

22nd Welsh Athletics Inter Regional & 44th Welsh Schools' Inter Schools

RACE 03 SENIOR & MASTER WOMEN

Saturday 20th November 2021

Penlan, Brecon



SENW TEAM RESULTS													MW45 TEAM RESULTS													Pts			Count			Score		
6,075m													6,075m																					
1	2	3	4	5	6	7	8	Pts	Count	Score	1	2	3	4	5																			
SENW EAST	1	5	6	7	8	9	10	14	60	8	14	MW45 EAST	1	4	5	6	8							24 5 15										
SENW WEST	2	3	13	15	16	19	30	31	129	8	13	MW45 SOUTH	2	3	10	20	22							57 5 14										
SENW SOUTH	4	11	12	17	22	28	32		7	7	MW45 WEST	14	16	17	18	21							86 5 13											
SENW NORTH	24	29							2	2	2	MW45 NORTH	7	11	29									3 3 3										
MW35 TEAM RESULTS													MW55 TEAM RESULTS													Pts			Count			Score		
6,075m													6,075m																					
1	2	3	4	5	Pts	Count	Score	1	2	3	4	5																						
MW35 EAST	1	2	3	5	7	18	5	15	MW55 WEST	1	4	5	7	11							28 5 15													
MW35 SOUTH	4	11	16	17	18	66	5	14	MW55 EAST	3	8	9	16	19							55 5 14													
MW35 WEST	6	10	12	14	24	66	5	14	MW55 SOUTH	6	15	17	18	28							84 5 13													
MW35 NORTH	9	29	30			3	3	3	MW55 NORTH	2	10	27									3 3 3													
RACE 03 SENIOR & MASTER WOMEN																										PTS			Scorer			Team Pts		
POS	BIB	TIME	NAME	Region	SENW	MW35	MW45	MW55																										
1	1	22:13	Lauren COOPER/Parc Bryn Bach	SENW EAST	SENW EAST	1												1	✓	1														
2	51	22:39	Megan CARTER-DAVIES/Swansea Harriers	SENW WEST	SENW WEST	2												2	✓	2														
3	47	23:04	Katrin REISCHMANN/Swansea Harriers	SENW WEST	SENW WEST	3												3	✓	5														
4	61	23:22	Donna MORRIS/Builth & District	MW35 EAST			MW35 EAST	1										1	✓	1														
5	31	23:34	Rebecca EVANS/Cardiff Athletics	SENW SOUTH	SENW SOUTH	4												4	✓	4														
6	62	23:45	Kath MATTHEWS/Chepstow Harriers	MW35 EAST			MW35 EAST	2										2	✓	3														
7	7	23:54	Nicky COLLIN/Lliswerry Runners	SENW EAST	SENW EAST	5												5	✓	6														
8	63	24:07	Katy ROY/Chepstow Harriers	MW35 EAST			MW35 EAST	3										3	✓	6														
9	121	24:09	Sandra CHIPPER/Lliswerry Runners	MW45 EAST			MW45 EAST	1										1	✓	1														
10	2	24:17	Antoinette DUMAYNE/Lliswerry Runners	SENW EAST	SENW EAST	6												6	✓	12														
11	95	24:24	Katie BEECHER/Les Croupiers	MW35 SOUTH			MW35 SOUTH	4										4	✓	4														
12	15	24:38	Ellie ROBINSON/Newport Harriers	SENW EAST	SENW EAST	7												7	✓	19														
13	64	24:49	Clare PATTERSON/Torfaen Runners	MW35 EAST			MW35 EAST	5										5	✓	11														
14	3	24:54	Chloe POWELL/Newport Harriers	SENW EAST	SENW EAST	8												8	✓	27														
15	106	24:59	Wendy PRICE/Carmarthen Harriers	MW35 WEST			MW35 WEST	6										6	✓	6														
16	151	25:00	Ceri HOOPER/Les Croupiers	MW45 SOUTH			MW45 SOUTH	2										2	✓	2														
17	65	25:05	Sarah BELL/Chepstow Harriers	MW35 EAST			MW35 EAST	7										7	✓	18														
18	5	25:20	Faye JOHNSON/Pont-y-pwl & district	SENW EAST	SENW EAST	9												9	✓	36														
19	4	25:26	Emma WOOKEY/Lliswerry Runners	SENW EAST	SENW EAST	10												10	✓	46														
20	33	25:28	Bethan EVANS/Cardiff Athletics	SENW SOUTH	SENW SOUTH	11												11	✓	15														
21	75	25:31	Emma MATTHEWS/Builth & District	MW35 EAST			MW35 EAST	8										8	✗	26														
22	76	25:34	Jennifer RAMBALDI/Buckley RC	MW35 NORTH			MW35 NORTH	9										9	✓	9														
23	155	25:37	Susannah BULPIN/San Domenico RC	MW45 SOUTH			MW45 SOUTH	3										3	✓	5														
24	117	25:39	Linos JONES/Swansea Harriers	MW35 WEST			MW35 WEST	10										10	✓	16														
25	32	25:44	Lili JONES/Merthyr Running Club	SENW SOUTH	SENW SOUTH	12												12	✓	27														
26	50	25:45	Carys JONES/Swansea Harriers	SENW WEST	SENW WEST	13												13	✓	18														
27	6	25:47	Joanna SUMMERFIELD/Parc Bryn Bach	SENW EAST	SENW EAST	14												14	✓	60														
28	52	25:49	Cara-Leanne FARLEY/Run4All Neath	SENW WEST	SENW WEST	15												15	✓	33														
29	125	25:52	Joanne REES/Builth & District	MW45 EAST			MW45 EAST	4										4	✓	5														
30	100	25:54	Georgina DANDO/Bridgend AC	MW35 SOUTH			MW35 SOUTH	11										11	✓	15														
31	114	25:59	Helen-Marie DAVIES/Swansea Harriers	MW35 WEST			MW35 WEST	12										12	✓	28														
32	69	26:02	Tammi PREECE/Parc Bryn Bach	MW35 EAST			MW35 EAST	13										13	✗	39														
33	123	26:08	Lisa JEFFREY/Chepstow Harriers	MW45 EAST			MW45 EAST	5										5	✓	10														
34	107	26:15	Emma PALFREY/Cardiff AAC	MW35 WEST			MW35 WEST	14										14	✓	42														
35	68	26:20	Lubi FORD/Pont-y-pwl & district	MW35 EAST			MW35 EAST	15										15	✗	54														
36	53	26:23	Sarah LOUISE HOWARD/Port Talbot Harriers	SENW WEST	SENW WEST	16												16	✓	49														
37	122	26:23	Niki MORGAN/Chepstow Harriers	MW45 EAST			MW45 EAST	6										6	✓	16														
38	34	26:24	Lowri MORGAN MACDONALD/San Domenico RC	SENW SOUTH	SENW SOUTH	17												17	✓	44														
39	101	26:25	Liz MAY/Pontypridd Roadents	MW35 SOUTH			MW35 SOUTH	16										16	✓	31														
40	8	26:28	Naomi DAVIES/Caerphilly Running Club	SENW EAST	SENW EAST	18												18	✓	78														
41	137	26:29	Mel MORRIS/Denbigh Harriers	MW45 NORTH			MW45 NORTH	7										7	✓	7														
42	93	26:31	Leigh JAMES/Bridgend AC	MW35 SOUTH			MW35 SOUTH	17										17	✓	48														
43	56	26:34	Jessica WILLIAMS/Llanelli AAC	SENW WEST	SENW WEST	19												19	✓	68														
44	126	26:37	Lou SUMMERS/Torfaen Runners	MW45 EAST			MW45 EAST	8										8	✓	24														
45	11	26:37	Charlotte RALPH/Lliswerry Runners	SENW EAST	SENW EAST	20												20	✓	98														
46	96	26:38	Aimee FERGUSON/Aberdare VAAC	MW35 SOUTH			MW35 SOUTH	18										18	✓	66														
47	226	26:49	Mel HOLIDAY/Trots	MW55 WEST														MW55 WEST	1	1	✓	1												
48	199	26:51	Emma COLLINS/Denbigh Harriers	MW55 NORTH														MW55 NORTH	2	2	✓	2												
49	66	26:54	Harri LIKE/Torfaen Runners	MW35 EAST			MW35 EAST	19										19	✗	73														
50	124	26:59	Leonie ROBERTS/Fairwater Runners	MW45 EAST			MW45 EAST	9										9	✗	33														
51	91	27:02	Kaarina RUTA/Penarth & Dinas	MW35 SOUTH			MW35 SOUTH	20										20	✗	86														
52	71	27:12	Rachael BARALOS/Caerphilly Running Club	MW35 EAST			MW35 EAST	21										21	✗	94														
53	158	27:20	Cath TAILBY/Les Croupiers	MW45 SOUTH			MW45 SOUTH	10										10	✓	15														
54	9	27:30	Rachel BRENTON/Caerleon Running Club	SENW EAST	SENW EAST	21												21	✓	119														
55	35	27:36	Ellie CLEMENCE/Les Croupiers	SENW SOUTH	SENW SOUTH	22												22	✓	66														
56	73	27:37	Rachel BOWEN/Lliswerry Runners	MW35 EAST			MW35 EAST	22										22	✗	116														
57	92	27:40	Sophie MOORE/Bridgend AC	MW35 SOUTH			MW35 SOUTH	23										23	✗	109														
58	138	27:41	no declared athlete/	MW45 NORTH			MW45 NORTH	11										11	✓	18														
59	181	27:42	Maria ANTHONY/Chepstow Harriers	MW55 EAST														MW55 EAST	3	3	✓	3												
60	10	27:44	Carrie MILLER/Caerleon Running Club	SENW EAST	SENW EAST	23												23	✓	142														
61	127	27:45	Alexandra EVANS/Parc Bryn Bach	MW45 EAST			MW45 EAST	12										12	✗	45														
62	17	27:52	Kathryn HOPWOOD/Buckley RC	SENW NORTH	SENW NORTH	24												24	✓	24														
63	234	27:55	Debroah CHICK/Amman Valley Harriers	MW55 WEST														MW55 WEST	4	4	✓	5												
64	12	27:58	Carly STONE/Griffithstown Harriers	SENW EAST	SENW EAST	25												25	✓	167														
65	128	28:06	Vanessa LAWSON/Chepstow Harriers	MW45 EAST			MW45 EAST	13										13	✗	58														
66	116	28:09	Helen JONES/Neath Harriers	MW35 WEST			MW35 WEST	24										24	✓	66														
67	115	28:10	Julie HARTLEY-GREEN/Swansea Harriers	MW35 WEST			MW35 WEST	25										25	✗	91														
68	109	28:12	Isobel DAWSON/Swansea Harriers	MW35 WEST			MW35 WEST	26										26	✗	117														
69	108	28:14	Jennifer ROBERTS/Tri Hard Harriers	MW35 WEST			MW35 WEST	27										27	✗	144														
70	74	28:17	Louise MUTEHAM/Lliswerry Runners	MW35 EAST			MW35 EAST	28										28	✗	144														
71	227	28:19	Maggie COLLINGBORN/Aberystwyth AC	MW55 WEST														MW55 WEST	5	5	✓	10												
72	212	28:22	Sue WATSON/Les Croupiers	MW55 SOUTH														MW55 SOUTH	6	6	✓	6												
73	77	28:25	Gwennan HENSTOCK/Buckley RC	MW35 NORTH			MW35 NORTH	29										29	✓	38														
74	167	28:33	Mandy MORRIS/Neath Harriers	MW45 WEST			MW45 WEST	14										14	✓	14														
75	228	28:38	Jenny PHILLIPS/Llanelli AAC	MW55 WEST														MW55 WEST	7	7	✓	17												

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Penlan, Brecon



WELSH ATHLETICS
ATHLETAU CYMRU

SENW TEAM RESULTS												MW45 TEAM RESULTS					Pts			Count			Score		
6,075m												6,075m					Pts			Count			Score		
1	2	3	4	5	6	7	8	Pts	Count	Score	1	2	3	4	5	24	5	15	24	5	15				
SENW EAST	1	5	6	7	8	9	10	14	60	8	14	MW45 EAST	1	4	5	6	8	24	5	15	24	5	15		
SENW WEST	2	3	13	15	16	19	30	31	129	8	13	MW45 SOUTH	2	3	10	20	22	57	5	14	57	5	14		
SENW SOUTH	4	11	12	17	22	28	32		7	7	7	MW45 WEST	14	16	17	18	21	86	5	13	86	5	13		
SENW NORTH	24	29							2	2	2	MW45 NORTH	7	11	29			3	3	3	3	3	3		
MW35 TEAM RESULTS												MW55 TEAM RESULTS					Pts			Count			Score		
6,075m												6,075m					Pts			Count			Score		
1	2	3	4	5	Pts			Count	Score	1	2	3	4	5	28	5	15	28	5	15					
MW35 EAST	1	2	3	5	7	18	5	15	MW55 WEST	1	4	5	7	11	28	5	15	28	5	15					
MW35 SOUTH	4	11	16	17	18	66	5	14	MW55 EAST	3	8	9	16	19	55	5	14	55	5	14					
MW35 WEST	6	10	12	14	24	66	5	14	MW55 SOUTH	6	15	17	18	28	84	5	13	84	5	13					
MW35 NORTH	9	29	30			3	3	3	MW55 NORTH	2	10	27			3	3	3	3	3	3					
RACE 03 SENIOR & MASTER WOMEN												PTS			Scorer			Team Pts							
POS	BIB	TIME	NAME	Region	SENW	MW35	MW45	MW55	PTS	Scorer	Team Pts														
76	132	28:41	Sarah JEREMIAH/Parc Bryn Bach		MW45 EAST				15	x	73														
77	168	28:46	Jenny MCADIE/Swansea Harriers		MW45 WEST				16	✓	30														
78	78	28:47	Sioned GRIFFITHS/Denbigh Harriers		MW35 NORTH				30	✓	68														
79	14	28:47	Hannah PRETTY/Lliswerry Runners		SENW EAST	26			26	✓	193														
80	72	28:49	Melissa MORGAN/Isliwyn Running Club		MW35 EAST				31	x	175														
81	170	28:53	Jennifer AYLWARD/Celtic Tri		MW45 WEST				17	✓	47														
82	186	28:57	Jane ROSCOE/Chepstow Harriers		MW55 EAST				8	✓	11														
83	166	29:02	Claire PROTHEROE/Llanelli AAC		MW45 WEST				18	✓	65														
84	130	29:06	Jan MORRIS/Chepstow Harriers		MW45 EAST				19	x	92														
85	152	29:09	Kay CHAPMAN/Les Croupiers		MW45 SOUTH				20	✓	35														
86	169	29:12	Nichola WILCOX/Neath Harriers		MW45 WEST				21	✓	86														
87	156	29:13	Ruth DAVIES/Bridgend AC		MW45 SOUTH				22	✓	57														
88	187	29:14	Liz RICHARDS/Caerleon Running club		MW55 EAST				9	✓	20														
89	172	29:16	Annamarie PARSONS/Neath Harriers		MW45 WEST				23	x	109														
90	13	29:17	Grace BAYTON/Parc Bryn Bach		SENW EAST	27			27	✓	220														
91	37	29:17	Bethan AP-GLYN/Penarth & Dinas		SENW SOUTH	28			28	✓	94														
92	16	29:18	Amanda MOUNTFORD/Buckley RC		SENW NORTH	29			29	✓	53														
93	196	29:24	Margaret LUDDEN/Buckley RC		MW55 NORTH				10	✓	12														
94	70	29:25	Tammy FRY/Caerleon Running Club		MW35 EAST	32			32	x	207														
95	171	29:37	Kate LYNOCK/Trots		MW45 WEST				24	x	133														
96	55	29:45	Hannah HOFFMAN/Tri Hard Harriers		SENW WEST	30			30	✓	98														
97	134	29:48	Julie ROCHE/Fairwater Runners		MW45 EAST				25	x	117														
98	49	29:52	Bethan PHILLIPS/Pembrokeshire Harriers		SENW WEST	31			31	✓	129														
99	153	29:55	Joanne RYAN/Rhondda Valley		MW45 SOUTH				26	x	83														
100	99	29:56	Sarah WOODLEY WILLIAMS/San Domenico RC		MW35 SOUTH	33			33	x	142														
101	154	29:58	Helen ANDREWS/Bridgend		MW45 SOUTH				27	x	110														
102	232	29:58	Linda WOODLAND/Neath Harriers		MW55 WEST				11	✓	28														
103	229	29:58	Helen WILLIAMS/Llanelli AAC		MW55 WEST				12	x	40														
104	233	30:01	Judith OAKLEY/Vegan Runners		MW55 WEST				13	x	53														
105	230	30:01	Mair MORGAN/Trots		MW55 WEST				14	x	67														
106	174	30:02	Nina BROCKLEBANK/Swansea Harriers		MW45 WEST				28	x	161														
107	36	30:03	Megan POULSON/San Domenico RC		SENW SOUTH	32			32	✓	126														
108	136	30:04	Fenella HIGGINS/Buckley RC		MW45 NORTH				29	✓	47														
109	111	30:06	Katherine MORGAN/Llanelli AAC		MW35 WEST	34			34	x	178														
110	133	30:08	Julia BAJJADA/Chepstow Harriers		MW45 EAST				30	x	147														
111	129	30:09	Melissa PEARCE/Parc Bryn Bach		MW45 EAST				31	x	178														
112	173	30:15	Emma JONES/Trots		MW45 WEST				32	x	193														
113	213	30:25	Lisa CLEARY/Penarth & Dinas		MW55 SOUTH				15	✓	21														
114	176	30:38	Tina GABB/Swansea Harriers		MW45 WEST				33	x	226														
115	182	30:47	Vanessa TURNBULL/Caerphilly Runners		MW55 EAST				16	✓	36														
116	110	30:52	Lisa-Marie PENN/Llanelli AAC		MW35 WEST	35			35	x	213														
117	211	30:57	Julie SCHOLEY/Les Croupiers		MW55 SOUTH				17	✓	38														
118	214	31:06	Deb EVANS/Aberdare		MW55 SOUTH				18	✓	56														
119	188	31:14	Lou CROCKETT/Chepstow Harriers		MW55 EAST				19	✓	55														
120	175	31:21	Lorna JOHNSON/Run4All Neath		MW45 WEST				34	x	260														
121	189	31:32	Wendy SHARPE-NASH/Chepstow Harriers		MW55 EAST				20	x	75														
122	157	32:25	Janine ROBERTS/Cardiff Athletics		MW45 SOUTH				35	x	145														
123	177	32:45	Rhian BRUCE/Carmarthen Harriers		MW45 WEST				36	x	296														
124	190	33:37	Michelle CLABON/Caerleon Running club		MW55 EAST				21	x	96														
125	185	34:16	Alison DAVIS/Fairwater Runners		MW55 EAST				22	x	118														
126	184	34:28	Sharon WOODS/Pontypool Runners		MW55 EAST				23	x	141														
127	193	35:05	Berna CANTWELL/Chepstow Harriers		MW55 EAST				24	x	165														
128	183	35:24	Nicola BRUNNOCK/Pontypool Runners		MW55 EAST				25	x	190														
129	192	0:02	Sheree MANN/Fairwater Runners		MW55 EAST				26	x	216														
130	112	0:02	Claire KEARNEY/Llanelli AAC		MW35 WEST	36			36	x	249														
131	198	0:02	Sue RIDINGS/Buckley RC		MW55 NORTH				27	✓	39														
132	215	0:02	Debbie REES/Penarth & Dinas		MW55 SOUTH				28	✓	84														
133	194	0:03	Helen WILCOX/Newport Harriers		MW55 EAST				29	x	245														
134	113	0:03	Jody WILLIAMS/Llanelli AAC		MW35 WEST	37			37	x	286														
135	231	0:03	Bridget MOSELEY/Trots		MW55 WEST				30	x	97														
136	179	0:03	Joy WILLIAMS/3ms Gorseinon		MW45 WEST				37	x	333														
137	178	0:03	Lorna POWELL/Llanelli AAC		MW45 WEST				38	x	371														