

# Llandow 17th August 2024

## Sprint Practice

No	Rank	Name	Class	Inter 1	Time	Gap
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### A0

21	1	Polly Ashley	A0	47.64	<b>106.79</b>	
22	2	Logan Evans	A0	50.96	<b>112.05</b>	5.26

### A1

23	1	Andrew Till	A1	41.68	<b>93.74</b>	
24	4	Paul Prance	A1	46.35	<b>112.70</b>	18.96
25	3	Bertie Woollard	A1	42.18	<b>94.75</b>	1.01
725	2	Piers Thynne	A1	42.38	<b>94.14</b>	0.40

### A2

26	2	Chris Wells	A2	44.35	<b>97.96</b>	2.07
27	3	Donald Gay	A2	44.57	<b>101.26</b>	5.37
28	1	Claire Tooth	A2	42.91	<b>95.89</b>	
29	4	David Lee	A2	45.71	<b>102.61</b>	6.72
30	5	John Burton	A2	47.05	<b>104.55</b>	8.66

### A3

32	1	Pekka Tulokas	A3	36.95	<b>83.42</b>	
33	2	Matthew Parr	A3	37.98	<b>83.72</b>	0.30
34	11	Lyndon Evans	A3	43.44	<b>98.55</b>	15.13
35	6	Morgan Edwards	A3	41.88	<b>93.67</b>	10.25
36	7	Gareth Monk	A3	42.35	<b>95.34</b>	11.92
37	13	David Ashurst	A3	49.10	<b>109.58</b>	26.16
38		Paul Finch	A3	39.89	DSQ	
39	9	Joshua Baxter	A3	44.73	<b>97.65</b>	14.23
40	12	Finlay Thomas	A3	44.80	<b>99.47</b>	16.05
41	4	Phil Layton	A3	40.58	<b>90.04</b>	6.62
42	5	Ben Goodman	A3	41.73	<b>93.06</b>	9.64
740	10	Jack Thomas	A3	43.77	<b>97.95</b>	14.53
741	3	Andrew Layton	A3	38.61	<b>86.34</b>	2.92
742	8	Pete Goodman	A3	43.52	<b>97.60</b>	14.18

### A4

45	1	Henry Kim Shaw	A4	40.05	<b>90.43</b>	
46	2	Phil James	A4	41.49	<b>92.51</b>	2.08
47	4	Keith Forrest	A4	52.23	<b>111.73</b>	21.30
53	3	Alex Ward	A4	44.80	<b>100.16</b>	9.73

No	Rank	Name	Class	Inter 1	Time	Gap
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**AM**

48	1	Guy Staudt	AM	42.71	<b>92.96</b>	
49	2	Mark Chandler	AM	45.54	<b>100.47</b>	7.51

**B2**

50	4	Chris Bennett	B2	40.39	<b>89.33</b>	6.51
51	1	Conrad Holmes	B2	36.62	<b>82.82</b>	
52	3	Andrew O'Malley	B2	37.92	<b>87.04</b>	4.22
751	2	Patrick Holmes	B2	38.91	<b>86.50</b>	3.68

**B3**

54	3	Brian Gent	B3	47.06	<b>107.19</b>	20.14
55	4	Ian Linnard	B3	53.53	<b>118.89</b>	31.84
56	1	Adrian Clements	B3	39.06	<b>87.05</b>	
57	2	Gary Dawkins	B3	42.18	<b>93.15</b>	6.10

**BSC**

1	3	Pete Goulding	BSC	32.71	<b>72.77</b>	3.82
3	2	Steve Miles	BSC	32.13	<b>71.29</b>	2.34
4	5	John Loudon	BSC	33.87	<b>77.12</b>	8.17
8	6	Simon Wallis	BSC	38.06	<b>84.18</b>	15.23
10	7	Nicholas Scott	BSC	40.32	<b>88.32</b>	19.37
12	1	Chris Jones	BSC	30.99	<b>68.95</b>	
15	8	Graham Porrett	BSC	40.84	<b>88.57</b>	19.62
16	9	Steve Brown	BSC	36.26	<b>91.02</b>	22.07
17	10	Anthony Brown	BSC	46.19	<b>101.03</b>	32.08
18	4	Lloyd Bettinson	BSC	33.78	<b>75.02</b>	6.07

**C1**

59	1	Julian Harber	C1	44.05	<b>95.31</b>	
60	3	John Hawkins	C1	51.55	<b>114.82</b>	19.51
760	2	Jamie Hawkins	C1	44.76	<b>98.70</b>	3.39

**C2**

61	2	Nigel Smith	C2	42.30	<b>95.74</b>	2.98
62	1	Luke Ashley	C2	42.24	<b>92.76</b>	

No	Rank	Name	Class	Inter 1	Time	Gap
<b>C3</b>						
63		Alison Lock	C3		DNF	
64	4	Paul Meadows	C3	41.35	<b>90.51</b>	3.56
65	2	Rupert Ryall	C3	39.38	<b>88.44</b>	1.49
66	3	James Hunt	C3	40.53	<b>90.31</b>	3.36
67	6	Dave Mockford	C3	42.52	<b>94.38</b>	7.43
68	5	Stewart Rothwell	C3	42.35	<b>92.30</b>	5.35
768	1	Steve Baxter	C3	39.05	<b>86.95</b>	

<b>C4</b>						
69	2	Andrew Webber	C4	43.03	<b>96.01</b>	12.53
71	1	John Bradshaw	C4	38.29	<b>83.48</b>	

<b>D1</b>						
72	5	Paul Davies	D1	38.75	<b>93.62</b>	14.50
73	4	Huw Williams	D1	39.45	<b>85.49</b>	6.37
74	3	Luke Trotman	D1	35.04	<b>80.06</b>	0.94
75	2	Terry Brown	D1	36.35	<b>79.21</b>	0.09
76	6	Alan Dyke	D1	51.41	<b>109.55</b>	30.43
775	1	Angharad Williams	D1	35.77	<b>79.12</b>	

<b>D2</b>						
77	1	Martyn Ferris	D2	44.38	<b>96.86</b>	

<b>D3</b>						
78	1	Mike Mayne	D3	51.69	<b>111.09</b>	

<b>DMC</b>						
94	1	Derek Kessell	DMC	40.78	<b>89.82</b>	

<b>E1</b>						
107	1	Ben Bonfield	E1	34.68	<b>77.62</b>	
807	2	Tony Bonfield	E1	43.29	<b>93.70</b>	16.08

<b>E2</b>						
108	1	Fyrth Crosse	E2	40.85	<b>90.23</b>	

No	Rank	Name	Class	Inter 1	Time	Gap
109		Neil Gould	E2	35.92	DSQ	

**E3**

110		Simon Ashley	E3	33.58	DSQ	
111	1	Michael Froggett	E3	33.19	<b>73.64</b>	
811	2	Gary Buckingham	E3	33.54	<b>74.47</b>	0.83

**MX**

401	2	Ben Marshall	MX	39.00	<b>88.24</b>	0.36
402	3	Aaron Sharp	MX	39.42	<b>88.28</b>	0.40
403	1	Phil Oliver	MX	39.58	<b>87.88</b>	
407	4	Nick Angrave	MX	39.29	<b>88.53</b>	0.65
411	6	Rob Thomson	MX	40.20	<b>90.51</b>	2.63
419	9	Paul Sunshine	MX	41.73	<b>95.34</b>	7.46
420		Rob Fisher	MX	40.69	DSQ	
431	5	Chris Parr	MX	40.41	<b>90.26</b>	2.38
444	8	Steve Conner	MX	41.81	<b>94.85</b>	6.97
489	7	Huw Bowen	MX	40.71	<b>92.19</b>	4.31

**PM1**

79	1	Charles Hamar	PM1	41.46	<b>93.81</b>	
80	9	Chris Westwood	PM1	50.76	<b>112.03</b>	18.22
81	3	Jon Dobson	PM1	45.35	<b>98.97</b>	5.16
82	7	John Palmer	PM1	47.55	<b>105.99</b>	12.18
84	5	Keith Wilford	PM1	47.12	<b>104.26</b>	10.45
85	2	Phil Carver	PM1	44.36	<b>98.33</b>	4.52
86	6	Jane Millward	PM1	47.46	<b>105.18</b>	11.37
87	8	Philippa Dowell	PM1	49.25	<b>110.37</b>	16.56
786	4	Steve Millward	PM1	46.56	<b>100.30</b>	6.49
787		Chris Dowell	PM1	42.14	DSQ	

**PM2**

100	6	Paul Matty	PM2	44.78	<b>101.83</b>	21.17
102	4	Sarah Thorne	PM2	43.40	<b>96.21</b>	15.55
103	2	Malcolm Thorne	PM2	38.70	<b>87.75</b>	7.09
104	5	David Hampton	PM2	50.24	<b>98.62</b>	17.96
105	3	Stephen Palmer	PM2	41.18	<b>91.90</b>	11.24
106	1	Anthony Wallen	PM2	36.77	<b>80.66</b>	

**TR**

89	3	Shaun Roche	TR	45.01	<b>100.75</b>	12.22
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No	Rank	Name	Class	Inter 1	Time	Gap
90	1	Steve Small	TR	40.12	<b>88.53</b>	
91	5	Kevin Bryant	TR	47.80	<b>107.22</b>	18.69
92	2	Len Olds	TR	43.02	<b>94.33</b>	5.80
93	4	Neil Revington	TR	47.56	<b>105.68</b>	17.15