

WELSH CROSS COUNTRY CHAMPIONSHIPS

SATURDAY 20TH FEBRUARY 2010

THE GEORGE CRUMP M.B.E. MEMORIAL
SINGLETON PARK, SWANSEA

POS	BIB	ATHLETE	CLUB	PERF	
1	20	Alex HAINS	Cardiff AAC	37:11	SM
2	23	Nat LANE	Cardiff AAC	37:48	SM
3	36	Rob SAMUEL	Eryri Harriers	38:03	SM
4	76	Marc HOBBS	Swansea Harriers	38:13	SM
5	92	Owain JONES	Windsor S.E.H	38:13	SM
6	89	Sullivan SMITH	Swansea Harriers	38:36	SM
7	7	Austin DAVIES	Brecon AC	39:05	SM
8	26	James THIE	Cardiff AAC	39:10	SM
9	93	Hywel CARE	Woodford Green	39:19	SM
10	18	Matt COLLINS	Cardiff AAC	39:34	SM
11	5	Owain MATTHEWS	Bedford & County AC	39:47	SM
12	24	Peter RYDER	Cardiff AAC	39:53	SM
13	83	Phil MATTHEWS	Swansea Harriers	40:13	SM
14(1)	71	Christopher DAVIES	Swansea Harriers	40:23	U23M
15(2)	32	Lee LADD	Carmarthen Harriers	40:25	U23M
16(3)	84	Ross MCDONALD	Swansea Harriers	40:51	U23M
17	46	Mark PALSER	Les Croupiers	41:05	SM
18	41	Phil COOK	Les Croupiers	41:19	SM
19	13	Martin SHAW	Brecon AC	41:30	SM
20(4)	88	Guy SMITH	Swansea Harriers	41:58	U23M
21	10	Harry MATTHEWS	Brecon AC	42:41	SM
22(5)	27	Lewys WINFIELD-YOUNG	Cardiff AAC	42:44	U23M
23	34	James RAVEN	Chester-Le-Street AC	42:48	SM
24	80	Owain JONES	Swansea Harriers	43:01	SM
25	82	Ifan LLOYD	Swansea Harriers	43:07	SM
26	86	Christopher PARKER	Swansea Harriers	43:26	SM
27	79	Matthews JONES	Swansea Harriers	44:08	SM
28	59	Dee BUCHANAN	San Domenico	44:49	SM
29	8	Crispin FLOWER	Brecon AC	44:56	SM
30(6)	90	Daniel THOMAS	Swansea Harriers	45:32	U23M
31	14	Peter SOWERBY	Brecon AC	45:38	SM
32	91	Simon WILSON	Swansea Harriers	45:43	SM
33	12	Kendrick PHIL	Brecon AC	46:15	SM
34	73	Jeffrey GIANIRACUSA	Swansea Harriers	46:25	SM
35	56	Charles WALSH	Port Talbot Harriers	46:32	SM
36	2	Alen DAVISON	Aberystwyth AC	46:35	SM
37	78	Gary IRVING	Swansea Harriers	47:00	SM
38	15	Robert HUNT	Bridgend AC	47:08	SM
39	60	Mickey HAVARD	San Domenico	47:09	SM
40	40	Paul COKER	Les Croupiers	47:26	SM
41	44	Sandy JOHNSTON	Les Croupiers	47:39	SM
42	37	Steve OUSELEY	Ingli Runners	48:10	SM
43	62	Glyn SANSON	San Domenico	49:09	SM
44	61	Ian MCDONALD	San Domenico	49:23	SM
45	38	Alec WILLIAMS	Ingli Runners	49:38	SM
46	50	Richard THOMPSON	Pembrokeshire harriers	50:07	SM
47	53	John HOPKINS	Port Talbot Harriers	50:56	SM
48	63	Dominic SHIELDS	San Domenico	51:46	SM
49	72	Leighton GARDNER	Swansea Harriers	52:34	SM
50	3	Ian EVANS	Aberystwyth AC	53:47	SM
51	51	David CORNISH	Port Talbot Harriers	54:03	SM
52	81	Uku KUMARI	Swansea Harriers	54:29	SM
53	52	Anthony HOLLING	Port Talbot Harriers	54:46	SM
54	67	Steve BENDLE	Swansea Harriers	55:06	SM
55	77	Calvin HOLD	Swansea Harriers	55:12	SM
56	66	Mark BATCUP	Swansea Harriers	55:33	SM
57	54	Alan PERKINS	Port Talbot Harriers	58:48	SM
58	55	Mario RABAIOTTI	Port Talbot Harriers	59:09	SM
59	64	Gareth JONES	Sarn Helen	1:00.27	SM
60	57	Ian WILLIAMS	Port Talbot Harriers	1:02.10	SM

Team Score	1	2	3	4	5	6	7	8	9	10	11	12	A Total	B Total
1 Cardiff AAC	1	2	8	10	12	22							55	
2 Swansea Harriers A	4	6	13	14	16	20							73	
3 Brecon AC	7	19	21	29	31	33							140	
4 Swansea Harriers B							24	25	26	27	30	32		164
NON TEAM SCORES														
Les Croupiers	17	18	40	41										
San Domenico	28	39	43	44										
Ingli Runners	42	45												
Eryri harriers	3													
Windsor S.E.H	5													
Woodford Green	9													
Bedford & County AC	11													
Carmarthen Harriers	15													
Chester-Le-Street AC	23													
Port Talbot Harriers	35													
Aberystwyth AC	36													
Pembrokeshire Harriers	46													

WELSH CROSS COUNTRY CHAMPIONSHIPS

SATURDAY 20TH FEBRUARY 2010

THE GEORGE CRUMP M.B.E. MEMORIAL SINGLETON PARK, SWANSEA

POS	BIB	ATHLETE	CLUB	PERF	
1	155	Andrea WHITCOMBE	Swansea Harriers	27:11	SW
2(1)	113	Julia COOK	Cheltenham Harriers	28:14	U23W
3	105	Emily BROWN	Cardiff AAC	28:29	SW
4	97	Shan MORGAN	Aldershot/Army	28:35	SW
5(2)	104	Kate ROBERTS	Bridgend AC	28:40	U23W
6(3)	423	Sian EDWARDS	Kettering AC	28:49	U23W
7(4)	108	Bethan STRANGE	Cardiff AAC	29:04	U23W
8	147	Amanda JONES	Swansea Harriers	29:36	SW
9(5)	429	Paris WILLIAMS	Cardiff AAC	29:42	U23W
10	152	Elysia RIDLEY	Swansea Harriers	30:01	SW
11	124	Ruth TYLER	Les Croupiers	30:04	SW
12	114	Tammy LEWIS-JONES	Colwyn Bay AC	30:07	SW
13	94	Helen MARSHALL	Aberystwyth AC	30:32	SW
14	157	Joanne DONNELLY	Trentham Harriers	30:46	SW
15	122	Cath TAILBY	Les Croupiers	30:54	SW
16	146	Carol GLOVER	Swansea Harriers	31:02	SW
17	142	Ellen BUTLER	Swansea Harriers	31:10	SW
18	118	Jane COKER	Les Croupiers	31:39	SW
19	95	Joanne THATCHER	Aberystwyth AC	32:03	SW
20	135	Sandra PINKHAM	Port Talbot Harriers	32:09	SW
21	115	Celia WHITE	Ingli Runners	32:39	SW
22(6)	139	Dee JOLLY	Sarn Helen	32:53	U23W
23	156	Michelle WITHAM	Swansea Harriers	34:01	SW
24	133	Carol MOSELEY	Port Talbot Harriers	34:08	SW
25	150	Sian KIRK	Swansea Harriers	34:11	SW
26(7)	141	Carys DAVIES	Sarn Helen	34:13	U23W
27	129	Kim BATES	Port Talbot Harriers	34:22	SW
28	123	Joanne TUCKER	Les Croupiers	34:57	SW
29	148	Elinor KING	Swansea Harriers	35:06	SW
30	145	Helen EVE	Swansea Harriers	37:49	SW
31	153	Gwen SMITH	Swansea Harriers	37:58	SW
32	144	Lyndsey DODDS	Swansea Harriers	37:59	SW
33(8)	138	Caryl DAVIES	Sarn Helen	39:05	U23W
34	137	Fran WILLIAMS	San Domenico	39:29	SW
35	136	Pauline WILLIAMS	Port Talbot Harriers	40:30	SW
36	121	Ann JAMES	Les Croupiers	40:32	SW
37	131	Amy JENKINS	Port Talbot Harriers	40:40	SW
38	143	Angela DELANEY	Swansea Harriers	41:34	SW
39(9)	110	Alaw BEYNON-THOMAS	Carmarthen Harriers	42:21	U23W
40	132	Laura JENKINS	Port Talbot Harriers	42:48	SW
41	140	Jan JONES	Sarn Helen	43:27	SW

Team Score	1	2	3	4	5	6	7	8	TOTAL	TOTAL
1 Swansea Harriers A	1	8	10	16					35	
2 Les Croupiers	11	15	18	28	36				72	
3 Swansea Harriers B					17	23	25	29		98
4 Port Talbot Harriers	20	24	27	35	37	40			106	
NON TEAM SCORES										
Sarn Helen	22	26	33	41						
Cardiff AAC	3	7	9							
Cheltenham Harriers	2									
Aldershot/Army	4									
Colwyn Bay AC	12									
Aberystwyth AC	13	19								
Trentham Harriers	14									
Ingli Runners	21									
San Domenico	34									
Carmarthen Harriers	39									

WELSH CROSS COUNTRY CHAMPIONSHIPS

SATURDAY 20TH FEBRUARY 2010

THE GEORGE CRUMP M.B.E. MEMORIAL

SINGLETON PARK, SWANSEA

POS	BIB	ATHLETE	CLUB	PERF
1	168	Dewi GRIFFITHS	Carmarthen Harriers	24:03
2	171	Ricky CHALLINOR	Liverpool Harriers	24:31
3	161	Jonathan HOPKINS	Bridgend AC	24:58
4	170	Phil EDGE	Deeside AAC	25:10
5	169	Michael KALLENBURG	Carmarthen Harriers	25:41
6	158	Daniel HISCOX	Aberdare VAAC	26:26
7	174	Jake WATSON	Trots	27:15
8	165	Ashleigh HARPER	Cardiff AAC	28:58
9	172	Joshua DAVIES	Schools	29:45

Team Score	1	2	3	4	TOTAL
Carmarthen Harriers	1	5			
Liverpool Harriers	2				
Bridgend AC	3				
Deeside AAC	4				
Aberdare VAAC	6				
Trots	7				
Cardiff AAC	8				
Schools	9				

U17 MEN

POS	BIB	ATHLETE	CLUB	PERF
1	188	Morgan DAVIES	Bridgend AC	21:11
2	209	Emrys PENNY	Newport Harriers	21:28
3	212	Liam LLOYD	Swansea Harriers	21:48
4	198	Alex EDWARDS	Cwmbran Harriers	21:55
5	206	Daniel CHESWORTH	Newport Harriers	22:02
6	191	Alex COOMBER	Cardiff AAC	22:10
7	207	Elliott HARDEE	Newport Harriers	22:18
8	210	Alexander MATCHETT	Pembrokeshire Harriers	22:26
9	203	William SHERIDAN	Menai Track & Field	22:45
10	204	Henri WILLIAMS	Menai Track & Field	22:45
11	211	Matthew RICHARDS	Pembrokeshire Harriers	23:04
12	186	Tom DAVIS	Bridgend AC	23:08
13	216	Sean WHITE	Swansea Harriers	23:10
14	205	Chris CARPANINI	Newport Harriers	23:29
15	199	James HANRAHAN	Cwmbran Harriers	23:34
16	189	Matthew WEEKS	Bridgend AC	23:36
17	213	Matthew THOMAS	Swansea Harriers	23:37
18	193	Luke CLEMENTS	Carmarthen Harriers	24:04
19	201	Keiron STEPHENS	Cwmbran Harriers	24:14
20	215	Grant WESTCOTT	Swansea Harriers	24:20
21	202	George OLIVER	Deeside AAC	24:27
22	192	Joel REDMAN	Cardiff AAC	24:37
23	184	Dominic FARR	Barry & Vale Harriers	24:51
24	214	Paul TOBIN	Swansea Harriers	25:09
25	200	Marcus PRICE	Cwmbran Harriers	25:11
26	190	Lloyd BRADLEY	Cardiff AAC	19:00

Team Score	1	2	3	4	TOTAL
Newport Harriers	2	5	7	14	21
Swansea Harriers	3	13	17	20	37
Cwmbran Harriers	4	15	19	25	44
NON TEAM SCORES					
Bridgend AC	1	12	16		
Cardiff AAC	6	22	26		
Pembrokeshire Harriers	8	11			
Menai Track & Field	9	10			
Carmarthen Harriers	18				
Barry & Vale harriers	23				

WELSH CROSS COUNTRY CHAMPIONSHIPS

SATURDAY 20TH FEBRUARY 2010

**THE GEORGE CRUMP M.B.E. MEMORIAL
SINGLETON PARK, SWANSEA**

POS	BIB	ATHLETE	CLUB	PERF	
1	218	Ffion PRICE	Brecon AC	20:18	U17W
2	230	Natasha COCKRAM	Cwmbran Harriers	20:35	U17W
3	231	Abbie OLIVER	Deeside AAC	21:10	U17W
4(1)	183	Gina PALETTA	Wrexham AC	21:23	U20W
5	219	Rhianwedd PRICE	Brecon AC	21:27	U17W
6	232	Sarah LIVETT	Menai Track & Field	21:43	U17W
7	235	Beth KIDGER	Phoenix	22:00	U17W
8	223	Harriet MORRIS	Cardiff AAC	22:05	U17W
9(2)	178	Angarad DAVIES	Carmarthen Harriers	22:32	U20W
10	236	Megan KIDGER	Phoenix	22:51	U17W
11	220	Bethan DAW	Cardiff AAC	22:52	U17W
12	238	Jemima OSBORN	Swansea Harriers	23:03	U17W
13(3)	180	Emily DOWNEY	Llanelli AC	23:18	U20W
14	221	Lucy HARVEY	Cardiff AAC	23:25	U17W
15	239	Elysia PEARSON	Swansea Harriers	24:33	U17W
16	181	Hollie RYDER	Notts AC	25:24	U20W
17	182	Rhiannon ANDERSON	Swansea Harriers	25:51	U20W
18	228	Jodie JONES	Carmarthen Harriers	29:28	U17W
19	237	Rebecca HALL	Swansea Harriers	31:41	U17W

Team Score	1	2	3	4	TOTAL
1 Swansea Harriers	12	15	17	19	63
Brecon AC	1	5			
Cwmbran Harriers	2				
Deeside AAC	3				
Menai Track & Field	6				
Phoenix	7	10			
Cardiff AAC	8	11	14		
Carmarthen Harriers	9	18			

WELSH CROSS COUNTRY CHAMPIONSHIPS

SATURDAY 20TH FEBRUARY 2010

THE GEORGE CRUMP M.B.E. MEMORIAL

SINGLETON PARK, SWANSEA

POS	BIB	ATHLETE	CLUB	PERF
1	265	Tom EARLY	Colwyn Bay AC	16:28
2	266	Matthew ANTONIAZZI	Cwmbran Harriers	16:32
3	258	Mike WARD	Cardiff AAC	16:44
4	252	Sam LONGVILLE	Bridgend AC	17:03
5	262	Rohan LLYR	Carmarthen Harriers	17:19
6	255	Rory HESLOP	Cardiff AAC	17:19
7	254	Jack GOOCH	Cardiff AAC	17:21
8	276	Connor DAVIES	Swansea Harriers	17:36
9	275	Evan WYNNE	Schools	17:56
10	251	James HUNT	Bridgend AC	18:00
11	279	Lewis PREECE	Swansea Harriers	18:02
12	253	Tom BEVAN	Cardiff AAC	18:05
13	280	Johnatham TOBIN	Swansea Harriers	18:15
14	278	Daniel HALL	Swansea Harriers	18:20
15	271	Liam HARDEE	Newport Harriers	18:26
16	281	Kieron WHITE	Swansea Harriers	18:45
17	272	Ieuan COOKE	Pembrokeshire Harriers	18:53
18	243	Elliot RICHARDS	Barry & Vale Harriers	18:55
19	268	Andrew WILLIAMS	Deeside AAC	18:57
20	240	Stephen WILLIAMS	Aberystwyth AC	19:02
21	248	Matthew TUCKER	Brecon AC	19:28
22	249	Jack COUCH	Bridgend AC	19:39
23	257	Jacob PREECE	Cardiff AAC	19:53
24	241	Samuel CORRIA	Barry & Vale Harriers	20:08
25	250	Daniel GLEN	Bridgend AC	20:20
26	247	Ben DUNSTER	Brecon AC	20:45

Team Score	1	2	3	4	TOTAL
1 Cardiff AAC	3	6	7	12	28
2 Swansea Harriers	8	11	13	14	46
3 Bridgend AC	4	10	22	25	61
NON TEAM SCORES					
Colwyn Bay AC	1				
Cwmbran Harriers	2				
Carmarthen Harriers	5				
Schools	9				
Newport Harriers	15				
Pembrokeshire Harriers	17				
Barry & Vale harriers	18	24			
Deeside AAC	19				
Aberystwyth AC	20				
Brecon AC	21	26			

WELSH CROSS COUNTRY CHAMPIONSHIPS

SATURDAY 20TH FEBRUARY 2010

THE GEORGE CRUMP M.B.E. MEMORIAL

SINGLETON PARK, SWANSEA

POS	BIB	ATHLETE	CLUB	PERF
1	306	Megan WITHERS	Pembrokeshire Harriers	18:33
2	307	Rebecca EVANS	Pontyclun AC	19:37
3	282	Megan TURNER	Aberystwyth AC	20:00
4	302	Stacy WEBSTER	Llanelli AC	20:21
5	286	Megan OSBORNE	Bridgend AC	20:24
6	298	Francesca HYDE	Cwmbran Harriers	20:35
7	283	Caitlin BRYANT	Bridgend AC	20:42
8	308	Ellie HARVARD	Pontyclun AC	21:12
9	290	Claire HARWOOD	Cardiff AAC	21:17
10	310	Iona EVANS	Swansea Harriers	21:43
11	303	Leah WINDON-RANDELL	Llanelli AC	21:56
12	299	Elin LEWIS	Cwmbran Harriers	22:13
13	284	Annabel CURLE	Bridgend AC	22:31
14	425	Lucy TARRANT	Bridgend AC	22:42
15	304	Rhian HOMER	Pembrokeshire Harriers	22:50
16	311	Lucy HAMMETT	Swansea Harriers	23:19
17	305	Caitlin THOMPSON	Pembrokeshire Harriers	24:09
18	291	Holly MORRIS	Cardiff AAC	24:12
19	309	Rhian JONES	Sarn Helen	24:21
20	300	Malika REZOUGUI	Cwmbran Harriers	24:38
21	312	Gwen KING	Swansea Harriers	25:14

Team Score	1	2	3	4	TOTAL
Bridgend AC	5	7	13	14	39
Pembrokeshire Harriers	1	15	17		
Pontyclun AC	2	8			
Aberystwyth AC	3				
Llanelli AC	4	11			
Cwmbran Harriers	6	12	20		
Cardiff AAC	9	18			
Swansea Harriers	10	16	21		
Sarn Helen	19				

WELSH CROSS COUNTRY CHAMPIONSHIPS

SATURDAY 20TH FEBRUARY 2010

THE GEORGE CRUMP M.B.E. MEMORIAL

SINGLETON PARK, SWANSEA

POS	BIB	ATHLETE	CLUB	PERF
1	398	Christain LOVETT	Carmarthen harriers	9:58
2	407	Iolo HUGHES	Menai Track & Field	10:03
3	388	John COVE	Cardiff AAC	10:10
4	400	Nikita NEARY	Carmarthen harriers	10:13
5	408	John SPILL	Menai Track & Field	10:16
6	406	Richard EVANS	Deeside AAC	10:18
7	383	Tom EDMUNDS	Cardiff AAC	10:18
8	404	Alex MCDOWELL	Cwmbran Harriers	10:28
9	379	Ben OWEN	Bridgend AC	10:32
10	386	Ciaran LEWIS	Cardiff AAC	10:34
11	403	Louie BENNET	Colwyn Bay AC	10:50
12	394	Nicholas JOHNSON	Carmarthen harriers	10:51
13	384	Rhys GOOCH	Cardiff AAC	10:58
14	374	Harry DAVIES	Bridgend AC	11:09
15	426	Joe LINGARD	Swansea Harriers	11:17
16	417	Harri HOOPER-LEWIS	Swansea Harriers	11:20
17	409	Thomas JOHN	Neath Harriers	11:21
18	377	Danyaal MOHAMED	Bridgend AC	11:27
19	402	Benjamin WILLIAMS	Carmarthen harriers	11:28
20	410	Luke GILL	Newport harriers	11:31
21	422	Thomas WESTERHOLM	Swansea Harriers	11:34
22	382	Sam CURWEN	Cardiff AAC	11:36
23	421	Jared WALTERS	Swansea Harriers	11:51
24	390	Joe MACPHEERSON	Cardiff AAC	11:57
25	414	Brandon DAVIES	Swansea Harriers	12:02
26	399	Elliott MORGANS	Carmarthen harriers	12:22
27	385	Luke HARVEY	Cardiff AAC	12:41
28	373	Scott DUNSTER	Brecon AC	13:00
29	420	Joshua PELUSI	Swansea Harriers	13:15
30	413	Corey DALTON	Swansea Harriers	13:42
31	416	Rami HASSAN	Swansea Harriers	13:57
32	415	Pip HANCOCK	Swansea Harriers	14:03
33	387	Alex COVE	Cardiff AAC	16:56
34	418	Dafydd LLOYD	Swansea Harriers	58:00

Team Score	1	2	3	4	TOTAL
1 Cardiff AAC	3	7	10	13	33
2 Carmarthen Harriers	1	4	12	19	36
3 Swansea Harriers A	15	16	21	23	75
4 Swansea Harriers B	25	29	30	31	115
NON TEAM SCORES					
Menai Track & Field	2	5			
Deeside AAC	6				
Cwmbran Harriers	8				
Bridgend AC	9	14	18		
Colwyn Bay AC	11				
Neath Harriers	17				
Newport Harriers	20				
Brecon AC	28				

WELSH CROSS COUNTRY CHAMPIONSHIPS

SATURDAY 20TH FEBRUARY 2010

THE GEORGE CRUMP M.B.E. MEMORIAL

SINGLETON PARK, SWANSEA

POS	BIB	ATHLETE	CLUB	PERF
1	326	Rosa YATES	Bridgend AC	10:32
2	363	Olivia GWYNN	Swansea Harriers	10:39
3	316	Emily THOMAS	Aberystwyth AC	11:11
4	349	Scarlett MCPHILLIPS	Cwmbran Harriers	11:11
5	348	Chelsie HARRIES	Cwmbran Harriers	11:28
6	318	Heidi DAVIES	Brecon AC	11:31
7	321	Jazmine BRIGANTI	Bridgend AC	11:33
8	325	Nia WARD	Bridgend AC	11:49
9	317	Kate COKER	Barry & Vale Harriers	11:51
10	366	Katie PARFITT	Swansea Harriers	11:55
11	323	Sinead LOUNDES	Bridgend AC	12:00
12	357	Alice RUSSELL-STRETCH	Pembrokeshire Harriers	12:09
13	340	Rebecca LEWIS	Carmarthen Harriers	12:11
14	333	Siobham ELERI	Carmarthen Harriers	12:22
15	332	Niamh ELAIN	Carmarthen Harriers	12:29
16	337	Natasha JIWA-WALI	Carmarthen Harriers	12:33
17	324	Katie ROBERTS	Bridgend AC	12:36
18	334	Gwenno EVANS	Carmarthen Harriers	12:42
19	341	Mahon LLOYD	Carmarthen Harriers	12:43
20	354	Marid COOKE	Pembrokeshire Harriers	12:44
21	350	Olivia TURLY	Cwmbran Harriers	12:45
22	359	Caitlin ATKINS	Swansea Harriers	12:53
23	428	Cara WATSON	Trots	12:54
24	315	Catrin ANSELL	Aberystwyth AC	13:15
25	342	Laura NIX	Carmarthen Harriers	13:22
26	319	Leah THOMAS	Bridgend AC	13:32
27	355	Jenna GALLIVAN-CLASH	Pembrokeshire Harriers	13:46
28	360	Ellie COATES	Swansea Harriers	13:53
29	351	Samantha WALKER	Cwmbran Harriers	14:02
30	322	Joe-Dianna GRABHAM	Bridgend AC	14:07
31	352	Catrin BEZKOROWAJNYJ	Menai T & F	16:38
32	353	Megan BEZKOROWAJNYJ	Menai T & F	16:38

Team Score	1	2	3	4	TOTAL
Bridgend AC	1	7	8	11	27
Carmarthen Harriers	13	14	15	16	58
Cwmbran Harriers	4	5	21	29	59
Swansea Harriers	2	10	22	28	62
NON TEAM SCORES					
Aberystwyth AC	3	24			
Brecon AC	6				
Barry & Vale harriers	9				
Pembrokeshire Harriers	12	20	27		
Trots	23				

WELSH CROSS COUNTRY CHAMPIONSHIPS

SATURDAY 20TH FEBRUARY 2010

SINGLETON PARK, SWANSEA
incorporating the PRIMARY SCHOOLS CHALLENGE

Year 5 & 6 PRIMARY SCHOOLS

POS	BIB	ATHLETE	CLUB	PERF
1	13	Carwyn PENNY	Ysgol Gymraeg Casnewydd	6:17
2	2	Tommy WELTON	Tavernspite	6:26
3	38	Daniel DAVIS	Ffairfach	6:34
4	11	Dewi BENNETT	Y Bontfaen	6:37
5	8	Tom CLARKE	Eglwys Newydd	6:41
6	43	Aled PHILLIPS	Ysgol Gymraeg Rhydaman	6:43
7	16	Curtis HICKS	Ysgol Glan Cleddau	6:52
8	1	Sam WOODNUT	St Michaels	6:54
9	45	Teifion ALLCOCK	Ysgol Gymraeg Rhydaman	7:04
10	33	Joshua HARWOOD	Pontybrenin	7:06
11	9	Alex OLDER	Eglwys Newydd	7:11
12	5	Steffan REES	Eglwyswrw	7:15
13	12	Jac GREENWOOD	Oystermouth	7:20
14	10	Dylan WADDINGTON	Eglwys Newydd	7:21
15	21	Michael JONES	Craig Y Nos	7:25
16	7	Joseph BATTE	Ysgol Gymraeg Gwaun Y Nant	7:26
17	20	Max ARNOLD	Knelston	7:30
18	15	Samuelle WILLIAMS	All Saints	7:32
19	41	Ioan BRANNIGAN	Login Fach	7:35
20	39	Daniel LEWIS	Login Fach	7:37
21	40	Jonathan JAMES	Login Fach	7:38
22	24	Morgan CORRIE	Craig Y Nos	7:39
23	32	Dylan CUMMINGS	Pontybrenin	7:44
24	44	Tomos RICHARDS	Ysgol Gymraeg Rhydaman	7:50
25	42	Edward MORGAN	Login Fach	7:51
26	46	Sion LLEWELLYN	Ysgol Gymraeg Rhydaman	7:57
27	30	Casey BLYTH-DAVIES	Pontybrenin	8:01
28	26	Alex LANG	Pontybrenin	8:03
29	48	James PELUSI	Pennard Primary	8:05
30	18	Kieran HUGHES	Knelston	8:06
31	47	Amman HUFFER	Pennard Primary	8:11
32	25	Lewys EDWARDS	Pontybrenin	8:14
33	17	Oscar ZOEFTIG	Knelston	8:28
34	37	Dion COLFER	Clwyd	8:30
35	36	Connor ESMONDE	Clwyd	8:36
36	23	Andrew SIMS	Craig Y Nos	8:36
37	22	Paul JONES	Craig Y Nos	9:00
38	28	Kieran ELSEY	Pontybrenin	9:21
39	29	Ryan BENNETT	Pontybrenin	9:37
40	19	George LATHAM	Knelston	9:46
41	27	Nathan BRENTON	Pontybrenin	13:12

Team Score	1	2	3	4	TOTAL	
1	Ysgol Gymraeg Rhydaman	6	9	24	26	65
2	Login Fach	19	20	21	25	85
3	Pontybrenin A	10	23	27	28	88
4	Craig Y Nos	15	22	36	37	110
5	Knelston	17	30	33	40	120
6	Pontybrenin B	32	38	39	41	154
NON TEAM SCORES						
	Ysgol Gymraeg Casnewydd	1				
	Tavernspite	2				
	Y Bontfaen	4				
	Eglwys Newydd	5	11	14		
	Ysgol Glan Cleddau	7				
	St Michaels	8				
	Eglwyswrw	12				
	Oystermouth	13				
	Ysgol Gymraeg Gwaun Y Nant	16				
	All Saints	18				
	Clwyd	34	35			

WELSH CROSS COUNTRY CHAMPIONSHIPS

SATURDAY 20TH FEBRUARY 2010

SINGLETON PARK, SWANSEA

incorporating the PRIMARY SCHOOLS CHALLENGE

Year 5 & 6 PRIMARY SCHOOLS

POS	BIB	ATHLETE	CLUB	PERF
1	7	Cari HUGHES	Llanfechell	6:22
2	6	Bethan EVANS	Pontyclun	6:47
3	3	Tegan HARRISON	Tavernspite	6:55
4	1	Mared Wyn OWEN	Carreg Hirfaen	6:59
5	55	Emily WOOSTER	Sully	7:23
6	42	Elissa RATTI	Bishopston	7:25
7	2	Ffion JENKINS	St Michaels	7:28
8	49	Megan TUCKER	Llangynidr	7:31
9	8	Samantha THOMAS	Wick & Marcross	7:35
10	50	Carys JAMES	Ysgol Wdig	7:36
11	4	Lucy DAVIES	Tavernspite	7:41
12	47	Rosie JAMES	Rhayader Cinw	7:43
13	53	Ffion GEORGE	Login Fach	7:45
14	56	Ella BENNETT	Cefn Meiradog	7:54
15	27	Elinor WILLIAMS	Craig Y Nos	8:02
16	9	Paige MURPHY	Oystermouth	8:03
17	10	Amber MURPHY	Oystermouth	8:04
18	15	Megan STRATTON-THOMAS	Pen Y Fro	8:05
19	21	Mary JONES	Knelston	8:06
20	14	Ysabelle WILLIAMS	All Saints	8:13
21	38	Chloe HILL	Bishopston	8:15
22	52	Lowri-Haf THOMAS	Login Fach	8:19
23	48	Layla MOHAMED	Llangewydd	8:22
24	29	Molly JONES	Craig Y Nos	8:36
25	46	Elen JONES	Bishopston	8:40
26	17	Jessica LEWIS	Pen Y Fro	8:40
27	44	Maryanne EVE	Bishopston	8:41
28	36	Abigail JENKINS	Pontybrenin	8:55
29	28	Isabella RUCKLEY-JONES	Craig Y Nos	8:59
30	41	Alys DOW	Bishopston	8:59
31	33	Megan THOMAS	Pontybrenin	9:01
32	19	Pheobe CLOSE	Knelston	9:13
33	23	Rebecca JONES	Knelston	9:18
34	16	Bethan JAMES	Pen Y Fro	9:18
35	34	Holly HURFORD	Pontybrenin	9:22
36	20	Sarah GAMBOLD	Knelston	9:22
37	54	Mari DAVIES	Login Fach	9:31
38	45	Lowri RATTI	Bishopston	9:33
39	24	Kate WILLIAMS	Knelston	9:38
40	40	Emily IRVINE	Bishopston	9:47
41	37	Aimee DAVIES	Pontybrenin	9:48
42	25	Freja DAVIES-JONES	Knelston	9:50
43	30	Hannah WILLIAMS	Craig Y Nos	9:51
44	31	Lydia CAMPBELL	Pontybrenin	9:53
45	11	Ella HAYNES	Oystermouth	10:02
46	13	Olivia JENKINS	Oystermouth	10:03
47	18	Jasmin NEWTON	Pen Y Fro	10:08
48	22	Juliet JAMES	Knelston	10:11
49	51	Carys MESSER	Login Fach	10:17
50	35	Ciara FREEGUARD	Pontybrenin	10:35
51	43	Carys EVANS	Bishopston	10:42
52	26	Katie GROVE	Knelston	11:09

Team Score	1	2	3	4	TOTAL
Bishopston	6	21	25	27	52
Knelston	19	32	33	36	69
Craig Y Nos	15	24	29	43	72
Pontybrenin	28	31	35	41	76
Oystermouth	16	17	45	46	91
Login Fach	13	22	37	49	121
Pen Y Fro	18	26	34	47	125
NON TEAM SCORES					
Llanfechell	1				
Pontyclun	2				
Tavernspite	3	11			
Carreg Hirfaen	4				
Sully	5				
St Michaels	7				
Llangynidr	8				
Wick & Marcross	9				
Ysgol Wdig	9				
Rhayader Cinw	12				
All Saints	20				
Llangewydd	23				