

| Pl Name | Club | Age Gro | Time |
|----------------------------|------------------------------|-------------------------|--------|
| Trail (Run) (40/40) | | Status of: 22:56 | |
| 1 Dan Sandford | Forest of Dean AC | M40 | 48:35 |
| 2 Paul Dodd | Chepstow Harriers | M60 | 51:13 |
| 3 Mark Buxton | Mynyddwyr De Cymru (MDC) | M35 | 53:55 |
| 4 Clare Dallimore | SWOC | W21 | 55:27 |
| 5 Bob Watson | Lliswerry Runners | M45 | 55:47 |
| 6 Mostyn Jones | Caldicot | M40 | 58:23 |
| 7 Jonathan Carter | Chepstow Harriers | M45 | 58:24 |
| 8 Phil Tilley | Unattached | M50 | 58:51 |
| 8 Nathan Landeg | Unattached | MSEN | 58:51 |
| 10 Jonathan Hancock | Usk Runners | M60 | 60:00 |
| 11 Stephen Dilly | Chepstow Harriers | M40 | 60:09 |
| 12 Helen Brown | Forest of Dean AC | W40 | 60:58 |
| 13 Oliver Lamford | Mynyddwyr De Cymru (MDC) | MSEN | 62:17 |
| 14 Alice Bedwell | Mynyddwyr De Cymru (MDC) | W55 | 64:56 |
| 15 Caroline Dallimore | SWOC | W60 | 67:01 |
| 16 Mark Saunders | Mynyddwyr De Cymru (MDC) | M55 | 67:44 |
| 17 Ian Macklin | Mynyddwyr De Cymru (MDC) | M45 | 68:26 |
| 18 Peter Short | Forest of Dean AC | M65 | 69:35 |
| 19 Josh Hudd | Chepstow Harriers | M15 | 70:03 |
| 20 Nick Sloper | Chelsea Running Club | M45 | 72:35 |
| 21 Joc (Joyce) Dodd | Chepstow Harriers | W60 | 73:38 |
| 22 Sian Griffith | Chepstow Harriers | W40 | 73:48 |
| 23 Anne Barker | Unattached | WSEN | 74:40 |
| 24 Gwen Frost | Unattached | W40 | 74:42 |
| 25 Rebecca Williams | Mynyddwyr De Cymru (MDC) | W21 | 76:20 |
| 26 Katie Ogden | Mynyddwyr De Cymru (MDC) | WSEN | 77:04 |
| 27 Gill Murphy | Les Croupiers | W40 | 82:02 |
| 28 Helen Trollope | Unattached | WSEN | 83:05 |
| 29 Martin Driscoll | Mynyddwyr De Cymru (MDC) | M35 | 83:41 |
| 30 Dvid Jenkins | Forest of Dean AC | M40 | 86:35 |
| 31 Tim Washbrook | Unattached | MSEN | 90:24 |
| 32 John Magee | Unattached | M40 | 90:26 |
| 33 Rose Taylor | Harlequins Orienteering Club | WU12 | 98:48 |
| 34 Robert Teed | NGOC | M75 | 109:21 |
| 35 Anne Jenner | Chepstow Harriers | W55 | 119:32 |
| 36 Charlotte Cowell | Unattached | WSEN | 123:50 |
| 37 Debbie White | Forest of Dean AC | W45 | 123:57 |
| 38 Joanna Cowell | Unattached | W50 | 124:04 |
| 39 Janet Ray | Unattached | W45 | 124:34 |
| Alan Mackenzie | BOK | M65 | mp |