

Dyfi Dash 2022 Start List

Please go pool side **20 minutes** before your wave time, Wave 1 **10 minutes** before.

Wave	Start Time	Bib	FirstName	Last Name	Age Cat	Club
1	9.00	1	Lauren	WATTS	FO	Cerist Triathlon Club
		2	Freya	THAPA	FY	
		3	Jan	DAVIES	F50	
		4	Charlotte	MANN	FO	
		5	Anke	CUPOK	F50	
		6	Rachel	KENNEDY	F40	
2	9.10	7	Sian	STACEY	FO	Cerist Triathlon Club
		8	Fiona	CLOUGH	F60	
		9	Eirlys	BELL	F40	
		10	Mandy	PILCHER	F50	
		11	Helen	OVENS GWYNNE	RELAY	
		12	John	HUGHES	M50	
3	9.20	13	Micky	COPEMAN	M50	Cerist Triathlon Club
		14	Laura	COPEMAN	FO	
		15	Matthew	CREEL	M40	
		16	Brett	KORSHAVEN	M50	
		17	Henry	LOXDALE	MO	
		18	Jessica	THOMAS	FO	
4	9.30	19	Diane	THOMAS	F50	Cardiff Triathlon Club
		20	Behan	ANTHONY	M40	
		21	Annabelle	LEPAGE	F50	
		22	Joe	DOWNIE	M40	
		23	Martin	TRANTER	M40	
		24	Rhys	JONES	MO	
5	9.40	25	George	PITCHER	MO	GOG Triathlon Club GOG Triathlon Club
		26	Deborah	ROBINSON	F50	
		27	Dinah	HAZELDINE	F50	
		28	Hugo	RATTENBURY	MO	
		29	Clare	DONNISON	F50	
		30	Penny	COLLEY	F50	
6	9.50	31	Elinor	MORGAN	FO	Wrecsam Tri Club
		32	Peter	NORMAN	M80	
		33	Steve	HAMER	M40	
		34	Kathryn	JONES	F40	
		35	Jemma	PENNINGTON	FO	
		36	Helmut	HARDT	M50	
7	10.00	37	Milly	JERMAN	FO	Cerist Triathlon Club GOG Triathlon Club
		38	Polly	WILLIAMS	RELAY	
		39	Elwyn	JONES	M70	
		40	Ali	BARBER	F50	
		41	Bronwen	KENNEDY	FY	
		42	Rosie	JENNINGS	FY	

8	10.10	43	Alex	HAMER	MO	
		44	Pamela	CARTER	F40	Sarn Helen
		45	Wendy	JONES	F60	
		46	Diane	JOBSON	F50	Cleveland Triathlon Club
		47	Stephen	COE	MO	
		48	Hywel	LLOYD	MO	
9	10.20	49	Maggie	COLLINGBORN	F50	Ystwyth CC
		50	Bethan	WYN WILLIAMS	FO	
		51	John	ROBERTS	M60	
		52	Carly	HUGHES	FO	Cerist Triathlon Club
		53	Huw	MORGAN	RELAY	
		54	Dallas	WISEMAN	M50	Sarn Helen
10	10.30	55	Garry	JONES	M50	
		56	Gethin	PRICE	RELAY	
		57	Charles	COWAN	M70	INTRtri
		58	Owain	HARPWOOD	MO	
		59	Juliet	EDWARDS	F60	Cerist Triathlon Club
		60	Adrian	HEDGLEY	RELAY	
11	10.40	61	Philip	BIRD	M40	
		62	Helen	OWEN	F50	
		63	Joe	SMYTH	MO	
		64	Kirsty	GETHIN	F50	
		65	Neil	HAINES	M50	
		66	Dylan	ROBERTS	M50	
12	10.50	67	Gethin	JONES	M40	
		68	Andrew	SHERLOCK	M50	
		69	Aranli	THOMAS	M40	GOG Triathlon Club
		70	Mike	PITCHER	M50	
		71	Patrick	DANIEL	MO	
		72	Pete	JERVIS	MO	Total Tri Training
13	11.00	73	Martin	MASKELL	M50	
		74	Andre	MARSH	M50	INTRtri
		75	Darren	PAYNE	RELAY	
		76	Paul	TEAKLE	M40	
		77	Dilwyn	GRIFFITHS	M40	Cerist Triathlon Club
		78	Marc	JONES	MO	
14	11.10	79	Malcolm	HARRISON	M60	GOG Triathlon Club
		80	Ian	TOMLEY	M50	
		81	Michael	ALEXANDER	M40	
		82	Huw	LEWIS	M40	
		83	Paul	JENNINGS	M50	Teme Valley Tri
		84	Kara	TRANTER	FO	
15	11.20	85	David	ROBERTS	M40	
				SIMMONS-		
		86	Kameron	SANDY	RELAY	
		87	Dylan	ROBERTS	MO	Wrecsam Tri Club
		88	Gary	TAGGART	M60	Cerist Triathlon Club
		89	Rikki	BARRATT	MO	

		90	Ruth	FLATMAN	F40	INTRtri
16	11.30	91	David	GETHIN	M50	INTRtri
		92	Darren	JARMAN	M40	SY Tri
		93	Stephen	OWEN	M40	
		94	Marc	GEORGE	M40	Cerist Triathlon Club
		95	Owain	SCHIAVONE	M40	
		96	Dafydd	DAVIES	M40	