

UK Home Countries International XC

U20 Women

Dinefwr Pk

Llandeilo, Wales

23rd March 2013

1	Rhona Auckland	Scotland	19:10	22	Rebecca Evans	Welsh Schools A	21:39
2	Jenny Walsh	England	19:12	23	Naomi Richardson	Midland Counties	21:42
3	Emily Hosker-Thornhill	South of England	19:41	24	Lydia Sharp	Welsh Schools A	21:46
4	Annabel Mason	England	19:47	25	Alexandra Lamond	Scotland	22:00
5	Iona Lake	England	19:56	26	Florie McLeish	Scottish Schools	22:10
6	Melissa Hawtin	South of England	20:03	27	Amy Frankland	Scottish Schools	22:16
7	Kate Ingle	Midland Counties	20:20	28	Elin Davies	Welsh Schools A	22:29
8	Rebecca Murray	England	20:26	29	Danielle Beattie	Scottish Schools	22:31
9	Ffion Price	Wales	20:33	30	Rhianwedd Price	Wales	22:32
10	Georgia Garner	Wales	20:37	31	Malika Rezougui	Welsh Schools A	22:52
11	Georgia Malir	North of England	20:38	32	Megan Withers	Welsh Schools A	23:00
12	Kathryn Pennel	Scotland	20:46	33	Lauren Craig	Scottish Schools	23:08
13	Lucy Hayes	Midland Counties	20:46	34	Hiedi Redwood	Welsh Schools B	23:10
14	Lara Gent	South of England	21:00	35	Emily Greenan	Scottish Schools	23:18
15	Halina Rees	Scotland	21:04	36	Lauren Bell	Welsh Schools A	23:30
16	Rachel Langbein	South of England	21:08	37	Rosanna Stewart	Scottish Schools	23:25
17	Sarah Hodgson	North of England	21:15	38	Rhiannon Middleton	Welsh Schools B	23:37
18	Laura Riches	North of England	21:20	39	Kari O'Neill	Welsh Schools B	23:39
19	Sarah Livett	Wales	21:25	40	Iona Evans	Welsh Schools B	23:52
20	Zoe Chandler	Midland Counties	21:26	41	Rhian Homer	Welsh Schools B	25:03
21	Caroline Lambert	North of England	21:31				

Teams					
	Team Name	Finisher Positions			Total
1	England	2	4	5	11
2	South of England	3	6	14	23
3	Scotland	1	12	15	28
4	Wales	9	10	19	38
5	Midland Counties	7	13	20	40
6	North of England	11	17	18	46
7	Welsh Schools A	22	24	28	74
8	Scottish Schools	26	27	29	82
9	Welsh Schools B	34	38	39	111

UK Home Countries International XC

U20 Men

Dinefwr Pk

Llandeilo, Wales

23rd March 2013

1	Jack Gray	England	23:22
2	Matt Bergin	South of England	23:33
3	Charlie Hulson	Wales	23:39
4	Edward Shepherd	England	23:42
5	Matthew Shirling	England	23:50
6	Joshua Griffiths	Wales	23:52
7	William Gray	South of England	23:56
8	Rhys Park	Midland Counties	24:02
9	Oliver James	North of England	24:14
10	Luca Russo	England	24:22
11	Chris Carpanini	Wales	24:23
12	Peter Chambers	South of England	24:24
13	Ryan Moore	North of England	24:32
14	Lloyd Heckler	Welsh Schools A	24:33
15	Tom Bains	North of England	24:34
16	Toby Smith	South of England	24:37
17	Jai Vernon McGuigan	North of England	24:39
18	Bruce Millar	Scottish Schools	24:48
19	Nathan Jones	Welsh Schools A	24:54

20	Dale Colley	Scotland	25:01
21	Gwynant Jones	Welsh Schools A	25:04
22	Stewart Orr	Scotland	25:07
23	Morgan Davies	Wales	25:09
24	Ethan Sloan-Dennison	Scotland	25:26
25	Michael Houston	Scottish Schools	25:38
26	Kieron Rafferty	Scottish Schools	25:42
27	Jacob Adkin	Scottish Schools	25:43
28	Ruaridh Miller	Scottish Schools	25:45
29	Matthew Edwards	Welsh Schools A	25:48
30	Andrew Clark	Scottish Schools	25:52
31	Deri Stewart	Welsh Schools A	25:58
32	Jack Gooch	Welsh Schools B	26:06
33	Joe Morris	Welsh Schools B	26:10
34	James Hunt	Welsh Schools A	26:25
35	Sam Longville	Welsh Schools B	26:27
36	Ieuan Cooke	Welsh Schools B	27:16
37	Zak Lewis	Welsh Schools B	27:19
38	Ronan Llyr	Welsh Schools B	30:09

Teams					
	Team Name	Finisher Positions			Total
1	England	1	4	5	10
2	Wales	3	6	11	20
3	South of England	2	7	12	21
4	North of England	9	13	15	37
5	Welsh Schools A	14	19	21	54
6	Scotland	20	22	24	66
7	Scottish Schools	18	25	26	69
8	Welsh Schools B	32	33	35	100

UK Home Countries International XC
Senior Women
Dinefwr Pk
Llandeilo, Wales
23rd March 2013

1	Catherine Blew	England	26:13		11	Kate Holt	Midland Counties	27:41
2	Andrea Whitcombe	Wales	26:16		12	Elaine Murty	South of England	27:47
3	Georgie Bruinvels	England	26:29		13	Polly Keen	South of England	28:06
4	Sarah Tunstall	North of England	26:30		14	Kelly Rushton	South of England	28:12
5	Rosie Smith	Scotland	26:33		15	Kirsty Longley	North of England	28:20
6	Eleanor Waite	Scotland	26:34		16	Dianne Lauder	Scotland	28:26
7	Olivia Walwyn	England	26:37		17	Francis Biscoe	England	29:00
8	Leigh Lattimore	South of England	26:46		18	Gemma Jones	Combined Services	30:01
9	Lucy O’Gorman	North of England	26:57		19	Kelly Haniver	Combined Services	30:37
10	Debbie Rees	Wales	27:23		23	Lauren Hall	Combined Services	31:54

Teams					
	Team Name	Finisher Positions			Total
1	England	1	3	7	11
2	Scotland	5	6	16	27
3	North of England	4	9	15	28
4	South of England	8	12	13	33

UK Home Countries International XC
Senior Men
Dinefwr Pk
Llandeilo, Wales
23rd March 2013

1	Meles Okbazghi	North of England	32:52
2	James Walsh	England	32:55
3	Ben Livesey	Combined Services	32:58
4	Dan Garbutt	England	33:10
5	Alistair Hay	Scotland	33:19
6	Scott McDonald	Scotland	33:31
7	Alexander Tueten	England	33:33
8	Jon Hopkins	Wales	33:36
9	Ian Mitchell	Wales	33:39
10	Daniel Woodgate	South of England	33:42
11	Sean Fontana	Scotland	33:43
12	Rowan Axe	Wales	33:56

13	Richard Morell	England	34:18
14	Chad Lambert	South of England	34:20
15	Marc Hobbs	Wales	34:23
16	Sam Mitchell	Combined Services	34:25
17	Richard Burney	North of England	34:26
18	Grant Twist	South of England	34:43
19	Douglas Selman	Scotland	34:49
20	Shane Robinson	North of England	34:58
21	Daniel Thorne	South of England	35:25
22	Matt Blunden	Combined Services	35:46
23	Joe Gratton	North of England	36:30
24	Kieran White	Combined Services	36:52

Teams					
	Team Name	Finisher Positions			Total
1	England	2	4	7	13
2	Scotland	5	6	11	22
3	Wales	8	9	12	29
4	North of England	1	17	20	38
5	Combined Services	3	16	22	41
6	South of England	10	14	18	42