



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

Cross Country Championships

Saturday 20th November 2021

Penlan, Brecon



| Race 05-U13 Boys (Yr7 & 8) 2,425m | | | | | | | | | | | | | | | | | | |
|-----------------------------------|---------|-----|------------------------|-----------------------------|---------------------------|-------|-----------------------------|---|---|----|----|----|----|----|----|----|-----|-------|
| POS | Int-Sch | BIB | ATHLETE | REGION & CLUB | SCHOOL | TIME | INTER REGIONAL TEAM RESULTS | | | | | | | | | | | |
| | | | | | | | Pos | Region | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | Pts | Total |
| 1 | 1 | 106 | William COLES | WEST-Carmarthen Harriers | Bro Dinefwr | 8:19 | | | | | | | | | | | | |
| 2 | 2 | 91 | Aaron NATHAN | SOUTH-Cardiff Archers | Cowbridge | 8:19 | | | | | | | | | | | | |
| 3 | 3 | 92 | Garyn TOUGH | SOUTH-Aberdare | Aberdare Community School | 8:25 | | | | | | | | | | | | |
| 4 | | 61 | Joe EDWARDS | EAST-Brecon AC | | 8:37 | 1 | EAST | 4 | 7 | 8 | 15 | 19 | 20 | 21 | 22 | 15 | 116 |
| 5 | | 84 | Alfie SHILAND | NORTH-Colwyn Bay | | 8:43 | 2 | NORTH | 5 | 6 | 9 | 10 | 12 | 13 | 50 | 58 | 14 | 163 |
| 6 | | 77 | Elis MARTIN | NORTH-Deeside AC | | 8:48 | 3 | WEST | 1 | 18 | 23 | 26 | 35 | 40 | 56 | 57 | 13 | 256 |
| 7 | | 62 | Will CHALK | EAST-Newport Harriers | | 8:48 | 4 | SOUTH | 2 | 3 | 29 | 31 | 47 | 55 | 62 | 65 | 12 | 294 |
| 8 | | 63 | Tom GARROD | EAST-Newport Harriers | | 8:49 | | | | | | | | | | | | |
| 9 | | 76 | Alfie EVANS | NORTH-Deeside AC | | 8:57 | | | | | | | | | | | | |
| 10 | | 83 | Toby LEMON | NORTH-Deeside AC | | 8:59 | | | | | | | | | | | | |
| 11 | 4 | 570 | Osian EMMERSON | WSAA- | Whitchurch | 9:00 | 61 | 1st Regional Team Athletes: EAST Wales (116Pts) | | | | | | | | | | |
| 12 | | 80 | Ewan LEONARD | NORTH-Colwyn Bay | | 9:01 | 62 | Joe EDWARDS-Joe (4) 08:37 | | | | | | | | | | |
| 13 | | 78 | Oliver WELSH | NORTH-Deeside AC | | 9:02 | 63 | Will CHALK-Will (7) 08:48 | | | | | | | | | | |
| 14 | 5 | 492 | Lewis GRIFFITHS-BURDON | WSAA- | Chepstow | 9:03 | 69 | Tom GARROD-Tom (8) 08:49 | | | | | | | | | | |
| 15 | | 69 | Dylan EVANS | EAST-Newport Harriers | | 9:03 | 67 | Dylan EVANS-Dylan (15) 09:03 | | | | | | | | | | |
| 16 | 6 | 520 | George MCDONALD | WSAA- | Greenhill | 9:06 | 64 | Tom GILBERT-Tom (19) 09:12 | | | | | | | | | | |
| 17 | 7 | 541 | Sam CROCKFORD | WSAA- | Llanishen High | 9:09 | 65 | Caden PARHAM-Caden (20) 09:13 | | | | | | | | | | |
| 18 | 8 | 114 | Sam GRIFFITHS | WEST-Carmarthen Harriers | Bro Myrddin | 9:10 | 68 | Theo HARRIS-Theo (21) 09:16 | | | | | | | | | | |
| 19 | | 67 | Tom GILBERT | EAST-Rhymney Valley AC | | 9:12 | 68 | Matthew POWELL-Matthew (22) 09:18 | | | | | | | | | | |
| 20 | 9 | 64 | Caden PARHAM | EAST-Rhymney Valley AC | Cwm Rhymni-Gelli Haf | 9:13 | | | | | | | | | | | | |
| 21 | | 65 | Theo HARRIS | EAST-Cwmbran Harriers | | 9:16 | 84 | 2nd Regional Team Athletes: NORTH Wales (163Pts) | | | | | | | | | | |
| 22 | 10 | 68 | Matthew POWELL | EAST-Haberdashers Monmouth | Monmouth School | 9:18 | 77 | Alfie SHILAND-Alfie (5) 08:43 | | | | | | | | | | |
| 23 | 11 | 109 | Zac MIDDLETON | WEST-Neath Harriers | Cwm Brombil | 9:19 | 76 | Elis MARTIN-Elis (6) 08:48 | | | | | | | | | | |
| 24 | 12 | 522 | Ayrton FRENCH | WSAA- | Gwent Is Coed | 9:21 | 83 | Alfie EVANS-Alfie (9) 08:57 | | | | | | | | | | |
| 25 | 13 | 578 | Chris BENSON | WSAA- | Ysgol Llanfyllin | 9:22 | 80 | Toby LEMON-Toby (10) 08:59 | | | | | | | | | | |
| 26 | | 107 | Solomon SILVERSTONE | WEST-Pembrokeshire Harriers | | 9:23 | 78 | Ewan LEONARD-Ewan (12) 09:01 | | | | | | | | | | |
| 27 | 14 | 882 | Henry BENNETT | WSAA- | YG Glantaf | 9:27 | 82 | Oliver WELSH-Oliver (13) 09:02 | | | | | | | | | | |
| 28 | | 73 | Joe ROBERTS | EAST-Llswerry Runners | | 9:28 | 81 | Deri HOCKLEY-Deri (50) 09:53 | | | | | | | | | | |
| 29 | 15 | 95 | Cian TOUGH | SOUTH-Aberdare | Aberdare Community School | 9:28 | | | | | | | | | | | | |
| 30 | 16 | 70 | Zeb REED | EAST-Haberdashers Monmouth | Monmouth School | 9:29 | | | | | | | | | | | | |
| 31 | | 101 | Rhydian LLOYD-FRANCIS | SOUTH-Bridgend | | 9:30 | 106 | 3rd Regional Team Athletes: WEST Wales (256Pts) | | | | | | | | | | |
| 32 | | 72 | Isaac BARRY | EAST-Newport Harriers | | 9:31 | 114 | William COLES-William (1) 08:19 | | | | | | | | | | |
| 33 | 17 | 539 | Evan DONOHOE | WSAA- | Llanishen High | 9:35 | 109 | Sam GRIFFITHS-Sam (18) 09:10 | | | | | | | | | | |
| 34 | 18 | 500 | Dylan COLE | WSAA- | Cwm Rhymni Y Gwyndy | 9:36 | 107 | Zac MIDDLETON-Zac (23) 09:19 | | | | | | | | | | |
| 35 | 19 | 112 | Jimmy DAVIS | WEST-Carmarthen Harriers | Bro Myrddin | 9:39 | 112 | Solomon SILVERSTONE-Solomon (26) 09:23 | | | | | | | | | | |
| 36 | | 71 | Lucas SALVAGE | EAST-Llswerry Runners | | 9:42 | 110 | Jimmy DAVIS-Jimmy (35) 09:39 | | | | | | | | | | |
| 37 | 20 | 841 | Ianto LLOYD | WSAA- | Aberaeron | 9:42 | 113 | Ben MORGAN-Ben (40) 09:45 | | | | | | | | | | |
| 38 | 21 | 881 | Tom PRICKETT | WSAA- | YG Glantaf | 9:43 | 111 | Ashton WILLIAMS-Ashton (56) 09:58 | | | | | | | | | | |
| 39 | 22 | 493 | Xander MEDDINS | WSAA- | Chepstow | 9:43 | 111 | Osian MORGAN-Osian (57) 09:59 | | | | | | | | | | |
| 40 | | 110 | Ben MORGAN | WEST-Pembrokeshire Harriers | | 9:45 | | | | | | | | | | | | |
| 41 | 23 | 514 | Jac JONES | WSAA- | Cwm Rhymni-Gelli Haf | 9:46 | | | | | | | | | | | | |
| 42 | 24 | 482 | Gabriel BIRD | WSAA- | Bro Eder | 9:46 | | | | | | | | | | | | |
| 43 | 25 | 517 | Kieron DAVIES | WSAA- | Cwm Rhymni-Gelli Haf | 9:46 | 1 | INTER SCHOOL RESULTS | | | | | | | | | | |
| 44 | 26 | 557 | Alex STAMP | WSAA- | Radyr | 9:47 | 2 | Pos School 1 2 3 4 Total | | | | | | | | | | |
| 45 | 27 | 506 | Liam LAWLOR | WSAA- | Cwm Rhymni Y Gwyndy | 9:48 | 3 | 1 Cwm Rhymni-Gelli Haf 9 23 25 30 87 | | | | | | | | | | |
| 46 | 28 | 501 | Finley REYNOLDS | WSAA- | Cwm Rhymni Y Gwyndy | 9:49 | 4 | 2 Llanishen High 7 17 29 43 96 | | | | | | | | | | |
| 47 | | 93 | Zach THOMAS | SOUTH-Neath | | 9:49 | 5 | 3 Aberdare Community School 3 15 38 56 112 | | | | | | | | | | |
| 48 | 29 | 540 | Finn DE'ATH | WSAA- | Llanishen High | 9:50 | 6 | 4 Monmouth School 10 16 42 46 114 | | | | | | | | | | |
| 49 | | 74 | Josh JOHNSON | EAST-Blaenau Gwent AC | | 9:51 | 7 | 5 YG Glantaf 14 21 33 54 122 | | | | | | | | | | |
| 50 | | 82 | Deri HOCKLEY | NORTH-Eryri Harriers | | 9:53 | 8 | 6 Chepstow 5 22 35 67 129 | | | | | | | | | | |
| 51 | 30 | 519 | Owen LEWIS | WSAA- | Cwm Rhymni-Gelli Haf | 9:55 | 9 | 7 Cwm Rhymni Y Gwyndy 18 27 28 60 133 | | | | | | | | | | |
| 52 | 31 | 461 | Brendan COLCLOUGH | WSAA- | Bishopston Comp | 9:55 | 10 | 8 Cwm Rhymni-Gelli Haf 32 40 49 61 182 | | | | | | | | | | |
| 53 | 32 | 513 | Gethyn LEHAJ | WSAA- | Cwm Rhymni-Gelli Haf | 9:56 | 10 | 9 Gwent Is Coed 12 53 55 75 195 | | | | | | | | | | |
| 54 | 33 | 879 | Gethyn LEWIS | WSAA- | YG Glantaf | 9:57 | 10 | 10 Cwm Rhymni Y Gwyndy 63 64 71 72 270 | | | | | | | | | | |
| 55 | 34 | 97 | Liam JURY | SOUTH-Bridgend | Bryntirion | 9:58 | | | | | | | | | | | | |
| 56 | | 113 | Ashton WILLIAMS | ASWT-Celtic Tri | | 9:58 | 64 | 1st Schools Team - Athletes: Cwm Rhymni-Gelli Haf (87Pts) | | | | | | | | | | |
| 57 | | 111 | Osian MORGAN | WEST-Swansea Harriers | | 9:59 | 514 | Caden PARHAM (9) 09:13 | | | | | | | | | | |
| 58 | | 81 | Zak KEVAN | NORTH-Deeside AC | | 9:59 | 517 | Jac JONES (23) 09:46 | | | | | | | | | | |
| 59 | 35 | 491 | Joe MATTHEWS | WSAA- | Chepstow | 10:02 | 519 | Kieron DAVIES (25) 09:46 | | | | | | | | | | |
| 60 | 36 | 116 | Toby ANTHONY | WEST-Carmarthen Harriers | Queen Elizabeth | 10:03 | 519 | Owen LEWIS (30) 09:55 | | | | | | | | | | |
| 61 | 37 | 599 | Conor WALBY | WSAA- | Ysgol Calon Cymru | 10:04 | | | | | | | | | | | | |
| 62 | 38 | 103 | Evan DAVIES | SOUTH-Aberdare | Aberdare Community School | 10:04 | 541 | 2nd Schools Team - Athletes: Llanishen High (96Pts) | | | | | | | | | | |
| 63 | 39 | 576 | Toby HARRIS | WSAA- | YG Harri Tudur | 10:07 | 539 | Sam CROCKFORD (7) 09:09 | | | | | | | | | | |
| 64 | 40 | 515 | Jack MARTIN | WSAA- | Cwm Rhymni-Gelli Haf | 10:07 | 540 | Evan DONOHOE (17) 09:35 | | | | | | | | | | |
| 65 | | 102 | Harri DAVIES | SOUTH-Bridgend | | 10:08 | 542 | Finn DE'ATH (29) 09:50 | | | | | | | | | | |
| 66 | | 96 | Harry REYNOLDS | SOUTH-Cardiff AAC | | 10:08 | 542 | Sam WILLIAMS (43) 10:11 | | | | | | | | | | |
| 67 | 41 | 565 | Theo ROBERTS | WSAA- | Welshpool | 10:08 | | | | | | | | | | | | |
| 68 | 42 | 546 | Josh POWELL | WSAA- | Monmouth School | 10:11 | 92 | 3rd Schools Team - Athletes: Aberdare Community School (112Pts) | | | | | | | | | | |
| 69 | 43 | 542 | Sam WILLIAMS | WSAA- | Llanishen High | 10:11 | 95 | Garyn TOUGH (3) 08:25 | | | | | | | | | | |
| 70 | 44 | 533 | Dewi WILLIAMS | WSAA- | Llandoverly College | 10:12 | 103 | Cian TOUGH (15) 09:28 | | | | | | | | | | |
| 71 | 45 | 538 | Xander BRANDON-HIGGS | WSAA- | Llanidloes | 10:13 | 453 | Evan DAVIES (38) 10:04 | | | | | | | | | | |
| 72 | 46 | 544 | Henry MASTERS | WSAA- | Monmouth School | 10:15 | | | | | | | | | | | | |
| 73 | 47 | 553 | Toby WHITE | WSAA- | Morrison Comprehensive | 10:17 | | | | | | | | | | | | |
| 74 | 48 | 521 | Zach EVANS | WSAA- | Greenhill | 10:17 | | | | | | | | | | | | |
| 75 | | 98 | Euan JENKINS | SOUTH-Neath | | 10:18 | | | | | | | | | | | | |
| 76 | 49 | 518 | Levi BUTLER | WSAA- | Cwm Rhymni-Gelli Haf | 10:19 | 1 | Incomplete Teams | | | | | | | | | | |
| 77 | 50 | 108 | Jack JOHN | WEST-Pembrokeshire Harriers | Haverfordwest High School | 10:20 | 2 | School Places Pts | | | | | | | | | | |
| 78 | 51 | 429 | Henry FARR | WSAA- | Welshpool | 10:21 | 3 | 1 Aberaeron 20 66 82 168 | | | | | | | | | | |
| 79 | 52 | 100 | George COOK | SOUTH-Cardiff AAC | Bishop of Llandaff | 10:22 | 4 | 2 Morrison Comprehensive 47 81 85 213 | | | | | | | | | | |
| 80 | 53 | 524 | Osian BAKER | WSAA- | Gwent Is Coed | 10:23 | 5 | 3 Bro Myrddin 8 19 27 44 | | | | | | | | | | |
| 81 | 54 | 877 | Antonio CARRADO | WSAA- | YG Glantaf | 10:24 | 6 | 4 Greenhill 6 48 54 92 | | | | | | | | | | |
| 82 | 55 | 525 | Sebastian LYNE | WSAA- | Gwent Is Coed | 10:26 | 7 | 5 Welshpool 41 51 52 94 | | | | | | | | | | |
| 83 | 56 | 453 | Caius DAVIES | WSAA- | Aberdare Community School | 10:27 | 8 | 6 Llandoverly College 44 58 59 102 | | | | | | | | | | |
| 84 | 57 | 118 | Jack SULLIVAN | WEST-Swansea Harriers | Bishop Gore | 10:30 | 9 | 7 Bishop of Llandaff 52 73 73 125 | | | | | | | | | | |
| 85 | | 115 | Evan POWELL | WEST-Celtic Tri | | 10:30 | 10 | 8 Rougemont 62 76 76 138 | | | | | | | | | | |
| 86 | 58 | 534 | Will HARNETT-JONES | WSAA- | Llandoverly College | 10:32 | 11 | 9 Henry Richard 78 79 79 157 | | | | | | | | | | |
| 87 | 59 | 75 | Osian JONES | EAST-Haberdashers Monmouth | Monmouth School | 10:33 | 12 | 10 Crickhowell 83 88 88 171 | | | | | | | | | | |
| 88 | 60 | 499 | Brychan SHAWLEY | WSAA- | Cwm Rhymni Y Gwyndy | 10:35 | 13 | 11 Bro Dur 90 91 91 181 | | | | | | | | | | |
| 89 | 61 | 516 | Jensen REES | WSAA- | Cwm Rhymni-Gelli Haf | 10:36 | 14 | 12 Bro Dinefwr 1 1 1 1 | | | | | | | | | | |
| 90 | 62 | 560 | Iggy HOWE | WSAA- | Rougemont | 10:36 | 15 | 13 Cowbridge 2 2 2 4 | | | | | | | | | | |
| 91 | 63 | 508 | Max LUNDRIGAN | WSAA- | Cwm Rhymni Y Gwyndy | 10:37 | 16 | 14 Whitchurch 4 4 4 4 | | | | | | | | | | |
| 92 | 64 | 503 | Joshua COLLIS | WSAA- | Cwm Rhymni Y Gwyndy | 10:39 | 17 | 15 Cwm Brombil 11 11 11 13 | | | | | | | | | | |
| 93 | 65 | 512 | Efan JONES | WSAA- | Cwm Rhymni-Gelli Haf | 10:40 | 18 | 16 Ysgol Llanfyllin 13 13 13 13 | | | | | | | | | | |
| 94 | 66 | 842 | Jayce WHITEHOUSE | WSAA- | Aberaeron | 10:44 | 19 | 17 Bro Eder 24 24 24 24 | | | | | | | | | | |
| 95 | 67 | 490 | Ben TATE | WSAA- | Chepstow | 10:49 | 20 | 18 Radyr 26 26 26 26 | | | | | | | | | | |
| 96 | 68 | 99 | Garth PRITCHARD | SOUTH-Aberdare | Brecon High | 10:49 | 21 | 19 Bishopston Comp 31 31 31 31 | | | | | | | | | | |
| 97 | 69 | 564 | Kodi PENN-O' HARE | WSAA- | St John Lloyd | 10:56 | 22 | 20 Bryntirion 34 34 34 34 | | | | | | | | | | |
| 98 | 70 | 468 | Henry JOHNSON | WSAA- | Brecon High | 11:01 | 23 | 21 Queen Elizabeth 36 36 36 36 | | | | | | | | | | |
| 99 | 71 | 502 | Harry DEARDEN | WSAA- | Cwm Rhymni Y Gwyndy | 11:02 | 24 | 22 Ysgol Calon Cymru 37 37 37 37 | | | | | | | | | | |
| 100 | 72 | 509 | Rhys SEARLE | WSAA- | Cwm Rhymni Y Gwyndy | 11:05 | 25 | 23 YG Harri Tudur 39 39 39 39 | | | | | | | | | | |



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

Cross Country Championships

Saturday 20th November 2021

Penlan, Brecon



WELSH ATHLETICS
ATHLETAU CYMRU

Race 05-U13 Boys (Yr7 & 8) 2,425m

| POS | Int-Sch | BIB | ATHLETE | REGION & CLUB | SCHOOL | TIME | | | | | | | |
|-----|---------|-----|---------------------|-----------------|-------------------------|-------|----|-------------------------|----|--|--|--|----|
| 101 | 73 | 457 | Dillon BELLAMY | WSAA- | Bishop of Llandaff | 11:05 | 26 | Monmouth School | 59 | | | | 59 |
| 102 | 74 | 466 | Fin BURNETT | WSAA- | Brecon High | 11:05 | 27 | Cwm Rhymini-Gelli Haf | 65 | | | | 65 |
| 103 | 75 | 523 | Macsen PHILLIPS | WSAA- | Gwent Is Coed | 11:06 | 28 | St John Lloyd | 69 | | | | 69 |
| 104 | 76 | 559 | Henry FRENCH | WSAA- | Rougemont | 11:06 | 29 | Ysgol Gyfun Cwm rHondda | 77 | | | | 77 |
| 105 | 77 | 870 | Dexter CLEMENT | WSAA- | Ysgol Gyfun Cwm rHondda | 11:07 | 30 | Brynmawr | 80 | | | | 80 |
| 106 | 78 | 531 | Cennydd IFAN DAVIES | WSAA- | Henry Richard | 11:10 | 31 | St John Baptist | 84 | | | | 84 |
| 107 | 79 | 636 | Mossy MURTON | WSAA- | Henry Richard | 11:16 | 32 | Brecon High | 87 | | | | 87 |
| 108 | 80 | 488 | Ethan HUGHES | WSAA- | Brynmawr | 11:19 | | | | | | | |
| 109 | 81 | 550 | Charlie STEVENS | WSAA- | Morrison Comprehensive | 11:22 | | | | | | | |
| 110 | 82 | 843 | Tomos DALTON | WSAA- | Aberaeron | 11:26 | | | | | | | |
| 111 | 83 | 496 | Luke PELTOR | WSAA- | Crickhowell | 11:40 | | | | | | | |
| 112 | 84 | 563 | Samuel FOSTER | WSAA- | St John Baptist | 11:47 | | | | | | | |
| 113 | 85 | 551 | Jacob MCLEAN | WSAA- | Morrison Comprehensive | 11:52 | | | | | | | |
| 114 | 86 | 474 | Rohn TEIRNAN | WSAA- | Brecon High | 11:56 | | | | | | | |
| 115 | 87 | 462 | Arthen BANNING | WSAA- | Brecon High | 12:20 | | | | | | | |
| 116 | | 117 | Carlton CHAN | WEST-Celtic Tri | | 12:24 | | | | | | | |
| 117 | 88 | 497 | William MACDONALD | WSAA- | Crickhowell | 12:47 | | | | | | | |
| 118 | 89 | 586 | No Athlete DECLARED | WSAA- | TBC | 12:47 | | | | | | | |
| 119 | 90 | 481 | Zane KING | WSAA- | Bro Dur | 12:54 | | | | | | | |
| 120 | 91 | 479 | Caden JONES | WSAA- | Bro Dur | 13:38 | | | | | | | |
| 121 | 92 | 476 | No Athlete DECLARED | WSAA- | TBC | 13:56 | | | | | | | |

updated 29/11