

Team Competition		
Position	Team Name	Total Series Points
1	Pembrokeshire Triathlon Club	470
2	Cardiff Triathletes	430
3	Celtic Tri	410
4	N.E.W.T	330
5	North Dock Dredgers	311
6	Taff Ely Triathlon Club	300
7	Bynea CC	270
8	Port Talbot Harriers	240
9	GoG Triathlon Club	239
10	Tenby Aces	148

Overall Male				
Position	Name		Team	Series Points
1	Liam	Lloyd	Cycle Specific	200
2	Chris	Silver		160
3	Joshua	Lewis	Ntpcw	160
4	Oliver	Simon	Atac	145
5	Kieran	John	Caerphilly Tri-Ers	119
6	Guto	Morgans	Cycle Specific	105
7	Jamie	Best	Bynea Cc	96
8	Alex	Matchett	Pembrokeshire Tri	90
9	Sam	Wade	Team Pedal Cover	85
10	James	Manson	Cardiff Triathletes	84

Overall Female				
Position	Name		Team	Series Points
1	Hannah	Munday	Intelligent Triathlon Training	200
2	Helen	Marshall	Intrtri	155
3	Katie	Greenwood	Cardiff Triathletes	130
4	Jasmine	Bowyer	Cycle Specific	119
5	Catherine	Marks	Pembrokeshire Triathlon	101
6	Laura	Clements	Ufit	98
7	Rebecca	Comins	Monmouth Triathlon Club	94
8	Emer	Sandham	Gog Triathlon Club	91
9	Carol	Bridge	Erdinger	90
10	Victoria	Baker	MONMOUTH TRI CLUB	90

Male Seniors				
Position	Name		Team	Series Points
1	Liam	Lloyd	Cycle Specific	200
2	Joshua	Lewis	Ntpcw	160
3	Chris	Silver	Ntpcw	160
4	Kieran	John	Caerphilly Tri-Ers	130
5	Guto	Morgans	Cycle Specific	125
6	Alex	Matchett	Pembrokeshire Tri	90
7	Adrian	Leonard	Gog Triathlon	88
8	Sam	Wade	Team Pedal Cover	85
9	Andrew	Horsfall - Tu	Cycle Specific	80
10	Beau	Smith		80

Female Seniors				
Position	Name		Team	Series Points
1	Hannah	Munday	Intelligent Triathlon Training	200
2	Katie	Greenwood	Cardiff Triathletes	150
3	Jasmine	Bowyer	Cycle Specific	135
4	Laura	Clements	Ufit	115
5	Catherine	Marks	Pembrokeshire Triathlon	114
6	Emer	Sandham	Gog Triathlon Club	102
7	Charlotte	Ralph	Cardiff Triathletes	96
8	Bryanie	Allsworth	West Coast Triathlon	90
9	Carol	Bridge	Erdinger	90
10	Victoria	Baker	MONMOUTH TRI CLUB	90

Male 40s				
Position	Name		Team	Individual Points
1	Oliver	Simon	Atac	200
2	Jamie	Best	Bynea Cc	165
3	Marc	Davies	Nathon Ford Triathlon	130
4	James	Manson	Cardiff Triathletes	120
5	James	Moore	Pembrokeshire	109
6	Chris	Lewis	Port Talbot Harriers	103
7	Paul	Seppman	Port Talbot Harriers	93
8	Richard	Wilder	UFIT TRIATHALON CLUB	90
9	Paul	Lewis	PORT TALBOT HARRIERS	85
10	Marcus	Foster		82

Female 40s				
Position	Name		Team	Individual Points
1	Helen	Marshall	Intrtri	190
2	Gwen	Kinsey	Pedal Cover Insurance Tri Team	175
3	Helen	Colley	Taff Ely Tri Club	125
4	Cathryn	Jenkins	Celtic Tri	101
5	Rhian	Roxburgh	GOG TRIATHLON	100
6	Bethan	Thomas	Port Talbot Harriers	86
7	Sian	Williams	Pembrokeshire Traithlon Club	85
8	Rosie	Davies		80
9	Claire	Jackson	MONMOUTH TRI CLUB	75
10	Jenny	Mcadie		75

Male 50s				
Position	Name		Team	Individual Points
1	Rodney	Savage	Cardiff Triathletes	170
2	Gareth	Bowyer	Gog	100
3	Lynsey	Christopher	PORT TALBOT HARRIERS	100
4	Nigel	Soulsby	Taff Ely Triathlon	94
5	Geoff	Wall	Y Fenni	90
6	Martin	Cole	PORT TALBOT HARRIERS	90
7	Steve	Matchett	Pembs Tri	90
8	Carwyn	Evans	Taff Ely Tri	81
9	Gareth	Norton	Cardiff Triathletes	80
10	Jonathan	Wright	PENCOED TRIATHLON CLUB	80

Female 50s				
Position	Name		Team	Individual Points
1	Rebecca	Comins	Monmouth Triathlon Club	200
2	Elizabeth	Vaughan	Taff Ely Triathlon Club	170
3	Lesley	Mainwarin	Triathlon Coaching Wales	145
4	Karen	Birdsall	Celtic Tri	115
5	Emma	Wheeler	Cmc Llandeilo	90
6	Debs	Jones	GOG TRIATHLON	85
7	Jennifer	Aylward	Celtic Tri	85
8	Carolyn	Williams	PORT TALBOT HARRIERS	80
9	Helen	Mansfield	None	75
10	Sharon	Daniel	HEALTHY LIFE ACTIVITIES	70

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	Dave	Hill		90
5	Edward	Morgan	TAFF ELY TRIATHLON CLUB	90
6	Martin	Davies	Newt	85
7	Malcolm	Clash		85
8	John	Nicholls	North Dock Dredgers Tri	75
9	Anthony	Holling	PORT TALBOT HARRIERS	75
10	John	Ayres	PORT TALBOT HARRIERS	70

Female 60s				
Position	Name		Team	Individual Points
1	Karen	Munn	Pembrokeshire Triathlon Club	100
2	Barbara	Cook	North Dock Dredgers	90
3	Kaz	Ceeney	NEWT	90

Male 70s				
Position	Name		Team	Individual Points
1	Alex	Heron	Celtic Tri	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 Clu	100
2	Iwan	Dugmore	Pembrokeshire Triathlon Clu	90
3	James	Oulsnam	Csg Elite Performers	85
4	Dominic	Davies	Llanelli Asc	80
5	Jack	Southam	Llanelli Swimming Club	75
6	Osian	Williams	Tcw	70
7	Sam	Belcher	Cardiff Junior Tri	65

Female Yth and Jnr				
Position	Name		Team	Individual Points
1	Eden Rae	Davies	Celtic Tri	100

Position	Name		Member	Team	Cat	Gender	WSS Points	Stage 1 - Llanelli		Stage 2 -TATA Steelman	
								Time	Individual Points	Time	Individual Points
1	Hannah	Munday	Yes	Intelligent Triathlon Training	FS	F	200	01:17:53.00	100	2:10:04	100
2	Helen	Marshall	Yes	Intrtri	F40	F	155	01:22:35.35	80	2:17:23	75
3	Katie	Greenwood	Yes	Cardiff Triathletes	FS	F	130	01:24:42.30	75	2:24:44	55
4	Jasmine	Bowyer	Yes	Cycle Specific	FS	F	119	01:25:04.90	70	2:25:57	49
5	Catherine	Marks	Yes	Pembrokeshire Triathlon	FS	F	101	01:27:36.50	55	2:29:04	46
6	Laura	Clements	Yes	Ufit	FS	F	98	01:27:56.55	50	2:26:47	48
7	Rebecca	Comins	Yes	Monmouth Triathlon Club	F50	F	94	01:28:13.50	49	2:29:52	45
8	Emer	Sandham	Yes	Gog Triathlon Club	FS	F	91	01:30:38.90	48	2:33:24	43
9	Carol	Bridge	Yes	Erdinger	FS	F	90	01:20:25.65	90		
10	Victoria	Baker		MONMOUTH TRI CLUB	FS	F	90			2:11:22	90
11	Charlotte	Ralph	Yes	Cardiff Triathletes	FS	F	88	01:31:35.00	47	2:34:57	41
12	Rhian	Roxburgh		GOG TRIATHLON	F40	F	85			2:14:39	85
13	Rhiannon	Middleton	Yes		FS	F	85	01:20:53.50	85		
14	Florence	Swan			FS	F	80			2:16:17	80
15	Bryanie	Allsworth	Yes	West Coast Triathlon	FS	F	76	01:38:44.35	38	2:41:40	38
16	Helen	Colley	Yes	Taff Ely Tri Club	F40	F	70	01:39:42.45	35	2:45:26	35
17	Ailsa	Beck		UNIVERSITY OF STIRLING	FS	F	65			2:23:04	65
18	Elizabeth	Vaughan	Yes	Taff Ely Triathlon Club	F50	F	65	01:40:30.25	31	2:46:24	34
19	Emma	Palfrey	Yes	Cycle Specific	FS	F	65	01:26:33.60	65		
20	Cathryn	Williams	Yes	Port Talbot Harriers	FS	F	62	01:40:42.30	30	2:49:18	32
21	Eloise	Crowley		CARDIFF TRIATHLON CLUB	FS	F	60			2:23:14	60
22	Gwen	Kinsey	yes	Pedal Cover Insurance Tri Team	F40	F	60	01:27:03.90	60	2:21:33	70
23	Karen	Munn	Yes	Pembrokeshire Triathlon Club	F60	F	54	01:43:35.05	27	2:55:59	27
24	Sara	Willhoit		SYTRI	FS	F	50			2:25:55	50
25	Amy	Seppman	Yes	Port Talbot Harriers	FS	F	49	01:45:01.15	26	2:58:26	23
26	Ffion	Davies		PORT TALBOT HARRIERS	FS	F	47			2:28:11	47
27	Lesley	Mainwaring	Yes	Triathlon Coaching Wales	F50	F	46	01:46:43.30	25	2:59:56	21
28	Sian	Williams	Yes	Pembrokeshire Traithlon Club	F40	F	46	01:34:26.50	46		
29	Claire	Manson	Yes	Cardiff Triathletes	FS	F	45	01:34:53.25	45		
30	Ceri	Ruzzi		FUL-ON-TRI	FS	F	44			2:31:13	44
31	Natasha	Barton	Yes	Pencoed	FS	F	44	01:36:51.35	44		
32	Cathryn	Jenkins	Yes	Celtic Tri	F40	F	43	01:48:18.65	23	3:01:40	20
33	Jemma	Sedgmond	Yes	Cardiff Triathletes	FS	F	43	01:37:21.65	43		
34	Eleanor	Davies		CLWB BEICIO BALA	F40	F	42			2:34:12	42
35	Rosie	Davies	yes		F40	F	42	01:37:21.80	42		
36	Jenny	Mcadie	Yes		F40	F	41	01:38:05.65	41		
37	Claire	Jackson		MONMOUTH TRI CLUB	F40	F	40			2:37:27	40
38	Emma	Wheeler	Yes	Cmc Llandeilo	F50	F	40	01:38:23.30	40		
39	Jennifer	Aylward	Yes	Celtic Tri	F50	F	39	01:38:40.10	39		
40	Sarah	Gallacher		GOG TRIATHLON	FS	F	39			2:39:26	39
41	Ceri	Rees-Coe	Yes	North Dock Dredgers	F40	F	37	01:39:21.10	37		

42	Mared	Dafydd		GOG TRIATHLON	FS	F	37			2:43:48	37
43	Jayne	Arnold		CELTIC TRI	F40	F	36			2:45:01	36
44	Kath	Thomas	yes	Cyclespecific	F40	F	36	01:39:25.65	36		
45	Hayley	Griffiths	Yes	Celtic Tri	FS	F	34	01:40:11.65	34		
46	Louise	Miskell		ABERDARE VALLEY AAC	F40	F	33			2:47:41	33
47	Zoe	Davies	Yes	Risc-A-Tri	FS	F	33	01:40:22.70	33		
48	Kate	Humphrey	Yes	Newt	FS	F	32	01:40:28.90	32		
49	Lowri	Bowen		CRP TRI CLUB	F40	F	31			2:49:48	31
50	Louise	Pierpoint		PORT TALBOT HARRIERS	F40	F	30			2:49:53	30
51	Debs	Jones		GOG TRIATHLON	F50	F	29			2:53:43	29
52	Helen	Mansfield	Yes	None	F50	F	29	01:42:24.35	29		
53	Carolyn	Williams		PORT TALBOT HARRIERS	F50	F	28			2:55:41	28
54	Eden Rae	Davies	Yes	Celtic Tri	FY	F	28	01:42:49.10	28		
55	Paula	Stevens		GOG TRIATHLON	F40	F	26			2:56:17	26
56	Kayley	Griffiths		CAERPHELLY TRI-ERS	FS	F	25			2:57:33	25
57	Angharad	Pocock		CARDIFF TRIATHLON CLUB	F40	F	24			2:57:57	24
58	Barbara	Cook	Yes	North Dock Dredgers	F60	F	24	01:46:56.75	24		
59	Angharad	Lewis	Yes	Gog Triathlon	FS	F	22	01:53:31.55	22		
60	Geri	Angharad Evans		GOG TRIATHLON	F40	F	22			2:58:35	22
61	Linda	Spillane	Yes	Newt	F70	F	21	01:53:40.80	21		
62	Bethan	Morris	Yes	Port Talbot Harriers	FS	F	19	01:54:30.00	19		
63	Cathy	Bruton		NEWT	F40	F	19			3:03:06	19
64	Jenna	Griffiths	yes	Be Awesome	FS	F	19	02:03:52.25	11	3:21:34	8
65	Amy	Jenkins		PORT TALBOT HARRIERS	FS	F	18			3:04:05	18
66	Christina	Smith	Yes	Celtic Tri	F50	F	18	01:54:39.10	18		
67	Kathryn	Sweetman	yes		F40	F	17	01:55:37.50	17		
68	Sian	Richards		CELTIC TRI	FS	F	17			3:05:24	17
69	Bethan	Thomas	Yes	Port Talbot Harriers	F40	F	16	01:58:14.60	13	3:25:23	3
70	Helen	Jones		TAFF ELY TRIATHLON CLUB	F40	F	16			3:08:47	16
71	Kirsty	Edwards	Yes	Newport & East Wales Triathlon	FS	F	16	01:57:04.20	16		
72	Denise	Phillips	Yes	Bynea	F40	F	15	01:57:42.55	15		
73	Rachael	Parkinson	Yes	Bynea Cycling Club	FS	F	15	01:54:00.85	20	3:09:56	15
74	Helen	Murray	yes	Tenby Aces	F40	F	14	01:57:59.05	14		
75	Karen	Birdsall	Yes	Celtic Tri	F50	F	14	02:03:07.10	12	3:26:40	2
76	Sharon	Daniel		HEALTHY LIFE ACTIVITIES	F50	F	14			3:10:59	14
77	Jane	Harwood		PORT TALBOT HARRIERS	FS	F	13			3:11:09	13
78	Abigail	Jones			FS	F	12			3:14:22	12
79	Catherine	Colleypriest		CRP TRI CLUB	F40	F	11			3:14:25	11
80	Caroline	Rees	Yes	Pencoed Tri Club	F40	F	10	02:04:05.65	10		
81	Daniela	Jones		PEN-Y-BONT TRIATHLON CLUB	F40	F	10			3:16:00	10
82	Helen	Griffiths		PORT TALBOT HARRIERS	F50	F	9			3:19:46	9
83	Sian	Rees-Jones	yes	Cycle Specific	F50	F	9	02:04:28.15	9		
84	Anna	Rees	Yes	Celtic Tri	FS	F	8	02:04:46.20	8		

<b>85</b>	Andrea	Griffiths	Yes	Celtic Tri	F40	F	<b>7</b>	02:09:57.50	7		
<b>86</b>	Lisa	Forrest			F40	F	<b>7</b>			3:22:09	7
<b>87</b>	Sian	Jakeman		PENCOED TRIATHLON CLUB	F40	F	<b>6</b>			3:22:15	6
<b>88</b>	Nicola	Thomas		CELTIC TRI	F40	F	<b>5</b>			3:22:49	5
<b>89</b>	Nicola	Peake		BFUNCTIONAL	F50	F	<b>4</b>			3:22:54	4
<b>90</b>	Nicola	Jones		TAFF ELY TRIATHLON CLUB	F40	F	<b>1</b>			3:29:45	1

Position	Name		Member	Team	Cat	Gender	WSS Points	Stage 1 - Llanelli		Stage 2 - TATA Steelman	
								Time	Individual Points	Time	Individual Points
1	Eden Rae	Davies	Yes	Celtic Tri	FY	F	100	01:42:49.10	100		

Position	Name		Member	Team	Cat	Gender	WSS Points	Stage 1 - Llanelli		Stage 2 - TATA Steelman	
								Time	Individual Points	Time	Individual Points
1	Hannah	Munday	Yes	Intelligent Triathlon Training	FS	F	200	01:17:53.00	100	2:10:04	100
2	Katie	Greenwood	Yes	Cardiff Triathletes	FS	F	150	01:24:42.30	80	2:24:44	70
3	Jasmine	Bowyer	Yes	Cycle Specific	FS	F	135	01:25:04.90	75	2:25:57	60
4	Laura	Clements	Yes	Ufit	FS	F	115	01:27:56.55	60	2:26:47	55
5	Catherine	Marks	Yes	Pembrokeshire Triathlon	FS	F	114	01:27:36.50	65	2:29:04	49
6	Emer	Sandham	Yes	Gog Triathlon Club	FS	F	102	01:30:38.90	55	2:33:24	47
7	Charlotte	Ralph	Yes	Cardiff Triathletes	FS	F	96	01:31:35.00	50	2:34:57	46
8	Bryanie	Allsworth	Yes	West Coast Triathlon	FS	F	90	01:38:44.35	46	2:41:40	44
9	Carol	Bridge	Yes	Erdinger	FS	F	90	01:20:25.65	90		
10	Victoria	Baker		MONMOUTH TRI CLUB	FS	F	90			2:11:22	90
11	Florence SWAN	Swan			FS	F	85			2:16:17	85
12	Rhiannon	Middleton	Yes		FS	F	85	01:20:53.50	85		
13	Cathryn	Williams	Yes	Port Talbot Harriers	FS	F	84	01:40:42.30	42	2:49:18	42
14	Amy	Seppman	Yes	Port Talbot Harriers	FS	F	81	01:45:01.15	41	2:58:26	40
15	Ailsa	Beck		UNIVERSITY OF STIRLING	FS	F	80			2:23:04	80
16	Rachael	Parkinson	Yes	Bynea Cycling Club	FS	F	76	01:54:00.85	39	3:09:56	37
17	Eloise Crowley	Crowley		CARDIFF TRIATHLON CLUB	FS	F	75			2:23:14	75
18	Emma	Palfrey	Yes	Cycle Specific	FS	F	70	01:26:33.60	70		
19	Jenna	Griffiths	yes	Be Awesome	FS	F	70	02:03:52.25	36	3:21:34	34
20	Sara	Willhoit		SYTRI	FS	F	65			2:25:55	65
21	Ffion DAVIES	Davies		PORT TALBOT HARRIERS	FS	F	50			2:28:11	50
22	Claire	Manson	Yes	Cardiff Triathletes	FS	F	49	01:34:53.25	49		
23	Ceri RUZZI	Ruzzi		FUL-ON-TRI	FS	F	48			2:31:13	48
24	Natasha	Barton	Yes	Pencoed	FS	F	48	01:36:51.35	48		
25	Jemma	Sedgmond	Yes	Cardiff Triathletes	FS	F	47	01:37:21.65	47		
26	Hayley	Griffiths	Yes	Celtic Tri	FS	F	45	01:40:11.65	45		
27	Sarah	Gallacher		GOG TRIATHLON	FS	F	45			2:39:26	45
28	Zoe	Davies	Yes	Risc-A-Tri	FS	F	44	01:40:22.70	44		
29	Kate	Humphrey	Yes	Newt	FS	F	43	01:40:28.90	43		
30	Mared	Dafydd		GOG TRIATHLON	FS	F	43			2:43:48	43
31	Kayley	Griffiths		CAERPHILLY TRI-ERS	FS	F	41			2:57:33	41
32	Angharad	Lewis	Yes	Gog Triathlon	FS	F	40	01:53:31.55	40		
33	Amy JENKINS	Jenkins		PORT TALBOT HARRIERS	FS	F	39			3:04:05	39
34	Bethan	Morris	Yes	Port Talbot Harriers	FS	F	38	01:54:30.00	38		
35	Sian	Richards		CELTIC TRI	FS	F	38			3:05:24	38
36	Kirsty	Edwards	Yes	Newport & East Wales Triathlon	FS	F	37	01:57:04.20	37		
37	Jane	Harwood		PORT TALBOT HARRIERS	FS	F	36			3:11:09	36
38	Abigail	Jones			FS	F	35			3:14:22	35
39	Anna	Rees	Yes	Celtic Tri	FS	F	35	02:04:46.20	35		
40	Kirsty	Shaw		TAFF ELY TRIATHLON CLUB	FS	F	33			3:37:16	33
41	Lyndsy	McKeown		CELTIC TRI	FS	F	32			3:37:44	32

Position	Name		Member	Team	Cat	Gender	WSS Points	Stage 1 - Llanelli		Stage 2 - TATA Steelman	
								Time	Individual Points	Time	Individual Points
1	Helen	Marshall	Yes	Intrtri	F40	F	190	01:22:35.35	100	2:17:23	90
2	Gwen	Kinsey	yes	Pedal Cover Insurance Tri Team	F40	F	175	01:27:03.90	90	2:21:33	85
3	Helen	Colley	Yes	Taff Ely Tri Club	F40	F	125	01:39:42.45	60	2:45:26	65
4	Cathryn	Jenkins	Yes	Celtic Tri	F40	F	101	01:48:18.65	55	3:01:40	46
5	Rhian	Roxburgh	Yes	GOG TRIATHLON	F40	F	100			2:14:39	100
6	Bethan	Thomas	Yes	Port Talbot Harriers	F40	F	86	01:58:14.60	47	3:25:23	39
7	Sian	Williams	Yes	Pembrokeshire Traithlon Club	F40	F	85	01:34:26.50	85		
8	Rosie	Davies	yes		F40	F	80	01:37:21.80	80		
9	Claire	Jackson	Yes	MONMOUTH TRI CLUB	F40	F	75			2:37:27	75
10	Jenny	Mcadie	Yes		F40	F	75	01:38:05.65	75		
11	Ceri	Rees-Coe	Yes	North Dock Dredgers	F40	F	70	01:39:21.10	70		
12	Jayne	Arnold	Yes	CELTIC TRI	F40	F	70			2:45:01	70
13	Kath	Thomas	yes	Cyclespecific	F40	F	65	01:39:25.65	65		
14	Louise	Miskell	Yes	ABERDARE VALLEY AAC	F40	F	60			2:47:41	60
15	Lowri	Bowen	Yes	CRP TRI CLUB	F40	F	55			2:49:48	55
16	Eleanor	Davies	Yes	CLWB BEICIO BALA	F40	F	50			2:34:12	50
17	Kathryn	Sweetman	yes		F40	F	50	01:55:37.50	50		
18	Louise	Pierpoint	Yes	PORT TALBOT HARRIERS	F40	F	50			2:49:53	50
19	Denise	Phillips	Yes	Bynea	F40	F	49	01:57:42.55	49		
20	Paula	Stevens	Yes	GOG TRIATHLON	F40	F	49			2:56:17	49
21	Angharad	Pocock	Yes	CARDIFF TRIATHLON CLUB	F40	F	48			2:57:57	48
22	Helen	Murray	yes	Tenby Aces	F40	F	48	01:57:59.05	48		
23	Geri	Angharad-Evans	Yes	GOG TRIATHLON	F40	F	47			2:58:35	47
24	Caroline	Rees	Yes	Pencoed Tri Club	F40	F	46	02:04:05.65	46		
25	Andrea	Griffiths	Yes	Celtic Tri	F40	F	45	02:09:57.50	45		
26	Helen	Jonesz	Yes	TAFF ELY TRIATHLON CLUB	F40	F	45			3:08:47	45
27	Catherine	Colleypriest	Yes	CRP TRI CLUB	F40	F	44			3:14:25	44
28	Daniela	Jones	Yes	PEN-Y-BONT TRIATHLON CLUB	F40	F	43			3:16:00	43
29	Kelly	Owen	Yes	CWM OGWR TRI CLUB	F40	F	42			3:19:11	42
30	Lisa	Forrest	Yes		F40	F	41			3:22:09	41
31	Sian	Jakeman	Yes	PENCOED TRIATHLON CLUB	F40	F	40			3:22:15	40
32	Nicola	Jones	Yes	TAFF ELY TRIATHLON CLUB	F40	F	38			3:29:45	38
33	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	
								Time	Individual Points	Time	Individual Points
1	Rebecca	Comins	Yes	Monmouth Triathlon Club	F50	F	200	01:28:13.50	100	2:29:52	100
2	Elizabeth	Vaughan	Yes	Taff Ely Triathlon Club	F50	F	170	01:40:30.25	80	2:46:24	90
3	Lesley	Mainwaring	Yes	Triathlon Coaching Wales	F50	F	145	01:46:43.30	70	2:59:56	75
4	Karen	Birdsall	Yes	Celtic Tri	F50	F	115	02:03:07.10	60	3:26:40	55
5	Emma	Wheeler	Yes	Cmc Llandeilo	F50	F	90	01:38:23.30	90		
6	Debs	Jones	yes	GOG TRIATHLON	F50	F	85			2:53:43	85
7	Jennifer	Aylward	Yes	Celtic Tri	F50	F	85	01:38:40.10	85		
8	Carolyn	Williams	yes	PORT TALBOT HARRIERS	F50	F	80			2:55:41	80
9	Helen	Mansfield	Yes	None	F50	F	75	01:42:24.35	75		
10	Sharon	Daniel	yes	HEALTHY LIFE ACTIVITIES	F50	F	70			3:10:59	70
11	Christina	Smith	Yes	Celtic Tri	F50	F	65	01:54:39.10	65		
12	Helen	Griffiths	yes	PORT TALBOT HARRIERS	F50	F	65			3:19:46	65
13	Nicola	Peake	yes	BFUNCTIONAL	F50	F	60			3:22:54	60
14	Sian	Rees-Jones	yes	Cycle Specific	F50	F	55	02:04:28.15	55		
15	Andrea	Griffiths	yes	CELTIC TRI	F50	F	50			3:52:57	50

Position	Name		Member	Team	Cat	Gender	WSS Points	Stage 1 - Llanelli		Stage 2 - TATA Steelman	
								Time	Individual Points	Time	Individual Points
1	Karen	Munn	Yes	Pembrokeshire Triathlon Club	F60	F	200	01:43:35.05	100	2:55:59	100
2	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

Position	Name		Member	Team	Cat	Gender	WSS Points	Stage 1 - Llanelli		Stage 2 - TATA Steelman	
								Time	Individual Points	Time	Individual Points
39	Linda	Spillane	Yes	Newt	F70	F	100	01:53:40.80	100		