



**TRIATHLON
CYMRU**

SUPER SERIES 2023

Open Overall

Rank	Name	Club	Overall Points	Stage 1 - Llanelli	Points	Stage 2 - TATA	Points
1	Liam Lloyd	TRI POTENTIAL	200	01:04:12	100	01:51:04	100
2	Oliver Simon	ATAC	170	01:08:02	85	01:56:56	85
3	Guto Morgans		140	01:12:45	70	02:00:33	70
4	Stephen Rowlands	CARMARTHEN TRIATHLON CLUB	110	01:14:15	55	02:07:00	55
5	Dan Whaites	NEWT	107	01:13:32	65	02:09:24	42
6	Jonathon Seymour	GOG TRIATHLON CLUB	99	01:14:17	50	02:08:13	49
7	Patrick Jones	SWANSEA VALE TRI	94	01:14:24	49	02:09:09	45
8	Morgan DAVIES	WUSSS TRI	90			01:56:10	90
8	Finn Arentz		90	01:06:42	90		
10	Dave COATES	TEAM WATT	88	01:15:32	44	02:09:12	44
11	Iestyn Evans	SWANSEA VALE TRI	83	01:15:38	43	02:09:49	40
12	Dafyd JAY	TORFAEN TRI	80			01:57:09	80
12	Sean Petty	DRAGON TRI	80	01:11:46	80		
14	Kyle BLACKMORE	TEAM BRAV	75			01:58:37	75
14	Jack Southam	NORTH DOCK DREDGERS TRI	75	01:14:53	48	02:14:28	27
14	Rhys Palmer	SWANSEA VALE TRI	75	01:12:30	75		
17	Huw Neale	CARDIFF TRIATHLETES	68	01:17:54	37	02:13:02	31
18	Oliver WEBB	CARDIFF TRIATHLETES	65			02:05:12	65
19	Steven Allport	GOG TRIATHLON CLUB	64	01:17:55	36	02:13:33	28
20	Ryan JAMES	TEAM BRAV	60			02:06:05	60
20	Archie Dilks		60	01:13:39	60		
22	Martin Cole	PORT TALBOT HARRIERS	54	01:19:28	29	02:14:45	25
23	Scott Ruse	SWANSEA VALE TRI	52	01:19:18	30	02:14:58	22
24	Mike DAVIES	PORT TALBOT HARRIERS	50			02:07:16	50
24	William Horton	TENBY PENGUINS	50	01:18:40	34	02:15:53	16
26	Lewis RICHARDS	MAESTEG TRI CLUB	48			02:08:17	48

26	Chris Powell	NORTH DOCK DREDGERS TRI	48	01:19:04	31	02:15:50	17
26	johnathan price	WEST WALES FITNESS COACHING	48	01:14:56	45	02:18:16	3
29	Garod THOMAS	PORT TALBOT HARRIERS	47			02:08:30	47
29	Ryan Haigh		47	01:14:54	47		
31	Owain LEWIS-STRANGE	SWANSEA VALE TRI	46			02:08:59	46
31	Rhys Jones-Rhondda Tri	RHONDDA TRI	46	#N/A	46		
33	David Morgan	PORT TALBOT HARRIERS	45	01:19:56	27	02:15:44	18
34	Adam BROWN	MERTHYR TRIATHLON CLUB	43			02:09:19	43
35	Dominic Davies		42	01:16:16	42		
36	Nick THOMAS	PORT TALBOT HARRIERS	41			02:09:47	41
36	Keith Tannetta	CARDIFF TRIATHLETES	41	01:16:57	41		
38	Joe O'Shea		40	01:17:01	40	QRY	
39	Luke RICHARDS	RHONDDA TRI	39			02:10:02	39
39	James Levannais		39	01:17:18	39		
41	Rhys OWEN- Jinx	JINX SPORT	38			02:10:43	38
41	David Lee		38	01:17:42	38		
43	Hugh PASCOE	PORT TALBOT HARRIERS	37			02:11:33	37
44	James MANSON	CARDIFF TRIATHLETES	36			02:11:53	36
44	Owen Staddon	NEWT	36	01:20:21	25	02:17:12	11
46	Daniel RICHARDS	PEN-Y-BONT TRIATHLON CLUB	35			02:12:11	35
46	Adam Morgan		35	01:17:59	35		
48	Andrew DEANS	CARDIFF TRIATHLETES	34			02:12:21	34
48	Reuben Morgan	NORTH DOCK DREDGERS TRI	34	01:20:04	26	02:17:41	8
50	Rhys DOYLE	TRI POTENTIAL	33			02:12:30	33
50	Tomos Foulkes	CARMARTHEN TRIATHLON CLUB	33	01:18:46	33		
52	Jason HANSON	MONMOUTH TRI CLUB	32			02:12:49	32
52	Gwyndaf Lewis	CARMARTHEN TRIATHLON CLUB	32	01:19:02	32		
54	Samuel BOWRING	PORT TALBOT HARRIERS	30			02:13:11	30
55	Evan PARRY JOHN	PEN-Y-BONT TRIATHLON CLUB	29			02:13:13	29
56	James Moore	CARMARTHEN TRIATHLON CLUB	28	01:19:33	28	02:27:21	

57	Alastair MASSEY	SWANSEA VALE TRI	26			02:14:44	26
58	Huw BENDALL		24			02:14:49	24
58	Matthew Goodman		24	01:20:57	24		
60	Carson PRYCE	TEAM BRAV	23			02:14:58	23
60	mike tate	SWANSEA VALE TRI	23	01:24:11	9	02:16:31	14
60	Chris Lee	MERTHYR TRIATHLON CLUB	23	01:21:01	23	02:20:12	
63	Tim Parfitt		22	01:21:52	22		
64	Craig BAKER	PORT TALBOT HARRIERS	21			02:15:03	21
64	Owain Thomas		21	01:21:58	21		
66	Andy JONES	GOG TRIATHLON CLUB	20			02:15:37	20
66	Jack Arnold	SWANSEA VALE TRI	20	01:22:22	20	02:27:44	
68	Lewis BRADLEY	FERRY FLATLINERS	19			02:15:44	19
68	Richard Leary		19	01:22:30	19		
70	Sam Ekstrom-Gabb		18	01:23:08	18		
71	Dan Robinson		17	01:23:09	17		
72	Dean Popperwell		16	01:23:20	16		
73	Neil MORGAN	PORT TALBOT HARRIERS	15			02:16:11	15
73	Andrew Wilson		15	01:23:24	15		
75	Mathew Giles	SWANSEA VALE TRI	14	01:23:28	14	02:20:39	
76	Aaron WYN NICHOLAS	PORTHCAWL TRIATHLON CLUB	13			02:16:37	13
76	Osian Griffith		13	01:23:54	13		
78	Lloyd CLEARY-RICHARDS	PORTHCAWL TRIATHLON CLUB	12			02:16:49	12
78	Cavan McGill		12	01:23:55	12		
80	Alan Porter	TAFF ELY TRIATHLON CLUB	11	01:24:00	11	02:25:11	
81	Lee MCKERROW	SWANSEA VALE TRI	10			02:17:19	10
81	Thomas Snelgrove		10	01:24:03	10		
83	Luke HOLLYMAN	MAESTEG TRI CLUB	9			02:17:20	9
84	Paul Seppman	PORT TALBOT HARRIERS	8	01:24:18	8	02:20:38	
85	Zac MCCULLOCH	PORTHCAWL TRIATHLON CLUB	7			02:17:47	7
85	Simon Mills		7	01:24:30	7		

87	Carl WILLIAMS	RHONDDA TRI	6			02:17:55	6
87	Martin Davies	CARMARTHEN TRIATHLON CLUB	6	01:24:32	6		
89	Daniel GRIMSHAW	SWANSEA VALE TRI	5			02:17:57	5
89	David Thomas		5	01:24:38	5		
91	Jordan DISCOMBE	SWANSEA VALE TRI	4			02:18:11	4
91	GAVIN LEWIS		4	01:24:48	4		
93	Gavin James	PORT TALBOT HARRIERS	3	01:25:07	3	02:24:42	
94	Tim LEWIS	PORTHCAWL TRIATHLON CLUB	2			02:18:17	2
94	Mike Evans	RHONDDA TRI	2	01:25:10	2	02:26:48	
96	Lee WARLOW	PORT TALBOT HARRIERS	1			02:18:21	1

Overall Female

Overall Female	Full Name	Club	Overall points	Stage 1 - Llanelli	Points	Stage 2 - TATA	Points
1	Bethan Jones	TRI POTENTIAL	180	01:19:46	100	02:20:28	80
2	Rachel Davies	ATAC	165	01:20:14	90	02:20:35	75
3	Claire Walters	PORT TALBOT HARRIERS	160	01:21:36	75	02:19:26	85
4	Catherine Marks	PEMBROKESHIRE TRIATHLON CLUB	115	01:25:03	55	02:23:58	60
4	Cathryn Williams	PORT TALBOT HARRIERS	115	01:23:49	60	02:24:23	55
6	Hannah MUNDAY	INTELLI TRI	100			02:06:47	100
7	Ffion Caines	DC TRIATHLON	96	01:27:45	48	02:27:20	48
8	Caryl Williams	BYNEA CC	93	01:28:48	46	02:31:31	47
9	Madison SHADDICK	TEAM BRAV	90			02:17:04	90
10	Gillian Hopkins	CARDIFF TRIATHLETES	89	01:31:19	43	02:32:46	46
11	Emma Colwill	PORT TALBOT HARRIERS	88	01:30:56	44	02:33:22	44
12	Sandra Jones	CELTIC TRI	72	01:35:31	38	02:42:53	34
13	Ursula HANKINSON	FUL-ON TRI TRIATHLON CLUB	70			02:23:34	70
14	Robyn MCQUEEN	CARDIFF TRIATHLETES	65			02:23:43	65
15	Carol Jones	NORTH DOCK DREDGERS TRI	62	01:37:57	36	02:47:31	26

16	Carolyn Williams	PORT TALBOT HARRIERS	58	01:38:40	35	02:47:50	23
17	Rebecca JOHN	PORTHCAWL TRIATHLON CLUB	50			02:24:39	50
18	Ceri Ruzi		49			02:26:40	49
18	Claire Thomas	TENBY ACES	49	01:37:43	37	02:52:13	12
20	Lili JONES	MERTHYR TRIATHLON CLUB	45			02:32:53	45
21	Lucy Evans	PORTHCAWL TRIATHLON CLUB	44	01:41:24	30	02:51:40	14
22	Gwennan HENSTOCK		43			02:33:53	43
23	Emily MOUNSEY	SWANSEA VALE TRI	42			02:36:53	42
24	Elizabeth WILLIAMS		41				41
25	Rae GRAINGER	PEN-Y-BONT TRIATHLON CLUB	40			02:38:43	40
26	Caroline NICHOLAS-THOMAS	SWANSEA VALE TRI	39			02:39:07	39
27	Louise PIERPOINT	PORT TALBOT HARRIERS	38			02:39:44	38
28	Rebecca OWEN	PORT TALBOT HARRIERS	37			02:40:42	37
29	Helen BARRETT	SOUTH WALES POLICE TRI CLUB	36			02:41:54	36
30	Emma JENKINS	CARDIFF TRIATHLETES	35			02:42:30	35
31	Laura BUTCHER	PEN-Y-BONT TRIATHLON CLUB	33			02:42:55	33
32	Rebecca REES	MERTHYR TRIATHLON CLUB	32			02:43:01	32
33	Rita KINGDON	NEWT	31			02:43:38	31
33	Cathryn Jenkins	CELTIC TRI	31	01:40:31	31	03:01:00	
35	Jayne ARNOLD	SWANSEA VALE TRI	30			02:44:15	30
36	Ffion JONES	TRI POTENTIAL	29			02:46:37	29
36	Debbie Hannah	CELTIC TRI	29	01:42:03	29	03:08:06	
36	Hayley COLLEY	PORTHCAWL TRIATHLON CLUB	29			03:08:08	
39	Helen COLLEY	TAFF ELY TRIATHLON CLUB	28			02:47:01	28
39	Rosie Courts	PORT TALBOT HARRIERS	28	01:42:28	28	03:03:13	
41	Sheridan COURT	SWANSEA VALE TRI	27			02:47:12	27
42	Maddie FALLON	PORTHCAWL TRIATHLON CLUB	25			02:47:31	25
42	Nicola Jones	NORTH DOCK DREDGERS TRI	25	01:44:15	25	03:00:50	
44	Lucy CHIEFFO	SWANSEA VALE TRI	24			02:47:37	24
45	Kate HUMPHREY	NEWT	22			02:48:06	22

46	Nia DUNSEATH	WEST WALES FITNESS COACHING	21			02:48:24	21
46	Nicola Thomas	NORTH DOCK DREDGERS TRI	21	01:47:57	21	03:07:34	
48	Paula Stevens	GOG TRIATHLON CLUB	20			02:48:39	20
48	Claire Protheroe	BYNEA CC	20	01:48:05	20	03:10:35	
50	Philippa MOUNSEY	SWANSEA VALE TRI	19			02:49:22	19
50	Viv Jones	BYNEA CC	19	01:48:17	19	03:06:40	
52	Nerys LLOYD	0	18			02:50:02	18
52	Tracey Williams	CELTIC TRI	18	01:49:34	18	03:08:43	
54	Lesley MAINWARING	PORT TALBOT HARRIERS	17			02:50:25	17
55	Geri EVANS	GOG TRIATHLON CLUB	16			02:51:14	16
56	Kelly HUTIN	CELTIC TRI	15			02:51:37	15
57	Katie MORGAN	PORT TALBOT HARRIERS	13			02:51:47	13
58	Donna WILD	PORT TALBOT HARRIERS	11			02:54:49	11
59	Eden DAVIES	FERRY FLATLINERS	10			02:55:00	10
60	Paula MAGUIRE	GOG TRIATHLON CLUB	9			02:55:31	9
61	Gemma COX		8			02:55:48	8
62	Louise WILLIAMS		7			02:55:51	7
63	Jodie GOW	PORT TALBOT HARRIERS	6			02:56:36	6
64	Marina WRIGHT	NEWT	5			02:57:30	5
65	Stephanie CONWAY	GOG TRIATHLON CLUB	4			02:58:15	4
66	Maria NICHOLAS	PORT TALBOT HARRIERS	3			02:59:18	3
67	Natalie Fulstow	WEST WALES FITNESS COACHING	2			03:00:31	2
68	Anna PARSONS	PORT TALBOT HARRIERS	1			03:00:33	1

Open Youth

Position	Name	Age Category	Overall Scores	Stage 1 - Llanelli		Stage 2 - TATA	
				Overall Time	Points	Overall Time	Points
1	Charlie Malpas	Youth Open	100	01:25:42	100		

Youth Female

Female Youth

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

Open Junior

Position	Surname	Age Category	Club	Overall Scores	Stage 1 - Llanelli		Stage 2 - TATA	
					Overall Time	Points	Overall Time	Points
1	Johnathan Price	Junior Open	West Wales Fitness Coaching	185	01:14:56	85	02:18:16	100
2	Sean Petty	Junior Open	Dragon Tri	100	01:11:46	100		
3	Archie Dilks	Junior Open		90	01:13:39	90		
4	Dominic Davies	Junior Open	Tri potential	80	01:16:16	80		
5	Neo Seppman	Junior Open	GJ Endurance	75	01:18:49	75		
6	Ifan Thomas	Junior Open	Peak Performance Wales	70	01:27:32	70		

Female Junior

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

Open Senior

Position	Name	Age Category	Club	Overall Points	Stage 1 - Llanelli		Stage 2 - TATA	
					Overall Time	Points	Time	Points
1	Liam Lloyd	Open Senior	Tri Potential	200	01:04:12	100	01:51:04	100
2	Guto Morgans	Open Senior		155	01:12:45	80	02:00:33	75
3	Patrick Jones	Open Senior	SWANSEA VALE TRI	125	01:14:24	70	02:09:09	55
4	Dan Whaites	Open Senior	NEWT	124	01:13:32	75	02:09:24	49
5	Jack Southam	Open Senior	NORTH DOCK DREDGERS TRI	106	01:14:53	65	02:14:28	41
6	Iestyn Evans	Open Senior	SWANSEA VALE TRI	102	01:15:38	55	02:09:49	47
7	Morgan DAVIES	Open Senior	WUSSS TRI	90			01:56:10	90
7	Finn Arentz	Open Senior		90	01:06:42	90		
9	Alastair Massey	Open Senior	SWANSEA VALE TRI	86	01:18:01	46	02:14:44	40
10	Dafyd JAY	Open Senior	TORFAEN TRI	85			01:57:09	85
10	Rhys Palmer	Open Senior	SWANSEA VALE TRI	85	01:12:30	85		
12	Kyle BLACKMORE	Open Senior	TEAM BRAV	80			01:58:37	80
13	Scott Ruse	Open Senior	SWANSEA VALE TRI	79	01:19:18	41	02:14:58	38
13	William Horton	Open Senior	TENBY PENGUINS	79	01:18:40	45	02:15:53	34

15	Owen Staddon	Open Senior	NEWT	71	01:20:21	40	02:17:12	31
16	Oliver WEBB	Open Senior	CARDIFF TRIATHLETES	70			02:05:12	70
17	Ryan James	Open Senior	TEAM BRAV	65	02:06:05		02:06:05	65
18	Owain LEWIS-STRANGE	Open Senior	SWANSEA VALE TRI	60			02:08:59	60
18	Ryan Haigh	Open Senior		60	01:14:54	60		
20	Jack Arnold	Open Senior	SWANSEA VALE TRI	52	01:22:22	34	02:27:44	18
21	Adam BROWN	Open Senior	MERTHYR TRIATHLON CLUB	50			02:09:19	50
21	Joe O'Shea	Open Senior	PORT TALBOT HARRIERS	50	01:17:01	50	QRY	
23	Daniel Cope	Open Senior		49	01:17:23	49		
24	Nick THOMAS	Open Senior	PORT TALBOT HARRIERS	48			02:09:47	48
24	David Lee	Open Senior		48	01:17:42	48		
26	Adam Morgan	Open Senior		47	01:17:59	47		
27	Luke RICHARDS	Open Senior	RHONDDA TRI	46			02:10:02	46
27	Gavin James	Open Senior	PORT TALBOT HARRIERS	46	01:25:07	23	02:24:42	23
29	Rhys OWEN	Open Senior	JINX SPORT	45			02:10:43	45
30	Andrew DEANS	Open Senior	CARDIFF TRIATHLETES	44			02:12:21	44
30	Tomos Foulkes	Open Senior	Carmarthen Triathlon Club	44	01:18:46	44		
32	Jason HANSON	Open Senior	MONMOUTH TRI CLUB	43			02:12:49	43
32	Joshua Lewis	Open Senior		43	01:18:54	43		
34	Evan PARRY JOHN	Open Senior	PEN-Y-BONT TRIATHLON CLUB	42			02:13:13	42
34	Gwyndaf Lewis	Open Senior	Carmarthen Triathlon Club	42	01:19:02	42		
36	Rhys Jones	Open Senior	CARDIFF TRIATHLETES	41	01:25:20	22	02:27:19	19
37	Andrew Banfield	Open Senior	NORTH DOCK DREDGERS TRI	40	01:24:41	24	02:28:06	16
38	Carson PRYCE	Open Senior	TEAM BRAV	39			02:14:58	39
38	Gareth Bowen	Open Senior		39	01:20:51	39		
40	Matthew Goodman	Open Senior		38	01:20:57	38		
41	Craig Baker	Open Senior	PORT TALBOT HARRIERS	37			02:15:03	37
41	Anthony Owens	Open Senior		37	01:21:18	37		
43	Andy JONES	Open Senior	GOG TRIATHLON CLUB	36			02:15:37	36
43	Neil Davies	Open Senior	RHONDDA TRI	36	01:23:34	29	02:34:38	7

43	Lewis Bevan	Open Senior		36	01:21:33	36		
46	Lewis BRADLEY	Open Senior	FERRY FLATLINERS	35			02:15:44	35
46	Owain Thomas	Open Senior		35	01:21:58	35		
48	David Jackson	Open Senior	NORTH DOCK DREDGERS TRI	34	01:27:35	19	02:28:18	15
49	Aaron WYN NICHOLAS	Open Senior	PORTHCAWL TRIATHLON CLUB	33			02:16:37	33
49	Sam Ekstrom-Gabb	Open Senior		33	01:23:08	33		
51	Lloyd CLEARY-RICHARDS	Open Senior	PORTHCAWL TRIATHLON CLUB	32			02:16:49	32
51	Matthew Reynolds	Open Senior	PORT TALBOT HARRIERS	32	01:32:19	6	02:21:46	26
51	Dan Robinson	Open Senior		32	01:23:09	32		
54	Dean Popperwell	Open Senior		31	01:23:20	31		
55	Zac MCCULLOCH	Open Senior	PORTHCAWL TRIATHLON CLUB	30			02:17:47	30
55	Andrew Wilson	Open Senior		30	01:23:24	30		
57	Jordan DISCOMBE	Open Senior	SWANSEA VALE TRI	29			02:18:11	29
58	Lance COOKSEY	Open Senior	PORTHCAWL TRIATHLON CLUB	28			02:20:04	28
58	kieran williams	Open Senior		28	01:23:39	28		
60	Sam FIGGURES	Open Senior	PORT TALBOT HARRIERS	27			02:21:08	27
60	Cavan McGill	Open Senior		27	01:23:55	27		
62	Dan Totterdale	Open Senior		26	01:24:20	26		
63	Sion RICHARDS	Open Senior	RHONDDA TRI	25			02:23:25	25
63	Joseph Bailey	Open Senior		25	01:24:34	25		
65	Scott PHILLIPS	Open Senior		24			02:24:17	24
66	Martin DAVIES	Open Senior	SWANSEA VALE TRI	22			02:26:17	22
67	Leighton JAMES	Open Senior	VALLEY AVENGERS TRI CLUB	21			02:26:32	21
67	Richard Pelta	Open Senior	SWANSEA VALE TRI	21	01:27:28	21	02:44:39	
69	Neil BUCKMAN	Open Senior	CELTIC TRI	20			02:26:37	20
69	Ben Chapman	Open Senior		20	01:27:34	20		
71	Morgan Roberts	Open Senior	SWANSEA VALE TRI	18	01:30:07	12	02:36:23	6
71	Morgan Slate	Open Senior		18	01:27:57	18		
73	Jonathon VAUGHAN	Open Senior	CELTIC TRI	17			02:27:52	17
73	Christian Madge	Open Senior		17	01:28:39	17		

75	Kyle Evans	Open Senior		16	01:29:21	16		
76	Stuart Abraham	Open Senior		15	01:29:40	15		
77	Hywel DAVIES	Open Senior	PORTHCAWL TRIATHLON CLUB	14			02:28:21	14
77	zak James	Open Senior		14	01:29:47	14		
79	Vianl PATEL	Open Senior	CLWB SEICLO CWM GWENDRAETH	13			02:28:26	13
79	Dafydd Walters	Open Senior		13	01:29:57	13		
81	Alex WILKS	Open Senior	NORTH DOCK DREDGERS TRI	12			02:29:40	12
81	Gareth Evans	Open Senior	TAFF ELY TRIATHLON CLUB	12	01:32:22	7	02:38:48	5
83	Stephen CAMPBELL	Open Senior	CARDIFF TRIATHLETES	11			02:30:46	11
83	Robert Jonathan Humphrey	Open Senior		11	01:30:27	11		
85	Jordan Lane	Open Senior	PORT TALBOT HARRIERS	10			02:32:31	10
85	Ricky Pearson	Open Senior		10	01:30:39	10		
87	Daniel GRAHAM	Open Senior	PORTHCAWL TRIATHLON CLUB	9			02:33:15	9
87	Christopher Francis	Open Senior		9	01:31:12	9		
89	Nathan DAVIES	Open Senior	NEWT	8			02:34:12	8
89	John Griffiths	Open Senior		8	01:31:23	8		
91	Matthew Murphy	Open Senior		7	01:32:02	7		
92	Josh Pearson	Open Senior		6	0	6		
93	Alex Simpson	Open Senior		5	01:32:43	5		
94	Daniel EVANS	Open Senior	SWANSEA VALE TRI	4			02:39:28	4
94	Sam Saunders	Open Senior	NORTH DOCK DREDGERS TRI	4	01:32:54	3	02:41:29	1
94	Rhys Evans	Open Senior		4	0.064467593	4		
97	Michael JONES	Open Senior	SWANSEA VALE TRI	3			02:39:56	3
98	Kyle MAINWARING	Open Senior	RHONDDA TRI	2			02:40:30	2
98	Darren Caines	Open Senior		2	01:32:56	2		
100	Martin Price	Open Senior		1	01:32:59	1		

Female Senior

Position	Name	Age Category	Club	Overall Points	Stage 1 - Llanelli		Stage 2 - TATA	
					Time	Points	Time	Points
1	Bethan Jones	Female Senior	Tri Potential	180	01:19:46	100	02:20:28	80
2	Rachel Davies	Female Senior	ATAC	165	01:20:14	90	02:20:35	75
3	Claire Walters	Female Senior	Port Talbot	160	01:21:36	75	02:19:26	85
4	Cathryn Williams	Female Senior	Port Talbot	125	01:23:49	65	02:24:23	60
5	Ffion Caines	Female Senior	DC Triathlon	105	01:27:45	55	02:27:20	50
6	Hannah MUNDAY	Female Senior	INTELLI TRI	100			02:06:47	100
7	Emma Colwill	Female Senior	Port Talbot	97	01:30:56	49	02:33:22	48
8	Lucy Chieffo	Female Senior	Swansea Vale	90	01:38:43	46	02:47:37	44
8	Madison SHADDICK	Female Senior	TEAM BRAV	90			02:17:04	90
10	Lucy Evans	Female Senior	Porthcawl	86	01:41:24	43	02:51:40	43
11	Eloise Crowley	Female Senior	Cardiff Tri	85	01:21:00	85		
12	Rosie Courts	Female Senior	Port Talbot	81	01:42:28	41	03:03:13	40
13	Nicola Jones	Female Senior	Swansea Vale	80	01:44:15	39	03:00:50	41
13	Paige Horsnell	Female Senior	Rhondda	80	01:21:19	80		
15	Lucy Marland	Female Senior	Rhondda	70	01:22:37	70		
15	Ursula HANKINSON	Female Senior	FUL-ON TRI TRIATHLON CLUB	70			02:23:34	70
17	Robyn MCQUEEN	Female Senior	CARDIFF TRIATHLETES	65			02:23:43	65
18	Emily Christopher	Female Senior	Team Watt	60	01:26:36	60		
19	Rebecca JOHN	Female Senior	PORTHCRAWL TRIATHLON CLUB	55			02:24:39	55
20	Gwenno Llewelyn	Female Senior		50	01:28:31	50		
21	Lili JONES	Female Senior	MERTHYR TRIATHLON CLUB	49			02:32:53	49
22	Lara Griffiths	Female Senior	Carmarthen Tri	48	01:32:14	48		
23	Laura Borrelli	Female Senior		47	01:38:09	47		
23	Emily MOUNSEY	Female Senior	SWANSEA VALE TRI	47			02:36:53	47
25	Ffion JONES	Female Senior	TRI POTENTIAL	46			02:46:37	46

26	Amy Seppman	Female Senior	Port Talbot	45	01:39:16	45		
26	Sheridan COURT	Female Senior	SWANSEA VALE TRI	45			02:47:12	45
28	Elizabeth Robbins	Female Senior		44	01:39:53	44		
29	Emily Robinson	Female Senior		42	01:42:03	42		
29	Stephanie CONWAY	Female Senior	GOG TRIATHLON CLUB	42			02:58:15	42
31	Carys Freeman	Female Senior		40	01:43:26	40		
32	Kelly Peat	Female Senior		38	01:46:50	38		
33	Sian Thomas	Female Senior		37	01:48:02	37		
34	Tori Jones	Female Senior	Swansea Vale	36	01:51:18	36		
35	Gemma Starkey	Female Senior		35	01:53:17	35		
36	Sara O'Brien	Female Senior		34	01:54:29	34		
37	Rebecca Walters	Female Senior		33	01:54:56	33		
38	Sarah Jones	Female Senior		32	02:01:58	32		
39	Abigail Jeffreys	Female Senior		31	02:02:14	31		
40	Lucy Jones	Female Senior		30	02:02:34	30		
41	Emily Ellis	Female Senior		29	02:05:21	29		
42	Laura Daniels	Female Senior		28	02:13:39	28		
43	Hayley Edwards-Potts	Female Senior	NEWTS	27	02:19:02	27		

Open Veteran

Open Veteran					Stage 1 - Llanelli		Stage 2 - TATA	
Position	Name	Age Category	Club	Overall Points	Overall Time	Points	Time	Points
1	Oliver Simon	Open Veteran	ATAC	200	01:08:02	100	01:56:56	100
2	Stephen Rowlands	Open Veteran	Carmarthen Tri	180	01:14:15	90	02:07:00	90
3	Jonathon Seymour	Open Veteran	GOG Triathlon	170	01:14:17	85	02:08:13	85
4	Dave COATES	Open Veteran	TEAM WATT	150	01:15:32	75	02:09:12	75
5	Huw Neale	Open Veteran	Cardiff Tri	120	01:17:54	60	02:13:02	60
6	Chris Powell	Open Veteran	North Dock	99	01:19:04	50	02:15:50	49

7	David Morgan	Open Veteran	Port Talbot	98	01:19:56	48	02:15:44	50
8	Reuben Morgan	Open Veteran	North Dock	94	01:20:04	47	02:17:41	47
9	Mathew Giles	Open Veteran	Swansea Vale	86	01:23:28	44	02:20:39	42
10	Paul Seppman	Open Veteran	Port Talbot	84	01:24:18	41	02:20:38	43
10	James Moore	Open Veteran	Carmarthen Tri	84	01:19:33	49	02:27:21	35
12	Garod THOMAS	Open Veteran	PORT TALBOT HARRIERS	80			02:08:30	80
12	Rhys Jones	Open Veteran		80	01:14:54	80		
14	Hugh PASCOE	Open Veteran	PORT TALBOT HARRIERS	70			02:11:33	70
14	James Levannais	Open Veteran	TriForce	70	01:17:18	70		
16	James MANSON	Open Veteran	CARDIFF TRIATHLETES	65			02:11:53	65
16	Josh George	Open Veteran	Clwb Seiclo Cwm Gwendraeth	65	01:26:44	32	02:31:18	33
16	Shane Williams	Open Veteran		65	01:17:46	65		
19	Huw BENDALL	Open Veteran		55			02:14:49	55
19	Mark Davies	Open Veteran	Rhondda	55	01:29:42	19	02:27:00	36
19	Daniel Maclachlan	Open Veteran	Tri Potential	55	01:18:19	55		
22	OWEN EVANS	Open Veteran	Cardiff Tri	54	01:31:06	16	02:25:36	38
23	Neil MORGAN	Open Veteran	PORT TALBOT HARRIERS	48			02:16:11	48
24	Nathan BEVAN	Open Veteran	RHONDDA TRI	46			02:19:53	46
24	Paul RIDGWAY	Open Veteran	NORTH DOCK DREDGERS TRI	46	01:28:41	24	02:35:30	22
24	Kirk matthews	Open Veteran		46	01:22:31	46		
27	Michael THOMAS	Open Veteran	SWANSEA VALE TRI	45			02:20:11	45
27	Dewi Owen	Open Veteran		45	01:22:46	45		
29	Paul BRUTON	Open Veteran	NEWT	44			02:20:19	44
29	Miklos Biro	Open Veteran	GOG Triathlon	44	01:28:05	27	02:39:08	17
31	Matthew Rayson	Open Veteran	CLWB SEICLO CWM GWENDRAETH	43	01:31:48	14	02:32:58	29
31	Osian Griffith	Open Veteran		43	01:23:54	43		
33	Thomas Snelgrove	Open Veteran	Swansea Tri Sharks	42	01:24:03	42		
34	Matthew REYNOLDS	Open Veteran	PORT TALBOT HARRIERS	41			02:21:46	41
35	Simon BLAIN	Open Veteran	GOG TRIATHLON CLUB	40			02:24:58	40
35	Simon Mills	Open Veteran	Tri Potential	40	01:24:30	40		

37	Gareth AYRES	Open Veteran	PORT TALBOT HARRIERS	39			02:25:31	39
37	Paul Bunyan	Open Veteran		39	01:24:30	39		
39	Nathan Phillips	Open Veteran	North Dock	38	01:26:46	31	03:28:51	7
39	Martin Davies	Open Veteran	Carmarthen Tri	38	01:24:32	38		
41	Carl SINGLETON	Open Veteran	PORT TALBOT HARRIERS	37			02:26:33	37
41	Darren Bowden	Open Veteran	Rhondda	37	01:29:19	21	02:41:05	16
41	David Thomas	Open Veteran	Rhondda	37	01:24:38	37		
44	GAVIN LEWIS	Open Veteran	ATAC	36	01:24:48	36		
45	Leon Burns	Open Veteran		35	01:25:09	35		
46	Graeme TUNSTALL	Open Veteran	GOG TRIATHLON CLUB	34			02:29:59	34
46	Lee German	Open Veteran		34	01:26:17	34		
48	Kirk Riordan	Open Veteran		33	01:26:19	33		
49	Jonathan COSSON	Open Veteran	PORTHCAWL TRIATHLON CLUB	32			02:31:25	32
50	Steven OWEN	Open Veteran	GOG TRIATHLON CLUB	31			02:31:28	31
51	Martin DAVIES- Clwb Seiclo	Open Veteran	CLWB SEICLO CWM GWENDRAETH	30			02:31:43	30
51	Simon Phillips	Open Veteran	Pembrokeshire Tri	30	01:33:36	7	02:34:05	23
51	David Hills	Open Veteran		30	01:32:10	12	02:38:57	18
51	Emyr Stephens	Open Veteran		30	01:27:00	30		
55	James Harvey	Open Veteran		29	01:27:34	29		
56	Barry KEY	Open Veteran	PORTHCAWL TRIATHLON CLUB	28			02:33:00	28
56	Aled Daniels	Open Veteran		28	01:27:44	28		
58	Gary ROSSITER	Open Veteran	PORT TALBOT HARRIERS	27			02:33:04	27
59	Robert MALOUGH	Open Veteran	CELTIC TRI	26			02:33:15	26
59	Lee Elwell	Open Veteran		26	01:33:42	6	02:38:14	20
59	Gareth Rees	Open Veteran		26	01:28:11	26		
62	Gruffydd DAVIES	Open Veteran	PORTHCAWL TRIDENTS	25			02:33:44	25
62	Will Morgan	Open Veteran		25	01:28:26	25		
64	Daniel MORGAN	Open Veteran	DRAGON TRI	24			02:33:49	24
65	David Clarke	Open Veteran		23	01:28:54	23		
66	Brian Keane	Open Veteran	Pembrokeshire Tri	22	01:29:09	22		

67	Paul ROBBINS	Open Veteran	NORTH DOCK DREDGERS TRI	21			02:36:58	21
68	Michael Harris	Open Veteran		20	01:29:41	20		
69	Richard WILLIAM PARRY	Open Veteran	MERTHYR TRIATHLON CLUB	19			02:38:53	19
70	Gavin Wilkins	Open Veteran	Carmarthen Tri	18	01:30:12	18		
71	Martyn Lewis	Open Veteran	Pembrokeshire Tri	17	01:30:26	17		
72	Geriant FLYE	Open Veteran	MERTHYR TRIATHLON CLUB	15			02:49:08	15
72	Paul John	Open Veteran		15	01:31:25	15		
74	Miles THOMAS	Open Veteran	MERTHYR TRIATHLON CLUB	14			02:50:28	14
75	Darren Hopkins	Open Veteran		13	01:39:46		02:51:08	13
75	Gerwyn Malpas	Open Veteran	Taff Ely	13	01:31:51	13		
77	Steven SHORT	Open Veteran	NORTH DOCK DREDGERS TRI	12			02:51:30	12
78	michael chapman	Open Veteran		11	01:38:37		02:52:38	11
78	Dave Warrington	Open Veteran		11	01:32:49	11		
80	Nathan Williams	Open Veteran		10	01:39:21		02:53:25	10
80	David Real	Open Veteran		10	01:33:00	10		
82	Richard LEE HEXT		MERTHYR TRIATHLON CLUB	9			02:55:50	9
82	Garry Shephard	Open Veteran		9	01:33:06	9		
84	James WILLIAMS		BYNEA CC	8			02:56:57	8
84	Christopher Roberts	Open Veteran	Celtic Tri	8	01:33:10	8		
86	Gavin Watts	Open Veteran	Dragon Tri	7	01:33:17	7		
87	Paul Morris	Open Veteran		6	01:33:22	6		
88	Rhydian Jones	Open Veteran		5	01:33:46	5		
89	Daniel Otteson	Open Veteran		4	01:34:11	4		
90	David Sharpe	Open Veteran		3	01:34:49	3		
91	Steve Lawrence	Open Veteran	North Dock	2	01:37:11	2		
92	Andrew Morgan	Open Veteran		1	01:37:19	1		

Female Veteran

Position	Name	Age Category	Club	Overall Points	Overall Time	Points	Time	Points
					Stage 1 - Llanelli		Stage 2 - TATA	
1	Catherine Marks	Female Veteran	Pembrokeshire Triathlon Club	190	01:25:03	90	02:23:58	100
2	caryl williams	Female Veteran	Bynea	170	01:28:48	80	02:31:31	90
3	Gillian Hopkins	Female Veteran	Celtic Tri	160	01:31:19	75	02:32:46	85
4	Sandra Jones	Female Veteran	CELTIC TRI	120	01:35:31	60	02:42:53	60
5	Claire Thomas	Female Veteran	Tenby Aces	100	01:37:43	55	02:52:13	45
6	Gwenllian Thomas	Female Veteran	Carmarthen Tri	100	01:22:59	100		
7	Carol Jones	Female Veteran	North Dock	99	01:37:57	50	02:47:31	49
8	Donna Wild	Female Veteran	PORT TALBOT HARRIERS	93	01:41:14	49	02:54:49	44
9	Marina Wright	Female Veteran		85	01:45:09	42	02:57:30	43
10	Emma Davies-Hughes	Female Veteran	North Dock	85	01:28:22	85		
11	Debbie Hannah	Female Veteran	Celtic Tri	82	01:42:03	47	03:08:06	35
12	Lisa Tustin	Female Veteran	Celtic Tri	81	01:44:50	43	03:01:41	38
13	Gwennan HENSTOCK	Female Veteran		80			02:33:53	80
14	Caroline NICHOLAS-THOMAS	Female Veteran	SWANSEA VALE TRI	75			02:39:07	75
15	Viv Jones	Female Veteran	BYNEA CC	74	01:48:17	38	03:06:40	36
16	Claire Protheroe	Female Veteran	Bynea	72	01:48:05	39	03:10:35	33
17	Louise PIERPOINT	Female Veteran	PORT TALBOT HARRIERS	70			02:39:44	70
18	Bethan Marks	Female Veteran	Celtic Tri	70	01:33:47	70		
19	Rebecca OWEN	Female Veteran	PORT TALBOT HARRIERS	65			02:40:42	65
20	Llinos Jones	Female Veteran	ATAC	65	01:34:35	65		
21	Bethan Thomas	Female Veteran	Port Talbot	64	01:51:09	36	03:17:46	28
22	Rachael Parkinson	Female Veteran	Bynea	62	01:52:44	33	03:17:12	29
23	Laura BUTCHER	Female Veteran	PEN-Y-BONT TRIATHLON CLUB	55			02:42:55	55
24	Helen COLLEY	Female Veteran	TAFF ELY TRIATHLON CLUB	50			02:47:01	50
25	Kate HUMPHREY	Female Veteran	NEWT	48			02:48:06	48
26	Natalie Ashford	Female Veteran		48	01:41:59	48		

27	Philippa MOUNSEY	Female Veteran	SWANSEA VALE TRI	47			02:49:22	47
28	Geri EVANS	Female Veteran	GOG TRIATHLON CLUB	46			02:51:14	46
29	Ania CioleK	Female Veteran		46	01:42:39	46		
30	Ange Davies	Female Veteran		45	01:43:02	45		
31	Louise Rees James	Female Veteran		44	01:43:51	44		
32	Natalie Fulstow	Female Veteran	WEST WALES FITNESS COACHING	42			03:00:31	42
33	Kelly GRIFFITHS	Female Veteran	CELTIC TRI	41			03:00:55	41
34	Hayley Harris	Female Veteran	Celtic Tri	41	01:46:04	41		
35	Cathryn JENKINS	Female Veteran	CELTIC TRI	40			03:01:00	40
36	Louise Snelgrove	Female Veteran		40	01:47:20	40		
37	Kat CLARK	Female Veteran	PORTHCAWL TRIATHLON CLUB	39			03:01:31	39
38	Rebecca CLATWORTHY	Female Veteran	FIT4TRI	37			03:02:23	37
39	Emma Dalling	Female Veteran		37	01:50:44	37		
40	Amie Davies	Female Veteran		35	01:51:11	35		
41	Hayley COLLEY	Female Veteran	PORTHCAWL TRIATHLON CLUB	34			03:08:08	34
42	Liz Davies	Female Veteran		34	01:51:44	34		
43	Angharad LEWIS	Female Veteran	GOG TRIATHLON CLUB	32			03:11:41	32
44	Melissa Thomas	Female Veteran		32	01:53:13	32		
45	Vicki COLE	Female Veteran	PONTYPOOL TRI	31			03:13:47	31
46	Rachael Middleton-James	Female Veteran		31	01:53:23	31		
47	Ceri PUCKETT	Female Veteran	CARDIFF TRIATHLETES	30			03:13:54	30
48	Linda Morgans	Female Veteran		30	01:54:10	30		
49	Sian Davies	Female Veteran		29	01:57:38	29		
50	Delyth Rucarean	Female Veteran		28	01:59:45	28		
51	Nadine PHILLIPS	Female Veteran	GOG TRIATHLON CLUB	27			03:19:08	27
52	Rhian Williams	Female Veteran	Carmarthen Tri	27	02:00:20	27		
53	Nicola SINCLAIR	Female Veteran	NEWT	26			03:32:15	26
54	Jo-Anne Williams	Female Veteran		26	02:02:06	26		
55	Kerry HOPPER	Female Veteran	PONTYPOOL TRI	25			03:46:31	25
56	Phillipa Morgan	Female Veteran		25	02:15:12	25		

57	Beverley Spear	Female Veteran		24	02:28:27	24		
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Open Vintage Veteran

Pos	Name	Age Category	Club	Overall Points	Stage 1 - Llanelli		Stage 2 - TATA	
					Time	Points	Time	Points
1	Steven Allport	Open Vintage Veteran	GOG	200	01:17:55	100	02:13:33	100
2	Martin Cole	Open Vintage Veteran	Port Talbot	180	01:19:28	90	02:14:45	90
3	Chris Lee	Open Vintage Veteran	MERTHYR TRIATHLON CLUB	160	01:21:01	85	02:20:12	75
4	mike tate	Open Vintage Veteran	Swansea Vale	150	01:24:11	65	02:16:31	85
5	Alan Porter	Open Vintage Veteran	Taff Ely	135	01:24:00	70	02:25:11	65
6	Mike Evans	Open Vintage Veteran	RHONDDA TRI	110	01:25:10	60	02:26:48	50
7	Andrew Davies	Open Vintage Veteran		98	01:30:56	38	02:26:20	60
8	STEPHEN RICHARDS	Open Vintage Veteran	RHONDDA TRI	93	01:27:05	48	02:29:37	45
9	Gareth Norton	Open Vintage Veteran	CARDIFF TRIATHLETES	89	01:26:29	50	02:34:20	39
10	John Hiddlestone		North Dock	81	01:31:26	37	02:31:17	44
11	Dave WILLIAMS	Open Vintage Veteran	CELTIC TRI	80			02:20:01	80
12	Neil Davies	Open Vintage Veteran	RHONDDA TRI	80	01:29:17	42	02:34:38	38
13	Tim Parfitt			80	01:21:52	80		
14	Richard Leary	Open Vintage Veteran	Celtic Tri	75	01:22:30	75		
15	Carwyn Jones	Open Vintage Veteran	Pembrokeshire Triathlon Club	73	01:31:39	36	02:34:47	37
16	Gareth BECK	Open Vintage Veteran	NEWTS	70			02:20:28	70
17	Steve Hayward	Open Vintage Veteran	Celtic Tri	64	01:32:31	34	02:40:10	30
18	Jeff Partridge		Bynea CC	61	01:32:10	35	02:42:47	26
19	Tony Spiller	Open Vintage Veteran	Port Talbot	58	01:35:25	33	02:42:47	25
20	Lee WALTERS	Open Vintage Veteran	MERTHYR TRIATHLON CLUB	55			02:26:37	55
21	Lee Adams	Open Vintage Veteran	Port Talbot	55	01:36:20	31	02:43:29	24
22	Karl Protheroe	Open Vintage Veteran		55	01:25:57	55		
23	James Donovan-Davies			49	01:27:03	49		

24	Mark DAVIES		Rhondda Tri	48			02:27:00	48
25	Chris ADAMS	Open Vintage Veteran	Bridgend Swim Club	47			02:28:32	47
26	Michael Davies	Open Vintage Veteran	CELTIC TRI	47	01:30:28	39	03:16:13	8
27	Andrew Jones		Precision Race Team	47	01:27:14	47		
28	Mark STEEDMAN	Open Vintage Veteran	CARDIFF TRIATHLETES	46			02:29:09	46
29	Tony Dally	Open Vintage Veteran		46	01:27:19	46		
30	Angus Dunseath	Open Vintage Veteran		45	01:28:16	45		
31	Russell wayne Williams		Port Talbot	44	01:39:36	25	02:51:17	19
32	Stephen Davies	Open Vintage Veteran		44	01:29:09	44		
33	Marc TIPLADY		North Dock	43			02:32:01	43
34	Mark Evans	Open Vintage Veteran		43	01:29:15	43		
35	Paul CHAPPELL		Porthcawl	42			02:32:17	42
36	Robert SLAUGHTER	Open Vintage Veteran		41			02:32:30	41
37	david coe	Open Vintage Veteran	NORTH DOCK DREDGERS TRI	41	01:37:31	28	03:05:01	13
38	John Cregg		NEWTS	41	01:29:47	41		
39	Lee HARVEY	Open Vintage Veteran	Torfaen	40			02:32:38	40
40	Justin Bailey	Open Vintage Veteran	Team Watt	40	01:29:53	40		
41	Gary PHILLIPS		Pen-y-bont Triathlon	36			02:35:07	36
42	Bleddyn EDWARDS		RHONDDA TRI	35			02:35:08	35
43	Neil VICARS HARRIS		Gog Triathlon	34			02:36:29	34
44	Paul ARNOLD		CELTIC TRI	33			02:36:50	33
45	Andrew Hillis	Open Vintage Veteran	Monmouth	33	01:42:15	18	02:55:37	15
46	Shaine REGAN		Pontypool Tri	32			02:38:05	32
47	Allan Davies		ATAC	32	01:35:53	32		
48	Bleddyn EVANS	Open Vintage Veteran	Gog Triathlon	31			02:39:00	31
49	Roy James			30	01:36:41	30		
50	Mark FINN		Port Talbot	29			02:41:33	29
51	Anthony James	Open Vintage Veteran		29	01:36:50	29		
52	Jeremy ROWE		CARDIFF TRIATHLETES	28			02:41:44	28

53	Jay SHARMA	Open Vintage Veteran	Maesteg Triathlon Club	27			02:42:31	27
54	Iwan Jones	Open Vintage Veteran	Clwb Seiclo Cwm Gwendraeth	27	01:43:52	16	03:09:56	11
55	Gwyn Everett	Open Vintage Veteran	Taff Ely	27	01:37:38	27		
56	JON WILLIAMS	Open Vintage Veteran		26	01:38:01	26		
57	Dyfed Bolton	Open Vintage Veteran		24	01:40:13	24		
58	Mark Owen		Newt	23			02:43:32	23
59	Ross Shepherd	Open Vintage Veteran		23	01:40:33	23		
60	Peter WALDREN		CARDIFF TRIATHLETES	22			02:44:18	22
61	Anthony Bennett	Open Vintage Veteran		22	01:40:42	22		
62	Paul BAGSHAW		MERTHYR TRIATHLON CLUB	21			02:45:02	21
63	Steven Rees	Open Vintage Veteran	Carmarthen Tri	21	01:40:50	21		
64	Mark ROOKE	Open Vintage Veteran	RHONDDA TRI	20			02:47:14	20
65	Jason Davies Davies			20	01:40:54	20		
66	Nic Beggs	Open Vintage Veteran		19	01:41:24	19		
67	Chris PANES		MERTHYR TRIATHLON CLUB	18			02:53:57	18
68	Hamandi HAMANDI	Open Vintage Veteran	CARDIFF TRIATHLETES	17			02:54:14	17
69	Alex Harries			17	01:42:29	17		
70	Craig FRANCIS	Open Vintage Veteran	Pen-y-bont Triathlon	16			02:54:39	16
71	Wayne Elias		Swansea Vale	15	01:44:10	15		
72	Darren DARREN GRANDE	Open Vintage Veteran	MERTHYR TRIATHLON CLUB	14			03:04:10	14
73	Craig Williams		Port Talbot	14	01:44:17	14		
74	Paul Stone	Open Vintage Veteran		13	01:44:26	13		
75	Iestyn FOSTER	Open Vintage Veteran	Pontypool Tri	12			03:07:29	12
76	brian kilsby			12	01:45:43	12		
77	Gary Davies	Open Vintage Veteran	North Dock	11	01:46:11	11		
78	Martin DAVIES			10			03:10:35	10
79	Richard Morris	Open Vintage Veteran	Team Watt	10	01:46:25	10		
80	Christie COLEMAN	Open Vintage Veteran	Pen-y-bont Triathlon	9			03:15:14	9
81	Chris Edwards			9	01:47:13	9		

82	Stephen Griffiths	Open Vintage Veteran		8	01:48:39	8		
83	Nicholas DUTTON	Open Vintage Veteran	Porthcawl	7			03:22:07	7
84	Christopher Jones	Open Vintage Veteran	Swansea Tri Sharks	7	01:48:47	7		
85	Paul Armstrong	Open Vintage Veteran		6	01:58:34	6		
86	Andrew Thomas	Open Vintage Veteran		5	01:51:02	5		
87	Colin Lewis	Open Vintage Veteran		4	02:05:56	4		

Female Vintage Veterans

Position	Name	Age Category	Club	Overall Points	Stage 1 - Llanelli		Stage 2 - TATA	
					Time	Points	Time	Points
1	Cathryn Jenkins	Female Vintage Veterans	Celtic Tri	140	01:40:31	75	03:01:00	65
2	Nicola Thomas	Female Vintage Veterans	North Dock	110	01:47:57	55	03:07:34	55
3	Sian WILLIAMS	Female Vintage Veterans	PEMBROKESHIRE TRIATHLON CLUB	100			02:38:00	100
3	Stephanie Waring	Female Vintage Veterans	Tenby Aces	100	01:26:33	100		
5	Alyson Smith	Female Vintage Veterans	North Dock	99	01:52:47	50	03:20:31	49
6	Karen Dugate	Female Vintage Veterans	Bynea	93	01:56:25	45	03:23:30	48
7	Emma JENKINS	Female Vintage Veterans	CARDIFF TRIATHLETES	90			02:42:30	90
7	Elizabeth Wiliams	Female Vintage Veterans		90	01:30:27	90		
9	Suzanne Williams	Female Vintage Veterans	NEWT	86	02:13:08	40	03:49:39	46
9	Branwen Angharad ROWE	Female Vintage Veterans	CELTIC TRI	86	0.090740741	41	03:50:34	45
11	Jayne ARNOLD	Female Vintage Veterans	SWANSEA VALE TRI	85			02:44:15	85
11	Yvonne Williams	Female Vintage Veterans		85	0.068842593	85		
13	Nia DUNSEATH	Female Vintage Veterans	WEST WALES FITNESS COACHING	80			02:48:24	80
13	Louise Miskell	Female Vintage Veterans		80	01:39:30	80		
15	Paula Stevens	Female Vintage Veterans	GOG TRIATHLON CLUB	75			02:48:39	75
16	Lesley MAINWARING	Female Vintage Veterans	PORT TALBOT HARRIERS	70			02:50:25	70
16	Julie Jones	Female Vintage Veterans	North Dock	70	01:43:14	70		
18	Sara Davies	Female Vintage Veterans	Celtic Tri	65	0.072291667	65		

19	Claire LEWIS	Female Vintage Veterans	NEWT	60			03:02:53	60
19	Jo Otteson	Female Vintage Veterans	North Dock	60	0.073865741	60		
21	Christine WILLIAMS	Female Vintage Veterans	PORT TALBOT HARRIERS	50			03:19:05	50
22	Juliet Davies	Female Vintage Veterans	North Dock	49	01:53:16	49		
23	Clare Biddlecombe	Female Vintage Veterans		48	0.079201389	48		
24	Joy WILLIAMS	Female Vintage Veterans	CELTIC TRI	47			03:26:58	47
24	Sally Herbert	Female Vintage Veterans		47	01:54:18	47		
26	Sharon Thomas	Female Vintage Veterans	Carmarthen Tri	46	0.080740741	46		
27	Sarah Partridge	Female Vintage Veterans		44	01:57:27	44		
28	Anna Wake	Female Vintage Veterans		43	01:58:54	43		
29	Liz Macdermott	Female Vintage Veterans		42	02:05:17	42		
30	Joanne Coyne	Female Vintage Veterans		39	02:17:15	39		
31	Mandy Town	Female Vintage Veterans	Port Talbot	38	02:50:43	38		

Open Super Veteran

Position	Name	Age Category	Club	Overall Points	Stage 1 - Llanelli		Stage 2 - TATA	
					Time	Points	Time	Points
1	Neil Williams	Open Super Veteran	Taff Ely	175	01:28:07	90	02:32:55	85
2	Michael Battersby	Open Super Veteran	Cardiff Tri	155	01:28:36	85	02:41:34	70
3	Chris Morris	Open Super Veteran	North Dock	125	01:57:09	45	02:38:21	80
3	Dean Edwards	Open Super Veteran		125	01:42:53	65	02:56:30	60
5	Martyn White	Open Super Veteran	North Dock	110	01:43:34	60	03:13:38	50
6	Andy BOSTOCK		DRAGON TRI	100			02:24:43	100
6	Keith Tannetta	Open Super Veteran	Cardiff Tri	100	01:16:57	100		
8	Anthony holling	Open Super Veteran	Port Talbot	91	0.087291667	44	03:42:22	47
9	Des ASTLEY		MERTHYR TRIATHLON CLUB	90			02:28:30	90
10	Kevin Wheeler	Open Super Veteran	Pembrokeshire	80	01:29:12	80		
11	Mike HAYDEN		PORT TALBOT HARRIERS	75			02:39:01	75

11	Huw Lloyd	Open Super Veteran	Bynea	75	01:40:42	75		
13	Paul Carman	Open Super Veteran	North Dock	70	01:41:06	70		
14	William SNOWDON		CARDIFF TRIATHLETES	65			02:54:30	65
15	Martin DAVIES		NEWT	55			02:59:58	55
15	Robert Chappell	Open Super Veteran	Taff Ely	55	01:45:50	55		
17	Philip Murrow	Open Super Veteran	Cardiff Tri	50	01:46:11	50		
18	Robert SPAIN		NORTH DOCK DREDGERS TRI	49			03:14:37	49
18	david john walters	Open Super Veteran	Carmarthen Tri	49	01:47:50	49		
20	Michael KEARNEY		PORT TALBOT HARRIERS	48			03:29:18	48
20	Peter Jones	Open Super Veteran		48	01:50:23	48		
22	Ian Warne	Open Super Veteran		47	01:51:49	47		
23	Anthony HOLLING		PORT TALBOT HARRIERS	46			03:42:22	46
23	Ray Skinner	Open Super Veteran	Carmarthen Tri	46	01:55:50	46		

Female Super Veteran

Positio	Full Name	Age Category	Club	Overall Scores	Stage 1 - Llanelli		Stage 2 - TATA	
					Time	Points	Time	Points
1	Carolyn Williams	Female Super Veteran	Port Talbot	200	01:38:40	100	02:47:50	100
2	Tracey Williams	Female Super Veteran	Celtic Tri	175	01:49:34	85	03:08:43	90
3	Christina Smith	Female Super Veteran	Celtic Tri	160	01:53:17	80	03:15:05	80
4	Jackie Gibbons	Female Super Veteran	Pembrokeshire	90	01:39:52	90		
5	Barbara COOK	Female Super Veteran	North Dock	85			03:09:38	85
6	Jayne Keely	Female Super Veteran		75	02:04:11	75		
7	Julie Brown	Female Super Veteran	Swansea Tri Sharks	70	02:10:11	70		
8	Linda Waller	Female Super Veteran		65	02:15:16	65		
9	Janice Hearne	Female Super Veteran		50	02:16:10	50		

Open Super Vintage Veteran

Position	Name	Age Category	Club	Overall Points	Stage 1 - Llanelli		Stage 2 - TATA Points	
					Time	Points	Time	Points
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		
3	Mike Burrows	Open SVV	North Dock	85	02:12:51	85		

Female Super Vintage Veteran

Position	Name	Age Category	Club	Overall Points	Stage 1 - Llanelli		Stage 2 - TATA Points	
					Time	Points	Time	Points
1	Linda Spillane	Female SVV	NEWT	100			03:38:43	100

OVERALL CLUB STANDINGS			Stage 1 - Llanelli			Stage 2 - TATA		
Position	CLUB	Overall Total	Stage 1 Points	NO OF ELIGIBLE ATHLETES	TOTAL PARTICIPANT POINTS	Stage 2 Points	NO OF ELIGIBLE ATHLETES	TOTAL PARTICIPANT POINTS
1	Port Talbot Harriers	875	420	19	943	455	36	1773
2	Celtic Tri	830	430	19	1099	400	18	843
3	Cardiff Triathletes	740	380	9	481	360	17	784
4	North Dock Dredgers	694	375	36	1401	319	21	763

5	Swansea Vale Tri	657	297	22	685	360	21	878
6	Pembrokeshire Triathlon Club	649	388	9	470	261	4	261
7	Rhondda Triathlon Club	612	375	14	678	237	13	419
8	Taff Ely	610	405	10	504	205	4	205
9	Tri Potential	601	375	7	442	226	3	226
10	Newport East Wales Triathlon (NEWTS)	595	261	9	344	334	12	561
11	Bynea CC	575	339	7	407	236	7	271
12	GOG Triathlon	560	212	3	212	348	14	632
13	ATAC	516	341	7	406	175	2	175
14	Carmarthen Tri Club	461	336	25	852	125	2	125
15	Merthyr Triathlon Club	404	85	1	85	319	12	432
16	West Wales Fitness Coaching	387	165	3	165	222	3	222
17	Dragon Tri	280	156	3	156	124	2	124
18	Team Brav	274				274	4	274
19	Team Watt	260	185	4	185	75	1	75
20	Porthcawl Triathlon club	257	43	1	43	214	15	453
21	Tenby Aces	247	202	3	202	45	1	45
22	Clwb Seiclo Cwm Gwendraeth	245	128	5	128	117	5	117
23	Swansea Tri Sharks	184	184	5	184			
24	Pen-Y-Bont Triathlon Club	161				161	5	161
25	DC TRIATHLON	143	93	2	93	50	1	50
26	Ferry Flatliners	135				135	2	135
27	Torfaen Dolphins	126				126	2	126
28	Pontypool Triathlon Club	102				102	4	102
29	Intelli	100				100	1	100
30	Wusss	90				90	1	90
31	Tenby Penguins	87	53	2	53	34	1	34
32	Monmouth Tri	77	18	1	18	59	2	59
33	GJ Endurance	75	75	1	75			
34	Team AGH	75	75	1	75			

35	Triathlon Redditch	75	75	1	75			
36	Tinworks Tri Club	73	73	3	73			
37	Full on Tri	70				70	1	70
38	Peak Performance Wales	70	70	1	70			
39	TriForce	70	70	1	70			
40	Agilis	65	65	1	65			
41	Bridgend Swim Club	48				48	1	48
42	Precision race team	47	47	1	47			
43	Jinx	45				45	1	45
44	INTRtri	43	43	1	43			
45	Fit 4 Tri	37				37	1	37
46	CLWB TRI-2-1	36	36	2	36			
47	Pembrey & Burry Sport Cycle Club	35	35	1	35			
48	Maesteg	28				28	1	28
49	Valley Avengers	21				21	1	21
50	Clwb 3,2,1	17	17	1	17			
51	SWYD	6	6	1	6			