

Senior Men

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| 1 | A. Teweldebrhan | Newport Harriers Athletic Club |
| 2 | D. Bodman | Aberdare Valley A. A. C. |
| 3 | M. Jennings | Micky Morris Racing Team |
| 4 | M. Collins | Micky Morris Racing Team |

Men Over 35

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| 1 | R. Gardiner | Aberdare Valley A. A. C. |
| 2 | S. Lewis | Pontypridd Athletic Club |
| 3 | R. Jackson-Hookins | Les Croupiers Running Club |

Men Over 45

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| 1 | I. Lloyd | Swansea Harriers Athletic |
| 2 | L. Aherne | Parc Bryn Bach Runners |
| 3 | E. Morgan | Les Croupiers Running Club |

Men Over 55

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| 1 | R. Bullen | Les Croupiers Running Club |
| 2 | S. Penny | Chepstow Harriers |
| 3 | R. Hunt | Bridgend Athletic Club |

Men Under 23

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| 1 | C. Lewis | Cardiff Amateur Athletic Club |
| 2 | J. Hunt | Cardiff Amateur Athletic Club |
| 3 | A. Bull | Aberdare Valley A. A. C. |

Male University Students

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|---|-------------|-----------------------------------|
| 1 | M. Grantham | Cardiff University Harriers |
| 2 | A. Souch | Cardiff University Harriers |
| 3 | A. Turner | University of the West of England |

Men Over 65

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| 1 | M. Cranwell | Les Croupiers Running Club |
| 2 | D. Smout | Parc Bryn Bach Runners |
| 4 | A. Davies | Llanelli Amateur Athletic Club |

Men Over 70

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| 1 | G. Orme | Carmarthen & District Harriers A.C. |
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