

NORTH WALES CROSS COUNTRY CHAMPIONSHIPS
YSGOL MORGAN LLWYD, WREXHAM – 6 JANUARY 2024
FINAL RESULTS 07/01/24

Under 11 Girls

Position	Forename	Surname	Club	Time
1	GWEN	HAYES	Deeside AAC	06:31
2	ELLA	HAYES	Deeside AAC	06:34
3	SEREN	WALSH	Deeside AAC	06:40
4	SAVANAH	WILLIAMS	Menai T&F	06:49
5	MEGAN	JONES	Colwyn Bay AC	06:57
6	HEIDI	WORTH	Menai T&F	06:59
7	KAMRYN	POMERLEAU	Menai T&F	07:01
8	POPPY	COLLINS	Eryri Harriers	07:05
9	LAUREN FFLUR	COOKE	Menai T&F	07:36
10	GWENLLIAN	ROBERTS	Wrexham AAC	07:56
11	SIENNA	HUGHES	Colwyn Bay AC	08:16
12	LOIS	EVANS	Colwyn Bay AC	08:31
13	SEREN	GRAHAM	Wrexham AAC	08:31
14	JONI	PERX-HOLDEN	Maldwyn Harriers	08:48

Under 11 Girls Teams (3 to score)

Position	Club	POSITIONS	TOTAL POINTS
1	Deeside AC	1, 2, 3,	6
2	Menai T&F	4, 6, 7	17
3	Colwyn Bay	5, 11, 12	28

Under 11 Boys

Position	Forename	Surname	Club	Time
1	ISAC	MARTIN	Deeside AC	08:58
2	JACOB	PRICE	Menai T&F	09:59
3	MORGAN JOHN	EDWARDS	Menai T&F	10:00
4	ARTHUR	HUGHES	Menai T&F	10:06
5	TIMOTHY	CALCRAFT	Ysgol y Gwernant	10:06
6	IFAN	WOOD	Denbigh Harriers	10:33
7	TOBI	JONES	Deeside AC	10:50
8	MORGAN	HUMPHREYS	Deeside AC	11:04
9	OWEN	NUSS	Colwyn Bay AC	11:06
10	ZACH	GRAHAM	Ysgol Bryn Coch	11:45
11	FENN	KENNERLEY	Maldwyn Harriers	14:24

Under 11 Boys Teams (3 to score)

Position	Club	POSITIONS	TOTAL POINTS
1	Menai T&F	2, 3, 4	9
2	Deeside AC	1, 7, 8	16

Under 13 Girls

Position	Forename	Surname	Club	Time
1	MARTHA	BOWN	Menai T&F	09:04
2	TAMSIN	SEGUIN	Menai T&F	09:25
3	KATIE	DOHERTY	Deeside AC	09:43
4	BEATRICE	ROBERTS	Denbigh Harriers	10:08
5	RUBY	WATTS	Deeside AC	10:10
6	HOLLY	WORTH	Menai T&F	10:15
7	DAISY	JONES	Deeside AC	10:26
8	BETHAN	ROBERTS	Wrexham AAC	10:26
9	FLEUR	RANGLES	Deeside AC	10:47
10	GRACE	HUGHES	Wrexham AAC	10:51
11	ELIN	EVAN'S	Colwyn Bay AC	11:04

Under 13 Girls Teams (3 to score)

Position	Club	POSITIONS	TOTAL POINTS
1	Menai T&F	1, 2, 6	8
2	Deeside AC	3, 5, 7	15

Under 13 Boys

Position	Forename	Surname	Club	Time
1	ELLIOT	ROWE	Deeside AAC	11:00
2	FINLEY	POTTER	Deeside AAC	11:20
3	CASPAR	KISSANE	Deeside AAC	11:32
4	PERRY	MARSLAND	Menai T&F	11:46
5	HENRY	JONES	Denbigh Harriers	11:55
6	ISAAC	LUCAS	Denbigh Harriers	12:19
7	ELIS	EARNSHAW	Menai T&F	12:27
8	DANIEL	PURCELL	Menai T&F	12:48
9	LEO	WATKINSON	Wrexham AAC	13:13
10	FINLEY	WILLIAMS	Colwyn Bay AC	13:20

Under 13 Boys Teams (3 to score)

Position	Club	POSITIONS	TOTAL POINTS
1	Deeside AC	1, 2, 3	6
2	Menai T&F	4, 7, 8	19

Under 15 Girls

Position	Forename	Surname	Club	Time
1	HEATHER	WATSON	Deeside AAC	11:02
2	MADISON	HUGHES	Maldwyn Harriers	11:15
3	ORLA	KISSANE	Deeside AAC	12:10
4	ELAN	GRIFFITH	Menai T&F	12:24
5	EIRA	OWEN	Colwyn Bay AC	12:32
6	MILLIE	HARRISON	Deeside AAC	13:39
7	EVIE	HUGHES	Wrexham AAC	13:49
8	ROSE	HAYES	Deeside AAC	14:19
9	CASI	DULLER	Colwyn Bay AC	14:27
10	OLWEN	BAINES	Eryri Harriers	16:00
11	FLORA	JONES	Denbigh Harriers	16:19

Under 15 Girls Teams (3 to score)

Position	Club	POSITIONS	TOTAL POINTS
1	Deeside AC	1, 3, 6	10

Under 15 Boys

Position	Forename	Surname	Club	Time
1	LEWIS	DAVIES	Deeside AAC	15:53
2	OSIAN	PARRY	Menai T&F	15:55
3	ELIS	MARTIN	Deeside AAC	16:16
4	ZAC	CAMPBELL	Deeside AAC	16:25
5	ALFIE	SHILAND	Colwyn Bay AC	16:45
6	RYAN	DELANEY	Deeside AAC	17:06
7	DERI	HOCKLY	Eryri Harriers	17:12
8	SIÂN	WILLIAMS	Menai T&F	17:20

Under 15 Boys Teams (3 to score)

Position	Club	POSITIONS	TOTAL POINTS
1	Deeside AC	1, 3, 4	8

Under 17 Women

Position	Forename	Surname	Club	Time
1	BECA	BOWN	Menai T&F	17:04
2	ABIGAIL	DOHERTY	Deeside AAC	17:09
3	CIARA	CUST	Colwyn Bay AC	19:28
4	CADI	WYNN	Menai T&F	19:51
5	LUCY	PARSLEY	Menai T&F	20:36

6	EVIE	WATTS	Deeside AAC	21:06
7	KATE	POMERLEAU	Menai T&F	21:56

Under 17 Women's Teams (3 to score)

Position	Club	POSITIONS	TOTAL POINTS
1	Menai T&F	1, 4, 5	10

Under 17 Men

Position	Forename	Surname	Club	Time
1	FINLAY	CULLEN	Maldwyn Harriers	20:25
2	MIGUEL	JENKINS	Menai T&F	20:54
3	JACOB	WELSH	Deeside AC	21:04
4	ROWAN	TOWNSEND	Menai T&F	21:22
5	MATTHEW	BENSON	Maldwyn Harriers	21:49
6	CAI	DAFYDD	Eryri Harriers	22:54
7	TOMOS	MORGAN	Menai T&F	23:56
8	ARTHUR	JONES	Denbigh Harriers	24:04
9	TED	CONRY	Deeside A	24:17
10	ELIS	JONES	Deeside AC	25:04
11	SAHIL	PASHA	Denbigh Harriers	27:15

Under 17 Men's Teams (3 to score)

Position	Club	POSITIONS	TOTAL POINTS
1	Menai T&F	2, 4, 7	13
2	Deeside AC	3, 9, 10	22

Under 20 Women

Position	Forename	Surname	Club	Time
1	ANWEN	HOCKLEY	Eryri Harriers	26:27
2	ELLA	GRUNDY	Colwyn Bay AC	26:29
3	EFA	BAINES	Eryri Harriers	26:45
4	MABLI	BAINES	Eryri Harriers	27:08
5	SEREN	WOODALL	Colwyn Bay AC	28:51

Under 20 Women's Teams (3 to score)

Position	Club	POSITIONS	TOTAL POINTS
1	Eryri Harriers	1, 3, 4	8

Under 20 Men

Position	Forename	Surname	Club	Time
1	ALED	BREEZE	Maldwyn Harriers	31:36
2	EDWARD	WOODHEAD	Deeside AAC	32:07

No complete Under 20 Men's Teams

Senior/Master Women

Position	Forename	Surname	Club	Time	Age	Cat Pos
1	MARTHA	OWEN	Deeside AAC	22:16	SW	1
2	JOANNE	HENDERSON	Denbigh Harriers	22:32	W45	1
3	SAMIA	JONES	Menai T&F	22:45	SW	2
4	AMIE	SMITH	Cheshire Dragons	23:24	SW	3
5	GEMMA	MOORE	Eryri Harriers	23:50	W40	1
6	EDEN	O'DEA	Deeside AAC	24:19	SW	3
7	RUTH	CALCRAFT	Run Free Fell	24:24	W40	2
8	ANNA	DRINKWATER	Eryri Harriers	24:38	SW	4
9	ELLIW	HAF ROBERTS	Eryri Harriers	24:49	W35	1
10	ANDREA	ROWLANDS	Eryri Harriers	25:25	W45	2
11	ELEANOR	ASHCROFT	Denbigh Harriers	25:30	SW	5
12	LISA	LINES	Prestatyn RC	25:32	SW	6
13	HANNAH	THOMAS	Maldwyn Harriers	26:26	W35	2
14	ANWEN	HOCKLEY	Eryri Harriers	26:27	U20W	1
15	ELLA	GRUNDY	Colwyn Bay AC	26:29	U20W	2
16	EFA	BAINES	Eryri Harriers	26:45	U20W	3
17	MABLI	BAINES	Eryri Harriers	27:08	U20W	4
18	CATHERINE	BRADLEY	Maldwyn Harriers	27:29	W40	3
19	MEGAN	HUGHES	Eryri Harriers	27:43	W45	3
20	EMMA	COLLINS	Denbigh Harriers	27:47	W60	1
21	SIAN	PRITCHARD	Denbigh Harriers	27:51	SW	7
22	LEE MICHELLE	EVANS	Denbigh Harriers	27:52	W45	4
23	ELEN	BAUGH	Denbigh Harriers	27:53	SW	8
24	DEBBIE	CATTERMOLE	Meirionnydd RC	27:55	W55	1
25	MELINA	MORRIS	Denbigh Harriers	28:01	W50	1
26	BRIONY	HIBBERT	Deeside AAC	28:13	SW	9
27	GWENNAN	HENSTOCK	Buckley RC	28:16	W45	5
28	ANNE	MYNOTT	Colwyn Bay AC	28:17	W60	2
29	CARLA	GREEN	North Wales RRC	28:20	W50	2
30	RUTH	STAFFORD	Maldwyn Harriers	28:26	W45	6
31	HELEN	BLAIR	Eryri Harriers	28:45	W55	2
32	SEREN	WOODALL	Colwyn Bay AC	28:51	U20W	5

33	MACARTHUR	MACARTHUR	Colwyn Bay AC	29:04	W55	3
34	HELEN	ASHWORTH	Prestatyn RC	29:19	W40	4
35	CHERYL	FROST	North Wales RRC	29:51	W55	4
36	LUCY	O'DONNELL	Eryri Harriers	30:05	W40	5
37	KAY	HATTON	North Wales RRC	30:09	W60	3
38	KAREN	BUTLER	North Wales RRC	30:16	W65	1
39	JO	LEWIS	Maldwyn Harriers	30:18	W50	3
40	ANN	JONES	Prestatyn RC	30:25	W50	4
41	JAYNE	BREEZE	Maldwyn Harriers	30:30	W50	5
42	ELLIE	SALISBURY	Eryri Harriers	31:21	W60	4
43	HELEN	OWEN	Maldwyn Harriers	31:33	W50	6
44	ELIZABETH	EVANS	Gogs Tri Club	32:08	W70	1
45	CAROLINE	ORRELLS	Maldwyn Harriers	33:28	W65	2
46	HELEN	ALEXANDER	Prestatyn RC	34:23	W50	7
47	MENAI	BAUGH	Denbigh Harriers	34:58	W65	3
48	EMMA	MACARTHUR	Colwyn Bay AC	35:02	W45	7
49	ANN	D'ALBUQUERQUE	Gog Tri Club	36:03	W75	1
50	JULIA	JONES	Eryri Harriers	36:22	W45	8
51	VIVIENNE	EDWARDS	Eryri Harriers	36:28	W65	4
52	GWENNAN	CHARLTON	North Wales RRC	37:29	W35	3
53	EMMA	BIRCHALL	Prestatyn RC	44:27	W50	8
54	MARGARET	OLIVER	Eryri Harriers	44:35	W75	2
55	JULIE	EVANS	Prestatyn RC	44:42	W60	5

Senior Women's Teams (4 to score)

Position	Club	POSITIONS	TOTAL POINTS
1	Eryri Harriers	5, 8, 9, 10	32
2	Denbigh Harriers	2, 11, 20, 21	54
3	Maldwyn Harriers	13, 18, 30, 39	100
4	Colwyn Bay AC	15, 28, 32, 33	108
5	Prestatyn RC	12, 34, 40, 46	132
6	North Wales Road Runners	29, 35, 37, 38	139

Masters Women's Teams (3 to score)

Position	Club	POSITIONS	TOTAL POINTS
1	Eryri Harriers	2, 4, 5	11
2	Denbigh Harriers	1, 9, 10	20
3	Maldwyn Harriers	6, 7, 16	29
4	North Wales Road Runners	15, 20, 22	57
5	Colwyn Bay AC	14, 18, 33	65
6	Prestatyn RC	19, 25, 31	75

Masters Men 65

Position	Forename	Surname	Club	Time	Age	Cat Pos
1	RUSSELL	OWEN	Eryri Harriers	23:29	M65	1
2	GORDON	JONES	Prestatyn Harriers	23:53	M65	2
3	MARK	WATLING	Denbigh Harriers	25:43	M65	3
4	ARWEL	LEWIS	Eryri Harriers	26:19	M65	4
5	NEIL	OWEN	Run Free Fell	26:43	M70	1
6	DAVID	WRIGHT	Meirionnydd RC	27:17	M65	5
7	DAVE	WHITTEY	Meirionnydd RC	28:07	M65	6
8	MARTIN	CORTVRIEND	Prestatyn RC	28:49	M70	2
9	SIMON	NIXON	Denbigh Harriers	28:57	M65	7
10	MIKE	SNELL	Eryri Harriers	29:23	M65	8
11	EMYR	DAVIES	Hebog	29:39	M80	1
12	DAVE	PASSE	Denbigh Harriers	30:12	M70	3
13	COLIN	HUNT	Wrexham Tri Club	30:37	M70	4
14	PAUL	WELSH	Meirionnydd RC	30:46	M65	9
15	FRANK	VAUGHAN	Meirionnydd RC	30:47	M65	10
16	GEORGE	NIXON	Prestatyn RC	31:35	M70	5
17	MARK	DAKEYNE	Prestatyn RC	33:07	M65	11
18	DAVID	RODERICK	Deeside AC	33:08	M70	6
19	PHILIP	WALKER	Wrexham AAC	34:29	M70	7
20	GARETH	HUGHES	Prestatyn RC	34:44	M75	1
21	CHARLES	ASHLEY	Wrexham AAC	34:48	M65	12
22	DON	WILLIAMS	Eryri Harriers	36:15	M80	2
23	GRAHAME	SHONE	Prestatyn RC	36:39	M70	8
24	JOHN	D'ALBUQUERQUE	GOG Tri Club	38:30	M75	2
25	ROGER	HARRISON-JONES	Prestatyn RC	41:26	M85	1
26	JACK	THOMAS	Buckley RC	44:41	M80	3

Masters 65+ Team (3 to score)

Position	Club	POSITIONS	TOTAL POINTS
1	Eryri Harriers	1, 4, 10	15
2	Denbigh Harriers	3, 9, 12	24
3	Prestatyn RC	2, 8, 16	26
4	Meirionnydd RC	6, 7, 14	27

Senior/Master Men

Position	Forename	Surname	Club	Time	Age	Cat Pos
1	MATTHEW S	WILLIS	Wrexham AAC	28:20	SM	1
2	ETHAN	ACKROYD	Liverpool Harriers	28:56	SM	2

3	TOMOS	ROBERTS	Meirionnydd RC	30:02	SM	3
4	RUSSELL	BENTLEY	Meirionnydd RC	30:36	M40	1
5	OWEN	HIBBERT	Bristol and West AC	31:16	SM	4
6	ALED	BREEZE	Maldwyn Harriers	31:36	U20M	1
7	JOSH	KEOGH	North Wales RRC	31:39	SM	5
8	DANIEL	WESTON	Wrexham AAC	31:45	M40	2
9	GWYNANT	JONES	Maldwyn Harriers	32:00	SM	6
10	EDWARD	WOODHEAD	Deeside AAC	32:07	U20M	2
11	JAMES	COLEMAN	Eryri Harriers	32:08	SM	7
12	DAFYDD	EVANS	Eryri Harriers	32:08	SM	8
13	STEFFAN	SAYER	Menai T&F	32:11	M40	3
14	ALUN	WILLIAMS	Meirionnydd RC	32:12	M40	4
15	DEIO	GARTON JONES	Eryri Harriers	32:24	SM	9
16	DAVE	BUS HUGHES	Eryri Harriers	32:38	M35	1
17	MIKE	WHYATT	Eryri Harriers	32:58	M60	1
18	TONY	WOOD	Denbigh Harriers	33:03	M35	2
19	JOEL	GOMEZ	Run Free Fell Runners	33:26	M40	5
20	JONATHAN	TYLER	Betsi Runaways	33:52	M40	6
21	GERARD	COLEMAN	Buckley RC	34:00	SM	10
22	JOHN	DAVIES	Meirionnydd RC	34:08	SM	11
23	SAM	BELLIS	Buckley RC	34:30	M35	3
24	SIMON	ROBERTS	Buckley RC	34:36	M50	1
25	NIC	BROOK	Eryri Harriers	35:09	M50	2
26	ALLY	HUGHES	Wrexham AAC	35:11	M35	4
27	ERIC	CAMPBELL	Buckley RC	35:23	M60	2
28	GARETH	CHALONER	Wrexham AAC	35:29	M40	7
29	JARED	ROBERTS	Colwyn Bay AC	35:43	SM	12
30	LEE	BAILEY	Prestatyn RC	36:14	M45	1
31	NEAL	HOCKLEY	Eryri Harriers	36:20	M45	2
32	IWAN	EVANS	North Wales RRC	36:32	M45	3
33	ANDREW	PEERS	Buckley RC	36:36	M35	5
34	STEVEN	GARDNER	North Wales RRC	36:45	M60	3
35	HUW	WILLIAMS	Denbigh Harriers	36:47	M35	6
36	GARRY	JONES	Maldwyn Harriers	36:51	M50	3
37	HAYDN	JONES	Shrewsbury AC	36:58	M60	4
38	EDWARD	DAVIES	Buckley RC	37:23	M55	1
39	SAMUEL	DRINKWATER	Eryri Harriers	37:29	SM	13
40	ANDREW	JONES	Buckley RC	37:48	M45	4
41	STUART	CULVERHOUSE	North Wales RRC	38:34	M50	4
42	ANDREW	CAMPBELL	Deeside AAC	38:42	M45	5
43	RICHARD	FLUTTER	Meirionnydd RC	39:05	M55	2
44	TONY	FORSTER	Wrexham AAC	39:21	M35	7
45	GREG	GRUNDY	Colwyn Bay AC	39:34	M45	6

46	OWEN	CONRY	Denbigh Harriers	40:03	M55	3
47	RUSSELL	GODWIN	Colwyn Bay AC	40:20	M55	4
48	MICHAEL	ROBBINS	Wrexham AAC	40:33	M60	5
49	DAVE	BOOTHROYD	Buckley RC	40:49	M60	6
50	TREVOR	JONES	Meirionnydd RC	40:50	M40	8
51	RYAN	EVANS	Run Free Fell Runners	42:21	SM	14
52	DAVID	MILLINGTON	Wrexham AAC	42:27	M50	5
53	RICHARD	WESTWOOD	Wrexham AAC	42:27	M45	7
54	JOHN	DAVIES	Denbigh Harriers	43:25	SM	15
55	DUNCAN	JONES	Denbigh Harriers	45:46	M60	7

Senior Men's Teams (6 to score)

Position	Club	POSITIONS	TOTAL POINTS
1	Eryri Harriers	11, 12, 15, 16, 17, 25	96
2	Meirionydd RC	3, 4, 15, 26, 43, 50	141
3	Wrexham AAC	1, 8, 26, 28, 44, 48	155
4	Buckley RC	21, 23, 24, 27, 33, 38	166

Masters Men's Teams (4 to score)

Position	Club	POSITIONS	TOTAL POINTS
1	Eryri Harriers	5, 6, 12, 17	40
2	Buckley RC	10,11, 14, 19	54
3	Wrexham AAC	2, 13, 15, 28	58
4	Meirionydd RC	1, 4, 28, 35	68
5	Denbigh Harriers	7, 21, 31, 38	97

A big thank you to Wrexham AC for hosting the North Wales Championships again; it may not be the most demanding of courses but it is one of the easiest to set up and manage and with the Champs happening just after the Christmas/New Year break it's helpful. Thank you to all the volunteers, not just on the course but behind the scenes as well including Dave Peters and his helpers from Newtown who did the registration and chip timing. In particular to the Wrexham volunteers, we were grateful for support from Eryri Harriers, Run Free Fell, North Wales Road Runners and Noel Butler, who came all the way from Warwick to watch his grandson run and offered his services. THANK YOU ALL. Without them there would be no Championships.

Most medals were given out on the day but if you didn't receive your medal on the day, check with your club first as a number were picked up for people, otherwise come and see me at Dolgellau. I'll have some with me, just in case!!

Teams for the CAU Inter Counties at Woollaton Park, Nottingham on 9th March 2024 will be picked over the next couple of weeks based on the results above, the Welsh Inter Regional Championships at Newtown and the North Wales Cross Country League results. Teams will be posted on the North Wales cross country website and Facebook pages. There are no Master categories but Masters are able to run in the senior race. CAN SENIOR ATHLETES LET ME, OR THE TEAM MANAGERS, MIKE ROBBINS AND ERIC CAMPBELL KNOW IF THEY ARE AVAILABLE AND INTERESTED IN RUNNING AT NOTTINGHAM.

The next North Wales Cross Country League is at Dolgellau on Saturday 20th January. Junior races start at 10-30am (under 15 Boys) and senior races at 1pm. The cross country course at Dolgellau is near the Leisure Centre but parking at the Leisure Centre is very limited so parking will be in the main Dolgellau Town Centre car park (POST CODE: LL40 1UU). It is a short walk to the Leisure Centre, where changing rooms will be available. Please not DO NOT park in the CO-OP car park opposite the Leisure Centre as parking is restricted and you may end up being booked – you have been warned!!

PLEASE REMEMBER TO BRING YOUR NORTH WALES CROSS COUNTRY LEAGUE NUMBER. If you've lost it you will need to let me know AT LEAST 3 DAYS BEFOREHAND and pay for a replacement (£1).

Bernie Jones
Secretary