

Race #	First Name	Last Name	Race Entered	Race Category	Club
1	Tim	Allen	Y Sospan	O	Port Talbot Harriers
2	Andrew	Banfield	Sospan Fawr	O	
3	Lara	Banfield-Zwart	Sospan Fach	F	
4	Sarah	Bastian	Sospan Fach	F	
5	James	Bevan	Y Sospan	O	Carmarthen Triathlon Club
6	Adam	Blackmore	Sospan Fach	O	Team Gower Tri
7	Joshua	Blackmore	Sospan Fach	O	Team Gower Tri
8	geraldine	Blake	Sospan Fach	F	
9	Andy	Bostock	Sospan Fach	O	Heathwood Triathlon
10	Caris	Bowen	Sospan Fach	F	
11	Mark	Bowen	Sospan Fach	O	
12	Shan	Castley	Sospan Fach	F	Port Talbot Harriers
13	Emily	Christopher	Y Crochan	F	
14	FELICITY	CLARK	Y Sospan	F	Celtic Tri
15	Dave	coates	Y Crochan	O	Iron Chef Coaching
16	david	coe	Sospan Fach	O	North Dock Dredgers Tri
17	Sean	CROCKER	Y Sospan	O	
18	Luke	Cross	Sospan Fach	O	Tri Potential
19	jude	dale	Sospan Fach	O	
20	Rhys	Dart	Sospan Fach	O	North Dock Dredgers Tri
21	Karen	Davies	Sospan Fach	F	
22	Angharad	Davies	Y Sospan	F	
23	Matt	Davies	Y Crochan	O	North Dock Dredgers Tri
24	Neil	Davies	Sospan Fawr	O	
25	James	Dilks	Y Crochan	O	Tenby Penguins Open Water S.C.
26	Amy	Durrant	Sospan Fach	F	IRONTRISWIM
27	Mike	Edwards	Sospan Fawr	O	Swansea Vale Tri
28	Paul	Egan	Sospan Fach	O	
29	Louise	Ensoll	Y Crochan	F	
30	Katie	Evans	Sospan Fach	F	Celtic Tri

31	Huw	Evans	Y Crochan	O	Swansea Vale Tri
32	Beverly	Evans	Y Crochan	F	Triathlon Coaching Wales
33	Charlie	Felstead	Y Crochan	O	Tenby Penguins Open Water S.C.
34	NICHOLAS	FORBES	Sospan Fach	O	Bynea Cycling Club
35	Wayne	Fowler	Sospan Fawr	O	ATAC
36	Rhys	Francis-Hopkins	Sospan Fach	O	
37	Glyn	Gainard	Y Sospan	O	Carmarthen Triathlon Club
38	Nathan	George	Sospan Fach	O	North Dock Dredgers Tri
39	Phillip	Gibbon	Y Sospan	O	Taff Ely Triathlon Club
40	Mathew	Giles	Sospan Fawr	O	Swansea Vale Tri
41	Daniel	Grace	Y Sospan	O	North Dock Dredgers Tri
42	Awen	Gravell	Sospan Fach	F	
43	Nathan	Halliday	Y Crochan	O	Pen-Y-Bont Triathlon Club
44	Darren	Harris	Sospan Fach	O	Celtic Tri
45	james	harrison	Sospan Fach	O	Swansea Vale Tri
46	Rhiannon	Heredia-Rowe	Y Sospan	F	Celtic Tri
47	Finley	Hines	Y Crochan	O	
48	Diane	Hynam	Y Sospan	F	Bynea Cycling Club
49	Mandy	Jack	Sospan Fach	F	
50	Lee	Jackson	Y Sospan	O	Tri Potential
51	Roy	James	Y Crochan	O	
52	Nichola	James	Y Sospan	F	Iron Chef Coaching
53	Matthew	Jenkins	Y Crochan	F	North Dock Dredgers Tri
54	Viv	Jones	Y Sospan	F	Bynea Cycling Club
55	Nicola	jones	Y Sospan	O	
56	Llinos	Jones	Sospan Fach	F	ATAC
57	Sara	Jones	Y Crochan	F	Bynea Cycling Club
58	janet	jones	Y Sospan	O	Pen-Y-Bont Triathlon Club
59	Carol	Jones	Sospan Fach	F	North Dock Dredgers Tri
60	julia	jones	Y Sospan	F	North Dock Dredgers Tri
61	Marc	Kinnaird	Y Crochan	O	Clwb Seiclo Cwm Gwendraeth

62	Richard	Landon	Sospan Fawr	O	Tri Potential
63	Kate	Lee	Y Crochan	F	Merched y Mor
64	Carl	Lewis	Y Crochan	O	
65	Sarah	Linnard	Sospan Fach	F	
66	Hefin	Lloyd	Sospan Fach	O	Clwb Seiclo Cwm Gwendraeth
67	Penny	Maisey	Y Sospan	F	
68	Daniel	McDermott	Sospan Fawr	O	Tenby Penguins Open Water S.C.
69	Caleb	Miles	Sospan Fawr	O	
70	Stephen	Mills	Sospan Fach	O	
71	Reuben	Morgan	Y Crochan	O	North Dock Dredgers Tri
72	Linda	Morgans	Sospan Fawr	F	
73	Guto	Morgans	Y Crochan	O	Propel Next Gen Tri
74	Jamie	Neal	Y Sospan	O	Swansea TriSharks
75	Evan	Neal	Y Sospan	O	Swansea TriSharks
76	Sian	Newman	Y Crochan	F	Merched y Mor
77	Karen	OBrien	Sospan Fach	F	
78	Simon	OBrien	Y Crochan	O	
79	Daniel	Otteson	Sospan Fach	O	Swansea Vale Tri
80	Joanna	Otteson	Sospan Fach	F	North Dock Dredgers Tri
81	Dewi	Owen	Sospan Fach	O	North Dock Dredgers Tri
82	Lewis	Paul	Sospan Fach	O	Tri Potential
83	JILL	PEACOCK	Y Sospan	F	Port Talbot Harriers
84	Cindy	Peake	Sospan Fach	F	
85	Sean	Perkins	Y Sospan	O	Tri Potential
86	Nathan	Phillips	Sospan Fach	O	North Dock Dredgers Tri
87	Rhianna	Phillips	Y Sospan	F	
88	les	phillips	Y Crochan	O	
89	Ffion	Philpott	Sospan Fach	F	
90	Christopher	Powell	Y Crochan	O	North Dock Dredgers Tri
91	Ian	Radmore	Sospan Fach	O	Afan Valley Swimming Club
92	Linda	Radmore	Y Sospan	F	Afan Valley Swimming Club

93	Anna	Rees	Sospan Fawr	F	Celtic Tri
94	Ben	Rees	Sospan Fach	O	
95	Paul	Rees	Sospan Fawr	O	Celtic Tri
96	Kelly	Rees	Y Sospan	F	Celtic Tri
97	Louise	Rees James	Sospan Fach	F	North Dock Dredgers Tri
98	Ceri	Rees-Coe	Sospan Fach	F	North Dock Dredgers Tri
99	Sarah	Reilly	Y Sospan	O	Swansea Vale Tri
100	Diane	Ridgeway	Y Sospan	F	Celtic Tri
101	Angharad	Rowe	Y Crochan	F	Celtic Tri
102	Stephen	Rowlands	Sospan Fach	O	Carmarthen Triathlon Club
103	Sion	Rowlands	Y Sospan	O	Carmarthen Triathlon Club
104	Hannah-Mae	Samson	Sospan Fach	F	
105	Stephen	Short	Sospan Fach	O	North Dock Dredgers Tri
106	Alyson	Smith	Sospan Fach	F	Tri Potential
107	Gemma	Starkey	Sospan Fach	F	ATAC
108	Jill	Sutton	Sospan Fawr	F	
109	Jenny	Tanner	Y Sospan	F	Carmarthen Triathlon Club
110	Claire	Thomas	Y Crochan	F	Tenby Aces CC
111	Andrew	Thomas	Y Sospan	O	Sospan Road runners
112	Gavin	Thomas	Y Crochan	O	Celtic Tri
113	violet	thomas	Y Sospan	F	Celtic Tri
114	Gwenllian	Thomas	Sospan Fach	F	
115	Gareth	Thomas	Y Crochan	O	Peak Performance Wales
116	Sian	Thomas	Sospan Fach	F	Tenby Penguins Open Water S.C.
117	Marc	Tiplady	Sospan Fach	O	North Dock Dredgers
118	Llyr	Tiplady	Y Sospan	O	North Dock Dregers
119	Ally	Wadeward	Y Sospan	F	Carmarthen Triathlon Club
120	Colin Richard	Wallace	Y Crochan	O	Merthyr Triathlon Club
121	Linda	Waller	Y Sospan	F	
122	Jonathan	Walters	Y Crochan	O	North Dock Dredgers Tri
123	Phil	Whitney	Sospan Fach	O	Celtic Tri

124	Adele	Williams	Sospan Fach	F	Carmarthen Triathlon Club
125	Lowri	Williams	Y Sospan	F	
126	Neil	Williams	Y Sospan	O	Port Talbot Harriers
127	Heath	Williams	Y Crochan	O	Port Talbot Harriers
128	Chris	Williams	Y Sospan	O	Celtic Tri
129	Sally	Worsley	Y Crochan	F	