

**George Crump MBE Memorial
Welsh Cross Country Championships**

Builth Wells 1st February 2009

Pos	Number	Name	Club	Age Group	Perf.
U13 Boys					
1	29	Kyran ROBERTS	Carmarthen	U13	10.04
2	16	Jack GOOCH	Cardiff	U13	10.14
3	22	Christian LOVATT	Carmarthen	U13	10.24
4	44	Jack FEAR	Newport	U13	10.32
5	49	Rhys NORRIS	Newport	U13	10.33
6	36	Andrew WILLIAMS	Deeside	U13	10.34
7	32	Ben JONES	Cwmbran	U13	10.36
8	1	Stephen WILLIAMS	Aberystwyth	U13	10.41
9	57	Lewis PREECE	Swansea	U13	10.42
10	10	James HUNT	Bridgend	U13	10.47
11	54	Finley DAVIES	Swansea	U13	10.49
12	42	Rhys JAMES	Menai	U13	10.55
13	38	Matthew BLACKWELL	Deeside	U13	10.57
14	17	John COVE	Cardiff	U13	10.57
15	37	Jobe URQUHART	Deeside	U13	10.59
16	39	Tristan HENRY	Deeside	U13	11.08
17	26	Jordan RICHARDS	Carmarthen	U13	11.12
18	13	Ciaran LEWIS	Cardiff	U13	11.15
19	40	Andrew JONES	Menai	U13	11.18
20	8	Ben OWEN	Bridgend	U13	11.20
21	55	Jonathan TOBIN	Swansea	U13	11.24
22	478	Thomas JOHN	Neath	U13	11.26
23	53	Daniel HALL	Swansea	U13	11.28
24	50	Jack REES	Pembrokeshire	U13	11.30
25	48	Luke GILL	Newport	U13	11.44
26	3	Jacob BRISCOMBE	Barry & Vale	U13	11.47
27	9	Jacob DAVID	Bridgend	U13	12.07
28	52	Ross KIRBY	Shrewsbury	U13	12.09
29	20	Benjamin WILLIAMS	Carmarthen	U13	12.11
30	41	Anthony GRANTON	Menai	U13	12.13
31	34	James SCARFI	Cwmbran	U13	12.22
32	11	Joseph HAPGOOD	Bridgend	U13	12.25
33	4	Jake LEVERSEDGE-FOX	Brecon	U13	12.44
34	6	Matthew TUCKER	Brecon	U13	13.33
35	14	Deon GARRISON	Cardiff	U13	14.39
36	7	Will SILCOX	Brecon	U13	14.40

Teams

1 - Deeside	50
2 - Carmarthen	50
3 - Swansea	64
4 - Cardiff	69
5 - Bridgend	89

U15 Boys

1	103	Elliott HARDEE	Newport	U15	14.18
2	90	Matthew ANTONIAZZI	Cwmbran	U15	14.26
3	99	Matthew O'LEARY	Neath	U15	14.32
4	66	Elliot MEARS	Bridgend	U15	14.41
5	95	Liam LLOYD	Llanelli	U15	15.08
6	87	James HANRAHAN	Cwmbran	U15	15.12
7	102	Dan CHESWORTH	Newport	U15	15.17
8	98	Daniel LEWIS	Neath	U15	15.26
9	88	Keirion STEPHENS	Cwmbran	U15	15.36
10	111	David BLOWER	Wrexham	U15	15.44
11	97	William SHERIDAN	Menai	U15	15.45
12	73	James HUNT	Cardiff	U15	15.48
13	84	Ronan LLYR	Carmarthen	U15	15.50
14	109	Sean WHITE	Swansea	U15	15.51
15	106	Carwyn EVANS	Swansea	U15	15.57
16	89	Marcus PRICE	Cwmbran	U15	16.00
17	92	Stephen SCARFI	Cwmbran	U15	16.07
18	76	Ben JONES	Carmarthen	U15	16.09
19	101	Curtis GOODGER	Newport	U15	16.14
20	104	Liam HARDEE	Newport	U15	16.17
21	93	George OLIVER	Deeside	U15	16.18
22	61	Rhodri BOGGUST	Brecon	U15	16.25
23	96	Owain JAMES	Menai	U15	16.27
24	82	Luke CLEMENTS	Carmarthen	U15	16.36
25	108	Paul TOBIN	Swansea	U15	16.38
26	141	Alex Simon	Bridgend	U15	16.45
27	77	Davy LEWIS	Carmarthen	U15	17.01
28	59	Adam JONES	Brecon	U15	17.10
29	60	Josh LEONARD	Brecon	U15	17.11
30	72	Gareth JONES	Cardiff	U15	17.22
31	65	Daniel GLEN	Bridgend	U15	17.31
32	91	Ryan PARKER	Cwmbran	U15	17.41

Teams

1 - Cwmbran	33
2 - Newport	47
3 - Carmarthen	82

U17M

1	115	Jonathan HOPKINS	Bridgend	U17	19.51
2	127	Alex EDWARDS	Cwmbran	U17	20.01
3	128	James WRIGHT	Deeside	U17	20.01
4	126	Nicky MORRELL	Carmarthen	U17	20.29
5	112	Daniel HISCOX	Aberdare	U17	20.55
6	129	Andrew WOODCOCK	Menai	U17	21.11
7	114	Oliver CAYLESS	Brecon	U17	21.19
8	132	Chris CARPANINI	Newport	U17	21.21
9	133	Emrys PENNY	Newport	U17	21.35
10	134	Alexander MATCHETT	Pembrokeshire	U17	21.50
11	142	Thomas CSIZMADIA	Wrexham	U17	21.55
12	116	Darren JONES	Cardiff	U17	22.05
13	135	Matthew RICHARDS	Pembrokeshire	U17	22.24
14	138	Ceri LEWIS	Swansea	U17	22.54
15	130	Huw JONES	Menai	U17	23.11
16	124	Kurt PLAMAS	Carmarthen	U17	23.19
17	118	Joseff WHITMARSH-KNIGHT	Cardiff	U17	23.30
18	117	Joel REDMAN	Cardiff	U17	24.18
19	119	Kyle GARRISON	Cardiff	U17	41.15

Teams

1 - Cardiff	66
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u20M

1	160	Ieuan THOMAS	Cwmbran	U20	24.38
2	155	Dewi GRIFFITHS	Carmarthen	U20	24.45
3	165	Ricky CHALLINOR	Liverpool	U20	25.01
4	151	Rowan AXE	Cardiff	U20	25.28
5	149	Harry JONES	Cardiff	U20	25.50
6	168	Nathan HARDEE	Newport	U20	26.15
7	174	Thomas PHILLIPS	Woodford Green & Essex Ladies	U20	26.21
8	161	Mike KERSHAW	Cwmbran	U20	26.22
9	144	Joshua DIXON	Abergele	U20	27.04
10	159	Gavin HANRAHAN	Cwmbran	U20	27.17
11	162	Phil EDGE	Deeside	U20	27.45
12	169	Daniel THOMAS	Swansea	U20	27.52
13	164	Michael KALLENBERG	Ingli Runners	U20	28.22
14	143	Hywel JONES	Aberdare	U20	28.44
15	147	Ed MARTIN	Brecon	U20	28.48
16	158	Gareth LEWIS	Cwmbran	U20	29.01
17	173	Jake WATSON	TROTS	U20	30.23
18	150	Matthew HOOPER	Cardiff	U20	31.57

Teams**1 - Cwmbran 35****U23 & Senior**

1	275	Owain JONES	WSEH	SM	35.03
2	274	Hywel CARE	Woodford Green & Essex Ladies	SM	35.25
3	178	Rob SAMUEL	Eryri	SM	35.37
4	194	Austin DAVIES	Brecon	SM	35.55
5	260	Daniel BEYNON	Swansea	SM	36.30
6	223	Chris DISCOMBE	Les Croupiers	SM	36.36
7	217	Nat LANE	Cardiff	SM	36.38
8	267	Marc HOBBS	Swansea	SM	36.59
9	266	Lewys HOBBS	Swansea	SM	37.18
10	261	Daniel GURMIN	Swansea	SM	37.24
11	200	Martin SHAW	Brecon	SM	37.32
12	221	Afan HUMPHRIES	Cwmbran	U23	37.34
13	228	Julian BAKER	Les Croupiers	SM	38.01
14	218	Peter RYDER	Cardiff	SM	38.56
15	234	Phil COOK	Les Croupiers	SM	39.01
16	263	David REES	Swansea	SM	39.06
17	249	Stephen PATERSON	San Domenico	SM	39.17
18	199	Harry MATTHEWS	Brecon	SM	39.21
19	243	Matthew HARVEY	Neath	SM	39.35
20	177	Carwyn THOMAS	Sarn Helen	U23	39.43
21	262	David NOTMAN	Swansea	SM	39.49
22	239	Stuart CREES	Les Croupiers	SM	39.56
23	236	Richie BULLEN	Les Croupiers	SM	40.07
24	230	Mark PALSER	Les Croupiers	SM	40.16
25	235	Richard WILDER	Les Croupiers	SM	40.47

26	220	Lee LADD	Carmarthen	U23	40.56
27	237	Rob JONES	Les Croupiers	SM	41.28
28	251	Glyn PRICE	Sarn Helen	SM	41.45
29	203	Phil KENDRICK	Brecon	SM	42.03
30	257	Dominic KIRBY	Shrewsbury	SM	42.09
31	255	Michael DAVIES	Sarn Helen	SM	42.23
32	394	Steffan HUGHES	Unattached	SM	42.34
33	271	Steven RICHARDS	Swansea	SM	42.40
34	175	Daniel DAVIES	Aberystwyth	U23	42.44
35	145	Gethin HOLLAND	Aberystwyth	U23	42.45
36	196	David DAVIES	Brecon	SM	42.46
37	242	Kevin LEWIS	Neath	SM	42.56
38	208	Steve MORRIS	Bridgend	SM	43.25
39	241	David SHROLL	Neath	SM	43.32
40	269	Peter OSBORNE	Swansea	SM	44.06
41	233	Paul COKER	Les Croupiers	SM	44.16
42	224	Elio LEPORE	Les Croupiers	SM	45.07
43	246	Richard THOMPSON	Pembrokeshire	SM	45.16
44	225	Gareth LYNCH	Les Croupiers	SM	45.32
45	192	Stephen KING	Aberystwyth	SM	45.56
46	240	Jim WOODCOCK	Menai	SM	46.29
47	256	Richard MARKS	Sarn Helen	SM	46.51
48	254	Mark DUNSCOMBE	Sarn Helen	SM	47.23
49	210	John PARRY	Builth & District	SM	47.45
50	222	Paul JENKINSON	Eryri	SM	47.52
51	248	Dominic SHIELDS	San Domenico	SM	48.16
52	186	Ian EVANS	Aberystwyth	SM	48.35
53	197	Derek OSBORNE	Brecon	SM	49.33
54	190	Peter FOALE	Aberystwyth	SM	49.45
55	227	Graeme DONNAN	Les Croupiers	SM	49.59
56	273	Uku KUMARI	Swansea	SM	50.25
57	231	Mike DAVIES	Les Croupiers	SM	50.29
58	245	John REES	Pembrokeshire	SM	50.44
59	188	Kevin HOLLAND	Aberystwyth	SM	51.35
60	253	Lyn REES	Sarn Helen	SM	52.15
61	182	Adriano EVOLA	Aberystwyth	SM	53.33
62	193	Tony WENLOCK	Aberystwyth	SM	55.37
63	183	Brian ASHTON	Aberystwyth	SM	56.43

1 - Swansea	69
2 - Les Croupiers	103
3 - Brecon	151
4 - Les Croupiers B	234
5 - Sarn Helen	234
6 - Aberystwyth	279

**George Crump MBE Memorial
Welsh Cross Country Championships**

Builth Wells

1st February 2009

Pos	Number	Name	Club	Age Group	Perf.
U13 Girls					
1	350	Siwan THOMAS-HOWELLS	Swansea	U13	11.07
2	345	Rebecca EVANS	Pontyclun	U13	11.17
3	336	Kathryn ROBERTS	Deeside	U13	11.18
4	349	Olivia GWYNN	Swansea	U13	11.25
5	309	Jazmine BRIGANTI	Bridgend	U13	11.29
6	347	Iona EVANS	Swansea	U13	11.42
7	310	Jessica HEGARTY	Bridgend	U13	11.51
8	323	Kari O'NEILL	Carmarthen	U13	11.55
9	302	Catrin ANSELL	Aberystwyth	U13	11.57
10	317	Izzy LEWIS	Cardiff	U13	11.58
11	313	Nia WARD	Bridgend	U13	12.00
12	333	Malika REZOUGUI	Cwmbran	U13	12.02
13	312	Megan OSBORNE	Bridgend	U13	12.05
14	332	Francesca HYDE	Cwmbran	U13	12.10
15	339	Alice RUSSELL-STRETCH	Pembrokeshire	U13	12.15
16	342	Poppy LEWIS	Pembrokeshire	U13	12.16
17	331	Chelsie HARRIS	Cwmbran	U13	12.27
18	305	Kate COKER	Barry & Vale	U13	12.31
19	311	Lucy TARRANT	Bridgend	U13	12.37
20	337	Bronwen JENKINSON	Menai	U13	12.43
21	304	Erin HAYES	Barry & Vale	U13	12.46
22	306	Rachel COSIER	Barry & Vale	U13	12.57
23	314	Rebecca JOHN	Bridgend	U13	12.58
24	335	Olivia TURLEY	Cwmbran	U13	13.00
25	318	Kate SEARY	Cardiff	U13	13.02
26	340	Caitlin THOMPSON	Pembrokeshire	U13	13.03
27	325	Lowri HECKLER	Carmarthen	U13	13.06
28	344	Ellie HARVARD	Pontyclun	U13	13.11
29	324	Lottie WILLIAMS	Carmarthen	U13	13.15
30	302	Catrin ANSELL	Aberystwyth	U13	13.17
31	316	Chantara JAMES	Cardiff	U13	13.25
32	319	Leonora FOLEY	Cardiff	U13	13.27
33	348	Naomi OSBORN	Swansea	U13	13.28
34	315	Bethan ELLIS	Cardiff	U13	13.39
35	301	Jessica LAMBERT	Aberdare	U13	13.41
36	320	Alyssa JONES	Carmarthen	U13	14.01
37	307	Tillie CARTER	Barry & Vale	U13	14.12
38	328	Rebecca LEWIS	Carmarthen	U13	14.22
39	300	Brenna PRICE	Aberdare	U13	14.26
40	346	Rhian JONES	Sarn Helen	U13	17.30

Teams

1 - Bridgend	36
2 - Swansea	44
3 - Cwmbran	67
4 - Cardiff	98
5 - Barry	98
6 - Carmarthen	100

U15 Girls

1	353	Ffion PRICE	Brecon	U15	15.40
2	387	Megan WITHERS	Pembrokeshire	U15	15.43
3	389	Hywelis THOMAS-HOWELLS	Swansea	U15	16.13
4	385	Lauren BELL	Pembrokeshire	U15	16.26
5	355	Rhianwedd PRICE	Brecon	U15	16.39
6	384	Josie LEWIS	Pembrokeshire	U15	16.46
7	386	Lisa NEUMANN	Pembrokeshire	U15	16.55
8	357	Ffion LEWIS	Bridgend	U15	17.02
9	388	Elysia PEARSON	Swansea	U15	17.07
10	356	Caitlin BRYANT	Bridgend	U15	17.15
11	351	Megan TURNER	Aberystwyth	U15	17.38
12	381	Sarah LIVETT	Menai	U15	17.58
13	390	Jemima OSBORN	Swansea	U15	18.03
14	358	Fiona BRAY	Bridgend	U15	18.11
15	363	Lucy HARVEY	Cardiff	U15	18.29
16	361	Clare HARWOOD	Cardiff	U15	18.43
17	352	Ellie DAVIES	Brecon	U15	18.44
18	362	Heledd WILLIAMS	Cardiff	U15	18.59
19	376	Carys EDWARDS	Deeside	U15	19.07
20	364	Rebecca FINDLAY	Cardiff	U15	19.12
21	383	Heather LEWIS	Pembrokeshire	U15	19.15
22	376	Carys EDWARDS	Deeside	U15	19.22
23	366	Alyce PHILLIPS	Carmarthen	U15	19.33
24	377	Laura BLACKWELL	Deeside	U15	19.36
25	378	Shannon CHILTON	Deeside	U15	19.57
26	382	Delwyn LOUDEN	Newport	U15	20.05
27	359	Catrin GRIFFITHS	Cardiff	U15	20.45
28	380	Megan LLOYD	Menai	U15	20.58
29	379	Elin JAMES	Menai	U15	21.49
30	392	Rebecca HALL	Swansea	U15	21.59
31	354	Genevieve MATTHEWS	Brecon	U15	22.05
32	393	Helen BLOWER	Wrexham	U15	24.20

Teams

1 - Pembrokeshire	19
2 - Brecon	54
3 - Swansea	55
4 - Cardiff	69

U17W & U20W

1	407	Natasha COCKRAM	Cwmbbran	U17	18.05
2	409	Emily DOWNEY	Llanelli	U17	18.19
3	398	Zoe THOMAS	Bridgend	U17	18.24
4	416	Gwenno BROWN	Cardiff	U20	18.56
5	396	Lauren HARRIES	Aberystwyth	U17	19.05
6	421	Alaw BEYNON-THOMAS	Carmarthen	U20	19.10
7	408	Abbie OLIVER	Deeside	U17	19.12
8	420	Paris WILLIAMS	Cardiff	U20	19.14
9	403	Vicky JACKSON	Cardiff	U17	19.16
10	425	Jenna ROBERTS	Cwmbbran	U20	19.34
11	418	Michelle ALLEN	Cardiff	U20	19.38
12	405	Angharad DAVIS	Carmarthen	U17	19.43
13	419	Natalie ALLEN	Cardiff	U20	19.49
14	401	Harriet MORRIS	Cardiff	U17	20.03
15	404	Aneura PHILLIPS	Carmarthen	U17	20.28
16	412	Cerys MORGAN	Swansea	U17	20.33
17	395	Rebecca ANSELL	Aberystwyth	U17	20.40
18	429	Rebecca KING	Swansea	U20	21.24
19	406	Catrin LEWIS	Carmarthen	U17	21.47
20	410	Lisa PETERS	Menai	U17	22.25
21	415	Holly THOMSON-REES	Brecon	U20	23.23
22	427	Eleri JONES	Pembrokeshire	U20	23.48
23					

Teams

1 - Cardiff	32
2 - Carmarthen	52

SW

1	453	Debbie REES	Cardiff	SW	23.34
2	437	Caryl JONES	TROTS	U23	24.30
3	433	Leah DIXON	Cardiff	U23	24.43
4	475	Clare MARTIN	Wells City Harriers	SW	24.53
5	470	Amanda JONES	Swansea	SW	25.25
6	431	Julia COOKE	Birmingham Uni	U23	25.30
7	445	Phoebe WEBSTER (ns)	Aberystwyth	SW	25.51
8	454	Donna WELSH	Deeside	SW	26.17
9	442	Helen MARSHALL	Aberystwyth	SW	26.41
10	465	Ruth TYLER	Les Croupiers	SW	26.46
11	462	Libby O'DUFFY	Les Croupiers	SW	27.00
12	443	Louise BARKER	Aberystwyth	SW	27.10
13	451	Satu HAIKALA	Brecon	SW	27.50
14	435	Efa LLEWELLYN	Swansea	U23	27.57
15	460	Joanna PRICHARD	Les Croupiers	SW	28.03
16	458	Jane COKER	Les Croupiers	SW	28.17
17	456	Cheryl HUDGELL	Les Croupiers	SW	28.33
18	450	Rosie RICHARDS	Brecon	SW	29.02
19	440	Ffion MORGAN	Aberystwyth	SW	29.44
20	466	Yvonne BULLEN	Les Croupiers	SW	30.02
21	474	Michelle WITHAM	Swansea	SW	30.13
22	439	Bridget PARKINSON	Aberystwyth	SW	30.36
23	461	Julie SCHOLEY	Les Croupiers	SW	31.00
24	463	Liz ASHTON	Les Croupiers	SW	31.13
25	446	Alison NICHOLLS	Brecon	SW	31.18
26	434	Caryl DAVIES	Sarn Helen	U23	32.01
27	448	Emily GIBSON	Brecon	SW	32.10
28	447	Beverley TUCKER	Brecon	SW	33.16
29	438	Anita WORTHING	Aberystwyth	SW	33.29

Teams

1 - Les Croupiers	52
2 - Aberystwyth	62
3 - Brecon	83
4 - Les Croupiers	84