

Position	Name	Member	Team	Cat	Gender	WSS Points	Stage 1 - Llanelli		Stage 2 - TATA Steelman		Stage 3 - Bala		Stage 4 - Snowman		Stage 5 - Gower		
							Time	Individual Points	Time	Individual Points	Time	Individual Points	Time	Individual Points	Time	Individual Points	
1	Hannah	Munday	Yes	Intelligent Triathlon Training	FS	F	400	01:17:53.00	100	2:10:04	100				02:18:28.04	90	
2	Florence	Swan	yes	NTPCW	FS	F	370			2:16:17	80	01:02:17	70	03:40:08	100	02:14:15.45	100
3	Rhian	Roxburgh	yes	GOG TRIATHLON	F40	F	365			2:14:39	85	00:59:55	90	03:53:20	90		
4	Rhiannon	Middleton	Yes	NTPCW	FS	F	325	01:20:53.50	85			01:01:10	80	04:17:08	60	02:21:42.16	85
5	Gwen	Kinsey	yes	Pedal Cover Insurance Tri Team	F40	F	290	01:27:03.90	60	2:21:33	70	01:01:47	75				
6	Megan	McDonald			FS	F	225					00:57:58	100				
7	Helen	Marshall	Yes	Intrtri	F40	F	220	01:22:35.35	80	2:17:23	75	01:02:21	65				
8	Catherine	Marks	Yes	Pembrokeshire Triathlon	FS	F	212	01:27:36.50	55	2:29:04	46	01:05:11	50	04:24:57	47		
9	Rebecca	Comins	Yes	Monmouth Triathlon Club	F50	F	191	01:28:13.50	49	2:29:52	45	01:06:32	47	04:27:34	46		
10	Jennifer	Aylward	Yes	Celtic Tri	F50	F	186	01:38:40.10	39			01:16:04	30	04:49:59	40	02:48:27.70	70
11	Laura	Clements	Yes	Ufit	FS	F	183	01:27:56.55	50	2:26:47	48			03:54:23	85		
12	Eleanor	Davies	Yes	CLWB BEICIO BALA	F40	F	183			2:34:12	42	01:10:24	41	04:18:19	55		
13	Jasmine	Bowyer	Yes	Cycle Specific	FS	F	167	01:25:04.90	70	2:25:57	49	01:06:12	48				
14	Charlotte	Ralph	Yes	Cardiff Triathletes	FS	F	153	01:31:35.00	47	2:34:57	41					02:48:47.16	65
15	Catherine	Connell			FS	F	145							04:03:41	75		
16	Mared	Dafydd		GOG TRIATHLON	FS	F	145			2:43:48	37	01:15:12	33	04:37:29	42		
17	Zoe	Davies	Yes	Risc-A-Tri	FS	F	140	01:40:22.70	33			01:14:39	35			03:01:37.86	45
18	Emer	Sandham	Yes	Gog Triathlon Club	FS	F	140	01:30:38.90	48	2:33:24	43			04:21:14	49		
19	Samantha	Sugden			FS	F	139					01:07:21	45	04:29:44	44		
20	Rebecca	Lodge		Wakefield Triathlon Club	FS	F	135							04:06:04	70		
21	Katie	Greenwood	Yes	Cardiff Triathletes	FS	F	130	01:24:42.30	75	2:24:44	55						
22	Eloise	Crowley		CARDIFF TRIATHLON CLUB	FS	F	115			2:23:14	60	01:04:26	55				
23	Sara	Willhoit		SYTRI	FS	F	110			2:25:55	50	01:03:51	60				
24	Debs	Jones		GOG TRIATHLON	F50	F	105			2:53:43	29	01:21:42	24	05:46:39	15	03:12:43.11	33
25	Bridget	Ripley			F60	F	105					01:12:48	38	04:52:04	38		
26	Elizabeth	Vaughan	Yes	Taff Ely Triathlon Club	F50	F	102	01:40:30.25	31	2:46:24	34	01:14:24	37				
27	Victoria	Baker		MONMOUTH TRI CLUB	FS	F	90			2:11:22	90						
28	Carol	Bridge	Yes	Erdinger	FS	F	90	01:20:25.65	90								
29	Hannah	Pearson		Black Country Triathletes	FS	F	85					01:01:05	85				
30	Sarah	Gallacher		GOG TRIATHLON	FS	F	82			2:39:26	39						
31	Paula	Stevens		Gog Triathlon	F40	F	81			2:56:17	26	01:14:42	34	05:24:30	21		
32	Eleanor	Haresign		TEAM VITFOR	F40	F	80										
33	Karen	Munn	Yes	Pembrokeshire Triathlon Club	F60	F	80	01:43:35.05	27	2:55:59	27	01:18:06	26				
34	Jazmin	Rogers		Bristol	FS	F	80							03:56:13	80		
35	Stephanie	Waring	Yes	TENBY ACES	F40	F	80									02:35:15.62	80
36	Bryanie	Allsworth	Yes	West Coast Triathlon	FS	F	76	01:38:44.35	38	2:41:40	38						
37	Felicity	Hares			FS	F	75									02:44:36.43	75
38	Mali Fflur	Jones		Cerist Triathlon Club	FYJ	F	75					01:12:25	39				
39	Helen	Colley	Yes	Taff Ely Tri Club	F40	F	70	01:39:42.45	35	2:45:26	35						
40	Ailsa	Beck		UNIVERSITY OF STIRLING	FS	F	65			2:23:04	65						
41	Hannah	Mattinson			FS	F	65							04:11:04	65		
42	Emma	Palfrey	Yes	Cycle Specific	FS	F	65	01:26:33.60	65								
43	Cathryn	Williams	Yes	Port Talbot Harriers	FS	F	62	01:40:42.30	30	2:49:18	32						
44	Amy	Jenkins		PORT TALBOT HARRIERS	FS	F	61			3:04:05	18					03:02:35.48	43
45	Ellen	Lavender			FS	F	60									02:54:47.18	60
46	Eden Rae	Davies	Yes	Celtic Tri	FYJ	F	57	01:42:49.10	28			01:16:55	29				
47	Katie Kitty	Gromley		WESTON ATHLETIC CLUB	FS	F	55									02:55:10.42	55
48	Rebecca	Lineker		BELPER 10:20	FS	F	55										
49	Michelle	Davis		BICESTER TRIATHLON CLUB	FS	F	50									02:55:29.71	50
50	Bethan	Morris	Yes	Port Talbot Harriers	FS	F	50	01:54:30.00	19							03:12:58.01	31
51	Ellen	Nelissen			F40	F	50							04:18:27	50		
52	Larna	Andrew			FS	F	49					01:05:29	49				
53	Amy	Seppman	Yes	Port Talbot Harriers	FS	F	49	01:45:01.15	26	2:58:26	23						
54	Emma	Thomas	Yes		F40	F	49									02:57:22.57	49
55	Charlie	Dunn	Yes		FS	F	48									02:57:43.23	48
56	Christine	Howard		Belper Ten Twenty	F40	F	48							04:24:50	48		
57	Sarah	Roberts		Manchester Triathlon Club	FS	F	48							05:34:08	18		
58	Claire	Sutcliffe		TOTAL TRI TRAINING	F40	F	48										
59	Eleanor	Ball			FS	F	47									02:58:03.81	47
60	Ffion	Davies		PORT TALBOT HARRIERS	FS	F	47			2:28:11	47						

61	Annie	Porter		MANCHESTER TRIATHLON CLUB	FS	F	47												
62	Joanna	Callan		CARDIFF	FS	F	46					01:06:57	46						
63	Helen	Mackie		TORBAY TRIATHLON CLUB	F50	F	46											03:00:42.47	46
64	Lesley	Mainwaring	Yes	Triathlon Coaching Wales	F50	F	46	01:46:43.30	25	2:59:56	21								
65	Traci	Shipley		CHESTER TRIATHLON CLUB	F50	F	46												
66	Sian	Williams	Yes	Pembrokeshire Triathlon Club	F40	F	46	01:34:26.50	46										
67	Claire	Manson	Yes	Cardiff Triathletes	FS	F	45	01:34:53.25	45										
68	Alexandra	Richards		INTRtri	FS	F	45										04:28:14	45	
69	Natasha	Barton	Yes	Pencoed	FS	F	44	01:36:51.35	44										
70	Amy	Edwards O'Hare		Cardiff University Triathlon Club	FS	F	44					01:07:31	44						
71	Ceri	Ruzzi		FUL-ON-TRI	FS	F	44			2:31:13	44								
72	Caroline	Sandles			F50	F	44											03:01:51.40	44
73	Jude	Wall		MANCHESTER TRIATHLON CLUB	F40	F	44												
74	Finola	Corley		SY Tri (Shrewsbury Triathlon)	FS	F	43					01:10:06	43						
75	Cathryn	Jenkins	Yes	Celtic Tri	F40	F	43	01:48:18.65	23	3:01:40	20								
76	Rebecca	Northeast		Manchester Triathlon Club	FS	F	43										04:34:15	43	
77	Jemma	Sedgmond	Yes	Cardiff Triathletes	FS	F	43	01:37:21.65	43										
78	Beth	Carley			FS	F	42											03:04:24.07	42
79	Julie	Dala		CHESTER TRIATHLON CLUB	F50	F	42												
80	Rosie	Davies	yes		F40	F	42	01:37:21.80	42										
81	Jennifer	Pybis		St Helens Tri	FS	F	42					01:10:17	42						
82	Victoria	Cole		GOG TRIATHLON	FS	F	41												
83	Sandra	Jones		CELTIC TRI	F40	F	41											03:05:02.50	41
84	Jenny	Mcadie	Yes		F40	F	41	01:38:05.65	41										
85	Susie	Pearl			F40	F	41										04:47:58	41	
86	Claire	Jackson		MONMOUTH TRI CLUB	F40	F	40			2:37:27	40								
87	Amy	O Hare		CARDIFF UNIVERSITY	FS	F	40												
88	Tamsyn	Uren Webster			FS	F	40											03:05:23.82	40
89	Emma	Wheeler	Yes	Cmc Llandeilo	F50	F	40	01:38:23.30	40										
90	Sophie	Whittingham		SY Tri (Shrewsbury Triathlon)	FS	F	40					01:11:22	40						
91	Kate	Mills		KNUTSFORD TRIATHLON	F40	F	39										04:50:49	39	
92	Rhiannon	Northeast		EVO TRI CLUB	FS	F	39												
93	Ceri	Hughes		Gog Triathlon	F40	F	38					01:22:20	23						
94	Rebecca	Northeast		MANCHESTER TRIATHLON CLUB	FS	F	38												
95	Princess	Shaddick		TRIFIT SWANSEA	FS	F	38											03:05:59.90	38
96	Emma	Ferguson			FS	F	37											03:10:25.18	37
97	Clare	Fox		Tri20	FS	F	37										05:31:21	19	
98	Toni	O'donovan		Barrow	F40	F	37										04:52:07	37	
99	Ceri	Rees-Coe	Yes	North Dock Dredgers	F40	F	37	01:39:21.10	37										
100	Jayne	Arnold		CELTIC TRI	F40	F	36			2:45:01	36								
101	Freya	Bevan			FS	F	36											03:10:29.97	36
102	Rebecca	Emerton		N/A	F40	F	36										04:54:15	36	
103	Emma	Shallcross			FS	F	36					01:14:33	36						
104	Kath	Thomas	yes	Cyclespecific	F40	F	36	01:39:25.65	36										
105	Alex	Bennett			FS	F	35											03:11:34.59	35
106	Sonia	Harris		MANCHESTER TRIATHLON CLUB	F40	F	35												
107	Charlotte	Zealley			FS	F	35										04:55:53	35	
108	Melanie	Davies		Cycle Specific	FS	F	34										04:56:48	34	
109	Hayley	Griffiths	Yes	Celtic Tri	FS	F	34	01:40:11.65	34										
110	Faye	Mullen		LEEDS BRADFORD TRI	FS	F	34												
111	Sarah	Pryor	Yes	WHITE ROCK TRIATHLETES	F40	F	34											03:12:20.60	34
112	Lucyna	Kunc	Yes	PLYMOUTH TRIATHLON CLUB	F40	F	33											03:05:44.63	39
113	Louise	Miskell		ABERDARE VALLEY AAC	F40	F	33			2:47:41	33								
114	Kat	Suddaby			FS	F	33										04:57:50	33	
115	Flora	Burns			FS	F	32												
116	Joanna	Hopkins			FS	F	32											03:12:47.22	32
117	Kate	Humphrey	Yes	Newt	FS	F	32	01:40:28.90	32										
118	Connie	James			F40	F	32					01:15:19	32						
119	Helen	Spicer		Bad Tri	F40	F	32										05:03:24	32	
120	Lowri	Bowen		CRP TRI CLUB	F40	F	31			2:49:48	31								
121	Hannah	Lambert		TEAM EVOLVING	FS	F	31												
122	Vicki	Lewis		Pembrokeshire Triathlon Club	FS	F	31					01:15:48	31						

123	Charlotte	Mead			FS	F	31										05:04:04	31		
124	Mared	Bryn	Yes	CARDIFF TRIATHLETES	FS	F	30												03:13:17.97	30
125	Stella	Farrar			F60	F	30										05:08:31	30		
126	Louise	Pierpoint		PORT TALBOT HARRIERS	F40	F	30			2:49:53	30									
127	Frances	Brown			FS	F	29												03:14:05.10	29
128	Helen	Mansfield	Yes	None	F50	F	29	01:42:24.35	29											
129	Elaine	Rowlands		Tri Ystwyth	F50	F	29										05:08:48	29		
130	Charlotte	Brass		Cardiff University Triathlon Club	FS	F	28							01:16:56	28					
131	Jenny	Moore			F40	F	28													
132	Fiona	Sandom		Ynys Mon Triathlon Club	F50	F	28										05:11:01	28		
133	Carolyn	Williams		PORT TALBOT HARRIERS	F50	F	28			2:55:41	28									
134	Alice	Woodward			FS	F	28												03:17:18.72	28
135	Ruth	Cattell			FS	F	27										05:14:11	27		
136	Sian	Edwards			F40	F	27												03:18:31.09	27
137	Anna	Illey		SY Tri (Shrewsbury Triathlon)	F40	F	27						01:17:55	27						
138	Svenja	Gruenewald		ZEPPELIN TEAM OSC POTSDAM	F40	F	26													
139	Joanne	Parker-Stirling		Teme Leisure Tri	FS	F	26										05:14:40	26		
140	Brigitte	Widdas			F50	F	26												03:18:42.34	26
141	Jacqueline	Gibbons		Pembrokeshire Triathlon Club	F50	F	25						01:18:24	25						
142	Kayley	Griffiths		CAERPHILLY TRI-ERS	FS	F	25			2:57:33	25									
143	Audrey	Herdman			FS	F	25													
144	Cathryn	Jenkins	Yes	CELTIC TRI	F40	F	25												03:19:21.71	25
145	Sarah	Ward		Wakefield Triathlon Club	FS	F	25										05:17:42	25		
146	Amy	Breckon			FS	F	24												03:21:37.55	24
147	Barbara	Cook	Yes	North Dock Dredgers	F60	F	24	01:46:56.75	24											
148	Danielle	Martin		WVTRI	FS	F	24										05:18:07	24		
149	Angharad	Pocock		CARDIFF TRIATHLON CLUB	F40	F	24			2:57:57	24									
150	Rhi	Willmot			FS	F	24													
151	Charlotte	Hogan			FS	F	23												03:21:49.56	23
152	Alexandra	Pocock			F40	F	23										05:21:22	23		
153	Angella	Hughes		GOG TRIATHLON	F50	F	23													
154	Geri	Angharad Evans		GOG TRIATHLON	F40	F	22			2:58:35	22									
155	Hannah	Kirkham		FARNHAM TRI CLUB	FS	F	22													
156	Sarah	Lavender			FS	F	22												03:22:25.37	22
157	Angharad	Lewis	Yes	Gog Triathlon	FS	F	22	01:53:31.55	22											
158	Lauren	Watts		Cerist Triathlon Club	FYJ	F	22						01:22:42	22						
159	Pam	Worrall		Humber Triathletes	F50	F	22										05:21:50	22		
160	Lucy	Evans		PEN-Y-BONT TRIATHLON CLUB	FS	F	21												03:23:49.92	21
161	Ali	Roberts			FS	F	21						01:23:06	21						
162	Linda	Spillane	Yes	Newt	F70	F	21	01:53:40.80	21											
163	Maureen	Wilkins			F50	F	21													
164	Cicely	Arthur		Oxford Triathlon Club	FS	F	20										05:26:30	20		
165	Sarah	Barham		3M GORSEINON ROAD RUNNERS	F50	F	20												03:30:16.57	20
166	Andrea	Griffiths	Yes	Celtic Tri	F40	F	20	02:09:57.50	7										04:07:07.37	13
167	Jayne	Hamer			FS	F	20						01:23:44	20						
168	Floss	Lacey			FS	F	20													
169	Cathy	Bruton		NEWT	F40	F	19			3:03:06	19									
170	Jenna	Griffiths	yes	Be Awesome	FS	F	19	02:03:52.25	11	3:21:34	8									
171	Samantha	Perrot	Yes	CELTIC TRI	F40	F	19												03:31:51.39	19
172	Jess	Simpson		Cardiff University Triathlon Club	FYJ	F	19						01:24:19	19						
173	Rebecca	Green		BURNTWOOD TRIATHLON CLUB	F40	F	18												03:34:11.90	18
174	Julie	McDonnell		Chester Triathlon Club	F50	F	18						01:26:45	18						
175	Christina	Smith	Yes	Celtic Tri	F50	F	18	01:54:39.10	18											
176	Ffion	Barham	Yes		FS	F	17												03:34:19.02	17
177	Stephanie	George			FS	F	17						01:29:07	17						
178	Kathryn	Land		Bayside tri	F40	F	17										05:43:15	17		
179	Niamh	Merrison		TRISTARS CONWY	FYJ	F	17													
180	Sian	Richards		CELTIC TRI	FS	F	17					3:05:24	17							
181	Kathryn	Sweetman	yes		F40	F	17	01:55:37.50	17											
182	Helen	Barclay			F40	F	16													
183	Kirsty	Edwards	Yes	Newport & East Wales Triathlon	FS	F	16	01:57:04.20	16											
184	Svenja	Gr		Zeppelin Team OSC Potsdam	F40	F	16										05:45:11	16		

185	Shelley	Griffin			F50	F	16									03:42:03.03	16
186	Helen	Jones		TAFF ELY TRIATHLON CLUB	F40	F	16			3:08:47	16						
187	Sarah	McDonnell		Total Transition Triathlon	F40	F	16					01:30:37	16				
188	Bethan	Thomas	Yes	Port Talbot Harriers	F40	F	16	01:58:14.60	13	3:25:23	3						
189	Gabriela	Beszkai			FS	F	15									03:43:52.35	15
190	Sara	Jones			F40	F	15					01:30:39	15				
191	Rachael	Parkinson	Yes	Bynea Cycling Club	FS	F	15	01:54:00.85	20	3:09:56	15						

Position	Name		Member	Team	Cat	Gender	WSS Points	Stage 1 - Llanelli		Stage 3 - Bala		Stage 6 - Sandman	
								Time	Individual Points	Time	Individual Points	Time	Individual Points
1	Mali Fflur	Jones	Yes	Cerist Triathlon Club	FY	F	225			01:12:25	100	01:27:57	125
2	Eden Rae	Davies	Yes	Celtic Tri	FY	F	190	01:42:49.10	100	01:16:55	90		
3*	Niamh	Merrison	Yes	TRISTARS CONWY	FY	F	110					01:36:39	110
4	Amelie	Roberts		TRISTARS CONWY	FY	F	100					01:48:57	100
5	Lauren	Watts		Cerist Triathlon Club	FY	F	85			01:22:42	85		
6	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		Staged 4 - Snowman		Stage 5 - Gower		Stage 6 - Sandman		
							Time	Individual Points	Time	Individual Points	Time	Individual Points	Time	Individual Points	Time	Individual Points	Time	Individual Points	
1	Hannah Munday	Yes	Intelligent Triathlon Training	FS	F	400	01:17:53.00	100	2:10:04	100					02:18:28.04	90	01:12:40	110	
2	Florence Swan	yes	NTPCW	FS	F	395			2:16:17	85			80	03:40:08	100	02:14:15.45	100	01:13:27	110
3	Rhiannon Middleton	Yes	NTPCW	FS	F	345	01:20:53.50	85			01:01:10	85	04:17:08	65	02:21:42.16	85	01:16:59	90	
4	Catherine Marks	Yes	Pembrokeshire Triathlon	FS	F	260	01:27:36.50	65	2:29:04	49	01:05:11	65	04:24:57	55			01:20:27	75	
5	Megan McDonald			FS	F	225					00:57:58	100					01:11:34	125	
6	Laura Clements	Yes	Ufit	FS	F	205	01:27:56.55	60	2:26:47	55			03:54:23	90					
7	Jasmine Bowyer	Yes	Cycle Specific	FS	F	190	01:25:04.90	75	2:25:57	60	01:06:12	55							
8	Mareid Dafydd		GOG TRIATHLON	FS	F	177			2:43:48	43	01:15:12	42	04:37:29	47			01:29:19	45	
9	Zoe Davies	Yes	Risc-A-Tri	FS	F	177	01:40:22.70	44			01:14:39	43			03:01:37.86	49	01:31:55	41	
10	Charlotte Ralph	Yes	Cardiff Triathletes	FS	F	171	01:31:35.00	50	2:34:57	46					02:48:47.16	75			
11	Catherine Connell			FS	F	165							04:03:41	80			01:17:25	85	
12	Samantha Sugden			FS	F	163					01:07:21	49	04:29:44	49			01:22:23	65	
13	Emer Sandham	Yes	Gog Triathlon Club	FS	F	162	01:30:38.90	55	2:33:24	47			04:21:14	60					
14	Rebecca Lodge		Wakefield Triathlon Club	FS	F	155							04:06:04	75			01:18:14	80	
15	Katie Greenwood	Yes	Cardiff Triathletes	FS	F	150	01:24:42.30	80	2:24:44	70									
16	Eloise Crowley	yes	CARDIFF TRIATHLON CLUB	FS	F	145			2:23:14	75	01:04:26	70							
17	Sara Willhoit		SYTRI	FS	F	140			2:25:55	65	01:03:51	75							
18	Sarah Gallacher		GOG TRIATHLON	FS	F	100			2:39:26	45							01:25:50	55	
19	Rebecca Northeast		Manchester Triathlon Club	FS	F	95							04:34:15	48			01:27:25	47	
20	Bryanie Allsworth	Yes	West Coast Triathlon	FS	F	90	01:38:44.35	46	2:41:40	44									
21	Victoria Baker		MONMOUTH TRI CLUB	FS	F	90			2:11:22	90									
22	Carol Bridge	Yes	Erdinger	FS	F	90	01:20:25.65	90											
23	Hannah Pearson		Black Country Triathletes	FS	F	90					01:01:05	90							
24	Amy Jenkins		PORT TALBOT HARRIERS	FS	F	87			3:04:05	39					03:02:35.48	48			
25	Jazmin Rogers		Bristol	FS	F	85							03:56:13	85					
26	Cathryn Williams	Yes	Port Talbot Harriers	FS	F	84	01:40:42.30	42	2:49:18	42									
27	Amy Seppman	Yes	Port Talbot Harriers	FS	F	81	01:45:01.15	41	2:58:26	40									
28	Ailsa Beck		UNIVERSITY OF STIRLING	FS	F	80			2:23:04	80									
29	Felicity Hares			FS	F	80											02:44:36.43	80	
30	Bethan Morris	Yes	Port Talbot Harriers	FS	F	78	01:54:30.00	38							03:12:58.01	40			
31	Sarah Roberts		Manchester Triathlon Club	FS	F	78							05:34:08	36			01:30:48	42	
32	Rachael Parkinson	Yes	Bynea Cycling Club	FS	F	76	01:54:00.85	39	3:09:56	37									
33	Clare Fox		TriZO	FS	F	73											01:34:59	36	
34	Jenna Griffiths	yes	Be Awesome	FS	F	70	02:03:52.25	36	3:21:34	34									
35	Elien Lavender			FS	F	70									02:54:47.18	70			
36	Rebecca Lineker		BELPER 10:20	FS	F	70											01:21:08	70	
37	Hannah Mattinson			FS	F	70							04:11:04	70					
38	Emma Palfrey	Yes	Cycle Specific	FS	F	70	01:26:33.60	70											
39	Katie Kitty Gormley		WESTON ATHLETIC CLUB	FS	F	65									02:55:10.42	65			
40	Lana Andrew			FS	F	60					01:05:29	60							
41	Michelle Davis		BICESTER TRIATHLON CLUB	FS	F	60									02:55:29.71	60			
42	Annie Porter		MANCHESTER TRIATHLON CLUB	FS	F	60											01:23:09	60	
43	Charlie Dunn	Yes		FS	F	55									02:57:43.23	55			
44	Eleanor Ball			FS	F	50									02:58:03.81	50			
45	Joanna Callan		CARDIFF	FS	F	50					01:06:57	50							
46	Victoria Cole		GOG TRIATHLON	FS	F	50											01:25:54	50	
47	Fhion Davies		PORT TALBOT HARRIERS	FS	F	50			2:28:11	50									
48	Alexandra Richards		INTRtri	FS	F	50							04:28:14	50					
49	Claire Manson	Yes	Cardiff Triathletes	FS	F	49	01:34:53.25	49									01:26:04	49	
50	Amy O Hare		CARDIFF UNIVERSITY	FS	F	49													
51	Natasha Barton	Yes	Pencoed	FS	F	48	01:36:51.35	48											
52	Amy Edwards O'Hare		Cardiff University Triathlon Club	FS	F	48					01:07:31	48							
53	Rhiannon Northeast		EVO TRI CLUB	FS	F	48											01:27:03	48	
54	Ceri Ruzzi		FUL-ON-TRI	FS	F	48			2:31:13	48									
55	Beth Carley			FS	F	47									03:04:24.07	47			
56	Finola Corley		SY Tri (Shrewsbury Triathlon)	FS	F	47					01:10:06	47							
57	Jemma Sedgmond	Yes	Cardiff Triathletes	FS	F	47	01:37:21.65	47									01:29:05	46	
58	Faye Mullen		LEEDS BRADFORD TRI	FS	F	46													
59	Jennifer Pybis		St Helens Tri	FS	F	46					01:10:17	46							
60	Tamsyn Uren Webster			FS	F	46									03:05:23.82	46			
61	Charlotte Zealley			FS	F	46							04:55:53	46					
62	Melanie Davies		Cycle Specific	FS	F	45							04:56:48	45					
63	Hayley Griffiths	Yes	Celtic Tri	FS	F	45	01:40:11.65	45											
64	Princess Shaddick		TRIFIT SWANSEA	FS	F	45									03:05:59.90	45			
65	Sophie Whittingham		SY Tri (Shrewsbury Triathlon)	FS	F	45					01:11:22	45							
66	Flora Burns			FS	F	44											01:29:50	44	
67	Emma Ferguson			FS	F	44									03:10:25.18	44			
68	Emma Shallcross			FS	F	44					01:14:33	44							
69	Kat Suddaby			FS	F	44							04:57:50	44					
70	Freya Bevan			FS	F	43													
71	Kate Humphrey	Yes	Newt	FS	F	43	01:40:28.90	43							03:10:29.97	43			
72	Hannah Lambert		TEAM EVOLVING	FS	F	43											01:30:43	43	
73	Charlotte Mead			FS	F	43							05:04:04	43					
74	Alex Benett			FS	F	42									03:11:34.59	42			
75	Ruth Cattell			FS	F	42							05:14:11	42					
76	Kayley Griffiths		CAERPHILLY TRI-ERS	FS	F	41			2:57:33	41									
77	Joanna Hopkins			FS	F	41									03:12:47.22	41			

78	Vicki	Lewis		Pembrokeshire Triathlon Club	FS	F	41					01:15:48	41						
79	Joanne	Parker-Stirling		Teme Leisure Tri	FS	F	41								05:14:40	41			
80	Charlotte	Brass		Cardiff University Triathlon Club	FS	F	40					01:16:56	40						
81	Audrey	Herdman			FS	F	40											01:32:21	40
82	Angharad	Lewis	Yes	Gog Triathlon	FS	F	40	01:53:31.55	40										
83	Sarah	Ward		Wakefield Triathlon Club	FS	F	40								05:17:42	40			
84	Mared	Bryn	Yes	CARDIFF TRIATHLETES	FS	F	39										03:13:17.97	39	
85	Danielle	Martin		WVTRI	FS	F	39								05:18:07	39			
86	Alli	Roberts			FS	F	39					01:23:06	39						
87	Rhi	Willmot			FS	F	39											01:32:49	39
88	Cicely	Arthur		Oxford Triathlon Club	FS	F	38								05:26:30	38			
89	Frances	Brown			FS	F	38										03:14:05.10	38	
90	Jayne	Hamer			FS	F	38					01:23:44	38						
91	Hannah	Kirkham		FARNHAM TRI CLUB	FS	F	38											01:33:34	38
92	Sian	Richards		CELTIC TRI	FS	F	38				3:05:24		38						
93	Kirsty	Edwards	Yes	NEWT	FS	F	37	01:57:04.20	37										
94	Stephanie	George			FS	F	37					01:29:07	37						
95	Floss	Lacey			FS	F	37											01:34:27	37
96	Alice	Woodward			FS	F	37										03:17:18.72	37	
97	Amy	Breckon			FS	F	36										03:21:37.55	36	
98	Jane	Harwood		PORT TALBOT HARRIERS	FS	F	36				3:11:09		36						
99	Emma	Scott			FS	F	36					01:34:17	36						
100	Stephanie	Conway		GOG Triathlon	FS	F	35								06:07:27	35			
101	Jenny	Gibbs		NEWCASTLE (STAFFS) TRI CLUB	FS	F	35											01:38:30	35
102	Seren	Hathway			FS	F	35												
103	Charlotte	Hogan			FS	F	35										03:21:49.56	35	
104	Abigail	Jones			FS	F	35				3:14:22		35						
105	Anna	Rees	Yes	Celtic Tri	FS	F	35	02:04:46.20	35										
106	Hannah	Brake			FS	F	34								01:35:25	34			
107	Helen	Griffith			FS	F	34								06:14:29	34			
108	Sarah	Lavender			FS	F	34										03:22:25.37	34	
109	Jessica	Trewin			FS	F	34											01:39:21	34
110	Alice	Bevan-Fisher			FS	F	33					01:36:13	33						
111	Andrea	Cooper		Titan Triathlon Club	FS	F	33								06:20:16	33			
112	Lucy	Evans		PEN-Y-BONT TRIATHLON CLUB	FS	F	33										03:23:49.92	33	
113	Kirsty	Shaw		TAFF ELY TRIATHLON CLUB	FS	F	33				3:37:16		33						
114	Jen	Wells		GOG TRIATHLON	FS	F	33											01:40:05	33
115	Ffion	Barham	Yes		FS	F	32										03:34:19.02	32	
116	Meg	Howe			FS	F	32								07:09:14	32			
117	Harriet	McCann			FS	F	32				01:45:17		32						
118	Lyndsy	McKeown		CELTIC TRI	FS	F	32				3:37:44		32						
119	Kathryn	Whittaker		WIGAN TRIATHLON CLUB	FS	F	32											01:40:07	32
120	Gabriela	Besakai			FS	F	31										03:43:52.35	31	
121	Diana	Brookshaw			FS	F	31											01:42:55	31
122	Katy	Melling			FS	F	30										03:44:48.42	30	
123	Jenny	Walsh			FS	F	30											01:43:36	30
124	Gemma	Jaggard			FS	F	29											01:43:38	29
125	Victoria	Keegan		KNUTSFORD TRI CLUB	FS	F	28											01:46:08	28
126	Rachael	Harrison			FS	F	27											01:47:22	27
127	Louise	Coss			FS	F	26											01:48:39	26
128	Joanne	Frew			FS	F	25											01:50:39	25
129	Millie	Barton			FS	F	24											01:51:13	24
130	Carys	Royles			FS	F	23											01:51:32	23
131	Laura	Gould			FS	F	22											01:54:06	22
132	Anna	Eddowes-Scott			FS	F	21											01:57:40	21
133	Victoria	Newhouse			FS	F	20											01:58:08	20
134	Jenny	Muter			FS	F	19											01:58:17	19
135	Helen	Stanyer			FS	F	18											02:01:20	18
136	Lyndsay	Langley			FS	F	17											02:02:44	17
137	Christina	Churchman			FS	F	16											02:04:25	16
138	Kay	Roberts			FS	F	15											02:05:01	15
139	Natasha	Williams		GOG TRIATHLON	FS	F	14											02:06:19	14
140	Jodie	Eccles			FS	F	13											02:09:17	13
141	Jeni	Gurney-Berrett		SKY PIRATES	FS	F	12											02:10:42	12
142	Aimee	Titcher			FS	F	11											02:10:42	11
143	Annalea	Wilson		ROCHDALE TRIATHLON CLUB	FS	F	10											02:16:42	10

Position	Name	Member	Team	Cat	Gender	WSS Points	Stage 1 - Llanelli		Stage 2 - TATA Steelman		Stage 3 - Bala		Stage 4 - Snowman		Stage 5 - Gower		Stage 6 - Sandman		
							Time	Individual Points	Time	Individual Points	Time	Individual Points	Time	Individual Points	Time	Individual Points	Time	Individual Points	
1	Rhian	Roxburgh	Yes	GOG TRIATHLON	F40	F	425			2:14:39	100	00:59:55	100					01:12:59	125
2	Gwen	Kinsey	yes	Pedal Cover Insurance Tri Team	F40	F	375	01:27:03.90	90	2:21:33	85	01:01:47	90					01:15:15	110
3	Eleanor	Davies	Yes	CLWB BEICIO BALA	F40	F	305			2:34:12	50	01:10:24	80	04:18:19	90			01:24:32	85
4	Helen	Marshall	Yes	Intrtri	F40	F	275	01:22:35.35	100	2:17:23	90	01:02:21	85						
5	Paula	Stevens	Yes	GOG TRIATHLON	F40	F	173			2:56:17	49	01:14:42	75	05:24:30	49				
6	Cathryn	Jenkins	Yes	Celtic Tri	F40	F	166	01:48:18.65	55	3:01:40	46					03:19:21.71	65		
7	Helen	Colley	Yes	Taff Ely Tri Club	F40	F	125	01:39:42.45	60	2:45:26	65								
8	Ceri	Hughes		Gog Triathlon	F40	F	115					01:22:20	60					01:38:13	55
9	Eleanor	Haresign		TEAM VITFOR	F40	F	100											01:16:15	100
10	Stephanie	Waring	Yes	TENBY ACES	F40	F	100									02:35:15.62	100		
11	Claire	Sutcliffe		TOTAL TRI TRAINING	F40	F	90											01:23:00	90
12	Emma	Thomas	Yes		F40	F	90									02:57:22.57	90		
13	Bethan	Thomas	Yes	Port Talbot Harriers	F40	F	86	01:58:14.60	47	3:25:23	39								
14	Sandra	Jones		CELTIC TRI	F40	F	85												
15	Ellen	Nelissen			F40	F	85						04:18:27	85					
16	Sian	Williams	Yes	Pembrokeshire Traithlon Club	F40	F	85	01:34:26.50	85										
17	Sarah	Elwood		Gog Triathlon	F40	F	83					01:36:57	47					01:48:40	36
18	Rosie	Davies	yes		F40	F	80	01:37:21.80	80										
19	Christine	Howard		Belper Ten Twenty	F40	F	80						04:24:50	80					
20	Lucyna	Kunc	Yes	PLYMOUTH TRIATHLON CLUB	F40	F	80								03:05:44.63	80			
21	Jude	Wall		MANCHESTER TRIATHLON CLUB	F40	F	80											01:25:07	80
22	Sonia	Harris		MANCHESTER TRIATHLON CLUB	F40	F	75											01:28:52	75
23	Claire	Jackson	Yes	MONMOUTH TRI CLUB	F40	F	75			2:37:27	75								
24	Jenny	Mcadie	Yes		F40	F	75	01:38:05.65	75										
25	Susie	Pear			F40	F	75						04:47:58	75					
26	Sarah	Pryor	Yes	WHITE ROCK TRIATHLETES	F40	F	75								03:12:20.60	75			
27	Jayne	Arnold	Yes	CELTIC TRI	F40	F	70			2:45:01	70								
28	Sian	Edwards			F40	F	70								03:18:31.09	70			
29	Connie	James			F40	F	70					01:15:19	70						
30	Kate	Mills		KNUTSFORD TRIATHLON	F40	F	70						04:50:49	70					
31	Jenny	Moore			F40	F	70											01:31:52	70
32	Ceri	Rees-Coe	Yes	North Dock Dredgers	F40	F	70	01:39:21.10	70										
33	Svenja	Gruenewald		ZEPELIN TEAM OSC POTSDAM	F40	F	65											01:31:57	65
34	Anna	Iley		SY Tri (Shrewsbury Triathlon)	F40	F	65					01:17:55	65						
35	Toni	O'donovan		Barrow	F40	F	65							04:52:07	65				
36	Kath	Thomas	yes	Cyclespecific	F40	F	65	01:39:25.65	65										
37	Helen	Barclay			F40	F	60											01:37:17	60
38	Rebecca	Emerton		N/A	F40	F	60						04:54:15	60					
39	Louise	Miskell	Yes	ABERDARE VALLEY AAC	F40	F	60			2:47:41	60								
40	Samantha	Perrot	Yes	CELTIC TRI	F40	F	60								03:31:51.39	60			
41	Lowri	Bowen	Yes	CRP TRI CLUB	F40	F	55			2:49:48	55								
42	Rebecca	Green		BURNTWOOD TRIATHLON CLUB	F40	F	55								03:34:11.90	55			
43	Sarah	McDonnell		Total Transition Triathlon	F40	F	55					01:30:37	55						
44	Helen	Spicer		Bad Tri	F40	F	55						05:03:24	55					
45	Evelyn	Heffernan		GOG TRIATHLON	F40	F	50											01:40:30	50
46	Sara Jones	Jones			F40	F	50					01:30:39	50						
47	Louise	Pierpoint	Yes	PORT TALBOT HARRIERS	F40	F	50			2:49:53	50								
48	Alexandra	Pocock			F40	F	50						05:21:22	50					
49	Kathryn	Sweetman	yes		F40	F	50	01:55:37.50	50										
50	Katharine	Burton		Chester Triathlon Club	F40	F	49					01:31:44	49						
51	Melanie	Gaul		INTRTRI	F40	F	49											01:40:37	49
52	Denise	Phillips	Yes		F40	F	49	01:57:42.55	49										
53	Debbie	Baker		WARRINGTON TRI CLUB	F40	F	48											01:40:41	48
54	Kate Benny	Benny			F40	F	48					01:32:52	48						
55	Kathryn	Land		Bayside tri	F40	F	48						05:43:15						
56	Helen	Murray	yes	Tenby Aces	F40	F	48	01:57:59.05	48										
57	Angharad	Pocock	Yes	CARDIFF TRIATHLON CLUB	F40	F	48			2:57:57	48								
58	Geri	Angharad-Evans	Yes	GOG TRIATHLON	F40	F	47			2:58:35	47								
59	Svenja	Gr		Zeppelin Team OSC Potsdam	F40	F	47						05:45:11	47					
60	Nesta	Mccluskey			F40	F	47											01:40:55	47
61	Carolyn	Dales			F40	F	46						05:47:39	46					
62	Elle	Jordan		STOCKPORT TRI CLUB	F40	F	46											01:41:12	46
63	Judith	Moulsdale		Mere Runners	F40	F	46					01:45:55	46						
64	Caroline	Rees	Yes	Pencoed Tri Club	F40	F	46	02:04:05.65	46										
65	Andrea	Griffiths	Yes	Celtic Tri	F40	F	45	02:09:57.50	45										
66	Helen	Jones	Yes	TAFF ELY TRIATHLON CLUB	F40	F	45			3:08:47	45								
67	Siwan	Kalatz		THAMES VALLEY TRIATHLETES	F40	F	45											01:42:17	45
68	Glenda	Lord		Rosendale triathlon club	F40	F	45						05:49:22						
69	Tabitha	Angle-Smith		GOG Triathlon	F40	F	44						05:56:50	44					
70	Catherine	Colleypriest	Yes	CRP TRI CLUB	F40	F	44			3:14:25	44								
71	Kerry	Stansfield			F40	F	44											01:44:35	44
72	Hannah	Andrew		Wakefield Triathlon Club	F40	F	43						06:07:13	43					
73	Jane	Hallows		MERSEY TRI	F40	F	43											01:45:54	43
74	Daniela	Jones	Yes	PEN-Y-BONT TRIATHLON CLUB	F40	F	43			3:16:00	43								
75	Sian	Hollins		Cardiff Triathletes	F40	F	42						06:40:08	42					
76	Vicki	Honour		RICKY TRI-ERS	F40	F	42											01:46:22	42
77	Kelly	Owen	Yes	CWM OGWR TRI CLUB	F40	F	42			3:19:11	42								
78	Lisa	Forrest	Yes		F40	F	41			3:22:09	41								
79	Kerry	Jones			F40	F	41											01:46:59	41
80	Emma	Hughes-Marshall		GOG TRIATHLON	F40	F	40											01:47:36	40
81	Sian	Jakeman	Yes	PENCOED TRIATHLON CLUB	F40	F	40			3:22:15	40								
82	Joanne	Congerton		HALESOWEN TRI	F40	F	39											01:47:46	39

Position	Name	Member	Team	Cat	Gender	WSS Points	Stage 1 - Llanelli		Stage 2 - TATA Steelman		Stage 3 - Bala		Stage 4 - Snowman		Stage 5 - Gower		Stage 6 - Sandman	
							Time	Individual Points	Time	Individual Points	Time	Individual Points	Time	Individual Points	Time	Individual Points	Time	Individual Points
1	Rebecca Comins	Yes	Monmouth Triathlon Club	F50	F	425	01:28:13.50	100	2:29:52	100	01:06:32	100	04:27:34	100		01:22:33	125	
2	Jennifer Aylward	Yes	Celtic Tri	F50	F	365	01:38:40.10	85			01:16:04	85	04:49:59	90	02:48:27.70	100	01:27:36	90
3	Debs Jones	yes	GOG TRIATHLON	F50	F	315			2:53:43	85	01:21:42	75	05:46:39	70	03:12:43.11	80	01:34:27	75
4	Elizabeth Vaughan	Yes	Taff Ely Triathlon Club	F50	F	260	01:40:30.25	80	2:46:24	90	01:14:24	90						
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	Andrea Griffiths	yes	CELTIC TRI	F50	F	110			3:52:57	50					04:07:07.37	60		
8	Traci Shipley		CHESTER TRIATHLON CLUB	F50	F	110											01:24:03	110
9	Dinah Hazeldine		Gog Triathlon	F50	F	107					01:42:10	65					02:02:51	42
10	Julie Dala		CHESTER TRIATHLON CLUB	F50	F	100											01:25:54	100
11	Helen Mackie		TORBAY TRIATHLON CLUB	F50	F	90									03:00:42.47	90		
12	Emma Wheeler	Yes	Cmc Llandeilo	F50	F	90	01:38:23.30	90										
13	Angella Hughes		GOG TRIATHLON	F50	F	85											01:33:28	85
14	Elaine Rowlands		Tri Ystwyth	F50	F	85							05:08:48	85				
15	Caroline Sandles			F50	F	85									03:01:51.40	85		
16	Jacqueline Gibbons		Pembrokeshire Triathlon Club	F50	F	80					01:18:24	80						
17	Fiona Sandom		Ynys Mon Triathlon Club	F50	F	80							05:11:01	80				
18	Maureen Wilkins			F50	F	80											01:33:38	80
19	Carolyn Williams	yes	PORT TALBOT HARRIERS	F50	F	80			2:55:41	80								
20	Helen Mansfield	Yes	None	F50	F	75	01:42:24.35	75										
21	Brigitte Widdas			F50	F	75									03:18:42.34	75		
22	Pam Worrall		Humber Triathletes	F50	F	75							05:21:50	75				
23	Sarah Barham		3M GORSEINON ROAD RUNNERS	F50	F	70									03:30:16.57	70		
24	Sharon Daniel	yes	HEALTHY LIFE ACTIVITIES	F50	F	70			3:10:59	70								
25	Sharon Duthie			F50	F	70											01:39:19	70
26	Julie McDonnell		Chester Triathlon Club	F50	F	70					01:26:45	70						
27	Katie Alcock			F50	F	65							06:01:52	65				
28	Shelley Griffin			F50	F	65									03:42:03.03	65		
29	Helen Griffiths	yes	PORT TALBOT HARRIERS	F50	F	65			3:19:46	65								
30	Phillippa Roberts			F50	F	65											01:39:50	65
31	Christina Smith	Yes	Celtic Tri	F50	F	65	01:54:39.10	65										
32	Dwynwen Myers			F50	F	60							06:09:04	60				
33	Nicola Peake	yes	BFUNCTIONAL	F50	F	60			3:22:54	60								
34	Annie Williams			F50	F	60											01:41:22	60
35	Kerry Wykes		COVENTRY TRIATHLETES	F50	F	60					01:42:19	60						
36	Ali Barber		Gog Triathlon	F50	F	55					02:01:58	55						
37	Marita Oury			F50	F	55											01:44:55	55
38	Katey Purkiss-Mcendoo			F50	F	55							06:57:30	55				
39	Sian Rees-Jones	yes	Cycle Specific	F50	F	55	02:04:28.15	55										
40	Helen Richardson			F50	F	50											01:45:05	50
41	Christine Copson		STOCKPORT TRI CLUB	F50	F	49											01:45:25	49
42	Ruth Pritchard			F50	F	48											01:49:11	48
43	Felicity Aries		WELLINGBOROUGH & DISTRICT AC	F50	F	47											01:52:48	47
44	Nicola Northeast		EVO TRI CLUB	F50	F	46											01:53:15	46
45	Debbie Emmerson			F50	F	45											01:53:42	45
46	Alison Wren		MANCHESTER TRIATHLON CLUB	F50	F	44											01:54:37	44
47	Llinos Davies		GOG TRIATHLON	F50	F	43											01:55:43	43
48	Amanda Williams			F50	F	41											02:03:28	41
49	Helen Davenport			F50	F	40											02:10:57	40
50	Julia Porter Davies			F50	F	39											02:14:51	39
51	Deborah Robinson		GOG TRIATHLON	F50	F	38											02:16:03	38
52	Lisa Markham			F50	F	37											02:18:30	37
53	Cath Ellis			F50	F	36											02:18:30	36

Position	Name		Member	Team	Cat	Gender	WSS Points	Stage 1 - Llanelli		Stage 2 - TATA Steelman		Stage 3 - BALA		Stage 4 - Snowman		Stage 5 - Gower		Stage 6 - Sandman		
								Time	Individual Points	Time	Individual Points	Time	Individual Points	Time	Individual Points	Time	Individual Points	Time	Individual Points	
1	Bridget	Ripley			F60	F	325													
2	Karen	Munn	Yes	Pembrokeshire Triathlon Club	F60	F	290	01:43:35.05	100	2:55:59	100	01:12:48	100	04:52:04	100				01:31:44	125
3*	Rachel	Lodge		WAKEFIELD TRIATHLON CLUB	F60	F	110													
4	Barbara	Cook	Yes	North Dock Dredgers	F60	F	90	01:46:56.75	90										01:47:40	110
5	Kaz	Ceeney	Yes	NEWT	F60	F	90			3:47:43	90									
6	Stella	Farrar			F60	F	90							05:08:31	90					

