

Provisional Results for All Competitors in finish order.

| <i>Place</i> | <i>Time</i> | <i>Name</i> | <i>Team</i> | <i>Race Age Category</i> | <i>Pace min/mile</i> | <i>Race No</i> | <i>Race Place</i> |
|--------------|-------------|---------------------|------------------------------|--------------------------|----------------------|----------------|-------------------|
| 1 | 1:55:22 | JONES, Simon | Belgrave | Senior Men | 05:46.0 | 82 | 1 |
| 2 | 2:02:08 | BAKER, Julian | Les Croupiers R.R.C. | Senior Men | 06:06.3 | 187 | 2 |
| 3 | 2:03:26 | DONALD, Alex | Cardiff A.A.C. | Senior Men | 06:10.2 | 166 | 3 |
| 4 | 2:03:56 | GRIFFITHS, Paul | Neath Harriers | Senior Men | 06:11.7 | 92 | 4 |
| 5 | 2:05:27 | REYNOLDS, Paul | 3M Gorseinon R.R. | Senior Men | 06:16.2 | 41 | 5 |
| 6 | 2:08:52 | EVANS, Marc | Amman Valley Harriers | Senior Men | 06:26.5 | 145 | 6 |
| 7 | 2:09:16 | HEADON, Dave | Les Croupiers R.R.C. | Male Vet 40 | 06:27.7 | 179 | 7 |
| 8 | 2:10:51 | PARKER, Chris | Swansea Harriers | Male Vet 40 | 06:32.4 | 120 | 8 |
| 9 | 2:16:24 | REYNOLDS, Andrew | Neath Harriers | Senior Men | 06:49.1 | 81 | 9 |
| 10 | 2:16:35 | STRAMER, Brian | Great Western Runners | Senior Men | 06:49.6 | 180 | 10 |
| 11 | 2:16:57 | JOHNSTON, Sandy | Les Croupiers R.R.C. | Male Vet 50 | 06:50.7 | 188 | 11 |
| 12 | 2:18:59 | WILLIAMS, Damian | Club 69 | Male Vet 40 | 06:56.8 | 107 | 12 |
| 13 | 2:19:21 | BAKER, Mark | Northbrook A.C. | Male Vet 40 | 06:57.9 | 71 | 13 |
| 14 | 2:19:22 | WILSON, Barry | Ludlow Runners | Male Vet 50 | 06:58.0 | 161 | 14 |
| 15 | 2:19:28 | DUKES, Damon | Club 69 | Senior Men | 06:58.3 | 143 | 15 |
| 16 | 2:19:30 | MILES, Philip | Club 69 | Male Vet 50 | 06:58.4 | 48 | 16 |
| 17 | 2:19:42 | STEVENS, Phillippa | Weston A.C. | Female Vet 35 | 06:59.0 | 345 | 17 |
| 18 | 2:20:55 | THRAVES, Jonathan | Great Western Runners | Senior Men | 07:02.6 | 175 | 18 |
| 19 | 2:22:22 | DAVIES, David | Neath Harriers | Male Vet 50 | 07:07.0 | 101 | 19 |
| 20 | 2:22:30 | GARDNER, Leighton | Swansea Harriers | Male Vet 40 | 07:07.4 | 171 | 20 |
| 21 | 2:22:59 | ANDERSON, Mark | Pewsey Vale R.C. | Male Vet 40 | 07:08.8 | 121 | 21 |
| 22 | 2:23:36 | WALSH, Daniel | Keighley C.A.C. | Male Vet 40 | 07:10.7 | 112 | 22 |
| 23 | 2:24:00 | IRVING, Gary | Swansea Harriers | Male Vet 40 | 07:11.9 | 83 | 23 |
| 24 | 2:24:06 | SMITH, Andrew | Great Western Runners | Male Vet 40 | 07:12.2 | 94 | 24 |
| 25 | 2:24:30 | RYALL, Samuel | Unattached | Senior Men | 07:13.4 | 183 | 25 |
| 26 | 2:25:29 | DUNSCOMBE, Mark | Sarn Helen | Male Vet 40 | 07:16.3 | 110 | 26 |
| 27 | 2:25:37 | ROOKE, Steven | Ledbury & District Harriers | Senior Men | 07:16.7 | 103 | 27 |
| 28 | 2:25:44 | CHELL, Ian | Unattached | Male Vet 40 | 07:17.1 | 87 | 28 |
| 29 | 2:25:47 | CRANE, David | Unattached | Male Vet 40 | 07:17.2 | 168 | 29 |
| 30 | 2:25:47 | CRANE, Philip | Neath Harriers | Male Vet 40 | 07:17.2 | 167 | 30 |
| 31 | 2:27:27 | PROUD, David | Les Croupiers R.R.C. | Senior Men | 07:22.2 | 62 | 31 |
| 32 | 2:27:42 | CHRISTOPHER, Lynsey | Visteon Exiles | Senior Men | 07:23.0 | 170 | 32 |
| 33 | 2:27:47 | FOWLER, Craig | Pontypridd Roadents R.C. | Male Vet 40 | 07:23.2 | 36 | 33 |
| 34 | 2:27:56 | KEAVNEY, Jacqueline | Swaledale Road Runners | Female Vet 35 | 07:23.7 | 343 | 34 |
| 35 | 2:28:20 | BAMSEY, Philip | Neath Harriers | Male Vet 50 | 07:24.9 | 35 | 35 |
| 36 | 2:28:24 | HARMER, Jon | Great Western Runners | Senior Men | 07:25.1 | 61 | 36 |
| 37 | 2:28:26 | HARGREAVES, John | Great Western Runners | Male Vet 50 | 07:25.2 | 157 | 37 |
| 38 | 2:28:27 | CRISPIE, Gerard | Les Croupiers R.R.C. | Male Vet 40 | 07:25.2 | 176 | 38 |
| 39 | 2:28:31 | TUSHINGHAM, Dave | Unattached | Senior Men | 07:25.4 | 164 | 39 |
| 40 | 2:29:02 | DAVIES, Martin | T.R.O.T.S. | Senior Men | 07:27.0 | 172 | 40 |
| 41 | 2:30:30 | WILLIAMS, Neil | Unattached | Male Vet 40 | 07:31.4 | 75 | 41 |
| 42 | 2:30:38 | SUMMERS, John | Pewsey Vale R.C. | Male Vet 50 | 07:31.8 | 123 | 42 |
| 43 | 2:32:51 | JELLEY, Paul | Unattached | Male Vet 40 | 07:38.4 | 104 | 43 |
| 44 | 2:32:59 | PARTRIDGE, Simon | Neath Harriers | Male Vet 50 | 07:38.8 | 63 | 44 |
| 45 | 2:33:09 | CHARLES, Paul | Pegasus R.C. | Male Vet 40 | 07:39.3 | 46 | 45 |
| 46 | 2:33:46 | DAVID, Anna | Neath Harriers | Female Vet 35 | 07:41.2 | 342 | 46 |
| 47 | 2:34:15 | EVANS, Aled | Clwb Rhedeg Ardal Penlanffos | Male Vet 40 | 07:42.6 | 122 | 47 |
| 48 | 2:34:34 | WILLIAMS, Julian | Unattached | Senior Men | 07:43.6 | 73 | 48 |
| 49 | 2:34:38 | PACE, Michael | Avon Valley Runners | Senior Men | 07:43.8 | 132 | 49 |
| 50 | 2:34:43 | WILLIAMS, Peter | Forest of Dean A.C. | Male Vet 40 | 07:44.0 | 163 | 50 |
| 51 | 2:34:44 | JEHU, Gareth | Taff Ely Triathletes | Senior Men | 07:44.1 | 129 | 51 |
| 52 | 2:34:45 | HERDMAN, Chris | Unattached | Senior Men | 07:44.1 | 151 | 52 |
| 53 | 2:34:52 | REES, Colin | Club 69 | Male Vet 40 | 07:44.5 | 33 | 53 |
| 54 | 2:35:12 | PRESS, Steve | Wecori | Senior Men | 07:45.5 | 102 | 54 |
| 55 | 2:35:22 | THORNTON, Dean | Westbury Harriers | Male Vet 40 | 07:46.0 | 79 | 55 |
| 56 | 2:35:24 | EVANS, Harford | Amman Valley Harriers | Male Vet 50 | 07:46.1 | 144 | 56 |
| 57 | 2:35:24 | O'SHEA, John | Les Croupiers R.R.C. | Male Vet 50 | 07:46.1 | 126 | 57 |
| 58 | 2:35:59 | REES, Colin | Unattached | Senior Men | 07:47.8 | 115 | 58 |

Provisional Results for All Competitors in finish order.

| <i>Place</i> | <i>Time</i> | <i>Name</i> | <i>Team</i> | <i>Race Age Category</i> | <i>Pace min/mile</i> | <i>Race No</i> | <i>Race Place</i> |
|--------------|-------------|--------------------|--------------------------|--------------------------|--------------------------|--------------------|-----------------------|
| 59 | 2:37:13 | SPRIGGS, Peter | Swansea Harriers | Senior Men | 07:51.5 | 89 | 59 |
| 60 | 2:37:32 | BLACKMORE, Chris | Cardiff Harlequins | Senior Men | 07:52.5 | 173 | 60 |
| 61 | 2:37:38 | THOMAS, Richard | Unattached | Senior Men | 07:52.8 | 147 | 61 |
| 62 | 2:37:42 | EVANS, Edwin | Welsh Masters A.C. | Male Vet 50 | 07:53.0 | 125 | 62 |
| 63 | 2:37:42 | BELL, Nick | Stroud Athletic Club | Male Vet 40 | 07:53.0 | 155 | 63 |
| 64 | 2:37:45 | JONES, Mandy | Islwyn R.C. | Female Vet 45 | 07:53.1 | 320 | 64 |
| 65 | 2:38:15 | MASON, Angharad | Brackla Harriers | Senior Women | 07:54.6 | 307 | 65 |
| 66 | 2:38:27 | SHAW, Tanya | Great Western Runners | Senior Women | 07:55.2 | 317 | 66 |
| 67 | 2:38:58 | JONES, Steve | Islwyn R.C. | Male Vet 40 | 07:56.8 | 37 | 67 |
| 68 | 2:39:09 | WALTERS, Peter | Stourbridge R.C. | Senior Men | 07:57.3 | 90 | 68 |
| 69 | 2:39:14 | HAMILTON, Lucy | Great Western Runners | Female Vet 35 | 07:57.6 | 367 | 69 |
| 70 | 2:39:29 | MANN, Alan | Les Croupiers R.R.C. | Male Vet 40 | 07:58.3 | 97 | 70 |
| 71 | 2:39:34 | JONES, Dafydd | Unattached | Senior Men | 07:58.6 | 158 | 71 |
| 72 | 2:39:42 | PHILLIPS, Gillian | Sospan Road Runners | Female Vet 45 | 07:59.0 | 368 | 72 |
| 73 | 2:39:47 | LITTLE, Louise | Stroud Athletic Club | Female Vet 35 | 07:59.2 | 316 | 73 |
| 74 | 2:39:57 | EYRE, Marcus | 3M Gorseinon R.R. | Male Vet 40 | 07:59.7 | 45 | 74 |
| 75 | 2:40:16 | JONES, Kelvin | Unattached | Male Vet 40 | 08:00.7 | 177 | 75 |
| 76 | 2:40:43 | DAVIS, Anthony | Brackla Harriers | Senior Men | 08:02.0 | 189 | 76 |
| 77 | 2:40:59 | WILLIAMS, Ashley | Unattached | Male Vet 40 | 08:02.8 | 91 | 77 |
| 78 | 2:41:38 | DAVIES, Lee | Pontypridd Roadents R.C. | Senior Men | 08:04.7 | 138 | 78 |
| 79 | 2:42:21 | DAY, Paul | Llswerry Runners | Male Vet 50 | 08:06.9 | 98 | 79 |
| 80 | 2:43:10 | JAMES, David | Amman Valley Harriers | Senior Men | 08:09.3 | 174 | 80 |
| 81 | 2:43:33 | WILLIAMS, Alex | 26.2 Road Runners Club | Senior Men | 08:10.5 | 156 | 81 |
| 82 | 2:43:35 | LINE, Ian | Club 69 | Senior Men | 08:10.6 | 178 | 82 |
| 83 | 2:43:42 | HECTOR, Robert | Unattached | Senior Men | 08:10.9 | 130 | 83 |
| 84 | 2:44:05 | MACGREGOR, Sue | Avon Valley Runners | Female Vet 45 | 08:12.1 | 350 | 84 |
| 85 | 2:44:27 | PHILPIN, Simon | Unattached | Senior Men | 08:13.2 | 86 | 85 |
| 86 | 2:45:05 | HUME, Shirley | Road Runners Club | Female Vet 55 | 08:15.1 | 348 | 86 |
| 87 | 2:45:30 | DAVIES, Robert | Wye Valley Runners | Male Vet 60 | 08:16.3 | 152 | 87 |
| 88 | 2:45:31 | GRIFFITHS, Lisa | Westbury Harriers | Senior Women | 08:16.4 | 336 | 88 |
| 89 | 2:45:32 | REES, Robert | Unattached | Senior Men | 08:16.4 | 78 | 89 |
| 90 | 2:46:03 | HARRIS, Rebecca | Unattached | Female Vet 35 | 08:18.0 | 364 | 90 |
| 91 | 2:46:56 | COOKE, James | Unattached | Senior Men | 08:20.6 | 165 | 91 |
| 92 | 2:47:17 | WELSH, Christopher | Unattached | Male Vet 40 | 08:21.7 | 49 | 92 |
| 93 | 2:47:31 | HUME, Chris | Road Runners Club | Male Vet 60 | 08:22.4 | 131 | 93 |
| 94 | 2:48:30 | TAGG, Sue | Club 69 | Female Vet 35 | 08:25.3 | 313 | 94 |
| 95 | 2:48:40 | PERRY, Mark | Unattached | Senior Men | 08:25.8 | 65 | 95 |
| 96 | 2:48:41 | LEWIS, Tim | Unattached | Male Vet 40 | 08:25.9 | 76 | 96 |
| 97 | 2:49:03 | MACGREGOR, Stuart | Avon Valley Runners | Male Vet 50 | 08:27.0 | 133 | 97 |
| 98 | 2:49:31 | BEATTY, Claire | Les Croupiers R.R.C. | Senior Women | 08:28.4 | 330 | 98 |
| 99 | 2:50:03 | GRIFFITHS, Paul | Didcot Runners | Male Vet 40 | 08:30.0 | 51 | 99 |
| 100 | 2:50:03 | JONES, Ian | Unattached | Male Vet 40 | 08:30.0 | 114 | 100 |
| 101 | 2:50:17 | HATTO, David | Sospan Road Runners | Male Vet 40 | 08:30.7 | 186 | 101 |
| 102 | 2:50:44 | THOMAS, Simon | Unattached | Senior Men | 08:32.0 | 100 | 102 |
| 103 | 2:50:45 | DYU, Lily | Team Deviant | Female Vet 35 | 08:32.1 | 366 | 103 |
| 104 | 2:50:49 | BOWSHER, Judi | Les Croupiers R.R.C. | Female Vet 45 | 08:32.3 | 301 | 104 |
| 105 | 2:50:52 | MISKELL, Louise | 3M Gorseinon R.R. | Female Vet 35 | 08:32.4 | 344 | 105 |
| 106 | 2:51:20 | THOMAS, Mark | Sospan Road Runners | Senior Men | 08:33.8 | 184 | 106 |
| 107 | 2:51:43 | ARNOLD, Andy | Unattached | Male Vet 40 | 08:35.0 | 154 | 107 |
| 108 | 2:52:14 | BRUFF, Karen | Stroud Athletic Club | Female Vet 35 | 08:36.5 | 347 | 108 |
| 109 | 2:52:30 | TURNER, Carl | Unattached | Senior Men | 08:37.3 | 181 | 109 |
| 110 | 2:52:45 | TOON, Royston | Chepstow Harriers | Male Vet 50 | 08:38.1 | 80 | 110 |
| 111 | 2:53:51 | HUGHES, Jenny | Les Croupiers R.R.C. | Senior Women | 08:41.4 | 329 | 111 |
| 112 | 2:54:06 | SFORZA, Sandra | Westbury Harriers | Female Vet 35 | 08:42.1 | 335 | 112 |
| 113 | 2:54:09 | GWYN, Graeme | Unattached | Senior Men | 08:42.3 | 74 | 113 |
| 114 | 2:54:31 | EVANS, Llyr | Unattached | Male Vet 40 | 08:43.4 | 40 | 114 |
| 115 | 2:55:41 | SIMS, Chris | Unattached | Senior Men | 08:46.9 | 44 | 115 |
| 116 | 2:55:43 | ATTWOOD, Howard | Llswerry Runners | Male Vet 50 | 08:47.0 | 141 | 116 |
| 117 | 2:56:04 | OTLEY, Debbie | Pontypridd Roadents R.C. | Female Vet 45 | 08:48.0 | 349 | 117 |
| 118 | 2:56:42 | SMITH, Vanessa | Westbury Harriers | Female Vet 35 | 08:49.9 | 357 | 118 |
| 119 | 2:57:20 | FALSINI, Helen | Cardiff A.A.C. | Female Vet 35 | 08:51.8 | 309 | 119 |
| 120 | 2:57:30 | SHIELDS, Dominic | Unattached | Male Vet 40 | 08:52.3 | 95 | 120 |

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| <i>Place</i> | <i>Time</i> | <i>Name</i> | <i>Team</i> | <i>Race Age Category</i> | <i>Pace min/mile</i> | <i>Race No</i> | <i>Race Place</i> |
|--------------|-------------|----------------------|-----------------------------|--------------------------|--------------------------|--------------------|-----------------------|
| 121 | 2:57:56 | NEY, Amy | Unattached | Senior Women | 08:53.6 | 308 | 121 |
| 122 | 2:58:17 | WEREY, Philippe | Unattached | Male Vet 40 | 08:54.7 | 105 | 122 |
| 123 | 2:58:21 | DURSLEY, Paul | Llswerry Runners | Male Vet 50 | 08:54.9 | 106 | 123 |
| 124 | 2:59:00 | BREEN, Adrian | Great Western Runners | Male Vet 50 | 08:56.8 | 93 | 124 |
| 125 | 2:59:36 | ROCHE, Julie | Fairwater Runners | Female Vet 35 | 08:58.6 | 339 | 125 |
| 126 | 2:59:40 | BEECHAM, Helen | Aldridge A.C. | Senior Women | 08:58.8 | 363 | 126 |
| 127 | 2:59:42 | GRIFFITHS, Brian | 3M Gorseinon R.R. | Male Vet 60 | 08:58.9 | 70 | 127 |
| 128 | 2:59:44 | EVANS, Mike | Forest of Dean A.C. | Male Vet 50 | 08:59.0 | 69 | 128 |
| 129 | 3:00:53 | TREBILCOCK, Dean | Unattached | Senior Men | 09:02.5 | 64 | 129 |
| 130 | 3:01:19 | NORVILLE, Keith | Unattached | Male Vet 40 | 09:03.8 | 77 | 130 |
| 131 | 3:01:25 | PINCHERS, Philip | Unattached | Male Vet 40 | 09:04.1 | 150 | 131 |
| 132 | 3:01:58 | EYRE, Del | 3M Gorseinon R.R. | Female Vet 35 | 09:05.7 | 321 | 132 |
| 133 | 3:02:17 | LAVELLE, Jane | Llswerry Runners | Female Vet 45 | 09:06.7 | 354 | 133 |
| 134 | 3:02:17 | HILL, John | Llswerry Runners | Male Vet 50 | 09:06.7 | 140 | 134 |
| 135 | 3:03:03 | LEWIS, Andrew | South Wales Police Athletic | Male Vet 40 | 09:09.0 | 96 | 135 |
| 136 | 3:03:12 | MUNDY, Andrew | Unattached | Senior Men | 09:09.4 | 47 | 136 |
| 137 | 3:03:15 | WILLIAMS, Stephen | Les Croupiers R.R.C. | Male Vet 50 | 09:09.6 | 139 | 137 |
| 138 | 3:03:20 | ARCHER, Paul | South Wales Police Athletic | Senior Men | 09:09.8 | 84 | 138 |
| 139 | 3:03:25 | FAULKNER, Graham | Unattached | Male Vet 40 | 09:10.1 | 182 | 139 |
| 140 | 3:04:29 | O'SHAUGHNESSY, Linda | Westbury Harriers | Senior Women | 09:13.3 | 338 | 140 |
| 141 | 3:04:40 | LLEWELLYN, Rhian | Les Croupiers R.R.C. | Senior Women | 09:13.8 | 312 | 141 |
| 142 | 3:06:16 | LISTER, Robert | Pewsey Vale R.C. | Male Vet 50 | 09:18.6 | 116 | 142 |
| 143 | 3:06:38 | COX, Simon | Unattached | Male Vet 40 | 09:19.7 | 146 | 143 |
| 144 | 3:07:42 | PRESS, Sam | Victoria Park Harriers | Senior Men | 09:22.9 | 127 | 144 |
| 145 | 3:10:10 | VEIGA, Jaime | Les Croupiers | Male Vet 40 | 09:30.3 | 169 | 145 |
| 146 | 3:10:47 | WILLIAMS, Nest | Unattached | Senior Women | 09:32.2 | 311 | 146 |
| 147 | 3:11:14 | COULTART, Sarah | Bitton Road Runners | Female Vet 35 | 09:33.5 | 359 | 147 |
| 148 | 3:11:45 | COGLIN, Susan | Sospan Road Runners | Female Vet 35 | 09:35.1 | 322 | 148 |
| 149 | 3:14:38 | HARDING, Peter | Carmarthen Harriers | Male Vet 60 | 09:43.7 | 42 | 149 |
| 150 | 3:14:58 | COLMAN, Jill | Pembrokeshire Harriers | Female Vet 35 | 09:44.7 | 324 | 150 |
| 151 | 3:15:53 | BROWN, Rachel | Stroud Athletic Club | Female Vet 35 | 09:47.5 | 306 | 151 |
| 152 | 3:15:54 | HEFFERMAN, Terry | Stroud Athletic Club | Male Vet 50 | 09:47.5 | 128 | 152 |
| 153 | 3:16:34 | HIBBS, David | Unattached | Male Vet 40 | 09:49.5 | 56 | 153 |
| 154 | 3:16:46 | DAVIES, James | 3M Gorseinon R.R. | Male Vet 40 | 09:50.1 | 43 | 154 |
| 155 | 3:17:11 | LEWIS, Jason | Unattached | Senior Men | 09:51.4 | 148 | 155 |
| 156 | 3:17:26 | PARRISH, Michael | Unattached | Male Vet 40 | 09:52.1 | 137 | 156 |
| 157 | 3:17:46 | GRIFFITHS, Jane | Unattached | Senior Women | 09:53.1 | 332 | 157 |
| 158 | 3:18:32 | EVANS, J | Llanelli A.A.C. | Male Vet 40 | 09:55.4 | 50 | 158 |
| 159 | 3:18:36 | JONES, Malcolm | Brackla Harriers | Male Vet 50 | 09:55.6 | 159 | 159 |
| 160 | 3:18:40 | PHILPOTTS, Dennis | Unattached | Male Vet 40 | 09:55.8 | 142 | 160 |
| 161 | 3:18:46 | HARRIS, Gillian | Greenwich Tritons | Female Vet 45 | 09:56.1 | 351 | 161 |
| 162 | 3:20:40 | BROWN, Ken | Stroud Athletic Club | Male Vet 60 | 10:01.8 | 162 | 162 |
| 163 | 3:21:18 | DEAN, Suzy | City of Bath A.C. | Senior Women | 10:03.7 | 323 | 163 |
| 164 | 3:21:18 | BILLS, Stan | Islwyn R.C. | Female Vet 35 | 10:03.7 | 365 | 164 |
| 165 | 3:23:30 | OSBORNE, Fiona | Bromsgrove & Reddich A.C. | Senior Women | 10:10.3 | 358 | 165 |
| 166 | 3:24:29 | LAZARUS, Mark | Bridgend | Senior Men | 10:13.3 | 160 | 166 |
| 167 | 3:24:45 | SEDGEMOND, Andrew | Les Croupiers R.R.C. | Male Vet 50 | 10:14.1 | 88 | 167 |
| 168 | 3:26:11 | WELSH, Fiona | Unattached | Female Vet 35 | 10:18.4 | 310 | 168 |
| 169 | 3:27:14 | BURROWS, Karen | 3M Gorseinon R.R. | Female Vet 45 | 10:21.5 | 302 | 169 |
| 170 | 3:28:38 | HOLOHAN, Kim | 3M Gorseinon R.R. | Female Vet 45 | 10:25.7 | 305 | 170 |
| 171 | 3:29:18 | EVANS, Paul | Unattached | Male Vet 40 | 10:27.7 | 136 | 171 |
| 172 | 3:29:31 | MILNE, Juliet | Unattached | Senior Women | 10:28.4 | 360 | 172 |
| 173 | 3:29:33 | ASHDOWN, Jeremy | Unattached | Senior Men | 10:28.5 | 55 | 173 |
| 174 | 3:29:48 | STAMP, Rose | Unattached | Senior Women | 10:29.2 | 319 | 174 |
| 175 | 3:29:54 | WILLIAMS, Benjamin | Unattached | Senior Men | 10:29.5 | 134 | 175 |
| 176 | 3:30:06 | THORNTON, Eirian | Westbury Harriers | Female Vet 45 | 10:30.1 | 328 | 176 |
| 177 | 3:31:05 | BOTFIELD, Annie | Unattached | Female Vet 45 | 10:33.1 | 325 | 177 |
| 178 | 3:34:21 | LISTER, Mike | Les Croupiers R.R.C. | Male Vet 50 | 10:42.9 | 31 | 178 |
| 179 | 3:35:19 | WILLIAMS, Tracy | 3M Gorseinon R.R. | Female Vet 45 | 10:45.8 | 303 | 179 |
| 180 | 3:35:19 | DAVIES, Susan | 3M Gorseinon R.R. | Female Vet 45 | 10:45.8 | 304 | 180 |
| 181 | 3:35:29 | WRIGHT, Geoff | Les Croupiers R.R.C. | Male Vet 50 | 10:46.3 | 111 | 181 |
| 182 | 3:37:35 | PICK, Dai | Carmarthen Harriers | Male Vet 40 | 10:52.6 | 117 | 182 |

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| <i>Place</i> | <i>Time</i> | <i>Name</i> | <i>Team</i> | <i>Race Age Category</i> | <i>Pace min/mile</i> | <i>Race No</i> | <i>Race Place</i> |
|--------------|-------------|-------------------|----------------------------|--------------------------|--------------------------|--------------------|-----------------------|
| 183 | 3:42:57 | MARTIN, Ruth | Cheltenham Almost Athletes | Female Vet 45 | 11:08.7 | 334 | 183 |
| 184 | 3:42:58 | RICHARDS, Geraint | Unattached | Male Vet 40 | 11:08.7 | 67 | 184 |
| 185 | 3:46:28 | WILDE, Rowen | Unattached | Female Vet 35 | 11:19.2 | 356 | 185 |
| 186 | 3:46:36 | BINNING, Paul | Unattached | Senior Men | 11:19.6 | 57 | 186 |
| 187 | 3:47:52 | PHILLIPS, Karen | Les Croupiers R.R.C. | Female Vet 35 | 11:23.4 | 346 | 187 |
| 188 | 3:51:10 | THORNTON, Jane | Westbury Harriers | Female Vet 35 | 11:33.3 | 326 | 188 |
| 189 | 3:52:39 | GODSMARK, Nia | Unattached | Senior Women | 11:37.8 | 327 | 189 |
| 190 | 3:54:38 | STANLEY, Pat | Brackla Harriers | Female Vet 45 | 11:43.7 | 361 | 190 |
| 191 | 4:00:40 | GLEN, Fiona | Islwyn R.C. | Senior Women | 12:01.8 | 353 | 191 |
| 192 | 4:08:45 | AUSTIN, Julie | Sidmouth R.C. | Senior Women | 12:26.0 | 315 | 192 |
| 193 | 4:09:29 | AUSTIN, Maria | Unattached | Senior Women | 12:28.2 | 314 | 193 |
| 194 | 4:12:57 | WILLIAMS, Natalie | Unattached | Senior Women | 12:38.6 | 318 | 194 |

There were 194 finishers in the All Competitors category.