

Senior Men (5 Miles Cross Country)

- 1 Marc Hobbs (MMTG) 25.43
- 2 Lewys Hobbs (MMTG) 25.51
- 3 Daniel Gurmin (MMTG) 26.49
- 4 Oliver Howton (MMTG) 27.08
- 5 Phil Crane (Neath Black Tuesday) 27.44 (V45)
- 6 Alex Lewis (MMTG) 27.52
- 7 Gareth Jones (3M's Gorseinon R.R.) 27.55
- 8 Paul Richards (Neath Harriers) 28.01 (V40)
- 9 Paul Talbot (Neath Black Tuesday) 28.29 (V40)
- 10 Simon Wilson (MMTG) 28.42 (V40)
- 11 Andrew Reynolds (Neath Black Tuesday) 29.48
- 12 Kevin Lewis (Neath Black Tuesday) 29.53 (V45)
- 13 Stephen Richards (Univ of Wales Swansea) 30.03
- 14 Aaron Jones (Swansea Harriers Veterans) 30.07
- 15 Rhys Jones (Neath Jaguars) 30.13 (U20)
- 16 Daniel Harris (Corus) 30.16
- 17 Mark Reynolds (Neath Black Tuesday) 30.19
- 18 Peter Crane (Neath Black Tuesday) 30.23 (V45)
- 19 Aled Anderson (3M's Gorseinon R.R.) 30.29 (U20)
- 20 Steve Williams (Neath Black Tuesday) 30.47 (V45)
- 21 Gary Irving (Land Registry) 30.51 (V45)
- 22 Chris Driscoll (Neath Jaguars) 30.53 (U20)
- 23 Adrian Weaver (Port Talbot Harriers & A.C.) 30.55
- 24 Gareth Petts (Univ of Wales Swansea) 31.03
- 25 Ceri Lewis (Swansea Harriers A.C.) 31.13 (U20)
- 26 Howard Carpenter (Neath Black Tuesday) 31.21 (V50)
- 27 Charles Walsh (Corus) 31.25
- 28 Kieran McKintosh (Port Talbot Harriers & A.C.) 31.30 (U20)
- 29 Chustoph Peischl (Univ of Wales Swansea) 31.31
- 30 David Crane (Neath Black Tuesday) 31.33 (V45)
- 31 Tim James (Guest) 31.35
- 32 Steve Ousley (Guest) 31.35
- 33 Chris Fulcher (Port Talbot Harriers Veterans) 31.36 (V40)
- 34 Andrew Jenkins (Corus) 31.37 (V45)
- 35 David Davies (Neath Jaguars) 31.38 (V55)
- 36 Neil Davies (Cornelly Striders A.C.) 31.49 (V45)
- 37 Peter Watkeys (Univ of Wales Swansea) 31.58
- 38 Nigel Barnes (Port Talbot Harriers Veterans) 32.13 (V40)
- 39 Rhodri Harris (Neath Jaguars) 32.18 (U20)
- 40 Kevin Taylor (Amman Valley Harriers) 32.29 (V45)
- 41 Nigel Francisco (Team Wecori) 32.57 (V40)
- 42 Gareth Ayres (Port Talbot Harriers & A.C.) 33.13
- 43 Dean Hardie (3M's Gorseinon R.R.) 33.20 (V45)
- 44 Kristian Evans (Univ of Wales Swansea) 33.27
- 45 Chris Rees (Team Wecori) 33.35
- 46 Alan Perkins (Port Talbot Harriers Veterans) 34.21 (V55)
- 47 Uku Kumari (Swansea Harriers Veterans) 34.27 (V55)
- 48 Andrew Brown (Land Registry) 34.33 (V40)
- 49 Jason Statham (Land Registry) 34.35

50 Les Chapman (Amman Valley Harriers) 34.45 (V55)
 51 Neal Harris (Neath Black Tuesday) 34.47 (V45)
 52 Mike Evans (Neath Black Tuesday) 34.59 (V45)
 53 Peter Turner (Cornelly Striders A.C.) 35.03 (V55)
 54 Rob Fowler (Amman Valley Harriers) 35.21 (V60)
 55 Dean Webster (3M's Gorseinon R.R.) 35.31
 56 Mike Halsall (Guest) 35.40
 Position Name Team Time Category
 57 Steve Hames (Neath Black Tuesday) 35.43 (V45)
 58 James Padfield (Univ of Wales Swansea) 35.53
 59 Matthew Williams (Team Wecori) 36.00
 60 Huw Battenbo (Univ of Wales Swansea) 36.01
 61 John Collins (Swansea Harriers Veterans) 36.03 (V70)
 62 Gerald Grey (Team Wecori) 36.13 (V50)
 63 Paul Davies (Land Registry) 36.24 (V40)
 64 Steve Bendle (3M's Gorseinon R.R.) 36.38 (V40)
 65 John Poston (Swansea Harriers Veterans) 36.45 (V60)
 66 Chris Sexton (Guest) 37.03 (V40)
 67 John Preston (Corus) 37.19 (V40)
 68 Arfon Rees (Team Wecori) 37.48
 69 Johannes Nevinayev (Univ of Wales Swansea) 37.50
 70 Gary Waters (Swansea Harriers Veterans) 38.10 (V55)
 71 Geraint Jenkins (Amman Valley Harriers) 38.37 (V40)
 72 Bob Gardner (Team Wecori) 38.59 (V45)
 73 Glyn Williams (3M's Gorseinon R.R.) 39.32 (V60)
 74 Simon Pinner (Team Wecori) 39.38 (V50)
 75 Ken Davies (Team Wecori) 40.02 (V45)
 76 Steve Press (Team Wecori) 40.08 (V40)
 77 John Ayres (Port Talbot Harriers Veterans) 40.17 (V50)
 78 John Davies (Port Talbot Harriers Veterans) 40.26 (V55)
 79 Ian Swanson (Port Talbot Harriers Veterans) 41.45 (V55)
 80 Malcolm Bullough (Univ of Wales Swansea) 43.35 (V45)
 81 Neil Samuel (Corus) 44.05 (V50)
 82 Russell Pullen (Neath Black Tuesday) 45.07 (V60)
 83 Tony Holling (Port Talbot Harriers Veterans) 47.13 (V50)

83 Ran

Senior Ladies (2.75 Miles Cross Country)

1 Leah Dixon (Neath Harriers) 16.17 (U20)
 2 Tasha Sexton (Guest) 16.55
 3 Ingrid Taylor (3M's Gorseinon R.R.) 17.50 (F35)
 4 Eryllois Davies (Team Wecori) 18.15
 5 Kimberley Bates (Swansea Harriers A.C.) 18.35 (F35)
 6 Deborah Youngs (3M's Gorseinon R.R.) 19.40 (F35)
 7 Louise Miskell (3M's Gorseinon R.R.) 20.00 (F35)
 8 Carol Moseley (Port Talbot Harriers A.C.) 20.08
 9 Sarah Griffiths (Neath Harriers) 20.17
 10 Nia Lewis (Swansea Harriers A.C.) 20.24 (U20)
 11 Michelle Witham (Swansea Harriers A.C.) 20.29
 12 Christine Lloyd (Swansea Harriers A.C.) 20.48 (F45)

- 13 Cath John (3M's Gorseinon R.R.) 22.10 (F40)
- 14 Helen Parry (Corus) 22.28 (F50)
- 15 Julie Samuel (Corus) 25.51 (F40)

15 Ran