

Pos	Time	No	Name	Team
1	00:09:14	8	Jack Crabtree	East Cheshire AC
2	00:09:32	3	Oscar Holdsworth	Truro
3	00:09:46	128	Matthew Grantham	SE Wales Schools
4	00:09:52	11	Alex Harrison	Staffordshire Moorlands
5	00:10:08	6	Liam Baggley	City of Stoke AC
6	00:10:14	10	Gavin McArdle	Kilbarchan AC
7	00:10:23	12	Alfie Kilgour	Team Bath
8	00:10:24	77	Charlie Heaton	Cardiff & Vale Schools
9	00:10:26	125	Jacob Pickering	Gloucestershire Schools
10	00:10:29	81	Nicholas Johnson	Dyfed Schools
11	00:10:38	68	Joshua Moore	Cardiff & Vale Schools
12	00:10:40	133	Liam Cornock	SE Wales Schools
13	00:10:41	72	Rhys Gooch	Cardiff & Vale Schools
14	00:10:42	65	Kieran Harris	Cardiff & Vale Schools
15	00:10:44	14	Andrew Evans	Forest of Dean AC
16	00:10:45	110	Charlie Docherty	Gloucestershire Schools
17	00:10:47	89	Joonas Jaakola	Dyfed Schools
18	00:10:48	113	Daniel Brown	Gloucestershire Schools
19	00:10:49	80	Nathan Mathias	Cardiff & Vale Schools
20	00:10:49	82	Jack Parkinson	Dyfed Schools
21	00:10:50	55	Elliot Morris-Devred	Cardiff & Vale Schools
22	00:10:51	111	Ryan Wilson	Gloucestershire Schools
23	00:10:51	79	Regan Heatley	Cardiff & Vale Schools
24	00:10:54	62	Ellis Rosser	Cardiff & Vale Schools
25	00:10:56	78	Joe Macpherson	Cardiff & Vale Schools
26	00:10:58	147	Tom Lucas	Cardiff & Vale Schools
27	00:11:00	114	Sam Johnson	Gloucestershire Schools
28	00:11:01	116	Hector Chamberlain	Gloucestershire Schools
29	00:11:02	93	Conor Williams	Glamorgan Valleys Schools
30	00:11:02	142	Oli Vickers	SE Wales Schools
31	00:11:02	112	Alex Eves	Gloucestershire Schools
32	00:11:04	4	Angus Johnson	Nithsdale AC
33	00:11:05	137	Tyler Pritchard	SE Wales Schools
34	00:11:06	121	Bryce Dyer	Gloucestershire Schools
35	00:11:13	141	Jac Hardman	SE Wales Schools
36	00:11:14	40	Rhys Griffiths	Afan Nedd Tawe Schools
37	00:11:14	146	Tristan Cruer	SE Wales Schools
38	00:11:16	88	Matthew Webb	Dyfed Schools
39	00:11:17	122	Finnian James	Gloucestershire Schools
40	00:11:18	108	Robert Davies	Glamorgan Valleys Schools
41	00:11:18	134	Josh Martin	SE Wales Schools
42	00:11:19	119	Rory Lipscombe	Gloucestershire Schools
43	00:11:21	69	Kai Silver	Cardiff & Vale Schools
44	00:11:21	115	Matthew Lewis	Gloucestershire Schools
45	00:11:23	61	Kristian Jones	Cardiff & Vale Schools
46	00:11:23	84	Jordan Richards	Dyfed Schools
47	00:11:24	90	Bradley Coomber	Glamorgan Valleys Schools
48	00:11:24	13	Ben Greenslade	North Somerset AC
49	00:11:25	57	Harry Sulston	Cardiff & Vale Schools
50	00:11:26	74	David Constantino	Cardiff & Vale Schools
51	00:11:29	56	Doug Wilson	Cardiff & Vale Schools

52	00:11:30	63	Toby Walker	Cardiff & Vale Schools
53	00:11:31	71	Sam Curwen	Cardiff & Vale Schools
54	00:11:36	66	Ben Hooper	Cardiff & Vale Schools
55	00:11:37	45	Brandon Davies	Afan Nedd Tawe Schools
56	00:11:41	120	Josh Dowle	Gloucestershire Schools
57	00:11:41	118	Jack Uzzell	Gloucestershire Schools
58	00:11:42	60	Huw Bennett	Cardiff & Vale Schools
59	00:11:46	145	Mataius Kefalas	SE Wales Schools
60	00:11:47	58	Gethin Jones	Cardiff & Vale Schools
61	00:11:48	117	Aaron Brough	Gloucestershire Schools
62	00:11:49	85	Tom Walters	Dyfed Schools
63	00:11:51	140	Teifion Beol	SE Wales Schools
64	00:11:51	7	Alex Warren	East Cheshire AC
65	00:11:52	75	Scott Dutfield	Cardiff & Vale Schools
66	00:11:52	59	James Davies	Cardiff & Vale Schools
67	00:11:53	76	David Flanigan	Cardiff & Vale Schools
68	00:11:53	87	Daniel Davies	Dyfed Schools
69	00:11:56	50	Kian Hurley	Afan Nedd Tawe Schools
70	00:11:56	129	Joe Thomas	SE Wales Schools
71	00:11:58	135	Elliot Jones	SE Wales Schools
72	00:11:58	100	James Hargreaves	Glamorgan Valleys Schools
73	00:12:00	51	Connor Morgan	Afan Nedd Tawe Schools
74	00:12:01	47	Corey Melville	Afan Nedd Tawe Schools
75	00:12:08	46	Rhydian George	Afan Nedd Tawe Schools
76	00:12:10	86	Ryan Jeremiah	Dyfed Schools
77	00:12:12	67	Morgan Jones	Cardiff & Vale Schools
78	00:12:23	143	James Evans	SE Wales Schools
79	00:12:39	70	Nick Bowler	Cardiff & Vale Schools
80	00:12:40	101	Joseph Holland	Glamorgan Valleys Schools
81	00:12:48	104	Luke Robbins	Glamorgan Valleys Schools
82	00:13:13	53	Joe Phillips	Afan Nedd Tawe Schools

Pos	Time	No	Name	Team
1	00:13:30	12	Hobie Martin	Newquay & Par
2	00:13:36	6	Ben Westhenry	Weymouth St Paul's H
3	00:13:38	27	Jonathan Davies	Reading
4	00:13:42	31	Runner 31	
5	00:13:48	24	Alex Carter	Team Bath
6	00:13:52	9	Luke Jacobs	Bristol & West AC
7	00:13:56	33	Runner 33	
8	00:14:00	23	Cameron J Coetzee	North Somerset AC
9	00:14:09	22	Zak Tobias	Bristol & West
10	00:14:10	21	Kyran Hale	Severn AC
11	00:14:11	16	Dum Nolan	Oxford
12	00:14:15	4	Alastair Weymouth	Eden Runners
13	00:14:22	7	Tom Hook	City of Norwich
14	00:14:26	15	Tom Mulligan	Oxford
15	00:14:30	3	Kieran Young	Shepton Mallett
16	00:14:30	28	Ben Hawkins	Taunton AC
17	00:14:33	29	Runner 29	
18	00:14:42	74	Kyran Roberts	Dyfed Schools
19	00:14:44	26	Rowan Preece	Taunton AC
20	00:14:51	141	Connor Davies	Afan Nedd Tawe Schools
21	00:14:55	107	Matt Parr	Gloucestershire Schools
22	00:14:57	13	William Smith	Wharfedale Harriers
23	00:15:01	76	Rhys Granville	Dyfed Schools
24	00:15:02	34	Alex King	Truro School
25	00:15:04	28	Already Finished	
26	00:15:07	60	Jack Gooch	Cardiff & Vale Schools
27	00:15:12	78	Christian Lovatt	Dyfed Schools
28	00:15:14	106	Dominic James	Gloucestershire Schools
29	00:15:14	109	Euan Whitbourn	Gloucestershire Schools
30	00:15:17	108	Tom Parnell	Gloucestershire Schools
31	00:15:20	143	Johnathan Tobin	Afan Nedd Tawe Schools
32	00:15:21	121	Harry Mahoney	Gloucestershire Schools
33	00:15:23	122	Will England	SE Wales Schools
34	00:15:24	116	Dmitriy Nazarenko	Gloucestershire Schools
35	00:15:24	113	Jack Cooper	Gloucestershire Schools
36	00:15:24	110	Emmett Thompson	Gloucestershire Schools
37	00:15:28	8	Christopher Middleton	East Cheshire Harriers
38	00:15:30	117	Fraser White	Gloucestershire Schools
39	00:15:31	102	Tom Edmunds	Glamorgan Valleys Schools
40	00:15:32	119	Connor Wray	Gloucestershire Schools
41	00:15:33	46	John Cove	Cardiff & Vale Schools
42	00:15:33	142	Lewis Preece	Afan Nedd Tawe Schools
43	00:15:34	32	Runner 32	
44	00:15:35	112	Jack Fear	Gloucestershire Schools
45	00:15:36	146	Ashley Hopkins	Afan Nedd Tawe Schools
46	00:15:40	114	Matt Davies	Gloucestershire Schools
47	00:15:40	70	Adam King	Cardiff & Vale Schools
48	00:15:41	124	Liam Bradley	SE Wales Schools
49	00:15:45	66	Jacob Preece	Cardiff & Vale Schools
50	00:15:49	111	Hugh Gunn	Gloucestershire Schools
51	00:15:50	5	Jack Donnelly	East Cheshire Harriers
52	00:15:53	145	Daniel Hall	Afan Nedd Tawe Schools
53	00:15:59	57	Tom Warren	Cardiff & Vale Schools
54	00:15:59	131	James Middlecote	SE Wales Schools
55	00:16:01	100	Morgan Thomas	Glamorgan Valleys Schools
56	00:16:01	155	Kieran White	Afan Nedd Tawe Schools
57	00:16:01	14	Matthew Cox	Charnwood AC

58	00:16:05	56	Owen Thomas	Cardiff & Vale Schools
59	00:16:06	127	Alex McDowell	SE Wales Schools
60	00:16:06	18	Alex James	Oxted
61	00:16:07	54	Ciaran Lewis	Cardiff & Vale Schools
62	00:16:09	118	Matt Doyle	Gloucestershire Schools
63	00:16:09	43	Dafydd George	Cardiff & Vale Schools
64	00:16:12	49	Sam Xerri	Cardiff & Vale Schools
65	00:16:14	59	Ben Owen	Cardiff & Vale Schools
66	00:16:18	125	Rhys Norris	SE Wales Schools
67	00:16:26	52	Luke Harris	Cardiff & Vale Schools
68	00:16:27	157	Tristan Ward	Cardiff & Vale Schools
69	00:16:34	115	Callum Brand	Gloucestershire Schools
70	00:16:42	132	Kieran Williams	SE Wales Schools
71	00:16:45	50	Luke Gill	Cardiff & Vale Schools
72	00:16:46	71	Luke Richards	Cardiff & Vale Schools
73	00:16:48	72	Stephen Williams	Dyfed Schools
74	00:16:52	62	Aled Burd	Cardiff & Vale Schools
75	00:16:53	19	Josh Cottingham	Oxted
76	00:16:56	279	Unknown Runner	
77	00:16:57	47	Felix Iacono	Cardiff & Vale Schools
78	00:17:04	86	Ben Jones	Glamorgan Valleys Schools
79	00:17:05	25	Daniel Glen	Bridgend AC
80	00:17:06	51	Sam Gough	Cardiff & Vale Schools
81	00:17:08	68	Jake Bosza	Cardiff & Vale Schools
82	00:17:11	149	Joe Lingard	Afan Nedd Tawe Schools
83	00:17:14	42	Jacob Briscoombe	Cardiff & Vale Schools
84	00:17:17	40	Matthew Collins	Cardiff & Vale Schools
85	00:17:25	20	Luke Thompson	Oxted
86	00:17:27	148	Thomas John	Afan Nedd Tawe Schools
87	00:17:30	44	Tom Griffiths	Cardiff & Vale Schools
88	00:17:33	65	Ben Burns	Cardiff & Vale Schools
89	00:17:35	93	Ioan Chidgey	Glamorgan Valleys Schools
90	00:17:36	69	Sam Laity	Cardiff & Vale Schools
91	00:17:37	103	Trystan Griffiths	Glamorgan Valleys Schools
92	00:17:38	92	Harry Jenkins	Glamorgan Valleys Schools
93	00:17:42	61	Nelson Johnson	Cardiff & Vale Schools
94	00:17:47	79	Cerith Evans	Dyfed Schools
95	00:17:52	73	Alan Davies	Dyfed Schools
96	00:17:59	55	Tom Smith	Cardiff & Vale Schools
97	00:18:02	85	Alex Harris	Glamorgan Valleys Schools
98	00:18:05	84	Henrik Jaakola	Dyfed Schools
99	00:18:05	63	Sam Peterken	Cardiff & Vale Schools
100	00:18:08	153	Gareth Morgan	Afan Nedd Tawe Schools
101	00:18:12	41	Chris Proctor	Cardiff & Vale Schools
102	00:18:22	48	Tommie Shorey	Cardiff & Vale Schools
103	00:18:28	53	Alex Jenkins	Cardiff & Vale Schools
104	00:18:37	11	David Jacob	Bridgend AC
105	00:18:47	104	Will Toms	Glamorgan Valleys Schools
106	00:19:41	150	James Davies	Afan Nedd Tawe Schools
107	00:19:45	156	Luke Harry	Cardiff & Vale Schools
108	00:20:36	82	Tomas Carruthers	Dyfed Schools
109	00:21:01	154	Rhys Richards	Afan Nedd Tawe Schools
110	00:21:08	81	Owain Plant	Dyfed Schools

Pos	Time	No	Name	Team
1	00:18:34	5	Ross Matheson	Lasswade AC
2	00:18:54	4	Joshua Grace	Aldershot Farnham & D
3	00:19:06	17	Tadhg Grant	Shaftesbury Harriers
4	00:19:08	9	Liam White	Hercules Wimbledon
5	00:19:22	16	Brett Halliwell	Westbury Harriers
6	00:19:25	163	Aaron Phelps	Gloucestershire Schools
7	00:19:30	22	Rhys Park	Bristol & West
8	00:19:38	183	Elliot Hardee	SE Wales Schools
9	00:19:47	12	Adam Sloan	Poole AC
10	00:19:51	155	Morgan Davies	Glamorgan Valleys Schools
11	00:19:58	18	Fergus O'Reilly	Bournemouth AC
12	00:20:02	1	Alex Hill	Team Bath
13	00:20:11	161	Tom Purnell	Gloucestershire Schools
14	00:20:19	116	Elliot Slade	Cardiff & Vale Schools
15	00:20:24	87	Liam Lloyd	Dyfed Schools
16	00:20:31	23	Lymn Kegan	Aldershot Farnham & District
17	00:20:32	140	Alex Coomber	Glamorgan Valleys Schools
18	00:20:35	118	Rory Heslop	Cardiff & Vale Schools
19	00:20:41	126	Mike Ward	Cardiff & Vale Schools
20	00:20:44	115	Matthew Edwards	Cardiff & Vale Schools
21	00:20:49	15	Matthew Antoniazzi	Glamorgan Valleys Schools
22	00:20:50	162	Luke Carroll	Gloucestershire Schools
23	00:20:55	93	Lloyd Heckler	Dyfed Schools
24	00:21:00	160	Tom Davis	Glamorgan Valleys Schools
25	00:21:02	98	Joshua Griffiths	Dyfed Schools
26	00:21:03	10	Matthew Weeks	Bridgend AC
27	00:21:04	14	Matthew Deacon	Bristol & West
28	00:21:06	90	Ronan Llyr	Dyfed Schools
29	00:21:09	125	Matthew Drury	Cardiff & Vale Schools
30	00:21:13	21	Carl Yates	Hillingdon AC
31	00:21:13	165	Adam Thrall	Gloucestershire Schools
32	00:21:16	19	Tommie Drury	Hillingdon AC
33	00:21:17	91	Morgan Smith	Dyfed Schools
34	00:21:21	166	Harrison Coldray	Gloucestershire Schools
35	00:21:29	178	Daniel Chesworth	SE Wales Schools
36	00:21:32	100	Matthew O'Leary	Afan Nedd Tawe Schools
37	00:21:34	20	Mark Speight	Hillingdon AC
38	00:21:55	181	Evan Wynne	SE Wales Schools
39	00:21:58	175	James Gardner	Gloucestershire Schools
40	00:22:02	117	Rhys George	Cardiff & Vale Schools
41	00:22:03	176	Xander Brown	Gloucestershire Schools
42	00:22:07	136	Dan Lewis	Cardiff & Vale Schools
43	00:22:08	11	Andrew Miles	Vale Royal AC
44	00:22:09	89	Grant Westacott	Dyfed Schools
45	00:22:11	132	Sam Longville	Cardiff & Vale Schools
46	00:22:13	101	Sean White	Afan Nedd Tawe Schools
47	00:22:15	187	Liam Hardee	SE Wales Schools
48	00:22:18	179	Andy Greenslade	SE Wales Schools
49	00:22:19	2	Max Holsworth	Truro
50	00:22:23	199	Curtis Goodger	SE Wales Schools
51	00:22:25	94	Ben Sutton	Dyfed Schools

52	00:22:26	188	John Pearson	SE Wales Schools
53	00:22:29	184	Ben McEwan	SE Wales Schools
54	00:22:37	171	Freek Van Arkel	Gloucestershire Schools
55	00:22:44	172	Conor Shoemark	Gloucestershire Schools
56	00:22:48	173	Scott Young	Gloucestershire Schools
57	00:22:52	119	Morgan Preece	Cardiff & Vale Schools
58	00:22:59	170	Tommaso Migliuolo	Gloucestershire Schools
59	00:23:03	177	Alex Massey	Gloucestershire Schools
60	00:23:08	168	James Philips	Gloucestershire Schools
61	00:23:27	138	Josh Jones	Cardiff & Vale Schools
62	00:23:32	180	Davey Challenger	SE Wales Schools
63	00:23:35	8	Sam Jackson	Oxted
64	00:23:41	104	Carwyn Evans	Afan Nedd Tawe Schools
65	00:23:48	156	Morgan Jones	Glamorgan Valleys Schools
66	00:23:54	120	Joseph Iacono	Cardiff & Vale Schools
67	00:23:57	167	Jack Evans	Gloucestershire Schools
68	00:24:00	146	Jack Couch	Glamorgan Valleys Schools
69	00:24:02	139	Sam MacPherson	Cardiff & Vale Schools
70	00:24:10	127	Tom Howles	Cardiff & Vale Schools
71	00:24:29	97	Davy Lewis	Dyfed Schools
72	00:24:34	191	Joe David	SE Wales Schools
73	00:24:42	103	Daniel Lewis	Afan Nedd Tawe Schools
74	00:24:46	129	Dan Owen	Cardiff & Vale Schools
75	00:24:49	133	Huw Evans	Cardiff & Vale Schools
76	00:24:51	193	Oliver Wheeden	SE Wales Schools
77	00:25:10	134	Abdul Boulaiche	Cardiff & Vale Schools
78	00:26:04	109	Geraint Meek	Afan Nedd Tawe Schools
79	00:26:44	111	Kieran John	Afan Nedd Tawe Schools
80	00:27:16	95	Nathan Richards	Dyfed Schools
81	00:28:16	196	Piers Wingfield Digby	SE Wales Schools

Pos	Time	No	Name	Team
1	00:18:55	20	Richard Goodman	Shaftesbury Barnet
2	00:19:06	1	Dewi Griffiths	Wales
3	00:19:19	15	Jonathan Hope	Aldershot Farnham & D
4	00:19:33	7	Matt Withey	South West of England
5	00:19:38	27	Andy Combs	Tonbridge
6	00:19:42	6	Richard Peters	South West of England
7	00:19:46	23	Karl Billington	North of England
8	00:19:47	21	Charlie Maclean	Taunton AC
9	00:19:50	133	Tom Curr	Gloucestershire Schools
10	00:20:04	9	Lachlan Oates	Shettleton Harriers
11	00:20:07	16	Niall Fleming	Shaftesbury Barnet
12	00:20:07	24	Ryan Worland	North of England
13	00:20:19	119	Rob Galt	Gloucestershire Schools
14	00:20:38	13	Jonathan Hopkins	Glamorgan Valleys Schools
15	00:20:52	10	Matt Peters	Bristol & West
16	00:20:56	25	Andrew Clews	North of England
17	00:20:59	115	Alex Edwards	Glamorgan Valleys Schools
18	00:21:01	26	Daniel Hiscox	Glamorgan Valleys Schools
19	00:21:02	11	Nick Wood	Dartford Harriers
20	00:21:30	4	Jake Watson	Dyfed Schools
21	00:21:39	135	Emyrs Penny	SE Wales Schools
22	00:21:49	18	Jake Waldron	SWRR
23	00:21:50	121	Andrew Watt	Gloucestershire Schools
24	00:21:51	3	Josh Harries	Dyfed Schools
25	00:21:56	132	Will Massey	Gloucestershire Schools
26	00:22:00	12	William New	Cheltenham
27	00:22:07	106	Owen Haswell	Cardiff & Vale Schools
28	00:22:17	8	Nathan Young	South West of England
29	00:22:21	19	Rob Whitham	Bristol & West AC
30	00:22:27	125	Jordan Frapwell	Gloucestershire Schools
31	00:22:28	17	Daniel Stubley	Westbury Harriers
32	00:22:32	113	Matthew Richards	Dyfed Schools
33	00:22:34	104	Darren Jones	Cardiff & Vale Schools
34	00:22:36	131	Joss Cheli	Gloucestershire Schools
35	00:22:43	111	Alex Matchett	Dyfed Schools
36	00:22:50	123	Lewis Gray	Gloucestershire Schools
37	00:22:51	126	Dan Owen	Gloucestershire Schools
38	00:22:58	86	Matthew Thomas	Afan Nedd Tawe Schools
39	00:23:05	124	George Livingstone-1	Gloucestershire Schools
40	00:23:09	122	Jack McMullen	Gloucestershire Schools
41	00:23:33	127	Oliver Starkey	Gloucestershire Schools
42	00:23:39	96	Dominic Farr	Cardiff & Vale Schools
43	00:23:46	108	Ashleigh Harper	Cardiff & Vale Schools
44	00:24:19	174	Iain Docherty	Gloucestershire Schools
45	00:24:23	90	Sam Joseph	Afan Nedd Tawe Schools
46	00:24:28	128	William McKerney	Gloucestershire Schools
47	00:24:31	100	Dan Nicol	Cardiff & Vale Schools
48	00:24:32	102	Joel Redman	Cardiff & Vale Schools
49	00:24:39	129	James Outhwaite	Gloucestershire Schools
50	00:24:51	107	Aneurin Campbell	Cardiff & Vale Schools
51	00:24:57	97	Joseff Whitmarsh-Knigh	Cardiff & Vale Schools

Results Cardiff Schools races**Junior Men****Sun 17 Jan 2010**

52	00:25:33	130	Ross Langworthy	Gloucestershire Schools
53	00:26:04	101	Sam Pemberton	Cardiff & Vale Schools
54	00:26:13	91	Rhodri Jones	Afan Nedd Tawe Schools
55	00:28:18	98	Nick Gallimore	Cardiff & Vale Schools
56	00:28:18	103	Matthew Thomas	Cardiff & Vale Schools
57	00:30:10	94	Kyle Garrison	Cardiff & Vale Schools

Pos	Time	No	Name	Team
1	00:09:46	30	Lydia Turner	
2	00:09:47	16	Katie Rowe	Guernsey Island AAC
3	00:09:50	15	Charlotte Cayton-Smith	Newquay
4	00:09:50	11	Rosa Yates	Glamorgan Valleys Schools
5	00:09:59	20	Bethany Hawtin	Oxford City AC
6	00:10:04	7	Megan Bates	Eden Runners
7	00:10:10	8	Elisabeth Hood	Poole AC
8	00:10:18	22	Olivia Gwynn	Swansea Harriers
9	00:10:19	25	Amy Cooper	Marlborough Juniors AC
10	00:10:21	14	Leigh Chapman	Aldershot Farnham & D
11	00:10:27	3	Emma Butterworth	Poole AC
12	00:10:35	21	Hannah Cox	Charnwood AC
13	00:10:43	1	Storm Sunderland	Oxford City
14	00:10:47	18	Abigail Backshall	Colwyn Bay
15	00:10:56	236	Emily Thomas	Dyfed Schools
16	00:10:59	30	Georgie Hough	
17	00:10:59	4	Bethaney Donnelly	East Cheshire Harriers
18	00:11:06	29	Rebecca Warrington	Poole AC
19	00:11:10	265	Emily Dowle	Gloucestershire Schools
20	00:11:18	267	Clemmie Montgomerie	Gloucestershire Schools
21	00:11:20	211	Megan Tatnell	Cardiff & Vale Schools
22	00:11:22	10	Stephanie Lowe	Cardiff AAC
23	00:11:28	238	Alice Russell-Stretch	Dyfed Schools
24	00:11:29	28	Ellie Parker	North Somerset AC
25	00:11:31	271	Claudia Ovens	Gloucestershire Schools
26	00:11:35	269	Emily Moss	Gloucestershire Schools
27	00:11:36	276	Judith Richards	Gloucestershire Schools
28	00:11:39	280	Georgina Bathurst	Gloucestershire Schools
29	00:11:39	285	Fiona Dodge	SE Wales Schools
30	00:11:40	189	Katie Parfitt	Afan Nedd Tawe Schools
31	00:11:44	266	Phoebe Crawley	Gloucestershire Schools
32	00:11:45	191	Lowis Hopkins	Afan Nedd Tawe Schools
33	00:11:46	274	Phoebe Thomas	Gloucestershire Schools
34	00:11:47	270	Izzy Moulding	Gloucestershire Schools
35	00:11:49	268	Georgia Gordon	Gloucestershire Schools
36	00:11:51	272	Jasmine Hart	Gloucestershire Schools
37	00:11:59	26	Abigail Ball	North Somerset AC
38	00:12:02	217	Nadine James	Cardiff & Vale Schools
39	00:12:02	220	Alice Broadley	Cardiff & Vale Schools
40	00:12:03	240	Siobhan Eleri	Dyfed Schools
41	00:12:08	190	Claire Hill	Afan Nedd Tawe Schools
42	00:12:09	218	Rebecca Thomas	Cardiff & Vale Schools
43	00:12:12	204	Clara Jones	Cardiff & Vale Schools
44	00:12:15	237	Mared Cooke	Dyfed Schools
45	00:12:16	277	Gemma Green	Gloucestershire Schools
46	00:12:16	284	Sophie Rollings	SE Wales Schools
47	00:12:17	207	Alia Yadollahi	Cardiff & Vale Schools
48	00:12:17	287	Pippa England	SE Wales Schools
49	00:12:24	275	Hebe Field	Gloucestershire Schools
50	00:12:24	210	Sophie Perrington	Cardiff & Vale Schools
51	00:12:31	299	Nia Garrett	SE Wales Schools
52	00:12:33	281	Jodie Bynon	SE Wales Schools

53	00:12:35	233	Emma Key	Cardiff & Vale Schools
54	00:12:36	232	Kate Griffin	Cardiff & Vale Schools
55	00:12:37	263	Toni Russell	Glamorgan Valleys Schools
56	00:12:38	283	Grace Thomas Parr	SE Wales Schools
57	00:12:40	213	Alice Tudor	Cardiff & Vale Schools
58	00:12:44	229	Ana Mirza-Davies	Cardiff & Vale Schools
59	00:12:44	290	Georgia Groves	SE Wales Schools
60	00:12:44	17	Cailin Tootell	Stroud & District
61	00:12:44	273	Rebecca Sheppard	Gloucestershire Schools
62	00:12:49	225	Chloe Hughes	Cardiff & Vale Schools
63	00:12:51	226	Chloe Jones	Cardiff & Vale Schools
64	00:12:51	242	Elin Gordon	Dyfed Schools
65	00:12:51	19	Jessica Bradley	Newport Harriers
66	00:12:52	208	Daisy Pathy	Cardiff & Vale Schools
67	00:12:52	216	Eleanor Bishop	Cardiff & Vale Schools
68	00:12:54	250	Ffion Churchill	Glamorgan Valleys Schools
69	00:12:56	288	Hannah Loughar	SE Wales Schools
70	00:12:57	289	Sam Cadwell	SE Wales Schools
71	00:13:01	23	Zoe Gold	Westbury Harriers
72	00:13:03	215	Ela Emyr	Cardiff & Vale Schools
73	00:13:03	188	Katharine Steggles	Cardiff & Vale Schools
74	00:13:05	231	Maisie Squire	Cardiff & Vale Schools
75	00:13:11	197	Millie Pearson	Afan Nedd Tawe Schools
76	00:13:13	294	Cerys Dewar	SE Wales Schools
77	00:13:16	195	Lowri Jackson	Afan Nedd Tawe Schools
78	00:13:16	239	Amber Howell	Dyfed Schools
79	00:13:18	251	Gwen Richards	Glamorgan Valleys Schools
80	00:13:22	241	Jessica Williams	Dyfed Schools
81	00:13:22	223	Alysha Smith	Cardiff & Vale Schools
82	00:13:23	221	Laura Crispie	Cardiff & Vale Schools
83	00:13:23	209	Lydia Bowen-Williams	Cardiff & Vale Schools
84	00:13:25	292	Ffion Powell	SE Wales Schools
85	00:13:26	201	Ashleigh Proietti	Afan Nedd Tawe Schools
86	00:13:26	293	Sophie Walpole	SE Wales Schools
87	00:13:27	219	Poppy Davies	Cardiff & Vale Schools
88	00:13:28	234	Lowri Tomkinson	Cardiff & Vale Schools
89	00:13:31	255	Kimderley Davies	Glamorgan Valleys Schools
90	00:13:34	230	Ella Dyer	Cardiff & Vale Schools
91	00:13:35	12	Rebecca Russell	Forest of Dean AC
92	00:13:41	256	Lawry Connolly	Glamorgan Valleys Schools
93	00:13:42	244	Cara Arnold	Dyfed Schools
94	00:13:46	193	Catrin Evans	Afan Nedd Tawe Schools
95	00:13:58	245	Chloe Innis Preece	Glamorgan Valleys Schools
96	00:14:02	200	Natalie Hughes	Afan Nedd Tawe Schools
97	00:14:02	9	Ashleigh Bunn	City of Norwich
98	00:14:03	258	Nicola Kerr	Glamorgan Valleys Schools
99	00:14:04	202	Chloe Payne	Afan Nedd Tawe Schools
100	00:14:28	228	Victoria Dyer	Cardiff & Vale Schools
101	00:14:33	224	Casey Brady	Cardiff & Vale Schools
102	00:14:41	203	Rebecca Brain	Afan Nedd Tawe Schools
103	00:14:56	222	Zoe Wall	Cardiff & Vale Schools
104	00:15:04	214	Brooke Langton-Cryer	Cardiff & Vale Schools

Pos	Time	No	Name	Team
1	00:12:18	20	Amy Sweet	Newquay & Par
2	00:12:28	5	Becky Mills	Scarborough
3	00:12:37	11	Loren Bleaken	Team Bath
4	00:12:48	12	Lauren Hawtin	Oxford City AC
5	00:12:56	9	Matilda Lowther	Eden Runners
6	00:12:59	2	Rachael Dunn	Edinburgh
7	00:13:02	13	Fiona Bell	Hallamshire Harriers
8	00:13:05	3	Sophie Foreman	South London Harriers
9	00:13:06	15	Miranda Sadler	Bristol & West
10	00:13:07	1	Annie Ingram	Team Bath
11	00:13:10	4	Danielle Wallis	Macclesfield Harriers
12	00:13:26	18	Annasley Park	Bristol & West
13	00:13:29	163	Rebecca Evans	Glamorgan Valleys Schools
14	00:13:47	105	Megan Osborne	Cardiff & Vale Schools
15	00:13:58	7	Harriet Rogers	Taunton
16	00:14:00	200	Poppy Thompson	SE Wales Schools
17	00:14:07	165	Corrigan Cox	Gloucestershire Schools
18	00:14:10	72	Elin Davies	Afan Nedd Tawe Schools
19	00:14:11	182	Ellie Campbell	SE Wales Schools
20	00:14:14	124	Kari O'Neill	Dyfed Schools
21	00:14:14	19	Sophie Taylor	
22	00:14:15	172	Shannon Carroll	Gloucestershire Schools
23	00:14:15	184	Chelsie Harris	SE Wales Schools
24	00:14:18	181	Francesca Hyde	SE Wales Schools
25	00:14:21	157	Jessica Hegarty	Glamorgan Valleys Schools
26	00:14:23	153	Francesca Morris	Glamorgan Valleys Schools
27	00:14:23	16	Rosie Parsons	North Somerset AC
28	00:14:25	132	Cari Harries	Dyfed Schools
29	00:14:27	106	Betsan Jenkins	Cardiff & Vale Schools
30	00:14:27	121	Poppy Lewis	Dyfed Schools
31	00:14:33	167	Lucy Goudswaard	Gloucestershire Schools
32	00:14:37	71	Iona Evans	Afan Nedd Tawe Schools
33	00:14:38	156	Jazmine Briganti	Glamorgan Valleys Schools
34	00:14:38	173	Holly Russell Jones	Gloucestershire Schools
35	00:14:42	94	Hollie Gore	Cardiff & Vale Schools
36	00:14:44	112	Abigail Frayling	Cardiff & Vale Schools
37	00:14:45	174	Sadie Melhuish	Gloucestershire Schools
38	00:14:46	100	Izzy Lewis	Cardiff & Vale Schools
39	00:14:47	186	Scarlet McPhillips	SE Wales Schools
40	00:14:52	104	Lucy Tarrant	Cardiff & Vale Schools
41	00:14:53	113	Kate Seary	Cardiff & Vale Schools
42	00:14:54	151	Ellie Harvard	Glamorgan Valleys Schools
43	00:14:56	171	Bethan Thomlinson	Gloucestershire Schools
44	00:14:57	160	Nia Ward	Glamorgan Valleys Schools
45	00:15:01	103	Erin Hayes	Cardiff & Vale Schools
46	00:15:01	169	Katie Townsend	Gloucestershire Schools
47	00:15:03	107	Angharad Cole	Cardiff & Vale Schools
48	00:15:09	131	Charlotte Rees	Dyfed Schools
49	00:15:12	190	Emma Hennessy	SE Wales Schools
50	00:15:16	178	Jessica Robins	Gloucestershire Schools
51	00:15:20	73	Lucy Hammett	Afan Nedd Tawe Schools

52	00:15:23	155	Hollie Short	Glamorgan Valleys Schools
53	00:15:23	177	Bethan Skuse	Gloucestershire Schools
54	00:15:28	801	Charlotte Styles	Gloucestershire Schools
55	00:15:30	192	Cheyenne Sinclair	SE Wales Schools
56	00:15:31	119	Megan Thomas	Dyfed Schools
57	00:15:33	123	Rebecca Lewis	Dyfed Schools
58	00:15:34	96	Molly James	Cardiff & Vale Schools
59	00:15:35	176	India Rayner	Gloucestershire Schools
60	00:15:36	84	Georgia Morgan	Cardiff & Vale Schools
61	00:15:36	75	Lucy Fliglestone	Afan Nedd Tawe Schools
62	00:15:37	21	Danielle Sharp	Stroud AC
63	00:15:37	168	Fenella Madley	Gloucestershire Schools
64	00:15:42	183	Malika Rezougui	SE Wales Schools
65	00:15:43	14	Talia Price	Cardiff & Vale Schools
66	00:15:45	102	Megan Barker	Cardiff & Vale Schools
67	00:15:50	116	Anna Lawson	Cardiff & Vale Schools
68	00:15:51	10	Emma Minnican	Stroud AC
69	00:15:51	145	Abbie Mae	Glamorgan Valleys Schools
70	00:15:52	187	Rhiannon Brereton	SE Wales Schools
71	00:15:53	128	Rhian Jones	Dyfed Schools
72	00:15:56	127	Caitlin Thompson	Dyfed Schools
73	00:15:57	185	Olivia Turley	SE Wales Schools
74	00:15:57	6	Rhian Homer	Pembrokeshire Harriers
75	00:16:00	194	Ffion Wynne	SE Wales Schools
76	00:16:02	117	Montana Deacon	Cardiff & Vale Schools
77	00:16:05	99	Rebecca John	Cardiff & Vale Schools
78	00:16:07	98	Miriam Bennett	Cardiff & Vale Schools
79	00:16:09	175	Louise Baker	Gloucestershire Schools
80	00:16:09	120	Leah Wilson-Randell	Dyfed Schools
81	00:16:12	92	Alex Bass	Cardiff & Vale Schools
82	00:16:16	180	Hattie Dent	Gloucestershire Schools
83	00:16:18	90	Rachel Cosier	Cardiff & Vale Schools
84	00:16:23	93	Eleanor Imperato	Cardiff & Vale Schools
85	00:16:26	91	Tillie Carter	Cardiff & Vale Schools
86	00:16:31	81	Dale Lyons	Afan Nedd Tawe Schools
87	00:16:34	95	Lucy Mogford	Cardiff & Vale Schools
88	00:16:38	130	Lowri Heckler	Dyfed Schools
89	00:16:39	141	Cara Watson	Dyfed Schools
90	00:16:43	82	Alex Bramer	Afan Nedd Tawe Schools
91	00:16:49	118	Catrin Ansell	Dyfed Schools
92	00:17:06	108	Catrin Owen	Cardiff & Vale Schools
93	00:17:10	85	Jaymee Clements	Cardiff & Vale Schools
94	00:17:22	114	Maisy Provan	Cardiff & Vale Schools
95	00:17:40	77	Naomi Osborn	Afan Nedd Tawe Schools
96	00:17:50	88	Ffion Davies	Cardiff & Vale Schools
97	00:17:55	86	Bethan Yapp	Cardiff & Vale Schools
98	00:18:11	87	Caitlin Young	Cardiff & Vale Schools
99	00:18:51	134	Poppy Evans	Dyfed Schools
100	00:18:57	78	Lowri Thomas	Afan Nedd Tawe Schools
101	00:19:38	133	Lois Harrow	Dyfed Schools

Pos	Time	No	Name	Team
1	00:16:09	7	Melissa Courtney	Poole AC
2	00:16:22	135	Megan Withers	Dyfed Schools
3	00:16:23	13	Melissa Hawtin	Oxford City AC
4	00:16:24	3	Imogen Wolsey	Team Bath
5	00:16:40	12	Ffion Price	Brecon & Powys Schools
6	00:16:47	110	Amber Watson	Gloucestershire Schools
7	00:16:59	97	Imogen Briscoe	Gloucestershire Schools
8	00:17:00	9	Helen Wilson	South London Harriers
9	00:17:02	15	Olivia Sadler	Bristol & West
10	00:17:12	14	Abigail Jones	Poole AC
11	00:17:28	10	Lucy Farnell	Birchfield Harriers
12	00:17:40	138	Lauren Bell	Dyfed Schools
13	00:17:48	141	Lauren Harries	Dyfed Schools
14	00:17:52	6	Sidnie Sales	Woodford Green with Essex Ladi
15	00:18:03	11	Rhianwedd Price	Brecon & Powys Schools
16	00:18:07	8	Africa Mason	Poole AC
17	00:18:12	41	Elysia Pearson	Afan Nedd Tawe Schools
18	00:18:12	4	Sarah Livett	Menai Track & Field
19	00:18:13	142	Lisa Neumann	Dyfed Schools
20	00:18:13	98	Beth Pudifoot	Gloucestershire Schools
21	00:18:31	140	Megan Turner	Dyfed Schools
22	00:18:38	114	Kayley Kennedy	SE Wales Schools
23	00:18:39	65	Bethan Daw	Cardiff & Vale Schools
24	00:18:48	100	Rebecca Summers	Gloucestershire Schools
25	00:18:53	137	Stacey Webber	Dyfed Schools
26	00:18:57	133	Josie Lewis	Dyfed Schools
27	00:18:59	101	Elizabeth Wynn	Gloucestershire Schools
28	00:19:03	99	Beth Hawling	Gloucestershire Schools
29	00:19:09	102	Samantha Roberts	Gloucestershire Schools
30	00:19:10	42	Jemima Osborn	Afan Nedd Tawe Schools
31	00:19:11	45	Christie McCallum	Afan Nedd Tawe Schools
32	00:19:14	107	Millie Mather	Gloucestershire Schools
33	00:19:14	115	Emily Paul	SE Wales Schools
34	00:19:17	103	Georgie Gunn	Gloucestershire Schools
35	00:19:18	61	Katie Smith	Cardiff & Vale Schools
36	00:19:22	51	Fiona Bray	Cardiff & Vale Schools
37	00:19:29	109	Beth Wells	Gloucestershire Schools
38	00:19:38	71	Majidah Harb	Cardiff & Vale Schools
39	00:19:44	68	Caitlin Bryant	Cardiff & Vale Schools
40	00:19:49	117	Eleanor Dow	SE Wales Schools
41	00:19:51	104	Holly Hill	Gloucestershire Schools
42	00:19:52	69	Eloise Laity	Cardiff & Vale Schools
43	00:19:57	60	Clare Harwood	Cardiff & Vale Schools
44	00:20:05	55	Elinor Barker	Cardiff & Vale Schools
45	00:20:08	118	Alana Dimmer	SE Wales Schools
46	00:20:08	113	Isabelle Godfrey	SE Wales Schools
47	00:20:16	2	Amy Powell	Cardiff & Vale Schools
48	00:20:23	106	Philippa Matthews	Gloucestershire Schools
49	00:20:36	58	Anthea Young	Cardiff & Vale Schools
50	00:20:41	67	Danielle Green	Cardiff & Vale Schools
51	00:20:52	50	Rebecca Findlay	Cardiff & Vale Schools

52	00:21:18	72	Alys Smith	Cardiff & Vale Schools
53	00:21:22	105	Lisa Tattersall	Gloucestershire Schools
54	00:22:05	108	Marianne Buist	Gloucestershire Schools
55	00:22:16	85	Eve Davies	Glamorgan Valleys Schools
56	00:22:35	120	Delwyn Loudon	SE Wales Schools
57	00:22:40	119	Grace Hart	SE Wales Schools
58	00:22:47	73	Carrarah Deacon	Cardiff & Vale Schools
59	00:22:52	121	Kirsty Pewtner	SE Wales Schools
60	00:22:56	66	Ellice Harding	Cardiff & Vale Schools
61	00:22:59	136	Sarah Martin	Dyfed Schools
62	00:23:04	52	Rachel Bradshaw	Cardiff & Vale Schools
63	00:23:11	46	Sophie Parry	Afan Nedd Tawe Schools
64	00:23:12	48	Rebecca Hall	Afan Nedd Tawe Schools
65	00:23:20	64	Thea Lawson	Cardiff & Vale Schools
66	00:23:20	59	Anna Raven	Cardiff & Vale Schools
67	00:23:24	127	Ellie Kelleher	SE Wales Schools
68	00:24:24	57	Amy Baldry	Cardiff & Vale Schools
69	00:24:51	111	Georgie Fuller	Gloucestershire Schools
70	00:24:54	123	Zoe Holloway	SE Wales Schools
71	00:25:15	95	Taryn Fronwen	Glamorgan Valleys Schools
72	00:25:16	77	Angharad Mason	Glamorgan Valleys Schools

Pos	Time	No	Name	Team
1	00:15:25	17	Annabel Gummow	Bristol & West
2	00:15:48	10	Claire Pring	City of Norwich
3	00:15:54	27	Ruth Haynes	Aldershot Farnham & D
4	00:16:00	81	Natasha Cockram	SE Wales Schools
5	00:16:07	20	Backy Lanbson	North of England
6	00:16:15	21	Hannah Bateson	North of England
7	00:16:28	30	Nicole Roberts	Winchester & District
8	00:16:30	22	Rhea Ellis	North of England
9	00:16:32	5	Emily Merrick	South West of England
10	00:16:38	11	Georgie-lou Sales	Woodford Green with Essex L
11	00:16:39	1	Vicky Jackson	SE Wales Schools
12	00:17:06	23	Leah Dixon	Cardiff AAC
13	00:17:07	60	Zoe Thomas	Glamorgan Valleys Schools
14	00:17:07	61	Harriet Morris	Glamorgan Valleys Schools
15	00:17:16	14	Charlotte Arter	Eden Runners
16	00:17:22	24	Rosie Clarke	Epsom & Ewell Harriers
17	00:17:43	65	Vanessa Brann	Gloucestershire Schools
18	00:18:11	58	Angharad Davies	Dyfed Schools
19	00:18:20	13	Brittany Teague	Bourton Roadrunners
20	00:18:28	66	Rachel Underhill	Gloucestershire Schools
21	00:19:02	4	Emily Downey	Dyfed Schools
22	00:19:07	19	H Taunton	Unattached
23	00:19:14	56	Sophie Thomas	Dyfed Schools
24	00:19:22	52	Rebecca Ansell	Dyfed Schools
25	00:19:31	67	Emily Docherty	Gloucestershire Schools
26	00:19:34	68	Ellie Pudifoot	Gloucestershire Schools
27	00:19:51	50	Jessica Colley	Cardiff & Vale Schools
28	00:20:04	71	Olivia Willson	Gloucestershire Schools
29	00:20:07	40	Rhiannon Anderson	Afan Nedd Tawe Schools
30	00:20:10	72	Hannah Gornall	Gloucestershire Schools
31	00:20:14	73	Victoria Moore	Gloucestershire Schools
32	00:20:24	46	Francesca Capel	Cardiff & Vale Schools
33	00:21:08	74	Alice Thomas	Gloucestershire Schools
34	00:21:23	49	Eluned Hyde	Cardiff & Vale Schools
35	00:21:24	54	Rebecca Brace	Dyfed Schools
36	00:22:24	41	Kelly Roberts	Afan Nedd Tawe Schools
37	00:22:30	59	Catrin Lewis	Dyfed Schools
38	00:23:10	43	Bethan Heslop	Cardiff & Vale Schools
39	00:23:15	47	Angharad Thomas	Cardiff & Vale Schools
40	00:23:17	84	Sinead Brereton	SE Wales Schools
41	00:25:42	48	Christina Thomas	Cardiff & Vale Schools
42	00:26:43	85	Kathleen Cardwell	SE Wales Schools