

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

Team Scores			Llanelli - Stage 1			TATA Steelman - Stage 2		
Position	Team Name	Total Series Points	Total Stage Points	No. Of Eligible Athletes	Average Points	Total Stage Points	No. Of Eligible Athletes	Average Points
1	Celtic Tri	760	410	18	22.77	350	23	15.21
2	Cardiff Triathletes	754	430	12	35.83	324	11	29.45
3	Pembrokeshire Triathlon Club	723	470	8	58.75	253	4	63.25
4	Port Talbot Harriers	670	240	11	21.81	430	47	9.14
5	N.E.W.T	654	330	10	33	324	9	36
6	Taff Ely Triathlon Club	641	300	6	50	341	14	24.35
7	GoG Triathlon Club	580	239	4	59.75	341	11	31
8	Monmouth Triathlon Club	455	100	1	100	355	3	115.43
9	Bynea CC	397	270	7	38.57	127	2	63.5
10	Pencoed Triathlon Club	333	94	2	47	239	6	39.8
11	North Dock Dredgers	311	311	5	62.2			
12	Caerphilly Tri-Ers	278	86	2	43	192	5	38.4
13	ATAC	260	144	3	48	116	2	58
14	UFIT	231	60	1	60	171	3	57
15	Rhondda Triathlon Club	225	147	5	29.4	78	3	26
16	Triathlon Coaching Wales	215	140	2	70	75	1	75
17	Cr@p Tri	214	55	2	27.5	159	3	53
18	InterTri	190	100	1	100	90	1	90
19	Tenby Aces	148	148	4	37			
20	Tinworks Triathlon Club	130	130	4	32.5			
21	Healthy Life Activities	117				117	2	57
22	Y Fenni Triathlon	90	50	1	50	40	1	40
23	Cardiff Junior Tri	65	65	1	65			
24	Bfunctional	60				60	1	60
25	Clwb Beico Bala	50				50	1	50
26	PenyBont	43				43	1	43
27	TATA Mulstisport	42				42	1	42
28	Aim2Tri	41				41	1	41
29	Cwm Ogwr	38				38	1	38
30	San Domenico	32	32	1	32			

Position	Name		Member	Team	Cat	Gender	WSS Points 2019	Stage 1 - Llanelli		Stage 2 - TATA Steelman	
								Time	Individual Points	Time	Individual Points
1	Liam	Lloyd	Yes	Cycle Specific	MS	M	200	01:06:09.65	100	01:50:18	100
2	Chris	Silver	Yes		MS	M	160	01:08:33.30	70	01:51:29	90
3	Joshua	Lewis	Yes	Ntpcw	MS	M	160	01:07:41.65	75	01:57:26	85
4	Oliver	Simon	Yes	Atac	M40	M	145	01:11:38.85	65	01:58:25	80
5	Kieran	John	Yes	Caerphilly Tri-Ers	MS	M	119	01:16:44.80	49	02:05:53	70
6	Guto	Morgans	Yes	Cycle Specific	MS	M	105	01:15:16.75	55	02:09:29	50
7	Jamie	Best	Yes	Bynea Cc	M40	M	96	01:16:40.50	50	02:10:57	46
8	Alex	Matchett	Yes	Pembrokeshire Tri	MS	M	90	01:06:36.45	90		
9	Sam	Wade	Yes	Team Pedal Cover	MS	M	85	01:07:12.05	85		
10	James	Manson	Yes	Cardiff Triathletes	M40	M	84	01:19:09.40	42	02:12:39	42
11	Daniel	Evans	Yes	Celtic Tri	MS	M	82	01:19:02.25	43	02:13:44	39
12	Beau	Smith	Yes		MS	M	80	01:07:29.05	80		
13	Marc	Davies	Yes	Nathon Ford Triathlon	M40	M	77	01:20:01.40	40	02:14:36	37
14	Andrew	Horfall - Turry	Yes		MS	M	75			02:04:02	75
15	Adrian	Leonard	Yes	Gog Triathlon	MS	M	69	01:20:37.20	35	02:15:23	34
16	John	Collier	Yes	WEST COAST TRIATHLON	MS	M	65			02:08:30	65
17	Mark	Binding	Yes	Taff Ely Triathlon	M40	M	64	01:21:41.50	31	02:16:11	33
18	Chris	Lewis	Yes	Port Talbot Harriers	M40	M	61	01:21:57.10	30	02:18:56	31
19	Richard	Wilder	Yes	UFIT TRIATHALON CLUB	M40	M	60			02:08:54	60
20	Ross	Simpson	Yes		MS	M	60	01:13:07.00	60		
21	Paul	Lewis	Yes	PORT TALBOT HARRIERS	M40	M	55			02:09:07	55
22	Simon	Cole	Yes	GOG TRIATHLON	MS	M	49			02:09:52	49
23	Daniel	Madden	Yes	University Of Birmingham	MS	M	48	01:16:48.75	48		
24	James	Elgar	Yes	NEWT	MS	M	48			02:09:57	48
25	Craig	Patterson	Yes	NEWT	M40	M	47			02:10:30	47
26	Jamie	Davies	Yes	Newport East Wales Triathlon	MS	M	47	01:17:31.25	47		
27	Paul	Seppman	Yes	Port Talbot Harriers	M40	M	47	01:23:51.15	18	02:19:42	29
28	Rhys	Harries	Yes	West Coast Tri	MS	M	46	01:17:46.20	46		
29	Dafydd	Brown	Yes	Pembrokeshire Triathlon Club	MJ	M	45	01:18:23.40	45		
30	Dean	Johnston	Yes	PORT TALBOT HARRIERS	M40	M	45			02:11:04	45
31	Greg	Millard	Yes	PORT TALBOT HARRIERS	M40	M	44			02:11:50	44
32	Richard	Elgar	Yes	Newt	MS	M	44	01:18:34.10	44		
33	Rodney	Savage	Yes	Cardiff Triathletes	M50	M	44	01:23:18.85	24	02:22:18	20
34	Nino	Gatti	Yes	PORT TALBOT HARRIERS	MS	M	43			02:12:01	43
35	Conrad	Lawson	Yes	Hereford Triathlon Club	M40	M	41	01:19:29.55	41		
36	David	Coates	Yes	West Coast Triathlon	M40	M	41	01:23:34.60	22	02:23:20	19
37	Paul	Jones	Yes		MS	M	41			02:12:50	41
38	Dan	Whaites	Yes	NEWT	MS	M	40			02:13:24	40
39	Edward	Clements	Yes	Tenby Aces	MS	M	39	01:20:04.45	39		
40	David	Hawkins	Yes	Cardiff Triathletes	M40	M	38	01:20:05.55	38		
41	Nicholas	Thomas	Yes	PORT TALBOT HARRIERS	MS	M	38			02:14:10	38
42	Brian	Hosty	Yes		M40	M	37	01:20:10.35	37		
43	Jonathan	Carrick	Yes	Celtic Tri	M40	M	37	01:25:13.80	12	02:20:32	25

44	Colin	Wallace	yes		M50	M	36	01:20:21.30	36		
45	Lynsey	Christopher	yes	PORT TALBOT HARRIERS	M50	M	36			02:14:52	36
46	Jack	Smith	yes	MONMOUTH TRI CLUB	MS	M	35			02:15:23	35
47	Tom	Williams	yes		MS	M	34	01:20:41.50	34		
48	Gareth	Bowyer	Yes	Gog	M50	M	33	01:21:26.70	33		
49	Matt	Anthony	yes	North Dock Dredgers	MS	M	32	01:21:29.60	32		
50	Paul	Bruton	yes	NEWT	M40	M	32			02:18:06	32
51	Paul	Morgan	yes	PORT TALBOT HARRIERS	MS	M	30			02:19:01	30
52	David	Morgan	Yes	Port Talbot Harriers	M40	M	29	01:22:19.75	29		
53	Dominic	Taylor	yes	PEN-Y-BONT TRIATHLON CLUB	MS	M	28			02:20:01	28
54	James	Moore	Yes	Pembrokeshire	M40	M	28	01:22:21.40	28		
55	Emyr	Evans	yes	'-	MS	M	27	01:22:49.60	27		
56	Ryan	Bowen	yes	AIM2TRI	MS	M	27			02:20:08	27
57	Gareth	Ayres	yes	PORT TALBOT HARRIERS	MS	M	26			02:20:22	26
58	Iwan	Dugmore	Yes	Pembrokeshire Triathlon Club	MJ	M	26	01:23:01.30	26		
59	Steve	Matchett	Yes	Pembs Tri	M50	M	25	01:23:17.75	25		
60	Martin	Cole	yes	PORT TALBOT HARRIERS	M50	M	24			02:20:39	24
61	Hugh	Pascoe	yes	PORT TALBOT HARRIERS	MS	M	23			02:20:54	23
62	James	Oulsnam	Yes	Csg Elite Performers	MJ	M	23	01:23:29.95	23		
63	Marcus	Foster	Yes		M40	M	23	01:24:18.10	16	02:26:01	7
64	Dominic	Davies	Yes	Llanelli Asc	MY	M	21	01:23:37.75	21		
65	Simon	Roxburgh	yes	GOG TRIATHLON	M40	M	21			02:20:56	21
66	Stephen	Coy	yes	Leeds Bradford Triathlon Club	M40	M	20	01:23:40.45	20		
67	Ryan	Haigh	yes	Primal	MS	M	19	01:23:46.40	19		
68	Heath	Williams	yes	PORT TALBOT HARRIERS	M40	M	18			02:23:30	18
69	Carl	Singleton	yes	PORT TALBOT HARRIERS	M40	M	17			02:23:39	17
70	Hywel	Hughes	yes		MS	M	17	01:24:08.15	17		
71	Bleddyn	Evans	YEs	TAFF ELY TRIATHLON CLUB	MS	M	16			02:23:48	16
72	Alan	Latter	Yes	West Coast Triathlon	M40	M	15	01:24:21.60	15		
73	Marc	Barrow	yes	PORT TALBOT HARRIERS	M40	M	15			02:24:20	15
74	Matthew	Reynolds	yes	PORT TALBOT HARRIERS	MS	M	14			02:24:31	14
75	Rhys	Palmer	yes		MS	M	14	01:24:35.90	14		
76	Jack	Southam	Yes	Llanelli Swimming Club	MY	M	13	01:24:35.95	13		
77	Mike	Edwards	yes	PENCOED TRIATHLON CLUB	M40	M	13			02:24:41	13
78	Jonathan	Wright	yes	PENCOED TRIATHLON CLUB	M50	M	12			02:25:01	12
79	Finlay	Bowie	Yes	U Tri Pembrokeshire	MS	M	11	01:25:53.40	11		
80	Nick	Cutcliffe	yes	MONMOUTH TRI CLUB	M40	M	11			02:25:14	11
81	Marc	Fitzgibbon	Yes	Caerphilly Triers	MS	M	11	01:28:08.70	1	02:25:15	10
82	Nick	Stevenson	Yes	Tinworks Tri	MS	M	10	01:25:55.00	10		
83	Andrew	Poston	yes	PORT TALBOT HARRIERS	M40	M	9			02:25:32	9
84	Carson PRYCE	Pryce	yes	CARDIFF TRIATHLON CLUB	MS	M	9			02:25:39	8
85	Mark	Geary	Yes	Risc-A-Tri	M40	M	9	01:26:00.10	9		
86	Osian	Williams	Yes	Tcw	MY	M	8	01:26:21.60	8		
87	Ricki	Morgan	Yes	Tenby Aces / Team Nbcc	MS	M	7	01:26:37.50	7		
88	Lee	Walters	yes	RHONDDA TRIATHLON CLUB	M40	M	6			02:26:43	6
89	Luke	Powell	No	Rhondda Triathlon Club	MS	M	6	01:26:38.60	6		

90	Gareth	Law	Yes	Royal Navy Triathlon	MS	M	5	01:26:51.50	5		
91	Paul	Arnold	yes	CELTIC TRI	M50	M	5			02:26:47	5
92	Andrew	Morrissey	yes		MS	M	4	01:27:04.90	4		
93	John	Seaward	yes	CAERPHILLY TRI-ERS	MS	M	4			02:27:17	4
94	James	Moore	yes	PEMBROKESHIRE TRIATHLON CLUB	M40	M	3			02:27:21	3
95	Robert	Hall	Yes	Celtic Tri	MS	M	3	01:27:35.60	3		
96	Gareth	Norton	Yes	Cardiff Triathletes	M50	M	2	01:27:48.25	2		
97	Scott	Holder	yes	West Coast Triathlon	MS	M	2			02:27:33	2
98	James	Ace	yes	PORT TALBOT HARRIERS	MS	M	1			02:27:53	1

Position	Name		Member	Team	Cat	Gender	WSS Points 2019	Stage 1 - Llanelli		Stage 2 - TATA Steelman	
								Time	Individual Points	Time	Individual Points
1	Dafydd	Brown	Yes	Pembrokeshire Triathlon Club	MJ	M	100	01:18:23.40	100		
2	Iwan	Dugmore	Yes	Pembrokeshire Triathlon Club	MJ	M	90	01:23:01.30	90		
3	James	Oulsnam	Yes	Csg Elite Performers	MJ	M	85	01:23:29.95	85		
4	Dominic	Davies	Yes	Llanelli Asc	MY	M	80	01:23:37.75	80		
5	Jack	Southam	Yes	Llanelli Swimming Club	MY	M	75	01:24:35.95	75		
6	Osian	Williams	Yes	Tcw	MY	M	70	01:26:21.60	70		
7	Sam	Belcher	Yes	Cardiff Junior Tri	MJ	M	65	01:34:06.70	65		

Position	Name		Member	Team	Cat	Gender	WSS Points 2019	Stage 1 - Llanelli		Stage 2 -TATA Steelman	
								Time	Individual Points	Time	Individual Points
1	Liam	Lloyd	Yes	Cycle Specific	MS	M	200	01:06:09.65	100	1:50:18	100
2	Joshua	Lewis	Yes	Ntpcw	MS	M	160	01:07:41.65	75	1:57:26	85
3	Chris	Silver	Yes	Ntpcw	MS	M	160	01:08:33.30	70	01:51:29	90
4	Kieran	John	Yes	Caerphilly Tri-Ers	MS	M	130	01:16:44.80	55	2:05:53	75
5	Guto	Morgans	Yes	Cycle Specific	MS	M	125	01:15:16.75	60	2:09:29	65
6	Alex	Matchett	Yes	Pembrokeshire Tri	MS	M	90	01:06:36.45	90		
7	Adrian	Leonard	Yes	Gog Triathlon	MS	M	88	01:20:37.20	44	2:15:23	44
8	Sam	Wade	Yes	Team Pedal Cover	MS	M	85	01:07:12.05	85		
9	Andrew	Horsfall - Turner	Yes	Cycle Specific	MS	M	80			2:04:02	80
10	Beau	Smith	Yes		MS	M	80	01:07:29.05	80		
11	John	Collier	Yes	WEST COAST TRIATHLON	MS	M	70			2:08:30	70
12	Marc	Fitzgibbon	Yes	Caerphilly Triers	MS	M	67	01:28:08.70	31	2:25:15	36
13	Ross	Simpson	Yes		MS	M	65	01:13:07.00	65		
14	Simon	Cole	Yes	GOG TRIATHLON	MS	M	60			2:09:52	60
15	James	Elgar	Yes	NEWT	MS	M	55			2:09:57	55
16	Daniel	Madden	Yes	University Of Birmingham	MS	M	50	01:16:48.75	50		
17	Nino	Gatti	Yes	PORT TALBOT HARRIERS	MS	M	50			2:12:01	50
18	Jamie	Davies	Yes	Newport East Wales Triathlon	MS	M	49	01:17:31.25	49		
19	Paul	Jones	Yes		MS	M	49			2:12:50	49
20	Dan	Whaites	Yes	NEWT	MS	M	48			2:13:24	48
21	Jordan	Lane	Yes	Port Talbot Harriers	MS	M	48	01:34:59.30	26	2:42:39	22
22	Rhys	Harries	Yes	West Coast Tri	MS	M	48	01:17:46.20	48		
23	Daniel	Evans	Yes	CELTIC TRI	MS	M	47			2:13:44	47
24	Richard	Elgar	Yes	Newt	MS	M	47	01:18:34.10	47		
25	Daniel	Evans	Yes	Celtic Tri	MS	M	46	01:19:02.25	46		
26	Nicholas	Thomas	Yes	PORT TALBOT HARRIERS	MS	M	46			2:14:10	46
27	Edward	Clements	Yes	Tenby Aces	MS	M	45	01:20:04.45	45		
28	Jack	Smith	Yes	MONMOUTH TRI CLUB	MS	M	45			2:15:23	45
29	Paul	Morgan	Yes	PORT TALBOT HARRIERS	MS	M	43			2:19:01	43
30	Tom	Williams	Yes		MS	M	43	01:20:41.50	43		
31	Dominic	Taylor	Yes	PEN-Y-BONT TRIATHLON CLUB	MS	M	42			2:20:01	42
32	Matt	Anthony	Yes	North Dock Dredgers	MS	M	42	01:21:29.60	42		
33	Emyr	Evans	Yes	'-	MS	M	41	01:22:49.60	41		
34	Ryan	Bowen	Yes	AIM2TRI	MS	M	41			2:20:08	41
35	Gareth	Ayres	Yes	PORT TALBOT HARRIERS	MS	M	40			2:20:22	40
36	Ryan	Haigh	Yes	Primal	MS	M	40	01:23:46.40	40		
37	Hugh	Pacoe	Yes	PORT TALBOT HARRIERS	MS	M	39			2:20:54	39
38	Hywel	Hughes	Yes		MS	M	39	01:24:08.15	39		
39	Bleddyn	Evans	Yes	TAFF ELY TRIATHLON CLUB	MS	M	38			2:23:48	38
40	Rhys	Palmer	Yes		MS	M	38	01:24:35.90	38		
41	Finlay	Bowie	Yes	U Tri Pembrokeshire	MS	M	37	01:25:53.40	37		
42	Matthew	Reynolds	Yes	PORT TALBOT HARRIERS	MS	M	37			2:24:31	37
43	Nick	Stevenson	Yes	Tinworks Tri	MS	M	36	01:25:55.00	36		
44	Carson	Pryce	Yes	CARDIFF TRIATHLON CLUB	MS	M	35			2:25:39	35
45	Ricki	Morgan	Yes	Tenby Aces / Team Nbcc	MS	M	35	01:26:37.50	35		





Position	Name		Member	Team	Cat	Gender	WSS Points 2019	Stage 1 - Llanelli		Stage 2 -TATA Steelman	
								Time	Individual Points	Time	Individual Points
1	Oliver	Simon	yes	Atac	M40	M	200	01:11:38.85	100	1:58:25	100
2	Jamie	Best	yes	Bynea Cc	M40	M	165	01:16:40.50	90	2:10:57	75
3	Marc	Davies	yes	Nathon Ford Triathlon	M40	M	130	01:20:01.40	75	2:14:36	55
4	James	Manson	yes	Cardiff Triathletes	M40	M	120	01:19:09.40	85	2:27:21	35
5	James	Moore	yes	Pembrokeshire	M40	M	109	01:22:21.40	49	2:12:39	60
6	Chris	Lewis	yes	Port Talbot Harriers	M40	M	103	01:21:57.10	55	2:18:56	48
7	Paul	Seppman	yes	Port Talbot Harriers	M40	M	93	01:23:51.15	46	2:19:42	47
8	Richard	Wilder	yes	UFIT TRIATHALON CLUB	M40	M	90			2:08:54	90
9	Paul	Lewis	yes	PORT TALBOT HARRIERS	M40	M	85			2:09:07	85
10	Marcus	Foster	yes		M40	M	82	01:24:18.10	45	2:26:01	37
11	Conrad	Lawson	yes	Hereford Triathlon Club	M40	M	80	01:19:29.55	80		
12	Craig	Patterson	yes	NEWT	M40	M	80			2:10:30	80
13	Nathan	Bevan	yes	Rhondda Triathlon Club	M40	M	74	01:28:18.95	40	2:30:01	34
14	David	Hawkins	yes	Cardiff Triathletes	M40	M	70	01:20:05.55	70		
15	Dean	Johnston	yes	PORT TALBOT HARRIERS	M40	M	70			2:11:04	70
16	Brian	Hosty	yes		M40	M	65	01:20:10.35	65		
17	Greg	Millards	yes	PORT TALBOT HARRIERS	M40	M	65			2:11:50	65
18	Gavin	John	yes		M40	M	61	01:29:49.90	38	2:36:22	23
19	Mark	Binding	yes	Taff Ely Triathlon	M40	M	60	01:21:41.50	60		
20	Ben	Jones	yes		M40	M	52	01:33:25.70	33	2:39:03	19
21	David	Morgan	yes	Port Talbot Harriers	M40	M	50	01:22:19.75	50		
22	Mark	Binding	yes	TAFF ELY TRIATHLON CLUB	M40	M	50			2:16:11	50
23	Paul	Bruton	yes	NEWT	M40	M	49			2:18:06	49
24	David	Coates	yes	West Coast Triathlon	M40	M	48	01:23:34.60	48		
25	Stephen	Coy	yes	Leeds Bradford Triathlon Club	M40	M	47	01:23:40.45	47		
26	Jonathan	Carrick	yes	CELTIC TRI	M40	M	46			2:20:32	46
27	Simon	Rokburgh	yes	GOG TRIATHLON	M40	M	45			2:20:56	45
28	Alan	Latter	yes	West Coast Triathlon	M40	M	44	01:24:21.60	44		
29	Dave	Coates	yes		M40	M	44			2:23:20	44
30	Heath	Williams	yes	PORT TALBOT HARRIERS	M40	M	43			2:23:30	43
31	Jonathan	Carrick	yes	Celtic Tri	M40	M	43	01:25:13.80	43		
32	Carl	Singleton	yes	PORT TALBOT HARRIERS	M40	M	42			2:23:39	42
33	Mark	Geary	yes	Risc-A-Tri	M40	M	42	01:26:00.10	42		
34	Marc	Barrow	yes	PORT TALBOT HARRIERS	M40	M	41			2:24:20	41
35	Neil	Davies	yes	Rhondda Triathlon Club	M40	M	41	01:28:09.25	41		
36	Mike	Edwards	yes	PENCOED TRIATHLON CLUB	M40	M	40			2:24:41	40
37	Garry	Vaughan	yes	Port Talbot Harriers	M40	M	39	01:29:16.05	39		
38	Nick	Cutcliffe	yes	MONMOUTH TRI CLUB	M40	M	39			2:25:14	39
39	Andrew	Poston	yes	PORT TALBOT HARRIERS	M40	M	38			2:25:32	38
40	Dayton	Hughes	yes	Atac	M40	M	37	01:30:40.85	37		
41	Lee	Walters	yes	RHONDDA TRIATHLON CLUB	M40	M	36			2:26:43	36

42	Simon	Phillips	yes	Tinworks Tri Club	M40	M	36	01:30:54.00	36		
43	Robert	Malough	yes	Celtic Tri	M40	M	35	01:31:12.85	35		
44	John	Hiddlestone	yes	North Dock Dredgers	M40	M	34	01:32:28.65	34		
45	Martin	Walters	yes	Rhondda Triathlon	M40	M	34	01:37:22.95	26	2:52:27	8
46	Leon	Burns	yes	BURNS PET TRI TEAM	M40	M	33			2:30:07	33
47	Paul	Davies	yes	PORT TALBOT HARRIERS	M40	M	32			2:30:38	32
48	Simon	Cartlidge	yes	San Domenico Rrc	M40	M	32	01:33:58.15	32		
49	Nigel	Morgan	yes	Bynea Cc	M40	M	31	01:35:11.05	31		
50	Steven	Martin	yes	PORT TALBOT HARRIERS	M40	M	31			2:30:49	31
51	Carl	Daniels	yes	Tinworks Tri Club	M40	M	30	01:35:56.00	30		
52	Chris	Adams	yes	PENCOED TRIATHLON CLUB	M40	M	30			2:30:56	30
53	Richard	Leary	yes	CELTIC TRI	M40	M	29			2:32:00	29
54	Sean	Lloyd	yes	Cycle Specific	M40	M	29	01:36:09.45	29		
55	Luke	Starkie	yes		M40	M	28			2:32:01	28
56	Robert	Stroud	yes	Cr@P Tri	M40	M	28	01:36:13.65	28		
57	Jason	Kingdom	yes	PORT TALBOT HARRIERS	M40	M	27			2:32:54	27
58	Jeff	Partridge	yes	Bynea Cc	M40	M	27	01:36:14.80	27		
59	Mike	Griffit+C63:E69hs	yes	Team Deviant/Celtic Tri	M40	M	27	01:41:37.10	22	3:02:47	5
60	Justin	Bailey	yes	WEST COAST TRIATHLON	M40	M	26			2:33:30	26
61	Andrew	Jones	yes	Precision Coaching	M40	M	25	01:37:32.75	25		
62	Darren	Griffiths	yes	PORT TALBOT HARRIERS	M40	M	25			2:33:30	25
63	David	Balint	yes	Rhondda Tri Club	M40	M	24	01:38:17.40	24		
64	David	Richards	yes	PORT TALBOT HARRIERS	M40	M	24			2:35:47	24
65	Jason	Impey	yes	Cardiff Triathletes	M40	M	23	01:40:17.50	23		
66	Stephen	May	yes	TAFF ELY TRIATHLON CLUB	M40	M	22			2:36:25	22
67	Mick	Bonnar	yes	Newt	M40	M	21	01:44:35.15	21		
68	Peter	Llewellyn	yes	CARDIFF TRIATHLON CLUB	M40	M	21			2:38:02	21
69	Adam	Clarke	yes	PORT TALBOT HARRIERS	M40	M	20			2:38:30	20
70	Christopher	Jones	yes	Trims	M40	M	20	01:52:40.70	18	3:11:20	2
71	Darren	Vaughan	yes	Port Talbot Harriers	M40	M	20	01:48:00.75	20		
72	Edward Mark	Davies	yes	Celtic Tri	M40	M	19	01:48:15.15	19		
73	Ross	Evans	yes	CELTIC TRI	M40	M	18			2:39:11	18
74	Dafydd BOWE	Bowen	yes		M40	M	17			2:40:24	17
75	Matthew	Barrell	yes		M40	M	17	01:53:32.50	17		
76	David	Evans	yes	PORT TALBOT HARRIERS	M40	M	16			2:41:59	16
77	Jonathan	Giddy	yes	Cardiff Triathletes	M40	M	16	01:53:42.45	16		
78	Jason	Massey	yes	PORT TALBOT HARRIERS	M40	M	15			2:43:10	15
79	Richard	Griffiths	yes	PORT TALBOT HARRIERS	M40	M	14			2:43:42	14
80	Mark	Phillips	yes	PENCOED TRIATHLON CLUB	M40	M	13			2:44:50	13
81	James	Hopkins	yes	CELTIC TRI	M40	M	12			2:46:00	12
82	Mark	Bamford	yes	CELTIC TRI	M40	M	11			2:48:38	11
83	Philip	Davies	yes	PORT TALBOT HARRIERS	M40	M	10			2:49:22	10
84	Simon	Bromham	yes	CELTIC TRI	M40	M	9			2:50:29	9

85	Rob	Murray	yes	PORT TALBOT HARRIERS	M40	M	7			2:54:47	7
86	Glyn	Drucker	yes	CAERPHILLY TRI-ERS	M40	M	6			3:00:32	6
87	Darren	Heath	yes	CELTIC TRI	M40	M	4			3:07:58	4
88	Mat	Jones	yes	PORT TALBOT HARRIERS	M40	M	3			3:08:46	3
89	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	
								Time	Individual Points	Time	Individual Points
1	Rodney	Savage	Yes	Cardiff Triathletes	M50	M	170	01:23:18.85	85	2:22:18	85
2	Gareth	Bowyer	Yes	Gog	M50	M	100	01:21:26.70	100		
3	Lynsey	Christopher	Yes	PORT TALBOT HARRIERS	M50	M	100			2:14:52	100
4	Nigel	Soulsby	Yes	Taff Ely Triathlon	M50	M	94	01:46:57.85	55	3:06:45	39
5	Geoff	Wall	Yes	Y Fenni	M50	M	90	01:47:38.35	50	3:03:36	40
6	Martin	Cole	Yes	PORT TALBOT HARRIERS	M50	M	90			2:20:39	90
7	Steve	Matchett	Yes	Pembs Tri	M50	M	90	01:23:17.75	90		
8	Carwyn	Evans	Yes	Taff Ely Tri	M50	M	81	02:13:30.80	45	3:38:28	36
9	Gareth	Norton	Yes	Cardiff Triathletes	M50	M	80	01:27:48.25	80		
10	Jonathan	Wright	Yes	PENCOED TRIATHLON CLUB	M50	M	80			2:25:01	80
11	Martin	Hughes	Yes	Team Bodyworks	M50	M	75	01:31:28.30	75		
12	Paul	Arnold	Yes	CELTIC TRI	M50	M	75			2:26:47	75
13	Andy	Bostock	Yes		M50	M	70	01:35:38.05	70		
14	Ian	Williams	Yes	PORT TALBOT HARRIERS	M50	M	70			2:30:54	70
15	Gareth	norton	Yes		M50	M	65			2:31:23	65
16	Gary	Davies	Yes		M50	M	65	01:42:37.25	65		
17	Mark	Ford	Yes	Bynea	M50	M	60	01:43:05.55	60		
18	Tim	Parfitt	Yes	CRP TRI CLUB	M50	M	60			2:31:41	60
19	Ralph	Harris	Yes	SOUTH WALES POLICE TRI CLUB	M50	M	55			2:35:17	55
20	John	Cregg	Yes	NEWT	M50	M	50			2:37:16	50
21	Nick	Davies	Yes	Newts	M50	M	49	01:48:39.65	49		
22	Stephen	Summers	Yes	PENCOED TRIATHLON CLUB	M50	M	49			2:38:18	49
23	Andrew	Deans	Yes	Cardiff Triathletes	M50	M	48	01:49:27.00	48		
24	Steve	Wilkinson	Yes	CELTIC TRI	M50	M	48			2:40:30	48
25	Mark	Cook	Yes	Celtic Tri	M50	M	47	01:50:10.90	47		
26	Noelwyn	Daniel	Yes	HEALTHY LIFE ACTIVITIES	M50	M	47			2:40:57	47
27	Gwyn	Everett	Yes	TAFF ELY TRIATHLON CLUB	M50	M	46			2:44:36	46
28	Richard	Zielinski	Yes		M50	M	46	01:55:12.25	46		
29	Shane	Hembrow	Yes	MONMOUTH TRI CLUB	M50	M	45			2:45:29	45
30	Peter	Munn	Yes	PEMBROKESHIRE TRIATHLON CLUB	M50	M	44			2:51:07	44
31	Khalid	Hamandi	Yes	CARDIFF TRIATHLON CLUB	M50	M	43			2:53:53	43
32	Robert	Redmond	Yes	TATA STEEL MULTISPORT CLUB	M50	M	42			2:55:24	42
33	Gary OWEN	Owen	Yes	PORT TALBOT HARRIERS	M50	M	41			2:58:30	41
34	Christie	Coleman	Yes	CWM OGWR TRI CLUB	M50	M	38			3:10:51	38
35	Phil	Kethro	Yes	CELTIC TRI	M50	M	37			3:13:28	37

Position	Name		Member	Team	Cat	Gender	WSS Points 2019	Stage 1 - Llanelli		Stage 2 - TATA Steelman	
								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		CELTIC TRI	M60	M	100			2:28:37	100
4	Dave	Hill	Yes		M60	M	90	01:46:34.35	90		
5	Edward	Morgan		TAFF ELY TRIATHLON CLUB	M60	M	90			2:31:38	90
6	Martin	Davies	Yes	Newt	M60	M	85	01:52:07.15	85		
7	Malcolm	Clash			M60	M	85			2:50:40	85
8	John	Nicholls	Yes	North Dock Dredgers Tri	M60	M	75	01:58:55.60	75		
9	Anthony	Holling		PORT TALBOT HARRIERS	M60	M	75			3:32:27	75
10	John	Ayres		PORT TALBOT HARRIERS	M60	M	70			3:39:08	70

Position	Name		Member	Team	Cat	Gender	WSS Points 2019	Stage 1 - Llanelli		Stage 2 -TATA Steelman	
								Time	Individual Points	Time	Individual Points
1	Alex	Heron	Yes	Celtic Tri	M70	M	100	01:40:36.75	100		