

Llanrwst Sprint Triathlon 2017 - Start Times

Start time	Wave	No	Lane	First Name	Surname	Age Group	Gender	Club	Predicted Swim Time
08:00	1	1	1	Gavin	Roberts	Senior 2	Male	GOG triathlon	07:45
08:00	1	2	1	Ali	Barber	Super Vet	Female	GOG triathlon	07:30
08:00	1	3	2	Simon	Welland	Senior 1	Male	GOG triathlon	07:30
08:00	1	4	2	Emer	Sandham	Senior 2	Female	GOG triathlon	07:20
08:00	1	5	3	Adam	Davies	Senior 1	Male	GOG triathlon	07:00
08:00	1	6	3	Matthew	Ashton	Senior 2	Male	GOG triathlon	06:15
08:00	1	7	4	Sarah	Gallacher	Senior 2	Female	GOG triathlon	07:00
08:00	1	8	4	Paula	Stevens	Vet	Female	GOG Triathlon Club	09:00
08:10	2	9	1	Diane	Fish	Super Vet	Female	GOG Triathlon Club	11:00
08:10	2	10	1	Sarah	Massey	Vet	Female	GOG Triathlon Club	11:00
08:10	2	11	2	Gareth	Jones	Vet	Male	GOG Triathlon Club	10:00
08:10	2	12	2	Gemma	Struthers	Senior 2	Female	GOG Triathlon Club	10:00
08:10	2	13	3	Andy	Ellwood	Vet	Male	GOG Triathlon Club	09:30
08:10	2	14	3	Laura	Lambe	Senior 2	Female	GOG triathlon	12:00
08:10	2	15	4	Rory	Fish	Super Vet	Male	GOG triathlon	11:00
08:10	2	16	4	Michelle	Firth	Senior 1	Female	GOG triathlon	11:00
08:20	3	17	1	Simon	Adey-Davies	Vet	Male	GOG triathlon	17:00
08:20	3	18	1	Lucy	Bradley	Senior 2	Female	GOG triathlon	
08:20	3	19	2	Llinos	Davies	Super Vet	Female	GOG triathlon	13:00
08:20	3	20	2	Karen	Guest	Super Vet	Female	GOG triathlon	16:00
08:20	3	21	3	Amy	O'Hare	Youth	Female	GOG triathlon	
08:20	3	23	4	Angharad	Lewis	Senior 2	Female	GOG triathlon	12:00
08:35	4	25	1	Gwennan	Henstock	Senior 2	Female	M'Old Cycling Club	00:30:00
08:35	4	26	1	Guy	Horobin	Super Vet	Male	Intervidual	20:00
08:35	4	27	2	Ginny	Davies	Vet	Female	none	20:00
08:35	4	28	2	Daniel	Lee	Senior 1	Male	None	16:00
08:35	4	29	3	Tom	Ball	Senior 2	Male	No club	15:00
08:35	4	30	3	Jayne	Dalzell	Super Vet	Female	No club	15:00
08:35	4	31	4	Max	Thomas	Senior 2	Male	None	15:00

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08:35	4	32	4	Vicky	Cortvriend	Vintage Vet	Female	Denbigh Harriers	14:00
09:00	5	33	1	Llinos	Jones	Vet	Female	none	14:00
09:00	5	34	1	Terry	Smith	Vintage Vet	Male	none	14:00
09:00	5	35	2	Peter	Norman	Vintage Vet	Male	WRECSAM TRI	14:00
09:00	5	36	2	Siobhan	Bourke	Senior 1	Female	None	13:50
09:00	5	37	3	Sean	Woods	Super Vet	Male	No club	13:30
09:00	5	38	3	Philippa	Roberts	Vet	Female	Canicross Anglesey	13:00
09:00	5	39	4	Iolo	Owen	Vet	Male	-	12:30
09:00	5	40	4	Martyn	Barnaby	Vet	Male	Abergele Harriers	12:00
09:15	6	41	1	Helen	Griffith	Senior 1	Female	Clwb Beicio Menai	12:00
09:15	6	42	1	Rachel	Johns	Senior 2	Female	Frozen Chew	12:00
09:15	6	43	2	Brian	Bennett	Vet	Male	Gog Triathlon	12:00
09:15	6	44	2	Craig	Rutter	Senior 2	Male	GOG Triathlon	12:00
09:15	6	45	3	Claire	Scoots	Senior 2	Female	GOG Triathlon	12:00
09:15	6	46	3	Nigel	Chaplin	Vet	Male	N/A	12:00
09:15	6	47	4	Kate	Griffiths	Senior 1	Female	n/a	12:00
09:15	6	48	4	Giles	Jones	Vet	Male	N/A	12:00
09:30	7	49	1	Elen	Parry	Vet	Female	None	12:00
09:30	7	50	1	Sian	Thomas	Super Vet	Female	None	12:00
09:30	7	51	2	Stephen	Avery	Super Vet	Male	brecon triathlon	11:30
09:30	7	56	2	John	Jones	Super Vet	Male	Abergele Harriers	11:20
09:30	7	53	3	Iain	Davies-Moore	Vet	Male	WrecsamTri	11:20
09:30	7	54	3	Gwenno	Evans	Senior 1	Female	-	11:00
09:30	7	55	4	Nia	Owen	Senior 2	Female	-	11:00
09:30	7	52	4	John	Holmes	Vet	Male	None	11:00
09:45	8	57	1	Iwan	Horan	Vet	Male	None	11:00
09:45	8	58	1	Sian	Humphreys	Senior 2	Female	Cerist	10:00
09:45	8	59	2	Debbie	Jones	Super Vet	Female	none	10:00
09:45	8	60	2	Sarah	Priest	Vet	Female	None	10:00

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09:45	8	62	3	Chris	Bradley	Senior 2	Male	Gingers	10:00
09:45	8	63	4	Sarah	Marriott	Vet	Female	Gog	10:00
09:45	8	64	4	Mared	Dafydd	Senior 2	Female	GOG Triathlon	10:00
09:55	9	65	1	Margaret	Pennington	Vet	Female	Na	10:00
09:55	9	66	1	Paul	Francis	Senior 2	Male	None	10:00
09:55	9	67	2	Ian	Laing	Vintage Vet	Male	Wrexham Tri	08:15
09:55	9	68	2	Dewi	Jones	Senior 2	Male	none	10:00
09:55	9	69	3	Jon	Seymour	Senior 2	Male	None	10:00
09:55	9	70	3	Beverley	Smith	Super Vet	Female	None	10:00
09:55	9	71	4	Nicola	Parry	Senior 2	Female	no	09:40
09:55	9	72	4	Riden	Mark	Super Vet	Male	N/A	09:30
10:15	10	73	1	Steffan	Owen	Senior 1	Male	Evolution Bikes	09:00
10:15	10	74	1	Gareth Elwyn	Jones	Super Vet	Male	CSM	09:00
10:15	10	75	2	Nathan	Goode	Vet	Male	independent	09:00
10:15	10	76	2	Andre	Marsh	Vet	Male	INTRtri	09:00
10:15	10	77	3	Barrie	Wells	Vintage Vet	Male	North Wales road runners	09:30
10:15	10	78	3	Marie	Barley	Super Vet	Female	Brereton Wheelers	09:00
10:15	10	79	4	Malcolm R	Jones	Vintage Vet	Male	C S MADOG	09:00
10:15	10	80	4	Mauro	Hartshorn	Senior 2	Male	Chester	09:00
10:25	11	81	1	Nick	Williams	Senior 2	Male	None	09:00
10:25	11	82	1	Henry	Williams	Senior 2	Male	Padog Tri	09:00
10:25	11	83	2	Lucy	Lee	Junior	Female	Team 22	09:00
10:25	11	84	2	Michael	Saunders	Super Vet	Male	Total Transition Triathlon Club	09:00
10:25	11	85	3	Tabitha	Angle-Smith	Vet	Female	n/a	09:00
10:25	11	86	3	Matt	Neale	Senior 1	Male	N/A	09:00
10:25	11	87	4	Jenny	Wells	Senior 2	Female	None	09:00
10:25	11	88	4	Christopher	Wilkes	Senior 2	Male	None	09:00
10:35	12	89	1	Janet	Burthem	Super Vet	Female	VC Melyd	09:00
10:35	12	90	1	Lois	Lee	Youth	Female	VC Melyd	09:00

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10:35	12	91	2	David	Lee	Vintage Vet	Male	VC Melyd	09:00
10:35	12	92	2	Bob	Blackwell	Super Vet	Male	Black Cat Cycling Club	08:30
10:35	12	93	3	Amy	Ryder	Youth	Female	denbighshire tri club	08:30
10:35	12	94	3	Barry	Imms	Vet	Male	Frozen Chew	08:30
10:35	12	95	4	Graham	Yarlett	Vet	Male	Gog Tri Club	08:30
10:35	12	96	4	Norman	Seddon	Vintage Vet	Male	Mersey Tri	08:30
10:45	13	97	1	Tony	Gibson	Super Vet	Male	North Wales Road Runners	08:30
10:45	13	98	1	Huw	Seddon	Senior 2	Male	none	08:20
10:45	13	99	2	Zoe	Jones	Senior 1	Female	-	08:16
10:45	13	100	2	Sarah	Ryder	Vet	Female	wreccsam tri	08:15
10:45	13	101	3	Martin	Lambert	Vet	Male	cadens tri	08:14
10:45	13	102	3	Mark	Dakeyne	Super Vet	Male	Beserkers	08:10
10:45	13	103	4	Elena	Dosouto	Senior 1	Female	-	08:00
10:45	13	104	4	Gareth	Evans	Vet	Male	Abergele harriers	08:00
11:00	14	105	1	Richard	Wilyman	Senior 2	Male	Abergele Harriers	08:00
11:00	14	106	1	Dave	Watts	Vet	Male	Cerist	08:00
11:00	14	107	2	Scott	Owen	Vintage Vet	Male	Gig Triathlon	08:00
11:00	14	108	2	Vicky	Ronald	Super Vet	Female	GOG Tri	08:00
11:00	14	109	3	Chris	Wynne	Super Vet	Male	Gog Triathlon	08:00
11:00	14	110	3	Daniel	Hiscocks	Senior 1	Male	N/A	08:00
11:00	14	111	4	Steven	White	Senior 2	Male	NA	08:00
11:00	14	112	4	Owen	Jones	Senior 2	Male	No club	08:00
11:10	15	113	1	Trevor	Dilworth	Super Vet	Male	non	08:00
11:10	15	114	1	Andrew	Mercer	Senior 2	Male	None	08:00
11:10	15	115	2	Carol	Coole	Super Vet	Female	North Wales Police	08:00
11:10	15	116	2	Mathew	Thomas	Senior 1	Male	University of Sheffield	08:00
11:10	15	117	3	Colin	Hunt	Vintage Vet	Male	Wreccsam Tri	07:55
11:10	15	118	3	Kat	Dunbar	Senior 2	Female	n/a	07:50
11:10	15	119	4	Nicholas	Farnell	Super Vet	Male	teme leisure tri	07:50

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11:20	16	121	1	Adrian	Strange	Vet	Male	Aldridge fit club	07:45
11:20	16	122	1	Allison	Donnelly	Super Vet	Female	Eryri harriers	07:45
11:20	16	123	2	Robin	Feeley	Vet	Male	Na	07:45
11:20	16	124	2	Neil	Coppack	Vet	Male	North Wales Police	07:45
11:20	16	125	3	Jane	Saunders	Super Vet	Female	Total Transition Triathlon	07:30
11:20	16	127	4	Dinah	Hazeldine	Super Vet	Female	GOG Triathlon Club	10:00
11:30	17	129	1	Claire	Birch	Vet	Female	OO tri	07:15
11:30	17	130	1	Lauren	Watts	Youth	Female	Cerist	07:00
11:30	17	131	2	Tomos	Land	Youth	Male	Conwy Tri Stars	07:00
11:30	17	132	2	Russell	Godwin	Super Vet	Male	GOG Tri	07:00
11:30	17	133	3	Chris	van Hessing	Senior 2	Male	GOG triathlon	07:00
11:30	17	134	3	Gethin	Davies	Senior 2	Male	NA	07:00
11:30	17	135	4	Mike	Dilworth	Vintage Vet	Male	None	07:00
11:30	17	136	4	Pete	Ward	Super Vet	Male	GOG TRIATHLON	06:45
11:40	18	137	1	Bridget	Ripley	Super Vet	Female	N/A	06:45
11:40	18	138	1	Rhiannon	Kamink	Junior	Female	Colwyn Bay Athletics Club	06:40
11:40	18	139	2	Stephen	Price	Senior 1	Male	Blackcat Cycling Club	06:00
11:40	18	140	2	Jack	Smith-Keegin	Senior 2	Male	GOG Triathlon	06:00
11:40	18	141	3	Toni	Whitney	Senior 1	Female	N/A	06:00
11:40	18	142	3	Gareth	Bowyer	Vet	Male	GOG	05:45
11:40	18	143	4	Mali	Jones	Youth	Female	.	05:20
11:40	18	144	4	Sam	Johnson	Junior	Male	GOGs	04:30
11:50	19	145	1	Ashley	Tomlinson		Mae	GOG Triathlon Club	09:00
11:50	19	147	2	Laurie	Griffith	Vet	Female	GOG Triathlon Club	09:00
11:50	19	148	2	Andrew	Williams	Vet	Male	GOG Triathlon Club	09:00
11:50	19	149	3	David	Griffith	Vet	Male	GOG Triathlon Club	08:00
11:50	19	150	3	Malcolm	Harrison	Vintage Vet	Male	GOG Triathlon Club	07:30
11:50	19	151	4	Sion	Hughes	Vet	Male	GOG Triathlon Club	07:30
11:50	19	152	4	Merf	Jones	Super Vet	Male	GOG Triathlon Club	07:00

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12:00	20	153	1	Carlo	Galeotti	Vet	Male	GOG Triathlon Club	06:45
12:00	20	154	1	Greig	Best	Vet	Male	GOG Triathlon Club	06:40
12:00	20	155	2	Paul	Hooson	Super Vet	Male	GOG Triathlon Club	06:30
12:00	20	156	2	Sion	Kelly-Williams	Youth	Male	GOG Triathlon Club	06:20
12:00	20	157	3	Pete	Borlace	Senior 2	Male	GOG Triathlon Club	06:00
12:00	20	158	3	Tim	Burnett	Vet	Male	GOG Triathlon Club	06:00
12:00	20	159	4	Daragh	Reynolds	Senior 1	Male	GOG Triathlon Club	05:45
12:00	20	160	4	Tomas	Aldous	Junior	Male	GOG Triathlon Club	05:20