

| Pos | No | First   | Name        | Club                   | Time     |
|-----|----|---------|-------------|------------------------|----------|
| 1   | 59 | ANDREW  | ABBOTT      | SARN HELEN             | 00:36:23 |
| 2   | 23 | STEPHEN | THOMAS      | ISLWYN RUNNING CLUB    | 00:36:49 |
| 3   | 46 | PETER   | OSBORNE     | SWANSEA HARRIERS       | 00:37:38 |
| 4   | 7  | MICHAEL | EVANS       | TROTS                  | 00:38:22 |
| 5   | 4  | PHILIP  | MARLAND     | AMMAN VALLEY HARRIERS  | 00:38:35 |
| 6   | 54 | CLIVE   | DAVIES      | SOSPAN ROAD RUNNERS    | 00:38:46 |
| 7   | 16 | KEVIN   | TAYLOR      | AMMAN VALLEY HARRIERS  | 00:40:01 |
| 8   | 2  | STEVE   | COUPE       | SOSPAN ROAD RUNNERS    | 00:40:12 |
| 9   | 21 | MARK    | DUNSCOMBE   | SARN HELEN             | 00:41:04 |
| 10  | 3  | PATRYK  | HUCZKOWSKI  | DYSTANS KRAKOW         | 00:41:43 |
| 11  | 53 | HYWEL   | JONES       | NONE                   | 00:41:59 |
| 12  | 29 | SAM     | GROSS       | NONE                   | 00:42:11 |
| 13  | 11 | DEWI    | JONES       | TROTS                  | 00:42:30 |
| 14  | 64 | STEVEN  | LEWIS       | AMMAN VALLEY HARRIERS  | 00:42:43 |
| 15  | 31 | ERIC    | DAVEY       | LLANELLI AAC           | 00:42:56 |
| 16  | 5  | ALAN    | PERKINS     | PORT TALBOT HARRIERS   | 00:43:35 |
| 17  | 38 | ROBERT  | FOWLER      | AMMAN VALLEY HARRIERS  | 00:43:42 |
| 18  | 6  | DAVE    | ROBERTS     | AMMAN VALLEY HARRIERS  | 00:43:53 |
| 19  | 33 | MALCOLM | HOWELLS     | SOSPAN ROAD RUNNERS    | 00:44:08 |
| 20  | 43 | LYNSEY  | CHRISTOPHER | SEEK & REPAIR          | 00:44:21 |
| 21  | 18 | NIGEL   | HADDOCK     | SOSPAN ROAD RUNNERS    | 00:44:48 |
| 22  | 28 | DAVID   | OAK         | PORT TALBOT HARRIERS   | 00:45:01 |
| 23  | 65 | OWEN    | DERRICK     | PEMBROKESHIRE HARRIERS | 00:45:03 |
| 24  | 45 | HUW     | PRICE       | SARN HELEN             | 00:45:59 |
| 25  | 8  | DORIAN  | JONES       | NONE                   | 00:46:44 |
| 26  | 14 | MARK    | WILLIAMS    | SOSPAN ROAD RUNNERS    | 00:46:48 |
| 27  | 34 | JOHN    | FREEMAN     | AMMAN VALLEY HARRIERS  | 00:47:07 |
| 28  | 40 | NEIL    | DAVIES      | NONE                   | 00:47:57 |
| 29  | 17 | DAVID   | BENNETT     | NONE                   | 00:48:17 |
| 30  | 44 | JUDI    | BOWSHER     | LES CROUPIERS          | 00:48:48 |
| 31  | 25 | ANDREW  | OWEN        | NONE                   | 00:49:08 |
| 32  | 36 | KATHY   | BRADBURY    | AMMAN VALLEY HARRIERS  | 00:49:26 |
| 33  | 27 | DAVID   | ANTHONY     | PORT TALBOT HARRIERS   | 00:49:38 |
| 34  | 51 | BRIAN   | MOGFORD     | AMMAN VALLEY HARRIERS  | 00:50:33 |
| 35  | 24 | MARIO   | RABAIOTTI   | NONE                   | 00:50:37 |
| 36  | 39 | PETER   | YOUNG       | NONE                   | 00:50:45 |
| 37  | 56 | ALUN    | LEWIS       | NONE                   | 00:50:50 |
| 38  | 60 | SIMON   | TAYLOR      | NONE                   | 00:51:01 |
| 39  | 67 | EMMA    | SIMPKINS    | AMMAN VALLEY HARRIERS  | 00:51:17 |
| 40  | 13 | GILLIAN | PHILLIPS    | SOSPAN ROAD RUNNERS    | 00:51:41 |
| 41  | 10 | ROLAND  | SHERWOOD    | AMMAN VALLEY HARRIERS  | 00:51:45 |

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| 42   | 15 | JONATHAN | DAVIES   | SOSPAN ROAD RUNNERS   | 00:52:15 |
| 43   | 35 | TANIS    | HAND     | TROTS                 | 00:52:37 |
| 44   | 52 | PETER    | DAVIES   | SARN HELEN            | 00:53:03 |
| 45   | 61 | GEORGINA | MIDDLE   | NONE                  | 00:53:10 |
| 46   | 12 | ODETTE   | WHITE    | SOSPAN ROAD RUNNERS   | 00:53:25 |
| 47   | 48 | HELEN    | PHILLIPS | AMMAN VALLEY HARRIERS | 00:53:50 |
| 48   | 22 | GWYN     | JONES    | NONE                  | 00:54:31 |
| 49   | 42 | MATTHEW  | FINCHER  | SOSPAN ROAD RUNNERS   | 00:55:24 |
| 50   | 19 | HAYDEN   | WILLIAMS | AMMAN VALLEY HARRIERS | 00:55:35 |
| 51   | 20 | MATTHEW  | TODD     | AMMAN VALLEY HARRIERS | 00:55:35 |
| 52   | 41 | PAUL     | SAVAGE   | NONE                  | 00:55:43 |
| 53   | 47 | LYN      | BROWN    | NONE                  | 00:56:23 |
| 54   | 32 | ALAN     | MORRIS   | NONE                  | 00:56:23 |
| 55   | 26 | PAUL     | BODEN    | NONE                  | 00:56:44 |
| 56   | 37 | DAVID    | ROSSER   | AMMAN VALLEY HARRIERS | 00:57:07 |
| 57   | 58 | PAULINE  | THOMAS   | TROTS                 | 00:57:28 |
| 58   | 68 | NIGEL    | JONES    | NONE                  | 00:59:10 |
| 59   | 66 | AMANDA   | BAYLISS  | SOSPAN ROAD RUNNERS   | 01:00:07 |
| 60   | 62 | DAVID    | JONES    | NONE                  | 01:00:38 |
| 61   | 55 | STEPHEN  | PAYNE    | AMMAN VALLEY HARRIERS | 01:02:37 |
| 62   | 50 | JOANNA   | MOGFORD  | AMMAN VALLEY HARRIERS | 01:03:05 |
| 63   | 49 | ANN      | MOGFORD  | AMMAN VALLEY HARRIERS | 01:03:05 |
| 64   | 57 | ELAINE   | LEWIS    | NONE                  | 01:03:09 |
| 65   | 63 | DAVID    | TUCKER   | NONE                  | 01:04:51 |
| 66   | 9  | ALLEN    | WATTS    | SARN HELEN            | 01:15:28 |
| 67   | 1  | EDWARD   | EVANS    | AMMAN VALLEY HARRIERS | 01:17:02 |
| 68   | 69 | PAUL     | DAVIES   | NONE                  | 01:22:57 |
| 69   | 70 | ANNA     | PARRY    | AMMAN VALLEY HARRIERS | 01:23:59 |
| 9999 | 30 | LES      | CHAPMAN  | AMMAN VALLEY HARRIERS |          |