

	NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	RUN TIME	TEAM TIME
1	71	A	Eleanor Wright-nicholas	F	Rhymney Valley AC	4 the first time	Senior Female (up to 139)	0:12:03	0:48:26
		B	Megan Pewtner	F	Rhymney Valley AC			0:12:11	
		C	Eva Parry	F	Rhymney Valley AC			0:12:14	
		D	Imogen Jones	F	Rhymney Valley AC			0:11:58	
2	93	A	Rachel McDowell	F	Les Croupiers RC	Running late	Senior Female (up to 139)	0:12:20	0:50:30
		B	Leah Stephens	F	Les Croupiers RC			0:12:58	
		C	Emma Wyatt-Haines	F	Les Croupiers RC			0:12:20	
		D	Ella Jennings	F	Les Croupiers RC			0:12:52	
3	76	A	Katie Pescod	F	Caldicot Running Club	Faster than Gossip	Senior Female (up to 139)	0:13:07	0:53:18
		B	Emily Wilcox	F	Caldicot Running Club			0:12:52	
		C	Chloe Buttery	F	Caldicot Running Club			0:14:34	
		D	Liz Joslin	F	Caldicot Running Club			0:12:45	
4	36	A	Grace Williams	F	Parc Bryn Bach RC	PBBRC Womens A	Senior Female (up to 139)	0:12:06	0:53:27
		B	Jessica Young	F	Parc Bryn Bach RC			0:13:48	
		C	Victoria Boxhall-James	F	Parc Bryn Bach RC			0:14:40	
		D	Beth Jones	F	Parc Bryn Bach RC			0:12:53	
5	85	A	Lily Jacklin	F	Aberdare Valley Amateur AC	Born to Slay-trained to relay	Senior Female (up to 139)	0:12:32	0:56:25
		B	Nia Reddy	F	Pontypridd Roadents AC			0:14:49	
		C	Isabelle Jacklin	F	Aberdare Valley Amateur AC			0:15:49	
		D	Chloe Piggott	F	Aberdare Valley Amateur AC			0:13:15	
6	49	A	Steph Rhodes	F	RUNNewport	RUNNewport 3	Senior Female (up to 139)	0:15:59	1:00:37
		B	Naomi Handley	F	RUNNewport			0:14:28	
		C	Justine Blaber	F	RUNNewport			0:15:58	
		D	Marnee Hicks	F	RUNNewport			0:14:12	
7	72	A	Poppy Howells	F	Rhymney Valley AC	4 the second time	Senior Female (up to 139)	0:14:37	1:00:52
		B	Emily Bessant-evans	F	Rhymney Valley AC			0:14:55	
		C	Jessica Bateman	F	Rhymney Valley AC			0:15:53	
		D	Ariana Sullivan	F	Rhymney Valley AC			0:15:27	
8	70	A	Coral Putman	F	Islwyn RC	Islwyn G	Senior Female (up to 139)	0:14:07	1:01:03
		B	Carly Bunston	F	Islwyn RC			0:13:54	
		C	Alysha Bunston	F	Islwyn RC			0:15:01	
		D	Stacey Rendall	F	Islwyn RC			0:18:01	
9	59	A	Isabelle Wilkinson	F	Griffithstown Harriers	Griff 4	Senior Female (up to 139)	0:18:44	1:04:27
		B	Tara Leanne Paisey	F	Griffithstown Harriers			0:13:46	
		C	Abbie Kidner	F	Griffithstown Harriers			0:15:06	
		D	Ellie Robins	F	Griffithstown Harriers			0:16:51	
10	24	A	Morgan Westacott	F	Lliswerry Runners	Lliswerry F	Senior Female (up to 139)	0:15:45	1:05:05
		B	Rebecca Yearling	F	Lliswerry Runners			0:15:53	
		C	Bethan Williams	F	Lliswerry Runners			0:17:52	
		D	Zoe Holloway	F	Lliswerry Runners			0:15:35	
11	47	A	Emma Wootten	F	RUNNewport	RUNNewport 1	Senior Female (up to 139)	0:16:39	1:06:47
		B	Lauren Ringquest	F	RUNNewport			0:16:19	
		C	Moir Woolees	F	RUNNewport			0:16:58	
		D	Lorna Thurston	F	RUNNewport			0:16:51	