

CILCAIN MOUNTAIN RACE - W/A - NORTH WALES MOUNTAIN RUNNING CHAMPIONSHIPS			
Monday 31st August 2026 - (7.4km/385m)			
POS	TIME	NAME	CLUB
WOMEN UNDER 23			
1	38.50	Josephine Hurst	Deeside AAC
2	39.12	Efa Baines	Eryri Harriers
3			
MEN UNDER 23			
1	31.34	Sam Gunning	Cybi Striders (OVERALL CHAMPION)
2	31.44	Ed Woodhead	Deeside AAC
3	31.58	Jacob Welsh	Deeside AAC
SENIOR WOMEN			
1	36.59	Eden O'Dea	Deeside AAC (OVERALL CHAMPION)
2	39.04	Martha Owen	Deeside AAC
3	43.10	Mared Llewelyn	Rhedwyr Hebog
SENIOR MEN			
1	32.37	Rhys Jones	Rhedwyr Hebog
2	36.42	David Brilley	Buckley RC
3	37.18	Gerald Coleman	Buckley RC
MASTERS WOMEN OVER 40			
1	40.36	Ruth Calcraft	Run Free Fell Runners
2	47.07	Christine Cammillare	Deestriders RC
3	57.11	Rachel Jackson	Prestatyn RC
MASTERS MEN OVER 40			
1	32.28	Gavin Roberts	Calder Valley FR
2	48.39	Gareth Jones	Prestatyn RC
3			
MASTERS WOMEN OVER 45			
1	39.26	Joanne Henderson	Denbigh Harriers
2	40.12	Miranda Grant-Roberts	Eryri Harriers
3	53.04	Alex Fletcher	Eryri Harriers
MASTERS MEN OVER 45			
1	40.27	Paul Lewtey	Deestriders RC
2	55.32	Craig Hunter	Buckley RC
3	56.32	Richard Lester	Meirionnydd RC
MASTERS WOMEN OVER 50			
1	42.39	Andrea Rowlands	Eryri Harriers
2	48.57	Melina Morris	Denbigh Harriers
3	58.14	Debbie Parry	Deestriders RC
MASTERS MEN OVER 50			
1	39.01	Jez Brown	Buckley RC
2	46.03	Andy Jones	Gog Triathlon Club
3			
MASTERS WOMEN OVER 55			
1	1.00.26	Maria Rushton	Deestriders RC
2	1.03.34	Sian Meirion	Buckley RC
3			
POS	TIME	NAME	CLUB
MASTERS MEN OVER 55			
1	54.36	Steven Brown	Denbigh Harriers
2	58.32	Paul Donoghue	Buckley RC
3			
MASTERS WOMEN OVER 60			
1	1.08.03	Cathy Wood	Prestatyn RC
POS	TIME	NAME	CLUB
MASTERS MEN OVER 60			
1			
2			
3			
MASTERS WOMEN OVER 65			
1	1.01.11	Menai Baugh	Denbigh Harriers
2			
3			
MASTERS MEN OVER 65			
1	48.11	Arwel Lewis	Eryri Harriers
2	50.03	Peter Lester-Owen	Denbigh Harriers
3	51.37	Paul Aird	Deestriders RC
MASTERS WOMEN OVER 70			
1			
2			
3			
MASTERS MEN OVER 70/80			
1	1.08.22	John Morris	Buckley RC
2			
3			
MASTERS WOMEN OVER 75			
1			
2			
3			
MASTERS MEN OVER 75			
1			
2			
3			