

ACTIF Amman Valley Triathlon Start List 2026

Sorted on Surname

Race No	First Name	Last Name	Cat	Age Group	Race Entered	Start Time	Club
1	Christopher	Aldrich	O	20-39	Adult Sprint Triathlon	00:08:35	Carmarthen Triathlon Club
2	Eve	Andrews	F	20-39	Adult Sprint Triathlon	00:08:15	Swansea Vale Tri
3	Stephen	Ash	O	50-59	Adult Sprint Triathlon	00:07:35	
4	Gwyneth	Ayers	F	40-49	Adult Sprint Triathlon	00:07:20	
5	Jennifer	Aylward	F	50-59	Adult Sprint Triathlon	00:08:35	Celtic Tri
6	Scott	Bambridge	O	50-59	Adult Sprint Triathlon	00:08:25	IRONTRISWIM
7	Tom	Barnes	O	20-39	Adult Sprint Triathlon	00:07:20	Team Armadillo
8	Scott	Bartlett	O	20-39	Adult Sprint Triathlon	00:08:55	
9	Debbie	Bell	F	40-49	Adult Sprint Triathlon	00:08:35	
10	Fraser	Benjamin	O	20-39	Adult Sprint Triathlon	00:08:05	
11	Millie	Bennett	F	17-19	Youth & Junior Sprint Triathlon	00:07:00	ATAC
12	Nathan	Bevan	O	50-59	Adult Sprint Triathlon	00:07:00	Ferndale Triathlon Club
13	James	Bevan	RT		Relay Team	00:09:10	Top step triathlon
14	Heather	Birnie	F	20-39	Adult Sprint Triathlon	00:08:35	
15	Nathan	Bishop	O	40-49	Adult Sprint Triathlon	00:07:35	
16	Daniel	Bradbeer	O	20-39	Adult Sprint Triathlon	00:08:55	Swansea Vale Tri
17	James	Braun	O	50-59	Adult Sprint Triathlon	00:08:35	Cardiff Triathletes
18	Dean	Cherrington	O	40-49	Adult Sprint Triathlon	00:07:00	
19	Alexeanne	Cherrington	F	40-49	Adult Sprint Triathlon	00:07:00	Armadillos
20	Anna	Ciolek	F	40-49	Adult Sprint Triathlon	00:07:50	
21	FELICITY	CLARK	F	50-59	Adult Sprint Triathlon	00:07:50	Celtic Tri
22	Josh	Cleave	O	17-19	Adult Sprint Triathlon	00:09:10	Celtic Tri
23	dan	Cobb	O	60-69	Adult Sprint Triathlon	00:08:05	
24	Matthew	Cole	O	20-39	Adult Sprint Triathlon	00:07:50	Sarn Helen Tri
25	Wendy	Cole	F	50-59	Adult Sprint Triathlon	00:07:50	
26	Roger	Coombs	O	60-69	Adult Sprint Triathlon	00:08:15	Celtic Tri
27	Gail	Cope	F	60-69	Adult Sprint Triathlon	00:07:35	Swansea TriSharks
28	Cherrie	Crook	F	40-49	Adult Sprint Triathlon	00:07:20	
29	Drew	David-Brown	O	20-39	Adult Sprint Triathlon	00:07:00	
30	Irene	Davies	RT	RT	Relay Team	00:07:20	

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31	Heathers Heroes	Davies	RT	RT	Relay Team	00:07:35	Triathlon Coaching Wales
32	Owain	Davies	O	20-39	Adult Sprint Triathlon	00:07:50	
33	Lauren	Davies	F	20-39	Adult Sprint Triathlon	00:08:25	Celtic Tri
34	Rhodri	Davies	O	20-39	Adult Sprint Triathlon	00:08:35	
35	Warren	Davies	O	20-39	Adult Sprint Triathlon	00:08:45	
36	Marc	Davies	O	50-59	Adult Sprint Triathlon	00:08:55	Heathwood Triathlon
37	Hywel	Davies	O	20-39	Adult Sprint Triathlon	00:09:10	
38	Calvin	Davies	O	20-39	Adult Sprint Triathlon	00:08:30	
39	Mo	De Waal	F	40-49	Adult Sprint Triathlon	00:08:55	Swansea TriSharks
40	Lewis	Dempster	O	20-39	Adult Sprint Triathlon	00:08:25	Celtic Tri
41	Angharad	Dew	F	50-59	Adult Sprint Triathlon	00:07:20	Carmarthen Triathlon Club
42	Lauren	Dougan	F	20-39	Adult Sprint Triathlon	00:08:25	Port Talbot Harriers
43	Amy	Durrant	F	20-39	Adult Sprint Triathlon	00:09:10	Peak Performance Wales
44	Fiona	Eagle	F	50-59	Adult Sprint Triathlon	00:08:05	Tri Hard Harriers
45	Andrew	Edgington MBE	O	70-79	Adult Sprint Triathlon	00:07:00	
46	Tom	Edwards	O	40-49	Adult Sprint Triathlon	00:07:00	Peak Performance Wales
47	Gill	Edwards	F	50-59	Adult Sprint Triathlon	00:07:50	
48	Emma	Evans	RT		Relay Team	00:07:50	Swansea TriSharks
49	Marc	Evans	O	20-39	Adult Sprint Triathlon	00:08:05	Ferndale Triathlon Club
50	Annie	Evans	F	15-16	Youth & Junior Sprint Triathlon	00:09:10	Celtic Tri
51	Michael	Fender	O	20-39	Adult Sprint Triathlon	00:07:20	
52	Francesco	Fiorini	O	20-39	Adult Sprint Triathlon	00:07:35	
53	Rachel	Gabb	F	50-59	Adult Sprint Triathlon	00:07:00	Celtic Tri
54	Mark	Gabb	O	40-49	Adult Sprint Triathlon	00:08:55	Celtic Tri
55	William	Gannon	O	50-59	Adult Sprint Triathlon	00:08:15	Celtic Tri
56	Dion	Gealy	O	20-39	Adult Sprint Triathlon	00:08:15	
57	Gavin	George	O	40-49	Adult Sprint Triathlon	00:07:35	Warriors Tri Club
58	michael	gleeson	O	50-59	Adult Sprint Triathlon	00:08:55	Swansea Vale Tri
59	Helen	Gough	F	50-59	Adult Sprint Triathlon	00:08:05	Women in Tri UK
60	Ava	Gregory	F	17-19	Adult Sprint Triathlon	00:07:50	
170	shelley	griffin	F	60-69	Adult Sprint Triathlon	00:08:35	Swansea TriSharks

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61	Catrin	Griffiths	F	40-49	Adult Sprint Triathlon	00:07:35	
62	Brad	Griffiths	O	20-39	Adult Sprint Triathlon	00:08:25	Rhondda Tri Club
63	Craig	Griffiths	O	40-49	Adult Sprint Triathlon	00:08:45	Celtic Tri
64	Sarah	Grist	F	50-59	Adult Sprint Triathlon	00:07:20	Bynea Cycling Club
65	Ryan	Haigh	O	20-39	Adult Sprint Triathlon	00:08:35	
66	Morgan	Harries	O	20-39	Adult Sprint Triathlon	00:08:45	
67	Blaine	Harris	O	20-39	Adult Sprint Triathlon	00:07:50	
68	Emma	Harris	F	20-39	Adult Sprint Triathlon	00:08:45	ATG tri club
69	Steve	Hayward	O	50-59	Adult Sprint Triathlon	00:08:35	Celtic Tri
70	Alexander	Heron	O	70-79	Adult Sprint Triathlon	00:08:25	Celtic Tri
71	John	Hewson	O	40-49	Adult Sprint Triathlon	00:08:15	Swansea Vale Tri
72	Lynsey	Hitt	F	20-39	Adult Sprint Triathlon	00:08:45	Swansea Vale Tri
73	Leon	Holmes	O	20-39	Adult Sprint Triathlon	00:08:45	
74	Matthew	Hopkins	O	40-49	Adult Sprint Triathlon	00:07:20	
75	James	Hosegood	O	40-49	Adult Sprint Triathlon	00:08:35	
76	Jake	Howard	O	20-39	Adult Sprint Triathlon	00:08:55	ATG tri club
77	James	Howe	O	20-39	Adult Sprint Triathlon	00:08:25	ATG tri club
78	Ffion	Howells	F	20-39	Adult Sprint Triathlon	00:08:15	
79	Matthew	Hughes	O	20-39	Adult Sprint Triathlon	00:07:50	ATG tri club
80	Craig	Hughes	O	20-39	Adult Sprint Triathlon	00:08:45	
81	Mandy	Jack	F	60-69	Adult Sprint Triathlon	00:08:35	North Dock Dredgers Tri
82	Liane	James	F	50-59	Adult Sprint Triathlon	00:07:00	Swansea TriSharks
83	Michelle	James	F	50-59	Adult Sprint Triathlon	00:08:15	Carmarthen Triathlon Club
84	Owain	James	O	17-19	Adult Sprint Triathlon	00:08:55	Celtic Tri
85	James	Jeffreys	O	40-49	Adult Sprint Triathlon	00:07:00	
86	Avarina	Jeffreys	F	40-49	Adult Sprint Triathlon	00:07:50	ATAC
87	Neil	Jennings	O	40-49	Adult Sprint Triathlon	00:08:45	
88	Malcolm	Jeremiah	O	20-39	Adult Sprint Triathlon	00:07:35	
89	Ken	Jones	O	70-79	Adult Sprint Triathlon	00:07:20	
90	James	Jones	O	40-49	Adult Sprint Triathlon	00:07:20	
91	Gareth	Jones	O	60-69	Adult Sprint Triathlon	00:08:05	Tri Potential

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92	Dylan	Jones	O	20-39	Adult Sprint Triathlon	00:08:05	
93	Lewis	Jones	O	20-39	Adult Sprint Triathlon	00:08:05	
94	Parkrun Coffee Club	Jones	RT	RT	Relay Team	00:08:25	Triathlon Coaching Wales
95	Elin	Jones	F	20-39	Adult Sprint Triathlon	00:08:35	
96	julia	jones	F	50-59	Adult Sprint Triathlon	00:08:45	North Dock Dredgers Tri
97	Jennifer	Jones	F	20-39	Adult Sprint Triathlon	00:08:45	Iron Chef Coaching (Team ICC)
98	Ffion	Jones	F	20-39	Adult Sprint Triathlon	00:08:55	ATAC
99	Meinir	Jones	F	50-59	Adult Sprint Triathlon	00:09:10	Celtic Tri
171	Cian	Jones	O	20-39	Adult Sprint Triathlon	00:07:35	
100	brian	kilsby	O	50-59	Adult Sprint Triathlon	00:08:15	Sarn Helen Tri
101	Tomos	King	O	20-39	Adult Sprint Triathlon	00:08:25	Swansea Vale Tri
102	Colin	Lewis	O	50-59	Adult Sprint Triathlon	00:08:05	
103	Sian	Lewis	RT	RT	RT	00:08:35	Swansea TriSharks
104	Jamie	Lewis	O	40-49	Adult Sprint Triathlon	00:08:55	
105	Megan	Llewellyn	O	20-39	Adult Sprint Triathlon	00:08:15	Team Armadillo
106	Neil	Lloyd	O	40-49	Adult Sprint Triathlon	00:07:20	
107	Gareth	Lynch	O	50-59	Adult Sprint Triathlon	00:08:45	Cardiff Triathletes
108	David	Magro	O	40-49	Adult Sprint Triathlon	00:08:25	
109	Heidi	Magro	F	40-49	Adult Sprint Triathlon	00:08:35	Taff Ely Triathlon Club
110	Della	marshall	F	40-49	Adult Sprint Triathlon	00:07:35	Merthyr Triathlon Club
111	Bethan	Matthews	F	40-49	Adult Sprint Triathlon	00:07:00	
112	Ashton	Matthews	O	20-39	Adult Sprint Triathlon	00:08:05	Ferndale Triathlon Club
113	Hilary	McCarthy	F	50-59	Adult Sprint Triathlon	00:07:20	
114	Dean	Miles	O	40-49	Adult Sprint Triathlon	00:08:55	Maesteg Triathlon Club (Wolfpack)
115	Sara	Millard	F	50-59	Adult Sprint Triathlon	00:07:20	Peak Performance Wales
116	Laura	Morgan	F	20-39	Adult Sprint Triathlon	00:07:35	
117	Nia	Morgan	O	40-49	Adult Sprint Triathlon	00:08:15	West wales fitness coaching
118	Michael	Morgan	O	20-39	Adult Sprint Triathlon	00:08:55	
119	Katherine	Morgant	F	20-39	Adult Sprint Triathlon	00:07:50	
120	Andrew	Morris	O	60-69	Adult Sprint Triathlon	00:08:05	
172	Thomas	Morris	O	20-39	Adult Sprint Triathlon	00:08:35	

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121	Nicola	Owen	F	40-49	Adult Sprint Triathlon	00:08:25	Swansea TriSharks
122	Jason	Owen	O	20-39	Adult Sprint Triathlon	00:08:45	Swansea Vale Tri
123	Gethin	Parham	O	50-59	Adult Sprint Triathlon	00:09:10	Parham Physiotherapy
124	Helen	Penny	F	40-49	Adult Sprint Triathlon	00:08:15	Caerphilly Tri-ers
125	Sean	Perkins	O	50-59	Adult Sprint Triathlon	00:08:55	Tri Potential
126	steven	phillips	O	40-49	Relay Team	00:07:20	Pegasus Holistics and Performance
127	Rhiannon	Phillips	O	20-39	Adult Sprint Triathlon	00:08:45	Swansea Vale Tri
128	Tony	Price	O	60-69	Adult Sprint Triathlon	00:08:05	Pembrokeshire Dragons Cycling Club
129	Vince	Price	O	60-69	Adult Sprint Triathlon	00:08:45	Dragon Tri
130	Mathew	Rees	O	40-49	Adult Sprint Triathlon	00:07:00	
131	Grant	Rees	O	20-39	Adult Sprint Triathlon	00:07:20	ATAC
132	Kelly	Rees	F	40-49	Adult Sprint Triathlon	00:08:35	Celtic Tri
133	Janette	Reynolds	F	40-49	Adult Sprint Triathlon	00:07:00	Pegasus Holistics and Performance
134	Rhys	Richards	O	40-49	Adult Sprint Triathlon	00:07:20	
135	Wayne	Richards	O	70-79	Adult Sprint Triathlon	00:08:45	Swansea TriSharks
136	Diane	Ridgeway	F	50-59	Adult Sprint Triathlon	00:08:05	Celtic Tri
137	Ieuan	Roberts	O	40-49	Adult Sprint Triathlon	00:08:45	ATG tri club
138	Claire	Robinson	F	20-39	Adult Sprint Triathlon	00:08:05	
139	Jeremy	Rowe	O	50-59	Relay Team	00:08:55	Carmarthen Triathlon Club
140	DARREN	SAMUEL	O	50-59	Adult Sprint Triathlon	00:07:50	
141	Sabrina	Schwarz	F	20-39	Adult Sprint Triathlon	00:07:35	
142	Paul	Simmonite	O	60-69	Adult Sprint Triathlon	00:08:15	North Dock Dredgers Tri
143	Chesney	Smith	O	20-39	Adult Sprint Triathlon	00:08:05	
144	Gemma	Starkey	F	40-49	Adult Sprint Triathlon	00:07:35	ATAC
145	Charlie	Stephens	O	15-16	Adult Sprint Triathlon	00:09:10	Celtic Tri
146	Tracy	Thomas	F	50-59	Adult Sprint Triathlon	00:07:00	
147	Garan	Thomas	O	15-16	Youth & Junior Sprint Triathlon	00:07:35	
148	Debra	Thomas	F	20-39	Adult Sprint Triathlon	00:07:50	
149	Violet	Thomas	F	15-16	Youth & Junior Sprint Triathlon	00:08:15	Celtic Tri
150	Violet	Thomas	F	15-16	Youth & Junior Sprint Triathlon	00:08:15	Celtic Tri
151	Elin	Thomas	F	17-19	Youth & Junior Sprint Triathlon	00:08:25	Armadillo

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152	Gavin	Thomas	O	40-49	Adult Sprint Triathlon	00:08:45	Celtic Tri
153	Melissa	Thomas	F	40-49	Adult Sprint Triathlon	08:15	ATG tri club
154	Colin Richard	Wallace	O	60-69	Adult Sprint Triathlon	00:09:10	Merthyr Triathlon Club
155	William	Waller	O	20-39	Adult Sprint Triathlon	00:07:00	
156	Mark	Webb	O	50-59	Adult Sprint Triathlon	00:08:25	Swansea TriSharks
157	Gavin	Wedlake	O	40-49	Adult Sprint Triathlon	00:09:10	Cardiff Triathletes
169	Lisa	Wells	F	40-49	Adult Sprint Triathlon	00:08:30	Celtic Tri
169	Lisa	Wells	F	40-49	Adult Sprint Triathlon	00:08:30	Celtic Tri
158	Liz	Wild	F	60-69	Adult Sprint Triathlon	00:08:25	Swansea TriSharks
159	Rhys	Williams	O	20-39	Relay Team	00:07:20	Team Armadillo
160	Emilia	Williams	F	20-39	Adult Sprint Triathlon	00:08:25	
161	Huw	Williams	O	40-49	Adult Sprint Triathlon	00:08:55	
162	Elizabeth	Williams	F	50-59	Adult Sprint Triathlon	00:08:55	Pembrokeshire Triathlon Club
163	Anthony	Wilson	O	60-69	Adult Sprint Triathlon	00:08:05	Swansea Vale Tri
164	Richard	Wilson	O	50-59	Adult Sprint Triathlon	00:08:35	
165	Ceri	Withers	F	40-49	Adult Sprint Triathlon	00:07:35	
166	Karac	Worley	O	40-49	Adult Sprint Triathlon	00:07:00	Swansea Vale Tri
167	Glenn	Young	O	60-69	Adult Sprint Triathlon	00:07:35	Swansea Vale Tri
168	Aimee	Young	F	20-39	Adult Sprint Triathlon	00:08:05	