**RHUG ORGANIC**

**NORTH WALES CROSS COUNTRY CHAMPIONSHIPS 2013**

**(supported by Grand Prix Express)**

**By Kind Permission of Lord Newborough**

**ORGANISED BY PRESTATYN RUNNING CLUB**

**at The Rhug Estate, Corwen Saturday, February 9th, 2013**

**SENIOR MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | J Mills |  | Cardiff | 40m20s |
| 2 | L Jones | M40 | Deeside | 57s |
| 3 | A Walling | M35 | Menai | 41m40s |
| 4 | T Partridge | M50 | Wrexham | 46s |
| 5 | S Sayer |  | Menai | 42m43s |
| 6 | S Roberts | M40 | Buckley | 43m58s |
| 7 | A Campbell | M35 | Wrecsam Tri | 44m40s |
| 8 | R Jones | M45 | Maldwyn | 45m10s |
| 9 | T Cahill | M50 | Abergele | 39s |
| 10 | M Robbins | M50 | Wrexham | 46m04s |
| 11 | J Gifford | M45 | Buckley | 19s |
| 12 | A Lewis | M50 | Eryri | 45s |
| 13 | G Blackwell | M45 | Deeside | 57s |
| 14 | P A Stinton | M40 | Buckley | 47m09s |
| 15 | C J Edgington | M55 | Meirionnydd | 48m00s |
| 16 | N Owen | M55 | Prestatyn | 08s |
| 17 | J Davies |  | Wrexham | 09s |
| 18 | R Godwin | M45 | C Bay | 50s |
| 19 | P Jenkinson | M45 | Eryri | 50m29s |
| 20 | J L Roberts |  | C Bay | 55s |
| 21 | M Smith | M35 | Tattenhall | 51m13s |
| 22 | A Gauton | M55 | Denbigh | 59s |
| 23 | K Challinor | M50 | Deeside | 52m15s |
| 24 | T Benton | M50 | Denbigh | 22s |
| 25 | R Cheetham | M45 | Prestatyn | 51s |
| 26 | S Hide | M40 | Wrexham | 57s |
| 27 | A W Jones | M50 | Prestatyn | 53m05s |
| 28 | M Bicknell |  | C Bay | 16s |
| 29 | P Evans | M40 | Wrexham | 54m38s |
| 30 | D A Tomlinson |  | C Bay | 55m13s |
| 31 | C Baldwin | M55 | Denbigh | 56m21s |
| 32 | C Ashley | M50 | Wrexham | 57m21s |
| 33 | S Jolley | M45 | Deeside | 58m10s |
| 34 | D Baugh | M50 | Denbigh | 60m46s |

**TEAMS**

|  |  |  |
| --- | --- | --- |
| 1 | Wrexham AAC | 118 pts |

**MALE MASTERS TEAMS**

|  |  |  |
| --- | --- | --- |
| 1 | Buckley RC | 25 pts |
| 2 | Deeside AAC | 31 pts |
| 3 | Wrexham AAC | 33 pts |
| 4 | Prestatyn RC | 58 pts |
| 5 | Denbigh Harriers | 63 pts |

**OVER 60 MALE MASTERS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | G Nixon | M60 | Prestatyn | 38m20s |
| 2 | M Cortvriend | M60 | Denbigh | 41m36s |
| 3 | A Egan | M65 | Wrexham | 43m19s |
| 4 | P Walker | M60 | Wrexham | 48s |
| 5 | J Morris | M65 | Buckley | 47m51s |
| 6 | R Mackey | M60 | Buckley | 48m31s |
| 7 | S Hatfield | M65 | Prestatyn | 50m00s |

**OVER 70 MALE MASTERS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | Roger Harrison-Jones | M75 | Prestatyn | 31m00s |
| 2 | D Hughes | M70 | Prestatyn | 32m43s |
| 3 | P Norman | M75 | Wrexham | 36m06s |
| 4 | B Jackson | M70 | Meirionnydd | 42m14s |

**UNDER 20 MEN**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | N Jones | C Bay | 30m12s |
| 2 | G Jones | Maldwyn | 32m57s |
| 3 | W Sheridan | Deeside | 33m57s |
| 4 | W Meredith | Maldwyn | 34m57s |
| 5 | M Whitehead | Denbigh | 36m23s |

**UNDER 17 MEN**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | I Ll Hughes | Menai | 20m56s |
| 2 | R Ll James | Menai | 22m46s |
| 3 | J Griffith | C Bay | 48s |
| 4 | T Henry | Deeside | 49s |
| 5 | M Blackwell | Deeside | 23m45s |
| 6 | R Foulkes | Wrexham | 25m26s |
| 7 | M Llŷr | Eryri | 40s |
| 8 | B Harrison | Prestatyn | 29m05s |

**UNDER 15 BOYS**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | C Smith | Wrexham | 14m22s |
| 2 | M Roberts | C Bay | 37s |
| 3 | R Cain | Menai | 16m26s |
| 4 | J Jamieson | Ysgol y Berwyn | 17m47s |
| 5 | J Ll Roberts | Ysgol y Berwyn | 19m30s |
| 6 | H Weaver | Maldwyn | 21m58s |

**UNDER 13 BOYS**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | J Crutchley | Menai | 12m00s |
| 2 | T Evans | Wrexham | 28s |
| 3 | K Forrest | Menai | 13m02s |
| 4 | B Edwards | Oswestry | 22s |
| 5 | S Jones | Menai | 25s |
| 6 | M Vaughan | C Bay | 27s |
| 7 | D Parry | Darland H.S. | 14m26s |
| 8 | M J Taylor | Menai | 34s |
| 9 | Ll Thomas | Ysgol y Berwyn | 46s |
| 10 | J Tapping | C Bay | 15m21s |
| 11 | K Saul | Maldwyn | 32s |
| 12 | R Hughes | Ysgol y Berwyn | 16m01s |
| 13 | O Naisby | C Bay | 20m39s |

**TEAMS**

|  |  |  |
| --- | --- | --- |
| 1 | Menai T+F | 16 pts |
| 2 | Colwyn Bay AAC | 29 pts |

**UNDER 11 BOYS**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | O Perrin | Ysgol Henblas | 9m31s |
| 2 | Joshua Jones | Penmorfa | 10m05s |
| 3 | James Jones | Deeside | 10m13s |
| 4 | W R Harding | Bryn Coch | 15s |
| 5 | M Meehan | Penmorfa | 20s |
| 6 | M Powell-Jones | Menai | 20s |
| 7 | K Jones | Wrexham | 32s |
| 8 | Alex Garrett | Penmorfa | 47s |
| 9 | J Dunrobbin | Penmorfa | 48s |
| 10 | L Mariette | Dewi Sany | 49s |
| 11 | R Williams | Maldwyn | 55s |
| 12 | O Crutchley | Maldwyn | 11m05s |
| 13 | J Flint | Bryn Coch | 06s |
| 14 | B Pierce | Oswestry | 08s |
| 15 | J Evans | Acton Park | 13s |
| 16 | E Gilbert | Penmorfa | 18s |
| 17 | R Hughes | Bryn Coch | 21s |
| 18 | L Nevett | Bryn Coch | 21s |
| 19 | Ashley Garrett | Penmorfa | 30s |
| 20 | A White | Menai | 41s |
| 21 | Jac Jones | Bryn Coch | 11m47s |
| 22 | G McAndrew | Gwernant | 53s |
| 23 | Jake Jones | Acton Park | 58s |
| 24 | J Beeson | Maldwyn | 12m00s |
| 25 | J Roberts | Penmorfa | 08s |
| 26 | A Strauch | Penmorfa | 14s |
| 27 | O Owen | Bryn Coch | 31s |
| 28 | B Wilford | Bryn Coch | 47s |
| 29 | L Roberts | Acton Park | 14m08s |

**TEAMS**

|  |  |  |
| --- | --- | --- |
| 1 | Ysgol Penmorfa, Prestatyn ‘A’ | 15 pts |
| 2 | Ysgol Bryn Coch, Mold ‘A’ | 34 pts |
| 3 | Ysgol Penmorfa, Prestatyn ‘B’ | 44 pts |
| 4 | Maldwyn Harriers | 47 pts |
| 5 | Ysgol Bryn Coch, Mold ‘B’ | 66 pts |
| 6 | Acton Park Primary School, Wrexham | 67 pts |

**SENIOR WOMEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | I Redfern | W35 | C Bay | 24m29s |
| 2 | R Pierce |  | Denbigh | 25m09s |
| 3 | L Morley | W40 | Wrexham | 27m25s |
| 4 | T Williams | W45 | Denbigh | 37s |
| 5 | L Hughes |  | Prestatyn | 55s |
| 6 | A Smith | W35 | Tattenhall | 28m12s |
| 7 | Y Hill | W45 | Oswestry | 58s |
| 8 | V Whitehead | W40 | Denbigh | 29m37s |
| 9 | G Waring | W55 | Prestatyn | 51s |
| 10 | R Roberts |  | Prestatyn | 53s |
| 11 | C Birch | W65 | Abergele | 30m05s |
| 12 | A Jones | W50 | Prestatyn | 14s |
| 13 | H Turner |  | Eryri | 30s |
| 14 | M Hughes | W35 | Eryri | 39s |
| 15 | K Norgrove | W45 | Wrecsam Tri | 56s |
| 16 | V Ronald | W45 | C Bay | 31m05s |
| 17 | J Lindley | W40 | Buckley | 49s |
| 18 | L Griffith | W40 | C Bay | 32m18s |
| 19 | S Bagnall |  | Denbigh | 48s |
| 20 | A Donnelly | W45 | Eryri | 56s |
| 21 | N Tomlinson |  | C Bay | 33m03s |
| 22 | S Bayliss | W40 | Denbigh | 10s |
| 23 | A Davies | W35 | Denbigh | 29s |
| 24 | M Baugh | W50 | Denbigh | 38s |
| 25 | E Jones | W40 | Prestatyn | 34m03s |
| 26 | V Edwards | W55 | Menai | 28s |
| 27 | B Jones | W70 | Bro Dysynni | 53s |
| 28 | M Hunt | W45 | Oswestry | 40m25s |

**TEAMS**

|  |  |  |
| --- | --- | --- |
| 1 | Denbigh Harriers | 33 pts |
| 2 | Prestatyn RC | 36 pts |
| 3 | Colwyn Bay AAC | 56 pts |

**LADY MASTERS TEAMS**

|  |  |  |
| --- | --- | --- |
| 1 | Denbigh Harriers | 25 pts |
| 2 | Colwyn Bay AAC | 27 pts |
| 3 | Prestatyn RC | 35 pts |

**UNDER 20 WOMEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | G Garner | C Bay | 24m | 19s |
| 2 | A Bagnall | Prestatyn | 30m | 35s |
| 3 | S J Burrows | Ysgol y Berwyn | 33m | 21s |

**UNDER 17 WOMEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | A Cawthra | Maldwyn | 16m | 57s |
| 2 | E Jones | Deeside | 17m | 32s |
| 3 | B Jenkinson | Eryri |  | 46s |
| 4 | A Cheetham | Prestatyn | 20m | 38s |
| 5 | I Meredith | Maldwyn |  | 43s |

**UNDER 15 GIRLS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | C Hughes | Menai | 12m | 57s |
| 2 | C Evans | Maldwyn | 13m | 30s |
| 3 | M Davies | Menai |  | 41s |
| 4 | H Pryce | Oswestry | 14m | 30s |
| 5 | M Randell | Maldwyn |  | 39s |
| 6 | S Jones | C Bay | 15m | 22s |
| 7 | R Jones | Ysgol y Berwyn |  | 48s |
| 8 | L Cain | Menai | 16m | 39s |

**TEAMS**

|  |  |  |
| --- | --- | --- |
| 1 | Menai T+F | 12 pts |

**UNDER 13 GIRLS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | M Owen | Deeside | 9m | 39s |
| 2 | H Roberts | C Bay | 10m | 38s |
| 3 | C Howell-Williams | Menai |  | 41s |
| 4 | S Paxton | Wrexham |  | 56s |
| 5 | B Carol | Dinas Brân |  | 59s |
| 6 | Z Baker | Oswestry | 11m | 01s |
| 7 | C Donnelly | Menai |  | 14s |
| 8 | O Sofianos | Maldwyn |  | 32s |
| 9 | L McAndrew | Dinas Brân | 12m | 15s |
| 10 | L Roberts | Oswestry |  | 19s |
| 11 | R Jones | Dinas Brân | 13m | 04s |

**TEAMS**

|  |  |  |
| --- | --- | --- |
| 1 | Ysgol Dinas Brân, Llangollen | 25 pts |

**UNDER 11 GIRLS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | E Scott | Penmorfa | 6m | 25s |
| 2 | C Jones | C Bay |  | 39s |
| 3 | K Jearman | Maldwyn |  | 45s |
| 4 | K Pugh | Oswestry |  | 50s |
| 5 | M Jackson | Bryn Coch |  | 51s |
| 6 | J Cain | Menai | 6m | 52s |
| 7 | A Holbrook | Oswestry |  | 54s |
| 8 | R Hughes | Penmorfa |  | 55s |
| 9 | A Wort | Wrexham | 7m | 06s |
| 10 | C Roberts | Penmorfa |  | 16s |
| 11 | H Warwick | Wrexham |  | 34s |
| 12 | H Price | Bryn Coch |  | 37s |
| 13 | E Hunter | Acton Park |  | 39s |
| 14 | S Koscinsha | Acton Park |  | 46s |
| 15 | D Carol | Bryn Collen | 8m | 12s |
| 16 | E Anthony | Bryn Coch |  | 13s |
| 17 | E Jones | Bryn Coch |  | 15s |
| 18 | E O’Sullivan | Sandycroft |  | 20s |
| 19 | M Shaw | Menai |  | 29s |
| 20 | A Chadwick | Penmorfa |  | 42s |
| 21 | S Shaw | Menai |  | 45s |
| 22 | L Robertson | Sandycroft |  | 52s |
| 23 | A Wells Brierley | Penmorfa | 9m | 15s |
| 24 | E-M McMahon | Sandycroft |  | 26s |
| 25 | G Ketland | Bryn Coch | 11m | 32s |

**TEAMS**

|  |  |  |
| --- | --- | --- |
| 1 | Ysgol Penmorfa, Prestatyn | 19 pts |
| 2 | Ysgol Bryn Coch, Mold | 33 pts |
| 3 | Menai T+F | 46 pts |
| 4 | Sandycroft C P School | 64 pts |

Despite the fact that numbers were a little down on past years for obvious reasons we all seem to have enjoyed a successful 2013 Championships on the Rhug Estate with very reasonable weather conditions and a great course.

Once again, our sincere thanks go to Prestatyn Running Club for hosting the event and particularly to Gareth Hughes who co-ordinates the organisation and is understandably more than content with the outcome.

Thank you also to our very faithful and enthusiastic band of volunteer officials and marshals for giving up their day to ensure the event goes on without a hitch – as we always say without them there would be no Championships.

We are also grateful to the St John Cymru Wales (Ruthin Division) volunteers for their re-assuring presence – happily they only had one patient this year.

John Purdie of Charisma Trophies continues to provide us with top class medals trophies and medals as well as giving us an extremely generous discount – thank you.

We are all very grateful to Rhug Organic for their support as sponsors of the Championships for a fourth successive year. We thank Lord Newborough for his continued genuine interest in our activities and for allowing us the use of his superb facilities. The warm welcome we receive from everyone at Rhug Organic is greatly appreciated with special thanks this year to John Edwards, Gareth Jones and Ynyr Jones for their support before, and during, the day. Diolch yn fawr.

And, finally, our sincere thanks to the 187 athletes who, despite the inconvenience, took part in the 2013 Championships. We hope you enjoyed the experience and look forward to seeing you all, and many more, at the 2014 event.

Diolch yn fawr Thank you

David Alun Williams