

**Race 3 U13 Girls 11:30 AM 2,240m (Total Entries 52 with 8 spaces)**

EAST WALES		NORTH WALES		SOUTH WALES		WEST WALES	
1	Ceri GRIFFITHS/Newport Harriers	16	Maddison GRIFFITHS/Maldwyn Harriers	31	Anna-Rose MERCHANT/Bridgend AC	46	Bethan ADAMS/Llanelli AC
2	Freya HUGHES-ROLLS/Rhymney Valley	17	Eden EDWARDS/Deeside AAC	32	Mali MACDUFF/Bridgend AC	47	Amy GREATRICK/Carmarthen Harriers
3	Ellie MORRIS/Blaenau Gwent	18	Ella GRUNDY/Colwyn Bay AC	33	Kate DUNGLINSON/Bridgend AC	48	Gracie GRIFFITHS/Pembrokeshire Harriers
4	Bethan KEY/Blaenau Gwent	19	Maisy PARRY/Deeside AAC	34	Hollie LEWIS/Bridgend AC	49	Chloe HALE/Carmarthen Harriers
5	Harriet WRIGHT-NICHOLAS/Rhymney Valley	20	Maddy JAMES/Deeside AAC	35	Ffion HOWE/Bridgend AC	50	Ffion OUSELEY/Pembrokeshire Harriers
6	Marni BURRIDGE/Rhymney Valley	21	Beca HAF BOWN/Menai T&F	36	Eve HICKMAN/Bridgend AC	51	Kaitlyn JONES/Swansea Harriers
7	Amy GARROD/Newport Harriers	22	Madeleine SINFIELD/Menai T&F	37	Emily DENT/Cardiff Archers	52	Frances MACKIE/Carmarthen Harriers
8	Skye HOWELLS/Rhymney Valley	23	Cara SCOTT/Menai T&F	38	Anna BROOKS/Cardiff Archers	53	Erin MORGAN/Carmarthen Harriers
9	Freya PLATT/Brecon AC	24	Macie CROWE/Deeside AAC	39	Bethan HARDMAN/Cardiff Archers	54	Mai DAVIES/Swansea Harriers
10	Yenay ROBINS/Rhymney Valley	25	Anwen HOCKLEY/Eryri Harriers	40	Sophie KNOYLE/Cardiff Archers	55	Sophie HARTLEY-GREEN/Swansea Harriers
11	Mia THOMAS/Blaenau Gwent	26	Cadi GLYN EDWARDS/Menai T&F	41	Alys GRANT/Cardiff Archers	56	Carys WOOD/Carmarthen Harriers
12	Larissa MCGUIRE/Cwmbran Harriers	27		42	Erin WILLIAMS/Cardiff Archers	57	Maddy JAMES/Pembrokeshire Harriers
13	Anna PELTOR/Brecon AC	28		43	May PEATE/CARDIFF AAC	58	Carys LEWIS-HOPKINS/Swansea Harriers
14		29		44	Tara NATHAN/Pontyclun AC	59	
15		30		45	Iona RODERICK/YsG Glantaf	60	

**Race 4 U13 Boys 11:40 AM 2,240m (Total Entries 57 with 3 spaces)**

EAST WALES		NORTH WALES		SOUTH WALES		WEST WALES	
61	Leo STARK/Newport Harriers	76	Aled BREEZE/Maldwyn Harriers	91	Loui CAMILLERI/Cardiff Archers	106	Jack THOMAS/Carmarthen Harriers
62	Jack ORGAN/Brecon AC	77	Oliver HARRISON/Deeside AAC	92	Elis FINLAYSON/Cardiff AAC	107	Jake LYNOCK/Carmarthen Harriers
63	Arthur BELL/Brecon AC	78	Cai ROWLANDS/Aberconwy	93	Joseph JOYCE/Cardiff AAC	108	Iwan THOMAS/Carmarthen Harriers
64	Thomas WEEKS/Chepstow	79	Callum MORGAN/Maldwyn Harriers	94	Tom WESTERN/Cardiff Schools	109	Iwan WILSON/Llanelli AC
65	Owen GRFITHS/Brecon AC	80	Jacob WELSH/Deeside AAC	95	Kobe BELTRAN/Cardiff Schools	110	Steffan DAVIES/Carmarthen Harriers
66	Thomas DAVIES/Chepstow	81	Tudur HARPER LLOYD/Menai T&F	96	Charlie HARRIS/Cardiff Schools	111	Rogan COX/Carmarthen Harriers
67	Cian APLIN/Brecon AC	82	Harri MORGAN/Menai T&F	97	Ifan SION/Cardiff Schools	112	Finley BRUCE/Pembrokeshire Harriers
68	Owen PRICE-DAVIES/Brecon AC	83	William PRITCHARD/Deeside AAC	98	Rhys RUTTLEY/Cardiff Schools	113	Matthew LEWIS/Swansea Harriers
69	Harry BRADLEY/Newport Harriers	84	Joel GOMMES/Wrexham AAC	99	Christopher JONES/Cardiff Archers	114	Ifan BOWEN/Carmarthen Harriers
70	Reuben LAWSON/Chepstow	85	Owen WINSTON/Deeside AAC	100	Nathan HILL/Cardiff Archers	115	Zach ELVEY/Caerphilly Runners
71	Jac MATTHEWS/Rhymney Valley	86	Kieran BUSHHELL/Deeside AAC	101	Kian WILSON/Bridgen AC	116	Cai PRENDIVILLE/Llanelli AC
72	Harry DAWES/Newport Harriers	87	Sam DALLAS/Deeside AAC	102	James WHARFE/Cardiff Schools	117	
73	Henry EVANS/Monmouth School	88	James BLAIR/Eryri Harriers	103	Charlie FLYNN/Cardiff Archers	118	Morgan WILLIS/Swansea Harriers
74	Oliver LLOYD/Monmouth School	89	Harvey DAVIES/Wrexham AAC	104	Kian BISHOP/Aberdare VAAC	119	Ellis CADDICK/Carmarthen Harriers
75	Morgan SAGE/Newport Harriers	90		105	Sean HOPKINS/Cardiff archers	120	

**Race 5 U15 Girls 11:50 AM 3,140m (Total Entries 51 with 9 spaces)**

EAST WALES		NORTH WALES		SOUTH WALES		WEST WALES	
121	Elin GRIFFITHS/Newport Harriers	136	Samia JONES/Menai T&F	151	Erin ANDREWS/Cardiff Archers	166	Amy TUCKER/Llanelli AC
122	Lily HART/Newport Harriers	137	Neisha ROBERTS/Deeside AAC	152	Evie WATKINS/Cardiff AAC	167	Ella DAVIES/Swansea Harriers
123	Lily WILLIAMS/Newport Harriers	138	Ella SMALL/Deeside AAC	153	Sophie EVANS/Cardiff AAC	168	Maddison HINES/Neath Harriers
124	Alyssa BAKER/Newport Harriers	139	Boe CELYN JONES/Menai T&F	154	Moli LYONS/Cardiff AAC	169	Ffion HENNESSY/Swansea Harriers
125	Lowri PROSSER/Blaenau Gwent	140	Seren LLWYD/Academi Coed-y-Brehin	155	Keira GRIFFITHS/Aberdare VAAC	170	Tiffany REES/Swansea Harriers
126	Emily WILCOX/Newport Harriers	141	Milly JONES/Deeside AAC	156	Lola OSMAND/Cardiff Archers	171	Daisy THOMPSON/Swansea Harriers
127	Poppy STOWELL-EVANS/Newport Harriers	142	Juliette WILLIAMS/Deeside AAC	157	Gwenno GOODE/Cardiff Archers	172	Abbie HALL/Swansea Harriers
128	Amber HURN/Lliswerry Runners	143	Holly WALKER/Deeside AAC	158	Alannah HILL/Cardiff Archers	173	Tanwen MOON/Carmarthen Harriers
129	Megan WILLIAMS/Blaenau Gwent	144	Carys BREEZE/Maldwyn Harriers	159	Fiona BOSTOCK/Cardiff AAC	174	Jessica MORRIS/Pembrokeshire Harriers
130	Molly GAMESON/Rhymney Valley	145	Abbi PARKINSON/Menai T&F	160	Manon PEARCE/	175	Eden RAE DAVIES/Celtic Tri
131	Lucy MAGWOOD/Rhymney Valley	146	Carys WATCHORN/Deeside AAC	161	Freya ROBERTS/Cardiff Archers	176	Rosie MEREDITH/Swansea Harriers
132	Ellie CHINN/Lliswerry Runners	147	Georgia PARKINSON/Menai T&F	162	Lili JONES/Cardiff AAC	177	Megan THOMSON/Pembrokeshire Harriers
133	Antonia DAWES/Newport Harriers	148	Hannah SMITH/Deeside AAC	163	Rebecca GEORGE/Barry & Vale Harriers	178	
134		149		164		179	
135		150		165		180	

**Race 6 U15 Boys 12:05 PM 4,140m (Total Entries 58 with 2 spaces)**

EAST WALES		NORTH WALES		SOUTH WALES		WEST WALES	
181	Iwan COYLE/Brecon AC	196	Huw JONES/Deeside AAC	211	Jacob REYNOLDS/Cardiff AAC	226	Frank MORGAN/Carmarthen Harriers
182	Joshua JONES/Newport Harriers	197	Oliver JONES/Maldwyn Harriers	212	Rhys HARDMAN/Cardiff Archers	227	Aled TUMELTY/Swansea Harriers
183	Oliver PRICE/Blaenau Gwent	198	Math THOMAS/Menai T&F	213	Ryan EDWARDS/Cardiff Archers	228	Finley CATLING/Neath Harriers
184	Morgan WATTS/Blaenau Gwent	199	Tyler CARTLIDGE/Deeside AAC	214	Lloyd JONES/Cardiff AAC	229	Rhys LLEWELLYN/Pembrokeshire Harriers
185	Oliver HUMPHREYS/Newport Harriers	200	Mathew ANTHONY/Deeside AAC	215	Luke WYATT/Neath Harriers	230	Ioan CRESSY-RODGERS/Carmarthen Harriers
186	Bradley DICKERSON/Blaenau Gwent	201	Roman HODGSON/Colwyn Bay AC	216	Ben RAY/Cardiff Archers	231	Cian HARRIES/Pembrokeshire Harriers
187	Isaac PIERCE/Brecon AC	202	Luke WILLIAMS/Deeside AAC	217	Osian TYRELL/Cardiff AAC	232	Adam BEER/Llanelli AC
188	Isaac JONES/Newport Harriers	203	Cameron SHAW/Menai T&F	218	Andrew PENROSE/Cardiff Archers	233	Iwan WHITE/Swansea Harriers
189	Aneirin JENKINS-BELOHORSKA/Blaenau Gwent	204	Ioan OLDFIELD/Wrexham	219	Charlie HURDMAN/Cardiff Archers	234	Dafydd JONES/Carmarthen Harriers
190	Bruce ROSSITER/Rhymney Valley	205	Theo HUGHES/Deeside AAC	220	Ben HUGHES/Cardiff AAC	235	Iori HUMPHREYS/Pembrokeshire Harriers
191	Alex CARRAFA/Rhymney Valley	206	Deiniol OWEN/Maldwyn Harriers	221	Rex EZARD/Bridgend AC	236	Miles HILL/Swansea Harriers
192	Evan PRICE/Cwmbran Harriers	207	Oliver JONES/Deeside AAC	222	Ben FARRELL/Cardiff AAC	237	Jack BRUCE/Pembrokeshire Harriers
193	Ryan SUTTON/Cardiff AAC	208	William WASNIDGE/Deeside AAC	223	Rhys BOWEN/Cardiff Archers	238	Liam EDWARDS/Carmarthen Harriers
194	Dan MEEHAN/Newport Harriers	209	Edward WOODHEAD/Deeside AAC	224	Harry PEARCE/Cardiff Archers	239	Scott PRICE/Carmarthen Harriers
195		210		225	Luke HALL/Cardiff Archers	240	Iwan LILLEY/Pembrokeshire Harriers

**Race 7 U17 Women 12:25 PM 4,140m (Total Entries 45 with 15 spaces)**

EAST WALES		NORTH WALES		SOUTH WALES		WEST WALES	
1	Tiegan WARD/Brecon AC	16	Mia ROBERTS/Deeside AAC	31	Nia CLATWORTHY/Cardiff AAC	46	Darcie BASS/Swansea Harriers
2	Lowri THOMAS/Newport Harriers	17	Sioned CORDINER/Wrexham	32	Aimee CALLOW/Cardiff Archers	47	Rebecca MARTIN/Swansea Harriers
3	Isabel CLARK/Blaenau Gwent	18	Orla DAVIES/Deeside AAC	33	Ffion HIGGINSON/Bridgend AC	48	Ashley WILLIS/Swansea Harriers
4	Ellie ROBINSON/Newport Harriers	19	Imogen OWEN/Deeside AAC	34	Nia GODDARD/Cardiff AAC	49	Sioned WALLWORK/Cardiff AAC
5	Ruby CARLETON/Brecon AC	20	Bethan DAVIES/Colwyn Bay AC	35	Seren RAYMENT/Cardiff Archers	50	Rebecca MARTIN/Swansea Harriers
6	Caitlin JONES/Newport Harriers	21	Ffion MADI REES JONES/Menai T&F	36	Bethan MEYRICK/Cardiff AAC	51	Eva EDWARDS/Carmarthen Harriers
7	Glesni POWELL/Brecon AC	22	Lauran WATCHORN/Deeside AAC	37	Megan FRIEDLI/Cardiff AAC	52	Bronwen STRATTON THOMAS/Swansea Harriers
8	Seren JONES/Newport Harriers	23	Lleucu LANE/Eryri Harriers	38	Bethany GOLD/Cardiff AAC	53	Alice EVANA/Pembrokeshire Harriers
9	Emily-Jae MASON/Cwmbran Harriers	24	Laura SHARP/Deeside AAC	39	Nia RILEY/Cardiff Archers	54	
10	Louisa HASSELL/Brecon AC	25	Leah ROBERTS/Maldwyn Harriers	40	Chloe WYATT/WA Schools	55	Beth THOMAS/Swansea Harriers
11		26		41	Sara STURGESS/	56	Mirrain LLOYD/Swansea Harriers
12		27		42	Ellin WILLIAMS/Cardiff AAC	57	
13		28		43	Megan JONES/Cardiff Archers	58	
14		29		44	Hannah BIDWELL/Cardiff Archers	59	
15		30		45	Mared ARCH/WA Schools	60	

**Race 8 Senior Men & MM35, MM45, MM55 12:45 PM 9,940m (Total Entries 196 with 44 spaces)**

EAST WALES		NORTH WALES		SOUTH WALES		WEST WALES	
SENM EAST		SENM NORTH		SENM SOUTH		SENM WEST	
241	Abed TEWELDEBRHAN/Newport Harriers	256	Tom ROBERTS/Meirionnydd	271	James HUNT/Cardiff AAC	286	Chris LLOYD/Run4All Neath
242	Harry DAVIES/Parc Bryn Bach Running Club	257	Alex LANZ/Meirionnydd	272	Dan NASH/Cardiff AAC	287	Rob DAVIES/Amman Valley
243	Michael HOLLOWAY/Brecon AC	258	Gwion ROBERTS/Meirionnydd	273	Steve MORRIS/Cardiff AAC	288	Daniel NEWTON/Swansea Harriers
244	Ieuan SMITH/Lliswerry Runners	259	Elliot COX/Buckley Runners	274	Sam GREGORY/Aberdare VAAC	289	Daniel MORGAN/Swansea Harriers
245	Mark HOPKINSON/Torfaen Runners	260	Tim JOY/Buckley Runners	275	Adam BULL/Aberdare VAAC	290	John MORAN/Swansea Harriers
246	Jack TURNER/Welsh Anglo Athletes	261	Josh CEREFICE/Prestatyn	276	Daniel BODMAN/Aberdare VAAC	291	Leighton WEBB/Llanelli AC
247	Jamie PARRY/Parc Bryn Bach Running Club	262	Di-Caro CATARRATTO/Wrexham AAC	277	Matthew EVANS/Aberdare VAAC	292	John CAMANI/Pembrokeshire Harriers
248	Sam LEWIS JONES/Parc Bryn Bach Running Club	263	Ryan DAVIES/Wrexham AAC	278	Ryan JONES/Aberdare VAAC	293	Christopher FRANCIS/3M Gorseion
249	James BLORE/Chepstow Harriers	264	James ROBERTS/Wrexham AAC	279	Sam RICHARDS/Pontypridd Roadents	294	Ben WILLIAMS/Port Talbot
250	James ELGAR/Micky Morris Racing Team	265	Gavin ROBERTS/Eryri	280	Alex PRICE/Swansea Harriers	295	Matthew PHILLIPS/Llanelli AC
251	Michael LEWIS/Fairwater Runners Cwmbran	266	James BOWDEN/Eryri	281	Luke WILLIAMS/San Domenico	296	Craig HOPKINS/Llanelli AC
252		267		282	Muhktaar FARHAN/Cardiff AAC	297	Andrew ARRAN/3M Gorseion
253		268		283	Hywel DIPLOCK /Parc Bryn Bach	298	Tom BACON/Swansea Harriers
254		269		284	Adam DAVIES/White Rock	299	Deri STEWART/Neath Harriers
255		270		285	Tom JAMES/Aberdare VAAC	300	Sam FIGURES/Port Talbot

MM35 EAST		MM35 NORTH		MM35 SOUTH		MM35 WEST	
301	Ryan MCFLYNN/Micky Morris Racing Team	316	Stephen SKATES/Prestatyn	331	Richard JACKSON-HOOKINS/Les Croupiers	346	Daniel TRIGGS/Neath Harriers
302	Tim IVESON/Builth & District	317	Alun WILLIAMS/Meirionnydd	332	Matthew JACKLIN/Aberdare VAAC	347	Daryl JOHN/Pembrokeshire Harriers
303	Robin WOODS/Brecon AC	318	Ifan RICHARDS/Meirionnydd	333	Gary BROWN/Penarth & Dinas	348	Gareth AYRES/Port Tsalbot
304	Michael GRIFFITHS/Micky Morris Racing Team	319	Steve HAYES/Deestridders	334	Peter RYDER/Aberdare VAAC	349	Robert PRADY/Neath Harriers
305	Mark MOGFORD/Micky Morris Racing Team	320	Clive MORGAN/Maldwyn Harriers	335	Chris OXLEY/San Domenico	350	Andrew REYNOLDS/Neath Harriers
306	Phil MORRIS/Brecon AC	321	Chris CALLAGHAN/Buckley Runners	336	Vaughan EDWARDS/Cardiff Harlequins	351	Jamie BEST/Carmarthen Harriers
307	Iestyn RHODES/Micky Morris Racing Team	322	Gareth CHALONER/Wrexham AAC	337	Darren BISHOP/Pontypridd Roadents	352	Dewi SNELSON/Trots
308	Jon BELCHER/Lliswerry Runners	323	Jonathon SEYMOUR/GOG Tri	338	Keith JAMES/Pontypridd Roadents	353	Steve OUSELEY/Pembrokeshire Harriers
309	Paul WHITE/Pont-Y-Pwl & District Runners	324	Ryan MORRISON/Cadence Tri	339	Phil WILLIAMS/Pontypridd Roadents	354	Nick VENABLES/Llanelli AC
310	Ben SINCLAIR/Pont-Y-Pwl & District Runners	325		340	Neil REYNOLDS/San Domenico	355	Chris LLOYD/Trots
311	Mark JENNINGS/Micky Morris Racing Team	326		341	Jamie VANSTONE/Pontyclun Road Runners	356	Richard PHILLIPS/Trots
312		327		342	Scott BROWNE/Les Croupiers	357	Daniel OTTESON/Swansea Harriers
313		328		343	Sam RYALL/Pontypridd Roadents	358	Owen DAVIES/Swansea Harriers
314		329		344		359	Mark HORSMAN/Cardigan
315		330		345		360	Dafydd BOWEN/Carmarthen Harriers

MM45 EAST		MM45 NORTH		MM45 SOUTH		MM45 WEST	
361	Jeff WHERLOCK/Lliswerry Runners	376	Lee JONES/Deeside AAC	391	Carl CABLE/Aberdare VAAC	406	Huw EVANS/Les Croupiers
362	Lee AHERNE/Parc Bryn Bach Running Club	377	Gary NORGROVE/Wrexham AAC	392	Adrian LEWIS/Aberdare VAAC	407	Mark HIDDLESTONE/Port Talbot
363	Stefan SIMMS/Micky Morris Racing Team	378	Glen BOULTON/Wrexham AAC	393	Steve SMITH/Aberdare VAAC	408	Jason PRICE/Llanelli AC
364	Andrew LEE/Pont-Y-Pwl & District Runners	379	Jez BROWN/Buckley Runners	394	Lee WALTERS/Aberdare VAAC	409	Huw DAVIES/Carmarthen Harriers
365	Lee SMITH/Lliswerry Runners	380	Craig THOMAS-DAVIES/Buckley Runners	395	Nathaniel PALMER/Les Croupiers	410	Jeremy DAVIES/Les Croupiers
366	Richard JONES/Lliswerry Runners	381	Tim HARGREAVES/Buckley Runners	396	Johnny LAM/San Domenico	411	Michael WARNER/Run4All Neath
367	Christopher HARRHY/Pont-Y-Pwl & District Runners	382	Simon EDWARDS/Buckley Runners	397	J.Bruce/Les Croupiers	412	Alec WILLIAMS/Pembrokeshire Harriers
368	Jonathan CARTER/Chepstow Harriers	383	Eddie DAVIES/Buckley Runners	398	Kevin PLANK/San Domenico	413	David CORNISH/Port Talbot
369	Phil BOORMAN/Lliswerry Runners	384	Karl WILLIAMS/Buckley Runners	399	Marcus MEYRICK/Les Croupiers	414	Christopher JONES/3M Gorseion
370	Steven MATTHEW LANE/Islywn RC	385	Irfon ROWLANDS/Cybi Striders	400	Gareth HARDMAN/Bridgend AC	415	Heath BRETT/Swansea Harriers
371	Owen FLAGE/Welsh Anglo Athletes	386	Glen PRICE/Denbigh Harriers	401	Jim MURRAY/Pontypridd Roadents	416	Martyn HUGHES-DOWDLE/Swansea Harriers
372		387		402	Allen BUNNEY/Aberdare VAAC	417	Jonathan COX/Carmarthen Harriers
373		388		403		418	Martin HINES/Neath Harriers
374		389		404		419	Paul LYNCK/Carmarthen Harriers
375		390		405		420	



WELSH ATHLETICS  
ATHLETAU CYMRU

20th Welsh Inter-Regional  
Cross-Country Championships

START LIST

Llandrindod Wells  
8th December 2018



WELSH ATHLETICS  
ATHLETAU CYMRU

**Race 8 Senior Men & MM35, MM45, MM55 12:45 PM 9,940m (Total Entries 196 with 44 spaces) Continued....**

MM55 EAST		MM55 NORTH		MM55 SOUTH		MM55 WEST	
421	Peter SOWERBY/Brecon AC	436	Arwel LEWIS/Eryri	451	Rob HUNT/Bridgend AC	466	Kevin GRIFFITHS/Trots
422	Stephen WILLIAMS/Parc Bryn Bach Running Club	437	Steve TOOGOOD/Buckley Runners	452	Vince NAZARETH/Les Croupiers	467	Ifan LLOYD/Swansea Harriers
423	Steve DAVIES/Pont-Y-Pwl & District Runners	438	Eric CAMPBELL/Buckley Runners	453	Ian BELL/San Domenico	468	Peter OSBORNE/Llanelli AC
424	Haydn HARTNELL/Parc Bryn Bach Running Club	439	Steve BELLIS/Buckley Runners	454	Mark DUNSCOMBE/Aberdare VAAC	469	Tudor MILES/Run4All Neath
425	Mark ROBERTS/Brecon AC	440	Huw LEWIS/Buckley Runners	455	Clive OSMAND/Les Croupiers	470	Rob FALCONER/Swansea Harriers
426	Kim WEHDEN/Islywn RC	441	Kevin CHALLINOR/Buckley Runners	456	Ray DAVIES/Aberdare VAAC	471	Laurence WORTH/Pembrokeshire Harriers
427	Paul DODD/Chepstow Harriers	442	Allen SMITH/Buckley Runners	457	Jeff HANSON/Rhondda AC	472	Paul WINSTANLEY/Run4All Neath
428	Stuart PENNY/Spirit Of Monmouth	443	Jeremy RANDELL/Meirionnydd	458		473	Simon PARTRIDGE/Neath Harriers
429	Colin WILMOTT/Griffithstown Harriers	444	Vic BELSHAW/Denbigh	459	Sean PRICE/Les Croupiers	474	Keith POWELL/Trots
430	Anthony MARSHALL/Chepstow Harriers	445	Duncan JONES/Denbigh	460	Bryan MEREDITH/Rhondda Valley Runners	475	Thomas GUEST/Swansea Harriers
431		446	Hayden JONES/Shrewsbury AC	461	Graham MACK/Merthyr RC	476	Nicholas MERRONY/Trots
432		447	Tim CAHILL/Abergele Harriers	462	Hefin GRUFFYDD/Pontypridd	477	Ian WEBB/Llanelli AC
433		448		463		478	Paul OSBORNE/Llanelli AC
434		449		464	Phil HOLDER/Cardiff Harlequins	479	Brian SAXBY/Run4All Neath
435		450		465		480	

**Race 9 U20 Women 1:35 PM 5,440m (Total Entries 31 with 29 spaces)**

EAST WALES		NORTH WALES		SOUTH WALES		WEST WALES	
421		436	Annabelle MCQUEEN/Eryri	451	Naomi REID/Cardiff AAC	466	Eliza MARTIN/Pembrokeshire Harriers
422		437	Holly ROBERTS/Colwyn Bay AC	452	Laura WRIGHT/Cardiff AAC	467	Abbie WILLIAMS/Pembrokeshire Harriers
423		438	Niamh MERRISON/Colwyn Bay AC	453	Hannah JENKINS/Bridgend AC	468	
424		439	Bethan DOWSETT/Deeside AAC	454	Seren RAYMENT/Cardiff Archers	469	Rhiannon PHILLIPS/Neath Harriers
425		440	Martha OWEN/Deeside AAC	455	Isobel DODD/Bridgend AC	470	Carys JONES/Llanelli AC
426		441	Lois LEE/Prestatyn	456	Holi JEHU/Aberdare VAAC	471	Ellie KIFF/Carmarthen Harriers
427		442	Jenna BAGNALL/Prestatyn	457	Megan BOWEN/Cardiff AAC	472	Laura HUGHES- DOWDLE/3M Gorseion
428		443	Catrin DONNELLY/Menai T&F	458	Annwen GAMMON/Cardiff AAC	473	
429		444	Lucy LAWRENCE/Menai T&F	459	Ffion MORGAN/Cardiff Archers	474	
430		445	Rhiannon KAMINK/Colwyn Bay AC	460	Katrin HIGGINSON/Bridgend AC	475	
431		446		461	Carys BILL/Cardiff AAC	476	
432		447		462	Isobel JONES/Cardiff AAC	477	
433		448		463	Molly GRIMLEY/Cardiff AAC	478	
434		449		464	Alisha HAYES/Bridgend AC	479	
435		450		465	Sarah JENKINS/Bridgend AC	480	

**Race 10 U17 Men 1:55 PM 5,440m (Total Entries 52 with 8 spaces)**

EAST WALES		NORTH WALES		SOUTH WALES		WEST WALES	
61	Lewis MCLOUGHLIN/Lliswerry Runners	76	Osian PERRIN/Menai T&F	91	Joseph REARDON/Aberdare VAAC	106	Ieuan GRIFFITHS/Llanelli AC
62	Spencer SMITH/Newport Harriers	77	Mike SPILL/Menai T&F	92	Alex LAYZELL/Aberdare VAAC	107	Samuel BIRD/Llanelli AC
63	Lloyd SHEPPARD/Cardiff AAC	78	James JONES/Deeside AAC	93	James PENROSE/Aberdare VAAC	108	Finley HINES/Neath Harriers
64	Joel PRICE/Blaenau Gwent	79	Tomos LAND/Colwyn Bay AC	94	Liam GRIFFITHS/Aberdare VAAC	109	Rhys JAMES/Neath Harriers
65	Tom WEBB/Parc Bryn Bach	80	Cai LA-TROBE ROBERTS/Menai T&F	95	Cerion JONES/Aberdare VAAC	110	Sebastian LEWIS/Neath Harriers
66	Michael OWEN/Newport Harriers	81	Harri EVANS/Deeside AAC	96	Ben SMITH/Aberdare VAAC	111	Joshua WALLACE/Neath Harriers
67	Sam CLAYTON/Brecon AC	82	Daniel STONES/Menai T&F	97	Dafyd JAY/Swansea Harriers	112	
68	Oscar DENTON/Newport Harriers	83	Carwyn OWEN/Maldwyn Harriers	98	James GRIFFITHS/Neath Harriers	113	Callum CAMPION/Llanelli AC
69	Steven COOK/Lliswerry Runners	84	Aled JONES/Menai T&F	99	Iestyn EDWARDS/Cardiff AAC	114	Tomos REES/Carmarthen Harriers
70		85	Eden POTTER/Menai T&F	100	Ben REYNOLDS/Cardiff AAC	115	Archi MORGAN/Carmarthen Harriers
71		86	Bryn WOODALL/Colwyn Bay AC	101	James GOLD/Cardiff AAC	116	James FISHLOCK/Neath Harriers
72		87	Cameron LAWRENCE/Menai T&F	102	Billy GRAHAM/Aberdare VAAC	117	Nathan JONES/Swansea Harriers
73		88	Callum O DONNELL/Eryri Harriers	103	Louis SPENCER/Cardiff AAC	118	
74		89	Dillon GILL/Maldwyn Harriers	104	Shaun PINCH/Aberdare VAAC	119	Lewis JONES/Carmarthen Harriers
75		90	Dan PARKINSON/Deeside AAC	105	Alex JACKSON/Aberdare VAAC	120	Archie DLKS/Trots

**Race 11 Senior Women & MW35, MW45, MW55 2:15 PM 6,340m (Total Entries 130 with 50 spaces)**

SEnw EAST		SEnw NORTH		SEnw SOUTH		SEnw WEST	
121	Lauren COOPER/Parc Bryn Bach Running Club	136	Elliw HAF/Eryri	151	Lucy MARLAND/Cardiff AAC	166	Alaw BEYNON THOMAS/Swansea Harriers
122	Emma WOOKEY/Lliswerry Runners	137	Lizzie COCKLE/Maldwyn Harriers	152	Rebecca EVANS/Cardiff AAC	167	Abigail GOODRICK-LATHAM/Swansea Harriers
123	Faye JOHNSON/Pont-Y-Pwl & District Runners	138	Margo MARTIN/Maldwyn Harriers	153	Emily LAGAMARSANO/San Domenico	168	
124	Nicky COLLIN/Lliswerry Runners	139	Ceri BELSHAW/Denbigh	154	Lucy ALLEN/San Domenico	169	Cara-Leanne FARLEY/Run4All Neath
125	Lubica FORD/Pont-Y-Pwl & District Runners	140	Alaw MEDI/Denbigh	155	Delyth WILLIAMS/San Domenico	170	Carly THOMAS/Port Talbot
126	Danielle PHILLIPS/Pont-Y-Pwl & District Runners	141	Abi BACKSHALL/Colwyn Bay AC	156	Megan POULSON/San Domenico	171	Emma PALFREY/Cardiff AAC
127	Lucy MACDONALD/Spirit Of Monmouth	142	Andrea CODY/GOG Tri	157	Aimee FERGUSON/Aberdare VAAC	172	Cassandra MILES/Run4All Neath
128	Sian JONES/Parc Bryn Bach Running Club	143	Julie MARTIN/Abergele Harriers	158	Hannah PRETTY/Cardiff AAC	173	Sian KIRK/Swansea Harriers
129	Antoinette DUMAYNE/Lliswerry Runners	144	Jennifer RAMBALDI/Buckley Runners	159	Hollie RYDER/Aberdare VAAC	174	Jessica DAVIES/Llanelli AC
130	Charlotte RALPH/Lliswerry Runners	145	Lucy KNIGHT/Vale Royal	160	Vicky JONES/Aberdare VAAC	175	Jemima OSBORN/Swansea Harriers
131	Hannah HOPKINSON/Torfaen Runners	146		161	Tyrion PRYCE/Aberdare VAAC	176	Sioned HOWELLS/Amman Valley
132	Victoria HOBBS/Lliswerry Runners	147		162	Carys HUGHES/Cardiff AAC	177	
133	Ella BOORMAN/Lliswerry Runners	148		163	Angharad PRICE/Les Croupiers	178	
134	Emma PRICE-STEPHENS/Fairwater Runners Cwm	149		164		179	
135		150		165		180	



**20th Welsh Inter-Regional  
Cross-Country Championships**

**START LIST**

Llandrindod Wells  
8th December 2018



WELSH ATHLETICS  
ATHLETAU CYMRU

**Race 11 Senior Women & MW35, MW45, MW55 2:15 PM 6,340m (Total Entries 130 with 50 spaces) Continued...**

MW35 EAST		MW35 NORTH		MW35 SOUTH		MW35 WEST	
181	Donna MORRIS/Brecon AC	196	Rhian ROXBURGH/GOG Tri	211	Liz MAY/Pontypridd Roadents	226	Lisa WILLIAMS/3M Gorseinon
182	Alex WILSON/Spirit Of Monmouth	197	Vicky COLE/GOG Tri	212	Helen GRIFFITHS/Penarth & Dinas	227	Helen MARSHALL/Swansea Harriers
183	Lisa ERICKSON/Pont-Y-Pwl & District Runners	198	Gemma MOORE/NWRRC	213	Nina DAVIES/Aberdare VAAC	228	Wendy PRICE/Carmarthen Harriers
184	Clare PATTERSON/Torfaen Runners	199	Rhian PIERCE/Denbigh	214	Corina JONES/Aberdare VAAC	229	
185	Alex EVANS/Parc Bryn Bach Running Club	200	Jane DOUGHTON/Buckley Runners	215	Catherine POWELL/Pontyclun Road Runners	230	Clara DAVIES/Amman Valley
186	Sarah COOTE/Parc Bryn Bach Running Club	201	Anest MULLER/West Cheshire AC	216	Catherine BARKER/Penarth & Dinas	231	
187	Emma KING/Spirit Of Monmouth	202	Miranda GRANT/Eryri	217	Liz DAVIES/Cardiff AAC	232	
188	Rachel LEWIS/Parc Bryn Bach Running Club	203	Christine CAMMILLARE/Deestridders	218	Angela CHAMPION/Les Croupiers	233	Isobel DAWSON/Trots
189	Sarah LAUDER/Lliswerry Runners	204	Lesley LAWSON/Colwyn Bay AC	219	Katie BEECHER/Les Croupiers	234	Jenny MCCATE/Swansea Harriers
190	Rebecca ROTHWELL/Lliswerry Runners	205		220	Rachel HIGGINSON/Les Croupiers	235	Kate LYNOCK/Carmarthen Harriers
191		206		221	Katherine COLLINS/Parc Bryn Bach	236	
192		207		222		237	Lisa FORREST/Carmarthen Harriers
193		208		223		238	Rebecca DILKS/Trots
194		209		224		239	Lisa MORGAN/Pembrokeshire Harriers
195		210		225		240	Mel BEST/Carmarthen Harriers

MW45 EAST		MW45 NORTH		MW45 SOUTH		MW45 WEST	
241	Nicola JUKES/Parc Bryn Bach Running Club	256	Emma CROWE/Wrexham AAC	271	Gina HARDMAN/Bridgend	286	Mandy MORRIS/Port Talbot
242	Jane HORLER/Chepstow Harriers	257	Ceri COOK/Buckley Runners	272	Jennet HOLMES/Pontypridd Roadents	287	Melissa WATSON/Trots
243	Niki MORGAN/Chepstow Harriers	258	Jane LINDLEY/Buckley Runners	273	Clare GRIFFITHS/Aberdare VAAC	288	
244	Maria ANTHONY/Chepstow Harriers	259	Tammy LEWIS-JONES/Eryri	274	Louise MISKELL/Aberdare VAAC	289	Judith OAKELEY/Vegan Runners
245	Louise SUMMERS/Torfaen Runners	260	Helen BLAIR/Eryri	275		290	Angela DELANY/Swansea Harriers
246	Vanessa LAWSON/Chepstow Harriers	261	Victoria WHITEHEAD/Denbigh	276	Sarah MCCARTHY/Les Croupiers	291	Tasha SEXTON/Pembrokeshire Harriers
247	Melissa PEARCE/Parc Bryn Bach Running Club	262	Ceri-Elen DISS/Denbigh	277	Emma BLOW/Aberdare VAAC	292	Sharon TROTMAN/3M Gorseinon
248	Hayley JACKSON/Parc Bryn Bach Running Club	263	Mel MORRIS/Denbigh	278	Catherine TAILBY/Penarth and Dinas	293	Diane BROWNHILL/Swansea Harriers
249	Tracy BAKER/Pont-Y-Pwl & District Runners	264	Helen MCARTHUR/GOG Tri	279	Deborah ROBERTS/Porthcawl	294	
250	Sandra CHIPPER/Lliswerry Runners	265	Ceri LANE/Hebog Runners	280	Ceri JONES/Parc Bryn Bach	295	
251	Beverley TUCKER/Brecon AC	266		281	Rebecca WILLIAMS/Parc Bryn Bach	296	
252		267		282	Susan WATSON/Les Croupiers	297	
253		268		283	Sian MCGOLDRICK/Parc Bryn Bach	298	
254		269		284	Helen ANDREWS/Bridgend	299	
255		270		285	Claire JACOBS/Les Croupiers	300	

MW55 EAST		MW55 NORTH		MW55 SOUTH		MW55 WEST	
301	Sharon WOODS/Parc Bryn Bach Running Club	316	Emma COLLINS/Denbigh	331	Julie SCHOLEY/Les Croupiers	346	Linda WOODLAND/Port Talbot
302	Margrett MONK/Parc Bryn Bach Running Club	317	Anne MYNOTT/Colwyn Bay AC	332	Fiona DAVIES/Pontypridd Roadents	347	Lindy EYNON/Trots
303	Jeanette JENKINS/Fairwater Runners Cwmbran	318	Vicky RONALD/Colwyn Bay AC	333	Clare BELL/Les Croupiers	348	Susan JENKINS/Sarn Helen
304	Karen LLEWELYN/Torfaen Runners	319	Margaret LUDDEN/Buckley Runners	334	Sally GROVES/Pegasus RC	349	Amanda DELAHEY/Llanelli AC
305	Ann NIXON/Forest of Dean	320	Ellie SALISBURY/Eryri	335	Liz DENTON/Les Croupiers	350	Mary ANTHONY/Trots
306	Kathleen JERVIS/Parc Bryn Bach Running Club	321	Ann D'ALBURQUERUE/GOG Tri	336	Kay LAWLESS/Pontyclun Road Runners	351	Sarah BARHAM/3M Gorseinon
307	Yvonne FORSEY/Lliswerry Runners	322	Susan RODGERS/Prestatyn	337	Annie CONROY/Les Croupiers	352	Linda WALLER/Swansea Harriers
308	Georgina SEED/Parc Bryn Bach Running Club	323	Chris BIRCH/Abergele Harriers	338		353	Alyson HEARD/3M Gorseinon
309		324	Alison WHITELAW/Wrexham AAC	339		354	Janet WEBB/Llanelli AC
310		325		340		355	
311		326		341		356	
312		327		342		357	
313		328		343		358	
314		329		344		359	
315		330		345		360	

**Race 12 U20 Men 3:00 PM 6,340m (Total Entries 29 with 31 spaces)**

EAST WALES		NORTH WALES		SOUTH WALES		WEST WALES	
361	Jackson MOUNTFORD/Newport Harriers	376	Christian SMITH/Wrexham AAC	391	Larry RYAN/Cardiff AAC	406	Ben THOMAS/Carmarthen Harriers
362	Remi ADEBIYI/Newport Harriers	377	Ifan OLDFIELD/Wrexham AAC	392	Jac SMITH/Cardiff AAC	407	Joseff LLOYD-WEST/Neath Harriers
363	Brychan PRICE-DAVIES/Brecon AC	378	Finlay BOULTON/Wrexham AAC	393	Stephen NOYVIRT/Cardiff AAC	408	Elliott LAWRENCE/Swansea Harriers
364	Evan PRICE-DAVIES/Brecon AC	379	Ethan ACKROYD/West Cheshire AC	394	Owain EDWARDS/Cardiff AAC	409	Dominic SMITH/Swansea Harriers
365	Samuel JACKSON/Parc Bryn Bach	380	Cedol DAFYDD/Menai T&F	395	Daniel AUSTIN/Cardiff Archers	410	Rhys DAVIES/Carmarthen Harriers
366		381	Tom WOOD/Eryri	396	James VINCENT/Cardiff AAC	411	Luke EVANS/Trots
367		382	Owen HIBBERT/Deeside AAC	397	Oliver DICKINSON/Wells City	412	Thomas JONES/Carmarthen Harriers
368		383	Patrick WHITE/Cadence Tri	398	Morgan JAMES/Cardiff AAC	413	
369		384		399	Dylan NAZARETH/Cardiff Archers	414	
370		385		400		415	
371		386		401		416	
372		387		402		417	
373		388		403		418	
374		389		404		419	
375		390		405		420	

WILDCARD ENTRIES							
481	Salman MEGAG (Wildcard)	484		487		490	
482	Isobel PARRY-JONES (Wildcard)	485		488			
483	Hannah JARVIS (Wildcard)	486		489			