

					Target	Vets +
1	Luke Dix	Cardiff JIF	S	22.07		
2	Ben Phillips	Bynea C C	S	22.58		
3	Russell White	Forza Cycles	S	23.47		
4	Emyr Griffiths	Bynea C C	V	24.11	25.45	1.34
5	Gareth Rees	Cwmcarn Paragon RC	S	24.18		
6	Justyn Davies	Towy Racers C C	V	24.51	25.33	0.42
7	Darran Carpenter	Cwmcarn Paragon RC	S	25.02		
8	David Seward	Bynea C C	V	25.06	27.30	2.24
9	Joseph Wiltshire	Cwmcarn Paragon RC	J	25.20		
10	Justin Parker	Cardiff Ajax	S	25.33		
11	Adrian Adams	Cardiff Ajax	S	25.38		
12	Jon Vickery	Cwmcarn Paragon RC	V	25.55	26.31	0.36
13	Nigel Pitt	Port Talbot Whs	V	26.04	27.18	1.14
14	Matthew Phillips	Bynea C C	S	26.30		
15	Gary Gregory	Port Talbot Whs	S	30.58		
16	Katie Williams	Cardiff Ajax	L	32.44		
17	Norman James	Ogmore Valley Whs	V	32.54	31.36	-1.18
18	Nia James	Cardiff Ajax	L	33.07		
19	Alexis Tarrant	Cardiff Ajax	L	34.09		
20	Robert Ibell	Bynea C C	V	35.09	32.32	-2.37
21	John Williams	Port Talbot Whs	V	35.10	30.01	-5.09
22	Stephen Lander	Ogmore Valley Whs	V	DNE	28.21	n/a