

N. Wales Championships

	Name	Club	Time	
	U/17M			
	No entries			
	U/20M			
1	Dion Griffith	Cybi S.	16.47	
2	Euros Evans	Meirionnydd	16.52	
	SM			
1	Scott Nixon	Cardiff A.C.	15.47	CHAMPION
2	James Yarwood	Abergele H.	17.18	
3	Tony Wood	Denbigh H.	17.27	
	M35			
1	Daniel Jones	Denbigh H.	18.16	
2	Gethin Jones	NWRRC	20.23	
3	Not won			
	M40			
1	Steve Forsyth	Prestatyn	15.57	
2	Chris Thomas	Cybi S.	18.27	
3	Daniel Wellings	Gog Tri	18.57	
	M45			
1	Martin Green	NWRRC	16.31	
2	Michael Coyne	Eryri H.	17.48	
3	Darren Blazier	Abergele H.	18.07	
	M50			
1	Ian Houston	Wreccsam Tri	18.21	
2	Darren Thompson	Prestatyn	21.03	
3	Ian Taylor	Colwyn Bay	21.58	
	M55			
1	Richard Eccles	NWRRC	17.38	
2	Mike Robbins	Wrexham A.C.	20.05	
3	Jon Evans	NWRRC	20.35	
	M60			
1	Vic Belshaw	Denbigh H.	19.53	
2	David Baugh	Denbigh H.	20.19	
3	John Jones	Abergele H.	21.07	
	M65			
1	Kevin Slattery	NWRRC	21.00	
2	Clive Edgington	Meirionnydd	21.15	
3	Fred Jones	Denbigh H.	23.00	
	M70			
1	Peter Armstrong	NWRRC	23.10	
2	Jeff Davies	Meirionnydd	23.30	
3	Bob Neale	Denbigh H.	24.12	
	M75			
1	Emyr Davies	Hebog	23.25	
2	Iorwerth Roberts	Eryri H.	45.49	
3	Not won			
	M80			
1	Roger H-Jones	Prestatyn	29.08	
2	Jack Thomas	Buckley	32.28	
3	Peter Norman	Wrexham A.C.	32.49	

N. Wales championships

	Name	Club	Time	
	U/17F			
1	Mia Morris	NWRRC		
2	Not won			
	U/20F			
1	No entries			
	SL			
1	Lucie Truett	Buckley	18.24	CHAMPION
2	Rachel Shipley	Abergele H.	19.09	
3	Elen Baugh	Denbigh H.	22.14	
	F35			
1	No entries			
	F40			
1	Sarah Hudson	NWRRC	22.08	
2	Sioned Mair Jones	Meirionnydd	27.14	
3	Rachel Morris	NWRRC	30.48	
	F45			
1	Carla Green	NWRRC	18.56	
2	Melina Morris	Denbigh H.	21.00	
3	Sian Beck	Prestatyn	21.37	
	F50			
1	Sara Leverett	Denbigh H.	38.58	
2	Not won			
	F55			
1	Emma Collins	Denbigh H.	21.26	
2	Kay Hatton	NWRRC	22.38	
3	Deb Pugh	Wrexham A.C.	22.41	
	F60			
1	Menai Baugh	Denbigh H.	24.46	
2	Kay Cottrell	Run Free	27.06	
3	Angela Beedles	Denbigh H.	28.49	
	F65/70/75/80			
1	No entries			