

60TH WELSH SCHOOLS CROSS COUNTRY CHAMPIONSHIPS

*PENCAMPWRIAETHAU CENEDLAETHOL TRAWS
GWLAD YSGOLION CYMRU*



PENLAN ARENA, BRECON



WELSH ATHLETICS
ATHLETAU CYMRU

Wednesday 15th February 2023
Dydd Mercher 15fed o Chwefror 2023

CHAIRMAN'S MESSAGE 2023

On behalf of the Welsh Schools Athletics Association, I would like to welcome you all to our 2023 National Cross Country Championships. This year, thankfully, has seen a return to a busy and hectic Cross-Country Season for you all.

Having the opportunity to qualify and compete for the Schools Districts is an honour for all the athletes involved. I would like to extend my thanks to all those who have made it possible for the athletes to get selected for this event- Parents, Coaches, Teacher and Volunteers. Without you our talented athletes would not be here.

Today is a chance for the athletes to qualify to represent Welsh Schools in the SIAB Cross Country International this year to be held in Sefton Park In Liverpool on the 25th March. Here our athletes will compete against their peers from English, Irish and Scottish Schools.

I would also like to thank the District Team Managers for their time and effort in organising the teams for today, the Officers across Welsh Athletics that have organised the logistics and technical support for today's event and the volunteers and officials who make the smooth running of today's event possible.

Good Luck to all the athletes and please enjoy the event.

Jo Warner

NEGES Y CADEIRYDD 2023

Ar ran y Gymdeithas Athletau Ysgolion Cymru hoffwn croesawch chi gyd i ein Pencampwriaethau Genedlaethol Draws Gwlad 2023. Mae'r calendr prysur Traws Gwlad wedi dychwelyd o ddiwedd.

Mae'r cyfle i gymhwyso a chystadlu dros ei rhanbarthau ysgol yn anrhydedd i'r athletwyr sydd yn cystadlu. Hoffwn ddweud diolch i bawb sydd wedi gwneud hi'n bosibl i'r athletwyr gael eu dewis ar gyfer y bencampwriaeth – rhieni, hyfforddwyr, athrawon a gwirfoddolwyr. Heboch chi ni fydd ein hathletwyr talentog yma heddiw.

Mae heddiw yn gyfle i'r athletwyr ceisio cymhwyso i gynrychioli Ysgolion Cymru ar gyfer Traws Gwlad Ryngwladol SIAB y flwyddyn hon, ym Mharc Sefton yn Lerpwl ar y pumed ar hugain o Fawrth. Yma bydd ein hathletwyr yn cystadlu yn erbyn ei chyd-ddisgyblion o Ysgolion Lloegr, Iwerddon ac yr Alban.

Hoffwn hefyd dweud diolch i reolwyr timau rhanbarthol am ei amser ac ymdrech am drefnu'r timau ar gyfer y bencampwriaethau heddiw. I swyddogion Athletau Cymru am gymorth logistaidd a thechnegol, ac hefyd yr gwirfoddolwyr a'r swyddogion a bydd yn sicrhau bod y digwyddiad yn rhedeg yn esmwyth.

Pob lwc i'r athletwyr, mwynhewch y pencampwriaethau.

MEMBERSHIP OF THE WELSH SCHOOLS ATHLETICS ASSOCIATION

WSAA President: Gwilym Williams MBE, Pentyrch

Senior Vice President: David J Phillips, Llanidloes

Life Members

Buddug Llwyd Jones, Llwyngwrit
Kath Elias, Cardiff
David J Phillips, Llanidloes
Dilwyn Davies, Caergybi
Graham Webb, Cardiff

Gwilym Williams MBE, Pentyrch
Hedydd Davies MBE, Caerfyrddin
Mike Walters, Llanelli
Pete Morris, Pentyrch

Vice-Presidents

Doreen Vanstone, Swansea
Laura O'Mahoney, Bangor
Margaret Thomas, Maesteg
Marian Williams, Llanelli
Sue Leyshon, Loughor
Tesni Davies, Llandrindod Wells
Allan Caughter, Bangor
Brian Davies, Cardiff
Derek Osborne, Brecon
Gareth Prothero, Brecon
Gerald Davies, Cardiff
Glenn Aubrey, Caerphilly
Graham Coldwell, France

Humphrey Davies, Newtown
John Phillips
Les Jones, Prestatyn
Meredith Richards, Hwlfordd
Nick Fisher, Chepstow
Nick Williams, Glamorgan Valleys
Peter Mason, Cardiff
Richard Ellis
Roy Adams, Whitland
D Stephen Perks, Caerfyrddin
Terry Lewis, Menai Bridge
Wynford Leyshon, Loughor
Wyn Thomas, Llandyfriog

Chairman: Jo Warner, Cardiff

Vice Chairman: Steve Jones, Neath

Immediate Past Chairman: Gerald Davies, Cardiff

International Secretary: Zane Maynard, Swansea

MEETING OFFICIALS

Meeting Manager	Nigel Jones
Race Referee	Ann Thatcher
Chief Timekeeper	Geoff Wickens
Timekeeper	Andy Kerr
Judge	John Griffin
Judge Recorder	Les Cuthbert
Finish Line Co-ordinator	Graham Finlayson
Line Judge	Chris Lewis
Rope Controller	Craig Kearney
Funnel Steward	Emma Bagley
Funnel Steward	Jayne Evans
Barcode Chief	Derek Crowder
Barcode Timekeeper	Tony Kavanagh
Barcode Scanning	Kay Chapman
Start Area Co-ordinator	Derek Price
Race Starter	Val Davison
Announcer	Ian Griffiths

RULES OF THE MEETING

1. The event is a closed Cross-Country Championships for representative teams of the eight Schools' District Associations. In Wales.
2. Guest runners are not allowed.
3. In all age groups, District teams will consist of up to twelve athletes, with the first six athletes to finish forming the scoring team.
4. Race numbers should be issued to athletes strictly according to the Team List showing their allocated number.
5. Team alteration forms are to be handed in to the Recorders ON ARRIVAL at Brecon, and no later than 12.45 pm. The Recorders are based in the Pavilion at the Athletics Track.
7. The first three athletes, in each age group race, will be awarded a Championship medal.
8. In each age race, the leading six members of the first three teams will be awarded team medals.
9. A Trophy will be awarded to the winning team in each of the age group.
10. An Overall Trophy will be awarded to the District gaining most team points in the eight sections.

TEAM SCORING SYSTEM

1. **For Districts finishing a full scoring team of six runners:**
Districts are sorted into order on the basis of the sum of the positions of their six scoring athletes, with the District with the lowest total being placed first.
2. In the event of two Districts having full scoring teams with the same total, the District with the better positioned sixth place runner is awarded the higher team placing.
3. Team points are allocated to Districts, with full scoring teams, from fifteen points for the first team, reducing by one point for each lower position.
4. **For Districts with Incomplete teams:**
Districts are allocated one point for each of their athlete who finishes.

ACKNOWLEDGEMENTS

The Welsh Schools' Athletics Association would like to record its grateful thanks to the many people and organisations which support us in our activities, including: Sport Wales, UK Athletics, and our partners at Welsh Athletics.

The Headteacher and Governing Body of Brecon High School for use of their playing fields.

The Staff of Freedom Leisure and Brecon Athletic Club for the use of their changing accommodation, the pavilion and the Leisure Centre, and for providing the refreshment service.

St John Cymru Wales for medical cover at these championships.

All officials, parents teachers and coaches here today who have given of their time to organise, support, and officiate at these Championships.

2023 INTERNATIONAL ENDURANCE PROGRAMME AND SELECTION OF WELSH SCHOOLS TEAMS

1. THE SIAB SCHOOLS U15 & U17 CROSS COUNTRY INTERNATIONAL

The middle and Junior Teams will be competing at the annual SIAB Schools International, to be held at Sefton Park, Liverpool (England) on Saturday 25th March 2023

Teams of eight athletes will be selected in each age group. The opposition will be the best eight pupils from English Schools, Scottish Schools and All-Ireland Schools.

Mixed teams of four will also represent the association in the SIAB Cross Country Relays for both junior and Inter age groups as part of the same meeting.

2. SELECTION

Selections will be based on the following:

- First 6 “past the post” at the Welsh Schools Cross Country Championships (to be held at Brecon on Wednesday, February 15th) to be automatically selected in the Junior and Middle teams to represent the Association at SIAB or (if preferred) a place in the Mixed Relay Teams
- The final 2 places for the full course Junior and Middle teams and the mixed relay teams will be selected from the following on current form at the following races:
 - Performances at the Welsh Inter-Schools/Inter Regional Championships on 19th November, the Welsh Schools Cross Country Championships on 15th February & Welsh Athletics Cross Country Championships on 25th February
 - 2023 Indoor performances will be considered for the mixed relays.

Athletes unable to compete in the Championships can ask for special consideration at the selection meeting (via use of the approved proforma through District Team Managers).

Selected athletes will be notified within 24 hours of selection.

FULL DETAILS ARE AVAILABLE ON THE ‘COMPETING FOR WALES’ SECTION OF THE WELSH ATHLETICS WEBSITE



WELSH SCHOOLS ATHLETICS ASSOCIATION CROSS COUNTRY CHAMPIONSHIPS



RACE 1 JUNIOR GIRLS 13:00 3,540M

AFAN NEDD Tawe - PEN 6

101	Libby HALE	Bishopston comp	107	Gwennan GRIFFITHS	YG Gwyr
102	Chloe HARTLEY-GREEN	Bishopston comp	108	Lola CANNON	YG Gwyr
103	Holly HUMPHREYS	YG Gwyr	109	Isabelle DAVIES	Bishopston comp
104	Millie PIERCE	Olchfa School	110	Tabitha VENTRESS-BRETT	Olchfa School
105	Ruby MILLS	Cefn Hengoed	111	Isobel BRAMHALL	Olchfa School
106	Hannah JONES	YG Gwyr	112	Imogen MCADIE	YG Gwyr

CARDIFF & THE VALE OF GLAMORGAN - PEN 1

201	Bryony BOYCE	Cathedral School	207	Florence PORTER	Cowbridge
202	Sioned JOHN	Ysgol Glantaf	208	Alys GRANT	Cardiff High School
203	Imogen DAVIES	YG Bro Morgannwg	209	Gwenllian EVANS	Ysgol Glantaf
204	Rebeca HARRIES	Pencoedtre High	210	Ffion MARSHALL	Ysgol Glantaf
205	Elffin BRYANT	Ysgol Glantaf	211	Emily EDGE	Bishop of Llandaff
206	Olivia LING	Radyr Comprehensive	212	Olivia MORGAN	Cathedral School

DYFED - PEN 7

301	Lowri MORAN	Bro Dinefwr	307	Lily MORGAN	Greenhill
302	Seren KIRK	Caer Elen	308	Harriet DAVIES	Bro Teifi
303	Maisie FOSTER	Dyffryn Taf	309	Talia JONES	Aberaeron School
304	Daisy GLADSCUTTING	Castle School - Pembrokeshire	310	Brooke LINSEY	Dyffryn Aman
305	Eva DAVIES	Bro Pedr	311	Evie-Rae WINTER	Cardigan
306	Sophie COTTON	Bro Pedr	312	Grug DAVIES	Ysgol Y Preseli

ERYRI - PEN 3

401	Angharad RHYS	Ysgol Godre'r Berwyn	407	Pola GOLASKI	Ysgol Friars
402	Lili COPELAND	Rydal	408	Daisy DOODSON	Ysgol Botwnnog
403	Evie BAYMAN	Ysgol Friars	409	Gwen PERKINS	Dyffryn Nantlle
404	Elan GRIFFITHS	Ysgol Gyfun Llangefni	410	Rosie PARSLEY	Eirias
405	Amelie CHANDRAN	St Davids College	411	--	TBC
406	Nia DAVIES	Ysgol Friars	412	--	TBC

GLAMORGAN VALLEYS - PEN 4

501	Eleanor WRIGHT NICHOLAS	Cwm Rhymni Y Gwyndy	507	Megan PEWTNER	Cwm Rhymni-Gelli Haf
502	Allie ADAMS	Ysgol Cwm Rhondda	508	Grace BRADY	Bryn Cellynnog School
503	Mari GIBSON	Llangynnydd	509	Ella JONES	Afon Taf High
504	Eva PARRY	Cwm Rhymni-Gelli Haf	510	Grace PATTERSON	Brynteg
505	Ffion MULFORD	Ysgol Cwm Rhondda	511	Sophie COLES	Llangynnydd
506	Isabelle LEWIS	St John Baptist	512	Anwen HOW	Ysgol Llanhari

NORTH EAST WALES - PEN 5

601	Heather WATSON	Hawarden High School	607	--	TBC
602	Evie HUGHES	Maelor School	608	--	TBC
603	Jenna SCHOLTZE	Castell Alun	609	--	TBC
604	Eva MCKENZIE	Mold Alun	610	--	TBC
605	--	TBC	611	--	TBC
606	Lilly DAVIES	Hawarden High School	612	--	TBC

POWYS - PEN 2

701	Maddie HUGHES	Llanidloes	707	Beth STEVENS	Ysgol Bro Caereinion
702	Olivia MORGAN	Llanidloes	708	Emma GUNNING	Gwernyfed
703	Pippa HARRIS	Brecon High	709	Cari JONES	Llanfyllin High School
704	Libby LOXAM	Welshpool High School	710	Tamzin LILLS	Brecon High
705	Amy SAYCE	Newtown High School	711	--	TBC
706	Elizabeth MORRIS	Gwernyfed	712	--	TBC

SOUTH EAST WALES - PEN 8

801	Clara RHODES	Bassaleg School	807	Carys HUGHES	Monmouth Girls Prep School
802	Alice MEREDITH	Monmouth Girls Prep School	808	Lara CREWE-REED	Monmouth Girls Prep School
803	Alicia KELLY	King Henry	809	Darcy EVENTON	Monmouth Girls Prep School
804	Luned BUDGE	Gwent Is Coed	810	Maddison BROWN	Blackwood
805	Sophie STEELE	Chepstow	811	Poppy TURTON	Rougemont School
806	Lily-May HENDRY	Ebbw Fawr	812	Rowan SHAPLEY-HIGGINSON	King Henry

PREVIOUS EVENT WINNERS (10 YEARS)

2013	Cari HUGHES	Eryri	2018	Samia JONES	Eryri
2014	Lucy DAVIES	Dyfed	2019	Gwenno GOODE	Cardiff & Vale
2015	Abi FISHERS	Powys	2020	Bethan HARDMAN	Cardiff & Vale
2016	Mia ROBERTS	North East Wales	2021	No competition	
2017	Aimee CALLOW	Cardiff & Vale	2022	Libby HALE	Afan Nedd Tawe

2022 TEAM SCORES

Pos	District	Points	pos	District	Points
1	Afan Nedd Tawe	50	5	South East Wales	202
2	Cardiff & the Vale	79	6	Dyfed	214
3	North East Wales	110	7	Glamorgan Valleys	272
4	Powys	122	8	Eryri	282



WELSH SCHOOLS ATHLETICS ASSOCIATION CROSS COUNTRY CHAMPIONSHIPS



RACE 2 JUNIOR BOYS 13:20 4,500M

AFAN NEDD Tawe - PEN 7

113	Osian DAVIES	YG Bro Dur	119	Lukas ARMSTRONG	Olchfa School
114	Elliott MORRIS	YG Bro Dur	120	Josh CLEAVE	Cwmtawe
115	Sam REES	YG Gwyr	121	Jack SULLIVAN	Bishop Gore
116	Osian MORGAN	Gowerton	122	Jonathan BATES	Bryn Tawe
117	Soloman BAKER	Ffynone House School	123	Declan VULGT	Bryn Tawe
118	Deri JONES	YG Gwyr	124	Luca SIMONCINI	Bishopston comp

CARDIFF & THE VALE OF GLAMORGAN - PEN 3

213	Finlay BURNS	Cardiff High School	219	Samuel LINDELL	Whitchurch
214	Aaron NATHAN	Cowbridge	220	Thomas PASCOE	Ysgol Glantaf
215	Alexander STAMP	Radyr Comprehensive	221	Patrick MANSFIELD	Cathedral School
216	Jake CROCK	Corpus Christi	222	Osian ROWE	YG Bro Morgannwg
217	Osian EMMERSON	Whitchurch	223	Emyr MORGAN	Cardiff High School
218	Gordon THURSING PALMER	Ysgol Glantaf	224	Thomas HOLLIDAY	Llanishen High

DYFED - PEN 4

313	Farrall GORDON	Castle School - Pembrokeshire	319	Osian JONES	Maes Y Gwendraeth
314	Declan ROBERTS	TBC	320	Gethin THOMAS	Queen Elizabeth High School
315	Sonny FORBES TINSLEY	Aberaeron School	321	Tristan WILLIAMS	Bro Pedr
316	Freddie CORFELL	Ysgol Y Strade	322	Reuben JONES	Dyffryn Taf
317	Rhys JONES	Bro Myrddin	323	Noah ANYADIKE	Maes Y Gwendraeth
318	Dyfan JAMES	Bro Dinefwr	324	Llew RHYS	Maes Y Gwendraeth

ERYRI - PEN 5

413	Alfie SHILAND	Aberconwy school	419	Jac JONES	Syr Hugh Owen School
414	Euan LEONARD	Aberconwy school	420	Cafan THOMAS	Brynrefail School
415	Osian PARRY	David Hughes	421	Caio GRIFFITHS	Ysgol Botwnnog
416	Ianto CAWLEY	Dyffryn Conwy	422	Ben GREENHOUGH	St Davids College
417	George CLEMENCE	Bryn Eilian	423	Deri HOCKLEY	Brynrefail School
418	Morgan JONES	Syr Hugh Owen School	424	--	TBC

GLAMORGAN VALLEYS - PEN 2

513	Garyn TOUGH	Aberdare Community School	519	Gethyn LEHAJ	Cwm Rhymni-Gelli Haf
514	Cian TOUGH	Aberdare Community School	520	Caden PARHAM	Cwm Rhymni-Gelli Haf
515	Evan DAVIES	Aberdare Community School	521	Zachary THOMAS	Maesteg Comp
516	William MACKIE	Cyfarthfa	522	Rhydian LLOYD FRANCIS	Llangynnydd
517	Garth PRITCHARD	Aberdare Community School	523	Hari TUDOR-ASVELD	Ysgol Garth Olwg
518	Oscar POWELL	Bryn Cellynnog School	524	Tom GILBERT	St Martins Comp

NORTH EAST WALES - PEN 8

613	Ellis MARTIN	Ysgol Glan Clwyd	619	Zac CAMPBELL	Darland School
614	Alfie EVANS	Connah's Quay H.S.	620	Tom ANTROBUS	Castell Alun
615	Oliver WELSH	Mold Alun	621	Ryan DELANEY	Mold Alun
616	Lewis DAVIES	Maes Garmon	622	--	TBC
617	Toby LEMON	Hawarden High School	623	--	TBC
618	Oliver BIRCH	Prestatyn High School	624	--	TBC

POWYS - PEN 6

713	Chris BENSON	Llanfyllin High School	719	Eifion HOLDER	Ysgol Calon Cymru
714	Noah WHITE	Welshpool High School	720	Will PURDY	Llanidloes
715	Iestyn ROWLANDS	Llanidloes	721	Evan LEWIS	Ysgol Bro Caereinion
716	Finn DIXON	Llanfyllin High School	722	Archie MORTON	Ysgol Calon Cymru
717	Harvey LLOYD-JONES	Ysgol Bro Caereinion	723	Joe EDWARDS	Crickhowell
718	Tomas RUSHTON	Welshpool High School	724	Joel LLOYD-JONES	Ysgol Bro Caereinion

SOUTH EAST WALES - PEN 1

813	Lucas SALVAGE	St Julians	819	Matthew POWELL	Monmouth School for Boys
814	Tom GURROD	Rougemont School	820	Zac HOPKINS	Bassaleg School
815	Will CHALK	Monmouth Comp	821	Lucas HARRIS	Monmouth Comp
816	Dylan EVANS	St Josephs RC Newport	822	Joe ROBERTS	Bassaleg School
817	John GIBBY	Monmouth School for Boys	823	Alexander MEDDINS	Chepstow
818	Lewis GRIFFITHS-BURDON	Chepstow	824	Tyler GIBBS	Croesyceiliog School

PREVIOUS EVENT WINNERS (10 YEARS)

2013	Jake Heyward	Cardiff & the Vale	2018	Adam Beer	Dyfed
2014	Tomos Nesham	Glamorgan Valleys	2019	Frank Morgan	Dyfed
2015	Luke Davies	Powys	2020	Callum Morgan	Powys
2016	Nathan Jones	Afan Nedd Tawe	2021	No competition	
2017	Osian Perrin	Eryri	2022	Joshua SANDERS	Cardiff & the Vale

2022 TEAM SCORES

Pos	District	Points	pos	District	Points
1	Cardiff & the Vale	58	5	Glamorgan Valleys	146
2	Eryri	119	6	Afan Nedd Tawe	244
3	Dyfed	119	7	Powys	253
4	South East Wales	137	8	North East Wales	5



WELSH SCHOOLS ATHLETICS ASSOCIATION CROSS COUNTRY CHAMPIONSHIPS



RACE 3 SENIOR GIRLS 13:40 4.830M

AFAN NEDD Tawe - PEN 2

125	Ellie BREACH	Ysgol Ystalyfera	131	--	TBC
126	--	TBC	132	--	TBC
127	--	TBC	133	--	TBC
128	--	TBC	134	--	TBC
129	--	TBC	135	--	TBC
130	--	TBC	136	--	TBC

CARDIFF & THE VALE OF GLAMORGAN - PEN 8

225	Gwenno GOODE	YG Bro Morgannwg	231	Zoe DENTON-POWELL	Cardiff High School
226	Poppy TUCKER	YG Bro Morgannwg	232	Bethan HARDMAN	Cowbridge
227	Gabriella PASCOE	Cardiff & Vale College	233	Katrin POWELL	Cardiff High School
228	Faye O'CALLAGHAN	Cathedral School	234	Philippa ALLEN	Cowbridge
229	Skylar ROBBINS	St Davids College	235	Grace LANE	Cardiff High School
230	Lola OSMOND	Cardiff High School	236	Tegan TEDDER	Cowbridge

DYFED - PEN 6

325	Amelia WILLAMS	Bro Teifi	331	Esme LYNOCK	Bro Dinefwr
326	Lyra ROBERTS	St John Lloyd	332	Sali OWEN	Penweddig
327	Nansi GRIFFITHS	Greenhill	333	Anastasia EGGLESTON-STOKER	Llandovery College
328	Macy BLUE	Bro Myrddin	334	Rose PRIVE	Caer Elen
329	Skye BRUCE	Henry Tudor	335	Alana HARRIES	Bro Gwaun
330	Katie EVANS	St John Lloyd	336	Scarlet RICHARDS	Ysgol Gyfun Emlyn

ERYRI - PEN 1

425	Efa BAYNES	Brynrefail School	431	--	TBC
426	Ella GRUNDY	Dyffryn Conwy	432	--	TBC
427	Ceinwen THOMAS	Ysgol Godre'r Berwyn	433	--	TBC
428	Seren WOODALL	Eirias	434	--	TBC
429	Mabli BAYNES	Brynrefail School	435	--	TBC
430	Anwen JONES-HOCKLEY	St Gerard's	436	--	TBC

GLAMORGAN VALLEYS - PEN 7

525	Caitlin JONES	Merthyr College	531	--	TBC
526	Nia REDDY	St John Baptist	532	--	TBC
527	Abi JARVIS	St John Baptist	533	--	TBC
528	Freya ALLEN	Bryntirion	534	--	TBC
529	--	TBC	535	--	TBC
530	--	TBC	536	--	TBC

NORTH EAST WALES - PEN 3

625	--	TBC	631	--	TBC
626	--	TBC	632	--	TBC
627	--	TBC	633	--	TBC
628	--	TBC	634	--	TBC
629	--	TBC	635	--	TBC
630	--	TBC	636	--	TBC

POWYS - PEN 4

725	Maddie GRIFFITHS	Welshpool High School	731	--	TBC
726	Caitlyn BLOOR	Ysgol Bro Caereinion	732	--	TBC
727	Lisa AMATSUJI	Christ College Brecon	733	--	TBC
728	--	TBC	734	--	TBC
729	--	TBC	735	--	TBC
730	--	TBC	736	--	TBC

SOUTH EAST WALES - PEN 5

825	Alyssa BAKER	Caerleon Comprehensive	831	--	TBC
826	Jessica SWEENEY	Rougemont School	832	--	TBC
827	Imogen NASH	Rougemont School	833	--	TBC
828	Ceri GRIFFITHS	Bassaleg School	834	--	TBC
829	--	TBC	835	--	TBC
830	--	TBC	836	--	TBC

PREVIOUS EVENT WINNERS (10 YEARS)

2013	Georgia Garner	Eryri	2018	Abigail Fisher	Powys
2014	Rebecca Evans	Glam Valleys	2019	Bethan Davies	Eryri
2015	Heidi Davies	Powys	2020	Megan Friedli	Cardiff & the Vale
2016	Cari Hughes	Eryri	2021	No competition	
2017	Cari Hughes	Eryri	2022	Moli LYONS	Cardiff & the Vale

2022 TEAM SCORES

Pos	District	Points	pos	District	Points
1	Cardiff & the Vale	27	4=	Glamorgan Valleys	1
2	South East Wales	3	4=	Dyfed	1
3	Powys	2	7	Afan Nedd Tawe	0
4=	Eryri	1	8	North East Wales	0



WELSH SCHOOLS ATHLETICS ASSOCIATION CROSS COUNTRY CHAMPIONSHIPS



RACE 4 YEAR 7 BOYS 14:05 2,580M

AFAN NEDD Tawe - PEN 4

137	Oliver HALE	Bishopston comp	143	Brody PEARSON	Pontarddulais Comp
138	Thomas MACLEAN	Bishopston comp	144	Alfie GIMBLETT	Bryn Tawe
139	Harri ROBERTS-TRUMAN	Ysgol Ystalyfera	145	Toby JEREMIAH	YG Bro Dur
140	Rhys DAVIES	Morrison Comprehensive	146	Elis POWELL	YG Gwyr
141	Harry WELLS	YG Gwyr	147	Darrah MILES	Cwmtawe
142	Ellis BENNETT	Olchfa School	148	Beau GODSALL	Birchgrove Comp

CARDIFF & THE VALE OF GLAMORGAN - PEN 5

237	Lucas HOWARD MACHADO	Cardiff High School	243	Kinan AL SHAMAA	Whitchurch
238	Tobias EVANS	Whitchurch	244	Jacob RIXON	Radyr Comprehensive
239	Sam KAHAN	Cardiff High School	245	Archie THOMAS	Cathedral School
240	Hedd GRIFFITHS	Ysgol Glantaf	246	Jack HARRIES	Pencoedtre High
241	Osian BAILEY	Cathedral School	247	George WELSH	Whitchurch
242	Joshua THOMAS	Bro Edern	248	Marsai GAYLE	Llanishen High

DYFED - PEN 2

337	Sam GRIFFITHS	Bro Myrddin	343	Karim HUSSEIN	Coedcae (Llanelli)
338	William COLES	Bro Dinefwr	344	Ashon WILLIAM	Glan-y-Mor
339	Olly PEACH	Penrhyn Dewi	345	Sean MOULD	Bryngwyn
340	Thomas HUNTER	Redhill	346	Oscar FACCIUTO-EDWARDS	Coedcae (Llanelli)
341	Toby ANTHONY	Bro Myrddin	347	Jimmy DAVIS	Bro Myrddin
342	Deio THOMAS	Bro Teifi	348	Soloman SILVERSTON	Dyffryn Taf

ERYRI - PEN 8

437	Elis GRIFFITHS	Brynrefail School	443	Ioan WILLIAMS	Dyffryn Nantlle
438	Robin WILLIAMS	Ysgol Y Moelwyn	444	Jac DAVIES	Syr Hugh Owen School
439	Leo SAON	Ysgol Gyfun Llangejni	445	Harrison LEONARD	Bryn Elian
440	Dylan PRICE-CLISHEM	Ysgol Eifionydd	446	Charlie CORNER	Eirias
441	Iolo WILLIAMS	Ysgol Gyfun Llangejni	447	--	TBC
442	Ben HUGHES	Ysgol Friars	448	--	TBC

GLAMORGAN VALLEYS - PEN 6

537	Cobi JONES	Cwm Rhymni-Gelli Haf	543	Charlie LEE	Bryntirion
538	Jude JENKINS	Porthcawl Comprehensive	544	Olly MATTHEWS	Ysgol Garth Olwg
539	Luke WOODHOUSE	Pencoed Comprehensive	545	Harri JONES	Ysgol Garth Olwg
540	Ioan VALE	St John Baptist	546	Rowan GREEN	St Clares School Porthcawl
541	Ted LANCASTER	Ysgol Gyfun Rhydywaun	547	Laurence DENNEY	St Clares School Porthcawl
542	Nate GREIG	Bryntirion	548	Jacob WASHBOURNE	Porthcawl Comprehensive

NORTH EAST WALES - PEN 1

637	Elliott ROWE	Connah's Quay H.S.	643	Talan STRACHAN	Maelor School
638	Dylan WILLIAMS	Myddleton College	644	Iestyn ROBERTS	Brynhafod school
639	Harry ATHERTON	Hawarden High School	645	--	TBC
640	Sonny HARRISON	Castell Alun	646	--	TBC
641	Jack GEE	Darland School	647	--	TBC
642	Isaac GARCIA-LEWIS	Myddleton College	648	--	TBC

POWYS - PEN 7

737	Jude WHITE	Welshpool High School	743	Noah OLDFIELD	Llanidloes
738	Gethin GRIFFITHS	Llanidloes	744	Gruff JONES	Ysgol Bro Caereinion
739	Eli PRYCE	Welshpool High School	745	Elli HYDE	Newtown High School
740	Charlie TENNANT-EYLES	John Beddoes School	746	Logan MCBRIDE	Llanidloes
741	Llewellyn TURNER	Llanidloes	747	Archie EVANS	Llanfyllin High School
742	Thomas O'BRIEN	Christ College Brecon	748	--	TBC

SOUTH EAST WALES - PEN 3

837	Elliot HANRATTY	Monmouth School for Boys	843	Macsen WATTS	Gwynllyw
838	Aaron SMITH	Abersychan	844	Rhys ANTHONY	Rougemont School
839	Jorge DE CRUZ	St Josephs RC Newport	845	Shogun SCRIVENS	Ebbw Fawr
840	Arthur WEIR	King Henry	846	Rhys ABBINETT	Bassaleg School
841	Sam DAVIES	Newbridge	847	Travis JONES	Abersychan
842	Harrison MEDDINS	Chepstow	848	Deiniol MORRIS	Gwent Is Coed

PREVIOUS EVENT WINNERS (10 YEARS)

2013	Luke Davies	Powys	2018	Jack Organ	Powys
2014	Daniel John	Glamorgan Valleys	2019	Iwan Thomas	Dyfed
2015	Osian Perrin	Eryri	2020	Jenson Allen	Afan Nedd Tawe
2016	Jacob Reynolds	Glamorgan Valleys	2021	No competition	
2017	Frank Morgan	Dyfed	2022	Tom GARROD	South East Wales

2022 TEAM SCORES

Pos	District	Points	pos	District	Points
1	Cardiff & the Vale	44	5	Afan Nedd Tawe	195
2	Eryri	92	6	Glamorgan Valleys	257
3	South East Wales	105	7	Dyfed	286
4	North East Wales	126	8	Powys	340



WELSH SCHOOLS ATHLETICS ASSOCIATION CROSS COUNTRY CHAMPIONSHIPS



RACE 5 YEAR 7 GIRLS 14:20 2,580M

AFAN NEDD Tawe - PEN 8

149	Georgie-Bo DAVIES	YG Gwyr	155	Hannah HARTLEY-GREEN	Bishopston comp
150	Taylor SHELMEADINE	Bishopston comp	156	Lyla JOHNSON	Bishopston comp
151	Ella DREW	Gowerton	157	Mylee WATKINS	YG Bro Dur
152	Annie EVANS	Ysgol Bae Baglan	158	Evie EVANS	YG Gwyr
153	Milly HARRIS	Gowerton	159	Ruby CANNON	YG Gwyr
154	Hannah SULLIVAN	Bishop Gore	160	Darcey GIBBON	Bishopston comp

CARDIFF & THE VALE OF GLAMORGAN - PEN 6

249	Eloise NEENAN	Cowbridge	255	Elin MATTHEWS	Ysgol Glantaf
250	Elinor ROBERTS	Ysgol Glantaf	256	Betty AHMED	YG Bro Morgannwg
251	Lily PARSONS	Cardiff High School	257	Lily DAVIES	Llantwit Major
252	Seren HARDMAN	Cowbridge	258	Catrin THOMAS	Ysgol Glantaf
253	Emilia DAVIES	YG Bro Morgannwg	259	Amelia GARVEY	Cowbridge
254	Amelie POWELL	Cardiff High School	260	Lleucu ROBERTS	YG Bro Morgannwg

DYFED - PEN 1

349	Carys WOOD	Greenhill	355	Phyllis DAVIES	Redhill
350	Megan THOMAS	Bro Myrddin	356	Isla MCQUEEN	Redhill
351	Erin MORGAN	Bro Myrddin	357	Annabelle WILSON	Penrhyn Dewi
352	Leisa THOMAS	Bro Teifi	358	Holly JOHN	Haverfordwest High School
353	Carys KENIFORD	Henry Tudor	359	Eleanor WHITE	Haverfordwest High School
354	Amy KNOWLES	Haverfordwest High School	360	Francis MACKIE	Glan-y-Mor

ERYRI - PEN 7

449	Tamsin SEGUIN	St Gerard's	455	Lucy GRANT	Ysgol Botwnnog
450	Esyllt OWEN	Ysgol Gyfun Llangefni	456	Della MATHEWS	St Gerard's
451	Martha BOWEN	Bodedern	457	Cara EDWARDS	Ysgol Gyfun Llangefni
452	Holly WORTH	Ysgol Friars	458	Cati ROBERTS	Ysgol Botwnnog
453	Lili WILLIAMS	Dyffryn Ogwen	459	--	TBC
454	Catrin EVANS	Dyffryn Nantlle	460	--	TBC

GLAMORGAN VALLEYS - PEN 3

549	Ariana SULLIVAN	Cwm Rhymni Y Gwyndy	555	Maisie FOWLER	Ysgol Garth Olwg
550	Isobel THIE	Y Pant Comprehensive	556	Evie-Louise CORNS	Cwm Rhymni-Gelli Haf
551	Hefina LEWIS	Cwm Rhymni Y Gwyndy	557	Carys DAVIES	Cwm Rhymni-Gelli Haf
552	Ellie-May HOLMES	Cwm Rhymni Y Gwyndy	558	Annabel PRICE	Cwm Rhymni Y Gwyndy
553	Lucy ARNOLD	St Clares School Porthcawl	559	Martha TUDOR-ASVEL	Ysgol Garth Olwg
554	Esme LEWIS	Brynteg	560	Pheobe CROWLEY	St John Baptist

NORTH EAST WALES - PEN 4

649	Katie DOHERTY	Flint High School	655	Evie MORTELL	Castell Alun
650	Phoebe BASNETT	Argoed	656	Tanwen ROBERTS	Dinas Bran
651	Beatrice ROBERTS	Brynhyfryd school	657	Megan WILDE	Rhyl High School
652	Lili MCKENZIE	Mold Alun	658	--	TBC
653	Seren TIMPSON	Rhyl High School	659	--	TBC
654	Maisie JONES	Hawarden High School	660	--	TBC

POWYS - PEN 5

749	Nansi EVANS	Ysgol Bro Caereinion	755	Amy HEATH	Ysgol Bro Caereinion
750	Rene THURSTON	Llanidloes	756	Poppy JONES	Llanidloes
751	Cecily MEARS	Christ College Brecon	757	Lois GOODWIN	Welshpool High School
752	Cara PRICE	Ysgol Bro Caereinion	758	Freya MAY	Ysgol Bro Caereinion
753	Anna BEHARRELL	Christ College Brecon	759	Lily CATRIN-THOMAS	Llanidloes
754	Bella ROBERTS	Welshpool High School	760	Elizabeth SYMMONDS	Brecon High

SOUTH EAST WALES - PEN 2

849	Leah RHODES	Bassaleg School	855	Bethany BRINLEY	King Henry
850	Amelia FOX-GRAHAM	Monmouth Girls Prep School	856	Ffion EVANS	Monmouth Comp
851	Poppy HOWELLS	Islwyn High School	857	Phoebe KERSHAW-NAYLOR	Monmouth Girls Prep School
852	Poppi SMITH	Caerleon Comprehensive	858	Molly BRYDEN	Monmouth Girls Prep School
853	Megan SHARP	Bassaleg School	859	Mathilde HIRST	Monmouth Girls Prep School
854	Millie BERRY	Bassaleg School	860	Josie EVANS	Monmouth Girls Prep School

PREVIOUS EVENT WINNERS (10 YEARS)

2013	Lucy Dennis	Glam Valleys	2018	Maddie Griffiths	Powys
2014	Eluned King	Afan Nedd Tawe	2019	Anna Rose Merchant	Glam Valleys
2015	Caitlin Gwyther	Afan Nedd Tawe	2020	Ruby Herdman	Powys
2016	Daisy Thompson	Dyfed	2021	No competition	
2017	Neisha Roberts	North East Wales	2022	Bryony BOYCE	Cardiff & the Vale

2022 TEAM SCORES

Pos	District	Points	pos	District	Points
1	Cardiff & the Vale	77	5	Eryri	162
2	Glamorgan Valleys	94	6	North East Wales	192
3	Dyfed	107	7	Afan Nedd Tawe	304
4	South East Wales	140	8	Powys	322



WELSH SCHOOLS ATHLETICS ASSOCIATION CROSS COUNTRY CHAMPIONSHIPS



RACE 6 SENIOR BOYS 14:35 5,790M

AFAN NEDD Tawe - PEN 1

161	Morgan WILLIS	Gower College	167	--	TBC
162	Tesfaye SHUGI	Bishop Vaughan School	168	--	TBC
163	Noah DUNSTON	Ffynone House School	169	--	TBC
164	Matthew COX	Neath PT College	170	--	TBC
165	Joshua PRITCHARD	YG Gwyr	171	--	TBC
166	--	TBC	172	--	TBC

CARDIFF & THE VALE OF GLAMORGAN - PEN 7

261	Ben FARRELL	Whitchurch	267	Harry BURNS	Ysgol Glantaf
262	Alex RIDOUT	Whitchurch	268	Tom DRISCOLL	Cardiff High School
263	Dylan HANDS	Cardiff High School	269	Ifan SION	YG Bro Morgannwg
264	Tom MORRIS	Cardiff High School	270	Macsen STOCKTON	YG Bro Morgannwg
265	Steffan RAYMENT	Ysgol Glantaf	271	Joesph JOYCE	Radyr Comprehensive
266	Owen FITZGERALD	Cardiff High School	272	Rhys SMART	Howell's College

DYFED - PEN 3

361	Iwan THOMAS	Glan-y-Mor	367	Gwion WILLIAM	Bro Myrddin
362	Liam REGAN	Bro Pedr	368	Corin MAXWELL	Queen Elizabeth High School
363	Finley BRUCE	Ysgol Y Preseli	369	Alex COLES	Bro Dinefwr
364	William HARRIS	Haverfordwest High School	370	Etienne HOLE	Bro Gwaun
365	Ifan BOWEN	Bro Myrddin	371	Macsen TOOGOOD	Bro Dinefwr
366	Jake LYNCOCK	Bro Dinefwr	372	Josh BARNETT	Dyffryn Taf

ERYRI - PEN 4

461	Dion GRIFFITH	GLLM - Coleg Menai	467	Noa VAUGHAN	GLLM - Coleg Menai
462	Math THOMAS	Dyffryn Conwy	468	--	TBC
463	Oliver MCEACHERN	Bodedern	469	--	TBC
464	Oliver CHANDERON	St Davids	470	--	TBC
465	Scott HEWITT	St Davids	471	--	TBC
466	Huw MORRIS	Bodedern	472	--	TBC

GLAMORGAN VALLEYS - PEN 5

561	Leroy GRIFFITHS	Tonyrefail Community School	567	--	TBC
562	Sean PETTY	Brynteg	568	--	TBC
563	Benjamin PRICE	Coleg y Cymoedd	569	--	TBC
564	--	TBC	570	--	TBC
565	--	TBC	571	--	TBC
566	--	TBC	572	--	TBC

NORTH EAST WALES - PEN 2

661	Henry PURCELL	Hawarden High School	667	--	TBC
662	Henry FIRTH	Brynhaftryd school	668	--	TBC
663	--	TBC	669	--	TBC
664	--	TBC	670	--	TBC
665	--	TBC	671	--	TBC
666	--	TBC	672	--	TBC

POWYS - PEN 8

761	Deri MCCLUSKEY	Llanfyllin High School	767	--	TBC
762	Aled BREEZE	Welshpool High School	768	--	TBC
763	Callum MORGAN	Welshpool High School	769	--	TBC
764	Owen PRICE DAVIES	Gwernyfed	770	--	TBC
765	Tristan CUMBERLAND	Ysgol Calon Cymru	771	--	TBC
766	Oscar DAVIES	Ysgol Calon Cymru	772	--	TBC

SOUTH EAST WALES - PEN 6

861	Rhys PHILLIPS	Monmouth School for Boys	867	--	TBC
862	Oliver LLOYD	Monmouth School for Boys	868	--	TBC
863	Leo EVANS	Monmouth School for Boys	869	--	TBC
864	Oliver PRICE	TBC	870	--	TBC
865	Henry EVANS	Monmouth School for Boys	871	--	TBC
866	Leo STARK	Bassaleg School	872	--	TBC

PREVIOUS EVENT WINNERS (10 YEARS)

2013	Mike Ward	Cardiff & the Vale	2018	James Vincent	Cardiff & the Vale
2014	Iolo Hughes	Eryri	2019	Larry Ryan	Cardiff & the Vale
2015	Christian Lovatt	Dyfed	2020	Cian Ralphs	Cardiff & the Vale
2016	Ciaran Lewis	Cardiff & the Vale	2021	No competition	
2017	Jake Heyward	Cardiff & the Vale	2022	Rhys HARDMAN	Cardiff & the Vale

2022 TEAM SCORES

Pos	District	Points	pos	District	Points
1	Cardiff & the Vale	63	5	Eryri	2
2	Dyfed	72	6	Powys	1
3	Glamorgan Valleys	4	7	Afan Nedd Tawe	1
4	South East Wales	3	8	North East Wales	0



WELSH SCHOOLS ATHLETICS ASSOCIATION CROSS COUNTRY CHAMPIONSHIPS



RACE 7 MIDDLE GIRLS 15:00 4,500M

AFAN NEDD Tawe - PEN 5

173	Amy THOMAS	YG Gwyr	179	Anna WILLIAMS	Bishopston comp
174	Ava DAVIES	Olchfa School	180	Gemma HALE	Bishopston comp
175	Sophie HARTLEY-GREEN	Bishopston comp	181	Rhiannon HEREDIA-ROWE	YG Gwyr
176	Bethany CLIFFORD	St Josephs RC Port Talbot	182	Natalie COUGHLAN	Pontarddulais Comp
177	Lily WILLIAMS	Dwr Y Felin	183	Eden PEAKE	Bishopston comp
178	Nia THOMAS	YG Bro Dur	184	Lottie ROBINSON	Bishopston comp

CARDIFF & THE VALE OF GLAMORGAN - PEN 2

273	Millie GOLD	St Illtyd's	279	Angharad MALLET	Bishop of Llandaff
274	Mabli PHILLIPS	Ysgol Glantaf	280	Neve JONES	YG Bro Morgannwg
275	Mali MACDUFF	Cowbridge	281	Abigail ELSON	Whitchurch
276	Hollie LEWIS	Cowbridge	282	Seren THOMAS	Ysgol Glantaf
277	Rebeca DERRICK	Ysgol Glantaf	283	Anna WATTS	Cowbridge
278	Rose BELL	Cardiff High School	284	Hannah JAMES-RODERICK	Bishop of Llandaff

DYFED - PEN 8

373	Ffion DULSEY	Ysgol Y Preseli	379	--	TBC
374	Amy TUCKER	Coleg Sir Gar	380	--	TBC
375	Jasmine JONES	Llandovery College	381	--	TBC
376	Gwenllain MASON	Penweddig	382	--	TBC
377	--	TBC	383	--	TBC
378	--	TBC	384	--	TBC

ERYRI - PEN 6

473	Beca BOWN	Bodedern	479	Cadi WYN	Ysgol Eifionydd
474	Cara SCOTT	Ysgol Botwnnog	480	Alaw SWYN	Brynrefail School
475	Ciara CUST	Bryn Elian	481	Tallulah SEGUIN	St Gerard's
476	Isabelle SHAW	Brynrefail School	482	Mai ROBERTS	Ysgol Glan Y Môr
477	Cadi FRENCH	Ysgol Eifionydd	483	--	TBC
478	Ellie ROBERTS	Ysgol Friars	484	--	TBC

GLAMORGAN VALLEYS - PEN 4

573	Katy GRIFFITHS	Bryntirion	579	Brooke THOMAS	Cwm Rhymni-Gelli Haf
574	Emily TREASURE	Maesteg Comp	580	Cerys COOMBES	Llangynnydd
575	Grace GRIFFITHS	Nantgwyn	581	Seren Faith COLLINGS	Cwm Rhymni Y Gwyndy
576	Lily STEPHENS	Llangynnydd	582	Sophia GOULDING	Ysgol Garth Olwg
577	Kara BENNETT	Ysgol Garth Olwg	583	Mali CRIMMINGS	St John Baptist
578	Isabelle JACKLIN	St John Baptist	584	Lili EVANS	Cwm Rhymni Y Gwyndy

NORTH EAST WALES - PEN 7

673	Josie HURST	Mold Alun	679	--	TBC
674	Abigail DOHERTY	Flint High School	680	--	TBC
675	Layla BRADBROOK	Mold Alun	681	--	TBC
676	Erin SMITH	Maelor School	682	--	TBC
677	Immy JONES	Darland School	683	--	TBC
678	Lucy DUTTON	Rhosnesni	684	--	TBC

POWYS - PEN 3

773	Mackenzie MCCOURT	Welshpool High School	779	Cerys SHIRLEY-SMITH	Ysgol Bro Caereinion
774	Emily PELTOR	Crickhowell	780	Lili EDWARDS	Ysgol Bro Caereinion
775	Catrin GRIFFITHS	Ysgol Bro Caereinion	781	Ruby HERDMAN	Brecon High
776	Seren EVANS	Llanidloes	782	--	TBC
777	Carys BLOWERS	Llanfyllin High School	783	--	TBC
778	Soffia JONES	Llanfyllin High School	784	--	TBC

SOUTH EAST WALES - PEN 4

873	Lilly OAKENFULL	Bassaleg School	879	Freya TAYLOR	Monmouth Girls Prep School
874	Chloe BIGGS	Bassaleg School	880	Bibi AMES	Bassaleg School
875	Anyia BRADY	Caldicot	881	Paige DOUGLAS	Caldicot
876	Kate OXENHAM	Chepstow	882	Zahara SOLOS	Monmouth Girls Prep School
877	Lucy TONES	Caerleon Comprehensive	883	Daryna KUKHTIN	Newbridge
878	Emily WALKER	Chepstow	884	Connie REEKS	Caldicot

PREVIOUS EVENT WINNERS (10 YEARS)

2013	Ellie Atkinson	Cardiff & the Vale	2018	Ashleigh Willis	Afan Nedd Tawe
2014	Cari Hughes	Eryri	2019	Samia Jones	Eryri
2015	Cari Hughes	Eryri	2020	Samia Jones	Eryri
2016	Carys Bill	Cardiff & the Vale	2021	No competition	
2017	Mia Roberts	North East Wales	2022	Beca BOWN	Eryri

2022 TEAM SCORES

Pos	District	Points	pos	District	Points
1	Eryri	95	5	North East Wales	202
2	Glamorgan Valleys	101	6	South East Wales	235
3	Cardiff & the Vale	105	7	Afan Nedd Tawe	240
4	Dyfed	134	8	Powys	5



WELSH SCHOOLS ATHLETICS ASSOCIATION CROSS COUNTRY CHAMPIONSHIPS



RACE 8 MIDDLE BOYS 15:20 4,830M

AFAN NEDD Tawe - PEN 3

185	Thomas LOYNES	Llangatwg	191	Woody REES	Bishopston comp
186	Emanuel SIDORENKO	Penyrheol	192	Oliver PATTERSON	Olchfa School
187	Cameron REES	Hendrefelin	193	Gavin ALEXANDER	YG Gwyr
188	Jacob HILLS	Penyrheol	194	Joseph RICHARDSON	Ysgol Bae Baglan
189	Ashton PARRY	Cwmtawe	195	Oliver VINCENT-OWEN	Cwm Brombil
190	Steffan HIGGINS	Bryn Tawe	196	Callum JOHNS	Penyrheol

CARDIFF & THE VALE OF GLAMORGAN - PEN 4

285	Cian HAROLD	Bishop of Llandaff	291	Kaiden BAUGH	Llantwit Major
286	Joshua SANDERS	Whitchurch	292	Harry OSBORNE	Pencoedtre High
287	Mathys VENTER	Whitmore	293	Lucas SNOW	Llanishen High
288	Rhys PLADDY	Llanishen High	294	William ROBERTS	Ysgol Glantaf
289	Samuel BOYCE	Cathedral School	295	Harry TURNER	Corpus Christi
290	Tomos HORN	YG Bro Morgannwg	296	Alfie OSBORNE	Pencoedtre High

DYFED - PEN 5

385	Rhys LLEWELLYN	Pembrokeshire College	391	Harry YOUNG	Milford Haven
386	Iestyn STEPHENS	Bro Pedr	392	--	TBC
387	Steffan BRIDFER	Haverfordwest High School	393	--	TBC
388	Iwan WILSON	Ysgol Y Strade	394	--	TBC
389	Jack BRUCE	Ysgol Y Preseli	395	--	TBC
390	Steffan DAVIES	Bro Myrddin	396	--	TBC

ERYRI - PEN 2

485	Rowan TOWNSEND	St Gerard's	491	Tomos MORGAN	Ysgol Botwnnog
486	Miguel JENKINS	Ysgol Friars	492	Ellis DAVIES	Syr Hugh Owen School
487	Sion EDWARDS	John Bright	493	Noah EVANS	Dyffryn Nantlle
488	Ben SERGENT	David Hughes	494	Yannik EVANS	Dyffryn Nantlle
489	Caron WILLIAMS	Dyffryn Conwy	495	--	TBC
490	Noah WOOD	Ysgol Botwnnog	496		

GLAMORGAN VALLEYS - PEN 8

585	Iwan FROLEY	Porthcawl Comprehensive	591	Daniel HIGGS	Cardinal Newman
586	Daniel WHITAKER	Porthcawl Comprehensive	592	Charlie LANYON	Ysgol Llanhari
587	Tomos DAVIES	Bryntirion	593	Charlie MALPAS	Ysgol Llanhari
588	Harvey LEE	Cwm Rhymni-Gelli Haf	594	Aled EVANS	Ysgol Llanhari
589	Daniel MAY	Brynteg	595	Dafydd HULSE	Ysgol Llanhari
590	Jed WHERLOCK	Bedwas High School	596	Kian WILSON	Ysgol Llanhari

NORTH EAST WALES - PEN 6

685	Oliver EVANS	Connah's Quay H.S.	691	Daniel MITCHELL	Elfed
686	Whalen MWEBE	Dinas Bran	692	--	TBC
687	Henry FIRTH	Brynhyfryd school	693	--	TBC
688	Jacob WELSH	Mold Alun	694	--	TBC
689	Gruffydd PRICE	Brynhyfryd school	695	--	TBC
690	Oliver HARRISON	Mold Alun	696		

POWYS - PEN 1

785	Matthew BENSON	Llanfyllin High School	791	Finlay MEACOCK	Llanfyllin High School
786	Joe MURPHY	Christ College Brecon	792	Oliver O'BRIEN	Christ College Brecon
787	Toby BENNETT	Crickhowell	793	Arwyn WALBY	Ysgol Calon Cymru
788	Lloyd GOODWIN	Welshpool High School	794	Rhys EDWARDS	Ysgol Bro Caereinion
789	Charlie ROBERTS	Llanidloes	795	Alex PELTOR	Crickhowell
790	Evan ROBERTS	Llanfyllin High School	796	--	TBC

SOUTH EAST WALES - PEN 7

885	Oscar NASH	Rougemont School	891	Zane DICKERSON	Abertillery
886	William EDWARDS	Caerleon Comprehensive	892	Iestyn READ	Bassaleg School
887	Jayden BOWGEN	Islwyn High School	893	Joshua DAVIES	Croesyceiliog School
888	Vaughan HUGHES	Bassaleg School	894	Alfie SHAW	Newbridge
889	Kai POWELL	Abersychan	895	Jaden MORGAN	Islwyn High School
890	Arthur FUNNELL	Abersychan	896	Dylan MERCER	Bassaleg School

PREVIOUS EVENT WINNERS (10 YEARS)

2013	Iolo Hughes	Eryri	2018	Finley Hines	Afan Nedd Tawe
2014	Jake Heyward	Cardiff & the Vale	2019	Osian Perrin	Eryri
2015	Jake Heyward	Cardiff & the Vale	2020	Axel Lemaire	Eryri
2016	Oliver Barbaresi	Eryri	2021	No competition	
2017	James Penrose	South East Wales	2022	Iwan THOMAS	Dyfed

2022 TEAM SCORES

Pos	District	Points	pos	District	Points
1	Powys	67	5	South East Wales	184
2	Dyfed	79	6	Afan Nedd Tawe	203
3	Cardiff & the Vale	143	7	Glamorgan Valleys	238
4	North East Wales	173	8	Eryri	5



WELSH SCHOOLS ATHLETICS ASSOCIATION CROSS COUNTRY CHAMPIONSHIPS



PREVIOUS EVENT, 2022 RESULTS TOP 10 ATHLETES PER RACE

RACE 1 JUNIOR GIRLS

Cardiff & the Vale 48 - PTS

POS	ATHLETE	DISTRICT
1	Libby HALE	Afan Nedd Tawe
2	Millie GOLD	Cardiff & the Vale
3	Ruby HERDMAN	Powys
4	Maddie HUGHES	Powys
5	Mckenzie MCCOURT	Powys
6	Josie HIRST	North East Wales
7	Amy THOMAS	Afan Nedd Tawe
8	Chloe HARTLEY-GREEN	Afan Nedd Tawe
9	Ava DAVIES	Afan Nedd Tawe
10	Millie PIERCE	Afan Nedd Tawe

RACE 3 SENIOR GIRLS

Cardiff & the Vale 50 - PTS

POS	ATHLETE	DISTRICT
1	Moli LYONS	Cardiff & the Vale
2	Lottie PLEASANT	Eryri
3	Elin GRIFFITHS	South East Wales
4	Alyssa BAKER	South East Wales
5	Fiona BOSTOCK	Cardiff & the Vale
6	Poppy TUCKER	Cardiff & the Vale
7	Philippa ALLEN	Cardiff & the Vale
8	Manon DAVIS	Cardiff & the Vale
9	Chloe PIGGOTT	Glamorgan Valleys
10	Olivia HARWOOD	South East Wales

RACE 5 YEAR 7 GIRLS

Cardiff & the Vale 78 - PTS

POS	ATHLETE	DISTRICT
1	Bryony BOYCE	Cardiff & the Vale
2	Heather WATSON	North East Wales
3	Alys GRANT	Cardiff & the Vale
4	Isobel DAVIES	Glamorgan Valleys
5	Eleanor WRIGHT NICHOLAS	Glamorgan Valleys
6	Carys HUGHES	South East Wales
7	Rosie PARSLEY	Eryri
8	Esme LYNOCK	Dyfed
9	Seren NORTHALL	North East Wales
10	Maia GRIFFITHS	Cardiff & the Vale

RACE 7 MIDDLE GIRLS

Cardiff & the Vale 44 - PTS

POS	ATHLETE	DISTRICT
1	Beca BOWN	Eryri
2	Milly HANNANT	North East Wales
3	Cara SCOTT	Eryri
4	Mali MACDUFF	Cardiff & the Vale
5	Caitlin JONES	Glamorgan Valleys
6	Sophie KNOYLE	Cardiff & the Vale
7	Lily OAKENFULL	South East Wales
8	Maddie GRIFFITHS	Powys
9	Neve JONES	Cardiff & the Vale
10	Nia THOMAS	Afan Nedd Tawe

PEN STARTS

RACE 1	Pen 1 = CVG, Pen 2 = POW, Pen 3 = ERY, Pen 4 = GLV, Pen 5 = NEW, Pen 6 = ANT, Pen 7 = DYF, Pen 8 = SEW
RACE 2	Pen 1 = SEW, Pen 2 = GLV, Pen 3 = CVG, Pen 4 = CVG, Pen 5 = ERY, Pen 6 = POW, Pen 7 = ANT, Pen 8 = SEW
RACE 3	Pen 1 = ERY, Pen 2 = ANT, Pen 3 = NEW, Pen 4 = POW, Pen 5 = SEW, Pen 6 = DYF, Pen 7 = GLV, Pen 8 = CVG
RACE 4	Pen 1 = NEW, Pen 2 = DYF, Pen 3 = SEW, Pen 4 = ANT, Pen 5 = CVG, Pen 6 = GLV, Pen 7 = POW, Pen 8 = ERY
RACE 5	Pen 1 = DYF, Pen 2 = SEW, Pen 3 = GLV, Pen 4 = NEW, Pen 5 = POW, Pen 6 = CVG, Pen 7 = SEW, Pen 8 = ANT
RACE 6	Pen 1 = ANT, Pen 2 = NEW, Pen 3 = DYF, Pen 4 = ERY, Pen 5 = GLV, Pen 6 = SEW, Pen 7 = CVG, Pen 8 = POW
RACE 7	Pen 1 = GLV, Pen 2 = CVG, Pen 3 = POW, Pen 4 = SEW, Pen 5 = ANT, Pen 6 = ERY, Pen 7 = NEW, Pen 8 = DYF
RACE 8	Pen 1 = POW, Pen 2 = ERY, Pen 3 = ANT, Pen 4 = CVG, Pen 5 = DYF, Pen 6 = NEW, Pen 7 = SEW, Pen 8 = GLV

OPEN TRACK SCHOOL CODES

ANT = AFAN NEDD TAWE
CVG = CARDIFF & THE VALE OF GLAMORGAN
DYF = DYFED
ERY = ERYRI

RACE 2 JUNIOR BOYS

Dyfed 80 - PTS

POS	ATHLETE	DISTRICT
1	Joshua SANDERS	Cardiff & the Vale
2	Miguel JENKINS	Eryri
3	Harry TURNER	Cardiff & the Vale
4	Kerby BELTRAN	Cardiff & the Vale
5	Joshua BARNETT	Dyfed
6	Garyn TOUGH	Glamorgan Valleys
7	Oscar NASH	South East Wales
8	Joe EDWARDS	Powys
9	William COLES	Dyfed
10	Ethan VAUGHAN	Afan Nedd Tawe

RACE 4 YEAR 7 BOYS

Dyfed 45 - PTS

POS	ATHLETE	DISTRICT
1	Tom GARROD	South East Wales
2	Finlay BURNS	Cardiff & the Vale
3	Osian EMMERSON	Cardiff & the Vale
4	Alfie EVANS	North East Wales
5	Griff MARSHALL	Eryri
6	John GIBBY	South East Wales
7	Zac HOPKINS	South East Wales
8	Alexander STAMP	Cardiff & the Vale
9	Daniel THOMAS	Cardiff & the Vale
10	Osian ROWE	Cardiff & the Vale

RACE 6 SENIOR BOYS

Glamorgan Valleys 83 - PTS

POS	ATHLETE	DISTRICT
1	Rhys HARDMAN	Cardiff & the Vale
2	Deri MCCLUSKEY	Powys
3	Rhys LLEWELYN	Dyfed
4	Jacob REYNOLDS	Cardiff & the Vale
5	Oliver PRICE	South East Wales
6	Iori HUMPHREYS	Dyfed
7	Ben HUGHES	Glamorgan Valleys
8	Tom ATTWOOD	Glamorgan Valleys
9	James SMITH	Eryri
10	Oliver HUMPHRIES	South East Wales

RACE 8 MIDDLE BOYS

Dyfed 28 - PTS

POS	ATHLETE	DISTRICT
1	Iwan THOMAS	Dyfed
2	Aled BREEZE	Powys
3	Henry EVANS	South East Wales
4	Finley BRUCE	Dyfed
5	Callum MORGAN	Powys
6	Jack ORGAN	Powys
7	Kobe BELTRAN	Cardiff & the Vale
8	Morgan WILLIS	Afan Nedd Tawe
9	Tudur HARPER LLOYD	Eryri
10	Jacob WELSH	North East Wales

GLV = GLAMORGAN VALLEYS
NEW = NORTH EAST WALES
POW = POWYS
SEW = SOUTH EAST WALES



WELSH SCHOOLS ATHLETICS ASSOCIATION CROSS COUNTRY CHAMPIONSHIPS



AN OVERALL POINTS' COMPETITION HAS BEEN HELD SINCE 1981, AND THIS IS THE LIST OF WINNERS:

YEAR	DISTRICT	POINTS	YEAR	DISTRICT	POINTS
1981	South Glamorgan	499	2003	Dyfed	54
1982	South Glamorgan	607	2004	Dyfed	73
1983	Clwyd	748	2005	Dyfed	78
1984	South Glamorgan	642	2006	Dyfed	78
1985	South Glamorgan	365	2007	Dyfed	75
1986	No competition		2008	Dyfed	73
1987	West Glamorgan	772	2009	Dyfed	113
1988	Dyfed	676	2010	Dyfed	117
1989	South Glamorgan	707	2011	Cardiff & the Vale	114
1990	Dyfed	717	2011	Cardiff & the Vale	114
1991	Dyfed	671	2012	Dyfed	116
1992	Gwent	670	2013	Cardiff & the Vale	117
1993	Dyfed	606	2014	Dyfed	115
1994	Dyfed	619	2015	Dyfed	111
1995	Dyfed	47	2016	Dyfed	106
1996	Dyfed	50	2017	Dyfed	101
1997	Dyfed	52	2018	Cardiff & the Vale	107
1998	Dyfed	51	2019	Cardiff & the Vale	114
1999	Dyfed	57	2020	Cardiff & the Vale	111
2000	Dyfed	52	2021	No competition	
2001	Cancelled		2022	Cardiff & the Vale	111
2002	Dyfed	55	2023		

TIMETABLE & INFORMATION

On arrival, Team Managers are asked to report to the Event Headquarters at the Finish Line - Red Marquee

11:30 AM Changing rooms open

12:00 PM Course open for 'walking'

12:00 PM ALL FINAL DECLARATIONS TO BE SUBMITTED IF ANYTHING DIFFERENT TO PRE DECLARED ATHLETES

ALTERATIONS TO ANY AGE GROUP TEAM MUST BE SUBMITTED TO REGISTRATION/RESULTS 45 MINUTES BEFORE EACH RACE START

RACE 1	Junior Girls	At the Start at 12:50 PM - Race Starts at 1:00 PM
RACE 2	Junior Boys	At the Start at 1:10 PM - Race Starts at 1:20 PM
RACE 3	Senior Girls	At the Start at 1:30 PM - Race Starts at 1:40 PM
RACE 4	Year 7 Boys	At the Start at 1:55 PM - Race Starts at 2:05 PM
RACE 5	Year 7 Girls	At the Start at 2:10 PM - Race Starts at 2:20 PM
RACE 6	Senior Boys	At the Start at 2:25 PM - Race Starts at 2:35 PM
RACE 7	Middle Girls	At the Start at 2:50 PM - Race Starts at 3:00 PM
RACE 8	Middle Boys	At the Start at 3:10 PM - Race Starts at 3:20 PM

Athletes are required to be close to the start line and awaiting the Starter's call at least ten minutes before their race start time.

A pen system will be operated at the start.

Announcement of results and presentation of medals and trophies will be made throughout the afternoon.

AGE QUALIFICATIONS

YEAR 7 – Over 12 and under 13 at midnight 31st August / 1st September 2022

JUNIOR – Over 13 and under 15 at midnight 31st August / 1st September 2022, usually years 8 & 9

MIDDLE - Over 15 and under 17 at midnight 31st August / 1st September 2022, usually years 10 & 11

SENIOR - Over 17 and under 20 at midnight 31st August / 1st September 2022, usually years 12 to 14

Athletes MAY ONLY compete in their own age group.

OPEN TRACK RESULTS LINK - SCAN THE CODE

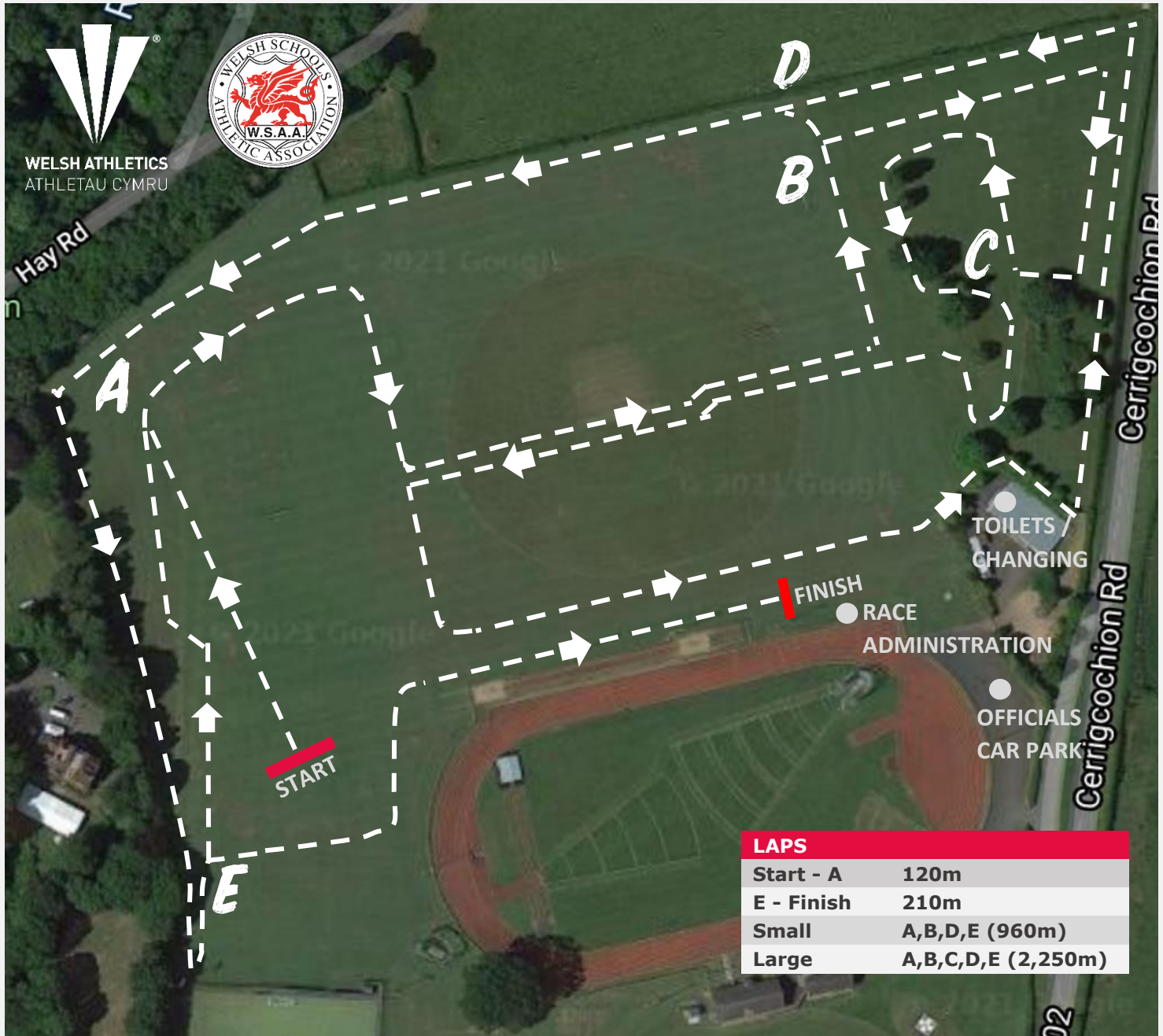
DISTRICTS - VESTS - NUMBERS

Afan Nedd Tawe	White with red & black hoops	101-196
Cardiff & the Vale	Maroon with a gold hoop	201-296
Dyfed	Navy with red & white diagonals	301-396
Eryri	Black	401-496
Glamorgan Valleys	Grey with burgundy side stripes	501-596
North East Wales	Blue vest with two green & one white hoop	601-696
Powys	Red vest with vertical white front panel	701-796
South East Wales	Cherry red with white & green hoops	801-896



2023 WELSH SCHOOLS NATIONAL CROSS COUNTRY CHAMPIONSHIPS

Penlan Arena, Brecon - Wednesday 15th February: Sat Nav: LD3 9SR



LAPS	
Start - A	120m
E - Finish	210m
Small	A,B,D,E (960m)
Large	A,B,C,D,E (2,250m)

RACE	TIME	AGE GROUP	COURSE	DISTANCE
1	13:00	Junior Girls	Start, 1 Small, 1 Large Lap, Finish	3,540m
2	13:20	Junior Boys	Start, 2 Small, 1 Large Lap, Finish	4,500m
3	13:40	Senior Girls	Start, 2 Large Laps, Finish	4,830m
4	14:05	Year 7 Boys	Start, 1 Large Lap, Finish	2,580m
5	14:20	Year 7 Girls	Start, 1 Large Lap, Finish	2,580m
6	14:35	Senior Boys	Start, 1 Small, 2 Large Laps, Finish	5,790m
7	15:00	Middle Girls	Start, 2 Small, 1 Large Lap, Finish	4,500m
8	15:20	Middle Boys	Start, 2 Large Laps, Finish	4,830m