

RACE 01

23rd Welsh Athletics Inter Regional & 45th Welsh Schools' Inter Schools

RACE 01 Year 3 & 4 B & G

Saturday 19th November 2022

Monmouthshire Showground, Redbrook Road NP25 4LG



RACE 01 Year 3 & 4 B & G

Pos	Bib	Athlete	Club/School	Time
1	25	Isac MARTIN-Yr.3-4 Boys	Ysgol Twm o'r Nant	4:56
2	9	William EVANS-Yr.3-4 Boys	Ysgol Llandudoch	5:07
3	15	Elis HERRICK-Yr.3-4 Boys	Ysgol Bro Pedr	5:09
4	18	Aron JONES-Yr.3-4 Boys	Ysgol Pencae	5:15
5	8	Aaron DURSTON-Yr.3-4 Boys	Old Castle	5:17
6	17	Steffan JAMES-Yr.3-4 Boys	Ysgol y Dderwen	5:23
7	6	Boaz DODGE-Yr.3-4 Boys	Old Castle	5:23
8	36	Samuel WHITE-Yr.3-4 Boys	Monmouth Prep School	5:26
9	34	Celt THOMAS-Yr.3-4 Boys	Ysgol Gymraeg Y Fenni	5:26
10	10	Ollie EVANS-Yr.3-4 Boys	Nantgaredig	5:29
11	32	Rupert RHODES-Yr.3-4 Boys	Monmouth Habs	5:37
12	23	Billy LIKE-Yr.3-4 Boys	Ysgol Gymraeg Y Fenni	5:38
13	125	Gwen ROWE-Yr.3-4 Girls	Ysgol Santes Tydfil	5:39
14	38	Molly BAKER-Yr.3-4 Girls	Trellech primary school	5:46
15	31	Macsen REES LANGLEY-Yr.3-4 Boys	Llandudoch	5:46
16	58	Zara PHILLIPS-Yr.3-4 Girls	Ysgol Rhys Prichars	5:56
17	45	Mari GEORGE-Yr.3-4 Girls	Ysgol Mynydd Bychan	6:00
18	7	Roux DODGE-Yr.3-4 Boys	Old Castle	6:03
19	16	George HUGHES-Yr.3-4 Boys	St Mary's OvertonWrexham AAC	6:10
20	11	Florian FRENCH-Yr.3-4 Boys	Ysgol Glan Ceubal	6:11
21	33	Osian TARRANT-Yr.3-4 Boys	Ysgol Y Fenni	6:11
22	24	Artie LIKE-Yr.3-4 Boys	Ysgol Gymraeg Y Fenni	6:19
23	37	Ryan WILLIAMS-Yr.3-4 Boys	YGG Pontybrennin	6:27
24	46	Isla GILBERT-Yr.3-4 Girls	Twyn School	6:29
25	14	Luke HENDY-Yr.3-4 Boys	Gwaelod y Garth	6:40
26	57	Florence MORGAN-Yr.3-4 Girls	Ysgol Llangadog	6:42
27	12	Oliver GODFREY-Yr.3-4 Boys	Our Lady's Angel Cwmbran	6:42
28	27	Gwilym MORGAN JONES-Yr.3-4 Boys	Ysgol Pencae	6:44
29	62	Mae SUTTON-Yr.3-4 Girls	Gwaelod y Garth	6:45
30	21	Rhys Gwilym JONES-Yr.3-4 Boys	Ysgol Gynradd Nantgaredig	6:56
31	3	Alys COLES-Yr.3-4 Boys	Ysgol Bro Ogwr	6:58
32	47	Faith GRIFFITHS-Yr.3-4 Girls	Ysgol Nantgwyn	6:59
33	51	Nuala KEEVIL-Yr.3-4 Girls	Ysgol Gymraeg Y Fenni	7:02
34	66	Tayla WILLIAMS-Yr.3-4 Girls	Ysgol Saron	7:04
35	22	Liam KNOWLES-Yr.3-4 Boys	Ysgol Gymraeg Aberystwyth	7:04
36	39	Angharad BARLOW-Yr.3-4 Girls	Ysgol Cymraeg y Fenni	7:05
37	35	Noah TUCKER-Yr.3-4 Boys	Ysgol Gymraeg y ffin	7:06
38	52	Beca LEEKE-Yr.3-4 Girls	Ysgol Iolo Morganwg	7:07
39	44	Sara DAVIES-Yr.3-4 Girls	Hafodwenog	7:08
40	63	Alys TREMLETT-Yr.3-4 Girls	Ysgol Nantgaredig	7:10
41	61	Bibi ROBERTS-Yr.3-4 Girls	Ysgol Pencae	7:11
42	129	Tomos BOUCHER-Yr.3-4 Boys	Ysgol Nantgaredig	7:19
43	50	Efa JONES-Yr.3-4 Girls	Ysgol Nantgaredig	7:22
44	65	Saffron WEAVER-Yr.3-4 Girls	Ysgol Nantgwyn	7:32
45	56	Ela MCDUFF-Yr.3-4 Girls	Ysgol Glan Ceubal	7:33
46	2	Xavier CAREY-Yr.3-4 Boys	Ysgol Gwaelod Y Garth	7:48
47	40	Dilys BARLOW-Yr.3-4 Girls	Ysgol Cymraeg y Fenni	8:28
48	43	Abigail CORBETT-Yr.3-4 Girls	Thornwell Primary	8:31
49	64	Gwenllian WATKINS-Yr.3-4 Girls	Ysgol Pencae	8:33
50	49	Mared JONES-Yr.3-4 Girls	Ysgol Nantgaredig	10:51

3 Scoring Teams Results

Pos	Club	1	2	3	Total
1	Old Castle	5	7	18	30
2	Ysgol Gymraeg Y Fenni	9	12	22	43
3	Ysgol Pencae	4	28	41	73

20 Incomplete Team Results

	Club	Places		Pts
1	Gwaelod y Garth	25	29	54
2	Ysgol Glan Ceubal	20	45	65
3	Ysgol Twm o'r Nant	1		1
4	Ysgol Llandudoch	2		2
5	Ysgol Bro Pedr	3		3
6	Ysgol y Dderwen	6		6
7	Monmouth Prep School	8		8
8	Nantgaredig	10		10
9	Monmouth Habs	11		11
10	Llandudoch	15		15
11	St Mary's OvertonWrexham AAC	19		19
12	Ysgol Y Fenni	21		21
13	YGG Pontybrennin	23		23
14	Our Lady's Angel Cwmbran	27		27
15	Ysgol Gynradd Nantgaredig	30		30
16	Ysgol Bro Ogwr	31		31
17	Ysgol Gymraeg Y Fenni	33		33
18	Ysgol Gymraeg Aberystwyth	35		35
19	Ysgol Gymraeg y ffin	37		37
20	Ysgol Gwaelod Y Garth	46		46

1st Team: Old Castle (30Pts)

8	Aaron DURSTON-Yr.3-4 Boys (5)	5:17
6	Boaz DODGE-Yr.3-4 Boys (7)	5:23
7	Roux DODGE-Yr.3-4 Boys (18)	6:03

2nd Team: Ysgol Gymraeg Y Fenni (43Pts)

34	Celt THOMAS-Yr.3-4 Boys (9)	5:26
23	Billy LIKE-Yr.3-4 Boys (12)	5:38
24	Artie LIKE-Yr.3-4 Boys (22)	6:19

3rd Team: Ysgol Pencae (73Pts)

18	Aron JONES-Yr.3-4 Boys (4)	5:15
27	Gwilym MORGAN JONES-Yr.3-4 Boys (28)	6:44
61	Bibi ROBERTS-Yr.3-4 Girls (41)	7:11

RACE 02

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RACE 02 Year 5 & 6 B & G

Pos	Bib	Athlete	Club	Time
1	74	Lewis DURSTON-Yr.5-6 Boys	Bridgend Athletics	4:29
2	128	Tomos CAI-DAVIES-Yr.5-6 Boys	Ysgol y Dderwyn	4:36
3	91	Osian PHILLIPS-Yr.5-6 Boys	Ysgol Mynydd Bychan	4:45
4	96	Jack WOODHOUSE-Yr.5-6 Boys	Pencoed Primary school	4:52
5	78	Macs HUGHES-Yr.5-6 Boys	Ysgol Gymraeg, Aberystwyth	4:56
6	77	Eli GILBERT-Yr.5-6 Boys	Twyn School	4:57
7	98	Tabitha CURTIS-Yr.5-6 Girls	Ysgol Bro Ingli	4:59
8	88	Zac MUNN-Yr.5-6 Boys	Ysgol y Wern	4:59
9	83	Daniel KEEVIL-Yr.5-6 Boys	Ysgol Gymraeg Y Fenni	4:59
10	117	Manon Fflur PHILLIPS-Yr.5-6 Girls	Trots	5:00
11	86	Isaac MCADIE-Yr.5-6 Boys	YGG Bryn Y Mor	5:04
12	73	Jasper DAVIS-Yr.5-6 Boys	Carmarthen Harriers	5:08
13	124	Connor FARNELL-Yr.5-6 Boys	0	5:13
14	72	William DAVIES-Yr.5-6 Boys	Crickhowell Primary School	5:14
15	81	Griff JONES-Yr.5-6 Boys	YGG Llwynderw	5:15
16	4	Bo CUTHBERTSON-Yr.3-4 Boys	Ysgol Gynradd Gymraeg Llwynderw	5:18
17	102	Megan EVANS-Yr.5-6 Girls	Carmarthen Harriers	5:25
18	70	Ben BOYCE-Yr.5-6 Boys	The Cathedral School Llandaff	5:26
19	110	Mabli KING-Yr.5-6 Girls	TROTS	5:26
20	80	Mathonwy Urien JONES-Yr.5-6 Boys	Ysgol Gymraeg Y Fenni	5:31
21	112	Eva MARTIN-Yr.5-6 Girls	Cardiff Athletics	5:33
22	104	Zoe GAUDET-Yr.5-6 Girls	Gwaelod y Garth	5:36
23	130	Elijah DANIEL-Yr.5-6 Boys	Ysgol Y Fenni	5:40
24	76	Ben GARRETT-Yr.5-6 Boys	Yahoo gymraeg y fenni	5:44
25	90	Thomas PEARSON-Yr.5-6 Boys	YGG y Garth	5:47
26	75	Morgan John EDWARDS-Yr.5-6 Boys	Ysgol Henblas	5:55
27	68	Jac BARRINGTON-Yr.5-6 Boys	Ysgol Pencae	5:57
28	123	Hari EVANS-Yr.5-6 Boys	0	6:02
29	118	Betsan ROBERTS TRUMAN-Yr.5-6 Girls	Ysgol Gynradd Gymraeg Pontardawe	6:03
30	115	Janae NUGENT-Yr.5-6 Girls	Rhiw syr Dafydd	6:03
31	107	Grace HUGHES-Yr.5-6 Girls	St Mary's OvertonWrexham AAC	6:03
32	89	James NAYAGER-Yr.5-6 Boys	Trellech Primary school	6:04
33	94	Ifan ROSIER-Yr.5-6 Boys	Ysgol Gymraeg y Fenni	6:09
34	114	Aeronwy MORGAN-FISHER-Yr.5-6 Girls	Llandovery College	6:13
35	131	Nesta HAF-BRIAN-Yr.5-6 Girls	Ysgol Y Fenni	6:16
36	111	Kathryn LYNE-Yr.5-6 Girls	Ysgol Gymraeg Y Ffin	6:17
37	103	Cerys FROST-Yr.5-6 Girls	Ysgol Y Ffin	6:18
38	100	Mari DAVIES-Yr.5-6 Girls	Hafodwenog	6:27
39	87	Dylan MORGAN-Yr.5-6 Boys	Our Lady of the Angels RC	6:28
40	127	Ieuan JONES-Yr.5-6 Boys	0	6:30
41	82	Owen JONES-Yr.5-6 Boys	Ysgol Henry Richard	6:33
42	132	Dorothy CHANDLER-Yr.5-6 Girls	Monmouth Overmonnow	6:36
43	97	Elwen CULLEN-Yr.5-6 Girls	Gwaelod y Garth	6:40
44	119	Branwen STRETCH-Yr.5-6 Girls	Treganna	6:40
45	71	Tyler CAREY-Yr.5-6 Boys	Ysgol Gwaelod Y Garth	6:47
46	121	Myfi THOMAS-Yr.5-6 Girls	Ysgol Treganna	6:53
47	99	Gwenno DAVIES-Yr.5-6 Girls	Pencae	7:01
48	106	Lucy GRIFFITHS-Yr.5-6 Girls	Ysgol Nantgwyn	7:05
49	116	Gwenno OWEN-GRIFFITHS-Yr.5-6 Girls	Gwaelod y Garth	7:15
50	109	Gwenno JONES-Yr.5-6 Girls	Ysgol Nantgaredig	7:53
51	113	Mari MCCONOCHIE-Yr.5-6 Girls	Ysgol Gymraeg Aberystwyth	8:21
52	108	Pattiann JONES-Yr.5-6 Girls	Ysgol Gymraeg Y Fenni	8:58

1 Scoring Teams Results

Pos	Club	1	2	3	Total
1	Ysgol Gymraeg Y Fenni	9	20	33	62

18 Incomplete Team Results

	Club	Places		Pts
1	Ysgol Y Fenni	23	35	58
2	Gwaelod y Garth	22	43	65
3	Ysgol Mynydd Bychan	3		3
4	Twyn School	6		6
5	Crickhowell Primary School	14		14
6	The Cathedral School Llandaff	18		18
7	Ysgol Pencae	27		27
8	St Mary's OvertonWrexham AAC	31		31
9	Ysgol Gymraeg y ffin	36		36
10	Ysgol Y Ffin	37		37
11	Hafodwenog	38		38
12	Ysgol Gwaelod Y Garth	45		45
13	Ysgol Treganna	46		46
14	Pencae	47		47
15	Ysgol Nantgwyn	48		48
16	Ysgol Nantgaredig	50		50
17	Ysgol Gymraeg Aberystwyth	51		51
18	Ysgol Gymraeg Y Fenni	52		52

1st Team: Ysgol Gymraeg Y Fenni (62Pts)

83	Daniel KEEVIL-Yr.5-6 Boys (9)	4:59
80	Mathonwy Urien JONES-Yr.5-6 Boys (20)	5:31
94	Ifan ROSIER-Yr.5-6 Boys (33)	6:09

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SENW TEAM RESULTS													MW45 TEAM RESULTS													MW65 TEAM RESULTS												
6,150m													6,150m													6,150m												
	1	2	3	4	5	6	7	8	9	Pts	Count	Score		1	2	3	4	5	6	7	8	9	Pts	Count	Score		1	2	3	4	5	6	7	8	9	Pts	Count	Score
SENW EAST	1	6	10	11	14	15	16	17	19	92	8	15	MW45 EAST	1	2	5	8	10	26	5	15	MW65 EAST	1	2	3	6	3	15										
SENW SOUTH	2	5	9	12	13	17	18	23	99	8	14	MW45 SOUTH	3	4	14	15	29	65	5	14	MW65 NORTH				0	0	0											
SENW WEST	3	4	21	24	28	38				6	6	6	MW45 WEST	7	9	18	21	22	77	5	13	MW65 SOUTH				0	0	0										
SENW NORTH	7	8	22							3	3	3	MW45 NORTH	6	20				2	2	2	MW65 WEST				0	0	0										
MW35 TEAM RESULTS													MW55 TEAM RESULTS													MW65 TEAM RESULTS												
6,150m													6,150m													6,150m												
	1	2	3	4	5		Pts	Count	Score					1	2	3	4	5		Pts	Count	Score					1	2	3		Pts	Count	Score					
MW35 SOUTH	1	4	5	7	11		24	5	15	MW55 EAST	1	2	4	7	10				24	5	15	MW65 SOUTH	1	2	6	9	3	15										
MW35 EAST	2	6	8	9	12		46	5	14	MW55 NORTH	3	8	9	11	15				46	5	14	MW65 NORTH	3	4	12	19	3	14										
MW35 WEST	10	19	24	27	30		69	5	13	MW55 SOUTH	5	6	16	20	22				69	5	13	MM65 EAST	5	10	11	26	3	13										
MW35 NORTH	3	22	28	35			4	4	4	MW55 WEST	12	17	24	30					4	4	4	MM65 WEST	8	9	14	31	3	12										
Pos	Bib	Perf	Region					SENW		MW35		MW45		MW55		MW65		MM65		PTS	Scorer	Team																
							Region	Pos	Region	Pos	Age	Pos	Age	Pos	Age	Pos	Age	Pos	Age	Pos			Pts															
1	1	23:31	Lauren COOPER/Parc Bryn Bach					SENW EAST	1												1	✓	1															
2	96	23:38	Lucy MARLAND/Les Croupiers Running Club					MW35 SOUTH		MW35 SOUTH	1										1	✓	1															
3	45	23:59	Ffion HIGGINSON/Bridgend Athletics					SENW SOUTH	2												2	✓	2															
4	63	24:07	Donna MORRIS/Builth & District					MW35 EAST		MW35 EAST	2										2	✓	2															
5	47	24:25	Sioned HOWELLS/Swansea Harriers					SENW WEST	3												3	✓	3															
6	79	24:37	Gemma MOORE/Eryri Harriers					MW35 NORTH		MW35 NORTH	3										3	✓	3															
7	48	24:42	Sophia HARRISON/Swansea Harriers					SENW WEST	4												4	✓	7															
8	34	24:47	Helen OLIVER/Les Croupiers RC					SENW SOUTH	5												5	✓	7															
9	6	24:57	Chloe POWELL/Newport Harriers					SENW EAST	6												6	✓	7															
10	97	24:58	Katie BEECHER/Les Croupiers Running Club					MW35 SOUTH		MW35 SOUTH	4										4	✓	5															
11	17	24:59	Martha OWEN/Deeside AAC					SENW NORTH	7												7	✓	7															
12	124	25:01	Katherine MATTHEWS/Chepstow Harriers					MW45 EAST				MW45 EAST	1								1	✓	1															
13	93	25:04	Louise FLYNN/Les Croupiers Running Club					MW35 SOUTH		MW35 SOUTH	5										5	✓	10															
14	16	25:12	Ffion PRICE/Maldwyn Harriers					SENW NORTH	8												8	✓	15															
15	37																																					

RACE 03
23rd Welsh Athletics Inter Regional & 45th Welsh Schools' Inter Schools

RACE 03 SENIOR & MWOM & MMEN

Saturday 19th November 2022

Monmouthshire Showground, Redbrook Road NP25 4LG

SENW TEAM RESULTS													MW45 TEAM RESULTS													MW65 TEAM RESULTS												
6,150m	1	2	3	4	5	6	7	8	Pts	Count	Score		6,150m	1	2	3	4	5	Pts	Count	Score				6,150m	1	2	3	Pts	Count	Score							
79	213	29:37	Kay CHAPMAN/Les Croupiers Running Club						MW55 SOUTH										MW55 SOUTH	5									5	✓	5							
80	158	29:39	Catherine BARKER/Penarth and Dinas Runners						MW45 SOUTH							MW45 SOUTH	15											15	✓	36								
81	108	29:41	Isobel DAWSON/Llanelli AC						MW35 WEST				MW35 WEST	24														24	✓	53								
82	256	29:45	Mike SNELL/Eryri Harriers						MM65 NORTH															MM65 NORTH	4			4	✓	7								
83	122	29:46	Alex EVANS/Parc Bryn Bach						MW45 EAST							MW45 EAST	16											16	✗	78								
84	32	29:46	Megan POULSON/San Domenico Road Runners						SENW SOUTH	35																		35	✓	282								
85	94	29:52	Keira PRATT/Penarth and Dinas Runners						MW35 SOUTH				MW35 SOUTH	25														25	✗	107								
86	128	30:00	Leonie ROBERTS/Fairwater Runners						MW45 EAST							MW45 EAST	17											17	✗	95								
87	246	30:03	Cyril WILLIAMS/Parc Bryn Bach						MM65 EAST															MM65 EAST	5			5	✓	5								
88	168	30:08	Elizabeth WILLIAMS/Pembrokeshire Harriers						MW45 WEST							MW45 WEST	18											18	✓	34								
89	71	30:13	Melissa MORGAN/Iswyn Running Club						MW35 EAST				MW35 EAST	26														26	✗	166								
90	111	30:14	Jessica HOBSON-TAYLOR/Trots						MW35 WEST				MW35 WEST	27														27	✓	80								
91	133	30:19	Angela POTTER/Llswerry Runners						MW45 EAST							MW45 EAST	19											19	✗	114								
92	15	30:21	Alex GREEN/Brecon AC						SENW EAST	36																		36	✓	267								
93	41	30:22	Bethan BUTLER-MADDEN/Pontypridd Roadents						SENW SOUTH	37																		37	✓	319								
94	268	30:22	Mick TABOR/Les Croupiers RC						MM65 SOUTH															MM65 SOUTH	6			6	✓	9								
95	139	30:23	Kerry JONES/Cybi Striders						MW45 NORTH							MW45 NORTH	20											20	✓	26								
96	77	30:27	Michelle FARRELL/GOG Tri Club						MW35 NORTH				MW35 NORTH	28														28	✓	53								
97	266	30:28	Stephen DALLOW/Parc Bryn Bach						MM65 SOUTH															MM65 SOUTH	7			7	✓	16								
98	169	30:29	Nichola WILCOX/Neath Harriers						MW45 WEST							MW45 WEST	21											21	✓	55								
99	167	30:30	Mandy MORRIS/Neath Harriers						MW45 WEST							MW45 WEST	22											22	✓	77								
100	211	30:31	Sue WATSON/Les Croupiers Running Club						MW55 SOUTH							MW55 SOUTH	6											6	✓	11								
101	179	30:33	Claire PROTHEROE/Llanelli AC						MW45 WEST							MW45 WEST	23											23	✗	100								
102	191	30:35	Jacqueline UNDERWOOD/Llswerry Runners						MW55 EAST							MW55 EAST	7											7	✓	14								
103	134	30:36	Jan MORRIS/Chepstow Harriers						MW45 EAST							MW45 EAST	24											24	✗	138								
104	75	30:44	Emma KING/Llswerry Runners						MW35 EAST				MW35 EAST	29														29	✗	195								
105	112	30:51	Hayley LAWTON/3m Gorselinon						MW35 WEST				MW35 WEST	30														30	✓	110								
106	135	30:54	Rebecca FOSTER/Spirit of Monmouth						MW45 EAST							MW45 EAST	25											25	✗	163								
107	101	30:56	Emily MORTON/Pontypridd Roadents						MW35 SOUTH				MW35 SOUTH	31														31	✗	138								
108	109	30:59	Zoe DAVIES/Port Talbot Harriers						MW35 WEST				MW35 WEST	32														32	✗	142								
109	202	31:17	Cheryl FROST/North Wales RR						MW55 NORTH							MW55 NORTH	8											8	✓	11								
110	172	31:18	Sarah BRUCE/Pembrokeshire Harriers						MW45 WEST							MW45 WEST	26											26	✗	126								
111	70	31:21	Louise MUTEHAM/Llswerry Runners						MW35 EAST				MW35 EAST	33														33	✗	228								
112	170	31:22	Sian STEPHENS/Neath Harriers						MW45 WEST							MW45 WEST	27											27	✗	153								
113	64	31:23	Sophie WILLIAMS/MonRoss Trailblazers						MW35 EAST				MW35 EAST	34														34	✗	262								
114	200	31:29	Margaret LUDDEN/Buckley RC						MW55 NORTH							MW55 NORTH	9											9	✓	20								
115	277	31:35	Alex HERON/3m Gorselinon						MM65 WEST															MM65 WEST	8			8	✓	8								
116	276	31:36	Neil HORSLEY/Neath Harriers						MM65 WEST															MM65 WEST	9			9	✓	17								
117	186	31:37	Jane ROSCOE/Chepstow Harriers						MW55 EAST							MW55 EAST	10											10	✓	24								
118	249	31:42	Keith ROBERTS/Llswerry Runners						MM65 EAST															MM65 EAST	10			10	✓	15								
119	173	31:42	Jenny MCADIE/Swansea Harriers						MW45 WEST							MW45 WEST	28											28	✗	181								
120	154	31:43	Joanne RYAN/Rhondda Valley Runners						MW45 SOUTH							MW45 SOUTH	29											29	✓	65								
121	250	31:46	Peter WELBIRG/Griffithstown Harriers						MM65 EAST															MM65 EAST	11			11	✓	26								
122	198	32:08	Kay HATTON/North Wales RR						MW55 NORTH							MW55 NORTH	11											11	✓	31								
123	232	32:20	Mair MORGAN/Trots						MW55 WEST							MW55 WEST	12											12	✓	12								
124	153	32:25	Sarah PRYOR/Les Croupiers Running Club						MW45 SOUTH							MW45 SOUTH	30											30	✗	95								
125	53	32:33	Charlie JAMES/3m Gorselinon						SENW WEST	38																		38	✓	118								
126	257	32:37	David PASSE/Denbigh Harriers						MM65 NORTH															MM65 NORTH	12			12	✓	19								
127	188	32:40	Louise CROCKETT/Chepstow Harriers						MW55 EAST							MW55 EAST	13											13	✗	37								
128	187	32:47	Sue COTTRELL/Llswerry Runners						MW55 EAST							MW55 EAST	14											14	✗	51								
129	13	32:52	Laurie HIGGINS/Brecon AC						SENW EAST	39																		39	✓	306								
130	199	32:55	Jane LINDLEY/Buckley RC						MW55 NORTH							MW55 NORTH	15											15	✓	46								
131	151	33:09	Nicola WILLIAMS/Dragon RC						MW45 SOUTH							MW45 SOUTH	31											31	✗	126								
132	214	33:12	Rachel HOOPER/Les Croupiers Running Club						MW55 SOUTH							MW55 SOUTH	16											16	✓	27								
133	152	33:14	Michelle AMBLIN/Les Croupiers Running Club						MW45 SOUTH							MW45 SOUTH	32											32	✗	158								
134	229	33:21	Judith OAKLEY/Neath Harriers						MW55 WEST							MW55 WEST	17											17	✓	29								
135	181	33:23	Vanessa TURNBULL/Caerphilly Running Club						MW55 EAST							MW55 EAST	18											18	✗	69								
136	78	33:2																																				

RACE 03
23rd Welsh Athletics Inter Regional & 45th Welsh Schools' Inter Schools
RACE 03 SENIOR & MWOM & MMEN

Saturday 19th November 2022
Monmouthshire Showground, Redbrook Road NP25 4LG

SENW TEAM RESULTS											MW45 TEAM RESULTS											MW65 TEAM RESULTS										
6,150m											6,150m											6,150m										
1	2	3	4	5	6	7	8	Pts	Count	Score	1	2	3	4	5	Pts	Count	Score	1	2	3	4	5	Pts	Count	Score						
169	163	44:35	Suzanne LUKER-DAVIES/Dragon RC				MW45 SOUTH							MW45 SOUTH			41									41	×	343				
170	162	45:23	Ruth WALTERS/Dragon RC				MW45 SOUTH							MW45 SOUTH			42									42	×	385				
171	243	45:35	Gwyneth HOWELLS/Caerleon Running Club				MW65 EAST													MW65 EAST	4					4	×	10				
172	241	45:47	Margaret GRIFFITHS/Chepstow Harriers				MW65 EAST													MW65 EAST	5					5	×	15				
173	164	58:44	Hayley PUGH/Pontypridd Roadents				MW45 SOUTH							MW45 SOUTH			43									43	×	428				

23rd Welsh Athletics Inter Regional & 45th Welsh Schools' Inter Schools

RACE 03 SENIOR & MWOM AWARDS

Saturday 19th November 2022

Monmouthshire Showground, Redbrook Road NP25 4LG

RACE 03 Senior Women Team Awards			
2 complete teams			
POS	TEAM	Team Points	Region Pts
1	SENW EAST = 1, 6, 10, 11, 14, 15, 16, 19	92	15
2	SENW SOUTH = 2, 5, 9, 12, 13, 17, 18, 23	99	14

INDIVIDUAL TOP 3 MEDALLISTS			
POS	ATHLETES	PLACE	PERF
1	Lauren COOPER/Parc Bryn Bach-SENW EAST	1	23:31
2	Ffion HIGGINSON/Bridgend Athletics-SENW SOUTH	3	23:59
3	Sioned HOWELLS/Swansea Harriers-SENW WEST	5	24:25

TEAM MEDALLISTS

1st	SENW EAST Wales = 92 pts		
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POS	ATHLETES	PLACE	PERF
1	Lauren COOPER/Parc Bryn Bach	1	23:31
2	Chloe POWELL/Newport Harriers	6	24:57
3	Antoinette DUMAYNE/Lliswerry Runners	10	25:18
4	Laura DAVIES/Lliswerry Runners	11	26:05
5	Holly EDWARDS/Crickhowell Running Club	14	26:28
6	Emma WOOKEY/Lliswerry Runners	15	26:34
7	Faye JOHNSON/Pont-y-Pwl & District	16	26:38
8	Kani HINSHERWOOD/Parc Bryn Bach	19	26:46

2nd	SENW SOUTH Wales = 99 pts		
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POS	ATHLETES	PLACE	PERF
1	Ffion HIGGINSON/Bridgend Athletics	2	23:59
2	Helen OLIVER/Les Croupiers RC	5	24:47
3	Nynke KUIPER/CDF Runners	9	25:16
4	Amy GRIFFITHS/Les Croupiers Running Club	12	26:09
5	Rebecca EVANS/Cardiff Athletics	13	26:18
6	Bethan EVANS/Cardiff Athletics	17	26:42
7	Emily FELL/CDF Runners	18	26:42
8	Steph HAMBLETON/Les Croupiers Running Club	23	27:39

3rd	NO TEAM AWARDS		
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POS	ATHLETES	PLACE	PERF
1			
2			
3			
4			
5			
6			
7			
8			

4th	NO TEAM AWARDS		
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POS	ATHLETES	PLACE	PERF
1			
2			
3			
4			
5			
6			
7			
8			

Race 03 MW35 Team Awards			
3 complete teams			
POS	TEAM	Team Points	Region Pts
1	MW35 SOUTH = , 1, 4, 5, 7, 11	24	15
2	MW35 EAST = , 2, 6, 8, 9, 12	46	14
3	MW35 WEST = , 10, 19, 24, 27, 30	69	13

INDIVIDUAL TOP 3 MEDALLISTS			
POS	ATHLETES	PLACE	PERF
1	Lucy MARLAND/Les Croupiers Running Club-MW35 SOUTH	2	23:38
2	Donna MORRIS/Builth & District-MW35 EAST	4	24:07
3	Gemma MOORE/Eryri Harriers-MW35 NORTH	6	24:37

TEAM MEDALLISTS			
1st	MW35 SOUTH Wales = 28 pts		
POS	ATHLETES	PLACE	PERF
1	Lucy MARLAND/Les Croupiers Running Club	1	23:38
2	Katie BEECHER/Les Croupiers Running Club	4	24:58
3	Louise FLYNN/Les Croupiers Running Club	5	25:04
4	Laura JONES/Les Croupiers Running Club	7	25:29
5	Leigh JAMES/Bridgend Athletics	11	27:08
2nd	MW35 EAST Wales = 37 pts		
POS	ATHLETES	PLACE	PERF
1	Donna MORRIS/Builth & District	2	24:07
2	Ewelina CIESIELSKA/Parc Bryn Bach	6	25:22
3	Georgie PARNELL/Newport Harriers	8	25:45
4	Katerina ADAMS/Spirit of Monmouth	9	25:47
5	Tammi PREECE/Parc Bryn Bach	12	27:17
3rd	MW35 WEST Wales = 110 pts		
POS	ATHLETES	PLACE	PERF
1	Claire WALTERS/Port Talbot Harriers	10	26:30
2	Clara DAVIES/Amman Valley Harriers	19	28:52
3	Isobel DAWSON/Llanelli AC	24	29:41
4	Jessica HOBSON-TAYLOR/Trots	27	30:14
5	Hayley LAWTON/3m Gorseinon	30	30:51
4th	NO TEAM AWARDS		
POS	ATHLETES	PLACE	PERF
1			
2			
3			
4			
5			

Race 03 MW45 Team Awards			
3 complete teams			
POS	TEAM	Team Points	Region Pts
1	MW45 EAST = , 1, 2, 5, 8, 10	26	15
2	MW45 SOUTH = , 3, 4, 14, 15, 29	65	14
3	MW45 WEST = , 7, 9, 18, 21, 22	77	13

INDIVIDUAL TOP 3 MEDALLISTS			
POS	ATHLETES	PLACE	PERF
1	Katherine MATTHEWS/Chepstow Harriers-MW45 EAST	12	25:01
2	Sarah BELL/Chepstow Harriers-MW45 EAST	31	26:48
3	Susannah BULPIN/San Domenico Road Runners-MW45 SOUTH	35	27:16

TEAM MEDALLISTS			
1st	MW45 EAST Wales = 26 pts		
POS	ATHLETES	PLACE	PERF
1	Katherine MATTHEWS/Chepstow Harriers	1	25:01
2	Sarah BELL/Chepstow Harriers	2	26:48
3	Joanne REES/Builth & District	5	27:37
4	Lisa JEFFREY/Chepstow Harriers	8	28:48
5	Sarah JEREMIAH/Parc Bryn Bach	10	29:02
2nd	MW45 SOUTH Wales = 65 pts		
POS	ATHLETES	PLACE	PERF
1	Susannah BULPIN/San Domenico Road Runners	3	27:16
2	Ruth DAVIES/Bridgend Athletics	4	27:35
3	Gina HARDMAN/Bridgend Athletics	14	29:28
4	Catherine BARKER/Penarth and Dinas Runners	15	29:39
5	Joanne RYAN/Rhondda Valley Runners	29	31:43
3rd	MW45 WEST Wales = 77 pts		
POS	ATHLETES	PLACE	PERF
1	Sammantha HEALY/Port Talbot Harriers	7	28:09
2	Diane BROWNHILL/Swansea Harriers	9	28:54
3	Elizabeth WILLIAMS/Pembrokeshire Harriers	18	30:08
4	Nichola WILCOX/Neath Harriers	21	30:29
5	Mandy MORRIS/Neath Harriers	22	30:30
4th	NO TEAM AWARDS		
POS	ATHLETES	PLACE	PERF
1			
2			
3			
4			
5			

Race 03 MW55 Team Awards			
3 complete teams			
POS	TEAM	Team Points	Region Pts
1	MW55 EAST = , 1, 2, 4, 7, 10	24	15
2	MW55 NORTH = , 3, 8, 9, 11, 15	46	14
3	MW55 SOUTH = , 5, 6, 16, 20, 22	69	13
INDIVIDUAL TOP 3 MEDALLISTS			
POS	ATHLETES	PLACE	PERF
1	Niki MORGAN/Chepstow Harriers-MW55 EAST	37	27:20
2	Annette SANFORD/Griffithstown Harriers-MW55 EAST	52	28:10
3	Emma COLLINS/Denbigh Harriers-MW55 NORTH	54	28:21
TEAM MEDALLISTS			
1st	MW55 EAST Wales = 24 pts		
POS	ATHLETES	PLACE	PERF
1	Niki MORGAN/Chepstow Harriers	1	27:20
2	Annette SANFORD/Griffithstown Harriers	2	28:10
3	Annabel HAFORD/Brecon AC	4	28:47
4	Jacqueline UNDERWOOD/Lliswerry Runners	7	30:35
5	Jane ROSCOE/Chepstow Harriers	10	31:37
2nd	MW55 NORTH Wales = 46 pts		
POS	ATHLETES	PLACE	PERF
1	Emma COLLINS/Denbigh Harriers	3	28:21
2	Cheryl FROST/North Wales RR	8	31:17
3	Margaret LUDDEN/Buckley RC	9	31:29
4	Kay HATTON/North Wales RR	11	32:08
5	Jane LINDLEY/Buckley RC	15	32:55
3rd	MW55 SOUTH Wales = 69 pts		
POS	ATHLETES	PLACE	PERF
1	Kay CHAPMAN/Les Croupiers Running Club	5	29:37
2	Sue WATSON/Les Croupiers Running Club	6	30:31
3	Rachel HOOPER/Les Croupiers Running Club	16	33:12
4	Deborah EVANS/Aberdare Valley AAC	20	34:07
5	Denise BRADLEY/Ogmore Phoenix	22	34:35
4th	NO TEAM AWARDS		
POS	ATHLETES	PLACE	PERF
1			
2			
3			
4			
5			

Race 03 MW65 Team Awards			
1 complete team			
POS	TEAM	Team Points	Region Pts
1	MW65 EAST = 1, 2, 3	6	15

INDIVIDUAL TOP 3 MEDALLISTS			
POS	ATHLETES	PLACE	PERF
1	Brenda AVERY/Chepstow Harriers-MW65 EAST	160	39:22
2	Jane BAYLISS/Chepstow Harriers-MW65 EAST	162	41:26
3	Kathleen JERVIS/Parc Bryn Bach-MW65 EAST	167	42:18

TEAM MEDALLISTS			
1st	MW65 EAST Wales = 6 pts		
POS	ATHLETES	PLACE	PERF
1	Brenda AVERY/Chepstow Harriers	1	38:33
2	Jane BAYLISS/Chepstow Harriers	2	40:57
3	Kathleen JERVIS/Parc Bryn Bach	3	41:53
2nd	NO TEAM AWARDS		
POS	ATHLETES	PLACE	PERF
1	/		
2	/		
3	/		
3rd	NO TEAM AWARDS		
POS	ATHLETES	PLACE	PERF
1	/		
2	/		
3	/		
4th	NO TEAM AWARDS		
POS	ATHLETES	PLACE	PERF
1	/		
2	/		
3	/		

Race 03 MM65 Team Awards			
3 complete teams			
POS	TEAM	Team Points	Region Pts
1	MM65 SOUTH = 1, 2, 6	9	15
2	MM65 NORTH = 3, 4, 12	19	14
3	MM65 EAST = 5, 10, 11	26	13

INDIVIDUAL TOP 3 MEDALLISTS			
POS	ATHLETES	PLACE	PERF
1	Mick MCGEOGH/Les Croupiers RC-MM65 SOUTH	55	28:36
2	Graham MACK/Merthyr Running Club-MM65 SOUTH	67	29:12
3	Neil OWEN/Run Free Fell Runners-MM65 NORTH	73	29:27

TEAM MEDALLISTS			
1st	MM65 SOUTH Wales = 9 pts		
POS	ATHLETES	PLACE	PERF
1	Mick MCGEOGH/Les Croupiers RC	1	28:36
2	Graham MACK/Merthyr Running Club	2	29:12
3	Mick TABOR/Les Croupiers RC	6	30:22
2nd	MM65 NORTH Wales = 19 pts		
POS	ATHLETES	PLACE	PERF
1	Neil OWEN/Run Free Fell Runners	3	29:27
2	Mike SNELL/Eryri Harriers	4	29:45
3	David PASSE/Denbigh Harriers	12	32:37
3rd	MM65 EAST Wales = 26 pts		
POS	ATHLETES	PLACE	PERF
1	Cyril WILLIAMS/Parc Bryn Bach	5	30:03
2	Keith ROBERTS/Lliswerry Runners	10	31:42
3	Peter WELBIRG/Griffithstown Harriers	11	31:46
4th	NO TEAM AWARDS		
POS	ATHLETES	PLACE	PERF
1	/		
2	/		
3	/		

RACE 04

23rd Welsh Athletics Inter Regional & 45th Welsh Schools' Inter Schools

RACE 04 U13G (Yr 7-8)

Saturday 19th November 2022

Monmouthshire Showground, Redbrook Road NP25 4LG



Race 04-U13 Girls (Yr 7 & 8) 2,390m

POS	Int-Sch	BIB	ATHLETE	REGION & CLUB	SCHOOL	TIME
1	1	34	Bryony BOYCE	SOUTH-Cardiff Athletics	Cathedral School	9:04
2		16	Heather WATSON	NORTH-Deeside AAC		9:30
3		1	Lois CODLING	EAST-Newport Harriers		9:44
4		17	Tamsen SEGUIN	NORTH-Menai Track and Field		9:55
5		2	Eleanor WRIGHT-NICHOLAS	EAST-Rhymney Valley AC		9:57
6		46	Taylor SHELMEIRDINE	WEST-Swansea Harriers		9:59
7		18	Esyllt OWEN	NORTH-Menai Track and Field		9:59
8	2	38	Isobel DAVIES	SOUTH-Cardiff Athletics	Bryntirion	10:12
9	3	31	Allie ADAMS	SOUTH-Rhondda AC	Ysgol Cwm Rhondda	10:15
10		54	Maisie FOSTER	WEST-Trots		10:15
11		48	Katie EVANS	WEST-Celtic Tri		10:15
12	4	3	Leah RHODES	EAST-Lliswerry Runners	Bassaleg School	10:18
13		19	Katie DOHERTY	NORTH-Deeside AAC		10:21
14		47	Ella DREW	WEST-Swansea Harriers		10:22
15	5	35	Elinor ROBERTS	SOUTH-Cardiff Athletics	Ysgol Glantaf	10:28
16		51	Lowri MORGAN	WEST-Carmarthen Harriers		10:29
17		49	Annie EVANS	WEST-Celtic Tri		10:30
18	6	13	Poppy TURTON	EAST-Newport Harriers	Rougemont School	10:33
19		50	Esme LYNOCK	WEST-Carmarthen Harriers		10:34
20		20	Holly WORTH	NORTH-Eryri Harriers		10:35
21		21	Evie HUGHES	NORTH-Wrexham AAC		10:36
22		37	Grace PATTERSON	SOUTH-Bridgend Athletics		10:36
	7	494	Jasmin YOGANATHAN		St Michaels School	10:37
23		53	Hannah JONES	WEST-Swansea Harriers		10:38
24		41	Lucy ARNOLD	SOUTH-Bridgend Athletics		10:38
	8	410	Neve EVANS		Dyffryn Taf	10:39
25		52	Keira BRUCE	WEST-Pembrokeshire Harriers		10:40
26	9	43	Seren HARDMAN	SOUTH-Bridgend Athletics	Cowbridge	10:42
27		56	Milly HARRIS	WEST-Celtic Tri		10:43
	10	465	Lily STABLER		Morrison Comprehensive	10:44
28		39	Lily PARSONS	SOUTH-Cardiff Athletics		10:45
	11	558	Eva DAVIES		Bro Pedr	10:46
29		36	Ella JONES	SOUTH-Aberdare Valley AAC		10:48
	12	315	Talia JONES		Aberaeron School	10:50
30		55	Rose PRICE	WEST-Pembrokeshire Harriers		10:52
	13	348	Anna JONES		Bro Myrddin	10:52
	14	522	Maia GRIFFITHS		Ysgol Glantaf	10:56
	15	336	Madison BROWN		Blackwood	11:00
	16	508	Catrin THOMAS		Ysgol Glantaf	11:04
31		32	Alys ARNOLD	SOUTH-Bridgend Athletics		11:06
	17	523	Mali EMMERSON		Ysgol Glantaf	11:08
32	18	33	Bella THIE	SOUTH-Bridgend Athletics	Y Pant School	11:09
33	19	58	Nia LEWIS	WEST-Pembrokeshire Harriers	Dyffryn Taf	11:09
34		23	Amelia HARDING	NORTH-Deeside AAC		11:10
	20	349	Beca ELFYN		Bro Myrddin	11:12
	21	403	Hannah REID		Cowbridge	11:12
35		22	Rosie PARSLEY	NORTH-Colwyn Bay AC		11:12
36	22	42	Poppy OSBOURNE	SOUTH-Cardiff Athletics	St Richard Gwyn	11:13
37	23	45	Sophie COLES	SOUTH-Bridgend Athletics	Llangynwyd	11:16
38		44	Seren HOPKINS	SOUTH-Cardiff Athletics		11:17
	24	552	Gwennan GRIFFITHS		YG Gwyr	11:17
	25	506	Alys LOOKER		Ysgol Glantaf	11:18
	26	509	Cerys ROWLANDS		Ysgol Glantaf	11:19
39		6	Poppy HOWELLS	EAST-Rhymney Valley AC		11:19
40		9	Lola VEE BATES	EAST-Cwmbran Harriers		11:20
41	27	8	Beth SYMMONS	EAST-Brecon AC	Brecon High	11:20
42		27	Nansi EVANS	NORTH-Maldwyn Harriers		11:20
	28	347	Tamzin LILY		Brecon High	11:23
43	29	15	Emma GUNNING	EAST-Brecon AC	Gwernyfed	11:24
44	30	14	Chloe STEELE	EAST-Newport Harriers	Chepstow	11:27
45		40	Lois WORLOCK	SOUTH-Aberdare Valley AAC		11:29
	31	331	Sophia DAVIES		Bassaleg School	11:34
	32	389	Anna BEHARRELL		Christ College	11:35
46		25	Evie TAYLOR	NORTH-Colwyn Bay AC		11:36
47		24	Della MATTHEWS	NORTH-Eryri Harriers		11:39
48		57	Nansi GRIFFITHS	WEST-Carmarthen Harriers		11:39
	33	327	Millie BAKER		Bassaleg School	11:41
	34	350	Mali Griffiths		Bro Myrddin	11:42
	35	407	Poppy THOMAS		Cowbridge	11:45

INTER REGIONAL TEAM RESULTS

Pos	Region	1	2	3	4	5	6	7	8	Pts	Total
1	WEST	6	10	11	14	16	17	19	23	15	116
2	SOUTH	1	8	9	15	22	24	26	28	14	133
3	NORTH	2	4	7	13	20	21	34	35	13	136
4	EAST	3	5	12	18	39	40	41	43	12	201

1st Regional Team Athletes: WEST Wales (116Pts)

46	Taylor SHELMEIRDINE-Swansea Harriers (6)	09:59
54	Maisie FOSTER-Trots (10)	10:15
48	Katie EVANS-Celtic Tri (11)	10:15
47	Ella DREW-Swansea Harriers (14)	10:22
51	Lowri MORGAN-Carmarthen Harriers (16)	10:29
49	Annie EVANS-Celtic Tri (17)	10:30
50	Esme LYNOCK-Carmarthen Harriers (19)	10:34
53	Hannah JONES-Swansea Harriers (23)	10:38

2nd Regional Team Athletes: SOUTH Wales (133Pts)

34	Bryony BOYCE-Cardiff Athletics (1)	09:04
38	Isobel DAVIES-Cardiff Athletics (8)	10:12
31	Allie ADAMS-Rhondda AC (9)	10:15
35	Elinor ROBERTS-Cardiff Athletics (15)	10:28
37	Grace PATTERSON-Bridgend Athletics (22)	10:36
41	Lucy ARNOLD-Bridgend Athletics (24)	10:38
43	Seren HARDMAN-Bridgend Athletics (26)	10:42
39	Lily PARSONS-Cardiff Athletics (28)	10:45

3rd Regional Team Athletes: NORTH Wales (136Pts)

16	Heather WATSON-Deeside AAC (2)	09:30
17	Tamsen SEGUIN-Menai Track and Field (4)	09:55
18	Esyllt OWEN-Menai Track and Field (7)	09:59
19	Katie DOHERTY-Deeside AAC (13)	10:21
20	Holly WORTH-Eryri Harriers (20)	10:35
21	Evie HUGHES-Wrexham AAC (21)	10:36
23	Amelia HARDING-Deeside AAC (34)	11:10
22	Rosie PARSLEY-Colwyn Bay AC (35)	11:12

Inter Schools Scoring Teams =7

Pos	School	1	2	3	4	Total
1	Ysgol Glantaf	5	14	16	17	52
2	Cowbridge	9	21	35	40	105
3	Bro Myrddin	13	20	34	42	109
4	Bassaleg School	4	31	33	44	112
5	Rougemont School	6	45	52	57	160
6	Brecon High	27	28	49	60	164
7	Morrison Comprehensive	10	61	66	69	206

1st Schools Team - Athletes: Ysgol Glantaf (52Pts)

35	Elinor ROBERTS (5)	10:28
522	Maia GRIFFITHS (14)	10:56
508	Catrin THOMAS (16)	11:04
523	Mali EMMERSON (17)	11:08

2nd Schools Team - Athletes: Cowbridge (105Pts)

43	Seren HARDMAN (9)	10:42
403	Hannah REID (21)	11:12
407	Poppy THOMAS (35)	11:45
401	Emily RIDEOUT (40)	12:02

3rd Schools Team - Athletes: Bro Myrddin (109Pts)

348	Anna JONES (13)	10:52
349	Beca ELFYN (20)	11:12
350	Mali Griffiths (34)	11:42
354	Seren BOWEN (42)	12:08

RACE 04

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RACE 04 U13G (Yr 7-8)

Saturday 19th November 2022

Monmouthshire Showground, Redbrook Road NP25 4LG



Race 04-U13 Girls (Yr 7 & 8) 2,390m

POS	Int-Sch	BIB	ATHLETE	REGION & CLUB	SCHOOL	TIME
49		59	Tabitha VENTRESS-BRETT	WEST-Swansea Harriers		11:47
	36	390	Cecily MEARS		Christ College	11:50
	37	480	Sophia EDWARDS		Penyrheol	11:52
	38	305	Ella PHILLIPS		Aberaeron School	11:52
50		7	Ruby HEARNE	EAST-Cwmbran Harriers		11:56
51	39	11	Freya ELMORE	EAST-Pont-y-pwl & District	West Monmouth School	11:58
	40	401	Emily RIDEOUT		Cowbridge	12:02
	41	402	Ginni DAS		Cowbridge	12:06
52		12	Evie INGLES	EAST-Newport Harriers		12:07
	42	354	Seren BOWEN		Bro Myrddin	12:08
	43	351	Honey DAVIS		Bro Myrddin	12:10
53		26	Eleanor HAF-CRANHAM	NORTH-Eryri Harriers		12:16
54		28	Ela EDWARDS	NORTH-Menai Track and Field		12:17
55		4	Poppy YOUNG	EAST-Blaenau Gwent AC		12:21
	44	326	Megan SHARP		Bassaleg School	12:21
	45	484	Ava VERS		Rougemont School	12:22
	46	318	Amber DRAPER		Bassaleg School	12:23
56		60	Mia RABAIOTTI	WEST-Swansea Harriers		12:28
	47	384	Harriet STUBBS		Chepstow	12:44
	48	372	Lilianna NEWSHAM		Caerleon Comprehensive	12:46
	49	556	Linos JONES		Brecon High	13:05
	50	335	Megan CHANTRELL		Bishop Hedley	13:11
	51	427	Paige SANDER		Gwent Is Coed	13:19
	52	483	Alys LEE		Rougemont School	13:21
	53	441	Bethan EVANS		Llanidloes	13:22
	54	388	Sienna WEBBER		Chepstow	13:27
	55	419	Elin WILLIAMS		Gwent Is Coed	13:31
	56	420	Hannah CLARKE		Gwent Is Coed	13:32
	57	489	Isabelle SHEEN		Rougemont School	13:36
	58	393	Helisent GRAHAM PAUL		Christ College	13:39
	59	370	Charlotte SMITH		Caerleon Comprehensive	13:47
	60	342	Lily WIGGINS		Brecon High	13:53
	61	458	Ella MALOUGH		Morrison Comprehensive	13:56
	62	359	Jasmine GRACE ADAIR		Bro Pedr	14:09
	63	322	Ela PASCOE		Bassaleg School	14:11
	64	560	Maddy GAO		Ysgol Pedwr	14:25
	65	551	Eva MUDD		YG Gwyr	14:45
	66	452	Brooke HARRIS		Morrison Comprehensive	14:46
	67	343	Lottie COVINGTON		Brecon High	14:53
	68	338	Chloe CATLEY		Brecon High	15:03
	69	470	Phoebe GRONERT		Morrison Comprehensive	15:48
	70	459	Ffion JONES		Morrison Comprehensive	15:50
	71	466	Madison HENRY		Morrison Comprehensive	16:53

Inter Schools Incomplete Teams = 27

	School	Places			Pts
1	Christ College	32	36	58	126
2	Chepstow	30	47	54	131
3	Gwent Is Coed	51	55	56	162
4	Dyffryn Taf	8	19		27
5	Aberaeron School	12	38		50
6	Ysgol Glantaf	25	26		51
7	Bro Pedr	11	62		73
8	YG Gwyr	24	65		89
9	Caerleon Comprehensive	48	59		107
10	Bassaleg School	46	63		109
11	Brecon High	67	68		135
12	Morrison Comprehensive	70	71		141
13	Cathedral School	1			1
14	Bryntirion	2			2
15	Ysgol Cwm Rhondda	3			3
16	St Michaels School	7			7
17	Blackwood	15			15
18	Y Pant School	18			18
19	St Richard Gwyn	22			22
20	Llangynnydd	23			23
21	Gwernyfed	29			29
22	Penyrheol	37			37
23	West Monmouth School	39			39
24	Cowbridge	41			41
25	Bro Myrddin	43			43

RACE 05
23rd Welsh Athletics Inter Regional & 45th Welsh Schools' Inter Schools

RACE 05 U13B (Yr 7-8)

Saturday 19th November 2022

Monmouthshire Showground, Redbrook Road NP25 4LG



Race 05-U13 Boys (Yr7 & 8) 2,390m

POS	Int-Sch	BIB	ATHLETE	REGION & CLUB	SCHOOL	TIME
1		96	Finlay BURNS	SOUTH-Cardiff Athletics		8:25
2		100	Lucas HOWARD MACHADO	SOUTH-Cardiff Archers		8:29
3		78	Alfie EVANS	NORTH-Deeside AAC		8:52
4		107	Jude JENKINS	WEST-Neath Harriers		8:56
5		61	Macsen WATTS	EAST-Blaenau Gwent AC		8:59
6		77	Oliver WELSH	NORTH-Deeside AAC		9:00
7	1	106	Solomon SILVERSTONE	WEST-Pembrokeshire Harriers	Dyffryn Taf	9:02
8	2	85	Jude WHITE	NORTH-Oswestry Olympians	Welshpool High School	9:04
9		101	William MACKIE	SOUTH-Aberdare Valley AAC		9:06
10		104	Osian EMMERSON	SOUTH-Cardiff Archers		9:07
11		76	Lewis DAVIS	NORTH-Deeside AAC		9:08
12	3	62	Joseph ROBERTS	EAST-Newport Harriers	Bassaleg School	9:09
13		108	Luke WOODHOUSE	WEST-Neath Harriers		9:12
14		81	Oliver BIRCH	NORTH-Deeside AAC		9:13
15		92	Evan ROWE	SOUTH-Aberdare Valley AAC		9:18
16		79	Zac CAMPBELL	NORTH-Wrexham AAC		9:19
17	4	93	Rhydian LLOYD-FRANCIS	SOUTH-Cardiff Athletics	Llangynwyd	9:19
18		71	Evan JONES	EAST-Mynydd Du		9:22
	5	333	Zac HOPKINS		Bassaleg School	9:24
19	6	109	Ashton WILLIAMS	WEST-Llanelli AAC	Ysgol Glan Y Môr	9:26
	7	314	Sonny FORBES-TINSLEY		Aberaeron School	9:27
20		110	Zach THOMAS	WEST-Neath Harriers		9:29
	8	533	Thomas PASCOE		Ysgol Glantaf	9:31
21		82	Elliott ROWE	NORTH-Deeside AAC		9:32
22		103	Ioan VALE	SOUTH-Aberdare Valley AAC		9:34
	9	379	Farrell GORDON		Castle School - Pembrokeshire	9:35
23	10	63	John GIBBY	EAST-Newport Harriers	Monmouth School	9:35
24		111	Osian MORGAN	WEST-Swansea Harriers		9:39
25	11	94	Jack HARRIES	SOUTH-Cardiff Athletics	Pencoedtre High	9:41
26		115	Harri ROBERTS-TRUMAN	WEST-Celtic Tri		9:44
	12	521	Macsen MARTINS-HUGHES		Ysgol Glantaf	9:47
	13	481	Toby ANTHONY		Quenn Elizabeth High School	9:48
27	14	70	Osian JONES	EAST-	Monmouth School	9:48
28		114	Deri JONES	WEST-Swansea Harriers		9:51
29		80	Alex BAYNHAM	NORTH-Menai Track and Field		9:54
	15	377	Sam GREEN		Caerleon Comprehensive	9:56
30		95	Finlay GRIFFITHS	SOUTH-Bridgend Athletics		9:57
31	16	64	Harrison MEDDINS	EAST-Newport Harriers	Chepstow	10:00
	17	382	Dylan DAVIES		Chepstow	10:00
	18	471	Rhys DAVIES		Morrison Comprehensive	10:01
32		113	Deklan ROBERTS	WEST-Llanelli AAC		10:01
33	19	67	William ADAMS	EAST-Welsh Schools	Monmouth School	10:03
	20	443	Xander BRANDON-HIGGS		Llanidloes	10:06
34	21	66	Elliott HANRATTY	EAST-Newport Harriers	Monmouth School	10:09
	22	557	Jake WHITEHOUSE		Aberaeron School	10:09
	23	511	Dewi MACDONALD		Ysgol Glantaf	10:17
	24	520	Hedd GRIFFITHS		Ysgol Glantaf	10:18
35		83	Dylan ROBERTS	NORTH-Deeside AAC		10:20
36		117	Ben MORGAN	WEST-Pembrokeshire Harriers		10:20
	25	435	Thomas EVANS		Gwernyfed	10:23
37		98	Morgan REES	SOUTH-Aberdare Valley AAC		10:23
	26	392	Harry LING		Christ College	10:24
	27	429	Sebastian LYNE		Gwent Is Coed	10:24
	28	357	Caleb EVAN INGLUT		Bro Pedr	10:29
	29	446	James DARKIN		Monmouth School	10:29
	30	329	Rhys ABBINETT		Bassaleg School	10:29
	31	346	Robin IRWIN		Brecon High	10:30
	32	426	Osian BAKER		Gwent Is Coed	10:32
	33	430	Tomos FROST		Gwent Is Coed	10:43
	34	423	Levi WILLIAMS		Gwent Is Coed	10:45
38		116	Ellis BENNETT	WEST-Swansea Harriers		10:47
	35	444	Edward LOOSE		Monmouth School	10:47
	36	535	Tristan MCDUFF		Ysgol Glantaf	10:54
39	37	99	Dexter CLEMENT	SOUTH-Rhondda AC	Ysgol Cwm Rhondda	10:57
	38	414	Asha ALI-EVANS		Gwent Is Coed	11:04
	39	416	Deiniol MORRIS		Gwent Is Coed	11:04
40		118	Kodi PENN-O'HARE	WEST-Llanelli AAC		11:10
41		119	Lewys POOLE	WEST-Celtic Tri		11:11

INTER REGIONAL TEAM RESULTS

Pos	Region	1	2	3	4	5	6	7	8	Pts	Total
1	SOUTH	1	2	9	10	15	17	22	25	15	101
2	NORTH	3	6	8	11	14	16	21	29	14	108
3	WEST	4	7	13	19	20	24	26	28	13	141
4	EAST	5	12	18	23	27	31	33	34	12	183

1st Regional Team Athletes: SOUTH Wales (101Pts)

96	Finlay BURNS-Cardiff Athletics (1)	08:25
100	Lucas HOWARD MACHADO-Cardiff Archers (2)	08:29
101	William MACKIE-Aberdare Valley AAC (9)	09:06
104	Osian EMMERSON-Cardiff Archers (10)	09:07
92	Evan ROWE-Aberdare Valley AAC (15)	09:18
93	Rhydian LLOYD-FRANCIS-Cardiff Athletics (17)	09:19
103	Ioan VALE-Aberdare Valley AAC (22)	09:34
94	Jack HARRIES-Cardiff Athletics (25)	09:41

2nd Regional Team Athletes: NORTH Wales (108Pts)

78	Alfie EVANS-Deeside AAC (3)	08:52
77	Oliver WELSH-Deeside AAC (6)	09:00
85	Jude WHITE-Oswestry Olympians (8)	09:04
76	Lewis DAVIS-Deeside AAC (11)	09:08
81	Oliver BIRCH-Deeside AAC (14)	09:13
79	Zac CAMPBELL-Wrexham AAC (16)	09:19
82	Elliott ROWE-Deeside AAC (21)	09:32
80	Alex BAYNHAM-Menai Track and Field (29)	09:54

3rd Regional Team Athletes: WEST Wales (141Pts)

107	Jude JENKINS-Neath Harriers (4)	08:56
106	Solomon SILVERSTONE-Pembrokeshire Harriers (7)	09:02
108	Luke WOODHOUSE-Neath Harriers (13)	09:12
109	Ashton WILLIAMS-Llanelli AAC (19)	09:26
110	Zach THOMAS-Neath Harriers (20)	09:29
111	Osian MORGAN-Swansea Harriers (24)	09:39
115	Harri ROBERTS-TRUMAN-Celtic Tri (26)	09:44
114	Deri JONES-Swansea Harriers (28)	09:51

Inter Schools Scoring Teams =6

Pos	School	1	2	3	4	Total
1	Monmouth School	10	14	19	21	64
2	Ysgol Glantaf	8	12	23	24	67
3	Bassaleg School	3	5	30	40	78
4	Gwent Is Coed	27	32	33	34	126
5	Morrison Comprehensive	18	49	50	51	168
6	Bassaleg School	42	45	46	48	181

1st Schools Team - Athletes: Monmouth School (64Pts)

63	John GIBBY (10)	09:35
70	Osian JONES (14)	09:48
67	William ADAMS (19)	10:03
66	Elliott HANRATTY (21)	10:09

2nd Schools Team - Athletes: Ysgol Glantaf (67Pts)

533	Thomas PASCOE (8)	09:31
521	Macsen MARTINS-HUGHES (12)	09:47
511	Dewi MACDONALD (23)	10:17
520	Hedd GRIFFITHS (24)	10:18

3rd Schools Team - Athletes: Bassaleg School (78Pts)

62	Joseph ROBERTS (3)	09:09
333	Zac HOPKINS (5)	09:24
329	Rhys ABBINETT (30)	10:29
319	Cian BIGGS (40)	11:12

RACE 05
23rd Welsh Athletics Inter Regional & 45th Welsh Schools' Inter Schools

RACE 05 U13B (Yr 7-8)

Saturday 19th November 2022

Monmouthshire Showground, Redbrook Road NP25 4LG



Race 05-U13 Boys (Yr7 & 8) 2,390m

POS	Int-Sch	BIB	ATHLETE	REGION & CLUB	SCHOOL	TIME
	40	319	Cian BIGGS		Bassaleg School	11:12
42	41	72	Kai EDWARDS	EAST-Brecon AC	Ysgol Calon Cymru	11:14
43		120	Ioan DAVIES	WEST-Neath Harriers		11:19
	42	330	Sonny ROGERS		Bassaleg School	11:27
44	43	68	Finn BEVAN	EAST-Brecon AC	Ysgol Calon Cymru	11:32
	44	397	Thomas O'BRIEN		Christ College	11:41
45		69	Callum ROBERTS	EAST-Cwmbran Harriers		11:42
	45	332	William POTTER-COLLINS		Bassaleg School	11:50
	46	323	Freddie LLOYD		Bassaleg School	12:06
	47	555	Dominic THOMAS		YG Gwyr	12:07
	48	562	Ioan WALLACE		Bassaleg School	12:27
	49	474	Thomas DUGUID		Morrison Comprehensive	12:29
	50	463	Levi JAY-JONES		Morrison Comprehensive	12:54
	51	467	Mckenzie JONES		Morrison Comprehensive	13:22
46		102	Sion CROSS	SOUTH-Bridgend Athletics		13:25
	52	439	Aaron MALLOY		Llanidloes	13:55
	53	341	Jake GLADMAN		Brecon High	14:38
			-			
			-			
			-			
			-			
			-			
			-			
			-			
			-			

Inter Schools Incomplete Teams = 21

	School	Places			Pts
1	Aberaeron School	7	22		29
2	Chepstow	16	17		33
3	Monmouth School	29	35		64
4	Christ College	26	44		70
5	Llanidloes	20	52		72
6	Gwent Is Coed	38	39		77
7	Ysgol Calon Cymru	41	43		84
8	Brecon High	31	53		84
9	Dyffryn Taf	1			1
10	Welshpool High School	2			2
11	Llangynnydd	4			4
12	Ysgol Glan Y Môr	6			6
13	Castle School - Pembrokeshire	9			9
14	Pencoedtre High	11			11
15	Quenn Elizabeth High School	13			13
16	Caerleon Comprehensive	15			15
17	Gwernyfed	25			25
18	Bro Pedr	28			28
19	Ysgol Glantaf	36			36
20	Ysgol Cwm Rhondda	37			37
21	YG Gwyr	47			47

RACE 06

23rd Welsh Athletics Inter Regional & 45th Welsh Schools' Inter Schools

RACE 06 U15G (Yr 9-10)

Saturday 19th November 2022

Monmouthshire Showground, Redbrook Road NP25 4LG



Race 06-U15 Girls (Yr9 & 10) 3,770m

POS	Int-Sch	BIB	ATHLETE	REGION & CLUB	SCHOOL	TIME
1		166	Libby HALE	WEST-Swansea Harriers		13:48
2		139	Abigail DOHERTY	NORTH-Deeside AAC		14:05
3	1	136	Madison HUGHES	NORTH-Maldwyn Harriers	Llanidloes	14:10
4	2	137	Mackenzie MCCOURT	NORTH-Maldwyn Harriers	Welshpool High School	14:12
	3	543	Amy THOMAS		YG Gwyr	14:19
5		180	Holly HUMPHREYS	WEST-Swansea Harriers		14:20
6		168	Ava DAVIES	WEST-Swansea Harriers		14:24
7		167	Chloe HARTLEY-GREEN	WEST-Swansea Harriers		14:29
8		138	Josie HIRST	NORTH-Deeside AAC		14:32
	4	561	Olivia MORGAN		Cathedral School	14:36
9		169	Millie PIERCE	WEST-Swansea Harriers		14:40
10		156	Imogen DAVIES	SOUTH-Cardiff Athletics		14:52
11	5	165	Sioned JOHN	SOUTH-Cardiff Athletics	Ysgol Glantaf	14:56
12	6	163	Rebecca DERRICK	SOUTH-Cardiff Athletics	Ysgol Glantaf	14:57
13		170	Amelia WILLIAMS	WEST-Carmarthen Harriers		15:01
14	7	162	Rebeca HARRIES	SOUTH-Cardiff Athletics	Pencoedtre High	15:10
15		141	Orla KISSANE	NORTH-Deeside AAC		15:17
16		172	Bethany CLIFFORD	WEST-Celtic Tri		15:27
17		123	Eva PARRY	EAST-Rhymney Valley AC		15:27
18	8	146	Olivia MORGAN	NORTH-Maldwyn Harriers	Llanidloes	15:36
19	9	159	Katy GRIFFITHS	SOUTH-Bridgend Athletics	Bryntirion	15:37
20		126	Anya BRADY	EAST-Newport Harriers		15:38
21	10	121	Ruby HERDMAN	EAST-Brecon AC	Brecon High	15:46
22		125	Emily PELTOR	EAST-Brecon AC		15:48
23		171	Lyra ROBERTS	WEST-Llanelli AAC		15:54
	11	514	Elifin BRYANT		Ysgol Glantaf	15:57
24	12	129	Clara RHODES	EAST-Lliswerry Runners	Bassaleg School	15:59
25	13	152	Florence PORTER	SOUTH-Bridgend Athletics	Cowbridge	16:02
26		122	Alice MEREDITH	EAST-Newport Harriers		16:03
27		147	Cadi FRENCH	NORTH-Eryri Harriers		16:03
28	14	124	Chloe BIGGS	EAST-Newport Harriers	Bassaleg School	16:06
29	15	177	Ruby MILLS	WEST-Swansea Harriers	Cefn Hengoed	16:12
30	16	128	Emily WALKER	EAST-Newport Harriers	Chepstow	16:13
31	17	173	Megan THOMAS	WEST-Carmarthen Harriers	Bro Myrddin	16:14
32	18	164	Rhiannon DERRICK	SOUTH-Cardiff Athletics	Ysgol Glantaf	16:15
33		174	Lily WILLIAMS	WEST-Neath Harriers		16:17
34		144	Rose HAYES	NORTH-Deeside AAC		16:18
	19	425	Luned BUDGE		Gwent Is Coed	16:21
35		143	Lily ROBERTS	NORTH-Deeside AAC		16:30
36	20	127	Sophie STEELE	EAST-Newport Harriers	Chepstow	16:39
37		145	Lucy PARSLEY	NORTH-Colwyn Bay AC		16:40
	21	436	Anastasia EGGLESTON STOKE		Llandoverly College	16:47
38		148	Emmy TAYLOR	NORTH-Deeside AAC		16:48
39		158	Isabelle LEWIS	SOUTH-Aberdare Valley AAC		16:51
40		176	Anna WILLIAMS	WEST-Swansea Harriers		16:52
41	22	153	Grace GRIFFITHS	SOUTH-Rhondda AC	Ysgol Nantgwyn	17:12
42		179	Imogen MCADIE	WEST-Swansea Harriers		17:16
	23	512	Elan HALL		Ysgol Glantaf	17:19
43		175	Skye BRUCE	WEST-Pembrokeshire Harriers		17:22
44		157	Isabelle JACKLIN	SOUTH-Aberdare Valley AAC		17:28
45		151	Evelyn CARTLIDGE	SOUTH-Aberdare Valley AAC		17:30
	24	353	Marged JONES		Bro Myrddin	17:35
46	25	131	Lily-May HENDY	EAST-Blaenau Gwent AC	Ebbw Fawr	17:42
47		142	Millie HARRISON	NORTH-Deeside AAC		17:42
	26	564	Anna WATTS		Cowbridge	17:55
	27	496	Chardonnay MORGAN		Welshpool High School	18:01
	28	433	Elizabeth MORRIS		Gwernyfed	18:14
	29	434	Niamh APLIN		Gwernyfed	18:21
	30	530	Seren THOMAS		Ysgol Glantaf	18:21
48	31	178	Arianna PROTHEROE	WEST-Llanelli AAC	Ysgol Glan Y Môr	18:27
49		160	Lily JACKLIN	SOUTH-Aberdare Valley AAC		18:33
	32	304	Eilidh JONES		Aberaeron School	18:41
50	33	154	Grayce HARVEY	SOUTH-Rhondda AC	Ysgol Cwm Rhondda	19:01
51		161	Mali CRIMMINGS	SOUTH-Aberdare Valley AAC		19:11
	34	536	Maddison JONES		Ysgol Nantgwyn	19:17

INTER REGIONAL TEAM RESULTS

Pos	Region	1	2	3	4	5	6	7	8	Pts	Total
1	WEST	1	5	6	7	9	13	16	23	15	80
2	NORTH	2	3	4	8	15	18	27	34	14	111
3	SOUTH	10	11	12	14	19	25	32	39	13	162
4	EAST	17	20	21	22	24	26	28	30	12	188

1st Regional Team Athletes: WEST Wales (80Pts)

166	Libby HALE-Swansea Harriers (1)	13:48
180	Holly HUMPHREYS-Swansea Harriers (5)	14:20
168	Ava DAVIES-Swansea Harriers (6)	14:24
167	Chloe HARTLEY-GREEN-Swansea Harriers (7)	14:29
169	Millie PIERCE-Swansea Harriers (9)	14:40
170	Amelia WILLIAMS-Carmarthen Harriers (13)	15:01
172	Bethany CLIFFORD-Celtic Tri (16)	15:27
171	Lyra ROBERTS-Llanelli AAC (23)	15:54

2nd Regional Team Athletes: NORTH Wales (111Pts)

139	Abigail DOHERTY-Deeside AAC (2)	14:05
136	Madison HUGHES-Maldwyn Harriers (3)	14:10
137	Mackenzie MCCOURT-Maldwyn Harriers (4)	14:12
138	Josie HIRST-Deeside AAC (8)	14:32
141	Orla KISSANE-Deeside AAC (15)	15:17
146	Olivia MORGAN-Maldwyn Harriers (18)	15:36
147	Cadi FRENCH-Eryri Harriers (27)	16:03
144	Rose HAYES-Deeside AAC (34)	16:18

3rd Regional Team Athletes: SOUTH Wales (162Pts)

156	Imogen DAVIES-Cardiff Athletics (10)	14:52
165	Sioned JOHN-Cardiff Athletics (11)	14:56
163	Rebecca DERRICK-Cardiff Athletics (12)	14:57
162	Rebeca HARRIES-Cardiff Athletics (14)	15:10
159	Katy GRIFFITHS-Bridgend Athletics (19)	15:37
152	Florence PORTER-Bridgend Athletics (25)	16:02
164	Rhiannon DERRICK-Cardiff Athletics (32)	16:15
158	Isabelle LEWIS-Aberdare Valley AAC (39)	16:51

Inter Schools Scoring Teams =3

Pos	School	1	2	3	4	Total
1	Ysgol Glantaf	5	6	11	18	40
2	Chepstow	16	20	36	45	117
3	Aberaeron School	32	39	44	48	163

1st Schools Team - Athletes: Ysgol Glantaf (40Pts)

165	Sioned JOHN (5)	14:56
163	Rebecca DERRICK (6)	14:57
514	Elifin BRYANT (11)	15:57
164	Rhiannon DERRICK (18)	16:15

2nd Schools Team - Athletes: Chepstow (117Pts)

128	Emily WALKER (16)	16:13
127	Sophie STEELE (20)	16:39
381	Bethan BALL (36)	19:46
386	Lowri CHRISTIE (45)	22:13

3rd Schools Team - Athletes: Aberaeron School (163Pts)

304	Eilidh JONES (32)	18:41
310	Medi JENKINS (39)	20:12
311	Non CRIMES (44)	21:49
303	Caru JENKINS (48)	22:44

23rd Welsh Athletics Inter Regional & 45th Welsh Schools' Inter Schools

Saturday 19th November 2022

Monmouthshire Showground, Redbrook Road NP25 4LG



WELSH ATHLETICS
ATHLETAU CYMRU

Race 06-U15 Girls (Yr9 & 10) 3,770m	
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[illegible]

Inter Schools Incomplete Teams = 24

	School	Places			Pts
1	Welshpool High School	2	27	37	66
2	Ysgol Nantgwyn	22	34	35	91
3	Llanidloes	1	8		9
4	Bassaleg School	12	14		26
5	Cowbridge	13	26		39
6	Bro Myrddin	17	24		41
7	Ysgol Glantaf	23	30		53
8	Gwernyfed	28	29		57
9	Gwent Is Coed	19	40		59
10	Rougemont School	38	43		81
11	Penweddig	41	46		87
12	YG Gwyr	3			3
13	Cathedral School	4			4
14	Pencoedtre High	7			7
15	Bryntirion	9			9
16	Brecon High	10			10
17	Cefn Hengoed	15			15
18	Llandovery College	21			21
19	Ysgol Glan Y Môr	31			31
20	Ysgol Cwm Rhondda	33			33
21	Christ College	42			42
22	Dyffryn Taf	47			47
23	Aberaeron School	49			49
24	Blackwood	50			50



Race 07-U15 Boys (Yr9 & 10) 3,770m

POS	Int-Sch	BIB	ATHLETE	REGION & CLUB	SCHOOL	TIME
1		220	Joshua SANDERS	SOUTH-Cardiff Athletics		12:45
2		197	Ben SERGEANT	NORTH-Eryri Harriers		12:46
3		196	Miguel JENKINSON	NORTH-Menai Track and Field		12:48
4		212	Garyn TOUGH	SOUTH-Aberdare Valley AAC		12:52
5		211	Iwan FROLEY	SOUTH-Cardiff Athletics		13:00
6	1	181	Lucas SALVAGE	EAST-Newport Harriers	St Julians	13:12
7		182	Joe EDWARDS	EAST-Brecon AC		13:15
8		198	Alfie SHILAND	NORTH-Colwyn Bay AC		13:17
9		226	Thomas LOYNES	WEST-Neath Harriers		13:21
10		202	Ellis MARTIN	NORTH-Deeside AAC		13:29
11	2	217	Tomos DAVIES	SOUTH-Cardiff Athletics	Bryntirion	13:31
12	3	214	Samuel BOYCE	SOUTH-Cardiff Athletics	Cathedral School	13:31
13		227	Macsen TOOGOOD	WEST-Carmarthen Harriers		13:32
14	4	229	Joshua BARNETT	WEST-Carmarthen Harriers	Dyffryn Taf	13:36
	5	529	Rhodri AMOS		Ysgol Glantaf	13:38
15	6	219	Alfie OSBORNE	SOUTH-Cardiff Athletics	Pencoedtre High	13:47
16		199	Daniel MITCHEL	NORTH-Deeside AAC		13:52
17		195	Tom GILBERT	EAST-Newport Harriers		13:53
18	7	183	Vaughn HUGHES	EAST-Newport Harriers	Bassaleg School	13:53
19		193	Dylan EVANS	EAST-Newport Harriers		13:58
20		205	Toby LEMON	NORTH-Deeside AAC		14:01
21		184	Alex PELTOR	EAST-Brecon AC		14:02
	8	361	Liam REGAN		Bro Pedr	14:02
22	9	225	Aaron NATHAN	SOUTH-Cardiff Archers	Cowbridge	14:02
23		228	Ashton PARRY	WEST-Neath Harriers		14:05
	10	334	Jed WHERLOCK		Bedwas High School	14:07
24		232	Zac MIDDLETON	WEST-Neath Harriers		14:08
25		239	Osian DAVIES	WEST-Neath Harriers		14:09
	11	482	Tomos HUNTER		Redhill High School	14:12
26		223	Daniel MAY	SOUTH-Cardiff Athletics		14:14
27		238	William HARRIES	WEST-Pembrokeshire Harriers		14:16
28	12	218	Harry OSBORNE	SOUTH-Cardiff Athletics	Pencoedtre High	14:18
	13	324	Iestyn READ		Bassaleg School	14:19
29		185	Charlie MALPAS	EAST-Rhymney Valley AC		14:19
	14	385	Lewis GRIFFITHS-BURDON		Chepstow	14:22
30	15	224	Gordon THÜSING-PALMER	SOUTH-Cardiff Athletics	Ysgol Glantaf	14:24
	16	448	Matthew POWELL		Monmouth School	14:27
31		213	Cian TOUGH	SOUTH-Aberdare Valley AAC		14:28
32		201	Tomos MORGAN	NORTH-Menai Track and Field		14:29
33	17	206	Christopher BENSON	NORTH-Maldwyn Harriers	Ysgol Llanfyllin	14:30
34		207	Arthur JONES	NORTH-Denbigh Harriers		14:35
	18	526	Osian BARHAM		Ysgol Glantaf	14:36
35		208	Ted CONRY	NORTH-Denbigh Harriers		14:36
36		221	Evan DAVIES	SOUTH-Aberdare Valley AAC		14:37
37		234	Daniel WARRENDER	WEST-Carmarthen Harriers		14:38
38		215	Leo WATKINS	SOUTH-Bridgend Athletics		14:41
	19	534	Thomas PRICKETT		Ysgol Glantaf	14:44
39		233	Jack MORGAN	WEST-Pembrokeshire Harriers		14:48
40	20	216	Fraser HIGGINSON	SOUTH-Bridgend Athletics	Llangynnydd	14:49
41	21	188	Isaac BARRY	EAST-Newport Harriers	St Julians	14:50
	22	528	Owen JONES		Ysgol Glantaf	14:55
42	23	186	Xander MEDDINS	EAST-Newport Harriers	Chepstow	14:58
	24	519	Hari MORRIS		Ysgol Glantaf	15:00
43		187	Caden PARHAM	EAST-Rhymney Valley AC		15:01
44		189	Harri TITCHENER	EAST-Rhymney Valley AC		15:04
45	25	190	Spencer ENGLISH	EAST-Llisswerry Runners	St Julians	15:08
46		231	Aron-Hedd JONES	WEST-Carmarthen Harriers		15:16
	26	383	George STUBBS		Chepstow	15:16
	27	362	Ryan CHESTER-JONES		Bro Pedr	15:18
	28	453	Carlo WHITELOCK		Morrison Comprehensive	15:24
47		235	Joshua BARRETT	WEST-Pembrokeshire Harriers		15:27
	29	442	Owen TURNER		Llanidloes	15:32
	30	476	Zachary BEDDOWS		Morrison Comprehensive	15:38
	31	328	Morgan WILLIAMS		Bassaleg School	15:47
	32	415	Ayrton FRENCH		Gwent Is Coed	15:50
	33	545	Iolo KING		YG Gwyr	15:51
	34	325	Iestyn WILLIAMS		Bassaleg School	16:06
48	35	191	Thomas COLEMAN	EAST-Newport Harriers	Bassaleg School	16:19
	36	456	Dylan GILPIN		Morrison Comprehensive	16:22
	37	527	Owain GRIFFITHS		Ysgol Glantaf	16:29
	38	493	Luca CAVACIUTI		St Julians	16:33
49	39	192	Rory COLLINS	EAST-Llisswerry Runners	St Julians	16:40
	40	462	Kajetan WOJTCZAK		Morrison Comprehensive	16:53
50		240	Evan POWELL	WEST-Celtic Tri		16:54
	41	472	Rhys HAYCOCK		Morrison Comprehensive	17:05
	42	457	Edgar KOSIBIA		Morrison Comprehensive	17:34

INTER REGIONAL TEAM RESULTS

Pos	Region	1	2	3	4	5	6	7	8	Pts	Total
1	SOUTH	1	4	5	11	12	15	22	26	15	96
2	NORTH	2	3	8	10	16	20	32	33	14	124
3	EAST	6	7	17	18	19	21	29	41	13	158
4	WEST	9	13	14	23	24	25	27	37	12	172

1st Regional Team Athletes: SOUTH Wales (96Pts)

220	Joshua SANDERS-Cardiff Athletics (1)	12:45
212	Garyn TOUGH-Aberdare Valley AAC (4)	12:52
211	Iwan FROLEY-Cardiff Athletics (5)	13:00
217	Tomos DAVIES-Cardiff Athletics (11)	13:31
214	Samuel BOYCE-Cardiff Athletics (12)	13:31
219	Alfie OSBORNE-Cardiff Athletics (15)	13:47
225	Aaron NATHAN-Cardiff Archers (22)	14:02
223	Daniel MAY-Cardiff Athletics (26)	14:14

2nd Regional Team Athletes: NORTH Wales (124Pts)

197	Ben SERGEANT-Eryri Harriers (2)	12:46
196	Miguel JENKINSON-Menai Track and Field (3)	12:48
198	Alfie SHILAND-Colwyn Bay AC (8)	13:17
202	Ellis MARTIN-Deeside AAC (10)	13:29
199	Daniel MITCHEL-Deeside AAC (16)	13:52
205	Toby LEMON-Deeside AAC (20)	14:01
201	Tomos MORGAN-Menai Track and Field (32)	14:29
206	Christopher BENSON-Maldwyn Harriers (33)	14:30

3rd Regional Team Athletes: EAST Wales (158Pts)

181	Lucas SALVAGE-Newport Harriers (6)	13:12
182	Joe EDWARDS-Brecon AC (7)	13:15
195	Tom GILBERT-Newport Harriers (17)	13:53
183	Vaughn HUGHES-Newport Harriers (18)	13:53
193	Dylan EVANS-Newport Harriers (19)	13:58
184	Alex PELTOR-Brecon AC (21)	14:02
185	Charlie MALPAS-Rhymney Valley AC (29)	14:19
188	Isaac BARRY-Newport Harriers (41)	14:50

Inter Schools Scoring Teams =4

Pos	School	1	2	3	4	Total
1	Ysgol Glantaf	5	15	18	19	57
2	Bassaleg School	7	13	31	34	85
3	St Julians	1	21	25	38	85
4	Morrison Comprehensive	28	30	36	40	134

1st Schools Team - Athletes: Ysgol Glantaf (57Pts)

529	Rhodri AMOS (5)	13:38
224	Gordon THÜSING-PALMER (15)	14:24
526	Osian BARHAM (18)	14:36
534	Thomas PRICKETT (19)	14:44

2nd Schools Team - Athletes: Bassaleg School (85Pts)

183	Vaughn HUGHES (7)	13:53
324	Iestyn READ (13)	14:19
328	Morgan WILLIAMS (31)	15:47
325	Iestyn WILLIAMS (34)	16:06

3rd Schools Team - Athletes: St Julians (85Pts)

181	Lucas SALVAGE (1)	13:12
188	Isaac BARRY (21)	14:50
190	Spencer ENGLISH (25)	15:08
493	Luca CAVACIUTI (38)	16:33

Inter Schools Incomplete Teams = 19

	School	Places			Pts
1	Chepstow	14	23	26	63
2	Bro Pedr	8	27	44	79
3	Ysgol Glantaf	22	24	37	83
4	Morrison Comprehensive	41	42	45	128
5	Pencoedtre High	6	12		18
6	Bassaleg School	35	43		78
7	Bryntirion	2			2

23rd Welsh Athletics Inter Regional & 45th Welsh Schools' Inter Schools

Saturday 19th November 2022

Monmouthshire Showground, Redbrook Road NP25 4LG



WELSH ATHLETICS
ATHLETAU CYMRU

POS	Int-Sch	BIB	ATHLETE	REGION & CLUB	SCHOOL	TIME							
	43	320	Dan OLEGASEGRAM		Bassaleg School	17:54	8	Cathedral School	3				3
	44	364	Tomos GREEN		Bro Pedr	18:04	9	Dyffryn Taf	4				4
	45	464	Lewis WILLIAMS		Morrison Comprehensive	18:47	10	Cowbridge	9				9
							11	Bedwas High School	10				10
							12	Redhill High School	11				11
							13	Monmouth School	16				16
							14	Ysgol Llanfyllin	17				17
							15	Llangynnnwyd	20				20
							16	Llanidloes	29				29
							17	Gwent Is Coed	32				32
							18	YG Gwyr	33				33
							19	St Julians	39				39

23rd Welsh Athletics Inter Regional & 45th Welsh Schools' Inter Schools

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23rd Welsh Athletics Inter Regional & 45th Welsh Schools' Inter Schools

RACE 08 U17W & U20W (Yr 11-14)

Saturday 19th November 2022

Monmouthshire Showground, Redbrook Road NP25 4LG

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Race 09-U17 Men (Yr11 & 12) & U20 Men (Yr 13 & 14) 5,730m

U17M	U20M	Int-Sch	U17/U20	BIB	ATHLETE	REGION & CLUB	SCHOOL	TIME
	1	1	1-U20M	196	Deri MCCLUSKEY	NORTH-Maldwyn Harriers	Ysgol Llanfyllin	19:57
1		2	1-U17M	127	Henry EVANS	EAST-Newport Harriers	Monmouth School	20:03
2				140	Noa VAUGHAN	NORTH-Eryri Harriers		20:25
	2			226	Rhys LLEWELYN	WEST-Pembrokeshire Harriers		20:32
3		3	2-U17M	136	Aled BREEZE	NORTH-Maldwyn Harriers	Welshpool High School	20:38
4		4	3-U17M	167	Finley BRUCE	WEST-Carmarthen Harriers	Ysgol Bro Preseli	20:47
	3			197	Dion GRIFFITH	NORTH-Menai Track and Field		20:50
5				137	Callum MORGAN	NORTH-Maldwyn Harriers	Welshpool High School	20:51
6		6		121	Jack ORGAN	EAST-Brecon AC	Christ College	20:55
	4			229	Ollie GEORGE	WEST-Pembrokeshire Harriers		21:03
7				138	Finlay CULLEN	NORTH-Maldwyn Harriers		21:04
	5			213	Ben HUGHES	SOUTH-Cardiff Athletics		21:11
8				141	Tudor HARPER-LLOYD	NORTH-Menai Track and Field		21:13
	6	7	2-U20M	181	Rhys PHILLIPS	EAST-Newport Harriers	Monmouth School	21:14
9		8		169	Steffan DAVIES	WEST-Carmarthen Harriers	Bro Myrddin	21:32
10				139	Jacob WELSH	NORTH-Deeside AAC		21:34
	7			228	Ieuan GRIFFITHS	WEST-Llanelli AAC		21:34
11		9		168	Ifan BOWEN	WEST-Carmarthen Harriers	Bro Myrddin	21:40
12				158	Cian HAROLD	SOUTH-Cardiff Athletics		21:46
	8			215	Huw RILEY	SOUTH-Cardiff Athletics		21:53
	9			198	James SMITH	NORTH-Menai Track and Field		22:00
13				170	Steffan BRIDGER	WEST-Carmarthen Harriers		22:02
		10		449	Oliver LLOYD		Monmouth School	22:02
14		11		145	Matthew BENSON	NORTH-Maldwyn Harriers	Ysgol Llanfyllin	22:09
		12		532	Steffan RAYMENT		Ysgol Glantaf	22:29
	10			199	Harri JACKSON	NORTH-Menai Track and Field		22:34
15				152	Leroy GRIFFITHS	SOUTH-Rhondda AC		22:36
16		13		122	Joseph MURPHY	EAST-Brecon AC	Christ College	22:38
17				129	Thomas WEEKS	EAST-Newport Harriers		22:46
18				123	Toby BENNETT	EAST-Brecon AC		22:54
19				154	Ben PRICE	SOUTH-Cardiff Athletics		22:55
20				142	Harri MORGAN	NORTH-Menai Track and Field		23:14
21				171	Iwan WILSON	WEST-Llanelli AAC		23:16
	11			200	James PRICE	NORTH-Aberystwyth Uni		23:18
22		14		155	William ROBERTS	SOUTH-Cardiff Athletics	Ysgol Glantaf	23:21
23				153	Rhys MCNABB	SOUTH-Cardiff Athletics		23:29
	12	15	3-U20M	227	Jack BRUCE	WEST-Carmarthen Harriers	Ysgol Bro Preseli	23:32
24				173	Joshua PRITCHARD	WEST-Swansea Harriers		23:36
25				124	Jac MATTHEWS	EAST-Rhymney Valley AC		23:36
25	12			147	NO ATHLETE DECLARED	-		23:37
26				174	Steffan HIGGINS	WEST-Swansea Harriers		23:46
27				161	Aidan JONES	SOUTH-Aberdare Valley AAC		24:09
	13			211	Ben FARRELL	SOUTH-Cardiff Athletics		24:22
28				177	Woody REES	WEST-Swansea Harriers		24:28
29				157	Joseph JAMES	SOUTH-Cardiff Athletics		24:31
30				128	Reuben LAWSON	EAST-Newport Harriers		24:50
		16		428	Rhys GRIFFITHS		Gwent Is Coed	25:02
31				160	Alfie SARGEANT	SOUTH-Barry and Vale		25:04
		17		375	Nevan REA		Caerleon Comprehensive	25:06
		18		418	Dylan BAKER		Gwent Is Coed	25:10
	14			212	Harri ELIAS	SOUTH-Cardiff Athletics		25:23
		19		447	Leo EVANS		Monmouth School	25:24
32		20		125	Oliver O'BRIEN	EAST-Brecon AC	Christ College	25:35
33				159	Joshua MORGAN	SOUTH-Swansea Harriers		25:39
	15			230	Johnathan PRICE	WEST-Sarn Helen		25:44
34				151	Ben RAYMOND	SOUTH-Barry and Vale		25:44
		21		437	Ellis ROBINSON		Llandovery College	25:48
35				144	Gruffudd PRICE	NORTH-Denbigh Harriers		26:17
36				175	Ethan MATTHEWS	WEST-Celtic Tri		26:39
		22		518	Gruff LLEWELYN		Ysgol Glantaf	27:17
37				126	Daniel DAVIES	EAST-Caerphilly Runners		28:16
		23		510	Deio EDWARDS		Ysgol Glantaf	28:33
		24		516	Greg EVANS		Ysgol Glantaf	28:51
		25		517	Gruff HORUNG		Ysgol Glantaf	28:53
	16			214	Luke DAVIES	SOUTH-Ogmore Phoenix Runners		29:05
38				156	Cade DAVIES	SOUTH-Aberdare Valley AAC		29:33

U17M INTER REGIONAL TEAM RESULTS

Pos	Region	1	2	3	4	5	6	7	8	Pts	Total
1	NORTH	2	3	5	7	8	10	14	20	15	69
2	WEST	4	9	11	13	21	24	26	28	14	136
3	EAST	1	6	16	17	18	25	30	32	13	145
4	SOUTH	12	15	19	22	23	27	29	31	12	178

U20M INTER REGIONAL TEAM RESULTS

Pos	Region	1	2	3	4	Pts	Total
1	NORTH	1	3	9	10	15	23
2	WEST	2	4	7	12	14	25
3	SOUTH	5	8	13	14	13	40
4	EAST	6				1	6

1st U17M Regional Team Athletes: NORTH Wales (69Pts)

140	Noa VAUGHAN-Eryri Harriers (2)	20:25
136	Aled BREEZE-Maldwyn Harriers (3)	20:38
137	Callum MORGAN-Maldwyn Harriers (5)	20:51
138	Finlay CULLEN-Maldwyn Harriers (7)	21:04
141	Tudor HARPER-LLOYD-Menai Track and Field (8)	21:13
139	Jacob WELSH-Deeside AAC (10)	21:34
145	Matthew BENSON-Maldwyn Harriers (14)	22:09
142	Harri MORGAN-Menai Track and Field (20)	23:14

2nd U17M Regional Team Athletes: WEST Wales (136Pts)

167	Finley BRUCE-Carmarthen Harriers (4)	20:47
169	Steffan DAVIES-Carmarthen Harriers (9)	21:32
168	Ifan BOWEN-Carmarthen Harriers (11)	21:40
170	Steffan BRIDGER-Carmarthen Harriers (13)	22:02
171	Iwan WILSON-Llanelli AAC (21)	23:16
173	Joshua PRITCHARD-Swansea Harriers (24)	23:36
174	Steffan HIGGINS-Swansea Harriers (26)	23:46
177	Woody REES-Swansea Harriers (28)	24:28

3rd U17M Regional Team Athletes: EAST Wales (145Pts)

127	Henry EVANS-Newport Harriers (1)	20:03
121	Jack ORGAN-Brecon AC (6)	20:55
122	Joseph MURPHY-Brecon AC (16)	22:38
129	Thomas WEEKS-Newport Harriers (17)	22:46
123	Toby BENNETT-Brecon AC (18)	22:54
124	Jac MATTHEWS-Rhymney Valley AC (25)	23:36
128	Reuben LAWSON-Newport Harriers (30)	24:50
125	Oliver O'BRIEN-Brecon AC (32)	25:35

1st U20M Regional Team Athletes: NORTH Wales (23Pts)

127	Henry EVANS-Newport Harriers (1)	20:03
136	Aled BREEZE-Maldwyn Harriers (3)	20:38
169	Steffan DAVIES-Carmarthen Harriers (9)	21:32
139	Jacob WELSH-Deeside AAC (10)	21:34

2nd U20M Regional Team Athletes: WEST Wales (25Pts)

140	Noa VAUGHAN-Eryri Harriers (2)	20:25
167	Finley BRUCE-Carmarthen Harriers (4)	20:47
138	Finlay CULLEN-Maldwyn Harriers (7)	21:04
158	Cian HAROLD-Cardiff Athletics (12)	21:46

3rd U20M Regional Team Athletes: SOUTH Wales (40Pts)

137	Callum MORGAN-Maldwyn Harriers (5)	20:51
141	Tudor HARPER-LLOYD-Menai Track and Field (8)	21:13
170	Steffan BRIDGER-Carmarthen Harriers (13)	22:02
145	Matthew BENSON-Maldwyn Harriers (14)	22:09

23rd Welsh Athletics Inter Regional & 45th Welsh Schools' Inter Schools

RACE 09 U17M & U20M (Yr 11-14)

Saturday 19th November 2022

Monmouthshire Showground, Redbrook Road NP25 4LG



Race 09-U17 Men (Yr11 & 12) & U20 Men (Yr 13 & 14) 5,730m

[illegible]

Inter Schools Scoring Teams =2

Pos	School	1	2	3	4	Total
1	Monmouth School	2	7	10	19	38
2	Ysgol Glantaf	12	14	22	23	71

1st Schools Team - Athletes: Monmouth School (38Pts)

127	Henry EVANS (2)	20:03
181	Rhys PHILLIPS (7)	21:14
449	Oliver LLOYD (10)	22:02
447	Leo EVANS (19)	25:24

2nd Schools Team - Athletes: Ysgol Glantaf (71Pts)

532	Steffan RAYMENT (12)	22:29
155	William ROBERTS (14)	23:21
518	Gruff LLEWELYN (22)	27:17
510	Deio EDWARDS (23)	28:33

Inter Schools Incomplete Teams = 10

	School	Places				Pts
1	Christ College	6	13	20		39
2	Ysgol Llanfyllin	1	11			12
3	Bro Myrddin	8	9			17
4	Ysgol Bro Preseli	4	15			19
5	Gwent Is Coed	16	18			34
6	Ysgol Glantaf	24	25			49
7	Bassaleg School	26	27			53
8	Welshpool High School	3				3
9	Caerleon Comprehensive	17				17
10	Llandovery College	21				21

RACE 10

23rd Welsh Athletics Inter Regional & 45th Welsh Schools' Inter Schools

RACE 10 SENIOR & MASTER MEN

Saturday 19th November 2022

Monmouthshire Showground, Redbrook Road NP25 4LG



SENM TEAM RESULTS													MM45 TEAM RESULTS												
9,530m													9,530m												
1	2	3	4	5	6	7	8	Pts	Count	Score	1	2	3	4	5	Pts	Count	Score							
SENM EAST	4	7	9	10	14	15	16	17	92	8	15	MM45 EAST	2	3	7	8	10	30	5	15					
SENM SOUTH	1	3	5	8	27	35	37	39	155	8	14	MM45 WEST	5	6	9	11	13	44	5	14					
SENM WEST	6	12	13	21	25	26	28	32	163	8	13	MM45 SOUTH	4	12	17	18	24	75	5	13					
SENM NORTH	2	11	22	29	31	33	42		7	7	7	MM45 NORTH	1	25	31	34		4	4	4					
MM35 TEAM RESULTS													MM55 TEAM RESULTS												
9,530m													9,530m												
1	2	3	4	5	Pts	Count	Score						1	2	3	4	5	Pts	Count	Score					
MM35 WEST	1	5	6	12	13	37	5	15						MM55 WEST	3	18	21	27	30	99	5	12			
MM35 EAST	2	4	9	11	14	40	5	14						MM55 NORTH	1	6	8	15	23	53	5	14			
MM35 SOUTH	3	8	10	17	19	57	5	13						MM55 SOUTH	5	9	11	13	16	54	5	13			
MM35 NORTH	7	18	20	30	35	110	5	12						MM55 EAST	2	4	7	10	12	35	5	15			
RACE 10 SENIOR & MASTER MEN																									
POS	BIB	TIME	NAME	Region				SENM		MM35		MM45		MM55		PTS	Scorer	Team Pts							
								Region	Pos	Region	Pos	Age	Pos	Age	Pos										
1	40	32:00	Ciaran LEWIS/Les Croupiers RC	SENM SOUTH				SENM SOUTH	1							1	✓	1							
2	22	32:22	Tom WOOD/Eryri Harriers	SENM NORTH				SENM NORTH	2							2	✓	2							
3	31	32:32	Dylan NAZARETH/Les Croupiers RC	SENM SOUTH				SENM SOUTH	3							3	✓	4							
4	15	32:39	Phil MATTHEWS/Parc Bryn Bach	SENM EAST				SENM EAST	4							4	✓	4							
5	33	33:17	Adam BULL/Pontpridd Rodents	SENM SOUTH				SENM SOUTH	5							5	✓	9							
6	106	33:46	Matthew REES/Swansea Harriers	MM35 WEST						MM35 WEST	1					1	✓	1							
7	46	33:50	Luca CORTELLESE/Swansea Harriers	SENM WEST				SENM WEST	6							6	✓	6							
8	2	33:51	Spencer SMITH/Newport Harriers	SENM EAST				SENM EAST	7							7	✓	11							
9	32	34:28	Devin COOMBS/Bridgend Athletics	SENM SOUTH				SENM SOUTH	8							8	✓	17							
10	1	34:43	Daniel BODMAN/Parc Bryn Bach	SENM EAST				SENM EAST	9							9	✓	20							
11	7	34:49	Jack TURNER/Swansea Harriers	SENM EAST				SENM EAST	10							10	✓	30							
12	19	34:54	Rhodri OWEN/Meirionnydd RC	SENM NORTH				SENM NORTH	11							11	✓	13							
13	48	35:05	Shane WILLIAMS/Neath Harriers	SENM WEST				SENM WEST	12							12	✓	18							
14	47	35:05	Scott WILLIAMS/Neath Harriers	SENM WEST				SENM WEST	13							13	✓	31							
15	63	35:06	Justin CROCKER/Parc Bryn Bach	MM35 EAST						MM35 EAST	2					2	✓	2							
16	102	35:11	Phil HAMBLETON/Les Croupiers RC	MM35 SOUTH						MM35 SOUTH	3					3	✓	3							
17	13	35:13	Craig WILLIAMS/Newport Harriers	SENM EAST				SENM EAST	14							14	✓	44							
18	62	35:15	Ross MATTHEWS/Parc Bryn Bach	MM35 EAST						MM35 EAST	4					4	✓	6							
19	108	35:20	Owain SCHIAVONE/Cardiff AAC	MM35 WEST						MM35 WEST	5					5	✓	6							
20	139	35:22	Chris CALLAGHAN/Buckley RC	MM45 NORTH								MM45 NORTH	1			1	✓	1							
21	6	35:24	Wyndham TURNER/Builth & District	SENM EAST				SENM EAST	15							15	✓	59							
22	109	35:30	Sion LEWIS/London Heathside	MM35 WEST						MM35 WEST	6					6	✓	12							
23	84	35:31	Joel GOMES/Wrexham AC	MM35 NORTH						MM35 NORTH	7					7	✓	7							
24	3	35:33	Matt GRANTHAM/Micky Morris Racing Team	SENM EAST				SENM EAST	16							16	✓	75							
25	4	35:35	Brychan PRICE-DAVIES/Brecon AC	SENM EAST				SENM EAST	17							17	✓	92							
26	92	35:39	James THIE/Pontypridd Roadents	MM35 SOUTH						MM35 SOUTH	8					8	✓	11							
27	5	35:42	Craig HUDSON/Newport Harriers	SENM EAST				SENM EAST	18							18	✗	110							
28	122	35:49	Mark JENNINGS/Micky Morris Racing Team	MM45 EAST								MM45 EAST	2			2	✓	2							
29	8	35:51	David AUBREY/Western Tempo	SENM EAST				SENM EAST	19							19	✗	129							
30	121	35:52	Robin WOODS/Builth & District	MM45 EAST								MM45 EAST	3			3	✓	5							
31	66	35:53	Leighton RAWLINSON/Micky Morris Racing Team	MM35 EAST						MM35 EAST	9					9	✓	15							
32	96	35:55	Vaughan EDWARDS/Les Croupiers RC	MM35 SOUTH						MM35 SOUTH	10					10	✓	21							
33	64	36:00	Jon LIKE/Parc Bryn Bach	MM35 EAST						MM35 EAST	11					11	✓	26							
34	9	36:05	Harry DAVIES/Newport Harriers	SENM EAST				SENM EAST	20							20	✗	149							
35	113	36:08	Mark HORSMAN/Pontypridd Roadents	MM35 WEST						MM35 WEST	12					12	✓	24							
36	49	36:11	Callum CAMPION/Llanelli AC	SENM WEST				SENM WEST	21							21	✓	52							
37	20	36:13	Gearint PUGH/Meirionnydd RC	SENM NORTH				SENM NORTH	22							22	✓	35							
38	112	36:14	Andrew CLEVERLY/Swansea Harriers	MM35 WEST						MM35 WEST	13					13	✓	37							
39	153	36:17	Matt JACKLIN/Aberdare Valley AAC	MM45 SOUTH								MM45 SOUTH	4			4	✓	4							
40	65	36:19	Sam JONES/Parc Bryn Bach	MM35 EAST						MM35 EAST	14					14	✓	40							
41	166	36:23	Huw EVANS/Parc Bryn Bach	MM45 WEST								MM45 WEST	5			5	✓	5							
42	11	36:32	Michael LEWIS/Fairwater Runners Cwmbran	SENM EAST				SENM EAST	23							23	✗	172							
43	107	36:37	Rob DAVIES/Amman Valley Harriers	MM35 WEST						MM35 WEST	15					15	✗	52							
44	196	36:43	Mike WHYATT/Eryri Harriers	MM55 NORTH										MM55 NORTH	1	1	✓	1							
45	167	36:47	Daryl JOHN/Pembrokeshire Harriers	MM45 WEST								MM45 WEST	6			6	✓	11							
46	14	36:51	James KEMP/Micky Morris Racing Team	SENM EAST				SENM EAST	24							24	✗	196							
47	73	36:52	Nick TULP/Lliswerry Runners	MM35 EAST						MM35 EAST	16					16	✗	56							
48	50	36:59	James COWAN/Cardiff AAC	SENM WEST				SENM WEST	25							25	✓	77							
49	190	37:02	Jeff WHERLOCK/Lliswerry Runners	MM55 EAST										MM55 EAST	2	2	✓	2							
50	99	37:03	Mark PALSER/Les Croupiers RC	MM35 SOUTH						MM35 SOUTH	17					17	✓	38							
51	51	37:03	Liam OAK/Neath Harriers	SENM WEST				SENM WEST	26							26	✓	103							
52	80	37:05	Alun WILLIAMS/Meirionnydd RC	MM35 NORTH						MM35 NORTH	18					18	✓	25							
53	34	37:06	Ben KENNEDY/Les Croupiers RC	SENM SOUTH				SENM SOUTH	27							27	✓	44							
54	94	37:08	Jonathon ASTLEY/Parc Bryn Bach RC	MM35 SOUTH						MM35 SOUTH	19					19	✓	57							
55	83	37:09	Clive MORGAN/Maldwyn Harriers	MM35 NORTH						MM35 NORTH	20					20	✓	45							
56	67	37:14	Rob NICHOLLS/Monross Trailblazers	MM35 EAST						MM35 EAST	21					21	✗	77							
57	114	37:29	Rob PRADY/Neath Harriers	MM35 WEST						MM35 WEST	22					22	✗	74							
58	124	37:40	Andrew LEE/Pontypool	MM45 EAST								MM45 EAST	7			7	✓	12							
59	125	37:45	Richard JONES/Lliswerry Runners	MM45 EAST								MM45 EAST	8			8	✓	20							
60	177	37:46	Henry DRAKE/Amman Valley Harriers	MM45 WEST								MM45 WEST	9			9	✓	20							

23rd Welsh Athletics Inter Regional & 45th Welsh Schools' Inter Schools

RACE 10 SENIOR & MASTER MEN

Saturday 19th November 2022

Monmouthshire Showground, Redbrook Road NP25 4LG



SENM TEAM RESULTS													MM45 TEAM RESULTS												
9,530m	1	2	3	4	5	6	7	8	Pts	Count	Score	9,530m	1	2	3	4	5	Pts	Count	Score					
SENM EAST	4	7	9	10	14	15	16	17	92	8	15	MM45 EAST	2	3	7	8	10	30	5	15					
SENM SOUTH	1	3	5	8	27	35	37	39	155	8	14	MM45 WEST	5	6	9	11	13	44	5	14					
SENM WEST	6	12	13	21	25	26	28	32	163	8	13	MM45 SOUTH	4	12	17	18	24	75	5	13					
SENM NORTH	2	11	22	29	31	33	42		7	7	7	MM45 NORTH	1	25	31	34		4	4	4					
MM35 TEAM RESULTS													MM55 TEAM RESULTS												
9,530m	1	2	3	4	5	Pts	Count	Score					9,530m	1	2	3	4	5	Pts	Count	Score				
MM35 WEST	1	5	6	12	13	37	5	15					MM55 WEST	3	18	21	27	30	99	5	12				
MM35 EAST	2	4	9	11	14	40	5	14					MM55 NORTH	1	6	8	15	23	53	5	14				
MM35 SOUTH	3	8	10	17	19	57	5	13					MM55 SOUTH	5	9	11	13	16	54	5	13				
MM35 NORTH	7	18	20	30	35	110	5	12					MM55 EAST	2	4	7	10	12	35	5	15				
RACE 10 SENIOR & MASTER MEN																									
POS	BIB	TIME	NAME	Region	SENM		MM35		MM45		MM55		PTS	Scorer	Team										
					Region	Pos	Region	Pos	Age	Pos	Age	Pos			Pts										
1	40	32:00	Ciaran LEWIS/Les Croupiers RC	SENM SOUTH	SENM SOUTH	1							1	✓	1										
61	55	37:47	Patrick TUDOR/Swansea Harriers	SENM WEST	SENM WEST	28							28	✓	131										
62	75	37:48	Tim BATCHELOR/Chepstow Harriers	MM35 EAST			MM35 EAST	23					23	✗	100										
63	91	37:52	Owen THOMAS/Aberdare Valley AAC	MM35 SOUTH			MM35 SOUTH	24					24	✗	81										
64	101	37:55	Richard DANDO/Bridgend Athletics	MM35 SOUTH			MM35 SOUTH	25					25	✗	106										
65	18	38:02	Ben WILLIAMS/Buckley RC	SENM NORTH	SENM NORTH	29							29	✓	64										
66	12	38:05	Martin NORTON/Lliswerry Runners	SENM EAST	SENM EAST	30							30	✗	226										
67	21	38:10	Gwion ROBERTS/Meirionnydd RC	SENM NORTH	SENM NORTH	31							31	✓	95										
68	123	38:13	Andy DEAN/Griffithstown Harriers	MM45 EAST					MM45 EAST	10			10	✓	30										
69	53	38:15	Ryan MANDES/Trots	SENM WEST	SENM WEST	32							32	✓	163										
70	16	38:17	Tony WOOD/Denbigh Harriers	SENM NORTH	SENM NORTH	33							33	✓	128										
71	74	38:20	Michael HOLLOWAY/Brecon AC	MM35 EAST			MM35 EAST	26					26	✗	126										
72	54	38:30	Isaac AYRES/Carmarthen Harriers	SENM WEST	SENM WEST	34							34	✗	197										
73	36	38:34	Craig BLAKE/Cardiff Athletics	SENM SOUTH	SENM SOUTH	35							35	✓	79										
74	58	38:35	Lloyd JONES/Run 4 All Neath	SENM WEST	SENM WEST	36							36	✗	233										
75	37	38:38	Adam WHITTAKER/Cardiff Athletics	SENM SOUTH	SENM SOUTH	37							37	✓	116										
76	59	38:41	Ryan GRIFFITHS/Port Talbot Harriers	SENM WEST	SENM WEST	38							38	✗	271										
77	103	38:42	Peter RYDER/Aberdare Valley AAC	MM35 SOUTH			MM35 SOUTH	27					27	✗	133										
78	170	38:54	Charles WALSH/Swansea Harriers	MM45 WEST					MM45 WEST	11			11	✓	31										
79	71	38:56	Phillip MORRIS/Builth & District	MM35 EAST			MM35 EAST	28					28	✗	154										
80	68	38:57	Thomas TURNER/Builth & District	MM35 EAST			MM35 EAST	29					29	✗	183										
81	76	39:02	Ally HUGHES/Wrexham AC	MM35 NORTH			MM35 NORTH	30					30	✓	75										
82	95	39:09	Tom JEFFREY/Les Croupiers RC	MM35 SOUTH			MM35 SOUTH	31					31	✗	164										
83	226	39:17	Alec WILLIAMS/Pembrokeshire Harriers	MM55 WEST							MM55 WEST	3	3	✓	3										
84	191	39:19	Anthony MARSHALL/Chepstow Harriers	MM55 EAST							MM55 EAST	4	4	✓	6										
85	39	39:22	Paul JOSUA/San Domenico	SENM SOUTH	SENM SOUTH	39							39	✓	155										
86	38	39:27	Jonathan BONVILLE-GINN/Cardiff Athletics	SENM SOUTH	SENM SOUTH	40							40	✗	195										
87	154	39:31	Adrian LEWIS/Aberdare Valley AAC	MM45 SOUTH					MM45 SOUTH	12			12	✓	16										
88	70	39:32	Des DEVLIN/Parc Bryn Bach	MM35 EAST			MM35 EAST	32					32	✗	215										
89	180	39:33	Adrian WEAVER/Port Talbot Harriers	MM45 WEST					MM45 WEST	13			13	✓	44										
90	126	39:38	Lee PRICE/Builth & District	MM45 EAST					MM45 EAST	14			14	✗	44										
91	213	39:44	Colin WILLIAMS/Les Croupiers RC	MM55 SOUTH							MM55 SOUTH	5	5	✓	5										
92	168	39:52	Rhodri AP-DYFRIG/Meirionnydd Running Club	MM45 WEST					MM45 WEST	15			15	✗	59										
93	72	39:58	Toby JONES/Lliswerry Runners	MM35 EAST			MM35 EAST	33					33	✗	248										
94	132	39:59	Kristan HUMPHREYS/Newport Harriers	MM45 EAST					MM45 EAST	16			16	✗	60										
95	35	40:01	Nicky BENNETT/Ogmore Pheonix Runners	SENM SOUTH	SENM SOUTH	41							41	✗	236										
96	201	40:03	Richard ECCLES/NWRRRC	MM55 NORTH							MM55 NORTH	6	6	✓	7										
97	100	40:10	Kevin FOSBURY/Bridgend Athletics	MM35 SOUTH			MM35 SOUTH	34					34	✗	198										
98	151	40:12	Paul FRANCIS/Les Croupiers RC	MM45 SOUTH					MM45 SOUTH	17			17	✓	33										
99	23	40:17	Dafydd THOMAS/Meirionnydd RC	SENM NORTH	SENM NORTH	42							42	✓	170										
100	161	40:19	Stuart WADLOW/Pontypridd Rodents RC	MM45 SOUTH					MM45 SOUTH	18			18	✓	51										
101	81	40:22	Ifan RICHARDS/Meirionnydd RC	MM35 NORTH			MM35 NORTH	35					35	✓	110										
102	97	40:23	Jonathan PARRY/Bridgend Athletics	MM35 SOUTH			MM35 SOUTH	36					36	✗	234										
103	134	40:25	Jonathan CARTER/Chepstow Harriers	MM45 EAST					MM45 EAST	19			19	✗	79										
104	169	40:26	Wesley SHELTON/Port Talbot Harriers	MM45 WEST					MM45 WEST	20			20	✗	79										
105	120	40:26	Christopher JENKINS/Neath Harriers	MM35 WEST			MM35 WEST	37					37	✗	111										
106	57	40:51	David JONES/Swansea Harriers	SENM WEST	SENM WEST	43							43	✗	314										
107	119	40:51	Dylan DAVIES/Sarn Helen	MM35 WEST			MM35 WEST	38					38	✗	149										
108	78	41:02	Gareth CHALONER/Wrexham AC	MM35 NORTH			MM35 NORTH	39					39	✗	149										
109	56	41:07	Ben HUGHES/Port Talbot Harriers	SENM WEST	SENM WEST	44							44	✗	358										
110	128	41:10	Shane ROBERTS/Griffithstown Harriers	MM45 EAST					MM45 EAST	21			21	✗	100										
111	130	41:13	Jon BELCHER/Lliswerry Runners	MM45 EAST					MM45 EAST	22			22	✗	122										
112	127	41:15	Douglas BRIGGS/Chepstow Harriers	MM45 EAST					MM45 EAST	23			23	✗	145										
113	152	41:16	Daniel LEWIS/San Domenico RC	MM45 SOUTH					MM45 SOUTH	24			24	✓	75										
114	79	41:16	Andrew PEERS/Buckley RC	MM35 NORTH			MM35 NORTH	40					40	✗	189										
115	138	41:16	Garry JONES/Maldwyn Harriers	MM45 NORTH					MM45 NORTH	25			25	✓	26										
116	115	41:24	Gareth PARRY/3M Gorseionon	MM35 WEST			MM35 WEST	41					41	✗	190										
117	172	41:32	Huw DAVIES/Carmarthen Harriers	MM45 WEST					MM45 WEST	26			26	✗	105										
118	133	41:33	Paul BRUTON/Lliswerry Runners	MM45 EAST					MM45 EAST	27			27	✗	172										
119	171	41:36	Owen DAVIES/Swansea Harriers	MM45 WEST					MM45 WEST	28			28	✗	133										
120	184	41:38	Peter SOWERBY/Brecon AC	MM55 EAST							MM55 EAST	7	7	✓	13										

23rd Welsh Athletics Inter Regional & 45th Welsh Schools' Inter Schools

RACE 10 SENIOR & MASTER MEN

Saturday 19th November 2022

Monmouthshire Showground, Redbrook Road NP25 4LG



SENM TEAM RESULTS													MM45 TEAM RESULTS												
9,530m	1	2	3	4	5	6	7	8	Pts	Count	Score	9,530m	1	2	3	4	5	Pts	Count	Score					
SENM EAST	4	7	9	10	14	15	16	17	92	8	15	MM45 EAST	2	3	7	8	10	30	5	15					
SENM SOUTH	1	3	5	8	27	35	37	39	155	8	14	MM45 WEST	5	6	9	11	13	44	5	14					
SENM WEST	6	12	13	21	25	26	28	32	163	8	13	MM45 SOUTH	4	12	17	18	24	75	5	13					
SENM NORTH	2	11	22	29	31	33	42		7	7	7	MM45 NORTH	1	25	31	34		4	4	4					
MM35 TEAM RESULTS												MM55 TEAM RESULTS													
9,530m	1	2	3	4	5	Pts	Count	Score					9,530m	1	2	3	4	5	Pts	Count	Score				
MM35 WEST	1	5	6	12	13	37	5	15					MM55 WEST	3	18	21	27	30	99	5	12				
MM35 EAST	2	4	9	11	14	40	5	14					MM55 NORTH	1	6	8	15	23	53	5	14				
MM35 SOUTH	3	8	10	17	19	57	5	13					MM55 SOUTH	5	9	11	13	16	54	5	13				
MM35 NORTH	7	18	20	30	35	110	5	12					MM55 EAST	2	4	7	10	12	35	5	15				
RACE 10 SENIOR & MASTER MEN																									
POS	BIB	TIME	NAME	Region	SENM		MM35		MM45		MM55		PTS	Scorer	Team Pts										
					Region	Pos	Region	Pos	Age	Pos	Age	Pos													
1	40	32:00	Ciaran LEWIS/Les Croupiers RC	SENM SOUTH	SENM SOUTH	1							1	✓	1										
121	77	41:44	Lee JONES/Buckley RC	MM35 NORTH			MM35 NORTH	42					42	✗	231										
122	131	41:51	Matt TURNER/Caerleon RC	MM45 EAST					MM45 EAST	29			29	✗	201										
123	178	42:04	Chris LEWIS/Port Talbot Harriers	MM45 WEST					MM45 WEST	30			30	✗	163										
124	117	42:08	Thomas REES-GRATTON/Port Talbot Harriers	MM35 WEST			MM35 WEST	43					43	✗	233										
125	136	42:17	Glen PRICE/Denbigh Harriers	MM45 NORTH					MM45 NORTH	31			31	✓	57										
126	179	42:22	Steven WILLIAMS/Pembrokeshire Harriers	MM45 WEST					MM45 WEST	32			32	✗	195										
127	203	42:29	Jeff GIFFORD/Buckley RC	MM55 NORTH							MM55 NORTH	8	8	✓	15										
128	156	42:33	Stuart ALLEN/Penarth & Dinas Runners	MM45 SOUTH					MM45 SOUTH	33			33	✗	108										
129	116	42:39	Gareth MORGAN/3M Gorseinon	MM35 WEST			MM35 WEST	44					44	✗	277										
130	137	42:51	Anthony WOODALL/Deestriders	MM45 NORTH					MM45 NORTH	34			34	✓	91										
131	159	42:51	Richard MATTHEWS/Aberdare Valley AAC	MM45 SOUTH					MM45 SOUTH	35			35	✗	143										
132	216	42:52	Adrian MASON/Les Croupiers RC	MM55 SOUTH							MM55 SOUTH	9	9	✓	14										
133	183	42:59	Gerard GORMLEY/Griffithstown Harriers	MM55 EAST							MM55 EAST	10	10	✓	23										
134	155	43:05	Kevin PLANK/San Domenico RC	MM45 SOUTH					MM45 SOUTH	36			36	✗	179										
135	176	43:09	Gair MCADIE/Swansea Harriers	MM45 WEST					MM45 WEST	37			37	✗	232										
136	223	43:18	Kevin CHALKE/Penarth & Dinas Runners	MM55 SOUTH							MM55 SOUTH	11	11	✓	25										
137	182	43:22	Steve DAVIES/Pont-y-pwl & District	MM55 EAST							MM55 EAST	12	12	✓	35										
138	218	43:24	Jeremy THOMAS/Les Croupiers RC	MM55 SOUTH							MM55 SOUTH	13	13	✓	38										
139	158	43:28	Ross FLANIGAN/Penarth & Dinas Runners	MM45 SOUTH					MM45 SOUTH	38			38	✗	217										
140	192	43:31	Adrian MURKIN/Pont-y-pwl & District	MM55 EAST							MM55 EAST	14	14	✗	49										
141	198	43:33	Mike ROBBINS/Wrexham AC	MM55 NORTH							MM55 NORTH	15	15	✓	30										
142	157	43:38	Gareth LYNCH/Les Croupiers RC	MM45 SOUTH					MM45 SOUTH	39			39	✗	256										
143	212	43:41	Bryan MEREDITH/Rhondda Valley Runners	MM55 SOUTH							MM55 SOUTH	16	16	✓	54										
144	185	44:00	Christopher POTTER/Lliswerry Runners	MM55 EAST							MM55 EAST	17	17	✗	66										
145	227	44:09	Peter OSBORNE/Llanelli AC	MM55 WEST							MM55 WEST	18	18	✓	21										
146	189	44:12	Randal JONES/Lliswerry Runners	MM55 EAST							MM55 EAST	19	19	✗	85										
147	162	44:14	Daniel MORGAN/Bridgend Athletics	MM45 SOUTH					MM45 SOUTH	40			40	✗	296										
148	187	44:19	Haydn HARTNELL/Parc Bryn Bach	MM55 EAST							MM55 EAST	20	20	✗	105										
149	228	44:24	Nigel EVANS/3M Gorseinon	MM55 WEST							MM55 WEST	21	21	✓	42										
150	224	44:28	Gareth HARDMAN/Bridgend Athletics	MM55 SOUTH							MM55 SOUTH	22	22	✗	76										
151	175	44:29	Kevin JONES/Sarn Helen	MM45 WEST					MM45 WEST	41			41	✗	273										
152	202	44:42	Russell GODWIN/Colwyn Bay	MM55 NORTH							MM55 NORTH	23	23	✓	53										
153	186	44:54	Stephen WILLIAMS/Parc Bryn Bach	MM55 EAST							MM55 EAST	24	24	✗	129										
154	197	45:39	David BAUGH/Denbigh Harriers	MM55 NORTH							MM55 NORTH	25	25	✗	78										
155	118	45:56	Gareth EVANS/Port Talbot Harriers	MM35 WEST			MM35 WEST	45					45	✗	322										
156	214	46:08	Gary WEBBER/Rhondda Valley Runners	MM55 SOUTH							MM55 SOUTH	26	26	✗	102										
157	229	46:30	Guto EVANS/Amman Valley Harriers	MM55 WEST							MM55 WEST	27	27	✓	69										
158	199	46:31	Dave BOOTHROYD/Buckley RC	MM55 NORTH							MM55 NORTH	28	28	✗	106										
159	222	46:43	Andy PEARCE/Penarth & Dinas Runners	MM55 SOUTH							MM55 SOUTH	29	29	✗	131										
160	230	46:56	Stephen DAVIES/Port Talbot Harriers	MM55 WEST							MM55 WEST	30	30	✓	99										
161	193	47:08	Tim BUCKLEY/Chepstow Harriers	MM55 EAST							MM55 EAST	31	31	✗	160										
162	219	48:18	Ian BELL/San Domenico	MM55 SOUTH							MM55 SOUTH	32	32	✗	163										
163	215	48:22	Clive DENTON/Rhondda Valley Runners	MM55 SOUTH							MM55 SOUTH	33	33	✗	196										
164	174	48:34	Anthony WARDEN/Amman Valley Harriers	MM45 WEST					MM45 WEST	42			42	✗	315										
165	221	48:50	Terry CAVENEY/Les Croupiers RC	MM55 SOUTH							MM55 SOUTH	34	34	✗	230										
166	173	50:09	Stephen LISK/3M Gorseinon	MM45 WEST					MM45 WEST	43			43	✗	358										
167	220	50:58	Steve BRACE/Aberdare Valley	MM55 SOUTH							MM55 SOUTH	35	35	✗	265										
168	232	51:53	Dave CORNISH/Port Talbot Harriers	MM55 WEST							MM55 WEST	36	36	✗	135										
169	233	54:37	Kevin TAYLOR/Amman Valley Harriers	MM55 WEST							MM55 WEST	37	37	✗	172										

23rd Welsh Athletics Inter Regional & 45th Welsh Schools' Inter Schools

RACE 10 SENIOR & MMEN AWARDS

Saturday 19th November 2022

Monmouthshire Showground, Redbrook Road NP25 4LG

RACE 10 Senior Men Team Awards			
3 complete teams			
POS	TEAM	Team Points	Region Pts
1	SENM EAST = 4, 7, 9, 10, 14, 15, 16, 17	92	15
2	SENM SOUTH = 1, 3, 5, 8, 27, 35, 37, 39	155	14
3	SENM WEST = 6, 12, 13, 21, 25, 26, 28, 32	163	13

INDIVIDUAL TOP 3 MEDALLISTS			
POS	ATHLETES	PLACE	PERF
1	Ciaran LEWIS/Les Croupiers RC-SENM SOUTH	1	32:00
2	Tom WOOD/Eryri Harriers-SENM NORTH	2	32:22
3	Dylan NAZARETH/Les Croupiers RC-SENM SOUTH	3	32:32

TEAM MEDALLISTS

1st	SENM EAST Wales = 92 pts		
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POS	ATHLETES	PLACE	PERF
1	Phil MATTHEWS/Parc Bryn Bach	4	32:39
2	Spencer SMITH/Newport Harriers	7	33:51
3	Daniel BODMAN/Parc Bryn Bach	9	34:43
4	Jack TURNER/Swansea Harriers	10	34:49
5	Craig WILLIAMS/Newport Harriers	14	35:13
6	Wyndham TURNER/Builth & District	15	35:24
7	Matt GRANTHAM/Micky Morris Racing Team	16	35:33
8	Brychan PRICE-DAVIES/Brecon AC	17	35:35

2nd	SENM SOUTH Wales = 155 pts		
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POS	ATHLETES	PLACE	PERF
1	Ciaran LEWIS/Les Croupiers RC	1	32:00
2	Dylan NAZARETH/Les Croupiers RC	3	32:32
3	Adam BULL/Pontpridd Rodents	5	33:17
4	Devin COOMBES/Bridgend Athletics	8	34:28
5	Ben KENNEDY/Les Croupiers RC	27	37:06
6	Craig BLAKE/Cardiff Athletics	35	38:34
7	Adam WHITTAKER/Cardiff Athletics	37	38:38
8	Paul JOSUA/San Domenico	39	39:22

3rd	SENM WEST Wales = 163 pts		
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POS	ATHLETES	PLACE	PERF
1	Luca CORTELLESE/Swansea Harriers	6	33:50
2	Shane WILLIAMS/Neath Harriers	12	35:05
3	Scott WILLIAMS/Neath Harriers	13	35:05
4	Callum CAMPION/Llanelli AC	21	36:11
5	James COWAN/Cardiff AAC	25	36:59
6	Liam OAK/Neath Harriers	26	37:03
7	Patrick TUDOR/Swansea Harriers	28	37:47
8	Ryan MANDES/Trots	32	38:15

4th	Wales = 0 pts		
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POS	ATHLETES	PLACE	PERF
1	/		
2	/		
3	/		
4	/		
5	/		
6	/		
7	/		
8	/		

23rd Welsh Athletics Inter Regional & 45th Welsh Schools' Inter Schools

RACE 10 SENIOR & MMEN AWARDS

Saturday 19th November 2022

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RACE 10 Senior Men Team Awards			
Race 03 MM35 Team Awards			
3 complete teams			
POS	TEAM	Team Points	Region Pts
1	MM35 WEST = , 1, 5, 6, 12, 13	37	15
2	MM35 EAST = , 2, 4, 9, 11, 14	40	14
3	MM35 SOUTH = , 3, 8, 10, 17, 19	57	13

INDIVIDUAL TOP 3 MEDALLISTS			
POS	ATHLETES	PLACE	PERF
1	Matthew REES/Swansea Harriers-MM35 WEST	6	33:46
2	Justin CROCKER/Parc Bryn Bach-MM35 EAST	15	35:06
3	Phil HAMBLETON/Les Croupiers RC-MM35 SOUTH	16	35:11

TEAM MEDALLISTS			
1st	MM35 WEST Wales = 37 pts		
POS	ATHLETES	PLACE	PERF
1	Matthew REES/Swansea Harriers	1	33:46
2	Owain SCHIAVONE/Cardiff AAC	5	35:20
3	Sion LEWIS/London Heathside	6	35:30
4	Mark HORSMAN/Pontypridd Roadents	12	36:08
5	Andrew CLEVERLY/Swansea Harriers	13	36:14
2nd	MM35 EAST Wales = 40 pts		
POS	ATHLETES	PLACE	PERF
1	Justin CROCKER/Parc Bryn Bach	2	35:06
2	Ross MATTHEWS/Parc Bryn Bach	4	35:15
3	Leighton RAWLINSON/Micky Morris Racing Team	9	35:53
4	Jon LIKE/Parc Bryn Bach	11	36:00
5	Sam JONES/Parc Bryn Bach	14	36:19
3rd	MM35 SOUTH Wales = 57 pts		
POS	ATHLETES	PLACE	PERF
1	Phil HAMBLETON/Les Croupiers RC	3	35:11
2	James THIE/Pontypridd Roadents	8	35:39
3	Vaughan EDWARDS/Les Croupiers RC	10	35:55
4	Mark PALSER/Les Croupiers RC	17	37:03
5	Jonathon ASTLEY/Parc Bryn Bach RC	19	37:08
4th	NO TEAM AWARDS		
POS	ATHLETES	PLACE	PERF
1	/		
2	/		
3	/		
4	/		
5	/		

23rd Welsh Athletics Inter Regional & 45th Welsh Schools' Inter Schools

RACE 10 SENIOR & MMEN AWARDS

Saturday 19th November 2022

Monmouthshire Showground, Redbrook Road NP25 4LG

RACE 10 Senior Men Team Awards			
Race 03 MM45 Team Awards			
3 complete teams			
POS	TEAM	Team Points	Region Pts
1	MM45 EAST = , 2, 3, 7, 8, 10	30	15
2	MM45 WEST = , 5, 6, 9, 11, 13	44	14
3	MM45 SOUTH = , 4, 12, 17, 18, 24	75	13

INDIVIDUAL TOP 3 MEDALLISTS			
POS	ATHLETES	PLACE	PERF
1	Chris CALLAGHAN/Buckley RC-MM45 NORTH	20	35:22
2	Mark JENNINGS/Micky Morris Racing Team-MM45 EAST	28	35:49
3	Robin WOODS/Builth & District-MM45 EAST	30	35:52

TEAM MEDALLISTS

1st	MM45 EAST Wales = 30 pts		
POS	ATHLETES	PLACE	PERF
1	Mark JENNINGS/Micky Morris Racing Team	2	35:49
2	Robin WOODS/Builth & District	3	35:52
3	Andrew LEE/Pontypool	7	37:40
4	Richard JONES/Lliswerry Runners	8	37:45
5	Andy DEAN/Griffithstown Harriers	10	38:13
2nd	MM45 WEST Wales = 44 pts		
POS	ATHLETES	PLACE	PERF
1	Huw EVANS/Parc Bryn Bach	5	36:23
2	Daryl JOHN/Pembrokeshire Harriers	6	36:47
3	Henry DRAKE/Amman Valley Harriers	9	37:46
4	Charles WALSH/Swansea Harriers	11	38:54
5	Adrian WEAVER/Port Talbot Harriers	13	39:33
3rd	MM45 SOUTH Wales = 75 pts		
POS	ATHLETES	PLACE	PERF
1	Matt JACKLIN/Aberdare Valley AAC	4	36:17
2	Adrian LEWIS/Aberdare Valley AAC	12	39:31
3	Paul FRANCIS/Les Croupiers RC	17	40:12
4	Stuart WADLOW/Pontypridd Rodents RC	18	40:19
5	Daniel LEWIS/San Domenico RC	24	41:16
4th	NO TEAM AWARDS		
POS	ATHLETES	PLACE	PERF
1	/		
2	/		
3	/		
4	/		
5	/		

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RACE 10 SENIOR & MMEN AWARDS

Saturday 19th November 2022

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RACE 10 Senior Men Team Awards			
Race 03 MM55 Team Awards			
4 complete teams			
POS	TEAM	Team Points	Region Pts
1	MM55 WEST = , 3, 18, 21, 27, 30	99	12
2	MM55 NORTH = , 1, 6, 8, 15, 23	53	14
3	MM55 SOUTH = , 5, 9, 11, 13, 16	54	13
4	MM55 EAST = , 2, 4, 7, 10, 12	35	15

INDIVIDUAL TOP 3 MEDALLISTS			
POS	ATHLETES	PLACE	PERF
1	Mike WHYATT/Eryri Harriers-MM55 NORTH	44	36:43
2	Jeff WHERLOCK/Lliswerry Runners-MM55 EAST	49	37:02
3	Alec WILLIAMS/Pembrokeshire Harriers-MM55 WEST	83	39:17

TEAM MEDALLISTS			
1st	MM55 WEST Wales = 99 pts		
POS	ATHLETES	PLACE	PERF
1	Alec WILLIAMS/Pembrokeshire Harriers	3	39:17
2	Peter OSBORNE/Llanelli AC	18	44:09
3	Nigel EVANS/3M Gorseinon	21	44:24
4	Guto EVANS/Amman Valley Harriers	27	46:30
5	Stephen DAVIES/Port Talbot Harriers	30	46:56
2nd	MM55 NORTH Wales = 53 pts		
POS	ATHLETES	PLACE	PERF
1	Mike WHYATT/Eryri Harriers	1	36:43
2	Richard ECCLES/NWRRC	6	40:03
3	Jeff GIFFORD/Buckley RC	8	42:29
4	Mike ROBBINS/Wrexham AC	15	43:33
5	Russell GODWIN/Colwyn Bay	23	44:42
3rd	MM55 SOUTH Wales = 54 pts		
POS	ATHLETES	PLACE	PERF
1	Colin WILLIAMS/Les Croupiers RC	5	39:44
2	Adrian MASON/Les Croupiers RC	9	42:52
3	Kevin CHALKE/Penarth & Dinas Runners	11	43:18
4	Jeremy THOMAS/Les Croupiers RC	13	43:24
5	Bryan MEREDITH/Rhondda Valley Runners	16	43:41
4th	MM55 EAST Wales = 35 pts		
POS	ATHLETES	PLACE	PERF
1	Jeff WHERLOCK/Lliswerry Runners	2	37:02
2	Anthony MARSHALL/Chepstow Harriers	4	39:19
3	Peter SOWERBY/Brecon AC	7	41:38
4	Gerard GORMLEY/Griffithstown Harriers	10	42:59
5	Steve DAVIES/Pont-y-pwl & District	12	43:22