

# Startsheet

## Cardiff Ajax CC

Start Number	Start Time	Rider	Club	Gender	Category
4	14:04:00	Ian Homer	Cardiff Ajax CC	male	Vet
5	14:05:00	Steven Powell	Team Backstedt Bike Performance	male	Vet
6	14:06:00	Ross Morgan	Port Talbot Whs CC	male	Senior
7	14:07:00	James Coxon	Caerphilly Cycling Club	male	Vet
8	14:08:00	Gareth Pugh	Cwmcarn Paragon Cycling Club	male	Vet
9	14:09:00	Paul Lacey	Royal Navy Cycling (RNC)	male	Senior
10	14:10:00	Niall Foster	Cardiff Ajax CC	male	Vet
11	14:11:00	Martin Howe	Velo-flow - Traker Engineering CC	male	Vet
12	14:12:00	Michael Gelder	Tricycle Association South West Region	male	Vet
14	14:14:00	Stephen Davies	Cardiff Ajax CC	male	Vet
15	14:15:00	Will Roberts		male	Senior
16	14:16:00	Paul Jones	Team Backstedt Bike Performance	male	Vet
17	14:17:00	Jon Vickery	Cwmcarn Paragon Cycling Club	male	Vet
18	14:18:00	Kieran Crawford	Cardiff Ajax CC	male	Senior
19	14:19:00	Andy Morgan	PDQ Cycle Coaching	male	Vet
20	14:20:00	Chris Smith	Cwmcarn Paragon Cycling Club	male	Senior
21	14:21:00	Dan Coombe		male	Senior
22	14:22:00	Adrian Coles	Cardiff Ajax CC	male	Senior
23	14:23:00	Ross Phillips	Cwmcarn Paragon Cycling Club	male	Vet
24	14:24:00	Paul Griffiths	Cardiff Ajax CC	male	Vet
25	14:25:00	Carwyn Davies	Cwmcarn Paragon Cycling Club	male	Vet
26	14:26:00	Christopher O'ram		male	Senior
27	14:27:00	Owen Line		male	Senior
28	14:28:00	Helen Priest	Cardiff Ajax CC	female	Vet
29	14:29:00	Isabel Ellis		female	Senior
30	14:30:00	Sophie Lankford	Cardiff Ajax CC	female	Senior
31	14:31:00	Jo Buckland	Bush Healthcare CRT	female	Vet

Start Number	Start Time	Rider	Club	Gender	Category
32	14:32:00	Elynor Backstedt		female	Senior
33	14:33:00	Gwynon Williams	Cardiff Ajax CC	female	Senior
34	14:34:00	Ella Barnwell		female	Senior
35	14:35:00	Stephanie Post	Team Bottrill	female	Senior
36	14:36:00	Elena Shaw	Cardiff Ajax CC	female	Senior
37	14:37:00	Louise Georgi	Giant CC Halo Films	female	Vet
38	14:38:00	Michelle Fishbourne	Team Backstedt Bike Performance	female	Vet
39	14:39:00	Sally Harmer	Pembrokeshire Velo	female	Vet
40	14:40:00	Pfeiffer Georgi	Liv CC Halo Films	female	Senior
41	14:41:00	James Tillett		male	Senior
42	14:42:00	Andrew Hayward	Cwmcarn Paragon Cycling Club	male	Vet
43	14:43:00	Oliver Crocker	Cardiff Ajax CC	male	Senior
44	14:44:00	dave symmons	Bynea Cycling Club	male	Vet
45	14:45:00	Samuel Tillett		male	Senior
46	14:46:00	Chris Fishbourne	Team Backstedt Bike Performance	male	Vet
47	14:47:00	Leon Evans	Cardiff Ajax CC	male	Vet
48	14:48:00	Patrick Jerome		male	Vet
49	14:49:00	Rhodri Lord	Cardiff Ajax CC	male	Senior
50	14:50:00	Chris Massey	Team Backstedt Bike Performance	male	Vet
51	14:51:00	Ryan O'Rourke	Cwmcarn Paragon Cycling Club	male	Senior
52	14:52:00	Euan Davies	University of Bath Cycling Club	male	Senior
53	14:53:00	Richard Rees	Cardiff Ajax CC	male	Senior
54	14:54:00	Ken Evans	PDQ Cycle Coaching	male	Vet
55	14:55:00	peter kibble		male	Senior
56	14:56:00	Thomas Dye	Cardiff Ajax CC	male	Senior
57	14:57:00	Paul Stephens	Ross on Wye & Dist CC	male	Vet
58	14:58:00	BoB Symons	PDQ Cycle Coaching	male	Vet
59	14:59:00	David Preece	Cwmcarn Paragon Cycling Club	male	Vet
60	15:00:00	ioan smallwood	Cardiff Ajax CC	male	Senior