

ACTIF Amman Valley Triathlon 2026

Start List as at April 12th

First Name	Last Name	Race Category	Age Group	Race Entered	Start Time	Club
Christopher	Aldrich	O	20-39	Adult Sprint Triathlon	00:08:35	Carmarthen Triathlon Club
Eve	Andrews	F	20-39	Adult Sprint Triathlon	00:08:15	Swansea Vale Tri
Stephen	Ash	O	50-59	Adult Sprint Triathlon	00:07:35	
Gwyneth	Ayers	F	40-49	Adult Sprint Triathlon	00:07:20	
Jennifer	Aylward	F	50-59	Adult Sprint Triathlon	00:08:35	Celtic Tri
Scott	Bambridge	O	50-59	Adult Sprint Triathlon	00:08:25	IRONTRISWIM
Tom	Barnes	O	20-39	Adult Sprint Triathlon	00:07:20	Team Armadillo
Scott	Bartlett	O	20-39	Adult Sprint Triathlon	00:08:55	
Debbie	Bell	F	40-49	Adult Sprint Triathlon	00:08:35	
Fraser	Benjamin	O	20-39	Adult Sprint Triathlon	00:08:05	
Millie	Bennett	F	17-19	Youth & Junior Sprint Triathlon	00:07:00	ATAC
Nathan	Bevan	O	50-59	Adult Sprint Triathlon	00:07:00	Ferndale Triathlon Club
James	Bevan	O	40-49	Relay Team	00:09:10	Top step triathlon
Heather	Birnie	F	20-39	Adult Sprint Triathlon	00:08:35	
Nathan	Bishop	O	40-49	Adult Sprint Triathlon	00:07:35	
Daniel	Bradbeer	O	20-39	Adult Sprint Triathlon	00:08:55	Swansea Vale Tri
James	Braun	O	50-59	Adult Sprint Triathlon	00:08:35	Cardiff Triathletes
Dean	Cherrington	O	40-49	Adult Sprint Triathlon	00:07:00	
Alexeanne	Cherrington	F	40-49	Adult Sprint Triathlon	00:07:00	Armadillos
Anna	Ciolek	F	40-49	Adult Sprint Triathlon	00:07:50	
FELICITY	CLARK	F	50-59	Adult Sprint Triathlon	00:07:50	Celtic Tri
Josh	Cleave	O	17-19	Adult Sprint Triathlon	00:09:10	Celtic Tri
dan	Cobb	O	60-69	Adult Sprint Triathlon	00:08:05	
Matthew	Cole	O	20-39	Adult Sprint Triathlon	00:07:50	Sarn Helen Tri
Wendy	Cole	F	50-59	Adult Sprint Triathlon	00:07:50	
Roger	Coombs	O	60-69	Adult Sprint Triathlon	00:08:15	Celtic Tri
Gail	Cope	F	60-69	Adult Sprint Triathlon	00:07:35	Swansea TriSharks
Cherrie	Crook	F	40-49	Adult Sprint Triathlon	00:07:20	
Drew	David-Brown	O	20-39	Adult Sprint Triathlon	00:07:00	
Irene	Davies	F	60-69	Adult Sprint Triathlon	00:07:20	

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Chris	Davies	O	40-49	Relay Team	00:07:35	Triathlon Coaching Wales
Owain	Davies	O	20-39	Adult Sprint Triathlon	00:07:50	
Lauren	Davies	F	20-39	Adult Sprint Triathlon	00:08:25	Celtic Tri
Rhodri	Davies	O	20-39	Adult Sprint Triathlon	00:08:35	
Warren	Davies	O	20-39	Adult Sprint Triathlon	00:08:45	
Marc	Davies	O	50-59	Adult Sprint Triathlon	00:08:55	Heathwood Triathlon
Hywel	Davies	O	20-39	Adult Sprint Triathlon	00:09:10	
Mo	De Waal	F	40-49	Adult Sprint Triathlon	00:08:55	Swansea TriSharks
Lewis	Dempster	O	20-39	Adult Sprint Triathlon	00:08:25	Celtic Tri
Angharad	Dew	F	50-59	Adult Sprint Triathlon	00:07:20	Carmarthen Triathlon Club
Lauren	Dougan	F	20-39	Adult Sprint Triathlon	00:08:25	Port Talbot Harriers
Fiona	Eagle	F	50-59	Adult Sprint Triathlon	00:08:05	Tri Hard Harriers
Andrew	Edgington MBE	O	70-79	Adult Sprint Triathlon	00:07:00	
Tom	Edwards	O	40-49	Adult Sprint Triathlon	00:07:00	Peak Performance Wales
Gill	Edwards	F	50-59	Adult Sprint Triathlon	00:07:50	
Emma	Evans	F	40-49	Relay Team	00:07:50	Swansea TriSharks
Marc	Evans	O	20-39	Adult Sprint Triathlon	00:08:05	Ferndale Triathlon Club
Annie	Evans	F	15-16	Youth & Junior Sprint Triathlon	00:09:10	Celtic Tri
Michael	Fender	O	20-39	Adult Sprint Triathlon	00:07:20	
Francesco	Fiorini	O	20-39	Adult Sprint Triathlon	00:07:35	
Rachel	Gabb	F	50-59	Adult Sprint Triathlon	00:07:00	Celtic Tri
Mark	Gabb	O	40-49	Adult Sprint Triathlon	00:08:55	Celtic Tri
William	Gannon	O	50-59	Adult Sprint Triathlon	00:08:15	Celtic Tri
Dion	Gealy	O	20-39	Adult Sprint Triathlon	00:08:15	
Gavin	George	O	40-49	Adult Sprint Triathlon	00:07:35	Warriors Tri Club
michael	gleeson	O	50-59	Adult Sprint Triathlon	00:08:55	Swansea Vale Tri
Helen	Gough	F	50-59	Adult Sprint Triathlon	00:08:05	Women in Tri UK
Ava	Gregory	F	17-19	Adult Sprint Triathlon	00:07:50	
Catrin	Griffiths	F	40-49	Adult Sprint Triathlon	00:07:35	
Brad	Griffiths	O	20-39	Adult Sprint Triathlon	00:08:25	Rhondda Tri Club
Craig	Griffiths	O	40-49	Adult Sprint Triathlon	00:08:45	Celtic Tri

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Sarah	Grist	F	50-59	Adult Sprint Triathlon	00:07:20	Bynea Cycling Club
Ryan	Haigh	O	20-39	Adult Sprint Triathlon	00:08:35	
Morgan	Harries	O	20-39	Adult Sprint Triathlon	00:08:45	
Blaine	Harris	O	20-39	Adult Sprint Triathlon	00:07:50	
Emma	Harris	F	20-39	Adult Sprint Triathlon	00:08:45	ATG tri club
Steve	Hayward	O	50-59	Adult Sprint Triathlon	00:08:35	Celtic Tri
Alexander	Heron	O	70-79	Adult Sprint Triathlon	00:08:25	Celtic Tri
John	Hewson	O	40-49	Adult Sprint Triathlon	00:08:15	Swansea Vale Tri
Lynsey	Hitt	F	20-39	Adult Sprint Triathlon	00:08:45	Swansea Vale Tri
Leon	Holmes	O	20-39	Adult Sprint Triathlon	00:08:45	
Matthew	Hopkins	O	40-49	Adult Sprint Triathlon	00:07:20	
James	Hosegood	O	40-49	Adult Sprint Triathlon	00:08:35	
Jake	Howard	O	20-39	Adult Sprint Triathlon	00:08:55	ATG tri club
James	Howe	O	20-39	Adult Sprint Triathlon	00:08:25	ATG tri club
Ffion	Howells	F	20-39	Adult Sprint Triathlon	00:08:15	
Matthew	Hughes	O	20-39	Adult Sprint Triathlon	00:07:50	ATG tri club
Craig	Hughes	O	20-39	Adult Sprint Triathlon	00:08:45	
Mandy	Jack	F	60-69	Adult Sprint Triathlon	00:08:35	North Dock Dredgers Tri
Liane	James	F	50-59	Adult Sprint Triathlon	00:07:00	Swansea TriSharks
Michelle	James	F	50-59	Adult Sprint Triathlon	00:08:15	Carmarthen Triathlon Club
Owain	James	O	17-19	Adult Sprint Triathlon	00:08:55	Celtic Tri
James	Jeffreys	O	40-49	Adult Sprint Triathlon	00:07:00	
Avarina	Jeffreys	F	40-49	Adult Sprint Triathlon	00:07:50	ATAC
Neil	Jennings	O	40-49	Adult Sprint Triathlon	00:08:45	
Malcolm	Jeremiah	O	20-39	Adult Sprint Triathlon	00:07:35	
Ken	Jones	O	70-79	Adult Sprint Triathlon	00:07:20	
James	Jones	O	40-49	Adult Sprint Triathlon	00:07:20	
Gareth	Jones	O	60-69	Adult Sprint Triathlon	00:08:05	Tri Potential
Dylan	Jones	O	20-39	Adult Sprint Triathlon	00:08:05	
Lewis	Jones	O	20-39	Adult Sprint Triathlon	00:08:05	
Terry	Jones	O	70-79	Relay Team	00:08:25	Triathlon Coaching Wales

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Elin	Jones	F	20-39	Adult Sprint Triathlon	00:08:35	
julia	jones	F	50-59	Adult Sprint Triathlon	00:08:45	North Dock Dredgers Tri
Jennifer	Jones	F	20-39	Adult Sprint Triathlon	00:08:45	Iron Chef Coaching (Team ICC)
Ffion	Jones	F	20-39	Adult Sprint Triathlon	00:08:55	ATAC
Meinir	Jones	F	50-59	Adult Sprint Triathlon	00:09:10	Celtic Tri
brian	kilsby	O	50-59	Adult Sprint Triathlon	00:08:15	Sarn Helen Tri
Tomos	King	O	20-39	Adult Sprint Triathlon	00:08:25	Swansea Vale Tri
Colin	Lewis	O	50-59	Adult Sprint Triathlon	00:08:05	
Sian	Lewis	Relay Team	Relay Team	Adult Sprint Triathlon	00:08:35	Swansea TriSharks
Jamie	Lewis	O	40-49	Adult Sprint Triathlon	00:08:55	
Megan	Llewellyn	O	20-39	Adult Sprint Triathlon	00:08:15	Team Armadillo
Neil	Lloyd	O	40-49	Adult Sprint Triathlon	00:07:20	
Gareth	Lynch	O	50-59	Adult Sprint Triathlon	00:08:45	Cardiff Triathletes
David	Magro	O	40-49	Adult Sprint Triathlon	00:08:25	
Heidi	Magro	F	40-49	Adult Sprint Triathlon	00:08:35	Taff Ely Triathlon Club
Della	marshall	F	40-49	Adult Sprint Triathlon	00:07:35	Merthyr Triathlon Club
Bethan	Matthews	F	40-49	Adult Sprint Triathlon	00:07:00	
Ashton	Matthews	O	20-39	Adult Sprint Triathlon	00:08:05	Ferndale Triathlon Club
Hilary	McCarthy	F	50-59	Adult Sprint Triathlon	00:07:20	
Dean	Miles	O	40-49	Adult Sprint Triathlon	00:08:55	Maesteg Triathlon Club (Wolfpack)
Sara	Millard	F	50-59	Adult Sprint Triathlon	00:07:20	Peak Performance Wales
Laura	Morgan	F	20-39	Adult Sprint Triathlon	00:07:35	
Nia	Morgan	O	40-49	Adult Sprint Triathlon	00:08:15	West wales fitness coaching
Michael	Morgan	O	20-39	Adult Sprint Triathlon	00:08:55	
Katherine	Morgant	F	20-39	Adult Sprint Triathlon	00:07:50	
Andrew	Morris	O	60-69	Adult Sprint Triathlon	00:08:05	
Claire	Oldfield	F	20-39	Adult Sprint Triathlon	00:08:15	
Nicola	Owen	F	40-49	Adult Sprint Triathlon	00:08:25	Swansea TriSharks
Jason	Owen	O	20-39	Adult Sprint Triathlon	00:08:45	Swansea Vale Tri
Gethin	Parham	O	50-59	Adult Sprint Triathlon	00:09:10	Parham Physiotherapy
Helen	Penny	F	40-49	Adult Sprint Triathlon	00:08:15	Caerphilly Tri-ers

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Sean	Perkins	O	50-59	Adult Sprint Triathlon	00:08:55	Tri Potential
steven	phillips	O	40-49	Relay Team	00:07:20	Pegasus Holistics and Performance
Rhiannon	Phillips	O	20-39	Adult Sprint Triathlon	00:08:45	Swansea Vale Tri
Tony	Price	O	60-69	Adult Sprint Triathlon	00:08:05	Pembrokeshire Dragons Cycling Club
Vince	Price	O	60-69	Adult Sprint Triathlon	00:08:45	Dragon Tri
Mathew	Rees	O	40-49	Adult Sprint Triathlon	00:07:00	
Grant	Rees	O	20-39	Adult Sprint Triathlon	00:07:20	ATAC
Kelly	Rees	F	40-49	Adult Sprint Triathlon	00:08:35	Celtic Tri
Janette	Reynolds	F	40-49	Adult Sprint Triathlon	00:07:00	Pegasus Holistics and Performance
Rhys	Richards	O	40-49	Adult Sprint Triathlon	00:07:20	
Wayne	Richards	O	70-79	Adult Sprint Triathlon	00:08:45	Swansea TriSharks
Diane	Ridgeway	F	50-59	Adult Sprint Triathlon	00:08:05	Celtic Tri
Ieuan	Roberts	O	40-49	Adult Sprint Triathlon	00:08:45	ATG tri club
Claire	Robinson	F	20-39	Adult Sprint Triathlon	00:08:05	
Jeremy	Rowe	O	50-59	Relay Team	00:08:55	Carmarthen Triathlon Club
DARREN	SAMUEL	O	50-59	Adult Sprint Triathlon	00:07:50	
Sabrina	Schwarz	F	20-39	Adult Sprint Triathlon	00:07:35	
Paul	Simmonite	O	60-69	Adult Sprint Triathlon	00:08:15	North Dock Dredgers Tri
Chesney	Smith	O	20-39	Adult Sprint Triathlon	00:08:05	
Gemma	Starkey	F	40-49	Adult Sprint Triathlon	00:07:35	ATAC
Charlie	Stephens	O	15-16	Adult Sprint Triathlon	00:09:10	Celtic Tri
Tracy	Thomas	F	50-59	Adult Sprint Triathlon	00:07:00	
Garan	Thomas	O	15-16	Youth & Junior Sprint Triathlon	00:07:35	
Debra	Thomas	F	20-39	Adult Sprint Triathlon	00:07:50	
Violet	Thomas	F	15-16	Youth & Junior Sprint Triathlon	00:08:15	Celtic Tri
Violet	Thomas	F	15-16	Youth & Junior Sprint Triathlon	00:08:15	Celtic Tri
Elin	Thomas	F	17-19	Youth & Junior Sprint Triathlon	00:08:25	Armadillo
Gavin	Thomas	O	40-49	Adult Sprint Triathlon	00:08:45	Celtic Tri
Colin Richard	Wallace	O	60-69	Adult Sprint Triathlon	00:09:10	Merthyr Triathlon Club
William	Waller	O	20-39	Adult Sprint Triathlon	00:07:00	
Mark	Webb	O	50-59	Adult Sprint Triathlon	00:08:25	Swansea TriSharks

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Gavin	Wedlake	O	40-49	Adult Sprint Triathlon	00:09:10	Cardiff Triathletes
Liz	Wild	F	60-69	Adult Sprint Triathlon	00:08:25	Swansea TriSharks
Rhys	Williams	O	20-39	Relay Team	00:07:20	Team Armadillo
Emilia	Williams	F	20-39	Adult Sprint Triathlon	00:08:25	
Huw	Williams	O	40-49	Adult Sprint Triathlon	00:08:55	
Elizabeth	Williams	F	50-59	Adult Sprint Triathlon	00:08:55	Pembrokeshire Triathlon Club
Anthony	Wilson	O	60-69	Adult Sprint Triathlon	00:08:05	Swansea Vale Tri
Richard	Wilson	O	50-59	Adult Sprint Triathlon	00:08:35	
Ceri	Withers	F	40-49	Adult Sprint Triathlon	00:07:35	
Karac	Worley	O	40-49	Adult Sprint Triathlon	00:07:00	Swansea Vale Tri
Glenn	Young	O	60-69	Adult Sprint Triathlon	00:07:35	Swansea Vale Tri
Aimee	Young	F	20-39	Adult Sprint Triathlon	00:08:05	