



Race 03 School Years 7/8 (U13 Girls) 2,520m (12:00 PM) **90 Finishers from 106 Athletes Pre Registered**

POS	Int-Sch	BIB	ATHLETE	REGION & CLUB	SCHOOL	TIME
1	1	16	Gwen Hayes	NWAL-Deeside AAC	Myddelton College	8:55
2	2	17	Ella Hayes	NWAL-Deeside AAC	Myddelton College	8:59
3	3	49	Manon Fflur Phillips	WWAL-Carmarthen Harriers	Bro Myrddin	9:04
4	4	7	Isabella Peter	EWAL-Newport Harriers	St Josephs RC Newport	9:08
5	5	32	Eva Martin	SWAL-Cardiff Athletics	Whitchurch	9:12
6	6	31	Alesha Santos	SWAL-Rhondda AC	Bryn Cellynnog School	9:15
7	7	33	Isabelle Kelland	SWAL-Rhondda AC	Bryn Cellynnog School	9:15
8		11	Molly Holland	EWAL-Chepstow Harriers		9:19
9	8	34	Betty Lancaster	SWAL-Aberdare Valley AAC	Ysgol Gyfun Rhydywaun	9:41
10	9	18	Elin Evans	NWAL-Colwyn Bay AC	St Bridid's Denbigh	9:41
11	10	51	Mabli King	WWAL-Taf Running & Orienteering	Ysgol Y Preseli	9:47
12	11	47	Jessie Davies	WWAL-Celtic Tri	Cefn Saeson	9:47
13	12	19	Bethan Roberts	NWAL-Wrexham AAC	Castell Alun	9:51
14	13	20	Grace Hughes	NWAL-Wrexham AAC	Maelor School	9:53
15	14	55	Emily Evans-Williams	WWAL-Swansea Harriers	Ysgol Dyffryn Aman	9:55
16	15	50	Gwennan Gruffydd	WWAL-Swansea Harriers	Ysgol Gyfun Gwyr	9:56
17	16	53	Rosie Jones	WWAL-Swansea Harriers	Olechfa School	9:57
18	17	1187	Nansi Shide	WSAA	YG Cwm Rhydymni - Gelli Haf	9:59
19	18	46	Megan Hughes	WWAL-Celtic Tri	Dwr y Felin	9:59
20	19	57	Paige-Lily Williams	WWAL-Carmarthen Harriers	Ysgol Dyffryn Aman	10:04
21	20	37	Willow Tonge	SWAL-Cardiff Athletics	Whitchurch	10:06
22	21	1066	Heledd Rowlands	WSAA	Llanidloes High School	10:07
23	22	35	Soren Hill	SWAL-Cardiff Athletics	Whitmore High School	10:12
24	23	1067	Teleri Rowlands	WSAA	Llanidloes High School	10:13
25	24	1	Summer Ramshaw	EWAL-Blaenau Gwent AC	Ysgol Gyfun Tredegar	10:15
26	25	2	Sophie Piddington	EWAL-Newport Harriers	Caldicot Comprehensive	10:16
27	26	1042	Eva Davison	WSAA	Caldicot Comprehensive	10:17
28	27	22	Monique Brandon-Higgs	NWAL-Maldwyn Harriers	Llanidloes High School	10:18
29	28	58	Grace Breach	WWAL-Neath Harriers	Bro Dur	10:19
30	29	10	Heidi Crabb	EWAL-Newport Harriers	Chepstow Comprehensive	10:21
31	30	39	Dakota Davies	SWAL-Rhondda AC	Ysgol Nantgwyn	10:23
32		12	Ruby Liddington	EWAL-Chepstow Harriers		10:24
33	31	36	Emily Evans	SWAL-Cardiff Athletics	Cowbridge	10:25
34	32	38	Emily Egan	SWAL-Pontyclun AC	Cowbridge	10:25
35	33	54	Betsan Roberts	WWAL-Celtic Tri	Ystalyfera	10:26
36	34	1010	Isla McKay	WSAA	Aberaeron School	10:28
37	35	41	Elsi Ap Hywel	SWAL-Aberdare Valley AAC	St John Baptist	10:31
38	36	1061	Ella Calvin-Thomas	WSAA	Llanidloes High School	10:32
39	37	52	Elsie Davies	WWAL-Carmarthen Harriers	Ysgol Dyffryn Aman	10:32
40	38	4	Ella Stone	EWAL-Newport Harriers	Bassaleg School	10:32
41	39	1063	Elsie Jones	WSAA	Llanidloes High School	10:33
42	40	1060	Janae Nugent	WSAA	Islwyn High School	10:35
43	41	43	Pheobe Morgan	SWAL-Aberdare Valley AAC	Cyfarthfa	10:36
44	42	42	Poppy Griffin-Gray	SWAL-Aberdare Valley AAC	Ysgol Gyfun Rhydywaun	10:42
45	43	1068	Ella Williams	WSAA	Llanidloes High School	10:43
46	44	56	Poppy Williams	WWAL-Pembrokeshire Harriers	Ysgol Penrhyn Dewi	10:44
47	45	1059	Grace Andrews	WSAA	Islwyn High School	10:44
48	46	1165	Ela Lois Davies	WSAA	Ysgol Glantaf	10:44
49	47	21	Daisy Jones	NWAL-Deeside AAC	Mold Alun	10:45
50		45	Amelia Moses	SWAL-Aberdare Valley AAC		10:47
51	48	40	Isla Carson	SWAL-Bridgend AC	Gartholwg	10:50
52	49	9	Madison Tattersall	EWAL-Rhymney Valley AC	Blackwood Comprehensive	10:55
53	50	5	Megan Adams	EWAL-Newport Harriers	Haberdashers Monmouth	10:55
54		44	Nia Vale	SWAL-Aberdare Valley AAC		10:57
55	51	1088	Yasmin Evans	WSAA	Penglais	10:58
56	52	3	Lily Hodge	EWAL-Newport Harriers	St Josephs RC Newport	10:59
57	53	1195	Imogen Faulds	WSAA	Cowbridge	11:00
58	54	1192	Lucy Lane	WSAA	Cowbridge	11:04
59	55	1168	Celyn Jones	WSAA	Ysgol Glantaf	11:05
60	56	1166	Beu Davies	WSAA	Ysgol Glantaf	11:08
61	57	1131	Elinor Provis	WSAA	YG Bro Morgannwg	11:15
62	58	13	Cassidy Jones	EWAL-Brecon AC	Gwernyfed High	11:16
63	59	59	Freya Cleverly	WWAL-Swansea Harriers	Ysgol Dyffryn Aman	11:20
64	60	1009	Mari McConochie	WSAA	Aberaeron School	11:23
65	61	1062	Elin Foulkes	WSAA	Llanidloes High School	11:27
66	62	1001	Charlotte Anderton	WSAA	Aberaeron School	11:30
67	63	48	Anya Haf Walters	WWAL-Carmarthen Harriers	Maes Y Gwendraeth	11:31
68	64	1006	Evelyn Eadon	WSAA	Aberaeron School	11:39
69	65	1094	Llinos Rowlands	WSAA	Penweddig	11:41
70	66	1065	Saskia Lamp	WSAA	Llanidloes High School	11:48

INTER REGIONAL TEAM RESULTS											
Pos	Region	Places								Pts	Total
1	WEST WALES	3	11	12	15	16	17	19	20	15	113
2	SOUTH WALES	5	6	7	9	21	23	31	33	14	135
3	EAST WALES	4	8	25	26	30	32	40	52	13	217
4	NORTH WALES	1	2	10	13	14	28	49		7	117

1st Regional Team Athletes: WEST WALES (113Pts)		
49	Manon Fflur Phillips-Carmarthen Harriers (3)	09:04
51	Mabli King-Taf Running & Orienteering Team (11)	09:47
47	Jessie Davies-Celtic Tri (12)	09:47
55	Emily Evans-Williams-Swansea Harriers (15)	09:55
50	Gwennan Gruffydd-Swansea Harriers (16)	09:56
53	Rosie Jones-Swansea Harriers (17)	09:57
46	Megan Hughes-Celtic Tri (19)	09:59
57	Paige-Lily Williams-Carmarthen Harriers (20)	10:04

2nd Regional Team Athletes: SOUTH WALES (135Pts)		
32	Eva Martin-Cardiff Athletics (5)	09:12
31	Alesha Santos-Rhondda AC (6)	09:15
33	Isabelle Kelland-Rhondda AC (7)	09:15
34	Betty Lancaster-Aberdare Valley AAC (9)	09:41
37	Willow Tonge-Cardiff Athletics (21)	10:06
35	Soren Hill-Cardiff Athletics (23)	10:12
39	Dakota Davies-Rhondda AC (31)	10:23
36	Emily Evans-Cardiff Athletics (33)	10:25

3rd Regional Team Athletes: EAST WALES (217Pts)		
7	Isabella Peter-Newport Harriers (4)	09:08
11	Molly Holland-Chepstow Harriers (8)	09:19
1	Summer Ramshaw-Blaenau Gwent AC (25)	10:15
2	Sophie Piddington-Newport Harriers (26)	10:16
10	Heidi Crabb-Newport Harriers (30)	10:21
12	Ruby Liddington-Chepstow Harriers (32)	10:24
4	Ella Stone-Newport Harriers (40)	10:32
9	Madison Tattersall-Rhymney Valley AC (52)	10:55

Inter Schools Scoring Teams =8						
Pos	School	1	2	3	4	Total
1	Llanidloes High School	21	23	27	36	107
2	Ysgol Dyffryn Aman	14	19	37	59	129
3	Cowbridge	31	32	53	54	170
4	Llanidloes High School	39	43	61	66	209
5	Aberaeron School	34	60	62	64	220
6	Ysgol Glantaf	46	55	56	76	233
7	YG Bro Morgannwg	57	70	71	73	271
8	Aberaeron School	75	77	78	79	309

1st Schools Team - Athletes: Llanidloes High School (107Pts)		
1066	Heledd Rowlands (21)	10:07
1067	Teleri Rowlands (23)	10:13
22	Monique Brandon-Higgs (27)	10:18
1061	Ella Calvin-Thomas (36)	10:32

2nd Schools Team - Athletes: Ysgol Dyffryn Aman (129Pts)		
55	Emily Evans-Williams (14)	09:55
57	Paige-Lily Williams (19)	10:04
52	Elsie Davies (37)	10:32
59	Freya Cleverly (59)	11:20

3rd Schools Team - Athletes: Cowbridge (170Pts)		
36	Emily Evans (31)	10:25
38	Emily Egan (32)	10:25
1195	Imogen Faulds (53)	11:00
1192	Lucy Lane (54)	11:04

Race 03

25th Welsh Athletics Inter Regional & 47th Welsh Schools' Inter Schools

Race 03 School Years 7/8 (U13 Girls) 2,520m (12:00 PM)

Saturday 16th November 2024

Dolerw Park, Newtown



Race 03 School Years 7/8 (U13 Girls) 2,520m (12:00 PM) **90 Finishers from 106 Athletes Pre Registered**

POS	Int-Sch	BIB	ATHLETE	REGION & CLUB	SCHOOL	TIME
71	67	1045	Daisy O'Donnell	WSAA	Chepstow Comprehensive	11:51
72	68	8	Jessica Bateman	EWAL-Rhymney Valley AC	Ysgol Gudrun cwm rhymni	11:52
73	69	187	Iggy Howe	EWAL-Lliswerry Runners	Rougemont	11:53
74	70	1129	Ffion L Lewis	WSAA	YG Bro Morgannwg	11:56
75	71	1127	Gwyneth Griffiths	WSAA	YG Bro Morgannwg	11:58
76	72	1121	Jane Thompson	WSAA	Whitchurch	12:02
77		6	Hollie Price	EWAL-Rhymney Valley AC		12:06
78	73	1132	Nia Rowe	WSAA	YG Bro Morgannwg	12:14
79	74	1105	Cadi Rooke	WSAA	Welshpool High School	12:35
80	75	1005	Bethan Davies-Evans	WSAA	Aberaeron School	12:44
81	76	1167	Cadi Emmerson	WSAA	Ysgol Glantaf	12:52
82	77	1002	Emily Campbell	WSAA	Aberaeron School	13:10
83	78	1003	Gwenllian Dafydd	WSAA	Aberaeron School	13:44
84	79	1007	Alice Hockaday	WSAA	Aberaeron School	14:11
85	80	1130	Sara Gobir	WSAA	YG Bro Morgannwg	14:37
86	81	1046	Ruby Morgan	WSAA	Chepstow Comprehensive	15:25
87	82	1011	Miley Thomas	WSAA	Aberaeron School	15:26
88	83	1008	Shiyann Lewis	WSAA	Aberaeron School	15:31
89	84	1004	Gwen Davies	WSAA	Aberaeron School	17:34
90	85	60	Hannah James	WWAL-Llanelli AC	Birchgrove Comp	19:05

Inter Schools Incomplete Teams = 40						
	School	Places			Pts	
1	Whitchurch	5	20	72	97	
2	Chepstow Comprehensive	29	67	81	177	
3	Aberaeron School	82	83	84	249	
4	Myddelton College	1	2		3	
5	Bryn Cellynnog School	6	7		13	
6	Ysgol Gyfun Rhydywaun	8	42		50	
7	Caldicot Comprehensive	25	26		51	
8	St Josephs RC Newport	4	52		56	
9	Istwyn High School	40	45		85	
10	Bro Myrddin	3			3	
11	St Bridgid's Denbigh	9			9	
12	Ysgol Y Preseli	10			10	
13	Cefn Saeson	11			11	
14	Castell Alun	12			12	
15	Maelor School	13			13	
16	Ysgol Gyfun Gwyr	15			15	
17	Olchfa School	16			16	
18	YG Cwm Rhymni - Gelli Haf	17			17	
19	Dwr y Felin	18			18	
20	Whitmore High School	22			22	
21	Ysgol Gyfun Tredgar	24			24	
22	Bro Dur	28			28	
23	Ysgol Nantgwyn	30			30	
24	Ystalyfera	33			33	
25	St John Baptist	35			35	
26	Bassaleg School	38			38	
27	Cyfartha	41			41	
28	Ysgol Penrhyn Dewi	44			44	
29	Mold Alun	47			47	
30	Gartholwg	48			48	
31	Blackwood Comprehensive	49			49	
32	Haberdashers Monmouth	50			50	
33	Penglais	51			51	
34	Gwernyfed High	58			58	

Race 03
25th Welsh Athletics Inter Regional & 47th Welsh Schools' Inter Schools

Race 03 School Years 7/8 (U13 Girls) 2,520m (12:00 PM)

Saturday 16th November 2024

Dolerw Park, Newtown



Race 03 School Years 7/8 (U13 Girls) 2,520m (12:00 PM)

90 Finishers from 106 Athletes Pre Registered

POS	Int-Sch	BIB	ATHLETE	REGION & CLUB	SCHOOL	TIME
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Race 03
25th Welsh Athletics Inter Regional & 47th Welsh Schools' Inter Schools

Race 03 School Years 7/8 (U13 Girls) 2,520m (12:00 PM)

Saturday 16th November 2024

Dolerw Park, Newtown



Race 03 School Years 7/8 (U13 Girls) 2,520m (12:00 PM)

90 Finishers from 106 Athletes Pre Registered

POS	Int-Sch	BIB	ATHLETE	REGION & CLUB	SCHOOL	TIME
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Race 04
25th Welsh Athletics Inter Regional & 47th Welsh Schools' Inter Schools

Race 04 School Years 7/8 (U13 Boys) 2,520m (12:20 PM)

Saturday 16th November 2024

Dolerw Park, Newtown



Race 04 School Years 7/8 (U13 Boys) 2,520m (12:20 PM) **88 Finishers from 102 Athletes Pre Registered**

POS	Int-Sch	BIB	ATHLETE	REGION & CLUB	SCHOOL	TIME
1	1	108	Oliver Cobbold	WWAL-Swansea Harriers	Bishopston Comprehensive	8:05
2	2	91	Lewis Durston	SWAL-Bridgend AC	Brynteg	8:15
3	3	92	Zac Munn	SWAL-Cardiff Athletics	Ysgol Glantaf	8:21
4	4	61	Elis Summers	EWAL-Newport Harriers	Rougemont	8:24
5	5	113	Tomos Cai Davies	WWAL-Carmarthen Harriers	Bro Myrddin	8:26
6	6	106	Alex Ladd	WWAL-Carmarthen Harriers	Cardigan Secondary	8:36
7	7	79	Henry Jones	NWAL-Denbigh Harriers	Ysgol Uwchradd Caergybi	8:37
8	8	77	Perry Marsland	NWAL-Menai Track & Field	Myddleton College	8:37
9	9	81	Finley Williams	NWAL-Colwyn Bay AC	Connah's Quay High School	8:38
10	10	110	Isaac Mcadie	WWAL-Swansea Harriers	Ysgol Gyfun Gwyr	8:38
11	11	76	Casper Kissane	NWAL-Deeside AAC	Myddleton College	8:39
12	12	1171	Farley Pritchard	WSAA	Ysgol Glantaf	8:39
13	13	78	Jacob Price	NWAL-Menai Track & Field	Ysgol John Bright	8:47
14	14	82	Alex Benson	NWAL-Deeside AAC	Ysgol Bryn Elian	9:01
15	15	71	Eli Gilbert	EWAL-Newport Harriers	St Martins Comp	9:01
16	16	109	Ioan-Wyn Davies	WWAL-Neath Harriers	Bro Dur	9:02
17	17	74	Dougie Wallwork	EWAL-Chepstow Harriers	Chepstow Comprehensive	9:03
18	18	1020	Jac Lewis	WSAA	Aberaeron School	9:06
19	19	93	Isaac Davies	SWAL-Cardiff Archers	Cardiff High School	9:07
20	20	75	Lonan McDaid	EWAL-Chepstow Harriers	Chepstow Comprehensive	9:08
21	21	1115	Seb Loxam	WSAA	Welshpool High School	9:11
22	22	1135	Luca Dickinson	WSAA	YG Bro Morgannwg	9:14
23	23	111	Dylan Williams	WWAL-Carmarthen Harriers	Maes Y Gwendraeth	9:16
24	24	72	Sebby Carwardine	EWAL-Chepstow Harriers	Chepstow Comprehensive	9:19
25	25	97	Jacob Miles	SWAL-Bridgend AC	Bryntirion	9:19
26	26	85	Fin Benny	NWAL-Meirionnydd Running Club	Hawarden High School	9:20
27	27	1141	Rhys Morgan	WSAA	YG Bro Morgannwg	9:21
28	28	98	Lloyd Dando	SWAL-Bridgend AC	Bryntirion	9:22
29	29	1169	Jack Bendle-Huntley	WSAA	Ysgol Glantaf	9:24
30	30	116	Lucas Gibbs	WWAL-Swansea Harriers	Olechfa School	9:25
31	31	1133	Tomos Austin	WSAA	YG Bro Morgannwg	9:26
32	32	94	Thomas Williams	SWAL-Barry & Vale Harriers	St Cyres	9:26
33	33	1113	Charlie Lewis	WSAA	Welshpool High School	9:28
34	34	114	Tomi Jones	WWAL-Swansea Harriers	Ysgol Gyfun Gwyr	9:29
35	35	83	Max Macpherson	NWAL-Deeside AAC	Mold Alun	9:35
36	36	96	Riley Nealon	SWAL-Cardiff Athletics	Llanishen High	9:40
37	37	86	Edryd ap Rees	NWAL-Meirionnydd Running Club	Ysgol Godre'r Berwyn Bala	9:41
38	38	1021	Harry Lloyd	WSAA	Aberaeron School	9:46
39	39	95	Benjamin Boyce	SWAL-Cardiff Athletics	Cathedral School	9:46
40	40	84	George Henderson	NWAL-Deeside AAC	Elfed High School	9:47
41	41	1172	Evan Roach	WSAA	Ysgol Glantaf	9:51
42	42	80	Osian Tullock	NWAL-Deeside AAC	Ysgol Bryn Hyfryd	9:51
43		100	Tomos How	SWAL-Pontyclun AC		9:52
44	43	1140	Steffan Locke	WSAA	YG Bro Morgannwg	9:53
45	44	107	Xander Davies	WWAL-Amman Valley Harriers	Bro Dinefwr	9:54
46	45	1136	Lucas Gill	WSAA	YG Bro Morgannwg	9:54
47	46	1170	Sam Elias	WSAA	Ysgol Glantaf	9:55
48	47	1134	Max Avient	WSAA	YG Bro Morgannwg	9:59
49	48	117	Felix Davies	WWAL-Swansea Harriers	Bishopston Comprehensive	9:59
50	49	1137	Floyd James	WSAA	YG Bro Morgannwg	9:59
51		99	Yale Davies	SWAL-Aberdare Valley AAC		10:00
52	50	1118	Jamie Ashworth	WSAA	Welshpool High School	10:01
53	51	112	Aaron Evans	WWAL-Taf Running & Orienteering	Bro Myrddin	10:01
54	52	1116	Fred Roberts	WSAA	Welshpool High School	10:04
55	53	101	Jack Kelland	SWAL-Rhondda AC	Bryn Cellynng School	10:06
56		73	Oscar Hopson-Coles	EWAL-Chepstow Harriers		10:10
57	54	1120	Harry Windsor	WSAA	Welshpool High School	10:11
58	55	1138	Henri King	WSAA	YG Bro Morgannwg	10:12
59	56	1117	Ben Turner	WSAA	Welshpool High School	10:14
60	57	1084	Dafydd Williams	WSAA	Maes Y Gwendraeth	10:14
61	58	1083	Henri Marks	WSAA	Maes Y Gwendraeth	10:16
62	59	62	Vincent Hanratty	EWAL-Chepstow Harriers	Haberdashers Monmouth	10:17
63	60	1109	Oscar Atkinson	WSAA	Welshpool High School	10:22
64	61	1048	Lewis Crabb	WSAA	Chepstow Comprehensive	10:24
65	62	63	Joseph Brodrick	EWAL-Rhymney Valley AC	Istwyn High School	10:24
66	63	66	Hari Bevan	EWAL-Brecon AC	Ysgol Gymraeg Ysatalyfera	10:26
67	64	68	Joey Line	EWAL-Pont-Y-Pwl & District Runners	Abertillery Learning Community	10:27
68	65	64	Jacob Profit	EWAL-Rhymney Valley AC	Istwyn High School	10:28
69	66	1090	Hamish Mc Faden	WSAA	Penweddig	10:29
70	67	1139	Balian Lawrence	WSAA	YG Bro Morgannwg	10:31
71	68	103	Josh Yardley	SWAL-Bridgend AC	Bryntirion	10:38

INTER REGIONAL TEAM RESULTS													
Pos	Region	Places										Pts	Total
1	NORTH WALES	7	8	9	11	13	14	26	35	15	123		
2	WEST WALES	1	5	6	10	16	23	30	34	14	125		
3	SOUTH WALES	2	3	19	25	28	32	36	39	13	184		
4	EAST WALES	4	15	17	20	24	56	62	65	12	263		

1st Regional Team Athletes: NORTH WALES (123Pts)		
79	Henry Jones-Denbigh Harriers (7)	08:37
77	Perry Marsland-Menai Track & Field (8)	08:37
81	Finley Williams-Colwyn Bay AC (9)	08:38
76	Casper Kissane-Deeside AAC (11)	08:39
78	Jacob Price-Menai Track & Field (13)	08:47
82	Alex Benson-Deeside AAC (14)	09:01
85	Fin Benny-Meirionnydd Running Club (26)	09:20
83	Max Macpherson-Deeside AAC (35)	09:35

2nd Regional Team Athletes: WEST WALES (125Pts)		
108	Oliver Cobbold-Swansea Harriers (1)	08:05
113	Tomos Cai Davies-Carmarthen Harriers (5)	08:26
106	Alex Ladd-Carmarthen Harriers (6)	08:36
110	Isaac Mcadie-Swansea Harriers (10)	08:38
109	Ioan-Wyn Davies-Neath Harriers (16)	09:02
111	Dylan Williams-Carmarthen Harriers (23)	09:16
116	Lucas Gibbs-Swansea Harriers (30)	09:25
114	Tomi Jones-Swansea Harriers (34)	09:29

3rd Regional Team Athletes: SOUTH WALES (184Pts)		
91	Lewis Durston-Bridgend AC (2)	08:15
92	Zac Munn-Cardiff Athletics (3)	08:21
93	Isaac Davies-Cardiff Archers (19)	09:07
97	Jacob Miles-Bridgend AC (25)	09:19
98	Lloyd Dando-Bridgend AC (28)	09:22
94	Thomas Williams-Barry & Vale Harriers (32)	09:26
96	Riley Nealon-Cardiff Athletics (36)	09:40
95	Benjamin Boyce-Cardiff Athletics (39)	09:46

Inter Schools Scoring Teams =9						
Pos	School	1	2	3	4	Total
1	Ysgol Glantaf	3	12	29	41	85
2	Chepstow Comprehensive	17	20	24	61	122
3	YG Bro Morgannwg	22	27	31	43	123
4	Welshpool High School	21	33	50	52	156
5	YG Bro Morgannwg	45	47	49	55	196
6	Aberaeron School	18	38	69	74	199
7	Maes Y Gwendraeth	23	57	58	77	215
8	Welshpool High School	54	56	60	70	240
9	Aberaeron School	76	80	81	82	319

1st Schools Team - Athletes: Ysgol Glantaf (85Pts)		
92	Zac Munn (3)	08:21
1171	Farley Pritchard (12)	08:39
1169	Jack Bendle-Huntley (29)	09:24
1172	Evan Roach (41)	09:51

2nd Schools Team - Athletes: Chepstow Comprehensive (122Pts)		
74	Dougie Wallwork (17)	09:03
75	Lonan McDaid (20)	09:08
72	Sebby Carwardine (24)	09:19
1048	Lewis Crabb (61)	10:24

3rd Schools Team - Athletes: YG Bro Morgannwg (123Pts)		
1135	Luca Dickinson (22)	09:14
1141	Rhys Morgan (27)	09:21
1133	Tomos Austin (31)	09:26
1140	Steffan Locke (43)	09:53

Race 04
25th Welsh Athletics Inter Regional & 47th Welsh Schools' Inter Schools
Race 04 School Years 7/8 (U13 Boys) 2,520m (12:20 PM)

Saturday 16th November 2024

Dolerw Park, Newtown



Race 04 School Years 7/8 (U13 Boys) 2,520m (12:20 PM) **88 Finishers from 102 Athletes Pre Registered**

POS	Int-Sch	BIB	ATHLETE	REGION & CLUB	SCHOOL	TIME
72	69	1019	Dion Jenkins	WSAA	Aberaeron School	10:40
73	70	1114	Trystan Lloyd	WSAA	Welshpool High School	10:43
74	71	67	Conor Parnell	EWAL-Blaenau Gwent AC	Brynmawr	10:44
75	72	65	Eli Winser	EWAL-Chepstow Harriers	Chepstow Comprehensive	10:46
76	73	1111	Gethin Jones	WSAA	Welshpool High School	10:46
77		69	Cameron Prior	EWAL-Newport Harriers		10:52
78	74	1013	William Darby	WSAA	Aberaeron School	10:58
79	75	105	Morgan Miles	SWAL-Cardiff Archers	Bro Ederm	11:01
80	76	1015	Dion Horsey	WSAA	Aberaeron School	11:16
81	77	1085	Dyfan Williams	WSAA	Maes Y Gwendraeth	11:17
82	78	104	Tomii Burrows	SWAL-Pontyclun AC	Ysgol Lanhari	11:18
83	79	102	James Preston	SWAL-Barry & Vale Harriers	St Cyres	11:32
84	80	1014	Connor Evans	WSAA	Aberaeron School	11:36
85	81	1017	Ceiden James	WSAA	Aberaeron School	11:38
86		70	Isaac Loughlin	EWAL-Rhymney Valley AC		11:45
87	82	1012	Leo Benjamin	WSAA	Aberaeron School	11:47
88	83	1022	Jacob Purcell	WSAA	Aberaeron School	11:47

<i>Inter Schools Incomplete Teams = 39</i>					
School	Places			Pts	
	1	2	3		
1 Bryntirion	25	28	68	121	
2 Myddleton College	8	11		19	
3 Ysgol Gyfun Gwyr	10	34		44	
4 Bishopston Comprehensive	1	48		49	
5 Bro Myrddin	5	51		56	
6 St Cyres	32	79		111	
7 Islwyn High School	62	65		127	
8 Brynteg	2			2	
9 Rougemont	4			4	
10 Cardigan Secondary	6			6	
11 Ysgol Uwchradd Caergybi	7			7	
12 Connah's Quay High School	9			9	
13 Ysgol John Bright	13			13	
14 Ysgol Bryn Elian	14			14	
15 St Martins Comp	15			15	
16 Bro Dur	16			16	
17 Cardiff High School	19			19	
18 Hawarden High School	26			26	
19 Olchfa School	30			30	
20 Mold Alun	35			35	
21 Llanishen High	36			36	
22 Ysgol Godre'r Berwyn Bala	37			37	
23 Cathedral School	39			39	
24 Elfed High School	40			40	
25 Ysgol Bryn Hyfryd	42			42	
26 Bro Dinefwr	44			44	
27 Ysgol Glantaf	46			46	
28 Bryn Cellynnog School	53			53	
29 Haberdashers Monmouth	59			59	
30 Ysgol Gymraeg Ysatalyfera	63			63	
31 Abertillery Learning Community	64			64	
32 Penweddig	66			66	
33 YG Bro Morgannwg	67			67	
34 Brynmawr	71			71	
35 Chepstow Comprehensive	72			72	
36 Welshpool High School	73			73	
37 Bro Ederm	75			75	
38 Ysgol Lanhari	78			78	
39 Aberaeron School	83			83	



Race 05 School Years 9/10 (U15 Girls) 3,820m (12:35 PM) **60 Finishers from 81 Athletes Pre Registered**

POS	Int-Sch	BIB	ATHLETE	REGION & CLUB	SCHOOL	TIME
1	1	136	Heather Watson	NWAL-Deeside AAC	Hawarden High School	12:55
2	2	170	Sali Owen	WWAL-Carmarthen Harriers	Penweddig	13:16
3	3	137	Martha Bown	NWAL-Menai Track & Field	Ysgol Uwchradd Bodedern	13:41
4	4	138	Tamsin Seguin	NWAL-Menai Track & Field	Ysgol Friars	13:58
5		131	Lily Sienna-Hodgson	EWAL-Chepstow Harriers		14:00
6	5	121	Leah Rhodes	EWAL-Newport Harriers	Bassaleg School	14:05
7	6	123	Poppy Turton	EWAL-Newport Harriers	Rougemont	14:07
8	7	122	Eleanor Wright-Nicholas	EWAL-Rhymney Valley AC	Ysgol Gyfyn Cwm Rhymni	14:10
9	8	158	Esme Lewis	SWAL-Bridgend AC	Brynateg	14:13
10	9	175	Lyla Jonsson	WWAL-Swansea Harriers	Bishopston Comprehensive	14:15
11	10	155	Elinor Roberts	SWAL-Cardiff Athletics	Ysgol Glantaf	14:16
12	11	156	Seren Richards	SWAL-Cardiff Athletics	YG Bro Morgannwg	14:26
13	12	154	Emilia Davies	SWAL-Cardiff Athletics	YG Bro Morgannwg	14:42
14	13	179	Annie Evans	WWAL-Celtic Tri	Ysgol Bae Baglan	14:44
15	14	151	Bella Thie	SWAL-Bridgend AC	Y Pant School	14:53
16	15	167	Talia Jones	WWAL-Sarn Helen	Aberaeron School	14:54
17	16	166	Katie Evans	WWAL-Swansea Harriers	St John Lloyd	14:56
18	17	1190	Grace Brady	WSAA	Bryn Cellynngog School	14:57
19	18	157	Izzy Lawley	SWAL-Cardiff Archers	Whitchurch	15:02
20	19	164	Allie Adams	SWAL-Rhondda AC	Ysgol Cwm Rhondda	15:03
21	20	143	Evie Hughes	NWAL-Wrexham AAC	Maelor School	15:06
22	21	142	Beatrice Roberts	NWAL-Denbigh Harriers	Ysgol Bryn Hyfryd	15:07
23	22	139	Holly Worth	NWAL-Menai Track & Field	Ysgol Friars	15:07
24	23	171	Anna Jones	WWAL-Carmarthen Harriers	Bro Myrddin	15:09
25		130	Bella Smith	EWAL-Chepstow Harriers		15:24
26	24	168	Lowri Morgan	WWAL-Carmarthen Harriers	Bro Dinefwr	15:29
27	25	141	Catrin Evans	NWAL-Eryri Harriers	Ysgol Dyffryn Nantlle	15:37
28	26	140	Esyllt Owen	NWAL-Menai Track & Field	Ysgol Gyfun Llangefni	15:40
29	27	161	Emily Jenkins	SWAL-Cardiff Athletics	Radyr Comprehensive	15:42
30	28	176	Darcy Gibbon	WWAL-Swansea Harriers	Bishopston Comprehensive	15:48
31	29	124	Poppy Howells	EWAL-Rhymney Valley AC	Istwyn High School	15:51
32	30	178	Sienna Hurley	WWAL-Swansea Harriers	Ysgol Brombil	15:52
33	31	160	Seren Hardman	SWAL-Bridgend AC	Cowbridge	15:54
34	32	1095	Gwen Tompset	WSAA	Penweddig	15:58
35	33	129	Amelia Bartley	EWAL-Rhymney Valley AC	St Martins Caerphilly	16:08
36	34	173	Hannah Sullivan	WWAL-Swansea Harriers	Bishop Gore	16:12
37	35	1075	Freya Lamp	WSAA	Llanidloes High School	16:22
38	36	1072	Lily Calvin-Thomas	WSAA	Llanidloes High School	16:23
39		159	Lois Warlock	SWAL-Aberdare Valley AAC		16:25
40	37	1027	Mia Lloyd	WSAA	Aberaeron School	16:26
41	38	177	Esme Lynock	WWAL-Carmarthen Harriers	Bro Dinefwr	16:36
42	39	126	Evie Ingleson	EWAL-Newport Harriers	Caldicot Comprehensive	16:38
43	40	145	Evie Mortell	NWAL-Deeside AAC	Castell Alun	16:38
44	41	1197	Poppy Thomas	WSAA	Cowbridge	16:40
45	42	1188	Emily Bessant-Evans	WSAA	Bishop of Llandaff	16:45
46	43	1038	Miriam Williams	WSAA	Bro Myrddin	16:45
47	44	146	Ruby Watts	NWAL-Deeside AAC	Mold Alun	16:46
48	45	174	Aimee Besley	WWAL-Swansea Harriers	Penyrheol	16:54
49	46	147	Fleur Randles	NWAL-Deeside AAC	Mold Alun	17:05
50		132	Gracie Jackson	EWAL-Brecon AC		17:08
51	47	152	Betty Ahmed	SWAL-Cardiff Athletics	YG Bro Morgannwg	17:37
52	48	1054	Olivia Baker	WSAA	Gwent Is Coed	18:14
53	49	1144	Cara Ingles-Grant	WSAA	YG Bro Morgannwg	18:26
54	50	1073	Bethan Evans	WSAA	Llanidloes High School	18:38
55	51	1124	Eve Sherburn	WSAA	Whitchurch	19:39
56	52	1074	Emily Kiely	WSAA	Llanidloes High School	21:18
57	53	1122	Esme Fisher	WSAA	Whitchurch	21:45
58	54	1023	Rhianna Bowen	WSAA	Aberaeron School	22:27
59	55	1024	Liws Brown	WSAA	Aberaeron School	23:42
60	56	1028	Alissa Rees-Wise	WSAA	Aberaeron School	23:44

INTER REGIONAL TEAM RESULTS													
Pos	Region	Places										Pts	Total
1	SOUTH WALES	9	11	12	13	15	19	20	29	15	128		
2	NORTH WALES	1	3	4	21	22	23	27	28	14	129		
3	WEST WALES	2	10	14	16	17	24	26	30	13	139		
4	EAST WALES	5	6	7	8	25	31	35	42	12	159		

1st Regional Team Athletes: SOUTH WALES (128Pts)		
158	Esme Lewis-Bridgend AC (9)	14:13
155	Elinor Roberts-Cardiff Athletics (11)	14:16
156	Seren Richards-Cardiff Athletics (12)	14:26
154	Emilia Davies-Cardiff Athletics (13)	14:42
151	Bella Thie-Bridgend AC (15)	14:53
157	Izzy Lawley-Cardiff Archers (19)	15:02
164	Allie Adams-Rhondda AC (20)	15:03
161	Emily Jenkins-Cardiff Athletics (29)	15:42

2nd Regional Team Athletes: NORTH WALES (129Pts)		
136	Heather Watson-Deeside AAC (1)	12:55
137	Martha Bown-Menai Track & Field (3)	13:41
138	Tamsin Seguin-Menai Track & Field (4)	13:58
143	Evie Hughes-Wrexham AAC (21)	15:06
142	Beatrice Roberts-Denbigh Harriers (22)	15:07
139	Holly Worth-Menai Track & Field (23)	15:07
141	Catrin Evans-Eryri Harriers (27)	15:37
140	Esyllt Owen-Menai Track & Field (28)	15:40

3rd Regional Team Athletes: WEST WALES (139Pts)		
170	Sali Owen-Carmarthen Harriers (2)	13:16
175	Lyla Jonsson-Swansea Harriers (10)	14:15
179	Annie Evans-Celtic Tri (14)	14:44
167	Talia Jones-Sarn Helen (16)	14:54
166	Katie Evans-Swansea Harriers (17)	14:56
171	Anna Jones-Carmarthen Harriers (24)	15:09
168	Lowri Morgan-Carmarthen Harriers (26)	15:29
176	Darcy Gibbon-Swansea Harriers (30)	15:48

Inter Schools Scoring Teams =3						
Pos	School	1	2	3	4	Total
1	YG Bro Morgannwg	11	12	47	49	119
2	Aberaeron School	15	37	54	55	161
3	Llanidloes High School	35	36	50	52	173

1st Schools Team - Athletes: YG Bro Morgannwg (119Pts)		
156	Seren Richards (11)	14:26
154	Emilia Davies (12)	14:42
152	Betty Ahmed (47)	17:37
1144	Cara Ingles-Grant (49)	18:26

2nd Schools Team - Athletes: Aberaeron School (161Pts)		
167	Talia Jones (15)	14:54
1027	Mia Lloyd (37)	16:26
1023	Rhianna Bowen (54)	22:27
1024	Liws Brown (55)	23:42

3rd Schools Team - Athletes: Llanidloes High School (173Pts)		
1075	Freya Lamp (35)	16:22
1072	Lily Calvin-Thomas (36)	16:23
1073	Bethan Evans (50)	18:38
1074	Emily Kiely (52)	21:18

Inter Schools Incomplete Teams = 32					
School	Places				Pts
1	Whitchurch	18	51	53	122
2	Ysgol Friars	4	22		26
3	Penweddig	2	32		34
4	Bishopston Comprehensive	9	28		37
5	Bro Dinefwr	24	38		62
6	Bro Myrddin	23	43		66
7	Cowbridge	31	41		72
8	Mold Alun	44	46		90
9	Hawarden High School	1			1
10	Bassaleg School	5			5
11	Rougemont	6			6

Race 05
 25th Welsh Athletics Inter Regional & 47th Welsh Schools' Inter Schools
 Race 05 School Years 9/10 (U15 Girls) 3,820m (12:35 PM)

Saturday 16th November 2024

Dolerw Park, Newtown



Race 05 School Years 9/10 (U15 Girls) 3,820m (12:35 PM)	60 Finishers from 81 Athletes Pre Registered
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POS	Int-Sch	BIB	ATHLETE	REGION & CLUB	SCHOOL	TIME
12			Brynteg			8

Race 05
25th Welsh Athletics Inter Regional & 47th Welsh Schools' Inter Schools

Race 05 School Years 9/10 (U15 Girls) 3,820m (12:35 PM)

Saturday 16th November 2024

Dolerw Park, Newtown



Race 05 School Years 9/10 (U15 Girls) 3,820m (12:35 PM) 60 Finishers from 81 Athletes Pre Registered

POS	Int-Sch	BIB	ATHLETE	REGION & CLUB	SCHOOL	TIME
13					Ysgol Glantaf	10
14					Ysgol Bae Baglan	13
15					Y Pant School	14
16					St John Lloyd	16
17					Bryn Cellynnog School	17
18					Ysgol Cwm Rhondda	19
19					Maelor School	20
20					Ysgol Bryn Hyfryd	21
21					Ysgol Dyffryn Nantlle	25
22					Radyr Comprehensive	27
23					Islwyn High School	29
24					Ysgol Brombil	30
25					St Martins Caerphilly	33
26					Bishop Gore	34
27					Caldicot Comprehensive	39
28					Castell Alun	40
29					Bishop of Llandaff	42
30					Penyrheol	45
31					Gwent Is Coed	48
32					Aberaeron School	56
					No Complete Teams	



Race 06 School Years 9/10 (U15 Boys) 3,820m (1:00 PM)

POS	Int-Sch	BIB	ATHLETE	REGION & CLUB	SCHOOL	TIME
1	1	196	Osian Parry	NWAL-Menai Track & Field	Ysgol David Hughes	11:40
2	2	198	Alfie Bartley-Rose	NWAL-Deeside AAC	Connah's Quay High School	11:55
3	3	197	Elliot Rowe	NWAL-Deeside AAC	Connah's Quay High School	12:03
4	4	223	George Turner	SWAL-Cardiff Athletics	Corpus Christi	12:17
5	5	181	Joseph Roberts	EWAL-Newport Harriers	Bassaleg School	12:29
6	6	207	Ryan Delaney	NWAL-Deeside AAC	Mold Alun	12:30
7		211	William Mackie	SWAL-Aberdare Valley AAC		12:33
8	7	206	Oliver Welsh	NWAL-Deeside AAC	Mold Alun	12:37
9	8	214	Osian Emmerson	SWAL-Cardiff Archers	Whitchurch	12:38
10	9	216	Ioan Vale	SWAL-Aberdare Valley AAC	St John Baptist	12:43
11		189	Gethyn Lehaj	EWAL-Rhymney Valley AC		12:46
12	10	231	Osian Morgan	WWAL-Swansea Harriers	Gowerton	12:53
13	11	183	Joseph Gibson-Parker	EWAL-Rhymney Valley AC	St Martins Comp	12:55
14	12	205	Xander Brandon-Higgs	NWAL-Maldwyn Harriers	Llanidloes High School	12:56
15	13	184	Dylan Powell	EWAL-Rhymney Valley AC	St Martins Comp	13:00
16	14	229	Harri Roberts-Truman	WWAL-Neath Harriers	Ystalyfera	13:02
17	15	182	Elliott Hanratty	EWAL-Chepstow Harriers	Haberdashers Monmouth	13:03
18	16	218	Jacob Rixon	SWAL-Bridgend AC	Radyr Comprehensive	13:03
19	17	221	Jack Harries	SWAL-Cardiff Athletics	Pencoedre High	13:15
20	18	235	Jude Jenkins	WWAL-Neath Harriers	Porthcawl School	13:18
21	19	220	Evan Rowe	SWAL-Aberdare Valley AAC	Ysgol Gyfun Rhydywaun	13:20
22	20	200	Ruben Crierie	NWAL-Colwyn Bay AC	Denbigh High School	13:24
23	21	217	Gruffydd Thomas	SWAL-Cardiff Athletics	Plasmawr	13:26
24	22	204	Isaac Garcia Lucas	NWAL-Denbigh Harriers	Myddleton College	13:28
25		202	Noa Dafydd	NWAL-Betsi Runaways		13:34
26	23	187	Iggy Howe	EWAL-Lliswerry Runners	Rougemont	13:36
27		203	Harry Simcock	NWAL-Wrexham AAC		13:37
28	24	213	Archie Griffiths	SWAL-Bridgend AC	Cowbridge	13:39
29	25	233	Dylan Hopkins	WWAL-Llanelli AC	Bryngwyn Comprehensive	13:48
30		185	Ernest Maley	EWAL-Newport Harriers		13:49
31	26	234	Deklan Roberts	WWAL-Llanelli AC	St John Lloyd	13:54
32	27	212	Kevin Feng	SWAL-Cardiff Athletics	Llanishen High	13:54
33	28	228	Gethin Thomas	WWAL-Carmarthen Harriers	Queen Elizabeth High School	13:55
34	29	208	Noah Thomas	NWAL-Wrexham AAC	Ysgol Rhiwabon	13:56
35		215	Billy Wedlake	SWAL-Barry & Vale Harriers		14:05
36	30	1175	Freddie Morgans	WSAA	Ysgol Glantaf	14:11
37	31	1177	Thomas Pascoe	WSAA	Ysgol Glantaf	14:12
38	32	1087	Thomas Evans	WSAA	Maes Y Gwendraeth	14:19
39	33	186	John Gibby	EWAL-Newport Harriers	Monmouth Haberdasher	14:22
40	34	1145	Jaxon Browne	WSAA	YG Bro Morgannwg	14:29
41	35	1055	Kayden Griffiths	WSAA	Gwent Is Coed	14:31
42	36	219	Daniel Hollins	SWAL-Cardiff Athletics	Ysgol Glantaf	14:31
43		222	Django Summerill	SWAL-Aberdare Valley AAC		14:32
44	37	1058	Kobi Williams	WSAA	Gwernfyed HS	15:00
45	38	1077	Wil Purdy	WSAA	Llanidloes High School	15:13
46	39	1176	Noa Murray	WSAA	Ysgol Glantaf	15:14
47	40	1146	Dylan Gaffney	WSAA	YG Bro Morgannwg	15:17
48		201	Jack Collings	NWAL-Wrexham AAC		15:28
49	41	1035	Jack Platt	WSAA	Aberaeron School	15:34
50	42	1174	Gethin Lewis	WSAA	Ysgol Glantaf	15:41
51	43	1148	Sam Hunt	WSAA	YG Bro Morgannwg	15:42
52	44	1076	Max Gower	WSAA	Llanidloes High School	15:51
53	45	1149	Charlie Lane	WSAA	YG Bro Morgannwg	15:59
54	46	230	Ioan Davies	WWAL-Neath Harriers	Bro Dur	16:05
55	47	226	Drystan King	WWAL-Taf Running & Orienteering	Ysgol Y Preseli	16:22
56	48	1057	Levi Williams	WSAA	Gwent Is Coed	16:31
57	49	225	Ted Lancaster	SWAL-Aberdare Valley AAC	Cyfarthfa	16:35
58	50	1056	Dion Newman	WSAA	Gwent Is Coed	16:36
59	51	188	Callum Roberts	EWAL-Cwmbran Harriers	West Monmouth	16:51
60	52	1031	Patryk Chrostowski	WSAA	Aberaeron School	17:30
61	53	1034	Guto Jones-Evans	WSAA	Aberaeron School	17:40
62	54	1032	Noah Coleman-Long	WSAA	Aberaeron School	17:47

INTER REGIONAL TEAM RESULTS													
Pos	Region	Places										Pts	Total
1	NORTH WALES	1	2	3	6	8	14	22	24	15	80		
2	SOUTH WALES	4	7	9	10	18	19	21	23	14	111		
3	EAST WALES	5	11	13	15	17	26	30	39	13	156		
4	WEST WALES	12	16	20	29	31	33	54	55	12	250		

1st Regional Team Athletes: NORTH WALES (80Pts)		
196	Osian Parry-Menai Track & Field (1)	11:40
198	Alfie Bartley-Rose-Deeside AAC (2)	11:55
197	Elliot Rowe-Deeside AAC (3)	12:03
207	Ryan Delaney-Deeside AAC (6)	12:30
206	Oliver Welsh-Deeside AAC (8)	12:37
205	Xander Brandon-Higgs-Maldwyn Harriers (14)	12:56
200	Ruben Crierie-Colwyn Bay AC (22)	13:24
204	Isaac Garcia Lucas-Denbigh Harriers (24)	13:28

2nd Regional Team Athletes: SOUTH WALES (111Pts)		
223	George Turner-Cardiff Athletics (4)	12:17
211	William Mackie-Aberdare Valley AAC (7)	12:33
214	Osian Emmerson-Cardiff Archers (9)	12:38
216	Ioan Vale-Aberdare Valley AAC (10)	12:43
218	Jacob Rixon-Bridgend AC (18)	13:03
221	Jack Harries-Cardiff Athletics (19)	13:15
220	Evan Rowe-Aberdare Valley AAC (21)	13:20
217	Gruffydd Thomas-Cardiff Athletics (23)	13:26

3rd Regional Team Athletes: EAST WALES (156Pts)		
181	Joseph Roberts-Newport Harriers (5)	12:29
189	Gethyn Lehaj-Rhymney Valley AC (11)	12:46
183	Joseph Gibson-Parker-Rhymney Valley AC (13)	12:55
184	Dylan Powell-Rhymney Valley AC (15)	13:00
182	Elliott Hanratty-Chepstow Harriers (17)	13:03
187	Iggy Howe-Lliswerry Runners (26)	13:36
185	Ernest Maley-Newport Harriers (30)	13:49
186	John Gibby-Newport Harriers (39)	14:22

Inter Schools Scoring Teams =3						
Pos	School	1	2	3	4	Total
1	Ysgol Glantaf	30	31	36	39	136
2	YG Bro Morgannwg	34	40	43	45	162
3	Aberaeron School	41	52	53	54	200

1st Schools Team - Athletes: Ysgol Glantaf (136Pts)		
1175	Freddie Morgans (30)	14:11
1177	Thomas Pascoe (31)	14:12
219	Daniel Hollins (36)	14:31
1176	Noa Murray (39)	15:14

2nd Schools Team - Athletes: YG Bro Morgannwg (162Pts)		
1145	Jaxon Browne (34)	14:29
1146	Dylan Gaffney (40)	15:17
1148	Sam Hunt (43)	15:42
1149	Charlie Lane (45)	15:59

3rd Schools Team - Athletes: Aberaeron School (200Pts)		
1035	Jack Platt (41)	15:34
1031	Patryk Chrostowski (52)	17:30
1034	Guto Jones-Evans (53)	17:40
1032	Noah Coleman-Long (54)	17:47

Inter Schools Incomplete Teams = 35						
	School	Places				Pts
1	Llanidloes High School	12	38	44		94
2	Gwent Is Coed	35	48	50		133
3	Connah's Quay High School	2	3			5
4	Mold Alun	6	7			13
5	St Martins Comp	11	13			24
6	Ysgol David Hughes	1				1
7	Corpus Christi	4				4
8	Bassaleg School	5				5
9	Whitchurch	8				8
10	St John Baptist	9				9
11	Gowerton	10				10

Race 06
 25th Welsh Athletics Inter Regional & 47th Welsh Schools' Inter Schools

Race 06 School Years 9/10 (U15 Boys) 3,820m (1:00 PM)

Saturday 16th November 2024

Dolerw Park, Newtown



Race 06 School Years 9/10 (U15 Boys) 3,820m (1:00 PM)

POS	Int-Sch	BIB	ATHLETE	REGION & CLUB	SCHOOL	TIME
12			Ystalyfera			14

Race 06
25th Welsh Athletics Inter Regional & 47th Welsh Schools' Inter Schools

Race 06 School Years 9/10 (U15 Boys) 3,820m (1:00 PM)

Saturday 16th November 2024

Dolerw Park, Newtown



Race 06 School Years 9/10 (U15 Boys) 3,820m (1:00 PM)

POS	Int-Sch	BIB	ATHLETE	REGION & CLUB	SCHOOL	TIME
13					Haberdashers Monmouth	15
14					Radyr Comprehensive	16
15					Pencoedtre High	17
16					Porthcawl School	18
17					Ysgol Gyfun Rhydywaun	19
18					Denbigh High School	20
19					Plasmawr	21
20					Myddleton College	22
21					Rougemont	23
22					Cowbridge	24
23					Bryngwyn Comprehensive	25
24					St John Lloyd	26
25					Llanishen High	27
26					Queen Elizabeth High School	28
27					Ysgol Rhiwabon	29
28					Maes Y Gwendraeth	32
29					Monmouth Haberdasher	33
30					Gwernymfed HS	37
31					Ysgol Glantaf	42
32					Bro Dur	46
33					Ysgol Y Preseli	47
34					Cyfarthfa	49
35					West Monmouth	51
					No Complete Teams	

Race 07
25th Welsh Athletics Inter Regional & 47th Welsh Schools' Inter Schools

Race 07 School Years 11 – 14 (U17 & U20 Women) 5,040m (1:20 PM)

Saturday 16th November 2024

Dolerw Park, Newtown



Race 07 School Years 11 – 14 (U17 & U20 Women) 5,040m (1:20 PM)

U17W	U20W	Int-Sch	U17/U20	BIB	ATHLETE	REGION & CLUB	SCHOOL	TIME
1		1	1-U17W	291	Libby Hale	WWAL-Swansea Harriers	Bishopston Comprehensive	17:23
	1	1	1-U20W	316	Beca Bown	NWAL-Menai Track & Field	Ysgol Uwchradd Bodedern	17:52
2		2	2-U17W	256	Madison Hughes	NWAL-Maldwyn Harriers	Llanidloes High School	17:56
3		3	3-U17W	279	Rebecca Harries	SWAL-Cardiff Athletics	Pencoedtre High	17:59
4		4	4-U17W	293	Millie Pierce	WWAL-Swansea Harriers	Olchfa School	18:24
5		5	5-U17W	286	Macey Blue	WWAL-Carmarthen Harriers	Bro Myrddin	19:12
	2	2	2-U20W	349	Mai Davies	WWAL-Swansea Harriers	Coleg Sir Gar	19:27
6		6	6-U17W	241	Anya Brady	EWAL-Newport Harriers	Caldicot Comprehensive	19:37
7		7	7-U17W	257	Olivia Morgan	NWAL-Maldwyn Harriers	Llanidloes High School	19:46
	3			318	Mabli Baines	NWAL-Eryri Harriers		19:49
8		8	8-U17W	289	Chloe Hartley-Green	WWAL-Swansea Harriers	Gowerton	19:53
9		9	9-U17W	242	Emily Walker	EWAL-Newport Harriers	Monmouth Comprehensive	19:54
		10	10-U17W	1050	Kate Oxenham	WSAA	Chepstow Comprehensive	20:06
		11	11-U17W	1191	Elffin Bryant	WSAA	Ysgol Glantaf	20:10
10		12	12-U17W	274	Imogen Davies	SWAL-Cardiff Athletics	YG Bro Morgannwg	20:15
11		13	13-U17W	288	Lily Williams	NWAL-Celtic Tri	St Josephs Port Talbot	20:22
12		14	14-U17W	243	Megan Pewtner	EWAL-Rhymney Valley AC	Ysgol Gyfun Cwm Rhymni	20:33
13				263	Orla Kissane	NWAL-Deeside AAC		20:36
14		15	15-U17W	249	Emily Peltor	EWAL-Brecon AC	Crickhowell High	20:47
15		16	16-U17W	272	Lily Jacklin	SWAL-Aberdare Valley AAC	St John Baptist	21:04
16		17	17-U17W	244	Clara Rhodes	EWAL-Newport Harriers	Bassaleg School	21:05
17		18	18-U17W	280	Rhiannon Derrick	SWAL-Cardiff Athletics	Ysgol Glantaf	21:11
	4	3	3-U20W	348	Rhiannon Heredia-Rowe	WWAL-Celtic Tri	Gower College	21:15
18		19	19-U17W	260	Olwen Baines	NWAL-Eryri Harriers	Ysgol Brynrefail	21:16
19		20	20-U17W	277	Megan Quirk	SWAL-Aberdare Valley AAC	Cylarthfa	21:18
20		21	21-U17W	258	Erin Smith	NWAL-Wrexham AAC	Maelor School	21:21
21		22	22-U17W	247	Sophie Steele	EWAL-Newport Harriers	Chepstow Comprehensive	21:25
22				271	Katy Griffith	SWAL-Bridgend AC		21:32
23		23	23-U17W	275	Grace Griffiths	SWAL-Rhondda AC	Tonyrefail Community School	21:49
24		24	24-U17W	245	Paige Douglas	EWAL-Llisswerry Runners	Caldicot Comprehensive	22:02
25				295	Anastasia Egglestone-Stoker	WWAL-Carmarthen Harriers		22:09
26		25	25-U17W	290	Imogen McAdie	WWAL-Swansea Harriers	Ysgol Gyfun Gwyr	22:24
27		26	26-U17W	281	Isabelle Lewis	SWAL-Aberdare Valley AAC	St John Baptist	22:25
	5	4	4-U20W	347	Neve Marques	WWAL-Amman Valley Harriers	Gower College	22:45
28		27	27-U17W	287	Arianna Protheroe	WWAL-Llanelli AC	Coleg Sir Gar	22:51
29		28	28-U17W	265	Jessica Hodgson	NWAL-Deeside AAC	Mold Alun	22:58
30		29	29-U17W	278	Megan Swanson	SWAL-Aberdare Valley AAC	Lewis School Pengam	23:00
	6	5	5-U20W	302	Daryna Kukhtina	EWAL-Rhymney Valley AC	Coleg Gwent	23:21
		30	30-U17W	1079	Peace Ajuk	WSAA	Llanidloes High School	23:27
		31	31-U17W	1152	Alys Horn	WSAA	YG Bro Morgannwg	23:28
	7			332	Caitlin Cartledge	SWAL-Aberdare Valley AAC		23:55
31		32	32-U17W	276	Mali Crimmings	SWAL-Aberdare Valley AAC	St John Baptist	23:58
		33	33-U17W	1049	Bethan Ball	WSAA	Chepstow Comprehensive	24:09
	8			303	Maddie Malpas	EWAL-Rhymney Valley AC		24:38
32		34	34-U17W	246	Iona Jones	EWAL-Llisswerry Runners	Caldicot Comprehensive	25:23
	9			331	Arwen Rees	SWAL-Ogmore Phoenix Runners		25:56
		35	35-U17W	1153	Marged Evans	WSAA	YG Bro Morgannwg	26:12
		36	36-U17W	1081	Erin Owen	WSAA	Llanidloes High School	27:14
		37	37-U17W	1151	Lillie Graham	WSAA	YG Bro Morgannwg	27:29
		38	38-U17W	1080	Seren Evans	WSAA	Llanidloes High School	28:03
		39	39-U17W	1051	Gracie Waite	WSAA	Chepstow Comprehensive	28:38

U17W INTER REGIONAL TEAM RESULTS												
Pos	Region	Places								Pts	Total	
1	WEST WALES	1	4	5	8	11	25	26	28	15	108	
2	EAST WALES	6	9	12	14	16	21	24	32	14	134	
3	SOUTH WALES	3	10	15	17	19	22	23	27	13	136	
4	NORTH WALES	2	7	13	18	20	29			6	89	

U20W INTER REGIONAL TEAM RESULTS												
Pos	Region	Places								Pts	Total	
1	WEST WALES	2	4	5						3	11	
2	NORTH WALES	1	3							2	4	
3	EAST WALES	6	8							2	14	
4	SOUTH WALES	7	9							2	16	

1st U17W Regional Team Athletes: WEST WALES (108Pts)

291	Libby Hale - Swansea Harriers (1)	17:23
293	Millie Pierce - Swansea Harriers (4)	18:24
286	Macey Blue - Carmarthen Harriers (5)	19:12
289	Chloe Hartley-Green - Swansea Harriers (8)	19:53
288	Lily Williams - Celtic Tri (11)	20:22
295	Anastasia Egglestone-Stoker - Carmarthen Harriers (25)	22:09
290	Imogen McAdie - Swansea Harriers (26)	22:24
287	Arianna Protheroe - Llanelli AC (28)	22:51

2nd U17W Regional Team Athletes: EAST WALES (134Pts)

241	Anya Brady - Newport Harriers (6)	19:37
242	Emily Walker - Newport Harriers (9)	19:54
243	Megan Pewtner - Rhymney Valley AC (12)	20:33
249	Emily Peltor - Brecon AC (14)	20:47
244	Clara Rhodes - Newport Harriers (16)	21:05
247	Sophie Steele - Newport Harriers (21)	21:25
245	Paige Douglas - Llisswerry Runners (24)	22:02
246	Iona Jones - Llisswerry Runners (32)	25:23

3rd U17W Regional Team Athletes: SOUTH WALES (136Pts)

279	Rebecca Harries - Cardiff Athletics (3)	17:59
274	Imogen Davies - Cardiff Athletics (10)	20:15
272	Lily Jacklin - Aberdare Valley AAC (15)	21:04
280	Rhiannon Derrick - Cardiff Athletics (17)	21:11
277	Megan Quirk - Aberdare Valley AAC (19)	21:18
271	Katy Griffith - Bridgend AC (22)	21:32
275	Grace Griffiths - Rhondda AC (23)	21:49
281	Isabelle Lewis - Aberdare Valley AAC (27)	22:25

U20W No Team Awards

Inter Schools Scoring Teams =3

Pos	School	Places				Total
1	Llanidloes High School	2	7	30	36	75
2	Chepstow Comprehensive	10	22	33	39	104
3	YG Bro Morgannwg	12	31	35	37	115
	No Complete Teams					
	No Complete Teams					

1st Schools Team - Athletes: Llanidloes High School (75Pts)

256	Madison Hughes (2) (U17W)	17:56
257	Olivia Morgan (7) (U17W)	19:46
1079	Peace Ajuk (30) (I)	23:27
1081	Erin Owen (36) (I)	27:14

2nd Schools Team - Athletes: Chepstow Comprehensive (104Pts)

1050	Kate Oxenham (10) (I)	20:06
247	Sophie Steele (22) (U17W)	21:25
1049	Bethan Ball (33) (I)	24:09
1051	Gracie Waite (39) (I)	28:38

Race 07
25th Welsh Athletics Inter Regional & 47th Welsh Schools' Inter Schools

Race 07 School Years 11 – 14 (U17 & U20 Women) 5,040m (1:20 PM)

Saturday 16th November 2024

Dolerw Park, Newtown



Race 07 School Years 11 – 14 (U17 & U20 Women) 5,040m (1:20 PM)

U17W	U20W	Int-Sch	U17/U20	BIB	ATHLETE	REGION & CLUB	SCHOOL	TIME
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3rd Schools Team - Athletes: YG Bro Morgannwg (115Pts)

274	Imogen Davies (12) (U17W)	20:15
1152	Alys Horn (31) ()	23:28
1153	Marged Evans (35) ()	26:12
1151	Lillie Graham (37) ()	27:29

Inter Schools Incomplete Teams = 25

	School	Places			Pts
1	Caldicot Comprehensive	6	24	34	64
2	St John Baptist	16	26	32	74
3	Gower College	3	4		7
4	Ysgol Glantaf	11	18		29
5	Coleg Sir Gar	2	27		29
6	Bassaleg School	17			17
7	Ysgol Uwchradd Bodedern	1			1
8	Bishopston Comprehensive	1			1
9	Pencoedtre High	3			3
10	Olechfa School	4			4
11	Coleg Gwent	5			5
12	Bro Myrddin	5			5
13	Gowerton	8			8
14	Monmouth Comprehensive	9			9
15	St Josephs Port Talbot	13			13
16	Ysgol Gyfun Cwm Rhymni	14			14
17	Crickhowell High	15			15
18	Ysgol Brynrefail	19			19
19	Cyfarthfa	20			20
20	Maelor School	21			21
21	Tonyrefail Community Scho	23			23
22	Ysgol Gyfun Gwyr	25			25
23	Mold Alun	28			28
24	Lewis School Pengam	29			29
25	Llanidloes High School	38			38

Race 08
25th Welsh Athletics Inter Regional & 47th Welsh Schools' Inter Schools

Race 08 School Years 11 – 14 (U17 & U20 Men) 5,810m (1:45 PM)

Saturday 16th November 2024

Dolerw Park, Newtown



Race 08 School Years 11 – 14 (U17 & U20 Men) 5,810m (1:45 PM)

U17M	U20M	Int-Sch	U17/U20	BIB	ATHLETE	REGION & CLUB	SCHOOL	TIME
	1	1	1-U20M	436	Noa Vaughan	NWAL-Eryri Harriers	Coleg Menai	17:06
	2	2	2-U20M	438	Matthew Benson	NWAL-Maldwyn Harriers	Llanfyllin School	17:51
1		1	1-U17M	376	Miguel Jenkins	NWAL-Menai Track & Field	Ysgol Friars Bangor	17:51
	3	3	3-U20M	467	Ifan Bowen	WWAL-Carmarthen Harriers	Bro Myrddin	17:57
	4			466	Finley Bruce	WWAL-Carmarthen Harriers		18:00
2		2	2-U17M	397	Samuel Boyce	SWAL-Cardiff Athletics	Cathedral School	18:01
	5			469	Rhys Llewellyn	WWAL-Pembrokeshire Harriers		18:06
	6			468	Steffan Davies	WWAL-Carmarthen Harriers		18:07
3		3	3-U17M	416	Zachary Beddows	WWAL-Celtic Tri	Gower College	18:08
	4	4	4-U17M	411	Macsen Toogood	WWAL-Carmarthen Harriers	Bro Dinefwr	18:14
	5	5	5-U17M	403	Rhys Pladdy	SWAL-Cardiff Athletics	Llanishen High	18:17
	6	6	6-U17M	408	Joshua Barnett	WWAL-Carmarthen Harriers	Ysgol Dyffryn Taf	18:19
	7	4	4-U20M	452	Leroy Griffiths	SWAL-Rhondda AC	Tonyrefail Community School	18:20
	7	7	7-U17M	378	Alfie Shirland	NWAL-Menai Track & Field	Ysgol Aberconwy	18:21
	8	8	8-U17M	361	Will Chalk	EWAL-Newport Harriers	Monmouth Comprehensive	18:23
	8			451	Angelo Doria	SWAL-Ogmore Phoenix Runners		18:29
	9			437	Ed Slaughter	NWAL-		18:33
9		9	9-U17M	406	Osian Davies	WWAL-Neath Harriers	Bro Dur	18:44
	10			443	Aled Breeze	NWAL-Maldwyn Harriers		18:48
10		10	10-U17M	392	Cian Tough	SWAL-Aberdare Valley AAC	Aberdare Community School	18:50
	11	11	11-U17M	412	Jack Sullivan	WWAL-Swansea Harriers	Bishop Gore	18:57
	12	12	12-U17M	377	Cai Dafydd	NWAL-Eryri Harriers	Ysgol Tryfan	19:02
	13	13	13-U17M	398	Edward Faulkner	SWAL-Cardiff Athletics	Brynteg	19:02
	14	14	14-U17M	393	Oscar Powell	SWAL-Cardiff Athletics	Bryn Cellynng School	19:06
	15	15	15-U17M	407	William Harries	WWAL-Carmarthen Harriers	Haverfordwest High School	19:11
	11			421	Toby Bennett	EWAL-Brecon AC		19:12
16		16	16-U17M	396	Evan Davies	SWAL-Aberdare Valley AAC	Aberdare Community School	19:14
	17	17	17-U17M	383	Ted Conry	NWAL-Deeside AAC	Ysgol Bryn Hyfryd	19:18
	18	18	18-U17M	381	Chris Benson	NWAL-Maldwyn Harriers	Llanfyllin School	19:23
	19	19	19-U17M	380	Elis Jones	NWAL-Deeside AAC	Llandrillo College Colwyn Bay	19:24
	20	20	20-U17M	368	Dominik Plesiewicz	EWAL-Cardiff Athletics	Coleg Gwent	19:25
	12			456	Rhys Menabb	SWAL-Cardiff Athletics		19:27
	21	21	21-U17M	1102	Ioan Beynon	WSAA	Stanwell School	19:40
	22	22	22-U17M	390	Ben Gethin	NWAL-Maldwyn Harriers	Nlanidloes High School	19:46
	23	23	23-U17M	401	Harry Osborne	SWAL-Cardiff Athletics	St Davids College	19:46
	24	24	24-U17M	364	Tom Gilbert	EWAL-Newport Harriers	St Martins Comp	19:50
	25	25	25-U17M	384	Tomos Morgan	NWAL-Menai Track & Field	Coleg Menai	19:56
	26	26	26-U17M	366	Alex Peltor	EWAL-Brecon AC	Crickhowell High	20:02
	27			402	Evan Price	SWAL-Cardiff Archers		20:04
	28	27	27-U17M	382	Dan Mitchell	NWAL-Deeside AAC	Castell Alun	20:05
	29	28	28-U17M	391	Garth Pritchard	SWAL-Aberdare Valley AAC	Aberdare Community School	20:06
	30	29	29-U17M	395	David Barker	SWAL-Cardiff Athletics	Stanwell	20:13
		30	30-U17M	1160	Alex Hallam	WSAA	Ysgol Calon Cymru	20:13
	32	31	31-U17M	369	Will Edwards	EWAL-Newport Harriers	Caerleon Comprehensive	20:14
	33	32	32-U17M	379	Sion Williams	NWAL-Menai Track & Field	Ysgol Gyfun Llangefni	20:26
	34	33	33-U17M	389	Daniel Warrender	NWAL-Aberystwyth AC	Ysgol Penlglais Aberystwyth	20:36
	35	34	34-U17M	387	Elis Martin	NWAL-Deeside AAC	Ysgol Gfan Cwtyd	20:37
	13	5	5-U20M	442	Jonathan Turner	NWAL-Maldwyn Harriers	NPTC College	20:37
	36	35	35-U17M	363	Isaac Barry	EWAL-Newport Harriers	St Julian's Comprehensive	20:38
	14	6	6-U20M	453	Luke Griffiths	SWAL-Aberdare Valley AAC	St John Baptist	20:48
	37	36	36-U17M	362	Charlie Malpas	EWAL-Rhymney Valley AC	Cwm Rhymini Gelli Haf	20:49
	38	37	37-U17M	415	Sion Rowlands	WWAL-Carmarthen Harriers	Bro Myrddin	20:52
	39	38	38-U17M	367	Albie Howe	EWAL-Liswerry Runners	Rougemont	21:04
	40	39	39-U17M	385	Deri Hockley	NWAL-Eryri Harriers	Ysgol Brynrefail	21:05
	15	7	7-U20M	454	Alfie Sargaent	SWAL-Les Croupiers RC	YG Bro Morgannwg	21:11
	41	40	40-U17M	410	Jay Davies	WWAL-Taf Running & Orienteering Team	Coleg Sir Gar	21:12
	42	41	41-U17M	414	Jimmy Davis	WWAL-Carmarthen Harriers	Bro Myrddin	21:23
	43	42	42-U17M	386	Cole Randles	NWAL-Deeside AAC	Mold Alun	21:36
	44	43	43-U17M	394	Iwan Frolej	SWAL-Cardiff Athletics	Porthcawl School	21:47
		44	44-U17M	1100	Finley Saycell	WSAA	Penweddig	21:51
	46	45	45-U17M	409	Dylan Strawbridge	WWAL-Neath Harriers	Hendrefelin	21:57
		46	46-U17M	1043	Rhys Williams	WSAA	Cathedral School	21:59
	16	8	8-U20M	455	Ben Raymond	SWAL-Barry & Vale Harriers	Cardiff & Vale College	22:01
		47	47-U17M	1125	Sam Lindell	WSAA	Whitchurch	22:11
		48	48-U17M	1198	Simon Chapman	WSAA	Llanidloes High School	22:11
		49	49-U17M	1126	James Morgan	WSAA	Whitchurch	22:20
	17			441	Jawak Subberwall	NWAL-		22:53
	51	50	50-U17M	365	Tom Coleman	EWAL-Newport Harriers	Coleg Gwent	23:02
		51	51-U17M	1158	Llewelyn Roberts	WSAA	YG Bro Morgannwg	23:46
		9	9-U20M	1082	Noah Koffer	WSAA	Llanidloes High School	23:51
		52	52-U17M	1157	Macsen Owens	WSAA	YG Bro Morgannwg	24:25
		53	53-U17M	1099	Steffan Mleczek	WSAA	Penweddig	24:41
		54	54-U17M	1156	William Thomas	WSAA	YG Bro Morgannwg	28:03

U17M INTER REGIONAL TEAM RESULTS											
Pos	Region	Places						Pts	Total		
1	SOUTH WALES	2	5	10	13	14	16	23	27	15	110
2	NORTH WALES	1	7	12	17	18	19	22	25	14	121
3	WEST WALES	3	4	6	9	11	15	38	41	13	127
4	EAST WALES	8	20	24	26	32	36	37	39	12	222

U20M INTER REGIONAL TEAM RESULTS											
Pos	Region	Places						Pts	Total		
1	WEST WALES	3	4	5	6					15	18
2	NORTH WALES	1	2	9	10					14	22
3	SOUTH WALES	7	8	12	14					13	41
4	EAST WALES	11								1	11

1st U17M Regional Team Athletes: SOUTH WALES (110Pts)		
397	Samuel Boyce - Cardiff Athletics (2)	18:01
403	Rhys Pladdy - Cardiff Athletics (5)	18:17
392	Cian Tough - Aberdare Valley AAC (10)	18:50
398	Edward Faulkner - Cardiff Athletics (13)	19:02
393	Oscar Powell - Cardiff Athletics (14)	19:06
396	Evan Davies - Aberdare Valley AAC (16)	19:14
401	Harry Osborne - Cardiff Athletics (23)	19:46
402	Evan Price - Cardiff Archers (27)	20:04

2nd U17M Regional Team Athletes: NORTH WALES (121Pts)		
376	Miguel Jenkins - Menai Track & Field (1)	17:51
378	Alfie Shirland - Menai Track & Field (7)	18:21
377	Cai Dafydd - Eryri Harriers (12)	19:02
383	Ted Conry - Deeside AAC (17)	19:18
381	Chris Benson - Maldwyn Harriers (18)	19:23
380	Elis Jones - Deeside AAC (19)	19:24
390	Ben Gethin - Maldwyn Harriers (22)	19:46
384	Tomos Morgan - Menai Track & Field (25)	19:56

3rd U17M Regional Team Athletes: WEST WALES (127Pts)		
416	Zachary Beddows - Celtic Tri (3)	18:08
411	Macsen Toogood - Carmarthen Harriers (4)	18:14
408	Joshua Barnett - Carmarthen Harriers (6)	18:19
406	Osian Davies - Neath Harriers (9)	18:44
412	Jack Sullivan - Swansea Harriers (11)	18:57
407	William Harries - Carmarthen Harriers (15)	19:11
415	Sion Rowlands - Carmarthen Harriers (38)	20:52
410	Jay Davies - Taf Running & Orienteering Team (41)	21:12

1st U20M Regional Team Athletes: WEST WALES Wales (18Pts)		
467	Ifan Bowen - Carmarthen Harriers (3)	17:57
466	Finley Bruce - Carmarthen Harriers (4)	18:00
469	Rhys Llewellyn - Pembrokeshire Harriers (5)	18:06
468	Steffan Davies - Carmarthen Harriers (6)	18:07

2nd U20M Regional Team Athletes: NORTH WALES Wales (22Pts)		
436	Noa Vaughan - Eryri Harriers (1)	17:06
438	Matthew Benson - Maldwyn Harriers (2)	17:51
437	Ed Slaughter - (9)	18:33
443	Aled Breeze - Maldwyn Harriers (10)	18:48

3rd U20M Regional Team Athletes: SOUTH WALES Wales (41Pts)		
452	Leroy Griffiths - Rhondda AC (7)	18:20
451	Angelo Doria - Ogmore Phoenix Runners (8)	18:29
456	Rhys Menabb - Cardiff Athletics (12)	19:27
453	Luke Griffiths - Aberdare Valley AAC (14)	20:48

Inter Schools Scoring Teams = 1						
Pos	School	Places				Total
1	YG Bro Morgannwg	7	51	52	54	164
	No Complete Teams					
	No Complete Teams					

1st Schools Team - Athletes: YG Bro Morgannwg (164Pts)		
378	Alfie Shirland (7) (U17M)	18:21
1158	Llewelyn Roberts (51) (U17M)	23:46
1157	Macsen Owens (52) (U17M)	24:25
1156	William Thomas (54) (U17M)	28:03

Race 08
25th Welsh Athletics Inter Regional & 47th Welsh Schools' Inter Schools

Race 08 School Years 11 – 14 (U17 & U20 Men) 5,810m (1:45 PM)

Saturday 16th November 2024

Dolerw Park, Newtown



Race 08 School Years 11 – 14 (U17 & U20 Men) 5,810m (1:45 PM)

U17M	U20M	Int-Sch	U17/U20	BIB	ATHLETE	REGION & CLUB	SCHOOL	TIME
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Inter Schools Incomplete Teams = 47

	School	Places			Pts
1	Aberdare Community School	10	16	28	54
2	Llanidloes High School	9	22	48	79
3	Bro Myrddin	3	37	41	81
4	Llanfyllin School	2	18		20
5	Coleg Menai	1	25		26
6	Cathedral School	2	46		48
7	Coleg Gwent	20	50		70
8	Whitchurch	47	49		96
9	Penweddig	44	53		97
10	Ysgol Friars Bangor	1			1
11	Gower College	3			3
12	Bro Dinefwr	4			4
13	Tonyrefail Community School	4			4
14	NPTC College	5			5
15	Llanishen High	5			5
16	Ysgol Dyffryn Taf	6			6
17	St John Baptist	6			6
18	Ysgol Aberconwy	7			7
19	Monmouth Comprehensive	8			8
20	Cardiff & Vale College	8			8
21	Bro Dur	9			9
22	Bishop Gore	11			11
23	Ysgol Tryfan	12			12
24	Brynteg	13			13
25	Bryn Cellynnog School	14			14
26	Haverfordwest High School	15			15
27	Ysgol Bryn Hyfryd	17			17
28	Llandrillo College Colwyn Bay	19			19
29	Stanwell School	21			21
30	St Davids College	23			23
31	St Martins Comp	24			24
32	Crickhowell High	26			26
33	Castell Alun	27			27
34	Stanwell	29			29
35	Ysgol Calon Cymru	30			30
36	Caerleon Comprehensive	31			31
37	Ysgol Gyfun Llangefni	32			32
38	Ysgol Penglais Aberystwyth	33			33
39	Ysgol Glan Clwyd	34			34
40	St Julian's Comprehensive	35			35
41	Cwm Rhymni Gelli Haf	36			36
42	Rougemont	38			38
43	Ysgol Brynrefail	39			39
44	Coleg Sir Gar	40			40
45	Mold Alun	42			42
46	Porthcawl School	43			43
47	Hendrefelin	45			45

Race 08
25th Welsh Athletics Inter Regional & 47th Welsh Schools' Inter Schools

Race 08 School Years 11 – 14 (U17 & U20 Men) 5,810m (1:45 PM)

Saturday 16th November 2024

Dolerw Park, Newtown



Race 08 School Years 11 – 14 (U17 & U20 Men) 5,810m (1:45 PM)

U17M	U20M	Int-Sch	U17/U20	BIB	ATHLETE	REGION & CLUB	SCHOOL	TIME
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Race 09

25th Welsh Athletics Inter Regional & 47th Welsh Schools' Inter Schools

Race 09 Senior Women & Masters 6,340m (2:10 PM)

Saturday 16th November 2024

Dolerw Park, Newtown

SENW TEAM RESULTS													MW45 TEAM RESULTS													MW65 TEAM RESULTS												
6,340m													6,340m													6,340m												
1	2	3	4	5	6	7	8	Pts	Count	Score	1	2	3	4	5	Pts	Count	Score	1	2	3	4	5	Pts	Count	Score												
SENW EWAL	1	2	3	4	8	9	10	12	49	8	15	MW45 EWAL	1	2	7	8	9	27	5	15	MW65 EWAL	3	5	7	15	3	15											
SENW SWAL	13	14	15	16	17	20	24	27	146	8	14	MW45 WWAL	4	6	15	16	17	58	5	14	MW65 NWAL	1	4		2	2	2											
SENW NWAL	6	7	23						3	3	3	MW45 SWAL	5	10	14	20	21	70	5	13	MW65 SWAL	2			1	1	1											
SENW WWAL	5	11	22						3	3	3	MW45 NWAL	3	11	19	35	38	106	5	12	MW65 WWAL	6			1	1	1											
MW35 TEAM RESULTS													MW55 TEAM RESULTS													MW65 TEAM RESULTS												
6,340m													6,340m													6,340m												
1	2	3	4	5	6	7	8	Pts	Count	Score	1	2	3	4	5	Pts	Count	Score	1	2	3	4	5	Pts	Count	Score												
MW35 SWAL	1	4	6	11	15			35	5	15	MW55 EWAL	1	3	6	11	14	35	5	15	MW65 EWAL	1	3	4	8	3	15												
MW35 EWAL	3	7	8	12	13			48	5	14	MW55 NWAL	5	8	10	12	13	48	5	14	MW65 NWAL	2	5	10	17	3	14												
MW35 WWAL	9	10	14	16	23			67	5	13	MW55 WWAL	2	7	9	23	26	67	5	13	MW65 SWAL	6	7	8	21	3	13												
MW35 NWAL	2	5						2	2	2	MW55 SWAL	4	31	34	35	36	140	5	12	MW65 WWAL				0	0	0												

Pos	Bib	Perf	Athlete/Club	Region	SENW	MW35	MW45	MW55	MW65	MM65	PTS	Scorer	Team Pts	
					Region	Pos	Age	Pos	Age	Pos				
1	486	22:27	Lauren Cooper/Western Tempo	SENW EWAL	SENW EWAL	1					1	✓	1	
2	495	23:06	Elinor Matthey/Parc Bryn Bach RC	SENW EWAL	SENW EWAL	2					2	✓	3	
3	483	23:10	Lauren Stockley/Parc Bryn Bach RC	SENW EWAL	SENW EWAL	3					3	✓	6	
4	487	23:13	Chloe Harrington/Newport Harriers	SENW EWAL	SENW EWAL	4					4	✓	10	
5	573	23:14	Louise Flynn/Les Croupiers RC	MW35 SWAL			MW35 SWAL	1			1	✓	1	
6	528	23:19	Jessica Hyland/Carmarthen Harriers	SENW WWAL	SENW WWAL	5					5	✓	5	
7	497	23:23	Martha Owen/Deeside aac	SENW NWAL	SENW NWAL	6					6	✓	6	
8	496	23:49	Anna Drinkwater/Eryri Harriers	SENW NWAL	SENW NWAL	7					7	✓	13	
9	485	23:52	Chloe Leek/Pont-Y-Pwl & District Runners	SENW EWAL	SENW EWAL	8					8	✓	18	
10	614	24:00	Katherine Matthews/Chepstow Harriers	MW45 EWAL			MW45 EWAL	1			1	✓	1	
11	484	24:04	Antoinette Rose/Liswerry Runners	SENW EWAL	SENW EWAL	9					9	✓	27	
12	557	24:08	Claire Harris/West Cheshire Athletic Club	MW35 NWAL			MW35 NWAL	2			2	✓	2	
13	481	24:12	Kari Hinshelwood/Parc Bryn Bach RC	SENW EWAL	SENW EWAL	10					10	✓	37	
14	548	24:13	Laura Davies/Liswerry Runners	MW35 EWAL			MW35 EWAL	3			3	✓	3	
15	572	24:14	Lauren Mackie/Aberdare Valley AAC	MW35 SWAL			MW35 SWAL	4			4	✓	5	
16	556	24:20	Ruth Calcraft/Run Free Fell Runners	MW35 NWAL			MW35 NWAL	5			5	✓	7	
17	575	24:22	Laura Jones/Les Croupiers RC	MW35 SWAL			MW35 SWAL	6			6	✓	11	
18	527	24:44	Kristy Smith/Swansea Harriers	SENW WWAL	SENW WWAL	11					11	✓	16	
19	482	24:55	Emma Wookey/Liswerry Runners	SENW EWAL	SENW EWAL	12					12	✓	49	
20	602	24:55	Katie Adams/Spirit of Monmouth	MW45 EWAL			MW45 EWAL	2			2	✓	3	
21	543	25:07	George Dobbs/Newport Harriers	MW35 EWAL			MW35 EWAL	7			7	✓	10	
22	544	25:10	Tammi Preece/Parc Bryn Bach RC	MW35 EWAL			MW35 EWAL	8			8	✓	18	
23	593	25:13	Joanna Davies/Amman Valley Harriers	MW35 WWAL			MW35 WWAL	9			9	✓	9	
24	590	25:15	Emma Palfrey/Sam Helen	MW35 WWAL			MW35 WWAL	10			10	✓	19	
25	579	25:16	Morgan Ffion/CDF Runners	MW35 SWAL			MW35 SWAL	11			11	✓	22	
26	741	25:18	John Hickman/Caerphilly Runners	MM65 EWAL						MM65 EWAL	1	1	✓	1
27	549	25:24	Sally Hall/Liswerry Runners	MW35 EWAL			MW35 EWAL	12			12	✓	30	
28	547	25:28	Carly Stone/Liswerry Runners	MW35 EWAL			MW35 EWAL	13			13	✓	43	
29	747	25:36	Tom Rowlands/Meirionnydd Running Club	MM65 NWAL						MM65 NWAL	2	2	✓	2
30	511	25:37	Rachel McDowell/Les Croupiers RC	SENW SWAL	SENW SWAL	13					13	✓	13	
31	513	25:42	Bethan Moor/Ogmore Phoenix Runners	SENW SWAL	SENW SWAL	14					14	✓	27	
32	618	25:47	Emma Crowe/Cheshire Dragons	MW45 NWAL			MW45 NWAL	3			3	✓	3	
33	512	25:49	Jessica Wade/Les Croupiers RC	SENW SWAL	SENW SWAL	15					15	✓	42	
34	655	25:51	Tracey Breedon/Aberystwyth AC	MW45 WWAL			MW45 WWAL	4			4	✓	4	
35	663	26:05	Niki Morgan/Chepstow Harriers	MW55 EWAL					MW55 EWAL	1	1	✓	1	
36	518	26:07	Emma Suttie/CDF Runners	SENW SWAL	SENW SWAL	16					16	✓	58	
37	592	26:08	Kayleigh Bagshaw/Taf Running & Orienteering Team	MW35 WWAL			MW35 WWAL	14			14	✓	33	
38	636	26:15	Ceri Hooper/Les Croupiers RC	SENW SWAL			MW45 SWAL	5			5	✓	5	
39	514	26:16	Rachel Lammin/Les Croupiers RC	SENW SWAL	SENW SWAL	17					17	✓	75	
40	743	26:17	Steve Davies/Griffithstown Harriers	MM65 EWAL						MM65 EWAL	3	3	✓	4
41	490	26:18	Beth Jones/Parc Bryn Bach RC	SENW EWAL	SENW EWAL	18					18	✗		
42	574	26:24	Aimee Ferguson/Aberdare Valley AAC	MW35 SWAL			MW35 SWAL	15			15	✓	37	
43	587	26:26	Clara Davies/Amman Valley Harriers	MW35 WWAL			MW35 WWAL	16			16	✓	49	
44	542	26:32	Vicky Roberts/Spirit of Monmouth	MW35 EWAL			MW35 EWAL	17			17	✗		
45	489	26:34	Paige Crandon/Islywyn Running Club	SENW EWAL	SENW EWAL	19					19	✗		
46	652	26:35	Wendy Price/Amman Valley Harriers	MW45 WWAL			MW45 WWAL	6			6	✓	10	
47	553	26:35	Natalie Burchell/Liswerry Runners	MW35 EWAL			MW35 EWAL	18			18	✗		
48	745	26:35	Mark Griffiths/Parc Bryn Bach RC	MM65 EWAL						MM65 EWAL	4	4	✓	8
49	746	26:36	Anwel Lewis/Eryri Harriers	MM65 NWAL						MM65 NWAL	5	5	✓	7
50	545	26:40	Rachael Baralos/Caerphilly Runners	MW35 EWAL			MW35 EWAL	19			19	✗		
51	711	26:40	Lindy Geyer/Taf Running & Orienteering Team	MW55 WWAL					MW55 WWAL	2	2	✓	2	
52	541	26:45	Kymmarie Price/Parc Bryn Bach RC	MW35 EWAL			MW35 EWAL	20			20	✗		
53	521	26:47	Tilly Hall/Bridgend AC	SENW SWAL	SENW SWAL	20					20	✓	95	
54	613	26:48	Sandra Chipper/Liswerry Runners	MW45 EWAL			MW45 EWAL	7			7	✓	10	
55	491	26:50	Kate Jones/Builth and District Running Club	SENW EWAL	SENW EWAL	21					21	✗		
56	546	26:51	Melissa Morgan/Islywyn Running Club	MW35 EWAL			MW35 EWAL	21			21	✗		
57	601	26:59	Jenny Farrow/Builth and District Running Club	MW45 EWAL			MW45 EWAL	8			8	✓	18	
58	531	27:02	Jenny Tanner/Taf Running & Orienteering Team	SENW WWAL	SENW WWAL	22					22	✓	38	
59	604	27:04	Rachel Bowen/Liswerry Runners	MW45 EWAL			MW45 EWAL	9			9	✓	27	
60	639	27:12	Catherine Barker/Penarth and Dinas Runners	MW45 SWAL			MW45 SWAL	10			10	✓	15	
61	498	27:13	Alison Connolly/Eryri Harriers	SENW NWAL	SENW NWAL	23					23	✓	36	
62	617	27:18	Amanda Bailey/Wrexham AAC	MW45 NWAL			MW45 NWAL	11			11	✓	14	
63	754	27:37	Mike Davies/Albany Road Run Club	MM65 SWAL						MM65 SWAL	6	6	✓	6
64	523	27:41	Charlotte Pember/Aberdare Valley AAC	SENW SWAL	SENW SWAL	24					24	✓	119	
65	603	27:47	Naomi Law/Brecon AC	MW45 EWAL			MW45 EWAL	12			12	✗		
66	492	27:50	Emily Sams/Caerphilly Runners	SENW EWAL	SENW EWAL	25					25	✗		
67	609	27:55	Sara Williams/Caerphilly Runners	MW45 EWAL			MW45 EWAL	13			13	✗		
68	662	28:00	Annable Harford/Brecon AC	MW55 EWAL					MW55 EWAL	3	3	✓	4	
69	753	28:01	William Daniels/Pontyclun Road Runners	MM65 SWAL						MM65 SWAL	7	7	✓	13
70	488	28:03	Naomi Davies/Caerphilly Runners	SENW EWAL	SENW EWAL	26					26	✗		
71	522	28:04	Eleanor Letourec/Albany Road Run Club	SENW SWAL	SENW SWAL	27					27	✓	146	
72	751	28:04	David Coles/Les Croupiers RC	MM65 SWAL						MM65 SWAL	8	8	✓	21
73	637	28:05	Gina Hardman/Bridgend AC	MW45 SWAL			MW45 SWAL	14			14	✓	29	
74	692	28:06	Hayley Morgan/Pontyclun Road Runners	MW55 SWAL					MW55 SWAL	4	4	✓	4	
75	677	28:07	Emma Collins/Denbigh Harriers	MW55 NWAL			MW55 NWAL	5			5	✓	5	
76	554	28:15	Tammy Fry/Caerleon RC	MW35 EWAL			MW35 EWAL	22			22	✗		

25th Welsh Athletics Inter Regional & 47th Welsh Schools' Inter Schools

RACE 09 Senior Women Team Awards

Saturday 16th November 2024

Dolerw Park, Newtown

RACE 09 Senior Women Team Awards			
2 complete teams			
POS	TEAM	Team Points	Region Pts
1	SENW EWAL = 1, 2, 3, 4, 8, 9, 10, 8	49	15
2	SENW SWAL = 13, 14, 15, 16, 17, 20, 24, 8	146	14

INDIVIDUAL TOP 3 MEDALLISTS			
POS	ATHLETES	PLACES	IND PERF
1	Lauren Cooper/Western Tempo-SENW EWAL	1	22:27
2	Elinor Matthey/Parc Bryn Bach RC-SENW EWAL	2	23:06
3	Lauren Stockley/Parc Bryn Bach RC-SENW EWAL	3	23:10

TEAM MEDALLISTS			
1st	SENW EWAL Wales = 49 pts		
POS	ATHLETES	PLACES	IND PERF
1	Lauren Cooper/Western Tempo	1	22:27
2	Elinor Matthey/Parc Bryn Bach RC	2	23:06
3	Lauren Stockley/Parc Bryn Bach RC	3	23:10
4	Chloe Harrington/Newport Harriers	4	23:13
5	Chloe Leek/Pont-Y-Pwl & District Runners	8	23:52
6	Antoinette Rose/Lliswerry Runners	9	24:04
7	Kani Hinshelwood/Parc Bryn Bach RC	10	24:12
8	Emma Wookey/Lliswerry Runners	12	24:55
2nd	SENW SWAL Wales = 146 pts		
POS	ATHLETES	PLACES	IND PERF
1	Rachel McDowell/Les Croupiers RC	13	25:36
2	Bethan Moor/Ogmore Phoenix Runners	14	25:37
3	Jessica Wadey/Les Croupiers RC	15	25:47
4	Emma Suttie/CDF Runners	16	26:05
5	Rachel Lammin/Les Croupiers RC	17	26:15
6	Tilly Hall/Bridgend AC	20	26:45
7	Charlotte Pember/Aberdare Valley AAC	24	27:37
8	Eleanor Lelourec/Albany Road Run Club	27	28:03
3rd	NO TEAM AWARDS		
4th	Wales = 0 pts		

25th Welsh Athletics Inter Regional & 47th Welsh Schools' Inter Schools

RACE 09 Senior Women Team Awards

Saturday 16th November 2024

Dolerw Park, Newtown

Race 03 MW35 Team Awards			
3 complete teams			
POS	TEAM	Team Points	Region Pts
1	MW35 SWAL = , 1, 4, 6, 11, 15	35	
2	MW35 EWAL = , 3, 7, 8, 12, 13	48	
3	MW35 WWAL = , 9, 10, 14, 16, 23	67	

INDIVIDUAL TOP 3 MEDALLISTS			
POS	ATHLETES	PLACES	IND PERF
1	Louise Flynn/Les Croupiers RC-MW35 SWAL	5	23:14
2	Claire Harris/West Cheshire Athletic Club-MW35 NWAL	12	24:08
3	Laura Davies/Lliswerry Runners-MW35 EWAL	14	24:13

TEAM MEDALLISTS			
1st	MW35 SWAL Wales = 37 pts		
POS	ATHLETES	PLACES	IND PERF
1	Louise Flynn/Les Croupiers RC	1	23:14
2	Lauren Mackie/Aberdare Valley AAC	4	24:14
3	Laura Jones/Les Croupiers RC	6	24:22
4	Morgan Ffion/CDF Runners	11	25:16
5	Aimee Ferguson/Aberdare Valley AAC	15	26:18
2nd	MW35 EWAL Wales = 43 pts		
POS	ATHLETES	PLACES	IND PERF
1	Laura Davies/Lliswerry Runners	3	24:13
2	Georgie Dobbs/Newport Harriers	7	25:07
3	Tammi Preece/Parc Bryn Bach RC	8	25:10
4	Sally Hall/Lliswerry Runners	12	25:18
5	Carly Stone/Lliswerry Runners	13	25:24
3rd	MW35 WWAL Wales = 72 pts		
POS	ATHLETES	PLACES	IND PERF
1	Joanna Davies/Amman Valley Harriers	9	25:13
2	Emma Palfrey/Sarn Helen	10	25:15
3	Kayleigh Bagshaw/Taf Running & Orienteering Team	14	26:07
4	Clara Davies/Amman Valley Harriers	16	26:24
5	Karen Huggins/Llanelli AC	23	28:39
4th	NO TEAM AWARDS		

25th Welsh Athletics Inter Regional & 47th Welsh Schools' Inter Schools

RACE 09 Senior Women Team Awards

Saturday 16th November 2024

Dolerw Park, Newtown

Race 03 MW45 Team Awards			
4 complete teams			
POS	TEAM	Team Points	Region Pts
1	MW45 EWAL = , 1, 2, 7, 8, 9	27	
2	MW45 WWAL = , 4, 6, 15, 16, 17	58	
3	MW45 SWAL = , 5, 10, 14, 20, 21	70	
4	MW45 NWAL = , 3, 11, 19, 35, 38	106	

INDIVIDUAL TOP 3 MEDALLISTS			
POS	ATHLETES	PLACES	IND PERF
1	Katherine Matthews/Chepstow Harriers-MW45 EWAL	10	24:00
2	Katie Adams/Spirit of Monmouth-MW45 EWAL	20	24:55
3	Emma Crowe/Cheshire Dragons-MW45 NWAL	32	25:47

TEAM MEDALLISTS			
1st	MW45 EWAL Wales = 27 pts		
POS	ATHLETES	PLACES	IND PERF
1	Katherine Matthews/Chepstow Harriers	1	24:00
2	Katie Adams/Spirit of Monmouth	2	24:55
3	Sandra Chipper/Lliswerry Runners	7	26:47
4	Jenny Farrow/Builth and District Running Club	8	26:51
5	Rachel Bowen/Lliswerry Runners	9	27:02
2nd	MW45 WWAL Wales = 58 pts		
POS	ATHLETES	PLACES	IND PERF
1	Tracey Breedon/Aberystwyth AC	4	25:49
2	Wendy Price/Amman Valley Harriers	6	26:34
3	Kate Lynock/Amman Valley Harriers	15	28:15
4	Alix Arndt/Sarn Helen	16	28:15
5	Julie Hartley-Green/Swansea Harriers	17	28:22
3rd	MW45 SWAL Wales = 70 pts		
POS	ATHLETES	PLACES	IND PERF
1	Ceri Hooper/Les Croupiers RC	5	26:08
2	Catherine Barker/Penarth and Dinas Runners	10	27:04
3	Gina Hardman/Bridgend AC	14	28:04
4	Sarah Davies/Albany Road Run Club	20	28:37
5	Catherine Stephens/Bridgend AC	21	28:37
4th	MW45 NWAL Wales = 0 pts		

25th Welsh Athletics Inter Regional & 47th Welsh Schools' Inter Schools

RACE 09 Senior Women Team Awards

Saturday 16th November 2024

Dolerw Park, Newtown

Race 03 MW55 Team Awards			
3 complete teams			
POS	TEAM	Team Points	Region Pts
1	MW55 EWAL = , 1, 3, 6, 11, 14	35	
2	MW55 WWAL = , 2, 7, 9, 23, 26	67	
3	MW55 NWAL = , 5, 8, 10, 12, 13	48	

INDIVIDUAL TOP 3 MEDALLISTS			
POS	ATHLETES	PLACES	IND PERF
1	Niki Morgan/Chepstow Harriers-MW55 EWAL	35	26:05
2	Lindy Geyer/Taf Running & Orienteering Team-MW55 WWAL	51	26:40
3	Annabel Harford/Brecon AC-MW55 EWAL	68	28:00

TEAM MEDALLISTS			
1st	MW55 EWAL Wales = 35 pts		
POS	ATHLETES	PLACES	IND PERF
1	Niki Morgan/Chepstow Harriers	1	25:51
2	Annabel Harford/Brecon AC	3	27:55
3	Jan Morris/Chepstow Harriers	6	28:36
4	Tracy Baker/Pont-Y-Pwl & District Runners	11	29:09
5	Julia Bajjada/Chepstow Harriers	14	29:32
2nd	MW55 WWAL Wales = 67 pts		
POS	ATHLETES	PLACES	IND PERF
1	Lindy Geyer/Taf Running & Orienteering Team	2	26:40
2	Maggie Collingborn/Aberystwyth AC	7	28:50
3	Catharine Bleasdale/Amman Valley Harriers	9	29:00
4	Diane Ridgeway/3M Gorseinon Road Runners	23	31:30
5	Liz Pugh/Sarn Helen	26	32:10
3rd	MW55 NWAL Wales = 48 pts		
POS	ATHLETES	PLACES	IND PERF
1	Emma Collins/Denbigh Harriers	5	28:06
2	Ceri Cook/Buckley RC	8	29:00
3	Debbie Catermole/Meirionnydd Running Club	10	29:01
4	Joy Hickman/West Cheshire Athletic Club	12	29:23
5	Cheryl Frost/North Wales Road Runners	13	29:29
4th	NO TEAM AWARDS		

25th Welsh Athletics Inter Regional & 47th Welsh Schools' Inter Schools

RACE 09 Senior Women Team Awards

Saturday 16th November 2024

Dolerw Park, Newtown

Race 03 MW65 Team Awards			
1 complete team			
POS	TEAM	Team Points	Region Pts
1	#N/A	#N/A	#N/A

INDIVIDUAL TOP 3 MEDALLISTS			
POS	ATHLETES	PLACES	IND PERF
1	Susan Hughes/Prestatyn RC-MW65 NWAL	139	32:51
2	Julie Scholey/Les Croupiers RC-MW65 SWAL	141	32:59
3	Chris Thomas/Builth and District Running Club-MW65 EWAL	147	35:44

TEAM MEDALLISTS			
1st	#N/A		
POS	ATHLETES	PLACES	IND PERF
1			
2			
3			
2nd	NO TEAM AWARDS		

25th Welsh Athletics Inter Regional & 47th Welsh Schools' Inter Schools

RACE 09 Senior Women Team Awards

Saturday 16th November 2024

Dolerw Park, Newtown

Race 03 MM65 Team Awards			
3 complete teams			
POS	TEAM	Team Points	Region Pts
1	#N/A	#N/A	#N/A
2	#N/A	#N/A	#N/A
3	#N/A	#N/A	#N/A

INDIVIDUAL TOP 3 MEDALLISTS			
POS	ATHLETES	PLACES	IND PERF
1	John Hickman/Caerphilly Runners-MM65 EWAL	26	25:18
2	Tom Rowlands/Meirionnydd Running Club-MM65 NWAL	29	25:36
3	Steve Davies/Griffithstown Harriers-MM65 EWAL	40	26:17

TEAM MEDALLISTS			
1st	#N/A		
POS	ATHLETES	PLACES	IND PERF
1			
2			
3			
2nd	#N/A		
POS	ATHLETES	PLACES	IND PERF
1			
2			
3			
3rd	#N/A		
POS	ATHLETES	PLACES	IND PERF
1			
2			
3			
4th	NO TEAM AWARDS		

Race 10

25th Welsh Athletics Inter Regional & 47th Welsh Schools' Inter Schools

Race 10 Senior Men & Masters 9,550m (2:55 PM)

Saturday 16th November 2024

Dolerw Park, Newtown



SENM TEAM RESULTS										MM45 TEAM RESULTS										
9,550m	1	2	3	4	5	6	7	8	Pts	Count	Score	9,550m	1	2	3	4	5	Pts	Count	Score
SENM EWAL	6	7	8	13	16	17	19	20	106	8	15	MM45 SWAL	1	3	4	13	15	36	5	15
SENM SWAL	4	10	11	12	14	15	18	22	106	8	14	MM45 WWAL	6	7	8	16	18	55	5	14
SENM NWAL	2	3	5	9	21	26			6	6	6	MM45 EWAL	9	10	11	12	19	61	5	13
SENM WWAL	1	27	29	31	32				5	5	5	MM45 NWAL	2	5	14			3	3	3
MM35 TEAM RESULTS										MM55 TEAM RESULTS										
9,550m	1	2	3	4	5	Pts	Count	Score		9,550m	1	2	3	4	5	Pts	Count	Score		
MM35 EWAL	3	6	8	9	10	36	5	15		MM55 WWAL	2	9	10	14	15	50	5	15		
MM35 WWAL	2	4	12	16	21	55	5	14		MM55 SWAL	1	6	7	22	23	59	5	14		
MM35 NWAL	5	7	13	17	25	67	5	13		MM55 EWAL	11	12	13	16	18	70	5	13		
MM35 SWAL	1	15	19	20	29	84	5	12		MM55 NWAL	3	4	5	8		4	4	4		
Race 10 Senior Men & Masters 9,550m (2:55 PM)													PTS	Scorer	Team Pts					
POS	BIB	TIME	NAME	Region	SENM Region	Pos	MM35 Region	Pos	MM45 Age	Pos	MM55 Age	Pos	PTS	Scorer	Team Pts					
1	806	29:59	Callum Campion/Cardiff Athletics	SENM WWAL	SENM WWAL	1							1	✓	1					
2	776	30:01	Daniel Kashi/Meirionnydd Running Club	SENM NWAL	SENM NWAL	2							2	✓	2					
3	778	30:10	Morgan Kendall/Meirionnydd Running Club	SENM NWAL	SENM NWAL	3							3	✓	5					
4	792	30:17	Tristan Rees/Les Croupiers RC	SENM SWAL	SENM SWAL	4							4	✓	4					
5	781	30:41	James Roberts/Wrexham AAC	SENM NWAL	SENM NWAL	5							5	✓	10					
6	761	30:42	Matt Grantham/Parc Bryn Bach RC	SENM EWAL	SENM EWAL	6							6	✓	6					
7	762	30:45	Michael Lewis/Parc Bryn Bach RC	SENM EWAL	SENM EWAL	7							7	✓	13					
8	774	31:03	Lloyd Cottrell/Lliswerry Runners	SENM EWAL	SENM EWAL	8							8	✓	21					
9	779	31:17	Gwynant Jones/Western Tempo	SENM NWAL	SENM NWAL	9							9	✓	19					
10	796	31:25	Badr Alainzay/Cardiff Athletics	SENM SWAL	SENM SWAL	10							10	✓	14					
11	799	31:27	Samuel Richards/Pontypridd Roadents AC	SENM SWAL	SENM SWAL	11							11	✓	25					
12	851	31:36	Sam Humphrey/Penarth and Dinas Runners	MM35 SWAL			MM35 SWAL	1					1	✓	1					
13	869	31:49	Rob Davies/Amman Valley Harriers	MM35 WWAL			MM35 WWAL	2					2	✓	2					
14	912	31:51	James Thie/Pontypridd Roadents AC	MM45 SWAL					MM45 SWAL	1			1	✓	1					
15	795	31:55	James Hansell/San Domenico RC	SENM SWAL	SENM SWAL	12							12	✓	37					
16	763	31:56	Eric Apperley/Builth and District Running Club	SENM EWAL	SENM EWAL	13							13	✓	34					
17	821	32:04	Wyndham Turner/Builth and District Running Club	MM35 EWAL			MM35 EWAL	3					3	✓	3					
18	797	32:23	Ben Kennedy/Les Croupiers RC	SENM SWAL	SENM SWAL	14							14	✓	51					
19	867	32:29	Andrew Reynolds/Pontypridd Roadents AC	MM35 WWAL			MM35 WWAL	4					4	✓	6					
20	837	32:36	Llyr ap Gruffydd/Eryri Harriers	MM35 NWAL			MM35 NWAL	5					5	✓	5					
21	798	32:37	Samuel Griffin/Les Croupiers RC	SENM SWAL	SENM SWAL	15							15	✓	66					
22	830	32:42	David Aubrey/Western Tempo	MM35 EWAL			MM35 EWAL	6					6	✓	9					
23	836	32:43	Joel Gomes/Wrexham AAC	MM35 NWAL			MM35 NWAL	7					7	✓	12					
24	765	32:45	Patrick Jarvis/Parc Bryn Bach RC	SENM EWAL	SENM EWAL	16							16	✓	50					
25	772	32:45	Tom Tiley/Istwyn Running Club	SENM EWAL	SENM EWAL	17							17	✓	67					
26	824	32:53	Toby Jones/Lliswerry Runners	MM35 EWAL			MM35 EWAL	8					8	✓	17					
27	823	32:53	Jonathan Like/Parc Bryn Bach RC	MM35 EWAL			MM35 EWAL	9					9	✓	26					
28	831	32:54	Tim Iveson/Builth and District Running Club	MM35 EWAL			MM35 EWAL	10					10	✓	36					
29	833	32:55	Thomas Henry/Lliswerry Runners	MM35 EWAL			MM35 EWAL	11					11	✗						
30	896	32:56	Alun Williams/Meirionnydd Running Club	MM45 NWAL					MM45 NWAL	2			2	✓	2					
31	911	32:58	Matthew Jacklin/Aberdare Valley AAC	MM45 SWAL					MM45 SWAL	3			3	✓	4					
32	873	33:00	Andrew Cleverly/Swansea Harriers	MM35 WWAL			MM35 WWAL	12					12	✓	18					
33	844	33:05	Tony Wood/Denbigh Harriers	MM35 NWAL			MM35 NWAL	13					13	✓	25					
34	916	33:07	Vaughan Edwards/Les Croupiers RC	MM45 SWAL					MM45 SWAL	4			4	✓	8					
35	800	33:10	Huw Hudson/Penarth and Dinas Runners	SENM SWAL	SENM SWAL	18							18	✓	84					
36	822	33:18	Michael Holloway/Brecon AC	MM35 EWAL			MM35 EWAL	14					14	✗						
37	852	33:24	Owen Thomas/Aberdare Valley AAC	MM35 SWAL			MM35 SWAL	15					15	✓	16					
38	876	33:25	Ben Hutchinson/Taf Running & Orienteering Team	MM35 WWAL			MM35 WWAL	16					16	✓	34					
39	840	33:26	Carl Phillips/Maldwyn Harriers	MM35 NWAL			MM35 NWAL	17					17	✓	42					
40	767	33:28	Lewis Daniels/Parc Bryn Bach RC	SENM EWAL	SENM EWAL	19							19	✓	86					
41	900	33:29	Will Dunn/Meirionnydd Running Club	MM45 NWAL					MM45 NWAL	5			5	✓	7					
42	769	33:31	Jack Turner/Swansea Harriers	SENM EWAL	SENM EWAL	20							20	✓	106					
43	782	33:37	Jonah Armstrong/Prestatyn RC	SENM NWAL	SENM NWAL	21							21	✓	40					
44	802	33:38	Matthew Green/Les Croupiers RC	SENM SWAL	SENM SWAL	22							22	✓	106					
45	931	33:40	Henry Drake/Amman Valley Harriers	MM45 WWAL					MM45 WWAL	6			6	✓	6					
46	828	33:45	Mark Hobbs/Micky Morris Racing Team	MM35 EWAL			MM35 EWAL	18					18	✗						
47	930	33:45	Edward Land/Aberystwyth AC	MM45 WWAL					MM45 WWAL	7			7	✓	13					
48	854	33:46	Ryan Cullen/Penarth and Dinas Runners	MM35 SWAL			MM35 SWAL	19					19	✓	35					
49	855	33:51	Mark Palsler/CDF Runners	MM35 SWAL			MM35 SWAL	20					20	✓	55					
50	870	33:55	Patrick Tudor/Swansea Harriers	MM35 WWAL			MM35 WWAL	21					21	✓	55					
51	801	33:59	Matthias Flamenco/Les Croupiers RC	SENM SWAL	SENM SWAL	23							23	✗						
52	825	34:05	Adam Roberts/Parc Bryn Bach RC	MM35 EWAL			MM35 EWAL	22					22	✗						
53	868	34:06	Roscoe Howell/Pembrokeshire Harriers	MM35 WWAL			MM35 WWAL	23					23	✗						
54	805	34:09	Thomas Wilde/San Domenico RC	SENM SWAL	SENM SWAL	24							24	✗						
55	766	34:10	Joshua Fitton/Lliswerry Runners	SENM EWAL	SENM EWAL	25							25	✗						
56	936	34:11	Arwel Davies/Amman Valley Harriers	MM45 WWAL					MM45 WWAL	8			8	✓	21					
57	783	34:15	Gerald Coleman/Buckley RC	SENM NWAL	SENM NWAL	26							26	✓	66					
58	891	34:18	Andrew May/Brecon AC	MM45 EWAL					MM45 EWAL	9			9	✓	9					
59	826	34:21	Martin Johns/Lliswerry Runners	MM35 EWAL			MM35 EWAL	24					24	✗						

25th Welsh Athletics Inter Regional & 47th Welsh Schools' Inter Schools

Race 10 Senior Men & Masters 9,550m (2:55 PM)

Saturday 16th November 2024

Dolerw Park, Newtown



SENM TEAM RESULTS										MM45 TEAM RESULTS										
9,550m	1	2	3	4	5	6	7	8	Pts	Count	Score	9,550m	1	2	3	4	5	Pts	Count	Score
SENM EWAL	6	7	8	13	16	17	19	20	106	8	15	MM45 SWAL	1	3	4	13	15	36	5	15
SENM SWAL	4	10	11	12	14	15	18	22	106	8	14	MM45 WWAL	6	7	8	16	18	55	5	14
SENM NWAL	2	3	5	9	21	26			6	6	6	MM45 EWAL	9	10	11	12	19	61	5	13
SENM WWAL	1	27	29	31	32				5	5	5	MM45 NWAL	2	5	14			3	3	3
MM35 TEAM RESULTS										MM55 TEAM RESULTS										
9,550m	1	2	3	4	5	Pts	Count	Score	9,550m	1	2	3	4	5	Pts	Count	Score			
MM35 EWAL	3	6	8	9	10	36	5	15	MM55 WWAL	2	9	10	14	15	50	5	15			
MM35 WWAL	2	4	12	16	21	55	5	14	MM55 SWAL	1	6	7	22	23	59	5	14			
MM35 NWAL	5	7	13	17	25	67	5	13	MM55 EWAL	11	12	13	16	18	70	5	13			
MM35 SWAL	1	15	19	20	29	84	5	12	MM55 NWAL	3	4	5	8		4	4	4			

Race 10 Senior Men & Masters 9,550m (2:55 PM)													PTS	Scorer	Team Pts
POS	BIB	TIME	NAME	Region	SENM Region	Pos	MM35 Region	Pos	MM45 Age	Pos	MM55 Age	Pos	PTS	Scorer	Team Pts
1	806	29:59	Callum Champion/Cardiff Athletics	SENM WWAL	SENM WWAL	1							1	✓	1
60	811	34:24	Benjamin Clague/Pembrokeshire Harriers	SENM WWAL	SENM WWAL	27							27	✓	28
61	804	34:27	Owen Wiggins/Bridgend AC	SENM SWAL	SENM SWAL	28							28	✗	
62	838	34:30	Ally Hughes/Wrexham AAC	MM35 NWAL			MM35 NWAL	25					25	✓	67
63	882	34:30	Jon Belcher/Lliswerry Runners	MM45 EWAL					MM45 EWAL	10			10	✓	19
64	866	34:32	Dylan Davies/Sarn Helen	MM35 WWAL			MM35 WWAL	26					26	✗	
65	827	34:33	Ricci Watts/Pont-Y-Pwl & District Runners	MM35 EWAL			MM35 EWAL	27					27	✗	
66	893	34:35	Ben Sinclair/Pont-Y-Pwl & District Runners	MM45 EWAL					MM45 EWAL	11			11	✓	30
67	845	34:37	David Brilley/Buckley RC	MM35 NWAL			MM35 NWAL	28					28	✗	
68	857	34:42	Kevin Fosbury/Bridgend AC	MM35 SWAL			MM35 SWAL	29					29	✓	84
69	829	34:52	Manny Traylor/Brecon AC	MM35 EWAL			MM35 EWAL	30					30	✗	
70	858	34:57	John Morris/Les Croupiers RC	MM35 SWAL			MM35 SWAL	31					31	✗	
71	883	34:59	Tom Newman/Caerleon RC	MM45 EWAL					MM45 EWAL	12			12	✓	42
72	919	35:09	James Vassallo/Les Croupiers RC	MM45 SWAL					MM45 SWAL	13			13	✓	21
73	901	35:15	Robert James Miles/Wrexham AAC	MM45 NWAL					MM45 NWAL	14			14	✓	21
74	834	35:21	Thomas Turner/Builth and District Running Club	MM35 EWAL			MM35 EWAL	32					32	✗	
75	842	35:25	Tim Joy/Buckley RC	MM35 NWAL			MM35 NWAL	33					33	✗	
76	913	35:46	Adrian Lewis/Aberdare Valley AAC	MM45 SWAL					MM45 SWAL	15			15	✓	36
77	926	35:51	Andy Holcroft/Pembrokeshire Harriers	MM45 WWAL					MM45 WWAL	16			16	✓	37
78	918	35:53	Richard Dando/Bridgend Athletics	MM45 SWAL					MM45 SWAL	17			17	✗	
79	841	35:54	Gareth Chaloner/Wrexham AAC	MM35 NWAL			MM35 NWAL	34					34	✗	
80	927	35:57	Gareth Morgan/3M Gorseinon Road Runners	MM45 WWAL					MM45 WWAL	18			18	✓	55
81	975	35:58	John Adams/Rhondda Valley Runners	MM55 SWAL							MM55 SWAL	1	1	✓	1
82	808	36:02	Hywel Longman/Swansea Harriers	SENM WWAL	SENM WWAL	29							29	✓	57
83	768	36:04	Harry Woodward/Caldicot	SENM EWAL	SENM EWAL	30							30	✗	
84	889	36:06	Matt Turner/Caerleon RC	MM45 EWAL					MM45 EWAL	19			19	✓	61
85	839	36:16	Nick Bartley/Deeside AAC	MM35 NWAL			MM35 NWAL	35					35	✗	
86	986	36:25	Steve Williams/Pembrokeshire Harriers	MM55 WWAL							MM55 WWAL	2	2	✓	2
87	888	36:29	Luke Hurley/Islwyn Running Club	MM45 EWAL					MM45 EWAL	20			20	✗	
88	961	36:40	Steve Gardener/North Wales Road Runners	MM55 NWAL							MM55 NWAL	3	3	✓	3
89	859	36:45	Paul Morton/CDF Runners	MM35 SWAL			MM35 SWAL	36					36	✗	
90	810	36:51	Tomos Roberts/Cardiff Athletics	SENM WWAL	SENM WWAL	31							31	✓	88
91	958	36:52	Jeff Gifford/Buckley RC	MM55 NWAL							MM55 NWAL	4	4	✓	7
92	809	36:59	Luke Evans/Taf Running & Orienteering Team	SENM WWAL	SENM WWAL	32							32	✓	120
93	884	36:59	Andy Hughes/Chepstow Harriers	MM45 EWAL					MM45 EWAL	21			21	✗	
94	875	37:07	Martin Jones/Pembrokeshire Harriers	MM35 WWAL			MM35 WWAL	37					37	✗	
95	892	37:23	Phil Leek/Lliswerry Runners	MM45 EWAL					MM45 EWAL	22			22	✗	
96	956	37:36	Haydn Jones/Shrewsbury AC	MM55 NWAL							MM55 NWAL	5	5	✓	12
97	971	37:59	Kevin Chalke/Penarth and Dinas Runners	MM55 SWAL							MM55 SWAL	6	6	✓	7
98	886	38:07	Jason Nash/Parc Bryn Bach RC	MM45 EWAL					MM45 EWAL	23			23	✗	
99	871	38:08	Gareth Evans/Neath Harriers	MM35 WWAL			MM35 WWAL	38					38	✗	
100	972	38:15	Bryan Meredith/Rhondda Valley Runners	MM55 SWAL							MM55 SWAL	7	7	✓	14
101	957	38:30	Tim Woodhead/Deeside AAC	MM55 NWAL							MM55 NWAL	8	8	✓	20
102	890	38:34	Paul Bruton/Lliswerry Runners	MM45 EWAL					MM45 EWAL	24			24	✗	
103	988	38:50	Roger Jones/Port Talbot Harriers & AC	MM55 WWAL							MM55 WWAL	9	9	✓	11
104	991	38:55	Huw Davies/Carmarthen Harriers	MM55 WWAL							MM55 WWAL	10	10	✓	21
105	872	39:13	Ian Evans/Taf Running & Orienteering Team	MM35 WWAL			MM35 WWAL	39					39	✗	
106	915	39:36	Paul Davies/Aberdare Valley AAC	MM45 SWAL					MM45 SWAL	25			25	✗	
107	942	39:53	Chris Potter/Lliswerry Runners	MM55 EWAL							MM55 EWAL	11	11	✓	11
108	947	40:04	Daniel Bodin/Lliswerry Runners	MM55 EWAL							MM55 EWAL	12	12	✓	23
109	943	40:16	Huw James/Caerphilly Runners	MM55 EWAL							MM55 EWAL	13	13	✓	36
110	843	40:20	Peter Jervis/Maldwyn Harriers	MM35 NWAL			MM35 NWAL	40					40	✗	
111	992	40:24	Damian Sidnell/Aberystwyth AC	MM55 WWAL							MM55 WWAL	14	14	✓	35
112	990	40:25	Paul Scullion/Aberystwyth AC	MM55 WWAL							MM55 WWAL	15	15	✓	50
113	951	40:54	Simon Cawthorn/Lliswerry Runners	MM55 EWAL							MM55 EWAL	16	16	✓	52
114	989	41:02	Andy Breeze/Pembrokeshire Harriers	MM55 WWAL							MM55 WWAL	17	17	✗	
115	860	41:12	Gareth Jenkins/Ogmore Phoenix Runners	MM35 SWAL			MM35 SWAL	41					41	✗	
116	944	41:19	Neil Beynon/Parc Bryn Bach RC	MM55 EWAL							MM55 EWAL	18	18	✓	70
117	945	41:39	Dai Hamm/Islwyn Running Club	MM55 EWAL							MM55 EWAL	19	19	✗	
118	937	42:08	Glyn Davies/Carmarthen Harriers	MM45 WWAL					MM45 WWAL	26			26	✗	
119	946	42:31	Mark Baker/Pont-y-Pwl & District Runners	MM55 EWAL							MM55 EWAL	20	20	✗	

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Race 10 Senior Men & Masters 9,550m (2:55 PM)

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SENM TEAM RESULTS										MM45 TEAM RESULTS										
9,550m	1	2	3	4	5	6	7	8	Pts	Count	Score	9,550m	1	2	3	4	5	Pts	Count	Score
SENM EWAL	6	7	8	13	16	17	19	20	106	8	15	MM45 SWAL	1	3	4	13	15	36	5	15
SENM SWAL	4	10	11	12	14	15	18	22	106	8	14	MM45 WWAL	6	7	8	16	18	55	5	14
SENM NWAL	2	3	5	9	21	26			6	6	6	MM45 EWAL	9	10	11	12	19	61	5	13
SENM WWAL	1	27	29	31	32				5	5	5	MM45 NWAL	2	5	14			3	3	3
MM35 TEAM RESULTS										MM55 TEAM RESULTS										
9,550m	1	2	3	4	5	Pts	Count	Score				9,550m	1	2	3	4	5	Pts	Count	Score
MM35 EWAL	3	6	8	9	10	36	5	15				MM55 WWAL	2	9	10	14	15	50	5	15
MM35 WWAL	2	4	12	16	21	55	5	14				MM55 SWAL	1	6	7	22	23	59	5	14
MM35 NWAL	5	7	13	17	25	67	5	13				MM55 EWAL	11	12	13	16	18	70	5	13
MM35 SWAL	1	15	19	20	29	84	5	12				MM55 NWAL	3	4	5	8		4	4	4

Race 10 Senior Men & Masters 9,550m (2:55 PM)													Region	SENM Region	Pos	MM35 Region	Pos	MM45 Age	Pos	MM55 Age	Pos	PTS	Scorer	Team Pts
POS	BIB	TIME	NAME	Region	SENM Region	Pos	MM35 Region	Pos	MM45 Age	Pos	MM55 Age	Pos	PTS	Scorer	Team Pts									
1	806	29:59	Callum Champion/Cardiff Athletics	SENM WWAL	SENM WWAL	1							1	✓	1									
120	949	43:10	Stephen Price/Parc Bryn Bach RC	MM55 EWAL							MM55 EWAL	21	21	✗										
121	979	43:40	John Carroll/Pontypridd Roadents AC	MM55 SWAL							MM55 SWAL	22	22	✓	36									
122	977	44:49	Clive Osmond/Les Croupiers RC	MM55 SWAL							MM55 SWAL	23	23	✓	59									
123	938	45:27	tbc tbc/	MM45 WWAL					MM45 WWAL	27			27	✗										
124	993	46:54	Niget Leeming/Sarn Helen	MM55 WWAL							MM55 WWAL	24	24	✗										

25th Welsh Athletics Inter Regional & 47th Welsh Schools' Inter Schools

RACE 10 Senior Men Team Awards

Saturday 16th November 2024

Dolerw Park, Newtown

RACE 10 Senior Men Team Awards			
2 complete teams			
POS	TEAM	Team Points	Region Pts
1	SENM EWAL = 6, 7, 8, 13, 16, 17, 19, 8	106	15
2	SENM SWAL = 4, 10, 11, 12, 14, 15, 18, 8	106	14

INDIVIDUAL TOP 3 MEDALLISTS			
POS	ATHLETES	PLACE	PERF
1	Callum Champion/Cardiff Athletics-SENM WWAL	1	29:59
2	Daniel Kashi/Meirionnydd Running Club-SENM NWAL	2	30:01
3	Morgan Kendall/Meirionnydd Running Club-SENM NWAL	3	30:10

TEAM MEDALLISTS			
1st	SENM EWAL Wales = 106 pts		
POS	ATHLETES	PLACE	PERF
1	Matt Grantham/Parc Bryn Bach RC	6	30:42
2	Michael Lewis/Parc Bryn Bach RC	7	30:45
3	Lloyd Cottrell/Lliswerry Runners	8	31:03
4	Eric Apperley/Builth and District Running Club	13	31:56
5	Patrick Jarvis/Parc Bryn Bach RC	16	32:45
6	Tom Tiley/Islwyn Running Club	17	32:45
7	Lewis Daniels/Parc Bryn Bach RC	19	33:28
8	Jack Turner/Swansea Harriers	20	33:31
2nd	SENM SWAL Wales = 106 pts		
POS	ATHLETES	PLACE	PERF
1	Tristan Rees/Les Croupiers RC	4	30:17
2	Badr Alainzay/Cardiff Athletics	10	31:25
3	Samuel Richards/Pontypridd Roadents AC	11	31:27
4	James Hansell/San Domenico RC	12	31:55
5	Ben Kennedy/Les Croupiers RC	14	32:23
6	Samuel Griffin/Les Croupiers RC	15	32:37
7	Huw Hudson/Penarth and Dinas Runners	18	33:10
8	Matthew Green/Les Croupiers RC	22	33:38
3rd	NO TEAM AWARDS		
4th	NO TEAM AWARDS		

25th Welsh Athletics Inter Regional & 47th Welsh Schools' Inter Schools

RACE 10 Senior Men Team Awards

Saturday 16th November 2024

Dolerw Park, Newtown

RACE 10 Senior Men Team Awards

25th Welsh Athletics Inter Regional & 47th Welsh Schools' Inter Schools

RACE 10 Senior Men Team Awards

Saturday 16th November 2024

Dolerw Park, Newtown

Race 03 MM35 Team Awards

3 complete teams

POS	TEAM	Team Points	Region Pts
1	MM35 EWAL = , 3, 6, 8, 9, 10	36	
2	MM35 WWAL = , 2, 4, 12, 16, 21	55	
3	MM35 NWAL = , 5, 7, 13, 17, 25	67	

INDIVIDUAL TOP 3 MEDALLISTS

POS	ATHLETES	PLACE	PERF
1	Sam Humphrey/Penarth and Dinas Runners-MM35 SWAL	12	31:36
2	Rob Davies/Amman Valley Harriers-MM35 WWAL	13	31:49
3	Wyndham Turner/Builth and District Running Club-MM35 EWAL	17	32:04

TEAM MEDALLISTS

1st	MM35 EWAL Wales = 36 pts		
POS	ATHLETES	PLACE	PERF
1	Wyndham Turner/Builth and District Running Club	3	32:04
2	David Aubrey/Western Tempo	6	32:42
3	Toby Jones/Lliswerry Runners	8	32:53
4	Jonathan Like/Parc Bryn Bach RC	9	32:53
5	Tim Iveson/Builth and District Running Club	10	32:54
2nd	MM35 WWAL Wales = 55 pts		
POS	ATHLETES	PLACE	PERF
1	Rob Davies/Amman Valley Harriers	2	31:49
2	Andrew Reynolds/Pontypridd Roadents AC	4	32:29
3	Andrew Cleverly/Swansea Harriers	12	33:00
4	Ben Hutchinson/Taf Running & Orienteering Team	16	33:25
5	Patrick Tudor/Swansea Harriers	21	33:55
3rd	MM35 NWAL Wales = 67 pts		
POS	ATHLETES	PLACE	PERF
1	Llyr ap Gruffydd/Eryri Harriers	5	32:36
2	Joel Gomes/Wrexham AAC	7	32:43
3	Tony Wood/Denbigh Harriers	13	33:05
4	Carl Phillips/Maldwyn Harriers	17	33:26
5	Ally Hughes/Wrexham AAC	25	34:30
4th	NO TEAM AWARDS		

25th Welsh Athletics Inter Regional & 47th Welsh Schools' Inter Schools

RACE 10 Senior Men Team Awards

Saturday 16th November 2024

Dolerw Park, Newtown

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Race 03 MM45 Team Awards

3 complete teams

POS	TEAM	Team Points	Region Pts
1	MM45 SWAL = , 1, 3, 4, 13, 15	36	
2	MM45 WWAL = , 6, 7, 8, 16, 18	55	
3	MM45 EWAL = , 9, 10, 11, 12, 19	61	

INDIVIDUAL TOP 3 MEDALLISTS

POS	ATHLETES	PLACE	PERF
1	James Thie/Pontypridd Roadents AC-MM45 SWAL	14	31:51
2	Alun Williams/Meirionnydd Running Club-MM45 NWAL	30	32:56
3	Matthew Jacklin/Aberdare Valley AAC-MM45 SWAL	31	32:58

TEAM MEDALLISTS

1st	MM45 SWAL Wales = 36 pts		
POS	ATHLETES	PLACE	PERF
1	James Thie/Pontypridd Roadents AC	1	31:51
2	Matthew Jacklin/Aberdare Valley AAC	3	32:58
3	Vaughan Edwards/Les Croupiers RC	4	33:07
4	James Vassallo/Les Croupiers RC	13	35:09
5	Adrian Lewis/Aberdare Valley AAC	15	35:46
2nd	MM45 WWAL Wales = 55 pts		
POS	ATHLETES	PLACE	PERF
1	Henry Drake/Amman Valley Harriers	6	33:40
2	Edward Land/Aberystwyth AC	7	33:45
3	Arwel Davies/Amman Valley Harriers	8	34:11
4	Andy Holcroft/Pembrokeshire Harriers	16	35:51
5	Gareth Morgan/3M Gorseinon Road Runners	18	35:57
3rd	MM45 EWAL Wales = 61 pts		
POS	ATHLETES	PLACE	PERF
1	Andrew May/Brecon AC	9	34:18
2	Jon Belcher/Lliswerry Runners	10	34:30
3	Ben Sinclair/Pont-Y-Pwl & District Runners	11	34:35
4	Tom Newman/Caerleon RC	12	34:59
5	Matt Turner/Caerleon RC	19	36:06
4th	NO TEAM AWARDS		

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Race 03 MM55 Team Awards

3 complete teams

POS	TEAM	Team Points	Region Pts
1	MM55 WWAL = , 2, 9, 10, 14, 15	50	
2	MM55 SWAL = , 1, 6, 7, 22, 23	59	
3	MM55 EWAL = , 11, 12, 13, 16, 18	70	

INDIVIDUAL TOP 3 MEDALLISTS

POS	ATHLETES	PLACE	PERF
1	John Adams/Rhondda Valley Runners-MM55 SWAL	81	35:58
2	Steve Williams/Pembrokeshire Harriers-MM55 WWAL	86	36:25
3	Steve Gardener/North Wales Road Runners-MM55 NWAL	88	36:40

TEAM MEDALLISTS

1st MM55 WWAL Wales = 50 pts

POS	ATHLETES	PLACE	PERF
1	Steve Williams/Pembrokeshire Harriers	2	36:25
2	Roger Jones/Port Talbot Harriers & AC	9	38:50
3	Huw Davies/Carmarthen Harriers	10	38:55
4	Damian Sidnell/Aberystwyth AC	14	40:24
5	Paul Scullion/Aberystwyth AC	15	40:25

2nd MM55 SWAL Wales = 59 pts

POS	ATHLETES	PLACE	PERF
1	John Adams/Rhondda Valley Runners	1	35:58
2	Kevin Chalke/Penarth and Dinas Runners	6	37:59
3	Bryan Meredith/Rhondda Valley Runners	7	38:15
4	John Carroll/Pontypridd Roadents AC	22	43:40
5	Clive Osmond/Les Croupiers RC	23	44:49

3rd MM55 EWAL Wales = 70 pts

POS	ATHLETES	PLACE	PERF
1	Chris Potter/Lliswerry Runners	11	39:53
2	Daniel Bodin/Lliswerry Runners	12	40:04
3	Huw James/Caerphilly Runners	13	40:16
4	Simon Cawthorn/Lliswerry Runners	16	40:54
5	Neil Beynon/Parc Bryn Bach RC	18	41:19

4th NO TEAM AWARDS