

RACE 08  
24th Welsh Athletics Inter Regional & 46th Welsh Schools' Inter Schools

RACE 08 U17W & U20W (Yr 11-14)

Saturday 18th November 2023

Dolerw Park, Newtown



Race 08 U17 Women (Yr11 & 12) & U20 Women (Yr 13 & 14) 5,040m (1:50 PM)

U17W	U20W	Int-Sch	U17/U20	BIB	ATHLETE	REGION & CLUB	SCHOOL	TIME
	1			602	Samia Jones	NWAL-Menai Track & Field		20:18
1				544	Abbie Doherty	NWAL-Deeside AAC		20:19
2		WSAA	1-U17W	537	Becca Bown	NWAL-Menai Track & Field	Ysgol Uwchradd Bodedern	20:41
	2			626	Jessica Hyland	WWAL-Carmarthen Harriers		20:57
3		WSAA	2-U17W	552	Hollie Lewis	SWAL-Cardiff Archers	Cowbridge	21:02
4				574	Sophie Hartley-Green	WWAL-Swansea Harriers		21:06
5				536	Cara Scott	NWAL-Menai Track & Field		21:19
	3	WSAA	1-U20W	611	Caitlin Jones	SWAL-Aberdare Valley AAC	Merthyr College	21:44
6				566	Ava Davies	WWAL-Swansea Harriers		21:54
	4	WSAA	2-U20W	596	Maddie Griffiths	NWAL-Maldwyn Harriers	Welshpool High School	22:04
7				549	Ciara Cust	NWAL-Colwyn Bay AC		22:43
	5			630	Lucy Richards	WWAL-Pembrokeshire Harriers		22:50
8		WSAA	3-U17W	555	Rebecca Derrick	SWAL-Cardiff Athletics	Ysgol Glantaf	22:51
9				521	Anya Brady	EWAL-Newport Harriers		22:57
10				541	Cadi French	NWAL-Menai Track & Field		23:04
11				522	Emily Peltor	EWAL-Brecon AC		23:06
12				543	Cadi Wynn	NWAL-Menai Track & Field		23:09
13				569	Lily Williams	WWAL-Neath Harriers		23:11
14				539	Talula Seguim	NWAL-Menai Track & Field		23:13
	6			598	Ella Grundy	NWAL-Colwyn Bay AC		23:14
	7			615	Sophie Knoyle	SWAL-Cardiff Archers		23:15
15				525	Amelia Watkins	EWAL-Rhymney Valley AC		23:18
16				547	Isabelle Shaw	NWAL-Menai Track & Field		23:29
17				527	Ruby Herdman	EWAL-Brecon AC		23:34
18				548	Immy Jones	NWAL-Wrexham AAC		23:54
19				571	Bethany Clifford	WWAL-Celtic Tri		23:54
	8			612	Chloe Piggott	SWAL-Aberdare Valley AAC		24:06
20				523	Imogen Jones	EWAL-Rhymney Valley AC		24:13
21				572	Nia Thomas	WWAL-Neath Harriers		24:16
	9			599	Anwen Hockley	NWAL-Eryri Harriers		24:21
22				551	Katy Griffiths	SWAL-Bridgend Athletics		24:34
23				546	Lucy Parsley	NWAL-Menai Track & Field		24:37
24				545	Evie Watts	NWAL-Deeside AAC		24:56
25				573	Anna Williams	WWAL-Swansea Harriers		25:01
26				575	Rhiannon Heredia-Rowe	WWAL-Celtic Tri		25:06
	10			613	Nia Reddy	SWAL-Aberdare Valley AAC		25:11
		WSAA	3-U20W	1038	Efanna Hawking	WSAA	Christ College Brecon	25:20
	11			631	Ffion Ouseley	WWAL-Pembrokeshire Harriers		25:26
	12			604	Annie Lowe	NWAL-Bangor University AC		25:27
27				542	Kate Pomerieau	NWAL-Menai Track & Field		25:28
28				553	Grace Griffiths	SWAL-Rhondda AC		25:31
29				524	Daryna Kukhtina	EWAL-Rhymney Valley AC		25:37
30				531	Paige Douglas	EWAL-Lliswerry Runners		25:40
	13			629	Katie Brazier	WWAL-Little Baddow Ridge Runners		25:45
31				556	Isabelle Jacklin	SWAL-Aberdare Valley AAC		26:13
	14			603	Ava O'Brien	NWAL-Bangor University AC		26:26
		WSAA	4-U17W	1131	Phyllis Davies	WSAA	Redhill High School	26:40
32				540	Maya Seguim	NWAL-Menai Track & Field		27:00
33				570	Megan Thomas	WWAL-Carmarthen Harriers		27:11
34				558	Evelyn Cartlidge	SWAL-Aberdare Valley AAC		27:54
35				526	Connie Reeks	EWAL-Newport Harriers		28:19
		WSAA	5-U17W	1037	Catalina Feussner	WSAA	Christ College Brecon	28:19
	15			582	Maddie Malpas	EWAL-Rhymney Valley AC		29:20
		WSAA	6-U17W	1224	Isobelle Palin	WSAA	Ysgol Llanfyllin	29:31
	16			616	Grace Lane	SWAL-Cardiff Archers		29:54
36				554	Caitlin Cartlidge	SWAL-Aberdare Valley AAC		32:46

U17W INTER REGIONAL TEAM RESULTS													
Pos	Region	Places										Pts	Total
1	NORTH WALES	1	2	5	7	10	12	14	16	15	67		
2	WEST WALES	4	6	13	19	21	25	26	33	14	147		
3	EAST WALES	9	11	15	17	20	29	30	35	13	166		
4	SOUTH WALES	3	8	22	28	31	34	36		7	162		

U20W INTER REGIONAL TEAM RESULTS													
Pos	Region	Places										Pts	Total
1	NORTH WALES	1	4	6	9					15	20		
2	SOUTH WALES	3	7	8	10					14	28		
3	WEST WALES	2	5	11	13					13	31		
4	EAST WALES	15								1	15		

1st U17W Regional Team Athletes: NORTH WALES (67Pts)		
544	Abbie Doherty - Deeside AAC (1)	20:19
537	Becca Bown - Menai Track & Field (2)	20:41
536	Cara Scott - Menai Track & Field (5)	21:19
549	Ciara Cust - Colwyn Bay AC (7)	22:43
541	Cadi French - Menai Track & Field (10)	23:04
543	Cadi Wynn - Menai Track & Field (12)	23:09
539	Talula Seguim - Menai Track & Field (14)	23:13
547	Isabelle Shaw - Menai Track & Field (16)	23:29

2nd U17W Regional Team Athletes: WEST WALES (147Pts)		
574	Sophie Hartley-Green - Swansea Harriers (4)	21:06
566	Ava Davies - Swansea Harriers (6)	21:54
569	Lily Williams - Neath Harriers (13)	23:11
571	Bethany Clifford - Celtic Tri (19)	23:54
572	Nia Thomas - Neath Harriers (21)	24:16
573	Anna Williams - Swansea Harriers (25)	25:01
575	Rhiannon Heredia-Rowe - Celtic Tri (26)	25:06
570	Megan Thomas - Carmarthen Harriers (33)	27:11

3rd U17W Regional Team Athletes: EAST WALES (166Pts)		
521	Anya Brady - Newport Harriers (9)	22:57
522	Emily Peltor - Brecon AC (11)	23:06
525	Amelia Watkins - Rhymney Valley AC (15)	23:18
527	Ruby Herdman - Brecon AC (17)	23:34
523	Imogen Jones - Rhymney Valley AC (20)	24:13
524	Daryna Kukhtina - Rhymney Valley AC (29)	25:37
531	Paige Douglas - Lliswerry Runners (30)	25:40
526	Connie Reeks - Newport Harriers (35)	28:19

1st U20W Regional Team Athletes: NORTH WALES Wales (20Pts)		
602	Samia Jones - Menai Track & Field (1)	20:18
596	Maddie Griffiths - Maldwyn Harriers (4)	22:04
598	Ella Grundy - Colwyn Bay AC (6)	23:14
599	Anwen Hockley - Eryri Harriers (9)	24:21

2nd U20W Regional Team Athletes: SOUTH WALES Wales (28Pts)		
611	Caitlin Jones - Aberdare Valley AAC (3)	21:44
615	Sophie Knoyle - Cardiff Archers (7)	23:15
612	Chloe Piggott - Aberdare Valley AAC (8)	24:06
613	Nia Reddy - Aberdare Valley AAC (10)	25:11

3rd U20W Regional Team Athletes: WEST WALES Wales (31Pts)		
626	Jessica Hyland - Carmarthen Harriers (2)	20:57
630	Lucy Richards - Pembrokeshire Harriers (5)	22:50
631	Ffion Ouseley - Pembrokeshire Harriers (11)	25:26
629	Katie Brazier - Little Baddow Ridge Runners (13)	25:45

Inter Schools Scoring Teams =						
Pos	School	Places				Total
X	No Complete Teams					