



**TRIATHLON  
CYMRU**

**SUPER SERIES 2023**

**Overall Open**

<b>Rank</b>	<b>Name</b>	<b>Club</b>	<b>Overall Points</b>	<b>Stage 1 - Llanelli</b>	<b>Points</b>	<b>Stage 2 - TATA</b>	<b>Points</b>	<b>Stage 3 - SWYD</b>	<b>Points</b>
1	Liam Lloyd	TRI POTENTIAL	<b>300</b>	01:04:12	100	01:51:04	100	00:58:33	100
2	Dafyd JAY	TORFAEN TRI	<b>170</b>			01:57:09	80	01:01:03	90
2	Oliver Simon	ATAC	<b>170</b>	01:08:02	85	01:56:56	85		
4	Dan Whaites	NEWT	<b>157</b>	01:13:32	65	02:09:24	42	01:07:35	50
5	Jack Southam	NORTH DOCK DREDGERS TRI	<b>140</b>	01:14:53	48	02:14:28	27	01:06:28	65
5	Guto Morgans		<b>140</b>	01:12:45	70	02:00:33	70		
7	Dave COATES	TEAM WATT	<b>137</b>	01:15:32	44	02:09:12	44	01:07:47	49
8	Patrick Jones	Army Triathlon Association	<b>133</b>	01:14:24	49	02:09:09	45	01:10:05	39
9	Archie Dilks		<b>130</b>	01:13:39	60			01:05:12	70
10	Luke RICHARDS	RHONDDA TRI	<b>114</b>			02:10:02	39	01:04:47	75
11	Stephen Rowlands	CARMARTHEN TRIATHLON CLUB	<b>110</b>	01:14:15	55	02:07:00	55		
12	Steven Allport	GOG TRIATHLON CLUB	<b>104</b>	01:17:55	36	02:13:33	28	01:09:51	40
13	Jonathon Seymour	GOG TRIATHLON CLUB	<b>99</b>	01:14:17	50	02:08:13	49		
14	johnathan price	WEST WALES FITNESS COACHING	<b>94</b>	01:14:56	45	02:18:16	3	01:08:07	46
15	Chris Powell	NORTH DOCK DREDGERS TRI	<b>90</b>	01:19:04	31	02:15:50	17	01:09:44	42
15	Finn Arentz		<b>90</b>	01:06:42	90				
15	Morgan DAVIES	WUSSS TRI	<b>90</b>			01:56:10	90		
18	William Horton	TENBY PENGUINS	<b>88</b>	01:18:40	34	02:15:53	16	01:10:08	38
19	Joe O'Shea	Port Talbot Harriers	<b>87</b>	01:17:01	40	QRY		01:08:02	47
20	Ifan BOWEN	CARMARTHEN TRIATHLON CLUB	<b>85</b>					01:01:51	85
21	Iestyn Evans	SWANSEA VALE TRI	<b>83</b>	01:15:38	43	02:09:49	40		
22	Finley BRUCE	Pembrokeshire Triathlon Club	<b>80</b>					01:04:44	80
22	Scott Ruse	SWANSEA VALE TRI	<b>80</b>	01:19:18	30	02:14:58	22	01:12:16	28
22	Sean Petty	DRAGON TRI	<b>80</b>	01:11:46	80				
25	Kyle BLACKMORE	TEAM BRAV	<b>75</b>			01:58:37	75		

25	Rhys Palmer	SWANSEA VALE TRI	<b>75</b>	01:12:30	75				
27	Evan PARRY JOHN	PEN-Y-BONT TRIATHLON CLUB	<b>72</b>			02:13:13	29	01:09:18	43
28	Jason HANSON	MONMOUTH TRI CLUB	<b>68</b>			02:12:49	32	01:10:08	36
28	Huw Neale	CARDIFF TRIATHLETES	<b>68</b>	01:17:54	37	02:13:02	31		
30	Oliver WEBB	CARDIFF TRIATHLETES	<b>65</b>			02:05:12	65		
31	James Moore	CARMARTHEN TRIATHLON CLUB	<b>61</b>	01:19:33	28	02:27:21		01:11:05	33
32	David MURRAY	Dragon Tri	<b>60</b>					01:07:29	60
32	Alastair MASSEY	SWANSEA VALE TRI	<b>60</b>			02:14:44	26	01:10:11	34
32	Ryan JAMES	TEAM BRAV	<b>60</b>			02:06:05	60		
35	Gwyndaf Lewis	CARMARTHEN TRIATHLON CLUB	<b>56</b>	01:19:02	32			01:12:58	24
36	Harri RAVENSCROFT	OUTRIC	<b>55</b>					01:07:30	55
37	Lewis BRADLEY	FERRY FLATLINERS	<b>54</b>			02:15:44	19	01:10:10	35
37	Martin Cole	PORT TALBOT HARRIERS	<b>54</b>	01:19:28	29	02:14:45	25		
39	Mike DAVIES	PORT TALBOT HARRIERS	<b>50</b>			02:07:16	50		
40	Craig BURROWS	Whittlefit	<b>48</b>					01:08:01	48
40	Lewis RICHARDS	MAESTEG TRI CLUB	<b>48</b>			02:08:17	48		
42	Garod THOMAS	PORT TALBOT HARRIERS	<b>47</b>			02:08:30	47		
42	Ryan Haigh		<b>47</b>	01:14:54	47				
44	Owain LEWIS-STRANGE	SWANSEA VALE TRI	<b>46</b>			02:08:59	46		
44	Rhys Jones-Rhondda Tri	RHONDDA TRI	<b>46</b>	#N/A	46				
46	Oliver GREENSILL		<b>45</b>					01:08:17	45
46	David Morgan	PORT TALBOT HARRIERS	<b>45</b>	01:19:56	27	02:15:44	18		
48	Nathan TROWBRIDGE	Tri Potential	<b>44</b>					01:08:47	44
49	Adam BROWN	MERTHYR TRIATHLON CLUB	<b>43</b>			02:09:19	43		
50	Dominic Davies		<b>42</b>	01:16:16	42				
51	Rhys HARRIES	Tri Potential	<b>41</b>					01:09:46	41
51	Keith Tannetta	CARDIFF TRIATHLETES	<b>41</b>	01:16:57	41				
51	Nick THOMAS	PORT TALBOT HARRIERS	<b>41</b>			02:09:47	41		
54	James Levannais		<b>39</b>	01:17:18	39				
55	David Lee		<b>38</b>	01:17:42	38				

55	Rhys OWEN- Jinx	JINX SPORT	<b>38</b>			02:10:43	38		
57	Gavin WEDLAKE	Cardiff Triathletes	<b>37</b>					01:10:08	37
57	Hugh PASCOE	PORT TALBOT HARRIERS	<b>37</b>			02:11:33	37		
59	James MANSON	CARDIFF TRIATHLETES	<b>36</b>			02:11:53	36		
59	Owen Staddon	NEWT	<b>36</b>	01:20:21	25	02:17:12	11		
61	Adam Morgan		<b>35</b>	01:17:59	35				
61	Daniel RICHARDS	PEN-Y-BONT TRIATHLON CLUB	<b>35</b>			02:12:11	35		
63	Sam Ekstrom-Gabb	Cardiff Triathletes	<b>34</b>	01:23:08	18			01:14:41	16
63	Andrew DEANS	CARDIFF TRIATHLETES	<b>34</b>			02:12:21	34		
63	Reuben Morgan	NORTH DOCK DREDGERS TRI	<b>34</b>	01:20:04	26	02:17:41	8		
66	Chris Lee	Taff Ely Triathlon	<b>33</b>	01:21:01	23	02:20:12		01:15:19	10
66	Rhys DOYLE	TRI POTENTIAL	<b>33</b>			02:12:30	33		
66	Tomos Foulkes	CARMARTHEN TRIATHLON CLUB	<b>33</b>	01:18:46	33				
69	Matthew DORMAN		<b>32</b>					01:11:16	32
70	Andrew JONES	GOG Triathlon Club	<b>31</b>					01:11:27	31
71	Chris BROWN	Heathwood Tri	<b>30</b>					01:11:32	30
71	Samuel BOWRING	PORT TALBOT HARRIERS	<b>30</b>			02:13:11	30		
73	Timothy BAGGULEY		<b>29</b>					01:12:01	29
74	Marc GEARY		<b>27</b>					01:12:22	27
75	Joshua KYTE		<b>26</b>					01:12:52	26
76	Lance COOKSEY	Porthcawl Triathlon Club	<b>25</b>					01:12:57	25
77	Huw BENDALL		<b>24</b>			02:14:49	24		
77	Matthew Goodman		<b>24</b>	01:20:57	24				
79	Nick HANNAH	Huddersfield	<b>23</b>					01:13:07	23
79	Carson PRYCE	TEAM BRAV	<b>23</b>			02:14:58	23		
79	mike tate	SWANSEA VALE TRI	<b>23</b>	01:24:11	9	02:16:31	14		
82	Simon LEWIS		<b>22</b>					01:13:36	22
82	Osian Griffith		<b>22</b>	01:23:54	13			01:15:31	9
82	Tim Parfitt		<b>22</b>	01:21:52	22				
85	Jamie JONES	Porthcawl Triathlon Club	<b>21</b>					01:13:44	21

85	Craig BAKER	PORT TALBOT HARRIERS	21			02:15:03	21		
85	Owain Thomas		21	01:21:58	21				
88	Victor THOMPSON	Crystal Palace Triathletes	20					01:13:47	20
88	Andy JONES	GOG TRIATHLON CLUB	20			02:15:37	20		
88	Jack Arnold	SWANSEA VALE TRI	20	01:22:22	20	02:27:44			
91	Peter HOPSON		19					01:14:01	19
91	Richard Leary		19	01:22:30	19				
93	Michael OSBORNE		18					01:14:26	18
94	Mark HENNESSEY	Heathwood Tri	17					01:14:34	17
94	Dan Robinson		17	01:23:09	17				
96	Dean Popperwell		16	01:23:20	16				
97	Stephen MARTIN	Porthcawl Triathlon Club	15					01:14:45	15
97	Andrew Wilson		15	01:23:24	15				
97	Neil MORGAN	PORT TALBOT HARRIERS	15			02:16:11	15		
100	Russell EVANS	Yas Cycles Triathlon	14					01:14:51	14
100	Alan Porter	TAFF ELY TRIATHLON CLUB	14	01:24:00	11	02:25:11		01:16:37	3
100	Mathew Giles	SWANSEA VALE TRI	14	01:23:28	14	02:20:39			
103	Nicholas BARTON	Cardiff Triathletes	13					01:15:06	13
103	Aaron WYN NICHOLAS	PORTHCAWL TRIATHLON CLUB	13			02:16:37	13		
105	Matt KING	Flow Factory Team	12					01:15:13	12
105	Cavan McGill		12	01:23:55	12				
105	Lloyd CLEARY-RICHARDS	PORTHCAWL TRIATHLON CLUB	12			02:16:49	12		
108	Edward DAVIES	Ferry Flatliners	11					01:15:16	11
109	Lee MCKERROW	SWANSEA VALE TRI	10			02:17:19	10		
109	Thomas Snelgrove		10	01:24:03	10				
111	Luke HOLLYMAN	MAESTEG TRI CLUB	9			02:17:20	9		
112	Sion RICHARDS	RHONDDA TRI	8			02:23:25		01:15:39	8
112	Paul Seppman	PORT TALBOT HARRIERS	8	01:24:18	8	02:20:38			
114	James O'EDONNELL	Porthcawl Triathlon Club	7					01:15:52	7
114	Simon Mills		7	01:24:30	7				

114	Zac MCCULLOCH	PORTHCAWL TRIATHLON CLUB	7			02:17:47	7		
117	James DILKS	Tenby Penguins	6					01:15:52	6
117	Carl WILLIAMS	RHONDDA TRI	6			02:17:55	6		
117	Martin Davies	CARMARTHEN TRIATHLON CLUB	6	01:24:32	6				
120	Robert FLOYD	Heathwood Tri	5					01:16:13	5
120	Daniel GRIMSHAW	SWANSEA VALE TRI	5			02:17:57	5		
120	David Thomas		5	01:24:38	5				
123	Zack HOLMES		4					01:16:28	4
123	GAVIN LEWIS		4	01:24:48	4				
123	Jordan DISCOMBE	SWANSEA VALE TRI	4			02:18:11	4		
126	Gavin James	PORT TALBOT HARRIERS	3	01:25:07	3	02:24:42			
127	Jake SIDDONS	Welland Valley Triathlon Club	2					01:16:57	2
127	Mike Evans	RHONDDA TRI	2	01:25:10	2	02:26:48			
127	Tim LEWIS	PORTHCAWL TRIATHLON CLUB	2			02:18:17	2		
130	Huw VIGGERS	Swyd Tri Club	1					01:17:08	1
130	Lee WARLOW	PORT TALBOT HARRIERS	1			02:18:21	1		

**Overall Female**

	<b>Full Name</b>	<b>Club</b>	<b>Overall Points</b>	<b>Stage 1 - Llanelli</b>	<b>Points</b>	<b>Stage 2 - TATA</b>	<b>Points</b>	<b>Stage 3 - SWYD</b>	<b>Points</b>
1	Bethan Jones	TRI POTENTIAL	265	01:19:46	100	02:20:28	80	01:13:22	85
2	Claire Walters	PORT TALBOT HARRIERS	230	01:21:36	75	02:19:26	85	01:15:15	70
3	Catherine Marks	PEMBROKESHIRE TRIATHLON CLUB	165	01:25:03	55	02:23:58	60	01:17:01	50
3	Rachel Davies	ATAC	165	01:20:14	90	02:20:35	75		
5	Paige Horsnell	Tri Potential	160	01:21:19	80			01:13:43	80
6	Lucy Marland	Rhondda Tri Club	119	01:22:37	70			01:17:15	49
7	Cathryn Williams	PORT TALBOT HARRIERS	115	01:23:49	60	02:24:23	55		
8	Sandra Jones	CELTIC TRI	111	01:35:31	38	02:42:53	34	01:23:52	39
9	Gwenllian Thomas	#N/A	110	01:22:59	65			01:18:28	45
10	Hana BLAKE		100					01:12:24	100
10	Hannah MUNDAY	INTELLI TRI	100			02:06:47	100		
12	Ffion Caines	DC TRIATHLON	96	01:27:45	48	02:27:20	48		
13	Stephanie Waring	Tenby Aces	94	01:26:33	50			01:18:59	44
14	Caryl Williams	BYNEA CC	93	01:28:48	46	02:31:31	47		
15	Lena POULTON		90					01:12:40	90
15	Madison SHADDICK	TEAM BRAV	90			02:17:04	90		
17	Gillian Hopkins	CARDIFF TRIATHLETES	89	01:31:19	43	02:32:46	46		
18	Emma Colwill	PORT TALBOT HARRIERS	88	01:30:56	44	02:33:22	44		
19	Eloise Crowley	#N/A	85	01:21:00	85				
20	Elizabeth WILLIAMS		84				41	01:21:17	43
20	Carolyn Williams	PORT TALBOT HARRIERS	84	01:38:40	35	02:47:50	23	01:30:27	26
22	Claire Thomas	TENBY ACES	80	01:37:43	37	02:52:13	12	01:28:16	31
23	Rachel SAYER-SMITH	Wakefield Triathlon Club	75					01:13:56	75
24	Ursula HANKINSON	FUL-ON TRI TRIATHLON CLUB	70			02:23:34	70		
25	Kate NIMMO		65					01:15:36	65
25	Lucy Evans	PORTHCAWL TRIATHLON CLUB	65	01:41:24	30	02:51:40	14	01:32:42	21

25	Robyn MCQUEEN	CARDIFF TRIATHLETES	65			02:23:43	65		
28	Carol Jones	NORTH DOCK DREDGERS TRI	62	01:37:57	36	02:47:31	26		
29	Emma JEFFERYS	Torbay Tri Club	60					01:16:08	60
30	Ffion JONES	TRI POTENTIAL	59			02:46:37	29	01:28:42	30
30	Jackie Gibbons	Pembrokeshire Triathlon Club	59	01:39:52	32			01:29:25	27
32	Amy DYER		55					01:16:45	55
33	Rebecca JOHN	PORTHCAWL TRIATHLON CLUB	50			02:24:39	50		
34	Ceri Ruzi		49			02:26:40	49		
34	Emily Christopher	#N/A	49	01:26:36	49				
36	Karina KAUFMANN	London Heathside	48					01:17:20	48
37	Alice EVANS	Oxford Uni Tri Club	47					01:17:51	47
37	Emma Davies-Hughes	#N/A	47	01:28:22	47				
39	Sera MOORE	Tri Potential	46					01:18:07	46
40	Elizabeth Williams	#N/A	45	01:30:27	45				
40	Lili JONES	MERTHYR TRIATHLON CLUB	45			02:32:53	45		
42	Gwennan HENSTOCK		43			02:33:53	43		
43	Alison SMITH	Hillingdon	42					01:22:17	42
43	Emily MOUNSEY	SWANSEA VALE TRI	42			02:36:53	42		
43	Lara Griffiths	#N/A	42	01:32:14	42				
46	Nichola SHUTTLE	Aim High Tri	41					01:22:38	41
46	Rhiannon Heredia-Rowe	#N/A	41	01:32:15	41				
48	Hannah BROWN	Team Nft	40					01:22:58	40
48	Bethan Marks	#N/A	40	01:33:47	40				
48	Rae GRAINGER	PEN-Y-BONT TRIATHLON CLUB	40			02:38:43	40		
51	Caroline NICHOLAS-THOMAS	SWANSEA VALE TRI	39			02:39:07	39		
51	Llinos Jones	#N/A	39	01:34:35	39				
53	Alexandra BELLERBY	Nyp Tri	38					01:24:19	38
53	Louise PIERPOINT	PORT TALBOT HARRIERS	38			02:39:44	38		
55	Fiona ABLESON BRADSHAW	Oxford Triathlon Club	37					01:24:58	37
55	Rebecca OWEN	PORT TALBOT HARRIERS	37			02:40:42	37		



57	Georgia ARMITAGE		36					01:25:25	36
57	Helen BARRETT	SOUTH WALES POLICE TRI CLUB	36			02:41:54	36		
59	Wendy HURST		35					01:26:29	35
59	Emma JENKINS	CARDIFF TRIATHLETES	35			02:42:30	35		
61	Lauren BLAKE		34					01:26:48	34
61	Amy Seppman	#N/A	34	01:39:16	34				
63	Sarah MYFORD		33					01:27:01	33
63	Laura BUTCHER	PEN-Y-BONT TRIATHLON CLUB	33			02:42:55	33		
63	Maddie Malpas	#N/A	33	01:39:22	33				
66	Sarah LUXTON	Torbay Tri Club	32					01:27:44	32
66	Rebecca REES	MERTHYR TRIATHLON CLUB	32			02:43:01	32		
68	Cathryn Jenkins	CELTIC TRI	31	01:40:31	31	03:01:00			
68	Rita KINGDON	NEWT	31			02:43:38	31		
70	Jayne ARNOLD	SWANSEA VALE TRI	30			02:44:15	30		
71	Stella LEVER	Greenlight PT	29					01:29:17	29
71	Debbie Hannah	CELTIC TRI	29	01:42:03	29	03:08:06			
73	Joanna HUTTON	One Life Triathlon	28					01:29:18	28
73	Helen COLLEY	TAFF ELY TRIATHLON CLUB	28			02:47:01	28		
73	Rosie Courts	PORT TALBOT HARRIERS	28	01:42:28	28	03:03:13			
76	Julie Jones	#N/A	27	01:43:14	27				
76	Sheridan COURT	SWANSEA VALE TRI	27			02:47:12	27		
78	Sara Davies	#N/A	26	01:44:06	26				
79	Suzie MIDDLETON	Harlow Running & Tri Club	25					01:30:51	25
79	Maddie FALLON	PORTHCAWL TRIATHLON CLUB	25			02:47:31	25		
79	Nicola Jones	NORTH DOCK DREDGERS TRI	25	01:44:15	25	03:00:50			
82	Zoe STRONG		24					01:32:26	24
82	Hayley Harris	#N/A	24	01:46:04	24				
82	Lucy CHIEFFO	SWANSEA VALE TRI	24			02:47:37	24		
85	Anna HOLDEN	Oxford Triathlon Club	23					01:32:27	23
85	Jo Otteson	#N/A	23	01:46:22	23				

87	Clare GRINDROD	Farnham Tri	22					01:32:40	22
87	Kate HUMPHREY	NEWT	22			02:48:06	22		
87	Louise Snelgrove	#N/A	22	01:47:20	22				
90	Nia DUNSEATH	WEST WALES FITNESS COACHING	21			02:48:24	21		
90	Nicola Thomas	NORTH DOCK DREDGERS TRI	21	01:47:57	21	03:07:34			
92	Sandra BARDEN	Hillingdon	20					01:34:47	20
92	Claire Protheroe	BYNEA CC	20	01:48:05	20	03:10:35			
92	Paula Stevens	GOG TRIATHLON CLUB	20	#N/A		02:48:39	20		
95	Natalie CORDY		19					01:38:27	19
95	Philippa MOUNSEY	SWANSEA VALE TRI	19			02:49:22	19		
95	Viv Jones	BYNEA CC	19	01:48:17	19	03:06:40			
98	Lisa WOOLER	Swyd Tri Club	18					01:38:44	18
98	Sally Herbert	#N/A	18	01:54:18	6			01:46:26	12
98	Nerys LLOYD	0	18			02:50:02	18		
98	Tracey Williams	CELTIC TRI	18	01:49:34	18	03:08:43			
102	Sarah LINNARD		17					01:39:00	17
102	Arianna Protheroe	#N/A	17	01:50:57	17				
102	Lesley MAINWARING	PORT TALBOT HARRIERS	17			02:50:25	17		
105	Louise ALAN-SMITH		16					01:39:11	16
105	Bethan Thomas	PORT TALBOT HARRIERS	16	01:51:09	16	03:17:46			
105	Geri EVANS	GOG TRIATHLON CLUB	16			02:51:14	16		
108	Sue CANNABY	Coventry Triathletes	15					01:43:45	15
108	Amie Davies	#N/A	15	01:51:11	15				
108	Kelly HUTIN	CELTIC TRI	15			02:51:37	15		
111	Shirley WILKINSON	Farnham Tri	14					01:44:42	14
111	Tori Jones	#N/A	14	01:51:18	14				
113	Julia MANNERING	Rutland Running & Triathlon Club	13					01:45:57	13
113	Katie MORGAN	PORT TALBOT HARRIERS	13			02:51:47	13		
113	Poppy Otteson	#N/A	13	01:52:37	13				
116	Rachael Parkinson	BYNEA CC	12	01:52:44	12	03:17:12			

117	Nest Gwenllian ROBERTS		11					01:51:25	11
117	Alyson Smith	NORTH DOCK DREDGERS TRI	11	01:52:47	11	03:20:31			
117	Donna WILD	PORT TALBOT HARRIERS	11			02:54:49	11		
120	Jayne CALVERT	None	10					01:54:24	10
120	Eden DAVIES	FERRY FLATLINERS	10			02:55:00	10		
120	Juliet Davies	#N/A	10	01:53:16	10				
123	Charlie SQUIRE		9					01:55:14	9
123	Christina Smith	CELTIC TRI	9	01:53:17	9	03:15:05			
123	Paula MAGUIRE	GOG TRIATHLON CLUB	9			02:55:31	9		
126	Julie BROWN	Triathlon Redditch	8					01:58:00	8
126	Gemma COX	0	8			02:55:48	8		
126	Gemma Starkey	#N/A	8	01:53:17	8				
129	Anna SNOW		7					01:59:45	7
129	Louise WILLIAMS	0	7			02:55:51	7		
129	Rachael Middleton-James	#N/A	7	01:53:23	7				
132	Caroline RUDGE		6					02:01:42	6
132	Jodie GOW	PORT TALBOT HARRIERS	6			02:56:36	6		
134	Sophie LLOYD		5					02:02:44	5
134	Marina WRIGHT	NEWT	5			02:57:30	5		
134	Sara O'Brien	#N/A	5	01:54:29	5				
137	Annie SIDGWICK	Crowborough Tri Club	4					02:04:32	4
137	Sharon Thomas	#N/A	4	01:56:16	4				
137	Stephanie CONWAY	GOG TRIATHLON CLUB	4			02:58:15	4		
140	Emma CORDY		3					02:20:34	3
140	Karen Dugate	BYNEA CC	3	01:56:25	3	03:23:30			
140	Maria NICHOLAS	PORT TALBOT HARRIERS	3			02:59:18	3		
143	Natalie Fulstow	WEST WALES FITNESS COACHING	2	#N/A		03:00:31	2		
143	Rhian Williams	#N/A	2	02:00:20	2				
145	Anna PARSONS	PORT TALBOT HARRIERS	1			03:00:33	1		
145	Kate Reeves	#N/A	1	02:01:55	1				

**Open Youth**

Position	Name	Age Category	Club	Overall Scores	Stage 1 - Llanelli		Stage 2 - TATA		Stage 3 - SWYD	
					Overall Time	Points	Overall Time	Points	Overall Time	Points
1	Charlie Malpas	Youth Open	Taff Ely	100	01:25:42	100				
1	Finley BRUCE	Youth Open	Pembrokeshire Triathlon Club						01:04:44	100

**Female Youth**

Position	Name	Age Category	Club	Overall Scores	Stage 1 - Llanelli	
					Overall Time	Points
1	Arianna Protheroe	Youth Female	Bynea	100	01:50:57	100
2	Poppy Otteson	Youth Female	Celtic Tri	90	01:52:37	90

**Open Junior**

Position	Surname	Age Category	Club	Overall Scores	Stage 1 - Llanelli		Stage 2 - TATA		Stage 3 - SWYD	
					Overall Time	Points	Overall Time	Points	Overall Time	Points
1	Johnathan Price	Open Junior	West Wales Fitness Coaching	270	01:14:56	85	02:18:16	100	01:08:07	85
2	Archie Dilks	Open Junior		180	01:13:39	90			01:05:12	90
3	Sean Petty	Open Junior	Dragon Tri	100	01:11:46	100				
3	Ifan BOWEN	Open Junior	CARMARTHEN TRIATHLON CLUB	100					01:01:51	100
5	Ben Raymond	Open Junior		80					01:26:17	80
5	Dominic Davies	Open Junior	Tri potential	80	01:16:16	80				
7	Neo Seppman	Open Junior	GJ Endurance	75	01:18:49	75				
8	Ifan Thomas	Open Junior	Peak Performance Wales	70	01:27:32	70				

<b>Female Junior</b>					<b>Stage 1 - Llanelli</b>		<b>Stage 2 - TATA</b>	
<b>Position</b>	<b>Surname</b>	<b>Age Category</b>	<b>Club</b>	<b>Overall Scores</b>	<b>Overall Time</b>	<b>Points</b>	<b>Overall Time</b>	<b>Points</b>
1	Rhiannon Heredia-Rowe	Female Junior	Bynea CC	100	01:32:15	100		
1	Eden Davies	Female Junior	Ferry Flatliners	100			02:55:00	100
3	Maddie Malpas	Female Junior	Taff Ely	90	01:39:22	90		
4	Cate Thomas-Richards	Female Junior		85	02:13:25	85		

**Open Senior**

<b>Senior Open</b>					<b>Stage 1 - Llanelli</b>		<b>Stage 2 - TATA</b>		<b>Stage 3 - SWYD</b>	
<b>Position</b>	<b>Name</b>	<b>Age Category</b>	<b>Club</b>	<b>Overall Points</b>	<b>Time</b>	<b>Points</b>	<b>Time</b>	<b>Points</b>	<b>Time</b>	<b>Points</b>
1	Liam Lloyd	Open Senior	Tri Potential	300	01:04:12	100	01:51:04	100	00:58:33	100
2	Dan Whaites	Open Senior	NEWT	194	01:13:32	75	02:09:24	49	01:07:35	70
3	Jack Southam	Open Senior	NORTH DOCK DREDGERS TRI	186	01:14:53	65	02:14:28	41	01:06:28	80
4	Dafyd JAY	Open Senior	TORFAEN TRI	175			01:57:09	85	01:01:03	90
5	Patrick Jones	Open Senior	Army Triathlon Association	173	01:14:24	70	02:09:09	55	01:10:05	48
6	Guto Morgans	Open Senior		155	01:12:45	80	02:00:33	75		
7	Luke RICHARDS	Open Senior	RHONDDA TRI	131			02:10:02	46	01:04:47	85
8	Alastair Massey	Open Senior	SWANSEA VALE TRI	130	01:18:01	46	02:14:44	40	01:10:11	44
9	William Horton	Open Senior	TENBY PENGUINS	126	01:18:40	45	02:15:53	34	01:10:08	47
10	Scott Ruse	Open Senior	SWANSEA VALE TRI	119	01:19:18	41	02:14:58	38	01:12:16	40
11	Joe O'Shea	Open Senior	PORT TALBOT HARRIERS	110	01:17:01	50	QRY		01:08:02	60
12	Iestyn Evans	Open Senior	SWANSEA VALE TRI	102	01:15:38	55	02:09:49	47		
13	Evan PARRY JOHN	Open Senior	PEN-Y-BONT TRIATHLON CLUB	91			02:13:13	42	01:09:18	49
14	Finn Arentz	Open Senior		90	01:06:42	90				
14	Morgan DAVIES	Open Senior	WUSSS TRI	90			01:56:10	90		

16	Jason HANSON	Open Senior	MONMOUTH TRI CLUB	89			02:12:49	43	01:10:08	46
17	Rhys Palmer	Open Senior	SWANSEA VALE TRI	85	01:12:30	85				
18	Lewis BRADLEY	Open Senior	Celtic Tri	80			02:15:44	35	01:10:10	45
18	Kyle BLACKMORE	Open Senior	TEAM BRAV	80			01:58:37	80		
20	Gwyndaf Lewis	Open Senior	Carmarthen Triathlon Club	79	01:19:02	42			01:12:58	37
21	Harri RAVENSCROFT	Open Senior	OUTRIC	75					01:07:30	75
22	Owen Staddon	Open Senior	NEWT	71	01:20:21	40	02:17:12	31		
23	Oliver WEBB	Open Senior	CARDIFF TRIATHLETES	70			02:05:12	70		
24	Sam Ekstrom-Gabb	Open Senior	Cardiff Triathletes	67	01:23:08	33			01:14:41	34
25	Lance COOKSEY	Open Senior	PORTHCAWL TRIATHLON CLUB	66			02:20:04	28	01:12:57	38
26	Craig BURROWS	Open Senior	Whittlefit	65					01:08:01	65
26	Ryan James	Open Senior	TEAM BRAV	65	02:06:05		02:06:05	65		
28	Owain LEWIS-STRANGE	Open Senior	SWANSEA VALE TRI	60			02:08:59	60		
28	Ryan Haigh	Open Senior		60	01:14:54	60				
30	Sion RICHARDS	Open Senior	RHONDDA TRI	58			02:23:25	25	01:15:39	33
31	Oliver GREENSILL	Open Senior		55					01:08:17	55
32	Jack Arnold	Open Senior	SWANSEA VALE TRI	52	01:22:22	34	02:27:44	18		
33	Nathan TROWBRIDGE	Open Senior	Tri Potential	50					01:08:47	50
33	Adam BROWN	Open Senior	MERTHYR TRIATHLON CLUB	50			02:09:19	50		
35	Daniel Cope	Open Senior		49	01:17:23	49				
36	David Lee	Open Senior		48	01:17:42	48				
36	Nick THOMAS	Open Senior	PORT TALBOT HARRIERS	48			02:09:47	48		
38	Adam Morgan	Open Senior		47	01:17:59	47				
39	Gavin James	Open Senior	PORT TALBOT HARRIERS	46	01:25:07	23	02:24:42	23		
40	Rhys OWEN	Open Senior	JINX SPORT	45			02:10:43	45		
41	Andrew DEANS	Open Senior	CARDIFF TRIATHLETES	44			02:12:21	44		
41	Tomos Foulkes	Open Senior	Carmarthen Triathlon Club	44	01:18:46	44				
43	Andrew JONES	Open Senior	GOG Triathlon Club	43					01:11:27	43
43	Joshua Lewis	Open Senior		43	01:18:54	43				
45	Chris BROWN	Open Senior	Heathwood Tri	42					01:11:32	42

46	Timothy BAGGULEY	Open Senior		41					01:12:01	41
46	Rhys Jones	Open Senior	CARDIFF TRIATHLETES	41	01:25:20	22	02:27:19	19		
48	Andrew Banfield	Open Senior	NORTH DOCK DREDGERS TRI	40	01:24:41	24	02:28:06	16		
49	Joshua KYTE	Open Senior		39					01:12:52	39
49	Carson PRYCE	Open Senior	TEAM BRAV	39			02:14:58	39		
49	Gareth Bowen	Open Senior		39	01:20:51	39				
52	Matthew Goodman	Open Senior		38	01:20:57	38				
53	Anthony Owens	Open Senior		37	01:21:18	37				
53	Craig Baker	Open Senior	PORT TALBOT HARRIERS	37			02:15:03	37		
55	Jamie JONES	Open Senior	Porthcawl Triathlon Club	36					01:13:44	36
55	Andy JONES	Open Senior	GOG TRIATHLON CLUB	36			02:15:37	36		
55	Lewis Bevan	Open Senior		36	01:21:33	36				
55	Neil Davies	Open Senior	RHONDDA TRI	36	01:23:34	29	02:34:38	7		
59	Michael OSBORNE	Open Senior		35					01:14:26	35
59	Owain Thomas	Open Senior		35	01:21:58	35				
61	David Jackson	Open Senior	NORTH DOCK DREDGERS TRI	34	01:27:35	19	02:28:18	15		
62	Aaron WYN NICHOLAS	Open Senior	PORTHCAWL TRIATHLON CLUB	33			02:16:37	33		
63	James O'EDONNELL	Open Senior	Porthcawl Triathlon Club	32					01:15:52	32
63	Dan Robinson	Open Senior		32	01:23:09	32				
63	Lloyd CLEARLY-RICHARDS	Open Senior	PORTHCAWL TRIATHLON CLUB	32			02:16:49	32		
63	Matthew Reynolds	Open Senior	PORT TALBOT HARRIERS	32	01:32:19	6	02:21:46	26		
67	Robert FLOYD	Open Senior	Heathwood Tri	31					01:16:13	31
67	Dean Popperwell	Open Senior		31	01:23:20	31				
69	Zack HOLMES	Open Senior		30					01:16:28	30
69	Andrew Wilson	Open Senior		30	01:23:24	30				
69	Zac MCCULLOCH	Open Senior	PORTHCAWL TRIATHLON CLUB	30			02:17:47	30		
72	Jake SIDDIS	Open Senior	Welland Valley Triathlon Club	29					01:16:57	29
72	Jordan DISCOMBE	Open Senior	SWANSEA VALE TRI	29			02:18:11	29		
74	Huw VIGGERS	Open Senior	Swyd Tri Club	28					01:17:08	28
74	kieran williams	Open Senior		28	01:23:39	28				

76	Connor MANTELL	Open Senior	Porthcawl Tridents	27					01:18:27	27
76	Cavan McGill	Open Senior		27	01:23:55	27				
76	Sam FIGGURES	Open Senior	PORT TALBOT HARRIERS	27			02:21:08	27		
79	Josh ARMITAGE	Open Senior	Swyd Tri Club	26					01:20:33	26
79	Josh Pearson	Open Senior	Swyd Tri Club	26	0	6			01:25:38	20
79	Dan Totterdale	Open Senior		26	01:24:20	26				
82	Huw MEREDITH	Open Senior		25					01:21:43	25
82	Joseph Bailey	Open Senior		25	01:24:34	25				
84	Jarrad MORRIS	Open Senior	Heathwood Tri	24					01:22:55	24
84	Scott PHILLIPS	Open Senior		24			02:24:17	24		
86	Ben GOSS	Open Senior		23					01:24:03	23
87	Will EVANS	Open Senior		22					01:24:31	22
87	Martin DAVIES	Open Senior	SWANSEA VALE TRI	22			02:26:17	22		
89	Michael OATRIDGE	Open Senior		21					01:24:47	21
89	Leighton JAMES	Open Senior	VALLEY AVENGERS TRI CLUB	21			02:26:32	21		
89	Richard Pelta	Open Senior	SWANSEA VALE TRI	21	01:27:28	21	02:44:39			
92	Ben Chapman	Open Senior		20	01:27:34	20				
92	Neil BUCKMAN	Open Senior	CELTIC TRI	20			02:26:37	20		
94	Ben BRYL	Open Senior		19					01:26:53	19
95	Huw BEYNON	Open Senior		18					01:27:22	18
95	Morgan Roberts	Open Senior	SWANSEA VALE TRI	18	01:30:07	12	02:36:23	6		
95	Morgan Slate	Open Senior		18	01:27:57	18				
98	Aaron HUGHES	Open Senior		17					01:27:33	17
98	Christian Madge	Open Senior		17	01:28:39	17				
98	Jonathon VAUGHAN	Open Senior	CELTIC TRI	17			02:27:52	17		
101	Blaine WILLIAMS	Open Senior	Rhondda Tri Club	16					01:28:38	16
101	Kyle Evans	Open Senior		16	01:29:21	16				
103	Alex GALLAGHER	Open Senior		15					01:29:00	15
103	Stuart Abraham	Open Senior		15	01:29:40	15				
105	Nathan PHILLIPS	Open Senior	Swansea Harriers	14					01:29:04	14



105	Hywel DAVIES	Open Senior	PORTHCAWL TRIATHLON CLUB	14			02:28:21	14		
105	zak James	Open Senior		14	01:29:47	14				
108	Louis RAPA	Open Senior		13					01:29:27	13
108	Dafydd Walters	Open Senior		13	01:29:57	13				
108	Vianl PATEL	Open Senior	CLWB SEICLO CWM GWENDRAETH	13			02:28:26	13		
111	Luke REES	Open Senior	Apex Triathlon	12					01:29:39	12
111	Alex WILKS	Open Senior	NORTH DOCK DREDGERS TRI	12			02:29:40	12		
111	Gareth Evans	Open Senior	TAFF ELY TRIATHLON CLUB	12	01:32:22	7	02:38:48	5		
114	Joseph BAGGOTT	Open Senior		11					01:29:40	11
114	Robert Jonathan Humphrey	Open Senior		11	01:30:27	11				
114	Stephen CAMPBELL	Open Senior	CARDIFF TRIATHLETES	11			02:30:46	11		
117	David CONLON	Open Senior		10					01:37:06	10
117	Jordan Lane	Open Senior	PORT TALBOT HARRIERS	10			02:32:31	10		
117	Ricky Pearson	Open Senior		10	01:30:39	10				
120	Matthew JOHN	Open Senior	Pen Y Bont	9					01:38:43	9
120	Christopher Francis	Open Senior		9	01:31:12	9				
120	Daniel GRAHAM	Open Senior	PORTHCAWL TRIATHLON CLUB	9			02:33:15	9		
123	Gavin JOHN	Open Senior		8					01:38:51	8
123	John Griffiths	Open Senior		8	01:31:23	8				
123	Nathan DAVIES	Open Senior	NEWT	8			02:34:12	8		
126	Tom HOLMES	Open Senior	Swyd Tri Club	7					01:40:29	7
126	Matthew Murphy	Open Senior		7	01:32:02	7				
128	Elliott DIX	Open Senior		6					01:41:41	6
129	Gethin EARLES	Open Senior		5					01:42:16	5
129	Alex Simpson	Open Senior		5	01:32:43	5				
131	James SLATTERY	Open Senior		4					01:44:01	4
131	Daniel EVANS	Open Senior	SWANSEA VALE TRI	4			02:39:28	4		
131	Rhys Evans	Open Senior		4	0.064467593	4				
131	Sam Saunders	Open Senior	NORTH DOCK DREDGERS TRI	4	01:32:54	3	02:41:29	1		

135	Chris HUGHES	Open Senior	South Wales Police	3					01:44:23	3
135	Michael JONES	Open Senior	SWANSEA VALE TRI	3			02:39:56	3		
137	Alex LUDDINGTON	Open Senior	Swyd Tri Club	2					01:58:12	2
137	Darren Caines	Open Senior		2	01:32:56	2				
137	Kyle MAINWARING	Open Senior	RHONDDA TRI	2			02:40:30	2		
140	Cameron HOPKINS	Open Senior		1					02:15:10	1
140	Martin Price	Open Senior		1	01:32:59	1				

### Female Senior

Female Senior					Stage 1 – Llanelli		Stage 2 – TATA		Stage 3 – SWYD	
Position	Name	Age Category	Club	Overall Points	Time	Points	Time	Points	Time	Points
1	Bethan Jones	Female Senior	Tri Potential	270	01:19:46	100	02:20:28	80	01:13:22	90
2	Claire Walters	Female Senior	Port Talbot	235	01:21:36	75	02:19:26	85	01:15:15	75
3	Paige Horsnell	Female Senior	Tri Potential	165	01:21:19	80			01:13:43	85
3	Rachel Davies	Female Senior	ATAC	165	01:20:14	90	02:20:35	75		
5	Lucy Marland	Female Senior	Rhondda	130	01:22:37	70			01:17:15	60
6	Lucy Evans	Female Senior	Porthcawl	128	01:41:24	43	02:51:40	43	01:32:42	42
7	Cathryn Williams	Female Senior	Port Talbot	125	01:23:49	65	02:24:23	60		
8	Ffion Caines	Female Senior	DC Triathlon	105	01:27:45	55	02:27:20	50		
9	Hana BLAKE	Female Senior		100					01:12:24	100
9	Hannah MUNDAY	Female Senior	INTELLI TRI	100			02:06:47	100		
11	Emma Colwill	Female Senior	Port Talbot	97	01:30:56	49	02:33:22	48		
12	Ffion JONES	Female Senior	TRI POTENTIAL	91			02:46:37	46	01:28:42	45
13	Lucy Chieffo	Female Senior	Swansea Vale	90	01:38:43	46	02:47:37	44		
13	Madison SHADDICK	Female Senior	TEAM BRAV	90			02:17:04	90		
15	Eloise Crowley	Female Senior	Cardiff Tri	85	01:21:00	85				

16	Rosie Courts	Female Senior	Port Talbot	81	01:42:28	41	03:03:13	40		
17	Rachel SAYER-SMITH	Female Senior	Wakefield Triathlon Club	80					01:13:56	80
17	Nicola Jones	Female Senior	Swansea Vale	80	01:44:15	39	03:00:50	41		
19	Emma JEFFERYS	Female Senior	Torbay Tri Club	70					01:16:08	70
19	Ursula HANKINSON	Female Senior	FUL-ON TRI TRIATHLON CLUB	70			02:23:34	70		
21	Amy DYER	Female Senior		65					01:16:45	65
21	Robyn MCQUEEN	Female Senior	CARDIFF TRIATHLETES	65			02:23:43	65		
23	Emily Christopher	Female Senior	Team Watt	60	01:26:36	60				
24	Alice EVANS	Female Senior	Oxford Uni Tri Club	55					01:17:51	55
24	Rebecca JOHN	Female Senior	PORTHCAWL TRIATHLON CLUB	55			02:24:39	55		
26	Sera MOORE	Female Senior	Tri Potential	50					01:18:07	50
26	Gwenno Llewelyn	Female Senior		50	01:28:31	50				
28	Hannah BROWN	Female Senior	Team Nft	49					01:22:58	49
28	Lili JONES	Female Senior	MERTHYR TRIATHLON CLUB	49			02:32:53	49		
30	Georgia ARMITAGE	Female Senior		48					01:25:25	48
30	Lara Griffiths	Female Senior	Carmarthen Tri	48	01:32:14	48				
32	Lauren BLAKE	Female Senior		47					01:26:48	47
32	Emily MOUNSEY	Female Senior	SWANSEA VALE TRI	47			02:36:53	47		
32	Laura Borrelli	Female Senior		47	01:38:09	47				
35	Sarah LUXTON	Female Senior	Torbay Tri Club	46					01:27:44	46
36	Amy Seppman	Female Senior	Port Talbot	45	01:39:16	45				
36	Sheridan COURT	Female Senior	SWANSEA VALE TRI	45			02:47:12	45		
38	Zoe STRONG	Female Senior		44					01:32:26	44
38	Elizabeth Robbins	Female Senior		44	01:39:53	44				
40	Anna HOLDEN	Female Senior	Oxford Triathlon Club	43					01:32:27	43
41	Emily Robinson	Female Senior		42	01:42:03	42				
41	Stephanie CONWAY	Female Senior	GOG TRIATHLON CLUB	42			02:58:15	42		
43	Natalie CORDY	Female Senior		41					01:38:27	41
44	Charlie SQUIRE	Female Senior		40					01:55:14	40
44	Carys Freeman	Female Senior		40	01:43:26	40				

46	Anna SNOW	Female Senior		39					01:59:45	39
47	Sophie LLOYD	Female Senior		38					02:02:44	38
47	Kelly Peat	Female Senior		38	01:46:50	38				
49	Emma CORDY	Female Senior		37					02:20:34	37
49	Sian Thomas	Female Senior		37	01:48:02	37				
51	Tori Jones	Female Senior	Swansea Vale	36	01:51:18	36				
52	Gemma Starkey	Female Senior		35	01:53:17	35				
53	Sara O'Brien	Female Senior		34	01:54:29	34				
54	Rebecca Walters	Female Senior		33	01:54:56	33				
55	Sarah Jones	Female Senior		32	02:01:58	32				
56	Abigail Jeffreys	Female Senior		31	02:02:14	31				
57	Lucy Jones	Female Senior		30	02:02:34	30				
58	Emily Ellis	Female Senior		29	02:05:21	29				
59	Laura Daniels	Female Senior		28	02:13:39	28				
60	Hayley Edwards-Potts	Female Senior	NEWTS	27	02:19:02	27				

### Open Veteran

Open Veteran					Stage 1 – Llanelli		Stage 2 – TATA		Stage 3 – SWYD	
Position	Name	Age Category	Club	Overall Points	Overall Time	Points	Time	Points	Time	Points
1	Dave COATES	Open Veteran	TEAM WATT	250	01:15:32	75	02:09:12	75	01:07:47	100
2	Oliver Simon	Open Veteran	ATAC	200	01:08:02	100	01:56:56	100		
3	Chris Powell	Open Veteran	North Dock	189	01:19:04	50	02:15:50	49	01:09:44	90
4	Stephen Rowlands	Open Veteran	Carmarthen Tri	180	01:14:15	90	02:07:00	90		
5	Jonathon Seymour	Open Veteran	GOG Triathlon	170	01:14:17	85	02:08:13	85		
6	James Moore	Open Veteran	Carmarthen Tri	159	01:19:33	49	02:27:21	35	01:11:05	75
7	Huw Neale	Open Veteran	Cardiff Tri	120	01:17:54	60	02:13:02	60		
8	David Morgan	Open Veteran	Port Talbot	98	01:19:56	48	02:15:44	50		

9	Reuben Morgan	Open Veteran	North Dock	94	01:20:04	47	02:17:41	47		
10	Osian Griffith	Open Veteran		90	01:23:54	43			01:15:31	47
11	Mathew Giles	Open Veteran	Swansea Vale	86	01:23:28	44	02:20:39	42		
12	Rhys HARRIES	Open Veteran	Tri Potential	85					01:09:46	85
13	Paul Seppman	Open Veteran	Port Talbot	84	01:24:18	41	02:20:38	43		
14	Gavin WEDLAKE	Open Veteran	Cardiff Triathletes	80					01:10:08	80
14	Garod THOMAS	Open Veteran	PORT TALBOT HARRIERS	80			02:08:30	80		
14	Rhys Jones	Open Veteran		80	01:14:54	80				
17	James Harvey	Open Veteran	Cardiff Triathletes	73	01:27:34	29			01:19:01	44
18	Matthew DORMAN	Open Veteran		70					01:11:16	70
18	Simon Phillips	Open Veteran	Pembrokeshire Tri	70	01:33:36	7	02:34:05	23	01:22:26	40
18	Hugh PASCOE	Open Veteran	PORT TALBOT HARRIERS	70			02:11:33	70		
18	James Levannais	Open Veteran	TriForce	70	01:17:18	70				
22	Nick HANNAH	Open Veteran	Huddersfield	65					01:13:07	65
22	James MANSON	Open Veteran	CARDIFF TRIATHLETES	65			02:11:53	65		
22	Josh George	Open Veteran	Clwb Seiclo Cwm Gwendraeth	65	01:26:44	32	02:31:18	33		
22	Shane Williams	Open Veteran		65	01:17:46	65				
26	Mark HENNESSEY	Open Veteran	Heathwood Tri	60					01:14:34	60
27	Stephen MARTIN	Open Veteran	Porthcawl Triathlon Club	55					01:14:45	55
27	Daniel Maclachlan	Open Veteran	Tri Potential	55	01:18:19	55				
27	Huw BENDALL	Open Veteran		55			02:14:49	55		
27	Mark Davies	Open Veteran	Rhondda	55	01:29:42	19	02:27:00	36		
31	Brian Keane	Open Veteran	Pembrokeshire Tri	54	01:29:09	22			01:28:30	32
31	OWEN EVANS	Open Veteran	Cardiff Tri	54	01:31:06	16	02:25:36	38		
33	Paul John	Open Veteran		52	01:31:25	15			01:25:45	37
34	Russell EVANS	Open Veteran	Yas Cycles Triathlon	50					01:14:51	50
35	Nicholas BARTON	Open Veteran	Cardiff Triathletes	49					01:15:06	49
36	Matt KING	Open Veteran	Flow Factory Team	48					01:15:13	48
36	Neil MORGAN	Open Veteran	PORT TALBOT HARRIERS	48			02:16:11	48		
38	James DILKS	Open Veteran	Tenby Penguins	46					01:15:52	46

38	Kirk matthews	Open Veteran		46	01:22:31	46				
38	Nathan BEVAN	Open Veteran	RHONDDA TRI	46			02:19:53	46		
38	Paul RIDGWAY	Open Veteran	NORTH DOCK DREDGERS TRI	46	01:28:41	24	02:35:30	22		
42	Mark RYDER	Open Veteran	Nyp Tri	45					01:19:00	45
42	Dewi Owen	Open Veteran		45	01:22:46	45				
42	Michael THOMAS	Open Veteran	SWANSEA VALE TRI	45			02:20:11	45		
45	Miklos Biro	Open Veteran	GOG Triathlon	44	01:28:05	27	02:39:08	17		
45	Paul BRUTON	Open Veteran	NEWT	44			02:20:19	44		
47	Gareth BOOKER	Open Veteran	Royal Navy Triathlon	43					01:19:39	43
47	Matthew Rayson	Open Veteran	CLWB SEICLO CWM GWENDRAETH	43	01:31:48	14	02:32:58	29		
49	Chris LLOYD	Open Veteran	Tenby Penguins	42					01:20:21	42
49	Thomas Snelgrove	Open Veteran	Swansea Tri Sharks	42	01:24:03	42				
51	Gareth STRANGE	Open Veteran	Pls!n Tri	41					01:22:01	41
51	Matthew REYNOLDS	Open Veteran	PORT TALBOT HARRIERS	41			02:21:46	41		
53	Simon BLAIN	Open Veteran	GOG TRIATHLON CLUB	40			02:24:58	40		
53	Simon Mills	Open Veteran	Tri Potential	40	01:24:30	40				
55	Craig WOODLAND	Open Veteran		39					01:23:07	39
55	Gareth AYRES	Open Veteran	PORT TALBOT HARRIERS	39			02:25:31	39		
55	Paul Bunyan	Open Veteran		39	01:24:30	39				
58	Ben KEEVASH	Open Veteran		38					01:23:50	38
58	Martin Davies	Open Veteran	Carmarthen Tri	38	01:24:32	38				
58	Nathan Phillips	Open Veteran	North Dock	38	01:26:46	31	03:28:51	7		
61	Carl SINGLETON	Open Veteran	PORT TALBOT HARRIERS	37			02:26:33	37		
61	Darren Bowden	Open Veteran	Rhondda	37	01:29:19	21	02:41:05	16		
61	David Thomas	Open Veteran	Rhondda	37	01:24:38	37				
64	Robin JACKSON	Open Veteran	Swyd Tri Club	36					01:26:09	36
64	GAVIN LEWIS	Open Veteran	ATAC	36	01:24:48	36				
66	Gareth MAHONEY	Open Veteran		35					01:26:39	35
66	Leon Burns	Open Veteran		35	01:25:09	35				
68	Gareth PARTRIDGE	Open Veteran		34					01:27:19	34

68	Graeme TUNSTALL	Open Veteran	GOG TRIATHLON CLUB	34			02:29:59	34		
68	Lee German	Open Veteran		34	01:26:17	34				
71	Gruffydd ROBERTS	Open Veteran		33					01:27:20	33
71	Kirk Riordan	Open Veteran		33	01:26:19	33				
73	Jonathan COSSON	Open Veteran	PORTHCAWL TRIATHLON CLUB	32			02:31:25	32		
74	Navid CHILDS	Open Veteran		31					01:31:44	31
74	Steven OWEN	Open Veteran	GOG TRIATHLON CLUB	31			02:31:28	31		
76	Ian WARDLE	Open Veteran		30					01:32:28	30
76	David Hills	Open Veteran		30	01:32:10	12	02:38:57	18		
76	Emyr Stephens	Open Veteran		30	01:27:00	30				
76	Martin DAVIES- Clwb Seiclo	Open Veteran	CLWB SEICLO CWM GWENDRAETH	30			02:31:43	30		
80	David BUSSON	Open Veteran		29					01:35:19	29
81	Lee DAVIES	Open Veteran	Heathwood Tri	28					01:39:29	28
81	Aled Daniels	Open Veteran		28	01:27:44	28				
81	Barry KEY	Open Veteran	PORTHCAWL TRIATHLON CLUB	28			02:33:00	28		
84	David TURNER	Open Veteran	Torfaen Triathlon Club	27					01:41:43	27
84	Gary ROSSITER	Open Veteran	PORT TALBOT HARRIERS	27			02:33:04	27		
86	Owen CLUTTERBUCK	Open Veteran		26					01:42:34	26
86	Gareth Rees	Open Veteran		26	01:28:11	26				
86	Lee Elwell	Open Veteran		26	01:33:42	6	02:38:14	20		
86	Robert MALOUGH	Open Veteran	CELTIC TRI	26			02:33:15	26		
90	Gruffydd DAVIES	Open Veteran	PORTHCAWL TRIDENTS	25			02:33:44	25		
90	Will Morgan	Open Veteran		25	01:28:26	25				
92	Daniel MORGAN	Open Veteran	DRAGON TRI	24			02:33:49	24		
93	David Clarke	Open Veteran		23	01:28:54	23				
94	Paul ROBBINS	Open Veteran	NORTH DOCK DREDGERS TRI	21			02:36:58	21		
95	Michael Harris	Open Veteran		20	01:29:41	20				
96	Richard WILLIAM PARRY	Open Veteran	MERTHYR TRIATHLON CLUB	19			02:38:53	19		
97	Gavin Wilkins	Open Veteran	Carmarthen Tri	18	01:30:12	18				
98	Martyn Lewis	Open Veteran	Pembrokeshire Tri	17	01:30:26	17				

99	Geriant FLYE	Open Veteran	MERTHYR TRIATHLON CLUB	15			02:49:08	15		
100	Miles THOMAS	Open Veteran	MERTHYR TRIATHLON CLUB	14			02:50:28	14		
101	Darren Hopkins	Open Veteran		13	01:39:46		02:51:08	13		
101	Gerwyn Malpas	Open Veteran	Taff Ely	13	01:31:51	13				
103	Steven SHORT	Open Veteran	NORTH DOCK DREDGERS TRI	12			02:51:30	12		
104	Dave Warrington	Open Veteran		11	01:32:49	11				
104	24ichael chapman	Open Veteran		11	01:38:37		02:52:38	11		
106	David Real	Open Veteran		10	01:33:00	10				
106	Nathan Williams	Open Veteran		10	01:39:21		02:53:25	10		
108	Garry Shephard	Open Veteran		9	01:33:06	9				
108	Richard LEE HEXT	Open Veteran	MERTHYR TRIATHLON CLUB	9			02:55:50	9		
110	Christopher Roberts	Open Veteran	Celtic Tri	8	01:33:10	8				
110	James WILLIAMS	Open Veteran	BYNEA CC	8			02:56:57	8		
112	Gavin Watts	Open Veteran	Dragon Tri	7	01:33:17	7				
113	Paul Morris	Open Veteran		6	01:33:22	6				
114	Rhydian Jones	Open Veteran		5	01:33:46	5				
115	Daniel Otteson	Open Veteran		4	01:34:11	4				
116	David Sharpe	Open Veteran		3	01:34:49	3				
117	Steve Lawrence	Open Veteran	North Dock	2	01:37:11	2				
118	Andrew Morgan	Open Veteran		1	01:37:19	1				



**Female Veteran**

Female Veteran					Stage 1 - Llanelli		Stage 2 - TATA		Stage 3 - SWYD	
Position	Name	Age Category	Club	Overall Points	Time	Points	Time	Points	Time	Points
1	Catherine Marks	Female Veteran	Pembrokeshire Triathlon Club	280	01:25:03	90	02:23:58	100	01:17:01	90
2	Sandra Jones	Female Veteran	CELTIC TRI	190	01:35:31	60	02:42:53	60	01:23:52	70
3	Gwenllian Thomas	Female Veteran	Carmarthen Tri	180	01:22:59	100			01:18:28	80
4	caryl williams	Female Veteran	Bynea	170	01:28:48	80	02:31:31	90		
5	Gillian Hopkins	Female Veteran	Celtic Tri	160	01:31:19	75	02:32:46	85		
6	Claire Thomas	Female Veteran	Tenby Aces	155	01:37:43	55	02:52:13	45	01:28:16	55
7	Kate NIMMO	Female Veteran		100					01:15:36	100
8	Carol Jones	Female Veteran	North Dock	99	01:37:57	50	02:47:31	49		
9	Donna Wild	Female Veteran	PORT TALBOT HARRIERS	93	01:41:14	49	02:54:49	44		
10	Karina KAUFMANN	Female Veteran	London Heathside	85					01:17:20	85
10	Emma Davies-Hughes	Female Veteran	North Dock	85	01:28:22	85				
10	Marina Wright	Female Veteran		85	01:45:09	42	02:57:30	43		
13	Debbie Hannah	Female Veteran	Celtic Tri	82	01:42:03	47	03:08:06	35		
14	Lisa Tustin	Female Veteran	Celtic Tri	81	01:44:50	43	03:01:41	38		
15	Gwennan HENSTOCK	Female Veteran		80			02:33:53	80		
16	Nichola SHUTTLE	Female Veteran	Aim High Tri	75					01:22:38	75
16	Caroline NICHOLAS-THOMAS	Female Veteran	SWANSEA VALE TRI	75			02:39:07	75		
18	Viv Jones	Female Veteran	BYNEA CC	74	01:48:17	38	03:06:40	36		
19	Claire Protheroe	Female Veteran	Bynea	72	01:48:05	39	03:10:35	33		
20	Bethan Marks	Female Veteran	Celtic Tri	70	01:33:47	70				
20	Louise PIERPOINT	Female Veteran	PORT TALBOT HARRIERS	70			02:39:44	70		
22	Alexandra BELLERBY	Female Veteran	Nyp Tri	65					01:24:19	65
22	Llinos Jones	Female Veteran	ATAC	65	01:34:35	65				
22	Rebecca OWEN	Female Veteran	PORT TALBOT HARRIERS	65			02:40:42	65		
25	Bethan Thomas	Female Veteran	Port Talbot	64	01:51:09	36	03:17:46	28		

26	Rachael Parkinson	Female Veteran	Bynea	62	01:52:44	33	03:17:12	29		
27	Wendy HURST	Female Veteran		60					01:26:29	60
28	Laura BUTCHER	Female Veteran	PEN-Y-BONT TRIATHLON CLUB	55			02:42:55	55		
29	Suzie MIDDLETON	Female Veteran	Harlow Running & Tri Club	50					01:30:51	50
29	Helen COLLEY	Female Veteran	TAFF ELY TRIATHLON CLUB	50			02:47:01	50		
31	Nest Gwenllian ROBERTS	Female Veteran		49					01:51:25	49
32	Caroline RUDGE	Female Veteran		48					02:01:42	48
32	Kate HUMPHREY	Female Veteran	NEWT	48			02:48:06	48		
32	Natalie Ashford	Female Veteran		48	01:41:59	48				
35	Philippa MOUNSEY	Female Veteran	SWANSEA VALE TRI	47			02:49:22	47		
36	Ania CioleK	Female Veteran		46	01:42:39	46				
36	Geri EVANS	Female Veteran	GOG TRIATHLON CLUB	46			02:51:14	46		
38	Ange Davies	Female Veteran		45	01:43:02	45				
39	Louise Rees James	Female Veteran		44	01:43:51	44				
40	Natalie Fulstow	Female Veteran	WEST WALES FITNESS COACHING	42	#N/A		03:00:31	42		
41	Hayley Harris	Female Veteran	Celtic Tri	41	01:46:04	41				
41	Kelly GRIFFITHS	Female Veteran	CELTIC TRI	41			03:00:55	41		
43	Cathryn JENKINS	Female Veteran	CELTIC TRI	40			03:01:00	40		
43	Louise Snelgrove	Female Veteran		40	01:47:20	40				
45	Kat CLARK	Female Veteran	PORTHCAWL TRIATHLON CLUB	39			03:01:31	39		
46	Emma Dalling	Female Veteran		37	01:50:44	37				
46	Rebecca CLATWORTHY	Female Veteran	FIT4TRI	37			03:02:23	37		
48	Amie Davies	Female Veteran		35	01:51:11	35				
49	Hayley COLLEY	Female Veteran	PORTHCAWL TRIATHLON CLUB	34			03:08:08	34		
49	Liz Davies	Female Veteran		34	01:51:44	34				
51	Angharad LEWIS	Female Veteran	GOG TRIATHLON CLUB	32			03:11:41	32		
51	Melissa Thomas	Female Veteran		32	01:53:13	32				
53	Rachael Middleton-James	Female Veteran		31	01:53:23	31				
53	Vicki COLE	Female Veteran	PONTYPOOL TRI	31			03:13:47	31		
55	Ceri PUCKETT	Female Veteran	CARDIFF TRIATHLETES	30			03:13:54	30		

55	Linda Morgans	Female Veteran		30	01:54:10	30				
57	Sian Davies	Female Veteran		29	01:57:38	29				
58	Delyth Rucarean	Female Veteran		28	01:59:45	28				
59	Nadine PHILLIPS	Female Veteran	GOG TRIATHLON CLUB	27			03:19:08	27		
59	Rhian Williams	Female Veteran	Carmarthen Tri	27	02:00:20	27				
61	Jo-Anne Williams	Female Veteran		26	02:02:06	26				
61	Nicola SINCLAIR	Female Veteran	NEWT	26			03:32:15	26		
63	Kerry HOPPER	Female Veteran	PONTYPOOL TRI	25			03:46:31	25		
63	Phillipa Morgan	Female Veteran		25	02:15:12	25				
65	Beverley Spear	Female Veteran		24	02:28:27	24				

### Open Vintage Veterans

Open Vintage Veterans					Stage 1 - Llanelli		Stage 2 - TATA		Stage 3 - SWYD	
Position	Name	Age Category	Club	Overall Points	Time	Points	Time	Points	Time	Points
1	Steven Allport	Open VV	GOG	290	01:17:55	100	02:13:33	100	01:09:51	90
2	Chris Lee	Open VV	Taff Ely	220	01:21:01	85	02:20:12	75	01:15:19	60
3	Alan Porter	Open VV	Taff Ely	190	01:24:00	70	02:25:11	65	01:16:37	55
4	Martin Cole	Open VV	Port Talbot	180	01:19:28	90	02:14:45	90		
5	mike tate	Open VV	Swansea Vale	150	01:24:11	65	02:16:31	85		
6	STEPHEN RICHARDS	Open VV	RHONDDA TRI	143	01:27:05	48	02:29:37	46	01:17:53	49
7	John Hiddlestone	Open VV	North Dock	127	01:31:26	37	02:31:17	45	01:22:45	45
8	Carwyn Jones	Open VV	Pembrokeshire Triathlon Club	117	01:31:39	36	02:34:47	38	01:24:15	43
9	Mike Evans	Open VV	RHONDDA TRI	110	01:25:10	60	02:26:48	50		

10	David MURRAY	Open VV	Dragon Tri	100					01:07:29	100
11	Andrew Davies	Open VV		98	01:30:56	38	02:26:20	60		
12	Andrew Jones	Open VV	Precision Race Team	93	01:27:14	47			01:21:01	46
13	Gareth Norton	Open VV	CARDIFF TRIATHLETES	90	01:26:29	50	02:34:20	40		
14	Marc GEARY	Open VV		85					01:12:22	85
15	Justin Bailey	Open VV	Team Watt	84	01:29:53	40			01:23:03	44
16	Neil Davies	Open VV	RHONDDA TRI	81	01:29:17	42	02:34:38	39		
17	Simon LEWIS	Open VV		80					01:13:36	80
17	Dave WILLIAMS	Open VV	CELTIC TRI	80			02:20:01	80		
17	Tim Parfitt	Open VV		80	01:21:52	80				
20	Victor THOMPSON	Open VV	Crystal Palace Triathletes	75					01:13:47	75
20	Richard Leary	Open VV	Celtic Tri	75	01:22:30	75				
22	Peter HOPSON	Open VV		70					01:14:01	70
22	Gareth BECK	Open VV	NEWTS	70			02:20:28	70		
24	Edward DAVIES	Open VV	Ferry Flatliners	65					01:15:16	65
24	Steve Hayward	Open VV	Celtic Tri	65	01:32:31	34	02:40:10	31		
26	Jeff Partridge	Open VV	Bynea CC	62	01:32:10	35	02:42:47	27		
27	Gwyn Everett	Open VV	Taff Ely	59	01:37:38	27			01:35:21	32
27	Tony Spiller	Open VV	Port Talbot	59	01:35:25	33	02:42:47	26		
29	Lee Adams	Open VV	Port Talbot	56	01:36:20	31	02:43:29	25		
30	Karl Protheroe	Open VV		55	01:25:57	55				
30	Lee WALTERS	Open VV	MERTHYR TRIATHLON CLUB	55			02:26:37	55		
32	Chris PANES	Open VV	MERTHYR TRIATHLON CLUB	53			02:53:57	19	01:33:26	34
33	Richard DAVIES	Open VV		50					01:17:20	50
34	James Donovan-Davies	Open VV		49	01:27:03	49				
34	Mark DAVIES	Open VV	Rhondda Tri	49			02:27:00	49		
36	Simon HALL	Open VV	GOG Triathlon Club	48					01:19:06	48
36	Chris ADAMS	Open VV	Bridgend Swim Club	48			02:28:32	48		
36	Michael Davies	Open VV	CELTIC TRI	48	01:30:28	39	03:16:13	9		
39	Emyr ROBERTS	Open VV	Cardiff Triathletes	47					01:20:48	47

39	Mark STEEDMAN	Open VV	CARDIFF TRIATHLETES	47			02:29:09	47		
41	Tony Dally	Open VV		46	01:27:19	46				
42	Angus Dunseath	Open VV		45	01:28:16	45				
42	Russell wayne Williams	Open VV	Port Talbot	45	01:39:36	25	02:51:17	20		
44	Marc TIPLADY	Open VV	North Dock	44			02:32:01	44		
44	Stephen Davies	Open VV		44	01:29:09	44				
46	Mark Evans	Open VV		43	01:29:15	43				
46	Paul CHAPPELL	Open VV	Porthcawl	43			02:32:17	43		
48	Mark HARRIS	Open VV		42					01:25:35	42
48	david coe	Open VV	NORTH DOCK DREDGERS TRI	42	01:37:31	28	03:05:01	14		
48	Robert SLAUGHTER	Open VV		42			02:32:30	42		
51	Craig DAVEY	Open VV	Wakefield Triathlon Club	41					01:26:41	41
51	John Cregg	Open VV	NEWTS	41	01:29:47	41				
51	Lee HARVEY	Open VV	Torfaen	41			02:32:38	41		
54	Mark POCOCK	Open VV	Thames Valley Traithletes (Tvt)	40					01:26:43	40
55	Simon MARKS	Open VV		39					01:28:18	39
55	Richard Morris	Open VV	Team Watt	39	01:46:25	10			01:38:02	29
57	Mark PAYNE	Open VV		38					01:28:34	38
58	Alex BEARD	Open VV		37					01:30:00	37
58	Gary PHILLIPS	Open VV	Pen-y-bont Triathlon	37			02:35:07	37		
60	Scott GREEN	Open VV	Avon Valley Triathletes	36					01:31:46	36
60	Bleddyn EDWARDS	Open VV	RHONDDA TRI	36			02:35:08	36		
62	Ian THORNE	Open VV		35					01:32:43	35
62	Neil VICARS HARRIS	Open VV	Gog Triathlon	35			02:36:29	35		
64	Andrew Hillis	Open VV	Monmouth	34	01:42:15	18	02:55:37	16		
64	Paul ARNOLD	Open VV	CELTIC TRI	34			02:36:50	34		
66	Timothy CUMMINGS	Open VV		33					01:34:13	33
66	Shaine REGAN	Open VV	Pontypool Tri	33			02:38:05	33		
68	Allan Davies	Open VV	ATAC	32	01:35:53	32				
68	Bleddyn EVANS	Open VV	Gog Triathlon	32			02:39:00	32		

70	Mark O'EHANLON	Open VV	Heathwood Tri	31					01:35:45	31
71	Martin KITCHENER	Open VV		30					01:36:36	30
71	Mark FINN	Open VV	Port Talbot	30			02:41:33	30		
71	Roy James	Open VV		30	01:36:41	30				
74	Anthony James	Open VV		29	01:36:50	29				
74	Jeremy ROWE	Open VV	CARDIFF TRIATHLETES	29			02:41:44	29		
76	Mathew PRITCHARD	Open VV	Swyd Tri Club	28					01:38:22	28
76	Iwan Jones	Open VV	Clwb Seiclo Cwm Gwendraeth	28	01:43:52	16	03:09:56	12		
76	Jay SHARMA	Open VV	Maesteg Triathlon Club	28			02:42:31	28		
79	JON WILLIAMS	Open VV		26	01:38:01	26				
80	Dyfed Bolton	Open VV		24	01:40:13	24				
80	Mark Owen	Open VV	Newt	24			02:43:32	24		
82	Peter WALDREN	Open VV	CARDIFF TRIATHLETES	23			02:44:18	23		
82	Ross Shepherd	Open VV		23	01:40:33	23				
84	Anthony Bennett	Open VV		22	01:40:42	22				
84	Paul BAGSHAW	Open VV	MERTHYR TRIATHLON CLUB	22			02:45:02	22		
86	Mark ROOKE	Open VV	RHONDDA TRI	21			02:47:14	21		
86	Steven Rees	Open VV	Carmarthen Tri	21	01:40:50	21				
88	Jason Davies Davies	Open VV		20	01:40:54	20				
89	Nic Beggs	Open VV		19	01:41:24	19				
90	Hamandi HAMANDI	Open VV	CARDIFF TRIATHLETES	18			02:54:14	18		
91	Alex Harries	Open VV		17	01:42:29	17				
91	Craig FRANCIS	Open VV	Pen-y-bont Triathlon	17			02:54:39	17		
93	Darren DARREN GRANDE	Open VV	MERTHYR TRIATHLON CLUB	15			03:04:10	15		
93	Wayne Elias	Open VV	Swansea Vale	15	01:44:10	15				
95	Craig Williams	Open VV	Port Talbot	14	01:44:17	14				
96	Iestyn FOSTER	Open VV	Pontypool Tri	13			03:07:29	13		
96	Paul Stone	Open VV		13	01:44:26	13				
98	brian kilsby	Open VV		12	01:45:43	12				
99	Gary Davies	Open VV	North Dock	11	01:46:11	11				

99	Martin DAVIES	Open VV		11			03:10:35	11		
101	Christie COLEMAN	Open VV	Pen-y-bont Triathlon	10			03:15:14	10		
102	Chris Edwards	Open VV		9	01:47:13	9				
103	Nicholas DUTTON	Open VV	Porthcawl	8			03:22:07	8		
103	Stephen Griffiths	Open VV		8	01:48:39	8				
105	Christopher Jones	Open VV	Swansea Tri Sharks	7	01:48:47	7				
106	Paul Armstrong	Open VV		6	01:58:34	6				
107	Andrew Thomas	Open VV		5	01:51:02	5				
108	Colin Lewis	Open VV		4	02:05:56	4				

### Female Vintage Veterans

Female Vintage Veteran					Stage 1- Llanelli		Stage 2- TATA		Stage 3- SWYD	
Position	Name	Age Category	Club	Overall Points	Time	Points	Time	Points	Time	Points
1	Elizabeth Williams	Female VV	Pembrokeshire Triathlon Club	275	01:30:27	90	02:38:00	100	01:21:17	85
2	Stephanie Waring	Female VV	Tenby Aces	190	01:26:33	100			01:18:59	90
3	Cathryn Jenkins	Female VV	Celtic Tri	140	01:40:31	75	03:01:00	65		
4	Nicola Thomas	Female VV	North Dock	110	01:47:57	55	03:07:34	55		
5	Lena POULTON	Female VV		100					01:12:40	100
6	Alyson Smith	Female VV	North Dock	99	01:52:47	50	03:20:31	49		
7	Sally Herbert	Female VV		96	01:54:18	47			01:46:26	49
8	Karen Dugate	Female VV	Bynea	93	01:56:25	45	03:23:30	48		
9	Emma JENKINS	Female VV	CARDIFF TRIATHLETES	90			02:42:30	90		
10	Branwen Angharad ROWE	Female VV	CELTIC TRI	86	02:10:40	41	03:50:34	45		
10	Suzanne Williams	Female VV	NEWT	86	02:13:08	40	03:49:39	46		

12	Jayne ARNOLD	Female VV	SWANSEA VALE TRI	85			02:44:15	85		
12	Yvonne Williams	Female VV		85	01:39:08	85				
14	Alison SMITH	Female VV	Hillingdon	80					01:22:17	80
14	Louise Miskell	Female VV		80	01:39:30	80				
14	Nia DUNSEATH	Female VV	WEST WALES FITNESS COACHING	80			02:48:24	80		
17	Fiona ABLESON BRADSHAW	Female VV	Oxford Triathlon Club	75					01:24:58	75
17	Paula Stevens	Female VV	GOG TRIATHLON CLUB	75			02:48:39	75		
19	Sarah MYFORD	Female VV		70					01:27:01	70
19	Julie Jones	Female VV	North Dock	70	01:43:14	70				
19	Lesley MAINWARING	Female VV	PORT TALBOT HARRIERS	70			02:50:25	70		
22	Joanna HUTTON	Female VV	One Life Triathlon	65					01:29:18	65
22	Sara Davies	Female VV	Celtic Tri	65	01:44:06	65				
24	Lisa WOOLER	Female VV	Swyd Tri Club	60					01:38:44	60
24	Claire LEWIS	Female VV	NEWT	60			03:02:53	60		
24	Jo Otteson	Female VV	North Dock	60	01:46:22	60				
27	Sarah LINNARD	Female VV		55					01:39:00	55
28	Shirley WILKINSON	Female VV	Farnham Tri	50					01:44:42	50
28	Christine WILLIAMS	Female VV	PORT TALBOT HARRIERS	50			03:19:05	50		
30	Juliet Davies	Female VV	North Dock	49	01:53:16	49				
31	Clare Biddlecombe	Female VV		48	01:54:03	48				
32	Joy WILLIAMS	Female VV	CELTIC TRI	47			03:26:58	47		
33	Sharon Thomas	Female VV	Carmarthen Tri	46	01:56:16	46				
34	Sarah Partridge	Female VV		44	01:57:27	44				
35	Anna Wake	Female VV		43	01:58:54	43				
36	Liz Macdermott	Female VV		42	02:05:17	42				
37	Joanne Coyne	Female VV		39	02:17:15	39				
38	Mandy Town	Female VV	Port Talbot	38	02:50:43	38				
38	Mandy Town	Female VV	Port Talbot	38	02:50:43	38	Started			



**Open Super Veterans**

Open Super Veteran					Stage 1 - Llanelli		Stage 2 - TATA		Stage 3 - SWYD	
Position	Name	Age Category	Club	Overall Points	Time	Points	Time	Points	Time	Points
1	Neil Williams	Open Super Veteran	Taff Ely	250	01:28:07	90	02:32:55	85	01:20:14	75
2	Andy BOSTOCK	Open Super Veteran	DRAGON TRI	180			02:24:43	100	01:19:23	80
3	Kevin Wheeler	Open Super Veteran	Pembrokeshire	165	01:29:12	80			01:19:19	85
4	Michael Battersby	Open Super Veteran	Cardiff Tri	155	01:28:36	85	02:41:34	70		
5	Mike HAYDEN	Open Super Veteran	PORT TALBOT HARRIERS	135			02:39:01	75	01:25:52	60
6	Chris Morris	Open Super Veteran	North Dock	125	01:57:09	45	02:38:21	80		
6	Dean Edwards	Open Super Veteran		125	01:42:53	65	02:56:30	60		
8	Martyn White	Open Super Veteran	North Dock	110	01:43:34	60	03:13:38	50		
9	Derek THOMSON	Open Super Veteran	Flying Monk	100					01:17:52	100
9	Keith Tannetta	Open Super Veteran	Cardiff Tri	100	01:16:57	100				
11	Robert Chappell	Open Super Veteran	Taff Ely	97	01:45:50	55			01:37:23	42
12	Robert SPAIN	Open Super Veteran	NORTH DOCK DREDGERS TRI	95			03:14:37	49	01:33:18	46
13	Philip Murrow	Open Super Veteran	Cardiff Tri	93	01:46:11	50			01:37:02	43
14	Anthony holling	Open Super Veteran	Port Talbot	91	02:05:42	44	03:42:22	47		
15	Kevin LAWLEY	Open Super Veteran		90					01:19:01	90
15	Des ASTLEY	Open Super Veteran	MERTHYR TRIATHLON CLUB	90			02:28:30	90		
17	Huw Lloyd	Open Super Veteran	Bynea	75	01:40:42	75				
18	Justin CLARK	Open Super Veteran		70					01:20:22	70
18	Paul Carman	Open Super Veteran	North Dock	70	01:41:06	70				
20	David POLAND	Open Super Veteran	Optimumtri	65					01:20:33	65
20	William SNOWDON	Open Super Veteran	CARDIFF TRIATHLETES	65			02:54:30	65		
22	Martyn LEVER	Open Super Veteran	Greenlight PT	55					01:26:32	55
22	Martin DAVIES	Open Super Veteran	NEWT	55			02:59:58	55		
24	Gary NEWELL	Open Super Veteran		50					01:26:38	50
25	John CLEMENTS	Open Super Veteran	Oxford Triathlon Club	49					01:26:56	49

25	david john walters	Open Super Veteran	Carmarthen Tri	49	01:47:50	49				
27	Steve PRYKE	Open Super Veteran	Pembrokeshire Triathlon Club	48					01:28:26	48
27	Michael KEARNEY	Open Super Veteran	PORT TALBOT HARRIERS	48			03:29:18	48		
27	Peter Jones	Open Super Veteran		48	01:50:23	48				
30	Steve BUNCE	Open Super Veteran	Walden Tri	47					01:31:17	47
30	Ian Warne	Open Super Veteran		47	01:51:49	47				
32	Anthony HOLLING	Open Super Veteran	PORT TALBOT HARRIERS	46			03:42:22	46		
32	Ray Skinner	Open Super Veteran	Carmarthen Tri	46	01:55:50	46				
34	Gavin KEWLEY	Open Super Veteran		45					01:34:08	45
35	Stuart KEEPING	Open Super Veteran		44					01:34:49	44
36	David HUNTER	Open Super Veteran		41					01:47:08	41
37	Neil CORDY	Open Super Veteran		40					01:55:04	40

**Female Super Veterans**

Female Super Veteran					Stage 1 - Llanelli		Stage 2 - TATA		Stage 3 - SWYD	
Position	Name	Age Category	Club	Overall Points	Time	Points	Time	Points	Time	Points
1	Carolyn Williams	Female Super Veteran	Port Talbot	285	01:38:40	100	02:47:50	100	01:30:27	85
2	Jackie Gibbons	Female Super Veteran	Pembrokeshire	180	01:39:52	90			01:29:25	90
3	Tracey Williams	Female Super Veteran	Celtic Tri	175	01:49:34	85	03:08:43	90		
4	Christina Smith	Female Super Veteran	Celtic Tri	160	01:53:17	80	03:15:05	80		
5	Stella LEVER	Female Super Veteran	Greenlight PT	100					01:29:17	100
6	Barbara COOK	Female Super Veteran	North Dock	85			03:09:38	85		
7	Clare GRINDROD	Female Super Veteran	Farnham Tri	80					01:32:40	80
8	Sandra BARDEN	Female Super Veteran	Hillingdon	75					01:34:47	75
8	Jayne Keely	Female Super Veteran		75	02:04:11	75				
10	Louise ALAN-SMITH	Female Super Veteran		70					01:39:11	70
10	Julie Brown	Female Super Veteran	Swansea Tri Sharks	70	02:10:11	70				
12	Jayne CALVERT	Female Super Veteran	None	65					01:54:24	65
12	Linda Waller	Female Super Veteran		65	02:15:16	65				
13	Julie BROWN	Female Super Veteran	Triathlon Redditch	60					01:58:00	60
14	Janice Hearne	Female Super Veteran		50	02:16:10	50				

**Female Super Vintage Veterans**

Female Super Vintage Veteran					Stage 1 - Llanelli		Stage 2 - TATA		Stage 3 - SWYD	
Position	Name	Age Category	Club	Overall Points	Time	Points	Time	Points	Time	Points
1	Linda Spillane	Female SVV	NEWT	100			03:38:43	100		
2	Sue CANNABY	Female SVV	Coventry Triathletes	100					01:43:45	<b>100</b>
3	Julia MANNERING	Female SVV	Rutland Running & Triathlon Club	90					01:45:57	<b>90</b>
4	Annie SIDGWICK	Female SVV	Crowborough Tri Club	85					02:04:32	<b>85</b>

**Open Super Vintage Veterans**

<b>Open Super Vintage Veteran</b>					<b>Stage 1 - Llanelli</b>		<b>Stage 2 - TATA</b>		<b>Stage 3 - SWYD</b>	
<b>Position</b>	<b>Name</b>	<b>Age Category</b>	<b>Club</b>	<b>Overall Points</b>	<b>Time</b>	<b>Points</b>	<b>Time</b>	<b>Points</b>	<b>Time</b>	<b>Points</b>
1	Paul Bennett	Open SVV	Port Talbot	190	01:41:43	90	03:00:27	100		
2	Wayne Richards	Open SVV	Swansea Tri	100	01:36:42	100				
2	David DUERDEN	Open SVV	Exeter Tri Club	100					01:29:47	100
4	Michael WISE	Open SVV	Garden City Runners	90					01:34:08	90
5	Mike Burrows	Open SVV	North Dock	85	02:12:51	85				
5	John SETFORD	Open SVV	Dartford Whiteoak	85					01:47:51	85
7	Tony CLEMENTS	Open SVV	Swansea Sharks	80					01:51:00	80
8	Rick MANN	Open SVV	Guernsey	75					02:03:15	75
9	Phillip GIBBON	Open SVV	Taff Ely Triathlon	70					02:05:02	70

**Overall Club**

OVERALL CLUB STANDINGS			Stage 1 - Llanelli			Stage 2 - TATA			Stage 3 - SWYD		
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
1	Port Talbot Harriers	1155	420	19	943	455	36	1773	280	4	280
2	Pembrokeshire Triathlon Club	1057	388	9	470	261	4	261	408	9	523
3	Tri Potential	1011	375	7	442	226	3	226	410	8	505
4	Cardiff Triathletes	1001	380	9	481	360	17	784	261	6	295
5	North Dock Dredgers	955	375	36	1401	319	21	763	261	4	261
6	Celtic Tri	945	430	19	1099	400	18	843	115	2	115
7	Taff Ely	916	405	10	504	205	4	205	306	6	334
8	Rhondda Triathlon Club	855	375	14	678	237	13	419	243	5	243
9	GOG Triathlon	741	212	3	212	348	14	632	181	3	181
9	Swansea Vale Tri	741	297	22	685	360	21	878	84	2	84
11	Carmarthen Tri Club	653	336	25	852	125	2	125	192	4	192
12	Newport East Wales Triathlon (NEWTS)	595	261	9	344	334	12	561			
13	Bynea CC	575	339	7	407	236	7	271			
14	ATAC	516	341	7	406	175	2	175			
15	West Wales Fitness Coaching	472	165	3	165	222	3	222	85	1	85
16	Dragon Tri	460	156	3	156	124	2	124	180	2	180
16	Porthcawl Triathlon club	460	43	1	43	214	15	453	203	5	203
18	Merthyr Triathlon Club	438	85	1	85	319	12	432	34	1	34
19	Team Watt	433	185	4	185	75	1	75	173	3	173
20	Tenby Aces	392	202	3	202	45	1	45	145	2	145
21	Team Brav	274				274	4	274			
22	Swansea Tri Sharks	264	184	5	184				80	1	80

23	Clwb Seiclo Cwm Gwendraeth	245	128	5	128	117	5	117			
24	Torfaen Dolphins	243				126	2	126	117	2	117
25	Tenby Penguins	222	53	2	53	34	1	34	135	3	135
26	Pen-Y-Bont Triathlon Club	219				161	5	161	58	2	58
27	Heathwood Tri	192							192	6	220
28	SWYD	184	6	1	6				178	8	207
29	Oxford Triathlon Club	167							167	3	167
30	Greenlight PT	155							155	2	155
30	Hillingdon	155							155	2	155
32	DC TRIATHLON	143	93	2	93	50	1	50			
33	Ferry Flatliners	135				135	2	135			
33	Triathlon Redditch	135	75	1	75				60	1	60
35	Farnham Tri	130							130	2	130
36	Monmouth Tri	123	18	1	18	59	2	59	46	1	46
37	Torbay Tri Club	116							116	2	116
38	Nyp Tri	110							110	2	110
39	Pontypool Triathlon Club	102				102	4	102			
40	Coventry Triathletes	100							100	1	100
40	Exeter Tri Club	100							100	1	100
40	Flying Monk	100							100	1	100
40	Intelli	100				100	1	100			
44	Precision race team	93	47	1	47				46	1	46
45	Garden City Runners	90							90	1	90
45	Wusss	90				90	1	90			
47	Crowborough Tri Club	85							85	1	85
47	Dartford Whiteoak	85							85	1	85
47	London Heathside	85							85	1	85
50	Aim High Tri	75							75	1	75
50	Crystal Palace Triathletes	75							75	1	75
50	GJ Endurance	75	75	1	75						

50	Guernsey	75							75	1	75
50	OUTRIC	75							75	1	75
50	Team AGH	75	75	1	75						
56	Tinworks Tri Club	73	73	3	73						
57	Full on Tri	70				70	1	70			
57	Peak Performance Wales	70	70	1	70						
57	TriForce	70	70	1	70						
60	Agilis	65	65	1	65						
60	Huddersfield	65							65	1	65
60	One Life Triathlon	65							65	1	65
60	Optimumtri	65							65	1	65
60	Whittlefit	65							65	1	65
65	Oxford Uni Triathlon Club	55							55	1	55
66	Harlow Running & Tri Club	50							50	2	50
66	Yas Cycles Triathlon	50							50	1	50
68	Team NFT	49							49	1	49
69	Army Triathlon Association	48							48	1	48
69	Bridgend Swim Club	48				48	1	48			
69	Flow Factory Team	48							48	1	48
72	Walden Tri	47							47	1	47
73	Jinx	45				45	1	45			
74	INTRtri	43	43	1	43						
74	Royal Navy Triathlon	43							43	1	43
76	Pls!n Tri	41							41	1	41
77	Thames Valley Triathletes	40							40	1	40
78	Fit 4 Tri	37				37	1	37			
79	Avon Valley Triathletes	36							36	1	36
79	CLWB TRI-2-1	36	36	2	36						
81	Pembrey & Burry Sport Cycle Club	35	35	1	35						
82	Welland Valley Triathlon Club	29							29	1	29

