



Lliswerry Runners

Newport's friendly running club.

2004 Results

Lliswerry Runners - Lliswerry 8, 25th January 2004 - Full Results

| Pos | Name | Time | Cat | Pos | Club |
|-----|----------------|-------|------|-----|---------------------|
| 1 | Nick Janvier | 42:30 | MS | 1 | Brackla Harriers |
| 2 | Mathew Collins | 43:00 | MS | 2 | U/A |
| 3 | Alun Wood | 43:44 | MS | 3 | Brackla Harriers |
| 4 | Mark Jennings | 44:05 | MS | 4 | Cardiff A C |
| 5 | Philip Crane | 44:13 | MV40 | 1 | Neath Harriers |
| 6 | Tim Lewis | 44:14 | MS | 5 | Brackla Harriers |
| 7 | Chris Meyler | 44:15 | MS | 6 | Pontypridd Roadents |
| 8 | Mike Evans | 44:21 | MS | 7 | T.R.O.T.S. |
| 9 | Joe Thomas | 44:34 | MS | 8 | Bridgend A C |
| 10 | Steve Brace | 45:02 | MV40 | 2 | Bridgend A C |
| 11 | Crispin Flower | 45:06 | MS | 9 | Mynyddwyr De Cymru |
| 12 | Pete Rowat | 45:19 | MS | 10 | Cardiff Triathletes |
| 13 | Jason Brown | 45:26 | MS | 11 | Islwyn R C |
| 14 | Chris Sykes | 45:43 | MV45 | 1 | Woodstock Harriers |
| 15 | Jeff Davies | 46:28 | MV40 | 3 | Pontypridd Roadents |
| 16 | Alun Williams | 46:41 | MV40 | 4 | Fairwater Runners |
| 17 | Phil Adams | 46:41 | MV40 | 5 | Neath Harriers |
| 18 | Mick Tabor | 46:53 | MV50 | 1 | San Domenico |

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|----|-----------------|-------|------|----|-------------------------|
| 19 | Simon Hill | 47:03 | MS | 12 | Bitton R R |
| 20 | Clem Clements | 47:12 | MV40 | 6 | Penarth & Dinas Runners |
| 21 | Barry Wilson | 47:19 | MV50 | 2 | Ludlow Runners |
| 22 | Mark Rawlings | 47:34 | MS | 13 | Severn A C |
| 23 | Ronald Morris | 47:38 | MV50 | 3 | San Domenico |
| 24 | Mike Chandler | 48:02 | MV50 | 4 | Pontypridd Roadents |
| 25 | Peter Davies | 48:17 | MV50 | 5 | Brackla Harriers |
| 26 | Sharon Dixon | 48:23 | WV35 | 1 | Bristol A C |
| 27 | Bill Graham | 48:54 | MV50 | 6 | Bitton R R |
| 28 | Paul Meyler | 49:26 | MV45 | 2 | Pontypridd Roadents |
| 29 | Mark Eager | 49:47 | MV40 | 7 | Fontygary Tri Club |
| 30 | Kevin Crew | 49:56 | MV40 | 8 | Neath Harriers |
| 31 | Craig Ingleson | 50:06 | MS | 14 | Caerleon Running Club |
| 32 | Phil Miles | 50:10 | MV50 | 7 | Club 69 |
| 33 | Rob Kingdom | 50:22 | MS | 15 | Bitton R R |
| 34 | Gareth Fereday | 50:26 | MS | 16 | Newport Harriers |
| 35 | Brian Phillips | 50:31 | MV40 | 9 | Club 69 |
| 36 | Keith Paterson | 50:41 | MV60 | 1 | Pegasus R C |
| 37 | Angela Jones | 50:42 | WV35 | 2 | Caerleon Running Club |
| 38 | Peter Curran | 50:53 | MV40 | 10 | U/A |
| 39 | Richard Hughes | 50:57 | MS | 17 | Caerleon Running Club |
| 40 | Howard Mason | 51:07 | MS | 18 | Caerleon Running Club |
| 41 | Vince Oak | 51:09 | MV40 | 11 | U/A |
| 42 | Andrew Thompson | 51:11 | MV45 | 3 | Griffithstown Harriers |
| 43 | Robert Wilcox | 51:13 | MS | 19 | Penarth & Dinas Runners |
| 44 | Steven Hooper | 51:22 | MS | 20 | Pontypridd Roadents |
| 45 | Bill Silto | 51:49 | MV55 | 1 | Swindon AC |
| 46 | Ali Abdi Farah | 51:52 | MS | 21 | U/A |
| 47 | Paul Cable | 51:54 | MV40 | 12 | Taff Ely Triathletes |
| 48 | Andrew Palmer | 51:55 | MS | 22 | Penarth & Dinas Runners |
| 49 | Keith Thompson | 51:57 | MV40 | 13 | U/A |
| 50 | Dave Hughes | 52:06 | MS | 23 | Brackla Harriers |
| 51 | Peter Rodger | 52:13 | MV45 | 4 | Griffithstown Harriers |
| 52 | Paul Ezard | 52:29 | MS | 24 | Brackla Harriers |
| 53 | Mark Dunscombe | 52:31 | MV40 | 14 | Sarn Helen, Lampeter |
| 54 | Nick Kane | 52:47 | MV40 | 15 | Bitton R R |
| 55 | Michael Woods | 52:49 | MS | 25 | U/A |

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|----|-------------------|-------|------|----|-------------------------|
| 56 | Chris Lee | 52:57 | MS | 26 | Club 69 |
| 57 | Gavin Gittins | 52:57 | MS | 27 | U/A |
| 58 | Barrie Dunn | 52:59 | MV45 | 5 | Bitton R R |
| 59 | Rowland Shannon | 53:09 | MV45 | 6 | Bitton R R |
| 60 | Andrew Spencer | 53:10 | MV40 | 16 | Griffithstown Harriers |
| 61 | Martin Liddington | 53:13 | MV40 | 17 | Bitton R R |
| 62 | Tony Birt | 53:13 | MV60 | 2 | Brackla Harriers |
| 63 | Michael Johnson | 53:16 | MS | 28 | U/A |
| 64 | Chris Martin | 53:22 | MS | 29 | Hogweed Trotters |
| 65 | Tony Deacy | 53:23 | MV45 | 7 | U/A |
| 66 | Steve Corbett | 53:24 | MV55 | 2 | Bitton R R |
| 67 | Ray Williams | 53:28 | MV45 | 8 | Dursley & District A/C |
| 68 | Mark Halliwell | 53:33 | MV45 | 9 | Brackla Harriers |
| 69 | Dan Redfern | 53:36 | MS | 30 | Penarth & Dinas Runners |
| 70 | Peter Wilson | 53:36 | MS | 31 | Malvern Joggers |
| 71 | Sharon Ford | 53:44 | WS | 1 | Brackla Harriers |
| 72 | Ade White | 53:44 | MS | 32 | Islwyn R C |
| 73 | Gary Woods | 53:49 | MV40 | 18 | Fairwater Runners |
| 74 | Andrew Taylor | 54:04 | MV45 | 10 | Caerleon Running Club |
| 75 | C Holland | 54:10 | MS | 33 | Pontypridd Roadents |
| 76 | Mark Powell | 54:18 | MS | 34 | U/A |
| 77 | Derek Rainbird | 54:24 | MV50 | 8 | Club 69 |
| 78 | Chris Martin | 54:25 | MV45 | 11 | Rhayader Runners Club |
| 79 | Tom Thomas | 54:51 | MS | 35 | Caerleon Running Club |
| 80 | Paul Ford | 54:56 | MS | 36 | Brackla Harriers |
| 81 | Patrick Slavin | 55:00 | MV60 | 3 | Bitton R R |
| 82 | Dave Rose | 55:03 | MS | 37 | Brackla Harriers |
| 83 | Neil Williams | 55:14 | MV40 | 19 | U/A |
| 84 | Terry Hill | 55:20 | MS | 38 | Brackla Harriers |
| 85 | Alan Robertson | 55:24 | MV45 | 12 | U/A |
| 86 | Stephen Cray | 55:27 | MV45 | 13 | Penarth & Dinas Runners |
| 87 | Mike Ridout | 55:32 | MV50 | 9 | Brackla Harriers |
| 88 | Tim Brooke | 55:32 | MS | 39 | U/A |
| 89 | Richard Wall | 55:38 | MV40 | 20 | Hereford Couriers |
| 90 | Gary Jones | 55:49 | MS | 40 | U/A |
| 91 | Jennifer Hogbin | 55:50 | WS | 2 | Womens Running Network |
| 92 | Roger Hemming | 55:53 | MV50 | 10 | Great Western Runners |

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|-----|-----------------|-------|------|----|-------------------------|
| 93 | Steven Powell | 55:56 | MS | 41 | Bitton R R |
| 94 | Chris Leonard | 56:05 | MV45 | 14 | Bitton R R |
| 95 | David Weston | 56:05 | MV50 | 11 | Newport Harriers |
| 96 | Ed Whiting | 56:06 | MS | 42 | U/A |
| 97 | Colin Rees | 56:08 | MV40 | 21 | Club 69 |
| 98 | Gerrard Gormley | 56:13 | MS | 43 | Griffithstown Harriers |
| 99 | Claire McCreery | 56:22 | WV40 | 1 | Bitton R R |
| 100 | John Gilham | 56:24 | MV50 | 12 | Bitton R R |
| 101 | Patrick Hoare | 56:26 | MS | 44 | Chepstow Harriers |
| 102 | Neil Williams | 56:30 | MV40 | 22 | Pontypridd Roadents |
| 103 | I Cardwell | 56:38 | MS | 45 | Newport Harriers |
| 104 | Andy Evans | 56:41 | MV40 | 23 | U/A |
| 105 | Tom Frost | 56:42 | MS | 46 | U/A |
| 106 | Jeff Jervis | 56:52 | MV60 | 4 | Club 69 |
| 107 | Paul Leonard | 56:57 | MV40 | 24 | Bitton R R |
| 108 | Allison Lucas | 57:00 | WV50 | 1 | Bitton R R |
| 109 | Andrew Lott | 57:03 | MV40 | 25 | U/A |
| 110 | G Sansom | 57:03 | MV40 | 26 | U/A |
| 111 | Nigel Jones | 57:05 | MV50 | 13 | Caerleon Running Club |
| 112 | T R Guy | 57:06 | MS | 47 | Griffithstown Harriers |
| 113 | Sarah Swaysland | 57:10 | WS | 3 | U/A |
| 114 | Mark Donavan | 57:15 | MV40 | 27 | U/A |
| 115 | Lucy Atkins | 57:19 | WS | 4 | Pontypridd Roadents |
| 116 | M James | 57:21 | MV40 | 28 | U/A |
| 117 | Susan Cann | 57:28 | WV45 | 1 | Bitton R R |
| 118 | David Christmas | 57:39 | MV45 | 15 | Bitton R R |
| 119 | Cath Kear | 57:51 | WS | 5 | Caerleon Running Club |
| 120 | S Lockwood | 57:51 | MV45 | 16 | Newport Harriers |
| 121 | Rebecca Harris | 57:55 | WV35 | 3 | U/A |
| 122 | Stephen New | 57:55 | MS | 48 | Gwent Police |
| 123 | Phil Rees | 58:05 | MS | 49 | U/A |
| 124 | Tony Mason | 58:16 | MV55 | 3 | Bitton R R |
| 125 | Natalie Martin | 58:19 | WS | 6 | Bitton R R |
| 126 | Don Holloway | 58:21 | MV50 | 14 | Brackla Harriers |
| 127 | Neil Hendry | 58:26 | MV45 | 17 | Penarth & Dinas Runners |
| 128 | Andrew Davies | 58:29 | MV40 | 29 | Pontypridd Roadents |
| 129 | Tony Phillips | 58:35 | MV45 | 18 | Griffithstown Harriers |

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|-----|--------------------|-------|------|----|------------------------|
| 130 | Martin Williams | 58:38 | MV40 | 30 | Gwent Police |
| 131 | Mark Purnell | 58:43 | MS | 50 | Bitton R R |
| 132 | John Griffiths | 58:43 | MV40 | 31 | U/A |
| 133 | Clive Spencer | 58:47 | MV55 | 4 | Worcester AC |
| 134 | Paul Colman | 58:52 | MV40 | 32 | Pembroke Harriers |
| 135 | Judi Bowsher | 58:58 | WV40 | 2 | Brackla Harriers |
| 136 | Andy Barnes | 58:59 | MV45 | 19 | U/A |
| 137 | Mandy Jones | 59:02 | WV40 | 3 | Islwyn R C |
| 138 | Stephen Jones | 59:02 | MV45 | 20 | Islwyn R C |
| 139 | Keith Treharne | 59:13 | MV55 | 5 | Brackla Harriers |
| 140 | Royston Toon | 59:20 | MV55 | 6 | Chepstow Harriers |
| 141 | Dave Curton | 59:32 | MV45 | 21 | U/A |
| 142 | Ian Henton | 59:38 | MS | 51 | U/A |
| 143 | Steve Hill | 59:42 | MS | 52 | U/A |
| 144 | Julie Davies | 59:42 | WS | 7 | Griffithstown Harriers |
| 145 | Alex Smith | 59:44 | MS | 53 | U/A |
| 146 | Swannah Broomfield | 59:45 | WS | 8 | U/A |
| 147 | Arran Horrex | 59:48 | MS | 54 | Newport Harriers |
| 148 | Lyndon Evans | 59:55 | MV50 | 15 | SFA Allstars |
| 149 | Michael Powell | 60:03 | MV50 | 16 | Caerleon Running Club |
| 150 | James Thomas | 60:08 | MV40 | 33 | U/A |
| 151 | Ronald Morgan | 60:09 | MV60 | 5 | U/A |
| 152 | Geraint Davies | 60:10 | MS | 55 | Griffithstown Harriers |
| 153 | Ian Haines | 60:33 | MS | 56 | U/A |
| 154 | Keith Lowther | 60:37 | MV45 | 22 | San Domenico |
| 155 | D Woodbridge | 60:38 | WS | 9 | Fairwater Runners |
| 156 | John Ivins | 60:41 | MS | 57 | U/A |
| 157 | Brian Jenkins | 60:44 | MV40 | 34 | U/A |
| 158 | Noel Harris | 60:47 | MS | 58 | U/A |
| 159 | Jeonette Jenkins | 61:07 | WV40 | 4 | Fairwater Runners |
| 160 | David Browning | 61:10 | MV60 | 6 | Fairwater Runners |
| 161 | Bernie Monk | 61:13 | MV55 | 7 | Club 69 |
| 162 | Stuart Conick | 61:16 | MV50 | 17 | U/A |
| 163 | Stuart Keeping | 61:20 | MV40 | 35 | U/A |
| 164 | Jeff Wallace | 61:22 | MV45 | 23 | U/A |
| 165 | Jacky Austin | 61:25 | WV50 | 2 | Club 69 |
| 166 | John Mullis | 61:31 | MV60 | 7 | Tipton Harriers |

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|-----|-------------------|-------|------|----|----------------------------|
| 167 | Jim Diamond | 61:38 | MV55 | 8 | Lincoln Wellington AC |
| 168 | Jennifer Steer | 61:41 | WV35 | 4 | U/A |
| 169 | Toby Lambert | 61:41 | MV45 | 24 | Weston A C |
| 170 | Ros Edmonds | 61:43 | WV40 | 5 | Pontypridd Roadents |
| 171 | Stephen Hill | 62:03 | MV45 | 25 | Chepstow Harriers |
| 172 | Claire Spick | 62:04 | WV40 | 6 | Bitton R R |
| 173 | Leith Bryant | 62:06 | MV40 | 36 | Bitton R R |
| 174 | Syd Wheeler | 62:28 | MV65 | 1 | Chepstow Harriers |
| 175 | Gary Coultart | 62:40 | MS | 59 | Bitton R R |
| 176 | Jackie Farland | 62:42 | WV40 | 7 | U/A |
| 177 | Martyn New | 62:42 | MV40 | 37 | U/A |
| 178 | Jill Colman | 63:02 | WV35 | 5 | Pembroke Harriers |
| 179 | Lynn Goward | 63:06 | WV35 | 6 | U/A |
| 180 | Helen Hardwick | 63:07 | WV35 | 7 | U/A |
| 181 | John Scanlan | 63:07 | MV45 | 26 | U/A |
| 182 | Mike Parfitt | 63:13 | MV40 | 38 | Alf Tupper Triathlon Club! |
| 183 | Mike Burns | 63:15 | MV50 | 18 | San Domenico |
| 184 | Suzanne Carpenter | 63:20 | WV40 | 8 | Caerleon Running Club |
| 185 | Carl Seaman | 63:28 | MS | 60 | Rhondda Valley Runners |
| 186 | Pat Sheppard | 63:33 | WV55 | 1 | Bitton R R |
| 187 | Mair West | 63:36 | WS | 10 | Griffithstown Harriers |
| 188 | Marcus Maydon | 63:37 | MV60 | 8 | Dursley & District A/C |
| 189 | C Woodham | 63:45 | MV45 | 27 | Bitton R R |
| 190 | John Harries | 63:54 | MS | 61 | U/A |
| 191 | Simon Biggs | 64:04 | MV40 | 39 | U/A |
| 192 | Geoffrey Bayliss | 64:08 | MV55 | 9 | Chepstow Harriers |
| 193 | Craig Jones | 64:11 | MS | 62 | U/A |
| 194 | S Bridges | 64:12 | MS | 63 | Taff Ely Triathletes |
| 195 | Brenda Avery | 64:16 | WV50 | 3 | U/A |
| 196 | Mel Bailey | 64:30 | MV50 | 19 | San Domenico |
| 197 | Mel Williams | 64:39 | WV40 | 9 | Dursley & District A/C |
| 198 | Ian Hughes | 64:43 | MS | 64 | U/A |
| 199 | Christine Weaver | 64:49 | WS | 11 | U/A |
| 200 | Julian French | 64:53 | MS | 65 | U/A |
| 201 | Joannen Jones | 64:58 | WS | 12 | Caerleon Running Club |
| 202 | Pete Waters | 64:58 | MV60 | 9 | Pontypridd Roadents |
| 203 | Leigh James | 65:05 | MV45 | 28 | Rhondda Valley Runners |

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|-----|--------------------|-------|------|----|----------------------------|
| 204 | Margrett Monk | 65:09 | WV50 | 4 | Club 69 |
| 205 | Stan Weeks | 65:12 | MV60 | 10 | U/A |
| 206 | Marie Morse | 65:16 | WS | 13 | Pontypridd Roadents |
| 207 | Janice Clements | 65:20 | WV45 | 2 | Penarth & Dinas Runners |
| 208 | Jane Hollomby | 65:24 | WS | 14 | Bitton R R |
| 209 | Sharon Hemming | 65:24 | WV40 | 10 | Great Western Runners |
| 210 | Barry Dare | 65:31 | MV50 | 20 | U/A |
| 211 | Wilf Williams | 65:33 | MS | 66 | U/A |
| 212 | Helga Warren | 65:35 | WV35 | 8 | U/A |
| 213 | Kathryn Scott | 65:43 | WV40 | 11 | U/A |
| 214 | Melissa Whiting | 65:43 | WS | 15 | U/A |
| 215 | Maouche | 65:45 | MS | 67 | Chepstow Harriers |
| 216 | Richard Brown | 66:02 | MV50 | 21 | Sheen Shufflers |
| 217 | L Bridges | 66:02 | MS | 68 | U/A |
| 218 | Mike Kear | 66:11 | MS | 69 | Caerleon Running Club |
| 219 | Ian Willis | 66:18 | MS | 70 | U/A |
| 220 | Alison Kibblewhite | 66:20 | WV35 | 9 | U/A |
| 221 | Hannah Howells | 66:20 | WS | 16 | Caerleon Running Club |
| 222 | Gwyn Howells | 66:25 | MV50 | 22 | Caerleon Running Club |
| 223 | Tony Kear | 66:29 | MS | 71 | Caerleon Running Club |
| 224 | Kim Howell | 66:29 | WV45 | 3 | Caerleon Running Club |
| 225 | Andy Mathews | 66:41 | MS | 72 | U/A |
| 226 | Debbie Otley | 66:47 | WV40 | 12 | Pontypridd Roadents |
| 227 | Martin Neville | 66:48 | MV40 | 40 | Islwyn R C |
| 228 | S Richards | 66:50 | WV35 | 10 | Griffithstown Harriers |
| 229 | Steve Stacey | 66:58 | MS | 73 | U/A |
| 230 | Stella Sturgess | 66:58 | WS | 17 | Penarth & Dinas Runners |
| 231 | Mathew Robins | 66:58 | MS | 74 | U/A |
| 232 | Andrew Jones | 67:16 | MS | 75 | Westbury Harriers |
| 233 | Nina Burczyk | 67:33 | WS | 18 | U/A |
| 234 | David Beman | 67:50 | MV55 | 10 | Alf Tupper Triathlon Club! |
| 235 | Tim Wilkins | 68:02 | MS | 76 | U/A |
| 236 | Jane Bayliss | 68:25 | WV50 | 5 | Chepstow Harriers |
| 237 | Colin Rose | 68:30 | MV55 | 11 | U/A |
| 238 | Elsbeth Jarman | 68:33 | WV40 | 13 | U/A |
| 239 | Andrea Collins | 68:41 | WS | 19 | U/A |
| 240 | James Johnson | 68:49 | MV65 | 2 | U/A |

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|-----|--------------------|-------|------|----|-------------------------|
| 241 | Helen Warrender | 68:49 | WV35 | 11 | Caerleon Running Club |
| 242 | Les Pugh | 68:54 | MV55 | 12 | Mynyddwyr De Cymru |
| 243 | Emma Ridgill | 69:09 | WS | 20 | Penarth & Dinas Runners |
| 244 | Michael Collier | 69:24 | MV40 | 41 | Bitton R R |
| 245 | Colin Lloyd | 69:26 | MV70 | 1 | Griffithstown Harriers |
| 246 | Anne Jaques | 69:27 | WV45 | 4 | U/A |
| 247 | Clare Green | 69:41 | WV35 | 12 | San Domenico |
| 248 | Sara Beatiie | 70:02 | WV40 | 14 | Trull Troggers |
| 249 | Beverley Warburton | 70:20 | WV40 | 15 | U/A |
| 250 | Louise Kevv | 70:22 | WV35 | 13 | U/A |
| 251 | Clare Bairstow | 70:56 | WV40 | 16 | U/A |
| 252 | Catherine Chabert | 71:03 | WV45 | 5 | U/A |
| 253 | Bryn Williams | 71:04 | MS | 77 | U/A |
| 254 | Jane Fox | 71:16 | WV45 | 6 | U/A |
| 255 | Rachel Maharg | 71:20 | WS | 21 | U/A |
| 256 | Julia Churton | 71:25 | WV45 | 7 | U/A |
| 257 | K Spiller | 71:26 | WV35 | 14 | U/A |
| 258 | Lesley Standen | 71:41 | WV40 | 17 | Chepstow Harriers |
| 259 | Ruth Graham | 71:50 | WS | 22 | U/A |
| 260 | Steve Hitchman | 72:01 | MV45 | 29 | U/A |
| 261 | Kevin McCarthy | 72:09 | MS | 78 | U/A |
| 262 | Sarah Clark | 73:08 | WS | 23 | Caerleon Running Club |
| 263 | Marianne Burridge | 73:29 | WV45 | 8 | Fairwater Runners |
| 264 | Helen Trollope | 73:30 | WS | 24 | U/A |
| 265 | Joanna Hendry | 74:00 | WS | 25 | Penarth & Dinas Runners |
| 266 | Linda Davies | 74:35 | WV45 | 9 | U/A |
| 267 | Carol Jones | 74:46 | WV55 | 2 | Caerleon Running Club |
| 268 | Graham Underwood | 75:18 | MV50 | 23 | U/A |
| 269 | David Kay | 75:22 | MV50 | 24 | U/A |
| 270 | Gareth Pearce | 75:25 | MS | 79 | U/A |
| 271 | C Gorno | 75:56 | MV40 | 42 | U/A |
| 272 | Carol Palmer | 76:28 | WV55 | 3 | Newport Harriers |
| 273 | Liz Mallen | 76:30 | WV35 | 15 | U/A |
| 274 | Clare Farrell | 76:48 | MS | 80 | U/A |
| 275 | Tracey Huxley | 77:24 | WV40 | 18 | U/A |
| 276 | Kim Kear | 76:39 | WV35 | 16 | Caerleon Running Club |
| 277 | Kath Jervis | 78:14 | WV45 | 10 | Club 69 |

| | | | | | |
|-----|--------------------|-------|------|----|-----------------------|
| 278 | T Boobyer | 78:22 | WS | 26 | WRN Burnham on sea |
| 279 | Rhys Jones | 78:46 | MV40 | 43 | U/A |
| 280 | Jane Chappelle | 80:02 | WV40 | 19 | U/A |
| 281 | Alison Durstonston | 80:16 | WV40 | 20 | Caerleon Running Club |
| 282 | Manjula Bray | 80:51 | WV35 | 17 | U/A |
| 283 | Julie Morgan | 80:51 | WS | 27 | Fairwater Runners |
| 284 | Phil Price | 83:09 | MV40 | 44 | U/A |
| 285 | Shirley Rose | 83:10 | WV35 | 18 | Brackla Harriers |
| 286 | Allen Watts | 83:10 | MV70 | 2 | Sarn Helen, Lampeter |
| 287 | Rosemary Cole | 84:45 | WV50 | 6 | U/A |
| 288 | Mandy Baker | 86:30 | WS | 28 | Bitton R R |
| 289 | Mark Baker | 96:30 | MS | 81 | Bitton R R |
| 290 | Graham Johnson | 88:52 | MV50 | 25 | Serpentine R C |

Top 3 within each Category

| Entry No | Name | Cat | Position O/A | Cat | Time | Club |
|----------|-----------------|------|--------------|-----|-------|------------------------|
| 642 | Nick Janvier | MS | 1 | 1 | 42:30 | Brackla Harriers |
| 670 | Mathew Collins | MS | 2 | 2 | 43:00 | U/A |
| 640 | Alun Wood | MS | 3 | 3 | 43:44 | Brackla Harriers |
| 787 | Philip Crane | MV40 | 5 | 1 | 44:13 | Neath Harriers |
| 808 | Steve Brace | MV40 | 10 | 2 | 45:02 | Bridgend A C |
| 742 | Jeff Davies | MV40 | 15 | 3 | 46:28 | Pontypridd Roadents |
| 700 | Chris Sykes | MV45 | 14 | 1 | 45:43 | Woodstock Harriers |
| 702 | Paul Meyler | MV45 | 28 | 2 | 49:26 | Pontypridd Roadents |
| 785 | Andrew Thompson | MV45 | 42 | 3 | 51:11 | Griffithstown Harriers |
| 744 | Mick Tabor | MV50 | 18 | 1 | 46:53 | San Domenico |
| 724 | Barry Wilson | MV50 | 21 | 2 | 47:19 | Ludlow Runners |
| 705 | Ronald Morris | MV50 | 23 | 3 | 47:38 | San Domenico |

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|-----|-----------------|------|-----|---|-------|-------------------------|
| 733 | Bill Silto | MV55 | 45 | 1 | 51:49 | Swindon AC |
| 727 | Steve Corbett | MV55 | 66 | 2 | 53:24 | Bitton R R |
| 781 | Tony Mason | MV55 | 124 | 3 | 58:16 | Bitton R R |
| 805 | Keith Paterson | MV60 | 36 | 1 | 50:41 | Pegasus R C |
| 701 | Tony Birt | MV60 | 62 | 2 | 53:13 | Brackla Harriers |
| 779 | Patrick Slavin | MV60 | 81 | 3 | 55:00 | Bitton R R |
| 825 | Syd Wheeler | MV65 | 174 | 1 | 62:28 | Chepstow Harriers |
| 763 | James Johnson | MV65 | 240 | 2 | 68:49 | U/A |
| 798 | Colin Lloyd | MV70 | 245 | 1 | 69:26 | Griffithstown Harriers |
| 709 | Allen Watts | MV70 | 286 | 2 | 83:10 | Sarn Helen, Lampeter |
| 935 | Sharon Ford | WS | 71 | 1 | 53:44 | Brackla Harriers |
| 930 | Jennifer Hogbin | WS | 91 | 2 | 55:50 | Womens Running Network |
| 932 | Sarah Swaysland | WS | 113 | 3 | 57:10 | U/A |
| 931 | Sharon Dixon | WV35 | 26 | 1 | 48:23 | Bristol A C |
| 965 | Angela Jones | WV35 | 37 | 2 | 50:42 | Caerleon Running Club |
| 964 | Rebecca Harris | WV35 | 121 | 3 | 57:55 | U/A |
| 956 | Claire McCreery | WV40 | 99 | 1 | 56:22 | Bitton R R |
| 934 | Judi Bowsher | WV40 | 135 | 2 | 58:58 | Brackla Harriers |
| 961 | Mandy Jones | WV40 | 137 | 3 | 59:02 | Islwyn R C |
| 951 | Susan Cann | WV45 | 117 | 1 | 57:28 | Bitton R R |
| 903 | Janice Clements | WV45 | 207 | 2 | 65:20 | Penarth & Dinas Runners |
| 972 | Kim Howell | WV45 | 224 | 3 | 66:29 | Caerleon Running Club |
| 906 | Allison Lucas | WV50 | 108 | 1 | 57:00 | Bitton R R |
| 958 | Jacky Austin | WV50 | 165 | 2 | 61:25 | Club 69 |
| 944 | Brenda Avery | WV50 | 195 | 3 | 64:16 | U/A |
| 950 | Pat Sheppard | WV55 | 186 | 1 | 63:33 | Bitton R R |
| 913 | Carol Jones | WV55 | 267 | 2 | 74:46 | Caerleon Running Club |
| 945 | Carol Palmer | WV55 | 272 | 3 | 76:28 | Newport Harriers |

Men's team results

| Pos | Team | Pts | Pos | Name | Cat | Time |
|-----|---------------------|-----|-----|---------------|------|-------|
| 1 | Brackla Harriers | 35 | 1 | Nick Janvier | MS | 42:30 |
| | | | 3 | Alun Wood | MS | 43:44 |
| | | | 6 | Tim Lewis | MS | 44:14 |
| | | | 25 | Peter Davies | MV50 | 48:17 |
| 2 | Pontypridd Roadents | 74 | 7 | Chris Meyler | MS | 44:15 |
| | | | 15 | Jeff Davies | MV40 | 46:28 |
| | | | 24 | Mike Chandler | MV50 | 48:02 |
| | | | 28 | Paul Meyler | MV45 | 49:26 |
| 3 | Bitton R R | 133 | 19 | Simon Hill | MS | 47:03 |
| | | | 27 | Bill Graham | MV50 | 48:54 |
| | | | 33 | Rob Kingdom | MS | 50:22 |
| | | | 54 | Nick Kane | MV40 | 52:47 |

Women's team results

| Pos | Team | Pts | Pos | Name | Cat | Time |
|-----|----------------------|-----|-----|-------------------|------|-------|
| 1 | Bitton R R | 324 | 99 | Claire McCreery | WV40 | 56:22 |
| | | | 108 | Allison Lucas | WV50 | 57:00 |
| | | | 117 | Susan Cann | WV45 | 57:28 |
| 2 | Caerleon Running Clu | 340 | 37 | Angela Jones | WV35 | 50:42 |
| | | | 119 | Cath Kear | WS | 57:51 |
| | | | 184 | Suzanne Carpenter | WV40 | 63:20 |
| 3 | Pontypridd Roadents | 491 | 115 | Lucy Atkins | WS | 57:19 |
| | | | 170 | Ros Edmonds | WV40 | 61:43 |
| | | | 206 | Marie Morse | WS | 65:16 |

