

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		
							Time	Individual Points	Time	Individual Points	Time	Individual Points	Time	Individual Points	Time	Individual Points	
1	Liam	Lloyd	Yes	Cycle Specific	MS	M	385	01:06:09.65	100	01:50:18	100	00:51:04	100			02:05:40.86	85
2	Alex	Matchett	Yes	Pembrokeshire Tri	MS	M	270	01:06:36.45	90			00:51:15	90			01:57:38.19	90
3	Sam	Wade	Yes	Team Pedal Cover	MS	M	270	01:07:12.05	85			00:51:25	85			01:54:18.84	100
4	Chris	Silver	Yes	NTPCW	MS	M	260	01:08:33.30	70	01:51:29	90			03:04:19	100		
5	Beau	Smith	Yes		MS	M	250	01:07:29.05	80			00:51:59	80	03:06:15	90		
6	Kieran	John	Yes	Caerphilly Tri-Ers	MS	M	244	01:16:44.80	49	02:05:53	70	00:57:38	60			02:12:06.79	65
7	Joshua	Lewis	Yes	NTPCW	MS	M	208	01:07:41.65	75	01:57:26	85			03:35:26	48		
8	Daniel	Madden	yes	University Of Birmingham	MS	M	198	01:16:48.75	48			00:58:59	49	03:37:26	46	02:12:41.33	55
9	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
10	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		
11	Simon	Cole	yes	GOG TRIATHLON	MS	M	169			02:09:52	49	00:58:03	50	03:28:00	70		
12	John	Collier	yes	WEST COAST TRIATHLON	MS	M	145			02:08:30	65					02:06:47.54	80
13	Oliver	Simon	Yes	ATAC	M40	M	145	01:11:38.85	65	01:58:25	80						
14	James	Moore	yes	PEMBROKESHIRE TRIATHLON CLUB	M40	M	141	01:22:21.40	28	02:27:21	3	01:03:47	33	03:53:53	40	02:23:44.98	40
15	Thomas	Robinson		Loughborough Triathlon	MS	M	135					00:57:36	65			02:11:35.44	70
16	Daniel	Evans	Yes	Celtic Tri	MS	M	128	01:19:02.25	43	02:13:44	39					02:16:36.73	46
17	Edward	Clements	Yes	Tenby Aces	MS	M	117	01:20:04.45	39			01:09:48	18			02:12:34.04	60
18	Simon	Roxburgh	yes	GOG TRIATHLON	M40	M	109			02:20:56	21	01:06:05	26	03:56:51	39	02:30:10.77	23
19	Guto	Morgans	Yes	Cycle Specific	MS	M	105	01:15:16.75	55	02:09:29	50						
20	Craig	Patterson	yes	NEWT	M40	M	97			02:10:30	47					02:15:23.49	50
21	Jamie	Best	Yes	Bynea Cc	M40	M	96	01:16:40.50	50	02:10:57	46						
22	Steve	Matchett	Yes	Pembs Tri	M50	M	91	01:23:17.75	25			01:04:37	30			02:26:01.00	36
23	Dafydd	Brown	Yes	Pembrokeshire Triathlon Club	MYJ	M	90	01:18:23.40	45			01:01:16	45				
24	Dan	Whaites	yes	NEWT	MS	M	89			02:13:24	40					02:16:01.52	49
25	Nino	Gatti	yes	PORT TALBOT HARRIERS	MS	M	88			02:12:01	43					02:17:52.42	45
26	Jack	Smith-Keegin		GOG	MS	M	85							03:18:32	85		
27	James	Manson	Yes	Cardiff Triathletes	M40	M	84	01:19:09.40	42	02:12:39	42						
28	Tom	Williams	yes		MS	M	82	01:20:41.50	34							02:16:04.04	48
29	Brian	Hosty	Yes		M40	M	80	01:20:10.35	37							02:19:20.04	43
30	Ben	Watkinson		Bath Amphibians	MS	M	80							03:27:19	80		
31	Marc	Davies	Yes	Nathon Ford Triathlon	M40	M	77	01:20:01.40	40	02:14:36	37						
32	David	Foster	Yes	West Coast Triathlon	M40	M	76	01:23:34.60	22	02:23:20	19	01:03:41	35				
33	Jonathan	Carrick	Yes	Celtic Tri	M40	M	75	01:25:13.80	12	02:20:32	25					02:25:14.90	38
34	Mark	Geary	Yes	Risc-A-Tri	M40	M	75	01:26:00.10	9			01:04:13	31			02:26:21.36	35
35	James	Grandfield	Yes	CR@P TRI	MS	M	75									02:08:06.86	75
36	Andrew	Horfall - Turner	yes		MS	M	75			02:04:02	75						
37	Patrick	Robinson		Solihull Triathlon Club	MS	M	75					00:57:07	75				
38	Seamus	Sheard		Exeter uni	MS	M	75							03:27:47	75		
39	Colin	Wallace	yes		M50	M	74	01:20:21.30	36			01:02:10	38				
40	Chris	Lewis	Yes	Port Talbot Harriers	M40	M	72	01:21:57.10	30	02:18:56	31					02:34:51.50	11
41	Rodney	Savage	Yes	Cardiff Triathletes	M50	M	72	01:23:18.85	24	02:22:18	20	01:05:13	28				
42	Callum	Weiman		Loughborough Triathlon	MS	M	70					00:57:22	70				
43	Adrian	Leonard	Yes	Gog Triathlon	MS	M	69	01:20:37.20	35	02:15:23	34						
44	Martin	Cole	yes	PORT TALBOT HARRIERS	M50	M	65			02:20:39	24					02:23:27.89	41
45	Robin	Woods		Brecon Tri	M40	M	65							03:30:04	65		
46	Andrew	Scott			MS	M	60							03:30:38	60		
47	Ross	Simpson	Yes		MS	M	60	01:13:07.00	60								
48	Richard	Wilder	yes	UFIT TRIATHALON CLUB	M40	M	60			02:08:54	60						
49	Dominic	Davies	Yes	Llanelli Asc	MYJ	M	58	01:23:37.75	21			01:02:47	37				
50	Paul	Lewis	yes	PORT TALBOT HARRIERS	M40	M	55			02:09:07	55						
51	Jack	Southam	Yes	Llanelli Swimming Club	MYJ	M	54	01:24:35.95	13			01:01:46	41				
52	Steven	Gregory		Team Mountain Fuel	M40	M	50							03:32:00	50		
53	James	Elgar	yes	NEWT	MS	M	48			02:09:57	48						
54	Jonathon	Seymour		Gog Triathlon	MS	M	48					00:59:18	48				
55	Jamie	Davies	Yes	Newport East Wales Triathlon	MS	M	47	01:17:31.25	47								
56	Alan	Latter	Yes	West Coast Triathlon	M40	M	47	01:24:21.60	15			01:04:05	32				
57	Will	Munday			MS	M	47							03:35:26	47		
58	Jonathan	Phillips		Taff Ely Triathlon Club	MS	M	47					00:59:34	47				
59	Paul	Seppman	Yes	Port Talbot Harriers	M40	M	47	01:23:51.15	18	02:19:42	29						
60	Marcus	Foster	Yes		M40	M	46	01:24:18.10	16	02:26:01	7	01:06:59	23				
61	Rhys	Harries	Yes	West Coast Tri	MS	M	46	01:17:46.20	46								
62	Dean	Johnston	yes	PORT TALBOT HARRIERS	M40	M	45			02:11:04	45						
63	Will	Smith			MS	M	45							03:47:47	45		
64	Peter	DAVIES		EXETER TRIATHLON CLUB	MS	M	44									02:18:34.70	44
65	Richard	Elgar	Yes	Newt	MS	M	44	01:18:34.10	44								
66	Greg	Millard	yes	PORT TALBOT HARRIERS	M40	M	44			02:11:50	44						
67	Joel	Pollard		Wigan Triathlon Club (Tri Team Wigan	MYJ	M	44					01:01:30	44				
68	Shaun	Wood		Ful-on Tri/Team Bottrill	MS	M	44							03:47:57	44		
69	Tomos	Hales		Wrekin Sport Cycling	MS	M	43							03:48:58	43		

70	Kai	Walsh		Cadence Tri	MYJ	M	43					01:01:38	43				
71	Ricardo	Iglesias		Denbighshire Triathlon Club	MYJ	M	42					01:01:42	42				
72	Josh	Kewis	Yes	CAERPHILLY TRI-ERS	MS	M	42										
73	Steve	Sayer			MS	M	42							03:52:46	42	02:19:41.97	42
74	Paul	Jones	yes		MS	M	41										
75	Conrad	Lawson	yes	Hereford Triathlon Club	M40	M	41	01:19:29.55	41	02:12:50	41						
76	Jake	Wilson			MS	M	41							03:53:09	41		
77	David Mort	Mort		Cardiff Triathletes	MS	M	40					01:01:53	40				
78	Marcus	DAVID		PORT TALBOT HARRIERS MULTISPORT	MS	M	39									02:24:27.08	39
79	Richard	Leary		CELTIC TRI	M40	M	39	01:26:16.80	5			01:06:28	25			02:35:04.16	9
80	Elur	Urkola		Newport Under 18 Triathletes	MYJ	M	39					01:01:58	39				
81	David	Hawkins	Yes	Cardiff Triathletes	M40	M	38	01:20:05.55	38								
82	Neil	Reid			M40	M	38							03:58:48	38		
83	Nicholas	Thomas	yes	PORT TALBOT HARRIERS	MS	M	38			02:14:10	38						
84	Niall	Foster	Yes	CARDIFF TRIATHLETES	M40	M	37									02:25:30.34	37
85	Richard	Greaves		Hong Kong Dragons	M40	M	37							03:59:08	37		
86	Lynsey	Christopher	yes	PORT TALBOT HARRIERS	M50	M	36			02:14:52	36						
87	Danny	Jones			MYJ	M	36					01:03:13	36				
88	Robert	Russell			MS	M	36							03:59:12	36		
89	Joe	Howard		Wakefield Triathlon Club	MS	M	35							03:59:58	35		
90	Jack	Smith	yes	MONMOUTH TRI CLUB	MS	M	35			02:15:23	35						
91	Paul	Algieri		Gog Triathlon	M50	M	34					01:03:45	34				
92	Peter	Kirby			MS	M	34							04:02:47	34		
93	Aran	Rees			MS	M	34									02:26:35.88	34
94	David	Coates	Yes	WEST COAST TRIATHLON	M40	M	33									02:27:05.28	33
95	Adrian	Parry-Jones			M40	M	33							04:07:28	33		
96	Matt	Anthony	yes	North Dock Dredgers	MS	M	32	01:21:29.60	32								
97	Sam	Baker			MS	M	32							04:09:24	32		
98	Paul	Bruton	yes	NEWT	M40	M	32			02:18:06	32						
99	Jonathan	DAUNCEY			MS	M	32									02:27:21.64	32
100	Lloyd	Daniels	Yes	UFIT TRI	MS	M	31									02:27:34.12	31
101	Roger	Thomas		MANCHESTER TRIATHLON CLUB	M40	M	31							04:09:44	31		
102	Paul	Morgan	yes	PORT TALBOT HARRIERS	MS	M	30			02:19:01	30						
103	Gareth	Poston		PORT TALBOT HARRIERS	MS	M	30									02:27:34.91	30
104	Nicholas	Worrall			MS	M	30							04:10:05	30		
105	Josh	Hough			MS	M	29					01:04:56	29				
106	Tom	Jones		WEST COAST TRIATHLON	MS	M	29									02:28:11.47	29
107	David	Morgan	Yes	Port Talbot Harriers	M40	M	29	01:22:19.75	29								
108	Alex	Wilson		Imperial College Triathlon	MS	M	29							04:11:44	29		
109	Paul	Graveney		Stockport Tri Club	M40	M	28							04:12:08	28		
110	Theodore	Roberts	Yes		MS	M	28									02:28:26.22	28
111	Dominic	Taylor	yes	PEN-Y-BONT TRIATHLON CLUB	MS	M	28			02:20:01	28						
112	Ryan	Bowen	yes	AIM2TRI	MS	M	27			02:20:08	27						
113	Emyr	Evans	yes	-	MS	M	27	01:22:49.60	27								
114	Iestyn	Evans			MS	M	27									02:29:25.41	27
115	James	Haddley		Chester Triathlon Club	MS	M	27					01:05:16	27				
116	Ian	Redfern		SWYD Tri	MS	M	27							04:14:07	27		
117	Gareth	Ayres	yes	PORT TALBOT HARRIERS	MS	M	26			02:20:22	26						
118	Stephen	Davies		Rhondda tri	M50	M	26							04:17:40	26		
119	Iwan	Dugmore	Yes	Pembrokeshire Triathlon Club	MYJ	M	26	01:23:01.30	26								
120	Richard	Thomas	Yes		M40	M	26									02:29:42.66	26
121	Oliver	Major		Rosendale Triathlon Club	MS	M	25							04:18:19	25		
122	Zak	Jenkins		SWANSEA TRISHARKS		M	25									02:29:57.61	25
123	Ian	Imeson			M50	M	24							04:24:31	24		
124	Matt	Thomas		Gog Triathlon	MS	M	24					01:06:56	24				
125	Paul	Paul	Yes		MS	M	24									02:29:59.80	24
126	James	Oulsnam	Yes	Csg Elite Performers	MYJ	M	23	01:23:29.95	23								
127	Mark	Owen		NEWT'S	M50	M	23							04:24:32	23		
128	Hugh	Pascoe	yes	PORT TALBOT HARRIERS	MS	M	23			02:20:54	23						
129	Dale	Bowler		BYNEA CC	MS	M	22									02:30:21.48	22
130	Peter	Lesdon			MYJ	M	22					01:07:25	22				
131	Ben	Sealy			M40	M	22							04:25:13	22		
132	Steve	Holloway			MS	M	21									02:30:37.38	21
133	Carl	Murray		Astley & Tydesley	MS	M	21							04:25:33	21		
134	Emyr	Thomas			MYJ	M	21					01:07:56	21				
135	Nathan	Bevan		RHONDDA TRIATHLON CLUB	M40	M	20					01:08:54	20				
136	Stephen	Coy	yes	Leeds Bradford Triathlon Club	M40	M	20	01:23:40.45	20								
137	Warren	Griffiths		G.C.G	M40	M	20									02:30:38.42	20
138	Willem	Van Der Schoot		Imperial College London	MS	M	20							04:26:48	20		
139	Tom	Grabham		PONTYCLUN TRI CLUB	MS	M	19									02:31:44.67	19
140	Ryan	Haigh	yes	Primal	MS	M	19	01:23:46.40	19								





Position	Name		Team	Cat	Gender	WSS Points 2019	Stage 1 - Llanelli		stage 3 - Bala		Stage 6 - Sandman	
							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		Stage 5 - Gower		
							Time	Individual Points	Time	Individual Points	Time	Individual Points	Time	Individual Points	Time	Individual Points	
1	Liam	Lloyd	Yes	Cycle Specific	MS	M	385	01:06:09.65	100	1:50:18	100	00:51:04	100		02:05:40.86	85	
2	Alex	Matchett	Yes	Pembrokeshire Tri	MS	M	270	01:06:36.45	90			00:51:15	90		01:57:38.19	90	
3	Sam	Wade	Yes	Team Pedal Cover	MS	M	270	01:07:12.05	85			00:51:25	85		01:54:18.84	100	
4	Chris	Silver	Yes	Ntpcw	MS	M	260	01:08:33.30	70	01:51:29	90		03:04:19	100			
5	Kieran	John	Yes	Caerphilly Tri-Ers	MS	M	255	01:16:44.80	55	2:05:53	75	00:57:38	60		02:12:06.79	65	
6	Beau	Smith	Yes		MS	M	250	01:07:29.05	80			00:51:59	80	03:06:15	90		
7	Joshua	Lewis	Yes	Ntpcw	MS	M	220	01:07:41.65	75	1:57:26	85			03:35:26	60		
8	Daniel	Madden	Yes	University Of Birmingham	MS	M	205	01:16:48.75	50			00:58:59	50	03:37:26	50	02:12:41.33	55
9	Simon	Cole	Yes	GOG TRIATHLON	MS	M	185			2:09:52	60	00:58:03	55	03:28:00	70		
10	John	Collier	Yes	WEST COAST TRIATHLON	MS	M	150			2:08:30	70				02:06:47.54	80	
11	Edward	Clements	Yes	Tenby Aces	MS	M	148	01:20:04.45	45			01:09:48	43		02:12:34.04	60	
12	Daniel	Evans	Yes	CELTIC TRI	MS	M	141	01:19:02.25	46	2:13:44	47				02:16:36.73	48	
13	Thomas	Robinson			MS	M	135					00:57:36	65		02:11:35.44	70	
14	Guto	Morgans	Yes	Cycle Specific	MS	M	125	01:15:16.75	60	2:09:29	65						
15	Dan	Whaites	Yes	NEWT	MS	M	98			2:13:24	48				02:16:01.52	50	
16	Nino	Gatti	Yes	PORT TALBOT HARRIERS	MS	M	97			2:12:01	50				02:17:52.42	47	
17	Tom	Williams	Yes		MS	M	92	01:20:41.50	43						02:16:04.04	49	
18	Adrian	Leonard	Yes	Gog Triathlon	MS	M	88	01:20:37.20	44	2:15:23	44						
19	Jack	Smith-Keegin		GOG	MS	M	85							03:18:32	85		
20	Andrew	Horsfall - Turner	Yes	Cycle Specific	MS	M	80			2:04:02	80						
21	Ben	Watkinson		Bath Amphibians	MS	M	80							03:27:19	80		
22	James	Grandfield	Yes	CR@P TRI	MS	M	75								02:08:06.86	75	
23	Patrick	Robinson			MS	M	75					00:57:07	75				
24	Seamus	Sheard		Exeter uni	MS	M	75							03:27:47	75		
25	Callum	Welman			MS	M	70					00:57:22	70				
26	Marc	Fitzgibbon	Yes	Caerphilly Triers	MS	M	67	01:28:08.70	31	2:25:15	36						
27	Andrew	Scott			MS	M	65							03:30:38	65		
28	Ross	Simpson	Yes		MS	M	65	01:13:07.00	65								
29	Gareth	Harding			MS	M	56					01:11:21	41		02:40:34.42	15	
30	James	Elgar	Yes	NEWT	MS	M	55			2:09:57	55						
31	Robert	Hall	Yes	Celtic Tri	MS	M	55	01:27:35.60	32	2:39:10	23						
32	Will	Munday			MS	M	55							03:35:26	55		
33	Jamie	Davies	Yes	Newport East Wales Triathlon	MS	M	49	01:17:31.25	49								
34	Paul	Jones	Yes		MS	M	49			2:12:50	49						
35	Jonathon	Seymour			MS	M	49					00:59:18	49				
36	Will	Smith			MS	M	49							03:47:47	49		
37	Rhys	Harries	Yes	West Coast Tri	MS	M	48	01:17:46.20	48								
38	Jordan	Lane	Yes	Port Talbot Harriers	MS	M	48	01:34:59.30	26	2:42:39	22						
39	Jonathan	Phillips			MS	M	48					00:59:34	48				
40	Shaun	Wood		Ful-on Tri/Team Bottrill	MS	M	48							03:47:57	48		
41	Richard	Elgar	Yes	Newt	MS	M	47	01:18:34.10	47								
42	Tomos	Hales		Wrekin Sport Cycling	MS	M	47							03:48:58	47		
43	David	Mort			MS	M	47					01:01:53	47				
44	Joshua	White		GOG Triathlon Club	MS	M	47					01:11:25	40	05:20:52	7		
45	Peter	Davies		EXETER TRIATHLON CLUB	MS	M	46								02:18:34.70	46	
46	Josh	Hough			MS	M	46					01:04:56	46				
47	Steve	Sayer			MS	M	46							03:52:46	46		
48	Nicholas	Thomas	Yes	PORT TALBOT HARRIERS	MS	M	46			2:14:10	46						
49	James	Ace	Yes	PORT TALBOT HARRIERS	MS	M	45			2:27:53	32				02:40:42.79	13	
50	James	Haddley			MS	M	45					01:05:16	45				
51	Josh	Lewis	Yes	CAERPHILLY TRI-ERS	MS	M	45								02:19:41.97	45	
52	Jack	Smith	Yes	MONMOUTH TRI CLUB	MS	M	45			2:15:23	45						
53	Jake	Wilson			MS	M	45							03:53:09	45		
54	Marcus	David		PORT TALBOT HARRIERS MULTIS	MS	M	44								02:24:27.08	44	
55	Robert	Russell			MS	M	44							03:59:12	44		
56	Matt	Thomas			MS	M	44					01:06:56	44				
57	Joe	Howard		Wakefield Triathlon Club	MS	M	43							03:59:58	43		
58	Paul	Morgan	Yes	PORT TALBOT HARRIERS	MS	M	43			2:19:01	43						
59	Aran	Rees			MS	M	43								02:26:35.88	43	
60	Matt	Anthony	Yes	North Dock Dredgers	MS	M	42	01:21:29.60	42								
61	Jonathan	Dauncey			MS	M	42								02:27:21.64	42	
62	Thomas	Gill			MS	M	42					01:10:16	42				
63	Peter	Kirby			MS	M	42							04:02:47	42		
64	Dominic	Taylor	Yes	PEN-Y-BONT TRIATHLON CLUB	MS	M	42			2:20:01	42						
65	Sam	Baker			MS	M	41							04:09:24	41		
66	Ryan	Bowen	Yes	AIM2TRI	MS	M	41			2:20:08	41						
67	Lloyd	Daniels	Yes	UFIT TRI	MS	M	41								02:27:34.12	41	
68	Emyr	Evans	Yes		MS	M	41	01:22:49.60	41								
69	Gareth	Ayres	Yes	PORT TALBOT HARRIERS	MS	M	40			2:20:22	40						

70	Ryan	Haigh	Yes	Primal	MS	M	40	01:23:46.40	40									
71	Gareth	Poston		PORT TALBOT HARRIERS	MS	M	40										02:27:34.91	40
72	Nicholas	Worrall			MS	M	40							04:10:05	40			
73	Hywel	Hughes	Yes		MS	M	39	01:24:08.15	39									
74	Tom	Jones		WEST COAST TRIATHLON	MS	M	39										02:28:11.47	39
75	Hugh	Paccoe	Yes	PORT TALBOT HARRIERS	MS	M	39			2:20:54	39							
76	Iwan	Pullen			MS	M	39						01:14:36	39				
77	Alex	Wilson		Imperial College Triathlon	MS	M	39									04:11:44	39	
78	Bleddyn	Evans	Yes	TAFF ELY TRIATHLON CLUB	MS	M	38			2:23:48	38							
79	Franklin	Higgins			MS	M	38						01:15:15	38				
80	Rhys	Palmer	Yes		MS	M	38	01:24:35.90	38									
81	Ian	Redfern		SWYD Tri	MS	M	38									04:14:07	38	
82	Finlay	Bowie	Yes	U Tri Pembrokeshire	MS	M	37	01:25:53.40	37									
83	Iestyn	Evans			MS	M	37										02:29:25.41	37
84	Oliver	Major		Rosendale Triathlon Club	MS	M	37									04:18:19	37	
85	Matthew	Reynolds	Yes	PORT TALBOT HARRIERS	MS	M	37			2:24:31	37							
86	Mike	Woods			MS	M	37						01:22:35	37				
87	Reece	Lester			MS	M	36						01:23:19	36				
88	Carl	Murray		Astley & Tyldesley	MS	M	36									04:25:33	36	
89	Theodore	Roberts	Yes		MS	M	36										02:28:26.22	38
90	Nick	Stevenson	Yes	Tinworks Tri	MS	M	36	01:25:55.00	36									
91	Paul	Williams	Yes		MS	M	36										02:29:59.80	36
92	Dale	Bowler		BYNEA CC	MS	M	35										02:30:21.48	35
93	John	Clark			MS	M	35						01:34:35	35				
94	Ricki	Morgan	Yes	Tenby Aces / Team Nbcc	MS	M	35	01:26:37.50	35									
95	Carson	Pryce	Yes	CARDIFF TRIATHLON CLUB	MS	M	35			2:25:39	35							
96	Willem	Van Der Schoot		Imperial College London	MS	M	35									04:26:48	35	
97	Steve	Holloway			MS	M	34										02:30:37.38	34
98	Gareth	Law	Yes	Royal Navy Triathlon	MS	M	34	01:26:51.50	34									
99	Ben	Marshall			MS	M	34									04:29:21	34	
100	Matt	McKay			MS	M	34						01:43:04	34				
101	John	Seaward	Yes	CAERPHILLY TRI-ERS	MS	M	34			2:27:17	34							
102	Lewis	Ash			MS	M	33						02:04:29	33				
103	Tom	Grabham		PONTYCLUN TRI CLUB	MS	M	33										02:31:44.67	33
104	Toby	Hamer		Rosendale Triathlon Club	MS	M	33									04:30:44	33	
105	Scott	Holder	Yes		MS	M	33			2:27:33	33							
106	Rhodri	Jones	Yes	Atac	MS	M	33	01:47:15.75	17	3:00:52	16							
107	Andrew	Morrissey	Yes		MS	M	33	01:27:04.90	33									
108	James	Brown			MS	M	32									04:31:04	32	
109	Richard	Edwards			MS	M	32										02:32:21.93	32
110	Geraint	Hampton	Yes	CARDIFF TRIATHLON CLUB	MS	M	31			2:30:20	31							
111	Neil	Harris		Tri20	MS	M	31									04:35:47	31	
112	Oliver	Sadler		AMPHIBIONS	MS	M	31										02:32:49.51	31
113	Dai	Beynon	Yes		MS	M	30	01:28:14.30	30									
114	Henry	Gordon		London	MS	M	30									04:38:39	30	
115	Ewan	Mortlock			MS	M	30										02:34:36.22	30
116	Timothy	West	Yes	CARDIFF TRIATHLON CLUB	MS	M	30			2:31:58	30							
117	Neil	Loneragan	Yes	PORT TALBOT HARRIERS	MS	M	29			2:32:35	29							
118	James	Martin	Yes	Newt	MS	M	29	01:31:42.00	29									
119	Richard	Tomkins			MS	M	29									04:40:37	29	
120	Andrew	Webb		TAFF ELY TRIATHLON CLUB	MS	M	29										02:35:03.75	29
121	Robert	Chesters		St Helens Tri	MS	M	28									04:45:37	28	
122	Carl	James			MS	M	28										02:35:38.53	28
123	Simon	Mills	Yes	Tinworks Tri	MS	M	28	01:33:29.85	28									
124	Robert	Seaward	Yes		MS	M	28			2:33:24	28							
125	Ambrose	Crofton			MS	M	27									04:45:38	27	
126	John	Davies			MS	M	27										02:36:03.12	27
127	James	Graham	Yes	CELTIC TRI	MS	M	27			2:33:35	27							
128	Jamie	Lewis	Yes	Cr@P Tri	MS	M	27	01:33:50.05	27									
129	Ciaran	Burns	Yes	UFIT TRIATHALON CLUB	MS	M	26			2:33:48	26							
130	Sam	Naylor			MS	M	26									04:46:56	26	
131	Sam	Weale			MS	M	26										02:36:42.18	26
132	Ben	Chapman	Yes	Bynea Cc	MS	M	25	01:37:04.20	25									
133	Arfon	Edwards	Yes	PORT TALBOT HARRIERS	MS	M	25			2:38:06	25							
134	Christian	Lampe			MS	M	25									04:47:51	25	
135	Matt	Thompson			MS	M	25										02:36:59.65	25
136	Tom	Ferguson			MS	M	24										02:37:11.41	24
137	Brendan	Mayoh-Baxter			MS	M	24									04:48:20	24	
138	Huw	Morgan	Yes	N.E.W.T	MS	M	24	01:37:05.65	24									
139	Christopher	Shellard	Yes		MS	M	24			2:38:21	24							
140	Richard	Christie			MS	M	23									04:51:46	23	

141	Joe	Hawkins	Yes		MS	M	23	01:38:29.70	23										
142	Cameron	Slater			MS	M	23											02:37:16.91	23
143	Kevin	Bale			MS	M	22											02:37:24.28	22
144	Tom	Burke		GOG Triathlon Club	MS	M	22							04:54:22		22			
145	Josh	Roderick	Yes		MS	M	22	01:38:44.35	22										
146	Chris	Cray	Yes		MS	M	21			2:44:42		21							
147	Rhys	Hawkes	Yes	Portsmouth Tri	MS	M	21	01:40:43.05	21										
148	Ryan	McGlen			MS	M	21									04:56:09		21	
149	William	Powell			MS	M	21											02:37:29.68	21
150	Michael	Adamson		Cadence tri/Pembrokeshire tri	MS	M	20									04:57:06		20	
151	Gareth	Evans	Yes	TAFF ELY TRIATHLON CLUB	MS	M	20				2:48:21		20						
152	John	Frampton			MS	M	20											02:37:33.92	20
153	Morgan	Slate	Yes	Tenby Aces	MS	M	20	01:43:08.10	20										
154	Nathan	Davies	Yes	NEWT	MS	M	19				2:48:48		19						
155	Lea	Farrington	Yes	Celtic Tri	MS	M	19	01:43:35.45	19										
156	Ryan	Harris			MS	M	19											02:39:07.11	19
157	Aled	Williams			MS	M	19							04:59:12		19			
158	Liam	Davies	Yes	RHONDDA TRIATHLON CLUB	MS	M	18											02:39:51.13	18
159	Sam	Knowles	Yes	Taff Ely	MS	M	18	01:45:06.85	18										
160	Randal	Lavery			MS	M	18							05:03:43		18			
161	Joshua		Yes	GOG TRIATHLON	MS	M	18				2:49:23		18						
162	Harry	Curbishley			MS	M	17							05:05:18		17			
163	Rhys	Jones		PEN-Y-BONT TRIATHLON CLUB	MS	M	17											02:39:55.09	17
164	Llywelyn		Yes	CELTIC TRI	MS	M	17						2:53:11		17				
165	Jack	Lawthom	Yes	Rhondda Tri Club	MS	M	16	01:52:38.15	16										
166	Shane	Skillin			MS	M	16							05:07:34		16			
167	Richard	Thomas		ATAC	MS	M	16											02:39:59.34	16
168	Rhys	Cooper	Yes		MS	M	15				3:03:26		15						
169	Williams	Jones	Yes		MS	M	15	01:59:20.50	15										
170	Tom	Pinnegar			MS	M	15							05:09:44		15			
171	Andrew	Edwards	Yes	MUMBLES RNLI FIT CLUB	MS	M	14				3:07:07		14						
172	Tom	Lambert			MS	M	14											02:40:42.25	14
173	Oliver	Millington			MS	M	14							05:10:31		14			
174	Chris	Williams	Yes	N/A	MS	M	14	01:59:52.90	14										
175	Dan	Chapple	Yes	NEWT	MS	M	13				3:09:26		13						
176	Matthew	Fosbrooke	Yes		MS	M	13	02:01:48.95	13										
177	Ross	Summers			MS	M	13							05:12:03		13			
178	Steve	Beynon			MS	M	12							05:12:14		12			
179	Anthony	Dixey	Yes	Celtic Tri	MS	M	12	02:01:56.75	12										
180	Christopher	Potter			MS	M	12											02:40:43.47	12
181	Cai	Pughley	Yes	PORT TALBOT HARRIERS	MS	M	12				3:10:07		12						
182	Michael	Lavery			MS	M	11							05:15:56		11			
183	Jamie	Lock			MS	M	11											02:40:57.70	11
184	Aaron Wyn	Nicholas	Yes	PEN-Y-BONT TRIATHLON CLUB	MS	M	10											02:41:06.60	10
185	Andrei	Rusu			MS	M	10							05:16:09		10			
186	Ian	Jones		GOG Triathlon	MS	M	9							05:18:00		9			
187	Morgan	Lambert		ATAC	MS	M	9											02:41:14.84	9
188	Christian	Hosking		BIG Z	MS	M	8											02:42:36.45	8
189	Mark	Taylor		Chester	MS	M	8							05:19:49		8			
190	Leon	Shorney	Yes	CAERPHILLY TRI-ERS	MS	M	7											02:43:29.81	7
191	Chris	Rees		TRIZONE	MS	M	6											02:43:37.90	6
192	Huw	Seddon			MS	M	6							05:39:04		6			
193	Matthew	Evans		RHONDDA TRIATHLON CLUB	MS	M	5											02:43:49.65	5
194	Aymeric	Regnier		Imperial College London Triath	MS	M	5							05:48:32		5			
195	Daniel	Elward		PORT TALBOT HARRIERS	MS	M	4											02:43:50.63	4
196	Matthew	Russell			MS	M	4							05:49:10		4			
197	Thomas	Amsalu			MS	M	3							05:55:44		3			
198	Jonathan	Lewis		CELTIC TRI	MS	M	3											02:44:01.07	3
199	Jack	Jones			MS	M	2											02:44:05.42	2
200	Paul	Lavery			MS	M	2							06:03:46		2			
201	Rick	Ellis	Yes	CARDIFF TRIATHLETES	MS	M	1											02:44:23.38	1
202	Andrew	Weston			MS	M	1							06:05:23		1			

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	
								Time	Individual Points	Time	Individual Points	Time	Individual Points	Time	Individual Points	Time	Individual Points
1	James	Moore	yes	Pembrokeshire	M40	M	310	01:22:21.40	49	2:12:39	60	01:03:47	85	03:53:53	80	02:23:44.98	85
2	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		
3	David	Coates	yes	West Coast Triathlon	M40	M	247	01:23:34.60	48	2:23:20	44	01:03:41	90			02:27:05.28	65
4	Simon	Rokburgh	yes	GOG TRIATHLON	M40	M	245			2:20:56	45	01:06:05	70	03:56:51	75	02:30:10.77	55
5	Oliver	Simon	yes	Atac	M40	M	200	01:11:38.85	100	1:58:25	100						
6	Mark	Geary	yes	Risc-A-Tri	M40	M	187	01:26:00.10	42			01:04:13	75			02:26:21.36	70
7	Marcus	Foster	yes		M40	M	181	01:24:18.10	45	2:26:01	37	01:06:59	60			02:38:39.02	39
8	Richard	Leary	yes	CELTIC TRI	M40	M	175	01:26:16.80	37	2:32:00	29	01:06:28	65			02:35:04.16	44
9	Nathan	Bevan	yes	Rhondda Triathlon Club	M40	M	169	01:28:18.95	40	2:30:01	34	01:08:54	55			02:37:55.99	40
10	Jonathan	Carrick	yes	CELTIC TRI	M40	M	169	01:25:13.80	43	2:20:32	46					02:25:14.90	80
11	Jamie	Best	yes	Bynea Cc	M40	M	165	01:16:40.50	90	2:10:57	75						
12	Chris	Lewis	yes	Port Talbot Harriers	M40	M	148	01:21:57.10	55	2:18:56	48					02:34:51.50	45
13	Justin	Bailey	yes	WEST COAST TRIATHLON	M40	M	133	01:31:55	22	2:33:30	26	01:09:56	49			02:40:14.83	36
14	Marc	Davies	yes	Nathon Ford Triathlon	M40	M	130	01:20:01.40	75	2:14:36	55						
15	Alan	Latter	yes	West Coast Triathlon	M40	M	124	01:24:21.60	44			01:04:05	80				
16	James	Manson	yes	Cardiff Triathletes	M40	M	120	01:19:09.40	85	2:27:21	35						
17	Craig	Patterson	Yes	NEWPORT AND WEST WALES TRIA	M40	M	100									02:15:23.49	100
18	Robin	Woods		Brecon Tri	M40	M	100							03:30:04	100		
19	Gavin	John	yes		M40	M	99	01:29:49.90	38	2:36:22	23					02:38:44.39	38
20	Brian	Hosty	yes		M40	M	95	01:20:10.35	65							02:19:20.04	90
21	Paul	Seppman	yes	Port Talbot Harriers	M40	M	93	01:23:51.15	46	2:19:42	47						
22	Richard	Wilder	yes	UFIT TRIATHALON CLUB	M40	M	90			2:08:54	90						
23	Neil	Davies	yes	Rhondda Triathlon Club	M40	M	88	01:28:09.25	41							02:34:23.27	47
24	Steven	Gregory		Team Mountain Fuel	M40	M	85							03:32:00	85		
25	Paul	Lewis	yes	PORT TALBOT HARRIERS	M40	M	85			2:09:07	85						
26	Simon	Phillips	yes	Tinworks Tri Club	M40	M	84	01:30:54.00	36			01:10:41	48				
27	Conrad	Lawson	yes	Hereford Triathlon Club	M40	M	80	01:19:29.55	80								
28	Craig	Patterson	yes	NEWT	M40	M	80			2:10:30	80						
29	Niall	Foster	Yes	CARDIFF TRIATHLETES	M40	M	75									02:25:30.34	75
30	David	Hawkins	yes	Cardiff Triathletes	M40	M	70	01:20:05.55	70								
31	Dean	Johnston	yes	PORT TALBOT HARRIERS	M40	M	70			2:11:04	70						
32	Neil	Reid			M40	M	70							03:58:48	70		
33	Mike	Griffiths	yes	Team Deviant/Celtic Tri	M40	M	67	01:41:37.10	22	3:02:47	5	05:15:16	36	03:10:11.43	4		
34	Richard	Greaves		Hong Kong Dragons	M40	M	65							03:59:08	65		
35	Greg	Millards	yes	PORT TALBOT HARRIERS	M40	M	65			2:11:50	65						
36	Adrian	Parry-Jones			M40	M	60							04:07:28	60		
37	Richard	Thomas	Yes		M40	M	60									02:29:42.66	60
38	Roger	Thomas		MANCHESTER TRIATHLON CLUB	M40	M	55							04:09:44	55		
39	Ben	Jones	yes		M40	M	52	01:33:25.70	33	2:39:03	19						
40	Christian	Davies			M40	M	50					01:09:54	50				
41	Paul	Graveney		Stockport Tri Club	M40	M	50							04:12:08	50		
42	Warren	Griffiths		G.C.G	M40	M	50									02:30:38.42	50
43	David	Morgan	yes	Port Talbot Harriers	M40	M	50	01:22:19.75	50								
44	Paul	Bruton	yes	NEWT	M40	M	49			2:18:06	49						
45	Chris	Mackay		SOUTH WALES POLICE TRI CLUB	M40	M	49									02:32:41.50	49
46	Ben	Sealy			M40	M	49							04:25:13	49		
47	Slawomir	Karczewski			M40	M	48							04:27:31	48		
48	Mariano	Sanchez - Luppi		SALT AND SHAM CYCLE CLUB	M40	M	48									02:33:46.49	48
49	Stephen	Coy	yes	Leeds Bradford Triathlon Club	M40	M	47	01:23:40.45	47								
50	Paddy	Ginn			M40	M	47							04:34:35	47		
51	Martin	Jones			M40	M	47					01:14:15	47				
52	Paul	Chappell		CORNELLY STRIDERS AC	M40	M	46									02:34:51.47	46
53	Rob	Darby		Tri Surrey	M40	M	46							04:39:28	46		
54	Mark	Taylor			M40	M	46					01:20:38	46				
55	Andrew	Thornhill			M40	M	45							04:40:07	45		
56	Matthew	Willias			M40	M	45					01:21:34	45				
57	Karel	Maclean			M40	M	44							04:44:05	44		
58	Tony	Williams			M40	M	44					01:36:23	44				
59	Danny	Burke			M40	M	43					01:36:43	43				
60	Iain	Thornhill			M40	M	43							04:50:10	43		
61	Heath	Williams	yes	PORT TALBOT HARRIERS	M40	M	43			2:23:30	43						



125	Peter	Llewellyn	yes	CARDIFF TRIATHLON CLUB	M40	M	21			2:38:02	21						
126	Andrew	Cade		CR@P TRI	M40	M	20									02:55:45.68	20
127	Adam	Clarke	yes	PORT TALBOT HARRIERS	M40	M	20			2:38:30	20						
128	Christopher	Jones	yes	Trims	M40	M	20	01:52:40.70	18	3:11:20	2						
129	Darren	Vaughan	yes	Port Talbot Harriers	M40	M	20	01:48:00.75	20								
130	Edward Mark	Davies	yes	Celtic Tri	M40	M	19	01:48:15.15	19								
131	Gareth	Williams			M40	M	19									02:56:32.98	19
132	Jonathan	Cosson		PENCOED TRI CLUB	M40	M	18									02:57:19.56	18
133	Ross	Evans	yes	CELTIC TRI	M40	M	18										
134	Matthew	Barrell	yes		M40	M	17	01:53:32.50	17	2:39:11	18						
135	Dafydd	Bowen	yes		M40	M	17			2:40:24	17						
136	Chris	Evans		RHONDDA TRIATHLON CLUB	M40	M	17									02:57:21.63	17
137	David	Evans	yes	PORT TALBOT HARRIERS	M40	M	16			2:41:59	16						
138	Jonathan	Giddy	yes	Cardiff Triathletes	M40	M	16	01:53:42.45	16								
139	Damian	Tyrell		SWANSEA HARRIERS	M40	M	16									02:57:40.39	16
140	Jason	Massey	yes	PORT TALBOT HARRIERS	M40	M	15			2:43:10	15						
141	Ashley	Tomlinson	Yes	GOG TRIATHLON CLUB	M40	M	15									02:59:38.16	15
142	Gareth	Davies		FIVE FROGS	M40	M	14									03:00:15.91	14
143	Richard	Griffiths	yes	PORT TALBOT HARRIERS	M40	M	14			2:43:42	14						
144	Christopher	Jones			M40	M	13									03:00:58.24	13
145	Mark	Phillips	yes	PENCOED TRIATHLON CLUB	M40	M	13			2:44:50	13						
146	James	Hopkins	yes	CELTIC TRI	M40	M	12			2:46:00	12						
147	Huw	Parsons	Yes	PAC TRI	M40	M	12									03:04:10.46	12
148	Mark	Bamford	yes	CELTIC TRI	M40	M	11			2:48:38	11						
149	Robert	Kingdom		TAFF ELY TRIATHLON CLUB	M40	M	11									03:04:31.36	11
150	Andrew	Cosgrove	Yes		M40	M	10									03:04:34.77	10
151	Philip	Davies	yes	PORT TALBOT HARRIERS	M40	M	10			2:49:22	10						
152	Simon	Bromham	yes	CELTIC TRI	M40	M	9			2:50:29	9						
153	Daniel	Jones			M40	M	9									03:07:21.17	9
154	Kerry	Newman	Yes	CR@P TRI	M40	M	8									03:08:26.63	8
155	Christian	Griffiths			M40	M	7									03:09:59.64	7
156	Rob	Murray	yes	PORT TALBOT HARRIERS	M40	M	7			2:54:47	7						
157	Glyn	Drucker	yes	CAERPHILLY TRI-ERS	M40	M	6			3:00:32	6						
158	Nigel	Rees			M40	M	6									03:10:01.86	6
159	Dorian	Russell			M40	M	5									03:10:05.12	5
160	Darren	Heath	yes	CELTIC TRI	M40	M	4			3:07:58	4						
161	Mat	Jones	yes	PORT TALBOT HARRIERS	M40	M	3			3:08:46	3						
162	Dave	Loveless		CR@P TRI	M40	M	3									03:10:40.32	3
163	James	Armstrong			M40	M	2									03:13:06.09	2
164	Andrew	Davies	Yes	CR@P TRI	M40	M	1									03:14:04.97	1
165	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		Stage 5 - Gower	
							Time	Individual Points	Time	Individual Points	Time	Individual Points	Time	Individual Points	Time	Individual Points
1	Gareth Bowyer	Yes	Gog	M50	M	400	01:21:26.70	100			00:59:53	100	03:35:07	100	02:16:30.22	100
2	Steve Matchett	Yes	Pembs Tri	M50	M	255	01:23:17.75	90			01:04:37	80			02:26:01.00	85
3	Rodney Savage	Yes	Cardiff Triathletes	M50	M	245	01:23:18.85	85	2:22:18	85	01:05:13	75				
4	Martin Cole	Yes	PORT TALBOT HARRIERS	M50	M	180			2:20:39	90					02:23:27.89	90
5	Gareth Norton	Yes	Cardiff Triathletes	M50	M	145	01:27:48.25	80		65						
6	Geoff Wall	Yes	Y Fenni	M50	M	137	01:47:38.35	50	3:03:36	40	01:23:50	47				
7	Mike Rose			M50	M	129							04:45:24	49	02:40:07.25	80
8	Peter Munn	Yes	PEMBROKESHIRE TRIATHLON C	M50	M	104			2:51:07	44	01:12:59	60				
9	Lynsey Christopher	Yes	PORT TALBOT HARRIERS	M50	M	100			2:14:52	100						
10	Andrew Deans	Yes	Cardiff Triathletes	M50	M	96	01:49:27.00	48			01:23:39	48				
11	Nigel Soulsby	Yes	Taff Ely Triathlon	M50	M	94	01:46:57.85	55	3:06:45	39						
12	Stephen Davies		Rhondda tri	M50	M	90							04:17:40	90		
13	Colin Richard Wallace			M50	M	90					01:02:10	90				
14	Paul Algieri			M50	M	85					01:03:45	85				
15	Ian Imeson			M50	M	85							04:24:31	85		
16	Carwyn Evans	Yes	Taff Ely Tri	M50	M	81	02:13:30.80	45	3:38:28	36						
17	Mark Owen		NEWT's	M50	M	80							04:24:32	80		
18	Jonathan Wright	Yes	PENCOED TRIATHLON CLUB	M50	M	80			2:25:01	80						
19	Paul Arnold	Yes	CELTIC TRI	M50	M	75			2:26:47	75						
20	Mark Davies		BYNEA CC	M50	M	75									02:41:07.99	75
21	Simon Dawson		Chester Triathlon Club	M50	M	75							04:28:10	75		
22	Martin Hughes	Yes	Team Bodyworks	M50	M	75	01:31:28.30	75								
23	Andy Bostock	Yes		M50	M	70	01:35:38.05	70								
24	Neil Dalleywater			M50	M	70					01:09:58	70				
25	John Hopkins		PORT TALBOT HARRIERS	M50	M	70									02:44:16.63	70
26	Ian Williams	Yes	PORT TALBOT HARRIERS	M50	M	70			2:30:54	70						
27	Gary Williams			M50	M	70							04:31:09	70		
28	Paul Cheetham			M50	M	65							04:43:23	65		
29	Gary Davies	Yes		M50	M	65	01:42:37.25	65								
30	Charlie Jacob		PUMP HEOL PEDDLERS	M50	M	65									02:47:48.40	65
31	Steve Kelly			M50	M	65					01:12:09	65				
32	James Davies	Yes	CELTIC TRI	M50	M	60									02:47:58.00	60
33	Mark Ford	Yes	Bynea	M50	M	60	01:43:05.55	60								
34	Tim Parfitt	Yes	CRP TRI CLUB	M50	M	60			2:31:41	60						
35	Jesus Porras Castro			M50	M	60							04:43:28	60		
36	Nigel Garner		MUMBLES RNLI FIT CLUB	M50	M	55									02:48:36.36	55
37	Ralph Harris	Yes	SOUTH WALES POLICE TRI CLUB	M50	M	55			2:35:17	55						
38	Jonathan Hedley-Barrett		MGPT Tri Group	M50	M	55							04:44:17	55		
39	John O'Farrell			M50	M	55					01:13:32	55				
40	John Cregg	Yes	NEWT	M50	M	50			2:37:16	50						
41	Alex McDonnell			M50	M	50					01:17:51	50				
42	Michael Newman			M50	M	50							04:44:55	50		
43	Jay Sharma		SOUTH WALES POLICE TRI CLUB	M50	M	50									02:48:37.74	50
44	Nick Davies	Yes	Newts	M50	M	49	01:48:39.65	49								
45	Rob Sandles			M50	M	49									02:49:15.34	49
46	Stephen Summers	Yes	PENCOED TRIATHLON CLUB	M50	M	49			2:38:18	49						
47	Ian Walker			M50	M	49					01:23:04	49				
48	Andrew Dean		Leeds and Bradford Tri Club	M50	M	48							04:50:12	48		
49	Conrad John	Yes	CELTIC TRI	M50	M	48									02:50:17.72	48
50	Steve Wilkinson	Yes	CELTIC TRI	M50	M	48			2:40:30	48						
51	Mark Cook	Yes	Celtic Tri	M50	M	47	01:50:10.90	47								
52	Noelwyn Daniel	Yes	HEALTHY LIFE ACTIVITIES	M50	M	47			2:40:57	47						
53	Mark John			M50	M	47							04:59:05	47		
54	Christopher Potter			M50	M	47									02:55:18.67	47
55	Stephen Bell			M50	M	46					01:24:32	46				
56	Anthony Dala			M50	M	46							05:08:26	46		
57	Gwyn Everett	Yes	TAFF ELY TRIATHLON CLUB	M50	M	46			2:44:36	46						
58	Dave Rose			M50	M	46									02:57:02.16	46
59	Richard Zielinski	Yes		M50	M	46	01:55:12.25	46								
60	Jeff Heenan-Jalil			M50	M	45					01:26:41	45				
61	Shane Hembrow	Yes	MONMOUTH TRI CLUB	M50	M	45			2:45:29	45						
62	Mark Jordan		CELTIC TRI	M50	M	45									03:00:15.79	45



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	
								Time	Individual Points	Time	Individual Points	Time	Individual Points	Time	Individual Points	Time	Individual Points
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	Tim	Taylor	Yes	HEREFORD TRIATHLON CLUB	M60	M	100									02:37:43.63	100
6	Alan	Turner		Glossop Triathlon Club	M60	M	100							04:57:34	100		
7	Timothy	Heaysman	Yes	TRI TEAM GLOS	M60	M	90									02:43:00.09	90
8	Dave	Hill	Yes		M60	M	90	01:46:34.35	90								
9	Edward	Morgan	Yes	TAFF ELY TRIATHLON CLUB	M60	M	90			2:31:38	90						
10	Ronan	O'Driscoll			M60	M	90							05:01:37	90		
11	Steve	Rich			M60	M	90					01:14:59	90				
12	Ian	Blakebrough		Chester tri club	M60	M	85							06:02:23	85		
13	Guy	Clamp			M60	M	85					01:20:06	85				
14	Malcolm	Clash			M60	M	85			2:50:40	85						
15	Martin	Davies	Yes	NEWT	M60	M	85	01:52:07.15	85								
16	William	Snowdon	Yes	CARDIFF TRIATHLETES	M60	M	85									03:00:13.68	85
17	Stephen	Dines			M60	M	80					01:21:14	80				
18	Mark	HIRD			M60	M	80									03:03:46.73	80
19	Adrian	Colley	Yes	TAFF ELY TRIATHLON CLUB	M60	M	75									03:04:01.29	75
20	Anthony	Holling		PORT TALBOT HARRIERS	M60	M	75			3:32:27	75						
21	John	Nicholls	Yes	North Dock Dredgers Tri	M60	M	75	01:58:55.60	75								
22	John	Ayres		PORT TALBOT HARRIERS	M60	M	70			3:39:08	70						
23	Neil	Taylor	Yes	TEME LEISURE TRI	M60	M	70									03:06:51.18	70
24	Steve	Strange			M60	M	65									03:44:41.41	65

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	
								Time	Individual Points	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				