

MG 80H	Record: Heather Jones	2003	11.4
Final	1 Amy Rowland	Milford	12.6
	2 Catherine Goldsmith	QEH	12.8
	3 Jess Huddleston	St Davids	13.2
	4 Lowri Phillips	Cardigan	14.7
	5 Catrin Lloyd	Emlyn	15.0
	6 Eleanor Palser	Bro Myrddin	15.5