



Welsh Triathlon National Sprint Championship

26th May 2024

National Sprint Champs - Overall

| Pos | Name | Club | Cat |
|-----|--------------|---------------------|-----|
| 1 | Dafyd Jay | Torfaen Tri Club | O |
| 2 | Ifan Bowen | Carmarthen Tri Club | O |
| 3 | Iwan Frolely | | O |

| | | | |
|---|----------------|-------------|---|
| 1 | Lucy Marland | Rhondda Tri | F |
| 2 | Rhian Roxburgh | GOG | F |
| 3 | Hana Blake | | F |

National Champs – U20's

| Pos | Name | Club | Cat |
|-----|--------------|---------------------|-----|
| 1 | Ifan Bowen | Carmarthen Tri Club | O |
| 2 | Iwan Frolely | | O |
| 3 | Albie Howe | NUTS | O |

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|---|-----------------------|--------------------|---|
| 1 | Millie Hannant | | F |
| 2 | Ffion Mulford | Cardiff Junior Tri | F |
| 3 | Rhiannon Heredia Rowe | Celtic Tri | F |

| National Champs – 20-24 | | | |
|--------------------------------|-------------|------------------|------------|
| Pos | Name | Club | Cat |
| 1 | Dafyd Jay | Torfaen Tri Club | O |

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| 1 | Tia Froom | | F |
| 2 | Lili Jones | | F |
| 3 | Georgia Armitage | | F |

| National Champs – 25-29 | | | |
|--------------------------------|---------------|----------------------|------------|
| Pos | Name | Club | Cat |
| 1 | Sam Bowring | Port Talbot Harriers | O |
| 2 | Andrew Jones | GOG | O |
| 3 | Sion Richards | Propel Next Gen | O |

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|---|--------------|---------------|---|
| 1 | Hana Blake | | F |
| 2 | Bethan Jones | Tri Potential | F |

| National Champs – 30-34 | | | |
|--------------------------------|--------------|---------------------|------------|
| Pos | Name | Club | Cat |
| 1 | Daniel Grace | North Dock Dredgers | O |
| 2 | James Barton | Pembrokeshire Tri | O |
| 3 | Josh Morgan | RN | O |

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| 1 | Becky Owen | | F |
| 2 | Carys Jones | SVT | F |

| National Champs – 35-39 | | | |
|--------------------------------|--------------------|-------------|------------|
| Pos | Name | Club | Cat |
| 1 | Jason Hanson | NEWT | O |
| 2 | James Grandfield – | Cr@p Tri | O |
| 3 | Lloyd Canham | | O |

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|---|----------------|-------------|---|
| 1 | Lucy Marland | Rhondda Tri | F |
| 2 | Hannah Burke | | F |
| 3 | Natasha Street | | F |

| National Champs – 40-44 | | | |
|--------------------------------|---------------------|-------------|------------|
| Pos | Name | Club | Cat |
| 1 | Owain Lewis-Strange | SVT | O |
| 2 | Andrew Boyd | | O |
| 3 | Dave Smith | Celtic Tri | O |

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| 1 | Natalie Richards | Wenvoe Weavers | F |
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| National Champs – 45-49 | | | |
|--------------------------------|----------------|---------------|------------|
| Pos | Name | Club | Cat |
| | Andrew Bourner | SWYD | O |
| | Gavin Wedlake | Cardiff Tri | O |
| | Rhys Harries | Tri Potential | O |

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|---|----------------|---------------|---|
| 1 | Caryl Williams | Tri Potential | F |
| 2 | Anita Saycell | Ystwyth | F |
| 3 | Sandra Jones | Celtic Tri | F |

| National Champs – 50-54 | | | |
|--------------------------------|----------------|---------------------|------------|
| Pos | Name | Club | Cat |
| 1 | Steven Allport | GOG | O |
| 2 | David Murray | Dragon Tri | O |
| 3 | James Moore | Carmarthen Tri Club | O |

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|---|--------------------|-------------------|---|
| 1 | Rhian Roxburgh | GOG | F |
| 2 | Elizabeth Williams | Pembrokeshire Tri | F |
| 3 | Cathryn Jenkins | Celtic Tri | F |

| National Champs – 55-59 | | | |
|--------------------------------|-------------|----------------|------------|
| Pos | Name | Club | Cat |
| 1 | Alun Wood | Pen-y-bont Tri | O |
| 2 | Alan Porter | Taff Ely | O |
| 3 | Tim Parfitt | | O |

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|---|------------------|------------|---|
| 1 | Emma Wheeler | ATAC | F |
| 2 | Jennifer Aylward | Celtic Tri | F |
| 3 | Sarah Linnard | | F |

| National Champs 60-64 | | | |
|------------------------------|-----------------------|------------------|------------|
| Pos | Name | Club | Cat |
| 1 | Colin Richard Wallace | Merthyr Tri Club | O |
| 2 | Keith Tannetta | Cardiff Tri | O |
| 3 | Simon Mark Psborne | Dragon Tri | O |

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|---|--------------------|----------------------|---|
| 1 | Debs Jones | GOG | F |
| 2 | Jacqueline Gibbobs | Pembrokeshire Tri | F |
| 3 | Carolyn Williams | Port Talbot Harriers | F |

| National Champs 65-69 | | | |
|------------------------------|-------------------|-------------|------------|
| Pos | Name | Club | Cat |
| 1 | Michael Battersby | Cardiff Tri | O |
| 2 | Norman Gibson | | O |
| 3 | Malcolm Harrison | GOG | O |

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|---|---------------|-------------------|---|
| 1 | Karen Munn | Pembrokeshire Tri | F |
| 2 | Colette Price | GOG | F |

| National Champs 70-74 | | | |
|------------------------------|-----------------|--------------------|------------|
| Pos | Name | Club | Cat |
| 1 | Sue Graves | Farnham Tri Club | F |
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| 1 | William Snowdon | Cardiff Tri | O |
| 2 | Paul Belcher | Pen-y-bont | O |
| 3 | Wayne Richards | Swansea Tri Sharks | O |