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| Pos | Name | Club | Age/Cat | Time |
| 1 | James Thomas | Running somewhere else | OM | 55.53 |
| 2 | Simon Hall | Sarn Helen | OM | 58.53 |
| 3 | Alec Williams | Pembs Harriers | MV40 | 59.39 |
| 4 | Tim James | U/A | OM | 1.00.20 |
| 5 | Mark Coghlan | Preseli runners | OM | 1.00.27 |
| 6 | Robert Thomson | U/A | OM | 1.00.48 |
| 7 | Richard Cheney | U/A | OM | 1.03.32 |
| 8 | Marc Beasley | U/A | OM | 1.07.25 |
| 9 | Bala’zs Pinter | Aberystwyth AC | MV40 | 1.07.33 |
| 10 | Ainsley Corp | U/A | MV40 | 1.09.15 |
| 11 | Tom Bryant | TROTS | OM | 1.10.05 |
| 12 | Malcolm Clash | Neyland Rowing | MV60 | 1.10.43 |
| 13 | Alice Harrison | Emlyn runners | OF | 1.12.14 |
| 14 | Hazel Davies | Cardigan runners | FV60 | 1.13.09 |
| 15 | Yiannis Tridimas | Bowland Fell runners | MV70 | 1.15.20 |
| 16 | Kev Joyce | U/A | MV50 | 1.17.15 |
| 17 | Jason Wilkins | Cardigan runners | MV40 | 1.18.23 |
| 18 | Beth Coghlan | Preseli Runners | OF | 1.18.24 |
| 19 | Jane Wilkins | Cardigan Runners | FV50 | 1.20.46 |
| 20 | Conrad Rees | U/A | MV40 | 1.24.51 |
| 21 | Anita Worthing | Aberystwyth AC | FV 50 | 1.29.12 |
| 22 | John Morris | Gelli Runners | MV50 | 1.42.40 |
| 23 | Rachel Coleman | U/A | OF | 2.07.43 |
| 23 | Jane Cornock | U/A | FV60 | 2.07.43 |
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