

RACE 03

24th Welsh Athletics Inter Regional & 46th Welsh Schools' Inter Schools

RACE 03 SENIOR & MWOM & MMEN

Saturday 18th November 2023

Dolerw Park, Newtown

SENW TEAM RESULTS											MW45 TEAM RESULTS											MW65 TEAM RESULTS										
6,340m											6,340m											6,340m										
1	2	3	4	5	6	7	8	Pts	Count	Score	1	2	3	4	5	Pts	Count	Score	1	2	3	4	5	Pts	Count	Score						
SENW EWAL	2	6	8	9	10	13	25	27	100	8	15	MW45 EWAL	1	2	4	11	13	31	5	15	MW65 NWAL	1	3	4	8	3	15					
SENW NWAL	3	7	11	14	15	16	22	24	112	8	14	MW45 NWAL	8	9	10	17	19	63	5	14	MW65 EWAL	6	7	8	21	3	14					
SENW SWAL	5	17	18	21	26	30	34	36	187	8	13	MW45 WWAL	3	6	7	26	27	69	5	13	MW65 WWAL	2	11		2	2	2					
SENW WWAL	1	4	12	19	20	23	38		7	7	7	MW45 SWAL	5	12	16	18	20	71	5	12	MW65 SWAL				0	0	0					
MW35 TEAM RESULTS											MW55 TEAM RESULTS											MM65 TEAM RESULTS										
6,340m											6,340m											6,340m										
1	2	3	4	5	6	7	8	Pts	Count	Score	1	2	3	4	5	Pts	Count	Score	1	2	3	4	5	Pts	Count	Score						
MW35 EWAL	2	4	7	16	18			37	5	15	MW55 EWAL	1	3	7	12	14	37	5	15	MM65 NWAL	1	4	7	12	3	15						
MW35 NWAL	1	3	9	17	22			38	5	14	MW55 NWAL	4	5	8	10	11	38	5	14	MM65 SWAL	5	6	9	20	3	14						
MW35 WWAL	6	10	12	13	14			69	5	13	MW55 WWAL	2	9	16	18	24	69	5	13	MM65 EWAL	2	8	11	21	3	13						
MW35 SWAL	5	8	11	15	25			116	5	12	MW55 SWAL	6	21	25	30	34	116	5	12	MM65 WWAL	3	12	14	29	3	12						
Pos	Bib	Perf	Athlete/Club	Region	SENW Region	Pos	MW35 Region	Pos	MW45 Age	Pos	MW55 Age	Pos	MW65 Age	Pos	MM65 Age	Pos	PTS	Scorer	Team Pts													
1	46	23:47	Alaw Evans/Les Croupiers RC	SENW WWAL	SENW WWAL	1											1	✓	1													
2	1	24:06	Lauren Cooper/Western Tempo	SENW EWAL	SENW EWAL	2											2	✓	2													
3	17	24:23	Martha Owen/Deeside AAC	SENW NWAL	SENW NWAL	3											3	✓	3													
4	76	24:47	Tracey Rogers/Buckley RC	MW35 NWAL			MW35 NWAL	1									1	✓	1													
5	64	25:08	Donna Morris/Builth and District Running Club	MW35 EWAL			MW35 EWAL	2									2	✓	2													
6	47	25:19	Alex Cawrtha/Llanelli AC	SENW WWAL	SENW WWAL	4											4	✓	5													
7	35	25:35	Laura Stark/Les Croupiers RC	SENW SWAL	SENW SWAL	5											5	✓	5													
8	257	25:39	Gordon Jones/Prestatyn RC	MM65 NWAL										MM65 NWAL	1	1	1	✓	1													
9	77	25:42	Gemma Moore/Eryri Harriers	MW35 NWAL			MW35 NWAL	3									3	✓	4													
10	61	25:51	Ewelina Ciesielska/Parc Bryn Bach RC	MW35 EWAL			MW35 EWAL	4									4	✓	6													
11	14	25:52	Ffion Price/Builth and District Running Club	SENW EWAL	SENW EWAL	6											6	✓	8													
12	92	25:55	Louise Flynn/Les Croupiers RC	MW35 SWAL			MW35 SWAL	5									5	✓	5													
13	106	26:00	Joanna Callan/Swansea Harriers	MW35 WWAL			MW35 WWAL	6									6	✓	6													
14	65	26:07	Clare Patterson/Parc Bryn Bach RC	MW35 EWAL			MW35 EWAL	7									7	✓	13													
15	16	26:14	Amanda Mountford/Buckley RC	SENW NWAL	SENW NWAL	7											7	✓	10													
16	2	26:17	Chloe Powell/Swindon Harriers	SENW EWAL	SENW EWAL	8											8	✓	16													
17	4	26:18	Kani Hinshelwood/Parc Bryn Bach RC	SENW EWAL	SENW EWAL	9											9	✓	25													
18	125	26:21	Sandra Chipper/Lliswerry Runners	MW45 EWAL					MW45 EWAL	1							1	✓	1													
19	131	26:23	Katherine Matthews/Chepstow Harriers	MW45 EWAL					MW45 EWAL	2							2	✓	3													
20	9	26:26	Antoinette Rose/Lliswerry Runners	SENW EWAL	SENW EWAL	10											10	✓	35													
21	96	26:32	Helen Sharpe/Penarth and Dinas Runners	MW35 SWAL			MW35 SWAL	8									8	✓	13													
22	18	26:40	Amie Smith/Cheshire Dragons	SENW NWAL	SENW NWAL	11											11	✓	21													
23	48	26:41	Kelcy Hooper/Llanelli AC	SENW WWAL	SENW WWAL	12											12	✓	17													
24	248	26:42	Keith Grey/Fairwater Runners Cwmbra	MM65 EWAL										MM65 EWAL	2	2	2	✓	2													
25	5	26:43	Emma Wookey/Lliswerry Runners	SENW EWAL	SENW EWAL	13											13	✓	48													
26	21	26:44	Olivia Ashton/Deeside AAC	SENW NWAL	SENW NWAL	14											14	✓	35													
27	27	27:10	Anna Drinkwater/Eryri Harriers	SENW NWAL	SENW NWAL	15											15	✓	50													
28	166	27:18	Wendy Price/Amman Valley Harriers	MW45 WWAL					MW45 WWAL	3							3	✓	3													
29	78	27:21	Jen Rambaldi/Buckley RC	MW35 NWAL			MW35 NWAL	9									9	✓	13													
30	126	27:24	Nicola Jukes/Parc Bryn Bach RC	MW45 EWAL					MW45 EWAL	4							4	✓	7													
31	108	27:28	Dee Jolly/Sarn Helen	MW35 WWAL			MW35 WWAL	10									10	✓	16													
32	26	27:30	Ella Leonard/Bangor University AC	SENW NWAL	SENW NWAL	16											16	✓	66													
33	95	27:34	Lauren Mackie/Aberdare Valley AAC	MW35 SWAL			MW35 SWAL	11									11	✓	24													
34	109	27:44	Heidi Waters/Port Talbot Harriers	MW35 WWAL			MW35 WWAL	12									12	✓	28													
35	181	27:48	Niki Morgan/Chepstow Harriers	MW55 EWAL					MW55 EWAL	1							1	✓	1													
36	111	27:52	Kayleigh Bagshaw/Taf Running & Orienteering Te	MW35 WWAL			MW35 WWAL	13									13	✓	41													
37	110	28:00	Clara Davies/Amman Valley Harriers	MW35 WWAL			MW35 WWAL	14									14	✓	55													
38	278	28:06	Dave Gibson/Tri Hard harriers	MM65 WWAL										MM65 WWAL	3	3	3	✓	3													
39	158	28:08	Ceri Hooper/Les Croupiers RC	MW45 SWAL					MW45 SWAL	5							5	✓	5													
40	167	28:09	Sharon Leech/Swansea Harriers	MW45 WWAL					MW45 WWAL	6							6	✓	9													
41	94	28:11	Julie Chamberlain/Cardiff Athletics	MW35 SWAL			MW35 SWAL	15									15	✓	39													
42	39	28:12	Stephanie Hambleton/Les Croupiers RC	SENW SWAL	SENW SWAL	17											17	✓	22													
43	36	28:15	Armorall Jackson/Les Croupiers RC	SENW SWAL	SENW SWAL	18											18	✓	40													
44	66	28:21	Harrri Like/Parc Bryn Bach RC	MW35 EWAL			MW35 EWAL	16									16	✓	29													
45	168	28:27	Samantha Healy/Port Talbot Harriers	MW45 WWAL					MW45 WWAL	7							7	✓	16													
46	52	28:31	Catrin Davies/Llanelli AC	SENW WWAL	SENW WWAL	19											19	✓	36													
47	80	28:48	Hannah Thomas/Maldwyn Harriers	MW35 NWAL			MW35 NWAL	17									17	✓	30													
48	50	28:50	Kristy Smith/Swansea Harriers	SENW WWAL	SENW WWAL	20											20	✓	56													
49	34	28:51	Bethan Moor/Ogmore Phoenix Runners	SENW SWAL	SENW SWAL	21											21	✓	61													
50	28	28:51	Aude Thirouin/Bangor University AC	SENW NWAL	SENW NWAL	22											22	✓	88													
51	67	28:52	Rachael Baralos/Caerphilly Runners	MW35 EWAL			MW35 EWAL	18									18	✓	47													
52	142	28:57	Melissa Turnbull/Menai Track & Field	MW45 NWAL					MW45 NWAL	8							8	✓	8													
53	51	28:58	Tifanie Lewis/Amman Valley Harriers	SENW WWAL	SENW WWAL	23											23	✓	79													
54	259	29:03	Neil Owens/Run Free Fell Runners	MM65 NWAL										MM65 NWAL	4	4	4	✓	5													
55	63	29:05	Trish Chalk/Spirit of Monmouth	MW35 EWAL			MW35 EWAL	19									19	✗	66													
56	139	29:07	Nesta McCluskey/Maldwyn Harriers	MW45 NWAL					MW45 NWAL	9							9	✓	17													
57	23	29:09	Ffion Evans/Betsi Runaways	SENW NWAL	SENW NWAL	24											24	✓	112													
58	141	29:13	Jane Doughton/Buckley RC	MW45 NWAL					MW45 NWAL	10							10	✓	27													
59	121	29:14	Joanne Rees/Builth and District Running Club	MW45 EWAL					MW45 EWAL	11							11	✓	18													
60	118	29:15	Teresa Penhorwood/Tri Hard harriers	MW35 WWAL			MW35 WWAL	20									20	✗	75													
61	152	29:16	Claire Jacobs/Les Croupiers RC	MW45 SWAL					MW45 SWAL	12							12	✓	17													
62	11	29:20	Paige Matthews/Islywn RC	SENW EWAL	SENW EWAL	25											25	✓	73													
63	128	29:21	Naomi Law/Brecon AC	MW45 EWAL					MW45 EWAL	13							13	✓	31													
64	124	29:22	Lisa Jeffrey/Chepstow Harriers	MW45 EWAL					MW45 EWAL	14							14	✗	45													
65	32	29:24	Rachel Lammin/Les Croupiers RC	SENW SWAL	SENW SWAL	26											26	✓	87													
66	226	29:25	Mel Holiday/Taf Running & Orienteering Team	MW55 WWAL							MW55 WWAL	2					2	✓	2													
67	68	29:28	Vicky Roberts/Spirit of Monmouth	MW35 EWAL			MW35 EWAL	21									21	✗	87													
68	8	29:35	Emily Sams/Caerphilly Runners	SENW EWAL	SENW EWAL	27											27	✓	100													
69	12	29:45	Lucy MacDonald/Spirit of Monmouth	SENW EWAL	SENW EWAL	28											28	✗	128													
70	81	29:52	Catherine Bradley/Maldwyn Harriers	MW35 NWAL			MW35 NWAL	22									22	✓	52													
71	122	29:52	Rachel Bowen/Lliswerry Runners	MW45 EWAL					MW45 EWAL	15							15	✗	60													
72	7	29:58	Naomi Davies/Caerphilly Runners	SENW EWAL	SENW EWAL	29											29	✗	157													
73	33	29:59	Bryony Eames/Les Croupiers RC	SENW SWAL	SENW SWAL	30											30	✓	117													
74	10	30:01	Beth Jones/Parc Bryn Bach RC	SENW EWAL	SENW EWAL	31											31	✗	188													

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6,340m											6,340m											6,340m						
1	2	3	4	5	6	7	8	Pts	Count	Score	1	2	3	4	5	Pts	Count	Score	1	2	3	Pts	Count	Score				
161	117	35:44	Laura Miles/Port Talbot Harriers				MW35 WWAL																					
162	175	36:02	Shan Castley/Port Talbot Harriers				MW45 WWAL																					
163	190	36:07	Barbara Maddison/Chepstow Harriers				MW55 EWAL																					
164	271	36:13	Bev Jones/3M Gorseinon Road Runners				MW65 WWAL																					
165	252	36:15	Caroline Orrells/Maldwyn Harriers				MW65 NWAL																					
166	101	36:18	Rebecca Davies/Rhondda Valley Runners				MW35 SWAL																					
167	198	36:26	Jayne Lindley/Buckley RC				MW55 NWAL																					
168	41	36:41	Abigail Ghuman/Pontypridd Roadents AC				SENW SWAL			42																		
169	176	36:45	Michelle Spencer/Amman Valley Harriers				MW45 WWAL																					
170	251	36:51	Menai Baugh/Denbigh Harriers				MW65 NWAL																					
171	43	37:12	Zoe Brooks/Pontypridd Roadents AC				SENW SWAL			43																		
172	212	37:18	Sian Wigley/Aberdare Valley AAC				MW55 SWAL																					
173	192	37:21	Amanda Horton/Islwyn RC				MW55 EWAL																					
174	233	37:24	Nia Morgan/Amman Valley Harriers				MW55 WWAL																					
175	177	37:39	Jen Morse/Amman Valley Harriers				MW45 WWAL																					
176	232	38:00	Karen Cuff/3M Gorseinon Road Runners				MW55 WWAL																					
177	255	38:02	Jill Hillman/Maldwyn Harriers				MW65 NWAL																					
178	242	38:19	Brenda Avery/Chepstow Harriers				MW65 EWAL																					
179	44	38:28	Brett Paxton/Pontypridd Roadents AC				SENW SWAL			44																		
180	215	38:33	Julie Scholey/Les Croupiers RC				MW55 SWAL																					
181	191	38:46	Alison Davis/Fairwater Runners Cwmbran				MW55 EWAL																					
182	245	39:21	Chris Thomas/Builth and District Running Club				MW65 EWAL																					
183	243	41:01	Pat Richardson/Islwyn RC				MW65 EWAL																					
184	253	41:12	Anne d'Albuquerque/Denbigh Harriers				MW65 NWAL																					
185	241	41:39	Kathleen Jervis/Parc Bryn Bach RC				MW65 EWAL																					
186	273	44:53	Pauline Thomas/Taf Running & Orienteering Team				MW65 WWAL																					
187	244	50:17	Gwyneth Howells/Caerleon RC				MW65 EWAL																					