

2024 BIS Llanrwst Sprint Triathlon - 7th July				
#	Wave	Start	firstname	lastname
1	1	08:00	Gareth	Ffowcs Williams
2	1	08:00	Richard	Scamans
3	1	08:00	Gemma	Roberts
4	1	08:00	Johannah	Hughes
5	1	08:00	Heather	Waterson
6	1	08:00	Maddie	Tracey
7	1	08:00	Charles	Simpson
8	1	08:00	Lynwen	Huxtable
9	2	08:20	Nia	Mansell
10	2	08:20	Robert	Brown
11	2	08:20	Guy	Mullarkey
12	2	08:20	William	Wynne
13	2	08:20	Matthew	Simpson
14	2	08:20	Huw	Waters
15	2	08:20	Martin	Jones
16	2	08:20	Paula	Maguire
17	3	08:40	Lowri	Evans
18	3	08:40	Kate	Tyrer
19	3	08:40	Elwyn	Sharps
20	3	08:40	Paul	Clayton
21	3	08:40	Charles	Povey
22	3	08:40	Mathew	Creamer
23	3	08:40	Craig	Smith
24	3	08:40	Trevor	Jones
25	4	08:55	Nick	Pearson
26	4	08:55	Alison	Henderson-Owen
27	4	08:55	Yvette	Adamson
28	4	08:55	Melanie	Sanderson
29	4	08:55	Samantha	Hare
30	4	08:55	Robert	Pritchard
31	4	08:55	Vicky	Darby-Brown
32	5	09:10	Iolo	Owen
33	5	09:10	Lee	Dalton
34	5	09:10	Iwan	ap Trefor
35	5	09:10	Victoria	Whitehead
36	5	09:10	Martyn	Ellis
37	5	09:10	Nadine	Ellis
38	5	09:10	Damian	Sidnell
39	5	09:10	Liz	McIndoe
40	6	09:25	David	Walters
41	6	09:25	Manon	John
42	6	09:25	Philip	Jones
43	6	09:25	Alison	Monks-Roberts
44	6	09:25	Stephen	Cashen
45	6	09:25	Iain	Myers
46	6	09:25	Nicky	Jones
47	6	09:25	Laura	Lambe
48	7	09:40	Rebecca	Knight-Booth

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#	Wave	Start	firstname	lastname
49	7	09:40	Leigh	Mckendry
50	7	09:40	Peter	Waterworth
51	7	09:40	Craig	Jones
52	7	09:40	Eleanor	Burke
53	7	09:40	<b>Mark</b>	<b>Jones</b>
54	7	09:40	<b>Morgan</b>	<b>Hadley</b>
55	7	09:40	<b>Alex</b>	<b>Aldous</b>
56	8	09:50	Dinah	Hazeldine
57	8	09:50	Nick	Denney
58	8	09:50	Kate	Roe
59	8	09:50	Seren Medi	Ashton
60	8	09:50	Peter	Scoots
61	8	09:50	Sam	Francis
62	8	09:50	Tracy	Millward
63	8	09:50	Bethan	Roberts
64	9	10:10	Tom	Cowden
65	9	10:10	Ian	William
66	9	10:10	Ellie	New
67	9	10:10	Marian	French
68	9	10:10	Pete	Brocklehurst
69	9	10:10	Caron	Rees Jones
70	9	10:10	Thomas	Hughes
71	9	10:10	Sam	Evans
72	9	10:10	Sonja	Evans
73	10	10:20	Christopher	Wilkes
74	10	10:20	Anna	Brown
75	10	10:20	Aled	Williams
76	10	10:20	Peter	Gilpin
77	10	10:20	Barrie	Wells
78	10	10:20	Jen	Wells
79	10	10:20	Deborah	Robinson
80	11	10:40	Amanda	Collins
81	11	10:40	Gwenllian	Roberts
82	11	10:40	Gemma	Struthers
83	11	10:40	Simon	Blain
84	11	10:40	Sian	Shepherd
85	11	10:40	Ffion	Evans
86	11	10:40	Alison	Tucker
87	11	10:40	Ben	Lomax
88	12	10:50	Awen	Morgan
89	12	10:50	Paul	Hooson
90	12	10:50	Marielle	Smith
91	12	10:50	Irene	Olding
92	12	10:50	Paula	Turner
93	12	10:50	Gary	Thapa
94	12	10:50	Amanda Lou	Sellens
95	12	10:50	Paul	Francis
96	13	11:00	Sophie	Jones

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#	Wave	Start	firstname	lastname
97	13	11:00	Chris	Morris
98	13	11:00	Lizzie	Irvine
99	13	11:00	John Rhys	Owen
100	13	11:00	Hannah	Kenworthy
101	13	11:00	Susan	Ennis
102	13	11:00	David	Herne
103	13	11:00	David	Rich
104	14	11:10	Moyna	ONeill
105	14	11:10	Melissa	Ward-Williams
106	14	11:10	Sian	Olaru-Breakell
107	14	11:10	Phil	Tracey
108	14	11:10	Hugh	Griffith
109	14	11:10	Paula	Stevens
110	14	11:10	Miklos	Biro
111	14	11:10	Tom	Bancroft
112	15	11:20	Bronwyn	Griffith
113	15	11:20	Martin	Burton
114	15	11:20	Donna	Hall
115	15	11:20	Tracey	Haseldine
116	15	11:20	Chris	Bradley
117	15	11:20	Gwenno Lloyd	Jones
118	15	11:20	Ali	Barber
119	15	11:20	Ian	Imeson
120	16	11:30	Darren	Thompson
121	16	11:30	Sam	Griffith
122	16	11:30	Anna	John
123	16	11:30	Rose	Mincher
124	16	11:30	Helen	Morgan
125	16	11:30	Colette	Price
126	16	11:30	Malcolm	Harrison
127	16	11:30	Lynne	Griffiths
128	17	11:40	Hayley	Turner
129	17	11:40	Steven	Diboll
130	17	11:40	Mared	Pari
131	17	11:40	Dave	Barnes
132	17	11:40	Stephen	Owen
133	17	11:40	Russell	Godwin
134	17	11:40	Richard	Wilyman
135	17	11:40	Oshi	Adey
136	18	11:50	Catrin	Donnelly
137	18	11:50	Julia	Heckenast
138	18	11:50	Kathryn	Schofield
139	18	11:50	Ifan	Jones
140	18	11:50	Paul	Manington
141	18	11:50	Pete	Borlace
142	19	12:00	Jacob	Welsh
143	19	12:00	Daren	Haseldine
144	19	12:00	Ioan	Wellsbury

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#	Wave	Start	firstname	lastname
145	19	12:00	Brandon	Edwards
146	19	12:00	Emily	Hanlon
147	19	12:00	Luca	Page