

George Crump MBE Memorial**Welsh Cross Country Championships****Builth Wells****01/Sunday/February-2009**

| Pos | Number | Name | Club | Age | Group | Perf. |
|------------------|--------|-----------|-----------------|---------------|-------|-------|
| U13 Girls | | | | | | |
| 1 | 350 | Siwan | THOMAS-HOWELLS | Swansea | U13 | 11.07 |
| 2 | 345 | Rebecca | EVANS | Pontyclun | U13 | 11.17 |
| 3 | 336 | Kathryn | ROBERTS | Deeside | U13 | 11.18 |
| 4 | 349 | Olivia | GWYNN | Swansea | U13 | 11.25 |
| 5 | 309 | Jazmine | BRIGANTI | Bridgend | U13 | 11.29 |
| 6 | 347 | Iona | EVANS | Swansea | U13 | 11.42 |
| 7 | 310 | Jessica | HEGARTY | Bridgend | U13 | 11.51 |
| 8 | 323 | Kari | O'NEILL | Carmarthen | U13 | 11.55 |
| 9 | 302 | Catrin | ANSELL | Aberystwyth | U13 | 11.57 |
| 10 | 317 | Izzy | LEWIS | Cardiff | U13 | 11.58 |
| 11 | 312 | Megan | OSBORNE | Bridgend | U13 | 12.00 |
| 12 | 333 | Malika | REZOUGUI | Cwmbran | U13 | 12.02 |
| 13 | 312 | Megan | OSBORNE | Bridgend | U13 | 12.05 |
| 14 | 332 | Francesca | HYDE | Cwmbran | U13 | 12.10 |
| 15 | 339 | Alice | RUSSELL-STRETCH | Pembrokeshire | U13 | 12.15 |
| 16 | 342 | Poppy | LEWIS | Pembrokeshire | U13 | 12.16 |
| 17 | 331 | Chelsie | HARRIS | Cwmbran | U13 | 12.27 |
| 18 | 305 | Kate | COKER | Barry & Vale | U13 | 12.31 |
| 19 | 311 | Lucy | TARRANT | Bridgend | U13 | 12.37 |
| 20 | 337 | Bronwen | JENKINSON | Menai | U13 | 12.43 |
| 21 | 304 | Erin | HAYES | Barry & Vale | U13 | 12.46 |
| 22 | 306 | Rachel | COSIER | Barry & Vale | U13 | 12.57 |
| 23 | 314 | Rebecca | JOHN | Bridgend | U13 | 12.58 |
| 24 | 335 | Olivia | TURLEY | Cwmbran | U13 | 13.00 |
| 25 | 318 | Kate | SEARY | Cardiff | U13 | 13.02 |
| 26 | 340 | Caitlin | THOMPSON | Pembrokeshire | U13 | 13.03 |
| 27 | 325 | Lowri | HECKLER | Carmarthen | U13 | 13.06 |
| 28 | 344 | Ellie | HARVARD | Pontyclun | U13 | 13.11 |
| 29 | 324 | Lottie | WILLIAMS | Carmarthen | U13 | 13.15 |
| 30 | 302 | Catrin | ANSELL | Aberystwyth | U13 | 13.17 |
| 31 | 316 | Chantara | JAMES | Cardiff | U13 | 13.25 |
| 32 | 319 | Leonora | FOLEY | Cardiff | U13 | 13.27 |
| 33 | 348 | Naomi | OSBORN | Swansea | U13 | 13.28 |
| 34 | 315 | Bethan | ELLIS | Cardiff | U13 | 13.39 |
| 35 | 301 | Jessica | LAMBERT | Aberdare | U13 | 13.41 |
| 36 | 320 | Alyssa | JONES | Carmarthen | U13 | 14.01 |
| 37 | 307 | Tillie | CARTER | Barry & Vale | U13 | 14.12 |
| 38 | 328 | Rebecca | LEWIS | Carmarthen | U13 | 14.22 |
| 39 | 300 | Brenna | PRICE | Aberdare | U13 | 14.26 |
| 40 | 346 | Rhian | JONES | Sarn Helen | U13 | 17.30 |

Teams

| | | |
|-----|----------|----|
| 1 - | Bridgend | 36 |
| 2 - | Swansea | 44 |
| 3 - | Cwmbran | 67 |

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| Pos | Number | Name | Club | Age | Group | Perf. |
|------------------|--------|-----------|----------------|---------------|-------|-------|
| U15 Girls | | | | | | |
| 1 | 353 | Ffion | PRICE | Brecon | U15 | 15.40 |
| 2 | 387 | Megan | WITHERS | Pembrokeshire | U15 | 15.43 |
| 3 | 389 | Hywelis | THOMAS-HOWELLS | Swansea | U15 | 16.13 |
| 4 | 385 | Lauren | BELL | Pembrokeshire | U15 | 16.26 |
| 5 | 355 | Rhianwedd | PRICE | Brecon | U15 | 16.39 |
| 6 | 384 | Josie | LEWIS | Pembrokeshire | U15 | 16.46 |
| 7 | 386 | Lisa | NEUMANN | Pembrokeshire | U15 | 16.55 |
| 8 | 357 | Ffion | LEWIS | Bridgend | U15 | 17.02 |
| 9 | 388 | Elysia | PEARSON | Swansea | U15 | 17.07 |
| 10 | 356 | Caitlin | BRYANT | Bridgend | U15 | 17.15 |
| 11 | 351 | Megan | TURNER | Aberystwyth | U15 | 17.38 |
| 12 | 381 | Sarah | LIVETT | Menai | U15 | 17.58 |
| 13 | 390 | Jemima | OSBORN | Swansea | U15 | 18.03 |
| 14 | 358 | Fiona | BRAY | Bridgend | U15 | 18.11 |
| 15 | 363 | Lucy | HARVEY | Cardiff | U15 | 18.29 |
| 16 | 361 | Clare | HARWOOD | Cardiff | U15 | 18.43 |
| 17 | 352 | Ellie | DAVIES | Brecon | U15 | 18.44 |
| 18 | 362 | Heledd | WILLIAMS | Cardiff | U15 | 18.59 |
| 19 | 376 | Carys | EDWARDS | Deeside | U15 | 19.07 |
| 20 | 364 | Rebecca | FINDLAY | Cardiff | U15 | 19.12 |
| 21 | 383 | Heather | LEWIS | Pembrokeshire | U15 | 19.15 |
| 22 | 376 | Carys | EDWARDS | Deeside | U15 | 19.22 |
| 23 | 366 | Alyce | PHILLIPS | Carmarthen | U15 | 19.33 |
| 24 | 377 | Laura | BLACKWELL | Deeside | U15 | 19.36 |
| 25 | 378 | Shannon | CHILTON | Deeside | U15 | 19.57 |
| 26 | 382 | Delwyn | LOUDEN | Newport | U15 | 20.05 |
| 27 | 359 | Catrin | GRIFFITHS | Cardiff | U15 | 20.45 |
| 28 | 380 | Megan | LLOYD | Menai | U15 | 20.58 |
| 29 | 379 | Elin | JAMES | Menai | U15 | 21.49 |
| 30 | 392 | Rebecca | HALL | Swansea | U15 | 21.59 |
| 31 | 354 | Genevieve | MATTHEWS | Brecon | U15 | 22.05 |
| 32 | 393 | Helen | BLOWER | Wrexham | U15 | 24.2 |

Teams

| | | |
|-----|---------------|----|
| 1 - | Pembrokeshire | 19 |
| 2 - | Swansea | 55 |
| 3 - | Brecon | 64 |

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Builth Wells

01/Sunday/February-2009

| Pos | Number | Name | Club | Age | Group | Perf. |
|------------------------|--------|----------|---------------|-------------------|-------|-------|
| U17W & U20W | | | | | | |
| 1 | 407 | Natasha | COCKRAM | Cwmbran | U17 | 18.05 |
| 2 | 409 | Emily | DOWNEY | Llanelli | U17 | 18.19 |
| 3 | 398 | Zoe | THOMAS | Bridgend | U17 | 18.24 |
| 4 | 416 | Gwenno | BROWN | Cardiff | U20 | 18.56 |
| 5 | 396 | Lauren | HARRIES | Aberystwyth Uni H | U17 | 19.05 |
| 6 | 421 | Alaw | BEYNON-THOMAS | Carmarthen | U20 | 19.10 |
| 7 | 408 | Abbie | OLIVER | Deeside | U17 | 19.12 |
| 8 | 420 | Paris | WILLIAMS | Cardiff | U20 | 19.14 |
| 9 | 403 | Vicky | JACKSON | Cardiff | U17 | 19.16 |
| 10 | 425 | Jenna | ROBERTS | Cwmbran | U20 | 19.34 |
| 11 | 418 | Michelle | ALLEN | Cardiff | U20 | 19.38 |
| 12 | 405 | Angharad | DAVIS | Carmarthen | U17 | 19.43 |
| 13 | 419 | Natalie | ALLEN | Cardiff | U20 | 19.49 |
| 14 | 401 | Harriet | MORRIS | Cardiff | U17 | 20.03 |
| 15 | 404 | Aneura | PHILLIPS | Carmarthen | U17 | 20.28 |
| 16 | 412 | Cerys | MORGAN | Swansea | U17 | 20.33 |
| 17 | 395 | Rebecca | ANSELL | Aberystwyth | U17 | 20.40 |
| 18 | 429 | Rebecca | KING | Swansea | U20 | 21.24 |
| 19 | 406 | Catrin | LEWIS | Carmarthen | U17 | 21.47 |
| 20 | 410 | Lisa | PETERS | Menai | U17 | 22.25 |
| 21 | 415 | Holly | THOMSON-REES | Brecon | U20 | 23.23 |
| 22 | 427 | Eleri | JONES | Pembrokeshire | U20 | 23.48 |

Teams

| | | |
|-----|------------|----|
| 1 - | Cardiff | 32 |
| 2 - | Carmarthen | 52 |
| 3 | | |

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Builth Wells 01/Sunday/February-2009

| Pos | Number | Name | Club | Age | Group | Perf. |
|---------------------|--------|----------|-----------|---------------------|-------|-------|
| Senior Women | | | | | | |
| 1 | 453 | Debbie | REES | Cardiff | SW | 23.34 |
| 2 | 437 | Caryl | JONES | Carmarthen | U23 | 24.30 |
| 3 | 433 | Leah | DIXON | Cardiff | U23 | 24.43 |
| 4 | 475 | Clare | MARTIN | Wells City Harriers | SW | 24.53 |
| 5 | 470 | Amanda | JONES | Swansea | SW | 25.25 |
| 6 | 431 | Julia | COOKE | Birmingham Uni | U23 | 25.30 |
| 7 | 445 | Phoebe | WEBSTER | Aberystwyth | SW | 25.51 |
| 8 | 454 | Donna | WELSH | Deeside | SW | 26.17 |
| 9 | 442 | Helen | MARSHALL | Aberystwyth | SW | 26.41 |
| 10 | 465 | Ruth | TYLER | Les Croupiers | SW | 26.46 |
| 11 | 462 | Libby | O'DUFFY | Les Croupiers | SW | 27.00 |
| 12 | 443 | Louise | BARKER | Aberystwyth | SW | 27.10 |
| 13 | 451 | Satu | HAIKALA | Brecon | SW | 27.50 |
| 14 | 435 | Efa | LLEWELLYN | Swansea | U23 | 27.57 |
| 15 | 460 | Joanna | PRITCHARD | Les Croupiers | SW | 28.03 |
| 16 | 458 | Jane | COKER | Les Croupiers | SW | 28.17 |
| 17 | 456 | Cheryl | HUDGELL | Les Croupiers | SW | 28.33 |
| 18 | 450 | Rosie | RICHARDS | Brecon | SW | 29.02 |
| 19 | 440 | Ffion | MORGAN | Aberystwyth | SW | 29.44 |
| 20 | 466 | Yvonne | BULLEN | Les Croupiers | SW | 30.02 |
| 21 | 474 | Michelle | WITHAM | Swansea | SW | 30.13 |
| 22 | 439 | Bridget | PARKINSON | Aberystwyth | SW | 30.36 |
| 23 | 461 | Julie | SCHOLLEY | Les Croupiers | SW | 31.00 |
| 24 | 463 | Liz | ASHTON | Les Croupiers | SW | 31.13 |
| 25 | 446 | Alison | NICHOLLS | Brecon | SW | 31.18 |
| 26 | 434 | Caryl | DAVIES | Sarn Helen | U23 | 32.01 |
| 27 | 448 | Emily | GIBSON | Brecon | SW | 32.10 |
| 28 | 447 | Beverley | TUCKER | Brecon | SW | 33.16 |
| 29 | 438 | Anita | WORTHING | Aberystwyth | SW | 33.29 |

Teams

| | | |
|-----|---------------|----|
| 1 - | Les Croupiers | 52 |
| 2 - | Aberystwyth | 52 |
| 3 - | Brecon | 83 |