

| Position | Name | | Member | Team | Cat | Gender | WSS Points | Stage 1 - Llanelli | | Stage 2 -TATA Steelman | | Stage 3 - Bala | |
|----------|-----------|----------------|--------|-----------------------------------|-----|--------|------------|--------------------|-------------------|------------------------|-------------------|----------------|-------------------|
| | | | | | | | | Time | Individual Points | Time | Individual Points | Time | Individual Points |
| 1 | Helen | Marshall | Yes | Intrtri | F40 | F | 220 | 01:22:35.35 | 80 | 2:17:23 | 75 | 01:02:21 | 65 |
| 2 | Gwen | Kinsey | yes | Pedal Cover Insurance Tri Team | F40 | F | 205 | 01:27:03.90 | 60 | 2:21:33 | 70 | 01:01:47 | 75 |
| 3 | Hannah | Munday | Yes | Intelligent Triathlon Training | FS | F | 200 | 01:17:53.00 | 100 | 2:10:04 | 100 | | |
| 4 | Rhian | Roxburgh | | GOG TRIATHLON | F40 | F | 175 | | | 2:14:39 | 85 | 00:59:55 | 90 |
| 5 | Jasmine | Bowyer | Yes | Cycle Specific | FS | F | 167 | 01:25:04.90 | 70 | 2:25:57 | 49 | 01:06:12 | 48 |
| 6 | Rhiannon | Middleton | Yes | | FS | F | 165 | 01:20:53.50 | 85 | | | 01:01:10 | 80 |
| 7 | Catherine | Marks | Yes | Pembrokeshire Triathlon | FS | F | 151 | 01:27:36.50 | 55 | 2:29:04 | 46 | 01:05:11 | 50 |
| 8 | Florence | Swan | | | FS | F | 150 | | | 2:16:17 | 80 | 01:02:17 | 70 |
| 9 | Rebecca | Comins | Yes | Monmouth Triathlon Club | F50 | F | 141 | 01:28:13.50 | 49 | 2:29:52 | 45 | 01:06:32 | 47 |
| 10 | Katie | Greenwood | Yes | Cardiff Triathletes | FS | F | 130 | 01:24:42.30 | 75 | 2:24:44 | 55 | | |
| 11 | Eloise | Crowley | | CARDIFF TRIATHLON CLUB | FS | F | 115 | | | 2:23:14 | 60 | 01:04:26 | 55 |
| 12 | Sara | Willhoit | | SYTRI | FS | F | 110 | | | 2:25:55 | 50 | 01:03:51 | 60 |
| 13 | Elizabeth | Vaughan | Yes | Taff Ely Triathlon Club | F50 | F | 102 | 01:40:30.25 | 31 | 2:46:24 | 34 | 01:14:24 | 37 |
| 14 | Megan | McDonald | | | FS | F | 100 | | | | | 00:57:58 | 100 |
| 15 | Laura | Clements | Yes | Ufit | FS | F | 98 | 01:27:56.55 | 50 | 2:26:47 | 48 | | |
| 16 | Emer | Sandham | Yes | Gog Triathlon Club | FS | F | 91 | 01:30:38.90 | 48 | 2:33:24 | 43 | | |
| 17 | Victoria | Baker | | MONMOUTH TRI CLUB | FS | F | 90 | | | 2:11:22 | 90 | | |
| 18 | Carol | Bridge | Yes | Erdinger | FS | F | 90 | 01:20:25.65 | 90 | | | | |
| 19 | Charlotte | Ralph | Yes | Cardiff Triathletes | FS | F | 88 | 01:31:35.00 | 47 | 2:34:57 | 41 | | |
| 20 | Hannah | Pearson | | Black Country Triathletes | FS | F | 85 | | | | | 01:01:05 | 85 |
| 21 | Eleanor | Davies | | CLWB BEICIO BALA | F40 | F | 83 | | | 2:34:12 | 42 | 01:10:24 | 41 |
| 22 | Karen | Munn | Yes | Pembrokeshire Triathlon Club | F60 | F | 80 | 01:43:35.05 | 27 | 2:55:59 | 27 | 01:18:06 | 26 |
| 23 | Bryanie | Allsworth | Yes | West Coast Triathlon | FS | F | 76 | 01:38:44.35 | 38 | 2:41:40 | 38 | | |
| 24 | Helen | Colley | Yes | Taff Ely Tri Club | F40 | F | 70 | 01:39:42.45 | 35 | 2:45:26 | 35 | | |
| 25 | Mared | Dafydd | | GOG TRIATHLON | FS | F | 70 | | | 2:43:48 | 37 | 01:15:12 | 33 |
| 26 | Jennifer | Aylward | Yes | Celtic Tri | F50 | F | 69 | 01:38:40.10 | 39 | | | 01:16:04 | 30 |
| 27 | Zoe | Davies | Yes | Risc-A-Tri | FS | F | 68 | 01:40:22.70 | 33 | | | 01:14:39 | 35 |
| 28 | Ailsa | Beck | | UNIVERSITY OF STIRLING | FS | F | 65 | | | 2:23:04 | 65 | | |
| 29 | Emma | Palfrey | Yes | Cycle Specific | FS | F | 65 | 01:26:33.60 | 65 | | | | |
| 30 | Cathryn | Williams | Yes | Port Talbot Harriers | FS | F | 62 | 01:40:42.30 | 30 | 2:49:18 | 32 | | |
| 31 | Eden Rae | Davies | Yes | Celtic Tri | FYJ | F | 57 | 01:42:49.10 | 28 | | | 01:16:55 | 29 |
| 32 | Debs | Jones | | GOG TRIATHLON | F50 | F | 53 | | | 2:53:43 | 29 | 01:21:42 | 24 |
| 33 | Larna | Andrew | | | FS | F | 49 | | | | | 01:05:29 | 49 |
| 34 | Amy | Seppman | Yes | Port Talbot Harriers | FS | F | 49 | 01:45:01.15 | 26 | 2:58:26 | 23 | | |
| 35 | Ffion | Davies | | PORT TALBOT HARRIERS | FS | F | 47 | | | 2:28:11 | 47 | | |
| 36 | Joanna | Callan | | CARDIFF | FS | F | 46 | | | | | 01:06:57 | 46 |
| 37 | Lesley | Mainwaring | Yes | Triathlon Coaching Wales | F50 | F | 46 | 01:46:43.30 | 25 | 2:59:56 | 21 | | |
| 38 | Sian | Williams | Yes | Pembrokeshire Traithlon Club | F40 | F | 46 | 01:34:26.50 | 46 | | | | |
| 39 | Claire | Manson | Yes | Cardiff Triathletes | FS | F | 45 | 01:34:53.25 | 45 | | | | |
| 40 | Samantha | Sugden | | | FS | F | 45 | | | | | 01:07:21 | 45 |
| 41 | Natasha | Barton | Yes | Pencoed | FS | F | 44 | 01:36:51.35 | 44 | | | | |
| 42 | Amy | Edwards O'Hare | | Cardiff University Triathlon Club | FS | F | 44 | | | | | 01:07:31 | 44 |
| 43 | Ceri | Ruzzi | | FUL-ON-TRI | FS | F | 44 | | | 2:31:13 | 44 | | |
| 44 | Finola | Corley | | SY Tri (Shrewsbury Triathlon) | FS | F | 43 | | | | | 01:10:06 | 43 |
| 45 | Cathryn | Jenkins | Yes | Celtic Tri | F40 | F | 43 | 01:48:18.65 | 23 | 3:01:40 | 20 | | |

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|----|------------|----------------|-----|-----------------------------------|-----|---|----|-------------|----|---------|----|----------|----|
| 46 | Jemma | Sedgmond | Yes | Cardiff Triathletes | FS | F | 43 | 01:37:21.65 | 43 | | | | |
| 47 | Rosie | Davies | yes | | F40 | F | 42 | 01:37:21.80 | 42 | | | | |
| 48 | Jennifer | Pybis | | St Helens Tri | FS | F | 42 | | | | | 01:10:17 | 42 |
| 49 | Jenny | Mcadie | Yes | | F40 | F | 41 | 01:38:05.65 | 41 | | | | |
| 50 | Claire | Jackson | | MONMOUTH TRI CLUB | F40 | F | 40 | | | 2:37:27 | 40 | | |
| 51 | Emma | Wheeler | Yes | Cmc Llandeilo | F50 | F | 40 | 01:38:23.30 | 40 | | | | |
| 52 | Sophie | Whittingham | | SY Tri (Shrewsbury Triathlon) | FS | F | 40 | | | | | 01:11:22 | 40 |
| 53 | Sarah | Gallacher | | GOG TRIATHLON | FS | F | 39 | | | 2:39:26 | 39 | | |
| 54 | Mali Fflur | Jones | | Cerist Triathlon Club | FYJ | F | 39 | | | | | 01:12:25 | 39 |
| 55 | Bridget | Ripley | | | F60 | F | 38 | | | | | 01:12:48 | 38 |
| 56 | Ceri | Rees-Coe | Yes | North Dock Dredgers | F40 | F | 37 | 01:39:21.10 | 37 | | | | |
| 57 | Jayne | Arnold | | CELTIC TRI | F40 | F | 36 | | | 2:45:01 | 36 | | |
| 58 | Emma | Shallcross | | | FS | F | 36 | | | | | 01:14:33 | 36 |
| 59 | Kath | Thomas | yes | Cyclespecific | F40 | F | 36 | 01:39:25.65 | 36 | | | | |
| 60 | Hayley | Griffiths | Yes | Celtic Tri | FS | F | 34 | 01:40:11.65 | 34 | | | | |
| 61 | Paula | Stevens | | Gog Triathlon | F40 | F | 34 | | | | | 01:14:42 | 34 |
| 62 | Louise | Miskell | | ABERDARE VALLEY AAC | F40 | F | 33 | | | 2:47:41 | 33 | | |
| 63 | Kate | Humphrey | Yes | Newt | FS | F | 32 | 01:40:28.90 | 32 | | | | |
| 64 | Connie | James | | | F40 | F | 32 | | | | | 01:15:19 | 32 |
| 65 | Lowri | Bowen | | CRP TRI CLUB | F40 | F | 31 | | | 2:49:48 | 31 | | |
| 66 | Vicki | Lewis | | Pembrokeshire Triathlon Club | FS | F | 31 | | | | | 01:15:48 | 31 |
| 67 | Louise | Pierpoint | | PORT TALBOT HARRIERS | F40 | F | 30 | | | 2:49:53 | 30 | | |
| 68 | Helen | Mansfield | Yes | None | F50 | F | 29 | 01:42:24.35 | 29 | | | | |
| 69 | Charlotte | Brass | | Cardiff University Triathlon Club | FS | F | 28 | | | | | 01:16:56 | 28 |
| 70 | Carolyn | Williams | | PORT TALBOT HARRIERS | F50 | F | 28 | | | 2:55:41 | 28 | | |
| 71 | Anna | Iley | | SY Tri (Shrewsbury Triathlon) | F40 | F | 27 | | | | | 01:17:55 | 27 |
| 72 | Paula | Stevens | | GOG TRIATHLON | F40 | F | 26 | | | 2:56:17 | 26 | | |
| 73 | Jacqueline | Gibbons | | Pembrokeshire Triathlon Club | F50 | F | 25 | | | | | 01:18:24 | 25 |
| 74 | Kayley | Griffiths | | CAERPHILLY TRI-ERS | FS | F | 25 | | | 2:57:33 | 25 | | |
| 75 | Barbara | Cook | Yes | North Dock Dredgers | F60 | F | 24 | 01:46:56.75 | 24 | | | | |
| 76 | Angharad | Pocock | | CARDIFF TRIATHLON CLUB | F40 | F | 24 | | | 2:57:57 | 24 | | |
| 77 | Ceri | Hughes | | Gog Triathlon | F40 | F | 23 | | | | | 01:22:20 | 23 |
| 78 | Geri | Angharad Evans | | GOG TRIATHLON | F40 | F | 22 | | | 2:58:35 | 22 | | |
| 79 | Angharad | Lewis | Yes | Gog Triathlon | FS | F | 22 | 01:53:31.55 | 22 | | | | |
| 80 | Lauren | Watts | | Cerist Triathlon Club | FYJ | F | 22 | | | | | 01:22:42 | 22 |
| 81 | Ali | Roberts | | | FS | F | 21 | | | | | 01:23:06 | 21 |
| 82 | Linda | Spillane | Yes | Newt | F70 | F | 21 | 01:53:40.80 | 21 | | | | |
| 83 | Jayne | Hamer | | | FS | F | 20 | | | | | 01:23:44 | 20 |
| 84 | Cathy | Bruton | | NEWT | F40 | F | 19 | | | 3:03:06 | 19 | | |
| 85 | Jenna | Griffiths | yes | Be Awesome | FS | F | 19 | 02:03:52.25 | 11 | 3:21:34 | 8 | | |
| 86 | Bethan | Morris | Yes | Port Talbot Harriers | FS | F | 19 | 01:54:30.00 | 19 | | | | |
| 87 | Jess | Simpson | | Cardiff University Triathlon Club | FYJ | F | 19 | | | | | 01:24:19 | 19 |
| 88 | Amy | Jenkins | | PORT TALBOT HARRIERS | FS | F | 18 | | | 3:04:05 | 18 | | |
| 89 | Julie | McDonnell | | Chester Triathlon Club | F50 | F | 18 | | | | | 01:26:45 | 18 |
| 90 | Christina | Smith | Yes | Celtic Tri | F50 | F | 18 | 01:54:39.10 | 18 | | | | |
| 91 | Stephanie | George | | | FS | F | 17 | | | | | 01:29:07 | 17 |
| 92 | Sian | Richards | | CELTIC TRI | FS | F | 17 | | | 3:05:24 | 17 | | |

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|-----|-----------|--------------|-----|--------------------------------|-----|---|----|-------------|----|---------|----|----------|----|
| 93 | Kathryn | Sweetman | yes | | F40 | F | 17 | 01:55:37.50 | 17 | | | | |
| 94 | Kirsty | Edwards | Yes | Newport & East Wales Triathlon | FS | F | 16 | 01:57:04.20 | 16 | | | | |
| 95 | Helen | Jones | | TAFF ELY TRIATHLON CLUB | F40 | F | 16 | | | 3:08:47 | 16 | | |
| 96 | Sarah | McDonnell | | Total Transition Triathlon | F40 | F | 16 | | | | | 01:30:37 | 16 |
| 97 | Bethan | Thomas | Yes | Port Talbot Harriers | F40 | F | 16 | 01:58:14.60 | 13 | 3:25:23 | 3 | | |
| 98 | Sara | Jones | | | F40 | F | 15 | | | | | 01:30:39 | 15 |
| 99 | Rachael | Parkinson | Yes | Bynea Cycling Club | FS | F | 15 | 01:54:00.85 | 20 | 3:09:56 | 15 | | |
| 100 | Denise | Phillips | Yes | Bynea | F40 | F | 15 | 01:57:42.55 | 15 | | | | |
| 101 | Karen | Birdsall | Yes | Celtic Tri | F50 | F | 14 | 02:03:07.10 | 12 | 3:26:40 | 2 | | |
| 102 | Katharine | Burton | | Chester Triathlon Club | F40 | F | 14 | | | | | 01:31:44 | 14 |
| 103 | Sharon | Daniel | | HEALTHY LIFE ACTIVITIES | F50 | F | 14 | | | 3:10:59 | 14 | | |
| 104 | Helen | Murray | yes | Tenby Aces | F40 | F | 14 | 01:57:59.05 | 14 | | | | |
| 105 | Kate | Benny | | | F40 | F | 13 | | | | | 01:32:52 | 13 |
| 106 | Jane | Harwood | | PORT TALBOT HARRIERS | FS | F | 13 | | | 3:11:09 | 13 | | |
| 107 | Abigail | Jones | | | FS | F | 12 | | | 3:14:22 | 12 | | |
| 108 | Emma | Scott | | | FS | F | 12 | | | | | 01:34:17 | 12 |
| 109 | Catherine | Colleypriest | | CRP TRI CLUB | F40 | F | 11 | | | 3:14:25 | 11 | | |
| 110 | Seren | Hathway | | | FS | F | 11 | | | | | 01:34:45 | 11 |
| 111 | Hannah | Brake | | | FS | F | 10 | | | | | 01:35:25 | 10 |
| 112 | Daniela | Jones | | PEN-Y-BONT TRIATHLON CLUB | F40 | F | 10 | | | 3:16:00 | 10 | | |
| 113 | Caroline | Rees | Yes | Pencoed Tri Club | F40 | F | 10 | 02:04:05.65 | 10 | | | | |
| 114 | Alice | Bevan-Fisher | | | FS | F | 9 | | | | | 01:36:13 | 9 |
| 115 | Helen | Griffiths | | PORT TALBOT HARRIERS | F50 | F | 9 | | | 3:19:46 | 9 | | |
| 116 | Sian | Rees-Jones | yes | Cycle Specific | F50 | F | 9 | 02:04:28.15 | 9 | | | | |
| 117 | Sarah | Ellwood | | Gog Triathlon | F40 | F | 8 | | | | | 01:36:57 | 8 |
| 118 | Anna | Rees | Yes | Celtic Tri | FS | F | 8 | 02:04:46.20 | 8 | | | | |
| 119 | Lisa | Forrest | | | F40 | F | 7 | | | 3:22:09 | 7 | | |
| 120 | Andrea | Griffiths | Yes | Celtic Tri | F40 | F | 7 | 02:09:57.50 | 7 | | | | |
| 121 | Dinah | Hazeldine | | Gog Triathlon | F50 | F | 7 | | | | | 01:42:10 | 7 |
| 122 | Sian | Jakeman | | PENCOED TRIATHLON CLUB | F40 | F | 6 | | | 3:22:15 | 6 | | |
| 123 | Kerry | Wykes | | COVENTRY TRIATHLETES | F50 | F | 6 | | | | | 01:42:19 | 6 |
| 124 | Harriet | McCann | | | FS | F | 5 | | | | | 01:45:17 | 5 |
| 125 | Nicola | Thomas | | CELTIC TRI | F40 | F | 5 | | | 3:22:49 | 5 | | |
| 126 | Judith | Moulsdale | | Mere Runners | F40 | F | 4 | | | | | 01:45:55 | 4 |
| 127 | Nicola | Peake | | BFUNCTIONAL | F50 | F | 4 | | | 3:22:54 | 4 | | |
| 128 | Ali | Barber | | Gog Triathlon | F50 | F | 3 | | | | | 02:01:58 | 3 |
| 129 | Nicola | Jones | | TAFF ELY TRIATHLON CLUB | F40 | F | 1 | | | 3:29:45 | 1 | | |

| Position | Name | | Member | Team | Cat | Gender | WSS Points | Stage 1 - Llanelli | | Stage 2 - TATA Steelman | | Stage 3 - Bala | |
|----------|------------|---------|--------|-----------------------------------|-----|--------|---------------|--------------------|-------------------|-------------------------|-------------------|----------------|-------------------|
| | | | | | | | | Time | Individual Points | Time | Individual Points | Time | Individual Points |
| 1 | Eden Rae | Davies | Yes | Celtic Tri | FY | F | 190 | 01:42:49.10 | 100 | | | 01:16:55 | 90 |
| 2 | Mali Fflur | Jones | | Cerist Triathlon Club | FY | F | 100 | | | | | 01:12:25 | 100 |
| 3 | Lauren | Watts | | Cerist Triathlon Club | FY | F | 85 | | | | | 01:22:42 | 85 |
| 4 | Jess | Simpson | | Cardiff University Triathlon Club | FY | F | 80 | | | | | 01:24:19 | 80 |

| Position | Name | | Member | Team | Cat | Gender | WSS Points | Stage 1 - Llanelli | | Stage 2 - TATA Steelman | | Stage 3 - Bala | |
|----------|-----------|----------------|--------|-----------------------------------|-----|--------|------------|--------------------|-------------------|-------------------------|-------------------|----------------|-------------------|
| | | | | | | | | Time | Individual Points | Time | Individual Points | Time | Individual Points |
| 1 | Hannah | Munday | Yes | Intelligent Triathlon Training | FS | F | 200 | 01:17:53.00 | 100 | 2:10:04 | 100 | | |
| 2 | Jasmine | Bowyer | Yes | Cycle Specific | FS | F | 190 | 01:25:04.90 | 75 | 2:25:57 | 60 | 01:06:12 | 55 |
| 3 | Rhiannon | Middleton | Yes | | FS | F | 170 | 01:20:53.50 | 85 | | | 01:01:10 | 85 |
| 4 | Florence | Swan | | | FS | F | 165 | | | 2:16:17 | 85 | | 80 |
| 5 | Katie | Greenwood | Yes | Cardiff Triathletes | FS | F | 150 | 01:24:42.30 | 80 | 2:24:44 | 70 | | |
| 6 | Eloise | Crowley | | CARDIFF TRIATHLON CLUB | FS | F | 145 | | | 2:23:14 | 75 | 01:04:26 | 70 |
| 7 | Sara | Willhoit | | SYTRI | FS | F | 140 | | | 2:25:55 | 65 | 01:03:51 | 75 |
| 8 | Laura | Clements | Yes | Ufit | FS | F | 115 | 01:27:56.55 | 60 | 2:26:47 | 55 | | |
| 9 | Catherine | Marks | Yes | Pembrokeshire Triathlon | FS | F | 114 | 01:27:36.50 | 65 | 2:29:04 | 49 | 01:05:11 | 65 |
| 10 | Emer | Sandham | Yes | Gog Triathlon Club | FS | F | 102 | 01:30:38.90 | 55 | 2:33:24 | 47 | | |
| 11 | Megan | McDonald | | | FS | F | 100 | | | | | 00:57:58 | 100 |
| 12 | Charlotte | Ralph | Yes | Cardiff Triathletes | FS | F | 96 | 01:31:35.00 | 50 | 2:34:57 | 46 | | |
| 13 | Bryanie | Allsworth | Yes | West Coast Triathlon | FS | F | 90 | 01:38:44.35 | 46 | 2:41:40 | 44 | | |
| 14 | Victoria | Baker | | MONMOUTH TRI CLUB | FS | F | 90 | | | 2:11:22 | 90 | | |
| 15 | Carol | Bridge | Yes | Erdinger | FS | F | 90 | 01:20:25.65 | 90 | | | | |
| 16 | Hannah | Pearson | | Black Country Triathletes | FS | F | 90 | | | | | 01:01:05 | 90 |
| 17 | Zoe | Davies | Yes | Risc-A-Tri | FS | F | 87 | 01:40:22.70 | 44 | | | 01:14:39 | 43 |
| 18 | Mared | Dafydd | | GOG TRIATHLON | FS | F | 85 | | | 2:43:48 | 43 | 01:15:12 | 42 |
| 19 | Cathryn | Williams | Yes | Port Talbot Harriers | FS | F | 84 | 01:40:42.30 | 42 | 2:49:18 | 42 | | |
| 20 | Amy | Seppman | Yes | Port Talbot Harriers | FS | F | 81 | 01:45:01.15 | 41 | 2:58:26 | 40 | | |
| 21 | Ailsa | Beck | | UNIVERSITY OF STIRLING | FS | F | 80 | | | 2:23:04 | 80 | | |
| 22 | Rachael | Parkinson | Yes | Bynea Cycling Club | FS | F | 76 | 01:54:00.85 | 39 | 3:09:56 | 37 | | |
| 23 | Jenna | Griffiths | yes | Be Awesome | FS | F | 70 | 02:03:52.25 | 36 | 3:21:34 | 34 | | |
| 24 | Emma | Palfrey | Yes | Cycle Specific | FS | F | 70 | 01:26:33.60 | 70 | | | | |
| 25 | Larna | Andrew | | | FS | F | 60 | | | | | 01:05:29 | 60 |
| 26 | Joanna | Callan | | CARDIFF | FS | F | 50 | | | | | 01:06:57 | 50 |
| 27 | Ffion | Davies | | PORT TALBOT HARRIERS | FS | F | 50 | | | 2:28:11 | 50 | | |
| 28 | Claire | Manson | Yes | Cardiff Triathletes | FS | F | 49 | 01:34:53.25 | 49 | | | | |
| 29 | Samantha | Sugden | | | FS | F | 49 | | | | | 01:07:21 | 49 |
| 30 | Natasha | Barton | Yes | Pencoed | FS | F | 48 | 01:36:51.35 | 48 | | | | |
| 31 | Amy | Edwards O'Hare | | Cardiff University Triathlon Club | FS | F | 48 | | | | | 01:07:31 | 48 |
| 32 | Ceri | Ruzzi | | FUL-ON-TRI | FS | F | 48 | | | 2:31:13 | 48 | | |
| 33 | Finola | Corley | | SY Tri (Shrewsbury Triathlon) | FS | F | 47 | | | | | 01:10:06 | 47 |
| 34 | Jemma | Sedgmond | Yes | Cardiff Triathletes | FS | F | 47 | 01:37:21.65 | 47 | | | | |
| 35 | Jennifer | Pybis | | St Helens Tri | FS | F | 46 | | | | | 01:10:17 | 46 |
| 36 | Sarah | Gallacher | | GOG TRIATHLON | FS | F | 45 | | | 2:39:26 | 45 | | |
| 37 | Hayley | Griffiths | Yes | Celtic Tri | FS | F | 45 | 01:40:11.65 | 45 | | | | |
| 38 | Sophie | Whittingham | | SY Tri (Shrewsbury Triathlon) | FS | F | 45 | | | | | 01:11:22 | 45 |
| 39 | Emma | Shallcross | | | FS | F | 44 | | | | | 01:14:33 | 44 |
| 40 | Kate | Humphrey | Yes | Newt | FS | F | 43 | 01:40:28.90 | 43 | | | | |
| 41 | Kayley | Griffiths | | CAERPHILLY TRI-ERS | FS | F | 41 | | | 2:57:33 | 41 | | |
| 42 | Vicki | Lewis | | Pembrokeshire Triathlon Club | FS | F | 41 | | | | | 01:15:48 | 41 |
| 43 | Charlotte | Brass | | Cardiff University Triathlon Club | FS | F | 40 | | | | | 01:16:56 | 40 |
| 44 | Angharad | Lewis | Yes | Gog Triathlon | FS | F | 40 | 01:53:31.55 | 40 | | | | |

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|----|-----------|--------------|-----|--------------------------------|----|---|----|-------------|----|---------|----|----------|----|
| 45 | Amy | Jenkins | | PORT TALBOT HARRIERS | FS | F | 39 | | | 3:04:05 | 39 | | |
| 46 | Ali | Roberts | | | FS | F | 39 | | | | | 01:23:06 | 39 |
| 47 | Jayne | Hamer | | | FS | F | 38 | | | | | 01:23:44 | 38 |
| 48 | Bethan | Morris | Yes | Port Talbot Harriers | FS | F | 38 | 01:54:30.00 | 38 | | | | |
| 49 | Sian | Richards | | CELTIC TRI | FS | F | 38 | | | 3:05:24 | 38 | | |
| 50 | Kirsty | Edwards | Yes | Newport & East Wales Triathlon | FS | F | 37 | 01:57:04.20 | 37 | | | | |
| 51 | Stephanie | George | | | FS | F | 37 | | | | | 01:29:07 | 37 |
| 52 | Jane | Harwood | | PORT TALBOT HARRIERS | FS | F | 36 | | | 3:11:09 | 36 | | |
| 53 | Emma | Scott | | | FS | F | 36 | | | | | 01:34:17 | 36 |
| 54 | Seren | Hathway | | | FS | F | 35 | | | | | 01:34:45 | 35 |
| 55 | Abigail | Jones | | | FS | F | 35 | | | 3:14:22 | 35 | | |
| 56 | Anna | Rees | Yes | Celtic Tri | FS | F | 35 | 02:04:46.20 | 35 | | | | |
| 57 | Hannah | Brake | | | FS | F | 34 | | | | | 01:35:25 | 34 |
| 58 | Alice | Bevan-Fisher | | | FS | F | 33 | | | | | 01:36:13 | 33 |
| 59 | Kirsty | Shaw | | TAFF ELY TRIATHLON CLUB | FS | F | 33 | | | 3:37:16 | 33 | | |
| 60 | Harriet | McCann | | | FS | F | 32 | | | | | 01:45:17 | 32 |
| 61 | Lyndsy | McKeown | | CELTIC TRI | FS | F | 32 | | | 3:37:44 | 32 | | |

| Position | Name | | Member | Team | Cat | Gender | WSS Points | Stage 1 - Llanelli | | Stage 2 - TATA Steelman | | Stage 3 - Bala | |
|----------|------------|----------------|--------|--------------------------------|-----|--------|------------|--------------------|-------------------|-------------------------|-------------------|----------------|-------------------|
| | | | | | | | | Time | Individual Points | Time | Individual Points | Time | Individual Points |
| 1 | Helen | Marshall | Yes | Intrtri | F40 | F | 275 | 01:22:35.35 | 100 | 2:17:23 | 90 | 01:02:21 | 85 |
| 2 | Gwen | Kinsey | yes | Pedal Cover Insurance Tri Team | F40 | F | 265 | 01:27:03.90 | 90 | 2:21:33 | 85 | 01:01:47 | 90 |
| 3 | Rhian | Roxburgh | Yes | GOG TRIATHLON | F40 | F | 200 | | | 2:14:39 | 100 | 00:59:55 | 100 |
| 4 | Eleanor | Davies | Yes | CLWB BEICIO BALA | F40 | F | 130 | | | 2:34:12 | 50 | 01:10:24 | 80 |
| 5 | Helen | Colley | Yes | Taff Ely Tri Club | F40 | F | 125 | 01:39:42.45 | 60 | 2:45:26 | 65 | | |
| 6 | Paula | Stevens | Yes | GOG TRIATHLON | F40 | F | 124 | | | 2:56:17 | 49 | 01:14:42 | 75 |
| 7 | Cathryn | Jenkins | Yes | Celtic Tri | F40 | F | 101 | 01:48:18.65 | 55 | 3:01:40 | 46 | | |
| 8 | Bethan | Thomas | Yes | Port Talbot Harriers | F40 | F | 86 | 01:58:14.60 | 47 | 3:25:23 | 39 | | |
| 9 | Sian | Williams | Yes | Pembrokeshire Traithlon Club | F40 | F | 85 | 01:34:26.50 | 85 | | | | |
| 10 | Rosie | Davies | yes | | F40 | F | 80 | 01:37:21.80 | 80 | | | | |
| 11 | Claire | Jackson | Yes | MONMOUTH TRI CLUB | F40 | F | 75 | | | 2:37:27 | 75 | | |
| 12 | Jenny | Mcadie | Yes | | F40 | F | 75 | 01:38:05.65 | 75 | | | | |
| 13 | Jayne | Arnold | Yes | CELTIC TRI | F40 | F | 70 | | | 2:45:01 | 70 | | |
| 14 | Connie | James | | | F40 | F | 70 | | | | | 01:15:19 | 70 |
| 15 | Ceri | Rees-Coe | Yes | North Dock Dredgers | F40 | F | 70 | 01:39:21.10 | 70 | | | | |
| 16 | Anna | Iley | | SY Tri (Shrewsbury Triathlon) | F40 | F | 65 | | | | | 01:17:55 | 65 |
| 17 | Kath | Thomas | yes | Cyclespecific | F40 | F | 65 | 01:39:25.65 | 65 | | | | |
| 18 | Ceri | Hughes | | Gog Triathlon | F40 | F | 60 | | | | | 01:22:20 | 60 |
| 19 | Louise | Miskell | Yes | ABERDARE VALLEY AAC | F40 | F | 60 | | | 2:47:41 | 60 | | |
| 20 | Lowri | Bowen | Yes | CRP TRI CLUB | F40 | F | 55 | | | 2:49:48 | 55 | | |
| 21 | Sarah | McDonnell | | Total Transition Triathlon | F40 | F | 55 | | | | | 01:30:37 | 55 |
| 22 | Sara Jones | Jones | | | F40 | F | 50 | | | | | 01:30:39 | 50 |
| 23 | Louise | Pierpoint | Yes | PORT TALBOT HARRIERS | F40 | F | 50 | | | 2:49:53 | 50 | | |
| 24 | Kathryn | Sweetman | yes | | F40 | F | 50 | 01:55:37.50 | 50 | | | | |
| 25 | Katharine | Burton | | Chester Triathlon Club | F40 | F | 49 | | | | | 01:31:44 | 49 |
| 26 | Denise | Phillips | Yes | Bynea | F40 | F | 49 | 01:57:42.55 | 49 | | | | |
| 27 | Kate Benny | Benny | | | F40 | F | 48 | | | | | 01:32:52 | 48 |
| 28 | Helen | Murray | yes | Tenby Aces | F40 | F | 48 | 01:57:59.05 | 48 | | | | |
| 29 | Angharad | Pocock | Yes | CARDIFF TRIATHLON CLUB | F40 | F | 48 | | | 2:57:57 | 48 | | |
| 30 | Geri | Angharad-Evans | Yes | GOG TRIATHLON | F40 | F | 47 | | | 2:58:35 | 47 | | |
| 31 | Sarah | Ellwood | | Gog Triathlon | F40 | F | 47 | | | | | 01:36:57 | 47 |
| 32 | Judith | Moulsdale | | Mere Runners | F40 | F | 46 | | | | | 01:45:55 | 46 |
| 33 | Caroline | Rees | Yes | Pencoed Tri Club | F40 | F | 46 | 02:04:05.65 | 46 | | | | |
| 34 | Andrea | Griffiths | Yes | Celtic Tri | F40 | F | 45 | 02:09:57.50 | 45 | | | | |
| 35 | Helen | Jonesz | Yes | TAFF ELY TRIATHLON CLUB | F40 | F | 45 | | | 3:08:47 | 45 | | |
| 36 | Catherine | Colleypriest | Yes | CRP TRI CLUB | F40 | F | 44 | | | 3:14:25 | 44 | | |
| 37 | Daniela | Jones | Yes | PEN-Y-BONT TRIATHLON CLUB | F40 | F | 43 | | | 3:16:00 | 43 | | |
| 38 | Kelly | Owen | Yes | CWM OGWR TRI CLUB | F40 | F | 42 | | | 3:19:11 | 42 | | |
| 39 | Lisa | Forrest | Yes | | F40 | F | 41 | | | 3:22:09 | 41 | | |
| 40 | Sian | Jakeman | Yes | PENCOED TRIATHLON CLUB | F40 | F | 40 | | | 3:22:15 | 40 | | |
| 41 | Nicola | Jones | Yes | TAFF ELY TRIATHLON CLUB | F40 | F | 38 | | | 3:29:45 | 38 | | |
| 42 | Karen | Jones | Yes | TAFF ELY TRIATHLON CLUB | F40 | F | 37 | | | 4:03:55 | 37 | | |

| Position | Name | | Member | Team | Cat | Gender | WSS Points | Stage 1 - Llanelli | | Stage 2 - TATA Steelman | | Stage 3 - Bala | |
|----------|------------|------------|--------|------------------------------|-----|--------|------------|--------------------|-------------------|-------------------------|-------------------|----------------|-------------------|
| | | | | | | | | Time | Individual Points | Time | Individual Points | Time | Individual Points |
| 1 | Rebecca | Comins | Yes | Monmouth Triathlon Club | F50 | F | 300 | 01:28:13.50 | 100 | 2:29:52 | 100 | 01:06:32 | 100 |
| 2 | Elizabeth | Vaughan | Yes | Taff Ely Triathlon Club | F50 | F | 260 | 01:40:30.25 | 80 | 2:46:24 | 90 | 01:14:24 | 90 |
| 3 | Jennifer | Aylward | Yes | Celtic Tri | F50 | F | 170 | 01:38:40.10 | 85 | | | 01:16:04 | 85 |
| 4 | Debs | Jones | yes | GOG TRIATHLON | F50 | F | 160 | | | 2:53:43 | 85 | 01:21:42 | 75 |
| 5 | Lesley | Mainwaring | Yes | Triathlon Coaching Wales | F50 | F | 145 | 01:46:43.30 | 70 | 2:59:56 | 75 | | |
| 6 | Karen | Birdsall | Yes | Celtic Tri | F50 | F | 115 | 02:03:07.10 | 60 | 3:26:40 | 55 | | |
| 7 | Emma | Wheeler | Yes | Cmc Llandeilo | F50 | F | 90 | 01:38:23.30 | 90 | | | | |
| 8 | Jacqueline | Gibbons | | Pembrokeshire Triathlon Club | F50 | F | 80 | | | | | 01:18:24 | 80 |
| 9 | Carolyn | Williams | yes | PORT TALBOT HARRIERS | F50 | F | 80 | | | 2:55:41 | 80 | | |
| 10 | Helen | Mansfield | Yes | None | F50 | F | 75 | 01:42:24.35 | 75 | | | | |
| 11 | Sharon | Daniel | yes | HEALTHY LIFE ACTIVITIES | F50 | F | 70 | | | 3:10:59 | 70 | | |
| 12 | Julie | McDonnell | | Chester Triathlon Club | F50 | F | 70 | | | | | 01:26:45 | 70 |
| 13 | Helen | Griffiths | yes | PORT TALBOT HARRIERS | F50 | F | 65 | | | 3:19:46 | 65 | | |
| 14 | Dinah | Hazeldine | | Gog Triathlon | F50 | F | 65 | | | | | 01:42:10 | 65 |
| 15 | Christina | Smith | Yes | Celtic Tri | F50 | F | 65 | 01:54:39.10 | 65 | | | | |
| 16 | Nicola | Peake | yes | BFUNCTIONAL | F50 | F | 60 | | | 3:22:54 | 60 | | |
| 17 | Kerry | Wykes | | COVENTRY TRIATHLETES | F50 | F | 60 | | | | | 01:42:19 | 60 |
| 18 | Ali | Barber | | Gog Triathlon | F50 | F | 55 | | | | | 02:01:58 | 55 |
| 19 | Sian | Rees-Jones | yes | Cycle Specific | F50 | F | 55 | 02:04:28.15 | 55 | | | | |
| 20 | Andrea | Griffiths | yes | CELTIC TRI | F50 | F | 50 | | | 3:52:57 | 50 | | |

| Position | Name | | Member | Team | Cat | Gender | WSS Points | Stage 1 - Llanelli | | Stage 2 - TATA Steelman | | Stage 3 - BALA | |
|----------|---------|--------|--------|------------------------------|-----|--------|---------------|--------------------|-------------------|-------------------------|-------------------|----------------|-------------------|
| | | | | | | | | Time | Individual Points | Time | Individual Points | Time | Individual Points |
| 1 | Karen | Munn | Yes | Pembrokeshire Triathlon Club | F60 | F | 290 | 01:43:35.05 | 100 | 2:55:59 | 100 | 01:18:06 | 90 |
| 2 | Bridget | Ripley | | | F60 | F | 100 | | | | | 01:12:48 | 100 |
| 3 | Barbara | Cook | Yes | North Dock Dredgers | F60 | F | 90 | 01:46:56.75 | 90 | | | | |
| 4 | Kaz | Ceeney | Yes | NEWT | F60 | F | 90 | | | 3:47:43 | 90 | | |

| Position | Name | | Member | Team | Cat | Gender | WSS Points | Stage 1 - Llanelli | | Stage 2 - TATA Steelman | | Stage 3 - Bala | |
|----------|-------|----------|--------|------|-----|--------|---------------|--------------------|-------------------|-------------------------|-------------------|----------------|-------------------|
| | | | | | | | | Time | Individual Points | Time | Individual Points | Time | Individual points |
| 39 | Linda | Spillane | Yes | Newt | F70 | F | 100 | 01:53:40.80 | 100 | | | | |