

Senior Men

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| 1 S. Morris | Cardiff Amateur Athletic Club |
| 2 D. Bodman | Aberdare Valley A. A. C |
| 3 J. Howells | Pontypridd Athletic Club |

Male Veterans Over 35

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| 1 D. Triggs | Neath Harriers |
| 2 R. Jackson-Hookins | Les Croupiers Running Club |
| 3 J. Hockin | Port Talbot Harriers & A. C. |

Male Veterans Over 45

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| 1 H. Evans | Les Croupiers Running Club |
| 2 J. Wherlock | Llisbury Runners |
| 3 R. Ross | Les Croupiers Running Club |

Male Veterans Over 55

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| 1 R. Hunt | Bridgend Athletic Club |
| 2 Peter Osborne | Llanelli Amateur Athletic Club |
| 3 P. Sowerby | Brecon Athletic Club |

Male Veterans Over 65

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| 1 R. Evans | Les Croupiers Running Club |
| 2 M. Murphy | Les Croupiers Running Club |
| 3 P. Harding | Avon Valley Runners |

Men Under 23

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| 1 M. Williams | Cardiff Metropolitan University |
| 2 B. Tull | Cardiff Metropolitan University |
| 3 J. Hunt | Cardiff Amateur Athletic Club |

Male University Students

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| 1. O. Kyriakides | University of Wales – Swansea |
| 2. T. Chandy | Cardiff University Harriers |
| 3. J. Hope | Cardiff Metropolitan University |