



WELSH ATHLETICS  
ATHLETAU CYMRU

## 110th Welsh Cross Country Championships

Saturday 15th February 2014

Dinefwr Country Park  
Carmarthen



Ymddiriedolaeth  
Genedlaethol  
National Trust

POS	<b>Race 1 - U13 Boys 3,050m</b>			
Ind	BIB	ATHLETE	CLUB	PERF
1	297	Luke DAVIES	Brecon AC	10:13
2	340	Rhys JAMES	Pembrokeshire Harriers	10:38
3	330	Ben THOMAS	Carmarthen Harriers	10:41
4	301	Brychan PRICE-DAVIES	Brecon AC	10:51
5	306	Daniel JOHN	Cardiff AAC	10:55
6	333	Iestyn WILLIAMS	Carmarthen Harriers	10:59
7	336	Connor RICHARDS	Newport Harriers	11:06
8	293	Liam GRIFFITHS	Aberdare VAAC	11:07
9	334	Sion JONES	Menai T&F	11:09
10	310	Kian MURPHY	Cardiff AAC	11:17
11	305	Morgan JAMES	Cardiff AAC	11:19
12	337	Finley RICHARDS	Newport Harriers	11:21
13	341	Samuel ROBERTS	Retford AC	11:27
14	319	Elis GOLDING	Cardiff Archers	11:33
15	302	Evan PRICE-DAVIES	Brecon AC	11:46
16	332	Will THOMPSON	Carmarthen Harriers	11:46
17	419	Fergus STEPHENS	Maldwyn Harriers	11:53
18	347	Ben PETHERBRIDGE	Swansea Harriers	11:56
19	320	Ioan LLOYD	Cardiff Archers	12:02
20	323	Jack BEECH	Carmarthen Harriers	12:06
21	314	Eli SCOBLE	Cardiff AAC	12:11
22	339	Callum HARRIES	Pembrokeshire Harriers	12:13
23	315	Ben SMITH	Cardiff AAC	12:15
24	299	Ethan JOHNSTONE	Brecon AC	12:24
25	321	Lewis SAUNDERS	Cardiff Archers	12:27
26	300	Rhys OWEN	Brecon AC	12:31
27	346	Francis LEWIS	Swansea Harriers	12:33
28	327	Tomos REES	Carmarthen Harriers	12:40
29	348	Alfie ROBINSON	Swansea Harriers	12:41
30	316	Aeron WILLIAMS	Cardiff AAC	12:44
31	292	Lloyd CLEMENT-WILLIAMS	Aberdare VAAC	12:49
32	335	Thomas CALLARD	Neath Harriers	12:53
33	345	Fraser JENKINS	Swansea Harriers	12:58
34	298	Josh EYRE	Brecon AC	13:27
35	318	Alex DE LA RUE	Cardiff Archers	13:35
36	322	Christopher THOMPSON	Cardiff Archers	13:38
37	304	Louie EDMISTON-LANE	Cardiff AAC	13:41
38	342	Joseff DALEY	Swansea Harriers	14:12
39	294	Steffan Dylan JONES	Aberdare VAAC	14:27
40	311	Cameron PAMMENT	Cardiff AAC	14:42
41	338	Kyle COOK	Pembrokeshire Harriers	15:17
42	344	Alex GUEST	Swansea Harriers	15:19

<b>FINAL TABLES - U13 Boys 3,050m</b>						
<b>RACE FINISH ORDER</b>						
Pos	Club	1	2	3	4	Total
1	Brecon AC	1	4	15	24	44
2	Carmarthen Harriers	3	6	16	20	45
3	Cardiff AAC	5	10	11	21	47
4	Cardiff Archers	14	19	25	35	93
5	Swansea Harriers	18	27	29	33	107
6	Cardiff AAC	23	30	37	40	130

<b>Race 1 U13 Boys Participating Clubs</b>		
<b>Below 4 teams do not score</b>		
Aberdare VAAC	3	
Brecon AC	6	Scoring Team
Cardiff AAC	8	Scoring Team
Cardiff Archers	5	Scoring Team
Carmarthen Harriers	5	Scoring Team
Menai T&F	1	
Neath Harriers	1	
Newport Harriers	2	
Pembrokeshire Harriers	3	
Retford AC	1	
Swansea Harriers	6	Scoring Team

<b>1st Team Athletes: Brecon AC (44 points)</b>		
297	Luke DAVIES (1)	10:13
301	Brychan PRICE-DAVIES (4)	10:51
302	Evan PRICE-DAVIES (15)	11:46
299	Ethan JOHNSTONE (24)	12:24
<b>2nd Team Athletes: Carmarthen Harriers (45 points)</b>		
330	Ben THOMAS (3)	10:41
333	Iestyn WILLIAMS (6)	10:59
332	Will THOMPSON (16)	11:46
323	Jack BEECH (20)	12:06
<b>3rd Team Athletes: Cardiff AAC (47 points)</b>		
306	Daniel JOHN (5)	10:55
310	Kian MURPHY (10)	11:17
305	Morgan JAMES (11)	11:19
314	Eli SCOBLE (21)	12:11

POS	Race 2 - U13 Girls 3,050m			
Ind	BIB	ATHLETE	CLUB	PERF
1	366	Annwen GAMMON	Cardiff AAC	11:22
2	365	Kiara FRIZELLE	Cardiff AAC	11:24
3	364	Abigail FISHER	Cardiff AAC	11:33
4	371	Jessica WADEY	Cardiff AAC	11:36
5	370	Sofia VELLA	Cardiff AAC	11:44
6	369	Alisha HAYES	Cardiff AAC	12:00
7	407	Rebecca MARTIN	Swansea Harriers	12:11
8	406	Rosa HUMPHREYS	Swansea Harriers	12:18
9	377	Ffion MORGAN	Cardiff Archers	12:20
10	398	Eliza MARTIN	Pembrokeshire Harriers	12:20
11	411	Beth THOMAS	Swansea Harriers	12:29
12	374	Seren DAVIES	Cardiff Archers	12:33
13	412	Caitlin WARD	Swansea Harriers	12:39
14	355	Elise TURNER	Blaenau Gwent AC	12:41
15	368	Zoe HAMM	Cardiff AAC	12:43
16	359	Ffion HIGGINSON	Bridgend AC	12:57
17	388	Non MORGAN	Carmarthen Harriers	13:06
18	410	Bronwen STRATTON-THOMAS	Swansea Harriers	13:13
19	401	Grace PAGE	Sarn-Helen AC	13:17
20	381	Eva EDWARDS	Carmarthen Harriers	13:23
21	367	Jeri-Lynne GRABHAM	Cardiff AAC	13:28
22	384	Elin JONES	Carmarthen Harriers	13:28
23	393	Rhiannon PHILLIPS	Neath Harriers	13:29
24	353	Alys EASEN	Blaenau Gwent AC	13:30
25	402	Hollie-Mai ALLEN	Swansea Harriers	13:31
26	386	Taylor MCARTHUR	Carmarthen Harriers	13:32
27	387	Bethan MCFADYEM	Carmarthen Harriers	13:35
28	375	Lily IVIN	Cardiff Archers	13:39
29	397	Rosie LLEWELLYN	Pembrokeshire Harriers	13:43
30	380	Cerys DAVIES	Carmarthen Harriers	13:57
31	378	Nia RILEY	Cardiff Archers	14:00
32	399	Ella TOWNSEND	Pembrokeshire Harriers	14:05
33	396	Carys HEWER	Pembrokeshire Harriers	14:07
34	383	Elen HAWKINS	Carmarthen Harriers	14:17
35	404	Sian EDWARDS	Swansea Harriers	14:22
36	354	Ffion PROSSER	Blaenau Gwent AC	14:24
37	372	Jasmine WALLACE	Cardiff AAC	14:25
38	362	Megan COLE	Cardiff AAC	14:35
39	349	Rebecca HORTON	Aberdare VAAC	14:45
40	389	Chloe TIMOTHY	Carmarthen Harriers	14:51
41	395	Jennifer HERMITAGE	Pembrokeshire Harriers	15:20
42	408	Lucy OSBORN	Swansea Harriers	15:49
43	403	Nell DAVIES	Swansea Harriers	16:02
44	400	Ellie WILLIAMS	Pembrokeshire Harriers	16:32
45	392	Medi PHILLIPS	Neath Harriers	17:04
46	350	Jessica TAYLOR	Barry & Vale Harriers	18:03

FINAL TABLES - U13 Girls 3,050m						
RACE FINISH ORDER						
Pos	Club	1	2	3	4	Total
1	Cardiff AAC	1	2	3	4	10
2	Swansea Harriers	7	8	11	13	39
3	Cardiff AAC	5	6	15	21	47
4	Cardiff Archers	9	12	28	31	80
5	Carmarthen Harriers	17	20	22	26	85
6	Pembrokeshire Harriers	10	29	32	33	104
7	Swansea Harriers	18	25	35	42	120
8	Carmarthen Harriers	27	30	34	40	131

Race 2 U13 Girls Participating Clubs	
Below 4 teams do not score	
Aberdare VAAC	1
Barry & Vale Harriers	1
Blaenau Gwent AC	3
Bridgend AC	1
Cardiff AAC	10 Scoring Team
Cardiff Archers	4 Scoring Team
Carmarthen Harriers	8 Scoring Team
Neath Harriers	2
Pembrokeshire Harriers	6 Scoring Team
Sarn-Helen AC	1
Swansea Harriers	9 Scoring Team

1st Team Athletes: Cardiff AAC (10 points)		
366	Annwen GAMMON (1)	11:22
365	Kiara FRIZELLE (2)	11:24
364	Abigail FISHER (3)	11:33
371	Jessica WADEY (4)	11:36
2nd Team Athletes: Swansea Harriers (39 points)		
407	Rebecca MARTIN (7)	12:11
406	Rosa HUMPHREYS (8)	12:18
411	Beth THOMAS (11)	12:29
412	Caitlin WARD (13)	12:39
3rd Team Athletes: Cardiff AAC (47 points)		
370	Sofia VELLA (5)	11:44
369	Alisha HAYES (6)	12:00
368	Zoe HAMM (15)	12:43
367	Jeri-Lynne GRABHAM (21)	13:28

POS	Race 3 - U15 Boys 4,530m			
Ind	BIB	ATHLETE	CLUB	PERF
1	244	Christian SMITH	Wrexham AAC	14:42
2	212	Jake HEYWARD	Cardiff AAC	14:56
3	233	Matthew WILLIAMS	Pembrokeshire Harriers	15:10
4	229	Cai LINTON-DAVIES	Menai T&F	15:23
5	235	Elliot LAWRENCE	Swansea Harriers	15:23
6	214	Rhys JONES	Cardiff AAC	15:31
7	228	Oliver BARBARESI	Menai T&F	15:43
8	416	Michael CRUTCHLEY	Maldwyn Harriers	16:05
9	207	Jack STEPHENS	Brecon AC	16:31
10	234	Dylan LAMBROPOLOUS	Swansea Harriers	16:39
11	236	Samuel MARTIN	Swansea Harriers	16:41
12	209	Hari BOWEN	Cardiff AAC	16:42
13	243	Mark TOBIN	Swansea Harriers	16:43
14	221	Daniel EVANS	Carmarthen Harriers	16:52
15	226	Ioan THOMAS	Carmarthen Harriers	16:55
16	241	Domonic SMITH	Swansea Harriers	16:59
17	218	James VINCENT	Cardiff AAC	17:06
18	222	Thomas JONES	Carmarthen Harriers	17:12
19	242	Joseph TOBIN	Swansea Harriers	17:14
20	211	Aeron EVANS	Cardiff AAC	17:24
21	239	Jacob SEAL	Swansea Harriers	17:50
22	213	Ieuan JONES	Cardiff AAC	17:57
23	224	Ioan MORGAN	Carmarthen Harriers	17:59
24	225	Aled PHILLIPS	Carmarthen Harriers	18:11
25	414	Stephen HUGHES	Llanelli AC	18:16
26	217	Jac SMITH	Cardiff AAC	18:33
27	231	Bram BRUINS	Pembrokeshire Harriers	18:51
28	216	James SHORT	Cardiff AAC	18:56
29	206	Scott PRITCHARD	Brecon AC	19:27
30	223	Cadan LEWIS	Carmarthen Harriers	20:08

FINAL TABLES - U15 Boys 4,530m						
RACE FINISH ORDER						
Pos	Club	1	2	3	4	Total
1	Cardiff AAC	2	6	12	17	37
2	Swansea Harriers	5	10	11	13	39
3	Carmarthen Harriers	14	15	18	23	70
4	Cardiff AAC	20	22	26	28	96

Race 3 U15 Boys Participating Clubs		
Below 4 teams do not score		
Brecon AC	2	
Cardiff AAC	8	Scoring Team
Carmarthen Harriers	6	Scoring Team
Llanelli AC	1	
Maldwyn Harriers	1	
Menai T&F	2	
Pembrokeshire Harriers	2	
Swansea Harriers	7	Scoring Team
Wrexham AAC	1	

1st Team Athletes: Cardiff AAC (37 points)		
212	Jake HEYWARD (2)	14:56
214	Rhys JONES (6)	15:31
209	Hari BOWEN (12)	16:42
218	James VINCENT (17)	17:06
2nd Team Athletes: Swansea Harriers (39 points)		
235	Elliot LAWRENCE (5)	15:23
234	Dylan LAMBROPOLOUS (10)	16:39
236	Samuel MARTIN (11)	16:41
243	Mark TOBIN (13)	16:43
3rd Team Athletes: Carmarthen Harriers (70 points)		
221	Daniel EVANS (14)	16:52
226	Ioan THOMAS (15)	16:55
222	Thomas JONES (18)	17:12
224	Ioan MORGAN (23)	17:59

POS	<b>Race 4 - U15 Girls 4,530m</b>			
Ind	BIB	ATHLETE	CLUB	PERF
1	274	Cari HUGHES	Menai T&F	16:08
2	281	Lucy DAVIES	Pembrokeshire Harriers	17:23
3	287	Bethan EVANS	Pontyclun AC	17:28
4	279	Jessica BRADLEY	Pembrokeshire Harriers	17:38
5	286	Abbi WILLIAMS	Pembrokeshire Harriers	17:41
6	249	Issy MORRIS	Brecon AC	17:48
7	285	Lucy OMNET	Pembrokeshire Harriers	18:02
8	245	Holli JEHU	Aberdare VAAC	18:04
9	273	Isobel PARRY-JONES	Cwmbran Harriers	18:16
10	260	Naomi REID	Cardiff AAC	18:30
11	257	Emily GRIFFIN	Cardiff AAC	18:33
12	269	Mared OWEN	Carmarthen Harriers	18:39
13	265	Sioned GLYNN	Carmarthen Harriers	18:52
14	283	Alicia JONES	Pembrokeshire Harriers	18:56
15	289	Bethan HARRIS	Swansea Harriers	19:03
16	261	Gwenno WADDINGTON	Cardiff AAC	19:08
17	252	Isobel DODD	Bridgend AC	19:16
18	251	Megan TUCKER	Brecon AC	19:27
19	268	Ellie KIFF	Carmarthen Harriers	19:38
20	275	Awen LEWIS	Neath Harriers	19:42
21	254	Megan BOWEN	Cardiff AAC	19:46
22	253	Katrin HIGGINSON	Bridgend AC	19:49
23	262	Belinda WALLACE	Cardiff AAC	20:07
24	284	Beth MEOPHAM	Pembrokeshire Harriers	20:10
25	290	Elissa RATTI	Swansea Harriers	20:13
26	266	Lara GRIFFITHS	Carmarthen Harriers	20:22
27	255	Cerys BRADSHAW	Cardiff AAC	20:32
28	248	Issie MOGG	Brecon AC	21:02
29	247	Megan JOHNSTONE	Brecon AC	21:23
30	263	Lucy DAVIES	Cardiff Archers	21:28
31	197	Rebecca THORNE	Carmarthen Harriers	21:41
32	256	Georgia COLE	Cardiff AAC	22:10
33	246	Rosie JAMES	Brecon AC	22:16
34	250	Amy SINCLAIR	Brecon AC	22:33
35	258	Rhian JONES	Cardiff AAC	22:57
36	267	Nia GRIFFITHS	Carmarthen Harriers	23:24
37	272	Rebecca WALTERS	Carmarthen Harriers	23:39

<b>FINAL TABLES - U15 Girls 4,530m</b>						
<b>RACE FINISH ORDER</b>						
Pos	Club	1	2	3	4	Total
1	Pembrokeshire Harriers	2	4	5	7	18
2	Cardiff AAC	10	11	16	21	58
3	Carmarthen Harriers	12	13	19	26	70
4	Brecon AC	6	18	28	29	81
5	Cardiff AAC	23	27	32	35	117

<b>Race 4 U15 Girls Participating Clubs</b>		
<b>Below 4 teams do not score</b>		
Aberdare VAAC	1	
Brecon AC	6	Scoring Team
Bridgend AC	2	
Cardiff AAC	8	Scoring Team
Cardiff Archers	1	
Carmarthen Harriers	7	Scoring Team
Cwmbran Harriers	1	
Menai T&F	1	
Neath Harriers	1	
Pembrokeshire Harriers	6	Scoring Team
Pontyclun AC	1	
Swansea Harriers	2	

<b>1st Team Athletes: Pembrokeshire Harriers (18 points)</b>		
281	Lucy DAVIES (2)	17:23
279	Jessica BRADLEY (4)	17:38
286	Abbi WILLIAMS (5)	17:41
285	Lucy OMNET (7)	18:02
<b>2nd Team Athletes: Cardiff AAC (58 points)</b>		
260	Naomi REID (10)	18:30
257	Emily GRIFFIN (11)	18:33
261	Gwenno WADDINGTON (16)	19:08
254	Megan BOWEN (21)	19:46
<b>3rd Team Athletes: Carmarthen Harriers (70 points)</b>		
269	Mared OWEN (12)	18:39
265	Sioned GLYNN (13)	18:52
268	Ellie KIFF (19)	19:38
266	Lara GRIFFITHS (26)	20:22

POS	<b>Race 5 - U17 Men 5,720m</b>			
Ind	BIB	ATHLETE	CLUB	PERF
1	175	Iolo HUGHES	Menai T&F	18:18
2	164	Ciaran LEWIS	Cardiff AAC	18:33
3	196	Christian LOVATT	Carmarthen Harriers	18:48
4	158	John COVE	Cardiff AAC	18:52
5	163	Nicholas JONES	Cardiff AAC	19:27
6	176	Mark JONES	Newport Harriers	19:45
7	182	Aran REES	Swansea Harriers	19:48
8	170	Nikita NEARY	Carmarthen Harriers	20:04
9	177	Liam BRADLEY	Pembrokeshire Harriers	20:15
10	156	Gabriel KAY	Brecon AC	20:24
11	162	Ieuan HANDLEY	Cardiff AAC	20:40
12	157	Lewis BRUNT	Cardiff AAC	20:46
13	181	Alex PRICE	Rhondda AC	20:57
14	179	Finn THOMPSON	Pembrokeshire Harriers	20:58
15	166	Cerith EVANS	Carmarthen Harriers	21:14
16	155	Alexander WILLIAMS	Blaenau Gwent AC	21:22
17	161	Daniel GRAVES	Cardiff AAC	21:28
18	165	Tim CHAPMAN	Carmarthen Harriers	21:35
19	160	Dafydd GEORGE	Cardiff AAC	21:38
20	415	Callum BEARE	Llanelli AC	21:59
21	178	Jack REES	Pembrokeshire Harriers	22:38
22	167	Dwayne GRIFFITHS	Carmarthen Harriers	22:54
23	168	Sion LEWIS	Carmarthen Harriers	23:08
24	154	John WARDLE	Barry & Vale Harriers	23:16
25	159	Sam CURWEN	Cardiff AAC	23:23

<b>FINAL TABLES - U17 Men 5,720m</b>						
RACE FINISH ORDER						
Pos	Club	1	2	3	4	Total
1	Cardiff AAC	2	4	5	11	22
2	Carmarthen Harriers	3	8	15	18	44
3	Cardiff AAC	12	17	19	25	73

<b>Race 5 U17 Men Participating Clubs</b>	
<b>Below 4 teams do not score</b>	
Brecon AC	1
Cardiff AAC	8
Carmarthen Harriers	6
Llanelli AC	1
Menai T&F	1
Pembrokeshire Harriers	3
Swansea Harriers	1

<b>1st Team Athletes: Cardiff AAC (22 points)</b>	
164	Ciaran LEWIS (2) 18:33
158	John COVE (4) 18:52
163	Nicholas JONES (5) 19:27
162	Ieuan HANDLEY (11) 20:40
<b>2nd Team Athletes: Carmarthen Harriers (44 points)</b>	
196	Christian LOVATT (3) 18:48
170	Nikita NEARY (8) 20:04
166	Cerith EVANS (15) 21:14
165	Tim CHAPMAN (18) 21:35
<b>3rd Team Athletes: Cardiff AAC (73 points)</b>	
157	Lewis BRUNT (12) 20:46
161	Daniel GRAVES (17) 21:28
160	Dafydd GEORGE (19) 21:38
159	Sam CURWEN (25) 23:23

Positions			Race 6 - U17 Women & U20 Women 5,720m			
OA	U20	U17	BIB	ATHLETE	CLUB	PERF
1	1		146	Ffion PRICE	Cardiff AAC	21:04
2		1	183	Heidi DAVIES	Brecon AC	21:39
3	2		145	Rebecca EVANS	Cardiff AAC	21:57
4		2	189	Kate SEARY	Cardiff AAC	22:10
5		3	205	Lara PHILIPPART	Swansea Harriers	22:23
6		4	198	Lily DAVIS	Deeside AAC	22:29
7		5	203	Ffion QUAN	Sarn-Helen AC	22:42
8		6	202	Caitlin PAGE	Sarn-Helen AC	23:35
9	3		147	Kari O'NEIL	Carmarthen Harriers	23:41
10	4		148	Rhian HOMER	Pembrokeshire Harriers	23:55
11	5		151	Megan CARTER-DAVIES	Penglais School	23:57
12	6		153	Iona EVANS	Swansea Harriers	24:36
13		7	191	Rosa YATES	Cardiff AAC	24:51
14		8	184	Alice BROADLEY	Cardiff AAC	25:25
15	7		152	Elin DAVIES	Swansea Harriers	25:34
16		9	188	Anna LAWSON	Cardiff AAC	26:16
17		10	190	Rosie-May THOMPSON	Cardiff AAC	26:41
18		11	200	Fay WALSH	Penglais School	27:15
19		12	186	Nadine JAMES	Cardiff AAC	27:51

FINAL TABLES - U17 Women & U20 Women 5,720m						
RACE FINISH ORDER						
Pos	Club	1	2	3	4	Total
1	Cardiff AAC	1	3	4	13	21
2	Cardiff AAC	14	16	17	19	66

U20 WOMEN MEDALISTS			
146	Ffion Price	Cardiff AAC	21:04
145	Rebecca Evans	Cardiff AAC	21:57
147	Kari O'Neil	Carmarthen Harriers	23:41
U17 WOMEN MEDALISTS			
183	Heidi DAVIES	Brecon AC	21:39
189	Kate SEARY	Cardiff AAC	22:10
205	Lara PHILIPPART	Swansea Harriers	22:23

Race 6 U17W & U20W Participating Clubs		
Below 4 teams do not score		
Brecon AC	1	
Cardiff AAC	8	Scoring Team
Carmarthen Harriers	1	
Deeside AAC	1	
Pembrokeshire Harriers	1	
Penglais School	2	
Sarn-Helen AC	2	
Swansea Harriers	3	

1st Team Athletes: Cardiff AAC (21 points)		
146	Ffion PRICE (U20W) (1)	21:04
145	Rebecca EVANS (U20W) (3)	21:57
189	Kate SEARY (U17W) (4)	22:10
191	Rosa YATES (U17W) (13)	24:51
2nd Team Athletes: Cardiff AAC (66 points)		
184	Alice BROADLEY (U17W) (14)	25:25
188	Anna LAWSON (U17W) (16)	26:16
190	Rosie-May THOMPSON (U17W) (17)	26:41
186	Nadine JAMES (U17W) (19)	27:51

<b>Race 7 - U20 Men 7,200m</b>					
POS	Ind	BIB	ATHLETE	CLUB	PERF
1	1	143	Alex CARTER	Team Bath AC	23:03
2	2	131	Michael WARD	Cardiff AAC	23:09
3	3	140	Jonathan TOBIN	Swansea Harriers	23:32
4	4	138	Joshua GRIFFITHS	Swansea Harriers	23:49
5	5	133	Lloyd HECKLER	Carmarthen Harriers	23:56
6	6	124	Matthew EDWARDS	Cardiff AAC	23:59
7	7	141	Paul TOBIN	Swansea Harriers	24:30
8	8	127	James HUNT	Cardiff AAC	25:15
9	9	54	Jack FEAR	Newport Harriers	25:55
10	10	135	Ieuan COOKE	Pembrokeshire Harriers	26:10
11	11	125	Jack GOOCH	Cardiff AAC	27:10
12	12	123	Ben DUNSTER	Brecon AC	27:34
13	13	136	Lawrie HAWARTH	Pembrokeshire Harriers	29:02
14	14	139	Patrick JONES	Swansea Harriers	29:47

<b>FINAL TABLES - U20 Men 7,200m</b>						
<b>RACE FINISH ORDER</b>						
Pos	Club	1	2	3	4	Total
1	Cardiff AAC	2	6	8	11	27
2	Swansea Harriers	3	4	7	14	28

<b>Race 7 U20 Men Participating Clubs</b>		
<b>Below 4 teams do not score</b>		
Brecon AC	1	
Cardiff AAC	4	Scoring Team
Carmarthen Harriers	1	
Pembrokeshire Harriers	2	
Swansea Harriers	4	Scoring Team
Team Bath AC	1	

<b>1st Team Athletes: Cardiff AAC (27 points)</b>		
131	Michael WARD (2)	23:09
124	Matthew EDWARDS (6)	23:59
127	James HUNT (8)	25:15
125	Jack GOOCH (11)	27:10
<b>2nd Team Athletes: Swansea Harriers (28 points)</b>		
140	Jonathan TOBIN (3)	23:32
138	Joshua GRIFFITHS (4)	23:49
141	Paul TOBIN (7)	24:30
139	Patrick JONES (14)	29:47



Positions			Race 8 - Senior Women & U23W 7,200m			
OA	SENW	U23W	BIB	ATHLETE	CLUB	PERF
1	1		120	Andrea WHITCOMBE	Swansea Harriers	25:24
2	2		114	Sian EDWARDS	Swansea Harriers	26:14
3	3		112	Alaw BEYNON-THOMAS	Swansea Harriers	27:51
4	4		103	Debbie WILLIAMS	Menai T&F	28:51
5	5		420	Sian MANSFIELD	Swansea Harriers	29:17
6	6		89	Emily BROWN	Cardiff AAC	29:32
7	7		96	Katie BEECHER	Les Croupiers RC	29:56
8	8		118	Helen MARSHALL	Swansea Harriers	30:13
9	9		95	Claire BEATTY	Les Croupiers RC	30:18
10		1	105	Cassidy SKINNER	Newport Harriers	30:28
11	10		108	Meinir JONES	Run 4 All Neath	30:38
12	11		90	Liz DAVIES	Cardiff AAC	31:35
13	11		83	Llinos JONES	Amman Valley	31:35
14	13		117	Sian KIRK	Swansea Harriers	32:19
15	14		107	Rachel EVANS	Run 4 All Neath	32:41
16	15		110	Dee JOLLY	Sarn-Helen AC	32:44
17	16		109	Caryl DAVIES	Sarn-Helen AC	34:42
18	17		101	Sue WATSON	Les Croupiers RC	34:52
19	18		115	Julie EVANS	Swansea Harriers	35:10
20	19		88	Bev TUCKER	Brecon AC	35:17
21	20		111	Dawn KENWRIGHT	Sarn-Helen AC	35:42
22	21		87	Lynda HAYWARD	Brecon AC	38:42
23	22		91	Angharad PRICE	Cardiff AAC	40:00
24	23		102	Elinor YOUNG	Les Croupiers RC	41:55
25	24		94	Eirian ARWYN	Les Croupiers RC	44:17

FINAL TABLES - Senior Women & U23W 7,200m						
RACE FINISH ORDER						
Pos	Club	1	2	3	4	Total
1	Swansea Harriers	1	2	3	5	11
2	Les Croupiers RC	7	9	18	24	58

SENIOR WOMEN MEDALISTS			
120	Andrea Whitcombe	Swansea Harriers	25:24
114	Sian Edwards	Swansea Harriers	26:14
112	Alaw Beynon-Thomas	Swansea Harriers	27:51

U23 WOMEN MEDALISTS			
105	Cassidy SKINNER	Newport Harriers	30:28

Race 8 SENW & U23W Participating Clubs		
Below 4 teams do not score		
Amman Valley	1	
Brecon AC	2	
Cardiff AAC	3	
Les Croupiers RC	5	Scoring Team
Menai T&F	1	
Newport Harriers	1	
Run 4 All Neath	2	
Sarn-Helen AC	3	
Swansea Harriers	7	Scoring Team

1st Team Athletes: Swansea Harriers (11 points)		
120	Andrea WHITCOMBE (SENW) (1)	25:24
114	Sian EDWARDS (SENW) (2)	26:14
112	Alaw BEYNON-THOMAS (SENW) (3)	27:51
420	Sian MANSFIELD (SENW) (5)	29:17
2nd Team Athletes: Les Croupiers RC (58 points)		
96	Katie BEECHER (SENW) (7)	29:56
95	Claire BEATTY (SENW) (9)	30:18
101	Sue WATSON (SENW) (18)	34:52
102	Elinor YOUNG (SENW) (24)	41:55

Positions		Race 9 - Senior Men & U23M 11,060m			
OA	U23W	BIB	ATHLETE	CLUB	PERF
1	1	81	Dewi GRIFFITHS	Swansea Harriers	34:22
2	2	17	Jonathon HOPKINS	Cardiff AAC	34:33
3		66	Marc HOBBS	Swansea Harriers	35:06
4		70	Phillip MATTHEWS	Swansea Harriers	36:07
5		75	Sullivan SMITH	Swansea Harriers	36:26
6		8	Chris HAYWARD	Brecon AC	38:10
7		16	Alex DONALD	Cardiff AAC	38:34
8		74	Guy SMITH	Swansea Harriers	38:44
9	3	79	Ashleigh HARPER	Aberdare VAAC	39:05
10		11	Martin SHAW	Brecon AC	39:14
11		20	Peter RYDER	Cardiff AAC	39:20
12		72	Daniel ROTHWELL	Swansea Harriers	39:34
13		422	Andrew REYNOLDS	Neath Harriers	39:41
14		67	Eamon KIRK	Swansea Harriers	40:13
15	4	78	Daniel BODMAN	Aberdare VAAC	40:24
16		65	Lewys HOBBS	Swansea Harriers	40:56
17		26	Phil COOK	Les Croupiers RC	41:23
18		2	Matthew JACKLIN	Aberdare VAAC	41:33
19		29	Nick DUKES	Les Croupiers RC	41:50
20		40	Peter OSBORNE	Llanelli AC	41:51
21		63	Thomas GUEST	Swansea Harriers	42:10
22	5	82	Matthew RICHARDS	Swansea Harriers	42:17
23		55	Craig HUDSON	Newport Harriers	42:28
24		12	Peter SOWERBY	Brecon AC	42:33
25		31	Mark FINLAYSON	Les Croupiers RC	43:02
26		421	Carl ELLIS	Neath Harriers	43:17
27		60	Doug NICHOLLS	San Domenico RC	43:25
28		14	Rob HUNT	Bridgend AC	43:31
29		417	Alex WILLIAMS	Port Talbot Harriers	43:35
30		71	Raul REISMANN	Swansea Harriers	43:47
31		50	Alex LEWIS	Neath Harriers	43:56
32		5	Richard LLOYD	Aberdare VAAC	44:01
33		423	Simon JOHN	Neath Harriers	44:16
34		51	Kevin LEWIS	Neath Harriers	44:22
35		68	Kneath PHILIPPART	Swansea Harriers	44:33
36		10	Phil KENDRICK	Brecon AC	45:07
37		4	Simon LEWIS	Aberdare VAAC	45:22
38		56	Chris DIXON	Pembrokeshire Harriers	45:46
39		58	Gary DOHERTY	Pont-y-Pwl & District Runners	45:55
40		61	Glyn SANSOM	San Domenico RC	45:56
41		424	Nick SHEEHAN	Llanelli AC	46:29
42		3	Adrian LEWIS	Aberdare VAAC	46:49
43		15	John MORGAN	Bridgend AC	47:25
44		76	Simon WILSON	Swansea Harriers	47:38
45		57	Richard THOMPSON	Pembrokeshire Harriers	47:50
46		13	Paul WALBY	Brecon AC	49:17
47		62	Dominic SHIELDS	San Domenico RC	49:44
48		27	Evatt CUMMINGS	Les Croupiers RC	49:50
49		59	Graham VYNER	Run 4 All Neath	51:19
50		73	Martin SLUCUTT	Swansea Harriers	52:56
51		24	Gordon ORME	Carmarthen Harriers	53:17

FINAL TABLES - Senior Men & U23M 11,060m								
RACE FINISH ORDER								
Pos	Club	1	2	3	4	5	6	Total
1	Swansea Harriers	1	3	4	5	8	12	33
2	Swansea Harriers	14	16	21	22	30	35	138
3	Aberdare VAAC	9	15	18	32	37	42	153

SENIOR MEN MEDALISTS			
81	Dewi Griffiths	Swansea Harriers	34:22
17	Jonathon Hopkins	Swansea Harriers	36:07
66	Marc Hobbs	Swansea Harriers	36:26
U23 MEN MEDALISTS			
81	Dewi GRIFFITHS	Swansea Harriers	34:22
17	Jonathan HOPKINS	Cardiff AAC	36:07
79	Ashleigh HARPER	Aberdare VAAC	36:26

Race 9 SENM & U23M Participating Clubs		
Below 4 teams do not score		
Aberdare VAAC	6	Scoring Team
Brecon AC	5	
Cardiff AAC	3	
Les Croupiers RC	4	
Menai T&F		
Newport Harriers	1	
Run 4 All Neath	1	
Sarn-Helen AC		
Swansea Harriers	14	Scoring Team

1st Team Athletes: Swansea Harriers (33 points)		
81	Dewi GRIFFITHS (U23M) (1)	34:22
66	Marc HOBBS (SENM) (3)	35:06
70	Phillip MATTHEWS (SENM) (4)	36:07
75	Sullivan SMITH (SENM) (5)	36:26
74	Guy SMITH (SENM) (8)	38:44
72	Daniel ROTHWELL (SENM) (12)	39:34
2nd Team Athletes: Swansea Harriers (138 points)		
67	Eamon KIRK (SENM) (14)	40:13
65	Lewys HOBBS (SENM) (16)	40:56
63	Thomas GUEST (SENM) (21)	42:10
82	Matthew RICHARDS (U23M) (22)	42:17
71	Raul REISMANN (SENM) (30)	43:47
68	Kneath PHILIPPART (SENM) (35)	44:33
3rd Team Athletes: Aberdare VAAC (153 points)		
79	Ashleigh HARPER (U23M) (9)	39:05
78	Daniel BODMAN (U23M) (15)	40:24
2	Matthew JACKLIN (SENM) (18)	41:33
5	Richard LLOYD (SENM) (32)	44:01
4	Simon LEWIS (SENM) (37)	45:22
3	Adrian LEWIS (SENM) (42)	46:49