

AGILIS Llanelli Sprint Triathlon 2026 - START LIST

Race No	Wave	First Name	Last Name	Cat	Age Group	Club	Membership Number
21	3	Stuart	Abraham	O	40-49	Swansea TriSharks	YES
22	2	Louise	Ahern	O	60-69		
23	1	Jonathan	Airey	O	20-39	Cardiff Triathletes	YES
24	3	Bryan	Allen	O	40-49	Iron Chef Coaching (Team ICC)	YES
25	3	Steven	Allport	O	50-59	GOG Triathlon	YES
26	2	Rebecca	Alsept	F	20-39		
27	2	Geri	Angharad-evans	F	50-59	GOG Triathlon	YES
28	3	Andrei	Arcana	O	20-39	Torfaen Dolphins Triathlon Club	YES
29	2	Georgia	Armitage	F	20-39		YES
30	3	Desmond	Astley	O	60-69	Merthyr Triathlon Club	YES
31	2	Jennifer	Aylward	F	50-59	Celtic Tri	YES
32	2	Tracy	Baker	F	50-59	Torfaen Dolphins Triathlon Club	YES
33	3	Louis	Baker	O	20-39		
34	1	David	Balint	O	40-49	Maesteg Triathlon Club (Wolfpack)	
35	1	Ellis	Banner	O	20-39		YES
36	3	Jamie	Barlow	O	20-39	Swansea University Triathlon	YES
37	2	Ella	Barnwell	F	20-39	Peak Performance Triathlon Club	YES
38	4	Ben	Barrell	O	20-39		
39	4	Scott	Bartlett	O	20-39		
40	1	James	barton	O	20-39	Pembrokeshire Triathlon Club	YES
41	4	Andrew	Batten	O	40-49		YES
42	3	Michael	Battersby	O	60-69	Cardiff Triathletes	YES
43	4	Jason	Baxter	O	20-39	GJEndurance	
44	3	Cameron	Beale	O	20-39	Afan Valley Swimming Club	YES
45	4	Rhys	Beck	O	20-39	Team GJE	YES
46	1	Amelia	Beddows	F	17-19	Celtic Tri	YES
7	1	Zachary	Beddows	O	17-19	Celtic Tri	YES
47	3	Christopher	Bennett	O	60-69	GOG Triathlon	YES
49	3	Paul	Bennett	O	70-79	Port Talbot Harriers	YES
48	4	Jac	Bennett	O	20-39		

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51	3	Nathan	Bevan	O	50-59	Ferndale Triathlon Club	YES
50	2	Anne-Marie	Bevan	F	40-49	DC TRIATHLON	
52	3	Huw	Beynon	O	40-49	Dragon Tri	
54	3	Adrian	Blake	O	50-59	Team GJE	YES
53	1	Gemma	Blake	F	40-49		
55	4	Dyfed	Bolton	O	50-59	Carmarthen Triathlon Club	YES
56	3	Robert	Borley	O	40-49	San Domenico	YES
57	3	Andrew	Bourner	O	40-49	Pen-Y-Bont Triathlon Club	YES
58	4	Christopher	Bowditch	O	40-49	Celtic Tri	
60	4	gareth	bowen	O	20-39	CAFFI GRUFF	YES
59	3	Lewis	Bowen	O	40-49		YES
61	4	Ethan	Bowen	O	20-39	Team GJE	YES
62	3	Tobias	Brace	O	40-49	Tenby Penguins Open Water S.C.	
63	4	Richard	Bracken	O	50-59		YES
64	4	Sam	Bradshaw	O	20-39	GOG Triathlon	YES
65	4	James	Braun	O	50-59	Cardiff Triathletes	YES
66	3	Dean	Bray	O	40-49	Merthyr Triathlon Club	YES
68	1	Robert	Brown	O	40-49	DC TRIATHLON	YES
67	3	Chris	Brown	O	20-39	Heathwood Triathlon	YES
69	3	Jason	Browning	O	20-39	Rhondda Triathlon Club	YES
70	2	Charlotte	Brunsdon	F	20-39	Torfaen Dolphins Triathlon Club	
71	3	Richard	Brunsdon	O	60-69		
72	4	Daniel	Bryant	O	20-39		YES
73	2	Lynn	Bulbeck	F	50-59	Y Fenni Triathlon	
74	4	Matthew	Bunce	O	50-59	Pen-Y-Bont Triathlon Club	
75	4	Gareth	Bunston	O	40-49	Dragon Tri	YES
76	4	Steven	Burnett	O	40-49	Rhondda Triathlon Club	YES
77	3	Leon	Burns	O	40-49	Burns Tri	YES
78	3	Timothy	Butler	O	40-49	North Dock Dredgers Tri	YES
79	2	Linzi	BYRNE	F	40-49	Celtic Tri	YES
80	2	Laura	Cameron	F	20-39	NEWT - Newport and East Wales Triathlon	YES

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81	2	Jill	Carlin	F	60-69	Warrington Triathlon Club	YES
466	2	Jonathan	Carrick	O	40-49	TEAM NFT	YES
82	4	David	Carroll	O	20-39		
85	1	Mostyn	Carthew	O	15-16	Swansea TriSharks	YES
83	2	Laura	Carthew	F	50-59	Swansea TriSharks	
84	3	Richard	Carthew	O	50-59	Swansea TriSharks	
86	3	Simon	Cartlidge	O	50-59	San Domenico	YES
87	1	Gareth	Catherall	O	20-39	GOG Triathlon	
88	1	Ed	Ceasar	O	40-49	Tenby Penguins Open Water S.C.	
89	1	Jonathan	Chadwick	O	50-59	Celtic Tri	YES
90	2	Becky	Chatfield	F	20-39		YES
91	4	Dean	Cherrington	O	40-49	Armadillos	
92	1	Anna	Ciolek	F	40-49		
93	2	FELICITY	CLARK	F	50-59	Celtic Tri	YES
94	1	Chloe	Clark	F	20-39		
95	3	Sean	Clarke	O	20-39	Torfaen Dolphins Triathlon Club	YES
96	1	Cameron	Clayfield	O	20-39	North Dock Dredgers Tri	
97	1	Josh	Cleave	O	17-19	Celtic Tri	YES
98	1	Bethany	Clifford	F	17-19	Welsh Triathlon Academy	YES
99	1	Bronwyn	Clissold	F	17-19	Welsh Triathlon Academy	YES
100	1	Dave	Coates	O	40-49	Iron Chef Coaching (Team ICC)	YES
101	3	Michael	Collett	O	50-59		YES
102	2	Helen	Colley	F	50-59	Taff Ely Triathlon Club	YES
103	4	paul	colman	O	60-69	Pembrokeshire Triathlon Club	YES
104	2	Stephanie	Conway	F	20-39	GOG Triathlon	YES
105	3	Mark	Cook	O	60-69	Celtic Tri	YES
106	1	Roger	Coombs	O	60-69	Celtic Tri	
107	1	Gail	Cope	RT	RT	Swansea TriSharks	YES
108	3	Stephen	Crook	O	50-59	Port Talbot Harriers	YES
14	1	Ciara	Cust	F	17-19	Welsh Triathlon Academy	YES
109	1	Mollie	Dacey	F	17-19	Cardiff Junior Tri Club	YES

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110	3	Mike	Dando	O	20-39	Dragon Tri	YES
123	3	Nathan	Davies	O	20-39	NEWT - Newport and East Wales Triathlon	YES
124	3	Allan	Davies	O	50-59	ATAC	YES
112	2	Sian	Davies	F	50-59	Celtic Tri	YES
113	2	Sarah	Davies	F	50-59	Dragon Tri	YES
115	2	Chloe	Davies	F	20-39	Tri Potential	YES
118	3	Barry	Davies	O	50-59	Iron Chef Coaching (Team ICC)	YES
111	2	Kelly	Davies	F	20-39	Celtic Tri	YES
120	4	Chris	Davies	O	20-39	Porthcawl Triathlon Club	YES
114	2	Lauren	Davies	F	20-39	Celtic Tri	YES
127	4	Martin	Davies	O	60-69	NEWT - Newport and East Wales Triathlon	YES
126	3	Paul	Davies	O	40-49	Celtic Tri	YES
116	4	Nathan	Davies	O	20-39		
117	4	Stuart	Davies	O	50-59	ATG tri club	
119	3	Ethan	Davies	O	20-39	Heathwood Triathlon	
121	4	Gareth	Davies	O	40-49		
122	3	Paul	Davies	O	50-59		
125	4	Michael	Davies	O	40-49		
128	4	Will	Davies	O	20-39		
20	1	Emma	Davies-Hughes	F	40-49	North Dock Dredgers Tri	YES
129	2	Liz	Davis	F	40-49	Dragon Tri	YES
130	1	Carys	Dawe	O	20-39	Caerphilly Tri-ers	
131	1	Ian	Denning	O	60-69	Taff Ely Triathlon Club	YES
132	4	Martyn	Deverell	O	20-39		
133	3	James	Dilks	O	50-59	Tenby Penguins Open Water S.C.	YES
134	4	Anthony	Dixey	O	40-49	Celtic Tri	YES
135	4	Matthew	Dorman	O	40-49	Cardiff Triathletes	YES
136	2	Lauren	Dougan	F	20-39	Port Talbot Harriers	YES
137	4	Ethan	Dunning	O	20-39		
138	2	Amy	Durrant	F	20-39	Peak Performance Wales	YES
139	1	Michael	Eagling	O	20-39	Manchester Triathlon Club	YES

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142	3	Bleddyn	Edwards	O	50-59	Cardiff Triathletes	YES
141	3	Paul	Edwards	O	40-49	Torfaen Dolphins Triathlon Club	YES
140	2	Cheryle	Edwards	F	60-69	NEWT - Newport and East Wales Triathlon	
143	2	Hayley	Edwards-Potts	F	40-49	NEWT - Newport and East Wales Triathlon	YES
144	1	Steffan	Elias	O	20-39	Team GJE	
145	4	Lee	Elwell	O	40-49	Ferry Flatliners	YES
150	1	Annie	Evans	F	15-16	Celtic Tri	YES
19	1	Katie	Evans	F	15-16	Peak Performance Wales	YES
147	3	Rhys	Evans	O	20-39	Tri Potential	YES
149	4	Bleddyn	Evans	O	50-59	GOG Triathlon	YES
146	2	Megan	Evans	F	20-39		
148	4	Jonathan	Evans	O	40-49		
151	1	Daniel	Farmer	O	40-49	NEWT - Newport and East Wales Triathlon	YES
152	3	Chris	Fernandez-Howells	O	40-49	Torfaen Dolphins Triathlon Club	YES
153	4	Kirsten	Field	O	20-39	Team GJE	YES
154	2	Denise	FitzGerald	F	60-69	Porthcawl Triathlon Club	
155	4	Andy	Fletcher	O	40-49	Pembrokeshire Triathlon Club	YES
156	3	NICHOLAS	FORBES	O	50-59	Bynea Cycling Club	YES
157	3	David	Forbes	O	60-69	Harlech Triathlon	YES
158	1	Matthew	Ford	O	20-39	Tri Potential	YES
159	4	Christopher	Frearson	O	40-49	Tenby Penguins Open Water S.C.	YES
160	4	Kyle	Fulcher	O	20-39		
161	2	Rachel	Gabb	F	50-59	Celtic Tri	YES
162	3	Mark	Gabb	O	40-49	Celtic Tri	YES
163	3	Nino	Gatti	O	40-49	Swansea Vale Tri	YES
164	1	Gavin	George	O	40-49		YES
165	3	Phillip	Gibbon	O	70-79	Taff Ely Triathlon Club	YES
166	3	Nicholas	Glendon	O	20-39	Team GJE	
167	2	Claire	Godfrey	F	50-59		YES
168	3	Mathew	Goldsmith	O	40-49	Iron Chef Coaching (Team ICC)	
169	1	Archie	Gotobed	O	15-16	Newport Under 18 Triathletes	YES

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170	3	Sam	Gough	O	20-39	Tri Hard Harriers	YES
5	1	Matt	Grantham	O	20-39		YES
171	1	Mary-jayne	Granville	RT	RT	Porthcawl Triathlon Club	YES
172	2	Awen	Gravell	F	20-39		
173	2	Elen	Gravell	F	20-39		
174	2	Emma	Green	F	60-69	Swansea TriSharks	YES
178	3	Michael	Griffiths	O	50-59	Celtic Tri	YES
177	4	Stephen	Griffiths	O	50-59	Carmarthen Triathlon Club	YES
176	4	David	Griffiths	O	50-59	Merthyr Triathlon Club	YES
179	4	Joseph	Griffiths	O	20-39	Merthyr Triathlon Club	YES
180	1	Daniel	Griffiths	O	20-39	Merthyr Triathlon Club	YES
175	2	Kelly	Griffiths	F	40-49	Celtic Tri	YES
181	3	Teilo	Guillet	O	20-39	Peak Performance Wales	YES
182	1	Dylan	Gwynne-Jones	O	20-39	Propel Next Gen	YES
183	4	Huw	Hamer	O	40-49	Celtic Tri	
184	4	Rebecca	Hammond	O	40-49		
185	3	Ieuan	Hancock	O	20-39	Torfaen Dolphins Triathlon Club	
9	1	Jason	Hanson	O	20-39	NEWT - Newport and East Wales Triathlon	YES
186	2	Dean	Hardie	O	60-69	Celtic Tri	YES
188	3	Rhys	Harries	O	40-49	Tri Potential	YES
187	3	Robert	Harries	O	40-49	North Dock Dredgers Tri	YES
189	2	Hayley	Harris	F	40-49	Celtic Tri	YES
190	3	Max	Harris	O	20-39		YES
191	3	Lee	Harvey	O	50-59	Torfaen Dolphins Triathlon Club	YES
192	3	Rhys	Hawkes	O	40-49		
194	2	mike	hayden	O	60-69	Port Talbot Harriers	YES
193	2	Carolyn	Hayden	F	60-69	Port Talbot Harriers	YES
195	2	Danielle	Hayes	F	40-49	Iron Chef Coaching (Team ICC)	YES
196	3	Steve	Hayward	O	50-59	Celtic Tri	YES
197	2	Dinah	Hazeldine	F	60-69	GOG Triathlon	YES
198	4	Andrew	Hellier	O	60-69		

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199	2	Ffion	Herbert	F	20-39		
200	3	Alexander	Heron	O	70-79	Celtic Tri	YES
201	3	Mark	Hester	O	50-59	Dragon Tri	YES
202	4	Jhon	Hewitt	O	20-39	San Domenico	YES
203	1	Sam	Higham	O	20-39	Torfaen Dolphins Triathlon Club	
204	3	Tim	Hinchey	O	40-49	North Dock Dredgers Tri	YES
205	4	Chris	Hinchey	O	40-49		
206	4	Ben	Hinchey	O	40-49		
207	3	Anthony	Holling	O	70-79	Port Talbot Harriers	YES
16	1	Paige	Horsnell	F	20-39	Rhondda Triathlon Club	YES
1	1	Ross	Hosking	O	20-39	Heathwood Triathlon	YES
208	2	Cerys	House	F	20-39	Merthyr Triathlon Club	
209	1	Albert	Howe	O	17-19	NEWT - Newport and East Wales Triathlon	YES
210	1	Iggy	Howe	O	17-19	Newport Under 18 Triathletes	YES
213	3	Nathan	Howells	O	20-39	Cardiff Triathletes	YES
216	3	Craig	Howells	O	50-59	Porthcawl Triathlon Club	YES
212	1	Bevan	Howells	O	20-39	Dragon Tri	YES
211	2	Rhian	Howells	F	40-49		
214	3	Jamie	Howells	O	20-39	Dragon Tri	
215	1	Adrian	Howells	O	50-59	Afan Valley Swimming Club	
217	3	Thomas	Huckridge	O	20-39		YES
218	3	Ryan	Hughes	O	20-39	Swansea TriSharks	YES
219	1	dion	hughes	O	20-39		
220	4	David	Hunter	O	60-69		YES
221	4	Mangawa	Itimu	O	50-59	Torfaen Dolphins Triathlon Club	YES
222	2	Mandy	Jack	F	60-69	North Dock Dredgers Tri	YES
226	1	Owain	James	O	17-19	Celtic Tri	YES
223	2	Jessica	James	F	20-39	Pembrokeshire Triathlon Club	YES
224	3	Kristian	James	O	20-39	Tri Potential	
225	4	Ian	James	O	40-49		
227	1	George	Janes	O	20-39		

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230	1	Liam	Jenkins	O	20-39	Ferndale Triathlon Club	YES
228	1	Millie	Jenkins	F	17-19	Celtic Tri	YES
229	2	Emma	Jenkins	F	50-59	Cardiff Triathletes	YES
231	2	Justin	John	O	50-59		
233	1	Drew	Johnson	O	20-39	Afan Valley Swimming Club	YES
232	4	Brian	Johnson	O	60-69	Clwb Beicio'r Bala	YES
247	3	Carwyn	Jones	O	50-59	Pembrokeshire Triathlon Club	YES
252	3	Andrew	Jones	O	50-59	Swansea University Triathlon	YES
11	1	Bethan	Jones	F	20-39	Tri Potential	YES
8	1	Andrew	Jones	O	20-39	GOG Triathlon	YES
234	2	Carol	Jones	F	40-49	North Dock Dredgers Tri	YES
251	4	Dylan Gwyn	Jones	O	60-69	Pen-Y-Bont Triathlon Club	YES
235	2	julia	jones	F	50-59	North Dock Dredgers Tri	YES
242	3	paul	jones	O	50-59		YES
245	4	Gareth	Jones	O	60-69	Tri Potential	YES
239	2	Emma	Jones	F	50-59	Celtic Tri	YES
236	2	Nicola	jones	F	60-69	North Dock Dredgers Tri	YES
254	3	Rhys	Jones	O	20-39		YES
243	3	Mark	Jones	O	40-49	Cardiff Triathletes	YES
238	2	Meinir	Jones	F	50-59	Celtic Tri	YES
248	1	Daniel	Jones	O	20-39	NEWT - Newport and East Wales Triathlon	YES
240	2	Sandra	Jones	F	50-59	Celtic Tri	YES
249	1	Rhys	Jones	O	40-49	Rhondda Triathlon Club	YES
237	2	janet	jones	F	60-69	Pen-Y-Bont Triathlon Club	
241	2	Grace	Jones	F	20-39	Tenby Aces CC	
244	3	David	Jones	O	60-69		
246	3	Dylan	Jones	O	20-39	Team GJE	
250	2	Peter	Jones	O	60-69	North Dock Dredgers Tri	
253	2	Ken	Jones	O	70-79		
255	1	Rhodri	Jones	O	50-59		
256	1	jayne	keeley	RT	RT	Swansea TriSharks	

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257	3	Steffan	Kingdon	O	20-39	Tri Potential	
258	4	Nathan	Kingdon	O	20-39		
260	1	Rhys	Lane	O	20-39	NEWT - Newport and East Wales Triathlon	YES
259	2	Caitlin	Lane	F	20-39	Propel Next Gen	YES
261	3	Spencer	Lawrence	O	50-59	Swansea Vale Tri	YES
262	3	Conrad	Lawson	O	50-59	Hereford Triathlon Club	YES
263	3	Richard	Leary	O	50-59	Celtic Tri	YES
10	1	Jack	Lee	O	20-39	Merthyr Triathlon Club	YES
264	3	Chris	Lee	O	50-59	Merthyr Triathlon Club	YES
265	3	Gwyndaf	Lewis	O	20-39	Tri Potential	YES
266	4	Michael	Lewis	O	50-59	North Dock Dredgers Tri	YES
267	1	Richard	Lewis	O	40-49	Clwb Seiclo Cwm Gwendraeth	
268	4	Colin	Lewis	O	50-59		
269	4	Andrew	Lewis	O	50-59	Port Talbot Harriers	
270	2	Gwenno	Llewelyn	F	20-39		
272	4	Ian	Lloyd	O	50-59	North Dock Dredgers Tri	YES
271	2	Nia	Lloyd	F	20-39	North Dock Dredgers Tri	YES
2	1	Liam	Lloyd	O	20-39	Tri Potential	YES
273	4	Daniel	Llyr-Griffiths	O	20-39	Cardiff Triathletes	YES
274	4	Thomas	Lumb	O	20-39		
275	3	Daniel	Maclachlan	O	40-49		
276	2	Paula	Maguire	F	40-49	GOG Triathlon	YES
277	1	James	Maiden	RT	RT		YES
278	3	Neil	Maliphant	O	40-49	Clwb Seiclo Cwm Gwendraeth	YES
281	3	Gerwyn	Malpas	O	40-49	Taff Ely Triathlon Club	YES
280	1	Charlie	Malpas	O	17-19	Taff Ely Triathlon Club	YES
279	2	Maddie	Malpas	F	20-39	Taff Ely Triathlon Club	YES
282	2	Julia	Mannering	F	70-79	Rutland Running and Triathlon Club	YES
17	1	Bethan	Marks	F	40-49	Celtic Tri	YES
12	1	Lucy	Marland	F	40-49	Rhondda Triathlon Club	YES
283	2	Sarah	Marriott	F	50-59	GOG Triathlon	YES

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284	1	Luke	Marshall	O	20-39	Peak Performance Wales	YES
286	1	Andrew	Martin	O	50-59	NEWT - Newport and East Wales Triathlon	YES
285	1	Lucy	Martin	F	50-59	Celtic Tri	
287	2	Charmian	Martin-Evans	F	20-39		
288	2	Sarah	Massey	F	50-59	GOG Triathlon	
289	2	Jacqueline	Maycock	F	60-69		
290	1	Imogen	McAdie	F	17-19		YES
291	1	Jenny	McAdie	F	40-49		YES
4	1	Deri	McCluskey	O	20-39	Propel Next Gen	YES
292	1	Rhys	McNabb	O	20-39	CRP Tri Club	
293	2	Isabella	McNally	F	20-39	Pembrokeshire Triathlon Club	YES
296	2	Lydia	Miles	F	20-39	Port Talbot Harriers	YES
294	4	Alex	Miles	O	40-49		
295	1	Max	Miles	O	15-16		
297	1	Sara	Millard	F	50-59	Peak Performance Wales	YES
298	1	Rhys	Milsom	O	20-39	Afan Valley Swimming Club	YES
299	2	Alison	Monks Roberts	F	60-69	GOG Triathlon	YES
303	3	Will	Morgan	O	40-49		YES
301	3	Joshua	Morgan	O	20-39	RAF Triathlon	YES
300	2	Chloe	Morgan	F	20-39	Port Talbot Harriers	YES
304	3	David	Morgan	O	50-59	Port Talbot Harriers	YES
302	4	Huw	Morgan	O	20-39	NEWT - Newport and East Wales Triathlon	
305	1	Mason	Morgan	O	20-39		
306	2	Katherine	Morgant	F	20-39		
308	1	Chris	Morris	O	60-69	North Dock Dredgers Tri	YES
307	2	Imogen	Morris	F	20-39	Swansea University Triathlon	YES
309	4	Rhodri	Morris	O	40-49	Cardiff Triathletes	YES
310	4	iwan	morton	O	50-59	Torfaen Dolphins Triathlon Club	YES
311	2	Karen	Munn	F	60-69	Pembrokeshire Triathlon Club	YES
312	2	Helen	Munro	F	40-49	Tenby Aces CC	YES
313	3	Neil	Navarra	O	40-49	SWYD Triathlon Club	YES

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314	3	Ben	Nicholas	O	20-39	Tri Potential	
315	4	Tomos	Northey	O	20-39	Swansea TriSharks	
316	1	Gethin	Oakes	O	20-39		
317	1	Dean	O'Brien	O	40-49	Taff Ely Triathlon Club	YES
318	1	Daniel	OConnor	O	20-39	Maesteg Triathlon Club (Wolfpack)	YES
319	2	Sophie	Oddy	F	20-39	Dragon Tri	YES
320	2	Alex	O'Toole	F	20-39		YES
15	1	Becky	Owen	F	20-39		YES
322	1	Nicola	Owen	RT	RT	Swansea TriSharks	YES
323	1	John Rhys	Owen	O	50-59	GOG Triathlon	YES
321	4	Mark	Owen	O	60-69	NEWT - Newport and East Wales Triathlon	
13	1	Emma	Palfrey	F	40-49	Sarn Helen Tri	YES
324	3	Tim	Parfitt	O	60-69		YES
325	3	Gethin	Parham	O	50-59		YES
326	1	John	Parker	RT	RT	Tenby Aces CC	YES
327	4	Richard	Parry	O	50-59	Merthyr Triathlon Club	
328	2	Cindy	Peake	F	60-69	North Dock Dredgers Tri	
329	1	Leo	Pearson-Ryall	O	17-19	Tri Potential	YES
330	3	Julian	Penney	O	50-59		
331	2	Georgia	Perfremment	F	20-39		
332	1	Daniel	Perkins	O	20-39	University Of Bath Triathlon Club	YES
6	1	Sean	Petty	O	20-39	Bridgend Swim Club	
334	2	Nadine	Phillips	F	40-49	GOG Triathlon	YES
335	3	Gary	Phillips	O	60-69	Porthcawl Triathlon Club	YES
333	2	Sian	Phillips	F	60-69	Porthcawl Triathlon Club	YES
336	3	Jonathan	Phillips	O	40-49	North Dock Dredgers Tri	
337	3	Geraint	Phillips	O	20-39		
338	4	Steven	Phillips	O	40-49	Pegasus Holistics and Performance	
339	1	mark	Plumley	O	50-59		
340	1	ben	pomeroy	O	20-39	Torfaen Dolphins Triathlon Club	
342	2	Diane	Potter	F	60-69	NEWT - Newport and East Wales Triathlon	YES

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341	2	Debbie	Potter	F	40-49	DC TRIATHLON	
343	4	Stef	Powell	O	20-39	Team GJE	YES
344	1	Cai	Prendiville	O	17-19		
345	1	Cai	Prendiville	O	17-19		
346	2	Abi	Price	F	20-39	Pembrokeshire Triathlon Club	YES
347	3	Vince	Price	O	60-69	Dragon Tri	YES
348	4	James	Prosser	O	20-39	Heathwood Triathlon	YES
349	4	Connor	Prosser	O	20-39		YES
350	4	Karl	Protheroe	O	50-59		
351	4	Kayne	Protheroe	O	20-39		
352	1	Carys	Pryor	F	17-19	Cardiff Junior Triathlon Club	YES
353	1	Ioan	Pryor	O	15-16	Cardiff Junior Triathlon Club	YES
354	4	Sean	Quinn	O	20-39		
355	2	Ffion	Randell	F	20-39	Swansea TriSharks	YES
356	4	Jordan	Rathbone	O	20-39		
358	4	Steven	Rees	O	50-59	Carmarthen Triathlon Club	YES
357	4	Mal	Rees	O	50-59	North Dock Dredgers Tri	YES
359	2	Donna	Rees	O	50-59		
465	1	Iestyn	Rees-Jones	O	15-16	ATAC	
361	1	Clara	Rhodes	F	17-19	Newport Under 18 Triathletes	YES
360	1	Leah	Rhodes	F	15-16	Newport Under 18 Triathletes	YES
364	3	Wayne	Richards	O	70-79	Swansea TriSharks	YES
363	2	Maria	Richards	F	50-59	Torfaen Dolphins Triathlon Club	YES
362	2	Natalie	Richards	F	40-49	Heathwood Triathlon	YES
365	4	Matthew	Richards	O	40-49	Ferry Flatliners	
366	1	Toby	Roberts	O	15-16	Ferndale Triathlon Club	
367	2	Julie	Roche	F	50-59		
368	3	Michael	Roderick	O	20-39	Tri Hard Harriers	YES
369	3	Aaron	Rodway	O	40-49		
371	1	Celtic Tri A&Es	Rowe	RT	RT	Celtic Tri	YES
370	2	Kelly	Rowe	F	40-49	Merthyr Triathlon Club	

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372	3	Simon	Roxburgh	O	50-59	GOG Triathlon	YES
373	2	Jane	Ryall	F	50-59	Tri Potential	YES
374	2	Alexa	Sackmann	F	20-39		
375	4	Daniel	Saffer	O	50-59	Caerphilly Tri-ers	YES
376	2	Emer	Sandham	F	40-49	GOG Triathlon	YES
377	3	Neil	Sargeant	O	50-59	Cardiff Triathletes	YES
378	3	Sam	Saunders	O	40-49	North Dock Dredgers Tri	
379	1	John	Seaward	O	20-39	Caerphilly Tri-ers	YES
380	4	Luke	Sherman	O	20-39		
381	3	Aaron	Shingler	O	20-39	Swansea TriSharks	YES
382	3	Stephen	Short	O	40-49	Team GJE	YES
3	1	Oliver	Simon	O	40-49	ATAC	YES
383	4	Dafydd	Sion	O	40-49		
384	4	Thomas	slater	O	40-49		
385	3	James	Slattery	O	20-39		
387	4	Dave	Smith	O	40-49	Celtic Tri	YES
386	2	Alyson	Smith	F	60-69	North Dock Dredgers Tri	YES
391	4	Dillan	Smith	O	20-39	Rhondda Triathlon Club	YES
388	4	Harry	Smith	O	40-49		
389	3	Richard	Smith	O	40-49	Iron Chef Coaching (Team ICC)	
390	4	Lewis	Smith	O	20-39	Pontypool Triathlon & Endurance Club	
392	4	Daniel	Smith	O	40-49	Rhondda Triathlon Club	
393	4	Grahame	Smout	O	60-69		YES
394	3	William	Snowdon	O	70-79	Cardiff Triathletes	YES
395	4	Gary	Staddon	O	40-49	Team GJE	
397	1	Ben	Starkie	O	15-16	Cardiff Junior Triathlon Club	YES
396	3	Luke	Starkie	O	40-49	Cardiff Junior Triathlon Club	YES
398	3	Mark	Steedman	O	50-59	Cardiff Triathletes	YES
399	1	Charlie	Stephens	O	15-16	Celtic Tri	YES
401	4	Peter	Stevens	O	50-59	Merthyr Triathlon Club	YES
400	2	Paula	Stevens	F	50-59	GOG Triathlon	YES

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402	1	Harrison	Swaine	O	17-19		YES
403	3	Keith	Tannetta	O	60-69	Cardiff Triathletes	YES
404	4	sion	tansley	O	20-39	Sarn Helen Tri	YES
405	2	Helen	Taylor	F	20-39	Swansea Vale Tri	YES
409	4	Evan	Thomas	O	20-39	Dragon Tri	YES
410	3	Alex	Thomas	O	50-59	Swansea Vale Tri	YES
406	2	Nicola	Thomas	F	60-69	North Dock Dredgers Tri	YES
414	2	Violet	Thomas	F	15-16	Celtic Tri	YES
412	2	Anthony	Thomas	O	50-59	Ferry Flatliners	YES
407	2	Sian	Thomas	F	20-39	Tenby Penguins Open Water S.C.	
408	2	Vikki	Thomas	F	40-49	Celtic Tri	
411	3	Sean	Thomas	O	20-39	North Dock Dredgers Tri	
413	3	Miles	Thomas	O	20-39		
415	1	Michala	Thomas	F	20-39		
416	1	Mike	Tinson	O	40-49	Rhondda Triathlon Club	
417	3	Marc	Tiplady	O	50-59	North Dock Dredgers Tri	YES
418	3	Daniel	Totterdale	O	20-39	Tri Potential	YES
419	1	stephen	tranah	O	50-59	Y Fenni Triathlon	YES
420	4	Max	Treharne	O	20-39		
421	4	Ashley	truman	O	20-39		
422	3	Graeme	Tunstall	O	40-49	GOG Triathlon	YES
423	3	Steven	Turgyan	O	40-49		YES
424	2	Roxanne	Turner	F	20-39	Optimal Endurance	YES
425	4	Alexander	Venezia	O	20-39	Swansea University Triathlon	
426	1	Gemma	Vincent	F	40-49	Taff Ely Triathlon Club	
427	3	Joseph	Walbyoff	O	20-39	Torfaen Dolphins Triathlon Club	YES
428	2	Lisa	Walker	F	40-49	Celtic Tri	YES
429	3	Colin Richard	Wallace	O	60-69	Merthyr Triathlon Club	YES
430	1	Ffion	Wallis	F	20-39		
431	2	Kellie	Watters	F	40-49		
432	4	Ricci	Watts	O	40-49	Torfaen Dolphins Triathlon Club	

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433	1	Edgar	Waugh	O	40-49	Team Waugh	YES
435	3	Jonathan	Webb	O	40-49	Porthcawl Triathlon Club	YES
436	1	Mark	Webb	RT	RT	Swansea TriSharks	YES
434	2	Jemma	Webb	F	40-49	Porthcawl Triathlon Club	YES
437	3	Gavin	Wedlake	O	40-49	Cardiff Triathletes	YES
439	1	Gavin	Wedlake	O	40-49	Cardiff Triathletes	YES
438	1	William	Wedlake	O	15-16	Cardiff Junior Triathlon Club	YES
440	4	Christopher	Wells	O	50-59	Heathwood Triathlon	YES
441	3	Dan	Whaites	O	20-39	NEWT - Newport and East Wales Triathlon	YES
442	3	Kevin	Wheeler	O	60-69	Pembrokeshire Triathlon Club	YES
443	2	Bethany	Wiffen	F	20-39	NEWT - Newport and East Wales Triathlon	
444	2	Liz	Wild	F	60-69	Swansea TriSharks	YES
445	4	Gavin	Wilkins	O	40-49	Carmarthen Triathlon Club	YES
446	3	Alex	Wilks	O	40-49	North Dock Dredgers Tri	YES
454	1	Carys	Williams	F	17-19		YES
448	2	Suzanne	Williams	F	60-69	NEWT - Newport and East Wales Triathlon	YES
450	1	Steven	Williams	O	40-49	Heathwood Triathlon	YES
452	1	Lily	Williams	F	17-19	Celtic Tri	YES
18	1	Elizabeth	Williams	F	50-59	Pembrokeshire Triathlon Club	YES
447	2	Christine	Williams	F	60-69	Port Talbot Harriers	YES
449	3	Llywelyn	Williams	O	40-49	Celtic Tri	YES
451	4	Huw	Williams	O	40-49		
453	1	Caitlin	Williams	F	20-39		
455	1	Lee	Williams	O	40-49		
456	2	Sarah	Williams	F	40-49	Merthyr Triathlon Club	
457	4	Iestyn	Williamson	O	20-39		
458	4	Jamie	Williamson	O	40-49	SWP Tri	
459	4	Anthony	Wilson	O	60-69	Swansea Vale Tri	YES
460	4	Samuel	Wong	O	20-39		
461	1	Angharad	Wooldridge	RT	RT		
462	1	William	Wynne	O	20-39	GOG Triathlon	YES

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463	2	Shirley	Yarde	F	60-69		YES
464	4	Steven	Young	O	20-39		