



WELSH ATHLETICS ATHLETAU CYMRU

113th Geore Crump Memorial
Cross Country Championships
Saturday 25th February
Singleton Park, Swansea



incorporating Year 5 & 6 Primary Schools

Clubs Participation Award
Swansea Harriers-41 Athletes



WELSH ATHLETICS ATHLETAU CYMRU

George Crump M.B.E. Memorial

113th Welsh Cross Country Championships 2017
Singleton Park, Swansea Saturday 25th February



WELSH ATHLETICS
ATHLETAU CYMRU



George Crump MBE Memorial

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WELSH ATHLETICS
ATHLETAU CYMRU

RACE 01 Under 13 Boys 3,120m				
Pos	Bib	Athlete	Club	Time
1	540	Jacob REYNOLDS	Cardiff AAC	10:53
2	527	Frank MORGAN	Carmarthen Harriers	11:05
3	516	Iori HUMPHREYS	Pembrokeshire Harriers	11:09
4	514	Cian HARRIES	Pembrokeshire Harriers	11:15
5	506	Liam EDWARDS	Carmarthen Harriers	11:22
6	518	Dafydd JONES	Carmarthen Harriers	11:29
7	519	Huw JONES	Deeside AAC	11:38
8	525	Ben MACEY	Cardiff AAC	11:41
9	534	Andrew PENROSE	Cardiff Archers	11:48
10	504	Spencer DAVIES	Brecon AC	11:59
11	515	Roman HODGSON	Deeside AAC	12:08
12	501	Iwan COYLE	Brecon AC	12:11
13	528	Joseff MORGAN	Menai Track & Field	12:15
14	532	Deiniol OWEN	Maldwyn Harriers	12:19
15	508	Kian EVANS	Swansea Harriers	12:20
16	520	Lloyd JONES	Cardiff AAC	12:22
17	517	Ceredig JONES	Westbury Harriers	12:25
18	546	William WATT	Barry & Vale Harriers	12:29
19	513	Rhys HARDMAN	Bridgend AC	12:30
20	500	Cameron COBURN	Bridgend AC	12:36
21	623	Jacob WAKELING	Tockington School	12:42
22	524	Morgan LLOYD	Carmarthen Harriers	12:44
23	493	Tom ATTWOOD	Bridgend AC	12:57
24	538	Ben RAY	Barry & Vale Harriers	13:00
25	536	Ryan PRICE	Bridgend AC	13:08
26	523	Hywel LEYSHON	Bridgend AC	13:14
27	521	Joshua KERRY	Bridgend AC	13:18
28	497	Rhys BOWEN	Cardiff Archers	13:20
29	496	Rhys BLOW	Cardiff AAC	13:38
30	537	Scott PRICE	Carmarthen Harriers	13:45
31	509	Ben FARRELL	Cardiff AAC	13:50
32	531	Rory ORTON	Brecon AC	13:57
33	512	Ellis GRIST	Blaenau Gwent AC	14:04
34	535	Isaac PIERCE	Brecon AC	14:20
35	526	Jacob MCDONALD	Swansea Harriers	14:36
36	533	Rhys OWEN	Swansea Harriers	14:46
37	495	Joseph BERESFORD	Swansea Harriers	15:00
38	505	Zac DAVIES	Swansea Harriers	15:07
39	541	Morgan SCRACE	Llanelli AC	15:18
40	510	Daniel GILBERT	Brecon AC	15:22
41	530	Henry O'BRIEN	Swansea Harriers	16:01
42	492	Adetokunbo AKANBI-MORTIMER	Rhymney Valley AC	16:02
43	539	Kalum REES	Swansea Harriers	16:38
44	522	Joseff LEWIS	Swansea Harriers	17:56
45	544	Lloyd THOMAS	Swansea Harriers	20:59

Team Results						
Pos	Club	1	2	3	4	Total
1	Carmarthen Harriers	2	5	6	22	35
2	Cardiff AAC	1	8	16	29	54
3	Bridgend AC	19	20	23	25	87
4	Brecon AC	10	12	32	34	88
5	Swansea Harriers	15	35	36	37	123
6	Swansea Harriers	38	41	43	44	166

RACE 01 U13B Participating Clubs		
Teams with 4 or more athletes		
Brecon AC	5	Scoring Team
Bridgend AC	6	Scoring Team
Cardiff AAC	5	Scoring Team
Carmarthen Harriers	5	Scoring Team
Swansea Harriers	9	Scoring Teams

1st Team - Athletes: Carmarthen Harriers (35Pts)		
527	Frank MORGAN (2)	11:05
506	Liam EDWARDS (5)	11:22
518	Dafydd JONES (6)	11:29
524	Morgan LLOYD (22)	12:44
2nd Team - Athletes: Cardiff AAC (54Pts)		
540	Jacob REYNOLDS (1)	10:53
525	Ben MACEY (8)	11:41
520	Lloyd JONES (16)	12:22
496	Rhys BLOW (29)	13:38
3rd Team - Athletes: Bridgend AC (87Pts)		
513	Rhys HARDMAN (19)	12:30
500	Cameron COBURN (20)	12:36
493	Tom ATTWOOD (23)	12:57
536	Ryan PRICE (25)	13:08



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WELSH ATHLETICS
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RACE 02		Under 13 Girls 3,120m		
Pos	Bib	Athlete	Club	Time
1	609	Eden WILLIAMS	Cardiff AAC	12:01
2	578	Samia JONES	Menai Track & Field	12:15
3	599	Olivia RODERICK	IIF Group	12:21
4	597	Neisha ROBERTS	Deeside AAC	12:24
5	605	Daisy THOMPSON	Carmarthen Harriers	12:36
6	582	Moli LYONS	Barry & Vale Harriers	12:47
7	586	Abbi PARKINSON	Menai Track & Field	12:52
8	579	Ellen-Mary KEARNEY	Wirral AC	12:55
9	598	Jemima ROBINSON	Cardiff AAC	12:59
10	576	Lili JONES	Cardiff AAC	13:03
11	550	Holly-Mai BOWEN	Blaenau Gwent AC	13:09
12	555	Phoebe DAVIS	Carmarthen Harriers	13:15
13	564	Elin GRIFFITHS	Newport Harriers	13:18
14	585	Jessica MORRIS	Pembrokeshire Harriers	13:22
15	594	Leonora RITSON-WALTON	Brecon AC	13:24
16	554	Ella DAVIES	Swansea Harriers	13:25
17	602	Hannah SMITH	Deeside AAC	13:27
18	608	Evie WATKINS	Barry & Vale Harriers	13:28
19	614	Evie WONG	Cardiff AAC	13:37
20	601	Ellie SMALL	Deeside AAC	13:39
21	596	Freya ROBERTS	Cardiff Archers	13:42
22	610	Lily WILLIAMS	Newport Harriers	13:44
23	559	Ellie EVANS	Bridgend AC	13:45
24	547	Phillipa ALLEN	Bridgend AC	13:48
25	556	Antonia DAWES	Newport Harriers	13:55
26	587	Mia-Jane PARRY	Deeside AAC	14:11
27	553	Eden Rae DAVIES	Neath Harriers	14:18
28	592	Alys Dion REES JONES	Menai Track & Field	14:23
29	566	Layla Ann GRIFFITHS	Cardiff AAC	14:26
30	603	Ashleigh STEER	Newport Harriers	14:31
31	567	Abbie HALL	Swansea Harriers	14:39
32	606	Amy TUCKER	Llanelli AC	14:43
33	572	Elen JAMES	Cardiff AAC	14:47
34	565	Keira GRIFFITHS	Aberdare VAAC	14:56
35	588	Lowri PROSSER	Blaenau Gwent AC	15:01
36	563	Gabrielle GARCIA	Swansea Harriers	15:17
37	611	Megan WILLIAMS	Blaenau Gwent AC	15:19
38	574	Caitlin JONES	Carmarthen Harriers	15:23
39	600	Magda SINGH	Carmarthen Harriers	15:24
40	569	Maddison HINES	Neath Harriers	15:25
41	604	Kelsey THOMAS	Carmarthen Harriers	15:27
42	551	Izzie BRYANT	Newport Harriers	15:27
43	607	Poppy TUCKER	Cardiff AAC	15:28
44	552	Amber BURR	Aberdare VAAC	15:30
45	573	Sara JOHN	Cardiff AAC	15:32
46	580	Jessica KITCHEN	Swansea Harriers	15:58
47	549	Sophie BEYNON	Swansea Harriers	15:58
48	581	Julia LEWIS	Rhymney Valley AC	16:01
49	562	Zara EVANS	Carmarthen Harriers	16:33
50	575	Emily JONES	Swansea Harriers	18:55
51	593	Ellie RICHARDS	Swansea Harriers	21:16

Team Results						
Pos	Club	1	2	3	4	Total
1	Cardiff AAC	1	9	10	19	39
2	Deeside AAC	4	17	20	26	67
3	Newport Harriers	13	22	25	30	90
4	Carmarthen Harriers	5	12	38	39	94
5	Swansea Harriers	16	31	36	46	129
6	Cardiff AAC	29	33	43	45	150

RACE 02 U13G Participating Clubs		
Teams with 4 or more athletes		
Aberdare VAAC	2	
Brecon AC	1	
Bridgend AC	2	
Cardiff AAC	8	Scoring Teams
Carmarthen Harriers	6	Scoring Team
Deeside AAC	4	Scoring Team
Menai Track & Field	3	
Newport Harriers	5	Scoring Team

1st Team - Athletes: Cardiff AAC (39Pts)		
609	Eden WILLIAMS (1)	12:01
598	Jemima ROBINSON (9)	12:59
576	Lili JONES (10)	13:03
614	Evie WONG (19)	13:37
2nd Team - Athletes: Deeside AAC (67Pts)		
597	Neisha ROBERTS (4)	12:24
602	Hannah SMITH (17)	13:27
601	Ellie SMALL (20)	13:39
587	Mia-Jane PARRY (26)	14:11
3rd Team - Athletes: Newport Harriers (90Pts)		
564	Elin GRIFFITHS (13)	13:18
610	Lily WILLIAMS (22)	13:44
556	Antonia DAWES (25)	13:55
603	Ashleigh STEER (30)	14:31



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WELSH ATHLETICS
ATHLETAU CYMRU

RACE 03 Under 15 Boys 4,340m				
Pos	Bib	Athlete	Club	Time
1	427	Mike SPILL	Menai Track & Field	14:25
2	422	Samuel ROBERTS	City of Sheffield AC	14:31
3	419	Joseph REARDON	Aberdare VAAC	14:36
4	414	James PENROSE	Cardiff Archers	14:44
5	415	Osian PERRIN	Menai Track & Field	15:01
6	420	Tomos REES	Carmarthen Harriers	15:03
7	409	Sebastian LEWIS	Neath Harriers	15:07
8	404	James JONES	Deeside AAC	15:13
9	402	Daniel JOHN	Cardiff AAC	15:14
10	418	Eden POTTER	Menai Track & Field	15:26
11	428	Daniel STONES	Menai Track & Field	15:29
12	426	Spencer SMITH	Newport Harriers	15:32
13	424	Lloyd SHEPPARD	Rhymney Valley AC	15:34
14	390	Gethin DAVIES	Menai Track & Field	15:40
15	430	Joshua WALLACE	Neath Harriers	15:42
16	429	Gareth THOMPSON	Carmarthen Harriers	15:44
17	410	Archi MORGAN	Carmarthen Harriers	15:50
18	399	Finlay HINES	Neath Harriers	15:59
19	387	Devin COOMBES	Bridgend AC	16:02
20	392	Iestyn EDWARDS	Cardiff AAC	16:07
21	421	Benjamin REYNOLDS	Cardiff AAC	16:11
22	413	Carwyn OWEN	Maldwyn Harriers	16:19
23	423	Jake SEVILLE	Newport Harriers	16:22
24	408	Alex LAYZELL	Aberdare VAAC	16:26
25	384	William ARNOLD	Swansea Harriers	16:27
26	403	Ceirion JONES	Aberdare VAAC	16:27
27	406	Cai LA TROBE-ROBERTS	Menai Track & Field	16:28
28	385	Thomas CALLARD	Neath Harriers	16:29
29	622	Matt HUMPHREYS	Rhondda AC	16:34
30	401	Dafyd JAY	Swansea Harriers	16:34
31	386	Callum CAMPION	Llanelli AC	16:37
32	388	Sion COYLE	Brecon AC	16:39
33	396	Connor GRAHAM	Neath Harriers	16:40
34	412	Callum O'DONNELL	Menai Track & Field	16:45
35	395	James GOLD	Cardiff AAC	17:01
36	407	Cameron LAWRENCE	Menai Track & Field	17:15
37	389	Dylan DAVIES	Carmarthen Harriers	17:16
38	425	Ben SMITH	Aberdare VAAC	18:03
39	411	Tom O'CONNOR	Cardiff AAC	18:32

Team Results						
Pos	Club	1	2	3	4	Total
1	Menai Track & Field	1	5	10	11	27
2	Neath Harriers	7	15	18	28	68
3	Carmarthen Harriers	6	16	17	37	76
4	Cardiff AAC	9	20	21	35	85
5	Aberdare VAAC	3	24	26	38	91
6	Menai Track & Field	14	27	34	36	111

RACE 03 U15B Participating Clubs		
Teams with 4 or more athletes		
Aberdare VAAC	4	Scoring Team
Cardiff AAC	5	Scoring Team
Carmarthen Harriers	4	Scoring Team
Menai Track & Field	8	Scoring Teams
Neath Harriers	5	Scoring Team

1st Team - Athletes: Menai Track & Field (27Pts)		
427	Mike SPILL (1)	14:25
415	Osian PERRIN (5)	15:01
418	Eden POTTER (10)	15:26
428	Daniel STONES (11)	15:29
2nd Team - Athletes: Neath Harriers (68Pts)		
409	Sebastian LEWIS (7)	15:07
430	Joshua WALLACE (15)	15:42
399	Finlay HINES (18)	15:59
385	Thomas CALLARD (28)	16:29
3rd Team - Athletes: Carmarthen Harriers (76Pts)		
420	Tomos REES (6)	15:03
429	Gareth THOMPSON (16)	15:44
410	Archi MORGAN (17)	15:50
389	Dylan DAVIES (37)	17:16



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ATHLETAU CYMRU

RACE 04 Under 15 Girls 4,340m				
Pos	Bib	Athlete	Club	Time
1	479	Mia ROBERTS	Deeside AAC	15:51
2	438	Aimee CALLOW	Cardiff Archers	16:22
3	489	Ashleigh WILLIS	Swansea Harriers	16:24
4	445	Orla DAVIES	Deeside AAC	16:44
5	458	Mollie JONES	Swansea Harriers	17:11
6	480	Ellie ROBINSON	Newport Harriers	17:13
7	468	Ella MORGAN	Aberdare VAAC	17:18
8	432	Isobel ANNETTS	Cardiff AAC	17:29
9	448	Rheagan EDWARDS	Deeside AAC	17:38
10	484	Lowri THOMAS	Newport Harriers	17:48
11	434	Darcie BASS	Swansea Harriers	18:03
12	471	Imogen OWEN	Deeside AAC	18:08
13	450	Alice EVANS	Pembrokeshire Harriers	18:10
14	461	Anya LENNON	Cardiff Archers	18:12
15	488	Elin WILLIAMS	Cardiff AAC	18:20
16	463	Rebecca MARTIN	Swansea Harriers	18:27
17	486	Tiegan WARD	Brecon AC	18:38
18	482	Bronwen STRATTON-THOMAS	Swansea Harriers	18:41
19	449	Swyn EDWARDS	Menai Track & Field	18:57
20	456	Jemima JENKINS	Newport Harriers	19:10
21	451	Megan FRIEDLI	Cardiff AAC	19:19
22	473	Catrin PHILLIPS	Newport Harriers	19:25
23	478	Beca ROBERTS	Carmarthen Harriers	19:34
24	485	Ella TOWNSEND	Pembrokeshire Harriers	19:39
25	469	Maddie MORGAN	Carmarthen Harriers	20:03
26	467	Cathryn MORGAN	Neath Harriers	20:24
27	465	Louise MEAR	Carmarthen Harriers	20:25
28	452	Bethany GOLD	Cardiff AAC	20:28
29	455	Lili HUTCHINGS	Bridgend AC	20:37
30	439	Ruby CARLETON	Brecon AC	20:56
31	615	Gwennan WRIGHT	Carmarthen Harriers	20:57
32	433	Molly BALL	Blaenau Gwent AC	21:03
33	457	Ceri JONES	Deeside AAC	21:06
34	462	Mirain LLOYD	Swansea Harriers	21:07
35	435	Eve BEVAN	Swansea Harriers	21:23
36	436	Leanora BREHENY	Bridgend AC	21:48
37	487	Rhianna WHYMAN	Brecon AC	22:11
38	477	Freya REESE	Swansea Harriers	22:25
39	490	Constance WOOD	Cardiff AAC	23:16
40	440	Caitlin CHAPMAN	Cardiff AAC	23:35
41	466	Abigail MORGAN	Bridgend AC	24:11

Team Results						
Pos	Club	1	2	3	4	Total
1	Deeside AAC	1	4	9	12	26
2	Swansea Harriers	3	5	11	16	35
3	Newport Harriers	6	10	20	22	58
4	Cardiff AAC	8	15	21	28	72
5	Carmarthen Harriers	23	25	27	31	106
6	Swansea Harriers	18	34	35	38	125

RACE 04 U15G Participating Clubs		
Teams with 4 or more athletes		
Brecon AC	3	
Bridgend AC	3	
Cardiff AAC	6	Scoring Team
Carmarthen Harriers	4	Scoring Team
Deeside AAC	5	Scoring Team
Newport Harriers	4	Scoring Team
Swansea Harriers	8	Scoring Teams

1st Team - Athletes: Deeside AAC (26Pts)		
479	Mia ROBERTS (1)	15:51
445	Orla DAVIES (4)	16:44
448	Rheagan EDWARDS (9)	17:38
471	Imogen OWEN (12)	18:08
2nd Team - Athletes: Swansea Harriers (35Pts)		
489	Ashleigh WILLIS (3)	16:24
458	Mollie JONES (5)	17:11
434	Darcie BASS (11)	18:03
463	Rebecca MARTIN (16)	18:27
3rd Team - Athletes: Newport Harriers (58Pts)		
480	Ellie ROBINSON (6)	17:13
484	Lowri THOMAS (10)	17:48
456	Jemima JENKINS (20)	19:10
473	Catrin PHILLIPS (22)	19:25



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WELSH ATHLETICS
ATHLETAU CYMRU

Table with columns: RACE 05, OALL, Bib, Athlete, Club, Time, Pos, Club, 1, 2, 3, 4, Total. Contains race results for Senior Women/Master Women/U23 Women 6,420m and various team medallist lists.



WELSH ATHLETICS ATHLETAU CYMRU

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72	9-MW45	292	Michelle THOMAS (MW45)	Cardiff AAC	41:31	MASTER WOMEN 45 TEAM MEDALLISTS			
73	4-MM65	200	Ian SWANSON (MM65)	Port Talbot Harriers	42:01	No Teams			
74	9-MW50	298	Julia GROOMBRIDGE (MW50)	Llisbury Runners	42:44				
75	10-MW45	290	Tracey NEWMAN (MW45)	Les Croupiers	44:27	MASTER WOMEN 50 NO TEAMS			
76	2-MM75	209	Allan SMITH (MM75)	3M Gorseinon RR	45:32	MASTER WOMEN 50 MEDALLISTS			
77	3-MM75	211	Sydney WHEELER (MM75)	Chepstow Harriers	47:14	306	Sue WATSON (MW50)	Les Croupiers	29:40
78	7-MW55	312	Amanda THOMPSON (MW55)	Les Croupiers	49:14	302	Judith OAKLEY (MW50)	Vegan Runners UK	29:46
						301	Anne MYNOTT (MW50)	Colwyn Bay AC	31:12

MW55 TEAMS (3 TO SCORE)						
Pos	Club	1	2	3		Total
1	Les Croupiers	1	2	6		9

MASTER WOMEN 55 MEDALLISTS			
309	Angharad MAIR (MW55)	Les Croupiers	26:16
311	Julie SCHOLEY (MW55)	Les Croupiers	31:08
313	Linda WOODLAND (MW55)	Port Talbot Harriers	31:11

1st Team - MW55 Athletes: Les Croupiers (9Pts)			
309	Angharad MAIR (MW55) (1)		27:57
311	Julie SCHOLEY (MW55) (2)		28:07
307	Liz DENTON (MW55) (6)		28:28

MASTER WOMEN 60 MEDALLISTS			
318	Fiona DAVIES (MW60)	Pontypridd Roadents AC	32:09
317	Yvonne WILLIAMS (MW60)	Penarth and Dinas Runners	35:06
315	Arwyn EIRIAN (MW60)	Les Croupiers	39:30

MM65 TEAMS (3 TO SCORE)						
Pos	Club	1	2	3		Total
1	No Team					

MASTER MEN 65 MEDALLISTS			
197	Ron MORRIS (MM65)	San Domenico RRC	28:42
194	Alan FURNELL (MM65)	Port Talbot Harriers	31:59
195	Uku KUMARI (MM65)	Swansea Harriers	35:54

MM70 TEAMS (3 TO SCORE)						
Pos	Club	1	2	3		Total
1	No Team					

MASTER MEN 70 MEDALLISTS			
198	Gordon ORME (MM70)	San Domenico RRC	29:57
201	Paul ALLEN (MM70)	Port Talbot Harriers	30:11
203	Richard BOWEN (MM70)	Swansea Harriers	30:18

MM75 TEAMS (3 TO SCORE)						
Pos	Club	1	2	3		Total
1	No Team					

MASTER MEN 75 MEDALLISTS			
208	Dave MARTIN (MM75)	Rhondda AC	41:02
209	Allan SMITH (MM75)	3M Gorseinon RR	45:32
211	Sydney WHEELER (MM75)	Chepstow Harriers	47:14



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RACE 06 Primary Boys 1,520m				
Pos	Bib	Athlete	Club	Time
1	46	Jack ORGAN	Brecon AC	5:05
2	6	Loui CAMILLERI	Cardiff Archers	5:12
3	4	Ifan BOWEN	Carmarthen Harriers	5:13
4	40	Harri MORGAN	Menai Track & Field	5:15
5	53	Dylan ROBB	Menai Track & Field	5:24
6	35	Joseph JOYCE	Cardiff AAC	5:26
7	62	Jack THOMAS	Carmarthen Harriers	5:27
8	29	Tudur HARPER LLOYD	Menai Track & Field	5:30
9	33	Sean HOPKINS	Cardiff Archers	5:34
10	60	Iwan THOMAS	Carmarthen Harriers	5:35
11	61	Jac THOMAS	Neath Harriers	5:39
12	44	Jack O'BRIEN	Bridgend AC	5:40
13	37	Dafydd KING	Swansea Harriers	5:40
14	25	Harley GLEESON	Swansea Harriers	5:42
15	18	Harry DAWES	The Grange, Monmouth School	5:43
16	67	Iwan WILSON	Llanelli AC	5:44
17	27	Alex GUNN	Cardiff Archers	5:50
18	23	Christian GARCIA	Swansea Harriers	5:53
19	20	Reuben DE VALL	Swansea Harriers	5:55
20	16	Oscar DAVIES	Brecon AC	5:56
21	66	Morgan WILLIS	Swansea Harriers	5:57
22	39	Luc MARTIN	Bridgend AC	5:59
23	32	Nathan HILL	Cardiff Archers	6:03
24	65	Cameron WHITE	Cardiff AAC	6:05
25	49	Ellis POWELL	Rhymney Valley AC	6:07
26	11	Ryan CLARK	Cardiff Archers	6:09
27	15	Jowan DAVIES	Aberdare VAAC	6:13
28	26	Thomas GORVETT	Swansea Harriers	6:19
29	36	Finley KEANE	Cardiff Archers	6:21
30	1	David ATWOOD	Bridgend AC	6:23
31	41	Joshua MORGAN	Bridgend AC	6:24
32	59	Harry THOMAS	Swansea Harriers	6:29
33	52	Alex RIDOUT	Whitchurch Primary School	6:31
34	50	Owen PRICE-DAVIES	Brecon AC	6:36
35	54	Joshua ROBERTS	Rhymney Valley AC	6:38
36	22	Lucas FRUDD	Swansea Harriers	6:40
37	43	Harry NEWTON	Swansea Harriers	6:42
38	21	Jake EVANS	Swansea Harriers	6:43
39	63	Max THOMAS	Swansea Harriers	6:44
40	55	Oliver SEAGER	Swansea Harriers	6:44
41	58	Dylan STAPLEY	Swansea Harriers	6:46
42	42	Vamsi MUDDADA	Swansea Harriers	6:47
43	47	Conor O'SHAUGHNESSY	Swansea Harriers	6:55
44	13	Matthew COX	Neath Harriers	6:56
45	30	Jake HARRIS	Neath Harriers	6:56
46	51	Rhys RICH	Rhymney Valley AC	7:00
47	10	Ioan CARTER JONES	Swansea Harriers	7:35

Team Results					
Pos	Club	1	2	3	Total
1	Menai Track & Field	4	5	8	17
2	Carmarthen Harriers	3	7	10	20
3	Cardiff Archers	2	9	17	28
4	Swansea Harriers	13	14	18	45
5	Brecon AC	1	20	34	55
6	Bridgend AC	12	22	30	64
7	Swansea Harriers	19	21	28	68
8	Cardiff Archers	23	26	29	78
9	Neath Harriers	11	44	45	100
10	Swansea Harriers	32	36	37	105
11	Rhymney Valley AC	25	35	46	106
12	Swansea Harriers	38	39	40	117

RACE 06 PRIMARY BOYS Participating Clubs		
Teams with 4 or more athletes		
Aberdare VAAC	1	
Brecon AC	3	Scoring Team
Bridgend AC	4	Scoring Team
Cardiff AAC	2	
Cardiff Archers	6	Scoring Teams
Carmarthen Harriers	3	Scoring Team
Menai Track & Field	3	Scoring Team
Neath Harriers	3	Scoring Team
Rhymney Valley AC	3	Scoring Team
Swansea Harriers	16	Scoring Teams

1st Team - Athletes: Menai Track & Field (17Pts)		
40	Harri MORGAN (4)	5:15
53	Dylan ROBB (5)	5:24
29	Tudur HARPER LLOYD (8)	5:30
2nd Team - Athletes: Carmarthen Harriers (20Pts)		
4	Ifan BOWEN (3)	5:13
62	Jack THOMAS (7)	5:27
60	Iwan THOMAS (10)	5:35
3rd Team - Athletes: Cardiff Archers (28Pts)		
6	Loui CAMILLERI (2)	5:12
33	Sean HOPKINS (9)	5:34
27	Alex GUNN (17)	5:50



WELSH ATHLETICS ATHLETAU CYMRU

George Crump M.B.E. Memorial

113th Welsh Cross Country Championships 2017
Singleton Park, Swansea Saturday 25th February



WELSH ATHLETICS
ATHLETAU CYMRU

RACE 07 Primary Girls 1,520m				
Pos	Bib	Athlete	Club	Time
1	99	Chloe HALE	Blaenau Gwent AC	5:37
2	120	Ellie MORRIS	Blaenau Gwent AC	5:39
3	109	Sophie KNOYLE	Cardiff Archers	5:42
4	119	Anna-Rose MERCHANT	Bridgend AC	5:45
5	124	Maisy PARRY	Deeside AAC	5:47
6	123	Grace PARK	Blaenau Gwent AC	5:50
7	134	Alys WAKELING	Cardiff Archers	5:53
8	72	Emma BRAZIER	Carmarthen Harriers	5:56
9	83	Mai DAVIES	Swansea Harriers	5:57
10	138	Erin WILLIAMS	Cardiff Archers	6:00
11	69	Bethan ADAMS	Llanelli AC	6:01
12	103	Freya HUGHES-ROLLS	Rhymney Valley AC	6:02
13	97	Ceri GRIFFITHS	Newport Harriers	6:03
14	100	Bethan HARDMAN	Bridgend AC	6:04
15	92	Eden EDWARDS	Deeside AAC	6:06
16	106	Milly JOHN	Carmarthen Harriers	6:07
17	90	Kate DUNGLINSON	Bridgend AC	6:09
18	88	Emily DENT	Cardiff Archers	6:11
19	111	Jessica LEE	Carmarthen Harriers	6:16
20	118	Olivia MACKAY	Swansea Harriers	6:17
21	112	Graice LING	Cardiff Archers	6:18
22	84	Melissa DAVIES	Swansea Harriers	6:25
23	73	Ellie BREACH	Neath Harriers	6:29
24	116	Sara LYONS	Swansea Harriers	6:30
25	71	Amy BEYNON	Swansea Harriers	6:31
26	104	Tilly HURLEY	Rhymney Valley AC	6:36
27	107	Kaitlyn JONES	Swansea Harriers	6:39
28	98	Grace GRIFFITHS	Pembrokeshire Harriers	6:43
29	70	Mia ALLEN	Bridgend AC	6:44
30	141	Gemma HALE	Swansea Harriers	6:49
31	130	Katie SELICK	Neath Harriers	6:53
32	78	Annalise COOPER	Swansea Harriers	6:55
33	128	Yenay ROBINS	Rhymney Valley AC	6:56
34	125	Nia REDDY	Aberdare VAAC	6:57
35	79	Jessica CRAWLEY	Bridgend AC	6:58
36	131	Georgia SMELE	Bridgend AC	6:59
37	113	Thea LLOYD	Aberdare VAAC	7:06
38	77	Catrin CHAPPLE	Neath Harriers	7:07
39	142	Claudia THOMAS	Swansea Harriers	7:08
40	89	Neve DODD	Swansea Harriers	7:08
41	94	Erin Beth EVANS	Cardiff Archers	7:09
42	93	Emilia EVANS	Swansea Harriers	7:10
43	129	Liane ROUYS	Swansea Harriers	7:10
44	136	Alice WAYGOOD	Swansea Harriers	7:13
45	81	Darcy DAVIES	Aberdare VAAC	7:15
46	74	Amelie BROWNHILL	Swansea Harriers	7:18
47	91	Catrin EDWARDS	Swansea Harriers	7:19
48	80	Carys DAVIES	Swansea Harriers	7:29
49	122	Eva NORTON	Cardiff AAC	7:31
50	110	Megan LAYZELL	Aberdare VAAC	7:50
51	127	Eleri RICH	Rhymney Valley AC	7:55
52	95	Carys FLYNN	Swansea Harriers	7:58

Team Results					
Pos	Club	1	2	3	Total
1	Blaenau Gwent AC	1	2	6	9
2	Cardiff Archers	3	7	10	20
3	Bridgend AC	4	14	17	35
4	Carmarthen Harriers	8	16	19	43
5	Swansea Harriers	9	20	22	51
6	Rhymney Valley AC	12	26	33	71
7	Swansea Harriers	24	25	27	76
8	Cardiff Archers	18	21	41	80
9	Neath Harriers	23	31	38	92
10	Bridgend AC	29	35	36	100
11	Swansea Harriers	30	32	39	101
12	Aberdare VAAC	34	37	45	116
13	Swansea Harriers	40	42	43	125
14	Swansea Harriers	44	46	47	137

RACE 07 PRIMARY GIRLS Participating Clubs		
Teams with 4 or more athletes		
Aberdare VAAC	4	Scoring Team
Blaenau Gwent AC	3	Scoring Team
Bridgend AC	6	Scoring Teams
Cardiff Archers	6	Scoring Teams
Carmarthen Harriers	3	Scoring Team
Neath Harriers	3	Scoring Team
Rhymney Valley AC	4	Scoring Team
Swansea Harriers	17	Scoring Teams

1st Team - Athletes: Blaenau Gwent AC (9Pts)		
99	Chloe HALE (1)	05:37
120	Ellie MORRIS (2)	05:39
123	Grace PARK (6)	05:50
2nd Team - Athletes: Cardiff Archers (20Pts)		
109	Sophie KNOYLE (3)	05:42
134	Alys WAKELING (7)	05:53
138	Erin WILLIAMS (10)	06:00
3rd Team - Athletes: Bridgend AC (35Pts)		
119	Anna-Rose MERCHANT (4)	05:45
100	Bethan HARDMAN (14)	06:04
90	Kate DUNGLINSON (17)	06:09



WELSH ATHLETICS ATHLETAU CYMRU

George Crump M.B.E. Memorial

113th Welsh Cross Country Championships 2017

Singleton Park, Swansea Saturday 25th February



WELSH ATHLETICS
ATHLETAU CYMRU

RACE 08 Under 17 Men 5,160m				
Pos	Bib	Athlete	Club	Time
1	354	Matthew WILLIS	Wrexham AAC	16:45
2	346	Dominic SMITH	Swansea Harriers	17:01
3	321	Oliver BARBARES	Menai Track & Field	17:08
4	334	Elliot LAWRENCE	Swansea Harriers	17:32
5	625	Harry TURNER	Cookham AC	17:54
6	331	Thomas JONES	Carmarthen Harriers	18:10
7	345	Larry RYAN	Cardiff AAC	18:13
8	319	Ethan ACKROYD	Deeside AAC	18:19
9	347	Ben THOMAS	Carmarthen Harriers	18:50
10	342	Brychan PRICE-DAVIES	Brecon AC	18:54
11	337	Morgan LLEWELYN	Carmarthen Harriers	18:57
12	332	Arran KEARNEY	Wirral AC	19:13
13	333	Ieuan KEARNEY	Wirral AC	19:32
14	340	Dylan NAZARETH	Cardiff Archers	19:37
15	353	Donovan WILLIAMS- HAILE	Bridgend AC	19:47
16	336	Francis LEWIS	Swansea Harriers	19:51
17	322	Jake BROOKE-SMITH	Pontypridd Roadents AC	19:55
18	325	Owain EDWARDS	Cardiff AAC	19:59
19	326	David EVANS	Pembrokeshire Harriers	20:05
20	320	Daniel AUSTIN	Cardiff Archers	20:07
21	343	Evan PRICE-DAVIES	Brecon AC	20:13
22	341	Martin POWELL	Swansea Harriers	20:22
23	338	Joseph LLOYD-WEST	Neath Harriers	20:29
24	350	Mark TOBIN	Swansea Harriers	21:07

Team Results						
Pos	Club	1	2	3	4	Total
1	Swansea Harriers	2	4	16	22	44
2						
3						

RACE 08 U17M Participating Clubs		
Teams with 4 or more athletes		
Cardiff AAC	2	
Carmarthen Harriers	3	
Swansea Harriers	5	Scoring Team

1st Team - Athletes: Swansea Harriers (44Pts)		
346	Dominic SMITH (2)	17:01
334	Elliot LAWRENCE (4)	17:32
336	Francis LEWIS (16)	19:51
341	Martin POWELL (22)	20:22



WELSH ATHLETICS ATHLETAU CYMRU

George Crump M.B.E. Memorial

113th Welsh Cross Country Championships 2017
 Singleton Park, Swansea Saturday 25th February



WELSH ATHLETICS
 ATHLETAU CYMRU

RACE 09					Senior Women/U23W Team Results (4 TO SCORE)							
OALL		Bib	Athlete	Club	Time	Pos	Club	1	2	3	4	Total
1	1-U20W	245	Cari HUGHES (U20W)	Menai Track & Field	19:18	1	Cardiff AAC	3	5	7	12	27
2	2-U20W	239	Heidi DAVIES (U20W)	Brecon AC	19:27	2	Bridgend AC	6	10	18	28	62
3	1-U17W	355	Carys BILL (U17W)	Cardiff AAC	20:42	3	Carmarthen Harriers	16	25	27	29	97
4	2-U17W	374	Martha OWEN (U17W)	Deeside AAC	20:59	RACE 09 U17W U20W Participating Clubs						
5	3-U20W	240	Bethan EVANS (U20W)	Cardiff AAC	21:16	Teams with 4 or more athletes						
6	3-U17W	357	Isobel DODD (U17W)	Bridgend AC	21:22	Bridgend AC		4	Scoring Team			
7	4-U17W	360	Abi FISHER (U17W)	Cardiff AAC	21:29	Cardiff AAC		6	Scoring Team			
8	5-U17W	356	Lucy DAVIES (U17W)	Pembrokeshire Harriers	21:55	Carmarthen Harriers		4	Scoring Team			
9	6-U17W	359	Bethan DOWSETT (U17W)	Deeside AAC	22:00	Menai Track & Field		3				
10	7-U17W	370	Hannah JENKINS (U17W)	Bridgend AC	22:10	Swansea Harriers		3				
11	4-U20W	616	Jessica BRADLEY (U20W)	Pembrokeshire Harriers	22:15	U20 WOMEN MEDALLISTS						
12	8-U17W	383	Laura WRIGHT (U17W)	Cardiff AAC	22:22							
13	5-U20W	246	Rhiannon KAMINK (U20W)	Colwyn Bay AC	22:30	245	Cari HUGHES (U20W)	Menai Track & Field				19:18
14	9-U17W	381	Mari WATKINS (U17W)	Neath Harriers	22:35	239	Heidi DAVIES (U20W)	Brecon AC				19:27
15	10-U17W	367	Mali HOWELL (U17W)	Cardiff AAC	22:58	240	Bethan EVANS (U20W)	Cardiff AAC				21:16
16	11-U17W	247	Ellie KIFF (U17W)	Carmarthen Harriers	23:16	U17 WOMEN MEDALLISTS						
17	6-U20W	243	Abigayle GOODRICK-LATHAM (U20W)	Swansea Harriers	23:28	355	Carys BILL (U17W)	Cardiff AAC				20:42
18	12-U17W	366	Katrin HIGGINSON (U17W)	Bridgend AC	23:40	374	Martha OWEN (U17W)	Deeside AAC				20:59
19	13-U17W	368	Lucy HUGHES-LAWRENCE (U17W)	Menai Track & Field	23:49	357	Isobel DODD (U17W)	Bridgend AC				21:22
20	14-U17W	373	Hollie MAE-ALLEN (U17W)	Swansea Harriers	23:55	U17/U20 WOMEN TEAM MEDALLISTS						
21	15-U17W	363	Jeri-Lynne GRABHAM (U17W)	Neath Harriers	24:05	1st Team - U17W/U20W Athletes: Cardiff AAC (27Pts)						
22	7-U20W	248	Phoebe MARSDEN (U20W)	Newport Harriers	24:49	355	Carys BILL (U17W) (3)				20:42	
23	8-U20W	241	Cara-Leanne FARLEY (U20W)	RUN4ALL Neath	24:59	240	Bethan EVANS (U20W) (5)				21:16	
24	16-U17W	358	Catrin DONNELLY (U17W)	Menai Track & Field	25:02	360	Abi FISHER (U17W) (7)				21:29	
25	17-U17W	238	Cerys DAVIES (U17W)	Carmarthen Harriers	25:06	383	Laura WRIGHT (U17W) (12)				22:22	
26	9-U20W	244	Bethan HARRIS (U20W)	Swansea Harriers	25:16	2nd Team - U17W/U20W Athletes: Bridgend AC (62Pts)						
27	18-U17W	470	Non MORGAN (U17W)	Carmarthen Harriers	25:23	357	Isobel DODD (U17W) (6)				21:22	
28	19-U17W	371	Sarah JENKINS (U17W)	Bridgend AC	25:27	370	Hannah JENKINS (U17W) (10)				22:10	
29	20-U17W	250	Grace PAGE (U17W)	Carmarthen Harriers	25:52	366	Katrin HIGGINSON (U17W) (18)				23:40	
30	21-U17W	362	Izzy GOODRIDGE (U17W)	Brecon AC	26:14	371	Sarah JENKINS (U17W) (28)				25:27	
31	22-U17W	375	Rhiannon PHILLIPS (U17W)	Neath Harriers	26:28	3rd Team - U17W/U20W Athletes: Carmarthen Harriers (97Pts)						
32	10-U20W	251	Amy THOMAS (U20W)	Cardiff AAC	29:57	247	Ellie KIFF (U17W) (16)				23:16	
33						238	Cerys DAVIES (U17W) (25)				25:06	
34						470	Non MORGAN (U17W) (27)				25:23	
35						250	Grace PAGE (U17W) (29)				25:52	
36												



WELSH ATHLETICS ATHLETAU CYMRU

George Crump M.B.E. Memorial

113th Welsh Cross Country Championships 2017
Singleton Park, Swansea Saturday 25th February



WELSH ATHLETICS
ATHLETAU CYMRU

RACE 10 U20 Men 7,200m				
Pos	Bib	Athlete	Club	Time
1	75	Ciaran LEWIS	Cardiff AAC	24:41
2	71	Gareth GRIFFITHS	Tipton Harriers	25:05
3	85	Matthew WILLIAMS	Pembrokeshire Harriers	25:17
4	68	Oliver DICKINSON	Wells City Harriers	25:39
5	81	Jack TURNER	Stroud AC	26:35
6	79	Jac SMITH	Cardiff AAC	27:07
7	83	Chris WILLIAMS	Islwyn Runners	28:10
8	78	Alex PRICE	Rhondda AC	28:27
9	76	Sion LEWIS	Carmarthen Harriers	28:42
10	66	Llyr AB EINION	Aberystwyth AC	28:48
11	67	Sam CURWEN	Cardiff AAC	29:08
12	82	Matthew VERRAN	Cardiff AAC	31:02

Team Results						
Pos	Club	1	2	3	4	Total
1	Cardiff AAC	1	6	11	12	30
2						
3						
RACE 10 U20M Participating Clubs						
Teams with 4 or more athletes						
Cardiff AAC		4	Scoring Team			
1st Team - Athletes: Cardiff AAC (30Pts)						
75	Ciaran LEWIS (1)				24:41	
79	Jac SMITH (6)				27:07	
67	Sam CURWEN (11)				29:08	



WELSH ATHLETICS ATHLETAU CYMRU

George Crump M.B.E. Memorial

113th Welsh Cross Country Championships 2017
Singleton Park, Swansea Saturday 25th February



WELSH ATHLETICS
ATHLETAU CYMRU

RACE 11					Senior Men/Master Men/U23 Men 10,100m					Senior Men/U23W Team Results (6 TO SCORE)						
OALL	Bib	Athlete	Club	Time	Pos	Club	1	2	3	4	5	6	Total			
1	1-SEN	19	Dewi GRIFFITHS (SENM)	Swansea Harriers	33:40	1	Swansea Harriers	1	4	5	7	8	9	34		
2	2-SEN	77	Ryan MCFLYNN (SENM)	Micky Morris Racing Team	35:07	2	Micky Morris Racing Team	2	18	20	21	24	27	112		
3	1-U20M	24	Iolo HUGHES (U20M)	Sale Harriers	35:12	3	Aberdare VAAC	6	14	15	30	52	55	172		
4	3-SEN	23	Marc HOBBS (SENM)	Swansea Harriers	35:17	4	Swansea Harriers	11	16	32	38	40	42	179		
5	1-MM35	98	Angus MACLEAN (MM35)	Swansea Harriers	35:20	5	Pontypridd Roadents AC	17	23	26	28	49	53	196		
6	1-U23M	7	Adam BULL (U23M)	Aberdare VAAC	36:02	6	Les Croupiers	25	34	35	39	44	45	222		
7	2-MM35	99	Phillip MATTHEWS (MM35)	Swansea Harriers	36:22	7	Swansea Harriers	43	46	51	54	63	70	327		
8	2-U23M	17	Jack GOOCH (U23M)	Swansea Harriers	36:38	8	Les Croupiers	48	58	60	72	82	101	421		
9	4-SEN	48	Matthew REES (SENM)	Swansea Harriers	37:18	9	Aberdare VAAC	56	62	66	78	79	86	427		
10	3-U23M	58	Abed TEWELDEBRHAN (U23M)	Newport Harriers	37:48	10	Swansea Harriers	74	76	81	83	85	87	486		
11	5-SEN	60	Paul TOBIN (SENM)	Swansea Harriers	38:00	11	Swansea Harriers	92	93	97	98	99	107	586		
12	4-U23M	49	Elliot RICHARDS (U23M)	Cardiff AAC	38:06											
13	3-MM35	86	Ben BUTLER-MADDEN (MM35)	Penarth and Dinas Runners	38:07											
14	6-SEN	5	Daniel BODMAN (SENM)	Aberdare VAAC	38:12	19	Dewi GRIFFITHS (SENM)	Swansea Harriers						33:40		
15	7-SEN	13	Matthew EVANS (SENM)	Aberdare VAAC	38:13	77	Ryan MCFLYNN (SENM)	Micky Morris Racing Team						35:07		
16	8-SEN	11	James DEAN (SENM)	Swansea Harriers	38:27	24	Iolo HUGHES (U20M)	Sale Harriers						35:12		
17	9-SEN	4	Jack BLACKBURN (SENM)	Pontypridd Roadents AC	38:28											
18	10-SEN	9	Matthew COLLINS (SENM)	Micky Morris Racing Team	38:53	7	Adam BULL (U23M)	Aberdare VAAC						36:02		
19	1-MM40	133	Martin SHAW (MM40)	Brecon AC	38:56	17	Jack GOOCH (U23M)	Swansea Harriers						36:38		
20	5-U23M	70	Matthew GRANTHAM (U23M)	Micky Morris Racing Team	38:56	58	Abed TEWELDEBRHAN (U23M)	Newport Harriers						37:48		
21	11-SEN	15	Thomas FOSTER (SENM)	Micky Morris Racing Team	39:01											
22	12-SEN	1	Gareth AYRES (SENM)	Port Talbot Harriers	39:10											
23	13-SEN	22	Billy HAYTON (SENM)	Pontypridd Roadents AC	39:16											
24	14-SEN	52	Stefan SIMMS (SENM)	Micky Morris Racing Team	39:19											
25	4-MM35	100	Doug NICHOLLS (MM35)	Les Croupiers	39:36											
26	15-SEN	18	Paul GRAHAM (SENM)	Pontypridd Roadents AC	39:48											
27	16-SEN	47	Leighton RAWLINSON (SENM)	Micky Morris Racing Team	39:52											
28	17-SEN	3	Darren BISHOP (SENM)	Pontypridd Roadents AC	39:59											
29	18-SEN	2	Daryll BARNBY (SENM)	Micky Morris Racing Team	40:04											
30	19-SEN	20	Ashleigh HARPER (SENM)	Aberdare VAAC	40:13											
31	1-MM50	162	Mike PFEIFFER (MM50)	Brecon AC	40:21											
32	1-MM45	151	Eamonn KIRK (MM45)	Swansea Harriers	40:45											
33	20-SEN	61	Daniel TRIGGS (SENM)	Neath Harriers	40:50											
34	21-SEN	46	Chris PRISTAVEC (SENM)	Les Croupiers	40:58											
35	2-MM40	122	Matt HURFORD (MM40)	Les Croupiers	41:02											
36	22-SEN	32	David JONES (SENM)	Carmarthen Harriers	41:04											
37	3-MM40	125	Iwan JONES (MM40)	Coventry Godiva Harriers	41:17											
38	2-MM45	147	Paul FLYNN (MM45)	Swansea Harriers	41:26											
39	4-MM40	108	Scott BROWNE (MM40)	Les Croupiers	41:27											
40	23-SEN	6	Michael BRYANT (SENM)	Swansea Harriers	41:34											
41	24-SEN	45	Gethin POWELL (SENM)	White Rock Runners	41:40											
42	1-MM55	179	Ifan LLOYD (MM55)	Swansea Harriers	41:52											
43	5-MM40	130	Raul REISMANN (MM40)	Swansea Harriers	42:03											
44	3-MM45	153	Emyr MORGAN (MM45)	Les Croupiers	42:07											
45	2-MM55	177	Dave JAMES (MM55)	Les Croupiers	42:17											
46	4-MM45	149	Thomas GUEST (MM45)	Swansea Harriers	42:32											
47	1-MM60	187	Alan DAVIES (MM60)	Llanelli AC	42:39											
48	25-SEN	57	Gabriellius STUOKUS (SENM)	Les Croupiers	42:43											
49	26-SEN	51	Sam RICHARDS (SENM)	Pontypridd Roadents AC	42:47											
50	27-SEN	44	Gareth POSTON (SENM)	Port Talbot Harriers	42:54											
51	6-MM40	138	Charles WALSH (MM40)	Swansea Harriers	43:03											
52	6-U23M	55	Luke SPENCER (U23M)	Aberdare VAAC	43:08											
53	7-MM40	124	Keith JAMES (MM40)	Pontypridd Roadents AC	43:17											
54	28-SEN	38	John MORAN (SENM)	Swansea Harriers	43:20											
55	5-MM45	152	Adrian LEWIS (MM45)	Aberdare VAAC	43:22											
56	29-SEN	56	Tim SPENCER (SENM)	Aberdare VAAC	43:24											
57	8-MM40	129	Justin PHILLIPS (MM40)	Pontypridd Roadents AC	43:32											
58	9-MM40	137	Stuart WADLOW (MM40)	Les Croupiers	43:39											
59	30-SEN	64	Luke WILLIAMS (SENM)	San Domenico RRC	43:56											
60	5-MM35	88	John CRAVEN (MM35)	Les Croupiers	44:01											
61	10-MM40	107	Jon BELCHER (MM40)	Llisserry Runners	44:07											
62	31-SEN	40	John MULLANEY (SENM)	Aberdare VAAC	44:17											
63	11-MM40	115	Mike GLEESON (MM40)	Swansea Harriers	44:20											



WELSH ATHLETICS ATHLETAU CYMRU

George Crump M.B.E. Memorial

113th Welsh Cross Country Championships 2017
Singleton Park, Swansea Saturday 25th February



64	2-MM50	167	Peter SOWERBY (MM50)	Brecon AC	44:22	86	Ben BUTLER-MADDEN (MM35) (3)	38:07	
65	32-SENM	16	Christopher FRANCIS (SENM)	3M Gorseion RR	44:27	94	Andrew JONES (MM35) (7)	44:45	
66	6-MM35	97	Richard LLOYD (MM35)	Aberdare VAAC	44:43	101	Glenn POWELL (MM35) (12)	51:18	
67	7-MM35	94	Andrew JONES (MM35)	Penarth and Dinas Runners	44:45				
68	12-MM40	118	Mark HIDDLESTON (MM40)	Port Talbot Harriers	45:02				
69	13-MM40	128	Ashley PASCOE (MM40)	3M Gorseion RR	45:27				
70	6-MM45	142	Simon BREWER (MM45)	Swansea Harriers	45:38				
71	2-MM60	188	David DAVIES (MM60)	Brecon AC	45:42				
72	3-MM55	170	Dave COLES (MM55)	Les Croupiers	45:52				
73	4-MM55	626	Peter OSBORNE (MM55)	Llanelli AC	46:14				
74	14-MM40	113	Mike EVANS (MM40)	Swansea Harriers	46:17	133	Martin SHAW (MM40)	Brecon AC	38:56
75	5-MM55	171	Peter CRANE (MM55)	Neath Harriers	46:34	122	Matt HURFORD (MM40)	Les Croupiers	41:02
76	15-MM40	126	Jos JONES (MM40)	Swansea Harriers	46:36	125	Iwan JONES (MM40)	Coventry Godiva Harriers	41:17
77	3-MM50	158	Russell GODWIN (MM50)	Colwyn Bay AC	46:38				
78	8-MM35	102	Andrew REDDY (MM35)	Aberdare VAAC	46:54				
79	7-MM45	148	Kyle GRIFFITHS (MM45)	Aberdare VAAC	47:32	122	Matt HURFORD (MM40) (2)	41:02	
80	4-MM50	165	Glyn SANSOM (MM50)	San Domenico RRC	47:49	108	Scott BROWNE (MM40) (4)	41:27	
81	16-MM40	116	James GWYTHYR (MM40)	Swansea Harriers	47:52	137	Stuart WADLOW (MM40) (9)	43:39	
82	9-MM35	92	Matt HOPKINS (MM35)	Les Croupiers	48:04				
83	6-MM55	173	Rob FALCONER (MM55)	Swansea Harriers	48:17	130	Raul REISMANN (MM40) (5)	42:03	
84	33-SENM	27	Ceri ISAAC (SENM)	3M Gorseion RR	48:35	138	Charles WALSH (MM40) (6)	43:03	
85	8-MM45	141	Heath BRETT (MM45)	Swansea Harriers	48:36	115	Mike GLEESON (MM40) (11)	44:20	
86	7-MM55	172	Mark DUNSCOMBE (MM55)	Aberdare VAAC	48:49				
87	10-MM35	96	Geoff LEWIS (MM35)	Swansea Harriers	49:07	113	Mike EVANS (MM40) (14)	46:17	
88	3-MM60	189	Clive EDGINGTON (MM60)	Meirionnydd Running Club	49:09	126	Jos JONES (MM40) (15)	46:36	
89	8-MM55	185	Mark TERRY (MM55)	TROT	49:15	116	James GWYTHYR (MM40) (16)	47:52	
90	34-SENM	39	Michael MORGAN (SENM)	Penarth and Dinas Runners	49:47				
91	9-MM55	169	Ian BELL (MM55)	San Domenico RRC	50:01				
92	17-MM40	110	Owen DAVIES (MM40)	Swansea Harriers	50:14				
93	11-MM35	105	Mark SKIPPEN (MM35)	Swansea Harriers	50:16				
94	4-MM60	193	Huw ROBERTS (MM60)	Bridgend AC	50:20				
95	9-MM45	154	Alex WILLIAMS (MM45)	Port Talbot Harriers	50:29				
96	5-MM50	166	Dominic SHIELDS (MM50)	San Domenico RRC	50:40				
97	18-MM40	134	Martin SLUCUTT (MM40)	Swansea Harriers	51:01	151	Eamonn KIRK (MM45)	Swansea Harriers	40:45
98	10-MM45	150	Dusty KENNEDY (MM45)	Swansea Harriers	51:07	147	Paul FLYNN (MM45)	Swansea Harriers	41:26
99	19-MM40	119	Calvin HOLD (MM40)	Swansea Harriers	51:13	153	Emyr MORGAN (MM45)	Les Croupiers	42:07
100	12-MM35	101	Glenn POWELL (MM35)	Penarth and Dinas Runners	51:18				
101	10-MM55	183	Clive OSMOND (MM55)	Les Croupiers	51:36				
102	6-MM50	156	Dave CORNISH (MM50)	Port Talbot Harriers	51:47	151	Eamonn KIRK (MM45) (1)	40:45	
103	20-MM40	140	Stephen WOOD (MM40)	Pegasus Running Club	52:55	147	Paul FLYNN (MM45) (2)	41:26	
104	11-MM45	143	Allen BUNNEY (MM45)	Aberdare VAAC	53:29	149	Thomas GUEST (MM45) (4)	42:32	
105	11-MM55	175	Jeffrey HANSON (MM55)	Rhondda AC	53:53				
106	7-MM50	168	David E WILLIAMS (MM50)	Les Croupiers	54:31	152	Adrian LEWIS (MM45) (5)	43:22	
107	8-MM50	155	Stephen BENDLE (MM50)	Swansea Harriers	55:34	148	Kyle GRIFFITHS (MM45) (7)	47:32	
108	12-MM55	174	Mark FAULKNER (MM55)	Lliswerry Runners	57:20	143	Allen BUNNEY (MM45) (11)	53:29	
109	21-MM40	117	Michael HALSALL (MM40)	Llanelli AC	64:44				
110	1-MM70	205	Carl ELLIOTT (MM70)	Lliswerry Runners	65:24	142	Simon BREWER (MM45) (6)	45:38	
111	9-MM50	164	Nigel RICHARDS (MM50)	Lliswerry Runners	68:51	141	Heath BRETT (MM45) (8)	48:36	
112	22-MM40	135	Jon STONES (MM40)	Lliswerry Runners	69:35	150	Dusty KENNEDY (MM45) (10)	51:07	
113	5-MM60	186	Colin CROOKS (MM60)	Pegasus Running Club	74:50				

MM50 TEAMS (3 TO SCORE)					
Pos	Club	1	2	3	Total
1					
2					
3					
MASTER Men 50 MEDALLISTS					
162	Mike PFEIFFER (MM50)	Brecon AC			40:21
167	Peter SOWERBY (MM50)	Brecon AC			44:22
158	Russell GODWIN (MM50)	Colwyn Bay AC			46:38
MASTER Men 50 TEAM MEDALLISTS					
No Team					

MM55 TEAMS (3 TO SCORE)					
Pos	Club	1	2	3	Total
1	Les Croupiers	2	3	10	15
2					
3					
MASTER Men 55 MEDALLISTS					
179	Ifan LLOYD (MM55)	Swansea Harriers			41:52
177	Dave JAMES (MM55)	Les Croupiers			42:17
170	Dave COLES (MM55)	Les Croupiers			45:52
MASTER Men 55 TEAM MEDALLISTS					
1st Team - MM55 Athletes: Les Croupiers (15Pts)					
177	Dave JAMES (MM55) (2)				42:17
170	Dave COLES (MM55) (3)				45:52
183	Clive OSMOND (MM55) (10)				51:36

MM60 TEAMS (3 TO SCORE)					
Pos	Club	1	2	3	Total
1					
2					
3					
MASTER Men 60 MEDALLISTS					