### Welsh 25 Mile Time Trial Championship 2017 for Men, Women & Juniors + Non Championship Overflow Event

## wca

## Promoted for and on behalf of Cycling Time Trials Under their rules and regulations

*Promoted for the*

# **Welsh Cycling Association**

by



**Sunday 30 April 2017**

**Timekeepers**:

Start:- Norman James Ogmore Valley Whs

Finish:- Robin Field – WCA

Pusher off: Paul Robinson, Marshalls: Haycox family and others.

Course **R25/3H (revised)** (Cefn Rhigos - Tonna – Glynneath) Starting at 09:15

H.Q. Hirwaun Village Hall (CF44 9SL)

**Signing on and** **Numbers will be at H.Q. (open from 8:00am)**

**Catering: Sharon Preddy Catering** - Return your number for a free tea

Event Secretary: Martyn Heritage-Owen. 28 Clos Tyla Bach, St Mellons, Cardiff. CF3 0EJ

Tel: 0778 606 7819 E-mail: [coaching@realteam.co.uk](mailto:coaching@realteam.co.uk) **To whom any complaints must be made in writing within 72 hours**

### The full result of this event will be published on [www.southwalesdc.co.uk](http://www.southwalesdc.co.uk) [www.cyclingtimetrials.org.uk](http://www.cyclingtimetrials.org.uk) and [www.timetriallingforum.org.uk](http://www.timetriallingforum.org.uk)

### Follow: @Realteamcycling for updates.

**Course R25/3H**

**Follow the BLUE SIGNS from the HQ to the Start - YELLOW SIGNS during the RACE.**

|  |  |
| --- | --- |
| **Course Description** | Inter Miles |
| **START** on access road to Hirwaun Industrial Estate (E 293120/ N206180 OS Sheets 170/160) 8 yards north of lamp column No.1 and 30 yards north of junction with unclassified road (old A465) Hirwaun to Cefn Rhigos. | 0.000 |
| Proceed south to junction with unclassified road (on to the old route) and bear left to roundabout with A4061 (Rhigos mountain road) where take second exit (straight on) to Hirwaun roundabout A465 to take first exit. | 1.306 |
| Continue along A465 to Blaengwrach roundabout (McDonalds) to take second exit (straight on). | 7.169 |
| Continue on A465 to Resolven roundabout to take third exit (straight on) | 10.183 |
| Continue on A465 to **exit at next junction** (signpost Seven Sisters), climbing to the Tonna roundabout, where take first exit to Aberdulais Interchange where circle roundabout and take fourth exit down slip road to rejoin the A465 eastward. | 15.063 |
| Continue along A465 to Resolven roundabout to take second exit (straight on) | 19.719 |
| Continue on A465 to Blaengwrach roundabout (McDonalds). | 22.764 |
| Take second exit continuing on A465, passing over river bridge and the Glynneath interchange to **REMAIN ON A465** to **FINISH** in the SECOND layby on the left at a point 25 yards west of the ‘Take Litter Home’ sign and opposite the emergency telephone point. | 25.014 |

**Riders please continue past the Finish on A465 up the hill for 4 miles to take 1stexit at roundabout and turn 1st right into Hirwaun to retrace to HQ.**

All riders are asked to comply with the following requests.

* Do **call your number** to the finishing timekeeper or your time will not be recorded.
* Do keep your head up, be aware of your surroundings and **HAVE A SAFE RIDE**.
* **IN THE INTERESTS OF YOUR OWN SAFETY** **Cycling Time Trials and the Event Promoters strongly** **advise you to wear a HARD SHELL HELMET that meets an internationally accepted standard. In accordance with Regulation 15 ALL JUNIOR competitors must wear protective helmets. It is recommended that a working rear light, either flashing or constant, is fitted to the machine in a position visible to following road users and is active whilst the machine is in use.**
* This event may be subject to doping control. It is YOUR responsibility to check.
* Sign in / Sign out failure to do so will result in a disqualification.
* No passing the start time keeper or warming up on the course.
* No turbo within 100m of residential areas or in Station Rd opposite the start timekeeper (Thirteenth Ave).
* No parking in Halt Rd near the start. South Wales DC have already received complaints about riders parking across drives.
* The R25/3L has already been withdrawn because of **nuisance complaints it seems riders still haven’t got the message we are guests in the Rhigos Village area.**
* **No anti-social behaviour especially urinating in public.**
* **Failure to follow these basic rules will result in a DQ & referral to the South Wales DC for further disciplinary action. You have been fair warned that someone will be performing spot checks.**

**Reminder**

* The onus is on the caught rider to ensure that there is no company riding.

Welsh Points Competition

Points are awarded in all the Welsh Championships (10, 25, 50, 100, 12 Hour and Hill Climb) to riders from clubs affiliated to the Welsh Cycling Association. Riders in all Welsh Championship events count to the final total and awards are made to the six riders with the highest score.

Awards - This is NOT a One Rider One Award Event

The Welsh Time Trial Champions will be presented with their trophies at the Annual Welsh BAR Lunch. **Sunday 5 November 2017 at the TRW Club Resolven**

Champions Caps and presentation medals for podium rider will be presented at the conclusion of the events, 12:45 Women & Juniors. Men 14:30. The first 3 in each event to attend. We appreciate that you may want to leave quickly, but please stay to applaud the Champions. Unclaimed WCA plaques from previous years will be available to collect at this event.

|  |  |
| --- | --- |
| Men’s Championship | Presentation 14:30 |
| 1st. | Trophy (for one year WCA Plaque & invitation to BAR lunch) |
| 2nd & 3rd | WCA Plaques |
| Women’s Championship | **Presentation 12:45** |
| 1st | Trophy (for one year WCA Plaque & invitation to BAR lunch) |
| 2nd & 3rd | WCA Plaques |
| Juniors Championship | **Presentation 12:45** |
| 1st MALE | Trophy (for one year WCA Plaque & invitation to BAR lunch) |
| 1st FEMALE | WCA Plaque & invitation to BAR lunch. |
| **Prizes Presented at the WCA Dinner below** | |
| **Champion Team** Fastest team of three riders from the Championship fields | Championship Team Shield (for 1 year) WCA Plaques & invitations to BAR lunch |
| Fastest Man from Overflow Event | WCA Plaque |
| Fastest Man Vet in Age Bands VA – VH **(Irrespective of event ridden)** | WCA Plaque |
| Fastest Woman Vet in Age Bands WVA – WVE | WCA Plaque |
| Greatest Improvement on last three seasons | WCA Plaque |

**National and Welsh Championships 2017**

|  |  |  |  |
| --- | --- | --- | --- |
| **Distance** | **Date** | **Course Code** | **Organised by** |
| 10 Miles | Sunday 13 August | R10/17 | Pontypool RCC - (Dax Jenkins) |
| 25 Miles | Sunday 30 April | R25/3H | WCA - [www.realteam.co.uk](http://www.realteam.co.uk) - (Martyn Heritage-Owen) |
| 50 Miles | Sunday 24 September | R50/1b | Welsh CA – [www.realteam.co.uk](http://www.realteam.co.uk) - (Martyn Heritage-Owen) |
| 100 Miles | Sunday 3 September | R100/8 | Welsh CA - (Robin Field) |
| 12 Hour | Sunday 9 July | R12/16 | Welsh CA - (Robin Field) |
| Hill Climb | Sunday 17 September | D0/600 | WCA – Energy Cycles - (John Keightley) |

**WOMANS & JUNIOR CHAMPIONSHIPS**

| **No** | **Name** | **club** | **Cat** | **LTS** | **Time** |
| --- | --- | --- | --- | --- | --- |
| 15 | **Zak Coleman** | Team PedalRevolution.co.uk | JUN | 00:00:00 | 09:15 |
| 16 | **Geoff Darbyshire** | St Helens CRC | VB | 00:59:09 | 09:16 |
| 17 | **Intentionally blank** | Intentionally blank |  |  | 09:17 |
| 18 | **John Howells** | Corinium Cycle Club | VH | 01:04:20 | 09:18 |
| 19 | **Robert Jones** | Bynea Cycling Club | VB | 00:00:00 | 09:19 |
| 20 | **Terry Anthony** | Ogmore Valley Wheelers CC | VE | 00:58:57 | 09:20 |
| 21 | **James Grandfield** | Team CRANC | S | 00:00:00 | 09:21 |
| 22 | **Paul Griffiths** | VTTA South Wales | VE | 01:05:00 | 09:22 |
| 23 | **Vince Evans** | Wrekinsport CC | VD | 01:05:50 | 09:23 |
| 24 | **Tom Bowering** | PMR @ Toachim House | S | 00:00:00 | 09:24 |
| 25 | **Rory Gilling** | Velo Club Montpellier | S | 00:59:50 | 09:25 |
| 26 | **Stephen Ratcliffe** | Brecon Wheelers | VB | 01:02:14 | 09:26 |
| 27 | **Harry Cowley** | Chester RC | VF | 01:07:48 | 09:27 |
| 28 | **Dominic Norcross** | Team NBCC | VA | 01:08:08 | 09:28 |
| 29 | **James Fritchley** | Trowbridge Cycling Club | S | 00:00:00 | 09:29 |
| 30 | **James Manson** | Cardiff Triathletes | VA | 00:58:20 | 09:30 |
| 31 | **Robert Smith** | Warwickshire Road Club | VB | 00:58:58 | 09:31 |
| 32 | **Tudur Parry** | Energy Cycling Club/Clwb Beicio Egni | VA | 00:59:09 | 09:32 |
| 33 | **Nick Sexton** | Islington Cycling Club | S | 01:00:51 | 09:33 |
| 34 | **David Wilson** | North Shropshire Wheelers | VH | 01:06:30 | 09:34 |
| 35 | **Owain Roberts** | Port Talbot Whs CC | S | 00:58:26 | 09:35 |
| 36 | **Simon Witts** | Gloucester City Cycling Club | VB | 01:02:18 | 09:36 |
| 37 | **Brad Davies** | Bynea Cycling Club | VC | 00:59:31 | 09:37 |
| 38 | **Mike Hall** | Port Talbot Whs CC | VB | 00:00:00 | 09:38 |
| 39 | **Gregory Brett** | Ogmore Valley Wheelers CC | VB | 01:01:04 | 09:39 |
| 40 | **John Aspell** | Forza Cycles | VB | 00:00:00 | 09:40 |
| 41 | **Simon Davies** | Milford Tritons Cycling Club | VA | 00:00:00 | 09:41 |
| 42 | **Tristian Manning** | Bynea Cycling Club | S | 00:59:00 | 09:42 |
| 43 | **Paul Griffith** | Energy Cycling Club/Clwb Beicio Egni | VA | 01:00:32 | 09:43 |
| 44 | **Graham Smith** | Severn Road Club | VC | 01:02:30 | 09:44 |
| 45 | **Laurence Plant** | AS Test Team | S | 00:00:00 | 09:45 |
| 46 | **Michael Hill** | Chester RC | S | 00:58:30 | 09:46 |
| 47 | **Stephen Landeg** | Ogmore Valley Wheelers CC | VE | 00:59:32 | 09:47 |
| 48 | **Neil Downes** | Forza Cycles | VF | 01:00:00 | 09:48 |
| 49 | **Jason Roberts** | Bynea Cycling Club | VA | 00:00:00 | 09:49 |
| 50 | **John O'Dwyer** | Dursley Road Club | S | 00:00:00 | 09:50 |
| 51 | **Phil Guy** | North Shropshire Wheelers | VF | 00:58:13 | 09:51 |
| 52 | **Alistair Morgan** | Pontypool Road Cycling Club | VC | 00:59:00 | 09:52 |
| 53 | **Phillip Turner** | Bynea Cycling Club | VB | 01:00:03 | 09:53 |
| 54 | **Geoff Edgerton** | North Shropshire Wheelers | VF | 01:01:21 | 09:54 |
| 55 | **Colin Parry** | Severn Road Club | S | 00:00:00 | 09:55 |
| 56 | **Roger Wood** | Pontypool Road Cycling Club | VE | 00:58:44 | 09:56 |
| 57 | **Russell Boon** | Avonlea/Treasure RT | VC | 00:59:36 | 09:57 |
| 58 | **James Coxon** | Bike Doctor | VA | 01:02:02 | 09:58 |
| 59 | **Mark Hillier** | Port Talbot Whs CC | VB | 00:00:00 | 09:59 |
| 60 | **Ian Lindsay** | Royal Navy & Royal Marines CA | VA | 00:55:23 | 10:00 |
| 61 | **Richard Hier** | Merthyr CC | S | 00:59:04 | 10:01 |
| 62 | **Gareth Hill** | Abercynon Road Club | VB | 01:00:10 | 10:02 |
| 63 | **Chris Matthews** | Forza Cycles | VC | 00:59:57 | 10:03 |
| 64 | **Thomas Dye** | Cardiff Ajax CC | S | 00:00:00 | 10:04 |
| 65 | **Alan Cooper** | Avonlea/Treasure RT | VD | 00:58:45 | 10:05 |
| 66 | **Les Thomas** | Port Talbot Whs CC | VD | 00:59:37 | 10:06 |
| 67 | **Jonathan Webb** | Gannet CC | VB | 01:02:09 | 10:07 |
| 68 | **Marinus Petersen** | Team NBCC | ESP | 00:00:00 | 10:08 |
| 69 | **Stephen Griffiths** | Merthyr CC | VA | 00:00:00 | 10:09 |
| 70 | **Gerry Bowditch** | VeloVitesse | VB | 00:00:00 | 10:10 |
| 71 | **Jon Williams** | Team NBCC | S | 00:58:10 | 10:11 |
| 72 | **Simon Adcook** | Worcester St. Johns CC | VA | 00:59:15 | 10:12 |
| 73 | **Robert Finch** | Arctic Tacx RT | VD | 01:03:57 | 10:13 |
| 74 | **Matthew Hanford** | Bynea Cycling Club | JUN | 00:00:00 | 10:14 |
| 75 | **Josh Griffiths** | Bristol South Cycling Club | JUN | 00:51:06 | 10:15 |
| 76 | **Morgan Ley** | Port Talbot Whs CC | JUN | 00:58:57 | 10:16 |
| 77 | **Joe Rees** | Cardiff Ajax CC | JUN | 00:00:00 | 10:17 |
| 78 | **Paul Freegard** | Chippenham & District Wheelers | VE | 01:03:28 | 10:18 |
| 79 | **Nathan Leaves** | NFTO Race Club | ESP | 00:00:00 | 10:19 |
| 80 | **Nadine Cannon** | VeloSistas TT Team | W | 00:57:01 | 10:20 |
| 81 | **Kirsty Murray** | Pembrokeshire Velo | WA | 00:58:21 | 10:21 |
| 82 | **Danielle Flawn** | Tredz Bikes | W | 01:00:07 | 10:22 |
| 83 | **Rebecca Richardson** | Hafren CC | W | 01:05:00 | 10:23 |
| 84 | **Karenmichelle Spiteri** | Salt and Sham Cycle Club | WC | 01:09:51 | 10:24 |
| 85 | **Andrea Parish** | VeloSistas TT Team | WB | 00:55:51 | 10:25 |
| 86 | **Jasmine Bowyer** | Cardiff Ajax CC | W | 00:59:22 | 10:26 |
| 87 | **Emma Angove** | Chippenham & District Wheelers | W | 01:04:11 | 10:27 |
| 88 | **Fenella Brown** | Warwickshire Road Club | WB | 01:06:37 | 10:28 |
| 89 | **Emily Tillett** | Liv CC - Epic Coaching | WJUN | 00:00:00 | 10:29 |
| 90 | **Eileen Burns** | Dig Deep Coaching | W | 00:54:16 | 10:30 |
| 91 | **Stephanie Post** | VeloSistas TT Team | W | 00:57:46 | 10:31 |
| 92 | **Deborah Sheridan** | Warwickshire Road Club | WE | 01:02:27 | 10:32 |
| 93 | **Diane Wynne** | VC Sevale (Malvern) | WC | 01:05:00 | 10:33 |
| 94 | **Claire Manson** | Cardiff Triathletes | W | 01:09:30 | 10:34 |
| 95 | **Claire Hann** | Bristol & District Triathletes (BAD TRI) | W | 00:55:45 | 10:35 |
| 96 | **Kari Jones** | VeloSistas TT Team | W | 01:00:03 | 10:36 |
| 97 | **Louise Georgi** | Giant CC - Halo Films | WC | 01:04:32 | 10:37 |
| 98 | **Alison Torode** | Born to Bike - Bridgtown Cycles | WA | 01:05:03 | 10:38 |
| 99 | **Bethany Taylor** | Salt and Sham Cycle Club | WESP | 00:00 | 10:39 |
| 100 | **Clarice Chung** | AS Test Team | W | 00:54:13 | 10:40 |
| 101 | **Pfeiffer Georgi** | Liv CC - Epic Coaching | WJUN | 00:55:52 | 10:41 |
| 102 | **Diane Wilson-Evans** | Bynea Cycling Club | WD | 01:03:13 | 10:42 |
| 103 | **Lucy Davies** | Arctic Tacx RT | W | 01:04:59 | 10:43 |
| 104 | **Diane Hynam** | Bynea Cycling Club | WF | 01:08:33 | 10:44 |
| 105 | **Crystal Spearman** | NOPINZ | W | 00:55:04 | 10:45 |
| 106 | **Joanna Knight** | Bristol South Cycling Club | WD | 00:58:43 | 10:46 |
| 107 | **Sarah Wise** | CC Weymouth | W | 01:04:00 | 10:47 |
| 108 | **Julie Stephens** | Ross on Wye & Dist CC | WC | 01:07:45 | 10:48 |
| 109 | **Jessica Roberts** | Liv CC - Epic Coaching | WJUN | 00:00:00 | 10:49 |
| 110 | **Kate Allan** | DRAG2ZERO | W | 00:51:51 | 10:50 |
| 111 | **Nick Livermore** | Bristol South Cycling Club | S | 01:00:49 | 10:51 |

**MENS CHAMPIONSHIP**

| **No** | **Name** | **club** | **Age Band** | **LTS** | **Time** |
| --- | --- | --- | --- | --- | --- |
| 1 | **Earl Smith** | Severn Valley Cycles | B | 00:52:24 | 11:01 |
| 2 | **Sacha Ring** | New Forest CC | B | 00:55:12 | 11:02 |
| 3 | **Paul Stephens** | Ross on Wye & Dist CC | C | 00:55:59 | 11:03 |
| 4 | **Martin Lines** | Worcester St. Johns CC | B | 00:54:24 | 11:04 |
| 5 | **David Wilson-Evans** | Bynea Cycling Club | E | 00:54:23 | 11:05 |
| 6 | **Mark Bradley** | Bristol South Cycling Club | C | 00:53:04 | 11:06 |
| 7 | **Etienne Georgi** | Team Wiggins | Esp | 00:58:15 | 11:07 |
| 8 | **Steffan Jones** | Energy Cycling Club/Clwb Beicio Egni | B | 00:58:08 | 11:08 |
| 9 | **John Shehan** | Bynea Cycling Club | G | 00:58:08 | 11:09 |
| 10 | **Jeffrey Rees** | Acme Whs (Rhondda) CC | C | 00:58:03 | 11:10 |
| 11 | **Michael Wilkinson** | North Notts Olympic CC | D | 00:57:52 | 11:11 |
| 12 | **Simon Kinsey** | Acme Whs (Rhondda) CC | B | 00:57:59 | 11:12 |
| 13 | **Alun Williams** | Energy Cycling Club/Clwb Beicio Egni | B | 00:57:50 | 11:13 |
| 14 | **Edric Hobbs** | Bike City T3 | C | 00:57:47 | 11:14 |
| 15 | **Guy Evans** | Hereford & Dist Whs CC | D | 00:57:44 | 11:15 |
| 16 | **Andrew Curley** | Warwickshire Road Club | C | 00:57:37 | 11:16 |
| 17 | **Grant Whiteside** | Pontypool Road Cycling Club | A | 00:57:32 | 11:17 |
| 18 | **Marco Marletta** | Cardiff Jif | C | 00:57:35 | 11:18 |
| 19 | **Gary Jones** | Pontypool Road Cycling Club | C | 00:57:28 | 11:19 |
| 20 | **Matthew Phillips** | Towy Racing Cycling Club (TRCC) | S | 00:57:19 | 11:20 |
| 21 | **Gareth Chislett** | CC Blaenau Gwent | A | 00:57:12 | 11:21 |
| 22 | **Joshua Lewis** | Bike Doctor | S | 00:57:03 | 11:22 |
| 23 | **Jonny Allen** | Islington Cycling Club | S | 00:56:25 | 11:23 |
| 24 | **Steven Madeley** | Ogmore Valley Wheelers CC | D | 00:56:25 | 11:24 |
| 25 | **Hugh Davies** | Port Talbot Whs CC | G | 00:56:21 | 11:25 |
| 26 | **Andrew Hayward** | Cwmcarn Paragon Road Club | B | 00:56:14 | 11:26 |
| 27 | **Jon Brumfield** | Poundbury Cyclesport | A | 00:56:13 | 11:27 |
| 28 | **Andrew Gibson** | Gravesend CC | B | 00:56:06 | 11:28 |
| 29 | **Daryl Godden** | Gloucester City Cycling Club | D | 00:55:55 | 11:29 |
| 30 | **Mitch Russell** | Energy Cycling Club/Clwb Beicio Egni | S | 00:55:50 | 11:30 |
| 31 | **Steve Evans** | Bynea Cycling Club | B | 00:55:49 | 11:31 |
| 32 | **Dyfan Evans** | Wrexham RC | S | 00:55:47 | 11:32 |
| 33 | **Mark Andrews** | Merthyr CC | B | 00:55:44 | 11:33 |
| 34 | **Anthony Redman** | Acme Whs (Rhondda) CC | S | 00:55:43 | 11:34 |
| 35 | **James Phillips** | Dream Cycling | S | 00:55:29 | 11:35 |
| 36 | **Rob Jones** | Cardiff Ajax CC | A | 00:55:25 | 11:36 |
| 37 | **Paul Winchcombe** | Chippenham & District Wheelers | D | 00:55:22 | 11:37 |
| 38 | **Anthony Hayward** | Milford Tritons Cycling Club | S | 00:55:19 | 11:38 |
| 39 | **Mike Broadbent** | Swansea Wheelers/CS Abertawe | D | 00:55:19 | 11:39 |
| 40 | **Norman Griffin** | Vive Le Velo | D | 00:55:18 | 11:40 |
| 41 | **Edward Nicholson** | Team Bottrill / HSS Hire | C | 00:55:13 | 11:41 |
| 42 | **Ross Simpson** | Port Talbot Whs CC | S | 00:55:13 | 11:42 |
| 43 | **Neil Poulton** | Abergavenny RC | S | 00:55:10 | 11:43 |
| 44 | **Tom Cox** | Northover VT / Rudy Project | E | 00:55:08 | 11:44 |
| 45 | **Stephen Evans** | Bynea Cycling Club | S | 00:55:00 | 11:45 |
| 46 | **Danny Roberts** | Anglesey Cycling Group | S | 00:54:54 | 11:46 |
| 47 | **Stephen Taylor** | Team NBCC | C | 00:54:52 | 11:47 |
| 48 | **Dean Ware** | Merthyr CC | S | 00:54:46 | 11:48 |
| 49 | **Jon Vickery** | Cwmcarn Paragon Road Club | C | 00:54:43 | 11:49 |
| 50 | **Gary Flower** | Acme Whs (Rhondda) CC | B | 00:54:39 | 11:50 |
| 51 | **Peter Lloyd** | Team NBCC | C | 00:54:38 | 11:51 |
| 52 | **Steve Curry** | Ogmore Valley Wheelers CC | C | 00:54:38 | 11:52 |
| 53 | **Alun Owen** | CC Abergavenny / JP Signs & Print | B | 00:54:38 | 11:53 |
| 54 | **Jason Williams** | Cwmcarn Paragon Road Club | B | 00:54:35 | 11:54 |
| 55 | **Stuart Mccormick** | Chester RC | B | 00:54:28 | 11:55 |
| 56 | **Trevor Lloyd** | Swansea Wheelers/CS Abertawe | C | 00:54:28 | 11:56 |
| 57 | **Rod Hicks** | Port Talbot Whs CC | C | 00:54:17 | 11:57 |
| 58 | **Chris Scawn** | Plymouth Corinthian CC | F | 00:54:15 | 11:58 |
| 59 | **Daniel Kempe** | Bristol South Cycling Club | C | 00:54:07 | 11:59 |
| 60 | **Nigel Taylor** | Cardiff Triathletes | A | 00:54:03 | 12:00 |
| 61 | **Robert Hughes** | Ride Bike Wales | C | 00:53:52 | 12:01 |
| 62 | **Rob Hussey** | Severn Valley Cycles | S | 00:53:49 | 12:02 |
| 63 | **Gareth Jones** | Clevedon & District Road Club | B | 00:53:47 | 12:03 |
| 64 | **Andy Davies** | Cardiff Jif | S | 00:53:47 | 12:04 |
| 65 | **Michael Lewis** | Rhyl CC | S | 00:53:40 | 12:05 |
| 66 | **Wayne Thomas** | Pontypool Road Cycling Club | A | 00:53:40 | 12:06 |
| 67 | **Richard Long** | Merthyr CC | S | 00:53:38 | 12:07 |
| 68 | **Nick Young** | Yeovil Cycling Club | C | 00:53:35 | 12:08 |
| 69 | **Scott Mcardle** | Cheltenham & County Cycling Club | E | 00:53:30 | 12:09 |
| 70 | **Graham Kemp** | Team Bottrill / HSS Hire | S | 00:53:29 | 12:10 |
| 71 | **Mark Woolford** | Trainsharp | C | 00:53:25 | 12:11 |
| 72 | **Richard Coleman** | Stourbridge Velo | E | 00:53:19 | 12:12 |
| 73 | **David Brice** | Bynea Cycling Club | D | 00:53:09 | 12:13 |
| 74 | **Wayne Owen** | Energy Cycling Club/Clwb Beicio Egni | B | 00:53:07 | 12:14 |
| 75 | **Arwel Davies** | Towy Racing Cycling Club (TRCC) | A | 00:53:00 | 12:15 |
| 76 | **Daniel Watts** | Royal Air Force Cycling Association | S | 00:52:59 | 12:16 |
| 77 | **Nick Brown** | Team NBCC | D | 00:52:51 | 12:17 |
| 78 | **Ryan Davies** | AS Test Team | S | 00:52:50 | 12:18 |
| 79 | **David Evans** | Team Echelon | E | 00:52:48 | 12:19 |
| 80 | **Paul Coles** | 73Degrees CC | A | 00:52:39 | 12:20 |
| 81 | **Neil Holden** | Lutterworth Cycle Centre Racing Team | B | 00:52:39 | 12:21 |
| 82 | **Terry Icke** | Velo Club St Raphael | G | 00:52:38 | 12:22 |
| 83 | **Michael Portlock** | Merthyr CC | B | 00:52:30 | 12:23 |
| 84 | **Carwyn Davies** | Cwmcarn Paragon Road Club | S | 00:52:27 | 12:24 |
| 85 | **Adrian Lane** | 1st Chard Wheelers | Esp | 00:52:23 | 12:25 |
| 86 | **Garry Ellis** | Energy Cycling Club/Clwb Beicio Egni | C | 00:52:21 | 12:26 |
| 87 | **Gavin Macdougall** | Tavistock Whs CC | C | 00:52:19 | 12:27 |
| 88 | **James Cook** | Cycology Bikes | Esp | 00:52:18 | 12:28 |
| 89 | **Philip Murrell** | Finsbury Park CC | B | 00:52:18 | 12:29 |
| 90 | **John Regan** | Pembrokeshire Velo | B | 00:52:10 | 12:30 |
| 91 | **Andrew Rowles** | Cardiff Ajax CC | S | 00:52:10 | 12:31 |
| 92 | **Andrew Tomkins** | Lutterworth Cycle Centre Racing Team | A | 00:52:02 | 12:32 |
| 93 | **Chris Holman** | Team Bottrill / HSS Hire | S | 00:51:58 | 12:33 |
| 94 | **Nic Cleave** | Swansea Wheelers/CS Abertawe | A | 00:51:54 | 12:34 |
| 95 | **Steven Cottington** | Bath Cycling Club | D | 00:51:24 | 12:35 |
| 96 | **Chris Massey** | Team Bottrill / HSS Hire | A | 00:51:17 | 12:36 |
| 97 | **David Francis** | Team NBCC | B | 00:51:16 | 12:37 |
| 98 | **Philip Tucker** | Bynea Cycling Club | S | 00:51:14 | 12:38 |
| 99 | **David Bucknall** | Royal Dean Forest Cycle Club | A | 00:51:03 | 12:39 |
| 100 | **Liam Bard** | Revo Racing | S | 00:50:44 | 12:40 |
| 101 | **Howard Lewis** | Mid Shropshire Wheelers | B | 00:50:42 | 12:41 |
| 102 | **Paul Jones** | Primera-Teamjobs | B | 00:50:37 | 12:42 |
| 103 | **Ben Phillips** | Towy Racing Cycling Club (TRCC) | S | 00:50:23 | 12:43 |
| 104 | **Richard Gambling** | Port Talbot Whs CC | A | 00:50:20 | 12:44 |
| 105 | **Christopher Jones** | Ride Bike Wales | B | 00:50:16 | 12:45 |
| 106 | **Luke Cornish** | Cwmcarn Paragon Road Club | S | 00:49:54 | 12:46 |
| 107 | **Chris Gibbard** | Bynea Cycling Club | S | 00:49:40 | 12:47 |
| 108 | **Robert West** | AeroCoach | A | 00:49:35 | 12:48 |
| 110 | **Jonathan Gates** | Royal Air Force Cycling Association | A | 00:49:29 | 12:50 |
| 112 | **Greg Parker** | Velo Club St Raphael | C | 00:49:27 | 12:52 |
| 114 | **Matt Slater** | Revo Racing | A | 00:49:04 | 12:54 |
| 116 | **Dan Evans** | Team Elite/Paul Bethell Electrical | S | 00:48:56 | 12:56 |
| 118 | **George Evans** | Team Bottrill / HSS Hire | Esp | 00:48:41 | 12:58 |
| 120 | **Ioan Smallwood** | Cardiff Ajax CC | S | 00:48:14 | 13:00 |
| 122 | **David Woodhouse** | AS Test Team | S | 00:48:07 | 13:02 |
| 124 | **Lewis Keightley** | Team Bottrill / HSS Hire | S | 00:48:05 | 13:04 |
| 126 | **Conrad Moss** | Mid Devon CC | A | 00:47:50 | 13:06 |
| 128 | **Andy Jackson** | SSLL Racing Team | A | 00:47:05 | 13:08 |
| 130 | **Joshua Williams** | Team Bottrill / HSS Hire | S | 00:46:41 | 13:10 |
| 132 | **Kieron Davies** | DRAG2ZERO | S | 00:45:34 | 13:12 |