



# 2019 Certified Courses

## Sports Apprenticeships

Ian Shaw Harriet Leek Melanie Woolls Alex William Griffiths Darren Lake Deanna Davies Samuel Brown Victoria Evans-Barnfield Daniel Chilcott Brogan Walkley Corey Dainty Dean Bradley Keri Hughes Marcus Jones Tom Morgan Matthew Thomas Conor Vincent Mike Hartley Steven Cullen James Hartley Liam McCormack Daniel Lee Hill Xavier Manaseitava Dorian Krzemien Luke Harris Jade Louise Rees Brett Jones Jonathan Lock Sam Davies Gareth Hooper Rob Graham Stefanie Reid Tatum Price Catherine Gallagher Geraint Llewellyn Darren Vick Jody Tidball Laura Howells Richard Hier Mike Hartley Steven Cullen Robert Grapes Kyle Paylor Dan Owen Callum Barrand Shane Riley James Hartley Jon Shorland Sarah Brown Rhys Thomas Gareth Parkman Sophie Price Ian Higgins Steven Tallis Ian Kitley Jonathan William Armitage Nikki Yapp Justin Edwards Josh Rajai-Navidi Mike Emery Ian Shaw Joe Thomas Chris Davies Matthew Salter Sally Hughes Jon Shorland Ajay SharmaRichard Hier. Matthew Mallett John Davies Russell Wigley Gareth Fernquest Scott Mathue Askew Jeffery Smith James Cadmore Simeon Brunker Jonathan Orgee Matthew Arthur Stuart John Probert Benjamin James Day Steven Clatworthy John Cook Mark Mills Alex William Griffiths Carlene Hughes Ivor Anthony Michelle Alparslan Jordan Smith Rhydian Jones Rhian Whitcombe Gabrielle Richards Jayne Morgan Joanne Morgan Scott Rastaitis Dawn Morris Nathan Bennett Jayne Morgan Geraint Morgan Rachel Greenstreet Scott Lyons Stefan Johnson Dale Coles Scott Conaty Carly Vincent Carol Scott Karen Brown Gabrielle Richards Donna Freebury Michael Toye Jason Brown Phil Jones Ryan George Shannon McDonnell Christopher Thomas Sara Treharne Rhodri Thomas Rachael Perry Motin Mastafa Sadie Leigh Hibbert Bethan Pryor Tasia Stephens Paul Caulfield Zoe Hodgkinson Matthew Esseen Gavin Haste Christopher Thomas Rhodri Thomas Kieran Hawkins Charlotte Burt Scott Hillman Ethan Cavanagh Calum Murray Lloyd Walker Carol Scott Gwyneth Jones Nicola Rix Levi Jenkins Sam Davies Ben Cole-Edwards James Jones Tyler Price Ranu Begum Mumena Begum Joel Cantelo Dale Stewart Matthew Stevens Jack William Marsh McCauley Britton Gary Bowen-Thomson Jodie Smith Otis Williams Lauren Green Rosanna Marshall Nathan Gibbons Jessica Jones Alex Webber Hannah Bowen Salina Choudhury Sian Davey Blake Roberts Joshua Skinner Jade Duke Rhodri Thomas Sam Smout Nia Thomas Aaran Hughes Rhian Thomas Helen Dix Ffion Mair Jones Cari-An Roberts Harriet Leek Curtis Patel Liza Dones Rachael Lewis Lisa Reed Rhian Marie Clarkson Kathryn Watkins Huw Steadman Myfanwy Megan Daniels Donna Harris Steven Jones James Jones Mathew Ashong Greg Allen Luke Parkes Lloyd Thomas Scott Hancock Naomi Owen Samantha Jones Brendan Drake Nikki Furness-Jones Johanne Edwards Samuel Thomas Samuel Thomas Melanie Woolls Daniel Trowbridge Catherine Francis Mario Filipe Dione Mary Preece David Matthew Thorington Darren Lake Lee Bull Brian Edwards Georgia Kate Haines Gareth Thomas Danni Griffiths Alun Tame Ryan Thomas Zsuzsanna Florian Vicky Trigg Gavin Thornton Benjamin Thomas Danny Stoyles Chloe Phillips Samuel Brown Vincent Wayne Patrick Murphy Gary West Darcy Harris Tyler Ian Shaw Harriet Leek Melanie Woolls Alex William Griffiths Darren Lake Deanna Davies Samuel Brown Victoria Evans-Barnfield Daniel Chilcott Brogan Walkley Corey Dainty Dean Bradley Keri Hughes Marcus Jones Tom Morgan Matthew Thomas Conor Vincent Mike Hartley Steven Cullen James Hartley Liam McCormack Daniel Lee Hill Xavier Manaseitava Dorian Krzemien Luke Harris Jade Louise Rees Brett Jones Jonathan Lock Sam Davies Gareth Hooper Rob Graham Stefanie Reid Tatum Price Catherine Gallagher Geraint Llewellyn Darren Vick Jody Tidball Laura Howells Richard Hier Mike Hartley Steven Cullen Robert Grapes Kyle Paylor Dan Owen Callum Barrand Shane Riley James Hartley Jon Shorland Sarah Brown Rhys Thomas Gareth Parkman Sophie Price Ian Higgins Steven Tallis Ian Kitley Jonathan William Armitage Nikki Yapp Justin Edwards Josh Rajai-Navidi Mike Emery Ian Shaw Joe Thomas Chris Davies Matthew Salter Sally Hughes Jon Shorland Ajay SharmaRichard Hier. Matthew Mallett John Davies Russell Wigley Gareth Fernquest Scott Mathue Askew Jeffery Smith James Cadmore Simeon Brunker Jonathan Orgee Matthew Arthur Stuart John Probert Benjamin James Day Steven Clatworthy John Cook Mark Mills Alex William Griffiths Carlene Hughes Ivor Anthony Michelle Alparslan Jordan Smith Rhydian Jones Rhian Whitcombe Gabrielle Richards Jayne Morgan Joanne Morgan Scott Rastaitis Dawn Morris Nathan Bennett Jayne Morgan Geraint Morgan Rachel Greenstreet Scott Lyons Stefan Johnson Dale Coles Scott Conaty Carly Vincent Carol Scott Karen Brown Gabrielle Richards Donna Freebury Michael Toye Jason Brown Phil Jones Ryan George Shannon McDonnell Christopher Thomas Sara Treharne Rhodri Thomas Rachael Perry Motin Mastafa Sadie Leigh Hibbert Bethan Pryor Tasia Stephens Paul Caulfield Zoe Hodgkinson Matthew Esseen Gavin Haste Christopher Thomas Rhodri Thomas Kieran Hawkins Charlotte Burt Scott Hillman Ethan Cavanagh Calum Murray Lloyd Walker Carol Scott Gwyneth Jones Nicola Rix Levi Jenkins Sam Davies Ben Cole-Edwards James Jones Tyler Price Ranu Begum Mumena Begum Joel Cantelo Dale Stewart Matthew Stevens Jack William Marsh McCauley Britton Gary Bowen-Thomson Jodie Smith Otis Williams Lauren Green Rosanna Marshall Nathan Gibbons Jessica Jones Alex Webber Hannah Bowen Salina Choudhury Sian Davey Blake Roberts Joshua Skinner Jade Duke Rhodri Thomas Sam Smout Nia Thomas Aaran Hughes Rhian Thomas Helen Dix Ffion Mair Jones Cari-An Roberts Harriet Leek Curtis Patel Liza Dones Rachael Lewis Lisa Reed Rhian Marie Clarkson Kathryn Watkins Huw Steadman Myfanwy Megan Daniels Donna Harris Steven Jones James Jones Mathew Ashong Greg Allen Luke Parkes Lloyd Thomas Scott Hancock Naomi Owen Samantha Jones Brendan Drake Nikki Furness-Jones Johanne Edwards Samuel Thomas Samuel Thomas Melanie Woolls Daniel Trowbridge Catherine Francis Mario Filipe Dione Mary Preece David Matthew Thorington Darren Lake Lee Bull Brian Edwards Georgia Kate Haines Gareth Thomas Danni Griffiths Alun Tame Ryan Thomas Zsuzsanna Florian Vicky Trigg Gavin Thornton Benjamin



# Foreword

MPCT, since its conception, has for me confirmed that people from all types of backgrounds and at all ages can, and do succeed in the right environment. It has been my privilege, to witness our people take ownership of their own professional development to become industry professionals in their own right. Our training provides employees with the skills and knowledge to flourish in their chosen industry, while supporting employers to exceed the needs of their business.

The course calendar outlines the planned and detailed approach that MPCT takes in delivering our suite of accredited courses for 2019. The wide range of courses available from MPCT demonstrates our commitment to exceeding our partners' expectations, while ensuring that we place our apprentice at the heart of all our training.

As an apprentice with MPCT you will be able to achieve industry qualifications that will help you progress in your chosen career. As an apprentice with MPCT you will be supported, guided and nurtured at every stage of your learning programme. This will ensure that all learning experiences are worthwhile, and support your continued professional development.

Since our very first programme in 1999 we have continued to develop our curriculum, our pedagogy and our people to ensure that MPCT have the skills and the tools to support people at all stages of their career through a positive, active learning programme. We aim to build upon the work which has already been achieved by each apprentice, and provide opportunities to gain accredited qualifications, experience and reach a higher level through sport and active leisure.

Our approach has been recognised as best practice by Ofsted, where we were judged as outstanding across all areas. In addition to this, we have recently been recognised by TES' prestigious award, Training Provider of the Year 2017.

Huw Lewis MBE

Managing Director MPCT



## Employer benefits

**88%**

of employers who employ apprentices believe that apprenticeships lead to a more motivated and satisfied workforce

**92%**

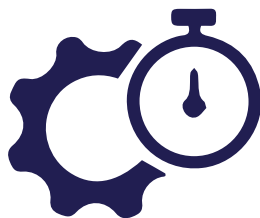
of our apprentices achieve framework completion this is sector leading - its the highest in Wales

**81%**

of businesses say that apprentices make their workplace more productive



Apprenticeships ensure that your workforce has the practical skills and qualifications your organisation needs now and in the future



They increase productivity, improve competitiveness and apprenticeships lead to committed and competent workforce that understands your business

## Awards

Award winning training delivery on apprenticeship courses from the TES Training Trovider of the Year 2017



TRAINING  
PROVIDER OF  
THE YEAR 2017



Claim up to  
**£3,500**  
per apprentice

Over  
**100,000**

employers throughout the UK offer  
apprenticeship places in over 190  
job roles across a wide range of sectors

**83%**

of employers who employ apprentices rely on their  
apprenticeship programmes to provide the skilled  
workers that they need for the future

**81%**

of consumers favour using a company  
which takes on apprentices



The mixture of on and off job learning ensures they learn  
the skill that work best for your business



Over 130,000 companies offer apprentice places throughout  
the UK because they understand the benefits that  
apprentices bring to their business

## Employee benefits

- ✓ Career progression
- ✓ Expert tuition
- ✓ Qualifications
- ✓ Earn while you learn
- ✓ Job satisfaction
- ✓ Experience





## Exercise and Fitness

### The Framework

The Foundation Apprenticeship in Exercise and Fitness is designed for those individuals who are either already employed in the fitness industry or who are looking to enter the industry and further develop their knowledge and skills to progress within the sector. The framework is also suitable for those wishing to change career after having worked in a different sector.

The Apprenticeship in Exercise and Fitness is designed for those who already work in the health and fitness industry and wish to continue their professional development as well as for those who wish to enter the sector in a supervisory/managerial role. The framework is also suitable for those wishing to change career after having worked in a different sector, entering this sector changing their hobby into a job.



## YMCA Level 2 Certificate in Gym Instructing

10 Days off the job training

The aim of this qualification is to develop the knowledge and skills of learners so they can engage, facilitate, educate and support clients in a gym or health club environment. On successful completion of this qualification learners will be able to seek employment and perform competently as a Level 2 Gym Instructor

### **This qualification is mapped directly to:**

The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) professional standards for a Gym Instructor and The Register of Exercise Professionals National Occupational Standards for Level 2 Certificate in Fitness Instruction (Gym)

Entry requirements:  
None



## YMCA Level 3 Diploma in Personal Training (Practitioner)

10 Days off the job training

This qualification is suitable for learners holding a Level 2 qualification in Gym Instruction or equivalent who wish to progress to a career as a professional Personal Trainer on an employed or self-employed basis.

### **This qualification is mapped directly to:**

The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) professional standards for a Personal Trainer and The Register of Exercise Professionals National Occupational Standards for Level 3 Certificate in Personal Training.

Entry requirements:  
Level 2 Certificate in Instructing fitness or equivalent







*"Porthcawl health and fitness club have been in partnership with MPCT for 5 years where we have helped enthusiastic employees to become either class instructors level 2 or personal trainer qualification level 3. MPCT has helped me develop my staff to a very high standard. We now more classes to more members than ever before. I highly recommend apprenticeships with MPCT as a way to grow your business."*

**Gareth Charnock,  
Porthcawl Health and Fitness.**





### Level 2 Award in Instructing Suspended Movement Training

1 Day  
£150

This qualification is aimed at qualified fitness instructors and personal trainers wishing to acquire the additional knowledge and competencies required to plan and deliver safe and effective suspended movement training sessions.

#### Courses scheduled for 2018

18th April 2019  
18th July 2019  
28th November 2019



### Level 2 Award in Instructing Group Indoor Cycling

1 Day  
£150

This qualification is aimed at qualified fitness instructors and personal trainers wishing to design and deliver safe and effective group indoor cycling sessions.

#### Course schedule TBC

21st January 2019  
16th April 2019  
16th July 2019  
26th November 2019



### Level 2 Award in Instructing Kettlebell Training Sessions

1 Day  
£150

This qualification is aimed at qualified fitness instructors and personal trainers wishing to acquire the additional knowledge and competencies required to plan and deliver safe and effective kettlebell exercises and training sessions.

#### Course schedule TBC

17th April 2019  
17th July 2019  
27th November 2019





*"MPCT is a fantastic training provider providing people of all ages the opportunity to work and develop in the sport and active lesiure industry."*

**Chris Morgan,  
Unique Fitness**



## YMCA Level 2 Award in Instructing Circuit Training Sessions

1 Day  
£295 (free to apprentices)

The aim of this qualification is to provide those learners who already possess a valid fitness instructor qualification with the additional knowledge; understanding and skills required to plan and instruct group circuit training sessions.

The content therefore reflects the competencies required to become a safe and effective group circuit training instructor

### Courses scheduled for 2018

22nd January 2019  
15th April 2019  
15th July 2019  
25th November 2019



## Level 2 Award in Studio Resistance Training

Available on Request

This qualification is aimed at individuals wishing to design and deliver safe and effective studio resistance training sessions.

### **The first step**

to solving your immediate or long-term training challenges is to contact our advisors today: call us on 0330 111 3939 or email [enquiries@mpct.co.uk](mailto:enquiries@mpct.co.uk)







## Sports Development

### The Framework

This apprenticeship framework provides a vocational pathway into the profession of sports development. The framework will ensure there are people with the organisational skills and political and social awareness to succeed in this important part of the sport and active leisure industry.

This apprenticeship can provide a progression opportunity for apprentices on a Foundation Apprenticeship or Pathways to Apprenticeship programme as well as progression for those already working in the sector.

This programme is also suitable for those who wish to change their careers and retrain to enter the sector at this level. Many people who work in sports development will be expected to hold a degree level qualification. This framework provides a pathway in to the sector for situations where the vocational route is appropriate and could be particularly useful for apprentices who have been former recipients of sports development services and become leaders or coaches before wishing to progress to a sports development role.



## 1st4sport Level 2 Certificate in Coaching (Sport and Physical Activity)

The 1st4sport Level 2 Certificate in Coaching (Sport and Physical Activity) provides learners aged 14 and over with the skills and knowledge to be able to plan, deliver and evaluate linked and progressive coaching sessions with the potential to seek employment in a coaching role.

Successful achievement of the qualification enables learners to apply the principles of safe and effective sport and physical activity sessions to a group of participants through the delivery of a series of coaching sessions. Successful

learners will develop an understanding of appropriate coaching skills and knowledge to be able to plan, deliver and evaluate coaching sessions. This qualification has replaced the 1st4sport Level 2 Award in the Principles of Coaching Sport and is aligned to the UK Coaching Common Coaching Content

### Courses scheduled for 2019

11th-14th of February 2019  
4th, 11th, 18th August 2019



## Level 3 Certificate in Sports Development

The Edexcel Level 3 Certificate in Sports Development is for learners who work in, or want to work in, sports development.

### Courses scheduled for 2019







“Newport Live’s partnership with MPCT had been invaluable over the last number of years, in training and supporting our workforce through a wide range of qualifications such as Gym Instructor and 1st 4 Sport qualifications. The qualifications have upskilled and enabled us to improve what we deliver across the City, in line with our vision, to Inspire People to be Happier and Healthier.”

Leigh Williams,  
Newport Live, Sport and Physical Activity Development Officer



In the true spirit of apprenticeships MPCT continually aims to exceed the expectations of apprentices and employers alike. One way that we do this is offer a range of additional professional courses to help apprentices to progress in their chosen industry.



### Level 3 Certificate in Assessing Vocational Achievement

Available on request

This certificate is for those who assess both occupational competence in the workplace and vocational skills, knowledge and understanding in the classroom or training environment.



### Certificate in Leading the Internal Quality Assurance of Assessment Processes and Practice

Available on request

This qualification is aimed at individuals who are directly involved in the internal quality assurance of assessors and assessment, and in addition hold the responsibility to manage the centre or other internal quality assurers.



### HABC Emergency First Aid at Work

Available on request

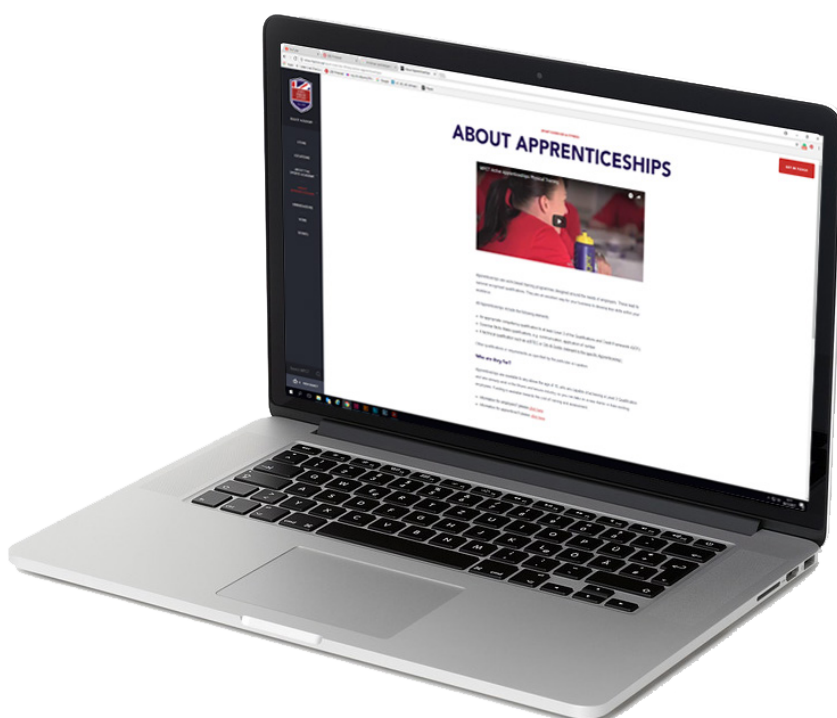
The aim of this qualification is to recognise the skills, knowledge and competences needed for an individual to administer emergency first aid in the workplace.



### Level 3 Award in Education and Training

Available on request

This qualification provides an introduction to teaching. It can meet the needs of a range of trainee teachers.







The Register of Exercise Professionals

REPs provides assurance and confidence to the public and employers that all professionals on the Register are appropriately qualified and have the knowledge, competence and skills to perform their role effectively.

## **Professional Standards**

MPCT Sports Apprenticeship staff are committed to their on-going professional development in order to remain current with industry trends. All staff are actively engaged in sport and active leisure and understand what it takes to be successful.

## **Responsibilities**

MPCT Sports Apprenticeship staff develop a healthy relationship with students based on openness, honesty, mutual respect and trust while making your needs a priority.

## **Personal Responsibilities**

MPCT Sports Apprenticeship staff are all committed to their own lifestyle and development in order to create a positive environment for you. Sports Academy staff are all current, practicing exercise, and fitness professionals' role modelling outstanding behaviours.

## **Rights**

MPCT Sports Apprenticeship staff deal with all students openly and transparently, while adopting the highest level of professionalism at all times.

## **Safe Working Practice**

MPCT Sports Apprenticeship staff will thoroughly plan and prepare all activities and environments to ensure you receive the highest levels of coaching and instruction. All sessions will aim to develop and empower you on your journey in sport and active leisure.



## January

21 L2 Award Group  
Indoor Cycling  
22 L2 Award in  
Instructing Circuit  
Training Sessions  
Staff Training and  
Development

## February

4-8 L2 Certificate in  
Gym Instructing -  
Knowledge  
11-14 L2 Certificate  
in Coaching  
18-22 L3 Diploma in  
PT - Knowledge

## March

4-8 Performance and  
Competence Assessments

## April

15 L2 Circuit Training  
Sessions  
16 L2 Indoor Cycling  
16 L2 Instructing  
Kettlebell Sessions  
17 L2 Suspension Training

## May

6-10 L3 Diploma in  
PT - Knowledge  
20-24 L2 Certificate  
in Gym Instructing -  
Knowledge

## June

24-28 Performance and  
Competence Assessments

## July

15 L2 Circuit Training  
Sessions  
16 L2 Indoor Cycling  
17 L2 Instructing  
Kettlebell Sessions  
18 L2 Suspension Training

## August

4, 11, 18 Level 2  
Certificate in Coaching

## September

9-13 L3 Diploma in  
PT - Knowledge  
23-27 L2 Certificate  
in Gym Instructing -  
Knowledge

## October

14-18 Performance and  
Competence Assessments

## November

11 L2 Circuit Training  
Sessions  
12 L2 Indoor Cycling  
13 L2 Instructing  
Kettlebell Sessions  
14 L2 Suspension Training

## December

Staff Training and  
Development

Ian Shaw Harriet Leek Melanie Woolls Alex William Griffiths Darren Lake Deanna Davies Samuel Brown Victoria Evans-Barnfield Daniel Chilcott Brogan Walkley Corey Dainty Dean Bradley Keri Hughes Marcus Jones Tom Morgan Matthew Thomas Conor Vincent Mike Hartley Steven Cullen James Hartley Liam McCormack Daniel Lee Hill Xavier Manaseitava Dorian Krzemien Luke Harris Jade Louise Rees Brett Jones Jonathan Lock Sam Davies Gareth Hooper Rob Graham Stefanie Reid Tatum Price Catherine Gallagher Geraint Llewellyn Darren Vick Jody Tidball Laura Howells Richard Hier Mike Hartley Steven Cullen Robert Grapes Kyle Paylor Dan Owen Callum Barrand Shane Riley James Hartley Jon Shorland Sarah Brown Rhys Thomas Gareth Parkman Sophie Price Ian Higgins Steven Tallis Ian Kitley Jonathan William Armitage Nikki Yapp Justin Edwards Josh Rajai-Navidi Mike Emery Ian Shaw Joe Thomas Chris Davies Matthew Salter Sally Hughes Jon Shorland Ajay SharmaRichard Hier. Matthew Mallett John Davies Russell Wigley Gareth Fernquest Scott Mathue Askew Jeffery Smith James Cadmore Simeon Brunker Jonathan Orgee Matthew Arthur Stuart John Probert Benjamin James Day Steven Clatworthy John Cook Mark Mills Alex William Griffiths Carlene Hughes Ivor Anthony Michelle Alparslan Jordan Smith Rhydian Jones Rhian Whitcombe Gabrielle Richards Jayne Morgan Joanne Morgan Scott Rastaitis Dawn Morris Nathan Bennett Jayne Morgan Geraint Morgan Rachel Greenstreet Scott Lyons Stefan Johnson Dale Coles Scott Conaty Carly Vincent Carol Scott Karen Brown Gabrielle Richards Donna Freebury Michael Toye Jason Brown Phil Jones Ryan George Shannon McDonnell Christopher Thomas Sara Treharne Rhodri Thomas Rachael Perry Motin Mastafa Sadie Leigh Hibbert Bethan Pryor Tasia Stephens Paul Caulfield Zoe Hodgkinson Matthew Esseen Gavin Haste Christopher Thomas Rhodri Thomas Kieran Hawkins Charlotte Burt Scott Hillman Ethan Cavanagh Calum Murray Lloyd Walker Carol Scott Gwyneth Jones Nicola Rix Levi Jenkins Sam Davies Ben Cole-Edwards James Jones Tyler Price Ranu Begum Mumena Begum Joel Cantelo Dale Stewart Matthew Stevens Jack William Marsh McCauley Britton Gary Bowen-Thomson Jodie Smith Otis Williams Lauren Green Rosanna Marshall Nathan Gibbons Jessica Jones Alex Webber Hannah Bowen Salina Choudhury Sian Davey Blake Roberts Joshua Skinner Jade Duke Rhodri Thomas Sam Smout Nia Thomas Aaran Hughes Rhian Thomas Helen Dix Ffion Mair Jones Cari-An Roberts Harriet Leek Curtis Patel Liza Dones Rachael Lewis Lisa Reed Rhian Marie Clarkson Kathryn Watkins Huw Steadman Myfanwy Megan Daniels Donna Harris Steven Jones James Jones Mathew Ashong Greg Allen Luke Parkes Lloyd Thomas Scott Hancock Naomi Owen Samantha Jones Brendan Drake Nikki Furness-Jones Johanne Edwards Samuel Thomas Samuel Thomas Melanie Woolls Daniel Trowbridge Catherine Francis Mario Filipe Dione Mary Preece David Matthew Thorington Darren Lake Lee Bull Brian Edwards Georgia Kate Haines Gareth Thomas Danni Griffiths Alun Tame Ryan Thomas Zsuzsanna Florian Vicky Trigg Gavin Thornton Benjamin Thomas Danny Stoyles Chloe Phillips Samuel Brown Vincent Wayne Patrick Murphy Gary West Darcy Harris Tyler Ian Shaw Harriet Leek Melanie Woolls Alex William Griffiths Darren Lake Deanna Davies Samuel Brown Victoria Evans-Barnfield Daniel Chilcott Brogan Walkley Corey Dainty Dean Bradley Keri Hughes Marcus Jones Tom Morgan Matthew Thomas Conor Vincent Mike Hartley Steven Cullen James Hartley Liam McCormack Daniel Lee Hill Xavier Manaseitava Dorian Krzemien Luke Harris Jade Louise Rees Brett Jones Jonathan Lock Sam Davies Gareth Hooper Rob Graham Stefanie Reid Tatum Price Catherine Gallagher Geraint Llewellyn Darren Vick Jody Tidball Laura Howells Richard Hier Mike Hartley Steven Cullen Robert Grapes Kyle Paylor Dan Owen Callum Barrand Shane Riley James Hartley Jon Shorland Sarah Brown Rhys Thomas Gareth Parkman Sophie Price Ian Higgins Steven Tallis Ian Kitley Jonathan William Armitage Nikki Yapp Justin Edwards Josh Rajai-Navidi Mike Emery Ian Shaw Joe Thomas Chris Davies Matthew Salter Sally Hughes Jon Shorland Ajay SharmaRichard Hier. Matthew Mallett John Davies Russell Wigley Gareth Fernquest Scott Mathue Askew Jeffery Smith James Cadmore Simeon Brunker Jonathan Orgee Matthew Arthur Stuart John Probert Benjamin James Day Steven Clatworthy John Cook Mark Mills Alex William Griffiths Carlene Hughes Ivor Anthony Michelle Alparslan Jordan Smith Rhydian Jones Rhian Whitcombe Gabrielle Richards Jayne Morgan Joanne Morgan Scott Rastaitis Dawn Morris Nathan Bennett Jayne Morgan Geraint Morgan Rachel Greenstreet Scott Lyons Stefan Johnson Dale Coles Scott Conaty Carly Vincent Carol Scott Karen Brown Gabrielle Richards Donna Freebury Michael Toye Jason Brown Phil Jones Ryan George Shannon McDonnell Christopher Thomas Sara Treharne Rhodri Thomas Rachael Perry Motin Mastafa Sadie Leigh Hibbert Bethan Pryor Tasia Stephens Paul Caulfield Zoe Hodgkinson Matthew Esseen Gavin Haste Christopher Thomas Rhodri Thomas Kieran Hawkins Charlotte Burt Scott Hillman Ethan Cavanagh Calum Murray Lloyd Walker Carol Scott Gwyneth Jones Nicola Rix Levi Jenkins Sam Davies Ben Cole-Edwards James Jones Tyler Price Ranu Begum Mumena Begum Joel Cantelo Dale Stewart Matthew Stevens Jack William Marsh McCauley Britton Gary Bowen-Thomson Jodie Smith Otis Williams Lauren Green Rosanna Marshall Nathan Gibbons Jessica Jones Alex Webber Hannah Bowen Salina Choudhury Sian Davey Blake Roberts Joshua Skinner Jade Duke Rhodri Thomas Sam Smout Nia Thomas Aaran Hughes Rhian Thomas Helen Dix Ffion Mair Jones Cari-An Roberts Harriet Leek Curtis Patel Liza Dones Rachael Lewis Lisa Reed Rhian Marie Clarkson Kathryn Watkins Huw Steadman Myfanwy Megan Daniels Donna Harris Steven Jones James Jones Mathew Ashong Greg Allen Luke Parkes Lloyd Thomas Scott Hancock Naomi Owen Samantha Jones Brendan Drake Nikki Furness-Jones Johanne Edwards Samuel Thomas Samuel Thomas Melanie Woolls Daniel Trowbridge Catherine Francis Mario Filipe Dione Mary Preece David Matthew Thorington Darren Lake Lee Bull Brian Edwards Georgia Kate Haines Gareth Thomas Danni Griffiths Alun Tame Ryan Thomas Zsuzsanna Florian Vicky Trigg Gavin Thornton Benjamin

