

| Pos | Name | Category | Club | Time |
|-----|-----------------------|----------|-----------------|----------|
| 1 | Felipe Jones | | Sarn Helen | 00:35:21 |
| 2 | Sion Price U23 | | Sarn Helen | 00:37:12 |
| 3 | Max Dunford U23 | | St Davids | 00:37:34 |
| 4 | John Parkinson | | Eryri | 00:37:41 |
| 5 | Gavin Roberts | | | 00:38:24 |
| 6 | Neil Ashcroft | | Ambleside AC | 00:38:47 |
| 7 | Paul Jones | | Eryri | 00:39:40 |
| 8 | Mark Davies | | NWRCC | 00:39:56 |
| 9 | Miranda Grant | | Eryri | 00:40:03 |
| 10 | Jack Smith-Keegin | | GOG Tri | 00:40:06 |
| 11 | Steve P Jones | | Eryri | 00:40:15 |
| 12 | Craig Jones | | Eryri | 00:40:51 |
| 13 | Emlyn Owen | | | 00:41:26 |
| 14 | Daragh Reynolds | | GOG Tri | 00:41:44 |
| 15 | Steve Toogood | | Buckely Runners | 00:41:52 |
| 16 | Tomas Aldous U23 | | GOG Tri | 00:43:28 |
| 17 | Sian Williams | | Hebog | 00:43:37 |
| 18 | Goronwy Hughes | | Hebog | 00:43:55 |
| 19 | Alan Jones | | | 00:44:07 |
| 20 | Gary Porter-Jones | | Eryri | 00:44:10 |
| 21 | Craig South | | Hebog | 00:44:25 |
| 22 | Paul Edlington | | | 00:44:42 |
| 23 | Jack Harley-Walsh U23 | | St Davids | 00:44:54 |
| 24 | Nic Brook | | Eryri | 00:45:11 |
| 25 | Jackie Lee | | Eryri | 00:45:31 |
| 26 | Jordan Tapper | | | 00:45:41 |
| 27 | Leon Davies | | | 00:45:49 |
| 28 | Pete Mould | | | 00:46:09 |
| 29 | Alan Duncan | | Bowland FR | 00:46:16 |
| 30 | Simeon Hayns U23 | | St Davids | 00:46:42 |
| 31 | Jacob Stockings U23 | | St Davids | 00:46:42 |
| 32 | Richard Bourne | | Mysteruns | 00:46:48 |
| 33 | Paul Cash | | | 00:46:54 |
| 34 | Richard Jones | | Hebog | 00:47:12 |
| 35 | Gwyn Williams | | | 00:47:16 |
| 36 | Lincoln Donnelly | | | 00:47:22 |
| 37 | George Latham U23 | | St Davids | 00:47:39 |
| 38 | Steve Burthem | | Warrington AC | 00:47:54 |
| 39 | Lisa Grantham | | Pensby | 00:48:05 |
| 40 | Neil Hindle | | WFRA | 00:48:07 |
| 41 | Graham Davies | | Mysteruns | 00:48:19 |

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| 42 | Kean Rowlands | Eryri | 00:48:33 |
| 43 | Lois Lee U23 | St Davids | 00:48:55 |
| 44 | Charlie Marei U23 | St Davids | 00:49:06 |
| 45 | Jeff Adams | Pensby | 00:49:18 |
| 46 | Jim Jones | Helsby | 00:49:24 |
| 47 | Des Rothy | | 00:49:29 |
| 48 | Nick Bradley | Merionnydd | 00:49:43 |
| 49 | Pete Kay | Local | 00:49:59 |
| 50 | Helen Macarthur | GOG Tri | 00:50:16 |
| 51 | David Green | Pensby | 00:50:18 |
| 52 | Greg Grundy | Local | 00:51:00 |
| 53 | Ruth Hendon | | 00:52:10 |
| 54 | Trefor Roberts | | 00:52:18 |
| 55 | Paul Challender | Pensby | 00:53:00 |
| 56 | Amy Oriare U23 | GOG Tri | 00:53:12 |
| 57 | Hayley Turner | Eryri | 00:53:15 |
| 58 | John Humphries | Mysteruns | 00:53:17 |
| 59 | Peter Jones | | 00:53:42 |
| 60 | Dave Broatch | Eryri | 00:54:20 |
| 61 | Graham Muley | | 00:54:34 |
| 62 | Carla Marie Lauder | Hebog | 00:55:46 |
| 63 | Emma Macarthur | Local | 00:55:59 |
| 64 | Ellie Salisbury | Eryri | 00:56:14 |
| 65 | Emma Huntley | | 00:56:57 |
| 66 | Huw Parry | GOG Tri | 00:56:59 |
| 67 | Matthew Gillett U23 | St Davids | 00:58:57 |
| 68 | Nina Bentley | Eryri | 01:00:30 |
| 69 | Mike Blake | Eryri | 01:00:30 |
| 70 | Owen Williams | WFRA | 01:00:42 |
| 71 | Sioned Mair Jones | Merionnydd | 01:08:08 |