

WELSH INTER-REGIONAL MOUNTAIN RUNNING CHAMPIONSHIPS
CILCAIN MOUNTAIN RACE 7.4km/380m. 31/08/2026
WOMEN

RACE/NO	GOLD - NORTH WALES	OVERALL/POS	IR-POS
103	Eva Baines (Eryri Harriers) – U23	35	4
192	Joanne Henderson (Denbigh Harriers)	36	5
55	Eden O'Dea (Deeside AAC)	18	1
26	Martha Owen (Deeside AAC)	34	3
154	Miranda Grant Roberts (Eryri Harriers)	42	6
		TOTAL	8
RACE/NO	SILVER - EAST WALES	OVERALL	IR-POS
107	Katrina Entwistle (Mynydd Du)	27	2
36	Kani Hinselwood (Parc Bryn Bach)	59	8
37	Katie Ironside (MDC)	69	9
38	Rhian Probert (Mynydd Du)	55	7
		TOTAL	17
RACE/NO	INCOMPLETE TEAM - SOUTH WALES	OVERALL	IR-POS
35	Bryony Latter (MDC)	84	10

MEN

RACE/NO	GOLD - NORTH WALES	OVERALL	IR-POS
207	Sam Gunning (Cybi Striders) – U23	1	1
117	Sion Rhys Jones (Hebog)	4	4
173	Gavin Roberts (Calder Valley)	3	3
80	Ed Woodhead (Deeside AAC)	2	2
		TOTAL	8
RACE/NO	SILVER - SOUTH WALES	OVERALL	IR-POS
106	Thomas Black (MDC)	20	10
214	Rhys Goodrick (Vegan Runners UK)	5	5
58	Jake Keast (CDF Runners)	12	8
		TOTAL	23
RACE/NO	BRONZE - EAST WALES	OVERALL	IR-POS
50	Steve Hepton (Mynydd Du)	53	15
40	Wyndham Turner (Mynydd Du)	16	9
41	Tom Turner (Mynydd Du)	47	13
51	Brett Mahoney (Mynydd Du)	33	12
39	U23 - Will Chalk (Mynydd Du/Newport Harrie	6	6
		TOTAL	27
RACE/NO	4th - WEST WALES	OVERALL	IR-POS
64	Iestyn Evans (Swansea Bay Orienteering Clu	10	7
3	Iain Hendry (Neath Harriers)	87	16
53	Dan Hooper (Sarn Helen)	24	11
6	Wes Sheldon (Mynydd Du)	51	14
		TOTAL	32