

Race 6		SENW_RESULTS		Leg 1		Leg 2		Leg 3		Leg 4		Total Time	TEAM SCORES			
Pos	BIB	CLUB/ATHLETES	Time	Ind Place	Time	Ind Place	Time	Ind Place	Time	Ind Place						
1	82	Swansea Harriers 'A'	18:50	2	37:58	3	61:05	13	80:24	4		80:24	1	80:24	Swansea Harriers 'A' [places 2, 3, 4, 13]	
A	82A	Megan CARTER-DAVIES	18:50	2									2	85:05	Les Croupiers [places 1, 7, 10, 11]	
B	82B	Kate ROBERTS			19:08	3							3	87:33	Swansea Harriers 'B' [places 5, 8, 9, 12]	
C	82C	Caryl EDWARDS					23:07	13					4	94:51	Newport Harriers [places 6, 15, 17, 21]	
D	82D	Olivia GWYNN							19:19	4		5	97:18	CDF Runners 'A' [places 14, 18, 19, 20]		
2	79	Les Croupiers	22:24	11	44:08	7	66:27	10	85:05	1		85:05	6	110:12	3M Gorseinon Road Runners [places 16, 22, 28, 31]	
A	79A	Stephanie CONNAIRE	22:24	11									7	111:10	CDF Runners 'B' [places 23, 24, 25, 29]	
B	79B	Amy GRIFFITHS			21:44	7			22:19	10			8	117:12	Pontypridd Roadents AC [places 26, 27, 30, 32]	
C	79C	Ellie CLEMENCE					22:19	10								
D	79D	Alaw BEYNON-THOMAS							18:38	1						
3	83	Swansea Harriers 'B'	21:01	5	42:58	8	64:58	9	87:33	12		87:33	FASTEST & INDIVIDUAL LEG TIMES			
A	83A	Gemma SEAMAN	21:01	5									1	18:38	Alaw BEYNON-THOMAS	Les Croupiers
B	83B	Bronwen STRATTON-THOMAS			21:57	8							2	18:50	Megan CARTER-DAVIES	Swansea Harriers 'A'
C	83C	Jessica SMITH					22:00	9					3	19:08	Kate ROBERTS	Swansea Harriers 'A'
D	83D	Sophie HARRISON								22:35	12	4	19:19	Olivia GWYNN	Swansea Harriers 'A'	
4	80	Newport Harriers	21:30	6	45:31	17	71:19	21	94:51	15		94:51	5	21:01	Gemma SEAMAN	Swansea Harriers 'B'
A	80A	Ellie ROBINSON	21:30	6									6	21:30	Ellie ROBINSON	Newport Harriers
B	80B	Emily WILCOX			24:01	17							7	21:44	Amy GRIFFITHS	Les Croupiers
C	80C	Ashleigh STEER					25:48	21					8	21:57	Bronwen STRATTON-THOMAS	Swansea Harriers 'B'
D	80D	Elin GRIFFITHS								23:32	15	9	22:00	Jessica SMITH	Swansea Harriers 'B'	
5	77	CDF Runners 'A'	23:28	14	48:14	19	72:19	18	97:18	20		97:18	10	22:19	Ellie CLEMENCE	Les Croupiers
A	77A	Eleri ROGERS	23:28	14									11	22:24	Stephanie CONNAIRE	Les Croupiers
B	77B	Nina LINDHOLM			24:46	19							12	22:35	Sophie HARRISON	Swansea Harriers 'B'
C	77C	Elinor MCNAMARA					24:05	18					13	23:07	Caryl EDWARDS	Swansea Harriers 'A'
D	77D	Cassie JONES								24:59	20	14	23:28	Eleri ROGERS	CDF Runners 'A'	
6	75	3M Gorseinon Road Runners	23:53	16	52:42	28	83:13	31	110:12	22		110:12	15	23:32	Elin GRIFFITHS	Newport Harriers
A	75A	Becky NICHOLAS	23:53	16									16	23:53	Becky NICHOLAS	3M Gorseinon Road Runners
B	75B	Alice SULLIVAN			28:49	28							17	24:01	Emily WILCOX	Newport Harriers
C	75C	Manisha RICKARDS					30:31	31					18	24:05	Elinor MCNAMARA	CDF Runners 'A'
D	75D	Linda REES								26:59	22	19	24:46	Nina LINDHOLM	CDF Runners 'A'	
7	78	CDF Runners 'B'	28:59	29	56:12	23	83:57	25	111:10	23		111:10	20	24:59	Cassie JONES	CDF Runners 'A'
A	78A	Delyth MURRAY-LINE	28:59	29									21	25:48	Ashleigh STEER	Newport Harriers
B	78B	Sarah COOPER			27:13	23							22	26:59	Linda REES	3M Gorseinon Road Runners
C	78C	Harriet NAUGHTON					27:45	25					23	27:13	Rhian DAVIES	CDF Runners 'B'
D	78D	Rhian DAVIES								27:13	23	25	27:45	Harriet NAUGHTON	CDF Runners 'B'	
8	81	Pontypridd Roadents AC	28:26	26	59:25	32	88:27	30	117:12	27		117:12	26	28:26	Rhian DURHAM	Pontypridd Roadents AC
A	81A	Rhian DURHAM	28:26	26									27	28:45	Fiona DAVIES	Pontypridd Roadents AC
B	81B	Julie EVANS			30:59	32							28	28:49	Alice SULLIVAN	3M Gorseinon Road Runners
C	81C	Abigail GHUMAN					29:02	30					29	28:59	Delyth MURRAY-LINE	CDF Runners 'B'
D	81D	Fiona DAVIES								28:45	27	30	29:02	Abigail GHUMAN	Pontypridd Roadents AC	
9													31	30:31	Manisha RICKARDS	3M Gorseinon Road Runners
A													32	30:59	Julie EVANS	Pontypridd Roadents AC