

Dragon Ride Wales 2010

190km GRAN FONDO			
Age Group	Gold	Silver	Bronze
Male	6.20	6.55	7.30
18-39			
Male	6.25	7.00	7.40
40-49			
Male	6.35	7.05	7.45
50-59			
Male	6.50	7.25	8.00
60 & over			
Female	6.50	7.25	8.00
18-39			
Female	7.10	7.40	8.15
40-49			
Female	7.15	7.50	8.30
50-59			
Female	7.30	8.00	8.55
60 & over			

130km MEDIO FONDO			
Age Group	Gold	Silver	Bronze
Male	4.50	5.15	5.40
18-39			
Male	4.55	5.20	5.45
40-49			
Male	5.00	5.25	5.50
50-59			
Male	5.10	5.35	6.00
60 & over			
Female	5.10	5.35	6.00
18-39			
Female	5.15	5.40	6.05
40-49			
Female	5.20	5.45	6.10
50-59			
Female	5.30	5.55	6.20
60 & over			

The above times are for guidance only. Certificates will not be issued for times achieved.

Medals will be awarded for the first 3000 finishers, irrespective of times. There is no differentiation between medals awarded.