

Welsh Schools Inter Schools Cross-Country Championships

Provisional Results at the 34th Championships, held on 20/11/2010 at Penlan, Brecon – damp, cold, biting NE breeze

Pos	No	Senior Boys Name	School	Time
1	778	Morgan Davies	Porthcawl	17:01
2	631	Josh Griffiths	Amman Valley	17:08
3	229	Lloyd Heckler	Queen Elizabeth	17:19
4	545	Alex Edwards	Lewis School	17:27
5	721	Chris Carpanini	St Alban's	17:37
6	670	Mike Ward	Llanishen	17:46
7	148	Tom Earley	Eirias	17:50
8	602	Ronan Llyr	Bro Myrddin	17:51
9	465	Sam Longville	Radyr	17:52
10	184	Matthew Richards	Sir Thomas Picton	17:55
11	521	William Sheridan	Coleg Meirion-Dwyfor	18:02
12	592	Tom Bevan	Cardiff High	18:03
13	693	Daniel Chesworth	Bassaleg	18:06
14	787	Matthew Edwards	Barry	18:11
15	144	Elliot Slade	Bishop of Llandaff	18:17
16	185	Alex Matchett	Sir Thomas Picton	18:19
17	186	Morgan Smith	Sir Thomas Picton	18:25
18	547	Matthew Antoniazzi	Lewis School	18:31
19	257	Dylan Yates	Cwm Rhymni	18:34
20	780	Tomos Adler	Pen-y-dre	18:43
21	692	Josh Harris	Bassaleg	18:48
22	782	Evan Wynne	Gwynllw	19:05
23	549	Naaman Morris	Lewis School	19:15
24	261	Josh Jones	Cwm Rhymni	19:16
25	758	James Roberts	Maelor Penley	19:21
26	781	Dominic Farr	Bro Morgannwg	19:22
27	596	Dan Nichol	Cardiff High	19:23
28	674	Joel Redmond	Llanishen	19:31
29	258	Tomos Davies-Parfitt	Cwm Rhymni	19:37
30	723	Paul Tobin	Olchfa	19:39
31	598	Peter Davies	Cardiff High	19:58
32	554	Rhys George	Bro Morgannwg	20:01
33	716	Jack Couch	Porthcawl	20:08
34	259	Joseph Scrivens	Cwm Rhymni	20:12
35	672	Sam Bartlett	Llanishen	20:14
36	548	Lewis Green	Lewis School	20:18
37	187	Todd Watson	Sir Thomas Picton	20:31
38	594	Tom Owen	Cardiff High	20:45
39	597	Nick Gallimore	Cardiff High	20:47
40	488	Oliver Christopher	Y Pant	20:47
41	777	Joe Whitmarsh-Knight	Bro Morgannwg	20:51
42	675	Matt Thomas	Llanishen	20:59
43	603	Jamie Evans	Tywyn	21:00
44	260	Lewys Churchill	Cwm Rhymni	21:09
45	546	Cory Lewis	Lewis School	21:20
46	599	Charlie Pemberton	Cardiff High	21:35
47	543	Ryan Parker	Lewis School	21:47
48	595	Oliver James	Cardiff High	21:50
49	613	Andrew Roberts	Brynmaur	21:55
50	550	David Cavender	Lewis School	22:03
51	475	Nathan Richards	Coedcae	22:07
52	633	Chris Jones	Amman Valley	22:54
53	632	Josh Jones	Amman Valley	22:56
54	634	Ammon Hutchinson	Amman Valley	22:59

Teams

1	Sir Thomas Picton	A	4	10	16	17	37	80
2	Lewis School	A	4	4	18	23	36	81
3	Cwm Rhymni	A	4	19	24	29	34	106
4	Cardiff High	A	4	12	27	31	38	108
5	Llanishen	A	4	6	28	35	42	111
6	Amman Valley	A	4	2	52	53	54	161
	Incomplete							
	Bro Morgannwg	I	3	26	32	41		
	Cardiff High B	I	3	39	46	48		
	Lewis School B	I	3	45	47	50		
	Bassaleg	I	2	13	21			
	Porthcawl	I	2	1	33			
	Barry	I	1	14				
	Bishop of Llandaff	I	1	15				
	Bro Myrddin	I	1	8				

	I	1	49					
	I	1	51					
	I	1	11					
	I	1	44					
	I	1	7					
	I	1	22					
	I	1	25					
	I	1	30					
	I	1	20					
	I	1	3					
	I	1	9					
	I	1	5					
	I	1	43					
	I	1	40					
			54					

Pos	No	U16 Boys Name	School	4120m
1	227	Kyran Roberts	Queen Elizabeth	13:56
2	761	Jonathan Tobin	Bishopston	14:15
3	497	Rhys Granville	Strade	14:17
4	463	Jack Gooch	Radyr	14:21
5	494	Ben Jones	Cwmcarn	14:23
6	711	James Hunt	Brynteg	14:34
7	661	Ciaran Lewis	Llanishen	14:37
8	250	Jac Jonathan	Cwm Rhymni	14:48
9	290	Tom Edmunds	St Martins	14:50
10	714	Morgan Thomas	Porthcawl	14:54
11	266	Lewis Preece	Gowerton	15:00
12	627	Christian Lovatt	Amman Valley	15:07
13	668	Tom Warren	Llanishen	15:08
14	147	Tom Harding	Eirias	15:10
15	553	Dafydd George	Bro Morgannwg	15:19
16	181	Laurie Haworth	Sir Thomas Picton	15:23
17	667	Luke Harris	Llanishen	15:25
18	479	Deri Stewart	Cwmtawe	15:30
19	252	Regan May	Cwm Rhymni	15:31
20	708	Ben Dunster	Gwernfyed	15:32
21	561	Matthew Tucker	Crickhowell	15:33
22	767	Will England	Monmouth School	15:37
23	159	Liam Bradley	Tasker Milward	15:39
24	586	Nick Jones	Cardiff High	15:41
25	506	Daniel Hall	Bishopston	15:44
26	262	Andrew Jones	Llangefni	15:49
27	198	Ashley Hopkins	Gwyr YG	15:52
28	251	Geraint Robbins	Cwm Rhymni	15:57
29	768	James Middlecote	Monmouth School	16:01
30	214	Elliot Richards	Stanwell	16:02
31	474	Zac Lewis	Coedcae	16:04
32	660	Ieuan Mercer	Llanishen	16:06
33	669	Owen Thomas	Llanishen	16:13
34	541	Declan Morris	Lewis School	16:15
35	589	Nad Ghezlad	Cardiff High	16:19
36	253	James Stone	Cwm Rhymni	16:20
37	254	Thomas Weigold	Cwm Rhymni	16:23
38	540	Evan Summers	Lewis School	16:26
39	774	Stephen Williams	Penweddig	16:29
40	539	Cory Lower	Lewis School	16:31
41	183	Chris Morgan	Sir Thomas Picton	16:33
42	264	Harri Hooper Lewis	Gowerton	16:34
43	715	Jacob David	Porthcawl	16:35
44	451	Dylan Jones	Penweddig	16:36
45	665	Luke Gill	Llanishen	16:37
46	753	Tom Morgan	Cowbridge	16:38
47	779	Kieran Williams	Blackwood	16:42
48	481	Thomas John	Cwmtawe	16:43
49	591	Sam Xerri	Cardiff High	16:50
50	180	Jack Reece	Sir Thomas Picton	16:52
51	256	Thomas Rees	Cwm Rhymni	16:54
52	158	Callum Morgan	Tasker Milward	16:57
53	255	Yoan Chadgey	Cwm Rhymni	16:59
54	590	Kyle Abraham	Cardiff High	17:01
55	182	Matthew Harries	Sir Thomas Picton	17:07
56	213	Ieuan Jones	Stanwell	17:18
57	752	Jason Sami	Cowbridge	17:28
58	628	Owain Meldrum	Amman Valley	17:30

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Provisional Results at the 34th Championships, held on 20/11/2010 at Penlan, Brecon – damp, cold, biting NE breeze

59	662	Sam Gough	Llanishen	17:31
60	629	Cerith Evans	Amman Valley	17:44
61	542	Will Tomms	Lewis School	17:48
62	771	Will Bowes-McTear	Monmouth School	17:51
63	507	Stephen Vonk	Bishopston	17:57
64	197	Rhydian Jones	Gwyr YG	18:11
65	199	Cian Richards	Gwyr YG	18:15
66	769	Jordon Watts	Monmouth School	18:32
67	712	Jamie Berran	Brynteg	18:34
68	755	Liam Martin	Cowbridge	18:39
69	587	Merlyn Adams-Jenkins	Cardiff High	18:41
70	284	Daniel Martin	Caereinion High	18:50
71	713	Patrick O'Toole	Brynteg	18:53
72	529	Shaun Thomas	St John Baptist	19:04
73	754	Miles Jenkins	Cowbridge	19:07
74	265	Declan Walters	Gowerton	20:08
75	756	Chris Powell	Cowbridge	21:14
76	770	Santiago Cerdan	Monmouth School	21:18

12	156	Elgan Robers	Tasker Milward	10:37
13	500	Oliver Jones	Bishopston	10:38
14	621	Achraf Liles	Amman Valley	10:43
15	649	Kieran Harris	Llanishen	10:44
16	289	Charlie Heaton	Whitchurch	10:46
17	247	Aled Griffiths	Cwm Rhymini	10:49
18	145	Mike Roberts	Eirias	10:50
19	245	Owen Thomas	Cwm Rhymini	10:51
20	656	Mike Bellew	Llanishen	10:52
21	286	Jac Skuse	Whitchurch	10:53
22	749	Dewi Bennett	Cowbridge	10:54
23	461	Sam Curwen	Radyr	11:06
24	763	Josh Sparks	Monmouth School	11:07
25	551	Cador Morgan	Gwynllw	11:08
26	246	Mathew Greenhaf	Cwm Rhymini	11:09
27	249	Tomos Acreman	Cwm Rhymini	11:10
28	584	Tiago Micallef	Cardiff High	11:12
29	722	William Reynolds	Olchfa	11:15
30	646	Joshua Moore	Llanishen	11:16
31	647	George Gough	Llanishen	11:19
32	536	Jordon Emmott	Lewis School	11:20
33	747	Alex Love	Cowbridge	11:21
34	537	James Erasmus-Sutton	Lewis School	11:22
35	622	Tim Chapman	Amman Valley	11:24
36	636	Dafydd Manley	Glantaf YG	11:28
37	658	Jacob Knight	Llanishen	11:29
38	623	Aled Phillips	Amman Valley	11:30
39	535	Tom Moakes	Lewis School	11:31
40	659	Josh Husband	Llanishen	11:32
41	462	Joe Williams	Radyr	11:33
42	287	Matthew Davies	Whitchurch	11:34
43	552	Aled George	Bro Morgannwg	11:35
44	657	Daniel Melhuish	Llanishen	11:36
45	282	Jack Lewis	Caereinion High	11:37
46	279	Gruffydd Martin	Caereinion High	11:38
47	207	Sencer Robinson	Stanwell	11:41
48	654	Jack Griffiths	Llanishen	11:42
49	748	Huw Bennett	Cowbridge	11:44
50	525	Jacob Morris	St John Baptist	11:45
51	176	Jack Parkinson	Sir Thomas Picton	11:46
52	585	Nishad Uzzaman	Cardiff High	11:47
53	582	Ahmed Dousa	Cardiff High	11:48
54	577	Harry Sulston	Cardiff High	11:49
55	579	Alex Koukouravas	Cardiff High	11:50
56	248	Lloyd Pearce	Cwm Rhymini	11:51
57	175	Tom Hill	Sir Thomas Picton	11:52
58	764	Billy Chew	Monmouth School	11:52
59	650	Jon Davies	Llanishen	11:52
60	499	Mark Bramer	Bishopston	11:53
61	209	Morgan Humphries	Stanwell	11:53
62	177	Billy Truman	Sir Thomas Picton	11:53
63	750	Sean Davies	Cowbridge	11:54
64	751	Luke Jeffries	Cowbridge	11:55
65	580	Jack Murray	Cardiff High	11:56
66	263	Nicholas Porter	Gowerton	11:57
67	583	Kyle Griffiths	Cardiff High	11:58
68	501	Daniel Pearson	Bishopston	11:59
69	558	Henry Jones	Crickhowell	12:00
70	608	Tom Yemm	Brynmawr	12:01
71	625	Callum Griffiths	Amman Valley	12:02
72	578	Oliver Hassey	Cardiff High	12:03
73	178	Finn Thompson	Sir Thomas Picton	12:05
74	765	Douglas Hendry	Monmouth School	12:09

Teams								
1	Llanishen	A	4	7	13	17	32	69
2	Cwm Rhymini	A	4	8	19	28	36	91
3	Cardiff High	A	4	24	35	49	54	162
4	Sir Thomas Picton	A	4	16	41	50	55	162
5	Lewis School	A	4	34	38	40	61	173
6	Monmouth School	A	4	22	29	62	66	179
7	Cowbridge	A	4	46	57	68	73	244
Incomplete Teams								
	Amman Valley	I	3	12	58	60		
	Bishopston	I	3	2	25	63		
	Brynteg	I	3	6	67	71		
	Cwm Rhymini B	I	3	37	51	53		
	Gowerton	I	3	11	42	74		
	Gwyr	I	3	27	64	65		
	Llanishen B	I	3	33	45	59		
	Coedcae	I	1	37				
	Cwmtawe	I	2	18	48			
	Penweddig	I	2	39	44			
	Porthcawl	I	2	10	43			
	Stanwell	I	2	30	56			
	Tasker Milward	I	2	23	52			
	Blackwood	I	1	47				
	Bro Morgannwg	I	1	15				
	Caereinion	I	1	70				
	Cardiff High B	I	1	69				
	Cowbridge B	I	1	75				
	Crickhowell	I	1	21				
	Cwmcarn	I	1	5				
	Eirias	I	1	14				
	Gwernyfed	I	1	20				
	Llangefni	I	1	26				
	Monmouth School B	I	1	76				
	Queen Elizabeth	I	1	1				
	Radyr	I	1	4				
	Strade	I	1	3				
	St John Baptist	I	1	72				
	St Martin's	I	1	9				
			76					

Pos	No	Name	School	Time
1	717	John Spill	Friars	10:02
2	460	Rhys Gooch	Radyr	10:09
3	206	Alex Price	Garth Olwg YG	10:12
4	611	Liam Cornock	Brynmawr	10:15
5	490	Jack Daly	David Hughes	10:22
6	174	Nikita Neary	Dyffryn Taf	10:23
7	534	Danny Morgan	Lewis School	10:29
8	762	Danyaal Mohamed	Bryntirion	10:31
9	655	Jake Hayward	Llanishen	10:32
10	746	Rian Thomas	Cowbridge	10:34
11	300	Jordan Richards	Coedcae	10:35

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75	280	Callum Foulks	Caereinion High	12:11
76	210	Will Gale	Stanwell	12:19
77	653	Casey Jones	Llanishen	12:20
78	581	Ben Barber	Cardiff High	12:23
79	707	Scott Dunster	Gwernyfed	12:25
80	179	Joe Haworth	Sir Thomas Picton	12:27
81	498	David Figelstone	Bishopston	12:31
82	502	Ieuan Hulme	Bishopston	12:35
83	776	Llyr Ap Einion	Penweddig	12:38
84	526	Max Bateman	St John Baptist	12:43
85	651	Luke Arandell	Llanishen	12:47
86	297	Will Prosser	Brecon	12:51
87	648	Harry Gough	Llanishen	12:53
88	664	Tom Eve	Llanishen	12:56
89	766	Henry Damon	Monmouth School	12:57
90	204	Jay Davies	Llandrindod High	13:01
91	296	Jac Powell	Brecon	13:02
92	607	Tomas Bainton	Brynmawr	13:03
93	288	Michael Jones	Whitchurch	13:03
94	503	Henry Moselhi	Bishopston	13:04
95	610	Lewis Perkins	Brynmawr	13:05
96	609	William Bennett	Brynmawr	13:15
97	281	Charlie Wilson	Caereinion High	13:25
98	645	Matt Bracken	Llanishen	13:27
99	208	Nick Mackey	Stanwell	13:28
100	283	John Tudor	Caereinion High	13:33
101	211	Lewis Campbell	Stanwell	13:45
102	212	Rhys Fford	Stanwell	13:53
103	526	Max Bateman	St John Baptist	13:55
104	504	Oliver Southerland	Bishopston	14:21
105	505	Owen Hawkins	Bishopston	15:09
dnf	173	Tommy Welton	Dyffryn Taf	

Eirias	1	18			
Friars	1	1			
Garth Olwg	1	3			
Glantaf	1	36			
Gowerton	1	66			
Gwernyfed	1	79			
Gwynllyw	1	25			
Llandrindod	1	90			
Olchfa	1	29			
Penweddig	1	83			
Sir Thomas Picton B	1	80			
Tassker Milward	1	12			
	##				

1	1	18			
1	1	1			
1	1	3			
1	1	36			
1	1	66			
1	1	79			
1	1	25			
1	1	90			
1	1	29			
1	1	83			
1	1	80			
1	1	12			
	##				

		Senior Girls		4120m	
Pos	No	Name	School	Time	
1	202	Ffion Price	Llandrindod High	15:07	
2	157	Megan Withers	Tasker Milward	15:29	
3	710	Ffion Lewis	Llanhari YG	15:42	
4	203	Rhianwedd Price	Llandrindod High	16:07	
5	726	Jemima Osborn	Olchfa	16:13	
6	492	Sarah Livett	David Hughes	16:17	
7	727	Elyisia Pearson	Olchfa	16:41	
8	783	Bethan Daw	St Cyres	16:56	
9	477	Stacey Webber	Bryngwyn	17:03	
10	459	Kate Smith	Radyr	17:11	
11	775	Megan Turner	Penweddig	17:17	
12	458	Clare Harwood	Radyr	17:30	
13	728	Katie Reynolds	Olchfa	17:36	
14	784	Catlin Bryant	The Cathedral Sir Thomas Picton	17:40	
15	193	Josie Lewis	Picton	17:46	
16	742	Fiona Bray	Cowbridge	17:50	
17	200	Ainsley Richards	Gwyr YG	17:57	
18	274	Samantha Tudor	Caereinion High	19:00	
19	574	Holly Morris	Cardiff High	19:01	
20	743	Rachel Bradshaw	Cowbridge	19:22	
21	166	Emily Thomas	Penglais	19:23	
22	744	Katie Wynne	Cowbridge	19:24	
23	243	Ffion Jones	Cwm Rhymni	19:25	
24	244	Catrin Griffiths	Cwm Rhymni	19:33	
25	745	Bethan Allman	Cowbridge	20:01	
26	699	Kirsty Powell	Coleg Powys	20:19	
27	576	Elle Morgan	Cardiff High	20:19	
28	275	Catrin Thomas	Caereinion High	20:21	
29	471	Anthea Young	Llantwit Major	20:43	
30	450	Elin Thomas	Aberaeron	20:54	
31	487	Terri-Casey Barter	Y Pant	21:37	
32	630	Elin Haf Evans	Amman Valley	21:43	
33	700	Jessica Hughes	Coleg Powys	21:50	
34	573	Megan Jones	Cardiff High	22:28	
35	575	Madeline Walsh	Cardiff High	22:29	
36	276	Ffion Evans	Caereinion High	22:51	
37	242	Becky Sykes	Cwm Rhymni	23:22	
38	277	Gemma Rudd	Caereinion High	23:58	
39	530	Daniella Hurt	St John Baptist	24:45	
40	532	Ashleigh Davies	St John Baptist	24:47	
41	531	Charlotte Shilton	St John Baptist	25:31	
dnf	533	Jonadette Caprio	St John Baptist		

Teams								
1	Llanishen	A	4	9	15	20	30	74
2	Cwm Rhymni	A	4	17	19	26	27	89
3	Lewis School	A	4	7	32	34	39	112
4	Cowbridge	A	4	10	22	33	49	114
5	Llanishen B	A	4	31	37	40	44	152
6	Amman Valley	A	4	14	35	38	71	158
7	Whitchurch	A	4	16	21	42	93	172
8	Cardiff High	A	4	28	52	53	54	187
9	Bishopston	A	4	13	60	68	81	222
10	Sir Thomas Picton	A	4	51	57	62	73	243
11	Monmouth School	A	4	24	58	74	89	245
12	Cardiff High B	A	4	55	65	67	72	259
13	Brynmawr	A	4	4	70	92	95	261
14	Caereinion	A	4	45	46	75	97	263
15	Llanishen C	A	4	48	59	77	85	269
16	Stanwell	A	4	47	61	76	99	283
17	Bishopston B	A	4	82	94	104	105	385
Incomplete Teams								
	Llanishen D	I	3	87	88	98		
	Radyr	I	3	2	23	41		
	St John Baptist	I	3	50	84	103		
	Brecon	I	2	86	91			
	Cowbridge B	I	2	63	64			
	Stanwell B	I	2	101	102			
	Bro Morgannwg	I	1	43				
	Brynmawr B	I	1	96				
	Bryntirion	I	1	8				
	Caereinion B	I	1	100				
	Cardiff High C	I	1	78				
	Coedcae	I	1	11				
	Crickhowell	I	1	69				
	Cwm Rhymni B	I	1	56				
	David Hughes	I	1	5				
	Dyffryn Taf	I	1	6				

Teams								
1	Cowbridge	A	4	16	20	22	25	83
2	Cardiff High	A	4	19	27	34	35	115
3	Caereinion	A	4	18	28	36	38	120
Incomplete teams								

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Provisional Results at the 34th Championships, held on 20/11/2010 at Penlan, Brecon – damp, cold, biting NE breeze

Cwm Rhymini	I	3	23	24	37	
Olchfa	I	3	5	7	13	
St John Baptist	I	3	39	40	41	
Coleg Powys	I	2	26	33		
Radyr	I	2	10	12		
Tasker Milward	I	2	2	21		
Llandrindod	I	2	1	4		
Penweddig	I	1	11			
David Hughes	I	1	6			
Amman Valley	I	1	32			
Aberaeron	I	1	30			
The Cathedral	I	1	14			
Bryngwyn	I	1	9			
Sir Thomas Picton	I	1	15			
Gwyr	I	1	17			
St Cyres	I	1	8			
Llantwit	I	1	29			
Y Pant	I	1	31			
Llanhari	I	1	3			
		41				

51	569	Amy Lane	Cardiff High	17:08
52	237	Heledd Thomas	Cwm Rhymini	17:10
53	470	Ellie Atkinson	Llantwit Major	17:17
54	271	Ffion Roberts	Caereinion High	17:39
55	273	Bethan Leonard	Caereinion High	17:53
56	224	Laura Gale	Stanwell	17:58
57	738	Eleanor Morgan	Cowbridge	17:59
58	520	Naomi Osborn	Bishopston	18:07
59	698	Angel Harvey	St John Lloyd	18:17
60	469	Bethany Cleave	Llantwit Major	18:18
61	238	Charlie Webber	Cwm Rhymini	18:19
62	239	Ellis Buggler	Cwm Rhymini	18:30
63	225	Jessica Ashill	Stanwell	19:00
64	737	Megan Langdon-Cryer	Cowbridge	19:08
65	272	Gemma Tudor	Caereinion High	19:38
66	626	Christian Lovatt	Amman Valley	19:54
67	196	Emma Warren-Davies	Gwyr YG	20:03
68	195	Ffion Thomas	Gwyr YG	23:44
69	480	Charlotte John	Cwmtawe	23:44
dns	523	Jazmine Briganti	Brynteg	
dns	524	Sinead Loundes	Brynteg	

Pos	No	U16 Girls Name	3640m School	Time
1	517	Olivia Gwynn	Bishopston	12:50
2	483	Rebecca Evans	Y Pant	13:14
3	285	Kate Seary	Whitchurch	13:22
4	226	Kate Coker	Stanwell	13:31
5	489	Kari O'Neill	Tre-Gib	13:33
6	149	Abigail Backshall	Dyffryn Conwy	13:40
7	466	Megan Osborne	Llantwit Major	13:42
8	696	Elin Davies	Bishopston	13:43
9	690	Malika Rezougui	Blackwood	13:44
10	759	Francesca Morris	Bedwas	13:50
11	703	Scarlett McPhillips	King Henry VIII	13:51
12	694	Betsan Jenkins	Plasmawr YG	13:58
13	725	Iona Evans	Olchfa	14:01
14	724	Lara Philipart	Olchfa	14:05
15	230	Rhian Homer	Bro Gwaun	14:06
16	192	Caitlin Thompson	Sir Thomas Picton	14:09
17	468	Erin Hayes	Llantwit Major	14:11
18	240	Elin Lewis	Cwm Rhymini	14:16
19	467	Lucy Tarrant	Llantwit Major	14:24
20	567	Hollie Gore	Cardiff High	14:28
21	697	Dannielle Franklin	St John Lloyd	14:35
22	718	Cari Harries	Penweddig	14:37
23	189	Poppy Lewis	Sir Thomas Picton	14:44
24	191	Charlotte Rees	Sir Thomas Picton	14:48
25	484	Ellie Havard	Y Pant	14:52
26	568	Alex Bass	Cardiff High	14:58
27	518	Caitlin Atkins	Bishopston	15:01
28	169	Megan Carter-Davies	Penglais	15:02
29	689	Olivia Turley	Blackwood	15:09
30	476	Leah Wilson-Randell	Bryngwyn	15:10
31	228	Lowri Heckler	Queen Elizabeth	15:14
32	740	Miriam Bennett	Cowbridge	15:16
33	449	Megan Thomas	Aberaeron	15:17
34	190	Georgia Busby	Sir Thomas Picton	15:26
35	701	Bethany Jackson	Duffryn Newport	15:33
36	163	Rhin Jones	Lampeter	15:34
37	294	Abbey Wyatt	Brecon	15:35
38	695	Cai Sampson	Bishopston	15:43
39	485	Emily Christopher	Y Pant	15:46
40	519	Alex Bramer	Bishopston	15:50
41	270	Sara Rudd	Caereinion High	15:56
42	572	Lucy Mogford	Cardiff High	16:00
43	571	Laura Trigg	Cardiff High	16:22
44	241	Bethan Phillips	Cwm Rhymini	16:31
45	570	Lily Sepahpour	Cardiff High	16:33
46	516	Lucy Fligelstone	Bishopston	16:40
47	456	Samantha Barker	Radyr	16:41
48	293	Helen Dempsey	Brecon	16:47
49	739	Natasha Johnson	Cowbridge	16:48
50	292	Sarah-Jane Olivant	Brecon	16:50

Pos	No	Teams							
1		Bishopston	A	4	1	8	27	38	74
2		Llantwit	A	4	7	17	19	53	96
3		Sir Thomas Picton	A	4	16	23	24	34	97
4		Cardiff High	A	4	20	26	42	43	131
5		Cwm Rhymini	A	4	18	44	52	61	175
6		Cowbridge	A	4	32	49	57	64	202
7		Caereinion	A	4	41	54	55	65	215
		Incomplete Teams							
		Bishopston	I	3	40	46	58		
		Brecon	I	3	37	48	50		
		Stanwell	I	3	4	56	63		
		Y Pant	I	3	2	25	39		
		Blackwood	I	2	9	29			
		Cardiff High B	I	2	45	51			
		Gwyr	I	2	67	68			
		Olchfa	I	2	13	14			
		St John Lloyd	I	2	21	59			
		Aberaeron	I	1	33				
		Amman Valley	I	1	66				
		Bedwas	I	1	10				
		Bro Gwaun	I	1	15				
		Bryngwyn	I	1	30				
		Cwm Rhymini B	I	1	62				
		Cwmtawe	I	1	69				
		Duffryn Newport	I	1	35				
		Dyffryn Conwy	I	1	6				
		King Henry VIII	I	1	11				
		Lampeter	I	1	36				
		Llantwit B	I	1	60				
		Penglais	I	1	28				
		Penweddig	I	1	22				
		Plasmawr	I	1	12				
		Queen Elizabeth	I	1	31				
		Radyr	I	1	47				
		Tre-Gib	I	1	5				
		Whitchurch	I	1	3				
				69					

Pos	No	U14 Girls Name	2800m School	Time
1	522	Rosa Yates	Brynteg	10:21
2	201	Heidi Davies	Llandrindod High	10:37
3	729	Seren Allin	Cowbridge	10:53
4	166	Emily Thomas	Penglais	11:11
5	562	Issy Morris	Chirst College	11:13
6	482	Bethan Evans	Y Pant	11:14
7	161	Catlin Page	Lampeter	11:16
8	491	Mollie Davies	David Hughes	11:17
9	162	Ffion Quan	Lampeter	11:25
10	563	Caitlin Xerri	Cardiff High	11:32
11	194	Courtley Lock	Ynysawdre	11:33

Welsh Schools Inter Schools Cross-Country Championships

Provisional Results at the 34th Championships, held on 20/11/2010 at Penlan, Brecon – damp, cold, biting NE breeze

12	639	Alice Broadley	Llanishen	11:39
13	278	Megan Tatnell	Corpus Christi	11:40
14	205	Emma Lighthart	St Martin's	11:41
15	640	Elishka Coupar	Llanishen	11:42
16	171	Tegan Harrison	Dyffryn Taf	11:43
17	478	Katie Parfitt	Cwmtawe	11:45
18	510	Kylie Richards	Bishopston	11:50
19	188	Alice Russell-Stretch	Sir Thomas Picton	11:58
20	142	Clara Jones	Bishop of Llandaff	12:03
21	601	Siobhan Eleri	Bro Myrddin	12:04
22	146	Fern Davies	Eirias	12:08
23	222	Ana Mirza-Davies	Stanwell	12:10
24	733	Rebecca Thomas	Cowbridge	12:11
25	150	Jessica Bradley	Tasker Milward	12:12
26	215	Emily Wooster	Stanwell	12:14
27	165	Amelia Reynolds	Caldicot	12:21
28	513	Rhian Lewis	Bishopston	12:22
29	151	Alicia Jones	Tasker Milward	12:23
30	155	Josie Daniels	Tasker Milward	12:24
31	719	Ffion Evans	Penweddig	12:25
32	564	Sophie Perrington	Cardiff High	12:26
33	709	Rachael Smout	Gwernyfed	12:27
34	452	Alys Cowdy	Penweddig	12:29
35	557	Megan Tucker	Crickhowell	12:30
36	268	Margo Martin	Caereinion High	12:31
37	566	Alia Yadollahi	Cardiff High	12:32
38	734	Ela Emyr	Cowbridge	12:33
39	496	Joe-Dianna Grabham	Llangynwyd YG	12:34
40	217	Annabelle Birch-Hurst	Stanwell	12:35
41	154	Bess Meopham	Tasker Milward	12:36
42	232	Erin Roberts	Cwm Rhymni	12:37
43	172	Laura Nix	Dyffryn Taf	12:39
44	705	Charlotte Walters	Flint	12:40
45	619	Amber Howell	Amman Valley	12:41
46	620	Hannah Davies	Amman Valley	12:42
47	704	Ellie Coates	Penyrheol	12:43
48	291	Lois Flower	Brecon	12:48
49	614	Delun Allcock	Amman Valley	12:50
50	760	Elliw Dafydd	Penweddig	12:57
51	164	Hannah Pryce	Welshpool	13:00
52	493	Amy Price	Fairwater	13:01
53	236	Ffion Churchill	Cwm Rhymni	13:02
54	143	Ysobelle Williams	Bishop of Llandaff	13:03
55	687	Emily Jones	Morrison	13:08
56	234	Bethan Evans	Cwm Rhymni	13:13
57	511	Beth Harris	Bishopston	13:14
58	218	Ffion Adams	Stanwell	13:20
59	515	Lowri Jackson	Bishopston	13:21
60	233	Cerah Dean	Cwm Rhymni	13:22
61	219	Georgia Logan-Davies	Stanwell	13:23
62	235	Hafwen Davies	Cwm Rhymni	13:24
63	565	Daisy Pathy	Cardiff High	13:26
64	455	Rebecca Evans	Radyr	13:29
65	735	Brooke Langdon-Cryer	Cowbridge	13:30
66	267	Laura Andrew	Caereinion High	13:31
67	731	Alicia Thomas	Cowbridge	13:32
68	641	Laura Crispie	Llanishen	13:33
69	736	Sally Gambling	Cowbridge	13:34
70	617	Justine Jones	Amman Valley	13:36
71	720	Siwan Burrell	Penweddig	13:37
72	216	Rebecca Humpage	Stanwell	13:38
73	702	Isobel Parry-Jones	King Henry VIII	13:42
74	706	Lois Edwards	Mold Alun	13:46
75	223	Tizzie Birch-Hurst	Stanwell	13:56
76	730	Cerys Bradshaw	Cowbridge	13:57
77	635	Awen Lewis	Ystalyfera	13:58
78	618	Abigail Worrall	Amman Valley	14:07
79	638	Sara Cuthbert	Llanishen	14:08
80	644	Chloe Smith	Llanishen	14:09
81	606	Lacey Hawkins	Brynmawr	14:11
82	512	Anna Beak	Bishopston	14:13
83	231	Rhiannan Fenn	Penyrheol	14:25
84	605	Catelin Bishop	Brynmawr	14:30
85	152	Jessica Cook	Tasker Milward	14:35
86	153	Jemima Lewis	Tasker Milward	14:39
87	221	Emily Ross	Stanwell	14:41
88	732	Niamh Jenkins	Cowbridge	14:43

89	220	Kate Coker	Stanwell	14:47
90	604	Keira Pitt	Brynmawr	15:08
91	615	Carly Jones	Amman Valley	15:58
92	637	Emily Taylor	Llanishen	16:43
93	616	Chelsea Taylor	Amman Valley	18:04
94	514	Sophie Hughes	Bishopston	18:05
dnf	454	Megan Cox	Radyr	

Teams								
1	Tasker Milward	A	4	25	29	30	41	125
2	Cowbridge	A	4	3	24	38	65	130
3	Cardiff High	A	4	10	32	37	63	142
4	Stanwell	A	4	23	26	40	58	147
5	Bishopston	A	4	18	28	57	59	162
6	Llanishen	A	4	12	15	68	79	174
7	Penweddig	A	4	31	34	50	71	186
8	Amman Valley	A	4	45	46	49	70	210
9	Cwm Rhymni	A	4	42	53	56	60	211
10	Stanwell B	A	4	61	72	75	87	295
11	Cowbridge B	A	4	67	69	76	88	300
Incomplete teams								
	Amman Valley B	I	3	78	91	93		
	Brynmawr	I	3	81	84	90		
	Bishop of Llandaff	I	2	20	54			
	Bishopston B	I	2	82	93			
	Caereinion	I	2	36	66			
	Dyffryn Taf	I	2	16	43			
	Lampeter	I	2	7	9			
	Llanishen B	I	2	80	92			
	Penyrheol	I	2	47	83			
	Tasker Milward B	I	2	85	86			
	Alun	I	1	74				
	Brecon	I	1	48				
	Bro Myrddin	I	1	21				
	Brynteg	I	1	1				
	Caldicot	I	1	27				
	Christ College	I	1	5				
	Corpus Christi	I	1	13				
	Crickhowell	I	1	35				
	Cwm Rhymni B	I	1	62				
	David Hughes	I	1	8				
	Eirias	I	1	22				
	Fairwater	I	1	52				
	Flint	I	1	44				
	Gwernyfed	I	1	33				
	King Henry VIII	I	1	73				
	Llandrindod	I	1	2				
	Llangynwyd	I	1	39				
	Mold Alun	I	1	74				
	Morrison	I	1	55				
	Penglais	I	1	4				
	Radyr	I	1	64				
	Sir Thomas Picton	I	1	19				
	St Martin's	I	1	14				
	Stanwell C	I	1	89				
	Welshpool	I	1	51				
	Y Pant	I	1	6				
	Ynysawdre	I	1	11				
	Ystalyfera	I	1	77				
			94					