

<b>Men</b>			
<b>Overall</b>	<b>Time</b>	<b>Name</b>	<b>Club</b>
1	0:26:55	Jon James	Wells City
2	0:26:58	Vaughn Edwards	Les Croupiers RC
3	0:27:09	Huw Evans	Parc Bryn Bach
<b>M35</b>			
<b>M35</b>	<b>Time</b>	<b>Name</b>	<b>Club</b>
1	0:27:27	Phil Hambleton	Les Croupiers RC
2	0:28:00	Andy Gardiner	San Domenico
3	0:28:19	Gary Wyn Davies	Aberystwyth AC
<b>M40</b>			
<b>M40</b>	<b>Time</b>	<b>Name</b>	<b>Club</b>
1	0:26:58	Vaughn Edwards	Les Croupiers RC
2	0:27:15	Owain Schiavone	Cardiff AAC
3	0:27:39	James Thie	Pontypridd Roadents AC
<b>M45</b>			
<b>M45</b>	<b>Time</b>	<b>Name</b>	<b>Club</b>
1	0:30:13	Chris Medcalf	San Domenico
2	0:30:26	Craig Hopkins	Caerleon
3	0:30:40	Shelley Childs	Aberystwyth AC
<b>M50</b>			
<b>M50</b>	<b>Time</b>	<b>Name</b>	<b>Club</b>
1	0:27:09	Huw Evans	Parc Bryn Bach
2	0:28:59	Nicholas Grinnell	Bridgend AC
3	0:31:22	Steve Davies	Parc Bryn Bach
<b>M55</b>			
<b>M55</b>	<b>Time</b>	<b>Name</b>	<b>Club</b>
1	0:26:55	Jon James	Wells City
2	0:29:39	Andy Blair	Les Croupiers RC
3	0:30:20	Colin Williams	Les Croupiers RC
<b>M60</b>			
<b>M60</b>	<b>Time</b>	<b>Name</b>	<b>Club</b>
1	0:29:12	Ifan Lloyd	Swansea Harriers AC
2	0:31:41	Kevin Chalke	Penarth & Dinas
3	0:33:21	Vince Nazareth	Les Croupiers RC
<b>M65</b>			
<b>M65</b>	<b>Time</b>	<b>Name</b>	<b>Club</b>
1	0:33:33	Terry O'Brian	Unattatched
2	0:36:48	John Davies	Penarth & Dinas
3	0:37:01	Mick Tabor	Les Croupiers RC
<b>M70</b>			
<b>M70</b>	<b>Time</b>	<b>Name</b>	<b>Club</b>
1	0:39:21	Simon Partridge	Neath Harriers AC
2	0:41:18	Mike Davies	Les Croupiers RC

<b>Women</b>			
<b>Overall</b>	<b>Time</b>	<b>Name</b>	<b>Club</b>
1	0:30:30	Louise Flynn	Les Croupiers RC
2	0:31:53	Mary Cormack	Clapham Chasers
3	0:31:54	Cherry Fowler	Chepstow Harriers
<b>W35</b>			
<b>W35</b>	<b>Time</b>	<b>Name</b>	<b>Club</b>
1	0:30:30	Louise Flynn	Les Croupiers RC
2	0:31:53	Mary Cormack	Clapham Chasers
3	0:35:19	Michelle Taylor	Islwyn RC
<b>W40</b>			
<b>W40</b>	<b>Time</b>	<b>Name</b>	<b>Club</b>
1	0:32:36	Helen Sharpe	Penarth & Dinas
2	0:32:48	Kelly Morgan	Clapham Chasers
3	0:33:19	Llinos Jones	Swansea Harriers AC
<b>W45</b>			
<b>W45</b>	<b>Time</b>	<b>Name</b>	<b>Club</b>
1	0:33:06	Susannah Bulpin	San Domenico
2	0:38:39	Paula Allen	Unattatched
3	0:39:37	Sarah Pryor	Les Croupiers RC
<b>W50</b>			
<b>W50</b>	<b>Time</b>	<b>Name</b>	<b>Club</b>
1	0:31:54	Cherry Fowler	Chepstow Harriers
2	0:32:39	Nicola Jukes	Parc Bryn Bach
3	0:34:37	Joanne Hudson	Caerphilly Runners
<b>W55</b>			
<b>W55</b>	<b>Time</b>	<b>Name</b>	<b>Club</b>
1	0:33:08	Nikki Morgan	Chepstow Harriers
2	0:35:57	Kay Chapman	Les Croupiers RC
3	0:44:09	Sally Groves	Pegasus RC
<b>W60</b>			
<b>W60</b>	<b>Time</b>	<b>Name</b>	<b>Club</b>
1	0:37:11	Judi Rhys	Les Croupiers RC
2	0:43:58	Julie Scoley	Les Croupiers RC
<b>W65</b>			
<b>W65</b>	<b>Time</b>	<b>Name</b>	<b>Club</b>
1	0:40:54	Andrea Webster	Les Croupiers RC
2	0:49:00	Kath Jervis	Parc Bryn Bach
<b>W70</b>			
<b>W70</b>	<b>Time</b>	<b>Name</b>	<b>Club</b>
1	0:43:38	Brenda Avery	Chepstow Harriers
<b>W75</b>			
<b>W75</b>	<b>Time</b>	<b>Name</b>	<b>Club</b>
1	0:55:35	Clare Johnson	Les Croupiers RC

<u>M80</u>	<u>Time</u>	<u>Name</u>	<u>Club</u>
1	0:42:58	Brian Gough	Pontypridd Roadents AC
<u>M85</u>	<u>Time</u>	<u>Name</u>	<u>Club</u>
1	1:27:48	Syd Wheeler	Chepstow Harriers