

Team Scores			Llanelli - Stage 1		ATA Steelman - Stage 2		Bala - Stage 3	
Position	Team Name	Total Series Points	Total Stage Points	No. Of Eligible Athletes	Total Stage Points	No. Of Eligible Athletes	Total Stage Points	No. Of Eligible Athletes
1	Pembrokeshire Triathlon Club	1173	470	8	253	4	450	11
2	GoG Triathlon Club	1015	239	4	341	11	435	14
3	Celtic Tri	1010	410	18	350	23	250	3
4	Taff Ely Triathlon Club	973	300	6	341	14	332	5
5	Cardiff Triathletes	944	430	12	324	11	190	5
6	Port Talbot Harriers	713	240	11	430	47	43	1
7	N.E.W.T	701	330	10	324	9	47	1
8	Monmouth Triathlon Club	555	100	1	355	3	100	1
9	Bynea CC	397	270	7	127	2		
10	InterTri	375	100	1	90	1	185	2
11	Caerphilly Tri-Ers	338	86	2	192	5	60	1
12	Pencoed Triathlon Club	333	94	2	239	6		
13	North Dock Dredgers	311	311	5				
14	ATAC	260	144	3	116	2		
15	Cardiff University	249					249	7
16	UFIT	231	60	1	171	3		
17	Rhondda Triathlon Club	225	147	5	78	3		
18	Triathlon Coaching Wales	215	140	2	75	1		
19	Cr@p Tri	214	55	2	159	3		
20	Tenby Aces	191	148	4			43	1
21	Cerist Triathlon	185					185	2
22	Wrecsam Tri Club	185					185	2
23	Tinworks Triathlon Club	178	130	4			48	1
24	Y Fenni Triathlon	137	50	1	40	1	47	1
25	Risca Tri	118					118	2
26	Healthy Life Activities	117			117	2		
27	Cadence	85					85	1
28	Denbighshire Triathlon	80					80	1
29	Cardiff Junior Tri	65	65	1				
30	Bfunctional	60			60	1		
31	Clwb Beico Bala	50			50	1		
32	PenyBont	43			43	1		
33	TATA Mulstisport	42			42	1		
34	Aim2Tri	41			41	1		
35	Cwm Ogwr	38			38	1		
36	San Domenico	32	32	1				

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		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		

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		

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	Collepriest		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		