

No.	Name	Club/Team	7km split	Time
1	Richard Harris	Cwmcarn Paragon RC	18.55	26.05
2	Darran Carpenter	Cwmcarn Paragon RC	19.07	26.25
3	Ben Phillips	Bynea CC	19.13	27.06
4	Daniel Thorogood	Ystwyth CC	19.29	27.42
5	Arwel Davies	Bynea CC	20.14	27.59
6	Chris Lee	Merthyr CC		29.06
7	David Brice	Bynea CC	21.07	30.00
8	Justyn Davies	Towy Racing CC	22.51	32.46
9	Matthew Phillips	Bynea CC	24.01	34.16
10	Hanneke Van Der Werf	Team Jewson/M.I. Racing	25.15	36.17
11	Edward Malarczyk	Cwmcarn Paragon RC	26.10	36.52
12	John Evans	Bynea CC	30.53	45.24
13	Sally Harmer	Ystwyth CC	34.31	47.38
14	Lewis Bevan	E.C. Cycles		DNS