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No.	Start	Firstname	Lastname	Club	Gender	Category
5	10:05	Paul	Rees	Bynea Cycling Club	Male	Veteran
6	10:06	Jill	Colman	Pembrokeshire Velo	Female	Veteran
7	10:07	Helen	Priest	Cardiff Ajax CC	Female	Veteran
8	10:08	Robert	Jones	Cardiff 100 Miles RCC	Male	Veteran
9	10:09	Brad	Davies	Bynea Cycling Club	Male	Veteran
10	10:10	Ryan	O'rourke	Cwmcarn Paragon Road Club	Male	Senior
11	10:11	Shirley	Howell	Port Talbot Whs CC	Female	Veteran
12	10:12	Eric	Rees	Sarn Helen Club	Male	Veteran
13	10:13	Simon	Kinsey	Virtual Cycling Club	Male	Veteran
14	10:14	David	Thomas	Rhondda Triathlon Club	Male	Veteran
15	10:15	Guy	Rees	Bynea Cycling Club	Male	Senior
16	10:16	Katie	Thornley	Burntwood Triathlon Club	Female	Senior
17	10:17	Owen	Mconochie	Sarn Helen Club	Male	Espoir
18	10:18	Robert	Lucas	Port Talbot Whs CC	Male	Veteran
19	10:19	John	Williams	Bynea Cycling Club	Male	Veteran
20	10:20	Neil	Poulton	Ogmore Valley Wheelers	Male	Senior
21	10:21	Llyr	Rees	Sarn Helen Club	Male	Juvenile
22	10:22	Les	Thomas	Port Talbot Whs CC	Male	Veteran
23	10:23	Roger	Wood	Pontypool Road Cycling Club	Male	Veteran
24	10:24	Leon	Evans	Cardiff Ajax CC	Male	Veteran
25	10:25	Stuart	Evans	Port Talbot Whs CC	Male	Veteran
26	10:26	Tim	Jones	Bynea Cycling Club	Male	Veteran
27	10:27	David	Brice	Bynea Cycling Club	Male	Veteran
28	10:28	Jeffrey	Rees	Gower Riders Cycling Club	Male	Veteran
29	10:29	Paul	Colman	Pembrokeshire Velo	Male	Veteran
30	10:30	Nathan	Leaves	Cwmcarn Paragon Road Club	Male	Espoir
31	10:31	Andrew	Jenkins	Bynea Cycling Club	Male	Veteran
32	10:32	Ian	Gibson	Abercynon Road Club	Male	Veteran
33	10:33	Nigel	Pitt	Bynea Cycling Club	Male	Veteran
34	10:34	Thomas	Dye	Cardiff Ajax CC	Male	Senior
35	10:35	Owain	Roberts	CES Sport	Male	Senior
36	10:36	James	Phillips	Milford Tritons Cycling Club	Male	Veteran
37	10:37	Antony	Howell	Port Talbot Whs CC	Male	Veteran
38	10:38	Michelle	Fishbourne	CES Sport	Female	Veteran
39	10:39	Geoff	Thomas	Rhondda Triathlon Club	Male	Veteran
40	10:40	Chris	Massey	CES Sport	Male	Veteran
41	10:41	Dorian	Rees	Sarn Helen Club	Male	Veteran
42	10:42	John	Shehan	Bynea Cycling Club	Male	Veteran
43	10:43	Steve	Sebburn	Bpm Coaching	Male	C5
44	10:44	James	Coxon	Caerphilly Cycling Club	Male	Veteran
45	10:45	Chris	Jones	Bynea Cycling Club	Male	Veteran
46	10:46	John	Hiddlestone	Bynea Cycling Club	Male	Veteran

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47	10:47	Jeff	Arnold	Milford Tritons Cycling Club	Male	Veteran
48	10:48	Tomos	Perkins	Towy Riders Cycle Club	Male	Juvenile
49	10:49	John	Aspell	PDQ Cycle Coaching	Male	Veteran
50	10:50	Christopher	Gibbard	Bynea Cycling Club	Male	Senior