

# 13<sup>th</sup> WELSH INTER REGIONAL CROSS COUNTRY CHAMPIONSHIPS 2011

Provisional results    Held at Royal Welsh Showground, Builth Wells on Saturday, December 10th

## Senior Men 35-39 – 10140m

1	609	Phil Matthews	East	33:35
2	616	Rob Samuel	North	33:49
3	656	Marc Hobbs	West	34:06
4	617	Richard Roberts	North	34:32
5	611	Austin Davies	East	34:35
6	625	David Mountford	North	35:05
7	648	Michael Kallenburg	West	35:19
8	601	Matt Collins	East	36:01
9	618	Llyr Pierce	North	36:06
10	607	Mark Jennings	East	36:29
11	629	Ricky Challinor	North	36:36
12	620	Matthew Rose	North	36:41
13	621	Daniel Weston	North	36:46
14	610	Matt Symes	East	36:57
15	636	Chris Pristavec	South	37:03
16	634	Matthew Wells	South	37:17
17	619	Jordan Evans	North	37:30
18	622	Andy Walling	North	37:48
19	635	Gareth Green	South	37:57
20	624	Andrew Bromley	North	38:04
21	637	Mark Palser	South	38:19
22	639	Daniel Bodman	South	38:30
23	623	Steffan Sayer	North	38:32
24	626	Ifan Richards	North	38:46
25	613	Craig Hudson	East	38:55
26	603	Leighton Rawlinson	East	38:56
27	605	Paul Murrin	East	39:01
28	657	Lewys Hobbs	West	39:21
29	653	Adam Roberts	West	39:57
30	647	Mike Evans	West	40:00
31	612	Matthew Gurmin	East	40:11
32	655	John Morris	West	40:25
33	628	Huw Brassington	North	40:26
34	652	Daniel Hooper	West	40:30
35	608	Owen Flage	East	40:31
36	650	Neil Jones	West	40:36
37	638	Matthew Hopkins	South	41:13
38	631	David Williams	South	41:56
39	660	Stephen Richards	West	42:13
40	659	Richard Thompson	West	42:40
41	641	Craig Sprod	South	42:59
42	602	Mark Harvey	East	43:27
43	658	Chris Dixon	West	43:39
44	630	Vic Belshaw	North	43:51
45	651	Chris Lewis	West	43:56
46	604	James King	East	44:35
47	627	Paul Ballinger	North	45:26
48	633	Stephen Hughes	South	48:12
49	640	Brian Dias	South	50:15
50	642	Gareth Rees	South	54:39

## Team

### Senior Men – 8 to score

		1	2	3	4	5	6	7	8	Pts	Score
1	North	2	4	6	9	11	12	13	17	74	15
2	East	1	5	8	10	14	25	26	27	116	14
3	West	3	7	28	29	30	32	34	36	199	13
4	South	15	16	19	21	22	37	38	41	209	12

### U20 Men – 6830m

1	416	Charlie Hulson	North	22:50
2	450	Liam Lloyd	West	22:59
3	402	Chris Carpanini	East	23:01
4	448	Josh Griffiths	West	23:24
5	420	James Roberts	North	24:01
6	403	Emrys Penny	East	24:03
7	447	Matthew Thomas	West	24:25
8	432	Matthew Drury	South	24:58
9	433	Tom Davis	South	25:07
10	451	Paul Tobin	West	25:19
11	454	Luke Clements	West	25:34
12	417	William Sheridan	North	26:08
13	436	Rhys George	South	26:18

14	453	Sam Joseph	West	26:54
15	406	Jacob Zennadi	East	27:19
16	452	Matthew O'Leary	West	27:30
17	437	Joel Redman	South	27:55

### Team – 5 to score

		1	2	3	4	5	Points	Score
1	West	2	4	7	10	11	34	15
	South	8	9	13	17		-	4
	East	3	6	15			-	3
	North	1	5	12			-	3

### U17 Men – 5450m

1	231	Matthew Edwards	South	17:43
2	246	Lloyd Heckler	West	17:55
3	232	Mike Ward	South	18:02
4	251	Connor Davies	West	18:10
5	217	Nathan Jones	North	18:37
6	216	Gwynant Jones	North	18:44
7	233	Jack Gooch	South	19:08
8	247	Ronan Llyr	West	19:19
9	238	Sam Longville	South	19:27
10	201	Jack Fear	East	19:28
11	237	James Hunt	South	19:29
12	249	Laurie Hanorth	West	19:46
13	220	Ryan Foulkes	North	19:48
14	248	Ieuan Cooke	West	19:52
15	223	Alex Lanz	North	19:54
16	229	Andrew Williams	North	19:57
17	234	Tom Bevan	South	20:03
18	207	Owen Davies	East	20:18
19	205	Chris Price	East	20:21
20	218	Tomos Harding	North	20:31
21	239	Jacob Preece	South	20:32
22	253	Emlyn Lewis	West	20:34
23	236	Rory Heslop	South	20:37
24	241	Elliot Clissold	South	20:49
25	208	Andy Greenslade	East	20:51
26	240	Elliot Richards	South	21:12
27	226	Jamie Evans	North	21:25
28	252	Alistair Davies	West	21:28
29	219	Jacob Griffith	North	22:03
30	222	Liam Price	North	22:26
31	254	Aidan Jones	West	22:49
32	242	Daniel Glen	South	24:12
33	228	Jacob Jones	North	24:15

### Teams – 8 to score

		1	2	3	4	5	6	7	8	Pts	Score
1	South	1	3	7	9	11	17	21	23	92	15
2	West	2	4	8	12	14	22	28	31	121	14
3	North	5	6	13	15	16	20	27	29	131	13
	East	10	18	19	25					-	4

### U15 Boys – 4070m

1	550	Jac Hopkins	West	12:56
2	525	Iolo Hughes	North	13:14
3	516	John Spill	North	13:18
4	533	John Cove	South	13:24
5	555	Christian Lovatt	West	13:25
6	534	Ciaran Lewis	South	13:30
7	552	Nikita Neary	West	13:39
8	523	Ben Paxton	North	13:51
9	549	Aran Rees	West	13:56
10	537	Danny Morgan	South	13:59
11	540	Alex Price	South	14:03
12	532	Dafydd George	South	14:05
13	536	Nick Jones	South	14:07
14	547	Liam Bradley	West	14:09
15	535	Rhys Gooch	South	14:11
16	539	Lewis Brunt	South	14:14
17	522	Tristan Henry	North	14:19
18	558	Ashley Hopkins	West	14:26
19	501	Alex McDowell	East	14:29
20	502	Tyler Pritchard	East	14:35

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21	518	Rhys James	North	14:36
22	519	Louie Bennett	North	14:41
23	520	Grant Leach	North	14:49
24	542	Kieran Harris	South	14:56
25	545	Liam Hatch	South	15:02
26	556	Elgan Roberts	West	15:04
27	544	Gareth Hurman	South	15:06
28	541	Ieuan Mercer	South	15:09
29	543	Jacob O'Donnell	South	15:11
30	554	Benjamin Williams	West	15:12
31	505	Gabriel Kay	East	15:13
32	504	Michael Lewis	East	15:14
33	521	Richard Evans	North	15:15
34	557	Tom Walters	West	15:17
35	546	Callum Beare	West	15:23
36	553	Hendrik De Smet	West	16:13
37	548	Finnley Thompson	West	16:40
dnf	531	Lewis Jones	South	

## Team – 8 to score

		1	2	3	4	5	6	7	8	Pts	Score
1	South	4	6	10	11	12	13	15	16	87	15
2	West	1	5	7	9	14	18	26	30	110	14
3	North	2	3	8	17	21	22	23	33	129	13
	East	19	20	31	32					-	4

## U13 Boys – 2470m

1	331	Jake Heywood	South	08:08
2	347	Marinus Petersen	West	08:17
3	333	Tomos Acreman	South	08:19
4	316	Michael Roberts	North	08:25
5	336	Aeron Evans	South	08:29
6	323	Joseph Critchley	North	08:30
7	334	Callam Barrie	South	08:37
8	335	Benji Edwards	South	08:39
9	346	Oliver Jones	West	08:40
10	301	Carwyn Penny	East	08:48
11	321	Thomas Evans	North	08:50
12	327	Matthew Willis	North	08:51
13	353	Elliott Lawrence	West	08:54
14	342	Will Marsh	South	08:54
15	324	Liam Lees	North	08:57
16	322	Lawrence Henry	North	09:03
17	338	Josh Petersen	South	09:04
18	337	Joe Alder	South	09:05
19	351	Aled Phillips	West	09:06
20	355	Euan Cox	West	09:07
21	304	Lewis Daniels	East	09:07
22	303	Matthew Catterall	East	09:08
23	320	Garn Jones	North	09:10
24	344	Ben McCullagh	South	09:15
25	352	Samuel Martin	West	09:16
26	348	Nathaniel Davies	West	09:18
27	341	Jac Smith	South	09:19
28	305	Elliot Dunn	East	09:20
29	340	Joe Scammell	South	09:33
30	357	Jacob Seal	West	09:35
31	345	Sam Williams	South	09:38
32	339	Ryan Harris	South	09:41
33	356	Frazer Robertson	West	09:47
34	306	Jamie Greenslade	East	09:51
35	319	Ryan Cain	North	11:24
36	350	Huw Cooke	West	15:50

## Team – 8 to score

		1	2	3	4	5	6	7	8	Pts	Score
1	South	1	3	5	7	8	14	17	18	73	15
2	North	4	6	11	12	15	16	23	35	122	14
3	West	2	9	13	19	20	25	26	30	144	13
	East	10	21	22	28	34				-	5

## Senior Women – 6830m

1	551	Caryl Jones	West	25:19
2	503	Nicola Knapp	East	26:25
3	531	Debbie Rees	South	26:35
4	534	Kate Beecher	South	27:49
5	532	Michelle Allen	South	28:13
6	502	Rhi Jinny-Jones	East	28:33
7	550	Angharad Davies	West	28:44
8	507	Emily Brown	East	28:52
9	548	Helen Marshall	West	29:29
10	521	Becky Law	North	29:39
11	537	Ruth Barratt	South	29:57
12	535	Claire Beatty	South	30:32
13	552	Elizabeth G Jones	West	30:36
14	533	Natalie Allen	South	31:04
15	520	Wendy Trimbel	North	31:25
16	526	Yvonne Hill	North	32:32
17	524	Jo McDonough	North	32:41
18	547	Caryl Davies	West	32:50
19	505	Clair Williams	East	32:52
20	523	Katie Brandrick	North	34:12
21	522	Gwen Jones	North	34:19
22	546	Lisa Williams	West	37:01

## Teams – No complete teams – 8 to score

	1	2	3	4	5	6	Pts
North	10	15	16	17	20	21	6
South	3	4	5	11	12	14	6
West	1	7	9	13	18	22	6
East	2	6	8	19			4

## U20 Women – 5300m

1	301	Ffion Price	East	20:30
2	302	Rhianwedd Price	East	21:08
3	316	Sarah Livett	North	22:06
4	346	Jemina Osborn	West	22:50
5	347	Katie Reynolds	West	23:12
6	303	Cassidy Skinner	East	23:46
7	350	Elysia Pearson	West	25:07
8	349	Kaiha Williams	West	28:36
9	319	Kirsty Lee	North	30:31

## Teams – No complete teams – 5 to score

	1	2	3	4	Score
West	4	5	7	8	4
East	1	2	6		3
North	3	9			2
South					0

## U17 Women – 4650m

1	201	Malika Rezougui	East	18:31
2	251	Elin Davies	West	18:40
3	217	Georgia Garner	North	18:49
4	231	Rebecca Evans	South	18:52
5	249	Megan Turner	West	18:57
6	252	Kari O'Neill	West	19:06
7	250	Caitlin Thompson	West	19:10
8	248	Rhian Homer	West	19:16
9	257	Lauren Bell	West	19:32
10	233	Jessica Jacques	South	19:34
11	239	Anna Morris	South	19:57
12	259	Megan C Davies	West	19:58
13	232	Fiona Bray	South	20:11
14	256	Stacey Webber	West	20:18
15	247	Iona Evans	West	20:25
16	238	Clare Harwood	South	20:31
17	202	Francesca Hyde	East	20:45
18	234	Nikita John	South	20:46
19	237	Rhiannon Middleton	South	20:53
20	254	Josie Lewis	West	20:54
21	258	Lowri Heckler	West	20:55
22	240	Ellen Harvard	South	21:14
23	255	Hannah Austin	West	22:05
24	204	Bethan Jackson	East	22:17
25	235	Olivia Dyer	South	22:39
26	246	Leah Wilson-Randell	West	23:23

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27	207	Zoe Holloway	East	25:36
28	236	Bethan Yapp	South	26:45
29	241	Naomi Jade Williams	South	27:13

## Teams – 8 to score

		1	2	3	4	5	6	7	8	Pts	Score
1	West	2	5	6	7	8	9	12	14	63	15
2	South	4	10	11	13	16	18	19	22	113	14
	East	1	17	24	27					-	4
	North	3								-	1

## U15 Girls – 4070m

1	656	Olivia Gwynn	West	14:58
2	633	Ellie Atkinson	South	15:15
3	620	Alex Cawthra	North	15:17
4	618	Mollie Davies	North	15:19
5	601	Heidi Davies	East	15:30
6	660	Cari Harries	West	15:41
7	632	Kate Seary	South	15:51
8	649	Caitlin Page	West	15:57
9	657	Lara Philippart	West	16:05
10	631	Rosa Yates	South	16:17
11	645	Betsan Jenkins	South	16:21
12	619	Lily Davis	North	16:24
13	639	Megan Tatnell	South	16:31
14	658	Shannon De Smet	West	16:36
15	634	Jazmine Briganti	South	16:38
16	646	Ffion Quan	West	16:46
17	636	Kate Coker	South	16:48
18	638	Alice Broadley	South	16:53
19	637	Emma Key	South	16:56
20	608	Chelsie Harris	East	16:57
21	635	Erin Hayes	South	16:58
22	642	Ela Emyr	South	17:08
23	652	Amber Howell	West	17:21
24	617	Abbi Williams	North	17:22
25	643	Rosie May Thompson	South	17:39
26	651	Siobhan Eleri	West	17:43
27	644	Joe-Dianna Grabham	South	18:00
28	602	Samantha Walker	East	18:06
29	626	Lara Cain	North	18:18
30	623	Ellie New	North	18:20
31	605	Olivia Louise Turley	East	18:26
32	654	Hollie Owen	West	18:30
33	622	Abigail Bowers	North	18:49
34	659	Poppy Lewis	West	19:19
35	607	Bronwyn Satterly	East	19:50
36	604	Cheyenne Sinclair	East	19:57
37	606	Lauren Shankland	East	20:00
38	647	Rhiannon Fenn	West	21:16
dnf	641	Stephanie Lowe	South	

## Teams – 8 to score

		1	2	3	4	5	6	7	8	Pts	Score
1	South	2	7	10	11	13	15	17	18	93	15
2	West	1	6	8	9	14	16	23	26	103	14
	East	5	20	28	31	35	36	37		-	7
	North	3	4	12	24	29	30	33		-	7

## U13 Girls – 2470m

1	416	Cari Hughes	North	08:38
2	431	Seren Allin	South	08:45
3	432	Bethan Evans	South	09:03
4	450	Jessica Bradley	West	09:12
5	454	Bethan Harris	West	09:17
6	434	Holli Jehu	South	09:20
7	452	Alicia Jones	West	09:24
8	455	Isabella Davies	West	09:25
9	433	Isobel Dodd	South	09:28
10	435	Elishka Coupar	South	09:30
11	456	Sioned Glynn	West	09:31
12	417	Robyn Williams	North	09:32
13	438	Megan Bowen	South	09:35
14	447	Ellie McCormick	West	09:36

15	424	Lauren Williams	North	09:38
16	442	Anabelle Birch-Hurst	South	09:39
17	418	Ellie Russell	North	09:41
18	436	Emily Griffin	South	09:43
19	448	Tegan Harrison	West	09:46
20	459	Mared Owen	West	09:50
21	419	Martha Owen	North	09:52
22	453	Lucy Davies	West	09:53
23	440	Ysabelle Williams	South	09:54
24	451	Awen Lewis	West	09:56
25	411	Issy Morris	East	09:57
26	441	Emily Wooster	South	09:58
27	437	Molly Rees	South	10:00
28	446	Eira James	West	10:01
29	449	Anna Garvey	West	10:03
30	423	Hannah Pryce	North	10:09
31	460	Ffion Jenkins	West	10:10
32	422	Zara Baker	North	10:13
33	439	Caitlin Exton	South	10:19
34	445	Victoria Shaw	South	10:32
35	404	Amy Little	East	10:36
36	421	Gwenno Morris	North	10:37
37	409	Rosie James	East	10:50
38	407	Amy Sinclair	East	10:52
39	405	Olivia Jones	East	10:54
40	458	Megan S Thomas	West	11:00
41	426	Jodie Mitchell	North	12:03
42	403	Paige Lowe	East	12:24
dnf	443	Katie Long	South	12:12

## Team – 8 to score

		1	2	3	4	5	6	7	8	Pts	Score
1	South	2	3	6	9	10	13	16	18	77	15
2	West	4	5	7	8	11	14	19	20	88	14
3	North	1	12	15	17	21	30	32	36	164	13
	East	25	35	37	38	39	42			-	6

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## Points Trophies

### Male Points

	U13B	U15B	U17M	JM	
West	13	14	14	15	56
South	15	15	15	4	49
North	14	13	13	3	43
East	5	4	4	3	16

	SM	M40-49	M50+	
North	15	13	15	43
East	14	15	13	42
South	12	14	14	40
West	13	12	12	37

Posn	Men Overall	
1	West	93
2	South	89
3	North	86
4	East	58

### Female Points

	U13G	U15G	U17W	JW	
West	14	14	15	4	47
South	15	15	14	0	44
North	13	7	1	2	23
East	6	7	4	3	20

### Female Points

	SW	W35-44	W45+	
West	6	13	15	34
East	4	15	14	33
North	6	14	13	33
South	6	3	12	21

Posn	Women Overall	
1	West	81
2	South	65
3	North	56
4	East	53

Overall Points	Male	Female	
West	93	81	174
South	89	65	154
North	86	56	142
East	58	53	111