

**Llanelli Sprint Triathlon 2015**  
**Start List @May 10th 10:00am**

<b>Name</b>	<b>surname</b>	<b>gender</b>	<b>Club</b>
Anthony	Acton	Male	
Mick	Adams	Male	
Lee	Adams	Male	Run4All , Neath
sam	adamson	Male	Cardiff met tri club
Charlotte	Addicott	Female	Cardiff Tri
Gweirydd	Ap Gwyndaf	Male	
Matthew	Armstrong	Male	
Kerrith	Ashby	Male	Swansea bay triathlon club
David	Astins	Male	Pembrokeshire Tri
Ellie	Astins	Female	Pembrokeshire Tri
Jonathon	Astley	Male	Taff Ely Triathlon Club
Rhianon	Astley	Female	Taff Ely tri club
Jennifer	Aylward	Female	Celtic Tri
Chris	Banner	Male	
Joanne	Barrett	Female	
Andy	Bassett	Male	
Michael	Battersby	Male	Cardiff Triathletes
Karen	Bayliss	Female	
Gareth	Beachus	Male	
Wayne	Benger	Male	
Kevin	Bennett	Male	
Paul	Bennett	Male	
Nigel	Best	Male	
Jamie	Best	Male	Sospan Road Runners
Howard	BEVAN	Male	Taff Ely Tri
Alice	Bevan	Female	Taff Ely Triathlon Club
Lewis	Bevan	Male	Taff Ely
Nathan	Bevan	Male	
Tom	Bloomfield	Male	
robert	borley	Male	
Richard	Bowen	Male	
Ffion	Bowen	Female	
Dale	Bowler	Male	
Rich	Brady	Male	tri-monkey
Christian	Brayley	Male	Celtic Tri
yvonne	brindley	Female	N.E.W.T Newport & east wales triathlon
lucie	bromfield	Female	Rhondda Triathlon Club
miles	brown	Male	Cardiff Triathletes
Keith	Brown	Male	
Matthew	Brushett	Male	
Mike	Buckingham	Male	
Tim	Buckley	Male	
paul	Buften	Male	Brecon Triathlon Club
Leon	Burns	Male	
Ciaran	Burns	Male	
Ewan	Burns	Male	
Simon	Cahill	Male	
Lee	Cameron	Male	
Steven	Campbell	Male	

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Paul	Carman	Male	Celtic Tri
Chris	Carpenter	Male	
Darren	Chant	Male	
David	Charles	Male	
lynsey	christopher	Male	Tata Steel Multisport
Chris	Clanfield	Male	Checked
Abigail	Clayton	Female	None
Martin	Cole	Male	
Simon	Collins	Male	
Lorraine	Colton	Female	None
George	Cook	Male	Tri Sport Epping
christopher	cook	Male	Hot Chilli Tri
camilla	cooke	Female	pembs tri
Andrea	Craig	Female	Pembrokeshire Harriers
Christopher	Cray	Male	
John	Cregg	Male	
jonathan	critcher	Male	
Phillip	Crocker	Male	
Emily	Cuming	Female	Checked
Mike	Dando	Male	
Carl	Daniels	Male	
Dean	David	Male	Checked
Marc	Davies	Male	Bynea C C
Fiona	Davies	Female	Rhondda Triathlon Club
Huw	Davies	Male	
jonathan	davies	Male	
jamie	davies	Male	NEWT
Chris	Davies	Male	Celtic Tri
Byron	Davies	Male	3M Gorseinon Road Runners
Cara	Davies	Female	Emlyn flyers
Angela	Davies	Female	Celtic Tri
Bleddyn-James	Davies	Male	MK Redway Runners
Kevin	Davies	Male	Celtic Tri
Leighton	Davies	Male	
Neil	Davies	Male	Rhondda Triathlon Club
Alison	Davies	Female	N.E.W.T
Mark	Davies	Male	
James	Davies	Male	Celtic Tro
Andrew	Deans	Male	
Andrew	Deans	Male	
Tom	Denman	Male	Cr@p Tri
Tom	Denman	Male	
Edward	Dewar	Male	
Nicholas	Dewar	Male	
Greg	Dow	Male	
Elliot	Dudley	Male	
Antoinette	Dumayne	Female	Lliswerry runners
Karen	Dusgate	Female	
Kirsty	Edwards	Female	NEWT
Sam	Edwards	Male	

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gareth	Edwards	Male	
Alun	Edwards	Male	Taff Ely triathlon
William	Edwards	Male	Porthcawl Runners
Emma	Edworthy	Female	
Richard	Elgar	Male	Newport and East Wales Triathlon (NEWT)
Natalie	Elgar	Female	Newport and East Wales Triathlon (NEWT)
Ceri	Emanuel	Male	Celtic Tri
Helen	Evans	Female	West coast triathlon
BARRY	EVANS	Male	BYNEA CYCLING CLUB
John	Evans	Male	Celtic Tri
Lloyd	Evans	Male	North Dock Dredgers
Paul	Evans	Male	Cardiff Triathletes
Stuart	Evans	Male	BYNEA CYCLING CLUB
Helen	Evans	Female	
Thomas	Few	Male	Taff Ely Triathlon Club
David	Flanigan	Male	Welsh Regional Development Academy
Craig	Flannery	Male	
Peter	Flower	Male	
NIC	FORBES	Male	BYNEA CC
Mark	Ford	Male	Bynea C C
Corrinne	Fraser	Female	
Jason	Garcia	Male	
Ross	Gardner	Male	
Andrew	George	Male	Celtic Tri
Eli	Gibney	Male	
ALLAN	GILL	Male	Taff Ely Triathlon Club
Deborah	Gliddon	Female	
Edward	Godden	Male	
katie	greenwood	Female	Cardiff Triathletes
Nicola	Griffiths	Female	Sospan road runners/ByneaCC
Ann	Griffiths	Female	
mike	groves	Male	
Mathieu	Guillarme	Male	
James	Gwyther	Male	
Stephen	Hailey	Male	
george	hanwell	Male	
Rob	Harries	Male	ATW
Gemma	Harris	Female	Run4All , Neath
Oliver	Harris	Male	
Jonathon	Hatfield	Male	
Daniel	Hawke	Male	
christopher	Hemingway	Male	Oxford Tri
Helen	Henderson	Female	
Amanda	Hill	Female	
Gary	Hill	Male	Celtic Tri
Gareth	Hill	Male	
robin	hillier	Male	Celtic Tri
Stuart	Hooper	Male	
KAREN	HOPKINS	Female	North Dock Dredgers
Tracy	Hopkins	Female	

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Chris	Hopkins	Male	
Brian	Hosty	Male	Cardiff Triathletes
Lliffon	Howell	Male	
Steven	Howell	Male	
Benjamin	Hubbard	Male	
Gareth	Humphreys	Male	
Kate	Humphreys	Female	
Karen	Hurd	Female	Taff Eli Triathlon Club
Charles	Hutchings	Male	
Anthony	Isaac	Male	
Robin	Jackson	Male	
Neil	James	Male	NEWT
linden	jenkins	Male	
Lauren	Jenkins	Female	
Brian	Jenkins	Male	Celtic Tri
Alex	John	Male	Pencoed Tri
Martyn	John	Male	
Marc	John	Male	Celtic tri
Hannah	Johnson-Hubbard	Female	RD Health & Fitness
Jonathan	Jones	Male	
Iwan	Jones	Male	Cardiff Triathletes
Gareth	Jones	Male	Tenby Aces
GERAINT	JONES	Male	
Alun	Jones	Male	
Andy	Jones	Male	
david	jones	Male	
Chris	Jones	Male	Celtic Tri
Cathrine	Jones	Female	Taff Ely triathlon club
Martin	Jones	Male	
Lee-Michelle	Jones	Female	BYNEA CYCLING CLUB
Sian	Jones	Female	Newport East Wales Triathlon
Robert	Jones	Male	
Michael	Jones	Male	Celtic Tri
Paul	Jones	Male	
david	jones	Male	Bynea C C
Steven	Jones	Male	
leuan	Jones	Male	Celtic Tri Club
Mark	Joyce	Male	Les Croupiers Running Club
Thomas	Kahan	Male	Cardiff Ajax CC
Denise	Kellerman	Female	
Lee	Kerslake	Male	
Lisa	Kethro	Female	Celtic Tri
Philip	Kethro	Male	Celtic Tri
Mustapha	Khassouani	Male	
Paul	Kingdon	Male	Sospan Road Runners
Simon	Kirkham	Male	
MacDonald	Kirsty	Female	Celtic Tri
Richard	Lanchbury	Male	Cr@pTri
Fenella	Langridge	Female	Team Tredz
David	Latham	Male	Cr@P Tri

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Gareth	Law	Male	Checked
Richard	Leary	Male	
Stephen	Lewis	Male	Celtic Tri
Ian	Lloyd	Male	None
Simon	MacDuff	Male	Pencoed Tri
Allan	Maguire	Male	
Sarah	Maguire	Female	Emlyn Flyers Swimming Club
Robert	Malough	Male	Celtic Tri
Claire	Manson	Female	Cardiff tri
James	Manson	Male	Cardiff tri
Peter	Martin	Male	Celtic Tri
Lilian	Martin	Female	
Kristian	McCallum	Male	
Michelle	McCully	Female	Cardiff Triathletes
Richard	Middleton	Male	
Wayne	Millett	Male	
Nicola	Mills	Female	Pembrokeshire Tri
Connor	Mincher	Male	
Joshua	Mogford	Male	
Brian	Mogford	Male	
David	Morgan	Male	Celtic Tri
Phillipa	Morgan	Female	None
Huw	Morgan	Male	N.E.W.T
hywel	Morgan	Male	
Jason	Morris	Male	
katie	morris	Female	Sospan Road Runners
Nigel	Morse	Male	Celtic Tri
Joe	Mulholland	Male	
Constantin	Murariu	Male	Celtic Tri
Keenan	Napper	Male	rhondda junior tristar
alan	nash	Male	
Del	Nash	Male	
Ryan	Nicholas	Male	
John	Nicholls	Male	Bynea C C
Martyn	Norris	Male	
Daniel	Oakenfull	Male	
Michael	Oakley	Male	Vegan Runners
Alex	O'Brien	Male	
Paul	Osborne	Male	Leg-It
Tom	Overton	Male	Fat Rhino
HELEN	PACKMAN	Female	
Rachael	Parkinson	Female	Celtic Tri
ashley	pascoe	Male	3m runners gorseinon
Rachel	Pate	Female	
Martyn	Pennell	Male	llantrisant sharks
Nathan	Phillips	Male	
Les	Phillips	Male	Sospan Road Runners
Brian	Phillips	Male	NEWT
Steven	Plumb	Male	
Christopher	Potter	Male	

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Eleanor	Powell	Female	Cardiff Triathletes
Nikki	Powell	Female	Celtic tri
Rhodri	Preece	Male	
Huw	Preece	Male	
Maria	Prout	Female	
Steve	Pryke	Male	Pembrokeshire Triathlon Club
simon	rees	Male	
Kevin	Rees	Male	
Gareth	Rees	Male	
Matthew	Rees	Male	Bynea C C
Gareth	Rees	Male	TATA Multi Sport
Armanda	Rees-van Wolferen	Female	David Lloyd Cardiff
Sean	Rice	Male	
Ioan	Richards	Male	
Scott	Richards	Male	
Michael	Rimmer	Male	
Gareth	Roberts	Male	
Joseph	Roderick	Male	
Lisa	Rossi	Female	
kelly	rowland	Female	bynea cc
Phoebe	Russell	Male	Lliswerry runners
Philip	Saunders	Male	
Debby	Saunders	Female	
Rodney	Savage	Male	Cardiff Triathletes
Robert	Scott	Male	
Emma	Shallcross	Female	Liverpool Team Aquatic
NICHOLAS	SHEEHAN	Male	LEG-IT
Andrew	Sheppard	Male	
katie	silke	Female	Swansea bay triathlon club
Katie	Silke	Female	
mark	simon	Male	Celtic tri
Oliver	Simon	Male	Team NBCC
Laura	Simpson	Female	BMF Swansea Spartans
Richard	Simpson	Male	
Ross	Simpson	Male	Urban Cyclery
Daniel	Slater	Male	MerseyTri
Geraint	Smith	Male	Run4All , Neath
David	Southcombe	Male	
Linda	Spillane	Female	Newport and East Wales Triathlon NEWT
Ashley	Stamford-Plows	Male	
Andy	Steel	Male	
Aaron	Stephens	Male	Celtic tri
Lewis	Stephens	Male	
Ian	Stilgoe	Male	Celtic Tri
lee	stone	Male	
Rob	Stroud	Male	Cr@P Tri
Chris	Sweetman	Male	
Nigel	Taylor	Male	Cardiff Triathletes
Darren	Taylor	Male	
simon	tee	Male	Newport and East Wales Triathlon (NEWT)

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Teifion	Thomas	Male	CelticTri
David	Thomas	Male	Sospan road runners
Miles	Thomas	Male	Newport and East Wales Triathlon (NEWT)
philip	thomas	Male	pembs tri
Rhys	Thomas	Male	Pembrokeshire Tristars Junior Triathlon Club
Shaun	Thomas	Male	Celtic Tri
Mark	Thomas	Male	Rhondda Triathlon Club
Matthew	Thomas	Male	
Elinor	Thomas	Female	
Kier	Thompson	Male	
Richard	thompson	Male	Pembrokeshire triathlon club
Marc	Tiplady	Male	
Jones	Tom	Male	West Coast Tri
James	Tombs	Male	None
Stephen	Tranah	Male	Y Fenni Triathlon
Philip	Tucker	Male	Bynea CC
Luke	Voss	Male	BUSTINSKINS
Colin	Wallace	Male	Merthyr cycling club
Thomas	Walters	Male	
Adam	Wardle	Male	Cardiff Triathletes
Sally	Waters Foster	Female	Emlyn Flyers
Anthony	Watson	Male	Celtic Tri
Justin	Watts	Male	Abertillery
Robert	Webb	Male	
Matthew	Wheeler	Male	Cardiff Triathletes
Emma	Wheeler	Female	
Iain	Whitaker	Male	
Emma	White	Female	
Ben	White	Male	
Phil	Whitney	Male	Celtic Tri
Owain	Williams	Male	
ELIZABETH	WILLIAMS	Female	pembrokeshire triathlon club/cdtraining
Christopher	Williams	Male	Bynea C C
Daniel	Williams	Male	
glyn	williams	Male	Celtic Tri
John	Williams	Male	LEG-IT
steven	williams	Male	
Heath	Williams	Female	
Timothy	Williams	Male	
Caryl	Williams-Ford	Female	Sospan Road Runners
Matthew	Willis	Male	North West Triathlon Academy
Susan	Wilson	Female	
arwyn	wilson	Male	
Amanda	Wolferen	Female	
Deborah	Wood	Female	N.E.W.T
Simon	Wooler	Male	
Delyth	Wright	Female	
Mandy	Jake	Female	Sospan Road Runners
Dylan	Lawrence	Male	Tenby aces
paul	lawrence	Male	

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Nigel	Lewis	Male	Five Frogs Triathlon
beverley	lewis	Female	cardiff triathletes
Paul	WILLIAMS	Male	Emlyn Flyers