

**Actif Amman Valley Triathlon 2024**  
**Start List Estimated Swim Start Time @April4th**

<b>Race No</b>	<b>First Name</b>	<b>Last Name</b>	<b>Race Category</b>	<b>Age Group</b>	<b>Est Start Time</b>	<b>Club</b>
1	Tim	Allen	O	50-59	07:15	Port Talbot Harriers
2	Ioan	Anthony	O	40-49	07:45	Agilis
3	David	Anthony	O	70-79	08:20	
4	Jennifer	Aylward	F	50-59	08:40	Celtic Tri
5	Russell	Azad Khan	O	20-39	07:30	
6	Mark	Begley	O	40-49	07:15	
7	Jamie	Best	O	50-59	09:10	Bynea Cycling Club
8	Nathan	Bevan	O	40-49	09:00	Ferndale Triathlon Club
9	James	Bevan	O	40-49	09:10	Carmarthen Triathlon Club
10	Tom	Bloomfield	O	40-49	08:10	
11	Emma	Bonvonni	F	20-39	08:00	Swansea Vale Tri
12	Ifan	Bowen	O	17-19	09:40	Welsh Triathlon Academy
13	Samuel	Bowring	O	20-39	09:00	Port Talbot Harriers
14	Daniel	Bradbeer	O	20-39	09:10	Swansea Vale Tri
15	Laura	Butcher	F	40-49	09:20	Pen-Y-Bont Triathlon Club
16	Trish	Butchers	F	50-59	09:10	North Dock Dredgers Tri
17	Linzi	BYRNE	F	40-49	07:15	Celtic Tri
18	Darcie	Cadmore - Phillips	F	15-16	08:20	
19	Rhys	Cahill	O	20-39	07:45	
20	Shan	Castley	F	40-49	08:40	Port Talbot Harriers
21	Sophie	Charles	F	20-39	08:20	
22	Tomos	Chidley	O	20-39	08:20	
23	Andrew	Chilcott	O	50-59	07:00	Swansea Vale Tri
24	Anna	Ciolek	F	40-49	08:10	
25	Nerys	Claridge	F	40-49	07:00	
26	FELICITY	CLARK	F	40-49	07:30	Celtic Tri
27	Russell	Clarke	O	40-49	08:00	Tenby Aces CC
28	Josh	Cleave	O	15-16	09:30	Celtic Tri
29	Bethany	Clifford	F	17-19	09:30	Welsh Triathlon Academy
30	Samuel	Cobb	O	20-39	08:00	

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31	dan	Cobb	O	60-69	08:30	
32	Sarah	Cochrane	F	40-49	08:30	Carmarthen Triathlon Club
33	Matthew	Cole	O	20-39	07:00	
34	Martin	Cole	O	50-59	09:10	
35	Emma	Collins-Jones	F	20-39	09:00	ATG tri club
36	Gail	Cope	F	60-69	07:30	Swansea TriSharks
37	Jim	Cornock	O	50-59	09:10	Carmarthen Triathlon Club
38	Rhian	Cross	F	20-39	07:15	Port Talbot Harriers
39	christina	czarkowski-crouch	F	60-69	08:50	
40	Rhys	Dart	O	40-49	08:40	North Dock Dredgers Tri
41	David	D'Auria	O	50-59	08:30	Swansea Vale Tri
42	Suzanne	D'Auria	F	50-59	08:50	Swansea Vale Tri
43	Jones	David Gary	O	50-59	08:30	ATAC
44	Dafydd	Davies	O	20-39	07:30	Valley Avengers Triathlon
45	Kelly	Davies	F	20-39	07:45	Celtic Tri
46	Arwel	Davies	O	50-59	08:40	ATAC
47	James	Davies	O	50-59	09:00	Celtic Tri
48	Ava	Davies	F	15-16	09:10	
49	Amy	Davies	F	20-39	09:10	Port Talbot Harriers
50	Nia Elen	Davies	Relay Team	20-39	09:30	Top Step Triathlon
51	Michael	Davies	O	20-39	09:30	Port Talbot Harriers
52	Robert	de Schoolmeester	O	50-59	08:30	TROTs St Clears
53	Creag	Donaldson	O	20-39	08:50	Swans Tri Club
54	Evans	Donna	F	50-59	08:00	Port Talbot Harriers
55	James	Donovan-Davies	O	50-59	09:30	
56	Rachael	Draisey	F	20-39	08:00	Swansea Vale Tri
57	Jason	Drewett	O	40-49	07:45	Swansea Vale Tri
58	Mark	Duggan	O	40-49	07:15	Caerphilly Tri-ers
59	Stuart	Dunn	O	20-39	07:00	Team Armadillo
60	Nia	Dunseath	F	50-59	08:30	
61	Angus	Dunseath	O	50-59	09:00	West Wales Fitness Coaching

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62	Amy	Durrant	F	20-39	09:40	IRONTRISWIM
63	Karen	Dusgate	F	50-59	08:00	Bynea Cycling Club
64	Debbie	Edwards	F	20-39	08:20	
65	Sam	Ekstrom-Gabb	O	20-39	09:20	Cardiff Triathletes
66	Craig	Ellery	O	20-39	09:10	Port Talbot Harriers
67	Eleanor	Ellick	F	40-49	07:00	
68	Sophie	Ellis	F	20-39	08:20	Carmarthen Triathlon Club
69	Kim	Evans	F	60-69	07:15	
70	Philip	Evans	O	60-69	07:30	Swansea Vale Tri
71	Richard	Evans	O	40-49	08:00	
72	Brian	Evans	O	40-49	09:20	ATAC
73	Eirian	Evans	O	40-49	09:20	Celtic Tri
74	Michael	Fender	O	20-39	07:00	Swansea Vale Tri
75	Susie	Finucane	F	50-59	08:40	
76	Luke	Fisher	O	20-39	08:10	Swansea Vale Tri
77	NICHOLAS	FORBES	O	50-59	08:50	Bynea Cycling Club
78	Catrin	Ford	F	20-39	09:20	TEAM NFT
79	Ruth Adele	Francis	F	50-59	08:40	Celtic Tri
80	Rhys	Francis-Hopkins	O	20-39	08:20	
81	Carys	Freeman	F	20-39	08:50	DC TRIATHLON
82	Nick	Frost	O	40-49	07:00	
83	Natalie	Fulstow	F	40-49	08:30	
84	John Neil	Fulstow	O	50-59	09:10	
85	Rachel	Gabb	F	40-49	08:30	Celtic Tri
86	Mark	Gabb	O	40-49	09:20	Celtic Tri
87	Glyn	Gainard	O	40-49	08:10	Carmarthen Triathlon Club
88	Daniel	George	O	20-39	08:40	
89	Karly	Gorman	F	20-39	07:45	Swansea Vale Tri
90	Kyle	Gorman	O	20-39	08:50	Swansea Vale Tri
91	Catherine	Goss	F	40-49	08:00	Tri Hard Harriers
92	Mary-jayne	Granville	F	20-39	07:00	Porthcawl Triathlon Club

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93	Emma	Green	F	50-59	07:30	Swansea TriSharks
94	Josh	Green	O	20-39	08:10	Swansea Vale Tri
95	Michael	Greenslade	O	60-69	08:00	
96	Ann	Griffiths	F	40-49	07:00	Bynea Cycling Club
97	Steffan	Griffiths	O	20-39	07:00	Team Armadillo
98	Craig	Griffiths	O	40-49	07:45	Celtic Tri
99	Andrea	Griffiths	F	50-59	07:45	Swansea Vale Tri
100	Owen	Griffiths	O	20-39	08:40	
101	Stephen	Griffiths	O	50-59	08:50	Carmarthen Triathlon Club
102	Amanda	Gwilliam	F	40-49	07:00	
103	Dylan	Gwynne-Jones	O	17-19	09:30	University of Bath Triathlon Club
104	Ryan	Haigh	O	20-39	09:10	West Wales Fitness Coaching
105	Huw	Hamer	O	20-39	08:20	Celtic Tri
106	James	Harries	O	20-39	09:40	
107	Rhys	Harries	O	40-49	09:30	Tri Potential
108	james	harrison	O	40-49	09:20	Swansea Vale Tri
109	Lia	Hawen	F	20-39	07:15	
110	Steve	Hayward	O	50-59	08:40	Celtic Tri
111	Mitchell	Heffernan	O	20-39	08:20	
112	Rhiannon	Heredia-Rowe	F	17-19	09:30	Celtic Tri
113	John	Hewson	O	40-49	08:00	Swansea Vale Tri
114	Calum	Higgins	O	20-39	07:45	
115	David	Hills	O	40-49	07:30	Swansea Vale Tri
116	Amy	Hines	F	40-49	07:45	Port Talbot Harriers
117	Lynsey	Hitt	F	20-39	08:40	Swansea Vale Tri
118	Fergus	Hodgson	O	20-39	07:45	No club
119	Anthony	Holling	O	60-69	08:00	Port Talbot Harriers
120	Bevan	Howells	O	20-39	09:20	Dragon Tri
121	Andy	Hudson	O	50-59	09:30	Carmarthen Triathlon Club
122	Jonathan	Hughes	O	40-49	07:15	Swansea Vale Tri
123	Craig	Hughes	O	20-39	07:15	

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124	Lee	Jackson	O	20-39	07:45	Tri Potential
125	Liane	James	F	50-59	07:00	Swansea TriSharks
126	Kimberlee	James	F	20-39	07:30	
127	Nichola	James	F	50-59	08:00	
128	Mark	James	O	40-49	08:50	Celtic Tri
129	Maisie	James	F	15-16	09:20	Celtic Tri
130	Ben	Jenkins	O	20-39	08:40	Swansea Vale Tri
131	Millie	Jenkins	F	15-16	09:30	Celtic Tri
132	Conrad	John	O	50-59	08:40	Celtic Tri
133	Alex	John	O	20-39	09:30	Swansea Vale Tri
134	Sali	Johns	F	50-59	07:30	North Dock Dredgers Tri
135	Mark	Jones	O	20-39	07:00	Swansea Vale Tri
136	Megan	Jones	F	17-19	07:15	
137	Jennifer	Jones	F	20-39	07:30	
138	Gareth	Jones	O	60-69	07:30	
139	Martin	Jones	O	60-69	08:00	Port Talbot Harriers
140	Elin	Jones	F	20-39	08:10	Sarn Helen Tri
141	Dylan	Jones	O	20-39	08:20	Swansea Vale Tri
142	Emma	Jones	F	50-59	08:30	Celtic Tri
143	Sandra	Jones	F	40-49	08:40	Celtic Tri
144	Eirian	Jones	O	50-59	08:40	Carmarthen Triathlon Club
145	Tori	Jones	F	20-39	08:50	Swansea Vale Tri
146	Terry	Jones	O	70-79	09:00	Triathlon Coaching Wales
147	Mark	Jones	O	40-49	09:00	Cardiff Triathletes
148	Ffion	Jones	F	20-39	09:10	Bynea Cycling Club
149	Anthony	Jones	O	20-39	09:20	Swansea Vale Tri
150	Iwan	Jones	O	20-39	09:30	Total Tri Training
151	Cameron	Jones	O	20-39	07:00	Team armadillo
152	O'Brien	Karen	F	60-69	09:00	
153	Kathleen	Kear	F	40-49	07:30	
154	jayne	keeley	F	60-69	07:30	Swansea TriSharks

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155	brian	kilsby	O	50-59	08:10	Sarn Helen Tri
156	David	Kingsland	O	40-49	09:10	Port Talbot Harriers
157	Katie	Langford	O	20-39	07:15	Rhondda Triathlon Club
158	Owain	Latham	O	20-39	07:00	
159	Spencer	Lawrence	O	40-49	07:30	Swansea Vale Tri
160	Karen	Lewis	F	50-59	07:30	Pembrokeshire Triathlon Club
161	Andrew	Lewis	O	50-59	08:20	Port Talbot Harriers
162	Sian	Lewis	Relay Team	60-69	08:30	Swansea TriSharks
163	Richard	Lewis	O	20-39	09:00	DC TRIATHLON
164	Rhodri	Lewis-Long	O	20-39	09:10	Port Talbot Harriers
165	Joseph	Liles	O	20-39	08:10	Team armadillos
166	Shereen	Lisk	O	50-59	08:20	Swansea Vale Tri
167	Ewan	Lynch	O	20-39	07:30	
168	Liz	Macdermott	F	50-59	07:15	Swansea TriSharks
169	Lesley	Mainwaring	F	50-59	08:00	Port Talbot Harriers
170	Jack	Mandy	F	50-59	08:30	Bynea Cycling Club
171	Sean	Mangan	O	20-39	08:30	Team Armadillo
172	Ian	Marks	O	40-49	09:20	Carmarthen Triathlon Club
173	Luke	Marshall	O	20-39	07:00	Tri Potential
174	Steven	Martin	O	40-49	07:00	Peak Performance Triathlon Club
175	Dan	Mason	O	20-39	08:30	TEAM NFT
176	Dean	Miles	O	40-49	09:00	Maesteg Triathlon Club ( Wolfpack)
177	James	Moore	O	50-59	09:20	Carmarthen Triathlon Club
178	Nia	Morgan	O	40-49	08:10	West wales fitness coaching
179	Ifan	Morgan	O	20-39	08:40	Armadillo
180	Nigel	Morgan	O	50-59	09:00	Bynea Cycling Club
181	David	Morgan	O	40-49	09:10	Port Talbot Harriers
182	Guto	Morgans	O	20-39	09:30	Top Step Triathlon
183	Daniel	Morris	O	20-39	08:40	Rhondda Triathlon Club
184	Paul	Morris	O	40-49	09:00	Swansea Vale Tri
185	Dean	Morris	O	20-39	09:00	

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186	Christopher	Morris	O	50-59	09:20	ATAC
187	Sarah	Muirhead	F	20-39	07:15	
188	Edwin	Muirhead	O	40-49	08:50	
189	Philip	Murrow	O	60-69	08:30	Cardiff Triathletes
190	Sophie	Oddy	F	20-39	09:10	Dragon Tri
191	Claire	Oldfield	F	20-39	08:20	
192	James	Oulsnam	O	20-39	09:30	E3
193	Rebecca	Owen	O	40-49	08:50	Port Talbot Harriers
194	Rachael	Parkinson	F	40-49	08:10	Bynea Cycling Club
195	Anna	Parsons	F	50-59	08:00	Port Talbot Harriers
196	JILL	PEACOCK	F	50-59	07:30	Port Talbot Harriers
197	Sean	Perkins	O	50-59	08:20	Swansea Vale Tri
198	Sam	Phillips	O	20-39	08:10	Carmarthen Triathlon Club
199	Jon	Phillips	O	60-69	08:30	
200	Nicola	Powell	F	40-49	08:40	Celtic Tri
201	Evan	Powell	O	15-16	09:00	Celtic Tri
202	Stephen	Power	O	50-59	09:10	
203	Lynn	Price	O	50-59	07:00	
204	Johnathan	price	O	17-19	08:30	Propel next generation
205	Emma	Price	F	40-49	08:30	
206	Vince	Price	O	60-69	09:00	Dragon Tri
207	Dean	Price	O	50-59	09:00	Port Talbot Harriers
208	Andrew Ross	Pullin	O	20-39	09:10	
209	Linda	Radmore	F	60-69	07:30	Port Talbot Harriers
210	Louise	Ramsden-Hare	F	40-49	09:00	
211	Grant	Rees	O	20-39	07:15	ATAC
212	Steven	Rees	O	50-59	07:45	Carmarthen Triathlon Club
213	Stephen	Rees	O	40-49	08:10	ATAC
214	Dylan	Rees	O	50-59	08:10	ATAC
215	Anna	Rees	F	40-49	08:10	Celtic Tri
216	Paul	Rees	O	40-49	08:50	Celtic Tri

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217	Louise	Rees James	F	40-49	08:40	
218	Benjamin	Reid	O	40-49	07:30	Swansea Vale Tri
219	Matthew	Reynolds	O	50-59	08:40	Carmarthen Triathlon Club
220	Peter	Richards	O	60-69	08:20	Port Talbot Harriers
221	Diane	Ridgeway	F	50-59	07:45	Celtic Tri
222	Dylan	Rigby	O	20-39	07:45	
223	Newman	Rob	O		08:10	
224	Owain	Roberts	O	40-49	08:30	Celtic Tri
225	Christopher	Roberts	O	40-49	09:00	Celtic Tri
226	Steven	Robinson	O	50-59	07:00	Port Talbot Harriers
227	Angharad	Rowe	F	50-59	08:50	Celtic Tri
228	Sion	Rowlands	O	15-16	08:10	Carmarthen Triathlon Club
229	Mark	Sansum	O	40-49	07:30	
230	rony	seamons	O	40-49	09:20	Celtic Tri
231	John	Seaward	O	20-39	09:20	Caerphilly Tri-ers
232	David	Smith	O	40-49	08:00	Caerphilly Tri-ers
233	David	Smith	O	40-49	08:20	Celtic Tri
234	Ben	Southgate	O	20-39	08:20	Port Talbot Harriers
235	Beverley	Spear	F	40-49	07:45	Carmarthen Triathlon Club
236	Michael	Stagg	O	50-59	07:00	
237	Gemma	Starkey	F	20-39	08:20	ATAC
238	Matthew	Steele	O	40-49	07:45	Swansea Vale Tri
239	Rebecca	Stenner	F	20-39	08:30	Pen-Y-Bont Triathlon Club
240	Martin	Stevenson-Cooke	O	20-39	08:50	Celtic Tri
241	Kim	Talbot	F	20-39	08:10	Carmarthen Triathlon Club
242	Anthony	Thomas	O	50-59	07:00	Port Talbot Harriers
243	Mark	Thomas	O	40-49	07:45	Pen-Y-Bont Triathlon Club
244	Gavin	Thomas	O	40-49	08:10	Celtic Tri
245	Bethan	Thomas	F	40-49	08:40	Port Talbot Harriers
246	ALED	THOMAS	O	20-39	09:30	Celtic Tri
247	Gwenllian	Thomas	F	40-49	09:00	



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248	Caron	Trubey	F	50-59	08:10	Swansea TriSharks
249	Mike	Tynan	O	20-39	09:30	TEAM NFT
250	Darren	Vaughan	O	40-49	07:15	Aberavon Sand Rabbits
251	Sydney	Vickery	F	20-39	09:10	Pembrokeshire Triathlon Club
252	Ceri-Louise	Wanklyn	F	20-39	07:45	TEAM NFT
253	Kevin	Watson	O	50-59	08:40	Swansea Vale Tri
254	Gavin	Wedlake	O	40-49	09:20	Cardiff Triathletes
255	Lisa	Wells	F	40-49	08:10	Celtic Tri
256	Euan	Wheel	O	20-39	08:00	Swansea Vale Tri
257	Kate	Whitton	F	20-39	08:30	West Wales Fitness Coaching
258	Steph	Wilcox	O	60-69	07:15	Port Talbot Harriers
259	Antony	Wilkes	O	20-39	07:15	
260	Stuart	Williams	O	20-39	07:00	
261	Stephen	Williams	O	50-59	07:15	Port Talbot Harriers
262	Lowri	Williams	F	40-49	07:45	
263	Christine	Williams	F	50-59	07:45	Port Talbot Harriers
264	Shane	Williams	O	40-49	08:00	ATAC
265	Thomas	Williams	O	40-49	08:10	Carmarthen Triathlon Club
266	Russell Wayne	Williams	O	60-69	08:20	Port Talbot Harriers
267	Joy	Williams	F	50-59	08:30	Celtic Tri
268	Neil	Williams	O	20-39	08:30	Port Talbot Harriers
269	Grant	Williams	O	20-39	08:50	
270	Huw	Williams	O	20-39	08:50	
271	Laura	Williams	F	20-39	09:00	Pen-Y-Bont Triathlon Club
272	Llywelyn	Williams	O	20-39	09:00	Celtic Tri
273	David	Williams	O	50-59	09:00	Celtic Tri
274	Elizabeth	Williams	F	50-59	09:10	Pembrokeshire Triathlon Club
275	Tomos	Williams	O	20-39	09:10	
276	Cathryn	Williams	F	20-39	09:30	Port Talbot Harriers
277	mark	williams	O	40-49	09:30	Celtic Tri
278	lestyn	Williams	O	17-19	09:40	Celtic Tri

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279	Ffion	Williams	F	20-39	08:40	Port Talbot Harriers
280	Anthony	Wilson	O	60-69	08:20	Swansea Vale Tri
281	Michael	Wood	O	20-39	09:00	Prison Service Triathlon Club
282	Steven	Young	O	20-39	08:50	