



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

Cross Country Championships

Saturday 20th November 2021

Penlan, Brecon



WELSH ATHLETICS
ATHLETAU CYMRU

Race 06-U15 Girls (Yr9 & 10) 3,765m

POS	Int-Sch	BIB	ATHLETE	REGION & CLUB	SCHOOL	TIME
1	1	136	Beca HAF BOWN	NORTH-Menai T&F	Bodedern	13:34
2		151	Millie GOLD	SOUTH-Cardiff AAC		13:52
3	2	152	Mali MACDUFF	SOUTH-Cardiff Archers	Cowbridge	13:53
4		138	Josephine HURST	NORTH-Deeside AC		14:05
5	3	655	Amy THOMAS	WSAA	YG Gwyr	14:16
6	4	141	Mackenzie MCCOURT	NORTH-Maldwyn	Welshpool	14:19
7	5	121	Ruby HERDMAN	EAST-Brecon AC	Brecon High	14:21
8	6	166	Ava DAVIES	WEST-Swansea Harriers	Olchfa	14:40
9		140	Ella DAVIS	NORTH-Wrexham AC		14:49
10		142	Abbie DOHERTY	NORTH-Deeside AC		14:53
11		122	Lilly OAKENFULL	EAST-Newport Harriers		15:02
12	7	154	Mabli PHILLIPS	SOUTH-Cardiff AAC	YG Glantaf	15:05
13		156	Neve JONES	SOUTH-Cardiff AAC		15:08
14	8	153	Anna-Rose MERCHANT	SOUTH-Cardiff AAC	Porthcawl	15:12
15	9	157	Rebecca DERRICK	SOUTH-Cardiff AAC	YG Glantaf	15:23
16		167	Nia THOMAS	WEST-Neath Harriers		15:23
17	10	169	Sophie HARTLEY-GREEN	WEST-Swansea Harriers	Bishopston Comp	15:31
18	11	603	Ellie MORRIS	WSAA	Brynmaur	15:39
19		145	Isabelle JONES	NORTH-Maldwyn		15:43
20	12	159	Isobel MACINTYRE	SOUTH-Cardiff AAC	Y Pant School	15:46
21		160	Chloe FARMER	SOUTH-Cardiff Archers		15:47
22	13	174	Eleanor WHITE	WEST-Carmarthen Harriers	Haverfordwest High School	15:49
23	14	887	Iona RODERICK	WSAA	YG Glantaf	16:01
24		168	Bethany CLIFFORD	WEST-Celtic Tri		16:04
25		170	Carys WOOD	WEST-Carmarthen Harriers		16:09
26	15	172	Marged JONES	WEST-Carmarthen Harriers	Bro Myrddin	16:10
27		123	Amy GARROD	EAST-Newport Harriers		16:11
28		124	Anya BRADY	EAST-Newport Harriers		16:11
29		177	Eleanor FULLER	WEST-Carmarthen Harriers		16:12
30	16	598	Mared JONES	WSAA	Bro Myrddin	16:13
31	17	622	Lily WILLIAMS	WSAA	Dwr y Felin	16:30
32		143	Ella JONES	NORTH-Deeside AC		16:30
33		125	Emily WALKER	EAST-Newport Harriers		16:31
34		162	Lily STEPHENS	SOUTH-Bridgend AC		16:36
35		127	Emily PELTOR	EAST-Brecon AC		16:40
36	18	158	Alice DAVIES	SOUTH-Barry & Vale Harriers	Cowbridge	16:41
37		173	Lily WALTERS	WEST-Pembrokeshire Harriers		16:42
38		163	Katy GRIFFITHS	SOUTH-Bridgend AC		16:44
39		126	Isabelle ADAMS	EAST-Newport Harriers		16:45
40		144	Sophie WOOSEY	NORTH-Deeside AC		16:49
41	19	659	Morgan PASCOE	WSAA	YG Gwyr	16:51
42		171	Frances MACKIE	WEST-Carmarthen Harriers		16:55
43		176	Ella HARRIS	WEST-Celtic Tri		17:07
44	20	764	Katie DAVID	WSAA	Haverfordwest High School	17:08
45	21	615	Lowri WINDSOR	WSAA	Cwm Rhymini Y Gwyndy	17:09
46		128	Anna PELTOR	EAST-Brecon AC		17:23
47		178	Matilda TOPLISS	WEST-Swansea Harriers		17:27
48	22	885	Erin LIA-WILLIAMS	WSAA	YG Glantaf	17:32
49	23	164	Crystal JACOBS	SOUTH-Rhondda AC	Porth Community School	17:32
50	24	660	Rhiannon HEREDIA ROWE	WSAA	YG Gwyr	17:43
51		129	Charlotte WATCHAM	EAST-Rhydney Valley AC		17:44
52	25	608	Awen DAVIES	WSAA	Cwm Rhymini Y Gwyndy	17:52
53	26	644	Megan MAHONEY	WSAA	Olchfa	17:55
54	27	633	Martha LLEWELYN	WSAA	Haberdashers, Monmouth	17:56
55	28	175	Ariannah PROTHEROE	WEST-Llanelli AAC	Glan Y Mor	18:01
56	29	886	Seren THOMAS	WSAA	YG Glantaf	18:02
57	30	617	Lucy GRENFELL	WSAA	Cwm Rhymini Y Gwyndy	18:18
58	31	612	Holly HUGHES	WSAA	Cwm Rhymini Y Gwyndy	18:19
59	32	694	Bessy HILL	WSAA	Ysgol Gyfun Emlyn	18:21
60	33	581	Eilidh JONES	WSAA	Aberaeron	18:23
61	34	662	Olivia GARROD	WSAA	Ysgol Bro Hyddgen	18:24
62	35	587	Chloe WATHAN	WSAA	Brecon High	18:28
63		130	Freya TAYLOR	EAST-Newport Harriers		18:32
64	36	179	Leah REGAN	WEST-Carmarthen Harriers	Bro Pedr	18:33
65	37	619	Ruby SHORNEY	WSAA	Cwm Rhymini Y Gwyndy	18:43
66	38	649	Bronwen HOWARD REES	WSAA	Rougmont	18:46
67	39	630	Ffion PHILLIPS	WSAA	Haberdashers, Monmouth	18:56
68	40	656	Ella DUFFY	WSAA	YG Gwyr	18:56
69	41	652	Keira PENN-O'HARE	WSAA	St John Lloyd	18:57
70	42	641	Grace GRIFFITHS	WSAA	Nantgwyn	18:59
71	43	634	Zahara SOLOSY	WSAA	Haberdashers, Monmouth	19:05
72		132	Isabel MINTON	EAST-Blaenau Gwent AC		19:19
73	44	618	Madeline NICHOLAS	WSAA	Cwm Rhymini Y Gwyndy	19:20
74	45	888	Gwen METCALFE	WSAA	YG Glantaf	19:37
75	46	620	Seren COLLINGS	WSAA	Cwm Rhymini Y Gwyndy	19:40
76	47	602	Amelie CAMPION	WSAA	Bryngwyn	19:42
77	48	665	Ffion BOWEN	WSAA	Ysgol Y Preseli	19:42
78	49	579	Bethan ROSSER	WSAA	Aberaeron	19:43
79	50	613	Keeley JONES	WSAA	Cwm Rhymini Y Gwyndy	19:56
80	51	614	Lottie RICHARDS	WSAA	Cwm Rhymini Y Gwyndy	20:13
81	52	609	Eleri RICHARDS	WSAA	Cwm Rhymini Y Gwyndy	20:38
82	53	610	Ella SCOTT	WSAA	Cwm Rhymini Y Gwyndy	20:43
83	54	859	Emily COOK	WSAA	Cowbridge	20:50
84	55	653	Lily BUMFORD	WSAA	Welshpool	20:53
85	56	626	Menna ROBERTS	WSAA	Gwent Is Coed	20:54
86	57	616	Lucie STURGESS	WSAA	Cwm Rhymini Y Gwyndy	20:55
87	58	628	Freya ROBERTS	WSAA	Gwernyfed	21:01
88	59	621	Sioned LEWIS JONES	WSAA	Cwm Rhymini Y Gwyndy	21:32
89	60	607	Alea CAIN ZERK	WSAA	Cwm Rhymini Y Gwyndy	22:15
90	61	666	Ellen FIONA SMITH	WSAA	Ystalyfera	22:18
91	62	580	Cerys JONES	WSAA	Aberaeron	22:55
92	63	583	Millie BOLTON	WSAA	Aberaeron	24:05
93	64	695	Abbie JESSUP	WSAA	Ysgol Calon Cymru	24:35

INTER REGIONAL TEAM RESULTS											
Pos	Region	1	2	3	4	5	6	7	8	Pts	Total
1	SOUTH	2	3	12	13	14	15	20	21	15	100
2	NORTH	1	4	6	9	10	19	32	40	14	121
3	WEST	8	16	17	22	24	25	26	29	13	167
4	EAST	7	11	27	28	33	35	39	46	12	226

1st Regional Team Athletes: SOUTH Wales (100Pts)			
151	Millie GOLD-Cardiff AAC (2)		13:52
152	Mali MACDUFF-Cardiff Archers (3)		13:53
154	Mabli PHILLIPS-Cardiff AAC (12)		15:05
156	Neve JONES-Cardiff AAC (13)		15:08
153	Anna-Rose MERCHANT-Cardiff AAC (14)		15:12
157	Rebecca DERRICK-Cardiff AAC (15)		15:23
159	Isobel MACINTYRE-Cardiff AAC (20)		15:31
160	Chloe FARMER-Cardiff Archers (21)		15:47

2nd Regional Team Athletes: NORTH Wales (121Pts)			
136	Beca HAF BOWN-Menai T&F (1)		13:34
138	Josephine HURST-Deeside AC (4)		14:05
141	Mackenzie MCCOURT-Maldwyn (6)		14:19
140	Ella DAVIS-Wrexham AC (9)		14:49
142	Abbie DOHERTY-Deeside AC (10)		14:53
145	Isabelle JONES-Maldwyn (19)		15:43
143	Ella JONES-Deeside AC (32)		16:30
144	Sophie WOOSEY-Deeside AC (40)		16:49

3rd Regional Team Athletes: WEST Wales (167Pts)			
166	Ava DAVIES-Swansea Harriers (8)		14:40
167	Nia THOMAS-Neath Harriers (16)		15:23
169	Sophie HARTLEY-GREEN-Swansea Harriers (17)		15:31
174	Eleanor WHITE-Carmarthen Harriers (22)		15:49
168	Bethany CLIFFORD-Celtic Tri (24)		16:04
170	Carys WOOD-Carmarthen Harriers (25)		16:09
172	Marged JONES-Carmarthen Harriers (26)		16:10
177	Eleanor FULLER-Carmarthen Harriers (29)		16:12

INTER SCHOOL RESULTS						
Pos	School	1	2	3	4	Total
1	YG Glantaf	7	9	14	22	52
2	YG Gwyr	3	19	24	40	86
3	Cwm Rhymini Y Gwyndy	21	25	30	31	107
4	Cwm Rhymini Y Gwyndy	37	44	46	50	177
5	Aberaeron	33	49	62	63	207
6	Cwm Rhymini Y Gwyndy	51	52	53	57	213

1st Schools Team - Athletes: YG Glantaf (52Pts)			
154	Mabli PHILLIPS (7)		15:05
157	Rebecca DERRICK (9)		15:23
887	Iona RODERICK (14)		16:01
885	Erin LIA-WILLIAMS (22)		17:32

2nd Schools Team - Athletes: YG Gwyr (86Pts)			
655	Amy THOMAS (3)		14:16
659	Morgan PASCOE (19)		16:51
660	Rhiannon HEREDIA ROWE (24)		17:43
656	Ella DUFFY (40)		18:56

3rd Schools Team - Athletes: Cwm Rhymini Y Gwyndy (107Pts)			
615	Lowri WINDSOR (21)		17:09
608	Awen DAVIES (25)		17:52
617	Lucy GRENFELL (30)		18:18
612	Holly HUGHES (31)		18:19

Incomplete Teams						
	School	Places				Pts
1	Cowbridge	2	18	54	74	
2	Haberdashers, Monmouth	27	39	43	109	
3	Bro Myrddin	15	16		31	
4	Olchfa	6	26		32	
5	Haverfordwest High School	13	20		33	
6	Brecon High	5	35		40	
7	Welshpool	4	55		59	
8	YG Glantaf	29	45		74	
9	Bodedern	1			1	
10	Porthcawl	8			8	
11	Bishopston Comp	10			10	
12	Brynmaur	11			11	
13	Y Pant School	12			12	
14	Dwr y Felin	17			17	
15	Porth Community School	23			23	
16	Glan Y Mor	28			28	
17	Ysgol Gyfun Emlyn	32			32	
18	Ysgol Bro Hyddgen	34			34	
19	Bro Pedr	36			36	
20	Rougmont	38			38	
21	St John Lloyd	41			41	
22	Nantgwyn	42			42	
23	Bryngwyn	47			47	
24	Gwent Is Coed	56			56	
25	Gwernyfed	58			58	