

44th National Cross-Country Championships

Held at Penlan Arena, Brecon on Saturday, March 25th, 2006 Mild, cloudy & overcast, wet at the end

Overall Points

| | y7g | y7b | jg | jb | mg | mb | sg | sb | |
|---------------------|-----|-----|----|----|----|----|----|----|----|
| 1 Dyfed | 10 | 9 | 10 | 10 | 10 | 10 | 9 | 10 | 78 |
| 2 Cardiff and Vale | 9 | 8 | 9 | 7 | 8 | 6 | 10 | 9 | 66 |
| 3 Afan Nedd Tawe | 6 | 6 | 5 | 6 | 9 | 9 | 8 | 6 | 55 |
| 4 South East Wales | 7 | 10 | 8 | 4 | 3 | 8 | 4 | 6 | 50 |
| 5= Powys | 8 | 4 | 3 | 3 | 7 | 7 | 3 | 8 | 43 |
| 5= North East Wales | 2 | 5 | 6 | 9 | 6 | 2 | 7 | 6 | 43 |
| 7 Glamorgan Valleys | 4 | 7 | 7 | 5 | 2 | 3 | 5 | 6 | 39 |
| 8 Eryri | 5 | 2 | 4 | 8 | 5 | 5 | 3 | 6 | 38 |

Senior Boys – 6420 metres

| | | | | | |
|----|-----|-------------------|-------------------|-------|-------|
| 1 | 369 | Afan Humphries | Ystrad Mynach Col | GV | 20:21 |
| 2 | 607 | Ieuan Thomas | Fairwater | SEW | 20:25 |
| 3 | 205 | Lee Ladd | Cardigan | Dyfed | 20:32 |
| 4 | 281 | Harry Jones | Bryn Eilian | Eryri | 20:56 |
| 5 | 521 | Tom Marshall | Llandrindod | Powys | 21:04 |
| 6 | 365 | Matthew Williams | Aberdare Boys | GV | 21:08 |
| 7 | 601 | Gavin Hanrahan | St Albans | SEW | 21:11 |
| 8 | 206 | Nick Jones | Dyffryn Taf | Dyfed | 21:51 |
| 9 | 201 | Jack Davey | Aberaeron | Dyfed | 22:12 |
| 10 | 603 | Matthew Wreford | Usk College | SEW | 22:19 |
| 11 | 123 | Alun Sayce | Cardiff High | C&V | 22:26 |
| 12 | 128 | Jon Palser | Radyr | C&V | 22:32 |
| 13 | 368 | Joe Thomas | Coedylan | GV | 22:40 |
| 14 | 203 | Irfon Thomas | Lampeter | Dyfed | 22:42 |
| 15 | 602 | Ian Withers | Caldicot | SEW | 22:42 |
| 16 | 605 | Adam Roberts | Rougemont | SEW | 22:48 |
| 17 | 44 | Kurt Edwards | Neath PT College | ANT | 22:49 |
| 18 | 42 | Sam Walsh | Gorseinon College | ANT | 23:24 |
| 19 | 202 | Jonathan Lloyd | Tre-gib | Dyfed | 23:30 |
| 20 | 121 | Vincent Jones | Barry College | C&V | 23:33 |
| 21 | 282 | Rhodri Owen | Syr Huw Owen | Eryri | 23:37 |
| 22 | 363 | Ashley Pinches | Pencoed | GV | 23:43 |
| 23 | 522 | Tom Preston | Llanidloes | Powys | 23:50 |
| 24 | 523 | Chris Haywood | Gwernyfed | Powys | 23:54 |
| 25 | 446 | Lucas Brooks | | NEW | 24:15 |
| 26 | 208 | Joe John | Tasker Milward | Dyfed | 24:23 |
| 27 | 444 | Leon Mellor | Penley | NEW | 24:50 |
| 28 | 209 | David Clark | Dyffryn Taf | Dyfed | 24:56 |
| 29 | 204 | Geraint Oulton | Sir Thomas Picton | Dyfed | 25:02 |
| 30 | 283 | Jonathan Hardwy | Emrys ap Iwan | Eryri | 25:04 |
| 31 | 285 | Simon Grant | Eirias | Eryri | 25:06 |
| 32 | 364 | Chris Godwin | Bryntirion | GV | 25:17 |
| 33 | 124 | Lloyd King | Cardiff High | C&V | 25:24 |
| 34 | 47 | Jamie Fenaroli | Neath PT College | ANT | 25:25 |
| 35 | 129 | Ian Fisher | St Cyres | C&V | 25:26 |
| 36 | 207 | Tom Dyer | Tasker Milward | Dyfed | 25:47 |
| 37 | 130 | Oliver Davies | Cardiff High | C&V | 25:58 |
| 38 | 526 | Darren Lloyd | Llanidloes | Powys | 26:19 |
| 39 | 527 | David Perkins | Newtown | Powys | 26:31 |
| 40 | 442 | Marc Jones | Brynhyfryd | NEW | 26:32 |
| 41 | 50 | Scott Riseborough | Olchfa | ANT | 26:34 |
| 42 | 286 | Rhys Jones | Dyffryn Nantlle | Eryri | 26:45 |
| 43 | 125 | Sam Stone | Howell's | C&V | 26:53 |
| 44 | 443 | James Hughes | Penley | NEW | 27:13 |
| 45 | 49 | Rhys Costello | Neath PT College | ANT | 27:13 |
| 46 | 524 | Greg Soutler | Llanidloes | Powys | 28:16 |
| 47 | 441 | Daniel Sykes | Dinas Bran | NEW | 29:15 |

Teams

| | | | | | | | | | | |
|---|----------------|---|----|----|----|----|----|----|--------|----|
| 1 | Dyfed | 9 | 3 | 8 | 9 | 14 | 19 | 26 | 79 | 10 |
| 2 | Cardiff & Vale | 7 | 11 | 12 | 20 | 33 | 35 | 37 | 148 | 9 |
| 3 | Powys | 6 | 5 | 23 | 24 | 38 | 39 | 46 | 175 | 8 |
| | Afan Nedd Tawe | 5 | 17 | 18 | 34 | 42 | 45 | | Only 5 | 6 |
| | SE Wales | 5 | 2 | 7 | 10 | 15 | 16 | | Only 5 | 6 |
| | Glam Valleys | 5 | 1 | 6 | 13 | 22 | 32 | | Only 5 | 6 |
| | Eryri | 5 | 4 | 21 | 30 | 31 | 42 | | Only 5 | 6 |
| | NE Wales | 5 | 25 | 27 | 40 | 44 | 47 | | Only 5 | 6 |

44th National Cross-Country Championships

Held at Penlan Arena, Brecon on Saturday, March 25th, 2006

Mild, cloudy & overcast, wet at the end

Number of finishers

| | y7g | y7b | jg | jb | mg | mb | sg | sb | |
|-------------|-----|-----|----|----|----|----|----|----|-----|
| Dyfed | 10 | 9 | 10 | 10 | 10 | 10 | 10 | 9 | 78 |
| Cardiff & V | 10 | 9 | 10 | 7 | 8 | 9 | 6 | 7 | 66 |
| Powys | 8 | 10 | 6 | 7 | 9 | 8 | 1 | 6 | 55 |
| Eryri | 6 | 4 | 6 | 7 | 7 | 7 | 1 | 5 | 43 |
| Afan Nedd T | 7 | 6 | 8 | 7 | 9 | 9 | 8 | 5 | 59 |
| S.E. Wales | 6 | 10 | 9 | 6 | 5 | 7 | 2 | 5 | 50 |
| N.E. Wales | 5 | 8 | 8 | 7 | 7 | 4 | 6 | 5 | 50 |
| Glam Vall | 6 | 7 | 8 | 6 | 4 | 5 | 3 | 5 | 44 |
| | 58 | 63 | 65 | 57 | 59 | 59 | 37 | 47 | 445 |

Senior Girls – 4600 metres

| | | | | | |
|----|-----|--------------------|-------------------|-------|-------|
| 1 | 2 | Elinor Kirk | Gwyr | ANT | 18:12 |
| 2 | 86 | Charlotte Lightman | Llanishen | C&V | 18:18 |
| 3 | 321 | Paris Williams | Brynteg | GV | 19:18 |
| 4 | 483 | Rosie Richards | Gwernyfed | Powys | 19:31 |
| 5 | 89 | Anna Symonds | Stanwell | C&V | 19:39 |
| 6 | 88 | Kate Wiltshire | St Cyres | C&V | 19:50 |
| 7 | 90 | Martha Clarke | Bro Morgannwg | C&V | 19:59 |
| 8 | 241 | Fabiola Clement | David Hughes | Eryri | 20:09 |
| 9 | 165 | Mererid Jones | Aberaeron | Dyfed | 20:11 |
| 10 | 169 | Megan Thomas | CCCTA | Dyfed | 20:14 |
| 11 | 168 | Sara Beynon-Thomas | Strade | Dyfed | 20:19 |
| 12 | 323 | Vicky Scrivens | Bishop Hedley | GV | 20:40 |
| 13 | 3 | Natalie Arthur | Neath PT College | ANT | 21:00 |
| 14 | 9 | Sarah Hurford | Olchfa | ANT | 21:03 |
| 15 | 10 | Claire Griffiths | Neath PT College | ANT | 21:06 |
| 16 | 401 | Kathryn Hopwood | Elfed | NEW | 21:08 |
| 17 | 85 | Kirsty Morgan | Llanishen | C&V | 21:13 |
| 18 | 565 | Claire Thompson | Pontypool College | SEW | 21:16 |
| 19 | 403 | Sarah-Alice Davies | Dinas Bran | NEW | 21:34 |
| 20 | 163 | Alice Middleton | Dewi Sant | Dyfed | 21:44 |
| 21 | 166 | Katy Davies | Dewi Sant | Dyfed | 21:45 |
| 22 | 322 | Christina Bridge | Treorchy | GV | 21:47 |
| 23 | 4 | Rachel Arnold | Neath PT College | ANT | 21:53 |
| 24 | 87 | Rhiannon Jones | Radyr | C&V | 22:04 |
| 25 | 563 | Ursula Hankinson | Haberdashers | SEW | 22:29 |
| 26 | 402 | Amy Csizmadia | Yale | NEW | 22:33 |
| 27 | 406 | Leanne Sampson | Yale | NEW | 22:41 |
| 28 | 167 | Gwenllian Jones | Aberaeron | Dyfed | 23:16 |
| 29 | 405 | Sarah Coulbourne | Penley | NEW | 23:28 |
| 30 | 170 | Frances Goddard | Dewi Sant | Dyfed | 23:42 |
| 31 | 407 | Sarah Burns | Alun | NEW | 23:43 |
| 32 | 161 | Caryl Davies | Tregaron | Dyfed | 24:11 |
| 33 | 6 | Rebecca Northey | Gowerton | ANT | 24:47 |
| 34 | 164 | Emma Summons | Sir Thomas Picton | Dyfed | 25:07 |
| 35 | 162 | Liz Jones | Tasker Milward | Dyfed | 25:17 |
| 36 | 8 | Lauren Teasdale | St Joseph's | ANT | 25:44 |
| 37 | 7 | Laura Daniels | Gowerton | ANT | 26:45 |

Teams

| | | | | | | | | | |
|----------------|----|----|----|----|----|----|----|--------|----|
| Cardiff & Vale | 6 | 2 | 5 | 6 | 7 | 17 | 24 | 61 | 10 |
| Dyfed | 10 | 9 | 10 | 11 | 20 | 21 | 28 | 99 | 9 |
| Afan Nedd Tawe | 8 | 1 | 13 | 14 | 15 | 23 | 33 | 99 | 8 |
| NE Wales | 6 | 16 | 19 | 26 | 27 | 29 | 31 | 148 | 7 |
| Glam Valleys | 3 | 3 | 12 | 22 | | | | Only 3 | 5 |
| SE Wales | 2 | 18 | 25 | | | | | Only 2 | 4 |
| Powys | 1 | 4 | | | | | | Only 1 | 3 |
| Eryri | 1 | 8 | | | | | | Only 1 | 3 |
| | 37 | | | | | | | | |

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Middle Boys – 5600 metres

| | | | | | |
|----|-----|--------------------|-----------------|-------|-------|
| 1 | 237 | Dewi Griffiths | Tre-gib | Dyfed | 18:10 |
| 2 | 631 | Nathan Hardee | Bettws | SEW | 18:29 |
| 3 | 155 | Rowan Axe | Radyr | C&V | 18:39 |
| 4 | 471 | Ricky Challinor | Argoed | NEW | 18:43 |
| 5 | 632 | Jonathan Peters | Risca | SEW | 18:49 |
| 6 | 239 | Richard Stephenson | QE Carmarthen | Dyfed | 18:53 |
| 7 | 551 | Robert Pritchard | Welshpool | Powys | 18:54 |
| 8 | 73 | Tom Miller | Olchfa | ANT | 18:55 |
| 9 | 231 | Adam Bitchell | Penweddig | Dyfed | 18:56 |
| 10 | 71 | Guy Smith | St Joseph's | ANT | 19:18 |
| 11 | 72 | Will Douglas | Bishopston | ANT | 19:22 |
| 12 | 552 | Robert Bennett | Caereinion | Powys | 19:24 |
| 13 | 400 | Adam Lewis | Bishop Hedley | GV | 19:26 |
| 14 | 234 | Michael Davies | Coedcae | Dyfed | 19:28 |
| 15 | 473 | Adam Banks | Argoed | NEW | 19:35 |
| 16 | 553 | Steffan Raw Rees | Christ College | Powys | 19:40 |
| 17 | 236 | Geraint Mansfield | QE Carmarthen | Dyfed | 19:52 |
| 18 | 312 | Daniel Bright | Friars | Eryri | 19:54 |
| 19 | 233 | Luke Watson | Tasker Milward | Dyfed | 19:57 |
| 20 | 633 | Chris Wreford | Caerleon | SEW | 19:58 |
| 21 | 391 | Tom Dauncey | Bryntirion | GV | 20:03 |
| 22 | 311 | Gethin Edwards | Syr Huw Owen | Eryri | 20:07 |
| 23 | 152 | Daniel Thomas | Cowbridge | C&V | 20:10 |
| 24 | 637 | Michael Kershaw | Brynmawr | SEW | 20:13 |
| 25 | 474 | David Mountford | Connah's Quay | NEW | 20:15 |
| 26 | 393 | Dafydd Jones | Cwm Rhymni | GV | 20:16 |
| 27 | 554 | Tom Carrick | Welshpool | Powys | 20:18 |
| 28 | 151 | Tomos W-Knight | Bro Morgannwg | C&V | 10:18 |
| 29 | 74 | Rhodri Harris | Glanafan | ANT | 20:20 |
| 30 | 240 | Michael Kallenburg | Cardigan | Dyfed | 20:24 |
| 31 | 75 | Antonio Cirillo | Bishop Vaughan | ANT | 20:32 |
| 32 | 313 | James Owen | Syr Huw Owen | Eryri | 20:34 |
| 33 | 318 | Michael Pierce | Eifionydd | Eryri | 20:34 |
| 34 | 160 | Luke Swaffield | St Richard Gwyn | C&V | 20:36 |
| 35 | 154 | Dylan Jones | Radyr | C&V | 20:46 |
| 36 | 238 | Daniel Thomas | Bryngwyn | Dyfed | 20:50 |
| 37 | 235 | Tomas Northcott | QE Carmarthen | Dyfed | 20:52 |
| 38 | 639 | Dan Lester | Fairwater | SEW | 20:55 |
| 39 | 560 | James Powell | Llandrindod | Powys | 20:58 |
| 40 | 156 | Craig Hudson | Radyr | C&V | 20:59 |
| 41 | 159 | Dafydd Jenkins | Plasmawr | C&V | 21:03 |
| 42 | 78 | Adam Marshall | Dwr-y-Felin | ANT | 21:05 |
| 43 | 77 | Chris Rees | Olchfa | ANT | 21:10 |
| 44 | 634 | Calum Kinloch | Monmouth Boys | SEW | 21:12 |
| 45 | 319 | Dafyd Ywain | Gader | Eryri | 21:13 |
| 46 | 158 | Alun Thomas | Whitchurch | C&V | 21:14 |
| 47 | 555 | Gwyn Jones | John Beddoes | Powys | 21:15 |
| 48 | 475 | Liam Bateman | Bryn Alyn | NEW | 21:21 |
| 49 | 232 | Daniel Worrall | Tre-gib | Dyfed | 21:24 |
| 50 | 79 | Paul Donovan | Bishop Vaughan | ANT | 21:29 |
| 51 | 397 | Carwyn Adler | Cyfarthfa | GV | 21:32 |
| 52 | 395 | Alexander Thomas | St Clare's | GV | 21:43 |
| 53 | 558 | Kelvin Hughes | Llanfyllin | Powys | 21:54 |
| 54 | 316 | Jamie Lee Roberts | Dyffryn Ogwen | Eryri | 22:01 |
| 55 | 153 | Huw Adams | Cowbridge | C&V | 22:10 |
| 56 | 80 | Rhys Jones | Dwr-y-Felin | ANT | 22:17 |
| 57 | 638 | Adam Foote | Brynmawr | SEW | 22:33 |
| 58 | 317 | Sion Williams | Friars | Eryri | 22:56 |
| 59 | 559 | Sam Taylor | Welshpool | Powys | 23:10 |

Teams

| | | | | | | | | | |
|--------------------|----|----|----|----|----|----|----|--------|----|
| Dyfed | 10 | 1 | 6 | 9 | 14 | 17 | 19 | 66 | 10 |
| Afan Nedd Tawe | 9 | 8 | 10 | 11 | 29 | 31 | 42 | 131 | 9 |
| South East Wales | 7 | 2 | 5 | 20 | 24 | 38 | 44 | 133 | 8 |
| Powys | 8 | 7 | 12 | 16 | 27 | 39 | 47 | 148 | 7 |
| Cardiff & the Vale | 9 | 3 | 23 | 28 | 34 | 35 | 40 | 163 | 6 |
| Eryri | 7 | 18 | 22 | 32 | 33 | 45 | 54 | 204 | 5 |
| Glam Valleys | 5 | 13 | 21 | 26 | 51 | 52 | | Only 5 | 3 |
| NE Wales | 4 | 4 | 15 | 26 | 48 | | | Only 4 | 2 |

44th National Cross-Country ChampionshipsHeld at Penlan Arena, Brecon on Saturday, March 25th, 2006

Mild, cloudy & overcast, wet at the end

Middle Girls – 4250 metres

| | | | | | |
|----|-----|-----------------------|------------------|-------|-------|
| 1 | 351 | Leah Dixon | St John Baptist | GV | 15:32 |
| 2 | 591 | Jenna Roberts | Caerleon | SEW | 15:50 |
| 3 | 112 | Leanne Fitzgerald | Llanedeyrn | C&V | 16:01 |
| 4 | 196 | Rachel Marfleet | Aberaeron | Dyfed | 16:04 |
| 5 | 511 | Leigh Barker | Brecon | Powys | 16:11 |
| 6 | 197 | Kayleigh Brown | Tre-gib | Dyfed | 16:18 |
| 7 | 119 | Gwenno Brown | Glantaf | C&V | 16:21 |
| 8 | 199 | Alaw Beynon-Thomas | Strade | Dyfed | 16:26 |
| 9 | 37 | Drusilla Griffiths | Bishop Gore | ANT | 16:41 |
| 10 | 31 | Rebecca King | Olchfa | ANT | 16:56 |
| 11 | 512 | Bethan Jones | Gwernyfed | Powys | 17:01 |
| 12 | 192 | Carys Howell | Strade | Dyfed | 17:05 |
| 13 | 592 | Bethan Woods | Gwynllyw | SEW | 17:8 |
| 14 | 593 | Ayscha Doman | Gwynllyw | SEW | 17:10 |
| 15 | 34 | Katie Hopkins | Ystalyfera | ANT | 17:14 |
| 16 | 33 | Sara Dobler | St.Josephs | ANT | 17:18 |
| 17 | 353 | Alice Bevan | Cyfarthfa | GV | 17:20 |
| 18 | 120 | Lowri Morgan | Glantaf | C&V | 17:21 |
| 19 | 436 | Hope Jones | Brynhyfryd | NEW | 17:22 |
| 20 | 432 | Hanna Daly | Elfed | NEW | 17:23 |
| 21 | 32 | Natalie Hughes | Gowerton | ANT | 17:33 |
| 22 | 35 | Joanna Freeman | Dwr y Felin | ANT | 17:43 |
| 23 | 113 | Bethan Davies | Llanishen | C&V | 17:45 |
| 24 | 193 | Eleri Jones | Tasker Milward | Dyfed | 17:48 |
| 25 | 116 | Aimee Thomas | St Cyres | C&V | 17:50 |
| 26 | 435 | Becky Hoare | Alun | NEW | 17:56 |
| 27 | 513 | Sophie Kendrick | Llandrindod | Powys | 18:03 |
| 28 | 194 | Caryl Granville | Strade | Dyfed | 18:05 |
| 29 | 272 | Bethan Till | Eifionnydd | Eryri | 18:07 |
| 30 | 114 | Maddy Edgeworth | Cowbridge | C&V | 18:10 |
| 31 | 111 | Rehana Hawthorne | Cardiff High | C&V | 18:11 |
| 32 | 515 | Tammy Jones | Llanidloes | Powys | 18:26 |
| 33 | 36 | Nia Williams | Cefn Hengoed | ANT | 18:32 |
| 34 | 516 | Lili Matthews | Builth | Powys | 18:35 |
| 35 | 434 | Charlotte Davies | Dinas Bran | NEW | 18:39 |
| 36 | 200 | Alexandra Thorogood | Penglais | Dyfed | 18:40 |
| 37 | 40 | Rebecca Richards | Olchfa | ANT | 18:45 |
| 38 | 356 | Zoe Hoskins | A'bishop McGrath | GV | 18:47 |
| 39 | 517 | Claudia Whitby Tillot | Welshpool | Powys | 18:48 |
| 40 | 115 | Hannah Cronin | Glantaf | C&V | 18:57 |
| 41 | 520 | Helen Morgan | Llanfyllin | Powys | 19:01 |
| 42 | 191 | Sara Davies | Maes yr Yrfa | Dyfed | 19:02 |
| 43 | 514 | Elin Gittins | Llanfyllin | Powys | 19:03 |
| 44 | 433 | Carys Parry | Morgan Llwyd | NEW | 19:06 |
| 45 | 595 | Angharad Williams | Cwmcarn | SEW | 19:08 |
| 46 | 276 | Anwen Darlington | Y Creuddyn | Eryri | 19:10 |
| 47 | 358 | Jodie Norman | Afon Taf | GV | 19:12 |
| 48 | 198 | Rhiannon Roberts | Strade | Dyfed | 19:15 |
| 49 | 519 | Jenny Morgan | Llanfyllin | Powys | 19:17 |
| 50 | 195 | Donna Jones | Coedcae | Dyfed | 19:21 |
| 51 | 431 | Georgia Crawley | Brynhyfryd | NEW | 19:23 |
| 52 | 599 | Ceara Rice | Rougemont | SEW | 19:30 |
| 53 | 275 | Sarena Chohan | St Gerrards | Eryri | 19:33 |
| 54 | 278 | Zoe Jones | Llangefni | Eryri | 19:40 |
| 55 | 439 | Kathryn Jones | Brynhyfryd | NEW | 19:48 |
| 56 | 277 | Alex Blake | Bodedern | Eryri | 20:03 |
| 57 | 274 | Manon Webb | Tryfan | Eryri | 20:18 |
| 58 | 39 | Emma Colwill | Bishop Vaughan | ANT | 20:18 |
| 59 | 273 | Mhari O'Donnell | David Hughes | Eryri | 20:27 |

Teams

| | | | | | | | | | | |
|---|----------------|----|----|----|----|----|----|----|--------|----|
| 1 | Dyfed | 10 | 4 | 6 | 8 | 12 | 24 | 28 | 82 | 10 |
| 2 | Afan Nedd Tawe | 9 | 9 | 10 | 15 | 16 | 21 | 22 | 93 | 9 |
| 3 | Cardiff & Vale | 8 | 3 | 7 | 18 | 23 | 25 | 30 | 106 | 8 |
| 4 | Powys | 9 | 5 | 11 | 27 | 32 | 34 | 39 | 148 | 7 |
| 5 | NE Wales | 7 | 19 | 20 | 26 | 35 | 44 | 51 | 195 | 6 |
| 6 | Eryri | 7 | 29 | 46 | 53 | 54 | 56 | 57 | 295 | 5 |
| | SE Wales | 5 | 2 | 13 | 14 | 45 | 52 | | Only 5 | 3 |
| | Glam Valleys | 4 | 1 | 17 | 38 | 47 | | | Only 4 | 2 |

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44th National Cross-Country ChampionshipsHeld at Penlan Arena, Brecon on Saturday, March 25th, 2006

Mild, cloudy & overcast, wet at the end

Junior Boys – 4250 metres

| | | | | | |
|----|-----|-------------------------------|-------------------|-------|-------|
| 1 | 223 | Joshua Harries | Penweddig | Dyfed | 14:13 |
| 2 | 462 | Callum Bennett | Prestatyn | NEW | 14:52 |
| 3 | 301 | Stephen Pierce Christopher | Eifionydd | Eryri | 14:56 |
| 4 | 623 | Carpanini | St Alban's | SEW | 14:58 |
| 5 | 61 | James McEvoy | Bishop Vaughan | ANT | 15:05 |
| 6 | 622 | Matthew Tabb | Monmouth Comp | SEW | 15:06 |
| 7 | 307 | Llion Jones | Brynrefail | Eryri | 15:07 |
| 8 | 143 | Jack Wilson | Cardiff High | C&V | 15:15 |
| 9 | 70 | Ceri Lewis | Bishop Vaughan | ANT | 15:17 |
| 10 | 461 | Tom Cszimadia | Rhosnesni | NEW | 15:20 |
| 11 | 226 | Andrew Drakeley | Penweddig | Dyfed | 15:23 |
| 12 | 306 | Huw Jones | Syr Huw Owen | Eryri | 15:24 |
| 13 | 225 | Antoine Woodman | Emlyn | Dyfed | 15:25 |
| 14 | 385 | Brennig Emanuel | Llanhari | GV | 15:28 |
| 15 | 464 | Charlie Hulson | Alun | NEW | 15:30 |
| 16 | 465 | Lois Ford | Prestatyn | NEW | 15:32 |
| 17 | 384 | Jonathan Hopkins | Brynteg | GV | 15:33 |
| 18 | 230 | Gwion Ap Dafydd | Penweddig | Dyfed | 15:33 |
| 19 | 222 | Alex Matchett | Sir Thomas Picton | Dyfed | 15:34 |
| 20 | 303 | Danny Hawker | John Bright | Eryri | 15:35 |
| 21 | 463 | Jamie Wright | Alun Mold | NEW | 15:36 |
| 22 | 63 | Ryan Jenkins | Cefn Saeson | ANT | 15:37 |
| 23 | 149 | Darren Jones | Llantwit Major | C&V | 15:43 |
| 24 | 541 | Craig Pearce | Welshpool | Powys | 15:45 |
| 25 | 308 | Guto Hughes | David Hughes | Eryri | 15:46 |
| 26 | 479 | Gareth Partridge | No School | NEW | 15>49 |
| 27 | 227 | Luke Parker | Cardigan | Dyfed | 15:50 |
| 28 | 144 | Jon-Patrick Harding | Corpus Christi | C&V | 15:51 |
| 29 | 381 | Liam Jones | Porthcawl | GV | 15:53 |
| 30 | 625 | Jack Thomas | Croesyceiliog | SEW | 15:56 |
| 31 | 142 | Joseff W-Knight | Bro Morgannwg | C&V | 15:59 |
| 32 | 545 | Dale Hughes | Llanidloes | Powys | 16:00 |
| 33 | 221 | Philip Matthew | Coedcae | Dyfed | 16:03 |
| 34 | 382 | Sam Jones | Porthcawl | GV | 16:04 |
| 35 | 145 | Stefano Falsini | Llanishen | C&V | 16:05 |
| 36 | 228 | Xien Witt | Tre-gib | Dyfed | 16:05 |
| 37 | 540 | Tom Duran | Llandrindod | Powys | 16:07 |
| 38 | 64 | James Edmunds | Olchfa | ANT | 16:11 |
| 39 | 309 | Oliver Gallop | Gader | Eryri | 16:14 |
| 40 | 141 | Cieran Thomas | Barry Comp | C&V | 16:16 |
| 41 | 383 | Owain Chick | Cwm Rhymini | GV | 16:18 |
| 42 | 549 | Jake Hanley | Brecon | Powys | 16:19 |
| 43 | 150 | Chris Dawe | Llanedeyrn | C&V | 16:24 |
| 44 | 229 | Llewellyn Lloyd | Aberaeron | Dyfed | 16:29 |
| 45 | 550 | Huw Davies | Builth | Powys | 16:30 |
| 46 | 66 | Luke Price | St Joseph's | ANT | 16:33 |
| 47 | 386 | Ben Jones | Porthcawl | GV | 16:38 |
| 48 | 62 | Christian Williams | Olchfa | ANT | 16:47 |
| 49 | 543 | Owain Williams | Caereinion | Powys | 16:56 |
| 50 | 65 | Tom Edmunds | Olchfa | ANT | 16:57 |
| 51 | 478 | Scott Reid | Prestatyn | NEW | 16:56 |
| 52 | 548 | Ian Edmunds | Llanfyllin | Powys | 16:57 |
| 53 | 305 | Tom Taylor | Eifionydd | Eryri | 16:58 |
| 54 | 621 | Garyn Preen | Brynmawr | SEW | 16:59 |
| 55 | 629 | Jake Hughes | Gwynllyw | SEW | 17:00 |
| 56 | 630 | Julian Jones | King Henry VIII | SEW | 17:05 |
| 57 | 224 | Matthew Richards | Sir Thomas Picton | Dyfed | 17:11 |

Teams

| | | | | | | | | | | |
|---|----------------|----|----|----|----|----|----|----|-----|----|
| 1 | Dyfed | 10 | 1 | 11 | 13 | 18 | 19 | 27 | 89 | 10 |
| 2 | NE Wales | 7 | 2 | 10 | 15 | 16 | 21 | 26 | 90 | 9 |
| 3 | Eryri | 7 | 3 | 7 | 12 | 20 | 25 | 39 | 116 | 8 |
| 4 | Cardiff & Vale | 7 | 8 | 23 | 28 | 31 | 35 | 40 | 165 | 7 |
| 5 | Afan Nedd Tawe | 7 | 5 | 9 | 22 | 38 | 46 | 48 | 168 | 6 |
| 6 | Glam Valleys | 6 | 14 | 17 | 29 | 34 | 41 | 47 | 182 | 5 |
| 7 | SE Wales | 6 | 4 | 6 | 30 | 54 | 55 | 56 | 205 | 4 |
| 8 | Powys | 7 | 24 | 32 | 37 | 42 | 45 | 49 | 229 | 3 |

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Junior Girls – 3250 metres

| | | | | | |
|----|-----|------------------------|---------------------|-------|-------|
| 1 | 342 | Zoe Thomas | Porthcawl | GV | 12:09 |
| 2 | 181 | Jade Williams | Amman Valley | Dyfed | 12:11 |
| 3 | 183 | Cerian Davies | Tregaron | Dyfed | 12:20 |
| 4 | 581 | Natasha Cockram | Croesyceiliog | SEW | 12:22 |
| 5 | 422 | Abbi Oliver | Connah's Quay | NEW | 12:28 |
| 6 | 583 | Steffi Wright | Abertillery | SEW | 12:29 |
| 7 | 185 | Angharad Davies | Llandoverly College | Dyfed | 12:30 |
| 8 | 189 | Aneura Phillips | Preseli | Dyfed | 12:32 |
| 9 | 21 | Cerys Morgan | Penyrheol | ANT | 12:35 |
| 10 | 187 | Catrin Lewis | Cardigan | Dyfed | 12:37 |
| 11 | 350 | Harriett Morris | Bedwas | GV | 12:43 |
| 12 | 343 | Ffion Jones | Cwm Rhymni | GV | 12:44 |
| 13 | 188 | Elinor Thorogood | Penglais | Dyfed | 12:49 |
| 14 | 106 | Billie Attard | Whitchurch | C&V | 12:51 |
| 15 | 341 | Kirstie O'Connell | Bishop Hedley | GV | 12:52 |
| 16 | 427 | Zoe Rosier | Alun Mold | NEW | 12:55 |
| 17 | 190 | Rebecca Ansell | Penweddig | Dyfed | 12:57 |
| 18 | 102 | Ruby Miller | Llantwit Major | C&V | 13:01 |
| 19 | 582 | Benytta Doman | Gwynllyw | SEW | 13:03 |
| 20 | 22 | Nia Lewis | Bishop Vaughan | ANT | 13:04 |
| 21 | 107 | Lana Evans | Bro Morgannwg | C&V | 13:05 |
| 22 | 424 | Emma Wright | Rhosnesni | NEW | 13:07 |
| 23 | 105 | Storm Morham | St Richard Gwyn | C&V | 13:07 |
| 24 | 24 | Katrina Ley | Bishopston | ANT | 13:19 |
| 25 | 109 | Manon Williams | Glantaf | C&V | 13:23 |
| 26 | 584 | Lora James | Llantarnam | SEW | 13:25 |
| 27 | 104 | Sophie Richards | Llanishen | C&V | 13:27 |
| 28 | 103 | Grace Osborne | Llantwit Major | C&V | 13:28 |
| 29 | 184 | Ffion Rees | Bro Myrddin | Dyfed | 13:29 |
| 30 | 110 | Lauren Regan | Corpus Christi | C&V | 13:31 |
| 31 | 426 | Zoey Robb | Grango | NEW | 13:35 |
| 32 | 182 | Elin Jones | Cardigan | Dyfed | 13:43 |
| 33 | 101 | Alice Johnston | Howell's | C&V | 13:47 |
| 34 | 265 | Leri Ann Roberts | Moelwyn | Eryri | 13:51 |
| 35 | 425 | Patricia Byrne | Argoed | NEW | 13:55 |
| 36 | 186 | Bethan Richards | Coedcae | Dyfed | 13:57 |
| 37 | 429 | Hannah Jones | | NEW | 14:04 |
| 38 | 510 | Rachel Venables | John Beddoes | Powys | 14:04 |
| 39 | 585 | Holly Millet | St. Albans | SEW | 14:09 |
| 40 | 502 | Sioned Price | John Beddoes | Powys | 14:12 |
| 41 | 108 | Ceri Sayce | Cadiff High | C&V | 14:14 |
| 42 | 26 | Naomi James | Bishopston | ANT | 14:16 |
| 43 | 28 | Catherine Williams | Bishop Vaughan | ANT | 14:17 |
| 44 | 262 | Victoria Taylor | Brynrefail | Eryri | 14:20 |
| 45 | 261 | Lisa Peters | Syr Huw Owen | Eryri | 14:21 |
| 46 | 29 | Sophie Barrow | Pentrehafod | ANT | 14:21 |
| 47 | 589 | Rebecca Hadley | Croesyceiliog | SEW | 14:25 |
| 48 | 30 | Rachel Banks | Sandfields | ANT | 14:42 |
| 49 | 590 | Laura Chicken | King Henry VIII | SEW | 14:44 |
| 50 | 263 | Catherine Peake | Tryfan | Eryri | 14:52 |
| 51 | 428 | Bethan Watts | Castell Alun | NEW | 15:07 |
| 52 | 345 | Rachel Phillips | Cyfarthfa | GV | 15:08 |
| 53 | 587 | Rhiannon Nancarrow_Lei | Gwynllyw | SEW | 15:09 |
| 54 | 349 | Caitlin McWilliams | A'bishop McGrath | GV | 15:11 |
| 55 | 421 | Sophie Bickley | Prestatyn | NEW | 15:21 |
| 56 | 266 | Maisie Andrews | Y Gader | Eryri | 15:23 |
| 57 | 346 | Eleri Powell | Llanhari | GV | 15:25 |
| 58 | 588 | Rachel Bevan | Croesyceiliog | SEW | 15:27 |
| 59 | 267 | Sara Roberts | Tryfan | Eryri | 15:28 |
| 60 | 347 | Kassey Davies | Llanhari | GV | 15:32 |
| 61 | 507 | Lorna Andrew | Welshpool | Powys | 15:37 |
| 62 | 504 | Florence Roberts | Llanfyllin | Powys | 15:42 |
| 63 | 27 | Rhiannon Anderson | Olchfa | ANT | 15:46 |
| 64 | 509 | Robin Morris Jones | Caereinion | Powys | 16:23 |
| 65 | 508 | Stephanie Thomas | Llanidloes | Powys | 19:08 |

Teams

| | | | | | | | | | | |
|---|----------------|----|----|----|----|----|----|----|-----|----|
| 1 | Dyfed | 10 | 2 | 3 | 7 | 8 | 10 | 13 | 43 | 10 |
| 2 | Cardiff & Vale | 10 | 14 | 18 | 21 | 23 | 25 | 27 | 128 | 9 |
| 3 | SE Wales | 9 | 4 | 6 | 19 | 26 | 39 | 47 | 141 | 8 |
| 4 | Glam Valleys | 8 | 1 | 11 | 12 | 15 | 52 | 54 | 145 | 7 |
| 5 | NE Wales | 8 | 5 | 16 | 22 | 31 | 35 | 37 | 146 | 6 |
| 6 | Afan Nedd Tawe | 8 | 21 | 22 | 24 | 26 | 28 | 29 | 184 | 5 |
| 7 | Eryri | 6 | 34 | 44 | 45 | 50 | 56 | 59 | 288 | 4 |
| 8 | Powys | 6 | 38 | 40 | 61 | 62 | 64 | 65 | 350 | 3 |

Cymdeithas Athletau Ysgolion Cymru

Welsh Schools' Athletic Association

44th National Cross-Country Championships

Held at Penlan Arena, Brecon on Saturday, March 25th, 2006

Mild, cloudy & overcast, wet at the end

44th National Cross-Country ChampionshipsHeld at Penlan Arena, Brecon on Saturday, March 25th, 2006

Mild, cloudy & overcast, wet at the end

Year 7 Boys – 2100 metres

| | | | | | |
|----|-----|-------------------|-------------------|-------|------|
| 1 | 531 | Hywel Bennett | Caereinion | Powys | 6:55 |
| 2 | 134 | James Brock | The Cathedral | C&V | 6:57 |
| 3 | 616 | Alex Davies | Monmouth Boys | SEW | 6:58 |
| 4 | 612 | James Hanrahan | St Albans | SEW | 7:03 |
| 5 | 214 | Joseph Fisher | Lampeter | Dyfed | 7:08 |
| 6 | 611 | Elliott Hardee | Bettws | SEW | 7:10 |
| 7 | 615 | Daniel Chesworth | Duffryn | SEW | 7:12 |
| 8 | 619 | Robert Morgan | King Henry VIII | SEW | 7:13 |
| 9 | 217 | Johannes Neumann | Dewi Sant | Dyfed | 7:15 |
| 10 | 135 | Johnnie Graham | The Cathedral | C&V | 7:16 |
| 11 | 291 | Elliott Hewitt | Y Creuddyn | Eryri | 7:17 |
| 12 | 620 | Marcus Price | Bettws | SEW | 7:18 |
| 13 | 296 | Henri Williams | Dyffryn Ogwen | Eryri | 7:19 |
| 14 | 136 | Oliver Laity | Westbourne | C&V | 7:20 |
| 15 | 371 | Tom Davis | Porthcawl | GV | 7:21 |
| 16 | 218 | Samba Ndong | Cardigan | Dyfed | 7:22 |
| 17 | 51 | Matthew O'Leary | St Joseph's | ANT | 7:23 |
| 18 | 213 | Jack Lear | Greenhill | Dyfed | 7:26 |
| 19 | 131 | Joshua Thomas | Cowbridge | C&V | 7:26 |
| 20 | 133 | Duke Durham | St Cyres | C&V | 7:28 |
| 21 | 458 | Joe Wynne | Clywedog | NEW | 7:28 |
| 22 | 52 | Sean White | Bishop Vaughan | ANT | 7:31 |
| 23 | 617 | Luke Morgan | Abertillery | SEW | 7:32 |
| 24 | 373 | Lloyd Bradley | Llanhari | GV | 7:33 |
| 25 | 376 | Ivean Villeger | A'bishop McGrath | GV | 7:34 |
| 26 | 370 | Morgan Roberts | | GV | 7:35 |
| 27 | 215 | Davy Lewis | Cardigan | Dyfed | 7:36 |
| 28 | 618 | Phillip Morgan | Caldicot | SEW | 7:37 |
| 29 | 292 | Carwyn Williams | David Hughes | Eryri | 7:37 |
| 30 | 475 | Liam Bateman | Bryn Alyn | NEW | 7:37 |
| 31 | 456 | Jonathan Jones | Hawarden | NEW | 7:41 |
| 32 | 212 | Liam Wyn Jones | Penweddig | Dyfed | 7:44 |
| 33 | 216 | Thomas Morrissey | Sir Thomas Picton | Dyfed | 7:46 |
| 34 | 614 | Ross Ward | Bettws | SEW | 7:47 |
| 35 | 532 | Jack Barrett | John Beddoes | Powys | 7:48 |
| 36 | 55 | Chase Millichamp | Sandfields | ANT | 7:49 |
| 37 | 54 | Rhys Williams | Bryn Tawe | ANT | 7:50 |
| 38 | 220 | Finn Neumann | Dewi Sant | Dyfed | 7:54 |
| 39 | 53 | Matthew Hughes | Gwyr | ANT | 7:54 |
| 40 | 613 | Kyle McCabe | Caldicot | SEW | 7:54 |
| 41 | 295 | Ben McPartland | David Hughes | Eryri | 7:56 |
| 42 | 451 | Callum Gwatkin | Penley | NEW | 7:58 |
| 43 | 374 | Aled Jenkins | Llanhari | GV | 7:58 |
| 44 | 138 | Max Schindehuette | Llantwit Major | C&V | 8:01 |
| 45 | 453 | Gareth Vale | Alun | NEW | 8:05 |
| 46 | 533 | Isaac Lewis | Caereinion | Powys | 8:10 |
| 47 | 537 | Llyr Thomas | Caereinion | Powys | 8:11 |
| 48 | 535 | Joe Bulbeck | Brecon | Powys | 8:14 |
| 49 | 140 | Gareth Jones | Plasmawr | C&V | 8:15 |
| 50 | 139 | Ben Phillips | Glantaf | C&V | 8:16 |
| 51 | 372 | Elliott Morgan | Porthcawl | GV | 8:17 |
| 52 | 137 | Morgan Etheridge | Westbourne | C&V | 8:17 |
| 53 | 452 | McCauley Cooper | Connah's Quay | NEW | 8:17 |
| 54 | 219 | Nathaniel Wilson | Bro Myrddin | Dyfed | 8:18 |
| 55 | 534 | Sam Jones | Llanfyllin | Powys | 8:18 |
| 56 | 540 | Tom Duran | Llandrindod | Powys | 8:18 |
| 57 | 455 | Thomas Redman | Clywedog | NEW | 8:18 |
| 58 | 536 | Tom Bowker | Llanfyllin | Powys | 8:19 |
| 59 | 539 | Curtis Smith | Newtown | Powys | 8:19 |
| 60 | 56 | Thomas Carey | Gwyr | ANT | 8:21 |
| 61 | 375 | Aled James | Llanhari | GV | 8:26 |
| 62 | 538 | Jonathan Jones | Welshpool | Powys | 8:39 |
| 63 | 459 | Sam Pepper | Elfed | NEW | 8:40 |

Teams

| | | | | | | | | | | |
|---|----------------|----|----|----|----|----|----|----|--------|----|
| 1 | SE Wales | 10 | 3 | 4 | 6 | 7 | 8 | 12 | 40 | 10 |
| 2 | Dyfed | 9 | 5 | 9 | 16 | 18 | 27 | 32 | 107 | 9 |
| 3 | Cardiff & Vale | 9 | 2 | 10 | 14 | 19 | 20 | 44 | 109 | 8 |
| 4 | Glam Valleys | 7 | 15 | 24 | 25 | 26 | 43 | 51 | 184 | 7 |
| 5 | Afan Nedd Tawe | 6 | 17 | 22 | 36 | 37 | 39 | 60 | 211 | 6 |
| 6 | NE Wales | 8 | 21 | 30 | 31 | 42 | 45 | 57 | 226 | 5 |
| 7 | Powys | 10 | 1 | 35 | 46 | 47 | 48 | 55 | 232 | 4 |
| | Eryri | 4 | 11 | 13 | 29 | 41 | | | Only 4 | 2 |

44th National Cross-Country ChampionshipsHeld at Penlan Arena, Brecon on Saturday, March 25th, 2006 Mild, cloudy & overcast, wet at the end**Year 7 Girls – 2100 metres**

| | | | | | |
|----|-----|---------------------|--------------------|-------|------|
| 1 | 175 | Lauren Harries | Penweddig | Dyfed | 7:31 |
| 2 | 491 | Ffion Price | Llandrindod | Powys | 7:46 |
| 3 | 331 | Ffion Lewis | Porthcawl | GV | 7:51 |
| 4 | 412 | Sian Messum | Alun | NEW | 7:55 |
| 5 | 20 | Elysia Pearson | Bishopston | ANT | 7:57 |
| 6 | 176 | Florence Bowen Rees | Dyffryn Taf | Dyfed | 8:01 |
| 7 | 498 | Rhian Price | Llandrindod | Powys | 8:02 |
| 8 | 178 | Leah Bitchell | Penweddig | Dyfed | 8:05 |
| 9 | 99 | Eloise Laity | Westbourne | C&V | 8:07 |
| 10 | 571 | Lucy Morgan | Monmouth Girls | SEW | 8:08 |
| 11 | 494 | Gemma Jones | Llanidloes | Powys | 8:10 |
| 12 | 98 | Ellice Harding | St John's College | C&V | 8:11 |
| 13 | 572 | Nicole Davies | Croesyceiliog | SEW | 8:14 |
| 14 | 97 | Bethan Daw | St Cyres | C&V | 8:15 |
| 15 | 96 | Lauren McCarthy | St Cyres | C&V | 8:16 |
| 16 | 174 | Sarah-Jane Martin | Dewi Sant | Dyfed | 8:17 |
| 17 | 95 | Lucy Harvey | Radyr | C&V | 8:18 |
| 18 | 11 | Gwennan Davies | Ystalyfera | ANT | 8:21 |
| 19 | 499 | Naomi Vaughan | Gwernyfed | Powys | 8:22 |
| 20 | 173 | Rhiannon Plant | Bro Myrddin | Dyfed | 8:23 |
| 21 | 92 | Katie Howson | Cowbridge | C&V | 8:24 |
| 22 | 492 | Harriot Williams | Llanfyllin | Powys | 8:25 |
| 23 | 415 | Jessica Bailey | No School | NEW | 8:26 |
| 24 | 332 | Amy Tidball | Maesteg | GV | 8:27 |
| 25 | 256 | Andrea Evans | Friars | Eryri | 8:28 |
| 26 | 242 | Laura Williams | Eirias | Eryri | 8:29 |
| 27 | 171 | Lily Stephens | Sir Thomas Picton | Dyfed | 8:30 |
| 28 | 500 | Ellin Roberts | Llanfyllin | Powys | 8:31 |
| 29 | 411 | Amie Garratt | Connah's Quay | NEW | 8:31 |
| 30 | 12 | Katy Reynolds | Olchfa | ANT | 8:31 |
| 31 | 413 | Katy Griffiths | Alun | NEW | 8:31 |
| 32 | 253 | Rachel Johncock | Duffryn Conwy | Eryri | 8:32 |
| 33 | 172 | Heddwen Daniel | Penweddig | Dyfed | 8:32 |
| 34 | 575 | Holly McGee | Llantarnam | SEW | 8:32 |
| 35 | 574 | Hayleigh Saunders | Fairwater | SEW | 8:34 |
| 36 | 255 | Nia Ginnelly | Llangefni | Eryri | 8:34 |
| 37 | 333 | Bianca Dix | Cwm Rhymini | GV | 8:34 |
| 38 | 94 | Katie Davies | Cardiff High | C&V | 8:35 |
| 39 | 14 | Emily Pugh | St Joseph's | ANT | 8:35 |
| 40 | 254 | Sarah Livett | David Hughes | Eryri | 8:35 |
| 41 | 179 | Jodie Jones | Maes yr Yrfa | Dyfed | 8:35 |
| 42 | 414 | Amy Clarke | Hawarden | NEW | 8:36 |
| 43 | 93 | Jasmine Hutter | Llanishen | C&V | 8:38 |
| 44 | 578 | Sarah Pontin | Cwmcarn | SEW | 8:44 |
| 45 | 493 | Jessica Hughes | Llanidloes | Powys | 8:48 |
| 46 | 18 | Aoifa Morris | Gwyr | ANT | 8:59 |
| 47 | 91 | Gabrielle Dixon | Bishop of Llandaff | C&V | 9:01 |
| 48 | 180 | Heather Lewis | Sir Thomas Picton | Dyfed | 9:02 |
| 49 | 336 | Sarah Stonehouse | A'bishop McGrath | GV | 9:05 |
| 50 | 579 | Sade Eze | Cwmcarn | SEW | 9:10 |
| 51 | 16 | Lauren Evans | Dwr y Felin | ANT | 9:11 |
| 52 | 337 | Roisin Evans | Porthcawl | GV | 9:12 |
| 53 | 13 | Rhiannon Thomas | Olchfa | ANT | 9:16 |
| 54 | 251 | Einir Evans | Brynrefail | Eryri | 9:20 |
| 55 | 177 | Sophie Lane | Amman Valley | Dyfed | 9:23 |
| 56 | 100 | Erin Lee | Whitchurch | C&V | 9:29 |
| 57 | 497 | Sophie Boyce | Llanfyllin | Powys | 9:30 |
| 58 | 334 | Rosie James | Cynffig | GV | 9:35 |

Teams

| | | | | | | | | | | |
|---|----------------|----|----|----|----|----|----|----|--------|----|
| 1 | Dyfed | 10 | 1 | 6 | 8 | 16 | 20 | 27 | 78 | 10 |
| 2 | Cardiff & Vale | 10 | 9 | 12 | 14 | 15 | 17 | 21 | 88 | 9 |
| 3 | Powys | 8 | 2 | 7 | 11 | 19 | 22 | 28 | 89 | 8 |
| 4 | SE Wales | 6 | 10 | 13 | 34 | 35 | 44 | 50 | 186 | 7 |
| 5 | Afan Nedd Tawe | 7 | 5 | 18 | 30 | 39 | 46 | 51 | 189 | 6 |
| 6 | Eryri | 6 | 25 | 26 | 32 | 36 | 40 | 54 | 213 | 5 |
| 7 | Glam Valleys | 6 | 3 | 24 | 37 | 49 | 52 | 58 | 247 | 4 |
| | NE Wales | 5 | 4 | 23 | 29 | 31 | 42 | | Only 5 | 2 |

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