



Race 09-U17 Men (Yr11 & 12) & U20 Men (Yr 13 & 14) 5,730m

U17M	U20M	Int-Sch	U17/U20	BIB	ATHLETE	REGION & CLUB	SCHOOL	TIME
	1	1	1-U20M	196	Deri MCCLUSKEY	NORTH-Maldwyn Harriers	Ysgol Llanfyllin	19:57
1		2	1-U17M	127	Henry EVANS	EAST-Newport Harriers	Monmouth School	20:03
2				140	Noa VAUGHAN	NORTH-Eryri Harriers		20:25
	2			226	Rhys LLEWELYN	WEST-Pembrokeshire Harriers		20:32
3		3	2-U17M	136	Aled BREEZE	NORTH-Maldwyn Harriers	Welshpool High School	20:38
4		4	3-U17M	167	Finley BRUCE	WEST-Carmarthen Harriers	Ysgol Bro Preseli	20:47
	3			197	Dion GRIFFITH	NORTH-Menai Track and Field		20:50
5				137	Callum MORGAN	NORTH-Maldwyn Harriers	Welshpool High School	20:51
6		6		121	Jack ORGAN	EAST-Brecon AC	Christ College	20:55
	4			229	Ollie GEORGE	WEST-Pembrokeshire Harriers		21:03
7				138	Finlay CULLEN	NORTH-Maldwyn Harriers		21:04
	5			213	Ben HUGHES	SOUTH-Cardiff Athletics		21:11
8				141	Tudor HARPER-LLOYD	NORTH-Menai Track and Field		21:13
	6	7	2-U20M	181	Rhys PHILLIPS	EAST-Newport Harriers	Monmouth School	21:14
9		8		169	Steffan DAVIES	WEST-Carmarthen Harriers	Bro Myrddin	21:32
10				139	Jacob WELSH	NORTH-Deeside AAC		21:34
	7			228	Ieuan GRIFFITHS	WEST-Llanelli AAC		21:34
11		9		168	Ifan BOWEN	WEST-Carmarthen Harriers	Bro Myrddin	21:40
12				158	Cian HAROLD	SOUTH-Cardiff Athletics		21:46
	8			215	Huw RILEY	SOUTH-Cardiff Athletics		21:53
	9			198	James SMITH	NORTH-Menai Track and Field		22:00
13				170	Steffan BRIDGER	WEST-Carmarthen Harriers		22:02
	10			449	Oliver LLOYD		Monmouth School	22:02
14		11		145	Matthew BENSON	NORTH-Maldwyn Harriers	Ysgol Llanfyllin	22:09
	12			532	Steffan RAYMENT		Ysgol Glantaf	22:29
	10			199	Harri JACKSON	NORTH-Menai Track and Field		22:34
15				152	Leroy GRIFFITHS	SOUTH-Rhondda AC		22:36
16		13		122	Joseph MURPHY	EAST-Brecon AC	Christ College	22:38
17				129	Thomas WEEKS	EAST-Newport Harriers		22:46
18				123	Toby BENNETT	EAST-Brecon AC		22:54
19				154	Ben PRICE	SOUTH-Cardiff Athletics		22:55
20				142	Harri MORGAN	NORTH-Menai Track and Field		23:14
21				171	Iwan WILSON	WEST-Llanelli AAC		23:16
	11			200	James PRICE	NORTH-Aberystwyth Uni		23:18
22		14		155	William ROBERTS	SOUTH-Cardiff Athletics	Ysgol Glantaf	23:21
23				153	Rhys MCNABB	SOUTH-Cardiff Athletics		23:29
	12	15	3-U20M	227	Jack BRUCE	WEST-Carmarthen Harriers	Ysgol Bro Preseli	23:32
24				173	Joshua PRITCHARD	WEST-Swansea Harriers		23:36
25				124	Jac MATTHEWS	EAST-Rhymney Valley AC		23:36
25	12			147	NO ATHLETE DECLARED	-		23:37
26				174	Steffan HIGGINS	WEST-Swansea Harriers		23:46
27				161	Aidan JONES	SOUTH-Aberdare Valley AAC		24:09
	13			211	Ben FARRELL	SOUTH-Cardiff Athletics		24:22
28				177	Woody REES	WEST-Swansea Harriers		24:28
29				157	Joseph JAMES	SOUTH-Cardiff Athletics		24:31
30				128	Reuben LAWSON	EAST-Newport Harriers		24:50
	16			428	Rhys GRIFFITHS		Gwent Is Coed	25:02
31				160	Alfie SARGEANT	SOUTH-Barry and Vale		25:04
	17			375	Nevan REA		Caerleon Comprehensive	25:06
	18			418	Dylan BAKER		Gwent Is Coed	25:10
	14			212	Harri ELIAS	SOUTH-Cardiff Athletics		25:23
	19			447	Leo EVANS		Monmouth School	25:24
32		20		125	Oliver O'BRIEN	EAST-Brecon AC	Christ College	25:35
33				159	Joshua MORGAN	SOUTH-Swansea Harriers		25:39
	15			230	Johnathan PRICE	WEST-Sarn Helen		25:44
34				151	Ben RAYMOND	SOUTH-Barry and Vale		25:44
	21			437	Ellis ROBINSON		Llandovery College	25:48
35				144	Gruffudd PRICE	NORTH-Denbigh Harriers		26:17
36				175	Ethan MATTHEWS	WEST-Celtic Tri		26:39
	22			518	Gruff LLEWELYN		Ysgol Glantaf	27:17
37				126	Daniel DAVIES	EAST-Caerphilly Runners		28:16
	23			510	Deio EDWARDS		Ysgol Glantaf	28:33
	24			516	Greg EVANS		Ysgol Glantaf	28:51
	25			517	Gruff HORUNG		Ysgol Glantaf	28:53
	16			214	Luke DAVIES	SOUTH-Ogmore Phoenix Runners		29:05
38				156	Cade DAVIES	SOUTH-Aberdare Valley AAC		29:33

U17M INTER REGIONAL TEAM RESULTS

Pos	Region	1	2	3	4	5	6	7	8	Pts	Total
1	NORTH	2	3	5	7	8	10	14	20	15	69
2	WEST	4	9	11	13	21	24	26	28	14	136
3	EAST	1	6	16	17	18	25	30	32	13	145
4	SOUTH	12	15	19	22	23	27	29	31	12	178

U20M INTER REGIONAL TEAM RESULTS

Pos	Region	1	2	3	4	Pts	Total
1	NORTH	1	3	9	10	15	23
2	WEST	2	4	7	12	14	25
3	SOUTH	5	8	13	14	13	40
4	EAST	6				1	6

1st U17M Regional Team Athletes: NORTH Wales (69Pts)

140	Noa VAUGHAN-Eryri Harriers (2)	20:25
136	Aled BREEZE-Maldwyn Harriers (3)	20:38
137	Callum MORGAN-Maldwyn Harriers (5)	20:51
138	Finlay CULLEN-Maldwyn Harriers (7)	21:04
141	Tudor HARPER-LLOYD-Menai Track and Field (8)	21:13
139	Jacob WELSH-Deeside AAC (10)	21:34
145	Matthew BENSON-Maldwyn Harriers (14)	22:09
142	Harri MORGAN-Menai Track and Field (20)	23:14

2nd U17M Regional Team Athletes: WEST Wales (136Pts)

167	Finley BRUCE-Carmarthen Harriers (4)	20:47
169	Steffan DAVIES-Carmarthen Harriers (9)	21:32
168	Ifan BOWEN-Carmarthen Harriers (11)	21:40
170	Steffan BRIDGER-Carmarthen Harriers (13)	22:02
171	Iwan WILSON-Llanelli AAC (21)	23:16
173	Joshua PRITCHARD-Swansea Harriers (24)	23:36
174	Steffan HIGGINS-Swansea Harriers (26)	23:46
177	Woody REES-Swansea Harriers (28)	24:28

3rd U17M Regional Team Athletes: EAST Wales (145Pts)

127	Henry EVANS-Newport Harriers (1)	20:03
121	Jack ORGAN-Brecon AC (6)	20:55
122	Joseph MURPHY-Brecon AC (16)	22:38
129	Thomas WEEKS-Newport Harriers (17)	22:46
123	Toby BENNETT-Brecon AC (18)	22:54
124	Jac MATTHEWS-Rhymney Valley AC (25)	23:36
128	Reuben LAWSON-Newport Harriers (30)	24:50
125	Oliver O'BRIEN-Brecon AC (32)	25:35

1st U20M Regional Team Athletes: NORTH Wales (23Pts)

127	Henry EVANS-Newport Harriers (1)	20:03
136	Aled BREEZE-Maldwyn Harriers (3)	20:38
169	Steffan DAVIES-Carmarthen Harriers (9)	21:32
139	Jacob WELSH-Deeside AAC (10)	21:34

2nd U20M Regional Team Athletes: WEST Wales (25Pts)

140	Noa VAUGHAN-Eryri Harriers (2)	20:25
167	Finley BRUCE-Carmarthen Harriers (4)	20:47
138	Finlay CULLEN-Maldwyn Harriers (7)	21:04
158	Cian HAROLD-Cardiff Athletics (12)	21:46

3rd U20M Regional Team Athletes: SOUTH Wales (40Pts)

137	Callum MORGAN-Maldwyn Harriers (5)	20:51
141	Tudor HARPER-LLOYD-Menai Track and Field (8)	21:13
170	Steffan BRIDGER-Carmarthen Harriers (13)	22:02
145	Matthew BENSON-Maldwyn Harriers (14)	22:09

