

Race No	Forename	Surname	Club	Cat	Swim	Start Time
1	Graeme	Allen		MS	9 Mins	08:30
2	Nicholas	Allinson		MS	11 Mins	08:20
3	Nicholas	Allinson		MS	30 Mins	07:30
4	Ellis	Banner	Pencoed Tri	MY	6 Mins	09:10
5	Nigel	Barnes	Triathlon Coaching Wales	M50	5 Mins	09:20
6	Owen	Barton		MS	16 Mins	07:50
7	Sarah	Bastian		FS	7 Mins	09:10
8	Gareth	Battle	Rhondda Tri	M40	8 Mins	08:45
9	Rory	Bennett		MS	10 Mins	08:30
10	Nigel	Best		M50	15 Mins	07:50
11	simon	blake		M50	10 Mins	08:20
12	Jeremy	Blake		MS	6 Mins	09:10
13	Karine	Boucher	CD Training/Pembs Velos	F40	8 Mins	09:00
14	Dafydd	Bowen	carmarthen harriers	M40	9 Mins	08:30
15	Karl	Bowskill		MS	14 Mins	08:05
16	Kieran	Brown	Swansea bay triathlon club	MS	6 Mins	09:10
17	dafydd	brown		MY	7 Mins	09:10
18	Helen	Cahill		F60	20 Mins	07:30
19	Daniel	Carroll		MS	8 Mins	08:45
20	Marc	Carter	None	MS	16 Mins	07:50
21	Lynsey	Cockerill		FS	14 Mins	08:05
22	Martin	Cole	None	M50	6 Mins	09:10
23	Jade	Collings	Healthy Life Activities	FS	20 Mins	07:30
24	Gemma	Coombs	Celtic Tri	FS	5 Mins	09:20
25	Giovanna	Cooper	Wolverhampton & Bilston A.C	F50	11 Mins	08:20
26	James	Coxon		M40	7 Mins	09:00
27	cath	crosby		F50	18 Mins	07:50
28	Sarah	Dafydd		FS	8 Mins	09:00
29	Paul	Dann		MS	7 Mins	09:00
30	Joshua	Darra-Edwards	None	MS	12 Mins	08:05
31	Ieuan	Davies		MS	10 Mins	08:30
32	Melanie	Davies		FS	11 Mins	08:20
33	Rhian	Davies		FS	11 Mins	08:20
34	Aled	Davies		M40	11 Mins	08:20
35	Gron	Davies		M50	13 Mins	08:05
36	GERAINT	DAVIES		M40	24 Mins	07:30
37	Nia	Davies		FS	7 Mins	09:10
38	Anthony	Davies		M40	8 Mins	08:45
39	Jonathan	Davies		M50	9 Mins	08:30
40	Lisa	De Kroon		F40	5 Mins	09:20
41	Kevin	Dean		M40	20 Mins	07:30
42	Pete	Douel		M60	11 Mins	08:05
43	Paul	Duggins		M40	9 Mins	08:30
44	Iwan	Dugmore		MY		
45	Rosalind	Edmonds	Taff Ely triathlon	F50	8 Mins	09:00
46	Chris	Edwards		MS	20 Mins	07:30

47	Amanda	Edwards	Clwb Rhedeg Pontardawe	F50	26 Mins	07:30
48	Mark	Edwards		M40	8 Mins	08:45
49	John	Evans	Bynea C C	M60	10 Mins	08:20
50	Megan	Evans		FS	12 Mins	08:05
51	Cara	Evans		F40	15 Mins	07:50
52	Caryl	Evans		FS	30 Mins	07:30
53	Daniel	Evans	Celtic Tri	MS	6 Mins	09:10
54	Carwyn	Evans		MS	8 Mins	09:00
55	Emyr	Evans		MS	8 Mins	08:45
56	Danielle	Flawn	Tredz	FS	5 Mins	09:20
57	Peter	Flower		M50	12 Mins	08:05
58	Terry	Flynn		M50	11 Mins	08:20
59	Lisa	Forrest		F40	11 Mins	08:20
60	Rowena	Frankl		FS	15 Mins	07:50
61	Andrew	Fraser-Cole		M40	7 Mins	09:00
62	natalie	fulstow		FS	16 Mins	07:50
63	Neil	Fulstow		M40	8 Mins	08:45
64	Josh	George	llanelli triathlon club	MS	9 Mins	08:30
65	Stephen	Godwin		M40	12 Mins	08:05
66	Harry	Goforth	Tenby Aces	MS	7 Mins	09:10
67	Darren	Gostling	None	MS	10 Mins	08:30
68	James	Graham	Celtic Tri	MS	7 Mins	09:00
69	James	Grandfield	Team CRANC	MS	5 Mins	09:20
70	Guto	Griffiths		MS	15 Mins	07:50
71	Llewellyn	Griffiths		MJ	7 Mins	09:10
72	Gafin	Griffiths	Les Croupiers	MS	7 Mins	09:00
73	Andrew	Gwilym		M40	30 Mins	07:30
74	ryan	haigh		MS	6 Mins	09:10
75	Huw	Harries		MS	12 Mins	08:05
76	Nathanial	Harries	CycleSpecific.co.uk	MY	5 Mins	09:20
77	Adam	Hart		MJ	8 Mins	09:00
78	Michael	hayden	Celtic Tri	M50	8 Mins	08:45
79	Mark	Hayward		M40	9 Mins	08:30
80	Andrea	Higgins		F60	5 Mins	09:20
81	andrew	hodgson	bridgend athletics club	M40	5 Mins	09:20
82	mark	hogben		M40	8 Mins	08:45
83	Alex	Holland	Narberth Dynamos	M50	10 Mins	08:20
84	Max	Holland		MY	9 Mins	08:45
85	Stefan	Howcroft		MS	5 Mins	09:20
86	John	Hughes	Rhondda Triathlon Club	M50	8 Mins	08:45
87	William	James		MS	10 Mins	08:30
88	Carlton	James		M40	12 Mins	08:05
89	Mary	James		F40	15 Mins	07:50
90	Ceri	James		F40	15 Mins	07:50
91	Jonathan	James		MS	15 Mins	07:50
92	Gary	James		M50	15 Mins	07:50
93	Joanna	James	Garnant Grunters	F40	30 Mins	07:30

94	Nicola	John		F40	15 Mins	07:50
95	Jamie	John		MS	20 Mins	07:30
96	Paul	John		M40	20 Mins	07:30
97	Natalie	Johnson		F40	11 Mins	08:20
98	Davies	Jonathon		MS	30 Mins	07:30
99	Jonathan	Jones		MS	10 Mins	08:30
100	Gareth	Jones		MS	10 Mins	08:20
101	Rhodri	Jones		MS	12 Mins	08:05
102	Vivienne	Jones	Sospan Road Runners	F40	13 Mins	08:05
103	Llian	Jones		FS	8 Mins	09:00
104	Daniel	Jones	Ashmole Tri	MS	6 Mins	09:10
105	Rob	Jones		MS	6 Mins	09:10
106	Gareth	Jones	Carmarthenshire Masters SC	MS	6 Mins	09:10
107	Joshua	Jones	Swansea Trisharks	MY	7 Mins	09:10
108	Sam	Jones	Ashmole Tri	MS	8 Mins	09:00
109	Mark	Jones		MS	8 Mins	08:45
110	Thomas	Joyce		MS	10 Mins	08:30
111	Gill	Kingston		F50	10 Mins	08:30
112	Marc	Kinnaird		MS	10 Mins	08:20
113	Matthew	Ladd		MS	5 Mins	09:20
114	Richard	Landon		MS	9 Mins	08:30
115	David	Lanham		MS	15 Mins	07:50
116	Hayley	Lawrence		FS	15 Mins	07:50
117	Richard	Leary	Celtic Tri	M40	7 Mins	09:00
118	Jayne	Leary	Celtic Tri	F40	9 Mins	08:45
119	Michael	Leather		M50	20 Mins	07:30
120	Greg	Leeman		MS	5 Mins	09:20
121	Stuart	Lewis		MS	15 Mins	07:50
122	Michael	Lewis		M50	20 Mins	07:30
123	Roy	Lewis	Celtic Tri	M50	7 Mins	09:00
124	Robert	Lisle		M40	7 Mins	09:00
125	William	Lloyd		MS	10 Mins	08:30
126	Sarah	Maguire	Emlyn Flyers Swimming Club	F40	8 Mins	09:00
127	Allan	Maguire		M40	9 Mins	08:30
128	Lesley	Mainwaring	Triathlon Coaching Wales	F50	14 Mins	08:05
129	Lloyd	Mammatt	Wisemans Bridge Rowing Club	MY	8 Mins	09:00
130	Lee	May		MS	30 Mins	07:30
131	Andy	McLean		M40	9 Mins	08:30
132	James	Moore		M40	8 Mins	08:45
133	Leah	Morgan		F40	18 Mins	07:50
134	stephen	morgan		MS	30 Mins	07:30
135	Fiona	Morgan		FS	8 Mins	09:00
136	lee	morris		MS	20 Mins	07:30
137	Catherine	Mortimer		F60	22 Mins	07:30
138	Catherine	Neal		FS	10 Mins	08:30
139	Jamie	Neal		MS	10 Mins	08:20
140	Robert	Newman	Tenby Aces	MS	10 Mins	08:20

141	Karen	O'Brien	Sospan Road Runners	F50	13 Mins	08:05
142	James	Oulsnam	Cycle Specific	MY	8 Mins	09:00
143	Roger	Owen		M50	8 Mins	08:45
144	Rachael	Parkinson	BYNEA CYCLING CLUB	FS	10 Mins	08:30
145	Amanda	Parry	Celtic Tri	F40	12 Mins	08:05
146	Vinal	Patel	Ashmole Tri	MS	9 Mins	08:30
147	cindy	peake		F50	15 Mins	07:50
148	Adrian	Pearson		M40	13 Mins	08:05
149	Barry	Pearson		MS	7 Mins	09:10
150	Jordan	Phillips	Byneaa	MS	8 Mins	09:00
151	victoria	prendiville	Celtic Tri	FS	15 Mins	07:50
152	Vince	Price		M50	7 Mins	09:00
153	Darren	Quinn		M40	10 Mins	08:20
154	Adarsh	Ramegowda		M40	8 Mins	08:45
155	simon	rees		M50	10 Mins	08:20
156	Dorian	Rees	Sarn Helen	M40	8 Mins	08:45
157	Heath	Reynolds		M40	20 Mins	07:30
158	paul	Robbins		M40	7 Mins	09:00
159	claire	robson		F40	11 Mins	08:20
160	Ann	Rowell	Tenby Aces	F60	18 Mins	07:50
161	Stephen	Rowlands	Team CRANC	MS	6 Mins	09:10
162	Jamie	Saunders		MS	10 Mins	08:20
163	Lee	Saunders	Celtic Tri	M40	11 Mins	08:20
164	Emma	Scott		FS	9 Mins	08:45
165	beverley	sime	uplands athletics	F50	14 Mins	08:05
166	Michelle	Slee		F40	20 Mins	07:30
167	chris	smith		M40	8 Mins	08:45
168	Edel	Smithson		F40	12 Mins	08:05
169	Jemma	Staley		FS	5 Mins	09:20
170	Mark	Stephenson		MS	12 Mins	08:05
171	Nick	Stevenson		MS	20 Mins	07:30
172	Lee	Summers		M40	15 Mins	07:50
173	Carys	Thomas		FS	10 Mins	08:30
174	Arwel	Thomas		MS	10 Mins	08:30
175	Andrew	Thomas		MS	11 Mins	08:20
176	Richard	Thomas	Sospan Road Runners	M40	12 Mins	08:05
177	DORIAN	THOMAS		MS	13 Mins	08:05
178	Matthew	Thomas		M40	14 Mins	07:50
179	Richard	Thomas		M40	20 Mins	07:30
180	Richard	Thomas		M40	30 Mins	07:30
181	Claire	Thomas	West Coast Triathlon	FS	7 Mins	09:10
182	Catrin	Thomas	Emlyn Flyers	F40	8 Mins	09:00
183	Owain	Thomas	West Coast Triathlon	MS	8 Mins	08:45
184	Owen	Thomas		MS	9 Mins	08:30
185	Ieuan	Thomas-Wigley		MS	8 Mins	08:45
186	Anita	Tucknutt		F40	9 Mins	08:45
187	wallace	wallace	merthyr cycling club	M50	5 Mins	09:10

188	Gareth	Walters		MS	5 Mins	09:20
189	Peter	Webb		M60	10 Mins	08:20
190	William	Weeks		MS	24 Mins	07:30
191	Rhys	Weeks		MS	30 Mins	07:30
192	Theo	Weidemann		MS	10 Mins	08:30
193	Emma	Wheeler	CDTraining	F50	7 Mins	09:10
194	Gareth	Williams		MS	10 Mins	08:20
195	John	Williams	Brecon Triathlon Club	MS	11 Mins	08:20
196	Joy	Williams	Celtic Tri	F40	12 Mins	08:05
197	Jonathan	Williams	Towy Riders	M40	13 Mins	08:05
198	Catrin	Williams		FS	15 Mins	07:50
199	Barry	Williams		MS	15 Mins	07:50
200	Owain	Williams		MS	7 Mins	09:10
201	John	Williams		MS	7 Mins	09:10
202	David	Williams	Celtic Tri	M40	7 Mins	09:00
203	Stephen	Williams	None	MS	8 Mins	08:45
204	Emma	Williams	Celtic Tri	F40	9 Mins	08:45
205	Caryl	Williams-Ford	Bynea C C	F40	8 Mins	09:00
206	Stuart	Wood		MS	20 Mins	07:30
207	India	Woodruff	Carmarthen Swimming Club	FJ	6 Mins	09:10
208	Jason	Woodruff		M40	8 Mins	08:45
209	Jane	Woulds		FS	30 Mins	07:30
210	Jenny	Yate	Mynydd du	FS	8 Mins	09:00
211	Team Bryncothi			RT	20 Mins	07:30