

43rd National Cross-Country Championships

Held at Penlan Arena, Brecon on Saturday, March 19th

Cloudy & overcast at start, sunny later

Overall Points

	7g	7b	1g	1b	mg	mb	sg	sb	
1 Dyfed	10	10	9	10	10	9	10	10	78
2 Cardiff and Vale	9	8	10	8	4	6	7	7	59
3 Powys	4	6	7	6	8	8	9	3	51
4 Afan Nedd Tawe	7	5	4	9	9	5	6	5	50
5 North East Wales	6	7	8	7	3	4	5	7	47
6 South East Wales	8	4	6	3	6	10	6	3	46
7 Eryri	3	9	3	4	7	5	0	9	40
8 Glam Valleys	5	2	3	3	4	5	0	5	27

Number of starters

	7g	7b	1g	1b	mg	mb	sg	sb	
Dyfed	9	10	8	8	10	8	9	10	72
Cardiff & V	9	10	10	8	7	7	5	5	61
Powys	8	8	6	7	8	7	6	1	51
Eryri	6	8	6	5	7	5	0	7	44
Afan Nedd T	9	6	5	8	6	6	4	2	46
S.E. Wales	8	6	7	4	7	8	4	1	45
N.E. Wales	6	7	7	6	4	3	3	5	41
Glam Vall	9	3	5	4	5	4	0	4	34
	64	58	54	50	54	48	31	35	394

Senior Boys – 6420 metres

1 Lee Ladd	Cardigan	Dyfed	20:29
2 Wynne Evans	QE Cambria	Dyfed	20:51
3 Mark Davies	Swansea Coll	Afan NT	21:08
4 Anthony Jones	Gwynllyw	SE Wales	21:24
5 Aled Thomas	Swansea Coll	Afan NT	21:34
6 Gavin Williams	CCTA	Dyfed	21:39
7 Jack Davey	Aberaeron	Dyfed	21:54
8 Richard James	Bryn Elian	Eryri	22:00
9 Mark Fowles	Pencoed Coll	Glamorgan V	22:00
10 Kyo Bye	Rydal	Eryri	22:18
11 Tom Wye	Dewi Sant	Dyfed	22:30
12 Alun Sayce	Cardiff High	Cardiff & Vale	22:31
13 Lewis Bevan	Cyfartha	Glamorgan V	22:48
14 David Cole	Dyffryn Teifi	Dyfed	22:56
15 Craig Worthington	Mold Alun	NE Wales	23:04
16 Ben Owen	John Bright	Eryri	23:12
17 Tom Pritchard	Tryfan	Eryri	23:33
18 Lloyd King	Cardiff High	Cardiff & Vale	23:48
19 Philip Pocock	Emlyn	Dyfed	24:07
20 Matthew Stephenson	Cardiff High	Cardiff & Vale	24:20
21 Luke Williams	CCTA	Dyfed	24:29
22 Tom Dyer	Tasker Milward	Dyfed	24:35
23 Patrick Jennings	John Bright	Eryri	24:36
24 Chris Goodwin	Bryntirion	Glamorgan V	24:39
25 Geraint Oulton	Sir Thomas Picton	Dyfed	24:47
26 Ifan Jones	Syr Huw Owen	Eryri	24:58
27 Daniel Bradshaw	Brecon	Powys	25:12
28 Marc Wilson	Caergybi	Eryri	25:21
29 Hector Wakefield	Cardiff High	Cardiff & Vale	25:53
30 Sean McDonnell	Whitchurch	Cardiff & Vale	26:17
31 Ben Barnes	Denbigh	NE Wales	29:19
32 Brett Jones	Denbigh	NE Wales	30:55
33 David Hudson	Denbigh	NE Wales	32:13
34 Stuart Griffiths	Denbigh	NE Wales	32:14

Teams

1 Dyfed	10	1	2	6	7	11	14	41
2 Eryri	7	8	10	16	17	23	26	100
Cardiff & Vale	5	12	18	20	29	30		Only 5
NE Wales	5	15	31	32	33	34		Only 5
Glam Valleys	3	9	13	24				Only 3
Afan NT	2	3	5					Only 2
Powys	1	27						Only 1
SE Wales	1	4						Only 1
	34							

Senior Girls – 4600 metres

1 Gemma Leahy	Bro Gwaun	Dyfed	18:21
2 Caryl Jones	Bro Myrddin	Dyfed	18:37
3 Alex Lines-Scrase	Christ College	Powys	18:47
4 Bethan Strange	Caerleon	SE Wales	19:00
5 Emma Loveland	Radyr	Cardiff & Vale	19:06
6 Natalie Arthur	Neath PT Coll	Afan NT	19:10
7 Charlotte Lightman	Llanishen	Cardiff & Vale	19:12
8 Laura Deas	Howell's	NE Wales	19:29
9 Mererid Jones	Aberaeron	Dyfed	19:39
10 Rosie Richards	Gwernyfed	Powys	20:02
11 Efa Llewellyn	Ffynone House	Afan NT	20:12
12 Leah Brighthouse	Prestatyn	NE Wales	20:14
13 Emily Kendrick	Llandrindod	Powys	20:30
14 Sara Beynon-Thomas	Strade	Dyfed	20:39
15 Tara Paisey	St Alban's	SE Wales	20:46
16 Katy Davies	Dewi Sant	Dyfed	20:59
17 Ursula Hankinson	Monmouth Girls	SE Wales	21:01
18 Charlotte Gaughan	Cardiff High	Cardiff & Vale	21:01
19 Anna Smith	Neath PT Coll	Afan NT	21:20
20 Emily Gibson	Brecon	Powys	21:29
21 Sophie Harrington	Brynhyfryd	NE Wales	21:42
22 Lisa Brown	Llanishen	Cardiff & Vale	21:50
23 Sarah Hurford	Olchfa	Afan NT	21:55
24 Elin Davies	Maes yr Yrfa	Dyfed	23:52
25 Emma Summons	Sir Thomas Picton	Dyfed	23:55
26 Bethan Collins	Llanishen	Cardiff & Vale	23:56
27 Victoria Belcher	Croesyceiliog	SE Wales	24:54
28 Rhiannon Evans	Brecon	Powys	26:43
29 Sarah Orr	Tasker Milward	Dyfed	26:56
30 Vicky Booth	Tasker Milward	Dyfed	29:41
31 Jenny Howe	Brecon	Powys	32:01

Teams

1 Dyfed	9	1	2	9	14	16	24	66
2 Powys	6	3	10	13	20	28	31	105
Cardiff & Vale	5	5	7	18	22	26		Only 5
Afan NT	4	6	11	19	23			Only 4
SE Wales	4	4	15	17	27			Only 4
NE Wales	3	8	12	21				Only 3
Eryri	0							No R
Glam Valleys	0							No R
	31							

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Middle Boys – 5600 metres

1	Ieuan Thomas	West Mon	SE Wales	18:07
2	Matthew Williams	Aberdare Boys	Glam Vall	18:12
3	Jonathan Butler	Pencoed	Glam Vall	18:34
4	Gavin Hanrahan	St Albans	SE Wales	18:38
5	Richard Stephenson	QE Cambria	Dyfed	18:41
6	Ricky Challinor	Argoed	NE Wales	18:44
7	Harry Jones	Bryn Elian	Eryri	18:51
8	Nathan Hardee	Bettws	SE Wales	18:56
9	Matthew Wreford	Caerleon	SE Wales	19:06
10	Irfon Thomas	Lampeter	Dyfed	19:14
11	Rob Pritchard	Welshpool	Powys	19:19
12	Will Douglas	Bishopston	Afan NT	19:27
13	Steffan Raw-Rees	Christ College	Powys	19:32
14	Gethin Edwards	Syr Huw Owen	Eryri	19:39
15	Grant Stokes	Newbridge	SE Wales	19:47
16	Jonathan Peters	Risca	SE Wales	19:53
17	Daniel Thomas	Cowbridge	Cardiff & Vale	19:55
18	Chris Davies	Brynteg	Glam Vall	19:59
19	Daniel Thomas	Bryngwyn	Dyfed	20:02
20	Chris Evans	Penweddig	Dyfed	20:03
21	Steven Jones	Welshpool	Powys	20:06
22	Nathan Rowe	Rhyl	NE Wales	20:07
23	Joseph Thomas	Dewi Sant	Dyfed	20:08
24	Tom Marshall	Llandrindod	Powys	20:21
25	Tom Roberts	Y Gader	Eryri	20:22
26	Jonathan Hardway	Emrys ap Iwan	Eryri	20:31
27	Jonathan Fagan	Coedcae	Dyfed	20:38
28	Luke Edwards	Coedcae	Dyfed	20:44
29	Mitchell Aspland	Bishop Vaughan	Afan NT	20:45
30	James Barton	Sir Thomas Picton	Dyfed	20:50
31	Daniel Griffiths	St Cyres	Cardiff & Vale	20:53
32	Alun Thomas	Whitchurch	Cardiff & Vale	21:01
33	Lucas Brooks	Prestatyn	NE Wales	21:10
34	Tom Carrick	Welshpool	Powys	21:12
35	Dan Lester	Fairwater	SE Wales	21:13
36	Vincent Jones	St Richard Gwyn	Cardiff & Vale	21:19
37	Chris Melbourne	Ystalyfera	Afan NT	21:26
38	Liam McDonnell	Whitchurch	Cardiff & Vale	21:33
39	Jamie Fenaroli	Llangatwg	Afan NT	21:47
40	Kurt Edwards	Aberdare Boys	Glam Vall	22:15
41	Gwyn Jones	John Beddoes	Powys	22:34
42	Tom Evans	John Beddoes	Powys	22:42

Teams

1	SE Wales	7	1	4	8	9	15	16	53
2	Dyfed	8	5	10	19	20	23	27	104
3	Powys	7	11	13	21	24	34	41	144
	Cardiff & V	5	17	31	32	36	38		Only 5
	Afan NT	4	12	29	37	39			Only 4
	Eryri	4	7	14	25	26			Only 4
	Glam Vall	4	2	3	18	40			Only 4
	NE Wales	3	6	22	33				Only 3
									42

Middle Girls – 4250 metres

1	Non Stanford	St Joseph's PT	Afan NT	14:27
2	Kayleigh Brown	Tre-gib	Dyfed	15:45
3	Elinor Kirk	Gwyr	Afan NT	15:49
4	Anna Symonds	Stanwell	Cardiff & Vale	15:53
5	Sarah Dobler	St Joseph's PT	Afan NT	15:58
6	Melanie Davies	Gwyr	Afan NT	16:04
7	Leigh Barker	Brecon	Powys	16:08
8	Rebecca Nuttall	Connah's Quay	NE Wales	16:11
9	Sian Peters	Glan y Mor	Dyfed	16:18
10	Alaw B-Thomas	Strade	Dyfed	16:23
11	Paris Williams	Brynteg	Glam Vall	16:25
12	Carys Davies	Lampeter	Dyfed	16:27
13	Rachel Marfleet	Aberaeron	Dyfed	16:40
14	Katie Parkes	Lampeter	Dyfed	16:45
15	Martha Clarke	Bro Morgannwg	Cardiff & Vale	16:48
16	Sioned Bohana	Syr Huw Owen	Eryri	16:52
17	Bethany Cann	Chepstow	SE Wales	16:54
18	Sophie Kendrick	Llandrindod	Powys	16:57
19	Alice Bevan	Cyfartha	Glam Vall	17:00
20	Carys Howell	Strade	Dyfed	17:02
21	Rhian Thomas	Llanhari	Glam Vall	17:10
22	Amy Gould	Cardiff High	Cardiff & Vale	17:19
23	Clare Thompson	West Mon	SE Wales	17:24
24	Victoria Scrivens	Bishop Hedley	Glam Vall	17:25
25	Marged Ifan	Dyffryn Conwy	Eryri	17:28
26	Rachel Arnold	Dwr-y-Felin	Afan NT	17:34
27	Molly Dingwall	Dinas Bran	NE Wales	17:37
28	Jenna Paynter	Amman Valley	Dyfed	17:53
29	Amy Griffiths	Friars	Eryri	17:53
30	Rachel Jones	Radyr	Cardiff & Vale	18:00
31	Kathryn Hopwood	Elfed	NE Wales	18:07
32	Megan Thomas	Bro Myrddin	Dyfed	18:11
33	Rehana Hawthorne	Cardiff High	Cardiff & Vale	18:26
34	Gwenllian Jones	Aberaeron	Dyfed	18:47
35	Claudia Whitby	Welshpool	Powys	18:50
36	Teri Baines	Cwmatawe	Afan NT	18:53
37	Natalie Heap	Bryn Elian	Eryri	18:58
38	Anna Novick	Rydal Penrhos	Eryri	19:08
39	Charlotte Wilkinson	Morgan Llwyd	NE Wales	19:09
40	Sian Booker	Llanfyllin	Powys	19:10
41	Lily Matthews	Builth	Powys	19:12
42	Jessica Dickson	Rougemont	SE Wales	19:15
43	Rhiannon Lewis	Caereinion	Powys	19:16
44	Holly Rees	Christ College	Powys	19:16
45	Elizabeth Sheldon	Newbridge	SE Wales	19:22
46	Jessica Williams	Bryn Elian	Eryri	20:15
47	Rebecca Griffiths	St John Baptist	Glam Vall	20:22
48	Rachel Roberts	Dyffryn Conwy	Eryri	20:53
49	Jessie Ellis	Llanfyllin	Powys	21:06
50	Eleanor McIntyre	Cwmcarn	SE Wales	21:11
51	Amber Hearne	No School	SE Wales	21:14

Teams

1	Dyfed	10	2	9	10	12	13	14	60
2	Afan NT	6	1	3	5	6	26	36	77
3	Powys	8	7	18	35	40	41	43	184
4	Eryri	7	16	25	29	37	38	46	191
5	SE Wales	6	17	23	42	45	50	51	228
	Cardiff & V	5	4	15	22	30	33		Only 5
	Glam Vall	5	11	19	21	24	47		Only 5
	NE Wales	4	8	27	31	39			Only 4
									51

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Junior Boys – 4250 metres

1	Dewi Griffiths	Tre-gib	Dyfed	13:44
2	James Bussell	Newbridge	SE Wales	14:06
3	Adam Lewis	Bishop Hedley	Glam Vall	14:14
4	Rowan Axe	Radyr	Cardiff & Vale	14:23
5	Robert Bennet	Caereinion	Powys	14:28
6	Adam Bitchell	Penweddig	Dyfed	14:29
7	Oliver Upton	QE Cambria	Dyfed	14:36
8	Geraint Mansfield	QE Cambria	Dyfed	14:38
9	James Owen	Syr Huw Owen	Eryri	14:45
10	Ifan B-Thomas	Strade	Dyfed	14:47
11	Tristan Dale	Radyr	Cardiff & Vale	14:50
12	Rhodri Harris	Glanafan	Afan NT	14:52
13	Adam Banks	Argoed	NE Wales	14:54
14	Owen Roberts	Y Creuddyn	Eryri	14:56
15	Tomos Whitmarsh-K	Bro Morgannwg	Cardiff & Vale	14:59
16	James Powell	Llandrindod	Powys	15:01
17	Thomas Clark	Hawarden	NE Wales	15:08
18	Jared Linden	Monmouth Comp	SE Wales	15:09
19	Chris Wreford	Caerleon	SE Wales	15:10
20	Aaron Jones	Syr Huw Owen	Eryri	15:18
21	Michael Kershaw	Brynmaur	SE Wales	15:22
22	Matthew John	Daniel James	Afan NT	15:24
23	Gwion Ap Dafydd	Penweddig	Dyfed	15:25
24	Ceri Lewis	Bishop Vaughan	Afan NT	15:27
25	Chris Driscoll	Bishop Vaughan	Afan NT	15:31
26	Tom Dauncey	Bryntirion	Glam Vall	15:35
27	Daniel Harries	Sir Thomas Picton	Dyfed	15:35
28	Aled Bowen	Amman Valley	Dyfed	15:37
29	Michael Ward	Llanishen	Cardiff & Vale	15:38
30	Chris Rees	Olchfa	Afan NT	15:44
31	Jack Wyatt	Mold Alun	NE Wales	15:45
32	Antonio Cirillo	Bishop Vaughan	Afan NT	15:46
33	Matthew Elmore	Prestatyn	NE Wales	15:47
34	Phillip Hughes	Llanfyllin	Powys	15:48
35	Gethin Phillips	Brynrefail	Eryri	15:51
36	Andreas Alvarado	Emrys ap Iwan	Eryri	15:52
37	Troy Roberts	Darland	NE Wales	15:54
38	Gareth Horton	Caereinion	Powys	15:57
39	Adam Marshall	Dwr y Felin	Afan NT	16:07
40	Matthew Hooper	Llanishen	Cardiff & Vale	16:16
41	Danny Gray	Darland	NE Wales	16:23
42	Geraint Jeremiah	Olchfa	Afan NT	16:23
43	Ben Jones	Porthcawl	Glam Vall	16:24
44	Daniel Hiscox	Aberdare Boys	Glam Vall	16:41
45	Owain Williams	Caereinion	Powys	16:52
46	Lee Wood	Stanwell	Cardiff & Vale	16:59
47	Kelvin Hughes	Llanfyllin	Powys	17:00
48	Dechlan Link	St Cyres	Cardiff & Vale	17:45
49	Tom Evans	Welshpool	Powys	17:47
50	Liam Broad	Rumney	Cardiff & Vale	17:54

Teams

1	Dyfed	8	1	6	7	8	10	23	55
2	Afan Nedd Tawe	8	12	22	24	25	30	32	145
3	Cardiff & Vale	8	4	11	15	29	40	46	145
4	NE Wales	6	13	17	31	33	37	41	172
5	Powys	7	5	16	34	38	45	47	185
	Eryri	5	9	14	20	35	36		Only 5
	Glam Valleys	4	3	26	43	44			Only 4
	SE Wales	4	2	18	19	21			Only 4
		50							

Junior Girls – 3250 metres

1	Benytta Doman	Gwynllyw	SE Wales	12:18
2	Kristie O'Connell	Bishop Hedley	Glam Vall	12:29
3	Aneura Phillips	Preseli	Dyfed	12:38
4	Rebecca King	Olchfa	Afan NT	12:40
5	Bethan Davies	Llanishen	Cardiff & Vale	12:42
6	Angharad Davies	Llandoverly College	Dyfed	12:48
7	Ruby Miller	Llantwit	Cardiff & Vale	12:49
8	Elinor Thorogood	Penglais	Dyfed	12:50
9	Nia Lewis	Bishop Vaughan	Afan NT	12:55
10	Leah Dixon	St John Baptist	Glam Vall	12:58
11	Nia Williams	Cefn Hengoed	Afan NT	13:02
12	Manon Williams	Glantaf	Cardiff & Vale	13:05
13	Bethan Jones	Gwernfyfed	Powys	13:08
14	Joanna Freeman	Dwr-y-Felin	Afan NT	13:10
15	Becky Davies	Mold Alun	NE Wales	13:17
16	Zoe Hoskins	Archbishop McGrath	Glam Vall	13:22
17	Lowri Morgan	Glantaf	Cardiff & Vale	13:23
18	Ellen Wozencroft	Llandrindod	Powys	13:23
19	Lydia Holloway	David Hughes	Eryri	13:25
20	Hanna Daly	Elfed	NE Wales	13:26
21	Hope Jones	Brynhfryd	NE Wales	13:27
22	Lauren Regan	Corpus Christi	Cardiff & Vale	13:31
23	Aimee Thomas	St Cyres	Cardiff & Vale	13:37
24	Elin Jones	Cardigan	Dyfed	13:40
25	Angharad Williams	Cwmcarn	SE Wales	13:41
26	Eleri Jones	Tasker Milward	Dyfed	13:42
27	Megan Poulson	Glantaf	Cardiff & Vale	13:44
28	Bethan Till	Dyffryn Nantle	Eryri	13:48
29	Alice Johnston	Howell's	Cardiff & Vale	13:52
30	Emma Wright	Rhosesni	NE Wales	13:54
31	Liana Cox	Maes yr Yrfa	Dyfed	13:58
32	Florence Roberts	Llanfyllin	Powys	13:59
33	Rachel Venables	John Beddoes	Powys	13:59
34	Jane Davies	Cwmcarn	SE Wales	14:04
35	Carys Thomas	Amman Valley	Dyfed	14:04
36	Lisa Johnson	Glan Clwyd	NE Wales	14:05
37	Grace Osborne	Llantwit	Cardiff & Vale	14:09
38	Stephanie Davies	Prestatyn	NE Wales	14:11
39	Kirsty Ratsep	Maesteg	Glam Vall	14:16
40	Alex Huffen	Aberconwy	Eryri	14:18
41	Samantha Parry	Monmouth Comp	SE Wales	14:21
42	Maisie Andrews	Y Gader	Eryri	14:22
43	Ruth Denholm	Hawarden	NE Wales	14:24
44	Sally Smithson	Tasker Milward	Dyfed	14:33
45	Elizabeth Richardson	Caereinion	Powys	14:55
46	Bethan Williams	Gwyr	Afan NT	15:08
47	Meggy Butler	Newbridge	SE Wales	15:21
48	Jane Morris	Welshpool	Powys	15:22
49	Rebecca Morgan	Croesyceiliog	SE Wales	15:30

Teams

1	Cardiff & Vale	9	5	7	12	17	22	23	86
2	Dyfed	8	3	6	8	24	26	31	98
3	NE Wales	7	15	20	21	30	36	38	160
4	Powys	6	13	18	32	33	45	48	189
5	SE Wales	6	1	25	34	41	47	49	197
	Afan NT	5	4	9	11	14	46		Only 5
	Eryri	4	19	28	40	42			Only 4
	Glam Vall	4	2	10	16	39			Only 4
		49							

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Year 7 Boys – 2100 metres

1	Andrew Drakeley	Penweddig	Dyfed	6:59
2	Edwin Davies	Dewi Sant	Dyfed	7:06
3	Adam Brighthouse	Prestatyn	NE Wales	7:08
4	James Middleton	Monmouth Boys	SE Wales	7:09
5	Danny Hawker	John Bright	Eryri	7:10
6	James Thomas	Milford	Dyfed	7:13
7	Luke Parker	Cardigan	Dyfed	7:17
8	Paul Malcolm	Glanafan	Afan NT	7:18
9	Sion Hogan	David Hughes	Eryri	7:19
10	Lloyd Harris	Llanishen	Cardiff & Vale	7:22
11	David Hogan	Arduwdy	Eryri	7:23
12	Ezra Warren	Brynrefail	Eryri	7:24
13	Brennig Emanuel	YG Llanhari	Glam Vall	7:25
14	Joseff Whitmarsh-K	Bro Morgannwg	Cardiff & Vale	7:25
15	Joss Raven	Clywedog	NE Wales	7:28
16	Alex Bramwell	Morgan Llwyd	NE Wales	7:31
17	Glen Elsdon	Bro Myrddin	Dyfed	7:32
18	Lewis Thomas	Ffynone House	Afan NT	7:33
19	James O'Brien	St Joseph's	NE Wales	7:34
20	Oliver Jones	John Beddoes	Powys	7:34
21	Ryan Newman	Barry	Cardiff & Vale	7:36
22	Matthew Richards	Sir Thomas Picton	Dyfed	7:37
23	Darren Jones	Llantwit	Cardiff & Vale	7:38
24	Rhys Watson	Bryngwyn	Dyfed	7:39
25	Joshua Palin	Greenhill	Dyfed	7:40
26	Kieran Mills-Evans	Caereinion	Powys	7:40
27	Steven Owen	Caereinion	Powys	7:42
28	Joel Redman	Llanishen	Cardiff & Vale	7:43
29	Harry Holder	Aberaeron	Dyfed	7:47
30	Robert McGregor	St Clare's	Glam Vall	7:47
31	Joel Vaughan	Llanfyllin	Powys	7:47
32	David Van Es	Llanishen	Cardiff & Vale	7:47
33	Lewyn Lewis	Caereinion	Powys	7:47
34	Gareth Bunkett	Caereinion	SE Wales	7:48
35	Geraint Lewis	Cowbridge	Cardiff & Vale	7:48
36	Matthew Rees	Olchfa	Afan NT	7:50
37	Jan Edmunds	Llanfyllin	Powys	7:51
38	Oliver Lewis	Porthcawl	Glam Vall	7:51
39	Steven Earls	St Cyres	Cardiff & Vale	7:52
40	Tecwyn Evans	Eifionydd	Eryri	7:54
41	Rhys Allin	Cowbridge	Cardiff & Vale	7:54
42	Luke Parry	Rhyl	NE Wales	7:56
43	John Lumb	Cardigan	Dyfed	7:58
44	Edward Harris	Caereinion	Powys	8:00
45	Kylan Ellis	Emrys ap Iwan	Eryri	8:01
46	Kyle Ingram	Arduwdy	Eryri	8:02
47	Ben Smith	Caldicot	SE Wales	8:03
48	Charlie Hulson	Mold Alun	NE Wales	8:04
49	James Wright	Mold Alun	NE Wales	8:05
50	Gus Harris	Llanfyllin	Powys	8:06
51	Christopher Davies	Glanafan	Afan NT	8:07
52	Nic Maplestone	Caldicot	SE Wales	8:09
53	Emys Penny	Gwynllyw	SE Wales	8:11
54	Scott Lewis	Olchfa	Afan NT	8:11
55	James McGee	Chepstow	SE Wales	8:18
56	Sam Rose-Miles	Olchfa	Afan NT	8:19
57	David Enright	Michaelston Coll	Cardiff & Vale	8:20
58	Darrel John	Y Gader	Eryri	8:23

Teams

1	Dyfed	10	1	2	6	7	17	22	55
2	Eryri	8	5	9	11	12	40	45	122
3	Cardiff & Vale	10	10	14	21	23	28	32	128
4	NE Wales	7	3	15	16	19	42	48	143
5	Powys	8	20	26	27	31	33	37	174
6	Afan NT	6	8	18	36	51	54	56	223
7	SE Wales	6	4	34	47	52	53	55	245
	Glam Vall	3	13	30	38				Only 3
		58							

Year 7 Girls – 2100 metres

1	Jade Williams	Amman Valley	Dyfed	7:13
2	Catrin Lewis	Cardigan	Dyfed	7:21
3	Natasha Cockram	Croesyceiliog	SE Wales	7:27
4	Zoe Thomas	Porthcawl	Glam Vall	7:38
5	Abbie Oliver	Connah's Quay	NE Wales	7:42
6	Chantelle Hurley	Bishop Vaughan	Afan NT	7:45
7	Storm Morham	St Richard Gwyn	Cardiff & Vale	7:46
8	Lora James	Llantarnam	SE Wales	7:48
9	Cerys Morgan	Penyrheol	Afan NT	7:50
10	Jennie Brock	Tasker Milward	Dyfed	7:52
11	Freya Rees-Jones	St Michael's	Dyfed	7:54
12	Cerian Davies	Tregaron	Dyfed	7:55
13	Sophie Richards	Llanishen	Cardiff & Vale	8:02
14	Ffion Rees	Bro Myrddin	Dyfed	8:04
15	Alice Fraser	St Davids	NE Wales	8:07
16	Zoe Rosier	Mold Alun	NE Wales	8:08
17	Ffion Jones	Cwm Rhymini	Glam Vall	8:10
18	Holly Sims	Llanrumney	Cardiff & Vale	8:14
19	Aimee Hendrickson	Bishop of Llandaff	Cardiff & Vale	8:15
20	Portia Rees-Jones	St Michael's	Dyfed	8:16
21	Nia Morgan	St Cyres	Cardiff & Vale	8:18
22	Nia Davies	Cardigan	Dyfed	8:20
23	Abby Hughes	Eirias	Eryri	8:22
24	Sophie Hopkins	Builth	Powys	8:23
25	Rachel Bevan	Croesyceiliog	SE Wales	8:24
26	Laura Chicksen	King Henry VIII	SE Wales	8:26
27	Fiona Clark	Connah's Quay	NE Wales	8:27
28	Catherine Williams	Bishop Vaughan	Afan NT	8:29
29	Patricia Byrne	Argoed	NE Wales	8:31
30	Katryna Ley	Bishopston	Afan NT	8:32
31	Harriet Whitby-Tillot	Welshpool	Powys	8:33
32	Catrin Jones	Y Gader	Eryri	8:34
33	Bethan Davies	Brynteg	Glam Vall	8:35
34	Caragh Smith	Cwmcarn	SE Wales	8:36
35	Leah Lineham	St John Baptist	Glam Vall	8:37
36	Abbi Slater	Cardigan	Dyfed	8:38
37	Phoebe Heinrich	Bishopston	Afan NT	8:39
38	Naomi James	Bishopston	Afan NT	8:40
39	Ffion Chambers	Bishopston	Afan NT	8:41
40	Andrea Davies	Brynteg	Glam Vall	8:42
41	Abigail McCallum	Penyrheol	Afan NT	8:44
42	Nia Long	Bishopston	Afan NT	8:45
43	Nicola Powdrill	Plasmawr	Cardiff & Vale	8:48
44	Katie Griffiths	Caereinion	Powys	8:51
45	Laura Powell	Llandrindod	Powys	8:52
46	Abigail Bidgood	Duffryn	SE Wales	8:53
47	Slaine Williams	Y Berwyn	Eryri	8:54
48	Sioned Price	John Beddoes	Powys	8:55
49	Rebecca Rees	Llantwit	Cardiff & Vale	8:56
50	Chloe Baldwin	Bishop of Llandaff	Cardiff & Vale	8:57
51	Emma Williams	David Hughes	Eryri	8:58
52	Alexia Musgrave	David Hughes	Eryri	8:59
53	Kelly Fuller	Cwm Rhymini	Glam Vall	9:02
54	Emily Haynes	Cwmcarn	SE Wales	9:03
55	Adelaide Edwards	Llanfyllin	Powys	9:05
56	Rachel Cronshaw	Connah's Quay	NE Wales	9:06
57	Collette Holloway	David Hughes	Eryri	9:07
58	Georgina Pike	Caldicot	SE Wales	9:13
59	Sarah Powell	Welshpool	Powys	9:31
60	Charlotte Hunter	Llanfyllin	Powys	9:46
61	Bethany Jarvis	Cowbridge	Cardiff & Vale	9:54
62	Megan Reynolds	St John Baptist	Glam Vall	9:56
63	Abigail Tovey	Cwm Rhymini	Glam Vall	10:01
64	Cari Dight	Cwm Rhymini	Glam Vall	10:09

Teams

1	Dyfed	9	1	2	10	11	12	14	50
2	Cardiff & V	9	7	13	18	19	21	43	121
3	SE Wales	8	3	8	25	26	34	46	142
4	Afan NT	9	6	9	28	30	37	38	148
5	NE Wales	6	5	15	16	27	29	56	148
6	Glam Vall	9	4	17	33	35	40	53	182
7	Powys	8	24	31	44	45	48	55	247
8	Eryri	6	23	32	47	51	52	57	262
		64							