

NWCX 2023-24 - Round 3 (Rhyl)



Overall Results Race 3

Pos.	Bib	Name	Club	Age	M/F	Cat	Lap 0	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Lap 8	Lap 9	Laps	Finish	Gap
1.	48	Luke Beswick	High Peak Cycles RT	34	M	Adult	07:07	07:54	07:54	07:58	08:02	08:04	08:01	07:46			7	1:02:49	-
2.	101	Dyfan Evans	Fibrax Wrexham Roads	40	M	V40	06:46	07:43	08:26	07:57	08:03	08:03	08:01	07:52			7	1:02:55	+00:05
3.	189	Steven Henshall	Port Sunlight Wheele	53	M	V50	06:55	07:56	08:10	07:52	08:02	08:03	07:59	07:57			7	1:02:59	+00:10
4.	89	Ifan Richards	Cyclo Cymru RT	45	M	V40	06:56	07:56	08:07	08:13	08:10	08:14	08:13	08:19			7	1:04:12	+01:23
5.	37	Adam Morris	Fibrax Wrexham Roads	21	M	Adult	07:04	07:55	08:02	08:13	08:12	08:17	08:55	08:35			7	1:05:16	+02:27
6.	17	Tom Bruce		36	M	Adult	06:55	08:06	08:13	08:33	08:21	08:17	08:37	08:21			7	1:05:27	+02:38
7.	42	Ben Lloyd	FWRC	32	M	Adult	07:06	07:54	07:59	08:21	08:47	08:24	08:34	08:29			7	1:05:38	+02:49
8.	94	Bevan Humphreys	VC Melyd	41	M	V40	07:14	08:16	08:26	08:18	08:23	08:30	08:29	08:36			7	1:06:16	+03:27
9.	103	Geraint Jones		43	M	V40	07:18	08:17	08:24	08:27	08:36	08:33	08:34	08:21			7	1:06:34	+03:44
10.	110	Neil Upton	Port Sunlight Wheele	44	M	V40	07:20	08:13	08:20	08:22	08:22	08:43	08:50	08:41			7	1:06:55	+04:06
11.	135	Craig Sefton	Horwich cc	42	M	V40	07:37	08:20	08:31	08:21	08:31	08:35	08:27	08:32			7	1:06:58	+04:09
12.	18	Callum Dixon		31	M	Adult	07:51	08:16	08:28	08:29	08:36	08:28	08:48	08:19			7	1:07:18	+04:29
13.	31	Jimmy Smith	Army cycling union	33	M	Adult	07:36	08:21	08:29	08:32	08:42	08:30	08:31	08:35			7	1:07:19	+04:30
14.	121	Timothy Buckley	VC Melyd	47	M	V40	07:22	08:29	08:36	08:35	08:36	08:45	08:49	08:39			7	1:07:54	+05:05
15.	52	Cameron Morris	Bangor University Cy	19	M	Adult	08:02	08:33	08:27	08:47	08:35	08:42	08:31	08:40			7	1:08:20	+05:31
16.	117	Stuart White	Beacon RCC	41	M	V40	07:51	08:17	08:32	08:33	08:52	08:43	08:43	09:26			7	1:09:02	+06:13
17.	106	Dyfan Jones	VoCTT	41	M	V40	07:49	08:28	08:43	08:45	08:51	08:45	08:52	09:01			7	1:09:18	+06:28
18.	230	Ifor Phillips	Holyhead Cycling clu	62	M	V60	07:57	08:40	08:26	08:39	08:42	09:02	08:57	09:04			7	1:09:30	+06:40
19.	197	Kevin Larmer	Port Sunlight Wheele	53	M	V50	09:08	09:02	08:39	08:34	08:40	08:57	08:48	08:55			7	1:10:46	+07:56
20.	105	Steve Bowman	Origin Race Team	46	M	V40	08:05	08:54	08:58	08:50	08:52	08:59	09:11	09:08			7	1:11:02	+08:13
21.	108	Ally MacPherson		40	M	V40	08:09	08:52	08:56	09:06	09:04	09:09	09:13	09:33			7	1:12:07	+09:18
22.	43	Josh Matthews		30	M	Adult	06:44	07:36	09:23	08:03	08:09	08:35	10:15				6	DNF	-1 LAP
23.	127	Jake Lomax	One Planet Adventure	49	M	V40	07:59	09:12	09:04	09:07	09:07	09:03	09:16				6	1:02:50	-1 LAP
24.	125	Graham Hand	Flattyres MTB	46	M	V40	08:01	08:58	08:55	09:12	09:15	09:15	09:15				6	1:02:51	-1 LAP
25.	16	Richard Setters	Chester Road Club	38	M	Adult	08:41	08:55	08:53	08:51	09:09	09:00	09:23				6	1:02:55	-1 LAP
26.	32	Adam Keating		26	M	Adult	08:03	08:55	08:58	09:10	09:15	09:14	09:19				6	1:02:57	-1 LAP
27.	91	Paul Cubbins	Merseytri	49	M	V40	08:25	08:56	09:06	09:04	09:01	09:18	09:07				6	1:03:00	-1 LAP
28.	172	Phil Dabner	Mersey Tri	56	M	V50	08:37	08:56	08:57	09:04	09:13	09:11	09:02				6	1:03:04	-1 LAP
29.	160	Peter Hughes		57	M	V50	08:25	09:00	09:05	09:04	09:09	09:13	09:18				6	1:03:17	-1 LAP
30.	234	Jan Kardasz	Fibrax Wrexham RC	63	M	V60	07:59	08:38	08:28	08:39	08:37	08:41	12:18				6	1:03:22	-1 LAP
31.	180	Haydn Jones	Fibrax Wrexham RC	51	M	V50	07:53	09:02	09:06	09:20	09:22	09:23	09:28				6	1:03:36	-1 LAP
32.	174	Gavin Brookes	Congleton Cycling cl	53	M	V50	07:49	08:53	09:09	09:08	10:03	09:24	09:22				6	1:03:51	-1 LAP
33.	157	Ian Ellis	Mersey Tri	51	M	V50	08:04	09:11	09:12	09:16	09:18	09:24	09:25				6	1:03:54	-1 LAP
34.	137	Owen Arman		40	M	V40	09:05	09:08	09:02	09:13	09:03	09:12	09:10				6	1:03:56	-1 LAP
35.	24	Tom Frater		38	M	Adult	09:03	09:08	09:09	09:13	09:18	09:29	09:16				6	1:04:39	-1 LAP
36.	227	Russell Owen	horwich	65	M	V60	08:54	09:23	09:12	09:11	09:23	09:22	09:14				6	1:04:41	-1 LAP

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37.	38	Simon Morris	Fibrax Wrexham Roads	23	M	Adult	08:48	09:23	08:54	09:06	09:20	09:26	09:52				6	1:04:51	-1 LAP
38.	25	Alex Harvey		26	M	Adult	08:01	08:56	09:04	09:13	09:49	10:22	09:38				6	1:05:07	-1 LAP
39.	90	Chris Bowers		47	M	V40	08:36	09:02	09:25	09:33	09:33	09:36	09:22				6	1:05:08	-1 LAP
40.	88	Iain Lancaster	MerseyTri	43	M	V40	08:31	09:23	09:33	09:20	09:26	09:25	09:30				6	1:05:11	-1 LAP
41.	77	Keri Parton	Team Boompods	34	F	Adult	07:58	09:08	09:28	09:40	09:32	09:56	09:35				6	1:05:19	-1 LAP
42.	50	Andrew Garrison	Chester Road Club	31	M	Adult	09:00	09:29	09:20	09:20	09:24	09:29	09:31				6	1:05:35	-1 LAP
43.	109	Simon Ward	Dyffryn Conwy	42	M	V40	09:09	09:20	09:30	09:26	09:28	09:31	09:17				6	1:05:42	-1 LAP
44.	237	Mike Snell	Holyhead Cycling Clu	67	M	V60	09:30	09:17	09:15	09:18	09:27	09:32	09:21				6	1:05:43	-1 LAP
45.	80	Neisha Roberts		18	F	Adult	08:51	09:37	09:26	09:28	09:29	09:32	09:25				6	1:05:50	-1 LAP
46.	159	Simon Ward		53	M	V50	08:47	09:27	09:23	09:31	09:27	09:39	09:45				6	1:06:02	-1 LAP
47.	86	Nigel Bosley		49	M	V40	08:39	09:14	09:40	09:47	09:47	09:46	09:39				6	1:06:36	-1 LAP
48.	79	Holly Bradbrook	Marsh Tracks Racing	19	F	Adult	09:06	09:34	09:45	09:36	09:41	09:49	09:38				6	1:07:13	-1 LAP
49.	246	Janet Burthem	VC melyd	63	F	V60	08:35	09:34	09:47	09:42	09:43	09:57	09:53				6	1:07:15	-1 LAP
50.	111	Ian Morris	Chester RC	47	M	V40	08:42	09:29	10:00	09:36	09:54	09:55	09:40				6	1:07:19	-1 LAP
51.	133	Ben Hext	Oneplanet adventure	45	M	V40	09:53	09:37	09:30	09:39	09:48	09:42	09:36				6	1:07:48	-1 LAP
52.	171	Marcus Abbotts	AUDLEM CC	57	M	V50	08:32	09:43	09:54	09:47	09:58	10:05	09:54				6	1:07:56	-1 LAP
53.	151	Jane Rayner		49	F	V40	08:40	09:36	09:42	09:56	09:52	09:51	10:19				6	1:07:58	-1 LAP
54.	175	Jonathan Gorman		56	M	V50	09:03	09:51	09:58	09:49	09:53	10:14	10:01				6	1:08:53	-1 LAP
55.	87	Richard Harris		47	M	V40	08:41	09:40	09:48	10:00	10:16	10:24	10:12				6	1:09:04	-1 LAP
56.	229	David Jones		61	M	V60	09:49	09:45	09:54	09:56	09:52	09:54	10:02				6	1:09:14	-1 LAP
57.	194	Gary Scott	Shibden cc	52	M	V50	08:34	09:43	10:29	10:02	10:25	10:09	09:59				6	1:09:24	-1 LAP
58.	178	Joseph Robson	Chester Road Club	51	M	V50	09:41	10:11	09:51	10:11	09:43	09:58	09:49				6	1:09:27	-1 LAP
59.	163	Neil Hoggarth	MerseyTri	51	M	V50	09:05	09:52	09:58	10:02	10:15	10:14	10:11				6	1:09:41	-1 LAP
60.	165	Justin e Lewis	Vc melyd	53	M	V50	08:56	09:30	09:56	10:15	10:07	10:25	11:00				6	1:10:11	-1 LAP
61.	132	Charles Enston	Rhyl RC	49	M	V40	08:59	09:52	10:16	10:12	10:11	10:29	10:24				6	1:10:26	-1 LAP
62.	177	David Baker		52	M	V50	09:51	09:55	10:06	10:11	09:57	10:19	10:10				6	1:10:31	-1 LAP
63.	152	Emma Runican		41	F	V40	09:10	10:01	09:59	10:17	10:23	10:19	10:25				6	1:10:37	-1 LAP
64.	158	Chris Bennett	GOG Triathlon Club	58	M	V50	09:40	10:07	10:05	10:14	10:08	10:19	10:10				6	1:10:46	-1 LAP
65.	51	Thomas Jones	Ruthin	39	M	Adult	09:39	10:01	10:08	10:33	10:11	10:15	10:22				6	1:11:12	-1 LAP
66.	188	James Haynes	Liverpool Phoenix	52	M	V50	09:45	10:04	09:47	10:19	10:15	10:29	10:46				6	1:11:28	-1 LAP
67.	166	Chris Davies	Mersey Tri	52	M	V50	10:01	10:07	10:19	10:26	10:15	10:07	10:15				6	1:11:33	-1 LAP
68.	218	Gaele Atkinson		54	F	V50	09:04	10:17	10:24	10:37	10:33	10:26	10:13				6	1:11:37	-1 LAP
69.	217	Claire Holliman		51	F	V50	10:08	10:08	10:24	10:19	10:10	10:20	10:12				6	1:11:43	-1 LAP
70.	153	Julia Behnsen	Port Sunlight Wheele	45	F	V40	09:31	10:04	10:05	10:40	10:19	10:36	10:52				6	1:12:09	-1 LAP
71.	198	Heddwyn Lloyd-Evans	V C Melyd	50	M	V50	09:24	10:10	10:15	11:04	10:38	10:43	10:40				6	1:12:57	-1 LAP
72.	49	Nathan Cooper		18	M	Adult	09:07	10:07	10:08	11:04	11:26	11:07					5	1:03:01	-2 LAP

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73.	199	James McQueen		53	M	V50	10:11	10:17	10:19	10:30	11:09	10:45					5	1:03:14	-2 LAP
74.	192	Stephen Lewis		51	M	V50	09:26	13:35	10:09	10:13	10:09	10:15					5	1:03:50	-2 LAP
75.	149	Karen Jones	Holyhead Cycling Clu	49	F	V40	10:05	10:50	10:50	10:49	10:51	10:53					5	1:04:20	-2 LAP
76.	148	Llinos Brennen		41	F	V40	10:06	10:46	11:04	11:06	10:57	10:52					5	1:04:53	-2 LAP
77.	78	Lisa MacPherson		39	F	Adult	10:37	10:52	11:03	10:59	10:46	10:34					5	1:04:53	-2 LAP
78.	219	Julia Smith	Port Sunlight Wheele	52	F	V50	10:15	10:51	10:57	10:53	10:57	11:15					5	1:05:10	-2 LAP
79.	200	Phil Porter		58	M	V50	10:50	10:43	10:49	11:04	11:28	11:40					5	1:06:36	-2 LAP
80.	147	Gwenan Gordon		40	F	V40	10:13	10:38	11:16	11:24	11:33	11:35					5	1:06:40	-2 LAP
81.	83	Samantha Percival	Chester Triathlon Cl	33	F	Adult	11:43	11:21	11:16	11:32	11:33	11:48					5	1:09:16	-2 LAP
82.	170	Dino Walker		52	M	V50	10:35	11:35	12:20	12:08	12:48	12:33					5	1:12:01	-2 LAP
83.	146	Rebecca Holland	Chester road club	43	F	V40	11:24	11:35	12:10	12:30	12:13	12:18					5	1:12:13	-2 LAP
84.	150	Vicky Darby-Brown	Gog tri	44	F	V40	12:31	12:40	12:08	11:52	12:08	11:47					5	1:13:08	-2 LAP
85.	201	Barry Shillinglaw	Mersey Tri	57	M	V50	09:48	10:09	09:51	10:22	10:33						4	DNF	-3 LAP
86.	53	Jordan Syme		29	M	Adult	09:40	11:45	13:04	16:47	14:06						4	1:05:23	-3 LAP
87.	251	David Jones		72	M	V70+	12:04	12:14	13:32	13:27	14:23						4	1:05:42	-3 LAP
88.	104	Matt Reilly		42	M	V40	12:03	14:37	15:02	15:11	14:07						4	1:11:01	-3 LAP
89.	253	Steve Collen	Nwccg	76	M	V70+	12:22	14:34	15:09	15:39	15:27						4	1:13:12	-3 LAP
90.	36	Liam Abbotts	Audlem CC	24	M	Adult	09:11	09:41	10:14	54:20							3	1:23:28	-4 LAP
91.	46	Sam Woodward	Clwb Beicio Egni Ery	18	M	Adult	06:45	07:36									1	DNF	-6 LAP
92.	164	Keith Large		51	M	V50	07:27	08:28									1	DNF	-6 LAP
93.	130	Liam Rees	Paceline	44	M	V40	09:35	10:22									1	DNF	-6 LAP
94.	161	Robert Simmonds		57	M	V50	09:59	10:26									1	DNF	-6 LAP
95.	122	Michael Cottrill	North Cheshire Clari	43	M	V40	09:38										0	DNF	-7 LAP
96.	228	Gwyn Thomas		62	M	V60	09:42										0	DNF	-7 LAP
97.	190	Wesley Iyanda	Liverpool Phoenix CC	50	M	V50	50:18										0	DNF	-7 LAP

Number of riders: 97