

First name	Last name	Membership	Event	Bib	Start time	Wave	Lane	Hat	Gender	Cat	Club
Christopher	Aldrich	NEEDED	Triathlon	58	07:35:10	3B	2	White	Open	O20-39	Carmarthen Triathlon Club
Jack	Allen	RACE PASS	Triathlon	137	08:05:20	6C	1	Blue	Open	O20-39	
Linda	Allen	W10291530	Triathlon	51	07:35:00	3A	3	Red	Female	F60-69	Pembrokeshire Tri
Conrad	Anderson	W10287965	Triathlon	68	07:35:20	3C	4	Blue	Open	O20-39	Carmarthen Triathlon Club
Ella	Barnwell	NEEDED	Triathlon	147	08:15:00	7	3	Red	Female	F20-39	Peak Performance Wales
Callum	Beeken	NEEDED	Triathlon	138	08:05:20	6C	2	Blue	Open	O20-39	U Tri Pembrokeshire
Adam	Bentley	NEEDED	Triathlon	77	07:45:00	4A	5	Red	Open	O20-39	
James	Bevan-Smith	NEEDED	Triathlon	115	07:55:20	5C	3	Blue	Open	O20-39	Peter Lloyd Coaching
Tim	Booth	W10248903	Triathlon	71	07:35:20	3C	7	Blue	Open	O40-49	Iron Chef Coaching
Karl	Bowskill	NEEDED	Triathlon	52	07:35:00	3A	4	Red	Open	O40-49	
Helen	Cain	NEEDED	Triathlon	3	07:00:00	1A	3	Red	Female	F50-59	
Tommy	Campbell	NEEDED	Triathlon	50	07:35:00	3A	2	Red	Open	O20-39	
Andrew	Carmichael	NEEDED	Triathlon	139	08:05:20	6C	3	Blue	Open	O40-49	
Emma-Jane	Champion	W10249938	Triathlon	78	07:45:00	4A	6	Red	Female	F40-49	Pen-y-bont Triathlon Club
Bronwyn	Clissold	W10282817	Triathlon	148	08:15:00	7	4	Red	Female	F17-19	Pembrokeshire County Swimming/Pembrokeshire Tri
Elizabeth	Clissold	NEEDED	Triathlon	149	08:15:00	7	5	Red	Female	F20-39	Pembrokeshire County Swimming
Matthew	Clissold	RACE PASS	Triathlon	2	07:00:00	1A	2	Red	Open	O50-59	
Amy	Constable	W10264118	Aquathlon	150	08:25:00	8	1	White	Female	F30-39	
Charlie	Coventry	RACE PASS	Triathlon	102	07:55:00	5A	6	Red	Open	O20-39	Milford Tritons
Josh	Cox	W10238485	Triathlon	79	07:45:00	4A	7	Red	Open	O20-39	Carmarthen Triathlon Club
Lin	Cram	NEEDED	Triathlon	72	07:35:20	3C	8	Blue	Female	F60-69	Emlyn Flyers
Sion	Croshaw	NEEDED	Triathlon	111	07:55:10	5B	7	White	Open	O20-39	
Calvin	Davies	RACE PASS	Triathlon	59	07:35:10	3B	3	White	Open	O20-39	
Geraint	Davies	W10236675	Triathlon	116	07:55:20	5C	4	Blue	Open	O50-59	Carmarthen Triathlon Club
Guto	Davies	NEEDED	Triathlon	4	07:00:00	1A	4	Red	Open	O50-59	
Hawys	Davies	NEEDED	Triathlon	103	07:55:00	5A	7	Red	Female	F20-39	
Karl	Davies	W10119371	Triathlon	80	07:45:00	4A	8	Red	Open	O40-49	Pembrokeshire Tri
Lucy	Davies	NEEDED	Triathlon	81	07:45:10	4B	1	White	Female	F20-39	
Marian	Davies	NEEDED	Triathlon	5	07:00:00	1A	5	Red	Female	F40-49	
Martin	Davies	NEEDED	Triathlon	6	07:00:00	1A	6	Red	Open	O60-69	
Shane	Davies	NEEDED	Triathlon	117	07:55:20	5C	5	Blue	Open	O20-39	@leastwetri
Sophie	Davies	NEEDED	Triathlon	21	07:00:20	1C	5	Blue	Female	F20-39	Mission Possible Tri Club
Wayne	Davies	W10289304	Triathlon	82	07:45:10	4B	2	White	Open	O20-39	Carmarthen Triathlon Club
Roger	Devonald	NEEDED	Aquathlon	153	08:25:00	8	4	White	Open	O60-69	
Angharad	Dew	E10256367	Triathlon	1	07:00:00	1A	1	Red	Female	F50-59	Carmarthen Triathlon Club
Andrew	Edwards	NEEDED	Triathlon	60	07:35:10	3B	4	White	Open	O40-49	Iron Chef Coaching
Luke	Edwards	NEEDED	Triathlon	32	07:20:00	2A	8	Red	Open	O20-39	
Gemma	Evans	RACE PASS	Triathlon	83	07:45:10	4B	3	White	Female	F40-49	Mission Possible Tri Club
Georgina	Evans	NEEDED	Triathlon	11	07:00:10	1B	3	White	Female	F17-19	
Jac	Evans	NEEDED	Triathlon	100	07:55:00	5A	4	Red	Open	O20-39	
Suzie	Evans	NEEDED	Triathlon	12	07:00:10	1B	4	White	Female	F40-49	
Mia	Felicé	W10281570	Triathlon	46	07:20:20	2C	6	Blue	Female	F20-39	Mission Possible Tri Club
Phillip Andrew	Felicé	NEEDED	Triathlon	13	07:00:10	1B	5	White	Open	O60-69	Mission Possible Tri Club
Charlie	Felstead	W10218231	Triathlon	140	08:05:20	6C	4	Blue	Open	O20-39	Tenby Penguins

First name	Last name	Membership	Event	Bib	Start time	Wave	Lane	Hat	Gender	Cat	Club
Ewan	Findlay	W10289829	Triathlon	118	07:55:20	5C	6	Blue	Open	O40-49	Peter Lloyd Coaching
Luke	Fisher	RACE PASS	Triathlon	66	07:35:20	3C	2	Blue	Open	O20-39	
Glenn	Foster	RACE PASS	Triathlon	17	07:00:20	1C	1	Blue	Open	O60-69	
Chris	Francis	W10177963	Triathlon	53	07:35:00	3A	5	Red	Open	O40-49	Carmarthen Triathlon Club
Glyn	Gainard	W10193916	Triathlon	33	07:20:10	2B	1	White	Open	O40-49	Carmarthen Triathlon Club
John	Griffiths	W10210216	Triathlon	112	07:55:10	5B	8	White	Open	O20-39	Tenby Penguins
Jonathan	Griffiths	NEEDED	Triathlon	61	07:35:10	3B	5	White	Open	O40-49	
Kath	Griffiths	NEEDED	Triathlon	113	07:55:20	5C	1	Blue	Female	F50-59	Fishguard Flyers
Lizzie	Griffiths	NEEDED	Aquathlon	154	08:25:00	8	5	White	Female	F15-16	Fishguard Flyers
Teresa	Griffiths	NEEDED	Triathlon	119	07:55:20	5C	7	Blue	Female	F20-39	Mission Possible Tri Club
Lauren	Hall	W10288833	Triathlon	120	07:55:20	5C	8	Blue	Female	F20-39	Carmarthen Triathlon Club
Tracy	Hamer	RACE PASS	Triathlon	34	07:20:10	2B	2	White	Female	F50-59	Mission Possible Tri Club
Jan	Hannaford	W1046092	Triathlon	62	07:35:10	3B	6	White	Female	F70-79	Pembrokeshire Tri
Toby	Hayman	RACE PASS	Triathlon	121	08:05:00	6A	1	Red	Open	O20-39	
Matthew	Hobbs	NEEDED	Triathlon	104	07:55:00	5A	8	Red	Open	O20-39	Mission Possible Tri Club
Annaleene	Holliday	RACE PASS	Triathlon	22	07:00:20	1C	6	Blue	Female	F50-59	
Owen	Howells	W10179259	Triathlon	135	08:05:10	6B	7	White	Open	O20-39	Carmarthen Triathlon Club
Tim	Howells	W1093481	Triathlon	131	08:05:10	6B	3	White	Open	O50-59	Carmarthen Triathlon Club
Moira	Hurley	NEEDED	Triathlon	35	07:20:10	2B	3	White	Female	F70-79	
Georgia	Ibberson	NEEDED	Triathlon	122	08:05:00	6A	2	Red	Female	F20-39	Unbound Athletes Club
Laura	Inglesant	RACE PASS	Triathlon	36	07:20:10	2B	4	White	Female	F40-49	Mission Possible Tri Club
Jack	John	RACE PASS	Triathlon	105	07:55:10	5B	1	White	Open	O15-16	Pembrokeshire Tri
Marcus	John	RACE PASS	Triathlon	63	07:35:10	3B	7	White	Open	O50-59	Pembrokeshire Tri
Cai	Johnson	RACE PASS	Triathlon	69	07:35:20	3C	5	Blue	Open	O17-19	Mission Possible Tri Club
Carwyn	Jones	W10135937	Triathlon	84	07:45:10	4B	4	White	Open	O50-59	Pembrokeshire Tri
Lynne	Jones	W1147279	Triathlon	123	08:05:00	6A	3	Red	Female	F40-49	
Rhys	Jones	NEEDED	Triathlon	54	07:35:00	3A	6	Red	Open	O20-39	
Wayne	Jones	NEEDED	Triathlon	96	07:45:20	4C	8	Blue	Open	O60-69	
Jamie	Keating	NEEDED	Triathlon	16	07:00:10	1B	8	White	Open	O17-19	
Susan	King	RACE PASS	Triathlon	10	07:00:10	1B	2	White	Female	F40-49	
David	Knight	RACE PASS	Triathlon	31	07:20:00	2A	7	Red	Open	O50-59	
Dominic	Lacey	NEEDED	Triathlon	106	07:55:10	5B	2	White	Open	O20-39	Team GJE
Jamie	Le Messurier	NEEDED	Triathlon	107	07:55:10	5B	3	White	Open	O20-39	
Geraint	Lewis	RACE PASS	Triathlon	47	07:20:20	2C	7	Blue	Open	O20-39	@leastwetri
Owen	Llewellyn	RACE PASS	Aquathlon	155	08:25:00	8	6	White	Open	O20-39	
Calum	Macdonald	RACE PASS	Triathlon	85	07:45:10	4B	5	White	Open	O20-39	
Jessica	Mackeen	W10295028&RACE PASS	Triathlon	7	07:00:00	1A	7	Red	Female	F40-49	
Catherine	Marks	W1045068	Triathlon	132	08:05:10	6B	4	White	Female	F40-49	Pembrokeshire Tri
Riley	Martin	RACE PASS	Triathlon	86	07:45:10	4B	6	White	Open	O20-39	
Chelsi	Mason	NEEDED	Triathlon	87	07:45:10	4B	7	White	Female	F20-39	Tenby Penguins
Gareth	Mathias	NEEDED	Triathlon	136	08:05:10	6B	8	White	Open	O40-49	
Nicola	Mathias	NEEDED	Triathlon	114	07:55:20	5C	2	Blue	Female	F40-49	
Oliver	Mathias	NEEDED	Triathlon	64	07:35:10	3B	8	White	Open	O20-39	
Jordan	McDonald	W10274609	Triathlon	133	08:05:10	6B	5	White	Open	O20-39	Swansea Vale Triathlon

First name	Last name	Membership	Event	Bib	Start time	Wave	Lane	Hat	Gender	Cat	Club
Meg	McFarlane	RACE PASS	Triathlon	25	07:20:00	2A	1	Red	Female	F40-49	
Sophie	Mears	RACE PASS	Triathlon	37	07:20:10	2B	5	White	Female	F20-39	Tenby Penguins
David	Moore	RACE PASS	Triathlon	73	07:45:00	4A	1	Red	Open	O60-69	Pembrokeshire Tri
David	Mottershead	NEEDED	Triathlon	141	08:05:20	6C	5	Blue	Open	O40-49	
Adam	Murphy	NEEDED	Triathlon	55	07:35:00	3A	7	Red	Open	O50-59	
Kathryn	Murphy	RACE PASS	Triathlon	97	07:55:00	5A	1	Red	Female	F20-39	
Corinne	Newsome	W10256318	Triathlon	108	07:55:10	5B	4	White	Female	F20-39	Peter Lloyd Coaching
Matthew	Owens	NEEDED	Triathlon	67	07:35:20	3C	3	Blue	Open	O40-49	Carmarthen Triathlon Club
Hannah	Palin	RACE PASS	Triathlon	98	07:55:00	5A	2	Red	Female	F20-39	
Mark	Perry	W10293345	Triathlon	8	07:00:00	1A	8	Red	Open	O50-59	Carmarthen Triathlon Club
Marinus	Petersen	W10288786	Triathlon	145	08:15:00	7	1	Red	Open	O20-39	Pembrokeshire Tri
Bethan	Phillips	NEEDED	Triathlon	38	07:20:10	2B	6	White	Female	F20-39	Peter Lloyd Coaching
Gavin	Phillips	NEEDED	Triathlon	88	07:45:10	4B	8	White	Open	O20-39	Peter Lloyd Coaching
Lucas	Phillips	RACE PASS	Aquathlon	156	08:25:00	8	7	White	Open	O15-16	Pembrokeshire Tri
Nia	Phillips	W10266147	Triathlon	48	07:20:20	2C	8	Blue	Female	F20-39	Carmarthen Triathlon Club
Emma	Plumb	NEEDED	Triathlon	23	07:00:20	1C	7	Blue	Female	F40-49	
John	Pozzi	NEEDED	Triathlon	14	07:00:10	1B	6	White	Open	O60-69	Dreigiau Dwyfor
Abi	Price	W10224730	Triathlon	109	07:55:10	5B	5	White	Female	F20-39	Pembrokeshire Tri
Toby	Price	NEEDED	Triathlon	89	07:45:20	4C	1	Blue	Open	O20-39	NFT
Andrea	Ratcliffe	NEEDED	Triathlon	90	07:45:20	4C	2	Blue	Female	F40-49	Carmarthen Triathlon Club
Micky	Raymond	RACE PASS	Triathlon	26	07:20:00	2A	2	Red	Female	F50-59	
Phil	Raymond	RACE PASS	Triathlon	124	08:05:00	6A	4	Red	Open	O60-69	
Michael	Rees	NEEDED	Triathlon	91	07:45:20	4C	3	Blue	Open	O50-59	Clwb Tri-2-1
Steven	Rees	NEEDED	Triathlon	56	07:35:00	3A	8	Red	Open	O50-59	Carmarthen Triathlon Club
Chris	Riggs	NEEDED	Triathlon	39	07:20:10	2B	7	White	Open	O50-59	Mission Possible Tri Club
Yasmin	Riggs	W10292253	Triathlon	74	07:45:00	4A	2	Red	Female	F20-39	Mission Possible Tri Club
Natasha	Roberts	RACE PASS	Triathlon	27	07:20:00	2A	3	Red	Female	F20-39	DC Triathlon
Stephen	Roberts	NEEDED	Triathlon	40	07:20:10	2B	8	White	Open	O40-49	Tenby Penguins
Vicky	Roberts	W10291684	Triathlon	24	07:00:20	1C	8	Blue	Female	F40-49	Carmarthen Triathlon Club
Oliver	Robinson	W10294685	Triathlon	99	07:55:00	5A	3	Red	Open	O20-39	
Dan	Rodenhurst	W10257370	Triathlon	125	08:05:00	6A	5	Red	Open	O20-39	Carmarthen Triathlon Club
Gareth	Roper	RACE PASS	Triathlon	126	08:05:00	6A	6	Red	Open	O20-39	
Jordan	Satchwith	RACE PASS	Triathlon	18	07:00:20	1C	2	Blue	Open	O20-39	Mission Possible Tri Club
Ellen	Stables	NEEDED	Triathlon	9	07:00:10	1B	1	White	Female	F40-49	
Alice	Symonds	RACE PASS	Triathlon	20	07:00:20	1C	4	Blue	Female	F20-39	Pembrokeshire Tri
Anne	Taylor	NEEDED	Triathlon	92	07:45:20	4C	4	Blue	Female	F40-49	Pembrokeshire Tri
Rhys	Taylor	RACE PASS	Triathlon	15	07:00:10	1B	7	White	Open	O20-39	
Mathew	Terry	NEEDED	Triathlon	41	07:20:20	2C	1	Blue	Open	O20-39	
Curtis	Thomas	W10250903&RACEPASS	Triathlon	144	08:05:20	6C	8	Blue	Open	O20-39	Carmarthen Triathlon Club
Ella	Trimble	NEEDED	Triathlon	127	08:05:00	6A	7	Red	Female	F20-39	Tenby Penguins
Jon	Tudor	RACE PASS	Triathlon	19	07:00:20	1C	3	Blue	Open	O60-69	Pembrokeshire Tri
Craig	Turner	NEEDED	Triathlon	75	07:45:00	4A	3	Red	Open	O20-39	@leastwetri
Leo	Tytler	W10110631	Triathlon	142	08:05:20	6C	6	Blue	Open	O17-19	Pembrokeshire Tri
Lewis	Vaughan	NEEDED	Triathlon	128	08:05:00	6A	8	Red	Open	O20-39	

First name	Last name	Membership	Event	Bib	Start time	Wave	Lane	Hat	Gender	Cat	Club
Kelly	Vaughan-Parry	NEEDED	Triathlon	65	07:35:20	3C	1	Blue	Female	F40-49	Mission Possible Tri Club
Mark	Vines	NEEDED	Triathlon	93	07:45:20	4C	5	Blue	Open	O50-59	
Ally	Wadeward	W10229419	Triathlon	76	07:45:00	4A	4	Red	Female	F40-49	Carmarthen Triathlon Club
Joe	Waldron	NEEDED	Triathlon	129	08:05:10	6B	1	White	Open	O20-39	Pen-y-bont Triathlon Club
Robbie	Waters	W10280378	Triathlon	42	07:20:20	2C	2	Blue	Open	O40-49	
Kellie	Watters	NEEDED	Triathlon	43	07:20:20	2C	3	Blue	Female	F40-49	Peter Lloyd Coaching
Ebony	Whitfield	RACE PASS	Triathlon	28	07:20:00	2A	4	Red	Female	F20-39	Tenby Penguins
Gary	Williams	NEEDED	Triathlon	70	07:35:20	3C	6	Blue	Open	O60-69	
Ben	Williams	NEEDED	Triathlon	130	08:05:10	6B	2	White	Open	O20-39	
David	Williams	NEEDED	Triathlon	29	07:20:00	2A	5	Red	Open	O50-59	Ferndale Tri Club
Gary	Williams	NEEDED	Triathlon	94	07:45:20	4C	6	Blue	Open	O50-59	Dinomite Endurance Team
Ian	Williams	W10289369&RACE PASS	Triathlon	57	07:35:10	3B	1	White	Open	O50-59	Carmarthen Triathlon Club
Jacob	Williams	NEEDED	Triathlon	143	08:05:20	6C	7	Blue	Open	O20-39	
Jordan	Williams	RACE PASS	Triathlon	30	07:20:00	2A	6	Red	Open	O20-39	
Owain	Williams	W10239991	Triathlon	44	07:20:20	2C	4	Blue	Open	O20-39	Carmarthen Triathlon Club
Robin	Williams	RACE PASS	Triathlon	110	07:55:10	5B	6	White	Open	O20-39	
Veronica	Williamson	RACE PASS	Aquathlon	151	08:25:00	8	2	White	Female	F40-49	
Kate	Wolsey	NEEDED	Aquathlon	152	08:25:00	8	3	White	Female	F40-49	Pembrokeshire Tri
Simon	Wray	NEEDED	Triathlon	101	07:55:00	5A	5	Red	Open	O40-49	
Michelle	Yates	NEEDED	Triathlon	45	07:20:20	2C	5	Blue	Female	F40-49	Pembrokeshire Tri
G&T		RACE PASS x2	Triathlon-Relay	49	07:35:00	3A	1	Red	Female	Relay-Female	
Team CTC Precision Fuel and Hydration		W10176266, W10105152, W10225201	Triathlon-Relay	146	08:15:00	7	2	Red	Open	Relay-Open	Carmarthen Triathlon Club
Team Davies		W10266256, 1 NEEDED	Triathlon-Relay	134	08:05:10	6B	6	White	Open	Relay-Open	Pembrokeshire Tri
Tri Hard with a Vengeance		W10293446, W10293427, 1 NEEDED	Triathlon-Relay	95	07:45:20	4C	7	Blue	Open	Relay-Open	Tenby Penguins