



**Aberavon Middle Distance Triathlon**  
**Saturday 16<sup>th</sup> September 2023**  
**Race Numbers**



Race No.	First Name	Last Name	Gender	Age Group	Club
1	Amy	HINES	F	45-49	Port Talbot Harriers
2	Jayne	Arnold	F	50-54	Swansea Vale Tri
3	Rebecca	Clatworthy	F	40-44	Fit4Tri
4	Paul	Arnold	M	55-59	Celtic Tri
6	Craig	Williams	M	50-54	Port Talbot Harriers
7	Rebecca	Owen	F	40-44	Port Talbot Harriers
8	Cathryn	Williams	F	25-29	Port Talbot Harriers
10	Dean	Johnston	M	45-49	Port Talbot Harriers
12	Craig	Jones	M	35-39	Port Talbot Harriers
13	Arfon	Edwards	M	40-44	Port Talbot Harriers
14	Craig	Dummer	M	45-49	Port Talbot Harriers
15	Simon	Lindley	M	50-54	Pembrokeshire Triathlon Club
19	Andrew	Humphreys	M	40-44	Port Talbot Harriers
21	Bethan	Thomas	F	45-49	Port Talbot Harriers
23	Huw	Mathias	M	50-54	
25	Chris	Williams	M	40-44	Team New2tri
28	Jake	Howells	M	25-29	Apex Triathlon
29	Lili	Jones	F	20-24	Merthyr Triathlon Club
30	Rachel	Lewis	F	45-49	Merthyr Triathlon Club
31	Stephanie	Bagshaw	F	45-49	Merthyr Triathlon Club
32	Jason	Ingham	M	50-54	
33	Joe	O'shea	M	35-39	Port Talbot Harriers
34	Christopher	Pridham	M	45-49	Port Talbot Harriers
35	Steven	David	M	45-49	Port Talbot Harriers
37	Joshua	Barron	M	25-29	Port Talbot Harriers
39	christie	coleman	M	55-59	Pen-Y-Bont Triathlon Club
40	James	Gow	M	40-44	Port Talbot Harriers
42	Gav	Thomas	M	40-44	Celtic Tri
43	Ffion	Davies	F	35-39	Port Talbot Harriers
44	Jamie	Lowndes	M	45-49	Swansea Vale Tri
47	Steven	Morgan	M	40-44	Port Talbot Harriers
48	Lesley	Mainwaring	F	55-59	Port Talbot Harriers
49	Michael	Williams	M	30-34	Rhondda Triathlon Club
50	Russell Wayne	Williams	M	55-59	Port Talbot Harriers
53	Morgan	Westlake	M	35-39	Port Talbot Harriers
54	Nick	Thomas	M	30-34	Port Talbot Harriers
55	paul	bagshaw	M	50-54	
60	Owain	Roberts	M	40-44	Celtic Tri
62	David	Smith	M	40-44	Caerphilly Tri-ers
64	Jayson	Senchal	M	55-59	ATAC



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66	Sian	Mahoney	F	50-54	Celtic Tri
67	Jodie	Gow	F	40-44	Port Talbot Harriers
68	Lewys	Jenkins	M	30-34	
69	Steven	Liles	M	50-54	ATAC
70	Kelly	Edwards	F	45-49	Rhondda Triathlon Club
71	Andy	Wicks	M	40-44	Rhondda Triathlon Club
72	Geraint	Flye	M	40-44	Merthyr Triathlon Club
73	Mark	Payne	M	55-59	Port Talbot Harriers
74	Neil	Morgan	M	45-49	Port Talbot Harriers
75	Richard	Griffiths	M	40-44	Port Talbot Harriers
76	Jordan	Williams	M	30-34	DC TRIATHLON
77	Julian	Hopkins	M	55-59	Dragon Tri
78	Leigh	rumble	M	45-49	ATG tri club
79	Ben	Garvey	M	35-39	Port Talbot Harriers
82	Dean	Porter	M	50-54	CRP Tri Club
83	Matthew	Leaker	M	35-39	Pen-Y-Bont Triathlon Club
84	Dave	Bright	M	55-59	Tata Steel Multisport Club
86	Andrew	Davies	M	40-44	Port Talbot Harriers
87	Dan	Taylor	M	50-54	Merthyr Triathlon Club
88	Kathryn	Lane	F	50-54	Port Talbot Harriers
90	Lloyd	Dowling	M	25-29	
91	Dean	Price	M	45-49	Port Talbot Harriers
92	Adam	Brown	M	20-24	Merthyr Triathlon Club
96	Paul	Thomas	M	60-64	Port Talbot Harriers
98	Nino	Gatti	M	35-39	Port Talbot Harriers
99	Julie	Smith	F	50-54	Merthyr Triathlon Club

HARRIERS



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102	Alun	wood	M	55-59	Pen-Y-Bont Triathlon Club
103	Peter	Richards	M	55-59	Port Talbot Harriers
104	Peter	Churm	M	55-59	Port Talbot Harriers
105	Tom	Snelgrove	M	40-44	
106	Wendy	Hurst	F	45-49	
108	Jennifer	Evans	F	40-44	ATG tri club
109	Lisa	Pinney	F	50-54	
110	Jonathan	Harwood	M	40-44	Pembrokeshire Triathlon Club
112	Timothy	Whatmough	M	60-64	RISC A TRI triathlon club
113	Stuart	Baker	M	45-49	Cardiff Triathletes
114	Kayley	Griffiths	F	35-39	
116	Kate	Fargus	F	45-49	Phoenix Tri
117	Reuben	Morgan	M	45-49	North Dock Dredgers
121	Jamie	jones	M	35-39	Porthcawl Triathlon Club
122	Richard	Fauvel	M	40-44	3-1E
123	Sam	Figgures	M	30-34	Port Talbot Harriers
124	Geraint	JENKINS	M	50-54	Port Talbot Harriers
125	Martyn	Lewis	M	40-44	Pembs Tri
126	Julian	Halloran	M	55-59	Port Talbot Harriers
128	Owain	Woodward	M	35-39	ATG Merthyr
129	Mike	Davies	M	30-34	Port Talbot Harriers
132	Gareth	Barness	M	35-39	Port Talbot Harriers
134	CHRISTOPHER	START	M	25-29	EZGAINS
135	CLINTON	BUTCHER	M	45-49	EZGAINS
137	Christian	Regis	M	45-49	GCS Clwb Tri
138	Joshua	Jordan	M	25-29	Gower College
139	Michael	Glover	M	50-54	Gower College
140	Carl	Phillips	M	40-44	Gower College
142	Ashley	Long	M	30-34	Port Talbot Harriers
143	Matthew	Chard	M	35-39	
144	Craig	Baker	M	35-39	Port Talbot Harriers
145	Jamie	Dickerson	M	30-34	Celtic Tri
147	Nathan	Morgan	M	30-34	Port Talbot Harriers
148	Steve	Ferris	M	45-49	Chippenham TRI
149	Alex	John	M	30-34	Swansea Vale Tri
151	Daniel	Street	M	45-49	
152	Matthew	Anderson	M	45-49	
153	Stuart	Prendiville	M	45-49	
154	David	Morgan	M	40-44	
155	Gary	Rositer	M	40-44	
156	Karl	Lewis	M	40-44	Port Talbot Harriers



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157	David	Morgan	M	40-44	Port Talbot Harriers
158	Maryam	Dehghani	F	55-59	
159	Marc	Davies	M	50-54	Swansea Vale Tri
160	DAVID	THOMAS	M	40-44	Rhondda Triathlon Club
161	Dean	Morris	M	35-39	
162	Rhys	Williams	M	35-39	DC TRIATHLON
163	Marie	Fowler	F	45-49	Celtic Tri
164	Grant	Phillips	M	40-44	South Wales Police Tri club
165	Mark	Day	M	50-54	
166	Daniel	Newton	M	35-39	South Wales Police Tri club
167	Barri	Jones	M	35-39	Swansea Vale Tri
168	Mat	Atkins	M	55-59	
169	Mark	Oâ€™Hanlon	M	55-59	Heathwood Swimming
170	Martyn	Spencer	M	35-39	Rhondda Tri
171	Gareth	Yeoman	M	35-39	NEWT
172	Craig	Francis	M	50-54	Pen y bont tri
173	Stephen	Richards	M	55-59	Rhondda
174	Peter	Fuge	M	30-34	Swansea Vale Tri
175	Lee	Mckerrow	M	35-39	Swansea Vale Tri
176	Darren	Vaughan	M	45-49	
177	Jonathan	Slade	M		
178	Richard	Lowe	M		Port Talbot Harriers

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**RELAY TEAMS**

Race No.	First Name	Last Name	Gender	Age Group	Club
179	Andrew	Wright	M	Relay	Port Talbot Harriers
	Ria	Wright	F		
180	Lisa	Starbuck	F	Relay	Swansea Vale Tri
	Ray	Castle	M		
181	Stuart	Matthews	M	Relay	Clwb Seiclo Cwm Gwendraeth
	Kirk	Matthews	M		
182	Paul	Feppman	M	Relay	
	Amy	Seppman	F		
183	Shan	Castley	F	Relay	Port Talbot Harriers
	Donna	Evans	F		
	Jacqueline	Richards	F		
184	Dean	Miles	M	Relay	Maesteg Triathlon Club
	Leanne	Purnell	F		
186	Stuart	Greening	M	Relay	Rhondda Triathlon Club
	Mike	Evans	M		
	Paige	Horsnell	F		
188	Hollie	Labunsky	F	Relay	Port Talbot Harriers
	Andrew	Mundy	M		
	Jane	Harwood	F		
190	Guto	Morgans	M	Relay	
	Gareth	Evans	M		
	Jack	Southam	M		
191	George	Baker	M	Relay	RISC A TRI triathlon club
	Shane	Pocock	M		
	Haydn	McGrath	M		
192	Penny	Holborn	F	Relay	Caerphilly Tri-ers
	John	Seaward	M		
	David	Jones	M		
193	Neil	Buckman	M	Relay	Port Talbot Harriers
	Graeme	Buckman	M		
194	Dave	Gray	M	Relay	
	Dave				
195	Mark	Harris	M	Relay	
	Paul	Smithson	M		
	Andrew	Hill	M		
196	Cheryl	Owen	F	Relay	
	Helen	Woodward	F		
	Sian	Mahoney	F		





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198	Gemma	Cox	F	Relay	
	Nerys	Lloyd	F		
	Leah	Morgan	F		
199	Michael	Launder	M	Relay	Port Talbot Harriers
	Jason	Massey	M		
200	Clayton	Tolland	M	Relay	Port Talbot Harriers
	Louis	Mogford	M		

