

Pos	Bib#	Athlete	10yr Age Pos	Team	WA Reg	Gun Time	WELSH CHAMPS TEAM POS
20	105	Sandra Chipper	1	Lliswerry Runners	Y	0:58:47	1
81	152	Mandy Morris	2	Neath Harriers	Y	1:11:02	2
87	265	Rebecca Playle	3	Les Croupiers	N	1:11:53	
90	209	Renske Bouwens	4	Spirit Of Monmouth	Y	1:12:17	3
93	151	Elinor McNamara	5	CDF Runners	Y	1:13:43	4
110	174	Joanne Ryan	6	Rhondda Valley Runners	Y	1:15:40	5
113	138	Lorna Johnson	7	Run4All Neath	Y	1:16:05	6
118	269	Leanne Powis	8	Porthcawl Runners	Y	1:16:43	7
126	259	Claire Morgan-Powell	9	Lliswerry Runners	Y	1:17:10	8
135	224	Fiona Drysdale	10	Ogmore Phoenix Runners	Y	1:18:47	9
140	286	Tamara Thomas	11	Brackla Harriers	Y	1:19:52	10
141	243	Charlotte Johns	12	Brackla Harriers	Y	1:19:53	11
142	282	Andrea Starritt	13	Brackla Harriers	Y	1:19:53	12
170	401	Michelle Amblin	14	Les Croupiers	Y	1:22:53	~
171	264	Rachel Phillips	15		N	1:22:56	
202	358	Sarah Parry	16		N	1:28:06	
206	346	Betty Lee	17		N	1:29:45	
208	464	Solitaire Pritchard	18		N	1:30:15	
219	356	Mirena Noyvirt	19		N	1:31:34	
220	336	Catherine James	20	Caerphilly Runners	Y	1:31:46	13
222	329	Helen Higgs	21	Caerphilly Runners	Y	1:31:46	14
223	372	Sharon Smith	22	Caerphilly Runners	Y	1:31:47	15
224	320	Karen Dore	23	Lonely Goat RC	N	1:32:05	
225	365	Maria Randall	24		N	1:32:06	
226	385	Sian Williams	25		N	1:32:12	
228	241	Jennet James	26	Cornelly Striders AC	Y	1:32:54	16
231	263	Leanne Phillips	27	Lliswerry Runners	Y	1:33:18	17
243	225	Stephanie Dyke	28	Ogmore Phoenix Runners	Y	1:35:37	18
245	391	Suzanne Court	29	Parc Bryn Bach Running Clut	Y	1:35:42	~
251	370	Rosie Salvatore	30	Ogmore Phoenix Runners	Y	1:37:04	19
261	466	Coral Putman	31	Vegan Runners UK	Y	1:38:52	20
262	227	Fiona Eagle	32	Run4All Neath	Y	1:39:46	21
266	483	Claire Wellington	33	Tri Hard Harriers	Y	1:40:56	22
271	335	Dawn Howles	34		N	1:41:05	
272	326	Amanda Geddes	35		N	1:41:05	
275	271	Claire Price	36	Lliswerry Runners	Y	1:41:09	23

280	477	Nicci Southard-Stuart	37	Tri Hard Harriers	Y	1:41:28	24
283	418	Christina Deakin	38		N	1:42:28	
284	416	Nicola Davies	39	White Rock Runners	Y	1:42:42	25
285	331	Melanie Hill	40	White Rock Runners	Y	1:42:42	26
287	484	Louise Wharton	41		N	1:44:28	
293	478	Tracey Summers	42		N	1:45:04	
298	361	Lorna Powell	43	Llanelli AC	Y	1:45:49	27
303	324	Leigh Francis	44		N	1:49:26	
306	369	Rebecca Richards	45	Run4All Neath	Y	1:51:06	28
307	433	Alison Hughes	46	Griffithstown Harriers	Y	1:51:14	29
311	349	Barbie Llewellyn	47		N	1:54:30	
314	278	Josephine Shirley	49	Porthcawl Runners	Y	1:55:14	30
313	414	Janet Davies	48		N	1:55:14	
319	318	Natasha Davies	50	Llanelli AC	Y	1:58:40	31
321	268	Carolyn Powell	51		N	1:58:44	
326	104	Clair Charalambous	52	Les Croupiers	Y	2:14:19	32
330	429	Tina Griffiths	53		Y	2:29:41	33

W45+ Team - 3 to Score

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

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- 1st Lliswerry Runners - 1, 8 & 17 pts - 26pts
- 2nd Brackla Harriers 10, 11 & 12 = 33 pts
- 4th Caerphilly Runners - 13, 14 +15 = 42 pts
- 3rd Ogmores Phoenix - 9, 18 & 19 = 46 pts
- 5th Run4All - 6, 21, 28 = 55 pts

 Indicates entered on day