

Mold 22-23
October 02, 2022
All (Open)
winner: 1:04:39

Pos	Bib	Last Name	First Name	Team	Age	Gender	Time	Gap	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8	Lap 9	Lap 10
1	206	DAVIES	Roy	PSW/ Spacc	49	Men	01:04:39		08:28	06:13	06:14	06:16	06:16	06:16	06:08	06:11	06:17	06:20
2	23	BRUCE	Tom		35	Men	01:05:42	1'03"	08:20	06:09	06:09	06:31	06:15	06:19	06:31	06:33	06:37	06:17
3	78	MARSHALL	Matthew	Recyclist Cl	30	Men	01:06:01	1'21"	08:14	06:07	06:17	06:32	06:16	06:26	06:34	06:30	06:37	06:27
4	29	ROBERTS	Mathew	Team Bottr	35	Men	01:07:16	2'36"	08:19	06:11	06:35	06:40	06:32	06:39	06:38	06:38	06:31	06:33
5	7	OLDFIELD	Ioan		17	Men	01:08:22	3'42"	08:28	06:32	06:30	06:25	06:40	06:21	06:38	06:56	06:50	07:02
6	30	EVANS	Dyfan	Fibrax Wre:	39	Men	01:09:01	4'21"	08:15	06:26	06:28	06:34	06:28	06:36	06:47	06:38	07:41	07:08
7	203	RICHARDS	Ifan	Cyclo Cymr	44	Men	01:10:10	5'30"	09:09	06:40	06:46	06:40	06:44	06:41	06:39	06:47	07:04	07:00
8	6	STEWART-BALL	Sam		16	Men	01:10:43	6'04"	08:21	06:21	06:39	06:31	06:43	06:42	07:05	07:23	07:21	07:36
9	191	HUMPHREYS	Bevan	VC Melyd	40	Men	01:10:52	6'12"	08:40	06:40	06:43	06:43	06:54	06:51	07:01	07:07	07:00	07:13
10	396	KARDASZ	Jan	Wrexham F	62	Men	01:11:55	7'15"	09:37	06:28	06:36	06:53	07:01	06:46	07:00	07:04	07:06	07:22
11	195	BROADBENT	Alan	Graham Wt	49	Men	01:05:08	-1 lap	09:11	06:46	06:44	06:53	07:02	06:48	07:20	07:10	07:15	
12	25	DIXON	Callum		30	Men	01:05:29	-1 lap	09:08	06:44	06:52	07:02	07:01	07:13	07:23	07:13	06:53	
13	198	SHERWOOD	Andrew		42	Men	01:05:45	-1 lap	09:24	06:43	06:46	07:04	06:53	07:18	07:24	07:12	07:01	
14	193	UPTON	Neil		43	Men	01:05:48	-1 lap	09:18	06:53	07:02	07:17	07:09	07:12	07:09	07:10	06:38	
15	202	BUCKLEY	Tim		46	Men	01:05:49	-1 lap	09:20	06:54	06:57	07:01	07:03	07:12	06:54	07:18	07:09	
16	28	SMITH	Jimmy	Army cyclir	32	Men	01:06:44	-1 lap	09:50	06:50	07:10	07:09	06:54	07:04	07:09	07:17	07:22	
17	359	ALLEN	Robert	Leisure Laki	57	Men	01:07:03	-1 lap	09:43	06:55	07:02	07:13	07:08	07:19	07:17	07:24	07:02	
18	196	MURPHY	Barry	GWRT	43	Men	01:09:29	-1 lap	09:20	06:53	06:59	07:26	07:15	07:48	07:59	08:01	07:48	
19	75	ARMAN	Owen		39	Men	01:09:35	-1 lap	10:14	07:25	07:18	07:24	07:29	07:33	07:16	07:24	07:32	
20	352	LARGE	Keith		50	Men	01:09:40	-1 lap	09:56	07:12	07:16	07:19	07:33	07:44	07:33	07:32	07:36	
21	392	OWEN	Russell	horwich	64	Men	01:09:42	-1 lap	10:24	07:18	07:30	07:22	07:19	07:20	07:22	07:30	07:36	
22	77	STAKER	Brandon		20	Men	01:10:04	-1 lap	10:35	07:19	07:20	07:23	07:33	07:34	07:18	07:11	07:50	
23	27	LUNN	Geoffrey	Lunn's Trial	31	Men	01:10:53	-1 lap	10:07	07:31	07:37	07:25	07:32	07:32	07:41	07:50	07:37	
24	83	TAYLOR	Luke		38	Men	01:10:56	-1 lap	09:38	07:20	07:30	07:18	07:51	07:47	07:44	07:52	07:58	
25	325	LLOYD	Tim	GOG Tri	55	Men	01:11:03	-1 lap	09:47	07:34	07:20	07:32	07:36	07:37	07:51	07:46	07:58	
26	17	BRADBROOK	Layla		16	Women	01:11:08	-1 lap	09:24	07:06	07:14	07:24	07:25	07:39	08:01	08:10	08:47	
27	326	JENKINSON	Paul	Energi Cycli	54	Men	01:11:31	-1 lap	10:49	07:18	07:38	07:30	07:34	07:36	07:31	07:55	07:40	
28	330	PEERS	George		54	Men	01:11:50	-1 lap	09:38	07:20	07:19	07:27	08:48	07:53	07:46	07:50	07:49	
29	360	ROBERTS	Andy		51	Men	01:12:02	-1 lap	09:52	07:32	07:39	07:51	07:57	07:53	07:48	07:45	07:46	
30	399	JONES	David		60	Men	01:12:37	-1 lap	10:22	07:34	07:48	07:46	07:43	07:47	07:55	07:42	07:59	
31	85	WATKIN	Tomos		37	Men	01:12:42	-1 lap	09:57	07:26	07:23	08:03	08:18	07:38	07:50	08:00	08:07	
32	204	BOSLEY	Nigel		48	Men	01:04:49	-2 laps	10:19	07:38	07:51	07:52	07:34	07:54	07:53	07:48		
33	354	JONES	Haydn	Fibrax Wre:	50	Men	01:05:15	-2 laps	10:39	07:46	07:47	07:43	07:40	07:57	07:51	07:53		
34	146	WARD	Simon	Dyffryn Cor	41	Men	01:05:26	-2 laps	10:18	07:37	07:36	07:48	08:03	07:57	08:03	08:03		
35	324	HOBDAIY	Calv	GWRT	54	Men	01:05:36	-2 laps	10:34	07:28	07:38	07:46	08:18	07:54	07:56	08:03		
36	398	PHILLIPS	Ifor	Holyhead C	61	Men	01:06:18	-2 laps	10:46	07:43	07:38	08:15	07:53	07:52	07:53	08:18		
37	76	MACPHERSON	Ally		39	Men	01:06:55	-2 laps	10:07	07:39	08:03	08:02	07:45	07:41	08:04	09:33		
38	327	HUGHES	Peter		56	Men	01:07:11	-2 laps	11:09	07:53	07:48	07:54	07:58	07:55	08:06	08:28		
39	393	JONES	Peter m w		63	Men	01:07:49	-2 laps	10:44	07:49	07:59	07:55	08:08	08:16	08:21	08:36		
40	148	STEWART-BALL	Duncan	Rhos-On-Se	45	Men	01:08:48	-2 laps	10:27	07:58	08:15	07:56	08:43	08:32	08:23	08:34		
41	197	WEST	Matt	N/A	43	Men	01:08:52	-2 laps	11:07	08:10	08:11	08:18	08:26	08:22	08:06	08:11		
42	403	MAZZONE	Stephen		60	Men	01:08:56	-2 laps	11:00	08:17	08:00	08:30	07:56	08:26	08:23	08:25		
43	394	SNELL	Mike	Holyhead C	66	Men	01:09:07	-2 laps	11:27	07:53	08:03	08:17	08:13	08:20	08:30	08:25		
44	356	ROBSON	Joseph	Chester Ro:	50	Men	01:09:23	-2 laps	10:44	08:10	08:33	08:23	08:24	08:17	08:28	08:25		
45	16	ROBERTS	Neisha		17	Women	01:09:32	-2 laps	11:55	08:41	08:25	08:06	08:11	08:05	08:07	08:01		
46	357	ABBOTTS	Marcus	Audlem cc	56	Men	01:09:52	-2 laps	10:42	08:26	08:50	08:18	08:25	08:25	08:27	08:19		
47	84	KEATING	Adam		25	Men	01:10:22	-2 laps	11:10	08:02	08:12	08:20	08:46	08:30	08:51	08:32		
48	207	DAVIES	Matt	Ruthin	49	Men	01:11:15	-2 laps	11:27	08:17	08:35	08:28	08:34	08:45	08:34	08:37		
49	200	STAKER	Mark		46	Men	01:11:17	-2 laps	11:35	08:14	08:21	08:38	08:40	08:48	08:11	08:51		
50	24	LLOYD	Hwyel		37	Men	01:11:19	-2 laps	11:02	08:27	08:26	08:35	08:32	08:47	08:55	08:36		
51	79	VINEER	Andy		36	Men	01:11:22	-2 laps	10:50	08:36	08:33	08:45	08:31	08:35	08:39	08:53		
52	351	LEWIS	Justin e	Vc melyd	52	Men	01:11:55	-2 laps	11:06	08:45	08:31	08:41	08:52	08:32	08:48	08:39		
53	147	BOWERS	Chris		46	Men	01:12:18	-2 laps	11:36	08:16	08:23	08:34	08:48	08:54	09:02	08:46		
54	190	MODERN	Paul	Chester Ro:	48	Men	01:12:43	-2 laps	11:26	07:55	08:11	08:18	08:16	08:44	09:07	10:47		
55	199	TAYLOR	Mark	Chester tri:	41	Men	01:12:45	-2 laps	10:59	08:27	08:52	08:35	08:49	09:10	09:21	08:33		
56	358	BENNETT	Chris	GOG Triath	57	Men	01:12:46	-2 laps	11:52	08:34	08:29	08:36	08:52	09:11	08:47	08:25		
57	397	PARRY	Tony	Cyclo cymr	67	Men	01:13:31	-2 laps	12:04	08:34	08:45	08:39	08:43	08:48	08:52	09:05		
58	205	HEXT	Ben	Oneplanet	44	Men	01:13:54	-2 laps	10:48	08:32	08:34	08:33	09:08	08:59	09:41	09:40		
59	331	DAVIES	Stephen		57	Men	01:05:27	-3 laps	12:28	08:37	08:31	08:35	08:41	09:19	09:16			
60	400	THOMAS	Gwyn		61	Men	01:06:23	-3 laps	11:25	08:36	09:22	09:16	09:02	09:16	09:26			
61	194	LANCASTER	Iain	MerseyTri	42	Men	01:07:03	-3 laps	11:40	08:59	08:46	09:08	09:03	09:09	09:28			
62	329	DOUGHTY	Ian	Graham Wt	52	Men	01:07:17	-3 laps	12:03	08:38	08:54	09:06	09:23	09:28	09:46			
63	328	JONES	Quentin	Stafford Ro	59	Men	01:07:56	-3 laps	12:35	09:02	09:11	09:10	09:18	09:19	09:21			
64	239	JONES	Karen	Holyhead C	48	Women	01:11:11	-3 laps	12:27	08:53	09:52	09:39	10:13	09:40	10:28			
65	395	ROBERTS	Emlyn		63	Men	01:11:22	-3 laps	13:20	09:32	09:28	09:51	09:58	09:56	09:16			
66	81	JONES	Thomas	Ruthin CC	38	Men	01:11:26	-3 laps	11:59	08:49	09:03	09:08	09:39	11:17	11:32			
67	355	DAVIES	Andrew		59	Men	01:11:55	-3 laps	13:03	09:43	09:33	09:35	09:52	10:10	10:00			
68	192	HUGHES	Michael		49	Men	01:13:44	-3 laps	12:52	09:47	09:44	09:57	10:44	10:18	10:23			
69	80	HIGGINS	Thomas		21	Men	09:48:00	-4 laps	11:36	08:25	08:27	08:47	09:30	11:04				
70	323	HUGHES	Simon		53	Men	01:01:41	-4 laps	12:44	09:06	09:36	09:54	09:59	10:22				
71	238	ROBERTS	Rebecca		40	Women	01:04:54	-4 laps	13:31	10:33	09:27	10:04	10:16	11:03				
72	237	BRENNEN	Llinos		40	Women	1:07:22	-4 laps	13:30	10:24	10:45	10:48	11:27	10:28				
73	386	HINSTRIDGE	Vicky	Ruthin	57	Women	01:12:04	-4 laps	15:09	10:47	11:29	11:12	11:52	11:35				
74	145	JACKSON	Shaun	Chester Tri:	46	Men	45:49:00	-5 laps	11:28	08:05	07:51	08:07	10:18					
75	149	REILLY	Matthew		41	Men	01:08:16	-5 laps	16:13	1								

Mold 22-23
October 02, 2022
Adult (Men)
winner: 1:05:42

Pos	Bib	Last Name	First Name	Team	Age	Gender	Time	Gap	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8	Lap 9	Lap 10
1	23	BRUCE	Tom		35	Men	1:05:42		8:20	6:09	6:09	6:31	6:15	6:19	6:31	6:33	6:37	6:17
2	78	MARSHALL	Matthew		30	Men	1:06:01	0'18"	8:14	6:07	6:17	6:32	6:16	6:26	6:34	6:30	6:37	6:27
3	29	ROBERTS	Mathew	Team Bottril	35	Men	1:07:16	1'33"	8:19	6:11	6:35	6:40	6:32	6:39	6:38	6:38	6:31	6:33
4	30	EVANS	Dyfan	Fibrax Wrexham Roads Club	39	Men	1:09:01	3'18"	8:15	6:26	6:28	6:34	6:28	6:36	6:47	6:38	7:41	7:08
5	25	DIXON	Callum		30	Men	1:05:29	-1 lap	9:08	6:44	6:52	7:02	7:01	7:13	7:23	7:13	6:53	
6	28	SMITH	Jimmy	Army cycling union	32	Men	1:06:44	-1 lap	9:50	6:50	7:10	7:09	6:54	7:04	7:09	7:17	7:22	
7	75	ARMAN	Owen		39	Men	1:09:35	-1 lap	10:14	7:25	7:18	7:24	7:29	7:33	7:16	7:24	7:32	
8	77	STAKER	Brandon		20	Men	1:10:04	-1 lap	10:35	7:19	7:20	7:23	7:33	7:34	7:18	7:11	7:50	
9	27	LUNN	Geoffrey	Lunn's Triathlon / Anglesey Cycling	31	Men	1:10:53	-1 lap	10:07	7:31	7:37	7:25	7:32	7:32	7:41	7:50	7:37	
10	83	TAYLOR	Luke		38	Men	1:10:56	-1 lap	9:38	7:20	7:30	7:18	7:51	7:47	7:44	7:52	7:58	
11	85	WATKIN	Tomos		37	Men	1:12:42	-1 lap	9:57	7:26	7:23	8:03	8:18	7:38	7:50	8:00	8:07	
12	76	MACPHERSON	Ally		39	Men	1:06:55	-2 laps	10:07	7:39	8:03	8:02	7:45	7:41	8:04	9:33		
13	84	KEATING	Adam		25	Men	1:10:22	-2 laps	11:10	8:02	8:12	8:20	8:46	8:30	8:51	8:32		
14	24	LLOYD	Hywel		37	Men	1:11:19	-2 laps	11:02	8:27	8:26	8:35	8:32	8:47	8:55	8:36		
15	79	VINEER	Andy		36	Men	1:11:22	-2 laps	10:50	8:36	8:33	8:45	8:31	8:35	8:39	8:53		
16	81	JONES	Thomas	Ruthin CC	38	Men	1:11:26	-3 laps	11:59	8:49	9:03	9:08	9:39	11:17	11:32			
17	80	HIGGINS	Thomas		21	Men	57:48	-4 laps	11:36	8:25	8:27	8:47	9:30	11:04				
18	26	MATTHEWS	Josh		29	Men	7:55	-9 laps	7:55									

Total: 18 Starters, 0 DNF, 14 Lapped

Mold 22-23
October 02, 2022
Under 18 (Men)
winner: 1:08:22

Pos	Bib	Last Name	First Name	Team	Age	Gender	Time	Gap	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8	Lap 9	Lap 10
1	7	OLDFIELD	Ioan		17	Men	1:08:22		8:28	6:32	6:30	6:25	6:40	6:21	6:38	6:56	6:50	7:02
2	6	STEWART-BALL	Sam		16	Men	1:10:43	2'22"	8:21	6:21	6:39	6:31	6:43	6:42	7:05	7:23	7:21	7:36

Total: 2 Starters, 0 DNF, 0 Lapped

Mold 22-23
October 02, 2022
Under 18 (Women)
winner: 1:11:08

Pos	Bib	Last Name	First Name	Team	Age	Gender	Time	Gap	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8	Lap 9
1	17	BRADBROOK	Layla		16	Women	1:11:08		9:24	7:06	7:14	7:24	7:25	7:39	8:01	8:10	8:47
2	16	ROBERTS	Neisha		17	Women	1:09:32	-1 lap	11:55	8:41	8:25	8:06	8:11	8:05	8:07	8:01	

Total: 2 Starters, 0 DNF, 1 Lapped

Mold 22-23
October 02, 2022
Vet 40 (Men)
winner: 1:04:39

Pos	Bib	Last Name	First Name	Team	Age	Gender	Time	Gap	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8	Lap 9	Lap 10
1	206	DAVIES	Roy	PSW/ Spacclesfield Wheelers	49	Men	1:04:39		8:28	6:13	6:14	6:16	6:16	6:16	6:08	6:11	6:17	6:20
2	203	RICHARDS	Ifan	Cyclo Cymru	44	Men	1:10:10	5'30"	9:09	6:40	6:46	6:40	6:44	6:41	6:39	6:47	7:04	7:00
3	191	HUMPHREYS	Bevan	VC Melyd	40	Men	1:10:52	6'12"	8:40	6:40	6:43	6:43	6:54	6:51	7:01	7:07	7:00	7:13
4	195	BROADBENT	Alan	Graham Weigh Racing Team	49	Men	1:05:08	-1 lap	9:11	6:46	6:44	6:53	7:02	6:48	7:20	7:10	7:15	
5	198	SHERWOOD	Andrew		42	Men	1:05:45	-1 lap	9:24	6:43	6:46	7:04	6:53	7:18	7:24	7:12	7:01	
6	193	UPTON	Neil		43	Men	1:05:48	-1 lap	9:18	6:53	7:02	7:17	7:09	7:12	7:09	7:10	6:38	
7	202	BUCKLEY	Tim		46	Men	1:05:49	-1 lap	9:20	6:54	6:57	7:01	7:03	7:12	6:54	7:18	7:09	
8	196	MURPHY	Barry	GWRT	43	Men	1:09:29	-1 lap	9:20	6:53	6:59	7:26	7:15	7:48	7:59	8:01	7:48	
9	204	BOSLEY	Nigel		48	Men	1:04:49	-2 laps	10:19	7:38	7:51	7:52	7:34	7:54	7:53	7:48		
10	146	WARD	Simon	Dyffryn Conwy	41	Men	1:05:26	-2 laps	10:18	7:37	7:36	7:48	8:03	7:57	8:03	8:03		
11	148	STEWART-BALL	Duncan	Rhos-On-Sea	45	Men	1:08:48	-2 laps	10:27	7:58	8:15	7:56	8:43	8:32	8:23	8:34		
12	197	WEST	Matt	N/A	43	Men	1:08:52	-2 laps	11:07	8:10	8:11	8:18	8:26	8:22	8:06	8:11		
13	207	DAVIES	Matt	Ruthin	49	Men	1:11:15	-2 laps	11:27	8:17	8:35	8:28	8:34	8:45	8:34	8:37		
14	200	STAKER	Mark		46	Men	1:11:17	-2 laps	11:35	8:14	8:21	8:38	8:40	8:48	8:11	8:51		
15	147	BOWERS	Chris		46	Men	1:12:18	-2 laps	11:36	8:16	8:23	8:34	8:48	8:54	9:02	8:46		
16	190	MODERN	Paul	Chester Road Club	48	Men	1:12:43	-2 laps	11:26	7:55	8:11	8:18	8:16	8:44	9:07	10:47		
17	199	TAYLOR	Mark	Chester triathlon club	41	Men	1:12:45	-2 laps	10:59	8:27	8:52	8:35	8:49	9:10	9:21	8:33		
18	205	HEXT	Ben	Oneplanet Adventure Bike Club	44	Men	1:13:54	-2 laps	10:48	8:32	8:34	8:33	9:08	8:59	9:41	9:40		
19	194	LANCASTER	Iain	MerseyTri	42	Men	1:07:03	-3 laps	11:40	8:59	8:46	9:08	9:03	9:59	9:28			
20	192	HUGHES	Michael		49	Men	1:13:44	-3 laps	12:52	9:47	9:44	9:57	10:44	10:18	10:23			
21	145	JACKSON	Shaun	Chester Triathlon Club	46	Men	45:49	-5 laps	11:28	8:05	7:51	8:07	10:18					
22	149	REILLY	Matthew		41	Men	1:08:16	-5 laps	16:13	12:46	13:12	13:05	12:59					
23	189	LOMAX	Jake	One Planet Adventure Bike Club	48	Men	1:04:43	-6 laps	10:40	7:22	7:29	39:12						
24	186	HAND	Graham	Flattyres MTB	45	Men	23:30	-7 laps	9:28	6:44	7:17							

Total: 24 Starters, 0 DNF, 21 Lapped

Mold 22-23
October 02, 2022
Vet 40 (Women)
winner: 1:11:11

Pos	Bib	Last Name	First Name	Team	Age	Gender	Time	Gap	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7
1	239	JONES	Karen	Holyhead Cycling Club	48	Women	1:11:11		12:27	8:53	9:52	9:39	10:13	9:40	10:28
2	238	ROBERTS	Rebecca		40	Women	1:04:54	-1 lap	13:31	10:33	9:27	10:04	10:16	11:03	
3	237	BRENNEN	Llinos		40	Women	1:07:22	-1 lap	13:30	10:24	10:45	10:48	11:27	10:28	

Total: 3 Starters, 0 DNF, 2 Lapped

Mold 22-23
October 02, 2022
Vet 50 (Men)
winner: 1:07:03

Pos	Bib	Last Name	First Name	Team	Age	Gender	Time	Gap	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8	Lap 9
1	359	ALLEN	Robert	Leisure Lakes Bikes	57	Men	1:07:03		9:43	6:55	7:02	7:13	7:08	7:19	7:17	7:24	7:02
2	352	LARGE	Keith		50	Men	1:09:40	2'37"	9:56	7:12	7:16	7:19	7:33	7:44	7:33	7:32	7:36
3	325	LLOYD	Tim	GOG Tri	55	Men	1:11:03	3'59"	9:47	7:34	7:20	7:32	7:36	7:37	7:51	7:46	7:58
4	326	JENKINSON	Paul	Eryri	54	Men	1:11:31	4'27"	10:49	7:18	7:38	7:30	7:34	7:36	7:31	7:55	7:40
5	330	PEERS	George		54	Men	1:11:50	4'47"	9:38	7:20	7:19	7:27	8:48	7:53	7:46	7:50	7:49
6	360	ROBERTS	Andy		51	Men	1:12:02	4'59"	9:52	7:32	7:39	7:51	7:57	7:53	7:48	7:45	7:46
7	354	JONES	Haydn	Fibrax Wrexham RC	50	Men	1:05:15	-1 lap	10:39	7:46	7:47	7:43	7:40	7:57	7:51	7:53	
8	324	HOBDDAY	Calv	GWRT	54	Men	1:05:36	-1 lap	10:34	7:28	7:38	7:46	8:18	7:54	7:56	8:03	
9	327	HUGHES	Peter		56	Men	1:07:11	-1 lap	11:09	7:53	7:48	7:54	7:58	7:55	8:06	8:28	
10	356	ROBSON	Joseph	Chester Road Club	50	Men	1:09:23	-1 lap	10:44	8:10	8:33	8:23	8:24	8:17	8:28	8:25	
11	357	ABBOTTS	Marcus	Audlem cc	56	Men	1:09:52	-1 lap	10:42	8:26	8:50	8:18	8:25	8:25	8:27	8:19	
12	351	LEWIS	Justin e	Vc melyd	52	Men	1:11:55	-1 lap	11:06	8:45	8:31	8:41	8:52	8:32	8:48	8:39	
13	358	BENNETT	Chris	GOG Triathlon Club	57	Men	1:12:46	-1 lap	11:52	8:34	8:29	8:36	8:52	9:11	8:47	8:25	
14	331	DAVIES	Stephen		57	Men	1:05:27	-2 laps	12:28	8:37	8:31	8:35	8:41	9:19	9:16		
15	329	DOUGHTY	Ian	Graham Weigh Racing	52	Men	1:07:17	-2 laps	12:03	8:38	8:54	9:06	9:23	9:28	9:46		
16	328	JONES	Quentin	Stafford Road Club	59	Men	1:07:56	-2 laps	12:35	9:02	9:11	9:10	9:18	9:19	9:21		
17	355	DAVIES	Andrew		59	Men	1:11:55	-2 laps	13:03	9:43	9:33	9:35	9:52	10:10	10:00		
18	323	HUGHES	Simon		53	Men	1:01:41	-3 laps	12:44	9:06	9:36	9:54	9:59	10:22			
19	353	WATT	David	Wheat free and proud	50	Men	28:58	-5 laps	9:01	6:34	6:41	6:42					

Total: 19 Starters, 0 DNF, 13 Lapped

Mold 22-23
October 02, 2022
Vet 50 (Women)
winner: 1:12:04

<u>Pos</u>	<u>Bib</u>	<u>Last Name</u>	<u>First Name</u>	<u>Team</u>	<u>Age</u>	<u>Gender</u>	<u>Time</u>	<u>Gap</u>	<u>Lap 1</u>	<u>Lap 2</u>	<u>Lap 3</u>	<u>Lap 4</u>	<u>Lap 5</u>	<u>Lap 6</u>
1	386	HINSTRIDGE	Vicky		57	Women	1:12:04		15:09	10:47	11:29	11:12	11:52	11:35

Total: 1 Starters, 0 DNF, 0 Lapped

Mold 22-23
October 02, 2022
Vet 60+ (Men)
winner: 1:11:55

Pos	Bib	Last Name	First Name	Team	Age	Gender	Time	Gap	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8	Lap 9	Lap 10
1	396	KARDASZ	Jan	Wrexham Fibrax RC	62	Men	1:11:55		9:37	6:28	6:36	6:53	7:01	6:46	7:00	7:04	7:06	7:22
2	392	OWEN	Russell	horwich	64	Men	1:09:42	-1 lap	10:24	7:18	7:30	7:22	7:19	7:20	7:22	7:30	7:36	
3	399	JONES	David		60	Men	1:12:37	-1 lap	10:22	7:34	7:48	7:46	7:43	7:47	7:55	7:42	7:59	
4	398	PHILLIPS	Ifor	Holyhead Cycling club	61	Men	1:06:18	-2 laps	10:46	7:43	7:38	8:15	7:53	7:52	7:53	8:18		
5	393	JONES	Peter m w		63	Men	1:07:49	-2 laps	10:44	7:49	7:59	7:55	8:08	8:16	8:21	8:36		
6	403	MAZZONE	Stephen		60	Men	1:08:56	-2 laps	11:00	8:17	8:00	8:30	7:56	8:26	8:23	8:25		
7	394	SNELL	Mike	Holyhead Cycling Club	66	Men	1:09:07	-2 laps	11:27	7:53	8:03	8:17	8:13	8:20	8:30	8:25		
8	397	PARRY	Tony	Cyclo cymru	67	Men	1:13:31	-2 laps	12:04	8:34	8:45	8:39	8:43	8:48	8:52	9:05		
9	400	THOMAS	Gwyn		61	Men	1:06:23	-3 laps	11:25	8:36	9:22	9:16	9:02	9:16	9:26			
10	395	ROBERTS	Emlyn		63	Men	1:11:22	-3 laps	13:20	9:32	9:28	9:51	9:58	9:56	9:16			

Total: 10 Starters, 0 DNF, 9 Lapped