:46:59	8	0:25:58	7	1:18:48	3		0:04:13	34
281	Jones, Gareth	M	Revolution Bikes	M30			0:07:08	54	0:44:31	2	0:27:52	34	1:19:31	4		0:04:19	48
292	Connell, Arthur	M		M20			0:06:15	16	0:47:54	11	0:25:32	5	1:19:41	5		0:04:01	17
541	Roxburgh, Simon	M	Caernedau Triathlon	M30			0:06:39	32	0:46:02	4	0:27:28	25	1:20:09	6		0:03:55	11
474	edwards, Vincent	M	Pencoed Tri	M30			0:06:36	31	0:48:33	12	0:26:19	9	1:21:28	7		0:04:07	27
516	Birks, Ben	M	Chester Tri	M30			0:07:03	50	0:46:47	6	0:27:41	29	1:21:31	8		0:04:03	21
523	Roberts, Richard	M	Eryri Harriers	M30	Y		0:06:25	25	0:51:41	30	0:23:41	2	1:21:47	9		0:03:54	9
126	Ellis, Garry	M	Padarn Tri	M40			0:07:14	59	0:46:42	5	0:28:00	37	1:21:56	10		0:04:26	59
528	Williams, Paul	M	Wrecsam Tri	M30			0:06:40	34	0:48:59	13	0:26:37	14	1:22:16	11		0:04:05	25
457	Guy, Robin	M	Stafford Tri	M40			0:06:20	19	0:50:08	19	0:26:02	8	1:22:30	12		0:03:50	6
242	Morton, Iwan	M		M30	Y		0:07:11	57	0:50:07	18	0:25:42	6	1:23:00	13		0:03:52	7
514	Johns, Tim	M	Manchester Triathlon	M40			0:06:23	23	0:49:28	14	0:27:28	25	1:23:19	14		0:04:01	18
351	williams, dafydd	M	eryri harriers	M40			0:06:03	12	0:50:48	21	0:26:39	15	1:23:30	15		0:03:58	12
436	Leonard, Adrian	M	Carneddau Triathlon	M30			0:06:52	43	0:47:44	9	0:29:07	51	1:23:43	16		0:04:22	50
115	Butterworth, Scott	M	Carneddau Triathlon	M40	Y		0:06:02	10	0:50:05	17	0:27:55	35	1:24:02	17		0:04:22	50
307	Jones, Paul	M	n/a	M40			0:08:03	123	0:50:02	16	0:26:31	11	1:24:36	18		0:04:18	44
364	Jones, Gerwyn	M	RevolutionBikes.co.uk	M30			0:07:19	67	0:47:46	10	0:29:55	64	1:25:00	19		0:05:00	124
390	Greenwood, Simon Jame	M	Chester Tri	M40			0:07:35	88	0:49:54	15	0:27:48	31	1:25:17	20		0:04:16	37
191	Garbett, Richard	M	OO-TRI	M40			0:07:02	47	0:51:35	29	0:27:06	20	1:25:43	21		0:04:02	19
308	Plews, Graham	M	Calderdale Tri Club	M50			0:07:23	73	0:50:10	20	0:28:14	40	1:25:47	22		0:04:17	41
260	Taylor, Brigg	M	OOTRI	M30			0:05:51	7	0:51:04	25	0:29:21	52	1:26:16	23		0:04:39	74
297	Worthington, Steven	M	Manchester Triathlon	M20			0:06:25	25	0:53:03	43	0:26:49	17	1:26:17	24		0:03:54	9
411	Norwood, Simon	M	Ludlow Triathlon	M40			0:06:49	41	0:51:47	31	0:27:51	33	1:26:27	25		0:03:45	5
513	SCOTT, DAVID	M	CHESTER TRI	M40			0:06:48	40	0:50:52	23	0:29:01	46	1:26:41	26		0:04:18	47
122	Spencer, Duncam	M	North Wales Fire and	M30			0:06:43	38	0:52:05	33	0:28:06	38	1:26:54	27		0:04:15	36
189	Owen, Stephen	M	Cer4ist Tri	M30			0:06:42	35	0:51:12	28	0:29:02	47	1:26:56	28		0:04:24	56
274	Collins, Richard	M	OO tri	M40			0:07:38	92	0:50:55	24	0:29:02	47	1:27:35	29		0:04:38	72
410	Cartwright, Gary	M	Mid - Shropshire Whe	M30			0:07:10	55	0:53:54	53	0:26:34	13	1:27:38	30		0:04:07	30
120	Lee, Richard	M	Carneddau Triathlon	M40			0:06:58	46	0:52:08	34	0:28:36	44	1:27:42	31		0:04:55	110
331	Davies, Dafydd	M	Cerist	M20			0:05:30	4	0:53:21	47	0:29:03	50	1:27:54	32		0:03:58	12
324	Sheehan, Matt	M	Tequila Slammers Tri	M40			0:06:14	15	0:53:31	49	0:28:21	41	1:28:06	33		0:04:25	57
404	James, Owain Llyr	M	MJ				0:05:27	3	0:55:27	69	0:27:13	21	1:28:07	34		#N/A	
271	Clarkson, Robert	M	Leeds Bradford Triath	M30			0:07:39	93	0:52:50	41	0:27:56	36	1:28:25	35		0:04:04	24
386	Quicke, Andy	M	Manchester Tri Club	M30			0:08:22	147	0:53:20	46	0:26:52	18	1:28:34	36		0:04:15	35
318	Farnell, Nick	M	Ludlow Tri Club	M50			0:08:03	123	0:50:50	22	0:29:43	60	1:28:36	37		0:04:40	77
269	Plumtree, Simon	M	Ashurst Bike Club	M40			0:07:57	116	0:51:10	27	0:29:29	55	1:28:36	37		0:04:25	57
335	Gallimore, David	M	Warrington Tri	M30			0:07:23	73	0:52:12	36	0:29:28	53	1:29:03	39		0:04:18	44
358	Fychan, Owain	M	Cerist	M30			0:07:28	82	0:54:52	65	0:26:59	19	1:29:19	40		0:03:54	8
102	Prytherch, Thomas	M	North Wales Police	M40	Y		0:07:53	110	0:54:49	63	0:26:42	16	1:29:24	41		0:04:24	54
494	Jones, Dylan	M	Cerist Tri club	M20	Y	Y	0:09:25	206	0:53:49	51	0:26:33	12	1:29:47	42		0:03:59	16
395	williams, henri	M	eryri harriers	MJ	Y		0:07:14	59	0:55:19	68	0:27:15	23	1:29:48	43		0:03:58	12

104	Humphreys, Alun	M		M40			0:07:56	113	0:52:53	42	0:29:02	47	1:29:51	44	0:04:32	63
219	Parry jones, Glenn	M		M40			0:05:37	5	0:52:43	39	0:31:35	95	1:29:55	45	0:04:41	79
163	Richards, Barry	M		M40			0:06:43	38	0:53:24	48	0:30:04	65	1:30:11	46	0:05:04	135
111	Allday, Charles	M		M30	Y	Y	0:08:02	120	0:51:08	26	0:31:13	83	1:30:23	47	0:04:07	27
433	Buckley, Derek	M	Fylde Tri	M50			0:07:59	117	0:52:10	35	0:30:23	70	1:30:32	48	0:04:56	114
339	Edwards, Ronald	M		M30			0:05:42	6	0:54:25	56	0:30:37	74	1:30:44	49	0:04:36	68
389	Smith, Carl	M		M40			0:08:01	119	0:52:37	38	0:30:18	68	1:30:56	50	0:04:41	79
471	Murray, John	M	Manchester tri	M40			0:06:53	44	0:53:05	44	0:31:10	81	1:31:08	51	0:04:44	83
490	Hawtin, Matthew	M		M30			0:07:34	86	0:54:21	55	0:29:39	57	1:31:34	52	0:04:26	59
325	Goodall, Loz	M		M20			0:09:06	189	0:52:00	32	0:30:40	76	1:31:46	53	0:04:17	41
507	Miller, Dominique	M	City of Chester Triathl	M40			0:06:11	14	0:53:35	50	0:32:06	109	1:31:52	54	0:04:55	110
472	Davies, Elwyn	M	Maldwyn Harriers	M40			0:08:56	181	0:55:27	69	0:27:49	32	1:32:12	55	0:04:08	31
244	Whiteley, Joshua	M	Harlech Tri Club	M30		Y	0:06:30	27	0:53:12	45	0:32:54	140	1:32:36	56	0:05:08	145
500	Buften, Paul	M		M30	Y		0:06:20	19	0:54:27	57	0:31:57	103	1:32:44	57	0:04:40	76
367	Myles, Chris	M	Shrewsbury Masters	M40			0:07:20	68	0:55:35	72	0:29:50	61	1:32:45	58	0:04:38	71
146	Dines, Trevor	M		M40	Y		0:08:30	157	0:57:07	91	0:27:13	21	1:32:50	59	0:04:16	38
463	Rink, Andrew	M		M40			0:07:50	107	0:55:10	66	0:29:50	61	1:32:50	60	0:04:32	63
288	Derbyshire, Marc A	M		M30	Y		0:06:23	23	0:54:35	58	0:31:53	101	1:32:51	61	0:04:53	103
518	jenkinson, paul	M	eryri harriers	M40	Y		0:07:35	88	0:55:42	75	0:29:41	58	1:32:58	62	0:04:22	50
480	Farrar, Steven	M	Cybi Striders	M40			0:08:33	163	0:54:38	59	0:29:52	63	1:33:03	63	0:04:40	77
458	lord, Chris	M	carneddau tri	M40			0:07:13	58	0:55:18	67	0:30:43	77	1:33:14	64	0:04:32	63
499	Schofield, Paul	M	Manchester Tri Club	M40			0:08:10	131	0:57:43	99	0:27:28	25	1:33:21	65	0:04:17	41
125	Jones, Barry Christopher	M	Mersey Tri	M40			0:29:49	284	0:28:36	1	0:35:04	188	1:33:29	66	0:05:15	162
449	Clewes, Matthew	M	Mercia Fell Runners	M50			0:07:03	49	0:59:15	132	0:27:26	24	1:33:44	67	0:04:02	19
183	Weall, Paul	M		M30			0:07:53	110	0:59:32	139	0:26:25	10	1:33:50	68	0:03:58	12
217	Minion, Nick	M	CHESTER tRI cLUB	M50			0:06:20	18	0:54:50	64	0:32:49	135	1:33:59	69	0:04:52	101
112	Williams, Barry	M	Wrecsam Tri	M50			0:08:25	151	0:52:50	40	0:32:44	133	1:33:59	69	0:05:23	179
426	Rigby, Mark	M	Harlech	M40			0:07:47	102	0:54:48	62	0:31:25	92	1:34:00	71	0:04:56	114
298	Touil, Sam	M		M20	Y		0:07:05	51	0:59:11	130	0:27:46	30	1:34:02	72	0:03:10	2
133	Roberts, Andy	M		M30	Y		0:09:02	185	0:55:34	71	0:29:28	53	1:34:04	73	0:04:23	53
439	Herne, David	M	chorley harriers	M50			0:06:50	42	0:55:35	73	0:31:43	98	1:34:08	74	0:04:53	103
291	Shelton, Mark	M	Wrekinsport CC	M40			0:08:41	170	0:52:27	37	0:33:12	144	1:34:20	75	0:05:15	160
539	Jones, Craig	M	ERYRI HARRIERS	M40			0:10:00	224	0:56:46	85	0:27:38	28	1:34:24	76	0:04:07	27
434	Fry, Michael	M		M40			0:08:04	125	0:56:09	78	0:30:19	69	1:34:32	77	0:04:08	31
223	Harding, Tim	M	Carneddau tri	M40			0:07:45	100	0:56:47	86	0:30:09	67	1:34:41	78	0:04:30	62
402	Evans, William	M		M40			0:08:10	132	0:54:44	60	0:32:02	105	1:34:56	79	0:05:08	145
414	Scarlsbrick, Paul	M		M30	Y		0:07:56	114	0:59:03	123	0:28:30	42	1:35:29	80	0:04:56	114
385	Parsons, Darren	M	Tequila Slammers	M40			0:10:04	227	0:54:18	54	0:31:41	97	1:36:03	81	0:04:44	83
512	Kinsley, Tom	M	RAF	M20			0:09:52	221	0:57:22	94	0:28:51	45	1:36:05	82	0:04:06	26
216	O'Sullivan, Seamus	M		M40		Y	0:08:30	157	0:56:12	79	0:31:23	91	1:36:05	83	0:04:45	87
229	White, Gareth	M	Carneddau Triathlon	M40			0:07:29	83	0:57:51	102	0:30:52	79	1:36:12	84	0:04:57	119
376	Windle, DARON	M	STAFFORD TRIATHL	M40			0:07:20	68	0:57:35	95	0:31:18	88	1:36:13	85	0:05:15	162
491	KIMBERLEY, SIMON	M	BLACK COUNTRY TFM	M50			0:07:24	76	0:56:39	84	0:32:13	115	1:36:16	86	0:05:15	162
200	dilworth, Mike	M	Padarn Tri	M50			0:06:31	28	0:58:24	112	0:31:39	96	1:36:34	87	0:04:18	44
184	Gilbert, Mathew	M	Wrecsam Tri Club	M30			0:09:09	194	0:55:36	74	0:31:51	100	1:36:36	88	0:05:04	138
213	Westhead, Steven John	M	Wigan Tri Team	M40			0:07:35	88	0:58:10	106	0:30:51	78	1:36:36	89	0:04:50	92
381	Wilson, Matthew	M		M30	Y		0:09:02	186	0:59:37	141	0:28:11	39	1:36:50	90	0:04:16	38

227 Llewellyn, Owain	M		M30	Y		0:07:50	107	0:59:23	135	0:29:43	59	1:36:56	91	0:04:09	33
538 Davies, Gethin	M		M20			0:06:39	32	0:56:27	81	0:33:55	163	1:37:01	92	0:05:19	172
379 Morris, Sean	M		M30	Y		0:06:02	10	0:58:52	120	0:32:09	112	1:37:03	93	0:05:09	150
109 Press, David	M	City of Chester Triathl	M50			0:08:18	140	0:56:15	80	0:32:41	130	1:37:14	94	0:05:12	153
531 Jones, Richard	M		M20	Y	Y	0:07:16	64	0:57:10	93	0:32:50	136	1:37:16	95	0:04:28	61
270 Hurst, Dan	M	Clwydian Range Runr	M30	Y		0:08:20	145	0:56:32	82	0:32:28	122	1:37:20	96	0:05:02	131
239 Collier, Leighton	M		M30	Y		0:07:15	61	0:59:35	140	0:30:31	73	1:37:21	97	0:04:03	21
218 Butterworth, Keith	M	n/a	M50			0:08:08	129	0:56:34	83	0:32:40	129	1:37:22	98	0:05:13	156
187 Jones, Iorwerth	M	Wrecsam Tri Club	M60			0:08:38	167	0:57:38	97	0:31:13	85	1:37:29	99	0:04:54	107
138 Yeomans, Craig	M		M40			0:09:15	199	0:57:08	92	0:31:07	80	1:37:30	100	0:04:47	88
487 feeley, robin	M		M30	Y		0:09:06	191	0:53:50	52	0:34:35	175	1:37:31	101	0:04:54	107
140 McGivern, Jamie	M	The Wirral Avago Tri	M30			0:06:42	35	0:58:53	121	0:32:04	108	1:37:39	102	0:05:00	126
469 Maguinness, Neil	M	Unattached	M40			0:07:11	56	0:58:18	107	0:32:30	124	1:37:59	103	0:05:17	167
525 Evans, Charles	M	OOTri	MJ	Y		0:07:22	72	0:58:23	111	0:32:30	124	1:38:15	104	0:04:16	38
497 Jenkins, Andrew	M	Ystwyth Cycling Club	M20	Y		0:08:32	161	0:58:35	116	0:31:16	87	1:38:23	105	0:04:32	63
259 Iddenden, Trevor	M		M20			0:08:38	167	0:58:26	113	0:31:22	89	1:38:26	106	0:04:37	69
275 Jones, Sion Owain	M		M40	Y		0:08:19	144	0:58:01	104	0:32:17	118	1:38:37	107	0:04:42	81
151 Conroy, Paul	M	wrexham tri	M40	Y	Y	0:08:18	141	0:56:47	86	0:33:36	154	1:38:41	108	0:05:13	156
158 Roberts, David	M		M40	Y	Y	0:09:31	210	0:56:01	77	0:33:18	147	1:38:50	109	0:05:12	152
266 maire, andrew	M		M40	Y		0:08:56	180	0:59:56	143	0:30:06	66	1:38:58	110	0:05:00	126
432 Durrell, Richard	M		M30	Y		0:07:34	87	0:58:42	118	0:32:43	132	1:38:59	111	0:04:50	92
267 russell, brian	M	pembs tri	M50	Y		0:09:39	213	0:58:55	122	0:30:26	72	1:39:00	112	0:04:59	123
378 Farrer, Mark	M		M20	Y		0:09:17	201	0:57:00	90	0:32:43	131	1:39:00	113	0:05:00	125
280 Simmons, Sean	M	Chester Tri	M40			0:06:20	19	0:55:50	76	0:36:52	219	1:39:02	114	0:05:52	225
388 Spreadborough, Andrew	M		M50			0:07:15	62	1:00:02	144	0:31:47	99	1:39:04	115	0:05:14	158
196 Smith, David	M		M20			0:06:15	16	0:59:21	134	0:33:30	153	1:39:06	116	0:05:03	134
233 Williams, Max	M	chester tri	M30			0:08:18	141	0:56:54	89	0:34:07	168	1:39:19	117	0:04:56	114
329 Williams, Nefyn	M		M40			0:08:16	137	0:58:51	119	0:32:15	117	1:39:22	118	0:04:53	102
286 Tilke, Warren	M		M40			0:08:54	178	0:58:08	105	0:32:29	123	1:39:31	119	0:05:03	133
250 Lazarus, David	M		M50	Y	Y	0:07:30	84	1:01:42	165	0:30:25	71	1:39:37	120	0:01:04	1
448 Price, Anthony	M		M40			0:08:46	175	1:01:20	161	0:29:38	56	1:39:44	121	0:04:24	54
453 Collins, Stephen	M	Manchester	M50			0:07:35	88	0:58:19	109	0:34:01	164	1:39:55	122	0:05:14	158
517 williams, alex	M		M40	Y		0:08:29	153	0:58:41	117	0:32:56	141	1:40:06	123	0:05:07	141
143 Wills, Brian	M		M30	Y		0:09:48	219	0:58:34	114	0:32:02	106	1:40:24	124	0:04:37	70
306 Clamp, Guy	M		M50			0:08:23	148	0:57:36	96	0:34:47	182	1:40:46	125	0:05:34	201
338 Bolton, Simon	M		M40			0:09:09	194	0:56:51	88	0:34:52	184	1:40:52	126	0:05:30	188
498 Griffiths, Brian	M	Warrington Tri Club	M50			0:08:07	127	0:59:31	138	0:33:17	146	1:40:55	127	0:05:19	172
117 Fairlamb, Martyn	M	Carneddau Triathlon	M40			0:09:07	192	0:57:39	98	0:34:14	169	1:41:00	128	0:05:15	160
300 McConkey, Ian	M	Bowdon Tri Club	M40			0:09:17	200	1:00:35	149	0:31:25	93	1:41:17	129	0:05:07	141
365 Fychan, Bedwyr	M	Cerist	M30			0:07:27	80	1:02:01	176	0:31:54	102	1:41:22	130	0:04:55	110
164 Somers, Peter	M	Wigan Tri	M40			0:09:07	193	0:58:34	114	0:33:43	157	1:41:24	131	0:05:31	189
294 Mathews, Peter	M	Wrecsam Tri	M40	Y		0:07:30	84	1:01:02	159	0:32:53	138	1:41:25	132	0:04:55	110
172 Birchall, David	M	Tri-team Wigan	M40			0:08:02	121	1:01:02	158	0:32:24	119	1:41:28	133	0:05:20	174
502 Dixon, Robert	M	Carlisle Tri Club	M40	Y		0:07:46	101	1:01:44	168	0:32:06	109	1:41:36	134	0:04:57	119
135 Morris, David	M	Cerist	M40			0:08:24	149	0:54:46	61	0:38:26	236	1:41:36	134	0:05:52	228
124 Hallworth, Martin	M		M50			0:07:07	53	1:02:50	184	0:31:57	103	1:41:54	136	0:04:47	88
231 Griffiths, Mike	M	Team Deviant	M30			0:07:25	77	1:01:31	162	0:33:04	143	1:42:00	137	0:04:03	23

316 Assinder, Robert	M	Chester Tri	M40	Y	0:08:19	143	0:59:40	142	0:34:05	165	1:42:04	138	0:04:39	74	
311 Ellis-Williams, Richard	M		M40	Y	0:07:54	112	1:01:41	164	0:32:31	127	1:42:06	139	0:04:51	96	
452 evans, craig	M		M40		0:10:18	233	1:00:40	150	0:31:14	86	1:42:12	140	0:04:53	103	
515 Alcock, Steve	M		M20		0:08:02	122	1:02:00	173	0:32:13	115	1:42:15	141	0:04:48	90	
374 Malpass, Chris	M		M30		0:05:17	2	0:58:19	109	0:38:48	240	1:42:24	142	0:06:06	238	
147 Oldfield, Jonathan	M		M40		0:10:14	231	0:59:24	136	0:32:52	137	1:42:30	143	0:04:43	82	
175 Woolley, Andrew	M		M40	Y	0:07:40	96	1:01:01	157	0:33:52	161	1:42:33	144	0:05:25	181	
225 Hemms, Joel	M		M40	Y	0:07:25	77	0:59:10	129	0:36:01	202	1:42:36	145	0:05:12	153	
114 Cooper, Nigel	M		M40	Y	0:08:17	139	1:00:13	145	0:34:32	171	1:43:02	146	0:04:54	107	
107 Smith, Nigel	M		M40		0:06:57	45	1:02:52	185	0:33:15	145	1:43:04	147	0:05:18	171	
421 JEFFS, JOE	M		M20	Y	Y	0:07:22	71	1:03:35	192	0:32:11	113	1:43:08	148	0:04:34	67
137 Shakespeare, Stephen	M		M30		Y	0:09:46	218	1:00:47	153	0:32:36	128	1:43:09	149	0:04:51	96
344 Lowe, Andy	M		M50			0:06:42	35	0:57:54	103	0:38:35	237	1:43:11	150	0:06:01	232
121 Blair, Graham	M	City of Chester Triathl	M50			0:07:56	114	1:19:06	271	0:16:10	1	1:43:12	151	0:05:41	210
134 Rogers, Andrew	M		M40	Y		0:08:29	153	0:59:09	128	0:35:37	195	1:43:15	152	0:05:31	189
342 Pepper, Mike	M	PADARN	M60			0:06:35	30	0:59:11	130	0:37:40	230	1:43:26	153	0:07:33	275
361 Westbrook, Matthew	M		M30	Y		0:07:49	106	1:03:30	191	0:32:12	114	1:43:31	154	0:04:52	99
468 Howells, Justin	M		M30	Y		0:09:44	217	1:02:34	180	0:31:13	84	1:43:31	155	0:04:44	86
322 White, Kevin	M		M30			0:09:00	184	0:59:03	125	0:35:34	193	1:43:37	156	0:05:33	194
185 Hughes, Shane	M	Wrecsam Tri Club	M40			0:07:02	47	0:57:45	101	0:38:52	241	1:43:39	157	0:05:01	128
177 Roberts, William Andrew	M		M40		Y	0:09:34	212	1:00:46	152	0:33:29	152	1:43:49	158	0:05:03	132
508 Cole, Simon	M	fylde tri	M40			0:07:15	62	1:02:10	177	0:34:34	173	1:43:59	159	0:05:18	169
141 Timpson, William James	M	Carneddau Tri	M30			0:08:00	118	1:02:33	179	0:33:28	151	1:44:01	160	0:05:16	165
255 Sanders, Paul	M	SCARAB TRI	M20			0:08:38	167	1:01:57	171	0:33:41	155	1:44:16	161	0:05:07	144
222 Dickinson, Tony	M	BRAT	M30			0:07:18	66	1:00:17	146	0:36:44	214	1:44:19	162	#N/A	
459 Williams, Martin Garth	M	Carneddau Triathlon c	M60			0:08:30	156	1:02:00	174	0:33:51	160	1:44:21	163	0:05:18	169
476 Rogers, Roderick	M	Eryri harriers	M50	Y		0:11:09	254	1:01:45	169	0:31:27	94	1:44:21	164	0:05:29	186
383 Kiernan, Jethro	M	Padarn Tri	M40	Y		0:07:48	105	1:01:32	163	0:35:11	189	1:44:31	165	0:05:22	178
119 Kaye, Malcolm	M		M60			0:09:33	211	1:02:34	181	0:32:25	120	1:44:32	166	0:04:52	99
380 Edwards, Andrew	M		M30	Y		0:08:55	179	1:00:53	156	0:34:47	181	1:44:35	167	0:05:33	194
234 Goddard, Alan	M		M50	Y		0:11:31	259	1:00:24	148	0:32:44	133	1:44:39	168	0:05:06	140
165 Sanderson, Andy	M		M40		Y	0:08:05	126	1:04:22	200	0:32:30	124	1:44:57	169	0:05:28	185
422 Riley, Paul	M		M30	Y		0:10:02	226	1:00:21	147	0:34:43	179	1:45:06	170	0:05:01	129
345 White, Gary	M		M30			0:10:48	248	0:57:44	100	0:36:50	216	1:45:22	171	0:05:34	197
303 jones, chris	M	calderdale tri club	M30	Y		0:09:24	205	0:58:18	107	0:37:46	232	1:45:28	172	0:05:43	214
446 Tams, Leslie	M	Stafford Triathlon Clut	M40			0:10:04	227	1:01:51	170	0:33:41	155	1:45:36	173	0:05:24	180
418 Keeble, Will	M	wrexham tri	M20	Y		0:08:13	134	1:03:22	190	0:34:06	166	1:45:41	174	0:04:58	121
127 Hughes, David	M	Arfon Masters Swimm	M40			0:06:21	22	1:03:59	196	0:35:51	201	1:46:11	175	0:05:45	217
320 Hoare, Paul	M		M50			0:08:33	165	0:59:05	127	0:38:43	239	1:46:21	176	0:06:27	258
348 davies, paul	M	cardiff tri	M60			0:07:23	73	0:59:03	123	0:40:01	253	1:46:27	177	0:06:56	264
503 King-Sheard, Martin	M		M30	Y		0:10:01	225	1:00:44	151	0:35:46	199	1:46:31	178	0:05:37	204
336 Chumber, Susheel	M		M30	Y		0:10:24	235	1:05:32	212	0:30:39	75	1:46:35	179	0:04:39	73
485 Cameron, Bruce	M	Poole Runners	M60			0:12:25	268	1:00:47	153	0:33:52	161	1:47:04	180	0:05:17	167
489 McCormack, Neil	M		M30			0:07:50	107	0:59:30	137	0:39:44	249	1:47:04	181	0:06:11	241
522 jones, hedd	M		M30	Y		0:09:29	208	1:06:30	225	0:31:11	82	1:47:10	182	0:04:20	49
167 Preston, Andrew	M		M30			0:10:49	250	1:00:47	153	0:35:44	198	1:47:20	183	0:05:07	141
327 Hodgkins, Daniel	M		M30	Y		0:09:06	190	1:05:07	209	0:33:23	149	1:47:36	184	0:05:09	150

505 Smith, Mark	M	Tattenhall Runners	M30	Y		0:11:30	258	1:04:53	205	0:31:22	89	1:47:45	185	0:04:58	121
405 Jones, Christopher	M		M30	Y		0:07:07	52	1:05:38	214	0:35:02	187	1:47:47	186	0:05:38	206
375 Birtwistle, Nick	M		M30			0:08:16	137	1:05:00	208	0:34:32	171	1:47:48	187	0:04:51	96
401 Cook, Andrew	M		M30	Y		0:11:24	256	1:03:05	188	0:33:23	149	1:47:52	188	0:05:08	147
215 Newing, Robert	M		M40		Y	0:08:41	170	1:07:03	232	0:32:08	111	1:47:52	189	0:04:53	103
289 Evans, John Gwynn	M	Cerist	M60			0:09:09	197	1:04:07	198	0:34:39	177	1:47:55	190	0:05:50	222
417 DUNCAN, BRENDAN	M		M30	Y	Y	0:08:42	172	1:02:59	187	0:36:18	206	1:47:59	191	0:05:38	205
479 Parry, Richard	M	Padarn Tri	M40			0:08:58	183	1:01:43	166	0:37:39	228	1:48:20	192	0:06:02	233
108 Calland, Ian	M		M40			0:09:21	203	1:05:17	211	0:33:45	158	1:48:23	193	0:05:34	197
467 Nicholls, Mark	M		M30	Y		0:10:38	244	1:02:01	175	0:35:47	200	1:48:26	194	0:05:22	177
192 Norman, Peter	M	Wrecsam Tri	M60			0:10:16	232	0:59:04	126	0:39:08	243	1:48:28	195	0:05:52	225
451 Roberts, Harri	M	Rhedwyr Eryri	M40	Y		0:10:43	247	1:04:34	202	0:33:20	148	1:48:37	196	0:05:25	181
441 PUGH, TERRY	M		M30	Y		0:08:10	132	1:04:05	197	0:36:41	213	1:48:56	197	0:04:50	92
412 Crewe, Fraser	M		M40	Y		0:09:21	204	1:01:43	166	0:37:52	233	1:48:56	198	0:05:55	229
243 Lawton, Robin Wyn	M		M30	Y		0:13:24	277	1:01:59	172	0:33:45	158	1:49:08	199	0:05:32	192
321 Haywood, John	M	Wrexham Tri	M50			0:08:24	150	1:01:07	160	0:39:40	248	1:49:11	200	0:05:41	210
123 Raybone, David	M	Harlech Triathlon Clut	M40	Y	Y	0:11:32	260	1:02:49	183	0:34:51	183	1:49:12	201	0:05:29	186
347 Sharp, Gethin Llyr	M		MJ	Y	Y	0:06:32	29	1:03:05	189	0:39:47	250	1:49:24	202	0:06:26	257
208 Thomas, Simon	M		M30			0:08:30	157	1:06:06	222	0:34:55	185	1:49:31	203	0:05:05	139
317 Mansfield, David	M	Chester Tri	M40			0:09:17	202	1:02:47	182	0:37:36	226	1:49:40	204	0:05:45	218
232 Davies, Mark	M		M40			0:07:40	94	1:02:56	186	0:39:12	245	1:49:48	205	0:06:14	243
350 Westbrook, Joe	M		M30	Y		0:08:29	155	1:06:49	227	0:34:34	173	1:49:52	206	0:05:42	213
337 Short, John	M	Shropshire Shufflers -	M40			0:10:52	251	1:04:57	207	0:34:06	167	1:49:55	207	0:04:56	118
136 Williams, John	M	Cerist	M50			0:09:43	216	1:03:45	194	0:36:50	217	1:50:18	208	0:05:08	149
445 ivens, Gareth	M		M40	Y		0:08:33	164	1:05:12	210	0:36:34	211	1:50:19	209	0:06:21	249
427 Roberts, Gwyn	M		M40	Y		0:12:34	270	1:04:55	206	0:32:53	138	1:50:22	210	0:05:04	136
369 Williams, Llion	M		M30	Y		0:07:42	98	1:04:31	201	0:38:12	235	1:50:25	211	0:06:03	235
145 Jones, Gary	M	Carneddau	M40			0:08:32	161	1:05:33	213	0:36:29	209	1:50:34	212	0:05:51	224
197 Matthews, Anthony	M		M50			0:10:24	236	1:03:59	195	0:36:15	204	1:50:38	213	0:05:43	214
444 Evans, Nigel	M		M50		Y	0:09:40	215	0:59:20	133	0:42:08	263	1:51:08	214	0:06:23	252
166 Clapham, Simon	M	Scarab Tri	M50			0:08:30	157	1:02:18	178	0:40:27	256	1:51:15	215	0:05:49	221
430 Jones, John	M		M30	Y		0:13:04	273	1:03:41	193	0:34:30	170	1:51:15	215	0:05:08	147
238 Moore, Clive	M		M50			0:09:25	206	1:07:15	236	0:34:43	178	1:51:23	217	0:05:39	209
435 Torr, Katherine	M	deviant - swansea	M20	Y		0:07:40	95	1:07:10	235	0:36:45	215	1:51:35	218	0:05:16	165
384 Macdonald, Phillip Robert	M	Chester Tri	M50			0:07:28	81	1:04:17	199	0:39:54	252	1:51:39	219	0:07:09	267
529 Kilpatrick, Ian	M		M30			0:09:10	198	1:06:10	223	0:36:27	208	1:51:47	220	0:05:32	192
313 Jones, Robin	M	Wrecsam Tri	M40	Y		0:08:21	146	1:05:53	217	0:37:34	225	1:51:48	221	0:06:04	236
180 Brooks, Jamie	M		M50	Y	Y	0:08:34	166	1:05:50	215	0:37:42	231	1:52:06	222	0:05:35	203
182 Williams, Ffestyn	M		M20	Y	Y	0:09:04	187	1:06:48	226	0:36:16	205	1:52:08	223	0:04:44	83
442 EVASON, ROBERT	M		M30	Y		0:09:49	220	1:10:33	248	0:32:03	107	1:52:25	224	0:04:50	92
195 Dawson, Simon	M		M40	Y	Y	0:07:20	68	1:10:14	247	0:34:59	186	1:52:33	225	0:05:27	184
103 Cooper, Russell	M	North Wales Fire and	M40	Y		0:09:39	213	1:06:05	221	0:36:50	218	1:52:34	226	0:05:45	219
424 bird, phil	M	wallasey ac	M40	Y		0:11:08	252	1:12:57	255	0:28:35	43	1:52:40	227	0:04:48	90
332 Ashall, Steve	M		M50	Y		0:10:34	241	1:09:05	244	0:33:01	142	1:52:40	227	0:05:01	129
530 Williams, Gethin	M		M20	Y		0:10:37	243	1:07:05	234	0:35:37	195	1:53:19	229	0:25:44	283
171 Anthony, Michael	M		M50			0:08:09	130	1:04:48	204	0:40:35	257	1:53:32	230	0:06:14	243
392 Hughes, Mac	M		M50	Y		0:09:56	222	1:06:14	224	0:37:30	224	1:53:40	231	0:05:50	222

130	Skenfield, Dave	M	Prestatyn Runing Clut	M60			0:10:35	242	1:06:57	230	0:36:40	212	1:54:12	232	0:06:05	237
352	Williams, Mark	M		M50			0:10:40	245	1:05:56	219	0:37:38	227	1:54:14	233	0:05:38	206
319	Hilton, Martin	M	Tattenhall Runners	M40	Y		0:09:09	196	1:07:50	242	0:37:15	222	1:54:14	233	0:05:52	227
176	Roberts, Tomos	M		MJ	Y	Y	0:07:26	79	1:07:48	241	0:39:11	244	1:54:25	235	0:07:40	277
460	Hough, Rob	M		M40			0:08:45	174	1:05:53	218	0:39:51	251	1:54:29	236	0:06:32	261
283	Jarvis, Gareth	M		M30	Y		0:12:51	271	1:06:04	220	0:35:36	194	1:54:31	237	0:05:33	196
340	Walsh, Lindsay	M		M50	Y		0:13:05	274	1:05:50	215	0:35:40	197	1:54:35	238	0:05:41	212
462	FOULKES, PAUL	M		M60	Y		0:10:48	249	1:06:52	228	0:37:01	221	1:54:41	239	0:06:02	233
495	Barrett, Denis	M		M40	Y		0:08:07	128	1:12:03	251	0:34:37	176	1:54:47	240	0:05:26	183
440	Williams, Paul	M		M30	Y		0:13:08	275	1:07:22	237	0:34:46	180	1:55:16	241	0:05:34	199
228	Yallop, Ian	M	Cerist Tri	M50			0:08:44	173	1:07:04	233	0:39:29	247	1:55:17	242	0:06:21	250
206	Neal, Richard	M		M40	Y		0:12:15	267	1:06:52	229	0:38:37	238	1:57:44	243	0:06:13	242
240	Owen, Alan Wyn	M		M40	Y		0:08:15	136	1:13:39	256	0:36:21	207	1:58:15	244	0:05:44	216
268	Hesketh, Mark	M		M50	Y		0:11:57	265	1:07:38	239	0:39:02	242	1:58:37	245	0:06:33	262
282	Roberts, Arwel	M		M40	Y		0:13:43	279	1:04:47	203	0:40:17	255	1:58:47	246	0:06:07	239
202	Lynn, David	M		M50			0:10:26	237	1:06:59	231	0:41:27	260	1:58:52	247	0:06:38	263
403	Haworth, Nicholas	M	NICHOLASHAWORT	M50			0:08:57	182	1:14:48	259	0:35:13	191	1:58:58	248	0:05:22	176
428	Hughes, Gethin	M		M20	Y		0:12:28	269	1:08:46	243	0:37:59	234	1:59:13	249	0:05:35	202
521	Woodcock, Neil	M		M50				1		#N/A	0:41:29	261	1:59:54	250	0:05:55	229
199	Cordingley, Jason	M		M30			0:07:18	65	1:07:42	240	0:45:28	272	2:00:28	251	0:06:25	255
181	Williams, Martin	M	Ruthin TC	M40	Y		0:07:48	104	1:16:42	265	0:36:58	220	2:01:28	252	0:05:55	229
304	Thomas, Matt	M		M30	Y		0:08:26	152	1:12:05	252	0:41:05	258	2:01:36	253	0:06:27	258
355	Slinger, Philip	M	Mersey Tri	M40			0:08:13	134	1:09:07	245	0:44:22	270	2:01:42	254	0:06:23	252
235	Beresford, Patrick	M		M40	Y		0:09:05	188	1:16:27	263	0:36:30	210	2:02:02	255	0:05:21	175
159	Jones, Craig	M		M30	Y	Y	0:10:40	245	1:14:00	258	0:37:39	229	2:02:19	256	0:06:16	245
302	Ecob, Nick	M	nickecob@gmail.com	M40	Y		0:07:47	103	1:07:26	238	0:48:10	279	2:03:23	257	0:07:47	278
168	Taylor, Keith	M	na	M50			0:10:30	239	1:11:57	249	0:41:18	259	2:03:45	258	0:06:10	240
353	Jones, Emyr	M		M40	Y		0:11:08	253		#N/A		#N/A	2:04:12	259	0:05:39	208
363	jones, arwel	M		M40	Y		0:11:29	257	1:17:53	269	0:35:30	192	2:04:52	260	0:06:18	247
284	Brooks, Scott	M		M40	Y		0:13:37	278	1:15:16	261	0:37:16	223	2:06:09	261	0:05:31	189
360	Jones, Gethin	M	Team Deviant	M40			0:07:43	99	1:12:40	254	0:46:02	274	2:06:25	262	0:07:29	272
492	Lewis, Huw	M		M50	Y		0:10:27	238	1:11:58	250	0:44:08	269	2:06:33	263	0:06:23	251
220	McDarren, Huw	M		M40	Y		0:10:07	229	1:12:17	253	0:44:42	271	2:07:06	264	0:07:00	266
509	smith, bradley	M		M30	Y		0:09:58	223	1:21:22	275	0:36:04	203	2:07:24	265	0:05:34	199
535	BISHOP, MIKE	M		M40	Y		0:10:30	239	1:14:56	260	0:42:18	264	2:07:44	266	0:06:17	246
486	Salisbury, Anthony	M	n/a	M40	Y		0:08:52	177	1:19:03	270	0:40:14	254	2:08:09	267	0:06:24	254
496	Mapother, John	M		M30			0:08:48	176	1:13:54	257	0:45:48	273	2:08:30	268	0:07:38	276
443	Bell, James	M		M20	Y		0:11:43	262	1:24:30	277	0:32:26	121	2:08:39	269	0:05:04	136
461	RYMER, ANDY	M	CERIST TRIATHLON	M30	Y		0:09:30	209	1:16:44	267	0:42:54	265	2:09:08	270	0:06:19	248
371	Randles, Phil	M		M40			0:11:20	255	1:10:04	246	0:48:56	282	2:10:20	271	0:08:08	282
534	Richards, Huw	M		M40			0:07:40	96	1:16:36	264	0:47:09	277	2:11:25	272	0:07:23	269
406	Ford, Robert	M	Pontypridd Roadents	M50	Y		0:17:07	281	1:20:12	274	0:35:13	190	2:12:32	273	0:05:49	220
224	Phelan, John	M		M30	Y		0:10:10	230	1:19:12	272	0:43:58	268	2:13:20	274	0:07:26	271
155	Pascoe, Adrian	M		M40	Y		0:11:37	261	1:19:25	273	0:43:33	266	2:14:35	275	0:06:56	264
305	Hewitt, Si	M		M30	Y		0:11:44	263	1:16:56	268	0:48:06	278	2:16:46	276	0:07:25	270
278	williams, humphrey ffesty	M		M60		Y	0:12:08	266	1:16:43	266	0:48:52	281	2:17:43	277	0:07:31	273
510	LAMB, DERREN	M		M40	Y		0:00:00	1	1:38:00	283	0:41:58	262	2:19:58	278	0:06:25	256

174 Morris, Wyn	M		M40		0:10:20	234	1:15:28	262	0:54:54	284	2:20:42	279	0:07:59	281
455 Wain-Hobson, Timothy	M		M50	Y	0:18:05	282	1:25:15	278	0:39:21	246	2:22:41	280	0:06:31	260
129 Gulliver, Vic	M	Padarn Tri	M60		0:11:47	264	1:25:30	279	0:46:16	275	2:23:33	281	0:07:32	274
150 Wellington, Stephen	M	Carneddau Triathlon C	M40		0:13:43	279	1:22:55	276	0:48:24	280	2:25:02	282	0:07:47	278
209 Pickles, Chris	M		M50	Y	0:12:54	272	1:30:16	282	0:43:45	267	2:26:55	283	0:05:13	155
157 Hughes, Colin	M		M50		0:13:13	276	1:25:45	280	0:52:26	283	2:31:24	284	0:07:56	280
373 ROBERTS, IORWERTH	M	Carneddau	M60		0:18:35	283	1:27:31	281	0:46:21	276	2:32:27	285	0:07:12	268