

Senior Women

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| 1 | L. Cooper | Parc Bryn Bach Runners |
| 2 | C. O'Donoghoe | Bristol and West Athletic Club |
| 3 | E. Lagomarsino | San Domenico Road Runners Club |

Female Veterans Over 35

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| 1 | H. Marshall | Swansea Harriers Athletic Club |
| 2 | K. Hughes | Westbury Harriers |
| 3 | R. Ellis | Westbury Harriers |

Female Veterans 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 |

Female Veterans Over 55

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| 1 | J. Scholey | Les Croupiers Running Club |
| 2 | A. Nixon | Forest of Dean Athletic Club |
| 3 | T. Allan | Bristol and West Athletic Club |

Female Veterans Over 65

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| 1 | S. Hume | Westbury Harriers |
| 2 | M. Palmer | Westbury Harriers |
| 3 | E. Arwyn | Les Croupiers Running Club |

Women Under 23

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| 1 | I. Talbot-Price | Bristol and West Athletic Club |
| 2 | R. Evans | Cardiff Amateur Athletic Club |
| 3 | H. Polden | Cardiff University Harriers |

Female University Students

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| 1 | A. Goodrick-Latham | University of Wales - Swansea |
| 2 | C. Hibberd | Cardiff University Harriers |
| 3 | M. Oliver | Cardiff Metropolitan University |