Llanelli Sprint Triathlon 2019 - Start List

Race No	Forname	Surname	Gender	Cat	Wave	Club	WTF
1	Mick	Adams	M	M50	4		No
2	Joe	Alister	M	MS	1	North Dock Dredgers Tri	No
3	Kev	Allen	M	MS	3	Tinworks Tri Club	No
4	Bryanie	Allsworth	F	FS	2	West coast triathlon	Yes
5	Neil	Amos	M	M50	4	Rhondda triathlon club	No
6	Matt	Anthony	M	MS	1	North Dock Dredgers	No
7	Nick	Armstead	M	MS	3		No
8	Philip	Arundel	M	M50	4		No
9	David	Astins	M	M50	4	Pembrokehsire Tri Club	Yes
10	Jennifer	Aylward	F	F50	2	Celtic Tri	Yes
11	Rachel	Bailey	F	FS	2	West coast tri	No
12	David	Balint	M	M40	4	Rhondda Tri Club	Yes
13	Richard	Barratt	M	MS	3	Run4allNeath	No
14	Matthew	Barrell	M	M40	3		Yes
15	Elis	Bartlett	M	M40	3		Yes
16	Sam	Barton	M	MS	1	Pembs Tri Club	No
17	Natasha	Barton	F	FS	2	Pencoed	Yes
18	Andy	Batkin	M	M40	4		No
19	Michael	Battersby	M	M60	2	Cardiff Triathlon Club	Yes
20	Eugene	Battini	M	M50	4		No
21	Richard	Beddow	M	MS	1	North Dock Dredgers	No
22	Sam	Belcher	M	MJ	1	Cardiff Junior Tri	Yes
23	Gavin	Bendon	M	M40	3	Rhondda Tri	No
24	Rebecca	Bennett	F	FS	1		Yes
25	Liam	Bennett	M	M40	3	ATAC	No
26	Leigh	Bennett	M	M50	4		No
27	Jamie	Best	M	M40	4	Bynea CC	Yes
28	Leigh	Bevan	M	MS	1		No
29	James	Bevan	M	M40	3	Swyd tri club	No
30	Nathan	Bevan	M	M40	3	Rhondda Triathlon CLub	Yes
31	Huw	Bevan	M	M50	4	Celtic Tri	No
32	Dai	Beynon	M	MS	3		Yes
33	Simon	Billingham	M	M40	3	NO CLUB	No
34	Mark	Binding	M	M40	3	Taff Ely Triathlon	Yes
35	Karen	Birdsall	F	F50	2	Celtic tri	Yes
36	Dyfed	Bolton	M	M40	4		No
37	Mick	Bonnar	M	M40	4	NEWT	No
38	Andy	Bostock	M	M50	4		Yes
39	Meryl	Bowen	F	F40	2		No
40	Finlay	Bowie	M	MS	1	U Tri Pembrokeshire	Yes
41	Jasmine	Bowyer	F	FS	1	Cycle Specific	Yes
42	Gareth	Bowyer	M	M50	4	Gog	Yes
43	Carol	Bridge	F	FS	1	ERDINGER	Yes
44	yvonne	brindley	F	F50	2	Newt Newport & East Wales tria	No
45	Lucie	Bromfield	F	F40	2	Rhondda tri	Yes
46	Robert	Brown	M	MJ	1	Pembrokeshire triathlon club	Yes
47	Joanna	Callan	F	FS	2		No
48	Jonathan	Carrick	M	M40	3	Celtic Tri	Yes
49	Simon	Cartlidge	M	M40	4	San Domenico RRC	Yes
50	Kaz	Ceeney	F	F60	2	Newport East Wales Triathlon	Yes
51	Ben	Chapman	M	MS	1	Bynea CC	Yes
52	Adam	Clapperton	M	M40	3		No
53	Adam	Clarke	M	M40	4	Port Talbot harriers	No
54	Edward	Clements	M	MS	1	Tenby Aces	Yes
55	Laura	Clements	F	FS	2	UFit	Yes
56	Michael	Clements	M	MS	3	none	No
57	David	Coates	M	M40	3	West coast triathlon	Yes
58	Dave	Coe	M	M50	4	northdock dredgers	No

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59	Helen	Colley	F	F40	2	Taff Ely tri club	Yes
60	Lee	Colling	M	MS	1	Clwb Seiclo Cwm Gwendraeth	No
61	Rebecca	Comins	F	F50	2	Monmouth Triathlon Club	Yes
62	Barbara	Cook	F	F60	2	North Dock Dredgers	Yes
63	Mark	Cook	M	M50	4	Celtic Tri	Yes
64	Stephen	Coy	M	M40	4	Leeds Bradford Triathlon Club	No
65	Andrea	Craig	F	FS	2	Tenby Aces	No
66	Mared	Dafydd	F	FS	2	GOG Triathlon Club	Yes
67	Aled	Daniels	M	M40	3		No
68	Carl	Daniels	M	M40	3	Tinworks Tri Club	Yes
69	Eden Rae	Davies	F	FY	1	Celtic Tri	Yes
70	Dominic	Davies	M	MY	1	Llanelli ASC	Yes
71	Jamie	Davies	M	MS	1	Newport east wales triathlon	Yes
72	Shane	Davies	M	MS	1	Pembrokeshire Velo	No
73	Matthew	Davies	M	MS	1		No
74	Joshua	Davies	M	MS	1		No
75	Liam	Davies	M	MS	1		No
76	Steven	Davies	M	MS	1	West Coast Triathlon	No
77	James	Davies	M	MS	1	NFT	No
78	Robert lee	Davies	M	MS	1	N/a	No
79	Alison	Davies	F	FS	2	Newts	No
80	Nia Elen	Davies	F	FS	2	None	No
81	Zoe	Davies	F	FS	2	RISC-A-TRI	Yes
82	Melanie	Davies	F	FS	2		No
83	Gemma	Davies	F	FS	2	North Dock Dredgers Tri	No
84	Sarah jayne	Davies	F	FS	2	North Dock Dredgers tri	No
85	Rosie	Davies	F	F40	2		No
86	Menna	Davies	F	F40	2		No
87	Ann	Davies	F	F60	2	Pen Y Bont Tri	No
88	Martin	Davies	M	M60	2	NEWT	Yes
89	Geraint Rhys	Davies	M	MS	3	West coast tri/Rhedwyr Emlyn	Yes
90	Martin	Davies	M	MS	3		No
91	Lee	Davies	M	MS	3	Tin works tri	No
92	Scott	Davies	M	MS	3	Rhondda triathlon club	No
93	Simon	Davies	M	M40	3	Not Affiliated at present	No
94	Christian	DAVIES	M	M40	3	Wolfpack	No
95	Stuart	Davies	M	M40	3	Team Tank	No
96	Marc	Davies	M	M40	4	Nathon Ford Triathlon	Yes
97	Edward mark	Davies	M	M40	4	Celtic tri	Yes
98	Neil	Davies	M	M40	4	Rhondda Triathlon Club	Yes
99	Barri	Davies	M	M40	4		No
100	Stephen	Davies	M	M50	4	Rhondda Tri	No
101	Leighton	Davies	M	M50	4	Cycle Specific	No
102	Byron	Davies	M	M40	4	Cycle	No
103	Gary	Davies	M	M50	4		Yes
104	Nick	Davies	M	M50	4	Newts	Yes
105	Andrew	Deans	M	M50	4	Cardiff Triathletes	Yes
106	Anthony	Dixey	M	MS	3	Celtic Tri	No
107	Hannah	Dry	F	FS	2	UniversityofStirlingTriathlon	No
108	Iwan	Dugmore	M	MJ	1	Pembrokeshire triathlon club	Yes
109	Bob	Dunne	M	MS	1		No
110	Sam	Edwards	M	MS	1	Bynea CC	No
111	Richard	Edwards	M	MS	1		No
112	Kirsty	Edwards	F	FS	2	Newport & East Wales Triathlon	Yes
113	Cheryle	Edwards	F	F60	2	Newport East Wales Triathlon	No
114	William	Edwards	M	M40	4	Pencoed Triathlon	Yes
115	Richard	Elgar	M	MS	1	NEWT	Yes
116	Kara	Ellard	F	F40	2	Tenby aces	No
117	Daniel	Evans	M	MS	1	Celtic Tri	Yes

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118	Emyr	Evans	M	MS	1	'-	No
119	Enfys	Evans	F	FS	2		No
120	Daniel	Evans	M	MS	3	Piranhas tri club	No
121	Sam	Evans	M	MS	3		No
122	Chris	Evans	M	M40	3	Rhondda triathlon	No
123	Edward	Evans	M	M40	3	Poppit slsc	No
124	Ross	Evans	M	M40	3	Celtic Tri	Yes
125	Alastair	Evans	M	M40	3		No
126	Mark	Evans	M	M40	4	Bryncoch Bombers	No
127	Mathew	Evans	M	M40	4		No
128	Wayne	Evans	M	M40	4	Bynea CC	No
129	Huw	Evans	M	M50	4		No
130	Carwyn	Evans	M	M50	4	Taff Ely Tri	Yes
131	Jacquie	Fagan-Fox	F	F50	2	Celtic Tri	No
132	Lea	Farrington	M	MS	3	Celtic tri	Yes
133	Tina	Fecci	F	F50	2	Five Frogs	No
134	Jordan	Figoni	M	MS	1	ATAC	No
135	Marc	Fitzgibbon	M	MS	1	Caerphilly Triers	Yes
136	Jon	Folkes	M	M40	4		No
137	Mark	Ford	M	M50	4	BYNEA	Yes
138	Matthew	Fosbrooke	M	MS	1		No
139	Marcus	Foster	M	M40	4		Yes
140	Ian	Frohwein	M	M40	3	North Dock Dredgers tri	No
141	Natalie	Fulstow	F	F40	2	West Wales Fitness Coaching	No
142	Bria	Gammer	F	FS	2		No
143	Mark	Geary	M	M40	4	RISC-A-TRI	Yes
144	Stephen	George	M	M40	3	Bynes CC	No
145	Huw	Gibbs	M	MS	1	Rhondda tri	No
146	Jonathan	Giddy	M	M40	3	Cardiff triathletes	Yes
147	Mathew	Giles	M	M40	3	Swansea Vale Triathlon	No
148	Paul	Gillard	M	MS	1	Rhondda Tri	No
149	Vicki	Gray	F	FS	2		No
150	Mat	Green	M	MS	1	Bynea CC	Yes
151	Owen	Grey	M	MS	1		No
152	Jenna	Griffiths	F	FS	2	Be Awesome	No
153	hayley	griffiths	F	FS	2	Celtic Tri	Yes
154	Andrea	Griffiths	F	F40	2	Celtic Tri	Yes
155	Dorian	Griffiths	M	M40	3		No
156	Stephen	Griffiths	M	M40	4	None	No
157	Mike	Griffiths	M	M40	4	Team Deviant/Celtic Tri	Yes
158	Ryan	Haigh	M	MS	1	Primal	No
159	Helen	Hall	F	F50	2	Swansea Bay Tri Club	No
160	Robert	Hall	M	MS	3	Celtic tri	Yes
161	William	Hamilton	M	MS	1	Thornbury running club	No
162	Ashley	Handyside	M	MS	1	NA	No
163	Rhys	Harries	M	MS	1	West Coast Tri	Yes
164	Nathanial	Harries	M	MJ	1		Yes
165	Andrew	Harris	M	M40	3		No
166	Rhys	Hawkes	M	MS	3	Portsmouth Tri	No
167	David	Hawkins	M	M40	3	Cardiff Triathletes	Yes
168	Mike	Hayden	M	M50	4	celtic tri	Yes
169	Tori	Hayes	F	FS	2		No
170	Steve	Hayward	M	M40	4		No
171	Alex	Heron	M	M70	2	Celtic tri	Yes
172	John	Hiddlestone	M	M40	4	North Dock Dredgers	No
173	Dave	Hill	M	M60	2		Yes
174	Gareth	Hill	M	M40	4	Taff Ely tri club	No
175	Tracy	Hopkins	F	F40	2		No
176	Neil	Hopkins	M	M50	4	HillEnd cycling club	No

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177	Brian	Hosty	M	M40	3		Yes
178	Oliver	Howell	M	MS	3		No
179	Hywel	Hughes	M	MS	1		No
180	Dayton	Hughes	M	M40	3	ATAC	No
181	Martin	hughes	M	M50	4	Team Bodyworks	No
182	Kate	Humphrey	F	FS	2	NEWT	Yes
183	David	Hunter	M	M60	2		Yes
184	Mark	Hutfield	M	M50	4		No
185	Jason	Impey	M	M40	4	Cardiff Triathletes	Yes
186	Matthew	Jacob	M	MS	1		No
187	Charlie	Jacob	M	M50	4	Pum Heol Peddlers	No
188	Marcus	James	M	MS	1	Dredgers	No
189	Stefan	James	M	MS	1	None	No
190	Luke	James	M	MS	1		No
191	Leighton	James	M	MS	1	Taff Ely Triathlon Club	No
192	Nathan	James	M	MS	1	North dock dredgers	No
193	Shan	James	F	F40	2	Team Cemais	No
194	Ian	James	M	M40	3		No
195	Ryan	James	M	M50	4	West coast triathlon	No
196	Lyn	James	M	M50	4		No
197	Luke	Jenkins	M	MS	1	TinWorks Tri	No
198	Thomas	Jenkins	M	MS	1		No
199	Cathryn	Jenkins	F	F40	2	Celtic Tri	Yes
200	Linden	Jenkins	M	M70	2		No
201	Rob	Jenkins	M	M40	3	North dock dredgers tri	No
202	Brian	Jenkins	M	M50	4	North Dock Dredgers Tri	No
203	Kieran	John	M	MS	1	Caerphilly Tri-ers	Yes
204	Jamie	John	M	MS	1		No
205	Gavin	John	M	M40	3		Yes
206	Paul	John	M	M40	4	ATAC Ammanford club	No
207	Alex	Johnson	M	MS	1		No
208	Handyside	Jon	M	MS	1	N/A	No
209	Rhodri	Jones	M	MS	1	ATAC	Yes
210	Williams	Jones	M	MS	1		No
211	Ashley	Jones	M	MS	1		No
212	Wayne	Jones	M	MS	1	Tinworks tri	Yes
213	Sian	Jones	F	FS	2	Newport East Wales Triathlon	No
214	Sara	Jones	F	F40	2	Bynea	Yes
215	Vivienne	Jones	F	F40	2	Bynea CC	No
216	Marc	Jones	M	MS	3	Rhondda tri	No
217	Christopher	Jones	M	MS	3		No
218	Gareth Wyn	Jones	M	MS	3	None	No
219	Paul	Jones	M	MS	3	Tinworks Tri	No
220	Ben	Jones	M	M40	3		No
221	Emyr Neal	Jones	M	M40	3		No
222	Andrew	Jones	M	M40	4	Precision coaching	Yes
223	Mark	Jones	M	M40	4	Tinworks Tri	No
224	Christopher	Jones	M	M40	4	TriMs	Yes
225	Iwan	Jones	M	M50	4		No
226	Sandra	Jones	F	F40	2		
227	Bailey	Justin	M	M40	4	West coast tri	No
228	Katie	Katie	F	FS	2	Cardiff triathletes	Yes
229	Gareth	King	M	MS	3		No
230	Gwen	Kinsey	F	F40	1	Pedal Cover Insurance Tri Team	No
231	Josh	Kisley	M	MS	1		No
232	Sam	Knowles	M	MS	1	Taff Ely	Yes
233	Hollie	Labunsky	F	FS	2	PTH multi sport	No
234	Jordan	Lane	M	MS	1	Port Talbot Harriers	Yes
235	Alan	Latter	M	M40	3	West Coast Triathlon	Yes

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236	Gareth	Law	M	MS	3	Royal Navy Triathlon	Yes
237	Spencer	Lawrence	M	M40	3		No
238	Christopher	Lawry	M	M40	4	None	No
239	Conrad	Lawson	M	M40	4	Hereford Triathlon Club	No
240	Jack	Lawthom	M	MS	1	Rhondda Tri Club	No
241	Gareth	Leachman	M	MS	1	Dredgers	No
242	Gareth	Lee	M	MS	3	Tinworks Tri	No
243	Adrian	LEONARD	M	MS	3	GOG TRIATHLON	Yes
244	Joshua	Lewis	M	MS	1	NTPCW	No
245	Angharad	Lewis	F	FS	2	GOG triathlon	Yes
246	Jamie	Lewis	M	MS	3	Cr@p Tri	Yes
247	Chris	Lewis	M	M40	4	Port Talbot Harriers	Yes
248	Ian	Liddiatt	M	M50	4	Cardiff Triathletes	Yes
249	Susan	Liddington	F	F60	2		No
250	Martin	Liddington	M	M50	4		No
251	Liam	Lloyd	M	MS	1	Cycle Specific	Yes
252	Steven	Lloyd	M	MS	1	None	No
253	Sean	Lloyd	M	M40	3	Cycle Specific	No
254	Ian	Lloyd	M	M40	4	North Dock Dredgers	No
255	Kyle	Lowry	M	MS	1	Cycle specific	No
256	Samuel	Lucitt-Rees	M	MS	1		No
257	Greg	Mackay	M	MS	3	Tri Fit	No
258	Daniel	Madden	M	MS	1	University of Birmingham	No
259	Louise	Maguire	F	F40	2	Cycle specific	No
260	Allan	Maguire	M	M40	4	Cycle specific	No
261	Lesley	Mainwaring	F	F50	2	Triathlon Coaching Wales	Yes
262	Luke	Maliphant	M	MS	1		No
263	Robert	Malough	M	M40	3	Celtic Tri	Yes
264	Jenny	Manners	F	FS	1	NTPCW	No
265	Tristian	Manning	M	MS	3	ATAC	Yes
266	Helen	Mansfield	F	F50	2	None	Yes
267	Claire	Manson	F	FS	2	Cardiff Triathletes	Yes
268	James	Manson	M	M40	3	Cardiff Triathletes	Yes
269	Catherine	Marks	F	FS	1	Pembrokeshire Triathlon	Yes
270	Helen	Marshall	F	F40	2	INTRTri	Yes
271	James	Martin	M	MS	1	NEWT	No
272	Alex	Matchett	M	MS	1	Pembrokeshire Tri	Yes
273	Steve	Matchett	M	M50	4	pembs tri	Yes
274	Stuart	Matthews	M	MS	3	Gwendraeth vally cycling club	No
275	Kirk	Matthews	M	MS	3		No
276	David	Matthews	M	MS	3		No
277	Jenny	McAdie	F	F40	2		Yes
278	Jason	Mckee	M	MS	1		No
279	Andrew	McKenzie	M	M40	3		No
280	Rhiannon	Middleton	F	FS	2		Yes
281	Simon	Mills	M	MS	3	Tinworks Tri	Yes
282	James	Moore	M	M40	3	Pembrokeshire	Yes
283	Adam	Morgan	M	MS	1		No
284	Huw	Morgan	M	MS	1	N.E.W.T	Yes
285	Gethin	Morgan	M	MS	1		No
286	Kim	Morgan	F	F40	2	Taff Ely	No
287	Rhodri	Morgan	M	MS	3		No
288	Ricki	Morgan	M	MS	3	Tenby Aces / Team NBCC	Yes
289	Dafydd	Morgan	M	MS	3		No
290	David	Morgan	M	M40	3	Port Talbot Harriers	Yes
291	Reuben	Morgan	M	M40	3	North Dock Dredgers Tri	Yes
292	Aled	Morgan	M	M40	3	ATAC	No
293	Nigel	Morgan	M	M40	4	Bynea CC	Yes
294	Guto	Morgans	M	MS	1	Cycle Specific	Yes

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295	HuW	Morris	M	MS	1		No
296	BETHAN	MORRIS	F	FS	2	Port Talbot Harriers	Yes
297	Lee	Morris	M	MS	3	3m road runners	No
298	Andrew	Morrissey	M	MS	1		No
299	Nigel	Morse	M	M50	4	Celtic Tri	
300	David	Mort	M	MS	1	Cardiff triathletes	Yes
301	Hannah	Munday	F	FS	1	Intelligent Triathlon Training	Yes
302	Jamie	Munn	M	MS	1	Pembrokeshire Tri Club	No
303	Karen	Munn	F	F60	2	Pembrokeshire Triathlon Club	Yes
304	Peter	Munn	M	M50	4	Pembrokeshire Triathlon Club	Yes
305	Lee	Murray	M	MS	1		No
306	Helen	Murray	F	F40	2	Tenby Aces	No
307	Philip	Murrow	M	M60	2	Caerphilly Triers	Yes
308	John	Nicholls	M	M60	2	North Dock Dredgers Tri	Yes
309	Emma	Northcote	F	FS	2	None	No
310	Gareth	Norton	M	M50	4	Cardiff Triathletes	Yes
311	Karen	O'Brien	F	F50	2	Sospan Road Runners	No
312	Anthony	Oneill	M	MS	1		No
313	Bethan	Osborne	F	FS	2	Tenby aces	No
314	James	Oulsnam	M	MJ	1	CSG Elite Performers	Yes
315	Mark	Owen	M	M50	4	NEWTs	No
316	Emma	Palfrey	F	FS	1	Cycle Specific	Yes
317	Rhys	Palmer	M	MS	1		No
318	Rachael	Parkinson	F	FS	2	Bynea Cycling Club	Yes
319	Jeff	Partridge	M	M40	4	Bynea CC	No
320	Ben	Peever	M	MJ	1		No
321	Samantha	Perrott	F	F40	2	Celtic Tri	No
322	Rhodri	Phillips	M	MS	1		No
323	Denise	Phillips	F	F40	2	BYNEA	Yes
324	Nathan	Phillips	M	MS	3	Tinworks Tri Club	No
325	Daniel	Phillips	M	MS	3	Rhondda Triathlon Club	No
326	Simon	Phillips	M	M40	3	Tinworks Tri Club	Yes
327	Luke	Powell	M	MS	1	Rhondda triathlon club	No
328	Lee	Prescott	M	M40	4		No
329	Jamie	Price	M	MS	1	Cardiff MET	Yes
330	Matthew	Price	M	MS	3		No
331	Andrew	Price	M	M40	3		No
332	Kevin	Price	M	M40	4	Rhayader	No
333	Lynn	Price	M	M50	4	No club	No
334	Andrew	Proctor	M	M40	3		No
335	Ross	Quick	M	MS	3	NORTH DOCK DREDGERS TRI	No
336	Charlotte	Ralph	F	FS	2	Cardiff Triathletes	Yes
337	Heather	Randall	F	F40	2		No
338	Anna	Rees	F	FS	2	Celtic Tri	Yes
339	Caroline	Rees	F	F40	2	Pencoed Tri Club	Yes
340	Paul	Rees	M	MS	3	Celtic Tri	No
341	Gareth	Rees	M	M40	3	Costa Run Club	No
342	Simon	Rees	M	M50	4	no	No
343	Ceri	Rees-Coe	F	F40	2	NORTH DOCK DREDGERS	Yes
344	Sian	Rees-Jones	F	F50	2	Cycle specific	No
345	Ben	Reid	M	M40	3		No
346	Simon	Rex	M	MS	3	Rhondda tri	No
347	Stephen	Richards	M	M50	4	Rhondda Triathlon Club	No
348	Paul	Ridgway	M	M40	3	North dock dredgers tri	No
349	Catrin	Roberts	F	FS	2		No
350	Sally	Roberts	F	F50	2		No
351	Gareth	Roberts	M	MS	3		No
352	Jason	Roberts	M	M40	4	Cycle specific	No
353	Barry	Roberts	M	M50	4		No

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354	Julie	Roche	F	F50	2	Fairwater Runners Cwmbran	No
355	Josh	Roderick	M	MS	1		Yes
356	Megan	Rosser	F	F50	2	North Dock Dredgers Tri	No
357	Neil	Rusconi	M	M40	3	N/A	No
358	Phoebe	Russell	F	FS	2	Newport east wales triathlon	No
359	Jason	Sanders	M	M40	4		No
360	Emer	Sandham	F	FS	2	GOG Triathlon Club	Yes
361	Debby	Saunders	F	F40	2	Port Talbot Harriers AC	Yes
362	Rodney	Savage	M	M50	4	Cardiff triathletes	Yes
363	Jemma	Sedgmond	F	FS	2	Cardiff Triathletes	Yes
364	Amy	Seppman	F	FS	2	Port Talbot Harriers	Yes
365	Paul	Seppman	M	M40	3	Port Talbot Harriers	Yes
366	Ross	Shepherd	M	M40	4	NEWTS	No
367	Kevin	Sherry Garnett	M	M40	4	Coventry Triathletes	No
368	Carl	Short	M	M40	3		No
369	Robert	Silcox	M	M40	4	West Coast Triathlon	No
370	Oliver	Simon	M	M40	1	ATAC	Yes
371	Ross	Simpson	M	MS	1		Yes
372	Morgan	Slate	M	MS	1	Tenby Aces	No
373	Beau	Smith	M	MS	1		No
374	Christina	Smith	F	F50	2	Celtic Tri	Yes
375	Richard	Smith	M	MS	3	Wct	No
376	James	Smyth	M	MS	1		No
377	Louisa	Smyth	F	FS	2		No
378	Nigel	Soulsby	M	M50	4	TAFF ELY TRIATHLON	Yes
379	Jack	Southam	M	MY	1	Llanelli Swimming Club	Yes
380	Linda	Spillane	F	F70	2	NEWT	Yes
381	Edward	Sprague	M	M40	3	Rhondda Tri	No
382	Steve	Starkey	M	M40	3	North Dock Dredgers	No
383	Emyr	Stephens	M	M40	4		No
384	Nick	Stevenson	M	MS	1	Tinworks Tri	Yes
385	Dawn	Stoneman	F	F50	2	Cletic Tri	No
386	Owain	Strange	M	MS	3	North dock Dredgers	No
387	Robert	Stroud	M	M40	4	Cr@p tri	Yes
388	Kathryn	Sweetman	F	F40	2		No
389	William	Thomas	M	MS	1		No
390	Rhys	Thomas	M	MS	1		No
391	Rhiannon	Thomas	F	FS	2	NA	No
392	Bethan	Thomas	F	F40	2	Port talbot harriers	Yes
393	Kath	Thomas	F	F40	2	Cyclespecific	No
394	Jane	Thomas	F	F50	2		No
395	Nicola	Thomas	F	F50	2	Bynea CC/Cycle Specific	No
396	Phillip	Thomas	M	MS	3		No
397	Chris	Thomas	M	MS	3		No
398	Gareth	Thomas	M	MS	3	Cardiff Triathletes	Yes
399	Rhodri	Thomas	M	MS	3		No
400	Leighton	Thomas	M	M40	3	NA	No
401	John	Thomas	M	M40	4	ATAC	Yes
402	Cain	Thomas	M	M40	4	Cardiff Triathletes	Yes
403	Craig	Thomas	M	M40	4		No
404	Andrew	Thomas	M	M50	4	Buena cc	No
405	Joe	Tingle	M	MS	1		No
406	Marc	Tiplady	M	M40	4	Clwb Tri North Dock Dredgers	No
407	Elizabeth	Vaughan	F	F50	2	Taff Ely Triathlon Club	Yes
408	Garry	Vaughan	M	M40	3	Port Talbot Harriers	Yes
409	Darren	Vaughan	M	M40	4	Port Talbot Harriers	Yes
410	Sam	Wade	M	MS	1	Team Pedal Cover	Yes
411	Geoff	Wall	M	M50	4	Y Fenni	Yes
412	Colin	Wallace	M	M50	4		

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413	Colin	Wallace	M	M50	4		
414	Linda	Waller	F	F60	2	North Dock Dredgers	No
415	Alex	Walsby	F	FS	2		No
416	Dafydd	Walters	M	MS	1	N/A	No
417	Martin	Walters	M	M40	3	Rhondda Triathlon	Yes
418	David J	Walters	M	M50	4	none	No
419	Sally	Waters Foster	F	F50	2	West Coast Tri	No
420	Samuel	Webb	M	MS	1		No
421	Sarah	Wedgbury	F	FS	2	North Dock Dredgers Tr	No
422	Rhys	Westlake	M	MS	1		No
423	Emma	Wheeler	F	F50	2	CMC Llandeilo	Yes
424	Joshua	White	M	MS	1	GOG Triathlon Club	Yes
425	Sandra	White	F	F50	2	North Dock Dredgers Tri Club	No
426	Andrew	White	M	M50	4	North Dock Dredgers	No
427	Martyn	White	M	M50	4	North Dock Dredgers Tri Club	No
428	Kate Violet	Whitton	F	FS	2		No
429	OSIAN	WILLIAMS	M	MY	1	TCW	Yes
430	Michael	Williams	M	MS	1	Rhondda Triathlon	No
431	Laurence	Williams	M	MS	1	ATAC	No
432	Chris	Williams	M	MS	1	N/a	No
433	Adam	Williams	M	MS	1		No
434	Darren	Williams	M	MS	1	Pembrokeshire tri	Yes
435	Anthony	Williams	M	MS	1	No	No
436	Tom	Williams	M	MS	1		No
437	Stephen	Williams	M	MS	1	Bynea cycling club	No
438	Menna	Williams	F	FS	2		No
439	Cathryn	Williams	F	FS	2	Port Talbot Harriers	Yes
440	Tara	Williams	F	FS	2		No
441	kelly	williams	F	FS	2	tri fit	No
442	Sian	Williams	F	F40	2	pembrokeshire traithlon club	Yes
443	Suzanne	Williams	F	F50	2	Fairwater runners Cwmbran	No
444	Gareth	Williams	M	MS	3	Celtic Tri	Yes
445	Steven	Williams	M	MS	3	Jrc	No
446	Mathew	Williams	M	M40	3	Cycle Specific	No
447	Martin	Williams	M	M40	3	westcoast triathlon	No
448	Andrew	Wilson	M	MS	1	Cardiff Triathletes	No
449	Natalie	Wood	F	FS	2		No
450	Alun	Wood	M	M50	4		Yes
451	Dave	Worth	M	M40	4	Adwick triathlon club	No
452	Oliver	Wray	M	MY	1		No
453	Mike	Wray	M	M40	3		No
454	Gareth	Yeoman	M	MS	1	NEWT	No
455	Richard	Zielinski	M	M50	4		Yes
456	Team Brooks			RT	2		
457	Team ED MCP			RT	2		
458	North Dock Dredgers Tri			RT	2		
459	The Three MustGetBeers			RT	2		
460	Leon heart fund			RT	2		