



**TRIATHLON
CYMRU**

SUPER SERIES 2023

Overall Open

| Rank | Name | Club | Overall Points | Stage 1 - Llanelli | | Stage 2 - TATA | | Stage 3 - SWYD | | Stage 4 - Broad Haven | |
|------|------------------|-----------------------------|----------------|--------------------|--------|----------------|--------|----------------|--------|-----------------------|--------|
| | | | | Time | Points | Time | Points | Time | Points | Time | Points |
| 1 | Liam Lloyd | TRI POTENTIAL | 300 | 1:04:12 | 100 | 1:51:04 | 100 | 00:58:33 | 100 | | |
| 2 | Guto Morgans | Top Step Tri | 220 | 1:12:45 | 70 | 2:00:33 | 70 | | | 2:03:06 | 80 |
| 3 | Luke RICHARDS | RHONDDA TRI | 179 | | | 2:10:02 | 39 | 01:04:47 | 75 | 2:08:27 | 65 |
| 4 | Archie Dilks | | 174 | 1:13:39 | 60 | | | 01:05:12 | 70 | 2:15:39 | 44 |
| 5 | Dafyd JAY | TORFAEN TRI | 170 | | | 1:57:09 | 80 | 01:01:03 | 90 | | |
| 5 | Oliver Simon | ATAC | 170 | 1:08:02 | 85 | 1:56:56 | 85 | | | | |
| 7 | Dan Whaites | NEWT | 157 | 1:13:32 | 65 | 2:09:24 | 42 | 01:07:35 | 50 | | |
| 7 | Joe O'Shea | Port Talbot Harriers | 157 | 1:17:01 | 40 | QRY | | 01:08:02 | 47 | 2:07:12 | 70 |
| 9 | Steven Allport | GOG TRIATHLON CLUB | 146 | 1:17:55 | 36 | 2:13:33 | 28 | 01:09:51 | 40 | 2:16:27 | 42 |
| 10 | Jack Southam | NORTH DOCK DREDGERS TRI | 140 | 1:14:53 | 48 | 2:14:28 | 27 | 01:06:28 | 65 | 2:33:10 | |
| 11 | Dave COATES | TEAM WATT | 137 | 1:15:32 | 44 | 2:09:12 | 44 | 1:07:47 | 49 | | |
| 12 | Patrick Jones | Army Triathlon Association | 133 | 1:14:24 | 49 | 2:09:09 | 45 | 01:10:05 | 39 | | |
| 13 | Jonathon Seymour | GOG TRIATHLON CLUB | 132 | 1:14:17 | 50 | 2:08:13 | 49 | | | 2:19:51 | 33 |
| 14 | Scott Ruse | SWANSEA VALE TRI | 127 | 1:19:18 | 30 | 2:14:58 | 22 | 01:12:16 | 28 | 2:14:56 | 47 |
| 15 | William Horton | TENBY PENGUINS | 122 | 1:18:40 | 34 | 2:15:53 | 16 | 01:10:08 | 38 | 2:19:49 | 34 |
| 16 | Chris Powell | NORTH DOCK DREDGERS TRI | 119 | 1:19:04 | 31 | 2:15:50 | 17 | 01:09:44 | 42 | 2:21:26 | 29 |
| 17 | Jason HANSON | MONMOUTH TRI CLUB | 116 | | | 2:12:49 | 32 | 01:10:08 | 36 | 2:13:42 | 48 |
| 18 | Stephen Rowlands | CARMARTHEN TRIATHLON CLUB | 110 | 1:14:15 | 55 | 2:07:00 | 55 | | | | |
| 19 | Gruffudd LEWIS | Caffi Gruff Tri | 100 | | | | | | | 1:59:15 | 100 |
| 20 | James Moore | CARMARTHEN TRIATHLON CLUB | 99 | 1:19:33 | 28 | 2:27:21 | | 01:11:05 | 33 | 2:19:06 | 38 |
| 21 | johnathan price | WEST WALES FITNESS COACHING | 94 | 1:14:56 | 45 | 2:18:16 | 3 | 01:08:07 | 46 | | |
| 22 | Finn Arentz | | 90 | 1:06:42 | 90 | | | | | | |

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|-----|-----------------------|--------------------------|----|---------|----|---------|----|----------|----|---------|----|
| 124 | Stephen MARTIN | Porthcawl Triathlon Club | 15 | | | | | 01:14:45 | 15 | | |
| 128 | Alan Porter | TAFF ELY TRIATHLON CLUB | 14 | 1:24:00 | 11 | 2:25:11 | | 01:16:37 | 3 | | |
| 128 | Mathew Giles | SWANSEA VALE TRI | 14 | 1:23:28 | 14 | 2:20:39 | | | | | |
| 128 | Russell EVANS | Yas Cycles Triathlon | 14 | | | | | 01:14:51 | 14 | | |
| 131 | Aaron WYN NICHOLAS | PORTHCAWL TRIATHLON CLUB | 13 | | | 2:16:37 | 13 | | | | |
| 131 | Luke WILLIAMS | | 13 | | | | | | | 2:27:00 | 13 |
| 131 | Nicholas BARTON | Cardiff Triathletes | 13 | | | | | 01:15:06 | 13 | | |
| 134 | Carl SINGLETON | PORT TALBOT HARRIERS | 12 | | | 2:26:33 | | | | 2:27:14 | 12 |
| 134 | Cavan McGill | | 12 | 1:23:55 | 12 | | | | | | |
| 134 | Lloyd CLEARY-RICHARDS | PORTHCAWL TRIATHLON CLUB | 12 | | | 2:16:49 | 12 | | | | |
| 134 | Matt KING | Flow Factory Team | 12 | | | | | 01:15:13 | 12 | | |
| 138 | Damian CAPPS | TEAM CEMAIS | 11 | | | | | | | 2:27:44 | 11 |
| 138 | Edward DAVIES | Ferry Flatliners | 11 | | | | | 01:15:16 | 11 | | |
| 140 | Alex WILKS | NORTH DOCK DREDGERS TRI | 10 | | | 2:29:40 | | | | 2:27:45 | 10 |
| 140 | Lee MCKERROW | SWANSEA VALE TRI | 10 | | | 2:17:19 | 10 | | | | |
| 140 | Thomas Snelgrove | | 10 | 1:24:03 | 10 | | | | | | |
| 143 | Chris FOGARTY | Army Triathlon | 9 | | | | | | | 2:28:05 | 9 |
| 143 | Luke HOLLYMAN | MAESTEG TRI CLUB | 9 | | | 2:17:20 | 9 | | | | |
| 145 | Jason RUSHTON | | 8 | | | | | | | 2:28:31 | 8 |
| 145 | Paul Seppman | PORT TALBOT HARRIERS | 8 | 1:24:18 | 8 | 2:20:38 | | | | | |
| 145 | Sion RICHARDS | RHONDDA TRI | 8 | | | 2:23:25 | | 01:15:39 | 8 | | |
| 148 | Ben DARE | PEMBROKESHIRE TRI | 7 | | | | | | | 2:28:40 | 7 |
| 148 | James OÆDONNELL | Porthcawl Triathlon Club | 7 | | | | | 01:15:52 | 7 | | |
| 148 | Simon Mills | | 7 | 1:24:30 | 7 | | | | | | |
| 148 | Zac MCCULLOCH | PORTHCAWL TRIATHLON CLUB | 7 | | | 2:17:47 | 7 | | | | |
| 152 | Carl WILLIAMS | RHONDDA TRI | 6 | | | 2:17:55 | 6 | | | | |

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|-----|-----------------|-------------------------------|---|---------|---|---------|---|----------|---|---------|---|
| 152 | Chris FREARSON | Tenby Penguins | 6 | | | | | | | 2:28:53 | 6 |
| 152 | James DILKS | Tenby Penguins | 6 | | | | | 01:15:52 | 6 | | |
| 152 | Martin Davies | CARMARTHEN TRIATHLON CLUB | 6 | 1:24:32 | 6 | | | | | | |
| 156 | Andy BOSTOCK | DRAGON TRI | 5 | | | 2:24:43 | | 01:19:23 | | 2:29:02 | 5 |
| 156 | Daniel GRIMSHAW | SWANSEA VALE TRI | 5 | | | 2:17:57 | 5 | | | | |
| 156 | David Thomas | | 5 | 1:24:38 | 5 | | | | | | |
| 156 | Robert FLOYD | Heathwood Tri | 5 | | | | | 01:16:13 | 5 | | |
| 160 | GAVIN LEWIS | | 4 | 1:24:48 | 4 | | | | | | |
| 160 | Jack OLIVER | | 4 | | | | | | | 2:29:15 | 4 |
| 160 | Jordan DISCOMBE | SWANSEA VALE TRI | 4 | | | 2:18:11 | 4 | | | | |
| 160 | Zack HOLMES | | 4 | | | | | 01:16:28 | 4 | | |
| 164 | Andrew EVANS | Apex Triathlon Coaching | 3 | | | | | | | 2:29:15 | 3 |
| 164 | Gavin James | PORT TALBOT HARRIERS | 3 | 1:25:07 | 3 | 2:24:42 | | | | | |
| 166 | Jake SIDDONS | Welland Valley Triathlon Club | 2 | | | | | 01:16:57 | 2 | | |
| 166 | Mike Evans | RHONDDA TRI | 2 | 1:25:10 | 2 | 2:26:48 | | | | | |
| 166 | Tim LEWIS | PORTHCAWL TRIATHLON CLUB | 2 | | | 2:18:17 | 2 | | | | |
| 166 | Tudor MORRIS | | 2 | | | | | | | 2:30:02 | 2 |
| 170 | Ben BEACHELL | Rhos On Sea Cc | 1 | | | | | | | 2:30:09 | 1 |
| 170 | Huw VIGGERS | Swyd Tri Club | 1 | | | | | 01:17:08 | 1 | | |
| 170 | Lee WARLOW | PORT TALBOT HARRIERS | 1 | | | 2:18:21 | 1 | | | | |

Overall Female

| | Full Name | Club | Overall Points | Stage 1 - Llanelli | | Stage 2 - TATA | | Stage 3 - SWYD | | Stage 4 - Broad Haven | |
|----|--------------------|------------------------------|----------------|--------------------|--------|----------------|--------|----------------|--------|-----------------------|--------|
| | | | | Time | Points | Time | Points | Time | Points | Time | Points |
| 1 | Claire Walters | PORT TALBOT HARRIERS | 330 | 1:21:36 | 75 | 2:19:26 | 85 | 01:15:15 | 70 | 2:18:05 | 100 |
| 2 | Bethan Jones | TRI POTENTIAL | 265 | 1:19:46 | 100 | 2:20:28 | 80 | 01:13:22 | 85 | | |
| 3 | Catherine Marks | PEMBROKESHIRE TRIATHLON CLUB | 245 | 1:25:03 | 55 | 2:23:58 | 60 | 01:17:01 | 50 | 2:29:03 | 80 |
| 4 | Hana BLAKE | | 190 | | | | | 01:12:24 | 100 | 2:20:22 | 90 |
| 5 | Gwenllian Thomas | Carmarthen Triathlon Club | 180 | 1:22:59 | 65 | | | 01:18:28 | 45 | 2:31:09 | 70 |
| 6 | Elizabeth Williams | PEMBROKESHIRE TRI | 172 | 1:30:27 | 45 | 2:38:00 | 41 | 01:21:17 | 43 | 2:43:10 | 43 |
| 7 | Rachel Davies | ATAC | 165 | 1:20:14 | 90 | 2:20:35 | 75 | | | | |
| 8 | Paige Horsnell | Tri Potential | 160 | 1:21:19 | 80 | | | 01:13:43 | 80 | | |
| 9 | Eloise Crowley | Cardiff Triathletes | 150 | 1:21:00 | 85 | | | | | 2:31:19 | 65 |
| 10 | Stephanie Waring | Tenby Aces | 149 | 1:26:33 | 50 | | | 01:18:59 | 44 | 2:32:57 | 55 |
| 11 | Lucy Marland | Rhondda Tri Club | 119 | 1:22:37 | 70 | | | 01:17:15 | 49 | | |
| 12 | Cathryn Williams | PORT TALBOT HARRIERS | 115 | 1:23:49 | 60 | 2:24:23 | 55 | | | | |
| 13 | Carolyn Williams | PORT TALBOT HARRIERS | 111 | 1:38:40 | 35 | 2:47:50 | 23 | 01:30:27 | 26 | 3:01:22 | 27 |
| 13 | Sandra Jones | CELTIC TRI | 111 | 1:35:31 | 38 | 2:42:53 | 34 | 01:23:52 | 39 | | |
| 15 | Hannah MUNDAY | INTELLI TRI | 100 | | | 2:06:47 | 100 | | | | |
| 16 | Emma Davies-Hughes | North Dock Dredgers Tri | 96 | 1:28:22 | 47 | | | | | 2:36:36 | 49 |
| 16 | Ffion Caines | DC TRIATHLON | 96 | 1:27:45 | 48 | 2:27:20 | 48 | | | | |
| 18 | Claire Thomas | TENBY ACES | 95 | 1:37:43 | 37 | 2:52:13 | 12 | 01:28:16 | 31 | 3:13:28 | 15 |
| 19 | Caryl Williams | BYNEA CC | 93 | 1:28:48 | 46 | 2:31:31 | 47 | | | | |
| 20 | Lena POULTON | | 90 | | | | | 01:12:40 | 90 | | |
| 20 | Madison SHADDICK | TEAM BRAV | 90 | | | 2:17:04 | 90 | | | | |
| 22 | Gillian Hopkins | CARDIFF TRIATHLETES | 89 | 1:31:19 | 43 | 2:32:46 | 46 | | | | |
| 23 | Emma Colwill | PORT TALBOT HARRIERS | 88 | 1:30:56 | 44 | 2:33:22 | 44 | | | | |

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|-----|----------------------|------------------------------|----|---------|----|---------|----|----------|----|---------|----|
| 77 | Amy Seppman | #N/A | 34 | 1:39:16 | 34 | | | | | | |
| 77 | Lauren BLAKE | | 34 | | | | | 01:26:48 | 34 | | |
| 80 | Gail OSBORNE | Taff Ely Triathlon Club | 33 | | | | | | | 2:56:51 | 33 |
| 80 | Laura BUTCHER | PEN-Y-BONT TRIATHLON CLUB | 33 | | | 2:42:55 | 33 | | | | |
| 80 | Maddie Malpas | #N/A | 33 | 1:39:22 | 33 | | | | | | |
| 80 | Sarah MYFORD | | 33 | | | | | 01:27:01 | 33 | | |
| 84 | Abbie SIMS | | 32 | | | | | | | 2:57:19 | 32 |
| 84 | Rebecca REES | MERTHYR TRIATHLON CLUB | 32 | | | 2:43:01 | 32 | | | | |
| 84 | Sarah LUXTON | Torbay Tri Club | 32 | | | | | 01:27:44 | 32 | | |
| 87 | Cathryn Jenkins | CELTIC TRI | 31 | 1:40:31 | 31 | 3:01:00 | | | | | |
| 87 | Rita KINGDON | NEWT | 31 | | | 2:43:38 | 31 | | | | |
| 87 | Rachael Davies | Pembrokeshire Triathlon Club | 31 | | | | | | | 2:58:36 | 31 |
| 90 | Maria SALIGOVA SMITH | | 30 | | | | | | | 2:59:04 | 30 |
| 91 | Erika HOLE | | 29 | | | | | | | 2:59:21 | 29 |
| 91 | Debbie Hannah | CELTIC TRI | 29 | 1:42:03 | 29 | 3:08:06 | | | | | |
| 91 | Stella LEVER | Greenlight PT | 29 | | | | | 01:29:17 | 29 | | |
| 94 | Tsvetka POWELL | North Dock Dredgers Tri | 28 | | | | | | | 3:01:04 | 28 |
| 94 | Helen COLLEY | TAFF ELY TRIATHLON CLUB | 28 | | | 2:47:01 | 28 | | | | |
| 94 | Joanna HUTTON | One Life Triathlon | 28 | | | | | 01:29:18 | 28 | | |
| 94 | Rosie Courts | PORT TALBOT HARRIERS | 28 | 1:42:28 | 28 | 3:03:13 | | | | | |
| 98 | Julie Jones | #N/A | 27 | 1:43:14 | 27 | | | | | | |
| 98 | Sheridan COURT | SWANSEA VALE TRI | 27 | | | 2:47:12 | 27 | | | | |
| 100 | Lucy Davies | | 26 | | | | | | | 3:01:55 | 26 |
| 100 | Nicola Thomas | NORTH DOCK DREDGERS TRI | 26 | 1:47:57 | 21 | 3:07:34 | | | | 3:26:06 | 5 |
| 100 | Sara Davies | #N/A | 26 | 1:44:06 | 26 | | | | | | |
| 103 | Lowri HARRIS | Cr@p Tri | 25 | | | | | | | 3:01:59 | 25 |
| 103 | Maddie FALLON | PORTHCAWL TRIATHLON CLUB | 25 | | | 2:47:31 | 25 | | | | |

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| 103 | Nicola Jones | NORTH DOCK DREDGERS TRI | 25 | 1:44:15 | 25 | 3:00:50 | | | | | |
| 103 | Suzie MIDDLETON | Harlow Running & Tri Club | 25 | | | | | 01:30:51 | 25 | | |
| 107 | Isabelle MARCH | Carmarthen Triathlon Club | 24 | | | | | | | 3:04:49 | 24 |
| 107 | Hayley Harris | #N/A | 24 | 1:46:04 | 24 | | | | | | |
| 107 | Lucy CHIEFFO | SWANSEA VALE TRI | 24 | | | 2:47:37 | 24 | | | | |
| 107 | Zoe STRONG | | 24 | | | | | 01:32:26 | 24 | | |
| 111 | Carla POTTER | | 23 | | | | | | | 3:05:19 | 23 |
| 111 | Anna HOLDEN | Oxford Triathlon Club | 23 | | | | | 01:32:27 | 23 | | |
| 111 | Jo Otteson | #N/A | 23 | 1:46:22 | 23 | | | | | | |
| 114 | Jess WEST | Team Watt | 22 | | | | | | | 3:06:19 | 22 |
| 114 | Clare GRINDROD | Farnham Tri | 22 | | | | | 01:32:40 | 22 | | |
| 114 | Kate HUMPHREY | NEWT | 22 | | | 2:48:06 | 22 | | | | |
| 114 | Louise Snelgrove | #N/A | 22 | 1:47:20 | 22 | | | | | | |
| 118 | Clare Johnson | Y Fenni Triathlon | 21 | | | | | | | 3:06:55 | 21 |
| 118 | Nia DUNSEATH | WEST WALES FITNESS COACHING | 21 | | | 2:48:24 | 21 | | | | |
| 120 | Claire Protheroe | BYNEA CC | 20 | 1:48:05 | 20 | 3:10:35 | | | | | |
| 120 | Paula Stevens | GOG TRIATHLON CLUB | 20 | #N/A | | 2:48:39 | 20 | | | | |
| 120 | Sandra BARDEN | Hillingdon | 20 | | | | | 01:34:47 | 20 | | |
| 123 | Liz JENKINS | Y Fenni Triathlon | 19 | | | | | | | 3:11:55 | 19 |
| 123 | Natalie CORDY | | 19 | | | | | 01:38:27 | 19 | | |
| 123 | Philippa MOUNSEY | SWANSEA VALE TRI | 19 | | | 2:49:22 | 19 | | | | |
| 123 | Viv Jones | BYNEA CC | 19 | 1:48:17 | 19 | 3:06:40 | | | | | |
| 127 | Bethan FOLLIS | Cardiff Triathletes | 18 | | | | | | | 3:12:00 | 18 |
| 127 | Lisa WOOLER | Swyd Tri Club | 18 | | | | | 01:38:44 | 18 | | |
| 127 | Nerys LLOYD | 0 | 18 | | | 2:50:02 | 18 | | | | |
| 127 | Sally Herbert | #N/A | 18 | 1:54:18 | 6 | | | 01:46:26 | 12 | | |
| 127 | Tracey Williams | CELTIC TRI | 18 | 1:49:34 | 18 | 3:08:43 | | | | | |

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|-----|-------------------------|-----------------------------|---|---------|---|---------|---|----------|---|---------|---|
| 158 | Charlie SQUIRE | | 9 | | | | | 01:55:14 | 9 | | |
| 158 | Christina Smith | CELTIC TRI | 9 | 1:53:17 | 9 | 3:15:05 | | | | | |
| 158 | Paula MAGUIRE | GOG TRIATHLON CLUB | 9 | | | 2:55:31 | 9 | | | | |
| 162 | Helena TOLLICK | PEMBROKESHIRE TRI | 8 | | | | | | | 3:22:58 | 8 |
| 162 | Gemma COX | 0 | 8 | | | 2:55:48 | 8 | | | | |
| 162 | Gemma Starkey | #N/A | 8 | 1:53:17 | 8 | | | | | | |
| 162 | Julie BROWN | Triathlon Redditch | 8 | | | | | 01:58:00 | 8 | | |
| 166 | Anne-Marie JERMAN | Dc Triathlon | 7 | | | | | | | 3:24:26 | 7 |
| 166 | Anna SNOW | | 7 | | | | | 01:59:45 | 7 | | |
| 166 | Louise WILLIAMS | 0 | 7 | | | 2:55:51 | 7 | | | | |
| 166 | Rachael Middleton-James | #N/A | 7 | 1:53:23 | 7 | | | | | | |
| 170 | Jenny SLOCOMBE | Cardiff Triathletes | 6 | | | | | | | 3:26:01 | 6 |
| 170 | Caroline RUDGE | | 6 | | | | | 02:01:42 | 6 | | |
| 170 | Jodie GOW | PORT TALBOT HARRIERS | 6 | | | 2:56:36 | 6 | | | | |
| 173 | Marina WRIGHT | NEWT | 5 | | | 2:57:30 | 5 | | | | |
| 173 | Sara O'Brien | #N/A | 5 | 1:54:29 | 5 | | | | | | |
| 173 | Sophie LLOYD | | 5 | | | | | 02:02:44 | 5 | | |
| 176 | Alice BEESE | | 4 | | | | | | | 3:27:07 | 4 |
| 176 | Annie SIDGWICK | Crowborough Tri Club | 4 | | | | | 02:04:32 | 4 | | |
| 176 | Sharon Thomas | #N/A | 4 | 1:56:16 | 4 | | | | | | |
| 176 | Stephanie CONWAY | GOG TRIATHLON CLUB | 4 | | | 2:58:15 | 4 | | | | |
| 180 | Nicola PEAKE | | 3 | | | | | | | 3:31:08 | 3 |
| 180 | Emma CORDY | | 3 | | | | | 02:20:34 | 3 | | |
| 180 | Karen Dugate | BYNEA CC | 3 | 1:56:25 | 3 | 3:23:30 | | | | | |
| 180 | Maria NICHOLAS | PORT TALBOT HARRIERS | 3 | | | 2:59:18 | 3 | | | | |
| 184 | Kelly PEAT | PEMBROKESHIRE TRI | 2 | | | | | | | 3:32:58 | 2 |
| 184 | Natalie Fulstow | WEST WALES FITNESS COACHING | 2 | #N/A | | 3:00:31 | 2 | | | | |

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| 184 | Rhian Williams | #N/A | 2 | 2:00:20 | 2 | | | | | | |
| 187 | Tej QUINE | Cardiff Triathletes | 1 | | | | | | | 3:36:33 | 1 |
| 187 | Anna PARSONS | PORT TALBOT HARRIERS | 1 | | | 3:00:33 | 1 | | | | |
| 187 | Kate Reeves | #N/A | 1 | 2:01:55 | 1 | | | | | | |

Open Youth

| Position | Name | Age Category | Club | Overall Scores | Stage 1 - Llanelli | | Stage 2 - TATA | | Stage 3 - SWYD | | Stage 4 - Broad Haven | |
|----------|----------------|--------------|------------------------------|----------------|--------------------|--------|----------------|--------|----------------|--------|-----------------------|--------|
| | | | | | Time | Points | Time | Points | Time | Points | Time | Points |
| 1 | Charlie Malpas | Youth Open | Taff Ely | 100 | 1:25:42 | 100 | | | | | | |
| 1 | Finley BRUCE | Youth Open | Pembrokeshire Triathlon Club | | | | | | 01:04:44 | 100 | | |

Female Youth

| Position | Name | Age Category | Club | Overall Scores | Stage 1 - Llanelli | | Stage 2 - TATA | | Stage 3 - SWYD | | Stage 4 - Broad Haven | |
|----------|-------------------|--------------|------------|----------------|--------------------|--------|----------------|--------|----------------|--------|-----------------------|--------|
| | | | | | Time | Points | Time | Points | Time | Points | Time | Points |
| 1 | Arianna Protheroe | Youth Female | Bynea | 100 | 1:50:57 | 100 | | | | | | |
| 2 | Poppy Otteson | Youth Female | Celtic Tri | 90 | 1:52:37 | 90 | | | | | | |

Open Junior

| Open Junior | Name | Age Category | Club | Overall Scores | Stage 1 - Llanelli | | Stage 2 - TATA | | Stage 3 - SWYD | | Stage 4 - Broad Haven | |
|-------------|-----------------|--------------|-----------------------------|----------------|--------------------|------|----------------|------|----------------|------|-----------------------|------|
| | | | | | Position | Time | Points | Time | Points | Time | Points | Time |
| 1 | Archie Dilks | Open Junior | | 280 | 1:13:39 | 90 | | | 01:05:12 | 90 | 2:15:39 | 100 |
| 2 | Johnathan Price | Open Junior | West Wales Fitness Coaching | 270 | 1:14:56 | 85 | 2:18:16 | 100 | 01:08:07 | 85 | | |
| 3 | Sean Petty | Open Junior | Dragon Tri | 100 | 1:11:46 | 100 | | | | | | |
| 3 | Ifan BOWEN | Open Junior | CARMARTHEN TRIATHLON CLUB | 100 | | | | | 01:01:51 | 100 | | |
| 5 | Ellis Robinson | Open Junior | Pembrokeshire Tri | 90 | | | | | | | 2:35:29 | 90 |
| 6 | Daniel Davies | Open Junior | Cardiff Junior Tri | 85 | | | | | | | 2:49:57 | 85 |
| 7 | Ben Raymond | Open Junior | | 80 | | | | | 01:26:17 | 80 | | |
| 7 | Dominic Davies | Open Junior | Tri potential | 80 | 1:16:16 | 80 | | | | | | |
| 9 | Neo Seppman | Open Junior | GJ Endurance | 75 | 1:18:49 | 75 | | | | | | |
| 10 | Ifan Thomas | Open Junior | Peak Performance Wales | 70 | 1:27:32 | 70 | | | | | | |

Female Junior

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

Open Senior

| Senior Open | Name | Age Category | Club | Overall Points | Stage 1 - Llanelli | | Stage 2 - TATA | | Stage 3 - SWYD | | Stage 4 - Broad Haven | |
|-------------|-----------------|--------------|----------------------------|----------------|--------------------|--------|----------------|--------|----------------|--------|-----------------------|--------|
| | | | | | Time | Points | Time | Points | Time | Points | Time | Points |
| 1 | Liam Lloyd | Open Senior | Tri Potential | 300 | 1:04:12 | 100 | 1:51:04 | 100 | 00:58:33 | 100 | | |
| 2 | Guto Morgans | Open Senior | Top Step Tri | 235 | 1:12:45 | 80 | 2:00:33 | 75 | | | 2:03:06 | 80 |
| 3 | Jack Southam | Open Senior | NORTH DOCK DREDGERS TRI | 206 | 1:14:53 | 65 | 2:14:28 | 41 | 01:06:28 | 80 | 2:33:10 | 20 |
| 4 | Luke RICHARDS | Open Senior | RHONDDA TRI | 196 | | | 2:10:02 | 46 | 01:04:47 | 85 | 2:08:27 | 65 |
| 5 | Dan Whaites | Open Senior | NEWT | 194 | 1:13:32 | 75 | 2:09:24 | 49 | 01:07:35 | 70 | | |
| 6 | Joe O'Shea | Open Senior | PORT TALBOT HARRIERS | 180 | 1:17:01 | 50 | QRY | | 01:08:02 | 60 | 2:07:12 | 70 |
| 7 | Dafyd JAY | Open Senior | TORFAEN TRI | 175 | | | 1:57:09 | 85 | 01:01:03 | 90 | | |
| 8 | Patrick Jones | Open Senior | Army Triathlon Association | 173 | 1:14:24 | 70 | 2:09:09 | 55 | 01:10:05 | 48 | | |
| 9 | Scott Ruse | Open Senior | SWANSEA VALE TRI | 168 | 1:19:18 | 41 | 2:14:58 | 38 | 1:12:16 | 40 | 2:14:56 | 49 |
| 9 | William Horton | Open Senior | TENBY PENGUINS | 168 | 1:18:40 | 45 | 2:15:53 | 34 | 01:10:08 | 47 | 2:19:49 | 42 |
| 11 | Jason HANSON | Open Senior | MONMOUTH TRI CLUB | 139 | | | 2:12:49 | 43 | 01:10:08 | 46 | 2:13:42 | 50 |
| 12 | Alastair Massey | Open Senior | SWANSEA VALE TRI | 130 | 1:18:01 | 46 | 2:14:44 | 40 | 01:10:11 | 44 | | |
| 13 | Gwyndaf Lewis | Open Senior | Carmarthen Triathlon Club | 119 | 1:19:02 | 42 | | | 01:12:58 | 37 | 2:20:03 | 40 |
| 13 | Lewis BRADLEY | Open Senior | Celtic Tri | 119 | | | 2:15:44 | 35 | 01:10:10 | 45 | 2:21:57 | 39 |
| 15 | Owen Staddon | Open Senior | NEWT | 114 | 1:20:21 | 40 | 2:17:12 | 31 | | | 2:19:36 | 43 |
| 16 | Iestyn Evans | Open Senior | SWANSEA VALE TRI | 102 | 1:15:38 | 55 | 2:09:49 | 47 | | | | |
| 17 | Gruffudd LEWIS | Open Senior | Caffi Gruff Tri | 100 | | | | | | | 1:59:15 | 100 |
| 18 | Adam Morgan | Open Senior | North Dock Dredgers Tri | 93 | 1:17:59 | 47 | | | | | 2:18:43 | 46 |
| 19 | Evan PARRY JOHN | Open Senior | PEN-Y-BONT TRIATHLON CLUB | 91 | | | 2:13:13 | 42 | 01:09:18 | 49 | | |
| 20 | Tom FOSTER | Open Senior | WhittleFit | 90 | | | | | | | 2:00:24 | 90 |
| 20 | Finn Arentz | Open Senior | | 90 | 1:06:42 | 90 | | | | | | |

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|----|------------------|-------------|----------------------------|----|---------|----|---------|----|----------|----|---------|----|
| 48 | Gavin James | Open Senior | PORT TALBOT HARRIERS | 46 | 1:25:07 | 23 | 2:24:42 | 23 | | | | |
| 49 | Thomas DUFFY | Open Senior | | 45 | | | | | | | 2:19:07 | 45 |
| 49 | Rhys OWEN | Open Senior | JINX SPORT | 45 | | | 2:10:43 | 45 | | | | |
| 51 | Ross HOSKING | Open Senior | Heathwood Tri | 44 | | | | | | | 2:19:08 | 44 |
| 51 | Andrew DEANS | Open Senior | CARDIFF TRIATHLETES | 44 | | | 2:12:21 | 44 | | | | |
| 51 | Tomos Foulkes | Open Senior | Carmarthen Triathlon Club | 44 | 1:18:46 | 44 | | | | | | |
| 54 | Alex WILKS | Open Senior | NORTH DOCK DREDGERS TRI | 43 | | | 2:29:40 | 12 | | | 2:27:45 | 31 |
| 54 | Andrew JONES | Open Senior | GOG Triathlon Club | 43 | | | | | 01:11:27 | 43 | | |
| 54 | Joshua Lewis | Open Senior | | 43 | 1:18:54 | 43 | | | | | | |
| 57 | Chris BROWN | Open Senior | Heathwood Tri | 42 | | | | | 01:11:32 | 42 | | |
| 58 | Michael KIPLING | Open Senior | Cardiff Triathletes | 41 | | | | | | | 2:19:59 | 41 |
| 58 | Rhys Jones | Open Senior | CARDIFF TRIATHLETES | 41 | 1:25:20 | 22 | 2:27:19 | 19 | | | | |
| 58 | Timothy BAGGULEY | Open Senior | | 41 | | | | | 01:12:01 | 41 | | |
| 61 | Andrew Banfield | Open Senior | NORTH DOCK DREDGERS TRI | 40 | 1:24:41 | 24 | 2:28:06 | 16 | | | | |
| 62 | Carson PRYCE | Open Senior | TEAM BRAV | 39 | | | 2:14:58 | 39 | | | | |
| 62 | Gareth Bowen | Open Senior | | 39 | 1:20:51 | 39 | | | | | | |
| 62 | Joshua KYTE | Open Senior | | 39 | | | | | 01:12:52 | 39 | | |
| 65 | Luke WALDRON | Open Senior | | 38 | | | | | | | 2:22:00 | 38 |
| 65 | Matthew Goodman | Open Senior | | 38 | 1:20:57 | 38 | | | | | | |
| 67 | Stuart Matthews | Open Senior | Clwb Seiclo Cwm Gwendraeth | 37 | 2:09:45 | | | | | | 2:22:15 | 37 |
| 67 | Anthony Owens | Open Senior | | 37 | 1:21:18 | 37 | | | | | | |
| 67 | Craig Baker | Open Senior | PORT TALBOT HARRIERS | 37 | | | 2:15:03 | 37 | | | | |
| 70 | Gareth HUNT | Open Senior | Dc Triathlon | 36 | | | | | | | 2:23:07 | 36 |
| 70 | Andy JONES | Open Senior | GOG TRIATHLON CLUB | 36 | | | 2:15:37 | 36 | | | | |
| 70 | Jamie JONES | Open Senior | Porthcawl Triathlon Club | 36 | | | | | 01:13:44 | 36 | | |
| 70 | Lewis Bevan | Open Senior | | 36 | 1:21:33 | 36 | | | | | | |

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|----|-----------------------|-------------|-------------------------------|----|---------|----|---------|----|----------|----|---------|----|
| 70 | Neil Davies | Open Senior | RHONDDA TRI | 36 | 1:23:34 | 29 | 2:34:38 | 7 | | | | |
| 75 | Jamie DICKERSON | Open Senior | CELTIC TRI | 35 | | | | | | | 2:24:15 | 35 |
| 75 | Michael OSBORNE | Open Senior | | 35 | | | | | 01:14:26 | 35 | | |
| 75 | Owain Thomas | Open Senior | | 35 | 1:21:58 | 35 | | | | | | |
| 78 | David Jackson | Open Senior | NORTH DOCK DREDGERS TRI | 34 | 1:27:35 | 19 | 2:28:18 | 15 | | | | |
| 79 | James BARTON | Open Senior | PEMBROKESHIRE TRI | 33 | | | | | | | 2:25:16 | 33 |
| 79 | Aaron WYN NICHOLAS | Open Senior | PORTHCAWL TRIATHLON CLUB | 33 | | | 2:16:37 | 33 | | | | |
| 81 | Luke WILLIAMS | Open Senior | | 32 | | | | | | | 2:27:00 | 32 |
| 81 | Dan Robinson | Open Senior | | 32 | 1:23:09 | 32 | | | | | | |
| 81 | James O'EDONNELL | Open Senior | Porthcawl Triathlon Club | 32 | | | | | 01:15:52 | 32 | | |
| 81 | Lloyd CLEARY-RICHARDS | Open Senior | PORTHCAWL TRIATHLON CLUB | 32 | | | 2:16:49 | 32 | | | | |
| 81 | Matthew Reynolds | Open Senior | PORT TALBOT HARRIERS | 32 | 1:32:19 | 6 | 2:21:46 | 26 | | | | |
| 86 | Dean Popperwell | Open Senior | | 31 | 1:23:20 | 31 | | | | | | |
| 86 | Robert FLOYD | Open Senior | Heathwood Tri | 31 | | | | | 01:16:13 | 31 | | |
| 88 | Ben DARE | Open Senior | PEMBROKESHIRE TRI | 30 | | | | | | | 2:28:40 | 30 |
| 88 | Andrew Wilson | Open Senior | | 30 | 1:23:24 | 30 | | | | | | |
| 88 | Zac MCCULLOCH | Open Senior | PORTHCAWL TRIATHLON CLUB | 30 | | | 2:17:47 | 30 | | | | |
| 88 | Zack HOLMES | Open Senior | | 30 | | | | | 01:16:28 | 30 | | |
| 92 | Chris FREARSON | Open Senior | Tenby Penguins | 29 | | | | | | | 2:28:53 | 29 |
| 92 | Jake SIDDONS | Open Senior | Welland Valley Triathlon Club | 29 | | | | | 01:16:57 | 29 | | |
| 92 | Jordan DISCOMBE | Open Senior | SWANSEA VALE TRI | 29 | | | 2:18:11 | 29 | | | | |
| 95 | Jack OLIVER | Open Senior | | 28 | | | | | | | 2:29:15 | 28 |
| 95 | Huw VIGGERS | Open Senior | Swyd Tri Club | 28 | | | | | 01:17:08 | 28 | | |
| 95 | kieran williams | Open Senior | | 28 | 1:23:39 | 28 | | | | | | |
| 98 | Tudor MORRIS | Open Senior | | 27 | | | | | | | 2:30:02 | 27 |
| 98 | Cavan McGill | Open Senior | | 27 | 1:23:55 | 27 | | | | | | |

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|-----|------------------|-------------|----------------------|----|---------|----|---------|----|----------|----|---------|----|
| 98 | Connor MANTELL | Open Senior | Porthcawl Tridents | 27 | | | | | 01:18:27 | 27 | | |
| 98 | Sam FIGGURES | Open Senior | PORT TALBOT HARRIERS | 27 | | | 2:21:08 | 27 | | | | |
| 102 | Alex BRACE | Open Senior | Tenby Penguins | 26 | | | | | | | 2:30:31 | 26 |
| 102 | Dan Totterdale | Open Senior | | 26 | 1:24:20 | 26 | | | | | | |
| 102 | Josh ARMITAGE | Open Senior | Swyd Tri Club | 26 | | | | | 01:20:33 | 26 | | |
| 102 | Josh Pearson | Open Senior | Swyd Tri Club | 26 | 0 | 6 | | | 01:25:38 | 20 | | |
| 106 | Luke MARSHALL | Open Senior | | 25 | | | | | | | 2:30:33 | 25 |
| 106 | Huw MEREDITH | Open Senior | | 25 | | | | | 01:21:43 | 25 | | |
| 106 | Joseph Bailey | Open Senior | | 25 | 1:24:34 | 25 | | | | | | |
| 109 | Craig RANFT | Open Senior | Ferry Flatliners | 24 | | | | | | | 2:31:11 | 24 |
| 109 | Jarrad MORRIS | Open Senior | Heathwood Tri | 24 | | | | | 01:22:55 | 24 | | |
| 109 | Scott PHILLIPS | Open Senior | | 24 | | | 2:24:17 | 24 | | | | |
| 112 | Lewis BOWEN | Open Senior | | 23 | | | | | | | 2:31:41 | 23 |
| 112 | Ben GOSS | Open Senior | | 23 | | | | | 01:24:03 | 23 | | |
| 114 | Domenico TODARO | Open Senior | | 22 | | | | | | | 2:32:14 | 22 |
| 114 | Martin DAVIES | Open Senior | SWANSEA VALE TRI | 22 | | | 2:26:17 | 22 | | | | |
| 114 | Will EVANS | Open Senior | | 22 | | | | | 01:24:31 | 22 | | |
| 117 | William EDWARDS | Open Senior | Prfctri | 21 | | | | | | | 2:32:48 | 21 |
| 117 | Michael OATRIDGE | Open Senior | | 21 | | | | | 01:24:47 | 21 | | |
| 117 | Richard Pelta | Open Senior | SWANSEA VALE TRI | 21 | 1:27:28 | 21 | 2:44:39 | | | | | |
| 120 | Ben Chapman | Open Senior | | 20 | 1:27:34 | 20 | | | | | | |
| 120 | Neil BUCKMAN | Open Senior | CELTIC TRI | 20 | | | 2:26:37 | 20 | | | | |
| 122 | Craig LINDLEY | Open Senior | Swyd Tri Club | 19 | | | | | | | 2:33:15 | 19 |
| 122 | Ben BRYL | Open Senior | | 19 | | | | | 01:26:53 | 19 | | |
| 124 | Dave STANTON | Open Senior | | 18 | | | | | | | 2:35:55 | 18 |
| 124 | Huw BEYNON | Open Senior | | 18 | | | | | 01:27:22 | 18 | | |

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|-----|--------------------------|-------------|----------------------------|----|---------|----|---------|----|----------|----|---------|----|
| 124 | Morgan Roberts | Open Senior | SWANSEA VALE TRI | 18 | 1:30:07 | 12 | 2:36:23 | 6 | | | | |
| 124 | Morgan Slate | Open Senior | | 18 | 1:27:57 | 18 | | | | | | |
| 128 | Iwan DUGMORE | Open Senior | | 17 | | | | | | | 2:36:37 | 17 |
| 128 | Aaron HUGHES | Open Senior | | 17 | | | | | 01:27:33 | 17 | | |
| 128 | Christian Madge | Open Senior | | 17 | 1:28:39 | 17 | | | | | | |
| 128 | Jonathon VAUGHAN | Open Senior | CELTIC TRI | 17 | | | 2:27:52 | 17 | | | | |
| 132 | Jamie SILVESTER | Open Senior | Tenby Aces | 16 | | | | | | | 2:36:37 | 16 |
| 132 | Blaine WILLIAMS | Open Senior | Rhondda Tri Club | 16 | | | | | 01:28:38 | 16 | | |
| 132 | Kyle Evans | Open Senior | | 16 | 1:29:21 | 16 | | | | | | |
| 135 | Huw REES | Open Senior | | 15 | | | | | | | 2:37:15 | 15 |
| 135 | Alex GALLAGHER | Open Senior | | 15 | | | | | 01:29:00 | 15 | | |
| 135 | Stuart Abraham | Open Senior | | 15 | 1:29:40 | 15 | | | | | | |
| 138 | Sam HARRIS | Open Senior | Cr@p Tri | 14 | | | | | | | 2:37:26 | 14 |
| 138 | Hywel DAVIES | Open Senior | PORTHCAWL TRIATHLON CLUB | 14 | | | 2:28:21 | 14 | | | | |
| 138 | Nathan PHILLIPS | Open Senior | Swansea Harriers | 14 | | | | | 01:29:04 | 14 | | |
| 138 | zak James | Open Senior | | 14 | 1:29:47 | 14 | | | | | | |
| 142 | Max JAMES | Open Senior | Tenby Penguins | 13 | | | | | | | 2:37:41 | 13 |
| 142 | Dafydd Walters | Open Senior | | 13 | 1:29:57 | 13 | | | | | | |
| 142 | Louis RAPA | Open Senior | | 13 | | | | | 01:29:27 | 13 | | |
| 142 | Vianl PATEL | Open Senior | CLWB SEICLO CWM GWENDRAETH | 13 | | | 2:28:26 | 13 | | | | |
| 146 | Alex NATHANSON | Open Senior | | 12 | | | | | | | 2:38:01 | 12 |
| 146 | Gareth Evans | Open Senior | TAFF ELY TRIATHLON CLUB | 12 | 1:32:22 | 7 | 2:38:48 | 5 | | | | |
| 146 | Luke REES | Open Senior | Apex Triathlon | 12 | | | | | 01:29:39 | 12 | | |
| 149 | James ALLEN | Open Senior | | 11 | | | | | | | 2:38:12 | 11 |
| 149 | Joseph BAGGOTT | Open Senior | | 11 | | | | | 01:29:40 | 11 | | |
| 149 | Robert Jonathan Humphrey | Open Senior | | 11 | 1:30:27 | 11 | | | | | | |

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|-----|---------------------|-------------|--------------------------|----|---------|----|---------|----|----------|----|---------|----|
| 149 | Stephen CAMPBELL | Open Senior | CARDIFF TRIATHLETES | 11 | | | 2:30:46 | 11 | | | | |
| 153 | Peter TUCKETT | Open Senior | | 10 | | | | | | | 2:39:48 | 10 |
| 153 | David CONLON | Open Senior | | 10 | | | | | 01:37:06 | 10 | | |
| 153 | Jordan Lane | Open Senior | PORT TALBOT HARRIERS | 10 | | | 2:32:31 | 10 | | | | |
| 153 | Ricky Pearson | Open Senior | | 10 | 1:30:39 | 10 | | | | | | |
| 157 | Adam CARBIS | Open Senior | | 9 | | | | | | | 2:39:55 | 9 |
| 157 | Christopher Francis | Open Senior | | 9 | 1:31:12 | 9 | | | | | | |
| 157 | Daniel GRAHAM | Open Senior | PORTHCAWL TRIATHLON CLUB | 9 | | | 2:33:15 | 9 | | | | |
| 157 | Matthew JOHN | Open Senior | Pen Y Bont | 9 | | | | | 01:38:43 | 9 | | |
| 161 | Michael GUNTER | Open Senior | Ferry Flatliners | 8 | | | | | | | 2:40:00 | 8 |
| 161 | Gavin JOHN | Open Senior | | 8 | | | | | 01:38:51 | 8 | | |
| 161 | John Griffiths | Open Senior | | 8 | 1:31:23 | 8 | | | | | | |
| 161 | Nathan DAVIES | Open Senior | NEWT | 8 | | | 2:34:12 | 8 | | | | |
| 165 | Barry PARSONS | Open Senior | @leastwetri | 7 | | | | | | | 2:40:12 | 7 |
| 165 | Matthew Murphy | Open Senior | | 7 | 1:32:02 | 7 | | | | | | |
| 165 | Tom HOLMES | Open Senior | Swyd Tri Club | 7 | | | | | 01:40:29 | 7 | | |
| 168 | Rhodri HERBERT | Open Senior | | 6 | | | | | | | 2:40:22 | 6 |
| 168 | Elliott DIX | Open Senior | | 6 | | | | | 01:41:41 | 6 | | |
| 170 | Ynyr JAMES | Open Senior | | 5 | | | | | | | 2:40:47 | 5 |
| 170 | Alex Simpson | Open Senior | | 5 | 1:32:43 | 5 | | | | | | |
| 170 | Gethin EARLES | Open Senior | | 5 | | | | | 01:42:16 | 5 | | |
| 173 | Matthew SMITH | Open Senior | | 4 | | | | | | | 2:40:48 | 4 |
| 173 | Rhys Evans | Open Senior | | 4 | 1:32:50 | 4 | | | | | 3:03:09 | |
| 173 | Daniel EVANS | Open Senior | SWANSEA VALE TRI | 4 | | | 2:39:28 | 4 | | | | |
| 173 | James SLATTERY | Open Senior | | 4 | | | | | 01:44:01 | 4 | | |
| 173 | Sam Saunders | Open Senior | NORTH DOCK DREDGERS TRI | 4 | 1:32:54 | 3 | 2:41:29 | 1 | | | | |

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|-----|-----------------|-------------|--------------------|---|---------|---|---------|----------|---|--|---------|---|
| 178 | Adam PULLEN | Open Senior | @leastwetri | 3 | | | | | | | 2:42:13 | 3 |
| 178 | Chris HUGHES | Open Senior | South Wales Police | 3 | | | | 01:44:23 | 3 | | | |
| 178 | Michael JONES | Open Senior | SWANSEA VALE TRI | 3 | | | 2:39:56 | 3 | | | | |
| 181 | David COLE | Open Senior | | 2 | | | | | | | 2:42:18 | 2 |
| 181 | Alex LUDDINGTON | Open Senior | Swyd Tri Club | 2 | | | | 01:58:12 | 2 | | | |
| 181 | Darren Caines | Open Senior | | 2 | 1:32:56 | 2 | | | | | | |
| 181 | Kyle MAINWARING | Open Senior | RHONDDA TRI | 2 | | | 2:40:30 | 2 | | | | |
| 185 | Dafydd GEORGE | Open Senior | | 1 | | | | | | | 2:43:09 | 1 |
| 185 | Cameron HOPKINS | Open Senior | | 1 | | | | 02:15:10 | 1 | | | |
| 185 | Martin Price | Open Senior | | 1 | 1:32:59 | 1 | | | | | | |

Female Senior

| Position | Name | Age Category | Club | Overall Points | Stage 1 - Llanelli | | Stage 2 - TATA | | Stage 3 - SWYD | | Stage 4 - Broad Haven | |
|----------|--------------------|---------------|--------------------------|----------------|--------------------|--------|----------------|--------|----------------|--------|-----------------------|--------|
| | | | | | Time | Points | Time | Points | Time | Points | Time | Points |
| 1 | Claire Walters | Female Senior | Port Talbot | 335 | 1:21:36 | 75 | 2:19:26 | 85 | 01:15:15 | 75 | 2:18:05 | 100 |
| 2 | Bethan Jones | Female Senior | Tri Potential | 270 | 1:19:46 | 100 | 2:20:28 | 80 | 01:13:22 | 90 | | |
| 3 | Hana BLAKE | Female Senior | | 190 | | | | | 01:12:24 | 100 | 2:20:22 | 90 |
| 4 | Lucy Evans | Female Senior | Porthcawl | 171 | 1:41:24 | 43 | 2:51:40 | 43 | 01:32:42 | 42 | 3:07:41 | 43 |
| 5 | Eloise Crowley | Female Senior | Cardiff Tri | 170 | 1:21:00 | 85 | | | | | 2:31:19 | 85 |
| 6 | Paige Horsnell | Female Senior | Tri Potential | 165 | 1:21:19 | 80 | | | 01:13:43 | 85 | | |
| 6 | Rachel Davies | Female Senior | ATAC | 165 | 1:20:14 | 90 | 2:20:35 | 75 | | | | |
| 8 | Ffion JONES | Female Senior | TRI POTENTIAL | 132 | | | 2:46:37 | 46 | 01:28:42 | 45 | 3:12:58 | 41 |
| 9 | Lucy Marland | Female Senior | Rhondda | 130 | 1:22:37 | 70 | | | 01:17:15 | 60 | | |
| 10 | Cathryn Williams | Female Senior | Port Talbot | 125 | 1:23:49 | 65 | 2:24:23 | 60 | | | | |
| 11 | Ffion Caines | Female Senior | DC Triathlon | 105 | 1:27:45 | 55 | 2:27:20 | 50 | | | | |
| 12 | Hannah MUNDAY | Female Senior | INTELLI TRI | 100 | | | 2:06:47 | 100 | | | | |
| 13 | Emma Colwill | Female Senior | Port Talbot | 97 | 1:30:56 | 49 | 2:33:22 | 48 | | | | |
| 14 | Lucy Chieffo | Female Senior | Swansea Vale | 90 | 1:38:43 | 46 | 2:47:37 | 44 | | | | |
| 14 | Madison SHADDICK | Female Senior | TEAM BRAV | 90 | | | 2:17:04 | 90 | | | | |
| 16 | Rosie Courts | Female Senior | Port Talbot | 81 | 1:42:28 | 41 | 3:03:13 | 40 | | | | |
| 17 | Milly KIPLING | Female Senior | Cardiff Triathletes | 80 | | | | | | | 2:31:40 | 80 |
| 17 | Nicola Jones | Female Senior | Swansea Vale | 80 | 1:44:15 | 39 | 3:00:50 | 41 | | | | |
| 17 | Rachel SAYER-SMITH | Female Senior | Wakefield Triathlon Club | 80 | | | | | 01:13:56 | 80 | | |
| 20 | Kelly Peat | Female Senior | PEMBROKESHIRE TRI | 77 | 1:46:50 | 38 | | | | | 3:32:58 | 39 |
| 21 | Millie Barnes | Female Senior | Cardiff Triathletes | 75 | | | | | | | 2:33:35 | 75 |

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|----|---------------------|---------------|---------------------------|----|---------|----|---------|----------|----|--|---------|----|
| 22 | Llawela SCALE | Female Senior | | 70 | | | | | | | 2:40:27 | 70 |
| 22 | Emma JEFFERYS | Female Senior | Torbay Tri Club | 70 | | | | 01:16:08 | 70 | | | |
| 22 | Ursula HANKINSON | Female Senior | FUL-ON TRI TRIATHLON CLUB | 70 | | | 2:23:34 | 70 | | | | |
| 25 | Catherine GRIFFITHS | Female Senior | Dc Triathlon | 65 | | | | | | | 2:42:53 | 65 |
| 25 | Amy DYER | Female Senior | | 65 | | | | 01:16:45 | 65 | | | |
| 25 | Robyn MCQUEEN | Female Senior | CARDIFF TRIATHLETES | 65 | | | 2:23:43 | 65 | | | | |
| 28 | Lucy CLARKE | Female Senior | | 60 | | | | | | | 2:43:10 | 60 |
| 28 | Emily Christopher | Female Senior | Team Watt | 60 | 1:26:36 | 60 | | | | | | |
| 30 | Amy COOPER | Female Senior | | 55 | | | | | | | 2:45:51 | 55 |
| 30 | Alice EVANS | Female Senior | Oxford Uni Tri Club | 55 | | | | 01:17:51 | 55 | | | |
| 30 | Rebecca JOHN | Female Senior | PORTHCAWL TRIATHLON CLUB | 55 | | | 2:24:39 | 55 | | | | |
| 33 | Tasmin Thomas | Female Senior | | 50 | | | | | | | 2:49:55 | 50 |
| 33 | Gwenno Llewelyn | Female Senior | | 50 | 1:28:31 | 50 | | | | | | |
| 33 | Sera MOORE | Female Senior | Tri Potential | 50 | | | | 01:18:07 | 50 | | | |
| 36 | Claire MORGAN | Female Senior | | 49 | | | | | | | 2:55:48 | 49 |
| 36 | Hannah BROWN | Female Senior | Team Nft | 49 | | | | 01:22:58 | 49 | | | |
| 36 | Lili JONES | Female Senior | MERTHYR TRIATHLON CLUB | 49 | | | 2:32:53 | 49 | | | | |
| 39 | Sydney VICKERY | Female Senior | | 48 | | | | | | | 2:56:25 | 48 |
| 39 | Georgia ARMITAGE | Female Senior | | 48 | | | | 01:25:25 | 48 | | | |
| 39 | Lara Griffiths | Female Senior | Carmarthen Tri | 48 | 1:32:14 | 48 | | | | | | |
| 42 | Abbie SIMS | Female Senior | | 47 | | | | | | | 2:57:19 | 47 |
| 42 | Emily MOUNSEY | Female Senior | SWANSEA VALE TRI | 47 | | | 2:36:53 | 47 | | | | |
| 42 | Laura Borrelli | Female Senior | | 47 | 1:38:09 | 47 | | | | | | |
| 42 | Lauren BLAKE | Female Senior | | 47 | | | | 01:26:48 | 47 | | | |
| 46 | Lowri HARRIS | Female Senior | Cr@p Tri | 46 | | | | | | | 3:01:59 | 46 |
| 46 | Sarah LUXTON | Female Senior | Torbay Tri Club | 46 | | | | 01:27:44 | 46 | | | |

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|----|---------------------|---------------|---------------------------|----|---------|----|---------|----|----------|----|---------|----|
| 48 | Isabelle MARCH | Female Senior | Carmarthen Triathlon Club | 45 | | | | | | | 3:04:49 | 45 |
| 48 | Amy Seppman | Female Senior | Port Talbot | 45 | 1:39:16 | 45 | | | | | | |
| 48 | Sheridan COURT | Female Senior | SWANSEA VALE TRI | 45 | | | 2:47:12 | 45 | | | | |
| 51 | Jess WEST | Female Senior | Team Watt | 44 | | | | | | | 3:06:19 | 44 |
| 51 | Elizabeth Robbins | Female Senior | | 44 | 1:39:53 | 44 | | | | | | |
| 51 | Zoe STRONG | Female Senior | | 44 | | | | | 01:32:26 | 44 | | |
| 54 | Anna HOLDEN | Female Senior | Oxford Triathlon Club | 43 | | | | | 01:32:27 | 43 | | |
| 55 | Bethan FOLLIS | Female Senior | Cardiff Triathletes | 42 | | | | | | | 3:12:00 | 42 |
| 55 | Emily Robinson | Female Senior | | 42 | 1:42:03 | 42 | | | | | | |
| 55 | Stephanie CONWAY | Female Senior | GOG TRIATHLON CLUB | 42 | | | 2:58:15 | 42 | | | | |
| 58 | Natalie CORDY | Female Senior | | 41 | | | | | 01:38:27 | 41 | | |
| 59 | Alice BEESE | Female Senior | | 40 | | | | | | | 3:27:07 | 40 |
| 59 | Carys Freeman | Female Senior | | 40 | 1:43:26 | 40 | | | | | | |
| 59 | Charlie SQUIRE | Female Senior | | 40 | | | | | 01:55:14 | 40 | | |
| 62 | Anna SNOW | Female Senior | | 39 | | | | | 01:59:45 | 39 | | |
| 63 | Nell MILTON | Female Senior | | 38 | | | | | | | 3:39:05 | 38 |
| 63 | Sophie LLOYD | Female Senior | | 38 | | | | | 02:02:44 | 38 | | |
| 65 | Francesca LLEWELLIN | Female Senior | | 37 | | | | | | | 3:39:50 | 37 |
| 65 | Emma CORDY | Female Senior | | 37 | | | | | 02:20:34 | 37 | | |
| 65 | Sian Thomas | Female Senior | | 37 | 1:48:02 | 37 | | | | | | |
| 68 | Sophie MILNE | Female Senior | | 36 | | | | | | | 3:53:12 | 36 |
| 68 | Tori Jones | Female Senior | Swansea Vale | 36 | 1:51:18 | 36 | | | | | | |
| 70 | Linsey JONES | Female Senior | PEMBROKESHIRE TRI | 35 | | | | | | | 4:28:06 | 35 |
| 70 | Gemma Starkey | Female Senior | | 35 | 1:53:17 | 35 | | | | | | |
| 72 | Sara O'Brien | Female Senior | | 34 | 1:54:29 | 34 | | | | | | |
| 73 | Rebecca Walters | Female Senior | | 33 | 1:54:56 | 33 | | | | | | |

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|----|----------------------|---------------|-------|----|---------|----|--|--|--|--|--|--|
| 74 | Sarah Jones | Female Senior | | 32 | 2:01:58 | 32 | | | | | | |
| 75 | Abigail Jeffreys | Female Senior | | 31 | 2:02:14 | 31 | | | | | | |
| 76 | Lucy Jones | Female Senior | | 30 | 2:02:34 | 30 | | | | | | |
| 77 | Emily Ellis | Female Senior | | 29 | 2:05:21 | 29 | | | | | | |
| 78 | Laura Daniels | Female Senior | | 28 | 2:13:39 | 28 | | | | | | |
| 79 | Hayley Edwards-Potts | Female Senior | NEWTS | 27 | 2:19:02 | 27 | | | | | | |

Open Veteran

| Open Veteran | | | | | Stage 1 - Llanelli | | Stage 2 - TATA | | Stage 3 - SWYD | | Stage 4 - Broad Haven | |
|--------------|------------------|--------------|---------------------|----------------|--------------------|--------|----------------|--------|----------------|--------|-----------------------|--------|
| Position | Name | Age Category | Club | Overall Points | Time | Points | Time | Points | Time | Points | Time | Points |
| 1 | Chris Powell | Open Veteran | North Dock | 254 | 1:19:04 | 50 | 2:15:50 | 49 | 01:09:44 | 90 | 2:21:26 | 65 |
| 2 | Dave COATES | Open Veteran | TEAM WATT | 250 | 1:15:32 | 75 | 2:09:12 | 75 | 1:07:47 | 100 | | |
| 3 | Jonathon Seymour | Open Veteran | GOG Triathlon | 240 | 1:14:17 | 85 | 2:08:13 | 85 | | | 2:19:51 | 70 |
| 4 | James Moore | Open Veteran | Carmarthen Tri | 234 | 1:19:33 | 49 | 2:27:21 | 35 | 01:11:05 | 75 | 2:19:06 | 75 |
| 5 | Oliver Simon | Open Veteran | ATAC | 200 | 1:08:02 | 100 | 1:56:56 | 100 | | | | |
| 6 | Stephen Rowlands | Open Veteran | Carmarthen Tri | 180 | 1:14:15 | 90 | 2:07:00 | 90 | | | | |
| 7 | Rhys Jones | Open Veteran | RHONDDA TRI | 165 | 1:14:54 | 80 | | | | | 2:16:05 | 85 |
| 8 | Huw Neale | Open Veteran | Cardiff Tri | 120 | 1:17:54 | 60 | 2:13:02 | 60 | | | | |
| 9 | David HAWKINS | Open Veteran | Cardiff Triathletes | 100 | | | | | | | 2:09:10 | 100 |
| 10 | David Morgan | Open Veteran | Port Talbot | 98 | 1:19:56 | 48 | 2:15:44 | 50 | | | | |
| 11 | Reuben Morgan | Open Veteran | North Dock | 94 | 1:20:04 | 47 | 2:17:41 | 47 | | | | |
| 12 | Simon Phillips | Open Veteran | Pembrokeshire Tri | 91 | 1:33:36 | 7 | 2:34:05 | 23 | 01:22:26 | 40 | 3:00:04 | 21 |
| 13 | Rich BRADY | Open Veteran | TRI-MONKEY | 90 | | | | | | | 2:13:17 | 90 |
| 13 | Osian Griffith | Open Veteran | | 90 | 1:23:54 | 43 | | | 01:15:31 | 47 | | |

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|----|-------------------|--------------|----------------------------|----|---------|----|---------|----|----------|----|---------|----|
| 15 | David Thomas | Open Veteran | Rhondda | 87 | 1:24:38 | 37 | | | | | 2:25:28 | 50 |
| 16 | Mathew Giles | Open Veteran | Swansea Vale | 86 | 1:23:28 | 44 | 2:20:39 | 42 | | | | |
| 17 | Rhys HARRIES | Open Veteran | Tri Potential | 85 | | | | | 01:09:46 | 85 | | |
| 18 | Carl SINGLETON | Open Veteran | PORT TALBOT HARRIERS | 84 | | | 2:26:33 | 37 | | | 2:27:14 | 47 |
| 18 | Paul Seppman | Open Veteran | Port Talbot | 84 | 1:24:18 | 41 | 2:20:38 | 43 | | | | |
| 20 | Richard DANDO | Open Veteran | Dragon Tri | 80 | | | | | | | 2:16:57 | 80 |
| 20 | Garod THOMAS | Open Veteran | PORT TALBOT HARRIERS | 80 | | | 2:08:30 | 80 | | | | |
| 20 | Gavin WEDLAKE | Open Veteran | Cardiff Triathletes | 80 | | | | | 01:10:08 | 80 | | |
| 23 | Matthew Rayson | Open Veteran | CLWB SEICLO CWM GWENDRAETH | 73 | 1:31:48 | 14 | 2:32:58 | 29 | | | 2:40:11 | 30 |
| 23 | James Harvey | Open Veteran | Cardiff Triathletes | 73 | 1:27:34 | 29 | | | 01:19:01 | 44 | | |
| 25 | Hugh PASCOE | Open Veteran | PORT TALBOT HARRIERS | 70 | | | 2:11:33 | 70 | | | | |
| 25 | James Levannais | Open Veteran | TriForce | 70 | 1:17:18 | 70 | | | | | | |
| 25 | Matthew DORMAN | Open Veteran | | 70 | | | | | 01:11:16 | 70 | | |
| 28 | Emyr Stephens | Open Veteran | | 68 | 1:27:00 | 30 | | | | | 2:38:17 | 38 |
| 29 | James MANSON | Open Veteran | CARDIFF TRIATHLETES | 65 | | | 2:11:53 | 65 | | | | |
| 29 | Josh George | Open Veteran | Clwb Seiclo Cwm Gwendraeth | 65 | 1:26:44 | 32 | 2:31:18 | 33 | | | | |
| 29 | Nick HANNAH | Open Veteran | Huddersfield | 65 | | | | | 01:13:07 | 65 | | |
| 29 | Shane Williams | Open Veteran | | 65 | 1:17:46 | 65 | | | | | | |
| 33 | Jonathan CARRICK | Open Veteran | CELTIC TRI | 60 | | | | | | | 2:21:32 | 60 |
| 33 | Mark HENNESSEY | Open Veteran | Heathwood Tri | 60 | | | | | 01:14:34 | 60 | | |
| 35 | Jonathan HARWOOD | Open Veteran | PEMBROKESHIRE TRI | 55 | | | | | | | 2:21:49 | 55 |
| 35 | Daniel Maclachlan | Open Veteran | Tri Potential | 55 | 1:18:19 | 55 | | | | | | |
| 35 | Huw BENDALL | Open Veteran | | 55 | | | 2:14:49 | 55 | | | | |
| 35 | Mark Davies | Open Veteran | Rhondda | 55 | 1:29:42 | 19 | 2:27:00 | 36 | | | | |
| 35 | Stephen MARTIN | Open Veteran | Porthcawl Triathlon Club | 55 | | | | | 01:14:45 | 55 | | |
| 40 | Brian Keane | Open Veteran | Pembrokeshire Tri | 54 | 1:29:09 | 22 | | | 01:28:30 | 32 | | |

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|----|------------------|--------------|-------------------------|----|---------|----|---------|----|----------|----|---------|----|
| 40 | OWEN EVANS | Open Veteran | Cardiff Tri | 54 | 1:31:06 | 16 | 2:25:36 | 38 | | | | |
| 42 | Paul John | Open Veteran | | 52 | 1:31:25 | 15 | | | 01:25:45 | 37 | | |
| 43 | Russell EVANS | Open Veteran | Yas Cycles Triathlon | 50 | | | | | 01:14:51 | 50 | | |
| 44 | Adam BLACKMORE | Open Veteran | Tri energy | 49 | | | | | | | 2:25:42 | 49 |
| 44 | Nicholas BARTON | Open Veteran | Cardiff Triathletes | 49 | | | | | 01:15:06 | 49 | | |
| 46 | Simon ROXBURGH | Open Veteran | GOG Triathlon Club | 48 | | | | | | | 2:25:49 | 48 |
| 46 | Matt KING | Open Veteran | Flow Factory Team | 48 | | | | | 01:15:13 | 48 | | |
| 46 | Neil MORGAN | Open Veteran | PORT TALBOT HARRIERS | 48 | | | 2:16:11 | 48 | | | | |
| 49 | Chris FOGARTY | Open Veteran | Army Triathlon | 46 | | | | | | | 2:28:05 | 46 |
| 49 | James DILKS | Open Veteran | Tenby Penguins | 46 | | | | | 01:15:52 | 46 | | |
| 49 | Kirk matthews | Open Veteran | | 46 | 1:22:31 | 46 | | | | | | |
| 49 | Nathan BEVAN | Open Veteran | RHONDDA TRI | 46 | | | 2:19:53 | 46 | | | | |
| 49 | Paul RIDGWAY | Open Veteran | NORTH DOCK DREDGERS TRI | 46 | 1:28:41 | 24 | 2:35:30 | 22 | | | | |
| 54 | Jason RUSHTON | Open Veteran | | 45 | | | | | | | 2:28:31 | 45 |
| 54 | Dewi Owen | Open Veteran | | 45 | 1:22:46 | 45 | | | | | | |
| 54 | Mark RYDER | Open Veteran | Nyp Tri | 45 | | | | | 01:19:00 | 45 | | |
| 54 | Michael THOMAS | Open Veteran | SWANSEA VALE TRI | 45 | | | 2:20:11 | 45 | | | | |
| 58 | Adrian BULL | Open Veteran | Y Fenni Triathlon | 44 | | | | | | | 2:32:42 | 44 |
| 58 | Miklos Biro | Open Veteran | GOG Triathlon | 44 | 1:28:05 | 27 | 2:39:08 | 17 | | | | |
| 58 | Paul BRUTON | Open Veteran | NEWT | 44 | | | 2:20:19 | 44 | | | | |
| 61 | Neil WILLIAMS | Open Veteran | | 43 | | | | | | | 2:32:45 | 43 |
| 61 | Gareth BOOKER | Open Veteran | Royal Navy Triathlon | 43 | | | | | 01:19:39 | 43 | | |
| 63 | James PODBURY | Open Veteran | THAMES TURBO | 42 | | | | | | | 2:33:22 | 42 |
| 63 | Martyn Lewis | Open Veteran | Pembrokeshire Tri | 42 | 1:30:26 | 17 | | | | | 2:45:30 | 25 |
| 63 | Chris LLOYD | Open Veteran | Tenby Penguins | 42 | | | | | 01:20:21 | 42 | | |
| 63 | Thomas Snelgrove | Open Veteran | Swansea Tri Sharks | 42 | 1:24:03 | 42 | | | | | | |

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| 92 | Gruffydd ROBERTS | Open Veteran | | 33 | | | | | 01:27:20 | 33 | | |
| 92 | Kirk Riordan | Open Veteran | | 33 | 1:26:19 | 33 | | | | | | |
| 95 | Stuart REES | Open Veteran | | 32 | | | | | | | 2:39:59 | 32 |
| 95 | Jonathan COSSON | Open Veteran | PORTHCAWL TRIATHLON CLUB | 32 | | | 2:31:25 | 32 | | | | |
| 97 | Barry Davies | Open Veteran | Team Watt | 31 | 1:44:37 | | | | | | 2:40:11 | 31 |
| 97 | Navid CHILDS | Open Veteran | | 31 | | | | | 01:31:44 | 31 | | |
| 97 | Steven OWEN | Open Veteran | GOG TRIATHLON CLUB | 31 | | | 2:31:28 | 31 | | | | |
| 100 | David Hills | Open Veteran | | 30 | 1:32:10 | 12 | 2:38:57 | 18 | | | | |
| 100 | Ian WARDLE | Open Veteran | | 30 | | | | | 01:32:28 | 30 | | |
| 100 | Martin DAVIES- Clwb Seiclo | Open Veteran | CLWB SEICLO CWM GWENDRAETH | 30 | | | 2:31:43 | 30 | | | | |
| 103 | Dan REES | Open Veteran | | 29 | | | | | | | 2:41:22 | 29 |
| 103 | David BUSSON | Open Veteran | | 29 | | | | | 01:35:19 | 29 | | |
| 105 | James RYDER | Open Veteran | | 28 | | | | | | | 2:42:52 | 28 |
| 105 | Aled Daniels | Open Veteran | | 28 | 1:27:44 | 28 | | | | | | |
| 105 | Barry KEY | Open Veteran | PORTHCAWL TRIATHLON CLUB | 28 | | | 2:33:00 | 28 | | | | |
| 105 | Lee DAVIES | Open Veteran | Heathwood Tri | 28 | | | | | 01:39:29 | 28 | | |
| 109 | Andrew BRIGGS | Open Veteran | Top Step Tri / Carmarthen Triathlon Club | 27 | | | | | | | 2:43:06 | 27 |
| 109 | David TURNER | Open Veteran | Torfaen Triathlon Club | 27 | | | | | 01:41:43 | 27 | | |
| 109 | Gary ROSSITER | Open Veteran | PORT TALBOT HARRIERS | 27 | | | 2:33:04 | 27 | | | | |
| 112 | Andrew LEWIS | Open Veteran | Taff Ely Triathlon Club | 26 | | | | | | | 2:45:00 | 26 |
| 112 | Gareth Rees | Open Veteran | | 26 | 1:28:11 | 26 | | | | | | |
| 112 | Lee Elwell | Open Veteran | | 26 | 1:33:42 | 6 | 2:38:14 | 20 | | | | |
| 112 | Owen CLUTTERBUCK | Open Veteran | | 26 | | | | | 01:42:34 | 26 | | |
| 112 | Robert MALOUGH | Open Veteran | CELTIC TRI | 26 | | | 2:33:15 | 26 | | | | |
| 117 | Gruffydd DAVIES | Open Veteran | PORTHCAWL TRIDENTS | 25 | | | 2:33:44 | 25 | | | | |

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|-----|-----------------------|--------------|---------------------------|----|---------|----|---------|----|--|--|---------|----|
| 117 | Will Morgan | Open Veteran | | 25 | 1:28:26 | 25 | | | | | | |
| 119 | Adrian PRICE | Open Veteran | Caffi Gruff Tri | 24 | | | | | | | 2:47:05 | 24 |
| 119 | Daniel MORGAN | Open Veteran | DRAGON TRI | 24 | | | 2:33:49 | 24 | | | | |
| 121 | Sior JONES | Open Veteran | Rushacre Tri | 23 | | | | | | | 2:57:29 | 23 |
| 121 | David Clarke | Open Veteran | | 23 | 1:28:54 | 23 | | | | | | |
| 123 | William MILDE | Open Veteran | HEREFORD TRIATHLON CLUB | 22 | | | | | | | 2:58:57 | 22 |
| 124 | Paul ROBBINS | Open Veteran | NORTH DOCK DREDGERS TRI | 21 | | | 2:36:58 | 21 | | | | |
| 125 | Andy JACKSON | Open Veteran | | 20 | | | | | | | 3:00:36 | 20 |
| 125 | Michael Harris | Open Veteran | | 20 | 1:29:41 | 20 | | | | | | |
| 127 | Mark LEGGETT | Open Veteran | | 19 | | | | | | | 3:00:48 | 19 |
| 127 | Richard WILLIAM PARRY | Open Veteran | MERTHYR TRIATHLON CLUB | 19 | | | 2:38:53 | 19 | | | | |
| 129 | Adrian WOOLLARD | Open Veteran | Y Fenni Triathlon | 18 | | | | | | | 3:03:22 | 18 |
| 129 | Gavin Wilkins | Open Veteran | Carmarthen Tri | 18 | 1:30:12 | 18 | | | | | | |
| 131 | David HAWKINS | Open Veteran | | 17 | | | | | | | 3:05:27 | 17 |
| 132 | Daniel DUGGAN | Open Veteran | Taff Ely Triathlon Club | 16 | | | | | | | 3:08:14 | 16 |
| 133 | Alun DAVIES | Open Veteran | | 15 | | | | | | | 3:18:14 | 15 |
| 133 | Geriant FLYE | Open Veteran | MERTHYR TRIATHLON CLUB | 15 | | | 2:49:08 | 15 | | | | |
| 135 | Gareth BEYNON | Open Veteran | | 14 | | | | | | | 3:18:16 | 14 |
| 135 | Miles THOMAS | Open Veteran | MERTHYR TRIATHLON CLUB | 14 | | | 2:50:28 | 14 | | | | |
| 137 | Nigel PHILLIPS | Open Veteran | Carmarthen Triathlon Club | 13 | | | | | | | 3:21:21 | 13 |
| 137 | Darren Hopkins | Open Veteran | | 13 | 1:39:46 | | 2:51:08 | 13 | | | | |
| 137 | Gerwyn Malpas | Open Veteran | Taff Ely | 13 | 1:31:51 | 13 | | | | | | |
| 140 | Nick HONEYMAN | Open Veteran | | 12 | | | | | | | 3:26:25 | 12 |
| 140 | Steven SHORT | Open Veteran | NORTH DOCK DREDGERS TRI | 12 | | | 2:51:30 | 12 | | | | |
| 142 | Aidan JONES | Open Veteran | | 11 | | | | | | | 3:31:44 | 11 |
| 142 | Dave Warrington | Open Veteran | | 11 | 1:32:49 | 11 | | | | | | |

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| 142 | michael chapman | Open Veteran | | 11 | 1:38:37 | | 2:52:38 | 11 | | | | |
| 145 | Kevin JONES | Open Veteran | | 10 | | | | | | | 3:36:39 | 10 |
| 145 | David Real | Open Veteran | | 10 | 1:33:00 | 10 | | | | | | |
| 145 | Nathan Williams | Open Veteran | | 10 | 1:39:21 | | 2:53:25 | 10 | | | | |
| 148 | Dorian DAVIES | Open Veteran | | 9 | | | | | | | 3:43:48 | 9 |
| 148 | Garry Shephard | Open Veteran | | 9 | 1:33:06 | 9 | | | | | | |
| 148 | Richard LEE HEXT | Open Veteran | MERTHYR TRIATHLON CLUB | 9 | | | 2:55:50 | 9 | | | | |
| 151 | Paul ELLIS | Open Veteran | | 8 | | | | | | | 3:56:33 | 8 |
| 151 | Christopher Roberts | Open Veteran | Celtic Tri | 8 | 1:33:10 | 8 | | | | | | |
| 151 | James WILLIAMS | Open Veteran | BYNEA CC | 8 | | | 2:56:57 | 8 | | | | |
| 154 | Gavin Watts | Open Veteran | Dragon Tri | 7 | 1:33:17 | 7 | | | | | | |
| 155 | Paul Morris | Open Veteran | | 6 | 1:33:22 | 6 | | | | | | |
| 156 | Rhydian Jones | Open Veteran | | 5 | 1:33:46 | 5 | | | | | | |
| 157 | Daniel Otteson | Open Veteran | | 4 | 1:34:11 | 4 | | | | | | |
| 158 | David Sharpe | Open Veteran | | 3 | 1:34:49 | 3 | | | | | | |
| 159 | Steve Lawrence | Open Veteran | North Dock | 2 | 1:37:11 | 2 | | | | | | |
| 160 | Andrew Morgan | Open Veteran | | 1 | 1:37:19 | 1 | | | | | | |

Female Veteran

| Female Veteran | | | | | Stage 1 - Llanelli | | Stage 2 - TATA | | Stage 3 - SWYD | | Stage 4 - Broad Haven | |
|----------------|--------------------------|----------------|------------------------------|----------------|--------------------|--------|----------------|--------|----------------|--------|-----------------------|--------|
| Position | Name | Age Category | Club | Overall Points | Time | Points | Time | Points | Time | Points | Time | Points |
| 1 | Catherine Marks | Female Veteran | Pembrokeshire Triathlon Club | 370 | 1:25:03 | 90 | 2:23:58 | 100 | 01:17:01 | 90 | 2:29:03 | 90 |
| 2 | Gwenllian Thomas | Female Veteran | Carmarthen Tri | 260 | 1:22:59 | 100 | | | 01:18:28 | 80 | 2:31:09 | 80 |
| 3 | Claire Thomas | Female Veteran | Tenby Aces | 201 | 1:37:43 | 55 | 2:52:13 | 45 | 01:28:16 | 55 | 3:13:28 | 46 |
| 4 | Sandra Jones | Female Veteran | CELTIC TRI | 190 | 1:35:31 | 60 | 2:42:53 | 60 | 01:23:52 | 70 | | |
| 5 | caryl williams | Female Veteran | Bynea | 170 | 1:28:48 | 80 | 2:31:31 | 90 | | | | |
| 6 | Emma Davies-Hughes | Female Veteran | North Dock | 160 | 1:28:22 | 85 | | | | | 2:36:36 | 75 |
| 6 | Gillian Hopkins | Female Veteran | Celtic Tri | 160 | 1:31:19 | 75 | 2:32:46 | 85 | | | | |
| 8 | Rhian Roxburgh | Female Veteran | GOG Triathlon Club | 100 | | | | | | | 2:20:39 | 100 |
| 8 | Kate NIMMO | Female Veteran | | 100 | | | | | 01:15:36 | 100 | | |
| 10 | Carol Jones | Female Veteran | North Dock | 99 | 1:37:57 | 50 | 2:47:31 | 49 | | | | |
| 11 | Donna Wild | Female Veteran | PORT TALBOT HARRIERS | 93 | 1:41:14 | 49 | 2:54:49 | 44 | | | | |
| 12 | Sonia VALLA | Female Veteran | | 85 | | | | | | | 2:29:32 | 85 |
| 12 | Marina Wright | Female Veteran | | 85 | 1:45:09 | 42 | 2:57:30 | 43 | | | | |
| 12 | Karina KAUFMANN | Female Veteran | London Heathside | 85 | | | | | 01:17:20 | 85 | | |
| 15 | Debbie Hannah | Female Veteran | Celtic Tri | 82 | 1:42:03 | 47 | 3:08:06 | 35 | | | | |
| 16 | Lisa Tustin | Female Veteran | Celtic Tri | 81 | 1:44:50 | 43 | 3:01:41 | 38 | | | | |
| 17 | Gwennan HENSTOCK | Female Veteran | | 80 | | | 2:33:53 | 80 | | | | |
| 18 | Nichola SHUTTLE | Female Veteran | Aim High Tri | 75 | | | | | 01:22:38 | 75 | | |
| 18 | Caroline NICHOLAS-THOMAS | Female Veteran | SWANSEA VALE TRI | 75 | | | 2:39:07 | 75 | | | | |
| 20 | Viv Jones | Female Veteran | BYNEA CC | 74 | 1:48:17 | 38 | 3:06:40 | 36 | | | | |
| 21 | Claire Protheroe | Female Veteran | Bynea | 72 | 1:48:05 | 39 | 3:10:35 | 33 | | | | |
| 22 | Kirsty HUDSON | Female Veteran | Cardiff Triathletes | 70 | | | | | | | 2:41:20 | 70 |

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|----|-------------------------|----------------|-----------------------------|----|---------|----|---------|----|--|--|---------|----|
| 48 | Ange Davies | Female Veteran | | 45 | 1:43:02 | 45 | | | | | | |
| 50 | Lindsey BLACKFORD | Female Veteran | Team Watt | 44 | | | | | | | 3:17:22 | 44 |
| 50 | Louise Rees James | Female Veteran | | 44 | 1:43:51 | 44 | | | | | | |
| 52 | OLIVIA CULL | Female Veteran | | 43 | | | | | | | 3:21:02 | 43 |
| 53 | Anne-Marie JERMAN | Female Veteran | Dc Triathlon | 42 | | | | | | | 3:24:26 | 42 |
| 53 | Natalie Fulstow | Female Veteran | WEST WALES FITNESS COACHING | 42 | #N/A | | 3:00:31 | 42 | | | | |
| 55 | Jenny SLOCOMBE | Female Veteran | Cardiff Triathletes | 41 | | | | | | | 3:26:01 | 41 |
| 55 | Kelly GRIFFITHS | Female Veteran | CELTIC TRI | 41 | | | 3:00:55 | 41 | | | | |
| 55 | Hayley Harris | Female Veteran | Celtic Tri | 41 | 1:46:04 | 41 | | | | | | |
| 58 | Jo WILLIAMS | Female Veteran | PEMBROKESHIRE TRI | 40 | | | | | | | 4:10:14 | 40 |
| 58 | Louise Snelgrove | Female Veteran | | 40 | 1:47:20 | 40 | | | | | | |
| 58 | Cathryn JENKINS | Female Veteran | CELTIC TRI | 40 | | | 3:01:00 | 40 | | | | |
| 61 | Kat CLARK | Female Veteran | PORTHCAWL TRIATHLON CLUB | 39 | | | 3:01:31 | 39 | | | | |
| 62 | Rebecca CLATWORTHY | Female Veteran | FIT4TRI | 37 | | | 3:02:23 | 37 | | | | |
| 62 | Emma Dalling | Female Veteran | | 37 | 1:50:44 | 37 | | | | | | |
| 64 | Amie Davies | Female Veteran | Swansea Tri Sharks | 35 | 1:51:11 | 35 | | | | | | |
| 65 | Liz Davies | Female Veteran | | 34 | 1:51:44 | 34 | | | | | | |
| 65 | Hayley COLLEY | Female Veteran | PORTHCAWL TRIATHLON CLUB | 34 | | | 3:08:08 | 34 | | | | |
| 67 | Melissa Thomas | Female Veteran | | 32 | 1:53:13 | 32 | | | | | | |
| 67 | Angharad LEWIS | Female Veteran | GOG TRIATHLON CLUB | 32 | | | 3:11:41 | 32 | | | | |
| 69 | Vicki COLE | Female Veteran | PONTYPOOL TRI | 31 | | | 3:13:47 | 31 | | | | |
| 69 | Rachael Middleton-James | Female Veteran | | 31 | 1:53:23 | 31 | | | | | | |
| 71 | Linda Morgans | Female Veteran | | 30 | 1:54:10 | 30 | | | | | | |
| 71 | Ceri PUCKETT | Female Veteran | CARDIFF TRIATHLETES | 30 | | | 3:13:54 | 30 | | | | |
| 73 | Sian Davies | Female Veteran | | 29 | 1:57:38 | 29 | | | | | | |
| 74 | Delyth Rucarean | Female Veteran | | 28 | 1:59:45 | 28 | | | | | | |

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| 75 | Rhian Williams | Female Veteran | Carmarthen Tri | 27 | 2:00:20 | 27 | | | | | | |
| 75 | Nadine PHILLIPS | Female Veteran | GOG TRIATHLON CLUB | 27 | | | 3:19:08 | 27 | | | | |
| 77 | Nicola SINCLAIR | Female Veteran | NEWT | 26 | | | 3:32:15 | 26 | | | | |
| 77 | Jo-Anne Williams | Female Veteran | | 26 | 2:02:06 | 26 | | | | | | |
| 79 | Phillipa Morgan | Female Veteran | | 25 | 2:15:12 | 25 | | | | | | |
| 79 | Kerry HOPPER | Female Veteran | PONTYPOOL TRI | 25 | | | 3:46:31 | 25 | | | | |
| 81 | Beverley Spear | Female Veteran | | 24 | 2:28:27 | 24 | | | | | | |

Open Vintage Veterans

| Open VV | Position | Name | Age Category | Club | Overall Points | Stage 1 - Llanelli | | Stage 2 - TATA Points | | Stage 3 - SWYD | | Stage 4 - Broad Haven | |
|---------|----------|------------------|--------------|------------------------------|----------------|--------------------|--------|-----------------------|--------|----------------|--------|-----------------------|--------|
| | | | | | | Time | Points | Time | Points | Time | Points | Time | Points |
| | 1 | Steven Allport | Open VV | GOG Triathlon Club | 380 | 1:17:55 | 100 | 2:13:33 | 100 | 01:09:51 | 90 | 2:16:27 | 90 |
| | 2 | Chris Lee | Open VV | Merthyr triathlon club | 305 | 1:21:01 | 85 | 2:20:12 | 75 | 01:15:19 | 60 | 2:20:41 | 85 |
| | 3 | mike tate | Open VV | Swansea Vale | 220 | 1:24:11 | 65 | 2:16:31 | 85 | | | 2:26:59 | 70 |
| | 4 | Alan Porter | Open VV | Taff Ely | 190 | 1:24:00 | 70 | 2:25:11 | 65 | 01:16:37 | 55 | | |
| | 5 | Martin Cole | Open VV | Port Talbot | 180 | 1:19:28 | 90 | 2:14:45 | 90 | | | | |
| | 6 | Carwyn Jones | Open VV | Pembrokeshire Triathlon Club | 151 | 1:31:39 | 36 | 2:34:47 | 38 | 01:24:15 | 43 | 2:47:31 | 34 |
| | 7 | STEPHEN RICHARDS | Open VV | RHONDDA TRI | 143 | 1:27:05 | 48 | 2:29:37 | 46 | 01:17:53 | 49 | | |
| | 8 | John Hiddlestone | Open VV | North Dock | 127 | 1:31:26 | 37 | 2:31:17 | 45 | 01:22:45 | 45 | | |
| | 9 | Justin Bailey | Open VV | Team Watt | 120 | 1:29:53 | 40 | | | 01:23:03 | 44 | 2:45:51 | 36 |
| | 10 | Mike Evans | Open VV | RHONDDA TRI | 110 | 1:25:10 | 60 | 2:26:48 | 50 | | | | |
| | 11 | David MURRAY | Open VV | Dragon Tri | 100 | | | | | 01:07:29 | 100 | | |
| | 11 | James MURRAY | Open VV | Dragon Tri | 100 | | | | | | | 2:15:30 | 100 |
| | 13 | Andrew Davies | Open VV | | 98 | 1:30:56 | 38 | 2:26:20 | 60 | | | | |

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|----|--------------------|---------|------------------------------------|----|---------|----|---------|----|----------|----|---------|----|
| 66 | david coe | Open VV | NORTH DOCK DREDGERS TRI | 42 | 1:37:31 | 28 | 3:05:01 | 14 | | | | |
| 66 | Mark HARRIS | Open VV | | 42 | | | | | 01:25:35 | 42 | | |
| 66 | Robert SLAUGHTER | Open VV | | 42 | | | 2:32:30 | 42 | | | | |
| 69 | Craig DAVEY | Open VV | Wakefield Triathlon Club | 41 | | | | | 01:26:41 | 41 | | |
| 69 | John Cregg | Open VV | NEWTS | 41 | 1:29:47 | 41 | | | | | | |
| 69 | Lee HARVEY | Open VV | Torfaen | 41 | | | 2:32:38 | 41 | | | | |
| 72 | Dean HARRIS | Open VV | Ras Endurance | 40 | | | | | | | 2:43:01 | 40 |
| 72 | Mark POCOCK | Open VV | Thames Valley Traithletes (Tvt) | 40 | | | | | 01:26:43 | 40 | | |
| 74 | Simon MARKS | Open VV | | 39 | | | | | 01:28:18 | 39 | | |
| 74 | Will TOLLICK | Open VV | PEMBROKESHIRE TRI | 39 | | | | | | | 2:43:41 | 39 |
| 76 | Jason THOMAS | Open VV | | 38 | | | | | | | 2:44:43 | 38 |
| 76 | Mark PAYNE | Open VV | | 38 | | | | | 01:28:34 | 38 | | |
| 78 | Alex BEARD | Open VV | | 37 | | | | | 01:30:00 | 37 | | |
| 78 | Colin BARRETT | Open VV | Tenby Aces | 37 | | | | | | | 2:45:29 | 37 |
| 78 | Gary PHILLIPS | Open VV | Pen-y-bont Triathlon | 37 | | | 2:35:07 | 37 | | | | |
| 81 | Bleddyn EDWARDS | Open VV | RHONDDA TRI | 36 | | | 2:35:08 | 36 | | | | |
| 81 | Scott GREEN | Open VV | Avon Valley Triathletes | 36 | | | | | 01:31:46 | 36 | | |
| 83 | Ian THORNE | Open VV | | 35 | | | | | 01:32:43 | 35 | | |
| 83 | Neil VICARS HARRIS | Open VV | Gog Triathlon | 35 | | | 2:36:29 | 35 | | | | |
| 83 | Nick CHILTON | Open VV | Peter Lloyd Coaching @trilloidy | 35 | | | | | | | 2:47:27 | 35 |
| 86 | Andrew Hillis | Open VV | Monmouth | 34 | 1:42:15 | 18 | 2:55:37 | 16 | | | | |
| 87 | Gerald BRACE | Open VV | | 33 | | | | | | | 2:47:47 | 33 |
| 87 | Shaine REGAN | Open VV | Pontypool Tri | 33 | | | 2:38:05 | 33 | | | | |
| 87 | Timothy CUMMINGS | Open VV | | 33 | | | | | 01:34:13 | 33 | | |
| 90 | Allan Davies | Open VV | ATAC | 32 | 1:35:53 | 32 | | | | | | |
| 90 | Bleddyn EVANS | Open VV | Gog Triathlon | 32 | | | 2:39:00 | 32 | | | | |

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|-----|----------------------|---------|-------------------------|----|---------|----|---------|----|--|--|---------|----|
| 117 | Jason Davies Davies | Open VV | | 20 | 1:40:54 | 20 | | | | | | |
| 119 | Nic Beggs | Open VV | | 19 | 1:41:24 | 19 | | | | | | |
| 120 | Hamandi HAMANDI | Open VV | CARDIFF TRIATHLETES | 18 | | | 2:54:14 | 18 | | | | |
| 120 | Paul MORRIS | Open VV | | 18 | | | | | | | 3:17:48 | 18 |
| 122 | Craig FRANCIS | Open VV | Pen-y-bont Triathlon | 17 | | | 2:54:39 | 17 | | | | |
| 122 | Dean PHIPPS | Open VV | Taff Ely Triathlon Club | 17 | | | | | | | 3:21:27 | 17 |
| 124 | Shaun SINCLAIR | Open VV | PEMBROKESHIRE TRI | 16 | | | | | | | 3:27:54 | 16 |
| 125 | Bruce VESEY | Open VV | | 15 | | | | | | | 4:00:09 | 15 |
| 125 | Darren DARREN GRANDE | Open VV | MERTHYR TRIATHLON CLUB | 15 | | | 3:04:10 | 15 | | | | |
| 125 | Wayne Elias | Open VV | Swansea Vale | 15 | 1:44:10 | 15 | | | | | | |
| 128 | Craig Williams | Open VV | Port Talbot | 14 | 1:44:17 | 14 | | | | | | |
| 128 | Sean ROLFE | Open VV | | 14 | | | | | | | 4:00:10 | 14 |
| 130 | Huw GEORGE | Open VV | | 13 | | | | | | | 4:02:31 | 13 |
| 130 | Paul Stone | Open VV | | 13 | 1:44:26 | 13 | | | | | | |
| 132 | brian kilsby | Open VV | | 12 | 1:45:43 | 12 | | | | | | |
| 133 | Gary Davies | Open VV | North Dock | 11 | 1:46:11 | 11 | | | | | | |
| 133 | Martin DAVIES | Open VV | | 11 | | | 3:10:35 | 11 | | | | |
| 135 | Christie COLEMAN | Open VV | Pen-y-bont Triathlon | 10 | | | 3:15:14 | 10 | | | | |
| 136 | Chris Edwards | Open VV | | 9 | 1:47:13 | 9 | | | | | | |
| 137 | Nicholas DUTTON | Open VV | Porthcawl | 8 | | | 3:22:07 | 8 | | | | |
| 137 | Stephen Griffiths | Open VV | | 8 | 1:48:39 | 8 | | | | | | |
| 139 | Christopher Jones | Open VV | Swansea Tri Sharks | 7 | 1:48:47 | 7 | | | | | | |
| 140 | Paul Armstrong | Open VV | | 6 | 1:58:34 | 6 | | | | | | |
| 141 | Andrew Thomas | Open VV | | 5 | 1:51:02 | 5 | | | | | | |
| 142 | Paul ARNOLD | Open VV | CELTIC TRI | 0 | | | | | | | | |

Female Vintage Veterans

| Female VV | Name | Age Category | Club | Overall Points | Stage 1 - Llanelli | | Stage 2 - TATA | | Stage 3 - SWYD | | Stage 4 - Broad Haven | |
|-----------|------------------------|--------------|------------------------------|----------------|--------------------|--------|----------------|--------|----------------|--------|-----------------------|--------|
| | | | | | Time | Points | Time | Points | Time | Points | Time | Points |
| 1 | Elizabeth Williams | Female VV | Pembrokeshire Triathlon Club | 360 | 1:30:27 | 90 | 2:38:00 | 100 | 01:21:17 | 85 | 2:43:10 | 85 |
| 2 | Stephanie Waring | Female VV | Tenby Aces | 290 | 1:26:33 | 100 | | | 01:18:59 | 90 | 2:32:57 | 100 |
| 3 | Jayne ARNOLD | Female VV | SWANSEA VALE TRI | 165 | | | 2:44:15 | 85 | | | 2:47:43 | 80 |
| 4 | Nicola Thomas | Female VV | North Dock | 157 | 1:47:57 | 55 | 3:07:34 | 55 | | | 3:26:06 | 47 |
| 5 | Cathryn Jenkins | Female VV | Celtic Tri | 140 | 1:40:31 | 75 | 3:01:00 | 65 | | | | |
| 6 | Lena POULTON | Female VV | | 100 | | | | | 01:12:40 | 100 | | |
| 7 | Alyson Smith | Female VV | North Dock | 99 | 1:52:47 | 50 | 3:20:31 | 49 | | | | |
| 8 | Sally Herbert | Female VV | | 96 | 1:54:18 | 47 | | | 01:46:26 | 49 | | |
| 9 | Karen Dugate | Female VV | Bynea | 93 | 1:56:25 | 45 | 3:23:30 | 48 | | | | |
| 10 | Kathryn THOMAS | Female VV | Tri Potential | 90 | | | | | | | 2:41:01 | 90 |
| 10 | Emma JENKINS | Female VV | CARDIFF TRIATHLETES | 90 | | | 2:42:30 | 90 | | | | |
| 12 | Branwen Angharad ROWE | Female VV | CELTIC TRI | 86 | 2:10:40 | 41 | 3:50:34 | 45 | | | | |
| 12 | Suzanne Williams | Female VV | NEWT | 86 | 2:13:08 | 40 | 3:49:39 | 46 | | | | |
| 14 | Yvonne Williams | Female VV | | 85 | 1:39:08 | 85 | | | | | | |
| 15 | Alison SMITH | Female VV | Hillingdon | 80 | | | | | 01:22:17 | 80 | | |
| 15 | Louise Miskell | Female VV | | 80 | 1:39:30 | 80 | | | | | | |
| 15 | Nia DUNSEATH | Female VV | WEST WALES FITNESS COACHING | 80 | | | 2:48:24 | 80 | | | | |
| 18 | Caroline SANDLES | Female VV | 3Ms Gorseinon Road Runners | 75 | | | | | | | 2:54:51 | 75 |
| 18 | Fiona ABLESON BRADSHAW | Female VV | Oxford Triathlon Club | 75 | | | | | 01:24:58 | 75 | | |
| 18 | Paula Stevens | Female VV | GOG TRIATHLON CLUB | 75 | | | 2:48:39 | 75 | | | | |
| 21 | Gail OSBORNE | Female VV | Taff Ely Triathlon Club | 70 | | | | | | | 2:56:51 | 70 |
| 21 | Julie Jones | Female VV | North Dock | 70 | 1:43:14 | 70 | | | | | | |

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|----|-----------------------|-----------|----------------------|----|---------|----|---------|----|----------|----|---------|----|
| 21 | Lesley MAINWARING | Female VV | PORT TALBOT HARRIERS | 70 | | | 2:50:25 | 70 | | | | |
| 21 | Sarah MYFORD | Female VV | | 70 | | | | | 01:27:01 | 70 | | |
| 25 | Rachael DAVIES | Female VV | PEMBROKESHIRE TRI | 65 | | | | | | | 2:58:36 | 65 |
| 25 | Joanna HUTTON | Female VV | One Life Triathlon | 65 | | | | | 01:29:18 | 65 | | |
| 25 | Sara Davies | Female VV | Celtic Tri | 65 | 1:44:06 | 65 | | | | | | |
| 28 | Clare Johnson | Female VV | Y Fenni Triathlon | 60 | | | | | | | 3:06:55 | 60 |
| 28 | Claire LEWIS | Female VV | NEWT | 60 | | | 3:02:53 | 60 | | | | |
| 28 | Jo Otteson | Female VV | North Dock | 60 | 1:46:22 | 60 | | | | | | |
| 28 | Lisa WOOLER | Female VV | Swyd Tri Club | 60 | | | | | 01:38:44 | 60 | | |
| 32 | Liz JENKINS | Female VV | Y Fenni Triathlon | 55 | | | | | | | 3:11:55 | 55 |
| 32 | Sarah LINNARD | Female VV | | 55 | | | | | 01:39:00 | 55 | | |
| 34 | Lynn BULBECK | Female VV | Y Fenni Triathlon | 50 | | | | | | | 3:15:45 | 50 |
| 34 | Christine WILLIAMS | Female VV | PORT TALBOT HARRIERS | 50 | | | 3:19:05 | 50 | | | | |
| 34 | Shirley WILKINSON | Female VV | Farnham Tri | 50 | | | | | 01:44:42 | 50 | | |
| 37 | Ella HARRISON-HANSLEY | Female VV | Y Fenni Triathlon | 49 | | | | | | | 3:17:42 | 49 |
| 37 | Juliet Davies | Female VV | North Dock | 49 | 1:53:16 | 49 | | | | | | |
| 39 | Helena TOLLIK | Female VV | PEMBROKESHIRE TRI | 48 | | | | | | | 3:22:58 | 48 |
| 39 | Clare Biddlecombe | Female VV | | 48 | 1:54:03 | 48 | | | | | | |
| 41 | Joy WILLIAMS | Female VV | CELTIC TRI | 47 | | | 3:26:58 | 47 | | | | |
| 42 | Nicola PEAKE | Female VV | | 46 | | | | | | | 3:31:08 | 46 |
| 42 | Sharon Thomas | Female VV | Carmarthen Tri | 46 | 1:56:16 | 46 | | | | | | |
| 44 | Tej QUINE | Female VV | Cardiff Triathletes | 45 | | | | | | | 3:36:33 | 45 |
| 45 | Agnes CHASSOT | Female VV | | 44 | | | | | | | 3:48:25 | 44 |
| 45 | Sarah Partridge | Female VV | | 44 | 1:57:27 | 44 | | | | | | |
| 47 | Claire DEACON | Female VV | PEMBROKESHIRE TRI | 43 | | | | | | | 4:01:24 | 43 |
| 47 | Anna Wake | Female VV | | 43 | 1:58:54 | 43 | | | | | | |
| 49 | Liz Macdermott | Female VV | | 42 | 2:05:17 | 42 | | | | | | |
| 50 | Joanne Coyne | Female VV | | 39 | 2:17:15 | 39 | | | | | | |
| 51 | Mandy Town | Female VV | Port Talbot | 38 | 2:50:43 | 38 | | | | | | |

Open Super Veteran

| Open Super Veteran | | | | | Stage 1 - Llanelli | | Stage 2 - TATA | | Stage 3 - SWYD | | Stage 4 - Broad Haven | |
|--------------------|-------------------|--------------------|------------------------------|----------------|--------------------|--------|----------------|--------|----------------|--------|-----------------------|--------|
| Position | Name | Age Category | Club | Overall Points | Time | Points | Time | Points | Time | Points | Time | Points |
| 1 | Neil Williams | Open Super Veteran | Taff Ely | 335 | 1:28:07 | 90 | 02:32:55 | 85 | 01:20:14 | 75 | 2:38:23 | 85 |
| 2 | Andy BOSTOCK | Open Super Veteran | DRAGON TRI | 280 | | | 02:24:43 | 100 | 01:19:23 | 80 | 2:29:02 | 100 |
| 3 | Kevin Wheeler | Open Super Veteran | Pembrokeshire | 245 | 1:29:12 | 80 | | | 01:19:19 | 85 | 2:38:34 | 80 |
| 4 | Michael Battersby | Open Super Veteran | Cardiff Tri | 155 | 1:28:36 | 85 | 02:41:34 | 70 | | | | |
| 5 | Mike HAYDEN | Open Super Veteran | PORT TALBOT HARRIERS | 135 | | | 02:39:01 | 75 | 01:25:52 | 60 | | |
| 6 | Chris Morris | Open Super Veteran | North Dock | 125 | 1:57:09 | 45 | 02:38:21 | 80 | | | | |
| 6 | Dean Edwards | Open Super Veteran | | 125 | 1:42:53 | 65 | 02:56:30 | 60 | | | | |
| 8 | Steve PRYKE | Open Super Veteran | Pembrokeshire Triathlon Club | 118 | | | | | 01:28:26 | 48 | 2:51:15 | 70 |
| 9 | Martyn White | Open Super Veteran | North Dock | 110 | 1:43:34 | 60 | 03:13:38 | 50 | | | | |
| 10 | Derek THOMSON | Open Super Veteran | Flying Monk | 100 | | | | | 01:17:52 | 100 | | |
| 10 | Keith Tannetta | Open Super Veteran | Cardiff Tri | 100 | 1:16:57 | 100 | | | | | | |
| 12 | Robert Chappell | Open Super Veteran | Taff Ely | 97 | 1:45:50 | 55 | | | 01:37:23 | 42 | | |
| 13 | Robert SPAIN | Open Super Veteran | NORTH DOCK DREDGERS TRI | 95 | | | 03:14:37 | 49 | 01:33:18 | 46 | | |
| 14 | Philip Murrow | Open Super Veteran | Cardiff Tri | 93 | 1:46:11 | 50 | | | 01:37:02 | 43 | | |
| 15 | Anthony holling | Open Super Veteran | Port Talbot | 91 | 2:05:42 | 44 | 03:42:22 | 47 | | | | |
| 16 | Des ASTLEY | Open Super Veteran | MERTHYR TRIATHLON CLUB | 90 | | | 02:28:30 | 90 | | | | |
| 16 | Kevin LAWLEY | Open Super Veteran | | 90 | | | | | 01:19:01 | 90 | | |
| 16 | Ric COOPER | Open Super Veteran | PEMBROKESHIRE TRI | 90 | | | | | | | 2:31:12 | 90 |
| 19 | Huw Lloyd | Open Super Veteran | Bynea | 75 | 1:40:42 | 75 | | | | | | |
| 19 | John DIFFEY | Open Super Veteran | | 75 | | | | | | | 2:46:00 | 75 |

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|----|--------------------|--------------------|-------------------------|----|---------|----|----------|----|----------|----|---------|----|
| 21 | Justin CLARK | Open Super Veteran | | 70 | | | | | 01:20:22 | 70 | | |
| 21 | Paul Carman | Open Super Veteran | North Dock | 70 | 1:41:06 | 70 | | | | | | |
| 23 | David POLAND | Open Super Veteran | Optimumtri | 65 | | | | | 01:20:33 | 65 | | |
| 23 | Jon PHILLIPS | Open Super Veteran | | 65 | | | | | | | 2:53:05 | 65 |
| 23 | William SNOWDON | Open Super Veteran | CARDIFF TRIATHLETES | 65 | | | 02:54:30 | 65 | | | | |
| 26 | Adrian COLLEY | Open Super Veteran | Taff Ely Triathlon Club | 60 | | | | | | | 3:17:33 | 60 |
| 27 | Martin DAVIES | Open Super Veteran | NEWT | 55 | | | 02:59:58 | 55 | | | | |
| 27 | Martyn LEVER | Open Super Veteran | Greenlight PT | 55 | | | | | 01:26:32 | 55 | | |
| 27 | Michael HAYDEN | Open Super Veteran | port talbot harriers | 55 | | | | | | | 3:21:22 | 55 |
| 30 | Gary NEWELL | Open Super Veteran | | 50 | | | | | 01:26:38 | 50 | | |
| 30 | Michael SMITH | Open Super Veteran | | 50 | | | | | | | 3:28:31 | 50 |
| 32 | david john walters | Open Super Veteran | Carmarthen Tri | 49 | 1:47:50 | 49 | | | | | | |
| 32 | John CLEMENTS | Open Super Veteran | Oxford Triathlon Club | 49 | | | | | 01:26:56 | 49 | | |
| 34 | Michael KEARNEY | Open Super Veteran | PORT TALBOT HARRIERS | 48 | | | 03:29:18 | 48 | | | | |
| 34 | Peter Jones | Open Super Veteran | | 48 | 1:50:23 | 48 | | | | | | |
| 36 | Ian Warne | Open Super Veteran | | 47 | 1:51:49 | 47 | | | | | | |
| 36 | Steve BUNCE | Open Super Veteran | Walden Tri | 47 | | | | | 01:31:17 | 47 | | |
| 38 | Anthony HOLLING | Open Super Veteran | PORT TALBOT HARRIERS | 46 | | | 03:42:22 | 46 | | | | |
| 38 | Ray Skinner | Open Super Veteran | Carmarthen Tri | 46 | 1:55:50 | 46 | | | | | | |
| 40 | Gavin KEWLEY | Open Super Veteran | | 45 | | | | | 01:34:08 | 45 | | |
| 41 | Stuart KEEPING | Open Super Veteran | | 44 | | | | | 01:34:49 | 44 | | |
| 42 | David HUNTER | Open Super Veteran | | 41 | | | | | 01:47:08 | 41 | | |
| 43 | Neil CORDY | Open Super Veteran | | 40 | | | | | 01:55:04 | 40 | | |

Female Super Veteran

| Female Super Veteran | | | | | Stage 1 - Llanelli | | Stage 2 - TATA | | Stage 3 - SWYD | | Stage 4 - Broad Haven | |
|----------------------|-------------------|----------------------|-----------------------|----------------|--------------------|--------|----------------|--------|----------------|--------|-----------------------|--------|
| Position | Name | Age Category | Club | Overall Points | Time | Points | Time | Points | Time | Points | Time | Points |
| 1 | Carolyn Williams | Female Super Veteran | Port Talbot | 375 | 1:38:40 | 100 | 2:47:50 | 100 | 01:30:27 | 85 | 3:01:22 | 90 |
| 2 | Jackie Gibbons | Female Super Veteran | Pembrokeshire | 265 | 1:39:52 | 90 | | | 01:29:25 | 90 | 3:12:12 | 85 |
| 3 | Tracey Williams | Female Super Veteran | Celtic Tri | 175 | 1:49:34 | 85 | 3:08:43 | 90 | | | | |
| 4 | Christina Smith | Female Super Veteran | Celtic Tri | 160 | 1:53:17 | 80 | 3:15:05 | 80 | | | | |
| 5 | Catherine ETCHELL | Female Super Veteran | Brecon Triathlon Club | 100 | | | | | | | 2:48:38 | 100 |
| 5 | Stella LEVER | Female Super Veteran | Greenlight PT | 100 | | | | | 01:29:17 | 100 | | |
| 7 | Barbara COOK | Female Super Veteran | North Dock | 85 | | | 3:09:38 | 85 | | | | |
| 8 | Clare GRINDROD | Female Super Veteran | Farnham Tri | 80 | | | | | 01:32:40 | 80 | | |
| 8 | LYNNE GRIFFITHS | Female Super Veteran | | 80 | | | | | | | 3:20:21 | 80 |
| 10 | Jayne Keely | Female Super Veteran | | 75 | 2:04:11 | 75 | | | | | | |
| 10 | LIN CRAM | Female Super Veteran | Emlyn flyers | 75 | | | | | | | 3:41:38 | 75 |
| 10 | Sandra BARDEN | Female Super Veteran | Hillingdon | 75 | | | | | 01:34:47 | 75 | | |
| 13 | Julie Brown | Female Super Veteran | Swansea Tri Sharks | 70 | 2:10:11 | 70 | | | | | | |
| 13 | Louise ALAN-SMITH | Female Super Veteran | | 70 | | | | | 01:39:11 | 70 | | |
| 15 | Jayne CALVERT | Female Super Veteran | None | 65 | | | | | 01:54:24 | 65 | | |
| 15 | Linda Waller | Female Super Veteran | | 65 | 2:15:16 | 65 | | | | | | |
| 17 | Julie BROWN | Female Super Veteran | Triathlon Redditch | 60 | | | | | 01:58:00 | 60 | | |
| 18 | Janice Hearne | Female Super Veteran | | 50 | 2:16:10 | 50 | | | | | | |

Open Super Vintage Veteran

| Open Super Vintage Veteran | | | | Stage 1 - Llanelli | | Stage 2 - TATA | | Stage 3 - SWYD | | Stage 4 - Broad Haven | | |
|----------------------------|----------------|--------------|---------------------------|--------------------|---------|----------------|---------|----------------|----------|-----------------------|---------|--------|
| Position | Name | Age Category | Club | Overall Points | Time | Points | Time | Points | Time | Points | Time | Points |
| 1 | Paul Bennett | Open SVV | Port Talbot | 280 | 1:41:43 | 90 | 3:00:27 | 100 | | | 3:34:41 | 90 |
| 2 | Phillip GIBBON | Open SVV | Taff Ely Triathlon | 155 | | | | | 02:05:02 | 70 | 4:19:49 | 85 |
| 3 | Wayne Richards | Open SVV | Swansea Tri | 100 | 1:36:42 | 100 | | | | | | |
| 3 | David DUERDEN | Open SVV | Exeter Tri Club | 100 | | | | | 01:29:47 | 100 | | |
| 3 | Richard Scarr | Open SVV | Thames Valley Triathletes | 100 | | | | | | | 3:17:53 | 100 |
| 6 | Michael WISE | Open SVV | Garden City Runners | 90 | | | | | 01:34:08 | 90 | | |
| 7 | Mike Burrows | Open SVV | North Dock | 85 | 2:12:51 | 85 | | | | | | |
| 7 | John SETFORD | Open SVV | Dartford Whiteoak | 85 | | | | | 01:47:51 | 85 | | |
| 9 | Tony CLEMENTS | Open SVV | Swansea Sharks | 80 | | | | | 01:51:00 | 80 | | |
| 10 | Rick MANN | Open SVV | Guernsey | 75 | | | | | 02:03:15 | 75 | | |

Female Super Vintage Veteran

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

Clubs

| OVERALL CLUB STANDINGS | | | Stage 1 - Llanelli | | | Stage 2 - TATA | | | Stage 3 - SWYD | | | Stage 4 - Broad Haven | | |
|------------------------|--------------------------------------|---------------|--------------------|-------------------------|--------------------------|----------------|-------------------------|--------------------------|----------------|-------------------------|--------------------------|-----------------------|-------------------------|--------------------------|
| 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 |
| 1 | Port Talbot Harriers | 1517 | 420 | 19 | 943 | 455 | 36 | 1773 | 280 | 4 | 280 | 362 | 6 | 362 |
| 2 | Pembrokeshire Triathlon Club | 1492 | 388 | 9 | 470 | 261 | 4 | 261 | 408 | 9 | 523 | 435 | 27 | 1272 |
| 3 | Cardiff Triathletes | 1411 | 380 | 9 | 481 | 360 | 17 | 784 | 261 | 6 | 295 | 410 | 13 | 675 |
| 4 | Taff Ely | 1276 | 405 | 10 | 504 | 205 | 4 | 205 | 306 | 6 | 334 | 360 | 11 | 514 |
| 5 | North Dock Dredgers | 1236 | 375 | 36 | 1401 | 319 | 21 | 763 | 261 | 4 | 261 | 281 | 7 | 332 |
| 6 | Tri Potential | 1142 | 375 | 7 | 442 | 226 | 3 | 226 | 410 | 8 | 505 | 131 | 2 | 131 |
| 7 | Celtic Tri | 1130 | 430 | 19 | 1099 | 400 | 18 | 843 | 115 | 2 | 115 | 185 | 5 | 185 |
| 8 | GOG Triathlon | 1099 | 212 | 3 | 212 | 348 | 14 | 632 | 181 | 3 | 181 | 358 | 5 | 358 |
| 9 | Rhondda Triathlon Club | 1096 | 375 | 14 | 678 | 237 | 13 | 419 | 243 | 5 | 243 | 241 | 4 | 241 |
| 10 | Swansea Vale Tri | 974 | 297 | 22 | 685 | 360 | 21 | 878 | 84 | 2 | 84 | 233 | 4 | 233 |
| 11 | Carmarthen Tri Club | 906 | 336 | 25 | 852 | 125 | 2 | 125 | 192 | 4 | 192 | 253 | 5 | 253 |
| 12 | Dragon Tri | 740 | 156 | 3 | 156 | 124 | 2 | 124 | 180 | 2 | 180 | 280 | 3 | 280 |
| 13 | Newport East Wales Triathlon (NEWTS) | 638 | 261 | 9 | 344 | 334 | 12 | 561 | | | | 43 | 1 | 43 |
| 14 | Team Watt | 618 | 185 | 4 | 185 | 75 | 1 | 75 | 173 | 3 | 173 | 185 | 5 | 185 |
| 15 | Tenby Aces | 591 | 202 | 3 | 202 | 45 | 1 | 45 | 145 | 2 | 145 | 199 | 5 | 199 |
| 16 | Bynea CC | 575 | 339 | 7 | 407 | 236 | 7 | 271 | | | | | | |
| 17 | Merthyr Triathlon Club | 523 | 85 | 1 | 85 | 319 | 12 | 432 | 34 | 1 | 34 | 85 | 1 | 85 |
| 18 | ATAC | 516 | 341 | 7 | 406 | 175 | 2 | 175 | | | | | | |
| 19 | Porthcawl Triathlon club | 503 | 43 | 1 | 43 | 214 | 15 | 453 | 203 | 5 | 203 | 43 | 1 | 43 |

| | | | | | | | | | | | | | | |
|----|-----------------------------|-----|-----|---|-----|-----|---|-----|-----|---|-----|-----|---|-----|
| 20 | West Wales Fitness Coaching | 472 | 165 | 3 | 165 | 222 | 3 | 222 | 85 | 1 | 85 | | | |
| 21 | Tenby Penguins | 332 | 53 | 2 | 53 | 34 | 1 | 34 | 135 | 3 | 135 | 110 | 6 | 110 |
| 22 | Clwb Seiclo Cwm Gwendraeth | 312 | 128 | 5 | 128 | 117 | 5 | 117 | | | | 67 | 2 | 67 |
| 23 | DC TRIATHLON | 286 | 93 | 2 | 93 | 50 | 1 | 50 | | | | 143 | 3 | 143 |
| 24 | Team Brav | 274 | | | | 274 | 4 | 274 | | | | | | |
| 25 | Swansea Tri Sharks | 264 | 184 | 5 | 184 | | | | 80 | 1 | 80 | | | |
| 26 | Y Fenni Triathlon | 249 | | | | | | | | | | 249 | 9 | 387 |
| 27 | Torfaen Dolphins | 243 | | | | 126 | 2 | 126 | 117 | 2 | 117 | | | |
| 28 | Heathwood Tri | 236 | | | | | | | 192 | 6 | 220 | 44 | 1 | 44 |
| 29 | Pen-Y-Bont Triathlon Club | 219 | | | | 161 | 5 | 161 | 58 | 2 | 58 | | | |
| 30 | SWYD | 203 | 6 | 1 | 6 | | | | 178 | 8 | 207 | 19 | 1 | 19 |
| 31 | Monmouth Tri | 173 | 18 | 1 | 18 | 59 | 2 | 59 | 46 | 1 | 46 | 50 | 1 | 50 |
| 32 | Oxford Triathlon Club | 167 | | | | | | | 167 | 3 | 167 | | | |
| 32 | Ferry Flatliners | 167 | | | | 135 | 2 | 135 | | | | 32 | 2 | 32 |
| 34 | Greenlight PT | 155 | | | | | | | 155 | 2 | 155 | | | |
| 34 | Hillingdon | 155 | | | | | | | 155 | 2 | 155 | | | |
| 34 | Whittlefit | 155 | | | | | | | 65 | 1 | 65 | 90 | 1 | 90 |
| 37 | Triathlon Redditch | 135 | 75 | 1 | 75 | | | | 60 | 1 | 60 | | | |
| 38 | Farnham Tri | 130 | | | | | | | 130 | 2 | 130 | | | |
| 39 | Caffi Gruff Tri | 124 | | | | | | | | | | 124 | 2 | 124 |
| 40 | Pontypool Triathlon Club | 121 | | | | 102 | 4 | 102 | | | | 19 | 1 | 19 |
| 41 | Torbay Tri Club | 116 | | | | | | | 116 | 2 | 116 | | | |
| 42 | 3Ms Gorseinon Road Runners | 115 | | | | | | | | | | 115 | 2 | 115 |
| 43 | Ras Endurance | 111 | | | | | | | | | | 111 | 2 | 111 |
| 44 | Nyp Tri | 110 | | | | | | | 110 | 2 | 110 | | | |

| | | | | | | | | | | | | | | |
|----|----------------------------|-----|----|---|----|-----|---|-----|-----|---|-----|-----|---|-----|
| 45 | Top Step Tri | 107 | | | | | | | | | | 107 | 2 | 107 |
| 46 | Coventry Triathletes | 100 | | | | | | | 100 | 1 | 100 | | | |
| 46 | Exeter Tri Club | 100 | | | | | | | 100 | 1 | 100 | | | |
| 46 | Flying Monk | 100 | | | | | | | 100 | 1 | 100 | | | |
| 46 | Intelli | 100 | | | | 100 | 1 | 100 | | | | | | |
| 46 | Brecon Triathlon Club | 100 | | | | | | | | | | 100 | 1 | 100 |
| 46 | Thames Valley Triathletes | 100 | | | | | | | | | | 100 | 1 | 100 |
| 52 | Army Triathlon Association | 94 | | | | | | | 48 | 1 | 48 | 46 | 1 | 46 |
| 53 | Precision race team | 93 | 47 | 1 | 47 | | | | 46 | 1 | 46 | | | |
| 54 | Garden City Runners | 90 | | | | | | | 90 | 1 | 90 | | | |
| 54 | Wusss | 90 | | | | 90 | 1 | 90 | | | | | | |
| 54 | Tri-Monkey | 90 | | | | | | | | | | 90 | 1 | 90 |
| 57 | CLWB TRI-2-1 | 88 | 36 | 2 | 36 | | | | | | | 52 | 2 | 52 |
| 58 | Crowborough Tri Club | 85 | | | | | | | 85 | 1 | 85 | | | |
| 58 | Dartford Whiteoak | 85 | | | | | | | 85 | 1 | 85 | | | |
| 58 | London Heathside | 85 | | | | | | | 85 | 1 | 85 | | | |
| 58 | Cardiff Junior Tri | 85 | | | | | | | | | | 85 | 1 | 85 |
| 58 | Total Tri Training | 85 | | | | | | | | | | 85 | 1 | 85 |
| 63 | Hastings | 80 | | | | | | | | | | 80 | 1 | 80 |
| 64 | Aim High Tri | 75 | | | | | | | 75 | 1 | 75 | | | |
| 64 | Crystal Palace Triathletes | 75 | | | | | | | 75 | 1 | 75 | | | |
| 64 | GJ Endurance | 75 | 75 | 1 | 75 | | | | | | | | | |
| 64 | Guernsey | 75 | | | | | | | 75 | 1 | 75 | | | |
| 64 | OUTRIC | 75 | | | | | | | 75 | 1 | 75 | | | |
| 64 | Team AGH | 75 | 75 | 1 | 75 | | | | | | | | | |
| 64 | Emlyn Flyers | 75 | | | | | | | | | | 75 | 1 | 75 |

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| 64 | Mikes Bikes | 75 | | | | | | | | | | 75 | 1 | 75 |
| 72 | Tinworks Tri Club | 73 | 73 | 3 | 73 | | | | | | | | | |
| 73 | Apex Triathlon | 72 | | | | | | | 12 | 1 | 12 | 60 | 1 | 60 |
| 74 | Full on Tri | 70 | | | | 70 | 1 | 70 | | | | | | |
| 74 | Peak Performance Wales | 70 | 70 | 1 | 70 | | | | | | | | | |
| 74 | TriForce | 70 | 70 | 1 | 70 | | | | | | | | | |
| 77 | Agilis | 65 | 65 | 1 | 65 | | | | | | | | | |
| 77 | Huddersfield | 65 | | | | | | | 65 | 1 | 65 | | | |
| 77 | One Life Triathlon | 65 | | | | | | | 65 | 1 | 65 | | | |
| 77 | Optimumtri | 65 | | | | | | | 65 | 1 | 65 | | | |
| 77 | TEAM CEMAIS | 65 | | | | | | | | | | 65 | 1 | 65 |
| 82 | Cr@p Tri | 60 | | | | | | | | | | 60 | 2 | 60 |
| 83 | Peter Lloyd Coaching @trilloody | 57 | | | | | | | | | | 57 | 2 | 57 |
| 84 | Oxford Uni Triathlon Club | 55 | | | | | | | 55 | 1 | 55 | | | |
| 84 | Valley Avengers | 55 | | | | 21 | 1 | 21 | | | | 34 | 4 | 34 |
| 84 | Rhos On Sea Cc | 55 | | | | | | | | | | 55 | 1 | 55 |
| 87 | Harlow Running & Tri Club | 50 | | | | | | | 50 | 2 | 50 | | | |
| 87 | Yas Cycles Triathlon | 50 | | | | | | | 50 | 1 | 50 | | | |
| 89 | Team NFT | 49 | | | | | | | 49 | 1 | 49 | | | |
| 89 | Tri energy | 49 | | | | | | | | | | 49 | 1 | 49 |
| 91 | Bridgend Swim Club | 48 | | | | 48 | 1 | 48 | | | | | | |
| 91 | Flow Factory Team | 48 | | | | | | | 48 | 1 | 48 | | | |
| 93 | Walden Tri | 47 | | | | | | | 47 | 1 | 47 | | | |
| 93 | @leastwetri | 47 | | | | | | | | | | 47 | 6 | 47 |
| 95 | Jinx | 45 | | | | 45 | 1 | 45 | | | | | | |

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| 95 | Milford Tritons | 45 | | | | | | | | | | 45 | 1 | 45 |
| 97 | INTRtri | 43 | 43 | 1 | 43 | | | | | | | | | |
| 97 | Royal Navy Triathlon | 43 | | | | | | | 43 | 1 | 43 | | | |
| 99 | THAMES TURBO | 42 | | | | | | | | | | 42 | 1 | 42 |
| 100 | PlsIn Tri | 41 | | | | | | | 41 | 1 | 41 | | | |
| 101 | Thames Valley Triathletes | 40 | | | | | | | 40 | 1 | 40 | | | |
| 102 | Fit 4 Tri | 37 | | | | 37 | 1 | 37 | | | | | | |
| 103 | Avon Valley Triathletes | 36 | | | | | | | 36 | 1 | 36 | | | |
| 103 | Team LTR | 36 | | | | | | | | | | 36 | 1 | 36 |
| 105 | Pembrey & Burry Sport Cycle Club | 35 | 35 | 1 | 35 | | | | | | | | | |
| 106 | Welland Valley Triathlon Club | 29 | | | | | | | 29 | 1 | 29 | | | |
| 107 | Maesteg | 28 | | | | 28 | 1 | 28 | | | | | | |
| 108 | Porthcawl Tridents | 27 | | | | | | | 27 | 1 | 27 | | | |
| 109 | Rushacre Tri | 23 | | | | | | | | | | 23 | 1 | 23 |
| 110 | Hereford Triathlon Club | 22 | | | | | | | | | | 22 | 1 | 22 |
| 111 | Prfctri | 21 | | | | | | | | | | 21 | 1 | 21 |
| 112 | Clwb 3,2,1 | 17 | 17 | 1 | 17 | | | | | | | | | |
| 113 | Swansea Harriers | 14 | | | | | | | 14 | 1 | 14 | | | |
| 114 | South Wales Police | 3 | | | | | | | 3 | 1 | 3 | | | |