

No	Name	Club	Cat	Best	Start Time
1	Lydia Gurley	Aerocoach	W		8.01
2	Lucy Sullivan	Cardiff Triathletes	W		8.02
3	Sally Harmer	Pembrokeshire Velo	VW		8.03
4	Charlotte Addicott	Cardiff Triathletes	W	25.55	8.04
5	Stephanie Post	Cardiff Ajax	W	22.48	8.05
6	Daniel Gough	Swansea University	S	21.2	8.06
7	Ian Liddiatt	Cardiff Triathletes	V		8.07
8	Simon Kelly	Bristol Cycling Developent	S	24.32	8.08
9	Matthew Williams	Cardiff Ajax	S	23.01	8.09
10	Richard Hier	EC Cycles	S	24.02	8.10
11	Lloyd Morgan	Cardiff Ajax	V	21.19	8.11
12	Leon Burns	Cardiff Triathletes	S	30.01	8.12
13	Howell Mason	Ogmore Valley Wheelers	V	23.35	8.13
14	Marco Marletta	Cardiff Jif	V	22.57	8.14
15	Joel Simpson	Cardiff Ajax	S		8.15
16	Chris Massey	Team Bottrill	V	21.19	8.16
17	Stephen Landeg	Ogmore Valley Wheelers	V	23.24	8.17
18	Paul Durrant	Pontypool RCC	V	22.15	8.18
19	Rhys Thomas	Cardiff Triathletes	S		8.19
20	Stephen Taylor	NBCC	V		8.20
21	David Brice	Bynea Cycling Club	V	21.17	8.21
22	Andrew Hayward	Cwmcarn Paragon CC	V	23.18	8.22
23	Christopher Gibbard	Bynea Cycling Club	S	20.36	8.23
24	Scott Davies	Team Wiggins	S	18.55	8.24