

No.	Name	Club/Team	Cat.	Start Time
1	Caryl Richards	Bynea	W	10:01:00
2	Sally Harmer	Pembs Velo	W	10:02:00
3	Charlotte Jennings	Bynea	W	10:03:00
5	Will Roberts	Bynea	J	10:05:00
7	John Shehan	Bynea	V 60-69	10:07:00
8	Bob Jones	Cardiff 100 Milers RC	V 50-59	10:08:00
9	Gerard Oram	Bynea	V 50-59	10:09:00
10	Steve Madeley	Ogmore Valley Whrs	V 50-59	10:10:00
11	Colin Wallace	Merthyr CC	V 50-59	10:11:00
12	David Brice	Bynea	V 50-59	10:12:00
13	Nic Forbes	Bynea	V 40-49	10:13:00
14	Chris Davies	Bynea	V 40-49	10:14:00
15	Craig Jones	Bynea	V40-49	10:15:00
17	Arwel Davies	Bynea	V 40-49	10:17:00
19	Mark Smith	Bynea	S	10:19:00
20	Lee Watts	Bynea	S	10:20:00
21	Andrew Butcher	Cwmcarn Paragon RC	S	10:21:00
23	Darran Carpenter	Cwmcarn Paragon RC	S	10:23:00
25	Kieron Davies	Bynea	S	10:25:00