

Team Competition		
Position	Team Name	Total Series Points
1	GoG Triathlon Club	1445
2	Pembrokeshire Triathlon Club	1328
3	Celtic Tri	1136
4	Taff Ely Triathlon Club	1063
5	Cardiff Triathletes	986
6	N.E.W.T	781
7	Port Talbot Harriers	713
8	Monmouth Triathlon Club	655
9	InterTri	425
10	Bynea CC	397

Overall Male				
Position	Name		Team	Series Points
1	Liam	Lloyd	Cycle Specific	300
2	Chris	Silver	NTPCW	260
3	Beau	Smith		250
4	Joshua	Lewis	Ntpcw	208
5	Alex	Matchett	Pembrokeshire Tri	180
6	Kieran	John	Caerphilly Tri-Ers	179
7	Mark	Binding	Taff Ely Triathlon	174
8	Sam	Wade	Team Pedal Cover	170
9	Simon	Cole	GOG TRIATHLON	169
10	Oliver	Simon	Atac	145

Overall Female				
Position	Name		Team	Series Points
1	Rhian	Roxburgh	GOG TRIATHLON	265
2	Florence	Swan	NTPCW	250
3	Rhiannon	Middleton	NTPCW	225
4	Helen	Marshall	Intrtri	220
5	Gwen	Kinsey	Pedal Cover Insurance Tri Team	205
6	Hannah	Munday	Intelligent Triathlon Training	200
7	Catherine	Marks	Pembrokeshire Triathlon	198
8	Rebecca	Comins	Monmouth Triathlon Club	187
9	Laura	Clements	Ufit	183
10	Jasmine	Bowyer	Cycle Specific	167

Male Seniors				
Position	Name		Team	Series Points
1	Liam	Lloyd	Cycle Specific	300
2	Chris	Silver	Ntpcw	260
3	Beau	Smith		250
4	Joshua	Lewis	Ntpcw	220
5	Kieran	John	Caerphilly Tri-Ers	190
6	Simon	Cole	GOG TRIATHLON	185
7	Alex	Matchett	Pembrokeshire Tri	180
8	Sam	Wade	Team Pedal Cover	170
9	Daniel	Madden	University Of Birmingham	150
10	Guto	Morgans	Cycle Specific	125

Female Seniors				
Position	Name		Team	Series Points
1	Florence	Swan	NTPCW	265
2	Rhiannon	Middleton	NTPCW	235
3	Catherine	Marks	Pembrokeshire Triathlon	234
4	Laura	Clements	Ufit	205
5	Hannah	Munday	Intelligent Triathlon Training	200
6	Jasmine	Bowyer	Cycle Specific	190
7	Emer	Sandham	Gog Triathlon Club	162
8	Katie	Greenwood	Cardiff Triathletes	150
9	Eloise	Crowley	CARDIFF TRIATHLON CLUB	145
10	Sara	Willhoit	SYTRI	140

Male 40s				
Position	Name		Team	Individual Points
1	Mark	Binding	TAFF ELY TRIATHLON CLUB	300
2	James	Moore	Pembrokeshire	274
3	Oliver	Simon	Atac	200
4	Simon	Rokburgh	GOG TRIATHLON	190
5	David	Coates	West Coast Triathlon	182
6	Jamie	Best	Bynea Cc	165
7	Marcus	Foster		142
8	Marc	Davies	Nathon Ford Triathlon	130
9	Nathan	Bevan	Rhondda Triathlon Club	129
10	Alan	Latter	West Coast Triathlon	124

Female 40s				
Position	Name		Team	Individual Points
1	Rhian	Roxburgh	GOG TRIATHLON	300
2	Helen	Marshall	Intrtri	275
3	Gwen	Kinsey	Pedal Cover Insurance Tri Team	265
4	Eleanor	Davies	CLWB BEICIO BALA	220
5	Paula	Stevens	GOG TRIATHLON	173
6	Helen	Colley	Taff Ely Tri Club	125
7	Cathryn	Jenkins	Celtic Tri	101
8	Bethan	Thomas	Port Talbot Harriers	86
9	Ellen	Nelissen		85
10	Sian	Williams	Pembrokeshire Traithlon Club	85

Male 50s				
Position	Name		Team	Individual Points
1	Gareth	Bowyer	Gog	300
2	Rodney	Savage	Cardiff Triathletes	245
3	Steve	Matchett	Pembs Tri	170
4	Gareth	Norton	Cardiff Triathletes	145
5	Geoff	Wall	Y Fenni	137
6	Peter	Munn	PEMBROKESHIRE TRIATHLON	104
7	Lynsey	Christopher	PORT TALBOT HARRIERS	100
8	Andrew	Deans	Cardiff Triathletes	96
9	Nigel	Soulsby	Taff Ely Triathlon	94
10	Martin	Cole	PORT TALBOT HARRIERS	90

Female 50s				
Position	Name		Team	Individual Points
1	Rebecca	Comins	Monmouth Triathlon Club	400
2	Jennifer	Aylward	Celtic Tri	260
2	Elizabeth	Vaughan	Taff Ely Triathlon Club	260
4	Debs	Jones	GOG TRIATHLON	230
5	Lesley	Mainwaring	Triathlon Coaching Wales	145
6	Karen	Birdsall	Celtic Tri	115
7	Emma	Wheeler	Cmc Llandeilo	90
8	Elaine	Rowlands	Tri Ystwyth	85
9	Jacqueline	Gibbons	Pembrokeshire Triathlon Club	80
10	Fiona	Sandom	Ynys Mon Triathlon Club	80

Male 60s				
Position	Name		Team	Individual Points
1	David	Hunter		160
2	Michael	Battersby	Cardiff Triathlon Club	100
3	Dean	Hardie	CELTIC TRI	100
4	Pete	Jenkins		100
5	Alan	Turner	Glossop Triathlon Club	100
6	Dave	Hill		90
7	Edward	Morgan	TAFF ELY TRIATHLON CLUB	90
8	Steve	Rich		90
9	Ronan	O'driscoll		90
10	Martin	Davies	NEWT	85

Female 60s				
Position	Name		Team	Individual Points
1	Karen	Munn	Pembrokeshire Triathlon Club	290
2	Bridget	Ripley		200
3	Barbara	Cook	North Dock Dredgers	90
3	Kaz	Ceoney	NEWT	90
3	Stella	Farrar		90

Male 70s				
Position	Name		Team	Individual Points
1	Alex	Heron	Celtic Tri	100
1	Douglas	Smith		100

Female 70s				
Position	Name		Team	Individual Points
1	Linda	Spillane	Newt	100

Male Yth and Jnr				
Position	Name		Team	Individual Points
1	Dafydd	Brown	Pembrokeshire Triathlon Club	200
2	Jack	Southam	Llanelli Swimming Club	150
3	Dominic	Davies	Llanelli Asc	145
4	Iwan	Dugmore	Pembrokeshire Triathlon Club	90
5	Joel	Pollard		90
6	James	Oulsnam	Csg Elite Performers	85
7	Kai	Walsh		85

Female Yth and Jnr				
Position	Name		Team	Individual Points
1	Eden Rae	Davies	Celtic Tri	190
2	Mali Fflur	Jones	Cerist Triathlon Club	100
3	Lauren	Watts	Cerist Triathlon Club	85
4	Jess	Simpson	Cardiff University Triathlon Club	80

<b>8</b>	Ricardo	Iglesias		80
<b>9</b>	Elur	Urkola		70
<b>10</b>	Osian	Williams	Tcw	70

Position	Name		Member	Team	Cat	Gender	WSS Points 2019	Stage 1 - Llanelli		Stage 2 -TATA Steelman		Stage 3 - Bala		Stage 4 - Snowman	
								Time	Individual Points	Time	Individual Points	Time	Individual Points	Time	Individual Points
1	Liam	Lloyd	Yes	Cycle Specific	MS	M	300	01:06:09.65	100	01:50:18	100	00:51:04	100		
2	Chris	Silver	Yes	NTPCW	MS	M	260	01:08:33.30	70	01:51:29	90			03:04:19	100
3	Beau	Smith	Yes		MS	M	250	01:07:29.05	80			00:51:59	80	03:06:15	90
4	Joshua	Lewis	Yes	Ntpcw	MS	M	208	01:07:41.65	75	01:57:26	85			03:35:26	48
5	Alex	Matchett	Yes	Pembrokeshire Tri	MS	M	180	01:06:36.45	90			00:51:15	90		
6	Kieran	John	Yes	Caerphilly Tri-Ers	MS	M	179	01:16:44.80	49	02:05:53	70	00:57:38	60		
7	Mark	Binding	Yes	Taff Ely Triathlon	M40	M	174	01:21:41.50	31	02:16:11	33	00:57:43	55	03:31:13	55
8	Sam	Wade	Yes	Team Pedal Cover	MS	M	170	01:07:12.05	85			00:51:25	85		
9	Simon	Cole	yes	GOG TRIATHLON	MS	M	169			02:09:52	49	00:58:03	50	03:28:00	70
10	Oliver	Simon	Yes	Atac	M40	M	145	01:11:38.85	65	01:58:25	80				
11	Daniel	Madden	yes	University Of Birmingham	MS	M	143	01:16:48.75	48			00:58:59	49	03:37:26	46
12	Gareth	Bowyer	Yes	Gog	M50	M	128	01:21:26.70	33			00:59:53	46	03:35:07	49
13	Guto	Morgans	Yes	Cycle Specific	MS	M	105	01:15:16.75	55	02:09:29	50				
14	James	Moore	yes	PEMBROKESHIRE TRIATHLON CLUB	M40	M	104	01:22:21.40	28	02:27:21	3	01:03:47	33	03:53:53	40
15	Jamie	Best	Yes	Bynea Cc	M40	M	96	01:16:40.50	50	02:10:57	46				
16	Dafydd	Brown	Yes	Pembrokeshire Triathlon Club	MYJ	M	90	01:18:23.40	45			01:01:16	45		
17	Simon	Roxburgh	yes	GOG TRIATHLON	M40	M	86			02:20:56	21	01:06:05	26	03:56:51	39
18	Jack	Smith-Keegin		GOG	MS	M	85							03:18:32	85
19	James	Manson	Yes	Cardiff Triathletes	M40	M	84	01:19:09.40	42	02:12:39	42				
20	Daniel	Evans	Yes	Celtic Tri	MS	M	82	01:19:02.25	43	02:13:44	39				
21	Ben	Watkinson		Bath Amphibians	MS	M	80							03:27:19	80
22	Marc	Davies	Yes	Nathon Ford Triathlon	M40	M	77	01:20:01.40	40	02:14:36	37				
23	David	Coates	Yes	West Coast Triathlon	M40	M	76	01:23:34.60	22	02:23:20	19	01:03:41	35		
24	Andrew	Horfall - Turner	yes		MS	M	75			02:04:02	75				
25	Patrick	Robinson		Solihull Triathlon Club	MS	M	75					00:57:07	75		
26	Seamus	Sheard		Exeter uni	MS	M	75							03:27:47	75
27	Colin	Wallace	yes		M50	M	74	01:20:21.30	36			01:02:10	38		
28	Rodney	Savage	Yes	Cardiff Triathletes	M50	M	72	01:23:18.85	24	02:22:18	20	01:05:13	28		
29	Callum	Welman		Loughborough Triathlon	MS	M	70					00:57:22	70		
30	Adrian	Leonard	Yes	Gog Triathlon	MS	M	69	01:20:37.20	35	02:15:23	34				
31	John	Collier	yes	WEST COAST TRIATHLON	MS	M	65			02:08:30	65				
32	Thomas	Robinson		Loughborough Triathlon	MS	M	65					00:57:36	65		
33	Robin	Woods		Brecon Tri	M40	M	65							03:30:04	65
34	Chris	Lewis	Yes	Port Talbot Harriers	M40	M	61	01:21:57.10	30	02:18:56	31				
35	Andrew	Scott			MS	M	60							03:30:38	60
36	Ross	Simpson	Yes		MS	M	60	01:13:07.00	60						
37	Richard	Wilder	yes	UFIT TRIATHALON CLUB	M40	M	60			02:08:54	60				
38	Dominic	Davies	Yes	Llanelli Asc	MYJ	M	58	01:23:37.75	21			01:02:47	37		
39	Edward	Clements	Yes	Tenby Aces	MS	M	57	01:20:04.45	39			01:09:48	18		
40	Paul	Lewis	yes	PORT TALBOT HARRIERS	M40	M	55			02:09:07	55				
41	Steve	Matchett	Yes	Pembs Tri	M50	M	55	01:23:17.75	25			01:04:37	30		
42	Jack	Southam	Yes	Llanelli Swimming Club	MYJ	M	54	01:24:35.95	13			01:01:46	41		
43	Steven	Gregory		Team Mountain Fuel	M40	M	50							03:32:00	50
44	James	Elgar	yes	NEWT	MS	M	48			02:09:57	48				
45	Jonathon	Seymour		Gog Triathlon	MS	M	48					00:59:18	48		
46	Jamie	Davies	Yes	Newport East Wales Triathlon	MS	M	47	01:17:31.25	47						
47	Alan	Latter	Yes	West Coast Triathlon	M40	M	47	01:24:21.60	15			01:04:05	32		
48	Will	Munday			MS	M	47							03:35:26	47
49	Craig	Patterson	yes	NEWT	M40	M	47			02:10:30	47				
50	Jonathan	Phillips		Taff Ely Triathlon Club	MS	M	47					00:59:34	47		
51	Paul	Seppman	Yes	Port Talbot Harriers	M40	M	47	01:23:51.15	18	02:19:42	29				
52	Marcus	Foster	Yes		M40	M	46	01:24:18.10	16	02:26:01	7	01:06:59	23		
53	Rhys	Harries	Yes	West Coast Tri	MS	M	46	01:17:46.20	46						
54	Dean	Johnston	yes	PORT TALBOT HARRIERS	M40	M	45			02:11:04	45				
55	Will	Smith			MS	M	45							03:47:47	45
56	Richard	Elgar	Yes	Newt	MS	M	44	01:18:34.10	44						
57	Greg	Millard	yes	PORT TALBOT HARRIERS	M40	M	44			02:11:50	44				
58	Joel	Pollard		Wigan Triathlon Club (Tri Team Wigan)	MYJ	M	44					01:01:30	44		
59	Shaun	Wood		Ful-on Tri/Team Bottill	MS	M	44							03:47:57	44
60	Nino	Gatti	yes	PORT TALBOT HARRIERS	MS	M	43			02:12:01	43				

61	Tomos	Hales		Wrekin Sport Cycling	MS	M	43							03:48:58	43
62	Kai	Walsh		Cadence Tri	MYJ	M	43					01:01:38	43		
63	Ricardo	Iglesias		Denbighshire Triathlon Club	MYJ	M	42					01:01:42	42		
64	Steve	Sayer			MS	M	42							03:52:46	42
65	Paul	Jones	yes		MS	M	41			02:12:50	41				
66	Conrad	Lawson	yes	Hereford Triathlon Club	M40	M	41	01:19:29.55	41						
67	Jake	Wilson			MS	M	41							03:53:09	41
68	Mark	Geary	Yes	Risc-A-Tri	M40	M	40	01:26:00.10	9			01:04:13	31		
69	David Mort	Mort		Cardiff Triathletes	MS	M	40					01:01:53	40		
70	Dan	Whaites	yes	NEWT	MS	M	40			02:13:24	40				
71	Elur	Urkola		Newport Under 18 Triathletes	MYJ	M	39					01:01:58	39		
72	David	Hawkins	Yes	Cardiff Triathletes	M40	M	38	01:20:05.55	38						
73	Neil	Reid			M40	M	38							03:58:48	38
74	Nicholas	Thomas	yes	PORT TALBOT HARRIERS	MS	M	38			02:14:10	38				
75	Jonathan	Carrick	Yes	Celtic Tri	M40	M	37	01:25:13.80	12	02:20:32	25				
76	Richard	Greaves		Hong Kong Dragons	M40	M	37							03:59:08	37
77	Brian	Hosty	Yes		M40	M	37	01:20:10.35	37						
78	Lynsey	Christopher	yes	PORT TALBOT HARRIERS	M50	M	36			02:14:52	36				
79	Danny	Jones			MYJ	M	36					01:03:13	36		
80	Robert	Russell			MS	M	36							03:59:12	36
81	Joe	Howard		Wakefield Triathlon Club	MS	M	35							03:59:58	35
82	Jack	Smith	yes	MONMOUTH TRI CLUB	MS	M	35			02:15:23	35				
83	Paul	Algieri		Gog Triathlon	M50	M	34					01:03:45	34		
84	Peter	Kirby			MS	M	34							04:02:47	34
85	Tom	Williams	yes		MS	M	34	01:20:41.50	34						
86	Adrian	Parry-Jones			M40	M	33							04:07:28	33
87	Matt	Anthony	yes	North Dock Dredgers	MS	M	32	01:21:29.60	32						
88	Sam	Baker			MS	M	32							04:09:24	32
89	Paul	Bruton	yes	NEWT	M40	M	32			02:18:06	32				
90	Roger	Thomas		MANCHESTER TRIATHLON CLUB	M40	M	31							04:09:44	31
91	Paul	Morgan	yes	PORT TALBOT HARRIERS	MS	M	30			02:19:01	30				
92	Nicholas	Worrall			MS	M	30							04:10:05	30
93	Josh	Hough			MS	M	29					01:04:56	29		
94	David	Morgan	Yes	Port Talbot Harriers	M40	M	29	01:22:19.75	29						
95	Alex	Wilson		Imperial College Triathlon	MS	M	29							04:11:44	29
96	Paul	Graveney		Stockport Tri Club	M40	M	28							04:12:08	28
97	Dominic	Taylor	yes	PEN-Y-BONT TRIATHLON CLUB	MS	M	28			02:20:01	28				
98	Ryan	Bowen	yes	AIM2TRI	MS	M	27			02:20:08	27				
99	Emyr	Evans	yes		MS	M	27	01:22:49.60	27						
100	James	Haddley		Chester Triathlon Club	MS	M	27					01:05:16	27		
101	Ian	Redfern		SWYD Tri	MS	M	27							04:14:07	27
102	Gareth	Ayres	yes	PORT TALBOT HARRIERS	MS	M	26			02:20:22	26				
103	Stephen	Davies		Rhondda tri	M50	M	26							04:17:40	26
104	Iwan	Dugmore	Yes	Pembrokeshire Triathlon Club	MYJ	M	26	01:23:01.30	26						
105	Richard	Leary		CELTIC TRI	M40	M	25					01:06:28	25		
106	Oliver	Major		Rosendale Triathlon Club	MS	M	25							04:18:19	25
107	Martin	Cole	yes	PORT TALBOT HARRIERS	M50	M	24			02:20:39	24				
108	Ian	Imeson			M50	M	24							04:24:31	24
109	Matt	Thomas		Gog Triathlon	MS	M	24					01:06:56	24		
110	James	Oulsnam	Yes	Csg Elite Performers	MYJ	M	23	01:23:29.95	23						
111	Mark	Owen		NEWT's	M50	M	23							04:24:32	23
112	Hugh	Pascoe	yes	PORT TALBOT HARRIERS	MS	M	23			02:20:54	23				
113	Peter	Lesdon			MYJ	M	22					01:07:25	22		
114	Ben	Sealy			M40	M	22							04:25:13	22
115	Carl	Murray		Astley & Tyldesley	MS	M	21							04:25:33	21
116	Emyr	Thomas			MYJ	M	21					01:07:56	21		
117	Nathan	Bevan		RHONDDA TRIATHLON CLUB	M40	M	20					01:08:54	20		
118	Stephen	Coy	yes	Leeds Bradford Triathlon Club	M40	M	20	01:23:40.45	20						
119	Willem	Van Der Schoot		Imperial College London	MS	M	20							04:26:48	20
120	Ryan	Haigh	yes	Primal	MS	M	19	01:23:46.40	19						
121	Slawomir	Karczewski			M40	M	19							04:27:31	19
122	Edward	Lawton		Exeter University Triathlon Club	MYJ	M	19					01:09:07	19		

123	Simon	Dawson		Chester Triathlon Club	M50	M	18							04:28:10	18
124	Heath	Williams	yes	PORT TALBOT HARRIERS	M40	M	18			02:23:30	18				
125	Christian	Davies		Wolfpack	M40	M	17					01:09:54	17		
126	Hywel	Hughes	yes		MS	M	17	01:24:08.15	17						
127	Ben	Marshall			MS	M	17							04:29:21	17
128	Carl	Singleton	yes	PORT TALBOT HARRIERS	M40	M	17			02:23:39	17				
129	Justin	Bailey		WEST COAST TRI	M40	M	16					01:09:56	16		
130	Bleddyn	Evans	Yes	TAFF ELY TRIATHLON CLUB	MS	M	16			02:23:48	16				
131	Toby	Hamer		Rossendale Triathlon Club	MS	M	16							04:30:44	16
132	Marc	Barrow	yes	PORT TALBOT HARRIERS	M40	M	15			02:24:20	15				
133	James	Brown			MS	M	15							04:31:04	15
134	Neil	Dalleywater			M50	M	15					01:09:58	15		
135	Thomas	Gill		Cardiff University Triathlon Club	MS	M	14					01:10:16	14		
136	Rhys	Palmer	yes		MS	M	14	01:24:35.90	14						
137	Matthew	Reynolds	yes	PORT TALBOT HARRIERS	MS	M	14			02:24:31	14				
138	Gary	Williams			M50	M	14							04:31:09	14
139	Mike	Edwards	yes	PENCOED TRIATHLON CLUB	M40	M	13			02:24:41	13				
140	Paddy	Ginn			M40	M	13							04:34:35	13
141	Simon	Phillips		Tinworks Tri	M40	M	13					01:10:41	13		
142	Gareth	Harding			MS	M	12					01:11:21	12		
143	Neil	Harris		Tri20	MS	M	12							04:35:47	12
144	Jonathan	Wright	yes	PENCOED TRIATHLON CLUB	M50	M	12			02:25:01	12				
145	Finlay	Bowie	Yes	U Tri Pembrokeshire	MS	M	11	01:25:53.40	11						
146	Nick	Cutcliffe	yes	MONMOUTH TRI CLUB	M40	M	11			02:25:14	11				
147	Marc	Fitzgibbon	Yes	Caerphilly Triers	MS	M	11	01:28:08.70	1	02:25:15	10				
148	Henry	Gordon		London	MS	M	11							04:38:39	11
149	Joshua	White		Gog Triathlon	MS	M	11					01:11:25	11		
150	Rob	Darby		Tri Surrey	M40	M	10							04:39:28	10
151	Steve	Kelly		MANX TRI CLUB	M50	M	10					01:12:09	10		
152	Nick	Stevenson	Yes	Tinworks Tri	MS	M	10	01:25:55.00	10						
153	Pete	Jenkins		INTRtri	M60	M	9					01:12:58	9		
154	Andrew	Poston	yes	PORT TALBOT HARRIERS	M40	M	9			02:25:32	9				
155	Carson	Pryce	yes	CARDIFF TRIATHLON CLUB	MS	M	9			02:25:39	8				
156	Andrew	Thornhill			M40	M	9							04:40:07	9
157	Peter	Munn		Pembrokeshire Triathlon Club	M50	M	8					01:12:59	8		
158	Richard	Tomkins			MS	M	8							04:40:37	8
159	Osian	Williams	Yes	Tcw	MYJ	M	8	01:26:21.60	8						
160	Paul	Cheetham			M50	M	7							04:43:23	7
161	Ricki	Morgan	Yes	Tenby Aces / Team Nbcc	MS	M	7	01:26:37.50	7						
162	John	O'Farrell			M50	M	7					01:13:32	7		
163	Martin	Jones		NEWT - Newport and East Wales Triat	M40	M	6					01:14:15	6		
164	Jesus	Porras Castro			M50	M	6							04:43:28	6
165	Luke	Powell	No	Rhondda Triathlon Club	MS	M	6	01:26:38.60	6						
166	Lee	Walters	yes	RHONDDA TRIATHLON CLUB	M40	M	6			02:26:43	6				
167	Paul	Arnold	yes	CELTIC TRI	M50	M	5			02:26:47	5				
168	Gareth	Law	Yes	Royal Navy Triathlon	MS	M	5	01:26:51.50	5						
169	Karel	Maclean			M40	M	5							04:44:05	5
170	Iwan	Pullen		Cardiff University Triathlon Club	MS	M	5					01:14:36	5		
171	Jonathan	Hedley-Barrett		MGPT Tri Group	M50	M	4							04:44:17	4
172	Andrew	Morrissey	yes		MS	M	4	01:27:04.90	4						
173	Steve	Rich		Pembrokeshire Triathlon Club	M60	M	4					01:14:59	4		
174	John	Seaward	yes	CAERPHILLY TRI-ERS	MS	M	4			02:27:17	4				
175	Robert	Hall	Yes	Celtic Tri	MS	M	3	01:27:35.60	3						
176	Franklin	Higgins		Cardiff University Triathlon Club	MS	M	3					01:15:15	3		
177	Michael	Newman			M50	M	3							04:44:55	3
178	Scott	Holder	yes	West Coast Triathlon	MS	M	2			02:27:33	2				
179	Gareth	Norton	Yes	Cardiff Triathletes	M50	M	2	01:27:48.25	2						
180	Mike	Rose			M50	M	2							04:45:24	2
181	Douglas	Smith		Jersey Triathlon Club	M70	M	2					01:15:38	2		
182	James	Ace	yes	PORT TALBOT HARRIERS	MS	M	1			02:27:53	1				
183	Robert	Chesters		St Helens Tri	MS	M	1							04:45:37	1
184	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		Stage 4 - Snowman	
							Time	Individual Points	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		Stage 4 - Snowman	
								Time	Individual Points	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			
2	Chris	Silver	Yes	Ntpcw	MS	M	260	01:08:33.30	70	01:51:29	90			03:04:19	100
3	Beau	Smith	Yes		MS	M	250	01:07:29.05	80			00:51:59	80	03:06:15	90
4	Joshua	Lewis	Yes	Ntpcw	MS	M	220	01:07:41.65	75	1:57:26	85			03:35:26	60
5	Kieran	John	Yes	Caerphilly Tri-Ers	MS	M	190	01:16:44.80	55	2:05:53	75	00:57:38	60		
6	Simon	Cole	Yes	GOG TRIATHLON	MS	M	185			2:09:52	60	00:58:03	55	03:28:00	70
7	Alex	Matchett	Yes	Pembrokeshire Tri	MS	M	180	01:06:36.45	90			00:51:15	90		
8	Sam	Wade	Yes	Team Pedal Cover	MS	M	170	01:07:12.05	85			00:51:25	85		
9	Daniel	Madden	Yes	University Of Birmingham	MS	M	150	01:16:48.75	50			00:58:59	50	03:37:26	50
10	Guto	Morgans	Yes	Cycle Specific	MS	M	125	01:15:16.75	60	2:09:29	65				
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	Jack	Smith-Keegin		GOG	MS	M	85							03:18:32	85
15	Andrew	Horsfall - Turner	Yes	Cycle Specific	MS	M	80			2:04:02	80				
16	Ben	Watkinson		Bath Amphibians	MS	M	80							03:27:19	80
17	Patrick	Robinson			MS	M	75					00:57:07	75		
18	Seamus	Sheard		Exeter uni	MS	M	75							03:27:47	75
19	John	Collier	Yes	WEST COAST TRIATHLON	MS	M	70			2:08:30	70				
20	Callum	Welman			MS	M	70					00:57:22	70		
21	Marc	Fitzgibbon	Yes	Caerphilly Triers	MS	M	67	01:28:08.70	31	2:25:15	36				
22	Thomas	Robinson			MS	M	65					00:57:36	65		
23	Andrew	Scott			MS	M	65							03:30:38	65
24	Ross	Simpson	Yes		MS	M	65	01:13:07.00	65						
25	James	Elgar	Yes	NEWT	MS	M	55			2:09:57	55				
26	Robert	Hall	Yes	Celtic Tri	MS	M	55	01:27:35.60	32	2:39:10	23				
27	Will	Munday			MS	M	55							03:35:26	55
28	Nino	Gatti	Yes	PORT TALBOT HARRIERS	MS	M	50			2:12:01	50				
29	Jamie	Davies	Yes	Newport East Wales Triathlon	MS	M	49	01:17:31.25	49						
30	Paul	Jones	Yes		MS	M	49			2:12:50	49				
31	Jonathon	Seymour			MS	M	49					00:59:18	49		
32	Will	Smith			MS	M	49							03:47:47	49
33	Rhys	Harries	Yes	West Coast Tri	MS	M	48	01:17:46.20	48						
34	Jordan	Lane	Yes	Port Talbot Harriers	MS	M	48	01:34:59.30	26	2:42:39	22				
35	Jonathan	Phillips			MS	M	48					00:59:34	48		
36	Dan	Whaites	Yes	NEWT	MS	M	48			2:13:24	48				
37	Shaun	Wood		Ful-on Tri/Team Bottrill	MS	M	48							03:47:57	48
38	Richard	Elgar	Yes	Newt	MS	M	47	01:18:34.10	47						
39	Tomos	Hales		Wrekin Sport Cycling	MS	M	47							03:48:58	47
40	David	Mort			MS	M	47					01:01:53	47		
41	Joshua	White		GOG Triathlon Club	MS	M	47					01:11:25	40	05:20:52	7
42	Josh	Hough			MS	M	46					01:04:56	46		
43	Steve	Sayer			MS	M	46							03:52:46	46
44	Nicholas	Thomas	Yes	PORT TALBOT HARRIERS	MS	M	46			2:14:10	46				
45	James	Haddley			MS	M	45					01:05:16	45		
46	Jack	Smith	Yes	MONMOUTH TRI CLUB	MS	M	45			2:15:23	45				
47	Jake	Wilson			MS	M	45							03:53:09	45
48	Robert	Russell			MS	M	44							03:59:12	44
49	Matt	Thomas			MS	M	44					01:06:56	44		
50	Joe	Howard		Wakefield Triathlon Club	MS	M	43							03:59:58	43
51	Paul	Morgan	Yes	PORT TALBOT HARRIERS	MS	M	43			2:19:01	43				
52	Tom	Williams	Yes		MS	M	43	01:20:41.50	43						



53	Matt	Anthony	Yes	North Dock Dredgers	MS	M	42	01:21:29.60	42							
54	Thomas	Gill			MS	M	42					01:10:16	42			
55	Peter	Kirby			MS	M	42							04:02:47	42	
56	Dominic	Taylor	Yes	PEN-Y-BONT TRIATHLON CLUB	MS	M	42			2:20:01	42					
57	Sam	Baker			MS	M	41							04:09:24	41	
58	Ryan	Bowen	Yes	AIM2TRI	MS	M	41			2:20:08	41					
59	Emyr	Evans	Yes	'	MS	M	41	01:22:49.60	41							
60	Gareth	Harding			MS	M	41					01:11:21	41			
61	Gareth	Ayres	Yes	PORT TALBOT HARRIERS	MS	M	40			2:20:22	40					
62	Ryan	Haigh	Yes	Primal	MS	M	40	01:23:46.40	40							
63	Nicholas	Worrall			MS	M	40							04:10:05	40	
64	Hywel	Hughes	Yes		MS	M	39	01:24:08.15	39							
65	Hugh	Paccoe	Yes	PORT TALBOT HARRIERS	MS	M	39			2:20:54	39					
66	Iwan	Pullen			MS	M	39					01:14:36	39			
67	Alex	Wilson		Imperial College Triathlon	MS	M	39							04:11:44	39	
68	Bleddyn	Evans	Yes	TAFF ELY TRIATHLON CLUB	MS	M	38			2:23:48	38					
69	Franklin	Higgins			MS	M	38					01:15:15	38			
70	Rhys	Palmer	Yes		MS	M	38	01:24:35.90	38							
71	Ian	Redfern		SWYD Tri	MS	M	38							04:14:07	38	
72	Finlay	Bowie	Yes	U Tri Pembrokeshire	MS	M	37	01:25:53.40	37							
73	Oliver	Major		Rosendale Triathlon Club	MS	M	37							04:18:19	37	
74	Matthew	Reynolds	Yes	PORT TALBOT HARRIERS	MS	M	37			2:24:31	37					
75	Mike	Woods			MS	M	37					01:22:35	37			
76	Reece	Lester			MS	M	36					01:23:19	36			
77	Carl	Murray		Astley & Tyldesley	MS	M	36							04:25:33	36	
78	Nick	Stevenson	Yes	Tinworks Tri	MS	M	36	01:25:55.00	36							
79	John	Clark			MS	M	35					01:34:35	35			
80	Ricki	Morgan	Yes	Tenby Aces / Team Nbcc	MS	M	35	01:26:37.50	35							
81	Carson	Pryce	Yes	CARDIFF TRIATHLON CLUB	MS	M	35			2:25:39	35					
82	Willem	Van Der Schoot		Imperial College London	MS	M	35							04:26:48	35	
83	Gareth	Law	Yes	Royal Navy Triathlon	MS	M	34	01:26:51.50	34							
84	Ben	Marshall			MS	M	34							04:29:21	34	
85	Matt	McKay			MS	M	34					01:43:04	34			
86	John	Seaward	Yes	CAERPHILLY TRI-ERS	MS	M	34			2:27:17	34					
87	Lewis	Ash			MS	M	33					02:04:29	33			
88	Toby	Hamer		Rosendale Triathlon Club	MS	M	33							04:30:44	33	
89	Scott	Holder	Yes		MS	M	33			2:27:33	33					
90	Rhodri	Jones	Yes	Atac	MS	M	33	01:47:15.75	17	3:00:52	16					
91	Andrew	Morrissey	Yes		MS	M	33	01:27:04.90	33							
92	James	Ace	Yes	PORT TALBOT HARRIERS	MS	M	32			2:27:53	32					
93	James	Brown			MS	M	32							04:31:04	32	
94	Geraint	Hampton	Yes	CARDIFF TRIATHLON CLUB	MS	M	31			2:30:20	31					
95	Neil	Harris		Tri2O	MS	M	31							04:35:47	31	
96	Dai	Beynon	Yes		MS	M	30	01:28:14.30	30							
97	Henry	Gordon		London	MS	M	30							04:38:39	30	
98	Timothy	West	Yes	CARDIFF TRIATHLON CLUB	MS	M	30			2:31:58	30					
99	Neil	Loneragan	Yes	PORT TALBOT HARRIERS	MS	M	29			2:32:35	29					
100	James	Martin	Yes	Newt	MS	M	29	01:31:42.00	29							
101	Richard	Tomkins			MS	M	29							04:40:37	29	
102	Robert	Chesters		St Helens Tri	MS	M	28							04:45:37	28	
103	Simon	Mills	Yes	Tinworks Tri	MS	M	28	01:33:29.85	28							
104	Robert	Seaward	Yes		MS	M	28			2:33:24	28					
105	Ambrose	Crofton			MS	M	27							04:45:38	27	
106	James	Graham	Yes	CELTIC TRI	MS	M	27			2:33:35	27					



Position	Name		Member	Team	Cat	Gender	WSS Points 2019	Stage 1 - Llanelli		Stage 2 -TATA Steelman		Stage 3 - Bala		Stage 34 - Snowman	
								Time	Individual Points	Time	Individual Points	Time	Individual Points	Time	Individual Points
1	Mark	Binding	yes	TAFF ELY TRIATHLON CLUB	M40	M	300	01:21:41.50	60	2:16:11	50	00:57:43	100	03:31:13	90
2	James	Moore	yes	Pembrokeshire	M40	M	274	01:22:21.40	49	2:12:39	60	01:03:47	85	03:53:53	80
3	Oliver	Simon	yes	Atac	M40	M	200	01:11:38.85	100	1:58:25	100				
4	Simon	Rokburgh	yes	GOG TRIATHLON	M40	M	190			2:20:56	45	01:06:05	70	03:56:51	75
5	David	Coates	yes	West Coast Triathlon	M40	M	182	01:23:34.60	48	2:23:20	44	01:03:41	90		
6	Jamie	Best	yes	Bynea Cc	M40	M	165	01:16:40.50	90	2:10:57	75				
7	Marcus	Foster	yes		M40	M	142	01:24:18.10	45	2:26:01	37	01:06:59	60		
8	Marc	Davies	yes	Nathon Ford Triathlon	M40	M	130	01:20:01.40	75	2:14:36	55				
9	Nathan	Bevan	yes	Rhondda Triathlon Club	M40	M	129	01:28:18.95	40	2:30:01	34	01:08:54	55		
10	Alan	Latter	yes	West Coast Triathlon	M40	M	124	01:24:21.60	44			01:04:05	80		
11	James	Manson	yes	Cardiff Triathletes	M40	M	120	01:19:09.40	85	2:27:21	35				
12	Mark	Geary	yes	Risc-A-Tri	M40	M	117	01:26:00.10	42			01:04:13	75		
13	Chris	Lewis	yes	Port Talbot Harriers	M40	M	103	01:21:57.10	55	2:18:56	48				
14	Robin	Woods		Brecon Tri	M40	M	100							03:30:04	100
15	Richard	Leary	yes	CELTIC TRI	M40	M	94			2:32:00	29	01:06:28	65		
16	Paul	Seppman	yes	Port Talbot Harriers	M40	M	93	01:23:51.15	46	2:19:42	47				
17	Richard	Wilder	yes	UFIT TRIATHALON CLUB	M40	M	90			2:08:54	90				
18	Jonathan	Carrick	yes	CELTIC TRI	M40	M	89	01:25:13.80	43	2:20:32	46				
19	Steven	Gregory		Team Mountain Fuel	M40	M	85							03:32:00	85
20	Paul	Lewis	yes	PORT TALBOT HARRIERS	M40	M	85			2:09:07	85				
21	Simon	Phillips	yes	Tinworks Tri Club	M40	M	84	01:30:54.00	36			01:10:41	48		
22	Conrad	Lawson	yes	Hereford Triathlon Club	M40	M	80	01:19:29.55	80						
23	Craig	Patterson	yes	NEWT	M40	M	80			2:10:30	80				
24	Justin	Bailey	yes	WEST COAST TRIATHLON	M40	M	75			2:33:30	26	01:09:56	49		
25	David	Hawkins	yes	Cardiff Triathletes	M40	M	70	01:20:05.55	70						
26	Dean	Johnston	yes	PORT TALBOT HARRIERS	M40	M	70			2:11:04	70				
27	Neil	Reid			M40	M	70							03:58:48	70
28	Richard	Greaves		Hong Kong Dragons	M40	M	65							03:59:08	65
29	Brian	Hosty	yes		M40	M	65	01:20:10.35	65						
30	Greg	Millards	yes	PORT TALBOT HARRIERS	M40	M	65			2:11:50	65				
31	Mike	Griffiths	yes	Team Deviant/Celtic Tri	M40	M	63	01:41:37.10	22	3:02:47	5			05:15:16	36
32	Gavin	John	yes		M40	M	61	01:29:49.90	38	2:36:22	23				
33	Adrian	Parry-Jones			M40	M	60							04:07:28	60
34	Roger	Thomas		MANCHESTER TRIATHLON CLUB	M40	M	55							04:09:44	55
35	Ben	Jones	yes		M40	M	52	01:33:25.70	33	2:39:03	19				
36	Christian	Davies			M40	M	50					01:09:54	50		
37	Paul	Graveney		Stockport Tri Club	M40	M	50							04:12:08	50
38	David	Morgan	yes	Port Talbot Harriers	M40	M	50	01:22:19.75	50						
39	Paul	Bruton	yes	NEWT	M40	M	49			2:18:06	49				
40	Ben	Sealy			M40	M	49							04:25:13	49
41	Slawomir	Karczewski			M40	M	48							04:27:31	48
42	Stephen	Coy	yes	Leeds Bradford Triathlon Club	M40	M	47	01:23:40.45	47						
43	Paddy	Ginn			M40	M	47							04:34:35	47
44	Martin	Jones			M40	M	47					01:14:15	47		
45	Rob	Darby		Tri Surrey	M40	M	46							04:39:28	46
46	Mark	Taylor			M40	M	46					01:20:38	46		
47	Andrew	Thornhill			M40	M	45							04:40:07	45
48	Matthew	Willias			M40	M	45					01:21:34	45		
49	Karel	Maclean			M40	M	44							04:44:05	44
50	Tony	Williams			M40	M	44					01:36:23	44		
51	Danny	Burke			M40	M	43					01:36:43	43		

52	Iain	Thornhill			M40	M	43								04:50:10	43
53	Heath	Williams	yes	PORT TALBOT HARRIERS	M40	M	43				2:23:30	43				
54	Richard	Gell		Holmfirth	M40	M	42								04:57:51	42
55	Carl	Singleton	yes	PORT TALBOT HARRIERS	M40	M	42				2:23:39	42				
56	Marc	Barrow	yes	PORT TALBOT HARRIERS	M40	M	41				2:24:20	41				
57	Neil	Davies	yes	Rhondda Triathlon Club	M40	M	41	01:28:09.25	41							
58	Ian	Roberts			M40	M	41								05:00:39	41
59	Mike	Edwards	yes	PENCOED TRIATHLON CLUB	M40	M	40				2:24:41	40				
60	Paul	Fisher		E1065049	M40	M	40								05:04:39	40
61	Nick	Cutcliffe	yes	MONMOUTH TRI CLUB	M40	M	39				2:25:14	39				
62	Geraint	Jones			M40	M	39								05:06:32	39
63	Garry	Vaughan	yes	Port Talbot Harriers	M40	M	39	01:29:16.05	39							
64	Chris	Bowman			M40	M	38								05:06:35	38
65	Andrew	Poston	yes	PORT TALBOT HARRIERS	M40	M	38				2:25:32	38				
66	Dayton	Hughes	yes	Atac	M40	M	37	01:30:40.85	37							
67	Merlin	Townsend			M40	M	37								05:08:57	37
68	Lee	Walters	yes	RHONDDA TRIATHLON CLUB	M40	M	36				2:26:43	36				
69	Kieran	Eaton			M40	M	35								05:16:39	35
70	Robert	Malough	yes	Celtic Tri	M40	M	35	01:31:12.85	35							
71	Kevin	Evans		Bangor	M40	M	34								05:17:12	34
72	John	Hiddlestone	yes	North Dock Dredgers	M40	M	34	01:32:28.65	34							
73	Martin	Walters	yes	Rhondda Triathlon	M40	M	34	01:37:22.95	26		2:52:27	8				
74	Leon	Burns	yes	BURNS PET TRI TEAM	M40	M	33				2:30:07	33				
75	Paul	Hemsworth			M40	M	33								05:23:42	33
76	Simon	Cartidge	yes	San Domenico Rrc	M40	M	32	01:33:58.15	32							
77	Paul	Davies	yes	PORT TALBOT HARRIERS	M40	M	32				2:30:38	32				
78	Graham	Mckenzie			M40	M	32								05:26:34	32
79	Steven	Martin	yes	PORT TALBOT HARRIERS	M40	M	31				2:30:49	31				
80	Nigel	Morgan	yes	Bynea Cc	M40	M	31	01:35:11.05	31							
81	Andrew	Pritchard			M40	M	31								05:33:47	31
82	Chris	Adams	yes	PENCOED TRIATHLON CLUB	M40	M	30				2:30:56	30				
83	Andrew	Aitken			M40	M	30								05:45:33	30
84	Carl	Daniels	yes	Tinworks Tri Club	M40	M	30	01:35:56.00	30							
85	Matt	Collins		Teme Leisure Tri	M40	M	29								05:46:02	29
86	Sean	Lloyd	yes	Cycle Specific	M40	M	29	01:36:09.45	29							
87	Andy	Appleby			M40	M	28								05:49:22	28
88	Luke	Starkie	yes		M40	M	28				2:32:01	28				
89	Robert	Stroud	yes	Cr@P Tri	M40	M	28	01:36:13.65	28							
90	Jason	Kingdom	yes	PORT TALBOT HARRIERS	M40	M	27				2:32:54	27				
91	Jeff	Partridge	yes	Bynea Cc	M40	M	27	01:36:14.80	27							
92	Darren	Griffiths	yes	PORT TALBOT HARRIERS	M40	M	25				2:33:30	25				
93	Andrew	Jones	yes	Precision Coaching	M40	M	25	01:37:32.75	25							
94	David	Balint	yes	Rhondda Tri Club	M40	M	24	01:38:17.40	24							
95	David	Richards	yes	PORT TALBOT HARRIERS	M40	M	24				2:35:47	24				
96	Jason	Impey	yes	Cardiff Triathletes	M40	M	23	01:40:17.50	23							
97	Stephen	May	yes	TAFF ELY TRIATHLON CLUB	M40	M	22				2:36:25	22				
98	Mick	Bonnar	yes	Newt	M40	M	21	01:44:35.15	21							
99	Peter	Llewellyn	yes	CARDIFF TRIATHLON CLUB	M40	M	21				2:38:02	21				
100	Adam	Clarke	yes	PORT TALBOT HARRIERS	M40	M	20				2:38:30	20				
101	Christopher	Jones	yes	Trims	M40	M	20	01:52:40.70	18		3:11:20	2				
102	Darren	Vaughan	yes	Port Talbot Harriers	M40	M	20	01:48:00.75	20							
103	Edward Mark	Davies	yes	Celtic Tri	M40	M	19	01:48:15.15	19							
104	Ross	Evans	yes	CELTIC TRI	M40	M	18				2:39:11	18				
105	Matthew	Barrell	yes		M40	M	17	01:53:32.50	17							

106	Dafydd	Bowen	yes		M40	M	17			2:40:24	17				
107	David	Evans	yes	PORT TALBOT HARRIERS	M40	M	16			2:41:59	16				
108	Jonathan	Giddy	yes	Cardiff Triathletes	M40	M	16	01:53:42.45	16						
109	Jason	Massey	yes	PORT TALBOT HARRIERS	M40	M	15			2:43:10	15				
110	Richard	Griffiths	yes	PORT TALBOT HARRIERS	M40	M	14			2:43:42	14				
111	Mark	Phillips	yes	PENCOED TRIATHLON CLUB	M40	M	13			2:44:50	13				
112	James	Hopkins	yes	CELTIC TRI	M40	M	12			2:46:00	12				
113	Mark	Bamford	yes	CELTIC TRI	M40	M	11			2:48:38	11				
114	Philip	Davies	yes	PORT TALBOT HARRIERS	M40	M	10			2:49:22	10				
115	Simon	Bromham	yes	CELTIC TRI	M40	M	9			2:50:29	9				
116	Rob	Murray	yes	PORT TALBOT HARRIERS	M40	M	7			2:54:47	7				
117	Glyn	Drucker	yes	CAERPHILLY TRI-ERS	M40	M	6			3:00:32	6				
118	Darren	Heath	yes	CELTIC TRI	M40	M	4			3:07:58	4				
119	Mat	Jones	yes	PORT TALBOT HARRIERS	M40	M	3			3:08:46	3				
120	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		Stage 4 - Snowman		
							Time	Individual Points	Time	Individual Points	Time	Individual Points	Time	Individual Points	
1	Gareth	Bowyer	Yes	Gog	M50	M	300	01:21:26.70	100			00:59:53	100	03:35:07	100
2	Rodney	Savage	Yes	Cardiff Triathletes	M50	M	245	01:23:18.85	85	2:22:18	85	01:05:13	75		
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	Stephen	Davies		Rhondda tri	M50	M	90							04:17:40	90
12	Colin Richard	Wallace			M50	M	90					01:02:10	90		
13	Paul	Algieri			M50	M	85					01:03:45	85		
14	Ian	Imeson			M50	M	85							04:24:31	85
15	Carwyn	Evans	Yes	Taff Ely Tri	M50	M	81	02:13:30.80	45	3:38:28	36				
16	Mark	Owen		NEWT's	M50	M	80							04:24:32	80
17	Jonathan	Wright	Yes	PENCOED TRIATHLON CLUB	M50	M	80			2:25:01	80				
18	Paul	Arnold	Yes	CELTIC TRI	M50	M	75			2:26:47	75				
19	Simon	Dawson		Chester Triathlon Club	M50	M	75							04:28:10	75
20	Martin	Hughes	Yes	Team Bodyworks	M50	M	75	01:31:28.30	75						
21	Andy	Bostock	Yes		M50	M	70	01:35:38.05	70						
22	Neil	Dalleywater			M50	M	70					01:09:58	70		
23	Ian	Williams	Yes	PORT TALBOT HARRIERS	M50	M	70			2:30:54	70				
24	Gary	Williams			M50	M	70							04:31:09	70
25	Paul	Cheetham			M50	M	65							04:43:23	65
26	Gary	Davies	Yes		M50	M	65	01:42:37.25	65						
27	Steve	Kelly			M50	M	65					01:12:09	65		
28	Mark	Ford	Yes	Bynea	M50	M	60	01:43:05.55	60						
29	Tim	Parfitt	Yes	CRP TRI CLUB	M50	M	60			2:31:41	60				
30	Jesus	Porras Castro			M50	M	60							04:43:28	60
31	Ralph	Harris	Yes	SOUTH WALES POLICE TRI CLUB	M50	M	55			2:35:17	55				
32	Jonathan	Hedley-Barrett		MGPT Tri Group	M50	M	55							04:44:17	55
33	John	O'Farrell			M50	M	55					01:13:32	55		
34	John	Cregg	Yes	NEWT	M50	M	50			2:37:16	50				
35	Alex	McDonnell			M50	M	50					01:17:51	50		
36	Michael	Newman			M50	M	50							04:44:55	50
37	Nick	Davies	Yes	Newts	M50	M	49	01:48:39.65	49						
38	Mike	Rose			M50	M	49							04:45:24	49
39	Stephen	Summers	Yes	PENCOED TRIATHLON CLUB	M50	M	49			2:38:18	49				
40	Ian	Walker			M50	M	49					01:23:04	49		
41	Andrew	Dean		Leeds and Bradford Tri Club	M50	M	48							04:50:12	48
42	Steve	Wilkinson	Yes	CELTIC TRI	M50	M	48			2:40:30	48				
43	Mark	Cook	Yes	Celtic Tri	M50	M	47	01:50:10.90	47						
44	Noelwyn	Daniel	Yes	HEALTHY LIFE ACTIVITIES	M50	M	47			2:40:57	47				
45	Mark	John			M50	M	47							04:59:05	47
46	Stephen Bell	Bell			M50	M	46					01:24:32	46		
47	Anthony	Dala			M50	M	46							05:08:26	46
48	Gwyn	Everett	Yes	TAFF ELY TRIATHLON CLUB	M50	M	46			2:44:36	46				
49	Richard	Zielinski	Yes		M50	M	46	01:55:12.25	46						
50	Jeff	Heenan-Jalil			M50	M	45					01:26:41	45		
51	Shane	Hembrow	Yes	MONMOUTH TRI CLUB	M50	M	45			2:45:29	45				
52	David	Mellor		Leeds Bradford Tri Club	M50	M	45							05:12:26	45
53	Stephen	Lloyd			M50	M	44					01:32:46	44		
54	John	Parker		Brecon	M50	M	44							05:13:43	44
55	Andrew	Fletcher			M50	M	43					01:34:44	43		



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								Time	Individual Points	Time	Individual Points	Time	Individual Points	Time	Individual Poir
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	Yes	CELTIC TRI	M60	M	100			2:28:37	100				
4	Pete	Jenkins			M60	M	100					01:12:58	100		
5	Alan	Turner		Glossop Triathlon Club	M60	M	100							04:57:34	100
6	Dave	Hill	Yes		M60	M	90	01:46:34.35	90						
7	Edward	Morgan	Yes	TAFF ELY TRIATHLON CLUB	M60	M	90			2:31:38	90				
8	Steve	Rich			M60	M	90					01:14:59	90		
9	Ronan	O'driscoll			M60	M	90							05:01:37	90
10	Martin	Davies	Yes	NEWT	M60	M	85	01:52:07.15	85						
11	Malcolm	Clash			M60	M	85			2:50:40	85				
12	Guy	Clamp			M60	M	85					01:20:06	85		
13	Ian	Blakebrough		Chester tri club	M60	M	85							06:02:23	85
14	Stephen	Dines			M60	M	80					01:21:14	80		
15	John	Nicholls	Yes	North Dock Dredgers Tri	M60	M	75	01:58:55.60	75						
16	Anthony	Holling		PORT TALBOT HARRIERS	M60	M	75			3:32:27	75				
17	John	Ayres		PORT TALBOT HARRIERS	M60	M	70			3:39:08	70				



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								Time	Individual Points	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		