

Bib No.	First name	Last name	Swim Time*	Pool Side**
1	Wendy	Thomas	09:00	08:50
2	Verity	Pugh		
3	Jake	Metcalfe		
4	katie	gwynne hughes		
5	madeleine	gwynne hughes		
6	Teithwyr Talybont			
7	lauren	gwynne hughes	09:20	08:50
8	john	gwynne hughes		
9	Deian	Creunant		
10	Lowri	Norrington-Davies		
11	Iwan	Pinder		
12	Elwyn	Jones		
13	Lynwen	Huxtable	09:40	09:20
14	Peter	Ingram		
15	Rosie	Jennings		
16	Ice Tri			
17	Steven	Jones		
18	Garmon	Nutting	09:54	09:34
19	Adam	Gethin		
20	Kirsty	Gethin		
21	Nikki	Jarman		
22	Teifion	Davies		
23	Alun	Gwynne		
24	Frank	Szablewski	10:05	09:45
25	Gary	Taggart		
26	Ian	Brown		
27	Danielle	Kirk		
28	Jamie	Mayers		
29	Josh	Quigley		
30	Carl	Mincher	10:16	09:56
31	Siwan	Parry		
32	Damian	Sidnell		
33	Tomos	Brickley		
34	Jonathan	Turner		
35	Dinah	Hazeldine		
36	Ian	Owens	10:26	10:06
37	Heledd	Davies		
38	Gary	Jones		
39	Jessica	Thomas		
40	Julie	Rymond		

41	Rob	Francis	10:36	10:16
42	Neve	Evans		
43	Frankie	Vaughan		
44	Stephanie	Land		
45	Trevor	Jones		
46	Nia	Dunseath		
47	Chloe	Evans	10:45	10:25
48	Jonathan	Harrison		
49	Philip	BIRD		
50	Robbie	Lloyd		
51	Angelika	Bajus		
52	James	Raymond		
53	Paul	Gough	10:54	10:34
54	Ian	Tomley		
55	Dean	Colman		
56	The Yorkshire Tea Party			
57	Dylan	Jones		
58	Andre	Marsh		
59	Carys	Breeze	11:03	10:43
60	Mark	Roberts		
61	Tomos	Davies		
62	Joseph	Rymond		
63	Robin	Shaw		
64	Sean	Turner		
65	Sion	Ewart	11:11	10:51
66	Carwyn	Owen		
67	Tim	Whittal-Williams		
68	Phil	Evans		
69	Hannah	Ogg		
70	Marc	Richards		
71	Malcolm	Harrison	11:19	10:59
72	john	rich		
73	Hannah-Mae	Samson		
74	Dafydd	Evans		
75	Holly	Hadfield		
76	Sarah	Easter		
77	Rhys	Evans	11:27	11:07
78	Janos	Vranek		
79	Angus	Dunseath		
80	Dewi	Jones		
81	Dave	Smith		

82	Elly	Blackwell		
83	eleanor	davies	11:35	11:15
84	Dannie	Hayes		
85	Alaw	Davies		
86	Aaron	Rodway		
87	David	Jacobs		
88	Gethin	Price		
89	Stephen	Owen	11:42	11:22
90	Andrew	Gittins		
91	Dave	Gethin		
92	Darren	Jarman		
93	Gary	Cartwright		
94	Joseph	Bushell		
95	Bryan	Allen	11:50	11:30
96	Swim Bike Gareth			
97	Swim > Bike > Ed			
98	Simon	Watson-smith		
99	Lydia	Hughes		
100	Jamie	Lloyd	11:57	11:37
101	Paul	Jennings		
102	Rhys	Jones		
103	Taliesin	Coombes		
104	Dave	Coates		
105	Ben	Gethin		

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

**Please be ready to go pool side 20 minutes ahead of your allocated swim time (8:50 for the first 2 waves), wait to be collected from the pool entrance to have your timing chip fitted