

Startsheet

cardiff ajax cc

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

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