

NORTH WALES CROSS COUNTRY CHAMPIONSHIPS
TREBORTH TRACK, BANGOR –10 JANUARY 2026
FINAL RESULTS 11/01/26

Under 11 Girls

Position	Number	Forename	Surname	Club	Time
1	7	Zoe	James	Deeside AC	00:07:46
2	5	Matilda	Thompson	Deeside AC	00:08:07
3	3	Madeleine	Fata	Colwyn Bay AC	00:08:17
4	1	Kestin	Steele-Jones	Menai T&F	00:08:52
5	4	Enlli	Atherton	Menai T&F	00:08:54
6	6	Olivia	Commings	Deeside AC	00:08:57
7	8	Enya	Maguire	Colwyn Bay AC	00:09:03
8	120	Elie	Jones	Menai T&F	00:09:39
9	115	Darcy	Short	Menai T&F	00:09:55
10	2	Asha Mae	Jones	Colwyn Bay AC	00:10:37
11	10	Esme	Hughes	Menai T&F	00:10:47
12	9	Efa	Owen	Menai T&F	00:10:52

Under 11 Girls Teams (3 to score)

Position	Club	POSITIONS	TOTAL POINTS
1	Deeside AC	1/2/6	9
2	Menai T&F	4/5/8	17
3	Colwyn Bay AC	3/7/10	20

Under 11 Boys

Position	Number	Forename	Surname	Club	Time
1	33	Elliott	Steele-Jones	Menai T&F	00:10:40
2	37	Eben	Davies	Denbigh Harriers	00:10:54
3	36	George	Hughes	Wrexham AC	00:11:04
4	39	Rolant	Owens	Denbigh Harriers	00:11:29
5	35	Luca	Kevan	Deeside AC	00:11:32
6	27	Emrys	Evans	Denbigh Harriers	00:11:47
7	23	Idris	Davies-Dunn	Aberystwyth AC	00:11:56
8	38	Joshua	Thomas	Deeside AC	00:11:59
9	50	Seb	Perrin-Roberts	Eryri Harriers	00:12:06
10	24	Edmund	Davies-Dunn	Aberystwyth AC	00:12:09
11	21	Oliver	Collins	Colwyn Bay AC	00:12:16
12	46	Max	Molloy	West Cheshire AC	00:12:19
13	22	Hari	Jones	Eryri Harriers	00:12:24
14	29	Eleias	Fraser-Perkins	Deeside AC	00:12:32
15	28	Joseff	James	Deeside AC	00:12:36

16	40	Jona	Duller	Colwyn Bay AC	00:12:37
17	25	Ruben	Moore	Deeside AC	00:12:44
18	44	Elijah	Anonam	Colwyn Bay AC	00:13:04
19	47	Rhodri	Adams	Eryri Harriers	00:13:05
20	48	Llewelyn	Wynne	GOG Tri	00:13:28
21	31	Osian	Hignett	Denbigh Harriers	00:13:55
22	34	Calder	Hughes	U/A	00:14:06
23	30	Jack	Donaghy	Colwyn Bay AC	00:14:21
24	32	Owain	Williams	Eryri Harriers	00:14:22
25	45	Deiniol	Thomas	Wrexham AC	00:14:45
26	42	Ellis	Jones	Wrexham AC	00:14:56
27	43	Efan	Owen	Eryri Harriers	00:15:35
28	49	Blaiddyn	Wynne	GOG Tri	00:15:42

Under 11 Boys Teams (3 to score)

Position	Club	POSITIONS	TOTAL POINTS
1	Denbigh Harriers	2/4/6	12
2	Deeside AC	5/8/14	27
3	Eryri Harriers	9/13/19	41
4	Colwyn Bay AC	11/16/18	45
5	Wrexham AC	3/25/26	54

Under 13 Girls

Position	Number	Forename	Surname	Club	Time
1	8	Gwen	Hayes	Deeside AC	00:10:13
2	9	Ella	Hayes	Deeside AC	00:10:19
3	1	Lois	Evans	Colwyn Bay AC	00:10:58
4	4	Seren	Walsh	Deeside AC	00:11:05
5	2	Grace	Price	Deeside AC	00:11:28
6	14	Fiona	Horne	Menai T&F	00:12:22
7	3	Isla	Oxborough	Deeside AC	00:12:49
8	15	Orlaith	Mullen	Eryri Harriers	00:13:05
9	11	Heidi	Worth	Menai T&F	00:13:48
10	10	Isabella	Davies Mills	Colwyn Bay AC	00:14:26
11	5	Maisie Grace	Jones	Colwyn Bay AC	00:14:59
12	6	Isla	Williams	Colwyn Bay AC	00:15:06
13	12	Caitlin	Turner	Denbigh Harriers	00:15:23
14	7	Alicia	Garcia Lucas	U/A	00:16:40

Under 13 Girls Teams (3 to score)

Position	Club	POSITIONS	TOTAL POINTS
1	Deeside AC	1/2/4	7
2	Colwyn Bay AC	3/10/11	24

Under 13 Boys

Position	Number	Forename	Surname	Club	Time
1	23	Isac	Martin	Deeside AC	00:12:30
2	31	Spencer	Jones	Wrexham AC	00:12:35
3	30	Milo	Hughes	Deeside AC	00:13:20
4	29	Osian	Tulloch	Deeside AC	00:13:26
5	28	Jacob	Price	Menai T&F	00:13:28
6	24	Tobi	Jones	Deeside AC	00:14:02
7	21	Matthew	Bissett	Colwyn Bay AC	00:14:30
8	27	Ifan	Wood	Denbigh Harriers	00:14:38
9	26	Stefan	Thomas	Wrexham AC	00:15:56
10	22	Rhys	Hatfield	Wrexham AC	00:16:20
11	25	Gruffydd	Thomas	Wrexham AC	00:17:09

Under 13 Boys Teams (3 to score)

Position	Club	POSITIONS	TOTAL POINTS
1	Deeside AC	1/3/4	8
2	Wrexham AC	2/9/10	21

Under 15 Girls

Position	Number	Forename	Surname	Club	Time
1	11	Martha	Bown	Menai T&F	00:12:47
2	8	Tamsin	Seguin	Menai T&F	00:13:25
3	2	Bethan	Roberts	Deeside AC	00:13:50
4	3	Elin	Evans	Colwyn Bay AC	00:14:29
5	12	Holly	Worth	Menai T&F	00:14:37
6	1	Grace	Hughes	Wrexham AC	00:14:43
7	14	Abbey	Drake	Menai T&F	00:14:46
8	6	Amber	Chauhan	Eryri Harriers	00:15:14
9	4	Aneia	Duller	Colwyn Bay AC	00:15:57
10	7	Caitlin	Davis Arnall	Colwyn Bay AC	00:16:08
11	10	Megan	Hatfield	Wrexham AC	00:16:37
12	15	Isla	O'Donnell	Menai T&F	00:16:51
13	5	Daisy	Jones	Deeside AC	00:17:02
14	13	Ania	Edwards	Eryri Harriers	00:17:06

Under 15 Girls Teams (3 to score)

Position	Club	POSITIONS	TOTAL POINTS
1	Menai T&F	1/2/5	8
2	Colwyn Bay AC	4/9/10	23

Under 15 Boys

Position	Number	Forename	Surname	Club	Time
1	14	Elliot	Rowe	Warriors Pentathlon	00:16:19
2	15	Isaac	Garcia Lucas	Deeside AC	00:17:49
3	18	Thomas	Meadon	Colwyn Bay AC	00:17:56
4	12	Elis lola	Owen	Eryri Harriers	00:18:13
5	16	Daniel	Purcell	Menai T&F	00:18:25
6	17	Elis	Earnshaw	Menai T&F	00:18:29
7	11	Hugo	Jackson	Sheffield & Dearne AC	00:18:29
8	19	Henry	Jones	Denbigh Harriers	00:19:16
9	13	Casper	Kissane	Deeside AC	00:19:44
10	20	Ifor	Ellis-Davies	Eryri Harriers	00:20:03

Under 17 Women

Position	Number	Forename	Surname	Club	Time
1	2	Heather	Watson	Deeside AC	00:17:27
2	5	Evie	Bayman	Menai T&F	00:20:11
3	3	Evie	Hughes	Wrexham AC	00:21:29
4	1	Casi	Duller	Colwyn Bay AC	00:21:34
5	4	Jessica	Hodgson	Deeside AC	00:22:15
6	6	Esyllt	Allman	Eryri Harriers	00:23:58
7	7	Cari	Newnes	Eryri Harriers	00:25:39

Under 17 Men

Position	Number	Forename	Surname	Club	Time
1	63	Zac	Campbell	Deeside AC	00:20:52
2	62	Ryan	Delaney	Deeside AC	00:21:28
3	65	Jai	Chauhan	Eryri Harriers	00:22:37
4	68	Ryan	Clough	Deeside AC	00:22:57
5	67	Dion Wyn	Baston	Menai T&F	00:22:58
6	66	Owain	Williams	Menai T&F	00:23:28
7	64	Noa	Dafydd	Betsi Runaways	00:23:54

Under 17 Men's Teams (3 to score)

Position	Club	POSITIONS	TOTAL POINTS
1	Deeside AC	1/2/4	7

Senior/Master Women

Position	Number	Forename	Surname	Club	Time	Age Group	Cat Pos
1	3	Martha	Owen	Deeside AC	00:22:45	SW	1
2	47	Gemma	Moore	Eryri Harriers	00:22:56	W40	1
3	10	Ruth	Calcraft	Run Free Fell	00:23:05	W40	2
4	2	Efa	Baines	Eryri Harriers	00:23:17	SW	2
5	5	Bryony	Shircore	Eryri Harriers	00:24:31	W35	1
6	6	Elliw Haf	Roberts	Eryri Harriers	00:24:43	W35	2
7	22	Andrea	Rowlands	Eryri Harriers	00:24:48	W50	1
8	52	Claire	Harris	West Cheshire AC	00:24:52	W35	3
9	581	Nesta	McCluskey	Maldwyn Harriers	00:26:30	W45	1
10	21	Megan	Hughes	Eryri Harriers	00:26:58	W50	2
11	1	Alice	Horsfield	U/A	00:27:06	U20W	1
12	56	Christine	Cammillare	Deestridders	00:27:07	W40	3
13	16	Louise	Brookwell	Cybi Striders	00:27:09	W45	2
14	23	Melina	Morris	Denbigh Harriers	00:27:20	W50	3
15	18	Gwennan	Henstock	Buckley RC	00:27:44	W45	3
16	26	Amanda	Bailey	Wrexham AC	00:28:10	W50	4
17	15	Helen	Morgan	Eryri Harriers	00:28:14	W45	4
18	12	Helen	Ashworth	Prestatyn RC	00:28:19	W40	4
19	31	Helen	Blair	Eryri Harriers	00:28:34	W55	1
20	34	Cheryl	Frost	NWRRRC	00:28:38	W60	1
21	20	Lee Michelle	Evans	Denbigh Harriers	00:28:53	W45	5
22	13	Jen	Wells	Colwyn Bay AC	00:29:17	W40	5
23	38	Margaret	Ludden	Buckley RC	00:29:54	W60	2
24	14	Joy	Hunter	Buckley RC	00:30:11	W45	6
25	36	Kay	Hatton	NWRRRC	00:30:13	W60	3
26	50	Lucy	O'Donnell	Eryri Harriers	00:30:22	W45	7
27	42	Gill	Bowden	Maldwyn Harriers	00:30:27	W65	1
28	40	Karen	Butler	NWRRRC	00:30:28	W65	2
29	51	Bethan	Mortimer	Eryri Harriers	00:30:31	W45	8
30	24	Ally	Reid	Prestatyn RC	00:30:46	W50	5
31	17	Rebecca	Downs	Colwyn Bay AC	00:31:42	W45	9
32	44	Elizabeth	Evans	GOG Tri	00:31:49	W75	1
33	27	Sian	Meirion	Buckley RC	00:32:22	W50	6
34	46	Jennifer	Adams	Hebog	00:32:23	SW	3
35	54	Donna	Jones	Cybi Striders	00:32:24	W45	10

36	39	Susan	Hughes	Prestatyn RC	00:32:42	W65	3
37	49	Nia-Melen	Edwards	Eryri Harriers	00:33:29	W40	6
38	33	Jane	Lindley	Buckley RC	00:33:35	W60	4
39	53	Elin	Lewis-Griffith	Cybi Striders	00:34:13	W45	11
40	7	Gwennan	Charlton	NWRRC	00:34:41	W35	4
41	41	Menai	Baugh	Denbigh Harriers	00:35:51	W65	4
42	25	Cara	Jones	Prestatyn RC	00:36:01	W50	7
43	43	Sally	Cunliffe	Denbigh Harriers	00:37:40	W65	5
44	29	Emma	Birchall	Prestatyn RC	00:42:37	W55	2
45	55	Beverley	Goodson	Deestridders	00:43:03	W55	3
46	28	Clare	Manley	Prestatyn RC	00:46:00	W55	4
47	45	Maggie	Oliver	Eryri Harriers	00:52:10	W75	2
48	37	Julie	Evans	Prestatyn RC	00:52:59	W60	5

Senior Women's Teams (4 to score)

Position	Club	POSITIONS	TOTAL POINTS
1	Eryri Harriers A	2/4/5/6	17
2	Eryri Harriers B	7/10/17/19	53
3	Buckley RC	15/23/24/33	95
4	NWRRC	20/25/28/40	113
5	Denbigh Harriers	14/21/41/43	119
6	Prestatyn RC	18/30/36/42	126
7	Eryri Harriers C	26/29/37/47	139

Masters Women's Teams (3 to score)

Position	Club	POSITIONS	TOTAL POINTS
1	Eryri Harriers A	1/3/4	8
2	Eryri Harriers B	5/8/14	27
3	Buckley RC	12/20/21	53
4	NWRRC	17/22/25	64
5	Eryri Harriers C	16/23/26	65
6	Denbigh Harriers	11/18/37	66
7	Prestatyn RC A	15/27/32	74
8	Cybi Striders	10/31/35	76
9	Prestatyn RC B	38/40/42	120

Masters Men 65

Position	Number	Forename	Surname	Club	Time	Age	Cat Pos
1	210	Mark	Watling	Denbigh Harriers	00:26:08	M65	1
2	216	Clive	Edgington	Meirionnydd RC	00:27:01	M65	2
3	209	Arwel	Lewis	Eryri Harriers	00:27:09	M65	3
4	230	John	Mainwaring	Eryri Harriers	00:27:29	M70	1

5	206	David	Wright	Meirionnydd RC	00:27:40	M65	4
6	214	Mike	Snell	Eryri Harriers	00:27:50	M65	5
7	202	Mike	Hobday	Denbigh Harriers	00:27:56	M65	6
8	221	Neil	Owen	Run Free Fell	00:29:08	M70	2
9	218	Nick	Bradley	Meirionnydd RC	00:30:02	M70	3
10	223	Martin	Cortvriend	Prestatyn RC	00:30:07	M70	4
11	201	David	Baugh	Denbigh Harriers	00:30:26	M65	7
12	220	Barry	Wells	Colwyn Bay AC	00:30:36	M70	5
13	222	David	Passe	Denbigh Harriers	00:31:06	M70	6
14	204	Duncan	Jones	Denbigh Harriers	00:31:08	M65	8
15	213	Neil	Grant	Meirionnydd RC	00:31:18	M65	9
16	227	Emyr	Davies	Hebog	00:31:42	M80	1
17	208	Mark	Dakeyne	Prestatyn RC	00:32:38	M65	10
18	225	Gareth	Hughes	Prestatyn RC	00:34:25	M75	1
19	224	Malcolm	Jones	Eryri Harriers	00:35:53	M75	2
20	228	George	Nixon	Prestatyn RC	00:37:30	M70	7
21	231	Don	Williams	Eryri Harriers	00:42:56	M80	2
22		Jack	Thomas	Buckley RC	N/A	M80	3

Masters 65+ Team (3 to score)

Position	Club	POSITIONS	TOTAL POINTS
1	Eryri Harriers	3/4/6	13
2	Meirionnydd RC	2/5/9	16
3	Denbigh Harriers	1/7/11	19
4	Prestatyn RC	10/17/18	45

Senior/Master Men

Position	Number	Forename	Surname	Club	Time	Age	Cat Pos
1	14	Tom	Wood	Eryri Harriers	00:29:59	SM	1
2	12	Luke	Burgess	Bristol & West AC	00:30:17	SM	2
3	55	Daniel	Kashi	Meirionnydd RC	00:30:36	SM	3
4	8	Andrew	Moore	Bangor Univ	00:31:04	SM	4
5	6	Ed	Slaughter	Swansea Harriers	00:31:26	SM	5
6	11	Ed	Woodhead	Deeside AC	00:32:41	SM	6
7	5	Miguel	Jenkins	Menai T&F	00:32:54	U20M	1
8	7	Sam	Gunning	Cybi Striders	00:33:10	SM	7
9	32	Stephen	Skates	Prestatyn RC	00:33:22	M45	1
10	2	Cai	Dafydd	Meirionnydd RC	00:33:33	U20M	2
11	16	Josh	Keogh	Eryri Harriers	00:33:37	SM	8
12	27	Steffan	Sayer	Menai T&F	00:34:22	M40	1
13	30	Alun	Williams	Meirionnydd RC	00:35:10	M45	2
14	22	Ally	Hughes	Wrexham AC	00:35:18	M40	2

15	19	Tony	Wood	Denbigh Harriers	00:35:23	M35	1
16	51	Andreas	Adams	Hebog	00:35:26	SM	9
17	57	Harri	Jackson	Meirionnydd RC	00:35:30	SM	10
18	10	James	Smith	Meirionnydd RC	00:35:39	SM	11
19	24	Ian	Edwards	Eryri Harriers	00:35:44	M40	3
20	31	William	Dunn	Meirionnydd RC	00:35:46	M45	3
21	53	Rhodri	William	Cybi Striders	00:35:53	SM	12
22	28	Edward	Land	Aberystwyth AC	00:35:58	M45	4
23	38	Andrew	Edge	Thames Hare & Hounds	00:36:11	M55	1
24	21	Mike	Holryod	Cybi Striders	00:36:21	M35	2
25	25	Andrew	Thomas	Denbigh Harriers	00:36:29	M40	4
26	20	Aled	Hughes	GOG Tri	00:36:42	M35	3
27	50	Darren	Owen	Eryri Harriers	00:37:11	M45	5
28	966	Iolo	Owen	Eryri Harriers	00:37:24	M45	6
29	56	Harry	Driscoll	Meirionnydd RC	00:37:35	SM	13
30	17	Jared	Roberts	Colwyn Bay AC	00:37:58	M35	4
31	3	Tomos	Morgan	Menai T&F	00:38:01	U20M	2
32	23	Daniel	Williams	Prestatyn RC	00:38:05	M40	5
33	13	Jonah	Armstrong	Prestatyn RC	00:38:18	SM	14
34	59	Gareth	Jones	Prestatyn RC	00:38:24	M40	6
35	42	Anthony	Davies	Eryri Harriers	00:40:35	M55	2
36	37	Tim	Woodhead	Deeside AC	00:41:03	M55	3
37	34	Andrew	Goater	Betsi Runaways	00:41:55	M50	1
38	47	Geran	Hughes	GOG Tri	00:42:05	M55	4
39	60	Alastair	Potter	Run Free Fell	00:42:56	M55	5
40	46	Russell	Godwin	Colwyn Bay AC	00:43:15	M55	6
41	36	Robert	Price	Cybi Striders	00:43:21	M50	2
42	41	Nick	Houghton	Cybi Striders	00:43:25	M55	7
43	49	Marc	Jones	Prestatyn RC	00:43:45	M60	1
44	9	Callum	McGrath	Wrexham AC	00:43:51	SM	15
45	35	Paul	Merrick	Meirionnydd RC	00:46:16	M50	3
46	54	Derek	McPhail	Meirionnydd RC	00:46:16	M55	8
47	58	Mike	Robbins	Wrexham AC	00:46:29	M60	2
48	44	Ian	Mulligan	Colwyn Bay AC	00:47:47	M55	9
49	40	Graham	Burke	Deestridders RC	00:47:54	M55	10

Senior Men's Teams (6 to score)

Position	Club	POSITIONS	TOTAL POINTS
1	Meirionnydd RC	3/10/13/17/18/20	81
2	Eryri Harriers	1/11/19/27/28/35	121

Masters Men's Teams (4 to score)

Position	Club	POSITIONS	TOTAL POINTS
1	Eryri Harriers	6/13/14	33
2	Prestatyn RC	1/16/17	34
3	Meirionnydd RC	3/7/27	37
4	Cybi Striders	10/24/25	59
5	Colwyn Bay AC	15/23/30	68

A big thank you to Eryri Harriers for hosting the North Wales Championships for the second year running. Bangor is always testing and this year was no different. Thank you to all the volunteers, not just on the course but behind the scenes and especially to Helen Blair for coordinating everything. Unfortunately due to be stuck in one foot of snow we did not have the chip timing services of Dave Peters and had to revert to old school timing and recording. A late Friday night sorting out numbers from my loft ensured we were able to go ahead! I would therefore like to thank all the officials who enabled me to do some coordinating and sort out individual medals. THANK YOU ALL. Without them there would be no Championships.

ALL TEAM MEDALS AND AGE GROUP MEDALS WILL BE PRESENTED AT OSWESTRY

Teams for the CAU Inter Counties at Woollaton Park, Nottingham on 7th March 2026 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 ATHLETES LET ME, OR THE TEAM MANAGERS, KNOW IF THEY ARE AVAILABLE AND INTERESTED IN RUNNING AT NOTTINGHAM.

PLEASE REMEMBER TO BRING YOUR NORTH WALES CROSS COUNTRY LEAGUE NUMBER not North Wales Cross Country Championship 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