

Aviva National Cross-Country ChampionshipsHeld at Penlan Arena, Brecon on Saturday, February 25th, 2012

Sunny, cool breeze, ground conditions surprisingly good given recent rain

Thanks to:

- Aviva for sponsoring the event
- UK Athletics & Welsh Athletics
- Meeting Organiser, Derek Osborne
- The District officers & team managers, who organised the teams
- The athletes, and parents, who supported the event
- The officials and the event administration, presentation and results staff
- The staff of Lewis Printers, for the production of the programme
- Brecon AC, who contributed so much before, during and after the races
- British Red Cross – for first aid cover
- Derek Price, Gareth Prothero and the course marking team
- John Griffiths, the announcer
- Ian Dixon, the photographer
- The local firms for supplying the public address

Number of starters

| | y7g | y7b | yg | jb | mg | mb | sg | sb | 2012 | 2011 | 2010 | 2009 | 2008 | 2007 | 2006 | 2005 |
|--------------------|-----|-----|----|----|----|----|----|----|------|------|------|------|------|------|------|------|
| Afan Nedd Tawe | 10 | 9 | 9 | 8 | 10 | 12 | 4 | 5 | 67 | 57 | 43 | 47 | 44 | 54 | 63 | 46 |
| Cardiff & the Vale | 12 | 12 | 12 | 12 | 12 | 12 | 4 | 10 | 86 | 91 | 85 | 88 | 83 | 80 | 67 | 61 |
| Dyfed | 12 | 12 | 12 | 12 | 11 | 12 | 8 | 11 | 90 | 88 | 92 | 91 | 86 | 82 | 78 | 72 |
| Eryri | 8 | 8 | 6 | 8 | 5 | 8 | 3 | 4 | 50 | 64 | 55 | 60 | 66 | 55 | 43 | 44 |
| Glamorgan Valleys | 9 | 8 | 9 | 8 | 7 | 2 | 1 | 4 | 48 | 57 | 34 | 43 | 40 | 35 | 46 | 34 |
| NE Wales | 6 | 7 | 9 | 6 | 7 | 6 | 1 | 3 | 45 | 62 | 60 | 65 | 51 | 48 | 53 | 41 |
| Powys | 11 | 8 | 11 | 4 | 6 | 6 | 8 | 4 | 58 | 74 | 72 | 67 | 62 | 69 | 55 | 51 |
| SE Wales | 6 | 8 | 6 | 8 | 6 | 7 | 1 | 5 | 47 | 68 | 47 | 63 | 51 | 58 | 51 | 45 |
| 2012 | 74 | 72 | 74 | 66 | 64 | 65 | 30 | 46 | 491 | 561 | 488 | 525 | 484 | 481 | 456 | 394 |
| 2011 | 77 | 79 | 70 | 84 | 74 | 71 | 44 | 62 | 561 | | | | | | | |
| 2010 | 69 | 69 | 76 | 64 | 61 | 64 | 35 | 50 | 488 | | | | | | | |
| 2009 | 72 | 77 | 82 | 76 | 70 | 59 | 36 | 53 | 525 | | | | | | | |
| 2008 | 66 | 70 | 64 | 61 | 69 | 60 | 37 | 57 | 484 | | | | | | | |
| 2007 | 70 | 67 | 71 | 63 | 59 | 61 | 42 | 48 | 481 | | | | | | | |
| 2006 | 58 | 63 | 66 | 58 | 60 | 62 | 40 | 49 | 456 | | | | | | | |
| 2005 | 64 | 58 | 54 | 50 | 54 | 48 | 31 | 35 | 394 | | | | | | | |

Overall Points

| Team Result | Sen G | Sen B | Y7 G | Y7 B | Jun G | Jun B | Mid G | Mid B | Overall |
|---------------------|-------|-------|------|------|-------|-------|-------|-------|---------|
| 1 Dyfed | 15 | 15 | 15 | 14 | 15 | 15 | 14 | 13 | 116 |
| 2 Cardiff and Vale | 4 | 14 | 13 | 11 | 14 | 14 | 15 | 15 | 100 |
| 3 Afan Nedd Tawe | 4 | 5 | 12 | 15 | 9 | 9 | 13 | 14 | 81 |
| 4 Powys | 14 | 4 | 11 | 8 | 13 | 3 | 10 | 9 | 72 |
| 5 Eryri | 3 | 4 | 10 | 12 | 12 | 13 | 4 | 12 | 70 |
| 6 Glamorgan Valleys | 1 | 4 | 14 | 13 | 11 | 11 | 11 | 2 | 67 |
| 7 South East Wales | 1 | 5 | 5 | 9 | 8 | 10 | 12 | 11 | 61 |
| 8 North East Wales | 1 | 3 | 9 | 10 | 10 | 12 | 5 | 10 | 60 |

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Senior Boys – 6.4 km

| | | | | | |
|----|-----|------------------|------------------------|--------------------|-------|
| 1 | 313 | Liam Lloyd | Coleg Sir Gar | Dyfed | 19:06 |
| 2 | 214 | Matthew Edwards | Barry | Cardiff & the Vale | 19:25 |
| 3 | 219 | Mike Ward | Llanishen | Cardiff & the Vale | 19:38 |
| 4 | 315 | Lloyd Heckler | Queen Elizabeth | Dyfed | 20:01 |
| 5 | 513 | Morgan Davies | Porthcawl | Glamorgan Valleys | 20:08 |
| 6 | 614 | Nathan Jones | Prestatyn | NE Wales | 20:20 |
| 7 | 314 | Josh Griffiths | Amman Valley | Dyfed | 20:32 |
| 8 | 713 | Gwynant Jones | Coleg Powys | Powys | 20:42 |
| 9 | 613 | James Roberts | Maelor | NE Wales | 20:45 |
| 10 | 116 | Matthew O'Leary | St Joseph's PT | Afan Nedd Tawe | 20:48 |
| 11 | 413 | William Sheridan | Coleg Meirion Dwyfor | Eryri | 20:50 |
| 12 | 316 | Ronan Llyr | Bro Myrddin | Dyfed | 20:57 |
| 13 | 217 | Tom Bevan | Cardiff High | Cardiff & the Vale | 21:14 |
| 14 | 221 | Sam Longville | Radyr | Cardiff & the Vale | 21:21 |
| 15 | 317 | Ben Sutton | Ysgol Dewi Sant | Dyfed | 21:34 |
| 16 | 215 | Elliot Slade | Bishop of Llandaff | Cardiff & the Vale | 21:38 |
| 17 | 815 | Evan Wynne | Gwynllyw | SE Wales | 21:48 |
| 18 | 414 | Nick Bellamy | Rydal Penrhos | Eryri | 21:55 |
| 19 | 514 | Tom Davis | Porthcawl | Glamorgan Valleys | 21:58 |
| 20 | 118 | Paul Tobin | Olchfa | Afan Nedd Tawe | 21:59 |
| 21 | 114 | Keiran John | Neath PT College | Afan Nedd Tawe | 22:10 |
| 22 | 814 | Curtis Goodger | Fairwater | SE Wales | 22:20 |
| 23 | 213 | Elliot Clissold | Barry | Cardiff & the Vale | 22:35 |
| 24 | 816 | Jacob Zennadi | Fairwater | SE Wales | 22:38 |
| 25 | 623 | David Blower | Deeside College | NE Wales | 22:40 |
| 26 | 717 | James Nixon | Builth Wells | Powys | 22:44 |
| 27 | 216 | Rhys George | Bro Morgannwg | Cardiff & the Vale | 22:56 |
| 28 | 218 | Joel Redman | Llanishen | Cardiff & the Vale | 23:29 |
| 29 | 720 | Cameron Duffield | Brecon | Powys | 23:40 |
| 30 | 321 | Berwyn Warlow | Preseli | Dyfed | 23:50 |
| 31 | 824 | Jordan Bachelor | Caerleon | SE Wales | 23:54 |
| 32 | 515 | Jack Couch | Porthcawl | Glamorgan Valleys | 23:55 |
| 33 | 224 | Tom Whiston | Whitchurch | Cardiff & the Vale | 23:56 |
| 34 | 223 | Sam Macpherson | Whitchurch | Cardiff & the Vale | 23:58 |
| 35 | 324 | Gareth Swann | Coleg Sir Gar | Dyfed | 23:58 |
| 36 | 117 | Carwyn Evans | Bryn Tawe | Afan Nedd Tawe | 24:17 |
| 37 | 524 | Daniel Glen | Bridgend Coll | Glamorgan Valleys | 24:18 |
| 38 | 322 | Johannes Neumann | Dewi Sant | Dyfed | 24:23 |
| 39 | 415 | George Robinson | Brynrefail | Eryri | 24:26 |
| 40 | 323 | Michael Beckett | Dewi Sant | Dyfed | 25:53 |
| 41 | 115 | Shayne Prior | Neath PT College | Afan Nedd Tawe | 26:11 |
| 42 | 420 | Robin Owen | Dyffryn Nantlle | Eryri | 26:15 |
| 43 | 721 | Gareth Williams | Builth Wells | Powys | 26:25 |
| 44 | 822 | Angus Swanson | Monmouth Comprehensive | SE Wales | 26:52 |
| 45 | 319 | Emil Matthews | Dewi Sant | Dyfed | 27:05 |
| 46 | 318 | Alex Roberts | Tasker Milward | Dyfed | 27:48 |

Teams

| | | | | | | | | | | |
|---|--------------------|---|----|----|----|----|----|----|-----|-----------|
| 1 | Dyfed | 6 | 1 | 4 | 7 | 12 | 15 | 30 | 69 | 15 points |
| 2 | Cardiff & the Vale | 6 | 2 | 3 | 13 | 14 | 16 | 23 | 71 | 14 points |
| | Afan Nedd Tawe | 5 | 10 | 20 | 21 | 36 | 41 | | 128 | 5 points |
| | South East Wales | 5 | 17 | 22 | 24 | 31 | 44 | | 138 | 5 points |
| | Glamorgan Valleys | 4 | 5 | 19 | 32 | 37 | | | 93 | 4 points |
| | Powys | 4 | 8 | 26 | 29 | 43 | | | 106 | 4 points |
| | Eryri | 4 | 11 | 18 | 39 | 42 | | | 110 | 4 points |
| | North East Wales | 3 | 6 | 9 | 25 | | | | 40 | 3 points |

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Middle Boys – 5.7 km

| | | | | | |
|-----|-----|-------------------|-------------------|--------------------|-------|
| 1 | 185 | Jac Hopkins | Bishopston | Afan Nedd Tawe | 18:03 |
| 2 | 186 | Connor Davies | Gwyr | Afan Nedd Tawe | 18:29 |
| 3 | 187 | Jonathan Tobin | Bishopston | Afan Nedd Tawe | 18:35 |
| 4 | 586 | James Hunt | Brynteg | Glamorgan Valleys | 18:40 |
| 5 | 293 | Jack Gooch | Radyr | Cardiff & the Vale | 18:40 |
| 6 | 286 | John Cove | Cardiff High | Cardiff & the Vale | 18:45 |
| 7 | 486 | Iolo Hughes | Syr Thomas Jones | Eryri | 18:48 |
| 8 | 188 | Deri Stewart | Cwmtawe | Afan Nedd Tawe | 18:55 |
| 9 | 385 | Christian Lovatt | Amman Valley | Dyfed | 18:59 |
| 10 | 289 | Ciaran Lewis | Llanishen | Cardiff & the Vale | 19:24 |
| 11 | 485 | Thomas Harding | Rydal Penrhos | Eryri | 19:27 |
| 12 | 386 | Callum Beare | Bryngwyn | Dyfed | 19:29 |
| 13 | 288 | Nick Jones | Cardiff High | Cardiff & the Vale | 19:48 |
| 14 | 387 | Liam Bradley | Tasker Milward | Dyfed | 19:49 |
| 15 | 294 | Jacob Preece | St Teilo's | Cardiff & the Vale | 19:53 |
| 16 | 891 | Ben Jones | Cwmcarn | SE Wales | 19:54 |
| 17 | 390 | Emlyn Lewis | Aberaeron | Dyfed | 20:02 |
| 18 | 888 | Jordan Ellis | Blackwood | SE Wales | 20:03 |
| 19 | 686 | Andrew Williams | Hawarden | NE Wales | 20:09 |
| 20 | 890 | Chris Price | Blackwood | SE Wales | 20:24 |
| 21 | 487 | Rhys James | Brynrefail | Eryri | 20:36 |
| 22 | 889 | Alex McDowell | Fairwater | SE Wales | 20:39 |
| 23 | 785 | Ben Dunster | Gwernyfed | Powys | 20:40 |
| 24 | 690 | Alex Russell | Flint | NE Wales | 20:41 |
| 25 | 887 | Tom Sidorowicz | Monmouth Boys | SE Wales | 20:43 |
| 26 | 490 | Owen Williams | Creuddyn | Eryri | 20:47 |
| 27 | 388 | Laurie Haworth | Sir Thomas Picton | Dyfed | 20:49 |
| 28 | 189 | Ashley Hopkins | Gwyr | Afan Nedd Tawe | 20:51 |
| 29 | 389 | Benjamin Williams | Queen Elizabeth | Dyfed | 20:56 |
| 30 | 285 | Dafydd George | Bro Morgannwg | Cardiff & the Vale | 20:38 |
| 31 | 786 | Rhodri Edwards | Christ College | Powys | 21:02 |
| 32 | 488 | Jake Gruffydd | Bryn Elian | Eryri | 21:04 |
| 33 | 292 | Lewis Brunt | Plasmawr | Cardiff & the Vale | 21:05 |
| 34 | 789 | Ed Harries | Christ College | Powys | 21:06 |
| 35 | 393 | Ben Robson | Aberaeron | Dyfed | 21:07 |
| 36 | 394 | Zak Lewis | Coedcae | Dyfed | 21:10 |
| 37 | 296 | Ieuan Jones | Stanwell | Cardiff & the Vale | 21:16 |
| 38 | 688 | Trystan Henry | Mold Alun | NE Wales | 21:17 |
| 39 | 290 | Ben Owen | Llantwit Major | Cardiff & the Vale | 21:19 |
| 40 | 491 | Louie Bennett | Emrys ap Iwan | Eryri | 21:21 |
| 41 | 392 | Cerith Evans | Amman Valley | Dyfed | 21:23 |
| 42 | 191 | Joe Lingard | Olchfa | Afan Nedd Tawe | 21:24 |
| 43 | 494 | Dylan Hughes | Brynrefail | Eryri | 21:25 |
| 44 | 591 | Declan Morris | Lewis School | Glamorgan Valleys | 21:26 |
| 45 | 788 | Matthew Tucker | Crickhowell | Powys | 21:27 |
| 46 | 193 | Ashley John | Morrison | Afan Nedd Tawe | 21:28 |
| 47 | 190 | Daniel Hall | Bishopston | Afan Nedd Tawe | 21:35 |
| 48 | 492 | Tom Parker | Syr Thomas Jones | Eryri | 21:46 |
| 49 | 194 | Thomas John | Cwmtawe | Afan Nedd Tawe | 21:48 |
| 50 | 287 | James Lofthouse | Barry | Cardiff & the Vale | 21:49 |
| 51 | 291 | Will Parker | Llantwit Major | Cardiff & the Vale | 21:51 |
| 52 | 395 | Tomos Watson | Penweddig | Dyfed | 21:53 |
| 53 | 691 | Grant Leach | Maes Garmon | NE Wales | 21:56 |
| 54 | 396 | Sam Chambers | Tasker Milward | Dyfed | 22:01 |
| 55 | 894 | Rory Talbot | Caerleon | SE Wales | 22:06 |
| 56 | 895 | Seb Pearson | Cwmcarn | SE Wales | 22:07 |
| 57 | 687 | Matthew Blackwell | Mold Alun | NE Wales | 22:20 |
| 58 | 792 | Luke Henderson | Christ College | Powys | 22:24 |
| 59 | 196 | Ben Williams | Cefn Saeson | Afan Nedd Tawe | 22:33 |
| 60 | 192 | Ben Lang | Penyrheol | Afan Nedd Tawe | 22:43 |
| 61 | 694 | Marshall Emery | Brynhafryd | NE Wales | 22:52 |
| 62 | 790 | Harry Davies | Brecon | Powys | 23:12 |
| dnf | 195 | Salman Khan | St Joseph's PT | Afan Nedd Tawe | |
| dnf | 295 | Tom Rawlings | Llantwit Major | Cardiff & the Vale | |
| dnf | 596 | Morgan Gooch | Y Pant | Glamorgan Valleys | |
| dnf | 391 | Ieuan Cooke | Preseli | Dyfed | |

Teams

| | | | | | | | | | | |
|---|--------------------|---|----|----|----|----|----|----|-----|-----------|
| 1 | Cardiff & the Vale | 6 | 5 | 6 | 10 | 13 | 15 | 30 | 79 | 15 points |
| 2 | Afan Nedd Tawe | 6 | 1 | 2 | 3 | 8 | 28 | 42 | 84 | 14 points |
| 3 | Dyfed | 6 | 9 | 12 | 14 | 17 | 27 | 29 | 108 | 13 points |
| 4 | Eryri | 6 | 7 | 11 | 21 | 26 | 32 | 40 | 137 | 12 points |
| 5 | South East Wales | 6 | 16 | 18 | 20 | 22 | 25 | 55 | 156 | 11 points |
| 6 | North East Wales | 6 | 19 | 24 | 38 | 53 | 57 | 61 | 252 | 10 points |
| 7 | Powys | 6 | 23 | 31 | 34 | 45 | 58 | 62 | 253 | 9 points |
| | Glamorgan Valleys | 2 | 4 | 44 | | | | | 48 | 2 points |

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Junior Boys – 4.3 km

| | | | | | |
|-----|-----|-----------------------|--------------------|--------------------|-------|
| 1 | 337 | Nikita Neary | Dyffryn Taf | Dyfed | 13:29 |
| 2 | 837 | Tyler Pritchard | Blackwood | SE Wales | 13:33 |
| 3 | 137 | Aran Rees | Gwyr | Afan Nedd Tawe | 13:36 |
| 4 | 240 | Jake Heyward | Llanishen | Cardiff & the Vale | 13:44 |
| 5 | 637 | Callum Wellman | Brynhyfryd | NE Wales | 14:03 |
| 6 | 243 | Rhys Gooch | Radyr | Cardiff & the Vale | 14:12 |
| 7 | 540 | Alex Price | Gartholwg | Glamorgan Valleys | 14:19 |
| 8 | 438 | Kyle Owen | Llangefni | Eryri | 14:22 |
| 9 | 338 | Marinus Petersen | Ysgol Dewi Sant | Dyfed | 14:25 |
| 10 | 737 | Gabriel Kay | Gwernyfed | Powys | 14:27 |
| 11 | 638 | Harry Arnull | St Joseph's | NE Wales | 14:30 |
| 12 | 346 | Theo Davies-Lewis | Llandovery College | Dyfed | 14:32 |
| 13 | 542 | Luke Brown | Afon Taf | Glamorgan Valleys | 14:33 |
| 14 | 343 | Daniel Davis | Tregib | Dyfed | 14:35 |
| 15 | 245 | Charlie Heaton | Whitchurch | Cardiff & the Vale | 14:36 |
| 16 | 246 | Jac Skuse | Whitchurch | Cardiff & the Vale | 14:38 |
| 17 | 344 | Matthew Williams | Milford | Dyfed | 14:40 |
| 18 | 340 | Callum Price | Bro Myrddin | Dyfed | 14:42 |
| 19 | 538 | Tomos Acreman | Cwm Rhymni | Glamorgan Valleys | 14:43 |
| 20 | 339 | Elgan Roberts | Tasker Milward | Dyfed | 14:45 |
| 21 | 342 | Achraf Liles | Amman Valley | Dyfed | 14:46 |
| 22 | 241 | Kieran Harris | Llanishen | Cardiff & the Vale | 14:46 |
| 23 | 839 | Josh Sparks | Monmouth Boys | SE Wales | 14:50 |
| 24 | 738 | Harry Owen | Newtown | Powys | 14:51 |
| 25 | 838 | Isaac MacKay | Gwynllyw | SE Wales | 14:52 |
| 26 | 439 | Michael Roberts | Eirias | Eryri | 14:53 |
| 27 | 242 | Aeron Evans | Plasmawr | Cardiff & the Vale | 14:56 |
| 28 | 341 | Hendryk De Smet | Tregib | Dyfed | 14:57 |
| 29 | 347 | Tim Chapman | Amman Valley | Dyfed | 15:00 |
| 30 | 441 | Owain ap Gareth | Berwyn | Eryri | 15:01 |
| 31 | 139 | Oliver Jones | Bishopston | Afan Nedd Tawe | 15:03 |
| 32 | 445 | Mael Evans | Berwyn | Eryri | 15:03 |
| 33 | 348 | Allan Walters | Tasker Milward | Dyfed | 15:12 |
| 34 | 440 | Aled Roberts | Creuddyn | Eryri | 15:14 |
| 35 | 646 | Levi Hughes | Clywedog | NE Wales | 15:16 |
| 36 | 447 | Cai Davies | Friars | Eryri | 15:17 |
| 37 | 847 | Mathew Grantham | Rougemont | SE Wales | 15:18 |
| 38 | 443 | Guto Pierce | Brynrefail | Eryri | 15:20 |
| 39 | 640 | Laurence Henry | Mold Alun | NE Wales | 15:23 |
| 40 | 647 | Ed Bennett | St Joseph's | NE Wales | 15:25 |
| 41 | 239 | Alex Love | Cowbridge | Cardiff & the Vale | 15:29 |
| 42 | 539 | Jac Smith | Gartholwg | Glamorgan Valleys | 15:30 |
| 43 | 237 | John Wardle | Barry | Cardiff & the Vale | 15:31 |
| 44 | 247 | Jack Eggington | Whitchurch | Cardiff & the Vale | 15:33 |
| 45 | 248 | Gethin Jones | Cathays | Cardiff & the Vale | 15:36 |
| 46 | 244 | Sam Curwen | Radyr | Cardiff & the Vale | 15:40 |
| 47 | 145 | William Reynolds | Olchfa | Afan Nedd Tawe | 15:42 |
| 48 | 238 | Aled George | Bro Morgannwg | Cardiff & the Vale | 15:46 |
| 49 | 845 | Cador Morgan | Gwynllyw | SE Wales | 15:49 |
| 50 | 543 | Jordan Coxley | Rhydywaun | Glamorgan Valleys | 15:56 |
| 51 | 848 | Thomas Britton Yemm | Brynmawr | SE Wales | 16:04 |
| 52 | 645 | Matthew Hewitt | Elfed | NE Wales | 16:05 |
| 53 | 144 | Nicholas Porter | Gowerton | Afan Nedd Tawe | 16:09 |
| 54 | 544 | Jordan Evans | Blaengwawr | Glamorgan Valleys | 16:16 |
| 55 | 143 | Shaun Morgans | Pontarddulais | Afan Nedd Tawe | 16:20 |
| 56 | 148 | Robert Miles | Pontarddulais | Afan Nedd Tawe | 16:28 |
| 57 | 541 | Aled Griffiths | Cwm Rhymni | Glamorgan Valleys | 16:32 |
| 58 | 846 | Peter Barnes | Monmouth Boys | SE Wales | 16:40 |
| 59 | 345 | Nicholas Johnson | St Michaels | Dyfed | 16:53 |
| 60 | 146 | James Carsley | Cefn Saeson | Afan Nedd Tawe | 17:03 |
| 61 | 744 | Henry Jones | Crickhowell | Powys | 17:11 |
| dnf | 140 | Jan Tenbeloglu | Cefn Saeson | Afan Nedd Tawe | |
| dnf | 437 | John Spill | Friars | Eryri | |
| dnf | 546 | Danny Morgan | Lewis School | Glamorgan Valleys | |
| dnf | 746 | Ewan Harris | Welshpool | Powys | |
| dnf | 841 | Liam Cornock | Brynmawr | SE Wales | |

Teams

| | | | | | | | | | | |
|---|--------------------|---|----|----|----|----|----|----|-----|-----------|
| 1 | Dyfed | 6 | 1 | 9 | 12 | 14 | 17 | 18 | 71 | 15 points |
| 2 | Cardiff & the Vale | 6 | 4 | 6 | 15 | 16 | 22 | 27 | 90 | 14 points |
| 3 | Eryri | 6 | 8 | 26 | 30 | 32 | 34 | 36 | 166 | 13 points |
| 4 | North East Wales | 6 | 5 | 11 | 35 | 39 | 40 | 52 | 182 | 12 points |
| 5 | Glamorgan Valleys | 6 | 7 | 13 | 19 | 42 | 50 | 54 | 185 | 11 points |
| 6 | South East Wales | 6 | 2 | 23 | 25 | 37 | 49 | 51 | 187 | 10 points |
| 7 | Afan Nedd Tawe | 6 | 3 | 31 | 47 | 53 | 55 | 56 | 245 | 9 points |
| | Powys | 3 | 10 | 24 | 61 | | | | | 3 points |

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Year 7 Boys – 2.8 km

| | | | | | |
|-----|-----|-----------------------|--------------------|--------------------|-------|
| 1 | 561 | Benji Edwards | Brynteg | Glamorgan Valleys | 9:41 |
| 2 | 761 | Joseph Crutchley | Llanidloes | Powys | 9:45 |
| 3 | 162 | Ben Bartlett | Cwmtawe | Afan Nedd Tawe | 9:53 |
| 4 | 567 | Evan Williams | Llangynwyd | Glamorgan Valleys | 9:55 |
| 5 | 161 | Elliott Lawrence | St Joseph's PT | Afan Nedd Tawe | 10:04 |
| 6 | 271 | James Vincent | Whitchurch | Cardiff & the Vale | 10:06 |
| 7 | 365 | Thomas Jones | Bro Myrddin | Dyfed | 10:08 |
| 8 | 163 | Sam Martin | Pontarddulais | Afan Nedd Tawe | 10:09 |
| 9 | 661 | Tom Evans | Maelor | NE Wales | 10:10 |
| 10 | 368 | Aled Davies | Bro Myrddin | Dyfed | 10:11 |
| 11 | 164 | Luke Bartlett | Cwmtawe | Afan Nedd Tawe | 10:14 |
| 12 | 467 | Iolo James | Creuddyn | Eryri | 10:16 |
| 13 | 666 | Matthew Vaughn | Glan Clwyd | NE Wales | 10:22 |
| 14 | 461 | Thomas Innis | Llangefni | Eryri | 10:26 |
| 15 | 167 | Josh Green | Morrison | Afan Nedd Tawe | 10:28 |
| 16 | 361 | Llew Jones | Dyffryn Taf | Dyfed | 10:30 |
| 17 | 462 | Aaron Lewis Davies | Llangefni | Eryri | 10:32 |
| 18 | 867 | Tom Payne | Llantarnam | SE Wales | 10:34 |
| 19 | 862 | Isaac Thurgood | Caerleon | SE Wales | 10:35 |
| 20 | 562 | Cullen Bonici | Cwm Rhymini | Glamorgan Valleys | 10:37 |
| 21 | 362 | Daniel Broniman | Emlyn | Dyfed | 10:40 |
| 22 | 172 | Jacob Seal | Olchfa | Afan Nedd Tawe | 10:41 |
| 23 | 563 | Iwan James | Rhydywaun | Glamorgan Valleys | 10:41 |
| 24 | 264 | James Driscoll | Corpus Christi | Cardiff & the Vale | 10:42 |
| 25 | 466 | Daniel Hughes | Aberconwy | Eryri | 10:42 |
| 26 | 463 | Herbie James | Friars | Eryri | 10:42 |
| 27 | 364 | Ioan Morgan | Bro Myrddin | Dyfed | 10:43 |
| 28 | 371 | Jac Davies | Preseli | Dyfed | 10:44 |
| 29 | 267 | Ieuan Jones | Plasmawr | Cardiff & the Vale | 10:44 |
| 30 | 166 | Mark Tobin | Bishopston | Afan Nedd Tawe | 10:45 |
| 31 | 865 | Iwan Read | Oakdale | SE Wales | 10:48 |
| 32 | 369 | Tomos Evans | Penweddig | Dyfed | 10:49 |
| 33 | 265 | James Short | Llanishen | Cardiff & the Vale | 10:50 |
| 34 | 268 | Jonah Griffiths | Plasmawr | Cardiff & the Vale | 10:51 |
| 35 | 272 | Joel Hopkins | Whitchurch | Cardiff & the Vale | 10:52 |
| 36 | 662 | Owen Hibbett | Elfed | NE Wales | 10:52 |
| 37 | 670 | Robert Reynolds | Rhosnesni | NE Wales | 10:54 |
| 38 | 262 | Ben Paris | Bishop of Llandaff | Cardiff & the Vale | 10:55 |
| 39 | 570 | Lloyd Davies | Pontypridd High | Glamorgan Valleys | 10:55 |
| 40 | 564 | Rhodri Griffiths | Cwm Rhymini | Glamorgan Valleys | 10:56 |
| 41 | 266 | Luke Short | Llanishen | Cardiff & the Vale | 10:57 |
| 42 | 165 | Joseph Tobin | St Joseph's PT | Afan Nedd Tawe | 10:57 |
| 43 | 363 | Keiran James | Queen Elizabeth | Dyfed | 10:59 |
| 44 | 270 | Samuelle Williams | Westbourne | Cardiff & the Vale | 11:02 |
| 45 | 465 | Adam Thomas | Bryn Elian | Eryri | 11:03 |
| 46 | 468 | Rhys Hughes | Eifionydd | Eryri | 11:04 |
| 47 | 762 | Matthew Roderick | Brecon | Powys | 11:06 |
| 48 | 668 | Daniel Frederickson | Elfed | NE Wales | 11:08 |
| 49 | 864 | Louis Davies Cren | Gwynllyw | SE Wales | 11:09 |
| 50 | 665 | Bassel Essam Abulmagb | Darlant | NE Wales | 11:09 |
| 51 | 861 | Iwan Burgwin | Newbridge | SE Wales | 11:09 |
| 52 | 872 | Jordan Collett | Caldicot | SE Wales | 11:12 |
| 53 | 263 | Josh Whiston | Whitchurch | Cardiff & the Vale | 11:13 |
| 54 | 770 | Harry Turner | Llanidloes | Powys | 11:13 |
| 55 | 869 | Connor Morgan Parry | Duffryn | SE Wales | 11:14 |
| 56 | 767 | Rory Gill | Welshpool | Powys | 11:18 |
| 57 | 372 | Luke Jenkins | Emlyn | Dyfed | 11:20 |
| 58 | 765 | Dewi Hughes | Newtown | Powys | 11:22 |
| 59 | 269 | Nick Lai | Radyr | Cardiff & the Vale | 11:23 |
| 60 | 469 | Gareth Torr | Syr Thomas Jones | Eryri | 11:24 |
| 61 | 572 | Joe Davies | Brynteg | Glamorgan Valleys | 11:25 |
| 62 | 871 | Ben Harrison | Monmouth Boys | SE Wales | 11:26 |
| 63 | 664 | Josh Ablett | Rhyl | NE Wales | 11:30 |
| 64 | 766 | Jack Griffiths | Welshpool | Powys | 11:31 |
| 65 | 367 | Ryan Owens | Glan y Mor | Dyfed | 11:34 |
| 66 | 771 | Nye Owen | Welshpool | Powys | 11:36 |
| 67 | 764 | Jack Foulkes | Welshpool | Powys | 11:37 |
| 68 | 261 | Joseph Hewings | Barry | Cardiff & the Vale | 12:23 |
| 69 | 565 | Duncan Bowler | Treorchy | Glamorgan Valleys | 12:25 |
| 70 | 370 | Huw Cooke | Preseli | Dyfed | 15:12 |
| dnf | 170 | Rhys Husband | Morrison | Afan Nedd Tawe | |
| dnf | 366 | Kynan Jones | Glan y Mor | Dyfed | |

Teams

| | | | | | | | | | | |
|---|--------------------|---|----|----|----|----|----|----|-----|-----------|
| 1 | Afan Nedd Tawe | 6 | 3 | 5 | 8 | 11 | 15 | 22 | 64 | 15 points |
| 2 | Dyfed | 6 | 7 | 10 | 16 | 21 | 27 | 28 | 109 | 14 points |
| 3 | Glamorgan Valleys | 6 | 1 | 4 | 20 | 23 | 39 | 40 | 127 | 13 points |
| 4 | Eryri | 6 | 12 | 14 | 17 | 25 | 26 | 45 | 139 | 12 points |
| 5 | Cardiff & the Vale | 6 | 6 | 24 | 29 | 33 | 34 | 35 | 167 | 11 points |
| 6 | North East Wales | 6 | 9 | 13 | 36 | 37 | 48 | 50 | 199 | 10 points |

Aviva National Cross-Country Championships

Held at Penlan Arena, Brecon on Saturday, February 25th, 2012

Sunny, cool breeze, ground conditions surprisingly good given recent rain

| | | | | | | | | | | |
|---|------------------|---|----|----|----|----|----|----|---|----------|
| | | | | | | | | 3 | | |
| | | | | | | | | 22 | | |
| 7 | South East Wales | 6 | 18 | 19 | 31 | 49 | 51 | 52 | 0 | 9 points |
| 8 | Powys | 6 | 2 | 47 | 54 | 56 | 58 | 64 | 1 | 8 points |

Senior Girls – 4.8 km

| | | | | | |
|----|-----|----------------------|--------------------|--------------------|-------|
| 1 | 712 | Rhianwedd Price | Llandrindod | Powys | 18:08 |
| 2 | 701 | Ffion Price | Llandrindod | Powys | 18:23 |
| 3 | 407 | Sarah Livett | David Hughes | Eryri | 18:42 |
| 4 | 301 | Megan Withers | Tasker Milward | Dyfed | 18:50 |
| 5 | 702 | Ellie Davies | Christ College | Powys | 19:31 |
| 6 | 306 | Megan Turner | Penweddig | Dyfed | 19:39 |
| 7 | 103 | Katie Reynolds | Olchfa | Afan Nedd Tawe | 19:44 |
| 8 | 307 | Lauren Bell | Bro Gwaun | Dyfed | 19:47 |
| 9 | 202 | Anna Morris | Llanishen | Cardiff & the Vale | 20:03 |
| 10 | 101 | Jemima Osborn | Olchfa | Afan Nedd Tawe | 20:15 |
| 11 | 302 | Stacey Webber | Coleg Sir Gar | Dyfed | 20:22 |
| 12 | 201 | Fiona Bray | Cowbridge | Cardiff & the Vale | 20:53 |
| 13 | 203 | Clare Harwood | Radyr | Cardiff & the Vale | 21:17 |
| 14 | 102 | Elysia Pearson | Olchfa | Afan Nedd Tawe | 21:23 |
| 15 | 104 | Ainsley Richards | Gwyr | Afan Nedd Tawe | 20:44 |
| 16 | 205 | Majidah Harb | Whitchurch | Cardiff & the Vale | 21:50 |
| 17 | 601 | Alice Rowland | Brynhyfryd | NE Wales | 22:32 |
| 18 | 311 | Lori Amos | Greenhill | Dyfed | 22:48 |
| 19 | 305 | Lisa Neumann | Dewi Sant | Dyfed | 23:00 |
| 20 | 704 | Sophie Meinertzhagen | Christ College | Powys | 23:21 |
| 21 | 310 | Emma Westoby | Dewi Sant | Dyfed | 21:41 |
| 22 | 501 | Catrin Griffiths | Cwm Rhymni | Glamorgan Valleys | 24:17 |
| 23 | 803 | Zoe Holloway | St Joseph's N'port | SE Wales | 24:59 |
| 24 | 402 | Annabel Large | Rydal Penrhos | Eryri | 26:01 |
| 25 | 709 | Tilly Evans | Llanfyllin | Powys | 27:00 |
| 26 | 707 | Harriet Williams | Llanfyllin | Powys | 27:19 |
| 27 | 403 | Sarah Burrows | Berwyn | Eryri | 27:34 |
| 28 | 303 | Emily John | Tasker Milward | Dyfed | 27:58 |
| 29 | 711 | Genevieve Matthews | Builth Wells | Powys | 28:01 |
| 30 | 708 | Julia Brensing | Christ College | Powys | 28:37 |

Teams

| | | | | | | | | | | |
|---|--------------------|---|----|----|----|----|----|----|----|-----------|
| 1 | Dyfed | 6 | 4 | 6 | 8 | 11 | 18 | 10 | 57 | 15 points |
| 2 | Powys | 6 | 1 | 2 | 5 | 20 | 25 | 26 | 79 | 14 points |
| | Cardiff & the Vale | 4 | 9 | 12 | 13 | 16 | | | 50 | 4 points |
| | Afan Nedd Tawe | 4 | 7 | 19 | 14 | 15 | | | 55 | 4 points |
| | Eryri | 3 | 3 | 24 | 27 | | | | 54 | 3 points |
| | North East Wales | 1 | 17 | | | | | | 17 | 1 point |
| | Glamorgan Valleys | 1 | 22 | | | | | | 22 | 1 point |
| | South East Wales | 1 | 23 | | | | | | 23 | 1 point |

Aviva National Cross-Country Championships

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Middle Girls – 4.3 km

| | | | | | |
|-----|-----|------------------------|-------------------|--------------------|-------|
| 1 | 173 | Olivia Gwynn | Bishopston | Afan Nedd Tawe | 14:43 |
| 2 | 276 | Ellie Atkinson | Llantwit | Cardiff & the Vale | 14:53 |
| 3 | 574 | Rebecca Evans | Y Pant | Glamorgan Valleys | 15:02 |
| 4 | 873 | Malika Rezougui | Blackwood | SE Wales | 15:07 |
| 5 | 773 | Alex Cawthra | Welshpool | Powys | 15:13 |
| 6 | 281 | Kate Seary | Whitchurch | Cardiff & the Vale | 15:22 |
| 7 | 376 | Caitlin Thompson | Sir Thomas Picton | Dyfed | 15:34 |
| 8 | 473 | Georgia Garner | St Davids College | Eryri | 15:38 |
| 9 | 874 | Ellie Campbell | Chepstow | SE Wales | 15:39 |
| 10 | 373 | Cari Harries | Penweddig | Dyfed | 15:44 |
| 11 | 175 | Elin Davies | Bishopston | Afan Nedd Tawe | 15:57 |
| 12 | 279 | Betsan Jenkins | YG Plasmawr | Cardiff & the Vale | 16:00 |
| 13 | 176 | Iona Evans | Olchfa | Afan Nedd Tawe | 16:02 |
| 14 | 273 | Jessica Jaques | Cowbridge | Cardiff & the Vale | 16:08 |
| 15 | 375 | Kari O'Neill | Tregib | Dyfed | 16:09 |
| 16 | 374 | Rhian Homer | Bro Gwaun | Dyfed | 16:11 |
| 17 | 277 | Erin Hayes | Llantwit | Cardiff & the Vale | 16:15 |
| 18 | 378 | Megan Carter-Davies | Penglais | Dyfed | 16:17 |
| 19 | 674 | Amanda Kelly | Elfed | NE Wales | 16:19 |
| 20 | 275 | Rhiannon Middleton | Llanishen | Cardiff & the Vale | 16:24 |
| 21 | 575 | Ellie Harvard | Y Pant | Glamorgan Valleys | 16:27 |
| 22 | 876 | Francesca Hyde | Newbridge | SE Wales | 16:30 |
| 23 | 278 | Megan Osborne | Llantwit | Cardiff & the Vale | 16:54 |
| 24 | 282 | Sophie Tipping | Whitchurch | Cardiff & the Vale | 17:07 |
| 25 | 776 | Abigail Wyatt | Brecon | Powys | 17:09 |
| 26 | 280 | Kate Coker | Stanwell | Cardiff & the Vale | 17:13 |
| 27 | 379 | Megan Thomas | Aberaeron | Dyfed | 17:16 |
| 28 | 377 | Lowri Heckler | Queen Elizabeth | Dyfed | 17:22 |
| 29 | 777 | Larissa Meighan-Davies | Builth Wells | Powys | 17:24 |
| 30 | 274 | Alex Bass | Cardiff High | Cardiff & the Vale | 17:25 |
| 31 | 384 | Ella Sutton | Dewi Sant | Dyfed | 17:27 |
| 32 | 174 | Lara Philippart | Olchfa | Afan Nedd Tawe | 17:39 |
| 33 | 380 | Manon Lloyd | Maes yr Yrfa | Dyfed | 17:44 |
| 34 | 578 | Heidi Redwood | Treorchy | Glamorgan Valleys | 17:46 |
| 35 | 881 | Bethan Jackson | Duffryn | SE Wales | 17:51 |
| 36 | 581 | Rachel Flaherty | Hawthorn | Glamorgan Valleys | 17:53 |
| 37 | 475 | Annie Chivers | Syr Thomas Jones | Eryri | 17:54 |
| 38 | 284 | Anna Lawson | YG Glantaf | Cardiff & the Vale | 17:56 |
| 39 | 383 | Hannah Austin | Pembroke | Dyfed | 17:58 |
| 40 | 177 | Naomi Osborn | Bishopston | Afan Nedd Tawe | 18:03 |
| 41 | 778 | Sara Rudd | Caereinion | Powys | 18:05 |
| 42 | 584 | Emily Christopher | Y Pant | Glamorgan Valleys | 18:15 |
| 43 | 478 | Bronwen Jenkinson | St Gerrard's | Eryri | 18:20 |
| 44 | 779 | Isobelle Woodall | Welshpool | Powys | 18:26 |
| 45 | 583 | Megan Bunnay | Mountain Ash | Glamorgan Valleys | 18:27 |
| 46 | 703 | Bella Fisher | Christ College | Powys | 18:35 |
| 47 | 180 | Katie Evans | Pontarddulais | Afan Nedd Tawe | 18:38 |
| 48 | 576 | Nia Ward | Llangynwyd | Glamorgan Valleys | 18:39 |
| 49 | 675 | Catrin Roberts | Brynhafryd | NE Wales | 18:40 |
| 50 | 381 | Niamh Elain | Bro Myrddin | Dyfed | 18:41 |
| 51 | 678 | Charlotte Lucas | Elfed | NE Wales | 18:44 |
| 52 | 178 | Cai Sampson | Bishopston | Afan Nedd Tawe | 19:03 |
| 53 | 879 | Cheyenne Sinclair | Duffryn | SE Wales | 19:06 |
| 54 | 283 | Miriam Bennett | Cowbridge | Cardiff & the Vale | 19:07 |
| 55 | 882 | Chloe Goddard | Blackwood | SE Wales | 19:10 |
| 56 | 480 | Lona Price | Syr Thomas Jones | Eryri | 19:12 |
| 57 | 181 | Laura Miles | Pontarddulais | Afan Nedd Tawe | 19:18 |
| 58 | 178 | Cai Sampson | Bishopston | Afan Nedd Tawe | 19:23 |
| 59 | 677 | Megan Roberts | Maelor | NE Wales | 19:35 |
| 60 | 681 | Wednesday Rytter | Brynhafryd | NE Wales | 19:42 |
| dnf | 182 | Charlotte John | Cwmtawe | Afan Nedd Tawe | |
| dnf | 477 | Gabrielle Chesworth | Tywyn | Eryri | |
| dnf | 676 | Jessica Arnall | St Joseph's | NE Wales | |
| dnf | 679 | Bethan Paine | St Joseph's | NE Wales | |

Teams

| | | | | | | | | | | |
|---|--------------------|---|----|----|----|----|----|----|-----|-----------|
| 1 | Cardiff & the Vale | 6 | 2 | 6 | 12 | 14 | 17 | 20 | 71 | 15 points |
| 2 | Dyfed | 6 | 7 | 10 | 15 | 16 | 18 | 27 | 93 | 14 points |
| 3 | Afan Nedd Tawe | 6 | 1 | 11 | 13 | 32 | 40 | 47 | 144 | 13 points |
| 4 | South East Wales | 6 | 4 | 9 | 22 | 35 | 53 | 55 | 178 | 12 points |
| 5 | Glamorgan Valleys | 6 | 3 | 21 | 34 | 36 | 42 | 45 | 181 | 11 points |
| 6 | Powys | 6 | 5 | 25 | 29 | 41 | 44 | 46 | 190 | 10 points |
| | North East Wales | 5 | 19 | 49 | 51 | 59 | 60 | | 238 | 5 points |
| | Eryri | 4 | 8 | 37 | 43 | 56 | | | 144 | 4 points |

Aviva National Cross-Country Championships

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Junior Girls – 3.6 km

| | | | | | |
|-----|-----|-------------------------|------------------------|--------------------|-------|
| 1 | 425 | Cari Hughes | Syr Thomas Jones | Eryri | 12:44 |
| 2 | 325 | Jessica Bradley | Tasker Milward | Dyfed | 12:48 |
| 3 | 726 | Heidi Davies | Llandrindod | Powys | 12:51 |
| 4 | 525 | Bethan Evans | Y Pant | Glamorgan Valleys | 12:53 |
| 5 | 426 | Mollie Davies | David Hughes | Eryri | 12:56 |
| 6 | 229 | Seren Allin | Cowbridge | Cardiff & the Vale | 13:02 |
| 7 | 725 | Issy Morris | Christ College | Powys | 13:03 |
| 8 | 531 | Rosa Yates | Brynteg | Glamorgan Valleys | 13:13 |
| 9 | 125 | Bethan Harris | Bishopston | Afan Nedd Tawe | 13:16 |
| 10 | 327 | Alicia Jones | Tasker Milward | Dyfed | 13:20 |
| 11 | 625 | Lily Davies | Mold Alun | NE Wales | 13:22 |
| 12 | 236 | Gwenno Waddington | YG Glantaf | Cardiff & the Vale | 13:24 |
| 13 | 225 | Caitlin Xerri | Cardiff High | Cardiff & the Vale | 13:25 |
| 14 | 332 | Kayleigh Salmon | Dewi Sant | Dyfed | 13:26 |
| 15 | 227 | Megan Tatnell | Corpus Christi | Cardiff & the Vale | 13:28 |
| 16 | 326 | Caitlin Page | Lampeter | Dyfed | 13:31 |
| 17 | 328 | Beth Meopham | Tasker Milward | Dyfed | 13:33 |
| 18 | 330 | Ffion Quan | Lampeter | Dyfed | 13:38 |
| 19 | 526 | Emma Ligthart | St Martin's | Glamorgan Valleys | 13:40 |
| 20 | 230 | Alice Broadley | Llanishen | Cardiff & the Vale | 13:46 |
| 21 | 626 | Robyn Williams | St Joseph's | NE Wales | 13:54 |
| 22 | 728 | Megan Tucker | Crickhowell | Powys | 14:00 |
| 23 | 329 | Amber Howell | Amman Valley | Dyfed | 14:05 |
| 24 | 226 | Emily Griffin | Cardiff High | Cardiff & the Vale | 14:10 |
| 25 | 729 | Lauren Williams | Llanidloes | Powys | 14:14 |
| 26 | 331 | Shannon De Smet | Tregib | Dyfed | 14:60 |
| 27 | 727 | Vicky Gittins | Welshpool | Powys | 14:18 |
| 28 | 825 | Isobel Parry-Jones | King Henry VIII | SE Wales | 14:19 |
| 29 | 228 | Nadine James | Cowbridge | Cardiff & the Vale | 14:23 |
| 30 | 731 | Issy Mogg | Crickhowell | Powys | 14:27 |
| 31 | 428 | Abby Williams | Eirias | Eryri | 14:29 |
| 32 | 235 | Rosie-May Thompson | Whitchurch | Cardiff & the Vale | 14:31 |
| 33 | 732 | Margo Martin | Caereinion | Powys | 14:33 |
| 34 | 427 | Llinos Jones | Brynrefail | Eryri | 14:34 |
| 35 | 627 | Sophie Gerbi | Prestatyn | NE Wales | 14:35 |
| 36 | 231 | Elishka Coupar | Llanishen | Cardiff & the Vale | 14:37 |
| 37 | 730 | Megan Randall | Welshpool | Powys | 14:39 |
| 38 | 335 | Isabelle Davies | Bro Gwaun | Dyfed | 14:40 |
| 39 | 631 | Natasha Hunter | Maes Garmon | NE Wales | 14:44 |
| 40 | 334 | Ffion Jenkins | St Michael's | Dyfed | 14:52 |
| 41 | 430 | Eli New | Eirias | Eryri | 14:54 |
| 42 | 336 | Siobhan Eleri | Bro Myrddin | Dyfed | 14:55 |
| 43 | 126 | Awen Lewis | Ystalyfera | Afan Nedd Tawe | 14:56 |
| 44 | 831 | Georgia Haines | Cwmcarn | SE Wales | 14:57 |
| 45 | 532 | Joe-Dianna Grabham | Llangynwyd | Glamorgan Valleys | 14:19 |
| 46 | 528 | Ellie Thomas | Blaengwawr | Glamorgan Valleys | 15:20 |
| 47 | 836 | Briory Gethin | King Henry VIII | SE Wales | 15:21 |
| 48 | 628 | Bethan Morris | Dinas Bran | NE Wales | 15:22 |
| 49 | 434 | Rebecca Jones | Berwyn | Eryri | 15:24 |
| 50 | 136 | Kristy Smith | Bishop Vaughan | Afan Nedd Tawe | 15:25 |
| 51 | 527 | Sophie Evans | Rhydywaun | Glamorgan Valleys | 15:30 |
| 52 | 234 | Rebecca Thomas | Cowbridge | Cardiff & the Vale | 15:33 |
| 53 | 735 | Rachel Smout | Gwernyfed | Powys | 15:35 |
| 54 | 232 | Anabelle-Birch-Hurst | Stanwell | Cardiff & the Vale | 15:38 |
| 55 | 233 | Ysobelle Williams | Westbourne | Cardiff & the Vale | 15:42 |
| 56 | 632 | Claudia Whitaker | Maelor | NE Wales | 16:51 |
| 57 | 533 | Leah Thomas | Porthcawl | Glamorgan Valleys | 15:52 |
| 58 | 629 | Gwenno Morris | Glan Clwyd | NE Wales | 15:54 |
| 59 | 131 | Eve Kyrakides | Olchfa | Afan Nedd Tawe | 15:55 |
| 60 | 633 | Megan Goodey | Brynhyfryd | NE Wales | 16:10 |
| 61 | 736 | Sarah Williams | Welshpool | Powys | 16:12 |
| 62 | 333 | Emma Gordon | Tregib | Dyfed | 16:13 |
| 63 | 529 | Emelia Stevenson | Rhydywaun | Glamorgan Valleys | 16:16 |
| 64 | 830 | Erin Bryce | Monmouth Comprehensive | SE Wales | 16:22 |
| 65 | 833 | Sophie Smith | Caerleon | SE Wales | 16:23 |
| 66 | 128 | Eira James | Bishopston | Afan Nedd Tawe | 16:25 |
| 67 | 133 | Amelia Boucher | Llangatwg | Afan Nedd Tawe | 16:29 |
| 68 | 829 | Chelsea Forbes | Blackwood | SE Wales | 16:31 |
| 69 | 630 | Shannon Harrison | Elfed | NE Wales | 16:56 |
| 70 | 134 | Emily Jones | Morrison | Afan Nedd Tawe | 17:01 |
| 71 | 135 | Abbey Rodrigues | Gowerton | Afan Nedd Tawe | 17:08 |
| 72 | 536 | Felicity Williams-Sarll | Porthcawl | Glamorgan Valleys | 17:18 |
| dnf | 129 | Caitlin McConnell | Penyrheol | Afan Nedd Tawe | |
| dnf | 733 | Abigail Roberts | Llanidloes | Powys | |

Teams

| | | | | | | | | | | |
|---|--------------------|---|----|----|----|----|----|----|-----|-----------|
| 1 | Dyfed | 6 | 2 | 10 | 14 | 16 | 17 | 18 | 77 | 15 points |
| 2 | Cardiff & the Vale | 6 | 6 | 12 | 13 | 15 | 20 | 24 | 90 | 14 points |
| 3 | Powys | 6 | 3 | 7 | 22 | 25 | 27 | 30 | 114 | 13 points |
| 4 | Eryri | 6 | 1 | 5 | 31 | 34 | 41 | 49 | 161 | 12 points |
| 5 | Glamorgan Valleys | 6 | 4 | 8 | 19 | 45 | 46 | 51 | 173 | 11 points |
| 6 | North East Wales | 6 | 11 | 21 | 35 | 39 | 48 | 56 | 210 | 10 points |
| 7 | Afan Nedd Tawe | 6 | 9 | 43 | 50 | 59 | 66 | 67 | 294 | 9 points |

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8 South East Wales | 6 | 28 | 44 | 47 | 64 | 65 | 68 | 316 | 8 points

Year 7 Girls – 2.8 km

| | | | | | |
|-----|-----|-------------------------|---------------------|--------------------|-------|
| 1 | 551 | Molly Rees | Y Pant | Glamorgan Valleys | 10:40 |
| 2 | 549 | Holli Jehu | Cyfarthfa | Glamorgan Valleys | 10:41 |
| 3 | 349 | Ceris Davies | Dyffryn Teifi | Dyfed | 10:44 |
| 4 | 849 | Laura Stockley | King Henry VIII | SE Wales | 11:03 |
| 5 | 354 | Sioned Glynn | Bro Myrddin | Dyfed | 11:06 |
| 6 | 353 | Lucy Davies | Dyffryn Taf | Dyfed | 11:07 |
| 7 | 554 | Isobel Dodd | Bryn-teg | Glamorgan Valleys | 11:11 |
| 8 | 351 | Mared Owen | Bro Myrddin | Dyfed | 11:14 |
| 9 | 851 | Isabelle Rhead | Blackwood | SE Wales | 11:18 |
| 10 | 649 | Eliza Nash | Mold Alun | NE Wales | 11:21 |
| 11 | 258 | Caitlin Exton | Whitchurch | Cardiff & the Vale | 11:23 |
| 12 | 356 | Lara Griffiths | Queen Elizabeth | Dyfed | 11:24 |
| 13 | 350 | Lucy Oment | Pembroke | Dyfed | 11:25 |
| 14 | 355 | Abbie Williams | Pembroke | Dyfed | 11:26 |
| 15 | 250 | Victoria Shaw | Howell's | Cardiff & the Vale | 11:28 |
| 16 | 449 | Lois Tomos | Botwnnog | Eryri | 11:32 |
| 17 | 450 | Sophie Wilson | Eirias | Eryri | 11:34 |
| 18 | 256 | Katie Long | Radyr | Cardiff & the Vale | 11:36 |
| 19 | 150 | Olivia Michael | Cwmtawe | Afan Nedd Tawe | 11:37 |
| 20 | 149 | Ellie McCormick | Cwmtawe | Afan Nedd Tawe | 11:39 |
| 21 | 251 | Amber Harding | Llanishen | Cardiff & the Vale | 11:40 |
| 22 | 749 | Manon Lewis | Caereinion | Powys | 11:42 |
| 23 | 751 | Olivia Jones | Crickhowell | Powys | 11:43 |
| 24 | 754 | Kate Jones | Caereinion | Powys | 11:44 |
| 25 | 249 | Freya McDougall | Howell's | Cardiff & the Vale | 11:45 |
| 26 | 651 | Isabelle Howell | Castell Alun | NE Wales | 11:47 |
| 27 | 553 | Brogan Hackett | Rhydywaun | Glamorgan Valleys | 11:48 |
| 28 | 552 | Katrin Higginson | Archbishop McGrath | Glamorgan Valleys | 11:49 |
| 29 | 557 | Olivia Howells | Cwm Rhywni | Glamorgan Valleys | 11:50 |
| 30 | 155 | Lilley Bowen | Morrison | Afan Nedd Tawe | 11:51 |
| 31 | 154 | Elis Richards | Gwyr | Afan Nedd Tawe | 11:52 |
| 32 | 856 | Cerys Priest | Caldicot | SE Wales | 11:56 |
| 33 | 453 | Eabha Roberts | Syr Thomas Jones | Eryri | 11:58 |
| 34 | 352 | Nia Griffiths | Bro Myrddin | Dyfed | 12:01 |
| 35 | 656 | Bethany Carrol | Dinas Bran | NE Wales | 12:02 |
| 36 | 359 | Manon Davies-Lewis | Llandoverly College | Dyfed | 12:03 |
| 37 | 750 | Zara Baker | Welshpool | Powys | 12:04 |
| 38 | 252 | Jenny Ludtke | Llanishen | Cardiff & the Vale | 12:05 |
| 39 | 454 | Kelly Williams | Arduwy | Eryri | 12:06 |
| 40 | 158 | Sophie Davies | Olchfa | Afan Nedd Tawe | 12:07 |
| 41 | 654 | Vanessa Hodgson | Brynhyfryd | NE Wales | 12:08 |
| 42 | 255 | Erin Howard-Cook | Radyr | Cardiff & the Vale | 12:09 |
| 43 | 151 | Elissa Ratti | Bishopston | Afan Nedd Tawe | 12:10 |
| 44 | 555 | Naomi Reed | Y Pant | Glamorgan Valleys | 12:11 |
| 45 | 257 | Ellin Ambler | Radyr | Cardiff & the Vale | 12:17 |
| 46 | 357 | Seren Austin-Spooner | Lampeter | Dyfed | 12:18 |
| 47 | 756 | Amy Flanagan Jones | Caereinion | Powys | 12:19 |
| 48 | 152 | Megan Stratton-Thomas | Olchfa | Afan Nedd Tawe | 12:20 |
| 49 | 757 | Megan Davies | Welshpool | Powys | 12:21 |
| 50 | 457 | Lucy Bowers | Bryn Elian | Eryri | 12:22 |
| 51 | 758 | Rosie James | Llandrindod | Powys | 12:23 |
| 52 | 853 | Hannah Parry-Jones | King Henry VIII | SE Wales | 12:28 |
| 53 | 358 | Charlotte Phillips | Dyffryn Taf | Dyfed | 12:29 |
| 54 | 459 | Bethan Hughes-Jones | Tryfan | Eryri | 12:30 |
| 55 | 652 | Bethany Marriott-Holmes | Maelor | NE Wales | 12:35 |
| 56 | 253 | Aimee Withycombe | Radyr | Cardiff & the Vale | 12:36 |
| 57 | 159 | Felicity Church | Bishopston | Afan Nedd Tawe | 12:41 |
| 58 | 755 | Charlotte Pugh | Llanfyllin | Powys | 12:42 |
| 59 | 452 | Emma Roberts | Syr Thomas Jones | Eryri | 12:43 |
| 60 | 360 | Carian Williams | Dewi Sant | Dyfed | 12:51 |
| 61 | 650 | Charlotte Cook | Mold Alun | NE Wales | 12:54 |
| 62 | 259 | Lowri Morgan | Cowbridge | Cardiff & the Vale | 12:55 |
| 63 | 157 | Isobel Guest | Bishopston | Afan Nedd Tawe | 12:56 |
| 64 | 458 | Emily Johnstone | Creuddyn | Eryri | 12:58 |
| 65 | 760 | Lauren Teasdale | Newtown | Powys | 13:05 |
| 66 | 758 | Rosie James | Llandrindod | Powys | 13:07 |
| 67 | 254 | Manon Jenkins | Plasmawr | Cardiff & the Vale | 13:10 |
| 68 | 759 | Martha Taylor | Llanfyllin | Powys | 13:11 |
| 69 | 556 | Ciara Richards | Pontypridd High | Glamorgan Valleys | 13:12 |
| 70 | 550 | Megan Bowen | Cwm Rhywni | Glamorgan Valleys | 13:13 |
| 71 | 850 | Elinor Wilkins Jones | Gwynllyw | SE Wales | 13:14 |
| 72 | 153 | Lowri Evans | Bishop Gore | Afan Nedd Tawe | 13:22 |
| dnf | 260 | Ellie Howes | Howell's | Cardiff & the Vale | |
| dnf | 858 | Bridie Stevenson | Haberdashers Girls | SE Wales | |

Teams

| | | | | | | | | | | |
|---|--------------------|---|----|----|----|----|----|----|-----|-----------|
| 1 | Dyfed | 6 | 3 | 5 | 6 | 8 | 12 | 13 | 47 | 15 points |
| 2 | Glamorgan Valleys | 6 | 1 | 2 | 7 | 27 | 28 | 29 | 94 | 14 points |
| 3 | Cardiff & the Vale | 6 | 11 | 15 | 18 | 21 | 25 | 38 | 128 | 13 points |
| 4 | Afan Nedd Tawe | 6 | 19 | 20 | 30 | 31 | 40 | 43 | 183 | 12 points |
| 5 | Powys | 6 | 22 | 23 | 24 | 37 | 47 | 49 | 202 | 11 points |
| 6 | Eryri | 6 | 16 | 17 | 33 | 39 | 50 | 54 | 209 | 10 points |

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| | | | | | | | | | | |
|---|------------------|---|----|----|----|----|----|----|-----|----------|
| 7 | North East Wales | 6 | 10 | 26 | 35 | 41 | 55 | 61 | 228 | 9 points |
| 8 | South East Wales | 5 | 4 | 9 | 32 | 52 | 71 | | 168 | 5 points |