

### **Under 13 Boys**

- 1 Lloyd Heckler (Carmarthen Harriers) 7.05
- 2 Daniel Lewis (Neath Harriers) 7.08
- 3 Ronan Llyr (Carmarthen Harriers) 7.10
- 4 Stephen Reynolds (Swansea Harriers A.C.) 7.14
- 5 Timothy Jones (Pantycelyn, Carms) 7.16
- 6 Kieron White (Swansea Harriers A.C.) 7.19
- 7 Finley Davies (Swansea Harriers A.C.) 7.21
- 8 Carwyn Evans (Swansea Harriers A.C.) 7.30
- 9 Luke Ford (Swansea Harriers A.C.) 7.33
- 10 Kyran Roberts (Carmarthen Harriers) 7.36
- 11 Joshua Watson (Carmarthen Harriers) 7.39
- 12 Lewis Preece (Swansea Harriers A.C.) 7.41
- 13 Thomas Collins (Neath Harriers) 7.42
- 14 Christian Lovatt (Carmarthen Harriers) 8.03
- 15 Stephen Williams (Aberystwyth A.C.) 8.09
- 16 Daniel Hall (Swansea Harriers A.C.) 8.13
- 17 Jack Hooper-Lewis (Swansea Harriers A.C.) 8.17
- 18 Hefin Jones (Sarn Helen) 8.21
- 19 Gareth Drummond (Swansea Harriers A.C.) 8.34
- 20 Alex Thomas (Bridgend A.C.) 9.32
- 21 Rhodri Irving (Swansea Harriers A.C.) 9.33
- 22 Dylan Morgan (Swansea Harriers A.C.) 9.34
- 23 David Battell (Neath Harriers) 9.34

### **Under 13 Girls**

- 1 Lauren Bell (Pembrokeshire Harriers) 6.53
- 2 Hywelis Thomas-Howells (Swansea Harriers A.C.) 6.56
- 3 Megan Withers (Pembrokeshire Harriers) 7.21
- 4 Jordan Smart (Swansea Harriers A.C.) 7.32
- 5 Josie Lewis (Pembrokeshire Harriers) 7.39
- 6 Megan Saira Turner (Aberystwyth A.C.) 7.40
- 7 Amy Roberts (Carmarthen Harriers) 7.51
- 8 Megan Osborne (Bridgend A.C.) 7.53
- 9 Lucy Tarrant (Bridgend A.C.) 7.57
- 10 Kari O'Neill (Carmarthen Harriers) 8.00
- 11 Lucy Hammett (Swansea Harriers A.C.) 8.07
- 12 Alyce Phillips (Carmarthen Harriers) 8.24
- 13 Elin Davies (Swansea Harriers A.C.) 8.26
- 14 Christie McCallum (Swansea Harriers A.C.) 8.32
- 15 Carys Mansfield (Carmarthen Harriers) 8.40
- 16 Elin Haf Evans (Amman Valley Harriers) 8.46
- 17 Fiona Shuttleworth (Swansea Harriers A.C.) 8.47
- 18 Aimee McAndrew (Carmarthen Harriers) 9.01
- 19 Lowri Heckler (Carmarthen Harriers) 9.08
- 20 Alyssa Jones (Carmarthen Harriers) 9.09
- 21 Amy Smith (Swansea Harriers A.C.) 9.20
- 22 Iona Evans (Swansea Harriers A.C.) 9.48
- 23 Amy Finn (Swansea Harriers A.C.) 9.48

### **Under 15 Boys**

- 1 Matthew Richards (Pembrokeshire Harriers) 14.21
- 2 Jake Iles (Carmarthen Harriers) 14.28
- 3 Matthew O'Leary (Neath Harriers) 14.33
- 4 Luke Parker (Carmarthen Harriers) 14.40
- 5 Liam Jones (Carmarthen Harriers) 14.41
- 6 Joseph Fisher (Carmarthen Harriers) 14.51
- 7 Sean White (Swansea Harriers A.C.) 15.12
- 8 Davy Lewis (Carmarthen Harriers) 15.38
- 9 Liam Lloyd (Llanelli A.C.) 16.13
- 10 Grant Westcott (Llanelli A.C.) 16.29
- 11 Will Beynon (Swansea Harriers A.C.) 16.45

12 Jonathan Smith (Swansea Harriers A.C.) 16.57

**Under 15 Girls**

- 1 Cerys Morgan (Swansea Harriers A.C.) 9.42
- 2 Elysia Pearson (Swansea Harriers A.C.) 9.50
- 3 Catrin Lewis (Carmarthen Harriers) 9.53
- 4 Katie Reynolds (Swansea Harriers A.C.) 10.07
- 5 Rhiannon Plant (Carmarthen Harriers) 10.18
- 6 Katryna Ley (Swansea Harriers A.C.) 10.25
- 7 Jemima Osborne (Swansea Harriers A.C.) 10.36
- 8 Joelle Drummond (Swansea Harriers A.C.) 10.44
- 9 Jodie Jones (Ysgol Gyfun Maesyryfa) 10.52
- 10 Holly Powell (Swansea Harriers A.C.) 11.08
- 11 Miranda Davies (Pembrokeshire Harriers) 11.13
- 12 Jennie Brock (Pembrokeshire Harriers) 11.17

**Under 17 Boys**

- 1 Nicky Morrell (Carmarthen Harriers) 17.02
- 2 Kristian Jones (Swansea Harriers A.C.) 17.28
- 3 Chris Driscoll (Neath College) 18.20
- 4 Ceri Lewis (Swansea Harriers A.C.) 19.03
- 5 Joshua Davies (Tregaron School) 19.05
- 6 Rhodri Harris (Neath Harriers) 20.09
- 7 Kyle Fulcher (Ystalyfera) 20.46

**Under 17 Girls**

- 1 Aneura Phillips (Carmarthen Harriers) 15.14
- 2 Angharad Davies (Carmarthen Harriers) 15.35
- 3 Drusilla Griffiths (Swansea Harriers A.C.) 15.53
- 4 Elinor Thorogood (Aberystwyth A.C.) 16.10
- 5 Nia Lewis (Swansea Harriers A.C.) 17.03
- 6 Sian Trace (Amman Valley Harriers) 17.10
- 7 Rebecca King (Swansea Harriers A.C.) 18.04
- 8 Grace Osborne (Bridgend A.C.) 18.33
- 9 Ffion Evans (Amman Valley Harriers) 19.57

**Under 20 Men**

No Runners

**Under 20 Ladies**

No Runners