

45th National Cross-Country Championships

Held at Penlan Arena, Brecon on Sunday, March 18th, 2007 Bitterly cold, Occasional snow and hail, sometimes sunny

Thanks to:

National Cross-Country Secretary, Derek Osborne
 All the District officers & team managers, athletes, and parents, who supported the event
 The officials and the event administration, presentation and results staff
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What a strange day – awful in terms of the weather and awful for the majority of the defending champions. When most of us arrived at Brecon – before 12 noon – there was a bitterly cold wind, which lasted throughout the afternoon, but we enjoyed bright sunshine. That soon changed with black clouds appearing overhead and snow flurries arriving. It was not consistent. The starter and his assistant were delighted that the sun, somehow magically, managed to come out just at the time that a race was due to start. At other times, perhaps most notably in the middle girls' race, the athletes had to battle both the wind and the snow, which, thankfully, was never in sufficient abundance to stick.

There can never be defending champions in the year 7 competitions, but it is possible in the other six sections. This year, there were five defending champions, three from Glamorgan Valleys - Afan Humphries (Senior Boys), Leah Dixon (Middle Girls) and Zoe Thomas (Junior Girls) – plus Elinor Kirk (Afan Nedd Tawe, Senior Girls) and Dewi Griffiths (Dyfed, Middle Boys). Only the 2006 junior boys' winner, Josh Harries (Dyfed) was ineligible to defend having moved up to the middle section.

Talented athlete though she is – and hopefully she will continue to improve and make an impact in the senior women's ranks – defending senior champion Elinor Kirk is no match for a fully fit version of her ANT team-mate Non Stanford and it was no real surprise to see Non hit the front from the start and ease away for her fifth National Schools' title in six years. Her one gap was last year when she was selected to represent the GB u20 team at the World cross-country championships in Japan. Five titles in six years is a huge achievement which has only been accomplished by one girl previously. Elinor was second with Jenna Roberts (SE Wales), last year's silver medallist in the u17 race, in third place.

Last year, the early pace in the senior boys' race had been made by Tom Marshall. The Powys sixth former faded but had done enough to enable Afan Humphries (Glamorgan Valleys) to finish ahead of Ieuan Thomas (SE Wales). All three were in action again this year but there was no doubt about who would win. Thomas produced arguably his finest run at these championships to finish ahead of Marshall, who has returned to form just at the right time, with a somewhat subdued Humphries having to settle for third. Welsh Athletics needs them to continue in the sport and make their mark as senior men.

The year 7 athletes ran a longer course this year – 2.8 km as against 2.1 km for the first three years and the two races were quite different. In the very open, boys' race, only 22 seconds covered the first eleven places with Tom Earley (Eryri) just getting the better of the SE Wales duo of David Middleton and Stefan Scarfi, while in the girls' event, the red-hot favourite Hywelis Thomas-Howells (Afan Nedd Tawe), who has been in outstanding form both on the indoor track scene at over the country since January, finished 37 seconds clear of second placed Megan Withers (Dyfed), with a second Dyfed runner, Lauren Bell, in third. The 37 seconds was the biggest winning margin of the day while the winning time was two seconds quicker than in the boys' race!

In 2006, Zoe Thomas (Glamorgan Valleys) had produced an impressive run to claim the junior girls' title ahead of Jade Williams. This winter, the Dyfed athlete has been in fine form, claiming both the Inter Schools and the Welsh Athletics u15 titles. Here, in a race where the majority of the first ten were year 9 athletes, she won again, finishing four seconds ahead of the much improved Carys Deeley (Cardiff & the Vale) with Thomas a further six seconds back in third place.

Year 9 athletes also claimed the top two places in the junior boys race, with Charlie Hulson (North East Wales) finishing ahead of Chris Carpanini (SE Wales). The battle for third place was very close with seven boys finishing within ten seconds. Third place went to the 2006 Year 7 champion, Hywel Bennet (Powys) while the 2005 champion, Andrew Drakeley (Dyfed), had to settle for ninth.

Defending middle champion Leah Dixon (Glamorgan Valleys) was in fine form at Cardiff UK Cross in January, finishing second behind Sarah Hopkinson (Gloucestershire in the u17 race. Here, she was a pale shadow of her normal form finishing ninth in a race possibly run in the worst of the afternoon's weather. Leanne Fitzgerald (Cardiff & the Vale), who has been concentrating on indoor track since January, set off in determined fashion and was never headed, adding gold to last year's bronze. Angharad Davies (Dyfed) was second, fifteen seconds down, while the 2005 junior champion, Benytta Doman (SE Wales), came storming through in the closing stages to snatch bronze.

In the final race of the day, the middle boys' championship, we finally had a defending champion retaining their title. Inevitably, it was Dewi Griffiths (Dyfed), who made it three successive victories at these Nationals. The only time that he has not finished in front was in his first year here, 2004, when, as a year 8, he was fifteenth. Behind him, it was the two other athletes, who had finished in the top six in the 13-14 boys race at the 2006 adidas Mini London Marathon, who claimed the medals, Adam Bitchell (Dyfed) taking silver and Rowan Axe (Cardiff & the Vale) having to settle for bronze for a second year.

Dyfed were untroubled in retaining the overall points trophy, though they only claimed five team titles this year – including all four girls' sections. SE Wales, who were expected to take the junior boys' title, instead retained the year 7 boys' trophy while Powys and Glamorgan Valleys were delighted by their victories in the senior and middle boys' races respectively.

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Overall Points

	y7g	y7b	jg	jb	mg	mb	sg	sb
1 Dyfed	10	9	10	10	10	9	10	7
2 Cardiff and Vale	8	7	9	7	9	6	8	5
3 South East Wales	4	10	4	9	3	4	9	9
4= Afan Nedd Tawe	6	5	8	4	4	8	5	8
4= Powys	7	6	5	5	6	2	7	10
6 North East Wales	9	4	7	8	8	5	4	1
7 Eryri	5	8	3	6	7	7	4	5
8 Glamorgan Valleys	2	3	6	2	3	10	4	5

Senior Boys – 6.4 km – all times are provisional

1	838	Ieuan Thomas	Fairwater	SE Wales	19:40
2	747	Tom Marshall	Llandrindod	Powys	20:16
3	537	Afan Humphries	Ystrad Mynach College	Glamorgan Valleys	20:26
4	637	Ricky Challinor	Deeside College	NE Wales	20:36
5	837	Gavin Hanrahan	St. Albans	SE Wales	21:05
6	541	Jonathan Butler	Pencoed	Glamorgan Valleys	21:15
7	437	Harry Jones	Bryn Elian	Eryri	21:16
8	737	Stefan Raw-Rees	Christ College	Powys	21:18
9	138	Will Douglas	Gorseinon College	Afan Nedd Tawe	21:44
10	738	Robert Pritchard	Welshpool	Powys	22:01
11	241	Huw Adams	Cowbridge	Cardiff & the Vale	22:06
12	746	Chris Hayward	Gwernyfed	Powys	22:12
13	538	Ali Solhjo	St Martin's	Glamorgan Valleys	22:15
14	338	Daniel Thomas	CCTA	Dyfed	22:19
15	438	Gethin Edwards	Syr Hugh Owen	Eryri	22:25
16	846	Matthew Wreford	Usk College	SE Wales	22:28
17	140	Aled Anderson	Olchfa	Afan Nedd Tawe	22:33
18	340	Michael Davies	CCTA	Dyfed	22:39
19	239	John Palsler	Radyr	Cardiff & the Vale	22:39
20	844	Callum Kinloch	Monmouth Boys	SE Wales	22:39
21	840	Reuben Bogg	Monmouth Boys	SE Wales	22:54
22	142	Rhys Jones	Neath Port Talbot College	Afan Nedd Tawe	22:59
23	141	Chris Melbourne	Ystalyfera	Afan Nedd Tawe	23:02
24	245	Craig Hudson	Radyr	Cardiff & the Vale	23:16
25	739	Ed Martin	Llanidloes	Powys	23:30
26	238	Michael Doogan	Cardiff High	Cardiff & the Vale	23:35
27	341	Nathan Hart	Preseli	Dyfed	23:45
28	342	Chris Evans	Penweddig	Dyfed	23:47
29	145	Mitchell Aspland	Swansea College	Afan Nedd Tawe	23:53
30	343	Rory Blake	Tasker Milward	Dyfed	24:01
31	246	Sebastian Donovan	Bishop of Llandaff	Cardiff & the Vale	24:08
32	345	Jonathan Lloyd	Tre-gib	Dyfed	24:25
33	543	Lewys Winfield-Young	Llanhari	Glamorgan Valleys	24:35
34	447	Simon Grant	Eirias	Eryri	24:39
35	740	Huw McGrath	Coleg Powys	Powys	24:44
36	440	James Watson	St Davids	Eryri	25:18
37	744	Ben Rees	Coleg Powys	Powys	25:46
38	443	Peris Tegwyn	Dyffryn Nantle	Eryri	25:52
39	742	Mark Hartenstein	Christ College	Powys	25:56
40	143	Scott Riseborough	Olchfa	Afan Nedd Tawe	26:10
41	348	James Evans	Maes yr Yrfa	Dyfed	26:15
42	748	TJ Hollis	Llanidloes	Powys	27:22
43	346	Nick Hardman	Cardigan	Dyfed	27:55
44	144	Rhys Costello	Olchfa	Afan Nedd Tawe	28:16
45	845	Tristian Castling	Monmouth Boys	SE Wales	28:21
46	540	Jimmy Moore	Coedylan	Glamorgan Valleys	33:21
Dnf		Simon Lawson	Llanishen	Cardiff & the Vale	
Dnf		Daniel Thomas	Cowbridge	Cardiff & the Vale	

Teams

1	Powys	9	2	8	10	12	25	35	92	10
2	SE Wales	6	1	5	16	20	21	45	108	9
3	Afan Nedd Tawe	6	9	17	22	23	29	40	140	8
4	Dyfed	8	14	18	27	28	30	32	149	7
	Cardiff & the Vale	5	11	19	24	26	31		Only 5	5
	Eryri	5	7	15	34	36	38		Only 5	5
	Glamorgan Valleys	5	3	6	13	33	46		Only 5	5
	NE Wales	1	4						Only 1	4

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Number of starters

	y7g	y7b	yg	jb	mg	mb	sg	sb	2007	2006	2005
Dyfed	10	11	12	12	11	10	8	8	82	78	72
Cardiff & the Vale	10	10	10	11	12	11	9	7	80	67	61
Powys	12	9	11	7	9	4	8	9		55	51
SE Wales	8	11	8	9	3	7	6	6		51	45
Eryri	9	6	9	9	8	7	2	5		43	44
Afan Nedd Tawe	9	7	7	6	4	9	5	7		63	46
NE Wales	7	7	8	7	9	7	2	1		53	41
Glamorgan Valleys	5	6	6	2	3	6	2	5		46	34
2007					59	61			481	456	394
2006	58					62					
2005	64	58	54	50	54	48	31	35			

Senior Girls – 4.8 km

1	101	Non Stanford	St Joseph's PT	Afan Nedd Tawe	18:41
2	102	Elinor Kirk	Gwyr	Afan Nedd Tawe	19:42
3	801	Jenna Roberts	Caerleon	SE Wales	20:35
4	305	Katie Parkes	Lampeter	Dyfed	20:51
5	201	Martha Clarke	Br Morgannwg	Cardiff & the Vale	20:58
6	103	Sara Dobler	St Joseph's PT	Afan Nedd Tawe	21:25
7	303	Megan Thomas	CCTA	Dyfed	21:29
8	803	Danielle Page	Rougemont	SE Wales	21:31
9	302	Kayleigh Brown	Tre-gib	Dyfed	21:36
10	806	Bethan Woods	Usk College	SE Wales	21:42
11	802	Aysha Doman	Gwynllyw	SE Wales	21:47
12	301	Alaw Beynon-Thomas	Strade	Dyfed	21:54
13	708	Sophie Kendrick	Llandrindod	Powys	22:04
14	710	Leigh Barker	Coleg Powys	Powys	22:28
15	207	Kate Wiltshire	St Cyres	Cardiff & the Vale	22:41
16	208	Anna Symonds	Stanwell	Cardiff & the Vale	22:52
17	304	Carys Howell	Strade	Dyfed	22:55
18	401	Alexandra Blake	Bodedern	Eryri	22:59
19	203	Hannah Cronin	YG Glantaf	Cardiff & the Vale	23:04
20	502	Alice Bevan	Cyfartha	Glamorgan Valleys	23:12
21	105	Rachel Arnold	Neath Port Talbot College	Afan Nedd Tawe	23:21
22	701	Lily Matthews	Builth	Powys	23:39
23	804	Ceara Rice	Rougemont	SE Wales	23:46
24	702	Cladia Whitby-Tibbott	Welshpool	Powys	23:55
25	204	Amy Gould	Cardiff High	Cardiff & the Vale	24:07
26	205	Rehana Hawthorne	Cardiff High	Cardiff & the Vale	24:29
27	503	Alice Howe	Porthcawl	Glamorgan Valleys	24:43
28	709	Holly Rees	Christ College	Powys	24:52
29	210	Hanna Leahy	Bishop of Llandaff	Cardiff & the Vale	24:52
30	107	Rebecca Richards	Olchfa	Afan Nedd Tawe	25:25
31	609	Kathryn Hopwood	Deeside College	NE Wales	25:42
32	402	Lisa Roberts	David Hughes	Eryri	25:46
33	310	Hannah Pick	Gwendraeth	Dyfed	26:13
34	703	Maxie Prokop	Christ College	Powys	26:40
35	704	Anna Barrmeter	Christ College	Powys	26:51
36	212	Claire Rogers	Bishop of Llandaff	Cardiff & the Vale	26:55
37	309	Angharad Morgan-Jones	Penweddig	Dyfed	28:19
38	211	Claire Lane	Stanwell	Cardiff & the Vale	28:22
39	608	Lucy Jones	Brynhyfryd	NE Wales	29:55
40	705	Anna Grunert	Christ College	Powys	30:24
41	306	Nicole Morgan	Tasker Milward	Dyfed	30:41
42	805	Elizabeth Bowen	Rougemont	SE Wales	30:55

Teams

1	Dyfed	8	4	7	9	12	17	33	82	10
2	SE Wales	6	3	8	10	11	23	42	97	9
3	Cardiff & the Vale	9	5	15	16	19	25	26	106	8
4	Powys	8	13	14	22	24	28	34	135	7
	Afan Nedd Tawe	5	1	2	6	21	30		Only 5	5
	Eryri	2	18	32					Only 2	4
	Glamorgan Valleys	2	20	27					Only 2	4
	NE Wales	2	31	39					Only 2	4

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Middle Boys – 5.7 km

1	385	Dewi Griffiths	Tre-gib	Dyfed	18:46
2	386	Adam Bitchell	Penweddig	Dyfed	19:08
3	285	Rowan Axe	Radyr	Cardiff & the Vale	19:38
4	586	Jonathan Hopkins	Brynteg	Glamorgan Valleys	19:40
5	485	Stephen Pierce	Eifionydd	Eryri	19:44
6	585	Adam Lewis	Bishop Hedley	Glamorgan Valleys	19:50
7	885	Jamie Bussell	Newbridge	SE Wales	19:52
8	687	Adam Banks	Argoed	NE Wales	19:55
9	186	Tom Miller	Olchfa	Afan Nedd Tawe	20:14
10	588	Hywel Jones	Cwm Rhymni	Glamorgan Valleys	20:17
11	596	Dafydd Jones	Cwm Rhymni	Glamorgan Valleys	20:22
12	888	Michael Kershaw	Brynmawr	SE Wales	20:29
13	490	Jamie Aston	Friars	Eryri	20:35
14	288	Josh Hurford	Llanishen	Cardiff & the Vale	20:40
15	388	Geraint Mansfield	Queen Elizabeth	Dyfed	20:41
16	785	Robert Bennett	Caereinion	Powys	20:47
17	486	Llion Jones	Brynrefail	Eryri	20:51
18	187	Matthew John	Daniel James	Afan Nedd Tawe	20:53
19	185	Chris Driscoll	Bishop Vaughan	Afan Nedd Tawe	20:54
20	685	Callum Bennett	Prestatyn	NE Wales	20:55
21	391	Nicky Morrell	Glan y Mor	Dyfed	20:56
22	196	James McEvoy	Gowerton	Afan Nedd Tawe	20:57
23	286	Tomos Whitmarsh-Knight	Bro Morgannwg	Cardiff & the Vale	20:58
24	491	Guto Hughes	David Hughes	Eryri	20:59
25	887	Gareth Lewis	Brynmawr	SE Wales	21:00
26	221	Adam Meades	Bishop of Llandaff	Cardiff & the Vale	21:07
27	188	Chris Rees	Olchfa	Afan Nedd Tawe	21:09
28	589	Daniel Bodman	Blaengwawr	Glamorgan Valleys	21:12
29	886	Jon Morgan	Caerleon	SE Wales	21:13
30	287	Konstantinos Karras	Radyr	Cardiff & the Vale	21:20
31	489	Huw Jones	Syr Hugh Owen	Eryri	21:24
32	390	Rob Kirkhouse	Coedcae	Dyfed	21:25
33	689	Tim Davies	Denbigh	NE Wales	21:26
34	691	Gwilym Jeffs	Maes Garmon	NE Wales	21:27
35	692	Jamie Crowther	Castell Alun	NE Wales	21:28
36	191	Ferenc Los	Olchfa	Afan Nedd Tawe	21:29
37	190	Ceri Lewis	Bishop Vaughan	Afan Nedd Tawe	21:30
38	688	Philip Edge	Prestatyn	NE Wales	21:35
39	793	Callum Jones	Newtown	Powys	21:37
40	389	Daniel Thomas	Coedcae	Dyfed	21:42
41	292	Matt Thomas	Llanishen	Cardiff & the Vale	21:44
42	296	Dominic Jackson	Westbourne	Cardiff & the Vale	21:45
43	192	Adam Marshall	Dwr-y-Felin	Afan Nedd Tawe	21:46
44	591	Owain Chick	Cwm Rhymni	Glamorgan Valleys	21:53
45	795	Peter Spruell	Llanidloes	Powys	21:55
46	496	Oliver Gallop	Gader	Eryri	22:02
47	194	Antonio Cirillo	Bishop Vaughan	Afan Nedd Tawe	22:04
48	295	Chris Silver	Llanishen	Cardiff & the Vale	22:12
49	891	Julian Jones	King Henry VIII	SE Wales	22:16
50	694	Robin Jones	Denbigh	NE Wales	22:23
51	494	Thomas Taylor	Eifionydd	Eryri	22:26
52	890	Chris Wreford	Caerleon	SE Wales	22:32
53	291	Luke Swaffield	St Richard Gwyn	Cardiff & the Vale	22:38
54	394	Daniel Harries	Sir Thomas Picton	Dyfed	22:52
55	294	James Thomas	Cowbridge	Cardiff & the Vale	22:56
56	393	Llewellyn Lloyd	Aberaeron	Dyfed	23:15
57	794	Tom Yeomans	Caereinion	Powys	23:16
58	392	Michael Kallenburg	Cardigan	Dyfed	23:28
59	895	Matt Kinloch	Monmouth Boys	SE Wales	24:34
60	290	Matthew Hooper	Llanishen	Cardiff & the Vale	26:32
Dnf				Dyfed	

Teams

1	Glamorgan Valleys	6	4	6	10	11	28	44	103	10
2	Dyfed	10	1	2	15	21	32	40	111	9
3	Afan Nedd Tawe	9	9	18	19	22	27	36	131	8
4	Eryri	7	5	13	17	24	31	46	136	7
5	Cardiff & the Vale	11	3	14	23	26	30	41	137	6
6	NE Wales	7	8	20	33	34	35	38	168	5
	SE Wales	7	7	12	25	29	49	52	174	4
	Powys	4	16	39	45	57			Only 4	2

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Middle Girls – 4.3 km

1	273	Leanne Fitzgerald	Llanedeyrn	Cardiff & the Vale	15:59
2	373	Angharad Davies	Llandoverly College	Dyfed	16:14
3	873	Benytta Doman	Gwynlyw	SE Wales	16:25
4	274	Gwenno Brown	YG Glantaf	Cardiff & the Vale	16:30
5	376	Sian Trace	Amman Valley	Dyfed	16:32
6	173	Drusilla Griffiths	Bishop Gore	Afan Nedd Tawe	16:34
7	375	Elinor Thorogood	Penglais	Dyfed	16:36
8	374	Aneura Phillips	Preseli	Dyfed	16:46
9	573	Leah Dixon	St John Baptist	Glamorgan Valleys	16:54
10	377	Emily Downey	Glan y Mor	Dyfed	16:59
11	379	Sophie Thomas	Greenhill	Dyfed	17:01
12	673	Hannah Daly	Elfed	NE Wales	17:03
13	275	Ruby Miller	Llantwit	Cardiff & the Vale	17:06
14	277	Lauren Regan	Corpus Christi	Cardiff & the Vale	17:32
15	276	Lana Evans	Bro Morgannwg	Cardiff & the Vale	17:42
16	883	Sarah Jones	Haberdashers	SE Wales	17:46
17	380	Sally Smithson	Tasker Milward	Dyfed	17:49
18	280	Lauren Brobin	Whitchurch	Cardiff & the Vale	17:50
19	474	Bethan Till	Eifionydd	Eryri	17:52
20	175	Nia Lewis	Bishop Vaughan	Afan Nedd Tawe	17:55
21	676	Mia Loney	Penley	NE Wales	18:05
22	176	Nia Williams	Cefn Hengoed	Afan Nedd Tawe	18:12
23	282	Bethan Davies	Llanishen	Cardiff & the Vale	18:17
24	383	Angharad Roberts	Bro Myrddin	Dyfed	18:18
25	382	Eleri Jones	Tasker Milward	Dyfed	18:23
26	576	Joanne Morgan	Ogmore	Glamorgan Valleys	18:25
27	878	Bria Dickinson	Brynmawr	SE Wales	18:26
28	281	Lowri Morgan	YG Glantaf	Cardiff & the Vale	18:27
29	381	Sian Thomas	Penweddig	Dyfed	18:32
30	283	Alice Johnston	Howell's	Cardiff & the Vale	18:51
31	174	Rebecca King	Olechfa	Afan Nedd Tawe	18:54
32	476	Victoria Taylor	Brynrefail	Eryri	18:56
33	278	Grace Osborne	Llantwit	Cardiff & the Vale	18:57
34	674	Becky Davies	Alun	NE Wales	18:59
35	378	Bethan Richards	Coedcae	Dyfed	19:04
36	482	Elan Jones	Botwnog	Eryri	19:06
37	775	Florence Roberts	Llanfyllin	Powys	19:12
38	284	Michelle Allen	Kings Monkton	Cardiff & the Vale	19:23
39	777	Jane Morris	Welshpool	Powys	19:30
40	773	Tammy Jones	Llanidloes	Powys	19:33
41	475	Manon Webb	Tryfan	Eryri	19:34
42	778	Robin Morris-Jones	Caereinion	Powys	19:44
43	782	Becky Price	Llanfyllin	Powys	19:53
44	478	Victoria Mitchelmore	Ardudwy	Eryri	19:53
45	577	Rachel Humphreys	Brynteg	Glamorgan Valleys	19:54
46	681	Ruth Denholm	Hawarden	NE Wales	20:11
47	481	Becky Bradshaw	Caergybi	Eryri	20:24
48	679	Kim Sixsmith	Prestatyn	NE Wales	20:36
49	682	Jessica Yates	Penley	NE Wales	20:47
50	480	Charlotte Pirrie	Botwnog	Eryri	20:48
51	779	Hannah Cannon	Llanidloes	Powys	20:55
52	683	Jenny Murphy	Darland	NE Wales	21:03
53	678	Ellie Jones	Argoed	NE Wales	21:26
54	483	Annie Owen	Gader	Eryri	21:46
55	677	Claire Newport	Dinas Bran	NE Wales	22:32
56	780	Hannah Roberts	Caereinion	Powys	22:45
57	784	Hannah Meinertzhagen	Christ College	Powys	23:27
58	775	Florence Roberts	Llanfyllin	Powys	24:07
dnf	182	Lucy Anderson	Bishopston	Afan Nedd Tawe	
dnf	279	Aimee Thomas	St Cyres	Cardiff & the Vale	

Teams

1	Dyfed	11	2	5	7	8	10	11	43	10
2	Cardiff & the Vale	12	1	4	13	14	15	18	65	9
3	NE Wales	9	12	21	34	46	48	49	210	8
4	Eryri	8	19	32	36	41	44	47	219	7
5	Powys	9	37	39	40	42	43	51	252	6
	Afan Nedd Tawe	5	6	20	22	31			Only 4	4
	SE Wales	3	3	16	27				Only 3	3
	Glamorgan Valleys	3	9	26	45				Only 3	3
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Junior Boys – 4.3 km

1	661	Charlie Hulson	Alun	NE Wales	14:27
2	861	Chris Carpanini	St Albans	SE Wales	14:33
3	761	Hywel Bennett	Caereinion	Powys	14:49
4	662	James Wright	Alun	NE Wales	14:52
5	363	Luke Parker	Cardigan	Dyfed	14:53
6	863	Elliott Hardee	Bettws	SE Wales	14:54
7	862	James Hanrahan	St. Albans	SE Wales	14:55
8	361	Alex Matchett	Sir Thomas Picton	Dyfed	14:56
9	366	Andrew Drakeley	Penweddig	Dyfed	14:59
10	562	Tom Davis	Porthcawl	Glamorgan Valleys	15:08
11	270	James Brock	The Cathedral	Cardiff & the Vale	15:19
12	669	Alex Bramwell	Morgan Llwyd	NE Wales	15:30
13	663	Lewis Myatt	Prestatyn	NE Wales	15:31
14	264	Owen Haswell	Stanwell	Cardiff & the Vale	15:32
15	362	Matthew Richards	Sir Thomas Picton	Dyfed	15:33
16	365	Paul Bennett	Penglais	Dyfed	15:34
17	864	Daniel Chesworth	Duffryn	SE Wales	15:35
18	367	Edwin Davies	Dewi Sant	Dyfed	15:42
19	462	Jay Gibbs	Caerghi	Eryri	15:46
20	271	Johnnie Graham	The Cathedral	Cardiff & the Vale	15:48
21	371	Michael Griffiths	Tasker Milward	Dyfed	15:49
22	464	Ezra Warren	Brynrefail	Eryri	15:50
23	369	Phillip Mayhew	Tasker Milward	Dyfed	15:51
24	463	Henri Williams	Dyffryn Ogwen	Eryri	15:53
25	866	Marcus Price	Fairwater	SE Wales	15:54
26	266	Nick Gallimore	Cardiff High	Cardiff & the Vale	15:55
27	265	Rhys Thomas	Bishop of Llandaff	Cardiff & the Vale	15:56
28	868	Joseph Hooton	Monmouth Boys	SE Wales	15:57
29	769	Lewis Hancock	Llanfyllin	Powys	15:57
30	364	Liam Jones	Penweddig	Dyfed	15:59
31	263	Darren Jones	Llantwit	Cardiff & the Vale	16:00
32	461	Iolo Evans	Syr Hugh Owen	Eryri	16:01
33	269	Nathan Howells	Radyr	Cardiff & the Vale	16:02
34	163	Matthew O'Leary	St Josephs	Afan Nedd Tawe	16:04
35	665	Adam Brighthouse	Prestatyn	NE Wales	16:04
36	762	Richard Marsh	Brecon	Powys	16:06
37	867	Emyrs Penny	Gwynllyw	SE Wales	16:07
38	668	George Oliver	Connah's Quay	NE Wales	16:11
39	666	Jordan Ellis	Alun	NE Wales	16:15
40	268	David Van Es	Llanishen	Cardiff & the Vale	16:16
41	272	Joseff Whitmarsh-Knight	Bro Morgannwg	Cardiff & the Vale	16:17
42	896	Robert Morgan	King Henry VIII	SE Wales	16:18
43	466	Darryl Jones	Gader	Eryri	16:19
44	372	Oliver Davies	Dewi Sant	Dyfed	16:23
45	368	Luke Treharne	St Michael's	Dyfed	16:30
46	768	Steven Owen	Caereinion	Powys	16:35
47	161	Sean White	Bishop Vaughan	Afan Nedd Tawe	16:38
48	570	Daniel Richards	Hawthorn	Glamorgan Valleys	16:45
49	472	Ieuan Williamson	Arudwy	Eryri	16:46
50	771	Billy Evans	Caereinion	Powys	16:50
51	370	Tom Sinton	Tasker Milward	Dyfed	16:52
52	164	Chris Davies	Glanafan	Afan Nedd Tawe	16:58
53	261	Ieuan Donovan	Bro Morgannwg	Cardiff & the Vale	17:07
54	471	Luke Bartlett	Syr Hugh Owen	Eryri	17:24
55	770	Tomos Martin	Caereinion	Powys	17:33
56	468	Luke Fleming	Caergybi	Eryri	17:35
57	469	Joe Woosnam	Caergybi	Eryri	17:40
58	165	Matthew Rees	Olchfa	Afan Nedd Tawe	17:51
59	166	Luke Price	St Josephs	Afan Nedd Tawe	18:09
60	870	James Middleton	Monmouth Boys	SE Wales	18:36
61	171	Nicholas Edwards	Sandfields	Afan Nedd Tawe	19:44
62	767	James Davies	Llanfyllin	Powys	20:01
dnf	267	Aneurin Campbell	Whitchurch	Cardiff & the Vale	

Teams

1	Dyfed	12	5	8	9	15	16	18	71	10
2	SE Wales	9	2	6	7	17	25	28	85	9
3	NE Wales	7	1	4	12	13	35	38	103	8
4	Cardiff & the Vale	11	11	14	20	26	27	31	129	7
5	Eryri	9	19	22	24	32	43	49	189	6
6	Powys	7	3	29	36	46	50	55	219	5
7	Afan Nedd Tawe	6	34	47	52	58	59	61	311	4
	Glamorgan Valleys	2	10	48					Only 2	2

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Junior Girls – 3.3 km

1	349	Jade Williams	St Michael's	Dyfed	12:48
2	249	Carys Deeley	The Cathedral	Cardiff & the Vale	12:52
3	549	Zoe Thomas	Porthcawl	Glamorgan Valleys	12:58
4	849	Natasha Cockram	Croesyceiliog	SE Wales	13:09
5	649	Abbi Oliver	Connah's Quay	NE Wales	13:12
6	550	Ffion Jones	Cwm Rhymini	Glamorgan Valleys	13:14
7	350	Cerian Davies	Tregaron	Dyfed	13:15
8	351	Lauren Harries	Penweddig	Dyfed	13:26
9	150	Cerys Morgan	Penyrheol	Afan Nedd Tawe	13:37
10	749	Ffion Price	Llandrindod	Powys	13:40
11	551	Ffion Lewis	Llanhari	Glamorgan Valleys	13:49
12	658	Zoe Rosier	Alun	NE Wales	13:51
13	356	Freya Rees-Jones	St Michael's	Dyfed	13:53
14	352	Lisa Neumann	Dewi Sant	Dyfed	13:55
15	149	Elysia Pearson	Bishopston	Afan Nedd Tawe	13:56
16	751	Rhianwedd Price	Llandrindod	Powys	14:01
17	552	Harriet Morris	Bedwas	Glamorgan Valleys	14:04
18	354	Miranda Davies	Greenhill	Dyfed	14:05
19	353	Catrin Lewis	Cardigan	Dyfed	14:07
20	250	Lucy Harvey	Radyr	Cardiff & the Vale	14:12
21	255	Bethan Daw	St Cyres	Cardiff & the Vale	14:14
22	151	Joelle Drummond	Pontardulais	Afan Nedd Tawe	14:16
23	153	Jemima Osborne	Bishopston	Afan Nedd Tawe	14:22
24	355	Leah Bitchell	Penweddig	Dyfed	14:26
25	750	Gemma Jones	Llanidloes	Powys	14:32
26	259	Heledd Williams	YG Glantaf	Cardiff & the Vale	14:34
27	651	Jess Bailey	Rhosnesni	NE Wales	14:36
28	357	Rhiannon Plant	Bro Myddrin	Dyfed	14:37
29	659	Sian Messum	Alun	NE Wales	14:38
30	851	Lucy Morgan	Haberdashers	SE Wales	14:42
31	253	Mary Anne Gorey	Bishop of Llandaff	Cardiff & the Vale	14:46
32	159	Holly Powell	St Joseph's PT	Afan Nedd Tawe	14:48
33	452	Leri Roberts	Moelwyn	Eryri	14:49
34	450	Sarah Livett	David Hughes	Eryri	14:50
35	254	Ellice Harding	St John's	Cardiff & the Vale	14:57
36	457	Hannah Hellfield	Brynrefail	Eryri	14:58
37	156	Ashlea Hilton	Bishopston	Afan Nedd Tawe	14:59
38	650	Patricia Byrne	Argoed	NE Wales	15:03
39	257	Molly-Ann Manley-Lamb	The Cathedral	Cardiff & the Vale	15:08
40	853	Aby Bidgood	Duffryn	SE Wales	15:09
41	252	Cerri-Anne Santos	St Cyres	Cardiff & the Vale	15:12
42	451	Catherine Peake	Tryfan	Eryri	15:13
43	256	Katie Howson	Cowbridge	Cardiff & the Vale	15:17
44	359	Heather Lewis	Sir Thomas Picton	Dyfed	15:18
45	460	Rosie Owen	Y Gader	Eryri	15:21
46	260	Bethan Thomas	YG Glantaf	Cardiff & the Vale	15:22
47	854	Holly McGee	Llantarnam	SE Wales	15:23
48	754	April Owen	Newtown	Powys	15:25
49	455	Jade Ellis	David Hughes	Eryri	15:26
50	753	Jessica Hughes	Llanidloes	Powys	15:28
51	653	Keri Jacques	Denbigh	NE Wales	15:29
52	655	Alice Powell	Darlund	NE Wales	15:33
53	855	Sinead Bereton	Chepstow	SE Wales	15:38
54	358	Nia Davies	Cardigan	Dyfed	15:40
55	656	Andrea Swan	Castell Alun	NE Wales	15:41
56	859	Carys Norvill	Llantarnam	SE Wales	15:42
57	459	Abby Pritchard	Caerdybi	Eryri	15:43
58	755	Harriet Whitby-Tibbott	Welshpool	Powys	15:45
59	360	Florence Bowen Rees	Dyffryn Taf	Dyfed	15:49
60	852	Rhiannon Nancarrow-Lei	Gwynllyw	SE Wales	15:53
61	756	Sarah Powell	Welshpool	Powys	15:56
62	758	Clare Bright	Welshpool	Powys	15:58
63	757	Amy Evans	Llanfyllin	Powys	16:01
64	458	Danni Hender	John Bright	Eryri	16:06
65	759	Sophie Boyce	Llanfyllin	Powys	16:11
66	453	Kirsty Jones	Caerdybi	Eryri	16:17
67	558	Terry Casey-Barter	Y Pant	Glamorgan Valleys	16:34
68	752	Zoe Slack	Welshpool	Powys	16:48
69	857	Sade Eze	Cwmcarn	SE Wales	16:51
70	555	Carys Evans	Porthcawl	Glamorgan Valleys	16:56
Dnf		Katrina Ley		Afan Nedd Tawe	

Teams

1	Dyfed	12	1	7	8	13	14	18	61	10
2	Cardiff & the Vale	10	2	20	21	26	31	35	135	9
3	Afan Nedd Tawe	7	9	15	22	23	32	37	138	8
4	NE Wales	8	5	12	27	29	38	51	152	7
5	Glamorgan Valleys	6	3	6	11	17	67	70	174	6
6	Powys	11	10	16	25	48	50	58	207	5
7	SE Wales	8	4	30	40	47	53	56	230	4
8	Eryri	9	33	34	36	42	45	49	239	3

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Year 7 Boys – 2.8 km

1	413	Tom Earley	Eirias	Eryri	10:36
2	813	David Middleton	Monmouth Boys	SE Wales	10:38
3	816	Stefan Scarfi	Rougemont	SE Wales	10:44
4	119	Daniel Lewis	Dwr-y-Felin	Afan Nedd Tawe	10:45
5	714	Joe Sissons	Brecon	Powys	10:52
6	213	Jake Nippers	Whitchurch	Cardiff & the Vale	10:53
7	113	Stephen Reynolds	Olchfa	Afan Nedd Tawe	10:54
8	414	Justin Williams	Caergybi	Eryri	10:55
9	416	Joshuah Hughes	Friars	Eryri	10:56
10	313	Ronan Llyr	Bro Myrddin	Dyfed	10:57
11	713	Gareth Roberts	Welshpool	Powys	10:58
12	314	Ben Sutton	Dewi Sant	Dyfed	11:00
13	814	Ryan Cole	Caldicot	SE Wales	11:07
14	316	Lloyd Heckler	Queen Elizabeth	Dyfed	11:08
15	815	David Morgan	King Henry VIII	SE Wales	11:11
16	222	Dan Owen	Llantwit	Cardiff & the Vale	11:16
17	224	Rory Heslop	Bro Morgannwg	Cardiff & the Vale	11:18
18	319	Ryan Williams	Penglais	Dyfed	11:20
19	821	Curtis Macias	Duffryn	SE Wales	11:24
20	320	Timmy Jones	Pantycelyn	Dyfed	11:25
21	717	Rhodri Boggust	Gwernyfed	Powys	11:26
22	323	Harry Payne	Dyffryn Taf	Dyfed	11:30
23	215	Sam Longville	Radyr	Cardiff & the Vale	11:31
24	321	Edward Noblett	Dyffryn Taf	Dyfed	11:32
25	324	Adam Bowman	Queen Elizabeth	Dyfed	11:33
26	723	Rob Evans	Llanfyllin	Powys	11:34
27	613	Theo Pumford	Rhosnesni	NE Wales	11:35
28	716	Aled Jones	Caereinion	Powys	11:36
29	223	Rhys Griffin	Cowbridge	Cardiff & the Vale	11:37
30	417	Ryan Loughrie	Eifionydd	Eryri	11:38
31	421	William Jones	Botwnog	Eryri	11:39
32	419	Hayden Jenkins	Moelwyn	Eryri	11:40
33	214	Liam Wilson	Whitchurch	Cardiff & the Vale	11:41
34	322	Brandon Davies	Dyffryn Taf	Dyfed	11:42
35	619	Jamie McEwan	Hawarden	NE Wales	11:43
36	217	Matthew Sullivan	Cowbridge	Cardiff & the Vale	11:44
37	614	Colby Milton	Hawarden	NE Wales	11:48
38	219	Jack Lewis	Radyr	Cardiff & the Vale	11:49
39	718	Robert Duthie	Caereinion	Powys	11:51
40	823	Harry Jones	Monmouth Boys	SE Wales	11:54
41	620	Kieran Pugh	Bryn Alyn	NE Wales	11:55
42	315	Adam Carvell	Penweddig	Dyfed	11:56
43	114	Jake Price	St Josephs	Afan Nedd Tawe	11:57
44	513	Jordan Best	Pen y dre	Glamorgan Valleys	11:58
45	524	Jack Griffiths	Rhydywaun	Glamorgan Valleys	11:59
46	517	Daniel Glen	Bryntirion	Glamorgan Valleys	12:00
47	621	Jordan Evans	Prestatyn	NE Wales	12:01
48	115	Charlie Heard	Bishopston	Afan Nedd Tawe	12:02
49	818	Matthew Edmund	Llantarnam	SE Wales	12:03
50	817	Fergus Allen	Monmouth Boys	SE Wales	12:04
51	722	Aaron Games	Gwernyfed	Powys	12:08
52	523	Jack Couch	Porthcawl	Glamorgan Valleys	12:10
53	117	David Murray	Olchfa	Afan Nedd Tawe	12:11
54	820	Alex Gregory	King Henry	SE Wales	12:16
55	720	Ed Layland	Llanfyllin	Powys	12:19
56	618	Luke Southerton	Prestatyn	NE Wales	12:22
57	721	Ben Jones	Caereinion	Powys	12:23
58	318	Rhys Page-Walker	Tre-gib	Dyfed	12:24
59	116	James Stokes	Sandfields	Afan Nedd Tawe	12:25
60	514	Robbie Vernon	Ogmore	Glamorgan Valleys	12:26
61	216	Luis Evans	Bro Morgannwg	Cardiff & the Vale	12:36
62	520	Jacob Prosser	Porthcawl	Glamorgan Valleys	12:46
63	822	Christian McConnell	Caldicot	SE Wales	13:03
64	118	Keiran John	Llangatwg	Afan Nedd Tawe	13:09
65	824	Ben Philpot	St Albans	SE Wales	13:18
66	218	Kalon Lambley	St Cyres	Cardiff & the Vale	13:26
67	622	Callum Perry	Bryn Alyn	NE Wales	14:30

Teams

1	SE Wales	11	2	3	13	15	19	40	92	10
2	Dyfed	11	10	12	14	18	20	22	96	9
3	Eryri	6	1	8	9	30	31	32	111	8
4	Cardiff & the Vale	10	6	16	17	23	29	33	124	7
5	Powys	9	5	11	21	26	28	39	131	6
6	Afan Nedd Tawe	7	4	7	43	48	53	59	214	5
7	NE Wales	7	27	35	37	41	47	56	243	4
8	Glamorgan Valleys	6	44	45	46	52	60	62	309	3

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Year 7 Girls – 2.8 km

1	125	Hywelis Thomas-Howells	Bryn Tawe	Afan Nedd Tawe	10:34
2	326	Megan Withers	Tasker Milward	Dyfed	11:11
3	325	Lauren Bell	Bro Gwaun	Dyfed	11:24
4	327	Amy Roberts	Queen Elizabeth	Dyfed	11:44
5	126	Jordan Smart	Penyrheol	Afan Nedd Tawe	11:49
6	328	Josie Lewis	Sir Thomas Picton	Dyfed	11:53
7	625	Jenny Lampkin	Hawarden	NE Wales	11:55
8	225	Caitlin Bryant	The Cathedral	Cardiff & the Vale	11:57
9	330	Megan Turner	Penweddig	Dyfed	12:01
10	626	Lucy Byrne	Argoed	NE Wales	12:02
11	331	Carys Evans	Aberaeron	Dyfed	12:05
12	726	Lilly Owen	Newtown	Powys	12:15
13	825	Ellie Leek	St Albans	SE Wales	12:18
14	725	Catrin Thomas	Caereinion	Powys	12:32
15	627	Carys Edwards	Alun	NE Wales	12:35
16	234	Chloe Gore	Cardiff High	Cardiff & the Vale	12:37
17	826	Isobel Godfrey	Chepstow	SE Wales	12:39
18	427	Molly Williams	Dyffryn Ogwen	Eryri	12:41
19	329	Marie Le Roy	Dyffryn Taf	Dyfed	12:42
20	228	Hannah Jones	Bryn Hafren	Cardiff & the Vale	12:43
21	425	Elin James	Brynrefail	Eryri	12:45
22	532	Zoe Davis	Porthcawl	Glamorgan Valleys	12:46
23	226	Clare Harwood	Radyr	Cardiff & the Vale	12:47
24	428	Hannah Knightly	St Gerrards	Eryri	12:48
25	628	Alice Hinchcliffe	Brynhryfd	NE Wales	12:49
26	629	Abbie Williams	Hawarden	NE Wales	12:51
27	332	Kaitlin Davies	Strade	Dyfed	12:55
28	827	Emily Paul	Gwynllyw	SE Wales	13:02
29	335	Elin Evans	Amman Valley	Dyfed	13:04
30	728	Hannah Powell	Builth	Powys	13:09
31	526	Robyn Wilkins	Porthcawl	Glamorgan Valleys	13:11
32	835	Kirsty Pewtner	Blackwood	SE Wales	13:12
33	833	Mads Banfield	Chepstow	SE Wales	13:14
34	528	Cerys Thomas	Brynteg	Glamorgan Valleys	13:16
35	233	Rosie Ladner	Bryn Hafren	Cardiff & the Vale	13:17
36	129	Grace Cartwright-Harwood	Bishopston	Afan Nedd Tawe	13:21
37	733	Lucy Groves	Welshpool	Powys	13:22
38	227	Fiona Bray	Cowbridge	Cardiff & the Vale	13:23
39	431	Hannah Nasser	St Gerrards	Eryri	13:24
40	630	Kathryn Hughes	St Joseph's Wrexham	NE Wales	13:25
41	535	Melissa Wootton	Porthcawl	Glamorgan Valleys	13:26
42	426	Lindsey Hender	John Bright	Eryri	13:31
43	731	Bryony Davenport	Llanfyllin	Powys	13:32
44	727	Genevieve Matthews	Builth	Powys	13:35
45	730	Cerys Jones	Brecon	Powys	13:39
46	231	Lucy Daly	St John's	Cardiff & the Vale	13:39
47	230	Alys Smith	YG Glantaf	Cardiff & the Vale	13:40
48	134	Amy Fair	Cwmtawe	Afan Nedd Tawe	13:41
49	531	Catrin Griffiths	Cwm Rhymini	Glamorgan Valleys	13:44
50	127	Christie McCallum	Penyrheol	Afan Nedd Tawe	13:51
51	131	Jessica Harris	St Joseph's PT	Afan Nedd Tawe	13:52
52	135	Katie Richards	Sandfields	Afan Nedd Tawe	13:54
53	336	Carys Manfield	Queen Elizabeth	Dyfed	14:00
54	834	Tori Churcher	Cwmcarn	SE Wales	14:02
55	434	Ceri Roberts	Brynrefail	Eryri	14:04
56	732	Charlotte Morris	Caereinion	Powys	14:05
57	634	Eleanor Badhams	Hawarden	NE Wales	14:08
58	734	Ffion Evans	Caereinion	Powys	14:10
59	133	Jemma Parfitt	Cwmtawe	Afan Nedd Tawe	14:15
60	433	Fflur Green	Moelwyn	Eryri	14:35
61	435	Mari Hughes	Amlwch	Eryri	14:40
62	132	Sophie Parry	Dwr-y-Felin	Afan Nedd Tawe	14:48
63	729	Sammy Tudor	Caereinion	Powys	14:49
64	436	Lisa Allsup	Dyffryn Conwy	Eryri	14:54
65	831	Laura Sidney	Rougemont	SE Wales	14:58
66	736	Victoria Smith	Caereinion	Powys	15:03
67	236	Paige Leatherland	Radyr	Cardiff & the Vale	15:05
68	830	Emma Bengier	Bassaleg	SE Wales	15:16
69	735	Laura Roberts	Llanfyllin	Powys	15:20
dnf	229	Emma Johns	Radyr	Cardiff & the Vale	

Teams

1	Dyfed	10	2	3	4	6	9	11	35	10
2	NE Wales	7	7	10	15	25	26	40	123	9
3	Cardiff & the Vale	10	8	16	20	23	35	38	140	8
4	Powys	12	12	14	30	37	43	44	180	7
5	Afan Nedd Tawe	9	1	5	36	48	50	51	191	6
6	Eryri	9	18	21	24	39	42	55	199	5
7	SE Wales	8	13	17	28	32	33	54	177	4
	Glamorgan Valleys	5	22	31	34	41	49		Only 5	2