Bynea CC Phil Jones Memorial Open 30 mile Time Trial

Sunday 15th April 2018 at 9.07 am

Promoted for and on behalf of Cycling Time Trials under their rules and regulations

Awards

Fastest rider £25

Second fastest £15

Third fastest £10

First Vet on standard £10

Second Vet on standard £7

Fastest Lady £10

Fastest team of 3 riders £30 (£10 each)

One Rider per Award, Except Team Award

Timekeepers: Tudor Thomas, Andrew Grist.

Event Secretary: Karen Dusgate,

Fir Tree Cottage, Llanmadoc, Swansea SA3 1DB

Tel 07721 538386

Event HQ: Llanwrda Village Hall. Llanwrda SA19 8HD. Open at 7.30 am

Please do not wear cycling shoes in the hall as they can damage the wooden

floor.

Please do not park on the road outside the hall as local residents have objected and further complaints could lead to the future loss of these

headquarters.

Signing on: Sign on and collect numbers at HQ.

Please sign out and return numbers to HQ after event. Failure

could result in DQ.

Numbers can be exchanged for a drink at the catering counter.

Course details: R30/5 Llanwrda Circuit

OS References: Sheet 160 - Start 714313 Finish 716286 Start in unclassified road to east of Llanwrda by-pass signed "Station" at power pole opposite farm gate between stone buildings of Pentremeurig Farm. Proceed to A40 where turn left, then to junction with A4069 where turn left (2.428 miles). Proceed through Llangadog village with great care. Bear left through village towards Llandovery. At Llandovery Church "30mph sign" 8.729miles. Proceed to junction with A40, turn left with care to Llanwrda by-pass. "Station" sign 13.113 miles. Repeat circuit to Llanwrda by-pass - "Station sign 2nd time 26.165 miles. Continue on A40 to junction with A4069 where turn left, through Llangadog village as before to finish ¼ mile beyond derestriction sign and 60 yards beyond small stone bridge at a point 9 yards beyond stone gate post furthest from bridge. 30.017 miles

In the interests of your own safety, Cycling Time Trials and Bynea CC strongly advise you to wear a hard shell helmet which meets an internationally accepted safety standard.

In accordance with rule15, all junior competitors must wear such a helmet.

It is also recommended that a flashing or constant rear light is fitted to your bicycle and is active whilst the bicycle is in use.

Please call out your number as you cross the finish line.

Best of luck and have a safe ride – Karen Dusgate - event sec.

Order of start from 9.07 am

7 9.07:00 AM Darren Conway Bynea Cycling Club Male Senior 9 9.09:00 AM Rhys Owen Ride Bike Wales Male Senior 10 9.10:00 AM Garry Shephard Rhondda Triathlon Club Male Veteran 11 9.11:00 AM Karl Burnell Rhondda Triathlon Club Male Veteran 12 9.12:00 AM Tomos Jones West Wales Cycle Racing Team Male Veteran 13 9.13:00 AM Mark Thomas Rhondda Triathlon Club Male Veteran 14 9.14:00 AM Risco Male Veteran Male Veteran 15 9.15:00 AM Abrak Phillips Rhondda Triathlon Club Male Veteran 15 9.15:00 AM Adrich Phillips Rhondda Triathlon Club Male Veteran 15 9.15:00 AM Adrich Phillips Rhondda Triathlon Club Male Veteran Male Veteran <t< th=""><th>Bib No.</th><th>Start Time</th><th>First Name</th><th>Last Name</th><th>Club</th><th>Gender</th><th>Category</th></t<>	Bib No.	Start Time	First Name	Last Name	Club	Gender	Category
9 90,900 AM	7	9:07:00 AM	Darren	Conway	Bynea Cycling Club	Male	
10 9:10:00 AM	8	9:08:00 AM	Rhys	Owen	Ride Bike Wales	Male	Senior
11 9:11:00 AM	9	9:09:00 AM	David	Hill	Team NBCC	Male	Veteran
12	10	9:10:00 AM	Garry	Shephard	Rhondda Triathlon Club	Male	Veteran
13 913:00 AM Mark Thomas Rhondda Triathlon Club Male Veteran	11	9:11:00 AM	Karl	Burnell	Rhondda Triathlon Club	Male	Veteran
14 9:14:00 AM	12	9:12:00 AM	Tomos	Jones	West Wales Cycle Racing Team	Male	Juvenile
15 9:15:00 AM	13	9:13:00 AM	Mark	Thomas	Rhondda Triathlon Club	Male	Veteran
16 9:16:00 AM EDWARD MALARCZYK Cwmcarn Paragon Road Club Male Veteran 17 9:17:00 AM Nigel Pitt Bynea Cycling Club Male Veteran 18 9:18:00 AM Richard Hallett Velo Teifi Male Veteran 19 9:19:00 AM Andrew Martin Port Talbot Whs CC Male Veteran 20 9:20:00 AM Dylan Evans Velo Teifi Male Veteran 20 9:20:00 AM Carol Bridge Rhondda Triathlon Club Female Senior 23 9:23:00 AM Antony Dunham Towy Racing Cycling Club (TRCC) Male Veteran 24 9:24:00 AM Tim Strang Sam Helen Club Male Veteran 25 9:25:00 AM Richard Beech Ogmore Valley Wheelers CC Male Veteran 26 9:26:00 AM Rhys Jones Ride Bike Wales Male Veteran 26 9:26:00 AM Rhys Jones Ride Bike Wales Male Veteran 27 9:27:00 AM Steven Jones Byrnea Cycling Club Male Veteran 28 9:28:00 AM Huw Morgan Narberth Dynamos Cycling Club Male Veteran 29 9:29:00 AM Peter Hollins Chester Triathlon Club Male Veteran 30 9:30:00 AM Paul Rees Byrnea Cycling Club Male Veteran 31 9:31:00 AM Geoff Thomas Rhondda Triathlon Club Male Veteran 32 9:32:00 AM Andrew Rees Narberth Dynamos Cycling Club Male Veteran 39:33:00 AM Stuart Howe Rhondda Triathlon Club Male Veteran 39:33:00 AM Stuart Howe Rhondda Triathlon Club Male Veteran 39:35:00 AM Colin Wallace Merthyr CC Male Veteran 39:35:00 AM Colin Wallace Merthyr CC Male Veteran 39:37:00 AM Phillip Turner Byrnea Cycling Club Male Veteran 39:37:00 AM Phillip Turner Byrnea Cycling Club Male Veteran 39:37:00 AM Phillip Turner Byrnea Cycling Club Male Veteran 39:37:00 AM Phillip Turner Byrnea Cycling Club Male Veteran 39:37:00 AM Phillip Turner Byrnea Cycling Club Male Veteran 39:37:00 AM Phillip Turner Byrnea Cycling Club Male Veteran 39:37:00 AM Phillip Turner Byrnea Cycling Club Male Veteran	14	9:14:00 AM	Brian	Russell	Velo Teifi	Male	Veteran
17 9:17:00 AM Nigel Pitt Bynea Cycling Club Male Veteran	15	9:15:00 AM	Mark	Phillips	Rhondda Triathlon Club	Male	Senior
18 918:00 AM	16	9:16:00 AM	EDWARD	MALARCZYK	Cwmcarn Paragon Road Club	Male	Veteran
19 9:19:00 AM	17	9:17:00 AM	Nigel		Bynea Cycling Club	Male	
20 9:20:00 AM Dylan Evans Velo Teifi Male Veteran 21 9:21:00 AM Graham Dunn Velo Teifi Male Veteran 22 9:22:00 AM Carol Bridge Rhondda Triathlon Club Female Senior 23 9:23:00 AM Antony Dunham Towy Racing Cycling Club (TRCC) Male Veteran 24 9:24:00 AM Tim Strang Sarn Helen Club Male Veteran 25 9:26:00 AM Richard Beech Ogmore Valley Wheelers CC Male Veteran 26 9:26:00 AM Riv Jones Bynea Cycling Club Male Veteran 28 9:28:00 AM Huw Morgan Narberth Dynamos Cycling Club Male Veteran 28 9:29:00 AM Peter Hollins Chester Triathlon Club Male Veteran 39 9:30:00 AM Paul Rees Bynea Cycling Club Male Veteran 31 9:31:00 AM	18	9:18:00 AM	Richard	Hallett	Velo Teifi	Male	Veteran
21 9:21:00 AM Graham Dunn Velo Teifi Male Veteran 22 9:22:00 AM Carol Bridge Rhondda Triathlon Club Female Senior 23 9:23:00 AM Antony Dunham Towy Racing Cycling Club (TRCC) Male Veteran 24 9:24:00 AM Tim Strang Sarn Helen Club Male Veteran 25 9:25:00 AM Richard Beech Ogmore Valley Wheelers CC Male Veteran 26 9:26:00 AM Rivy Jones Ride Bike Wales Male Veteran 27 9:27:00 AM Steven Jones Bynea Cycling Club Male Veteran 28 9:28:00 AM Huw Morgan Narberth Dynamos Cycling Club Male Veteran 29 9:29:00 AM Peter Hollins Chester Triathlon Club Male Veteran 30 9:30:00 AM Geoff Thomas Rhondda Triathlon Club Male Veteran 31 9:31:00	19	9:19:00 AM	Andrew	Martin	Port Talbot Whs CC	Male	Veteran
22 9:22:00 AM Carol Bridge Rhondda Triathlon Club Female Senior 23 9:23:00 AM Antony Dunham Towy Racing Cycling Club (TRCC) Male Veteran 24 9:24:00 AM Tim Strang Sarn Helen Club Male Veteran 25 9:25:00 AM Richard Beech Ogmore Valley Wheelers CC Male Veteran 26 9:25:00 AM Rhys Jones Ride Bike Wales Male Senior 27 9:27:00 AM Steven Jones Bynea Cycling Club Male Veteran 28 9:28:00 AM Huw Morgan Narberth Dynamos Cycling Club Male Veteran 29 9:29:00 AM Peter Hollins Chester Triathlon Club Male Veteran 30 9:30:00 AM Paul Rees Bynea Cycling Club Male Veteran 31 9:31:00 AM Geoff Thomas Rhondda Triathlon Club Male Veteran 32 9:32:00 AM Andrew Rees Narberth Dynamos Cycling Club Male Veteran 33 9:33:00 AM Stuart Howe Rhondda Triathlon Club Male Veteran 34 9:34:00 AM Kevin Bessant Bynea Cycling Club Male Veteran 35 9:35:00 AM John Williams Bynea Cycling Club Male Veteran 36 9:36:00 AM John Williams Bynea Cycling Club Male Veteran 37 9:37:00 AM Phillip Turner Bynea Cycling Club Male Veteran 38 9:38:00 AM Phillip Turner Bynea Cycling Club Male Veteran 40 9:40:00 AM Richard Coomer Pembrokeshire Velo Male Veteran 41 9:41:00 AM Nathan Miles Pembrokeshire Velo Male Veteran 42 9:42:00 AM Richard Coomer Pembrokeshire Velo Male Veteran 43 9:43:00 AM Richard Coomer Pembrokeshire Velo Male Veteran 44 9:44:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 45 9:45:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 46 9:46:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 47 9:47:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 48 9:48:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 49 9:49:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 59 9:59:00 AM John Shehan Bynea Cycling Club Male Veteran 59 9:59:00 AM John Shehan Bynea Cycling Club Male Veteran 59 9:59:00 AM John Shehan Bynea Cycling Club Male Veteran 59 9:59:00 AM Stephen Beech Ogmore Valley Wheelers CC Male Senior 59 9:59:00 AM John Shehan Bynea Cycling Club Male Veteran 50 9:59:00 AM John Shehan Bynea Cycling Club Male Veteran 51 9:59:00 AM John Shehan Bynea Cycling	20	9:20:00 AM	Dylan	Evans	Velo Teifi	Male	Veteran
9:23:00 AM Antony Dunham Towy Racing Cycling Club (TRCC) Male Veteran 24 9:24:00 AM Tim Strang Sarn Helen Club Male Veteran 25 9:25:00 AM Richard Beech Ogmore Valley Wheelers CC Male Veteran 26 9:26:00 AM Rhys Jones Ride Bike Wales Male Senior 27 9:27:00 AM Steven Jones Bynea Cycling Club Male Veteran 28 9:28:00 AM Huw Morgan Narberth Dynamos Cycling Club Male Veteran 29 9:29:00 AM Peter Hollins Chester Triathlon Club Male Veteran 30 9:30:00 AM Paul Rees Bynea Cycling Club Male Veteran 31 9:31:00 AM Geoff Thomas Rhondda Triathlon Club Male Veteran 31 9:31:00 AM Geoff Thomas Rhondda Triathlon Club Male Veteran 32 9:32:00 AM Andrew Rees Narberth Dynamos Cycling Club Male Veteran 33 9:33:00 AM Stuart Howe Rhondda Triathlon Club Male Veteran 34 9:34:00 AM Kevin Bessant Bynea Cycling Club Male Veteran 35 9:35:00 AM Stuart Howe Rhondda Triathlon Club Male Veteran 36 9:36:00 AM John Williams Bynea Cycling Club Male Veteran 37 9:37:00 AM Phillip Timmas Rhondda Triathlon Club Male Veteran 38 9:38:00 AM John Williams Bynea Cycling Club Male Veteran 9:37:00 AM Phillip Timmas Rhondda Triathlon Club Male Veteran 49:39:30:00 AM Phillip Timmas Rhondda Triathlon Club Male Veteran 49:39:30:00 AM Dominic Norcross Team NBCC Male Veteran 40:9-40:00 AM Richard Coomer Pembrokeshire Velo Male Veteran 49:41:00 AM Nathan Miles Pembrokeshire Velo Male Veteran 49:42:00 AM Nichelle Fishbourne Team Backstedt Bike Performance Female Veteran 49:43:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 49:43:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 49:9-43:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 49:9-43:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 49:9-40:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 49:9-40:00 AM Robert Jones Cardiff 100 Miles RCC Male Veteran 49:9-40:00 AM Robert Jones Cardiff 100 Miles RCC Male Veteran 49:9-40:00 AM Robert Jones Cardiff 100 Miles RCC Male Veteran 49:9-40:00 AM Robert Jones Gardiff 100 Miles RCC Male Veteran 59:50:00 AM John Shehan Bynea Cycling Club Male Veteran 59:50:00 AM John	21	9:21:00 AM	Graham	Dunn	Velo Teifi	Male	Veteran
24 9:24:00 AM Tim Strang Sam Helen Club Male Veteran 25 9:25:00 AM Richard Beech Ogmore Valley Wheelers CC Male Veteran 26 9:26:00 AM Rhys Jones Ride Bike Wales Male Senior 27 9:27:00 AM Steven Jones Bynea Cycling Club Male Veteran 28 9:28:00 AM Huw Morgan Narberth Dynamos Cycling Club Male Veteran 29 9:29:00 AM Peter Hollins Chester Triathlon Club Male Veteran 30 9:30:00 AM Paul Rees Bynea Cycling Club Male Veteran 31 9:31:00 AM Geoff Thomas Rhondda Triathlon Club Male Veteran 32 9:32:00 AM Andrew Rees Narberth Dynamos Cycling Club Male Veteran 33 9:33:00 AM Stuart Howe Rhondda Triathlon Club Male Veteran 34 9:34:00 AM Kevin Bessant Bynea Cycling Club Male Veteran 35 9:35:00 AM Colin Wallace Merthyr CC Male Veteran 36 9:36:00 AM John Williams Bynea Cycling Club Male Veteran 37 9:37:00 AM Phillip Turner Bynea Cycling Club Male Veteran 38 9:38:00 AM Phillip Thomas Rhondda Triathlon Club Male Veteran 40 9:30:00 AM Dominic Norcross Team NBCC Male Veteran 40 9:30:00 AM Richard Coomer Pembrokeshire Velo Male Veteran 41 9:41:00 AM Nathan Miles Pembrokeshire Velo Male Veteran 42 9:42:00 AM Nichaell Fishbourne Team Backstedt Bike Performance Female Veteran 43 9:43:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 44 9:44:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 45 9:45:00 AM Bohert Lucas Port Talbot Whs CC Male Veteran 46 9:46:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 47 9:47:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 48 9:48:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 49 9:49:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 49 9:49:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 59 9:50:00 AM John Regan Pembrokeshire Velo Male Veteran 59 9:50:00 AM John Regan Pembrokeshire Velo Male Veteran 59 9:50:00 AM John Robert Jones Cardiff 100 Miles RCC Male Veteran 59 9:50:00 AM John Regan Pembrokeshire Velo Male Veteran 50 9:50:00 AM John Regan Pembrokeshire Velo Male Veteran 51 9:51:00 AM John Shehan Bynea Cycling Club Male Veteran 52 9:52:00 AM John Robert Jones Elite Cycling Lub Male	22	9:22:00 AM	Carol	Bridge	Rhondda Triathlon Club	Female	Senior
25 9:25:00 AM Richard Beech Ogmore Valley Wheelers CC Male Veteran 26 9:26:00 AM Rhys Jones Ride Bike Wales Male Senior 27 9:27:00 AM Steven Jones Bynea Cycling Club Male Veteran 28 9:28:00 AM Huw Morgan Narberth Dynamos Cycling Club Male Veteran 29 9:29:00 AM Peter Hollins Chester Triathlon Club Male Veteran 30 9:30:00 AM Paul Rees Bynea Cycling Club Male Veteran 31 9:31:00 AM Geoff Thomas Rhondda Triathlon Club Male Veteran 32 9:32:00 AM Andrew Rees Narberth Dynamos Cycling Club Male Veteran 33 9:33:00 AM Stuart Howe Rhondda Triathlon Club Male Veteran 34 9:33:00 AM Stuart Howe Rhondda Triathlon Club Male Veteran 35 9:35:00 AM Kevin Bessant Bynea Cycling Club Male Veteran 36 9:36:00 AM John Williams Bynea Cycling Club Male Veteran 37 9:37:00 AM Phillip Turner Bynea Cycling Club Male Veteran 38 9:38:00 AM Phillip Turner Bynea Cycling Club Male Veteran 39 9:39:00 AM Phillip Turner Bynea Cycling Club Male Veteran 40 9:40:00 AM Richard Coomer Pembrokeshire Velo Male Veteran 41 9:41:00 AM Nathan Miles Pembrokeshire Velo Male Veteran 42 9:42:00 AM Michelle Fishbourne Team Backstedt Bike Performance Female Veteran 43 9:43:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 44 9:44:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 45 9:45:00 AM Bohn Stephen Landeg Ogmore Valley Wheelers CC Male Veteran 46 9:46:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 47 9:47:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 48 9:48:00 AM Robert Senior Female Senior 59 9:50:00 AM John Shehan Bynea Cycling Club Male Veteran 59 9:50:00 AM John Shehan Bynea Cycling Club Male Veteran 59 9:50:00 AM John Shehan Bynea Cycling Club Male Veteran 59 9:50:00 AM John Shehan Bynea Cycling Club Male Veteran 59 9:50:00 AM John Shehan Bynea Cycling Club Male Veteran 59 9:50:00 AM John Shehan Bynea Cycling Club Male Veteran 50 9:50:00 AM John Shehan Bynea Cycling Club Male Veteran 50 9:50:00 AM Andrew Evans Port Talbot Whs CC Male Senior 50 9:50:00 AM Andrew Evans Port Talbot Whs CC Male Senior 50 9:50:00 AM Andrew Evans Port Talbot Whs CC	23	9:23:00 AM	Antony	Dunham	Towy Racing Cycling Club (TRCC)	Male	Veteran
26 9:26:00 AM Rhys Jones Ride Bike Wales Male Senior 7 9:27:00 AM Steven Jones Bynea Cycling Club Male Veteran 28 9:28:00 AM Huw Morgan Narberth Dynamos Cycling Club Male Veteran 29 9:29:00 AM Peter Hollins Chester Triathlon Club Male Veteran 30 9:30:00 AM Paul Rees Bynea Cycling Club Male Veteran 31 9:31:00 AM Geoff Thomas Rhondda Triathlon Club Male Veteran 32 9:32:00 AM Andrew Rees Narberth Dynamos Cycling Club Male Veteran 33 9:33:00 AM Stuart Howe Rhondda Triathlon Club Male Veteran 34 9:34:00 AM Kevin Bessant Bynea Cycling Club Male Veteran 35 9:35:00 AM Colin Wallace Merthyr CC Male Veteran 36 9:36:00 AM John Williams Bynea Cycling Club Male Veteran 37 9:37:00 AM Phillip Turner Bynea Cycling Club Male Veteran 38 9:38:00 AM Phillip Turner Bynea Cycling Club Male Veteran 39 9:37:00 AM Phillip Thomas Rhondda Triathlon Club Male Veteran 39 9:39:00 AM Phillip Thomas Rhondda Triathlon Club Male Veteran 39 9:39:00 AM Phillip Thomas Rhondda Triathlon Club Male Veteran 40 9:40:00 AM Richard Coomer Pembrokeshire Velo Male Veteran 41 9:41:00 AM Nathan Miles Pembrokeshire Velo Male Veteran 42 9:42:00 AM Michelle Fishbourne Team Backstedt Bike Performance Female Veteran 44 9:44:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 45 9:45:00 AM Bohrt Lucas Port Talbot Whs CC Male Veteran 46 9:46:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 47 9:47:00 AM Bohrt Jones Cardiff 100 Miles RCC Male Veteran 49 9:49:00 AM Bohrt Jones Cardiff 100 Miles RCC Male Veteran 49 9:49:00 AM Bohrt Jones Cardiff 100 Miles RCC Male Veteran 53 9:59:00 AM John Shehan Bynea Cycling Club Male Veteran 53 9:59:00 AM John Shehan Bynea Cycling Club Male Veteran 54 9:49:00 AM Bohrt Jones Cardiff 100 Miles RCC Male Veteran 55 9:59:00 AM John Shehan Bynea Cycling Club Male Veteran 55 9:59:00 AM John Shehan Bynea Cycling Club Male Veteran 55 9:59:00 AM John Shehan Bynea Cycling Club Male Veteran 55 9:59:00 AM John Shehan Bynea Cycling Club Male Veteran 57 9:57:00 AM Andrew Evans Port Talbot Whs CC Male Senior 59:59:50:00 AM Andrew Evans Port Talb	24	9:24:00 AM	Tim		Sarn Helen Club	Male	
27 9:27:00 AM Steven Jones Bynea Cycling Club Male Veteran 28 9:28:00 AM Huw Morgan Narberth Dynamos Cycling Club Male Veteran 29 9:29:00 AM Peter Hollins Chester Triathlon Club Male Veteran 30 9:30:00 AM Paul Rees Bynea Cycling Club Male Veteran 31 9:31:00 AM Geoff Thomas Rhondda Triathlon Club Male Veteran 32 9:32:00 AM Andrew Rees Narberth Dynamos Cycling Club Male Veteran 33 9:33:00 AM Stuart Howe Rhondda Triathlon Club Male Veteran 34 9:34:00 AM Kevin Bessant Bynea Cycling Club Male Veteran 35 9:35:00 AM Colin Wallace Merthyr CC Male Veteran 36 9:36:00 AM John Williams Bynea Cycling Club Male Veteran 37 9:37:00 AM Phillip Turner Bynea Cycling Club Male Veteran 38 9:38:00 AM Phillip Turner Bynea Cycling Club Male Veteran 39 9:39:00 AM Phillip Turner Bynea Cycling Club Male Veteran 40 9:40:00 AM Richard Coomer Pembrokeshire Velo Male Veteran 41 9:41:00 AM Nathan Miles Pembrokeshire Velo Male Veteran 42 9:42:00 AM Nichelle Fishbourne Team Backstedt Bike Performance Female Veteran 43 9:43:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 44 9:46:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 45 9:45:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 46 9:46:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 47 9:47:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 48 9:48:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 49 9:49:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 50 9:50:00 AM John Regan Pembrokeshire Velo Male Veteran 51 9:49:00 AM Bale Pillip Talmer Team Backsedt Bike Performance Female Senior 52 9:59:00 AM John Regan Pembrokeshire Velo Male Veteran 53 9:59:00 AM John Regan Pembrokeshire Velo Male Veteran 54 9:49:00 AM Robert Jones Cardiff 100 Miles RCC Male Veteran 55 9:59:00 AM John Regan Pembrokeshire Velo Male Veteran 56 9:59:00 AM John Regan Pembrokeshire Velo Male Veteran 57 9:57:00 AM John Regan Pembrokeshire Velo Male Veteran 58 9:59:00 AM John Regan Pembrokeshire Velo Male Veteran 59 9:59:00 AM John Regan Pembrokeshire Velo Male Veteran 59 9:59:00 AM John Regan Pembrokeshire V				Beech	Ogmore Valley Wheelers CC	Male	Veteran
28 9:28:00 AM Huw Morgan Narberth Dynamos Cycling Club Male Veteran 29 9:29:00 AM Peter Hollins Chester Triathlon Club Male Veteran 30 9:30:00 AM Paul Rees Bynea Cycling Club Male Veteran 31 9:31:00 AM Geoff Thomas Rhondda Triathlon Club Male Veteran 32 9:32:00 AM Andrew Rees Narberth Dynamos Cycling Club Male Veteran 33 9:33:00 AM Stuart Howe Rhondda Triathlon Club Male Veteran 34 9:34:00 AM Kevin Bessant Bynea Cycling Club Male Veteran 35 9:35:00 AM Colin Wallace Merthyr CC Male Veteran 36 9:36:00 AM John Williams Bynea Cycling Club Male Veteran 37 9:37:00 AM Phillip Turner Bynea Cycling Club Male Veteran 38 9:38:00 AM Phillip Thomas Rhondda Triathlon Club Male Veteran 39 9:39:00 AM Dominic Norcross Team NBCC Male Veteran 40 9:40:00 AM Richard Coomer Pembrokeshire Velo Male Veteran 41 9:41:00 AM Nathan Miles Pembrokeshire Velo Male Veteran 42 9:42:00 AM Nichelle Fishbourne Team Backstedt Bike Performance Female Veteran 43 9:43:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 44 9:44:00 AM Robert Jones Cardiff 100 Miles RCC Male Veteran 45 9:45:00 AM Robert Jones Cardiff 100 Miles RCC Male Veteran 46 9:46:00 AM Robert Jones Cardiff 100 Miles RCC Male Veteran 47 9:47:00 AM Gareth Ryan Rhondda Triathlon Club Male Senior 59 9:50:00 AM John Regan Pembrokeshire Velo Male Veteran 59 9:49:00 AM Robert Jones Cardiff 100 Miles RCC Male Veteran 59 9:49:00 AM Sample Flawn Cycle Specific Female Senior 50 9:50:00 AM John Regan Pembrokeshire Velo Male Veteran 51 9:49:00 AM John Regan Pembrokeshire Velo Male Senior 50 9:50:00 AM John Regan Pembrokeshire Velo Male Senior 50 9:50:00 AM John Shehan Bynea Cycling Club Male Senior 50 9:50:00 AM John Shehan Bynea Cycling Club Male Veteran 51 9:51:00 AM John Shehan Bynea Cycling Club Male Senior 52 9:52:00 AM John Shehan Bynea Cycling Club Male Senior 53 9:55:00 AM John Shehan Bynea Cycling Club Male Veteran 54 9:55:00 AM John Shehan Bynea Cycling Club Male Senior 55 9:55:00 AM John Shehan Bynea Cycling Club Male Senior 56 9:56:00 AM Andrew Evans Port Talbot Whs CC Male Senior	26		Rhys	Jones	Ride Bike Wales	Male	Senior
29 9:29:00 AM Paul Rees Bynea Cycling Club Male Veteran 30 9:30:00 AM Paul Rees Bynea Cycling Club Male Veteran 31 9:31:00 AM Geoff Thomas Rhondda Triathlon Club Male Veteran 32 9:32:00 AM Andrew Rees Narberth Dynamos Cycling Club Male Veteran 33 9:33:00 AM Stuart Howe Rhondda Triathlon Club Male Veteran 34 9:34:00 AM Kevin Bessant Bynea Cycling Club Male Veteran 35 9:35:00 AM Colin Wallace Merthyr CC Male Veteran 36 9:36:00 AM John Williams Bynea Cycling Club Male Veteran 37 9:37:00 AM Phillip Turner Bynea Cycling Club Male Veteran 38 9:38:00 AM Phillip Turner Bynea Cycling Club Male Veteran 39 9:39:00 AM Phillip Thomas Rhondda Triathlon Club Male Veteran 40 9:40:00 AM Richard Coomer Pembrokeshire Velo Male Veteran 41 9:41:00 AM Nathan Miles Pembrokeshire Velo Male Veteran 42 9:42:00 AM Michelle Fishbourne Team Backstedt Bike Performance Female Veteran 43 9:43:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 44 9:44:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 45 9:45:00 AM Emyr Griffiths Town Racing Cycling Club (TRCC) Male Veteran 46 9:46:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 47 9:47:00 AM Gareth Ryan Rhondda Triathlon Club Male Senior 48 9:48:00 AM Emyr Griffiths Town Racing Cycling Club (TRCC) Male Veteran 49 9:49:00 AM Backeth Ryan Rhondda Triathlon Club Male Senior 50 9:50:00 AM John Regan Pembrokeshire Velo Male Veteran 51 9:49:00 AM John Regan Pembrokeshire Velo Male Senior 52 9:50:00 AM John Regan Pembrokeshire Velo Male Senior 53 9:50:00 AM John Shehan Bynea Cycling Club Male Senior 54 9:45:00 AM Gav Rees Bynea Cycling Club Male Veteran 55 9:55:00 AM John Shehan Bynea Cycling Club Male Veteran 56 9:55:00 AM John Shehan Bynea Cycling Club Male Veteran 57 9:57:00 AM John Shehan Bynea Cycling Club Male Veteran 58 9:55:00 AM John Shehan Bynea Cycling Club Male Veteran 59 9:55:00 AM John Shehan Bynea Cycling Club Male Veteran 59 9:55:00 AM John Shehan Bynea Cycling Club Male Veteran 59 9:55:00 AM John Shehan Bynea Cycling Club Male Veteran 59 9:55:00 AM John Shehan Bynea Cycling Club	27	1	Steven	Jones	Bynea Cycling Club	Male	Veteran
30 9:30:00 AM Paul Rees Bynea Cycling Club Male Veteran 31 9:31:00 AM Geoff Thomas Rhondda Triathlon Club Male Veteran 32 9:32:00 AM Andrew Rees Narberth Dynamos Cycling Club Male Veteran 33 9:33:00 AM Stuart Howe Rhondda Triathlon Club Male Veteran 34 9:34:00 AM Kevin Bessant Bynea Cycling Club Male Veteran 35 9:35:00 AM Colin Wallace Merthyr CC Male Veteran 36 9:36:00 AM John Williams Bynea Cycling Club Male Veteran 37 9:37:00 AM Phillip Turner Bynea Cycling Club Male Veteran 38 9:38:00 AM Phillip Turner Bynea Cycling Club Male Veteran 39 9:39:00 AM Phillip Thomas Rhondda Triathlon Club Male Veteran 40 9:40:00 AM Richard Coomer Pembrokeshire Velo Male Veteran 41 9:41:00 AM Nathan Miles Pembrokeshire Velo Male Veteran 42 9:42:00 AM Michelle Fishbourne Team Backstedt Bike Performance Female Veteran 43 9:43:00 AM Stephen Landeg Ogmore Valley Wheelers CC Male Veteran 44 9:44:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 45 9:45:00 AM Emyr Griffiths Towy Racing Cycling Club (TRCC) Male Veteran 46 9:46:00 AM Robert Jones Cardiff 100 Miles RCC Male Veteran 47 9:47:00 AM Bemyr Griffiths Towy Racing Cycling Club (TRCC) Male Veteran 48 9:48:00 AM Emyr Griffiths Towy Racing Cycling Club (TRCC) Male Veteran 49 9:49:00 AM Robert Jones Cardiff 100 Miles RCC Male Veteran 49 9:49:00 AM Danielle Flawn Cycle Specific Female Senior 50 9:55:00 AM John Shehan Bynea Cycling Club Male Veteran 51 9:51:00 AM John Shehan Bynea Cycling Club Male Veteran 52 9:52:00 AM Jason Roberts Bynea Cycling Club Male Veteran 53 9:55:00 AM John Shehan Bynea Cycling Club Male Veteran 54 9:55:00 AM Andrew Evans Port Talbot Whs CC Male Veteran 55 9:55:00 AM John Sheban Bynea Cycling Club Male Veteran 56 9:55:00 AM Andrew Evans Port Talbot Whs CC Male Veteran 57 9:55:00 AM Andrew Evans Port Talbot Whs CC Male Senior	28	9:28:00 AM	Huw	Morgan		Male	Veteran
31 9:31:00 AM Geoff Thomas Rhondda Triathlon Club Male Veteran 32 9:32:00 AM Andrew Rees Narberth Dynamos Cycling Club Male Veteran 33 9:33:00 AM Stuart Howe Rhondda Triathlon Club Male Veteran 34 9:34:00 AM Kevin Bessant Bynea Cycling Club Male Veteran 35 9:35:00 AM Colin Wallace Merthyr CC Male Veteran 36 9:36:00 AM John Williams Bynea Cycling Club Male Veteran 37 9:37:00 AM Phillip Turner Bynea Cycling Club Male Veteran 38 9:38:00 AM Phillip Turner Bynea Cycling Club Male Veteran 39 9:38:00 AM Phillip Thomas Rhondda Triathlon Club Male Senior 39 9:39:00 AM Dominic Norcross Team NBCC Male Veteran 40 9:40:00 AM Richard Coomer Pembrokeshire Velo Male Veteran 41 9:41:00 AM Nathan Miles Pembrokeshire Velo Male Veteran 42 9:42:00 AM Michelle Fishbourne Team Backstedt Bike Performance Female Veteran 43 9:43:00 AM Stephen Landeg Ogmore Valley Wheelers CC Male Veteran 44 9:44:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 45 9:45:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 46 9:46:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 47 9:47:00 AM Gareth Ryan Rhondda Triathlon Club Male Senior 48 9:48:00 AM Lawrence Cronk Team CRANC Male Senior 59 9:49:00 AM John Shehan Bynea Cycling Club Male Senior 50 9:50:00 AM John Shehan Bynea Cycling Club Male Veteran 51 9:51:00 AM John Shehan Bynea Cycling Club Male Veteran 52 9:52:00 AM John Shehan Bynea Cycling Club Male Veteran 53 9:55:00 AM John Shehan Bynea Cycling Club Male Veteran 59 9:55:00 AM John Shehan Bynea Cycling Club Male Veteran 50 9:55:00 AM John Shehan Bynea Cycling Club Male Veteran 51 9:55:00 AM John Shehan Bynea Cycling Club Male Veteran 53 9:55:00 AM John Shehan Bynea Cycling Club Male Veteran 54 9:55:00 AM John Shehan Bynea Cycling Club Male Senior 55 9:55:00 AM John Shehan Bynea Cycling Club Male Senior 56 9:55:00 AM John Shehan Bynea Cycling Club Male Senior 57 9:55:00 AM Andrew Evans Port Talbot Whs CC Male Senior 58 9:55:00 AM Andrew Evans Port Talbot Whs CC Male Senior	29	9:29:00 AM	Peter	Hollins		Male	Veteran
32 9:32:00 AM Andrew Rees Narberth Dynamos Cycling Club Male Veteran 33 9:33:00 AM Stuart Howe Rhondda Triathlon Club Male Veteran 34 9:34:00 AM Kevin Bessant Bynea Cycling Club Male Veteran 35 9:35:00 AM Colin Wallace Merthyr CC Male Veteran 36 9:36:00 AM John Williams Bynea Cycling Club Male Veteran 37 9:37:00 AM Phillip Turner Bynea Cycling Club Male Veteran 38 9:38:00 AM Phillip Thomas Rhondda Triathlon Club Male Senior 39 9:39:00 AM Dominic Norcross Team NBCC Male Veteran 40 9:40:00 AM Richard Coomer Pembrokeshire Velo Male Veteran 41 9:41:00 AM Nathan Miles Pembrokeshire Velo Male Veteran 42 9:42:00 AM Michelle Fishbourne Team Backstedt Bike Performance Female Veteran 43 9:43:00 AM Stephen Landeg Ogmore Valley Wheelers CC Male Veteran 44 9:44:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 45 9:45:00 AM Emyr Griffiths Towy Racing Cycling Club (TRCC) Male Veteran 46 9:46:00 AM Robert Jones Cardiff 100 Miles RCC Male Veteran 47 9:47:00 AM Gareth Ryan Rhondda Triathlon Club Male Senior 48 9:48:00 AM Bobert Jones Cardiff 100 Miles RCC Male Veteran 49 9:49:00 AM Bobert Jones Cardiff 100 Miles RCC Male Veteran 50 9:49:00 AM Danielle Flawn Cycle Specific Female Senior 50 9:50:00 AM John Regan Pembrokeshire Velo Male Veteran 51 9:51:00 AM John Shehan Bynea Cycling Club Male Veteran 52 9:52:00 AM Jason Roberts Bynea Cycling Club Male Veteran 53 9:53:00 AM Gay Rees Bynea Cycling Club Male Veteran 54 9:55:00 AM John Shehan Bynea Cycling Club Male Veteran 55 9:55:00 AM John Shehan Bynea Cycling Club Male Veteran 56 9:56:00 AM Andrew Evans Port Talbot Whs CC Male Senior 57 9:57:00 AM Andrew Evans Port Talbot Whs CC Male Senior 58 9:55:00 AM Andrew Evans Port Talbot Whs CC Male Senior	30	9:30:00 AM	Paul	Rees	Bynea Cycling Club	Male	
33 9:33:00 AM Stuart Howe Rhondda Triathlon Club Male Veteran 34 9:34:00 AM Kevin Bessant Bynea Cycling Club Male Veteran 35 9:35:00 AM Colin Wallace Merthyr CC Male Veteran 36 9:36:00 AM John Williams Bynea Cycling Club Male Veteran 37 9:37:00 AM Phillip Turner Bynea Cycling Club Male Veteran 38 9:38:00 AM Phillip Thomas Rhondda Triathlon Club Male Senior 39 9:39:00 AM Dominic Norcross Team NBCC Male Veteran 40 9:40:00 AM Richard Coomer Pembrokeshire Velo Male Veteran 41 9:41:00 AM Nathan Miles Pembrokeshire Velo Male Veteran 42 9:42:00 AM Michelle Fishbourne Team Backstedt Bike Performance Female Veteran 43 9:43:00 AM Stephen Landeg Ogmore Valley Wheelers CC Male Veteran 44 9:44:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 45 9:45:00 AM Emyr Griffiths Towy Racing Cycling Club (TRCC) Male Veteran 46 9:46:00 AM Robert Jones Cardiff 100 Miles RCC Male Veteran 47 9:47:00 AM Gareth Ryan Rhondda Triathlon Club Male Senior 48 9:48:00 AM Lawrence Cronk Team CRANC Male Senior 50 9:50:00 AM John Regan Pembrokeshire Velo Male Veteran 51 9:51:00 AM John Shehan Bynea Cycling Club Male Veteran 52 9:52:00 AM John Shehan Bynea Cycling Club Male Veteran 53 9:53:00 AM Guy Rees Bynea Cycling Club Male Veteran 54 9:55:00 AM John Shehan Bynea Cycling Club Male Veteran 55 9:55:00 AM John Shehan Bynea Cycling Club Male Veteran 56 9:55:00 AM John Shehan Bynea Cycling Club Male Veteran 57 9:57:00 AM Alex John Cycle Specific Male Senior 58 9:58:00 AM Alex John Cycle Specific Male Senior 59 9:55:00 AM Alex John Cycle Specific Male Senior 59 9:55:00 AM Alex John Cycle Specific Male Senior		9:31:00 AM	Geoff	Thomas	Rhondda Triathlon Club	Male	Veteran
34 9:34:00 AM Kevin Bessant Bynea Cycling Club Male Veteran 35 9:35:00 AM Colin Wallace Merthyr CC Male Veteran 36 9:36:00 AM John Williams Bynea Cycling Club Male Veteran 37 9:37:00 AM Phillip Turner Bynea Cycling Club Male Veteran 38 9:38:00 AM Phillip Thomas Rhondda Triathlon Club Male Veteran 39 9:39:00 AM Dominic Norcross Team NBCC Male Veteran 40 9:40:00 AM Richard Coomer Pembrokeshire Velo Male Veteran 41 9:41:00 AM Nathan Miles Pembrokeshire Velo Male Veteran 42 9:42:00 AM Michelle Fishbourne Team Backstedt Bike Performance Female Veteran 43 9:43:00 AM Stephen Landeg Ogmore Valley Wheelers CC Male Veteran 44 9:44:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 45 9:45:00 AM Emyr Griffiths Towy Racing Cycling Club (TRCC) Male Veteran 46 9:46:00 AM Robert Jones Cardiff 100 Miles RCC Male Veteran 47 9:47:00 AM Gareth Ryan Rhondda Triathlon Club Male Senior 48 9:48:00 AM Lawrence Cronk Team CRANC Male Senior 50 9:50:00 AM John Regan Pembrokeshire Velo Male Veteran 51 9:51:00 AM John Shehan Bynea Cycling Club Male Veteran 52 9:52:00 AM Jason Roberts Bynea Cycling Club Male Veteran 53 9:53:00 AM Guy Rees Bynea Cycling Club Male Veteran 54 9:55:00 AM John Shehan Bynea Cycling Club Male Veteran 55 9:55:00 AM John Shehan Bynea Cycling Club Male Veteran 56 9:55:00 AM John Shehan Bynea Cycling Club Male Veteran 57 9:57:00 AM Alex John Cycle Specific Male Senior 58 9:58:00 AM Andrew Evans Port Talbot Whs CC Male Veteran 59 9:55:00 AM Andrew Evans Port Talbot Whs CC Male Veteran		9:32:00 AM	Andrew	Rees		Male	Veteran
35 9:35:00 AM Colin Wallace Merthyr CC Male Veteran 36 9:36:00 AM John Williams Bynea Cycling Club Male Veteran 37 9:37:00 AM Phillip Turner Bynea Cycling Club Male Veteran 38 9:38:00 AM Phillip Thomas Rhondda Triathlon Club Male Senior 39 9:39:00 AM Dominic Norcross Team NBCC Male Veteran 40 9:40:00 AM Richard Coomer Pembrokeshire Velo Male Veteran 41 9:41:00 AM Nathan Miles Pembrokeshire Velo Male Veteran 42 9:42:00 AM Michelle Fishbourne Team Backstedt Bike Performance Female Veteran 43 9:43:00 AM Stephen Landeg Ogmore Valley Wheelers CC Male Veteran 44 9:44:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 45 9:45:00 AM Robert Jones Cardiff 100 Miles RCC Male Veteran 46 9:46:00 AM Robert Jones Cardiff 100 Miles RCC Male Veteran 47 9:47:00 AM Gareth Ryan Rhondda Triathlon Club Male Senior 48 9:48:00 AM Lawrence Cronk Team CRANC Male Senior 49 9:49:00 AM Danielle Flawn Cycle Specific Female Senior 50 9:50:00 AM John Regan Pembrokeshire Velo Male Veteran 51 9:51:00 AM John Shehan Bynea Cycling Club Male Veteran 52 9:52:00 AM John Shehan Bynea Cycling Club Male Veteran 53 9:53:00 AM Guy Rees Bynea Cycling Club Male Veteran 54 9:45:00 AM John Shehan Bynea Cycling Club Male Veteran 55 9:55:00 AM John Shebar Bynea Cycling Club Male Veteran 56 9:56:00 AM Andrew Evans Port Talbot Whs CC Male Veteran 57 9:57:00 AM Andrew Evans Port Talbot Whs CC Male Senior 58 9:58:00 AM Andrew Evans Port Talbot Whs CC Male Senior		†	†	Howe			
36 9:36:00 AM John Williams Bynea Cycling Club Male Veteran 37 9:37:00 AM Phillip Turner Bynea Cycling Club Male Veteran 38 9:38:00 AM Phillip Thomas Rhondda Triathlon Club Male Senior 39 9:39:00 AM Dominic Norcross Team NBCC Male Veteran 40 9:40:00 AM Richard Coomer Pembrokeshire Velo Male Veteran 41 9:41:00 AM Nathan Miles Pembrokeshire Velo Male Veteran 42 9:42:00 AM Michelle Fishbourne Team Backstedt Bike Performance Female Veteran 43 9:43:00 AM Stephen Landeg Ogmore Valley Wheelers CC Male Veteran 44 9:44:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 45 9:45:00 AM Emyr Griffiths Towy Racing Cycling Club (TRCC) Male Veteran 46 9:46:00 AM Robert Jones Cardiff 100 Miles RCC Male Veteran 47 9:47:00 AM Gareth Ryan Rhondda Triathlon Club Male Senior 48 9:48:00 AM Lawrence Cronk Team CRANC Male Senior 50 9:50:00 AM Danielle Flawn Cycle Specific Female Senior 50 9:50:00 AM John Regan Pembrokeshire Velo Male Veteran 51 9:51:00 AM John Shehan Bynea Cycling Club Male Veteran 53 9:53:00 AM Guy Rees Bynea Cycling Club Male Veteran 54 9:54:00 AM Gareth Chris Jones Elite Cycling Club Male Veteran 55 9:55:00 AM Joe Beech Ogmore Valley Wheelers CC Male Veteran 56 9:56:00 AM Andrew Evans Port Talbot Whs CC Male Veteran 57 9:57:00 AM Andrew Evans Port Talbot Whs CC Male Senior							
37 9:37:00 AM Phillip Turner Bynea Cycling Club Male Veteran 38 9:38:00 AM Phillip Thomas Rhondda Triathlon Club Male Senior 39 9:39:00 AM Dominic Norcross Team NBCC Male Veteran 40 9:40:00 AM Richard Coomer Pembrokeshire Velo Male Veteran 41 9:41:00 AM Nathan Miles Pembrokeshire Velo Male Veteran 42 9:42:00 AM Michelle Fishbourne Team Backstedt Bike Performance Female Veteran 43 9:43:00 AM Stephen Landeg Ogmore Valley Wheelers CC Male Veteran 44 9:44:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 45 9:45:00 AM Emyr Griffiths Towy Racing Cycling Club (TRCC) Male Veteran 46 9:46:00 AM Robert Jones Cardiff 100 Miles RCC Male Veteran 47 9:47:00 AM Gareth Ryan Rhondda Triathlon Club Male Senior 48 9:48:00 AM Lawrence Cronk Team CRANC Male Senior 49 9:49:00 AM Danielle Flawn Cycle Specific Female Senior 50 9:50:00 AM John Regan Pembrokeshire Velo Male Veteran 51 9:51:00 AM John Shehan Bynea Cycling Club Male Veteran 52 9:52:00 AM Gav Rees Bynea Cycling Club Male Veteran 53 9:53:00 AM Gav Rees Bynea Cycling Club Male Veteran 54 9:54:00 AM Chris Jones Elite Cycling Male Veteran 55 9:55:00 AM John Shehan Bynea Cycling Club Male Veteran 56 9:56:00 AM Andrew Evans Port Talbot Whs CC Male Senior 57 9:57:00 AM Andrew Evans Port Talbot Whs CC Male Senior 58 9:58:00 AM Andrew Evans Port Talbot Whs CC Male Senior 58 9:58:00 AM Andrew Evans Port Talbot Whs CC Male Senior							
38 9:38:00 AM Philip Thomas Rhondda Triathlon Club Male Senior 39 9:39:00 AM Dominic Norcross Team NBCC Male Veteran 40 9:40:00 AM Richard Coomer Pembrokeshire Velo Male Veteran 41 9:41:00 AM Nathan Miles Pembrokeshire Velo Male Veteran 42 9:42:00 AM Michelle Fishbourne Team Backstedt Bike Performance Female Veteran 43 9:43:00 AM Stephen Landeg Ogmore Valley Wheelers CC Male Veteran 44 9:44:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 45 9:45:00 AM Emyr Griffiths Towy Racing Cycling Club (TRCC) Male Veteran 46 9:46:00 AM Robert Jones Cardiff 100 Miles RCC Male Veteran 47 9:47:00 AM Gareth Ryan Rhondda Triathlon Club Male Senior 48 9:48:00 AM Lawrence Cronk Team CRANC Male Senior 49 9:49:00 AM Danielle Flawn Cycle Specific Female Senior 50 9:50:00 AM John Regan Pembrokeshire Velo Male Veteran 51 9:51:00 AM John Regan Pembrokeshire Velo Male Veteran 52 9:52:00 AM Jason Roberts Bynea Cycling Club Male Veteran 53 9:53:00 AM Guy Rees Bynea Cycling Club Male Senior 54 9:54:00 AM Chris Jones Elite Cycling Male Veteran 55 9:55:00 AM John Shehan Bynea Cycling Club Male Senior 56 9:56:00 AM Andrew Evans Port Talbot Whs CC Male Senior 57 9:57:00 AM Andrew Evans Port Talbot Whs CC Male Senior 58 9:58:00 AM Andrew Evans Port Talbot Whs CC Male Senior							
399:39:00 AMDominicNorcrossTeam NBCCMaleVeteran409:40:00 AMRichardCoomerPembrokeshire VeloMaleVeteran419:41:00 AMNathanMilesPembrokeshire VeloMaleVeteran429:42:00 AMMichelleFishbourneTeam Backstedt Bike PerformanceFemaleVeteran439:43:00 AMStephenLandegOgmore Valley Wheelers CCMaleVeteran449:44:00 AMRobertLucasPort Talbot Whs CCMaleVeteran459:45:00 AMEmyrGriffithsTowy Racing Cycling Club (TRCC)MaleVeteran469:46:00 AMRobertJonesCardiff 100 Miles RCCMaleVeteran479:47:00 AMGarethRyanRhondda Triathlon ClubMaleSenior489:48:00 AMLawrenceCronkTeam CRANCMaleSenior499:49:00 AMDanielleFlawnCycle SpecificFemaleSenior509:50:00 AMJohnReganPembrokeshire VeloMaleVeteran519:51:00 AMJohnShehanBynea Cycling ClubMaleVeteran529:52:00 AMJasonRobertsBynea Cycling ClubMaleVeteran539:53:00 AMGuyReesBynea Cycling ClubMaleVeteran549:54:00 AMChrisJonesElite CyclingMaleVeteran559:55:00			<u> </u>		· · · ·		
40 9:40:00 AM Richard Coomer Pembrokeshire Velo Male Veteran 41 9:41:00 AM Nathan Miles Pembrokeshire Velo Male Veteran 42 9:42:00 AM Michelle Fishbourne Team Backstedt Bike Performance Female Veteran 43 9:43:00 AM Stephen Landeg Ogmore Valley Wheelers CC Male Veteran 44 9:44:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 45 9:45:00 AM Emyr Griffiths Towy Racing Cycling Club (TRCC) Male Veteran 46 9:46:00 AM Robert Jones Cardiff 100 Miles RCC Male Veteran 47 9:47:00 AM Gareth Ryan Rhondda Triathlon Club Male Senior 48 9:48:00 AM Lawrence Cronk Team CRANC Male Senior 49 9:49:00 AM Danielle Flawn Cycle Specific Female Senior 50 9:50:00 AM John Regan Pembrokeshire Velo Male Veteran 51 9:51:00 AM John Shehan Bynea Cycling Club Male Veteran 52 9:52:00 AM Jason Roberts Bynea Cycling Club Male Veteran 53 9:53:00 AM Guy Rees Bynea Cycling Club Male Senior 54 9:54:00 AM Joe Beech Ogmore Valley Wheelers CC Male Senior 56 9:55:00 AM Andrew Evans Port Talbot Whs CC Male Senior 57 9:57:00 AM Alex John Cycle Specific Male Senior			-	1			
41 9:41:00 AM Nathan Miles Pembrokeshire Velo Male Veteran 42 9:42:00 AM Michelle Fishbourne Team Backstedt Bike Performance Female Veteran 43 9:43:00 AM Stephen Landeg Ogmore Valley Wheelers CC Male Veteran 44 9:44:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 45 9:45:00 AM Emyr Griffiths Towy Racing Cycling Club (TRCC) Male Veteran 46 9:46:00 AM Robert Jones Cardiff 100 Miles RCC Male Veteran 47 9:47:00 AM Gareth Ryan Rhondda Triathlon Club Male Senior 48 9:48:00 AM Lawrence Cronk Team CRANC Male Senior 49 9:49:00 AM Danielle Flawn Cycle Specific Female Senior 50 9:50:00 AM John Regan Pembrokeshire Velo Male Veteran 51 9:51:00 AM John Shehan Bynea Cycling Club Male Veteran 52 9:52:00 AM Jason Roberts Bynea Cycling Club Male Veteran 53 9:53:00 AM Guy Rees Bynea Cycling Club Male Senior 54 9:54:00 AM Joe Beech Ogmore Valley Wheelers CC Male Senior 56 9:55:00 AM Andrew Evans Port Talbot Whs CC Male Senior 57 9:57:00 AM Alex John Cycle Specific Male Senior		1	†	 			
429:42:00 AMMichelleFishbourneTeam Backstedt Bike PerformanceFemaleVeteran439:43:00 AMStephenLandegOgmore Valley Wheelers CCMaleVeteran449:44:00 AMRobertLucasPort Talbot Whs CCMaleVeteran459:45:00 AMEmyrGriffithsTowy Racing Cycling Club (TRCC)MaleVeteran469:46:00 AMRobertJonesCardiff 100 Miles RCCMaleVeteran479:47:00 AMGarethRyanRhondda Triathlon ClubMaleSenior489:48:00 AMLawrenceCronkTeam CRANCMaleSenior499:49:00 AMDanielleFlawnCycle SpecificFemaleSenior509:50:00 AMJohnReganPembrokeshire VeloMaleVeteran519:51:00 AMJohnShehanBynea Cycling ClubMaleVeteran529:52:00 AMJasonRobertsBynea Cycling ClubMaleVeteran539:53:00 AMGuyReesBynea Cycling ClubMaleSenior549:54:00 AMChrisJonesElite CyclingMaleVeteran559:55:00 AMJoeBeechOgmore Valley Wheelers CCMaleSenior569:56:00 AMAndrewEvansPort Talbot Whs CCMaleVeteran579:57:00 AMAlexJohnCycle SpecificMaleSenior			+				
439:43:00 AMStephenLandegOgmore Valley Wheelers CCMaleVeteran449:44:00 AMRobertLucasPort Talbot Whs CCMaleVeteran459:45:00 AMEmyrGriffithsTowy Racing Cycling Club (TRCC)MaleVeteran469:46:00 AMRobertJonesCardiff 100 Miles RCCMaleVeteran479:47:00 AMGarethRyanRhondda Triathlon ClubMaleSenior489:48:00 AMLawrenceCronkTeam CRANCMaleSenior499:49:00 AMDanielleFlawnCycle SpecificFemaleSenior509:50:00 AMJohnReganPembrokeshire VeloMaleVeteran519:51:00 AMJohnShehanBynea Cycling ClubMaleVeteran529:52:00 AMJasonRobertsBynea Cycling ClubMaleVeteran539:53:00 AMGuyReesBynea Cycling ClubMaleVeteran549:54:00 AMChrisJonesElite CyclingMaleVeteran559:55:00 AMJoeBeechOgmore Valley Wheelers CCMaleSenior569:56:00 AMAndrewEvansPort Talbot Whs CCMaleVeteran589:58:00 AMRobertHallCycle SpecificMaleSenior							
44 9:44:00 AM Robert Lucas Port Talbot Whs CC Male Veteran 45 9:45:00 AM Emyr Griffiths Towy Racing Cycling Club (TRCC) Male Veteran 46 9:46:00 AM Robert Jones Cardiff 100 Miles RCC Male Veteran 47 9:47:00 AM Gareth Ryan Rhondda Triathlon Club Male Senior 48 9:48:00 AM Lawrence Cronk Team CRANC Male Senior 49 9:49:00 AM Danielle Flawn Cycle Specific Female Senior 50 9:50:00 AM John Regan Pembrokeshire Velo Male Veteran 51 9:51:00 AM John Shehan Bynea Cycling Club Male Veteran 52 9:52:00 AM Jason Roberts Bynea Cycling Club Male Veteran 53 9:53:00 AM Guy Rees Bynea Cycling Club Male Senior 54 9:54:00 AM Joe Beech Ogmore Valley Wheelers CC Male Senior 56 9:56:00 AM Andrew Evans Port Talbot Whs CC Male Senior 57 9:57:00 AM Robert Hall Cycle Specific Male Senior							
45 9:45:00 AM Emyr Griffiths Towy Racing Cycling Club (TRCC) Male Veteran 46 9:46:00 AM Robert Jones Cardiff 100 Miles RCC Male Veteran 47 9:47:00 AM Gareth Ryan Rhondda Triathlon Club Male Senior 48 9:48:00 AM Lawrence Cronk Team CRANC Male Senior 49 9:49:00 AM Danielle Flawn Cycle Specific Female Senior 50 9:50:00 AM John Regan Pembrokeshire Velo Male Veteran 51 9:51:00 AM John Shehan Bynea Cycling Club Male Veteran 52 9:52:00 AM Jason Roberts Bynea Cycling Club Male Veteran 53 9:53:00 AM Guy Rees Bynea Cycling Club Male Senior 54 9:54:00 AM Chris Jones Elite Cycling Male Veteran 55 9:55:00 AM Joe Beech Ogmore Valley Wheelers CC Male Senior 56 9:56:00 AM Andrew Evans Port Talbot Whs CC Male Senior 57 9:57:00 AM Robert Hall Cycle Specific Male Senior							
46 9:46:00 AM Robert Jones Cardiff 100 Miles RCC Male Veteran 47 9:47:00 AM Gareth Ryan Rhondda Triathlon Club Male Senior 48 9:48:00 AM Lawrence Cronk Team CRANC Male Senior 49 9:49:00 AM Danielle Flawn Cycle Specific Female Senior 50 9:50:00 AM John Regan Pembrokeshire Velo Male Veteran 51 9:51:00 AM John Shehan Bynea Cycling Club Male Veteran 52 9:52:00 AM Jason Roberts Bynea Cycling Club Male Veteran 53 9:53:00 AM Guy Rees Bynea Cycling Club Male Senior 54 9:54:00 AM Chris Jones Elite Cycling Male Veteran 55 9:55:00 AM Joe Beech Ogmore Valley Wheelers CC Male Senior 56 9:56:00 AM Andrew Evans Port Talbot Whs CC Male Senior 57 9:57:00 AM Robert Hall Cycle Specific Male Senior							
479:47:00 AMGarethRyanRhondda Triathlon ClubMaleSenior489:48:00 AMLawrenceCronkTeam CRANCMaleSenior499:49:00 AMDanielleFlawnCycle SpecificFemaleSenior509:50:00 AMJohnReganPembrokeshire VeloMaleVeteran519:51:00 AMJohnShehanBynea Cycling ClubMaleVeteran529:52:00 AMJasonRobertsBynea Cycling ClubMaleVeteran539:53:00 AMGuyReesBynea Cycling ClubMaleSenior549:54:00 AMChrisJonesElite CyclingMaleVeteran559:55:00 AMJoeBeechOgmore Valley Wheelers CCMaleSenior569:56:00 AMAndrewEvansPort Talbot Whs CCMaleVeteran579:57:00 AMAlexJohnCycle SpecificMaleSenior589:58:00 AMRobertHallCycle SpecificMaleSenior							
48 9:48:00 AM Lawrence Cronk Team CRANC Male Senior 49 9:49:00 AM Danielle Flawn Cycle Specific Female Senior 50 9:50:00 AM John Regan Pembrokeshire Velo Male Veteran 51 9:51:00 AM John Shehan Bynea Cycling Club Male Veteran 52 9:52:00 AM Jason Roberts Bynea Cycling Club Male Veteran 53 9:53:00 AM Guy Rees Bynea Cycling Club Male Senior 54 9:54:00 AM Chris Jones Elite Cycling Male Veteran 55 9:55:00 AM Joe Beech Ogmore Valley Wheelers CC Male Senior 56 9:56:00 AM Andrew Evans Port Talbot Whs CC Male Veteran 57 9:57:00 AM Alex John Cycle Specific Male Senior							
499:49:00 AMDanielleFlawnCycle SpecificFemaleSenior509:50:00 AMJohnReganPembrokeshire VeloMaleVeteran519:51:00 AMJohnShehanBynea Cycling ClubMaleVeteran529:52:00 AMJasonRobertsBynea Cycling ClubMaleVeteran539:53:00 AMGuyReesBynea Cycling ClubMaleSenior549:54:00 AMChrisJonesElite CyclingMaleVeteran559:55:00 AMJoeBeechOgmore Valley Wheelers CCMaleSenior569:56:00 AMAndrewEvansPort Talbot Whs CCMaleVeteran579:57:00 AMAlexJohnCycle SpecificMaleSenior589:58:00 AMRobertHallCycle SpecificMaleSenior							
509:50:00 AMJohnReganPembrokeshire VeloMaleVeteran519:51:00 AMJohnShehanBynea Cycling ClubMaleVeteran529:52:00 AMJasonRobertsBynea Cycling ClubMaleVeteran539:53:00 AMGuyReesBynea Cycling ClubMaleSenior549:54:00 AMChrisJonesElite CyclingMaleVeteran559:55:00 AMJoeBeechOgmore Valley Wheelers CCMaleSenior569:56:00 AMAndrewEvansPort Talbot Whs CCMaleVeteran579:57:00 AMAlexJohnCycle SpecificMaleSenior589:58:00 AMRobertHallCycle SpecificMaleSenior			- 				
519:51:00 AMJohnShehanBynea Cycling ClubMaleVeteran529:52:00 AMJasonRobertsBynea Cycling ClubMaleVeteran539:53:00 AMGuyReesBynea Cycling ClubMaleSenior549:54:00 AMChrisJonesElite CyclingMaleVeteran559:55:00 AMJoeBeechOgmore Valley Wheelers CCMaleSenior569:56:00 AMAndrewEvansPort Talbot Whs CCMaleVeteran579:57:00 AMAlexJohnCycle SpecificMaleSenior589:58:00 AMRobertHallCycle SpecificMaleSenior							
529:52:00 AMJasonRobertsBynea Cycling ClubMaleVeteran539:53:00 AMGuyReesBynea Cycling ClubMaleSenior549:54:00 AMChrisJonesElite CyclingMaleVeteran559:55:00 AMJoeBeechOgmore Valley Wheelers CCMaleSenior569:56:00 AMAndrewEvansPort Talbot Whs CCMaleVeteran579:57:00 AMAlexJohnCycle SpecificMaleSenior589:58:00 AMRobertHallCycle SpecificMaleSenior							
539:53:00 AMGuyReesBynea Cycling ClubMaleSenior549:54:00 AMChrisJonesElite CyclingMaleVeteran559:55:00 AMJoeBeechOgmore Valley Wheelers CCMaleSenior569:56:00 AMAndrewEvansPort Talbot Whs CCMaleVeteran579:57:00 AMAlexJohnCycle SpecificMaleSenior589:58:00 AMRobertHallCycle SpecificMaleSenior			1				
549:54:00 AMChrisJonesElite CyclingMaleVeteran559:55:00 AMJoeBeechOgmore Valley Wheelers CCMaleSenior569:56:00 AMAndrewEvansPort Talbot Whs CCMaleVeteran579:57:00 AMAlexJohnCycle SpecificMaleSenior589:58:00 AMRobertHallCycle SpecificMaleSenior							
559:55:00 AMJoeBeechOgmore Valley Wheelers CCMaleSenior569:56:00 AMAndrewEvansPort Talbot Whs CCMaleVeteran579:57:00 AMAlexJohnCycle SpecificMaleSenior589:58:00 AMRobertHallCycle SpecificMaleSenior							
569:56:00 AMAndrewEvansPort Talbot Whs CCMaleVeteran579:57:00 AMAlexJohnCycle SpecificMaleSenior589:58:00 AMRobertHallCycle SpecificMaleSenior					, ,		
579:57:00 AMAlexJohnCycle SpecificMaleSenior589:58:00 AMRobertHallCycle SpecificMaleSenior			1				
58 9:58:00 AM Robert Hall Cycle Specific Male Senior				•			
			1				
	59	9:59:00 AM	Steven	Madeley	Ogmore Valley Wheelers CC	Male	Veteran

Bib No.	Start Time	First Name	Last Name	Club	Gender	Category
60	10:00:00 AM	Christopher	Holman	Team Bottrill / Vanguard	Male	Senior
61	10:01:00 AM	Chris	Fairclough	Cwmcarn Paragon Road Club	Male	Senior
62	10:02:00 AM	Terry	Anthony	Ogmore Valley Wheelers CC	Male	Veteran
63	10:03:00 AM	Kyle	Wheeler	Pembrokeshire Velo	Male	Senior
64	10:04:00 AM	David	Thomas	Rhondda Triathlon Club	Male	Senior
65	10:05:00 AM	Oliver	Simon	Team NBCC	Male	Senior
66	10:06:00 AM	Tom	Cox	Northover VT / Rudy Project	Male	Veteran
67	10:07:00 AM	Simon	Davies	Milford Tritons Cycling Club	Male	Veteran
68	10:08:00 AM	Owain	Roberts	Port Talbot Whs CC	Male	Senior
69	10:09:00 AM	Stephen	Evans	Bynea Cycling Club	Male	Senior
70	10:10:00 AM	Philip	Tucker	Cycle Specific	Male	Senior
71	10:11:00 AM	Jon	Vickery	Cwmcarn Paragon Road Club	Male	Veteran
72	10:12:00 AM	Gary	Flower	Acme Whs (Rhondda) CC	Male	Veteran
73	10:13:00 AM	Diccon	Hill	Cardiff 100 Miles RCC	Male	Veteran
74	10:14:00 AM	Neil	Gregory	Port Talbot Whs CC	Male	Veteran
75	10:15:00 AM	Luke	Cornish	Cwmcarn Paragon Road Club	Male	Senior
76	10:16:00 AM	Chris	Fishbourne	Team Backstedt Bike Performance	Male	Veteran
77	10:17:00 AM	David	Brice	Bynea Cycling Club	Male	Veteran
78	10:18:00 AM	Rod	Hicks	Port Talbot Whs CC	Male	Veteran
79	10:19:00 AM	Paul	Winchcombe	Chippenham & District Wheelers	Male	Veteran
80	10:20:00 AM	Kieron	Davies	DRAG2ZERO	Male	Senior

Course Record - Kieron Davies 1:00:43