

Race No.	Name	Surname	Start Time*	Pool Side**
1	Stuart	GEORGE	09:00	08:50
2	Michael	SAN		
3	Kathryn	OAKES		
4	Rachel	RICHARDS		
5	Louise	GODWIN		
6	Charlotte	MANN		
7	Lynwen	HUXTABLE	09:20	08:50
8	Damian	SIDNELL		
9	Nia	LLOYD		
10	Corinna	ROBINSON		
11	Gareth	DAVIES		
12	Lowri	EVANS		
13	Isobel	CONIBEAR	09:35	09:15
14	Relay - Curly Worley			
15	Lynne	GRIFFITHS		
16	Moss	INNS		
17	Kellie	DAVIES		
18	Charlotte	PRIDDY		
19	Elwyn	JONES	09:50	09:30
20	Cara	MARETT		
21	Billie	ATKINS		
22	Heulwen	LLOYD		
23	Penny	COLLEY		
24	Relay - Dal Ati			
25	Maddie	TRACEY	10:04	09:45
26	Cerith	MORGAN		
27	Maggie	COLLINGBORN		
28	Irene	GRIFFITHS		
29	Julia	LIEBESCHUETZ		
30	Ali	GREELEY		
31	Victoria	EVANS	10:17	10:00
32	Zoe	HOBBS		
33	Martin	TRANTER		
34	Jamie	MAYERS		
35	Juliet	EDWARDS		
36	Dylan	BENJAMIN		
37	Paul	GOUGH	10:28	10:10

38	David	JARMAN		
39	Catriona	SAN		
40	Heulwen	DAVIES		
41	Clare	DONNISON		
42	Dave	DOWDING		
43	Jess	THOMAS	10:39	10:20
44	Hannah	OGG		
45	Chloe	EVANS		
46	Stephen	COE		
51	Megan	JONES		
48	Claire	WILLIAMS		
49	Laura	MUNDY	10:50	10:30
50	Relay - Team NFT			
47	Gail	CREED		
52	Rob	FRANCIS		
53	Elinor	MORGAN		
54	Rhys	FRANCIS-HOPKINS		
55	Daniel	COOKE	11:00	10:40
56	Philip	BIRD		
57	Nick	DAWSON		
58	Ffion	EVANS		
59	Darren	MIDDLETON		
60	Carla	LAUDER		
61	Megan	MEREDITH	11:10	10:50
62	Pamela	CARTER		
63	Nadine	PHILLIPS		
64	Cal	LAWLOR		
65	Andre	MARSH		
66	Hywel	LLOYD		
67	Rebecca	OWEN	11:19	11:00
68	Elly	BLACKWELL		
69	Gwyn	STACEY		
70	Julien	BRUN		
71	John	ROBERTS		
72 / 73	Relay - Cadno Clettwr	Dylan LEWIS		
74	Joe	BUSHELL	11:27	11:10
75	Abbey	BONNER		
76	Helz	TAYLOR		

77	Line	MACAIRE		
78	Malcolm	HARRISON		
79	Dean	COLMAN		
80	Simon	BARKER	11:35	11:15
81	Gethin	PRICE		
82	Frank	VAUGHAN		
83	Scott	TOMPSETT		
84	David	GETHIN		
85	Ben	GETHIN		
86	David	EVERSHED	11:44	11:25
87	Jamie	LLOYD		
88	Siwan	MITCHELMORE		
89	Anita	SAYCELL		
90	Gary	TAGGART		
91	Rhys	JONES	11:52	11:30
92	Gary	CARTWRIGHT		
93	Daniel	WARRENDER		
94	Taliesin	COOMBES		
95	Mike	GLEESON		
96	Karl	BONNER	12:00	11:40
97	Relay - Barbarehans			
98	Stephen	OWEN		
99	Matthew	DAVIES		
100	Peter	JERVIS		

* Start times approximate - you may be asked to start earlier or later that stated!

** Please be ready to go pool side at the stated time, wait to be called from the pool entrance to have your timing chip fitted.