

VET FEMALE TEAM

	NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	FINISH TIME	RUN TIME	TEAM TIME
1	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
	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
	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
	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
2	14 A		Tammy Fry	F	Caerleon RC	Whose idea was this?	Vet Female (140+)	0:13:37	0:13:37	0:53:13
	14 B		Jade Wakely	F	Caerleon RC	Whose idea was this?	Vet Female (140+)	0:26:22	0:12:45	0:53:13
	14 C		Lauren Williams	F	Caerleon RC	Whose idea was this?	Vet Female (140+)	0:39:41	0:13:19	0:53:13
	14 D		Avisa Talemi	F	Caerleon RC	Whose idea was this?	Vet Female (140+)	0:53:13	0:13:32	0:53:13
3	8 A		Corinna Jones	F	Aberdare VAAC	HAVAAC nice day	Vet Female (140+)	0:14:06	0:14:06	0:54:22
	8 B		Louise Lloyd	F	Aberdare VAAC	HAVAAC nice day	Vet Female (140+)	0:29:00	0:14:54	0:54:22
	8 C		Lauren Mackie	F	Aberdare VAAC	HAVAAC nice day	Vet Female (140+)	0:41:20	0:12:20	0:54:22
	8 D		Carys Thomas	F	Aberdare VAAC	HAVAAC nice day	Vet Female (140+)	0:54:22	0:13:02	0:54:22
4	3 A		Michelle Johnson	F	Islwyn RC	Islwyn C	Vet Female (140+)	0:13:44	0:13:44	0:58:00
	3 B		Carys-Sian Malarczyk	F	Islwyn RC	Islwyn C	Vet Female (140+)	0:29:41	0:15:57	0:58:00
	3 C		Melissa Morgan	F	Islwyn RC	Islwyn C	Vet Female (140+)	0:43:13	0:13:32	0:58:00
	3 D		Sarah Davies	F	Islwyn RC	Islwyn C	Vet Female (140+)	0:58:00	0:14:47	0:58:00
5	81 A		Michele Deal	F	Pont-y-Pwl & District	Pooler Ladies	Vet Female (140+)	0:15:33	0:15:33	0:59:28
	81 B		Michelle Gooch	F	Pont-y-Pwl & District	Pooler Ladies	Vet Female (140+)	0:30:43	0:15:10	0:59:28
	81 C		Karen Southgate	F	Pont-y-Pwl & District	Pooler Ladies	Vet Female (140+)	0:45:27	0:14:44	0:59:28
	81 D		Chloe Leek	F	Pont-y-Pwl & District	Pooler Ladies	Vet Female (140+)	0:59:28	0:14:01	0:59:28
6	5 A		Julie Gould	F	Islwyn RC	Islwyn E	Vet Female (140+)	0:14:46	0:14:46	1:03:08
	5 B		Sheryl Clark	F	Islwyn RC	Islwyn E	Vet Female (140+)	0:31:23	0:16:37	1:03:08
	5 C		Kelly Hall	F	Islwyn RC	Islwyn E	Vet Female (140+)	0:46:51	0:15:28	1:03:08
	5 D		Sara Date	F	Islwyn RC	Islwyn E	Vet Female (140+)	1:03:08	0:16:17	1:03:08
7	21 A		Raegan Russell	F	Lliswerry Runners	Lliswerry Ladies Mixers	Vet Female (140+)	0:16:01	0:16:01	1:04:00
	21 B		Leanne Westacott	F	Lliswerry Runners	Lliswerry Ladies Mixers	Vet Female (140+)	0:31:36	0:15:35	1:04:00
	21 C		Cheryl Jones	F	Lliswerry Runners	Lliswerry Ladies Mixers	Vet Female (140+)	0:48:02	0:16:26	1:04:00
	21 D		Vicky Fear	F	Lliswerry Runners	Lliswerry Ladies Mixers	Vet Female (140+)	1:04:00	0:15:58	1:04:00
8	55 A		Caroline Lavis	F	Yate & Sodbury Striders	YASS Extraordinary Ladies	Vet Female (140+)	0:16:02	0:16:02	1:06:09
	55 B		Mary Derrick	F	Yate & Sodbury Striders	YASS Extraordinary Ladies	Vet Female (140+)	0:31:10	0:15:08	1:06:09
	55 C		Vanessa Israel	F	Yate & Sodbury Striders	YASS Extraordinary Ladies	Vet Female (140+)	0:49:18	0:18:08	1:06:09
	55 D		Jane Glasspool	F	Yate & Sodbury Striders	YASS Extraordinary Ladies	Vet Female (140+)	1:06:09	0:16:51	1:06:09

VET FEMALE TEAM

	NUMBER	STAGE	RUNNER	GENDER	CLUB	TEAM	CATEGORY	FINISH TIME	RUN TIME	TEAM TIME
9	43 A		Helen Brown	F	Fairwater Runners	Fairwater Female Runners 1	Vet Female (140+)	0:19:07	0:19:07	1:06:52
	43 B		Rebecca Poole	F	Fairwater Runners	Fairwater Female Runners 1	Vet Female (140+)	0:34:15	0:15:08	1:06:52
	43 C		Jenkins Ceri	F	Fairwater Runners	Fairwater Female Runners 1	Vet Female (140+)	0:51:12	0:16:57	1:06:52
	43 D		Kelly Cameron	F	Fairwater Runners	Fairwater Female Runners 1	Vet Female (140+)	1:06:52	0:15:40	1:06:52
10	4 A		Clare Barrett	F	Islwyn RC	Islwyn D	Vet Female (140+)	0:15:50	0:15:50	1:07:41
	4 B		Mandy Horton	F	Islwyn RC	Islwyn D	Vet Female (140+)	0:32:29	0:16:39	1:07:41
	4 C		Hilary Preece	F	Islwyn RC	Islwyn D	Vet Female (140+)	0:49:43	0:17:14	1:07:41
	4 D		Holtham-Morgan Kirsty	F	Islwyn RC	Islwyn D	Vet Female (140+)	1:07:41	0:17:58	1:07:41
11	45 A		Alison Davis	F	Fairwater Runners	Fairwater Female Runners 2	Vet Female (140+)	0:17:28	0:17:28	1:11:41
	45 B		Laura Grey	F	Fairwater Runners	Fairwater Female Runners 2	Vet Female (140+)	0:34:12	0:16:44	1:11:41
	45 C		Sheree Mann	F	Fairwater Runners	Fairwater Female Runners 2	Vet Female (140+)	0:52:45	0:18:33	1:11:41
	45 D		Stella Symons	F	Fairwater Runners	Fairwater Female Runners 2	Vet Female (140+)	1:11:41	0:18:56	1:11:41
12	74 A		Lorna Massey	F	Yate & Sodbury Striders	YASS Elegant Ladies	Vet Female (140+)	0:17:20	0:17:20	1:13:37
	74 B		Carol Roberts	F	Yate & Sodbury Striders	YASS Elegant Ladies	Vet Female (140+)	0:35:38	0:18:18	1:13:37
	74 C		Sandy Webb	F	Yate & Sodbury Striders	YASS Elegant Ladies	Vet Female (140+)	0:55:03	0:19:25	1:13:37
	74 D		Carmel Rosenthal	F	Yate & Sodbury Striders	YASS Elegant Ladies	Vet Female (140+)	1:13:37	0:18:34	1:13:37
13	36 A		Sally Austin	F	RuNNewport	RuNNewport 5	Vet Female (140+)	0:20:05	0:20:05	1:16:24
	36 B		Joanne Smith	F	RuNNewport	RuNNewport 5	Vet Female (140+)	0:39:22	0:19:17	1:16:24
	36 C		Moira Wooles	F	RuNNewport	RuNNewport 5	Vet Female (140+)	0:55:26	0:16:04	1:16:24
	36 D		Lisa Davies	F	RuNNewport	RuNNewport 5	Vet Female (140+)	1:16:24	0:20:58	1:16:24
14	23 A		Sian Jones	F	Lliswerry Runners	Lliswerry Lovelies	Vet Female (140+)	0:24:09	0:24:09	1:21:21
	23 B		Lowri Hawrot	F	Lliswerry Runners	Lliswerry Lovelies	Vet Female (140+)	0:43:22	0:19:13	1:21:21
	23 C		Emma Henley	F	Lliswerry Runners	Lliswerry Lovelies	Vet Female (140+)	1:01:21	0:17:59	1:21:21
	23 D		Cheryl Hill	F	Lliswerry Runners	Lliswerry Lovelies	Vet Female (140+)	1:21:21	0:20:00	1:21:21