

# Startsheet

## cardiff ajax cc

Start Number	Start Time	Rider	Club	Gender	Category
6	14:06:00	Kevin Lavelle	Cardiff Ajax CC	male	Vet
7	14:07:00	Matt J Smith	Port Talbot Whs CC	male	Vet
8	14:08:00	Stephen Davies	Cardiff Ajax CC	male	Vet
9	14:09:00	David Lewis	N.E.W.T Newport and East Wales Triathlon Club	male	Vet
10	14:10:00	matthew postle	Bush Healthcare CRT	male	Vet
11	14:11:00	Wayne Thomas	Pontypool Road Cycling Club	male	Vet
12	14:12:00	Jonathan Melville	Epsom CC	male	Senior
14	14:14:00	Stephen Carr	Cardiff Ajax CC	male	Senior
15	14:15:00	Claire Hann	Bristol & District Triathletes (BAD TRI)	female	Senior
16	14:16:00	Gwynon Williams	Cardiff Ajax CC	female	Senior
17	14:17:00	Claire Sanderson	Cardiff Ajax CC	female	Senior
18	14:18:00	Danielle Flawn		female	Senior
19	14:19:00	Helen Priest	Wenvoe Wheelers	female	Vet
20	14:20:00	Jasmine Bowyer	Cardiff Ajax CC	female	Senior
21	14:21:00	Evan Powell	Pontypool Road Cycling Club	male	Senior
22	14:22:00	Jon Vickery	Cwmcarn Paragon Cycling Club	male	Vet
23	14:23:00	Steven Macdonald	Bristol South Cycling Club	male	Vet
24	14:24:00	Kieran Crawford	Cardiff Ajax CC	male	Senior
25	14:25:00	Paul Hayward	Cwmcarn Paragon Cycling Club	male	Vet
26	14:26:00	James Coxon		male	Vet
27	14:27:00	samuel utting	Cardiff Ajax CC	male	Senior
28	14:28:00	tony krol	Pembrokeshire Velo	male	Vet
29	14:29:00	CHARLIE WEST	Cardiff Ajax CC	male	Vet
30	14:30:00	anthony jones		male	Vet
31	14:31:00	john Regan	Pembrokeshire Velo	male	Vet
32	14:32:00	James Tate	Beacon Roads CC	male	Vet
33	14:33:00	Leon Evans	Cardiff Ajax CC	male	Vet
34	14:34:00	Phil Willoughby		male	Senior

Start Number	Start Time	Rider	Club	Gender	Category
35	14:35:00	Chris Smith	Cwmcarn Paragon Cycling Club	male	Senior
36	14:36:00	Luke Starkie	Cardiff Ajax CC	male	Senior
37	14:37:00	Ross Morgan	Port Talbot Whs CC	male	Senior
38	14:38:00	Joe Rees	Cardiff Ajax CC	male	Senior
39	14:39:00	Milburn Mounter		male	Vet
40	14:40:00	Chris Massey	Team Bottrill	male	Vet
41	14:41:00	Andy Davies		male	Senior
42	14:42:00	Andrew Hayward	Cwmcarn Paragon Cycling Club	male	Vet
43	14:43:00	Adrian Coles	Cardiff Ajax CC	male	Senior
44	14:44:00	Andy Lane	Cwmcarn Paragon Cycling Club	male	Senior
45	14:45:00	Christopher Holman	Team Bottrill	male	Senior
46	14:46:00	Gareth Rees	Cwmcarn Paragon Cycling Club	male	Senior
47	14:47:00	Alex John		male	Senior
48	14:48:00	Frederick Webb		male	Senior
49	14:49:00	Matt Regan	Cardiff Ajax CC	male	Senior
50	14:50:00	Luke Cornish	Cwmcarn Paragon Cycling Club	male	Senior
51	14:51:00	Lloyd Morgan	Cardiff Ajax CC	male	Vet
52	14:52:00	Joshua Lewis		male	Senior
53	14:53:00	Tom Silcox	Cardiff Ajax CC	male	Senior
54	14:54:00	john Aspell		male	Vet
55	14:55:00	Carwyn Davies	Cwmcarn Paragon Cycling Club	male	Senior
56	14:56:00	Rob Jones	Cardiff Ajax CC	male	Vet
57	14:57:00	Timothy Cummings		male	Vet
58	14:58:00	James Silcox	Cardiff Ajax CC	male	Senior
59	14:59:00	Huw Neale	Cardiff Triathletes	male	Senior
60	15:00:00	ioan smallwood	Cardiff Ajax CC	male	Senior