

## Welsh Schools' AA

Results of the 29<sup>th</sup> Welsh Schools' Inter-Schools Cross-Country Championships

Held at Penlan Arena, Brecon, on Saturday, November 12<sup>th</sup>, 2005

Sunny early on, chilly for the senior races; Surface soft in places after very heavy rain

# TO HEAD OF PE DEPARTMENT

Thanks to:

- All the teachers, pupils, and parents, who supported the event.
- The officials
- Mr Derek Osborne and the course marking team
- The course marshals
- The event administration, presentation and results staff
- Members of Brecon AC
- British Red Cross
- Mr John Griffiths, the AAW West Wales Regional Development Officer, for announcing
- Ricky Challinor & Adam Banks of Argoed, the only north Wales athletes to compete

What a glorious day for cross-country running in Wales! Who would have guessed, after the rain and the battering wind of the early week, that Saturday would be such a dry & sunny day.

Considering all the rain, the course seemed to stand up to over 450 athletes very well.

Of the six 2004 winners, Gemma Leahy (Fishguard, SG) and David Guest (Bryntirion, u14B) were absentees while Ieuan Thomas (West Mon, SB) and Simon Lawson (Llanishen, u16B) were present but not competing. Kayleigh Brown Tregib, u16G) moved up to the senior girls leaving Jade Williams (Amman Valley, u14G) as the only defending titleholder – and Jade had the misfortune not to finish in the opening race, an event won by Lauren Harries of Penweddig.

Andrew Drakely, our Year 7 National champion last March, was a comfortable winner of the u14 boys' event to claim a rare individual double for Penweddig.

Year 9 athletes dominated the front of the u16 Girls field claiming the first six places, Angharad Davies (Llandovery College) taking the title from Kristie O'Connell (Bishop Hedley) with Billie Attard (Whitchurch) taking third.

Year 10 Dewi Griffiths (Tregib), the outstanding boy middle distance in his year since the 2004 Mini London Marathon, produced another

determined run to claim the u16 boys' title. The previous week, at the Gwent League in Bridgend, he had suffered a rare defeat at the hands of Rowan Axe (Radyr) but here he extracted revenge winning by almost twenty seconds – the fourth individual for a Dyfed athlete.

Year 13 athletes – both from South Wales but with very different pedigrees – took the senior races.

In the boys' event, it was good to see former Cwm Rhymni pupil Afan Humphries back in action at a major schools' event, having taken a year out last year. The Ystrad Mynach College student's path to glory was eased by the absence of 2004 winner Ieuan Thomas (West Mon) but he was chased hard by the Dyfed duo of Nick Hughes (Dyffryn Taff) and Jack Davey (YG Aberaeron).

Charlotte Lightman ((Llanishen) continued her fairy tale start to the season in the girls' race. Last year, she was seventeenth at this event, nearly two minutes behind the winner, Gemma Leahy (Fishguard). With her confidence already boosted by victory in the South Wales regional schools race and two fine performances in the Gwent League, she was away and flying from the start, finishing twelve seconds ahead of the experienced Elinor Kirk (YG Gwyr) with last year's u16 winner, Kayleigh Brown (Tregib) having to settle for the bronze medal.

Parents sometime complain that the PE staff of their child's school shows no or little interest in cross-country. That charge cannot be laid at the door of the PE departments at Cwm Rhymni, Cowbridge and Llanishen.

The Vale school claimed the senior boys' title – the sixth consecutive year that it has claimed a cup at this event. That record was matched and even bettered by Cwm Rhymni – the Caerphilly taking the u16 boys' title plus medals in the five sections in which the school competes, while Llanishen pupils also took a team title, the u14 boys with a very low score, and four other sets of medals.

In the girls' team competitions, Lampeter, winners at u14 in 2002 and u16 last year, completed their series with a senior victory while YG Gwynllyw (U16) and Bishopston (u14) claimed their first ever victories.

Next year's event – the 30<sup>th</sup> Inter-Schools' championships – will probably be held on Saturday, November 11<sup>th</sup>, 2006.

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#### Senior Boys (u19) – 5300m

1	16:50	61	Afan Humphries	Ystrad Mynach
2	17:03	64	Nick Jones	Coll
3	17:25	40	Jack Davey	Dyffryn Taf
4	17:37	548	Jonathan Butler	Aberaeron
5	17:39	170	Ricky Challinor	Pencoed
6	17:41	99	Nathan Hardee	Argoed
7	17:56	76	Guy Smith	Bettws
8	18:06	157	Richard Stephenson	St Joseph's PT
9	18:10	140	Anton Wells	Queen Elizabeth
10	18:20	439	Joe Thomas	Cwm Rhymini
11	18:22	153	Irfon Thomas	Coedylan
12	18:25	309	Vincent Jones	Lampeter
13	18:31	260	Huw Adams	Barry College
14	18:31	470	Alan Sayce	Cowbridge
15	18:38	261	Daniel Thomas	Cowbridge
16	18:47	527	Jon Palser	Cardiff HS
17	18:52	549	Daniel Challenger	Cowbridge
18	18:56	416	Steffan Raw-Rees	Radyr
19	19:02	262	Lloyd Lewis	Neath PT Coll
20	19:03	283	Thomas Marshall	Christ College
21	19:04	357	Ali Solhjoo	Cowbridge
22	19:06	471	Lloyd King	Llandrindod
23	19:11	293	Daniel Griffiths	St Martin's
24	19:28	8	Greg Prout	Cardiff HS
25	19:30	472	Michael Doogan	St Cyres
26	19:36	138	Geraint Huws	Llantwit
27	19:38	526	Craig Hudson	Cardiff HS
28	19:39	141	Ben Price	Cwm Rhymini
29	19:39	473	James Leigh	Radyr
30	19:48	264	Jonathon Komor	Cwm Rhymini
31	19:57	66	David Clark	Cardiff HS
32	19:59	388	Lloyd Mack	Cowbridge
33	20:00	32	Stewart Rickwood	Dyffryn Taf
34	20:07	294	Ian Fisher	Rhedywaun
35	20:13	333	Lee Bevan	Bryn-mawr
36	20:18	263	Alex James	St Cyres
37	20:21	440	Michael Jones	Brecon
38	20:23	31	Nathan Staley	Cowbridge
39	20:30	236	Ron Davies	Coedylan
40	20:45	450	Chris Prothero	Dyffryn Taf
41	21:04	538	Alex Naamani	Dyffryn Taf
42	21:06	139	Ashley Morgan	King Henry VIII
43	21:11	474	James Thomas	Brecon
44	21:16	441	Shaun Davies	Christ College
45	21:17	63	Jason Stewart	Christ College
46	21:21	67	Steven Owen	Dyffryn Taf
47	21:52	55	Jonathon Worgan	Dyffryn Taf
48	22:20	332	Daniel Bradshaw	Christ College
49	22:30	413	Owain Jones	Christ College
50	23:33	414	Matthew Smith	Dyffryn Taf
51	24:19	65	Luke Davies	Christ College
52	25:34	415	Peter Lo	Aberaeron
53	27:43	41	Stephen Brown	Aberaeron
dn			Craig Manley	Aberaeron
f				

#### Teams

1	Cowbridge	4	13	15	19	30	77
2	Cardiff High	4	14	22	25	29	90
3	YG Cwm Rhymini	4	9	26	28	42	105
4	Dyffryn Taf	4	2	31	45	46	124
5	Coedylan	4	10	37	41	44	132
6	Christ College	4	18	49	50	52	169

#### Incomplete

YG Aberaeron	2	3	53
Brecon	2	35	48
Bryn-mawr	2	33	38
Radyr	2	16	27
St Cyres	2	23	34
Argoed	1	5	
Barry College	1	12	

Bettws	1	6
Cardiff High B	1	43
Cowbridge B	1	36
Dyffryn Taf B	1	51
Glyncoed	1	40
King Henry VIII	1	47
Lampeter	1	11
Llandrindod	1	20
Llanishen	1	39
Llantwit Major	1	24
Neath PT Coll	1	17
Pencoed	1	4
Queen Elizabeth	1	8
St Joseph's, PT	1	7
St Martin's	1	21
YG Rhydywaun	1	32
Ystrad Mynach Col	1	1
		53

#### Middle Boys (u16) 4120m

1	13:22	57	Dewi Griffiths	Tregib
2	13:41	525	Rowan Axe	Radyr
3	14:01	175	Adam Lewis	Bishop Hedley
4	14:06	533	Thomas Dauncey	Bryntirion
5	14:08	169	Adam Banks	Argoed
6	14:12	340	Josh Harries	Penweddig
7	14:13	539	Jamie Bussell	Newbridge
8	14:15	546	Geraint Mansfield	Queen Elizabeth
9	14:24	130	Hywel Jones	Cwm Rhymini
10	14:51	28	Garyn Preen	Bryn-mawr
11	14:54	282	James Powell	Llandrindod
12	15:00	523	Konstantinos Karras	Radyr
13	15:03	26	Gareth Lewis	Bryn-mawr
14	15:06	524	Tristan Dale	Radyr
15	15:08	54	Grant Evans	Croesyceiliog
16	15:11	543	Tom Northcott	Queen Elizabeth
17	15:12	131	Dafydd Jones	Cwm Rhymini
18	15:13	134	Ryan Harding	Cwm Rhymini
19	15:16	259	Will Jones	Cowbridge
20	15:18	468	Jack Wilson	Cardiff HS
21	15:21	155	Daniel Hiscox	Aberdare
22	15:23	249	Adam Marshall	Dwr y Felin
23	15:26	449	James McAvoy	Gowerton
24	15:27	228	Tom Hall	Llanishen
25	15:29	232	Scott James	Llanishen
26	15:30	346	Nic Johnson	Hartridge
27	15:39	135	Owain Chick	Cwm Rhymini
28	15:43	136	James Churchill	Cwm Rhymini
29	15:48	229	Chris Silver	Llanishen
30	15:57	227	David Bird	Llanishen
31	16:05	463	Mark Rees	Cardiff HS
32	16:07	462	Matthew Paramore	Cardiff HS
33	16:09	406	Ben Richards	Christ College
34	16:13	230	Steve Drury	Llanishen
35	16:16	258	Sam Howard	Cowbridge
36	16:22	515	Jake Vaughan	Gwernyfed
37	16:24	58	Xien Witt	Tregib
38	16:26	27	Adam Foot	Bryn-mawr
39	16:28	132	Rhys Challinor	Cwm Rhymini
40	16:29	231	Owen Henderson	Llanishen
41	16:32	341	Ryan Cockram	St John's Coll
42	16:38	137	Dafydd Jonathan	Cwm Rhymini
43	16:39	522	Gareth Rees	Radyr
44	16:42	466	David Garner	Cardiff HS
45	16:44	133	Luke Evans	Cwm Rhymini
46	16:45	322	Daniel Bradshaw	Brecon
47	16:51	367	Thomas Tonhing	Gwynllyw
48	16:52	464	Chris Jones	Cardiff HS
49	16:53	349	James Prosser	St Michael's
50	16:55	408	Joshua Burton	Christ College
51	17:04	53	Josh Beer	Tasker Milward
52	17:06	344	Meilyr Rees	Rhydfelen

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53	17:10	409	David Rich	Christ College	17	10:56	434	Johnnie Graham	Cathedral
54	17:12	469	Simon Williams	Cardiff HS	18	10:57	75	Luke Price	St Joseph's PT
55	17:12	29	Aron Williams	Brynawr	19	10:59	126	Alex Knott	Cwm Rhymni
56	17:23	368	Robert Morgan	Gwynllyw	20	11:01	124	Rhodri Lloyd	Cwm Rhymni
57	17:26	411	Robert Blewitt	Christ College	21	11:02	125	Cai Rolls	Cwm Rhymni
58	17:29	233	Matt Hooper	Llanishen	22	11:03	127	Morgan Roberts	Cwm Rhymni
59	17:34	323	Mike Burton	Brecon	23	11:04	70	Johannes Neumann	Dewi Sant
60	18:16	257	Tom Johnson	Cowbridge	24	11:05	253	Rhys Allin	Cowbridge
61	18:36	154	Rhys Jones	Lampeter	25	11:06	384	Samba Djong	Aberteifi
62	18:57	412	Daniel Smith	Christ College	26	11:07	540	Lloyd Bradley	Llanhari
63	18:59	465	Nathan Kitcher	Cardiff HS	27	11:08	443	Tom Davis	Porthcawl
64	19:06	467	Irfan Khalid	Cardiff HS	28	11:09	72	Matthew O'Leary	St Joseph's PT
65	21:10	30	Matthew Sheehan	Brynawr	29	11:10	303	Shaun Keenan	Strade
dn			Daniel Hanson	Cowbridge	30	11:10	320	Richard Marsh	Brecon
f					31	11:11	370	Jake Hughes	Gwynllyw
dn			Connor Hudson	Brecon	32	11:13	52	Philip Mayhew	Tasker Milward
f					33		225	Lewis Tanner	Llanishen
dn		407	Ryan Williams	Christ College	34	11:16	220	Matt Davy	Llanishen
f					35	11:18	143	Joseph Fisher	Lampeter

#### Teams

1	YG Cwm Rhymni	4	9	17	18	27	71
2	Radyr	4	2	12	14	43	71
3	Llanishen	4	24	25	29	30	108
4	Brynawr	4	10	13	38	55	116
5	Cardiff High	4	20	31	32	44	127
6	YG Cwm Rhymni B	4	28	39	42	45	154
7	Christ College	4	33	50	53	57	193
8	Cardiff High B	4	48	54	63	64	229

#### Incomplete

Llanishen B	3	34	40	58
Cowbridge	3	19	35	60
Brecon	2	46	59	
Queen Elizabeth	2	8	16	
Tregib	2	1	37	
YG Gwynllyw	2	47	56	
Aberdare Boys	1	21		
Argoed	1	5		
Bishop Hedley	1	12		
Brynawr B	1	65		
Bryntirion	1	4		
Christ College B	1	62		
Croesyceiliog	1	15		
Dwr-y-Felin	1	22		
Gowerton	1	23		
Gwernyfed	1	36		
Hartridge	1	26		
Lampeter	1	61		
Llandrindod	1	11		
Newbridge	1	7		
St John's College	1	41		
St Michael's	1	49		
Tasker Milward	1	51		
YG Penweddig	1	6		
YG Rhydfelen	1	52		

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#### Junior Boys (U14) 2800m

1	10:10	339	Andrew Drakely	Penweddig
2	10:20	98	Elliott Hardee	Bettws
3	10:22	435	James Brock	Cathedral
4	10:31	224	David Van Es	Llanishen
5	10:32	122	Jack Jones	Cwm Rhymni
6	10:35	219	Lloyd Harris	Llanishen
7	10:36	457	Peter Davies	Cardiff HS
8	10:39	198	Lewis Pontin	Cwmcarn
9	10:41	221	Joel Redman	Llanishen
10	10:43	218	Sam Bartlett	Llanishen
11	10:44	530	Brennig Emanuel	Llanhari
12	10:46	4	Darren Jones	Llantwit
13	10:48	123	Ryan Powell	Cwm Rhymni
14	10:49	506	Luke Masters	Amman Valley
15	10:50	250	Aaron Cottrell	Cowbridge
16	10:52	17	Matthew Whatley	Brynawr

17	10:56	434	Johnnie Graham	Cathedral
18	10:57	75	Luke Price	St Joseph's PT
19	10:59	126	Alex Knott	Cwm Rhymni
20	11:01	124	Rhodri Lloyd	Cwm Rhymni
21	11:02	125	Cai Rolls	Cwm Rhymni
22	11:03	127	Morgan Roberts	Cwm Rhymni
23	11:04	70	Johannes Neumann	Dewi Sant
24	11:05	253	Rhys Allin	Cowbridge
25	11:06	384	Samba Djong	Aberteifi
26	11:07	540	Lloyd Bradley	Llanhari
27	11:08	443	Tom Davis	Porthcawl
28	11:09	72	Matthew O'Leary	St Joseph's PT
29	11:10	303	Shaun Keenan	Strade
30	11:10	320	Richard Marsh	Brecon
31	11:11	370	Jake Hughes	Gwynllyw
32	11:13	52	Philip Mayhew	Tasker Milward
33		225	Lewis Tanner	Llanishen
34	11:16	220	Matt Davy	Llanishen
35	11:18	143	Joseph Fisher	Lampeter
36	11:23	385	Davey Lewis	Aberteifi
37	11:25	381	John Lumb	Aberteifi
38	11:27	128	Ross Jones	Cwm Rhymni
39	11:30	226	Bernard Davies	Llanishen
40	11:33	291	Daniel Lewis	St Cyres
41	11:34	460	Sam Lane	Cardiff HS
42	11:35	369	Cynfelyn N-Lei	Gwynllyw
43	11:36	222	Josh Racz	Llanishen
44	11:37	255	Geraint Lewis	Cowbridge
45	11:38	459	Lewis Church	Cardiff HS
46	11:39	458	Nick Gallimore	Cardiff HS
47	11:42	391	Daniel Goodlam	Croesyceiliog
48	11:44	18	David Lewis	Brynawr
49	11:46	461	Declan Court	Cardiff HS
50	11:47	71	Finn Neumann	Dewi Sant
51	11:48	312	Thomas Carey	Gwyr
52	11:51	199	Josh Still	Cwmcarn
53	11:53	254	Matthew Logsdon	Cowbridge
54	11:54	437	James Hunt	Cathedral
55	11:55	514	Ed Gwyn-Harris	Gwernyfed
56	11:56	278	Tom Durant	Llandrindod
57	11:57	197	Jonathan Ashfield	Cwmcarn
58		196	Elliot Yamamoto	Cwmcarn
59		223	Will Lawson	Llanishen
60		251	Jonathon Squiral	Cowbridge
61	11:59	129	Bleddyn Humphries	Cwm Rhymni
62	11:59	317	Jake Hamley	Brecon
63	12:01	60	Ryan Lester	Fairwater
64	12:02	400	Luke James	Christ College
65	12:03	374	Jacob Davies	Llanhari
66	12:04	343	Carwyn Rees	Rhydfelen
67	12:05	504	Gethin Howells	Amman Valley
68	12:06	319	Joe Bullbeck	Brecon
69	12:07	252	Eliot Mears	Cowbridge
70	12:08	281	Tom Dinwoodie	Llandrindod
71	12:09	290	Josh Rusby	St Cyres
72	12:11	436	Lloyd James	Cathedral
73	12:14	20	Joshua Davies	Brynawr
74	12:15	304	Adam Prescott	Strade
75	12:17	438	Ben Patel	Cathedral
76	12:18	21	Daniel Davies	Brynawr
77	12:20	541	Aled James	Llanhari
78		382	Geraint Morgan	Aberteifi
79		23	Johnathan Moon	Brynawr
80	12:28	390	Elliott Woodford	Croesyceiliog
81	12:31	507	Emyr Williams	Amman Valley
82	12:33	383	Joseph Saunders	Aberteifi
83	12:34	508	Daniel McMahon	Amman Valley
84	12:44	401	Ryan Vaughan	Christ College
85	12:53	353	Brynmor Wilks	St Martin's
86	12:55	163	Rhys Evans	Tregaron
87	12:58	505	Sam Watkin	Amman Valley
88	13:05	287	Liam Ryan	St Cyres

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89	13:09	289	Gareth Huish	St Cyres
90	13:17	73	Connor Forgan	St Joseph's PT
91	13:20	24	Jamie Cullinane	Brynmawr
92	13:29	195	Jake Mercy	Cwmcarn
93	13:31	277	Will Cleaton	Llandrindod
94	13:44	74	Jawad Kahn	St Joseph's PT
95	13:45	292	Kyle Driscoll	St Cyres
96	14:05	318	Jake Crocket	Brecon
97	14:08	288	Alex Goody	St Cyres
98	14:22	190	Chris Loveridge	St John Baptist
99	14:24	39	William Davey	Aberaeron
100	14:36	342	Nathan Warren	Rhydfelen
101	14:47	403	George Eddison	Christ College
102	14:49	404	Tom Trumper	Christ College
103	14:51	402	Lewis Mallon	Christ College
104	15:21	19	Greg Lewis	Brynmawr
105	15:28	276	Ryan Lawrence	Llandrindod
106	15:43	191	Sean Loveridge	St John Baptist
107	15:44	352	William Oliver	St Martin's
108	17:26	405	Llewellyn Davies	Christ College
dnf		338	Emyr Evans	YG Penweddig
dnf		144	Ben Lake	Lampeter

### Teams

1	Llanishen	4	4	6	9	10	29
2	YG Cwm Rhymini	4	5	13	19	20	57
3	Cowbridge	4	15	24	44	53	136
4	Cardiff High	4	7	41	45	46	139
5	YG Cwm Rhymini B	4	21	22	38	61	142
6	The Cathedral	4	3	17	54	72	146
7	Llanishen B	4	33	34	39	43	149
8	Cwmcarn	4	8	52	57	58	175
9	Aberteifi	4	25	36	37	78	176
10	YG Llanhari	4	11	26	65	77	179
11	Brynmawr	4	16	48	73	76	213
12	St Joseph's PT	4	18	28	90	94	230
13	Amman Valley	4	14	67	81	83	245
14	Brecon	4	30	62	68	96	256
15	St Cyres	4	40	71	88	89	288
16	Llandrindod	4	56	70	93	105	324
17	Christ College	4	64	84	101	102	351

#### Incomplete

Brynmawr B	3	79	91	104
Christ College B	2	103	105	
Cowbridge B	2	60	69	
Croesyceiliog	2	47	80	
Dewi Sant	2	23	50	
St Cyres B	2	95	97	
St John Baptist	2	98	106	
St Martin's	2	85	107	
Y Strade	2	29	74	
YG Gwnllyw	2	31	42	
YG Rhydfelen	2	66	100	
Aberteifi B	1	82		
Amman Valley B	1	87		
Bettws	1	2		
Cardiff High B	1	49		
Cwmcarn B	1	92		
Fairwater	1	63		
Gwernyfed	1	55		
Lampeter	1	35		
Llanishen C	1	59		
Llantwit Major	1	12		
Porthcawl	1	27		
Tasker Milward	1	32		
The Cathedral B	1	75		
Tregaron	1	86		
YG Aberaeron	1	99		
YG Gwyr	1	51		
YG Penweddig	1	1		

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### Senior Girls (U19) 4120m

1	15:32	212	Charlotte Lightman	Llanishen
2	15:44	316	Elinor Kirk	Gwyr
3	15:49	59	Kayleigh Brown	Tregib
4	15:53	150	Katie Parkes	Lampeter
5	15:58	331	Leigh Barker	Brecon
6	16:13	547	Paris Williams	Brynteg
7	16:16	373	Emma Loveland	Radyr
8	16:31	518	Rosie Richards	Gwernyfed
9	16:36	94	Sara Dobler	St Joseph's PT
10	16:47	37	Rachel Marfleet	Aberaeron
11	16:48	307	Alaw Beynon Thomas	Strade
12	16:54	445	Natalie Hughes	Gowerton
13	16:57	360	Bethan Woods	Gwynllyw
14	17:05	424	Alex Scrase	Christ College
15	17:11	149	Carys Davies	Lampeter
16	17:17	550	Anna Symonds	Stanwell
17	17:46	1	Alice Bevan	Cyfarthfa
18	17:52	284	Sophie Kendrick	Llandrindod
19	17:55	308	Sara Beynon Thomas	Strade
20	18:06	551	Natalie Arthur	Neath PT Coll
21	18:14	544	Lily Matthews	Builth
22	18:21	554	Sarah Hurford	Olchfa
23	18:26	38	Mererid Jones	Aberaeron
24	18:45	103	Iona Thomas	Llandoverly Coll
25	18:52	181	Freya Smith	Bassaleg
26	19:00	428	Vicky Scrivens	Bishop Hedley
27	19:16	214	Lisa Brown	Llanishen
28	19:24	152	Rhian Evans	Lampeter
29	19:30	215	Bethan Griffiths	Llanishen
30	19:53	151	Menna Williams	Lampeter
31	19:54	427	Martha Price	Christ College
32	20:09	213	Kirsty Morgan	Llanishen
33	20:10	167	Caryl Davies	Tregaron
34	20:27	95	Lauren Welsh	St Joseph's PT
35	20:29	447	Rebecca Nothay	Gowerton
36	20:32	187	Rebecca Griffiths	St John Baptist
37	20:46	425	Georgina Soyanson	Christ College
38	20:53	552	Clare Griffiths	Neath PT Coll
39	21:27	448	Laura Daniels	Gowerton
40	21:29	109	Sarah Rees	Pen y Dre
41	22:48	188	Amy Parker	St John Baptist
42	22:48	96	Sabina Sheehan	St Joseph's PT
43	23:05	216	Rebecca Kindred	Llanishen
44	23:15	537	Hope Suominen	Coedylan
45	23:29	446	Lowri Eaton	Gowerton
46	23:44	426	Imke Kahrman	Christ College
47	24:23	97	Amy Horrigan	St Joseph's PT
dn			Veronica Owens	Aberaeron
f				
dn		358	Aysha Doman	Gwynllyw
f				

### Teams

1	Lampeter	4	4	15	28	30	77
2	Llanishen	4	1	27	29	32	89
3	Christ College	4	14	31	37	46	128
4	Gowerton	4	12	35	39	45	131
5	St Joseph's PT	4	9	34	42	47	132

#### Incomplete

Neath PT Coll	2	20	38
St John Baptist	2	36	41
Y Strade	2	11	19
YG Aberaeron	2	10	23
Bassaleg	1	25	
Bishop Hedley	1	26	
Brecon	1	5	
Brynteg	1	6	
Builth Wells	1	21	
Coedylan	1	44	
Cyfarthfa	1	17	
Gwernyfed	1	8	
Llandoverly College	1	24	

Llandrindod	1	18
Llanishen B	1	43
Olchfa	1	22
Pen-y-Dre	1	40
Tregaron	1	33
Tregib	1	3
YG Gwynllyw	1	13
YG Gwyr	1	2
	45	

### Middle Girls (U16) 3640m

1	12:53	102	Angharad Davies	Llandoverly Coll
2	12:55	399	Kristy O'Connell	Bishop Hedley
3	13:17	311	Billie Attard	Whitchurch
4	13:23	6	Ruby Miller	Llantwit
5	13:25	359	Benyttia Doman	Gwynllyw
6	13:34	176	Aneura Phillips	Preseli
7	13:49	487	Rebecca King	Olchfa
8	13:44	345	Angharad Bishop	Hartridge
9	13:45	2	Grace Osborne	Llantwit
10	13:46	517	Bethan Jones	Gwernyfed
11	13:47	208	Bethan Davies	Llanishen
12	14:00	62	Steffie Wright	Abertillery
13	14:14	192	Drusilla Griffiths	Bishop Gore
14	14:15	279	Ellen Wozencraft	Llandrindod
15	14:18	355	Aysha Hadid	St Martin's
16	14:21	300	Aimee Thomas	St Cyres
17	14:24	166	Sioned Davies	Tregaron
18	14:27	50	Eleri Jones	Tasker Milward
19	14:30	356	Elsa Carpenter	St Martin's
20	14:35	34	Lauren Regan	Corpus Christi
21	14:40	386	Zoe Hoskins	A'bishop McGrath
22	14:43	494	Beth Caddell	Amman Valley
23	14:45	531	Alice Johnston	Howells
24	14:48	310	Lauren Brobin	Whitchurch
25	14:51	495	Sian Trace	Amman Valley
26	14:55	85	Sarah Adams	St Joseph's PT
27	14:56	117	Rhiannon Taylor	Cwm Rhymini
28	14:57	49	Sally Smithson	Tasker Milward
29	15:00	209	Rachel Robst	Llanishen
30	15:02	146	Ffion Davies	Lampeter
31	15:07	86	Laura Prosser	St Joseph's PT
32	15:08	493	Ffion Evans	Amman Valley
33	15:13	118	Hefina Williams	Cwm Rhymini
34	15:16	361	Catrin Puddy	Gwynllyw
35	15:17	305	Sioned Howells	Strade
36	15:18	119	Kara Donovan	Cwm Rhymini
37	15:19	178	Sara Ladd	Preseli
38	15:21	13	Bria Dickinson	Brynawr
39	15:31	354	Jennifer Osmond	St Martin's
40	15:33	271	Madeline Edgeworth	Cowbridge
41	15:34	492	Jessica Hinwood	West Mon
42	15:35	363	Ainnee Gallagher	Gwynllyw
43	15:36	272	Bethan O'Rourke	Cowbridge
44	15:46	535	Sarah Holmes	Bryntirion
45	15:52	274	Alice Hales	Cowbridge
46	16:00	177	Efa Jones	Preseli
47	16:07	5	Cheryl Powell	Llantwit
48	16:08	275	Lucy Williams	Cowbridge
49	16:16	395	Jessica Tam	Croesyceiliog
50	16:18	211	Katie James	Llanishen
51	16:19	362	Catrin Wallace	Gwynllyw
52	16:20	182	Hillary Powell	Llanhari
53	16:21	210	Rosie Ward	Llanishen
54	16:26	145	Sarah Janes	Lampeter
55	16:32	280	Holly Kendrick	Llandrindod
56	16:35	120	Sophie Woodbridge	Cwm Rhymini
57	16:53	147	Eve Johnston	Lampeter
58	16:54	456	Grace Jeffries	Cardiff HS
59	16:55	455	Liz Gallimore	Cardiff HS
60	17:00	387	Jodie Thomas	Llanhari
61	17:02	509	Jessica Stubbs	Whitchurch

## Welsh Schools' AA

### Results of the 29<sup>th</sup> Welsh Schools' Inter-Schools Cross-Country Championships

Held at Penlan Arena, Brecon, on Saturday, November 12<sup>th</sup>, 2005

Sunny early on, chilly for the senior races; Surface soft in places after very heavy rain

62	17:25	121	Jodie Rees	Cwm Rhymni	8	11:16	69	Lisa Neumann	Dewi Sant
63	17:28	179	Sian Davies	Preseli	9	11:23	202	Sophie Richards	Llanishen
64	17:30	68	Jana Neumann	Dewi Sant	10	11:29	171	Elysia Pearson	Bishopston
65	17:35	273	Heather Jarvis	Cowbridge	11	11:39	296	Bethan Daw	St Cyres
66	17:45	87	Catherine Linnie-Godden	St Joseph's PT	12	11:42	174	Catryna Lea	Bishopston
67	17:46	396	Danielle Jones	Croesyceiliog	13	11:44	161	Ffion Lewis	Llanhari
68	18:07	16	Jessica Morgan	Brynmaur	14	11:47	56	Lora James	Llantarnam
69	18:07	14	Jade Flook	Brynmaur	15	11:53	173	Tessina Braunerova	Bishopston
70	18:17	51	Jessica Fitzpatrick-Smith	Tasker Milward	16	11:54	376	Nia Davies	Aberteifi
71	18:23	91	Bethan Davies	St Joseph's PT	17	11:55	48	Jenni Brock	Tasker Milward
72	18:32	92	Kirsty Linnane	St Joseph's PT	18	11:57	35	Alys Metson	Aberaeron
73	18:48	148	Siwan Davies	Lampeter	19	11:59	497	Emily Marland	Amman Valley
74	19:43	88	Stephanie Dyer	St Joseph's PT	20	12:00	392	Rachel Bevan	Croesyceiliog
75	19:44	89	Jessica Riley	St Joseph's PT	21	12:01	313	Abigail East	Gwyr
76	19:45	90	Amy Wellington	St Joseph's PT	22		285	Ffion Price	Llandrindod
77	19:56	394	Charlotte Hilton	Croesyceiliog	23	12:05	516	Naomi Vaughan	Gwernyfed
78	20:16	330	Rebecca Williams	Brecon	24	12:07	203	Jasmine Hutter	Llanishen
79	20:46	397	Hannah Williams	Croesyceiliog	25	12:09	295	Liam Morgan	St Cyres
		334	Gemma Eckley	Brecon	26		47	Leah Pary	Tasker Milward
		335	Tyler Quickfall	Brecon	27		186	Leah Lineham	St John Baptist
		542	Charlotte Hopkins	Brecon	28		377	Abi Slater	Aberteifi
					29	12:12	100	Jessica Hughes	Llanidloes
					30		79	Emily Pugh	St Joseph's PT
					31	12:15	475	Sophie Cole	Glan Afan
					32	12:20	351	Manon Carpenter	St Martin's
					33		80	Jenny McGrath	St Joseph's PT
					34		371	Thea Lawson	Radyr
					35	12:22	476	Hannah Harris	Glan Afan
					36	12:24	104	Emma Griffiths	Pen y Dre
					37		348	Jodie Jones	Maes yr Yrfa
					38	12:26	502	Brittany Price	Amman Valley
					39		314	Hannah Griffiths	Gwyr
					40	12:28	111	Charm Duggan	Cwm Rhymni
					41	12:31	453	Rachel Board	Cardiff HS
					42		112	Kelly Fuller	Cwm Rhymni
					43	12:35	3	Rebecca Rees	Llantwit
					44		172	Jemima Osborn	Bishopston
					45	12:36	113	Bianca Dix	Cwm Rhymni
					46	12:37	372	Lucy Harvey	Radyr
					47	12:43	193	Sarah Pontin	Cwmcarn
					48	12:45	324	Jade Gordon	Brecon
					49	12:48	204	Rebecca Ward	Llanishen
					50		452	Samantha Cogan	Cardiff HS
					51		266	Katie Howson	Cowbridge
					52		44	Amber White	Tasker Milward
					53	12:50	429	Molly-Ann Lamb	Cathedral
					54		301	Megan Prescott	Strade
					55	12:54	115	Grace Wells	Cwm Rhymni
					56		501	Jess Fyfield	Amman Valley
					57	12:56	302	Mali Rees	Strade
					58		265	Megan Allman	Cowbridge
					59		114	Abigail Tovey	Cwm Rhymni
					60		205	Julia Britton	Llanishen
					61		433	Carys Deeley	Cathedral
					62	12:59	499	Jade Collins	Amman Valley
					63		451	Ana Vujanic	Cardiff HS
					64		510	Laura Bissenden	Whitchurch
					65		512	Lauren Stickler	Whitchurch
					66	13:01	168	Amy Tidball	Maesteg
					67		454	Kate Davis	Cardiff HS
					68		498	Sophie Lane	Amman Valley
					69		365	Ellie Kelleher	Gwynllyw
					70	13:03	315	Hannah Goss	Gwyr
					71	13:07	350	Rachel Roberts	St Martin's
					72	13:10	267	Molly Sander	Cowbridge
					73	13:12	393	Nicole Davies	Croesyceiliog
					74		286	Rhianwedd Price	Llandrindod
					75		419	Katie McNaughton	Christ College
					76	13:16	116	Ffion Jones	Cwm Rhymni
					77	13:18	45	Meghan Good	Tasker Milward
					78	13:21	207	Jenna Hampson	Llanishen
					79	13:23	364	Rhiannon N-Lei	Gwynllyw

### Teams

1	YG Gwynllyw	4	5	34	42	51	132
2	Llanishen	4	11	29	50	53	143
3	YG Cwm Rhymni	4	27	33	36	56	152
4	Preseli	4	6	37	46	63	152
5	Cowbridge	4	40	43	45	48	176
6	St Joseph's PT	4	26	31	66	71	194
7	Lampeter	4	30	54	57	73	214
8	Croesyceiliog	4	49	67	77	79	272
9	St Joseph's PT B	4	72	74	75	76	297

### Incomplete Teams

Amman Valley	3	22	25	32
Brynmaur	3	38	68	69
Llantwit Major	3	4	9	47
St Martin's	3	15	19	39
Tasker Milward	3	18	28	70
Whitchurch	3	3	24	61
Cardiff High	2	58	59	
Llandrindod	2	14	55	
YG Llanhari	2	52	60	
Abertillery	1	12		
Archbishop McGrath	1	21		
Bishop Hedley	1	2		
Bisop Gore	1	13		
Brecon	1	78		
Bryntirion	1	44		
Corpus Christi	1	20		
Cowbridge B	1	65		
Dewi Sant	1	64		
Gwernyfed	1	10		
Hartridge	1	8		
Howell's	1	23		
Llandoverly College	1	1		
Olchfa	1	7		
St Cyres	1	16		
Tregaron	1	17		
West Monmouth	1	41		
Y Strade	1	35		
YG Cwm Rhymni B	1	62		
		79		

### Junior Girls (U13) – 2800m

1	10:31	337	Lauren Harries	Penweddig	71	13:07	350	Rachel Roberts	St Martin's
2	10:35	201	Zoe Thomas	Porthcawl	72	13:10	267	Molly Sander	Cowbridge
3	10:41	110	Ffion Jones	Cwm Rhymni	73	13:12	393	Nicole Davies	Croesyceiliog
4	10:51	101	Cerys Morgan	Penyrheol	74		286	Rhianwedd Price	Llandrindod
5	11:01	33	Storm Morham	St Richard Gwyn	75		419	Katie McNaughton	Christ College
6	11:02	375	Catrin Lewis	Aberteifi	76	13:16	116	Ffion Jones	Cwm Rhymni
7	11:08	389	Natasha Cockram	Croesyceiliog	77	13:18	45	Meghan Good	Tasker Milward
					78	13:21	207	Jenna Hampson	Llanishen
					79	13:23	364	Rhiannon N-Lei	Gwynllyw

## Welsh Schools' AA

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80		366	Jenna Harris	Gwynllyw	13	The Cathedral	4	54	62	122	123	361
81		513	Sophie Lewis	Whitchurch	14	Christ College	4	76	83	106	108	373
82	13:26	418	Hannah Meinertzhagen	Christ College	15	Brynmawr	4	29	102	115	128	374
83		511	Erin Lee	Whitchurch	16	St John Baptist	4	27	100	131	133	391
84		78	Rebecca Riley	St Joseph's PT	17	Brecon	4	49	116	119	132	416
85	13:29	108	Amy Williams	Pen y Dre	18	Glan Afan B	4	112	124	125	127	488
86		105	Astrid Thomas	Pen y Dre		Incomplete Teams						
87		478	Samantha Morgan	Glan Afan		Amman Valley B	3	69	101	109		
88	13:30	7	Jasmin White	Llantwit		Croesyceiliog	3	7	20	74		
89	13:43	206	Rebekah Woods	Llanishen		St Joseph's PT B	3	99	107	121		
90	13:54	489	Jemma Cox	West Mon		West Monmouth	3	91	92	104		
91	13:58	490	Jasmine Worthington	West Mon		YG Cwm Rhymini B	3	56	60	77		
92	14:01	77	Michaela Davies	St Joseph's PT		YG Gwynllyw	3	70	80	81		
93		268	Bethany Jarvis	Cowbridge		YG Gwyr	3	2	40	71		
94		43	Sarah Hughes	Tasker Milward		Christ College B	2	110	113			
95		477	Lisa Jones	Glan Afan		Cwmcarn	2	48	111			
96	14:06	347	Rebecca Bill	Hartridge		Llandrindod	2	22	75			
97	14:09	270	Alyson Bater	Cowbridge		Llanishen B	2	79	90			
98	14:14	82	Ceri Rees	St Joseph's PT		Llantwit Major	2	44	89			
99		183	Sophie Williams	St John Baptist		Radyr	2	35	47			
100	14:18	503	Keira Gwynn	Amman Valley		St Cyres	2	11	25			
101		12	Naomi Williams	Brynmawr		St Martin's	2	33	72			
102	14:19	180	Delyn Loudon	Bassaleg		Tasker Milward	2	95	118			
103	14:25	491	Charlotte Hunt	West Mon		Y Strade	2	54	57			
104	14:30	481	Emily Keey	Glan Afan		Aberaeron	1	18				
105	14:35	423	Ellen Gowans	Christ College		Aberteifi B	1	120				
106	14:36	83	Siobhan Flynn	St Joseph's PT		Bassaleg	1	103				
107	14:43	421	Alexandria Penfold	Christ College		Cowbridge B	1	98				
108	14:46	500	Kayleigh McMahon	Amman Valley		Dewi Sant	1	8				
109	14:50	420	Jessica Tait	Christ College		Glan Afan C	1	130				
110	14:55	194	Leah Cheshire	Cwmcarn		Gwernyfed	1	23				
111	14:56	480	Charlotte Reid	Glan Afan		Hartridge	1	97				
112	14:57	422	Rosie Woodrow	Christ College		Llanidloes	1	30				
113	15:00	106	Ashton Hughes	Pen y Dre		Llantarnam	1	14				
114	15:01	9	Beth Lewis	Brynmawr		Maesteg	1	67				
115	15:02	326	Nia Davies	Brecon		Pen-y-Dre B	1	126				
116	15:07	378	Catrin Parry-Jones	Aberteifi		Penyrheol	1	4				
117	15:08	46	Kate Howells	Tasker Milward		Porthcawl	1	2				
118	15:15	325	Helen Gould	Brecon		St Richard Gwyn	1	5				
119	15:20	380	Kelly Allen	Aberteifi		The Cathedral B	1	129				
120	16:04	84	Emily Coughlin	St Joseph's PT		YG Llanhari	1	13				
121	16:05	431	Rhiannon Hickinbottom	Cathedral		YG Maes yr Yrfa	1	38				
122	16:06	430	Annie Wood	Cathedral		YG Penweddig	1	1				
123	16:15	479	Charlotte David	Glan Afan			132					
124	16:31	482	Amy Heskwith	Glan Afan								
125	16:47	107	Emily Beynon	Pen y Dre								
126	16:48	483	Rosie Sheehy	Glan Afan								
127	16:48	11	Kirsty Sheridan	Brynmawr								
128	16:55	432	Sian Hardy	Cathedral								
129	18:00	484	Georgia Davies	Glan Afan								
130	18:25	184	Rebecca Collins	St John Baptist								
131	18:32	329	Harley Crooks	Brecon								
132	18:32	185	Nikki Mustoe	St John Baptist								
dnf		379	Yasmin Ghazal	Aberteifi								
dnf		269	Alice Palmer-Evans	Cowbridge								
dnf		327	Sophie Jones	Brecon								
dnf		328	Charlotte Jenkins	Brecon								

### Teams

1	Bishopston	4	10	12	15	45	82
2	YG Cwm Rhymini	4	3	41	43	46	133
3	Llanishen	4	9	24	50	61	144
4	Aberteifi	4	6	16	28	117	167
5	Tasker Milward	4	17	26	53	78	174
6	Amman Valley	4	19	39	57	63	178
7	Cardiff High	4	42	51	64	68	225
8	St Joseph's PT	4	31	34	85	93	243
9	Glan Afan	4	32	36	88	96	252
10	Cowbridge	4	52	59	73	94	278
11	Whitchurch	4	65	66	82	84	297
12	Pen-y-Dre	4	37	86	87	114	324