

Position	Name	Time	Category	Cat	Club	Position	Name	Time	Category	Cat	Club
1	Steve Brace	38:05	SM	1	Bridgend A C	31	David Jones	43:25	SM	29	Pontypridd Roadents
2	Adrian Passey	38:12	SM	2	Bromsgrove & Reddich	32	Paul Belcher	43:28	MV40	2	Les Croupiers
3	Kenny Davies	39:13	SM	3	Newport Harriers	33	David Weston	43:36	SM	30	Newport Harriers
4	Paul Howarth	39:15	SM	4	Individual (Cardiff AC)	34	Nicholas Seabourne	43:40	SM	31	Crickhowell & Gilwern Harriers
5	Greg Newhams	39:19	SM	5	Bridgend A C	35	Robert George	43:42	SM	32	Rhymney Valley A C
6	Martin Harey	39:46	SM	6	Les Croupiers	36	Jeffery Russell	43:47	MV40	3	Club 69
7	Gareth Davies	39:48	SM	7	Bridgend A C	37	Michael Chandler	43:50	SM	33	Caerphilly R C
8	John Edwards	39:59	SM	8	Bridgend A C	38	Nathaniel White	44:00	SM	34	U/A
9	James Hill	40:27	SM	9	Newport Harriers	39	Alun Thomas	44:02	SM	35	Pegasus R C
10	Bob Rollins	40:43	SM	10	Bridgend A C	40	Sandy Johnson	44:03	MV40	4	Les Croupiers
11	Paul Smith	40:49	SM	11	Les Croupiers	41	Raymond Stevens	44:05	MV40	5	Club 69
12	Dave Rees	40:58	SM	12	Newport Harriers	42	Mike Crowell	44:08	SM	36	Bridgend A C
13	Mick McGeoch	41:03	SM	13	Les Croupiers	43	Mike Rowlands	44:09	MV45	2	Newport Harriers
14	Paul Bennett	41:09	SM	14	Cardiff A C	44	Mark Dowden	44:10	SM	37	Clevedon A C
15	Michael Surrige	41:26	SM	15	Les Croupiers	45	Tony Carzana	44:16	MV40	6	Pegasus R C
16	Harry Day	41:29	SM	16	Beddau A C	46	Sally Lynch	44:24	SW	1	Newport Harriers
17	John Pointon	41:41	MV40	1	Pontypridd Roadents	47	Elwyn Davies	44:24	MV45	3	Les Croupiers
18	Brandon Sullivan	41:52	SM	17	Cardiff A C	48	Ronald Morris	44:30	MV40	7	San Domenico
19	Derek Rainbird	42:02	SM	18	Club 69	49	Jim Riley	44:31	MV45	4	Cardiff A C
20	Darren Hiscox	42:08	SM	19	Swansea Harriers	50	Steven Price	44:37	SM	38	San Domenico
21	Chris Davies	42:11	SM	20	Les Croupiers	51	Mika Powell	44:37	SM	39	Newport Harriers
22	Lawrence Hallett	42:13	SM	21	Newport Harriers	52	Terry Screen	44:41	SM	40	Griffithstown Harriers
23	Paul Thomas	42:14	SM	22	Swansea Harriers	53	Mike Horgate	44:44	SM	41	City of Bath A C
24	Philip Crane	42:16	SM	23	Caerphilly R C	54	Emrys Davies	44:45	MV40	8	Rhymney Valley A C
25	Les Davies	42:18	MV45	1	Gloucester A C	55	Gerwyn Davies	44:48	SM	42	Club 69
26	Michael Wassall	42:20	SM	24	Yate and District	56	Frank Roach	44:49	SM	43	Great Western Runners
27	Chris Miles	42:32	SM	25	Les Croupiers	57	Stuart Davidson	44:51	SM	44	Bridgend A C
28	Steve Rhind	42:54	SM	26	Individual (Cardiff AC)	58	Paul Miller	44:52	SM	45	Pegasus R C
29	Neil Haine	43:12	SM	27	Newport Harriers	59	Alan Garrett	44:54	MV50	1	Cardiff A C
30	Stephen Pearse	43:23	SM	28	Cardiff A C	60	Malcolm Adams	45:00	SM	46	T.F.O.T.S.

Position	Name	Time	Category	Cat	Club	Position	Name	Time	Category	Cat	Club
61	Richard Fullerton	45:03	SM	47	Great Western Runners	91	Kevin Chalile	46:48	SM	68	San Domenico
62	David Streeter	45:14	SM	48	Horsham Blue Stars	92	Nigel Clement	46:55	SM	69	Penarth & Dinas Runners
63	Richard Gardiner	45:15	SM	49	Swansea Harriers	93	Nichols Gwynne	46:55	SM	70	T.R.O.T.S.
64	Keith Price	45:18	SM	50	Barry & Vale	94	Geoffrey Inch	46:55	SM	71	Barry & Vale
65	Dava Walsh	45:21	MV45	5	Les Croupiers	95	David Bastable	46:57	MV40	14	Rhymney Valley A C
66	Paul Hilling	45:24	SM	51	Horsham Blue Stars	96	Francis Stevens	46:58	MV40	15	Pegasus R C
67	Richard Masling	45:27	MV40	9	City of Bath A C	97	Clive James	47:19	MV40	16	Heartbeat Wales
68	Anthony Dunn	45:27	SM	52	Newport Harriers	98	Mark Williams	47:20	SM	72	San Domenico
69	Lyndon Gwilym	45:28	SM	53	Blaenavon Joggers	99	Douglas Lloyd	47:23	SM	73	Pontypridd Roadents
70	Brian Gough	45:30	MV50	2	Rhymney Valley A C	100	Paul Jenkins	47:25	SM	74	Newport Harriers
71	Ronald Coleman	45:35	SM	54	Penarth & Dinas Runners	101	Dave Feraday	47:28	MV40	17	Newport Harriers
72	Julian Doyle	45:42	SM	55	Club 69	102	Paul Baigent	47:28	SM	75	Yeovil & Town R R
73	Huw Evans	45:44	SM	56	Individual (Cardiff AC)	103	Kelvin Smith	47:28	SM	76	Caerphilly R C
74	Lyndon Evans	45:48	MV40	10	Club 69	104	John Harewood	47:29	SM	77	San Domenico
75	John Gordon	45:50	SM	57	Caerphilly R C	105	Glynne Davies	47:31	MV45	7	Llanelli
76	John Hiscox	46:03	SM	58	Aberdare A C	106	Paul Breddy	47:35	SM	78	Fairwater Runners
77	Kenny Williams	46:09	SM	59	San Domenico	107	Alan Jones	47:36	SM	79	Cardiff Harriers
78	Norman Jones	46:16	SM	60	M.D.C. (Fell Running Club)	108	John Coutanche	47:36	SM	80	Beddau A C
79	Stephen Aylett	46:17	MV45	6	Gilwern Harriers	109	Paul Mussa	47:36	SM	81	Les Croupiers
80	Lynn Harris	46:19	SM	61	Rhymney Valley A C	110	Steve Emes	47:39	SM	82	Pegasus R C
81	Philip Ellis	46:22	SM	62	Les Croupiers	111	Marjorie MacDonald	47:45	SW	2	Westbury Harriers
82	Robert Jones	46:25	SM	63	Pegasus R C	112	Beccy Richardson	47:51	SW	3	Les Croupiers
83	Philip Miles	46:29	SM	64	Club 69	113	Paul Casbeard	48:09	SM	83	U/A
84	Malcolm Knight	46:31	MV40	11	Yate and District	114	Andrew Williams	48:17	SM	84	Griffithstown Harriers
85	Dennis Jones	46:35	MV40	12	Rhymney Valley A C	115	Peter Griffiths	48:20	SM	85	San Domenico
86	Gary Jones	46:35	SM	65	Newport Harriers	116	Christopher Simms	48:20	MV40	18	Griffithstown Harriers
87	Stuart Short	46:36	SM	66	Bridgend A C	117	Brian Worley	48:22	SM	86	Pontypridd Roadents
88	Brian Harris	46:38	MV50	3	Rhymney Valley A C	118	Donald Rees	48:35	MV40	19	Pontypridd Roadents
89	Mark Tambling	46:40	SM	67	Club 69	119	Paul Fox	48:36	SM	87	Griffithstown Harriers
90	Kelvin Perrett	46:46	MV40	13	Newport Harriers	120	Andrew Davies	48:38	SM	88	Pontypridd Roadents

Position	Name	Time	Category	Cat	Club	Position	Name	Time	Category	Cat	Club
121	B Brayford	48:39	MV40	20	U/A	151	Kevin Jones	50:10	SM	106	Pontypridd Roadents
122	Gregory Howells	48:43	SM	89	Rhymney Valley A C	152	Ivor Cardwell	50:14	SM	107	U/A
123	Colin Coombes	48:45	MV40	21	Newport Harriers	153	Andrew Webb	50:21	SM	108	Club 69
124	Ray Sanson	49:02	SM	90	Newport Harriers	154	William Reid	50:22	SM	109	Blaenavon Joggers
125	Andrew Hatchard	49:03	SM	91	Griffithstown Harriers	155	Andrew Mason	50:25	SM	110	T.R.O.T.S.
126	Malcolm Cox	49:07	MV40	22	Griffithstown Harriers	156	Dave Ledbury	50:28	MV40	26	Fairwater Runners
127	Fiona Davies	49:10	WV35	1	Rhonda A C	157	John Canning	50:31	MV45	11	Westbury Harriers
128	Michael Conlon	49:10	MV45	8	Islwyn R C	158	Williams Silco	50:33	MV40	27	U/A
129	Chris Barker	49:11	SM	92	Barry & Vale	159	Clive Everson	50:39	SM	111	Rhymney Valley A C
130	Brain Hancock	49:12	MV40	23	Newport Harriers	160	Alan Bastable	50:39	SM	112	San Domenico
131	Michael Learoyd	49:14	SM	93	Penarth & Dinas Runners	161	Jackie Huybs	50:41	SW	4	Blaenavon Joggers
132	Alan Bladen	49:17	MV50	4	Les Croupiers	162	Mark Hallwell	50:43	SM	113	Risca R R
133	Michael Glenham	49:18	SM	94	Rhonda Valley Runners	163	Anthony Johnson	50:45	MV50	7	Griffithstown Harriers
134	Brian Adamson	49:19	MV50	5	Bridgend A C	164	John Meredith	50:49	MV50	8	Fairwater Runners
135	Stuart Challenger	49:21	SM	95	Griffithstown Harriers	165	Martin Roberts	50:52	SM	114	Cardiff Triathlets
136	Ron Thomas	49:24	SM	96	Newport Harriers	166	Ronnie Baldwin	50:54	MV50	9	Rhymney Valley A C
137	Stevan Hooper	49:28	SM	97	Pontypridd Roadents	167	Jane Found	50:58	SW	5	Yate and District
138	Guy Chapman	49:33	MV50	6	Heartbeat Wales	168	Timothy Phillips	50:59	SM	115	Pontypridd Roadents
139	David Brunton	49:42	SM	98	Caerphilly R C	169	Jeff Wood	51:01	MV45	12	Les Croupiers
140	Richard Phillips	49:44	SM	99	T.R.O.T.S.	170	Sue Neal	51:05	WV40	1	Les Croupiers
141	Steve Logan	49:50	SM	100	Pontypridd Roadents	171	Kenneth Medcrafe	51:11	MV40	28	Rhonda Valley Runners
142	Phillip Botwell	49:53	SM	101	Newport Harriers	172	Bernie Monk	51:19	MV45	13	Club 69
143	John Price	49:55	MV45	9	U/A	173	Dereck Fisher	51:19	MV50	10	Newport Harriers
144	Time Williams	49:57	SM	102	Club 69	174	Andrew Lewis	51:26	SM	116	Bridgend A C
145	Dick Finch	49:58	MV45	10	Chepstow Harriers	175	David Wallace	51:27	SM	117	Pontypridd Roadents
146	A Raymond	50:00	SM	103	U/A	176	Ron Harris	51:28	MV50	11	Newport Harriers
147	Andrew Brown	50:00	SM	104	Gloucester A C	177	Arthur Hallett	51:31	MV40	29	Pontypridd Roadents
148	Malcolm Rees	50:03	MV40	24	Fairwater Runners	178	Martin Stone	51:33	SM	118	Caerphilly R C
149	Roger Hawksworth	50:05	SM	105	Spartans	179	Johanna Clarkson	51:39	WV35	2	Les Croupiers
150	Brian Greenfield	50:07	MV40	25	Barry & Vale	180	John Chapman	51:35	MV45	14	Pegasus R C

Position	Name	Time	Category	In	Club	Position	Name	Time	Category	In	Club
181	Robin Parsons	51:35	MV50	12	Llswerry (Individual)	211	Ken Goodger	52:41	SM	139	Newport Harriers
182	Robert Giles	51:37	SM	119	U/A	212	Tom Wood	52:45	MV50	14	Risca R R
183	Craig Davies	51:40	SM	120	San Domenico	213	Michael Dams	52:48	MV45	15	Les Croupiers
184	John Farmer	51:52	SM	121	Comelly Striders	214	Thomas Edmunds	52:57	MV45	16	Crickhowell & Gilwern Harriers
185	Brian Jones	51:52	MV40	30	Monmouth A C	215	Ron Thomas	52:59	SM	140	Rhonda Valley Runners
186	Steven Bridges	52:01	SM	122	Club 69	216	John Watson	53:00	SM	141	Great Western Runners
187	John Davies	52:03	SM	123	Peterson Super Ely A C	217	Jolyon Miles	53:00	SM	142	Neath Harriers
188	Anthony Gladman	52:06	SM	124	Peterson Super Ely A C	218	Garry Merril	53:01	SM	143	Neath Harriers
189	Julian Richards	52:06	SM	125	U/A	219	Glyn Hicks	53:08	MV40	35	RVJSXCA
190	Myfanwy Loudon	52:06	WV45	1	Newport Harriers	220	Karl Jones-Davies	53:09	SM	144	U/A
191	Lawrence Hughes	52:08	MV40	31	Mercury	221	Maxwell Hammett	53:09	MV50	15	Fairwater Runners
192	Russell Harbron	52:08	SM	126	Penarth & Dinas Runners	222	Mal Farnham	53:12	MV50	16	Les Croupiers
193	Alun Challecombe	52:14	MV40	32	San Domenico	223	Paul Harris	53:18	MV40	36	Griffithstown Harriers
194	Rob Martin	52:14	SM	127	U/A	224	Gregory Horton	53:18	MV45	17	U/A
195	Alun Evans	52:16	SM	128	U/A	225	Mathew Gould	53:19	SM	145	U/A
196	Simon Longman	52:16	SM	129	Penarth & Dinas Runners	226	Kenneth Ward	53:21	MV40	37	Peterson Super Ely A C
197	Tony Pesticcio	52:18	MV50	13	San Domenico	227	Doug Whiting	53:23	MV50	17	Westbury Harriers
198	Anthony Moore	52:20	SM	130	San Domenico	228	Brian Brownsey	53:33	MV50	18	Cardiff A C
199	Leslie Durham	52:22	SM	131	Pontypridd Roadents	229	Clive Horsefield	53:37	MV50	19	Newport Harriers
200	Jonathan Griffiths	52:22	SM	132	Cardiff Triathlets	230	Angus Croall	53:39	SM	146	Rowheath Harriers
201	Arthur Renshaw	52:24	MV40	33	Thornbury R C	231	Peter Havard	53:43	MV40	38	U/A
202	Darren Stevens	52:27	SM	133	Merthyr R C	232	Alan Harper	53:44	SM	147	Penarth & Dinas Runners
203	John Burford	52:29	SM	134	Forest of Dean A C	233	Allan Fettah	53:50	SM	148	U/A
204	Jonathan Chadwick	52:30	SM	135	Neath Harriers	234	Ted Goodraid	53:53	MV45	18	Risca R R
205	Graham Jones	52:31	MV40	34	Club 69	235	Keith Lowther	53:55	SM	149	San Domenico
206	M Pope	52:33	SM	136	U/A	236	Eddie Blayney	53:55	SM	150	U/A
207	Keith Price	52:37	SM	137	Rhymney Valley A C	237	Nigel Butcher	53:55	SM	151	Peterson Super Ely A C
208	John Mills	52:37	SM	138	San Domenico	238	Leigh Harvey	53:57	SM	152	Penarth & Dinas Runners
209	Eather Horgate	52:37	SW	6	City of Bath A C	239	Jacqueline Wilding	54:00	SW	7	Bracon Bounders
210	Sue Symonds	52:37	WV40	2	Monmouth A C	240	Peter Harding	54:01	MV50	20	Carmarthen Harriers

Position	Name	Time	Category	Age	Club	Position	Name	Time	Category	Age	Club
241	Allan Gittings	54:03	SM	153	Caerphilly R C	271	Keith Moore	56:26	SM	165	Gwent Police
242	Terry Ruck	54:03	MV50	21	U/A	272	Robert Jones	56:27	SM	166	U/A
243	Debbie Newhams	54:03	SW	8	Bridgend A C	273	Carol Mathews	56:28	WV40	3	Penarth & Dinas Runners
244	Andrew Worthington	54:03	SM	154	Caerphilly R C	274	George Hughes	56:31	MV40	48	Risca R R
245	C Lloyd	54:16	MV50	22	Griffithstown Harriers	275	David Williams	56:33	SM	167	U/A
246	Keith Whitfield	54:21	SM	155	Penarth & Dinas Runners	276	Richard Bowen	56:33	MV45	19	U/A
247	David Bassett	54:28	MV40	39	Griffithstown Harriers	277	Robert Nurden	56:35	SM	168	Chepstow Harriers
248	John Pask	54:36	MV50	23	Rhymney Valley A C	278	Roderick Morgan	56:35	MV40	49	U/A
249	Eric Jenkins	54:39	MV50	24	Fairwater Runners	279	David Clarke	56:39	MV40	50	Islwyn R C
250	Brian Morgan	54:48	MV40	40	Club 69	280	Paul Baker	56:45	SM	169	Pontypridd Roadents
251	Robert Morgan	54:50	SM	156	Dinas & Penarth Runners	281	Gerard Haan	56:45	MV40	51	U/A
252	Neil Edwards	54:51	SM	157	U/A	282	Paul Church	56:48	MV40	52	U/A
253	Lawrence Fettah	54:59	SM	158	U/A	283	Paul Grey	56:49	MV45	20	Penarth & Dinas Runners
254	Carol Proudman	54:59	SW	9	Les Croupliers	284	Neville Clare	56:52	MV50	28	Spartans
255	Stephen Bennett	55:12	MV40	41	Caerphilly R C	285	Clive Wenner	56:52	SM	170	Cardiff Triathletes
256	Paul McGlynn	55:12	SM	159	Alla R C	286	David Smart	56:54	MV50	29	Peterson Super Ely A C
257	Martin Hancock	55:15	SM	160	Wyvern Road Runners	287	Shelagh Adrins	56:54	WV40	4	Griffithstown Harriers
258	Glyn Pope	55:15	SM	161	Hengoed R R	288	Simon Lock	56:54	SM	171	Penarth & Dinas Runners
259	John Baker	55:18	MV40	42	Swindon R R	289	Brinley Mainwaring	56:56	MV45	21	Rhondda Valley Runners
260	Wayne Davis	55:31	SM	162	San Domenico	290	Philip Press	56:56	SM	172	Wyvern Road Runners
261	Mel Bailey	55:33	MV40	43	San Domenico	291	Robert Martin	57:04	SM	173	U/A
262	Dermot Cleary	55:37	MV40	44	U/A	292	Kay Pritchard	57:07	WV40	5	Les Croupliers
263	Geoffery Thomas	55:53	MV40	45	Islwyn R C	293	Brian Price	57:08	MV45	22	Pontypridd Roadents
264	Peter Mason	56:01	SM	163	T.R.O.T.S.	294	Sue Ashton	57:14	WV35	3	Chepstow Harriers
265	Leslie Thomas	56:09	MV50	25	U/A	295	Nik Peregrine	57:23	SM	174	Chepstow Harriers
266	Derek Rugman	56:11	MV40	46	Thornbury R C	296	Bernard Stevens	57:26	MV45	23	Merthyr R C
267	Dereck Harper	56:11	MV50	26	Rhymney Valley A C	297	Andrew Jeanes	57:27	SM	175	Penarth & Dinas Runners
268	Roy White	56:11	MV40	47	Bridgend A C	298	Glyn Sulway	57:27	MV50	30	Newport Harriers
269	John Smith	56:16	MV50	27	U/A	299	Anthony Phillips	57:29	SM	176	Griffithstown Harriers
270	Andrew Baker	56:18	SM	164	U/A	300	Gareth Thomas	57:30	SM	177	U/A

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301	Richard Masling	57:37	MV40	53	City of Bath A C	331	Michael Randle	58:45	SM	191	U/A
302	Chris Williams	57:34	SM	178	U/A	332	Nell Thomas	58:54	SM	192	Hengoed R R
303	Emlyn Jones	57:36	SM	179	Pontypridd Roadents	333	Colin Jenkins	59:05	MV50	33	Blaenavon Joggers
304	Alan Hulbert	57:38	SM	180	San Domenico	334	Paul Stacey	59:05	SM	193	U/A
305	Derek Marsh	57:40	MV40	54	Crickhowell & Gilwern Harrier	335	Allison Crofts	59:05	SW	10	Serpentine R C
306	Maurice Langford	57:42	MV40	55	Chepstow Harriers	336	Leighton Bracey	59:06	MV45	27	U/A
307	Bernard Taylor	57:50	MV45	24	Cardiff A C	337	Derek John	59:10	SM	194	Alfa R C
308	John Cooper	57:54	MV40	56	Aberdare A C	338	David Scott	59:22	SM	195	Rhondda Valley Runners
309	Maurice Tierney	57:55	SM	181	Hengoed R R	339	Sue Sheppard	59:22	WV40	8	Pegasus R C
310	Janet Smith	57:58	WV40	6	Monmouth A C	340	Ray Rivett	59:22	MV50	34	Pontypridd Roadents
311	Roger Twose	58:07	SM	182	Caerphilly R C	341	Philip Williams	59:27	SM	196	Peterson Super Ely A C
312	Viv Lamerton	58:07	MV45	25	Heartbeat Wales	342	Brian Newman	59:29	SM	197	U/A
313	Stanford Griffiths	58:12	MV50	31	Peterson Super Ely A C	343	Adrian Talbot	59:29	SM	198	U/A
314	Charles Cummings	58:20	MV40	57	Barry & Vale	344	Neil Edwards	59:29	SM	199	U/A
315	J Lloyd	58:23	SM	183	U/A	345	Kate Roach	59:39	SW	11	Great Western Runners
316	Wyndham Thomas	58:23	SM	184	U/A	346	Jonathon Buttler	59:54	SM	200	Alfa R C
317	S Weeks	58:23	MV50	32	U/A	347	Jane Crooks	59:55	WV35	6	Great Western Runners
318	Michael Neale	58:25	MV45	26	Griffithstown Harriers	348	Sidney Tasher	59:59	MV40	61	U/A
319	Stephen Buckle	58:30	SM	185	Taff Ely Traithletes	349	John Griffith	60:03	SM	201	Pontypridd Roadents
320	Valerie Barrell	58:30	WV40	7	Monmouth A C	350	Douglas Owen	60:05	MV50	35	Bridgend A C
321	Gerald Davies	58:30	SM	186	Monmouth A C	351	Janet Longman	60:08	WV35	7	Penarth & Dinas Runners
322	David Stone	58:30	SM	187	Penarth & Dinas Runners	352	David Powell	60:15	SM	202	U/A
323	Michael Brooks	58:34	SM	188	Llswerry (Individual)	353	Ryan Powell	60:15	SM	203	U/A
324	Vernon McCarthy	58:37	MV40	58	Rhondda Valley Runners	354	Mac Rowson	60:19	WV40	9	Les Croupiers
325	Derrick Thomas	58:38	MV40	59	Alfa R C	355	Shan Aguilar	60:25	SW	12	Pontypridd Roadents
326	Mano Singh	58:39	SM	189	Caerphilly R C	356	Simon Hudd	60:35	SM	204	Barry & Vale
327	Michael Hopkins	58:40	MV40	60	U/A	357	Keth Jones	60:37	MV40	62	U/A
328	Judith Lewis	58:42	WV35	4	Penarth & Dinas Runners	358	Robert Ellis	60:43	SM	205	London R R
329	David Lloyd	58:42	SM	190	U/A	359	Roger Davies	60:44	MV45	28	Gwent Police
330	Valerie Randle	58:45	WV35	5	U/A	360	Robert Frampton	60:49	SM	206	San Domenico

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351	Harold McLean	60:56	SM	207	U/A	391	David Jones	64:16	MV50	43	U/A
362	Stewart Cameron	60:57	MV40	63	U/A	392	David Phillips	64:25	SM	217	U/A
363	Michael Galloway	61:04	MV45	29	Griffithstown Harriers	393	D Harris	64:47	SM	218	U/A
364	George Wilkinson	61:15	MV50	36	Chapstow Harriers	394	Linda Eynon	64:51	SW	15	T.R.O.T.S.
365	Joel Williams	61:17	SM	208	Spartans	395	Roy Reed	65:09	MV40	67	Caerphilly R C
366	Gerald Thomas	61:18	MV50	37	Caerphilly R C	396	George Venables	65:12	SM	219	South Wales Constabulary
367	William Carey	61:20	SM	209	Penarth & Dinas Runners	397	Tesse Gould	65:17	SW	16	U/A
368	Robert Lewis	61:21	MV40	64	Penarth & Dinas Runners	398	Gareth Thomas	65:23	MV40	68	U/A
369	Janis Mbakwe	61:21	WV40	10	Pegasus R C	399	A Spicer	65:24	MV50	44	Great Western Runners
370	Philip Johns	61:30	SM	210	U/A	400	John Kempton	65:30	MV40	69	South West Runners
371	Alun Smith	61:36	SM	211	U/A	401	Graham Johnson	65:32	MV45	32	Serpentine R C
372	Glyndwr Williams	61:37	MV50	38	Llanelli	402	Ann Whitfield	65:59	SW	17	Penarth & Dinas Runners
373	Allen Evans	61:54	MV40	65	Peterson Super Ely A C	403	Colin Bradley	66:03	SM	220	Madway A C
374	Neil Williamson	61:59	MV50	39	Blaenavon Joggers	404	Owen Williams	66:13	SW	18	Griffithstown Harriers
375	Paul Lewis	62:02	SM	212	U/A	405	Roger Groves	66:16	MV50	45	U/A
376	Colin Davies	62:10	SM	213	Peterson Super Ely A C	406	Carolyn Llewellyn	66:27	WV40	14	Les Croupiers
377	John Wallace	62:10	MV50	40	Peterson Super Ely A C	407	Stephen Hill	66:30	SM	221	U/A
378	K Weeks	62:28	SM	214	U/A	408	Leighton Jones	66:38	MV50	46	San Domenico
379	Elaine Gabe	62:33	WV40	11	Beddau A C	409	Graham Evans	66:41	SM	222	U/A
380	Gareth Jones	62:47	SM	215	U/A	410	Sue Bell	66:43	SW	19	Fairwater Runners
381	Elliott Griffiths	62:48	MV45	30	Neath Harriers	411	Jim Moore	66:46	SM	223	U/A
382	Lesley West	63:12	SW	13	Fairwater Runners	412	Colin Topping	67:04	SM	224	Mercury
383	Terry Lane	63:28	MV50	41	Cardiff HSOB	413	Nair Sushil	67:15	MV40	70	U/A
384	P Davies	63:38	WV40	12	Gloucester A C	414	Ronald Webber	67:39	SM	225	U/A
385	Ken Bray	63:41	MV50	42	Les Croupiers	415	Sharon Murphy	67:40	SW	20	Pegasus R C
386	Josie Driscoll	63:55	WV40	13	Peterson Super Ely A C	416	Anthony Buttler	67:40	SM	226	Afa R C
387	Sandra Brown	63:57	SW	14	Angel's R C	417	Stephen Manship	67:49	SM	227	Caerphilly R C
388	Stuart Coleman	64:02	SM	216	U/A	418	Christine Tanner	68:17	SW	21	Griffithstown Harriers
389	Wynford Bushell	64:09	MV40	66	U/A	419	Ken Gooding	68:18	MV50	47	U/A
390	Brian Benham	64:09	MV45	31	Islwyn R C	420	Pam Bowley	68:19	WV45	2	Pegasus R C