

# Startsheet

## Sportzmad (entries close 12/3/19)

| Start Number | Start Time | Rider             | Club                          | Gender | Category |
|--------------|------------|-------------------|-------------------------------|--------|----------|
| 5            | 09:05:00   | Rachel Bridger    | Ufit Tri Team                 | Female | Vet      |
| 6            | 09:06:00   | Benjamin Pearce   | Maindy Flyers Cycling Club    | Male   | Junior   |
| 7            | 09:07:00   | Neil Turner       | Hereford Triathlon Club       | Male   | Vet      |
| 8            | 09:08:00   | Mathew Atkins     | Ufit Tri Team                 | Male   | Vet      |
| 9            | 09:09:00   | Bob Symons        | PDQ Cycle Coaching            | Male   | Vet      |
| 10           | 09:10:00   | Huw Neale         | Cardiff Triathletes           | Male   | Senior   |
| 11           | 09:11:00   | Howard Coole      | Wenvoe Wheelers               | Male   | Vet      |
| 12           | 09:12:00   | Evan Richards     | Giant CC Halo Films           | Male   | Espoir   |
| 13           | 09:13:00   | Mark Leeming      | PDQ Cycle Coaching            | Male   | Vet      |
| 14           | 09:14:00   | Ben Pleasants     | Ufit Tri Team                 | Male   | Senior   |
| 15           | 09:15:00   | Gareth Thomas     | Cardiff Triathletes           | Male   | Senior   |
| 16           | 09:16:00   | Allen Janes       | Bristol South Cycling Club    | Male   | Vet      |
| 17           | 09:17:00   | Claire Manson     | Cardiff Triathletes           | Female | Senior   |
| 18           | 09:18:00   | Steve Way         | Wincanton Wheelers            | Male   | Vet      |
| 19           | 09:19:00   | Derek Morgan      | Gannet CC                     | Male   | Vet      |
| 20           | 09:20:00   | Andy Morgan       | PDQ Cycle Coaching            | Male   | Vet      |
| 21           | 09:21:00   | Morgan Thompson   | Sportzmad                     | Male   | Espoir   |
| 22           | 09:22:00   | Paul Cann         | PDQ Cycle Coaching            | Male   | Vet      |
| 23           | 09:23:00   | Tomos Perkins     | Towy Riders Cycle Club        | Male   | Junior   |
| 24           | 09:24:00   | Robert Tucker     | PDQ Cycle Coaching            | Male   | Vet      |
| 25           | 09:25:00   | Gemma Waterjohns  | Somerset Road Club            | Female | Senior   |
| 26           | 09:26:00   | Michael Battersby | Cardiff Triathletes           | Male   | Vet      |
| 27           | 09:27:00   | Tim Scruton       | Salt and Sham Cycle Club      | Male   | Vet      |
| 28           | 09:28:00   | Jon Airey         | Ross on Wye & Dist CC         | Male   | Vet      |
| 29           | 09:29:00   | Craig Hopkins     | Wyre Forest Cycle Racing Club | Male   | Vet      |
| 30           | 09:30:00   | James Manson      | Cardiff Triathletes           | Male   | Vet      |
| 31           | 09:31:00   | Calum Cheshire    | Cardiff Ajax CC               | Male   | Senior   |
| 32           | 09:32:00   | David Hawkins     | Cardiff Triathletes           | Male   | Senior   |
| 33           | 09:33:00   | Michael Williams  | Hereford & Dist Whs CC        | Male   | Vet      |
| 34           | 09:34:00   | Bradley Perkins   | PDQ Cycle Coaching            | Male   | Juvenile |
| 35           | 09:35:00   | Bethany Taylor    | Bianchi Dama                  | Female | Senior   |

Promoted for and on behalf of Cycling Time Trials under its rules and regulations

| Start Number | Start Time | Rider               | Club                                      | Gender | Category |
|--------------|------------|---------------------|---|--------|----------|
| 36           | 09:36:00   | Dafydd Wright       | West Wales Cycle Racing Team              | Male   | Junior   |
| 37           | 09:37:00   | Kerry Trigg         | Ross on Wye & Dist CC                     | Male   | Vet      |
| 38           | 09:38:00   | Jo Buckland         | PDQ Cycle Coaching                        | Female | Vet      |
| 39           | 09:39:00   | Jeffrey Rees        | Gower Riders Cycling Club                 | Male   | Vet      |
| 40           | 09:40:00   | Ken Evans           | PDQ Cycle Coaching                        | Male   | Vet      |
| 41           | 09:41:00   | Trish Chalk         | Velo Club St Raphael                      | Female | Vet      |
| 42           | 09:42:00   | John Aspell         | PDQ Cycle Coaching                        | Male   | Vet      |
| 43           | 09:43:00   | Michelle Fishbourne | CES Sport                                 | Female | Vet      |
| 44           | 09:44:00   | Richard Rees        | Cardiff Ajax CC                           | Male   | Senior   |
| 45           | 09:45:00   | Roger Wood          | Pontypool Road Cycling Club               | Male   | Vet      |
| 46           | 09:46:00   | Adrian Osborn       | Stratford Cycling Club                    | Male   | Vet      |
| 47           | 09:47:00   | Finlay Tarling      | Team Backstedt Bike Performance           | Male   | Juvenile |
| 48           | 09:48:00   | Andy Kelly          | Bristol South Cycling Club                | Male   | Vet      |
| 49           | 09:49:00   | Steve Wiltshire     | Somer Valley Cycling Club                 | Male   | Vet      |
| 50           | 09:50:00   | Mark Palliser       | Hereford & Dist Whs CC                    | Male   | Vet      |
| 51           | 09:51:00   | Digby Rusling       | Royal Dean Forest Cycle Club              | Male   | Vet      |
| 52           | 09:52:00   | David Mort          | Cardiff Triathletes                       | Male   | Senior   |
| 53           | 09:53:00   | Martin Stanley      | Worcester St. Johns CC                    | Male   | Vet      |
| 54           | 09:54:00   | Jon Vickery         | Cwmcarn Paragon Road Club                 | Male   | Vet      |
| 55           | 09:55:00   | Rikky Hughes        | Worcester St. Johns CC                    | Male   | Senior   |
| 56           | 09:56:00   | Emma Angove         | 73 Degrees Bicycles, WestSide Coaching rt | Female | Senior   |
| 57           | 09:57:00   | Martin Wiltshire    | Somer Valley Cycling Club                 | Male   | Vet      |
| 58           | 09:58:00   | Cliff Voller        | Newbury RC                                | Male   | Vet      |
| 59           | 09:59:00   | Jon Wiggins         | PDQ Cycle Coaching                        | Male   | Senior   |
| 60           | 10:00:00   | Joshua Lewis        | Rhondda Triathlon Club                    | Male   | Senior   |
| 61           | 10:01:00   | John French         | Oxford City RC                            | Male   | Vet      |
| 62           | 10:02:00   | Mark Gateshill      | PDQ Cycle Coaching                        | Male   | Senior   |
| 63           | 10:03:00   | Phil Stonelake      | Bristol Road Club                         | Male   | Vet      |
| 64           | 10:04:00   | Dean Prosser        | Hereford & Dist Whs CC                    | Male   | Vet      |
| 65           | 10:05:00   | Gareth Rees         | Cwmcarn Paragon Road Club                 | Male   | Senior   |
| 66           | 10:06:00   | Richard Lloyd       | Pontypool Road Cycling Club               | Male   | Vet      |
| 67           | 10:07:00   | Morgan Lloyd        | Cycle Specific                            | Male   | Junior   |
| 68           | 10:08:00   | Tom Sharp           | Bristol Road Club                         | Male   | Senior   |
| 69           | 10:09:00   | Leon Evans          | Cardiff Ajax CC                           | Male   | Vet      |
| 70           | 10:10:00   | Laura Clements      | Cardiff Triathletes                       | Female | Senior   |
| 71           | 10:11:00   | Michael Tarling     | West Wales Cycle Racing Team              | Male   | Vet      |
| 72           | 10:12:00   | Rich Long           | Merthyr CC                                | Male   | Senior   |
| 73           | 10:13:00   | Andy Hoskins        | Cardiff Jif                               | Male   | Senior   |

Promoted for and on behalf of Cycling Time Trials under its rules and regulations

| <b>Start Number</b> | <b>Start Time</b> | <b>Rider</b>       | <b>Club</b>                                | <b>Gender</b> | <b>Category</b> |
|---------------------|-------------------|--------------------|--|---------------|-----------------|
| 74                  | 10:14:00          | Simon Adcook       | Team Bottrill                              | Male          | Vet             |
| 75                  | 10:15:00          | Christopher Owrarn | PDQ Cycle Coaching                         | Male          | Senior          |
| 76                  | 10:16:00          | Kieran Morris      | Total Tri Training                         | Male          | Espoir          |
| 77                  | 10:17:00          | Owen Burgess       | Newport Phoenix CC                         | Male          | Senior          |
| 78                  | 10:18:00          | Rob Hussey         | Royal Dean Forest Cycle Club               | Male          | Senior          |
| 79                  | 10:19:00          | Chris Fishbourne   | CES Sport                                  | Male          | Vet             |
| 80                  | 10:20:00          | Andrew Overton     | Successcycling.co.uk                       | Male          | Vet             |
| 81                  | 10:21:00          | Jason Streater     | PDQ Cycle Coaching                         | Male          | Vet             |
| 82                  | 10:22:00          | Andrew Clarke      | North Shropshire Wheelers                  | Male          | Vet             |
| 83                  | 10:23:00          | Joshua Tarling     | Team Backstedt Bike Performance            | Male          | Junior          |
| 84                  | 10:24:00          | Ross Phelps        | Bristol Road Club                          | Male          | Senior          |
| 85                  | 10:25:00          | Nathan Leaves      | Cwmcarn Paragon Road Club                  | Male          | Senior          |
| 86                  | 10:26:00          | Jacob Sparrow      | Clee Cycles                                | Male          | Senior          |
| 87                  | 10:27:00          | Tim May            | PDQ Cycle Coaching                         | Male          | Vet             |
| 88                  | 10:28:00          | Andy Davies        | Cardiff Jif                                | Male          | Senior          |
| 89                  | 10:29:00          | Ted Cross          | University of Bristol Cycling Club (UOBCC) | Male          | Senior          |
| 90                  | 10:30:00          | Simon Garrett      | Team Echelon                               | Male          | Vet             |
| 91                  | 10:31:00          | Michael Knight     | Team Bottrill                              | Male          | Senior          |
| 92                  | 10:32:00          | Mark Ellis         | Team Milton Keynes                         | Male          | Vet             |
| 93                  | 10:33:00          | Chris Massey       | CES Sport                                  | Male          | Vet             |