

FEMALE INDIVIDUAL

	NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	FINISH TIME	RUN TIME	TEAM TIME
1	30	D	Ewlina Ciesielska	F	PBB	Three Swifts and a Dodo	Vet Mixed 3+1 (150+)	0:49:36	0:12:00	0:49:36
2	30	A	Ewlina Ciesielska	F	PBB	Three Swifts and a Dodo	Vet Mixed 3+1 (150+)	0:12:01	0:12:01	0:49:36
3	30	C	Clare Patterson	F	PBB	Three Swifts and a Dodo	Vet Mixed 3+1 (150+)	0:37:36	0:12:03	0:49:36
4	27	C	Caitlin Jones	F	Aberdare Valley Amateur AC	AVAAC Youth Club	Senior Female (up to 139)	0:41:05	0:12:14	0:54:11
5	20	A	Cherry Fowler	F	Chepstow Harriers	Chepstow 239	Vet Mixed 2x2 (150+)	0:12:17	0:12:17	0:49:57
6	8	C	Lauren Mackie	F	Aberdare VAAC	HAVAAC nice day	Vet Female (140+)	0:41:20	0:12:20	0:54:22
7	49	A	Carly Stone	F	Griffithstown Harriers	Griff you don't know me by now!	Vet Female (140+)	0:12:28	0:12:28	0:52:14
8	49	D	Natalie Burchell	F	Griffithstown Harriers	Griff you don't know me by now!	Vet Female (140+)	0:52:14	0:12:30	0:52:14
9	14	B	Jade Wakely	F	Caerleon RC	Whose idea was this?	Vet Female (140+)	0:26:22	0:12:45	0:53:13
1	44	D	Roberts Leonie	F	Fairwater Runners	Fairwater Mixed Runners 1	Senior Mixed 2x2 (up to 149)	0:49:53	0:12:58	0:49:53
11	8	D	Carys Thomas	F	Aberdare VAAC	HAVAAC nice day	Vet Female (140+)	0:54:22	0:13:02	0:54:22
12	27	D	Chloe Piggott	F	Aberdare Valley Amateur AC	AVAAC Youth Club	Senior Female (up to 139)	0:54:11	0:13:06	0:54:11
13	10	C	Naomi Law	F	Brecon AC	Brecon Ac 2	Vet Mixed 2x2 (150+)	0:40:22	0:13:10	0:53:53
14	14	C	Lauren Williams	F	Caerleon RC	Whose idea was this?	Vet Female (140+)	0:39:41	0:13:19	0:53:13
15	31	C	Laura Hunt	F	Caldicot running club	CRC Woodward's Warriors	Senior Mixed 2x2 (up to 149)	0:38:32	0:13:22	0:48:30
16	76	C	Sarah Wilkes	F	Llswerry Runners	Llswerry Ladies Seniors	Senior Female (up to 139)	0:45:15	0:13:25	0:59:13
17	27	A	Nia Reddy	F	Aberdare Valley Amateur AC	AVAAC Youth Club	Senior Female (up to 139)	0:13:29	0:13:29	0:54:11
18	15	D	Dan Jones	F	Caerleon RC	Caerleon Leap Froggers ??	Vet Mixed 2x2 (150+)	0:54:04	0:13:30	0:54:04
19	3	C	Melissa Morgan	F	Islwyn RC	Islwyn C	Vet Female (140+)	0:43:13	0:13:32	0:58:00
20	14	D	Avisa Talemi	F	Caerleon RC	Whose idea was this?	Vet Female (140+)	0:53:13	0:13:32	0:53:13
21	49	B	Emma Price Stephens	F	Griffithstown Harriers	Griff you don't know me by now!	Vet Female (140+)	0:26:03	0:13:35	0:52:14
22	31	B	Karen Pennell	F	Caldicot running club	CRC Woodward's Warriors	Senior Mixed 2x2 (up to 149)	0:25:10	0:13:35	0:48:30
23	14	A	Tammy Fry	F	Caerleon RC	Whose idea was this?	Vet Female (140+)	0:13:37	0:13:37	0:53:13
24	49	C	Tara Paisey	F	Griffithstown Harriers	Griff you don't know me by now!	Vet Female (140+)	0:39:44	0:13:41	0:52:14
25	3	A	Michelle Johnson	F	Islwyn RC	Islwyn C	Vet Female (140+)	0:13:44	0:13:44	0:58:00
26	16	C	Siwan Purkis	F	Caerleon RC	Iscarians	Vet Mixed 2x2 (150+)	0:45:30	0:13:45	0:59:11
27	15	B	Charlotte Moran	F	Caerleon RC	Caerleon Leap Froggers ??	Vet Mixed 2x2 (150+)	0:27:19	0:13:49	0:54:04
28	25	C	Holli Jehu	F	Aberdare Valley Amateur AC	Causing hAVAAC	Senior Mixed 2x2 (up to 149)	0:38:45	0:13:49	0:49:28
29	20	C	Jan Morris	F	Chepstow Harriers	Chepstow 241	Vet Mixed 2x2 (150+)	0:38:16	0:13:54	0:49:57
30	2	B	Carly Bunston	F	Islwyn RC	Islwyn B	Senior Mixed 2x2 (up to 149)	0:29:07	0:13:55	0:54:17
31	7	A	Coral Putman	F	Islwyn RC	Islwyn G	Vet Mixed 2x2 (150+)	0:13:57	0:13:57	0:56:54
32	76	D	Emma Maloney	F	Llswerry Runners	Llswerry Ladies Seniors	Senior Female (up to 139)	0:59:13	0:13:58	0:59:13
33	81	D	Chloe Leek	F	Pont-y-Pwl & District	Pooler Ladies	Vet Female (140+)	0:59:28	0:14:01	0:59:28
34	8	A	Corinna Jones	F	Aberdare VAAC	HAVAAC nice day	Vet Female (140+)	0:14:06	0:14:06	0:54:22
35	25	B	Tirion Pryce	F	Aberdare Valley Amateur AC	Causing hAVAAC	Senior Mixed 2x2 (up to 149)	0:24:56	0:14:13	0:49:28
36	42	A	Victoria Boxhall-James	F	Griffithstown Harriers	AVSS	Senior Female (up to 139)	0:14:17	0:14:17	0:59:30
37	17	C	Anna Symmonds	F	Caerleon RC	Caerleon Cougars	Vet Mixed 2x2 (150+)	0:41:53	0:14:22	0:55:48
38	19	D	Abbie Thomas	F	Caerleon RC	Ooh I dunno...	Vet Mixed 2x2 (150+)	0:55:25	0:14:24	0:55:25
39	32	D	Lorraine Fergus	F	RuNNewport	RuNNewport 1	Senior Female (up to 139)	1:01:08	0:14:28	1:01:08
40	32	B	Marnee Hicks	F	RuNNewport	RuNNewport 1	Senior Female (up to 139)	0:30:19	0:14:41	1:01:08
41	44	B	Evie Hoare	F	Fairwater Runners	Fairwater Mixed Runners 1	Senior Mixed 2x2 (up to 149)	0:25:22	0:14:44	0:49:53
42	81	C	Karen Southgate	F	Pont-y-Pwl & District	Pooler Ladies	Vet Female (140+)	0:45:27	0:14:44	0:59:28
43	5	A	Julie Gould	F	Islwyn RC	Islwyn E	Vet Female (140+)	0:14:46	0:14:46	1:03:08
44	3	D	Sarah Davies	F	Islwyn RC	Islwyn C	Vet Female (140+)	0:58:00	0:14:47	0:58:00
45	17	B	Liz Sims	F	Caerleon RC	Caerleon Cougars	Vet Mixed 2x2 (150+)	0:27:31	0:14:50	0:55:48
46	12	C	Catherine Gilbert	F	Brecon AC	Brecon AC CBBC	Vet Mixed 2x2 (150+)	0:44:57	0:14:50	0:58:28
48	42	D	Abbie Kidner	F	Griffithstown Harriers	AVSS	Senior Female (up to 139)	0:59:30	0:14:52	0:59:30
47	8	B	Louise Lloyd	F	Aberdare VAAC	HAVAAC nice day	Vet Female (140+)	0:29:00	0:14:54	0:54:22
49	10	B	Cara Perfrement	F	Brecon AC	Brecon Ac 2	Vet Mixed 2x2 (150+)	0:27:12	0:14:59	0:53:53
50	42	B	Sarah Roberts	F	Griffithstown Harriers	AVSS	Senior Female (up to 139)	0:29:24	0:15:07	0:59:30
51	43	B	Rebecca Poole	F	Fairwater Runners	Fairwater Female Runners 1	Vet Female (140+)	0:34:15	0:15:08	1:06:52

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52	55	B	Mary Derrick	F	Yate & Sodbury Striders	YASS Extraordinary Ladies	Vet Female (140+)	0:31:10	0:15:08	1:06:09
53	81	B	Michelle Gooch	F	Pont-y-Pwl & District	Pooler Ladies	Vet Female (140+)	0:30:43	0:15:10	0:59:28
54	2	A	Alysha Bunston	F	Islwyn RC	Islwyn B	Senior Mixed 2x2 (up to 149)	0:15:12	0:15:12	0:54:17
55	42	C	Samantha Walker	F	Griffithstown Harriers	AVSS	Senior Female (up to 139)	0:44:38	0:15:14	0:59:30
56	27	B	Caitlin Cartridge	F	Aberdare Valley Amateur AC	AVAAC Youth Club	Senior Female (up to 139)	0:28:51	0:15:22	0:54:11
57	28	D	Jeninifer Mcpadden	F	Griffithstown Harriers	Cool Griffs	Vet Mixed 2x2 (150+)	1:01:01	0:15:27	1:01:01
58	29	B	Mikiko Minty	F	Griffithstown Harriers	Felices Los 5	Vet Mixed 2x2 (150+)	0:29:36	0:15:28	0:59:34
59	5	C	Kelly Hall	F	Islwyn RC	Islwyn E	Vet Female (140+)	0:46:51	0:15:28	1:03:08
60	81	A	Michele Deal	F	Pont-y-Pwl & District	Pooler Ladies	Vet Female (140+)	0:15:33	0:15:33	0:59:28
61	21	B	Leanne Westacott	F	Lliswerry Runners	Lliswerry Ladies Mixers	Vet Female (140+)	0:31:36	0:15:35	1:04:00
62	76	A	Georgia Potter-Floyd	F	Lliswerry Runners	Lliswerry Ladies Seniors	Senior Female (up to 139)	0:15:37	0:15:37	0:59:13
63	32	A	Justine Blaber	F	RuNNewport	RuNNewport 1	Senior Female (up to 139)	0:15:38	0:15:38	1:01:08
64	43	D	Kelly Cameron	F	Fairwater Runners	Fairwater Female Runners 1	Vet Female (140+)	1:06:52	0:15:40	1:06:52
65	7	B	Karen Woodsford	F	Islwyn RC	Islwyn G	Vet Mixed 2x2 (150+)	0:29:43	0:15:46	0:56:54
66	19	B	Ffion Morgan	F	Caerleon RC	Ooh I dunno...	Vet Mixed 2x2 (150+)	0:29:11	0:15:46	0:55:25
67	4	A	Clare Barrett	F	Islwyn RC	Islwyn D	Vet Female (140+)	0:15:50	0:15:50	1:07:41
68	3	B	Carys-Sian Malarczyk	F	Islwyn RC	Islwyn C	Vet Female (140+)	0:29:41	0:15:57	0:58:00
69	21	D	Vicky Fear	F	Lliswerry Runners	Lliswerry Ladies Mixers	Vet Female (140+)	1:04:00	0:15:58	1:04:00
70	28	B	Keren Beard	F	Griffithstown Harriers	Cool Griffs	Vet Mixed 2x2 (150+)	0:30:55	0:16:00	1:01:01
71	21	A	Raegan Russell	F	Lliswerry Runners	Lliswerry Ladies Mixers	Vet Female (140+)	0:16:01	0:16:01	1:04:00
72	55	A	Caroline Lavis	F	Yate & Sodbury Striders	YASS Extraordinary Ladies	Vet Female (140+)	0:16:02	0:16:02	1:06:09
73	36	C	Moirra Wooles	F	RuNNewport	RuNNewport 5	Vet Female (140+)	0:55:26	0:16:04	1:16:24
74	16	A	Steve Dance	F	Caerleon RC	Iscarians	Vet Mixed 2x2 (150+)	0:16:08	0:16:08	0:59:11
75	76	B	Morgan Westacott	F	Lliswerry Runners	Lliswerry Ladies Seniors	Senior Female (up to 139)	0:31:50	0:16:13	0:59:13
76	5	D	Sara Date	F	Islwyn RC	Islwyn E	Vet Female (140+)	1:03:08	0:16:17	1:03:08
77	32	C	Clare Roberts	F	RuNNewport	RuNNewport 1	Senior Female (up to 139)	0:46:40	0:16:21	1:01:08
78	21	C	Cheryl Jones	F	Lliswerry Runners	Lliswerry Ladies Mixers	Vet Female (140+)	0:48:02	0:16:26	1:04:00
79	12	B	Bryony Dix	F	Brecon AC	Brecon AC CBBC	Vet Mixed 2x2 (150+)	0:30:07	0:16:32	0:58:28
80	35	B	Rachel Everson	F	RuNNewport	RuNNewport 4	Vet Mixed 2x2 (150+)	0:33:27	0:16:34	1:07:10
81	34	A	Emma Wootten	F	RuNNewport	RuNNewport 3	Vet Mixed 2x2 (150+)	0:16:36	0:16:36	1:08:38
82	5	B	Sheryl Clark	F	Islwyn RC	Islwyn E	Vet Female (140+)	0:31:23	0:16:37	1:03:08
83	4	B	Mandy Horton	F	Islwyn RC	Islwyn D	Vet Female (140+)	0:32:29	0:16:39	1:07:41
84	45	B	Laura Grey	F	Fairwater Runners	Fairwater Female Runners 2	Vet Female (140+)	0:34:12	0:16:44	1:11:41
85	55	D	Jane Glasspool	F	Yate & Sodbury Striders	YASS Extraordinary Ladies	Vet Female (140+)	1:06:09	0:16:51	1:06:09
86	35	A	Lorna Thurston	F	RuNNewport	RuNNewport 4	Vet Mixed 2x2 (150+)	0:16:53	0:16:53	1:07:10
87	29	D	Wilkinson Anna	F	Griffithstown Harriers	Felices Los 7	Vet Mixed 2x2 (150+)	0:59:34	0:16:55	0:59:34
88	43	C	Jenkins Ceri	F	Fairwater Runners	Fairwater Female Runners 1	Vet Female (140+)	0:51:12	0:16:57	1:06:52
89	22	B	Diane Potter	F	Lliswerry Runners	Lliswerry Mixologists	Vet Mixed 2x2 (150+)	0:34:19	0:17:02	0:58:52
90	4	C	Hilary Preece	F	Islwyn RC	Islwyn D	Vet Female (140+)	0:49:43	0:17:14	1:07:41
91	22	A	Barbara Wilkinson	F	Lliswerry Runners	Lliswerry Mixologists	Vet Mixed 2x2 (150+)	0:17:17	0:17:17	0:58:52
92	74	A	Lorna Massey	F	Yate & Sodbury Striders	YASS Elegant Ladies	Vet Female (140+)	0:17:20	0:17:20	1:13:37
93	45	A	Alison Davis	F	Fairwater Runners	Fairwater Female Runners 2	Vet Female (140+)	0:17:28	0:17:28	1:11:41
94	34	C	Lauren Ringquest	F	RuNNewport	RuNNewport 3	Vet Mixed 2x2 (150+)	0:52:16	0:17:31	1:08:38
95	4	D	Holtham-Morgan Kirsty	F	Islwyn RC	Islwyn D	Vet Female (140+)	1:07:41	0:17:58	1:07:41
96	23	C	Emma Henley	F	Lliswerry Runners	Lliswerry Lovelies	Vet Female (140+)	1:01:21	0:17:59	1:21:21
97	55	C	Vanessa Israel	F	Yate & Sodbury Striders	YASS Extraordinary Ladies	Vet Female (140+)	0:49:18	0:18:08	1:06:09
98	74	B	Carol Roberts	F	Yate & Sodbury Striders	YASS Elegant Ladies	Vet Female (140+)	0:35:38	0:18:18	1:13:37
99	45	C	Sheree Mann	F	Fairwater Runners	Fairwater Female Runners 2	Vet Female (140+)	0:52:45	0:18:33	1:11:41
100	74	D	Carmel Rosenthal	F	Yate & Sodbury Striders	YASS Elegant Ladies	Vet Female (140+)	1:13:37	0:18:34	1:13:37
101	45	D	Stella Symons	F	Fairwater Runners	Fairwater Female Runners 2	Vet Female (140+)	1:11:41	0:18:56	1:11:41
102	43	A	Helen Brown	F	Fairwater Runners	Fairwater Female Runners 1	Vet Female (140+)	0:19:07	0:19:07	1:06:52

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103	23	B	Lowri Hawrot	F	Llswerry Runners	Llswerry Lovelies	Vet Female (140+)	0:43:22	0:19:13	1:21:21
104	36	B	Joanne Smith	F	RuNNewport	RuNNewport 5	Vet Female (140+)	0:39:22	0:19:17	1:16:24
105	74	C	Sandy Webb	F	Yate & Sodbury Striders	YASS Elegant Ladies	Vet Female (140+)	0:55:03	0:19:25	1:13:37
106	23	D	Cheryl Hill	F	Llswerry Runners	Llswerry Lovelies	Vet Female (140+)	1:21:21	0:20:00	1:21:21
107	36	A	Sally Austin	F	RuNNewport	RuNNewport 5	Vet Female (140+)	0:20:05	0:20:05	1:16:24
108	36	D	Lisa Davies	F	RuNNewport	RuNNewport 5	Vet Female (140+)	1:16:24	0:20:58	1:16:24
109	23	A	Sian Jones	F	Llswerry Runners	Llswerry Lovelies	Vet Female (140+)	0:24:09	0:24:09	1:21:21