

Pos- ition	Name	Time	Cate- gory	In Cat	Club	Pos- ition	Name	Time	Cate- gory	In Cat	Club
						81	Budd, M	46.37	MV45	7	Westbury Harriers
						82	Stokes, G	46.52	MV45	8	Britton Ferry
						83	Summers, P	46.54	MS	59	U/A
4	Magnell, A	39.59	MS	4	Luton A C	84	O'Brian, J	47.01	MV45	9	Felixtowe R R
5	Healey, M	40.04	MS	5	Llawerry Runners	85	Jenkins, P	47.04	MS	60	Newport Harriers
7	Davies, G	40.23	MS	6	Bridgend A C	86	Carzana, T	47.05	MV40	14	Pegasus R C
9	Edwards, J	40.37	MS	7	Bridgend A C	87	Milford, G	47.06	MV45	10	Pegasus R C
10	Brace, S	41.06	MS	8	Bridgend A C	88	Brown, A	47.07	MS	61	Gloucester A C
11	Vorse, S	41.07	MS	9	Newport Harriers	89	Streeter, D	47.09	MS	62	Horsham Blue Stars
12	Bennett, P	41.14	MS	10	Cardiff A C	90	Williams, M	47.11	MS	63	Griffithstown Harriers
13	Turner, K	41.17	MS	11	Newport Harriers	91	Ayoub, J	47.14	MV40	15	Brynna Runners
14	Crane, P	41.25	MS	12	Caerphilly R C	92	Clement, N	47.15	MS	64	Penarth & Dinas Runners
15	McGeoch, M	41.39	MS	13	Lee Croupiers	94	Gorden, J	47.20	MS	65	Caerphilly R C
16	Rhind, S	41.41	MS	14	Cardiff A C	95	Davies, G	47.28	MS	66	Brecon Bounders
17	Day, H	41.43	MS	15	Cardiff A C	96	Andrews, I	47.29	MS	67	U/A
18	Cable, C	41.48	MS	16	Bridgend A C	97	Kelly, M	47.31	MS	68	Crickhowell & Gilwern Harriers
19	Kibble, P	41.57	MS	17	Chippenham Harriers	98	Cooper, S	47.37	MS	69	Pontypridd R R
20	Elliott, S	42.14	MS	18	Bristol A C	99	Veale, G	47.45	MS	70	Caldicot R C
21	Davies, J	42.32	MS	19	N.R.C.A.	100	Reynolds, C	47.50	MV45	11	Lee Croupiers
22	Rainbird, D	42.42	MS	20	Club 69	101	Hughes, L	47.50	MV50	3	Invicta A C
23	Rowlands, M	42.43	MV45	2	Newport Harriers	102	Shreeve, P	47.50	MS	71	Fareham A C
24	Prescott, D	42.51	MS	21	Bridgend A C	103	Carter, N	47.51	MV45	12	Cardiff Triathletes
25	Rees, D	42.56	MS	22	Newport Harriers	104	Conlon, M	47.51	MV45	13	Ishwyn R C
26	Dunn, R	43.01	MS	23	Lee Croupiers	105	Parrett, K	47.51	MV40	16	Newport Harriers
27	Gribble, P	43.07	MS	24	Bridgend A C	106	Bridges, S	47.54	MS	72	Club 69
28	Thomas, P	43.14	MS	25	Swansea Harriers	107	Williams, K	47.54	MS	73	San Domenico
29	Davies, E	43.16	MV45	3	Cardiff A C	108	James, C	48.04	MV40	17	Heartbeat Wales
30	Davies, J	43.23	MS	26	Pegasus R C	109	Bennett, S	48.04	MV40	18	Caerphilly R C
31	Frapwell, C	43.25	MS	27	Omega R C	110	House, D	48.07	MS	74	Pegasus R C
32	Parker, S	43.45	MS	28	Yate and District	111	Cummins, J	48.10	MS	75	San Domenico
33	Johnson, S	43.46	MV40	2	Lee Croupiers	112	Gittings, G	48.10	MS	76	Caerphilly R C
34	Morgan, M	43.48	MS	29	Bridgend A C	113	Davies, G	48.13	MV45	14	Sospen R R
35	McGuinness, B	43.54	MS	30	Pegasus R C	114	James, N	48.13	MV40	19	Newport Harriers
36	Jones, W	43.58	MS	31	R.V.A.C	115	Short, S	48.13	MS	77	Bridgend A C
37	Hall, A	43.59	MS	32	Bridgend A C	116	Sullivan, P	48.16	MS	78	Pegasus R C
38	Weston, D	44.05	MV40	3	Newport Harriers	117	Bolwell, P	48.20	MS	79	Newport Harriers
41	Stevens, R	44.12	MV40	4	Club 69	118	Price, S	48.24	MV40	20	San Domenico
42	Widdison, P	44.12	MV40	5	Caerphilly R C	119	Harwood, J	48.27	MS	80	San Domenico
43	Gwilym, P	44.16	MS	33	Brecon Bounders	120	Townsend, W	48.27	MS	81	U/A
44	Cowan, M	44.24	MS	34	Dairy Thistle	121	Fox, D	48.32	MS	82	Bridgend A C
45	White, T	44.26	MS	35	Griffithstown Harriers	122	Lloyd, G	48.43	MS	83	Pontypridd R R
46	Davies, E	44.30	MV40	6	R.V.A.C	123	Brown, G	48.45	MV50	4	Dursley & District
47	Box, D	44.32	MS	36	Clevedon A C	124	Medcraft, K	48.48	MV40	21	Rhondda Valley Runners
48	Anderson, M	44.33	MS	37	Pensey Vale A C	125	Jenkins, P	48.48	MS	84	U/A
49	Miles, P	44.38	MV40	7	Club 69	126	Rees, M	48.48	MV40	22	Rhondda Valley Runners
50	Evans, G	44.42	MS	38	Beddau A C	127	Davies, C	48.53	MS	85	San Domenico
51	Gwilym, L	44.45	MS	39	Bleanavan Joggers	128	Diggle, M	48.54	MV40	23	Club 69
52	James, W	44.48	MS	40	Mercury	129	Moitea, R	49.01	MV45	15	Lee Croupiers
53	Clayton, H	44.48	MV50	2	Bristol A C	130	Westhead, K	49.07	MS	86	U/A
54	Hapgood, S	44.59	MS	41	Griffithstown Harriers	131	Worley, B	49.16	MV40	24	Pontypridd R R
55	Price, D	45.02	MS	42	Rhymney Valley A C	132	Barclay, J	49.20	MS	87	Pontypridd R R
56	Eddy, M	45.02	MS	43	U/A	133	Broughton, M	49.22	MV45	16	Westbury Harriers
57	Barry, T	45.02	MV40	8	Newport Harriers	134	Baldwin, R	49.24	MV50	5	R.V.A.C
58	Morris, R	45.14	MV40	9	San Domenico	135	Davies, A	49.32	MS	88	Pontypridd R R
59	Davies, K	45.17	MS	44	Newport Harriers	136	Learoyd, M	49.32	MS	89	Penarth & Dinas Runners
60	Ellis, P	45.23	MS	45	Lee Croupiers	137	Wilson, J	49.33	MS	90	Penarth & Dinas Runners
61	Morgan, R	45.24	MV45	4	Newport Harriers	138	Goodger, K	49.33	MV40	25	Newport Harriers
62	Hanson, J	45.30	MS	46	Beddau A C	139	Cox, M	49.35	MV40	26	Griffithstown Harriers
63	Hennings, K	45.40	MS	47	San Domenico	140	Hamer, T	49.37	MS	91	Barry and Vale
64	Murphy, P	45.49	MS	48	Club 69	141	Wotton, R	49.38	MV40	27	Great Western Runners
65	Emes, S	45.54	MS	49	Pegasus R C	142	Russell, D	49.42	MS	92	Monmouth A C
66	Cleasold, M	45.58	MS	50	UNAT	143	Thomas, W	49.42	MS	93	Newport Harriers
67	Balgent, P	45.58	MS	51	Yeovil & Town R R	144	Holder, P	49.43	MS	94	Cardiff H/Quinns
68	Caulfield, R	45.58	MS	52	Penarth & Dinas Runners	145	Fisher, D	49.55	MV50	8	Newport Harriers
69	Evans, L	45.58	MV40	10	Club 69	146	Moss, K	50.01	MS	95	Penarth & Dinas Runners
70	Jefferies, T	45.58	MV45	5	Yate and District	147	Hourihan, M	50.03	MS	96	Merthyr R C
71	Casebeard, P	45.59	MS	53	U/A	148	Chapman, G	50.03	MV50	7	Heartbeat Wales
72	Jones, G	45.59	MV40	11	Caldicot R C	149	Roberck, J	50.10	MV40	28	Newport Harriers
73	Walsh, D	46.06	MV45	6	Lee Croupiers	150	Pearce, R	50.12	MV40	29	Pensey Vale R C
74	Evans, H	46.10	MS	54	Cardiff A C	152	Moore, A	50.12	MS	97	San Domenico
75	Davies, G	46.13	MS	55	Club 69	153	Edwards, N	50.16	MS	98	U/A
76	Sauter, S	46.23	MS	56	Rhondda Valley Runners	154	Hyatt, G	50.19	MV40	30	Barry and Vale
77	Stokes, V	46.24	MS	57	Newport Harriers	155	Lawless, S	50.22	MV40	31	Newport Harriers
78	Coombes, C	46.26	MV40	12	Beddau A C	156	Raymond, A	50.27	MS	99	U/A
79	Sheenan, A	46.30	MV40	13	Newport Harriers	157	Day, C	50.27	MS	100	Beddau A C
80	Roberts, M	46.30	MS	58	Cardiff Triathletes	158	Stone, M	50.30	MS	101	Caerphilly R C
						159	Price, K	50.30	MV40	32	R.V.A.C
						160	Smith, S	50.38	MV40	33	Newport Harriers

Pos- tion	Name	Time	Cate- gory	In Cat	Club	Pos- tion	Name	Time	Cate- gory	In Cat	Club
161	Thomas, R	50.39	MS	102	Newport Harriers	241	Clarke, W	54.09	MV40	54	Islwyn R C
162	Bullimore, G	50.45	MV50	8	Newport Harriers	242	Rees, D	54.12	MV45	22	Beddau A C
163	Jenkins, W	50.52	MV40	34	Newport Harriers	243	Harvey, L	54.14	MS	136	Penarth & Dinas Runners
164	Mills, J	50.55	MS	103	San Domenico	244	Davies, B	54.15	MS	137	Monmouth A C
165	Fettah, A	50.56	MS	104	U/A	245	Adamec, P	54.22	MS	138	Barry and Vale
166	Watson, J	51.03	MS	106	Great Western Runners	246	Lloyd, C	54.25	MV50	19	Griffithstown Harriers
167	Jones, E	51.05	MV40	35	Pontypridd R R	247	Lewis, C	54.34	MS	139	U/A
168	Braham, R	51.06	MS	106	Bleanavon Joggers	248	Virgin, R	54.43	MV45	23	Cardiff H/Quinns
169	Whitfield, K	51.08	MS	107	Penarth & Dinas Runners	249	Newling, P	54.44	MV40	55	U/A
170	Davies, M	51.10	MS	108	Pontypridd R R	250	Beynon, A	54.45	MS	140	Ford Bridgend
172	Hodkins, M	51.17	MS	109	U/A	251	Tattersall, M	54.46	MV50	20	Neath Harriers
173	Johnson, A	51.28	MV50	9	Griffithstown Harriers	252	Sutton, M	54.46	MS	141	Gwent Police
174	Renshaw, A	51.30	MV40	36	Thornbury R C	253	Milne, I	54.46	MV45	24	Swansea Harriers
175	Chapman, J	51.30	MV45	17	Pegasus R C	254	Paterson, D	54.51	MV40	56	U/A
176	Archer, D	51.30	MV45	18	U/A	255	Brownsey, B	54.59	MV50	21	Cardiff A C
177	Davis, W	51.34	MS	110	San Domenico	256	Vincent, M	55.03	MS	142	U/A
178	Haslam, K	51.37	MV40	37	U/A	257	Lock, S	55.09	MS	143	Penarth & Dinas Runners
179	Cooksey, C	51.38	MV45	19	Club 69	258	Andrews, N	55.13	MS	144	U/A
180	Hallett, A	51.39	MV40	38	Pontypridd R R	259	Woods, T	55.13	MV60	2	Risca R R
181	Butler, S	51.46	MS	111	Brynna Runners	260	Wesley, S	55.14	MS	145	Rhondda Valley Runners
182	Abbot, J	51.48	MV40	39	Newport Harriers	261	Scott, D	55.20	MS	146	Rhondda Valley Runners
183	Thomas, D	51.48	MV40	40	Penarth & Dinas Runners	262	Edwards, H	55.20	MS	147	Rhondda Valley Runners
185	Griffiths, J	51.59	MS	112	Cardiff Triathletes	263	Fettah, L	55.20	MS	148	Cardiff A C
186	Savage, W	52.00	MV40	41	Chepstow Harriers	264	Rugman, D	55.22	MV40	57	Thornbury R C
187	Gore, T	52.03	MS	113	Pegasus R C	265	Wheeler, S	55.24	MV50	22	Chepstow Harriers
188	Grandin, T	52.03	MS	114	Bargoed	266	Twose, R	55.27	MS	149	Ceerpilly R C
189	Davison, S	52.05	MV45	20	San Domenico	267	Brown, G	55.29	MS	150	U/A
190	Hughes, L	52.11	MV40	42	Mercury	268	Hancock, M	55.32	MS	151	Wyvern Road Runners
191	Hallwell, M	52.14	MS	115	Risca R R	269	Edwards, T	55.33	MS	152	Ford Bridgend
192	Bailey, M	52.15	MV40	43	San Domenico	270	Adkins, S	55.33	MV40	4	Griffithstown Harriers
194	Poole, S	52.23	MS	116	U/A	271	Weeks, S	55.33	MV50	23	San Domenico
195	Dunn, C	52.32	MS	117	Great Western Runners	272	Williamson, N	55.33	MV50	24	Bleanavon Joggers
196	Toon, R	52.34	MV40	44	Chepstow Harriers	273	Loving, A	55.35	WS	8	Nallaea R C
197	Baldwin, M	52.35	MV40	45	Islwyn R C	274	Parker, L	55.44	MV45	25	U/A
198	Wallis, M	52.35	MV50	10	Penarth & Dinas Runners	275	Suhuy, G	55.49	MV50	3	Newport Harriers
199	Browning, D	52.35	MV50	11	R.R.R.	276	Harper, C	56.05	MV35	2	Risca R R
200	Pask, J	52.39	MV50	12	R.V.A.C	277	Jenkins, R	56.10	MS	153	Fairwater Runners
201	Lowther, K	52.41	MS	118	San Domenico	278	Smart, D	56.10	MV50	25	Peterson Super Ely A C
202	Welsh, G	52.43	MS	119	Rhondda Valley Runners	279	Brown, R	56.10	MV40	58	Sheen Shufflers
203	Jones, G	52.43	MV40	46	Club 69	280	Perry, N	56.16	MS	154	U/A
204	Hancock, B	52.43	MV40	47	Newport Harriers	281	Gibbs, C	56.18	MV40	59	Somer A C
205	Lemmer, J	52.46	MV40	48	Cardiff A C	282	Woods, S	56.21	WS	9	Griffithstown Harriers
206	Barker, N	52.46	MS	120	Wyvern Road Runners	283	Dranitt, D	56.23	MV45	26	Pensey Vale A C
207	Argent, A	52.46	MS	121	U/A	284	Barker, J	56.26	MV45	27	Swindon R R
208	Albutt, B	52.50	MS	122	AAA	285	Lovell, G	56.26	MV50	28	Kingswood Tri Club
209	Reynolds, R	52.50	MV50	13	Post Office R C	286	Dunn, K	56.33	MV40	60	U/A
210	Ruck, T	52.52	MV50	14	U/A	287	Keogan, P	56.35	MV40	61	Westbury Harriers
211	Knox, C	52.56	WS	4	Penarth & Dinas Runners	288	Collins, P	56.35	MS	155	U/A
212	Jenkins, C	52.58	MS	123	Barry and Vale	289	Green, L	56.53	MV60	4	Midlands Vets
213	Harnett, M	53.00	MV50	15	Fairwater Runners	290	Antell, D	56.55	MV40	62	U/A
214	Roberts, M	53.00	MV40	49	Clevedon A C	291	Jones, R	56.55	MS	156	U/A
215	Symonds, S	53.02	MV40	2	Monmouth A C	292	Ryan, S	56.56	MV40	63	Post Office R C
216	Thomas, J	53.02	MS	124	Newport Harriers	293	White, C	57.12	MV40	64	M.G.A.
217	Mathews, P	53.08	MS	125	U/A	294	McCarthy, A	57.14	MS	157	Post Office R C
218	O'Keefe, G	53.08	MS	126	Reebok R C	295	John, S	57.17	MS	158	U/A
219	Howells, G	53.11	MS	127	Rhymney Valley A C	296	Smith, J	57.22	MV50	27	U/A
220	Farnham, M	53.15	MV50	18	Lee Croupiers	297	Crooks, J	57.25	MV35	3	Great Western Runners
221	Evans, T	53.15	MS	128	Pontypridd R R	298	Bajada, W	57.26	MS	159	U/A
222	Duncombe, A	53.16	MS	129	U/A	299	Edwards, N	57.32	MS	160	Cardiff Triathletes
223	Ward, K	53.19	MV40	50	Penarth & Dinas Runners	300	Harper, D	57.35	MV50	28	R.V.A.C
224	Meredith, E	53.22	MV45	21	Bleanavon Joggers	301	Nurden, R	57.36	MS	161	Chepstow Harriers
225	Jones, C	53.22	MS	130	U/A	302	Graham, M	57.39	MS	162	Cardiff H/Quinns
226	Jones, C	53.25	WS	5	Camarthen Harriers	303	Robson, M	57.42	MS	163	San Domenico
227	Waite, J	53.25	WS	6	Bleanavon Joggers	304	Edwards, M	57.43	MS	164	U/A
229	Owen, E	53.36	MV50	17	Cornelly Striders	305	Davies, P	57.44	MS	165	U/A
230	Smart, J	53.45	MV40	3	Peterson Super Ely A C	306	Moore, K	57.50	MS	166	Gwent Police
231	Pope, G	53.46	MS	131	Bargoed	307	Jones, C	57.53	MS	167	Bracon Bounders
232	Webb, T	53.50	MV40	51	Pegasus R C	308	Carter, M	57.53	MV35	4	Penarth & Dinas Runners
233	Sell, M	53.54	MS	132	Thornbury R C	309	Harris, A	57.54	MV40	65	U/A
234	Horsfield, C	53.56	MV50	18	Newport Harriers	310	Tovey, C	57.58	MV45	28	Thornbury R C
235	Evans, M	53.59	MV40	52	Risca R R	311	Smith, J	58.03	MV40	5	Monmouth A C
236	Carhill, P	54.00	MS	133	U/A	312	Stone, D	58.03	MS	168	Penarth & Dinas Runners
237	Lewis, J	54.03	MS	134	Cardiff Triathletes	313	Fencott, P	58.07	MS	169	U/A
238	Pycroft, D	54.03	WS	7	Barry and Vale	314	Pope, M	58.09	MS	170	U/A
239	Treavor, S	54.09	MS	135	U/A	315	Osbourne, J	58.13	MV50	29	Newport Harriers
240	Morgan, B	54.09	MV40	53	Club 69	316	Rodgers, P	58.14	MV45	29	Southern Counties Vets
						317	Berry, G	58.15	MV50	30	U/A
						318	Thomas, D	58.19	MV45	30	Alfa R C
						319	Pugh, L	58.19	MV45	31	Bleanavon Joggers
						320	Ball, D	58.21	MS	171	U/A

Pos- ition	Name	Time	Cate- gory	In Cat	Club
321	Ambler, G	58.27	WS	10	San Domenico
322	Press, P	58.31	MS	172	Wyvern Road Runners
323	Woodfield, M	58.47	MS	173	Penarth & Dinas Runners
324	Martin, K	58.47	WS	11	Penarth & Dinas Runners
325	John, D	58.53	MV40	66	Alfa R C
326	Duncombe, B	58.55	MV50	31	U/A
327	Tovey, A	58.55	MS	174	San Domenico
328	Rowson, M	58.59	WV40	6	Les Croupiers
329	Lloyd, P	58.09	MS	175	Beddau A C
330	Kilbourne, S	59.28	MS	176	U/A
331	Townsend, C	59.27	MS	177	Forest of Dean
332	Punter, J	59.31	MS	178	Mercury
333	Saunders, R	59.31	MV40	67	U/A
334	Harris, D	59.31	MS	179	U/A
335	Turner, A	59.35	MS	180	U/A
336	Glover, R	59.35	MS	181	Glamorgan Police
337	Hodges, F	59.38	MV50	32	Brecon Bounders
338	Hinchcliffe, B	59.45	MS	182	U/A
339	Hann, G J	59.48	MV45	32	U/A
340	Davies, R	59.48	MV45	33	Gwent Police
341	Williams, D	59.48	MV40	68	Gwent Police
342	Cecpo, J	60.07	MV45	34	Abertillery Ach.
343	Sullivan, B	60.12	MV50	33	U/A
344	Ng, J	60.12	MV40	69	Gwent Police
345	Duffin, R	60.15	MV45	35	West Mid Police
346	Brierley, B	60.17	MV50	5	Camarthen Harriers
347	Taylor, B	60.28	MV45	36	Cardiff A C
348	Miller, B	60.35	MS	183	Caerphilly R C
349	Thomas, G	60.40	MV50	34	Caerphilly R C
350	Burke, G	60.55	MV45	37	Cardiff H/Quinns
351	Lame, T	61.00	MV50	35	Cardiff H/Quinns
352	Brolan, S	61.02	WS	12	Angela R C
353	Webb, C	61.29	MV40	70	Warminster
354	Thomas, R	61.37	MS	184	U/A
355	David, S	61.43	MS	185	Caerphilly R C
356	Tasker, S	61.50	MV40	71	U/A
357	Richards, G	62.08	WV35	5	Penarth & Dinas Runners
358	McGlynn, P	62.12	MS	186	Alfa R C
359	Davies, C	63.03	MS	187	Monmouth A C
360	Whitfield, A	63.08	WS	13	Penarth & Dinas Runners
361	Thomas, A	63.16	MV50	36	Les Croupiers
362	Bradshaw, A	63.18	MS	188	U/A
363	Phillips, D	63.20	MS	189	Monmouth A C
364	Nair, S	63.23	MV40	72	U/A
365	James, I	63.30	MS	190	U/A
366	Spicer, A	63.31	MV60	6	Great Western Runners
367	Gwilym, L	63.32	MV40	73	U/A
368	Edwards, G	63.33	WS	14	Les Croupiers
369	Fenn, S	63.35	MS	191	Gwent Police
370	Price, R	63.38	MS	192	Gwent Police
371	Watson, I	63.39	MS	193	Serpentine R C
372	Lewis, R	63.48	MV40	74	Penarth & Dinas Runners
373	Topping, C	64.02	MS	194	Mercury
374	West, L	64.08	WV35	6	Falwater Runners
375	Griffiths, E	64.13	MV45	38	Neath Harriers
376	Scott, I	64.19	MS	195	U/A
377	Newling, G	64.26	MV45	39	Newport Harriers
378	Campbell, G	64.38	MS	196	San Domenico
379	Williams, C	64.41	MS	197	U/A
380	Webster, A	64.42	MV40	75	U/A
381	Baker, L	64.44	WV40	7	San Domenico
382	Case, M	64.51	MS	198	U/A
383	Plumpton, A	65.08	WS	15	Bitton Ferry R R
384	Jones, B G	65.37	MV45	40	U/A
385	Thomas, D	66.05	MS	199	U/A
386	Adamec, R	66.08	MS	200	U/A
387	Buckland, D	66.20	MS	201	San Domenico
388	Tanner, C	66.24	WS	16	Griffithstown Harriers
389	Morley, G	66.25	MS	202	U/A
390	Hales, R	66.32	MV45	41	U/A
391	Williams, G	66.38	MV60	7	Llanelli
392	Nicholson, P	66.51	MV40	76	Peterson Super Ely A C
393	Davies, C	66.52	MS	203	Peterson Super Ely A C
394	Alegneui, P	67.33	WS	17	Ridgeway Striders
395	Townsend, D	67.37	MV50	37	Forest of Dean
396	Paige, S	67.38	WV35	7	Ridgeway Striders
397	Meredith, K	67.40	MV40	77	U/A
398	Thomas, D	67.52	MV45	42	U/A
399	Benham, B	68.01	MV45	43	Islwyn R C
400	Williams, L	68.05	WS	18	San Domenico

Pos- ition	Name	Time	Cate- gory	In Cat	Club
401	Driscoll, J	69.12	WV40	8	Peterson Super Ely A C
402	Tomson, C	69.18	MV50	38	Rhondda Valley Runners
403	Davies, B	69.20	MS	204	U/A
404	Smith, I	69.20	MS	205	U/A
405	Notman, T	69.24	MV50	39	Mercury
406	Notman, A	69.25	WV35	8	Mercury
407	Rudd, S	69.30	WS	19	San Domenico
408	Thomas, K	69.51	WS	20	U/A
409	Boyd, A	70.16	WV40	9	U/A
410	Groves, R	70.19	MV50	40	U/A
411	Hill, R	71.26	WV40	10	Monmouth A C
412	Toon, L	71.28	WV40	11	Chapstow Harriers
413	Rees, C	71.47	MS	206	Gwent Police
414	Lewis, P	72.26	WV45	2	Penarth & Dinas Runners
415	Morey, D	72.53	MV40	78	U/A
416	Swales, A	72.53	MV60	8	Rechem
417	Beray, D	73.50	MV40	79	U/A
418	Clement, J	74.18	WS	21	Penarth & Dinas Runners
419	Stalley, I	74.42	WV45	3	Llanelli
420	John, P	75.36	WV45	4	Llanelli
421	Morgan, D	76.13	WS	22	Penarth & Dinas Runners
422	Press, L	76.13	WV35	9	Wyvern Road Runners
423	Wilkinson, G	76.17	MV45	44	Swindon R R
424	James, J	77.18	WS	23	U/A
425	Huck, J	77.18	WV35	10	U/A

Men					
1	Bridgend AC	38.37	MS	2	Newhams, G
		40.23	MS		Davies, G
		40.37	MS		9 Edwards, J
2	Newport Harriers	41.06	MS	10	Brace, S
		41.07	MS		Vores, S
		41.17	MS		13 Turner, K
		42.43	MV45		23 Rowlands, M
3	Cardiff AC	42.56	MS	25	Rees, D
		41.14	MS		12 Bennet, P
		41.41	MS		16 Rhind, S
		41.43	MS		17 Day, H
		43.16	MV45		29 Davies, E
Women					
1	Penarth & Dinas Runners	52.56	WS	211	Knox, C
		57.53	WV35		308 Carter, M
		58.47	WS		324 Martin, K
2	Les Croupiers	51.50	WV40	184	Neal, S
		58.59	WV40		328 Rowson, M
		63.33	WS	368	Edwards, G