

bib	start_time	firstname	lastname	club	gender	category
8	10:08:00	Phillip	Turner	ATAC - Ammanford Triathlon And Cycling	Male	Veteran
9	10:09:00	John	Aspell	PDQ Cycle Coaching	Male	Veteran
10	10:10:00	David	Wilson-evans	Bynea Cycling Club	Male	Veteran
11	10:11:00	Paul	Rees	Bynea Cycling Club	Male	Veteran
12	10:12:00	Harry	Cowley	Chester RC	Male	Veteran
13	10:13:00	Benjamin	Pearce	Maindy Flyers Youth Cycling	Male	Junior
14	10:14:00	Kyle	Lowry	Cycle Specific	Male	Senior
15	10:15:00	Anthony	Williams	Ogmore Valley Wheelers	Male	Veteran
16	10:16:00	Emily	Tillett	Liv CC Halo Cycles	Female	Espoir
17	10:17:00	John	Williams	Bynea Cycling Club	Male	Veteran
18	10:18:00	Nadine	Cannon	VeloSistas TT Team	Female	Senior
19	10:19:00	Craig	Seaman	Bynea Cycling Club	Male	Senior
20	10:20:00	Rod	Hicks	Port Talbot Whs CC	Male	Veteran
21	10:21:00	Paul	Tomkinson	Hereford Triathlon Club	Male	Veteran
22	10:22:00	Ian	Myers	Mid Devon CC	Male	Veteran
23	10:23:00	Karl	Randell	Swansea Wheelers/CS Abertawe	Male	Senior
24	10:24:00	Robert	Thomas	Gower Riders Cycling Club	Male	Senior
25	10:25:00	Morgan	Lloyd	Cycle Specific	Male	Juvenile
26	10:26:00	Dave	Symmons	Bynea Cycling Club	Male	Veteran
27	10:27:00	Jason	Roberts	Cycle Specific	Male	Veteran
28	10:28:00	Noelwyn	Daniel	Cycle Specific	Male	Veteran
29	10:29:00	Nigel	Pitt	Bynea Cycling Club	Male	Veteran
30	10:30:00	Philip	Tucker	Cycle Specific	Male	Senior
31	10:31:00	Mathew	Atkins	UFIT TRI TEAM	Male	Veteran
32	10:32:00	Paul	Davies	Bush Healthcare CRT	Male	Veteran
33	10:33:00	Caryl	Williams-ford	Bynea Cycling Club	Female	Veteran
34	10:34:00	Nicholas	Forbes	Bynea Cycling Club	Male	Veteran
35	10:35:00	Robert	Hughes	Rhondda Triathlon Club	Male	Veteran
36	10:36:00	Dion	Thomas	Bynea Cycling Club	Male	Veteran
37	10:37:00	Joshua	Lewis	Rhondda Triathlon Club	Male	Senior
38	10:38:00	Gareth	Jehu	Merthyr CC	Male	Veteran
39	10:39:00	Iago	Williams	Towy Riders Cycle Club	Male	Juvenile
40	10:40:00	Dean	Ware	Team Backstedt Bike Performance	Male	Senior
41	10:41:00	Jasmine	Bowyer	Bynea Cycling Club	Female	Senior
42	10:42:00	Anita	Saycell	Ystwyth CC	Female	Veteran
43	10:43:00	James	Peters	Rhondda Triathlon Club	Male	Senior
44	10:44:00	Rob	Jones	Rhondda Triathlon Club	Male	Veteran
45	10:45:00	David	Brice	Bynea Cycling Club	Male	Veteran
46	10:46:00	Robert	Lucas	Port Talbot Whs CC	Male	Veteran
47	10:47:00	David	Thomas	Rhondda Triathlon Club	Male	Senior
48	10:48:00	Mark	Rooke	Rhondda Triathlon Club	Male	Veteran
49	10:49:00	Brad	Davies	Bynea Cycling Club	Male	Veteran
50	10:50:00	Chris	Massey	CES Sport	Male	Veteran
51	10:51:00	Diane	Wilson-evans	Bynea Cycling Club	Female	Veteran
52	10:52:00	Tomos	Perkins	Towy Riders Cycle Club	Male	Juvenile
53	10:53:00	Matthew	Garfield	Cycle Specific	Male	Senior
54	10:54:00	Austin	Heath	Bynea Cycling Club	Male	Veteran
55	10:55:00	Guy	Rees	Bynea Cycling Club	Male	Senior
56	10:56:00	Jeffrey	Rees	Gower Riders Cycling Club	Male	Veteran
57	10:57:00	Geoff	Thomas	Rhondda Triathlon Club	Male	Veteran
58	10:58:00	Diane	Hynam	Bynea Cycling Club	Female	Veteran
59	10:59:00	Blaine	Phelps	Merthyr CC	Male	Veteran
60	11:00:00	Chris	Boddy	AeroCoach	Male	Senior