

Start Time	Wave	No	Lane	Firstname	Lastname	Age Group	Gender	Club
08:00	1	1	1	Carley	Williams	20-29	Female	
08:00	1	2	1	Kathryn	Caine	40-49	Female	
08:00	1	3	2	Rachel	Cook	30-39	Female	
08:00	1	4	2	Rob	Stewart	50-59	Male	GOG Triathlon
08:00	1	5	3	Graeme	Tunstall	40-49	Male	GOG Triathlon
08:00	1	6	3	Nadine	Phillips	40-49	Female	GOG Triathlon
08:00	1	7	4	Grant	Little	40-49	Male	
08:00	1	8	4	Andy	Jones	20-29	Male	GOG Triathlon
08:10	2	9	1	Silja	Iversen	50-59	Female	
08:10	2	10	1	Gemma	Roberts	30-39	Female	
08:10	2	11	2	Pete	Brocklehurst	50-59	Male	GOG Triathlon
08:10	2	12	2	Gerald	Cooper	60-69	Male	Bala
08:10	2	13	3	Heather	Waterson	50-59	Female	
08:10	2	14	3	Vicky	Darby Brown	40-49	Female	GOG Triathlon
08:10	2	15	4	Peter	Norman	80-89	Male	Wreccsam Tri Club
08:10	2	16	4	Andria	Grove	50-59	Female	GOG Triathlon
08:30	3	17	1	Martin	Gill	50-59	Male	Prestatyn Running Club
08:30	3	18	1	Alison	Avies Jones	50-59	Female	GOG Triathlon
08:30	3	19	2	Michelle	Long	50-59	Female	
08:30	3	20	2	Trevor	Jones	40-49	Male	Bala
08:30	3	21	3	Greta	Szwarnog	40-49	Female	GOG Triathlon
08:30	3	22	3	Mel	Hughes	40-49	Female	
08:30	3	23	4	Sandra	Hayes	50-59	Female	
08:30	3	24	4	Natalie	Boyes	50-59	Female	GOG Triathlon
08:50	4	25	1	Nick	Roden	20-29	Male	
08:50	4	26	1	Gwenno	Pugh	30-39	Female	
08:50	4	27	2	Nick	Pearson	50-59	Male	GOG Triathlon
08:50	4	28	2	Nathan	Shakes	20-29	Male	
08:50	4	29	3	Trystan	Lewis	40-49	Male	TTT
08:50	4	30	3	Craig	Smith	50-59	Male	
08:50	4	31	4	Kate	Roe	50-59	Female	GOG Triathlon
08:50	4	32	4	Martyn	Ellis	50-59	Male	Mersey Tri

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09:05	5	33	1	Kerry	Evans	50-59	Female	
09:05	5	34	1	Philip	Jones	30-39	Male	
09:05	5	35	2	Tom	Hughes	50-59	Male	
09:05	5	36	2	Paul	Clayton	50-59	Male	
09:05	5	37	3	Einir	Jones	30-39	Female	
09:05	5	38	3	Ray	Long	50-59	Male	
09:05	5	39	4	Michelle	Roberts	40-49	Female	
09:05	5	40	4	Helen	Gower	50-59	Female	
09:20	6	41	1	Iolo	Owen	50-59	Male	GOG Triathlon
09:20	6	42	1	Wayne	Roberts	60-69	Male	GOG Triathlon
09:20	6	43	2	Tanyia	Astbury	40-49	Female	
09:20	6	44	2	Elliw	Owen	40-49	Female	
09:20	6	45	3	Freya	Simonds	20-29	Female	GOG Triathlon
09:20	6	46	3	Gwennan	Charlton	30-39	Female	GOG Triathlon
09:20	6	47	4	Stephen	Smith	50-59	Male	
09:20	6	48	4	Jack	Hughes	30-39	Male	
09:35	7	49	1	Nadine	Ellis	50-59	Female	Mersey Tri
09:35	7	50	1	Aled	Williams	30-39	Male	
09:35	7	51	2	Trefor	Roberts	50-59	Male	
09:35	7	52	2	Caryl	Williams	30-39	Female	
09:35	7	53	3	Gwenno Lloyd	Jones	40-49	Female	
09:35	7	54	3	James	Alcock	20-29	Male	
09:35	7	55	4	Liz	McIndoe	60-69	Female	GOGs Triathlon Club
09:35	7	56	4	Leigh	Mckendry	50-59	Male	Cadence Tri
09:45	8	57	1	Carl	Williams	30-39	Male	
09:45	8	58	1	Paul	Hooson	60-69	Male	GOG Triathlon
09:45	8	59	2	Pete	Waterworth	30-39	Male	Stafford Triathlon Club
09:45	8	60	2	Dinah	Hazeldine	50-59	Female	GOG Triathlon
09:45	8	61	3	Emma	Sargent	50-59	Female	
09:45	8	62	3	Donna	Hall	50-59	Female	GOG Triathlon
09:45	8	63	4	Jo	Darlington	50-59	Female	South Cheshire Triathletes
09:45	8	64	4	Gwion	Dafydd	30-39	Male	

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10:10	9	65	1	Huw	Slocombe	20-29	Male	
10:10	9	66	1	Mark	Jones	60-69	Male	
10:10	9	67	2	Mark	Kelly	40-49	Male	GOG Triathlon
10:10	9	68	2	Paula	Turner	50-59	Female	GOG Triathlon
10:10	9	69	3	James	Thomas	20-29	Male	GOG Triathlon
10:10	9	70	3	Peter	Doyle	50-59	Male	Hillingdon Triathletes
10:10	9	71	4	Janet Hughes	Janet	50-59	Female	
10:10	9	72	4	Seren Medi	Ashton	40-49	Female	
10:25	10	73	1	Guto	Roberts	40-49	Male	TTT
10:25	10	74	1	Elgan	Roberts	40-49	Male	TTT
10:25	10	75	2	Dan	Jones	20-29	Male	
10:25	10	76	2	Norman	Seddon	70-79	Male	Mersey Tri
10:25	10	77	3	Chris	Ball	40-49	Male	GOG Triathlon
10:25	10	78	3	Michelle	Totterdell	40-49	Female	
10:25	10	79	4	Cat	Perry	50-59	Female	GOG Triathlon
10:25	10	80	4	Barendine	Fourie	40-49	Female	
10:40	11	81	1	Margaret	Pennington	50-59	Female	GOG Triathlon
10:40	11	82	1	Huw	Jones	30-39	Male	
10:40	11	83	2	Joanne	Mckendry	50-59	Female	Cadence Tri
10:40	11	84	2	Aranli	Thomas	40-49	Male	Bala triathlon club
10:40	11	85	3	Daniel	Jones	30-39	Male	Gog Triathlon Club
10:40	11	86	3	Marian	French	50-59	Female	High Peak Triathlon Club
10:40	11	87	4	Amanda	Sellens	30-39	Female	GOG Triathlon
10:40	11	88	4	Meg	Brown	30-39	Female	GOG Triathlon
10:55	12	89	1	Nel	Bere	20-29	Female	
10:55	12	90	1	Cara	Nisbet	30-39	Female	Aberystwyth Athletics Club
10:55	12	91	2	Sian	Olaru-Breakell	30-39	Female	GOG Triathlon
10:55	12	92	2	Peter	Greno	30-39	Male	
10:55	12	93	3	Catrin	Owen	30-39	Female	
10:55	12	94	3	Amanda	Collins	50-59	Female	GOG Triathlon
10:55	12	95	4	Nicola	Tomlinson	40-49	Female	GOG Triathlon
10:55	12	96	4	Deborah	Robinson	50-59	Female	GOG Triathlon

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11:05	13	97	1	Anna	Mills Morgan	40-49	Female	
11:05	13	98	1	Christopher	Wilkes	40-49	Male	Chasewater tri club
11:05	13	99	2	Elgan	Jones	30-39	Male	Chester Triathlon Club
11:05	13	100	2	Brian	Johnson	50-59	Male	Cerist Triathlon Club
11:05	13	101	3	Tom	Bancroft	50-59	Male	GOG Triathlon
11:05	13	102	3	Carla	Lauder	40-49	Female	Harlech Triathlon
11:05	13	103	4	Luca	Page	17-19	Male	
11:05	13	104	4	Gareth	Davies	50-59	Male	
11:15	14	105	1	Dan	Perry	50-59	Male	GOG Triathlon
11:15	14	106	1	Peter	Gilpin	60-69	Male	
11:15	14	107	2	Bridget	Harpwood	40-49	Female	GOG Triathlon
11:15	14	108	2	Caron	Rees Jones	30-39	Male	
11:15	14	109	3	William	Thomas	20-29	Male	GOG Triathlon Club
11:15	14	110	3	Andrew	Jones	50-59	Male	GOG Triathlon Club
11:15	14	111	4	Paul	Withington	50-59	Male	
11:15	14	112	4	Elis	Bere	20-29	Male	
11:25	15	113	1	Marcia	Archer	40-49	Female	
11:25	15	114	1	Ricky	Bushell	50-59	Male	
11:25	15	115	2	Emma	Lloyd-Jones	30-39	Female	GOG Triathlon
11:25	15	116	2	James	Wingfield	60-69	Male	Dyffryn Conwy Paddlers
11:25	15	117	3	Chris	Wynne	50-59	Male	
11:25	15	118	3	Hugh	Griffith	30-39	Male	
11:25	15	119	4	Gary	Thapa	50-59	Male	Cerist Triathlon Club
11:25	15	120	4	Rebecca	Pound	30-39	Female	
11:35	16	121	1	Annon	Annon	40-49	Female	GOG Triathlon club
11:35	16	122	1	Brian	Wills	50-59	Male	Betsi Runaways
11:35	16	123	2	Zane	Badham	50-59	Male	
11:35	16	124	2	David	Herne	60-69	Male	
11:35	16	125	3	Patrick	White	20-29	Male	Cadence Tri
11:35	16	126	3	Matt	Rowlands	20-29	Male	
11:35	16	127	4	David	Rich	50-59	Male	
11:35	16	128	4	Gareth	White	50-59	Male	Prestatyn Running Club

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11:45	17	129	1	Colin	Hunt	70-79	Male	wrecsam tri
11:45	17	130	1	Emma	MacArthur	40-49	Female	Colwyn Bay AC
11:45	17	131	2	Ian	Imeson	60-69	Male	
11:45	17	132	2	Meliss	Everley	40-49	Female	GOG Triathlon Club
11:45	17	133	3	Owain Llyr	Harpwood	30-39	Male	
11:45	17	134	3	Chris	Beardmore	30-39	Male	GOG Triathlon
11:45	17	135	4	Ross	Moreton	20-29	Male	GOG Triathlon
11:45	17	136	4	Amelia	Anderson	20-29	Female	
12:05	18	137	1	Lee	Evans	40-49	Male	GOG Triathlon
12:05	18	138	1	Bethan	Pickering	30-39	Female	SY Tri (Shrewsbury Triathlon)
12:05	18	139	2	Russell	Godwin	50-59	Male	GOG Triathlon
12:05	18	140	2	Malcolm	Harrison	60-69	Male	GOG Triathlon
12:05	18	141	3	Simon	Hall	50-59	Male	GOG Triathlon
12:05	18	142	3	Pab	Maddox	50-59	Male	
12:05	18	143	4	Gwennan	Henstock	40-49	Female	Mold Masters/Buckley Runners
12:05	18	144	4	Jack	Buckley	30-39	Male	GOG Triathlon
12:15	19	145	1	Andy	Raho	30-39	Male	GOG Triathlon
12:15	19	146	1	John	Burton	40-49	Male	Llanrwst Swimfit
12:15	19	147	2	Kameron	Simmons-Sandy	30-39	Male	Cerist Triathlon Club
12:15	19	148	2	Mark	Skelley	30-39	Male	
12:15	19	149	3	Hayley	Turner	30-39	Female	GOG Triathlon
12:15	19	150	3	Llewelyn	Edwards	20-29	Male	
12:15	19	151	4	Julia	Heckenast	30-39	Female	GOG Triathlon
12:15	19	152	4	Russell	Wingfield	20-29	Male	
12:25	20	153	1	Simon	Roxburgh	40-49	Male	GOG Triathlon
12:25	20	154	1	Gethin	Davies	40-49	Male	
12:25	20	155	2	Jonathon	Seymour	40-49	Male	
12:25	20	156	2	Kathryn	Schofield	20-29	Female	Warrington Tri Club
12:25	20	157	3	Phil	Lynes	30-39	Male	
12:25	20	158	3	Pete	Borlace	40-49	Male	Llanrwst Swimfit
12:25	20	159	4	Ben	Shacklady	20-29	Male	GOG Triathlon
12:25	20	160	4	Tomos	Land	20-29	Male	GOG Triathlon