

ACTIF Triathlon Dyffryn Aman - ACTIF Amman Valley Triathlon 2025

START LIST as at April 10th

Race No	First Name	Last Name	Race Category	Age Group	Est Start Time	Club
1	Christopher	Aldrich	O	20-39	07:50:00	Carmarthen Triathlon Club
2	Tim	Allen	O	50-59	07:50:00	Port Talbot Harriers
3	Bryan	Allen	O	40-49	09:10:00	West Wales Fitness
4	Ioan	Anthony	O	40-49	07:35:00	Agilis
5	David	Anthony	O	70-79	08:10:00	
6	Russell	Azad Khan	O	20-39	07:20:00	
7	Mark	Begley	O	40-49	07:20:00	
8	Millie	Bennett	F	17-19	08:10:00	ATAC
9	Liam	Bennett	O	40-49	08:30:00	ATAC
10	Jamie	Best	O	50-59	09:10:00	Bynea Cycling Club
11	Nathan	Bevan	O	40-49	08:50:00	Ferndale Triathlon Club
12	James	Bevan	RT	40-49	09:10:00	
13	Ian	Birch	O	50-59	07:50:00	
14	Kyle	Blackmore	O	20-39	09:10:00	TEAM NFT
15	Tom	Bloomfield	O	40-49	08:00:00	
16	macy	blue	F	15-16	09:20:00	Carmarthen Triathlon Club
17	Ifan	Bowen	O	17-19	09:20:00	Welsh Triathlon Academy
18	Samuel	Bowring	O	20-39	08:40:00	Port Talbot Harriers
19	Jon	Carter	O	40-49	08:50:00	Taff Ely Triathlon Club
20	Jonathan	Chadwick	O	50-59	07:35:00	Celtic Tri
21	FELICITY	CLARK	F	40-49	07:20:00	Celtic Tri
22	Josh	Cleave	O	15-16	09:20:00	Celtic Tri
23	Bethany	Clifford	F	17-19	09:10:00	Welsh Triathlon Academy
24	Wendy	Cole	F	50-59	07:35:00	Les Croupiers Running Club
25	Calvin	Coller	O	20-39	08:30:00	Tenby Penguins Open Water S.C.
26	Mike	Colwill	O	40-49	08:00:00	Swansea Vale Tri
27	Gail	Cope	F	60-69	07:20:00	Swansea TriSharks
28	Marienyth	Cornell	F	40-49	07:30:00	Carmarthen Triathlon Club
29	Marienyth	Cornell	F	40-49	07:30:00	Carmarthen Triathlon Club
30	Rosie	Courts	F	20-39	09:00:00	Port Talbot Harriers

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31	Josh	Cox	O	20-39	08:20:00	Carmarthen Triathlon Club
32	Jon	Crecraft	O	40-49	08:40:00	
33	Rhian	Cross	F	20-39	07:20:00	Port Talbot Harriers
34	Suzanne	D'Auria	F	50-59	08:40:00	Swansea Vale Tri
35	David	D'Auria	O	50-59	08:20:00	Swansea Vale Tri
36	Esyllt	Davies	F	40-49	08:20:00	
37	Amy	Davies	F	20-39	09:00:00	Port Talbot Harriers
38	Ieuan	Davies	O	20-39	07:20:00	Ferry Flatliners
39	Dafydd	Davies	O	20-39	07:35:00	Valley Avengers Triathlon
40	STUART	DAVIES	O	40-49	07:50:00	IRONTRISWIM
41	Lewis	Davies	O	20-39	08:00:00	Pen-Y-Bont Triathlon Club
42	Hywel	Davis	O	40-49	08:50:00	
43	Rachael	Draisey	F	20-39	07:50:00	Swansea Vale Tri
44	Mark	Duggan	O	40-49	07:00:00	Caerphilly Tri-ers
45	Stuart	Dunn	RT	20-39	07:00:00	Team Armadillo
46	Nia	Dunseath	F	50-59	08:20:00	
47	Angus	Dunseath	O	50-59	08:50:00	West Wales Fitness Coaching
48	Eleanor	Ellick	F	40-49	07:00:00	
49	Donna	Evans	F	50-59	08:00:00	Port Talbot Harriers
50	Richard	Evans	O	40-49	07:50:00	
51	Rhys	Evans	O	20-39	08:40:00	Team Armadillo
52	Brian	Evans	O	40-49	09:10:00	ATAC
53	Eirian	Evans	O	40-49	09:10:00	Celtic Tri
54	Poppy	Faucher-styles	F	20-39	08:30:00	Caerphilly Tri-ers
55	Chloe	Finn	F	20-39	08:00:00	Port Talbot Harriers
56	Mark	Finn	O	50-59	08:50:00	Port Talbot Harriers
57	Luke	Fisher	O	20-39	08:00:00	Swansea Vale Tri
58	Darren	Forrester	O	50-59	07:30:00	Port Talbot Harriers
59	Martin	Fox	O	20-39	08:30:00	Caerphilly Tri-ers
60	Nick	Frost	O	40-49	07:00:00	
61	Mark	Gabb	O	40-49	09:10:00	Celtic Tri

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62	William	Gannon	O	50-59	08:50:00	Celtic Tri
63	Mary-jayne	Granville	F	20-39	08:00:00	Porthcawl Triathlon Club
64	Emma	Green	F	50-59	07:20:00	Swansea TriSharks
65	Michael	Greenslade	O	70-79	07:50:00	
66	Ava	Gregory	F	17-19	07:00:00	
67	shelley	griffin	F	60-69	08:30:00	Swansea TriSharks
70	Lara	Griffiths	F	20-39	08:50:00	
68	Brad	Griffiths	O	20-39	08:00:00	Propel Next Gen Tri
69	Stephen	Griffiths	O	50-59	08:40:00	Carmarthen Triathlon Club
71	Amanda	Gwilliam	F	40-49	07:00:00	
72	Ryan	Haigh	O	20-39	09:10:00	West Wales Fitness Coaching
73	Lia	Hawen	F	20-39	07:20:00	
74	Steve	Hayward	O	50-59	08:40:00	Celtic Tri
75	Craig	Hellier	O	40-49	09:00:00	Swansea Vale Tri
76	David	Hills	O	40-49	07:35:00	Swansea Vale Tri
77	Lynsey	Hitt	F	20-39	08:40:00	Swansea Vale Tri
78	Anthony	Holling	O	70-79	07:50:00	Port Talbot Harriers
79	Ryan	Hughes	O	20-39	08:20:00	Swansea TriSharks
80	Jodie	Hughes	O	40-49	08:40:00	U Tri Pembrokeshire
81	Robert	Humphrey	O	20-39	09:00:00	Carmarthen Triathlon Club
82	Michelle	James	F	50-59	08:00:00	Carmarthen Triathlon Club
83	Maisie	James	F	17-19	08:40:00	Celtic Tri
84	Neil	James	O	40-49	08:40:00	Celtic Tri
85	Jessica	James	RT	20-39	09:00:00	The Third Wheel
86	Mandy	Jane-Jack	F	60-69	08:00	
87	Avarina	Jeffreys	F	40-49	07:35:00	ATAC
88	Tom	Jenkins	O	20-39	08:00:00	
89	Ethan	John	O	20-39	09:10:00	Cardiff Triathletes
90	Megan	Jones	F	17-19	07:20:00	
92	Elin	Jones	F	20-39	08:00:00	Sarn Helen Tri
93	Emma	Jones	F	50-59	08:10:00	Celtic Tri

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94	Meinir	Jones	F	50-59	08:20:00	Celtic Tri
95	Ffion	Jones	F	20-39	09:00:00	Bynea Cycling Club
103	Jennifer	Jones	F	20-39	07:40:00	
96	Cian	Jones	O	20-39	07:35:00	
97	Gareth	Jones	O	60-69	07:50:00	Tri Potential
98	Eirian	Jones	O	50-59	08:30:00	Carmarthen Triathlon Club
99	Mark	Jones	O	40-49	08:50:00	Cardiff Triathletes
100	Guto	Jones	O	20-39	09:00:00	DC TRIATHLON
101	Andrew	Jones	O	50-59	09:10:00	Nebula Triathlon
102	Terence	Jones	O	70-79	08:50:00	Triathlon Coaching Wales
91	Viv	Jones	RT	50-59	08:00:00	Sospan Road Runners
104	Nathan	Jones	RT	20-39	07:50:00	Actif Sport and Leisure
105	Kathryn	Kearney	O	60-69	07:00:00	Swansea Vale Tri
106	Michael	Kearney	O	60-69	08:40:00	Swansea Vale Tri
107	Karen	Lewis	F	50-59	07:20:00	Pembrokeshire Triathlon Club
108	Colin	Lewis	O	50-59	08:00:00	Clwb Tri-2-1
109	Rhodri	Lewis-Long	O	20-39	09:00:00	Port Talbot Harriers
110	Chris	Leyshon	O	20-39	08:50:00	
111	Joseph	Liles	O	20-39	08:00:00	Team armadillos
112	Shereen	Lisk	O	50-59	08:20:00	Swansea Vale Tri
113	Lindi	Lloyd	F	50-59	07:30:00	
114	Lindi	Lloyd	F	50-59	07:00:00	
115	James	Lowery	O	20-39	08:20:00	Port Talbot Harriers
116	Liz	Macdermott	F	50-59	07:20:00	Swansea TriSharks
117	Lesley	Mainwaring	F	50-59	08:00:00	Port Talbot Harriers
118	Ray	Majer	O	70-79	07:20:00	
119	Sean	Mangan	O	20-39	08:20:00	Team Armadillo
120	Bethan	Marks	F	40-49	09:20:00	Celtic Tri
121	Bethan	Marks	F	40-49	09:10:00	Celtic Tri
122	Lucy	Marland	F	20-39	09:00:00	Rhondda Triathlon Club
123	Steve	MILES-BOARD	O	20-39	08:00:00	

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124	Phillipa	Morgan	F	50-59	07:35:00	
125	Daniel	Morris	O	20-39	08:30:00	Rhondda Triathlon Club
126	Thomas	Morris	O	20-39	08:40:00	
127	Harley	Morris	O	15-16	09:00:00	Sawmill
128	James	Northey	O	20-39	09:00:00	
129	Rebecca	Owen	O	40-49	08:50:00	Port Talbot Harriers
130	Delyth	Owens	O	20-39	07:50:00	Actif Sport and Leisure
131	Anna	Parsons	F	50-59	07:50:00	Port Talbot Harriers
132	JILL	PEACOCK	F	50-59	08:10:00	Port Talbot Harriers
133	Ben	Peever	O	20-39	09:00:00	Ferndale Triathlon Club
134	Helen	Penny	F	40-49	08:20:00	Caerphilly Tri-ers
135	Sean	Perkins	O	50-59	08:30:00	Tri Potential
136	Emma	Price	F	40-49	08:10:00	Tenby Aces CC
137	Lynn	Price	O	50-59	07:00:00	
138	Vince	Price	O	60-69	08:50:00	Dragon Tri
139	Dean	Price	O	50-59	09:00:00	Port Talbot Harriers
140	Arianna	Protheroe	F	17-19	09:00:00	Bynea Cycling Club
141	Linda	Radmore	F	60-69	07:35:00	Port Talbot Harriers
142	Ffion	Randell	F	20-39	08:30:00	Trisharks
143	Sioned	Rees	F	20-39	07:00:00	
144	Kelly	Rees	F	20-39	08:10:00	Celtic Tri
145	Dylan	Rees	O	50-59	08:10:00	ATAC
146	Stephen	Rees	O	40-49	08:10:00	ATAC
147	Shan	Rees-Owens	F	40-49	08:30:00	
148	Owain	Roberts	O	40-49	08:20:00	Celtic Tri
149	Steven	Robinson	O	50-59	07:00:00	Port Talbot Harriers
150	Sion	Rowlands	O	15-16	09:10:00	Propel Next Gen
151	DARREN	SAMUEL	O	50-59	08:10:00	
152	Aaron	Shingler	O	20-39	09:10:00	Swansea TriSharks
153	Paul	Simmonite	O	60-69	08:20:00	North Dock Dredgers Tri
154	David	Smith	O	40-49	08:30:00	Caerphilly Tri-ers

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155	Michael	Stagg	O	50-59	07:00:00	
156	Matthew	Steele	O	40-49	07:35:00	Swansea Vale Tri
157	Charlie	Stephens	O	15-16	09:10:00	Celtic Tri
158	Kim	Talbot	F	20-39	08:20:00	Carmarthen Triathlon Club
159	violet	thomas	F	15-16	07:35:00	Celtic Tri
160	violet	thomas	F	15-16	08:10:00	Celtic Tri
161	Anthony	Thomas	O	50-59	07:00:00	Port Talbot Harriers
162	Gavin	Thomas	O	40-49	08:10:00	Celtic Tri
163	Martin	Thomas	O	20-39	08:30:00	Swansea Vale Tri
164	Declan	Thompson	O	20-39	07:20:00	
165	Robert	Thomson	O	70-79	07:00:00	ATAC
166	Caron	Trubey	F	50-59	08:10:00	Swansea TriSharks
167	Mike	Tynan	O	20-39	09:10:00	TEAM NFT
168	Aled	Vaughan-Owen	O	40-49	07:20:00	
169	Ian	Warne	O	60-69	08:30:00	Tenby Aces CC
170	Daniel	Weaver	O	40-49	08:20:00	Army Triathlon Association
171	richard	webb	O	40-49	08:30:00	Pen-Y-Bont Triathlon Club
172	Mark	Webb	RT	50-59	07:50:00	Swansea TriSharks
173	ROBERT	WELCH	O	50-59	07:00:00	
174	Lisa	Wells	F	40-49	08:30:00	Celtic Tri
175	Steph	Wilcox	O	60-69	07:35:00	Port Talbot Harriers
176	Liz	Wild	F	60-69	07:50:00	Swansea TriSharks
177	Nia	Williams	F	20-39	07:20:00	Carmarthen Triathlon Club
178	Lowri	Williams	F	40-49	07:50:00	
179	Laura	Williams	F	20-39	08:50:00	Pen-Y-Bont Triathlon Club
180	Lily	Williams	F	15-16	09:00:00	Celtic Tri
181	Christine	Williams	F	50-59	08:20:00	Port Talbot Harriers
182	Amanda	Williams	O	40-49	07:35:00	
183	Huw	Williams	O	20-39	08:50:00	
184	Grant	Williams	O	20-39	08:50:00	
186	Llywelyn	Williams	O	20-39	09:00:00	Celtic Tri

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185	Chris	Williams	RT	40-49	08:50:00	Celtic Tri
187	Anthony	Wilson	O	60-69	08:20:00	Swansea Vale Tri
188	Joshua	Winter	O	20-39	08:10:00	
189	Steven	Young	O	20-39	08:50:00	