



Race 1 - U13 Girls 2,800m

POS	BIB	ATHLETE	CLUB	PERF
1	216	Rosa YATES	Bridgend AC	10:48
2	172	Seren ALLIN	Bridgend AC	10:54
3	177	Heidi DAVIES	Brecon AC	11:10
4	191	Cari HUGHES	Menai T&F	11:18
5	178	Mollie DAVIES	Menai T&F	11:55
6	183	Bethan EVANS	Pontyclun AC	11:59
7	204	Caitlin PAGE	Sarn Helen	12:02
8	212	Emily THOMAS	Aberystwyth AC	12:04
9	180	Shannon De SMET	Carmarthen Harriers	12:13
10	174	Jessica BRADLEY	Pembrokeshire Harriers	12:15
11	194	Alicia JONES	Pembrokeshire Harriers	12:24
12	197	Courtley LOCK	Bridgend AC	12:26
13	207	Ffion QUAN	Sarn Helen	12:29
14	199	Bethan MEOPHAM	Pembrokeshire Harriers	12:32
15	213	Megan TUCKER	Brecon AC	12:37
16	190	Tegan HARRISON	Pembrokeshire Harriers	12:40
17	193	Rosie JAMES	Brecon AC	12:48
18	211	Rachel SMOUT	Brecon AC	13:08
19	179	Ferne DAVIS	Colwyn Bay AC	13:12
20	210	Alice RUSSELL-STRETCH	Pembrokeshire Harriers	13:15
21	182	Siobhan ELEN	Carmarthen Harriers	13:26
22	201	Gwenno MORRIS	Colwyn Bay AC	12:40
23	215	Sarah WILLIAMS	Maldwyn Harriers	12:59
24	200	Rebecca MOORCROFT	Colwyn Bay AC	14:11
25	202	Laura NIX	Carmarthen Harriers	14:19
26	184	Ffion EVANS	Carmarthen Harriers	14:34
27	206	Josie PUGH	Maldwyn Harriers	15:47
28	187	Nia FGRIFFITHS	Carmarthen Harriers	15:48
29	196	Siriol JONES	Colwyn Bay AC	16:48
30	181	Lois EDWARDS	Deeside AAC	17:48
31	198	Alys MARSH-HUGHES	Colwyn Bay AC	18:48
32	214	Catrin WELSBURY	Colwyn Bay AC	19:48

FINAL TABLE - U13 Girls 2,800m

Pos	Club	1	2	3	4	Total
1	Pembrokeshire Harriers	10	11	14	16	51
2	Brecon AC	3	15	17	18	53
3	Carmarthen Harriers	9	17	21	22	69
4	Colwyn Bay AC	18	20	25	27	90



Race 2 - U13 Boys 2,800m				
POS	BIB	ATHLETE	CLUB	PERF
1	168	John SPILL	Menai T&F	10.18
2	157	Nikita NEARY	Carmarthen Harriers	10.29
3	163	Tyler PRITCHARD	Cwmbran Harriers	10.38
4	161	Alexander PRICE	Aberdare VAAC	11.04
5	146	Keiran HARRIS	Cardiff AAC	11.06
6	166	Mike ROBERTS	Colwyn Bay AC	11.12
7	144	Henrick De SMET	Carmarthen Harriers	11.15
8	153	Danyaal MOHAMED	Bridgend AC	11.20
9	170	Tom WALTERS	Carmarthen Harriers	11.21
10	154	Danny MORGAN	Cwmbran Harriers	11.26
11	164	Jordan RICHARDS	Carmarthen Harriers	11.27
12	139	Jack BROOKES	Menai T&F	11.32
13	145	Thomas EVANS	Wrexham AC	11.34
14	141	Matthew CATTERALL	Brecon AC	11.55
15	41	Alex LOVE	Cardiff AAC	11.58
16	147	Lawrence HENRY	Deeside AAC	12.04
17	162	Scott PRITCHARD	Brecon AC	12.07
18	151	Garn JONES	Menai T&F	12.09
19	160	Aaran POWELL	Cwmbran Harriers	12.27
20	159	Jack PARRY	Deeside AAC	12.33
21	148	Cameron JAMES	Brecon AC	13.47

FINAL TABLE - U13 Boys 2,800m						
Pos	Club	1	2	3	4	Total
1	Carmarthen Harriers	2	7	9	11	29



Race 3 - U15 Girls 4,280m				
POS	BIB	ATHLETE	CLUB	PERF
1	286	Kate SEARY	Cardiff AAC	17.03
2	259	Rebecca EVANS	Pontyclun AC	17.11
3	280	Lara PHILIPART	Swansea Harriers	17.46
4	278	Kari O'NEILL	Carmarthen Harriers	17.59
5	270	Eleanor JONES	Deeside AAC	18.06
6	263	Chelsea HARRIS	Cwmbran Harriers	10.10
7	267	Francesca HYDE	Cwmbran Harriers	18.23
8	276	Scarlett McPHILLIPS	Blaenau Gwent	18.31
9	266	Rhian HOMER	Pembrokeshire Harriers	18.32
10	258	Iona EVANS	Swansea Harriers	18.40
11	274	Poppy LEWIS	Pembrokeshire Harriers	18.42
12	291	Olivia TURLEY	Cwmbran Harriers	18.48
13	252	Jazmine BRIGANTI	Bridgend AC	18.59
14	279	Megan OSBORNE	Bridgend AC	19.01
15	260	Georgia GARNER	Colwyn Bay AC	19.14
16	271	Lucy JONES	Carmarthen Harriers	19.15
17	290	Megan THOMAS	Carmarthen Harriers	19.16
18	257	Niamh ELAIH	Carmarthen Harriers	19.27
19	265	Lowri HECKLER	Carmarthen Harriers	19.41
20	292	Nia WARD	Bridgend AC	19.42
21	283	Kathryn ROBERTS	Deeside AAC	20.18
22	281	Hannah PIERCY	Deeside AAC	21.53

FINAL TABLE - U15 Girls 4,280m						
Pos	Club	1	2	3	4	Total
1	Carmarthen Harriers	4	16	17	18	55



Race 4 - U15 Boys 4,280m				
POS	BIB	ATHLETE	CLUB	PERF
1	228	Rhys GRANVILLE	Carmarthen Harriers	14.55
2	223	Owen DAVIES	Cwmbran Harriers	15.03
3	234	James HUNT	Bridgend AC	15.08
4	238	Lewis JONES	Bridgend AC	15.18
5	225	Jack FEAR	Newport Harriers	15.21
6	244	Andrew MORRIS-JONES	Menai T&F	15.22
7	242	Christian LOVATT	Carmarthen Harriers	15.26
8	233	Iolo HUGHES	Menai T&F	15.30
9	241	Ciaran LEWIS	Cardiff AAC	15.38
10	237	Ben JONES	Cwmbran Harriers	15.48
11	243	Alexander McDOWELL	Cwmbran Harriers	15.55
12	218	Matthew BLACKWELL	Deeside AAC	15.57
13	220	Ieuan COOKE	Pembrokeshire Harriers	15.58
14	229	Jacob GRIFFITHS	Colwyn Bay AC	16.05
15	219	Liam BRADLEY	Pembrokeshire Harriers	16.08
16	230	Tristan HENRY	Deeside AAC	16.11
17	235	Rhys JAMES	Menai T&F	16.15
18	224	Tom EDMUNDS	Cardiff AAC	16.19
19	231	Ashley HOPKINS	Swansea Harriers	16.27
20	240	Grant LEACH	Deeside AAC	16.35
21	248	Andrew WILLIAMS	Deeside AAC	16.52
22	217	Louie BENNETT	Colwyn Bay AC	17.25
23	249	Bejamin WILLIAMS	Carmarthen Harriers	17.53
24	250	Sam WITHERS	Pembrokeshire Harriers	17.55
25	239	Rhydian JONES	Swansea Harriers	18.44

FINAL TABLE - U15 Boys 4,280m						
Pos	Club	1	2	3	4	Total
1	Deeside AAC	12	16	20	21	69



Race 5 - U17 Women & U20 Women 4,960m

POS	BIB	ATHLETE	CLUB	PERF
1	349	Ffion PRICE U17W	Brecon AC	17.03
2	389	Michelle ALLEN U20W	Cardiff AAC	17.08
3	370	Natasha COCKRAM U20W	Cwmbran Harriers	17.13
4	350	Rhian PRICE U17W	Brecon AC	17.19
5	344	Sarah LIVETT U17W	Menai T&F	17.21
6	355	Megan WITHERS U17W	Pembrokeshire Harriers	17.28
7	375	Abbie OLIVER U20W	Deeside AAC	17.51
8	390	Natalie ALLEN U20W	Cardiff AAC	17.59
9	347	Jemima OSBORNE U17W	Swansea Harriers	18.24
10	354	Megan TURNER U17W	Aberystwyth AC	18.44
11	340	Bethan KIDGER U17W	Phoenix Brighton	19.19
12	348	Lily OWEN U17W	Maldwyn Harriers	19.33
13	342	Heather LEWIS U17W	Pembrokeshire Harriers	20.15
14	337	Claire HARWOOD U17W	Cardiff AAC	20.36
15	333	Shannon CHILTON U17W	Deeside AAC	21.20
16	343	Josie LEWIS U17W	Pembrokeshire Harriers	21.30
17	345	Sian MESSUM U17W	Deeside AAC	21.37
18	334	Carys EDWARDS U17W	Deeside AAC	21.40
19	330	Amie BAGNALL U17W	Prestatyn RC	22.01
20	332	Laura BLACKWELL U17W	Deeside AAC	22.02
21	352	Lisa SMITH U17W	Brecon AC	24.40
22	338	Elin JAMES U17W	Menai T&F	25.37

FINAL TABLE - U17 Women & U20 Women 4,960m

Pos	Club	1	2	3	4	Total
1	Deeside AAC	7	15	17	18	57



Race 6 - U17 Men 5,880m				
POS	BIB	ATHLETE	CLUB	PERF
1	313	Liam LLOYD	Swansea Harriers	19.52
2	303	Joshua GRIFFITHS	Carmarthen Harriers	20.12
3	324	Mike WARD	Cardiff AAC	20.16
4	309	Nathan JONES	Colwyn Bay AC	20.25
5	304	Lloyd HECKLER	Carmarthen Harriers	20.28
6	299	Matthew EDWARDS	Barry & Vale Harriers	20.35
7	297	Matt DRURY	Cardiff AAC	20.40
8	314	Ronan LLYR	Carmarthen Harriers	21.06
9	298	Tom EARLEY	Colwyn Bay AC	21.15
10	311	Alex LANZ	Meirionnydd	21.16
11	305	Rory HESLOP	Cardiff AAC	21.19
12	320	William SHERIDAN	Deeside AAC	21.32
13	295	David BLOWER	Wrexham AC	21.39
14	315	Sam LONGVILLE	Bridgend AC	21.47
15	316	Matthew O'LEARY	Neath Harriers	22.13
16	329	Evan WYNNE	Newport Harriers	22.28
17	306	Owain JAMES	Menai T&F	23.07
18	302	Jamie EVANS	Meirionnydd	24.02
19	301	Dafydd EVANS	Colwyn Bay AC	24.05
20	317	George OLIVER	Deeside AAC	24.07
21	321	Callum SMITH	Prestatyn RC	25.12
22	318	Nathan RICHARDS	Carmarthen Harriers	29.53

FINAL TABLE - U17 Men 5,880m						
Pos	Club	1	2	3	4	Total
1	Carmarthen Harriers	2	5	8	22	37



Race 7 - U20 Men 6,860m				
POS	BIB	ATHLETE	CLUB	PERF
1	82	Rowan AXE	Cardiff AAC	22.26
2	358	Rhys GLASTONBURY	Windsor S,E,&H	22.52
3	357	Steven BOYTON	Deeside AAC	23.32
4	372	Alex EDWARDS	Cwmbran Harriers	23.50
5	365	Matthew RICHARDS	Pembrokeshire Harriers	25.00
6	356	Daniel BODMAN	Pontypridd Roadents	25.24
7	366	Craig SPROD	Aberdare VAAC	28.21

FINAL TABLE - U20 Men 6,860m						
Pos	Club	1	2	3	4	Total
1	NONE					



Race 8 - Senior Women 6,860m

FINAL TABLE - Senior Women 6,860m

POS	BIB	ATHLETE	CLUB	PERF
1	395	Non STANFORD U23W	Swansea Harriers	25.54
2	391	Alaw BEYNON-THOMAS U23W	Carmarthen Harriers	26.02
3	124	Debbie REES SW	Cardiff AAC	26.07
4	111	Marilyn KITCHING SW	Tattenhall Runners	26.16
5	109	Caryl JONES SW	TROTS	26.40
6	99	Carol GLOVER SW	Swansea Harriers	27.08
7	120	Shan MORGAN SW	Swansea Harriers	27.23
8	96	Katie BEECHER SW	Les Croupiers	27.37
9	127	Erica ROBINSON SW	Buckley Runners	27.48
10	123	Katie PARRY SW	Valley Striders	27.58
11	129	Andrea ROWLANDS SW	Eryri Harriers	28.40
12	100	Satu HAIKALA SW	Brecon AC	28.49
13	396	Debbie WILLIAMS U23W	Menai T&F	29.10
14	138	Maria ZUBIZARRETA SW	Les Croupiers	29.25
15	103	Sian HARRISON SW	B.R.A.T	29.26
16	115	Tammy LEWIS-JONES SW	Eryri Harriers	29.40
17	119	Helen MARSHALL SW	Aberystwyth AC	30.17
18	114	Rebecca LAW SW	Eryri Harriers	30.51
19	106	Cheryl HUDGELL SW	Les Croupiers	31.16
20	118	Helen MacARTHUR SW	Colwyn Bay AC	31.39
21	101	Linda HAMPTON-JONES SW	Wrexham AC	32.12
22	94	Liz ASHTON SW	Les Croupiers	32.34
23	110	Sian KIRK SW	Swansea Harriers	33.01
24	128	Vicky RONALD SW	Colwyn Bay AC	33.52
25	116	Jane LINDLEY SW	Buckley Runners	34.19
26	32	Laurie GRIFFITH SW	Colwyn Bay AC	35.10
27	105	Claire HOUSE SW	San Domenico RC	35.47
28	102	Amanda HARRISON SW	Wrexham AC	36.30
29	126	Paula ROBERTS SW	Colwyn Bay AC	37.16
30	122	Ann-Marie PARRY SW	Wrexham AC	38.39
31	136	Bernadette WILKINSON SW	San Domenico RC	39.15
32	97	Gillian CSIZMADIA SW	Wrexham AC	41.21
33	107	Rowena HUNTER SW	Colwyn Bay AC	42.41

Pos	Club	1	2	3	4	Total
1	Swansea Harriers	1	6	7	23	37
2	Les Croupiers	8	14	19	22	63
3	Colwyn Bay AC	20	24	26	29	99



Race 9 - Senior Men 10,300m

POS	BIB	ATHLETE	CLUB	PERF
1	385	Afan HUMPHRIES U23M	Swansea Harriers	33.53
2	76	Rob SAMUEL SM	Eryri Harriers	34.09
3	37	Marc HOBBS SM	Swansea Harriers	34.14
4	54	Phil MATTHEWS SM	Swansea Harriers	34.36
5	65	Jon PETERS U23M	Cardiff AAC	34.48
6	47	Nathaniel LANE SM	Cardiff AAC	34.55
7	56	James MILLS SM	Cardiff AAC	34.58
8	9	Hywel CARE SM	Woodford Green & E L	35.00
9	57	Ian MITCHELL SM	Tipton Harriers	35.11
10	25	Wynne EVANS SM	Carmarthen Harriers	35.40
11	381	Joshua DIXON U23M	Abergele Harriers	35.53
12	33	Daniel GURMIN SM	Swansea Harriers	36.45
13	379	Ricky CHALLINOR U23M	Liverpool Harriers	36.54
14	378	Andrew BROMLEY U23M	Deeside AAC	36.58
15	11	PHIL COOKE SM	Les Croupiers	37.15
16	66	James RAVEN SM	Cardiff AAC	37.18
17	90	Lewis WINFIELD-YOUNG SM	Cardiff AAC	37.20
18	73	Matthew ROSE SM	Buckley Runners	37.31
19	67	David REES SM	Swansea Harriers	37.37
20	70	Ifan RICHARDS SM	Meirionnydd	37.42
21	44	Lee JONES SM	Deeside AAC	37.44
22	86	Andrew WALLING SM	Menai T&F	37.57
23	78	Steffan SAYER SM	Menai T&F	37.59
24	20	Nick DUKES SM	Les Croupiers	38.12
25	64	Mark PALSER SM	Les Croupiers	38.39
26	71	Steve RICHARDS SM	Swansea Harriers	38.42
27	74	Daniel ROTHWELL SM	Swansea Harriers	39.00
28	7	Jez BROWN SM	Buckley Runners	39.17
29	8	Eric CAMPBELL SM	Buckley Runners	39.50
30	27	Matthew FORTES SM	Eryri Harriers	39.54
31	31	Gareth GREEN SM	San Domenico RC	39.59
32	17	Stephen DAVIES SM	Mansfield Harriers	40.21
33	72	Mike ROBBINS SM	Wrexham AC	40.36
34	38	Rob HUNT SM	Bridgend AC	41.12
35	89	Gary WILLIAMS SM	Menai T&F	41.20
36	387	Thomos ROBERTS U23M	Meirionnydd	41.23
37	50	Arwel LEWIS SM	Eryri Harriers	41.39
38	81	Peter SOWERBY SM	Brecon AC	41.59
39	51	Brian LOVETT SM	San Domenico RC	42.09
40	39	Billy HUNTER SM	Colwyn Bay AC	42.28
41	380	Daniel DAVIES U23M	Pembrokeshire Harriers	42.42
42	30	Russel GODWIN SM	Colwyn Bay AC	42.45
43	43	Jos JONES SM	Aberystwyth AC	43.06
44	49	Elio LePORE SM	Les Croupiers	43.18
45	77	Glyn SANSOM SM	San Domenico RC	43.52
46	91	Chris YORKE SM	Colwyn Bay AC	44.23
47	59	Ronan MORRIS SM	San Domenico RC	45.00
48	29	Jeff GIFFORD SM	Buckley Runners	45.07
49	5	Dave BOOTHROYD SM	Buckley Runners	45.47
50	6	Richard BORNE SM	Eryri Harriers	45.49

FINAL TABLE - Senior Men 10,300m

Pos	Club	1	2	3	4	5	6	Total
1	Swansea Harriers	1	3	4	12	19	26	65
2	Cardiff AAC	5	6	7	16	17	59	110
3	Buckley Runners	18	28	29	48	49	64	236
4	San Domenico RC	31	39	45	47	51	53	266
5	Colwyn Bay AC	40	42	46	52	55	57	292



Race 9 - Senior Men 10,300m

POS	BIB	ATHLETE	CLUB	PERF
51	55	Ian McDONALD SM	San Domenico RC	46.08
52	60	Ian MULLIGAN SM	Colwyn Bay AC	46.11
53	80	Dominic SHIELDS SM	San Domenico RC	46.14
54	2	Charles ASHLEY SM	Wrexham AC	46.31
55	3	Leon BENNETT SM	Colwyn Bay AC	46.43
56	18	James DELANEY SM	San Domenico RC	47.09
57	88	Chris WILLIAMS SM	Colwyn Bay AC	47.27
58	12	Kevin CORCORAN SM	Swansea Harriers	48.07
59	19	Brian DIAS SM	Cardiff AAC	49.25
60	75	Nigel ROWLANDS SM	Clwydian Range Runners	49.34
61	85	Phil WALKER SM	Wrexham AC	49.45
62	24	Paul EVANS SM	Wrexham AC	50.51
63	4	Mike BLAKE SM	Eryri Harriers	52.50
64	68	Marcus REID SM	Buckley Runners	53.58
65	21	Mike EDWARDS SM	Wrexham AC	57.49
66	52	Robert MacKEY SM	Buckley Runners	59.23
67	83	Jack THOMAS SM	Buckley Runners	62.33

FINAL TABLE - Senior Men 10,300m

Pos	Club	1	2	3	4	5	6	Total
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