POS	Name	Club/Team	Time	Cat. Pos.
1	Kieron Davies	Bynea CC	44.37	1st SM
2	John Holt	Team Tredz	47.40	1st V4
3	Darran Carpenter	Cwmcarn Paragon	47.43	2nd SM
4	Ben Phillips	Bynea CC	48.03	3rd SM
5	Arwel Davies	Bynea CC	48.19	4th SM
6	Daniel Thorogood	Ystwyth CC	48.59	1st V5
7	Chris Lee	Merthyr CC	50.22	2nd V4
8	David Brice	Bynea CC	50.34	2nd V5
9	Nick Brown	Tenby Aces	50.49	3rd V5
10	Adam Holt	Team Tredz	50.52	1st J
11	Nicholas Jones	TRCC	51.04	2nd J
12	Emyr Griffiths	Bynea CC	51.29	3rd V4
13	Peter Lloyd	Pembs Velo	51.40	4th V4
14	Simon Painter	Bynea CC	51.53	4th V5
15	Joe Holt	Team Tredz	52.25	3rd J
16	Martin Williams	Pembs Velo	52.52	5th V4
17	Lee Watts	Bynea CC	53.32	5th SM
18	John Hynam	Bynea CC	54.19	5th V5
19	Gerard Oram	Bynea CC	54.59	6th V5
20	John Shehan	Bynea CC	56.26	1st V6
21	Edward Malarczyk	Cwmcarn Paragon	56.58	2nd V6
22	Nic Forbes	Bynea CC	57.50	6th V4
23	Tim Raine	Ogmore Valley Wh	58.24	3rd V6
24	Gordon Butler	Hereford Wheelers	58.45	1st V7
25	Peter Murrieri	M&D Specialized	58.50	7th V5
26	Clive Vickery	Bynea CC	59.31	7th V4
27	Trevor Richards	Bynea CC	59.47	8th V5
	Kevin Bessant	Bynea CC	60.39	8th V4
	Ron Boast	Ogmore Valley Wh	60.48	4th V6
	Jodie Lloyd	Cwmcarn Paragon	60.53	1st W
	Sally Harmer	Ystwyth CC	65.02	2nd W
	John Evans	Bynea CC	71.08	9th V5
33	Bob Ibell	Bynea CC	73.44	2nd V7
	Stuart Stanton	CC Blaenau Gwent	DNS	
	Christopher Davies	Bynea CC	DNS	
	Justyn Davies	TRCC	DNS	
	Matthew Phillips	Bynea CC	DNS	
	Anthony Mark Jones	TRCC	DNS	