

# Ras De Cymru Stage Race

# GC After Stage 4

Position	Number	Name	Team / Club	Category	Stage 1 (h:mm:ss)	Stage 2 (h:mm:ss)	Stage 3 (h:mm:ss)	Stage 4 (h:mm:ss)	Overall Time (h:mm:ss)	Time Gap (h:mm:ss)
1	56	Darren Bell	Manx Viking Wheelers	2Sen	0:11:07	2:27:15	2:02:50	0:31:52	<b>5:13:04</b>	
2	57	Elliot Baxter	Manx Viking Wheelers	3Sen	0:11:32	2:27:51	2:02:50	0:31:52	<b>5:14:05</b>	<b>0:01:01</b>
3	88	Owen James	Wales Junior team	2Jun	0:11:53	2:27:23	2:02:50	0:33:07	<b>5:15:13</b>	<b>0:02:09</b>
4	31	Ryan Bevis	Cwmcarn Paragon	2Sen	0:12:21	2:27:31	2:02:50	0:32:59	<b>5:15:41</b>	<b>0:02:37</b>
4	39	Tom Crouch	Dynamic Bicycles RPC	3Sen	0:12:08	2:27:51	2:02:50	0:32:52	<b>5:15:41</b>	<b>0:02:37</b>
6	91	Gareth Jones	Wolverhampton Wheelers	2Sen	0:11:29	2:29:45	2:02:18	0:32:22	<b>5:15:54</b>	<b>0:02:50</b>
7	27	Luke Cornish	Cardiff Ajax	2Sen	0:12:13	2:27:57	2:02:50	0:33:01	<b>5:16:01</b>	<b>0:02:57</b>
7	28	Richard Harris	Cwmcarn Paragon	2Sen	0:12:19	2:27:53	2:02:50	0:32:59	<b>5:16:01</b>	<b>0:02:57</b>
9	94	Daniel Davies	Ystwyth CC/Continental/Summit	2Sen	0:11:36	2:27:57	2:02:50	0:33:41	<b>5:16:04</b>	<b>0:03:00</b>
10	34	Rupert Denny	Dream Cycling	2Sen	0:12:10	2:27:48	2:02:50	0:33:18	<b>5:16:06</b>	<b>0:03:02</b>
11	15	Lawrence Carpenter	BC Central Region	2Sen	0:11:50	2:29:20	2:02:50	0:32:07	<b>5:16:07</b>	<b>0:03:03</b>
12	36	Tony Kiss	Dynamic Bicycles RPC	2Sen	0:11:54	2:29:20	2:02:05	0:32:52	<b>5:16:11</b>	<b>0:03:07</b>
13	16	Jonathan Shuster	BC Central Region	2Sen	0:11:48	2:30:17	2:02:10	0:32:07	<b>5:16:22</b>	<b>0:03:18</b>
14	90	John Cooper	Wolverhampton Wheelers	2Sen	0:11:33	2:30:22	2:02:50	0:32:22	<b>5:17:07</b>	<b>0:04:03</b>
15	55	Rob Sorby	Manx Viking Wheelers	4Sen	0:11:57	2:30:27	2:02:50	0:31:54	<b>5:17:08</b>	<b>0:04:04</b>
16	13	Christopher Palfreeman	BC Central Region	2Sen	0:11:51	2:30:22	2:02:50	0:32:07	<b>5:17:10</b>	<b>0:04:06</b>
16	54	Robin Garry	Manx Viking Wheelers	2Sen	0:12:01	2:30:27	2:02:50	0:31:52	<b>5:17:10</b>	<b>0:04:06</b>
18	92	Daniel Watts	Wolverhampton Wheelers	2Sen	0:11:44	2:30:20	2:02:50	0:32:22	<b>5:17:16</b>	<b>0:04:12</b>
19	85	Stephen Williams	Wales Junior team	2Jun	0:10:59	2:30:27	2:02:50	0:33:07	<b>5:17:23</b>	<b>0:04:19</b>
20	74	James Phillips	Severn Road Club	2Sen	0:11:22	2:30:05	2:02:50	0:33:15	<b>5:17:32</b>	<b>0:04:28</b>
21	37	David Griffiths	Dynamic Bicycles RPC	2Sen	0:11:46	2:30:22	2:02:50	0:32:52	<b>5:17:50</b>	<b>0:04:46</b>
22	43	Dean Robson	Exeter Wheelers	3Sen	0:12:00	2:30:27	2:02:50	0:32:37	<b>5:17:54</b>	<b>0:04:50</b>
23	97	Jacob Loftus	Beeline/Zappi Composite	3Sen	0:11:35	2:30:22	2:02:50	0:33:12	<b>5:17:59</b>	<b>0:04:55</b>
24	76	Felix Barker	Severn Road Club	2Sen	0:11:17	2:30:44	2:02:50	0:33:15	<b>5:18:06</b>	<b>0:05:02</b>
25	80	Oscar Hutchings	University of Exeter CC	2Sen	0:11:43	2:30:44	2:02:50	0:32:55	<b>5:18:12</b>	<b>0:05:08</b>
26	86	Gwyn Lovibond	Wales Junior team	3Jun	0:11:52	2:30:27	2:02:50	0:33:07	<b>5:18:16</b>	<b>0:05:12</b>
27	98	Jozef Metelka	Beeline/Zappi Composite	2Sen	0:11:48	2:30:27	2:02:50	0:33:12	<b>5:18:17</b>	<b>0:05:13</b>
28	79	Peter Medhurst	University of Exeter CC	2Sen	0:11:45	2:30:53	2:02:50	0:32:55	<b>5:18:23</b>	<b>0:05:19</b>
29	14	Simon Henley	BC Central Region	2Sen	0:12:43	2:30:44	2:02:50	0:32:07	<b>5:18:24</b>	<b>0:05:20</b>
30	41	Ben Hooppell	Exeter Wheelers	2Sen	0:12:38	2:30:27	2:02:50	0:32:37	<b>5:18:32</b>	<b>0:05:28</b>
31	11	Edward Palfreeman	Arbis Colbert Cycles	3Jun	0:12:15	2:30:22	2:02:50	0:33:07	<b>5:18:34</b>	<b>0:05:30</b>
31	42	Steven Birch	Exeter Wheelers	3Sen	0:12:40	2:30:27	2:02:50	0:32:37	<b>5:18:34</b>	<b>0:05:30</b>
33	40	Andrew Feather	Exeter Wheelers	2Sen	0:12:11	2:30:57	2:02:50	0:32:37	<b>5:18:35</b>	<b>0:05:31</b>
33	73	Malcolm Dixon	Severn Road Club	2Sen	0:12:03	2:30:27	2:02:50	0:33:15	<b>5:18:35</b>	<b>0:05:31</b>
35	83	Gavin Morton	VC Meudon	2Sen	0:11:41	2:30:20	2:02:50	0:33:49	<b>5:18:40</b>	<b>0:05:36</b>
36	9	Justin Garron	Arbis Colbert Cycles	3Sen	0:11:59	2:30:53	2:02:50	0:33:07	<b>5:18:49</b>	<b>0:05:45</b>
37	30	Joseph Wiltshire	Cwmcarn Paragon	2Jun	0:12:35	2:30:27	2:02:50	0:32:59	<b>5:18:51</b>	<b>0:05:47</b>
38	25	Josh Burns	Cardiff Ajax	3Jun	0:12:37	2:30:27	2:02:50	0:33:01	<b>5:18:55</b>	<b>0:05:51</b>
39	78	Oliver Pritchard	University of Exeter CC	3Sen	0:12:18	2:30:53	2:02:50	0:32:55	<b>5:18:56</b>	<b>0:05:52</b>
40	38	Marc Flay	Dynamic Bicycles RPC	2Sen	0:12:50	2:30:27	2:02:50	0:32:52	<b>5:18:59</b>	<b>0:05:55</b>
40	29	Matthew Carlick	Cwmcarn Paragon	3Sen	0:12:43	2:30:27	2:02:50	0:32:59	<b>5:18:59</b>	<b>0:05:55</b>
42	100	Felix Loftus	Beeline/Zappi Composite	4Jun	0:12:07	2:30:53	2:02:50	0:33:12	<b>5:19:02</b>	<b>0:05:58</b>
43	26	David Medhurst	Cardiff Ajax	2Sen	0:12:46	2:30:27	2:02:50	0:33:01	<b>5:19:04</b>	<b>0:06:00</b>
44	24	Graeme Boswell	Cardiff Ajax	2Sen	0:12:24	2:30:53	2:02:50	0:33:01	<b>5:19:08</b>	<b>0:06:04</b>
45	82	Michael Lancaster	VC Meudon	2Sen	0:11:35	2:30:57	2:02:50	0:33:49	<b>5:19:11</b>	<b>0:06:07</b>
46	10	Joel Lewis	Arbis Colbert Cycles	3Sen	0:12:32	2:30:44	2:02:50	0:33:07	<b>5:19:13</b>	<b>0:06:09</b>
47	35	Scott Chalmers	Dream Cycling	2Sen	0:12:43	2:30:27	2:02:50	0:33:18	<b>5:19:18</b>	<b>0:06:14</b>
48	46	Rob Sherwood	Inverse Cycling Components RT	3Sen	0:11:47	2:30:27	2:02:50	0:34:15	<b>5:19:19</b>	<b>0:06:15</b>
49	47	Mark Westwood	Liverpool Century	3Vet50	0:12:12	2:30:27	2:02:50	0:33:55	<b>5:19:24</b>	<b>0:06:20</b>
50	99	Max Brown	Beeline/Zappi Composite	3Sen	0:12:33	2:30:53	2:02:50	0:33:12	<b>5:19:28</b>	<b>0:06:24</b>
51	32	Rob Yeatman	Dream Cycling	2Sen	0:12:58	2:30:27	2:02:50	0:33:18	<b>5:19:33</b>	<b>0:06:29</b>

# Ras De Cymru Stage Race

# GC After Stage 4

51	96	Carwyn Henson	Ystwyth CC/Continental/Summit	3Sen	0:12:09	2:30:53	2:02:50	0:33:41	<b>5:19:33</b>	<b>0:06:29</b>
53	89	Ross Mallen	Wolverhampton Wheelers	3Sen	0:12:19	2:30:27	2:02:50	0:34:14	<b>5:19:50</b>	<b>0:06:46</b>
54	45	Andrew Sanders	Inverse Cycling Components RT	2Sen	0:12:21	2:30:27	2:02:50	0:34:15	<b>5:19:53</b>	<b>0:06:49</b>
55	81	James Bevan	VC Meudon	2Sen	0:12:55	2:30:27	2:02:50	0:33:49	<b>5:20:01</b>	<b>0:06:57</b>
56	19	John Cann	Blumilk.com	3Vet40	0:12:27	2:30:27	2:02:50	0:34:26	<b>5:20:10</b>	<b>0:07:06</b>
57	49	Sean Hughes	Liverpool Century	3Sen	0:12:42	2:30:44	2:02:50	0:33:55	<b>5:20:11</b>	<b>0:07:07</b>
58	62	Colin Bailey	North Road CC	2Sen	0:11:59	2:30:22	2:02:50	0:35:12	<b>5:20:23</b>	<b>0:07:19</b>
59	20	Adam Robertson	Blumilk.com	2Sen	0:12:50	2:30:27	2:02:50	0:34:26	<b>5:20:33</b>	<b>0:07:29</b>
60	18	David Johnson	Blumilk.com	2Vet40	0:12:36	2:30:44	2:02:50	0:34:26	<b>5:20:36</b>	<b>0:07:32</b>
61	17	Neil Baxter	Blumilk.com	3Vet50	0:12:33	2:30:53	2:02:50	0:34:26	<b>5:20:42</b>	<b>0:07:38</b>
62	1	Nick Gasson	34 Nomads CC	2Sen	0:12:18	2:30:44	2:02:50	0:34:55	<b>5:20:47</b>	<b>0:07:43</b>
63	64	Shaun Rouse	North Road CC	4Sen	0:12:33	2:30:27	2:02:50	0:35:12	<b>5:21:02</b>	<b>0:07:58</b>
63	6	Thomas Sturdy	Abergavenny RC	4Sen	0:12:10	2:30:53	2:02:50	0:35:09	<b>5:21:02</b>	<b>0:07:58</b>
65	8	Harry Edney	Abergavenny RC	2Sen	0:12:53	2:30:27	2:02:50	0:35:09	<b>5:21:19</b>	<b>0:08:15</b>
65	63	Paul McGrath	North Road CC	3Sen	0:12:24	2:30:53	2:02:50	0:35:12	<b>5:21:19</b>	<b>0:08:15</b>
67	3	Ross Macdonald	34 Nomads CC	3Sen	0:12:58	2:30:44	2:02:50	0:34:55	<b>5:21:27</b>	<b>0:08:23</b>
68	7	Sam Davies	Abergavenny RC	3Sen	0:12:32	2:30:53	2:02:50	0:35:29	<b>5:21:44</b>	<b>0:08:40</b>
69	50	Richard Price	London Phoenix	2Sen	0:12:43	2:30:44	2:02:50	0:35:32	<b>5:21:49</b>	<b>0:08:45</b>
70	87	Dylan Kerfoot Robson	Wales Junior team	3Jun	0:12:21	2:30:44	2:02:50	0:35:56	<b>5:21:51</b>	<b>0:08:47</b>
71	51	Richard Bayfield	London Phoenix	3Vet40	0:12:43	2:30:53	2:02:50	0:35:32	<b>5:21:58</b>	<b>0:08:54</b>
72	70	Sam Shannon	RUTraining Today CC	3Sen	0:12:47	2:31:09	2:02:50	0:35:16	<b>5:22:02</b>	<b>0:08:58</b>
73	68	Andrew Carter	Portsmouth North End CC	2Sen	0:12:49	2:30:53	2:02:50	0:35:52	<b>5:22:24</b>	<b>0:09:20</b>
74	5	James Woodier	Abergavenny RC	3Sen	0:13:37	2:31:19	2:02:50	0:35:09	<b>5:22:55</b>	<b>0:09:51</b>
75	77	Sam Barker	University of Exeter CC	4Sen	0:12:36	2:30:53	2:08:08	0:32:55	<b>5:24:32</b>	<b>0:11:28</b>
76	12	Kevin Hardwick	Arbis Colbert Cycles	2Vet40	0:13:48	2:31:25	2:02:50	0:37:46	<b>5:25:49</b>	<b>0:12:45</b>
77	2	Adam Atkinson	34 Nomads CC	3Sen	0:12:00	2:47:54	2:02:50	0:34:55	<b>5:37:39</b>	<b>0:24:35</b>
78	33	Freddie Lewton	Dream Cycling	2Sen	0:12:47	2:45:46	2:03:00	0:36:20	<b>5:37:53</b>	<b>0:24:49</b>
79	22	Robert Dixon	Cadence Cycle Racing	4Vet40	0:12:56	2:44:08	2:02:50	0:38:15	<b>5:38:09</b>	<b>0:25:05</b>
80	93	Anthony Purnell	Ystwyth CC/Continental/Summit	4Vet50	0:12:45	2:49:30	2:02:50	0:33:41	<b>5:38:46</b>	<b>0:25:42</b>
81	4	Colin Norris	34 Nomads CC	4Sen	0:11:48	2:49:20	2:02:50	0:34:55	<b>5:38:53</b>	<b>0:25:49</b>
82	95	Mark Breeze	Ystwyth CC/Continental/Summit	4Vet40	0:12:45	2:49:46	2:02:50	0:33:51	<b>5:39:12</b>	<b>0:26:08</b>
83	44	Neil Heffernan	Inverse Cycling Components RT	3Sen	0:13:30	2:49:50	2:02:50	0:34:15	<b>5:40:25</b>	<b>0:27:21</b>
84	84	Peter Hitt	VC Meudon	2Sen	0:12:19	2:47:32	2:07:49	0:35:17	<b>5:42:57</b>	<b>0:29:53</b>
85	60	James Blackburn	Matador Cycling	3Sen	0:12:13	2:54:27	2:02:50	0:35:42	<b>5:45:12</b>	<b>0:32:08</b>
86	66	Jerry Collingwood	Portsmouth North End CC	2Sen	0:12:17	2:49:32	2:07:49	0:35:52	<b>5:45:30</b>	<b>0:32:26</b>
87	65	Thomas Goodyer	Portsmouth North End CC	4Sen	0:13:07	2:55:03	2:03:02	0:35:52	<b>5:47:04</b>	<b>0:34:00</b>
88	75	Noah Godman	Severn Road Club	3Jun	0:12:16	2:49:50	2:18:15	0:33:15	<b>5:53:36</b>	<b>0:40:32</b>
89	71	Tom Moran	RUTraining Today CC	2Vet50	0:12:47	2:49:50	2:21:46	0:35:16	<b>5:59:39</b>	<b>0:46:35</b>
90	48	Callum Gough	Liverpool Century	3Vet50	0:13:32	2:54:55	2:17:29	0:33:55	<b>5:59:51</b>	<b>0:46:47</b>
91	61	Russell Jones	Matador Cycling	3Vet40	0:13:23	2:54:55	2:21:46	0:35:42	<b>6:05:46</b>	<b>0:52:42</b>
92	58	Matthew Hobbs	Matador Cycling	4Vet40	0:12:53	2:56:26	2:21:46	0:35:42	<b>6:06:47</b>	<b>0:53:43</b>
93	67	Steven Nicholson	Portsmouth North End CC	3Vet40	0:13:28	2:56:50	2:27:20	0:41:25	<b>6:19:03</b>	<b>1:05:59</b>
94	69	Leon Marshall	RUTraining Today CC	2Sen	0:13:36	2:54:02	2:38:44	0:35:16	<b>6:21:38</b>	<b>1:08:34</b>
95	72	Charlie Gaskell	RUTraining Today CC	3Vet50	0:13:38	3:01:50	2:27:20	0:39:06	<b>6:21:54</b>	<b>1:08:50</b>
	21	Adrian Gammage	Cadence Cycle Racing	3Sen	0:14:05	2:53:43	DNF	DNS	<b>DNS</b>	
	23	Graham Howell	Cadence Cycle Racing	3Sen	0:13:02	2:52:44	DNS	DNS	<b>DNS</b>	
	52	Liam Bremer	London Phoenix	3Sen	0:13:10	2:54:55	DNF	DNS	<b>DNS</b>	
	53	James Wallace	London Phoenix	2Vet40	0:12:37	2:30:27	2:08:56	DNS	<b>DNS</b>	
	59	Paul Wann	Matador Cycling	4Vet40	0:17:11	3:18:32	DNS	DNS	<b>DNS</b>	