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The grey lines below help to explain how the above criteria are applied

Under 23 Women (53 competed in season)			age group	club	points	fixtures
1	Sophia	Harrison	23	Swansea Harriers Athletic Club	101	5
2	Hannah	Dyer	23	Bristol and West Athletic Club	73	4
	Alessandra	Prince	23	Cardiff University AC	69	4 1st Uni
	Elle	Horsman	23	University of Swansea	59	3 < 4 Fixtures
	Emily	Lowery	23	Cardiff University AC	54	2 < 4 Fixtures
3	Keley	Hooper	23	Llanelli Amateur Athletic Club	54	4
University Women (37 competed in season)			age group	club	points	fixtures
	Sophia	Harrison	23	Swansea Harriers Athletic Club	63	1st W23
1	Alessandra	Prince	23	Cardiff University AC	47	4
	Elle	Horsman	23	University of Swansea	40	3 < 4 Fixtures
	Lauren	Cooper	23	Parc Bryn Bach Running Club	38	2 < 4 Fixtures
	Emily	Lowery	23	Cardiff University AC	37	2 < 4 Fixtures
	Hana	Blake	23	Pontypridd Roadents Athletic Club	35	2 < 4 Fixtures
	Anna	Matthew	23	Cardiff University AC	33	2 < 4 Fixtures
	Niamh	James	23	Cardiff University AC	32	3 < 4 Fixtures
2	Ameilie	Higgins	23	University of Swansea	31	4
	Erin	Burt	23	Cardiff University AC	30	2 < 4 Fixtures
	Lois	Dooley	-23	University of the West of England	28	2 < 4 Fixtures
3	Lizzy	Jeffery	-23	University of Swansea	24	5
Senior Women			age group	club	points	fixtures
1	Katrina	Entwistle	35	Bristol and West Athletic Club	1245	5
2	Bridget	Belfourd	35	Westbury Harriers	1203	5
	Sophia	Harrison	23	Swansea Harriers Athletic Club	1192	1st W23
	Laura	Jones	35	Les Croupiers Running Club	1167	1st W35
	Hannah	Dyer	23	Bristol and West Athletic Club	1165	2nd W23
	Katie	Hughes	45	Westbury Harriers	1155	1st W45
	Vicky	Tester	35	Westbury Harriers	1122	2nd W35
	Nicola	Jukes	45	Parc Bryn Bach Running Club	1111	2nd W45
3	Harri	Like	35	Parc Bryn Bach Running Club	1059	5
	Tammi	Preece	35	Parc Bryn Bach Running Club	1050	3rd W35
4	Leigh	James	35	Bridgend Athletic Club	1046	5
Women Masters 35			age group	club	points	fixtures
1	Laura	Jones	45	Les Croupiers Running Club	889	5
	Katie	Hughes	45	Westbury Harriers	881	1st W45
2	Vicky	Tester	45	Westbury Harriers	864	
	Nicola	Jukes	45	Parc Bryn Bach Running Club	858	2nd W45
3	Tammi	Preece	45	Parc Bryn Bach Running Club	826	

Women Masters 45			age group	club	points	fixtures													
1	Katie	Hughes		Westbury Harriers	563	5													
2	Nicola	Jukes		Parc Bryn Bach Running Club	556	5													
	Angharad	Mair	55	Les Croupiers Running Club	535		1st W55												
	Mel	Holiday	55	Taf Running & Orienteering Teams	499		2nd W55												
3	Alex	Evans		Parc Bryn Bach Running Club	486	5													
Women Masters 55			age group	club	points	fixtures													
1	Angharad	Mair		Les Croupiers Running Club	227	5													
2	Mel	Holiday		Taf Running & Orienteering Tea	216	5													
3	Lindi	Eynon		Taf Running & Orienteering Tea	203	5													
Women Masters 65			age group	club	points	fixtures													
1	Helen	Kershaw		Westbury Harriers	30	4													
2	Marilyn	Palmer		Westbury Harriers	28	5													
3	Eithne	Noonan		Westbury Harriers	26	5													
Under 23 Men (107 competed in season)			age group	club	points	fixtures													
1	Alex	Stewart		Bristol University	202	5													
	Luke	Burgess		Bristol and West Athletic Club	179	4	1st SM												
	Niall	Thorne		University of Swansea	178		1st Uni												
2	Edward	Davies		University of Swansea	162	5													
3	William	Cheek		North Somerset	151	4													
University Men (82 competed in season)			age group	club	points	fixtures													
	Luke	Burgess	23	University of the West of England	176		1st SM												
	Alex	Stewart	23	Bristol University	159		1st M23												
1	Niall	Thorne	23	University of Swansea	138	5													
	Edward	Davies	23	University of Swansea	127		2nd M23												
2	Jonah	Murray	23	University of Swansea	111	4													
	Alex	Jackson	23	Cardiff Amateur Athletic Club	106	3	< 4 Fixtures												
3	Ieuan	Griffiths	23	University of Swansea	100	4													
Senior Men			age group	club	points	fixtures													
1	Luke	Burgess	23	Bristol and West Athletic Club	1826	5													
	Chris	Green	35	Wells City Harriers	1797		1st M35												
2	Daniel	Bodman		Parc Bryn Bach Running Club	1777		Daniel beat Rob at fixture 5												
3	Rob	Farley		Bitton Road Runners	1777	5													
	Alex	Stewart	23	Bristol University	1766	5	1st M23												
4	Matt	Grantham		Micky Morris Racing Team	1746	5													
Men Masters 35			age group	club	points	fixtures													
1	Chris	Green		Wells City Harriers	1224	5													
2	Matt	Lusby		Wells City Harriers	1206	5													
	Robin	Woods	45	Builth and District	1195		1st M45												
3	Rob	Davies		Amman Valley Harriers	1192	5													
Men Masters 45			age group	club	points	fixtures													
1	Robin	Woods		Builth and District	804	5													
2	Matt	Jacklin		Aberdare Valley A.A.C	782	5													
	Lee	Aherne	55	Parc Bryn Bach Running Club	767		1st M55												
3	Adrian	Lewis		Aberdare Valley A.A.C	720	5													
Men Masters 55			age group	club	points	fixtures													
1	Lee	Aherne		Parc Bryn Bach Running Club	305	5													

	2	Alec Williams	Pembrokeshire Harriers	295	5							
	3	Jeremy Thomas	Les Croupiers Running Club	264	5							
Men Masters 65			age group	club	points	fixtures						
	1	John Davies	Penarth and Dinas Runners	140	5							
	2	Howard Carpenter	Neath Harriers	131	5							
	3	Colin Wilmott	Griffithstown Harriers A.A.C.	121	Colin beat Peter at final fixture							
	4	Peter Mountain	Bristol and West Athletic Club	121	4							