

Time	Position	Number	M/F	Name	Cat
42.3	15	128	F	Katie Beecher	FS
45.44	32	153	F	Kelly Morgan	FS
46.56	38	67	F	Susan Davies	F45
47.58	43	65	F	Jane Rowlands	F45
49.07	49	135	F	Cheryl Hudgell	FS
49.46	57	159	F	Mandy Evans	F45
49.57	59	110	F	Lily Dyu	F35
50.1	61	177	F	Lydia Davies	F35
51.16	67	169	F	Lisa Hughes	FS
51.2	68	75	F	Julie Scholey	F45
51.25	70	66	F	Anne Marie-Harris	F35
51.28	71	136	F	Nikki Edwards	F35
51.5	75	19	F	Ali Powell	M40
51.58	77	88	F	Sam Pearce	FS
52	79	47	F	Helen Jones	F35
52.17	84	157	F	Sharon Woods	F45
52.44	83	162	F	Rhian Jinny-Jones	FS
53.02	87	89	F	Caroline Dallimore	F55
53.16	89	18	F	Nicky Turvey	F45
55	99	53	F	Rebecca Cain	MS
56.18	105	79	F	Tracy Edwards	F45
56.51	107	97	F	Angela Price	F35
56.57	109	168	F	Kay France	FS
57.29	111	152	F	Liza Austin	F45
57.35	112	73	F	Rachel Nelson	F35
57.42	113	149	F	Leah Mann	FS
58.02	114	59	F	Sarah Jamieson	F35
59.16	118	174	F	Susan Deval	F35
59.21	119	61	F	Justine Lee	F35
59.44	121	133	F	Jeanette Jenkins	F45
59.45	122	113	F	Eve McDonald	FS
60.04	124	12	F	Coleen Birch	F35
60.53	126	57	F	Jennie Conti	F55
61.25	129	69	F	Charlie Peters	FS
61.54	131	147	F	Ruth Mason	F45
63.45	136	84	F	Kayleigh Luscott	F18
64.51	139	54	F	Hilary O'Shea	F55
66.03	144	9	F	Laura Vickers	F55
66.24	145	171	F	Sian Wigley	F45
66.38	146	118	F	Catherine Holdroyd	F45
67.31	147	44	F	Debbie Bufton	F35
69.18	153	170	F	Lydia Homer	F35
69.22	154	115	F	Gill Murphy	F55
70.03	157	182	F	Peggy Male	F35
70.53	158	101	F	Donna Evans	F35
76.53	161	83	F	Catherine Cambell	F45
77.1	163	46	F	Mia Gould	F45
79.31	164	77	F	Maggie Morris	F45
80.53	165	35	F	Dawn Holder	F35

Club	Time
Les Croupiers	42.3
Pontypridd Roadents	45.44
Croft Ambrey	46.56
Ludlow Runners	47.58
Unattached	49.07
Presteigne Pacers	49.46
Hay Hotfooters	49.57
Unattached	50.1
Cocks Moors Woods	51.16
Les Croupiers	51.2
Parc Brynbach Runners	51.25
Hereford Couriers	51.28
Unattached	51.5
Hay Hotfooters	51.58
Unattached	52
Mynydd Du	52.17
Unattached	52.44
Les Croupiers	53.02
Croft Ambrey	53.16
Unattached	55
Rhondda Valley Runners	56.18
Hay Hotfooters	56.51
Cocks Moors Woods	56.57
Croft Ambrey	57.29
Croft Ambrey	57.35
Wye Valley Runners	57.42
Ludlow Runners	58.02
Brecon Multisport	59.16
Spirit of Monmouth	59.21
Fairwater	59.44
Hay Hotfooters	59.45
Islwyn	60.04
Builth and District	60.53
Hay Hotfooters	61.25
Wye Valley Runners	61.54
Croft Ambrey	63.45
Trail Runners Association	64.51
Ludlow Runners	66.03
Rhondda Valley Runners	66.24
Wye Valley Runners	66.38
Ludlow Runners	67.31
Unattached	69.18
Les Croupiers	69.22
Cocks Moors Woods	70.03
Unattached	70.53
Unattached	76.53
Unattached	77.1
Ludlow Runners	79.31
Builth and District RC	80.53