



**TATA Steelman 2023**  
**Sunday 21<sup>st</sup> May**  
**Triathlon Cymru Standard Distance Championship**



WAVE 1 - ORANGE CAPS					
No.	First Name	Last Name	Gender	Age Cat	Club
1	Hannah	Munday	Female	18-39	Intelli Tri
2	Carys Mai	Hughes	Female	18-39	
3	Claire	Walters	Female	18-39	Port Talbot Harriers
4	Madison	Shaddick	Female	18-39	Team Brav
5	Cathryn	Williams	Female	18-39	Port Talbot Harriers
6	Rachel	Davies	Female	18-39	ATAC
7	Rebecca	John	Female	18-39	Porthcawl Triathlon Club
8	Bethan	Jones	Female	18-39	Tri Potential
9	Ursula	Hankinson	Female	18-39	Ful-on Tri Triathlon Club
10	Ceri	Van Wezel	Female	40-49	Ful-on Tri Triathlon Club
11	Oliver	Simon	Male	40-49	ATAC
12	Will	Munday	Male	18-39	
13	Guto	Morgans	Male	18-39	
14	Liam	LLOYD	Male	18-39	Tri Potential
15	Luke	Richards	Male	18-39	Rhondda tri club
16	Dafyd	Jay	Male	18-39	Torfaen Tri
17	Morgan	Davies	Male	18-39	Wusss Tri
18	Johnathan	Price	Male	18-39	West Wales Fitness Coaching
19	Ben	Shacklady	Male	18-39	GOG Triathlon Club
20	Andy	Jones	Male	18-39	GOG Triathlon Club
21	Jack	Arnold	Male	18-39	Swansea Vale Tri
22	Scott	Ruse	Male	18-39	Swansea Vale Tri
23	Iestyn	Evans	Male	18-39	Swansea Vale Tri
24	Mathew	Clarke	Male	18-39	Swansea Vale Tri
25	Connor	Ireland	Male	18-39	Swansea Vale Tri
26	Lee	Mckerrow	Male	18-39	Swansea Vale Tri
27	Daniel	Ginn	Male	18-39	Swansea Vale Tri
28	Daniel	Grimshaw	Male	18-39	Swansea Vale Tri
29	Steffan	Guyll	Male	18-39	Swansea Vale Tri
30	Martin	Davies	Male	18-39	Swansea Vale Tri
31	Llewelyn	Williams	Male	18-39	Swansea Vale Tri
32	Michael	Jones	Male	18-39	Swansea Vale Tri
33	Kyle	Blackmore	Male	18-39	Team Brav
34	Tom	Graham	Male	18-39	Team Brav
35	David	Jackson	Male	18-39	North Dock Dredgers Tri
36	Jack	Southam	Male	18-39	North Dock Dredgers Tri
37	Owain	Jones	Male	18-39	Porthcawl Triathlon Club
38	Hywel	Davies	Male	18-39	Porthcawl Triathlon Club
39	Luke	Marsh	Male	18-39	Porthcawl Triathlon Club



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No.	First Name	Last Name	Gender	Age Cat	Club
40	Connor	Mantell	Male	18-39	Porthcawl Triathlon Club
41	Tim	Lewis	Male	18-39	Porthcawl Triathlon Club
42	Lance	Cooksey	Male	18-39	Porthcawl Triathlon Club
43	Viktoras	Silogeris	Male	18-39	Cardiff Triathletes
44	Stephen	Campbell	Male	18-39	Cardiff Triathletes
45	Oliver	Webb	Male	18-39	Cardiff Triathletes
46	Rhys	Jones	Male	18-39	Cardiff Triathletes
47	John	Rees	Male	18-39	Celtic Tri
48	Neil	Buckman	Male	18-39	Celtic Tri
49	Owain	Roberts	Male	18-39	Celtic Tri
50	Adam	Brown	Male	18-39	Merthyr Triathlon Club
51	Nathan	Brace	Male	18-39	NEWT
52	Nathan	Davies	Male	18-39	NEWT
53	Dan	Whaites	Male	18-39	NEWT
54	Owen	Staddon	Male	18-39	NEWT
55	Sion	Tiplady	Male	18-39	North Dock Dredgers
56	Andrew	Banfield	Male	18-39	North Dock Dredgers
57	Liam	Davies	Male	18-39	Rhondda Tri
58	Kyle	Mainwaring	Male	18-39	Rhondda Tri
59	Brad	Hughes	Male	18-39	Rhondda Tri
60	Lewis	Richards	Male	18-39	Maesteg Tri Club
61	Richard	Whitcombe	Male	18-39	Maesteg Tri Club
62	Luke	Hollyman	Male	18-39	Maesteg Tri Club
63	Corey	Sharma	Male	18-39	Maesteg Tri Club
64	Daniel	O'Connor	Male	18-39	Maesteg Tri Club
65	Oliver	Edwards	Male	18-39	Maesteg Tri Club
66	Ryan	George	Male	18-39	Maesteg Tri Club
67	Owen	Ham	Male	18-39	Maesteg Tri Club
68	Ryan	James	Male	18-39	Team Brav
69	Carson	Pryce	Male	18-39	Team Brav
70	Alex	Wilks	Male	18-39	North Dock Dredgers
71	Michael	Launder	Male	18-39	Port Talbot Harriers
72	Sam	Figgures	Male	18-39	Port Talbot Harriers
73	Barry	Gregory	Male	18-39	Port Talbot Harriers
74	Jordan	Lane	Male	18-39	Port Talbot Harriers
75	Gareth	Barness	Male	18-39	Port Talbot Harriers
76	Drew	Johnson	Male	18-39	Port Talbot Harriers
77	Jamie	Jones	Male	18-39	Port Talbot Harriers
78	Joe	O'shea	Male	18-39	Port Talbot Harriers
79	James	Lowery	Male	18-39	Port Talbot Harriers



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No.	First Name	Last Name	Gender	Age Cat	Club
80	Nathan	Morgan	Male	18-39	Port Talbot Harriers
81	Rhodri	Lewis-Long	Male	18-39	Port Talbot Harriers
82	Craig	Baker	Male	18-39	Port Talbot Harriers
83	Samuel	Bowring	Male	18-39	Port Talbot Harriers
84	Nick	Thomas	Male	18-39	Port Talbot Harriers
85	David	Ayres	Male	18-39	Port Talbot Harriers
86	Sam	Saunders	Male	18-39	North Dock Dredgers
87	Neo	Seppman	Male	18-39	Port Talbot Harriers
88	Lloyd	Cleary-Richards	Male	18-39	Porthcawl Triathlon Club
89	William	James	Male	18-39	Morfa Pirates
90	Sion	Richards	Male	18-39	Rhondda Tri
91	Aaron	Wyn Nicholas	Male	18-39	Porthcawl Triathlon Club
92	Adam	Kearns	Male	18-39	
93	Scott	Phillips	Male	18-39	
94	Patrick	Jones	Male	18-39	Swansea Vale Tri
95	William	Horton	Male	18-39	Tenby Penguins
96	Lewis	Bradley	Male	18-39	Ferry Flatliners
97	Owain	Lewis-Strange	Male	18-39	Swansea Vale Tri
98	Sam	Berry	Male	18-39	Porthcawl Triathlon Club
99	Zac	McCulloch	Male	18-39	Porthcawl Triathlon Club
100	Jonathon	Vaughan	Male	18-39	Celtic Tri
101	Christopher	Parsons	Male	18-39	
102	Jack	Titley	Male	18-39	
103	Evan	Parry John	Male	18-39	Pen-Y-Bont Triathlon Club
104	Luke	Gething	Male	18-39	Piranha's Tri Club
105	Joel	Knott	Male	18-39	TEAM NFT
106	Kieran	Ashford	Male	18-39	Swansea Vale Tri
107	Alex	Pridmore	Male	18-39	Swansea Tri Sharks
108	Scott	Burroughes	Male	18-39	Pen-y-Bont Triathlon Club
109	Luke	Cross	Male	18-39	Tri Potential
110	Anthony	Hanks	Male	18-39	
111	Luke	Threlfall	Male	18-39	Swansea Bay Triathlon Club
112	Morgan	Roberts	Male	18-39	Swansea Vale Tri
113	ALASTAIR	MASSEY	Male	18-39	Swansea Vale Tri
114	Mike	Davies	Male	18-39	Port Talbot Harriers
115	Rhys	Doyle	Male	18-39	Tri Potential
116	Joshua	Blackmore	Male	18-39	Bynea CC
117	Dan	Jenkins	Male	18-39	Bynea CC
No.	First Name	Last Name	Gender	Age Cat	Club
118	Daniel	Graham	Male	18-39	Porthcawl Triathlon Club



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No.	First Name	Last Name	Gender	Age Cat	Club
119	Luke	Rees	Male	18-39	Rhondda Tri
120	Carl	Williams	Male	18-39	Rhondda Tri
121	Craig	Black	Male	18-39	Rhondda Tri
122	Gareth	Allison	Male	18-39	
123	Dan	Chapple	Male	18-39	
124	Adam	Carbis	Male	18-39	
125	Sam	Lucitt-Rees	Male	18-39	Swansea Vale Tri
126	Barri John	Jones	Male	18-39	Swansea Vale Tri
127	Richard	Christie	Male	18-39	Cardiff Triathletes
128	Nathan	Evans	Male	18-39	Swansea Vale Tri
129	Andrew	Phillips	Male	18-39	Porthcawl Triathlon Club
130	Gareth	Evans	Male	18-39	Taff Ely Triathlon Club
131	Sean	Kilkenny	Male	18-39	Swindon Triathlon Club
132	Matthew	Brown	Male	18-39	Tri Hard Harriers
133	Richard	Berry	Male	18-39	Pen-Y-Bont Triathlon Club
134	Gavin	James	Male	18-39	Port Talbot Harriers
135	Jordan	Discombe	Male	18-39	Swansea Vale Tri
136	Chris	Morris	Male	18-39	GOG Triathlon
137	Andrew	Marvelley	Male	18-39	Swansea Vale Tri
138	Jason	Hanson	Male	18-39	Monmouth Tri Club
139	Richard	Pelta	Male	18-39	Swansea Vale Tri
140	Lewis	Bevan	Male	18-39	Merthyr Triathlon
141	Rhys	Owen	Male	18-39	Bynea CC
142	RHYS	OWEN	Male	18-39	JINX SPORT
143	Leighton	James	Male	18-39	Valley Avengers Tri Club
144	Daniel	Evans	Male	18-39	Swansea Vale Tri
145	Garod	Thomas	Male	40-49	Port Talbot Harriers
146	Dean	Johnston	Male	40-49	Port Talbot Harriers
147	Greg	Millard	Male	40-49	Port Talbot Harriers
148	Neil	Morgan	Male	40-49	Port Talbot Harriers
149	David	Morgan	Male	40-49	Port Talbot Harriers
150	Paul	Seppman	Male	40-49	Port Talbot Harriers
151	Steven	Morgan	Male	40-49	Port Talbot Harriers
152	Hugh	Pascoe	Male	40-49	Port Talbot Harriers
153	Josh	George	Male	40-49	Clwb Seiclo Cwm Gwendraeth
154	Richard	Landon	Male	40-49	Clwb Seiclo Cwm Gwendraeth
155	Kirk	Mathews	Male	40-49	Clwb Seiclo Cwm Gwendraeth
156	Stephen	Rowlands	Male	40-49	Clwb Seiclo Cwm Gwendraeth
157	Vinal	Patel	Male	18-39	Clwb Seiclo Cwm Gwendraeth
158	Matthew	Rayson	Male	40-49	Clwb Seiclo Cwm Gwendraeth





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No.	First Name	Last Name	Gender	Age Cat	Club
159	Adrian	Thomas	Male	40-49	Caerphilly Tri-ers
160	Simon	Phillips	Male	40-49	Pembrokeshire Triathlon Club
161	James	Levannais	Male	40-49	Tri-Force
162	Iwan	Williams	Male	40-49	
163	Leighton	Williams	Male	40-49	Port Talbot Harriers
164	Ieuan	Dobbs	Male	40-49	Dragon Tri
165	Andrew	Lewis	Male	40-49	Port Talbot Harriers
166	Carwyn	Jones	Male	40-49	Tri Potential
167	Gavin	Thomas	Male	40-49	Celtic Tri
168	Craig	Wilyeo	Male	40-49	Port Talbot Harriers
169	Karl	Lewis	Male	40-49	Port Talbot Harriers
170	Lee	Warlow	Male	40-49	Port Talbot Harriers
171	Gruffydd	Davies	Male	40-49	Porthcawl Tridents
172	Chris	Roberts	Male	40-49	Celtic Tri
173	Bryan	Allen	Male	40-49	West Wales Fitness Coaching
174	James	Williams	Male	40-49	Bynea CC
175	Gary	Rossiter	Male	40-49	Port Talbot Harriers
176	James	Evans	Male	40-49	Port Talbot Harriers
177	Matthew	Reynolds	Male	40-49	Port Talbot Harriers
178	Michael	Thomas	Male	40-49	Swansea Vale Tri
179	Ashley	Tomlinson	Male	40-49	GOG Triathlon Club
180	Bryn	Phillips	Male	40-49	GOG Triathlon Club
181	Steven	Owen	Male	40-49	GOG Triathlon Club
182	Kevin	Evans	Male	40-49	GOG Triathlon Club
183	Lee	Evans	Male	40-49	GOG Triathlon Club
184	Jon	Seymour	Male	40-49	GOG Triathlon Club
185	Miklos	Biro	Male	40-49	GOG Triathlon Club
186	Graeme	Tunstall	Male	40-49	GOG Triathlon Club
187	Simon	Roxburgh	Male	40-49	GOG Triathlon Club
188	Nathan	Williams	Male	40-49	Swansea Vale tri
189	Adrian	Blake	Male	40-49	Swansea Vale Tri
190	Owain	Humphreys	Male	40-49	Swansea Vale Tri
191	Michael	Chapman	Male	40-49	Swansea Vale Tri
192	David	Hills	Male	40-49	Swansea Vale Tri
193	Henley	Jenkins	Male	40-49	Porthcawl Triathlon Club
194	STEPHEN	MARTIN	Male	40-49	Porthcawl Triathlon Club
195	Jonathan	Cosson	Male	40-49	Porthcawl Triathlon Club
196	Jonathan	Evans	Male	40-49	Porthcawl Triathlon Club
197	Jon	Ely	Male	40-49	Cardiff Triathletes
198	Owen	Evans	Male	40-49	Cardiff Triathletes



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No.	First Name	Last Name	Gender	Age Cat	Club
199	Rhodri	Morris	Male	40-49	Cardiff Triathletes
200	Robert	Malough	Male	40-49	Celtic Tri

### WAVE 2 - BLUE CAPS

No.	First Name	Last Name	Gender	Age Cat	Club
201	Michael	Davies	Male	40-49	Celtic Tri
202	Richard	Lee Hext	Male	40-49	Merthyr Triathlon Club
203	Miles	Thomas	Male	40-49	Merthyr Triathlon Club
204	Geriant	Flye	Male	40-49	Merthyr Triathlon Club
205	Simon	Rex	Male	40-49	Merthyr Triathlon Club
206	Richard	William Parry	Male	40-49	Merthyr Triathlon Club
207	Kristian	Walters	Male	40-49	Merthyr Triathlon Club
208	Darren	Lynch	Male	40-49	Merthyr Triathlon Club
209	Mark	Sullivan	Male	40-49	NEWT
210	Paul	Bruton	Male	40-49	NEWT
211	Michael	Henry	Male	40-49	NEWT
212	Andrew	Martin	Male	40-49	NEWT
213	Damian	Waite	Male	40-49	NEWT
214	Matthew	Rossi	Male	40-49	North Dock Dredgers
215	Nathan	Phillips	Male	40-49	North Dock Dredgers
216	Steven	Short	Male	40-49	North Dock Dredgers
217	Chris	Powell	Male	40-49	North Dock Dredgers
218	Paul	Robbins	Male	40-49	North Dock Dredgers
219	Reuben	Morgan	Male	40-49	North Dock Dredgers
220	Gareth	Evans-Fear	Male	40-49	Rhondda Tri
221	Nathan	Bevan	Male	40-49	Rhondda Tri
222	Mark	Davies	Male	40-49	Rhondda Tri
223	Gareth	Ryan	Male	40-49	Rhondda Tri
224	Bleddyn	Edwards	Male	40-49	Rhondda Tri
225	Neil	Jones	Male	40-49	Rhondda Tri
226	David	Thomas	Male	40-49	Rhondda Tri
227	Darren	Bowden	Male	40-49	Rhondda Tri
228	Andy	Wicks	Male	40-49	Rhondda Tri
229	Scott	Conaty	Male	40-49	Maesteg Tri Club
230	Neil	Loneragan	Male	40-49	Maesteg Tri Club
231	David	Balint	Male	40-49	Maesteg Tri Club
232	Rhodri	Bwye	Male	40-49	Maesteg Tri Club
233	Adam	Floyd	Male	40-49	Maesteg Tri Club
234	Dean	Miles	Male	40-49	Maesteg Tri Club
235	Andrew	Murray	Male	40-49	Maesteg Tri Club



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No.	First Name	Last Name	Gender	Age Cat	Club
236	Richard	Shelton	Male	40-49	Porthcawl Triathlon Club
237	Barry	Key	Male	40-49	Porthcawl Triathlon Club
238	Ben	Jones	Male	40-49	Maesteg Tri Club
239	James	Gow	Male	40-49	Port Talbot Harriers
240	Carl	Singleton	Male	40-49	Port Talbot Harriers
241	Tim	Hubbard	Male	40-49	Port Talbot Harriers
242	Darren	Hopkins	Male	40-49	Port Talbot Harriers
243	Richard	Walton	Male	40-49	Port Talbot Harriers
244	Ian	Saunders	Male	40-49	Port Talbot Harriers
245	Paul	Davies	Male	40-49	Port Talbot Harriers
246	Dean	Price	Male	40-49	Port Talbot Harriers
247	David	Charles	Male	40-49	Port Talbot Harriers
248	Rogan	Matthews	Male	40-49	Port Talbot Harriers
249	Adam	Clarke	Male	40-49	Port Talbot Harriers
250	Darryl	Thomas	Male	40-49	Port Talbot Harriers
251	Daniel	John	Male	40-49	Port Talbot Harriers
252	Gareth	Ayres	Male	40-49	Port Talbot Harriers
253	Tony	Spiller	Male	50-59	Port Talbot Harriers
254	Julian	Ellis	Male	40-49	Port Talbot Harriers
255	Ryan	James	Male	40-49	Port Talbot Harriers
256	Simon	Blain	Male	40-49	GOG Triathlon Club
257	Carl	Singleton	Male	40-49	Port Talbot Harriers
258	Michael	Harris	Male	40-49	Clwb Seiclo Cwm Gwendraeth
259	Martin	Davies	Male	40-49	Clwb Seiclo Cwm Gwendraeth
260	Paul	Ridgway	Male	40-49	North Dock Dredgers Tri
261	James	Moore	Male	40-49	Carmarthen Triathlon Club
262	James	Godding	Male	40-49	Brecon Triathlon Club
263	Matt	OBrien	Male	40-49	RISC A TRI triathlon club
264	Kenneth	Speirs	Male	40-49	
265	Kevin	Thorne	Male	40-49	
266	Huw	Bendall	Male	40-49	
267	Damian	Caswell	Male	40-49	Piranha's Tri Club
268	Mark	Allen	Male	40-49	South Wales Police Tri club
269	Lee	Elwell	Male	40-49	Ferry Flatliners
270	Daniel	Morgan	Male	40-49	Dragon Tri
271	Dean	Matthews	Male	40-49	Swansea Vale Tri
272	Carl	Roberts	Male	40-49	
273	Justin	Lloyd	Male	40-49	Clwb Seiclo Cwm Gwendraet
274	Mathew	Giles	Male	40-49	Swansea Vale Tri
275	Craig	Jones	Male	40-49	Ferry Flatliners



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No.	First Name	Last Name	Gender	Age Cat	Club
276	Neil	Fulsto	Male	40-49	West Wales Fitness Coaching
277	Dave	Coates	Male	40-49	Team Watt
278	David	Griffin	Male	40-49	Bynea CC
279	James	Manson	Male	40-49	Cardiff Triathletes
280	Shaine	Regan	Male	50-59	Pontypool Tri
281	Nicholas	Dutton	Male	50-59	Porthcawl Triathlon Club
282	Lee	Harvey	Male	50-59	Torfaen Dolphins Tri
283	Glyn	Drucker	Male	50-59	Caerphilly Tri-ers
284	Stephen	Arnold	Male	50-59	Swansea Vale Tri
285	Dean	Porter	Male	50-59	
286	Craig	Francis	Male	50-59	Pen-Y-Bont Triathlon Club
287	Carwyn	Jones	Male	50-59	Pembrokeshire Triathlon Club
288	Steve	Matthews	Male	50-59	
289	Chris	Adams	Male	50-59	Bridgend Swim Club
290	Sian	Williams	Male	50-59	Pembrokeshire Tri
291	Richard	Furneaux	Male	50-59	
292	Christopher	Jones	Male	50-59	North Dock Dredgers
293	Jeff	Partridge	Male	50-59	Bynea CC
294	Mark	Davies	Male	50-59	Ferry Flatliners
295	Neil	Vicars Harris	Male	50-59	GOG Triathlon Club
296	Mike	Evans	Male	50-59	Rhondda Tri
297	Stephen	Richards	Male	50-59	Rhondda Tri
298	Bleddyn	Evans	Male	50-59	GOG Triathlon Club
299	Steven	Allport	Male	50-59	GOG Triathlon Club
300	Peter	Clement	Male	50-59	Swansea Vale Tri
301	Scott	Wemyss	Male	50-59	Swansea Vale Tri
302	Mike	Tate	Male	50-59	Swansea Vale Tri
303	Bleddyn	Edwards	Male	50-59	Cardiff Triathletes
304	Gareth	Norton	Male	50-59	Cardiff Triathletes
305	Mark	Steedman	Male	50-59	Cardiff Triathletes
306	Jeremy	Rowe	Male	50-59	Cardiff Triathletes
307	Peter	Waldren	Male	50-59	Cardiff Triathletes
308	Ian	Hurbert	Male	50-59	Cardiff Triathletes
309	Hamandi	Hamandi	Male	50-59	Cardiff Triathletes
310	Chris	Jones	Male	50-59	Celtic Tri
311	Steve	Hayward	Male	50-59	Celtic Tri
312	Michael	Kethro	Male	50-59	Celtic Tri
313	Dave	Williams	Male	50-59	Celtic Tri
314	Jason	Murphy	Male	50-59	Merthyr Triathlon Club
315	Martin	Davies	Male	50-59	Merthyr Triathlon Club





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No.	First Name	Last Name	Gender	Age Cat	Club
316	Lee	Walters	Male	50-59	Merthyr Triathlon Club
317	Chris	Panes	Male	50-59	Merthyr Triathlon Club
318	Paul	Bagshaw	Male	50-59	Merthyr Triathlon Club
319	Peter	Stevens	Male	50-59	Merthyr Triathlon Club
320	Darren	Darren Grande	Male	50-59	Merthyr Triathlon Club
321	Allyn	Davies	Male	50-59	Merthyr Triathlon Club
322	mark	owen	Male	50-59	NEWT
323	Gareth	Beck	Male	50-59	NEWT
324	John	Hiddlestone	Male	50-59	North Dock Dredgers
325	Marc	Tiplady	Male	50-59	North Dock Dredgers
326	David	Coe	Male	50-59	North Dock Dredgers
327	Ryan	Evans	Male	50-59	Rhondda Tri
328	Neil	Davies	Male	50-59	Rhondda Tri
329	Kelvyn	Davies	Male	50-59	Rhondda Tri
330	Scott	Davies	Male	50-59	Rhondda Tri
331	Mark	Rooke	Male	50-59	Rhondda Tri
332	Darren	Griffiths	Male	50-59	Maesteg Tri Club
333	Jay	Sharma	Male	50-59	Maesteg Tri Club
334	Daryl	Davies	Male	50-59	Maesteg Tri Club
335	Paul	Chappell	Male	50-59	Porthcawl Triathlon Club
336	Geraint	Jenkins	Male	50-59	Port Talbot Harriers
337	Craig	Williams	Male	50-59	Port Talbot Harriers
338	Peter	Evans	Male	50-59	Port Talbot Harriers
339	Julian	Phillips	Male	50-59	Port Talbot Harriers
340	Heath	Williams	Male	50-59	Port Talbot Harriers
341	Lee	Adams	Male	50-59	Port Talbot Harriers
342	Peter	Churm	Male	50-59	Port Talbot Harriers
343	Russell Wayne	Williams	Male	50-59	Port Talbot Harriers
344	Julian	Halloran	Male	50-59	Port Talbot Harriers
345	Mark	Finn	Male	50-59	Port Talbot Harriers
346	Mark	Payne	Male	50-59	Port Talbot Harriers
347	Peter	Richards	Male	50-59	Port Talbot Harriers
348	David	Evans	Male	50-59	Port Talbot Harriers
349	Paul	Arnold	Male	50-59	Celtic Tri
350	Iestyn	Foster	Male	50-59	Pontypool Tri
351	Alan	Porter	Male	50-59	Taff Ely Triathlon Club
352	Martin	Cole	Male	50-59	Port Talbot Harriers
353	Gary	Morgan	Male	50-59	TEAM NFT
354	Gary	Phillips	Male	50-59	Pen-Y-Bont Triathlon Club
355	Martin	Richards	Male	50-59	



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No.	First Name	Last Name	Gender	Age Cat	Club
356	Christie	Coleman	Male	50-59	Pen-Y-Bont Triathlon Club
357	Chris	Lee	Male	50-59	Merthyr Triathlon Club
358	Paul	Figgins	Male	50-59	Taff Ely Triathlon Club
359	Andrew	Hillis	Male	50-59	Monmouth Tri Club
360	Iwan	Jones	Male	50-59	Clwb Seiclo Cwm Gwendraeth
361	Robert	Slaughter	Male	50-59	
362	Andrew	Jenkins	Male	50-59	Bynea CC
363	Alun	Cox	Male		Port Talbot Harriers
364	Mike	Hayden	Male	60-69	Port Talbot Harriers
365	Andy	Bostock	Male	60-69	Dragon Tri
366	Dylan	Jones	Male	60-69	Pen-Y-Bont Triathlon Club
367	Anthony	Wilson	Male	60-69	
368	David	Jones	Male	60-69	
369	Neil	Williams	Male	60-69	Taff Ely Triathlon
370	Robert	Spain	Male	60-69	North Dock Dredgers
371	Huw	Lloyd	Male	60-69	Bynea CC
372	Philip	Murrow	Male	60-69	Cardiff Triathletes
373	Michael	Battersby	Male	60-69	Cardiff Triathletes
374	Des	Astley	Male	60-69	Merthyr Triathlon Club
375	Dean	Edwards	Male	60-69	NEWT
376	Martin	Davies	Male	60-69	NEWT
377	Martyn	White	Male	60-69	North Dock Dredgers Tri
378	Chris	Morris	Male	60-69	North Dock Dredgers Tri
379	Anthony	Holling	Male	60-69	Port Talbot Harriers
380	Michael	Kearney	Male	60-69	Port Talbot Harriers
381	Paul	Thomas	Male	60-69	Port Talbot Harriers
382	Robert	Robert chappell	Male	60-69	Taff Ely Triathlon Club
383	Paul	Bennett	Male	70-79	Port Talbot Harriers
505	Huw	Neale	Male	40-49	Cardiff Triathletes
506	William	Snowdon	Male	60-69	Cardiff Triathletes
507	Andrew	Deans	Male	18-39	Cardiff Triathletes
508	Sam	Ekstrom-Gab	Male	18-39	Cardiff Triathletes

### WAVE 3 - RED CAPS

No.	First Name	Last Name	Gender	Age Cat	Club
384	Hannah	Scott	Female	18-39	Cardiff Triathletes
385	Abbie	Evans	Female	18-39	Swansea Vale Tri
386	Amy	Saunders	Female	40-49	Port Talbot Harriers
387	Bridget	Harpwood	Female	18-39	GOG Triathlon Club
388	Charlotte	Hogan	Female	18-39	Swansea Vale Tri



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No.	First Name	Last Name	Gender	Age Cat	Club
389	Eden	Davies	Female	18-39	Ferry Flatliners
390	Ellie	Morgan	Female	18-39	Team NFT
391	Emily	Mounsey	Female	18-39	Swansea Vale Tri
392	Emily	Crocker	Female	18-39	Porthcawl Triathlon Club
393	Emma	Colwill	Female	18-39	Port Talbot Harriers
394	Ffion	Jones	Female	18-39	Tri Potential
395	Ffion	Caines	Female	18-39	DC TRIATHLON
396	Gemma	Cox	Female	18-39	
397	Hayley	Colley	Female	40-49	Porthcawl Triathlon Club
398	Karys	Oram	Female	18-39	NEWT
399	Lana	Farinha	Female	18-39	Cardiff Triathletes
400	Laura	Williams	Female	18-39	
401	laura	wilkins	Female	18-39	Swansea Vale Tri
402	Laura	Kennedy	Female	18-39	Port Talbot Harriers
403	Leah	Morgan	Female	18-39	Swansea Vale Tri
404	Lili	Jones	Female	18-39	Merthyr Triathlon Club
405	Linzi	Soper	Female	18-39	Celtic Tri
406	Lucy	Chieffo	Female	18-39	Swansea Vale Tri
407	Lucy	Evans	Female	18-39	Porthcawl Triathlon Club
408	Maddie	Fallon	Female	18-39	Porthcawl Triathlon Club
409	Nerys	Lloyd	Female	18-39	
410	Nicola	Jones	Female	18-39	North Dock Dredgers Tri
411	Paula	Maguire	Female	18-39	GOG Triathlon Club
412	Rita	Kingdon	Female	18-39	NEWT
413	Robyn	McQueen	Female	18-39	Cardiff Triathletes
414	Rosie	Courts	Female	18-39	Port Talbot Harriers
415	Sheridan	Court	Female	18-39	Swansea Vale Tri
416	Stephanie	Conway	Female	18-39	GOG Triathlon Club
417	Angharad	Lewis	Female	40-49	GOG Triathlon Club
418	Bethan	Marks	Female	40-49	Celtic Tri
419	Bethan	Thomas	Female	40-49	Port Talbot Harriers
420	Cara	Williams	Female	40-49	Port Talbot Harriers
421	Caryl	Williams	Female	40-49	Bynea CC
422	Carol	Jones	Female	40-49	North Dock Dredgers Tri
423	Caroline	Nicholas-Thomas	Female	40-49	Swansea Vale Tri
424	Catherine	Marks	Female	40-49	Pembrokeshire Triathlon Club
425	Cathryn	Jenkins	Female	40-49	Celtic Tri
426	Cathy	Bruton	Female	40-49	NEWT
427	Ceri	Puckett	Female	40-49	Cardiff Triathletes
428	Claire	Thomas	Female	40-49	Tenby Aces



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No.	First Name	Last Name	Gender	Age Cat	Club
429	Claire	Protheroe	Female	40-49	Bynea CC
430	Debbie	Hannah	Female	40-49	Celtic Tri
431	Donna	Wild	Female	40-49	Port Talbot Harriers
432	Donna	Evans	Female	40-49	Port Talbot Harriers
433	Emma	Davies-Hughes	Female	40-49	North Dock Dredgers Tri
434	Emma	Borthwick	Female	40-49	Port Talbot Harriers
435	Geri	Evans	Female	40-49	GOG Triathlon Club
436	Gillian	Hopkins	Female	40-49	Cardiff Triathletes
437	Gwennan	Henstock	Female	40-49	
438	Helen	Colley	Female	40-49	Taff Ely Triathlon Club
439	Helen	Barrett	Female	40-49	South Wales Police Tri club
440	Jodie	Gow	Female	40-49	Port Talbot Harriers
441	Joni	Stubbs-Thrush	Female	40-49	GOG Triathlon Club
442	Kat	Clark	Female	40-49	Porthcawl Triathlon Club
443	Kate	Humphrey	Female	40-49	NEWT
444	Katie	Morgan	Female	40-49	Port Talbot Harriers
445	Kelly	Hutin	Female	40-49	Celtic Tri
446	Kelly	Griffiths	Female	40-49	Celtic Tri
447	Kerry	Hopper	Female	40-49	Pontypool Tri
448	Laura	Butcher	Female	40-49	Pen-Y-Bont Triathlon Club
449	LISA	FURNEAUX	Female	40-49	HM Coastguard
450	Lisa	Tustin	Female	40-49	Celtic Tri
451	Louise	Pierpoint	Female	40-49	Port Talbot Harriers
452	Maria	Nicholas	Female	40-49	Port Talbot Harriers
453	Marina	Wright	Female	40-49	NEWTs
454	Nadine	Phillips	Female	40-49	GOG Triathlon Club
455	Natalie	Fulstow	Female	40-49	West Wales Fitness Coaching
456	Nicola	Sinclair	Female	40-49	NEWT
457	Philippa	Mounsey	Female	40-49	Swansea Vale Tri
458	Rachael	Parkinson	Female	40-49	Bynea CC
459	Rachel	Gabb	Female	40-49	Celtic Tri
460	Rae	Grainger	Female	40-49	Pen-Y-Bont Triathlon Club
461	Rebecca	Clatworthy	Female	40-49	Fit4Tri
462	Rebecca	Owen	Female	40-49	Port Talbot Harriers
463	Rebecca	Rees	Female	40-49	Merthyr Triathlon Club
464	Vicki	Cole	Female	40-49	Pontypool Tri
465	Rose	Noonan	Female	40-49	Port Talbot Harriers
466	Sally	Jones	Female	40-49	Port Talbot Harriers
467	Sandra	Jones	Female	40-49	Celtic Tri
468	Sarah	Massey	Female	40-49	GOG Triathlon Club





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No.	First Name	Last Name	Gender	Age Cat	Club
469	Stephanie	Bagshaw	Female	40-49	Merthyr Triathlon Club
470	Viv	Jones	Female	40-49	Bynea CC
471	Ali	Barber	Female	50-59	GOG Triathlon Club
472	Alyson	Smith	Female	50-59	North Dock Dredgers Tri
473	Amanda	Parry	Female	50-59	Port Talbot Harriers
474	Anna	Parsons	Female	50-59	Port Talbot Harriers
475	Branwen Angharad	Rowe	Female	50-59	Celtic Tri
476	Caroline	Lewis	Female	50-59	Merthyr Triathlon Club
477	Cheryl	Stewart	Female	50-59	GOG Triathlon Club
478	Cheryl	Owen	Female	50-59	
479	Christine	Williams	Female	50-59	Port Talbot Harriers
480	Claire	Lewis	Female	50-59	NEWT
481	Debs M	Jones	Female	50-59	GOG Triathlon Club
482	Emma	Jenkins	Female	50-59	Cardiff Triathletes
483	Helen	Woodward	Female	50-59	
484	Helen	Griffiths	Female	50-59	Merthyr Triathlon Club
485	Jayne	Arnold	Female	50-59	Swansea Vale Tri
486	Joy	Williams	Female	50-59	Celtic Tri
487	Julie	Smith	Female	50-59	Merthyr Triathlon Club
488	Karen	Dusgate	Female	50-59	Bynea CC
489	Kathryn	Lane	Female	50-59	Port Talbot Harriers
490	Lesley	Mainwaring	Female	50-59	Port Talbot Harriers
491	Louise	Williams	Female	50-59	
492	Mandy	Town	Female	50-59	Port Talbot Harriers
493	Nia	Dunseath	Female	50-59	West Wales Fitness Coaching
494	Nicola	Thomas	Female	50-59	North Dock Dredgers Tri
495	Paula	Stevens	Female	50-59	GOG Triathlon Club
496	Sian	Rees-Jones	Female	50-59	North Dock Dredgers Tri
497	Suzanne	Williams	Female	50-59	NEWT
498	yvonne	brindley	Female	50-59	NEWT
499	Barbara	Cook	Female	60-69	North Dock Dredgers Tri
500	Carolyn	Williams	Female	60-69	Port Talbot Harriers
501	Christina	Smith	Female	60-69	Celtic Tri
502	Rhian	Astley	Female	60-69	Merthyr Triathlon Club
503	Tracey	Williams	Female	60-69	Celtic Tri
504	Linda	Spillane	Female	70-74	NEWT