

Pos	Time	No	Name	Sch
1	00:15:38	10	Melissa Courtney	Poole
2	00:16:08	143	<b>Amber Watson</b>	<b>1 Gloucestershire Schools</b>
3	00:16:16	2	Floren Scrafton	Westbury H
4	00:16:32	88	Hywelis Thomas-Howells	2 Afan NT Schools
5	00:16:44	51	Lauren Bell	3 Dyfed Schools
6	00:17:06	149	<b>Becky Summers</b>	<b>4 Gloucestershire Schools</b>
7	00:17:11	57	Josie Lewis	5 Dyfed Schools
8	00:17:17	89	Jordan Smart	6 Afan NT Schools
9	00:17:19	148	<b>Imogen Briscoe</b>	<b>7 Gloucestershire Schools</b>
10	00:17:22	67	Ffion Lewis	8 GlamValleys Schools
11	00:17:25	145	<b>George Gunn</b>	<b>9 Gloucestershire Schools</b>
12	00:17:27	150	<b>Holly Hill</b>	<b>10 Gloucestershire Schools</b>
13	00:17:31	3	Lauren Welsh	Poole
14	00:17:33	56	Megan Withers	11 Dyfed Schools
15	00:17:39	147	<b>Beth Pudifoot</b>	<b>12 Gloucestershire Schools</b>
16	00:17:42	153	<b>Lydia Mitchell</b>	<b>13 Gloucestershire Schools</b>
17	00:17:55	65	Lauren Harries	14 Dyfed Schools
18	00:17:58	151	<b>Sam Roberts</b>	<b>15 Gloucestershire Schools</b>
19	00:18:00	119	Caitlin Bryant	16 Cardiff & Vale Schools
20	00:18:11	50	Hannah Iles	Cornwall A C
21	00:18:12	127	Molly Sander	17 Cardiff & Vale Schools
22	00:18:16	152	<b>Georgi Lowe</b>	<b>18 Gloucestershire Schools</b>
23	00:18:18	53	Megan Turner	19 Dyfed Schools
24	00:18:19	146	<b>Mia O'Connell</b>	<b>20 Gloucestershire Schools</b>
25	00:18:21	12	Zoe Barber	Westbury H
26	00:18:22	90	Elysia Pearson	21 Afan NT Schools
27	00:18:24	158	<b>Lisa Tattersall</b>	<b>22 Gloucestershire Schools</b>
28	00:18:25	102	Isobel Godfrey	23 SE Wales Schools
29	00:18:27	94	Jemma Osborne	24 Afan NT Schools
30	00:18:30	133	Lucy Harvey	25 Cardiff & Vale Schools
31	00:18:32	92	Katy Reynolds	26 Afan NT Schools
32	00:18:33	155	<b>Camilla Mather</b>	<b>27 Gloucestershire Schools</b>
33	00:18:34	157	<b>Beth Hawling</b>	<b>28 Gloucestershire Schools</b>
34	00:18:35	100	Ellie Leek	29 SE Wales Schools
35	00:18:47	59	Heather Lewis	30 Dyfed Schools
36	00:19:02	121	Chloe Gore	31 Cardiff & Vale Schools
37	00:19:03	142	Heledd Williams	32 Cardiff & Vale Schools
38	00:19:04	69	Zoe Davis	33 GlamValleys Schools
39	00:19:26	104	Jade Harding	34 SE Wales Schools
40	00:19:31	125	Fiona Bray	35 Cardiff & Vale Schools
41	00:19:32	159	<b>Brogan Rudge</b>	<b>36 Gloucestershire Schools</b>
42	00:19:32	95	Holly Powell	37 Afan NT Schools
43	00:19:37	129	Elinor Barker	38 Cardiff & Vale Schools
44	00:19:38	128	Anna Morris	39 Cardiff & Vale Schools
45	00:19:40	99	Christie McCallum	40 Afan NT Schools
46	00:19:42	124	Rebecca Findlay	41 Cardiff & Vale Schools
47	00:19:47	68	Nikita John	42 GlamValleys Schools
48	00:19:50	103	Lucy Morgan	43 SE Wales Schools
49	00:19:56	55	Jodie Jones	44 Dyfed Schools
50	00:20:01	123	Kate Monnickendam	45 Cardiff & Vale Schools
51	00:20:04	131	Clare Harwood	46 Cardiff & Vale Schools
52	00:20:05	139	Alys Smith	47 Cardiff & Vale Schools
53	00:20:26	105	Emily Paul	48 SE Wales Schools
54	00:20:28	116	Holly McGee	49 SE Wales Schools
55	00:20:33	132	Emma Johns	50 Cardiff & Vale Schools
56	00:20:36	74	Shannon Kinsella	51 GlamValleys Schools
57	00:20:41	117	Delwyn Louden	52 SE Wales Schools
58	00:20:44	93	Cassie James	53 Afan NT Schools
59	00:20:44	137	Lucy Daly	54 Cardiff & Vale Schools
60	00:20:50	113	Ceri-ann Morgan	55 SE Wales Schools
61	00:20:53	136	Ellice Harding	56 Cardiff & Vale Schools
62	00:20:58	75	Bethan Price	57 GlamValleys Schools
63	00:20:59	97	Mali James	58 Afan NT Schools
64	00:21:03	140	Catherine Hughes	59 Cardiff & Vale Schools
65	00:21:05	141	Elin Hughes	60 Cardiff & Vale Schools
66	00:21:11	60	Alyce Phillips	61 Dyfed Schools
67	00:21:13	79	Rachel Galliers	62 GlamValleys Schools
68	00:21:14	98	Aoife Morris	63 Afan NT Schools
69	00:21:14	86	Bethan Masson	64 GlamValleys Schools
70	00:21:15	70	Catrin Griffiths	65 GlamValleys Schools
71	00:21:20	108	Kirsty Pewtner	66 SE Wales Schools
72	00:21:25	1	Hazel McGuinness	Ardee + District
73	00:21:34	130	Amy Baldry	67 Cardiff & Vale Schools
74	00:21:49	134	Chloe Jones	68 Cardiff & Vale Schools
75	00:21:56	138	Holly Rye	69 Cardiff & Vale Schools
76	00:22:03	118	Emily Hackett	70 Cardiff & Vale Schools
77	00:22:09	71	Alysha Jones	71 GlamValleys Schools
78	00:22:17	72	Terri C-Barter	72 GlamValleys Schools
79	00:22:49	96	Ainsley Richards	73 Afan NT Schools
80	00:23:16	76	Shaina Ali	74 GlamValleys Schools
81	00:24:00	82	Angharad Masson	75 GlamValleys Schools
82	00:24:13	78	Bronwen Edwards	76 GlamValleys Schools
83	00:24:27	109	Grace Hart	77 SE Wales Schools
84	00:28:39	113	Already Finished	

## Teams

1	<b>Gloucestershire</b>	6	1	4	7	9	10	12	43
2	Dyfed Schools	6	3	5	11	14	19	30	82
3	Gloucestershire B	6	13	15	18	20	22	27	115
4	Afan Nedd Tawe Schools	6	2	6	21	24	26	37	116
5	Cardiff & Vale Schools	6	16	17	25	31	32	35	156
6	SE Wales Schools	6	23	29	34	43	48	49	226
8	Glamorgan Valleys	6	8	33	42	51	57	62	253
9	Cardiff & Vale Schools B	6	38	39	41	45	46	47	256
10	Cardiff & Vale Schools C	6	50	54	56	59	60	67	346
11	Glamorgan Valleys B	6	64	65	71	72	74	75	421
	<b>Incomplete Teams</b>								
	Afan Nedd Tawe Schools B	5	40	53	58	63	73		
	SE Wales Schools B	4	52	55	66	77			
	Cardiff & Vale Schools D	3	68	69	70				
	Dyfed Schools B	2	44	61					
	Gloucestershire C	2	28	36					
	Glamorgan Valleys C	1	76						
		77							