



62	Amy	Edwards O'Hare		Cardiff University Triathlon Club	FS	F	44					01:07:31	44				
63	Ceri	Ruzzi		FUL-ON-TRI	FS	F	44			2:31:13	44						
64	Caroline	Sandles			F50	F	44									03:01:51.40	44
65	Finola	Corley		SY Tri (Shrewsbury Triathlon)	FS	F	43					01:10:06	43				
66	Cathryn	Jenkins	Yes	Celtic Tri	F40	F	43	01:48:18.65	23	3:01:40	20						
67	Rebecca	Northeast		Manchester Triathlon Club	FS	F	43							04:34:15	43		
68	Jemma	Sedgmond	Yes	Cardiff Triathletes	FS	F	43	01:37:21.65	43								
69	Beth	Carley			FS	F	42									03:04:24.07	42
70	Rosie	Davies	yes		F40	F	42	01:37:21.80	42								
71	Jennifer	Pybis		St Helens Tri	FS	F	42					01:10:17	42				
72	Sandra	Jones		CELTIC TRI	F40	F	41									03:05:02.50	41
73	Jenny	Mcadie	Yes		F40	F	41	01:38:05.65	41								
74	Susie	Pear			F40	F	41							04:47:58	41		
75	Claire	Jackson		MONMOUTH TRI CLUB	F40	F	40			2:37:27	40						
76	Tamsyn	Uren Webster			FS	F	40									03:05:23.82	40
77	Emma	Wheeler	Yes	Cmc Llandeilo	F50	F	40	01:38:23.30	40								
78	Sophie	Whittingham		SY Tri (Shrewsbury Triathlon)	FS	F	40					01:11:22	40				
79	Sarah	Gallacher		GOG TRIATHLON	FS	F	39			2:39:26	39						
80	Mali Fflur	Jones		Cerist Triathlon Club	FYJ	F	39					01:12:25	39				
81	Kate	Mills		KNUTSFORD TRIATHLON	F40	F	39							04:50:49	39		
82	Princess	Shaddick		TRIFIT SWANSEA	FS	F	38									03:05:59.90	38
83	Emma	Ferguson			FS	F	37									03:10:25.18	37
84	Toni	O'donovan		Barrow	F40	F	37							04:52:07	37		
85	Ceri	Rees-Coe	Yes	North Dock Dredgers	F40	F	37	01:39:21.10	37								
86	Jayne	Arnold		CELTIC TRI	F40	F	36			2:45:01	36						
87	Freya	Bevan			FS	F	36									03:10:29.97	36
88	Rebecca	Emerton		N/A	F40	F	36							04:54:15	36		
89	Emma	Shallcross			FS	F	36					01:14:33	36				
90	Kath	Thomas	yes	Cyclespecific	F40	F	36	01:39:25.65	36								
91	Alex	Bennett			FS	F	35									03:11:34.59	35
92	Charlotte	Zealley			FS	F	35							04:55:53	35		
93	Melanie	Davies		Cycle Specific	FS	F	34							04:56:48	34		
94	Hayley	Griffiths	Yes	Celtic Tri	FS	F	34	01:40:11.65	34								
95	Sarah	Pryor	Yes	WHITE ROCK TRIATHLETES	F40	F	34									03:12:20.60	34
96	Lucyna	Kunc	Yes	PLYMOUTH TRIATHLON CLUB	F40	F	33									03:05:44.63	33
97	Louise	Miskell		ABERDARE VALLEY AAC	F40	F	33			2:47:41	33						
98	Kat	Suddaby			FS	F	33							04:57:50	33		
99	Joanna	Hopkins			FS	F	32									03:12:47.22	32
100	Kate	Humphrey	Yes	Newt	FS	F	32	01:40:28.90	32								
101	Connie	James			F40	F	32					01:15:19	32				
102	Helen	Spicer		Bad Tri	F40	F	32							05:03:24	32		
103	Lowri	Bowen		CRP TRI CLUB	F40	F	31			2:49:48	31						
104	Vicki	Lewis		Pembrokeshire Triathlon Club	FS	F	31					01:15:48	31				
105	Charlotte	Mead			FS	F	31							05:04:04	31		
106	Mared	Bryn	Yes	CARDIFF TRIATHLETES	FS	F	30									03:13:17.97	30
107	Stella	Farrar			F60	F	30							05:08:31	30		
108	Louise	Pierpoint		PORT TALBOT HARRIERS	F40	F	30			2:49:53	30						
109	Frances	Brown			FS	F	29									03:14:05.10	29
110	Helen	Mansfield	Yes	None	F50	F	29	01:42:24.35	29								
111	Elaine	Rowlands		Tri Ystwyth	F50	F	29							05:08:48	29		
112	Charlotte	Brass		Cardiff University Triathlon Club	FS	F	28					01:16:56	28				
113	Fiona	Sandom		Ynys Mon Triathlon Club	F50	F	28							05:11:01	28		
114	Carolyn	Williams		PORT TALBOT HARRIERS	F50	F	28			2:55:41	28						
115	Alice	Woodward			FS	F	28									03:17:18.72	28
116	Ruth	Cattell			FS	F	27							05:14:11	27		
117	Sian	Edwards			F40	F	27									03:18:31.09	27
118	Anna	Iley		SY Tri (Shrewsbury Triathlon)	F40	F	27					01:17:55	27				
119	Joanne	Parker-Stirling		Teme Leisure Tri	FS	F	26							05:14:40	26		
120	Brigette	Widdas			F50	F	26									03:18:42.34	26
121	Jacqueline	Gibbons		Pembrokeshire Triathlon Club	F50	F	25					01:18:24	25				
122	Kayley	Griffiths		CAERPHILLY TRI-ERS	FS	F	25			2:57:33	25						
123	Cathryn	Jenkins	Yes	CELTIC TRI	F40	F	25									03:19:21.71	25
124	Sarah	Ward		Wakefield Triathlon Club	FS	F	25							05:17:42	25		

125	Amy	Breckon			FS	F	24									03:21:37.55	24
126	Barbara	Cook	Yes	North Dock Dredgers	F60	F	24	01:46:56.75	24								
127	Danielle	Martin		WVTRI	FS	F	24								05:18:07	24	
128	Angharad	Pocock		CARDIFF TRIATHLON CLUB	F40	F	24			2:57:57	24						
129	Charlotte	Hogan			FS	F	23									03:21:49.56	23
130	Ceri	Hughes		Gog Triathlon	F40	F	23					01:22:20	23				
131	Alexandra	Pocock			F40	F	23							05:21:22	23		
132	Geri	Angharad Evans		GOG TRIATHLON	F40	F	22			2:58:35	22						
133	Sarah	Lavender			FS	F	22									03:22:25.37	22
134	Angharad	Lewis	Yes	Gog Triathlon	FS	F	22	01:53:31.55	22								
135	Lauren	Watts		Cerist Triathlon Club	FYJ	F	22					01:22:42	22				
136	Pam	Worrall		Humber Triathletes	F50	F	22							05:21:50	22		
137	Lucy	Evans		PEN-Y-BONT TRIATHLON CLUB	FS	F	21									03:23:49.92	21
138	Ali	Roberts			FS	F	21					01:23:06	21				
139	Linda	Spillane	Yes	Newt	F70	F	21	01:53:40.80	21								
140	Cicely	Arthur		Oxford Triathlon Club	FS	F	20							05:26:30	20		
141	Sarah	Barham		3M GORSEINON ROAD RUNNERS	F50	F	20									03:30:16.57	20
142	Andrea	Griffiths	Yes	Celtic Tri	F40	F	20	02:09:57.50	7							04:07:07.37	13
143	Jayne	Hamer			FS	F	20					01:23:44	20				
144	Cathy	Bruton		NEWT	F40	F	19			3:03:06	19						
145	Clare	Fox		Tri2O	FS	F	19							05:31:21	19		
146	Jenna	Griffiths	yes	Be Awesome	FS	F	19	02:03:52.25	11	3:21:34	8						
147	Samantha	Perrot	Yes	CELTIC TRI	F40	F	19									03:31:51.39	19
148	Jess	Simpson		Cardiff University Triathlon Club	FYJ	F	19					01:24:19	19				
149	Rebecca	Green		BURNWOOD TRIATHLON CLUB	F40	F	18									03:34:11.90	18
150	Julie	McDonnell		Chester Triathlon Club	F50	F	18					01:26:45	18				
151	Sarah	Roberts		Manchester Triathlon Club	FS	F	18							05:34:08	18		
152	Christina	Smith	Yes	Celtic Tri	F50	F	18	01:54:39.10	18								
153	Ffion	Barham	Yes		FS	F	17									03:34:19.02	17
154	Stephanie	George			FS	F	17					01:29:07	17				
155	Kathryn	Land		Bayside tri	F40	F	17							05:43:15	17		
156	Sian	Richards		CELTIC TRI	FS	F	17			3:05:24	17						
157	Kathryn	Sweetman	yes		F40	F	17	01:55:37.50	17								
158	Kirsty	Edwards	Yes	Newport & East Wales Triathlon	FS	F	16	01:57:04.20	16								
159	Svenja	Gr		Zeppelin Team OSC Potsdam	F40	F	16							05:45:11	16		
160	Shelley	Griffin			F50	F	16									03:42:03.03	16
161	Helen	Jones		TAFF ELY TRIATHLON CLUB	F40	F	16			3:08:47	16						
162	Sarah	McDonnell		Total Transition Triathlon	F40	F	16					01:30:37	16				
163	Bethan	Thomas	Yes	Port Talbot Harriers	F40	F	16	01:58:14.60	13	3:25:23	3						
164	Gabriela	Beszkai			FS	F	15									03:43:52.35	15
165	Sara	Jones			F40	F	15					01:30:39	15				
166	Rachael	Parkinson	Yes	Bynea Cycling Club	FS	F	15	01:54:00.85	20	3:09:56	15						
167	Denise	Phillips	Yes	Bynea	F40	F	15	01:57:42.55	15								
168	Karen	Birdsall	Yes	Celtic Tri	F50	F	14	02:03:07.10	12	3:26:40	2						
169	Katharine	Burton		Chester Triathlon Club	F40	F	14					01:31:44	14				
170	Carolyn	Dales			F40	F	14							05:47:39	14		
171	Sharon	Daniel		HEALTHY LIFE ACTIVITIES	F50	F	14			3:10:59	14						
172	Katy	Melling			FS	F	14									03:44:48.42	14
173	Helen	Murray	yes	Tenby Aces	F40	F	14	01:57:59.05	14								
174	Kate	Benny			F40	F	13					01:32:52	13				
175	Jane	Harwood		PORT TALBOT HARRIERS	FS	F	13			3:11:09	13						
176	Glenda	Lord		Rosendale triathlon club	F40	F	13							05:49:22	13		
177	Tabitha	Angle-Smith		GOG Triathlon	F40	F	12							05:56:50	12		
178	Abigail	Jones			FS	F	12			3:14:22	12						
179	Emma	Scott			FS	F	12					01:34:17	12				
180	Katie	Alcock			F50	F	11							06:01:52	11		
181	Catherine	Colleypriest		CRP TRI CLUB	F40	F	11			3:14:25	11						
182	Seren	Hathway			FS	F	11					01:34:45	11				
183	Hannah	Andrew		Wakefield Triathlon Club	F40	F	10							06:07:13	10		
184	Hannah	Brake			FS	F	10					01:35:25	10				
185	Daniela	Jones		PEN-Y-BONT TRIATHLON CLUB	F40	F	10			3:16:00	10						
186	Caroline	Rees	Yes	Pencoed Tri Club	F40	F	10	02:04:05.65	10								
187	Alice	Bevan-Fisher			FS	F	9					01:36:13	9				

188	Stephanie	Conway		GOG Triathlon	FS	F	9							06:07:27	9		
189	Helen	Griffiths		PORT TALBOT HARRIERS	F50	F	9			3:19:46	9						
190	Sian	Rees-Jones	yes	Cycle Specific	F50	F	9	02:04:28.15	9								
191	Sarah	Ellwood		Gog Triathlon	F40	F	8					01:36:57	8				
192	Dwynwen	Myers			F50	F	8							06:09:04	8		
193	Anna	Rees	Yes	Celtic Tri	FS	F	8	02:04:46.20	8								
194	Lisa	Forrest			F40	F	7			3:22:09	7						
195	Helen	Griffith			FS	F	7							06:14:29	7		
196	Dinah	Hazeldine		Gog Triathlon	F50	F	7					01:42:10	7				
197	Andrea	Cooper		Titan Triathlon Club	FS	F	6							06:20:16	6		
198	Sian	Jakeman		PENCOED TRIATHLON CLUB	F40	F	6			3:22:15	6						
199	Kerry	Wykes		COVENTRY TRIATHLETES	F50	F	6					01:42:19	6				
200	Sian	Hollins		Cardiff Triathletes	F40	F	5							06:40:08	5		
201	Harriet	McCann			FS	F	5					01:45:17	5				
202	Nicola	Thomas		CELTIC TRI	F40	F	5			3:22:49	5						
203	Judith	Moulsdale		Mere Runners	F40	F	4					01:45:55	4				
204	Nicola	Peake		BFUNCTIONAL	F50	F	4			3:22:54	4						
205	Katey	Purkiss-Mcendoo			F50	F	4							06:57:30	4		
206	Ali	Barber		Gog Triathlon	F50	F	3					02:01:58	3				
207	Meg	Howe			FS	F	3							07:09:14	3		
208	Nicola	Jones		TAFF ELY TRIATHLON CLUB	F40	F	1			3:29:45	1						

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	Eden Rae	Davies	Yes	Celtic Tri	FY	F	190	01:42:49.10	100			01:16:55	90				
2	Mali Fflur	Jones		Cerist Triathlon Club	FY	F	100					01:12:25	100				
3	Lauren	Watts		Cerist Triathlon Club	FY	F	85					01:22:42	85				
4	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	
								Time	Individual Points	Time	Individual Points	Time	Individual Points	Time	Individual Points	Time	Individual Points
1	Florence	Swan	yes	NTPCW	FS	F	365										
2	Rhiannon	Middleton	Yes	NTPCW	FS	F	320	01:20:53.50	85	2:16:17	85	01:01:10	80	03:40:08	100	02:14:15.45	100
3	Hannah	Munday	Yes	Intelligent Triathlon Training	FS	F	290	01:17:53.00	100	2:10:04	100						
4	Catherine	Marks	Yes	Pembrokeshire Triathlon	FS	F	234	01:27:36.50	65	2:29:04	49	01:05:11	65	04:24:57	55		
5	Laura	Clements	Yes	Ufit	FS	F	205	01:27:56.55	60	2:26:47	55			03:54:23	90		
6	Jasmine	Bowyer	Yes	Cycle Specific	FS	F	190	01:25:04.90	75	2:25:57	60	01:06:12	55				
7	Charlotte	Ralph	Yes	Cardiff Triathletes	FS	F	171	01:31:35.00	50	2:34:57	46					02:48:47.16	75
8	Emer	Sandham	Yes	Gog Triathlon Club	FS	F	162	01:30:38.90	55	2:33:24	47			04:21:14	60		
9	Katie	Greenwood	Yes	Cardiff Triathletes	FS	F	150	01:24:42.30	80	2:24:44	70						
10	Eloise	Crowley	yes	CARDIFF TRIATHLON CLUB	FS	F	145			2:23:14	75	01:04:26	70				
11	Sara	Willhoit		SYTRI	FS	F	140			2:25:55	65	01:03:51	75				
12	Zoe	Davies	Yes	Risc-A-Tri	FS	F	136	01:40:22.70	44			01:14:39	43			03:01:37.86	49
13	Mared	Dafydd		GOG TRIATHLON	FS	F	132			2:43:48	43	01:15:12	42	04:37:29	47		
14	Megan	McDonald			FS	F	100					00:57:58	100				
15	Samantha	Sugden			FS	F	98					01:07:21	49	04:29:44	49		
16	Bryanie	Allsworth	Yes	West Coast Triathlon	FS	F	90	01:38:44.35	46	2:41:40	44						
17	Victoria	Baker		MONMOUTH TRI CLUB	FS	F	90			2:11:22	90						
18	Carol	Bridge	Yes	Erdinger	FS	F	90	01:20:25.65	90								
19	Hannah	Pearson		Black Country Triathletes	FS	F	90					01:01:05	90				
20	Amy	Jenkins		PORT TALBOT HARRIERS	FS	F	87			3:04:05	39					03:02:35.48	48
21	Jazmin	Rogers		Bristol	FS	F	85							03:56:13	85		
22	Cathryn	Williams	Yes	Port Talbot Harriers	FS	F	84	01:40:42.30	42	2:49:18	42						
23	Amy	Seppman	Yes	Port Talbot Harriers	FS	F	81	01:45:01.15	41	2:58:26	40						
24	Ailsa	Beck		UNIVERSITY OF STIRLING	FS	F	80			2:23:04	80						
25	Catherine	Connell			FS	F	80							04:03:41	80		
26	Felicity	Hares			FS	F	80									02:44:36.43	80
27	Bethan	Morris	Yes	Port Talbot Harriers	FS	F	78	01:54:30.00	38							03:12:58.01	40
28	Rachael	Parkinson	Yes	Bynea Cycling Club	FS	F	76	01:54:00.85	39	3:09:56	37						
29	Rebecca	Lodge		Wakefield Triathlon Club	FS	F	75							04:06:04	75		
30	Jenna	Griffiths	yes	Be Awesome	FS	F	70	02:03:52.25	36	3:21:34	34						
31	Ellen	Lavender			FS	F	70									02:54:47.18	70
32	Hannah	Mattinson			FS	F	70							04:11:04	70		
33	Emma	Palfrey	Yes	Cycle Specific	FS	F	70	01:26:33.60	70								
34	Katie Kitty	Gormley		WESTON ATHLETIC CLUB	FS	F	65									02:55:10.42	65
35	Larna	Andrew			FS	F	60					01:05:29	60				
36	Michelle	Davis		BICESTER TRIATHLON CLUB	FS	F	60									02:55:29.71	60
37	Charlie	Dunn	Yes		FS	F	55									02:57:43.23	55
38	Eleanor	Ball			FS	F	50									02:58:03.81	50
39	Joanna	Callan		CARDIFF	FS	F	50					01:06:57	50				
40	Ffion	Davies		PORT TALBOT HARRIERS	FS	F	50			2:28:11	50						
41	Alexandra	Richards		INTRtri	FS	F	50							04:28:14	50		
42	Claire	Manson	Yes	Cardiff Triathletes	FS	F	49	01:34:53.25	49								
43	Natasha	Barton	Yes	Pencoed	FS	F	48	01:36:51.35	48								
44	Amy	Edwards O'Hare		Cardiff University Triathlon Club	FS	F	48					01:07:31	48				
45	Rebecca	Northeast		Manchester Triathlon Club	FS	F	48							04:34:15	48		
46	Ceri	Ruzzi		FUL-ON-TRI	FS	F	48			2:31:13	48						
47	Beth	Carley			FS	F	47									03:04:24.07	47
48	Finola	Corley		SY Tri (Shrewsbury Triathlon)	FS	F	47					01:10:06	47				
49	Jemma	Sedgmond	Yes	Cardiff Triathletes	FS	F	47	01:37:21.65	47								
50	Jennifer	Pybis		St Helens Tri	FS	F	46					01:10:17	46				
51	Tamsyn	Uren Webster			FS	F	46									03:05:23.82	46
52	Charlotte	Zealley			FS	F	46							04:55:53	46		
53	Melanie	Davies		Cycle Specific	FS	F	45							04:56:48	45		
54	Sarah	Gallacher		GOG TRIATHLON	FS	F	45			2:39:26	45						
55	Hayley	Griffiths	Yes	Celtic Tri	FS	F	45	01:40:11.65	45								
56	Princess	Shaddick		TRIFIT SWANSEA	FS	F	45									03:05:59.90	45
57	Sophie	Whittingham		SY Tri (Shrewsbury Triathlon)	FS	F	45					01:11:22	45				
58	Emma	Ferguson			FS	F	44									03:10:25.18	44
59	Emma	Shallcross			FS	F	44					01:14:33	44				
60	Kat	Suddaby			FS	F	44							04:57:50	44		
61	Freya	Bevan			FS	F	43									03:10:29.97	43



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	Rhian	Roburgh	Yes	GOG TRIATHLON	F40	F	300			2:14:39	100	00:59:55	100			
2	Helen	Marshall	Yes	Intrtri	F40	F	275	01:22:35.35	100	2:17:23	90	01:02:21	85			
3	Gwen	Kinsey	Yes	Pedal Cover Insurance Tri Team	F40	F	265	01:27:03.90	90	2:21:33	85	01:01:47	90			
4	Eleanor	Davies	Yes	CLWB BEICIO BALA	F40	F	220			2:34:12	50	01:10:24	80	04:18:19	90	
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	Stephanie	Waring	Yes	TENBY ACES	F40	F	100								02:35:15.62	100
9	Emma	Thomas	Yes		F40	F	90								02:57:22.57	90
10	Bethan	Thomas	Yes	Port Talbot Harriers	F40	F	86	01:58:14.60	47	3:25:23	39					
11	Ellen	Nelissen			F40	F	85						04:18:27	85		
12	Sandra	Jones		CELTIC TRI	F40	F	85								03:05:02.50	85
13	Sian	Williams	Yes	Pembrokeshire Triathlon Club	F40	F	85	01:34:26.50	85							
14	Christine	Howard		Belper Ten Twenty	F40	F	80						04:24:50	80		
15	Lucyna	Kunc	Yes	PLYMOUTH TRIATHLON CLUB	F40	F	80								03:05:44.63	80
16	Rosie	Davies	Yes		F40	F	80	01:37:21.80	80							
17	Claire	Jackson	Yes	MONMOUTH TRI CLUB	F40	F	75			2:37:27	75					
18	Jenny	Mcadie	Yes		F40	F	75	01:38:05.65	75							
19	Sarah	Prvor	Yes	WHITE ROCK TRIATHLETES	F40	F	75								03:12:20.60	75
20	Susie	Peart			F40	F	75									
21	Ceri	Rees-Coe	Yes	North Dock Dredgers	F40	F	70	01:39:21.10	70							
22	Connie	James			F40	F	70									
23	Jayne	Arnold	Yes	CELTIC TRI	F40	F	70			2:45:01	70	01:15:19	70			
24	Kate	Mills		KNUTSFORD TRIATHLON	F40	F	70							04:50:49	70	
25	Sian	Edwards			F40	F	70								03:18:31.09	70
26	Anna	Iley		SY Tri (Shrewsbury Triathlon)	F40	F	65					01:17:55	65			
27	Kath	Thomas	Yes	Cyclespecific	F40	F	65	01:39:25.65	65							
28	Toni	O'donovan		Barrow	F40	F	65							04:52:07	65	
29	Ceri	Hughes		Gog Triathlon	F40	F	60					01:22:20	60			
30	Louise	Miskell	Yes	ABERDARE VALLEY AAC	F40	F	60			2:47:41	60					
31	Rebecca	Emerton		N/A	F40	F	60							04:54:15	60	
32	Samantha	Perrot	Yes	CELTIC TRI	F40	F	60								03:31:51.39	60
33	Helen	Spicer		Bad Tri	F40	F	55							05:03:24	55	
34	Lowri	Bowen	Yes	CRP TRI CLUB	F40	F	55			2:49:48	55					
35	Rebecca	Green		BURNWOOD TRIATHLON CLUB	F40	F	55								03:34:11.90	55
36	Sarah	McDonnell		Total Transition Triathlon	F40	F	55					01:30:37	55			
37	Alexandra	Pocock			F40	F	50							05:21:22	50	
38	Kathryn	Sweetman	Yes		F40	F	50	01:55:37.50	50							
39	Louise	Pierpoint	Yes	PORT TALBOT HARRIERS	F40	F	50			2:49:53	50					
40	Sara Jones	Jones			F40	F	50					01:30:39	50			
41	Denise	Phillips	Yes	Bynea	F40	F	49	01:57:42.55	49							
42	Katharine	Burton		Chester Triathlon Club	F40	F	49					01:31:44	49			
43	Angharad	Pocock	Yes	CARDIFF TRIATHLON CLUB	F40	F	48			2:57:57	48					
44	Helen	Murray	Yes	Tenby Aces	F40	F	48	01:57:59.05	48							
45	Kate Benny	Benny			F40	F	48					01:32:52	48			
46	Kathryn	Land		Bayside tri	F40	F	48							05:43:15		
47	Geri	Angharad-Evans	Yes	GOG TRIATHLON	F40	F	47			2:58:35	47					
48	Sarah	Ellwood		Gog Triathlon	F40	F	47					01:36:57	47			
49	Svenja	Gr		Zeppelin Team OSC Potsdam	F40	F	47							05:45:11	47	
50	Caroline	Rees	Yes	Pencoed Tri Club	F40	F	46	02:04:05.65	46							
51	Carolyn	Dales			F40	F	46							05:47:39	46	
52	Judith	Moulsdale		Mere Runners	F40	F	46					01:45:55	46			
53	Andrea	Griffiths	Yes	Celtic Tri	F40	F	45	02:09:57.50	45							
54	Glenda	Lord		Rosendale triathlon club	F40	F	45							05:49:22		
55	Helen	Jonesz	Yes	TAFF ELY TRIATHLON CLUB	F40	F	45			3:08:47	45					
56	Catherine	Colleypriest	Yes	CRP TRI CLUB	F40	F	44			3:14:25	44					
57	Tabitha	Angle-Smith		GOG Triathlon	F40	F	44							05:56:50	44	
58	Daniela	Jones	Yes	PEN-Y-BONT TRIATHLON CLUB	F40	F	43			3:16:00	43					
59	Hannah	Andrew		Wakefield Triathlon Club	F40	F	43							06:07:13	43	
60	Kelly	Owen	Yes	QWM OGWR TRI CLUB	F40	F	42			3:19:11	42					
61	Sian	Hollins		Cardiff Triathletes	F40	F	42									
62	Uisa	Forrest	Yes		F40	F	41			3:22:09	41			06:40:08	42	
63	Sian	Jakeman	Yes	PENCOED TRIATHLON CLUB	F40	F	40			3:22:15	40					
64	Nicola	Jones	Yes	TAFF ELY TRIATHLON CLUB	F40	F	38			3:29:45	38					
65	Karen	Jones	Yes	TAFF ELY TRIATHLON CLUB	F40	F	37			4:03:55	37					





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	Karen	Munn	Yes	Pembrokeshire Triathlon Club	F60	F	290	01:43:35.05	100	2:55:59	100	01:18:06	90				
2	Bridget	Ripley			F60	F	200					01:12:48	100	04:52:04	100		
3	Barbara	Cook	Yes	North Dock Dredgers	F60	F	90	01:46:56.75	90								
3	Kaz	Ceeney	Yes	NEWT	F60	F	90			3:47:43	90						
3	Stella	Farrar			F60	F	90							05:08:31	90		

