

Start time	Wave	No	Lane	First Name	Surname	Age Group	Gender	Club
08:00	1	1	1	Sarah	Massey	Vet	Female	GOG Triathlon
08:00	1	2	1	Paula	Maguire	Vet	Female	GOG Triathlon
08:00	1	3	2	Geri	Angharad-Evans	Vet	Female	GOG Triathlon
08:00	1	4	3	Rachel	Cook	Senior 1	Female	GOG Triathlon
08:00	1	5	3	Angharad	Lewis	Vet	Female	GOG Triathlon
08:00	1	6	4	Ellie	New	Senior 1	Female	GOG Triathlon
08:00	1	7	4	Paula	Stevens	Vet	Female	GOG Triathlon
08:10	2	8	1	Malcolm	Harrison	Vintage Vet	Male	GOG Triathlon
08:10	2	9	1	Andria	Grove	Vet	Female	GOG Triathlon
08:10	2	10	2	John	Farrell	Super Vet	Male	GOG Triathlon
08:10	2	11	2	Laura	Lambe	Senior 2	Female	GOG Triathlon
08:10	2	12	3	Ceri	Hughes	Vet	Female	GOG Triathlon
08:10	2	13	3	Emma	Hughes-Marshall	Vet	Female	GOG Triathlon
08:10	2	14	4	Heather	Clegg	Super Vet	Female	GOG Triathlon
08:20	3	15	1	Iolo	Owen	Vet	Male	GOG Triathlon
08:20	3	16	1	Sarah	Marriott	Vet	Female	GOG Triathlon
08:20	3	17	2	Sarah	Ellwood	Vet	Female	GOG Triathlon
08:20	3	18	2	Nicola	Tomlinson	Senior 2	Female	GOG Triathlon
08:20	3	19	3	Ali	Barber	Super Vet	Female	GOG Triathlon
08:20	3	20	3	Victoria	Cole	Senior 2	Female	GOG Triathlon
08:20	3	21	4	Stephanie	Conway	Senior 2	Female	GOG Triathlon

08:35	4	22	1	Michelle	Lindfield	Vet	Male	GOG Triathlon
08:35	4	23	1	Llinos	Davies	Super Vet	Female	GOG Triathlon
08:35	4	24	2	Ann	d'Albuquerque	Vintage Vet	Female	GOG Triathlon Club
08:35	4	25	2	Deborah	Robinson	Super Vet	Female	GOG Triathlon
08:35	4	26	3	Wayne	Roberts	Super Vet	Male	GOG Triathlon
08:35	4	27	4	Natasha	Williams	Senior 2	Female	GOG Triathlon
08:35	4	28	4	Peter	Norman	Vintage Vet	Male	Wrexham Tri
09:00	5	29	1	Lisa	Wilkins	Senior 2	Female	None
09:00	5	30	1	Laura	Bence	Senior 2	Female	None
09:00	5	31	2	Daniel	Murray	Senior 1	Male	Help
09:00	5	32	2	Helen	Leather	Super Vet	Female	WRC TRI
09:00	5	33	3	Nicholas	Dinsdale	Vintage Vet	Male	Ribble Valley Triathlon Club
09:00	5	34	3	Suzy	Hooson	Super Vet	Female	GOG Triathlon
09:00	5	35	4	John	Burton	Vet	Male	no
09:00	5	36	4	Megan	New	Vet	Female	GOG Triathlon
09:15	6	37	1	Carys	Lippiatt	Vet	Female	none
09:15	6	38	1	Lynwen	Harris	Senior 2	Female	N/a
09:15	6	39	2	Richard	Simcox	Senior 2	Male	None
09:15	6	40	2	Debbie	Barnett	Vet	Female	None
09:15	6	41	3	Alan	Smith	Vintage Vet	Male	GOG Triathlon
09:15	6	42	3	Jason	Burke	Vet	Male	
09:15	6	43	4	Steffan	Cooling	Senior 2	Male	

09:15	6	44	4	Mandy	Williams	Super Vet	Female	N/A
09:30	7	45	1	Sam	Mayall	Senior 1	Male	N/A
09:30	7	46	1	Billy	Copp	Vet	Male	N/A
09:30	7	47	2	Elen	Parry	Vet	Female	Llanberis Tri
09:30	7	48	2	Rhys	Williams	Senior 2	Male	
09:30	7	49	3	Sion	Williams	Vet	Male	N/A
09:30	7	50	3	Hayley	MacDonald-ones	Vet	Female	Eryri harriers
09:30	7	51	4	Kathryn	Hewitt	Super Vet	Female	None
09:30	7	52	4	Darren	Carter	Senior 2	Male	
09:45	8	53	1	Stephen	Dallas	Vet	Male	Cadence Tri
09:45	8	54	1	Sam	Harris	Vet	Male	Cadence Tri
09:45	8	55	2	James	Astrop	Super Vet	Male	GOG Triathlon
09:45	8	56	2	Phil	Hare	Super Vet	Male	N/A
09:45	8	57	3	Emma	Riley	Senior 1	Female	N/A
09:45	8	58	3	James	Alcock	Senior 1	Male	N/a
09:45	8	59	4	Dave	Kirkby	Super Vet	Male	Eryri
09:45	8	60	4	Caroline	Newton	Senior 2	Female	WRC TRI
09:55	9	61	1	Michael	Knott	Vet	Male	
09:55	9	62	1	Katie	Harvey	Super Vet	Female	
09:55	9	63	2	Lucy	Killen	Vet	Female	Llanberis Triathlon Group
09:55	9	64	3	Pete	Ridding	Vet	Male	Non
09:55	9	65	3	Judith	Owen	Vet	Female	Betsi Runaways

09:55	9	66	4	Bob	Hind	Vintage Vet	Male	
09:55	9	67	4	Peter	Greno	Senior 2	Male	
10:20	10	68	1	Iola	Hughes	Senior 2	Female	
10:20	10	69	1	Susan	Ridings	Vintage Vet	Female	Buckley RunningClub
10:20	10	70	2	Adam	Brightman	Super Vet	Male	None
10:20	10	71	2	Joseph	Littler Jones	Senior 1	Male	None
10:20	10	72	3	Joanne	Darlington	Super Vet	Female	South Cheshire Harriers
10:20	10	73	3	Iain	Myers	Vet	Male	Lions Running Community
10:20	10	74	4	Katharine	Burton	Vet	Female	Chester Triathlon Club
10:20	10	75	4	Barrie	Wells	Vintage Vet	Male	North Wale Road Runners
10:30	11	76	1	David	Price	Vet	Male	Denbighshire Triathlon Club
10:30	11	77	1	Sean	Kell	Youth	Male	Denbighshire Triathlon Club
10:30	11	78	2	Joanne	Jordan	Vet	Female	None
10:30	11	79	2	Kerry	Jones	Relay	Female	N/A
10:30	11	80	3	Kieran	Ward	Senior 1	Male	N/A
10:30	11	81	3	Simon	Dawson	Super Vet	Male	Harlech Triathlon
10:30	11	82	4	Gerwyn	Lewis	Vet	Male	None
10:30	11	83	4	Jane	Doughton	Vet	Female	Cadence Tri
10:40	12	84	1	Margaret	Pennington	Vet	Female	GOG Triathlon
10:40	12	85	1	Andrew	Fawcett	Senior 2	Male	
10:40	12	86	2	Kevin	Slattery	Vintage Vet	Male	North Wales Road Runners
10:40	12	87	2	Steve	Frost	Vet	Male	not attached

10:40	12	88	3	Paul Vaughan	Jones	Vet	Male	
10:40	12	89	3	Craig	Rutter	Senior 2	Male	
10:40	12	90	4	Jenny	Wells	Senior 2	Female	GOG Triathlon
10:40	12	91	4	John	Holmes	Super Vet	Male	None
10:50	13	92	1	Gareth Elwyn	Jones	Super Vet	Male	None
10:50	13	93	1	Annie	Williams	Super Vet	Female	Eryri
10:50	13	94	2	Connie	James	Vet	Female	Denbighshire Triathlon Club
10:50	13	95	2	Norman	Seddon	Vintage Vet	Male	Mersey Tri
10:50	13	96	3	Bob	Blackwell	Vintage Vet	Male	Black Cat Cycling club
10:50	13	97	3	Rhys	Owen	Vet	Male	Betsi runaways
10:50	13	98	4	Bethan	Jones	Senior 2	Female	GOG Triathlon
10:50	13	99	4	Marcia	Archer	Vet	Female	
11:00	14	100	1	Glyn	Rees	Senior 2	Male	
11:00	14	101	1	Evelyn	Heffernan	Vet	Female	GOG Triathlon
11:00	14	102	2	Christopher	Wilkes	Vet	Male	None
11:00	14	103	2	Mark	Jones	Super Vet	Male	None
11:00	14	104	3	Colin	Hunt	Vintage Vet	Male	Wreccsam Tri Club
11:00	14	105	3	Alexandra	Egan	Vet	Female	Pulse Triathlon
11:00	14	106	4	Tom	Blackwell	Senior 2	Male	
11:00	14	107	4	Jenny	Roberts	Senior 2	Female	Capel Curig
11:10	15	108	1	Gareth	White	Vet	Male	Prestatyn Running Club
11:10	15	109	1	Chris	Wynne	Super Vet	Male	GOG Triathlon

11:10	15	110	2	Chris	Van Hessing	Senior 2	Male	RAF Triathlon
11:10	15	111	2	Steven	Kell	Senior 2	Male	Denbighshire Triathlon Club
11:10	15	112	3	Royden	Healey	Super Vet	Male	Denbighshire Triathlon Club
11:10	15	113	3	Josh	Bence	Senior 2	Male	None
11:10	15	114	4	Andrew	Mercer	Vet	Male	None
11:10	15	115	4	Steven	White	Senior 2	Male	Denbighshire Triathlon Club
11:20	16	116	1	Philip	Thomas	Senior 2	Male	N/a
11:20	16	117	1	Allison	Donnelly	Super Vet	Female	Eryri harriers
11:20	16	118	2	Michael	Corrales	Senior 2	Male	Dark Peak Fell Runners
11:20	16	119	2	Stu	Jones	Senior 1	Male	
11:20	16	120	3	Claire	Parsley	Vet	Female	Cadence Tri
11:20	16	121	3	Andy	Bennion	Vet	Male	Wreccsam Tri Club
11:20	16	122	4	Sion	Jones	Senior 2	Male	Llanrwst swim fit
11:20	16	123	4	Gareth	Jones	Vet	Male	
11:30	17	124	1	Sasha	Jones	Senior 2	Female	GOG Triathlon
11:30	17	125	1	Sophie	Horrocks	Senior 1	Female	GOG Triathlon
11:30	17	126	2	Niamh	Merrison	Junior	Female	Tristars Conwy
11:30	17	127	2	Ben	Johnston	Senior 1	Male	
11:30	17	128	3	Darren	Thompson	Super Vet	Male	Prestatyn Running club.
11:30	17	129	3	Ross	Moreton	Senior 1	Male	None
11:30	17	130	4	Catrin	Donnelly	Junior	Female	
11:30	17	131	4	Amelie	Roberts	Junior	Female	Tristars Conwy

11:40	18	132	1	Simon	Baldwin	Senior 2	Male	
11:40	18	133	2	Iona	Roberts	Vet	Female	no
11:40	18	134	3	Jack	Smith-Keegin	Senior 2	Male	GOG Triathlon
11:40	18	135	3	Matt	Thomas	Senior 2	Male	GOG Triathlon
11:40	18	136	4	Kieran	Williams	Junior	Male	Tristars Conwy
11:40	18	137	4	Adam	Harper	Senior 2	Male	Wrecsam Tri Club
11:50	19	138	1	Pete	Borlace	Senior 2	Male	GOG Triathlon
11:50	19	139	1	Sam	Littlewood	Senior 2	Male	RAPTC Triathlon
11:50	19	140	2	ArfArfArfur	Connell	Senior 2	Male	evolution bikes
11:50	19	141	3	Mali	Jones	Junior	Female	Myddelton
11:50	19	142	3	Paul	Carter	Vet	Male	
11:50	19	143	4	Helen	Griffith	Senior 1	Female	
11:50	19	144	4	Dinah	Hazeldine	Super Vet	Female	GOG Triathlon
12:00	20	145	1	John	d'Albuquerque	Vintage Vet	Male	GOG Triathlon Club
12:00	20	146	1	Rob	Stewart	Vet	Male	GOG Triathlon
12:00	20	147	2	Bleddyn	Evans	Vet	Male	GOG Triathlon
12:00	20	148	2	Gavin	Roberts	Senior 2	Male	GOG Triathlon
12:00	20	149	3	Graeme	Tunstall	Vet	Male	GOG Triathlon
12:00	20	150	3	Jonathon	Seymour	Senior 2	Male	GOG Triathlon
12:00	20	151	4	Mared	Dafydd	Senior 2	Female	GOG Triathlon
12:00	20	152	4	Andrew	Ellwood	Vet	Male	GOG Triathlon
12:10	21	153	1	Steffan	Owen	Senior 1	Male	

12:10	21	154	1	Vicky	Ronald	Super Vet	Female	GOG Triathlon
12:10	21	155	2	Brian	Bennett	Vet	Male	GOG Triathlon
12:10	21	156	2	Russell	Godwin	Super Vet	Male	GOG Triathlon
12:10	21	157	3	Sion	Hughes	Relay	Male	GOG Triathlon
12:10	21	158	3	Grant	Falconer	Vet	Male	GOG Triathlon
12:10	21	159	4	Merf	Jones	Super Vet	Male	GOG Triathlon
12:10	21	160	4	Simon	Cole	Senior 2	Male	GOG Triathlon