

| Pos | Time | No | Name | M/F | Cat | Club |
|-----|-------|-----|--------------------|-----|-----|-------------------|
| 1 | 15:29 | 594 | Simon Jones | M | | Belgrave Harriers |
| 2 | 16:01 | 603 | Oliver Howton | M | | Bridgend |
| 3 | 16:02 | 714 | Simon Wilson | M | V | |
| 4 | 16:04 | 584 | Lewys Hobbs | M | | Swansea Harriers |
| 5 | 16:20 | 615 | Steve Davies | M | | Swansea Harriers |
| 6 | 16:23 | 708 | Paul Richards | M | V | Neath Harriers |
| 7 | 16:28 | 607 | Steve Rees | M | | Port Talbot |
| 8 | 16:30 | 683 | Phil Kibble | M | V | Swansea Harriers |
| 9 | 16:35 | 601 | Gareth Jones | M | | 3M |
| 10 | 16:38 | 563 | Sam Walsh | M | | Swansea Harriers |
| 11 | 16:42 | 149 | Edward Takata | M | | Cardiff A A C |
| 12 | 16:52 | 546 | Alexander Hendry | M | | Central AC |
| 13 | 17:01 | 225 | Abdi Tulu | M | | |
| 14 | 17:02 | 557 | Andrew Rimmer | M | | Multi-Sport |
| 15 | 17:13 | 193 | Mike Higany | M | | Morpeth |
| 16 | 17:16 | 684 | Grant Howells | M | V | |
| 17 | 17:17 | 147 | Tim Lewis | M | | Bridgend |
| 18 | 17:18 | 694 | Alan Davies | M | V | |
| 19 | 17:19 | 633 | Gareth Morgan | M | | Cardiff Tri |
| 20 | 17:22 | 622 | Matthew Parkes | M | | Bridgend |
| 21 | 17:30 | 704 | david Wilson-Evans | M | V | |
| 22 | 17:39 | 766 | Jeremy Davies | M | V | Neath Harriers |
| 23 | 17:41 | 572 | Daniel Thomas | M | | Llanelli |
| 24 | 17:42 | 686 | Kevin Griffiths | M | V | TROTS |
| 25 | 17:44 | 631 | Mark Reynolds | M | | Neath Harriers |
| 26 | 17:48 | 562 | Charles T Walsh | M | | Neath Harriers |
| 27 | 17:53 | 620 | Matthew John | M | | Neath Harriers |
| 28 | 17:54 | 573 | Scott Evans | M | | Sospan R R |
| 29 | 17:57 | 771 | Steven Wilkinson | M | V | Port Talbot |
| 30 | 18:04 | 627 | Andrew Reynolds | M | | Neath Harriers |
| 31 | 18:06 | 504 | James O'Callaghan | M | | |
| 32 | 18:07 | 539 | Ben Rees | M | | Multisport |
| 33 | 18:09 | 732 | Huw Roberts | M | V | Bridgend |
| 34 | 18:16 | 611 | Dee Buchanan | M | | |
| 35 | 18:18 | 776 | Steve Williams | M | V | Neath Harriers |
| 36 | 18:22 | 598 | Tom Cadwallader | M | | Mumbles Milers |
| 37 | 18:26 | 592 | Aled Thomas | M | | Multisport |
| 38 | 18:28 | 533 | Andrew Davies | M | | |
| 39 | 18:30 | 717 | Richard Jones | M | V | Swansea Harriers |
| 40 | 18:31 | 711 | Jon Embling | M | V | |
| 41 | 18:32 | 700 | Jon Sizer | M | V | |
| 42 | 18:33 | 145 | Peter Lloyd | M | | 3M |
| 43 | 18:34 | 765 | Paul Dyson | M | V | Swansea Harriers |
| 44 | 18:48 | 721 | Colin Elvins | M | V | Swansea Harriers |
| 45 | 18:58 | 695 | Clifford Evans | M | V | Aberystwyth Uni |
| 46 | 18:59 | 579 | Carl Price | M | | Llanelli Tri |
| 47 | 19:00 | 990 | Nega Belay Beraki | M | V | |
| 48 | 19:02 | 585 | Ceri Lewis | M | | Swansea Harriers |
| 49 | 19:02 | 636 | Bryn Griffiths | M | | Bridgend |
| 50 | 19:03 | 718 | Graham Colvin | M | V | 3M |
| 51 | 19:05 | 750 | Paul Rees | M | V | 3M |
| 52 | 19:09 | 609 | William Grey | M | | |
| 53 | 19:10 | 770 | David Rose | M | V | Brackla Harriers |
| 54 | 19:10 | 564 | Kristian Evans | M | | Swansea Uni |
| 55 | 19:11 | 835 | Trudi Anderson | F | | Multi-Sport |
| 56 | 19:13 | 570 | Jason Stathan | M | | Swansea Harriers |

| Pos | Time | No | Name | M/F | Cat | Club |
|-----|-------|-----|--------------------|-----|-----|----------------------|
| 57 | 19:14 | 753 | Leighton Williams | M | V | Team Deviant |
| 58 | 19:16 | 628 | Jerome Evans | M | | Port Talbot |
| 59 | 19:16 | 630 | Kieran Mackintosh | M | | Port Talbot |
| 60 | 19:19 | 610 | Mike Gleeson | M | | Visteon |
| 61 | 19:20 | 565 | Mike tate | M | | Multisport |
| 62 | 19:21 | 941 | Clare Phillips | F | V | Swansea Harriers |
| 63 | 19:22 | 538 | Daniel Greenwell | M | | |
| 64 | 19:24 | 828 | Caroline Rimmer | F | | Swansea Harriers |
| 65 | 19:25 | 715 | Peter Turner | M | V | Cornelly Striders |
| 66 | 19:28 | 623 | Attila Garai | M | | |
| 67 | 19:29 | 581 | David Thomas | M | | 3M |
| 68 | 19:32 | 518 | Michael Roderick | M | | |
| 69 | 19:33 | 706 | Philip Bamsey | M | V | Neath Harriers |
| 70 | 19:34 | 937 | Frances Sill | F | V | Neath Harriers |
| 71 | 19:39 | 663 | Mark Dunscombe | M | V | Sarn Helen |
| 72 | 19:40 | 950 | Jenny Phillips | F | V | Llanelli |
| 73 | 19:44 | 195 | Gareth Jehu | M | | Taff Ely Tri |
| 74 | 19:47 | 520 | Jason Williams | M | | |
| 75 | 19:48 | 612 | Alex Williams | M | | R R C |
| 76 | 19:51 | 522 | Leon Murnieks | M | | Royal Navy Reserve |
| 77 | 19:54 | 577 | Roger Bell | M | | 3M |
| 78 | 19:54 | 523 | Gareth Hill | M | | |
| 79 | 19:57 | 731 | Leighton Gardner | M | V | Swansea Harriers |
| 80 | 19:57 | 582 | Michael Halsall | M | | Llanelli |
| 81 | 19:59 | 746 | Peter Hansen | M | V | Windle Valley |
| 82 | 19:59 | 660 | Mark Terry | M | V | |
| 83 | 20:00 | 831 | Tracey Ranson | F | | Springfield Striders |
| 84 | 20:01 | 647 | Huw Pullen | M | | Cardiff Tri |
| 85 | 20:03 | 778 | Rhodri Evans | M | V | |
| 86 | 20:04 | 696 | Robert S Jones | M | V | |
| 87 | 20:05 | 735 | Richard Boon | M | V | Les Croupiers |
| 88 | 20:06 | 709 | Graeme Donnan | M | V | Les Croupiers |
| 89 | 20:06 | 710 | Tim O'Sullivan | M | V | Les Croupiers |
| 90 | 20:07 | 929 | Libby O'Duffy | F | V | Les Croupiers |
| 91 | 20:08 | 619 | Luke Evans | M | | Exeter |
| 92 | 20:09 | 519 | Jason Gill-Rowe | M | | |
| 93 | 20:11 | 769 | Alan Perkins | M | V | Port Talbot |
| 94 | 20:12 | 656 | Uku Kumari | M | V | Swansea Harriers |
| 95 | 20:13 | 227 | Michael Evans | M | | |
| 96 | 20:15 | 593 | Richard Jones | M | | |
| 97 | 20:17 | 226 | Dean Thomas | M | | |
| 98 | 20:18 | 752 | Peter Beynon | M | V | |
| 99 | 20:19 | 687 | Paul Lewis | M | V | 3M |
| 100 | 20:19 | 705 | Adrian Organ | M | V | Sidmouth R C |
| 101 | 20:22 | 228 | Adam Knight | M | | Nailsea |
| 102 | 20:26 | 613 | Andrew Bedford | M | | Les Croupiers |
| 103 | 20:30 | 644 | Paul Ford | M | | Brackla Harriers |
| 104 | 20:33 | 643 | Peter Spriggs | M | | Swansea Harriers |
| 105 | 20:36 | 842 | Angharad Mason | F | | Brackla Harriers |
| 106 | 20:37 | 597 | Graham Horn | M | | |
| 107 | 20:37 | 559 | Kevin Sweeney | M | | 3M |
| 108 | 20:38 | 535 | Adrian Braun | M | | |
| 109 | 20:39 | 713 | Anthony Higgins | M | V | |
| 110 | 20:40 | 191 | Doug Mogan | M | | |
| 111 | 20:42 | 829 | Drusilla Griffiths | F | | Swansea Harriers |
| 112 | 20:45 | 608 | Jonathan David | M | | Brackla Harriers |
| 113 | 20:46 | 736 | Michael Davies | M | V | Les Croupiers |

| Pos | Time | No | Name | M/F | Cat | Club |
|-----|-------|-----|--------------------|-----|-----|-------------------|
| 114 | 20:53 | 751 | Andrew Dunscombe | M | V | Brackla Harriers |
| 115 | 20:53 | 583 | Lee Williams | M | | Rhondda Runners |
| 116 | 20:55 | 632 | Steve Press | M | | Wecori |
| 117 | 20:56 | 748 | Neil Watkins | M | V | |
| 118 | 20:56 | 602 | Huw Battewbo | M | | |
| 119 | 20:57 | 525 | Graham Vyner | M | | 3M |
| 120 | 20:58 | 851 | Rebecca King | F | | Swansea Harriers |
| 121 | 20:59 | 697 | Stuart Davies | M | V | Cornelly Striders |
| 122 | 21:02 | 549 | Richard Horn | M | | |
| 123 | 21:03 | 614 | Chris Silvester | M | | |
| 124 | 21:04 | 719 | Alan Jefferies | M | V | Swansea Harriers |
| 125 | 21:04 | 616 | Jonathan Gordon | M | | |
| 126 | 21:05 | 970 | Sian Phillips | F | V | Swansea Harriers |
| 127 | 21:10 | 737 | Jordan Brock | M | V | Swansea Harriers |
| 128 | 21:11 | 957 | Philippa Williams | F | V | |
| 129 | 21:11 | 642 | Jon Henderson | M | | |
| 130 | 21:12 | 674 | Dewi West | M | V | 3M |
| 131 | 21:13 | 688 | Kevin Corcoran | M | V | Swansea Harriers |
| 132 | 21:13 | 909 | Helen Jones | F | V | |
| 133 | 21:15 | 554 | Steve Walsh | M | | |
| 134 | 21:20 | 595 | Aled Swain | M | | Cardiff A A C |
| 135 | 21:20 | 693 | Paul White | M | V | Llanelli Tri |
| 136 | 21:21 | 230 | Matthew Lewis | M | | |
| 137 | 21:22 | 837 | Nia Lewis | F | | Swansea Harriers |
| 138 | 21:22 | 741 | Tommy Sweeney | M | V | Centurion |
| 139 | 21:23 | 840 | Janine Owen | F | | Running4Women |
| 140 | 21:24 | 689 | Peter Maksimovic | M | V | |
| 141 | 21:25 | 596 | Martin Steel | M | | |
| 142 | 21:26 | 575 | James Beynon | M | | |
| 143 | 21:27 | 730 | John Sterio | M | V | |
| 144 | 21:27 | 678 | Philip Hendry | M | V | Central AC |
| 145 | 21:28 | 629 | Ivor Parry | M | | |
| 146 | 21:30 | 635 | Steve Ruddy | M | | |
| 147 | 21:33 | 743 | Wayne Frowen | M | V | Brackla Harriers |
| 148 | 21:35 | 747 | Tony Burt | M | V | Brackla Harriers |
| 149 | 21:37 | 231 | Rhys Clayton | M | | |
| 150 | 21:38 | 199 | Dean Trebilcock | M | | |
| 151 | 21:39 | 759 | David Caswell | M | V | |
| 152 | 21:40 | 503 | Chris Griffiths | M | | Neath Harriers |
| 153 | 21:41 | 943 | Diane Wilson-Evans | F | V | |
| 154 | 21:44 | 969 | Charlotte Johns | F | V | Brackla Harriers |
| 155 | 21:47 | 692 | Phillip John | M | V | |
| 156 | 21:51 | 726 | Steve Davies | M | V | Port Talbot |
| 157 | 21:52 | 229 | Rhodri Arrowsmith | M | | |
| 158 | 21:52 | 646 | Ian Jones | M | | |
| 159 | 21:53 | 545 | Mike Griffiths | M | | Team Deviant |
| 160 | 21:54 | 966 | Wendy Boon | F | V | Les Croupiers |
| 161 | 21:57 | 150 | Ian Worthington | M | | Cardiff A A C |
| 162 | 21:57 | 949 | Louise Miskell | F | V | 3M |
| 163 | 21:59 | 566 | Phil Protheroe | M | | Brackla Harriers |
| 164 | 22:01 | 621 | Mark Gosney | M | | |
| 165 | 22:04 | 639 | Geraint Higgins | M | | Swansea Harriers |
| 166 | 22:05 | 671 | Martin Ennis | M | V | 3M |
| 167 | 22:06 | 599 | darren Green | M | | Mumbles Milers |
| 168 | 22:07 | 945 | Helen Eve | F | V | Swansea Harriers |
| 169 | 22:11 | 801 | Sara Griffiths | F | | Neath Harriers |
| 170 | 22:13 | 578 | Gary Dunmore | M | | |

| Pos | Time | No | Name | M/F | Cat | Club |
|-----|-------|-----|----------------------|-----|-----|-------------------|
| 171 | 22:15 | 961 | Fiona Davies | F | V | Bridgend |
| 172 | 22:17 | 550 | Oliver Powell | M | | |
| 173 | 22:24 | 978 | Angela Delaney | F | V | Swansea Harriers |
| 174 | 22:26 | 703 | David naylor | M | V | |
| 175 | 22:28 | 724 | Warren Perkins | M | V | |
| 176 | 22:28 | 722 | Geoff White | M | V | 3M |
| 177 | 22:30 | 605 | Nigel Morse | M | | Celtic Tri |
| 178 | 22:30 | 544 | Richard Harris | M | | |
| 179 | 22:31 | 196 | Richard Mainwaring | M | | |
| 180 | 22:32 | 625 | Alex Marsh | M | | |
| 181 | 22:35 | 537 | Kevin Chapman | M | | |
| 182 | 22:36 | 677 | Tony Baker | M | V | |
| 183 | 22:37 | 505 | Aidan Davies | M | | |
| 184 | 22:38 | 756 | Steve McLelland | M | V | 3M |
| 185 | 22:39 | 774 | Anthony Jones | M | V | |
| 186 | 22:43 | 738 | Philip Green | M | V | Mumbles Milers |
| 187 | 22:44 | 944 | Gaynor Hulland | F | V | 3M |
| 188 | 22:53 | 650 | David Boulton | M | | |
| 189 | 22:56 | 586 | Eddie Harris | M | | |
| 190 | 23:00 | 561 | Luke Welch | M | | |
| 191 | 23:02 | 707 | Simon Frances | M | V | Swansea Harriers |
| 192 | 23:03 | 675 | Geoff Pearson | M | V | |
| 193 | 23:04 | 690 | John Collins | M | V | Swansea Harriers |
| 194 | 23:06 | 685 | Jeff Evans | M | V | Llanelli A A C |
| 195 | 23:09 | 649 | Oliver Kohll | M | | |
| 196 | 23:11 | 192 | Lionel Germain | M | | |
| 197 | 23:12 | 548 | Christian Rees | M | | |
| 198 | 23:16 | 543 | Christopher Leonardi | M | | |
| 199 | 23:17 | 624 | Mark Morris | M | | Port Talbot |
| 200 | 23:18 | 948 | Gwen Smith | F | V | Swansea Harriers |
| 201 | 23:19 | 667 | Ray Fisher | M | V | |
| 202 | 23:23 | 626 | Arfon Rees | M | | Wecori |
| 203 | 23:24 | 144 | Richard Michael | M | | |
| 204 | 23:25 | 749 | John Clement | M | V | |
| 205 | 23:26 | 670 | Neil Lewis | M | V | Mumbles Milers |
| 206 | 23:29 | 971 | Alison Davies | F | V | WRN |
| 207 | 23:30 | 668 | Stephen Ware | M | V | |
| 208 | 23:31 | 975 | Karen Groners | F | V | |
| 209 | 23:32 | 517 | Niall Hughes | M | | |
| 210 | 23:34 | 571 | Johnathan Craven | M | | |
| 211 | 23:35 | 530 | Gareth Watson | M | | 3M |
| 212 | 23:36 | 529 | Stephen Barclay | M | | |
| 213 | 23:37 | 742 | Terry Jones | M | V | 3M |
| 214 | 23:39 | 665 | Raymond Boyce | M | V | Cornelly Striders |
| 215 | 23:40 | 962 | Kathryn John | F | V | 3M |
| 216 | 23:42 | 754 | Brian Blandford | M | V | Neath Harriers |
| 217 | 23:43 | 658 | Anthony Clements | M | V | |
| 218 | 23:45 | 744 | Andrew Rothwell | M | V | |
| 219 | 23:47 | 634 | Eurig Morgan | M | | Multisport |
| 220 | 23:50 | 740 | Keith Treharne | M | V | Brackla Harriers |
| 221 | 23:51 | 757 | Bob Gardiner | M | V | Wecori |
| 222 | 23:52 | 604 | Luoio Massignani | M | | |
| 223 | 23:55 | 810 | Emma Jones | F | | |
| 224 | 23:56 | 729 | John Lovell | M | V | Neath Harriers |
| 225 | 23:57 | 846 | Debbie Padwick | F | | |
| 226 | 23:58 | 996 | Patricia Jonjes | F | V | Brackla Harriers |
| 227 | 23:58 | 739 | Neil Williams | M | V | |

| Pos | Time | No | Name | M/F | Cat | Club |
|-----|-------|-------|--------------------|-----|-----|------------------|
| 228 | 24:01 | 641 | Fred Morris | M | | |
| 229 | 24:04 | 699 | Stuart Johnson | M | V | |
| 230 | 24:09 | 942 | Pat Llewellyn | F | V | |
| 231 | 24:10 | 733 | Owen Morgan | M | V | |
| 232 | 24:11 | 527 | Graham Duckett | M | | |
| 233 | 24:12 | 901 | Tara Rees | F | V | |
| 234 | 24:16 | 987 | Judith Oakley | F | V | Vegan Runners |
| 235 | 24:18 | 811 | Jessica Forse | F | | |
| 236 | 24:18 | 921 | Janet Forse | F | V | |
| 237 | 24:19 | 780 | Eric R Thomas | M | V | |
| 238 | 24:21 | 988 | Nina Brocklebank | F | V | WRN |
| 239 | 24:24 | 850 | Joanna Rothwell | F | | |
| 240 | 24:26 | 591 | Philip Jones | M | | |
| 241 | 24:27 | 760 | Ian Jones | M | V | Dubai Tri |
| 242 | 24:39 | 532 | Jason Bowden | M | | |
| 243 | 24:44 | 951 | Julie Webster | F | V | Brackla Harriers |
| 244 | 24:45 | 587 | L Scannell | M | | |
| 245 | 24:51 | 588 | Kevin Scannell | M | | |
| 246 | 24:59 | 928 | Julie Archer | F | V | |
| 247 | 24:59 | 761 | Robert Ferguson | M | V | |
| 248 | 25:00 | 224 | Stephen Carpenter | M | | Morpeth |
| 249 | 25:01 | 553 | Aled Rees | M | | |
| 250 | 25:02 | 763 | Nick John | M | V | |
| 251 | 25:10 | 853 | Emma Morgan | F | | |
| 252 | 25:12 | 758 | Andy Bellingham | M | V | |
| 253 | 25:14 | 767 | Terry Vickery | M | V | |
| 254 | 25:19 | 734 | Stephen Woods | M | V | |
| 255 | 25:23 | 540 | Ben Wheeler | M | | |
| 256 | 25:26 | 940 | caroline Griffiths | F | V | |
| 257 | 25:26 | 823 | Alison Gaunt | F | | Larkfield AC |
| 258 | 25:29 | 979 | Louise Gakins | F | V | 3M |
| 259 | 25:31 | 666 | Mchael Asplund | M | V | |
| 260 | 25:33 | 450 | Unknown Runner | M | | |
| 261 | 25:34 | 143 | Geoff Stevenson | M | | |
| 262 | 25:35 | 640 | Rodric Ellis | M | | |
| 263 | 25:36 | 589 | John S James | M | | 3M |
| 264 | 25:37 | 701 | Mike jarman | M | V | UKNetRunner |
| 265 | 25:37 | 723 | Hugh Thomas | M | V | |
| 266 | 25:39 | 576 | Greg Hutton | M | | |
| 267 | 25:41 | 702 | Jim Halsey | M | V | |
| 268 | 25:47 | 915 | Caroline Jones | F | V | WRN |
| 269 | 25:53 | 933 | catherine Evans | F | V | |
| 270 | 25:54 | 772 | Leighton Jenkins | M | V | |
| 271 | 25:55 | 775 | Peter Evans | M | V | |
| 272 | 25:57 | 99999 | Unknown Number | M | | |
| 273 | 25:59 | 939 | Wendy Richards | F | V | |
| 274 | 26:02 | 558 | Mike Edey | M | | |
| 275 | 26:02 | 953 | Lynne Lewis | F | V | |
| 276 | 26:05 | 669 | Nigel Jones | M | V | |
| 277 | 26:15 | 600 | Paul Jones | M | | Mumbles Milers |
| 278 | 26:16 | 848 | Jane Griffiths | F | | Brackla Harriers |
| 279 | 26:16 | 936 | Diane Walford | F | V | Celtic Tri |
| 280 | 26:17 | 843 | Rhian Davies | F | | Brackla Harriers |
| 281 | 26:18 | 197 | Ian Leaves | M | | Taff Ely Tri |
| 282 | 26:19 | 148 | Matthew Jones | M | | Bridgend |
| 283 | 26:21 | 917 | Melanie Stone | F | V | |
| 284 | 26:21 | 99999 | Unknown Number | F | | |

| Pos | Time | No | Name | M/F | Cat | Club |
|-----|-------|-----|---------------------|-----|-----|------------------|
| 285 | 26:22 | 712 | Jeff Lewis | M | V | |
| 286 | 26:24 | 972 | Kelly Gipson | F | V | Team Deviant |
| 287 | 26:24 | 551 | Alistair Thomson | M | | |
| 288 | 26:30 | 836 | Claire Cutforth | F | | |
| 289 | 26:32 | 725 | Bruce Morgan | M | V | Llanelli |
| 290 | 26:34 | 617 | Martin Nicholls | M | | 3M |
| 291 | 26:36 | 524 | Christopher Hockley | M | | |
| 292 | 26:38 | 852 | Sarah Hartrey | F | | Brackla Harriers |
| 293 | 26:40 | 983 | Cath Hather | F | V | Brackla Harriers |
| 294 | 26:41 | 841 | Runner 841 | F | | |
| 295 | 26:43 | 960 | Finola Wilson | F | V | WRN |
| 296 | 26:45 | 655 | Simon Gillings | M | V | |
| 297 | 26:47 | 977 | Julie Gething | F | V | WRN |
| 298 | 26:50 | 956 | Lyn Brown | F | V | Amman Valley |
| 299 | 26:54 | 515 | Matti Stithos | M | | |
| 300 | 26:58 | 223 | Dia Carpenter | M | | Morpeth |
| 301 | 26:59 | 764 | Andrew C John | M | V | |
| 302 | 27:02 | 974 | Linda Rees | F | V | 3M |
| 303 | 27:02 | 980 | Kim Holohan | F | V | 3M |
| 304 | 27:05 | 914 | Elena Zarate | F | V | |
| 305 | 27:06 | 682 | Dave Perry | M | V | |
| 306 | 27:08 | 916 | Helen Wolsey | F | V | WRN |
| 307 | 27:08 | 618 | mark Biffin | M | | |
| 308 | 27:09 | 198 | Thomas Joyce-Brown | M | | |
| 309 | 27:10 | 716 | David Walker | M | V | |
| 310 | 27:11 | 812 | Michelle Chapman | F | | |
| 311 | 27:12 | 834 | Emilyr Thomas | F | | |
| 312 | 27:19 | 762 | Wayne Norris | M | V | |
| 313 | 27:20 | 964 | Alison Terry | F | V | TROTS |
| 314 | 27:23 | 932 | Laura Hall | F | V | |
| 315 | 27:26 | 676 | Alfryn Easter | M | V | 3M |
| 316 | 27:29 | 146 | Lee Jenkins | M | | 3M |
| 317 | 27:30 | 860 | Andrea Bowen | F | | WRN |
| 318 | 27:31 | 856 | Jane Edge | F | | |
| 319 | 27:32 | 567 | John Warsfold | M | | |
| 320 | 27:32 | 806 | Angela Harris | F | | |
| 321 | 27:34 | 947 | Megan Rosser | F | V | |
| 322 | 27:35 | 777 | Daniel Cundy | M | V | |
| 323 | 27:36 | 832 | Polly Groom | F | | WRN |
| 324 | 27:43 | 954 | marcia Miles | F | V | |
| 325 | 27:44 | 847 | Rachel Holland | F | | |
| 326 | 27:49 | 648 | Gary Thompson | M | | |
| 327 | 27:54 | 959 | Mandy Beer | F | V | WRN |
| 328 | 27:56 | 803 | Cherida Ring | F | | |
| 329 | 27:58 | 922 | Fiona Cumming | F | V | |
| 330 | 28:02 | 839 | Helena Sykes | F | | |
| 331 | 28:03 | 200 | gavin Moore | M | | |
| 332 | 28:04 | 857 | Leanne Jethney | F | | |
| 333 | 28:04 | 863 | Niamh Gill | F | | |
| 334 | 28:05 | 927 | Sue Harris | F | V | Team Deviant |
| 335 | 28:09 | 976 | Caron McKeetlands | F | V | |
| 336 | 28:10 | 568 | Paul Skinner | M | | |
| 337 | 28:12 | 691 | neale Davies | M | V | |
| 338 | 28:13 | 918 | Kathryn Davies | F | V | |
| 339 | 28:14 | 919 | Elizabeth Barclay | F | V | |
| 340 | 28:24 | 552 | Mark Howells | M | | |
| 341 | 28:26 | 931 | jaynie Rance | F | V | |

| Pos | Time | No | Name | M/F | Cat | Club |
|-----|-------|-------|--------------------|-----|-----|-------------------|
| 342 | 28:32 | 864 | Jessica Jones | F | | |
| 343 | 28:35 | 194 | Jeffrey Owens | M | | |
| 344 | 28:36 | 590 | Jarad James | M | | |
| 345 | 28:48 | 838 | Gemma Brady | F | | |
| 346 | 28:58 | 830 | Tania Karauna | F | | |
| 347 | 28:59 | 989 | Eilizabeth Diamond | F | V | |
| 348 | 29:08 | 679 | Paul Hatton | M | V | |
| 349 | 29:13 | 934 | Sam Osborn | F | V | WRN |
| 350 | 29:13 | 817 | Rebeccah Thomas | F | | |
| 351 | 29:18 | 854 | Bella Saunders | F | | |
| 352 | 29:25 | 833 | Ffion Thomas | F | | WRN |
| 353 | 29:26 | 849 | Kathryn Webb | F | | Celtic Tri |
| 354 | 29:34 | 728 | Andy John | M | V | |
| 355 | 29:41 | 905 | Kay Davis | F | V | |
| 356 | 29:42 | 985 | margi Edwards | F | V | |
| 357 | 29:43 | 673 | Michael Howell | M | V | |
| 358 | 29:49 | 661 | Dennis Lynch | M | V | |
| 359 | 29:50 | 855 | Helen Scott | F | | WRN |
| 360 | 29:52 | 952 | Louis Daniels | F | V | WRN |
| 361 | 29:58 | 773 | Michael Kennedy | M | V | |
| 362 | 29:58 | 965 | Linda Owens | F | V | 3M |
| 363 | 29:58 | 984 | Mary Davies | F | V | WRN |
| 364 | 30:00 | 958 | Pamela Johnson | F | V | |
| 365 | 30:05 | 997 | Debby Gould | F | V | |
| 366 | 30:05 | 986 | Julie Lloyd | F | V | |
| 367 | 30:05 | 142 | Oliver Barrett | M | | |
| 368 | 30:06 | 606 | Tom Stear | M | | |
| 369 | 30:10 | 745 | Tony Wilkinson | M | V | |
| 370 | 30:12 | 555 | Hefin John | M | | |
| 371 | 30:13 | 826 | Rhian John | F | | |
| 372 | 30:20 | 924 | Deborah Lewis | F | V | |
| 373 | 30:20 | 99999 | Unknown Number | F | | |
| 374 | 30:21 | 755 | Peter Slee | M | V | |
| 375 | 30:22 | 963 | Vivienne Kavanagh | F | V | 3M |
| 376 | 30:22 | 967 | Christine Hurdrige | F | V | 3M |
| 377 | 30:27 | 814 | Bronwen Williams | F | | |
| 378 | 30:29 | 982 | Kay Harris | F | V | |
| 379 | 30:50 | 968 | Julie Davies | F | V | 3M |
| 380 | 30:53 | 637 | Jonathan Wheeler | M | | |
| 381 | 30:53 | 981 | Christine John | F | V | |
| 382 | 31:09 | 930 | Hayley Parsons | F | V | WRN |
| 383 | 31:30 | 190 | Andrea Beetles | F | | WRN |
| 384 | 31:38 | 827 | Lowri Tett | F | | |
| 385 | 31:40 | 935 | Linsey Robins | F | V | |
| 386 | 31:40 | 681 | William Mogford | M | V | |
| 387 | 31:50 | 720 | Lyn Johnson | M | V | |
| 388 | 31:54 | 819 | Rachel Yaulten | F | | |
| 389 | 31:55 | 991 | Hayley Ranford | F | V | WRN |
| 390 | 31:57 | 672 | Eric Owen | M | V | Cornelly Striders |
| 391 | 31:58 | 526 | Stuart Baker | M | | |
| 392 | 32:03 | 911 | Helen Hutson | F | V | |
| 393 | 32:14 | 821 | Carrie Hammond | F | | |
| 394 | 32:14 | 820 | Joanna Furber | F | | |
| 395 | 32:16 | 946 | Karen Birdsall | F | V | |
| 396 | 32:26 | 645 | Chris Nicol | M | | |
| 397 | 32:35 | 992 | Julie Willis | F | V | WRU |
| 398 | 32:36 | 955 | Emma Steel | F | V | |

| Pos | Time | No | Name | M/F | Cat | Club |
|------------|-------------|-----------|-------------------|------------|------------|-------------|
| 399 | 32:40 | 862 | Debbie Ace | F | | WRN |
| 400 | 32:46 | 816 | Dawn Randall | F | | |
| 401 | 33:22 | 994 | Lynne Perrott | F | V | WRN |
| 402 | 33:22 | 859 | Judith Michael | F | | WRN |
| 403 | 33:24 | 825 | Victoria Anderson | F | | |
| 404 | 33:24 | 824 | Rebecca Wixey | F | | |
| 405 | 33:33 | 912 | Laura Dowsett | F | V | |
| 406 | 33:42 | 779 | Nigel Clayton | M | V | |
| 407 | 33:44 | 768 | Gordon Sturrock | M | V | |
| 408 | 34:04 | 973 | Wendy Fisher | F | V | |
| 409 | 34:40 | 844 | Sarah Chie | F | | |
| 410 | 34:40 | 845 | Helen Brown | F | | |
| 411 | 35:24 | 818 | Clare Tucker | F | | |
| 412 | 35:24 | 512 | Philip Tucker | M | | |
| 413 | 36:03 | 998 | Noreen Jackman | F | V | |
| 414 | 36:38 | 995 | Lynne Owen | F | V | WRN |
| 415 | 36:39 | 861 | Julie Darney | F | | WRN |
| 416 | 36:39 | 993 | Anita Lane | F | V | WRU |
| 417 | 38:44 | 580 | Stephen Dixon | M | | |
| 418 | 40:17 | 938 | Jane Elliott | F | V | |