

| Pos | Name | Category | Club | Time |
|-----|--------------------|--------------|-------------------------------|----------|
| 1 | HUGHES, Gareth Wyn | Senior Men | Mercia Fell Runners | 00:53:15 |
| 2 | ROBERTS, Tom | Senior Men | Meirionnydd Running Club | 00:53:28 |
| 3 | BENTLEY, Russel | Senior Men | | 00:54:23 |
| 4 | ROBERTS, Richard | Senior Men | Eryri Harriers | 00:54:32 |
| 5 | EVANS, Tristan | Senior Men | Meirionnydd Running Club | 00:55:01 |
| 6 | RICHARDS, Ifan | Senior Men | Meirionnydd Running Club | 00:55:26 |
| 7 | BROWN, Jez | Men >40 | Buckley Runners | 00:55:33 |
| 8 | KNOTT, Graeme | Senior Men | Harwich | 00:56:36 |
| 9 | PALMER, Mark | Men >50 | Achille Ratti | 00:57:05 |
| 10 | LAWSON, David | Senior Men | Mynydd Du | 00:57:20 |
| 11 | PUGH, Jonathon | Senior Men | Builth And District | 00:58:17 |
| 12 | GRIFFITHS, Dylan | Senior Men | Rhedwyr Hebog | 00:59:06 |
| 13 | THOMAS, Dyfed | Men >40 | Eryri Harriers | 00:59:12 |
| 14 | CARTER, Jimmy | Men >40 | Meirionnydd Running Club | 01:00:31 |
| 15 | EVANS, Eilir | Senior Men | Meirionnydd Running Club | 01:00:34 |
| 16 | HOUGH, Alec | Senior Men | Mercia Fell Runners | 01:01:01 |
| 17 | WILLIAMS, Adrian | Men >40 | Eryri Harriers | 01:01:14 |
| 18 | EDWARDS, Simon | Men >40 | Buckley Runners | 01:02:24 |
| 19 | JONES, Stephen | Men >60 | Eryri Harriers | 01:02:39 |
| 20 | GRANT, Miranda | Senior Women | Eryri Harriers | 01:03:06 |
| 21 | HESLETON, Darren | Men >40 | Bro Dysynni AC | 01:04:32 |
| 22 | BEECHER, Katie | Senior Women | Les Croupiers | 01:04:53 |
| 23 | POWELL, Dave | Men >50 | Aberystwyth AC | 01:05:00 |
| 24 | ANTHONY, Richard | Men >40 | Aberystwyth AC | 01:05:07 |
| 25 | MCGUINNESS, Sion | Senior Men | | 01:05:48 |
| 26 | WILLIAMS, Sian | Senior Women | Rhedwyr Hebog | 01:05:57 |
| 27 | PRITCHARD, Andy | Men >40 | Buckley Runners | 01:06:33 |
| 28 | DAVIES, Leon | Men >40 | North Wales Road Running Club | 01:06:41 |
| 29 | JACKSON, Chris | Senior Men | Glossopdale | 01:06:54 |
| 30 | RIDGWAY, Sarah | Women >40 | | 01:07:18 |
| 31 | FENWICK, Mat | Senior Men | Meirionnydd Running Club | 01:07:31 |
| 32 | DAVIES, Gethin | Junior Men | Menai Track And Field | 01:07:44 |
| 33 | HUGHES, Lenny | Men >60 | Maldwyn Harriers | 01:08:15 |
| 34 | EVANS, Hayley | Senior Women | Buckley Runners | 01:08:19 |
| 35 | SHAW, Rory | Senior Men | | 01:08:43 |
| 36 | O'HARA, James | Senior Men | Helsby | 01:09:27 |
| 37 | MITCHELL, Jay | Men >40 | | 01:10:13 |
| 38 | LEWIS, David | Men >40 | | 01:10:45 |
| 39 | EVANS, Dylan | Men >50 | Meirionnydd Running Club | 01:10:48 |
| 40 | EDGAR, Iwan | Men >60 | Eryri Harriers | 01:10:52 |
| 41 | SERJEANT, Keelan | Senior Men | Holmfirth Harriers | 01:11:26 |

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| 42 | FLETCHER, Glyn | Men >50 | Maldwyn Harriers | 01:11:31 |
| 43 | PRESTON, Adam | Men >40 | Meirionnydd Running Club | 01:11:45 |
| 44 | COLE, Katie | Senior Women | No-mad Running | 01:12:15 |
| 45 | MARTIN, Rob | Men >50 | Maldwyn Harriers | 01:12:20 |
| 46 | HARGREAVES, Tim | Men >50 | Buckley Runners | 01:12:31 |
| 47 | ROBERTS, Richard | Senior Men | | 01:12:55 |
| 48 | ROBERTS, Phillip | Men >40 | | 01:13:00 |
| 49 | SAUNDERS, Mark | Men >50 | Mynydd Du | 01:13:13 |
| 50 | GURNEY, Bradley | Men >40 | Mercia Fell Runners | 01:14:07 |
| 51 | LITABA, Sikobe | Men >50 | Glossopdale | 01:14:53 |
| 52 | BARKER, Louise | Women >40 | Aberystwyth AC | 01:15:13 |
| 53 | HINDLE, Neil | Men >60 | Welsh Fell Running Association | 01:15:17 |
| 54 | BEDWELL, Alice | Women >50 | Mynydd Du | 01:15:35 |
| 55 | WELLS, Ben | Men >40 | Meirionnydd Running Club | 01:16:55 |
| 56 | WILLIAMS, Karl | Men >40 | Buckley Runners | 01:17:58 |
| 57 | JONES, Phil | Men >60 | | 01:18:25 |
| 58 | BELSHAW, Ceri | Senior Women | Denbigh Harriers | 01:18:28 |
| 59 | METCALFE, Ruth | Women >40 | Eryri Harriers | 01:18:35 |
| 60 | GARSON, Peter | Men >50 | Aberystwyth AC | 01:19:12 |
| 61 | EDWARDS, Juliet | Women >50 | Meirionnydd Running Club | 01:19:49 |
| 62 | DAVIES, Wayne | Senior Men | Maldwyn Harriers | 01:20:49 |
| 63 | ROWLANDS, Glyn | Men >60 | Meirionnydd Running Club | 01:21:07 |
| 64 | GOULDING, Jonathan | Men >50 | Chester Tri | 01:21:31 |
| 65 | O'SULLIVAN, Kate | Women >50 | Aberystwyth AC | 01:21:50 |
| 66 | DONOGHUE, Paul | Men >40 | Buckley Runners | 01:22:41 |
| 67 | WALKER, Richard | Men >40 | Rhedwyr Hebog | 01:23:50 |
| 68 | MEINCKEN, Andrew | Men >40 | | 01:25:55 |
| 69 | STRINGER, Graeme | Men >50 | Meirionnydd Running Club | 01:26:00 |
| 70 | WILLIAMS, Alice | Women >40 | Clwydian Range Runners | 01:26:17 |
| 71 | JONES, Jim | Men >50 | Helsby | 01:28:52 |
| 72 | EVANS, Steffan | Senior Men | Eryri Harriers | 01:32:51 |
| 73 | PICKINGTON, Justin | Men >40 | Meirionnydd Running Club | 01:35:15 |
| 74 | EVANS, Kevin | Men >50 | Meirionnydd Running Club | 01:35:25 |
| 75 | LUBRAN, Desirre | Senior Women | Rhayader | 01:35:34 |
| 76 | GUNNER, Gary | Men >70 | Croft Ambrey RC | 01:36:56 |
| 77 | MCLEOD PUPE, Cameron | Men >60 | Aberystwyth AC | 01:37:40 |
| 78 | ELLIS, Craig | Men >40 | | 01:38:07 |
| 79 | OLIVER, Maggie | Women >70 | Eryri Harriers | 01:48:55 |
| 80 | WILLIAMS, Huw | Men >40 | Llanmyr Llyn Striders | 01:51:28 |
| 81 | DAVIES, Barry | Men >40 | Eryri Harriers | 01:58:29 |
| 82 | BAMFORD, Angela | Women >50 | Maldwyn Harriers | 02:01:04 |