

Actif Sospan Charity Swim 2023 Start List

Race No	Surname	First name	Gender	Category	Club
1	Atkins	Mat	MALE	Y Crochan - 3K	
2	Barness	Gareth	MALE	Y Crochan - 3K	Port talbot harriers
3	Bevan	James	MALE	Sospan Fach - 1500m	Carmarthen triathlon club
4	Birkett	Sara	FEMALE	Y Crochan - 3K	Porthcawl Tridents
5	Blackmore	Joshua	MALE	Sospan Fach - 1500m	Bynea cc
6	Bowen	Meryl	FEMALE	Y Sospan - 750m	
7	Bowen	Caris	FEMALE	Y Crochan - 3K	Swimzone
8	Bowen	Richard	MALE	Sospan Fach - 1500m	
9	Bowen	Mark	MALE	Sospan Fach - 1500m	Bynea cc
10	Brace	Alex	MALE	Sospan Fach - 1500m	Tenby Penguins
11	Brown	Kieran	MALE	Y Sospan - 750m	
12	Bunyan	Paul	MALE	Sospan Fach - 1500m	Tri Potential
13	Burns	LAURA	FEMALE	Sospan Fach - 1500m	
14	Byrd	Pete	MALE	Y Sospan - 750m	Carmarthen Triathlon Club
15	Byrne	Linzi	FEMALE	Y Sospan - 750m	Celtic tri
16	Caines	Ffion	FEMALE	Sospan Fach - 1500m	DCTriathlon
17	Carne	James	MALE	Y Crochan - 3K	Rhondda Tri
18	CioleK	Ania	FEMALE	Y Sospan - 750m	
19	Clark	Kat	FEMALE	Sospan Fach - 1500m	Porthcawl Triathlon Club
20	Cleave	Josh	MALE	Sospan Fach - 1500m	Celtic tri
21	Clifford	Bethany	FEMALE	Sospan Fach - 1500m	Celtic Tri
22	Coffey	Michael	MALE	Y Crochan - 3K	Swansea Vale Tri
23	Corlett	Holly	FEMALE	Sospan Fawr - 2250m	CDF Runners
24	Cox	Matthew	MALE	Sospan Fach - 1500m	Celtic Tri
25	Cross	Luke	MALE	Sospan Fawr - 2250m	Tri Potential
26	Dalling	Emma	FEMALE	Y Sospan - 750m	Celtic Tri
27	Daniels	Laura	FEMALE	Y Sospan - 750m	Sosban Road Runners
28	Davies	Michael	MALE	Sospan Fach - 1500m	Celtic Tri
29	Davies	Melanie	FEMALE	Sospan Fach - 1500m	Carmarthen Triathlon Club
30	davies	stuart	MALE	Sospan Fach - 1500m	ATAC
31	Davis	Martin	MALE	Sospan Fawr - 2250m	Swansea Vale Tri
32	Dilks	James	MALE	Y Crochan - 3K	

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33	Discombe	Jordan	MALE	Y Crochan - 3K	Swansea Vale Tri
34	Drummpnd-Govier	Tracy	FEMALE	Y Crochan - 3K	Celtic Tri
35	Dunn	Stuart	MALE	Sospan Fach - 1500m	Team Armadillo
36	Edwards	Cai	MALE	Y Sospan - 750m	
37	Egan	Paul	MALE	Sospan Fach - 1500m	Swansea vale TRI (SVT)
38	Evans	Jade	FEMALE	Y Crochan - 3K	Team NFT
39	Evans	Eirian	MALE	Y Sospan - 750m	Celtic Tri
40	Evans	Brian	MALE	Y Crochan - 3K	Atac
41	EVANS	CHRISTOPHER	MALE	Y Sospan - 750m	Celtic tri
42	Felice	Phil	MALE	Sospan Fach - 1500m	
43	Felstead	Charlie	MALE	Y Crochan - 3K	Tenby Penguins Open Water Swimming Club
44	Figgures	Sam	MALE	Sospan Fach - 1500m	Port talbot harriers
45	Folkes	Lisa	FEMALE	Sospan Fach - 1500m	
46	Forbes	Nicholas	MALE	Sospan Fach - 1500m	BYNEA CC
47	Francis	Ruth Adele	FEMALE	Sospan Fach - 1500m	Celtic Tri
48	Gabb	Rachel	FEMALE	Sospan Fach - 1500m	Celtic Tri
49	Giles	Mathew	MALE	Sospan Fawr - 2250m	Swansea Vale Tri
50	Gill	Hefin	MALE	Sospan Fawr - 2250m	
51	Grant Thomas	Matt	MALE	Sospan Fawr - 2250m	
52	Grant Thomas	Matt	MALE	Sospan Fach - 1500m	
53	Granville	Mary jayne	FEMALE	Y Sospan - 750m	Pen y Bont triathlon club
54	Gravell	Cathryn	FEMALE	Y Sospan - 750m	
55	Gravell	Elen	FEMALE	Y Sospan - 750m	
56	Gravell	Awen	FEMALE	Y Sospan - 750m	
57	Griffiths	Craig	MALE	Sospan Fach - 1500m	Celtic tri
58	Griffiths	Kelly	FEMALE	Sospan Fach - 1500m	Celtic Tri
59	Hanbury-Charles	Karen	FEMALE	Y Sospan - 750m	Team NFT
60	Hannah	Debbie	FEMALE	Sospan Fach - 1500m	Celtic Tri
61	Harries	Amy	FEMALE	Y Sospan - 750m	
62	Harris	Darren	MALE	Y Crochan - 3K	Celtic tri
63	Harris	Ella	FEMALE	Sospan Fach - 1500m	Celtic Tri
64	Hartt	Mathew	MALE	Y Crochan - 3K	Merthyr Triathlon Club
65	HEATH	DARREN	MALE	Y Crochan - 3K	Celtic Tri

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66	Heredia-Rowe	Rhiannon	FEMALE	Y Sospan - 750m	Celtic Tri
67	Hewson	John	MALE	Sospan Fach - 1500m	Swansea Vale Tri
68	hines	Martin	MALE	Y Crochan - 3K	N/A
69	Hopton	Sophie	FEMALE	Sospan Fach - 1500m	
70	Hughes	Brad	MALE	Y Crochan - 3K	Rhondda Triathlon Club
71	Hughes	Keri	MALE	Sospan Fach - 1500m	
72	James	Owain	MALE	Sospan Fach - 1500m	Celtic Tri
73	James	Maisie	FEMALE	Sospan Fach - 1500m	Celtic Tri Juniors
74	james	sammantha	FEMALE	Y Sospan - 750m	Swansea vale tri
75	Jeffreys	Abigail	FEMALE	Y Sospan - 750m	
76	Jenkins	Matthew	MALE	Y Crochan - 3K	North Dock Dredgers
77	Jenkins	Andrew	MALE	Sospan Fach - 1500m	Celtic Tri
78	Jenkins	Millie	FEMALE	Sospan Fach - 1500m	Celtic Tri
79	John	Paul	MALE	Sospan Fach - 1500m	
80	Jones	Kevin	MALE	Sospan Fach - 1500m	
81	Jones	Viv	FEMALE	Sospan Fach - 1500m	Sospan Road Runners
82	Jones	Gareth	MALE	Y Sospan - 750m	
83	Jones	Tori	FEMALE	Sospan Fach - 1500m	Swansea Vale Tri
84	Jones	Paul	MALE	Sospan Fawr - 2250m	SVT
85	Jones	John	MALE	Sospan Fach - 1500m	ATAC
86	Jones	Patrick	MALE	Sospan Fach - 1500m	Swansea Vale Tri
87	Jones	Llinos	FEMALE	Y Sospan - 750m	ATAC
88	Jones	Magda	FEMALE	Y Sospan - 750m	
89	Jones	Emma	FEMALE	Y Sospan - 750m	Celtictri
90	Jones	Dylan Gwyn	MALE	Sospan Fach - 1500m	Pen-y-Bont Triathlon Club
91	Landon	Richard	MALE	Sospan Fawr - 2250m	
92	Lewis	Carl	MALE	Y Crochan - 3K	Caerphilly trier's
93	Lewis	Sian	FEMALE	Y Crochan - 3K	Swansea Swansea Trisharks
94	Lewis	Richard	MALE	Sospan Fach - 1500m	
95	Lewis	Richard	MALE	Sospan Fach - 1500m	
96	Lloyd	Chris	MALE	Y Crochan - 3K	Tenby Penguins
97	Lloyd	Hefin	MALE	Y Crochan - 3K	Clwb seiclo cwm Gwendraeth
98	Lloyd	Liam	MALE	Y Crochan - 3K	Tri Potential

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99	Lloyd	Steven	MALE	Sospan Fach - 1500m	Dredgers
100	Longman	Deborah	FEMALE	Sospan Fawr - 2250m	Celtic Tri
101	Lowe	John	MALE	Y Crochan - 3K	Merthyr Tri Club
102	Mason	Alan	MALE	Sospan Fach - 1500m	Na
103	Matthews	Kirk	MALE	Sospan Fach - 1500m	Clwb seiclo Cwm gwendraeth
104	Mckerrow	Lee	MALE	Sospan Fawr - 2250m	Swansea vale tri
105	mears	jason	MALE	Sospan Fawr - 2250m	
106	Mills	Simon	MALE	Sospan Fach - 1500m	TriPotential
107	Morgan	Nicola	FEMALE	Y Crochan - 3K	Roding Valley Tri
108	Morgans	Linda	FEMALE	Y Crochan - 3K	
109	Morgans	Linda	FEMALE	Sospan Fach - 1500m	
110	MORRIS	Ethan	MALE	Y Crochan - 3K	Rhondda Tri
111	Norris	Martyn	MALE	Sospan Fawr - 2250m	Port Talbot Harriers
112	Ormond	Wayne	MALE	Sospan Fach - 1500m	Tenby penguins
113	O'Shea	Joe	MALE	Y Crochan - 3K	Port Talbot harriers
114	Owen	Dewi	MALE	Y Crochan - 3K	Dredgers
115	Parkinson	Rachael	FEMALE	Sospan Fach - 1500m	Bynea Cycling Club
116	Patel	Vinal	MALE	Sospan Fach - 1500m	Team NFT
117	Paul	Lewis	MALE	Sospan Fach - 1500m	
118	Pelta	Richard	MALE	Sospan Fawr - 2250m	Swansea Vale tri
119	Phillips	Scott	MALE	Sospan Fach - 1500m	Tri Potential
120	Price	Morgan	MALE	Y Crochan - 3K	Crosskeys silver slugs
121	Protheroe	Claire	FEMALE	Y Sospan - 750m	Bynea
122	Protheroe	Arianna	FEMALE	Y Sospan - 750m	Bynea
123	Pryce	Carson	MALE	Sospan Fach - 1500m	DC TRIATHLON
124	Ranft	Craig	MALE	Y Crochan - 3K	The Hard Boys
125	Rees	Anna	FEMALE	Sospan Fawr - 2250m	Celtic Tri
126	Rees	Simon	MALE	Sospan Fach - 1500m	North Dock Dredgers Tri
127	Rees	Ethan	MALE	Sospan Fach - 1500m	North Dock Dredgers Tri
128	Rees	Alun	MALE	Sospan Fach - 1500m	ATAC
129	Rees	Paul	MALE	Y Sospan - 750m	Celtic tri
130	Rees James	Louise	FEMALE	Sospan Fach - 1500m	
131	Reynolds	Matt	MALE	Sospan Fawr - 2250m	Secret squirrels

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132	Reynolds	Amy	FEMALE	Sospan Fach - 1500m	DC Triathlon
133	Roberts	Christopher	MALE	Sospan Fach - 1500m	Celtic Tri
134	Rowe	Angharad	FEMALE	Y Sospan - 750m	Celtic Tri
135	Rucarean	Delyth	FEMALE	Y Sospan - 750m	Celtic Tri
136	Ryall	Jane	FEMALE	Sospan Fach - 1500m	Clwb Seiclo Llanymddyfri
137	Salkeld	Daniel	MALE	Y Crochan - 3K	North dock Dredgers
138	Saunders	Sam	MALE	Sospan Fach - 1500m	Northdock dredgers
139	Seppman	Neo	MALE	Y Crochan - 3K	GJ Endurance
140	Short	Steve	MALE	Sospan Fach - 1500m	North Dock Dredgers Tri
141	Slate	Morgan	MALE	Y Sospan - 750m	Tinworks Tri
142	Smith	Alyson	FEMALE	Sospan Fach - 1500m	North Dock Dredgers
143	Taylor	Matthew	MALE	Sospan Fawr - 2250m	Tri Hard Harriers
144	Thomas	Melissa	FEMALE	Sospan Fach - 1500m	
145	Thomas	Rhys	MALE	Y Crochan - 3K	Tenby Penguins
146	Thomas	Cerys	FEMALE	Y Crochan - 3K	IronTriSwim
147	Thomas	Gareth	MALE	Y Crochan - 3K	Peak Performance Wlaes
148	Thomas	Mark	MALE	Sospan Fach - 1500m	ATAC Club
149	Tiplady	Marc	MALE	Y Crochan - 3K	North Dock Dredgers
150	Tiplady	Sion Glyn	MALE	Y Crochan - 3K	North Dock Dredgers
151	Town	Mandy	FEMALE	Y Sospan - 750m	Port Talbot Harriers
152	Tustin	Lisa	FEMALE	Y Crochan - 3K	Celtic Tri
153	Tynan	Mike	MALE	Y Crochan - 3K	Nft
154	Wallace	Colin	MALE	Y Crochan - 3K	Merthyr Triathlon Club
155	Walters	Kristian	MALE	Y Crochan - 3K	Merthyr tri club
156	walters	tanya	FEMALE	Y Sospan - 750m	Dredgers
157	Walters	Jonathan	MALE	Y Crochan - 3K	Dredgers
158	Weeks	Robert	MALE	Y Crochan - 3K	Rhondda Valley Runners
159	Wemyss	Scott	MALE	Sospan Fawr - 2250m	Swansea Vale Tri
160	White	Martyn	MALE	Sospan Fach - 1500m	North Dock Dredgers
161	white	Andrew	MALE	Sospan Fach - 1500m	Dredgers
162	Williams	Joe	MALE	Sospan Fach - 1500m	
163	Williams	Iestyn	MALE	Sospan Fawr - 2250m	Celtic tri
164	Williams	Osian	MALE	Sospan Fach - 1500m	ATAC

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165	Williams	Chris	MALE	Y Sospan - 750m	Celtic tri
166	Williams	Cathryn	FEMALE	Y Crochan - 3K	Port Talbot Harriers
167	Williams	Kelly	FEMALE	Y Crochan - 3K	Peak performance wales
168	Williams	Rhys	MALE	Sospan Fach - 1500m	Team Armadillo
169	Williams	Leum	MALE	Y Crochan - 3K	
170	williams	jonathan	MALE	Sospan Fach - 1500m	
171	Williams	Sharon	FEMALE	Sospan Fawr - 2250m	
172	Williams	Tracey	FEMALE	Sospan Fach - 1500m	Celtic Tri