



**61ST WELSH SCHOOLS NATIONAL CROSS  
COUNTRY CHAMPIONSHIPS  
PENCAMPWRIAETHAU CENEDLAETHOL  
TRAWS GWLAD YSGOLION CYMRU**



**WELSH ATHLETICS  
ATHLETAU CYMRU**



***PENLAN ARENA, BRECON***

**Wednesday 28th February 2024**

**Dydd Mercher 28fed o Chwefror 2024**

## CHAIR'S MESSAGE

On behalf of the Welsh Schools Athletics Association, I would like to welcome you all once again to Brecon for the 2024 National Cross Country Championships. It looks once again to be a high-class field with excellent competition for the medals in all of the age groups.

All of the athletes here today have secured their place through the district rounds. These competitions, like today's event, would not be able to take place without the support of Teachers, Parents, Coaches and Volunteers. For this we, and I am sure the athletes, are very grateful.

Today is a chance for our U17 and U15 athletes to secure selection for the SIAB Cross Country Event being held in Ireland this year. Here our athletes will have the chance to represent Welsh Schools and compete against the best cross country runners from England, Scotland and Ireland.

Special thanks today go to all the District Team Managers for their time and efforts in organising the teams for today along with Welsh Athletics and the Welsh Schools Officers who have organised the logistics, volunteers and technical support for today's event. Good Luck to all the athletes and I hope you enjoy the day.

### Croeso Ysgolion Cymru

Ar ran Cymdeithas Athletau Ysgolion Cymru, hoffwn eich croesawu chi i gyd unwaith eto i Aberhonddu ar gyfer Pencampwriaeth Traws Gwlad Genedlaethol 2024. Mae'n argoeli bod y maes yn un o safon uchel eto eleni a bod cystadleuaeth ardderchog am y medalau ym mhob un o'r grwpiau oedran.

Mae pob un o'r athletwyr yma heddiw wedi sicrhau eu lle drwy'r rowndiau rhanbarthol. Ni fyddai modd cynnal y cystadlaethau hyn, fel digwyddiad heddiw, heb gefnogaeth Athrawon, Rhieni, Hyfforddwyr a Gwirfoddolwyr. Rydym ni, a'r athletwyr rwy'n siŵr, yn ddiolchgar iawn i bawb ohonynt.

Mae heddiw yn gyfle i'n hathletwyr o dan 17 ac o dan 15 geisio sicrhau eu lle yn Nigwyddiad Traws Gwlad SIAB sy'n cael ei gynnal yn Iwerddon eleni. Bydd ein hathletwyr yn cael cyfle i gynrychioli Ysgolion Cymru yno a chystadlu yn erbyn y rhedwyr traws gwlad gorau o Loegr, yr Alban ac Iwerddon.

Diolch yn arbennig heddiw i holl Reolwyr Tîm y gwahanol Ardaloedd am eu hamser a'u hymdrech yn trefnu'r timau ar y cyd ag Athletau Cymru a Swyddogion Ysgolion Cymru sydd wedi trefnu logisteg, gwirfoddolwyr a chymorth technegol ar gyfer y digwyddiad heddiw. Pob lwc i'r holl athletwyr ac rwy'n gobeithio'n fawr y byddwch chi'n mwynhau'r diwrnod.

**Jo Warner**  
**Chair WSAA**

# **MEMBERSHIP OF THE WELSH SCHOOLS ATHLETICS ASSOCIATION**

WSAA President: Mr Gwilym Williams MBE, Pentyrch

Senior Vice President: Hedydd Davies, Caerfyrddin

## Life Members

Buddug Llwyd Jones, Llwyngwrit

Kath Elias, Cardiff

David J Phillips, Llanidloes

Dilwyn Davies, St Asaph

Graham Webb, Cardiff

Gwilym Williams MBE, Pentyrch

Hedydd Davies MBE, Caerfyrddin

Mike Walters, Glasgow

Pete Morris, Pentyrch

## Vice-Presidents

Doreen Vanstone, Swansea

Laura O'Mahoney, Bangor

Margaret Thomas, Maesteg

Marian Williams, Whitchurch

Sue Leyshon, Loughor

Allan Caughter, Bangor

Brian Davies, Cardiff

Derek Osborne, Brecon

Gerald Davies, Cardiff

Glenn Aubrey, Caerphilly

Graham Coldwell, France

Dai Williams, Cardiff

Humphrey Davies, Newtown

John Phillips

Les Jones, Prestatyn

Meredith Richards, Hwlfordd

Nick Williams, Aberdare

Richard Ellis

Roy Adams, Whitland

D Stephen Perks, Caerfyrddin

Terry Lewis, Menai Bridge

Wynford Leyshon, Loughor

Wyn Thomas, Llandyfriog

Sarah Moore, Cardiff

Chairman: Jo Warner, Glamorgan Valleys

Vice Chairman: Steve Jones, Afan Nedd Tawe

Immediate Past Chairman: Gerald Davies, Glamorgan Valleys

International Secretary: Zane Maynard, Afan Nedd Tawe

Honorary Treasurer: Dai Williams, Cardiff

## **OFFICIALS**

<b>Meeting Manager</b>	Bernie Jones / Martyn Jenkins
<b>Race Referee</b>	Kay Chapman
<b>Course Manager</b>	Derek Price
<b>Chief Timekeeper</b>	Geoff Wickens
<b>Timekeeper</b>	Andy Kerr
<b>Timekeeper</b>	Delia Domachowski
<b>Judge</b>	Jeff Rees
<b>Judge Recorder</b>	Steve Hames
<b>Finish Line Co-ordinator</b>	Graham Finlayson
<b>Line Judge</b>	Les Cuthbert
<b>Rope Controller</b>	Andrew Clough
<b>Funnel Steward</b>	Mair Morgan
<b>Funnel Steward</b>	Lesley Stowe
<b>Barcode Chief</b>	Derek Crowder
<b>Barcode</b>	Tony Kav
<b>Barcode Timekeeper</b>	Nigel Jones
<b>Barcode Scanner</b>	Jayne Evans
<b>Barcode Scanner</b>	Tony Kavanagh
<b>Start Area Co-ordinator</b>	Cath McGrath
<b>Race Starter</b>	Val Davison
<b>Announcer</b>	Ian Griffiths
<b>Announcer</b>	Dai Williams
<b>Marshal</b>	Brian Morgan
<b>Marshal</b>	Steve Jones
<b>Marshal</b>	Mel James
<b>Marshal</b>	Mal Firouz
<b>Marshal</b>	Glyn Anthony
<b>Marshal</b>	Alan Jordon
<b>Marshal</b>	Kelly Rowe

# **EVENT DETAILS**

## **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 Red WA Results tent.
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.
- 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.

## **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 in Dublin (Ireland) on Saturday 23rd March 2024

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.

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



# WELSH SCHOOLS NATIONAL CROSS COUNTRY CHAMPIONSHIPS



## Race 1 Junior Girls 13:00 3,540m [88 Pre declared athletes]

### Afan Nedd Tawe - PEN 5

101	Mia RABAIOTTI	Olchfa School	107	Darcy GIBBON	Bishopston Comp
102	Gwenna REES	YG Gwyr	108	Annie EVANS	Ysgol Bae Baglan
103	Tabitha VENTRESS-	Olchfa School	109	Aimee BESLEY	Penyrheol
104	BRETT Milly HARRIS	Gowerton	110	Hannah SULLIVAN	Bishop Gore
105	Mollie HUGHES	Dwr y Felin	111	Grace GAVIN	YG Gwyr
106	Mali JAMES	YG Bro Dur	112	Lyla JONSSON	Bishopston Comp

### Cardiff & The Vale of Glamorgan - PEN 8

201	Bryony BOYCE	Cathedral School	207	Emilia DAVIES	YG Bro Morgannwg
202	Olivia LING	Radyr Comprehensive	208	Seren RICHARDS	YG Bro Morgannwg
203	Carys HUGHES	Cathedral School	209	Elin MATTHEWS	Ysgol Glantaf
204	Elinor ROBERTS	Ysgol Glantaf	210	Amelie POWELL	Cardiff High School
205	Seren HARDMAN	Cowbridge	211	Betty AHMED	YG Bro Morgannwg
206	Lily PARSONS	Cardiff High School	212	Eloise NEENAN	Cowbridge

### Dyfed - PEN 6

301	Nansi GRIFFITHS	Greenhill	307	Talia JONES	Aberaeron School
302	Sali OWEN	Penweddig	308	Keria BRUCE	Henry Tudor
303	Meadow NORRIS	Penweddig	309	Maisy FOSTER	Dyffryn Taf
304	Lily MORGAN	Greenhill	310	Becca ELFYN	Bro Myrddin
305	Lowri MORGAN	Bro Dinefwr	311	Naula COMEY	Dyffryn Taf
306	Anna JONES	Bro Myrddin	312	Sophie COTTON	Bro Pedr

### Eryri - PEN 2

401	Martha BOWN	Bodedern	407	Amelia SYMOWIEC	Ysgol John Bright
402	Tamzin SEGUIN	Ysgol Friars	408	Esyllt OWEN	Ysgol Gyfun Llangefni
403	Holly WORTH	Ysgol Friars	409	Cati ROBERTS	Ysgol Botwnnog
404	Rosie PARSLEY	Eirias	410	Lucy GRANT	Ysgol Botwnnog
405	Alaw EDWARDS	Brynrefail School	411	--	TBC
406	Catrin EVANS	Ysgol Dyffryn Nantlle	412	--	TBC

### Glamorgan Valleys - PEN 3

501	Ellie-May HOLMES	YG Cwm Rhymni - Y Gwyndy	507	Hefina LEWIS	YG Cwm Rhymni - Y Gwyndy
502	Ella JONES	Afon Taf High School	508	Bella THIE	Y Pant Comprehensive
503	Lucy ARNOLD	St Clares School Porthcawl	509	Sophie COLES	Llangynwyd
504	Esme Maria LEWIS	Brynteg	510	Allie ADAMS	Ysgol Cwm Rhondda
505	Ariana Mair SULLIVAN	YG Cwm Rhymni - Y Gwyndy	511	Eleanor WRIGHT-NICHOLAS	YG Cwm Rhymni - Y Gwyndy
506	Isabella HOLLOWAY	YG Porthcawl Comprehensive School	512	Grace BRADY	Bryn Cellynnog School

### North East Wales - PEN 4

601	Heather WATSON	Hawarden High School	607	Katie DOHERTY	Flint High School
602	Aisling CHARLESWORTH	St Josephs RC Wrexham	608	--	TBC
603	Evie HUGHES	Maelor School	609	--	TBC
604	Ruby WATTS	Mold Alun	610	--	TBC
605	Anni ROBERTS	Ysgol Glan Clwyd	611	--	TBC
606	Lili MCKENZIE	Mold Alun	612	--	TBC

### Powys - PEN 1

701	Cecily MEARS	Christ College Brecon	707	Jodie ADDINALL	Welshpool High School
702	Anna BEHARREL	Christ College Brecon	708	Rene THURSTON	Llanidloes
703	Ella BREESE	Ysgol Bro Caereinion	709	Bella ROBERTS	Welshpool High School
704	Lily CALVIN-THOMAS	Llanidloes	710	Abi PULFER	Newtown High School
705	Tamzin DAVIES BOWEN	TBC	711	Maisie LOVE	Newtown High School
706		Brecon High	712	Nansi EVANS	Ysgol Bro Caereinion

### South East Wales - PEN 7

801	Poppy TURTON	Rougemont School	807	Molly BRYDEN	Haberdashers Monmouth School
802	Leah RHODES	Bassaleg School	808	Darcy EVENTON	Haberdashers Monmouth School
803	Poppy HOWELLS	Islwyn High School	809	Bethany BRINDLEY	King Henry
804	Alicia KELLY	King Henry	810	Erin SAUNDERS	Gwynllyw
805	Lara CREWE-REED	Haberdashers Monmouth School	811	Lowri DAVIES	Croesyceiliog School
806	Madison BROWN	Blackwood	812	Phoebe WILSON	Haberdashers Monmouth School

### PREVIOUS EVENT WINNERS (10 years)

2014	Lucy DAVIES	Dyfed	2019	Lucy DAVIES	Dyfed
2015	Abi FISHER	Powys	2020	Abi FISHER	Powys
2016	Mia ROBERTS	North East Wales	2021	Mia ROBERTS	North East Wales
2017	Aimee CALLOW	Cardiff & Vale	2022	Aimee CALLOW	Cardiff & Vale
2018	Samia JONES	Eryri	2023	Samia JONES	Eryri

### 2023 Team Scores including placings

Pos	District	Points	pos	District	Points
1	Cardiff & the Vale	42 Pts [1-3-6-9-11-42]	5	South East Wales	170 Pts [19-21-27-29-36-170]
2	Dyfed	105 Pts [10-15-17-18-22-105]	6	Eryri	234 Pts [30-32-35-44-45-234]
3	Glamorgan Valleys	148 Pts [13-14-25-26-33-148]	7	Powys	248 Pts [5-16-43-55-64-248]
4	Afan Nedd Tawe	153 Pts [4-7-8-20-46-153]	8	North East Wales	4 Pts [2-28-52-73--4]



# WELSH SCHOOLS NATIONAL CROSS COUNTRY CHAMPIONSHIPS



## Race 2 Junior Boys 13:20 4,500m [90 Pre declared athletes]

### Afan Nedd Tawe - PEN 6

113	Jack GRIFFITHS	Olchfa School	119	Daniel BOARD	YG Gwyr
114	Harry WELLS	YG Gwyr	120	Osian MORGAN	Gowerton
115	Deri JONES	YG Gwyr	121	Owen WOOZLEY	Bishopston Comp
116	Joseph BOTTO	Bishop Vaughan School	122	Thomas MACLEAN	Bishopston Comp
117	Luca POCKETT	YG Bro Dur	123	Solomon BAKER	Ffynone House School
118	Harri ROBERTS-TRUMAN	Ysgol Ystalyfera	124	Gethin JAMES	Ysgol Ystalyfera

### Cardiff & The Vale of Glamorgan - PEN 2

213	Jake CROCK	Corpus Christi	219	Osian EMMERSON	Whitchurch
214	George TURNER	Corpus Christi	220	Finlay BURNS	Cardiff High School
215	Osian ROWE	YG Bro Morgannwg	221	Lucas HOWARD MACHADO	Cardiff High School
216	Hedd GRIFFITHS	Ysgol Glantaf	222	Tobias EVANS	Whitchurch
217	Daniel REES	Cardiff High School	223	Sam KAHAN	Cardiff High School
218	Jack HARRIES	Pencoedtre High	224	Oscar HAYLES	Cathedral School

### Dyfed - PEN 3

313	Cian KNIGHT	Dyffryn Aman	319	Ashton WILLIAMS	Glan-y-Mor
314	Sol SILVERSTONE	Redhill	320	Ewan BARKER	Penrhyn Dewi
315	Sonny FORBES TINSLEY	Aberaeron School	321	Lolo HERBERT	Dyffryn Aman
316	Declan ROBERTS	St John Lloyd	322	Jordan LEWIS	Dyffryn Aman
317	Jac HOWELLS-ARNOLD	Bro Myrddin	323	Jack MURPHY	Dyffryn Aman
318	Jenson THOMAS	Ysgol Dyffryn Aman	324	Joseff REES DAVIES	Bro Dinefwr

### Eryri - PEN 4

413	Osian PARRY	Ysgol David Hughes	419	Noa DAFYDD	Ysgol Tryfan
414	Sion WILLIAMS	Ysgol John Bright	420	Aled WILLIAMS	Ysgol John Bright
415	Jai CHAUHAN	Ysgol Tryfan	421	Adam DAVEY	Brynrefail School
416	Dafydd SALT	Ysgol Gyfun Llangefni	422	Leo CLEGG	Bryn Elian
417	Cai THOMAS	Ysgol Tryfan	423	--	TBC
418	Cai THOMAS	Ysgol Ardudwy	424	--	TBC

### Glamorgan Valleys - PEN 1

513	Cobi JONES	YG Cwm Rhymni - Gelli Haf	519	Jacob Finlay HAGGERTY	St Martins Comp
514	William MACKIE	Cyfarthfa	520	Jude JENKINS	Porthcawl School
515	Dylan Henri Taylor POWELL	St Martins Comp	521	Ollie MORIARTY	Aberdare Community School
516	Luke WOODHOUSE	Pencoed Comprehensive	522	Ioan VALE	St John Baptist
517	Zidane Enzo JAMAL	Cardinal Newman	523	Nate GREIG	Bryntirion
518	Evan ROWE	Ysgol Gyfun Rhydywaun	524	Joel THOMAS	Y Pant Comprehensive

### North East Wales - PEN 7

613	Zac CAMPBELL	Darland School	619	Oliver WELSH	Mold Alun
614	Elliott ROWE	Connah's Quay H.S.	620	Alfie BARTLEY-ROSE	Connah's Quay H.S.
615	Ryan DELANEY	Mold Alun	621	Lewis DAVIES	Maes Garmon
616	Jack DAVIES	Mold Alun	622	--	TBC
617	Ewan WILLIAMS	Mold Alun	623	--	TBC
618	Isaac GARCIA-LUCAS	Myddleton College	624	--	TBC

### Powys - PEN 5

713	Xander BRANDON-HIGGS	Llanidloes	719	Will PURDY	Llanidloes
714	Tom RUSTON	Welshpool High School	720		TBC
715	Gethin GRIFFITHS	Llanidloes	721	Archie EVANS	Ysgol Llanfyllin
716	Jude WHITE	Welshpool High School	722	Eifion HOLDER	Ysgol Calon Cymru
717	Edwin BULLOUGH	Brecon High	723	Vincent EVANS	Newtown High School
718	Oscar MARSHALL	Ysgol Bro Caereinion	724	Rob IRWIN	Brecon High

### South East Wales - PEN 8

813	Tom GARROD	Rougemont School	819	Elliot HANRATTY	Haberdashers Monmouth School
814	Macsen WATTS	Gwynllyw	820	Osian JONES	Haberdashers Monmouth School
815	Tyler TRIMM	Ebbw Fawr	821	Tyler GIBBS	Croesyceiliog School
816	Joe ROBERTS	Bassaleg School	822	Sebastian LYNE	Gwent Is Coed
817	Noah BRADSHAW	St Josephs RC Newport	823	Zac HOPKINS	Bassaleg School
818	John GIBBY	Haberdashers Monmouth School	824	Igey HOWE	Rougemont School

### PREVIOUS EVENT WINNERS (10 years)

2014	Tomos NESHAM	Glamorgan Valleys	2019	Frank MORGAN	Glamorgan Valleys
2015	Luke DAVIES	Powys	2020	Callum MORGAN	Powys
2016	Nathan JONES	Afan Nedd Tawe	2021	No COMPETITION	Afan Nedd Tawe
2017	Osian PERRIN	Eryri	2022	Joshua SANDERS	Eryri
2018	Adam BEER	Dyfed	2023	Garyn TOUGH	Dyfed

### 2023 Team Scores including placings

Pos	District	Points	pos	District	Points
1	North East Wales	77 Pts [5-8-9-12-16-77]	5	Cardiff & the Vale	121 Pts [2-15-18-21-29-121]
2	Glamorgan Valleys	85 Pts [1-11-13-14-22-85]	6	Afan Nedd Tawe	258 Pts [33-34-37-44-49-258]
3	South East Wales	88 Pts [3-7-10-17-25-88]	7	Eryri	311 Pts [28-35-58-59-60-311]
4	Dyfed	102 Pts [4-6-19-20-23-102]	8	Powys	5 Pts [32-54-65-66-73-5]



# WELSH SCHOOLS NATIONAL CROSS COUNTRY CHAMPIONSHIPS



## Race 3 Senior Girls 13:40 4,830m [36 Pre declared athletes]

### Afan Nedd Tawe - PEN 1

125	Sophie HARTLEY-GREEN	Olchfa School	131	--	TBC
126	Frances MACKIE	Gower College	132	--	TBC
127	Ellie BREACH	Ysgol Ystalyfera	133	--	TBC
128	--	TBC	134	--	TBC
129	--	TBC	135	--	TBC
130	--	TBC	136	--	TBC

### Cardiff & The Vale of Glamorgan - PEN 7

225	Hollie LEWIS	Cowbridge	231	Grace LANE	Cardiff High School
226	Maisie PATTERSON	Cowbridge	232	Kate WOOD	Ysgol Glantaf
227	Beca EVANS	Ysgol Glantaf	233	Gwen METCALFE	Ysgol Glantaf
228	Scarlett DAVIES	YG Bro Morgannwg	234	Beca JENKINS	Ysgol Glantaf
229	Gwen THOMAS	Ysgol Gyfun Plasmawr	235	Elen DAVIES	Ysgol Glantaf
230	Sophie KNOYLE	Ysgol Gyfun Plasmawr	236	Beth POWELL	YG Bro Morgannwg

### Dyfed - PEN 5

325	Mali DAVIES	Coleg Sir Gar	331	--	TBC
326	Erin MORGAN	Bro Pedr	332	--	TBC
327	Leah REGAN	Bro Pedr	333	--	TBC
328	--	TBC	334	--	TBC
329	Eleanor WHITE	Haverfordwest High School	335	--	TBC
330	Amy GREATRICK	Queen Elizabeth High School	336	--	TBC

### Eryri - PEN 8

425	Cara SCOTT	GLLM - Coleg Menai	431	--	TBC
426	Ela GRUNDY	Dyffryn Conwy	432	--	TBC
427	Elen EDWARDS	Dyffryn Conwy	433	--	TBC
428	Libby THOMAS	Ysgol John Bright	434	--	TBC
429	Beca BOWN	Bodedern	435	--	TBC
430	--	TBC	436	--	TBC

### Glamorgan Valleys - PEN 6

525	Mali MACDUFF	Brynteg	531	--	TBC
526	Caitlin JONES	Merthyr College	532	--	TBC
527	Kara BENNETT	Bryn Cellynnog School	533	--	TBC
528	Maddie MALPAS	YG Cwm Rhymini - Gelli Haf	534	--	TBC
529	Isabelle JACKLIN	St John Baptist	535	--	TBC
530	--	TBC	536	--	TBC

### North East Wales - PEN 2

625	Layla BRADBROOK	Mold Alun	631	--	TBC
626	--	TBC	632	--	TBC
627	--	TBC	633	--	TBC
628	--	TBC	634	--	TBC
629	--	TBC	635	--	TBC
630	--	TBC	636	--	TBC

### Powys - PEN 3

725	Maddie GRIFFITHS	Welshpool High School	731	--	TBC
726	Efana HAWKING	Christ College Brecon	732	--	TBC
727	Isabel PALIN	Ysgol Llanfyllin	733	--	TBC
728	--	TBC	734	--	TBC
729	--	TBC	735	--	TBC
730	--	TBC	736	--	TBC

### South East Wales - PEN 4

825	Lily OAKENFUL	Bassaleg School	831	--	TBC
826	Ceri GRIFFITHS	Bassaleg School	832	--	TBC
827	--	TBC	833	--	TBC
828	--	TBC	834	--	TBC
829	--	TBC	835	--	TBC
830	--	TBC	836	--	TBC

### PREVIOUS EVENT WINNERS (10 years)

2014	Rebecca EVANS	Glam Valleys	2019	Bethan DAVIES	Glam Valleys
2015	Heidi DAVIES	Powys	2020	Megan FRIEDLI	Powys
2016	Cari HUGHES	Eryri	2021	No COMPETITION	Eryri
2017	Cari HUGHES	Eryri	2022	Moli LYONS	Eryri
2018	Abigail FISHER	Powys	2023	Gwenno GOODE	Powys

### 2023 Team Scores including placings

Pos	District	Points	pos	District	Points
1	Cardiff & the Vale	43 Pts [1-4-5-6-11-43]	5	Glamorgan Valleys	3 Pts [2-9-23---3]
2	Eryri	5 Pts [7-8-13-14-25-5]	6	South East Wales	66 Pts [12-26-28---66]
3	Dyfed	4 Pts [15-18-27-29--4]	7	Afan Nedd Tawe	1 Pts [17-----1]
4	Powys	3 Pts [3-10-19---3]	8		





# WELSH SCHOOLS NATIONAL CROSS COUNTRY CHAMPIONSHIPS



## Race 4 Year 7 Boys 14:05 2,580m [87 Pre declared athletes]

### Afan Nedd Tawe - PEN 3

137	Isaac MCADIE	YG Gwyr	143	Jack MCCLUSKEY	Olchfa School
138	Ethan KING	Pontarddulais Comp	144	Lucas GIBBS	Olchfa School
139	Oliver COBBOLD	Bishopston Comp	145	Max SMUDZINSKI	Cwmtawe
140	Joseph WILLIAMS	Dwr y Felin	146	Bo CUTHBERTSON	YG Gwyr
141	Evan SMITH	Dwr y Felin	147	Alex GRIFFITHS	Penyrheol
142	Ioan JAMES	YG Bro Dur	148	Aedan DAVIES	Bishopston Comp

### Cardiff & The Vale of Glamorgan - PEN 4

237	Osian PHILLIPS	Ysgol Glantaf	243	Louie KENNEDY	YG Bro Morgannwg
238	Gethin RICHARDSON	Whitchurch	244	Jack BENDLE-HUNTLEY	Ysgol Glantaf
239	Jacob HODGSON	Bishop of Llandaff	245	Malakai CARTER	Willows High School
240	Ben STARKIE	Whitchurch	246	James PRESTON	St Cyres
241	William MORGAN	Whitchurch	247	Luca DICKINSON	YG Bro Morgannwg
242	Isaac DAVIES	Cardiff High School	248	Rhys MORGAN	YG Bro Morgannwg

### Dyfed - PEN 1

337	Tomas Cai DAVIES	Bro Myrddin	343	Owen DAVIES	Bro Dinefwr
338	Jac LEWIS	Aberaeron School	344	Zac EVANS	Henry Tudor
339	Jayden FERGUS	Dyffryn Aman	345	Frankie MCILWIAN	Henry Tudor
340	Llewelyn GREGSON	Bro Pedr	346	Alex LADD	Cardigan
341	Lucash WOKTASIAK	Coedcae (Llanelli)	347	Oscar TOOGOOD	Bro Dinefwr
342	Caiio LLOYD	Bro Teifi	348	Oliver MOLYBEUX	Greenhill

### Eryri - PEN 7

437	Nathan HINCE	Ysgol Tryfan	443	Osian THOMAS	Ysgol Tryfan
438	Finley WILLIAMS	Ysgol Bryn Elian	444	Cyffin THOMAS	Brynrefail School
439	Sion WILLIAMS	Ysgol Tryfan	445	Perry MARSLAND	Ysgol John Bright
440	Henry JONES	Ysgol Friars	446	Cai GRUFFYDD JONES	Ysgol Dyffryn Nantlle
441	Gwion WILLIAMS	Ysgol Tryfan	447	--	TBC
442	Elis OWEN	Ysgol Tryfan	448	--	TBC

### Glamorgan Valleys - PEN 5

537	Alfie DENT	YG Cwm Rhymini - Y Gwyndy	543	Tyler-George DOBBIN	YG Cwm Rhymini - Gelli Haf
538	Eli GILBERT	St Martins Comp	544	Dylan COOPER	Bryn Cellynnog School
539	Lewis DURSTON	Brynteg	545	Noah HARRIS	YG Cwm Rhymini - Y Gwyndy
540	Elis COSSON	Porthcawl School	546	Bradley BUTTS	YG Cwm Rhymini - Y Gwyndy
541	Rhys Gareth JONES	YG Cwm Rhymini - Gelli Haf	547	Felix O'CONNELL	Bryn Cellynnog School
542	Isaac LITTLEJOHN	YG Porthcawl Comprehensive School	548	Evan REDMAN	Ysgol Garth Olwg

### North East Wales - PEN 8

637	Finley POTTER	Myddleton College	643	--	TBC
638	Casper KISSANE	Myddleton College	644	--	TBC
639	Jack DUTTON-GREEN	Grango	645	--	TBC
640	Thomas BIELICH	St Josephs RC Wrexham	646	--	TBC
641	Nani MAGALE	Dinas Bran	647	--	TBC
642	--	TBC	648	--	TBC

### Powys - PEN 6

737	Freddie ROBERTS	Welshpool High School	743	James PENGELLEY	Newtown High School
738	Bryce BRADLEY	Ysgol Bro Caereinion	744	Owen MATTHEWS JONES	John Beddoes School
739	Charlie LEWIS	Welshpool High School	745	Mason MORRIS	Ysgol Llanfyllin
740	Alex HOWARD	Welshpool High School	746	Gethyn PRICE	Ysgol Calon Cymru
741	George JONES	Welshpool High School	747	Wilf GOODRICH	Christ College Brecon
742	Cai GRIFFITHS	Welshpool High School	748	Logan GRANT	Newtown High School

### South East Wales - PEN 2

837	Jack CHALLENGER	Brynawr	843	Sebastian BANETT	Haberdashers Monmouth School
838	Elis SUMMERS	Rougemont School	844	Eric PIKE	Haberdashers Monmouth School
839	Liam JONES	Bassaleg School	845	Louie WHITE	Brynawr
840	Finn WALKER	Monmouth School	846	Sonny DUNN	Islwyn High School
841	Jacob HEATON	Bassaleg School	847	Oscar ADAMS	Chepstow
842	Dougie WALLWORK	Chepstow	848	Evan CANNING-SWANN	Monmouth School

### PREVIOUS EVENT WINNERS (10 years)

2014	Daniel JOHN	Glamorgan Valleys	2019	Iwan THOMAS	Glamorgan Valleys
2015	Osian PERRIN	Eryri	2020	Jenson ALLEN	Eryri
2016	Jacob REYNOLDS	Glamorgan Valleys	2021	No COMPETITION	Glamorgan Valleys
2017	Frank MORGAN	Dyfed	2022	Tom GARROD	Dyfed
2018	Jack ORGAN	Powys	2023	Cobi JONES	Powys

### 2023 Team Scores including placings

Pos	District	Points	pos	District	Points
1	Cardiff & the Vale	64 Pts [2-6-7-13-17-64]	5	Afan Nedd Tawe	198 Pts [8-12-33-34-51-198]
2	Glamorgan Valleys	80 Pts [1-4-11-14-24-80]	6	Eryri	248 Pts [23-39-41-43-50-248]
3	Dyfed	140 Pts [9-16-21-27-32-140]	7	North East Wales	250 Pts [10-22-48-49-55-250]
4	South East Wales	143 Pts [3-15-18-29-36-143]	8	Powys	305 Pts [5-25-56-62-78-305]



# WELSH SCHOOLS NATIONAL CROSS COUNTRY CHAMPIONSHIPS



## Race 5 Year 7 Girls 14:20 2,580m [89 Pre declared athletes]

### Afan Nedd Tawe - PEN 7

149	Sophia O'CONNELL	Bishop Vaughan School	155	Lucie COLE	Olchfa School
150	Gwennan GRUFFYDD	YG Gwyr	156	Bronessa HAWKING	Dwr y Felin
151	Jessie DAVIES	Cefan Season	157	Eliza PARRY	YG Gwyr
152	Aisha KEOGH	Bishopston Comp	158	Ellie JOSEPH	Cwmtawe
153	Elsie BRAIN	Bishopston Comp	159	Isabelle HARRIS	Dwr y Felin
154	Betsan ROBERTS-TRUMAN	Ysgol Ystalyfera	160	Bella DAVIES	Bishopston Comp

### Cardiff & The Vale of Glamorgan - PEN 5

249	Eva MARTIN	Whitchurch	255	Soren HILL	Whitmore
250	Mali GRACE	Ysgol Glantaf	256	Sophie PAUL	Cardiff High School
251	Elena ROWLANDS	Cowbridge	257	Sophia DAVIES	Cathedral School
252	Jessica PAYNE	Cowbridge	258	Alys HENDON	Ysgol Gyfun Plasmawr
253	Emily DANDO	Llanishen High	259	Ela Lois DAVIES	Ysgol Glantaf
254	Teegan SARGENT	Whitmore	260	Chloe PRICKETT	Ysgol Glantaf

### Dyfed - PEN 8

349	Manon PHILLIPS	Bro Myrddin	355	Mari MCCONOCHIE	Aberaeron School
350	Mabli KING	Ysgol Y Preseli	356	Isla MCAY	Aberaeron School
351	Paige Lily WILLIAMS	Dyffryn Aman	357	Lauren REES	Coedcae (Llanelli)
352	Fallon GRAYSON	Greenhill	358	Nia REES	Ysgol Y Preseli
353	Molly JOESPH-JONES	Ysgol Henry Richard	359	Cerys JONES	Bro Pedr
354	Erin JONES	Ysgol Henry Richard	360	Maylea SAVAGE	Haverfordwest High School

### Eryri - PEN 6

449	Nan PRYS JONES	Ysgol Botwnnog	455	Anna MITCHELMORE	Ysgol Ardudwy
450	Amber CHAUHAN	Ysgol Tryfan	456	Cati JONES	Ysgol Botwnnog
451	Mabli BLACKSHAW	Bodedern	457	Hollie ROBERTS	Ysgol Botwnnog
452	Sienna PRITCHARD	Creuddyn	458	Ruby LEE	Creuddyn
453	Milly JONES	Ysgol Gyfun Llangefni	459	--	TBC
454	Caitlin DAVIES-ARNALL	Creuddyn	460	--	TBC

### Glamorgan Valleys - PEN 2

549	Isla CARSON	Ysgol Garth Olwg	555	Amelia MOSES	St John Baptist
550	Elsi Maija AP HYWEL	St John Baptist	556	Betsan BRADBURY	YG Cwm Rhymini - Y Gwyndy
551	Lucy GRIFFITHS	Nantgwyn	557	Nansi SHIDE	YG Cwm Rhymini - Gelli Haf
552	Jessie MORGAN	YG Cwm Rhymini - Y Gwyndy	558	Emie Nancy GEORGE	Bryn Cellynnog School
553	Lowri PHILLIPS	Ysgol Garth Olwg	559	Evie HARRIS	Cardinal Newman
554	Nia VALE	St John Baptist	560	Emilia HARRISON	YG Cwm Rhymini - Gelli Haf

### North East Wales - PEN 3

649	Daisy JONES	Mold Alun	655	Freya ROBERTS-HOWIE	Ysgol Glan Clwyd
650	Bethan ROBERTS	Castell Alun	656	Elin EVANS	St Bridgid's School
651	Grace HUGHES	Maelor School	657	--	TBC
652	Darcey HUGHES	Rhosnesni	658	--	TBC
653	Bella MATTOCKS	Maelor School	659	--	TBC
654	Grace SALAMI	Mold Alun	660	--	TBC

### Powys - PEN 4

749	Rosie BALD	Brecon High	755	Ffion JONES	Newtown High School
750	Teleri DAVIES	Ysgol Calon Cymru	756	Amy BENNETT	Newtown High School
751	Ella WILLIAMS	Llanidloes	757	Matilda HILL	Christ College Brecon
752	Libby JONES	Ysgol Llanfyllin	758		TBC
753	Thea JONES	Ysgol Bro Caereinion	759	Ffion DAVIES	Ysgol Llanfyllin
754	Emily BENNETT	Newtown High School	760	Ellie DAVIES BOWEN	Brecon High

### South East Wales - PEN 1

849	Megan ADAMS	Haberdashers Monmouth School	855	Megan MORLEY	Chepstow
850	Sophia PIDDINGTON	Caldicot	856	Jessica SMITH	Chepstow
851	Isabella PETER	St Josephs RC Newport	857	Macey DAVIES	Islwyn High School
852	Grace ANDREWS	Islwyn High School	858	Maddie WILLIAMS	Caldicot
853	Isla CARUNA	Caerleon Comprehensive	859	Darcie DAVIES	Newbridge
854	Evie COX	Chepstow	860	Nel WEBB	King Henry

### PREVIOUS EVENT WINNERS (10 years)

2014	Eluned KING	Afan Nedd Tawe	2019	Anna ROSE MERCHANT	Afan Nedd Tawe
2015	Caitlin GWYTHYR	Afan Nedd Tawe	2020	Ruby HERDMAN	Afan Nedd Tawe
2016	Daisy THOMPSON	Dyfed	2021	No COMPETITION	Dyfed
2017	Neisha ROBERTS	North East Wales	2022	Bryony BOYCE	North East Wales
2018	Maddie GRIFFITHS	Powys	2023	Leah RHODES	Powys

### 2023 Team Scores including placings

Pos	District	Points	pos	District	Points
1	Eryri	75 Pts [2-3-4-10-20-75]	5	Glamorgan Valleys	186 Pts [19-22-25-29-43-186]
2	Dyfed	82 Pts [5-6-14-16-17-82]	6	North East Wales	191 Pts [11-18-31-40-41-191]
3	Cardiff & the Vale	125 Pts [7-12-15-26-32-125]	7	South East Wales	212 Pts [1-9-34-49-59-212]
4	Afan Nedd Tawe	179 Pts [8-13-21-28-52-179]	8	Powys	237 Pts [23-27-35-39-51-237]



# WELSH SCHOOLS NATIONAL CROSS COUNTRY CHAMPIONSHIPS



## Race 6 Senior Boys 14:35 5,790m [46 Pre declared athletes]

### **Afan Nedd Tawe - PEN 8**

161	Owain JAMES	Bryn Tawe	167	Oliver WELLS	Morrison Comprehensive
162	Jake LYNOCK	Gower College	168	Noah RUSSELL	Morrison Comprehensive
163	Matthew COX	Neath PT College	169	Oliver JONES	Morrison Comprehensive
164	Aaron SKYRME	Morrison Comprehensive	170	Tesfaye SHUGI	Gower College
165	Ryan MORCOM	Morrison Comprehensive	171	--	TBC
166	Connor EDWARDS	Morrison Comprehensive	172	--	TBC

### **Cardiff & The Vale of Glamorgan - PEN 6**

261	Rhys MCNABB	YG Bro Morgannwg	267	Jaafer EL KADDU	Llanishen High
262	Alex RIDOUT	Whitchurch	268	William ROBERTS	Ysgol Glantaf
263	Alfie SARGEANT	YG Bro Morgannwg	269	Owen FITZGERALD	Cardiff High School
264	Joseph JAMES	Cardiff High School	270	Tomas MORRIS	Cardiff High School
265	Shae FLETCHER	Cardiff High School	271	Gruff HORNUNG	Ysgol Glantaf
266	James O'BRIEN	Cardiff High School	272	Ifan SION	YG Bro Morgannwg

### **Dyfed - PEN 2**

361	Llyr JONES	Aberaeron School	367	-	TBC
362	Hamza ORME	Bro Pedr	368	--	TBC
363	Zeke JONES-DIAZ	Aberaeron School	369	--	TBC
364	Ifan BOWEN	Bro Myrddin	370	--	TBC
365	Steffan DAVIES	Bro Myrddin	371	--	TBC
366	Ifan RISKO	Aberaeron School	372	--	TBC

### **Eryri - PEN 3**

461	Oliver CHANDRAN	St David's College	467	--	TBC
462	Scott HEWITT	St David's College	468	--	TBC
463	Max MARTIN	Dyffryn Conwy	469	--	TBC
464	--	TBC	470	--	TBC
465	--	TBC	471	--	TBC
466	--	TBC	472	--	TBC

### **Glamorgan Valleys - PEN 4**

561	Kian WILSON	Ysgol Llanhari	567	--	TBC
562	Joseph MURPHY	Merthyr College	568	--	TBC
563	Daniel WHITTAKER	YG Porthcawl Comprehensive School	569	--	TBC
564	Leroy GRIFFITHS	Tonyrefail Community School	570	--	TBC
565	Charlie HARRIS	YG Cwm Rhymni - Gelli Haf	571	--	TBC
566	--	TBC	572	--	TBC

### **North East Wales - PEN 1**

661	Jacob WELSH	Mold Alun	667	--	TBC
662	--	TBC	668	--	TBC
663	--	TBC	669	--	TBC
664	--	TBC	670	--	TBC
665	--	TBC	671	--	TBC
666	--	TBC	672	--	TBC

### **Powys - PEN 7**

761	Aled BREEZE	Welshpool High School	767	--	TBC
762	Matthew BENSON	Ysgol Llanfyllin	768	--	TBC
763	--	TBC	769	--	TBC
764	Ben MCLEAN	Christ College Brecon	770	--	TBC
765	Jack ORGAN	Christ College Brecon	771	--	TBC
766	--	TBC	772	--	TBC

### **South East Wales - PEN 5**

861	Henry EVANS	Haberdashers Monmouth School	867	--	TBC
862	Oliver LLOYD	Haberdashers Monmouth School	868	--	TBC
863	Leo EVANS	Haberdashers Monmouth School	869	--	TBC
864	Leo STARK	Bassaleg School	870	--	TBC
865	Oliver PRICE	Coleg Gwent	871	--	TBC
866	--	TBC	872	--	TBC

### PREVIOUS EVENT WINNERS (10 years)

2014	Iolo HUGHES	Eryri	2019	Larry RYAN	Eryri
2015	Christian LOVATT	Dyfed	2020	Cian RALPHS	Dyfed
2016	Ciaran LEWIS	Cardiff & the Vale	2021	No COMPETITION	Cardiff & the Vale
2017	Jake HEYWARD	Cardiff & the Vale	2022	Rhys HARDMAN	Cardiff & the Vale
2018	JAMES VINCENT	Cardiff & the Vale	2023	Henry EVANS	Cardiff & the Vale

### 2023 Team Scores including placings

Pos	District	Points	pos	District	Points
1	Powys	76 Pts [3-6-7-10-21-29]	5	Glamorgan Valleys	4 Pts [2-13-18-25--]
2	South East Wales	81 Pts [1-8-12-15-17-28]	6	Afan Nedd Tawe	4 Pts [11-22-32-34--]
3	Cardiff & the Vale	163 Pts [20-23-26-30-31-33]	7	Eryri	3 Pts [4-5-16---]
4	Dyfed	5 Pts [9-14-19-24-35-]	8	North East Wales	1 Pts [27-----]



# WELSH SCHOOLS NATIONAL CROSS COUNTRY CHAMPIONSHIPS



## Race 7 Middle Girls 15:00 4,500m [86 Pre declared athletes]

### Afan Nedd Tawe - PEN 4

173	Chloe HARTLEY-GREENBishopston Comp	179	Holly HUMPHREYSYG Gwyr
174	Imogen MCADIEYG Gwyr	180	Libby HALEBishopston Comp
175	Lily WILLIAMSDwr y Felin	181	Lola CANNONYG Gwyr
176	Anna WILLIAMSBishopston Comp	182	Millie BREACHYsgol Bae Baglan
177	Bethany CLIFFORDSt Josephs RC Port Talbot	183	Amy THOMASYG Gwyr
178	Millie PIERCEOlchfa School	184	Ava DAVIESGowerton

### Cardiff & The Vale of Glamorgan - PEN 1

273	Millie GOLDSt Iltyd's	279	Rhiannon DERRICKYsgol Glantaf
274	Sioned JOHNSYGol Glantaf	280	Mabi PHILLIPSYsgol Glantaf
275	Imogen DAVIESYG Bro Morgannwg	281	Rebeca DERRICKYsgol Glantaf
276	Elffin BRYANTYsgol Glantaf	282	Rebeca HARRIESPencoedtre High
277	Anna WATTSCowbridge	283	Olivia INGRAMCardiff High School
278	Florence PORTERCowbridge	284	Abigael ELSONWhitchurch

### Dyfed - PEN 7

373	Ameila WILLIAMSBro Teifi	379	Alana HARRIESBro Gwaun
374	Macey BLUEBro Myrddin	380	Mari PITCHARDBro Dinefwr
375	Skye BRUCEHenry Tudor	381	Carys KENNIFORDHenry Tudor
376	Phyllis DAVIESRedhill	382	Brownwyn CLISSOLDGreenhill
377	Lyra ROBERTSSt John Lloyd	383	Scarlet RICHARDSAberaeron School
378	Anastasia EGGLESTON-STOKERLlandoverly College	384	Carys JOESPHPenweddig

### Eryri - PEN 5

473	Cadi FRENCHYsgol Eifionydd	479	Pola GOLASKIYsgol Friars
474	Ciara CUSTYsgol Bryn Elian	480	Olwen BARNESBrynrefail School
475	Cadi WYNYsgol Eifionydd	481	Chloe CARTLIDGEAberconwy school
476	Elan GRIFFITHYsgol Gyfun Llangefni	482	Ruby DOLPHIN-JONESYsgol Botwnnog
477	Eira OWENCreuddyn	483	--TBC
478	Lucy PARCLEYEirias	484	--TBC

### Glamorgan Valleys - PEN 8

573	Eva PARRYYG Cwm Rhymni - Gelli Haf	579	Katy GRIFFITHSBryntirion
574	Lily JACKLINSt John Baptist	580	Megan PEWTNERYG Cwm Rhymni - Gelli Haf
575	Isabelle Grace LEWISSt John Baptist	581	Megan QUIRKCyfarthfa
576	Grace GRIFFITHSYsgol Nantgwyn	582	Ffion MULFORDYsgol Cwm Rhondda
577	Megan SWANSONLewis School Pengam	583	Mari GIBSONLlangynnwyd
578	Caitlyn SALMONIYG Cwm Rhymni - Y Gwyndy	584	Angelina REESYG Cwm Rhymni - Gelli Haf

### North East Wales - PEN 6

673	Josie HURSTMold Alun	679	Erin SMITHMaelor School
674	Abigail DOHERTYFlint High School	680	--TBC
675	Niamh MAKINHawarden High School	681	--TBC
676	Jenna SCHOLZECastell Alun	682	--TBC
677	Evie WATTSMold Alun	683	--TBC
678	Rose HAYESMyddleton College	684	--TBC

### Powys - PEN 2

773	Maddie HIGHESLlanidloes	779	Sofia JONESYsgol Llanfyllin
774	Olivia MORGANLlanidloes	780	Amy SAYCENewtown High School
775	Ruby HERDMANBrecon High	781	Evie FOSTERWelshpool High School
776	Emily PELTERCrickhowell	782	--TBC
777	Libby LOXAMWelshpool High School	783	--TBC
778	Pippa HARRISBrecon High	784	--TBC

### South East Wales - PEN 3

873	Chloe BIGGSBassaleg School	879	Paige DOUGLASCaldicot
874	Clara RHODESBassaleg School	880	Emily FORDEMonmouth Comp
875	Anya BRADYCaldicot	881	Daryna KUKHTINNewbridge
876	Kate OXENHAMChepstow	882	Luned BRIDGEGwent Is Coed
877	Emily WALKERChepstow	883	Sophia STEELEChepstow
878	Alice MEREDITHHaberdashers Monmouth School	884	Rowan SHAPLEY-HIGGINGSONKing Henry

### PREVIOUS EVENT WINNERS (10 years)

2014	Cari HUGHESYryri	2019	Samia JONESYryri
2015	Cari HUGHESYryri	2020	Samia JONESYryri
2016	Carys BILLCardiff & the Vale	2021	No COMPETITIONCardiff & the Vale
2017	Mia ROBERTSNorth East Wales	2022	Beca BOWNNorth East Wales
2018	Ashleigh WILLISAFan Nedd Tawe	2023	Millie GOLDAFan Nedd Tawe

### 2023 Team Scores including placings

Pos	District Points	pos	District Points
1	Cardiff & the Vale85 Pts [1-7-9-18-21-85]	5	Dyfed184 Pts [11-15-31-33-46-184]
2	South East Wales116 Pts [12-13-19-22-24-116]	6	North East Wales213 Pts [3-5-36-40-56-213]
3	Eryri117 Pts [2-6-14-25-32-117]	7	Powys235 Pts [4-16-28-51-65-235]
4	Afan Nedd Tawe127 Pts [8-10-17-23-34-127]	8	Glamorgan Valleys272 Pts [20-27-37-59-63-272]



# WELSH SCHOOLS NATIONAL CROSS COUNTRY CHAMPIONSHIPS



## Race 8 Middle Boys 15:20 5,790m [84 Pre declared athletes]

### Afan Nedd Tawe - PEN 2

185	Dylan GILPIN	Morrison Comprehensive	191	Rylan CARROLL	Bishop Vaughan School
186	Matthew HINES	Pontarddulais Comp	192	Zachary BEDDOWS	Morrison Comprehensive
187	Osian DAVIES	YG Bro Dur	193	Oliver GILLETT	YG Gwyr
188	Zac MIDDLETON	Cwm Brombil	194	Oliver VINCENT-OWEN	Cwm Brombil
189	Jayden THOMAS	Penyrheol	195	Borys RONANOWSKI	Bishop Vaughan School
190	Thomas LOYNES	Llangatwg	196	Ethan FLUCK	Dwr y Felin

### Cardiff & The Vale of Glamorgan - PEN 3

285	Joshua SANDERS	Whitchurch	291	Samuel LINDELL	Whitchurch
286	Samuel BOYCE	Cathedral School	292	Frankie PILL	Ysgol Glantaf
287	Tomos HORN	YG Bro Morgannwg	293	Rhodri AMOS	Ysgol Glantaf
288	Rhys PLADDY	Llanishen High	294	Aaron NATHAN	Cowbridge
289	Thomas COLLINS	Llantwit Major	295	Alfie OSBORNE	Pencoedtre High
290	Gordon THUSING-PALMER	Ysgol Glantaf	296	Harry OSBORNE	Pencoedtre High

### Dyfed - PEN 4

385	William HARRIS	Haverfordwest High School	391	Liam REGAN	Bro Pedr
386	Josh BARNETT	Dyffryn Taf	392	Ollie WHATMORE-CLUDDE	Caer Elen
387	Sam GRIFFITHS	Bro Myrddin	393	Daniel WARRENDER	Penglais
388	Lewis WILTON	Henry Tudor	394	Dean THOMAS	TBC
389	Thomas DAIZEL	Bryngwyn	395	Dylan JAMES	Caer Elen
390	Thomas HUNTER	Redhill	396	Macsen TOOGOOD	Bro Dinefwr

### Eryri - PEN 1

485	Miguel JENKINS	Ysgol Friars	491	Jack JONES	Ysgol Syr Hugh Owen
486	Cai DAFYDD	Ysgol Tryfan	492	Tomos MORGAN	Ysgol Botwnnog
487	Alfie SHILAND	Aberconwy school	493	Ewan LEONARD	Aberconwy school
488	Sion WILLIAMS	Ysgol Gyfun Llangefni	494	Deri HOCKLEY	Brynrefail School
489	Callum HUGHES	Ysgol Gyfun Llangefni	495	--	TBC
490	Caron WILLIAMS	Dyffryn Conwy	496		

### Glamorgan Valleys - PEN 7

585	Dominik PLEAIEWICZ	Idris Davies	591	Daniel MAY	Brynteg
586	Garyn TOUGH	Aberdare Community School	592	Iwan FROLEY	Porthcawl School
587	Garth James PRITCHARD	Aberdare Community School	593	Charlie MALPAS	YG Cwm Rhymni - Gelli Haf
588	Tom GILBERT	St Martins Comp	594	Evan LLOYD DAVIES	Aberdare Community School
589	Harvey LEE	YG Cwm Rhymni - Gelli Haf	595	Harri EDWARDS	Ysgol Llanhari
590	Evan David PRICE	Aberdare Community School	596	Harri Caradog TUDOR-ASVELD	Ysgol Garth Olwg

### North East Wales - PEN 5

685	Harley SALISBURY-WILLIAMS	Rhosnesni	691	--	TBC
686	Elis MARTIN	Ysgol Glan Clwyd	692	--	TBC
687	Harry PURCELL	Hawarden High School	693	--	TBC
688	Tom ANTROBUS	Castell Alun	694	--	TBC
689	Cian CUMMINGS	Rhyl High School	695	--	TBC
690	Daniel MITCHELL	Elfed	696		

### Powys - PEN 8

785	Ifan DAVIES	Brecon High	791	--	
786	Ben GETHIN	Llanidloes	792	Alex PELTER	TBC
787	Noah WHITE	Welshpool High School	793	--	Crickhowell
788	Finn DAVIES	Ysgol Calon Cymru	794	--	TBC
789	Iestyn ROWLANDS	Llanidloes	795	--	TBC
790	Christopher BENSON	Ysgol Llanfyllin	796	--	TBC

### South East Wales - PEN 6

885	Iestyn READ	Bassaleg School	891	William EDWARDS	
886	Lewis GRIFFITHS-BURDEN	Chepstow	892	William CHALK	Caerleon Comprehensive
887	Cai READ-SMITH	Caldicot	893	Dylan MERCER	Monmouth School
888	Vaughan HUGHES	Bassaleg School	894	George STUBBS	Bassaleg School
889	Dylan EVANS	St Josephs RC Newport	895	Lucas KEMP	Chepstow
890	Caleb WITHERS	Brynmawr	896	Morgan WILLIAMS	Gwent Is Coed

### PREVIOUS EVENT WINNERS (10 years)

2014	Jake HEYWARD	Cardiff & the Vale	2019	Osian PERRIN	Bassaleg School
2015	Jake HEYWARD	Cardiff & the Vale	2020	Axel LEMAIRE	Cardiff & the Vale
2016	Oliver BARBARESI	Eryri	2021	No COMPETITION	Cardiff & the Vale
2017	JAMES PENROSE	South East Wales	2022	Iwan THOMAS	Eryri
2018	Finley HINES	Afan Nedd Tawe	2023	Iwan THOMAS	South East Wales

### 2023 Team Scores including placings

Pos	District	Points	pos	District	Points
1	Dyfed	44 Pts [1-2-3-4-15-44]	5	Glamorgan Valleys	160 Pts [5-14-26-29-36-160]
2	Cardiff & the Vale	113 Pts [10-16-17-20-23-113]	6	Afan Nedd Tawe	185 Pts [12-21-28-31-33-185]
3	Powys	152 Pts [11-13-24-30-34-152]	7	South East Wales	206 Pts [18-22-39-41-42-206]
4	Eryri	155 Pts [7-8-9-35-45-155]	8	North East Wales	3 Pts [6-47-58-3]



# WELSH SCHOOLS NATIONAL CROSS COUNTRY CHAMPIONSHIPS



## Previous Year 2023 Top 10 Finishers

### Race 1 Junior Girls

#### Cardiff & the Vale 42 - PTS

POS	ATHLETE	DISTRICT
1	Bryony BOYCE	Cardiff & the
2	Heather WATSON	Vale North East
3	Sioned JOHN	Wales Cardiff &
4	Holly HUMPHREYS	the Vale Afan
5	Maddie HUGHES	Nedd Tawe
6	Imogen DAVIES	Powys
7	Chloe HARTLEY-GREEN	Cardiff & the
8	Millie PIERCE	Vale Afan Nedd
9	Rebeca HARRIES	Tawe Afan Nedd
10	Amelia WILLAMS	Tawe Cardiff &
		the Vale Dyfed

### Race 2 Junior Boys

#### North East Wales 77 - PTS

POS	ATHLETE	DISTRICT
1	Garyn TOUGH	Glamorgan Valleys
2	Finlay BURNS	Cardiff & the Vale
3	Lucas SALVAGE	South East Wales
4	William COLES	Dyfed
5	Ellis MARTIN	North East Wales
6	Sam GRIFFITHS	Dyfed
7	Tom GURROD	South East Wales
8	Alfie EVANS	North East Wales
9	Lewis DAVIES	North East Wales
10	Will CHALK	South East Wales

### Race 3 Senior Girls

#### Cardiff & the Vale 43 - PTS

POS	ATHLETE	DISTRICT
1	Gwenno GOODE	Cardiff & the Vale
2	Caitlin JONES	Glamorgan
3	Maddie GRIFFITHS	Valleys Powys
4	Bethan HARDMAN	Cardiff & the Vale
5	Poppy TUCKER	Cardiff & the Vale
6	Gabriella PASCOE	Cardiff & the Vale
7	Ella GRUNDY	Eryri
8	Efa BAYNES	Eryri
9	Nia REDDY	Glamorgan
10	Caitlyn BLOOR	Valleys Powys

### Race 4 Year 7 Boys

#### Cardiff & the Vale 64 - PTS

POS	ATHLETE	DISTRICT
1	Gwenno GOODE	Cardiff & the Vale
2	Caitlin JONES	Glamorgan
3	Maddie GRIFFITHS	Valleys Powys
4	Bethan HARDMAN	Cardiff & the Vale
5	Poppy TUCKER	Cardiff & the Vale
6	Gabriella PASCOE	Cardiff & the Vale
7	Ella GRUNDY	Eryri
8	Efa BAYNES	Eryri
9	Nia REDDY	Glamorgan
10	Caitlyn BLOOR	Valleys Powys

### Race 5 Year 7 Girls

#### Eryri 75 - PTS

POS	ATHLETE	DISTRICT
1	Leah RHODES	South East Wales
2	Martha BOWEN	Eryri
3	Esyllt OWEN	Eryri
4	Tamsin SEGUIN	Eryri
5	Maisie FOSTER	Dyfed
6	Lowri MORGAN	Dyfed
7	Elinor ROBERTS	Cardiff & the Vale
8	Ella DREW	Afan Nedd Tawe
9	Bethany BRINLEY	South East Wales
10	Holly WORTH	Eryri

### Race 6 Senior Boys

#### Powys 76 - PTS

POS	ATHLETE	DISTRICT
1	Henry EVANS	South East Wales
2	Benjamin HUGHES	Glamorgan
3	Aled BREEZE	Valleys Powys
4	Noa VAUGHAN	Eryri
5	Dion GRIFFITH	Eryri
6	Deri MCCLUSKEY	Powys
7	Tristan CUMBERLAND	Powys
8	Oliver PRICE	South East Wales
9	Steffan BRIDGER	Dyfed
10	Callum MORGAN	Powys

### Race 7 Middle Girls

#### Cardiff & the Vale 85 - PTS

POS	ATHLETE	DISTRICT
1	Millie GOLD	Cardiff & the
2	Beca BOWN	Vale Eryri
3	Abigail DOHERTY	North East Wales
4	Mackenzie MCCOURT	Powys
5	Josie HURST	North East Wales
6	Cara SCOTT	Eryri
7	Mabli PHILLIPS	Cardiff & the
8	Amy THOMAS	Vale Afan Nedd
9	Mali MACDUFF	Tawe Cardiff &
10	Ava DAVIES	the Vale Afan
		Nedd Tawe

### Race 8 Middle Boys

#### Dyfed 44 - PTS

POS	ATHLETE	DISTRICT
1	Iwan THOMAS	Dyfed
2	Finley BRUCE	Dyfed
3	Ifan BOWEN	Dyfed
4	William HARRIES	Dyfed
5	Iwan FROLEY	Glamorgan Valleys
6	Jacob WELSH	North East Wales
7	Miguel JENKINS	Eryri
8	Rowan TOWNSEND	Eryri
9	Ben SERGENT	Eryri
10	Cian HAROLD	Cardiff & the Vale

## StartPens

<b>Race 1</b>	Pen 1 = POW, Pen 2 = GLA, Pen 3 = ANT, Pen 4 = DYF, Pen 5 = SEW, Pen 6 = NEW, Pen 7 = CVG, Pen 8 = ERY
<b>Race 2</b>	Pen 1 = ERY, Pen 2 = CVG, Pen 3 = NEW, Pen 4 = SEW, Pen 5 = GLA, Pen 6 = DYF, Pen 7 = POW, Pen 8 = ANT
<b>Race 3</b>	Pen 1 = GLA, Pen 2 = DYF, Pen 3 = POW, Pen 4 = ANT, Pen 5 = NEW, Pen 6 = ERY, Pen 7 = SEW, Pen 8 = CVG
<b>Race 4</b>	Pen 1 = NEW, Pen 2 = DYF, Pen 3 = SEW, Pen 4 = CVG, Pen 5 = POW, Pen 6 = GLA, Pen 7 = ANT, Pen 8 = DYF
<b>Race 5</b>	Pen 1 = ANT, Pen 2 = POW, Pen 3 = DYF, Pen 4 = GLA, Pen 5 = CVG, Pen 6 = SEW, Pen 7 = ERY, Pen 8 = NEW
<b>Race 6</b>	Pen 1 = DYF, Pen 2 = ANT, Pen 3 = GLA, Pen 4 = POW, Pen 5 = ERY, Pen 6 = CVG, Pen 7 = NEW, Pen 8 = SEW
<b>Race 7</b>	Pen 1 = SEW, Pen 2 = NEW, Pen 3 = CVG, Pen 4 = ERY, Pen 5 = ANT, Pen 6 = POW, Pen 7 = DYF, Pen 8 = GLA
<b>Race 8</b>	Pen 1 = CVG, Pen 2 = SEW, Pen 3 = ERY, Pen 4 = NEW, Pen 5 = DYF, Pen 6 = ANT, Pen 7 = GLA, Pen 8 = POW

## Open Track School Codes

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

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



# WELSH SCHOOLS NATIONAL 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 105
2002	Dyfed	55		2023	Cardiff & the Vale 111

## 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 2023

JUNIOR – Over 13 and under 15 at midnight 31st August / 1st September 2023, usually years 8 & 9

MIDDLE - Over 15 and under 17 at midnight 31st August / 1st September 2023, usually years 10 & 11

SENIOR - Over 17 and under 20 at midnight 31st August / 1st September 2023, usually years 12 to 14

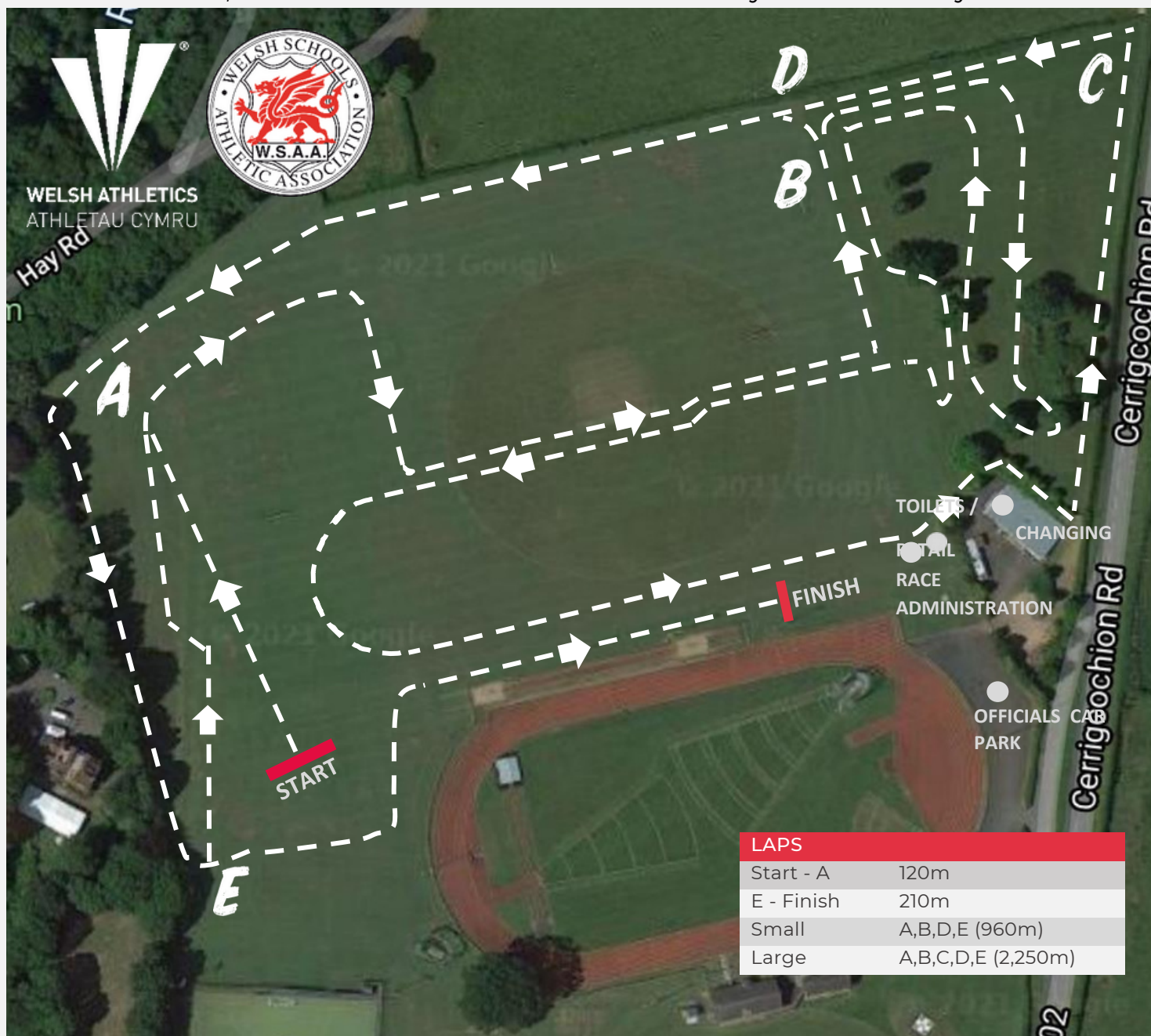
**Athletes MAY ONLY compete in their own age group.**

## 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

# 2024 WELSH SCHOOLS NATIONAL CROSS COUNTRY CHAMPIONSHIPS

Penlan Arena, Brecon: Sat Nav: LD3 9SR Wednesday 28th February



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, 1 Small, 2 Large Laps, Finish	5,790m