

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

Regional Team Scores

Saturday 16th November 2024

Dolerw Park, Newtown



| | East Wales | North Wales | South Wales | West wales |
|---------------|------------|-------------|-------------|------------|
| U13G | 13 | 7 | 14 | 15 |
| U15G | 12 | 14 | 15 | 13 |
| U17W | 14 | 6 | 13 | 15 |
| U20W | 2 | 2 | 2 | 3 |
| SENW | 15 | 3 | 14 | 3 |
| MW35 | 14 | 2 | 15 | 13 |
| MW45 | 15 | 12 | 13 | 14 |
| MW55 | 15 | 13 | 12 | 14 |
| MW65 | 15 | 2 | 1 | 1 |
| Totals | 115 | 61 | 99 | 91 |

| | East Wales | North Wales | South Wales | West Wales |
|---------------|------------|-------------|-------------|------------|
| U13B | 12 | 15 | 13 | 14 |
| U15B | 13 | 15 | 14 | 12 |
| U17M | 12 | 14 | 15 | 13 |
| U20M | 1 | 14 | 13 | 15 |
| SENM | 15 | 6 | 14 | 5 |
| MM35 | 15 | 13 | 12 | 14 |
| MM45 | 13 | 3 | 15 | 14 |
| MM55 | 13 | 4 | 14 | 15 |
| MM65 | 15 | 14 | 13 | |
| Totals | 109 | 98 | 123 | 102 |

| FEMALE OVERALL | | |
|----------------|-------------|-----|
| 1 | East Wales | 115 |
| 2 | South Wales | 99 |
| 3 | West wales | 91 |
| 4 | North Wales | 61 |

| MALE OVERALL | | |
|--------------|-------------|-----|
| 1 | South Wales | 123 |
| 2 | East Wales | 109 |
| 3 | West Wales | 102 |
| 4 | North Wales | 98 |

| OVERALL WINNERS | | |
|-----------------|-------------------|-----|
| 1 | East Wales Wales | 224 |
| 2 | South Wales Wales | 222 |
| 3 | West Wales Wales | 193 |
| 4 | North Wales Wales | 159 |



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

| 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 | 8 | 11 | Molly Holland | EWAL-Chepstow Harriers | Dean Academy | 9:19 |
| 9 | 9 | 34 | Betty Lancaster | SWAL-Aberdare Valley AAC | Ysgol Gyfun Rhydywaun | 9:41 |
| 10 | 10 | 18 | Elin Evans | NWAL-Colwyn Bay AC | St Bridid's Denbigh | 9:41 |
| 11 | 11 | 51 | Mabli King | WWAL-Taf Running & Orienteering | Ysgol Y Preseli | 9:47 |
| 12 | 12 | 47 | Jessie Davies | WWAL-Celtic Tri | Cefn Saeson | 9:47 |
| 13 | 13 | 19 | Bethan Roberts | NWAL-Wrexham AAC | Castell Alun | 9:51 |
| 14 | 14 | 20 | Grace Hughes | NWAL-Wrexham AAC | Maelor School | 9:53 |
| 15 | 15 | 55 | Emily Evans-Williams | WWAL-Swansea Harriers | Ysgol Dyffryn Aman | 9:55 |
| 16 | 16 | 50 | Gwennan Gruffydd | WWAL-Swansea Harriers | Ysgol Gyfun Gwyr | 9:56 |
| 17 | 17 | 53 | Rosie Jones | WWAL-Swansea Harriers | Olcfa School | 9:57 |
| 18 | 18 | 1187 | Nansi Shide | WSAA | YG Cwm Rhymini - Gelli Haf | 9:59 |
| 19 | 19 | 46 | Megan Hughes | WWAL-Celtic Tri | Dwr y Felin | 9:59 |
| 20 | 20 | 57 | Paige-Lily Williams | WWAL-Carmarthen Harriers | Ysgol Dyffryn Aman | 10:04 |
| 21 | 21 | 37 | Willow Tonge | SWAL-Cardiff Athletics | Whitchurch | 10:06 |
| 22 | 22 | 1066 | Heledd Rowlands | WSAA | Llanidloes High School | 10:07 |
| 23 | 23 | 35 | Soren Hill | SWAL-Cardiff Athletics | Whitmore High School | 10:12 |
| 24 | 24 | 1067 | Teleri Rowlands | WSAA | Llanidloes High School | 10:13 |
| 25 | 25 | 1 | Summer Ramshaw | EWAL-Blaenau Gwent AC | Ysgol Gyfun Tredegar | 10:15 |
| 26 | 26 | 2 | Sophie Piddington | EWAL-Newport Harriers | Caldicot Comprehensive | 10:16 |
| 27 | 27 | 1042 | Eva Davison | WSAA | Caldicot Comprehensive | 10:17 |
| 28 | 28 | 22 | Monique Brandon-Higgs | NWAL-Maldwyn Harriers | Llanidloes High School | 10:18 |
| 29 | 29 | 58 | Grace Breach | WWAL-Neath Harriers | Bro Dur | 10:19 |
| 30 | 30 | 10 | Heidi Crabb | EWAL-Newport Harriers | Chepstow Comprehensive | 10:21 |
| 31 | 31 | 39 | Dakota Davies | SWAL-Rhondda AC | Ysgol Nantgwyn | 10:23 |
| 32 | | 12 | Ruby Liddington | EWAL-Chepstow Harriers | | 10:24 |
| 33 | 32 | 36 | Emily Evans | SWAL-Cardiff Athletics | Cowbridge | 10:25 |
| 34 | 33 | 38 | Emily Egan | SWAL-Pontyclun AC | Cowbridge | 10:25 |
| 35 | 34 | 54 | Betsan Roberts | WWAL-Celtic Tri | Ystalyfera | 10:26 |
| 36 | 35 | 1010 | Isla McKay | WSAA | Aberaeron School | 10:28 |
| 37 | 36 | 41 | Elsi Ap Hywel | SWAL-Aberdare Valley AAC | St John Baptist | 10:31 |
| 38 | 37 | 1061 | Ella Calvin-Thomas | WSAA | Llanidloes High School | 10:32 |
| 39 | 38 | 52 | Elsie Davies | WWAL-Carmarthen Harriers | Ysgol Dyffryn Aman | 10:32 |
| 40 | 39 | 4 | Ella Stone | EWAL-Newport Harriers | Bassaleg School | 10:32 |
| 41 | 40 | 1063 | Elsie Jones | WSAA | Llanidloes High School | 10:33 |
| 42 | 41 | 1060 | Janae Nugent | WSAA | Islwyn High School | 10:35 |
| 43 | 42 | 43 | Pheobe Morgan | SWAL-Aberdare Valley AAC | Cyfarthfa | 10:36 |
| 44 | 43 | 42 | Poppy Griffin-Gray | SWAL-Aberdare Valley AAC | Ysgol Gyfun Rhydywaun | 10:42 |
| 45 | 44 | 1068 | Ella Williams | WSAA | Llanidloes High School | 10:43 |
| 46 | 45 | 56 | Poppy Williams | WWAL-Pembrokeshire Harriers | Ysgol Penrhyn Dewi | 10:44 |
| 47 | 46 | 1059 | Grace Andrews | WSAA | Islwyn High School | 10:44 |
| 48 | 47 | 1165 | Ela Lois Davies | WSAA | Ysgol Glantaf | 10:44 |
| 49 | 48 | 21 | Daisy Jones | NWAL-Deeside AAC | Mold Alun | 10:45 |
| 50 | | 45 | Amelia Moses | SWAL-Aberdare Valley AAC | | 10:47 |
| 51 | 49 | 40 | Isla Carson | SWAL-Bridgend AC | Gartholwg | 10:50 |
| 52 | 50 | 9 | Madison Tattersall | EWAL-Rhymney Valley AC | Blackwood Comprehensive | 10:55 |
| 53 | 51 | 5 | Megan Adams | EWAL-Newport Harriers | Haberdashers Monmouth | 10:55 |
| 54 | | 44 | Nia Vale | SWAL-Aberdare Valley AAC | | 10:57 |
| 55 | 52 | 1088 | Yasmin Evans | WSAA | Penglais | 10:58 |
| 56 | 53 | 3 | Lily Hodge | EWAL-Newport Harriers | St Josephs RC Newport | 10:59 |
| 57 | 54 | 1195 | Imogen Fautds | WSAA | Cowbridge | 11:00 |
| 58 | 55 | 1192 | Lucy Lane | WSAA | Cowbridge | 11:04 |
| 59 | 56 | 1168 | Celyn Jones | WSAA | Ysgol Glantaf | 11:05 |
| 60 | 57 | 1166 | Beu Davies | WSAA | Ysgol Glantaf | 11:08 |
| 61 | 58 | 1131 | Elinor Provis | WSAA | YG Bro Morgannwg | 11:15 |
| 62 | 59 | 13 | Cassidy Jones | EWAL-Brecon AC | Gwernyfed High | 11:16 |
| 63 | 60 | 59 | Freya Cleverly | WWAL-Swansea Harriers | Ysgol Dyffryn Aman | 11:20 |
| 64 | 61 | 1009 | Mari McConochie | WSAA | Aberaeron School | 11:23 |
| 65 | 62 | 1062 | Elin Foulkes | WSAA | Llanidloes High School | 11:27 |
| 66 | 63 | 1001 | Charlotte Anderton | WSAA | Aberaeron School | 11:30 |
| 67 | 64 | 48 | Anya Haf Walters | WWAL-Carmarthen Harriers | Maes Y Gwendraeth | 11:31 |
| 68 | 65 | 1006 | Evelyn Eadon | WSAA | Aberaeron School | 11:39 |
| 69 | 66 | 1094 | Llinos Rowlands | WSAA | Penweddig | 11:41 |
| 70 | 67 | 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 | 22 | 24 | 28 | 37 | 111 |
| 2 | Ysgol Dyffryn Aman | 15 | 20 | 38 | 60 | 133 |
| 3 | Cowbridge | 32 | 33 | 54 | 55 | 174 |
| 4 | Llanidloes High School | 40 | 44 | 62 | 67 | 213 |
| 5 | Aberaeron School | 35 | 61 | 63 | 65 | 224 |
| 6 | Ysgol Glantaf | 47 | 56 | 57 | 77 | 237 |
| 7 | YG Bro Morgannwg | 58 | 71 | 72 | 74 | 275 |
| 8 | Aberaeron School | 76 | 78 | 79 | 80 | 313 |

1st Schools Team - Athletes: Llanidloes High School (111Pts)

| | | |
|------|----------------------------|-------|
| 1066 | Heledd Rowlands (22) | 10:07 |
| 1067 | Teleri Rowlands (24) | 10:13 |
| 22 | Monique Brandon-Higgs (28) | 10:18 |
| 1061 | Ella Calvin-Thomas (37) | 10:32 |

2nd Schools Team - Athletes: Ysgol Dyffryn Aman (133Pts)

| | | |
|----|---------------------------|-------|
| 55 | Emily Evans-Williams (15) | 09:55 |
| 57 | Paige-Lily Williams (20) | 10:04 |
| 52 | Elsie Davies (38) | 10:32 |
| 59 | Freya Cleverly (60) | 11:20 |

3rd Schools Team - Athletes: Cowbridge (174Pts)

| | | |
|------|--------------------|-------|
| 36 | Emily Evans (32) | 10:25 |
| 38 | Emily Egan (33) | 10:25 |
| 1195 | Imogen Fautds (54) | 11:00 |
| 1192 | Lucy Lane (55) | 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)

| POS | Int-Sch | BIB | ATHLETE | REGION & CLUB | SCHOOL | TIME |
|-----|---------|------|---------------------|------------------------|-------------------------|-------|
| 71 | 68 | 1045 | Daisy O'Donnell | WSAA | Chepstow Comprehensive | 11:51 |
| 72 | 69 | 8 | Jessica Bateman | EWAL-Rhymney Valley AC | Ysgol Gudrun cwm rhymni | 11:52 |
| 73 | 70 | 1181 | Lucy Griffiths | WSAA | Ysgol Nantgwyn | 11:53 |
| 74 | 71 | 1129 | Fion Llewiss | WSAA | YG Bro Morgannwg | 11:56 |
| 75 | 72 | 1127 | Gwyneth Griffiths | WSAA | YG Bro Morgannwg | 11:58 |
| 76 | 73 | 1121 | Jane Thompson | WSAA | Whitchurch | 12:02 |
| 77 | | 6 | Hollie Price | EWAL-Rhymney Valley AC | | 12:06 |
| 78 | 74 | 1132 | Nia Rowe | WSAA | YG Bro Morgannwg | 12:14 |
| 79 | 75 | 1105 | Cadi Rooke | WSAA | Welshpool High School | 12:35 |
| 80 | 76 | 1005 | Bethan Davies-Evans | WSAA | Aberaeron School | 12:44 |
| 81 | 77 | 1167 | Cadi Emmerson | WSAA | Ysgol Glantaf | 12:52 |
| 82 | 78 | 1002 | Emily Campbell | WSAA | Aberaeron School | 13:10 |
| 83 | 79 | 1003 | Gwenllian Dafydd | WSAA | Aberaeron School | 13:44 |
| 84 | 80 | 1007 | Alice Hockaday | WSAA | Aberaeron School | 14:11 |
| 85 | 81 | 1130 | Sara Gobir | WSAA | YG Bro Morgannwg | 14:37 |
| 86 | 82 | 1046 | Ruby Morgan | WSAA | Chepstow Comprehensive | 15:25 |
| 87 | 83 | 1011 | Miley Thomas | WSAA | Aberaeron School | 15:26 |
| 88 | 84 | 1008 | Shiyann Lewis | WSAA | Aberaeron School | 15:31 |
| 89 | 85 | 1004 | Gwen Davies | WSAA | Aberaeron School | 17:34 |
| 90 | 86 | 60 | Hannah James | WWAL-Llanelli AC | Birchgrove Comp | 19:05 |

Inter Schools Incomplete Teams = 34

| School | Places | | | Pts | |
|--------|---------------------------|----|----|-----|-----|
| | | | | | |
| 1 | Whitchurch | 5 | 21 | 73 | 99 |
| 2 | Chepstow Comprehensive | 30 | 68 | 82 | 180 |
| 3 | Aberaeron School | 83 | 84 | 85 | 252 |
| 4 | Myddelton College | 1 | 2 | | 3 |
| 5 | Bryn Cellynnog School | 6 | 7 | | 13 |
| 6 | Caldicot Comprehensive | 26 | 27 | | 53 |
| 7 | St Josephs RC Newport | 4 | 53 | | 57 |
| 8 | Islwyn High School | 41 | 46 | | 87 |
| 9 | Bro Myrddin | 3 | | | 3 |
| 10 | Dean Academy | 8 | | | 8 |
| 11 | St Bridid's Denbigh | 10 | | | 10 |
| 12 | Cefn Saeson | 12 | | | 12 |
| 13 | Castell Alun | 13 | | | 13 |
| 14 | Maelor School | 14 | | | 14 |
| 15 | Olchfa School | 17 | | | 17 |
| 16 | YG Cwm Rhymni - Gelli Haf | 18 | | | 18 |
| 17 | Dwr y Felin | 19 | | | 19 |
| 18 | Whitmore High School | 23 | | | 23 |
| 19 | Bro Dur | 29 | | | 29 |
| 20 | St John Baptist | 36 | | | 36 |
| 21 | Bassaleg School | 39 | | | 39 |
| 22 | Cyfarthfa | 42 | | | 42 |
| 23 | Mold Alun | 48 | | | 48 |
| 24 | Gartholwg | 49 | | | 49 |
| 25 | Blackwood Comprehensive | 50 | | | 50 |
| 26 | Haberdashers Monmouth | 51 | | | 51 |
| 27 | Penglais | 52 | | | 52 |
| 28 | Gwernyfed High | 59 | | | 59 |
| 29 | Maes Y Gwendraeth | 64 | | | 64 |
| 30 | Penweddig | 66 | | | 66 |
| 31 | Ysgol Gudrun cwm rhymni | 69 | | | 69 |
| 32 | Welshpool High School | 75 | | | 75 |
| 33 | YG Bro Morgannwg | 81 | | | 81 |
| 34 | Birchgrove Comp | 86 | | | 86 |



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

| 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 | Olchfa 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 Bervyn 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 Tutlock | 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 | Evan Walton | 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 Celynnog 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 | Islwyn High School | 10:24 |
| 66 | 63 | 66 | Hari Bevan | EWAL-Brecon AC | Ysgol Gymraeg Ysatatlyfera | 10:26 |
| 67 | 64 | 64 | Joey Line | EWAL-Pont-Y-Pwl & District Runn | Abertillery Learning Community | 10:27 |
| 68 | 65 | 68 | Jacob Profit | EWAL-Rhymney Valley AC | Islwyn 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-Carmarthen Harriers (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-Narmanth 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)

| 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 Edern | 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 | Tomi 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 |

Inter Schools Incomplete Teams = 39

| School | Places | | | Pts |
|--------------------------------|--------|----|----|-----|
| | | | | |
| 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 Istwyn 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 Commun | 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 Edern | 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)

| 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 | Ysgol 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 Celynnog 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 = 33 | | | | | |
|-------------------------------------|--------------------------|----|----|----|-----|
| School | Places | | | | Pts |
| 1 | Whitchurch | 18 | 51 | 53 | 122 |
| 2 | Ysgol Friars | 4 | 22 | | 26 |
| 3 | Bishopston Comprehensive | 9 | 28 | | 37 |
| 4 | Bro Dinefwr | 24 | 38 | | 62 |
| 5 | Bro Myrddin | 23 | 43 | | 66 |
| 6 | Cowbridge | 31 | 41 | | 72 |
| 7 | Mold Alun | 44 | 46 | | 90 |
| 8 | Hawarden High School | 1 | | | 1 |
| 9 | Bassaleg School | 5 | | | 5 |
| 10 | Rougemont | 6 | | | 6 |
| 11 | Brynateg | 8 | | | 8 |
| 12 | Ysgol Glantaf | 10 | | | 10 |

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

Dolenw Park, Newtown



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

| POS | Int-Sch | BIB | ATHLETE | REGION & CLUB | SCHOOL | TIME |
|-----|---------|-----|---------|---------------|------------------------|------|
| 13 | | | | | Ysgol Bae Baglan | 13 |
| 14 | | | | | Y Pant School | 14 |
| 15 | | | | | St John Lloyd | 16 |
| 16 | | | | | Bryn Cellynnog School | 17 |
| 17 | | | | | Ysgol Cwm Rhondda | 19 |
| 18 | | | | | Maelor School | 20 |
| 19 | | | | | Ysgol Bryn Hyfryd | 21 |
| 20 | | | | | Ysgol Dyffryn Nantlle | 25 |
| 21 | | | | | Ysgol Gyfun Llangefni | 26 |
| 22 | | | | | Radyr Comprehensive | 27 |
| 23 | | | | | Islwyn High School | 29 |
| 24 | | | | | Ysgol Brombil | 30 |
| 25 | | | | | Penweddig | 32 |
| 26 | | | | | St Martins Caerphilly | 33 |
| 27 | | | | | Bishop Gore | 34 |
| 28 | | | | | Caldicot Comprehensive | 39 |
| 29 | | | | | Castell Alun | 40 |
| 30 | | | | | Bishop of Llandaff | 42 |
| 31 | | | | | Penyrheol | 45 |
| 32 | | | | | Gwent Is Coed | 48 |
| 33 | | | | | Aberaeron School | 56 |

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-Llswerry Runners | Rougemont | 13:36 |
| 27 | 24 | 203 | Harry Simcock | NWAL-Wrexham AAC | Bishop Heber High School | 13:37 |
| 28 | 25 | 213 | Archie Griffiths | SWAL-Bridgend AC | Cowbridge | 13:39 |
| 29 | 26 | 233 | Dylan Hopkins | WWAL-Llanelli AC | Bryngwyn Comprehensive | 13:48 |
| 30 | | 185 | Ernest Maley | EWAL-Newport Harriers | | 13:49 |
| 31 | 27 | 234 | Deklan Roberts | WWAL-Llanelli AC | St John Lloyd | 13:54 |
| 32 | 28 | 212 | Kevin Feng | SWAL-Cardiff Athletics | Llanishen High | 13:54 |
| 33 | 29 | 228 | Gethin Thomas | WWAL-Carmarthen Harriers | Queen Elizabeth High School | 13:55 |
| 34 | 30 | 208 | Noah Thomas | NWAL-Wrexham AAC | Ysgol Rhiwabon | 13:56 |
| 35 | | 215 | Billy Wedlake | SWAL-Barry & Vale Harriers | | 14:05 |
| 36 | 31 | 1175 | Freddie Morgans | WSAA | Ysgol Glantaf | 14:11 |
| 37 | 32 | 1177 | Thomas Pascoe | WSAA | Ysgol Glantaf | 14:12 |
| 38 | 33 | 1087 | Thomas Evans | WSAA | Maes Y Gwendraeth | 14:19 |
| 39 | 34 | 186 | John Gibby | EWAL-Newport Harriers | Monmouth Haberdasher | 14:22 |
| 40 | 35 | 1145 | Jaxon Browne | WSAA | YG Bro Morgannwg | 14:29 |
| 41 | 36 | 1055 | Kayden Griffiths | WSAA | Gwent Is Coed | 14:31 |
| 42 | 37 | 219 | Daniel Hollins | SWAL-Cardiff Athletics | Ysgol Glantaf | 14:31 |
| 43 | | 222 | Django Summerill | SWAL-Aberdare Valley AAC | | 14:32 |
| 44 | 38 | 1058 | Kobi Williams | WSAA | Gwernyfed HS | 15:00 |
| 45 | 39 | 1077 | Wil Purdy | WSAA | Llanidloes High School | 15:13 |
| 46 | 40 | 1176 | Noa Murray | WSAA | Ysgol Glantaf | 15:14 |
| 47 | 41 | 1146 | Dylan Gaffney | WSAA | YG Bro Morgannwg | 15:17 |
| 48 | | 201 | Jack Collings | NWAL-Wrexham AAC | | 15:28 |
| 49 | 42 | 1035 | Jack Platt | WSAA | Aberaeron School | 15:34 |
| 50 | 43 | 1174 | Gethin Lewis | WSAA | Ysgol Glantaf | 15:41 |
| 51 | 44 | 1148 | Sam Hunt | WSAA | YG Bro Morgannwg | 15:42 |
| 52 | 45 | 1076 | Max Gower | WSAA | Llanidloes High School | 15:51 |
| 53 | 46 | 1149 | Charlie Lane | WSAA | YG Bro Morgannwg | 15:59 |
| 54 | 47 | 230 | Ioan Davies | WWAL-Neath Harriers | Bro Dur | 16:05 |
| 55 | 48 | 226 | Drystan King | WWAL-Taf Running & Orienteering | Ysgol Y Preseli | 16:22 |
| 56 | 49 | 1057 | Levi Williams | WSAA | Gwent Is Coed | 16:31 |
| 57 | 50 | 225 | Ted Lancaster | SWAL-Aberdare Valley AAC | Cyfarthfa | 16:35 |
| 58 | 51 | 1056 | Dion Newman | WSAA | Gwent Is Coed | 16:36 |
| 59 | 52 | 188 | Callum Roberts | EWAL-Cwmbran Harriers | West Monmouth | 16:51 |
| 60 | 53 | 1031 | Patryk Chrostowski | WSAA | Aberaeron School | 17:30 |
| 61 | 54 | 1034 | Guto Jones-Evans | WSAA | Aberaeron School | 17:40 |
| 62 | 55 | 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-Llswerry 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 | 31 | 32 | 37 | 40 | 140 |
| 2 | YG Bro Morgannwg | 35 | 41 | 44 | 46 | 166 |
| 3 | Aberaeron School | 42 | 53 | 54 | 55 | 204 |

1st Schools Team - Athletes: Ysgol Glantaf (140Pts)

| | | |
|------|----------------------|-------|
| 1175 | Freddie Morgans (31) | 14:11 |
| 1177 | Thomas Pascoe (32) | 14:12 |
| 219 | Daniel Hollins (37) | 14:31 |
| 1176 | Noa Murray (40) | 15:14 |

2nd Schools Team - Athletes: YG Bro Morgannwg (166Pts)

| | | |
|------|--------------------|-------|
| 1145 | Jaxon Browne (35) | 14:29 |
| 1146 | Dylan Gaffney (41) | 15:17 |
| 1148 | Sam Hunt (44) | 15:42 |
| 1149 | Charlie Lane (46) | 15:59 |

3rd Schools Team - Athletes: Aberaeron School (204Pts)

| | | |
|------|-------------------------|-------|
| 1035 | Jack Platt (42) | 15:34 |
| 1031 | Patryk Chrostowski (53) | 17:30 |
| 1034 | Guto Jones-Evans (54) | 17:40 |
| 1032 | Noah Coleman-Long (55) | 17:47 |

Inter Schools Incomplete Teams = 36

| School | Places | | | | Pts |
|--------|---------------------------|----|----|----|-----|
| 1 | Llanidloes High School | 12 | 39 | 45 | 96 |
| 2 | Gwent Is Coed | 36 | 49 | 51 | 136 |
| 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 |
| 12 | Ystalyfera | 14 | | | 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 | | | | | Bishop Heber High School | 24 |
| 23 | | | | | Cowbridge | 25 |
| 24 | | | | | Bryngwyn Comprehensive | 26 |
| 25 | | | | | St John Lloyd | 27 |
| 26 | | | | | Llanishen High | 28 |
| 27 | | | | | Queen Elizabeth High School | 29 |
| 28 | | | | | Ysgol Rhiwabon | 30 |
| 29 | | | | | Maes Y Gwendraeth | 33 |
| 30 | | | | | Monmouth Haberdasher | 34 |
| 31 | | | | | Gwernyfed HS | 38 |
| 32 | | | | | Ysgol Glantaf | 43 |
| 33 | | | | | Bro Dur | 47 |
| 34 | | | | | Ysgol Y Preseli | 48 |
| 35 | | | | | Cyfarthfa | 50 |
| 36 | | | | | West Monmouth | 52 |

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 | 2 | 1-U20W | 316 | Beca Bown | NWAL-Menai Track & Field | Ysgol Uwchradd Boddedern | 17:52 |
| 2 | | 3 | 2-U17W | 256 | Madison Hughes | NWAL-Maldwyn Harriers | Llanidloes High School | 17:56 |
| 3 | | 4 | 3-U17W | 279 | Rebecca Harries | SWAL-Cardiff Athletics | Pencoedtre High | 17:59 |
| 4 | | 5 | 4-U17W | 293 | Millie Pierce | WWAL-Swansea Harriers | Olchfa School | 18:24 |
| 5 | | 6 | 5-U17W | 286 | Macey Blue | WWAL-Carmarthen Harriers | Bro Myrddin | 19:12 |
| | 2 | 7 | 2-U20W | 349 | Mai Davies | WWAL-Swansea Harriers | Coleg Sir Gar | 19:27 |
| 6 | | 8 | 6-U17W | 241 | Anya Brady | EWAL-Newport Harriers | Caldicot Comprehensive | 19:37 |
| 7 | | 9 | 7-U17W | 257 | Olivia Morgan | NWAL-Maldwyn Harriers | Llanidloes High School | 19:46 |
| | 3 | 10 | 3-U20W | 318 | Mabil Baines | NWAL-Eryri Harriers | Harper Adams University | 19:49 |
| 8 | | 11 | 8-U17W | 289 | Chloe Hartley-Green | WWAL-Swansea Harriers | Gowerton | 19:53 |
| 9 | | 12 | 9-U17W | 242 | Emily Walker | EWAL-Newport Harriers | Monmouth Comprehensive | 19:54 |
| | | 13 | 10-U17W | 1050 | Kate Oxenham | WSAA | Chepstow Comprehensive | 20:06 |
| | | 14 | 11-U17W | 1191 | Elffin Bryant | WSAA | Ysgol Glantaf | 20:10 |
| 12 | | 15 | 12-U17W | 274 | Imogen Davies | SWAL-Cardiff Athletics | YG Bro Morgannwg | 20:15 |
| 13 | | 16 | 13-U17W | 288 | Lily Williams | WWAL-Celtic Tri | St Josephs Port Talbot | 20:22 |
| 14 | | 17 | 14-U17W | 243 | Megan Pewtner | EWAL-Rhymney Valley AC | Ysgol Gyfun Cwm Rhymni | 20:33 |
| 15 | | 18 | 15-U17W | 263 | Orla Kissane | NWAL-Deeside AAC | West Kirby Grammar | 20:36 |
| 16 | | 19 | 16-U17W | 249 | Emily Peltor | EWAL-Brecon AC | Crickhowell High | 20:47 |
| 17 | | 20 | 17-U17W | 272 | Lily Jacklin | SWAL-Aberdare Valley AAC | St John Baptist | 21:04 |
| 18 | | 21 | 18-U17W | 244 | Clara Rhodes | EWAL-Newport Harriers | Bassaleg School | 21:05 |
| 19 | | 22 | 19-U17W | 280 | Rhiannon Derrick | SWAL-Cardiff Athletics | Ysgol Glantaf | 21:11 |
| | 4 | 23 | 4-U20W | 348 | Rhiannon Heredia-Rowe | WWAL-Celtic Tri | Gower College | 21:15 |
| 20 | | 24 | 20-U17W | 260 | Olwen Baines | NWAL-Eryri Harriers | Ysgol Brynrefail | 21:16 |
| 21 | | 25 | 21-U17W | 277 | Megan Quirk | SWAL-Aberdare Valley AAC | Cyfarthfa | 21:18 |
| 22 | | 26 | 22-U17W | 258 | Erin Smith | NWAL-Wrexham AAC | Maelor School | 21:21 |
| 23 | | 27 | 23-U17W | 247 | Sophie Steele | EWAL-Newport Harriers | Chepstow Comprehensive | 21:25 |
| 24 | | 28 | 24-U17W | 271 | Katy Griffith | SWAL-Bridgend AC | Loughborough Students AC | 21:32 |
| 25 | | 29 | 25-U17W | 275 | Grace Griffiths | SWAL-Rhondda AC | Tonyrefail Community School | 21:49 |
| 26 | | 30 | 26-U17W | 245 | Paige Douglas | EWAL-Llswerry Runners | Caldicot Comprehensive | 22:02 |
| 27 | | | | 295 | Anastasia Egglestone-Stoker | WWAL-Carmarthen Harriers | | 22:09 |
| 28 | | 32 | 27-U17W | 290 | Imogen McAdie | WWAL-Swansea Harriers | Ysgol Gyfun Gwyr | 22:24 |
| 29 | | 33 | 28-U17W | 281 | Isabelle Lewis | SWAL-Aberdare Valley AAC | St John Baptist | 22:25 |
| | 5 | 34 | 5-U20W | 347 | Neve Marques | WWAL-Amman Valley Harriers | Gower College | 22:45 |
| 30 | | 35 | 29-U17W | 287 | Arianna Protheroe | WWAL-Llanelli AC | Coleg Sir Gar | 22:51 |
| 31 | | 36 | 30-U17W | 265 | Jessica Hodgson | NWAL-Deeside AAC | Mold Alun | 22:58 |
| 32 | | 37 | 31-U17W | 278 | Megan Swanson | SWAL-Aberdare Valley AAC | Lewis School Pengam | 23:00 |
| | 6 | 38 | 6-U20W | 302 | Daryna Kukhtina | EWAL-Rhymney Valley AC | Coleg Gwent | 23:21 |
| | | 39 | 32-U17W | 1079 | Peace Ajuk | WSAA | Llanidloes High School | 23:27 |
| | | 40 | 33-U17W | 1152 | Alys Horn | WSAA | YG Bro Morgannwg | 23:28 |
| | 7 | | | 332 | Caitlin Cartlidge | SWAL-Aberdare Valley AAC | | 23:55 |
| 35 | | 42 | 34-U17W | 276 | Mali Crimmings | SWAL-Aberdare Valley AAC | St John Baptist | 23:58 |
| | | 43 | 35-U17W | 1049 | Bethan Ball | WSAA | Chepstow Comprehensive | 24:09 |
| | 8 | 44 | 7-U20W | 303 | Maddie Malpas | EWAL-Rhymney Valley AC | Aberystwyth University | 24:38 |
| 37 | | 45 | 36-U17W | 246 | Iona Jones | EWAL-Llswerry Runners | Caldicot Comprehensive | 25:23 |
| | 9 | | | 331 | Arwen Rees | SWAL-Ogmore Phoenix Runners | | 25:56 |
| | | 47 | 37-U17W | 1153 | Marged Evans | WSAA | YG Bro Morgannwg | 26:12 |
| | | 48 | 38-U17W | 1081 | Erin Owen | WSAA | Llanidloes High School | 27:14 |
| | | 49 | 39-U17W | 1151 | Lillie Graham | WSAA | YG Bro Morgannwg | 27:29 |
| | | 50 | 40-U17W | 1080 | Seren Evans | WSAA | Llanidloes High School | 28:03 |
| | | 51 | 41-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 | 13 | 27 | 28 | 30 | | | 15 | 116 |
| 2 | EAST WALES | 6 | 9 | 14 | 16 | 18 | 23 | 26 | 37 | | | 14 | 149 |
| 3 | SOUTH WALES | 3 | 12 | 17 | 19 | 21 | 24 | 25 | 29 | | | 13 | 150 |
| 4 | NORTH WALES | 2 | 7 | 15 | 20 | 22 | 31 | | | | | 6 | 97 |

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 (116Pts)

| | | |
|-----|--|-------|
| 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 (13) | 20:22 |
| 295 | Anastasia Egglestone-Stoker - Carmarthen Harriers (27) | 22:09 |
| 290 | Imogen McAdie - Swansea Harriers (28) | 22:24 |
| 287 | Arianna Protheroe - Llanelli AC (30) | 22:51 |

2nd U17W Regional Team Athletes: EAST WALES (149Pts)

| | | |
|-----|--|-------|
| 241 | Anya Brady - Newport Harriers (6) | 19:37 |
| 242 | Emily Walker - Newport Harriers (9) | 19:54 |
| 243 | Megan Pewtner - Rhymney Valley AC (14) | 20:33 |
| 249 | Emily Peltor - Brecon AC (16) | 20:47 |
| 244 | Clara Rhodes - Newport Harriers (18) | 21:05 |
| 247 | Sophie Steele - Newport Harriers (23) | 21:25 |
| 245 | Paige Douglas - Llswerry Runners (26) | 22:02 |
| 246 | Iona Jones - Llswerry Runners (37) | 25:23 |

3rd U17W Regional Team Athletes: SOUTH WALES (150Pts)

| | | |
|-----|---|-------|
| 279 | Rebecca Harries - Cardiff Athletics (3) | 17:59 |
| 274 | Imogen Davies - Cardiff Athletics (12) | 20:15 |
| 272 | Lily Jacklin - Aberdare Valley AAC (17) | 21:04 |
| 280 | Rhiannon Derrick - Cardiff Athletics (19) | 21:11 |
| 277 | Megan Quirk - Aberdare Valley AAC (21) | 21:18 |
| 271 | Katy Griffith - Bridgend AC (24) | 21:32 |
| 275 | Grace Griffiths - Rhondda AC (25) | 21:49 |
| 281 | Isabelle Lewis - Aberdare Valley AAC (29) | 22:25 |

U20W No Team Awards

| | | |
|--|--|--|
| | | |
| | | |
| | | |

Inter Schools Scoring Teams =3

| Pos | School | Places | | | | Total |
|-----|------------------------|--------|----|----|----|-------|
| 1 | Llanidloes High School | 3 | 9 | 39 | 48 | 99 |
| 2 | Chepstow Comprehensive | 13 | 27 | 43 | 51 | 134 |
| 3 | YG Bro Morgannwg | 15 | 40 | 47 | 49 | 151 |

1st Schools Team - Athletes: Llanidloes High School (99Pts)

| | | |
|------|---------------------------|-------|
| 256 | Madison Hughes (3) (U17W) | 17:56 |
| 257 | Olivia Morgan (9) (U17W) | 19:46 |
| 1079 | Peace Ajuk (39) (U17W) | 23:27 |
| 1081 | Erin Owen (48) (U17W) | 27:14 |

2nd Schools Team - Athletes: Chepstow Comprehensive (134Pts)

| | | |
|------|---------------------------|-------|
| 1050 | Kate Oxenham (13) (U17W) | 20:06 |
| 247 | Sophie Steele (27) (U17W) | 21:25 |
| 1049 | Bethan Ball (43) (U17W) | 24:09 |
| 1051 | Gracie Waite (51) (U17W) | 28:38 |

3rd Schools Team - Athletes: YG Bro Morgannwg (151Pts)

| | | |
|------|---------------------------|-------|
| 274 | Imogen Davies (15) (U17W) | 20:15 |
| 1152 | Alys Horn (40) (U17W) | 23:28 |
| 1153 | Marged Evans (47) (U17W) | 26:12 |
| 1151 | Lillie Graham (49) (U17W) | 27:29 |

Inter Schools Incomplete Teams = 29

| School | Places | | | Pts | |
|--------|--------------------------|----|----|-----|----|
| 1 | Caldicot Comprehensive | 8 | 30 | 45 | 83 |
| 2 | St John Baptist | 20 | 33 | 42 | 95 |
| 3 | Ysgol Glantaf | 14 | 22 | | 36 |
| 4 | Coleg Sir Gar | 7 | 35 | | 42 |
| 5 | Gower College | 23 | 34 | | 57 |
| 6 | Bishopston Comprehensive | 1 | | | 1 |
| 7 | Ysgol Uwchradd Boddedern | 2 | | | 2 |

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 |
|------|------|---------|---------|-----|----------------|---------------|--------|------|
| | | | | | | | | |
| | | | | 8 | Pencoedre High | | | 4 |
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | 4 |

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 |
|------|------|---------|---------|-----|---------|---------------|------------------------------|------|
| | | | | | | | 9 Olchfa School | 5 |
| | | | | | | | 10 Bro Myrddin | 6 |
| | | | | | | | 11 Harper Adams University | 10 |
| | | | | | | | 12 Gowerton | 11 |
| | | | | | | | 13 Monmouth Comprehensive | 12 |
| | | | | | | | 14 St Josephs Port Talbot | 16 |
| | | | | | | | 15 Ysgol Gyfun Cwm Rhymni | 17 |
| | | | | | | | 16 West Kirby Grammar | 18 |
| | | | | | | | 17 Crickhowell High | 19 |
| | | | | | | | 18 Bassaleg School | 21 |
| | | | | | | | 19 Ysgol Brynrefail | 24 |
| | | | | | | | 20 Cyfarthfa | 25 |
| | | | | | | | 21 Maelor School | 26 |
| | | | | | | | 22 Loughborough Students AC | 28 |
| | | | | | | | 23 Tonyrefail Community Scho | 29 |
| | | | | | | | 24 Ysgol Gyfun Gwyr | 32 |
| | | | | | | | 25 Mold Alun | 36 |
| | | | | | | | 26 Lewis School Pengam | 37 |
| | | | | | | | 27 Coleg Gwent | 38 |
| | | | | | | | 28 Aberystwyth University | 44 |
| | | | | | | | 29 Llanidloes High School | 50 |

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 | | 3 | 1-U17M | 376 | Miguel Jenkins | NWAL-Menai Track & Field | Ysgol Friars Bangor | 17:51 |
| | 3 | 4 | 3-U20M | 467 | Ifan Bowen | WWAL-Carmarthen Harriers | Bro Myrddin | 17:57 |
| | 4 | | | 466 | Finley Bruce | WWAL-Carmarthen Harriers | | 18:00 |
| 2 | | 6 | 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 | | 9 | 3-U17M | 416 | Zachary Beddows | WWAL-Celtic Tri | Gower College | 18:08 |
| 4 | | 10 | 4-U17M | 411 | Macsen Toogood | WWAL-Carmarthen Harriers | Bro Dinefwr | 18:14 |
| | 5 | 11 | 5-U17M | 403 | Rhys Pladdy | SWAL-Cardiff Athletics | Llanishen High | 18:17 |
| 6 | | 12 | 6-U17M | 408 | Joshua Barnett | WWAL-Carmarthen Harriers | Ysgol Dyffryn Taf | 18:19 |
| | 7 | 13 | 4-U20M | 452 | Leroy Griffiths | SWAL-Rhondda AC | Tonyrefail Community School | 18:20 |
| 7 | | 14 | 7-U17M | 378 | Alfie Shirland | NWAL-Menai Track & Field | Ysgol Aberconwy | 18:21 |
| 8 | | 15 | 8-U17M | 361 | Will Chalk | EWAL-Newport Harriers | Monmouth Comprehensive | 18:23 |
| | 8 | | | 451 | Angelo Doria | SWAL-Ogmore Phoenix Runners | | 18:29 |
| | 9 | 17 | 5-U20M | 437 | Ed Slaughter | NWAL-Bangor University AC | Bangor University | 18:33 |
| 9 | | 18 | 9-U17M | 406 | Osian Davies | WWAL-Neath Harriers | Bro Dur | 18:44 |
| | 10 | 19 | 6-U20M | 443 | Aled Breeze | NWAL-Maldwyn Harriers | Cardiff Met University | 18:48 |
| 10 | | 20 | 10-U17M | 392 | Cian Tough | SWAL-Aberdare Valley AAC | Aberdare Community School | 18:50 |
| 11 | | 21 | 11-U17M | 412 | Jack Sullivan | WWAL-Swansea Harriers | Bishop Gore | 18:57 |
| 12 | | 22 | 12-U17M | 377 | Cai Dafydd | NWAL-Eryri Harriers | Ysgol Tryfan | 19:02 |
| 13 | | 23 | 13-U17M | 398 | Edward Faulkner | SWAL-Cardiff Athletics | Brynteg | 19:02 |
| 14 | | 24 | 14-U17M | 393 | Oscar Powell | SWAL-Cardiff Athletics | Bryn Cellynng School | 19:06 |
| 15 | | 25 | 15-U17M | 407 | William Harries | WWAL-Carmarthen Harriers | Haverfordwest High School | 19:11 |
| | 11 | | | 421 | Toby Bennett | EWAL-Brecon AC | | 19:12 |
| 16 | | 27 | 16-U17M | 396 | Evan Davies | SWAL-Aberdare Valley AAC | Aberdare Community School | 19:14 |
| 17 | | 28 | 17-U17M | 383 | Ted Conry | NWAL-Deeside AAC | Ysgol Bryn Hyfryd | 19:18 |
| 18 | | 29 | 18-U17M | 381 | Chris Benson | NWAL-Maldwyn Harriers | Llanfyllin School | 19:23 |
| 19 | | 30 | 19-U17M | 380 | Elis Jones | NWAL-Deeside AAC | Llandrillo College Colwyn Bay | 19:24 |
| 20 | | 31 | 20-U17M | 368 | Dominik Plesiewicz | EWAL-Cardiff Athletics | Coleg Gwent | 19:25 |
| | 12 | | | 456 | Rhys Menabb | SWAL-Cardiff Athletics | | 19:27 |
| | 33 | 21-U17M | 1102 | Ioan Beynon | WSAA | Stanwell School | | 19:40 |
| 22 | | 34 | 22-U17M | 390 | Ben Gethin | NWAL-Maldwyn Harriers | Llanidloes High School | 19:46 |
| 23 | | 35 | 23-U17M | 401 | Harry Osborne | SWAL-Cardiff Athletics | St Davids College | 19:46 |
| 24 | | 36 | 24-U17M | 364 | Tom Gilbert | EWAL-Newport Harriers | St Martins Comp | 19:50 |
| 25 | | 37 | 25-U17M | 384 | Tomos Morgan | NWAL-Menai Track & Field | Coleg Menai | 19:56 |
| 26 | | 38 | 26-U17M | 366 | Alex Peltor | EWAL-Brecon AC | Crickhowell High | 20:02 |
| 27 | | | | 402 | Evan Price | SWAL-Cardiff Archers | | 20:04 |
| 28 | | 40 | 27-U17M | 382 | Dan Mitchell | NWAL-Deeside AAC | Castell Alun | 20:05 |
| 29 | | 41 | 28-U17M | 391 | Garth Pritchard | SWAL-Aberdare Valley AAC | Aberdare Community School | 20:06 |
| 30 | | 42 | 29-U17M | 395 | David Barker | SWAL-Cardiff Athletics | Stanwell | 20:13 |
| | | 43 | 30-U17M | 1160 | Alex Hallam | WSAA | Ysgol Calon Cymru | 20:13 |
| 32 | | 44 | 31-U17M | 369 | Will Edwards | EWAL-Newport Harriers | Caerleon Comprehensive | 20:14 |
| 33 | | 45 | 32-U17M | 379 | Sion Williams | NWAL-Menai Track & Field | Ysgol Gyfun Llangefni | 20:26 |
| 34 | | 46 | 33-U17M | 389 | Daniel Warrender | SWAL-Aberystwyth AC | Ysgol Penglais Aberystwyth | 20:36 |
| 35 | | 47 | 34-U17M | 387 | Elis Martin | NWAL-Deeside AAC | Ysgol Gtan Ctwyd | 20:37 |
| | 13 | 48 | 7-U20M | 442 | Jonathan Turner | NWAL-Maldwyn Harriers | NPTC College | 20:37 |
| 36 | | 49 | 35-U17M | 363 | Isaac Barry | EWAL-Newport Harriers | St Julian's Comprehensive | 20:38 |
| | 14 | 50 | 8-U20M | 453 | Luke Griffiths | SWAL-Aberdare Valley AAC | St John Baptist | 20:48 |
| 37 | | 51 | 36-U17M | 362 | Charlie Malpas | EWAL-Rhymney Valley AC | Cwm Rhyminy Gelli Haf | 20:49 |
| 38 | | 52 | 37-U17M | 415 | Sion Rowlands | WWAL-Carmarthen Harriers | Bro Myrddin | 20:52 |
| 39 | | 53 | 38-U17M | 367 | Albie Howe | EWAL-Llswerry Runners | Rougemont | 21:04 |
| 40 | | 54 | 39-U17M | 385 | Deri Hockley | NWAL-Eryri Harriers | Ysgol Brynrefail | 21:05 |
| | 15 | 55 | 9-U20M | 454 | Alfie Sargaent | SWAL-Les Croupiers RC | YG Bro Morgannwg | 21:11 |
| 41 | | 56 | 40-U17M | 410 | Jay Davies | WWAL-Taf Running & Orienteering Team | Coleg Sir Gar | 21:12 |
| 42 | | 57 | 41-U17M | 414 | Jimmy Davis | WWAL-Carmarthen Harriers | Bro Myrddin | 21:23 |
| 43 | | 58 | 42-U17M | 386 | Cole Randles | NWAL-Deeside AAC | Mold Alun | 21:36 |
| 44 | | 59 | 43-U17M | 394 | Iwan Frolej | SWAL-Cardiff Athletics | Porthcawl School | 21:47 |
| | | 60 | 44-U17M | 1100 | Finley Saycell | WSAA | Penweddig | 21:51 |
| 46 | | 61 | 45-U17M | 409 | Dylan Strawbridge | WWAL-Neath Harriers | Hendrefelin | 21:57 |
| | | 62 | 46-U17M | 1043 | Rhys Williams | WSAA | Cathedral School | 21:59 |
| | 16 | 63 | 10-U20M | 455 | Ben Raymond | SWAL-Barry & Vale Harriers | Cardiff & Vale College | 22:01 |
| | | 64 | 47-U17M | 1125 | Sam Lindell | WSAA | Whitchurch | 22:11 |
| | | 65 | 48-U17M | 1198 | Simon Chapman | WSAA | Llanidloes High School | 22:20 |
| | | 66 | 49-U17M | 1126 | James Morgan | WSAA | Whitchurch | 22:21 |
| | 17 | 67 | 11-U20M | 441 | Jawak Subberwall | NWAL-Bangor University AC | Bangor University | 22:53 |
| 51 | | 68 | 50-U17M | 365 | Tom Coleman | EWAL-Newport Harriers | Coleg Gwent | 23:02 |
| | | 69 | 51-U17M | 1158 | Llewelyn Roberts | WSAA | YG Bro Morgannwg | 23:46 |
| | | 70 | 12-U20M | 1082 | Noah Koffer | WSAA | Llanidloes High School | 23:51 |
| | | 71 | 52-U17M | 1157 | Macsen Owens | WSAA | YG Bro Morgannwg | 24:25 |
| | | 72 | 53-U17M | 1099 | Steffan Mieczek | WSAA | Penweddig | 24:41 |
| | | 73 | 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 - Bangor University AC (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 Mcnabb - 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 | 55 | 69 | 71 | 73 | 268 |
| | No Complete Teams | | | | | |
| | No Complete Teams | | | | | |

1st Schools Team - Athletes: YG Bro Morgannwg (268Pts)

| | | |
|------|------------------------------|-------|
| 454 | Alfie Sargaent (55) (U20M) | 21:11 |
| 1158 | Llewelyn Roberts (69) (U17M) | 23:46 |
| 1157 | Macsen Owens (71) (U17M) | 24:25 |
| 1156 | William Thomas (73) (U17M) | 28:03 |

Inter Schools Incomplete Teams = 10

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 |
|------|------|---------|---------|-----|---------|---------------|--------|------|
|------|------|---------|---------|-----|---------|---------------|--------|------|

| inter schools incomplete teams - 49 | | | | | |
|-------------------------------------|-------------------------------|--------|----|----|-----|
| | School | Places | | | Pts |
| 1 | Aberdare Community School | 20 | 27 | 41 | 88 |
| 2 | Bro Myrddin | 4 | 52 | 57 | 113 |
| 3 | Llanidloes High School | 34 | 65 | 70 | 169 |
| 4 | Llanfyllin School | 2 | 29 | | 31 |
| 5 | Coleg Menai | 1 | 37 | | 38 |
| 6 | Cathedral School | 6 | 62 | | 68 |
| 7 | Bangor University | 17 | 67 | | 84 |
| 8 | Coleg Gwent | 31 | 68 | | 99 |
| 9 | Whitchurch | 64 | 66 | | 130 |
| 10 | Penweddig | 60 | 72 | | 132 |
| 11 | Ysgol Friars Bangor | 3 | | | 3 |
| 12 | Gower College | 9 | | | 9 |
| 13 | Bro Dinefwr | 10 | | | 10 |
| 14 | Llanishen High | 11 | | | 11 |
| 15 | Ysgol Dyffryn Taf | 12 | | | 12 |
| 16 | Tonyrefail Community School | 13 | | | 13 |
| 17 | Ysgol Aberconwy | 14 | | | 14 |
| 18 | Monmouth Comprehensive | 15 | | | 15 |
| 19 | Bro Dur | 18 | | | 18 |
| 20 | Cardiff Met University | 19 | | | 19 |
| 21 | Bishop Gore | 21 | | | 21 |
| 22 | Ysgol Tryfan | 22 | | | 22 |
| 23 | Brynteg | 23 | | | 23 |
| 24 | Bryn Cellynnog School | 24 | | | 24 |
| 25 | Haverfordwest High School | 25 | | | 25 |
| 26 | Ysgol Bryn Hyfryd | 28 | | | 28 |
| 27 | Llandrillo College Colwyn Bay | 30 | | | 30 |
| 28 | Stanwell School | 33 | | | 33 |
| 29 | St Davids College | 35 | | | 35 |
| 30 | St Martins Comp | 36 | | | 36 |
| 31 | Crickhowell High | 38 | | | 38 |
| 32 | Castell Alun | 40 | | | 40 |
| 33 | Stanwell | 42 | | | 42 |
| 34 | Ysgol Calon Cymru | 43 | | | 43 |
| 35 | Caerleon Comprehensive | 44 | | | 44 |
| 36 | Ysgol Gyfun Llangefni | 45 | | | 45 |
| 37 | Ysgol Penglais Aberystwyth | 46 | | | 46 |
| 38 | Ysgol Glan Clwyd | 47 | | | 47 |
| 39 | NPTC College | 48 | | | 48 |
| 40 | St Julian's Comprehensive | 49 | | | 49 |
| 41 | St John Baptist | 50 | | | 50 |
| 42 | Cwm Rhymini Gelli Haf | 51 | | | 51 |
| 43 | Rougemont | 53 | | | 53 |
| 44 | Ysgol Brynrefail | 54 | | | 54 |
| 45 | Coleg Sir Gar | 56 | | | 56 |
| 46 | Mold Alun | 58 | | | 58 |
| 47 | Porthcawl School | 59 | | | 59 |
| 48 | Hendrefelin | 61 | | | 61 |
| 49 | Cardiff & Vale College | 63 | | | 63 |

Race 09 Senior Women & Masters 6,340m (2:10 PM) Saturday 16th November 2024. Race 09. A small table showing race details and a vertical table with numbers 3, 3, 2, 3, 1, 3, 1, 0.

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

Table with columns for SENW and MW65 team results, including names of runners, their times, and scores. Includes sub-sections for SENW TEAM RESULTS, MW45 TEAM RESULTS, and MW65 TEAM RESULTS.

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 | 67 | |
| 3 | MW35 WWAL = , 9, 10, 14, 16, 23 | 48 | |
| | | | |

| 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 | MW65 EWAL = 3, 5, 7 | 15 | 15 |
| | | | |
| | | | |

| 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 | MW65 EWAL Wales = 15 pts | | |
| POS | ATHLETES | PLACES | IND PERF |
| 1 | Chris Thomas/Builth and District Running Club | 3 | 35:41 |
| 2 | Rosemary Trigg/Islwyn Running Club | 5 | 35:56 |
| 3 | Brenda Avery/Chepstow Harriers | 7 | 37:42 |
| 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 | MM65 EWAL = 1, 3, 4 | 8 | 15 |
| 2 | MM65 NWAL = 2, 5, 10 | 17 | 14 |
| 3 | MM65 SWAL = 6, 7, 8 | 21 | 13 |
| | | | |

| 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 | MM65 EWAL Wales = 8 pts | | |
| POS | ATHLETES | PLACES | IND PERF |
| 1 | John Hickman/Caerphilly Runners | 1 | |
| 2 | Steve Davies/Griffithstown Harriers | 3 | 26:16 |
| 3 | Mark Griffiths/Parc Bryn Bach RC | 4 | 26:35 |
| 2nd | MM65 NWAL Wales = 17 pts | | |
| POS | ATHLETES | PLACES | IND PERF |
| 1 | Tom Rowlands/Meirionnydd Running Club | 2 | 25:28 |
| 2 | Arwel Lewis/Eryri Harriers | 5 | 26:35 |
| 3 | Allen Smith/Buckley RC | 10 | 28:24 |
| 3rd | MM65 SWAL Wales = 21 pts | | |
| POS | ATHLETES | PLACES | IND PERF |
| 1 | Mike Davies/Albany Road Run Club | 6 | 27:18 |
| 2 | William Daniels/Pontyclun Road Runners | 7 | 28:00 |
| 3 | David Coles/Les Croupiers RC | 8 | 28:04 |
| 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 | SEN | Pos | MM35 | Pos | MM45 | Pos | MM55 | 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/Llswerry 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/Llswerry 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/Llswerry 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/Llswerry 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/Llswerry Runners | MM35 EWAL | | | MM35 EWAL | 24 | | | | | 24 | ✗ | | | | | | |
| 60 | 811 | 34:24 | Benjamin Clague/Pembrokeshire Harriers | SENM WWAL | SENM WWAL | 27 | | | | | | | 27 | ✓ | 28 | | | | | |

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) | | | | | | | | | | | | | Region | SEN | MM35 | MM45 | MM55 | PTS | Scorer | Team |
|---|-----|-------|--|-----------|-----------|-----|-----------|-----|-----------|-----|-----------|-----|--------|--------|------|------|------|-----|--------|------|
| POS | BIB | TIME | NAME | Region | Region | Pos | Region | Pos | Age | Pos | Age | Pos | PTS | Scorer | Team | | | | | |
| 1 | 806 | 29:59 | Callum Champion/Cardiff Athletics | SENM WWAL | SENM WWAL | 1 | | | | | | | 1 | ✓ | 1 | | | | | |
| 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 Britley/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 Trailor/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/Istwyn 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/Istwyn 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 | ✗ | | | | | | |
| 120 | 949 | 43:10 | Stephen Price/Parc Bryn Bach RC | MM55 EWAL | | | | | | | MM55 EWAL | 21 | 21 | ✗ | | | | | | |

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) | | | | | | | | | | | SENM | | MM35 | | MM45 | | MM55 | | PTS | | Scorer | | Team | |
| POS | BIB | TIME | NAME | Region | Region | Pos | Region | Pos | Age | Pos | Age | Pos | PTS | Scorer | Team | PTS | Scorer | Team | | | | | | |
| 1 | 806 | 29:59 | Callum Campion/Cardiff Athletics | SENM WWAL | SENM WWAL | 1 | | | | | | | 1 | ✓ | 1 | | | | | | | | | |
| 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 | Nigel 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

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 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

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 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