

Results

cardiff ajax cc

Position	First Name	Last Name	Gender	Category	Club	Time	Avg. Speed	Points
1	Ioan	Smallwood	Male	Senior	Cardiff Ajax CC	20:57	28.64 Mph	150
2	Carwyn	Davies	Male	Vet	Cwmcarn Paragon Road Club	22:19	26.886 Mph	145.161
3	Joe	Rees	Male	Espoir	Cardiff Ajax CC	22:22	26.826 Mph	140.323
4	Samuel	Utting	Male	Senior	Cardiff Ajax CC	22:34	26.588 Mph	135.484
5	Chris	Smith	Male	Senior	Cwmcarn Paragon Road Club	22:35	26.568 Mph	130.645
6	Matt J	Smith	Male	Vet	Port Talbot Whs CC	23:04	26.012 Mph	125.806
7	Lloyd	Morgan	Male	Vet	Cardiff Ajax CC	23:18	25.751 Mph	120.968
8	Gareth	Rees	Male	Vet	Cwmcarn Paragon Road Club	23:53	25.122 Mph	116.129
9	James	Tate	Male	Vet	Beacon Roads CC	23:56	25.07 Mph	111.29
10	Jon	Vickery	Male	Vet	Cwmcarn Paragon Road Club	24:03	24.948 Mph	106.452
11	Alex	John	Male	Senior		24:03	24.948 Mph	101.613
12	Andy	Lane	Male	Senior	Cwmcarn Paragon Road Club	24:08	24.862 Mph	96.774
13	Jonathan	Melville	Male	Senior	Epsom CC	24:10	24.828 Mph	91.935
14	Rob	Jones	Male	Vet	Cardiff Ajax CC	24:13	24.776 Mph	87.097
15	John	Aspell	Male	Vet		24:21	24.641 Mph	82.258
16	Leon	Evans	Male	Vet	Cardiff Ajax CC	24:33	24.44 Mph	77.419
17	Luke	Starkie	Male	Vet	Cardiff Ajax CC	24:36	24.39 Mph	72.581
18	James	Silcox	Male	Espoir	Cardiff Ajax CC	24:55	24.08 Mph	67.742
19	Claire	Hann	Female	Senior	Bristol & District Triathletes (BAD TRI)	25:04	23.936 Mph	62.903
20	Tom	Silcox	Male	Espoir	Cardiff Ajax CC	25:11	23.825 Mph	58.065
21	Adrian	Coles	Male	Vet	Cardiff Ajax CC	25:53	23.181 Mph	53.226

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22	Jasmine	Bowyer	Female	Senior	Cardiff Ajax CC	25:54	23.166 Mph	48.387
23	Danielle	Flawn	Female	Senior		25:58	23.107 Mph	43.548
24	David	Lewis	Male	Vet	N.E.W.T Newport and East Wales Triathlon Club	26:39	22.514 Mph	38.71
25	Stephen	Carr	Male	Senior	Cardiff Ajax CC	27:04	22.167 Mph	33.871
26	Gwynon	Williams	Female	Senior	Cardiff Ajax CC	27:12	22.059 Mph	29.032
27	Stephen	Davies	Male	Vet	Cardiff Ajax CC	28:22	21.152 Mph	24.194
28	Kevin	Lavelle	Male	Vet	Cardiff Ajax CC	28:29	21.065 Mph	19.355
29	Helen	Priest	Female	Vet	Wenvoe Wheelers	28:52	20.785 Mph	14.516
30	Matt	Regan	Male	Senior	Cardiff Ajax CC	28:59	20.702 Mph	9.677
31	Claire	Sanderson	Female	Senior	Cardiff Ajax CC	31:06	19.293 Mph	4.839
DNS	John	Regan	Male	Vet	Pembrokeshire Velo			0
DNS	Huw	Neale	Male	Senior	Cardiff Triathletes			0
DNS	Matthew	Postle	Male	Vet	Bush Healthcare CRT			0
DNS	Timothy	Cummings	Male	Vet				0
DNS	Wayne	Thomas	Male	Vet	Pontypool Road Cycling Club			0
DNS	Evan	Powell	Male	Senior	Pontypool Road Cycling Club			0
DNS	Joshua	Lewis	Male	Senior				0
DNS	Steven	MacDonald	Male	Vet	Bristol South Cycling Club			0
DNS	Luke	Cornish	Male	Senior	Cwmcarn Paragon Road Club			0
DNS	Frederick	Webb	Male	Espoir	Trowbridge Hot Chilli Triathlon Club			0
DNS	Anthony	Jones	Male	Vet				0
DNS	Kieran	Crawford	Male	Senior	Cardiff Ajax CC			0
DNS	Paul	Hayward	Male	Vet	Cwmcarn Paragon Road Club			0
DNS	Christopher	Holman	Male	Senior	Team Bottrill			0
DNS	James	Coxon	Male	Vet				0
DNS	Tony	Krol	Male	Vet	Pembrokeshire Velo			0
DNS	Andrew	Hayward	Male	Vet	Cwmcarn Paragon Road Club			0
DNS	Andy	Davies	Male	Senior	Cardiff Jif			0
DNS	Chris	Massey	Male		Team Bottrill			0
DNS	Milburn	Mounter	Male	Vet	Ride Bike Wales			0
DNS	Charlie	West	Male	Vet	Cardiff Ajax CC			0

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DNS	Ross	Morgan	Male	Senior	Port Talbot Whs CC			0
DNS	Phil	Willoughby	Male	Senior				0