



**TRIATHLON
CYMRU
SUPER SERIES 2024**

Super Series 2024

Stage 2

SWYD Sprint

Barry Island

Results – 26th May 24

Female Overall

Pos	First Name	Last Name	Club	Time	Points
1	Lucy	MARLAND	Rhondda Tri	01:03:01	100
2	Rhian	ROXBURGH	GOG Triathlon Club	01:03:17	90
3	Hana	BLAKE		01:03:47	85
4	Tia	FROOM		01:04:25	80
5	Bethan	JONES	Tri Potential	01:06:22	75
6	Millie	HANNANT		01:06:50	70
7	Becky	OWEN		01:07:33	65
8	Ffion	MULFORD	Cardiff Junior Triathlon	01:07:52	60
9	Lili	JONES		01:08:01	55
10	Carys	JONES	Swansea Vale Triathlon	01:08:30	50
11	Karina	KAUFMANN		01:08:39	49
12	Georgia	ARMITAGE		01:09:13	48
13	Emma	FISHER	Challenge Tri Club Race Team	01:10:00	47
14	Niki	TREACY	Tuff Fitty Triathlon Club	01:10:43	46
15	Hilarie Maisie	JOHNSTON	Tuff Fitty	01:11:26	45
16	Caryl	WILLIAMS	Tri Potential	01:11:52	44
17	Jo	DAVIES	Tri Surrey	01:12:11	43
18	Anita	SAYCELL	Ystwyth Cc	01:12:40	42
19	Elizabeth	WILLIAMS	Pemb Tri	01:12:40	41
20	Sara	NORTHOVER	T Club	01:13:32	40
21	Sandra	WEIR	N/A	01:13:42	39
22	Zoe	LILLY	Swindon Triathlon Club	01:13:48	38
23	Katie	YOUNG	Tuff Fitty	01:13:59	37
24	Alexandra	BELLERBY	Nyp Tri	01:14:04	36
25	Helen	NEWTON		01:15:23	35
26	Natalie	RICHARDS	Wenvoe Wheelers	01:15:42	34
27	Rhiannon	HEREDIA-ROWE	Celtic Tri	01:15:51	33
28	Nichola	SHUTTLE	Aim High Tri	01:16:46	32
29	Fiona	ABLESON BRADSHAW	Oxford Tri	01:17:03	31
30	Sarah	MYFORD	Kernow Racing Team	01:17:16	30
31	Hannah	BROWN	Team Nft	01:17:41	29
32	Sandra	JONES	Celtic Tri	01:18:06	28
33	Katie	OLDFIELD	Peak Xv	01:18:07	27
35	Ffion	JONES	Tri Potential	01:18:09	26
34	Emma	WHEELER	Atac	01:18:09	25
36	Joanna	HUTTON	One Life Racing	01:18:36	24
37	Debs M	JONES	Gog Triathlon	01:18:43	23
38	Maddie	MALPAS	Taff Ely Triathlon	01:19:00	22
39	Myka	HEARD	Mersey Tri	01:19:13	21
40	Jacqueline	GIBBONS	Pembrokeshire Tri Club	01:19:27	20
41	Caroline	LOTE	Crown Coaching	01:19:33	19
42	Bethan	WILLIAMS		01:20:01	
43	Shirley	YARDE		01:20:38	18
44	Karen	SHAPLAND	Mojo Triathlon	01:21:31	17
45	Rebecca	LEWIS	Heathwood	01:21:31	
46	Jennifer	AYLWARD	Celtic Tri	01:21:39	16

47	Anna	HOLDEN	Oxford Tri Club	01:21:43	15
48	Helen	BETRIDGE		01:21:49	14
49	Clare	GRINDROD	Farnham Tri	01:22:06	13
50	Arianna	PROTHEROE	Bynea Cc	01:22:19	12
51	Karen	MUNN	Pembrokeshire Triathlon Club	01:22:24	11
52	Lauren	PRITCHARD		01:22:30	10
53	Sandra	BARDEN	Hillingdon	01:22:50	9
54	Esther	RACE		01:22:53	8
55	Karen	COLE	Roding Valley Tri	01:22:59	7
56	Jayne	MUMFORD	Coventry Triathletes	01:23:34	6
57	Tracey	FANTHAM	Tri High	01:23:43	5
58	Millie	JENKINS	Celtic Tri	01:23:56	4
60	Sarah	LINNARD		01:24:25	3
59	Fiona	LYNN	One Life Racing	01:24:25	2
61	Debs	KERRY	Mansfield Triathlon Club	01:24:37	1
62	Melissa	JONES		01:24:43	
63	Carolyn	WILLIAMS	Port Talbot Harriers	01:25:00	
64	Rachel	SPEIRS	Sg Coaching Team	01:25:23	
65	Sian	PHILLIPS	Porthcawl Triathlon Club	01:25:50	
66	Hannah	BURKE		01:26:01	
67	Karen	ELWELL		01:26:10	
68	Naomi	TROTMAN	Dragon Tri	01:26:27	
69	Natasha	STREET		01:26:33	
70	Gillian	BARRETT	Farnham Triathlon Club	01:26:57	
71	Sandra	STEWART	Trythan	01:27:08	
72	Alys	LYNCH	Caerphilly Tri-ers	01:27:12	
73	Laura	OATRIDGE		01:27:19	
74	Ruth Adele	FRANCIS	Celtic Tri	01:27:35	
75	Caitlin	WILLIAMS		01:28:18	
76	Anita	GRAINGER	Born2Tri	01:28:27	
77	Elaine	PRICE		01:28:46	
78	Cathryn	JENKINS	Celtic Tri	01:29:27	
79	Amanda	PRITCHARD	Brownlee Fitness	01:30:13	
80	Anna	PARSONS	Port Talbot Harriers	01:30:57	
81	Alex	BOURNER	SWYD Tri	01:31:38	
82	Sara	BARTLETT	South West Swim	01:34:05	
83	Enid	ROBERTS	GOG Triathlon Club	01:35:06	
84	Chris	SLEIGHT	North Dorset Tri	01:35:50	
85	Sally	HERBERT		01:36:13	
86	Louise	MOORE		01:37:08	
87	Colette	PRICE	GOG Triathlon Club	01:38:01	
88	Tina	EVANS		01:38:29	
89	Susan	WILLIAMS	Wenvoe Wheelers (Tri Hards)	01:38:44	
90	Deborah	JOHN	Watchtower Waders	01:38:49	
91	Rose	BEDDINGTON	Petersfield Triathlon Club	01:39:48	
92	Tracey	WILLIAMS	Celtic Tri	01:41:18	
93	Charlotte	LEIGH		01:43:18	
94	Sue	GRAVES	Welsh Triathlon	01:44:54	
95	Miranda	MCGINN		01:45:37	
96	Rachel	URQUHART	Amphibian Triathlon Coaching	01:47:12	
97	Annie	SIDGWICK	Crowborough Tri Club	01:50:36	

98	Dushyanti	ZAINAL ABIDIN		01:52:36	
99	Deborah	ROBINSON	GOG Triathlon Club	01:57:33	

Open Overall

Pos	First Name	Last Name	Club	Time	Points
1	Dafyd	JAY	Torfaen Triathlon Club	00:56:24	100
2	Ifan	BOWEN	CARMARTHEN TRIATHLON CLUB	00:56:26	90
3	Will	AUSTIN	Exeter Triathlon Club	00:57:21	85
4	Iwan	FROLEY		00:58:47	80
5	Louis	CLARKSON		01:00:22	75
6	Conor	ORCHARD	South Central Academy	01:00:58	70
7	Owain	LEWIS-STRANGE	Swansea Vale Tri	01:01:27	65
8	Jason	HANSON	Newt	01:01:44	60
9	Steven	ALLPORT	GOG Triathlon	01:01:54	55
10	Sam	BOWRING	Port Talbot Harriers	01:01:56	50
11	Leighton	JONES	Petersfield Triathlon Club	01:02:15	49
12	James	GRANDFIELD	Cr@ptri	01:02:25	48
13	Andrew	JONES	GOG Triathlon Club	01:02:28	47
14	Lloyd	CANHAM		01:02:34	46
15	Daniel	GRACE	North Dock Dredgers	01:02:50	45
16	Craig	BURROWS	Whittlefit Performance	01:02:54	
17	David	MURRAY	Dragon Tri	01:03:09	44
18	Rhys	WILKINSON	Welland Valley Triathlon Club	01:03:13	44
19	Peter	STANILAND	Halesowen Triathlon	01:03:19	43
20	Zack	DAVIS		01:03:30	42
21	Albie	HOWE	Nuts	01:03:54	41
22	Richard	NEWTON	M&K	01:04:00	40
23	Michael	BISHOP		01:04:02	39
24	Peter	KELLIE		01:04:14	38
25	Matt	ANTHONY	Swansea Vale Triathlon	01:04:20	37
26	James	MOORE	CARMARTHEN TRIATHLON CLUB	01:04:21	36
27	James	COLEMAN	Totaltritraining	01:04:23	35
28	Thomas	DAWSON	ARMY	01:04:30	34
29	James	BARTON	Pembrokeshire Triathlon Club	01:04:42	33
30	Nigel	GRANTHAM	Pedalon.Co.Uk/Eventrexuk.Com	01:04:46	32
31	Peter	ROUGHT	Halesowen Tri	01:04:56	31
32	Joshua	MORGAN	Raf Triathlon	01:05:07	30
33	Andrew	BOURNER	Swyd	01:05:10	29
34	Chris	BROWN	Heathwood Tri	01:05:13	28
35	Gavin	WEDLAKE	Cardiff Triathletes	01:05:15	27
36	Russell	COLLISTER	Manx Tri Club	01:05:25	26
37	Chris	HARLE	'@Club_Coaction'	01:05:38	25
38	Neil	PHILLIPS		01:05:41	24
39	Rhys	HARRIES	Tri Potential	01:05:43	23
40	Charlie	MALPAS	Taff Ely Triathlon	01:05:55	22
41	Sion	RICHARDS	Propel Next Gen	01:06:14	21
42	Tom	NEWBERY-DUNN	Total Tri Training	01:06:24	20
43	Jonny	BROUGH		01:06:26	19
44	Colin Richard	WALLACE	Merthyr Triathlon Club	01:06:45	18
45	John	SEAWARD	Caerphilly Triers	01:06:50	17

46	Paul	RUSSELL		01:06:59	16
47	Keith	TANNETTA	Cardiff Triathletes	01:07:07	15
48	Russell	EVANS	Yas Cycle Triathlon	01:07:09	14
49	Paul	BROCKLEHURST		01:07:25	13
50	Robin	HARRIS	Clapham Chasers	01:07:47	12
51	Sam	EKSTROM-GABB	Cardiff Triathletes	01:07:51	11
52	Graeme	TUNSTALL	Gog Triathlon Club	01:07:56	10
53	William	SLATER	Newcastle (Staffs) Tri Club	01:08:21	9
54	Michael	THOMAS	Swansea Vale Tri	01:08:29	8
55	Alun	WOOD	Pen Y Bont Triathlon Club	01:08:33	7
56	Mark	HENNESSEY	Enduraprep	01:08:43	6
57	Richard	ALFORD	None	01:08:48	5
58	Paul	COTTLE	M&K Tri	01:08:51	4
59	Alan	PORTER	Taff Ely Triathlon Club	01:09:21	3
60	Jamie	JONES	Porthcawl Tridents	01:09:30	
61	Steven	SHAW		01:09:31	2
62	Al	HORTOP	N/A	01:09:37	1
63	Josh	MORGAN	Rn	01:09:43	
64	Lee	HOPKINS	Swansea Vale Triathlon	01:09:44	
65	Ethan	MORRIS	Rhondda Tri	01:09:49	
66	Nicholas	BARTON	Cardifftriathletes	01:09:51	
67	Simon Mark	OSBORNE	Dragon Tri	01:09:57	
68	Peter	HOPSON		01:10:06	
69	Jake	SIDDONS	welland valley tri	01:10:08	
70	James	OÆDONNELL	Porthcawl Triathlon Club	01:10:10	
71	Tim	PARFITT	None	01:10:15	
72	Dale	ANDERTON	Bodyworks	01:10:49	
73	Shaun	SULLER	Swyd Tri Club	01:10:55	
74	Daniel	REOCH-BREHAUT	Guernsey Triathlon Club	01:10:57	
75	Alex	WILKS	North Dock Dredgers Tri	01:11:06	
77	Iggy	HOWE	Nuts	01:11:08	
76	Adrian	FEASBY	Swim-1st Tri Club	01:11:08	
78	Adam	EVANS	Cardiff Triathletes	01:11:12	
79	Merf	JONES	GOG Triathlon Club	01:11:16	
80	Kevin	WHEELER	Pembrokeshire Triathlon	01:11:26	
81	Craig	HOWELLS	Porthcawl Triathlon Club	01:11:29	
82	Matthew	GALLOP		01:11:45	
83	David	ROBBINS	Petersfield Tri Club	01:11:51	
84	Andy	BOSTOCK		01:12:00	
85	Mark	STOKES	Tri2o Triathlon Club	01:12:01	
86	Justin	CLARK	Male 60-64	01:12:04	
87	Thomas	OSBORNE		01:12:11	
88	Andrew	BOYD		01:12:17	
89	Josh	TROTMAN		01:12:39	
90	Simon	PHILLIPS	Pembrokeshire Triathlon Club	01:12:45	
91	Nathan	BEVAN	Ferndale Triathlon Club	01:12:47	
92	Dan	GRIFFITHS	Cardiff Triathletes	01:12:49	
93	Aaron	HUGHES		01:12:57	
94	Emyr	ROBERTS	Cardiff Triathletes	01:13:01	
95	Gary	PHILLIPS	Porthcawl Triathlon Club	01:13:30	
96	Daniel	DAVIES	Cardiff Junior Triathlon Club	01:13:35	

97	Keith	HUNT	Greenwich Tritons	01:13:42
98	Simon	CURRIE		01:13:50
99	Dave	SMITH	Celtic Tri	01:14:01
100	Dylan	ELDRED	Total Tri Training	01:14:08
101	Jordan	PEATE		01:14:10
102	Carwyn	JONES	Pembrokeshire Triathlon Club	01:14:39
103	Gareth	BOOKER	Rn Tri	01:14:43
104	Richard	PITTS	Stroud and District athletic club	01:14:51
105	Kai	PEAKE	Swyd Triathlon Club	01:14:56
106	Ian	CORDING	Brownlee Fitness	01:15:45
107	Simon	MARKS		01:16:06
108	Stephen	MACDONALD	Bad Tri	01:16:25
109	Frederick	LATHAM		01:16:35
110	Michael	LAUNDER	Port Talbot Harriers	01:16:48
111	Mark	POCOCK	Thames Valley Triathletes	01:16:54
112	John	CLEMENTS	Oxford Tri	01:17:07
113	Keith	SMITH	Kingswood Tri Club	01:17:09
114	Richard	HUTTON	One Life Racing	01:17:27
115	Andrew	PARKER	Team Bottrill	01:17:33
116	Richard	HARRIS		01:17:40
117	Joel	MURRAY		01:17:47
118	Phil	KING	North Norfolk Beach Runners	01:17:49
119	Ben	RAYMOND	Barry And Vale Harriers	01:17:52
120	Phil	MARSDEN	Ipswich Triathlon Club	01:18:05
121	Steve	BUNCE	Walden Tri	01:18:05
122	Simon	CLARKE	Coventry Triathletes	01:18:26
123	Owain	JAMES	Celtic Tri	01:18:28
124	Michael	OATRIDGE		01:18:39
125	Dafydd	SION		01:18:41
126	Julian	HOWE		01:18:48
127	Alex	BEARD		01:18:52
128	Alistair	CROPPER		01:19:04
129	David	LASKOW-POOLEY	Oxford Tri	01:19:05
130	Tim	WOODMAN		01:19:33
131	Mathew	PRITCHARD	SWYD Tri	01:19:37
132	Michael	BATTERSBY	Cardiff Triathletes	01:19:39
133	David	DUERDEN	Exeter Tri Club	01:19:40
134	William Derek	SNOWDON	Cardiff Triathletes	01:20:26
135	Ian	WARDLE	Swyd	01:20:51
136	Mark	PAYNE	Woodheath	01:21:19
137	Martin	KITCHENER		01:21:20
138	Paul	BELCHER	Pen-Y-Bont Tri	01:21:25
139	Mark	HARRIS		01:21:31
140	Matthew	COX	Celtic Tri	01:21:36
141	Jonathan	WESTWOOD		01:21:51
142	Dafydd	MORGAN	Propel Next Gen	01:21:52
143	Brendan	CASTLE	Team Gower Tri	01:22:42
144	Mark	ROOKE	Rhondda Tri	01:22:56
145	Daniel	LAWLOR		01:23:08
146	Wayne	RICHARDS	Swansea Trisharks	01:23:45

147	Will	KING	Tuff Fitty Tri Club	01:23:54	
148	Jason	AHMED	Heathwood Tri	01:24:00	
149	Russell Wayne	WILLIAMS	Port Talbot Harriers	01:24:35	
150	Colin	BAILEY	BRAT	01:25:00	
151	Gareth	BISHOP	Trishredz	01:25:25	
152	Nick	CRAMP		01:25:47	
153	Neil	HEATLEY		01:26:37	
154	John	RASQUINHA	Cardiff Triathletes	01:26:53	
155	Norman	GIBSON		01:27:09	
156	Frank	VAUGHAN	Cerist	01:27:12	
157	Daniel	URQUHART	Amphibian Triathlon Coaching	01:27:37	
158	Robert	SKINNER	3C Tri	01:28:13	
159	Clive	BULLOCK		01:28:48	
160	Aaron	REES		01:30:34	
161	Darren	ROBSON		01:30:57	
162	Malcolm	HARRISON	GOG Triathlon Club	01:31:21	
163	George	STEWART	Trythan	01:31:59	
164	Sam	CATHCART	Ayrodynamic Triathlon Club	01:32:52	
165	Chris	HUGHES	Swp Tri Club	01:33:13	
166	Stuart	GEORGE	Agilis	01:33:23	
167	Paul	JACOB		01:35:38	
168	Lloyd	MEYRICK		01:38:17	
169	Rick	MANN	Guernsey Triathlon	01:42:19	
170	Stuart	PADMORE	Swyd	01:44:46	

Female Under 20

Pos	First Name	Last Name	Club	Time	Points
1	Millie	HANNANT		01:06:50	100
2	Ffion	MULFORD	Cardiff Junior Triathlon	01:07:52	90
3	Rhiannon	HEREDIA-ROWE	Celtic Tri	01:15:51	85
4	Maddie	MALPAS	Taff Ely Triathlon	01:19:00	80
5	Arianna	PROTHEROE	Bynea CC	01:22:19	75
6	Lauren	PRITCHARD		01:22:30	70
7	Millie	JENKINS	Celtic Tri	01:23:56	65

Open Under 20

Pos	First Name	Last Name	Club	Time	Points
1	Ifan	BOWEN	CARMARTHEN TRIATHLON CLUB	00:56:26	100
2	Iwan	FROLEY		00:58:47	90
3	Conor	ORCHARD	South Central Academy	01:00:58	85
4	Zack	DAVIS		01:03:30	80
5	Albie	HOWE	Nuts	01:03:54	75
6	Joshua	MORGAN	Raf Triathlon	01:05:07	70
7	Charlie	MALPAS	Taff Ely Triathlon	01:05:55	65
8	Iggy	HOWE	Nuts	01:11:08	60
9	Daniel	DAVIES	Cardiff Junior Triathlon Club	01:13:35	55
10	Ben	RAYMOND	Barry And Vale Harriers	01:17:52	50
11	Owain	JAMES	Celtic Tri	01:18:28	49
12	Matthew	COX	Celtic Tri	01:21:36	48

Female 20-24

Pos	First Name	Last Name	Club	Time	Points
1	Tia	FROOM		01:04:25	100
2	Lili	JONES		01:08:01	90
3	Georgia	ARMITAGE		01:09:13	85
4	Ffion	JONES	Tri Potential	01:18:09	80
5	Bethan	WILLIAMS		01:20:01	
6	Caitlin	WILLIAMS		01:28:18	

Open 20-24

Pos	First Name	Last Name	Club	Time	Points
1	Dafyd	JAY	Torfaen Triathlon Club	00:56:24	100
2	Louis	CLARKSON		01:00:22	90
3	Dylan	ELDRED	Total Tri Training	01:14:08	85

Female 25-29

Pos	First Name	last Name	Club	Time	Points
1	Hana	BLAKE		01:03:47	100
2	Bethan	JONES	Tri Potential	01:06:22	90
3	Katie	OLDFIELD	Peak Xv	01:18:07	85
4	Melissa	JONES		01:24:43	
5	Rachel	SPEIRS	Sg Coaching Team	01:25:23	80

Open 25-29

Pos	First Name	last Name	Club	Time	Points
1	Will	AUSTIN	Exeter Triathlon Club	00:57:21	100
2	Sam	BOWRING	Port Talbot Harriers	01:01:56	90
3	Andrew	JONES	GOG Triathlon Club	01:02:28	85
4	Sion	RICHARDS	Propel Next Gen	01:06:14	80
5	Sam	EKSTROM-GABB	Cardiff Triathletes	01:07:51	75
6	William	SLATER	Newcastle (Staffs) Tri Club	01:08:21	70
7	Ethan	MORRIS	Rhondda Tri	01:09:49	65
8	James	OÆDONNELL	Porthcawl Triathlon Club	01:10:10	60
9	Aaron	HUGHES		01:12:57	
10	Lloyd	MEYRICK		01:38:17	

Female 30-34

Pos	First Name	Last Name	Club	Time	Points
1	Becky	OWEN		01:07:33	100
2	Carys	JONES	Swansea Vale Triathlon	01:08:30	90
3	Hannah	BROWN	Team Nft	01:17:41	85
4	Naomi	TROTMAN	Dragon Tri	01:26:27	
5	Laura	OATRIDGE		01:27:19	

Open 30-34

Pos	First Name	Last Name	Club	Time	Points
1	Daniel	GRACE	North Dock Dredgers	01:02:50	100
2	Rhys	WILKINSON	Welland Valley Triathlon Club	01:03:13	90
3	James	BARTON	Pembrokeshire Triathlon Club	01:04:42	85
4	Peter	ROUGH	Halesowen Tri	01:04:56	80
5	Tom	NEWBERY-DUNN	Total Tri Training	01:06:24	75
6	Josh	MORGAN	Rn	01:09:43	70
7	Jake	SIDDONS	welland valley tri	01:10:08	65
8	Adam	EVANS	Cardiff Triathletes	01:11:12	60
9	Thomas	OSBORNE		01:12:11	55
10	Dan	GRIFFITHS	Cardiff Triathletes	01:12:49	50
11	Jordan	PEATE		01:14:10	
12	Richard	HARRIS		01:17:40	
13	Joel	MURRAY		01:17:47	
14	Dafydd	MORGAN	Propel Next Gen	01:21:52	49
15	Daniel	LAWLOR		01:23:08	
16	John	RASQUINHA	Cardiff Triathletes	01:26:53	48
17	Aaron	REES		01:30:34	47
18	Darren	ROBSON		01:30:57	

Female 35-39

Pos	First Name	last Name	Club	Time	Points
1	Lucy	MARLAND	Rhondda Tri	01:03:01	100
2	Jo	DAVIES	Tri Surrey	01:12:11	90
3	Hannah	BURKE		01:26:01	85
4	Natasha	STREET		01:26:33	50
5	Tina	EVANS		01:38:29	

Open 35-39

Pos	First Name	last Name	Club	Time	Points
1	Jason	HANSON	Newt	01:01:44	100
2	James	GRANDFIELD	Cr@ptri	01:02:25	90
3	Lloyd	CANHAM		01:02:34	85
4	Craig	BURROWS	Whittlefit Performance	01:02:54	
5	Michael	BISHOP		01:04:02	80
6	Matt	ANTHONY	Swansea Vale Triathlon	01:04:20	75
7	Chris	BROWN	Heathwood Tri	01:05:13	70
8	John	SEAWARD	Caerphilly Triers	01:06:50	65
9	Jamie	JONES	Porthcawl Tridents	01:09:30	
10	Shaun	SULLER	Swyd Tri Club	01:10:55	60
11	Alex	WILKS	North Dock Dredgers Tri	01:11:06	55
12	Josh	TROTMAN		01:12:39	
13	Michael	LAUNDER	Port Talbot Harriers	01:16:48	50
14	Michael	OATRIDGE		01:18:39	
15	Jason	AHMED	Heathwood Tri	01:24:00	
16	Chris	HUGHES	Swp Tri Club	01:33:13	
17	Stuart	GEORGE	Agilis	01:33:23	

Female 40-44

Pos	First Name	Last Name	Club	Time	Points
1	Karina	KAUFMANN		01:08:39	100
2	Sandra	WEIR	N/A	01:13:42	90
3	Zoe	LILLY	Swindon Triathlon Club	01:13:48	85
4	Natalie	RICHARDS	Wenvoe Wheelers	01:15:42	80
5	Karen	SHAPLAND	Mojo Triathlon	01:21:31	75
6	Rebecca	LEWIS	Heathwood	01:21:31	
7	Anna	HOLDEN	Oxford Tri Club	01:21:43	70
8	Helen	BETTRIDGE		01:21:49	65
9	Miranda	MCGINN		01:45:37	
10	Rachel	URQUHART	Amphibian Triathlon Coaching	01:47:12	60
11	Dushyanti	ZAINAL ABIDIN		01:52:36	55

Open 40-44

Pos	First Name	Last Name	Club	Time	Points
1	Owain	LEWIS-STRANGE	Swansea Vale Tri	01:01:27	100
2	Peter	KELLIE		01:04:14	90
3	Paul	BROCKLEHURST		01:07:25	85
4	Richard	ALFORD	None	01:08:48	80
5	Steven	SHAW		01:09:31	75
6	Andrew	BOYD		01:12:17	70
7	Dave	SMITH	Celtic Tri	01:14:01	65
8	Gareth	BOOKER	Rn Tri	01:14:43	60
9	Kai	PEAKE	Swyd Triathlon Club	01:14:56	
10	Dafydd	SION		01:18:41	
11	Jonathan	WESTWOOD		01:21:51	
12	Colin	BAILEY	BRAT	01:25:00	55

Female 45-49

Pos	First Name	Last Name	Club	Time	Points
1	Caryl	WILLIAMS	Tri Potential	01:11:52	100
2	Anita	SAYCELL	Ystwyth Cc	01:12:40	90
3	Alexandra	BELLERBY	Nyp Tri	01:14:04	85
4	Helen	NEWTON		01:15:23	80
5	Sandra	JONES	Celtic Tri	01:18:06	75
6	Caroline	LOTE	Crown Coaching	01:19:33	70
7	Debs	KERRY	Mansfield Triathlon Club	01:24:37	65
8	Alex	BOURNER	SWYD Tri	01:31:38	
9	Charlotte	LEIGH		01:43:18	

Open 45-49

Pos	First Name	Last Name	Club	Time	Points
1	Leighton	JONES	Petersfield Triathlon Club	01:02:15	100
2	Peter	STANILAND	Halesowen Triathlon	01:03:19	90
3	Richard	NEWTON	M&K	01:04:00	85
4	James	COLEMAN	Totaltritraining	01:04:23	80
5	Thomas	DAWSON	ARMY	01:04:30	75
6	Andrew	BOURNER	Swyd	01:05:10	70

7	Gavin	WEDLAKE	Cardiff Triathletes	01:05:15	65
8	Rhys	HARRIES	Tri Potential	01:05:43	60
9	Jonny	BROUGH		01:06:26	55
10	Russell	EVANS	Yas Cycle Triathlon	01:07:09	50
11	Graeme	TUNSTALL	Gog Triathlon Club	01:07:56	49
12	Michael	THOMAS	Swansea Vale Tri	01:08:29	48
13	Al	HORTOP	N/A	01:09:37	47
14	Lee	HOPKINS	Swansea Vale Triathlon	01:09:44	46
15	Nicholas	BARTON	Cardifftriathletes	01:09:51	45
16	Daniel	REOCH-BREHAUT	Guernsey Triathlon Club	01:10:57	44
17	Simon	PHILLIPS	Pembrokeshire Triathlon Club	01:12:45	43
18	Nathan	BEVAN	Ferndale Triathlon Club	01:12:47	42
19	Ian	WARDLE	SWYD	01:20:51	41
20	Nick	CRAMP		01:25:47	
21	Daniel	URQUHART	Amphibian Triathlon Coaching	01:27:37	40
22	Stuart	PADMORE	SWYD	01:44:46	39

Female 50-54

Pos	First Name	Last Name	Club	Time	Points
1	Rhian	ROXBURGH	GOG Triathlon Club	01:03:17	100
2	Hilarie Maisie	JOHNSTON	Tuff Fitty	01:11:26	90
3	Elizabeth	WILLIAMS	Pemb Tri	01:12:40	85
4	Nichola	SHUTTLE	Aim High Tri	01:16:46	80
5	Fiona	ABLESON BRADSHAW	Oxford Tri	01:17:03	75
6	Alys	LYNCH	Caerphilly Tri-ers	01:27:12	70
7	Anita	GRAINGER	Born2Tri	01:28:27	65
8	Cathryn	JENKINS	Celtic Tri	01:29:27	60
9	Amanda	PRITCHARD	Brownlee Fitness	01:30:13	55
10	Deborah	JOHN	Watchtower Waders	01:38:49	

Open 50-54

Pos	First Name	Last Name	Club	Time	Points
1	Steven	ALLPORT	GOG Triathlon	01:01:54	100
2	David	MURRAY	Dragon Tri	01:03:09	90
3	James	MOORE	CARMARTHEN TRIATHLON CLUB	01:04:21	85
4	Nigel	GRANTHAM	Pedalon.Co.Uk/Eventrexuk.Com	01:04:46	80
5	Chris	HARLE	'@Club_Coaction'	01:05:38	75
6	Neil	PHILLIPS		01:05:41	70
7	Paul	RUSSELL		01:06:59	65
8	Mark	HENNESSEY	Enduraprep	01:08:43	60
9	Peter	HOPSON		01:10:06	55
10	Dale	ANDERTON	Bodyworks	01:10:49	50
11	Craig	HOWELLS	Porthcawl Triathlon Club	01:11:29	49
12	Matthew	GALLOP		01:11:45	48
13	Emyr	ROBERTS	Cardiff Triathletes	01:13:01	47
14	Carwyn	JONES	Pembrokeshire Triathlon Club	01:14:39	46
15	Simon	MARKS		01:16:06	45
16	Mark	POCOCK	Thames Valley Triathletes	01:16:54	44
17	Andrew	PARKER	Team Bottrill	01:17:33	43

18	Simon	CLARKE	Coventry Triathletes	01:18:26	42
19	Julian	HOWE		01:18:48	41
20	Mathew	PRITCHARD	SWYD Tri	01:19:37	
21	Mark	ROOKE	Rhondda Tri	01:22:56	30
22	Will	KING	Tuff Fitty Tri Club	01:23:54	39

Female 55-59

Pos	First Name	Last Name	Club	Time	Points
1	Emma	FISHER	Challenge Tri Club Race Team	01:10:00	100
2	Niki	TREACY	Tuff Fitty Triathlon Club	01:10:43	90
3	Sara	NORTHOVER	T Club	01:13:32	85
4	Katie	YOUNG	Tuff Fitty	01:13:59	80
5	Emma	WHEELER	Atac	01:18:09	75
6	Joanna	HUTTON	One Life Racing	01:18:36	70
7	Myka	HEARD	Mersey Tri	01:19:13	65
8	Jennifer	AYLWARD	Celtic Tri	01:21:39	60
9	Esther	RACE		01:22:53	55
10	Tracey	FANTHAM	Tri High	01:23:43	50
11	Sarah	LINNARD		01:24:25	49
12	Sian	PHILLIPS	Porthcawl Triathlon Club	01:25:50	48
13	Ruth Adele	FRANCIS	Celtic Tri	01:27:35	47
14	Elaine	PRICE		01:28:46	
15	Anna	PARSONS	Port Talbot Harriers	01:30:57	46
16	Sally	HERBERT		01:36:13	45
17	Louise	MOORE		01:37:08	44
18	Deborah	ROBINSON	GOG Triathlon Club	01:57:33	43

Open 55-59

Pos	First Name	Last Name	Club	Time	Points
1	Russell	COLLISTER	Manx Tri Club	01:05:25	100
2	Robin	HARRIS	Clapham Chasers	01:07:47	90
3	Alun	WOOD	Pen Y Bont Triathlon Club	01:08:33	85
4	Paul	COTTLE	M&K Tri	01:08:51	80
5	Alan	PORTER	Taff Ely Triathlon Club	01:09:21	75
6	Tim	PARFITT	None	01:10:15	70
7	Mark	STOKES	Tri2o Triathlon Club	01:12:01	65
8	Simon	CURRIE		01:13:50	60
9	Richard	PITTS	Stroud and District athletic club	01:14:51	55
10	Stephen	MACDONALD	Bad Tri	01:16:25	50
11	Richard	HUTTON	One Life Racing	01:17:27	49
12	Alex	BEARD		01:18:52	
13	Mark	PAYNE	Woodheath	01:21:19	48
14	Martin	KITCHENER		01:21:20	47
15	Mark	HARRIS		01:21:31	

Female 60-64

Pos	First Name	Last Name	Club	Time	Points
1	Sarah	MYFORD	Kernow Racing Team	01:17:16	100
2	Debs M	JONES	Gog Triathlon	01:18:43	90
3	Jacqueline	GIBBONS	Pembrokeshire Tri Club	01:19:27	85
4	Clare	GRINDROD	Farnham Tri	01:22:06	80
5	Sandra	BARDEN	Hillingdon	01:22:50	75
6	Jayne	MUMFORD	Coventry Triathletes	01:23:34	70
7	Fiona	LYNN	One Life Racing	01:24:25	65
8	Carolyn	WILLIAMS	Port Talbot Harriers	01:25:00	60
9	Karen	ELWELL		01:26:10	55
10	Gillian	BARRETT	Farnham Triathlon Club	01:26:57	50
11	Sandra	STEWART	Trythan	01:27:08	49
12	Sara	BARTLETT	South West Swim	01:34:05	48
13	Enid	ROBERTS	GOG Triathlon Club	01:35:06	47
14	Susan	WILLIAMS	Wenvoe Wheelers (Tri Hards)	01:38:44	
15	Tracey	WILLIAMS	Celtic Tri	01:41:18	46

Open 60-64

Pos	First Name	Last Name	Club	Time	Points
1	Colin Richard	WALLACE	Merthyr Triathlon Club	01:06:45	100
2	Keith	TANNETTA	Cardiff Triathletes	01:07:07	90
3	Simon Mark	OSBORNE	Dragon Tri	01:09:57	85
4	Adrian	FEASBY	Swim-1st Tri Club	01:11:08	80
5	Merf	JONES	GOG Triathlon Club	01:11:16	75
6	Kevin	WHEELER	Pembrokeshire Triathlon	01:11:26	70
7	David	ROBBINS	Petersfield Tri Club	01:11:51	65
8	Andy	BOSTOCK		01:12:00	60
9	Justin	CLARK	Male 60-64	01:12:04	55
10	Gary	PHILLIPS	Porthcawl Triathlon Club	01:13:30	50
11	Ian	CORDING	Brownlee Fitness	01:15:45	49
12	Keith	SMITH	Kingswood Tri Club	01:17:09	48
13	Phil	MARSDEN	Ipswich Triathlon Club	01:18:05	47
14	Alistair	CROPPER		01:19:04	46
15	Russell Wayne	WILLIAMS	Port Talbot Harriers	01:24:35	45
16	George	STEWART	Trythan	01:31:59	44
17	Paul	JACOB		01:35:38	43

Female 65-69

Pos	First Name	Last Name	Club	Time	Points
1	Shirley	YARDE	Farnham Tri Club	01:20:38	100
2	Karen	MUNN	Pembrokeshire Triathlon Club	01:22:24	90
3	Karen	COLE	Roding Valley Tri	01:22:59	85
4	Colette	PRICE	GOG Triathlon Club	01:38:01	80

Open 65-69

Pos	First Name	Last Name	Club	Time	Points
1	Keith	HUNT	Greenwich Tritons	01:13:42	100
2	Frederick	LATHAM		01:16:35	90
3	John	CLEMENTS	Oxford Tri	01:17:07	85
4	Phil	KING	North Norfolk Beach Runners	01:17:49	80
5	Steve	BUNCE	Walden Tri	01:18:05	75
6	Tim	WOODMAN		01:19:33	70
7	Michael	BATTERSBY	Cardiff Triathletes	01:19:39	65
8	Neil	HEATLEY		01:26:37	60
9	Norman	GIBSON		01:27:09	55
10	Robert	SKINNER	3C Tri	01:28:13	50
11	Clive	BULLOCK		01:28:48	49
12	Malcolm	HARRISON	GOG Triathlon Club	01:31:21	48

Female 70-74

Pos	First Name	Last Name	Club	Time	Points
1	Rose	BEDDINGTON	Petersfield Triathlon Club	01:39:48	100
2	Annie	SIDGWICK	Crowborough Tri Club	01:50:36	90

Open 70-74

Pos	First Name	Last Name	Club	Time	Points
1	David	LASKOW-POOLEY	Oxford Tri	01:19:05	100
2	David	DUERDEN	Exeter Tri Club	01:19:40	90
3	William Derek	SNOWDON	Cardiff Triathletes	01:20:26	85
4	Paul	BELCHER	Pen-Y-Bont Tri	01:21:25	80
5	Wayne	RICHARDS	Swansea Trisharks	01:23:45	75
6	Frank	VAUGHAN	Cerist	01:27:12	70
7	Sam	CATHCART	Ayrodynamic Triathlon Club	01:32:52	65
8	Rick	MANN	Guernsey Triathlon	01:42:19	60

Female 75-79

Pos	First Name	Last Name	Club	Time	Points
1	Chris	SLEIGHT	North Dorset Tri	01:35:50	100
2	Sue	GRAVES	Welsh Triathlon	01:44:54	90

Club Standings – Barry Island

Club	Points
GOG Triathlon Club	440
Cardiff Triathletes	380
Pembrokeshire Triathlon Club	376
Swansea Vale Triathlon	359
Celtic Tri	350
Tri Potential	330
Port Talbot Harriers	291
Taff Ely Triathlon	220
SWYD	210
Porthcawl Triathlon Club	207
Rhondda Triathlon Club	195
CARMARTHEN TRIATHLON CLUB	185
Dragon Tri	175
North Dock Dredgers Tri	155
Cardiff Junior Tri Club	145
Caerphilly Triers	135
Propel Next Gen	129
NEWT - Newport and East Wales Triathlon	100
Merthyr Triathlon Club	100
Torfaen Dolphins Triathlon Club	100
Team NFT	85
Bynea Cc	75