

21st Welsh Athletics Inter Regional & 43rd Welsh Schools' Inter Schools

RACE 01 PRIMARY GIRLS

Saturday 16th November 2019

Penlan, Brecon



WELSH ATHLETICS
ATHLETAU CYMRU

RACE 01 PRIMARY GIRLS

Pos	Bib	Athlete	Club	Time
1	6	Chloe HARTLEY-GREEN	Swansea Harriers	5:47
2	2	Bryony BOYCE	Cardiff AAC	5:52
3	9	Ophelia JENKINS	Pembrokeshire Harriers	5:57
4	13	Orla KISSANE	Deeside AAC	5:59
5	19	Millie PIERCE	Swansea Harriers	6:06
6	15	Esme LYNOCK	Carmarthen & District Harriers	6:15
7	7	Rose HAYES	Deeside AAC	6:16
8	5	Rebeca HARRIES	Cardiff AAC	6:23
9	16	Ffion MULFORD	Rhondda AAC	6:30
10	14	Nia LEWIS	Pembrokeshire Harriers	6:34
11	21	Emiah WILLIAMS	Aberystwyth	6:41
12	20	Sara STEPHENS	Neath Harriers	6:43
13	1	Allie ADAMS	Rhondda AAC	6:48
14	12	Manon JONES	Blaenau Gwent Athletics	6:51
15	17	Tiana ODUGBESAN	Blaenau Gwent Athletics	6:56
16	11	Alaina JONES	Esgob Morgan	7:11
17	22	Lola SOACCIA	Aberdare Valley AAC	7:14
18	8	Courtney HOLDHAM	Pontyclun Athletics Club	7:37
19	23	Rosie EVANS	Brecon AC	8:04
20	3	Megan CHANTRELL	Aberdare Valley AAC	8:18

Scoring Teams Results

Pos	Club	1	2	3	Total
X	No Complete Teams				0
12 Incomplete Team Results					
	Club	Places		Pts	
1	Swansea Harriers	1	5	6	
2	Cardiff AAC	2	8	10	
3	Deeside AAC	4	7	11	
4	Pembrokeshire Harriers	3	10	13	
5	Rhondda AAC	9	13	22	
6	Blaenau Gwent Athletics	14	15	29	
7	Aberdare Valley AAC	17	20	37	
8	Carmarthen & District Harriers	6		6	
9	Aberystwyth	11		11	
10	Neath Harriers	12		12	
11	Esgob Morgan	16		16	
12	Pontyclun Athletics Club	18		18	

21st Welsh Athletics Inter Regional & 43rd Welsh Schools' Inter Schools

RACE 02 PRIMARY BOYS

Saturday 16th November 2019

Penlan, Brecon



WELSH ATHLETICS
ATHLETAU CYMRU

RACE 02 PRIMARY BOYS

Pos	Bib	Athlete	Club	Time
1	125	Elis MARTIN	Deeside AAC	5.23
2	109	Alfie EVANS	Deeside AAC	5.24
3	121	Jac JONES	Carmarthen & District Harriers	5.24
4	128	Aaron NATHAN	Pontyclun Athletics Club	5.27
5	108	Joe EDWARDS	Brecon AC	5.34
6	136	Garyn TOUGH	Aberdare Valley AAC	5.34
7	137	Oliver WELSH	Deeside AAC	5.34
8	132	Matthew POWELL	Haberdashers Monmouth School	5.48
9	124	Llewhellin LEON	Pembrokeshire Harriers	5.53
10	112	John GIBBY	Haberdashers Monmouth School	5.54
11	102	David BARKER	Fairfield Primary School	6.02
12	110	Dylan EVANS	Newport Harriers	6.05
13	127	Peter MURPHY	Brecon AC	6.09
14	139	Isaac BARRY	Newport Harriers	6.11
15	123	David LENGHEL	Pontyclun Athletics Club	6.14
16	115	Joel HOLDHAM	Pontyclun Athletics Club	6.15
17	114	Tyler HAZELDINE	Menai Track and Field	6.17
18	140	Henry JOHNSON	Brecon AC	6.19
19	138	Harry WILLIAMS	Ton Pentre Junior School	6.19
20	131	Joshua POWELL	Haberdashers Monmouth School	6.20
21	103	Oliver BEYNON	Haberdashers Monmouth School	6.20
22	101	Arthen BANNING	Brecon AC	6.20
23	113	Toby HARRIS	Pembrokeshire Harriers	6.20
24	134	James PRITCHARD	Deeside AAC	6.24
25	135	Cian TOUGH	Aberdare Valley AAC	6.24
26	116	Ethan HUGHES	Blaenau Gwent Athletics	6.33
27	104	Dexter CLEMENT	Rhondda AAC	6.43
28	117	Kenny HURFORD	Cwmbran Harriers	6.46
29	107	Evan DAVIES	Aberdare Valley AAC	6.47
30	106	Caius DAVIES	Aberdare Valley AAC	5.59
31	118	Ewan JONES	Brecon AC	7.03
32	130	Luke PELTOR	Brecon AC	7.15
33	119	George JONES	YGG evan james	7.34
34	111	Sam FOSTER	Aberdare Valley AAC	7.50
35	129	Tomos O'CONNOR	Garth Olwg	8.26

6 Scoring Teams Results

Pos	Club	1	2	3	Total
1	Deeside AAC	1	2	7	10
2	Pontyclun Athletics Club	4	15	16	35
3	Brecon AC	5	13	18	36
4	Haberdashers Monmouth School	8	10	20	38
5	Aberdare Valley AAC	6	25	29	60
6	Brecon AC	22	31	32	85

12 Incomplete Team Results

	Club	Places		Pts
1	Newport Harriers	12	14	26
2	Pembrokeshire Harriers	9	23	32
3	Aberdare Valley AAC	30	34	64
4	Carmarthen & District Harriers	3		3
5	Fairfield Primary School	11		11
6	Menai Track and Field	17		17
7	Haberdashers Monmouth School	21		21
8	Deeside AAC	24		24
9	Blaenau Gwent Athletics	26		26
10	Rhondda AAC	27		27
11	Cwmbran Harriers	28		28
12	YGG evan james	33		33

1st Team - Athletes: Deeside AAC (10Pts)

125	Elis MARTIN (1)	5.23
109	Alfie EVANS (2)	5.24
137	Oliver WELSH (7)	5.34

2nd Team - Athletes: Pontyclun Athletics Club (35Pts)

128	Aaron NATHAN (4)	5.27
123	David LENGHEL (15)	6.14
115	Joel HOLDHAM (16)	6.15

3rd Team - Athletes: Brecon AC (36Pts)

108	Joe EDWARDS (5)	5.34
127	Peter MURPHY (13)	6.09
140	Henry JOHNSON (18)	6.19

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RACE 03 SENIOR & MASTER WOMEN

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WELSH ATHLETICS
ATHLETAU CYMRU

SENW TEAM RESULTS													MW45 TEAM RESULTS								
6,090m	1	2	3	4	5	6	7	8	Pts	Count	Score	6,090m	1	2	3	4	5	Pts	Count	Score	
SENW EAST	4	5	7	11	13	16	17	19	92	8	14	MW45 EAST	3	9	10	11	14	47	5	15	
SENW WEST	1	3	6	10	12	14	20	36	102	8	13	MW45 SOUTH	1	5	6	13	24	49	5	14	
SENW SOUTH	2	8	9	18	22	23	32	35	149	8	12	MW45 NORTH	2	8	12	18	19	59	5	13	
SENW NORTH	15	26	27	29	31				5	5	5	MW45 WEST	4	7	17	25	27	80	5	12	
MW35 TEAM RESULTS													MW55 TEAM RESULTS								
6,090m	1	2	3	4	5				Pts	Count	Score	6,090m	1	2	3	4	5	Pts	Count	Score	
MW35 EAST	1	2	3	4	7				17	5	15	MW55 EAST	6	8	9	11	12	46	5	15	
MW35 SOUTH	5	6	10	11	13				45	5	14	MW55 NORTH	1	5	10	17	19	52	5	14	
MW35 WEST	21	22	23	24	31				121	5	13	MW55 SOUTH	2	7	16	18		4	4	4	
MW35 NORTH	8	28							2	2	2	MW55 WEST	3	4	22			3	3	3	
RACE 03 SENIOR & MASTER WOMEN																					
POS	BIB	TIME	NAME	Region	SENW	MW35	MW45	MW55	PTS	Scorer	Team Pts										
1	291	22:10	Alaw BEYNON-THOMAS/Swansea Harriers	SENW WEST	SENW WEST	1			1	✓	1										
2	278	22:24	Lucy MARLAND/Cardiff Athletics	SENW SOUTH	SENW SOUTH	2			2	✓	2										
3	288	22:30	Megan CARTER-DAVIES/Cardiff Athletics	SENW WEST	SENW WEST	3			3	✓	4										
4	241	22:48	Lauren COOPER/Parc Bryn Bach Running Club	SENW EAST	SENW EAST	4			4	✓	4										
5	248	24:16	Faye JOHNSON/Spirit of Monmouth	SENW EAST	SENW EAST	5			5	✓	9										
6	292	24:32	Rachel DAVIES/Swansea Harriers	SENW WEST	SENW WEST	6			6	✓	10										
7	255	24:38	Nicky COLLIN/Lliswerry	SENW EAST	SENW EAST	7			7	✓	16										
8	272	24:40	Helen OLIVER/Les Croupiers	SENW SOUTH	SENW SOUTH	8			8	✓	10										
9	271	24:42	Rebecca EVANS/Cardiff Athletics	SENW SOUTH	SENW SOUTH	9			9	✓	19										
10	286	24:48	Abigayle GOODRICK-LATHAM/Swansea Harriers	SENW WEST	SENW WEST	10			10	✓	20										
11	306	24:48	Georgie PARNELL/Chepstow	MW35 EAST			MW35 EAST	1	1	✓	1										
12	243	25:25	Emma WOOKEY/Lliswerry	SENW EAST	SENW EAST	11			11	✓	27										
13	295	25:32	Gemma SEAMAN/Swansea Harriers	SENW WEST	SENW WEST	12			12	✓	32										
14	245	25:39	ANTIONETTE DUMAYNE/Lliswerry	SENW EAST	SENW EAST	13			13	✓	40										
15	307	25:52	Sarah BELL/Chepstow	MW35 EAST			MW35 EAST	2	2	✓	3										
16	289	25:54	Heddwyn DANIEL/Cardiff Athletics	SENW WEST	SENW WEST	14			14	✓	46										
17	257	26:01	Jennifer RAMBALD/Buckley	SENW NORTH	SENW NORTH	15			15	✓	15										
18	302	26:13	Alex WILSON/Spirit of Monmouth	MW35 EAST			MW35 EAST	3	3	✓	6										
19	305	26:16	Clare PATTERSON/Torfaen	MW35 EAST			MW35 EAST	4	4	✓	10										
20	331	26:18	Leigh JAMES/Bridgend AC	MW35 SOUTH			MW35 SOUTH	5	5	✓	5										
21	391	26:33	Nina DAVIES/Aberdare VAAC	MW45 SOUTH			MW45 SOUTH	1	1	✓	1										
22	335	26:40	Julie CHAMBERLAIN/Cardiff Athletics	MW35 SOUTH			MW35 SOUTH	6	6	✓	11										
23	253	26:45	Chloe POWELL/Newport Harriers	SENW EAST	SENW EAST	16			16	✓	56										
24	251	26:52	Megan TUCKER/Brecon	SENW EAST	SENW EAST	17			17	✓	73										
25	304	26:57	Victoria HOBBS/Lliswerry	MW35 EAST			MW35 EAST	7	7	✓	17										
26	316	26:58	Julie OWENS/Abergele	MW35 NORTH			MW35 NORTH	8	8	✓	8										
27	309	27:03	Lisa ERIKSON/Pontypwl	MW35 EAST			MW35 EAST	9	9	✗	26										
28	273	27:07	Aimee FERGUSON/Aberdare VAAC	SENW SOUTH	SENW SOUTH	18			18	✓	37										
29	247	27:09	Emma PRICE-STEPHENS/Fairwater	SENW EAST	SENW EAST	19			19	✓	92										
30	337	27:16	Corinna JONES/Aberdare VAAC	MW35 SOUTH			MW35 SOUTH	10	10	✓	21										
31	378	27:19	Helen BLAIR/Eryri	MW45 NORTH			MW45 NORTH	2	2	✓	2										
32	332	27:21	Janneke VAN BEIJNUM/Les Croupiers	MW35 SOUTH			MW35 SOUTH	11	11	✓	32										
33	370	27:23	Jo REES/Builth & District	MW45 EAST			MW45 EAST	3	3	✓	3										
34	301	27:28	Danielle PHILLIPS/Les Croupiers	MW35 EAST			MW35 EAST	12	12	✗	38										
35	406	27:31	Diane BROWNHILL/Swansea Harriers	MW45 WEST			MW45 WEST	4	4	✓	4										
36	393	27:34	Kay CHAPMAN/Les Croupiers	MW45 SOUTH			MW45 SOUTH	5	5	✓	6										
37	333	27:38	Liz MAY/Pontypridd Roadants	MW35 SOUTH			MW35 SOUTH	13	13	✓	45										
38	392	27:39	Deb ROBERTS/Porthcawl	MW45 SOUTH			MW45 SOUTH	6	6	✓	12										
39	308	27:40	Laura GREY/Spirit of Monmouth	MW35 EAST			MW35 EAST	14	14	✗	52										
40	294	27:41	Cathryn WILLIAMS/Port Talbot Harriers	SENW WEST	SENW WEST	20			20	✓	66										
41	246	27:42	Charlotte RALPH/Lliswerry	SENW EAST	SENW EAST	21			21	✓	113										
42	275	27:42	Stephanie CONNAIRE/Les Croupiers	SENW SOUTH	SENW SOUTH	22			22	✓	59										
43	303	27:43	Sophie WILLIAMS/Spirit of Monmouth	MW35 EAST			MW35 EAST	15	15	✗	67										
44	312	27:44	Victoria WATKINS/Worcester	MW35 EAST			MW35 EAST	16	16	✗	83										
45	407	27:44	Mandy MORRIS/Port Talbot Harriers	MW45 WEST			MW45 WEST	7	7	✓	11										
46	274	27:46	Jenny ADAMS/Les Croupiers	SENW SOUTH	SENW SOUTH	23			23	✓	82										
47	313	27:49	Rachel LEWIS/Parc Bryn Bach Running Club	MW35 EAST			MW35 EAST	17	17	✗	100										
48	376	27:58	Jane DOUGHTON/Buckley	MW45 NORTH			MW45 NORTH	8	8	✓	10										
49	442	27:59	Ann MYNOTT/Colwyn Bay	MW55 NORTH			MW55 NORTH	1	1	✓	1										
50	361	28:02	Sarah JEREMIAH/Parc Bryn Bach Running Club	MW45 EAST			MW45 EAST	9	9	✓	12										
51	242	28:11	Lucy MACDONALD/Spirit of Monmouth	SENW EAST	SENW EAST	24			24	✓	137										
52	244	28:12	Naomi DAVIES/Caerleon	SENW EAST	SENW EAST	25			25	✓	162										
53	311	28:14	Emma McWILLIAMS/Griffithstown	MW35 EAST			MW35 EAST	18	18	✗	118										
54	363	28:17	Lisa JEFFREY/Chepstow	MW45 EAST			MW45 EAST	10	10	✓	22										
55	365	28:22	Annette SANFORD/Torfaen	MW45 EAST			MW45 EAST	11	11	✓	33										
56	334	28:25	Angela CHAMPION/San Domenico R.C.	MW35 SOUTH			MW35 SOUTH	19	19	✗	64										
57	336	28:29	Nicola SMITH/Les Croupiers	MW35 SOUTH			MW35 SOUTH	20	20	✗	84										
58	347	28:33	Jenny MCADIE/Swansea Harriers	MW35 WEST			MW35 WEST	21	21	✓	21										
59	353	28:35	Isobel DAWSON/3m's Gorseinon	MW35 WEST			MW35 WEST	22	22	✓	43										
60	262	28:57	Katy BAUGH/Denbigh	SENW NORTH	SENW NORTH	26			26	✓	41										
61	261	28:58	Ellen BAUGH/Denbigh	SENW NORTH	SENW NORTH	27			27	✓	68										
62	380	28:59	Helen MACARTHUR/GOG Tri Club	MW45 NORTH			MW45 NORTH	12	12	✓	22										
63	252	29:02	Tammy FRY/Caerleon	SENW EAST	SENW EAST	28			28	✓	190										
64	348	29:04	Nichola WILCOX/Port Talbot Harriers	MW35 WEST			MW35 WEST	23	23	✓	66										
65	394	29:06	Clare GRIFFITHS/Aberdare VAAC	MW45 SOUTH			MW45 SOUTH	13	13	✓	25										
66	256	29:07	Amanda MOUNTFORD/Buckley	SENW NORTH	SENW NORTH	29			29	✓	97										
67	349	29:08	Kate LYNOCK/Carmarthen Harriers	MW35 WEST			MW35 WEST	24	24	✓	90										
68	249	29:09	Rachel BRENTON/Torfaen	SENW EAST	SENW EAST	30			30	✓	220										
69	310	29:12	Leonie ROBERTS/Fairwater	MW35 EAST			MW35 EAST	25	25	✗	143										
70	375	29:13	Melissa PEARCE/Parc Bryn Bach Running Club	MW45 EAST			MW45 EAST	14	14	✓	47										
71	260	29:19	Mari WYNNE WILLIAMS/Denbigh	SENW NORTH	SENW NORTH	31			31	✓	128										
72	368	29:20	Suzie TEW/Parc Bryn Bach Running Club	MW45 EAST			MW45 EAST	15	15	✗	62										
73	362	29:25	Keri-Lynn JONES/Parc Bryn Bach Running Club	MW45 EAST			MW45 EAST	16	16	✗	78										
74	409	29:27	Julie HARTLEY-GREEN/Swansea Harriers	MW45 WEST			MW45 WEST	17	17	✓	28										
75	377	29:30	Fenella HIGGINS/Buckley	MW45 NORTH			MW45 NORTH	18	18	✓	40										

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SENW TEAM RESULTS													MW45 TEAM RESULTS					MW35 TEAM RESULTS			MW55 TEAM RESULTS							
6,090m													6,090m					6,090m			6,090m							
1	2	3	4	5	6	7	8	Pts	Count	Score	1	2	3	4	5	1	2	3	4	5	1	2	3	1	2	3		
SENW EAST	4	5	7	11	13	16	17	19	92	8	14	MW45 EAST	3	9	10	11	14						MW55 EAST	6	8	9	11	12
SENW WEST	1	3	6	10	12	14	20	36	102	8	13	MW45 SOUTH	1	5	6	13	24						MW55 NORTH	1	5	10	17	19
SENW SOUTH	2	8	9	18	22	23	32	35	149	8	12	MW45 NORTH	2	8	12	18	19						MW55 SOUTH	2	7	16	18	
SENW NORTH	15	26	27	29	31				5	5	5	MW45 WEST	4	7	17	25	27						MW55 WEST	3	4	22		
MW35 EAST	1	2	3	4	7	Pts	Count	Score	MW35 SOUTH	26	MW35 WEST	28	MW35 EAST	29	MW35 SOUTH	30	MW35 WEST	31	MW35 EAST	32	MW35 SOUTH	33	MW35 WEST	34	MW35 EAST	35	MW35 SOUTH	36
MW35 SOUTH	5	6	10	11	13	17	5	15	MW35 NORTH	28	MW35 WEST	30	MW35 EAST	29	MW35 SOUTH	30	MW35 WEST	31	MW35 EAST	32	MW35 SOUTH	33	MW35 WEST	34	MW35 EAST	35	MW35 SOUTH	36
MW35 WEST	21	22	23	24	31	45	5	14	MW35 NORTH	28	MW35 WEST	30	MW35 EAST	29	MW35 SOUTH	30	MW35 WEST	31	MW35 EAST	32	MW35 SOUTH	33	MW35 WEST	34	MW35 EAST	35	MW35 SOUTH	36
MW35 NORTH	8	28	121	5	13	2	2	2	MW35 NORTH	28	MW35 WEST	30	MW35 EAST	29	MW35 SOUTH	30	MW35 WEST	31	MW35 EAST	32	MW35 SOUTH	33	MW35 WEST	34	MW35 EAST	35	MW35 SOUTH	36
					2	2	2	MW35 NORTH	28	MW35 WEST	30	MW35 EAST	29	MW35 SOUTH	30	MW35 WEST	31	MW35 EAST	32	MW35 SOUTH	33	MW35 WEST	34	MW35 EAST	35	MW35 SOUTH	36	

RACE 03 SENIOR & MASTER WOMEN													PTS	Scorer	Team Pts
POS	BIB	TIME	NAME	Region	SENW	MW35	MW45	MW55	PTS	Scorer	Team Pts				
76	338	29:34	Catherine BARKER/Penarth and Dinas	MW35 SOUTH					26	X	110				
77	276	29:37	Megan POULSON/San Domenico R.C.	SENW SOUTH	SENW SOUTH	32			32	✓	114				
78	386	29:44	Linda JONES/Wrexham AC	MW45 NORTH			MW45 NORTH	19	19	✓	59				
79	254	29:46	Sarah STEWART/Caldicot	SENW EAST	SENW EAST	33			33	✓	253				
80	339	29:50	Louise HUNT/Penarth and Dinas	MW35 SOUTH			MW35 SOUTH	27	27	X	137				
81	372	29:57	Jan MORRIS/Chepstow	MW45 EAST			MW45 EAST	20	20	X	98				
82	371	29:58	Catherine OLIVANT/Brecon	MW45 EAST			MW45 EAST	21	21	X	119				
83	250	30:08	Charlotte WRIGHT/Torfaen	SENW EAST	SENW EAST	34			34	✓	287				
84	367	30:08	Maria RICHARDS/Torfaen	MW45 EAST			MW45 EAST	22	22	X	141				
85	373	30:09	Vanessa TURNBULL/Caerleon	MW45 EAST			MW45 EAST	23	23	X	164				
86	397	30:13	Rebecca PLAYLE/Les Croupiers	MW45 WEST			MW45 SOUTH	24	24	✓	49				
87	415	30:13	Angela DELANEY/Swansea Harriers	MW45 WEST			MW45 WEST	25	25	✓	53				
88	369	30:17	Sharon NEWELL/Parc Bryn Bach Running Club	MW45 EAST			MW45 EAST	26	26	X	190				
89	410	30:18	Nina BROCKLEBANK/Swansea Harriers	MW45 WEST			MW45 WEST	27	27	✓	80				
90	317	30:20	Carys DAVIES/Denbigh	MW35 NORTH		MW35 NORTH	28		28	✓	36				
91	451	30:38	Lisa CLEARY/Penarth and Dinas	MW55 SOUTH				MW55 SOUTH	2	2	✓	2			
92	315	30:43	Emma KING/Spirit of Monmouth	MW35 EAST		MW35 EAST	29		29	X	172				
93	401	30:51	Carole GODDARD/Les Croupiers	MW45 SOUTH			MW45 SOUTH	28	28	X	77				
94	277	31:03	Bethan APGLYN/Penarth and Dinas	SENW SOUTH	SENW SOUTH	35			35	✓	149				
95	466	31:07	Sarah BARHAM/3m's Gorseinon	MW55 WEST				MW55 WEST	3	3	✓	3			
96	341	31:12	Lauren FOULKES/Les Croupiers	MW35 SOUTH		MW35 SOUTH	30		30	X	167				
97	469	31:13	Carolyn WILLIAMS/Port Talbot Harriers	MW55 WEST				MW55 WEST	4	4	✓	7			
98	438	31:14	Margaret LUDDEN/Buckley	MW55 NORTH				MW55 NORTH	5	5	✓	6			
99	395	31:16	Rachel HOOPER/Les Croupiers	MW45 SOUTH			MW45 SOUTH	29	29	X	106				
100	417	31:25	Lorna JOHNSON/Run4All Neath	MW45 WEST			MW45 WEST	30	30	X	110				
101	290	31:26	Ceri WEBBER/3m's Gorseinon	SENW WEST	SENW WEST	36			36	✓	102				
102	416	31:29	Mair MORGAN/Trots	MW45 WEST			MW45 WEST	31	31	X	141				
103	396	31:34	Emma BLOW/Aberdare VAAC	MW45 SOUTH			MW45 SOUTH	32	32	X	138				
104	421	31:38	Jeanette JENKINS/Fairwater	MW55 EAST				MW55 EAST	6	6	✓	6			
105	412	32:17	Tina GABB/Swansea Harriers	MW45 WEST			MW45 WEST	33	33	X	174				
106	455	32:21	Denise BRADLEY/Ogmore Phoenix	MW55 SOUTH				MW55 SOUTH	7	7	✓	9			
107	424	32:26	Debbie SATCHELL/Pontypwl	MW55 EAST				MW55 EAST	8	8	✓	14			
108	408	32:31	Rhian BRUCE/Pembrokeshire Harries	MW45 WEST			MW45 WEST	34	34	X	208				
109	399	32:35	Sian KHALIL/Pontypridd Roadents AC	MW45 SOUTH			MW45 SOUTH	35	35	X	173				
110	426	32:39	Berna CANTWELL/Chepstow	MW55 EAST				MW55 EAST	9	9	✓	23			
111	354	32:46	Lisa CLEMENT-JONES/Port Talbot Harriers	MW35 WEST		MW35 WEST	31		31	✓	121				
112	439	33:13	Louise GRIFFITHS/Cadence Tri	MW55 NORTH				MW55 NORTH	10	10	✓	16			
113	422	33:35	Stella SYMONS/Fairwater	MW55 EAST				MW55 EAST	11	11	✓	34			
114	429	33:54	Sharon WOODS/Parc Bryn Bach Running Club	MW55 EAST				MW55 EAST	12	12	✓	46			
115	425	34:08	Ruth TREHARNE/Islywn	MW55 EAST				MW55 EAST	13	13	X	59			
116	342	34:11	Jo GAMMA/Ogmore Phoenix RC	MW35 SOUTH		MW35 SOUTH	32		32	X	199				
117	427	34:25	Louise HOPKINS/Lliswerry	MW55 EAST				MW55 EAST	14	14	X	73			
118	428	34:36	Michelle CLABON/Caerleon	MW55 EAST				MW55 EAST	15	15	X	88			
119	457	34:43	Liz DENTON/Les Croupiers	MW55 SOUTH				MW55 SOUTH	16	16	✓	25			
120	436	34:58	Debbie BELLIS/Buckley	MW55 NORTH				MW55 NORTH	17	17	✓	33			
121	351	35:40	Amanda TOOGOOD/Carmarthen Harriers	MW35 WEST		MW35 WEST	33		33	X	154				
122	453	35:51	Claire BELL/Les Croupiers	MW55 SOUTH				MW55 SOUTH	18	18	✓	43			
123	437	35:54	Susan RIDINGS/Buckley	MW55 NORTH				MW55 NORTH	19	19	✓	52			
124	441	36:18	Helen BAXANDALL/Prestatyn	MW55 NORTH				MW55 NORTH	20	20	X	72			
125	430	37:08	Karen LLEWELLYN/Torfaen	MW55 EAST				MW55 EAST	21	21	X	109			
126	467	37:17	Tracey WILLIAMS/Celtic Tri	MW55 WEST				MW55 WEST	22	22	✓	29			
127	352	37:48	Linzi MARGETSON/Port Talbot Harriers	MW35 WEST		MW35 WEST	34		34	X	188				
128	411	41:05	Sian MAHONEY/Port Talbot Harriers	MW45 WEST			MW45 WEST	36	36	X	244				

21st Welsh Athletics Inter Regional & 43rd Welsh Schools' Inter Schools

RACE 03 SENIOR & MWOM AWARDS

Saturday 16th November 2019

Penlan, Brecon

RACE 03 Senior Women Team Awards			
3 complete teams			
POS	TEAM	Team Points	IR Pts
1	SENW EAST = 4, 5, 7, 11, 13, 16, 17, 19	92	14
2	SENW WEST = 1, 3, 6, 10, 12, 14, 20, 36	102	13
3	SENW SOUTH = 2, 8, 9, 18, 22, 23, 32, 35	149	12

INDIVIDUAL MEDALLISTS			
POS	ATHLETES	PLACE	PERF
1	Alaw BEYNON-THOMAS/Swansea Harriers-SENW WEST	1	22:10
2	Lucy MARLAND/Cardiff Athletics-SENW SOUTH	2	22:24
3	Megan CARTER-DAVIES/Cardiff Athletics-SENW WEST	3	22:30

TEAM MEDALLISTS			
1st	SENW EAST Wales = 92 pts		
POS	ATHLETES	PLACE	PERF
1	Lauren COOPER/Parc Bryn Bach Running Club	4	22:48
2	Faye JOHNSON/Spirit of Monmouth	5	24:16
3	Nicky COLLIN/Lliswerry	7	24:38
4	Emma WOOKEY/Lliswerry	11	25:25
5	ANTIONETTE DUMAYNE/Lliswerry	13	25:39
6	Chloe POWELL/Newport Harriers	16	26:45
7	Megan TUCKER/Brecon	17	26:52
8	Emma PRICE-STEPHENS/Fairwater	19	27:09
Total Points		92	

2nd	SENW WEST Wales = 102 pts		
POS	ATHLETES	PLACE	PERF
1	Alaw BEYNON-THOMAS/Swansea Harriers	1	22:10
2	Megan CARTER-DAVIES/Cardiff Athletics	3	22:30
3	Rachel DAVIES/Swansea Harriers	6	24:32
4	Abigayle GOODRICK-LATHAM/Swansea Harriers	10	24:48
5	Gemma SEAMAN/Swansea Harriers	12	25:32
6	Heddwen DANIEL/Cardiff Athletics	14	25:54
7	Cathryn WILLIAMS/Port Talbot Harriers	20	27:41
8	Ceri WEBBER/3m's Gorseinon	36	31:26
Total Points		102	

3rd	SENW SOUTH Wales = 149 pts		
POS	ATHLETES	PLACE	PERF
1	Lucy MARLAND/Cardiff Athletics	2	22:24
2	Helen OLIVER/Les Croupiers	8	24:40
3	Rebecca EVANS/Cardiff Athletics	9	24:42
4	Aimee FERGUSON/Aberdare VAAC	18	27:07
5	Stephanie CONNAIRE/Les Croupiers	22	27:42
6	Jenny ADAMS/Les Croupiers	23	27:46
7	Megan POULSON/San Domenico R.C.	32	29:37
8	Bethan APGLYN/Penarth and Dinas	35	31:03
Total Points		149	

21st Welsh Athletics Inter Regional & 43rd Welsh Schools' Inter Schools

RACE 03 SENIOR & MWOM AWARDS

Saturday 16th November 2019

Penlan, Brecon

RACE 03 Senior Women Team Awards			
Race 11 MW35 Team Awards			
4 complete teams			
POS	TEAM	Team Points	IR Pts
1	MW35 EAST = , 1, 2, 3, 4, 7, ,	17	15
2	MW35 SOUTH = , 5, 6, 10, 11, 13, ,	45	14
3	MW35 WEST = , 21, 22, 23, 24, 31, ,	121	13
4		2	

INDIVIDUAL MEDALLISTS			
POS	ATHLETES	PLACE	PERF
1	Georgie PARNELL/Chepstow-MW35 EAST	11	24:48
2	Sarah BELL/Chepstow-MW35 EAST	15	25:52
3	Alex WILSON/Spirit of Monmouth-MW35 EAST	18	26:13

TEAM MEDALLISTS			
1st	MW35 EAST Wales = 17 pts		
POS	ATHLETES	PLACE	PERF
1	Georgie PARNELL/Chepstow	1	24:48
2	Sarah BELL/Chepstow	2	25:52
3	Alex WILSON/Spirit of Monmouth	3	26:13
4	Clare PATTERSON/Torfaen	4	26:16
5	Victoria HOBBS/Lliswerry	7	26:57
Total Points		17	
2nd	MW35 SOUTH Wales = 45 pts		
POS	ATHLETES	PLACE	PERF
1	Leigh JAMES/Bridgend AC	5	26:18
2	Julie CHAMBERLAIN/Cardiff Athletics	6	26:40
3	Corinna JONES/Aberdare VAAC	10	27:16
4	Janneke VAN BEIJNUM/Les Croupiers	11	27:21
5	Liz MAY/Pontypridd Roadants	13	27:38
Total Points		45	
3rd	MW35 WEST Wales = 121 pts		
POS	ATHLETES	PLACE	PERF
1	Jenny MCADIE/Swansea Harriers	21	28:33
2	Isobel DAWSON/3m's Gorseinon	22	28:35
3	Nichola WILCOX/Port Talbot Harriers	23	29:04
4	Kate LYNOCK/Carmarthen Harriers	24	29:08
5	Lisa CLEMENT-JONES/Port Talbot Harriers	31	32:46
Total Points		121	

21st Welsh Athletics Inter Regional & 43rd Welsh Schools' Inter Schools

RACE 03 SENIOR & MWOM AWARDS

Saturday 16th November 2019

Penlan, Brecon

RACE 03 Senior Women Team Awards			
Race 11 MW45 Team Awards			
4 complete teams			
POS	TEAM	Team Points	IR Pts
1	MW45 EAST = 3, 9, 10, 11, 14	47	15
2	MW45 SOUTH = 1, 5, 6, 13, 24	49	14
3	MW45 NORTH = 2, 8, 12, 18, 19	59	13
4	MW45 WEST = 4, 7, 17, 25, 27	80	12

INDIVIDUAL MEDALLISTS			
POS	ATHLETES	PLACE	PERF
1	Nina DAVIES/Aberdare VAAC-MW45 SOUTH	21	26:33
2	Helen BLAIR/Eryri-MW45 NORTH	31	27:19
3	Jo REES/Builth & District -MW45 EAST	33	27:23

TEAM MEDALLISTS			
1st	MW45 EAST Wales = 47 pts		
POS	ATHLETES	PLACE	PERF
1	Jo REES/Builth & District	3	27:23
2	Sarah JEREMIAH/Parc Bryn Bach Running Club	9	28:02
3	Lisa JEFFREY/Chepstow	10	28:17
4	Annette SANFORD/Torfaen	11	28:22
5	Melissa PEARCE/Parc Bryn Bach Running Club	14	29:13
Total Points		47	
2nd	MW45 SOUTH Wales = 49 pts		
POS	ATHLETES	PLACE	PERF
1	Nina DAVIES/Aberdare VAAC	1	26:33
2	Kay CHAPMAN/Les Croupiers	5	27:34
3	Deb ROBERTS/Porthcawl	6	27:39
4	Clare GRIFFITHS/Aberdare VAAC	13	29:06
5	Rebecca PLAYLE/Les Croupiers	24	30:13
Total Points		49	
3rd	MW45 NORTH Wales = 59 pts		
POS	ATHLETES	PLACE	PERF
1	Helen BLAIR/Eryri	2	27:19
2	Jane DOUGHTON/Buckley	8	27:58
3	Helen MACARTHUR/GOG Tri Club	12	28:59
4	Fenella HIGGINS/Buckley	18	29:30
5	Linda JONES/Wrexham AC	19	29:44
Total Points		59	
4th	MW45 WEST Wales = 80 pts		
POS	ATHLETES	PLACE	PERF
1	Diane BROWNHILL/Swansea Harriers	4	27:31
2	Mandy MORRIS/Port Talbot Harriers	7	27:44
3	Julie HARTLEY-GREEN/Swansea Harriers	17	29:27
4	Angela DELANEY/Swansea Harriers	25	30:13
5	Nina BROCKLEBANK/Swansea Harriers	27	30:18
Total Points		80	

21st Welsh Athletics Inter Regional & 43rd Welsh Schools' Inter Schools

RACE 03 SENIOR & MWOM AWARDS

Saturday 16th November 2019

Penlan, Brecon

RACE 03 Senior Women Team Awards

Race 11 MW55 Team Awards

4 complete teams

POS	TEAM	Team Points	IR Pts
1	MW55 EAST = 6, 8, 9, 11, 12	46	15
2	MW55 NORTH = 1, 5, 10, 17, 19	52	14
3	MW55 SOUTH = 2, 7, 16, 18,	4	4
4	MW55 WEST = 3, 4, 22, ,	3	3

INDIVIDUAL MEDALLISTS

POS	ATHLETES	PLACE	PERF
1	Ann MYNOTT/Colwyn Bay-MW55 NORTH	49	27:59
2	Lisa CLEARY/Penarth and Dinas-MW55 SOUTH	91	30:38
3	Sarah BARHAM/3m's Gorseinon-MW55 WEST	95	31:07

TEAM MEDALLISTS

1st	MW55 EAST Wales = 46 pts		
POS	ATHLETES	PLACE	PERF
1	Jeanette JENKINS/Fairwater	6	31:38
2	Debbie SATCHELL/Pontypwl	8	32:26
3	Berna CANTWELL/Chepstow	9	32:39
4	Stella SYMONS/Fairwater	11	33:35
5	Sharon WOODS/Parc Bryn Bach Running Club	12	33:54
Total Points		46	
2nd	MW55 NORTH Wales = 52 pts		
POS	ATHLETES	PLACE	PERF
1	Ann MYNOTT/Colwyn Bay	1	27:59
2	Margaret LUDDEN/Buckley	5	31:14
3	Louise GRIFFITHS/Cadence Tri	10	33:13
4	Debbie BELLIS/Buckley	17	34:58
5	Susan RIDINGS/Buckley	19	35:54
Total Points		52	



21st Welsh Athletics Inter Regional & 43rd Welsh Schools' Inter Schools

Cross Country Championships

Saturday 16th November 2019

Penlan, Brecon



WELSH ATHLETICS
ATHLETAU CYMRU

Inter Regional Championships 8 to score per team, Inter Schools 4 per team to score

Race 04-U13 Girls (Yr 7 & 8) 2,450m

POS	Int-Sch	BIB	ATHLETE	REGION & CLUB	SCHOOL	TIME							
100	64	174	Mared DAVIES	WSAA-	YG Glantaf	12:04	19	Gwernyfed	39				39
101	65	150	Holly HUGHES	WSAA-	Y Gwyndy	12:05	20	Cowbridge	53				53
102	66	82	Anna WILLIAMS	WSAA-	Bishopston	12:06	21	Ystalyfera	58				58
103	67	160	Ruby ANTHONY	WSAA-	Y Gwyndy	12:11	22	YG Glantaf	77				77
104	68	153	Macy ANTHONY	WSAA-	Y Gwyndy	12:12	23	Nantgwyn	80				80
105	69	157	Ruby SHOREY	WSAA-	Y Gwyndy	12:12	24	Cwm Brombil	81				81
106	70	173	Megan JONES	WSAA-	YG Glantaf	12:14	25	Llanishen	82				82
107	71	120	Arwen KILGOUR	WSAA-	Bro Morgannwg	12:19	26	Gelli Haf	83				83
108	72	135	Ceinwen QUINCE	WSAA-	Gelli Haf	12:21	27	Christ College	91				91
109	73	98	Olivia ELLIS	WSAA-	Brecon High	12:22							
110		217	Benjamin PARKER	SOUTH-Aberdare VAAC		12:23							
111	74	103	Seren LIAN	WSAA-	Gwent Is Coed	12:24							
112	75	118	Martha PEGRUM	WSAA-	Bro Morgannwg	12:27							
113	76	139	Holly BARRY	WSAA-	Gelli Haf	12:28							
114	77	175	Menna GRANT	WSAA-	YG Glantaf	12:29							
115	78	156	Lucie STURGESS	WSAA-	Y Gwyndy	12:34							
116	79	613	Emily LEWIS	WSAA-	Bassaleg	12:37							
117	80	144	Grace GRIFFITHS	WSAA-	Nantgwyn	12:38							
118	81	67	Kara MILLARD	WSAA-	Cwm Brombil	12:44							
119	82	128	Amy PARTRIDGE	WSAA-	Llanishen	12:51							
120	83	134	Megan EALES	WSAA-	Gelli Haf	12:54							
121	84	80	Ashleigh DAVIES	WSAA-	Morrison	12:57							
122	85	72	Madison HOPKINS	WSAA-	Gwyr	13:03							
123	86	73	Catrin SQUIRE	WSAA-	Gwyr	13:10							
124	87	102	Mali LLOYD-EVANS	WSAA-	Gwent Is Coed	13:10							
125	88	76	Kelsey DAVEY	WSAA-	Gwyr	13:22							
126	89	88	Lilli JAMES	WSAA-	Bassaleg	13:25							
127	90	122	Efa THOMAS	WSAA-	Bro Morgannwg	13:28							
128	91	178	Olivia CARTER-LEWIS	WSAA-	Christ College	13:35							
129	92	79	Karla DAVIES	WSAA-	Morrison	13:41							
130	93	78	Aleisha WHITEMORE	WSAA-	Morrison	13:45							
131	94	121	Ruby HOOPER	WSAA-	Bro Morgannwg	13:45							
132	95	87	Millie WILLIAMS	WSAA-	Bassaleg	13:48							
133	96	85	Angharad LLOYD	WSAA-	Penweddig	14:00							
134	97	91	Megan PARRY	WSAA-	Bassaleg	14:03							
135	98	180	Seren JAMES	WSAA-	Dwr Y Felin	14:15							
136	99	181	Isabelle LEWIS	WSAA-	Dwr Y Felin	14:31							
137	100	92	Eloise GANDY	WSAA-	Bassaleg	15:01							
138	101	95	Paige HUGHES	WSAA-	Bassaleg	15:09							
139	102	90	Paige LEIGH-BROOKS	WSAA-	Bassaleg	15:11							
140	103	81	Jodie MORTON	WSAA-	Morrison	18:47							
141	104	109	Kate GEORGE	WSAA-	Brynmawr	18:47							
	105	99	Jess WHITCOMB	WSAA-	Brecon High	21:03							

PROVISIONAL RESULTS: ALL POSITIONS ARE CORRECT,
ALL TIMES ARE PROVISIONAL



21st Welsh Athletics Inter Regional & 43rd Welsh Schools' Inter Schools

Cross Country Championships

Saturday 16th November 2019

Penlan, Brecon



WELSH ATHLETICS
ATHLETAU CYMRU

Inter Regional Championships 8 to score per team, Inter Schools 4 per team to score

Race 05-U13 Boys (Yr7 & 8) 2,450m

POS	Int-Sch	BIB	ATHLETE	REGION & CLUB	SCHOOL	TIME	INTER REGIONAL TEAM RESULTS																																																																																												
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
1	1	247	Finlay TARLING	WSAA-	Aberaeron	8:32																																																																																													
2	2	231	Iwan THOMAS	WEST-Carmarthen Harriers	Glan Y Mor	8:40																																																																																													
3	3	196	Harry DAWES	EAST-Newport Harriers	Monmouth School	8:44																																																																																													
4	4	236	Macsen TOOGOOD	WEST-Carmarthen Harriers	Bro Dinefwr	8:46																																																																																													
5	5	220	Kobe BELTRAN	SOUTH-Cardiff Athletics		8:49																																																																																													
6	6	215	Kai SENGUL	SOUTH-Cardiff Archers	Y Gwyndy	8:50																																																																																													
7	7	228	William HARRIES	WEST-Pembrokeshire Harriers		8:51																																																																																													
8	8	237	Ifan BOWEN	WEST-Carmarthen Harriers	Bro Myrddin	8:55																																																																																													
9	9	249	Brychan HOPKINS	WSAA-	Aberaeron	8:57																																																																																													
10	10	203	Jacob WELSH	NORTH-Deeside AAC		9:02																																																																																													
11	11	219	Ioan JAMES	SOUTH-School TBC		9:04																																																																																													
12	12	238	Cai PRENDIVILLE	WEST-Llanelli AC		9:05																																																																																													
13	13	218	Rhys RUTTLEY	SOUTH-Cardiff High	Cardiff High	9:08																																																																																													
14	14	206	Brychan GWILYM	NORTH-Menai T&F		9:09																																																																																													
15	15	248	Llyr JONES	WSAA-	Aberaeron	9:09																																																																																													
16	16	212	Iwan FROLEY	SOUTH-Bridgend AC	Porthcawl	9:10																																																																																													
17	17	182	Joe MURPHY	EAST-Brecon AC		9:11																																																																																													
18	18	227	Zachary BEDDOWS	WEST-Celtic Tri	Morrison	9:13																																																																																													
19	19	221	Kerby BELTRAN	SOUTH-Cardiff Athletics		9:14																																																																																													
20	20	270	Oscar NASH	WSAA-	Rougemont	9:16																																																																																													
21	21	207	Miguel JENKINS	NORTH-Menai T&F		9:17																																																																																													
22	22	226	Jack WALSH	SOUTH-Archbishop McGrath	Archbishop McGrath	9:17																																																																																													
23	23	222	Kian WILSON	SOUTH-Pontyclun AC		9:17																																																																																													
24	24	216	Nathan HILL	SOUTH-Cardiff Archers	Radyr	9:18																																																																																													
25	25	225	Finley RILEY-EVANS	SOUTH-School TBC		9:20																																																																																													
26	26	235	Jake LYNOCK	WEST-Carmarthen Harriers	Bro Dinefwr	9:20																																																																																													
27	27	209	William BAILEY	NORTH-Academi Coed y Brenin		9:20																																																																																													
28	28	239	Alex COLES	WEST-Carmarthen Harriers	Bro Dinefwr	9:21																																																																																													
29	29	288	Morgan SAGE	WSAA-	Gwent Is Coed	9:22																																																																																													
30	30	201	Joseph DUFFY	NORTH-Colwyn Bay AC		9:25																																																																																													
31	31	183	Harvey LEE	EAST-Rhyymney Valley AC	Gelli Haf	9:27																																																																																													
32	32	326	Joseph JONES	WSAA-	Plasmawr	9:28																																																																																													
33	33	240	Joshua BARRETT	WEST-Pembrokeshire Harriers	Haverfordwest High	9:29																																																																																													
34	34	229	Finley BRUCE	WEST-Pembrokeshire Harriers	Preseli	9:30																																																																																													
35	35	198	Harvey MEYERS	NORTH-Colwyn Bay AC		9:30																																																																																													
36	36	224	Ethan HAMER	SOUTH-Cardiff Archers		9:31																																																																																													
37	37	250	Zeke DIAS-JONES	WSAA-	Aberaeron	9:33																																																																																													
38	38	232	Thomas LOYNES	WEST-Neath Harriers		9:36																																																																																													
39	39	345	Archie WERMIG	WSAA-	Cardiff High	9:36																																																																																													
40	40	184	Vaughn HUGHES	EAST-Newport Harriers	Bassaleg	9:37																																																																																													
41	41	217	Benjamin PARKER	SOUTH-Aberdare VAAC		9:38																																																																																													
42	42	223	Sean HOPKINS	SOUTH-Cardiff Archers	Radyr	9:39																																																																																													
43	43	214	Sam FISHER	SOUTH-School TBC		9:40																																																																																													
44	44	347	Rhys PLADDES	WSAA-	Llanishen	9:41																																																																																													
45	45	202	Oliver HARRISON	NORTH-Deeside AAC		9:43																																																																																													
46	46	321	Oliver MORRIS	WSAA-	Gelli Haf	9:43																																																																																													
47	47	185	Harry BRADLEY	EAST-Newport Harriers	Bassaleg	9:44																																																																																													
48	48	332	Osiyan MOCK	WSAA-	Y Gwyndy	9:45																																																																																													
49	49	269	Iestyn READ	WSAA-	Bassaleg	9:45																																																																																													
50	50	186	Caian STEADMAN	EAST-Blaenau Gwent AC	Crickhowell	9:46																																																																																													
51	51	310	Gethin DOBBS-EVANS	WSAA-	Bro Morgannwg	9:46																																																																																													
52	52	204	William PRITCHARD	NORTH-Deeside AAC		9:47																																																																																													
53	53	308	Alfie SARGEANT	WSAA-	Bro Morgannwg	9:49																																																																																													
54	54	230	Daniel WARRENDER	WEST-Carmarthen Harriers		9:49																																																																																													
55	55	187	Will HERDMAN	EAST-Brecon AC	Brecon High	9:50																																																																																													
56	56	302	Tomos PROVIS	WSAA-	Bro Morgannwg	9:50																																																																																													
57	57	317	Archie MCLAIN	WSAA-	Gelli Haf	9:51																																																																																													
58	58	208	Gethin GRIFFITH	NORTH-Menai T&F		9:51																																																																																													
59	59	37	Iolo PIERCE	WSAA-	Brecon High	9:51																																																																																													
60	60	349	Steffan HIGGINS	WSAA-	Bryntawe	9:52																																																																																													
61	61	275	Mitchel DAVIES	WSAA-	Brecon High	9:53																																																																																													
62	62	304	Elian DAVIES	WSAA-	Bro Morgannwg	9:54																																																																																													
63	63	354	Charlie BARKLEY-SMITH	WSAA-	Cowbridge	9:56																																																																																													
64	64	329	Tom COBBE	WSAA-	Plasmawr	9:59																																																																																													
65	65	342	Rowan MACENTEE	WSAA-	Cardiff High	10:01																																																																																													
66	66	346	Lucas SNOW	WSAA-	Llanishen	10:03																																																																																													
67	67	241	Ethan MATTHEWS	WEST-Celtic Tri	Cwm Brombil	10:05																																																																																													
68	68	337	Caerwyn BANKS	WSAA-	Y Gwyndy	10:06																																																																																													
69	69	278	Jamie WILLIAMS	WSAA-	Brecon High	10:06																																																																																													
70	70	233	James SLOYAN	WEST-Carmarthen Harriers	Queen Elizabeth	10:07																																																																																													
71	71	350	Jack STEWART	WSAA-	Llanishen	10:08																																																																																													
72	72	200	Haydn MEYERS	NORTH-Colwyn Bay AC		10:08																																																																																													
73	73	257	Samuel MORGAN	WSAA-	Morrison	10:12																																																																																													
74	74	188	Toby BENNETT	EAST-Brecon AC	Crickhowell	10:12																																																																																													
75	75	307	Joshua LEWIS	WSAA-	Bro Morgannwg	10:13																																																																																													
76	76	341	Josh WYATT	WSAA-	Cardiff High	10:14																																																																																													
77	77	199	Louis COOPER	NORTH-Colwyn Bay AC		10:15																																																																																													
78	78	335	Devon SHOREY	WSAA-	Y Gwyndy	10:16																																																																																													
79	79	190	Alex PELTOR	EAST-Brecon AC	Crickhowell	10:16																																																																																													
80	80	189	Rhys JONES	EAST-Lliswerry	Gwent Is Coed	10:16																																																																																													
81	81	306	Will THOMAS	WSAA-	Bro Morgannwg	10:17																																																																																													
82	82	197	Morgan FLAVELL	NORTH-Colwyn Bay AC		10:17																																																																																													
83	83	267	Dylan MERCER	WSAA-	Bassaleg	10:20																																																																																													
84	84	191	Jayden DAVIES	EAST-Blaenau Gwent AC		10:22																																																																																													
85	85	258	Olly REID	WSAA-	Morrison	10:22																																																																																													
86	86	284	John NEWINGTON-BRIDGES	WSAA-	Monmouth School	10:23																																																																																													
87	87	322	Gabriel MARCICO	WSAA-	Gelli Haf	10:23																																																																																													
88	88	334	Brandon HARTLAND	WSAA-	Y Gwyndy	10:24																																																																																													
89	89	351	Saul OTTESON	WSAA-	Dwr Y Felin	10:28																																																																																													
90	90	338	Llew PORCH	WSAA-	Y Gwyndy	10:28																																																																																													
91	91	192	Jed WHERLOCK	EAST-Lliswerry		10:29																																																																																													
92	92	194	Greg YOUNG	EAST-Newport Harriers		10:29																																																																																													
93	93	344	Jac FITZGERALD	WSAA-	Cardiff High	10:30																																																																																													
94	94	314	Alfie OSBORNE	WSAA-	Pencoedre High	10:31																																																																																													
95	95	282	Blake ETCHELL	WSAA-	Monmouth School	10:32																																																																																													
96	96	348	Liam ADAMS	WSAA-	Llanishen	10:33																																																																																													
97	97	286	Tom CLEVERLY	WSAA-	Monmouth School	10:33																																																																																													
98	98	283	Ben GIBBY	WSAA-	Monmouth School	10:34																																																																																													
99	99	264	Will MILLER	WSAA-	Morrison	10:35																																																																																													



21st Welsh Athletics Inter Regional & 43rd Welsh Schools' Inter Schools

Cross Country Championships

Saturday 16th November 2019

Penlan, Brecon



WELSH ATHLETICS
ATHLETAU CYMRU

Inter Regional Championships 8 to score per team, Inter Schools 4 per team to score

Race 05-U13 Boys (Yr7 & 8) 2,450m

POS	Int-Sch	BIB	ATHLETE	REGION & CLUB	SCHOOL	TIME						
100	72	243	Steffan EVANS	WSAA-	Bro Dur	10:36	21	Ystalyfera	73			73



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WELSH ATHLETICS
ATHLETAU CYMRU

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Race 05-U13 Boys (Yr7 & 8) 2,450m

POS	Int-Sch	BIB	ATHLETE	REGION & CLUB	SCHOOL	TIME							
101	73	245	Gruff PETERS	WSAA-	Ystalyfera	10:37	22	Christ College	75				75
102	74	315	Harry OSBORNE	WSAA-	Pencoedtre High	10:37	23	Bassaleg	85				85
103	75	352	Seb CHAMBERS	WSAA-	Christ College	10:40							
104	76	296	Tom WALL	WSAA-	Crickhowell	10:41							
105	77	260	Jacob RUSSELL	WSAA-	Morrison	10:41							
106	78	253	Liam UPTON-BOORMAN	WSAA-	Queen Elizabeth	10:43							
107	79	259	Alfie WEDLAKE	WSAA-	Morrison	10:47							
108	80	285	Cameron HUGHES	WSAA-	Monmouth School	10:49							
109	81	333	James REES	WSAA-	Y Gwyndy	10:53							
110	82	193	Rhys RICH	EAST-Rhymney Valley AC	Y Gwyndy	10:54							
111	83	355	Tom PIKE	WSAA-	Gartholwg	10:59							
112	84	290	George HAMMETT	WSAA-	Gwent Is Coed	11:00							
113	85	268	Morgan WILLIAMS	WSAA-	Bassaleg	11:03							
114	86	271	Albie HOWE	WSAA-	Rougemont	11:05							
115	87	287	Feargus CRIPWELL	WSAA-	Monmouth School	11:08							
116	88	265	Aaron SKYMRE	WSAA-	Morrison	11:13							
117	89	273	Matthew CAIN	WSAA-	Brecon High	11:16							
118	90	276	Leo DAVIES	WSAA-	Brecon High	11:19							
119	91	291	Thomas HAMMETT	WSAA-	Gwent Is Coed	11:28							
120	92	262	Rhys HAYCOX	WSAA-	Morrison	11:38							
121	93	272	Brett MCCHOAN	WSAA-	Brecon High	12:07							
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WELSH ATHLETICS
ATHLETAU CYMRU

Inter Regional Championships 8 to score per team, Inter Schools 4 per team to score

Race 06-U15 Girls (Yr9 & 10) 3,730m

POS	Int-Sch	BIB	ATHLETE	REGION & CLUB	SCHOOL	TIME	INTER REGIONAL TEAM RESULTS												
							Pos	Region	1	2	3	4	5	6	7	8	Pts	Total	
1	1	402	Gwenno GOODE	SOUTH-Cardiff Athletics	Bro Morgannwg	14:37													
2	2	408	Abigail DAVIES	WEST-Neath Harriers	Porthcawl	14:37													
3		393	Jessica EVANS	SOUTH-Cardiff Athletics		14:48	1	SOUTH	1	3	6	8	9	10	15	20	15	72	
4		379	Eden EDWARDS	NORTH-Deeside AAC		14:49	1	SOUTH	4	7	11	17	19	27	29	35	14	149	
5		365	Lily WILLIAMS	EAST-Newport Harriers		15:09	2	NORTH	5	12	13	14	22	23	28	43	13	160	
6	3	396	Bethan HARDMAN	SOUTH-Cardiff Archers	Cowbridge	15:09	3	EAST	2	16	25	31	46	48	51	53	12	272	
7	4	388	Maddison GRIFFITHS	NORTH-Maldwyn Harriers	Welshpool	15:19	4	WEST											
8	5	395	Sophie KNOYLE	SOUTH-Cardiff Archers	Plasmawr	15:22													
9	6	397	Alys GRANT	SOUTH-Cardiff Archers	Bro Edern	15:25													
10	7	398	Tara NATHAN	SOUTH-Pontyclun AC	Cowbridge	15:26													
11		380	Alanna ARROWSMITH	NORTH-Deeside AAC		15:32	402	Gwenno GOODE-Cardiff Athletics (1)											
12	8	364	Lowri PROSSER	EAST-Blaenau Gwent AC	Crickhowell	15:41	393	Jessica EVANS-Cardiff Athletics (3)											
13	9	363	Ceri GRIFFITHS	EAST-Newport Harriers	Bassaaleg	15:49	396	Bethan HARDMAN-Cardiff Archers (6)											
14		367	Freya HUGHES-ROLLS	EAST-Cardiff Athletics		15:51	395	Sophie KNOYLE-Cardiff Archers (8)											
15	10	400	Erin WILLIAMS	SOUTH-Cardiff Archers	Plasmawr	15:58	397	Alys GRANT-Cardiff Archers (9)											
16		409	Jasmine JONES	WEST-Sarn Helen		15:59	398	Tara NATHAN-Pontyclun AC (10)											
17		378	Ella GRUNDY	NORTH-Colwyn Bay AC		16:02	400	Erin WILLIAMS-Cardiff Archers (15)											
18	11	448	Heather HESLOP	WSAA-	Bro Morgannwg	16:03	399	Anna BROOKS-Cardiff Archers (20)											
19		387	Maddy JAMES	NORTH-Deeside AAC		16:07													
20		399	Anna BROOKS	SOUTH-Cardiff Archers		16:13													
21	12	401	Lola OSMOND	SOUTH-Cardiff Archers	Cardiff High	16:19	379	Eden EDWARDS-Deeside AAC (4)											
22		369	Julia LEWIS	EAST-Rhymney Valley AC		16:21	388	Maddison GRIFFITHS-Maldwyn Harriers (7)											
23		368	Bethan KEY	EAST-Blaenau Gwent AC		16:25	380	Alanna ARROWSMITH-Deeside AAC (11)											
24	13	449	Scarlett DAVIES	WSAA-	Bro Morgannwg	16:28	378	Ella GRUNDY-Colwyn Bay AC (17)											
25	14	415	Ffion OUSLEY	WEST-Pembokeshire Harriers	Preseli	16:29	387	Maddy JAMES-Deeside AAC (19)											
26	15	484	Manon DAVIES	WSAA-	YG Glantaf	16:37	381	Robyn BECK-Deeside AAC (27)											
27		381	Robyn BECK	NORTH-Deeside AAC		16:41	386	Maria SMALLWOOD-Deeside AAC (29)											
28		366	Alyssa BAKER	EAST-Newport Harriers		16:42	385	Imogen KISSANE-Deeside AAC (35)											
29		386	Maria SMALLWOOD	NORTH-Deeside AAC		16:50													
30	16	461	Seren KERSHAW	WSAA-	Welshpool	16:51													
31	17	418	Amy GREATRICK	WEST-Carmarthen Harriers	Queen Elizabeth	16:56	365	Lily WILLIAMS-Newport Harriers (5)											
32	18	458	Phillipa ALLEN	WSAA-	Cowbridge	17:00	364	Lowri PROSSER-Blaenau Gwent AC (12)											
33	19	464	Harriet WRIGHT-NICHOLAS	WSAA-	Y Gwyndy	17:04	363	Ceri GRIFFITHS-Newport Harriers (13)											
34	20	483	Tbc	WSAA-	Radyr School	17:08	367	Freya HUGHES-ROLLS-Cardiff Athletics (14)											
35		385	Imogen KISSANE	NORTH-Deeside AAC		17:10	369	Julia LEWIS-Rhymney Valley AC (22)											
36	21	478	Katrin POWELL	WSAA-	Cardiff High	17:11	368	Bethan KEY-Blaenau Gwent AC (23)											
37	22	457	Tegan TEDDEK	WSAA-	Cowbridge	17:16	366	Alyssa BAKER-Newport Harriers (28)											
38	23	403	Emily DENT	SOUTH-Cardiff Archers	Llanishen	17:20	370	Shauna REED-Newport Harriers (43)											
39	24	486	Beca EVANS	WSAA-	YG Glantaf	17:22													
40	25	480	Zoe DENTON - POWELL	WSAA-	Cardiff High	17:35													
41	26	460	Gwen KUIPERS	WSAA-	Welshpool	17:39													
42	27	424	Amy WHITE	WSAA-	Haverfordwest High	17:42													
43		370	Shauna REED	EAST-Newport Harriers		17:43	1	Cowbridge	3	7	18	22	22	50					
44		384	Holly WALKER	NORTH-Deeside AAC		17:43	2	Bro Morgannwg	1	11	13	29	29	54					
45	28	482	Nia DAVIES	WSAA-	Cardiff High	17:44	3	Cardiff High	12	21	25	28	28	86					
46		419	Elen MORGAN	WEST-Cardiff AC		17:45	4	YG Glantaf	15	24	31	33	33	103					
47		390	Non ELEN REDVERS JONES	NORTH-Menai T&F		17:46	5	Y Gwyndy	19	32	40	41	41	132					
48		410	Gracie GRIFFITHS	WEST-Pembokeshire Harriers		17:48													
49	29	446	Lena DAVIES	WSAA-	Bro Morgannwg	17:51													
50	30	481	Katie BAMBOROUGH	WSAA-	Cardiff High	17:54													
51		416	Bethan ADAMS	WEST-Llanelli AC		17:57	393	Jessica EVANS (3)											
52	31	487	Efa WILLIAMS	WSAA-	YG Glantaf	17:58	388	Maddison GRIFFITHS (7)											
53		420	Lila EVANS	WEST-Cardiff AC		17:59	448	Heather HESLOP (18)											
54	32	475	Ellyse GUTIERREZ	WSAA-	Y Gwyndy	18:00	369	Julia LEWIS (22)											
55	33	485	Erin FARRUGIA	WSAA-	YG Glantaf	18:05													
56		382	Georgina MOLLOY	NORTH-Deeside AAC		18:08													
57	34	447	Poppy TUCKER	WSAA-	Bro Morgannwg	18:20	402	Gwenno GOODE (1)											
58		371	Ava NICHOLL	EAST-Brecon AC		18:27	380	Alanna ARROWSMITH (11)											
59	35	451	Bethan POWELL	WSAA-	Bro Morgannwg	18:37	363	Ceri GRIFFITHS (13)											
60	36	431	Freya PLATT	WSAA-	Gwernyfed	18:38	386	Maria SMALLWOOD (29)											
61	37	477	Seren POWELL	WSAA-	Ebbw Fawr	18:44													
62		413	Amy TUCKER	WEST-Llanelli AC		18:48													
63		372	Aratz URKOLA	EAST-Newport Harriers		19:00	364	Lowri PROSSER (12)											
64	38	429	Bethan EDMUNDS	WSAA-	Bassaaleg	19:14	401	Lola OSMOND (21)											
65	39	454	Isla DAVIES	WSAA-	Bro Morgannwg	19:26	415	Ffion OUSLEY (25)											
66		375	Isobel REYNOLDS	EAST-Blaenau Gwent AC		19:47	366	Alyssa BAKER (28)											
67	40	466	Millie SCOTT	WSAA-	Y Gwyndy	19:50													
68	41	473	Eryn SHIPP	WSAA-	Y Gwyndy	20:02													
69	42	374	Mia THOMAS	EAST-Blaenau Gwent AC	Brynmawr	20:29													
70	43	436	Aimee HENSON	WSAA-	Gwent Is Coed	20:43													
71	44	465	Polly Jayne MISSEN	WSAA-	Y Gwyndy	20:56													
72		377	Amber HURN	EAST-Lliswerry		21:01	1	Welshpool	4	16	26			46					
73	45	434	Katerina FRENCH	WSAA-	Gwent Is Coed	21:29	2	Bro Morgannwg	34	35	39			108					
74		376	Carys WILLIAMS	EAST-Lliswerry		21:36	3	Gwent Is Coed	43	45	47			135					
75	46	470	Lexie JONES	WSAA-	Y Gwyndy	22:42	4	Y Gwyndy	44	46	48			138					
76	47	437	Mollie SAGE	WSAA-	Gwent Is Coed	23:05	5	Plasmawr	5	10				15					
77	48	469	Molly LOVE-WILLIAMS	WSAA-	YG Glantaf	23:10	6	Bassaaleg	9	38				47					
78							7	Porthcawl	2					2					
79							8	Bro Edern	6					6					
80							9	Crickhowell	8					8					
81							10	Preseli	14					14					
82							11	Queen Elizabeth	17					17					
83							12	Llanishen	23					23					
84							13	Haverfordwest High	27					27					
							14	Cardiff High	30					30					
							15	Gwernyfed	36					36					



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Race 07-U15 Boys (Yr9 & 10) 3,730m

POS	Int-Sch	BIB	ATHLETE	REGION & CLUB	SCHOOL	TIME	INTER REGIONAL TEAM RESULTS											
1	1	598	Frank MORGAN	WEST-Carmarthen Harriers	Bro Myrddin	12:47	Pos		Region								Pts	Total
2		597	Rhys LLEWELLYN	WEST-Pembrokeshire Harriers		13:08	1	SOUTH	3	5	11	12	13	22	25	27	15	118
3	2	575	Osian TYRRELL	SOUTH-Cardiff Athletics	Plasmawr	13:11	2	NORTH	4	6	7	9	16	19	21	43	14	125
4		565	Deri MCCLUSKEY	NORTH-Maldwyn Harriers		13:16	3	EAST	10	14	15	17	18	20	23	26	13	143
5		577	Ben HUGHES	SOUTH-Cardiff Athletics		13:18	4	WEST	1	2	8	24	28	37	38	39	12	177
6	3	563	Aled BREEZE	NORTH-Maldwyn Harriers	Newtown	13:19	1st Regional Team Athletes: SOUTH Wales (118Pts)											
7		568	Roman HODGSON	NORTH-Colwyn Bay AC		13:25	1st Regional Team Athletes: SOUTH Wales (118Pts)											
8	4	594	Aled TUMELTY	WEST-Swansea Harriers	Gwyr	13:29	1st Regional Team Athletes: SOUTH Wales (118Pts)											
9	5	564	Callum MORGAN	NORTH-Maldwyn Harriers	Welshpool	13:32	1st Regional Team Athletes: SOUTH Wales (118Pts)											
10		544	Aneurin READ	EAST-Rhyfney Valley AC		13:34	1st Regional Team Athletes: SOUTH Wales (118Pts)											
11	6	574	Charlie HURDMAN	SOUTH-Cardiff Athletics	Bro Morgannwg	13:37	575	Osian TYRRELL-Cardiff Athletics (3)									13:11	
12		580	Henry SPENCER	SOUTH-Cardiff Athletics		13:39	577	Ben HUGHES-Cardiff Athletics (5)									13:18	
13	7	578	Loui CAMILLERI	SOUTH-Cardiff Archers	St Cyres	13:40	574	Charlie HURDMAN-Cardiff Athletics (11)									13:37	
14	8	546	Jack ORGAN	EAST-Brecon AC	Gwernyfed	13:41	580	Henry SPENCER-Cardiff Athletics (12)									13:39	
15	9	548	Henry EVANS	EAST-Newport Harriers	Monmouth School	13:44	578	Loui CAMILLERI-Cardiff Archers (13)									13:40	
16		561	Tudur HARPER-LLOYD	NORTH-Menai T&F		13:45	582	Elis FINLAYSON-Cardiff Athletics (22)									14:01	
17	10	552	Owen PRICE-DAVIES	EAST-Brecon AC	Gwernyfed	13:52	587	Joseph JOYCE-Cardiff AAC (25)									14:08	
18	11	545	Leo STARK	EAST-Newport Harriers	Bassaleg	13:52	576	Charlie HARRIS-Swansea Harriers (27)									14:11	
19		560	Joseph MORGAN	NORTH-Menai T&F		13:53	2nd Regional Team Athletes: NORTH Wales (125Pts)											
20	12	547	Oliver LLOYD	EAST-Newport Harriers	Monmouth School	13:55	2nd Regional Team Athletes: NORTH Wales (125Pts)											
21		569	Oliver JONES	NORTH-Deeside AAC		13:57	565	Deri MCCLUSKEY-Maldwyn Harriers (4)									13:16	
22	13	582	Elis FINLAYSON	SOUTH-Cardiff Athletics	Plasmawr	14:01	563	Aled BREEZE-Maldwyn Harriers (6)									13:19	
23	14	553	Rhys PHILLIPS	EAST-Monmouth School	Monmouth School	14:04	568	Roman HODGSON-Colwyn Bay AC (7)									13:25	
24	15	590	Finlay CATLING	WEST-Neath Harriers	Ystalyfera	14:07	564	Callum MORGAN-Maldwyn Harriers (9)									13:32	
25	16	587	Joseph JOYCE	SOUTH-Cardiff AAC	Radyr	14:08	561	Tudur HARPER-LLOYD-Menai T&F (16)									13:45	
26		550	Ned COLLINS	EAST-Brecon AC		14:09	560	Joseph MORGAN-Menai T&F (19)									13:53	
27	17	576	Charlie HARRIS	WEST-Swansea Harriers	Gelli Haf	14:11	569	Oliver JONES-Deeside AAC (21)									13:57	
28	18	595	Zach ELVEY	WEST-Carmarthen Harriers	Bro Myrddin	14:14	567	Harvey DAVIS-Wrexham AAC (43)									14:51	
29		549	Oliver HUMPHREYS	EAST-Newport Harriers		14:15	3rd Regional Team Athletes: EAST Wales (143Pts)											
30	19	584	Ifan SION	SOUTH-Bro Morgannwg	Bro Morgannwg	14:16	3rd Regional Team Athletes: EAST Wales (143Pts)											
31	20	583	Rhys BLOW	SOUTH-YG Garth Olwg	Garth Olwg	14:28	544	Aneurin READ-Rhyfney Valley AC (10)									13:34	
32		579	Thomas ATTWOOD	SOUTH-Swansea Harriers		14:35	546	Jack ORGAN-Brecon AC (14)									13:41	
33		581	Ben FARRELL	SOUTH-Cardiff Athletics		14:36	548	Henry EVANS-Newport Harriers (15)									13:44	
34	21	610	Euros LLOYD	WSAA-	Penweddig	14:39	552	Owen PRICE-DAVIES-Brecon AC (17)									13:52	
35		554	Isaac JONES	EAST-Newport Harriers		14:39	545	Leo STARK-Newport Harriers (18)									13:52	
36	22	694	Tom BELCHER	WSAA-	Llanishen	14:41	547	Oliver LLOYD-Newport Harriers (20)									13:55	
37	23	592	Jack BRUCE	WEST-Pembrokeshire Harriers	Preseli	14:42	553	Rhys PHILLIPS-Monmouth School (23)									14:04	
38	24	600	Scott PRICE	WEST-Carmarthen Harriers	Bro Dinefwr	14:43	550	Ned COLLINS-Brecon AC (26)									14:09	
39	25	599	Jack THOMAS	WEST-Carmarthen Harriers	Queen Elizabeth	14:44	INTER SCHOOL RESULTS											
40	26	593	Dafydd KING	WEST-Swansea Harriers	Gwyr	14:45	INTER SCHOOL RESULTS											
41		601	Jonathan PRICE	WEST-Sarn Helen		14:48	INTER SCHOOL RESULTS											
42	27	654	Christopher JONES	WSAA-	Kings Monkton	14:48	Pos	School	1	2	3	4	Total					
43		567	Harvey DAVIS	NORTH-Wrexham AAC		14:51	1	Monmouth School	15	20	23	50	108					
44	28	672	Merlin JUDSON	WSAA-	Cardiff High	15:00	2	Bro Myrddin	1	28	49	53	131					
45		556	Tristan CUMBERLAND	EAST-Brecon AC		15:02	3	Gwyr	8	40	51	67	166					
46	29	585	Luke WYATT	SOUTH-Neath Harriers	Porthcawl	15:05	4	Bro Morgannwg	11	30	63	74	178					
47	30	642	Bruce ROSSITER	WSAA-	Gelli Haf	15:07	5	Gelli Haf	27	47	52	65	191					
48	31	673	Dylan HANDS	WSAA-	Cardiff High	15:09	6	Cardiff High	44	48	55	58	205					
49	32	603	Steffan DAVIES	WEST-Carmarthen Harriers	Bro Myrddin	15:10	7	Y Gwyndy	59	66	78	82	285					
50	33	615	Adam FOWLER	WSAA-	Monmouth School	15:14	1st Schools Team - Athletes: Monmouth School (108Pts)											
51	34	591	Tomos O'BRIEN	WEST-Celtic Tri	Gwyr	15:14	1st Schools Team - Athletes: Monmouth School (108Pts)											
52	35	647	Jac MATTHEWS	WSAA-	Gelli Haf	15:15	1st Schools Team - Athletes: Monmouth School (108Pts)											
53	36	609	Bryn PETERS	WSAA-	Bro Myrddin	15:21	548	Henry EVANS (15)									13:44	
54	37	630	Morgan WILLIAMS	WSAA-	Bro Dinefwr	15:22	547	Oliver LLOYD (20)									13:55	
55	38	675	Jack HASTINGS	WSAA-	Cardiff High	15:26	553	Rhys PHILLIPS (23)									14:04	
56	39	633	Isaac JONES	WSAA-	Radyr	15:29	615	Adam FOWLER (50)									15:14	
57	40	690	Lewis JACOBS	WSAA-	Porth Community	15:30	2nd Schools Team - Athletes: Bro Myrddin (131Pts)											
58	41	674	Tom DRISCOLL	WSAA-	Cardiff High	15:33	2nd Schools Team - Athletes: Bro Myrddin (131Pts)											
59	42	671	Dewi MOCK	WSAA-	Y Gwyndy	15:34	598	Frank MORGAN (1)									12:47	
60		558	Bradley DICKERSON	EAST-Blaenau Gwent AC		15:34	595	Zach ELVEY (28)									14:14	
61	43	614	Issac PIERCE	WSAA-	Brecon High	15:35	603	Steffan DAVIES (49)									15:10	
62	44	679	Owen FITZGERALD	WSAA-	Cardiff High	15:38	609	Bryn PETERS (53)									15:21	
63	45	635	Rhys MCNABB	WSAA-	Bro Morgannwg	15:39	3rd Schools Team - Athletes: Gwyr (166Pts)											
64		557	Harry SHEPHERDSON	EAST-Brecon AC		15:46	3rd Schools Team - Athletes: Gwyr (166Pts)											
65	46	649	Roman MORRIS	WSAA-	Gelli Haf	15:54	594	Aled TUMELTY (8)									13:29	
66	47	662	Gruff WILLIAMS	WSAA-	Y Gwyndy	15:57	593	Dafydd KING (40)									14:45	
67	48	656	Joshua CARRINGTON	WSAA-	Gwyr	15:59	591	Tomos O'BRIEN (51)									15:14	
68	49	691	Joe DENMAN	WSAA-	Llanishen	16:01	656	Joshua CARRINGTON (67)									15:59	
69	50	617	Arthur NEWINGTON-BRIDGE	WSAA-	Monmouth School	16:05	Incomplete Teams											
70	51	616	Connor BRANHAM	WSAA-	Monmouth School	16:06	Incomplete Teams											
71	52	652	Leroy GRIFFITHS	WSAA-	Nantgwyn	16:11	Incomplete Teams											
72	53	622	Cameron O'DWYER	WSAA-	Gwent Is Coed	16:20	Incomplete Teams											
73	54	606	Lucas MILLARD	WSAA-	Cwm Brombil	16:25	1	Radyr	25	56	83		164					
74	55	637	Tomos KIRKWOOD	WSAA-	Bro Morgannwg	16:26	2	Monmouth School	69	70	75		214					
75	56	619	Charlie POCOCARERO	WSAA-	Monmouth School	16:30	3	Gwent Is Coed	72	76	84		232					
76	57	620	Graham MIDDLETON	WSAA-	Gwent Is Coed	16:38	4	Plasmawr	3	22			25					
77	58	608	Rogan COX	WSAA-	Bro Myrddin	16:39	5	Gwernyfed	14	17			31					
78	59	670	Jacob STURGESS	WSAA-	Y Gwyndy	16:46	6	Bro Dinefwr	38	54			92					
79	60	611	Freddie ROACH	WSAA-	Bassaleg	16:48	7	Bassaleg	18	79			97					
80	61	660	Harrison GARCIA	WSAA-	Gwyr	17:04	8	Llanishen	36	68			104					
81	62	659	Christian GARCIA	WSAA-	Gwyr	17:10	9	Gwyr	80	81			161					
82	63	668	Iwan JAMES	WSAA-	Y Gwyndy	17:16	10	Newtown	6				6					
83	64	632	Stanley JONES	WSAA-	Radyr	17:30	11	Welshpool	9				9					
84	65	621	Harrison O'DWYER	WSAA-	Gwent Is Coed	17:32	12	St Cyres	13				13					
85		602	Matthew COX	WEST-Celtic Tri		20:29	13	Ystalyfera	24				24					
86							14	Garth Olwg	31				31					
87							15	Penweddig	34				34					
88							16	Preseli	37				37					
89							17	Queen Elizabeth	39				39					
90							18	Kings Monkton	42				42					
91							19	Porthcawl	46				46					
92							20	Brecon High	61				61					
93							21	Cardiff High	62				62					
94							22	Nantgwyn	71				71					
95							23	Cwm Brombil	73				73					
96							24	Bro Myrddin	77				77					



21st Welsh Athletics Inter Regional & 43rd Welsh Schools' Inter Schools

Cross Country Championships

Saturday 16th November 2019

Penlan, Brecon



WELSH ATHLETICS
ATHLETAU CYMRU

Inter Regional Championships 8 to score per team, Inter Schools 4 per team to score

Race 08-U17 Women (Yr11 & 12) & U20 Women (Yr 13 & 14) 4,810m

POS	Int-Sch	BIB	ATHLETE	REGION & CLUB	SCHOOL	TIME	U17W INTER REGIONAL TEAM RESULTS												
							Pos	Region	1	2	3	4	5	6	7	8	Pts	Total	
1		740	Samia JONES-U17W	NORTH-Menal T&F		19:57													
2		773	Ashleigh WILLIS-U17W	WEST-Swansea Harriers		18:21													
3		840	Hannah JENKINS-U20W	SOUTH-Porthcawl Runners		18:32	1	SOUTH	4	5	6	7	8	16	17	21	15	84	
4	1	755	Moli LYONS-U17W	SOUTH-Cardiff Athletics	Bro Morgannwg	18:37	1	SOUTH	4	5	6	7	8	16	17	21	15	84	
5		769	Alanah HILL-U17W	SOUTH-Cardiff Archers		18:42	2	NORTH	1	11	15	25	28	30	32		7	142	
6		765	Mia GODDARD-U17W	SOUTH-Cardiff Athletics		18:48	3	EAST	12	14	20	24	43	56			6	169	
7	2	756	Nia CLATWORTHY-U17W	SOUTH-Cardiff Athletics	Porthcawl	18:54	4	WEST	2	31	35	40	53				5	161	
8		760	Fiona BOSTOCK-U17W	SOUTH-Cardiff Athletics		18:56													
9		822	Martha OWEN-U20W	NORTH-Deeside AC		19:00													
10	3	853	Eva EDWARDS-U20W	WEST-Carmarthen Harriers	Bro Myrddin	19:00													
11		742	Boe CELYN-JONES-U17W	NORTH-Menal T&F		19:08	755	Moli LYONS-U17W-Cardiff Athletics (4)										18:37	
12		725	Tiegan WARD-U17W	EAST-Brecon AC		19:13	769	Alanah HILL-U17W-Cardiff Archers (5)										18:42	
13		821	Bethan DAVIES-U20W	NORTH-Colwyn Bay		19:24	765	Mia GODDARD-U17W-Cardiff Athletics (6)										18:48	
14	4	726	Elin GRIFFITHS-U17W	EAST-Newport Harriers	Bassaleg	19:31	756	Nia CLATWORTHY-U17W-Cardiff Athletics (7)										18:54	
15		743	Rheagan EDWARDS-U17W	NORTH-Deeside AAC		19:38	760	Fiona BOSTOCK-U17W-Cardiff Athletics (8)										18:56	
16	5	761	Aimee CALLOW-U17W	SOUTH-Cardiff Archers	YG Glantaf	19:53	761	Aimee CALLOW-U17W-Cardiff Archers (16)										19:53	
17	6	757	Bethan MEYRICK-U17W	SOUTH-Cardiff Athletics	Cardiff High	19:57	757	Bethan MEYRICK-U17W-Cardiff Athletics (17)										19:57	
18		854	Bronwen STRATTON-THOMAS-U20W	WEST-Swansea Harriers		20:01	764	Lili JONES-U17W-Cardiff Athletics (21)										20:27	
19	7	823	Lauren WATCHORN-U20W	NORTH-Deeside AC	Coleg Cambria	20:02													
20		727	Isabel CLARK-U17W	EAST-Blaenau Gwent		20:20													
21		764	Lili JONES-U17W	SOUTH-Cardiff Athletics		20:27													
22	8	837	Ffion HIGGINSON-U20W	SOUTH-Bridgend AC	Archbishop McGrath	20:31													
23	9	852	Alice EVANS-U20W	WEST-Pembrokeshire Harriers	Haverfordwest High	20:48	1	SOUTH	3	22	33	50	58				15	166	
24		728	Emily WILCOX-U17W	EAST-Newport Harriers		21:16	2	NORTH	9	13	19							3	41
25		747	Milly JONES-U17W	NORTH-Deeside AAC		21:18	3	WEST	10	18	23							3	51
26	10	758	Bethany GOLD-U17W	SOUTH-Cardiff Athletics	St David's College	21:22	4												
27		766	Caitlyn ROBERTS-U17W	SOUTH-Aberdare VAAC		21:27													
28		744	Ellie SMALL-U17W	NORTH-Deeside AAC		21:34													
29		759	Megan JONES-U17W	SOUTH-Cardiff Archers		21:37													
30		749	Niamh MERRISON-U17W	NORTH-Colwyn Bay AC		21:41	840	Hannah JENKINS-U20W (3)										18:32	
31	11	772	Cathryn MORGAN-U17W	WEST-Neath Harriers	NPTC	21:50	837	Ffion HIGGINSON-U20W (22)										20:31	
32		748	Eve SCOTT-U17W	NORTH-Prestatyn RC		21:59	838	Sara STURGES-U20W (33)										22:00	
33		838	Sara STURGES-U20W	SOUTH-Cardiff Archers		22:00	836	Abigail MORGAN-U20W (50)										25:27	
34	12	722	Mared ARCH-U17W	WSAA-	YG Glantaf	22:00	839	Caitlin CHAPMAN-U20W (58)										28:00	
35	13	770	Jessica MORRIS-U17W	WEST-Pembrokeshire Harriers	Harri Tudur	22:01													
36	14	885	Shimena LANG-U20W	WSAA-	Christ College	22:21													
37		767	Lili HUTCHINGS-U17W	SOUTH-Bridgend AC		22:33													
38	15	878	Emma EVANS-U17W	WSAA-	Cardiff High	22:37													
39		763	Catrin RYDER-U17W	SOUTH-Aberdare VAAC		22:37	1	YG Glantaf	5	12	16	19						52	
40		771	Tanwen MOON-U17W	WEST-Carmarthen Harriers		22:38	2	Bro Morgannwg	1	23	24	26						74	
41	16	723	Layla GRIFFITHS-U17W	WSAA-	YG Glantaf	22:48	3	Y Gwyndy	25	27	29	30						111	
42	17	795	Olivia GEDDES-U17W	WSAA-	Porthcawl	23:00													
43		729	Ashleigh STEER-U17W	EAST-Newport Harriers		23:01													
44		768	Eleri WOOD-U17W	SOUTH-Bridgend AC		23:15													
45	18	866	Amelie ROBERTS-U17W	WSAA-	Eirias	24:29	761	Aimee CALLOW-U17W (5)										19:53	
46	19	724	Non DRAKE-U17W	WSAA-	YG Glantaf	24:38	722	Mared ARCH-U17W (12)										22:00	
47	20	802	Carys BREEZE-U17W	WSAA-	Newtown	24:40	723	Layla GRIFFITHS-U17W (16)										22:48	
48	21	785	Megan POUPARD-U17W	WSAA-	Haverfordwest High	24:51	724	Non DRAKE-U17W (19)										24:38	
49	22	877	Lily HALL-U17W	WSAA-	Cardiff High	25:24													
50		836	Abigail MORGAN-U20W	SOUTH-Bridgend AC		25:27													
51	23	788	Glesni SION-U17W	WSAA-	Bro Morgannwg	25:28	755	Moli LYONS-U17W (1)										18:37	
52	24	789	Poppy GOVIER-U17W	WSAA-	Bro Morgannwg	25:28	788	Glesni SION-U17W (23)										25:28	
53		774	Danielle WILLIAMS-U17W	WEST-Ilanelli AC		25:57	789	Poppy GOVIER-U17W (24)										25:28	
54	25	868	Beca EVANS-LUGG-U17W	WSAA-	Y Gwyndy	26:10	787	Libby MCKINNEY-U17W (26)										26:42	
55	26	787	Libby MCKINNEY-U17W	WSAA-	Bro Morgannwg	26:42													
56		730	Brook SMITH-U17W	EAST-Pont-y-pwl & District		27:01													
57	27	803	Lilly HOWELL-U17W	WSAA-	Y Gwyndy	27:05													
58	28	839	Caitlin CHAPMAN-U20W	SOUTH-Cardiff Athletics	St David's College	28:00													
59	29	870	Tegan EVANS-U17W	WSAA-	Y Gwyndy	28:20	1	Cardiff High	6	15	22							43	
60	30	871	Lucy SENUGUL-U17W	WSAA-	Y Gwyndy	30:44	2	Porthcawl	2	17								19	
61	31	869	Eleanor LEANORD-JONES-U17W	WSAA-	Y Gwyndy	31:31	3	Haverfordwest High	9	21								30	
62							4	St David's College	10	28								38	
63							5	Bro Myrddin	3									3	
64							6	Bassaleg	4									4	
65							7	Coleg Cambria	7									7	
66							8	Archbishop McGrath	8									8	
67							9	NPTC	11									11	
68							10	Harri Tudur	13									13	
69							11	Christ College	14									14	
70							12	Eirias	18									18	
71							13	Newtown	20									20	
72							14	Y Gwyndy	31									31	



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Saturday 16th November 2019

Penlan, Brecon



WELSH ATHLETICS
ATHLETAU CYMRU

Inter Regional Championships 8 to score per team, Inter Schools 4 per team to score

Race 09-U17 Men (Yr11 & 12) & U20 Men (Yr 13 & 14) 5,680m

POS	Int-Sch	BIB	ATHLETE	REGION & CLUB	SCHOOL	TIME	U17M INTER REGIONAL TEAM RESULTS											
							Pos	Region	1	2	3	4	5	6	7	8	Pts	Total
1		989	Aled JONES-U20M	NORTH-Menai		19:00	1	NORTH	4	14	18	22	23	26	31	34	15	172
2	1	1014	Nathan JONES-U20M	WEST-Swansea Harriers	Gower College	19:02	2	SOUTH	5	8	9	15	24	33	41	52	14	187
3		1004	Morgan JAMES-U20M	SOUTH-Cardiff Athletics		19:04	3	WEST	6	12	16	29	38	56	63	65	13	285
4		914	Bryn WOODALL-U17M	NORTH-Colwyn Bay AC		19:17	4	EAST	25	36	39	46	57	59	67	74	12	403
5	2	917	Rhys HARDMAN-U17M	SOUTH-Cardiff Archers	Cowbridge	19:22	1st U17 Regional Team Athletes: NORTH Wales (172Pts)											
6	3	937	Finley HINES-U17M	WEST-Neath Harriers	NPTC	19:34	914	Bryn WOODALL-U17M-Colwyn Bay AC (4)									19:17	
7		1005	James PENROSE-U20M	SOUTH-Cardiff Archers		19:36	911	Louis GUEST-U17M-Eryri Harriers (14)									20:11	
8	4	925	Ben REYNOLDS-U17M	SOUTH-Cardiff Athletics	Cardiff High	19:38	906	Edward WOODHEAD-U17M-Deeside AAC (18)									20:30	
9		918	James GRIFFITHS-U17M	SOUTH-Neath Harriers		19:49	902	Huw JONES-U17M-Deeside AAC (22)									20:38	
10		1008	Dafydd JAY-U20M	SOUTH-Swansea Harriers		19:51	904	Tyler CARTLIDGE-U17M-Deeside AAC (23)									20:38	
11	5	999	Iestyn EDWARDS-U20M	SOUTH-Cardiff Athletics	Radyr	19:54	908	Harri EVANS-U17M-Deeside AAC (26)									20:52	
12	6	935	Dafydd JONES-U17M	WEST-Carmarthen Harriers	Bro Myrddin	19:59	905	Matthew ANTHONY-U17M-Deeside AAC (31)									21:01	
13		970	Ben MILES-U20M	EAST-Pont-y-pwl & District		20:10	903	James JONES-U17M-Deeside AAC (34)									21:05	
14		911	Louis GUEST-U17M	NORTH-Eryri Harriers		20:11	2nd U17 Regional Team Athletes: SOUTH Wales (187Pts)											
15	7	919	Jacob REYNOLDS-U17M	SOUTH-Cardiff Athletics	Y Gwynydy	20:14	917	Rhys HARDMAN-U17M-Cardiff Archers (5)									19:22	
16	8	939	Liam EDWARDS-U17M	WEST-Carmarthen Harriers	Bro Myrddin	20:21	925	Ben REYNOLDS-U17M-Cardiff Athletics (8)									19:38	
17	9	968	Evan PRICE-DAVIES-U20M	EAST-Brecon AC	NPTC	20:22	918	James GRIFFITHS-U17M-Neath Harriers (9)									19:49	
18		906	Edward WOODHEAD-U17M	NORTH-Deeside AAC		20:30	919	Jacob REYNOLDS-U17M-Cardiff Athletics (15)									20:14	
19	10	985	Carwyn OWEN-U20M	NORTH-Maldwyn	Welshpool	20:32	926	Lloyd JONES-U17M-Cardiff Athletics (24)									20:41	
20	11	998	Devin COOMBES-U20M	SOUTH-Bridgend AC	Archbishop McGrath	20:34	923	Huw RILEY-U17M-Cardiff Archers (33)									21:04	
21		991	Tomos LAND-U20M	NORTH-Colwyn Bay		20:35	921	Billy GRAHAM-U17M-Cardiff Archers (41)									21:20	
22		902	Huw JONES-U17M	NORTH-Deeside AAC		20:38	927	Dan PERKINS-U17M-Bridgend AC (52)									21:47	
23		904	Tyler CARTLIDGE-U17M	NORTH-Deeside AAC		20:38	3rd U17 Regional Team Athletes: WEST Wales (285Pts)											
24		926	Lloyd JONES-U17M	SOUTH-Cardiff Athletics		20:41	937	Finley HINES-U17M-Neath Harriers (6)									19:34	
25		888	Oliver PRICE-U17M	EAST-Blaenau Gwent		20:50	935	Dafydd JONES-U17M-Carmarthen Harriers (12)									19:59	
26		908	Harri EVANS-U17M	NORTH-Deeside AAC		20:52	939	Liam EDWARDS-U17M-Carmarthen Harriers (16)									20:21	
27	12	954	Shaun PINCH-U20M	WSAA-	Coleg Y Cymoedd	20:56	942	Iori HUMPHREYS-U17M-Pembrokeshire Harriers (29)									21:00	
28		1001	Dan AUSTIN-U20M	SOUTH-Cardiff Archers		20:59	932	Adam BEER-U17M-Llanelli AC (38)									21:09	
29	13	942	Iori HUMPHREYS-U17M	WEST-Pembrokeshire Harriers	Harri Tudur	21:00	933	Iwan WHITE-U17M-Swansea Harriers (56)									22:02	
30	14	1006	James GOLD-U20M	SOUTH-Cardiff Athletics	St David's College	21:00	940	Lewis JONES-U17M-Carmarthen Harriers (63)									22:24	
31		905	Matthew ANTHONY-U17M	NORTH-Deeside AAC		21:01	934	James FISHLOCK-U17M-Neath Harriers (65)									22:30	
32	15	1007	Liam GRIFITHS-U20M	SOUTH-Aberdare VAAC	Merthyr College	21:03	U20M INTER REGIONAL TEAM RESULTS											
33	16	923	Huw RILEY-U17M	SOUTH-Cardiff Archers	Radyr	21:04	Pos	Region	1	2	3	4	5			Pts	Total	
34	17	903	James JONES-U17M	NORTH-Deeside AAC	Coleg Cambria	21:05	1	SOUTH	3	7	10	11	20			15	51	
35		913	Alex ROBERTS-U17M	NORTH-Colwyn Bay AC		21:06	2	NORTH	1	19	21	37	42			4	120	
36	18	892	Sam CLAYTON-U17M	EAST-Brecon AC	Crickhowell	21:08	3	WEST	2	44	53	72			4	171		
37		983	Euros EVANS-U20M	NORTH-Meirionnydd		21:09	4	EAST	13	17					2	30		
38		932	Adam BEER-U17M	WEST-Llanelli AC		21:09	1st U20M Regional Team Athletes: SOUTH Wales (51Pts)											
39	19	889	Tom WEBB-U17M	EAST-Parc Bryn Bach	Gwent College	21:10	1004	Morgan JAMES-U20M-Cardiff Athletics (3)									19:04	
40		912	James SMITH-U17M	NORTH-GOG Tri		21:16	1005	James PENROSE-U20M-Cardiff Archers (7)									19:36	
41	20	921	Billy GRAHAM-U17M	SOUTH-Cardiff Archers	Cardiff High	21:20	1008	Dafydd JAY-U20M-Swansea Harriers (10)									19:51	
42		990	Euan CONEY-U20M	NORTH-Deeside AAC		21:21	999	Iestyn EDWARDS-U20M-Cardiff Athletics (11)									19:54	
43	21	952	Dafydd LLOYD-U17M	WSAA-	Coleg Sir Gar	21:21	998	Devin COOMBES-U20M-Bridgend AC (20)									20:34	
44	22	1013	Callum CAMPION-U20M	WEST-Llanelli AC	Coleg Sir Gar	21:22	2nd U20M Regional Team Athletes: NORTH Wales (120Pts)											
45	23	1044	Cian DAVIES-U17M	WSAA-	Bro Morgannwg	21:26	989	Aled JONES-U20M-Menai (1)									19:00	
46	24	891	Lewis MCLOUGHLIN-U17M	EAST-Lliswerry	Bassaleg	21:27	985	Carwyn OWEN-U20M-Maldwyn (19)									20:32	
47		1002	Jacob GRIFFITHS-U20M	SOUTH-Aberdare VAAC		21:29	991	Tomos LAND-U20M-Colwyn Bay (21)									20:35	
48	25	950	Joshua JONES-U17M	WSAA-	Coleg Sir Gar	21:31	983	Euros EVANS-U20M-Meirionnydd (37)									21:09	
49	26	947	Dafydd BROWN-U17M	WSAA-	Pembrokeshire College	21:37	990	Euan CONEY-U20M-Deeside AC (42)									21:21	
50	27	683	Luke HALL-U17M	WSAA-	Cardiff High	21:40	NO TEAM											
51	28	1030	Thomas CALLARD-U20M	WSAA-	NPTC	21:46	INTER SCHOOL RESULTS											
52		927	Dan PERKINS-U17M	SOUTH-Bridgend AC		21:47	Pos	School	1	2	3	4	Total					
53	29	1017	William ARNOLD-U20M	WEST-Swansea Harriers	Gowerton	21:50	1	NPTC	3	9	28	35	75					
54	30	922	Callum THOMAS-U17M	SOUTH-Cardiff Archers	St David's College	21:51	2	Coleg Sir Gar	21	22	25	33	101					
55		907	Theo HUGHES-U17M	NORTH-Deeside AAC		21:54	3	Cardiff High	4	20	27	51	102					
56		933	Iwan WHITE-U17M	WEST-Swansea Harriers		22:02	4	Y Gwynydy	7	48	58	60	173					
57		895	Joe COLLINS-U17M	EAST-Brecon AC		22:05	5	Gelli Haf	38	42	45	55	180					
58		992	Mario JIMENEZ-MUNOZ-U20M	NORTH-Colwyn Bay		22:11	6	Bro Morgannwg	23	47	57	67	194					
59	31	893	Morgan WATTS-U17M	EAST-Blaenau Gwent	Brynawr	22:15	7	Cardiff High	54	59	61	62	236					
60		920	Ben DEMELLEWEEK-U17M	SOUTH-Caerphilly		22:18	8	Morrison	49	64	68	69	250					
61		909	Cameron LAWRENCE-U17M	NORTH-Menai T&F		22:22	1st Schools Team - Athletes: NPTC (75Pts)											
62	32	720	Efan OWEN-U17M	WSAA-	YG Glantaf	22:23	937	Finley HINES-U17M (3)									19:34	
63	33	940	Lewis JONES-U17M	WEST-Carmarthen Harriers	Coleg Sir Gar	22:24	968	Evan PRICE-DAVIES-U20M (9)									20:22	
64	34	719	Morgan THOMPSON-U17M	WSAA-	YG Glantaf	22:28	1030	Thomas CALLARD-U20M (28)									21:46	
65	35	934	James FISHLOCK-U17M	WEST-Neath Harriers	NPTC	22:30	934	James FISHLOCK-U17M (35)									22:30	
66		910	Cameron SHAW-U17M	NORTH-Menai T&F		22:31	2nd Schools Team - Athletes: Coleg Sir Gar (101Pts)											
67		896	Evan PRICE-U17M	EAST-Cwmbran Harriers		22:32	952	Dafydd LLOYD-U17M (21)									21:21	
68	36	949	Iwan LILLEY-U17M	WSAA-	Haverfordwest High	22:38	1013	Callum CAMPION-U20M (22)									21:22	
69		929	Rhys NICHOLAS-U17M	SOUTH-Swansea Harriers		22:43	950	Joshua JONES-U17M (25)									21:31	
70	37	543	Kitt STEPHENS-U17M	WSAA-	Christ College	22:44	940	Lewis JONES-U17M (33)									22:24	
71		928	Gruffydd DICKSON-U17M	SOUTH-Aberdare VAAC		22:48	3rd Schools Team - Athletes: Cardiff High (102Pts)											
72		1015	Luke EVANS-U20M	WEST-Trots		22:53	925	Ben REYNOLDS-U17M (4)									19:38	
73	38	1053	Mascen EVANS-U17M	WSAA-	Gelli Haf	22:53	921	Billy GRAHAM-U17M (20)									21:20	
74	39	901	Josh JONES-U17M	EAST-Newport Harriers	Monmouth School	22:59	683	Luke HALL-U17M (27)									21:40	
75		894	Oscar DENTON-U17M	EAST-Newport Harriers		23:01	688	Evan DAVIES-U17M (51)									24:09	
76	40	1029	James OULSNAM-U20M	WSAA-	Coleg Sir Gar	23:09	Incomplete Teams											
77		897	Aneurin ORME-U17M	EAST-Cwmbran Harriers		23:11	School	Places					Pts	Total				
78	41	951	Osian WILLIAMS-U17M	WSAA-	Coleg Sir Gar	23:11	1	St David's College	14	30	43							
79	42	1055	Mason PHILLIPS-U17M	WSAA-	Gelli Haf	23:11												
80	43	1051	Rhys SIMMONDS-U17M	WSAA-	St David's College	23:17												
81	44	941	Sam LENNOX-U17M	WEST-Neath Harriers	NPTC	23:17												
82		931	Cian RALPHS-U17M	SOUTH-Cardiff Athletics		23:23												
83	45	1039	Alex DAVIES-U17M	WSAA-	Gelli Haf	23:24												
84	46	692	Sam BELCHER-U17M	WSAA-	Llanishen	23:25												
85	47	1047	Gruff SION-U17M	WSAA-	Bro Morgannwg	23:51												
86	48	872	Charlie WESTON-U17M	WSAA-	Y Gwynydy	23:54												
87	49	961	Luke D'ANGELI-U17M	WSAA-	Morrison	23:55												
88	50	721	Arthur PETERSON-U17M	WSAA-	YG Glantaf	24:04												
89	51	688	Evan DAVIES-U17M	WSAA-	Cardiff High	24:09												
90	52	936	Oliver THOMAS-U17M	WEST-Neath Harriers	Dwr Y Felin	24:18												
91		938	Miles HILL-U17M	WEST-Swansea Harriers		24:20												
92	53	1037	Francesco BUONO-U17M	WSAA-	Cathedral	24:24												
93	54	685	Hydref WILLIAMS-U17M	WSAA-	Cardiff High	24:38												
94	55	1054	Callum NYE-U17M	WSAA-	Gelli Haf	24:52												
95		930	Peter FOSTER-U17M	SOUTH-Aberdare VAAC		24:59												
96	56	1028	Cameron TALLIS-U20M	WSAA-	Pembrokeshire College	25:09												
97		898	Bryn WILLIAMS-U17M	EAST-Lliswerry		25:28												
98	57	1048	Ethan BARKER-U17M	WSAA-	Bro Morgannwg	25:40												
99	58	873	Dafydd LEWIS-JONES-U17M	WSAA-	Y Gwynydy	25:43												



21st Welsh Athletics Inter Regional & 43rd Welsh Schools' Inter Schools

Cross Country Championships

Saturday 16th November 2019

Penlan, Brecon



WELSH ATHLETICS
ATHLETAU CYMRU

Inter Regional Championships 8 to score per team, Inter Schools 4 per team to score

Race 09-U17 Men (Yr11 & 12) & U20 Men (Yr 13 & 14) 5,680m

POS	Int-Sch	BIB	ATHLETE	REGION & CLUB	SCHOOL	TIME							
100	59	687	Fraser KING-U17M	WSAA-	Cardiff High	25:50	2	YG Glantaf	32	34	50		116
101	60	1035	Owen HUGHES-U17M	WSAA-	Y Gwyndy	25:58	3	NPTC	44	70	71		185
102	61	684	Danny REYNOLDS-U17M	WSAA-	Cardiff High	26:00	4	Bro Myrddin	6	8			14
103	62	686	Sam PARRY-U17M	WSAA-	Cardiff High	26:10	5	Radyr	5	16			21
104	63	874	Eli WEEKES-U17M	WSAA-	Y Gwyndy	26:25	6	Coleg Sir Gar	40	41			81
105		900	Alex CARRAFA-U17M	EAST-Rhymney Valley AC		26:51	7	Pembrokeshire College	26	56			82
106	64	958	Sam FUGE-U17M	WSAA-	Morrison	26:58	8	Bassaleg	24	66			90
107	65	875	Harrison MISSEN-U17M	WSAA-	Y Gwyndy	27:23	9	Y Gwyndy	63	65			128
108	66	964	Will LEWIS-U17M	WSAA-	Bassaleg	27:30	10	Gower College	1				1
109	67	886	Tomos PUGH-U17M	WSAA-	Bro Morgannwg	27:36	11	Cowbridge	2				2
110	68	959	Ellis STALLWOOD-U17M	WSAA-	Morrison	27:43	12	Welshpool	10				10
111	69	957	Owain WILLIAMS-U17M	WSAA-	Morrison	28:18	13	Archbishop McGrath	11				11
112	70	717	Kai LEAVESLEY-U17M	WSAA-	NPTC	28:37	14	Coleg Y Cymoedd	12				12
113	71	718	Ross PICKERING-U20M	WSAA-	NPTC	30:35	15	Harri Tudur	13				13
114	72	956	Carwyn HARRY-U17M	WSAA-	Morrison	30:35	16	Merthyr College	15				15
115	73	960	Joel OSBORN-U17M	WSAA-	Morrison	31:06	17	Coleg Cambria	17				17
116	74	963	Fraser STEAD-U17M	WSAA-	Morrison	31:16	18	Crickhowell	18				18
117	75	955	Aaron MORTON-U17M	WSAA-	Morrison	31:27	19	Gwent College	19				19
118							20	Gowerton	29				29
119							21	Brynmawr	31				31
120							22	Haverfordwest High	36				36
121							23	Christ College	37				37
122							24	Monmouth School	39				39
123							25	Llanishen	46				46
124							26	Dwr Y Felin	52				52
125							27	Cathedral	53				53
126								No Complete Teams					

21st Welsh Athletics Inter Regional & 43rd Welsh Schools' Inter Schools

RACE 10 SENIOR & MASTER MEN

Saturday 16th November 2019

Penlan, Brecon



SEN M TEAM RESULTS											MM45 TEAM RESULTS												
9,530m											9,530m												
	1	2	3	4	5	6	7	8	Pts	Count		1	2	3	4	5		Pts	Count	Score			
SEN M EAST	4	5	6	7	10	11	13	28	84	8	15	MM45 EAST	2	3	5	7	12		29	5	15		
SEN M NORTH	9	12	15	16	19	26	35	38	170	8	13	MM45 WEST	1	4	10	11	15		41	5	14		
SEN M SOUTH	1	2	3	8	14	20	22	25	95	8	14	MM45 SOUTH	6	8	14	16	20		64	5	13		
SEN M WEST	17	18	21	23	24	32	40	42	217	8	12	MM45 NORTH	9	17	21	22	35		104	5	12		
MM35 TEAM RESULTS											MM55 TEAM RESULTS												
9,530m											9,530m												
	1	2	3	4	5				Pts	Count		1	2	3	4	5		Pts	Count	Score			
MM35 SOUTH	5	6	7	10	12				40	5	15	MM55 EAST	1	4	7	10	11		33	5	15		
MM35 EAST	1	8	9	15	21				54	5	14	MM55 NORTH	5	8	22	23	27		85	5	13		
MM35 WEST	3	4	14	19	26				66	5	13	MM55 SOUTH	6	12	13	14	19		64	5	14		
MM35 NORTH	2	11	17	25	27				82	5	12	MM55 WEST	2	3	9	33			4	4	4		
RACE 10 SENIOR & MASTER MEN											RACE 10 SENIOR & MASTER MEN												
POS	BIB	TIME	NAME	Region	SEN M	MM35	MM45	MM55	PTS	Scorer	Team Pts	POS	BIB	TIME	NAME	Region	SEN M	MM35	MM45	MM55	PTS	Scorer	Team Pts
1	39	31:19	Mathew EDWARDS/Cardiff Athletics	SEN M SOUTH	SEN M SOUTH	1			1	✓	1	1	39	31:19	Mathew EDWARDS/Cardiff Athletics	SEN M SOUTH	SEN M SOUTH	1			1	✓	1
2	31	32:14	Ewan SHORT/Pontypridd Roadents AC	SEN M SOUTH	SEN M SOUTH	2			2	✓	3	2	31	32:14	Ewan SHORT/Pontypridd Roadents AC	SEN M SOUTH	SEN M SOUTH	2			2	✓	3
3	32	32:42	Luke WILLIAMS/San Domenico R.C.	SEN M SOUTH	SEN M SOUTH	3			3	✓	6	3	32	32:42	Luke WILLIAMS/San Domenico R.C.	SEN M SOUTH	SEN M SOUTH	3			3	✓	6
4	1	33:09	Jack TURNER/Carmarthen Harriers	SEN M EAST	SEN M EAST	4			4	✓	4	4	1	33:09	Jack TURNER/Carmarthen Harriers	SEN M EAST	SEN M EAST	4			4	✓	4
5	171	33:27	Huw EVANS/Les Croupiers RC	MM45 WEST			MM45 WEST	1	1	✓	1	5	171	33:27	Huw EVANS/Les Croupiers RC	MM45 WEST		MM45 WEST	1		1	✓	1
6	6	33:40	David AUBREY/Cheltenham Harriers	SEN M EAST	SEN M EAST	5			5	✓	9	6	6	33:40	David AUBREY/Cheltenham Harriers	SEN M EAST	SEN M EAST	5			5	✓	9
7	2	33:40	Matt GRANTHAM/MMRT	SEN M EAST	SEN M EAST	6			6	✓	15	7	2	33:40	Matt GRANTHAM/MMRT	SEN M EAST	SEN M EAST	6			6	✓	15
8	121	33:45	Mark JENNINGS/MMRT	MM45 EAST			MM45 EAST	2	2	✓	2	8	121	33:45	Mark JENNINGS/MMRT	MM45 EAST		MM45 EAST	2		2	✓	2
9	5	33:49	Jamie PARRY/Parc Bryn Bach Running Club	SEN M EAST	SEN M EAST	7			7	✓	22	9	5	33:49	Jamie PARRY/Parc Bryn Bach Running Club	SEN M EAST	SEN M EAST	7			7	✓	22
10	62	33:51	Matt EDMONDS/MMRT	MM35 EAST		MM35 EAST	1		1	✓	1	10	62	33:51	Matt EDMONDS/MMRT	MM35 EAST		MM35 EAST	1		1	✓	1
11	77	34:10	Phil PUMFORD/Buckley	MM35 NORTH		MM35 NORTH	2		2	✓	2	11	77	34:10	Phil PUMFORD/Buckley	MM35 NORTH		MM35 NORTH	2		2	✓	2
12	34	34:18	Alex PRICE/Les Croupiers RC	SEN M SOUTH	SEN M SOUTH	8			8	✓	14	12	34	34:18	Alex PRICE/Les Croupiers RC	SEN M SOUTH	SEN M SOUTH	8			8	✓	14
13	116	34:25	Owain SCHIAVONE/Aberystwyth AC	MM35 WEST		MM35 WEST	3		3	✓	3	13	116	34:25	Owain SCHIAVONE/Aberystwyth AC	MM35 WEST		MM35 WEST	3		3	✓	3
14	27	34:28	Ross WELCH/Meirionnydd	SEN M NORTH	SEN M NORTH	9			9	✓	9	14	27	34:28	Ross WELCH/Meirionnydd	SEN M NORTH	SEN M NORTH	9			9	✓	9
15	9	34:33	Jon LIKE/Torfaen	SEN M EAST	SEN M EAST	10			10	✓	32	15	9	34:33	Jon LIKE/Torfaen	SEN M EAST	SEN M EAST	10			10	✓	32
16	3	34:40	Mike HOLLOWAY/Brecon AC	SEN M EAST	SEN M EAST	11			11	✓	43	16	3	34:40	Mike HOLLOWAY/Brecon AC	SEN M EAST	SEN M EAST	11			11	✓	43
17	122	34:40	Stefan SIMMS/MMRT	MM45 EAST			MM45 EAST	3	3	✓	5	17	122	34:40	Stefan SIMMS/MMRT	MM45 EAST		MM45 EAST	3		3	✓	5
18	16	34:41	Sam BELLIS/Buckley	SEN M NORTH	SEN M NORTH	12			12	✓	21	18	16	34:41	Sam BELLIS/Buckley	SEN M NORTH	SEN M NORTH	12			12	✓	21
19	106	34:43	Mark HORSMAN/Pontypridd Roadents	MM35 WEST		MM35 WEST	4		4	✓	7	19	106	34:43	Mark HORSMAN/Pontypridd Roadents	MM35 WEST		MM35 WEST	4		4	✓	7
20	191	34:50	Austin DAVIES/Brecon AC	MM55 EAST			MM55 EAST	1	1	✓	1	20	191	34:50	Austin DAVIES/Brecon AC	MM55 EAST		MM55 EAST	1		1	✓	1
21	97	34:56	Matthew EVANS/Aberdare VAAC	MM35 SOUTH		MM35 SOUTH	5		5	✓	5	21	97	34:56	Matthew EVANS/Aberdare VAAC	MM35 SOUTH		MM35 SOUTH	5		5	✓	5
22	7	35:00	Michael LEWIS/Fairwater RC	SEN M EAST	SEN M EAST	13			13	✓	56	22	7	35:00	Michael LEWIS/Fairwater RC	SEN M EAST	SEN M EAST	13			13	✓	56
23	33	35:08	Daniel HAMILTON/San Domenico R.C.	SEN M SOUTH	SEN M SOUTH	14			14	✓	28	23	33	35:08	Daniel HAMILTON/San Domenico R.C.	SEN M SOUTH	SEN M SOUTH	14			14	✓	28
24	21	35:12	Shaun HUGHES/Denbigh	SEN M NORTH	SEN M NORTH	15			15	✓	36	24	21	35:12	Shaun HUGHES/Denbigh	SEN M NORTH	SEN M NORTH	15			15	✓	36
25	91	35:18	Andrew HOW/Pontypridd Roadents AC	MM35 SOUTH		MM35 SOUTH	6		6	✓	11	25	91	35:18	Andrew HOW/Pontypridd Roadents AC	MM35 SOUTH		MM35 SOUTH	6		6	✓	11
26	92	35:21	Chris OXLEY/San Domenico R.C.	MM35 SOUTH		MM35 SOUTH	7		7	✓	18	26	92	35:21	Chris OXLEY/San Domenico R.C.	MM35 SOUTH		MM35 SOUTH	7		7	✓	18
27	65	35:23	Richard FOSTER/Spirit of Monmouth	MM35 EAST		MM35 EAST	8		8	✓	9	27	65	35:23	Richard FOSTER/Spirit of Monmouth	MM35 EAST		MM35 EAST	8		8	✓	9
28	63	35:32	Leighton RAWLINSON/MMRT	MM35 EAST		MM35 EAST	9		9	✓	18	28	63	35:32	Leighton RAWLINSON/MMRT	MM35 EAST		MM35 EAST	9		9	✓	18
29	169	35:34	Daryl JOHN/Pembrokeshire Harriers	MM45 WEST			MM45 WEST	4	4	✓	5	29	169	35:34	Daryl JOHN/Pembrokeshire Harriers	MM45 WEST		MM45 WEST	4		4	✓	5
30	19	35:38	Elliott COX/Buckley	SEN M NORTH	SEN M NORTH	16			16	✓	52	30	19	35:38	Elliott COX/Buckley	SEN M NORTH	SEN M NORTH	16			16	✓	52
31	50	35:43	Rob DAVIES/Amman Valley Harriers	SEN M WEST	SEN M WEST	17			17	✓	17	31	50	35:43	Rob DAVIES/Amman Valley Harriers	SEN M WEST	SEN M WEST	17			17	✓	17
32	51	35:47	Michael RODERICK/Paul Popham Running Club	SEN M WEST	SEN M WEST	18			18	✓	35	32	51	35:47	Michael RODERICK/Paul Popham Running Club	SEN M WEST	SEN M WEST	18			18	✓	35
33	18	35:51	David WHITE/Buckley	SEN M NORTH	SEN M NORTH	19			19	✓	71	33	18	35:51	David WHITE/Buckley	SEN M NORTH	SEN M NORTH	19			19	✓	71
34	42	35:53	Phil HAMBLETON/Les Croupiers RC	SEN M SOUTH	SEN M SOUTH	20			20	✓	48	34	42	35:53	Phil HAMBLETON/Les Croupiers RC	SEN M SOUTH	SEN M SOUTH	20			20	✓	48
35	94	35:58	Richard MILLIER/San Domenico R.C.	MM35 SOUTH		MM35 SOUTH	10		10	✓	28	35	94	35:58	Richard MILLIER/San Domenico R.C.	MM35 SOUTH		MM35 SOUTH	10		10	✓	28
36	131	36:01	Martin SHAW/Brecon AC	MM45 EAST			MM45 EAST	5	5	✓	10	36	131	36:01	Martin SHAW/Brecon AC	MM45 EAST		MM45 EAST	5		5	✓	10
37	52	36:03	Robert KESTIN/Port Talbot Harriers	SEN M WEST	SEN M WEST	21			21	✓	56	37	52	36:03	Robert KESTIN/Port Talbot Harriers	SEN M WEST	SEN M WEST	21			21	✓	56
38	37	36:08	Hywel DIPLOCK/Parc Bryn Bach	SEN M SOUTH	SEN M SOUTH	22			22	✓	70	38	37	36:08	Hywel DIPLOCK/Parc Bryn Bach	SEN M SOUTH	SEN M SOUTH	22			22	✓	70
39	78	36:15	Chris CALLAGHAN/Buckley	MM35 NORTH		MM35 NORTH	11		11	✓	13	39	78	36:15	Chris CALLAGHAN/Buckley	MM35 NORTH		MM35 NORTH	11		11	✓	13
40	98	36:17	Andrew TUCKEY/Bridgend AC	MM35 SOUTH		MM35 SOUTH	12		12	✓	40	40	98	36:17	Andrew TUCKEY/Bridgend AC	MM35 SOUTH		MM35 SOUTH	12		12	✓	40
41	101	36:20	Joe THOMAS/Bridgend AC	MM35 SOUTH		MM35 SOUTH	13		13	✓	53	41	101	36:20	Joe THOMAS/Bridgend AC	MM35 SOUTH		MM35 SOUTH	13		13	✓	53
42	110	36:20	Robert PRADY/Neath Harriers	MM35 WEST		MM35 WEST	14		14	✓	21	42	110	36:20	Robert PRADY/Neath Harriers	MM35 WEST		MM35 WEST	14		14	✓	21
43	66	36:21	Iesdlyn RHODES/MMRT	MM35 EAST		MM35 EAST	15		15	✓	33	43	66	36:21	Iesdlyn RHODES/MMRT	MM35 EAST		MM35 EAST	15		15	✓	33
44	100	36:25	Ian SOUTHWELL/Penarth & Dinas	MM35 SOUTH		MM35 SOUTH	16		16	✓	69	44	100	36:25	Ian SOUTHWELL/Penarth & Dinas	MM35 SOUTH		MM35 SOUTH	16		16	✓	69
45	48	36:26	Daniel MORGAN/Swansea Harriers	SEN M WEST	SEN M WEST	23			23	✓	79	45	48	36:26	Daniel MORGAN/Swansea Harriers	SEN M WEST	SEN M WEST	23			23	✓	79
46	47	36:27	Sam FIGGURES/Port Talbot Harriers	SEN M WEST	SEN M WEST	24			24	✓	103	46	47	36:27	Sam FIGGURES/Port Talbot Harriers	SEN M WEST	SEN M WEST	24			24	✓	103
47	43	36:28	Ben KENNEDY/Les Croupiers RC	SEN M SOUTH	SEN M SOUTH	25			25	✓	95	47	43	36:28	Ben KENNEDY/Les Croupiers RC	SEN M SOUTH	SEN M SOUTH	25			25	✓	95
48	84	36:29	Alun BROWN/GOG Tri Club	MM35 NORTH		MM35 NORTH	17		17	✓	30	48	84	36:29	Alun BROWN/GOG Tri Club	MM35 NORTH		MM35 NORTH	17		17	✓	30
49	102	36:31	Geraint LEWIS/Porthcawl	MM35 SOUTH		MM35 SOUTH	18		18	✓	87	49	102	36:31	Geraint LEWIS/Porthcawl	MM35 SOUTH		MM35 SOUTH	18		18	✓	87
50	22	36:31	Tim JOY/Buckley	SEN M NORTH	SEN M NORTH	26			26	✓	97	50	22	36:31	Tim JOY/Buckley	SEN M NORTH	SEN M NORTH	26			26	✓	97
51	109	36:37	Andrew REYNOLDS/Neath Harriers	MM35 WEST		MM35 WEST	19		19	✓	40	51	109	36:37	Andrew REYNOLDS/Neath Harriers	MM35 WEST		MM35 WEST	19		19	✓	40
52	41	36:37	Lloyd MANNING JAMES/Bridgend AC	SEN M SOUTH	SEN M SOUTH	27			27	✗	122	52	41	36:37	Lloyd MANNING JAMES/Bridgend AC	SEN M SOUTH	SEN M SOUTH	27			27	✗	122
53	15	36:38	Martin THOMAS/Parc Bryn Bach Running Club	SEN M EAST	SEN M EAST	28			28	✓	84	53	15	36:38	Martin THOMAS/Parc Bryn Bach Running Club	SEN M EAST	SEN M EAST	28			28	✓	84
54	151	36:38	Rich BAKER/Les Croupiers RC	MM45 EAST			MM45 EAST	6	6	✓	6	54	151	36:38	Rich BAKER/Les Croupiers RC	MM45 EAST		MM45 EAST	6		6	✓	6
55	125	36:39	Andy LEE/Pontypwl	MM45 EAST			MM45 EAST	7	7	✓	17	55	125	36:39	Andy LEE/Pontypwl	MM45 EAST		MM45 EAST	7		7	✓	17
56	95	36:39	Vaugh																				

21st Welsh Athletics Inter Regional & 43rd Welsh Schools' Inter Schools

RACE 10 SENIOR & MASTER MEN

Saturday 16th November 2019

Penlan, Brecon



SENM TEAM RESULTS											MM45 TEAM RESULTS												
9,530m											9,530m												
	1	2	3	4	5	6	7	8	Pts	Count	Score		1	2	3	4	5		Pts	Count	Score		
SENM EAST	4	5	6	7	10	11	13	28	84	8	15	MM45 EAST	2	3	5	7	12		29	5	15		
SENM NORTH	9	12	15	16	19	26	35	38	170	8	13	MM45 WEST	1	4	10	11	15		41	5	14		
SENM SOUTH	1	2	3	8	14	20	22	25	95	8	14	MM45 SOUTH	6	8	14	16	20		64	5	13		
SENM WEST	17	18	21	23	24	32	40	42	217	8	12	MM45 NORTH	9	17	21	22	35		104	5	12		
MM35 TEAM RESULTS											MM55 TEAM RESULTS												
9,530m											9,530m												
	1	2	3	4	5				Pts	Count	Score		1	2	3	4	5		Pts	Count	Score		
MM35 SOUTH	5	6	7	10	12				40	5	15	MM55 EAST	1	4	7	10	11		33	5	15		
MM35 EAST	1	8	9	15	21				54	5	14	MM55 NORTH	5	8	22	23	27		85	5	13		
MM35 WEST	3	4	14	19	26				66	5	13	MM55 SOUTH	6	12	13	14	19		64	5	14		
MM35 NORTH	2	11	17	25	27				82	5	12	MM55 WEST	2	3	9	33			4	4	4		
RACE 10 SENIOR & MASTER MEN											RACE 10 SENIOR & MASTER MEN												
POS	BIB	TIME	NAME	Region	SENEM	MM35	MM45	MM55	PTS	Scorer	Team Pts	POS	BIB	TIME	NAME	Region	SENEM	MM35	MM45	MM55	PTS	Scorer	Team Pts
76	123	37:59	Steven DAVIES/Parc Bryn Bach Running Club	MM45 EAST					12	✓	29	77	126	38:01	Jonathon CARTER/Chepstow	MM45 EAST					13	✓	42
78	163	38:03	Adrian LEWIS/Aberdare VAAC	MM45 SOUTH					14	✓	28	79	79	38:04	Peter GRAY/Cadence Tri Club	MM35 NORTH	29				29	✓	111
80	13	38:12	Gareth LAWRENCE/Brecon AC	SENM EAST	SENM EAST	36			36	✗	216	81	173	38:15	Ashley PASCOE/3m's Gorsseion	MM45 WEST					15	✓	41
82	153	38:18	Chris MEDCALF/San Domenico R.C.	MM45 SOUTH					16	✓	44	83	227	38:19	Royston WHITEHOUSE/Neath Harriers	MM55 WEST					2	✓	2
84	40	38:20	Tom GRAHAM/Bridgend AC	SENM SOUTH	SENM SOUTH	37			37	✗	220	85	229	38:22	Thomas GUEST/Swansea Harriers	MM55 WEST					3	✓	5
86	144	38:23	Ben BEACHELL/Eryri Harriers	MM45 NORTH					17	✓	26	87	24	38:26	Twm MORGAN/Eryri Harriers	SENM NORTH	SENM NORTH	38			38	✓	170
88	23	38:27	Tony WOOD/Denbigh	SENM NORTH	SENM NORTH	39			39	✗	209	89	170	38:32	Charles WALSH/Port Talbot Harriers	MM45 WEST					18	✓	59
90	104	38:52	Phil WELCH/Bridgend AC	MM35 SOUTH					30	✓	188	91	103	38:57	David DICKSON/Porthcawl	MM35 SOUTH					31	✓	219
92	96	38:59	Rhys PIPPARD/Les Croupiers RC	MM35 SOUTH					32	✓	251	93	167	39:03	Steve OUSLEY/Pembrokeshire Harriers	MM45 WEST					19	✓	78
94	53	39:06	Ryan EVANS/Ogmore Pheonix	SENM WEST	SENM WEST	40			40	✓	175	95	162	39:10	Rob BENNETT/Porthcawl Runers	MM45 SOUTH					20	✓	64
96	181	39:17	Stuart PENNY/Spirit of Monmouth	MM55 EAST					4	✓	5	97	38	39:21	Anthony BANNON/Penarth & Dinas	SENM SOUTH	SENM SOUTH	41			41	✗	261
98	88	39:30	Rob ALEXANDER/Prestatyn	MM35 NORTH					33	✓	144	99	142	39:38	Glen PRICE/Denbigh	MM45 NORTH					21	✓	47
100	138	39:41	Eddie DAVIES/Buckley	MM45 NORTH					22	✓	69	101	54	39:45	Mathew HENDERY/Swansea Harriers	SENM WEST	SENM WEST	42			42	✓	217
102	127	39:50	Phil BOORMAN/Liswerry	MM45 EAST					23	✓	65	103	113	39:54	Edward CULLEN/Swansea Harriers	MM35 WEST					34	✓	100
104	199	39:58	Jeff GIFFORD/Buckley	MM55 NORTH					5	✓	5	105	221	39:59	Kevin CHAKE/Penarth & Dinas	MM55 SOUTH					6	✓	6
106	157	39:59	Johnny LAM/San Domenico R.C.	MM45 SOUTH					24	✓	88	107	192	40:00	Peter SOWERBY/Brecon AC	MM55 EAST					7	✓	12
108	166	40:04	Paul LYNOCK/Carmarthen Harriers	MM45 WEST					25	✓	103	109	46	40:06	Gabrielius STUOKUS/Swansea Harriers	SENM WEST	SENM WEST	43			43	✗	260
110	175	40:09	Christoper LEWIS/Port Talbot Harriers	MM45 WEST					26	✓	129	111	172	40:17	Chris FULCHER/Neath Harriers	MM45 WEST					27	✓	156
112	154	40:21	Adrian PEARCE/Ogmore Phoenix Runners	MM45 SOUTH					28	✓	116	113	204	40:30	Mike ROBBINS/Wrexham AC	MM55 NORTH					8	✓	13
114	155	40:38	Laurence POLE/Pontypridd Roadents AC	MM45 SOUTH					29	✓	145	115	68	40:47	Bobby PRITCHARD/Chepstow	MM35 EAST	35				35	✓	135
116	130	40:51	Owen FLAGE/Oldham and Royal	MM45 EAST					30	✓	95	117	158	40:59	James BRUCE/Les Croupiers RC	MM45 SOUTH					31	✓	176
118	159	41:07	Gary WEBBER/Rhondda Valley runners	MM45 SOUTH					32	✓	208	119	228	41:11	Kevin RAYMOND/Run4All Neath	MM55 WEST					9	✓	14
120	182	41:13	Stephen WILLIAMS/Parc Bryn Bach Running Club	MM55 EAST					10	✓	22	121	186	41:15	Peter CRANE/Neath	MM55 EAST					11	✓	33
122	174	41:15	Mark HIDDLESTONE/Port Talbot Harriers	MM45 WEST					33	✓	189	123	128	41:18	Chris O'BRIEN/Fairwater	MM45 EAST					34	✓	129
124	143	41:18	Emyr EVANS/GOG Tri Club	MM45 NORTH					35	✓	104	125	129	41:26	Nick WEBB/Parc Bryn Bach Running Club	MM45 EAST					36	✓	165
126	224	41:33	Mark NEAL/Aberdare VAAC	MM55 SOUTH					12	✓	18	127	211	41:33	Vince NAZARETH/Les Croupiers RC	MM55 SOUTH					13	✓	31
128	212	41:35	Bryan MEREDITH/Rhondda Valley Runners	MM55 SOUTH					14	✓	45	129	165	41:38	Kevin PLANK/San Domenico	MM45 SOUTH					37	✓	245
130	140	41:41	Tim HARGREAVES/Buckley	MM45 NORTH					38	✓	142	131	189	41:44	Colin WILMOTT/Griffithstown	MM55 EAST					15	✓	48
132	147	41:56	Simon ROXBURGH/GOG Tri Club	MM45 NORTH					39	✓	181	133	183	42:02	Adrian TEW/Spirit of Monmouth	MM55 EAST					16	✓	64
134	183	42:04	Adrian TEW/Spirit of Monmouth	MM55 EAST					17	✓	81	135	160	42:06	Gareth HARDMAN/Pontyclun Road Runners	MM45 SOUTH					40	✓	285
136	176	42:08	Huw DAVIES/Carmarthen Harriers	MM45 WEST					41	✓	230	137	108	42:09	Dafydd BOWEN/Carmarthen Harriers	MM35 WEST	36				36	✓	136
138	139	42:10	Simon EDWARDS/Buckley	MM45 NORTH					42	✓	223	139	185	42:13	Haydn HARTNELL/Parc Bryn Bach Running Club	MM55 EAST					18	✓	99
140	83	42:16	Jimmy CARTER/Meirionnydd	MM35 NORTH	37				37	✓	181	141	161	42:30	Marcus MEYRICK/Les Croupiers RC	MM45 SOUTH					43	✓	328
142	107	42:33	Owen DAVIES/Swansea Harriers	MM35 WEST					38	✓	174	143	220	42:35	Phil GATLEY/Cardiff Tri	MM55 SOUTH					19	✓	64
144	188	42:40	Mark ROBERTS/Brecon AC	MM55 EAST					20	✓	119	145	213	42:46	David WALKER/Les Croupiers RC	MM55 SOUTH					21	✓	85
146	197	42:52	Dave BOOTHROYD/Buckley	MM55 NORTH					22	✓	35	147	201	42:56	David BAUGH/Denbigh	MM55 NORTH					23	✓	58
148	164	42:57	David BENNETT/Porthcawl Runners	MM45 SOUTH					44	✓	372	149	136	42:58	Gary BLACKWELL/Buckley	MM45 NORTH					45	✓	268
150	214	43:01	William DANIELS/Pontyclun	MM55 SOUTH					24	✓	109												

21st Welsh Athletics Inter Regional & 43rd Welsh Schools' Inter Schools

RACE 10 SENIOR & MASTER MEN

Saturday 16th November 2019

Penlan, Brecon



WELSH ATHLETICS
ATHLETAU CYMRU

SENM TEAM RESULTS											MM45 TEAM RESULTS										
9,530m											9,530m										
	1	2	3	4	5	6	7	8	Pts	Count	Score		1	2	3	4	5		Pts	Count	Score
SENM EAST	4	5	6	7	10	11	13	28	84	8	15	MM45 EAST	2	3	5	7	12		29	5	15
SENM NORTH	9	12	15	16	19	26	35	38	170	8	13	MM45 WEST	1	4	10	11	15		41	5	14
SENM SOUTH	1	2	3	8	14	20	22	25	95	8	14	MM45 SOUTH	6	8	14	16	20		64	5	13
SENM WEST	17	18	21	23	24	32	40	42	217	8	12	MM45 NORTH	9	17	21	22	35		104	5	12
MM35 TEAM RESULTS											MM55 TEAM RESULTS										
9,530m											9,530m										
	1	2	3	4	5				Pts	Count	Score		1	2	3	4	5		Pts	Count	Score
MM35 SOUTH	5	6	7	10	12				40	5	15	MM55 EAST	1	4	7	10	11		33	5	15
MM35 EAST	1	8	9	15	21				54	5	14	MM55 NORTH	5	8	22	23	27		85	5	13
MM35 WEST	3	4	14	19	26				66	5	13	MM55 SOUTH	6	12	13	14	19		64	5	14
MM35 NORTH	2	11	17	25	27				82	5	12	MM55 WEST	2	3	9	33			4	4	4
RACE 10 SENIOR & MASTER MEN																					
POS	BIB	TIME	NAME	Region	SENM	MM35	MM45	MM55	PTS	Scorer	Team Pts										
151	215	43:05	Brian LAW/Penarth & Dinas	MM55 SOUTH				MM55 SOUTH	25	25	✓ 134										
152	117	43:15	Stephen DAWSON/Trots	MM35 WEST		MM35 WEST	39		39	39	✓ 213										
153	190	43:29	Steve OWEN/Chepstow	MM55 EAST				MM55 EAST	26	26	✓ 145										
154	81	43:57	Phillip HEYES/Denbigh	MM35 NORTH		MM35 NORTH	40		40	40	✓ 221										
155	200	44:15	Allen SMITH/Buckley	MM55 NORTH				MM55 NORTH	27	27	✓ 85										
156	105	44:18	Brian DIAS/Cardiff Athletics	MM35 SOUTH		MM35 SOUTH	41		41	41	✓ 292										
157	177	44:42	Martin HINES/Port Talbot Harriers	MM45 WEST			MM45 WEST	46	46	46	✓ 276										
158	198	44:54	Kevin CHALLINOR/Buckley	MM55 NORTH				MM55 NORTH	28	28	✓ 113										
159	222	45:02	Mick TABOR/Les Croupiers RC	MM55 SOUTH				MM55 SOUTH	29	29	✓ 163										
160	216	45:29	Stephen DALLOW/Parc Bryn Bach Running Club	MM55 SOUTH				MM55 SOUTH	30	30	✓ 193										
161	196	45:43	Steve BELLIS/Buckley	MM55 NORTH				MM55 NORTH	31	31	✓ 144										
162	218	46:16	Hefin GRUFFYDD/Pontypridd Roadents AC	MM55 SOUTH				MM55 SOUTH	32	32	✓ 225										
163	226	46:25	Simon PARTRIDGE/Neath Harriers	MM55 WEST				MM55 WEST	33	33	✓ 47										
164	202	46:54	Tony BENTON/Denbigh	MM55 NORTH				MM55 NORTH	34	34	✓ 178										
165	217	47:22	Phil HODGE/Les Croupiers RC	MM55 SOUTH				MM55 SOUTH	35	35	✓ 260										

21st Welsh Athletics Inter Regional & 43rd Welsh Schools' Inter Schools

RACE 10 SENIOR & MMEN AWARDS

Saturday 16th November 2019

Penlan, Brecon

RACE 10 Senior Men Team Awards			
4 complete teams			
POS	TEAM	Team Points	IR Pts
1	SENM EAST = 4, 5, 6, 7, 10, 11, 13, 28	84	15
2	SENM SOUTH = 1, 2, 3, 8, 14, 20, 22, 25	95	14
3	SENM NORTH = 9, 12, 15, 16, 19, 26, 35, 38	170	13
4	SENM WEST = 17, 18, 21, 23, 24, 32, 40, 42	217	12

INDIVIDUAL MEDALLISTS			
POS	ATHLETES	PLACE	PERF
1	Mathew EDWARDS/Cardiff Athletics-SENM SOUTH	1	31:19
2	Ewan SHORT/Pontypridd Roadents AC-SENM SOUTH	2	32:14
3	Luke WILLIAMS/San Domenico R.C.-SENM SOUTH	3	32:42

TEAM MEDALLISTS			
1st	SENM EAST Wales = 84 pts		
POS	ATHLETES	PLACE	PERF
1	Jack TURNER/Carmarthen Harriers	4	33:09
2	David AUBREY/Cheltenham Harriers	5	33:40
3	Matt GRANTHAM/MMRT	6	33:40
4	Jamie PARRY/Parc Bryn Bach Running Club	7	33:49
5	Jon LIKE/Torfaen	10	34:33
6	Mike HOLLOWAY/Brecon AC	11	34:40
7	Michael LEWIS/Fairwater RC	13	35:00
8	Martin THOMAS/Parc Bryn Bach Running Club	28	36:38
Total Points		84	

2nd	SENM SOUTH Wales = 95 pts		
POS	ATHLETES	PLACE	PERF
1	Mathew EDWARDS/Cardiff Athletics	1	31:19
2	Ewan SHORT/Pontypridd Roadents AC	2	32:14
3	Luke WILLIAMS/San Domenico R.C.	3	32:42
4	Alex PRICE/Les Croupiers RC	8	34:18
5	Daniel HAMILTON/San Domenico R.C.	14	35:08
6	Phil HAMBLETON/Les Croupiers RC	20	35:53
7	Hywel DIPLOCK/Parc Bryn Bach	22	36:08
8	Ben KENNEDY/Les Croupiers RC	25	36:28
Total Points		95	

3rd	SENM NORTH Wales = 170 pts		
POS	ATHLETES	PLACE	PERF
1	Ross WELCH/Meirionnydd	9	34:28
2	Sam BELLIS/Buckley	12	34:41
3	Shaun HUGHES/Denbigh	15	35:12
4	Elliott COX/Buckley	16	35:38
5	David WHITE/Buckley	19	35:51
6	Tim JOY/Buckley	26	36:31
7	Pat WHITE/Cadence Tri Club	35	37:43
8	Twm MORGAN/Eryri Harriers	38	38:26
Total Points		170	

4th	SENM WEST Wales = 217 pts		
POS	ATHLETES	PLACE	PERF
1	Rob DAVIES/Amman Valley Harriers	17	35:43
2	Michael RODERICK/Paul Popham Running Club	18	35:47
3	Robert KESTIN/Port Talbot Harriers	21	36:03
4	Daniel MORGAN/Swansea Harriers	23	36:26
5	Sam FIGGURES/Port Talbot Harriers	24	36:27
6	Patrick TUDOR/Swansea Harriers	32	36:57
7	Ryan EVANS/Ogmore Pheonix	40	39:06
8	Mathew HENDERY/Swansea Harriers	42	39:45
Total Points		217	

21st Welsh Athletics Inter Regional & 43rd Welsh Schools' Inter Schools

RACE 10 SENIOR & MMEN AWARDS

Saturday 16th November 2019

Penlan, Brecon

RACE 10 Senior Men Team Awards			
Race 10 MM35 Team Awards			
4 complete teams			
POS	TEAM	Team Points	IR Pts
1	MM35 SOUTH = , 5, 6, 7, 10, 12, ,	40	15
2	MM35 EAST = , 1, 8, 9, 15, 21, ,	54	14
3	MM35 WEST = , 3, 4, 14, 19, 26, ,	66	13
4	MM35 NORTH = , 2, 11, 17, 25, 27, ,	82	12

INDIVIDUAL MEDALLISTS			
POS	ATHLETES	PLACE	PERF
1	Matt EDMONDS/MMRT-MM35 EAST	10	33:51
2	Phil PUMFORD/Buckley-MM35 NORTH	11	34:10
3	Owain SCHIAVONE/Aberystwyh AC-MM35 WEST	13	34:25

TEAM MEDALLISTS			
1st	MM35 SOUTH Wales = 40 pts		
POS	ATHLETES	PLACE	PERF
1	Matthew EVANS/Aberdare VAAC	5	34:56
2	Andrew HOW/Pontypridd Roadents AC	6	35:18
3	Chris OXLEY/San Domenico R.C.	7	35:21
4	Richard MILLIER/San Domenico R.C.	10	35:58
5	Andrew TUCKEY/Bridgend AC	12	36:17
Total Points		40	
2nd	MM35 EAST Wales = 54 pts		
POS	ATHLETES	PLACE	PERF
1	Matt EDMONDS/MMRT	1	33:51
2	Richard FOSTER/Spirit of Monmouth	8	35:23
3	Leighton RAWLINSON/MMRT	9	35:32
4	Iesdlyn RHODES/MMRT	15	36:21
5	Robert JOHN/MMRT	21	36:45
Total Points		54	
3rd	MM35 WEST Wales = 66 pts		
POS	ATHLETES	PLACE	PERF
1	Owain SCHIAVONE/Aberystwyh AC	3	34:25
2	Mark HORSMAN/Pontypridd Roadents	4	34:43
3	Robert PRADY/Neath Harriers	14	36:20
4	Andrew REYNOLDS/Neath Harriers	19	36:37
5	Christopher JENKINS/Neath Harriers	26	37:36
Total Points		66	
4th	MM35 NORTH Wales = 82 pts		
POS	ATHLETES	PLACE	PERF
1	Phil PUMFORD/Buckley	2	34:10
2	Chris CALLAGHAN/Buckley	11	36:15
3	Alun BROWN/GOG Tri Club	17	36:29
4	Ryan MORRISON/Cadence Tri Club	25	37:33
5	Adrian LEONARD/GOG Tri Club	27	37:44
Total Points		82	

21st Welsh Athletics Inter Regional & 43rd Welsh Schools' Inter Schools

RACE 10 SENIOR & MMEN AWARDS

Saturday 16th November 2019

Penlan, Brecon

RACE 10 Senior Men Team Awards			
Race 10 MM45 Team Awards			
4 complete teams			
POS	TEAM	Team Points	IR Pts
1	MM45 EAST = 2, 3, 5, 7, 12	29	15
2	MM45 WEST = 1, 4, 10, 11, 15	41	14
3	MM45 SOUTH = 6, 8, 14, 16, 20	64	13
4	MM45 NORTH = 9, 17, 21, 22, 35	104	12

INDIVIDUAL MEDALLISTS			
POS	ATHLETES	PLACE	PERF
1	Huw EVANS/Les Croupiers RC-MM45 WEST	5	33:27
2	Mark JENNINGS/MMRT-MM45 EAST	8	33:45
3	Stefan SIMMS/MMRT-MM45 EAST	17	34:40

TEAM MEDALLISTS			
1st	MM45 EAST Wales = 29 pts		
POS	ATHLETES	PLACE	PERF
1	Mark JENNINGS/MMRT	2	33:45
2	Stefan SIMMS/MMRT	3	34:40
3	Martin SHAW/Brecon AC	5	36:01
4	Andy LEE/Pontypwl	7	36:39
5	Steven DAVIES/Parc Bryn Bach Running Club	12	37:59
Total Points		29	
2nd	MM45 WEST Wales = 41 pts		
POS	ATHLETES	PLACE	PERF
1	Huw EVANS/Les Croupiers RC	1	33:27
2	Daryl JOHN/Pembrokeshire Harriers	4	35:34
3	Alec WILLIAMS/Pembrokeshire Harriers	10	37:20
4	Andrew BRAIN/Run4All Neath	11	37:22
5	Ashley PASCOE/3m's Gorseinon	15	38:15
Total Points		41	
3rd	MM45 SOUTH Wales = 64 pts		
POS	ATHLETES	PLACE	PERF
1	Rich BAKER/Les Croupiers RC	6	36:38
2	Keith JAMES/Pontypridd Roadents AC	8	36:51
3	Adrian LEWIS/Aberdare VAAC	14	38:03
4	Chris MEDCALF/San Domenico R.C.	16	38:18
5	Rob BENNETT/Porthcawl Runers	20	39:10
Total Points		64	
4th	MM45 NORTH Wales = 104 pts		
POS	ATHLETES	PLACE	PERF
1	Geran HUGHES/GOG Tri Club	9	36:54
2	Ben BEACHELL/Eryri Harriers	17	38:23
3	Glen PRICE/Denbigh	21	39:38
4	Eddie DAVIES/Buckley	22	39:41
5	Emyr EVANS/GOG Tri Club	35	41:18
Total Points		104	

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RACE 10 SENIOR & MMEN AWARDS

Saturday 16th November 2019

Penlan, Brecon

RACE 10 Senior Men Team Awards			
Race 10 MW55 Team Awards			
4 complete teams			
POS	TEAM	Team Points	IR Pts
1	MM55 EAST = 1, 4, 7, 10, 11	33	15
2	MM55 SOUTH = 6, 12, 13, 14, 19	64	14
3	MM55 NORTH = 5, 8, 22, 23, 27	85	13
4	MM55 WEST = 2, 3, 9, 33,	4	4

INDIVIDUAL MEDALLISTS			
POS	ATHLETES	PLACE	PERF
1	Austin DAVIES/Brecon AC-MM55 EAST	20	34:50
2	Royston WHITEHOUSE/Neath Harriers-MM55 WEST	83	38:19
3	Thomas GUEST/Swansea Harriers-MM55 WEST	85	38:22

TEAM MEDALLISTS			
1st	MM55 EAST Wales = 33 pts		
POS	ATHLETES	PLACE	PERF
1	Austin DAVIES/Brecon AC	1	34:50
2	Stuart PENNY/Spirit of Monmouth	4	39:17
3	Peter SOWERBY/Brecon AC	7	40:00
4	Stephen WILLIAMS/Parc Bryn Bach Running Club	10	41:13
5	Peter CRANE/Neath	11	41:15
Total Points		33	
2nd	MM55 SOUTH Wales = 64 pts		
POS	ATHLETES	PLACE	PERF
1	Kevin CHAKE/Penarth & Dinas	6	39:59
2	Mark NEAL/Aberdare VAAC	12	41:33
3	Vince NAZARETH/Les Croupiers RC	13	41:33
4	Bryan MEREDITH/Rhondda Valley Runners	14	41:35
5	Phil GATLEY/Cardiff Tri	19	42:35
Total Points		64	
3rd	MM55 NORTH Wales = 85 pts		
POS	ATHLETES	PLACE	PERF
1	Jeff GIFFORD/Buckley	5	39:58
2	Mike ROBBINS/Wrexham AC	8	40:30
3	Dave BOOTHROYD/Buckley	22	42:52
4	David BAUGH/Denbigh	23	42:56
5	Allen SMITH/Buckley	27	44:15
Total Points		85	
4th	MM55 WEST Wales = 47 pts		
POS	ATHLETES	PLACE	PERF
1	Royston WHITEHOUSE/Neath Harriers	2	38:19
2	Thomas GUEST/Swansea Harriers	3	38:22
3	Kevin RAYMOND/Run4All Neath	9	41:11
4	Simon PARTRIDGE/Neath Harriers	33	46:25
5			
Total Points		47	