

Pos	Time	No Name	Club
1	00:09:14	10 Grace Howie	Poole
2	00:09:32	8 Shelby Haysom	Poole
3	00:09:38	122 Shannon Carroll	Gloucestershire Schools
4	00:09:58	5 Emma Fay	Ardee + District
5	00:10:01	124 Holly Jones	Gloucestershire Schools
6	00:10:06	123 Bethan Tomlinson	Gloucestershire Schools
7	00:10:10	130 Lucy Goudswaard	Gloucestershire Schools
8	00:10:11	111 Megan Osborne	Cardiff & Vale Schools
9	00:10:13	4 Aoife Donnelly	Ardee + District
10	00:10:15	62 Kerstin Watts	GlamValleys Schools
11	00:10:16	9 Annie Ingram	
12	00:10:17	131 Corrigan Cox	Gloucestershire Schools
13	00:10:18	61 Rebecca Evans	GlamValleys Schools
14	00:10:19	128 Hatti Dent	Gloucestershire Schools
15	00:10:20	110 Lucy Tarrant	Cardiff & Vale Schools
16	00:10:22	65 Hannah Mittelberger	GlamValleys Schools
17	00:10:27	64 Jessica Hegarty	GlamValleys Schools
18	00:10:29	129 Cara Froggett	Gloucestershire Schools
19	00:10:30	63 Francesca Morris	GlamValleys Schools
20	00:10:31	126 Katy Townsend	Gloucestershire Schools
21	00:10:32	93 Georgia Morgan	Cardiff & Vale Schools
22	00:10:45	55 Kari O'Neill	Dyfed Schools
23	00:10:46	92 Lucy Hammett	Afan NT Schools
24	00:10:47	136 Kelly Smith	Gloucestershire Schools
25	00:10:52	140 Sam Quayle	SE Wales Schools
26	00:10:55	104 Rebecca John	Cardiff & Vale Schools
27	00:10:57	99 Rachel Bevan	Cardiff & Vale Schools
28	00:11:01	142 Malika Rezougui	SE Wales Schools
29	00:11:03	151 Ellie Campbell	SE Wales Schools
30	00:11:04	20 Unknown Runner	
31	00:11:06	138 Polly Smart	Gloucestershire Schools
32	00:11:10	66 Ceyn Emanuel	GlamValleys Schools
33	00:11:11	108 Aimee Price	Cardiff & Vale Schools
34	00:11:11	100 Talia Price	Cardiff & Vale Schools
35	00:11:12	97 Amy Lane	Cardiff & Vale Schools
36	00:11:14	56 Grace Gibbon	Dyfed Schools
37	00:11:16	133 Beth Wilmore	Gloucestershire Schools
38	00:11:18	125 Dory Alexander	Gloucestershire Schools
39	00:11:21	2 Trion Davies	Aberystwyth
40	00:11:23	144 Francesca Hyde	SE Wales Schools
41	00:11:25	98 Lucy Mogford	Cardiff & Vale Schools
42	00:11:28	58 Tesni Galvin	Dyfed Schools
43	00:11:31	6 Ciara Leacx	Ardee + District
44	00:11:32	117 Bryony Harper	Cardiff & Vale Schools
45	00:11:35	103 Katie Munro	Cardiff & Vale Schools
46	00:11:35	81 Elin Davies	Afan NT Schools
47	00:11:37	51 Rhian Campbell	Dyfed Schools
48	00:11:38	67 Elin Lewis	GlamValleys Schools
49	00:11:39	107 Chantara James	Cardiff & Vale Schools
50	00:11:42	147 Victoria Young	SE Wales Schools
51	00:11:43	112 Kristie Simmons	Cardiff & Vale Schools
52	00:11:46	137 Alice Harper	Gloucestershire Schools
53	00:11:46	88 Catrin Roberts	Afan NT Schools
54	00:11:48	76 Lowri James	GlamValleys Schools
55	00:11:50	102 Caitlin Allin	Cardiff & Vale Schools
56	00:11:50	68 Ellen Harvard	GlamValleys Schools
57	00:11:53	85 Naomi Osborne	Afan NT Schools
58	00:11:55	106 Izzy Lewis	Cardiff & Vale Schools
59	00:11:55	143 Rosie Eccles	SE Wales Schools
60	00:11:56	84 Fiona Shuttleworth	Afan NT Schools
61	00:11:57	94 Bethan Yapp	Cardiff & Vale Schools
62	00:11:58	60 Bethan Cant	Dyfed Schools
63	00:12:00	71 Isabelle Hughes	GlamValleys Schools
64	00:12:00	139 Cicely Wiggins	Gloucestershire Schools
65	00:12:01	73 Bethan Phillips	GlamValleys Schools
66	00:12:03	83 Jenny Shuttleworth	Afan NT Schools
67	00:12:05	146 Danielle Jordan	SE Wales Schools
68	00:12:05	119 Lara Durrani	Cardiff & Vale Schools
69	00:12:09	154 Shannon Evans	SE Wales Schools
70	00:12:10	79 Holly Short	GlamValleys Schools
71	00:12:13	115 Sara Doust	Cardiff & Vale Schools
72	00:12:14	120 Rhiannon Jones	Cardiff & Vale Schools
73	00:12:20	150 Tamsin Jones	SE Wales Schools
74	00:12:25	118 Rachel Bishop	Cardiff & Vale Schools
75	00:12:31	77 Naomi Thompson	GlamValleys Schools
76	00:12:36	148 Megan Jones	SE Wales Schools
77	00:12:37	91 Maria Titley	Afan NT Schools

78	00:12:38	152 Kayleigh Price	SE Wales Schools
79	00:12:40	121 Rhiannon Lloyd Williams	Cardiff & Vale Schools
80	00:12:44	90 Caitlin Rees-Godwin	Afan NT Schools
81	00:12:47	156 Fiona Anthony	SE Wales Schools
82	00:12:49	95 Lisa James	Cardiff & Vale Schools
83	00:12:50	72 Harley Howells	GlamValleys Schools
84	00:12:51	7 Alice Ohare	Ardee + District
85	00:12:52	114 Leah Byrne	Cardiff & Vale Schools
86	00:12:54	78 Mair Davies	GlamValleys Schools
87	00:12:57	59 Taylor MacLeod	Dyfed Schools
88	00:12:58	86 Laura Kerswell	Afan NT Schools
89	00:12:58	113 Chloe Eva	Cardiff & Vale Schools
90	00:13:03	89 Keavy Slattery	Afan NT Schools

Schools

1	47 pts	Gloucestershire Schools	(3 5 6 7 12 14)
2	107 pts	GlamValleys Schools	(10 13 16 17 19 32)
3	130 pts	Cardiff & Vale Schools	(8 15 21 26 27 33)
4	168 pts	Gloucestershire Schools	(18 20 24 31 37 38)
5	231 pts	SE Wales Schools	(25 28 29 40 50 59)
6	248 pts	Cardiff & Vale Schools	(34 35 41 44 45 49)
7	296 pts	Dyfed Schools	(22 36 42 47 62 87)
8	305 pts	Afan NT Schools	(23 46 53 57 60 66)
9	356 pts	GlamValleys Schools	(48 54 56 63 65 70)
10	364 pts	Cardiff & Vale Schools	(51 55 58 61 68 71)
11	444 pts	SE Wales Schools	(67 69 73 76 78 81)
12	481 pts	Cardiff & Vale Schools	(72 74 79 82 85 89)