



**TRIATHLON
CYMRU**

SUPER SERIES 2023

Overall Open

Rank	Name	Club	Overall Points						Stage 1 - Llanelli		Stage 2 - TATA		Stage 3 - SWYD		Stage 4 - Broad Haven		Stage 5 - Bala	
				Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points
1	Liam Lloyd	TRI POTENTIAL	300	100	100	100			1:04:12	100	1:51:04	100	00:58:33	100				
2	Dafyd Jay	TORFAEN TRI	270		80	90		100			1:57:09	80	01:01:03	90			01:34:43	100
3	Guto Morgans	Top Step Tri	220	70	70		80		1:12:45	70	2:00:33	70			2:03:06	80		
4	Luke Richards	RHONDDA TRI	179		39	75	65				2:10:02	39	01:04:47	75	2:08:27	65		
5	Archie Dilks		174	60		70	44		1:13:39	60			01:05:12	70	2:15:39	44		
6	Oliver Simon	ATAC	170	85	85				1:08:02	85	1:56:56	85						
7	Dan Whaites	NEWT	157	65	42	50			1:13:32	65	2:09:24	42	01:07:35	50				
7	Joe O'Shea	Port Talbot Harriers	157	40		47	70		1:17:01	40			01:08:02	47	2:07:12	70		
9	Steven Allport	GOG TRIATHLON CLUB	146	36	28	40	42		1:17:55	36	2:13:33	28	01:09:51	40	2:16:27	42		
10	Jordan Clarke	Ras Endurance	140				75	65							2:05:40	75	01:39:15	65
10	Jack Southam	NORTH DOCK DREDGERS TRI	140	48	27	65			1:14:53	48	2:14:28	27	01:06:28	65	2:33:10			
12	Dave Coates	TEAM WATT	137	44	44	49			1:15:32	44	2:09:12	44	1:07:47	49				
13	Llewelyn Edwards		135				55	80							2:12:10	55	01:37:43	80
14	Patrick Jones	Army Triathlon Association	133	49	45	39			1:14:24	49	2:09:09	45	01:10:05	39				
15	Jonathon Seymour	GOG TRIATHLON CLUB	132	50	49		33		1:14:17	50	2:08:13	49			2:19:51	33		
16	Scott Ruse	SWANSEA VALE TRI	127	30	22	28	47		1:19:18	30	2:14:58	22	01:12:16	28	2:14:56	47	01:48:51	
17	James Moore	CARMARTHEN TRIATHLON CLUB	126	28		33	38	27	1:19:33	28	2:27:21		01:11:05	33	2:19:06	38	01:43:51	27
18	William Horton	TENBY PENGUINS	122	34	16	38	34		1:18:40	34	2:15:53	16	01:10:08	38	2:19:49	34	01:51:51	
19	Chris Powell	NORTH DOCK DREDGERS TRI	119	31	17	42	29		1:19:04	31	2:15:50	17	01:09:44	42	2:21:26	29		
20	Jason Hanson	MONMOUTH TRI CLUB	116		32	36	48				2:12:49	32	01:10:08	36	2:13:42	48		
21	Iestyn Evans	SWANSEA VALE TRI	114	43	40			31	1:15:38	43	2:09:49	40					01:43:03	31
22	Johnathan Price	WEST WALES FITNESS COACHING	111	45	3	46		17	1:14:56	45	2:18:16	3	01:08:07	46			01:45:32	17
23	Stephen Rowlands	CARMARTHEN TRIATHLON CLUB	110	55	55				1:14:15	55	2:07:00	55						
24	Gruffudd Lewis	Caffi Gruff Tri	100				100								1:59:15	100		
25	Lewis Bradley	FERRY FLATLINERS	96		19	35	26	16			2:15:44	19	01:10:10	35	2:21:57	26	01:45:42	16

26	John THELWELL	Maximus Developments	90					90									01:36:37	90
26	Finn Arentz		90	90					1:06:42	90								
26	Morgan DAVIES	WUSSS TRI	90		90						1:56:10	90						
26	Tom FOSTER	WhittleFit	90				90							2:00:24	90			
30	Rhys Jones-Rhondda Tri	RHONDDA TRI	89	46			43		#N/A	46				2:16:05	43			
31	Gwynnaf Lewis	CARMARTHEN TRIATHLON CLUB	87	32		24	31		1:19:02	32			01:12:58	24	2:20:03	31		
32	James WILKINSON		85					85									01:37:05	85
32	Ifan BOWEN	CARMARTHEN TRIATHLON CLUB	85			85							01:01:51	85				
32	Iwan JONES	Total Tri Training	85				85							2:02:47	85			
35	Owen Staddon	NEWT	82	25	11		35	11	1:20:21	25	2:17:12	11			2:19:36	35	01:46:08	11
36	Finley BRUCE	Pembrokeshire Triathlon Club	80			80							01:04:44	80				
36	Sean Petty	DRAGON TRI	80	80					1:11:46	80								
38	Richard BOOTH	Prime Triathlon Coaching	75					75									01:38:21	75
38	Kyle BLACKMORE	TEAM BRAV	75		75						1:58:37	75						
38	Rhys Palmer	SWANSEA VALE TRI	75	75					1:12:30	75								
41	Adam Morgan	North Dock Dredgers Tri	74	35			39		1:17:59	35					2:18:43	39		
42	Evan PARRY JOHN	PEN-Y-BONT TRIATHLON CLUB	72		29	43					2:13:13	29	01:09:18	43				
43	Ben TULL	Somerset Rc Tri	70					70									01:38:39	70
44	Huw Neale	CARDIFF TRIATHLETES	68	37	31				1:17:54	37	2:13:02	31						
45	Oliver WEBB	CARDIFF TRIATHLETES	65		65						2:05:12	65						
46	Patrick MCKEOWN	North Endurance	60					60									01:39:26	60
46	Alastair MASSEY	SWANSEA VALE TRI	60		26	34					2:14:44	26	01:10:11	34				
46	David HAWKINS	Cardiff Triathletes	60				60							2:09:10	60			
46	David MURRAY	Dragon Tri	60			60							01:07:29	60				
46	Ryan JAMES	TEAM BRAV	60		60						2:06:05	60						
51	Toby MORRELL	TriHarder	55					55									01:39:30	55
51	Harri RAVENSCROFT	OUTRIC	55			55							01:07:30	55				
53	Andrew JONES	GOG Triathlon Club	54			31		23					01:11:27	31			01:44:42	23
53	Martin Cole	PORT TALBOT HARRIERS	54	29	25				1:19:28	29	2:14:45	25						
55	Martyn TAYLOR	Tombish Tri	50					50									01:39:37	50
55	Danny JONES	National Triathlon Performance Centre Wales	50				50							2:13:02	50			
55	Mike DAVIES	PORT TALBOT HARRIERS	50		50						2:07:16	50						

58	Timothy GIBBONS	None	49				49									01:39:38	49
58	Rich BRADY	TRI-MONKEY	49				49						2:13:17	49			
60	Robin HUGHES	Kalas Do3	48				48									01:39:40	48
60	Craig BURROWS	Whittlefit	48			48						01:08:01	48				
60	Lewis RICHARDS	MAESTEG TRI CLUB	48		48					2:08:17	48						
63	Tomos HALES	Wrekingsport	47				47									01:40:06	47
63	Garod THOMAS	PORT TALBOT HARRIERS	47		47					2:08:30	47						
63	Ryan Haigh		47	47				1:14:54	47								
66	Douglas WILDERS		46				46									01:40:31	46
66	Harry LEWIS	Cardiff Triathletes	46				46						2:15:17	46			
66	Owain LEWIS-STRANGE	SWANSEA VALE TRI	46		46					2:08:59	46						
69	Stefan WEBSTER	White Rock Triathletes	45				45									01:40:34	45
69	James MURRAY	Dragon Tri	45				45						2:15:30	45			
69	Oliver GREENSILL		45			45						01:08:17	45				
69	David Morgan	PORT TALBOT HARRIERS	45	27	18			1:19:56	27	2:15:44	18						
73	Mark ALSTON	Bristol And District Triathlon	44				44									01:40:43	44
73	Nathan TROWBRIDGE	Tri Potential	44			44						01:08:47	44				
75	Adam BROWN	MERTHYR TRIATHLON CLUB	43		43					2:09:19	43						
76	Sam CARTWRIGHT	Brighton Tri Club	42				42									01:41:07	42
76	Dominic Davies		42	42				1:16:16	42								
78	Matthew JENSON	Warrington Running Club	41				41									01:41:27	41
78	Keith Tannetta	CARDIFF TRIATHLETES	41	41				1:16:57	41								
78	Nick THOMAS	PORT TALBOT HARRIERS	41		41					2:09:47	41						
78	Rhys HARRIES	Tri Potential	41			41						01:09:46	41				
78	Richard DANDO	Dragon Tri	41			41							2:16:57	41			
83	James ROBERTS		40				40						2:17:25	40			
84	James Levannais		39	39				1:17:18	39								
85	Richard ELSTON		38				38									01:41:58	38
85	David Lee		38	38				1:17:42	38								
85	Rhys OWEN- Jinx	JINX SPORT	38		38					2:10:43	38						
88	Conor FLANAGAN	Cambridge Triathlon Club	37				37									01:42:04	37
88	Gavin WEDLAKE	Cardiff Triathletes	37			37						01:10:08	37				
88	Hugh PASCOE	PORT TALBOT HARRIERS	37		37					2:11:33	37						

88	Thomas DUFFY		37				37							2:19:07	37		
88	mike tate	SWANSEA VALE TRI	37	9	14		14		1:24:11	9	2:16:31	14		2:26:59	14		
93	Matthew LATHAM	TeamTriGuru	36				36									01:42:21	36
93	James MANSON	CARDIFF TRIATHLETES	36		36						2:11:53	36					
93	Ross HOSKING	Heathwood Tri	36				36							2:19:08	36		
96	Daniel RICHARDS	PEN-Y-BONT TRIATHLON CLUB	35		35						2:12:11	35					
97	James SIMMONS	London Fields Triathlon Club	34				34									01:42:29	34
97	Andrew DEANS	CARDIFF TRIATHLETES	34		34						2:12:21	34					
97	Sam Ekstrom-Gabb	Cardiff Triathletes	34	18		16			1:23:08	18			01:14:41	16			
97	Reuben Morgan	NORTH DOCK DREDGERS TRI	34	26	8				1:20:04	26	2:17:41	8					
101	Finlay MCCANCE	Mersey Tri	33				33									01:42:39	33
101	Rhys DOYLE	TRI POTENTIAL	33		33						2:12:30	33					
101	Tomos Foulkes	CARMARTHEN TRIATHLON CLUB	33	33					1:18:46	33							
101	Chris Lee	Merthyr triathlon club	33	23		10			1:21:01	23	2:20:12		01:15:19	10			
105	Ashley HURDMAN	Your Tri Mentor	32				32									01:42:52	32
105	Matthew DORMAN		32			32							01:11:16	32			
105	Michael KIPLING	Cardiff Triathletes	32				32							2:19:59	32		
108	Chris BROWN	Heathwood Tri	30			30							01:11:32	30			
108	Samuel BOWRING	PORT TALBOT HARRIERS	30		30						2:13:11	30					
110	Alex HALL	Telford Triathlon Club	29				29									01:43:32	29
110	Timothy BAGGULEY		29			29							01:12:01	29			
112	Philip ROBERTS	Wrekin Sport	28				28									01:43:33	28
112	Jonathan CARRICK	CELTIC TRI	28				28							2:21:32	28		
114	Jonathan HARWOOD	PEMBROKESHIRE TRI	27				27							2:21:49	27		
114	Marc GEARY		27			27							01:12:22	27			
116	Tom DERRY	Leeds & Bradford Triathlon Club	26				26									01:44:18	26
116	Joshua KYTE		26			26							01:12:52	26			
118	Lewis STRITCH		25				25									01:44:36	25
118	Lance COOKSEY	Porthcawl Triathlon Club	25			25							01:12:57	25			
118	Luke WALDRON		25				25							2:22:00	25		
121	Richard MARTIN	Stafford Triathlon Club	24				24									01:44:41	24
121	Huw BENDALL		24		24						2:14:49	24					
121	Matthew Goodman		24	24					1:20:57	24							
121	Stuart Matthews	Cscg	24				24		2:09:45					2:22:15	24		

125	Carson PRYCE	TEAM BRAV	23		23					2:14:58	23							
125	Gareth HUNT	Dc Triathlon	23				23							2:23:07	23			
125	Nick HANNAH	Huddersfield	23			23							01:13:07	23				
128	Jamie DICKERSON	CELTIC TRI	22				22							2:24:15	22			
128	Osian Griffith		22	13		9			1:23:54	13			01:15:31	9				
128	Simon LEWIS		22			22							01:13:36	22				
128	Tim Parfitt		22	22					1:21:52	22								
132	Craig BAKER	PORT TALBOT HARRIERS	21		21					2:15:03	21							
132	Jamie JONES	Porthcawl Triathlon Club	21			21							01:13:44	21				
132	Jeff PYRAH	Hastings Ac	21				21							2:25:06	21			
132	Owain Thomas		21	21					1:21:58	21								
136	Daniel HARVEY	badtri	20					20									01:45:01	20
136	Andy JONES	GOG TRIATHLON CLUB	20		20					2:15:37	20							
136	Jack Arnold	SWANSEA VALE TRI	20	20					1:22:22	20	2:27:44							
136	Leighton JAMES	VALLEY AVENGERS TRI CLUB	20				20			2:26:32				2:25:14	20			
136	Victor THOMPSON	Crystal Palace Triathletes	20			20							01:13:47	20				
141	James BARTON	PEMBROKESHIRE TRI	19				19							2:25:16	19			
141	Peter HOPSON		19			19							01:14:01	19				
141	Richard Leary		19	19					1:22:30	19								
144	David THOMAS	RHONDDA TRI	18				18							2:25:28	18			
144	Michael OSBORNE		18			18							01:14:26	18				
146	Adam BLACKMORE	Tri energy	17				17							2:25:42	17			
146	Dan Robinson		17	17					1:23:09	17								
146	Mark HENNESSEY	Heathwood Tri	17			17							01:14:34	17				
149	Dean Popperwell		16	16					1:23:20	16								
149	Simon Roxburgh	GOG Triathlon Club	16				16							2:25:49	16			

Overall Female

Rank	Name	Club	Overall Points	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6	Stage 1 - Llanelli		Stage 2 - TATA		Stage 3 - SWYD		Stage 4 - Broad Haven		Stage 5 - Bala	
										Time	Points	Time	Points	Time	Points	Time	Points	Time	Points
1	Catherine Marks	PEMBROKESHIRE TRIATHLON CLUB	330	55	60	50	80	85		1:25:03	55	2:23:58	60	01:17:01	50	2:29:03	80	1:53:32	85
1	Claire Walters	PORT TALBOT HARRIERS	330	75	85	70	100			1:21:36	75	2:19:26	85	01:15:15	70	2:18:05	100		
3	Bethan Jones	TRI POTENTIAL	265	100	80	85				1:19:46	100	2:20:28	80	01:13:22	85				
4	Eloise Crowley	Cardiff Triathletes	230	85			65	80		1:21:00	85					2:31:19	65	1:53:42	80
5	Gwenllian Thomas	Carmarthen Triathlon Club	228	65		45	70	48		1:22:59	65			01:18:28	45	2:31:09	70	1:56:14	48
6	Elizabeth Williams	PEMBROKESHIRE TRI	198	45	41	43	43	26		1:30:27	45	2:38:00	41	01:21:17	43	2:43:10	43	2:02:45	26
7	Hana BLAKE		190			100	90							01:12:24	100	2:20:22	90		
8	Rhian Roxburgh	GOG Triathlon Club	185				85	100								2:20:39	85	1:48:04	100
9	Emma Davies-Hughes	North Dock Dredgers Tri	171	47			49	75		1:28:22	47					2:36:36	49	1:54:04	75
10	Rachel Davies	ATAC	165	90	75					1:20:14	90	2:20:35	75						
11	Paige Horsnell	Tri Potential	160	80		80				1:21:19	80			01:13:43	80				
12	Stephanie Waring	Tenby Aces	149	50		44	55			1:26:33	50			01:18:59	44	2:32:57	55		
13	Gillian Hopkins	CARDIFF TRIATHLETES	123	43	46			34		1:31:19	43	2:32:46	46					2:01:48	34
14	Lucy Marland	Rhondda Tri Club	119	70		49				1:22:37	70			01:17:15	49				
15	Cathryn Williams	PORT TALBOT HARRIERS	115	60	55					1:23:49	60	2:24:23	55						
16	Karina KAUFMANN	London Heathside	113			48		65						01:17:20	48			1:54:14	65
17	Carolyn Williams	PORT TALBOT HARRIERS	111	35	23	26	27			1:38:40	35	2:47:50	23	01:30:27	26	3:01:22	27		
17	Sandra Jones	CELTIC TRI	111	38	34	39				1:35:31	38	2:42:53	34	01:23:52	39				
19	Hannah MUNDAY	INTELLI TRI	100		100							2:06:47	100						
20	Ffion Caines	DC TRIATHLON	96	48	48					1:27:45	48	2:27:20	48						
21	Claire Thomas	TENBY ACES	95	37	12	31	15			1:37:43	37	2:52:13	12	01:28:16	31	3:13:28	15	2:25:10	
22	Caryl Williams	BYNEA CC	93	46	47					1:28:48	46	2:31:31	47						

23	Eleanor HUNTER	badtri	90					90										1:52:19	90
23	Lena POULTON		90			90							01:12:40	90					
23	Madison SHADDICK	TEAM BRAV	90		90						2:17:04	90							
26	Emma Colwill	PORT TALBOT HARRIERS	88	44	44					1:30:56	44	2:33:22	44						
27	Lucy Evans	PORTHCAWL TRIATHLON CLUB	85	30	14	21	20			1:41:24	30	2:51:40	14	01:32:42	21	3:07:41	20		
28	Jackie Gibbons	Pembrokeshire Triathlon Club	76	32		27	17			1:39:52	32			01:29:25	27	3:12:12	17	2:15:45	
29	Ffion JONES	TRI POTENTIAL	75		29	30	16					2:46:37	29	01:28:42	30	3:12:58	16	2:21:03	
29	Rachel SAYER-SMITH	Wakefield Triathlon Club	75			75								01:13:56	75				
29	Sonia VALLA		75				75									2:29:32	75		
32	Georgia ARMITAGE		74			36		38						01:25:25	36			1:59:58	38
33	Hayley TURNER	GOG Triathlon	70					70										1:54:05	70
33	Jayne ARNOLD	SWANSEA VALE TRI	70		30		40					2:44:15	30			2:47:43	40		
33	Ursula HANKINSON	FUL-ON TRI TRIATHLON CLUB	70		70							2:23:34	70						
36	Kate NIMMO		65			65								01:15:36	65				
36	Robyn MCQUEEN	CARDIFF TRIATHLETES	65		65							2:23:43	65						
38	Carol Jones	NORTH DOCK DREDGERS TRI	62	36	26					1:37:57	36	2:47:31	26						
39	Donna RIDDLER	Nyp Tri	60					60										1:54:34	60
39	Emma JEFFERYS	Torbay Tri Club	60			60								01:16:08	60				
39	Milly KIPLING	Cardiff Triathletes	60				60									2:31:40	60		
42	Rebecca LEWIS		55					55										1:54:48	55
42	Amy DYER		55			55								01:16:45	55				
44	Gwennan HENSTOCK		52		43			9				2:33:53	43					2:08:14	9
45	Helen MOYES		50					50										1:55:15	50
45	Millie Barnes	Cardiff Triathletes	50				50									2:33:35	50		
45	Rebecca JOHN	PORTHCAWL TRIATHLON CLUB	50		50							2:24:39	50						
48	Eleanore NASH		49					49										01:55:59	49
48	Ceri Ruzi		49		49							2:26:40	49						

48	Emily Christopher	Team Watt	49	49						1:26:36	49							
51	Llawela SCALE		48				48								2:40:27	48		
52	Eleanor DAVIES	Clwb Beicioær Bala	47					47									1:56:41	47
52	Alice EVANS	Oxford Uni Tri Club	47				47						01:17:51	47				
52	Kathryn THOMAS	Tri Potential	47					47							2:41:01	47		
55	Ruth JOHNSTONE	Malvern Triathlon Club	46					46									1:57:41	46
55	Kirsty HUDSON	Cardiff Triathletes	46					46							2:41:20	46		
55	Sera MOORE	Tri Potential	46				46						01:18:07	46				
58	Joanne DERRY	Tadcaster Triathlon Club	45					45									1:57:59	45
58	Catherine GRIFFITHS	Dc Triathlon	45					45							2:42:53	45		
58	Lili JONES	MERTHYR TRIATHLON CLUB	45		45							2:32:53	45					
61	Annette NIXON	Deal Tri	44					44									1:58:35	44
61	Lucy CLARKE		44					44							2:43:10	44		
63	Louise MOORE	Deal Triathlon	43					43									1:58:44	43
64	Kelly KNIGHT		42					42									1:58:46	42
64	Alison SMITH	Hillingdon	42				42						01:22:17	42				
64	Emily MOUNSEY	SWANSEA VALE TRI	42		42							2:36:53	42					
64	Lara Griffiths	Carmarthen Tri	42	42						1:32:14	42							
64	Sara MORGAN	Taff Ely Triathlon Club	42					42							2:45:14	42		
69	Karen ANDREW	Lancing College	41					41									1:58:48	41
69	Amy COOPER		41					41							2:45:51	41		
69	Nichola SHUTTLE	Aim High Tri	41				41						01:22:38	41				
69	Rhiannon Heredia-Rowe	Celtic Tri	41	41						1:32:15	41							
73	Beth PERRITT	Total Tri Training	40					40									1:59:22	40
73	Abbie SIMS		40				32	8							2:57:19	32	2:08:25	8
73	Bethan Marks	Celtic Tri	40	40						1:33:47	40							
73	Hannah BROWN	Team Nft	40				40						01:22:58	40				

73	Rae GRAINGER	PEN-Y-BONT TRIATHLON CLUB	40		40						2:38:43	40						
78	Tia FROOM		39				39										1:59:34	39
78	Caroline NICHOLAS-THOMAS	SWANSEA VALE TRI	39		39						2:39:07	39						
78	Catherine ETCHELL	Brecon Triathlon Club	39				39								2:48:38	39		
78	Llinos Jones	ATAC	39	39					1:34:35	39								
82	Alexandra BELLERBY	Nyp Tri	38			38							01:24:19	38				
82	Louise PIERPOINT	PORT TALBOT HARRIERS	38		38						2:39:44	38						
82	Tasmin Thomas		38				38								2:49:55	38		
85	Beverley FIRTH	Evolve Endurance	37				37										2:00:04	37
85	Clare HARRIS	PEMBROKESHIRE TRI	37				37								2:52:35	37		
85	Fiona ABLESON BRADSHAW	Oxford Triathlon Club	37			37							01:24:58	37				
85	Rebecca OWEN	PORT TALBOT HARRIERS	37		37						2:40:42	37						
89	Armored JACKSON		36				36										02:00:32	36
89	Caroline SANDLES	3Ms Gorseinon Road Runners	36				36								2:54:51	36		
89	Helen BARRETT	SOUTH WALES POLICE TRI CLUB	36		36						2:41:54	36						
92	Laura DAVIES	no club	35				35										2:01:05	35
92	Emma JENKINS	CARDIFF TRIATHLETES	35		35						2:42:30	35					2:12:16	
92	Claire MORGAN		35				35								2:55:48	35		
92	Wendy HURST		35			35							01:26:29	35				
96	Amy Seppman	Port Talbot	34	34					1:39:16	34								
96	Lauren BLAKE		34			34							01:26:48	34				
96	Sydney VICKERY		34				34								2:56:25	34		
99	Kara TRANTER	Cerist Triathlon Club	33				33										2:01:54	33
99	Sarah MYFORD		33			33							01:27:01	33			2:19:28	
99	Gail OSBORNE	Taff Ely Triathlon Club	33				33								2:56:51	33		
99	Laura BUTCHER	PEN-Y-BONT TRIATHLON CLUB	33		33						2:42:55	33						
99	Maddie Malpas	Taff Ely Triathlon Club	33	33					1:39:22	33								

104	Kelsie JOHNSON		32					32										2:01:55	32
104	Rebecca REES	MERTHYR TRIATHLON CLUB	32		32						2:43:01	32							
104	Sarah LUXTON	Torbay Tri Club	32			32							01:27:44	32					
107	Indi LACEY	Hyde Park Harriers	31					31										2:01:57	31
107	Cathryn Jenkins	CELTIC TRI	31	31					1:40:31	31	3:01:00								
107	Rachael Davies	Pembrokeshire Triathlon Club	31				31										2:58:36	31	
107	Rita KINGDON	NEWT	31		31						2:43:38	31							
111	Jessica ARNULL		30					30										2:02:21	30
111	Maria SALIGOVA SMITH		30				30										2:59:04	30	
113	Lucy COX	Elements	29					29										2:02:25	29
113	Debbie Hannah	CELTIC TRI	29	29					1:42:03	29	3:08:06								
113	Erika HOLE		29				29										2:59:21	29	
113	Stella LEVER	Greenlight PT	29			29							01:29:17	29					
117	Olivia LEWIS		28					28										2:02:26	28
117	Helen COLLEY	TAFF ELY TRIATHLON CLUB	28		28						2:47:01	28							
117	Joanna HUTTON	One Life Triathlon	28			28							01:29:18	28					
117	Rosie Courts	PORT TALBOT HARRIERS	28	28					1:42:28	28	3:03:13								
117	Tsvetka POWELL	North Dock Dredgers Tri	28				28										3:01:04	28	
122	Emily JACABS	Mendip Trc	27					27										2:02:43	27
122	Julie Jones	North Dock Dredgers Tri	27	27					1:43:14	27								2:26:17	
122	Sheridan COURT	SWANSEA VALE TRI	27		27						2:47:12	27							
125	Nicola Thomas	NORTH DOCK DREDGERS TRI	26	21			5		1:47:57	21	3:07:34						3:26:06	5	2:32:57
125	Lucy Davies		26				26										3:01:55	26	
125	Sara Davies	Taff Ely Triathlon Club	26	26					1:44:06	26									
128	Ffion EVANS		25					25										2:03:52	25
128	Lowri HARRIS	Cr@p Tri	25				25										3:01:59	25	
128	Maddie FALLON	PORTCAWL TRIATHLON CLUB	25		25						2:47:31	25							

Open Senior

Open Senior										Stage 1 - Llanelli		Stage 2 - TATA		Stage 3 - SWYD		Stage 4 - Broad Haven		Stage 5 - Bala	
Position	Name	Club	Overall Points	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points
1	Liam Lloyd	Tri Potential	300	100	100	100				1:04:12	100	1:51:04	100	00:58:33	100				
2	Dafyd Jay	TORFAEN TRI	275		85	90		100				1:57:09	85	01:01:03	90			1:34:43	100
3	Guto Morgans	Top Step Tri	235	80	75		80			1:12:45	80	2:00:33	75			2:03:06	80		
4	Jack Southam	NORTH DOCK DREDGERS TRI	206	65	41	80	20			1:14:53	65	2:14:28	41	01:06:28	80	2:33:10	20		
5	Luke Richards	RHONDDA TRI	196		46	85	65					2:10:02	46	01:04:47	85	2:08:27	65		
6	Dan Whaites	NEWT	194	75	49	70				1:13:32	75	2:09:24	49	01:07:35	70				
7	Scott Ruse	SWANSEA VALE TRI	186	41	38	40	49	18		1:19:18	41	2:14:58	38	1:12:16	40	2:14:56	49	1:48:51	18
8	Joe O'Shea	PORT TALBOT HARRIERS	180	50		60	70			1:17:01	50	QRY		01:08:02	60	2:07:12	70		
9	William Horton	TENBY PENGUINS	173	45	34	47	42	5		1:18:40	45	2:15:53	34	01:10:08	47	2:19:49	42	1:51:51	5
9	Patrick Jones	Army Triathlon Association	173	70	55	48				1:14:24	70	2:09:09	55	01:10:05	48				
11	Lewis Bradley	Ferry Flatliners	147		35	45	39	28				2:15:44	35	01:10:10	45	2:21:57	39	1:45:42	28
12	Llewelyn Edwards		140				60	80								2:12:10	60	1:37:43	80
12	Jordan Clarke	Ras Endurance	140				75	65								2:05:40	75	1:39:15	65
12	Owen Staddon	NEWT	140	40	31		43	26		1:20:21	40	2:17:12	31			2:19:36	43	1:46:08	26
15	Jason HANSON	MONMOUTH TRI CLUB	139		43	46	50					2:12:49	43	01:10:08	46	2:13:42	50		
16	Iestyn Evans	SWANSEA VALE TRI	138	55	47			36		1:15:38	55	2:09:49	47					1:43:03	36
17	Alastair Massey	SWANSEA VALE TRI	130	46	40	44				1:18:01	46	2:14:44	40	01:10:11	44				
18	Gwyndaf Lewis	Carmarthen Triathlon Club	119	42		37	40			1:19:02	42			01:12:58	37	2:20:03	40		
19	Gruffudd LEWIS	Caffi Gruff Tri	100				100									1:59:15	100		
20	Adam Morgan	North Dock Dredgers Tri	93	47			46			1:17:59	47					2:18:43	46		
21	Evan PARRY JOHN	PEN-Y-BONT TRIATHLON CLUB	91		42	49						2:13:13	42	01:09:18	49				

22	John THELWELL	Maximus Developments	90					90										1:36:37	90
22	Finn Arentz		90	90					1:06:42	90									
22	Morgan DAVIES	WUSSS TRI	90		90						1:56:10	90							
22	Tom FOSTER	WhittleFit	90				90									2:00:24	90		
26	James WILKINSON		85					85										1:37:05	85
26	Iwan JONES	Total Tri Training	85				85									2:02:47	85		
26	Rhys Palmer	SWANSEA VALE TRI	85	85					1:12:30	85									
29	Kyle BLACKMORE	TEAM BRAV	80		80						1:58:37	80							
30	Richard BOOTH	Prime Triathlon Coaching	75					75										1:38:21	75
30	Harri RAVENSCROFT	OUTRIC	75			75							01:07:30	75					
32	Andrew JONES	GOG Triathlon Club	73			43		30					01:11:27	43				1:44:42	30
33	Ben TULL	Somerset Rc Tri	70					70										1:38:39	70
33	Oliver WEBB	CARDIFF TRIATHLETES	70		70						2:05:12	70							
35	Sam Ekstrom-Gabb	Cardiff Triathletes	67	33		34			1:23:08	33			01:14:41	34					
36	Lance COOKSEY	PORTHCAWL TRIATHLON CLUB	66		28	38					2:20:04	28	01:12:57	38					
37	Craig BURROWS	Whittlefit	65			65							01:08:01	65					
37	Ryan James	TEAM BRAV	65		65				2:06:05		2:06:05	65							
39	Patrick MCKEOWN	North Endurance	60					60										1:39:26	60
39	Owain LEWIS-STRANGE	SWANSEA VALE TRI	60		60						2:08:59	60							
39	Ryan Haigh		60	60					1:14:54	60									
42	Sion RICHARDS	RHONDDA TRI	58		25	33					2:23:25	25	01:15:39	33					
43	Martyn TAYLOR	Tombish Tri	55					55										1:39:37	55
43	Danny JONES	National Triathlon Performance Centre Wales	55				55								2:13:02	55			
43	Leighton JAMES	VALLEY AVENGERS TRI CLUB	55		21		34				2:26:32	21			2:25:14	34			
43	Oliver GREENSILL		55			55							01:08:17	55					

124	Toby MILLER	Prime Triathlon	27					27										1:45:50	27
124	Cavan McGill		27	27					1:23:55	27									
124	Connor MANTELL	Porthcawl Tridents	27			27							01:18:27	27					
124	Sam FIGGURES	PORT TALBOT HARRIERS	27		27							2:21:08	27						
124	Tudor MORRIS		27				27										2:30:02	27	
129	Alex BRACE	Tenby Penguins	26				26										2:30:31	26	
129	Dan Totterdale		26	26					1:24:20	26									
129	Josh ARMITAGE	Swyd Tri Club	26			26							01:20:33	26					
129	Josh Pearson	Swyd Tri Club	26	6		20			0	6			01:25:38	20					
133	Duncan REYNOLDS	One Endurance	25					25										1:46:29	25
133	Huw MEREDITH		25			25							01:21:43	25					
133	Joseph Bailey		25	25					1:24:34	25									
133	Luke MARSHALL		25			25										2:30:33	25		
137	Kurt MCDONNELL		24				24											1:46:31	24
137	Craig RANFT	Ferry Flatliners	24			24										2:31:11	24		
137	Jarrad MORRIS	Heathwood Tri	24			24							01:22:55	24					
137	Scott PHILLIPS		24		24							2:24:17	24						
141	Aengus OCURRAIDHIN	Bad Tri	23				23											1:47:29	23
141	Ben GOSS		23			23							01:24:03	23					
141	Lewis BOWEN		23			23										2:31:41	23		
144	Luke ASHLEY		22				22											1:47:44	22
144	Domenico TODARO		22			22										2:32:14	22		
144	Martin DAVIES	SWANSEA VALE TRI	22		22							2:26:17	22						
144	Will EVANS		22			22							01:24:31	22					
148	Chris LANE		21				21											1:47:47	21
148	Michael OATRIDGE		21			21							01:24:47	21					

148	Richard Pelta	SWANSEA VALE TRI	21	21						1:27:28	21	2:44:39							
148	William EDWARDS	Prfctri	21				21									2:32:48	21		
152	Matt JOHNSON		20					20										1:47:49	20
152	Ben Chapman		20	20						1:27:34	20								
152	Neil BUCKMAN	CELTIC TRI	20		20							2:26:37	20						

Female Senior

Female Senior										Stage 1 - Llanelli		Stage 2 - TATA		Stage 3 - SWYD		Stage 4 - Broad Haven		Stage 5 - Bala	
Position	Name	Club	Overall Points	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points
1	Claire Walters	Port Talbot	335	75	85	75	100			1:21:36	75	2:19:26	85	01:15:15	75	2:18:05	100		
2	Bethan Jones	Tri Potential	270	100	80	90				1:19:46	100	2:20:28	80	01:13:22	90				
3	Eloise Crowley	Cardiff Tri	260	85			85	90		1:21:00	85					2:31:19	85	1:53:42	90
4	Hana BLAKE		190			100	90							01:12:24	100	2:20:22	90		
5	Lucy Evans	Porthcawl	171	43	43	42	43			1:41:24	43	2:51:40	43	01:32:42	42	3:07:41	43		
6	Paige Horsnell	Tri Potential	165	80		85				1:21:19	80			01:13:43	85				
6	Rachel Davies	ATAC	165	90	75					1:20:14	90	2:20:35	75						
8	Ffion JONES	TRI POTENTIAL	152		46	45	41	20				2:46:37	46	01:28:42	45	3:12:58	41	2:21:03	20
9	Lucy Marland	Rhondda	130	70		60				1:22:37	70			01:17:15	60				
10	Cathryn Williams	Port Talbot	125	65	60					1:23:49	65	2:24:23	60						
11	Georgia ARMITAGE		113			48		65						01:25:25	48			1:59:58	65
12	Ffion Caines	DC Triathlon	105	55	50					1:27:45	55	2:27:20	50						
13	Hannah MUNDAY	INTELLI TRI	100		100							2:06:47	100						
13	Eleanor HUNTER	badtri	100					100										1:52:19	100

15	Emma Colwill	Port Talbot	97	49	48					1:30:56	49	2:33:22	48						
16	Lucy Chieffo	Swansea Vale	90	46	44					1:38:43	46	2:47:37	44						
16	Madison SHADDICK	TEAM BRAV	90		90							2:17:04	90						
18	Hayley TURNER	GOG Triathlon	85					85									1:54:05	85	
19	Rosie Courts	Port Talbot	81	41	40					1:42:28	41	3:03:13	40						
20	Abbie SIMS		80				47	33								2:57:19	47	2:08:25	33
20	Milly KIPLING	Cardiff Triathletes	80				80									2:31:40	80		
20	Nicola Jones	Swansea Vale	80	39	41					1:44:15	39	3:00:50	41						
20	Rachel SAYER-SMITH	Wakefield Triathlon Club	80			80								01:13:56	80				
20	Helen MOYES		80					80										1:55:15	80
25	Kelly Peat	PEMBROKESHIRE TRI	77	38			39			1:46:50	38					3:32:58	39		
26	Millie Barnes	Cardiff Triathletes	75				75									2:33:35	75		
26	Eleanore NASH		75					75										1:55:59	75
28	Emma JEFFERYS	Torbay Tri Club	70			70								01:16:08	70				
28	Llawela SCALE		70				70									2:40:27	70		
28	Ursula HANKINSON	FUL-ON TRI TRIATHLON CLUB	70		70							2:23:34	70						
28	Tia FROOM		70					70										1:59:34	70
32	Amy DYER		65			65								01:16:45	65				
32	Catherine GRIFFITHS	Dc Triathlon	65				65									2:42:53	65		
32	Robyn MCQUEEN	CARDIFF TRIATHLETES	65		65							2:23:43	65						
35	Emily Christopher	Team Watt	60	60						1:26:36	60								
35	Lucy CLARKE		60				60									2:43:10	60		
35	Armored JACKSON		60					60										2:00:32	60
38	Alice EVANS	Oxford Uni Tri Club	55			55								01:17:51	55				
38	Amy COOPER		55					55								2:45:51	55		

38	Rebecca JOHN	PORTHCAWL TRIATHLON CLUB	55		55						2:24:39	55						
38	Kara TRANTER	Cerist Triathlon Club	55				55										2:01:54	55
42	Gwenno Llewelyn		50	50					1:28:31	50								
42	Sera MOORE	Tri Potential	50			50							01:18:07	50				
42	Tasmin Thomas		50				50								2:49:55	50		
42	Kelsie JOHNSON		50				50										2:01:55	50
46	Claire MORGAN		49				49								2:55:48	49		
46	Hannah BROWN	Team Nft	49			49							01:22:58	49				
46	Lili JONES	MERTHYR TRIATHLON CLUB	49		49						2:32:53	49						
46	Indi LACEY	Hyde Park Harriers	49				49										2:01:57	49
50	Lara Griffiths	Carmarthen Tri	48	48					1:32:14	48								
50	Sydney VICKERY		48				48								2:56:25	48		
50	Jessica ARNULL		48				48										2:02:21	48
53	Emily MOUNSEY	SWANSEA VALE TRI	47		47						2:36:53	47						
53	Laura Borrelli		47	47					1:38:09	47								
53	Lauren BLAKE		47			47							01:26:48	47				
53	Lucy COX	Elements	47				47										2:02:25	47
57	Lowri HARRIS	Cr@p Tri	46				46								3:01:59	46		
57	Sarah LUXTON	Torbay Tri Club	46			46							01:27:44	46				
57	Olivia LEWIS		46				46										2:02:26	46
60	Amy Seppman	Port Talbot	45	45					1:39:16	45								
60	Isabelle MARCH	Carmarthen Triathlon Club	45				45								3:04:49	45		
60	Sheridan COURT	SWANSEA VALE TRI	45		45						2:47:12	45						
60	Emily JACABS	Mendip Trc	45				45										2:02:43	45
64	Elizabeth Robbins		44	44					1:39:53	44								

64	Jess WEST	Team Watt	44				44								3:06:19	44		
64	Zoe STRONG		44			44						01:32:26	44					
64	Ffion EVANS		44				44										2:03:52	44
68	Anna HOLDEN	Oxford Triathlon Club	43			43						01:32:27	43					
68	Amy WHITEHEAD		43				43										2:04:00	43
70	Bethan FOLLIS	Cardiff Triathletes	42				42								3:12:00	42		
70	Emily Robinson		42	42					1:42:03	42								
70	Stephanie CONWAY	GOG TRIATHLON CLUB	42		42						2:58:15	42						
70	Sarah BROOKS		42				42										2:04:47	42
74	Natalie CORDY		41			41						01:38:27	41					
74	Magi WILLIAMS	Mersey Tri	41				41										2:05:01	41
76	Alice BEESE		40				40								3:27:07	40		
76	Carys Freeman		40	40					1:43:26	40								
76	Charlie SQUIRE		40			40						01:55:14	40					
76	Kathryn PHIPPS	Sheffield Triathlon Club	40				40										2:05:04	40
80	Anna SNOW		39			39						01:59:45	39					
80	Emilie HARLOW	Brighton Phoenix	39				39										2:05:28	39
82	Nell MILTON		38				38								3:39:05	38		
82	Sophie LLOYD		38			38						02:02:44	38					
82	Corinna TRAURIG	Triharman	38				38										2:06:31	38
85	Emma CORDY		37			37						02:20:34	37					
85	Francesca LLEWELLIN		37				37								3:39:50	37		
85	Sian Thomas		37	37					1:48:02	37								
85	Steffi HUGHES	Cadence Tri Club	37				37										2:06:50	37
89	Sophie MILNE		36				36								3:53:12	36		
89	Tori Jones	Swansea Vale	36	36					1:51:18	36								

Open Veteran

Open Veteran										Stage 1 - Llanelli		Stage 2 - TATA		Stage 3 - SWYD		Stage 4 - Broad Haven		Stage 5 - Bala	
Position	Name	Club	Overall Points	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points
1	James Moore	Carmarthen Tri	299	49	35	75	75	65		1:19:33	49	2:27:21	35	01:11:05	75	2:19:06	75	1:43:51	65
2	Chris Powell	North Dock	254	50	49	90	65			1:19:04	50	2:15:50	49	01:09:44	90	2:21:26	65		
3	Dave COATES	TEAM WATT	250	75	75	100				1:15:32	75	2:09:12	75	1:07:47	100				
4	Jonathon Seymour	GOG Triathlon	240	85	85		70			1:14:17	85	2:08:13	85			2:19:51	70		
5	Oliver Simon	ATAC	200	100	100					1:08:02	100	1:56:56	100						
6	Stephen Rowlands	Carmarthen Tri	180	90	90					1:14:15	90	2:07:00	90						
7	Rhys Jones	RHONDDA TRI	165	80			85			1:14:54	80					2:16:05	85		
8	Huw Neale	Cardiff Tri	120	60	60					1:17:54	60	2:13:02	60						
9	Simon Phillips	Pembrokeshire Tri	110	7	23	40	21	19		1:33:36	7	2:34:05	23	01:22:26	40	3:00:04	21	2:04:23	19
10	David HAWKINS	Cardiff Triathletes	100				100									2:09:10	100		
10	Toby MORRELL	TriHarder	100					100										1:39:30	100
12	David Morgan	Port Talbot	98	48	50					1:19:56	48	2:15:44	50						
13	Reuben Morgan	North Dock	94	47	47					1:20:04	47	2:17:41	47						
14	Osian Griffith		90	43		47				1:23:54	43			01:15:31	47				
14	Rich BRADY	TRI-MONKEY	90				90									2:13:17	90		
14	Colin BAILEY	Birmingham Running And Triathlon (BRAT) Club	90					90										1:40:54	90
17	David Thomas	Rhondda	87	37			50			1:24:38	37					2:25:28	50		
18	Mathew Giles	Swansea Vale	86	44	42					1:23:28	44	2:20:39	42						
19	Rhys HARRIES	Tri Potential	85			85								01:09:46	85				

19	Luke REED	Pure Endurance Triathletes	85					85									1:41:32	85
21	Carl SINGLETON	PORT TALBOT HARRIERS	84		37		47				2:26:33	37			2:27:14	47		
21	Paul Seppman	Port Talbot	84	41	43				1:24:18	41	2:20:38	43						
23	Russell EVANS	Yas Cycles Triathlon	83			50		33					01:14:51	50			1:54:03	33
24	Garod THOMAS	PORT TALBOT HARRIERS	80			80					2:08:30	80						
24	Gavin WEDLAKE	Cardiff Triathletes	80			80							01:10:08	80				
24	Richard DANDO	Dragon Tri	80				80								2:16:57	80		
24	Oliver RODWELL	Wrekinsport	80					80									1:41:38	80
28	Mick HUTCHINS	Congleton Cycling Club	75					75									1:42:26	75
29	James Harvey	Cardiff Triathletes	73	29		44			1:27:34	29			01:19:01	44				
29	Matthew Rayson	CLWB SEICLO CWM GWENDRAETH	73	14	29		30		1:31:48	14	2:32:58	29			2:40:11	30		
31	Hugh PASCOE	PORT TALBOT HARRIERS	70			70					2:11:33	70						
31	James Levannais	TriForce	70	70					1:17:18	70								
31	Matthew DORMAN		70			70							01:11:16	70				
31	John STEADMAN	Pure Endurance Triathletes	70					70									1:43:15	70
35	Emyr Stephens		68	30			38		1:27:00	30					2:38:17	38		
36	James MANSON	CARDIFF TRIATHLETES	65			65					2:11:53	65						
36	Josh George	Clwb Seiclo Cwm Gwendraeth	65	32	33				1:26:44	32	2:31:18	33						
36	Nick HANNAH	Huddersfield	65			65							01:13:07	65				
36	Shane Williams		65	65					1:17:46	65								
40	Jonathan CARRICK	CELTIC TRI	60				60								2:21:32	60		
40	Mark HENNESSEY	Heathwood Tri	60			60							01:14:34	60				
40	Chris GILES		60					60									1:45:03	60
43	Daniel Maclachlan	Tri Potential	55	55					1:18:19	55								
43	Huw BENDALL		55			55					2:14:49	55						

43	Jonathan HARWOOD	PEMBROKESHIRE TRI	55				55									2:21:49	55		
43	Mark Davies	Rhondda	55	19	36				1:29:42	19	2:27:00	36							
43	Stephen MARTIN	Porthcawl Triathlon Club	55			55							01:14:45	55					
43	Dean EVANS	Manchester Triathlon Club	55				55											1:45:18	55
49	Brian Keane	Pembrokeshire Tri	54	22		32			1:29:09	22			01:28:30	32					
49	OWEN EVANS	Cardiff Tri	54	16	38				1:31:06	16	2:25:36	38							
51	Paul John		52	15		37			1:31:25	15			01:25:45	37					
52	Ryan MORRISON	Cadence Tri	50				50											1:45:55	50
53	Adam BLACKMORE	Tri energy	49				49									2:25:42	49		
53	Nicholas BARTON	Cardiff Triathletes	49			49							01:15:06	49					
53	Jonathan CASSELL	Jonathan Cassell	49				49											1:46:04	49
56	Matt KING	Flow Factory Team	48			48							01:15:13	48					
56	Neil MORGAN	PORT TALBOT HARRIERS	48		48						2:16:11	48							
56	Simon ROXBURGH	GOG Triathlon Club	48				48									2:25:49	48		
56	Adam KEOGH		48				48											1:47:10	48
60	Will CROME		47				47											1:48:32	47
61	Chris FOGARTY	Army Triathlon	46				46									2:28:05	46		
61	James DILKS	Tenby Penguins	46			46							01:15:52	46					
61	Kirk matthews		46	46					1:22:31	46									
61	Nathan BEVAN	RHONDDA TRI	46		46						2:19:53	46							
61	Paul RIDGWAY	NORTH DOCK DREDGERS TRI	46	24	22				1:28:41	24	2:35:30	22							
61	Neil OAKES	Total Transition Triathlon	46				46											1:48:58	46
67	Dewi Owen		45	45					1:22:46	45									
67	Jason RUSHTON		45				45									2:28:31	45		
67	Mark RYDER	Nyp Tri	45			45							01:19:00	45					
67	Michael THOMAS	SWANSEA VALE TRI	45		45						2:20:11	45							

123	Barry Davies	Team Watt	31				31			1:44:37					2:40:11	31		
123	Navid CHILDS		31			31							01:31:44	31				
123	Steven OWEN	GOG TRIATHLON CLUB	31		31							2:31:28	31					
123	Charles GROVES	Chester Tri	31					31									1:54:51	31
127	David Hills		30	12	18					1:32:10	12	2:38:57	18					
127	Ian WARDLE		30			30							01:32:28	30				
127	Martin DAVIES- Clwb Seiclo	CLWB SEICLO CWM GWENDRAETH	30		30							2:31:43	30					
127	Jonny GOODING	Tri Central UK	30					30									1:55:41	30
131	Dan REES		29				29								2:41:22	29		
131	David BUSSON		29			29							01:35:19	29				
131	Ivan BURTON		29					29									1:58:49	29
134	Aled Daniels		28	28						1:27:44	28							
134	Barry KEY	PORTHCAWL TRIATHLON CLUB	28		28							2:33:00	28					
134	James RYDER		28				28								2:42:52	28		
134	Lee DAVIES	Heathwood Tri	28			28							01:39:29	28				
134	Jonathan KEAY	Total Tri Training	28					28									2:00:04	28
139	Andrew BRIGGS	Top Step Tri / Carmarthen Triathlon Club	27				27								2:43:06	27		
139	David TURNER	Torfaen Triathlon Club	27			27							01:41:43	27				
139	Gary ROSSITER	PORT TALBOT HARRIERS	27		27							2:33:04	27					
139	Daniel SCOTT	North Endurance	27					27									2:00:37	27
143	Andrew LEWIS	Taff Ely Triathlon Club	26				26								2:45:00	26		
143	Gareth Rees		26	26						1:28:11	26							
143	Lee Elwell		26	6	20					1:33:42	6	2:38:14	20					
143	Owen CLUTTERBUCK		26			26							01:42:34	26				
143	Robert MALOUGH	CELTIC TRI	26		26							2:33:15	26					

143	Trevor JONES	Bala	26					26										2:00:53	26
149	Gruffydd DAVIES	PORTHCAWL TRIDENTS	25		25							2:33:44	25						
149	Will Morgan		25	25						1:28:26	25								
149	Guy MAMMATT	Tavistock Triathlon Club	25					25										2:02:21	25

Female Veteran

Female Veteran										Stage 1 - Llanelli		Stage 2 - TATA		Stage 3 - SWYD		Stage 4 - Broad Haven		Stage 5 - Bala	
Position	Name	Club	Overall Points	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points
1	Catherine Marks	Pembrokeshire Triathlon Club	460	90	100	90	90	90		1:25:03	90	2:23:58	100	01:17:01	90	2:29:03	90	01:53:32	90
2	Gwenllian Thomas	Carmarthen Tri	325	100		80	80	65		1:22:59	100			01:18:28	80	2:31:09	80	1:56:14	65
3	Emma Davies-Hughes	North Dock	245	85			75	85		1:28:22	85					2:36:36	75	01:54:04	85
4	Claire Thomas	Tenby Aces	232	55	45	55	46	31		1:37:43	55	2:52:13	45	01:28:16	55	3:13:28	46	2:25:10	31
5	Gillian Hopkins	Celtic Tri	206	75	85			46		1:31:19	75	2:32:46	85					2:01:48	46
6	Rhian Roxburgh	GOG Triathlon Club	200				100	100								2:20:39	100	01:48:04	100
7	Sandra Jones	CELTIC TRI	190	60	60	70				1:35:31	60	2:42:53	60	01:23:52	70				
8	caryl williams	Bynea	170	80	90					1:28:48	80	2:31:31	90						
9	Karina KAUFMANN	London Heathside	165			85		80						01:17:20	85			01:54:14	80
10	Gwennan HENSTOCK		123		80			43				2:33:53	80					2:08:14	43
11	Debbie Hannah	Celtic Tri	102	47	35			20		1:42:03	47	3:08:06	35					2:45:28	20
12	Kate NIMMO		100			100								01:15:36	100				
13	Carol Jones	North Dock	99	50	49					1:37:57	50	2:47:31	49						
14	Donna Wild	PORT TALBOT HARRIERS	93	49	44					1:41:14	49	2:54:49	44						
15	Marina Wright		85	42	43					1:45:09	42	2:57:30	43						
15	Sonia VALLA		85				85									2:29:32	85		

43	Nest Gwenllian ROBERTS		49			49								01:51:25	49				
43	Tsvetka POWELL	North Dock Dredgers Tri	49			49										3:01:04	49		
43	Beth PERRITT	Total Tri Training	49				49											1:59:22	49
46	Caroline RUDGE		48			48								02:01:42	48				
46	Kate HUMPHREY	NEWT	48		48						2:48:06	48							
46	Lucy Davies		48			48										3:01:55	48		
46	Natalie Ashford		48	48					1:41:59	48									
46	Beverley FIRTH	Evolve Endurance	48				48											2:00:04	48
51	Carla POTTER		47			47										3:05:19	47		
51	Philippa MOUNSEY	SWANSEA VALE TRI	47		47						2:49:22	47							
51	Laura DAVIES	no club	47				47											2:01:05	47
54	Ania CioleK		46	46					1:42:39	46									
54	Geri EVANS	GOG TRIATHLON CLUB	46		46						2:51:14	46							
56	Ange Davies		45	45					1:43:02	45									
56	Hannah THOMAS	Milford Tritons	45			45										3:15:23	45		
56	Laura MONIGHAN	Pendle Triathlon Club	45				45											2:05:36	45
59	Lindsey BLACKFORD	Team Watt	44			44										3:17:22	44		
59	Louise Rees James		44	44					1:43:51	44									
59	Jenna BRASSINGTON		44				44											2:07:17	44
62	OLIVIA CULL		43			43										3:21:02	43		
63	Anne-Marie JERMAN	Dc Triathlon	42			42										3:24:26	42		
63	Natalie Fulstow	WEST WALES FITNESS COACHING	42		42				#N/A		3:00:31	42							
63	Tracy MACINNES	Lion squad	42				42											2:08:50	42
66	Hayley Harris	Celtic Tri	41	41					1:46:04	41									
66	Jenny SLOCOMBE	Cardiff Triathletes	41			41										3:26:01	41		
66	Kelly GRIFFITHS	CELTIC TRI	41		41						3:00:55	41							

Open Vintage Veterans

Open Vintage Veterans										Stage 1 - Llanelli		Stage 2 - TATA		Stage 3 - SWYD		Stage 4 - Broad Haven		Stage 5 - Bala	
Position	Name	Club	Overall Points	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points
1	Steven Allport	GOG Triathlon Club	380	100	100	90	90			1:17:55	100	2:13:33	100	01:09:51	90	2:16:27	90		
2	Chris Lee	Merthyr triathlon club	305	85	75	60	85			1:21:01	85	2:20:12	75	01:15:19	60	2:20:41	85		
3	Mike Tate	Swansea Vale	220	65	85		70			1:24:11	65	2:16:31	85			2:26:59	70		
4	Alan Porter	Taff Ely	190	70	65	55				1:24:00	70	2:25:11	65	01:16:37	55				
5	Martin Cole	Port Talbot	180	90	90					1:19:28	90	2:14:45	90						
6	Carwyn Jones	Pembrokeshire Triathlon Club	177	36	38	43	34	26		1:31:39	36	2:34:47	38	01:24:15	43	2:47:31	34	2:05:00	26
7	STEPHEN RICHARDS	RHONDDA TRI	143	48	46	49				1:27:05	48	2:29:37	46	01:17:53	49				
8	Simon HALL	GOG Triathlon Club	142			48	50	44						01:19:06	48	2:30:25	50	1:55:40	44
9	John Hiddlestone	North Dock	127	37	45	45				1:31:26	37	2:31:17	45	01:22:45	45				
10	Justin Bailey	Team Watt	120	40		44	36			1:29:53	40			01:23:03	44	2:45:51	36		
11	Mike Evans	RHONDDA TRI	110	60	50					1:25:10	60	2:26:48	50						
12	Gareth Norton	CARDIFF TRIATHLETES	105	50	40			15		1:26:29	50	2:34:20	40					2:14:03	15
13	David MURRAY	Dragon Tri	100			100								01:07:29	100				
13	James MURRAY	Dragon Tri	100				100									2:15:30	100		
13	Martyn EDWARDS	Manx Tri Club	100					100										1:44:47	100
16	Andrew Davies		98	38	60					1:30:56	38	2:26:20	60						
17	Andrew Jones	Precision Race Team	93	47		46				1:27:14	47			01:21:01	46				
18	James Donovan-Davies		90	49			41			1:27:03	49					2:42:58	41		
18	Ian LAVERIE	Nova Raiders Cc	90					90										1:44:55	90
20	Gwyn Everett	Taff Ely	87	27		32	28			1:37:38	27			01:35:21	32	3:02:35	28		
21	Marc GEARY		85			85								01:12:22	85				

21	James REDMAN	pactri	85					85										1:46:00	85
23	Jeff Partridge	Bynea CC	81	35	27			19		1:32:10	35	2:42:47	27					2:11:18	19
23	Neil Davies	RHONDDA TRI	81	42	39					1:29:17	42	2:34:38	39						
25	Dave WILLIAMS	CELTIC TRI	80		80							2:20:01	80						
25	Jeff PYRAH	Hastings Ac	80				80									2:25:06	80		
25	Simon LEWIS		80			80								01:13:36	80				
25	Tim Parfitt		80	80						1:21:52	80								
25	Scott BAIRSTOW	Brownlee Fitness	80					80										1:46:56	80
30	Bleddyn EDWARDS	Cardiff Triathlon Club	77		36			41				2:35:08	36					1:57:25	41
31	Nick ELLIOTT	Mikes Bikes	75				75									2:25:53	75		
31	Richard Leary	Celtic Tri	75	75						1:22:30	75								
31	Victor THOMPSON	Crystal Palace Triathletes	75			75								01:13:47	75				
31	Simon NORWOOD	Hereford Triathlon Club	75					75										1:48:22	75
35	Gareth BECK	NEWTS	70		70							2:20:28	70						
35	Peter HOPSON		70			70								01:14:01	70				
35	Derek CLARKE		70					70										1:48:53	70
38	Richard Morris	Team Watt	69	10		29	30			1:46:25	10			01:38:02	29	3:01:46	30	2:34:22	
39	Damian CAPPS	TEAM CEMAIS	65				65									2:27:44	65		
39	Edward DAVIES	Ferry Flatliners	65			65								01:15:16	65				
39	Steve Hayward	Celtic Tri	65	34	31					1:32:31	34	2:40:10	31						
39	Robert ENGEDOW	Coach Toby	65					65										1:50:42	65
43	Simon MARKS		63			39		24						01:28:18	39			2:06:29	24
44	Paul ARNOLD	CELTIC TRI	61		34		27					2:36:50	34			3:03:25	27		
45	Andrew EVANS	Apex Triathlon Coaching	60				60									2:29:15	60		
45	Jeremy BROWN	Elements Triathlon Club	60					60										1:51:51	60
47	Tony Spiller	Port Talbot	59	33	26					1:35:25	33	2:42:47	26						

48	Lee Adams	Port Talbot	56	31	25					1:36:20	31	2:43:29	25					
49	Ben BEACHELL	Rhos On Sea Cc	55				55								2:30:09	55		
49	Karl Protheroe		55	55						1:25:57	55							
49	Lee WALTERS	MERTHYR TRIATHLON CLUB	55		55							2:26:37	55					
49	James MOSS	Wakefield Triathlon Club	55				55										1:53:15	55
53	Chris PANES	MERTHYR TRIATHLON CLUB	53		19	34						2:53:57	19	01:33:26	34			
53	Roy James	Clwb Tri-2-1	53	30			23			1:36:41	30					3:09:32	23	
55	Richard DAVIES		50			50								01:17:20	50			
55	Mike HIGGINS		50				50										1:53:32	50
57	Ian HERBERT	Cardiff Triathletes	49				49									2:31:33	49	
57	Mark DAVIES	Rhondda Tri	49		49							2:27:00	49					
57	Steven VAUGHAN	City Of Lancaster	49				49										1:53:33	49
60	Chris ADAMS	Bridgend Swim Club	48		48							2:28:32	48					
60	David THOMAS		48				48								2:32:50	48		
60	Michael Davies	CELTIC TRI	48	39	9					1:30:28	39	3:16:13	9					
60	Nigel CHILVERS	Merseytri	48				48										1:54:03	48
64	Emyr ROBERTS	Cardiff Triathletes	47			47								01:20:48	47			
64	Mark STEEDMAN	CARDIFF TRIATHLETES	47		47							2:29:09	47					
64	Stephen TRANAH	Y Fenni Triathlon	47				47								2:33:20	47		
64	Mike COOPER	Chichester Triathlon Club	47				47										1:54:25	47
68	Alex Harries	Clwb Tri-2-1	46	17			29			1:42:29	17					3:01:49	29	
68	Clive PATTERSON-LETT	PEMBROKESHIRE TRI	46				46								2:34:36	46		
68	Colin Lewis		46	4			42			2:05:56	4				2:42:38	42		
68	Tony Dally		46	46						1:27:19	46							
68	Graeme NASH	Manx Tri Club	46				46										1:55:18	46
73	Angus Dunseath		45	45						1:28:16	45							

73	Rob SANDLES	3Ms Gorseinon Road Runners	45				45									2:38:55	45		
73	Russell wayne Williams	Port Talbot	45	25	20				1:39:36	25	2:51:17	20							
73	Tim BURNETT	Wrecsam Tri	45				45											1:55:37	45
77	Jay WINTER	PEMBROKESHIRE TRI	44				44									2:41:38	44		
77	Marc TIPLADY	North Dock	44		44						2:32:01	44							
77	Stephen Davies		44	44					1:29:09	44									
80	Mark Evans		43	43					1:29:15	43									
80	Paul CHAPPELL	Porthcawl	43		43						2:32:17	43							
80	Pete JONES	Y Fenni Triathlon	43				43									2:41:39	43		
80	Peter STOWELL	Army Triathlon Association	43				43											1:56:57	43
84	david coe	NORTH DOCK DREDGERS TRI	42	28	14				1:37:31	28	3:05:01	14							
84	Mark HARRIS		42			42							01:25:35	42					
84	Robert SLAUGHTER		42		42						2:32:30	42							
84	Toby EVANS	Portsmouth Triathletes	42				42											1:57:01	42
88	Craig DAVEY	Wakefield Triathlon Club	41			41							01:26:41	41					
88	John Cregg	NEWTS	41	41					1:29:47	41									
88	Lee HARVEY	Torfaen	41		41						2:32:38	41							
91	Dean HARRIS	Ras Endurance	40				40									2:43:01	40		
91	Mark POCOCK	Thames Valley Traithletes (Tvt)	40			40							01:26:43	40					
91	Paul SCOTT		40				40											1:58:07	40
94	Will TOLLICK	PEMBROKESHIRE TRI	39				39									2:43:41	39		
94	Adrian FEASBY	Swim 1st Tri Club	39				39											1:59:49	39
96	Jason THOMAS		38				38									2:44:43	38		
96	Mark PAYNE		38			38							01:28:34	38					
96	Neil MCMANUS		38				38											2:00:11	38
99	Alex BEARD		37			37							01:30:00	37					

126	Anthony James		29	29					1:36:50	29								
126	Jeremy ROWE	CARDIFF TRIATHLETES	29		29						2:41:44	29						
126	John BENNETT	Mersey Tri	29				29										2:04:46	29
129	Iwan Jones	Clwb Seiclo Cwm Gwendraeth	28	16	12				1:43:52	16	3:09:56	12						
129	Jay SHARMA	Maesteg Triathlon Club	28		28						2:42:31	28						
129	Mathew PRITCHARD	Swyd Tri Club	28			28							01:38:22	28				
129	Matthew GALLOP		28				28										2:04:58	28
133	Kevin KELLY	Kev Kelly Lone Wolf Triathlon Club	27				27										2:04:59	27
134	JON WILLIAMS		26	26					1:38:01	26								
134	Nathan COAST		26			26								3:04:24	26			
136	Adrian LEWIS	Rhfc/Team Watt	25			25								3:05:37	25			
136	Simon CURRIE		25				25										2:05:50	25
138	Dyfed Bolton		24	24					1:40:13	24								
138	Mark Owen	Newt	24		24						2:43:32	24						
138	Mike GRIFFITHS	Celtic Tri/Team Deviant	24			24								3:08:58	24			
141	Peter WALDREN	CARDIFF TRIATHLETES	23		23						2:44:18	23						
141	Ross Shepherd		23	23					1:40:33	23								
141	Simon GARBUTT		23				23										2:06:46	23
144	Anthony Bennett		22	22					1:40:42	22								
144	David KNIGHT	Peter Lloyd Coaching @trilloidy	22			22								3:10:10	22			
144	Paul BAGSHAW	MERTHYR TRIATHLON CLUB	22		22						2:45:02	22						
144	Mark FROST	1485 Tri Club	22				22										2:07:47	22
148	Mark ROOKE	RHONDDA TRI	21		21						2:47:14	21						
148	Simon LINDLEY	PEMBROKESHIRE TRI	21			21								3:12:33	21			
148	Steven Rees	Carmarthen Tri	21	21					1:40:50	21								

148	John TWIDELL	Tri32	21					21										2:09:45	21
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Female Vintage Veterans

Female Vintage Veteran										Stage 1 - Llanelli		Stage 2 - TATA		Stage 3 - SWYD		Stage 4 - Broad Haven		Stage 5 - Bala	
Position	Name	Club	Overall Points	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points
1	Elizabeth Williams	Pembrokeshire Triathlon Club	435	90	100	85	85	75		1:30:27	90	2:38:00	100	01:21:17	85	2:43:10	85	2:02:45	75
2	Stephanie Waring	Tenby Aces	290	100		90	100			1:26:33	100			01:18:59	90	2:32:57	100		
3	Nicola Thomas	North Dock	184	55	55		47	27		1:47:57	55	3:07:34	55			3:26:06	47	2:32:57	27
4	Jayne ARNOLD	SWANSEA VALE TRI	165		85		80					2:44:15	85			2:47:43	80		
5	Cathryn Jenkins	Celtic Tri	140	75	65					1:40:31	75	3:01:00	65						
6	Emma JENKINS	CARDIFF TRIATHLETES	137		90			47				2:42:30	90					2:12:16	47
7	Sally Herbert		116	47		49		20		1:54:18	47			01:46:26	49			2:47:51	20
8	Sarah MYFORD		107			70		37						01:27:01	70			2:19:28	37
9	Ruth JOHNSTONE	Malvern Triathlon Club	100					100										1:57:41	100
9	Lena POULTON		100			100								01:12:40	100				
9	Julie Jones	North Dock	100	70				30		1:43:14	70							2:26:17	30
12	Alyson Smith	North Dock	99	50	49					1:52:47	50	3:20:31	49						
13	Karen Dugate	Bynea	93	45	48					1:56:25	45	3:23:30	48						
14	Kathryn THOMAS	Tri Potential	90				90									2:41:01	90		
14	Joanne DERRY	Tadcaster Triathlon Club	90					90										1:57:59	90
16	Suzanne Williams	NEWT	86	40	46					2:13:08	40	3:49:39	46						
16	Branwen Angharad ROWE	CELTIC TRI	86	41	45					2:10:40	41	3:50:34	45						
18	Yvonne Williams		85	85						1:39:08	85								
18	Annette NIXON	Deal Tri	85					85										1:58:35	85
20	Nia DUNSEATH	WEST WALES FITNESS COACHING	80		80							2:48:24	80						

20	Louise MOORE	Deal Triathlon	80					80										1:58:44	80	
20	Louise Miskell		80	80						1:39:30	80									
20	Alison SMITH	Hillingdon	80			80								01:22:17	80					
24	Paula Stevens	GOG TRIATHLON CLUB	75		75								2:48:39	75						
24	Fiona ABLESON BRADSHAW	Oxford Triathlon Club	75			75								01:24:58	75					
24	Caroline SANDLES	3Ms Gorseinon Road Runners	75				75										2:54:51	75		
27	Lesley MAINWARING	PORT TALBOT HARRIERS	70		70								2:50:25	70						
27	Kath THOMAS	Tripotential	70					70											2:05:11	70
27	Gail OSBORNE	Taff Ely Triathlon Club	70				70										2:56:51	70		
30	Sara Davies- Celtic Tri	Celtic Tri	65	65						1:44:06	65									
30	Rachel BOWN		65					65											2:07:24	65
30	Rachael DAVIES	PEMBROKESHIRE TRI	65				65										2:58:36	65		
30	Joanna HUTTON	One Life Triathlon	65			65								01:29:18	65					
34	Sonya MONAGHAN		60					60											2:07:51	60
34	Lisa WOOLER	Swyd Tri Club	60			60								01:38:44	60					
34	Jo Otteson	North Dock	60	60						1:46:22	60									
34	Clare Johnson	Y Fenni Triathlon	60				60										3:06:55	60		
34	Claire LEWIS	NEWT	60		60								3:02:53	60						
39	Vikki SMITH	Rochdale Triathlon	55					55											2:09:11	55
39	Sarah LINNARD		55			55								01:39:00	55					
39	Liz JENKINS	Y Fenni Triathlon	55				55										3:11:55	55		
42	Shirley WILKINSON	Farnham Tri	50			50								01:44:42	50					
42	Nicola CONNER		50					50											2:09:39	50
42	Lynn BULBECK	Y Fenni Triathlon	50				50										3:15:45	50		
42	Christine WILLIAMS	PORT TALBOT HARRIERS	50		50								3:19:05	50						
46	Juliet Davies	North Dock	49	49						1:53:16	49									
46	Jennifer AYLWARD	North Dock Dredgers Tri	49					49											2:11:19	49
46	Ella HARRISON-HANSLEY	Y Fenni Triathlon	49				49										3:17:42	49		

77	Sarah GODBEHERE	Wakefield Triathlon Club	31					31											2:26:09	31
78	Jane CRANE		29					29											2:27:05	29
79	Anne DEHAPIOT	Hampstead Triathlon Club	28					28											2:29:05	28
80	Kristin BREUSS		26					26											2:34:56	26
81	Susan ENNIS	Mersey Tri	25					25											2:35:08	25
82	Kirsty MIDDLEMIST	Team Twinkle	24					24											2:36:11	24
83	Carriann PRICE	Wrexham Triathlon Club	23					23											2:38:51	23
84	Marie WOODWARD	Stafford Triathlon Club	22					22											2:39:52	22
85	Joan COOKE		21					21											2:44:38	21
86	Lesley PERKINS	Tri Preston	19					19											2:59:16	19
87	Annie OWENS	Tri Preston	18					18											3:11:44	18
88	Sonia CARTY		17					17											3:12:49	17
89	Susan STANGER		16					16											4:07:00	16

Open Super Veteran

Open Super Veteran										Stage 1 - Llanelli		Stage 2 - TATA		Stage 3 - SWYD		Stage 4 - Broad Haven		Stage 5 - Bala	
Position	Name	Club	Overall Points	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points
1	Andy BOSTOCK	DRAGON TRI	360		100	80	100	80				02:24:43	100	01:19:23	80	2:29:02	100	1:56:32	80
2	Neil Williams	Taff Ely	335	90	85	75	85			1:28:07	90	02:32:55	85	01:20:14	75	2:38:23	85		
3	Kevin Wheeler	Pembrokeshire	268	80		85	80	23		1:29:12	80			01:19:19	85	2:38:34	80	2:57:50	23
4	Steve PRYKE	Pembrokeshire Triathlon Club	157			48	70	39						01:28:26	48	2:51:15	70	2:12:39	39
5	Michael Battersby	Cardiff Tri	155	85	70					1:28:36	85	02:41:34	70						
6	Mike HAYDEN	PORT TALBOT HARRIERS	135		75	60						02:39:01	75	01:25:52	60				

7	Chris Morris	North Dock	125	45	80					1:57:09	45	02:38:21	80						
7	Dean Edwards		125	65	60					1:42:53	65	02:56:30	60						
9	Martyn White	North Dock	110	60	50					1:43:34	60	03:13:38	50						
10	Terry JOHNSON		100					100									1:49:06	100	
10	Derek THOMSON	Flying Monk	100			100								01:17:52	100				
10	Keith Tannetta	Cardiff Tri	100	100						1:16:57	100								
13	Robert Chappell	Taff Ely	97	55		42				1:45:50	55			01:37:23	42				
14	Robert SPAIN	NORTH DOCK DREDGERS TRI	95		49	46						03:14:37	49	01:33:18	46				
15	Philip Murrow	Cardiff Tri	93	50		43				1:46:11	50			01:37:02	43				
16	Anthony holling	Port Talbot	91	44	47					2:05:42	44	03:42:22	47						
17	Adrian CARR		90					90									1:52:51	90	
17	Des ASTLEY	MERTHYR TRIATHLON CLUB	90		90							02:28:30	90						
17	Kevin LAWLEY		90			90								01:19:01	90				
17	Ric COOPER	PEMBROKESHIRE TRI	90				90									2:31:12	90		
21	Paul ALGIERI	GOG Triathlon Club	85					85									1:55:47	85	
22	Michael SMITH		78				50	28								3:28:31	50	2:25:27	28
23	Richard BARR		75					75										1:56:34	75
23	Huw Lloyd	Bynea	75	75						1:40:42	75								
23	John DIFFEY		75				75									2:46:00	75		
26	Peter HAYWARD	Torbay Tri Club	70					70										1:57:52	70
26	Anthony HOLLING	PORT TALBOT HARRIERS	70		46			24				03:42:22	46					2:55:48	24
26	Justin CLARK		70			70								01:20:22	70				
26	Paul Carman	North Dock	70	70						1:41:06	70								
30	Stuart NASH	Nantwich Triathlon Club	65					65										1:58:21	65
30	David POLAND	Optimumtri	65				65							01:20:33	65				
30	Jon PHILLIPS		65				65									2:53:05	65		

Female Super Veteran

Female Super Veteran										Stage 1 - Llanelli		Stage 2 - TATA		Stage 3 - SWYD		Stage 4 - Broad Haven		Stage 5 - Bala	
Position	Name	Club	Overall Points	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points
1	Carolyn Williams	Port Talbot	375	100	100	85	90			1:38:40	100	2:47:50	100	01:30:27	85	3:01:22	90		
2	Jackie Gibbons	Pembrokeshire	355	90		90	85	90		1:39:52	90			01:29:25	90	3:12:12	85	2:15:45	90
3	Tracey Williams	Celtic Tri	175	85	90					1:49:34	85	3:08:43	90						
4	Christina Smith	Celtic Tri	160	80	80					1:53:17	80	3:15:05	80						
5	LYNNE GRIFFITHS	Harlech Triathlon Club	127				80	47								3:20:21	80	2:31:33	47
6	Juliet EDWARDS	Cerist	100					100										2:14:09	100
6	Catherine ETCHELL	Brecon Triathlon Club	100				100									2:48:38	100		
6	Stella LEVER	Greenlight PT	100			100								01:29:17	100				
9	Alison VESEY		85					85										2:16:18	85
9	Barbara COOK	North Dock	85		85							3:09:38	85						
11	Liz DUNLOP	Wight Tri	80					80										2:17:37	80
11	Clare GRINDROD	Farnham Tri	80			80								01:32:40	80				
13	Ann GRIFFITHS		75					75										2:17:45	75
13	Jayne Keely		75	75						2:04:11	75								
13	LIN CRAM	Emlyn flyers	75				75									3:41:38	75		
13	Sandra BARDEN	Hillingdon	75			75								01:34:47	75				
17	Julie WEEKS		70					70										2:18:39	70
17	Julie Brown	Swansea Tri Sharks	70	70						2:10:11	70								
17	Louise ALAN-SMITH		70			70								01:39:11	70				
20	Karen MUNN	Pembrokeshire Triathlon Club	65					65										2:22:48	65
20	Jayne CALVERT	None	65			65								01:54:24	65				

20	Linda Waller		65	65						2:15:16	65								
23	Jo BAKER	Glossop Triathlon Club	60					60										2:23:28	60
23	Julie BROWN	Triathlon Redditch	60			60								01:58:00	60				
25	Sarah GREAVES	Oswestry Olympians Tri Club	55					55										2:23:36	55
26	Carolyn RILEY		50					50										2:25:22	50
26	Janice Hearne		50	50						2:16:10	50								
28	Sally KERTZMAN	Bath Amphibians	49					49										2:25:58	49
29	Kathleen DIXON		48					48										2:29:39	48
30	Sarah BARHAM	North Dock Dredgers Tri	46					46										2:39:38	46
31	Liz DAVIES-WARD	Hereford Triathlon Club	45					45										2:43:21	45
32	Helen ROBERTS	Clwb Beicio Bala	44					44										2:47:40	44
33	Karen JOHN	Tenby Aces	43					43										3:22:19	43

Open Super Vintage Veteran

Position	Name	Club	Overall Points							Stage 1 - Llanelli		Stage 2 - TATA		Stage 3 - SWYD		Stage 4 - Broad Haven		Stage 5 - Bala	
				Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points
1	Paul Bennett	Port Talbot	280	90	100		90			1:41:43	90	3:00:27	100			3:34:41	90		
2	Tony CLEMENTS	Swansea Sharks	170			80		90						01:51:00	80			2:42:15	90
3	Phillip GIBBON	Taff Ely Triathlon	155			70	85							02:05:02	70	4:19:49	85		
4	Wayne Richards	Swansea Tri	100	100						1:36:42	100								
4	David DUERDEN	Exeter Tri Club	100			100								01:29:47	100				
4	Richard Scarr	Thames Valley Triathletes	100				100									3:17:53	100		
4	John Burnham	Brat	100					100										2:26:16	100

8	Michael WISE	Garden City Runners	90			90								01:34:08	90				
9	Mike Burrows	North Dock	85	85					2:12:51	85									
9	John SETFORD	Dartford Whiteoak	85			85								01:47:51	85				
11	Rick MANN	Guernsey	75			75								02:03:15	75				

Female Super Vintage Veteran

Female Super Vintage Veteran					Stage 1 - Llanelli		Stage 2 - TATA		Stage 3 - SWYD		Stage 4 - Broad Haven		Stage 5 Bala	
Position	Name	Age Category	Club	Overall Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points
1	Linda Spillane	Female SVV	NEWT	100			3:38:43	100						
2	Sue CANNABY	Female SVV	Coventry Triathletes	100					01:43:45	100				
3	Julia MANNERING	Female SVV	Rutland Running & Triathlon Club	90					01:45:57	90				
4	Annie SIDGWICK	Female SVV	Crowborough Tri Club	85					02:04:32	85				

Clubs

			Stage 1 - Llanelli			Stage 2 - TATA			Stage 3 - SWYD			Stage 4 - Broad Haven			Stage 5 - Bala		
Position	CLUB	Overall Total	Stage 1 Points	No of Eligible Athletes	Total Participant Points	Stage 2 Points	No of Eligible Athletes	Total Participant Points	Stage 3 Points	No of Eligible Athletes	Total Participant Points	Stage 4 Points	No of Eligible Athletes	Total Participant Points	Stage 5 Points	No of Eligible Athletes	Total Participant Points
1	Pembrokeshire Triathlon Club	1853	388	9	470	261	4	261	408	9	523	435	27	1272	361	10	502
2	Cardiff Triathletes	1620	380	9	481	360	17	784	261	6	295	410	13	675	209	5	209
3	Port Talbot Harriers	1541	420	19	943	455	36	1773	280	4	280	362	6	362	24	1	24
4	North Dock Dredgers	1473	375	36	1401	319	21	763	261	4	261	281	7	332	237	5	237
5	GOG Triathlon	1448	212	3	212	348	14	632	181	3	181	358	5	358	349	11	442
6	Taff Ely	1276	405	10	504	205	4	205	306	6	334	360	11	514			
7	Tri Potential	1232	375	7	442	226	3	226	410	8	505	131	2	131	90	2	90
8	Celtic Tri	1197	430	19	1099	400	18	843	115	2	115	185	5	185	67	3	67
9	Rhondda Triathlon Club	1096	375	14	678	237	13	419	243	5	243	241	4	241			
10	Carmarthen Tri Club	1036	336	25	852	125	2	125	192	4	192	253	5	253	130	3	130
11	Swansea Vale Tri	1028	297	22	685	360	21	878	84	2	84	233	4	233	54	3	54
12	Dragon Tri	820	156	3	156	124	2	124	180	2	180	280	3	280	80	1	80
13	Newport East Wales Triathlon (NEWTS)	664	261	9	344	334	12	561				43	1	43	26	1	26
14	Tenby Aces	626	202	3	202	45	1	45	145	2	145	199	5	199	35	109	35
15	Team Watt	618	185	4	185	75	1	75	173	3	173	185	5	185			
16	Bynea CC	594	339	7	407	236	7	271							19	1	19
17	Merthyr Triathlon Club	523	85	1	85	319	12	432	34	1	34	85	1	85			
18	ATAC	516	341	7	406	175	2	175									
19	Porthcawl Triathlon club	503	43	1	43	214	15	453	203	5	203	43	1	43			
20	West Wales Fitness Coaching	472	165	3	165	222	3	222	85	1	85						
21	Swansea Tri Sharks	363	184	5	184				80	1	80				99	2	99

22	Tenby Penguins	337	53	2	53	34	1	34	135	3	135	110	6	110	5	1	5
23	Clwb Seiclo Cwm Gwendraeth	312	128	5	128	117	5	117				67	2	67			
24	DC TRIATHLON	286	93	2	93	50	1	50				143	3	143			
25	Team Brav	274				274	4	274									
26	Ferry Flatliners	267				135	2	135	32	2	32	32	2	32	68	2	68
27	Torbay Tri Club	262							116	2	116				146	3	146
28	Y Fenni Triathlon	249										249	9	387			
29	Torfaen Dolphins	243				126	2	126	117	2	117						
30	Heathwood Tri	236							192	6	220	44	1	44			
31	Pen-Y-Bont Triathlon Club	219				161	5	161	58	2	58						
32	SWYD	203	6	1	6				178	8	207	19	1	19			
33	Mersey Tri	190													190	8	229
34	Nyp Tri	185							110	2	110				75	1	75
34	Cerist Triathlon Club	185													185	3	185
36	Ras Endurance	176										111	2	111	65	1	65
37	Monmouth Tri	173	18	1	18	59	2	59	46	1	46	50	1	50			
38	Total Tri Training	171										85	1	85	86	4	86
39	Wrecsam Tri Club	168													168	5	168
40	Oxford Triathlon Club	167							167	3	167						
41	Deal Tri	165													165	2	165
42	Bath Amphibians	162													162	4	162
42	Wrekin Sport	162													162	3	162
44	Prime Triathlon	159													159	4	159
45	Total Transition Tri	156													156	5	156
46	Greenlight PT	155							155	2	155						
46	Hillingdon	155							155	2	155						

46	Whittlefit	155							65	1	65	90	1	90			
46	Pure Endurance Triathletes	155													155	2	155
50	Bad Tri	152													152	3	152
51	Brat	148													148	2	148
52	Manx Tri Club	146													146	2	146
53	Hereford Triathlon Club	142										22	1	22	120	2	120
54	Chichester Triathlon Club	140													140	4	140
55	Army Triathlon Association	137							48	1	48	46	1	46	43	1	43
56	Triathlon Redditch	135	75	1	75				60	1	60						
57	Farnham Tri	130							130	2	130						
58	Wakefield Triathlon Club	128													128	3	128
59	Caffi Gruff Tri	124										124	2	124			
59	Brighton Phoenix	124													124	3	124
61	Pontypool Triathlon Club	121				102	4	102				19	1	19			
62	PAC Tri	120													120	2	120
63	Exeter Tri Club	117							100	1	100	17	1	17			
64	3Ms Gorseinon Road Runners	115										115	2	115			
65	Peak Performance Wales	110	70	1	70										40	1	40
66	Cadence Tri	109													109	4	108
67	Top Step Tri	107										107	2	107			
67	Elements	107										107	2	107			
69	Clwb Beicio Bala	104													104	2	104
70	North Endurance	103													103	3	103
71	Brecon Triathlon Club	100										100	1	100			
71	Coventry Triathletes	100							100	1	100						
71	Flying Monk	100							100	1	100						

100	Aim High Tri	75							75	1	75						
100	Crystal Palace Triathletes	75							75	1	75						
100	Emlyn Flyers	75										75	1	75			
100	GJ Endurance	75	75	1	75												
100	Guernsey	75							75	1	75						
100	Mikes Bikes	75										75	1	75			
100	OUTRIC	75							75	1	75						
100	Team AGH	75	75	1	75												
100	Congleton Cycling Club	75													75	1	75
100	Nova Raiders Cc	75													75	1	75
110	Tinworks Tri Club	73	73	3	73												
111	Apex Triathlon	72							12	1	12	60	1	60			
111	Full on Tri	72				70	1	70							2	1	2
113	TriForce	70	70	1	70												
113	Somerset Rc Tri	70													70	1	70
115	Tri energy	67										49	1	49	18	1	18
116	Chester Tri	66													66	4	66
117	Agilis	65	65	1	65												
117	Huddersfield	65							65	1	65						
117	One Life Triathlon	65							65	1	65						
117	Optimumtri	65							65	1	65						
117	TEAM CEMAIS	65										65	1	65			
117	Coach Toby	65													65	1	65
117	Nantwich Triathlon Club	65													65	1	65
117	Ras Endurance	65													65	1	65
125	Cr@p Tri	60										60	2	60			

125	Team NFT	60							49	1	49				11	1	11
125	Glossop Triathlon Club	60													60	1	60
128	Peter Lloyd Coaching @trilloidy	57										57	2	57			
129	Oxford Uni Triathlon Club	55							55	1	55						
129	Rhos On Sea Cc	55										55	1	55			
129	Valley Avengers	55				21	1	21				34	4	34			
129	Manchester Traithlon Club	55													55	3	55
129	Oswestry Olympians Tri Club	55													55	1	55
129	Rochdale Triathlon	55													55	1	55
129	Tombish Tri	55													55	1	55
136	Harlow Running & Tri Club	50							50	2	50						
136	RED ROSE RUNNERS	50													50	1	50
138	City Of Lancaster	49													49	1	49
138	Hyde Park Harriers	49													49	1	49
138	Kalas Do3	49													49	1	49
138	Martin Hopwood	49													49	1	49
142	Bridgend Swim Club	48				48	1	48									
142	Flow Factory Team	48							48	1	48						
142	Evolve Endurance	48										48	1	48			
145	@leastwetri	47										47	6	47			
145	Walden Tri	47							47	1	47						
145	Harlech Triathlon Club	47													47	1	47
148	White Rock Triathletes	46													46	2	46
149	Jinx	45				45	1	45									
149	Milford Tritons	45										45	1	45			
149	Bristol And District Triathlon	45													45	1	45

149	Halifax Harriers	45													45	1	45
149	Mendip Trc	45													45	1	45
149	Pendle Triathlon Club	45													45	1	45
155	Clwb Seiclo Llanyddyfri	44													44	1	44
156	INTRtri	43	43	1	43												
156	Royal Navy Triathlon	43						43	1	43							
156	Warrington Running Club	43													43	1	43
159	THAMES TURBO	42										42	1	42			
159	Lion squad	42													42	1	42
159	Portsmouth Triathletes	42													42	1	42
159	Tenpoint Blackfish	42													42	1	42
163	PIsIn Tri	41						41	1	41							
163	Cambridge Triathlon Club	41													41	1	41
165	Thames Valley Triathletes	40						40	1	40							
165	Ashbourne	40													40	1	40
165	Sheffield Triathlon Club	40													40	2	40
165	TeamTriGuru	40													40	1	40
169	London Fields Triathlon Club	39													39	1	39
169	Swim 1st Tri Club	39													39	1	39
171	Triharman	38													38	1	38
172	Fit 4 Tri	37			Fit 4 Tri	37	1	37									
172	Sytri (Shrewsbury Triathlon UK)	37													37	1	37
172	Tri Preston	37													37	2	37
172	Your Tri Mentor	37													37	1	37
176	Avon Valley Triathletes	36						36	1	36							
176	Team LTR	36										36	1	36			

176	Rhys Harries	36													36	1	36
176	Team Manvers	36													36	1	36
176	Ystwyth Cc	36													36	1	36
181	Pembrey & Burry Sport Cycle Club	35	35	1	35												
181	Telford Triathlon Club	35													35	1	35
183	1485 Tri Club	33													33	2	33
183	Leeds & Bradford Triathlon Club	33													33	1	33
185	Swp Tri	31													31	1	31
186	Meirionnyd Running Club	30													30	1	30
187	Welland Valley Triathlon Club	29						29	1	29							
187	Entire	29									29	2	29				
189	Maesteg	28				28	1	28									
189	Hampstead Triathlon Club	28													28	1	28
191	Porthcawl Tridents	27						27	1	27							
192	One Endurance	25													25	1	25
192	Tavistock Triathlon Club	25													25	1	25
194	Team Twinkle	24													24	1	24
195	Rushacre Tri	23									23	1	23				
195	The Triathlon Coaching Company	23													23	1	23
197	Prfctri	21									21	1	21				
197	Tri 32	21													21	1	21
199	Clwb 3,2,1	17	17	1	17												
200	Chorlton Runners	15													15	1	15
201	Swansea Harriers	14						14	1	14							
202	Uni of Birmigham Triathlon	13													13	1	13
203	Evesham Vale Triathletes	12									12	1	12				

