WELSH ATHLETICS
ATHLETAU CYMRU

GOLD LEVEL
WORLD ATHLETICS
WORLD CROSS COUNTRY TOUR

CARDIFF X CHALLENGE

INCORPORATING THE
WORLD ATHLETICS CROSS COUNTRY TOUR (GOLD LABEL)
BRITISH ATHLETICS CROSS CHALLENGE
JOHN H COLLINS GWENT LEAGUE
IN ASSOCIATION WITH SPORTSSHOES

DATE - SATURDAY 9 NOVEMBER
LOCATION - LLANDAFF FIELDS, CARDIFF

WELSH ATHLETICS
ATHLETAU CYMRU

GOLD LEVEL
WORLD ATHLETICS
WORLD CROSS COUNTRY TOUR

CARDIFF X CHALLENGE

FOREWORD

ALL OF US AT WELSH ATHLETICS WISH YOU A WARM WELCOME TO CARDIFF AND TO OUR PREMIER ANNUAL EVENT, THE CARDIFF CROSS CHALLENGE.

THE 2024 EVENT IS SET TO BE BIGGER AND BETTER THAN EVER BEFORE ON A DRY COURSE AND WILL INCLUDE RACES FOR PRIMARY SCHOOL CHILDREN, ALL THE WAY UP TO OLYMPIC FINALISTS AND NATIONAL CHAMPIONS.

WE CAN'T WAIT TO WELCOME YOU TO LLANDAFF FIELDS,

THE ATMOSPHERE IS SET TO BE ELECTRIC AND THE RACING PROMISES TO BE #MUDDYBRILLIANT

ALEX DONALD - COMPETITION DIRECTOR

FOR FULL EVENT INFO VISIT
CARDIFFCROSSCHALLENGE.CO.UK

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THANK YOU TO OUT EVENT SPONSORS, DIOLCH!

SPORTSSHOES.COM

SPAR There for you

DRAGON SIGNS

mind

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GOLD LEVEL WORLD ATHLETICS WORLD CROSS COUNTRY TOUR

U11 GIRLS - 1.25KM - 11:02

Darcie	Collins	Poole AC
Lianne	Esterhuysen	Brentwood Beagles
Alys	Evans	TROTS
Lauren	Heaton	Newport Harriers
Erin	Huxtable	Cardiff Athletics
Mila	Jovetic	Rhymney Valley AC
Norah	Kohring	Shrewsbury AC
Seren	Macdonald	Cardiff Athletics
Molly-Mae	Mcqueen	Swansea Harriers
Robyn	Morgan	Bridgend Athletics
Annabelle	Price	Aberdare Valley AAC
Matilda	Saunders	Team Kennet Triathlon & AC
Fern	Talbot	Newport Harriers
Evelyn	Willdridge	Pontyclun AC
Reggie	Callan	URDD
Mya	Ricketts	URDD
Emma	Ricketts	URDD
Josie	Torrance	URDD
Maisie	Foley	URDD
Molly	Shelmerdine	URDD
Elisabeth	Bessant-Evans	URDD
Marnie	Jenkins	URDD
Imogen	Fata	URDD
Madeleine	Fata	Colwyn Bay AC
Owain	Williams	URDD
Emily	Jones	URDD
Raphael	Cartwright	URDD
Iolo	Evans	URDD
Fletcher	Godding	URDD
Sophia	Gowdy	URDD
Delyth	Owen Lewis	URDD

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GOLD LEVEL WORLD ATHLETICS WORLD CROSS COUNTRY TOUR

U11 GIRLS - 1.25KM - 11:02

Bran	Hampshire	URDD
Matilda	Lloyd	URDD
Dewi	Durston	URDD
Harri	Phillips	URDD
Theo	Morgan	URDD
Flora	Keetch	URDD
Madelyn	Jones	URDD
Jessica	Ruff	URDD
Arlo	Thompson	URDD
Willow	Ramshaw	URDD
Thomas	Franks	URDD
Megan	Price	URDD
Margo	Starling	URDD
Nia	Bevan	URDD
Owen	Bevan	URDD
Henry	Charles	URDD
Gwilym	Davies	URDD
Macsen	Evans	URDD
Jac	Highfield	URDD
Lennon	Driscoll	URDD
Gwenny	Ryan	URDD
Aura	Wapner Carter	URDD
Lyla	Wapner Carter	URDD
Arthur	Hammond	URDD
Llian	Chambers	URDD
Rhun	Rowlands	URDD
Meredydd	Rhys Davies	URDD
Riley	Atkins	URDD
Fletcher	French	URDD
Jayden	Davies	URDD
Mila	Bilenki	URDD

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GOLD LEVEL WORLD ATHLETICS WORLD CROSS COUNTRY TOUR

U11 GIRLS - 1.25KM - 11:02

Elsie	Jones	URDD
Tomos	Patterson	URDD
Loti	Stokes	URDD
Alys	Windsor	URDD
Osian	Bramall	URDD
Zoe	Carr	URDD
Gwion	Daniel	URDD
Erin	Guilfoyle	URDD
James	Harwood	URDD
Heledd	Jones	URDD
Gruff	Patchell	URDD
Annabel	Rees	URDD
Dewi	Simpson	URDD
Eve	Watkins	URDD
Seth	Williams	URDD
Gwen	Williams	URDD
Mabli	Hancock	URDD
Ifan	Baker	URDD
Elsie	Blandon	URDD
Ella	Bond	URDD
Mayah	Carrol	URDD
Ioan	Dabson	URDD
Ted	Davies	URDD
Nia	Davies-Evans	URDD
Thomas	Evans	URDD
George	Fisher	URDD
Harry	Hooper-Nash	URDD
Casi	Hughes	URDD
Hetti	Jenkins	URDD

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GOLD LEVEL WORLD ATHLETICS WORLD CROSS COUNTRY TOUR

U11 GIRLS - 1.25KM - 11:02

Elis	John	URDD
Buster	Jones	URDD
Tomos	Lewis	URDD
Jaco	Lloyd	URDD
Brân	Morgan Willavoys	URDD
Eva	Murray	URDD
Taliesin	Phillips	URDD
Sion	Phillips	URDD
Sara Dafydd	Roberts	URDD
Eugene	Shinya	URDD
Clara	Warlow	URDD
Amber	Williams	URDD
Noah	Billing	URDD
Tom	Eyres	URDD
Danny	Farbrace	URDD
Gruff	Gubby	URDD
Martha	Guthrie Dinnen	URDD
Tina	Novak	URDD
Lewis	Powles	URDD
Tristan	Roberts	URDD
Gwilym	Williams	URDD
Ralphie	Mills	URDD
Theodore	Ruddle	URDD
Manon	Page	URDD
Seren	MacDonald	URDD
Ffion	Jones	URDD
Gwen	Fitzpatrick	URDD
Thomas	Bond	URDD
Sara	Evans	URDD

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GOLD LEVEL WORLD ATHLETICS WORLD CROSS COUNTRY TOUR

U11 GIRLS - 1.25KM - 11:02

Harry	Jones	URDD
Tomos	Moremon	URDD
Medi	Williams	URDD
Thomas	Burtenshaw	URDD
Raffety	Jones	URDD
Wilfred	Reez	URDD
William	Tremlett	URDD
Alys	Griffiths	URDD
Haf	Thomas	URDD
Osian	EDWARDS	URDD
Ralff	Davies	URDD
Holden	Evans	URDD
Harri	Angell Jones	URDD
Toby	Evans	URDD
Jac	Lewis	URDD
Aneirin	McGrory	URDD
Theo	Osborne	URDD
Noah	Waldron	URDD
Nel	Weeks	URDD
Hetty	Barber	URDD
Tiana	Baynham	URDD
Freya	Cannon	URDD
Josiah	Carter	URDD
Tomos	Coleman	URDD
Aneira	Efan	URDD
Olivia	Evans	URDD
Oliver	French	URDD
Ieuan	French	URDD
Nancy	Harrington	URDD

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GOLD LEVEL WORLD ATHLETICS WORLD CROSS COUNTRY TOUR

U11 GIRLS - 1.25KM - 11:02

Isabelle-lee	Hughes	URDD
Kitty	Lancaster	URDD
Amelia	Lewis	URDD
Eliza	Lynch	URDD
Louie	Owen	URDD
Cadi	Prosser	URDD
Theo	Shumack	URDD
George	Sullivan	URDD
Millie	Sullivan	URDD
Carys	Thomas	URDD
Tayla	Williams	Carmarthen Harriers
Madi Eira	Davies	URDD
Austin	Booth	URDD
Jona	Jones	URDD
Alice	Massey	URDD
Finn	Vaughan	URDD
Greta	Fflur	URDD
Macsen	Griffiths	URDD
Caian	Morris	URDD
Ianto	Jenkins	URDD
Freddie	Brown	URDD
Tom	Bryce	URDD
Joshua	Bundy	URDD
Beca	Edwards	URDD
Matilda	Evans	URDD
Seb	Hocking	URDD
Dylan	Howlett	URDD
Elwood	Hunt	URDD
Twm	Ifans	URDD

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GOLD LEVEL WORLD ATHLETICS WORLD CROSS COUNTRY TOUR

U11 GIRLS - 1.25KM - 11:02

Rhianwen	Hughes	URDD
Seth	Lancaster	URDD
Rosie	Lewis	URDD
Osian	Lynch	URDD
Reggie	Owen	URDD
Morgan	Prosser	URDD
Bethan	Shumack	URDD
Seth	Sullivan	URDD
Swyn	Sullivan	URDD
Harri	Thomas	URDD
Ioan	Williams	URDD
Edward	Davies	URDD
Esyllt	Booth	URDD
George	Jones	URDD
Veda	Massey	URDD
Danny	Vaughan	URDD

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GOLD LEVEL
WORLD ATHLETICS
WORLD CROSS COUNTRY TOUR

U11 BOYS - 1.25KM - 11:12

Joseph	Barlow	Oswestry Olympians
Charlie	Benson	Chorley A&TC
Charlie	Bush	Bristol & West AC
Rowan	Carson	Bridgend Athletics
Harry	House	Bristol & West AC
Noah	Howells	Aberdare Valley AAC
Deian	King	TROTS
Ethan	Knight	Cardiff Archers
Benjamin	Kohring	Shrewsbury AC
Freddie	McDermott	Liverpool Harriers & AC
Joseph	Nartey	Bristol & West AC
Oscar	Nash	Bristol & West AC
Fred	Pochee	Cornwall AC
Jake	Powell	Neath Harriers
Edward	Spiller	Bridgend Athletics
Lucas	Stanton	Cannock & Stafford AC
Taya	Ellis	URDD
Faith	Kinsey	URDD
Ivy	Vaughan	URDD
Eva-Rae	Jones	URDD
Ellis	Rees	URDD
Blake	Rees	URDD
Luciana	Russell	URDD
Isabella	Russell	URDD
Harry	Garnon	URDD
Oliver	Jones	URDD
Chloe	Mitchell-Blairs	URDD
Liliana	Evans	URDD
Ffion	Price	URDD
Harri	Williams	URDD
Alara	Welch	URDD

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GOLD LEVEL WORLD ATHLETICS WORLD CROSS COUNTRY TOUR

U11 BOYS - 1.25KM - 11:12

Gruff	Normansell	URDD
Bethan	Morgan	URDD
Peyton	Lewis	URDD
Ifan Wyn	Davies	URDD
Gerwyn	Davies	URDD
Ronnie	Thomas	URDD
Mari	Evans	URDD
Nel Fflur	Morgan	URDD
Tylo	Hughes	URDD
Charlie	Hopkins	URDD
Robin	Carter	URDD
Freya	Roberts	URDD
Oliver	Jackson	URDD
Iorwerth	Rhys Davies	URDD
Finn	Weaver	URDD
Florian	French	URDD
Osian	Thomas	URDD
Luke	Hendy	URDD
Ioan	Derrick	URDD
Osian	Eldridge	URDD
Dafydd	Jones	URDD
Griff	Jones	URDD
Gruff	Jones	URDD
Elis	Powell	URDD
Gwenno	Rigler	URDD
Caio	Thomas	URDD
Lily	Evans	URDD
Ifan	Henden	URDD
Miriam	Jenkins	URDD
Nanw	Lewis	URDD
Phoebe	Mahoney	URDD

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GOLD LEVEL WORLD ATHLETICS WORLD CROSS COUNTRY TOUR

U11 BOYS - 1.25KM - 11:12

Osian	Nathoo	URDD
Caio	Phillips	URDD
Elin	Matthews	URDD
Monika	Novak	URDD
Spencer	Sawyer	URDD
Alys	Williams	URDD
Alba	Hamilton	URDD
Cadi	Tomos	URDD
Erin	Edy	URDD
Toby	Mills	URDD
Myla	Sullivan	URDD
Howie	Edge	URDD
Robyn	Gabrielle	URDD
Rosie	Gabrielle	URDD
Billy	Jones	URDD
Billy	Jones	URDD
Henry	Mee	URDD
Freya	Williams	URDD
Gethin	Jones	URDD
Beca	Leeke	URDD
Harri	Davies	URDD
Huw	Evans	URDD
Ava	Jones	URDD
Tomos	Phillips	URDD
Rhys Gwilym	Jones	URDD
Owain Morgan	Jones	URDD
Efa	Jones	URDD
Davy	Richards	Carmarthen Harriers
Alys	Tremlett	URDD
Elliot	Young	URDD
Elliot	Bowen	URDD

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GOLD LEVEL WORLD ATHLETICS WORLD CROSS COUNTRY TOUR

U11 BOYS - 1.25KM - 11:12

Jack	Pryce	URDD
Isobel	Baber	URDD
Aria	Fealey	URDD
Rosie	Lynch	URDD
Anwen	Richards	URDD
Teleri	Richards	URDD
Gwendolen	Rowe	URDD
Lleucu	Ward	URDD
Elan	Jones	URDD
Martha	Booth	URDD
Hannah	Gray	URDD
Steffan	Howard	URDD
Madlen	Jones	URDD
Guto	Mills	URDD
Ffion	Nicol	URDD
Mostyn	Thomas	URDD
Catrin	Tomos	URDD
Steffan	James	URDD
Osian	Jones	URDD
Eira	Nicholas Vardill	URDD
Mared	Rees	URDD
Lliwen	Schiavone-Ifan	URDD
Gwern	Schiavone-Ifan	URDD
Max	Arundel	URDD
Isaac	Beckley	URDD
Zachary	Beel	URDD
Tomos	Bowley	URDD
Noah	Coleman	URDD
Phoebe	Edmonds	URDD

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GOLD LEVEL WORLD ATHLETICS WORLD CROSS COUNTRY TOUR

U11 BOYS - 1.25KM - 11:12

Rhian	Edwards	URDD
Sophie	Floyd	URDD
Millie	Fox	URDD
Sebastian	Gill	URDD
Rosa	Greenough	URDD
Tommy	Harries	URDD
Hari	Jones	URDD
Sarah	Mackenzie	URDD
Sophie	Markall	URDD
Awen	Osborne	URDD
Athena	Reardon	URDD
Lucy	Rolfe	URDD
Steffan	Schultz	URDD
Emily	Spiller	URDD
Efan	Thomas	URDD
Ffion	Torne	URDD
Veda	Williams	URDD

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GOLD LEVEL WORLD ATHLETICS WORLD CROSS COUNTRY TOUR

U13 GIRLS - 2.78KM - 11:30

Georgina	Benson	Chorley A&TC
Ellie	Blackhurst	Preston Harriers
Esme	Cameron	Liverpool Harriers & AC
Isla	Carson	Bridgend Athletics
Arya	Cassini-Jones	Shrewsbury AC
Dakota Rose	Davies	Rhondda AAC
Elsie	Davies	Carmarthen Harriers
Emily	Evans	Cardiff Athletics
Emily	Evans-Williams	Swansea Harriers
Cerys	Fitzpatrick	Carmarthen Harriers
Soren	Hill	Cardiff Athletics
Cataleya	Holmes	Herne Hill Harriers
Jessica	Howes	Wrekin Harriers
Elizabeth	Hutchings	Westbury Harriers
Freya Alice	Jones	NORDV
Isabelle	Kelland	Rhondda AAC
Madison	Kindler	Brentwood Beagles
Mabli	King	TROTS
Roni	Kohring	Shrewsbury AC
Sophie	Longworth	Wreake & Soar Valley
Eva	Martin	Cardiff Athletics
Eilidh	Murdoch	Banchory Stonehaven AC
Sophie	Needs	Peterhead AC
Harriet	Netherway	NORDV
Madeleine	Nunn	Cardiff Archers
Isabella	Parry	Liverpool Harriers & AC
Lila	Pearce	Wolverhampton & Bilston
Honor	Peers	Liverpool Harriers & AC
Isabella	Peter	Newport Harriers
Manon Fflur	Phillips	Carmarthen Harriers
Beau	Rawcliffe	Liverpool Harriers & AC

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WORLD ATHLETICS
WORLD CROSS COUNTRY TOUR

U13 GIRLS - 2.78KM - 11:30

Summer	Richards	Telford AC
Daisy	Rushton	Liverpool Harriers & AC
Harriet	Saunders	Team Kennet Triathlon & AC
Eleanor	Strawbridge	NORDV
Madison	Tattersall	Rhymney Valley AC
Anya	Walters	Carmarthen Harriers
Skye	Widdows	Brighton & Hove AC
Paige-lily	Williams	Carmarthen Harriers
Carys	Woodhead	Bideford AAC
Helena	Wotherspoon	Law & District AAC

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GOLD LEVEL WORLD ATHLETICS WORLD CROSS COUNTRY TOUR

U13 BOYS - 2.78KM - 11:45

Oscar	Adams	Shrewsbury AC
Joshua	Bailey	Team Kennet Triathlon & AC
Kush	Bailey	NORDV
Benjamin	Boyce	Cardiff Athletics
Freddy	Cheyne	Preston Harriers
Sam	Cousins	Radley AC
Tomos Cai	Davies	Carmarthen Harriers
Lewis	Durston	Bridgend Athletics
Dylan	Etheridge	Cardiff Athletics
Aaron	Evans	TROTS
Jacob	Heaton	Newport Harriers
Harry	Hopkinson	Preston Harriers
Tomi	Jones	Swansea Harriers
Jack	Kelland	Rhondda AAC
Jack	Langlands	Wreake & Soar Valley
Wilf	May	Reading AC
Bobby	McEvoy	Liverpool Harriers & AC
Jacob	Moss	Welsh Schools And Universities
Zac	Munn	Cardiff Athletics
Riley	Nealon	Cardiff Athletics
Sebastian	Palmer	Wolverhampton & Bilston
Osian	Phillips	Cardiff Athletics
Edward	Salter	Taunton AC
Finlay	Stanton	Cannock & Stafford AC
Charlie	Stuart	Shrewsbury AC
Oliver	Trevor	Brentwood Beagles
Robert	Worrall	Liverpool Harriers & AC
Alexander	Wotherspoon	Law & District AAC
Albert	Yates	Preston Harriers

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GOLD LEVEL WORLD ATHLETICS WORLD CROSS COUNTRY TOUR

U15 GIRLS - 3.20KM - 12:00

Evie	Avery	Gloucester AC
Olivia	Avery	Gloucester AC
Charlotte	Bailey	Newbury AC
Isla	Bater	NORDV
Ellie	Birchall	Exeter Harriers
Martha	Bown	Menai Track & Field
Bryony	Boyce	Cardiff Athletics
Penelope	Boyle	Exeter Harriers
Lucia	Connell	Strathearn Harriers
Matilda	Don	Charnwood AC
Tara	Ferguson	Windsor Slough Eton & Hounslow AC
Isabel	Forrest	Brentwood Beagles
Isabel	Goodman	Chorley A&TC
Kara	Gorman	Windsor Slough Eton & Hounslow AC
Nansi	Griffiths	Carmarthen Harriers
Anna	Hall	Team Kennet Triathlon & AC
Aimee	Harling	Blackpool Wyre & Fylde AC
Olivia	Inglis	Law & District AAC
Millie	Jordan	Blackburn Harriers & AC
Phoebe	Langlands	Wreake & Soar Valley
Esme	Lewis	Bridgend Athletics
Sophie	Maxwell	Team Bath AC
Lexie	Mclean	Eastbourne Rovers AC
Isabella	Mercer	NORDV
Lowri	Morgan	Carmarthen Harriers
Maisie	Mullett	Wreake & Soar Valley
Myiesha	Newcombe	NORDV
Poppy	Oliver	Newport Harriers
Sali	Owen	Carmarthen Harriers
Sophie	Phelps	Team Bath AC
Elinor	Roberts	Cardiff Athletics

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GOLD LEVEL
WORLD ATHLETICS
WORLD CROSS COUNTRY TOUR

U15 GIRLS - 3.20KM - 12:00

Nyla	Roode	NORDV
Anna	Sobey	NORDV
Chloe	Stuart	Shrewsbury AC
Amelia	Towlson	Wreake & Soar Valley
Madison	Welby	City of Lisburn AC
Maisie	Williams	Liverpool Harriers & AC
Lyra	Woollam-Dalling	NORDV
Evie	Worrall	Liverpool Harriers & AC

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GOLD LEVEL
WORLD ATHLETICS
WORLD CROSS COUNTRY TOUR

U15 BOYS - 3.20KM - 12:15

Sam	Ball	Telford AC
Oskar	Beck	Wells City Harriers
Oscar	Blake	Derby AC
Craig	Calver	West Suffolk AC
Thomas	Clerkin	Herne Hill Harriers
Max	Collins	Poole AC
Harry	Collins-Smith	Thames Valley Harriers
Seth	Dyson	Newquay & Par AC
Osian	Emmerson	Cardiff Archers
Adam	Foster	NORDV
Tom	Garrod	Newport Harriers
Hedd	Griffiths	Cardiff Athletics
Oscar	Hayles	Cardiff Athletics
Caspian	Holmes	Herne Hill Harriers
Drystan	King	TROTS
Henry	Lewis	Hereford & County AC
James	Longworth	Wreake & Soar Valley
Fin	Lumber-Fry	Eastbourne Rovers AC
Vito	Machin	City Of Norwich AC
Isaac	Malton	Exeter Harriers
Travis	Moore	Basingstoke & Mid Hants AC
Louie	Muir	Giffnock North AC
Mandikudza	Mupita	Swansea Harriers
Osian	Parry	Menai Track & Field
Oscar	Purchase	Exeter Harriers
Byron	Roberts	Eastbourne Rovers AC
Leau	Roch	Herne Hill Harriers
George	Watkins	Woodford Green AC
Adrian	White	Trafford AC
Finley	Winship	City Of Norwich AC
Ewan	Withnall	Burton AC

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GOLD LEVEL
WORLD ATHLETICS
WORLD CROSS COUNTRY TOUR

U17 & U20 WOMEN - 3.20KM - 12:30

Daisy	Abernethy	Wells City Harriers
Ella	Ayden	Tonbridge AC
Jess	Bailey	Leven Valley AC
Eve	Bailey	Winchester & District AC
Kate	Bain	Guernsey
Sarah	Barrett	City Of Norwich AC
India	Barwell	Lincoln Wellington AC
Matilda	Bengtsson	Poole AC
Hannah	Blundy	Wells City Harriers
Beca Haf	Bown	Menai Track & Field
Freya	Bradley	Westbury Harriers
Charlotte	Brown	Exeter University AC
Isla	Bryson	Exeter Harriers
Zara	Buchanan	Exeter University AC
Isabel	Cherrett	Bournemouth AC
Iris	Courtney	Wells City Harriers
Eilidh	Dallas	Strathearn Harriers
Florence	East	City of Portsmouth AC
Innes	FitzGerald	Exeter Harriers
Olivia	Forrest	Brentwood Beagles
Zoe	Gilbody	Telford AC
Millie	Gold	Swansea Harriers
Imogen	Gray	City Of Salisbury AC & RC
Katy	Griffiths	Bridgend Athletics
Libby	Hale	Swansea Harriers
Rebeca	Harries	Cardiff Athletics
Jacqueline	Heller	Windsor Slough Eton & Hounslow AC
Lucy	Hillary	Western Tempo
Elise	Hollis	
Isabel	Holt	Blackburn Harriers & AC
Evie	Horsfall	Wells City Harriers

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GOLD LEVEL WORLD ATHLETICS WORLD CROSS COUNTRY TOUR

U17 & U20 WOMEN - 3.20KM - 12:30

Madison	Hughes	Maldwyn Harriers
Holly	Humphreys	Swansea Harriers
Jessica	Inglis	Law & District AAC
Sophie	Jacobs	St Albans AC
Sioned	John	Cardiff Athletics
Lottie	Langan	City of York AC
Rae	Le Fay	Hastings AC
Jennifer	Leggate	Cambridge & Coleridge AC
Hollie	Lewis	Swansea Harriers
Ava	Lloyd	Wigan & District H & AC
Estelle	Lowe	North Somerset AC
Felicity	Lowe	North Somerset AC
Allegra	Massey	Thames Valley Harriers
Isla	Mayne	Exeter Harriers
Isla	McGowan	Banbury Harriers AC
Ellie	McLean	Eastbourne Rovers AC
Olivia	Mcghee	Rugby & Northampton AC
Jessica	Needs	Aberdeen AAC
Anna	Nicholson	Lancaster & Morecambe AC
Millie	Pierce	Swansea Harriers
Megan	Powell	Abingdon AC
Evey	Powell	Abingdon AC
Paige	Quinn	TORB
Zara	Redmond	Kilbarchan AAC
Zoe	Rennie	Reading AC
Josie	Robertson	Newbury AC
Lauren	Russell	Highgate Harriers
Lizzy	Sheridan	Reading AC
Emma	Smart	City of Portsmouth AC
Isobel	Stacey	Wells City Harriers
Olivia	Steer	Exeter Harriers

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GOLD LEVEL
WORLD ATHLETICS
WORLD CROSS COUNTRY TOUR

U17 & U20 WOMEN - 3.20KM - 12:30

Graihagh	Turner	Rotherham Harriers & AC
Verity	Valentine	Saint Edmund Pacers
Ruby	Vinton	Chelmsford AC
Annabelle	Wallace	Team Bath AC
Evangeline	Warn	Brentwood Beagles
Cosette	Wearden	West Cheshire AC
Lizzie	Wellsted	Colchester Harriers AC
Ellarose	Whitworth	Lincoln Wellington AC
Amelia	Williams	Carmarthen Harriers
Katie	Youp	Winchester & District AC

WELSH ATHLETICS
ATHLETAU CYMRU

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GOLD LEVEL WORLD ATHLETICS WORLD CROSS COUNTRY TOUR

SENIOR WOMEN - 6.40KM - 12:55

Veerle	Bakker	Netherlands
Charity	Cherop	Uganda
Sheila	Jebet	Kenya National Team
Charlotte	Alexander	Tonbridge AC
Mary	Mulhare	Unattached
Femke	Rosbergen	Netherlands
Tsige	Teshome	Ethiopia
Sofia	Thogersen	Denmark
Emmy	Van Den Berg	Netherlands
Molly	Canham	Belgrave Harriers
Sarah	Astin	Belgrave Harriers
Lauren	Church	Reading AC
Lauren	Cooper	Western Tempo
Chelsea	Creak	Bristol & West AC
Emma	Creasey	Giffnock North AC
Charlotte	Dannatt	Camberley & District AC
Esme	Davies	Border Harriers & AC
Pippa	Davies	Porthcawl Runners
Milly	Dickinson	Brighton Phoenix
Holly	Dixon	Cambridge Harriers
Charlie	Dunn	Les Croupiers
Izzy	Fry	Newbury AC
Meg	Gadsby	City Of Norwich AC
Jess	Gibbon	Reading AC
Josie-Wren	Golder	Stirling University AC
Amy	Griffiths	Aldershot Farnham & District
Annabel	Gummow	Herts Phoenix AC
Rachel	Hadley	Les Croupiers
Megan	Harris	Chelmsford AC
Lillian	Hawkins	Southampton AC
Cadie	Hibberd	Great Western Runners

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GOLD LEVEL WORLD ATHLETICS WORLD CROSS COUNTRY TOUR

SENIOR WOMEN - 6.40KM - 12:55

Victoria	Hiscock	Reading AC
Emma	Howsham	Reading AC
Cari	Hughes	Cardiff Athletics
Libby	Huxley	Preston Harriers
Lizzy	Ingram	Yeovil Olympiads AC
Abigail	Ives	Basildon AC
Kate	Axford	Belgrave Harriers
Millie	Jordan-Lee	Aldershot Farnham & District
Ella	Leonard	Taunton AC
Moli	Lyons	Pontypridd Roadents AC
Alexandra	Bell	Pudsey & Bramley AC
Lauren	Nichols	Bedford & County AC
Eden	O'Dea	Deeside AAC
Georgia	Palmer	Cheltenham & County Harriers
Emily	Parker	Poole AC
Indira	Patel	Shaftesbury Barnet Harriers
Sophie	Peach	City Of Norwich AC
India	Pentland	Darlington H&AC
Millie	Porter	Western Tempo
Chloe	Powell	Swindon Harriers
Amelia	Quirk	Bracknell AC
Evie	Bradley	Exeter University AC
Nicky	Savill	South West Road Runners
Hope	Smith	Exeter University AC
Freya	Spruit	Team Bath AC
Gemma	Steel	Charnwood AC
Megan	Stenhouse	Rugby & Northampton AC
Bronwen	Stratton-Thomas	Swansea Harriers
Julia	Szajdzicka	DORSET DODDLERS RC
Poppy	Tank	City Of Plymouth AC
Sophie	Tarver	Wirral AC

WELSH ATHLETICS
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GOLD LEVEL
WORLD ATHLETICS
WORLD CROSS COUNTRY TOUR

SENIOR WOMEN - 6.40KM - 12:55

Niamh	Brown	Aldershot Farnham & District
Charlotte	Brown	Taunton AC
Ella	Treby	Team Bath AC
Megan	Tucker	Sale Harriers Manchester
Molly	Butterworth	Doncaster AC
Mia	Waldmann	Reading AC
Kirsty	Walker	Edinburgh AC
Bethany	Wallis	Western Tempo
Emily	Wilcox	Newport Harriers
Madeline	Williams	Shrewsbury AC
Bea	Wood	City Of Salisbury AC & RC

WELSH ATHLETICS
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GOLD LEVEL WORLD ATHLETICS WORLD CROSS COUNTRY TOUR

U17 & U20 MEN - 5.56KM - 13:40

Ben	Allen	Cannock & Stafford AC
Isaac	Arnott	Tonbridge AC
Ted	Ash	City Of Norwich AC
George	Astbury	Birchfield Harriers
Josh	Barnett	Carmarthen Harriers
Guy	Barnett	Kent AC
Connor	Bell	Central AC
Matt	Benson	Maldwyn Harriers
Chris	Benson	Maldwyn Harriers
Zachary	Bent	Cannock & Stafford AC
Hugo	Berry	Sedbergh School Running Club
Henry	Birchall	Exeter Harriers
Will	Birchall	Exeter Harriers
Ifan	Bowen	Carmarthen Harriers
Samuel	Boyce	Cardiff Athletics
Ethan	Brady-Jones	Wirral AC
Finley	Bruce	Carmarthen Harriers
Ash	Burgess	Birchfield Harriers
Oliver	Capps	Thames Valley Harriers
Will	Chalk	Newport Harriers
Thomas	Claridge	Tonbridge AC
Matthew	Clark	Preston Harriers
Oscar	Cleeve	Exeter University AC
Finley	Cloak	Bideford AAC
Archie	Coates	Southampton AC
Orion	Coelho	
Charlie	Coles	City Of Salisbury AC & RC
Charlie	Collins	Poole AC
Samuel	Collins	Wreake & Soar Valley
Benjamin	Collins	North Somerset AC
George	Cotton	Woking AC

WELSH ATHLETICS
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GOLD LEVEL WORLD ATHLETICS WORLD CROSS COUNTRY TOUR

U17 & U20 MEN - 5.56KM - 13:40

Tom	Cox	
David	Coxon	Exeter University AC
Christopher	Cull	Sutton & District AC
Finlay	Cullen	Shrewsbury AC
Joshua	Cumberland	Radley AC
Thomas	Darton	Westbury Harriers
Samuel	Davies	Team Bath AC
Jonathan	Davies	Oxford City AC
Joshua	Davies	Team Bath AC
Abel	Davies	Guildford & Godalming AC
Steffan	Davies	Carmarthen Harriers
Thomas	Dewey	Basingstoke & Mid Hants AC
Tom	Dixon	Nuneaton Harriers
Joe	Dixon	Morpeth Harriers
Angelo	Doria	Ogmore Phoenix Runners
Luke	Dunham	Herts Phoenix AC
Billy	Eccles	Bure Valley Harriers
Jaafer	El-Kaddu	Cardiff University Athletics Club
Lewis	English	Waveney Valley AC
Joe	English	Kent AC
Ethan	Esteban-Protheroe	Cardiff Athletics
Henry	Evans	Newport Harriers
Martin	Falle	Exeter Harriers
Rupert	Ferguson	Exeter University AC
Daniel	Fisher	Taunton AC
Myles	Fraser	Preston Harriers
Iwan	Froley	Cardiff Athletics
Kody	Gilbody	Telford AC
Ned	Gilford	Rugby & Northampton AC
Oliver	Gill	Blackburn Harriers & AC
Leroy	Griffiths	Rhondda AAC

WELSH ATHLETICS
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GOLD LEVEL
WORLD ATHLETICS
WORLD CROSS COUNTRY TOUR

U17 & U20 MEN - 5.56KM - 13:40

Evan	Grime	Salford Harriers & AC
Rafferty	Haigh	Sutton & District AC
Daniel	Hargreaves	Southampton AC
Cian	Harold	Cardiff Athletics
William	Harries	Carmarthen Harriers
Fletcher	Hart	Swindon Harriers
Harry	Harvey	Winchester & District AC
Henry	Haslam	Southampton AC
Oliver	Hobdell	Herts Phoenix AC
Tomos	Horn	Cardiff Athletics
Monty	Hudson	Sutton & District AC
Alex	Hughes	Chiltern Harriers AC
Ben	Hughes	Pontypridd Roadents AC
Aniket	Iyengar	Cambridge Harriers
Daniel	Jelfs	St Mary's Richmond AC
Miguel	Jenkins	Menai Track & Field
Oliver	Jermy	Guildford & Godalming AC
Henry	Jonas	City Of Norwich AC
Archie	Lane	Leamington Cycling & AC
Alex	Lennon	Sutton & District AC
Rhys	Llewellyn	Pembrokeshire Harriers
Will	Lloyd	Wigan & District H & AC
Joseph	Maloney	Exeter University AC
Guy	Mangan	Exeter University AC
Elliott	Manning	Sutton & District AC
Reiss	Marshall	Fife AC
Jack	Marwood	Salford Harriers & AC
Joshua	Maxwell	Team Bath AC
Harry	Maxwell	Team Bath AC
Nathan	McWilliam	Bracknell AC
Dan	Mcguire	Harmeny AC

WELSH ATHLETICS
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GOLD LEVEL WORLD ATHLETICS WORLD CROSS COUNTRY TOUR

U17 & U20 MEN - 5.56KM - 13:40

Sebastian	Melero	Saint Edmund Pacers
Quinn	Miell-Ingram	Radley AC
Louis	Moore	Thames Valley Harriers
Matthew	Morgan	Cambridge & Coleridge AC
Isaac	Morgan	Cambridge & Coleridge AC
Olly	Morris	Exeter Harriers
Ethan	Newell	Sutton & District AC
Josh	Norton	Newbury AC
Jacob	Nugent	Mansfield Harriers
William	Nuttall	Chelmsford AC
Luke	Owen	Carmarthen Harriers
Harry	Parker-Mclain	Vale Royal AC
Raj	Patadia	Ealing Eagles RC
William	Pearce	Newquay & Par AC
James	Peck	Cardiff University Athletics Club
Jon	Pepin	Southampton AC
Ben	Perry	Exeter Harriers
Daniel	Phelps	Team Bath AC
Rhys	Pladdy	Cardiff Athletics
Dominik	Plesiewicz	Cardiff Athletics
Jack	Price	Birmingham Running A&TC
William	Rabjohns	Poole AC
Corben	Reynolds	Great Yarmouth Road Runners
Ethan	Robertson	Newbury AC
Ralph	Robson	Morpeth Harriers
Leo	Rothwell	Cambridge & Coleridge AC
Mark	Ruby	Poole AC
Max	Sanderson	Brentwood Beagles
Joseph	Scanes	Blackheath & Bromley HAC
Benedict	Simpson-Alexander	Richmond & Zetland Harriers
Alex	Smart	City of Portsmouth AC

WELSH ATHLETICS
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GOLD LEVEL
WORLD ATHLETICS
WORLD CROSS COUNTRY TOUR

U17 & U20 MEN - 5.56KM - 13:40

Will	Smith	Team Bath AC
Alexander	Sproston	Brighton Phoenix
Onjoro	Sumba	Havant AC
Will	Sutcliffe	Wirral AC
Ewan	Taylor	Cambridge & Coleridge AC
George	Thomas	Windsor Slough Eton & Hounslow AC
Iwan	Thomas	Carmarthen Harriers
Evan	Tosh	Ballymena & Antrim AC
Cian	Tough	Aberdare Valley AAC
Jacob	Trangmar	Saint Edmund Pacers
Regan	Tuck	Chelmsford AC
Joseph	Usher	Poole AC
Daniel	Van Aardt	Wreake & Soar Valley
Noa	Vaughan	Eryri Harriers
Thomas	Vestey	Taunton AC
Cameron	Walker-Powell	City of Portsmouth AC
Daniel	Williams	NORDV
Blake	Williams	Newquay & Par AC
Nathan	Wright	Woodford Green AC
Henry	Yelling	Brighton & Hove AC

WELSH ATHLETICS
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GOLD LEVEL WORLD ATHLETICS WORLD CROSS COUNTRY TOUR

SENIOR MEN - 9.60KM - 14:05

Jesse	Fokkenrood	Netherlands
Emile	Hafashimana	Burnham Joggers
Daniel	Kibet	Uganda
Keneth	Kiprop	Uganda
Younes	Kniya	Marlow Striders
Niels	Laros	Netherlands
Vincent	Mutai	Kenya National Team
Celestin	Ndikumana	Burnham Joggers
Stefan	Nillessen	Netherlands
Rick	Van Riel	Netherlands
Robin	Van Riel	Netherlands
Tim	Verbaandert	Netherlands
Juan	Zijderlaan	Netherlands
Devin	Coombes	Bridgend Athletics
Dominic	Coy	Ilkley Harriers AC
Sam	Crowther	Exeter University AC
Max	Dalloz	Peterborough & Nene Valley AC
Huw	Davies	Carmarthen Harriers
Edward	Davies	Swansea Harriers
Theo	Doran	Aldershot Farnham & District
Lee	Dover	Houghton Harriers & AC
Matthew	Dyson	Newquay & Par AC
Michael	Eccles	Bure Valley Harriers
Adam	Ede	Cardiff Met Uni
Kane	Elliott	Falkirk Victoria Harriers
Aaron	Enser	Bracknell AC
Daniel	Esterhuysen	Brentwood Beagles
Kit	Evans Lombe	Exeter University AC
Oscar	Barbour	Stratford Upon Avon AC
Simon	Fox	Exeter Harriers
Michael	Gar	Aldershot Farnham & District

WELSH ATHLETICS
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GOLD LEVEL WORLD ATHLETICS WORLD CROSS COUNTRY TOUR

SENIOR MEN - 9.60KM - 14:05

Efrem	Gidey	Unattached
Dion	Griffith	Cardiff Met Uni
Matthew	Grindrod	Brighton & Hove AC
Andrew	Barrett	City Of Norwich AC
Luke	Hamley	Cardiff Athletics
Fred	Harris	Poole AC
James	Heneghan	Pontypridd Roadents AC
Hugo	Hewitt	Crawley AC
Stephen	Honight	Bristol & West AC
Craig J	Hudson	Newport Harriers
Flynn	Jennings	Bristol & West AC
David	Jones	Pontypridd Roadents AC
Dafydd	Jones	Swansea Harriers
Morgan	Kendall	Meirionnydd RC
Alex	Kerfoot	Preston Harriers
Oscar	Bell	Herts Phoenix AC
James	Bennett	Brentwood Running Club
James	Bessant Davies	Penarth and Dinas Runners
Rob	Brown	Taunton AC
Darren	Lewis	Port Talbot Harriers
Jamie	Lewis	Buckley RC
Adam	Leworthy	NORDV
Ifan	Lloyd	Swansea Harriers
Math	Llwyd	Les Croupiers
Zakariya	Mahamed	Southampton AC
Ryan	Martin	Stirling University AC
Felix	McGrath	Bristol & West AC
Angus	McMillan	City of York AC
Jack	Medford	Pegasus RC
Alexander	Miell-Ingram	Radley AC
Rowan	Miell-Ingram	Radley AC

WELSH ATHLETICS
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GOLD LEVEL WORLD ATHLETICS WORLD CROSS COUNTRY TOUR

SENIOR MEN - 9.60KM - 14:05

Jack	Millar	Bristol & West AC
John	Millar	Ipswich Harriers
Peter	Molloy	Central AC
Daniel	Morgan	Swansea Harriers
Luke	Burgess	Bristol & West AC
Dylan	Nazareth	Les Croupiers
Jacob	Cann	Newham & Essex Beagles AC
Oliver	Carvell	Telford AC
Joseph	Niven	Liverpool Harriers & AC
Thomas	Norfolk	Cambridge & Coleridge AC
Toby	Norman	Weston AC
Harry	Owrid	London Heathside
Osian	Perrin	Menai Track & Field
Sam	Ponter	Taunton AC
Tommy	Power	Hallamshire Harriers Sheffield
Niki	Puleio	Ogmore Phoenix Runners
Thomas	Reed	Westbury Harriers
Logan	Rees	Fife AC
Adam	Rennie	Reading AC
Luke	Reynolds	Exeter University AC
Steven	Rothwell	Cambridge & Coleridge AC
Brett	Rushman	Herts Phoenix AC
Sam	Rutty	Team Bath AC
Simon	Saia	Fareham Crusaders RC
Louis	Small	Ashford AC
Jack	Small	Ashford AC
Josh	Smith	Pontypridd Roadents AC
Jake	Smith	Pontypridd Roadents AC
Liam	Stone	Aldershot Farnham & District
Kurt	Taylor	Bristol & West AC
Ermiyas	Tegstu	Cardiff Athletics

WELSH ATHLETICS
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GOLD LEVEL
WORLD ATHLETICS
WORLD CROSS COUNTRY TOUR

SENIOR MEN - 9.60KM - 14:05

Paul	Thomas	South West Road Runners
George	Thompson	Northampton AC
Niall	Thorne	Western Tempo
Maurice	Turnock	Fareham Crusaders RC
Sam	Tyas	Belgrave Harriers
Callum	Choules	NORDV
Donal	Coakley	Leevale AC
Joseph	Comerford	
Mohamed	Warsame	Aberdeen AAC
Benedict	Westhenry	Poole AC
Charles	Wheeler	Milton Keynes Distance Project
George	Wheeler	Milton Keynes Distance Project
Stephen	Williams	Pembrokeshire Harriers
Benjamin	Wills	Bracknell AC
Tom	Wood	Eryri Harriers
Bobby	Wotherspoon	Law & District AAC
Tom	Yapp	Clwb Run Wales
Jenson	Connell	Leeds City AC