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| Pos | Name | Age Cat | Club | Time |
| 1 | David WARREN | M50 | Cardigan runners | 57:09 |
| 2 | Alex LEWIS | OM | U/A | 1:00:02 |
| 3 | Tasha SEXTON | F40 | Pembs Harriers | 1:00:40 |
| 4 | Chris WELTON | M40 | Rhedwyr Preseli | 1:01:57 |
| 5 | Rhydian GEORGE | OM | U/A | 1:02:04 |
| 6 | Paul TUCKER | M50 | Mynydd Du | 1:02:07 |
| 7 | Stephen WILLIAMS | M50 | U/A | 1:02:30 |
| 8 | Tomos MORGANS | OM | Sarn Helen | 1:03:59 |
| 9 | Rhian PROBERT | F40 | Mynydd Du | 1:04:21 |
| 10 | Marc BEASLEY | OM | Nobblers | 1:08:34 |
| 11 | Martin GREEN | M60 | Maldwyn runners | 1:09:13 |
| 12 | Jason BELTON | M50 | U/A | 1:13:02 |
| 13 | Gareth WELCH | M40 | U/A | 1:13:44 |
| 14 | Chris SEXTON | M50 | Pembs Harriers | 1:15:36 |
| 15 | James GREENHALGH | M40 | Maenclochog | 1:16:42 |
| 16 | Steve HERINGTON | M70 | Hereford Couriers | 1:18:13 |
| 17 | Rona DAVIES | F60 | Mynydd Du | 1:18:33 |
| 18 | Kevin DAVIES | M50 | Rhedwyr Preseli | 1:19:22 |
| 19 | Bev TUCKER | F50 | Mynydd Du | 1:20:18 |
| 20 | Sophie PRITCHARD | OF | Nobblers | 1:21:02 |
| 21 | Hazel DAVIES | F60 | Cardigan runners | 1:23:03 |
| 22 | Kevin UPHILL | M50 | U/A | 1:23:28 |
| 23 | Llinos DAVIES | OF | Mynydd Du | 1:25:52 |
| 24 | Jonathan TEBBITT | M40 | Rhosfach | 1:29:35 |
| 25 | Louise BOORMAN | F50 | Pembs Harriers | 1:29:47 |
| 26 | Kate HOVERS | F50 | Brecon Tri | 1:39:21 |
| 27 | Tony ROONEY | M50 | U/A | 1:41:27 |
| 28 | Helen McCLAFFERTY | OF | U/A | 2:07:56 |