

10km

| POS | NAME | Rhossili | Afan Argoed | Pembrey | Cwm y Rhaeadr | Oxwich | Crychan | BEST 4 |
|-----|----------------------|----------|-------------|---------|---------------|--------|---------|--------|
| 1 | Wes Sheldon - MV | 100 | 0 | 0 | 0 | 0 | 0 | 100 |
| 2 | Matthew Knight - MV | 99 | 0 | 0 | 0 | 0 | 0 | 99 |
| 3 | Sam Healy - FV | 98 | 0 | 0 | 0 | 0 | 0 | 98 |
| 4 | Niall Reynolds - MV | 97 | 0 | 0 | 0 | 0 | 0 | 97 |
| 5 | Glenn Edmondson - SM | 96 | 0 | 0 | 0 | 0 | 0 | 96 |
| 6 | Steve Quinton - MV | 95 | 0 | 0 | 0 | 0 | 0 | 95 |
| 7 | Kerina Lake - FV | 94 | 0 | 0 | 0 | 0 | 0 | 94 |
| 8 | Wilf Tovey - MJ | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 9 | | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 10 | | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 11 | | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 12 | | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 13 | | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 14 | | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 15 | | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 16 | | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 17 | | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 18 | | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 19 | | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 20 | | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 21 | | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 22 | | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 23 | | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 24 | | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 25 | | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 26 | | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 27 | | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 28 | | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 29 | | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 30 | | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 31 | | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 32 | | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 33 | | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 34 | | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 35 | | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 36 | | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 37 | | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

Prize Categories - Must have completed at least 3 events to qualify

10km 1st - Junior 16-18, Senior 20-40, Vet 45-65, Super Vet 70+, Team

5km

| POS | NAME | Rhossili | Afan Argoed | Pembrey | Cwm y Rhaeadr | Oxwich | Crychan | Best 4 |
|-----|-----------------------------------|----------|-------------|---------|---------------|--------|---------|--------|
| 1 | Peter O'Kane - MV | 100 | 0 | 0 | 0 | 0 | 0 | 100 |
| 2 | Elijah & Kathryn Eagle - SJT | 99 | 0 | 0 | 0 | 0 | 0 | 99 |
| 3 | Sam Payne & Jenni Nellist - SJT | 98 | 0 | 0 | 0 | 0 | 0 | 98 |
| 4 | Robin Meakins -MJ | 97 | 0 | 0 | 0 | 0 | 0 | 97 |
| 5 | Margaret Reynolds - FV | 96 | 0 | 0 | 0 | 0 | 0 | 96 |
| 6 | Eunice Carter - FV | 95 | 0 | 0 | 0 | 0 | 0 | 95 |
| 7 | Anthony Payne - MV | 94 | 0 | 0 | 0 | 0 | 0 | 94 |
| 8 | Sarah Jenkins - FV | 93 | 0 | 0 | 0 | 0 | 0 | 93 |
| 9 | Gary Waters - MSV | 92 | 0 | 0 | 0 | 0 | 0 | 92 |
| 10 | James Morris & Francine C-M - SJT | 91 | 0 | 0 | 0 | 0 | 0 | 91 |
| 11 | Jenny Green - FV | 90 | 0 | 0 | 0 | 0 | 0 | 90 |
| 12 | Lucie & Andrew Morris - SJT | 89 | 0 | 0 | 0 | 0 | 0 | 89 |
| 13 | Edward Parsons - MSV | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 14 | Isaac Griffiths - MJ | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 15 | | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 16 | | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 17 | | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 18 | | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 19 | | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 20 | | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 21 | | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 22 | | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 23 | | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 24 | | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 25 | | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

Prize Categories - Must have completed at least 3 events to qualify

5km - 1st - Junior 14-16, Senior 18-40, Vet 45-65, Super Vet 70+, Senior/Junior Team, Team

2km

| POS | NAME | Rhossili | Afan Argoed | Pembrey | Cwm y Rhaeadr | Oxwich | Crychan | Best 4 |
|-----|---|----------|-------------|---------|---------------|--------|---------|--------|
| 1 | Feldon & Mara Beaman Tucker & Lydia Beaman - JT | 100 | 0 | 0 | 0 | 0 | 0 | 100 |
| 2 | Pascoe Beaman-Tucker & Gareth Tucker - SJT | 99 | 0 | 0 | 0 | 0 | 0 | 99 |
| 3 | | | | | | | | 0 |
| 4 | | | | | | | | 0 |
| 5 | | | | | | | | 0 |

Prize Categories - Must have completed at least 3 events to qualify

2km - 1st <14, Senior/Junior Team