

RACE NUMBER	FIRST NAME	LAST NAME	CLUB	CAT	STD TIME	START TIME
6	Kevin	Lavelle	Cardiff Ajax CC	MV	00:26:59	14:06
7	Matt J	Smith	Port Talbot Whs CC	MV	00:25:59	14:07
8	Stephen	Davies	Cardiff Ajax CC	MV	00:27:14	14:08
9	David	Lewis	N.E.W.T Newport and East Wales Triathlon Club	MV	00:25:59	14:09
10	Matthew	Postle	Bush Healthcare CRT	MV	00:26:27	14:10
11	Wayne	Thomas	Pontypool Road Cycling Club	MV	00:25:59	14:11
12	Jonathan	Melville	Epsom CC	M		14:12
	No number 13 in memory of Ben Caroll					
14	Stephen	Carr	Cardiff Ajax CC	M		14:14
15	Claire	Hann	Bristol & District Triathletes (BAD TRI)	L		14:15
16	Gwynon	Williams	Cardiff Ajax CC	L		14:16
17	Claire	Sanderson	Cardiff Ajax CC	L		14:17
18	Danielle	Flawn	Tredz Bikes	L		14:18
19	Helen	Priest	Cardiff Ajax CC	LV	00:28:08	14:19
20	Jasmine	Bowyer	Cardiff Ajax CC	L		14:20
21	Evan	Powell	Pontypool Road Cycling Club	M		14:21
22	Jon	Vickery	Cwmcarn Paragon Road Club	MV	00:26:59	14:22
23	Steven	Macdonald	Bristol South Cycling Club	MV	00:26:18	14:23
24	Kieran	Crawford	Cardiff Ajax CC	M		14:24
25	Paul	Hayward	Cwmcarn Paragon Road Club	MV	00:26:23	14:25
26	James	Coxon	Bike Doctor	MV	00:26:04	14:26
27	Samuel	Utting	Cardiff Ajax CC	M		14:27
28	Tony	Krol	Pembrokeshire Velo	MV	00:26:32	14:28
29	Charlie	West	Cardiff Ajax CC	MV	00:27:14	14:29
30	Anthony	Jones	Towy Racing Cycling Club (TRCC)	MV	00:26:18	14:30
31	John	Regan	Pembrokeshire Velo	MV	00:26:36	14:31
32	James	Tate	Beacon Roads CC	MV	00:26:09	14:32
33	Leon	Evans	Cardiff Ajax CC	MV	00:26:13	14:33
34	Phil	Willoughby	Towy Racing Cycling Club (TRCC)	M		14:34

RACE NUMBER	FIRST NAME	LAST NAME	CLUB	CAT	STD TIME	START TIME
35	Chris	Smith	Cwmcarn Paragon Road Club	M		14:35
36	Luke	Starkie	Cardiff Ajax CC	M		14:36
37	Ross	Morgan	Port Talbot Whs CC	M		14:37
38	Joe	Rees	Cardiff Ajax CC	MJun		14:38
39	Milburn	Mounter	Ride Bike Wales	MV	00:26:18	14:39
40	Chris	Massey	Team Bottrill / HSS Hire	MV	00:26:18	14:40
41	Andy	Davies	Cardiff Jif	M		14:41
42	Andrew	Hayward	Cwmcarn Paragon Road Club	MV	00:26:23	14:42
43	Adrian	Coles	Cardiff Ajax CC	M		14:43
44	Andy	Lane	Cwmcarn Paragon Road Club	M		14:44
45	Christopher	Holman	Team Bottrill / HSS Hire	M		14:45
46	Gareth	Rees	Cwmcarn Paragon Road Club	M		14:46
47	Alex	John	Tredz Bikes	M		14:47
48	Frederick	Webb	Trowbridge Hot Chilli Triathlon Club	MJun		14:48
49	Matt	Regan	Cardiff Ajax CC	M		14:49
50	Luke	Cornish	Cwmcarn Paragon Road Club	M		14:50
51	Lloyd	Morgan	Cardiff Ajax CC	MV	00:26:09	14:51
52	Joshua	Lewis	Bike Doctor	M		14:52
53	Tom	Silcox	Cardiff Ajax CC	MJun		14:53
54	John	Aspell	Forza Cycles	MV	00:26:36	14:54
55	Carwyn	Davies	Cwmcarn Paragon Road Club	M		14:55
56	Rob	Jones	Cardiff Ajax CC	MV	00:25:59	14:56
57	Timothy	Cummings	Forza Cycles	MV	00:26:23	14:57
58	James	Silcox	Cardiff Ajax CC	MJun		14:58
59	Huw	Neale	Cardiff Triathletes	M		14:59
60	Ioan	Smallwood	Cardiff Ajax CC	M		15:00