

## MIKE'S BIKES PEMBROKESHIRE COAST TRIATHLON 2019 - START LIST

### RELAY TEAMS

Bib	Relay Team Name	Gender	Category
8	6am Club	Male	Relay
9	Acanthus Architects	Male	Relay
10	Bailey St Boys	Male	Relay
29	Bringing Nathan Down	Mixed	Relay
11	COGs	Male	Relay
30	Crazy Cornocks	Mixed	Relay
31	Freshers	Mixed	Relay
12	Geraint Evans	Male	Relay
32	Image-in That	Mixed	Relay
13	Jeff, Dai & Julian	Male	Relay
33	MacDev's	Mixed	Relay
34	Mark's Angels	Mixed	Relay
1	Menopausal & Proud	Female	Relay
14	Narberth Nobblers	Male	Relay
35	Pembrokeshire Harriers	Mixed	Relay
15	Pembrokeshire Tri-Velo	Male	Relay
16	Pembrokeshire Velo	Male	Relay
17	Renishaw Rebels	Male	Relay
18	Rhondda Tri	Male	Relay
19	Rhondda Tri 8 - the old gits	Male	Relay
20	Rhondda Tri Duo	Male	Relay
2	Rhondda Tri Ladies 1	Female	Relay
3	Rhondda Tri Ladies 2	Female	Relay
4	Rhondda Tri Ladies 3	Female	Relay
21	Rhondda Tri Men 4	Male	Relay
22	Rhondda Tri Men 5	Male	Relay
23	Rhondda Tri Men 6	Male	Relay
24	Rhondda Tri Men 7	Male	Relay
36	Rhondda Tri Mixed 1	Mixed	Relay
37	Rhondda Tri Mixed 2	Mixed	Relay
25	Rhondda Tri Team Three	Male	Relay
38	Sussex Sizzlers	Mixed	Relay
39	Team Cemais	Mixed	Relay
5	Team Cemais Ladies	Female	Relay
26	Team Cemais Men	Male	Relay
27	Team Cemais with a little bit of WCT	Male	Relay
40	Team COLEG	Mixed	Relay
41	Team Thibbs	Mixed	Relay
6	The Dream Team	Female	Relay
42	Tim Malwen	Mixed	Relay
43	Tour de Good	Mixed	Relay
7	Tri Another Day	Female	Relay
28	Two & a Half Men	Male	Relay

### INDIVIDUALS

Bib	Last Name	First Name	Club	Gender	Cat	Home Nations Number
44	Allen	Sophie		F	F20	Day membership paid
57	Arter	Caroline		F	F30	Day membership paid
76	Aylward	Jennifer	Celtic Tri	F	F50	W1058187
48	Bromhall	Elsa		F	F25	E10135801
49	Christley	Philippa		F	F25	Day membership paid
58	Clements	Laura	UFIT	F	F30	W1089850
45	Davies	Rhiannon		F	F20	Day membership paid
50	Davies	Paige		F	F25	Day membership paid
71	Davies	Lucy	Cardiff Triathletes	F	F40	W1078527
77	Dawson	Sarah		F	F50	Owes day membership
46	Dobbs	Lucy		F	F20	Day membership paid
78	Doughty	Makala		F	F50	Day membership paid
80	Edwards	Juliet	Cerist Tri	F	F55	W1091040

81	Etchell	Catherine	Brecon Triathlon Club	F	F55	Day membership paid
72	Evans	Rebecca		F	F40	Day membership paid
59	Fulson	Catherine		F	F30	Day membership paid
82	Gibbons	Jackie	Pembrokeshire Tri	F	F55	E1053220
51	Hay	Flora	BAD Tri	F	F25	Day membership paid
66	Hole	Erika		F	F35	Day membership paid
52	Jones	Eleri		F	F25	Day membership paid
53	Lavender	Sarah		F	F25	Owes day membership
60	Lavender	Ellen		F	F30	Owes day membership
67	Lewis	Vicki	Pembrokeshire Tri	F	F35	W10142456
54	Licence	Sophie	BAD Tri	F	F25	Day membership paid
68	Marks	Catherine	Pembrokeshire Tri	F	F35	W1045068
55	Morgans	Juliana		F	F25	Day membership paid
61	Norton	Ceri		F	F30	Day membership paid
74	Payne	Debbi	Coalville Triathlon Club	F	F45	Day membership paid
75	Phillips	Denise	Bynea CC	F	F45	W1062680
69	Prichard	Sophie		F	F35	Day membership paid
62	Salisbury	Ingrid		F	F30	Day membership paid
70	Sula	Rhian		F	F35	Owes day membership
47	Thomas	Hollie		F	F20	Day membership paid
63	Warrell	Kay		F	F30	Day membership paid
56	Waters	Emma		F	F25	Day membership paid
64	Williams	Zara		F	F30	Day membership paid
79	Williams	SH	Fairwater Runners Cwmbra	F	F50	Day membership paid
65	Wood	Sally	Windrush Triathlon Club	F	F30	E10142705
73	Yin	Xiaojun		F	F40	Day membership paid
114	Abbs	Craig		M	M30	Day membership paid
83	Ackermann	Jack	Pembrokeshire Tri	M	M17	W10106260
213	Adams	J	Rhondda Tri	M	M50	Day membership paid
134	Addis	Richard		M	M35	Day membership paid
166	Andreadis	Alexander		M	M40	Day membership paid
115	Andrews	Craig		M	M30	W1059619
116	Arnold	Matthew		M	M30	Day membership paid
185	Babalis	Panos	Notting Hill Spartans	M	M45	Day membership paid
96	Barton	Sam	Pembrokeshire Tri	M	M25	Day membership paid
167	Bowden	Darren	Rhondda Tri	M	M40	W1055691
135	Bowen	Dafydd	Cleddau Tri	M	M35	Day membership paid
214	Burt	Julian		M	M50	Day membership paid
86	Butler	Joe		M	M20	Day membership paid
136	Charles	James	Pembrokeshire Tri	M	M35	Day membership paid
186	Chen	Simon		M	M45	Day membership paid
242	Clash	Malcolm		M	M65	W1041237
117	Clements	Edward	Tenby Aces	M	M30	W10143054
187	Colborne	Craig	Pembrokeshire Tri	M	M45	Day membership paid
137	Cook	Neil		M	M35	Owes day membership
188	Cooke	Huw		M	M45	Day membership paid
168	Coombs	Adrian		M	M40	Day membership paid
189	Cowper	Spencer	Pembrokeshire Tri	M	M45	Day membership paid
97	Cunningham	Kern	CD Training	M	M25	Day membership paid
169	Dark	Matthew		M	M40	Owes day membership
87	Davies	Jamie	Rhondda Tri	M	M20	Day membership paid
88	Davies	Jamie		M	M20	Day membership paid
98	Davies	George		M	M25	Owes day membership
138	Davies	Martin		M	M35	Day membership paid
139	Davies	Steven	West Coast Tri	M	M35	Day membership paid
170	Davies	Barry	West Coast Tri	M	M40	Day membership paid
190	Davies	Neil	Rhondda Tri	M	M45	W123339
215	Davies	James	Celtic Tri	M	M50	W124264
216	Davies	Kelvyn	Rhondda Tri	M	M50	Day membership paid
191	de Souza-Girao	Manuel		M	M45	Day membership paid
118	Dennis	Tom		M	M30	Day membership paid
140	Dennison	Matthew		M	M35	Day membership paid
141	Dicks	James	Pembrokeshire Tri	M	M35	W10142454
142	Dimond	Will		M	M35	Day membership paid
217	Duncan	Ian		M	M50	Day membership paid
171	Durbin	John		M	M40	Owes day membership
218	Elliott	Nick	Mikes Bikes	M	M50	Day membership paid

143	Ellis	Paul		M	M35	Day membership paid
89	Evans	Brandon	Pontyclun Triathlon Club	M	M20	Day membership paid
144	Evans	Gareth	Taff Ely Triathlon Club	M	M35	W10109686
145	Evans	Matthew	ATG	M	M35	Day membership paid
172	evans	edward	Poppit SLSC	M	M40	Day membership paid
219	Evans	Huw		M	M50	Day membership paid
173	Foster	Niall	Cardiff Triathletes	M	M40	W1041997
119	Gaffney	Ian	Mount Kelly Triathlon Club	M	M30	E1054676
120	Gelona	Marc		M	M30	W10141256
90	George	Dafydd		M	M20	Day membership paid
99	George	Rhys		M	M25	Day membership paid
220	George	Huw		M	M50	Day membership paid
121	Goldsmith	William	Pembrokeshire Tri	M	M30	Day membership paid
100	Graham	Johnnie		M	M25	Day membership paid
174	Green	Gareth		M	M40	Owes day membership
233	Green	Martin	Pembrokeshire Tri	M	M55	W10150363
101	Grey	Owen		M	M25	Day membership paid
84	Griffiths	Rhys		M	M17	Day membership paid
146	Halsted	Matthew		M	M35	Day membership paid
147	Hardaker	Joel	Pembrokeshire Tri	M	M35	W10142457
148	Harding-Lyle	Dave		M	M35	Day membership paid
149	Hicks	Timothy		M	M35	Day membership paid
175	Hitchings	Craig		M	M40	Day membership paid
122	Holder	Scott	West Coast Tri	M	M30	W1094785
150	Hole	Matt		M	M35	Day membership paid
151	Howell	Roscoe	Pembrokeshire Harriers	M	M35	Day membership paid
221	Howells	Gareth	Pembrokeshire Tri	M	M50	Day membership paid
176	Hughes	Pete		M	M40	Day membership paid
192	Hughes	Arwel		M	M45	Day membership paid
241	Hunter	David		M	M60	W1085396
102	James	Mr		M	M25	Day membership paid
103	James	Stefan		M	M25	Day membership paid
104	James	Marcus	North Dock Dredgers	M	M25	Day membership paid
193	James	Anthony	West Coast Tri	M	M45	Day membership paid
123	Johns	Chris	Pencoed Triathlon	M	M30	Day membership paid
152	Johnson	Alex		M	M35	Owes day membership
91	Jones	Ryan	Rhondda Tri	M	M20	Day membership paid
105	Jones	Max		M	M25	W10143078
153	Jones	Aidan		M	M35	Owes day membership
154	Jones	Andrew	UFIT	M	M35	W1061039
177	Jones	Gavin		M	M40	Day membership paid
234	Jones	John	Rhondda Tri	M	M55	W104559
155	Keen	Edward		M	M35	Day membership paid
222	Kennard	Gareth		M	M50	Day membership paid
194	Kerr	Stuart		M	M45	Day membership paid
124	King	Martin	Pembrokeshire Tri	M	M30	Day membership paid
156	King	Gareth		M	M35	Day membership paid
195	Lago Fernandez	Manuel Jesus		M	M45	Day membership paid
223	Lane	Peter		M	M50	Day membership paid
224	Lane	Gareth		M	M50	Day membership paid
196	Lewis	colin		M	M45	Day membership paid
92	Linkens	Daniel		M	M20	W10114976
197	Lisk	Stephen	3M Gorseinon Road Runners	M	M45	W10153350
178	Lowe	Matthew		M	M40	Owes day membership
179	MacGillivray	Ewan		M	M40	Day membership paid
157	Marshall	Matthew		M	M35	Day membership paid
106	Martin	William		M	M25	Day membership paid
225	Matchett	Steve	Pembrokeshire Tri	M	M50	W10119330
158	Mathias	Martin		M	M35	Day membership paid
180	Mathias	Jonathan	Omnium	M	M40	Day membership paid
198	May	Stephen	Taff Ely Tri	M	M45	W10137956
107	Medd	Gareth		M	M25	Day membership paid
199	Meek	Jonathan		M	M45	Day membership paid
108	Michael	Jonathan		M	M25	W10159599
181	Moore	Dominic		M	M40	Day membership paid
200	Morgan	Nigel	Bynea CC	M	M45	Day membership paid
93	Morgans	Guto	Cycle Specific	M	M20	W1095015

125	Munn	Jamie		M	M30	Owes day membership
201	Newton	Simon	Omnium	M	M45	Owes day membership
182	O'Brien	Matthew	Risca Tri	M	M40	W1072093
202	O'Neill	Simon	Y-Fenni Tri	M	M45	Day membership paid
85	Oulsnam	James	CSG	M	M17	W10156502
203	Owen	Oggy	CD Training	M	M45	Day membership paid
126	Passmore	James		M	M30	Day membership paid
226	Payne	Greg	Coalville Triathlon Club	M	M50	Day membership paid
227	Peach	Jason	Tewkesbury Triathlon Club	M	M50	E1057673
204	Penney	Julian		M	M45	Day membership paid
159	Phillips	Tim		M	M35	Day membership paid
228	Powell	Rhodri		M	M50	Day membership paid
94	Rees	Jack	Pembrokeshire Tri	M	M20	W10112524
235	Rees	Paul	3M Gorseinon Road Runners	M	M55	Day membership paid
236	Rich	Iain	Tenby Aces	M	M55	Day membership paid
160	Roberts	Karl		M	M35	Day membership paid
237	Roberts	Neil		M	M55	Day membership paid
161	Rowlands	Geraint	Caderman	M	M35	Day membership paid
205	Silcox	Robert	West Coast Tri	M	M45	Day membership paid
95	Simpson	Ben		M	M20	Day membership paid
127	Simpson	Ross		M	M30	w138494
206	Smart	Julian		M	M45	Day membership paid
238	Smith	Michael		M	M55	Day membership paid
207	Stammers	Andrew		M	M45	Day membership paid
208	Stephens	Emyr		M	M45	Day membership paid
128	Stranger	Craig		M	M30	Day membership paid
209	Sugden	Michael		M	M45	Day membership paid
129	Sutton	Andrew	Sutton Architecture	M	M30	Day membership paid
130	Thomas	Peter		M	M30	Day membership paid
131	Thomas	Greg	Piranha Tri	M	M30	Day membership paid
132	Thomas	Aled	Taff Ely Triathlon Club	M	M30	Day membership paid
183	Thomas	Alun		M	M40	Day membership paid
229	Thomas	Jason		M	M50	Owes day membership
184	Trueman	Chris		M	M40	Day membership paid
162	Turner	Alex		M	M35	Day membership paid
210	Tye	Jonathan		M	M45	Day membership paid
239	Webb	Dai	Pembrokeshire Tri	M	M55	Day membership paid
230	Wermig	James		M	M50	Day membership paid
109	West	Timothy	Cardiff Triathletes	M	M25	W10116141
240	Wheeler	Kevin	Pembrokeshire Tri	M	M55	W1062263
133	Williams	Phylip	West Coast Tri	M	M30	Day membership paid
211	Williams	Andrew		M	M45	Day membership paid
231	Williams	John	Pembrokeshire Harriers	M	M50	Day membership paid
163	Wilson	David	Cr@p Tri	M	M35	W1070782
110	Winter-Barker	Sam		M	M25	Day membership paid
212	Wood	David		M	M45	Day membership paid
164	Woods	Mike	Pembrokeshire Tri	M	M35	W10129964
165	Worthing	Alex		M	M35	Day membership paid
111	Wright	Henry		M	M25	Owes day membership
112	Wright	Dominic		M	M25	Owes day membership
232	Wright	Richard	Pactrac	M	M50	Day membership paid
113	Young	Hugh		M	M25	Day membership paid