

# Welsh Schools IRC 2015 Results

These are the Full set of results, in the below order... For any queries please get in touch with Mike or Dan on [WelshIRC@cardiff.gov.uk](mailto:WelshIRC@cardiff.gov.uk) or 02920353912

## *Start*

Men's Junior 11 – 2 minute race  
Men's Junior 12 – 2 minute race  
Women's Junior 12 – 2 minute race  
Men's Junior 13 – 3 minute race  
Women's Junior 13 – 3 minute race  
Men's Junior 14 – 4 minute race  
Women's Junior 14 – 4 minute race  
Men's Junior 15 – 5 minute race  
Women's Junior 15 – 4 minute race  
Men's Junior 16 – 2000m race  
Women's Junior 16 – 2000m race  
Men's Junior 17 – 2000m race  
Men's Junior 18 – 2000m race  
Women's Junior 17 – 2000m race  
Women's Junior 18 – 2000m race

Men's Junior 11/12 Team – 4 minute race  
Women's Junior 11/12 Team – 4 minute race  
Men's Junior 13 Team – 4 minute race  
Men's Junior 14 Team – 4 minute race  
Men's Junior 15 Team – 4 minute race  
Women's Junior 13 Team – 4 minute race  
Women's Junior 14 Team – 4 minute race  
Women's Junior 15 Team – 4 minute race  
Men's Junior 16 Team – 4 minute race  
Women's Junior 16 Team – 4 minute race  
Women's Junior 18 Team – 4 minute race

*End*

# Welsh Schools IRC 2015 Results

## Men's Junior 11 – 2 minute race

	<b>NAME</b>	<b>CLUB</b>	<b>DISTANCE</b>
1	Joe Bowman	St John's Beaumont	480
2	Jamie Brownleader	St John's Beaumont	466
3	Ronan Harrington	St John's Beaumont	462
4	Sami Beramo	St John's Beaumont	437
5	Adema Umoren	St John's Beaumont	415
6	Henry Brown	St John's Beaumont	414
7	Alex Boeckman	St John's Beaumont	413
8	Josh Marwaha	St John's Beaumont	413
9	Will Smith	St John's Beaumont	400

# Welsh Schools IRC 2015 Results

## Men's Junior 12 – 2 minute race

	<b>NAME</b>	<b>CLUB</b>	<b>DISTANCE</b>
1	Dylan James	St John's Beaumont	502
2	Louis Wornham	Wallingford School	488
3	Oliver Butcher	St John's Beaumont	482
4	James Hannon	St John's Beaumont	480
5	Henry Pearce	St John's Beaumont	479
6	Christian Wolff	St John's Beaumont	472
7	Benedict Harrison	St John's Beaumont	459
8	John Elwes	St John's Beaumont	453
9	Ben Howells	St John's Beaumont	451
10	Will Williams	Llanishen High	436
11	Sam Parry	Llanishen High	430
12	Mason Smart	Llanishen High	395

# **Welsh Schools IRC 2015 Results**

## **Women's Junior 12 – 2 minute race**

	<b>NAME</b>	<b>CLUB</b>	<b>DISTANCE</b>
1	Megan Hadfield	Llandaff Cathedral School	450
2	Ellie-Sue Thomas	Llanishen High	458
3	Lauren Davies	Whitchurch High	467

# Welsh Schools IRC 2015 Results

## Men's Junior 13 – 3 minute race

	<b>NAME</b>	<b>CLUB</b>	<b>DISTANCE</b>
1	Carl West	Caerleon	842
2	Ben Langdon	Caerleon	833
3	Yudhvir Shourie	St John's Beaumont	805
4	Mattias Seuren	St John's Beaumont	795
5	Daniel Howes	Ysgol Plasmawr	771
6	Oliver Garson	St John's Beaumont	767
7	Tom Rocco	St John's Beaumont	763
8	Jimmy Wu	St John's Beaumont	762
9	Kieran Ngu	St John's Beaumont	751
10	Will McCrudden	Caerleon	751
11	Sam Kellaway	Caerleon	740
12	Nathan Parsons	Whitchurch High	729
13	Marko Coles	Caerleon	722
14	Eugenio Albo Torres	St John's Beaumont	715
15	Jo Alexander	Ysgol Plasmawr	713
16	Leo Haitzman	St John's Beaumont	687
17	Tom Gwilliam	Caerleon	684
18	Oli Andrew	Caerleon	671
19	Ben Prichard	Caerleon	613

# Welsh Schools IRC 2015 Results

## Women's Junior 13 – 3 minute race

	<b>NAME</b>	<b>CLUB</b>	<b>DISTANCE</b>
1	Alexa Browning	Cowbridge High	750
2	Olivia Obiako	Whitchurch High	749
3	Kaja Eichstaedt	Fitzalan High	740
4	Anabel Pugh	Caerleon	739
5	Zoe Bridges	Caerleon	709
6	Molly Davies	Caerleon	709
7	Sophie Cooper	Caerleon	696
8	Stephanie Jackson	St Cyres, Penarth	687
9	Mia Smith	Stanwell Comprehensive	686
10	Bronwen Railes	St Cyres, Penarth	681
11	Freja Foot	St Cyres, Penarth	680
12	Ruby Gwatkin	Caerleon	665
13	Ceri Summers	Caerleon	644
14	Cerys Rogers	Caerleon	629
15	Emma Fitzherbert	Cardiff High	628
16	Izzy Edwards	Caerleon	627
17	Bea Ferda-Riley	Ysgol Plasmawr	624
18	Evie Hond	Caerleon	575
19	Pippa Anderson	Caerleon	551
20	Catrin Jarrett	Caerleon	528

# Welsh Schools IRC 2015 Results

## Men's Junior 14 – 4 minute race

	<b>NAME</b>	<b>CLUB</b>	<b>DISTANCE</b>
1	Faris Malik	Fitzalan High School	1121
2	Lucas Tong	Cardiff High Sch	1108
3	Oli Thomas	Caerleon High Sch	1088
4	Jack Davies	Caerleon High Sch	1052
5	Dylan Lloyd	Caerleon High Sch	1033
6	Jack Tidman	Caerleon High Sch	1032
7	Louis Cooksley	Ysgol Plasmawr	1013
8	Tom Griffiths	Stanwell Comprehensive	1012
9	Tristan Evans	Stanwell Comprehensive	1010
10	Vlad Oancea	Caerleon High	1009
11	Ryan Steven	Caerleon High	998
12	Tom Williams	Caerleon High	985
13	Evan Gregg	Caerleon High	977
14	Sam Gwynne-Carroll	Ysgol Plasmawr	943
15	Tom Roberts	Cardiff High	932
16	Ellis Jones-Cole	Ysgol Plasmawr	930
17	Steffan Gwynne-Carroll	Ysgol Plasmawr	904
18	Gabe Hawood		817

# Welsh Schools IRC 2015 Results

## Women's Junior 14 – 4 minute race

	<b>NAME</b>	<b>CLUB</b>	<b>DISTANCE</b>
1	Hannah Drury	Whitchurch High	1056
2	Georgia Wornham	Cranford House	1002
3	Lauren Selman	Stanwell Comprehensive	992
4	Lucy Jones	Stanwell Comprehensive	974
5	Amelia Ashill	Caerleon	962
6	Athena Philippas	Caerleon	913
7	Lily Ireland	Stanwell Comprehensive	879
8	Malissa Fodil	Fitzalan High	830
9	Sophie Baker	Caerleon High	791



# Welsh Schools IRC 2015 Results

## Men's Junior 15 – 5 minute race

	<b>NAME</b>	<b>CLUB</b>	<b>DISTANCE</b>
1	George Cowley	Stanwell Comprehensive	1481
2	Iwan Hadfield	Llandaff Cathedral School	1356
3	Jake Young	St Cenydd, Caerphilly	1333
4	Harry Green	Bishop of Llandaff High	1324
5	Jake Sallows	St Cyres, Penarth	1293
6	Ben Lock	St Cyres, Penarth	1284
7	Dan Roberts	Bishop of Llandaff High	1254
8	Ryan Mullins	St Cyres, Penarth	1251
9	Matt Ross	Stanwell Comprehensive	1210
10	Jordan Davies	St. Cyres, Penarth	1204
11	George Price	Stanwell Comprehensive	1179
12	Che Williams	Whitchurch High	1121

# Welsh Schools IRC 2015 Results

## Women's Junior 15 – 4 minute race

	<b>NAME</b>	<b>CLUB</b>	<b>DISTANCE</b>
1	Rhinannon Morgan	Kings Monkton	1315
2	Carys Bill	Ysgol Plasmawr	1272
3	Rosie Tong	Cardiff High	1240
4	Caitlan Wright	Howell's School Llandaff	1203
5	Olivia Waters	Howell's School Llandaff	1201
6	Rebecca Pinnell	Howell's School Llandaff	1198
7	Jasmine Swingler	St Teilos	1194
8	Hannah Lewis	Stanwell Comprehensive	1181
9	Elinor Hawkins	Stanwell Comprehensive	1164
10	Elin Morgan	Ysgol Plasmawr	1155
11	Megan Player	Llanishen High	1146
12	Courtney Price	St Teilos	1144
13	Felicity Allen	Stanwell Comprehensive	1134
14	Maisie Fear	Caerleon	1134
15	Katie Charles	St Cyres Sch Penarth	1124
16	Lucy Barnett	St Cyres Sch Penarth	1096
17	Ellie Gent	Howell's School Llandaff	1063
18	Angharad Gatenby	Kings Monkton	1050
19	Ruby John	Caerleon	1034
20	Jasmin Bowen	Caerleon	1024
21	Alice Hilleard	Caerleon	994
22	Nia Manners	Howell's School Llandaff	991

# Welsh Schools IRC 2015 Results

## Men's Junior 16 – 2000m race

	<b>NAME</b>	<b>CLUB</b>	<b>DISTANCE</b>
1	Tom Jose	Cowbridge High	06:47.8
2	Iwan Nolan	Caerleon High	06:51.7
3	Tom Willis	Bishop of Llandaff High	06:54.7
4	Rob Davies	Whitchurch High	06:59.6
5	John Davies	Whitchurch High	07:04.4
6	Thomas Whiting	Bassaleg	07:13.1
7	Ed Bowmen	Radyr Comprehensive	07:24.3
8	Harry Morgan	Caerleon High	07:37.5
9	Owen Carr	Whitchurch High	07:42.8
10	Edward Hart	Bishop of Llandaff High	07:43.9
11	Dan Lewis	Caerleon High	07:57.8
12	Oli Johnson	Caerleon High	08:01.9
13	Jacob Seymour-Self	Ysgol Plasmawr	08:32.6

# Welsh Schools IRC 2015 Results

## Women's Junior 16 – 2000m race

	<b>NAME</b>	<b>CLUB</b>	<b>DISTANCE</b>
1	Jessica Jones	Radyr Comprehensive	07:43.2
2	Eve Tong	Cardiff High	08:15.0
3	Manon Jenkins	Ysgol Plasmawr	08:15.3
4	Selina Radcliffe	Cowbridge High	08:24.1
5	Lauren Ellis	Stanwell Comprehensive	08:34.4
6	Anna James	Cardiff High	08:59.9
7	Tirion James-Austin	Ysgol Plasmawr	09:15.5
8	Gemma Brimm	Stanwell Comprehensive	09:50.2
9	Ceri-Beth Royal	Ysgol Plasmawr	10:13.4

## Welsh Schools IRC 2015 Results

### Men's Junior 17 – 2000m race

	NAME	CLUB	DISTANCE
1	Toby Butt	Neath Port Talbot College	07:06.8

## Welsh Schools IRC 2015 Results

### Men's Junior 18 – 2000m race

	NAME	CLUB	DISTANCE
1	Ben Roberts	Bishop of Llandaff High	06:43.2
2	Max Brennan	Brynteg	07:20.8
3	Jack McCormack	Whitchurch High	07:26.0

## **Welsh Schools IRC 2015 Results**

### **Women's Junior 17 – 2000m race**

	<b>NAME</b>	<b>CLUB</b>	<b>DISTANCE</b>
1	Isabelle Peter	Howell's School Llandaff	07:32.6
2	Sophie Lewis	Cowbridge High	08:04.4
3	Caitlin Ellis	Stanwell Comprehensive	08:08.0

## **Welsh Schools IRC 2015 Results**

### **Women's Junior 18 – 2000m race**

	<b>NAME</b>	<b>CLUB</b>	<b>DISTANCE</b>
1	Alys Cowdy	Ysgol Penweddig	07:48.7
1	Catherine Luton	Wrekin College, Shropshire	07:48.7
3	Elinor Lowri Bates	Coleg Ceredigion	08:08.0

## **Welsh Schools IRC 2015 Results**

### **Men's Junior 11/12 Team – 4 minute race**

	<b>School</b>	<b>Distance</b>
1	St John's Beaumont	1015
2	St John's Beaumont	960
3	St John's Beaumont	927
4	Ysgol Glantaf	922
5	St John's Beaumont	880
6	Llanishen High	877

## **Welsh Schools IRC 2015 Results**

### **Women's Junior 11/12 Team – 4 minute race**

	<b>School</b>	<b>Distance</b>
1	St Julians, Newport	962
2	Fitzalan	929
3	Fitzalan	918
4	Llanishen High	652

## **Welsh Schools IRC 2015 Results**

### **Men's Junior 13 Team – 4 minute race**

	<b>School</b>	<b>Distance</b>
1	Caerleon A	1166
2	St John's Beaumont	1165
3	St John's Beaumont	1067
4	Fitzalan	1066
5	Ysgol Plasmawr	1050
6	Llanwern	1047
7	Whitchurch High	1042
8	Caerleon B	998

## **Welsh Schools IRC 2015 Results**

### **Women's Junior 13 Team – 4 minute race**

	<b>School</b>	<b>Distance</b>
1	Caerleon A	1056
2	Ysgol Glantaf	1019
3	Whitchurch High	1005
4	Ysgol Plasmawr	973
5	Caerleon B	931
6	Fitzalan	928
7	Caerleon C	834



## **Welsh Schools IRC 2015 Results**

### **Men's Junior 14 Team – 4 minute race**

	<b>School</b>	<b>Distance</b>
1	Caerleon A	1186
2	Fitzalan	1155
3	Caerleon High B	1151
4	Ysgol Plasmawr A	1094
5	Llanwern	1073
6	Stanwell Comprehensive	976
7	Whitchurch High	922

## **Welsh Schools IRC 2015 Results**

### **Women's Junior 14 Team – 4 minute race**

	<b>School</b>	<b>Distance</b>
1	Whitchurch High	1051
2	Stanwell Comprehensive	1035
3	Caerleon High	1013
4	Ysgol Plasmawr	1012
5	Ysgol Glantaf	1006
6	Fitzalan	966

## **Welsh Schools IRC 2015 Results**

### **Men's Junior 15 Team – 4 minute race**

	<b>School</b>	<b>Distance</b>
1	Stanwell Comprehensive	1245
2	St Julians, Newport	1225
3	Whitchurch High	1164

## **Welsh Schools IRC 2015 Results**

### **Women's Junior 15 Team – 4 minute race**

	<b>School</b>	<b>Distance</b>
1	St Julians, Newport	1065
2	Howells School Llandaff	1059
3	Ysgol Plasmawr	1037
4	Ysgol Glantaf	1019
5	Llanishen High	986
6	Caerleon	985
7	Llanishen High	969
8	Llanwern	886

## **Welsh Schools IRC 2015 Results**

### **Men's Junior 16 Team – 4 minute race**

	<b>School</b>	<b>Distance</b>
1	Whitchurch High A	1370
2	Caerleon	1264
3	Whitchurch High B	1215
4	Ysgol Glantaf	1160

## **Welsh Schools IRC 2015 Results**

### **Women's Junior 16 Team – 4 minute race**

	<b>School</b>	<b>Distance</b>
1	Stanwell Comprehensive	998

## **Welsh Schools IRC 2015 Results**

### **Women's Junior 18 Team – 4 minute race**

	<b>School</b>	<b>Distance</b>
1	Stanwell Comprehensive	1132
2	Stanwell Comprehensive	1109