**NORTH WALES CROSS COUNTRY CHAMPIONSHIPS**

**(supported by Grand Prix Express)**

**ORGANISED BY PRESTATYN ATHLETIC CLUB**

**At Rhug Estate, Corwen Saturday 30th January 2016**

**SENIOR MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Club** | **Age Group** | **Time** |
| 1 | Iolo Hughes | Menai | SM | 34.08 |
| 2 | Rob Samuel | Eryri | SM | 34.28 |
| 3 | David Kashi | Sale | SM | 36.17 |
| 4 | Tomos Roberts | Meirionydd | SM | 37.28 |
| 5 | Lee Jones | Deeside | M45 | 38.12 |
| 6 | Jez Brown | Buckley | M40 | 38.30 |
| 7 | Dean Longley | Prestatyn | SM | 38.39 |
| 8 | Simon Roberts | Buckley | M45 | 40.35 |
| 9 | Gary Blackwell | Deeside | M45 | 41.31 |
| 10 | Eric Campbell | Buckley | M50 | 41.42 |
| 11 | Russell Godwin | Colwyn Bay | M45 | 41.52 |
| 12 | Irfon Roberts | Cybi | M45 | 42.13 |
| 13 | Russell Owen | Eryri | M55 | 42.22 |
| 14 | Martin Copus | Maldwyn | MSM | 42.30 |
| 15 | Michael Robbins | Wrexham | M50 | 42.43 |
| 16 | John Davies | Wrexham | SM | 42.54 |
| 17 | Paul Stinton | Buckley | M40 | 42.56 |
| 18 | Ben Beachell | Eryri | M45 | 43.20 |
| 19 | George Nicholls | Prestatyn | M45 | 43.43 |
| 20 | Jared Roberts | Colwyn Bay | SM | 43.54 |
| 21 | Stephen Stocker | Prestatyn | M40 | 44.38 |
| 22 | Hadyn Jones | Shrewsbury | M50 | 45.07 |
| 23 | Anthony Woodhall | W Cheshire | M40 | 45.13 |
| 24 | Arwel Lewis | Eryri | M55 | 45.25 |
| 25 | Ian Mulligan | Colwyn Bay | M45 | 45.56 |
| 26 | Neal Jones | Colwyn Bay | SM | 46.07 |
| 27 | Clive Edgington | Meirionnydd | M55 | 46.20 |
| 28 | James Salt | Abergele | M35 | 46.25 |
| 29 | Kartl Williams | Buckley | M40 | 47.08 |
| 30 | Gareth Bailey | Prestatyn | SM | 47.19 |
| 31 | Matthew Smith | Prestatyn | SM | 47.21 |
| 32 | Allen Smith | Buckley | M55 | 47.38 |
| 33 | David Davies | Denbigh | M35 | 48.14 |
| 34 | Ian Taylor | Colwyn Bay | M45 | 48.59 |
| 35 | Tony Benton | Denbigh | M50 | 49.11 |
| 36 | John Jones | Abergele | M55 | 49.41 |
| 37 | Gareth Houghton | Buckley | M40 | 50.09 |
| 38 | Ian Hogg | Buckley | M45 | 51.09 |

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| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Club** | **Age Group** | **Time** |
| 39 | Arwel Jones | Prestatyn | M55 | 53.09 |
| 40 | Charles Ashley | Wrexham | M55 | 54.09 |
| 41 | Dave Wootton | Buckley | M50 | 55.09 |
| 42 | Wyn Roberts | Prestatyn | M40 | 56.09 |
| 43 | Jon Whitehead | Denbigh | M40 | 57.09 |

**SENIOR MENs TEAM:**

1. Buckley 102 pts
2. Prestatyn 147 pts

**MALE MASTERS TEAMS:**

1. Buckley 15 pts
2. Eryri 35 pts
3. Colwyn Bay 46 pts
4. Denbigh 78 pts

**OVER 60 MALE MASTERS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Club** | **Age Group** | **Time** |
| 1 | Stephen Roberts | Oswestry | M60 | 34.16 |
| 2 | George Nixon | Prestatyn | M60 | 35.32 |
| 3 | Martin Cortvriend | Denbigh | M60 | 35.44 |
| 4 | Martin Green | Maldwyn | M60 | 36.11 |
| 5 | Chris Baldwin | Denbigh | M60 | 38.28 |
| 6 | Fred Jones | Denbigh | M60 | 39.19 |
| 7 | Steve Jones | Eryri | M60 | 39.33 |
| 8 | Nigel Williams | Wrexham | M65 | 39.49 |
| 9 | Iorweth Jones | Wrecsam Tri | M65 | 40.20 |
| 10 | Stephen Hatfield | Prestatyn | M65 | 41.41 |
| 11 | Chris Copus | Maldwyn | M60 | 41.48 |
| 12 | Mike Davis | Prestatyn | M65 | 42.36 |
| 13 | Bob Neale | Denbigh | M60 | 42.44 |
| 14 | Kenny Hughes | Wrecsam Tri | M65 | 42.51 |
| 15 | Dafydd Owen | Prestatyn | M65 | 47.50 |
| 16 | Rob Mackey | Buckley | M60 | 52.09 |

**TEAMS:**

1. Denbigh 14 pts
2. Prestatyn 24 pts

**OVER 70 MALE MASTERS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Club** | **Age Group** | **Time** |
| 1 | Don Williams | Eryri | M70 | 27.47 |
| 2 | Arthur Egan | Wrexham | M70 | 29.01 |
| 3 | Roger H Jones | Prestatyn | M75 | 30.50 |
| 4 | Dave Hughes | Prestatyn | M75 | 32.04 |
| 5 | John Hickman | Prestatyn | M75 | 32.12 |
| 6 | Robin Frost | Wrexham | M70 | 32.17 |
| 7 | John Tipping | Wrexham | M75 | 44.11 |
| 8 | Peter Norman | Wrexham  | M75 | 51.10 |

**TEAMS:**

1. Prestatyn 12 pts
2. Wrexham 15 pts

**UNDER 20 MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Club** | **Age Group** | **Time** |
| 1 | Ben Harrison | Prestatyn | U20 | 37.42 |

**UNDER 17 MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Club** | **Age Group** | **Time** |
| 1 | Joseph Crutchley | Maldwyn | U17 | 18.23 |
| 2 | Oliver Barberesi | Menai | U17 | 18.29 |
| 3 | Christian Smith | Wrexham | U17 | 19.03 |
| 4 | Cai Linton-Davies | Menai | U17 | 19.06 |
| 5 | Matthew Pleavin | Wrexham | U17 | 20.49 |
| 6 | Ryan Cain | Menai | U17 | 21.12 |
| 7 | Samuel Holt | Colwyn Bay | U17 | 22.03 |

**TEAMS:**

1. Menai 12 pts

**UNDER 15 BOYS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Club** | **Age Group** | **Time** |
| 1 | Ethan Ackroyd | Deeside | U15 | 13.09 |
| 2 | Tomos Land | Menai | U15 | 13.27 |
| 3 | Dillon Gill | Maldwyn | U15 | 13.35 |
| 4 | Ifan Oldfield | Wrexham | U15 | 14.02 |
| 5 | Gethin Davies | Eryri | U15 | 15.04 |
| 6 | Gruffydd Edwards | Dyfryn Conwy | U15 | 15.34 |

**UNDER 13 BOYS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Club** | **Age Group** | **Time** |
| 1 | Osian Perrin | Menai | U13 | 11.10 |
| 2 | Mike Spill | Eryri | U13 | 11.13 |
| 3 | James Jones | Deeside | U13 | 11.29 |
| 4 | Eden Potter | Menai | U13 | 11.43 |
| 5 | Cai La Trobe Roberts | Menai | U13 | 11.52 |
| 6 | Daniel Stones | Maldwyn | U13 | 12.29 |
| 7 | Huw Wynne Jones | Deeside | U13 | 12.33 |
| 8 | Jamie Swan | Deeside | U13 | 12.50 |

**TEAMS:**

1. Menai 10 pts
2. Deeside 18 pts

**UNDER 11 BOYS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Club** | **Age Group** | **Time** |
| 1 | Ioan Oldfield | Ysgol Bryn Coch | 11b | 8.31 |
| 2 | Guy Soley | Menai | 11b | 8.35 |
| 3 | Harri Morgan | Menai | 11b | 8.39 |
| 4 | Tom Norwood | Ysgol Bryn Coch | 11b | 8.46 |
| 5 | Joseff Morgan | Menai | 11b | 9.07 |
| 6 | Callum Morgan | Maldwyn | 11b | 9.08 |
| 7 | Aled Breeze | Maldwyn | 11b | 9.26 |
| 8 | Kieran Bushell | Deeside | 11b | 9.31 |
| 9 | Ewan Millington | Ysgol Bryn Coch | 11b | 9.41 |
| 10 | Kyle Gallimore | Ysgol Bryn Coch | 11b | 9.43 |
| 11 | Thomas Molloy | Deeside | 11b | 10.01 |
| 12 | Tudur Harper Lloyd | Menai | 11b | 10.05 |
| 13 | Joshua Hodgkinson | Ysgol Bryn Coch | 11b | 10.13 |
| 14 | Ruben Van Dijk  | Ysgol Bryn Coch | 11b | 10.14 |
| 15 | Joshua Grubb | Sandycroft CP | 11b | 10.15 |
| 16 | Alex Owen | Ysgol Bryn Coch | 11b | 10.22 |
| 17 | Will Owen | Maldwyn | 11b | 10.31 |
| 18 | Felix Van Dijk | Ysgol Bryn Coch | 11b | 10.43 |
| 19 | Cian Woodford | Menai | 11b | 10.51 |
| 20 | Lincoln Roberts | Sandycroft CP | 11b | 11.06 |
| 21 | Lloyd Robinson | Ysgol Bryn Coch | 11b | 11.18 |
| 22 | William Flint | Ysgol Bryn Coch | 11b | 11.41 |
| 23 | Caleb Hardie | Ysgol Bryn Coch | 11b | 11.43 |
| 24 | Logan Denton | Ysgol Bryn Coch | 11b | 11.51 |
| 25 | Tommi Bellis | Sandycroft CP | 11b | 11.59 |
| 26 | Rylan Gallimore | Ysgol Bryn Coch | 11b | 12.07 |
| 27 | Thomas Morrison | Sandycroft CP | 11b | 12.14 |
| **Position** | **Name** | **Club** | **Age Group** | **Time** |
| 28 | Josh Wilbraham | Sandycroft CP | 11b | 13.20 |
| 29 | Jack Atkins | Ysgol Bryn Coch | 11b | 13.54 |
| 30 | Rhys Williams | Sandycroft CP | 11b | 14.35 |
| 31 | Jack Henderson | Sandycroft CP | 11b | 14.43 |

**TEAMS:**

1. Menai 10 pts
2. Ysgol Bryn Coch 14 pts
3. Maldwyn 30 pts
4. Ysgol Bryn Coch B 37 pts
5. Ysgol Bryn Coch C 55 pts
6. Sandycroft 60 pts
7. Menai B 63 pts
8. Ysgol Bryn Coch D 69 pts
9. Sandycroft B 85 pts
10. Ysgol Bryn Coch E 89 pts

**SENIOR WOMEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Club** | **Age Group** | **Time** |
| 1 | Cari Hughes | Menai | U20W | 19.52 |
| 2 | Rhian Pierce | Denbigh | SW | 23.03 |
| 3 | Amie Bagnall | Salford | U23W | 23.50 |
| 4 | Anest Muller | W Cheshire | SW | 24.10 |
| 5 | Tammy Lewis-Jones | Eryri | W45 | 24.23 |
| 6 | Ceri Cook | Buckley | W45 | 24.57 |
| 7 | Helen Blair | Eryri | W45 | 25.11 |
| 8 | Tracey Williams | Denbigh  | W50 | 25.23 |
| 9 | Coral McShane | Prestatyn | U20W | 25.34 |
| 10 | Victoria Whitehead | Denbigh  | W40 | 25.37 |
| 11 | Suzanne Heppenstall | Buckley | W35 | 25.46 |
| 12 | Helen Ashworth | Prestatyn | SW | 26.50 |
| 13 | Hazel Berrett | Buckley | W50 | 26.55 |
| 14 | Katy Baugh | Denbigh  | SW | 27.05 |
| 15 | Abbie Cheetham | Prestatyn | U20W | 27.40 |
| 16 | Chris Birch | Abergele | W65 | 27.43 |
| 17 | Hannah Davies | Denbigh  | SW | 28.24 |
| 18 | Ellie Salisbury | Eryri | W50 | 28.26 |
| 19 | Elen Baugh | Denbigh  | SW | 28.47 |
| 20 | Alison Whitelaw | Wrexham | W55 | 28.50 |
| 21 | Jane Lindley | Buckley | W50 | 28.53 |
| 22 | Yvonne Hill | Oswestry | W50 | 28.56 |
| 23 | Sue Rodgers | Prestatyn | W55 | 29.19 |
| 24 | Ami Reid | Prestatyn | U23W | 30.01 |
| 25 | Helen Owen | Maldwyn | W45 | 30.07 |
| **Position** | **Name** | **Club** | **Age Group** | **Time** |
| 26 | Ally Reid | Prestatyn | W40 | 30.14 |
| 27 | Margaret Docking | Wrexham  | W65 | 30.21 |
| 28 | Allison Donnelly | Eryri | W45 | 30.39 |
| 29 | Menai Baugh | Denbigh  | W55 | 31.08 |
| 30 | Dawn Malshall | Denbigh  | W40 | 34.14 |
| 31 | Sioned Mair Jones | Meirionydd | W35 | 34.31 |
| 32 | Clare Manley | Prestatyn | W45 | 35.04 |
| 33 | Brenda Jones | Bro Dysynni | W70 | 35.58 |

**SENIOR WOMEN’S TEAM:**

1. Denbigh 34 pts
2. Buckley 51 pts
3. Prestatyn 59 pts

**FEMALE MASTERS TEAMS:**

1. Eryri 13 pts
2. Buckley 15 pts
3. Denbigh 27 pts
4. Prestatyn 49 pts

**UNDER 20 WOMEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Club** | **Age Group** | **Time** |
| 1 | Coral McShane | Prestatyn | U20W | 25.34 |
| 2 | Abbie Cheetham | Prestatyn | U20W | 27.40 |

**UNDER 17 WOMEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Club** | **Age Group** | **Time** |
| 1 | Eabha Roberts | Menai | U17W | 14.51 |
| 2 | Rhiannon Kamink | Colwyn Bay | U17W | 15.14 |
| 3 | Martha Owen | Deeside | U17W | 15.34 |

**UNDER 15 GIRLS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Club** | **Age Group** | **Time** |
| 1 | Mia Roberts | Deeside | 15g | 12.01 |
| 2 | Sophie Paxton | Wrexham | 15g | 12.53 |
| 3 | Bethan Davies | Colwyn Bay | 15g | 13.22 |
| 4 | Yasmine Baker | Wrexham | 15g | 13.27 |
| 5 | Swyn Edwards | Menai | 15g | 13.56 |
| 6 | Shannon Walker | Maldwyn | 15g | 14.30 |
| 7 | Fflur Davies | Menai | 15g | 14.39 |
| 8 | Ceri Wynne Jones | Deeside | 15g | 14.41 |
| 9 | Jody Cain | Menai | 15g | 14.51 |
| 10 | Catrin Donnelly | Menai | 15g | 15.02 |

**TEAM:**

1. Menai 21 pts

**UNDER 13 GIRLS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Club** | **Age Group** | **Time** |
| 1 | Samia A Jones | Menai | 13g | 8.12 |
| 2 | Rheagan Edwards | Deeside | 13g | 8.34 |
| 3 | Eve Scott | Colwyn Bay | 13g | 8.36 |
| 4 | Ellie Small | Deeside | 13g | 8.49 |
| 5 | Imogen Owen | Deeside | 13g | 8.50 |
| 6 | Hannah Smith | Deeside | 13g | 8.51 |
| 7 | Alys Dion Rees Jones  | Menai | 13g | 9.10 |
| 8 | Ffion Madi Rees Jones  | Menai | 13g | 9.34 |
| 9 | Sally Murton Davies | Maldwyn | 13g | 9.52 |
| 10 | Olivia Robson | Maldwyn | 13g | 10.09 |
| 11 | Carys Breeze | Maldwyn | 13g | 10.57 |
| 12 | Morgan Roberts | Maldwyn | 13g | 11.29 |

**TEAMS:**

1. Deeside 11 pts
2. Menai 16 pts
3. Maldwyn 30 pts

**UNDER 11 GIRLS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Club** | **Age Group** | **Time** |
| 1 | Neisha Roberts | Deeside | U11G | 5.25 |
| 2 | Maddison Griffiths | Maldwyn | U11G | 5.49 |
| 3 | Grace Williams | Ysgol Bryn Coch | U11G | 6.09 |
| 4 | Macie Crowe | Deeside | U11G | 6.10 |
| 5 | Eden Edwards | Deeside | U11G | 6.25 |
| 6 | Non Elen Redvers Jones  | Menai | U11G | 6.25 |
| 7 | Iona Sloan-Lewis | Ysgol Bryn Coch | U11G | 6.27 |
| 8 | Maisie Lester | Colwyn Bay | U11G | 6.39 |
| 9 | Caitlyn Bloor | Maldwyn | U11G | 6.39 |
| 10 | Sally Walling | Naphill & W A School | U11G | 6.43 |
| 11 | Kyla Cain | Menai | U11G | 6.46 |
| 12 | Emily Brookes | Ysgol Bryn Coch | U11G | 7.02 |
| 13 | Emily Jones | Ysgol Bryn Coch | U11G | 7.06 |
| 14 | Elizabeth Wiggins | Sandycroft | U11G | 7.07 |
| 15 | Abi Cross | Ysgol Bryn Coch | U11G | 7.08 |
| 16 | Georgina Molloy | Deeside | U11G | 7.09 |
| 17 | Melys Thomas | Ysgol Bryn Coch | U11G | 7.15 |
| 18 | Faye Jones | Ysgol Bryn Coch | U11G | 7.17 |
| 19 | Katy Rushforth | Ysgol Bryn Coch | U11G | 7.19 |
| **Position** | **Name** | **Club** | **Age Group** | **Time** |
| 20 | Lauren Boon | Ysgol Bryn Coch | U11G | 7.24 |
| 21 | Emily Jones | Sandycroft | U11G | 7.24 |
| 22 | Piper Lloyd | Maldwyn | U11G | 7.39 |
| 23 | Lucy Edgeley | Sandycroft | U11G | 7.54 |
| 24 | Eva Jones | Ysgol Bryn Coch | U11G | 8.09 |
| 25 | Elise Qiunn | Sandycroft | U11G | 8.28 |
| 26 | Demi-Lea Brady | Ysgol Bryn Coch | U11G | 8.57 |
| 27 | Abbie Latham | Sandycroft | U11G | 8.59 |
| 28 | Ruby Rice-Jones | Ysgol Bryn Coch | U11G | 9.10 |
| 29 | Millie Hedges | Sandycroft | U11G | 9.25 |

**TEAMS:**

1. Deeside 10pts
2. Bryn Coch A 22 pts
3. Maldwyn 33 pts
4. Bryn Coch B 45 pts
5. Bryn Coch C 57 pts
6. Sandycroft A 58 pts
7. Bryn Coch D 78 pts
8. Sandycroft B 81 pts

**SPECIAL OLYMPICS**

|  |  |  |
| --- | --- | --- |
| **Position** | **Name** | **Time** |
| 1 | David Bellis | 6.29 |
| 2 | Jason Coles | 8.44 |
| 3 | Peter Loftus | 11.31 |
| 4 | Neil Morris | 12.47 |
| 5 | Alex Hall | 12.47 |
| 6 | Abu | 12.51 |
| 7 | Michael Davies | 14.08 |
| 8 | Rudi Zaman | 14.12 |
| 9 | Damon Hughes | 14.15 |
| 10 | Gareth Hopwood | 18.32 |

Well done to all of you who took part. There were some terrific races, none more so than the Under 17 Men and we look to have a very strong team going to the CAU Inter Counties Team on Saturday 12th March 2016. However, star performance of the day has to go to Cari Hughes, Menai, who at only 16 years old became the youngest ever winner of the Senior Women’s title. Her brother Iolo retained the Senior Men’s title despite only being 19 years old himself. Both athletes are coached by Andy Walling who was back in North Wales to see his protégés run!

Besides Cari’s emphatic win by over3 minutes, the next biggest winning margin was gained by Dave Bellis who stormed to a great run in the Special Olympics race. As usual Ray Jarvis ensured a great turn out from his Special Olympians and it was great to have them competing in the North Wales Championships.

We thank the Rhug Estate and their Chief Executive Mike Hall for not only allowing us to use their facilities but putting their full support behind it. We are also extremely grateful for Gareth Hughes, and Dave Henly and all of their helpers and Marshalls who did a superb job out on the course in what were not ideal conditions. Prestatyn not only provided all of the marshalls but had the biggest turn out of any club on the day and were well rewarded with a load of individual and team medals. We would also like to thank our Officials, timekeepers, recorders and all those at registration and presenting prizes. A particular thanks to Bob Frost who took over the coordination of the event as a result of David Alun Williams recent illness.

A big thank you to the First Aid (I’m not aware of any serious injury on the day) as its always comforting for them to be there. As usual a thank you to Charisma Trophies for continuing to provide us with top class trophies and medals as well as giving us an extremely generous discount – thank you.

And finally, our sincere thanks to the 209 athletes who took part in the NWCC 2016 Championships and the 10 who took part in the Special Olympic race. We hope you enjoyed the experience and look forward to seeing you all again at the 2017 event.

**Diolch yn fawr Thank you**