

| Overall Position | Race Number | Time | Name | Club | Category | Mens Position | Ladies Position | Category Position |
|------------------|-------------|----------|-------------------------|------------------------------------|---------------|---------------|-----------------|-------------------|
| 1 | 207 | 00:35:23 | Mark Smith | Aberystwyth AC | Senior Men | 1 | | 1 |
| 2 | 185 | 00:35:41 | Glyn Price | Sarn Helen | V/40 Men | 2 | | 2 |
| 3 | 119 | 00:36:36 | Adam Roberts | TROT | Senior Men | 3 | | 3 |
| 4 | 143 | 00:36:45 | James Wood | Congleton Harriers | Senior Men | 4 | | 4 |
| 5 | 192 | 00:36:56 | Mike Evans | TROT | Senior Men | 5 | | 5 |
| 6 | 283 | 00:36:58 | Worciech Kwiatek | UAH | Under 20 Men | 6 | | 1 |
| 7 | 225 | 00:37:09 | Rhys Harries | Cardigan RC | Senior Men | 7 | | 6 |
| 8 | 214 | 00:37:17 | Philip Kendrick | Rhayader Running Club | V/45 Men | 8 | | 1 |
| 9 | 287 | 00:37:25 | Richard Lowe | Aberystwyth AC | Senior Men | 9 | | 7 |
| 10 | 212 | 00:37:47 | Dylan Lewis | UAH | Senior Men | 10 | | 8 |
| 11 | 261 | 00:38:13 | Llewelyn Lloyd | Unattached | Under 20 Men | 11 | | 2 |
| 12 | 10 | 00:38:19 | Richard Hunter | Shropshire Shufflers | Senior Men | 12 | | 9 |
| 13 | 206 | 00:38:41 | Seonid Murray | Liverpool Harriers | Senior Lady | | 1 | 1 |
| 14 | 238 | 00:38:50 | Gethin Jones | Sarn Helen | Senior Men | 13 | | 10 |
| 15 | 86 | 00:38:56 | Dylan Jones | Univerisity Harriers Aberystwyth | Senior Men | 14 | | 11 |
| 16 | 209 | 00:38:59 | Jonathan Jones | Carmarthen Harriers | V/40 Men | 15 | | 1 |
| 17 | 240 | 00:39:06 | Janis Bauer | UAH | Senior Men | 16 | | 12 |
| 18 | 183 | 00:39:14 | Richard Marks | Sarn Helen | V/60 Men | 17 | | 1 |
| 19 | 187 | 00:39:37 | Mark Whitehead | Unattached | Senior Men | 18 | | 13 |
| 20 | 236 | 00:39:51 | Phoebe Webster | Aberystwyth AC | Senior Lady | | 2 | 2 |
| 21 | 58 | 00:39:59 | Norman Biggs | Aberystwyth AC | V/40 Men | 19 | | 2 |
| 22 | 159 | 00:40:08 | Andrew Fimer | Unattached | Senior Men | 20 | | 14 |
| 23 | 203 | 00:40:23 | Clifford Evans | UAH | V/50 Men | 21 | | 1 |
| 24 | 184 | 00:40:31 | Huw Price | Sarn Helen | V/45 Men | 22 | | 2 |
| 25 | 288 | 00:40:41 | Matthew Rose | Aberystwyth AC | Senior Men | 23 | | 15 |
| 26 | 274 | 00:40:42 | Jason Dickinson | TROT | V/40 Men | 24 | | 3 |
| 27 | 281 | 00:40:46 | Iwan Edgar | Eryri Harriers | V/50 Men | 25 | | 2 |
| 28 | 181 | 00:40:57 | Huw Griffiths | Unattached | Senior Men | 26 | | 16 |
| 29 | 20 | 00:40:59 | Tom Garrod | Abingdon Amblers AC | V/40 Men | 27 | | 4 |
| 30 | 230 | 00:41:02 | Rhodri Owain | UAH | Senior Men | 28 | | 17 |
| 31 | 139 | 00:41:18 | Jamie Evans | Meirionnydd Running Club | Under 20 Men | 29 | | 3 |
| 32 | 123 | 00:41:19 | Eric Rees | Sarn Helen | Senior Men | 30 | | 18 |
| 33 | 232 | 00:41:24 | Gordon Orme | Cardigan RC | V/65 Men | 31 | | 1 |
| 34 | 197 | 00:41:32 | Robert Pritcahrd | Unattached | Senior Men | 32 | | 19 |
| 35 | 264 | 00:41:33 | Dylan davies | Unattached | Senior Men | 33 | | 20 |
| 36 | 263 | 00:41:38 | Barry Owen | Emlyn Harriers | Senior Men | 34 | | 21 |
| 37 | 111 | 00:41:47 | Mark Terry | TROT | V/50 Men | 35 | | 3 |
| 38 | 198 | 00:41:52 | Ian Evans | Aberystwyth AC | Senior Men | 36 | | 22 |
| 39 | 222 | 00:41:56 | Richard James | Emlyn Harriers | V/45 Men | 37 | | 3 |
| 40 | 133 | 00:41:57 | Nicholas Hackett | South Cheshire Harriers | Senior Men | 38 | | 23 |
| 41 | 122 | 00:41:58 | Joanne Thatcher | Aberystwyth AC | V/40 Lady | | 3 | 3 |
| 42 | 286 | 00:42:06 | Paul Butcher | Unattached | V/40 Men | 39 | | 5 |
| 43 | 220 | 00:42:15 | Nicola Quinn | Emlyn Harriers | V/40 Lady | | 4 | 1 |
| 44 | 168 | 00:42:15 | Adam Gouha | UAH | Under 20 Men | 40 | | 4 |
| 45 | 157 | 00:42:21 | Andrew Cromie | Rhayader Running Club | V/45 Men | 41 | | 4 |
| 46 | 30 | 00:42:28 | Stephan Owen | Unattached | Senior Men | 42 | | 24 |
| 47 | 273 | 00:42:37 | Alistair Duncanson | Unattached | Senior Men | 43 | | 25 |
| 48 | 103 | 00:42:43 | Mark Dunscombe | Sarn Helen | V/45 Men | 44 | | 5 |
| 49 | 180 | 00:42:44 | Kevin Brian | Unattached | V/40 Men | 45 | | 6 |
| 50 | 186 | 00:42:48 | Richard Marggaff-Turley | Unattached | V/40 Men | 46 | | 7 |
| 51 | 290 | 00:43:18 | Eifion Roberts | Unattached | Senior Men | 47 | | 26 |
| 52 | 266 | 00:43:35 | Laurence Worth | Pembrokeshire Harriers | V/45 Men | 48 | | 6 |
| 53 | 130 | 00:43:43 | Gari Thomas | Rhedwyr Emlyn | V/40 Men | 49 | | 8 |
| 54 | 223 | 00:43:56 | Andrew Ellis | Cerist Tri Club | V/40 Men | 50 | | 9 |
| 55 | 178 | 00:44:17 | Daryl Evans | Maldwyn Harriers | V/45 Men | 51 | | 7 |
| 56 | 202 | 00:44:23 | Edward Woodyat | UAH | Senior Men | 52 | | 27 |
| 57 | 173 | 00:44:27 | Cheryl Hughes | Aberystwyth AC | Senior Lady | | 5 | 4 |
| 58 | 270 | 00:44:31 | Goronwy Evans | Aberystwyth AC | V/50 Men | 53 | | 4 |
| 59 | 268 | 00:44:35 | Ross McNally | Pembrokeshire Harriers | Senior Men | 54 | | 28 |
| 60 | 31 | 00:44:44 | Christopher Sear | Unattached | Senior Men | 55 | | 29 |
| 61 | 267 | 00:44:57 | Daniel Williams | Pembrokeshire Harriers | Senior Men | 56 | | 30 |
| 62 | 166 | 00:44:59 | David Michael | Unattached | V/45 Men | 57 | | 8 |
| 63 | 279 | 00:45:00 | Joshua Pugsley | Unattached | Senior Men | 58 | | 31 |
| 64 | 98 | 00:45:01 | John Gwynn Evans | Aberystwyth AC | V/60 Men | 59 | | 2 |
| 65 | 196 | 00:45:10 | Edward Iffla | Unattached | Under 20 Men | 60 | | 5 |
| 66 | 138 | 00:45:16 | Hywel Longman | Unattached | Senior Men | 61 | | 32 |
| 67 | 125 | 00:45:23 | Dylan Evans | Meirionnydd Running Club | V/45 Men | 62 | | 9 |
| 68 | 108 | 00:45:25 | Mike Green | Vegan Runners UK | V/50 Men | 63 | | 5 |
| 69 | 265 | 00:45:39 | Cameron Pope | Aberystwyth AC | V/55 Men | 64 | | 1 |
| 70 | 154 | 00:45:51 | Cerys Humphrey | Unattached | Senior Lady | | 6 | 5 |
| 71 | 254 | 00:45:55 | Susana Ditton | Windsor Slough, Eton & Houndslough | Under 20 Lady | | 7 | 1 |
| 72 | 255 | 00:46:02 | Alyson Hayes | Cardigan RC | V/40 Lady | | 8 | 2 |
| 73 | 204 | 00:46:20 | Richard Morgan | Unattached | Senior Men | 65 | | 33 |
| 74 | 61 | 00:46:21 | Robert Smith | Pembrokeshire Harriers | V/45 Men | 66 | | 10 |
| 75 | 144 | 00:46:36 | Charmaine Wood | Congleton Harriers | Senior Lady | | 9 | 6 |

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| 76 | 217 | 00:46:39 | Tim Haddon | Unattached | Senior Men | 67 | | 34 |
| 77 | 292 | 00:47:02 | David Hamer | Unattached | V/40 Men | 68 | | 10 |
| 78 | 260 | 00:47:13 | Michael Pitcher | Unattached | V/40 Men | 69 | | 11 |
| 79 | 243 | 00:47:26 | Chris Mackenzie-Grieve | Unattached | V/50 Men | 70 | | 6 |
| 80 | 128 | 00:47:34 | Jason Protheroe | Unattached | V/40 Men | 71 | | 12 |
| 81 | 57 | 00:47:43 | David Elliot | Cerrist Tri | Senior Men | 72 | | 35 |
| 82 | 257 | 00:47:47 | Alun Nash | Unattached | V/50 Men | 73 | | 7 |
| 83 | 258 | 00:47:50 | Robert Nash | Unattached | V/50 Men | 74 | | 8 |
| 84 | 172 | 00:47:51 | Andy Cox | Unattached | Senior Men | 75 | | 36 |
| 85 | 239 | 00:47:51 | Sian Roberts-Jones | Sam Helen | Senior Lady | | 10 | 7 |
| 86 | 175 | 00:47:58 | John Shaw | Unattached | V/40 Men | 76 | | 13 |
| 87 | 226 | 00:47:59 | Llion Ap Dylan | Unattached | Senior Men | 77 | | 37 |
| 88 | 163 | 00:48:00 | Timothy Bennett | Unattached | Senior Men | 78 | | 38 |
| 89 | 68 | 00:48:19 | David Evans | Unattached | V/50 Men | 79 | | 9 |
| 90 | 188 | 00:48:28 | Tom Main | Unattached | Senior Men | 80 | | 39 |
| 91 | 84 | 00:48:32 | Nigel Hamer | Unattached | V/40 Men | 81 | | 14 |
| 92 | 247 | 00:48:33 | Mark Godsell | Unattached | Senior Men | 82 | | 40 |
| 93 | 293 | 00:48:51 | Ryszard Piotrowicz | Unattached | V/50 Men | 83 | | 10 |
| 94 | 201 | 00:48:53 | Huw Herberts | Unattached | V/40 Men | 84 | | 15 |
| 95 | 208 | 00:49:00 | Michael Terry | TROT | V/60 Men | 85 | | 3 |
| 96 | 44 | 00:49:06 | Owen Thomas | Unattached | V/40 Men | 86 | | 16 |
| 97 | 262 | 00:49:08 | Karen Davis | Unattached | Senior Lady | | 11 | 8 |
| 98 | 231 | 00:49:15 | Sophie Kwawec | UAH | Senior Lady | | 12 | 9 |
| 99 | 160 | 00:49:21 | Mark Clifton | Unattached | V/40 Men | 87 | | 17 |
| 100 | 272 | 00:49:35 | Lisa Delrio | Unattached | V/45 Lady | | 13 | 1 |
| 101 | 291 | 00:49:40 | Aaron Armstrong | Unattached | Senior Men | 88 | | 41 |
| 102 | 216 | 00:49:44 | Sophie Kendrick | Cardiff Uni Harriers | Senior Lady | | 14 | 10 |
| 103 | 282 | 00:50:17 | Dewi Hughes | Unattached | Senior Men | 89 | | 42 |
| 104 | 129 | 00:50:28 | Sue Thomas | Rhedwyr Emlyn | V/40 Lady | | 15 | 3 |
| 105 | 118 | 00:50:28 | Ivan Courtier | Unattached | V/40 Men | 90 | | 18 |
| 106 | 275 | 00:50:36 | Owen Williams | Unattached | Under 20 Men | 91 | | 6 |
| 107 | 153 | 00:50:42 | Lauren March | Unattached | Senior Lady | | 16 | 11 |
| 108 | 237 | 00:50:44 | Chris Punell | Cardigan RC | V/45 Men | 92 | | 11 |
| 109 | 19 | 00:50:48 | Lucy Garrod | Abingdon Amblers AC | V/40 Lady | | 17 | 4 |
| 110 | 190 | 00:50:52 | Gwennallt Ifan | Unattached | V/45 Men | 93 | | 12 |
| 111 | 215 | 00:50:56 | Suzanne Kendrick | Rhayader Running Club | V/45 Lady | | 18 | 2 |
| 112 | 83 | 00:51:16 | Rachel Butler | Maldwyn Harriers | V/45 Lady | | 19 | 3 |
| 113 | 155 | 00:51:32 | Ffion Bowen | Unattached | V/35 Lady | | 20 | 1 |
| 114 | 244 | 00:51:36 | Eleri Connor | Penarth & Dinas Runners | Senior Lady | | 21 | 12 |
| 115 | 224 | 00:51:40 | Rhian Jones | Bro Dysynni AC | V/40 Lady | | 22 | 5 |
| 116 | 152 | 00:51:44 | Bridget James | Aberystwyth AC | Senior Lady | | 23 | 13 |
| 117 | 193 | 00:52:00 | Dorian Jones | Welsh Elite | Senior Men | 94 | | 43 |
| 118 | 158 | 00:52:09 | Tim Hartles | Rhayader Running Club | V/45 Men | 95 | | 13 |
| 119 | 177 | 00:52:14 | Emma Butler | Unattached | Senior Lady | | 24 | 14 |
| 120 | 7 | 00:52:18 | David James | Rhayader Running Club | Senior Men | 96 | | 44 |
| 121 | 269 | 00:52:42 | Anwen Jones | TROT | Senior Lady | | 25 | 15 |
| 122 | 233 | 00:52:51 | Clare Leather Day | Unattached | V/40 Lady | | 26 | 6 |
| 123 | 169 | 00:53:12 | Ian Tomley | Unattached | V/45 Men | 97 | | 14 |
| 124 | 250 | 00:53:13 | Stephanie Warrick | Rhayader Running Club | V/55 Lady | | 27 | 1 |
| 125 | 51 | 00:53:15 | Jan Davies | Unattached | V/45 Lady | | 28 | 4 |
| 126 | 253 | 00:53:20 | Stephen Tooth | Unattached | V/40 Men | 98 | | 19 |
| 127 | 252 | 00:53:43 | Maggie Cooper | Unattached | V/35 Lady | | 29 | 2 |
| 128 | 99 | 00:53:45 | Dee Davies | Rhayader Running Club | V/35 Lady | | 30 | 3 |
| 129 | 135 | 00:54:17 | Ian O'Connor | Unattached | V/40 Men | 99 | | 20 |
| 130 | 296 | 00:54:19 | Mark Gaul | Unattached | V/45 Men | 100 | | 15 |
| 131 | 29 | 00:54:25 | Melanie Gaul | Unattached | V/35 Lady | | 31 | 4 |
| 132 | 277 | 00:54:28 | Stephen Adams | Rhayader Running Club | V/55 Men | 101 | | 2 |
| 133 | 124 | 00:54:30 | Jude Evans | Meirionnydd Running Club | V/40 Lady | | 32 | 7 |
| 134 | 170 | 00:54:32 | Michael Davies | Unattached | Senior Men | 102 | | 45 |
| 135 | 221 | 00:54:33 | Andrea Brabrook | Emlyn Harriers | V/35 Lady | | 33 | 5 |
| 136 | 191 | 00:54:34 | Michael Henry | Unattached | V/45 Men | 103 | | 16 |
| 137 | 171 | 00:54:49 | Christopher Thomas | Unattached | Senior Men | 104 | | 46 |
| 138 | 149 | 00:54:50 | Sionhan Gilbert | Unattached | Senior Lady | | 34 | 16 |
| 139 | 36 | 00:55:14 | Merrilee Phillips | Unattached | V/35 Lady | | 35 | 6 |
| 140 | 145 | 00:55:19 | Rebecca Kidby | Unattached | Senior Lady | | 36 | 17 |
| 141 | 218 | 00:55:19 | William Davies | Unattached | Senior Men | 105 | | 47 |
| 142 | 213 | 00:55:31 | Rebecca Derby | Emlyn Harriers | Senior Lady | | 37 | 18 |
| 143 | 200 | 00:55:36 | Rowan Klimaytyz | Unattached | Senior Men | 106 | | 48 |
| 144 | 117 | 00:55:40 | Maureen Pritchard | Aberystwyth AC | V/45 Lady | | 38 | 5 |
| 145 | 79 | 00:55:41 | Jill Hillman | Maldwyn Harriers | V/50 Lady | | 39 | 1 |
| 146 | 151 | 00:55:50 | Gwilym Jones | Unattached | V/40 Men | 107 | | 21 |
| 147 | 132 | 00:56:01 | Andrew Pollock | Denby Dale Travellers | V/65 Men | 108 | | 2 |
| 148 | 67 | 00:56:03 | Paul Weston | Unattached | V/40 Men | 109 | | 22 |
| 149 | 289 | 00:56:04 | Simon Noakes | Unattached | Senior Men | 110 | | 49 |
| 150 | 106 | 00:56:11 | Deian Creunant | Unattached | V/40 Men | 111 | | 23 |
| 151 | 17 | 00:56:23 | Graeme Lane | Unattached | Senior Men | 112 | | 50 |
| 152 | 294 | 00:56:55 | Alma Piotrowicz | Unattached | Under 20 Lady | | 40 | 2 |
| 153 | 179 | 00:56:56 | Antony Jones | Unattached | Senior Men | 113 | | 51 |

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| 154 | 150 | 00:56:57 | Ceai Bonner | Unattached | Senior Lady | | 41 | 19 |
| 155 | 156 | 00:57:17 | Hugo Smith | Unattached | Senior Men | 114 | | 52 |
| 156 | 161 | 00:57:25 | Peter Trudgill | Unattached | V/70 Men | 115 | | 1 |
| 157 | 148 | 00:57:34 | Angharad Evans | Unattached | Senior Lady | | 42 | 20 |
| 158 | 280 | 00:57:35 | Dan Thomas | Unattached | V/45 Men | 116 | | 17 |
| 159 | 174 | 00:57:36 | Carwyn Tywyn | Unattached | Senior Men | 117 | | 53 |
| 160 | 105 | 00:57:39 | Carol Farrington | Rhayader Running Club | V/60 Lady | | 43 | 1 |
| 161 | 134 | 00:57:44 | Angharad Hull | Unattached | Senior Lady | | 44 | 21 |
| 162 | 164 | 00:57:45 | Sian Bowman | Unattached | Senior Lady | | 45 | 22 |
| 163 | 165 | 00:57:50 | Brian Page | Unattached | V/50 Men | 118 | | 11 |
| 164 | 194 | 00:57:52 | Zoe Douglas | Unattached | Senior Lady | | 46 | 23 |
| 165 | 195 | 00:57:52 | Chris Bennett | Unattached | Senior Men | 119 | | 54 |
| 166 | 235 | 00:58:11 | Charlie Day | Unattached | Senior Lady | | 47 | 24 |
| 167 | 189 | 00:58:14 | Gorden Main | Unattached | V/45 Men | 120 | | 18 |
| 168 | 73 | 00:58:18 | Jenny Evans | Maldwyn Harriers | Senior Lady | | 48 | 25 |
| 169 | 42 | 00:58:26 | Lowri Philips | BAD Tri | Senior Lady | | 49 | 26 |
| 170 | 199 | 00:58:27 | Melanie Goodwin | Unattached | V/45 Lady | | 50 | 6 |
| 171 | 112 | 00:58:27 | Sarah Grasham | Unattached | V/40 Lady | | 51 | 8 |
| 172 | 167 | 00:58:45 | Patrick Cowdy | Unattached | V/45 Men | 121 | | 19 |
| 173 | 32 | 00:58:53 | Annabelle Lowe | Unattached | Senior Lady | | 52 | 27 |
| 174 | 71 | 00:58:56 | Jill Sillitoe | Unattached | V/35 Lady | | 53 | 7 |
| 175 | 245 | 00:59:20 | Katrina Michael | Unattached | V/40 Lady | | 54 | 9 |
| 176 | 285 | 00:59:25 | Kirsten Smith | Unattached | Senior Lady | | 55 | 28 |
| 177 | 295 | 00:59:27 | Bethan Evans | Unattached | Senior Lady | | 56 | 29 |
| 178 | 278 | 00:59:36 | Jennifer Owen Adams | Rhayader Running Club | V/45 Lady | | 57 | 7 |
| 179 | 176 | 00:59:50 | Glenda Jones | Unattached | V/40 Lady | | 58 | 10 |
| 180 | 60 | 01:00:02 | Delyth Hallows | Unattached | V/35 Lady | | 59 | 8 |
| 181 | 210 | 01:00:16 | Helen Davies | Unattached | Senior Lady | | 60 | 30 |
| 182 | 211 | 01:00:16 | Laura Davies | Unattached | Senior Lady | | 61 | 31 |
| 183 | 251 | 01:00:41 | Catrin Hawthorn | Unattached | Senior Lady | | 62 | 32 |
| 184 | 242 | 01:01:00 | Hayley Revell | Unattached | V/40 Lady | | 63 | 11 |
| 185 | 25 | 01:01:05 | Becky Pritchard | Unattached | Senior Lady | | 64 | 33 |
| 186 | 271 | 01:01:08 | Enfs Needham Jones | Unattached | V/35 Lady | | 65 | 9 |
| 187 | 182 | 01:01:09 | Rebecca Gorman | Unattached | Senior Lady | | 66 | 34 |
| 188 | 1 | 01:01:30 | Bev Thomas | Unattached | V/50 Lady | | 67 | 2 |
| 189 | 249 | 01:02:26 | Catryn Owen | Unattached | Senior Lady | | 68 | 35 |
| 190 | 241 | 01:02:41 | Sue Ginley | Unattached | V/45 Lady | | 69 | 8 |
| 191 | 2 | 01:02:43 | Sarah Birch | Unattached | Senior Lady | | 70 | 36 |
| 192 | 146 | 01:02:48 | Rebecca Shore | UAH | Senior Lady | | 71 | 37 |
| 193 | 246 | 01:03:14 | Steve Jones | Unattached | V/45 Men | 122 | | 20 |
| 194 | 136 | 01:03:29 | Sara Mela | Unattached | Senior Lady | | 72 | 38 |
| 195 | 297 | 01:03:35 | Nia Kohl | Unattached | V/40 Lady | | 73 | 12 |
| 196 | 284 | 01:04:18 | Matthew James | Unattached | Senior Men | 123 | | 55 |
| 197 | 147 | 01:04:36 | Linda Griffiths | Unattached | V/50 Lady | | 74 | 3 |
| 198 | 116 | 01:04:45 | Elizabeth Owen | Maldwyn Harriers | V/40 Lady | | 75 | 13 |
| 199 | 37 | 01:04:54 | Hannah Ray | Unattached | Senior Lady | | 76 | 39 |
| 200 | 50 | 01:04:54 | Helen Ovens | Unattached | V/35 Lady | | 77 | 10 |
| 201 | 228 | 01:05:05 | Gillian Evans | Unattached | V/45 Lady | | 78 | 9 |
| 202 | 205 | 01:05:06 | Rik Monbray | Unattached | V/45 Men | 124 | | 21 |
| 203 | 227 | 01:05:09 | Rachel Roberts | Unattached | V/35 Lady | | 79 | 11 |
| 204 | 259 | 01:05:12 | James Nicholas | Unattached | Senior Men | 125 | | 56 |
| 205 | 276 | 01:05:25 | Lucy Hancock | Unattached | V/35 Lady | | 80 | 12 |
| 206 | 256 | 01:05:25 | Katy Harris | Unattached | Senior Lady | | 81 | 40 |
| 207 | 109 | 01:05:43 | Sarah Smith | Unattached | Senior Lady | | 82 | 41 |
| 208 | 12 | 01:06:43 | William Williams | Unattached | V/65 Men | 126 | | 3 |
| 209 | 162 | 01:06:50 | Clare Burgess | Unattached | V/35 Lady | | 83 | 13 |
| 210 | 85 | 01:07:13 | Rachel Hamer | Unattached | V/35 Lady | | 84 | 14 |
| 211 | 219 | 01:07:38 | Claire Davies | Unattached | Senior Lady | | 85 | 42 |
| 212 | 234 | 01:07:57 | David Day | Unattached | V/45 Men | 127 | | 22 |
| 213 | 34 | 01:08:43 | Kay Francis | Unattached | V/45 Lady | | 86 | 10 |
| 214 | 55 | 01:08:43 | Debbie Owens | Unattached | V/45 Lady | | 87 | 11 |
| 215 | 140 | 01:08:57 | Christina Holland | Unattached | V/60 Lady | | 88 | 2 |
| 216 | 100 | 01:08:58 | Meinir Morgan-Thomas | Unattached | V/50 Lady | | 89 | 4 |
| 217 | 72 | 01:09:31 | Ann Oliver | Unattached | V/40 Lady | | 90 | 14 |
| 218 | 74 | 01:09:31 | June Jones | Maldwyn Harriers | V/35 Lady | | 91 | 15 |
| 219 | 110 | 01:09:34 | Rachel Pugh | Unattached | V/35 Lady | | 92 | 16 |
| 220 | 137 | 01:10:54 | Mary Rendell | Unattached | V/50 Lady | | 93 | 5 |
| 221 | 229 | 01:11:19 | Emma Rogers | Unattached | Senior Lady | | 94 | 43 |
| 222 | 6 | 01:13:59 | Deborah Teakle | Unattached | V/40 Lady | | 95 | 15 |
| 223 | 5 | 01:14:13 | Sharon Evans | Unattached | V/45 Lady | | 96 | 12 |
| 224 | 4 | 01:15:34 | Wendy Morris-Twiddy | Unattached | V/45 Lady | | 97 | 13 |
| 225 | 59 | 01:16:37 | Lesley Davies | Unattached | V/50 Lady | | 98 | 6 |
| 226 | 23 | 01:16:24 | Debbie Morgan | Unattached | V/35 Lady | | 99 | 17 |
| 227 | 53 | 01:17:41 | Rachel Jones | Unattached | Senior Lady | | 100 | 44 |
| 228 | 24 | 01:18:03 | Tina Lewis Richards | Unattached | V/45 Lady | | 101 | 14 |
| 229 | 141 | 01:31:27 | Alan Watts | Sarn Helen | V/80 Men | 128 | | 1 |