

Team Competition		
Position	Team Name	Total Series Points
1	GoG Triathlon Club	1695
2	Pembrokeshire Triathlon Club	1633
3	Celtic Tri	1526
4	Cardiff Triathletes	1216
5	Taff Ely Triathlon Club	1178
6	Port Talbot Harriers	1012
7	N.E.W.T	965
8	Monmouth Triathlon Club	655
9	Bynea CC	507
10	Caerphilly Tri-Ers	448

Overall Male				
Position	Name		Team	Series Points
1	Liam	Lloyd	Cycle Specific	385
2	Alex	Matchett	Pembrokeshire Tri	270
3	Sam	Wade	Team Pedal Cover	270
4	Chris	Silver	NTPCW	260
5	Beau	Smith		250
6	Kieran	John	Caerphilly Tri-Ers	244
7	Joshua	Lewis	NTPCW	208
8	Daniel	Madden	University Of Birmingham	198
9	Gareth	Bowyer	GOG	175
10	Mark	Binding	Taff Ely Triathlon	174

Overall Female				
Position	Name		Team	Series Points
1	Florence	Swan	NTPCW	350
2	Rhiannon	Middleton	NTPCW	310
3	Hannah	Munday	Intelligent Triathlon Training	290
4	Rhian	Roxburgh	GOG TRIATHLON	265
5	Helen	Marshall	Intrtri	220
6	Gwen	Kinsey	Pedal Cover Insurance Tri Team	205
7	Catherine	Marks	Pembrokeshire Triathlon	198
8	Rebecca	Comins	Monmouth Triathlon Club	187
9	Laura	Clements	Ufit	183
10	Jennifer	Aylward	Celtic Tri	179

Male Seniors				
Position	Name		Team	Series Points
1	Liam	Lloyd	Cycle Specific	385
2	Alex	Matchett	Pembrokeshire Tri	270
3	Sam	Wade	Team Pedal Cover	270
4	Chris	Silver	Ntpcw	260
5	Kieran	John	Caerphilly Tri-Ers	255
6	Beau	Smith		250
7	Joshua	Lewis	Ntpcw	220
8	Daniel	Madden	University Of Birmingham	205
9	Simon	Cole	GOG TRIATHLON	185
10	John	Collier	WEST COAST TRIATHLON	150

Female Seniors				
Position	Name		Team	Series Points
1	Florence	Swan	NTPCW	365
2	Rhiannon	Middleton	NTPCW	320
3	Hannah	Munday	Intelligent Triathlon Training	290
4	Catherine	Marks	Pembrokeshire Triathlon	234
5	Laura	Clements	Ufit	205
6	Jasmine	Bowyer	Cycle Specific	190
7	Charlotte	Ralph	Cardiff Triathletes	171
8	Emer	Sandham	Gog Triathlon Club	162
9	Katie	Greenwood	Cardiff Triathletes	150
10	Eloise	Crowley	CARDIFF TRIATHLON CLUB	145

Male 40s				
Position	Name		Team	Individual Points
1	James	Moore	Pembrokeshire	310
2	Mark	Binding	TAFF ELY TRIATHLON CLUB	300
3	David	Coates	West Coast Triathlon	247
4	Simon	Rokburgh	GOG TRIATHLON	245
5	Oliver	Simon	Atac	200
6	Mark	Geary	Risc-A-Tri	187
7	Marcus	Foster		181
8	Richard	Leary	CELTIC TRI	175
9	Nathan	Bevan	Rhondda Triathlon Club	169
10	Jonathan	Carrick	CELTIC TRI	169

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	Cathryn	Jenkins	Celtic Tri	166
7	Helen	Colley	Taff Ely Tri Club	125
8	Stephanie	Waring	TENBY ACES	100
9	Emma	Thomas		90
10	Bethan	Thomas	Port Talbot Harriers	86

Male 50s				
Position	Name		Team	Individual Points
1	Gareth	Bowyer	Gog	400
2	Steve	Matchett	Pembs Tri	255
3	Rodney	Savage	Cardiff Triathletes	245
4	Martin	Cole	PORT TALBOT HARRIERS	180
5	Gareth	Norton	Cardiff Triathletes	145
6	Geoff	Wall	Y Fenni	137
7	Mike	Rose		129
8	Peter	Munn	PEMBROKESHIRE TRIATHLON	104
9	Lynsey	Christopher	PORT TALBOT HARRIERS	100
10	Andrew	Deans	Cardiff Triathletes	96

Female 50s				
Position	Name		Team	Individual Points
1	Rebecca	Comins	Monmouth Triathlon Club	400
2	Jennifer	Aylward	Celtic Tri	360
2	Debs	Jones	GOG TRIATHLON	310
4	Elizabeth	Vaughan	Taff Ely Triathlon Club	260
5	Lesley	Mainwaring	Triathlon Coaching Wales	145
6	Karen	Birdsall	Celtic Tri	115
7	Andrea	Griffiths	CELTIC TRI	110
8	Helen	Mackie	TORBAY TRIATHLON CLUB	90
9	Emma	Wheeler	Cmc Llandeilo	90
10	Elaine	Rowlands	Tri Ystwyth	85

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	Tim	Taylor	HEREFORD TRIATHLON CLUB	100
6	Alan	Turner	Glossop Triathlon Club	100
7	Timothy	Heaysman	TRI TEAM GLOS	90
8	Dave	Hill		90
9	Edward	Morgan	TAFF ELY TRIATHLON CLUB	90
10	Ronan	O'Driscoll		90

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	Ceeney	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
8	Ricardo	Iglesias		80
9	Elur	Urkola		70
10	Osian	Williams	TCW	70

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

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									02:19:41.97	42
73	Steve	Sayer			MS	M	42							03:52:46	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								

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						