

### XC Expert Men : 6 Laps in Category : 6 Riders : 31.2 Kms Total

Place	No.	Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7			Time	Time Dif	Av Spd
1	24	Phillip Morris	13:42	13:57	14:23	14:10	14:27	14:48				1:25:27		21.91
2	22	Andrew Parry	14:17	14:41	14:50	14:52	14:59	16:20				1:29:59	4:32	20.80
3	23	Steve Corbyn	14:53	15:01	15:17	15:05	15:35	15:42				1:31:33	6:06	20.45
4	21	Ian Bendall	14:57	15:06	15:07	15:00	15:43	16:36				1:32:29	7:02	20.24
5	25	Carwyn Davies	14:14	15:21	15:27	15:24	16:10	16:43				1:33:19	7:52	20.06
6	26	Alex Tompsett	14:45	15:12	15:21	15:20	17:43	17:55				1:36:16	10:49	19.45

### XC Sport Men : 5 Laps in Category : 15 Riders : 26 Kms Total

Place	No.	Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7		Time	Time Dif	Av Spd
1	51	Mark Spratt	14:16	14:17	14:22	14:17	14:37				1:11:49		21.72
2	50	Gruffudd Lewis	13:59	14:31	14:35	14:50	14:50				1:12:45	0:56	21.44
3	41	Leigh Johnson	13:58	14:29	14:29	14:58	15:21				1:13:15	1:26	21.30
4	38	Matthew Lewis	14:27	14:49	14:43	14:41	14:39				1:13:19	1:30	21.28
5	40	Bevan Humphreys	14:54	15:05	15:20	15:20	15:26				1:16:05	4:16	20.50
6	48	Lee Davies	15:32	15:47	16:00	16:06	16:45				1:20:10	8:21	19.46
7	45	Thomas Stoddart	16:11	16:11	16:04	15:58	16:03				1:20:27	8:38	19.39
8	49	Charles Jones	16:10	16:11	16:06	16:01	16:05				1:20:33	8:44	19.37
9	44	Dan Phillips	16:46	17:11	17:11	17:29	17:43				1:26:20	14:31	18.07
10	42	Rhys Williams	16:17	16:56	18:27	18:23	19:31				1:29:34	17:45	17.42
11	46	Pablo Requejo	17:38	17:56	18:19	18:21	18:57				1:31:11	19:22	17.11
12	36	Iain Fairlry	17:37	18:11	19:09	19:54	21:21				1:36:12	24:23	16.22
13	37	Gareth Lewis	18:13	19:30	19:45	19:18					-1 Lap		
14	43	Paul Lewis	18:57	19:48	19:53	20:17					-1 Lap		
15	47	Rhys Thomas	21:42	19:31	20:36	21:37					-1 Lap		

**XC Sport Women** : 4 Laps in Category : 2 Riders : 20.8 Kms Total

Place	No.	Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7		Time	Time Dif	Av Spd
1	60	Donna Morris	17:48	18:31	19:05	18:36					<b>1:14:00</b>		16.86
2	61	Angela Green	20:16	21:23	21:38	22:23					<b>1:25:40</b>	11:40	14.57

**XC Masters Men : 6 Laps in Category : 4 Riders : 31.2 Kms Total**

Place	No.	Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7		Time	Time Dif	Av Spd
1	111	Rob Grimes	14:17	14:45	14:49	15:04	15:21	16:21			<b>1:30:37</b>		20.66
2	112	Huw Thomas	14:49	15:16	15:24	15:50	15:59	16:12			<b>1:33:30</b>	2:53	20.02
3	113	Gareth Hayes	15:07	15:38	16:12	17:14	17:00	17:22			<b>1:38:33</b>	7:56	19.00
4	114	Robert Wiliams	18:30	19:32	20:13	20:31	21:05				<b>-1 Lap</b>		

### XC Veteran Men : 5 Laps in Category : 2 Riders : 26 Kms Total

Place	No.	Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7		Time	Time Dif	Av Spd
1	146	Mark A Spratt	14:20	14:40	14:36	15:25	14:55				1:13:56		21.10
2	147	Kieran Elliott	18:52	19:44	20:17	20:25	19:26				1:38:44	24:48	15.80

**XC Grand Veteran Men : 4 Laps in Category : 4 Riders : 20.8 Kms Total**

Place	No.	Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7		Time	Time Dif	Av Spd
1	177	Brian Preece	17:06	17:35	17:56	18:45					1:11:22		17.49
2	179	Martin Jones	18:00	18:51	19:07	19:24					1:15:22	4:00	16.56
3	178	Crad Lowe	18:36	19:35	20:34	20:28					1:19:13	7:51	15.75
4	176	A Morris	20:59	23:33	24:06	23:47					1:32:25	21:03	13.50

**XC Super Veteran Men : 4 Laps in Category : 4 Riders : 20.8 Kms Total**

Place	No.	Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7		Time	Time Dif	Av Spd
1	191	John Lloyd	16:11	17:18	16:21	16:22					1:06:12		18.85
2	192	Andy Firman	16:11	17:18	16:18	16:28					1:06:15	0:03	18.84
3	193	John Lusardi	20:11	20:59	21:37	21:52					1:24:39	18:27	14.74
4	194	Robert Thomson	25:04								-3 Laps		

**XC Junior Men** : 4 Laps in Category : 2 Riders : 20.8 Kms Total

Place	No.	Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7		Time	Time Dif	Av Spd
1	68	Louis Preece	16:22	16:36	17:01	17:00					1:06:59		18.63
2	67	Ewan Morris	18:45	19:17	19:36	19:29					1:17:07	10:08	16.18



**XC Youth Men** : 4 Laps in Category : 1 Riders : 10.4 Kms Total

Place	No.	Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7		Time	Time Dif	Av Spd
1	81	Tomos Nesham	14:43	17:32							-2 Laps		

**XC Youth Women : 3 Laps in Category : 1 Riders : 15.6 Kms Total**

Place	No.	Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7		Time	Time Dif	Av Spd
1	91	Abbie Williams	26:13	27:55	31:00						1:25:08		10.99

**XC Juvenile Men : 3 Laps in Category : 3 Riders : 15.6 Kms Total**

Place	No.	Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7		Time	Time Dif	Av Spd
1	66	Huw Higgins-Worrall	16:39	16:26	16:41						<b>49:46</b>		18.81
2	96	Endaf Williams	21:40	23:10	24:41						<b>1:09:31</b>	19:45	13.46
3	97	Joshua Jonson-Davies	25:40	30:30	35:00						<b>1:31:10</b>	41:24	10.27

**XC Juvenile Women** : 2 Laps in Category : 1 Riders : 10.4 Kms Total

Place	No.	Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7		Time	Time Dif	Av Spd
1	106	Danielle Parker	21:10	22:31							43:41		14.28

**XC Fun Men** : 3 Laps in Category : 1 Riders : 15.6 Kms Total

Place	No.	Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7		Time	Time Dif	Av Spd
1	201	Jamie Neal	17:42	18:52	19:07						55:41		16.81