

| Position | Name | Club/Team | Time | Category Award |
|----------|--------------------|------------------------|-------------|----------------|
| 1 | Kieron Davies | Bynea | 00:43:54 ** | 1st S |
| 2 | Arwel Davies | Bynea | 00:48:22 | 1st V 40-49 |
| 3 | Darran Carpenter | Cwmcarn Paragon RC | 00:48:42 | 2nd S |
| 4 | David Brice | Bynea | 00:49:03 | 1st V 50-59 |
| 5 | Craig Jones | Bynea | 00:51:17 | 2nd V40-49 |
| 6 | Lee Watts | Bynea | 00:52:58 | 3rd S |
| 7 | Steve Madeley | Ogmore Valley Whrs | 00:53:24 | 2nd V 50-59 |
| 8 | John Shehan | Bynea | 00:55:19 | 1st V 60-69 |
| 9 | Chris Davies | Bynea | 00:55:30 | 3rd V 40-49 |
| 10 | Gerard Oram | Bynea | 00:55:42 | 3rd V 50-59 |
| 11 | Nic Forbes | Bynea | 00:57:41 | |
| 12 | Will Roberts | Bynea | 00:59:10 | 1st J |
| 13 | Caryl Richards | Bynea | 01:03:12 | 1st W |
| 14 | Sally Harmer | Pembs Velo | 01:03:58 | 2nd W |
| 15 | Charlotte Jennings | Bynea | 01:04:59 | 3rd W |
| | Colin Wallace | Merthyr CC | DNS | |
| | Mark Smith | Bynea | DNS | |
| | Andrew Butcher | Cwmcarn Paragon RC | DNS | |
| | Bob Jones | Cardiff 100 Milers RC | DNSa | |
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| | | ** = new course record | | |