

Team Competition		
Position	Team Name	Total Series Points
1	GoG Triathlon Club	2280
2	Pembrokeshire Triathlon Club	2133
3	Celtic Tri	1616
4	Taff Ely Triathlon Club	1421
5	Cardiff Triathletes	1216
6	Port Talbot Harriers	1012
7	N.E.W.T	965
8	Monmouth Triathlon Club	780
9	Caerphilly Tri-Ers	508
10	Bynea CC	507

Overall Male				
Position	Name		Team	Series Points
1	Liam	Lloyd	Cycle Specific	425
2	Sam	Wade	Team Pedal Cover	380
3	Alex	Matchett	Pembrokeshire Tri	360
4	Beau	Smith		335
5	Joshua	Lewis	NTPCW	308
6	Chris	Silver	NTPCW	260
7	Kieran	John	Caerphilly Tri-Ers	255
8	Simon	Cole	GOG TRIATHLON	224
9	Daniel	Madden	University Of Birmingham	207
10	Mark	Binding	Taff Ely Triathlon	190

Overall Female				
Position	Name		Team	Series Points
1	Hannah	Munday	Intelligent Triathlon Training	400
2	Florence	Swan	NTPCW	370
3	Rhian	Roxburgh	GOG TRIATHLON	365
4	Rhiannon	Middleton	NTPCW	325
5	Gwen	Kinsey	Pedal Cover Insurance Tri Team	290
6	Megan	McDonald		225
7	Helen	Marshall	Intrtri	220
8	Catherine	Marks	Pembrokeshire Triathlon	212
9	Rebecca	Comins	Monmouth Triathlon Club	191
10	Jennifer	Aylward	Celtic Tri	186

Male Seniors				
Position	Name		Team	Series Points
1	Liam	Lloyd	Cycle Specific	425
2	Sam	Wade	Team Pedal Cover	380
3	Alex	Matchett	Pembrokeshire Tri	360
4	Beau	Smith		335
5	Joshua	Lewis	Ntpcw	320
6	Chris	Silver	Ntpcw	260
7	Simon	Cole	GOG TRIATHLON	260
8	Kieran	John	Caerphilly Tri-Ers	260
9	Daniel	Madden	University Of Birmingham	210
10	John	Collier	WEST COAST TRIATHLON	150

Female Seniors				
Position	Name		Team	Series Points
1	Hannah	Munday	Intelligent Triathlon Training	400
2	Florence	Swan	NTPCW	395
3	Rhiannon	Middleton	NTPCW	345
4	Catherine	Marks	Pembrokeshire Triathlon	260
5	Megan	McDonald		225
6	Laura	Clements	Ufit	205
7	Jasmine	Bowyer	Cycle Specific	190
8	Mared	Dafydd	GOG TRIATHLON	177
9	Zoe	Davies	Risc-A-Tri	177
10	Charlotte	Ralph	Cardiff Triathletes	171

Male 40s				
Position	Name		Team	Individual Points
1	Mark	Binding	TAFF ELY TRIATHLON CLUB	360
2	James	Moore	Pembrokeshire	350
3	David	Coates	West Coast Triathlon	288
4	Simon	Roksburgh	GOG TRIATHLON	280
5	Mark	Geary	Risc-A-Tri	277
6	Marcus	Foster		207
7	Oliver	Simon	Atac	200
8	Craig	Patterson	NEWT	180
9	Richard	Leary	CELTIC TRI	175
10	Justin	Bailey	WEST COAST TRIATHLON	171

Female 40s				
Position	Name		Team	Individual Points
1	Rhian	Roxburgh	GOG TRIATHLON	425
2	Gwen	Kinsey	Pedal Cover Insurance Tri Team	375
3	Eleanor	Davies	CLWB BEICIO BALA	305
4	Helen	Marshall	Intrtri	275
5	Paula	Stevens	GOG TRIATHLON	173
6	Cathryn	Jenkins	Celtic Tri	166
7	Helen	Colley	Taff Ely Tri Club	125
8	Ceri	Hughes	Gog Triathlon	115
9	Eleanor	Haresign	TEAM VITFOR	100
10	Stephanie	Waring	TENBY ACES	100

Male 50s				
Position	Name		Team	Individual Points
1	Gareth	Bowyer	Gog	400
2	Steve	Matchett	Pembs Tri	380
3	Rodney	Savage	Cardiff Triathletes	245
4	Paul	Algieri	GOG Triathlon	185
5	Martin	Cole	PORT TALBOT HARRIERS	180
6	Ian	Imeson		165
7	Gareth	Norton	Cardiff Triathletes	145
8	Geoff	Wall	Y Fenni	137
9	Mike	Rose		129
10	Geran	Hughes	GOG TRIATHLON	110

Female 50s				
Position	Name		Team	Individual Points
1	Rebecca	Comins	Monmouth Triathlon Club	425
2	Jennifer	Aylward	Celtic Tri	365
3	Debs	Jones	GOG TRIATHLON	315
4	Elizabeth	Vaughan	Taff Ely Triathlon Club	260
5	Lesley	Mainwaring	Triathlon Coaching Wales	145
6	Karen	Birdsall	Celtic Tri	115
7	Andrea	Griffiths	CELTIC TRI	110
8	Traci	Shipley	CHESTER TRIATHLON CLUB	110
9	Dinah	Hazeldine	Gog Triathlon	107
10	Julie	Dala	CHESTER TRIATHLON CLUB	100

Male 60s				
Position	Name		Team	Individual Points
1*	Alan	Turner	Glossop Triathlon Club	200
2*	David	Hunter		160
3*	Wr	Blackwell	BLACK CAT CYCLING	125
4	Michael	Battersby	Cardiff Triathlon Club	100
5	Dean	Hardie	CELTIC TRI	100
6	Pete	Jenkins		100
7	Gareth	Parker	NUNEATON TRIATHLON CLUB	100
8	Tim	Taylor	HEREFORD TRIATHLON CLUB	100
9	Timothy	Heaysman	TRI TEAM GLOS	90
10	Dave	Hill		90

Female 60s				
Position	Name		Team	Individual Points
1	Bridget	Ripley		325
2	Karen	Munn	Pembrokeshire Triathlon Club	290
3*	Rachel	Lodge	WAKEFIELD TRIATHLON CLUB	110
4	Barbara	Cook	North Dock Dredgers	90
5	Kaz	Ceeney	NEWT	90
6	Stella	Farrar		90

Male 70s				
Position	Name		Team	Individual Points
1*	John	D'Albuquerque	GOG TRIATHLON	125
2*	Alex	Heron	Celtic Tri	100
3*	Douglas	Smith	Wrexham Tri	100

Female 70s				
Position	Name		Team	Individual Points
1*	Ann	D'Albuquerque	GOG TRIATHLON	125
2*	Linda	Spillane	Newt	100

Male Yth and Jnr				
Position	Name		Team	Individual Points
1	Dafydd	Brown	Pembrokeshire Triathlon Club	210
2	Jack	Southam	Llanelli Swimming Club	175
3	Dominic	Davies	Llanelli Asc	145
4	Rowan	Jones		138
5	Joshua	Jones	CYCLE SPECIFIC	125
6	Iwan	Dugmore	Pembrokeshire Triathlon Club	90
7	Joel	Pollard		90
8	James	Oulsnam	Csg Elite Performers	85
9	Kai	Walsh		85

Female Yth and Jnr				
Position	Name		Team	Individual Points
1	Mali Fflur	Jones	Cerist Triathlon Club	225
2	Eden Rae	Davies	Celtic Tri	190
3*	Niamh	Merrison	TRISTARS CONWY	110
4	Amelie	Roberts	TRISTARS CONWY	100
5	Lauren	Watts	Cerist Triathlon Club	85
6	Jess	Simpson	Cardiff University Triathlon Club	80

10	Jake	Davies		85
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Position	Name	Member	Team	Cat	Gender	WSS Points 2019	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	Liam	Lloyd	Yes	Cycle Specific	MS	M	425	01:06:09.65	100			00:51:04	100			02:05:40.86	85	01:01:20	125
2	Sam	Wade	Yes	Team Pedal Cover	MS	M	380	01:07:12.05	85	01:50:18	100		00:51:25	85		01:54:18.84	100	01:01:45	110
3	Alex	Matchett	Yes	Pembrokeshire Tri	MS	M	360	01:06:36.45	90			00:51:15	90		01:57:38.19	90	01:02:49	90	
4	Beau	Smith	Yes		MS	M	335	01:07:29.05	80			00:51:59	80	03:06:15	90		01:05:34	85	
5	Joshua	Lewis	Yes	NTPCW	MS	M	308	01:07:41.65	75	01:57:26	85			03:35:26	48		01:02:22	100	
6	Chris	Silver	Yes	NTPCW	MS	M	260	01:08:33.30	70	01:51:29	90			03:04:19	100				
7	Kieran	John	Yes	Caerphilly Tri-Ers	MS	M	255	01:16:44.80	49	02:05:53	70	00:57:38	60		02:12:06.79	65	01:11:02	60	
8	Simon	Cole	yes	GOG TRIATHLON	MS	M	224			02:09:52	49	00:58:03	50	03:28:00	70		01:08:03	75	
9	Daniel	Madden	yes	University Of Birmingham	MS	M	207	01:16:48.75	48			00:58:59	49	03:37:26	46	02:12:41.33	55	01:11:18	55
10	Mark	Binding	Yes	Taff Ely Triathlon	M40	M	190	01:21:41.50	31	02:16:11	33	00:57:43	55	03:31:13	55		01:12:33	47	
11	Gareth	Bowyer	Yes	GOG	M50	M	175	01:21:26.70	33			00:59:53	46	03:35:07	49	02:16:30.22	47		
12	James	Moore	yes	PEMBROKESHIRE TRIATHLON CLUB	M40	M	158	01:22:21.40	28	02:27:21	3	01:03:47	33	03:53:53	40	02:23:44.98	40	01:14:30	45
13	John	Collier	yes	WEST COAST TRIATHLON	MS	M	145			02:08:30	65					02:06:47.54	80		
14	Oliver	Simon	Yes	ATAC	M40	M	145	01:11:38.85	65	01:58:25	80								
15	Dafydd	Brown	Yes	Pembrokeshire Triathlon Club	MYJ	M	136	01:18:23.40	45			01:01:16	45					01:13:33	46
16	Thomas	Robinson		Loughborough Triathlon	MS	M	135					00:57:36	65						
17	Steve	Matchett	Yes	Pemb's Tri	M50	M	133	01:23:17.75	25			01:04:37	30			02:11:35.44	70		
18	Daniel	Evans	Yes	Celtic Tri	MS	M	128	01:19:02.25	43	02:13:44	39					02:26:01.00	36	01:16:23	42
19	Simon	Roxburgh	yes	GOG TRIATHLON	M40	M	128			02:20:56	21	01:06:05	26	03:56:51	39	02:30:10.77	23	01:16:30	40
20	Andrew	Scott			MS	M	125							03:30:38	60		01:10:21	65	
21	Mark	Geary	Yes	Risc-A-Tri	M40	M	119	01:26:00.10	9			01:04:13	31			02:26:21.36	35	01:15:44	44
22	Edward	Clements	Yes	Tenby Aces	MS	M	117	01:20:04.45	39			01:09:48	18			02:12:34.04	60		
23	Adrian	Leonard	Yes	Gog Triathlon	MS	M	117	01:20:37.20	35	02:15:23	34							01:12:06	48
24	Guto	Morgans	Yes	Cycle Specific	MS	M	105	01:15:16.75	55	02:09:29	50								
25	Craig	Patterson	yes	NEWT	M40	M	97			02:10:30	47					02:15:23.49	50		
26	Jonathon	Seymour		Gog Triathlon	MS	M	97					00:59:18	48					01:12:02	49
27	Jamie	Best	Yes	Bynea Cc	M40	M	96	01:16:40.50	50	02:10:57	46								
28	Dan	Whaites	yes	NEWT	MS	M	89			02:13:24	40					02:16:01.52	49		
29	Nino	Gatti	yes	PORT TALBOT HARRIERS	MS	M	88			02:12:01	43					02:17:52.42	45		
30	Jack	Smith-Keegin		GOG	MS	M	85							03:18:32	85				
31	James	Manson	Yes	Cardiff Triathletes	M40	M	84	01:19:09.40	42	02:12:39	42								
32	Jack	Southam	Yes	Llanelli Swimming Club	MYJ	M	84	01:24:35.95	13			01:01:46	41					01:20:07	30
33	Tom	Williams	yes		MS	M	82	01:20:41.50	34							02:16:04.04	48		
34	Dan	Elliot		TRICENTRALUK	MOPEN	M	80											01:06:19	80
35	Marcus	Foster	Yes		M40	M	80	01:24:18.10	16	02:26:01	7	01:06:59	23					01:18:40	34
36	Brian	Hosty	Yes		M40	M	80	01:20:10.35	37							02:19:20.04	43		
37	Ben	Watkinson		Bath Amphibians	MS	M	80							03:27:19	80				
38	Marc	Davies	Yes	Nathon Ford Triathlon	M40	M	77	01:20:01.40	40	02:14:36	37								
39	David	Foster	Yes	West Coast Triathlon	M40	M	76	01:23:34.60	22	02:23:20	19	01:03:41	35						
40	Jonathan	Carrick	Yes	Celtic Tri	M40	M	75	01:25:13.80	12	02:20:32	25					02:25:14.90	38		
41	James	Grandfield	Yes	CR@P TRI	MS	M	75									02:08:06.86	75		
42	Andrew	Horfall - Turner	yes		MS	M	75			02:04:02	75								
43	Patrick	Robinson		Solihull Triathlon Club	MS	M	75					00:57:07	75						
44	Seamus	Sheard		Exeter uni	MS	M	75							03:27:47	75				
45	David	Coates	Yes	WEST COAST TRIATHLON	M40	M	74									02:27:05.28	33	01:16:23	41
46	Colin	Wallace	yes		M50	M	74	01:20:21.30	36			01:02:10	38						
47	Chris	Lewis	Yes	Port Talbot Harriers	M40	M	72	01:21:57.10	30	02:18:56	31					02:34:51.50	11		
48	Rodney	Savage	Yes	Cardiff Triathletes	M50	M	72	01:23:18.85	24	02:22:18	20	01:05:13	28						
49	Joshua	Jones		CYCLE SPECIFIC	yth jnr	M	70											01:09:32	
50	Callum	Welman		Loughborough Triathlon	MS	M	70					00:57:22	70						
51	Paul	Algieri		Gog Triathlon	M50	M	67					01:03:45	34					01:18:58	33
52	Martin	Cole	yes	PORT TALBOT HARRIERS	M50	M	65			02:20:39	24					02:23:27.89	41		
53	Robin	Woods		Brecon Tri	M40	M	65							03:30:04	65				
54	Ross	Simpson	Yes		MS	M	60	01:13:07.00	60										
55	Richard	Wilder	yes	UFIT TRIATHALON CLUB	M40	M	60			02:08:54	60								
56	Dominic	Davies	Yes	Llanelli Asc	MYJ	M	58	01:23:37.75	21			01:02:47	37						
57	Paul	Lewis	yes	PORT TALBOT HARRIERS	M40	M	55			02:09:07	55								
58	Andy	Brodziak		TEAM VITFOR	M40+	M	50											01:11:49	50
59	Steven	Gregory		Team Mountain Fuel	M40	M	50							03:32:00	50				
60	James	Elgar	yes	NEWT	MS	M	48			02:09:57	48								
61	Jamie	Davies	Yes	Newport East Wales Triathlon	MS	M	47	01:17:31.25	47										
62	Alan	Latter	Yes	West Coast Triathlon	M40	M	47	01:24:21.60	15			01:04:05	32						
63	Will	Munday			MS	M	47												
64	Jonathan	Phillips		Taff Ely Triathlon Club	MS	M	47					00:59:34	47						
65	Paul	Seppman	Yes	Port Talbot Harriers	M40	M	47	01:23:51.15	18	02:19:42	29								
66	Rhys	Harries	Yes	West Coast Tri	MS	M	46	01:17:46.20	46										
67	Justin	Bailey		WEST COAST TRI	M40	M	45					01:09:56	16					01:22:27	29
68	Dean	Johnston	yes	PORT TALBOT HARRIERS	M40	M	45			02:11:04	45								
69	Will	Smith			MS	M	45							03:47:47	45				
70	Peter	DAVIES		EXETER TRIATHLON CLUB	MS	M	44									02:18:34.70	44		
71	Richard	Elgar	Yes	Newt	MS	M	44	01:18:34.10	44										
72	Greg	Millard	yes	PORT TALBOT HARRIERS	M40	M	44			02:11:50	44								
73	Joel	Pollard		Wigan Triathlon Club (Tri Team Wigan)	MYJ	M	44					01:01:30	44						
74	Shaun	Wood		Full-on Tri/Team Bottrill	MS	M	44							03:47:57	44				

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						