

| CILCAIN MOUNTAIN RACE - NORTH WALES REGIONAL MOUNTAIN RUNNING CHAMPIONSHIPS |       |                       |                                |
|-----------------------------------------------------------------------------|-------|-----------------------|--------------------------------|
| Monday 26th August 2024 - (7.4km/385m) WOMEN UNDER 23                       |       |                       |                                |
| POS                                                                         | TIME  | NAME                  | CLUB                           |
| 1                                                                           | 37.44 | Eden O'Dea            | Deeside AAC (Overall Champion) |
|                                                                             |       |                       |                                |
| MEN UNDER 23                                                                |       |                       |                                |
| 1                                                                           | 33.06 | Edward Woodhead       | Deeside AAC                    |
|                                                                             |       |                       |                                |
| SENIOR WOMEN                                                                |       |                       |                                |
| 1                                                                           | 39.20 | Suzie Richards        | Eryri Harriers                 |
| 2                                                                           | 41.06 | Anna Drinkwater       | Eryri Harriers                 |
| 3                                                                           | 41.23 | Martha Owen           | Deeside AAC                    |
| SENIOR MEN                                                                  |       |                       |                                |
| 1                                                                           | 31.27 | Rhys Jones            | Hebog (Overall Champion)       |
| 2                                                                           | 33.13 | Sion Edwards          | Eryri Harriers                 |
| 3                                                                           | 34.39 | David White           | Buckley Runners                |
| MASTERS WOMEN OVER 40                                                       |       |                       |                                |
| 1                                                                           | 39.07 | Ruth Calcraft         | Run Free Fell Runners          |
| 2                                                                           | 47.44 | Christine Cammillare  | Deestridders                   |
| 3                                                                           | 47.54 | Donna Welsh           | Deeside AAC                    |
| MASTERS MEN OVER 40                                                         |       |                       |                                |
| 1                                                                           | 31.59 | Gavin Roberts         | Calder Valley                  |
| 2                                                                           | 40.40 | Gareth Jones          | Prestatyn RC                   |
| 3                                                                           | 46.46 | Paul Fitzsimmons      | Clwyd Range Runners            |
| MASTERS WOMEN OVER 45                                                       |       |                       |                                |
| 1                                                                           | 54.54 | Caroline Caffery      | Buckley Runners                |
| 2                                                                           | 55.47 | Sophie Johnson        | Prestatyn RC                   |
| 3                                                                           |       |                       |                                |
| MASTERS MEN OVER 45                                                         |       |                       |                                |
| 1                                                                           | 50.00 | Paul Lewey            | Deestridders                   |
| 2                                                                           | 51.30 | Craig Hunter          | Buckley Runners                |
| 3                                                                           |       |                       |                                |
| MASTERS WOMEN OVER 50                                                       |       |                       |                                |
| 1                                                                           | 47.44 | Melina Morris         | Denbigh Harriers               |
| 2                                                                           | 57.10 | Ann Claire Jones      | Prestatyn RC                   |
| 3                                                                           | 58.18 | Debbie Parry          | Deestridders                   |
| MASTERS MEN OVER 50                                                         |       |                       |                                |
| 1                                                                           | 36.15 | Jez Brown             | Buckley Runners                |
| 2                                                                           | 40.31 | Michael Coyne         | Eryri Harriers                 |
| 3                                                                           | 55.54 | Steven Brown          | Eryri Harriers                 |
| MASTERS WOMEN OVER 55                                                       |       |                       |                                |
| 1                                                                           | 77.25 | Bernice Matthews      | Deestridders                   |
| 2                                                                           | 84.30 | Nicole Van Wittenboer | Buckley Runners                |
| 3                                                                           |       |                       |                                |
| MASTERS MEN OVER 55                                                         |       |                       |                                |
| 1                                                                           | 62.23 | Paul Mitchell         | Deeside AAC                    |
| 2                                                                           |       |                       |                                |
| 3                                                                           |       |                       |                                |
| MASTERS WOMEN OVER 60 - NOT CONTESTED                                       |       |                       |                                |
| 1                                                                           |       |                       |                                |
| 2                                                                           |       |                       |                                |

|                                              |       |                   |                 |
|----------------------------------------------|-------|-------------------|-----------------|
| 3                                            |       |                   |                 |
| <b>MASTERS MEN OVER 60</b>                   |       |                   |                 |
| 1                                            | 44.13 | Steve Toogood     | Buckley Runners |
| 2                                            | 55.16 | Reg Jones         | Prestatyn RC    |
| 3                                            |       |                   |                 |
| <b>MASTERS WOMEN OVER 65</b>                 |       |                   |                 |
| 1                                            | 76.41 | Susan Riddings    | Buckley Runners |
| 2                                            |       |                   |                 |
| 3                                            |       |                   |                 |
| <b>MASTERS MEN OVER 65</b>                   |       |                   |                 |
| 1                                            | 43.22 | Arwel Lewis       | Eryri Harriers  |
| 2                                            | 47.20 | Mike Snell        | Eryri Harriers  |
| 3                                            | 52.22 | Chris Higgins     | Buckley Runners |
| <b>MASTERS WOMEN OVER 70 - NOT CONTESTED</b> |       |                   |                 |
| 1                                            |       |                   |                 |
| 2                                            |       |                   |                 |
| 3                                            |       |                   |                 |
| <b>MASTERS MEN OVER 70</b>                   |       |                   |                 |
| 1                                            | 49.57 | Martin Cortvriend | Prestatyn RC    |
| 2                                            | 63.35 | Colin Hunt        | Wrecsam Tri     |
| 3                                            |       |                   |                 |
| <b>MASTERS WOMEN OVER 75 - NOT CONTESTED</b> |       |                   |                 |
| 1                                            |       |                   |                 |
| 2                                            |       |                   |                 |
| 3                                            |       |                   |                 |
| <b>MASTERS MEN OVER 75 - NOT CONTESTED</b>   |       |                   |                 |
| 1                                            |       |                   |                 |
| 2                                            |       |                   |                 |
| 3                                            |       |                   |                 |
| <b>MEN OVER 80</b>                           |       |                   |                 |
| 1                                            | 61.18 | John Morris       | Buckley Runners |