

Pos	Bib#	Athlete	10yr Age Pos	Team	Reg	Gun Time	WELSH CHAMPS TEAM POS
21	157	Helen Oliver	1	Les Croupiers	Y	0:58:57	1
68	223	Zoe Davies	2	Port Talbot Harriers	Y	1:08:25	2
83	472	Keziah Rhoden	3		N	1:11:13	
88	125	Laura Gush	4	Bridgend AC	Y	1:11:55	3
104	109	Joanne Davies	5		N	1:14:43	
105	192	Erin Hayes	6		N	1:14:49	
124	448	Emma Maloney	7	Lliswerry Runners	Y	1:17:10	4
157	450	Emma Mitchell	8	Lliswerry Runners	Y	1:21:23	5
203	165	Eleri Powell	9		N	1:28:50	
205	231	Yasmine Grainger	10	Cornelly Striders AC	Y	1:29:14	6
255	457	Kaylea Palkowski	11	Caerphilly Runners	Y	1:37:49	7
268	417	Zoe Davies	12	Port Talbot Harriers	Y	1:40:56	8
286	486	Heather Whittaker	13		N	1:43:43	
316	355	Iliyana Noyvirt	14		N	1:57:52	

Senior Women Team - 4 to Score

No team finished 4 eligible senior men runners in advance

 Indicates entered on day