

**Senior Women**

- |   |               |                                |
|---|---------------|--------------------------------|
| 1 | N. Griffiths  | Bristol and West Athletic Club |
| 2 | C. Evans      | Cardiff Amateur Athletic Club  |
| 3 | C. O'Donoghue | Bristol and West Athletic Club |
| 4 | K. Dicks      | Great Western Runners          |

**Women Over 35**

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|---|-------------|--------------------------------|
| 1 | K. Matthews | Chepstow Harriers              |
| 2 | H. Marshall | Swansea Harriers Athletic Club |
| 3 | K. Hughes   | Westbury Harriers              |

**Women Over 45**

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|---|-------------|--------------------------------|
| 1 | S. Everitt  | Bristol and West Athletic Club |
| 2 | C. Jolliffe | Bristol and West Athletic Club |
| 3 | N. Jukes    | Parc Bryn Bach Runners         |

**Women Over 55**

- |   |            |                                  |
|---|------------|----------------------------------|
| 1 | M. Anthony | Taf Running & Orienteering Teams |
| 2 | S. Kingdon | Avon Valley Runners              |
| 3 | J. Scholey | Les Croupiers Running Club       |

**Women Over 65**

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|---|-----------|------------------------|
| 1 | S. Hume   | Westbury Harriers      |
| 2 | M. Palmer | Westbury Harriers      |
| 3 | M. Monk   | Parc Bryn Bach Runners |

**Women Over 70**

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|---|------------|----------------------------|
| 1 | C. Johnson | Les Croupiers Running Club |
|---|------------|----------------------------|

**Women Under 23**

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|---|-------------|-----------------------------|
| 1 | R. Giancola | Cardiff University Harriers |
| 2 | H. Newman   | Avon Valley Runners         |
| 3 | B. Cantrell | Cardiff University Harriers |

**Female University Students**

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|---|------------|-----------------------------|
| 1 | I. Peck    | Bristol University          |
| 2 | M. Chilton | Bristol University          |
| 3 | L. Cooper  | Cardiff University Harriers |