

# Ladies Welsh 5k 2013

Pos	Time	Family	First	Num	Gen	Age	Cat	Club	Wels
1	0:17:19	Cockram	Natasha	217	F	20	F23	Cwmbran Harriers	W
2	0:17:29	Roberts	Kate	220	F	25	OF	Bridgend AC	W
3	0:18:49	Wilder	Sally	219	F	33	OF	San Domenico	W
4	0:19:17	Marshall	Helen	237	F	34	OF	Swansea Harriers	W
5	0:19:46	Quinn	Nicola	221	F	45	F45	Emlyn Runners	W
6	0:19:54	Morgan	Kelly	224	F	35	F35	Aberdare Valley AAC	W
7	0:20:21	Wigley	Tanya	226	F	26	OF	Serpentine	W
8	0:20:28	Reed	Deborah	239	F	47	F45	Gorseinon 3M's	W
9	0:20:30	Jones	Angela	242	F	47	F45	Fairwater Runners	W
10	0:20:55	Cleary	Lisa	214	F	49	F45	Penarth & Dinas Runners	W
11	0:21:09	Brace	Jacqueline	238	F	54	F50		W
12	0:21:16	Phillips	Jenny	232	F	47	F45		W
13	0:21:23	Randell-Davies	Tanwen	161	F	33	OF	Amman Valley Harriers OD	
14	0:21:41	Thomas	Rosie	274	F	26	OF		
15	0:21:42	Jones	Llinos	233	F	32	F40	Amman Valley Harriers	W
16	0:21:55	Hurman	Andrea	213	F	47	F45	Penarth & Dinas Runners	W
17	0:21:57	Brocklebank	Nina	297	F		OF	3M's Gorseinon Road Runners	
18	0:22:04	Grey	Michelle	223	F	32	F40	Gorseinon 3M's	W
19	0:22:09	Davies	Helen-Marie	234	F	37	F35	Swansea Harriers	W
20	0:22:41	Skilton	Joanne	212	F	52	F50	San Domenico	W
21	0:22:47	Howell	Amber	240	F	15	F17	Carmarthen Harriers	W
22	0:23:04	Williams	Lisa	160	F	36	F35	3Ms Gorseinon RR OD	
23	0:23:23	Avery	Brenda	215	F	62	F60	Chepstow Harriers	W
24	0:23:24	Olivant	Catherine	292	F	39	F35	Brecon AC	
25	0:23:42	Hunt	Lindsey	230	F	28	OF	Penarth & Dinas	W
26	0:23:57	Graepel	Penny	159	F	52	F45		
27	0:24:00	Nichols-Grey	Eleanor	299	F	27	OF		
28	0:24:14	Kendrick	Suzanne	132	F	51	F45	Rhayader RC OD	
29	0:24:14	Delaney	Angela	235	F	44	F45	Swansea Harriers	W
30	0:24:28	Kennedy	Penny	158	F	47	F45	Swansea Harriers OD	
31	0:25:05	Thomas	Jade	222	F	20	F23	Swansea Harriers	W
32	0:25:17	Morgan	Dawn	127	F	41	F35		
33	0:25:23	Jones	Viv	131	F	39	F35	Sospan RR OD	
34	0:25:51	Price	Debbie	157	F	50	F45		
35	0:25:59	Murphy	Gillian	243	F	59	F55	Les Croupiers	W
36	0:26:07	Jones	Natalie	281	F	22	OF		
37	0:26:28	Rivett	Michelle	277	F	42	F35		
38	0:27:48	Weaver	Laura	271	F	27	OF		
39	0:27:51	Jones	Brenda	241	F	72	F70	Bro Dysynni AC	W

40	0:27:52	Robinson	Laura	151 F	32 OF	
41	0:28:16	Bastian	Sarah	296 F	35 F35	Women's Running Club Wales
42	0:28:29	Jones	Diane	148 F	44 F35	Maldwyn Harriers OD
43	0:28:59	Handscomb	Gillian	286 F	41 F35	
44	0:30:01	Lewis	Rebecca	300 F	38 F35	
45	0:31:29	Rowlands	Louise	146 F	39 F35	
46	0:32:33	Bonnard	Beth	129 F	23 OF	
47	0:32:40	Davies	Julie	135 F	61 F55	3Ms Gorseinon RR OD
48	0:32:47	Howells	Anita	142 F	65 F55	
49	0:35:00	Brooks	Kelly	137 F	32 OF	
50	0:35:02	Hall	Nadine	138 F	41 F45	3Ms Gorseinon RR OD