

Welsh Triathlon Super Series

**2022 Results
After Stage 6**



**WELSH
TRIATHLON
CYMRU**

OVERALL CLUB STANDINGS			Stage 1 - Llanelli			Stage 2 - TATA			Stage 3 - Fishguard			Stage 4 - Broad Haven			Stage 5 - Bala			Stage 6 - Llandudno		
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	Stage 6 Points	NO OF ELIGIBLE ATHLETES	TOTAL PARTICIPANT POINTS
1	GOG	2243	203	3	203	351	5	351	316	6	354	333	5	333	430	35	1312	610	45	2938
2	North Dock Dredgers	2188	390	35	1222	381	16	591	308	40	431	365	6	398	309	11	366	435	9	651
3	Taff Ely Tri Club	1984	96	3	96	450	23	930	344	5	344	395	12	666	264	8	294	435	7	528
4	Pembroke Triathlon	1892	291	6	301	50	2	50	373	9	487	445	25	1432	312	10	348	421	5	421
5	Port Talbot Harriers	1686	385	12	665	465	81	2865	263	5	263	223	4	223	160	4	160	190	2	190
6	Rhondda Tri Club	1508	328	11	365	261	10	261	350	10	533	200	3	200	155	4	155	214	3	214
7	Cardiff Triathletes	1416	415	15	773	210	4	210	340	5	340	333	11	568	18	4	18	100	1	100
8	Carmarthen Tri Club	1320	285	6	312	200	3	200	290	10	433	285	6	315	160	1	160	100	1	100
9	Celtic Tri	1318	400	25	960	375	20	740	218	8	257	205	4	205	120	2	120			
10	Swansea Vale Tri	1219	190	7	195	360	20	775	134	2	134	234	4	234	191	4	191	110	1	110
11	Team Watt	951	214	3	214				263	6	287	250	5	250	49	2	49	175	2	175
12	NEWT	906	324	10	388	234	9	237	333	10	521	15	1	15						
13	Dragon Triathlon	856	175	2	175	242	7	242				144	2	144	170	3	170	125	1	125
14	ATAC	592	257	10	311	100	4	100	135	3	135	100	1	100						
15	Tenby Aces	554	197	4	197				145	3	145	87	2	87	40	1	40	85	1	85
16	Porthcawl Triathlon Club	550				282	21	623	220	5	220				48	1	48			
17	Total Tri Training	529	95	1	95				1	46	1				353	2	409	80	1	80
18	Heathwood Triathlon Club	516	100	1	100	95	1	95	121	2	121	100	1	100	100	1	100			
19	Penybont	515	22	1	22	213	6	230	132	3	132	48	1	48	100	2	100			
20	Swansea Sharks	474	255	9	309	50	2	50	79	3	79				90	1	90			
21	Mersey Tri	470													345	37	818	125	2	125
22	Bynea Cycling Club	467	216	6	216	171	4	171							80	1	80			
23	Tri Potential	466	373	6	405				47	1	47	46	1	46						
24	Caerphilly Tri-ers	442	67	3	67	201	8	229	74	2	74	26	1	26	41	2	41	33	1	33
25	Tri Guru	420													420	15	584			
26	Tenby Penguins	395	90	1	90							205	5	205				100	1	100
27	DC Triathlon	372	65	1	65	0	1	0	67	2	67	207	5	207	36	1	36			
28	Y Fenni	339							135	2	135	204	5	204						
29	West Wales Fitness Coaching	327										85	1	85	242	6	242			
30	Tinworks	293	210	9	210	83	3	83												
31	Clwb Beicio'r Bala	275													275	10	342			
32	Brecon Triathlon Club	273	40	1	40							233	3	233						

68	Jinxsport	80				80	1	80											
68	Tri Fit	80				80	1	80											
68	TriLloyd	80	80	1	80														
71	Merthyr Triathlon Club	74				74	3	74											
72	"@Least We Tri"	71									71	2	71						
73	Beccles Triathlon Club	70												70	1	70			
73	Stockport Tri	70												70	1	70			
75	Cardigan	65									65	1	65						
75	Leg-It	65												65	1	65			
75	Tri Fit Coaching	65												65	2	65			
78	CDF Runners	60									60	1	60						
78	Leigh Harriers	60												60	1	60			
78	Top Step Tri	60	60	1	60														
78	Triathlon Coaching Wales	60	60	1	60														
78	Tribe of One	60									60	1	60						
83	Team Cemais	59							59	2	59								
84	Congleton Cycling Club	55												55	1	55			
84	Liverpool University	55												55	1	55			
84	SYTri	55												55	1	55			
87	Maldwyn Harriers	52												52	3	52			
88	Tri Hard Harriers	50	50	1	50	0	1	0											
89	CTC	49												49	1	49			
89	Thames Valley Triathletes	49									49	1	49						
89	Ystwyth CC	49															49	1	49
92	Aloha Tri Club	48												48	1	48			
92	Tri32	48												48	1	48			
94	Moti Run Club	47									47	1	47						
95	Narberth Nobblers	46	46	1	46														
96	Oxford Tri	45									45	1	45						
96	Run4All	45	45	1	45														
98	AVT	43				43	1	43											
98	Knowlsey Harriers	43												43	1	43			
100	East Cornwall Harriers	42												42	2	42			
100	Sospan Road Runners	42	42	1	42														
100	SWYD	42									42	1	42						

100	Tondu Wheelers	42	3	1	3	39	1	39											
104	Total Tri	41												41	1	41			
105	High Peak Tri Club	40															40	1	40
106	Royal Navy	38				38	1	38											
106	T*rring Triathlon	38								38	1	38							
108	Total Transition Triathlon	37												37	2	37			
108	Tri Sudbury	37												37	1	37			
110	Meirionnydd	33												33	1	33			
110	SCO Triathlon Club	33												33	2	33			
112	Harlech Triathlon Club	32												32	1	32			
112	Prime Triathlon Coaching	32	32	1	32														
112	The Knitting Club	32								32	1	32							
115	Intra Aberystwyth	31												31	1	31			
115	Tri Sport Essex	31												31	1	31			
117	SCO Health and Fitness	30												30	3	30			
117	Team Gregstrong	30	30	1	30														
119	Valley Striders Triathlon	29								29	1	29							
120	Certa Cito Tri Coaching	28												28	1	28			
120	Welsh Triathlon	28												28	1	28			
122	Viceroy's	27												27	1	27			
123	Clwb Tri-2-1	26	26	1	26														
123	Denbighshire Tri	26												26	5	26			
123	York Tri Club	26												26	1	26			
126	Ebbw Vale Tri Club	25								25	1	25							
126	St Helens Tri	25												25	2	25			
128	Arfon Swimming Club	24												24	2	24			
128	James and Freddie	24												24	2	24			
128	OOTri	24												24	2	24			
128	Pontypridd Rodents	24								24	1	24							
128	Wreccsam Triathlon Club	24												24	3	24			
133	Cycle Specific	23	23	1	23														
133	Malvern Triathlon Club	23												23	1	23			
133	Southampton Triathlon Club	23								23	1	23							
133	Tavernspite Harriers	23								23	1	23							
137	Bluestone	22								22	1	22							

60	Jonathan	Phillips	Dragon Tri/ American Flyers	50								02:06:15	50		
60	Jonathan	Roberts		50							02:28:47	50			
60	Owain	LEWIS-STRANGE	SWANSEA VALE TRI	50				50							
60	Richard	Landon	Tinworks tri	50	01:17:29	50									
60	Stuart	Matthews	C S C G	50	01:22:40	27		23							
65	Andrew	Deans	Cardiff Triathletes	49	01:17:39	49									
65	Garod	THOMAS	PORT TALBOT HARRIERS	49				49							
65	Tim	Wing	tri guru	49								02:06:59	49		
65	Tomos	Land		49										01:11:35	49
69	David	Murray	Dragon tri	48								02:08:06	48		
69	Gareth	DAVIES	CAERPHILLY TRI-ERS	48				48							
69	Rhys	JONES	PORTHCAWL TRIATHLON CLUB	48					01:15:41.9	48					
72	Dan	WHAITES	NEWT	47				47							
72	James	Moore	CARMARTHEN TRIATHLON CLUB	47							02:30:06	47			
72	Matt	Blue	Carmarthen Triathlon Club	47								02:08:15	47		
72	Matt	THOMPSON		47					01:16:06.4	47					
76	Alex	WILKS	NORTH DOCK DREDGERS TRI	46					01:22:22.4	36	02:46:41	10			
76	Bastian	Weinberger	Total Tri Training	46								02:09:07	46		
76	Hugh	PASCOE	PORT TALBOT HARRIERS	46				46							
76	Jack	Tremlett		46							02:30:22	46			
76	Josh	HOUGH	MM TRIATHLON	46					01:16:33.8	46					
76	Michael	Monaghan	Port Talbot MultiSport	46	01:18:15	46									
76	Pawel	Celinski		46										01:14:48	46
83	Andy	Bostock	Dragon Tri	45							02:45:44	13		01:19:55	32
83	Daniel	HEARSE	PEN Y BONT TRIATHLON CLUB	45					01:17:00.4	45					
83	Huw	Neale	Cardiff Triathletes	45	01:18:49	45									
83	Mikey	DAVIES	PORT TALBOT HARRIERS	45				45							
87	Cameron	Pulger-Frame		44										01:15:16	44
87	Clive	Tilbury	Individual	44								02:10:57	44		
87	Jamie	Davies	NEWT	44	01:19:12	44									
87	Liam	Bradley		44							02:32:47	44			
87	Paul	JONES		44				44							
92	Kieran	Williams		43										01:15:35	43
92	Luke	Wallis	Tribe of One	43							02:33:03	43			
92	Myles	PEART		43					01:18:57.6	43					
95	Daniel	O'connor	Port Talbot Harriers	42	01:20:07	42									
95	Dean	Scourfield	DCTriathlon	42							02:34:07	42			
95	Paul	Brocklehurst		42										01:15:50	42
98	Andrew	Jones		41										01:15:54	41
98	Emyr	Williams		41							02:34:22	41			
98	Neil	Fulstow	West Wales Fitness Coaching	41								02:12:33	41		
98	Paul	WILLIAMS	CELTIC TRI	41				41							
98	Robert	REES	CARMARTHEN TRIATHLON CLUB	41					01:22:43.6	35	02:48:10	6			
103	Alastair	Massey	Swansea Vale Tri	40								02:14:00	40		
103	Darren	Dalton		40							02:34:48	40			
103	Gwyndaf	LEWIS	TRI POTENTIAL	40					01:20:23.1	40					
103	Marc	BARROW	SWANSEA VALE TRI	40				40							
107	Andrew	Dow		39										01:17:41	39
107	Gareth	Kelsall-hughes		39							02:34:49	39			
107	Oliver	GRIFFITHS	CAERPHILLY TRI-ERS	39				39							
110	Caleb	Roberts		38							02:35:03	38			
110	Craig	BAKER	PORT TALBOT HARRIERS	38				38							
110	Iwan	Griffiths-Jones		38										01:17:55	38
110	Matthew	Latham	Tri Guru	38								02:14:26	38		
114	Alexander	Roberts		37										01:18:14	37
114	Dai	Beynon	@TRILLOYDY	37	01:21:12	37									
114	Ian	WRIGHT	BUSTINSKIN TRIATHLON CLUB	37					01:22:12.6	37					
114	Michael	BATTERSBY	CARDIFF TRIATHLETES	37					01:25:20.0	21				01:23:07	16
114	Ricky	HOWELL		37				37							
119	Christopher	Powell	North Dock Dredgers Tri	36	01:21:33	36									
119	Dave	Smith	Leigh Harriers	36								02:15:55	36		
119	Jac	Larner	Cardiff Triathletes	36							02:36:00	36			

119	Toby	Bertola		36														01:18:45	36
123	Conrad	Lawson	Hereford Triathlon Club	35	01:21:58	35													
123	Ezra	Warren		35														01:18:52	35
123	Jordan	DISCOMBE	SWANSEA VALE TRI	35				35											
126	Ben	Shacklady		34														01:19:04	34
126	Brian	Hosty		34	01:22:00	34													
126	Owen	THOMAS	PORTHCAWL TRIATHLON CLUB	34					34										
126	Richard	Callaghan	Bynea cc	34	01:24:54	17			17										
126	Stephen	RICHARDS	RHONDDA	34						01:22:55.8	34								
126	Steven	PLUMB	CARMARTHEN TRIATHLON CLUB	34						01:24:53.5	23	02:46:31	11						
132	Daniel	RICHARDS		33					33										
132	Dewi	OWEN	DREDGERS	33						01:22:56.9	33								
132	Jonathan	Harwood	Pembrokeshire Tri	33								02:37:22	33						
132	Mick	Hutchins	Congleton Cycling Club	33													02:17:30	33	
132	Tom	Jones	West Coast Tri	33	01:22:04	33													
137	Christopher	LEWIS	PORT TALBOT HARRIERS	32					32										
137	Colin	Wallace	Merthyr Cycling Club	32	01:22:16	32													
137	Paul	Evans	Cardiff Triathletes	32								02:37:45	32						
137	Tom	BLACKLER	SWANSEA VALE TRIATHLON	32						01:22:59.3	32								
137	Tomos	Foulkes	CTC	32													02:17:58	32	
142	Carwyn	EVANS	ATAC	31						01:23:05.3	31								
142	Chris	Beardmore		31														01:20:06	31
142	Gareth	EVANS	TAFF ELY TRIATHLON CLUB	31					10			02:43:41	21						
142	Jamie	JONES	PORTHCAWL TRIATHLON CLUB	31					31										
142	Rob	Brown	Total Tri training	31													02:18:29	31	
147	Aaron	NICHOLAS	PORTHCAWL TRIATHLON CLUB	30					30										
147	David	WILLIAMS	CELTIC TRI	30					14			02:44:34	16						
147	Jack	Strode	Trifit coaching	30													02:14:12	39	
147	Neil	Palmer	Pen-Y-Bont Triathlon Club	30								02:38:03	30						
147	Rob	EDWARDS		30						01:23:40.5	30								
147	Shane	Williams		30	01:22:24	30													
153	Jamie	Lewis	@leastwetri	29								02:38:22	29						
153	Lewis	Bradley	CelticTri	29	01:22:29	29													
153	Oliver	Birch		29														01:20:24	29
153	Paul	Johnstone	Mersey Tri	29													02:18:55	29	
157	Hywel	DAVIES	PORTHCAWL TRIATHLON CLUB	28						01:23:59.1	28								
157	James	Manson	Cardiff Triathletes	28								02:38:53	28						
157	Steven	MORGAN	PORT TALBOT HARRIERS	28					28										
157	Tom	Imlah		28														01:20:42	28
161	Ethan	DUNNING	RHONDDA TRIATHLON CLUB	27					27										
161	Mark	Hemsley		27														01:20:45	27
161	Miles	BROWN	CARDIFF TRIATHLETES	27						01:24:06.7	27								
161	Richard	Courtney		27													02:20:39	27	
161	Rob	Jones	Dragon Tri	27								02:39:30	27						
166	Andrew	Molyneaux		26													02:20:42	26	
166	David	THOMAS	RHONDDA TRIATHLON CLUB	26					26										
166	Luke	Williams		26								02:40:11	26						
166	Martin	Kerry		26														01:20:47	26
166	Pete	JONES	Y FENNI TRI CLUB	26						01:24:07.6	26								
166	Rob	Powell	Brecon triathlon club	26	01:22:45	26													
172	Florian	Turcon	Aloha Tri Club	25													02:20:59	25	
172	JEREMY	CARR		25														01:21:04	25
172	Mark	Marrin		25								02:40:48	25						
172	Nick	STEVENSON	TINWORKS TRI	25					25										
172	Richard	Leary	Celtic Tri	25	01:23:23	25													
177	Chris	Frearson	Tenby Penguins	24								02:41:32	24						
177	Daniel	GRIMSHAW	SWANSEA VALE TRI	24					24										
177	Nick	BARTON	CARDIFF TRIATHLETES	24						01:24:33.0	24								
177	Paul	Seppman	Port Talbot Harriers	24	01:23:23	24													
177	Robert	Jones		24													02:21:09	24	
182	James	Ness		23													02:21:20	23	
182	James	Roberts		23								02:43:11	23						

59	Caryl	Williams	Bynea	47								02:28:26	47		
59	Erin	HAYES	PORTHCAWL TRIDENTS	47				01:24:40.0	47						
59	Melanie	Miles	Pembrokeshire Tri	47						02:57:22	47				
62	Abbie	EVANS	SWANSEA VALE TRI	46				46							
62	Donna	Wild	PT Harriers	46	01:46:06	23		23							
62	Fiona	Kay		46										01:27:16	46
62	Gwenllian	THOMAS	CARMARTHEN TRIATHLON CLUB	46				01:27:04.0	46						
62	Lucy	Sullivan	Cardiff Triathletes	46	01:34:27	46									
62	Neisha	Roberts		46								02:31:46	46		
62	Sara	Morgan	Taff Ely Triathlon Club	46						02:57:41	46				
69	Catherine	Etchell	Brecon Tri	45						03:01:06	45				
69	Hollie	LABUNSKY	PORT TALBOT HARRIERS	45				45							
69	Kathryn	Thomas	Tripotential	45	01:35:29	45									
69	Rosie	DAVIES	CARDIFF TRIATHLETES	45				01:27:33.6	45						
73	Katie	Potter		44						03:01:27	44				
73	Rebecca	SYKES	PORTHCAWL TRIATHLON CLUB	44				44							
75	Charlotte	White		43						03:02:56	43				
75	Hana	BLAKE		43				43							
75	Janet	Grint	Stockport tri	43								02:35:30	43		
75	Jemma	Sedgmond	Cardiff Triathletes	43	01:36:24	43									
75	Laura	Read		43										01:29:38	43
80	Sarah	Gallacher	GOG Triathlon Club	42								02:36:01	42		
80	Sian	RICHARDS	CELTIC TRI	42				42							
82	Cassia	Copeland	Cardiff Triathletes	41						03:03:20	41				
82	Emily	CHRISTOPHER	TEAM WATT	41				01:30:35.9	41						
82	Emma	Jenkins	Cardiff Triathletes	41	01:37:44	41									
82	Kathryn	Schofield		41										01:31:08	41
82	Trish	Butchers	North Dock Dredgers	41	01:47:08	19								01:40:39	22
87	Bethan	PHILLIPS		40				01:33:45.9	40						
87	Georgina	Swire		40								02:37:38	40		
87	Julie	Roche	Fairwater Runners Cwmbran	40	01:37:46	40									
87	Rebecca	OWEN	PORT TALBOT HARRIERS	40				40							
91	Eleanor	Davies	Clwb Beicio'r Bala	39								02:37:39	39		
91	Jeyda	Hunt		39	01:38:05	39									
91	Lisa	Tustin	Celtic Tri	39	01:47:50	18		21							
91	Mared	Pari		39										01:31:57	39
91	Sandra	JONES	CELTIC TRI	39				39							
96	Bryanie	Aldwyn-Allsworth	Rhfc	38						03:06:34	38				
96	Chris	WHITE	CELTIC TRI	38				38							
96	Gwenllian	Thomas	Carmarthen Triathlon Club	38	01:38:42	38									
96	Jessica	Arnall		38								02:38:18	38		
100	Eleri	Jones		37						03:07:24	37				
100	Lucy	EVANS	PORTHCAWL TRIATHLON CLUB	37				37							
102	Alison	Pullan		36								02:38:45	36		
102	Chelsea	FIGONI	ATAC	36				01:37:07.3	36						
102	Josey	BELLARS		36				01:45:43.4	19	03:30:30	17				
102	Louise	Davis Owen		36										01:33:10	36
102	Rachael	Davies		36						03:08:40	36				
102	Raeanna	GRAINGER	PEN-Y-BONT TRIATHLON CLUB	36				36							
102	Sheridan	Court	Celtic Tri	36	01:39:29	36									
109	Geri	Evans		35										01:34:05	35
109	Julie	Lees		35	01:42:11	35									
109	Magi	Williams	Mersey Tri	35								02:40:01	35		
112	Alex	Pearce		34						03:15:05	34				
112	Caroline	NICHOLAS	SWANSEA VALE TRI	34				34							
112	Ceri	Rees/coe	DREDGERS	34	01:42:16	34									
112	Ginny	Johnson		34										01:35:10	34
112	Katie	Robertson		34								02:40:50	34		
112	Nicola	THOMAS		34				01:39:47.8	32			02:53:40	2		
112	Ruth	FLATMAN	INTRTRI	34				01:38:47.0	34						
119	Amanda	PARRY	PORT TALBOT HARRIERS	33				33							

180	Morag	BROWN		17				17												
180	Petra	Palmer		17	01:48:04	17														
183	Bettina	Petersohn	Tri Hard Harriers	16	01:48:49	16														
183	Emma	BORTHWICK	PORT TALBOT HARRIERS	16				16												
183	Maria Saligova	Smith		16							03:30:54	16								
183	Sarah	JONES		16					01:46:12.4	16										
183	Sharn	Crane	Beccles Triathlon Club	16										02:49:56	16					
183	Sian	Stockford		16															01:44:10	16
189	Ali	Barber		15															01:44:38	15
189	Laura	Davies		15										02:50:15	15					
189	Marina	WRIGHT	NEWT	15				15												
189	Poppy	OTTESON		15					01:46:12.7	15										
193	Hannah	Hoffman	Swansea Vale Tri	14	01:51:06	14														
193	Jane	HARWOOD	PORT TALBOT HARRIERS	14				14												
193	Kelly	Peat		14							03:34:20	14								
193	Llinos	Davies		14															01:45:54	14
193	Rhian	WILLIAMS	CARMARTHEN TRIATHLON CLUB	14					01:46:50.5	14										
193	Sarah	Quinlan		14										02:50:19	14					
199	Amy	Taylor		13							03:37:33	13								
199	Emma	Winterleigh		13															01:46:18	13
199	Lindsay	JONES	MERTHYR TRI CLUB	13				13												
199	Sabrina	COOKE	DC TRIATHLON	13					01:47:20.5	13										
199	Viv	Jones	Bynea Cycling Club	13	01:51:10	13														
204	Camilla	Cooke	Pembrokeshire Tri	12							03:40:59	12								
204	Colette	Price		12															01:46:35	12
204	Luisa	Barnes	Ferry Flatliners	12	01:52:13	12														
204	Michelle	WOZENCRAFT		12					01:48:20.8	12										
208	Angharad	Lewis	GOG triathlon	11	01:52:14	11														
208	Hannah	Price		11															01:47:15	11
208	Rachel	Cook	Gog triathlon club	11										02:50:43	11					
208	Rosie	Dent		11							03:41:10	11								
208	Sonia	MARX	WESTCROFT TRIATHLON CLUB	11					01:49:25.4	11										
213	Anna	PARSONS	PORT TALBOT HARRIERS	10				10												
213	Anne-Marie	Jerman	DCTriathlon	10							03:41:20	10								
213	Gill	Price		10															01:47:31	10
213	Jennie	WELTON		10					01:49:46.8	10										
213	Kathryn	Sweetman	ATAC	10	01:52:16	10														
218	Abigail	MORGAN		9				9												
218	Barbara	Cook		9															01:47:44	9
218	Debbie	Hannah	Celtic Tri	9	01:52:32	9														
218	Dj	Mccusker	North Dock Dredgers	9	01:55:30	5					03:51:29	4								
218	Kerry	Edwards	Rochdale Triathlon Club	9										02:51:26	9					
218	Lindsey	BLACKFORD	TEAM WATT	9					01:51:10.1	9										
224	Ceri	PUCKETT	CARDIFF TRIATHLETES	8				8												
224	Jan	KEELAN		8					01:52:05.4	8										
224	Kate	Jones		8							03:42:22	8								
224	Natalie	Fulstow	West Wales Fitness Coaching	8										02:51:29	8					
224	Nicola	Thomas		8															01:48:15	8
224	Samantha	Perrott	Celtic tri	8	01:52:37	8														
230	Amie	Davies	Swansea sharks	7	01:53:31	7														
230	Brigid	ARMSTEAD		7					01:52:05.8	7										
230	Fran	Teasdale		7															01:48:28	7
230	Helena	Tollick	Pembrokeshire Tri	7							03:44:15	7								
230	Jaime	LEWIS	TONDU WHEELERS	7				7												
235	Amy	BRECKON	TRIZONE	6					01:52:06.2	6										
235	Donna	Hall		6															01:49:55	6
235	Lorraine	Wadley	Y Fenni	6							03:46:06	6								
235	Lynne	PORTER	TAFF ELY TRIATHLON CLUB	6				6												
235	Sarah	Barham	North Dock Dredgers Tri	6	01:54:37	6														
240	Andria	Grove		5															01:49:58	5
240	Hannah	Lazarus	Clwb Beicio'r Bala	5										02:53:09	5					

Male Youth & Junior

Position	Name	Surname	Club	Overall Scores	Stage 1 - Llanelli		Stage 2 - TATA		Stage 3 - Fishguard		Stage 4 - Broad Haven		Stage 5 - Bala		Stage 6 - Llandudno	
					Time	Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points
1	Jack	Southam	NORTH DOCK DREDGERS	200	01:18:01	85		100			02:32:33	90	02:10:41	100	01:09:18	90
1	Archie	Dilks	Tenby Penguins	200	01:21:11	80					02:25:31	100			01:05:06	100
3	Johnathan	PRICE		190					01:14:39.2	100	02:35:39	85	02:14:50	90	01:12:14	85
4	Deri	McCluskey		125											01:00:31	125
5	Ifan	Bowen	Pembrokeshire Tri	110											01:03:04	110
6	Dominic	Davies		100	01:14:07	100										
7	Sean	Petty	Dragon Triathlon	90	01:16:32	90										
7	Ollie	RYDER	PEMBROKESHIRE HARRIERS	90					01:48:55.2	90						
9	Joe	PAYNE		85					02:08:27.4	85						
10	Ellis	Robinson	Pembrokeshire Tri	80							02:58:34	80				
10	Oliver	Birch		80											01:20:24	80
12	Harry	Mann		75											01:35:02	75

Female Youth & Junior

Position	Name	Surname	Club	Overall Scores	Stage 1 - Llanelli		Stage 2 - TATA		Stage 3 - Fishguard		Stage 4 - Broad Haven		Stage 5 - Bala		Stage 6 - Llandudno	
					Time	Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Point
1	Tia	Froom	NPTCW	200					01:20:53	100	02:55:38	100				
2	Medi	Lewis		125											01:23:11	125
3	Neisha	Roberts		100									02:31:46	100		
4	Poppy	OTTESON		90					01:46:12.7	90						

Male Seniors

Position	Name	Surname	Club	Overall Scores	Stage 1 - Llanelli		Stage 2 - TATA		Stage 3 - Fishguard		Stage 4 - Broad Haven		Stage 5 - Bala		Stage 6 - Llandudno	
					Time	Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points
1	Guto	Morgans	Carmarthen Triathlon Club	370	01:12:00	100		85					02:03:56	85	01:06:27	100
2	Luke	Richards	Rhondda Triathlon Club	350	01:13:29	90		80	01:09:40.6	80	02:21:34	90	02:05:34	80	01:07:05	90
3	Dafyd	JAY	TORFAEN	310					01:08:46.5	85	02:19:37	100			01:04:46	125
4	Joe	O'shea	Port Talbot harriers	125	01:17:49	60		65								
5	Aidan	Mcilroy		110											01:05:36	110
6	Nino	GATTI	PORT TALBOT HARRIERS	106				31					02:11:06	75		
7	Joshua	GOOLDEN	LIVERPOOL UNIVERSITY TRIATHLON CLUB	103					01:19:03.5	48			02:17:24	55		
7	Sion	Richards	Rhondda Triathlon Club	103	01:30:10	16			01:23:48.7	43					01:21:09	44
8	Joshua	JONES		100					01:02:44.8	100						
8	Kieran	Morris	Total Tri Training	100									01:57:11	100		
8	Will	MUNDAY		100				100								
11	Ryan	Haigh	West Wales Fitness Coaching	96	01:21:07	46							02:17:29	50		
12	Iwan	Jones	Total tri training	95	01:13:13	95										
13	Jack	SMITH	MONMOUTH TRI CLUB	90				90								
13	Liam	EDWARDS	PEMBROKESHIRE TRI CLUB	90					01:07:34.7	90						
13	Ross	Hosking	Total Tri Training	90									01:59:23	90		
16	James	Oulsnam		88	01:22:36	42					02:37:47	46				
16	Oliver	Webb	Cardiff Triathletes	85	01:13:45	85										
16	Richard	Jellyman		85											01:08:20	85
16	William	James	Morfa Pirates	85							02:23:11	85				
20	Ben	Shacklady	GOG Triathlon	82									02:27:32	35	01:19:04	47
21	Mike	Slack		80							02:26:06	80				
21	Tom	Graham	Dragon tri club	80	01:16:30	80										
21	Tomos	Land		80											01:11:35	80
24	Alex	WILKS	NORTH DOCK DREDGERS TRI	79					01:22:22.4	46	02:46:41	33				
25	Jonathan	Roberts		75							02:28:47	75				
25	Keenan	NAPPER	TRIDENT SWIM COACHING	75					01:13:29.1	75						
25	Matt	Anthony	North Dock Dredgers	75	01:16:38	75										
25	Pawel	Celinski		75											01:14:48	75
25	Rhys	PALMER	TRIFIT	75				75								
25	Robert	REES	CARMARTHEN TRIATHLON CLUB	75					01:22:43.6	45	02:48:10	30				
25	Stuart	Matthews	CLWB SEICIO CWM GWENDRAETH	75	01:22:40	41		34								
32	Alastair	Massey	Swansea Vale Tri	70									02:14:00	70		
32	Cameron	Pulger-Frame		70											01:15:16	70
32	Dominic	TAYLOR	PORTHCAWL TRIATHLON CLUB	70				70								
32	James	Harries	Tri potential	70	01:17:09	70										
32	Nick	THOMAS	PORT TALBOT HARRIERS	70					01:14:26.9	70						
32	Rhys	Harries	Team Watt	70							02:29:38	70				
38	Gareth	EVANS	TAFF ELY TRIATHLON CLUB	67				27			02:43:41	40				
39	Andrew	Deans	Cardiff Triathletes	65	01:17:39	65										
39	Jack	Strode	Trifit coaching	65									02:14:12	65		
39	Kieran	Williams		65											01:15:35	65
39	Liam	Bradley		65							02:32:47	65				
39	Rhys	JONES	PORTHCAWL TRIATHLON CLUB	65					01:15:41.9	65						
44	Paul	WORCESTER		63					01:26:36.4	35	02:55:44	18	02:36:28	10		
45	Andrew	Jones		60											01:15:54	60
45	Luke	Wallis	Tribe of One	60							02:33:03	60				
45	Matt	THOMPSON		60					01:16:06.4	60						
45	Matthew	Latham	Tri Guru	60									02:14:26	60		
45	Owain	LEWIS-STRANGE	SWANSEA VALE TRI	60				60								
50	Dean	Scourfield	DCTriathlon	55							02:34:07	55				
50	Gareth	DAVIES	CAERPHILLY TRI-ERS	55				55								
50	Iwan	Griffiths-Jones		55											01:17:55	55
50	Josh	HOUGH	MM TRIATHLON	55					01:16:33.8	55						
54	Nicholas	THOMAS	PORT TALBOT HARRIERS	54				47	01:42:54.3	7						
55	Tom	BLACKLER	SWANSEA VALE TRIATHLON	52					01:22:59.3	44	03:00:30	8				
56	Alexander	Roberts		50											01:18:14	50
56	Dan	WHAITES	NEWT	50				50								
56	Daniel	HEARSE	PEN Y BONT TRIATHLON CLUB	50					01:17:00.4	50						

119	Henry	Barrett		38								02:25:09	38		
119	Lloyd	HARRIS		38				01:25:48.0	38						
119	Peter	Barr		38										01:28:02	38
119	Steven	MORGAN	PORT TALBOT HARRIERS	38					38						
125	Ashley	Banks		37								02:27:01	37		
125	Ethan	DUNNING	RHONDDA TRIATHLON CLUB	37					37						
125	Matthew	Colley	Cardiff Triathletes	37	01:24:16	37									
125	Rob	WALTERS		37				01:25:50.3	37						
125	William	Horton		37							02:43:59	37			
125	Yianni	Karakousis		37										01:28:28	37
131	Finn	Box		36										01:32:14	36
131	Kirk	Matthews		36	01:24:23	36									
131	Matthew	Goodman	DC Triathlon	36								02:27:25	36		
131	Nick	STEVENSON	TINWORKS TRI	36					36						
131	Sam	Harris	Cr@p Tri	36							02:44:25	36			
131	Steven	HALL	RHONDDA TRIATHLON CLUB	36				01:26:13.4	36						
137	Brian	Keane	Pembrokeshire Triathlon Club	35	01:24:25	35									
137	Daniel	GRIMSHAW	SWANSEA VALE TRI	35					35						
137	Jackson	Dean		35										01:34:19	35
140	Connor	DIMMICK		34				01:26:58.4	34						
140	Geoffrey	Lunn		34								02:28:29	34		
140	Isaac	Nowell	Swansea Tri Sharks	34	01:25:40	34									
140	Jimmy	Walker	DCTriathlon	34							02:46:28	34			
140	Joshua	Stott		34										01:35:02	34
145	Andrew	MORGAN	PORT TALBOT HARRIERS	33					33						
145	Dafydd	Walters		33	01:25:40	33									
145	Jules	Waters		33										01:38:14	33
145	Mike	TYNAN		33				01:27:59.9	33						
145	Samuel	Bennett		33								02:28:38	33		
150	Dave	CLEERE		32				01:29:33.0	32						
150	Joe	Murphy		32								02:28:43	32		
150	Kyle	Davies	PRFC Tri Club	32							02:47:40	32			
150	Reece	Crawford		32										01:38:45	32
150	Scott	Phillips	Tri Potential	32	01:25:52	32									
150	Tom	DUNNING	RHONDDA TRIATHLON CLUB	32					32						
156	Alistair	Vince	Intra Aberystwyth	31								02:29:21	31		
156	Andrew	Wilson	Cardiff Triathletes	31	01:26:00	31									
156	Dan	GRAHAM	TRI HARD HARRIERS	31				01:30:16.5	31						
156	Dylan	Griffiths		31										01:39:20	31
156	George	Curr		31							02:48:02	31			
161	Andy	JONES	GOG TRIATHLON	30					30						
161	Benjamin	Gwatkin		30										01:39:44	30
161	Greg	Mackay	Team Gregstrong	30	01:26:30	30									
161	Joseph	Turnbull		30								02:29:22	30		
161	Leighton	James	Taff ely triathlon club	30	01:29:48	19			11						
161	Tom	BELOTTI	DC TRIATHLON	30				01:30:25.4	30						
167	Craig	Jones	Pembrokeshire Tri	29							02:48:41	29			
167	David	AYRES	PORT TALBOT HARRIERS	29					29						
167	Liam	Riley		29								02:30:00	29		
167	Peter	Greno		29										01:43:24	29
171	C M	Bowen	Cardiff Triathletes	28							02:48:45	28			
171	Kelvin	Hughes		28								02:30:08	28		
171	Martin	Harrison		28										01:45:59	28
171	Oliver	EDWARDS	PORT TALBOT HARRIERS	28					28						
171	Wyn	THOMAS	SARN HELEN	28				01:30:35.2	28						
176	Ellis	Barnwell		27										01:46:06	27
176	Gavin	LEWIS	ATAC	27				01:31:19.7	27						
176	James	Mitchell	Viceroy's	27								02:30:29	27		
176	Jamie	Barton		27	01:27:13	27									
176	Joshua	Kyte		27							02:48:50	27			
181	Andrew	Rosen		26	01:27:28	26									
181	Drew	JOHNSON	PORT TALBOT HARRIERS	26					26						

181	Geoff	Lawrence		26										01:50:12	26
181	Glyn	Rees	Denbighshire triathlon club	26									02:30:31	26	
181	Lee	Lewis	@leastwetri	26								02:50:07	26		
181	Louis	MORGANS		26					01:32:13.1	26					
187	Harrison	EVANS	PORTHCAWL TRIDENTS	25					01:32:13.5	25					
187	Osian	Williams	ATAC	25	01:27:33	25									
187	Rhys	Thomas	Tenby Penguins	25								02:50:09	25		
187	Richard	MILES	PORT TALBOT HARRIERS	25				25							
187	Robert	Richards		25										01:54:08	25
187	To	Forster		25									02:31:11	25	
193	Dafydd	Brown	Pembrokeshire triathlon club	24	01:30:34	14			01:39:58.7	10					
193	Jacob	LILES		24					01:32:37.2	24					
193	James	Tilley	James and Freddie	24									02:31:39	24	
193	Lea	Farrington	Celtic tri	24	01:27:59	24									
193	Megan	Blythin		24										01:56:15	24
193	Rhodri	LEWIS	PORT TALBOT HARRIERS	24				24							
193	William	Edwards	PRFC Tri Club	24								02:50:49	24		
200	Evan	PARRY	PEN-Y-BONT TRIATHLON CLUB	23				23							
200	Gareth	ARMSTRONG	TRI HQ	23					01:32:47.7	23					
200	Luc	beguet	Caerphilly Tri-ers	23									02:31:56	23	
200	Mike	Southworth		23										02:04:11	23
200	Rhys	Bevan	Dc Triathlon	23								02:51:55	23		
200	Samuel	Webb		23	01:28:43	23									
206	Adam	James	Celtic Tri	22	01:28:59	22									
206	Christian	Edwards		22										02:12:40	22
206	Lewis	PAUL		22					01:32:51.1	22					
206	Matthew	Smith	NBCC / Bluestone	22								02:52:08	22		
206	Rhodri	WAKE	TAFF ELY TRIATHLON CLUB	22				22							
206	Thomas	White		22									02:32:35	22	
212	Craig	Handley	fitness connection gym	21									02:32:52	21	
212	Gavin	JAMES	PORT TALBOT HARRIERS	21				21							
212	Jarrad	MORRIS	HEATHWOOD TRI	21					01:33:28.0	21					
212	Patrick	Walsh		21										02:34:24	21
216	Gareth	BARNESS	PORT TALBOT HARRIERS	20				20							
216	Jack	Arnold		20	01:29:31	20									
216	Jamie	Dunning		20									02:33:04	20	
216	Robert	Bartlett		20								02:53:34	20		
216	Ynyr	JAMES		20					01:33:42.4	20					
221	David	TANNER	RHONDDA TRIATHLON CLUB	19				19							
221	Jack	Morris		19									02:33:35	19	
221	James	Passmore		19								02:55:28	19		
221	Jordan	Lane	Port Talbot Harriers	19	01:32:23	10		9							
221	Rhodri	MORGANS	TEAM CEMAIS	19					01:34:09.2	19					
226	Adrian	THOMAS		18				18							
226	Kieran	Hydes		18	01:30:08	18									
226	Rhys	WILLIAMS		18					01:34:20.4	18					
226	Tom	Maurice-jones		18									02:33:40	18	
230	Adam	Morgan	North Dock Dredgers	17	01:30:10	17									
230	Lee	Burrows	Rhfc	17								02:56:04	17		
230	Mark	Mather	TRI central uk	17									02:34:11	17	
230	William	BRICE		17					01:34:25.9	17					
234	Alex	Koukouravas		16								02:56:05	16		
234	James	Fishlock		16									02:34:23	16	
234	Lee	WARLOW		16				16							
234	Martin	STEVENSON-COOKE	CELTIC TRI	16					01:34:44.2	16					
238	Garmon	ROBERTS		15					01:37:05.5	15					
238	James	Forrest		15									02:34:28	15	
238	John	Davies		15	01:30:10	15									
238	Kyle	BLACKMORE		15				15							
238	Marc	Williams	Newport East Wales Triathlon	15								02:56:14	15		
243	Alex	LEWIS		14					01:37:50.5	14					
243	Ed	Keany	Total Tri Training	14									02:34:52	14	

Female Seniors

Position	Name	Surname	Club	Overall Score	Stage 1 - Llanelli		Stage 2 - TATA		Stage 3 - Fishguard		Stage 4 - Broad Haven		Stage 5 - Bala		Stage 6 - Llandudno	
					Time	Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points
1	Carys Mai	Hughes	Heathwood Triathlon Club	425	01:21:49	100		90	01:14:44.6	100	02:31:48	100	02:15:11	100	01:12:48	125
2	Madison	Shaddick	SWANSEA VALE TRI	370	01:25:00	90		80	01:16:09.7	90	02:40:58	80	02:18:03	80	01:13:25	110
3	Claire	WALTERS	PORT TALBOT HARRIERS	360				85	01:18:14.4	85	02:33:11	90	02:17:30	85	01:16:33	100
4	Cathryn	Williams	Port Talbot Harriers	300	01:26:37	80		65	01:20:17.2	65					01:18:16	90
5	Paige	Horsnell	Rhondda Tri Club	295	01:24:29	95			01:20:38.9	60	03:03:12	60			01:21:43	80
6	Eloise	Crowley	Cardiff Triathletes	220	01:28:04	75		75	01:20:04.2	70						
7	Megan	Clements	Swansea Harriers	185	01:29:49	70		50					02:26:32	65		
8	Emma	PALFREY	CAFFI GRUFF	160					01:19:07.3	75	02:38:44	85				
9	Lucy	MARLAND	RHONDA TRI	155					01:18:49.1	80			02:25:51	75		
10	Florence	Wilson	MerseyTri	114									02:42:26	44	01:28:22	70
11	Ellie	New	Gog triathlon	103									02:43:34	43	01:30:06	60
12	Hannah	MUNDAY	INTELLI TRI	100				100								
13	Gwenllian	Thomas	Carmarthen Triathlon Club	94	01:38:42	47			01:27:04.0	47						
13	Melanie	Davies	Carmarthen Triathlon Club	94	01:35:48	50			01:34:06.6	44						
15	Chloe	Dooley	NTPCW	90									02:15:42	90		
16	Ffion	JONES		87				41			03:16:36	46				
17	Bethan	Jones	Try Potential	85	01:25:41	85										
17	Emma	Lally		85											01:18:25	85
19	Mared	Pari		83									02:55:30	33	01:31:57	50
19	Rosie	HILL		83					01:39:10.5	42	03:24:24	41				
21	Kelly	PEAT		77					01:41:48.1	40	03:34:20	37				
22	Josey	BELLARS		76					01:45:43.4	38	03:30:30	38				
22	Nicola	THOMAS		76					01:39:47.8	41			02:53:40	35		
24	Eilidh	Bell		75											01:22:27	75
24	Milly	Kipling	Cardiff Triathletes	75							02:47:38	75				
26	Hayley	Lawton	North Dock Dredgers	74	01:50:36	38		36								
26	Stephanie	Conway	GOG Triathlon Club	74									03:02:54	28	01:42:27	46
28	Bethan	LANCE	JINXSPORT	70				70								
28	Katie	Potter		70							03:01:27	70				
28	Kirsty	Gibbs		70									02:25:54	70		
31	Lindsey	BLACKFORD	TEAM WATT	67					01:51:10.1	36	03:58:25	31				
32	Charlotte	White		65							03:02:56	65				
32	Ffion	Caines	DC Triathlon	65	01:31:28	65										
32	Laura	Read		65											01:29:38	65
35	Ffion	DAVIES	PORT TALBOT HARRIERS	60				60								
35	Georgina	Swire		60									02:37:38	60		
35	Nia	Davies	Top step tri	60	01:31:50	60										
38	Carys	JONES	12 GLANMOR PARK ROAD	55					01:20:44.7	55						
38	Cassia	Copeland	Cardiff Triathletes	55							03:03:20	55				
38	Jessica	Arnull		55									02:38:18	55		
38	Kathryn	Schofield		55											01:31:08	55
38	Lucy	Sullivan	Cardiff Triathletes	55	01:34:27	55										
38	Rebecca	JOHN	PORTHCAWL TRIATHLON CLUB	55				55								
44	Kate	Jones		53							03:42:22	34	03:11:41	19		
45	Alison	Pullan		50									02:38:45	50		
45	Bryanie	Aldwyn-Allsworth	Rhfc	50							03:06:34	50				
47	Abbie	EVANS	SWANSEA VALE TRI	49				49								
47	Bridget	Harpwood		49											01:40:17	49
47	Eleri	Jones		49							03:07:24	49				
47	Jemma	Sedgmond	Cardiff Triathletes	49	01:36:24	49										
47	Laura	FURNESS	TENBY ACES CC	49					01:24:22.7	49						
47	Magi	Williams	Mersey Tri	49									02:40:01	49		
53	Alex	Pearce		48							03:15:05	48				
53	Erin	HAYES	PORTHCAWL TRIDENTS	48					01:24:40.0	48						
53	Hollie	LABUNSKY	PORT TALBOT HARRIERS	48				48								
53	Jeyda	Hunt		48	01:38:05	48										
53	Katie	Robertson		48									02:40:50	48		
53	Victoria	Frisby		48											01:40:29	48
59	Melanie	Thomas	Moti Run Club	47							03:16:12	47				

59	Natasha	Barton	Porthcawl Triathlon	47								02:40:55	47		
59	Rebecca	SYKES	PORTHCAWL TRIATHLON CLUB	47				47							
59	Steffi	Hughes		47										01:41:46	47
63	Emily	CHRISTOPHER	TEAM WATT	46					01:30:35.9	46					
63	Hana	BLAKE		46				46							
63	Issy	Foster		46								02:41:12	46		
63	Sheridan	Court	Celtic Tri	46	01:39:29	46									
67	Bethan	PHILLIPS		45					01:33:45.9	45					
67	Emma	Colwill	Run4All Neath	45	01:43:00	45									
67	Emma	Winterleigh		45										01:46:18	45
67	Lizzie	Irvine	GOG triathlon club	45								02:41:44	45		
67	Sian	RICHARDS	CELTIC TRI	45				45							
67	Sian	Thomas	Cardiff Triathletes	45							03:16:37	45			
73	Charlotte	Kirkland		44							03:18:13	44			
73	Fran	Teasdale		44										01:48:28	44
73	Lucy	EVANS	PORTHCAWL TRIATHLON CLUB	44				44							
73	Tara	Williams	Celtic tri	44	01:43:28	44									
77	Cerys	Thomas		43	01:43:33	43									
77	Chelsea	FIGONI	ATAC	43					01:37:07.3	43					
77	Kate	Howson		43							03:19:25	43			
77	Lillia	Allen		43										01:52:17	43
77	Lucy	JOHN	PEN-Y-BONT TRIATHLON CLUB	43				43							
82	Catrin	Poole	Gary howells Run club	42	01:45:53	42									
82	Danielle	Scott	Knowsley Harriers	42								02:46:03	42		
82	Gwennan	Charlton		42										01:52:44	42
82	Kayley	GRIFFITHS		42				42							
82	Sian Elen	Thomas	FUL-ON TRI	42							03:23:48	42			
87	Amy	Seppman	Port Talbot Harriers	41	01:45:58	41									
87	Eleanor	Reidy		41										01:55:13	41
87	Sally	Jones		41								02:47:48	41		
90	Alex	Tennant	Cardiff Triathletes	40							03:24:38	40			
90	Bethany	CARNEGIE	SWANSEA VALE TRI	40				40							
90	Ceriann	Lewis	Celtic Tri	40	01:47:04	40									
90	Ellie	Hotson		40										01:57:42	40
90	Shelley	Hignett	Total Tri	40								02:49:18	40		
95	Elizabeth	Burke		39										01:59:00	39
95	Ella	JEFFERIES	CAERPHILLY TRIERS	39					01:42:26.3	39					
95	Lara	Griffiths	CARMARTHEN TRIATHLON CLUB	39							03:28:26	39			
95	Petra	Palmer		39	01:48:04	39									
95	Rachel	Cook	Gog triathlon club	39								02:50:43	39		
95	Rhiannon	THOMAS	DRAGON TRI CLUB	39				39							
101	Hannah	Lazarus	Clwb Beicio'r Bala	38								02:53:09	38		
101	Hannah	Puddy		38										01:59:27	38
101	Morag	BROWN		38				38							
104	Amelie	Roberts		37										02:03:42	37
104	Hannah	Hoffman	Swansea Vale Tri	37	01:51:06	37									
104	Jane	HARWOOD	PORT TALBOT HARRIERS	37				37							
104	Jo	Schirmer		37								02:53:20	37		
104	Sabrina	COOKE	DC TRIATHLON	37					01:47:20.5	37					
109	Amy	Taylor		36							03:37:33	36			
109	Jenna	Hawkins		36										02:06:32	36
109	Luisa	Barnes	Ferry Flatliners	36	01:52:13	36									
109	Victoria	Jones		36								02:53:21	36		
113	Abigail	MORGAN		35				35							
113	Brigid	ARMSTEAD		35					01:52:05.8	35					
113	Iona	Roberts		35										02:10:08	35
113	Rosie	Dent		35							03:41:10	35			
113	Sara	O'brien	North Dock Dredgers	35	01:59:55	35									
118	Amy	BRECKON	TRIZONE	34					01:52:06.2	34					
118	Jessica	Hill	ATAC	34	02:06:16	34									
118	Kirstie	Chalmers-Rowe		34										02:17:35	34
118	Kirsty	CHAPPELL	TAFF ELY TRIATHLON CLUB	34				34							

118	Nour	Maurice		34								02:53:53	34		
123	Ellie	GOSS	SWANSEA TRISHARKS	33				01:55:10.5	33						
123	Kirsty	Edwards	Newport and East Wales Triathlon	33	02:07:07	33									
123	Lowri	Jones		33										02:22:16	33
123	Menna	WILLIAMS	CARMARTHEN TRIATHLON CLUB	33					33						
123	Zoe	Jones		33							03:55:21	33			
128	Amy	Jenkins	Prime triathlon coaching	32	02:07:52	32									
128	Kaycee	NAPPER	TRIDENT SWIM COACHING	32				01:55:48.5	32						
128	Mary-Jayne	GRANVILLE	PEN-Y-BONT TRIATHLON CLUB	32					32						
128	Rachel	Clark		32										02:34:24	32
128	Siwan	Elenid	Meirionnydd	32								02:56:27	32		
128	Tasmin	Thomas		32							03:56:00	32			
134	Anwen	EVANS		31				01:57:53.1	31						
134	Hayley	Edwards	Newport East Wales Triathlon	31	02:10:42	31									
134	Hayley	Proudfoot		31								02:59:22	31		
134	Steph	Costich		31										02:46:56	31
138	Catherine	Bidgood	Pembrokeshire Tri	30							04:29:46	30			
138	Nia	HOLLAND		30				02:01:41.5	30						
138	Olivia	Doran		30								02:59:24	30		
141	Jemma	Gustafson	Sco Health & Fitness	29								03:02:05	29		
141	Sarah	MACAULAY		29				02:10:24.6	29						
143	Emma	NOLAN		28				02:10:24.6	28						
144	Mia	Johnson		27								03:04:18	27		
144	Nia	KNOTT		27				02:13:28.8	27						
146	Kayleigh	HOWELL	SCO HEALTH & FITNESS	26				02:14:35.5	26						
146	Louise	Edmunds		26								03:05:05	26		
148	Leanne	PARRY		25				02:21:51.3	25						
148	Rachel	Toone		25								03:05:35	25		
150	Sarah	Procter		24								03:05:37	24		
151	Katie	Lockyer		23								03:05:37	23		
152	Nell	Chittenden-milton	Malvern Triathlon Club	22								03:06:26	22		
153	Gemma	Kelly	Chester Tri club	21								03:06:57	21		
154	Faye	OHalloran		20								03:09:01	20		
155	Becky	Grimwade		18								03:12:21	18		
156	Hannah	Bristow		17								03:13:13	17		
157	Gemma	Cowen		16								03:18:26	16		
158	Lauren	Tryggvason		15								03:22:38	15		
159	Naomi	Ness		14								03:23:46	14		
160	Sanant	Evans		13								03:25:43	13		
161	Gweno	Dafydd	Clwb Beicio'r Bala	12								03:30:17	12		
162	Jennifer	Edwards		11								03:31:13	11		
163	Hayley	Baldwin		10								03:35:53	10		
164	Kayleigh	Howell	SCO Tri Club	9								03:35:55	9		
165	Jane	James	Clwb Beicio'r Bala	8								03:37:29	8		
166	Cathy	Maher		7								03:43:26	7		
167	Hannah	Forshaw		6								03:51:20	6		
168	Becca	Sutherland		5								04:06:17	5		

Male Veterans

Position	Name	Surname	Club	Overall Scores	Stage 1 - Llanelli		Stage 2 - TATA		Stage 3 - Fishguard		Stage 4 - Broad Haven		Stage 5 - Bala		Stage 6 - Llandudno	
					Time	Points	Time	Points	Time	Points	Time	Position	Time	Points	Time	Points
1	David	Coates	Team watt	360	01:19:23	90		85	01:13:18.6	85	02:29:05	75		01:11:10	100	
2	Marc	GEARY		254					01:18:09.2	80	02:53:50	37	02:20:15	47	01:15:09	90
3	Oliver	SIMON	ATAC	200			100				02:07:20	100				
4	Grant	Little	GOG Triathlon Club	195							02:24:07	85			01:09:21	110
5	Stephen	ROWLANDS	CARMARTHEN TRI CLUB	190					01:10:08.7	100	02:18:59	90				
6	Simon	ROXBURGH	GOG TRIATHLON	164			65				02:36:08	50	02:18:50	49		
7	Steven	Plumb	Narberth Nobblers	141	01:27:58	46			01:24:53.5	50	02:46:31	45				
8	Simon	Cole		125											01:06:05	125
9	David	Morgan	Port Talbot Harriers	115	01:22:18	60		55								
10	Miklos	BIRO	GOG TRIATHLON CLUB	104					01:32:25.3	42			02:38:57	15	01:28:57	47
11	Dafydd	Bowen	Carmarthen Harriers	101	01:31:53	36									01:22:36	65
12	Andy	Fairley	Wootton Tri	100									02:04:03	100		
12	David	Hawkins	Cardiff Triathletes	100	01:16:34	100										
12	Richard	Callaghan	Bynea cc	100	01:24:54	50		50								
15	Garod	THOMAS	PORT TALBOT HARRIERS	95				95								
15	Richard	Landon	Tinworks tri	95	01:17:29	95										
17	Mathew	Giles	Swansea Vale Tri	91	01:27:23	48		43								
18	Hugh	PASCOE	PORT TALBOT HARRIERS	90				90								
18	Marc	DAVIES	TEAMNFT	90					01:12:26.0	90						
18	Martin	Cain	Triguru	90									02:04:18	90		
21	Paul	Brocklehurst		85											01:15:50	85
21	Rhys	Harries	Tri potential	85	01:20:10	85										
21	Will	Turton	Mersey tri	85									02:05:59	85		
24	Alun	Bonello		80							02:27:55	80				
24	Dai	Beynon	@TRILLOYDY	80	01:21:12	80										
24	Jonathan	Phillips	Dragon Tri/ American Flyers	80									02:06:15	80		
24	Mark	Hemsley		80											01:20:45	80
24	Paul	WILLIAMS	CELTIC TRI	80			80									
29	Martin	Davies	Carmarthen Triathlon Club	78	01:29:15	42			01:38:24.0	36						
30	Bleddyn	Evans		75											01:21:13	75
30	Christopher	Powell	North Dock Dredgers Tri	75	01:21:33	75										
30	Ian	WRIGHT	BUSTINSKIN TRIATHLON CLUB	75					01:22:12.6	75						
30	Marc	BARROW	SWANSEA VALE TRI	75			75									
30	Matt	Blue	Carmarthen Triathlon Club	75									02:08:15	75		
35	Ryan	Mccluskey	Maldwyn Harriers	74									02:36:05	19	01:23:35	55
36	Bastian	Weinberger	Total Tri Training	70									02:09:07	70		
36	Christopher	LEWIS	PORT TALBOT HARRIERS	70				70								
36	Conrad	Lawson	Hereford Triathlon Club	70	01:21:58	70										
36	Dewi	OWEN	DREDGERS	70					01:22:56.9	70						
36	Grant	Falconer		70											01:22:22	70
36	James	Moore	CARMARTHEN TRIATHLON CLUB	70							02:30:06	70				
36	Rob	Jenkins	North Dock Dredgers	70	01:37:11	20		3	01:29:28.9	47						
43	Emyr	STEPHENS		69				21	01:27:09.5	48						
44	Brian	Hosty		65	01:22:00	65										
44	Carwyn	EVANS	ATAC	65					01:23:05.3	65						
44	Jack	Tremlett		65							02:30:22	65				
44	Neil	Fulstow	West Wales Fitness Coaching	65									02:12:33	65		
48	Barry	DAVIES	TEAM WATT	62					01:38:46.6	35	03:07:49	27				
49	Darren	Dalton		60							02:34:48	60				
49	Dave	Smith	Leigh Harriers	60									02:15:55	60		
49	David	THOMAS	RHONDDA TRIATHLON CLUB	60				60								
49	Gethin	Davies		60											01:23:27	60
49	Rob	EDWARDS		60					01:23:40.5	60						
54	Fernando	Salazar		57	01:40:06	13					02:48:10	44				
55	Gareth	Kelsall-hughes		55							02:34:49	55				

112	Jacek	Cincio		39								02:22:52	39		
112	Nathan	BEVAN	RHONDDA TRIATHLON CLUB	39				39							
112	Phil	Collins		39										01:37:45	39
112	Rich	CARTHEW		39					01:35:33.4	39					
112	Robert	Silcox	Rhfc	39							02:52:53	39			
118	Alexander	MILES	ROYAL NAVY TRIATHLON	38				38							
118	Iwan	Davies	Gog triathlon club	38								02:24:18	38		
118	Jonathan	Gregson		38										01:45:18	38
118	Nick	Hawker		38							02:53:33	38			
118	Owain	Robinson		38	01:30:20	38									
123	Andrew	DAVIES	PORT TALBOT HARRIERS	37				37							
123	Lee	Jones		37										01:47:55	37
123	Neil	Oakes	Total Transition Triathlon	37								02:25:14	37		
123	Paul	Bunyan	Llanelli tinworks tri	37	01:30:39	37									
123	Stephen	SHORT	NORTH DOCK DREDGERS	37					01:38:21.6	37					
128	Billy	Copp		36										01:57:50	36
128	Daniel	Duggan	Taff Ely Triathlon Club	36							02:54:03	36			
128	Jonathan	CHARLES	SWANSEA VALE TRI	36				36							
128	Keith	Mansell	N/A	36								02:25:51	36		
128	Paul	Ridgway	North Dock Dredgers	36	01:37:18	19		17							
133	Anthony	Leigh	rochdale tri club	35								02:26:43	35		
133	Dorian	DAVIES		35					02:05:52.0	21	03:58:18	14			
133	Niall	Foster	Cardiff Triathletes	35	01:31:57	35									
133	Nick	Shiels	PRFC Tri Club	35							02:55:02	35			
133	Paul	DAVIES	PORT TALBOT HARRIERS	35				35							
138	Jason	Rushton		34							02:56:53	34			
138	Jonathan	JONES	RHONDDA TRI CLUB	34					01:39:41.1	34					
138	Robert	HALL	CELTIC TRI	34				34							
138	Thomas	Snelgrove	Swansea tri sharks	34	01:32:17	34									
138	Tom	Wilson		34								02:27:11	34		
143	Chris	Trueman		33							02:57:47	33			
143	Mark	PHILLIPS	PENCOED TRIATHLON CLUB	33				33							
143	Richard	Woolland		33								02:27:32	33		
143	Will	Morgan		33	01:33:00	33									
147	Cain	Thomas	Cardiff Triathletes	32	01:33:39	32									
147	Christopher	EVANS	LLANTWIT MAJOR	32					01:40:40.8	32					
147	David	BALINT	MERTHYR TRIATHLON CLUB	32				32							
147	James	Dilks	Tenby Penguins	32							02:58:21	32			
147	Robert	Brown	Pembrokeshire triathlon club	32	01:42:01	10					03:13:21	22			
147	Timothy	Skingley		32								02:27:57	32		
153	Gareth	LEE	TINWORKS TRI	31				31							
153	Joe	Otterburn		31							02:59:28	31			
153	John	Cooney	Mersey Tri	31								02:29:04	31		
153	Leighton	ROBERTS		31					01:43:52.8	31					
153	Martin	Walters	Rhondda Triathlon Club	31	01:33:41	31									
158	Kevin	DEAN	PEMBROKESHIRE TRIATHLON	30					01:46:38.8	30					
158	Paul	Owen-Williams		30							03:03:17	30			
158	Philip	THOMAS	RHONDDA TRIATHLON CLUB	30				30							
158	Robert	Pritchard	Fitness connection	30								02:29:17	30		
162	Brian	ROBERTS	PEMBROKESHIRE TRIATHLON CLUB	29				11			03:21:26	18			
162	Craig	GRIFFITHS	PORTHCAWL TRIDENTS	29					01:52:08.0	29					
162	Daniel	Bamber	Team Tri Guru	29								02:30:47	29		
162	Kevin	Williams	Y Fenni	29							03:03:36	29			
162	Marc	TIPLADY	BYNEA CYCLING CLUB	29				29							
162	Spencer	Lawrence	Atac	29	01:34:23	29									
168	Fed	GIBSON	WESTCROFT TRIATHLON CLUB	28					01:52:20.9	28					
168	Gair	Mcadie	Gower Riders	28	01:34:45	28									
168	Leon	WILLIAMS	RHONDDA TRI	28				28							

Female Veterans

Position	Name	Surname	Club	Overall Scores	Stage 1 - Llanelli		Stage 2 - TATA		Stage 3 - Fishguard		Stage 4 - Broad Haven		Stage 5 - Bala		Stage 6 - Llandudno	
					Time	Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points
1	Catherine	Marks	Pembrokeshire Triathlon	375	01:27:52	100			01:20:47.5	100	02:42:54	90	02:26:05	85		
2	Emma	Davies-hughes	North Dock Dredgers	365	01:31:12	95		85			02:49:54	85			01:22:23	100
3	Emer	Sandham	GOG Triathlon Club	335	01:31:30	90		90			02:54:14	80	02:33:35	75		
4	Claire	Thomas	Tenby Aces	265	01:39:28	80			01:43:05.4	55	03:41:38	45	02:50:42	40	01:32:17	85
5	Claire	PARSLEY	GOG TRIATHLON CLUB	235					01:29:28.8	85			02:37:13	60	01:25:21	90
6	Helen	COLLEY	TAFF ELY TRIATHLON CLUB	225				50	01:36:46.9	75	03:23:29	50	02:50:31	41	01:39:59	50
6	Rhian	Roxburgh	GOG triathlon club	225									02:11:50	100	01:12:11	125
8	Melanie	Dellibovi	North Dock Dredgers	205	01:46:08	65		46			03:11:15	55	02:51:10	39		
9	Anwen	Jenkins	North Dock Dredgers	166	01:46:23	60		41	01:40:21.0	65						
10	Jenny	Mcadie	Gower Riders/Swansea Harriers	134	01:36:52	85		49								
11	Gwennan	HENSTOCK		128					01:30:17.4	80			02:45:22	48		
12	Donna	Wild	PT Harriers	118	01:46:06	70		48								
13	Jane	WILLIAMS		115					01:45:33.1	50	03:05:08	65				
14	Victoria	Cole		110											01:20:06	110
15	Lisa	Tustin	Celtic Tri	102	01:47:50	55		47								
16	Celia	Boothman	Pembrokeshire Tri	100							02:31:39	100				
16	Ceri	RUZZI	FUL-ON TRI TRIATHLON CLUB	100				100								
18	Nesta	Mccluskey	Maldwyn Harriers	93									02:58:35	33	01:36:29	60
19	Rosie	DAVIES	CARDIFF TRIATHLETES	90					01:27:33.6	90						
19	Samantha	Howard	Merseytri	90									02:16:54	90		
21	Buddug	Bevan		83							03:33:44	47	02:51:32	36		
22	Caryl	Williams	Bynea	80									02:28:26	80		
22	Louise	Davis Owen		80											01:33:10	80
22	Rebecca	OWEN	PORT TALBOT HARRIERS	80				80								
25	Angharad	Lewis	GOG triathlon	75	01:52:14	48							03:14:02	27		
25	Geri	Evans		75											01:34:05	75
25	Julie	Lees		75	01:42:11	75										
25	Melanie	Miles	Pembrokeshire Tri	75							02:57:22	75				
25	Sandra	JONES	CELTIC TRI	75				75								
30	Melanie	Koszalski	North Dock Dredgers	72	02:00:09	41		31								
31	Chris	WHITE	CELTIC TRI	70				70								
31	Ginny	Johnson		70											01:35:10	70
31	Janet	Grint	Stockport tri	70									02:35:30	70		
31	Ruth	FLATMAN	INTRTRI	70					01:38:47.0	70						
31	Sara	Morgan	Taff Ely Triathlon Club	70							02:57:41	70				
36	Helen	Munro		69							03:55:45	41	03:13:52	28		
37	Carol	Jones		65											01:35:34	65
37	Raeanna	GRAINGER	PEN-Y-BONT TRIATHLON CLUB	65				65								
37	Sarah	Gallacher	GOG Triathlon Club	65									02:36:01	65		
40	Caroline	NICHOLAS-THOMAS	SWANSEA VALE TRI	60				60								
40	Rachael	Davies		60							03:08:40	60				
40	Sarah	BRUCE		60					01:42:10.5	60						
43	Amanda	PARRY	PORT TALBOT HARRIERS	55				55								
43	Eleanor	Davies	Clwb Beicio'r Bala	55									02:37:39	55		
43	Paula	Maguire		55											01:36:31	55
46	Bettina	Petersohn	Tri Hard Harriers	50	01:48:49	50										
46	Nia	Dunseath		50									02:42:58	50		
48	Carole	Dudley	DCTriathlon	49							03:24:46	49				
48	Ruth	Gowers		49									02:43:49	49		
48	Ruth	Keeling		49											01:40:33	49
48	Sarah	JONES		49					01:46:12.4	49						
48	Viv	Jones	Bynea Cycling Club	49	01:51:10	49										
53	Maria Saligova	Smith		48							03:30:54	48				
53	Rhian	WILLIAMS	CARMARTHEN TRIATHLON CLUB	48					01:46:50.5	48						
53	Vicky	Darby-Brown		48											01:42:41	48
56	Kathryn	Sweetman	ATAC	47	01:52:16	47										
56	Marielle	Smith		47											01:43:41	47
56	Michelle	WOZENCRAFT		47					01:48:20.8	47						
56	Sheena	Corry		47									02:45:41	47		
60	Anne-Marie	Jerman	DCTriathlon	46							03:41:20	46				
60	Debbie	Hannah	Celtic Tri	46	01:52:32	46										
60	Madeleine	Morgan		46									02:46:51	46		

60	Sian	Stockford		46										01:44:10	46
60	Sonia	MARX	WESTCROFT TRIATHLON CLUB	46				01:49:25.4	46						
65	Hannah	Price		45										01:47:15	45
65	Jennie	WELTON		45				01:49:46.8	45						
65	Julia	Barker	Pembrokeshire Triathlon Club	45								02:47:59	45		
65	Marianne	PATERSON	DRAGON TRI CLUB	45			45								
65	Samantha	Perrott	Celtic tri	45	01:52:37	45									
70	Amie	Davies	Swansea sharks	44	01:53:31	44									
70	Amy	Regan	Warrington triathlon club	44								02:48:52	44		
70	Andria	Grove		44										01:49:58	44
70	Emma	BORTHWICK	PORT TALBOT HARRIERS	44			44								
70	Lorraine	Wadley	Y Fenni	44							03:46:06	44			
70	Shôn	REES-OWENS		44				01:53:32.1	44						
76	Donna	Davies	Ferry Flatliners	43	01:58:20	43									
76	Laura	Davies		43								02:50:15	43		
76	Laura	Scale		43							03:49:16	43			
76	Marina	WRIGHT	NEWT	43			43								
76	Nadia	Hamilton-Rainey		43										01:52:29	43
76	Sian	DAVIES	CELTIC TRI	43				01:55:40.1	43						
82	Donna	Reed	Tenby Aces	42							03:55:30	42			
82	Lindsay	JONES	MERTHYR TRI CLUB	42			42								
82	Louise	Rees James		42	01:59:52	42									
82	Nadine	Phillips		42										01:57:41	42
82	Sarah	Quinlan		42								02:50:19	42		
82	Tina	GABB		42				01:55:49.4	42						
88	Sarah	LITTLER	TENBY ACES	41				01:58:40.4	41						
89	Andrea	Craig	Tenby aces	40	02:01:39	40									
89	Ceri	PUCKETT	CARDIFF TRIATHLETES	40			40								
89	Helen	Davies	Taff Ely Triathlon Club	40							04:02:40	40			
89	Nicola	GRIFFITHS	PORTHCAWL TRIATHLON CLUB	40				02:00:34.4	40						
93	Emma	HAYHURST		39				02:05:28.1	39						
93	Helena	Warne	Tenby Aces	39	02:02:34	39									
93	Jaime	LEWIS	TONDU WHEELERS	39			39								
96	Daniela	JONES	PORTHCAWL TRIATHLON CLUB	38			38								
96	Hel	Murray	Tenby Aces	38	02:04:31	38									
96	Kerry	Edwards	Rochdale Triathlon Club	38								02:51:26	38		
96	Rachel	JAMES		38				02:21:16.1	38						
100	Amy	SAUNDERS	PORT TALBOT HARRIERS	37			37								
100	Ann	Griffiths		37	02:14:50	37									
100	Natalie	Fulstow	West Wales Fitness Coaching	37								02:51:29	37		
103	Anna	REES	CELTIC TRI	36			36								
103	Denise	Phillips		36	02:17:04	36									
105	Beth	Mcperson		35	02:25:26	35									
105	Bethan	THOMAS	PORT TALBOT HARRIERS	35			35								
105	Deborah	Scott		35								02:56:11	35		
108	Hayley	COLLEY	PORTHCAWL TRIATHLON CLUB	34			34								
108	Jo	Roberts		34								02:56:52	34		
109	Kate	THOMAS	CAERPHILLY TRI-ERS	33			33								
110	Carla	Lauder	Harlech Tri Club	32								03:00:18	32		
110	Sian	LLEWELLYN	PORTHCAWL TRIATHLON CLUB	32			32								
112	Isobel	Gowers	Tri Sport Essex	31								03:00:48	31		
113	Joanna	Pike		30								03:07:52	30		
114	Pamela	Thurtle	Knutsford Tri Club	29								03:11:19	29		
115	Kate	Benny		26								03:18:07	26		
116	Laura	Ellis Lane		25								03:21:35	25		
117	Carrie-ann	Price	Wrexham Triathlon club	24								03:21:48	24		
118	Cecilia	Harman		23								03:22:30	23		
119	Shan	Rees-owens	SCO Tri Club	22								03:23:05	22		
120	Gemma	Struthers		21								03:24:43	21		
121	Joan	Cooke		20								03:30:57	20		
122	Caroline	Hadfield	Rochdale Triathlon Club	19								03:36:05	19		
123	Sian	Hollins	Cardiff Triathletes	18								03:39:09	18		
124	Samantha	Owen	No club	17								03:53:49	17		
125	Llinos	Jones		16								03:59:14	16		

Male Vintage Veterans

Position	Name	Surname	Club	Overall Scores	Stage 1 - Llanelli		Stage 2 - TATA		Stage 3 - Fishguard		Stage 4 - Broad Haven		Stage 5 - Bala		Stage 6 - Llandudno	
					Time	Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points
1	Dave	Williams	Celtic Tri	355	01:23:47	90		90	01:19:19.1	90	02:44:34	85				
2	Alan	Porter	Taff Ely Triathlon Club	325	01:29:20	49		80	01:20:32.1	85	02:50:24	65	02:26:42	70	01:19:20	90
3	Chris	LEE	TAFF ELY TRIATHLON CLUB	305				95			02:36:40	100			01:16:36	110
3	Gareth	BOWYER	GOG	305					01:12:53.7	100			02:11:25	80	01:12:50	125
5	Justin	Bailey	Team Watt	264	01:26:44	80			01:24:11.6	60	02:55:15	47	02:32:34	49	01:21:11	75
6	Merf	JONES	GOG TRIATHLON CLUB	215					01:20:36.2	80			02:30:52	50	01:20:07	85
7	Martin	Cole	Port Talbot Harriers	200	01:20:16	100		100								
8	Simon	Lindley	Pembrokeshire triathlon club	176	01:34:32	42		39	01:29:01.2	49	03:11:06	37	02:43:45	36	01:27:15	46
9	Matt	Atkins		140	01:26:51	75							02:27:56	65		
10	Chris	BENNETT	GOG TRIATHLON CLUB	127					01:37:02.1	38			02:38:46	42	01:26:51	47
11	John	JENKINS	CAERPHILLY TRIERS	124	01:46:48	29		27	01:40:29.7	35	03:35:09	26	03:02:54	18	01:45:33	33
12	Stephen	Richards	Rhondda Triathlon Club	123	01:29:48	48			01:22:55.8	75						
13	Stephen	OSBORNE	TAFF ELY TRIATHLON	107					01:40:51.4	34			02:48:02	30	01:32:25	43
14	John	Bennett	Mersey Tri	106									02:34:17	46	01:24:05	60
15	Andrew	Dow		100											01:17:41	100
15	Mark	Davies	Sharks	100	01:28:39	50		50								
15	Tim	Wing	tri guru	100									02:06:59	100		
18	Richard	Leary	Celtic Tri	95	01:23:23	95										
19	Jeff	Partridge	Bynea CC	91	01:30:13	47		44								
20	David	Murray	Dragon tri	90									02:08:06	90		
20	Nick	Elliott	Mikes Bikes	90							02:43:13	90				
22	Clive	Tilbury	Individual	85									02:10:57	85		
22	James	Davies	Celtic Tri	85	01:32:13	43		42								
22	Michael	EVANS	RHONDDA TRIATHLON CLUB	85				85								
22	Tim	Parfitt	Crap Tri	85	01:25:30	85										
26	JEREMY	CARR		80											01:21:04	80
26	Peter	Evans	Port Talbot Harriers	80	01:38:06	39		41								
26	Peter	Lloyd	Peter Lloyd Coaching/Pembrokeshire Triathlon Club	80							02:44:42	80				
26	Tony	DALLY	TAFF ELY TRIATHLON CLUB	80				40			03:09:03	40				
30	Andrew	White	North Dock Dredgers	76	01:37:37	40		36								
31	Ian	Herbert	Cardiff Triathletes	75							02:49:11	75				
31	James	DAVIES		75				75								
31	Simon	Hall		75									02:24:00	75		
34	Jonathon	Hatfield	Caerphilly Triers	72	01:39:10	38		34								
35	Ian	Atkinson		70											01:21:54	70
35	Leights	Davies		70	01:27:42	70										
35	Miles	BROWN	CARDIFF TRIATHLETES	70					01:24:06.7	70						
35	Rodney	SAVAGE	CARDIFF TRIATHLETES	70				70								
35	Simon	Williams		70							02:49:32	70				
40	Huw	Bevan	Celtic Tri	67	01:40:24	36		31								
41	Christopher	Jones	Swansea Sharks	65	01:39:31	37									02:18:20	28
41	Ian	WILLIAMS	PORT TALBOT HARRIERS	65				65								
41	Mp	Davies		65	01:27:51	65										
41	Pab	MADDOX	NTR	65					01:35:02.1	42			02:55:39	23		
41	Pete	JONES	Y FENNI TRI CLUB	65					01:24:07.6	65						
41	Peter	Rigal		65											01:22:54	65
47	Roy	James	CLWB TRI-2-1	62	01:47:36	26			01:40:10.6	36						
48	Chris	JONES	CELTIC TRI	60				60								
48	Nicholas	Beare	Mersey Tri	60									02:29:30	60		
48	Nick	Colmsee	Cr@p Tri	60							02:51:06	60				
48	Nigel	Morse	Celtic Tri	60	01:28:09	60										
52	David	Coe	North Dock Dredgers	56	01:41:02	34		22								
53	Andy	Brazier		55											01:24:28	55
53	Angus	Dunseath		55									02:30:22	55		
53	Michael	BATTERSBY	CARDIFF TRIATHLETES	55					01:25:20.0	55						
53	Paul	Arnold	Celtic Tri	55							02:51:34	55				

53	Stephen	Davies	Rhondda Tri	55	01:28:25	55											
53	Stephen	MAY	TAFF ELY TRIATHLON CLUB	55				55									
59	Nicholas	NEWTON		52					01:42:27.8	31	03:41:26	21					
60	Richard	MORRIS		51					01:48:51.4	26	03:38:55	25					
61	Mark	Rooke	Rhondda Tri	50							02:52:15	50					
61	Sion	Hughes		50											01:25:31	50	
61	Tim	JONES	S Y TRI (SHREWSBURY TRIATHLON CLUB)	50					01:28:18.5	50							
64	Carl	MCCLARNAN	SWANSEA VALE TRI	49				49									
64	David	Thomas	Thames Valley Triathletes	49							02:53:10	49					
64	Nick	Roberts		49											01:26:01	49	
67	Grahame	SMOUT		48					01:30:04.3	48							
67	Jason	Thomas		48							02:53:32	48					
67	John	Twidell	Tri32	48									02:33:44	48			
67	Neil	Vicars-Harris		48											01:26:31	48	
67	Paul	ARNOLD	SWANSEA VALE TRI	48				48									
72	Chris	ADAMS	PENCOED TRIATHLON CLUB	47				47									
72	Kerr	JACKIE		47					01:30:09.4	47							
72	Nigel	Chilvers	Mersey Tri	47									02:33:53	47			
75	Carwyn	Jones	Pembrokeshire Tri	46							02:55:26	46					
75	Ceri	WILLIAMS	RHONDDA TRI	46					01:30:15.4	46							
75	Michael	Davies	Carmarthen Triathlon Club	46	01:30:50	46											
75	Paul	FIGGINS	TAFF ELY TRIATHLON CLUB	46				46									
79	Bleddyn	Edwards	Cardiff triathletes	45	01:31:51	45											
79	colin	Lewis		45							02:57:01	45					
79	Gary	PHILLIPS	PEN-Y-BONT TRI CLUB	45				45									
79	Patrick	Walters	Mersey Tri	45									02:37:01	45			
79	Stephen	Smith		45											01:30:46	45	
79	Steve	PRYKE	PEMBROKESHIRE TRIATHLON CLUB	45					01:30:54.7	45							
85	Barri	Davies	Team Watt	44	01:32:04	44											
85	Gary	Grist		44							02:57:09	44					
85	Jim	Little		44											01:31:50	44	
85	Phil	TINNUCHE	CLWB SEICLIO CWM GWENDRAETH	44					01:31:38.3	44							
85	Rob	Barker	Pembrokeshire Triathlon Club	44									02:37:34	44			
90	Andrew	Brazier	GOG Triathlon Club	43							03:05:12	43					
90	Ian	Mossop		43									02:37:35	43			
90	Martyn	POWELL	PT HARRIERS MULTISPORT	43					01:34:52.2	43							
90	Will	WHITMORE	AVT	43				43									
94	James	Wermig	SWYD	42							03:06:40	42					
94	Reggie	BEVAN	TAVERNSPITE TRI CLUB	42					01:58:28.3	19	03:40:02	23					
94	Stuart	McIntosh		42											01:33:02	42	
97	Glyn	Griffiths		41											01:33:43	41	
97	Keith	BURGESS		41					01:35:04.4	41							
97	Mark	Davies	CARMARTHEN TRIATHLON CLUB	41							03:07:45	41					
97	Rob	Davies	Celtic Tri	41	01:37:00	41											
97	Simon	Garbutt		41									02:39:09	41			
102	Gareth	Jones		40											01:35:28	40	
102	Manuel	LAGO FERNANDEZ		40					01:35:58.5	40							
102	Michael	Reeves	Team Tri Guru	40									02:40:04	40			
105	Christie	Coleman	Pen-y-bont	39	01:56:02	22		17									
105	Mark	HIRD		39					01:37:00.0	39							
105	Michael	De Voil	BadTri	39									02:41:35	39			
105	Richard	Mann		39											01:35:50	39	
105	Will	Tollick	Pembrokeshire Tri	39							03:09:35	39					
110	Darren	BOOTH	TAFF ELY TRIATHLON CLUB	38				38									
110	Jesper Bjerre	Pedersen	T'rring IF Triathlon	38							03:09:54	38					
110	Paul	Waterhouse	Team Triguru	38									02:43:25	38			
110	Waldemar	Cielecki		38											01:38:22	38	
114	Kirk	Hunter		37									02:43:39	37			
114	Mark	FINN	PORT TALBOT HARRIERS	37				37									
114	Phil	Tracey		37											01:39:54	37	
114	Rod	HARRIS		37					01:39:22.0	37							
118	Ross	Collins		36							03:17:34	36					

118	Russ	Mellor		36										01:44:27	36
120	Allan	Davies	Ammanford Triathlon Club	35	01:40:40	35									
120	Martin	Witty	GOG Triathlon Club	35									02:44:19	35	
120	Peter	Lane		35							03:17:43	35			
120	Steve	WILKINSON	CELTIC TRI	35				35							
120	Steve	Reynolds		35										01:44:27	35
125	John	Diffey		34							03:19:24	34			
125	Kevin	Whitby		34									02:44:20	34	
125	Stephen	Conway		34										01:44:45	34
128	Craig	Thomas		33							03:19:56	33			
128	David	JONES		33					01:40:51.6	33					
128	Dean	Edwards	Newport East Wales Triathlon (NEWTS)	33	01:42:27	33									
128	Mark	PAYNE	PORT TALBOT HARRIERS	33				33							
128	Mike	Winterburn	Rochdale Triathlon Club	33									02:44:28	33	
133	Chris	Ball	GOG Triathlon club	32									02:44:41	32	
133	David	KELLY		32					01:41:57.6	32					
133	Jon	Williams	Celtic Tri	32	01:45:10	32									
133	Lee	Thompson	The Knitting Club	32							03:22:41	32			
133	Malcolm	Sowerby		32										01:52:10	32
133	Russell Wayne	WILLIAMS	PORT TALBOT HARRIERS	32				32							
139	Gavin	Lawrenson		31									02:45:22	31	
139	Leigh	Callow		31										01:57:54	31
139	Peter	Johnstone		31							03:25:06	31			
139	Richard	Howe		31	01:46:13	31									
143	Andrew	Jayne	Taff Ely Triathlon Club	30							03:26:36	30			
143	Gwyn	EVERETT	TAFF ELY TRIATHLON CLUB	30				30							
143	Ian	Warne	West coast	30	01:46:28	30									
143	Nick	Davies		30										02:11:04	30
143	Richard	BOWEN		30					01:44:05.4	30					
148	Alun	Davies	Valley Striders Triathlon Club	29							03:28:46	29			
148	Clayton	TOLLAND	PORT TALBOT HARRIERS	29				29							
148	Doug	Grimwade		29									02:48:48	29	
148	Dyfed	BOLTON	CARMARTHEN	29					01:44:39.7	29					
148	Richard	Bishop		29										02:16:57	29
153	Alun	Edwards	Taff Ely	28	01:46:50	28									
153	Aubrey	Young		28							03:29:08	28			
153	Carwyn	JENKINS		28					01:45:57.0	28					
153	Dean	PHIPPS	TAFF ELY TRIATHLON CLUB	28				28							
153	Ian	Ellis	Mersey Tri	28									02:50:04	28	
158	Brian	Kilsby		27	01:46:53	27									
158	Julian	Penney		27							03:29:40	27			
158	Paul	STONE	CARMARTHEN	27					01:47:27.1	27					
158	Rik	Milne	Knutsford Tri Club	27									02:52:40	27	
162	Paul	BIDDER	PORT TALBOT HARRIERS	26				26							
162	Richard	Heeson		26									02:53:39	26	
164	Andrew	Thomas	North Dock Dredgers	25	01:50:29	25									
164	Neil	Hibbert		25									02:54:58	25	
164	Richard	THOMAS		25				25							
164	Robert	HUGHES	RHONDDA TRIATHLON	25					01:49:44.9	25					
168	Eneas	NOVA		24					01:50:17.3	24					
168	Nicholas	DUTTON	PORTHCAWL TRIATHLON CLUB	24				24							
168	Paul	Ayling	Arfon Swimming Club	24									02:55:25	24	
168	Paul	Morris		24							03:39:56	24			
168	Stephen	Griffiths		24	01:54:21	24									
173	Darren	CARPENTER		23				23							
173	David	HUTIN	CELTIC TRI	23					01:54:37.2	23					
175	Mark	DOBLE		22					01:55:25.3	22					
175	Mark	Robson	Mersey Tri	22									02:55:42	22	
175	Paul	Smith		22							03:40:05	22			
178	Andrew	HILLIS	NEWT	21				21							
178	Matt	IGGLEDEN		21					01:56:32.0	21					
178	Raymond	Procter		21									02:56:59	21	

181	Bruce	Clapton	PSoF	20								03:00:02	20		
181	David	Knight		20						03:45:32	20				
181	Peter	RICHARDS	PORT TALBOT HARRIERS	20			20								
181	Tony	CLEMENTS	SWANSEA TRI SHARKS	20					01:57:45.2	20					
185	Andrew	Sims	East Cornwall Harriers	19								03:02:04	19		
185	Neil	Harries		19							03:49:17	19			
185	Stuart	MORT	PORT TALBOT HARRIERS	19			19								
188	Gareth	Lane		18							04:00:27	18			
188	Paul	CLARKE		18					01:59:36.3	18					
188	Peter	CHURM	PORT TALBOT HARRIERS	18			18								
191	Dan	Stephenson		17							04:03:06	17			
191	Martyn	GRIFFITHS	CELTIC TRI	17					02:00:46.1	17					
191	Shaun	Barnes		17								03:03:51	17		
194	Gary	WILLIAMS	CAERPHILLY TRI-ERS	16			16								
194	John	Mainwaring		16								03:05:46	16		
194	Mark	Sutton		16							04:13:58	16			
194	Richard	PAYNE	INSPIRED	16					02:05:42.5	16					
198	Christopher	POTTER	RISC-A-TRI	15			15								
198	Keith	Bergman		15								03:11:41	15		
198	Martin	Smith		15							04:46:42	15			
201	Mario	RABAIOTTI	PORT TALBOT HARRIERS	14			14								
201	Peter	King		14								03:13:02	14		
203	Martin	RICHARDS		13			13								
203	Neil	Crowden	Mersey Tri	13								03:15:31	13		
205	Ian	LEWIS	DRAGON TRI CLUB	12			12								
205	Sean	Boyle	PLF	12								03:24:06	12		
207	Adrian	Gilleard		11								03:24:14	11		
208	john	hicklin		10								03:26:57	10		
209	Matt	Nugent		9								03:32:16	9		
210	Paul	Landrum		8								03:40:03	8		
211	Rhodri	Roberts		7								03:52:26	7		
212	Paul	Curry		6								04:00:02	6		
213	Kevin George	Blackburn		5								04:05:09	5		
214	John	Cooper		4								04:06:48	4		

55	Kathryn	Johnson		45								03:05:07	45		
58	Alyson	SMITH	CELTIC TRI	44				01:57:34.7	44						
58	Megan	New	Gog triathlon	44								03:05:44	44		
58	Sandra	White	North Dock Dredgers	44	02:04:42	44									
61	Karen	Cleminson	None	43								03:06:52	43		
62	Leanne	CASLEY	PEN-Y-BONT TRIATHLON CLUB	42				02:14:01.2	42						
62	Suzanne	Williams	Newt	42	02:10:31	42									
64	Alison	Perrins		41								03:09:37	41		
64	Karen	O'brien	Sospan Road Runners	41	02:26:44	41									
64	Louisa	ADDISCOTT		41				02:16:40.9	41						
67	Dawn	Stoneman	Celtic Tri	40								03:10:13	40		
67	Mandy	Town	North Dock Dredgers	40	03:00:39	40									
69	Carolyn	Dales	None	39								03:10:17	39		
70	Fiona	Storey	TriSudbury	37								03:11:19	37		
71	Helen	Morris		36								03:11:25	36		
72	Laura	Lee		35								03:15:10	35		
73	Catherine	Worsley		33								03:18:42	33		
74	Ruth	Astbury		31								03:21:52	31		
75	Katharine	Fleming		30								03:22:27	30		
76	Christine	Bates	York Triathlon Club	26								03:36:28	26		
77	Meg	Daintith	St Helens Tri	25								03:37:51	25		
78	Fiona	Hopkins	Clwb Beicio'r Bala	24								03:40:31	24		
79	Karen	Sims	East Cornwall Harriers	23								03:46:40	23		
80	Deborah	Robinson	GOG Triathlon Club	22								04:19:44	22		

Male Super Veteran

Position	Name	Surname	Club	Overall Score	Stage 1 - Llanelli		Stage 2 - TATA		Stage 3 - Fishguard		Stage 4 - Broad Haven		Stage 5 - Bala		Stage 6 - Llandudno	
					Time	Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points
1	Michael	Battersby	Cardiff Triathletes	370	01:29:20	90			01:25:20	100	02:55:07	80			01:23:07	100
2	Andy	BOSTOCK	DRAGON TRI CLUB	325				100			02:45:44	100			01:19:55	125
3	Chris	MORRIS	NORTH DOCK DREDGERS TRI	185	01:55:35	55		65							01:52:41	65
4	Edward	Morgan	Taff Ely Triathlon Club	175							02:50:15	90			01:27:49	85
5	Steve	Rich	Pembrokeshire Tri	160							02:58:24	70			01:27:06	90
6	Steve	Pryke	Pembrokeshire Tri	145					01:30:54	90	03:06:37	55				
7	Malcolm	Harrison	GOG Triathlon Club	140									02:49:32	60	01:32:36	80
8	David	WALTERS	CARMARTHEN TRIATHLON CLUB	135	01:46:20	65		70								
8	Martyn	WHITE	NORTH DOCK DREDGERS TRI	135	01:47:18	60		75								
10	Adrian	Colley	Taff Ely	111									03:18:43	41	01:38:41	70
11	Martin	Kerry		110											01:20:47	110
12	Colin	Wallace	Merthyr Cycling Club	100	01:22:16	100										
12	Keith	Bate		100									02:34:14	100		
14	David	Moore	Pembrokeshire Tri	94							03:23:52	46	02:53:02	48		
15	David	Lazarus	Clwb Beicio'r Bala	90									02:37:56	90		
15	Neil	WILLIAMS	TAFF ELY TRIATHLON CLUB	90				90								
17	Michael	Smith		88							03:35:33	44	03:04:37	44		
18	Anthony	Rutter	Tri Rivington	85									02:41:37	85		
18	John	HOPKINS	PORT TALBOT HARRIERS	85				85								
18	Kevin	Wheeler	Pembrokeshire Tri	85							02:54:54	85				
18	Mark	Hird		85					01:37:00	85						
18	Mike	Hayden	Celtic Tri	85	01:36:09	85										
23	Andrew	Barry	NEWT	80	01:41:18	80										
23	Mark	Doble		80					01:55:25	80						
23	Ray	Handley	fitness connection gym	80									02:42:46	80		
23	Robert	CHAPPELL	TAFF ELY TRIATHLON CLUB	80				80								
27	David	Crowther		75									02:45:21	75		
27	David	Roberts	Chester Triathlon Club	75											01:34:07	75
27	Malcolm	Clash	Pembrokeshire Tri	75							02:57:26	75				
27	Martyn	Griffiths	Celtic Tri	75					02:00:46	75						
27	Paul	Carman	North Dock Dredgers	75	01:43:07	75										
32	Howard	Bamber	TriGuru	70									02:45:50	70		
32	Martin	Davies	NEWT	70	01:45:44	70										
34	Paul	White	Leg-it	65									02:47:30	65		
34	Stephen	Glynn	Pembrokeshire Tri	65							03:01:39	65				
36	Guy	Clamp	Wreccsam Tri Club	60											01:55:05	60
36	Mike	Davies	Cdf Runners	60							03:02:20	60				
36	Paul	THOMAS	PORT TALBOT HARRIERS	60				60								
39	Anthony	HOLLING	PORT TALBOT HARRIERS	55				55								
39	Mike	Harper		55											02:00:06	55
39	Vaughan	Olivier	Tri Guru	55									02:49:40	55		
42	Aled	Williams	Celtic Tri	50							03:08:17	50				
42	Antony	Bertola		50											02:05:17	50
42	David	Hunter		50	01:50:59	50										
42	Emyr	Williams		50									02:51:17	50		
46	Ali	Arzaghilashgari		49	02:03:45	49										
46	Andrew	Fletcher		49											02:21:22	49
46	Christopher	Bloodworth	White Rock	49							03:08:42	49				
46	Marcus	Fry		49									02:52:38	49		
50	David	Hunter	North Dock Dredgers	48	02:12:24	48										
50	Mark	Jones		48											02:30:11	48
50	Richard	Shaw	Y Fenni	48							03:15:05	48				
53	Peter	Heron	Mersey Tri	47									02:54:12	47		

53	Steven	Perks	PORT TALBOT HARRIERS	47						03:17:06	47				
53	Tony	Dooley	Chester Triathlon Club	47										02:31:16	47
56	Gary	Morley	Fitness Connection	46								02:55:51	46		
56	Nick	Leeming		45								03:02:03	45		
56	Robert	Davies	Oxford Tri	45						03:31:24	45				
59	Neil	Macfie	Mersey Tri	43								03:11:58	43		
59	Neil	Roberts		43						03:55:19	43				
61	Don	Cowap	Total Tri Training	42								03:16:38	42		
62	Colin	Lamprey		40								03:20:49	40		
63	Mark	Morgan	Fitness Connection	39								03:22:38	39		
64	John	Roberts		38								03:36:09	38		

Female Super Veteran

Position	Name	Surname	Club	Overall Score	Stage 1 - Llanelli		Stage 2 - TATA		Stage 3 - Fishguard		Stage 4 - Broad Haven		Stage 5 - Bala		Stage 6 - Llandudno	
					Time	Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points
1	Alison	Shepherd	GOG Triathlon Club	215									03:05:57	90	01:40:29	125
2	Llinos	Davies	Gog Triathlon Club	185									03:08:16	85	01:45:54	100
3	Carolyn	Riley		110											01:41:07	110
4	Cheryle	Edwards	NEWTS	100	02:21:18	100										
4	Liz	Davies-ward	Hereford Triathlon	100									02:59:52	100		
4	Catherine	Etchell	Brecon Tri	100							03:01:06	100				
7	Margaret	Johnson-Myers		90							03:16:12	90				
7	Colette	Price	GOG Triathlon	90											01:46:35	90
9	Gill	Price		85											01:47:31	85
10	Christina	Smith	Celtic Tri	80									03:13:06	80		
10	Barbara	Cook	North Dock Dredgers Tri	80											01:47:44	80
12	Felicity	Aries	GOG Triathlon	75											02:14:34	75

