**NORTH WALES CROSS COUNTRY CHAMPIONSHIPS**

**(supported by Grand Prix Express)**

**ORGANISED BY PRESTATYN ATHLETIC CLUB**

**At Rhug Estate, Corwen Saturday 28th January 2017**

**FINAL RESULTS 30/1/2017**

**SENIOR MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Club** | **Age Group** | **Time** |
| 1 | Iolo Hughes | Sale | SM | 32-02 |
| 2 | Russell Bentley | Kent | M35 | 32-33 |
| 3 | Ricky Challinor | Liverpool Harriers | SM | 32-52 |
| 4 | Steve Skates | Prestatyn | SM | 33-11 |
| 5 | Dan Kashi | Sale | SM | 33-57 |
| 6 | Tomczak Przenyslaw | Buckley | SM | 34-44 |
| 7 | Ryan Roberts | Cybi | SM | 34-50 |
| 8 | Elliott Cox | Buckley | SM | 35-42 |
| 9 | Clive Morgan | Maldwyn | M35 | 36-56 |
| 10 | Steffan Sayer | Menai | SM | 37-19 |
| 11 | Andrew Bromley | Prestatyn | SM | 38-03 |
| 12 | Iwan Jones | Coventry Godiva | M40 | 38-10 |
| 13 | Eric Campbell | Buckley | M50 | 38-16 |
| 14 | Simon Roberts | Buckley | M45 | 38-34 |
| 15 | Shaun Hughes | Denbigh  | SM | 38-43 |
| 16 | Rory O’Donnell | Eryri Harriers | M35 | 39-13 |
| 17 | Chris Callaghan | Buckley | M35 | 39-21 |
| 18 | Ryan Morrison | Buckley | M35 | 39-28 |
| 19 | Joseph Welch | Denbigh | M35 | 39-53 |
| 20 | Russell Owen | Eryri Harriers | M55 | 39-56 |
| 21 | Mike Robbins | Wrexham | M50 | 39-57 |
| 22 | George Nicholls | Prestatyn  | M45 | 39-59 |
| 23 | Hugh O’Donnell | Eryri Harriers | M35 | 40-20 |
| 24 | Emlyn Owen | Eryri Harriers | M40 | 40-50 |
| 25 | Glen Price | Denbigh | M40 | 40-54 |
| 26 | Richard Jones | Shrewsbury | M50 | 40-54 |
| 27 | Arwel Lewis | Eryri Harriers | M55 | 40-58 |
| 28 | Russell Godwin | Colwyn Bay | M45 | 41-09 |
| 29 | Daniel Jones | Denbigh | SM | 41-15 |
| 30 | Tony Wood | Denbigh | SM | 41-27 |
| 31 | Ben Beachell | Eryri Harriers | M45 | 41-29 |
| 32 | Martin Copus | Maldwyn | SM | 41-47 |
| 33 | David Baugh | Denbigh  | M55 | 41-57 |
| 34 | James Salt | Abergele | M35 | 42-26 |
| 35 | Gareth Challinor | Wrexham AC | M35 | 42-28 |
| 36 | Pete Gray | Buckley | SM | 42-35 |
| 37 | Jared Roberts | Colwyn Bay | SM | 42-53 |
| 38 | James Williamson | Prestatyn | SM | 42-58 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Club** | **Age Group** | **Time** |
| 39 | Hadyn Jones | Shrewsbury | M50 | 43-19 |
| 40 | Tom Jones | Denbigh | SM | 44-13 |
| 41 | Gareth Houghton | Buckley | M40 | 44-38 |
| 42 | Matthew Smith | Prestatyn | SM | 45-37 |
| 43 | Dave Boothroyd | Buckley?? | M50 | 46-23 |
| 44 | Des Davies | Prestatyn | M55 | 47-06 |
| 45 | Peter Sussex | Wrexham AC | M50 | 47-11 |
| 46 | Kevin Challinor | Deeside AC | M55 | 47-18 |
| 47 | Gwyn Roberts | Wrexham AC | SM | 48-34 |
| 48 | Dave Wooton | Buckley | M50 | ?? |
| 49 | Paul Quinn | Buckley | M45 | ?? |
| 50 | Llyr Jones | Denbigh | M35 | ?? |
| 51 | Wyn Roberts | Prestatyn | M40 | 51-23 |
| 52 | Charles Ashley | Wrexham AC | M55 | 51-33 |
| 53 | Gray Williams | Prestatyn  | SM | 54-33 |

**SENIOR MEN’S TEAM (6 to score):**

1. Buckley 76 pts
2. Eryri 141 pts

3 Denbigh 151 pts

4 Prestatyn 165 pts

Note the difference from on the day results is that we have taken out the U20M and M60+ men from the results.

**MALE MASTERS M35-49 TEAMS (3 to score):**

1. Buckley 15 pts
2. Eryri 24 pts
3. Denbigh 37 pts

**MALE MASTERS M50-59 TEAMS (3 to score):**

1. Buckley 21 pts
2. Wrexham 24 pts

**60 - 69 MALE MASTERS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Club** | **Age Group** | **Time** |
| 1 | Clive Edginton | Meirionnydd | M60 | 32-48 |
| 2 | George Nixon | Prestatyn | M60 | 32-51 |
| 3 | Martin Cortvriend | Denbigh | M65 | 33-22 |
| 4 | Fred Jones | Denbigh | M60 | 35-43 |
| 5 | Eurwyn Edwards | Eryri Harriers | M60 | 36-39 |
| 6 | Chris Baldwin | Denbigh | M60 | 37-26 |
| 7 | Dave Roderick | Deeside AC | M65 | 38-37 |
| **Position** | **Name** | **Club** | **Age Group** | **Time** |
| 8 | Alan French | Wrexham AC | M60 | 39-22 |
| 9 | Mike Davis | Prestatyn | M65 | 39-38 |
| 10 | Chris Copus | Maldwyn | M60 | 40-57 |
| 11 | Rob Mackey | Buckley | M65 | 47-14 |

**OVER 60 MEN TEAMS (3 to score):**

1. Denbigh 13 pts

**OVER 70 MALE MASTERS (3 TO SCORE):**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Club** | **Age Group** | **Time** |
| 1 | Iorwerth Jones | Wrecsam Tri | M70 | 28-56 |
| 2 | Arthur Egan | Wrexham | M70 | 30-25 |
| 3 | Steve Hatfield | Prestatyn | M70 | 30-42 |
| 4 | Roger H Jones | Prestatyn | M75 | 31-41 |
| 5 | Dave Hughes | Prestatyn | M75 | 32-57 |
| 6 | Jack Thomas | Buckley | M75 | 33-04 |
| 7 | Peter Norman | Wrexham  | M75 | 42-26 |
| 8 | John Tipping | Wrexham | M75 | 44-39 |

**OVER 70 MEN TEAMS (3 to score):**

1. Prestatyn 12 pts
2. Wrexham AC 17 pts

**UNDER 20 MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Club** | **Age Group** | **Time** |
| 1 | Sam Johnson | Colwyn Bay | U20 | 28-44 |
| 2 | Morgan Jones | Prestatyn | U20 | 30-54 |
| 3 | Leon Bagnall | Prestatyn | U20 | 31-12 |
| 4 | Ben Harrison | Prestatyn | U20 | 35-22 |

**UNDER 20 MEN TEAMS:**

1. Prestatyn 9 pts

**UNDER 17 MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Club** | **Age Group** | **Time** |
| 1 | Oliver Barberesi | Menai | U17 | 17-26 |
| 2 | Ethan Ackroyd | Deeside | U17 | 18-24 |
| 3 | Ifan Oldfield | Wrexham | U17 | 20-07 |

**No complete U17 Men teams**

**UNDER 15 BOYS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Club** | **Age Group** | **Time** |
| 1 | Mike Spill | Menai T & F | U15 | 11-21 |
| 2 | James Jones | Deeside AC | U15 | 12-11 |
| 3 | Eden Potter | Menai T & F | U15 | 12-15 |
| 4 | Daniel Patrick Stones | Menai T & F | U15 | 12-21 |
| 5 | Dillan Gill | Maldwyn | U15 | 12-25 |
| 6 | Gethin Sion Davies | Menai T & F | U15 | 12-40 |
| 7 | Ben John Daniels | Bro Dysynni AC | U15 | 13-02 |
| 8 | Callum O’Donnell | Menai T & F | U15 | 13-23 |
| 9 | Evan Coney | Deeside AC | U15 | 13-24 |

**UNDER 15 BOYS TEAMS (3 t score):**

1. Menai 8 pts

**UNDER 13 BOYS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Club** | **Age Group** | **Time** |
| 1 | Matthew Anthony | Deeside AC | U13 | 10-56 |
| 2 | Huw Jones | Deeside AC | U13 | 11-07 |
| 3 | Tyler Cartlidge | Deeside AC | U13 | 11-18 |
| 4 | Harvey Gill | Maldwyn Harriers | U13 | 12-21 |
| 5 | Theo Hughes | Deeside AC | U13 | 12-29 |
| 6 | Guy Soley | Menai T & F | U13 | 12-40 |
| 7 | Lermite Louis  | Wrexham AC | U13 | 12-43 |

**UNDER 13 BOYS TEAMS (3 to score):**

1. Deeside 6 pts

**UNDER 11 BOYS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Club** | **Age Group** | **Time** |
| 1 | Callum Morgan | Maldwyn  | 11B | 7-42 |
| 2 | Dylan Robb | Menai T & F | 11B | 7-44 |
| 3 | Harri Morgan | Menai T & F | 11B | 7-46 |
| 4 | Tudor Harper-Lloyd | Menai T & F | 11B | 7-55 |
| 5 | Alex Breeze | Maldwyn  | 11B | 7-55 |
| 6 | Fin Thomson | Wrexham AC | 11B | 7-57 |
| 7 | Tom Carson | Deeside AC | 11B | 8-16 |
| 8 | Iwan Millington | Ysgol Bryn Coch | 11B | 8-20 |
| 9 | Sion Tudor | Ysgol Penbarras | 11B | 8-42 |
| 10 | Thomas Molloy | Deeside AC | 11B | 8-55 |
| 11 | Dyl Spooner | Menai T & F | 11B | 8-59 |
| 12 | Harvey Davis | Wrexham AC | 11B | 9-01 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Club** | **Age Group** | **Time** |
| 13 | Gabriel Speakman | Deeside AC | 11B | 9-01 |
| 14 | Sam Evans | Ysgol Bryn Coch | 11B | 9-01 |
| 15 | Rhys Hughes | Ysgol Bryn Coch | 11B | 9-08 |
| 16 | Jack Madeley | Ysgol Bryn Coch | 11B | 9-08 |
| 17 | Sebastian Bowness-Hughes | Ysgol Bryn Tabor | 11B | 9-14 |
| 18 | Joshua Clark | Menai T & F | 11B | 9-23 |
| 19 | Harris Albiston | Ysgol Bryn Coch | 11B | 9-26 |
| 20 | Luke Hughes | Ysgol Bryn Tabor | 11B | 9-33 |
| 21 | Macsen Owain-Coffi | Colwyn Bay AC | 11B | 9-36 |
| 22 | Logan Denton | Ysgol Bryn Coch | 11B | 9-38 |
| 23 | Lloyd Robinson | Ysgol Bryn Coch | 11B | 9-48 |
| 24 | William Roberts | Ysgol Bryn Coch | 11B | 9-51 |
| 25 | Will Owen | Maldwyn | 11B | 9-54 |
| 26 | Conor Hughes | Ysgol Bryn Coch | 11B | 10-07 |
| 27 | Dylan Hughes | Ysgol Bryn Tabor | 11B | 10-16 |
| 28 | Oliver Griffiths | Ysgol Bryn Coch | 11B | 10-48 |
| 29 | Will Flint | Ysgol Bryn Coch | 11B | 10-59 |
| 30 | Owen Williams | Ysgol Bryn Coch | 11B | 11-02 |
| 31 | Harrison Hughes | Ysgol Bryn Coch | 11B | 11-04 |
| 32 | Jamie Fisher | Ysgol Bryn Tabor | 11B | 11-11 |
| 33 | Alfie Pearce | Ysgol Bryn Coch | 11B | 11-14 |

**UNDER 11 BOYS TEAMS (3 to score):**

1. Menai T & F 9 pts
2. Maldwyn 31 pts
3. Ysgol Bryn Coch 37 pts
4. Menai T & F ‘B’ 42 pts
5. Ysgol Bryn Coch B 55pts
6. Ysgol Bryn Tabor 64 pts
7. Ysgol Bryn Coch C 71 pts
8. Ysgol Bryn Coch D 83 pts
9. Ysgol Bryn Coch E 94 pts

**SENIOR WOMEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Club** | **Age Group** | **Time** |
| 1 | Andrea Rowlands | Eryri Harriers | W40 | 21-22 |
| 2 | Amie Bagnall | Prestatyn | SW | 21-33 |
| 3 | Anest Muller | West Cheshire | W35 | 22-32 |
| 4 | Tammy Lewis-Jones | Eryri Harriers | W45 | 22-52 |
| 5 | Ceri Diss | Denbigh | W50 | 23-04 |
| 6 | Rhiannon Kamink | Colwyn Bay | U20W | 23-14 |
| 7 | Becki Law | Eryri Harriers | SW | 23-23 |
| 8 | Helen Blair | Eryri Harriers | W45 | 23-48 |
| 9 | Helen Ashworth | Prestatyn RC | SW | 24-39 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Club** | **Age Group** | **Time** |
| 10 | Ally Reid | Prestatyn RC | W40 | 24-55 |
| 11 | Melissa Turnbull | Maldwyn | SW | 25-02 |
| 12 | Anne Mynott | Colwyn Bay | W50 | 25-06 |
| 13 | Victoria Whitehead | Denbigh | W40 | 25-35 |
| 14 | Dawn Urquhart | Buckley | W40 | 25-51 |
| 15 | Margaret Ludden | Buckley | W55 | 25-54 |
| 16 | Jayne Lindley | Buckley | W50 | 26-14 |
| 17 | Ellie Salisbury | Eryri Harriers | W55 | 26-43 |
| 18 | Jo Hoppes | Prestatyn RC | SW | 26-51 |
| 19 | Katie Baugh | Denbigh | SW | 27-00 |
| 20 | Alison Whitelaw | Wrexham AC | W55 | 27-39 |
| 21 | Kate Potter | Unattached | W50 | 28-13 |
| 22 | Briony Hibbert | Deeside AC | SW | 28-33 |
| 23 | Amanda Garner | Buckley | SW | 29-02 |
| 24 | Menai Baugh | Denbigh | W55 | 29-17 |
| 25 | Viv Edwards | Menai T & F | W60 | 31-04 |
| 26 | Jan Bancroft | Wrexham AC | W35 | 31-53 |
| 27 | Sioned Mair-Jones | Meirionnydd | W40 | 32-43 |
| 28 | Brenda Jones | Bro Dysynni | W75 | 33-16 |
| 29 | Karen Owens | Wrexham AC | W45 | 35-05 |
| 30 | Nicola Chaloner | Wrexham AC | SW | 36-28 |

**SENIOR WOMEN’S TEAM (3 to score):**

1. Eryri 12 pts
2. Prestatyn 21 pts
3. Denbigh 31 pts
4. Buckley 46 pts
5. Wrexham AC 75 pts

**FEMALE MASTERS TEAMS (3 to score):**

1. Eryri 9 pts
2. Denbigh 27 pts
3. Buckley 30 pts
4. Wrexham AC 50 pts

**UNDER 20 WOMEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Club** | **Age Group** | **Time** |
| 1 | Rhiannon Kamink | Colwyn Bay | U20W | 23-14 |

**No complete U20 Women teams**

**UNDER 17 WOMEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Club** | **Age Group** | **Time** |
| 1 | Martha Owen | Deeside | U17W | 13-44 |
| 2 | Eabha Roberts | Menai | U17W | 14-15 |
| 3 | Catrin Donnelly | Menai | U17W | 15-53 |
| 4 | Shannon Walker | Maldwyn | U17W | 17-05 |

**No complete U17 Women teams**

**UNDER 15 GIRLS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Club** | **Age Group** | **Time** |
| 1 | Mia Roberts | Deeside | U15G | 10-35 |
| 2 | Bethan Mai Davies | Colwyn Bay | U15G | 11-28 |
| 3 | Rheagan Edwards | Deeside | U15G | 11-37 |
| 4 | Iomogen Owen | Deeside | U15G | 12-02 |
| 5 | Swyn Edwards | Menai T & F | U15G | 12-29 |
| 6 | Ffion Madi Rees Jones | Menai T & F | U15G | 12-52 |
| 7 | Ella Oldfield | Wrexham AC | U15G | 13-15 |
| 8 | Taylia Trigg | Maldwyn Harriers | U15G | 13-16 |
| 9 | Amy Ryder | Deeside  | U15G | 16-10 |

**UNDER 15 GIRLS TEAM (3 to score):**

1. Deeside AC 8 pts

**UNDER 13 GIRLS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Club** | **Age Group** | **Time** |
| 1 | Samia A Jones | Menai | U13G | 7-10 |
| 2 | Neisha Roberts | Deeside | U13G | 7-34 |
| 3 | Eve Scott | Colwyn Bay | U13G | 7-51 |
| 4 | Abbi Parkinson | Menai | U13G | 7-56 |
| 5 | Ellie Small | Deeside | U13G | 7-59 |
| 6 | Lucy Thompson | Wrexham AC | U13G | 8-08 |
| 7 | Georgia Parkinson | Menai | U13G | 8-18 |
| 8 | Hannah Smith | Deeside | U13G | 8-22 |
| 9 | Alys Dion Rees Jones  | Menai | U13G | 8-24 |
| 10 | Olivia Robson | Maldwyn | U13G | 8-24 |
| 11 | Mia Jane Parry | Deeside | U13G | 8-46 |
| 12 | Carys Breeze | Maldwyn | U13G | 8-51 |
| 13 | Lois Tudor | Maldwyn | U13G | 8-53 |
| 14 | Catrin Davies | Maldwyn | U13G | 8-54 |
| 15 | Sally Murton Davies | Maldwyn | U13G | 9-07 |
| 16 | Neave Wright-Cooke | Maldwyn | U13G | 9-07 |
| 17 | Race Number 154 | ??? | U13G | 9-09 |
| 18 | Morgan Roberts | Maldwyn | U13G | 10-32 |

**UNDER 13 GIRLS TEAMS (3 to score):**

1. Menai 12 pts
2. Deeside 15 pts
3. Maldwyn 35 pts
4. Maldwyn B 45 pts

**UNDER 11 GIRLS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Club** | **Age Group** | **Time** |
| 1 | Madie Griffiths | Maldwyn  | U11G | 5-18 |
| 2 | Grace Williams | Ysgol Bryn Coch | U11G | 5-23 |
| 3 | Eden Edwards | Deeside AC | U11G | 5-23 |
| 4 | Gwenyver Kuipers | Maldwyn | U11G | 5-23 |
| 5 | Maisy Parry | Deeside AC | U11G | 5-25 |
| 6 | Ella Grundy | Colwyn Bay | U11G | 5-26 |
| 7 | Beca Haf Brown | Ysgol Llanerchymerdd | U11G | 5-26 |
| 8 | Macie Crowe | Deeside AC | U11G | 5-26 |
| 9 | Maria Smallwood | Deeside AC | U11G | 5-29 |
| 10 | Madeleine Sinfield | Menai T & F | U11G | 5-42 |
| 11 | Rachel Hyslop | Prestatyn | U11G | 5-49 |
| 12 | Georgina Malloy |  | U11G | 5-55 |
| 13 | Olivia Nash | Ysgol Bryn Coch | U11G | 6-03 |
| 14 | Cadi Glyn Edwards | Ysgol Llanfechell | U11G | 6-05 |
| 15 | Leah Ellis | Ysgol Bryn Coch | U11G | 6-08 |
| 16 | Ella Davies | Wrexham AC | U11G | 6-12 |
| 17 | Chloe Meston Davies | Maldwyn | U11G | 6-19 |
| 18 | Peper Lloyd | Maldwyn | U11G | 6-21 |
| 19 | Faye Jones | Ysgol Bryn Coch | U11G | 6-23 |
| 20 | ???? |  | U11G | 6-31 |
| 21 | Emily Brooker | Ysgol Bryn Coch | U11G | 6-35 |
| 22 | Taiya Griffiths | Maldwyn | U11G | 6-39 |
| 23 | Ruby Jones | Ysgol Bryn Coch | U11G | 6-51 |
| 24 | Annabel Griffiths | Ysgol Bryn Coch | U11G | 6-52 |
| 25 | Ruby Reacord | Ysgol Bryn Coch | U11G | 7-01 |
| 26 | Janae Jones | Ysgol Bryn Coch | U11G | 7-08 |
| 27 | Lucy Parsley | Ysgol Bryn Coch | U11G | 7-09 |
| 28 | Caitlin Hughes | Ysgol Bryn Coch | U11G | 7-12 |
| 29 | Lucy Powell | Maldwyn | U11G | 7-23 |
| 30 | Eden Jones | Prestatyn | U11G | 7-25 |
| 31 | Ellen Atkinson | Ysgol Bryn Coch | U11G | 7-29 |
| 32 | Elise Quinn | Sandycroft School | U11G | 7-31 |
| 33 | Harriet Smith | Ysgol Bryn Coch | U11G | 7-32 |
| 34 | Eve Isabel Hughes | Ysgol Bryn Coch | U11G | 7-40 |
| 35 | Natalie Thompson | Ysgol Bryn Coch | U11G | 8-44 |
| 36 | Elise Morrison | Ysgol Bryn Coch | U11G | 8-52 |
| 37 | Crystal Cormack | Sandycroft School | U11G | 9-07 |
| 38 | Page Thompson | Ysgol Bryn Coch | U11G | 9-34 |

**UNDER 11 GIRLS TEAMS:**

1. Deeside AC 16 pts
2. Maldwyn 22 pts
3. Ysgol Bryn Coch 30 pts
4. Ysgol Bryn Coch B 63 pts
5. Maldwyn B 69 pts
6. Ysgol Bryn Coch C 75 pts
7. Ysgol Bryn Coch D 86 pts
8. Ysgol Bryn Coch E 102 pts

**SPECIAL OLYMPICS - MEN**

|  |  |  |
| --- | --- | --- |
| **Position** | **Name** | **Time** |
| 1 | David Bellis | 6-23 |
| 2 | Jason Coles | 8-38 |
| 3 | Peter Loftus | 9-23 |
| 4 | Neil Morris | 10-03 |
| 5 | Adam Roberts | 10-05 |
| 6 | Damon Hughes | 16-06 |
| 7 | Michael Kyffin-Jones | 18-32 |

**SPECIAL OLYMPICS - WOMEN**

|  |  |  |
| --- | --- | --- |
| **Position** | **Name** | **Time** |
| 1 | Rudi Zaman | 12-34 |
| 2 | Tracey Williams | 18-40 |

Well done to all of you who took part. However, the biggest thanks must go to 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 Duncan Longley and all of their helpers and Marshalls from Prestatyn Running Club, who did a superb job out on the course. I do not think I’ve seen a better marked out course yet there was hardly any tape anywhere!

I would also like to thank our Officials, timekeepers, recorders and all those at registration and presenting prizes. A particular thanks to Helen Walling and Margaret Morris who took over the coordination of the results on the day. 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.

It was great to see the Men’s race being of a higher standard than it has for a while but whilst he hasn’t been racing this year Iolo Hughes showed his training has been going well as he won a hatrick of senior titles despite only being 20 years old. At the other end of the scale, Andrea Rowlands, Eryri had a great race long battle with Amie Bagnall of Prestatyn in the Senior Women’s race with Andrea’s strength finally telling over the last half mile.

There were some fantastic junior races, Oliver Barbaresi, Menai moved up from runner-up last year to win the Under 17 Men’s title, whilst team mate Mike Spill moved up from runner-up in the Under 13 Boys last year to win the Under 15 Boys this year. In the female section Rhiannon Kamink, Colwyn Bay moved seamlessly from Under 17 winner last year to win the Under 20 Women and finish 6th in the senior women’s race. Deeside dominated the middle age groups with Martha Owen and Mia Roberts winning the Under 17 and Under 15 races respectfully. It was also a good day for Maldwyn with Madie Griffiths winning the Under 11 Girls race and Callum Morgan the Under 11 Boys race. Samia Jones, Under 13 Girls, made it a hatrick of wins for Menai on the day with Mike Spill and Oliver Barbaresi.

We should also say well done to the Special Olympic athletes especially 52 year old Dave Bellis who retained his title and was the biggest winner of the day, winning by over two minutes, and he was even quicker than last year.

**Diolch yn fawr Thank you**

**Bernie Jones**

**Referee**

**Bernie-jones@sky.com / 07919 043117**