

Gwent Cross Country League 2007-2008

9 February 2008 : Brecon Leisure Centre

Senior Men (202 Starters)

| Pos | Athlete | Club | Time | Pts |
|-----|-------------------|--|-------|-----|
| 1 | M. Jennings | Cardiff Amateur Athletic Club | 34.40 | 202 |
| 2 | J. Thie | Cardiff Amateur Athletic Club | 35.25 | 201 |
| 3 | J. Mills | (23) University of Bath | 36.08 | 200 |
| 4 | I. Williams | Taf Running & Orienteering Teams | 36.24 | 199 |
| 5 | P. Matthews | Chepstow Harriers | 36.37 | 198 |
| 6 | A. Humphries | (23) Cwmbrian Harriers | 36.54 | 197 |
| 7 | A. Davies | (40) Brecon Athletic Club | 37.06 | 196 |
| 8 | N. Hardee | (40) Newport Harriers Athletic Club | 37.11 | 195 |
| 9 | C. Discombe | Les Croupiers Running Club | 37.34 | 194 |
| 10 | D. Moore | (45) Bristol and West Athletic Club | 37.40 | 193 |
| 11 | R. Atkins | Bridgend Athletic Club | 37.51 | 192 |
| 12 | A. Friend | (23) University of Wales Inst. Cardiff | 38.18 | 191 |
| 13 | P. Coles | (45) Pontypridd Athletic Club | 38.26 | 190 |
| 14 | A. Abbott | (35) Sarn Helen Orienteering & R. C. | 38.36 | 189 |
| 15 | J. Phillipson | (23) University of Bath | 38.41 | 188 |
| 16 | R. Bullen | (45) Les Croupiers Running Club | 38.44 | 187 |
| 17 | M. Cook | (23) University of Wales Inst. Cardiff | 38.52 | 186 |
| 18 | Phil Crane | (45) Neath Harriers | 39.06 | 185 |
| 19 | M. Gurmin | Abertillery Achilles Athletic Club | 39.12 | 184 |
| 20 | N. Frost | (45) Pontypridd Athletic Club | 39.20 | 183 |
| 21 | J. Gilling | (35) Wells and Yeovil | 39.23 | 182 |
| 22 | S. Mears | (23) University of Bath | 39.34 | 181 |
| 23 | E. Takata | Cardiff Amateur Athletic Club | 39.41 | 180 |
| 24 | R. Wallis | (50) Westbury Harriers | 39.50 | 179 |
| 25 | S. Smith | (45) Swansea Harriers Athletic Club | 39.57 | 178 |
| 26 | P. Talbot | (40) Neath Harriers | 40.02 | 177 |
| 27 | G. Price | (40) Sarn Helen Orienteering & R. C. | 40.10 | 176 |
| 28 | A. Deamer | (40) Wells and Yeovil | 40.17 | 175 |
| 29 | D. Vorres | (45) Griffithstown Harriers A. A. C. | 40.22 | 174 |
| 30 | J. Smith | (23) University of Bath | 40.24 | 173 |
| 31 | M. Pengilly | (40) Chepstow Harriers | 40.26 | 172 |
| 32 | C. Harrhy | (40) Lliswerry Runners | 40.30 | 171 |
| 33 | S. Walsh | (23) University of Bath | 40.35 | 170 |
| 34 | S. Osborne | (45) Bridgend Athletic Club | 40.48 | 169 |
| 35 | C. Hayward | (45) Brecon Athletic Club | 40.50 | 168 |
| 36 | P. Kendrick | (45) Brecon Athletic Club | 40.58 | 167 |
| 37 | P. Jenkins | (40) Bridgend Athletic Club | 41.00 | 166 |
| 38 | A. Glover | Westbury Harriers | 41.04 | 165 |
| 39 | P. Osborne | (45) Swansea Harriers Athletic Club | 41.06 | 164 |
| 40 | M. Webborn | (45) Swansea Harriers Athletic Club | 41.07 | 163 |
| 41 | M. McGeoch | (50) Les Croupiers Running Club | 41.12 | 162 |
| 42 | T. Bloodworth | (23) University of Wales Inst. Cardiff | 41.14 | 161 |
| 43 | Peter Crane | (45) Neath Harriers | 41.15 | 160 |
| 44 | T. Hindle | Brecon Athletic Club | 41.16 | 159 |
| 45 | M. Palser | Les Croupiers Running Club | 41.18 | 158 |
| 46 | M. Green | Thornbury Running Club | 41.21 | 157 |
| 47 | M. Tabor | (55) Les Croupiers Running Club | 41.23 | 156 |
| 48 | C. Thomas | (23) Sarn Helen Orienteering & R. C. | 41.34 | 155 |
| 49 | I. Webb | (50) Llanelli Amateur Athletic Club | 41.36 | 154 |
| 50 | R. Hunt | (45) Bridgend Athletic Club | 41.44 | 153 |
| 51 | C. Oxley | Newport Harriers Athletic Club | 41.47 | 152 |
| 52 | L. Hayward | (45) Brecon Athletic Club | 41.57 | 151 |
| 53 | N. Webb | (45) Les Croupiers Running Club | 42.00 | 150 |
| 54 | C. Bridges | (23) Team Bath | 42.14 | 149 |
| 55 | C. Fowler | (40) Brecon Athletic Club | 42.16 | 148 |
| 56 | K. Griffiths | (40) Taf Running & Orienteering Teams | 42.18 | 147 |
| 57 | D. Harris | Les Croupiers Running Club | 42.24 | 146 |
| 58 | R. Hopkins | Thornbury Running Club | 42.27 | 145 |
| 59 | A. Pitt | (45) Stroud & District Athletic Club | 42.36 | 144 |
| 60 | P. Bretherton | (23) University of Bath | 42.38 | 143 |
| 61 | I. McDonald | (40) San Domenico Road Runners Club | 42.39 | 142 |
| 62 | A. Baker | (40) Pontypridd Athletic Club | 42.40 | 141 |
| 63 | R. Hooper | (50) Westbury Harriers | 42.44 | 140 |
| 64 | A. Reynolds | (45) Neath Harriers | 42.47 | 139 |
| 65 | R. Pringle | Westbury Harriers | 42.48 | 138 |
| 66 | M. Townsend | (35) Les Croupiers Running Club | 42.49 | 137 |
| 67 | E. Willingham | Wells and Yeovil | 42.56 | 136 |
| 68 | J. Thorpe | (40) Great Western Runners | 43.00 | 135 |
| 69 | P. Coker | (50) Les Croupiers Running Club | 43.07 | 134 |
| 70 | J. Hogan | (45) Bristol and West Athletic Club | 43.14 | 133 |
| 71 | C. Walsh | Port Talbot Harriers & A. C. | 43.15 | 132 |
| 72 | C. Phillips | Taf Running & Orienteering Teams | 43.17 | 131 |
| 73 | K. Taylor | (45) Amman Valley Harriers | 43.19 | 130 |
| 74 | S. Coupe | (55) Sospian Road Runners | 43.26 | 129 |
| 75 | Jeff Thomas (ind) | (40) Bridgend Athletic Club | 43.28 | 128 |
| 76 | S. Johnston | (55) Les Croupiers Running Club | 43.30 | 127 |
| 77 | S. Harris | Chepstow Harriers | 43.31 | 126 |
| 78 | S. King | Aberystwyth Athletic Club | 43.32 | 125 |
| 79 | G. Hardman | (40) Bridgend Athletic Club | 43.33 | 124 |
| 80 | M. Dunscombe | (45) Sarn Helen Orienteering & R. C. | 43.34 | 123 |
| 81 | S. Bagguley | Cardiff University Harriers | 43.35 | 122 |
| 82 | P. Dyson | (45) Swansea Harriers Athletic Club | 43.42 | 121 |
| 83 | R. Morris | (50) San Domenico Road Runners Club | 43.45 | 120 |
| 84 | P. Sowerby | (40) Brecon Athletic Club | 43.48 | 119 |
| 85 | B. Griffiths | Bridgend Athletic Club | 43.49 | 118 |
| 86 | P. Chan | (40) Great Western Runners | 43.50 | 117 |
| 87 | S. Barnes | Stroud & District Athletic Club | 43.51 | 116 |
| 88 | D. Hardie | (45) 3M Gorseinon Road Runners | 43.53 | 115 |
| 89 | D. Scarborough | (50) Bridgend Athletic Club | 43.54 | 114 |
| 90 | R. Coombes | (40) Taf Running & Orienteering Teams | 43.59 | 113 |
| 91 | D. McAtee | (45) Newport Harriers Athletic Club | 44.11 | 112 |
| 92 | S. Reeves | (35) Les Croupiers Running Club | 44.14 | 111 |
| 93 | N. Langridge | (55) Thornbury Running Club | 44.18 | 110 |
| 94 | N. Rees | (45) Les Croupiers Running Club | 44.20 | 109 |
| 95 | S. Adams | (35) Westbury Harriers | 44.21 | 108 |
| 96 | I. Teed | Chepstow Harriers | 44.22 | 107 |
| 97 | G. Cullen | Bristol and West Athletic Club | 44.26 | 106 |
| 98 | P. Meyler | (50) Pontypridd Athletic Club | 44.28 | 105 |
| 99 | B. Tyrrell | (50) Thornbury Running Club | 44.32 | 104 |
| 100 | C. Blackmore | Cardiff Harlequins | 44.36 | 103 |
| 101 | M. Davies | (45) Lliswerry Runners | 44.39 | 102 |
| 102 | M. Emery | Bridgend Athletic Club | 44.48 | 101 |
| 103 | K. Jackson | (45) Dursley & District Athletic Club | 44.51 | 100 |

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|-----|---------------|------|-------------------------------------|-------|-------|
| 104 | L. Davies | (35) | Pontypridd Athletic Club | 45.04 | 99 |
| 105 | J. Jones | | Aberystwyth Athletic Club | 45.08 | 98 |
| 106 | T. Jeffries | (60) | Westbury Harriers | 45.22 | 97 |
| 107 | R. Appleby | (40) | Wells and Yeovil | 45.27 | 96 |
| 108 | M. Adams | (50) | Taf Running & Orienteering Teams | 45.31 | 95 |
| 109 | S. Marsh | (55) | Wells and Yeovil | 45.45 | 94 |
| 110 | J. Diffey | (40) | Les Croupiers Running Club | 45.54 | 93 |
| 111 | H. Lloyd | (35) | Sarn Helen Orienteering & R. C. | 45.56 | 92 |
| 112 | J. Hargreaves | (50) | Great Western Runners | 45.59 | 91 |
| 113 | C. Ashworth | (50) | Dursley & District Athletic Club | 46.02 | 90 |
| 114 | D. Hughes | (40) | Bridgend Athletic Club | 46.05 | 89 |
| 115 | M. Longhurst | (50) | Great Western Runners | 46.11 | 88 |
| 116 | D. Davies | (55) | Neath Harriers | 46.15 | 87 |
| 117 | G. Howe | (50) | 3M Gorseinon Road Runners | 46.19 | 86 |
| 118 | H. Mason | (40) | Caerleon Running Club | 46.34 | 85 |
| 119 | J. Embling | (50) | Bridgend Athletic Club | 46.46 | 84 |
| 120 | D. Bright | (50) | Les Croupiers Running Club | 46.57 | 83 |
| 121 | H. Evans | (55) | Amman Valley Harriers | 47.10 | 82 |
| 122 | S. Brace | (45) | Bridgend Athletic Club | 47.20 | 81 |
| 123 | B. Savage | (55) | Chepstow Harriers | 47.24 | 80 |
| 124 | D. Osborne | (40) | Brecon Athletic Club | 47.34 | 79 |
| 125 | P. Holder | (40) | Cardiff Harlequins | 47.38 | 78 |
| 126 | M. Willcox | (55) | Great Western Runners | 47.40 | 77 |
| 127 | S. Wadley | (45) | Newport Harriers Athletic Club | 47.45 | 76 |
| 128 | C. Walters | (60) | Taf Running & Orienteering Teams | 47.48 | 75 |
| 129 | C. Corcoran | (35) | Pontypridd Athletic Club | 47.50 | 74 |
| 130 | M. Davies | (55) | Les Croupiers Running Club | 47.53 | 73 |
| 131 | R. Guast | (23) | Cardiff University Harriers | 47.56 | 72 |
| 132 | L. Chapman | (55) | Amman Valley Harriers | 47.57 | 71 |
| 133 | R. Fowler | (60) | Amman Valley Harriers | 48.00 | 70 |
| 134 | M. James | (60) | Les Croupiers Running Club | 48.06 | 69 |
| 135 | M. Jefferies | (40) | Chepstow Harriers | 48.08 | 68 |
| 136 | M. Harris | (50) | Westbury Harriers | 48.11 | 67 |
| 137 | G. Barlow | (50) | 3M Gorseinon Road Runners | 48.12 | 66 |
| 138 | P. Wright | (60) | Wells and Yeovil | 48.21 | 65 |
| 139 | M. Evans | | Taf Running & Orienteering Teams | 48.22 | 64 |
| 140 | P. Thomas | (40) | Thornbury Running Club | 48.23 | 63 |
| 141 | K. Logue | | Brecon Athletic Club | 48.29 | 62 |
| 142 | G. Sansom | (40) | San Domenico Road Runners Club | 48.33 | 61 |
| 143 | S. Davidson | (55) | Bridgend Athletic Club | 48.44 | 60 |
| 144 | G. Donnan | (50) | Les Croupiers Running Club | 48.56 | 59 |
| 145 | P. Day | (50) | Lliswerry Runners | 49.02 | 58 |
| 146 | J. Aston | (60) | Les Croupiers Running Club | 49.11 | 57 |
| 147 | D. Thomas | | 3M Gorseinon Road Runners | 49.17 | 56 |
| 148 | B. Mogford | (45) | Amman Valley Harriers | 49.31 | 55 |
| 149 | B. O'Leary | | Amman Valley Harriers | 49.39 | 54 |
| 150 | G. Torrington | (35) | Westbury Harriers | 49.45 | 53 |
| 151 | B. Gough | (65) | Pontypridd Athletic Club | 49.47 | 52 |
| 152 | J. Griffiths | (50) | Cardiff Harlequins | 49.53 | 51 |
| 153 | C. Davies | (50) | Lliswerry Runners | 50.00 | 50 |
| 154 | M. Dunne | (45) | Thornbury Running Club | 50.02 | 49 |
| 155 | J. Crutcher | (55) | Bridgend Athletic Club | 50.10 | 48 |
| 156 | N. Tatnell | (50) | Les Croupiers Running Club | 50.12 | 47 |
| 157 | D. Smout | (55) | Abertillery Achilles Athletic Club | 50.14 | 46 |
| 158 | P. Evans | | Brecon Athletic Club | 50.18 | 45 |
| 159 | S. Bendle | (40) | 3M Gorseinon Road Runners | 50.28 | 44 |
| 160 | A. Perkins | (55) | Port Talbot Harriers & A. C. | 50.39 | 43 |
| 161 | H. Mizel | (23) | Guest | 50.47 | Guest |
| 162 | N. Chipper | (45) | Lliswerry Runners | 50.53 | 42 |
| 163 | J. Collins | (70) | Swansea Harriers Athletic Club | 50.56 | 41 |
| 164 | S. Alexander | (40) | Les Croupiers Running Club | 51.02 | 40 |
| 165 | S. Burgon | (50) | Guest | 51.04 | Guest |
| 166 | G. Trueman | (55) | Stroud & District Athletic Club | 51.14 | 39 |
| 167 | T. Myers | (50) | Great Western Runners | 51.16 | 38 |
| 168 | G. Crump | (45) | Bristol and West Athletic Club | 51.20 | 37 |
| 169 | M. Roblin | (40) | Carmarthen & District Harriers A.C. | 51.36 | 36 |
| 170 | B. Dias | | Cardiff University Harriers | 51.46 | 35 |
| 171 | M. Dix | (50) | Les Croupiers Running Club | 51.54 | 34 |
| 172 | D. Shields | (40) | San Domenico Road Runners Club | 52.00 | 33 |
| 173 | N. Pringle | (45) | Lliswerry Runners | 52.10 | 32 |
| 174 | L. Rees | (55) | Sarn Helen Orienteering & R. C. | 52.14 | 31 |
| 175 | R. Bailey | (50) | Team Bath | 52.21 | 30 |
| 176 | S. Merrick | (40) | Swansea Harriers Athletic Club | 52.27 | 29 |
| 177 | P. Morfey | (50) | Cardiff Harlequins | 52.58 | 28 |
| 178 | G. Jenkins | (40) | Amman Valley Harriers | 53.07 | 27 |
| 179 | S. Williams | (50) | Les Croupiers Running Club | 53.13 | 26 |
| 180 | P. Roberts | (50) | Griffithstown Harriers A. A. C. | 53.34 | 25 |
| 181 | J. Davies | (55) | Port Talbot Harriers & A. C. | 53.50 | 24 |
| 182 | C. Bennett | (55) | Great Western Runners | 53.54 | 23 |
| 183 | R. Hobbs | (60) | Dursley & District Athletic Club | 53.58 | 22 |
| 184 | A. Taylor | (50) | Caerleon Running Club | 54.06 | 21 |
| 185 | M. Bennett | (55) | Great Western Runners | 54.32 | 20 |
| 186 | H. Jones | (50) | Pembrokeshire Harriers | 54.54 | 19 |
| 187 | B. Burgess | (50) | Lliswerry Runners | 55.43 | 18 |
| 188 | R. Sherwood | (60) | Amman Valley Harriers | 56.27 | 17 |
| 189 | S. Wheeler | (70) | Chepstow Harriers | 57.48 | 16 |
| 190 | D. Finch | (60) | Chepstow Harriers | 58.14 | 15 |
| 191 | R. Ward | | Caerleon Running Club | 58.49 | 14 |
| 192 | A. Dagger | (60) | Great Western Runners | 59.38 | 13 |
| 193 | I. Swanson | (55) | Port Talbot Harriers & A. C. | 62.04 | 12 |

Gwent Cross Country League 2007-2008

9 February 2008 : Brecon Leisure Centre

Senior Women (103 Starters)

| Pos | Athlete | Club | Time | Pts |
|-----|--------------|--|-------|-----|
| 1 | K. Humphreys | Cardiff Amateur Athletic Club | 24.56 | 103 |
| 2 | R. Ace | Taf Running & Orienteering Teams | 25.42 | 102 |
| 3 | J. Moore | (40) Wells and Yeovil | 25.53 | 101 |
| 4 | E. Ridley | (23) University of Wales - Swansea | 26.26 | 100 |
| 5 | R. Barry | (23) University of Wales Inst. Cardiff | 26.28 | 99 |
| 6 | M. Watson | (40) Taf Running & Orienteering Teams | 26.36 | 98 |
| 7 | L. Barker | Aberystwyth Athletic Club | 26.50 | 97 |
| 8 | L. Gallagher | Westbury Harriers | 26.52 | 96 |

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|-----|----------------|------|-------------------------------------|-------|----|
| 9 | S. Mulligan | | Chepstow Harriers | 27.06 | 95 |
| 10 | R. Tyler | (23) | Cardiff University Harriers | 27.13 | 94 |
| 11 | I. Taylor | (35) | 3M Gorseinon Road Runners | 27.21 | 93 |
| 12 | L. O'Duffy | (35) | Les Croupiers Running Club | 27.29 | 92 |
| 13 | J. Fifield | | Stroud & District Athletic Club | 27.35 | 91 |
| 14 | R. Merriman | (35) | Chepstow Harriers | 27.41 | 90 |
| 15 | R. Richards | (23) | Brecon Athletic Club | 27.47 | 89 |
| 16 | S. Haikala | (35) | Brecon Athletic Club | 27.51 | 88 |
| 17 | J. Phillips | (40) | Llanelli Amateur Athletic Club | 27.54 | 87 |
| 18 | K. Beecher | | Les Croupiers Running Club | 27.55 | 86 |
| 19 | M. Bowen-Rees | (45) | Taf Running & Orienteering Teams | 27.57 | 85 |
| 20 | M. Zubizaretta | (35) | Les Croupiers Running Club | 28.02 | 84 |
| 21 | C. Jones | | Carmarthen & District Harriers A.C. | 28.16 | 83 |
| 22 | J. Coker | (45) | Les Croupiers Running Club | 28.19 | 82 |
| 23 | H. Marshall | | Aberystwyth Athletic Club | 28.23 | 81 |
| 24 | D. Kendall | | Westbury Harriers | 28.27 | 80 |
| 25 | W. Boon | (45) | Les Croupiers Running Club | 28.43 | 79 |
| 26 | T. Elson | | Westbury Harriers | 28.49 | 78 |
| 27 | K. Britten | | Clevedon Athletic Club | 28.51 | 77 |
| 28 | J. Scholey | (45) | Les Croupiers Running Club | 29.02 | 76 |
| 29 | K. Hatherall | | Clevedon Athletic Club | 29.04 | 75 |
| 30 | L. Smith | | Westbury Harriers | 29.05 | 74 |
| 31 | J. Ross | | Thornbury Running Club | 29.08 | 73 |
| 32 | L. Summers | (35) | Chepstow Harriers | 29.16 | 72 |
| 33 | M. Gittoes | | Brecon Athletic Club | 29.18 | 71 |
| 34 | G. Hardman | (40) | Bridgend Athletic Club | 29.20 | 70 |
| 35 | S. Phillips | (45) | Swansea Harriers Athletic Club | 29.21 | 69 |
| 36 | L. Eynon | (45) | Taf Running & Orienteering Teams | 29.23 | 68 |
| 37 | M. Prout | (40) | Bridgend Athletic Club | 29.32 | 67 |
| 38 | S. Holley | | Thornbury Running Club | 29.37 | 66 |
| 39 | K. Winstone | (23) | Westbury Harriers | 29.49 | 65 |
| 40 | C. Cleathero | | Taf Running & Orienteering Teams | 29.53 | 64 |
| 41 | H. Marriott | | Clevedon Athletic Club | 29.55 | 63 |
| 42 | F. Williams | (40) | San Domenico Road Runners Club | 29.59 | 62 |
| 43 | L. Hayward | (45) | Brecon Athletic Club | 30.04 | 61 |
| 44 | C. Moseley | | Port Talbot Harriers & A. C. | 30.05 | 60 |
| 45 | E. Brown | | Thornbury Running Club | 30.06 | 59 |
| 46 | C. Gardner | (35) | Les Croupiers Running Club | 30.12 | 58 |
| 47 | L. Thomas | | Amman Valley Harriers | 30.13 | 57 |
| 48 | A. Saycell | | Aberystwyth Athletic Club | 30.19 | 56 |
| 49 | A. Potts | (23) | University of Wales Inst. Cardiff | 30.39 | 55 |
| 50 | G. Hall | | Clevedon Athletic Club | 30.41 | 54 |
| 51 | F. Davies | (50) | Bridgend Athletic Club | 30.52 | 53 |
| 52 | G. Kellam | (45) | Les Croupiers Running Club | 30.56 | 52 |
| 53 | A.N. Unknown | | Caerleon Running Club | 31.16 | 51 |
| 54 | L. Miskell | (35) | 3M Gorseinon Road Runners | 31.23 | 50 |
| 55 | E. Gonzalez | | Westbury Harriers | 31.25 | 49 |
| 56 | Y. Bullen | (40) | Les Croupiers Running Club | 31.28 | 48 |
| 57 | A.N. Unknown | | Caerleon Running Club | 31.40 | 47 |
| 58 | G. Smith | (40) | Swansea Harriers Athletic Club | 31.47 | 46 |
| 59 | N. Law | (35) | Brecon Athletic Club | 31.50 | 45 |
| 60 | S. Edwards | | Chepstow Harriers | 31.52 | 44 |
| 61 | C. Lloyd | (45) | Swansea Harriers Athletic Club | 31.55 | 43 |
| 62 | E. Gibson | (23) | University of Wales - Swansea | 31.58 | 42 |
| 63 | M. Palmer | (55) | Westbury Harriers | 32.00 | 41 |
| 64 | J. Oakley | (40) | Port Talbot Harriers & A. C. | 32.07 | 40 |
| 65 | L. Ashton | | Les Croupiers Running Club | 32.17 | 39 |
| 66 | C. Dallimore | (50) | Les Croupiers Running Club | 32.20 | 38 |
| 67 | C. Sandles | (40) | 3M Gorseinon Road Runners | 32.26 | 37 |
| 68 | B. Tucker | (40) | Brecon Athletic Club | 32.30 | 36 |
| 69 | A. James | (55) | Les Croupiers Running Club | 32.41 | 35 |
| 70 | A. Rowell | (50) | Taf Running & Orienteering Teams | 32.55 | 34 |
| 71 | J. Mills | (50) | Thornbury Running Club | 33.00 | 33 |
| 72 | A. Nicholls | (40) | Brecon Athletic Club | 33.53 | 32 |
| 73 | S. Neal | (55) | Les Croupiers Running Club | 34.28 | 31 |
| 74 | C. Davies | (23) | Sarn Helen Orienteering & R. C. | 35.04 | 30 |
| 75 | V. Clare | (50) | Lliswerry Runners | 35.11 | 29 |
| 76 | R. Davies | (55) | Great Western Runners | 35.16 | 28 |
| 77 | A.N. Unknown | | Caerleon Running Club | 35.23 | 27 |
| 78 | M. Phillips | (35) | Amman Valley Harriers | 35.32 | 26 |
| 79 | P. Thomas | (65) | Taf Running & Orienteering Teams | 35.41 | 25 |
| 80 | C. Johnson | (60) | Les Croupiers Running Club | 36.27 | 24 |
| 81 | H. Manley | | Bridgend Athletic Club | 37.21 | 23 |
| 82 | A. Mogford | (40) | Amman Valley Harriers | 37.34 | 22 |
| 83 | J. Roberts | (55) | Brecon Athletic Club | 38.06 | 21 |
| 84 | J. Davies | (50) | Lliswerry Runners | 38.14 | 20 |
| 85 | J. Mogford | | Amman Valley Harriers | 38.17 | 19 |
| 86 | S. Richards | (50) | Brecon Athletic Club | 38.39 | 18 |
| 87 | S. Myers | (55) | Great Western Runners | 38.41 | 17 |
| 88 | A. Neal | (50) | Les Croupiers Running Club | 39.22 | 16 |
| 89 | K. Crane | (65) | Brecon Athletic Club | 39.28 | 15 |
| 90 | M. Rowson | (55) | Les Croupiers Running Club | 39.38 | 14 |
| 91 | P. Parr | (55) | Great Western Runners | 40.53 | 13 |
| 92 | G. Murphy | (50) | Les Croupiers Running Club | 41.25 | 12 |
| 93 | C. Green | (40) | San Domenico Road Runners Club | 41.41 | 11 |
| 94 | S. Mogford | (23) | Amman Valley Harriers | 41.59 | 10 |
| 95 | E. Arwyn | (50) | Les Croupiers Running Club | 42.36 | 9 |
| 96 | S. Hill | (55) | Lliswerry Runners | 42.42 | 8 |
| 97 | R. Fitzgerald | (60) | Amman Valley Harriers | 43.36 | 7 |
| 98 | M. Thomson | (50) | Brecon Athletic Club | 43.50 | 6 |
| 99 | R. Burgess | (40) | Lliswerry Runners | 44.30 | 5 |
| 100 | A. Butler | (65) | Great Western Runners | 44.44 | 4 |