

Startsheet

Cardiff Ajax CC

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

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