

# NWCX 2023-24 - Round 7 Hawarden



## 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.	211	Morgan Donnelly	Kendal	50	M	V50	04:32	07:39	08:05	08:08	08:14	08:37	08:31				6	0:53:49	-
2.	123	Dave Powell	Horwich CC	44	M	V40	04:20	08:01	08:02	08:17	08:31	09:05	08:54				6	0:55:13	+01:24
3.	46	Sam Woodward	Clwb beicio egni ery	18	M	Adult	04:01	07:47	08:13	08:32	09:07	09:19	09:23				6	0:56:24	+02:35
4.	48	Luke Beswick	High Peak Cycles RT	34	M	Adult	04:08	08:04	08:19	08:53	09:12	09:09	09:15				6	0:57:03	+03:14
5.	37	Adam Morris	Fibrax Fenwicks Wrex	21	M	Adult	04:00	08:01	08:48	08:47	09:06	09:23	09:21				6	0:57:29	+03:40
6.	186	Roy Davies	PSW	50	M	V50	04:37	08:22	08:38	09:11	09:11	09:23	09:41				6	0:59:05	+05:16
7.	89	Ifan Richards	Cyclo Cymru RT	45	M	V40	04:28	08:31	08:47	09:07	09:26	09:38	09:40				6	0:59:40	+05:51
8.	41	Samuel Holder	Liverpool Century Ro	30	M	Adult	04:12	08:07	08:55	09:01	09:43	09:51	10:28				6	1:00:21	+06:32
9.	17	Tom Bruce		36	M	Adult	04:16	08:18	09:02	08:58	09:41	10:21	10:29				6	1:01:09	+07:19
10.	18	Callum Dixon		31	M	Adult	04:47	08:42	09:02	09:32	09:49	10:04	09:58				6	1:01:57	+08:08
11.	110	Neil Upton	Port Sunlight Wheele	44	M	V40	04:46	08:55	09:06	09:43	09:44	10:03	09:48				6	1:02:07	+08:18
12.	234	Jan Kardasz	Fibrax Wrexham RC	63	M	V60	05:05	08:54	09:12	09:23	09:42	10:01	09:54				6	1:02:14	+08:25
13.	156	Steffan Chandler	Horwich	53	M	V50	04:42	08:40	09:11	09:31	09:47	10:13	10:19				6	1:02:26	+08:37
14.	99	James Davies	Mule	42	M	V40	04:28	08:23	09:09	09:11	09:55	09:33	12:26				6	1:03:05	+09:16
15.	27	Alex Smith	Wirral Metals Ltd	38	M	Adult	04:24	08:26	09:09	10:52	09:50	10:28	10:20				6	1:03:31	+09:42
16.	101	Dyfan Evans	Fibrax Wrexham Roads	40	M	V40	04:17	08:34	09:07	09:34	10:09	10:29	11:50				6	1:04:01	+10:12
17.	94	Bevan Humphreys	VC Melyd	41	M	V40	04:39	08:58	09:14	10:08	10:10	10:31	11:03				6	1:04:46	+10:57
18.	106	Dyfan Jones	VoCTT	41	M	V40	04:53	08:53	09:29	10:29	10:12	10:49					5	0:54:47	-1 LAP
19.	227	Russell Owen	horwich	65	M	V60	05:20	09:28	10:21	09:47	10:11	10:24					5	0:55:33	-1 LAP
20.	117	Stuart White	Beacon RCC	41	M	V40	05:28	09:24	09:40	09:55	10:41	10:49					5	0:55:59	-1 LAP
21.	137	Owen Arman		40	M	V40	05:15	09:23	09:57	10:09	10:44	10:36					5	0:56:07	-1 LAP
22.	105	Steve Bowman	Origin Race Team	46	M	V40	04:59	09:29	10:03	10:25	10:43	10:37					5	0:56:19	-1 LAP
23.	108	Ally MacPherson	Oneplanet Adventure	40	M	V40	05:12	09:43	10:20	10:34	10:47	11:02					5	0:57:40	-1 LAP
24.	172	Phil Dabner	Mersey Tri	56	M	V50	05:07	09:44	10:29	10:59	11:00	10:44					5	0:58:04	-1 LAP
25.	107	David Whittaker	Origin Race Team	47	M	V40	05:25	09:43	10:25	10:46	10:52	11:14					5	0:58:28	-1 LAP
26.	173	Chris Spencer	Bioracer UK RT	51	M	V50	04:57	10:04	10:29	10:47	11:46	11:42					5	0:59:47	-1 LAP
27.	67	Matthew Wales	Fibrax	34	M	Adult	05:40	09:30	10:11	11:17	11:26	11:57					5	1:00:03	-1 LAP
28.	184	Robert Allen	Leisure Lakes Bikes	58	M	V50	05:23	10:05	10:47	11:08	11:13	11:39					5	1:00:17	-1 LAP
29.	109	Simon Ward	Dyffryn Conwy	42	M	V40	05:09	10:05	11:11	11:23	11:36	11:11					5	1:00:38	-1 LAP
30.	245	Glen Price		50	M	V50	05:47	10:20	10:43	11:28	11:23	11:19					5	1:01:02	-1 LAP
31.	215	George Peers		55	M	V50	05:31	10:18	10:39	11:17	11:46	11:43					5	1:01:16	-1 LAP
32.	91	Paul Cubbins	Mersey Tri	49	M	V40	05:44	10:18	11:10	11:34	11:46	12:05					5	1:02:39	-1 LAP
33.	16	Richard Setters	Chester Road Club	38	M	Adult	05:36	10:31	11:20	11:42	11:45	12:07					5	1:03:04	-1 LAP
34.	160	Peter Hughes		57	M	V50	06:04	10:28	10:47	11:09	11:12	13:31					5	1:03:13	-1 LAP
35.	237	Mike Snell	Holyhead Cycling Clu	67	M	V60	06:33	11:01	10:58	11:25	12:10	12:07					5	1:04:17	-1 LAP
36.	25	Alex Harvey		26	M	Adult	05:15	10:59	11:11	11:37	12:39	13:38					5	1:05:21	-1 LAP

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37.	139	William Hall		44	M	V40	05:19	10:18	11:31	12:58	12:41	12:43					5	1:05:32	-1 LAP
38.	165	Justin Lewis	Vc melyd	53	M	V50	05:51	10:42	11:59	12:12	12:36	12:33					5	1:05:54	-1 LAP
39.	97	Greg Brownbill		40	M	V40	06:09	11:19	11:43	11:45	11:52	13:06					5	1:05:58	-1 LAP
40.	177	David Baker		52	M	V50	05:57	11:04	11:34	11:57	12:55	12:35					5	1:06:04	-1 LAP
41.	159	Simon Ward		53	M	V50	06:43	11:15	11:52	12:14	11:29	13:50					5	1:07:25	-1 LAP
42.	88	Iain Lancaster	MerseyTri	43	M	V40	06:01	11:02	11:41	12:20	12:49						4	0:53:55	-2 LAP
43.	50	Andrew Garrison	Chester Road Club	31	M	Adult	05:42	10:48	11:12	11:28	14:53						4	0:54:05	-2 LAP
44.	149	Karen Jones	Holyhead Cycling Clu	49	F	V40	06:19	11:27	12:10	12:24	12:59						4	0:55:22	-2 LAP
45.	92	Paul Modern	Chester RC	49	M	V40	06:28	11:29	11:34	12:24	14:00						4	0:55:56	-2 LAP
46.	157	Ian Ellis	Mersey Tri	51	M	V50	06:48	11:46	11:40	13:39	12:47						4	0:56:42	-2 LAP
47.	193	Bruce Owen	N/A	58	M	V50	06:42	11:36	12:19	13:22	12:56						4	0:56:57	-2 LAP
48.	178	Joseph Robson	Chester Road Club	51	M	V50	06:31	11:37	11:56	13:00	13:56						4	0:57:01	-2 LAP
49.	166	Chris Davies	Mersey Tri	52	M	V50	06:47	11:40	12:25	13:02	13:11						4	0:57:07	-2 LAP
50.	487	Owen Lovelock	One Planet Adventure	42	M	V40	06:26	11:19	12:33	13:33	13:16						4	0:57:10	-2 LAP
51.	212	Stephen Elcocks	Revolutions Racing	57	M	V50	06:07	11:56	12:38	13:05	13:47						4	0:57:35	-2 LAP
52.	171	Marcus Abbotts	AUDLEM CC	57	M	V50	06:03	12:09	12:38	13:19	13:29						4	0:57:40	-2 LAP
53.	246	Janet Burthem	VC melyd	63	F	V60	05:55	11:17	15:03	12:53	12:52						4	0:58:03	-2 LAP
54.	205	Paul Jenkinson	Energy cycles	55	M	V50	06:42	11:56	13:16	12:47	13:30						4	0:58:13	-2 LAP
55.	190	Wesley Iyanda	Liverpool Phoenix CC	50	M	V50	06:33	11:43	12:48	13:14	14:13						4	0:58:32	-2 LAP
56.	233	Tony Parry	Cyclo cymru	68	M	V60	07:27	12:05	12:19	13:11	13:38						4	0:58:42	-2 LAP
57.	244	James Rosser		58	M	V50	07:04	12:14	12:43	13:18	13:31						4	0:58:52	-2 LAP
58.	153	Julia Behnsen	PSW	45	F	V40	06:25	12:00	13:33	13:44	13:39						4	0:59:23	-2 LAP
59.	188	James Haynes	Liverpool Phoenix	52	M	V50	06:31	11:55	12:41	12:51	16:12						4	1:00:12	-2 LAP
60.	201	Barry Shillinglaw	Mersey Tri	57	M	V50	07:21	12:46	13:41	13:06	13:55						4	1:00:53	-2 LAP
61.	130	Liam Rees	Paceline Cycles	44	M	V40	06:39	12:17	13:17	13:47	14:54						4	1:00:56	-2 LAP
62.	146	Rebecca Holland	Chester road club	43	F	V40	07:33	12:27	13:24	13:43	14:19						4	1:01:27	-2 LAP
63.	219	Julia Smith	PORT SUNLIGHT WHEELE	52	F	V50	07:37	12:42	13:14	14:17	15:01						4	1:02:53	-2 LAP
64.	167	Stephen Davies		58	M	V50	07:25	12:53	13:55	14:08	14:47						4	1:03:10	-2 LAP
65.	87	Richard Harris		47	M	V40	06:18	12:30	15:42	15:40	14:38						4	1:04:49	-2 LAP
66.	214	Paul Nicholls	congleton cycling cl	54	M	V50	07:31	12:35	14:14	15:10	16:08						4	1:05:41	-2 LAP
67.	204	Robin Noble	Mule CC	56	M	V50	08:56	12:44	13:23	15:03	15:55						4	1:06:03	-2 LAP
68.	49	Nathan Cooper		18	M	Adult	06:13	11:47	15:22	17:48	15:22						4	1:06:35	-2 LAP
69.	143	Mariusz Goralski		43	M	V40	07:03	13:39	15:22	15:10	15:32						4	1:06:48	-2 LAP
70.	136	Joseph Wilkinson		40	M	V40	06:53	14:22	15:19	14:47	15:46						4	1:07:10	-2 LAP
71.	148	Llinos Brennen		41	F	V40	07:13	13:55	14:22	16:06	15:51						4	1:07:30	-2 LAP
72.	118	Steve Holliman	Na	49	M	V40	08:13	14:21	14:49	14:31	15:42						4	1:07:39	-2 LAP

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73.	209	Iain Arnison	Total Transition Tri	50	M	V50	07:36	13:14	14:43	15:33	16:52						4	1:08:01	-2 LAP
74.	218	Gaele Atkinson		53	F	V50	06:45	14:42	18:06	14:10	15:08						4	1:08:54	-2 LAP
75.	220	Haf Owen		50	F	V50	07:31	14:28	15:17	16:35							3	0:53:52	-3 LAP
76.	63	James Alcock	SACC	28	M	Adult	06:43	14:15	15:27	17:37							3	0:54:03	-3 LAP
77.	78	Lisa MacPherson	Oneplanet Adventure	39	F	Adult	08:23	14:24	15:42	16:11							3	0:54:43	-3 LAP
78.	98	Simon Jones	Hafren	48	M	V40	07:18	14:27	15:23	18:10							3	0:55:20	-3 LAP
79.	162	Keith Fairclough		52	M	V50	07:24	12:53	15:42	20:20							3	0:56:20	-3 LAP
80.	170	Dino Walker		52	M	V50	07:56	15:20	20:54	16:34							3	1:00:47	-3 LAP
81.	251	David Jones		72	M	V70+	09:08	16:51	19:20	21:40							3	1:07:01	-3 LAP
82.	83	Samantha Percival	Chester Triathlon Cl	33	F	Adult	07:40	14:45	29:11	15:42							3	1:07:19	-3 LAP
83.	119	Simon Myatt	Matlock	43	M	V40	04:43	08:00	07:58								2	DNF	-4 LAP
84.	192	Stephen Lewis		51	M	V50	06:37	11:55	13:14								2	DNF	-4 LAP
85.	253	Steve Collen		76	M	V70+	10:03	20:45	23:29								2	0:54:18	-4 LAP
86.	104	Matt Reilly	Delamere MTB	42	M	V40	11:17	22:33	25:30								2	0:59:21	-4 LAP

Number of riders: 86