

EAST WALES WOMEN CROSS COUNTRY CHAMPIONSHIPS - Llandaff Fields, Cardiff - Saturday 12th October 2019

Position	Name	Club	Age Cat.	Time	Cat Position	Team Points	Team Scorer	Auto Qualifier for IRs	
1	Lauren	Cooper	PBBRC	SEN	24.21	1	71	YES	YES
2	Katherine	Matthews	Chepstow	35-44	25.07	1	70	YES	YES
3	Nicky	Collin	Lliswerry	SEN	26.02	2	69	YES	YES
4	Sandra	Chipper	Lliswerry	45-54	26.32	1	68	YES	YES
5	Katie	Roy	Chepstow	35-44	26.53	2	67	YES	YES
6	Emma	Wookey	Lliswerry	SEN	27.09	3	66	YES	YES
7	George	Parnell	Chepstow	35-44	27.16	3	65	YES	YES
8	Nicola	Jukes	PBBRC	45-54	27.24	2	64	YES	YES
9	Antionette	Dumayne	Lliswerry	SEN	27.30	4	63	YES	YES
10	Clare	Paterson	Torfaen	35-44	27.38	4	62	YES	YES
11	Jane	Horler	Chepstow	45-54	27.41	3	61	YES	YES
12	Alex	Wilson	Monmouth	35-44	27.59	5	60	YES	YES
13	Niki	Morgan	Chepstow	45-54	28.14	4	59		YES
14	Laura	Grey	Monmouth	35-44	28.15	6	58	YES	YES
15	Lucy	Macdonald	Monmouth	SEN	28.18	5	57	YES	YES
16	Chloe	Powell	Newport	SEN	28.20	6	56	YES	YES
17	Emma	Pricc	Fairwater	SEN	28.24	7	55	YES	
18	Meg	Tucker	Brecon	SEN	28.46	8	54	YES	
19	Lisa	Eriksen	Pontypwl	35-44	28.54	7	53	YES	
20	Lisa	Griffin	Torfaen	35-44	28.57	8	52	YES	
21	Sarah	Jeremiah	PBBRC	45-54	29.02	5	51	YES	YES
22	Sophie	Williams	Monmouth	35-44	29.12	9	50	YES	
23	Victoria	Watkins	Worcester AC	35-44	29.25	10	0		
24	Lou	Summers	Torfaen	45-54	29.29	6	49	YES	YES
25	Rachel	Lewis	PBBRC	35-44	29.30	11	48	YES	
26	Charlotte	Ralph	Lliswerry	SEN	29.37	9	47		
27	Maria	Anthony	Chepstow	SEN	29.40	10	46		
28	Rachel	Brenton	Torfaen	SEN	29.55	11	45	YES	
29	Sarah	Stewart	Caldicot	SEN	30.42	12	44	YES	
30	Laurie	Higgins	Brecon	SEN	30.46	13	43	YES	
31	Marina	Wright	Monmouth	35-44	30.48	12	42		
32	Keri	Jones	PBBRC	45-54	30.58	7	41		
33	Kate	Moore	BGAC	35-44	31.00	13	40	YES	
34	Hayley	Jackson	PBBRC	45-54	31.21	8	39		
35	Catherine	Olivant	Brecon	45-54	31.22	9	38	YES	
36	Charlotte	Wright	Torfaen	SEN	31.28	14	37		
37	Angela	Potter	Lliswerry	45-54	31.38	10	36		
38	Sharon	Newell	PBBRC	45-54	31.42	11	35		
39	Emma	Bagshaw	Brecon	45-54	31.42	11	34	YES	
40	Ceri	Denning	Caldicot	SEN	31.54	15	33	YES	
41	Emma	King	Monmouth	35-44	31.55	14	32		
42	Tracy	Baker	Pontypwl	45-54	32.31	13	31	YES	
43	Gemma	Reeks	Caldicot	35-44	32.46	15	30	YES	
44	Vanessa	Lawson	Chepstow	45-54	32.50	14	29		
45	Berna	Cantwell	Chepstow	55+	32.57	1	28		YES
46	Caroline	Thomas	BGAC	35-44	33.02	16	27	YES	
47	Bev	Tucker	Brecon	45-54	33.35	15	26		
48	Jane	Lewis	Fairwater	45-54	33.41	16	25	YES	
49	Kirsty	Mallandine	Brecon	55+	34.04	2	24		YES
50	Emma	Weaving	Torfaen	35-44	34.05	17	23		
51	Sarah	Kembrey	Lliswerry	35-44	34.21	18	22		
52	Rachel	Bowen	Lliswerry	35-44	34.22	19	21		
53	Rachel	Kennedy	Lliswerry	45-54	34.25	17	20		
54	Barbara	Wilkinson	Lliswerry	45-54	34.32	18	19		
55	Lorraine	Fergus	Lliswerry	45-54	34.35	19	18		
56	Carrie	Williams	Chepstow	35-44	34.43	20	17		
57	Sarah	Murphy	Brecon	35-44	34.53	21	16		
58	Ellie	Jones	Lliswerry	SEN	35.43	16	15		
59	Bridget	Woodward	Brecon	45-54	35.57	20	14		
60	Hilary	Matheson	Caldicot	55+	36.59	3	13	YES	YES
61	Kathleen	Jervis	PBBRC	55+	37.16	4	12		YES
62	Laura	Edwards	Lliswerry	35-44	37.41	22	11		

63	Sam	Potter	Lliswerry	SEN	37.56	17	10	
64	Elizabeth	Kenward	Lliswerry	55+	38.32	5	9	YES
65	Lauren	Potter	Lliswerry	SEN	38.44	18	8	
66	Claire	Price	Lliswerry	45-54	38.46	21	7	
67	Diane	Potter	Lliswerry	45-54	38.49	22	6	
68	Karen	Llewellyn	Torfaen	55+	39.25	6	5	YES
69	Gaynor	Lugg	Lliswerry	45-54	40.24	23	4	
70	Tracy	Strydom	Lliswerry	55+	40.34	7	3	
71	Morwena	Phillips	Lliswerry	SEN	41.33	19	2	
72	Marion	Morris	Lliswerry	45-54	45.14	24	1	
	Jo	Rice	Caldicot	35-44	DNF			
	Nicola	Dean	Lliswerry	35-44	DNS			
	Sarah	Lauder	Lliswerry	35-44	DNS			
	Marie	Hurford	Torfaen	35-44	DNF			
	Ceri	Bartley	Torfaen	35-44	DNS			
	Hannah	Hopkinson	Torfaen	SEN	DNS			

Position	Team	Points
1	Lliswerry	266
2	Chepstow	263
3	PBBRC	234
4	Monmouth	225
5	Torfaen	208
6	Brecon	169
7	Caldicot	120
8	Pontypwl	84
9	Fairwater	80
10	BGAC	67
11	Newport	56