



**TRIATHLON  
CYMRU  
SUPER SERIES 2024**

**Super Series 2024**

**Llanelli Results – 12 May 24**

## Female Overall

Pos	First Name	Surname	Age Group	Club	Time	Points
1	Millie	Hannant	Under 20		01:19:32	100
2	Emma	Palfrey	40-44	CAFFI GRUFF	01:19:45	90
3	Tia	Froom	20-24		01:19:55	85
4	Lucy	Marland	35-39	Rhondda Triathlon Club	01:21:00	80
5	Bethan	Jones	25-29	Tri Potential	01:21:25	75
6	Stephanie	Waring	50-54	Tenby Aces CC	01:22:13	70
7	Eloise	Crowley	40-44	Cardiff Triathletes	01:22:16	65
8	Rebecca	Swainson	30-34		01:23:00	60
9	Becky	Owen	30-34		01:25:27	55
10	Nia Elen	Davies	30-34	Propet Next Generation	01:25:35	50
11	Megan	Clements	30-34	TEAM NFT	01:25:38	49
12	Carys	Jones	30-34	Swansea Vale Tri	01:25:54	48
13	dowler	Dowler	45-49	Maesteg Triathlon Club ( Wolfpack)	01:27:22	47
14	Caryl	Williams	45-49	Tri Potential	01:27:37	46
15	Elizabeth	Williams	50-54	Pembrokeshire Triathlon Club	01:29:46	45
16	Ffion	Williams	25-29	Port Talbot Harriers	01:30:09	
17	Lara	Griffiths	25-29	Carmarthen Triathlon Club	01:30:28	44
18	anita	saycell	45-49	Ystwyth CC	01:30:32	43
19	Rachel	Young	30-34		01:31:00	
20	Rhiannon	Heredia-Rowe	Under 20	Celtic Tri	01:31:41	42
21	Bethan	Marks	45-49	Celtic Tri	01:32:01	41
22	Emer	Sandham	40-44	GOG Triathlon	01:32:43	40
23	Emma	Wheeler	55-59	ATAC	01:32:44	39
24	Imogen	McAdie	Under 20		01:34:22	38
25	Jill	Carlin	60-64	Warrington Triathlon Club	01:34:36	37
26	Clara	Rhodes	Under 20	Newport Under 18 Triathletes	01:35:03	36
27	Amy	Durrant	20-24	IRONTRISWIM	01:35:23	35
28	Janet	Ebenezer	45-49	Heathwood Triathlon	01:35:31	34
29	Sandra	Jones	45-49	Celtic Tri	01:35:51	33
30	Rebecca	Sykes	30-34	Tri Potential	01:36:27	32
31	Emma	Jenkins	50-54	Cardiff Triathletes	01:36:35	31
32	Wendy	Hurst	45-49	Dragon Tri	01:36:36	30
33	elizabeth	Soulsby	55-59	Taff Ely Triathlon Club	01:36:43	29
34	Julia	Barker	50-54	Pembrokeshire Triathlon Club	01:36:46	28
35	Ffion	Jones	20-24	Bynea Cycling Club	01:37:35	27
36	Jacqueline	Gibbons	60-64	Pembrokeshire Triathlon Club	01:37:52	26
38	Debs M	Jones	60-64	GOG Triathlon	01:38:47	
39	Jennifer	Aylward	55-59	Celtic Tri	01:39:06	25
40	Kelly	Rowe	45-49	Merthyr Triathlon Club	01:39:08	24
41	Nia	Dunseath	50-54		01:39:23	23
42	Sara	Davies	50-54	Ferry Flatliners	01:39:35	22
43	Laura	Kerswell	25-29		01:39:52	21
44	CATRIN	POOLE	25-29	Peak Performance Wales	01:41:04	
45	Bethan	Williams	20-24		01:41:07	20
46	Helen	Munro	45-49	Tenby Aces CC	01:41:43	
47	Nichola	James			01:42:31	19
48	Jane	Ryall	50-54	Clwb Seiclo Llanymddyfri	01:43:06	
49	Natalie	Fulstow	45-49	West Wales Fitness Coaching	01:43:15	18
50	Arianna	Protheroe	Under 20	Bynea Cycling Club	01:43:17	17
51	julia	jones	55-59	North Dock Dredgers Tri	01:43:35	16
52	Amy	Collings	30-34		01:43:42	15
53	Julie	Roche	55-59		01:43:46	

54	Elin	Jones	25-29	West Wales Fitness Coaching	01:44:03	
55	Polly	Kaliski Wiseman	20-24		01:44:12	
56	Carol	Jones	45-49	North Dock Dredgers Tri	01:44:36	
57	Maddie	Malpas	Under 20	Taff Ely Triathlon Club	01:44:37	14
58	Ruth Adele	Francis	55-59	Celtic Tri	01:44:40	
59	Millie	Jenkins	Under 20	Celtic Tri	01:44:46	13
60	Angela	Thomas	45-49		01:44:46	12
61	Trish	Butchers	50-54	North Dock Dredgers Tri	01:45:51	
62	Rachel	Gabb	45-49	Celtic Tri	01:45:52	11
63	Beverley	Lewis	55-59	Cardiff Triathletes	01:45:58	10
64	Sian	Phillips	55-59	Porthcawl Triathlon Club	01:46:19	9
65	Cerys	John	35-39	Taff Ely Triathlon Club	01:46:41	8
66	Natasha	Street	35-39		01:47:07	
67	Miranda	Bowen	50-54	Carmarthen Triathlon Club	01:47:40	7
68	Hannah	Burke	35-39		01:48:24	6
69	Sarah	Barham	60-64	North Dock Dredgers Tri	01:48:46	5
70	Abi	Price	25-29	Pembrokeshire Triathlon Club	01:49:12	4
71	Kimberlee	James	35-39		01:49:20	
72	Nicola	Powell	45-49	Celtic Tri	01:49:41	3
73	Brigid	Armstead	40-44		01:50:06	2
74	Alys	Lynch			01:50:16	
75	Madison	Clarke	25-29		01:50:21	
76	Kathryn	Richards	50-54	NEWT - Newport and East Wales Triathlon	01:50:28	1
77	RHIANON	ASTLEY	55-59		01:50:33	
78	Emma	Jones	50-54	Celtic Tri	01:50:43	
79	Nicola	Thomas	60-64	North Dock Dredgers Tri	01:50:58	
80	Ceri	Puckett	45-49	Cardiff Triathletes	01:50:59	
81	Rachel	Avon	45-49	Swansea Vale Tri	01:51:07	
82	Emilia	Williams	25-29		01:51:07	
83	Kim	Phelps	45-49		01:52:17	
84	Claire	Kearney	40-44	North Dock Dredgers Tri	01:52:20	
85	Leanne	Smith	50-54		01:52:24	
86	Holly	Thacker	35-39		01:53:23	
87	Rachel	Huggins	25-29		01:53:29	
88	Christina	Smith	60-64	Celtic Tri	01:55:32	
89	Katie	Langford	30-34	Rhondda Triathlon Club	01:55:47	
90	Rachael	Parkinson	40-44	Bynea Cycling Club	01:56:45	
91	Maisie	James	Under 20	Celtic Tri	01:58:02	
92	Ffion	Barham	30-34		01:58:18	
93	Kathryn	Deverson	25-29		01:58:56	
94	Kim	Talbot	30-34	Carmarthen Triathlon Club	02:00:16	
95	Angharad	Rowe	50-54	Celtic Tri	02:00:43	
96	Beverley	Spear	45-49	Carmarthen Triathlon Club	02:01:21	
97	Karen	OBrien	60-64		02:02:20	
98	Kellie	Watters	45-49		02:02:21	
99	Nicola	jones	60-64		02:02:38	
100	Jo-Anne	Williams	45-49	Pembrokeshire Triathlon Club	02:05:01	
101	Awen	Gravell	25-29		02:07:44	
102	Suzanne	Williams	55-59	NEWT - Newport and East Wales Triathlon	02:14:19	
103	Dinah	Hazeldine	60-64	GOG Triathlon	02:14:46	
104	Gemma	Borley	35-39		02:15:53	
105	Linda	Spillane	75-79	NEWT - Newport and East Wales Triathlon	02:17:25	
106	FELICITY	CLARK	45-49	Celtic Tri	02:25:22	
107	Cheryle	Edwards	65-69	NEWT - Newport and East Wales Triathlon	02:30:17	
37	Lucy	Chieffo	35-39	Swansea Vale Tri	00:00:00	

## Open Overall

Pos	First Name	Surname	Age Group	Club	Time	Points
1	Oliver	Simon	45-49	ATAC	01:07:47	100
2	Dafyd	Jay	20-24	Torfaen Dolphins Triathlon Club	01:08:10	90
3	Sean	Petty	Under 20	Porthcawl Triathlon Club	01:10:44	85
4	Guto	Morgans	25-29	Propel next generation	01:11:03	80
5	William	James	20-24		01:11:58	75
6	Timothy	Gibbons	30-34		01:12:55	70
7	JOSHUA	BURNS	25-29		01:13:11	
8	Ben	Jones	35-39		01:13:47	
9	Lorenz	Baumgartner	Under 20		01:13:52	65
10	Johnathan	Price	Under 20	Propel next generation	01:13:54	60
11	Patrick	McDowell	30-34		01:15:06	55
12	Nino	Gatti	35-39	Swansea Vale Tri	01:15:35	50
13	Dylan	Gwynne-Jones	Under 20	Propel Next Generation	01:15:39	49
14	Jaden	Morgan	Under 20	Propel next generation	01:15:53	48
15	Lewis	Bevan	35-39		01:16:01	
16	Nathan	Trowbridge	35-39	Tri Potential	01:16:06	47
17	Owain	Lewis-Strange	40-44	Swansea Vale Tri	01:16:08	46
18	Dan	Whaites	35-39	NEWT - Newport and East Wales Triathlon	01:16:09	45
19	Jason	Hanson	35-39	NEWT - Newport and East Wales Triathlon	01:16:15	44
20	Adam	Morgan	30-34	North Dock Dredgers Tri	01:16:38	43
21	Huw	Neale	40-44	Cardiff Triathletes	01:16:39	
22	James	Moore	50-54	Carmarthen Triathlon Club	01:16:52	42
23	Samuel	Bowring	25-29	Port Talbot Harriers	01:16:53	41
24	Daniel	Grace	30-34	North Dock Dredgers Tri	01:17:02	40
25	Matt	Anthony	35-39		01:17:05	39
26	Fynn	Armstrong	Under 20	Mount Kelly	01:17:46	38
27	Gavin	Wedlake	45-49	Cardiff Triathletes	01:17:55	37
28	Stephen	Coy	50-54	Leeds And Bradford Triathlon Club	01:18:16	36
29	Richard	Elgar	35-39	NEWT - Newport and East Wales Triathlon	01:18:19	35
30	James	Harries	20-24		01:18:31	
31	Mark	Jones	45-49	Cardiff Triathletes	01:19:10	34
32	Colin Richard	Wallace	60-64	Merthyr Triathlon Club	01:19:14	33
33	Martin	Cole	55-59		01:19:20	32
34	Ian	Gaffney	35-39	Mount Kelly	01:19:29	31
35	Ryan	Williams	35-39	Merthyr Triathlon Club	01:19:52	
36	Joshua	Kyte	25-29	Propel next generation	01:19:54	30
37	Lewis	Wasley	25-29	Celtic Tri	01:19:59	29
38	Rhys	Harries	45-49	Tri Potential	01:20:12	28
39	Brian	Hosty	45-49		01:20:17	27
40	Morgan	Willis	Under 20		01:20:23	26
41	Arwel	Davies	50-54	Carmarthen Triathlon Club	01:20:27	25
42	Tom	Jones	40-44		01:21:06	
43	James	barton	30-34	Pembrokeshire Triathlon Club	01:21:08	24
44	Scott	Ruse	35-39	Swansea Vale Tri	01:21:20	23
45	Brad	Ward	20-24	Ferndale Triathlon Club	01:21:21	22
46	Albert	Howe	Under 20	Newport Under 18 Triathletes	01:21:25	21
47	Michael	Thomas	45-49	Swansea Vale Tri	01:21:25	20
48	Sion	Richards	25-29	Propel next generation	01:21:26	19
49	Dewi	Owen	45-49	North Dock Dredgers Tri	01:21:30	18
50	ALED	THOMAS	35-39	Celtic Tri	01:21:36	17
51	Charlie	Malpas	Under 20	Taff Ely Triathlon Club	01:21:37	16
52	Sam	Ekstrom-Gabb	25-29	Cardiff Triathletes	01:21:48	15

53	Simon	Hughes	45-49	Celtic Tri	01:21:51	14
54	Keith	Tannetta	60-64	Cardiff Triathletes	01:22:02	13
55	Simon	Roxburgh	50-54	GOG Triathlon	01:22:19	12
56	Matthew	Goodman	30-34	DC TRIATHLON	01:22:40	11
57	Sam	Palmer	45-49	CRP Tri Club	01:22:49	
58	Daniel	Totterdale	30-34	Bynea Cycling Club	01:22:55	10
59	Steven	Jones	50-54		01:22:56	9
60	Joseph	Bailey	25-29		01:22:57	
61	Taliesin	Coombes	30-34	Cardiff Triathletes	01:23:14	8
62	No	Name			01:23:20	7
63	Charlie	Felstead	25-29	Tenby Penguins Open Water S.C.	01:23:20	
64	Alan	Porter	55-59	Taff Ely Triathlon Club	01:23:32	6
65	David	Williams	50-54	Celtic Tri	01:23:35	
66	Kieran	Williams	25-29	Tri Potential	01:23:48	
67	Harry	Griffiths	Under 20	Pembrokeshire Triathlon Club	01:23:56	5
68	Gavin	Thomas	40-44	Celtic Tri	01:23:58	4
69	Morgan	Slate			01:23:59	
70	STEFAN	JAMES	30-34	Peak performance wales	01:24:03	3
71	Leo	Tytler	Under 20	Pembrokeshire Triathlon Club	01:24:04	2
72	John	Seaward	35-39	Caerphilly Tri-ers	01:24:06	1
73	Adam	Davies	40-44		01:24:16	
74	Craig	Ayers	30-34	Tenby Aces CC	01:24:17	
75	Tomos	Edwards	30-34	Swansea TriSharks	01:24:22	
76	Simon	Phillips	45-49	Pembrokeshire Triathlon Club	01:24:26	
77	Fin	Bowie	25-29	Tri Potential	01:24:27	
78	Nathan	Blackwell	40-44	Pen-Y-Bont Triathlon Club	01:24:36	
79	darren	griffiths	45-49	Rhondda Triathlon Club	01:24:44	
80	Kirk	Riordan	50-54	North Dock Dredgers Tri	01:24:46	
81	Rhys	Evans	30-34	Tri Potential	01:24:53	
82	Angus	Dunseath	50-54		01:25:08	
83	Adrian	Price	40-44	CAFFI GRUFF	01:25:12	
84	Rhys	Jones	30-34	Propel Next Generation	01:25:35	
85	Edward Mark	Davies	50-54	Ferry Flatliners	01:25:37	
86	Michael	Eagling	20-24	Manchester Triathlon Club	01:25:38	
87	Cavan	McGill	25-29	Tri Potential	01:25:50	
88	Tomos	Dugmore	25-29		01:25:55	
89	Jason	Massey	45-49	ASR	01:26:10	
90	Spencer	Lawrence	45-49	Swansea Vale Tri	01:26:28	
91	Ellison	Griffiths	35-39	NEWT - Newport and East Wales Triathlon	01:26:33	
92	Tim	Hinchey	35-39	North Dock Dredgers Tri	01:26:37	
93	Luke	Marshall	30-34		01:26:37	
94	Alun	Rees	45-49	ATAC	01:26:38	
95	Barri	Davies	50-54	Team Watt	01:27:01	
96	Mathew	Atkins	35-39	NEWT - Newport and East Wales Triathlon	01:27:11	
97	Rob	Barker	50-54	Pembrokeshire Triathlon Club	01:27:18	
98	Miklos	Biro	45-49	GOG Triathlon	01:27:29	
99	Lewis	Allen	25-29		01:27:29	
100	Andy	Bostock	60-64		01:27:40	
101	Jack	Lawthom	30-34	Rhondda Triathlon Club	01:27:41	
102	Gareth	Thomas	40-44		01:27:50	
103	Barry	Davies	45-49		01:27:55	
104	Nathan	Bevan	45-49	Ferndale Triathlon Club	01:28:03	
105	Simon	Cartlidge	50-54		01:28:03	
106	Carwyn	Jones	50-54	Pembrokeshire Triathlon Club	01:28:05	
107	Desmond	Astley	60-64	Merthyr Triathlon Club	01:28:08	
108	Michael	Wood			01:28:10	

109	James	Roberts	40-44		01:28:14
110	Michael	Davies	50-54	Carmarthen Triathlon Club	01:28:17
111	Gavin	Wilkins	40-44	Carmarthen Triathlon Club	01:28:23
112	Steve	Hayward	50-54	Celtic Tri	01:28:25
113	Andy	Summersby	30-34	Carmarthen Triathlon Club	01:28:32
114	Joshua	Morgan	Under 20	RAF Triathlon	01:28:35
115	Sam	Saunders	35-39	North Dock Dredgers Tri	01:28:42
116	Neil	Maliphant	40-44	Clwb Seiclo Cwm Gwendraeth	01:28:55
117	paul	colman	60-64	Pembrokeshire Triathlon Club	01:28:55
118	Robert	de Schoolmeester	50-54	TROT's St Clears	01:29:00
119	David	Smith	40-44	Celtic Tri	01:29:18
120	Dafydd	Poole	25-29	Peak performance wales	01:29:21
121	Daniel	Davies	Under 20	Cardiff Junior Triathlon Club	01:29:24
122	Steve	Plumb	45-49	Carmarthen Triathlon Club	01:29:31
123	Iggy	Howe	Under 20	Newport Under 18 Triathletes	01:29:35
124	owen	evans	40-44	Cardiff Triathletes	01:29:37
125	James	Curtis	Under 20	Ferry Flatliners	01:29:42
126	Robert	Harries	45-49	North Dock Dredgers Tri	01:29:46
127	Gair	Mcadie	45-49		01:30:10
128	Rhys	Emanuel	Under 20	Tenby Penguins Open Water S.C.	01:30:36
129	Michael	Launder	35-39	Port Talbot Harriers	01:30:40
130	Edward	Morgan	65-69	Taff Ely Triathlon Club	01:30:40
131	Bleddyn	Edwards	50-54	Cardiff Triathletes	01:30:53
132	Sion	Rowlands	Under 20	Carmarthen Triathlon Club	01:30:56
133	Gareth	Yeoman	35-39	NEWT - Newport and East Wales Triathlon	01:31:07
134	Clive	Evans	55-59	Team Watt	01:31:33
135	Sion	Rees	50-54	Carmarthen Triathlon Club	01:31:42
136	Isaac	Barry	Under 20	Newport Under 18 Triathletes	01:31:44
137	Rhys	Jones	30-34		01:31:57
138	Dafydd	Davies	20-24	Valley Avengers Triathlon	01:32:11
139	daniel	herbert	30-34		01:32:12
140	Rhodri	Morris	40-44	Cardiff Triathletes	01:32:23
141	Richard	Bracken	50-54		01:32:24
142	Kevin	Wheeler	60-64	Pembrokeshire Triathlon Club	01:32:27
143	Mark	Owen	60-64	NEWT - Newport and East Wales Triathlon	01:32:32
144	Stephen	Short	40-44	North Dock Dredgers Tri	01:32:42
145	adam	bere	45-49		01:32:53
146	Llyr	Roberts	30-34	Carmarthen Triathlon Club	01:32:57
147	Adam	Davies	30-34	TEAM NFT	01:32:57
148	Gerwyn	Malpas	40-44	Taff Ely Triathlon Club	01:33:06
149	Sam	Hayes	20-24	Propel Next Generation	01:33:08
150	Huw	Williams	40-44	Clwb Seiclo Cwm Gwendraeth	01:33:11
151	Dafydd	Morgan	30-34	Propel next generation	01:33:21
152	Will	Scannell	20-24	Propel next generation	01:33:25
153	Kevin	Watson			01:33:28
154	Michael	de Voil	55-59		01:33:51
155	John	NORGROVE	45-49	Carmarthen Triathlon Club	01:33:54
156	Benjamin	Morris	40-44	DC TRIATHLON	01:33:55
157	Richard	Smith	45-49		01:33:58
158	Kenneth	Speirs	45-49		01:34:04
159	Dean	Popperwell	25-29		01:34:10
160	Ross	Kirby	25-29		01:34:13
161	Jonathon	Hatfield	50-54	Caerphilly Tri-ers	01:34:19
162	Nick	Armstead	40-44		01:34:25
163	John	Cregg	55-59	NEWT - Newport and East Wales Triathlon	01:34:35
164	Dafydd	Sion	40-44		01:34:46

165	Rebecca	Owen	45-49	Port Talbot Harriers	01:34:48
166	Michael	Harris	45-49	Clwb Seiclo Cwm Gwendraeth	01:35:02
167	Christopher	Roberts	40-44	Celtic Tri	01:35:12
168	Owain	James	Under 20	Celtic Tri	01:35:23
169	Daniel	Davies	25-29		01:35:23
170	Vince	Price	60-64	Dragon Tri	01:35:32
171	Lewis	Sizer	25-29		01:35:33
172	Julian	Howe	50-54		01:35:37
173	Richard	Lewis	35-39	DC TRIATHLON	01:35:56
174	Simon	OBrien	60-64		01:36:02
175	Nic	Forbes	50-54		01:36:09
176	Jake	Fearn	35-39	Carmarthen Triathlon Club	01:36:12
177	Piers	Crozier	30-34	Pembrokeshire Triathlon Club	01:36:16
178	Euan	Wheel	20-24	Swansea Vale Tri	01:36:34
179	Daniel	Morris	30-34	Rhondda Triathlon Club	01:36:37
180	Andrew	Morgan	45-49		01:36:38
181	Josh	Turnbull			01:36:41
182	Jeremy	Rowe	50-54	Cardiff Triathletes	01:36:42
183	Llyr	Tiplady	20-24	North Dock Dredgers Tri	01:36:48
184	Dyfed	Bolton	50-54	Carmarthen Triathlon Club	01:37:08
185	Sam	Phillips	30-34	Carmarthen Triathlon Club	01:37:09
186	Steve	Pryke	65-69	Pembrokeshire Triathlon Club	01:37:21
187	Nathan	Davies	30-34	NEWT - Newport and East Wales Triathlon	01:37:45
188	Iestyn	Williams	Under 20	Celtic Tri	01:37:47
189	Michael	Battersby	65-69	Cardiff Triathletes	01:38:04
190	Paul	Stone	50-54	Carmarthen Triathlon Club	01:38:08
191	Daniel	George	35-39		01:38:24
192	Andrew	Hill	35-39		01:38:26
193	Huw	Morgan	35-39	NEWT - Newport and East Wales Triathlon	01:38:37
194	Paul	Carman	70-74		01:38:39
195	Roy	James	55-59	CLWB TRI-2-1	01:38:46
196	Dafydd	Morris	35-39		01:38:58
197	Richard	Smy	40-44	Caerphilly Tri-ers	01:39:02
198	Rhys	Hawkes	40-44	Portsmouth Triathletes	01:39:26
199	David	Clarke	45-49		01:39:32
200	Joseph	Williams	30-34	Swansea Vale Tri	01:39:33
201	Evan	Powell	Under 20	Celtic Tri	01:39:43
202	Huw	Hamer	35-39	Celtic Tri	01:40:10
203	Llion	Williams	20-24		01:40:22
204	Lee	Jackson	35-39	Tri Potential	01:40:37
205	Ben	Raymond	Under 20		01:40:46
206	jamie	biggs	30-34		01:40:50
207	Steven	Rees	50-54	Carmarthen Triathlon Club	01:41:25
208	Huw	Gibbs	35-39		01:41:27
209	Josh	Benjamin	20-24		01:41:33
210	Robert	Carr	50-54	North Dock Dredgers Tri	01:41:36
211	Daniel	Watkin	30-34	North Endurance - Triathlon & Run Coaching	01:41:37
212	Dave	Floyd	45-49	Celtic Tri	01:41:41
213	No	Name			01:41:55
214	Martin	Kitchener	55-59		01:42:14
215	Nathan	George	30-34		01:42:22
216	Daniel	Salkeld	30-34		01:42:23
217	Conrad	John	55-59	Celtic Tri	01:42:55
218	james	harrison	40-44	Swansea Vale Tri	01:42:57
219	John	Hewson	45-49	Swansea Vale Tri	01:43:13
220	Joshua	Ware-Andrews	30-34		01:43:23

221	Dylan	Rigby	20-24		01:43:59	
222	Steve	Lawrence	50-54	North Dock Dredgers Tri	01:44:01	
223	Matthew	Cox	Under 20	Celtic Tri	01:44:02	
224	Daniel	Doughty	40-44	North Dock Dredgers Tri	01:45:14	
225	Ryan	James	55-59		01:45:17	
226	Martyn	White	60-64	North Dock Dredgers Tri	01:45:29	
227	Alexander	Swift	30-34		01:45:42	
228	Michael	Griffiths	45-49	NEWT - Newport and East Wales Triathlon	01:46:26	
229	Dean	Edwards	60-64	NEWT - Newport and East Wales Triathlon	01:46:30	
230	Anthony	Harrison	40-44		01:49:31	
231	David	Hunter	65-69		01:49:36	
232	Anthony	Bennett	50-54		01:50:09	
233	Phillip	Gibbon	70-74	Taff Ely Triathlon Club	01:51:32	
234	Peter	Jones	65-69	North Dock Dredgers Tri	01:52:41	
235	Stuart	Davies	45-49	ATAC	01:54:25	
236	Steven	Davies	60-64		01:55:06	
237	Alex	O'Brien	30-34		01:55:20	
238	Dave	Thomas	50-54		01:56:01	
239	Michael	Coffey	40-44	Swansea Vale Tri	01:56:07	
240	Richard	Zielinski	55-59		01:57:09	
241	Andrew	Thomas	60-64	North Dock Dredgers Tri	01:57:48	
242	Darren	Vaughan	45-49	Aberavon Sand Rabbits	01:57:51	
243	Jack	Stannard	30-34		01:58:05	
244	Craig	Kearney	40-44	North Dock Dredgers Tri	01:59:36	
245	Rhys	Dart	45-49	North Dock Dredgers Tri	02:00:19	
246	Darrell	Thomas	40-44		02:00:51	
247	Robert	Thomson	70-74	ATAC	02:03:09	
248	Anthony	Wilson	60-64	Swansea Vale Tri	02:03:24	
249	Sarah	Jones	25-29	Northdock dredgers	02:03:59	
250	John	Morris	50-54		02:04:22	
251	Steven	Martin	45-49	IRONTRISWIM	02:05:26	
252	Mike	Burrows	70-74	North Dock Dredgers Tri	02:07:09	
253	Tank	Evans	50-54	Swansea Vale Tri	02:07:54	

### Female Under 20

Pos	First Name	Surname	Club	Time	Points
1	Millie	Hannant	Denbighshire Triathlon Club	01:19:32	100
2	Rhinnon	Heredia-Rowe	Celtic Tri	01:34:41	90
3	Imogen	McAdie		01:34:22	85
4	Clara	Rhodes	Newport Under 18 Triathletes	01:35:03	80
5	Arianna	Protheroe	Bynea Cycling Club	01:43:17	75
6	Maddie	Malpas	Taff Ely Triathlon Club	01:44:37	70
7	Millie	Jenkins	Celtic Tri	01:44:46	65
8	Maisie	James	Celtic Tri	01:58:02	60

### Open Under 20

Pos	First Name	Surname	Club	Time	Points
1	Sean	Petty	Porthcawl Triathlon Club	01:10:44	100
2	Lorenz	Baumgartner		01:13:52	90
3	Johnathan	price	Propel next generation	01:13:54	85
4	Dylan	Gwynne-Jones	Propel Next Generation	01:15:39	80
5	Jaden	Morgan	Propel next generation	01:15:53	75
6	Fynn	Armstrong	Mount Kelly	01:17:46	70
7	Morgan	Willis		01:20:23	65



8	Albert	Howe	Newport Under 18 Triathletes	01:21:25	60
9	Charlie	Malpas	Taff Ely Triathlon Club	01:21:37	55
10	Harry	Griffiths	Pembrokeshire Triathlon Club	01:23:56	50
11	Leo	Tytler	Pembrokeshire Triathlon Club	01:24:04	49
12	Joshua	Morgan	RAF Triathlon	01:28:35	48
13	Daniel	Davies	Cardiff Junior Triathlon Club	01:29:24	47
14	Iggy	Howe	Newport Under 18 Triathletes	01:29:35	46
15	James	Curtis	Ferry Flatliners	01:29:42	
16	Rhys	Emanuel	Tenby Penguins Open Water S.C.	01:30:36	45
17	Sion	Rowlands	Carmarthen Triathlon Club	01:30:56	44
18	Isaac	Barry	Newport Under 18 Triathletes	01:31:44	43
19	Owain	James	Celtic Tri	01:35:23	42
20	Iestyn	Williams	Celtic Tri	01:37:47	41
21	Evan	Powell	Celtic Tri	01:39:43	40
22	Ben	Raymond		01:40:46	39
23	Matthew	Cox	Celtic Tri	01:44:02	38

### Female 20-24

Pos	First Name	Surname	Club	Time	Points
1	Tia	Froom		01:19:55	100
2	Amy	Durrant	IRONTRISWIM	01:35:23	90
3	Ffion	Jones	Bynea Cycling Club	01:37:35	85
4	Bethan	Williams		01:41:07	
5	Polly	Kaliski Wiseman		01:44:12	

### Open 20-24

Pos	First Name	Surname	Club	Time	Points
1	Dafyd	Jay	Torfaen Dolphins Triathlon Club	01:08:10	100
2	William	James		01:11:58	90
3	James	Harries		01:18:31	
4	Brad	Ward	Ferndale Triathlon Club	01:21:21	85
5	Michael	Eagling	Manchester Triathlon Club	01:25:38	80
6	Dafydd	Davies	Valley Avengers Triathlon	01:32:11	
7	Sam	Hayes	Propel next generation	01:33:08	
8	Will	Scannell	Propel next generation	01:33:25	75
9	Euan	Wheel	Swansea Vale Tri	01:36:34	
10	Llyr	Tiplady	North Dock Dredgers Tri	01:36:48	70
11	Llion	Williams		01:40:22	
12	Josh	Benjamin		01:41:33	
13	Dylan	Rigby		01:43:59	

### Female 25-29

Pos	First Name	Surname	Club	Time	Points
1	Bethan	Jones	Tri Potential	01:21:25	100
2	Ffion	Williams	Port Talbot Harriers	01:30:09	
3	Lara	Griffiths	Carmarthen Triathlon Club	01:30:28	90
4	Laura	Kerswell		01:39:52	
5	CATRIN	POOLE	Peak Performance Wales	01:41:04	85
6	Elin	Jones	West Wales Fitness Coaching	01:44:03	
7	Abi	Price	Pembrokeshire Triathlon Club	01:49:12	
8	Madison	Clarke		01:50:21	80

9	Emilia	Williams		01:51:07	
10	Rachel	Huggins		01:53:29	
11	Kathryn	Deverson		01:58:56	
12	Awen	Gravell		02:07:44	

### Open 25-29

Pos	First Name	Surname	Club	Time	Points
1	Guto	Morgans	Propel next generation	01:11:03	100
2	JOSHUA	BURNS		01:13:11	
3	Samuel	Bowring	Port Talbot Harriers	01:16:53	90
4	Joshua	Kyte	Propel next generation	01:19:54	85
5	Lewis	Wasley	Celtic Tri	01:19:59	80
6	Sion	Richards	Propel next generation	01:21:26	75
7	Sam	Ekstrom-Gabb	Cardiff Triathletes	01:21:48	70
8	Joseph	Bailey		01:22:57	
9	Charlie	Felstead	Tenby Penguins Open Water S.C.	01:23:20	65
10	Kieran	Williams	Tri Potential	01:23:48	
11	Fin	Bowie	Tri Potential	01:24:27	
12	Cavan	McGill	Tri Potential	01:25:50	60
13	Tomos	Dugmore		01:25:55	55
14	Lewis	Allen	Propel next generation	01:27:29	
15	Dafydd	Poole	Peak performance wales	01:29:21	
16	Dean	Popperwell		01:34:10	50
17	Ross	Kirby		01:34:13	49
18	Daniel	Davies		01:35:23	
19	Lewis	Sizer		01:35:33	48
20	Sarah	Jones	Northdock dredgers	02:03:59	47

### Female 30-34

Pos	First Name	Surname	Club	Time	Points
1	Rebecca	Swainson		01:23:00	100
2	Becky	Owen		01:25:27	90
3	Nia Elen	Davies	Propel next generation	01:25:35	85
4	Megan	Clements	TEAM NFT	01:25:38	80
5	Carys	Jones	Swansea Vale Tri	01:25:54	75
6	Rachel	Young		01:31:00	
7	Rebecca	Sykes	Tri Potential	01:36:27	70
8	Amy	Collings		01:43:42	
9	Katie	Langford	Rhondda Triathlon Club	01:55:47	
10	Ffion	Barham		01:58:18	65
11	Kim	Talbot	Carmarthen Triathlon Club	02:00:16	

### Open 30-34

Pos	First Name	Surname	Club	Time	Points
1	Timothy	Gibbons		01:12:55	100
2	Patrick	McDowell		01:15:06	90
3	Adam	Morgan	North Dock Dredgers Tri	01:16:38	85
4	Daniel	Grace	North Dock Dredgers Tri	01:17:02	80
5	James	barton	Pembrokeshire Triathlon Club	01:21:08	75
6	Matthew	Goodman	DC TRIATHLON	01:22:40	70
7	Daniel	Totterdale	Bynea Cycling Club	01:22:55	65

8	Taliesin	Coombes	Cardiff Triathletes	01:23:14	60
9	STEFAN	JAMES	Peak performance wales	01:24:03	55
10	Craig	Ayers	Tenby Aces CC	01:24:17	
11	Tomos	Edwards	Swansea TriSharks	01:24:22	
12	Rhys	Evans	Tri Potential	01:24:53	50
13	Rhys	Jones	Cardiff Triathletes	01:25:35	49
14	Luke	Marshall		01:26:37	
15	Jack	Lawthom	Rhondda Triathlon Club	01:27:41	
16	Andy	Summersby	Carmarthen Triathlon Club	01:28:32	
17	Rhys	Jones		01:31:57	48
18	daniel	herbert		01:32:12	
19	Adam	Davies	TEAM NFT	01:32:57	47
20	Llyr	Roberts	Carmarthen Triathlon Club	01:32:57	
21	Dafydd	Morgan	Propel next generation	01:33:21	46
22	Piers	Crozier	Pembrokeshire Triathlon Club	01:36:16	45
23	Daniel	Morris	Rhondda Triathlon Club	01:36:37	
24	Sam	Phillips	Carmarthen Triathlon Club	01:37:09	
25	Nathan	Davies	NEWT - Newport and East Wales Triathlon	01:37:45	44
26	Joseph	Williams	Swansea Vale Tri	01:39:33	43
27	jamie	biggs		01:40:50	
28	Daniel	Watkin	North Endurance - Triathlon & Run Coaching	01:41:37	
29	Nathan	George		01:42:22	
30	Daniel	Salkeld		01:42:23	
31	Joshua	Ware-Andrews		01:43:23	
32	Alexander	Swift		01:45:42	
33	Alex	O'Brien		01:55:20	
34	Jack	Stannard		01:58:05	

### Female 35-39

Pos	First Name	Surname	Club	Time	Points
1	Lucy	Marland	Rhondda Triathlon Club	01:21:00	100
2	Lucy	Chieffo	Swansea Vale Tri	01:38:10	
3	Cerys	John	Taff Ely Triathlon Club	01:46:41	
4	Natasha	Street		01:47:07	90
5	Hannah	Burke		01:48:24	85
6	Kimberlee	James		01:49:20	80
7	Holly	Thacker		01:53:23	
8	Gemma	Borley		02:15:53	

### Open 35-39

Pos	First Name	Surname	Club	Time	Points
1	Ben	Jones		01:13:47	
2	Nino	Gatti	Swansea Vale Tri	01:15:35	100
3	Lewis	Bevan		01:16:01	
4	Nathan	Trowbridge	Tri Potential	01:16:06	90
5	Dan	Whaites	NEWT - Newport and East Wales Triathlon	01:16:09	85
6	Jason	Hanson	NEWT - Newport and East Wales Triathlon	01:16:15	80
7	Matt	Anthony		01:17:05	75
8	Richard	Elgar	NEWT - Newport and East Wales Triathlon	01:18:19	70
9	Ian	Gaffney	Mount Kelly	01:19:29	65

10	Ryan	Williams	Merthyr Triathlon Club	01:19:52	
11	Scott	Ruse	Swansea Vale Tri	01:21:20	60
12	ALED	THOMAS	Celtic Tri	01:21:36	55
13	John	Seaward	Caerphilly Tri-ers	01:24:06	50
14	Ellison	Griffiths	NEWT - Newport and East Wales Triathlon	01:26:33	
15	Tim	Hinchey	North Dock Dredgers Tri	01:26:37	
16	Mathew	Atkins	NEWT - Newport and East Wales Triathlon	01:27:11	
17	Sam	Saunders	North Dock Dredgers Tri	01:28:42	
18	Michael	Launder	Port Talbot Harriers	01:30:40	49
19	Gareth	Yeoman	NEWT - Newport and East Wales Triathlon	01:31:07	48
20	Richard	Lewis	DC TRIATHLON	01:35:56	
21	Jake	Fearn	Carmarthen Triathlon Club	01:36:12	47
22	Daniel	George		01:38:24	
23	Andrew	Hill		01:38:26	
24	Huw	Morgan	NEWT - Newport and East Wales Triathlon	01:38:37	46
25	Dafydd	Morris		01:38:58	
26	Huw	Hamer	Celtic Tri	01:40:10	
27	Lee	Jackson	Tri Potential	01:40:37	
28	Huw	Gibbs		01:41:27	

### Female 40-44

Pos	First Name	Surname	Club	Time	Points
1	Emma	Palfrey	CAFFI GRUFF	01:19:45	100
2	Eloise	Crowley	Cardiff Triathletes	01:22:16	90
3	Emer	Sandham	GOG Triathlon	01:32:43	85
4	Brigid	Armstead		01:50:06	
5	Claire	Kearney	North Dock Dredgers Tri	01:52:20	
6	Rachael	Parkinson	Bynea Cycling Club	01:56:45	80

### Open 40-44

Pos	First Name	Surname	Club	Time	Points
1	Owain	Lewis-Strange	Swansea Vale Tri	01:16:08	100
2	Huw	Neale	Cardiff Triathletes	01:16:39	90
3	Tom	Jones		01:21:06	
4	Gavin	Thomas	Celtic Tri	01:23:58	85
5	Adam	Davies		01:24:16	80
6	Nathan	Blackwell	Pen-Y-Bont Triathlon Club	01:24:36	
7	Adrian	Price	CAFFI GRUFF	01:25:12	75
8	Gareth	Thomas		01:27:50	
9	James	Roberts		01:28:14	
10	Gavin	Wilkins	Carmarthen Triathlon Club	01:28:23	70
11	Neil	Maliphant	Clwb Seiclo Cwm Gwendraeth	01:28:55	
12	David	Smith	Celtic Tri	01:29:18	65
13	owen	evans	Cardiff Triathletes	01:29:37	60
14	Rhodri	Morris	Cardiff Triathletes	01:32:23	55
15	Stephen	Short	North Dock Dredgers Tri	01:32:42	
16	Gerwyn	Malpas	Taff Ely Triathlon Club	01:33:06	50
17	Huw	Williams	Clwb Seiclo Cwm Gwendraeth	01:33:11	49
18	Benjamin	Morris	DC TRIATHLON	01:33:55	48

19	Nick	Armstead		01:34:25	
20	Dafydd	Sion		01:34:46	
21	Christopher	Roberts	Celtic Tri	01:35:12	47
22	Richard	Smy	Caerphilly Tri-ers	01:39:02	46
23	Rhys	Hawkes	Portsmouth Triathletes	01:39:26	
24	james	harrison	Swansea Vale Tri	01:42:57	
25	Daniel	Doughty	North Dock Dredgers Tri	01:45:14	45
26	Anthony	Harrison		01:49:31	
27	Michael	Coffey	Swansea Vale Tri	01:56:07	44
28	Craig	Kearney	North Dock Dredgers Tri	01:59:36	
29	Darrell	Thomas		02:00:51	

### Female 45-49

Pos	First Name	Surname	Club	Time	Points
1	Lisa	Dowler	Maesteg Triathlon Club ( Wolfpack)	01:27:22	100
2	Caryl	Williams	Tri Potential	01:27:37	90
3	anita	saycell	Ystwyth CC	01:30:32	85
4	Bethan	Marks	Celtic Tri	01:32:01	80
5	Janet	Ebenezer	Heathwood Triathlon	01:35:31	75
6	Sandra	Jones	Celtic Tri	01:35:51	70
7	Wendy	Hurst	Dragon Tri	01:36:36	65
8	Kelly	Rowe	Merthyr Triathlon Club	01:39:08	60
9	Helen	Munro	Tenby Aces CC	01:41:43	55
10	Natalie	Fulstow	West Wales Fitness Coaching	01:43:15	50
11	Carol	Jones	North Dock Dredgers Tri	01:44:36	49
12	Angela	Thomas		01:44:46	48
13	Rachel	Gabb	Celtic Tri	01:45:52	47
14	Nicola	Powell	Celtic Tri	01:49:41	46
15	Ceri	Puckett	Cardiff Triathletes	01:50:59	45
16	Rachel	Avon	Swansea Vale Tri	01:51:07	
17	Kim	Phelps		01:52:17	
18	Beverley	Spear	Carmarthen Triathlon Club	02:01:21	
19	Kellie	Watters		02:02:21	
20	Jo-Anne	Williams	Pembrokeshire Triathlon Club	02:05:01	44
21	FELICITY	CLARK	Celtic Tri	02:25:22	43

### Open 45-49

Pos	First Name	Surname	Club	Time	Points
1	Oliver	Simon	ATAC	01:07:47	100
2	Gavin	Wedlake	Cardiff Triathletes	01:17:55	90
3	Mark	Jones	Cardiff Triathletes	01:19:10	85
4	Rhys	Harries	Tri Potential	01:20:12	80
5	Brian	Hosty		01:20:17	75
6	Michael	Thomas	Swansea Vale Tri	01:21:25	70
7	Dewi	Owen	North Dock Dredgers Tri	01:21:30	65
8	Simon	Hughes	Celtic Tri	01:21:51	60
9	Sam	Palmer	CRP Tri Club	01:22:49	
10	Simon	Phillips	Pembrokeshire Triathlon Club	01:24:26	55
11	darren	griffiths	Rhondda Triathlon Club	01:24:44	
12	Jason	Massey	ASR	01:26:10	50

13	Spencer	Lawrence	Swansea Vale Tri	01:26:28	49
14	Alun	Rees	ATAC	01:26:38	
15	Miklos	Biro	GOG Triathlon	01:27:29	48
16	Barry	Davies		01:27:55	
17	Nathan	Bevan	Ferndale Triathlon Club	01:28:03	47
18	Steve	Plumb	Carmarthen Triathlon Club	01:29:31	
19	Robert	Harries	North Dock Dredgers Tri	01:29:46	46
20	Gair	Mcadie		01:30:10	
21	adam	bere		01:32:53	
22	John	NORGROVE	Carmarthen Triathlon Club	01:33:54	45
23	Richard	Smith		01:33:58	
24	Kenneth	Speirs		01:34:04	
25	Rebecca	Owen	Port Talbot Harriers	01:34:48	44
26	Michael	Harris	Clwb Seiclo Cwm Gwendraeth	01:35:02	43
27	Andrew	Morgan		01:36:38	
28	David	Clarke		01:39:32	
29	Dave	Floyd	Celtic Tri	01:41:41	42
30	John	Hewson	Swansea Vale Tri	01:43:13	
31	Michael	Griffiths	NEWT - Newport and East Wales Triathlon	01:46:26	
32	Stuart	Davies	ATAC	01:54:25	41
33	Darren	Vaughan	Aberavon Sand Rabbits	01:57:51	40
34	Rhys	Dart	North Dock Dredgers Tri	02:00:19	39
35	Steven	Martin	IRONTRISWIM	02:05:26	

### Female 50-54

Pos	First Name	Surname	Club	Time	Points
1	Stephanie	Waring	Tenby Aces CC	01:22:13	100
2	Elizabeth	Williams	Pembrokeshire Triathlon Club	01:29:46	90
3	Emma	Jenkins	Cardiff Triathletes	01:36:35	85
4	Julia	Barker	Pembrokeshire Triathlon Club	01:36:46	80
5	Nia	Dunseath		01:39:23	75
6	Sara	Davies	Ferry Flatliners	01:39:35	70
7	Jane	Ryall	Clwb Seiclo Llanymddyfri	01:43:06	65
8	Trish	Butchers	North Dock Dredgers Tri	01:45:51	60
9	Miranda	Bowen	Carmarthen Triathlon Club	01:47:40	55
10	Kathryn	Richards	NEWT - Newport and East Wales Triathlon	01:50:28	50
11	Emma	Jones	Celtic Tri	01:50:43	49
12	Leanne	Smith		01:52:24	
13	Angharad	Rowe	Celtic Tri	02:00:43	48

### Open 50-54

Pos	First Name	Surname	Club	Time	Points
1	James	Moore	Carmarthen Triathlon Club	01:16:52	100
2	Stephen	Coy	Leeds And Bradford Triathlon Club	01:18:16	90
3	Arwel	Davies	Carmarthen Triathlon Club	01:20:27	85
4	Simon	Roxburgh	GOG Triathlon	01:22:19	80
5	Steven	Jones		01:22:56	75
6	David	Williams	Celtic Tri	01:23:35	70
7	Kirk	Riordan	North Dock Dredgers Tri	01:24:46	

8	Angus	Dunseath		01:25:08	65
9	Edward Mark	Davies	Ferry Flatliners	01:25:37	60
10	Barri	Davies	Team Watt	01:27:01	55
11	Rob	Barker	Pembrokeshire Triathlon Club	01:27:18	50
12	Simon	Cartlidge		01:28:03	49
13	Carwyn	Jones	Pembrokeshire Triathlon Club	01:28:05	48
14	Michael	Davies	Carmarthen Triathlon Club	01:28:17	
15	Steve	Hayward	Celtic Tri	01:28:25	
16	Robert	de Schoolmeester	TROT's St Clears	01:29:00	
17	Bleddyn	Edwards	Cardiff Triathletes	01:30:53	47
18	Sion	Rees	Carmarthen Triathlon Club	01:31:42	46
19	Richard	Bracken		01:32:24	45
20	Jonathon	Hatfield	Caerphilly Tri-ers	01:34:19	44
21	Julian	Howe		01:35:37	43
22	Nic	Forbes		01:36:09	42
23	Jeremy	Rowe	Cardiff Triathletes	01:36:42	41
24	Dyfed	Bolton	Carmarthen Triathlon Club	01:37:08	40
25	Paul	Stone	Carmarthen Triathlon Club	01:38:08	39
26	Steven	Rees	Carmarthen Triathlon Club	01:41:25	38
27	Robert	Carr	North Dock Dredgers Tri	01:41:36	
28	Steve	Lawrence	North Dock Dredgers Tri	01:44:01	37
29	Anthony	Bennett		01:50:09	
30	Dave	Thomas		01:56:01	
31	John	Morris		02:04:22	
32	Tank	Evans	Swansea Vale Tri	02:07:54	

### Female 55-59

Pos	First Name	Surname	Club	Time	Points
1	Emma	Wheeler	ATAC	01:32:44	100
2	elizabeth	Soulsby	Taff Ely Triathlon Club	01:36:43	90
3	Jennifer	Aylward	Celtic Tri	01:39:06	85
4	julia	jones	North Dock Dredgers Tri	01:43:35	80
5	Julie	Roche		01:43:46	
6	Ruth Adele	Francis	Celtic Tri	01:44:40	75
7	Beverley	Lewis	Cardiff Triathletes	01:45:58	70
8	Sian	Phillips	Porthcawl Triathlon Club	01:46:19	65
9	RHIANON	ASTLEY		01:50:33	60
10	Suzanne	Williams	NEWT - Newport and East Wales Triathlon	02:14:19	55

### Open 55-59

Pos	First Name	Surname	Club	Time	Points
1	Martin	Cole		01:19:20	100
2	Alan	Porter	Taff Ely Triathlon Club	01:23:32	90
3	Clive	Evans	Team Watt	01:31:33	85
4	Michael	de Voil		01:33:51	
5	John	Cregg	NEWT - Newport and East Wales Triathlon	01:34:35	
6	Roy	James	CLWB TRI-2-1	01:38:46	
7	Martin	Kitchener		01:42:14	80
8	Conrad	John	Celtic Tri	01:42:55	75
9	Ryan	James		01:45:17	

10	Richard	Zielinski		01:57:09	70
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### Female 60-64

Pos	First Name	Surname	Club	Time	Points
1	Jill	Carlin	Warrington Triathlon Club	01:34:36	100
2	Jacqueline	Gibbons	Pembrokeshire Triathlon Club	01:37:52	90
3	Debs M	Jones	GOG Triathlon	01:38:47	85
4	Sarah	Barham	North Dock Dredgers Tri	01:48:46	80
5	Nicola	Thomas	North Dock Dredgers Tri	01:50:58	75
6	Christina	Smith	Celtic Tri	01:55:32	70
7	Karen	OBrien		02:02:20	
8	Nicola	jones		02:02:38	
9	Dinah	Hazeldine	GOG Triathlon	02:14:46	65

### Open 60-64

Pos	First Name	Surname	Club	Time	Points
1	Colin Richard	Wallace	Merthyr Triathlon Club	01:19:14	100
2	Keith	Tannetta	Cardiff Triathletes	01:22:02	90
3	Andy	Bostock		01:27:40	85
4	Desmond	Astley	Merthyr Triathlon Club	01:28:08	80
5	paul	colman	Pembrokeshire Triathlon Club	01:28:55	75
6	Kevin	Wheeler	Pembrokeshire Triathlon Club	01:32:27	70
7	Mark	Owen	NEWT - Newport and East Wales Triathlon	01:32:32	
8	Vince	Price	Dragon Tri	01:35:32	65
9	Simon	OBrien		01:36:02	
10	Martyn	White	North Dock Dredgers Tri	01:45:29	60
11	Dean	Edwards	NEWT - Newport and East Wales Triathlon	01:46:30	
12	Steven	Davies		01:55:06	
13	Andrew	Thomas	North Dock Dredgers Tri	01:57:48	55
14	Anthony	Wilson	Swansea Vale Tri	02:03:24	50

### Female 65-69

Pos	First Name	Surname	Club	Time	Points
1	Cheryle	Edwards	NEWT - Newport and East Wales Triathlon	02:30:17	100

### Open 65-69

Pos	First Name	Surname	Club	Time	Points
1	Edward	Morgan	Taff Ely Triathlon Club	01:30:40	100
2	Steve	Pryke	Pembrokeshire Triathlon Club	01:37:21	90
3	Michael	Battersby	Cardiff Triathletes	01:38:04	85
4	David	Hunter		01:49:36	80
5	Peter	Jones	North Dock Dredgers Tri	01:52:41	75



## Open 70-74

Pos	First Name	Surname	Club	Time	Points
1	Paul	Carman		01:38:39	
2	Phillip	Gibbon	Taff Ely Triathlon Club	01:51:32	100
3	Robert	Thomson	ATAC	02:03:09	90
4	Mike	Burrows	North Dock Dredgers Tri	02:07:09	85

## Female 75-79

Pos	First Name	Surname	Club	Time	Points
1	Linda	Spillane	NEWT - Newport and East Wales Triathlon	02:17:25	100

## Club Standings After Race 1

Club	Series Points	
	Lanelli	Overall
Taff Ely Triathlon Club	480	450
Cardiff Triathletes	440	440
Propel next generation	435	435
Celtic Tri	420	420
Pembrokeshire Triathlon Club	425	425
North Dock Dredgers	410	410
Swansea Vale Tri	405	405
Carmarthen Triathlon Club	400	400
GOG Triathlon	363	363
NEWT - Newport and East Wales Triathlon	340	340
ATAC	331	331
Bynea Cycling Club	305	305
Merthyr Triathlon Club	240	240
Newport Under 18 Triathletes	229	229
Port Talbot Harriers	183	183
CAFFI GRUFF	175	175
Porthcawl Triathlon Club	165	165
Tenby Aces CC	155	155
Caerphilly Tri-ers	140	140
Peak performance wales	140	140
Ferry Flatliners	130	130
Dragon Tri	130	130
TEAM NFT	127	127
Tenby Penguins Open Water S.C.	110	110
Rhondda Triathlon Club	100	100
Torfaen Dolphins Triathlon Club	100	100
DC TRIATHLON	48	48