

CILCAIN MOUNTAIN RACE - NORTH WALES REGIONAL (SHORT) MOUNTAIN RUNNING CHAMPIONSHIPS			
Monday 25th August 2025 - (7.4km/385m)			
POS	TIME	NAME	CLUB
WOMEN UNDER 23			
1	36.37	Eden O'Dea	Deeside AAC (Overall Champion)
2	44.14	Mabli Baines	Eryri Harriers
3	51.16	Ezrah Law	Wrexham ACC
MEN UNDER 23			
1	33.20	Sam Gunning	Cybi Striders
2	35.20	Edward Woodhead	Deeside AAC
3	42.39	Jacob Welsh	Deeside AAC
SENIOR WOMEN			
1	41.09	Catrin Donnelly	Eryri Harriers (3rd overall)
2	44.52	Katy Baugh	Denbigh Harriers
3	45.49	Emily Retaillick	Denbigh Harriers
SENIOR MEN			
1	31.48	Josh Griffiths	Swansea Harriers (Overall Champion)
2	33.06	Rhys Jones	Hebog Runners
3	33.49	Sion Edwards	Eryri Harriers
MASTERS WOMEN OVER 40			
1	42.59	Ruth Calcraft	Run Free Fell Runners
2	48.46	Christine Cammillare	Deestridders
3	54.40	Alexandra Fletcher	Eryri Harriers
MASTERS MEN OVER 40			
1	34.07	Gavin Roberts	Calder Valley
2	40.28	Gareth Jones	Prestatyn RC
3	51.21	Judah Eastwell	Prestatyn RC
MASTERS WOMEN OVER 45			
1	39.17	Joanne Henderson	Denbigh Harriers (2nd Overall)
2	58.44	Caroline Caffrey	Buckley Running Club
3	1.00.54	Mandy Cartwright	Denbigh Harriers
MASTERS MEN OVER 45			
1	48.11	Luke Earnshaw	Meirionnydd RC
2	49.08	Allan McKeown	Buckley Runners
3	51.12	Keelan Serjeant	Maldwyn Harriers
MASTERS WOMEN OVER 50			
1	49.47	Melina Morris	Denbigh Harriers
2			
3			
MASTERS MEN OVER 50			
1	37.34	Jez Brown	Buckley RC
2	44.12	Andy Jones	Gog Triathlon Club
3	49.59	David Woodley	Denbigh Harriers
MASTERS WOMEN OVER 55			
1			
2			
3			
POS	TIME	NAME	CLUB

MASTERS MEN OVER 55			
1	47.51	Gareth Williams	Wrexham ACC
2	58.20	Steven Brown	Eryri Harriers
3	1.00.43	Paul Donoghue	Buckley RC
MASTERS WOMEN OVER 60			
1	50.03	Emma Collins	Denbigh Harriers
MASTERS MEN OVER 60			
1	52.24	Mike Robbins	Wrexham ACC
2			
3			
MASTERS WOMEN OVER 65 - NOT CONTESTED			
1			
2			
3			
MASTERS MEN OVER 65			
1	45.56	Arwel Lewis	Eryri Harriers
2	51.07	Paul Aird	Deestriders RC
3	57.11	Reg Jones	Prestatyn RC
MASTERS WOMEN OVER 70 - NOT CONTESTED			
1			
2			
3			
MASTERS MEN OVER 70			
1	1.05.36	Colin Hunt	Wrexham ACC
2			
3			
MASTERS WOMEN OVER 75 - NOT CONTESTED			
1			
2			
3			
MASTERS MEN OVER 75 - NOT CONTESTED			
1			
2			
3			