



**TRIATHLON
CYMRU**

SUPER SERIES 2023

Super Series Stage 1

Llanelli 14th May

Open Overall

Rank	Full Name	Membership Number	Age Category	Overall Time		Points
				Overall Points	Stage 1 - Llanelli	
1	Liam Lloyd	W126828	20-39 Senior	100	01:04:12	100
2	Finn Arentz	W1073273	20-39 Senior	90	01:06:42	90
3	Oliver Simon	W134469	40-49 Veterans	85	01:08:02	85
4	Sean Petty	W10193281	17-19 Youth	80	01:11:46	80
5	Rhys Palmer	W10134127	20-39 Senior	75	01:12:30	75
6	Guto Morgans	W1095015	20-39 Senior	70	01:12:45	70
7	Dan Whaites	E124298	20-39 Senior	65	01:13:32	65
8	Archie Dilks	W10179111	17-19 Youth	60	01:13:39	60
9	Stephen Rowlands	W10185415	40-49 Veterans	55	01:14:15	55
10	Jonathon Seymour	W10105302	40-49 Veterans	50	01:14:17	50
11	Patrick Jones		20-39 Senior	49	01:14:24	49
12	Jack Southam	W10118496	20-39 Senior	48	01:14:53	48
13	Ryan Haigh	W1082266	20-39 Senior	47	01:14:54	47
14	Rhys Jones-Rhondda Tri	W123864	40-49 Veterans	46	01:14:54	46
15	johnathan price	W10183026	17-19 Youth	45	01:14:56	45
16	David Coates	W10137125	40-49 Veterans	44	01:15:32	44
17	Iestyn Evans	W10202467	20-39 Senior	43	01:15:38	43
18	Dominic Davies	W10173124	17-19 Youth	42	01:16:16	42
19	Keith Tannetta	W1062379	60-69 Super Veterans	41	01:16:57	41
20	Joe O'Shea	W10103465	20-39 Senior	40	01:17:01	40
21	James Levannais	W10119619	40-49 Veterans	39	01:17:18	39
22	Daniel Cope		20-39 Senior	38	01:17:23	38

23	David Lee	W10201902	20-39 Senior	37	01:17:42	37
24	Shane Williams		40-49 Veterans	36	01:17:46	36
25	Huw Neale	W1061535	40-49 Veterans	35	01:17:54	35
26	Steven Allport	W10202454	50-59 Vintage Veterans	34	01:17:55	34
27	Adam Morgan	W10201636	20-39 Senior	33	01:17:59	33
28	Alastair Massey		Senior Open	32	01:18:01	32
29	Daniel Machlachlan		40-49 Senior	31	01:18:19	31
30	William Horton	W10199058	20-39 Senior	30	01:18:40	30
31	Tomos Foulkes	W10197989	20-39 Senior	29	01:18:46	29
32	Neo Seppman		18-19 Youth	28	01:18:49	28
33	Joshua Lewis		20-39 Senior	27	01:18:54	27
34	Gwyndaf Lewis	W10105804	20-39 Senior	26	01:19:02	26
35	Chris Powell	W10196874	40-49 Veterans	25	01:19:04	25
36	Scott Ruse	W10198453	20-39 Senior	24	01:19:18	24
37	Martin Cole	W1099780	50-59 Vintage Veterans	23	01:19:28	23
38	James Moore	W10105152	40-49 Veterans	22	01:19:33	22
39	David Morgan	W1058396	40-49 Veterans	21	01:19:56	21
40	Reuben Morgan	W1046909	40-49 Veterans	20	01:20:04	20
41	Owen Staddon	W10210579	20-39 Senior	19	01:20:21	19
42	Matthew Goodman	W10215522	20-39 Senior	18	01:20:57	18
43	Chris Lee	W1073751	50-59 Vintage Veterans	17	01:21:01	17
44	Anthony Owens		20-39 Senior	16	01:21:18	16
45	Lewis Bevan		20-39 Senior	15	01:21:33	15
46	Tim Parfitt	W1073063	50-59 Vintage Veterans	14	01:21:52	14
47	Owain Thomas	W10195416	20-39 Senior	13	01:21:58	13
48	Jack Arnold	W10208533	20-39 Senior	12	01:22:22	12
49	Richard Leary	W1075400	50-59 Vintage Veterans	11	01:22:30	11
50	Kirk Matthews		40-40 Veteran	10	01:22:31	10
51	Dewi Owen		40-49 Veteran	9	01:22:46	9
52	Sam Ekstrom-Gabb	W10211397	20-39 Senior	8	01:23:08	8

53	Dan Robinson	W10176480	20-39 Senior	7	01:23:09	7
54	Dean Popperwell	W10217456	20-39 Senior	6	01:23:20	6
55	Andrew Wilson	W1093549	20-39 Senior	5	01:23:24	5
56	Mathew Giles	W10161305	40-49 Veterans	4	01:23:28	4
57	Neil Davies		20-39 Senior	3	01:23:34	3
58	Kieran Williams		20-39 Senior	2	01:23:39	2
59	Osian Griffith	W10182587	40-49 Veterans	1	01:23:54	1

Overall Female

Rank	Full Name	Membership Number	Age Category	Overall Points	Stage 1 - Llanelli	
1	Bethan Jones	W10190914	20-39 Senior	100	01:19:46	100
2	Rachel Davies	W10182029	20-39 Senior	90	01:20:14	90
3	Eloise Crowley	W10141766	20-39 Senior	85	01:21:00	85
4	Paige Horsnell	W10102870	20-39 Senior	80	01:21:19	80
5	Claire Walters	W10200385	20-39 Senior	75	01:21:36	75
6	Lucy Marland	W10201252	20-39 Senior	70	01:22:37	70
7	Gwenllian Thomas	W10197979	40-49 Veterans	65	01:22:59	65
8	Cathryn Williams	W10115773	20-39 Senior	60	01:23:49	60
9	Catherine Marks	W1045068	40-49 Veterans	55	01:25:03	55
10	Stephanie Waring	W10151339	50-59 Vintage Veterans	50	01:26:33	50
11	Emily Christopher	W10110810	20-39 Senior	49	01:26:36	49
12	Ffion Caines	W10193759	20-39 Senior	48	01:27:45	48
13	Emma Davies-Hughes	W10196899	40-49 Veterans	47	01:28:22	47
14	caryl williams	W1092700	40-49 Veterans	46	01:28:48	46
15	Elizabeth Williams		50-59 Vintage Veterans	45	01:30:27	45
16	Emma Colwill	W10211842	20-39 Senior	44	01:30:56	44
17	Gillian Hopkins	W1049318	40-49 Veterans	43	01:31:19	43

18	Lara Griffiths	W10156480	20-39 Senior	42	01:32:14	42
19	Rhiannon Heredia-Rowe	W10156018		41	01:32:15	41
20	Bethan Marks	W10211861	40-49 Veterans	40	01:33:47	40
21	Llinos Jones	W10182033	40-49 Veterans	39	01:34:35	39
22	Sandra Jones		40-49 Veterans	38	01:35:31	38
23	Claire Thomas	W1060593	40-49 Veterans	37	01:37:43	37
24	Carol Jones	W10208837	40-49 Veterans	36	01:37:57	36
25	Carolyn Williams	W1093833	60-69 Super Veterans	35	01:38:40	35
26	Amy Seppman	W1045182	20-39 Senior	34	01:39:16	34
27	Maddie Malpas	W1090146	17-19 Youth	33	01:39:22	33
28	Jackie Gibbons	W1053220	60-69 Super Veterans	32	01:39:52	32
29	Cathryn Jenkins	W1063120	50-59 Vintage Veterans	31	01:40:31	31
30	Lucy Evans	W10197081	20-39 Senior	30	01:41:24	30
31	Debbie Hannah	W1075410	40-49 Veterans	29	01:42:03	29
32	Rosie Courts	W10211468	20-39 Senior	28	01:42:28	28
33	Julie Jones	W10216093	50-59 Vintage Veterans	27	01:43:14	27
34	Sara Davies	W10218010	50-59 Vintage Veterans	26	01:44:06	26
35	Nicola Jones	W10204730	20-39 Senior	25	01:44:15	25
36	Lisa Tustin	W10155908	40-49 Veterans	24	01:44:50	24
37	Hayley Harris	W10116599	40-49 Veterans	23	01:46:04	23
38	Jo Otteson	W1056349	50-59 Vintage Veterans	22	01:46:22	22
39	Louise Snelgrove		40-49 Veterans	21	01:47:20	21
40	Nicola Thomas	W10203315	50-59 Vintage Veterans	20	01:47:57	20
41	Claire Protheroe	W10203592	40-49 Veterans	19	01:48:05	19
42	Viv Jones	W10132780	40-49 Veterans	18	01:48:17	18
43	Tracey Williams	W1031531	60-69 Super Veterans	17	01:49:34	17
44	Arianna Protheroe	W10204546	15-16 Junior	16	01:50:57	16
45	Bethan Thomas	W1093477	40-49 Veterans	15	01:51:09	15

46	Amie Davies	W1077117	40-49 Veterans	14	01:51:11	14
47	Tori Jones	W10160699	20-39 Senior	13	01:51:18	13
48	Poppy Otteson	W10134906	15-16 Junior	12	01:52:37	12
49	Rachael Parkinson	W1060061	40-49 Veterans	11	01:52:44	11
50	Alyson Smith	W10203687	50-59 Vintage Veterans	10	01:52:47	10
51	Juliet Davies	W10218006	50-59 Vintage Veterans	9	01:53:16	9
52	Christina Smith	W1030956	60-69 Super Veterans	8	01:53:17	8
53	Gemma Starkey	W10137390	20-39 Senior	7	01:53:17	7
54	Rachael Middleton-James		40-49 Veterans	6	01:53:23	6
55	Sally Herbert	W10211830	50-59 Vintage Veterans	5	01:54:18	5
56	Sara O'Brien		20-39 Senior	4	01:54:29	4
57	Sharon Thomas	W10177140	50-59 Vintage Veterans	3	01:56:16	3
58	Karen Dugate	W1059779	50-59 Vintage Veterans	2	01:56:25	2
59	Rhian Williams	W10197993	40-49 Veterans	1	02:00:20	1

Age Category Rankings

Open Youth

Position	Name	Membership Number	Age Category	Overall Scores	Stage 1 - Llanelli	
					Overall Time	Points
1	Charlie Malpas	W1078329	Junior Open	100	01:25:42	100

Female Youth

Position	Name	Membership Number	Age Category	Overall Scores	Stage 1 - Llanelli	
					Overall Time	Points
1	Arianna Protheroe	W10204546	Junior Female	100	01:50:57	100
2	Poppy Otteson	W10134906	Junior Female	90	01:52:37	90

Open Junior

Position	Surname	Membership Number	Age Category	Club	Overall Scores	Stage 1 – Llanelli	
						Overall Time	Points
1	Sean Petty	W10193281	Youth Open	Dragon Tri	100	01:11:46	100
2	Archie Dilks	W10179111	Youth Open		90	01:13:39	90
3	Johnathan Price	W102183026	Youth Open	West Wales Fitness Coaching	85	01:14:56	85
4	Dominic Davies	W10173124	Youth Open	Tri Potential	80	01:16:16	80
5	Neo Seppman		Youth Open	GJ Endurance	75	01:18:49	75
6	Ifan Thomas		Youth Open	Performance Wales	70	01:27:32	70

Female Junior

Position	Surname	Membership Number	Age Category	Club	Overall Scores	Stage 1 - Llanelli	
						Overall Time	Points
1	Rhiannon Heredia-Rowe	W10156018	Junior Female	Celtic Tri	100	01:32:15	100
2	Maddie Malpas	W1090146	Junior Female	Taff Ely	90	01:39:22	90
3	Cate Thomas-Richards		Youth Female		85	02:13:25	85

Open Senior

Position	Name	Membership Number	Age Category	Club	Overall Points	Overall Time	Points
						Stage 1 - Llanelli	
1	Liam Lloyd	W126828	Open Senior	Tri Potential	100	01:04:12	100
2	Finn Arentz	W1073273	Open Senior		90	01:06:42	90
3	Rhys Palmer	W101134127	Open Senior	Swansea Vale	85	01:12:30	85
4	Guto Morgans	W1095015	Open Senior		80	01:12:45	80
5	Dan Whaites		Open Senior	NEWT	75	01:13:32	75
6	Patrick Jones	W1050532	Open Senior		70	01:14:24	70
7	Jack Southam	W10118496	Open Senior	North Dock Dredgers	65	01:14:53	65
8	Ryan Haigh		Open Senior		60	01:14:54	60
9	Iestyn Evans	W10202467	Open Senior	Swansea Vale	55	01:15:38	55
10	Joe O'Shea	W10103465	Open Senior	Port Talbot Harriers	50	01:17:01	50
11	Daniel Cope		Open Senior	Rhondda Triathlon	49	01:17:23	49
12	David Lee	W10201902	Open Senior		48	01:17:42	48
13	Adam Morgan	W10201636	Open Senior	North Dock Dredgers	47	01:17:59	47
14	Alastair Massey		Open Senior	Swansea Vale	46	01:18:01	46
15	William Horton	W10199058	Open Senior	Tenby Penguins	45	01:18:40	45
16	Tomos Foulkes		Open Senior	Carmarthen Triathlon	44	01:18:46	44
17	Joshua Lewis		Open Senior		43	01:18:54	43
18	Gwyndaf Lewis	W10105804	Open Senior	Carmarthen Triathlon	42	01:19:02	42

19	Scott Ruse	W10198453	Open Senior	Swansea Vale	41	01:19:18	41
20	Owen Staddon	W10210579	Open Senior	NEWT	40	01:20:21	40
21	Gareth Bowen		Open Senior		39	01:20:51	39
22	Matthew Goodman		Open Senior	DC Triathlon	38	01:20:57	38
23	Anthony Owens		Open Senior	Carmarthen Triathlon	37	01:21:18	37
24	Lewis Bevan		Open Senior		36	01:21:33	36
25	Owain Thomas		Open Senior	West Wales Fitness	35	01:21:58	35
26	Jack Arnold		Open Senior	Swansea Vale	34	01:22:22	34
27	Sam Ekstrom-Gabb	W10211397	Open Senior	Cardiff Triathletes	33	01:23:08	33
28	Dan Robinson	W10176480	Open Senior	Carmarthen Triathlon	32	01:23:09	32
29	Dean Popperwell		Open Senior		31	01:23:20	31
30	Andrew Wilson	W1093549	Open Senior	Cardiff Triathletes	30	01:23:24	30
31	Neil Davies		Open Senior	Carmarthen Triathlon	29	01:23:34	29
32	kieran williams		Open Senior	Tri Potential	28	01:23:39	28
33	Cavan McGill	W10211841	Open Senior	North Dock Dredgers	27	01:23:55	27
34	Dan Totterdale		Open Senior		26	01:24:20	26
35	Joseph Bailey		Open Senior	Swansea Vale	25	01:24:34	25
36	Andrew Banfield		Open Senior	North Dock Dredgers	24	01:24:41	24
37	Gavin James		Open Senior	Port Talbot Harriers	23	01:25:07	23
38	Rhys Jones	W10197766	Open Senior	Cardiff Triathletes	22	01:25:20	22
39	Richard Pelta		Open Senior	Swansea Vale	21	01:27:28	21
40	Ben Chapman	W10142875	Open Senior	Swansea Vale	20	01:27:34	20
41	David Jackson		Open Senior	North Dock Dredgers	19	01:27:35	19
42	Morgan Slate		Open Senior	Tinworks Tri Club	18	01:27:57	18
43	Christian Madge		Open Senior	Swansea Vale	17	01:28:39	17
44	Kyle Evans	W10205506	Open Senior	Swansea Vale	16	01:29:21	16
45	Stuart Abraham	W10211854	Open Senior	Swansea Tri Sharks	15	01:29:40	15
46	zak James		Open Senior		14	01:29:47	14
47	Dafydd Walters	W10176460	Open Senior	Carmarthen Tri	13	01:29:57	13
48	Morgan Roberts		Open Senior	Swansea Vale	12	01:30:07	12

49	Robert Jonathan Humphrey		Open Senior	Carmarthen Triathlon	11	01:30:27	11
50	Ricky Pearson	W10176740	Open Senior	Carmarthen Triathlon	10	01:30:39	10
51	Christopher Francis	W10177963	Open Senior	Carmarthen Triathlon	9	01:31:12	9
52	John Griffiths	W10210216	Open Senior	Tenby Penguins	8	01:31:23	8
53	Gareth Evans	W10109686	Open Senior	Taff Ely	7	01:32:22	7
53	Matthew Murphy		Open Senior	Tinworks Tri Club	7	01:32:02	7
55	Josh Pearson		Open Senior	SWYD Tri Club	6	01:32:28	6
55	Matthew Reynolds		Open Senior	Taff Ely	6	01:32:19	6
57	Alex Simpson		Open Senior	Swansea Vale	5	01:32:43	5
58	Rhys Evans		Open Senior	Swansea Vale	4	01:32:50	4
59	Sam Saunders		Open Senior	NEWT	3	01:32:54	3
60	Darren Caines		Open Senior	North Dock Dredgers	2	01:32:56	2
61	Martin Price		Open Senior		1	01:32:59	1

Female Senior

Position	Name	Membership Number	Age Category	Club	Overall Points	Time	Points
						Stage 1 - Llanelli	
1	Bethan Jones	W10190914	Female Senior	Tri Potential	100	01:19:46	100
2	Rachel Davies	W10182029	Female Senior	ATAC	90	01:20:14	90
3	Eloise Crowley	W10141766	Female Senior	Cardiff Tri	85	01:21:00	85
4	Paige Horsnell	W10102870	Female Senior	Rhondda Tri	80	01:21:19	80
5	Claire Walters	W10200385	Female Senior	Port Talbot Tri	75	01:21:36	75
6	Lucy Marland	WRTFQJZ	Female Senior	Rhondda Tri	70	01:22:37	70
7	Cathryn Williams	W10115773	Female Senior	Port Talbot Tri	65	01:23:49	65
8	Emily Christopher	W10110810	Female Senior	Team Watt	60	01:26:36	60

9	Ffion Caines	W10193759	Female Senior	DC Triathlon	55	01:27:45	55
10	Gwenno Llewelyn		Female Senior		50	01:28:31	50
11	Emma Colwill	W10211842	Female Senior	Port Talbot	49	01:30:56	49
12	Lara Griffiths	W10156480	Female Senior	Carmarthen Triathlon	48	01:32:14	48
13	Laura Borrelli		Female Senior		47	01:38:09	47
14	Lucy Chieffo		Female Senior	Swansea Vale	46	01:38:43	46
15	Amy Seppman	W1045182	Female Senior	Port Talbot	45	01:39:16	45
16	Elizabeth Robbins		Female Senior	North Dock Dredgers	44	01:39:53	44
17	Lucy Evans	W10197081	Female Senior	Porthcawl	43	01:41:24	43
18	Emily Robinson		Female Senior		42	01:42:03	42
19	Rosie Courts	W10211468	Female Senior	Port Talbot	41	01:42:28	41
20	Carys Freeman		Female Senior		40	01:43:26	40
21	Nicola Jones	W10204730	Female Senior	Swansea Vale	39	01:44:15	39
22	Kelly Peat		Female Senior	Pembs Triathlon Club	38	01:46:50	38
23	Sian Thomas		Female Senior		37	01:48:02	37
24	Tori Jones	W10160699	Female Senior	Swansea Vale	36	01:51:18	36
25	Gemma Starkey	W10137390	Female Senior		35	01:53:17	35
26	Sara O'Brien		Female Senior	North Dock Dredgers	34	01:54:29	34
27	Rebecca Walters		Female Senior	Celtic Tri	33	01:54:56	33
28	Sarah Jones		Female Senior	North Dock Dredgers	32	02:01:58	32
29	Abigail Jeffreys		Female Senior		31	02:02:14	31
30	Lucy Jones		Female Senior	NEWT	30	02:02:34	30
31	Emily Ellis	W10210930	Female Senior		29	02:05:21	29
32	Laura Daniels		Female Senior		28	02:13:39	28
33	Hayley Edwards-Potts	W1080067	Female Senior	NEWT	27	02:19:02	27

Open Veteran

Position	Name	Membership Number	Age Category	Club	Overall Points	Overall Time	Points
						Stage 1 - Llanelli	
1	Oliver Simon	W134469	Open Veteran	ATAC	100	01:08:02	100
2	Stephen Rowlands	W10100698	Open Veteran	Carmarthen Triathlon	90	01:14:15	90
3	Jonathon Seymour	W10105302	Open Veteran	GOG Triathlon	85	01:14:17	85
4	Rhys Jones	W123864	Open Veteran	Rhondda Triathlon Club	80	01:14:54	80
5	David Coates	W10137125	Open Veteran	Team Watt	75	01:15:32	75
6	James Levannais	W10119619	Open Veteran	TriForce	70	01:17:18	70
7	Shane Williams		Open Veteran	Agilis	65	01:17:46	65
8	Huw Neale	W1061535	Open Veteran	Cardiff Tri	60	01:17:54	60
9	Daniel Maclachlan		Open Veteran	Tri Potential	55	01:18:19	55
10	Chris Powell	W10196874	Open Veteran	North Dock	50	01:19:04	50
11	James Moore	W10105152	Open Veteran	Carmarthen Triathlon	49	01:19:33	49
12	David Morgan	W1058396	Open Veteran	Port Talbot	48	01:19:56	48
13	Reuben Morgan	W1046909	Open Veteran	North Dock	47	01:20:04	47
14	Kirk Matthews		Open Veteran	Clwb Seiclo Cwm Gwendraeth	46	01:22:31	46
15	Dewi Owen		Open Veteran	North Dock Dredgers	45	01:22:46	45
16	Mathew Giles	W10161305	Open Veteran	Swansea Vale	44	01:23:28	44
17	Osian Griffith	W10182587	Open Veteran		43	01:23:54	43
18	Thomas Snelgrove		Open Veteran	Swansea Tri Sharks	42	01:24:03	42
19	Paul Seppman	W1045183	Open Veteran	Port Talbot	41	01:24:18	41
20	Simon Mills	W10142329	Open Veteran	Tri Potential	40	01:24:30	40
21	Paul Bunyan		Open Veteran	Tri Potential	39	01:24:30	39
22	Martin Davies	W10176482	Open Veteran	Carmarthen Triathlon	38	01:24:32	38
23	David Thomas	W1051232	Open Veteran	Rhondda Triathlon Club	37	01:24:38	37
24	GAVIN LEWIS	W10197844	Open Veteran	ATAC	36	01:24:48	36
25	Leon Burns		Open Veteran	Pembrey Sport Cycle	35	01:25:09	35

26	Lee German		Open Veteran	Rhondda Triathlon Club	34	01:26:17	34
27	Kirk Riordan		Open Veteran	North Dock Dredgers	33	01:26:19	33
28	Josh George	W10172516	Open Veteran	Clwb Seiclo Cwm Gwendraeth	32	01:26:44	32
29	Nathan Phillips	W10204440	Open Veteran	North Dock Dredgers	31	01:26:46	31
30	Emyr Stephens	W10100802	Open Veteran		30	01:27:00	30
31	James Harvey	W1060603	Open Veteran		29	01:27:34	29
32	Aled Daniels		Open Veteran		28	01:27:44	28
33	Miklos Biro	W10136511	Open Veteran	GOG Triathlon	27	01:28:05	27
34	Gareth Rees		Open Veteran		26	01:28:11	26
35	Will Morgan		Open Veteran		25	01:28:26	25
36	Paul RIDGWAY		Open Veteran	North Dock Dredgers	24	01:28:41	24
37	David Clarke		Open Veteran		23	01:28:54	23
38	Brian Keane	W1085576	Open Veteran	Pembrokeshire Tri	22	01:29:09	22
39	Darren Bowden	W1055691	Open Veteran	Rhondda Triathlon Club	21	01:29:19	21
40	Michael Harris		Open Veteran	Clwb Seiclo Cwm Gwendraeth	20	01:29:41	20
41	Mark Davies	W1043737	Open Veteran	Rhondda Triathlon Club	19	01:29:42	19
42	Gavin Wilkins	W10177691	Open Veteran	Carmarthen Triathlon Club	18	01:30:12	18
43	Martyn Lewis	W1037371	Open Veteran	Pembrokeshire Tri	17	01:30:26	17
44	OWEN EVANS	W1044635	Open Veteran	Cardiff Triathletes	16	01:31:06	16
45	Paul John		Open Veteran		15	01:31:25	15
46	Matthew Rayson		Open Veteran	Clwb Seiclo Cwm Gwendraeth	14	01:31:48	14
47	Gerwyn Malpas	10116071	Open Veteran	Taff Ely	13	01:31:51	13
48	David Hills		Open Veteran	Swansea Vale	12	01:32:10	12
49	Dave Warrington		Open Veteran	North Dock Dredgers	11	01:32:49	11
50	David Real		Open Veteran	North Dock Dredgers	10	01:33:00	10
51	Garry Shephard		Open Veteran	Rhondda Triathlon Club	9	01:33:06	9
52	Christopher Roberts	W10211853	Open Veteran	Celtic Tri	8	01:33:10	8
53	Gavin Watts	w10112751	Open Veteran	Dragon Tri	7	01:33:17	7
55	Paul Morris		Open Veteran	North Dock Dredgers	6	01:33:22	6
53	Simon Phillips	W10107435	Open Veteran	Pembrokeshire Tri	7	01:33:36	7

55	Lee Elwell		Open Veteran		6	01:33:42	6
57	Rhydian Jones		Open Veteran		5	01:33:46	5
58	Daniel Otteson		Open Veteran	Swansea Vale	4	01:34:11	4
59	David Sharpe		Open Veteran	North Dock Dredgers	3	01:34:49	3
60	Steve Lawrence	W10169548	Open Veteran	North Dock Dredgers	2	01:37:11	2
61	Andrew Morgan		Open Veteran		1	01:37:19	1

Female Veteran						Overall Time	Points
Position	Name	Membership Number	Age Category	Club	Overall Points	Stage 1 - Llanelli	
1	Gwenllian Thomas	W10197979	Female Veteran	Carmarthen Tri	100	01:22:59	100
2	Catherine Marks	W1045068	Female Veteran	Pembrokeshire Tri	90	01:25:03	90
3	Emma Davies-Hughes	W10196899	Female Veteran	North Dock	85	01:28:22	85
4	caryl williams	W1092700	Female Veteran	Bynea	80	01:28:48	80
5	Gillian Hopkins	W1049318	Female Veteran	Celtic Tri	75	01:31:19	75
6	Bethan Marks	W10211861	Female Veteran	Celtic Tri	70	01:33:47	70
7	Llinos Jones	W10182033	Female Veteran	ATAC	65	01:34:35	65
8	Sandra Jones		Female Veteran		60	01:35:31	60
9	Claire Thomas	W10184421	Female Veteran	Tenby Aces	55	01:37:43	55
10	Carol Jones	W10208837	Female Veteran	North Dock	50	01:37:57	50
11	Donna Wild		Female Veteran		49	01:41:14	49
12	Natalie Ashford		Female Veteran		48	01:41:59	48
13	Debbie Hannah	W1075410	Female Veteran	Celtic Tri	47	01:42:03	47
14	Ania CioleK		Female Veteran		46	01:42:39	46
15	Ange Davies		Female Veteran		45	01:43:02	45
16	Louise Rees James		Female Veteran		44	01:43:51	44

17	Lisa Tustin	W10155908	Female Veteran	Celtic Tri	43	01:44:50	43
18	Marina Wright		Female Veteran		42	01:45:09	42
19	Hayley Harris	W10116599	Female Veteran	Celtic Tri	41	01:46:04	41
20	Louise Snelgrove		Female Veteran		40	01:47:20	40
21	Claire Protheroe	W10203592	Female Veteran	Bynea	39	01:48:05	39
22	Viv Jones	W10132780	Female Veteran		38	01:48:17	38
23	Emma Dalling		Female Veteran		37	01:50:44	37
24	Bethan Thomas	W1093477	Female Veteran	Port Talbot	36	01:51:09	36
25	Amie Davies		Female Veteran		35	01:51:11	35
26	Liz Davies		Female Veteran		34	01:51:44	34
27	Rachael Parkinson	W1060061	Female Veteran	Bynea	33	01:52:44	33
28	Melissa Thomas		Female Veteran		32	01:53:13	32
29	Rachael Middleton-James		Female Veteran		31	01:53:23	31
30	Linda Morgans		Female Veteran		30	01:54:10	30
31	Sian Davies		Female Veteran		29	01:57:38	29
32	Delyth Rucarean		Female Veteran		28	01:59:45	28
33	Rhian Williams	W10197993	Female Veteran	Carmarthen Tri	27	02:00:20	27
34	Jo-Anne Williams		Female Veteran		26	02:02:06	26
35	Phillipa Morgan		Female Veteran		25	02:15:12	25
36	Beverley Spear		Female Veteran		24	02:28:27	24

Open Vintage Veterans

Position	Name	Membership Number	Age Category	Club	Overall Points	Overall Time	Points
						Stage 1 - Llanelli	
1	Steven Allport	W10202454	Open Vintage Veteran	GOG	100	01:17:55	100
2	Martin Cole	W1099780	Open Vintage Veteran	Port Talbot	90	01:19:28	90
3	Chris Lee	W1073751	Open Vintage Veteran	Merthyr Tri Club	85	01:21:01	85
4	Tim Parfitt	W1073063	Open Vintage Veteran		80	01:21:52	80
5	Richard Leary	W1075400	Open Vintage Veteran	Celtic Tri	75	01:22:30	75
6	Alan Porter	W10107041	Open Vintage Veteran	Taff Ely	70	01:24:00	70
7	mike tate	W1047122	Open Vintage Veteran	Swansea Vale	65	01:24:11	65
8	Mike Evans	W1097144	Open Vintage Veteran	Rhondda Tri	60	01:25:10	60
9	Karl Protheroe		Open Vintage Veteran		55	01:25:57	55
10	Gareth Norton	W1063760	Open Vintage Veteran	ATAC	50	01:26:29	50
11	James Donovan-Davies		Open Vintage Veteran	Dragon Tri	49	01:27:03	49
12	STEPHEN RICHARDS	W1097520	Open Vintage Veteran	Rhondda Tri	48	01:27:05	48
13	Andrew Jones	W10151298	Open Vintage Veteran	Precision Race Team	47	01:27:14	47
14	Tony Dally		Open Vintage Veteran	Taff Ely	46	01:27:19	46
15	Angus Dunseath		Open Vintage Veteran	West Wales Fitness Coaching	45	01:28:16	45
16	Stephen Davies		Open Vintage Veteran	Rhondda Triathlon	44	01:29:09	44
17	Mark Evans		Open Vintage Veteran	INTri	43	01:29:15	43
18	Neil Davies	W123339	Open Vintage Veteran	Rhondda Tri	42	01:29:17	42
19	John Cregg	W10138055	Open Vintage Veteran	NEWT	41	01:29:47	41
20	Justin Bailey	W10154920	Open Vintage Veteran	Team Watt	40	01:29:53	40
21	Michael Davies		Open Vintage Veteran	Carmarthen Tri	39	01:30:28	39
22	Andrew Davies		Open Vintage Veteran	Port Talbot Harriers	38	01:30:56	38
23	John Hiddlestone	W1099209	Open Vintage Veteran	North Dock Dredgers	37	01:31:26	37
24	Carwyn Jones	W10135937	Open Vintage Veteran	Pembrokeshire Tri	36	01:31:39	36

25	Jeff Partridge	W10154830	Open Vintage Veteran	Bynea CC	35	01:32:10	35
26	Steve Hayward		Open Vintage Veteran	Celtic Tri	34	01:32:31	34
27	Tony Spiller		Open Vintage Veteran	ATAC	33	01:35:25	33
28	Allan Davies	W10196703	Open Vintage Veteran	ATAC	32	01:35:53	32
29	Lee Adams		Open Vintage Veteran	Port Talbot Harriers	31	01:36:20	31
30	Roy James		Open Vintage Veteran	Clwb TRI-2-1	30	01:36:41	30
31	Anthony James		Open Vintage Veteran		29	01:36:50	29
32	david coe		Open Vintage Veteran	North Dock Dredgers	28	01:37:31	28
33	Gwyn Everett	W10101143	Open Vintage Veteran	Taff Ely	27	01:37:38	27
34	JON WILLIAMS		Open Vintage Veteran		26	01:38:01	26
35	Russell wayne Williams	W10156799	Open Vintage Veteran	Port Talbot	25	01:39:36	25
36	Dyfed Bolton		Open Vintage Veteran	Carmarthen Tri Club	24	01:40:13	24
37	Ross Shepherd		Open Vintage Veteran	NEWT	23	01:40:33	23
38	Anthony Bennett		Open Vintage Veteran		22	01:40:42	22
39	Steven Rees	W10177243	Open Vintage Veteran	Carmarthen Tri	21	01:40:50	21
40	Jason Davies Davies		Open Vintage Veteran	Swansea TriSharks	20	01:40:54	20
41	Nic Beggs		Open Vintage Veteran		19	01:41:24	19
42	Andrew Hillis		Open Vintage Veteran	Monmouth Tri	18	01:42:15	18
43	Alex Harries		Open Vintage Veteran	Clwb 3,2,1	17	01:42:29	17
44	Iwan Jones		Open Vintage Veteran	Clwb Seiclo Cwm Gwendraeth	16	01:43:52	16
45	Wayne Elias	W10209177	Open Vintage Veteran	Swansea Vale	15	01:44:10	15
46	Craig Williams	W10142343	Open Vintage Veteran	Port Talbot	14	01:44:17	14
47	Paul Stone		Open Vintage Veteran	Carmarthen Tri Club	13	01:44:26	13
48	brian kilsby		Open Vintage Veteran		12	01:45:43	12
49	Gary Davies	W132969	Open Vintage Veteran	North Dock	11	01:46:11	11
50	Richard Morris	W10212207	Open Vintage Veteran	Team Watt	10	01:46:25	10
51	Chris Edwards		Open Vintage Veteran	Carmarthen Tri Club	9	01:47:13	9
52	Stephen Griffiths		Open Vintage Veteran	Carmarthen Tri Club	8	01:48:39	8

53	Christopher Jones	W10117581	Open Vintage Veteran	Swansea Tri Sharks	7	01:48:47	7
55	Andrew Thomas		Open Vintage Veteran	North Dock Dredgers	6	01:51:02	6
53	Paul Armstrong		Open Vintage Veteran		7	01:58:34	7
55	Colin Lewis		Open Vintage Veteran	Clwb Tri 2,1	6	02:05:56	6

Female Vintage Veterans

Position	Name	Membership Number	Age Category	Club	Overall Points	Overall Time	Points
						Stage 1 - Llanelli	
1	Stephanie Waring	W10151339	Female Vintage Veterans	Tenby Aces	100	01:26:33	100
2	Elizabeth Williams		Female Vintage Veterans	Pembrokeshire Tri	90	01:30:27	90
3	Yvonne Williams		Female Vintage Veterans	Rhondda Tri	85	01:39:08	85
4	Louise Miskell		Female Vintage Veterans		80	01:39:30	80
5	Cathryn Jenkins	W1063120	Female Vintage Veterans	Celtic Tri	75	01:40:31	75
6	Julie Jones	W10216093	Female Vintage Veterans	North Dock	70	01:43:14	70
7	Sara Davies	W10218010	Female Vintage Veterans	Celtic Tri	65	01:44:06	65
8	Jo Otteson	W1056349	Female Vintage Veterans	North Dock	60	01:46:22	60
9	Nicola Thomas	W10203315	Female Vintage Veterans	North Dock	55	01:47:57	55
10	Alyson Smith	W10203687	Female Vintage Veterans	North Dock	50	01:52:47	50
11	Juliet Davies	W10218006	Female Vintage Veterans	North Dock	49	01:53:16	49
12	Clare Biddlecombe		Female Vintage Veterans		48	01:54:03	48
13	Sally Herbert	W10211830	Female Vintage Veterans		47	01:54:18	47
14	Sharon Thomas	E10177140	Female Vintage Veterans	Carmarthen Tri	46	01:56:16	46
15	Karen Dugate	W1059779	Female Vintage Veterans	Bynea CC	45	01:56:25	45
16	Sarah Partridge		Female Vintage Veterans		44	01:57:27	44
17	Anna Wake		Female Vintage Veterans	Swansea Vale	43	01:58:54	43

18	Liz Macdermott		Female Vintage Veterans	Swansea TriShark	42	02:05:17	42
19	Angharad Rowe		Female Vintage Veterans	Celtic Tri	41	02:10:40	41
20	Suzanne Williams	W10172245	Female Vintage Veterans	NEWT	40	02:13:08	40
21	Joanne Coyne		Female Vintage Veterans	North Dock	39	02:17:15	39
22	Mandy Town	W10101247	Female Vintage Veterans	Port Talbot	38	02:50:43	38

Open Super Veteran

Position	Name	Membership Number	Age Category	Club	Overall Points	Overall Time	Points
						Stage 1 - Llanelli	
1	Keith Tannetta	W1062379	Open Super Veteran	Cardiff Tri	100	01:16:57	100
2	Neil Williams	W1062118	Open Super Veteran	Taff Ely	90	01:28:07	90
3	Michael Battersby	W129473	Open Super Veteran	Cardiff Tri	85	01:28:36	85
4	Kevin Wheeler	W1062263	Open Super Veteran	Pembrokeshire	80	01:29:12	80
5	Huw Lloyd	W651	Open Super Veteran	Bynea CC	75	01:40:42	75
6	Paul Carman	W136006	Open Super Veteran	North Dock	70	01:41:06	70
7	Dean Edwards		Open Super Veteran	NEWT	65	01:42:53	65
8	Martyn White	W10197823	Open Super Veteran	North Dock	60	01:43:34	60
9	Robert Chappell		Open Super Veteran	Taff Ely	55	01:45:50	55
10	Philip Murrow	W1068275	Open Super Veteran	Cardiff Tri	50	01:46:11	50
11	david john walters	w10176803	Open Super Veteran	Carmarthen Tri	49	01:47:50	49
12	Peter Jones		Open Super Veteran	Tinworks Tri	48	01:50:23	48
13	Ian Warne		Open Super Veteran	Tenby Aces	47	01:51:49	47
14	Ray Skinner	W10217416	Open Super Veteran	Carmarthen Tri	46	01:55:50	46
15	Chris Morris	W10172526	Open Super Veteran	North Dock	45	01:57:09	45
16	Anthony holling	W10109470	Open Super Veteran	Port Talbot	44	02:05:42	44

Female Super Veteran

						Overall Time	Points
Position	Full Name	Membership Number	Age Category	Club	Overall Scores	Stage 1 - Llanelli	
1	Carolyn Williams	W1093833	Female Super Veteran	Port Talbot	100	01:38:40	100
2	Jackie Gibbons	w1053220	Female Super Veteran	Pembrokeshire	90	01:39:52	90
3	Tracey Williams	W1031531	Female Super Veteran	Celtic Tri	85	01:49:34	85
4	Christina Smith	W1030956	Female Super Veteran	Celtic Tri	80	01:53:17	80
5	Julie Brown	w10133717	Female Super Veteran	Triathlon Redditch	75	02:10:11	75
6	Janice Hearne		Female Super Veteran	Swansea TriShark	70	02:16:10	70

Open Super Vintage Veteran

Position	Name	Membership Number	Age Category	Club	Overall Points	Overall Time	Points
						Stage 1 - Llanelli	
1	Wayne Richards	W10207403	Open SVV	Swansea TriSharks	100	01:36:42	100
2	Paul Bennett	W2864	Open SVV	Port Talbot	90	01:41:43	90
3	Mike Burrows	W10210713	Open SVV	North Dock	85	02:12:51	85

Club Points

OVERALL CLUB STANDINGS			Stage 1 - Llanelli		
Position	CLUB	Overall Total	Stage 1 Points	NO OF ELIGIBLE ATHLETES	TOTAL PARTICIPANT POINTS
1	Celtic Tri	430	430	19	1095
2	Port Talbot Harriers	420	420	20	993
3	Taff Ely	405	405	10	504
4	Pembrokeshire Triathlon Club	386	386	9	459
5	Cardiff Triathletes	380	380	9	481
6	Tri Potential	375	375	7	442
6	Rhondda Triathlon Club	375	375	14	678
8	North Dock Dredgers	365	365	37	1403
9	ATAC	341	341	7	406
10	Bynea CC	340	340	8	448
11	Carmarthen Tri Club	335	335	25	855
12	Swansea Tri Sharks	301	301	7	357
13	Swansea Vale Tri	297	297	22	585
14	Newport East Wales Triathlon (NEWTS)	264	264	10	387
15	Tenby Aces	234	234	4	234
16	GOG Triathlon	212	212	3	212
17	Team Watt	185	185	4	185
18	West Wales Fitness Coaching	165	165	3	165
19	Dragon Tri	156	156	3	156

20	Clwb Seiclio Cwm Gwendraeth	128	128	5	128
21	DC TRIATHLON	93	93	2	93
22	Merthyr Triathlon Club	85	85	1	85
23	Team AGH	75	75	1	75
23	GJ Endurance	75	75	1	75
23	Triathlon Redditch	75	75	1	75
26	Peak Performance Wales	70	70	1	70
27	TriForce	65	65	1	65
28	Tenby Penguins	53	53	2	53
29	Precision race team	47	47	1	47
30	Porthcawl Triathlon club	43	43	1	43
30	INTRtri	43	43	1	43
32	CLWB TRI-2-1	36	36	2	36
33	Pembrey & Burry Sport Cycle Club	35	35	1	35
34	Tinworks Tri Club	25	25	2	25
35	Monmouth Tri	18	18	1	18
36	Clwb 3,2,1	17	17	1	17
37	SWYD	6	6	1	6