Team	No.	Start Time	Nan	ne	Club	Gender	Category	Age
1	1	10:02:00	David	Hendry	Port Talbot Whs CC	Male	Veteran	50
1	2	10:02:00	Ross	Morgan	Port Talbot Whs CC	Male	Senior	28
2	3	10:04:00	Kevin	Pullin	Bynea Cycling Club	Male	Veteran	59
Z	4	10:04:00	Catherine	Roberts	Bynea Cycling Club	Female	Veteran	51
2	5	10:06:00	Emyr	Griffiths	Towy Racing Cycling Club (TRCC)	Male	Veteran	50
3	6	10:06:00	Alexander	Jenkins	Towy Racing Cycling Club (TRCC)	Male	Veteran	42
	7	10:08:00	Nathan	Cummins	Cardiff Triathletes	Male	Veteran	44
4	8	10:08:00	Shona	Bennett	Sportzmad	Female	Senior	35
	9	10:10:00		Davies	Pembrokeshire Velo	Male	Senior	27
5	10	10:10:00		Arnold	Pembrokeshire Velo	Male	Senior	33
	11	10:12:00			Bynea Cycling Club	Male	Veteran	57
6	12	10:12:00		Saunders	North Bucks RC	Male	Veteran	58
7	13	10:14:00		Williams	Towy Riders	Male	Juvenile	13
	14	10:14:00		Perkins	Towy Riders	Male	Juvenile	13
8	15	10:16:00		Davies	Milford Tritons Cycling Club	Male	Veteran	45
	16	10:16:00	Anthony	Hayward	Milford Tritons Cycling Club	Male	Senior	37
9	17	10:18:00		-	Cardiff Ajax CC	Female	Senior	24
	18	10:18:00	laura	clements	Cardiff Triathletes	Female	Senior	30
10 11 12 13	19	10:20:00	lain	Cade	Bath Cycling Club	Male	Senior	38
	20	10:20:00	Steven	Cottington	Bath Cycling Club	Male	Veteran	55
	21	10:22:00	ALISTAIR	Morgan	Pontypool Road Cycling Club	Male	Veteran	55
	22	10:22:00	Gary	Jones	Pontypool Road Cycling Club	Male	Veteran	55
	23	10:24:00		Quine	Cardiff Triathletes	Female	Veteran	52
	24	10:24:00	-	Liddiatt	Cardiff Triathletes	Male	Veteran	49
	25	10:26:00	Darren		Team Bottrill / Vanguard	Male	Senior	29
	26	10:26:00	Michael	•	Kettering CC	Male	Veteran	57
	27	10:28:00		shehan	Bynea Cycling Club	Male	Veteran	71
14	28	10:28:00		Bessant	Bynea Cycling Club	Male	Veteran	54
15								
	29	10:30:00		Hunt	Ystwyth CC	Male	Veteran	40
	30	10:30:00			Ystwyth CC	Male	Veteran	56
16	31	10:32:00		Morgan	Cardiff Triathletes	Male	Senior	37
	32	10:32:00		Wheeler	Pembrokeshire Velo	Male	Senior	30
17	33	10:34:00			Cardiff Triathletes	Male	Senior	33
	34	10:34:00	1		Cardiff Triathletes	Male	Senior	33
18	35	10:36:00	Craig	Seaman	Bynea Cycling Club	Male	Senior	25
	36	10:36:00	Stephen	Evans	Bynea Cycling Club	Male	Senior	31
19	37	10:38:00	carol	bridge	Rhondda Triathlon Club	Female	Senior	33
	38	10:38:00	Philip	Thomas	Rhondda Triathlon Club	Male	Senior	37
20	39	10:40:00	James	Jenkins	Successcycling.co.uk	Male	Senior	37
20	40	10:40:00	Andrew	Overton	Successcycling.co.uk	Male	Veteran	46
0 4	41	10:42:00	Pierre	Scrase	Baines Racing	Male	Senior	23
21	42	10:42:00		Kilsby	Velo Club St Raphael	Male	Senior	23
22	43		Laura Mollie	-	Cardiff Triathletes	Female	Senior	27
	44	10:44:00			Cardiff Triathletes	Male	Senior	27
23	45	10:46:00		Walker	Ross on Wye & Dist CC	Male	Senior	36
	46	10:46:00		Bevan	Ross on Wye & Dist CC	Male	Senior	37
	40	10:48:00		Roberts	Bynea Cycling Club	Male	Veteran	45
24								
	48	10:48:00		David	Bynea Cycling Club	Male	Senior	31
25	49	10:50:00			Ogmore Valley Wheelers CC	Male	Veteran	58
	50	10:50:00		Beech	Ogmore Valley Wheelers CC	Male	Senior	27
26	51	10:52:00			Team CRANC	Male	Senior	28
-	52	10:52:00		Burrows	Team CRANC	Male	Senior	32
27	53	10:54:00		Phelps	Ross on Wye & Dist CC	Male	Veteran	45
	54	10:54:00	James	Coull	Ross on Wye & Dist CC	Male	Veteran	48
28	55	10:56:00	Nigel	Taylor	Cardiff Ajax CC	Male	Veteran	41
20	56	10:56:00	James	Manson	Cardiff Triathletes	Male	Veteran	41
29	57	10:58:00		Seamons	Port Talbot Whs CC	Male	Veteran	41
	58	10:58:00		Williams	Port Talbot Whs CC	Male	Veteran	48
30	59	11:00:00		donovan	Bynea Cycling Club	Male	Espoir	19
	60	11:00:00		Massey	Team Backstedt Bike Performance		Veteran	45

Team	No.	Start Time	N	ame	Club	Gender	Category	Ag
31	61	11:02:00	lan	Lindsay	Gloucester City Cycling Club	Male	Veteran	4
21	62	11:02:00	steven	brown	Gloucester City Cycling Club	Male	Veteran	45
32	63	11:04:00	Gillian	Hopkins	Cardiff Triathletes	Female	Veteran	4
JZ	64	11:04:00	Angharad	Pocock	Cardiff Triathletes	Female	Veteran	-
33	65	11:06:00	David	Brice	Bynea Cycling Club	Male	Veteran	
22	66	11:06:00	David	Wilson-Evans	Bynea Cycling Club	Male	Veteran	
34	67	11:08:00	Clive	Granger	Cardiff Triathletes	Male	Veteran	
JT	68	11:08:00	gareth	thomas	Cardiff Triathletes	Male	Senior	
35	69	11:10:00	Tom	Arnold	Team Bottrill / Vanguard	Male	Senior	
22	70	11:10:00	Christopher	Holman	Team Bottrill / Vanguard	Male	Senior	
36	71	11:12:00	Anthony	Bannon	Cardiff Ajax CC	Male	Senior	
30	72	11:12:00	Andrew	Jones	Cardiff Triathletes	Male	Senior	
27	73	11:14:00	Mel	Best	Bynea Cycling Club	Female	Senior	
37	74	11:14:00	Jamie	Best	Bynea Cycling Club	Male	Veteran	
20	75	11:16:00	Phil	Willoughby	Towy Racing Cycling Club (TRCC)	Male	Senior	Γ
38	76	11:16:00	Matt	Blue	Towy Racing Cycling Club (TRCC)	Male	Veteran	\square
	77	11:18:00	Brad	Davies	Bynea Cycling Club	Male	Veteran	\square
39	78	11:18:00		Rees	Bynea Cycling Club	Male	Veteran	F
	79	11:20:00	Gareth		Team Bottrill / Vanguard	Male	Senior	
40	80	11:20:00	Stephanie		Team Bottrill / Vanguard	Female	Senior	┢
	81	11:22:00	Diccon		Cardiff 100 Miles RCC	Male	Veteran	
41	82	11:22:00	Robert		Cardiff 100 Miles RCC	Male	Veteran	
	82 83	11:22:00	Reuben			Male	Veteran	\vdash
42			Elizabeth		Bynea Cycling Club			-
	84 95	11:24:00			Bynea Cycling Club	Female	Veteran	-
43	85	11:26:00		andrews	Merthyr CC	Male	Veteran	
	86	11:26:00		Portlock	Merthyr CC	Male	Veteran	
44	87	11:28:00			Bynea Cycling Club	Female	Veteran	
	88	11:28:00	NICHOLAS		Bynea Cycling Club	Male	Veteran	
45	89	11:30:00			Team Backstedt Bike Performance	Male	Veteran	
	90	11:30:00			Team Backstedt Bike Performance	Male	Veteran	
46	91	11:32:00	Josh	Townsend	Bynea Cycling Club	Male	Espoir	
-U	92	11:32:00	Owain	Roberts	Port Talbot Whs CC	Male	Senior	
47	93	11:34:00	Natalie	Richards	Cardiff Triathletes	Female	Senior	
47	94	11:34:00	Cain	Thomas	Cardiff Triathletes	Male	Veteran	
40	95	11:36:00	Jay	Hookins	Velo Club Cycling	Male	Senior	
48	96	11:36:00	Billy	Dyer	Velo Club Cycling	Male	Veteran	
40	97	11:38:00	Gaynor	Hughes	Bynea Cycling Club	Female	Veteran	
49	98	11:38:00	,	Hughes	Bynea Cycling Club	Male	Veteran	
	99	11:40:00		ware	Team Backstedt Bike Performance	Male	Senior	F
50	100	11:40:00		SANDMAN	Team Backstedt Bike Performance	Male	Junior	F
	101	11:42:00		Williams	Bynea Cycling Club	Male	Veteran	
51	102	11:42:00		Williams	Bynea Cycling Club	Male	Veteran	┢
	102	11:44:00		Howell	Port Talbot Whs CC	Female	Veteran	
52	103	11:44:00		Howell	Port Talbot Whs CC	Male	Veteran	┢
								\vdash
53	105	11:46:00		Curry	VC Equipe/Flix Oral Hygiene/Propulse		Veteran	-
	106	11:46:00		beardshaw	VC Equipe/Flix Oral Hygiene/Propulse	1	Veteran	-
54	107	11:48:00		phelps Faur	Merthyr CC	Male	Veteran	
	108	11:48:00	Thomas		Merthyr CC	Male	Senior	
55	109	11:50:00	· · · ·	Hoskins	Cardiff Jif	Male	Senior	
	110	11:50:00		Davies	Cardiff Jif	Male	Senior	
56	111	11:52:00		Lloyd	Tapitout Cycle Club	Male	Veteran	
	112	11:52:00		-	Tapitout Cycle Club	Male	Veteran	
57	113	11:54:00		Bowler	Bynea Cycling Club	Female	Senior	
<u>.</u> ,	114	11:54:00			Bynea Cycling Club	Female	Veteran	
58	115	11:56:00	· · ·	Tucker	Cycle Specific	Male	Senior	
50	116	11:56:00	Lee	Perrott	Cycle Specific	Male	Senior	
59	117	11:58:00	andrew	lewis	Port Talbot Whs CC	Male	Veteran	
59	118	11:58:00	mark	hillier	Port Talbot Whs CC	Male	Veteran	
60	119	12:00:00	anthony	jones	Towy Racing Cycling Club (TRCC)	Male	Veteran	
60	120	12:00:00		Cornish	Cwmcarn Paragon Road Club	Male	Senior	
eserves	424			lonas	Dido Piko Wales		Contar	-
61	121			Jones	Ride Bike Wales	Male	Senior	
	122			Dugmore	Cardiff Ajax CC	Male	Espoir	
62	123			Meaney	Cardiff Ajax CC	Male	Senior	
	124			Colley	Cardiff Triathletes	Male	Senior	
63	125		Luke	Pryce	Cardiff Triathletes	Male	Senior	
55	126		Carson	Pryce	Cardiff Triathletes	Male	Senior	
64	127		Charles	Solomon	Bynea Cycling Club	Male	Senior	