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Pos	Name	Cat	Club	Time
1	Richard Gardiner	M33	Cardiff	31:02
2	Marc Hobbs	M24	Swansea	31:26
3	Alun Vaughan	M27	Eryri	31:55
4	Sullivan Smith	M30	Swansea	32:10
5	Gwyn Owen	M30	Eryri	32:16
6	Alex Donald	M26	Cardiff	32:20
7	Martin Rees	M53	Neath	32:34
8	Daniel Gurmin	M26	Swansea	32:42
9	Lee Aherne	M40	Club 69	33:33
10	Luke Northall	M22	Tipton	33:40
11	Stephen Patterson	M28	Pegasus	33:44
12	Steve Davies	M22	Swansea	33:47
13	Peter Coles	M44	Pontypridd	33:54
14	Andrea Whitcombe	F35	Harrow	34:12
15	Simon Wilson	M40	U/A	34:13
16	Gareth Jones	M29	3Ms Gorseinon	34:14
17	Paul Griffiths	M39	Neath	34:17
18	Richard Bullen	M46	Les Croupiers	34:20
19	Brendan Rothery	M28	Eryri	34:31
20	Rob Atkin	M26	Bridgend	34:34
21	Alun Wood	M38	Bridgend	34:41
22	Guy Smith	M17	Neath	34:59
23	Rick Velat	M28	Swansea	35:00
24	Gareth Williams	M38	Vale Royal	35:12
25	John Williams	M30	Swansea	35:22
26	Steve Jones	M28	Bridgend	35:34
27	Paul Talbot	M39	Neath	35:37
28	Chris Parker	M41	Swansea	35:40
29	Owain Lewis	M39	U/A	35:48
30	Joe Thomas	M28	Bridgend	36:08
31	Darren Blazier	M34	North Wales	36:28
32	Alan Davies	M54	U/A	36:29
33	James O'Callaghan	M36	U/A	36:31
34	Matthew Parkes	M19	Bridgend	36:32
35	Daniel Thomas	M17	Llanelli	36:35
36	Lisa Nordon	F22	Ryssbergets	36:40
37	Mick McGeoch	M51	Les Croupiers	36:47

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Pos	Name	Cat	Club	Time
38	Non Stanford	F18	Swansea	36:53
39	Gareth Battle	M32	Rhondda Tri	36:58
40	Owain Jones	M33	U/A	37:00
41	Peter Davies	M53	Bridgend	37:18
42	Peter Morris	M42	Tiverton	37:28
43	Ruth Pickvance	F45	Les Croupiers	37:34
44	Mark Reynolds	M36	Neath	37:45
45	Gareth Green	M29	U/A	37:46
46	Garry Irving	M47	Swansea	37:46
47	Dee Buchanan	M28	U/A	37:49
48	Martin Webborn	M45	Swansea	37:56
49	Ann-Marie Hutchison	F29	Neath	38:02
50	Andrew Reynolds	M24	Neath	38:06
51	Dinah Cheverton	F41	Tamar Trotters	38:10
52	Robert Bamsey	M52	Neath	38:18
53	Howard Carpenter	M53	Neath	38:26
54	Neil Davies	M48	Cornelly Striders	38:28
55	Richard Jones	M48	Swansea	38:31
56	Ann Thomas	F39	TROTS	38:32
57	Mike Lewis	M40	U/A	38:35
58	Clem Clement	M47	Penarth & Dinas	38:39
59	David Crowley	M25	Port Talbot	38:42
60	Rhys Jones	M16	Neath	38:44
61	Clive Davies	M46	Sospan	38:54
62	Steven Wilkinson	M42	Port Talbot	38:55
63	Mathew John	M16	Neath	39:00
64	Gareth Ayres	M23	Port Talbot	39:04
65	Terissa Maddison	F65	U/A	39:06
66	Marilyn Kitching	F38	Tattenhall	39:13
67	Charles Walsh	M32	Port Talbot	39:21
68	Steve Coupe	M57	Sospan	39:30
69	Andy Davies	M43	Pontypridd	39:35
70	Keith Powell	M54	Cornelly Striders	39:40
71	Scott Evans	M30	Sospan	39:45
72	Steve Brace	M45	Bridgend	39:48
73	Anthony Powell	M37	Brackla	39:50
74	Rhodri Harris	M15	Neath	39:50

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Pos	Name	Cat	Club	Time
75	Clare Phillips	F37	Swansea	40:00
76	Frances Gill	F47	Neath	40:06
77	Wayne James	M47	Bridgend	40:08
78	Christopher Lynsey	M38	Viscan Exiles	40:13
79	Andrew Thomas	M41	Sospan	40:15
80	Alan Walton	M37	San Domenico	40:20
81	Stephen Williams	M48	Neath	40:23
82	Graham Colvin	M43	3Ms Gorseinon	40:25
83	Peter Spriggs	M34	Swansea	40:30
84	Rhian Roxburgh	M32	Colwyn Bay	40:35
85	Leighton Gardner	M40	Swansea	40:40
86	Dave Hughes	M40	Bridgend	40:43
87	Martin George	M30	Sospan	40:47
88	Jeff Thomas	M40	Bridgend	40:50
89	Mark Nelson	M42	U/A	40:53
90	Ivan Teed	M29	U/A	41:00
91	Grant Davies	M32	U/A	41:15
92	Leslie Chapman	M58	Amman Valley	41:20
93	Carl Ellis	M31	Port Talbot	41:26
94	Alan Perkins	M56	Port Talbot	41:30
95	David Proud	M39	Les Croupiers	41:31
96	Tony Holling	M51	Port Talbot	41:32
97	Richard Hayes	M31	U/A	41:37
98	Michael Evans	M46	Neath	41:39
99	Jonathon Kersting	M68	Swansea	41:47
100	Geraint Jenkins	M34	U/A	41:50

## 101 - 110

Pos	Name	Cat	Club	Time
101	Ingrid Taylor	F37	3Ms Gorseinon	41:51
102	Michael Curran	M25	U/A	41:54
103	Dawn Kenwright	M51	Sarn Helen	41:56
104	Chris Fulcher	M39	Port Talbot	42:06
105	Michael Davies	M56	Les Croupiers	42:10
106	Adrian Weaver	M29	Port Talbot	42:11
107	Sean Treloar	M39	U/A	42:20
108	Stephen Owen	M49	Les Croupiers	42:21
109	Colin Rees	M39	U/A	42:22

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Pos	Name	Cat	Club	Time
110	Peter Short	M54	Forest Of Dean	42:23
139	Steve Martin	M44	Baglan Gladiators	44:11
153	Sian Phillips	F45	Swansea Harriers	45:34
189	Andrew Rothwell	M45	U/A	48:53
197	Mario Rabaiotti	M43	Baglan Gladiators	49:36
270	Andrew Wanklyn	M43	U/A	56.54