

Name		Member	Team	Cat	Gender	WSS Points 2019	Stage 1 - Llanelli		Stage 2 - TATA Steelman		Stage 3 - Bala	
							Time	Individual Points	Time	Individual Points	Time	Individual Points
Liam	Lloyd	Yes	Cycle Specific	MS	M	300	01:06:09.65	100	01:50:18	100	00:51:04	100
Alex	Matchett	Yes	Pembrokeshire Tri	MS	M	180	01:06:36.45	90			00:51:15	90
Kieran	John	Yes	Caerphilly Tri-Ers	MS	M	179	01:16:44.80	49	02:05:53	70	00:57:38	60
Sam	Wade	Yes	Team Pedal Cover	MS	M	170	01:07:12.05	85			00:51:25	85
Joshua	Lewis	Yes	Ntpcw	MS	M	160	01:07:41.65	75	01:57:26	85		
Chris	Silver	Yes		MS	M	160	01:08:33.30	70	01:51:29	90		
Beau	Smith	Yes		MS	M	160	01:07:29.05	80			00:51:59	80
Oliver	Simon	Yes	Atac	M40	M	145	01:11:38.85	65	01:58:25	80		
Mark	Binding	Yes	Taff Ely Triathlon	M40	M	119	01:21:41.50	31	02:16:11	33	00:57:43	55
Guto	Morgans	Yes	Cycle Specific	MS	M	105	01:15:16.75	55	02:09:29	50		
Simon	Cole	yes	GOG TRIATHLON	MS	M	99			02:09:52	49	00:58:03	50
Daniel	Madden	yes	University Of Birmingham	MS	M	97	01:16:48.75	48			00:58:59	49
Jamie	Best	Yes	Bynea Cc	M40	M	96	01:16:40.50	50	02:10:57	46		
James	Manson	Yes	Cardiff Triathletes	M40	M	84	01:19:09.40	42	02:12:39	42		
Daniel	Evans	Yes	Celtic Tri	MS	M	82	01:19:02.25	43	02:13:44	39		
Gareth	Bowyer	Yes	Gog	M50	M	79	01:21:26.70	33			00:59:53	46
Marc	Davies	Yes	Nathon Ford Triathlon	M40	M	77	01:20:01.40	40	02:14:36	37		
David	Coates	Yes	West Coast Triathlon	M40	M	76	01:23:34.60	22	02:23:20	19	01:03:41	35
Andrew	Horfall - Turner	yes		MS	M	75			02:04:02	75		
Patrick	Robinson		Solihull Triathlon Club	MS	M	75					00:57:07	75
Colin	Wallace	yes		M50	M	74	01:20:21.30	36			01:02:10	38
Rodney	Savage	Yes	Cardiff Triathletes	M50	M	72	01:23:18.85	24	02:22:18	20	01:05:13	28
Callum	Welman		Loughborough Triathlon	MS	M	70					00:57:22	70
Adrian	Leonard	Yes	Gog Triathlon	MS	M	69	01:20:37.20	35	02:15:23	34		
John	Collier	yes	WEST COAST TRIATHLON	MS	M	65			02:08:30	65		
Thomas	Robinson		Loughborough Triathlon	MS	M	65					00:57:36	65
Chris	Lewis	Yes	Port Talbot Harriers	M40	M	61	01:21:57.10	30	02:18:56	31		
Ross	Simpson	Yes		MS	M	60	01:13:07.00	60				
Richard	Wilder	yes	UFIT TRIATHALON CLUB	M40	M	60			02:08:54	60		
Dominic	Davies	Yes	Llanelli Asc	MYJ	M	58	01:23:37.75	21			01:02:47	37
Edward	Clements	Yes	Tenby Aces	MS	M	57	01:20:04.45	39			01:09:48	18
Paul	Lewis	yes	PORT TALBOT HARRIERS	M40	M	55			02:09:07	55		
Steve	Matchett	Yes	Pembs Tri	M50	M	55	01:23:17.75	25			01:04:37	30
Jack	Southam	Yes	Llanelli Swimming Club	MYJ	M	54	01:24:35.95	13			01:01:46	41
James	Elgar	yes	NEWT	MS	M	48			02:09:57	48		
Jonathon	Seymour		Gog Triathlon	MS	M	48					00:59:18	48
Jamie	Davies	Yes	Newport East Wales Triathlon	MS	M	47	01:17:31.25	47				
Alan	Latter	Yes	West Coast Triathlon	M40	M	47	01:24:21.60	15			01:04:05	32
Craig	Patterson	yes	NEWT	M40	M	47			02:10:30	47		
Jonathan	Phillips		Taff Ely Triathlon Club	MS	M	47					00:59:34	47
Simon	Roxburgh	yes	GOG TRIATHLON	M40	M	47			02:20:56	21	01:06:05	26
Paul	Seppman	Yes	Port Talbot Harriers	M40	M	47	01:23:51.15	18	02:19:42	29		
Marcus	Foster	Yes		M40	M	46	01:24:18.10	16	02:26:01	7	01:06:59	23
Rhys	Harries	Yes	West Coast Tri	MS	M	46	01:17:46.20	46				
Dafydd	Brown	Yes	Pembrokeshire Triathlon Club	MYJ	M	45	01:18:23.40	45				
Dafydd	Brown		Pembrokeshire Triathlon Club	MYJ	M	45					01:01:16	45

Dean	Johnston	yes	PORT TALBOT HARRIERS	M40	M	45			02:11:04	45		
Richard	Elgar	Yes	Newt	MS	M	44	01:18:34.10	44				
Greg	Millard	yes	PORT TALBOT HARRIERS	M40	M	44			02:11:50	44		
Joel	Pollard		Wigan Triathlon Club (Tri Team Wigan	MYJ	M	44					01:01:30	44
Nino	Gatti	yes	PORT TALBOT HARRIERS	MS	M	43			02:12:01	43		
Kai	Walsh		Cadence Tri	MYJ	M	43					01:01:38	43
Ricardo	Iglesias		Denbighshire Triathlon Club	MYJ	M	42					01:01:42	42
Paul	Jones	yes		MS	M	41			02:12:50	41		
Conrad	Lawson	yes	Hereford Triathlon Club	M40	M	41	01:19:29.55	41				
Mark	Geary	Yes	Risc-A-Tri	M40	M	40	01:26:00.10	9			01:04:13	31
David Mort	Mort		Cardiff Triathletes	MS	M	40					01:01:53	40
Dan	Whaites	yes	NEWT	MS	M	40			02:13:24	40		
Elur	Urkola		Newport Under 18 Triathletes	MYJ	M	39					01:01:58	39
David	Hawkins	Yes	Cardiff Triathletes	M40	M	38	01:20:05.55	38				
Nicholas	Thomas	yes	PORT TALBOT HARRIERS	MS	M	38			02:14:10	38		
Jonathan	Carrick	Yes	Celtic Tri	M40	M	37	01:25:13.80	12	02:20:32	25		
Brian	Hosty	Yes		M40	M	37	01:20:10.35	37				
Lynsey	Christopher	yes	PORT TALBOT HARRIERS	M50	M	36			02:14:52	36		
Danny	Jones			MYJ	M	36					01:03:13	36
James	Moore	yes	PEMBROKESHIRE TRIATHLON CLUB	M40	M	36			02:27:21	3	01:03:47	33
Jack	Smith	yes	MONMOUTH TRI CLUB	MS	M	35			02:15:23	35		
Paul	Algieri		Gog Triathlon	M50	M	34					01:03:45	34
Tom	Williams	yes		MS	M	34	01:20:41.50	34				
Matt	Anthony	yes	North Dock Dredgers	MS	M	32	01:21:29.60	32				
Paul	Bruton	yes	NEWT	M40	M	32			02:18:06	32		
Paul	Morgan	yes	PORT TALBOT HARRIERS	MS	M	30			02:19:01	30		
Josh	Hough			MS	M	29					01:04:56	29
David	Morgan	Yes	Port Talbot Harriers	M40	M	29	01:22:19.75	29				
James	Moore	Yes	Pembrokeshire	M40	M	28	01:22:21.40	28				
Dominic	Taylor	yes	PEN-Y-BONT TRIATHLON CLUB	MS	M	28			02:20:01	28		
Ryan	Bowen	yes	AIM2TRI	MS	M	27			02:20:08	27		
Emyr	Evans	yes	'-	MS	M	27	01:22:49.60	27				
James	Haddley		Chester Triathlon Club	MS	M	27					01:05:16	27
Gareth	Ayres	yes	PORT TALBOT HARRIERS	MS	M	26			02:20:22	26		
Iwan	Dugmore	Yes	Pembrokeshire Triathlon Club	MYJ	M	26	01:23:01.30	26				
Richard	Leary		CELTIC TRI	M40	M	25					01:06:28	25
Martin	Cole	yes	PORT TALBOT HARRIERS	M50	M	24			02:20:39	24		
Matt	Thomas		Gog Triathlon	MS	M	24					01:06:56	24
James	Oulsnam	Yes	Csg Elite Performers	MYJ	M	23	01:23:29.95	23				
Hugh	Pascoe	yes	PORT TALBOT HARRIERS	MS	M	23			02:20:54	23		
Peter	Lesdon			MYJ	M	22					01:07:25	22
Emyr	Thomas			MYJ	M	21					01:07:56	21
Nathan	Bevan		RHONDDA TRIATHLON CLUB	M40	M	20					01:08:54	20
Stephen	Coy	yes	Leeds Bradford Triathlon Club	M40	M	20	01:23:40.45	20				
Ryan	Haigh	yes	Primal	MS	M	19	01:23:46.40	19				
Edward	Lawton		Exeter University Triathlon Club	MYJ	M	19					01:09:07	19
Heath	Williams	yes	PORT TALBOT HARRIERS	M40	M	18			02:23:30	18		
Christian	Davies		Wolfpack	M40	M	17					01:09:54	17

Hywel	Hughes	yes		MS	M	17	01:24:08.15	17				
Carl	Singleton	yes	PORT TALBOT HARRIERS	M40	M	17			02:23:39	17		
Justin	Bailey		WEST COAST TRI	M40	M	16					01:09:56	16
Bleddyn	Evans	Yes	TAFF ELY TRIATHLON CLUB	MS	M	16			02:23:48	16		
Marc	Barrow	yes	PORT TALBOT HARRIERS	M40	M	15			02:24:20	15		
Neil	Dalleywater			M50	M	15					01:09:58	15
Thomas	Gill		Cardiff University Triathlon Club	MS	M	14					01:10:16	14
Rhys	Palmer	yes		MS	M	14	01:24:35.90	14				
Matthew	Reynolds	yes	PORT TALBOT HARRIERS	MS	M	14			02:24:31	14		
Mike	Edwards	yes	PENCOED TRIATHLON CLUB	M40	M	13			02:24:41	13		
Simon	Phillips		Tinworks Tri	M40	M	13					01:10:41	13
Gareth	Harding			MS	M	12					01:11:21	12
Jonathan	Wright	yes	PENCOED TRIATHLON CLUB	M50	M	12			02:25:01	12		
Finlay	Bowie	Yes	U Tri Pembrokeshire	MS	M	11	01:25:53.40	11				
Nick	Cutcliffe	yes	MONMOUTH TRI CLUB	M40	M	11			02:25:14	11		
Marc	Fitzgibbon	Yes	Caerphilly Triers	MS	M	11	01:28:08.70	1	02:25:15	10		
Joshua	White		Gog Triathlon	MS	M	11					01:11:25	11
Steve	Kelly		MANX TRI CLUB	M50	M	10					01:12:09	10
Nick	Stevenson	Yes	Tinworks Tri	MS	M	10	01:25:55.00	10				
Pete	Jenkins		INTRtri	M60	M	9					01:12:58	9
Andrew	Poston	yes	PORT TALBOT HARRIERS	M40	M	9			02:25:32	9		
Carson	Pryce	yes	CARDIFF TRIATHLON CLUB	MS	M	9			02:25:39	8		
Peter	Munn		Pembrokeshire Triathlon Club	M50	M	8					01:12:59	8
Osian	Williams	Yes	Tcw	MYJ	M	8	01:26:21.60	8				
Ricki	Morgan	Yes	Tenby Aces / Team Nbcc	MS	M	7	01:26:37.50	7				
John	O'Farrell			M50	M	7					01:13:32	7
Martin	Jones		NEWT - Newport and East Wales Triathl	M40	M	6					01:14:15	6
Luke	Powell	No	Rhondda Triathlon Club	MS	M	6	01:26:38.60	6				
Lee	Walters	yes	RHONDDA TRIATHLON CLUB	M40	M	6			02:26:43	6		
Paul	Arnold	yes	CELTIC TRI	M50	M	5			02:26:47	5		
Gareth	Law	Yes	Royal Navy Triathlon	MS	M	5	01:26:51.50	5				
Iwan	Pullen		Cardiff University Triathlon Club	MS	M	5					01:14:36	5
Andrew	Morrissey	yes		MS	M	4	01:27:04.90	4				
Steve	Rich		Pembrokeshire Triathlon Club	M60	M	4					01:14:59	4
John	Seaward	yes	CAERPHILLY TRI-ERS	MS	M	4			02:27:17	4		
Robert	Hall	Yes	Celtic Tri	MS	M	3	01:27:35.60	3				
Franklin	Higgins		Cardiff University Triathlon Club	MS	M	3					01:15:15	3
Scott	Holder	yes	West Coast Triathlon	MS	M	2			02:27:33	2		
Gareth	Norton	Yes	Cardiff Triathletes	M50	M	2	01:27:48.25	2				
Douglas	Smith		Jersey Triathlon Club	M70	M	2					01:15:38	2
James	Ace	yes	PORT TALBOT HARRIERS	MS	M	1			02:27:53	1		
Rowan	Jones		Taff Ely Triathlon Club	MYJ	M	1					01:16:18	1

Position	Name		Team	Cat	Gender	WSS Points 2019	Stage 1 - Llanelli		stage 3 - Bala	
							Time	Individual Points	Time	Individual Points
1	Dafydd	Brown	Pembrokeshire Triathlon Club	MJY	M	200	01:18:23.40	100	01:01:16	100
2	Jack	Southam	Llanelli Swimming Club	MJY	M	150	01:24:35.95	75	01:01:46	75
3	Dominic	Davies	Llanelli Asc	MJY	M	145	01:23:37.75	80	01:02:47	65
4	Iwan	Dugmore	Pembrokeshire Triathlon Club	MJY	M	90	01:23:01.30	90		
5	Joel	Pollard		MJY	M	90			01:01:30	90
6	James	Oulsnam	Csg Elite Performers	MJY	M	85	01:23:29.95	85		
7	Kai	Walsh		MJY	M	85			01:01:38	85
8	Ricardo	Iglesias		MJY	M	80			01:01:42	80
9	Elur	Urkola		MJY	M	70			01:01:58	70
10	Osian	Williams	Tcw	MJY	M	70	01:26:21.60	70		
11	Sam	Belcher	Cardiff Junior Tri	MJY	M	65	01:34:06.70	65		
12	Danny	Jones		MJY	M	60			01:03:13	60
13	Peter	Lesdon		MJY	M	55			01:07:25	55
14	Emyr	Thomas		MJY	M	50			01:07:56	50
15	Edward	Lawton		MJY	M	49			01:09:07	49
16	Rowan	Jones		MJY	M	48			01:16:18	48
17	Rhydian	Brown		MJY	M	47			01:17:53	47
18	Tomos	Jones		MJY	M	46			01:19:17	46

Position	Name		Member	Team	Cat	Gender	WSS Points 2019	Stage 1 - Llanelli		Stage 2 -TATA Steelman		Stage 3 - Bala	
								Time	Individual Points	Time	Individual Points	Time	Individual Points
1	Liam	Lloyd	Yes	Cycle Specific	MS	M	300	01:06:09.65	100	1:50:18	100	00:51:04	100
2	Kieran	John	Yes	Caerphilly Tri-Ers	MS	M	190	01:16:44.80	55	2:05:53	75	00:57:38	60
3	Alex	Matchett	Yes	Pembrokeshire Tri	MS	M	180	01:06:36.45	90			00:51:15	90
4	Sam	Wade	Yes	Team Pedal Cover	MS	M	170	01:07:12.05	85			00:51:25	85
5	Joshua	Lewis	Yes	Ntpcw	MS	M	160	01:07:41.65	75	1:57:26	85		
6	Chris	Silver	Yes	Ntpcw	MS	M	160	01:08:33.30	70	01:51:29	90		
7	Beau	Smith	Yes		MS	M	160	01:07:29.05	80			00:51:59	80
8	Guto	Morgans	Yes	Cycle Specific	MS	M	125	01:15:16.75	60	2:09:29	65		
9	Simon	Cole	Yes	GOG TRIATHLON	MS	M	115			2:09:52	60	00:58:03	55
10	Daniel	Madden	Yes	University Of Birmingham	MS	M	100	01:16:48.75	50			00:58:59	50
11	Daniel	Evans	Yes	CELTIC TRI	MS	M	93	01:19:02.25	46	2:13:44	47		
12	Edward	Clements	Yes	Tenby Aces	MS	M	88	01:20:04.45	45			01:09:48	43
13	Adrian	Leonard	Yes	Gog Triathlon	MS	M	88	01:20:37.20	44	2:15:23	44		
14	Andrew	Horsfall - Turner	Yes	Cycle Specific	MS	M	80			2:04:02	80		
15	Patrick	Robinson			MS	M	75					00:57:07	75
16	John	Collier	Yes	WEST COAST TRIATHLON	MS	M	70			2:08:30	70		
17	Callum	Welman			MS	M	70					00:57:22	70
18	Marc	Fitzgibbon	Yes	Caerphilly Triers	MS	M	67	01:28:08.70	31	2:25:15	36		
19	Thomas	Robinson			MS	M	65					00:57:36	65
20	Ross	Simpson	Yes		MS	M	65	01:13:07.00	65				
21	James	Elgar	Yes	NEWT	MS	M	55			2:09:57	55		
22	Robert	Hall	Yes	Celtic Tri	MS	M	55	01:27:35.60	32	2:39:10	23		
23	Nino	Gatti	Yes	PORT TALBOT HARRIERS	MS	M	50			2:12:01	50		
24	Jamie	Davies	Yes	Newport East Wales Triathlon	MS	M	49	01:17:31.25	49				
25	Paul	Jones	Yes		MS	M	49			2:12:50	49		
26	Jonathon	Seymour			MS	M	49					00:59:18	49
27	Rhys	Harries	Yes	West Coast Tri	MS	M	48	01:17:46.20	48				
28	Jordan	Lane	Yes	Port Talbot Harriers	MS	M	48	01:34:59.30	26	2:42:39	22		
29	Jonathan	Phillips			MS	M	48					00:59:34	48
30	Dan	Whaites	Yes	NEWT	MS	M	48			2:13:24	48		
31	Richard	Elgar	Yes	Newt	MS	M	47	01:18:34.10	47				
32	David	Mort			MS	M	47					01:01:53	47
33	Josh	Hough			MS	M	46					01:04:56	46
34	Nicholas	Thomas	Yes	PORT TALBOT HARRIERS	MS	M	46			2:14:10	46		
35	James	Haddley			MS	M	45					01:05:16	45
36	Jack	Smith	Yes	MONMOUTH TRI CLUB	MS	M	45			2:15:23	45		
37	Matt	Thomas			MS	M	44					01:06:56	44
38	Paul	Morgan	Yes	PORT TALBOT HARRIERS	MS	M	43			2:19:01	43		
39	Tom	Williams	Yes		MS	M	43	01:20:41.50	43				
40	Matt	Anthony	Yes	North Dock Dredgers	MS	M	42	01:21:29.60	42				
41	Thomas	Gill			MS	M	42					01:10:16	42
42	Dominic	Taylor	Yes	PEN-Y-BONT TRIATHLON CLUB	MS	M	42			2:20:01	42		
43	Ryan	Bowen	Yes	AIM2TRI	MS	M	41			2:20:08	41		
44	Emyr	Evans	Yes		MS	M	41	01:22:49.60	41				
45	Gareth	Harding			MS	M	41					01:11:21	41
46	Gareth	Ayres	Yes	PORT TALBOT HARRIERS	MS	M	40			2:20:22	40		
47	Ryan	Haigh	Yes	Primal	MS	M	40	01:23:46.40	40				
48	Joshua	White			MS	M	40					01:11:25	40
49	Hywel	Hughes	Yes		MS	M	39	01:24:08.15	39				
50	Hugh	Pacoe	Yes	PORT TALBOT HARRIERS	MS	M	39			2:20:54	39		
51	Iwan	Pullen			MS	M	39					01:14:36	39

52	Bleddyn	Evans	Yes	TAFF ELY TRIATHLON CLUB	MS	M	38			2:23:48	38		
53	Franklin	Higgins			MS	M	38					01:15:15	38
54	Rhys	Palmer	Yes		MS	M	38	01:24:35.90	38				
55	Finlay	Bowie	Yes	U Tri Pembrokeshire	MS	M	37	01:25:53.40	37				
56	Matthew	Reynolds	Yes	PORT TALBOT HARRIERS	MS	M	37			2:24:31	37		
57	Mike	Woods			MS	M	37					01:22:35	37
58	Reece	Lester			MS	M	36					01:23:19	36
59	Nick	Stevenson	Yes	Tinworks Tri	MS	M	36	01:25:55.00	36				
60	John	Clark			MS	M	35					01:34:35	35
61	Ricki	Morgan	Yes	Tenby Aces / Team Nbcc	MS	M	35	01:26:37.50	35				
62	Carson	Pryce	Yes	CARDIFF TRIATHLON CLUB	MS	M	35			2:25:39	35		
63	Gareth	Law	Yes	Royal Navy Triathlon	MS	M	34	01:26:51.50	34				
64	Matt	McKay			MS	M	34					01:43:04	34
65	John	Seaward	Yes	CAERPHILLY TRI-ERS	MS	M	34			2:27:17	34		
66	Lewis	Ash			MS	M	33					02:04:29	33
67	Scott	Holder	Yes		MS	M	33			2:27:33	33		
68	Rhodri	Jones	Yes	Atac	MS	M	33	01:47:15.75	17	3:00:52	16		
69	Andrew	Morrissey	Yes		MS	M	33	01:27:04.90	33				
70	James	Ace	Yes	PORT TALBOT HARRIERS	MS	M	32			2:27:53	32		
71	Geraint	Hampton	Yes	CARDIFF TRIATHLON CLUB	MS	M	31			2:30:20	31		
72	Dai	Beynon	Yes		MS	M	30	01:28:14.30	30				
73	Timothy	West	Yes	CARDIFF TRIATHLON CLUB	MS	M	30			2:31:58	30		
74	Neil	Loneragan	Yes	PORT TALBOT HARRIERS	MS	M	29			2:32:35	29		
75	James	Martin	Yes	Newt	MS	M	29	01:31:42.00	29				
76	Simon	Mills	Yes	Tinworks Tri	MS	M	28	01:33:29.85	28				
77	Robert	Seaward	Yes		MS	M	28			2:33:24	28		
78	James	Graham	Yes	CELTIC TRI	MS	M	27			2:33:35	27		
79	Jamie	Lewis	Yes	Cr@P Tri	MS	M	27	01:33:50.05	27				
80	Ciaran	Burns	Yes	UFIT TRIATHALON CLUB	MS	M	26			2:33:48	26		
81	Ben	Chapman	Yes	Bynea Cc	MS	M	25	01:37:04.20	25				
82	Arfon	Edwards	Yes	PORT TALBOT HARRIERS	MS	M	25			2:38:06	25		
83	Huw	Morgan	Yes	N.E.W.T	MS	M	24	01:37:05.65	24				
84	Christopher	Shellard	Yes		MS	M	24			2:38:21	24		
85	Joe	Hawkins	Yes		MS	M	23	01:38:29.70	23				
86	Josh	Roderick	Yes		MS	M	22	01:38:44.35	22				
87	Chris	Cray	Yes		MS	M	21			2:44:42	21		
88	Rhys	Hawkes	Yes	Portsmouth Tri	MS	M	21	01:40:43.05	21				
89	Gareth	Evans	Yes	TAFF ELY TRIATHLON CLUB	MS	M	20			2:48:21	20		
90	Morgan	Slate	Yes	Tenby Aces	MS	M	20	01:43:08.10	20				
91	Nathan	Davies	Yes	NEWT	MS	M	19			2:48:48	19		
92	Lea	Farrington	Yes	Celtic Tri	MS	M	19	01:43:35.45	19				
93	Sam	Knowles	Yes	Taff Ely	MS	M	18	01:45:06.85	18				
94	Joshua		Yes	GOG TRIATHLON	MS	M	18			2:49:23	18		
95	Llywelyn		Yes	CELTIC TRI	MS	M	17			2:53:11	17		
96	Jack	Lawthom	Yes	Rhondda Tri Club	MS	M	16	01:52:38.15	16				
97	Rhys	Cooper	Yes		MS	M	15			3:03:26	15		
98	Williams	Jones	Yes		MS	M	15	01:59:20.50	15				
99	Andrew	Edwards	Yes	MUMBLES RNLI FIT CLUB	MS	M	14			3:07:07	14		
100	Chris	Williams	Yes	N/A	MS	M	14	01:59:52.90	14				
101	Dan	Chapple	Yes	NEWT	MS	M	13			3:09:26	13		
102	Matthew	Fosbrooke	Yes		MS	M	13	02:01:48.95	13				
103	Anthony	Dixey	Yes	Celtic Tri	MS	M	12	02:01:56.75	12				
104	Cai	Pughsley	Yes	PORT TALBOT HARRIERS	MS	M	12			3:10:07	12		

Position	Name		Member	Team	Cat	Gender	WSS Points 2019	Stage 1 - Llanelli		Stage 2 - TATA Steelman		Stage 3 - Bala	
								Time	Individual Points	Time	Individual Points	Time	Individual Points
1	Mark	Binding	yes	TAFF ELY TRIATHLON CLUB	M40	M	210	01:21:41.50	60	2:16:11	50	00:57:43	100
2	Oliver	Simon	yes	Atac	M40	M	200	01:11:38.85	100	1:58:25	100		
3	James	Moore	yes	Pembrokeshire	M40	M	194	01:22:21.40	49	2:12:39	60	01:03:47	85
4	David	Coates	yes	West Coast Triathlon	M40	M	182	01:23:34.60	48	2:23:20	44	01:03:41	90
5	Jamie	Best	yes	Bynea Cc	M40	M	165	01:16:40.50	90	2:10:57	75		
6	Marcus	Foster	yes		M40	M	142	01:24:18.10	45	2:26:01	37	01:06:59	60
7	Marc	Davies	yes	Nathon Ford Triathlon	M40	M	130	01:20:01.40	75	2:14:36	55		
8	Nathan	Bevan	yes	Rhondda Triathlon Club	M40	M	129	01:28:18.95	40	2:30:01	34	01:08:54	55
9	Alan	Latter	yes	West Coast Triathlon	M40	M	124	01:24:21.60	44			01:04:05	80
10	James	Manson	yes	Cardiff Triathletes	M40	M	120	01:19:09.40	85	2:27:21	35		
11	Mark	Geary	yes	Risc-A-Tri	M40	M	117	01:26:00.10	42			01:04:13	75
12	Simon	Rokburgh	yes	GOG TRIATHLON	M40	M	115			2:20:56	45	01:06:05	70
13	Chris	Lewis	yes	Port Talbot Harriers	M40	M	103	01:21:57.10	55	2:18:56	48		
14	Richard	Leary	yes	CELTIC TRI	M40	M	94			2:32:00	29	01:06:28	65
15	Paul	Seppman	yes	Port Talbot Harriers	M40	M	93	01:23:51.15	46	2:19:42	47		
16	Richard	Wilder	yes	UFIT TRIATHALON CLUB	M40	M	90			2:08:54	90		
17	Jonathan	Carrick	yes	CELTIC TRI	M40	M	89	01:25:13.80	43	2:20:32	46		
18	Paul	Lewis	yes	PORT TALBOT HARRIERS	M40	M	85			2:09:07	85		
19	Simon	Phillips	yes	Tinworks Tri Club	M40	M	84	01:30:54.00	36			01:10:41	48
20	Conrad	Lawson	yes	Hereford Triathlon Club	M40	M	80	01:19:29.55	80				
21	Craig	Patterson	yes	NEWT	M40	M	80			2:10:30	80		
22	Justin	Bailey	yes	WEST COAST TRIATHLON	M40	M	75			2:33:30	26	01:09:56	49
23	David	Hawkins	yes	Cardiff Triathletes	M40	M	70	01:20:05.55	70				
24	Dean	Johnston	yes	PORT TALBOT HARRIERS	M40	M	70			2:11:04	70		
25	Brian	Hosty	yes		M40	M	65	01:20:10.35	65				
26	Greg	Millards	yes	PORT TALBOT HARRIERS	M40	M	65			2:11:50	65		
27	Gavin	John	yes		M40	M	61	01:29:49.90	38	2:36:22	23		
28	Ben	Jones	yes		M40	M	52	01:33:25.70	33	2:39:03	19		
29	Christian	Davies			M40	M	50					01:09:54	50
30	David	Morgan	yes	Port Talbot Harriers	M40	M	50	01:22:19.75	50				
31	Paul	Bruton	yes	NEWT	M40	M	49			2:18:06	49		
32	Stephen	Coy	yes	Leeds Bradford Triathlon Club	M40	M	47	01:23:40.45	47				
33	Martin	Jones			M40	M	47					01:14:15	47
34	Mark	Taylor			M40	M	46					01:20:38	46
35	Matthew	Willias			M40	M	45					01:21:34	45
36	Tony	Williams			M40	M	44					01:36:23	44
37	Danny	Burke			M40	M	43					01:36:43	43
38	Heath	Williams	yes	PORT TALBOT HARRIERS	M40	M	43			2:23:30	43		
39	Carl	Singleton	yes	PORT TALBOT HARRIERS	M40	M	42			2:23:39	42		
40	Marc	Barrow	yes	PORT TALBOT HARRIERS	M40	M	41			2:24:20	41		
41	Neil	Davies	yes	Rhondda Triathlon Club	M40	M	41	01:28:09.25	41				
42	Mike	Edwards	yes	PENCOED TRIATHLON CLUB	M40	M	40			2:24:41	40		
43	Nick	Cutcliffe	yes	MONMOUTH TRI CLUB	M40	M	39			2:25:14	39		
44	Garry	Vaughan	yes	Port Talbot Harriers	M40	M	39	01:29:16.05	39				
45	Andrew	Poston	yes	PORT TALBOT HARRIERS	M40	M	38			2:25:32	38		
46	Dayton	Hughes	yes	Atac	M40	M	37	01:30:40.85	37				

47	Lee	Walters	yes	RHONDDA TRIATHLON CLUB	M40	M	36			2:26:43	36		
48	Robert	Malough	yes	Celtic Tri	M40	M	35	01:31:12.85	35				
49	John	Hiddlestone	yes	North Dock Dredgers	M40	M	34	01:32:28.65	34				
50	Martin	Walters	yes	Rhondda Triathlon	M40	M	34	01:37:22.95	26	2:52:27	8		
51	Leon	Burns	yes	BURNS PET TRI TEAM	M40	M	33			2:30:07	33		
52	Simon	Carlidge	yes	San Domenico Rrc	M40	M	32	01:33:58.15	32				
53	Paul	Davies	yes	PORT TALBOT HARRIERS	M40	M	32			2:30:38	32		
54	Steven	Martin	yes	PORT TALBOT HARRIERS	M40	M	31			2:30:49	31		
55	Nigel	Morgan	yes	Bynea Cc	M40	M	31	01:35:11.05	31				
56	Chris	Adams	yes	PENCOED TRIATHLON CLUB	M40	M	30			2:30:56	30		
57	Carl	Daniels	yes	Tinworks Tri Club	M40	M	30	01:35:56.00	30				
58	Sean	Lloyd	yes	Cycle Specific	M40	M	29	01:36:09.45	29				
59	Luke	Starkie	yes		M40	M	28			2:32:01	28		
60	Robert	Stroud	yes	Cr@P Tri	M40	M	28	01:36:13.65	28				
61	Mike	Griffiths	yes	Team Deviant/Celtic Tri	M40	M	27	01:41:37.10	22	3:02:47	5		
62	Jason	Kingdom	yes	PORT TALBOT HARRIERS	M40	M	27			2:32:54	27		
63	Jeff	Partridge	yes	Bynea Cc	M40	M	27	01:36:14.80	27				
64	Darren	Griffiths	yes	PORT TALBOT HARRIERS	M40	M	25			2:33:30	25		
65	Andrew	Jones	yes	Precision Coaching	M40	M	25	01:37:32.75	25				
66	David	Balint	yes	Rhondda Tri Club	M40	M	24	01:38:17.40	24				
67	David	Richards	yes	PORT TALBOT HARRIERS	M40	M	24			2:35:47	24		
68	Jason	Impey	yes	Cardiff Triathletes	M40	M	23	01:40:17.50	23				
69	Stephen	May	yes	TAFF ELY TRIATHLON CLUB	M40	M	22			2:36:25	22		
70	Mick	Bonnar	yes	Newt	M40	M	21	01:44:35.15	21				
71	Peter	Llewellyn	yes	CARDIFF TRIATHLON CLUB	M40	M	21			2:38:02	21		
72	Adam	Clarke	yes	PORT TALBOT HARRIERS	M40	M	20			2:38:30	20		
73	Christopher	Jones	yes	Trims	M40	M	20	01:52:40.70	18	3:11:20	2		
74	Darren	Vaughan	yes	Port Talbot Harriers	M40	M	20	01:48:00.75	20				
75	Edward Mark	Davies	yes	Celtic Tri	M40	M	19	01:48:15.15	19				
76	Ross	Evans	yes	CELTIC TRI	M40	M	18			2:39:11	18		
77	Matthew	Barrell	yes		M40	M	17	01:53:32.50	17				
78	Dafydd	Bowen	yes		M40	M	17			2:40:24	17		
79	David	Evans	yes	PORT TALBOT HARRIERS	M40	M	16			2:41:59	16		
80	Jonathan	Giddy	yes	Cardiff Triathletes	M40	M	16	01:53:42.45	16				
81	Jason	Massey	yes	PORT TALBOT HARRIERS	M40	M	15			2:43:10	15		
82	Richard	Griffiths	yes	PORT TALBOT HARRIERS	M40	M	14			2:43:42	14		
83	Mark	Phillips	yes	PENCOED TRIATHLON CLUB	M40	M	13			2:44:50	13		
84	James	Hopkins	yes	CELTIC TRI	M40	M	12			2:46:00	12		
85	Mark	Bamford	yes	CELTIC TRI	M40	M	11			2:48:38	11		
86	Philip	Davies	yes	PORT TALBOT HARRIERS	M40	M	10			2:49:22	10		
87	Simon	Bromham	yes	CELTIC TRI	M40	M	9			2:50:29	9		
88	Rob	Murray	yes	PORT TALBOT HARRIERS	M40	M	7			2:54:47	7		
89	Glyn	Drucker	yes	CAERPHILLY TRI-ERS	M40	M	6			3:00:32	6		
90	Darren	Heath	yes	CELTIC TRI	M40	M	4			3:07:58	4		
91	Mat	Jones	yes	PORT TALBOT HARRIERS	M40	M	3			3:08:46	3		
92	Darren	Thomas	yes	CELTIC TRI	M40	M	1			3:11:43	1		

Position	Name		Member	Team	Cat	Gender	WSS Points 2019	Stage 1 - Llanelli		Stage 2 - TATA Steelman		Stage 3 - Bala	
								Time	Individual Points	Time	Individual Points	Time	Individual Points
1	Rodney	Savage	Yes	Cardiff Triathletes	M50	M	245	01:23:18.85	85	2:22:18	85	01:05:13	75
2	Gareth	Bowyer	Yes	Gog	M50	M	200	01:21:26.70	100			00:59:53	100
3	Steve	Matchett	Yes	Pembs Tri	M50	M	170	01:23:17.75	90			01:04:37	80
4	Gareth	Norton	Yes	Cardiff Triathletes	M50	M	145	01:27:48.25	80		65		
5	Geoff	Wall	Yes	Y Fenni	M50	M	137	01:47:38.35	50	3:03:36	40	01:23:50	47
6	Peter	Munn	Yes	PEMBROKESHIRE TRIATHLON CLUB	M50	M	104			2:51:07	44	01:12:59	60
7	Lynsey	Christopher	Yes	PORT TALBOT HARRIERS	M50	M	100			2:14:52	100		
8	Andrew	Deans	Yes	Cardiff Triathletes	M50	M	96	01:49:27.00	48			01:23:39	48
9	Nigel	Soulsby	Yes	Taff Ely Triathlon	M50	M	94	01:46:57.85	55	3:06:45	39		
10	Martin	Cole	Yes	PORT TALBOT HARRIERS	M50	M	90			2:20:39	90		
11	Colin Richard	Wallace			M50	M	90					01:02:10	90
12	Paul	Algieri			M50	M	85					01:03:45	85
13	Carwyn	Evans	Yes	Taff Ely Tri	M50	M	81	02:13:30.80	45	3:38:28	36		
14	Jonathan	Wright	Yes	PENCOED TRIATHLON CLUB	M50	M	80			2:25:01	80		
15	Paul	Arnold	Yes	CELTIC TRI	M50	M	75			2:26:47	75		
16	Martin	Hughes	Yes	Team Bodyworks	M50	M	75	01:31:28.30	75				
17	Andy	Bostock	Yes		M50	M	70	01:35:38.05	70				
18	Neil	Dalleywater			M50	M	70					01:09:58	70
19	Ian	Williams	Yes	PORT TALBOT HARRIERS	M50	M	70			2:30:54	70		
20	Gary	Davies	Yes		M50	M	65	01:42:37.25	65				
21	Steve	Kelly			M50	M	65					01:12:09	65
22	Mark	Ford	Yes	Bynea	M50	M	60	01:43:05.55	60				
23	Tim	Parfitt	Yes	CRP TRI CLUB	M50	M	60			2:31:41	60		
24	Ralph	Harris	Yes	SOUTH WALES POLICE TRI CLUB	M50	M	55			2:35:17	55		
25	John	O'Farrell			M50	M	55					01:13:32	55
26	John	Cregg	Yes	NEWT	M50	M	50			2:37:16	50		
27	Alex	McDonnell			M50	M	50					01:17:51	50
28	Nick	Davies	Yes	Newts	M50	M	49	01:48:39.65	49				
29	Stephen	Summers	Yes	PENCOED TRIATHLON CLUB	M50	M	49			2:38:18	49		
30	Ian	Walker			M50	M	49					01:23:04	49
31	Steve	Wilkinson	Yes	CELTIC TRI	M50	M	48			2:40:30	48		
32	Mark	Cook	Yes	Celtic Tri	M50	M	47	01:50:10.90	47				
33	Noelwyn	Daniel	Yes	HEALTHY LIFE ACTIVITIES	M50	M	47			2:40:57	47		
34	Stephen Bell	Bell			M50	M	46					01:24:32	46
35	Gwyn	Everett	Yes	TAFF ELY TRIATHLON CLUB	M50	M	46			2:44:36	46		
36	Richard	Zielinski	Yes		M50	M	46	01:55:12.25	46				
37	Jeff	Heenan-Jalil			M50	M	45					01:26:41	45
38	Shane	Hembrow	Yes	MONMOUTH TRI CLUB	M50	M	45			2:45:29	45		
39	Stephen	Lloyd			M50	M	44					01:32:46	44
40	Andrew	Fletcher			M50	M	43					01:34:44	43
41	Khalid	Hamandi	Yes	CARDIFF TRIATHLON CLUB	M50	M	43			2:53:53	43		
42	Gerald	Cooper			M50	M	42					01:36:01	42
43	Robert	Redmond	Yes	TATA STEEL MULTISPORT CLUB	M50	M	42			2:55:24	42		
44	Les	Moulsdale			M50	M	41					01:43:58	41
45	Gary	Owen	Yes	PORT TALBOT HARRIERS	M50	M	41			2:58:30	41		
46	Chris	Parker			M50	M	40					01:47:54	40
47	Christie	Coleman	Yes	CWM OGWR TRI CLUB	M50	M	38			3:10:51	38		
48	Phil	Kethro	Yes	CELTIC TRI	M50	M	37			3:13:28	37		

Position	Name		Member	Team	Cat	Gender	WSS Points 2019	Stage 1 - Llanelli		Stage 2 -TATA Steelman		Stage 3 - Bala	
								Time	Individual Points	Time	Individual Points	Time	Individual Points
1	David	Hunter	Yes		M60	M	160	01:55:21.90	80	3:11:35	80		
2	Michael	Battersby	Yes	Cardiff Triathlon Club	M60	M	100	01:41:37.05	100				
3	Dean	Hardie		CELTIC TRI	M60	M	100			2:28:37	100		
4	Pete	Jenkins			M60	M	100					01:12:58	100
5	Dave	Hill	Yes		M60	M	90	01:46:34.35	90				
6	Edward	Morgan		TAFF ELY TRIATHLON CLUB	M60	M	90			2:31:38	90		
7	Steve	Rich			M60	M	90					01:14:59	90
8	Martin	Davies	Yes	Newt	M60	M	85	01:52:07.15	85				
9	Malcolm	Clash			M60	M	85			2:50:40	85		
10	Guy	Clamp			M60	M	85					01:20:06	85
11	Stephen	Dines			M60	M	80					01:21:14	80
12	John	Nicholls	Yes	North Dock Dredgers Tri	M60	M	75	01:58:55.60	75				
13	Anthony	Holling		PORT TALBOT HARRIERS	M60	M	75			3:32:27	75		
14	John	Ayres		PORT TALBOT HARRIERS	M60	M	70			3:39:08	70		

Position	Name		Member	Team	Cat	Gender	WSS Points 2019	Stage 1 - Llanelli		Stage 2 -TATA Steelman		Stage 3 - Bala	
								Time	Individual Points	Time	Individual Points	Time	Individual Points
1	Alex	Heron	Yes	Celtic Tri	M70	M	100	01:40:36.75	100				
1	Douglas	Smith			M70	M	100					01:15:38	100