

SENIOR FEMALE TEAM

NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	FINISH TIME	RUN TIME	TEAM TIME
1	14 A	Rose Charles	F	Griffithstown Harriers	Griff E Women	Senior Female Team (up to 139)	0:13:34	0:13:34	0:55:26
	14 B	Deanne Rogers	F	Griffithstown Harriers	Griff E Women	Senior Female Team (up to 139)	0:27:01	0:13:27	0:55:26
	14 C	Kaylie Porter	F	Griffithstown Harriers	Griff E Women	Senior Female Team (up to 139)	0:41:42	0:14:41	0:55:26
	14 D	Natalie Meyrick	F	Griffithstown Harriers	Griff E Women	Senior Female Team (up to 139)	0:55:26	0:13:44	0:55:26
2	50 A	Jen Watkins	F	Pont-Y-Pwl & District Runners	Pont-y-pwl senior ladies	Senior Female Team (up to 139)	0:14:28	0:14:28	0:56:26
	50 B	Alex Rae Jones	F	Pont-Y-Pwl & District Runners	Pont-y-pwl senior ladies	Senior Female Team (up to 139)	0:29:32	0:15:04	0:56:26
	50 C	Chloe Leek	F	Pont-Y-Pwl & District Runners	Pont-y-pwl senior ladies	Senior Female Team (up to 139)	0:42:21	0:12:49	0:56:26
	50 D	Bethan Richardson	F	Pont-Y-Pwl & District Runners	Pont-y-pwl senior ladies	Senior Female Team (up to 139)	0:56:26	0:14:05	0:56:26
3	64 A	Sarah Kembrey	F	Lliswerry Runners	Happy Heelers In A Hurry	Senior Female Team (up to 139)	0:14:11	0:14:11	1:01:43
	64 B	Delilah Howells	F	Lliswerry Runners	Happy Heelers In A Hurry	Senior Female Team (up to 139)	0:30:48	0:16:37	1:01:43
	64 C	Eleanor Howell	F	Lliswerry Runners	Happy Heelers In A Hurry	Senior Female Team (up to 139)	0:47:09	0:16:21	1:01:43
	64 D	Michelle Johnston	F	Lliswerry Runners	Happy Heelers In A Hurry	Senior Female Team (up to 139)	1:01:43	0:14:34	1:01:43