Bib	<b>Start Time</b>	Firstname	Lastname	Club	Gender	Category
30	19:30:00	Helen	Priest	Wenvoe Wheelers	Female	Veteran
31	19:31:00	Caroline	Sullivan	Monmouthshire Wheelers	Female	Veteran
32	19:32:00	Esther	Addams	Wenvoe Wheelers	Female	Veteran
33	19:33:00	Shona	Bennett	Sportzmad	Female	Senior
34	19:34:00	Clare	Greenwood	Bush Healthcare CRT	Female	Veteran
35	19:35:00	Susan	Shook	Bush Healthcare CRT	Female	Veteran
36	19:36:00	Chris	Massey	Team Bottrill	Male	Veteran
37	19:37:00	Gareth	Thomas	Cardiff Triathletes	Male	Senior
38	19:38:00	Andrew	Rowles	Cardiff Ajax CC	Male	Senior
39	19:39:00	Stefan	Harrison	Lutterworth Cycle Centre Racing Team	Male	Veteran
40	19:40:00	Laurence	Douglas-Greene	Somerset Road Club	Male	Senior
41	19:41:00	lan	Liddiatt	Cardiff Triathletes	Male	Veteran
42	19:42:00	Jeffrey	Rees	Acme Whs (Rhondda) CC	Male	Veteran
43	19:43:00	Elliot	Dudley	Cwmcarn Paragon Road Club	Male	Senior
44	19:44:00	Rod	Hicks	Port Talbot Whs CC	Male	Veteran
45	19:45:00	Lloyd	Morgan	Cardiff Ajax CC	Male	Veteran
46	19:46:00	Stephen	Landeg	Ogmore Valley Wheelers CC	Male	Veteran
47	19:47:00	Gareth	Battle	Porth & District CC	Male	Veteran
48	19:48:00	Mark	Nulty	Team Swift	Male	Senior