

Start Number	Start Time	First Name	Surname	Club
1	6:31 PM	Oliver	Postle	Bush Healthcare CRT
2	6:32 PM	Heather	Dennis	Cardiff Ajax CC
3	6:33 PM	Megan	Chard	M & D Cycles Specialised
4	6:34 PM	Liz	Webb	Cardiff Ajax CC
5	6:35 PM	Sue	Hollin	Monmouthshire Wheelers
6	6:36 PM	Georgina	Harper	Cardiff Ajax CC
7	6:37 PM	Susan	Burnett	Newport Phoenix
8	6:38 PM	Suzie	Warren	Cardiff Ajax CC
9	6:39 PM	Poppy	Thompson	Cwmcarn Paragon Road Club
10	6:40 PM	courtney	Rowe	Cardiff Jif
11	6:41 PM	Shirley	Howell	Port Talbot WhsÂ CC
12	6:42 PM	Chloe	Rabson	National Clarion CC
13	6:43 PM	Sally	Harmer	Pembrokeshire Velo
14	6:44 PM	Stephanie	Post	Cardiff Ajax CC
15	6:45 PM	ryan	Brain	Cwmcarn Paragon Road Club
16	6:46 PM	Michelle	Robertson	Abercynon Road Club
17	6:47 PM	Max	Girdler	National Clarion CC
18	6:48 PM	Richard	Lawton	Newport Phoenix
19	6:49 PM	Rob	Scott	San Domenico
20	6:50 PM	Joseph	Beech	Ogmore Valley Wheelers
21	6:51 PM	Chris	Jowitt	Monmouthshire Wheelers
22	6:52 PM	Ross	Porter	Cwmcarn Paragon Road Club
23	6:53 PM	chris	Fishbourn	Abercynon Road Club
24	6:54 PM	John	Diffey	San Domenico
25	6:55 PM	Richard	Beech	Ogmore Valley Wheelers
26	6:56 PM	Wayne	Thomas	Pontypool RCC
27	6:57 PM	Mathew	Atkins	Cwmcarn Paragon Road Club
28	6:58 PM	Jonathan	Pitt	Monmouthshire Wheelers
29	6:59 PM	Lloyd	Morgan	San Domenico
30	7:00 PM	christopher	Jones	Ride Bikes Wales
31	7:01 PM	Tim	Raine	Ogmore Valley Wheelers
32	7:02 PM	Chris	Massey	Cwmcarn Paragon Road Club
33	7:03 PM	Andrew	Storrie	Ogmore Valley Wheelers
34	7:04 PM	Ian	McDonald	San Domenico
35	7:05 PM	Steven	Madeley	Ogmore Valley Wheelers
36	7:06 PM	kevin	Thomas	Pontypool RCC
37	7:07 PM	Paul	Jones	Cwmcarn Paragon Road Club
38	7:08 PM	Joel	Simpson	Cardiff Ajax CC
39	7:09 PM	James	White	San Domenico
40	7:10 PM	Thomas	Ashford	Cardiff Jif
41	7:11 PM	neale	Lewis	Acme Whs (Rhondda) CC
42	7:12 PM	Clive	Chappe	Ross on Wye and District CC
43	7:13 PM	Phil	Bradshaw	Cwmcarn Paragon Road Club

44	7:14 PM	Gareth	Thomas	San Domenico
45	7:15 PM	Joseph	Wiltshire	NFTO Race Club
46	7:16 PM	Ben	Allister	Cardiff Jif
47	7:17 PM	leigh	Jones	Ride Bikes Wales
48	7:18 PM	Alan	Cooper	Avonlea - Treasure RT
49	7:19 PM	Dewi	Lloyd	Cwmcarn Paragon Road Club
50	7:20 PM	justyn	Cannon	RAF CA
51	7:21 PM	Andy	Davies	Cardiff Jif
52	7:22 PM	Andy	Gibbs	Cwmcarn Paragon Road Club
53	7:23 PM	Justin	Di Tomasc	Cardiff Ajax CC
54	7:24 PM	Nigel	Taylor	Cardiff Triathletes
55	7:25 PM	Gareth	Rees	Cwmcarn Paragon Road Club
56	7:26 PM	Terry	Harradine	CC Topp (performance Braking)
57	7:27 PM	adam	Jones	Epic Cycles R C
58	7:28 PM	Alexandre	Touche	Cwmcarn Paragon Road Club
59	7:29 PM	Mark	Nott	Ogmore Valley Wheelers
60	7:30 PM	Luke	Dix	Cardiff Jif
61	7:31 PM	PAUL	Hayward	Cwmcarn Paragon Road Club
62	7:32 PM	Steve	Morris	Ogmore Valley Wheelers
63	7:33 PM	Phil	Sykes	VC St Raphael
64	7:34 PM			
65	7:35 PM	Matt	Postle	Bush Healthcare CRT