Team	No.	Nan	ne	Club	Gender	Category	Age	Start Time
1	1	Shirley	Howell	Port Talbot Whs CC	Female	Veteran	50	10:02
1	2	Antony	Howell	Port Talbot Whs CC	Male	Veteran	52	10:02
2	3	Adam	Wardle	Cardiff Triathletes	Male	Senior	32	10:04
3	4	Matt	Jukes	Cardiff Triathletes	Male	Veteran	44	10.04
	5	Robert	Saunders	North Bucks RC	Male	Veteran	57	10:06
	6	Gerard	Oram	Bynea Cycling Club	Male	Veteran	56	10.00
4	7	Simon	Marks	Cardiff Triathletes	Male	Senior	37	10:08
	8		Brown	Cardiff Triathletes	Male	Veteran	50	10.00
5	9	Rob	Hussey	Severn Valley Cycles	Male	Senior	37	10:10
J	10	Earl	Smith	Severn Valley Cycles	Male	Veteran	46	
6	11	Robert	Ellis	Towy Racing Cycling Club (TRCC)	Male	Veteran	51	
0	12	Arwel	Davies	Towy Racing Cycling Club (TRCC)	Male	Veteran	43	
7	13	Andy	Morrissey	Swansea Wheelers/CS Abertawe	Male	Senior	30	10:14
	14	Tim	Needham	Swansea Wheelers/CS Abertawe	Male	Senior	33	
8	15	Mike	Lindsay	Wills Wheels CC	Male	Veteran	50	10:16
	16	Kirsty	Murray	Pembrokeshire Velo	Female	Veteran	44	10.10
9	17	James	Van Tuyl	Cardiff Triathletes	Male	Senior	26	10:18
,	18	James	Moyer	Cardiff Triathletes	Male	Veteran	40	10.10
10	19	Stephen	Taylor	Team NBCC	Male	Veteran	51	10:20
	20	David	Francis	Team NBCC	Male	Veteran	44	
11	21	Neil	Poulton	Abergavenny RC	Male	Senior	37	10:22
	22	Gareth	Poulton	Abergavenny RC	Male	Veteran	40	10.22
12	23	Hattie	Cox	Cardiff Triathletes	Female	Senior	24	10:24
	24	Sarah	Gatley	Cardiff Triathletes	Female	Senior	32	
13	25	Gareth	Jehu	Merthyr CC	Male	Veteran	48	10:26
	26	Blaine	Phelps	Merthyr CC	Male	Veteran	50	10.20
4.4	27	Mathew	Atkins	Cardiff Triathletes	Male	Veteran	52	10.20
14 15 16	28	Mark	Leeming	Monmouthshire Wheelers	Male	Veteran	41	10:28 10:30 10:32
	29	lain	Cade	Bath Cycling Club	Male	Senior	37	
	30	Steven	Cottington	Bath Cycling Club	Male	Veteran	54	
	31	Christopher	Allen	Port Talbot Whs CC	Male	Veteran	42	
	32	Heath	Williams	Port Talbot Whs CC	Male	Veteran	47	
4-	33	Chris	Harris	Team NBCC	Male	Veteran	40	10:34
17	34	Lee	Scourfield	Team NBCC	Male	Senior	32	
40	35	Andrea	Parish	VeloSistas TT Team	Female	Veteran	49	10:36
18	36	Stephanie	Post	VeloSistas TT Team	Female	Senior	31	
	37	Rodney	Savage	Cardiff Triathletes	Male	Veteran	52	10:38
19	38	lan	Liddiatt	Cardiff Triathletes	Male	Veteran	48	
	39	Ruan	Bester	Bath Cycling Club	Male	Senior	31	10:40
20	40	Simon	Coles	Bath Cycling Club	Male	Veteran	40	
21	41	Alistair	Morgan	Pontypool Road Cycling Club	Male	Veteran	54	
	42		Jones	Pontypool Road Cycling Club	Male	Veteran	54	10:42
22	43		Manning	Bynea Cycling Club	Male	Senior	34	10:44
	44	Jason	Murphy	Bynea Cycling Club	Male	Veteran	43	
23	45		Thomas	Cardiff Triathletes	Male	Senior	34	40.11
	46	Owen	Evans	Cardiff Triathletes	Male	Senior	36	10.46
	47	Alexandra		Tredz Bikes	Female	Espoir	18	
	48	Danielle		Tredz Bikes	Female	Senior	26	10:48
25	49	Michiel		Team Bottrill / HSS Hire	Male	Veteran	55	
	50		Massey	Team Bottrill / HSS Hire	Male	Veteran	44	10:50
	51		Kinsey	Acme Whs (Rhondda) CC	Male	Veteran	47	
	52		Stoddart	Ride Bike Wales	Male	Senior	26	10:52
27 -	53		Evans	Cardiff Triathletes	Male	Senior	34	10:54
	54	James		Cardiff Triathletes	Male	Veteran	40	
	55		Arnold	Pembrokeshire Velo	Male	Senior	32	
	56		Davies	Pembrokeshire Velo	Male	Senior	26	
	57		Roberts	Port Talbot Whs CC	Male	Senior	34	
29	58		Hendry	Port Talbot Whs CC	Male	Veteran	49	10:58
	59	Stuart		Bynea Cycling Club	Male	Veteran	41	
30	29	Judit	Tucker	Bynea Cycling Club	Male	Senior	37	11:00

Team	No.	Nan		Club	Gender	Category	Age	Start Tim
31	61	Morgan		Port Talbot Whs CC	Male	Espoir	19	11:02
	62	Morgan	Quine	Port Talbot Whs CC Cardiff Triathletes	Male Female	Junior Veteran	17 51	
32	64	Angharad	-	Cardiff Triathletes	Female	Senior	39	11:04
33	65		Thomas	Pontypool Road Cycling Club	Male	Veteran	40	
	66	_	Killiner	Pontypool Road Cycling Club	Male	Senior	38	11:06
34	67	Michael	Tarling	West Wales Cycle Racing Team	Male	Veteran	41	44.00
	68	Joshua	Tarling	West Wales Cycle Racing Team	Male	Juvenile	13	11:08
25	69	Paul	Stephens	Ross on Wye & Dist CC	Male	Veteran	52	11:10
35	70	Will	Bevan	Ross on Wye & Dist CC	Male	Senior	36	11:10
	71	Robert	Jones	Cardiff 100 Miles RCC	Male	Veteran	65	
37	72	Diccon		Cardiff 100 Miles RCC	Male	Veteran	45	
	73		Burrows	Team CRANC	Male	Senior	31	11:14
51	74			Team CRANC	Male	Senior	27	
38	75		Hookins	Velo Club Cycling	Male	Senior	34	11:16
	76		Dyer	Velo Club Cycling	Male	Veteran	46	
39	77		Labunsky	Port Talbot Whs CC	Female	Senior	31	11:18
	78	-	Hockin	Port Talbot Whs CC	Female	Senior	34	
40	79 80	Matthew	Owen	CC Abergavenny / JP Signs & Print Bush Healthcare CRT	Male	Veteran Veteran	47	11:20
	80		Curry	VC Equipe - Flix Oral Hygiene	Male	Veteran	45	
41	82		Beardshaw		Male	Veteran	43	11:22
	83		Neale	Cardiff Triathletes	Male	Senior	34	
42	84		Picton	Cardiff Triathletes	Male	Senior	24	11:24
	85		Hicks	Port Talbot Whs CC	Male	Veteran	51	
43	86		Hillier	Port Talbot Whs CC	Male	Veteran	47	11:26
	87	Darren	Cope	Team Bottrill / HSS Hire	Male	Senior	28	
44	88	Michael	Cope	Kettering CC	Male	Veteran	56	11:28
45	89	Matthew	Phillips	Towy Racing Cycling Club (TRCC)	Male	Senior	29	11.20
45	90	Ben	Phillips	Towy Racing Cycling Club (TRCC)	Male	Senior	28	11:30
46	91	Neil	Downes	Forza Cycles	Male	Veteran	67	11:32
40	92	Christopher	Matthews	Forza Cycles	Male	Veteran	51	11.52
47	93		Graham	Swansea Wheelers/CS Abertawe	Male	Senior	39	11:34
48	94		Randell	Swansea Wheelers/CS Abertawe	Male	Senior	24	11:36
	95		Wallace	Merthyr CC	Male	Veteran	54	
	96		Ware	Merthyr CC	Male	Senior	35	
49	97		Fletcher	Cardiff Triathletes	Male	Senior	27	
	98		Granger Arnold	Cardiff Triathletes	Male	Veteran	50	
50	99 100			Team Bottrill / HSS Hire Team Bottrill / HSS Hire	Male Male	Senior Senior	26 29	11:40
	100		Davies	Bynea Cycling Club	Male	Veteran	50	
51	101		Rees	Bynea Cycling Club	Male	Veteran	52	11:42
	103		Mollison	Monmouthshire Wheelers	Male	Senior	39	
52	104		O'Rourke	Monmouthshire Wheelers	Male	2301	23	11:44
53 54	105	-	Cleave	Swansea Wheelers/CS Abertawe	Male	Veteran	44	11:46 11:48
	106	Trevor		Swansea Wheelers/CS Abertawe	Male	Veteran	52	
	107		Shehan	Bynea Cycling Club	Male	Veteran	70	
	108		Bessant	Bynea Cycling Club	Male	Veteran	53	
55 - 56 -	109	Emyr	Griffiths	Towy Racing Cycling Club (TRCC)	Male	Veteran	49	44.50
	110	Anthony	Jones	Towy Racing Cycling Club (TRCC)	Male	Veteran	44	11:50
	111	Les	Thomas	Port Talbot Whs CC	Male	Veteran	55	11.50
	112	Geraint	Evans	Port Talbot Whs CC	Male	Veteran	50	11:52
57	113	David		Cardiff Triathletes	Male	Senior	32	11:54
	114	Stuart		Cardiff Triathletes	Male	Senior	32	11.54
58	115		Overton	successcycling.co.uk	Male	Veteran	45	11:56
	116		Jenkins	successcycling.co.uk	Male	Senior	36	
59	117			Swansea Wheelers/CS Abertawe	Male	Veteran	56	11:58
60	118		Barnett	Swansea Wheelers/CS Abertawe	Male	Senior	29	
	119		Davies	Cardiff Jif	Male	Senior	35	12:00
	120	Luke	Χוע	Cardiff Jif	Male	Senior	38	
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eserves								
	121	Matthew	Smith	Port Talbot Whs CC	Male	Senior	29	
	141	Matthew	Jiiiili	I OI C IGNOC WIIIS CC	mate	Jernor	<b>L</b> 7	
	123	Jasmine	Bowver	Cardiff Ajax	Female	Senior	23	
	123		Bowyer	Team Elite/Paul Bethell Electrical		Veteran	47	