

Start time	Wave	No	Lane	First Name	Surname	Age Group	Gender	Club
08:00	1	1	1	Victoria	Cole	Senior 2	Female	GOG triathlon
08:00	1	2	1	Graeme	Tunstall	Senior 2	Male	GOG triathlon
08:00	1	3	2	Sarah	Gallacher	Senior 2	Female	GOG triathlon
08:00	1	4	2	Angie	Hughes	Super Veteran	Female	GOG triathlon
08:00	1	5	3	Geri	Evans	Veteran	Female	GOG triathlon
08:00	1	6	3	Vicky	Ronald	Super Veteran	Female	GOG triathlon
08:00	1	7	4	Cheryl	Stewart	Veteran	Female	GOG triathlon
08:00	1	8	4	Bleddyn	Evans	Veteran	Male	GOG triathlon
08:10	2	9	1	Dinah	Hazeldine	Super Veteran	Female	GOG triathlon
08:10	2	10	1	Alexandra	Holt	Veteran	Female	GOG triathlon
08:10	2	11	2	Ann	d'Albuquerque	Vintage Veteran	Female	GOG triathlon
08:10	2	12	2	John	Farrell	Super Veteran	Male	GOG triathlon
08:10	2	13	3	Michelle	Farrell	Senior 2	Female	GOG triathlon
08:10	2	14	3	Joanne	Irving	Veteran	Female	GOG triathlon
08:10	2	15	4	Sandra	Cheveaux	Super Veteran	Female	GOG triathlon
08:10	2	16	4	Sarah	Massey	Veteran	Female	GOG triathlon
08:20	3	17	1	Laura	Lambe	Senior 2	Female	GOG triathlon
08:20	3	18	1	Angharad	Lewis	Senior 2	Female	GOG triathlon
08:20	3	19	2	Rachael	Surridge	Super Veteran	Female	GOG triathlon
08:20	3	20	2	Llinos	Davies	Super Veteran	Female	GOG triathlon
08:20	3	21	3	Sarah	Ellwood	Veteran	Female	GOG triathlon
08:20	3	22	3	Sharon	Williams	Super Veteran	Female	GOG triathlon
08:20	3	23	4	Wayne	Roberts	Super Veteran	Male	GOG triathlon
08:20	3	24	4	Suzy	Hooson	Veteran	Female	GOG triathlon
08:35	4	25	1	Kirsty	Molyneux	Senior 1	Female	YMH
08:35	4	26	1	Geraint	Roberts	Veteran	Male	None/self
08:35	4	27	2	Martin	Frew	Super Veteran	Male	self
08:35	4	28	2	Brian	Watson	Veteran	Male	None
08:35	4	29	3	Elizabeth	Burnside	Super Veteran	Female	None
08:35	4	30	3	Jil	Timothy	Vintage Veteran	Female	GOG triathlon
08:35	4	31	4	Lucy	Killen	Veteran	Female	no club
08:35	4	32	4	Luke	Bannister	Senior 2	Male	GOG triathlon
09:00	5	33	1	Lauren	Witter	Senior 1	Female	Not applicable
09:00	5	34	1	Miklos	Biro	Veteran	Male	GOG triathlon
09:00	5	35	2	Nikki	Watts	Senior 2	Female	None
09:00	5	36	2	Alan	Newell	Super Veteran	Male	Abergele Harriers
09:00	5	37	3	Dave	Kirkby	Super Veteran	Male	Eryri
09:00	5	38	3	Elem	Parry	Veteran	Female	Llanberis Triathlon
09:00	5	39	4	Simon	Adey-Davies		Male	GOG Triathlon Club
09:00	5	40	4	Peter	Norman	Vintage Veteran	Male	wrecsam tri
09:15	6	41	1	Nicola	Tomlinson	Senior 2	Female	GOG triathlon
09:15	6	42	1	Dave	Jones	Veteran	Male	NA
09:15	6	43	2	Sarah	Brown	Super Veteran	Female	Na
09:15	6	44	2	Nathan	Williams	Youth	Male	Unaffiliated
09:15	6	45	3	Ceri	Hughes	Veteran	Female	GOG triathlon
09:15	6	46	3	Darren	Sharpe	Super Veteran	Male	n/a
09:15	6	47	4	Heather	Orme	Senior 2	Female	None
09:15	6	48	4	Michelle	Lindfield	Veteran	Female	GOG triathlon
09:30	7	49	1	Richard	Orme	Senior 2	Male	None.
09:30	7	50	1	Ian	Halstead	Super Veteran	Male	None
09:30	7	51	2	Louise	Sykes	Senior 1	Female	Supertemps
09:30	7	52	2	Pam	Sykes	Super Veteran	Female	Supertemps
09:30	7	53	3	Iolo	Owen	Veteran	Male	U/A
09:30	7	54	3	Stephanie	Conway	Senior 2	Female	GOG triathlon
09:30	7	55	4	Ian	Roberts	Veteran	Male	None
09:30	7	56	4	Martyn	Barnaby	Veteran	Male	Abergele Harriers
09:45	8	57	1	Sion	Williams	Veteran	Male	N/A
09:45	8	58	1	Paul	Young	Veteran	Male	NA
09:45	8	59	2	Stephen	Mason	Veteran	Male	GOG triathlon
09:45	8	60	2	Huw	Williams	Senior 2	Male	Clwb Cedor
09:45	8	61	3	Julie	Baddock	Veteran	Female	Denbighshire triathlon club
09:45	8	62	3	Sean	Britton	Senior 2	Male	Mersey Tri
09:45	8	63	4	Philip	Jones	Senior 2	Male	No club
09:45	8	64	4	Stu	Jones	Senior 2	Male	None
09:55	9	65	1	Paul	Izzard	Veteran	Male	none
09:55	9	66	1	Kevin	Price	Veteran	Male	None
09:55	9	67	2	James	Watkins	Super Veteran	Male	None
09:55	9	68	2	Calum	Stronach	Senior 1	Male	Unaffiliated
09:55	9	69	3	Liz	Jones	Veteran	Female	Sherox
09:55	9	70	3	Natasha	Williams	Senior 2	Female	Unaffiliated

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09:55	9	71	4	Thomas	Britton	Super Veteran	Male	NONE
09:55	9	72	4	Matt	Thomas	Senior 2	Male	N/a
10:20	10	73	1	Sarah	Stewart	Senior 1	Female	GOG triathlon
10:20	10	74	1	Malcolm	Harrison	Vintage Veteran	Male	GOG triathlon
10:20	10	75	2	Rupert	Moon	Super Veteran	Male	Tumble
10:20	10	76	2	Charlotte	Barrett	Senior 2	Female	GOG triathlon
10:20	10	77	3					
10:20	10	78	3	Sarah	Marriott	Veteran	Female	GOG triathlon
10:20	10	79	4	Margaret	Pennington	Veteran	Female	GOG triathlon
10:20	10	80	4					
10:30	11	81	1	Mark	Roberts	Senior 1	Male	GOG
10:30	11	82	1					
10:30	11	83	2	Nicola	Parry	Senior 2	Female	Llanberis triathlon
10:30	11	84	2	Richard	Smith	Veteran	Male	GOG triathlon
10:30	11	85	3	Wyn	Roberts	Veteran	Male	Prestatyn Running Club
10:30	11	86	3	Evelyn	Heffernan	Veteran	Female	Gog triathalon
10:30	11	87	4	Catie	Griffiths	Senior 2	Female	Anglesey cycling group
10:30	11	88	4	Marie	Barley	Super Veteran	Female	Brereton Wheelers
10:40	12	89	1	Gareth Elwyn	Jones	Super Veteran	Male	CSM
10:40	12	90	1	John	Holmes	Super Veteran	Male	N/A
10:40	12	91	2	Peter	Scoots	Vintage Veteran	Male	none
10:40	12	92	2	Nigel	Bakewell	Super Veteran	Male	Prestatyn Running Club
10:40	12	93	3	James	Astrop	Super Veteran	Male	GOG triathlon
10:40	12	94	3	Leanne	Matthews	Senior 2	Female	GOG triathlon
10:40	12	95	4	Jonathon	Seymour	Senior 2	Male	GOG triathlon
10:40	12	96	4	Brian	Jackson	Super Veteran	Male	None
10:50	13	97	1	Gareth	Foulkes	Senior 2	Male	N/A
10:50	13	98	1	Lucy	Bradley	Senior 2	Female	GOG triathlon
10:50	13	99	2	Richard	Wilyman	Senior 2	Male	Abergele Harriers
10:50	13	100	2	Bob	Blackwell	Vintage Veteran	Male	Black Cat Cycling club
10:50	13	101	3	Dewi	Jones	Senior 2	Male	Dreigiau Dwyfor Triathlon
10:50	13	102	3	Paul	Cheetham	Super Veteran	Male	None
10:50	13	103	4	Gemma	Moore	Senior 2	Female	nwrcc
10:50	13	104	4	Gareth	White	Veteran	Male	Prestatyn Running Club
11:00	14	105	1	Amy	Ryder	Youth	Female	Wrecsam tri
11:00	14	106	1	Brian	Bennett	Veteran	Male	GOG triathlon
11:00	14	107	2	Andrew	Mercer	Senior 2	Male	GOG triathlon
11:00	14	108	2	Scott	Owen	Vintage Veteran	Male	GOG triathlon
11:00	14	109	3	Craig	Rutter	Senior 2	Male	GOG triathlon
11:00	14	110	3	Louise	Davis-Owen	Veteran	Female	None
11:00	14	111	4	Adam	Walker	Senior 2	Male	Wigan Tri Club
11:00	14	112	4	Alec	Aspden	Super Veteran	Male	Beaumaris Town Road Runners
11:10	15	113	1	Brian	Wills	Veteran	Male	
11:10	15	114	1	Allison	Donnelly	Super Veteran	Female	Eryri Harriers
11:10	15	115	2	Catrin	Donnelly	Junior	Female	Menai Track & field
11:10	15	116	2	Claire	Donnelly	Relay	Female	n/a
11:10	15	117	3	Stephan	Clements	Veteran	Male	N/A
11:10	15	118	3	Gethin	Davies	Senior 2	Male	NA
11:10	15	119	4	Ben	Johnston	Senior 1	Male	None
11:10	15	120	4	Simon	Baldwin	Senior 2	Male	GOG triathlon
11:20	16	121	1	Merf	Jones	Super Veteran	Male	GOG triathlon
11:20	16	122	1	Paula	Maguire	Senior 2	Female	GOG triathlon
11:20	16	123	2	Liam	Rickard	Youth	Male	Denbighshire Triathlon Club
11:20	16	124	2	Paul	Hooson	Super Veteran	Male	GOG triathlon
11:20	16	125	3	Darren	Thompson	Super Veteran	Male	None
11:20	16	126	3	Rhiannon	Kamink	Junior	Female	Welsh Triathlon
11:20	16	127	4	Callum	Welman	Senior 1	Male	N/A
11:20	16	128	4	Emily	Williams	Senior 1	Female	N/A
11:30	17	129	1					
11:30	17	130	1	John	Burton	Veteran	Male	no
11:30	17	131	2	Gareth	Bowyer	Veteran	Male	GOG triathlon
11:30	17	132	2	Jack	Smith-Keegin	Senior 2	Male	GOG triathlon
11:30	17	133	3	Sion-kelly	Williams	Senior 1	Male	GOG triathlon
11:30	17	134	3	Arthur	Connell	Senior 2	Male	None
11:30	17	135	4	Tomos	Land	Youth	Male	GOG triathlon
11:30	17	136	4	Sam	Johnson	Junior	Male	GOG Triathlon
11:40	18	137	1	Neil	Vicars-Harris	Veteran	Male	GOG triathlon
11:40	18	138	1	John	d'Albuquerque	Vintage Veteran	Male	GOG triathlon
11:40	18	139	2	Claire	Scoots	Senior 2	Female	GOG triathlon
11:40	18	140	2					

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11:40	18	141	3	Mared	Dafydd	Senior 2	Female	GOG triahtlon
11:40	18	142	3	Rachel	Cook	Senior 1	Female	GOG triahtlon
11:40	18	143	4	Paula	Stevens	Veteran	Female	GOG triahtlon
11:40	18	144	4	Joshua	White	Senior 1	Male	GOG triahtlon
11:50	19	145	1	Chris	Bennett	Super Veteran	Male	GOG triahtlon
11:50	19	146	1	Andy	Jones	Veteran	Male	GOG triahtlon
11:50	19	147	2	Chris	Hopkins	Veteran	Male	GOG triahtlon
11:50	19	148	2	Andrew	Williams	Veteran	Male	GOG triahtlon
11:50	19	149	3	Andy	Ellwood	Veteran	Male	GOG triahtlon
11:50	19	150	3	Rob	Stewart	Veteran	Male	GOG triahtlon
11:50	19	151	4	Ashley	Tomlinson	Senior 2	Male	GOG triahtlon
11:50	19	152	4	Colin	Irving	Super Veteran	Male	GOG triahtlon
12:00	20	153	1	Sion	Hughes	Relay	Male	TEAM HUGHES
12:00	20	154	1	Sion	Jones	Senior 2	Male	GOG triahtlon
12:00	20	155	2	Geran	Hughes	Super Veteran	Male	GOG triahtlon
12:00	20	156	2	Andrew	Brazier	Super Veteran	Male	GOG triahtlon
12:00	20	157	3	Russell	Godwin	Senior 1	Male	GOG triahtlon
12:00	20	158	3	Simon	Cole	Senior 2	Male	GOG triahtlon
12:00	20	159	4	Pete	Borlace	Senior 2	Male	GOG triahtlon
12:00	20	160	4	Greig	Best	Relay	Male	GOG triahtlon