

**JG3 1500m**      **Record: Heledd Griffudd**      **1993**      **04:57.9**

1 Jade Williams	St Michael	04:51.20
2 Catrin Lewis	Aberteifi	05:22.00
3 Miranda Davies	Greenhill	05:24.40
4 Nia Owen	Dyffryn Taf	05:50.50
5 Cathryn Hopkins	Strade	06:07.10
6 Sarah Martin	St David	06:10.20
7 Lisa Davies	BM	06:25.40
8 Eleri Ellen	Dyffryn Taf	06:27.90