

# NWCX League - Round 3 Bala

## Age Group Results Race 3



| Pos.     | Bib | Name               | Age | M/F | Lap 1 | Lap 2 | Lap 3 | Lap 4 | Lap 5 | Lap 6 | Lap 7 | Lap 8 | Lap 9 | Lap10 | Laps | Avg.  | Finish         |
|----------|-----|--------------------|-----|-----|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|-------|----------------|
| Race 3   |     |                    |     |     |       |       |       |       |       |       |       |       |       |       |      |       |                |
| Male     |     |                    |     |     |       |       |       |       |       |       |       |       |       |       |      |       |                |
| Adult    |     |                    |     |     |       |       |       |       |       |       |       |       |       |       |      |       |                |
| 1.       | 603 | Dixon, Callum      | 33  | M   | 02:02 | 07:40 | 07:47 | 07:49 | 07:49 | 07:45 | 07:57 | 07:54 |       |       | 8    | 07:05 | 0:56:46 +01:28 |
| 2.       | 607 | Matthews, Josh     | 32  | M   | 03:57 | 07:37 | 07:30 | 07:32 | 07:40 | 07:45 | 07:42 | 07:31 |       |       | 8    | 07:09 | 0:57:18 +02:00 |
| 3.       | 601 | Abbotts, Liam      | 26  | M   | 03:38 | 11:17 | 08:11 | 08:14 | 08:19 | 08:26 | 08:34 |       |       |       | 7    | 08:06 | 0:56:42 -1 LAP |
| 4.       | 602 | Brennen, Matthew   | 39  | M   | 03:17 | 08:55 | 09:09 | 09:13 | 09:25 | 09:38 | 09:41 |       |       |       | 7    | 08:28 | 0:59:20 -1 LAP |
| 5.       | 611 | Parry, Mathew      | 36  | M   | 03:45 | 09:39 | 09:51 | 10:18 | 10:16 | 10:23 | 10:15 |       |       |       | 7    | 09:12 | 1:04:30 -1 LAP |
| 6.       | 619 | Wheeler, Jonathan  | 39  | M   | 04:53 | 10:11 | 11:30 | 11:39 | 12:24 | 12:29 |       |       |       |       | 6    | 10:31 | 1:03:08 -2 LAP |
| 7.       | 608 | Morris, Simon      | 25  | M   | 02:44 | 09:51 | 20:10 | 08:10 |       |       |       |       |       |       | 4    | 10:14 | 0:40:57 -4 LAP |
| Under 18 |     |                    |     |     |       |       |       |       |       |       |       |       |       |       |      |       |                |
| 1.       | 501 | Hext, Rupert       | 16  | M   | 01:20 | 07:26 | 07:35 | 07:40 | 07:43 | 07:51 | 07:46 | 07:51 |       |       | 8    | 06:54 | 0:55:18 -      |
| 2.       | 505 | Whallry, Duncan    | 16  | M   | 03:05 | 09:05 | 09:39 | 08:37 | 10:21 | 11:17 | 08:46 |       |       |       | 7    | 08:42 | 1:00:54 -1 LAP |
| 3.       | 503 | Rogers, Lewis      | 16  | M   | 04:05 | 10:24 | 10:40 | 12:40 | 11:45 | 11:29 |       |       |       |       | 6    | 10:11 | 1:01:06 -2 LAP |
| 4.       | 502 | Pope, Alfie-Thomas | 17  | M   | 06:42 | 13:07 | 14:03 | 14:10 | 12:45 |       |       |       |       |       | 5    | 12:10 | 1:00:50 -3 LAP |
| Vet 40   |     |                    |     |     |       |       |       |       |       |       |       |       |       |       |      |       |                |
| 1.       | 723 | Pugh, Rob          | 40  | M   | 01:32 | 07:34 | 07:53 | 08:01 | 07:59 | 08:01 | 07:58 | 07:59 |       |       | 8    | 07:07 | 0:57:01 +01:43 |
| 2.       | 704 | Evans, Dyfan       | 42  | M   | 01:42 | 07:37 | 07:37 | 08:11 | 08:03 | 08:08 | 08:02 | 08:03 |       |       | 8    | 07:10 | 0:57:27 +02:08 |
| 3.       | 722 | Griffiths, Dave    | 49  | M   | 02:15 | 07:32 | 07:38 | 07:38 | 07:55 | 08:11 | 08:26 | 08:20 |       |       | 8    | 07:15 | 0:58:00 +02:42 |
| 4.       | 725 | Upton, Neil        | 46  | M   | 02:01 | 07:45 | 07:50 | 07:52 | 08:10 | 08:20 | 08:27 | 08:25 |       |       | 8    | 07:21 | 0:58:55 +03:37 |
| 5.       | 720 | Stuart, Stephen    | 42  | M   | 02:27 | 08:16 | 08:21 | 08:06 | 08:34 | 08:28 | 08:37 | 08:41 |       |       | 8    | 07:41 | 1:01:34 +06:16 |
| 6.       | 711 | MacPherson, Ally   | 43  | M   | 02:03 | 09:01 | 09:38 | 08:16 | 08:35 | 08:44 | 08:32 | 08:19 |       |       | 8    | 07:53 | 1:03:11 +07:52 |
| 7.       | 727 | Frost, Seb         | 45  | M   | 01:50 | 08:19 | 08:27 | 08:37 | 08:37 | 09:16 | 08:54 | 09:26 |       |       | 8    | 07:56 | 1:03:30 +08:12 |
| 8.       | 728 | Fortes, Mathew     | 48  | M   | 03:35 | 08:48 | 08:36 | 08:35 | 08:34 | 08:47 | 08:36 |       |       |       | 7    | 07:56 | 0:55:34 -1 LAP |
| 9.       | 721 | Webster, Alan      | 41  | M   | 02:54 | 08:23 | 08:38 | 08:50 | 09:11 | 09:30 | 09:05 |       |       |       | 7    | 08:04 | 0:56:32 -1 LAP |
| 10.      | 410 | Ward, Simon        | 44  | M   | 02:42 | 08:47 | 08:51 | 08:46 | 09:21 | 09:25 | 09:20 |       |       |       | 7    | 08:10 | 0:57:15 -1 LAP |
| 11.      | 709 | Lancaster, Iain    | 45  | M   | 03:34 | 09:00 | 09:08 | 09:21 | 09:29 | 09:41 | 09:56 |       |       |       | 7    | 08:36 | 1:00:13 -1 LAP |
| 12.      | 713 | Morris, Ian        | 49  | M   | 04:20 | 23:27 | 10:38 | 11:08 | 10:52 |       |       |       |       |       | 5    | 12:05 | 1:00:27 -3 LAP |
| 13.      | 717 | Reilly, Matt       | 44  | M   | 06:22 | 13:10 | 14:53 | 13:41 | 13:13 |       |       |       |       |       | 5    | 12:16 | 1:01:21 -3 LAP |

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| Pos.   | Bib | Name             | Age | M/F | Lap 1 | Lap 2 | Lap 3 | Lap 4 | Lap 5 | Lap 6 | Lap 7 | Lap 8 | Lap 9 | Lap10 | Laps | Avg.  | Finish         |
|--------|-----|------------------|-----|-----|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|-------|----------------|
| 14.    | 715 | Pope, Damian     | 45  | M   | 07:09 | 14:13 | 15:05 | 16:17 | 15:49 |       |       |       |       |       | 5    | 13:42 | 1:08:34 -3 LAP |
| 15.    | 719 | Smith, Alex      | 40  | M   | 01:58 | 07:35 | 07:37 | 07:40 |       |       |       |       |       |       | 4    | 06:13 | 0:24:52 -4 LAP |
| Vet 50 |     |                  |     |     |       |       |       |       |       |       |       |       |       |       |      |       |                |
| 1.     | 842 | Hurst, Dan       | 51  | M   | 02:47 | 08:25 | 08:28 | 08:48 | 08:59 | 09:16 | 09:09 |       |       |       | 7    | 07:59 | 0:55:54 -1 LAP |
| 2.     | 845 | Smee, Anthony    | 50  | M   | 03:36 | 08:35 | 08:46 | 08:43 | 08:44 | 08:44 | 08:47 |       |       |       | 7    | 07:59 | 0:55:57 -1 LAP |
| 3.     | 823 | Roberts, Andy    | 54  | M   | 02:41 | 08:29 | 08:41 | 08:52 | 09:23 | 09:16 | 08:53 |       |       |       | 7    | 08:02 | 0:56:18 -1 LAP |
| 4.     | 817 | Klabou, Paul     | 50  | M   | 03:08 | 08:25 | 08:34 | 08:55 | 09:05 | 09:02 | 09:07 |       |       |       | 7    | 08:02 | 0:56:19 -1 LAP |
| 5.     | 810 | Hughes, Peter    | 59  | M   | 02:49 | 09:40 | 08:48 | 08:39 | 08:48 | 08:54 | 08:46 |       |       |       | 7    | 08:03 | 0:56:26 -1 LAP |
| 6.     | 831 | Hughes, Gareth   | 51  | M   | 03:16 | 08:41 | 08:43 | 08:51 | 08:54 | 08:59 | 09:08 |       |       |       | 7    | 08:04 | 0:56:34 -1 LAP |
| 7.     | 807 | Gorman, Jonathan | 59  | M   | 02:45 | 08:43 | 08:49 | 09:08 | 09:24 | 09:22 | 09:05 |       |       |       | 7    | 08:11 | 0:57:18 -1 LAP |
| 8.     | 815 | Jones, Haydn     | 53  | M   | 03:30 | 08:57 | 09:11 | 09:05 | 08:52 | 08:57 | 09:01 |       |       |       | 7    | 08:13 | 0:57:36 -1 LAP |
| 9.     | 822 | Price, Glen      | 52  | M   | 03:19 | 08:57 | 08:59 | 09:04 | 09:19 | 09:07 | 08:55 |       |       |       | 7    | 08:14 | 0:57:43 -1 LAP |
| 10.    | 806 | Fugaccia, Mike   | 52  | M   | 03:32 | 08:50 | 09:04 | 09:17 | 09:00 | 09:00 | 09:09 |       |       |       | 7    | 08:16 | 0:57:54 -1 LAP |
| 11.    | 844 | Pugh, Desmond    | 56  | M   | 04:31 | 09:18 | 09:43 | 10:04 | 09:24 | 09:14 | 09:33 |       |       |       | 7    | 08:50 | 1:01:50 -1 LAP |
| 12.    | 805 | Enston, Charles  | 51  | M   | 03:22 | 08:52 | 09:16 | 09:06 | 11:56 | 09:57 | 10:05 |       |       |       | 7    | 08:56 | 1:02:38 -1 LAP |
| 13.    | 813 | Jenkinson, Paul  | 58  | M   | 04:04 | 09:29 | 10:22 | 09:46 | 09:59 | 09:53 | 09:36 |       |       |       | 7    | 09:01 | 1:03:12 -1 LAP |
| 14.    | 833 | Dabner, Phil     | 58  | M   | 04:18 | 09:30 | 09:42 | 09:49 | 09:57 | 09:59 | 10:05 |       |       |       | 7    | 09:03 | 1:03:23 -1 LAP |
| 15.    | 803 | Bosley, Nigel    | 51  | M   | 03:44 | 09:25 | 09:32 | 09:57 | 10:15 | 10:09 | 10:35 |       |       |       | 7    | 09:05 | 1:03:40 -1 LAP |
| 16.    | 801 | Abbotts, Marcus  | 59  | M   | 03:38 | 09:46 | 10:03 | 10:09 | 09:56 | 10:15 | 10:22 |       |       |       | 7    | 09:10 | 1:04:12 -1 LAP |
| 17.    | 802 | Baker, David     | 54  | M   | 04:30 | 09:52 | 09:43 | 10:07 | 10:05 | 10:15 | 09:58 |       |       |       | 7    | 09:13 | 1:04:34 -1 LAP |
| 18.    | 840 | Hoggarth, Neil   | 53  | M   | 04:29 | 09:47 | 10:02 | 10:02 | 10:14 | 10:12 | 10:24 |       |       |       | 7    | 09:18 | 1:05:12 -1 LAP |
| 19.    | 838 | Breeze, Nick     | 54  | M   | 04:18 | 09:45 | 10:06 | 10:26 | 10:30 | 10:41 |       |       |       |       | 6    | 09:18 | 0:55:48 -2 LAP |
| 20.    | 841 | Huband, Nick     | 56  | M   | 04:14 | 09:46 | 10:27 | 10:11 | 10:39 | 11:03 |       |       |       |       | 6    | 09:23 | 0:56:21 -2 LAP |
| 21.    | 814 | Jones, Simon     | 50  | M   | 04:48 | 10:19 | 10:34 | 11:01 | 11:19 | 11:31 |       |       |       |       | 6    | 09:55 | 0:59:35 -2 LAP |
| 22.    | 847 | Bolland, Terry   | 61  | M   | 05:17 | 12:00 | 10:33 | 10:47 | 11:10 | 11:25 |       |       |       |       | 6    | 10:12 | 1:01:14 -2 LAP |
| 23.    | 843 | Noble, Robin     | 58  | M   | 05:12 | 11:07 | 11:14 | 11:51 | 12:03 | 12:11 |       |       |       |       | 6    | 10:36 | 1:03:40 -2 LAP |
| 24.    | 848 | Kenny, Gary      | 60  | M   | 05:31 | 11:16 | 11:34 | 10:05 | 12:46 | 14:08 |       |       |       |       | 6    | 10:53 | 1:05:22 -2 LAP |
| 25.    | 839 | Ellis, Ian       | 53  | M   | 06:33 | 11:36 | 12:07 | 11:56 | 12:36 | 12:03 |       |       |       |       | 6    | 11:08 | 1:06:52 -2 LAP |
| 26.    | 816 | Jones, Mark      | 56  | M   | 02:14 | 08:13 | 08:24 | 08:38 | 08:37 |       |       |       |       |       | 5    | 07:13 | 0:36:08 -3 LAP |
| 27.    | 832 | Cubbins, Paul    | 51  | M   | 02:59 | 08:27 | 08:39 | 08:44 | 08:42 |       |       |       |       |       | 5    | 07:30 | 0:37:34 -3 LAP |
| 28.    | 846 | T, Colin         | 58  | M   | 03:15 | 08:51 | 08:46 | 08:51 | 08:54 |       |       |       |       |       | 5    | 07:43 | 0:38:39 -3 LAP |

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| Pos. | Bib | Name           | Age | M/F | Lap 1 | Lap 2 | Lap 3 | Lap 4 | Lap 5 | Lap 6 | Lap 7 | Lap 8 | Lap 9 | Lap10 | Laps | Avg.  | Finish         |
|------|-----|----------------|-----|-----|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|-------|----------------|
| 29.  | 829 | Phillips, Ifor | 64  | M   | 02:39 | 08:53 |       |       |       |       |       |       |       |       | 2    | 05:46 | 0:11:33 -6 LAP |
| 30.  | 834 | Robson, Joseph | 53  | M   | 06:28 |       |       |       |       |       |       |       |       |       | 1    | 06:28 | 0:06:28 -7 LAP |

Number of records: 56