

75	Tomos	Hales		Wrekin Sport Cycling	MS	M	43							03:48:58	43				
76	Jonathan	Tyler			MOPEN	M	43											01:16:18	43
77	Kai	Walsh		Cadence Tri	MYJ	M	43			01:01:38	43								
78	Ricardo	Iglesias		Denbighshire Triathlon Club	MYJ	M	42			01:01:42	42								
79	Josh	Kewis	Yes	CAERPHILLY TRI-ERS	MS	M	42												
80	Steve	Sayer			MS	M	42							03:52:46	42		02:19:41.97	42	
81	Paul	Jones	yes		MS	M	41												
82	Conrad	Lawson	yes	Hereford Triathlon Club	M40	M	41	01:19:29.55	41		02:12:50	41							
83	Jake	Wilson			MS	M	41												
84	Neil	Harris		Tri20	MS	M	40							03:53:09	41				
85	David Mort	Mort		Cardiff Triathletes	MS	M	40						01:01:53	40					
86	Marcus	DAVID		PORT TALBOT HARRIERS MULTISPORT	MS	M	39										02:24:27.08	39	
87	Richard	Leary		CELTIC TRI	M40	M	39	01:26:16.80	5				01:06:28	25			02:35:04.16	9	
88	Elur	Urkola		Newport Under 18 Triathletes	MYJ	M	39						01:01:58	39					
89	Brian	Wills			M40+	M	39												01:17:09
90	Cal	Clark		LEEDS BRADFORD TRI	MOPEN	M	38												01:17:40
91	David	Hawkins	Yes	Cardiff Triathletes	M40	M	38	01:20:05.55	38										
92	Neil	Reid			M40	M	38							03:58:48	38				
93	Nicholas	Thomas	yes	PORT TALBOT HARRIERS	MS	M	38				02:14:10	38							
94	Niall	Foster	Yes	CARDIFF TRIATHLETES	M40	M	37										02:25:30.34	37	
95	Richard	Greaves		Hong Kong Dragons	M40	M	37							03:59:08	37				
96	Kieran	Williams			M Open	M	37												01:17:55
97	Lynsey	Christopher	yes	PORT TALBOT HARRIERS	M50	M	36				02:14:52	36							
98	Simon	Clarke			M40+	M	36												01:18:01
99	Danny	Jones			MYJ	M	36				01:03:13	36							
100	Robert	Russell			MS	M	36							03:59:12	36				
101	Joe	Howard		Wakefield Triathlon Club	MS	M	35							03:59:58	35				
102	Geran	Hughes		GOG TRIATHLON	M50+	M	35												01:18:08
103	Ian	Imeson			M50	M	35							04:24:31	24				01:26:45
104	Jack	Smith	yes	MONMOUTH TRI CLUB	MS	M	35				02:15:23	35							
105	Peter	Kirby			MS	M	34							04:02:47	34				
106	Aran	Rees			MS	M	34										02:26:35.88	34	
107	Adrian	Parry-Jones			M40	M	33							04:07:28	33				
108	Matt	Anthony	yes	North Dock Dredgers	MS	M	32	01:21:29.60	32										
109	Sam	Baker			MS	M	32							04:09:24	32				
110	Paul	Bruton	yes	NEWT	M40	M	32				02:18:06	32							
111	Jonathan	DAUNCEY			MS	M	32										02:27:21.64	32	
112	Simon	Jones		LEEDS BRADFORD TRI	MOPEN	M	32												01:19:28
113	Andrew	Brazier		GOG TRIATHLON	M50+	M	31												01:20:05
114	Lloyd	Daniels	Yes	UFIT TRI	MS	M	31										02:27:34.12	31	
115	Roger	Thomas		MANCHESTER TRIATHLON CLUB	M40	M	31							04:09:44	31				
116	Paul	Morgan	yes	PORT TALBOT HARRIERS	MS	M	30				02:19:01	30							
117	Gareth	Poston		PORT TALBOT HARRIERS	MS	M	30										02:27:34.91	30	
118	Nicholas	Worrall			MS	M	30												
119	Josh	Hough			MS	M	29				01:04:56	29							
120	Tom	Jones		WEST COAST TRIATHLON	MS	M	29										02:28:11.47	29	
121	David	Morgan	Yes	Port Talbot Harriers	M40	M	29	01:22:19.75	29										
122	Alex	Wilson		Imperial College Triathlon	MS	M	29							04:11:44	29				
123	Paul	Graveney		Stockport Tri Club	M40	M	28							04:12:08	28				
124	Theodore	Roberts	Yes		MS	M	28										02:28:26.22	28	
125	Dominic	Taylor	yes	PEN-Y-BONT TRIATHLON CLUB	MS	M	28				02:20:01	28							
126	Ryan	Bowen	yes	AIM2TRI	MS	M	27				02:20:08	27							
127	Emyr	Evans	yes		MS	M	27	01:22:49.60	27										
128	Iestyn	Evans			MS	M	27										02:29:25.41	27	
129	James	Haddley		Chester Triathlon Club	MS	M	27				01:05:16	27							
130	Ian	Redfern		SWYD Tri	MS	M	27							04:14:07	27				
131	Neil	Vicars-Harris		GOG TRIATHLON	M50+	M	27												01:23:40
132	Gareth	Ayres	yes	PORT TALBOT HARRIERS	MS	M	26				02:20:22	26							
133	Stephen	Davies		Rhondda tri	M50	M	26							04:17:40	26				
134	Iwan	Dugmore	Yes	Pembrokeshire Triathlon Club	MYJ	M	26	01:23:01.30	26										
135	Kurt	Mcdonnell		LEYLAND	MOPEN	M	26												01:23:44
136	Richard	Thomas	Yes		M40	M	26										02:29:42.66	26	
137	Zak	Jenkins		SWANSEA TRISHARKS	MS	M	25										02:29:57.61	25	
138	Oliver	Major		Rosendale Triathlon Club	MS	M	25							04:18:19	25				
139	Richard	Smart			MOPEN	M	25												01:24:26
140	Peter	Lowe			MOPEN	M	24												01:24:52
141	Paul	Paul	Yes		MS	M	24										02:29:59.80	24	
142	Matt	Thomas		Gog Triathlon	MS	M	24				01:06:56	24							
143	Andrew	Jones		MANCHESTER TRIATHLON CLUB	MOPEN	M	23												01:25:20
144	James	Oulsnam	Yes	Csg Elite Performers	MYJ	M	23	01:23:29.95	23										
145	Mark	Owen		NEWT's	M50	M	23							04:24:32	23				
146	Hugh	Pascoe	yes	PORT TALBOT HARRIERS	MS	M	23				02:20:54	23							
147	Dale	Bowler		BYNEA CC	MS	M	22										02:30:21.48	22	
148	Peter	Lesdon			MYJ	M	22				01:07:25	22							
149	Joshua	Royle			MOPEN	M	22												01:25:25
150	Ben	Sealy			M40	M	22							04:25:13	22				

Position	Name		Team	Cat	Gender	WSS Points 2019	Stage 1 - Llanelli		Stage 3 - Bala		Stage 6 - Sandman	
							Time	Individual Points	Time	Individual Points	Time	Individual Points
1	Dafydd	Brown	Pembrokeshire Triathlon Club	MJY	M	210	01:18:23.40	100	01:01:16	100	01:13:33	110
2	Jack	Southam	Llanelli Swimming Club	MJY	M	175	01:24:35.95	75	01:01:46	75	01:20:07	100
3	Dominic	Davies	Llanelli Asc	MJY	M	145	01:23:37.75	80	01:02:47	65		
4	Rowan	Jones		MJY	M	138			01:16:18	48	01:34:20	90
5	Joshua	Jones	CYCLE SPECIFIC	MJY	M	125					01:09:32	125
6	Iwan	Dugmore	Pembrokeshire Triathlon Club	MJY	M	90	01:23:01.30	90				
7	Joel	Pollard		MJY	M	90			01:01:30	90		
8	James	Oulsnam	Csg Elite Performers	MJY	M	85	01:23:29.95	85				
9	Kai	Walsh		MJY	M	85			01:01:38	85		
10	Jake	Davies		MJY	M	85					02:14:51	85
11	Ricardo	Iglesias		MJY	M	80			01:01:42	80		
12	Elur	Urkola		MJY	M	70			01:01:58	70		
13	Osian	Williams	Tcw	MJY	M	70	01:26:21.60	70				
14	Sam	Belcher	Cardiff Junior Tri	MJY	M	65	01:34:06.70	65				
15	Danny	Jones		MJY	M	60			01:03:13	60		
16	Peter	Lesdon		MJY	M	55			01:07:25	55		
17	Emyr	Thomas		MJY	M	50			01:07:56	50		
18	Edward	Lawton		MJY	M	49			01:09:07	49		
19	Rhydian	Brown		MJY	M	47			01:17:53	47		
20	Tomos	Jones		MJY	M	46			01:19:17	46		

175	Rhys	Jones		PEN-Y-BONT TRIATHLON CLUB	MS	M	17										02:39:55.09	17		
176	Llywelyn		Yes	CELTIC TRI	MS	M	17			2:53:11		17								
177	Dafydd	Hughes			MS	M	16												01:25:59	16
178	Jack	Lawthorn	Yes	Rhondda Tri Club	MS	M	16	01:52:38.15	16											
179	Shane	Skillin			MS	M	16						05:07:34	16						
180	Richard	Thomas		ATAC	MS	M	16										02:39:59.34	16		
181	Rhys	Cooper	Yes		MS	M	15			3:03:26		15								
182	Williams	Jones	Yes		MS	M	15	01:59:20.50	15											
183	Tom	Pinnegar			MS	M	15						05:09:44	15						
184	Andrew	Edwards	Yes	MUMBLES RNLI FIT CLUB	MS	M	14			3:07:07		14								
185	John	Keegan		KNUTSFORD TRI CLUB	MS	M	14												01:26:29	14
186	Tom	Lambert			MS	M	14										02:40:42.25	14		
187	Oliver	Millington			MS	M	14						05:10:31	14						
188	Chris	Williams	Yes	N/A	MS	M	14	01:59:52.90	14											
189	Dan	Chapple	Yes	NEWT	MS	M	13			3:09:26		13								
190	Matthew	Fosbrooke	Yes		MS	M	13	02:01:48.95	13											
191	Martin	Owen			MS	M	13												01:26:39	13
192	Ross	Summers			MS	M	13						05:12:03	13						
193	Steve	Beynon			MS	M	12						05:12:14	12						
194	Tom	Booth			MS	M	12												01:26:44	12
195	Anthony	Dixey	Yes	Celtic Tri	MS	M	12	02:01:56.75	12											
196	Christopher	Potter			MS	M	12										02:40:43.47	12		
197	Cal	Pughley	Yes	PORT TALBOT HARRIERS	MS	M	12			3:10:07		12								
198	Michael	Lavery			MS	M	11						05:15:56	11						
199	Jamie	Lock			MS	M	11										02:40:57.70	11		
200	Ben	Milner			MS	M	10												01:26:54	10
201	Aaron Wyn	Nicholas	Yes	PEN-Y-BONT TRIATHLON CLUB	MS	M	10										02:41:06.60	10		
202	Andrei	Rusu			MS	M	10						05:16:09	10						
203	Ian	Jones		GOG Triathlon	MS	M	9						05:18:00	9						
204	Morgan	Lambert		ATAC	MS	M	9										02:41:14.84	9		
205	David	Macklin			MS	M	9												01:26:55	9
206	Tom	Edwards			MS	M	8												01:27:00	8
207	Christian	Hosking		BIG Z	MS	M	8										02:42:36.45	8		
208	Mark	Taylor		Chester	MS	M	8						05:19:49	8						
209	Colin	Harrison			MS	M	7												01:27:02	7
210	Leon	Shorney	Yes	CAERPHILLY TRI-ERS	MS	M	7										02:43:29.81	7		
211	Chris	Rees		TRIZONE	MS	M	6										02:43:37.90	6		
212	Huw	Seddon			MS	M	6						05:39:04	6						
213	Matthew	Evans		RHONDDA TRIATHLON CLUB	MS	M	5										02:43:49.65	5		
214	Aymeric	Regnier		Imperial College London Triath	MS	M	5						05:48:32	5						
215	Daniel	Elward		PORT TALBOT HARRIERS	MS	M	4										02:43:50.63	4		
216	Quentin	Leluan			MS	M	4												01:27:47	4
217	Matthew	Russell			MS	M	4						05:49:10	4						
218	Thomas	Amsalu			MS	M	3						05:55:44	3						
219	Jonathan	Lewis		CELTIC TRI	MS	M	3										02:44:01.07	3		
220	Jack	Jones			MS	M	2										02:44:05.42	2		
221	Paul	Lavery			MS	M	2						06:03:46	2						
222	Rick	Ellis	Yes	CARDIFF TRIATHLETES	MS	M	1										02:44:23.38	1		
223	Wayne	Hannigan			MS	M	1												01:28:18	1
224	Andrew	Weston			MS	M	1						06:05:23	1						

70	Tony	Williams			M40	M	44						01:36:23	44					
71	James	Young			M40	M	44											01:28:22	44
72	Danny	Burke			M40	M	43						01:36:43	43					
73	John	Parkinson			M40	M	43											01:28:22	43
74	Iain	Thornhill			M40	M	43												
75	Heath	Williams	yes	PORT TALBOT HARRIERS	M40	M	43		2:23:30	43					04:50:10	43			
76	Jonathan	Williams			M40	M	43										02:37:36.15	43	
77	Mark	Baker		WARRINGTON TRI CLUB	M40	M	42											01:29:02	42
78	Richard	Gell		Holmfirth	M40	M	42								04:57:51	42			
79	Carl	Singleton	yes	PORT TALBOT HARRIERS	M40	M	42		2:23:39	42									
80	Marc	Barrow	yes	PORT TALBOT HARRIERS	M40	M	41		2:24:20	41									
81	Julian	Cody			M40	M	41											02:37:47.23	41
82	Colin	Pink		WAKEFIELD TRIATHLON CLUB	M40	M	41											01:29:18	41
83	Ian	Roberts			M40	M	41								05:00:39	41			
84	Mike	Edwards	yes	PENCOED TRIATHLON CLUB	M40	M	40		2:24:41	40									
85	Simon	Ellam			M40	M	40											01:29:59	40
86	Daniel	Cole			M40	M	39											01:30:43	39
87	Nick	Cutcliffe	yes	MONMOUTH TRI CLUB	M40	M	39		2:25:14	39									
88	Geraint	Jones			M40	M	39								05:06:32	39			
89	Garry	Vaughan	yes	Port Talbot Harriers	M40	M	39	01:29:16.05	39										
90	Chris	Bowman			M40	M	38								05:06:35	38			
91	Richard	Jackson			M40	M	38											01:31:17	38
92	Dayton	Hughes	yes	Atac	M40	M	37	01:30:40.85	37										
93	Simon	Moore		CR@P TRI	M40	M	37												
94	Merlin	Townsend			M40	M	37								05:08:57	37	02:38:57.02	37	
95	Jahn	Hanson		TEAM EVOLVING	M40	M	36											01:31:38	36
96	Lee	Walters	yes	RHONDDA TRIATHLON CLUB	M40	M	36		2:26:43	36									
97	Kieran	Eaton			M40	M	35								05:16:39	35			
98	Jeremy	Hansford			M40	M	35											01:31:54	35
99	Jamie	Hurford			M40	M	35										02:41:04.93	35	
100	Robert	Malough	yes	Celtic Tri	M40	M	35	01:31:12.85	35										
101	Kevin	Evans		Bangor	M40	M	34								05:17:12	34			
102	John	Hiddlestone	yes	North Dock Dredgers	M40	M	34	01:32:28.65	34										
103	Benjamin	Jones	Yes	PORT TALBOT HARRIERS	M40	M	34										02:42:39.74	34	
104	John Rhys	Owen			M40	M	34											01:33:28	34
105	Martin	Walters	yes	Rhondda Triathlon	M40	M	34	01:37:22.95	26	2:52:27	8								
106	Leon	Burns	yes	BURNS PET TRI TEAM	M40	M	33			2:30:07	33								
107	Paul	Hemsworth			M40	M	33								05:23:42	33			
108	Neil	Kelly	Yes	STOL & DISTRICT TRIATHLETES (BAD	M40	M	33										02:43:44.59	33	
109	Simon	Cartlidge	yes	San Domenico Rrc	M40	M	32	01:33:58.15	32										
110	Paul	Davies	yes	PORT TALBOT HARRIERS	M40	M	32			2:30:38	32								
111	Graham	Mckenzie			M40	M	32								05:26:34	32			
112	Luke	Perritt			M40	M	32											01:34:55	32
113	Marcus	Toft		FIT 4 TRI	M40	M	32										02:44:30.90	32	
114	Robert	Harries		NORTH DOCK DREDGERS	M40	M	31										02:45:08.43	31	
115	Steven	Martin	yes	PORT TALBOT HARRIERS	M40	M	31			2:30:49	31								
116	Nigel	Morgan	yes	Bynea Cc	M40	M	31	01:35:11.05	31										
117	Jason	Osborne			M40	M	31											01:35:25	31
118	Andrew	Pritchard			M40	M	31								05:33:47	31			
119	Chris	Adams	yes	PENCOED TRIATHLON CLUB	M40	M	30			2:30:56	30								
120	Andrew	Aitken			M40	M	30								05:45:33	30			
121	Thomas	Banning		BRECON TRIATHLON CLUB	M40	M	30										02:46:43.04	30	
122	Carl	Daniels	yes	Tinworks Tri Club	M40	M	30	01:35:56.00	30										
123	Huw	Jones			M40	M	30											01:36:02	30
124	Edward	Brown			M40	M	29										02:47:44.92	29	
125	Matt	Collins		Teme Leisure Tri	M40	M	29								05:46:02	29			
126	Sean	Lloyd	yes	Cycle Specific	M40	M	29	01:36:09.45	29										
127	Jonathan	Seddon			M40	M	29											01:36:05	29
128	Andy	Appleby			M40	M	28								05:49:22	28			
129	Robin	Jackson	Yes		M40	M	28										02:49:33.09	28	
130	Luke	Starkie	yes		M40	M	28			2:32:01	28								
131	Robert	Stroud	yes	Cr@P Tri	M40	M	28	01:36:13.65	28										
132	Paul	Whitney			M40	M	28											01:37:32	28
133	Billy	Copp			M40	M	27											01:38:59	27
134	Lee	Harvey	Yes	TORFAEN TRIATHLON	M40	M	27										02:49:40.15	27	
135	Jason	Kingdom	yes	PORT TALBOT HARRIERS	M40	M	27			2:32:54	27								
136	Jeff	Partridge	yes	Bynea Cc	M40	M	27	01:36:14.80	27										
137	Mark	Evans			M40	M	26										02:50:48.42	26	
138	Matthew	Perrins		WREXHAM	M40	M	26											01:39:28	26
139	Darren	Griffiths	yes	PORT TALBOT HARRIERS	M40	M	25			2:33:30	25								
140	Peter	Hopper	Yes	LONDON FRONTRUNNERS	M40	M	25										02:50:55.90	25	

212	Andrew	Bancroft			M40	M	2											02:01:41	2
213	Andrew	Davies	Yes	CR@P TRI	M40	M	1										03:14:04.97	1	
214	Michael	Hayton			M40	M	1											02:04:49	1
215	Darren	Thomas	yes	CELTIC TRI	M40	M	1			3:11:43	1								

Position	Name		Member	Team	Cat	Gender	WSS Points 2019	Stage 1 - Llanelli		Stage 2 -TATA Steelman		Stage 3 - Bala		Stage 4 - Snowman		Stage 5 - Gower		Stage 6 - Sandman	
								Time	Individual Points	Time	Individual Points	Time	Individual Points	Time	Individual Points	Time	Individual Points	Time	Individual Points
1*	John	D'Albuquerque		GOG TRIATHLON	M70	M	125											01:48:06	125
2*	Alex	Heron	Yes	Celtic Tri	M70	M	100	01:40:36.75	100										
3*	Douglas	Smith		Wrexham Tri	M70	M	100					01:15:38	100						