

Pos	Bib#	Athlete	10 yr AG Pos	Team	WA Reg	Gun Time	WELSH CHAMPS TEAM POS
38	161	Georgie Parnell	1	Chepstow Harriers	Y	1:02:06	1
53	191	Georgie Dando	2	Bridgend AC	Y	1:05:30	2
62	169	Emma Pullen	3		N	1:07:11	
72	242	Rhian John	4	Run4All Neath	Y	1:09:01	3
94	274	Eleri Rogers	5	CDF Runners	Y	1:13:44	4
101	468	Lowri Randell-Evans	6		N	1:14:32	
111	167	Keira Pratt	7		N	1:15:41	
114	205	Jade Bazylkiewicz	8	Ogmore Phoenix Runners	Y	1:16:15	5
120	233	Laura Hale	9		N	1:17:03	
121	354	Kath Morgan	10	Llanelli AC	Y	1:17:04	6
123	153	Louise Muteham	11	Lliswerry Runners	Y	1:17:09	7
134	256	Barbara Modrzejewsk	12		N	1:18:37	
147	272	Kimberley Price	13	Parc Bryn Bach Running Club	Y	1:20:18	8
153	440	Sadie Jones	14		N	1:20:36	
164	266	Rebecca Poole	15	Fairwater Runners Cwmbran	Y	1:22:02	9
167	296	Gemma Harris	16	Run4All Neath	Y	1:22:46	10
172	253	Hannah Lewis	17	Run4All Neath	Y	1:22:59	11
173	489	Ruth Williams	18		N	1:22:59	
174	412	Lydia Dando	19		N	1:22:59	
181	281	Deborah Spiers	20	Run4All Neath	Y	1:24:29	12
184	212	Vanessa Buckler	21	Llanelli AC	Y	1:24:41	13
196	490	Emma Winch	22	Ogmore Phoenix Runners	Y	1:26:17	14
201	353	Ceri Moore	23		N	1:28:06	
207	340	Amy Jones	24		N	1:29:45	
209	476	Louise Russell	25		N	1:30:15	
210	485	Joanne Wheeldon	26		N	1:30:15	
211	398	Kat Clark	27	Porthcawl Runners	Y	1:30:22	~
227	445	Elinor Landeg	28		N	1:32:50	
230	213	Jayne Catherall	29		N	1:33:01	
233	235	Amy Hendry	30		N	1:34:27	
234	219	Emma Davies	31		N	1:34:28	
236	421	Laura-Jane Evans	32		N	1:34:57	
237	314	Caroline Cutlan	33		N	1:35:30	
238	321	Gemma Eccles	34		N	1:35:30	
241	373	Lilyblue Southam	35		N	1:35:35	
248	308	Laura Chapple	36	Run4All Neath	Y	1:36:35	15

250	240	Steph Iveson	37	Ogmore Phoenix Runners	Y	1:37:04	16	Not Welsh
256	407	Julie Cawdery	38		N	1:37:52		
257	488	Leah Williams	39		N	1:37:52		
260	481	Luiza Wator	40		N	1:38:51		
264	342	Emma Jones	41		N	1:40:19		
269	360	Claire Pepper	42		N	1:41:05		
270	367	Nina Ray	43		N	1:41:05		
276	257	Anne-Marie Moon	44	Vegan Runners	Y	1:41:17		
277	473	Beatrice Roberts	45		N	1:41:22		
278	471	Sian Regan	46		N	1:41:23		
279	277	Sara Shiel	47		N	1:41:23		
290	438	Natalie Jones	51		N	1:44:40		
291	480	Melanie Thomas	48	Ogmore Phoenix Runners	Y	1:44:40	17	
292	446	Kate Lee	50	Ogmore Phoenix Runners	Y	1:44:40	18	
296	441	Claire Kearney	49	Llanelli AC	Y	1:45:38	19	
299	397	Jody Williams	52	Llanelli AC	Y	1:45:49	~	
301	409	Lindsey Clarke	53		N	1:47:05		
305	382	Amanda Ward	54	Run4All Neath	Y	1:50:28	20	
308	456	Joanne Paling	55	Griffithstown Harriers	Y	1:51:14	21	
312	458	Leanne Parsons	56	Ogmore Phoenix Runners	Y	1:54:56	22	
324	364	Victoria Ramsey	57		N	2:05:39		
327	293	Kirsty McGowan	58	Les Croupiers	N	2:14:46		
328	431	Tracy Hext	59		N	2:18:29		
329	405	Noelle Brys	60		N	2:29:41		

W35+ Team - 3 to Score

The following teams finished 3 eligible Welsh qualified scorers who had entered in advance

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- 1st - Run4All (A) - 3, 10 & 11 = 24 points
- 2nd - Run4All (B) - 10, 11 & 12 = 33 pts
- 3rd - Ogmore Phoenix 5, 14, & 16 = 35 pts

 Indicates entered on day

