



## Tata Steelman Triathlon Start List 2019



Race No.	Title	First Name	Last Name	Gender	Age Group	Club
1	Dr	Alex	Matchett	M	25-29	Pembrokeshire Triathlon Club
2	Mr	Liam	Lloyd	M	25-29	Cycle Specific
3	Mr	Chris	Silver	M	25-29	NTPCW
4	Mr	Kieran	John	M	25-29	Caerphilly Tri-ers
5	Mr	Beau	Smith	M	25-29	
6	Mr	Joshua	Lewis	M	25-29	NTPCW
7	Mr	Deri	Stewart	M	20-24	Triathlon Coaching Wales
8	Mr	Oliver	Simon	M	40-44	Team NBCC
9	Mr	Paul	Lewis	M	45-49	Port Talbot Harriers
10	Mr	Tom	Wright	M	19	Pencoed Triathlon Club
11	Mr	Ellis	Banner	M	17-18	Pencoed Triathlon Club
12	Mr	Joe	Walbyoff	M	17-18	
13	Mr	Tomos	Jones	M	17-18	Taff Ely Triathlon Club
14	Mr	Rhys	Cooper	M	20-24	
15	Mr	Jordan	Lane	M	20-24	Port Talbot Harriers
16	Mr	Jack	Smith	M	20-24	Monmouth Tri Club
17	Mr	Guto	Morgans	M	20-24	Cycle Specific
18	Mr	Dominic	Taylor	M	20-24	Pen-Y-Bont Triathlon Club
19	Mr	Cai	Pughsley	M	20-24	Port Talbot Harriers
20	Mr	Lewys	Canton	M	25-29	
21	Mr	Nathan	Davies	M	25-29	NEWT
22	Mr	Joshua	Lewis	M	25-29	Rhondda Triathlon Club
23	Mr	Rhodri	Jones	M	25-29	ATAC
24	Mr	Jacob	Kelly	M	25-29	
25	Mr	Rhys	Perkins	M	25-29	
26	Mr	Timothy	West	M	25-29	Cardiff Triathlon Club
27	Mr	Rhys	Flint	M	25-29	Aim2Tri



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Race No.	Title	First Name	Last Name	Gender	Age Group	Club
28	Mr	Andrew	Horsfall-Turner	M	25-29	
29	Mr	Rhys	Jones	M	25-29	Celtic Tri
30	Mr	Joshua	White	M	25-29	GOG Triathlon
31	Mr	Jonathan	Wheeler	M	30-34	
32	Mr	jonathan	morgan	M	30-34	
33	Mr	Carson	Pryce	M	30-34	Cardiff Triathlon Club
34	Mr	Marc	Fitzgibbon	M	30-34	Caerphilly Tri-ers
35	Mr	Joe	Oshea	M	30-34	Port Talbot Harriers
36	Mr	Paul	Jones	M	30-34	
37	Mr	Scott	Grey	M	30-34	Port Talbot Harriers
38	Mr	Daniel	Herbert-Evans	M	30-34	Mumbles RNLI Fit Club
39	Mr	Andrew	Edwards	M	30-34	Mumbles RNLI Fit Club
40	Mr	John	Seaward	M	30-34	Caerphilly Tri-ers
41	Mr	David	Tanner	M	30-34	Rhondda Triathlon Club
42	Mr	Matthew	Evans	M	30-34	Rhondda Triathlon Club
43	Mr	Liam	Davies	M	30-34	
44	Mr	Dan	Whaites	M	30-34	NEWT
45	Mr	Gavin	Morris	M	30-34	
46	Mr	Phylip	Williams	M	30-34	
47	Mr	Carwyn	Lawrence	M	30-34	West Coast Triathlon
48	Mr	Robbie	Deverill-thomas	M	30-34	
49	Mr	Dean	David	M	30-34	Bynea Cycling Club
50	Dr	John	Collier	M	30-34	West Coast Triathlon
51	Mr	Ben	Hadley	M	30-34	
52	Mr	Nino	Gatti	M	30-34	Port Talbot Harriers
53	Mr	Scott	Holder	M	30-34	
54	Mr	Llywelyn	Williams	M	30-34	Celtic Tri



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Race No.	Title	First Name	Last Name	Gender	Age Group	Club
55	Mr	Richard	Edwards	M	30-34	
56	Mr	Meilyr	Hughes	M	30-34	ATAC
57	Mr	Tom	Danter	M	30-34	Aim2Tri
58	Mr	Sam	Hilton	M	30-34	
59	Mr	Martin	Burrows	M	30-34	
60	Mr	Daniel	Evans	M	30-34	Celtic Tri
61	Mr	Anthony	Williams	M	30-34	
62	Mr	David	Mort	M	30-34	Cardiff Triathlon Club
63	Mr	Daniel	Bannister	M	30-34	Cardiff Triathlon Club
64	Mr	Ryan	Bowen	M	30-34	Aim2Tri
65	Mr	Richard	Beddow	M	30-34	
66	Mr	James	Elgar	M	30-34	NEWT
67	Mr	Gareth	Evans	M	35-39	Taff Ely Triathlon Club
68	Dr	Gareth	Ayres	M	35-39	Port Talbot Harriers
69	Mr	Dan	Chapple	M	35-39	NEWT
70	Mr	Arfon	Edwards	M	35-39	Port Talbot Harriers
71	Mr	Neil	Lonergan	M	35-39	Port Talbot Harriers
72	Mr	Dai	Thomas	M	35-39	Mumbles Lifeboat Fit Club
73	Mr	Christopher	Shellard	M	35-39	
74	Mr	David	Holloway	M	35-39	
75	Mr	Ciaran	Burns	M	35-39	UFit Triathlon Club
76	Mr	Robert	Webb	M	35-39	Port Talbot Harriers
77	Mr	Chris	Cray	M	35-39	
78	Mr	Robert	Seaward	M	35-39	
79	Mr	Gareth	Poston	M	35-39	Port Talbot Harriers
80	Mr	Mike	Bowring	M	35-39	YBB Tri
81	Mr	Jonathon	Davies	M	35-39	Tata Steel Multisport Club



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Race No.	Title	First Name	Last Name	Gender	Age Group	Club
82	Mr	Robert	Hall	M	35-39	Celtic Tri
83	Mr	Geraint	Hampton	M	35-39	Cardiff Triathlon Club
84	Mr	Matthew	Reynolds	M	35-39	Port Talbot Harriers
85	Mr	Nicholas	Thomas	M	35-39	Port Talbot Harriers
86	Mr	Paul	Morgan	M	35-39	Port Talbot Harriers
87	Mr	Matthew	Gwenter	M	35-39	NEWT
88	Mr	Oliver	Howell	M	35-39	
89	Mr	Hugh	Pascoe	M	35-39	Port Talbot Harriers
90	Mr	Bleddyn	Evans	M	35-39	Taff Ely Triathlon Club
91	Mr	Simon	Cole	M	35-39	GOG Triathlon
92	Mr	Adrian	Leonard	M	35-39	GOG Triathlon
93	Mr	Gerwyn	Malpas	M	35-39	Taff Ely Triathlon Club
94	Mr	James	Graham	M	35-39	Celtic Tri
95	Mr	Daniel	Elward	M	35-39	Port Talbot Harriers
96	Mr	Dewi	Jones	M	35-39	Dreigiau Dwyfor Triathlon
97	Mr	James	Davies	M	35-39	Nathan Ford Triathlon
98	Mr	James	Ace	M	35-39	Port Talbot Harriers
99	Mr	Julian	Ellis	M	35-39	Port Talbot Harriers
100	Mr	Gareth	Snow	M	35-39	Port Talbot Harriers
101	Dr	Paul	Bruton	M	40-44	NEWT
102	Mr	David	Charles	M	40-44	Port Talbot Harriers
103	Mr	Tim	Hubbard	M	40-44	Port Talbot Harriers
104	Mr	Mark	Binding	M	40-44	Taff Ely Triathlon Club
105	Mr	Neil	Morgan	M	40-44	Port Talbot Harriers
106	Mr	James	Hopkins	M	40-44	Celtic Tri
107	Mr	Dean	Johnston	M	40-44	Port Talbot Harriers
108	Mr	Greg	Millard	M	40-44	Port Talbot Harriers



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Race No.	Title	First Name	Last Name	Gender	Age Group	Club
109	Mr	Ian	Saunders	M	40-44	Port Talbot Harriers
110	Mr	Paul	Davies	M	40-44	Port Talbot Harriers
111	Mr	Richard	Watts	M	40-44	Port Talbot Harriers
112	Mr	Craig	Dummer	M	40-44	Port Talbot Harriers
113	Mr	Mat	Jones	M	40-44	Port Talbot Harriers
114	Mr	Steven	Martin	M	40-44	Port Talbot Harriers
115	Mr	Anthony	Williams	M	40-44	
116	Mr	Ben	Jones	M	40-44	
117	Mr	Nathan	Bevan	M	40-44	Rhondda Triathlon Club
118	Mr	Craig	Patterson	M	40-44	NEWT
119	Mr	Sam	Maddick	M	40-44	
120	Mr	Stephen	Godwin	M	40-44	
121	Mr	Andrew	Poston	M	40-44	Port Talbot Harriers
122	Mr	Lindsay	Roberts	M	40-44	
123	Mr	Paul	Seppman	M	40-44	Port Talbot Harriers
124	Mr	Jason	Kingdom	M	40-44	Port Talbot Harriers
125	Mr	Leon	Burns	M	40-44	Burns Pet tri team
126	Mr	Ross	Evans	M	40-44	Celtic Tri
127	Mr	Richard	Griffiths	M	40-44	Port Talbot Harriers
128	Mr	Gary	Rossiter	M	40-44	Port Talbot Harriers
129	Mr	Simon	Bromham	M	40-44	Celtic Tri
130	Mr	Garry	Vaughan	M	40-44	Port Talbot Harriers
131	Mr	Martin	Walters	M	40-44	Rhondda Triathlon Club
132	Mr	David	Hawkins	M	40-44	Cardiff Triathlon Club
133	Mr	Stephen	Gavin	M	40-44	St Helens Tri
134	Mr	Jason	Massey	M	40-44	Port Talbot Harriers
135	Mr	Dave	Coates	M	40-44	



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Race No.	Title	First Name	Last Name	Gender	Age Group	Club
136	Mr	James	Manson	M	40-44	Cardiff Triathlon Club
137	Mr	Martyn	Norris	M	40-44	Port Talbot Harriers
138	Mr	Luke	Starkie	M	40-44	
139	Mr	Rob	Murray	M	40-44	Port Talbot Harriers
140	Mr	Rich	Mansell	M	40-44	BFunctional
141	Dr	Dafydd	Bowen	M	40-44	
142	Mr	Marc	Barrow	M	40-44	Port Talbot Harriers
143	Mr	Jonathan	Carrick	M	40-44	Celtic Tri
144	Mr	Mark	Phillips	M	40-44	Pencoed Triathlon Club
145	Mr	Michael	Harris	M	40-44	Celtic Tri
146	Mr	Carl	Singleton	M	40-44	Port Talbot Harriers
147	Mr	Peter	Llewellyn	M	40-44	Cardiff Triathlon Club
148	Mr	Jonathan	Giddy	M	40-44	Cardiff Triathlon Club
149	Mr	Mike	Mills	M	40-44	
150	Mr	Gez	Barnes	M	40-44	
151	Mr	Gavin	John	M	40-44	
152	Mr	David	Balint	M	40-44	Rhondda Triathlon Club
153	Mr	Stephen	May	M	45-49	Taff Ely Triathlon Club
154	Mr	Andy	Leonard	M	45-49	
155	Mr	Darren	Griffiths	M	45-49	Port Talbot Harriers
156	Mr	Gareth	Clark	M	45-49	Port Talbot Harriers
157	Mr	Darren	Heath	M	45-49	Celtic Tri
158	Mr	Daryl	Jenkins	M	45-49	
159	Mr	David	Evans	M	45-49	Port Talbot Harriers
160	Mr	Jason	Pearce	M	45-49	Swansea TriSharks
161	Mr	Emyr	Stephens	M	45-49	
162	Mr	Paul	Gowling	M	45-49	Port Talbot Harriers



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Race No.	Title	First Name	Last Name	Gender	Age Group	Club
163	Mr	Christopher	Lewis	M	45-49	Port Talbot Harriers
164	Mr	Andrew	Hodgson	M	45-49	
165	Mr	Spencer	Davies	M	45-49	Port Talbot Harriers
166	Mr	Darren	Williams	M	35-39	Pembrokeshire triathlon
168	Mr	Brian	Hussey	M	40-44	Tata Steel Multisport Club
169	Mr	Dave	Gray	M	45-49	
170	Mr	Adam	Clarke	M	45-49	Port Talbot Harriers
171	Mr	Dean	Thomas	M	45-49	Port Talbot Harriers
172	Mr	Mark	Sullivan	M	45-49	NEWT
173	Mr	Mark	Rooke	M	45-49	Rhondda Triathlon Club
174	Mr	Chris	Adams	M	45-49	Pencoed Triathlon Club
175	Mr	Andrew	Mundy	M	45-49	CRP Tri Club
176	Mr	Cain	Thomas	M	45-49	Cardiff Triathlon Club
177	Mr	Jason	Ingham	M	45-49	Port Talbot Harriers
178	Mr	Darren	Thomas	M	45-49	Celtic Tri
179	Mr	Rhodri	Waters	M	45-49	Cardiff Triathlon Club
180	Mr	Darren	Carpenter	M	45-49	
181	Mr	Mark	Bamford	M	45-49	Celtic Tri
182	Mr	Philip	Davies	M	45-49	Port Talbot Harriers
183	Mr	James	Moore	M	45-49	Pembrokeshire Triathlon Club
184	Mr	Heath	Williams	M	45-49	Port Talbot Harriers
185	Mr	Peter	Ghroum	M	45-49	Pen-Y-Bont Triathlon Club
186	Mr	Jeremy	Luff	M	45-49	Tri Training Harder
187	Dr	Mark	Deacon	M	45-49	Port Talbot Harriers
188	Mr	Sion	Evans	M	45-49	South Wales Police Tri club
189	Mr	Nick	Cutcliffe	M	45-49	Monmouth TriClub
190	Mr	Martin	Hines	M	45-49	Port Talbot Harriers



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Race No.	Title	First Name	Last Name	Gender	Age Group	Club
191	Mr	Richard	Leary	M	45-49	Celtic Tri
192	Mr	Marcus	Foster	M	45-49	
193	Mr	Mark	Hennesey	M	45-49	Cardiff Triathlon Club
194	Mr	Glyn	Drucker	M	45-49	Caerphilly Tri-ers
195	Mr	steve	williams	M	45-49	Port Talbot Harriers
196	Mr	Mike	Edwards	M	45-49	Pencoed Triathlon Club
197	Mr	Simon	Roxburgh	M	45-49	GOG Triathlon
198	Mr	David	Cole	M	45-49	Triathlon Coaching Wales
199	Mr	Christopher	Jones	M	45-49	Celtic Tri
200	Mr	David	Richards	M	45-49	Port Talbot Harriers
201	Mr	Mark	Steedman	M	45-49	
202	Mr	Huw	Jones	M	45-49	Taff Ely Triathlon Club
203	Mr	Lee	Walters	M	45-49	Rhondda Triathlon Club
204	Mr	Paul	Phillips	M	45-49	Taff Ely Triathlon Club
205	Mr	Carl	Roberts	M	45-49	Merthyr Triathlon Club
206	Mr	LEE	JAMES	M	45-49	Taff Ely Triathlon Club
207	Mr	Dene	Caple	M	45-49	Torfaen Triathlon Club
208	Mr	Edward	Davies	M	45-49	Celtic Tri
209	Mr	Jamie	Best	M	45-49	Bynea CC
210	Mr	Andrew	Timms	M	45-49	Taff Ely Tri
211	Mr	Richard	Wilder	M	45-49	Ufit Tri Team
212	Mr	Mike	Griffiths	M	45-49	Team Deviant
213	Mr	Marc	Davies	M	45-49	Nathan Ford Triathlon
214	Mr	Justin	Bailey	M	45-49	West Coast Tri
215	Mr	Gary	Owen	M	50-54	Port Talbot Harriers
216	Mr	Gareth	Norton	M	50-54	
217	Mr	Peter	Churm	M	50-54	Port Talbot Harriers





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Race No.	Title	First Name	Last Name	Gender	Age Group	Club
218	Mr	Jay	Sharma	M	50-54	Port Talbot Harriers
219	Mr	Gwyn	Everett	M	50-54	Taff Ely Triathlon Club
220	Mr	Wayne	cooper	M	50-54	NEWT
221	Mr	Huw	Bevan	M	50-54	Celtic Tri
222	Mr	Nigel	Garner	M	50-54	Mumbles RNLI Fit Club
223	Mr	Carwyn	Evans	M	50-54	Taff Ely Triathlon Club
224	Prof	Alex	Chase	M	50-54	RNLI Mumbles Fit Club
225	Mr	Lynsey	Christopher	M	50-54	Port Talbot Harriers
226	Mr	Noelwyn	Daniel	M	50-54	Healthy Life Activities
227	Mr	Stephane	Ollivier	M	50-54	
228	Mr	David	Jenkins	M	50-54	
229	Mr	Jonathan	Wright	M	50-54	Pencoed Triathlon Club
230	Mr	John	Cregg	M	50-54	NEWT
231	Mr	Allister	Dare-Edwards	M	50-54	Pencoed Triathlon Club
232	Mr	Lee	Adams	M	50-54	Port Talbot Harriers
233	Mr	Steve	Jackson	M	50-54	Pencoed Triathlon Club
234	Mr	Andrew	Williams	M	50-54	Pen-Y-Bont Triathlon Club
235	Mr	Guy	Simms	M	50-54	Tata Steel Multisport Club
236	Mr	Mathew	Atkins	M	50-54	
237	Mr	Ian	Williams	M	50-54	Port Talbot Harriers
238	Mr	John	Kerkham	M	50-54	
239	Mr	Andrew	Jayne	M	50-54	Taff Ely Triathlon Club
240	Mr	Marc	Jehu	M	50-54	
241	Mr	Nick	Kelly	M	50-54	Horwich Rmi Harriers & A.C
242	Mr	Andrew	Jenkins	M	50-54	Celtic Tri
243	Mr	Paul	Arnold	M	50-54	Celtic Tri
244	Mr	Warren	Codd	M	50-54	



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Race No.	Title	First Name	Last Name	Gender	Age Group	Club
245	Mr	Christie	Coleman	M	50-54	Cwm Ogwr Tri Club
246	Mr	Martin	Cole	M	50-54	Port Talbot Harriers
247	Mr	Ivan	Horsfall-Turner	M	50-54	
248	Mr	Shayne	Hembrow	M	50-54	Monmouth TriClub
249	Mr	stephen	Summers	M	50-54	Pencoed Triathlon Club
250	Mr	Michael	Edwards	M	50-54	Pencoed Triathlon Club
251	Mr	David	Astins	M	50-54	Pembrokeshire Triathlon Club
252	Mr	Nigel	Soulsby	M	50-54	Taff Ely Triathlon Club
253	Mr	Khalid	Hamandi	M	50-54	Cardiff Triathlon Club
254	Mr	Stephen	Davies	M	50-54	Rhondda Triathlon Club
255	Mr	Simon	Williams	M	50-54	Pen-Y-Bont Triathlon Club
256	Mr	Dean	Phipps	M	50-54	Taff Ely Triathlon Club
257	Mr	Phil	Kethro	M	50-54	Celtic Tri
258	Mr	Nigel	Morse	M	50-54	Celtri Tri
259	Mr	Tim	Parfitt	M	50-54	Cr@p Tri
260	Mr	Matthew	Collins	M	50-54	
261	Mr	Johnathan	Rawlinson	M	50-54	
262	Mr	Geoffrey	Wall	M	55-59	Y Fenni Triathlon
263	Mr	Robert	Redmond	M	55-59	Tata Steel Multisport Club
264	Mr	David	Thomas	M	55-59	Serpentine Running Club
265	Mr	Ralph	Harris	M	55-59	South Wales Police Tri club
266	Mr	Mike	Hayden	M	55-59	Celtic Tri
267	Mr	Dave	Rose	M	55-59	
268	Mr	Chris	Brooks	M	55-59	
269	Mr	Andrew	Hillis	M	55-59	NEWT
270	Mr	Neil	Williams	M	55-59	Taff Ely Triathlon Club
271	Mr	Wyn	Innes	M	55-59	Cardiff Triathlon Club



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Race No.	Title	First Name	Last Name	Gender	Age Group	Club
272	Mr	Rodney	Savage	M	55-59	Cardiff Triathlon Club
273	Mr	Steve	Wilkinson	M	55-59	Celtic Tri
274	Mr	Mike	Rose	M	55-59	
275	Mr	Peter	Munn	M	55-59	Pembrokeshire Triathlon Club
276	Dr	Dean	Hardie	M	60-64	Celtic Tri
277	Mr	David	Hunter	M	60-64	
278	Mr	Michael	Battersby	M	60-64	Cardiff Triathlon Club
279	Mr	Anthony	Holling	M	60-64	Port Talbot Harriers
280	Mr	Edward	Morgan	M	60-64	Taff Ely Triathlon Club
281	Mr	John	Ayres	M	60-64	Port Talbot Harriers
282	Mr	David	Walker	M	65-69	Cardiff Triathlon Club
283	Mr	William	Snowdon	M	65-69	Cardiff Triathlon Club
284	Mr	Malcolm	Clash	M	65-69	
285	Dr	Helen	Marshal	F	40-44	INTRtri
286	Miss	Eloise	Crowley	F	35-39	Cardiff Triathletes
287	Miss	Ailsa	Beck	F	20-24	University of Stirling
288	Miss	Carol	Bridge	F	35-39	Rhondda Tri
289	Mrs	Gwen	Kinsey	F	45-49	Pedal Cover Ins Team
290	Miss	Florence	Swan	F	20-24	
291	Miss	Hannah	Munday	F	25-29	Intelli Tri
292	Miss	Catherine	Marks	F	35-39	Pembrokeshire triathlon
293	Miss	Ffion	Davies	F	30-34	Port Talbot Harriers
294	Mrs	Rebecca	Comins	F	50-54	Monmouth TriClub
295	Miss	Helen	Hughes	F	50-54	
296	Mrs	Cathy	Bruton	F	40-44	NEWT
297	Mrs	Rachel	Ellis	F	35-39	
298	Mrs	Isabella	Wheeler	F	30-34	



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Race No.	Title	First Name	Last Name	Gender	Age Group	Club
299	Miss	Sian	Tossell	F	50-54	Pencoed Triathlon Club
300	Dr	Lowri	Bowen	F	40-44	CRP Tri Club
301	Ms	Bethan	Thomas	F	40-44	Port Talbot Harriers
302	Miss	Hannah	Good	F	30-34	Port Talbot Harriers
303	Mrs	Nicola	Peake	F	50-54	BFunctional
304	Mrs	Marianne	Paterson	F	45-49	Aim2Tri
305	Miss	Kayley	Griffiths	F	30-34	Caerphilly Tri-ers
306	Miss	Catherine	Colleypriest	F	40-44	CRP Tri Club
307	Miss	Jennie	Griffiths	F	25-29	Celtic Tri
308	Miss	Carly	Moran	F	25-29	
309	Mrs	Amy	Saunders	F	40-44	Port Talbot Harriers
310	Dr	Amy	Jenkins	F	30-34	Port Talbot Harriers
311	Mrs	Alex	Holloway	F	30-34	
312	Mrs	Sarah	Littlewood	F	40-44	
313	Mrs	Abigail	Jones	F	30-34	
314	Ms	Amanda	Parry	F	45-49	Port Talbot Harriers
315	Ms	Yvonne	Brindley	F	50-54	NEWT
316	Mrs	Daniela	Jones	F	45-49	Pen-Y-Bont Triathlon Club
317	Dr	Rhian	Chase	F	50-54	RNLI Mumbles Fit Club
318	Mrs	Helen	Griffiths	F	50-54	Port Talbot Harriers
319	Mrs	Sharon	Daniel	F	50-54	Healthy Life Activities
320	Miss	Angharad	Pocock	F	40-44	Cardiff Triathlon Club
321	Dr	Sian	Clement	F	40-44	Celtic Tri
322	Mrs	Lyndsay	Patterson	F	30-34	CRP Tri Club
323	Mrs	Carolyn	Williams	F	55-59	Port Talbot Harriers
324	Ms	Sian	Mahoney	F	45-49	Celtic Tri
325	Ms	Kaz	CEENEY	F	60-64	NEWT



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Race No.	Title	First Name	Last Name	Gender	Age Group	Club
326	Miss	Hollie	Labunsky	F	30-34	Port Talbot Harriers
327	Dr	Victoria	Stockdale	F	40-44	Celtic Tri
328	Miss	Cathryn	Williams	F	20-24	Port Talbot Harriers
329	Miss	Sian	Jakeman	F	40-44	Pencoed Triathlon Club
330	Mrs	Amy	seppman	F	35-39	Port Talbot Harriers
331	Mrs	Nicola	Thomas	F	45-49	Celtic Tri
332	Miss	Sian	Richards	F	35-39	Celtic Tri
333	Miss	Jane	Harwood	F	30-34	Port Talbot Harriers
334	Miss	Louise	Thomas	F	45-49	Wuuss Tri
335	Mrs	Cathryn	Jenkins	F	45-49	Celtic Tri
336	Dr	Victoria	Williams	F	40-44	Swansea Harriers
337	Mrs	Louise	Pierpoint	F	40-44	Port Talbot Harriers
338	Miss	Jenna	Griffiths	F	35-39	
339	Mrs	Helen	Davies	F	45-49	Taff Ely Triathlon Club
340	Mrs	Sandra	Kelly	F	50-54	Horwich Rmi Harriers & A.C
341	Mrs	Helen	Ryan	F	50-54	
342	Mrs	Sara	Jones	F	40-44	Bynea Cycling Club
343	Mrs	Nicola	Jones	F	45-49	Taff Ely Triathlon Club
344	Miss	Rachael	Parkinson	F	35-39	Bynea Cycling Club
345	Ms	Diane	Edwards Davies	F	45-49	Taff Ely Triathlon Club
346	Miss	Bryanie	Allsworth	F	25-29	
347	Mrs	Jayne	Arnold	F	45-49	Celtic Tri
348	Mrs	Kirsty	Shaw	F	30-34	Taff Ely Triathlon Club
349	Ms	Karen	Birdsall	F	50-54	Celtic Tri
350	Mrs	Rachel	Ghroum	F	45-49	Pen-Y-Bont Triathlon Club
351	Mrs	Mary	Lewis	F	30-34	Celtic Tri
352	Mrs	Lesley	Mainwaring	F	50-54	Triathlon Coaching Wales



## Tata Steelman Triathlon Start List 2019



Race No.	Title	First Name	Last Name	Gender	Age Group	Club
353	Dr	Sian	Williams	F	45-49	Pembrokeshire Triathlon Club
354	Ms	Sarah	Addington-Hall	F	30-34	Exeter Triathlon Club
355	Miss	laura	clements	F	30-34	Cardiff Triathlon Club
356	Miss	Lucy	Chilcott	F	30-34	
357	Mrs	Teresa	Jeffries-Callaghan	F	55-59	Taff Ely Triathlon Club
358	Mrs	Claire	Manson	F	35-39	Cardiff Triathlon Club
359	Miss	Philippa	Christley	F	25-29	
360	Mrs	Victoria	Baker	F	35-39	Monmouth TriClub
361	Ms	Karen	Jones	F	45-49	Taff Ely Triathlon Club
362	Mrs	Elizabeth	Vaughan	F	50-54	Taff Ely Triathlon Club
363	Mrs	Helen	Colley	F	40-44	Taff Ely Triathlon Club
364	Mrs	Marina	Wright	F	40-44	NEWT
365	Dr	Liz	Torrie	F	35-39	
366	Ms	Louise	Miskell	F	45-49	Aberdare Valley AAC
367	Mrs	Emer	Sandham	F	35-39	GOG Triathlon
368	Dr	Lisa	Forrest	F	45-49	
369	Dr	Mared	Dafydd	F	30-34	GOG Triathlon
370	Miss	Victoria	Prendiville	F	40-44	Celtic Tri
371	Mrs	Julie	Wright	F	40-44	Port Talbot Harriers
372	Miss	Rebecca	Owen	F	40-44	Port Talbot Harriers
373	Mrs	Jodie	Denniss	F	45-49	Celtic Tri
374	Miss	Lyndsy	Mckeown	F	30-34	Celtic Tri
375	Mrs	Debs	Jones	F	55-59	GOG Triathlon
376	Mrs	Rhian	Roxburgh	F	45-49	GOG Triathlon
377	Mrs	Shelley	Evans	F	40-44	Aim2Tri
378	Miss	Andrea	Griffiths	F	50-54	Celtic Tri
379	Mrs	Kim	Morgan	F	40-44	Taff Ely Triathlon Club



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Race No.	Title	First Name	Last Name	Gender	Age Group	Club
380	Mrs	Hayley	Harris	F	35-39	Celtic Tri
381	Mrs	Fiona	Evans	F	50-54	Aim2Tri
382	Mrs	Paula	Stevens	F	45-49	GOG Triathlon
383	Mrs	Gillian	Hopkins	F	40-44	Cardiff Triathlon Club
384	Miss	Laura	Kennedy	F	30-34	Port Talbot Harriers
385	Ms	Leanne	Morris	F	45-49	Port Talbot Harriers
386	Miss	Hannah	Bartle	F	25-29	Aim2Tri
387	Mrs	Geri	Angharad-evans	F	45-49	GOG Triathlon
388	Mrs	Sarah	Gallacher	F	35-39	GOG Triathlon
389	Mrs	Helen	Jones	F	45-49	Taff Ely Triathlon Club
390	Miss	Charlotte	Ralph	F	25-29	Cardiff Triathlon Club
391	Miss	Jasmine	Bowyer	F	25-29	Bynea Cycling Club
392	Mrs	Kathryn	Barnes	F	30-34	
393	Miss	Ceri	Ruzzi	F	35-39	Ful-On-Tri
394	Miss	Caroline	James	F	30-34	
395	Miss	Sara	Willhoit	F	30-34	SYtri
396	Mr	Eleanor	Davies	F	40-44	Clwb Beicio Bala
397	Mrs	Kelly	Owen	F	40-44	Cwm Ogwr Tri Club
398	Ms	Claire	Jackson	F	40-44	Monmouth Triathlon Club
399	Mrs	Karen	Munn	F	60-64	Pembrokeshire Triathlon Club
400	Miss	Emily	Marchant	F	25-29	Fit4Tri