

PEMBROKESHIRE DUATHLON 18TH NOVEMBER 2018

START LIST

No.	Surname	First Name	Gender	Cat.	Club
1		FBM HOLIDAYS	F	RELAY-F	Tenby Aces
2		Hornets-PRAG	M	RELAY-M	Haverfordwest Hornets
3	Ace	Rhiannon	F	S	
4	Aldwyn-Allsworth	Bryanie	F	S	West Coast Tri
5	Ancelot	Elora	F	S	
6	Armstrong	Sophie	F	Y	Triathlon Coaching Wales
7	Arthur	Sarah	F	S	
8	Berntsen	Alaina	F	S	
9	Best	Mel	F	S	Bynea CC
10	Carey	Rachel	F	S	
11	Codd	Rachel	F	S	
12	Davies	Sophie	F	J	Triathlon Coaching Wales
13	Davies	Menna	F	V	
14	Good	Hannah	F	S	
15	Haines-Hanham	Sally	F	S	
16	Hill	Beverley	F	SV	
17	Holland	Rachel	F	SV	Tenby CC
18	Hubbard	Sarah	F	S	
19	John	Ffion	F	V	
20	Lewis	Helen	F	SV	
21	Marks	Catherine	F	S	
22	Mathias	Nicola	F	V	
23	Morgan	Katie	F	S	
24	Oldfield	Claire	F	S	Pembrokeshire Harriers
25	Ouseley	Bethan	F	V	Team Cemais
26	Phelps	Olga	F	SV	
27	Richards	Megan Haf	F	S	Cardigan Running Club
28	Rickett	Melinda	F	SV	
29	Sander	Rachael	F	S	
30	Scale	Laura	F	V	
31	Shute	Sarah	F	V	
32	Swales	Nicole	F	S	
33	Thomas	Hannah	F	S	Milford Tritons
34	Thompson	Michelle	F	V	
35	Walls	Alice	F	S	Vegan Runners
36	Weightman	Jane	F	S	
37	Wolsey	Kate	F	S	Pembrokeshire Tri
38	Aldwyn-Allsworth	James	M	V	West Coast Tri
39	Baker	Robin	M	V	Team Cemais
40	Bartlett	Luc	M	J	Triathlon Coaching Wales
41	Bartlett	Ben	M	J	Triathlon Coaching Wales
42	Barton	Sam	M	S	Pembrokeshire Tri
43	Batty	Simon	M	SV	
44	Blackler	Tom	M	S	Team Cemais
45	Blaxland	Stuart	M	SV	Pembrokeshire Tri
46	Boyce	Haydn	M	V	
47	Burrows	Craig	M	S	Team Cranc
48	Callaghan	Richard	M	V	Bynea CC
49	Camani	John	M	S	Pembrokeshire Harriers
50	Carrick	Jonathan	M	V	Celtic Tri

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51	Cherry	Dan	M	S	
52	Churchill	Simon	M	SV	
53	Clements	Edward	M	S	Tenby Aces
54	Clifford	Shane	M	V	
55	Coates	David	M	V	West Coast Tri
56	Colborne	Craig	M	V	Pembrokeshire Tri
57	Cole	Jason	M	S	Milford Tritons
58	Collier	John	M	S	West Coast Tri
59	Colman	Simon	M	S	
60	Cursio	Nicky	M	S	
61	Davies	Carwyn	M	S	Sarn Helen
62	Davies	Adam	M	S	
63	Davies	Mike	M	S	Cr@p Tri
64	Dean	Kevin	M	V	Whitland Tri
65	Diffey	John	M	SV	
66	Dugmore	Iwan	M	Y	Pembrokeshire Tri
67	Dyde	Steve	M	S	Pembrokeshire Harriers
68	Eden	Luke	M	S	
69	Edwards	Brian	M	V	
70	Edwards	Phil	M	V	West Coast Tri
71	Edwards	Jamie	M	V	
72	Evans	Martin	M	SV	
73	Evans	Brian	M	V	
74	Evans	Carwyn	M	S	
75	Gilbert	Darren	M	V	Welsh Triathlon
76	Glynn	Stephen	M	SV	Pembrokeshire Tri
77	Goldsmith	William	M	S	Pembrokeshire Tri
78	Goy	John	M	S	
79	Griffiths	Ben	M	S	Cardiff University Triathlon Club
80	Griffiths	Jonny	M	S	West Coast Tri
81	Griffiths	Tomas	M	Y	Pembrokeshire Tri
82	Guy	David	M	V	
83	Halsted	Matthew	M	S	
84	Harland	Kim	M	S	Tenby Aces
85	Harries	Rhys	M	S	West Coast Tri
86	Hawkins	David	M	S	
87	Hodgson	Andrew	M	V	Bridgend Athletic Club
88	Hodgson	Lewis	M	S	
89	Holland	Max	M	Y	
90	Holman	Chris	M	S	Team Bottrill
91	Hopkins	Huw	M	S	
92	Howell	Roscoe	M	S	Pembrokeshire Harriers
93	Hughes	Paul	M	S	
94	Hughes	Rhys	M	S	
95	Hunt	Andy	M	V	Clwb Becio Ystwyth
96	James	Timothy	M	V	
97	John	Ken	M	V	
98	Johns	Nick	M	VV	Tenby CC
99	Jones	Carwyn	M	V	
100	Jones	Andrew	M	V	
101	Jones	Ben	M	S	Cycle Specific

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102	Kettle	Gareth	M	S	
103	Kirby	Nathan	M	S	
104	Latter	Alan	M	V	Team Cemais
105	Lawlor	Gareth	M	S	
106	Lawrence	Steve	M	V	Bynea CC
107	Layzell	Alex	M	Y	Triathlon Coaching Wales
108	Lewis	Roy	M	VV	Celtic Tri
109	Lewis	Huw	M	VV	Pembrokeshire Tri
110	Lustig	Andrew	M	V	
111	Malley	Simon	M	V	
112	Martin	William	M	S	
113	Mathias-Milsom	Ben	M	J	
114	Miller	Rhys	M	S	
115	Morgan	Mark	M	SV	Merthyr Tri Club
116	Morgan	Joshua	M	S	
117	Morgan	Jacob	M	J	
118	Morgans	Guto	M	S	Cycle Specific
119	Orford	Nathan	M	V	Unknown Runner
120	Oulton	James	M	S	
121	Owen	Kenneth	M	SV	Team Cemais
122	Pearson	Josh	M	S	Cr@p Tri
123	Plumb	Tim	M	S	
124	Plumb	Steven	M	V	
125	Rees	Dorian	M	V	Sarn Helen
126	Rees	Eric	M	V	Sarn Helen
127	Rees	Jack	M	S	Pembrokeshire Tri
128	Rees	Dafydd	M	V	
129	Richards	Jordan	M	S	
130	Rickett	David	M	VV	Truro Cycle Club
131	Rowlands	Liam	M	S	Pembrokeshire Velo
132	Schooling	David	M	S	
133	Sheehan	Nicholas	M	S	Llanelli AC
134	Silcox	Robert	M	V	West Coast Tri
135	Stafford	Rhodri	M	V	MRC
136	Storrow	Shane	M	V	Pembrokeshire Tri
137	Stubbs	Tom	M	J	Tenby Aces
138	Thomas	Philip	M	SV	Pembrokeshire Tri
139	Thompson	Lee	M	V	
140	Vines	Mark	M	V	
141	Walters	George	M	S	Pembrokeshire Tri
142	Walters	Gareth	M	S	
143	Wheeler	Kevin	M	SV	Pembrokeshire Tri
144	White	James	M	S	
145	Wilkes	Nick	M	S	
146	Williams	Russell	M	S	West Coast Tri
147	Williams	Bobby	M	S	
148	Williams	Luke	M	S	Swansea University
149	Wilson	Dave	M	S	Cr@p Tri
150	Wroblewski	Tim	M	S	Pembrokeshire Tri