

Senior Women

1. Alaw Beynon-Thomas - Swansea
2. E Gard – Bristol and West
3. C O'Donoghoe – Bristol and West
4. K Entwhistle – Bristol and West

Senior Women Division 1

1. Bristol and West
2. Swansea Harriers
3. Westbury Harriers

Senior Women Division 2

1. Cardiff AAC
2. Torfaen

Senior Women Division 3

1. TROTs
2. University of the West of England

Senior Women Reserve Division

1. Bristol and West 'B'

Female Masters over 35

1. Kath Matthews – Chepstow
2. Georgie Parnell – Chepstow
3. Emma Palfrey – Cardiff AAC

Teams

1. Westbury Harriers
2. Bristol and West

Female Masters over 45

1. Sandra Chipper – Lliswerry
2. Veryan Cranston – Avon Valley
3. Jacqueline Rockcliffe – Avon Valley

Teams

1. Avon Valley

2. Bristol and West

Female Masters over 55

1. Diane Hier – Avon Valley
2. Mary Anthony – TROTs
3. Lindy Eynon – TROTs

Teams

1. TROTs
 2. Les Croupiers
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Female Masters over 65

1. Shirley Hume – Westbury
2. Ann James – Les Croupiers
3. Eirian Arwyn – Les Croupiers

Teams

1. Westbury
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Female athletes Under 23

1. Abigayle Goodrick-Latham – Swansea
2. Emily Christopher – Pontyclun Road Runners
3. I Talbot-Price – Bristol and West

Teams

1. Cardiff University Harriers
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Female University Students

1. Mia Hamblin – Cardiff University Harriers
2. Hana Blake – Cardiff Metropolitan University
3. Poppy Alexander – University of the West of England

Teams

1. Cardiff University Harriers