

AGILIS Llanelli Sprint Triathlon Start List 2025 - Sorted on Surname

Race No	Wave	First Name	Last Name	Age Group	Race Category	Club
64	1	Lewis	Allen	20-39	O	Propel Next Gen Tri
29	1	Lewis	Andrews	15-16	O	Propel Next Gen Tri
268	3	Carmen	Ansley	20-39	F	
269	3	James	Arthur	20-39	O	
66	1	Desmond	Astley	60-69	O	Merthyr Triathlon Club
67	1	RHIANON	ASTLEY	60-69	F	Merthyr Triathlon Club
68	1	Mathew	Atkins	60-69	O	
121	2	Rachel	Avon	40-49	F	NEWT - Newport and East Wales Triathlon
270	3	Jeyda	Aykut	20-39	F	Tenby Aces CC
226	2	Kellie	Balint	40-49	F	
253	3	Scott	Bambridge	50-59	O	IRONTRISWIM
254	3	Rob	Barker	50-59	O	Pembrokeshire Triathlon Club
255	3	Julia	Barker	50-59	F	Pembrokeshire Triathlon Club
41	1	Jamie	Barlow	17-19	O	Swansea University Triathlon
30	1	Isaac	Barry	15-16	O	Newport Under 18 Triathletes
6	1	Sam	Barton	20-39	O	Pembrokeshire Triathlon Club
122	2	Natasha	Barton	40-49	F	Porthcawl Triathlon Club
271	3	James	barton	20-39	O	Pembrokeshire Triathlon Club
256	3	John	Bates	50-59	O	Pembrokeshire Triathlon Club
272	3	Elizabeth	Bates	20-39	F	Merthyr Triathlon Club
42	1	Zachary	Beddows	17-19	O	Celtic Tri
69	1	Christopher	Bennett	60-69	O	GOG Triathlon
273	3	Lowri	Bennett	20-39	F	Hereford Triathlon Club
274	3	Rhys	Bevan	20-39	O	DC TRIATHLON
123	2	Miklos	Biro	40-49	O	GOG Triathlon
257	3	Dyfed	Bolton	50-59	O	Carmarthen Triathlon Club
124	2	Andrew	Bourner	40-49	O	SWYD Triathlon Club
125	2	Lewis	Bowen	40-49	O	
7	1	Fin	Bowie	20-39	O	Tri Potential
258	3	Richard	Bracken	50-59	O	

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259	3	Richard	Brady	50-59	O	Tri-Monkey
260	3	Joanne	Brewster	50-59	F	North Dock Dredgers Tri
126	2	Darren	Bright	40-49	O	Rhondda Triathlon Club
70	1	Julie	Brown	60-69	F	Birmingham Running, Athletics & Triathlon Club
275	3	James	Brown	20-39	O	
261	3	Lynn	Bulbeck	50-59	F	Y Fenni Triathlon
127	2	leon	burns	40-49	O	Burns Tri
128	2	Carys	Burns	40-49	O	
129	2	leon	burns	40-49	O	Burns Tri
130	2	Ciaran	Burns	40-49	O	
131	2	Laura	Butcher	40-49	F	Pen-Y-Bont Triathlon Club
262	3	Trish	Butchers	50-59	F	North Dock Dredgers Tri
132	2	Timothy	Butler	40-49	O	North Dock Dredgers Tri
133	2	Linzi	BYRNE	40-49	F	Celtic Tri
276	3	Sam	Cadwell	20-39	F	Pontypool Triathlon & Endurance Club
277	3	Darren	Caines	20-39	O	
71	1	Jill	Carlin	60-69	F	Warrington Triathlon Club
113	1	Paul	Carman	70-79	O	
134	2	Jonathan	Carrick	40-49	O	TEAM NFT
263	3	Simon	Cartlidge	50-59	O	San Domenico
135	2	FELICITY	CLARK	40-49	F	Celtic Tri
278	3	Cameron	Clayfield	20-39	O	North Dock Dredgers Tri
39	1	Josh	Cleave	15-16	O	07769823385
264	3	Craig	Colborne	50-59	O	Ironchef Coaching
136	2	Simon	Cole	40-49	O	GOG Triathlon
265	3	Martin	Cole	50-59	O	
279	3	Jason	Cole	20-39	O	Pembrokeshire Triathlon Club
266	3	Helen	Colley	50-59	F	Taff Ely Triathlon Club
72	1	paul	colman	60-69	O	Pembrokeshire Triathlon Club
73	1	Mark	Cook	60-69	O	Celtic Tri
280	3	Niclas	Costello	20-39	O	Swansea Vale Tri

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281	3	Josh	Cox	20-39	O	Carmarthen Triathlon Club
267	3	Stephen	Coy	50-59	O	Leeds And Bradford Triathlon Club
74	1	John	Cregg	60-69	O	NEWT - Newport and East Wales Triathlon
75	1	Anthony	Dally	60-69	O	Taff Ely Triathlon Club
137	2	carl	daniels	40-49	O	
282	3	Michael	David	20-39	O	Cardiff Triathletes
8	1	Daniel	Davies	20-39	O	
76	1	Martin	Davies	60-69	O	NEWT - Newport and East Wales Triathlon
138	2	Barry	Davies	40-49	O	
139	2	Darren	Davies	40-49	O	Celtic Tri
140	2	Paul	Davies	40-49	O	Celtic Tri
141	2	Karl	Davies	40-49	O	Pembrokeshire Triathlon Club
142	2	Adam	Davies	40-49	O	
143	2	Esyllt	Davies	40-49	F	
283	3	Sara	Davies	20-39	F	Pontypool Triathlon & Endurance Club
284	1	Michael	Davies	20-39	O	Port Talbot Harriers
285	3	Matt	Davies	20-39	O	North Dock Dredgers Tri
286	3	Kelly	Davies	20-39	F	Celtic Tri
287	3	Sara	Davies	20-39	F	RHFC
288	3	Liam	Davies	20-39	O	Merthyr Triathlon Club
289	3	Lauren	Davies	20-39	F	Celtic Tri
302	3	Juliet	Davies	50-59	F	North Dock Dredgers Tri
303	3	Marc	Davies	50-59	O	
304	3	Stuart	Davies	50-59	O	ATAC
305	3	Richard	Davies	50-59	O	
306	3	Michael	Davies	50-59	O	Carmarthen Triathlon Club
307	3	Sian	Davies	50-59	F	Celtic Tri
308	3	Arwel	Davies	50-59	O	ATAC
309	3	Gary	Davies	50-59	O	Peak Performance Triathlon Club
144	2	Emma	Davies-Hughes	40-49	F	North Dock Dredgers Tri
77	1	Claire	Deacon	60-69	F	Pembrokeshire Triathlon Club

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78	1	Ian	Denning	60-69	O	Taff Ely Triathlon Club
145	2	Anthony	Dixey	40-49	O	Celtic Tri
146	2	Daniel	Doughty	40-49	O	North Dock Dredgers Tri
43	1	Paige	Douglas	17-19	F	Newport Under 18 Triathletes
290	3	Rhys	Doyle	20-39	O	Tri Potential
310	3	Darren	Driscoll	50-59	O	Merthyr Triathlon Club
311	3	Nia	Dunseath	50-59	F	West Wales Fitness Coaching
291	3	Michael	Eagling	20-39	O	Manchester Triathlon Club
79	1	Cheryle	Edwards	60-69	F	NEWT - Newport and East Wales Triathlon
80	1	Dean	Edwards	60-69	O	NEWT - Newport and East Wales Triathlon
292	3	Sion	Edwards	20-39	O	Rhys Harries Fitness Coaching
293	3	Matthew	Edwards	Relay	O	Port Talbot Harriers
466	3	Hayley	Edwards-Potts	40-49	F	NEWT - Newport and East Wales Triathlon
294	3	Sam	Ekstrom-Gabb	20-39	O	Cardiff Triathletes
295	3	Kian	Eley	20-39	O	Propel Next Gen Tri
9	1	Richard	Elgar	20-39	O	NEWT - Newport and East Wales Triathlon
51	1	Rhys	Emanuel	17-19	O	Tenby Penguins Open Water S.C.
10	1	Iestyn	Evans	20-39	O	Swansea Vale Tri
11	1	Rhys	Evans	20-39	O	Tri Potential
31	1	Katie	Evans	15-16	F	Celtic Tri
232	2	Alex	Evans	20-39	O	Team GJE
296	3	Huw	Evans	20-39	O	Swansea Vale Tri
297	3	Jodie	Evans	20-39	O	Merthyr Triathlon Club
300	3	Damion	Evans	40-49	O	
147	2	Daniel	Farmer	40-49	O	NEWT - Newport and East Wales Triathlon
233	2	Antonio John	Felton	20-39	O	Pen-Y-Bont Triathlon Club
148	2	Sebastian	Ferris	40-49	O	
149	2	Dave	Floyd	40-49	O	Celtic Tri
150	2	Robert	Floyd	40-49	O	Heathwood Triathlon
151	2	Mike	Forbes	40-49	O	
312	3	David	Forbes	50-59	O	Harlech Triathlon

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313	3	NICHOLAS	FORBES	50-59	O	Bynea Cycling Club
234	2	Matthew	Ford	20-39	O	Tri Potential
44	1	Clara	Fortner	17-19	F	Cardiff Junior Triathlon Club
235	2	Chris	Francis	20-39	O	Carmarthen Triathlon Club
236	2	Jacqueline	Frary	20-39	F	Caerphilly Tri-ers
23	1	Tia	Froom	20-39	F	National Triathlon Performance Centre Wales (NTPCW)
152	2	Rachel	Gabb	40-49	F	Celtic Tri
153	2	Mark	Gabb	40-49	O	Celtic Tri
154	2	Sarah	Gatley	40-49	F	Cardiff Triathletes
237	2	Nathan	George	20-39	O	North Dock Dredgers Tri
114	1	Phillip	Gibbon	70-79	O	Taff Ely Triathlon Club
314	3	Claire	Godfrey	50-59	F	
155	2	Mathew	Goldsmith	40-49	O	
156	2	Catherine	Goss	40-49	F	Tri Hard Harriers
315	3	Robert	Gough	50-59	O	Merthyr Triathlon Club
238	2	Daniel	Grace	20-39	O	North Dock Dredgers Tri
316	3	Darren	Grande	50-59	O	Merthyr Triathlon Club
12	1	Matt	Grantham	20-39	O	
157	2	Osian	Griffith	40-49	O	
13	1	Harry	Griffiths	17-19	O	Millfield Triathlon Club
158	2	Michael	Griffiths	40-49	O	NEWT - Newport and East Wales Triathlon
159	2	Craig	Griffiths	40-49	O	Celtic Tri
239	3	Ellison	Griffiths	20-39	O	NEWT - Newport and East Wales Triathlon
240	3	Brad	Griffiths	20-39	O	Propel Next Gen Tri
301	3	Ann	Griffiths	40-49	F	Bynea Cycling Club
317	3	Helen	Griffiths	50-59	O	Merthyr Triathlon Club
318	3	David	Griffiths	50-59	O	Merthyr Triathlon Club
319	3	Stephen	Griffiths	50-59	O	Carmarthen Triathlon Club
241	3	Teilo	Guillet	20-39	O	Carmarthen Triathlon Club
242	3	Iestyn	Gwilliam	20-39	O	
243	3	Huw	Hamer	20-39	O	Celtic Tri

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244	3	Emily	Hanlon	20-39	F	GOG Triathlon
81	1	Dean	Hardie	60-69	O	Celtic Tri
160	2	Bridget	Harpwood	40-49	F	GOG Triathlon
161	2	Rhys	Harries	40-49	O	
162	2	Michael	Harris	40-49	O	Clwb Seiclo Cwm Gwendraeth
163	2	James	Harvey	40-49	O	
245	3	Adam	Harvey	20-39	O	
164	2	Danielle	Hayes	40-49	F	
246	3	Sam	Hayes	20-39	O	Propel Next Gen Tri
320	3	Steve	Hayward	50-59	O	Celtic Tri
82	1	Dinah	Hazeldine	60-69	F	GOG Triathlon
247	3	Kris	Heaven	20-39	O	North Dock Dredgers Tri
321	3	Sally	Herbert	50-59	F	
52	1	Rhiannon	Heredia-Rowe	17-19	F	Celtic Tri
115	1	Alexander	Heron	70-79	O	Celtic Tri
165	2	John	Hewson	40-49	O	Swansea Vale Tri
322	3	John	Hiddlestone	50-59	O	North Dock Dredgers Tri
248	3	Rosie	Hill	20-39	F	Pembrokeshire Triathlon Club
323	3	Daniel	Hill	50-59	O	Swansea TriSharks
166	2	Tim	Hinchey	40-49	O	North Dock Dredgers Tri
167	2	Ben	Hinchey	40-49	O	
249	3	Chris	Hinchey	20-39	O	
250	3	Finley	Hines	20-39	O	Port Talbot Harriers
116	1	Anthony	Holling	70-79	O	Port Talbot Harriers
168	2	Joanna	Hopkins	40-49	F	Caerphilly Tri-ers
24	1	Paige	Horsnell	20-39	F	Rhondda Triathlon Club
4	1	Ross	Hosking	20-39	O	Heathwood Triathlon
169	2	Brian	Hosty	40-49	O	
40	1	Iggy	Howe	15-16	O	Newport Under 18 Triathletes
53	1	Albert	Howe	17-19	O	Newport Under 18 Triathletes
324	3	Julian	Howe	50-59	O	

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170	2	michael	howell	40-49	O	TEAM NFT
251	3	Bevan	Howells	20-39	O	Dragon Tri
342	3	Rachel	Huggins	20-39	F	
171	2	Simon	Hughes	40-49	O	Celtic Tri
343	3	Craig	Hughes	20-39	O	
344	3	Ryan	Hughes	20-39	O	Swansea TriSharks
345	4	Robert	Humphrey	20-39	O	Carmarthen Triathlon Club
83	1	David	Hunter	60-69	O	
45	1	Philo	Hurley	17-19	O	Propel Next Gen Tri
117	1	Diane	Hynam	70-79	F	Bynea Cycling Club
14	3	Gruff	Ifan	40-49	O	Carmarthen Triathlon Club
172	2	Mangawa	Itimu	40-49	O	Pontypool Triathlon & Endurance Club
84	1	Mandy	Jack	60-69	F	Sospan road runners
346	4	Lee	Jackson	20-39	O	Tri Potential
54	1	Maisie	James	17-19	F	Celtic Tri
55	1	Owain	James	17-19	O	Celtic Tri
173	2	Ian	James	40-49	O	
174	2	Neil	James	40-49	O	Celtic Tri
2	1	Dafyd	Jay	20-39	O	National Triathlon Performance Centre Wales (NTPCW)
56	1	Millie	Jenkins	17-19	F	Celtic Tri
325	3	Gareth	Jenkins	50-59	O	NEWT - Newport and East Wales Triathlon
347	4	Elisa	Jenkins	20-39	F	
348	4	Liam	Jenkins	20-39	O	Ferndale Triathlon Club
326	3	Conrad	John	50-59	O	Celtic Tri
349	4	Cerys	John	20-39	F	Taff Ely Triathlon Club
327	3	Andrew	Johns	50-59	O	
328	3	Sali	Johns	50-59	F	North Dock Dredgers Tri
350	4	Drew	Johns	20-39	O	Swansea TriSharks
329	3	Alec	Johnson	50-59	O	Swansea Vale Tri
351	4	Eli	Johnson	20-39	O	Swansea Vale Tri
15	1	Patrick	Jones	20-39	O	Army Triathlon Association

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16	1	Iwan	Jones	20-39	O	Total Tri Training
17	1	Rhys	Jones	40-49	O	Rhondda Triathlon Club
18	1	Andrew	Jones	50-59	O	
85	1	Nicola	jones	60-69	F	
86	1	Gareth	Jones	60-69	O	
175	2	Carol	Jones	40-49	F	North Dock Dredgers Tri
176	2	Martin	Jones	40-49	O	Carmarthen Triathlon Club
177	2	wayne	jones	40-49	O	Peak Performance Wales
178	2	Paul	Jones	40-49	O	Merthyr Triathlon Club
179	2	Marc	Jones	40-49	O	
180	2	Mark	Jones	40-49	O	Cardiff Triathletes
330	3	julia	jones	50-59	F	North Dock Dredgers Tri
331	3	Emma	Jones	50-59	F	Celtic Tri
332	3	Meinir	Jones	50-59	F	Celtic Tri
333	3	Wayne	Jones	50-59	O	Tenby Aces CC
334	3	Andrew	Jones	50-59	O	
335	3	Wayne	Jones	50-59	O	Tenby Aces CC
352	4	Rhodri	Jones	20-39	O	Carmarthen Triathlon Club
353	4	David	Jones	20-39	O	Tri Potential
354	4	Andrew	Jones	20-39	O	GOG Triathlon
355	4	Gareth	Jones	20-39	O	Carmarthen Triathlon Club
356	4	Cameron	Jones	20-39	O	
357	1	Carys	Jones	20-39	F	Team GJE
358	4	Lucy	Jones	20-39	F	Port Talbot Harriers
359	4	Mark	Jones	20-39	O	Swansea Vale Tri
360	4	Linsey	Jones	20-39	F	
336	3	Cathrine	Jones Cattle	50-59	F	Taff Ely Triathlon Club
181	2	Brian	Keane	40-49	O	Pembrokeshire Triathlon Club
182	2	Craig	Kearney	40-49	O	North Dock Dredgers Tri
183	2	Claire	Kearney	40-49	F	North Dock Dredgers Tri
361	4	Nathan	Kingdon	20-39	O	

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362	4	Steffan	Kingdon	20-39	O	
363	4	Katie	Langford	20-39	O	Rhondda Triathlon Club
184	2	David	Lanham	40-49	O	
337	3	Steve	Lawrence	50-59	O	North Dock Dredgers Tri
338	3	Conrad	Lawson	50-59	O	Hereford Triathlon Club
19	1	Chris	Lee	50-59	O	Merthyr Triathlon Club
364	4	Jack	Lee	20-39	O	Merthyr Triathlon Club
185	2	Angharad	Lewis	40-49	F	GOG Triathlon
339	3	Michael	Lewis	50-59	O	North Dock Dredgers Tri
340	3	Colin	Lewis	50-59	O	Clwb Tri-2-1
341	3	Michael	Lewis	50-59	O	
365	4	Richard	Lewis	20-39	O	Clwb Seiclo Cwm Gwendraeth
366	4	Gwyndaf	Lewis	20-39	O	Tri Potential
186	2	Owain	Lewis-Strange	40-49	O	Swansea Vale Tri
57	1	Dylan	Lloyd	17-19	O	Propel Next Gen Tri
87	1	Peter	Lloyd	60-69	O	Pembrokeshire Triathlon Club
440	4	Lindi	Lloyd	50-59	F	
441	4	Sean	Lloyd	50-59	O	North Dock Dredgers Tri
187	2	Nicola	Long	40-49	F	
367	4	Alex	Luddington	20-39	O	Rhondda Triathlon Club
368	4	Alice	Luther	20-39	F	Celtic Tri
252	3	Alys	Lynch	50-59	F	Caerphilly Tri-ers
188	2	Greg	Mackay	40-49	O	Tri Potential
189	2	Daniel	Maclachlan	40-49	O	
58	1	Megan	Mahoney	17-19	O	Swansea TriSharks
442	4	Gary	Mahoney	50-59	O	
46	1	Maddie	Malpas	17-19	F	Taff Ely Triathlon Club
59	1	Charlie	Malpas	17-19	O	Taff Ely Triathlon Club
190	2	Gerwyn	Malpas	40-49	O	Taff Ely Triathlon Club
191	2	Claire	Manson	40-49	F	Cardiff Triathletes
25	1	Catherine	Marks	40-49	F	Pembrokeshire Triathlon Club

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192	2	Bethan	Marks	40-49	F	Celtic Tri
369	4	Luke	Marshall	20-39	O	Tri Potential
20	1	Andrew	Martin	50-59	O	NEWT - Newport and East Wales Triathlon
193	2	Lucy	Martin	40-49	F	Celtic Tri
194	2	Steven	Martin	40-49	O	Peak Performance Triathlon Club
422	4	Jason	Massey	40-49	O	Aberavon Sand Rabbits
32	1	Imogen	McAdie	15-16	F	
370	4	Cavan	McGill	20-39	O	Tri Potential
371	4	Morgan	Meredith	20-39	F	Propel Next Gen Tri
298	3	Oliver	Message	20-39	O	
372	4	Aled	Millard	20-39	O	Ferndale Triathlon Club
373	4	Rhys	Milsom	20-39	O	Afan Valley Swimming Club
374	4	Rachel	Monks	20-39	F	Port Talbot Harriers
443	4	James	Moore	50-59	O	Carmarthen Triathlon Club
60	1	Joshua	Morgan	17-19	O	RAF Triathlon
88	1	Edward	Morgan	60-69	O	Taff Ely Triathlon Club
375	4	Adam	Morgan	20-39	O	North Dock Dredgers Tri
376	4	Kirsty	Morgan	20-39	F	NEWT - Newport and East Wales Triathlon
377	4	Huw	Morgan	20-39	O	NEWT - Newport and East Wales Triathlon
423	4	Ricki	Morgan	40-49	O	Tenby Aces CC
444	4	Reuben	Morgan	50-59	O	North Dock Dredgers Tri
445	4	Phillipa	Morgan	50-59	F	
3	1	Guto	Morgans	20-39	O	Propel Triathlon Top Step Triathlon
47	1	Imogen	Morris	17-19	F	Swansea University Triathlon
89	1	Chris	Morris	60-69	O	North Dock Dredgers Tri
195	2	Rhodri	Morris	40-49	O	Cardiff Triathletes
378	4	Emyr	Morris	20-39	O	
379	4	Daniel	Morris	20-39	O	Rhondda Triathlon Club
90	1	Karen	Munn	60-69	F	Pembrokeshire Triathlon Club
196	2	Helen	Munro	40-49	F	Tenby Aces CC
380	1	Lewis	Murray	20-39	O	

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91	1	Philip	Murrow	60-69	O	Cardiff Triathletes
65	1	Balan	Natarajan	40-49	O	Swansea Vale Tri
197	2	Huw	Neale	40-49	O	Cardiff Triathletes
198	2	Jenny	Nichols	40-49	O	
381	4	James	Northey	20-39	O	
92	1	Simon	OBrien	60-69	O	
199	2	Dean	O'Brien	40-49	O	Taff Ely Triathlon Club
382	4	Alex	O'Brien	20-39	O	North Dock Dredgers Tri
383	4	Sophie	Oddy	20-39	F	Dragon Tri
465	4	Gail	Osborne	50-59	F	Taff Ely Triathlon Club
26	1	Becky	Owen	20-39	F	
200	2	Dewi	Owen	40-49	O	North Dock Dredgers Tri
384	4	Llio	Owen	20-39	F	Pen-Y-Bont Triathlon Club
446	4	Mark	Owen	50-59	O	NEWT - Newport and East Wales Triathlon
385	4	Delyth	Owens	20-39	F	
447	4	Tim	Parfitt	50-59	O	
448	4	Richard	Parry	50-59	O	Merthyr Triathlon Club
386	4	Ashley	Pass	20-39	O	
93	1	Clive	Patterson-Lett	60-69	O	Pembrokeshire Triathlon Club
449	4	Cindy	Peake	50-59	F	North Dock Dredgers Tri
387	4	Josh	Pearson	20-39	O	
388	1	Daniel	Perkins	20-39	O	BAD TRI
5	1	Sean	Petty	20-39	O	Bridgend Swim Club
94	1	Gary	Phillips	60-69	O	Porthcawl Triathlon Club
95	1	Jon	Phillips	60-69	O	
201	2	Simon	Phillips	40-49	O	Pembrokeshire Triathlon Club
389	4	Marc	Phillips	20-39	O	Team Watt
390	4	Geraint	Phillips	20-39	O	
391	4	Nia	Phillips	20-39	F	Pembrokeshire Triathlon Club
392	4	Sam	Phillips	20-39	O	Carmarthen Triathlon Club
450	4	Sian	Phillips	50-59	F	Porthcawl Triathlon Club

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451	4	JUSTIN	PHILLIPS	50-59	O	Rhondda Triathlon Club
452	4	Emma	Poole	50-59	F	Celtic Tri
453	4	Alan	Porter	50-59	O	Taff Ely Triathlon Club
96	1	Christopher	Potter	60-69	O	
33	1	Evan	Powell	15-16	O	Celtic Tri
202	2	Christopher	Powell	40-49	O	North Dock Dredgers Tri
21	1	Johnathan	price	20-39	O	Propel Next Gen
97	1	Vince	Price	60-69	O	Dragon Tri
203	2	Adrian	Price	40-49	O	CAFFI GRUFF
393	4	Adam	Price	20-39	O	
454	4	Dean	Price	50-59	O	Port Talbot Harriers
61	1	Arianna	Protheroe	17-19	F	Bynea Cycling Club
98	1	Maria	Prout	60-69	F	
99	1	Steve	Pryke	60-69	O	Pembrokeshire Triathlon Club
34	1	Ioan	Pryor	15-16	O	Cardiff Junior Triathlon Club
48	1	Carys	Pryor	17-19	F	Cardiff Junior Triathlon Club
62	1	Ben	Raymond	17-19	O	
204	2	David	Real	40-49	O	North Dock Dredgers Tri
205	2	Donna	Reed	40-49	F	Tenby Aces CC
35	1	Daniel	Rees	15-16	O	Cardiff Junior Triathlon Club
206	2	Mathew	Rees	40-49	O	
207	2	Anna	Rees	40-49	F	Celtic Tri
299	3	Aled	Rees	20-39	O	
394	4	Morgan	Rees	20-39	O	Merthyr Triathlon Club
455	4	Mal	Rees	50-59	O	North Dock Dredgers Tri
456	4	Steven	Rees	50-59	O	Carmarthen Triathlon Club
100	1	kate	Reeves	60-69	F	NEWT - Newport and East Wales Triathlon
36	1	Leah	Rhodes	15-16	F	Newport Under 18 Triathletes
49	1	Clara	Rhodes	17-19	F	Newport Under 18 Triathletes
457	4	John	Rich	50-59	O	
118	1	Wayne	Richards	70-79	O	Swansea TriSharks

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395	4	Amber	Richards	20-39	O	
458	4	Kirk	Riordan	50-59	O	North Dock Dredgers Tri
396	4	Ben	Robbins	20-39	O	
37	1	Zac	Roberts	15-16	O	Celtic Tri
208	2	Owain	Roberts	40-49	O	Celtic Tri
209	2	Christopher	Roberts	40-49	O	Celtic Tri
459	4	Julie	Roche	50-59	F	
460	4	Mark	Rooke	50-59	O	Rhondda Triathlon Club
397	4	Elis	Roome	20-39	O	
461	4	Deborah	Rossi	50-59	F	North Dock Dredgers Tri
462	4	Angharad	Rowe	50-59	F	Celtic Tri
463	4	Simon	Roxburgh	50-59	O	GOG Triathlon
210	2	Neil	Rusconi	40-49	O	
398	4	Scott	Ruse	20-39	O	Swansea Vale Tri
211	2	Paul	Sanders	40-49	O	GOG Triathlon
212	2	Sam	Saunders	40-49	O	North Dock Dredgers Tri
399	4	Robin	Shaw	20-39	F	
213	2	Stephen	Short	40-49	O	North Dock Dredgers Tri
400	4	William	Silsby	20-39	O	
101	1	Paul	Simmonite	60-69	O	North Dock Dredgers Tri
1	1	Oliver	Simon	40-49	O	ATAC
214	2	Nicola	Sinclair	40-49	F	NEWT - Newport and East Wales Triathlon
102	1	Christina	Smith	60-69	F	Celtic Tri
215	2	Richard	Smith	40-49	O	
216	2	Heather	Smith	40-49	F	
401	4	Molly	Smith	20-39	F	Merthyr Triathlon Club
424	4	Julie	Smith	50-59	F	Merthyr Triathlon Club
464	4	Alyson	Smith	50-59	F	North Dock Dredgers Tri
217	2	Richard	Smy	40-49	O	Caerphilly Tri-ers
119	1	William	Snowdon	70-79	O	Cardiff Triathletes
103	1	elizabeth	Soulsby	60-69	F	Taff Ely Triathlon Club

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218	2	Kenneth	Speirs	40-49	O	
120	1	Linda	Spillane	70-79	F	NEWT - Newport and East Wales Triathlon
219	2	Gary	Staddon	40-49	O	Team GJE
220	2	Gemma	Starks	40-49	F	Swansea TriSharks
425	4	Mark	Steedman	50-59	O	Cardiff Triathletes
467	1	Charlie	Stephens	15-17	F	
426	4	Paula	Stevens	50-59	F	GOG Triathlon
427	4	Paul	Stone	50-59	O	Carmarthen Triathlon Club
221	2	Kate	Sullivan	40-49	F	NEWT - Newport and East Wales Triathlon
402	4	Luke	Sullivan	20-39	O	NEWT - Newport and East Wales Triathlon
104	1	Keith	Tannetta	60-69	O	Cardiff Triathletes
38	1	Jack	Thomas	15-16	O	Propel Next Gen Tri
105	1	Nicola	Thomas	60-69	F	North Dock Dredgers Tri
106	1	Andrew	Thomas	60-69	O	Peak Performance Wales
222	2	Gwenllian	Thomas	40-49	F	Team GJE
403	4	Luke Dafydd	Thomas	20-39	O	Tri Potential
404	4	Michala	Thomas	20-39	F	
405	4	Llyr	Tiplady	20-39	O	North Dock Dredgers Tri
428	4	Helena	Tollick	50-59	O	Pembrokeshire Triathlon Club
429	4	William	Tollick	50-59	F	Pembrokeshire Triathlon Club
223	2	Scott	Tompsett	40-49	O	Ystwyth CC
406	4	Daniel	Totterdale	20-39	O	Tri Potential
224	2	Gareth	Travis	40-49	O	Vectis Academy Race Team
407	4	Rebecca	Treharne	20-39	F	
408	4	Roxanne	Turner	20-39	F	Peak Performance Wales
430	4	Nathan	Tweed	50-59	O	Celtic Tri
50	1	Leo	Tytler	17-19	O	Pembrokeshire Triathlon Club
107	1	Ian	Vickery	60-69	O	NBCC
108	1	Colin Richard	Wallace	60-69	O	Merthyr Triathlon Club
225	2	Jonathan	Walters	40-49	O	North Dock Dredgers Tri
409	4	Rebecca	Walters	Relay	F	Celtic Tri

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410	4	Ioan	Wellsbury	20-39	O	GOG Triathlon
431	4	Lorraine	Welsh	50-59	F	
22	1	Dan	Whaites	20-39	O	NEWT - Newport and East Wales Triathlon
109	1	Kevin	Wheeler	60-69	O	Pembrokeshire Triathlon Club
432	4	Emma	Wheeler	50-59	F	Peak Performance Wales
110	1	Martyn	White	60-69	O	North Dock Dredgers Tri
433	4	Andrew	White	50-59	O	North Dock Dredgers Tri
434	4	Sandra	White	50-59	O	North Dock Dredgers Tri
411	4	Kate	Whitton	20-39	F	West Wales Fitness Coaching
111	1	Liz	Wild	60-69	F	Swansea TriSharks
227	2	Gavin	Wilkins	40-49	O	Carmarthen Triathlon Club
412	4	Alex	Wilks	20-39	O	North Dock Dredgers Tri
27	1	Cathryn	Williams	20-39	F	Port Talbot Harriers
28	1	Shane	Williams	40-49	O	ATAC
63	1	Lily	Williams	17-19	F	Celtic Tri
112	1	Steve	Williams	60-69	O	
228	2	Nathan	Williams	40-49	O	
229	2	Craig	Williams	40-49	O	Merthyr Triathlon Club
230	2	Thomas	Williams	40-49	O	Carmarthen Triathlon Club
413	4	Bethan	Williams	20-39	F	
414	4	Swyn	Williams	20-39	F	Rhondda Triathlon Club
415	4	Darren	Williams	20-39	O	Welsh Triathlon Academy
416	4	Stuart	Williams	20-39	O	
435	4	Elizabeth	Williams	50-59	F	Pembrokeshire Triathlon Club
436	4	David	Williams	50-59	O	Celtic Tri
437	4	Suzanne	Williams	50-59	F	NEWT - Newport and East Wales Triathlon
438	4	Richard	Wilson	50-59	O	
231	2	Richard	Wilyman	40-49	O	GOG Triathlon
417	4	Scott	Winnel	20-39	O	Caerphilly Tri-ers
418	4	Ceri John	Wolverson	20-39	O	
419	4	Emma	Wookey	20-39	F	NEWT - Newport and East Wales Triathlon

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420	4	Gareth	Yeoman	20-39	O	NEWT - Newport and East Wales Triathlon
421	4	Thomas	Zielinski	20-39	O	
439	4	Richard	Zielinski	50-59	O	