

# Startsheet

## sportzmad

Start Number	Start Time	Rider	Club	Gender	Category
1	09:01:00	Leon Evans	Cardiff Ajax CC	male	Vet
2	09:03:00	Mark Prosser	Merthyr CC	male	Senior
2	09:02:00	Clive Granger	Cardiff Triathletes	male	Vet
3	09:04:00	Brian Parker	Abercynon Road Club	male	Vet
4	09:05:00	Anthony Bannon	Cardiff Ajax CC	male	Senior
5	09:06:00	Robert Hughes	Rhondda Triathlon Club	male	Vet
6	09:07:00	John O'Dwyer	Dursley Road Club	male	Senior
7	09:08:00	Richard Rees	Cardiff Ajax CC	male	Senior
8	09:09:00	Bill Snowdon	Cardiff Triathletes	male	Vet
9	09:10:00	Oliver Dammone	Gloucester City Cycling Club	male	Senior
10	09:11:00	Andy Davies		male	Senior
11	09:12:00	Owain Roberts	Port Talbot Whs CC	male	Senior
12	09:13:00	Adrian Osborn	Stratford Cycling Club	male	Vet
13	09:14:00	Michael Battersby	Cardiff Triathletes	male	Vet
14	09:15:00	Gillian Hopkins	Team CRANC	female	Vet
15	09:16:00	Philip Sims	Newport Phoenix CC	male	Vet
16	09:17:00	Craig Nilsson	Rye & District Wheelers CC	male	Senior
17	09:18:00	Jasmine Bowyer	Cardiff Ajax CC	female	Senior
18	09:19:00	Sally Harmer	Pembrokeshire Velo	female	Vet
19	09:20:00	Paul Lacey		male	Senior
20	09:21:00	Victoria Smith	AeroCoach	female	Senior
21	09:22:00	James Coxon	Caerphilly Cycling Club	male	Vet
23	09:23:00	Stuart Edgar	Cardiff Triathletes	male	Senior
24	09:24:00	Gareth Jones	Clevedon & District Road Club	male	Vet
25	09:25:00	Tej Quine	Cardiff Triathletes	female	Vet
26	09:26:00	Emma Angove	73 Degrees Bicycles, WestSide Coaching rt	female	Senior
27	09:27:00	Michael Williams	Hereford & Dist Whs CC	male	Vet
28	09:28:00	Roxy Woodfield	Hereford Triathlon Club	female	Senior
29	09:29:00	Matt Colley	Cardiff Triathletes	male	Senior
30	09:30:00	Simon Garrett	Worcester St. Johns CC	male	Vet
31	09:31:00	Paul Jones	Team Backstedt Bike Performance	male	Vet
32	09:32:00	Ian Liddiatt	Cardiff Triathletes	male	Vet

Start Number	Start Time	Rider	Club	Gender	Category
33	09:33:00	Paul Haig	Cheltenham & County Cycling Club	male	Vet
34	09:34:00	Angharad Pocock	Cardiff Triathletes	female	Vet
35	09:35:00	Steven Powell	Team Backstedt Bike Performance	male	Vet
36	09:36:00	Dean Prosser	Hereford & Dist Whs CC	male	Vet
37	09:37:00	Morgan Meaney	Cardiff Triathletes	male	Senior
38	09:38:00	michael gelder	Tricycle Association South West Region	male	Vet
39	09:39:00	Harry Lewis	London Dynamo	male	Senior
40	09:40:00	Steven Cottington	Bath Cycling Club	male	Vet
41	09:41:00	Simon Adcock	Worcester St. Johns CC	male	Vet
42	09:42:00	Josh Townsend	Bynea Cycling Club	male	Senior
43	09:43:00	Shona Bennett		female	Senior
44	09:44:00	Lester Grant	Auchencrow Thistle CC	male	Senior
45	09:45:00	Sarah Gatley	Cardiff Triathletes	female	Senior
46	09:46:00	dean ware	Team Backstedt Bike Performance	male	Senior
47	09:47:00	Neil Meredith	Abercynon Road Club	male	Senior
48	09:48:00	Edward Lemmon	Finchley RT	male	Senior
49	09:49:00	Owen Evans	Cardiff Triathletes	male	Senior
50	09:50:00	Julian Harper	Revo Racing	male	Vet
51	09:51:00	Thomas Dye	Cardiff Ajax CC	male	Senior
52	09:52:00	Martin Howe	Veloflow - Traker Engineering CC	male	Vet
53	09:53:00	ROBIN FOX	Dursley Road Club	male	Vet
54	09:54:00	Alex Richards	Abercynon Road Club	male	Senior
55	09:55:00	Andrew Overton	Success Cycling	male	Vet
56	09:56:00	Stephen Eggleton	Stratford Cycling Club	male	Senior
57	09:57:00	Krispin Gardiner	Bristol Road Club	male	Para-cyclist
58	09:58:00	Helen Priest	Cardiff Ajax CC	female	Vet
59	09:59:00	Ian Gibson	Abercynon Road Club	male	Vet
60	10:00:00	Michiel Vaal	Team Backstedt Bike Performance	male	Vet
61	10:01:00	Chris Fishbourne	Team Backstedt Bike Performance	male	Vet
62	10:02:00	Geoff Edgerton	North Shropshire Wheelers	male	Vet
63	10:03:00	laura clements	Cardiff Triathletes	female	Senior

Start Number	Start Time	Rider	Club	Gender	Category
65	10:05:00	David Bucknall	Royal Dean Forest CycleClub	male	Vet
65	10:04:00	Mark Palliser	Hereford & Dist Whs CC	male	Vet
66	10:06:00	Phil Guy	North Shropshire Wheelers	male	Vet
67	10:07:00	Kerry Trigg	Ross on Wye & Dist CC	male	Vet
68	10:08:00	Kevin Thomas	Pontypool Road Cycling Club	male	Vet
69	10:09:00	Matthew Stevens	Gloucester City Cycling Club	male	Senior
70	10:10:00	Luke Cornish	Cwmcarn Paragon Cycling Club	male	Senior
71	10:11:00	Ruth Mort	Cardiff Triathletes	male	Senior
72	10:12:00	Ryan O'Rourke	Cwmcarn Paragon Cycling Club	male	Senior
73	10:13:00	Michelle Fishbourne	Team Backstedt Bike Performance	female	Vet
74	10:14:00	Carson Pryce	Cardiff Triathletes	male	Senior
75	10:15:00	Peter Hatt	Velo Club St Raphael	male	Vet
76	10:16:00	William Baugh	Ludlow CC	male	Vet
77	10:17:00	Roger Wood	Pontypool Road Cycling Club	male	Vet
78	10:18:00	Ali Charles	Gloucester City Cycling Club	female	Vet
79	10:19:00	Richard Jenkins	Cardiff Triathletes	male	Vet
80	10:20:00	Chris Massey	Team Backstedt Bike Performance	male	Vet
81	10:21:00	Anna Morris	Southampton University Road Cycling Club (SURC)	female	Senior
82	10:22:00	Jordan Jones		male	Senior
83	10:23:00	Gaynor Hughes	Bynea Cycling Club	female	Vet
84	10:24:00	Richard Mackin	Cardiff Triathletes	male	Vet
85	10:25:00	Richard Gambling	Team Backstedt Bike Performance	male	Vet
86	10:26:00	Anthony Williams	Ogmore Valley Wheelers	male	Vet
87	10:27:00	neil turner	Hereford Triathlon Club	male	Vet
88	10:28:00	Lewis Keightley	Primera-Teamjobs	male	Senior