



Race 09 U17 Men (Yr11 & 12) & U20 Men (Yr 13 & 14) 5,810m (2:35 PM)

U17M	U20M	Int-Sch	U17/U20	BIB	ATHLETE	REGION & CLUB	SCHOOL	TIME
	1			719	Tudur Harper Lloyd	NWAL-Menai Track & Field		19:58
	2			752	Rhys Llewellyn	WWAL-Pembrokeshire Harriers		20:03
1		WSAA	1-U17M	691	Ifan Bowen	WWAL-Carmarthen Harriers	Bro Myrddin	20:25
2		WSAA	2-U17M	665	Matthew Benson	NWAL-Maldwyn Harriers	Ysgol Llanfyllin	20:34
3				656	Miguel Jenkins	NWAL-Menai Track & Field		20:37
4				672	Iwan Frole	SWAL-Cardiff Athletics		20:40
	3	WSAA	1-U20M	717	Aled Breeze	NWAL-Maldwyn Harriers	Welshpool High School	20:50
	4	WSAA	2-U20M	703	Jack Organ	EWAL-Brecon AC	Christ College Brecon	20:53
5				687	William Harries	WWAL-Pembrokeshire Harriers		20:55
6		WSAA	3-U17M	686	Joshua Barnett	WWAL-Carmarthen Harriers	Dyffryn Taf	21:00
	5	WSAA	3-U20M	751	Steffan Davies	WWAL-Carmarthen Harriers	Bro Myrddin	21:04
7				659	Rowan Townsen	NWAL-Menai Track & Field		21:08
8				642	Toby Bennett	EWAL-Brecon AC		21:08
	6			737	Aiden Jones	SWAL-Aberdare Valley AAC		21:08
9				690	Macsen Toogood	WWAL-Carmarthen Harriers		21:09
	7			732	Leroy Griffiths	SWAL-Rhondda AC		21:13
10		WSAA	4-U17M	680	Samuel Boyce	SWAL-Cardiff Athletics	Cathedral School	21:13
	8			720	James Smith	NWAL-Menai Track & Field		21:25
11				658	Jacob Welsh	NWAL-Deeside AAC		21:32
12				692	Jake Lynock	WWAL-Carmarthen Harriers		21:45
	9			702	Leo Stark	EWAL-Newport Harriers		21:50
13				675	Rhys Pladdy	SWAL-Cardiff Athletics		21:58
14		WSAA	5-U17M	676	Tomos Horn	SWAL-Cardiff Athletics	YG Bro Morgannwg	22:00
15				668	Ted Conroy	NWAL-Deeside AAC		22:41
	10			749	Ollie George	WWAL-Sarn Helen		22:46
16				643	Dominic Plesiewicz	EWAL-Aberdare Valley AAC		22:49
17				663	Harry Purcell	NWAL-Deeside AAC		22:50
18				645	Charlie Malpas	EWAL-Rhymey Valley AC		22:55
19				644	Alex Peltor	EWAL-Brecon AC		22:59
	11			731	Angelo Doria	SWAL-Ogmore Phoenix Runners		23:07
20				660	Cai Dafydd	NWAL-Eryri Harriers		23:16
21				679	Daniel May	SWAL-Cardiff Athletics		23:23
22				674	Luke Griffiths	SWAL-Aberdare Valley AAC		23:28
23				664	Elis Jones	NWAL-Deeside AAC		23:33
24				661	Tomos Morgan	NWAL-Menai Track & Field		23:40
	12			750	Tesfaye Shugi	WWAL-Swansea Harriers		23:47
25				671	Will Morgan	SWAL-Barry & Vale Harriers		23:56
26		WSAA	6-U17M	678	Alfie Sargeant	SWAL-Barry & Vale Harriers	YG Bro Morgannwg	24:00
		WSAA	7-U17M	1165	Ifan Sion	WSAA	YG Bro Morgannwg	24:01
27				662	Dan Mitchell	NWAL-Deeside AAC		24:04
28				681	Rory Griffiths	SWAL-Bridgend Athletics		24:08
29				646	Vaughn Hughes	EWAL-Newport Harriers		24:15
30				667	Arthur Jones	NWAL-Denbigh Harriers		24:57
	13			735	Alex Rideout	SWAL-Cardiff Athletics		24:59
				688	Jay Davies	WWAL-Taf Running & Orienteerin		25:09
		WSAA	4-U20M	1096	Emanuel Atikoro	WSAA	Llanidloes	25:12
		WSAA	8-U17M	1024	Hamza Orme	WSAA	Bro Pedr	25:12
		WSAA	9-U17M	1167	Owen Weeks	WSAA	YG Bro Morgannwg	25:19
32				648	Albie Howe	EWAL-Llisserry Runners		25:47
		WSAA	10-U17M	1242	William Thomas	WSAA	Christ College Brecon	26:47
33				689	Owain James	WWAL-Celtic Tri		27:20
34				650	Thomas Coleman	EWAL-Newport Harriers		27:34
35				649	Daniel Davies	EWAL-Caerphilly Runners		27:45
		WSAA	11-U17M	1053	Jamie Keating	WSAA	Greenhill	28:12
36		WSAA	12-U17M	693	Yori Sheldon	WWAL-Pembrokeshire Harriers	Greenhill	28:19
		WSAA	13-U17M	1134	Spencer English	WSAA	St Julians	28:28
		WSAA	5-U20M	1095	Lewis Ward	WSAA	Llanidloes	31:17

U17M INTER REGIONAL TEAM RESULTS													
Pos	Region	Places										Pts	Total
1	NORTH WALES	2	3	7	11	15	17	20	23	15	98		
2	WEST WALES	1	5	6	9	12	31	33	36	14	133		
3	SOUTH WALES	4	10	13	14	21	22	25	26	13	135		
4	EAST WALES	8	16	18	19	29	32	34	35	12	191		

U20M INTER REGIONAL TEAM RESULTS													
Pos	Region	Places										Pts	Total
1	WEST WALES	2	5	10	12	15	29						
2	SOUTH WALES	6	7	11	13	14	37						
3	NORTH WALES	1	3	8	12	13	12						
4	EAST WALES	4	9	13	13	13	13						

1st U17M Regional Team Athletes: NORTH WALES (98Pts)

665	Matthew Benson - Maldwyn Harriers (2)	20:34
656	Miguel Jenkins - Menai Track & Field (3)	20:37
659	Rowan Townsen - Menai Track & Field (7)	21:08
658	Jacob Welsh - Deeside AAC (11)	21:32
668	Ted Conroy - Deeside AAC (15)	22:41
663	Harry Purcell - Deeside AAC (17)	22:50
660	Cai Dafydd - Eryri Harriers (20)	23:16
664	Elis Jones - Deeside AAC (23)	23:33

2nd U17M Regional Team Athletes: WEST WALES (133Pts)

691	Ifan Bowen - Carmarthen Harriers (1)	20:25
687	William Harries - Pembrokeshire Harriers (5)	20:55
686	Joshua Barnett - Carmarthen Harriers (6)	21:00
690	Macsen Toogood - Carmarthen Harriers (9)	21:09
692	Jake Lynock - Carmarthen Harriers (12)	21:45
688	Jay Davies - Taf Running & Orienteering Team (31)	25:09
689	Owain James - Celtic Tri (33)	27:20
693	Yori Sheldon - Pembrokeshire Harriers (36)	28:19

3rd U17M Regional Team Athletes: SOUTH WALES (135Pts)

672	Iwan Frole - Cardiff Athletics (4)	20:40
680	Samuel Boyce - Cardiff Athletics (10)	21:13
675	Rhys Pladdy - Cardiff Athletics (13)	21:58
676	Tomos Horn - Cardiff Athletics (14)	22:00
679	Daniel May - Cardiff Athletics (21)	23:23
674	Luke Griffiths - Aberdare Valley AAC (22)	23:28
671	Will Morgan - Barry & Vale Harriers (25)	23:56
678	Alfie Sargeant - Barry & Vale Harriers (26)	24:00

1st U20M Regional Team Athletes: WEST WALES Wales (29Pts)

752	Rhys Llewellyn - Pembrokeshire Harriers (2)	20:03
751	Steffan Davies - Carmarthen Harriers (5)	21:04
749	Ollie George - Sarn Helen (10)	22:46
750	Tesfaye Shugi - Swansea Harriers (12)	23:47

2nd U20M Regional Team Athletes: SOUTH WALES Wales (37Pts)

737	Aiden Jones - Aberdare Valley AAC (6)	21:08
732	Leroy Griffiths - Rhondda AC (7)	21:13
731	Angelo Doria - Ogmore Phoenix Runners (11)	23:07
735	Alex Rideout - Cardiff Athletics (13)	24:59

Inter Schools Scoring Teams =

Pos	School	Places										Total
X	No Complete Teams											