

| Race 6 | | MM35_RESULTS | Leg 1 | | Leg 2 | | Leg 3 | | Total Time |
|-----------|-----------|------------------------------------|--------------|-----------|--------------|-----------|--------------|-----------|--------------|
| Pos | BIB | CLUB/ATHLETES | Time | Ind Place | Time | Ind Place | Time | Ind Place | |
| 1 | 91 | Pontypridd Roadents AC 'A' | 18:01 | 3 | 36:23 | 5 | 54:54 | 6 | 54:54 |
| A | 91A | Andrew HOW | 18:01 | 3 | | | | | |
| B | 91B | Doug NICHOLLS | | | 18:22 | 5 | | | |
| C | 91C | Darren BISHOP | | | | | 18:31 | 6 | |
| 2 | 93 | Swansea Harriers | 17:40 | 1 | 37:05 | 12 | 57:10 | 16 | 57:10 |
| A | 93A | Danny OTTESON | 17:40 | 1 | | | | | |
| B | 93B | Steven TAYLOR | | | 19:25 | 12 | | | |
| C | 93C | Daniel NEWTON | | | | | 20:05 | 16 | |
| 3 | 87 | Les Croupiers | 18:49 | 8 | 39:32 | 18 | 57:40 | 4 | 57:40 |
| A | 87A | Mark PALSER | 18:49 | 8 | | | | | |
| B | 87B | Nathaniel PALMER | | | 20:43 | 18 | | | |
| C | 87C | John MORRIS | | | | | 18:08 | 4 | |
| 4 | 92 | Pontypridd Roadents AC 'B' | 19:02 | 9 | 39:23 | 17 | 58:09 | 7 | 58:09 |
| A | 92A | Gethin EDWARDS | 19:02 | 9 | | | | | |
| B | 92B | Kristian WALTERS | | | 20:21 | 17 | | | |
| C | 92C | Mark HORSMAN | | | | | 18:46 | 7 | |
| 5 | 89 | Neath Harriers | 20:00 | 15 | 39:35 | 13 | 58:42 | 11 | 58:42 |
| A | 89A | Chris JENKINS | 20:00 | 15 | | | | | |
| B | 89B | Rob PRADY | | | 19:35 | 13 | | | |
| C | 89C | Gareth DAVEY | | | | | 19:07 | 11 | |
| 6 | 88 | Llanelli AC | 19:42 | 14 | 43:04 | 24 | 62:08 | 10 | 62:08 |
| A | 88A | David CLARKE | 19:42 | 14 | | | | | |
| B | 88B | Nick VENABLES | | | 23:22 | 24 | | | |
| C | 88C | David KEENAN | | | | | 19:04 | 10 | |
| 7 | 85 | Bridgend AC 'A' | 17:46 | 2 | 40:11 | 22 | 62:58 | 23 | 62:58 |
| A | 85A | Joe THOMAS | 17:46 | 2 | | | | | |
| B | 85B | Lee GRIFFITHS | | | 22:25 | 22 | | | |
| C | 85C | Mark THOMAS | | | | | 22:47 | 23 | |
| 8 | 84 | 3M Gorseinon Road Runners | 25:00 | 25 | 47:08 | 20 | 68:13 | 19 | 68:13 |
| A | 84A | Alex HERON | 25:00 | 25 | | | | | |
| B | 84B | Gavin DAVIES | | | 22:08 | 20 | | | |
| C | 84C | Simon JONES | | | | | 21:05 | 19 | |
| 9 | 90 | Parc Bryn Bach Running Club | 25:36 | 26 | 47:48 | 21 | 73:29 | 27 | 73:29 |
| A | 90A | Gareth WILLIAMS | 25:36 | 26 | | | | | |
| B | 90B | Karl COUGHLIN | | | 22:12 | 21 | | | |
| C | 90C | Gareth RICHARDS | | | | | 25:41 | 27 | |
| 10 | | | | | | | | | |
| A | | | | | | | | | |

| TEAM SCORES | | |
|--------------------------------|--------------|--|
| 1 | 54:54 | Pontypridd Roadents AC 'A' [places 3, 5, 6] |
| 2 | 57:10 | Swansea Harriers [places 1, 12, 16] |
| 3 | 57:40 | Les Croupiers [places 4, 8, 18] |
| 4 | 58:09 | Pontypridd Roadents AC 'B' [places 7, 9, 17] |
| 5 | 58:42 | Neath Harriers [places 11, 13, 15] |
| 6 | 62:08 | Llanelli AC [places 10, 14, 24] |
| 7 | 62:58 | Bridgend AC 'A' [places 2, 22, 23] |
| 8 | 68:13 | 3M Gorseinon Road Runners [places 19, 20, 25] |
| 9 | 73:29 | Parc Bryn Bach Running Club [places 21, 26, 27] |
| FASTEST & INDIVIDUAL LEG TIMES | | |
| 1 | 17:40 | Danny OTTESON Swansea Harriers |
| 2 | 17:46 | Joe THOMAS Bridgend AC 'A' |
| 3 | 18:01 | Andrew HOW Pontypridd Roadents AC 'A' |
| 4 | 18:08 | John MORRIS Les Croupiers |
| 5 | 18:22 | Doug NICHOLLS Pontypridd Roadents AC 'A' |
| 6 | 18:31 | Darren BISHOP Pontypridd Roadents AC 'A' |
| 7 | 18:46 | Mark HORSMAN Pontypridd Roadents AC 'B' |
| 8 | 18:49 | Mark PALSER Les Croupiers |
| 9 | 19:02 | Gethin EDWARDS Pontypridd Roadents AC 'B' |
| 10 | 19:04 | David KEENAN Llanelli AC |
| 11 | 19:07 | Gareth DAVEY Neath Harriers |
| 12 | 19:25 | Steven TAYLOR Swansea Harriers |
| 13 | 19:35 | Rob PRADY Neath Harriers |
| 14 | 19:42 | David CLARKE Llanelli AC |
| 15 | 20:00 | Chris JENKINS Neath Harriers |
| 16 | 20:05 | Daniel NEWTON Swansea Harriers |
| 17 | 20:21 | Kristian WALTERS Pontypridd Roadents AC 'B' |
| 18 | 20:43 | Nathaniel PALMER Les Croupiers |
| 19 | 21:05 | Simon JONES 3M Gorseinon Road Runners |
| 20 | 22:08 | Gavin DAVIES 3M Gorseinon Road Runners |
| 21 | 22:12 | Karl COUGHLIN Parc Bryn Bach Running Club |
| 22 | 22:25 | Lee GRIFFITHS Bridgend AC 'A' |
| 23 | 22:47 | Mark THOMAS Bridgend AC 'A' |
| 24 | 23:22 | Nick VENABLES Llanelli AC |
| 25 | 25:00 | Alex HERON 3M Gorseinon Road Runners |
| 26 | 25:36 | Gareth WILLIAMS Parc Bryn Bach Running Club |
| 27 | 25:41 | Gareth RICHARDS Parc Bryn Bach Running Club |