

Race 6		MW35_RESULTS	Leg 1		Leg 2		Leg 3		Total Time
Pos	BIB	CLUB/ATHLETES	Time	Ind Place	Time	Ind Place	Time	Ind Place	
1	99	Swansea Harriers 'A'	21:34	3	42:50	1	64:39	4	64:39
A	99A	Helen MARSHAL	21:34	3					
B	99B	Helen-Marie DAVIES			21:16	1			
C	99C	Llinos JONES					21:49	4	
2	94	Aberdare Valley AAC	21:26	2	43:58	5	69:07	16	69:07
A	94A	Nina DAVIES	21:26	2					
B	94B	Aimee FERGUSON			22:32	5			
C	94C	Corinna JONES					25:09	16	
3	97	Les Croupiers	24:10	11	49:27	17	72:43	7	72:43
A	97A	Claire BRUCE	24:10	11					
B	97B	Katie JAMES			25:17	17			
C	97C	Janneke VAN BEIJNUM					23:16	7	
4	100	Swansea Harriers 'B'	23:29	9	48:23	14	72:45	12	72:45
A	100A	Nina BROCKLEBANK	23:29	9					
B	100B	Vanessa HARRAGON			24:54	14			
C	100C	Julie HARTLEY-GREEN					24:22	12	
5	95	Bridgend AC 'A'	24:08	10	49:06	15	77:03	19	77:03
A	95A	Sophie MOORE	24:08	10					
B	95B	Sarah HENSON			24:58	15			
C	95C	Kath ILES					27:57	19	
6	98	Pontypridd Roadents AC	23:23	8	52:23	20	80:10	18	80:10
A	98A	Catherine POWELL	23:23	8					
B	98B	Emily MORTON			29:00	20			
C	98C	Jennet HOLMES					27:47	18	
7	96	Bridgend AC 'B'	23:10	6	47:33	13			47:33
A	96A	Leigh JAMES	23:10	6					
B	96B	Gina HARDMAN			24:23	13			
C	96C								
8									

TEAM SCORES			
1	64:39	Swansea Harriers 'A' [places 1, 3, 4]	
2	69:07	Aberdare Valley AAC [places 2, 5, 16]	
3	72:43	Les Croupiers [places 7, 11, 17]	
4	72:45	Swansea Harriers 'B' [places 9, 12, 14]	
5	77:03	Bridgend AC 'A' [places 10, 15, 19]	
6	80:10	Pontypridd Roadents AC [places 8, 18, 20]	
7	47:33	Bridgend AC 'B' [places 6, 13,]	
FASTEST & INDIVIDUAL LEG TIMES			
1	21:16	Helen-Marie DAVIES	Swansea Harriers 'A'
2	21:26	Nina DAVIES	Aberdare Valley AAC
3	21:34	Helen MARSHAL	Swansea Harriers 'A'
4	21:49	Llinos JONES	Swansea Harriers 'A'
5	22:32	Aimee FERGUSON	Aberdare Valley AAC
6	23:10	Leigh JAMES	Bridgend AC 'B'
7	23:16	Janneke VAN BEIJNUM	Les Croupiers
8	23:23	Catherine POWELL	Pontypridd Roadents AC
9	23:29	Nina BROCKLEBANK	Swansea Harriers 'B'
10	24:08	Sophie MOORE	Bridgend AC 'A'
11	24:10	Claire BRUCE	Les Croupiers
12	24:22	Julie HARTLEY-GREEN	Swansea Harriers 'B'
13	24:23	Gina HARDMAN	Bridgend AC 'B'
14	24:54	Vanessa HARRAGON	Swansea Harriers 'B'
15	24:58	Sarah HENSON	Bridgend AC 'A'
16	25:09	Corinna JONES	Aberdare Valley AAC
17	25:17	Katie JAMES	Les Croupiers
18	27:47	Jennet HOLMES	Pontypridd Roadents AC
19	27:57	Kath ILES	Bridgend AC 'A'
20	29:00	Emily MORTON	Pontypridd Roadents AC