**NORTH WALES CROSS COUNTRY CHAMPIONSHIPS 2014**

**(supported by Grand Prix Express)**

**ORGANISED BY DEESIDE ATHLETIC CLUB**

**at The Glyndŵr University Campus, Northop Saturday, January 25th, 2014**

**SENIOR MEN**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | N Jones |  | Eryri | 36m | 41s |
| 2 | S Boyton |  | Deeside |  | 58s |
| 3 | M Roberts |  | Eryri | 37m | 49s |
| 4 | J Mills |  | Cardiff |  | 50s |
| 5 | D Kashi |  | Eryri | 38m | 17s |
| 6 | A Wallling | M40 | Menai | 39m | 28s |
| 7 | I Jones | M40 | Coventry Godiva |  | 35s |
| 8 | G Norgrove | M45 | Wrecsam T C |  | 46s |
| 9 | S Sayer |  | Menai |  | 53s |
| 10 | G Blackwell | M45 | Deeside | 40m | 49s |
| 11 | A Campbell | M35 | Wrecsam T C | 41m | 25s |
| 12 | D Longley |  | Prestatyn | 42m | 11s |
| 13 | I Rowlands | M45 | Cybi |  | 24s |
| 14 | G Porter-Jones |  | Eryri |  | 31s |
| 15 | M Robbins | M50 | Wrexham |  | 49s |
| 16 | G Jones | M55 | Prestatyn | 43m | 09s |
| 17 | J Davies |  | Wrexham |  | 10s |
| 18 | S Toogood | M50 | Buckley |  | 24s |
| 19 | R Jones | M50 | Shrewsbury |  | 40s |
| 20 | A Lewis | M55 | Eryri |  | 54s |
| 21 | V Belshaw | M50 | Denbigh | 44m | 12s |
| 22 | S Davies | M55 | Mansfield | 45m | 08s |
| 23 | D Davies |  | Prestatyn |  | 14s |
| 24 | M V Jones | M45 | Buckley |  | 15s |
| 25 | T Cahill | M50 | Abergele |  | 42s |
| 26 | G Nicholls | M40 | Prestatyn |  | 59s |
| 27 | R Armstrong |  | Abergele | 46m | 20s |
| 28 | P Agnew | M50 | Denbigh | 47m | 01s |
| 29 | D Owen | M45 | Eryri |  | 02s |
| 30 | D Baugh | M50 | Denbigh |  | 05s |
| 31 | M Austin | M35 | Buckley |  | 07s |
| 32 | M Smith | M40 | Tattenhall |  | 13s |
| 33 | H Jones | M50 | Shrewsbury |  | 23s |
| 34 | D Boothroyd | M50 | Buckley |  | 32s |
| 35 | O G Evans | M35 | Prestatyn |  | 42s |
| 36 | K Rowlands | M55 | Eryri |  | 54s |
| 37 | I Taylor | M45 | N.W.R.R.C. | 48m | 10s |
| 38 | I Mulligan | M45 | C. Bay |  | 21s |
| 39 | K Challinor | M50 | Deeside |  | 41s |
| 40 | P Jenkinson | M45 | Eryri | 49m | 19s |
| 41 | D A Tomlinson |  | C. Bay |  | 23s |
| 42 | D J D Jones | M50 | Denbigh |  | 28s |
| 43 | R Cheetham | M45 | Prestatyn |  | 52s |
| 44 | P Donoghue | M40 | Buckley | 50m | 15s |
| 45 | M Williams | M50 | Cybi |  | 23s |
| 46 | M Bicknell |  | C. Bay |  | 51s |
| 47 | S L Jones | M55 | Eryri | 51m | 09s |
| 48 | M Fairlamb | M45 | Denbigh |  | 51s |
| 49 | C Ashley | M55 | Wrexham | 52m | 26s |
| 50 | P Mitchell | M45 | Wrecsam T C | 53m | 30s |
| 51 | S Thomas-Spires | M40 | Wrexham | 54m | 28s |
| 52 | F W Jones | M55 | Denbigh | 56m | 57s |
| 53 | I Jones | M45 | Maldwyn | 59m | 30s |

**TEAMS**

1. Eryri Harriers 72 pts
2. Prestatyn R.C. 155 pts
3. Denbigh Harriers 221 pts

**MALE MASTERS TEAMS**

1. Buckley R.C. 43 pts
2. Wrecsam Tri Club 46 pts
3. Denbigh Harriers 48 pts
4. Prestatyn R.C. 48 pts
5. Eryri Harriers 54 pts
6. Wrexham AAC 83 pts

**OVER 60 MALE MASTERS**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Martin Cortvriend | M60 | Denbigh | 34m | 16s |
| 2 | Les Coathup | M60 | Buckley | 35m | 32s |
| 3 | George Nixon | M60 | Prestatyn | 36m | 01s |
| 4 | Chris Baldwin | M60 | Denbigh | 37m | 08s |
| 5 | E E Edwards | M60 | Eryri | 37m | 37s |
| 6 | P English | M60 | Denbigh | 38m | 05s |
| 7 | P Walker | M60 | Wrexham | 41m | 20s |
| 8 | R Mackey | M65 | Buckley | 45m | 59s |

**TEAMS**

1. Denbigh Harriers 11 pts

**OVER 70 MALE MASTERS**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | John Morris | M70 | Buckley | 38m | 58s |
| 2 | Don Williams | M70 | Eryri | 40m | 36s |
| 3 | David Hughes | M75 | Prestatyn | 45m | 01s |
| 4 | Roger Harrison-Jones | M75 | Prestatyn | 48m | 05s |
| 5 | Peter Norman | M75 | Wrexham | 55m | 15s |

**UNDER 20 MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | I Ll Hughes | Menai | 26m | 53s |
| 2 | W Sheridan | Deeside | 29m | 13s |
| 3 | J Griffith | C. Bay | 30m | 54s |

**UNDER 17 MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | T Henry | Deeside | 30m | 40s |
| 2 | A Williams | Wrexham | 31m | 25s |
| 3 | R Halliwell | Deeside | 32m | 44s |
| 4 | B Harrison | Prestatyn | 36m | 53s |
| 5 | D Cunningham | C. Bay | 37m | 59s |

**UNDER 15 BOYS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | M Willis | Wrexham | 17m | 24s |
| 2 | C Smith | Wrexham |  | 40s |
| 3 | C Linton-Davies | Menai |  | 58s |
| 4 | L Henry | Deeside | 18m | 54s |
| 5 | R Cain | Menai | 19m | 05s |
| 6 | S Holt | C. Bay | 22m | 11s |

**UNDER 13 BOYS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | S Jones | Menai | 14m | 22s |
| 2 | R Finnie | Menai |  | 23s |
| 3 | D Gill | Maldwyn |  | 44s |
| 4 | C Morgan Roberts | Menai | 15m | 14s |
| 5 | W Harding | Deeside |  | 20s |
| 6 | M Moore | Deeside |  | 31s |
| 7 | J Davies | Menai |  | 45s |
| 8 | D Parry | Wrexham | 16m | 04s |
| 9 | I Oldfield | Morgan Llwyd |  | 13s |
| 10 | T Land | C. Bay |  | 54s |
| 11 | G S Lewis-Jones | Menai |  | 55s |
| 12 | T Williams | Morgan Llwyd | 17m | 02s |
| 13 | G McAndrew | Dinas Brân | 18m | 03s |
| 14 | D Foster-Evans | Ysgol y Berwyn | 18m | 56s |
| 15 | J Grice | Ysgol y Berwyn | 19m | 09s |
| 16 | L Hughes | Deeside | 20m | 54s |
| 17 | K Hilton | Ysgol y Berwyn | 22m | 34s |
| 18 | J Edwards | Ysgol y Berwyn |  | 43s |

**TEAMS**

1. Menai T+F 7 pts
2. Deeside AAC 27 pts
3. Ysgol y Berwyn, Bala 46 pts

**UNDER 11 BOYS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | O Perrin | Menai | 11m | 10s |
| 2 | Z Speakman | Deeside |  | 27s |
| 3 | J Evans | Acton Park |  | 30s |
| 4 | E Potter | Menai | 12m | 27s |
| 5 | M Meecham | Penmorfa |  | 51s |
| 6 | I H Oldfield | Bryn Coch |  | 54s |
| 7 | S Dewhurst | Wrexham |  | 57s |
| 8 | R Whittaker | Penmorfa | 13m | 12s |
| 9 | H Evans | St Mary’s School |  | 19s |
| 10 | G Hopkins | Llandrilloyn Rhos |  | 21s |
| 11 | M Anthony | Bryn Coch |  | 24s |
| 12 | T Lahraoui | Bryn Coch |  | 28s |
| 13 | L Rickard | Stryd y Rhos |  | 30s |
| 14 | Jacob Jones | Bryn Coch |  | 57s |
| 15 | Jake Jones | Acton Park | 14m | 10s |
| 16 | F Croston | Deeside |  | 14s |
| 17 | M Williams | Bryn Coch |  | 23s |
| 18 | K Hughes | Bryn Coch |  | 29s |
| 19 | J Ford | Bryn Coch |  | 30s |
| 20 | D Smith | Bryn Coch |  | 32s |
| 21 | J Whale | Bryn Coch |  | 33s |
| 22 | T Mitchell | Menai |  | 42s |
| 23 | D Hughes | Bryn Coch |  | 53s |
| 24 | E Crookes | Rhos Street | 15m | 04s |
| 25 | Z Vyse | Sandycroft Sch |  | 16s |
| 26 | A Stephenson | Maldwyn |  | 18s |
| 27 | H Fuller | Acton Park |  | 23s |
| 28 | T Jones | Acton Park |  | 36s |
| 29 | J G Jones | Acton Park |  | 41s |
| 30 | J Cain | Menai |  | 50s |
| 31 | D Lloyd | Acton Park |  | 58s |
| 32 | L Allman | Bryn Coch | 16m | 33s |
| 33 | O McKay | Bryn Coch |  | 48s |
| 34 | D Davies | Acton Park |  | 50s |
| 35 | D Morris | Bryn Coch |  | 53s |
| 36 | C Groom | Acton Park |  | 57s |
| 37 | W Flint | Bryn Coch |  | 58s |
| 38 | L Roberts | Acton Park | 17m | 04s |
| 39 | K Razaul | Acton Park |  | 06s |
| 40 | C Ramage | Acton Park |  | 12s |
| 41 | L Buckley | Acton Park |  | 13s |
| 42 | J Gordon | Acton Park | 19m | 33s |
| 43 | J Kersey-Smith | Acton Park |  | 34s |
| 44 | S Beckett | Acton Park |  | 41s |
| 45 | K Haycocks | Acton Park | 24m | 13s |

**TEAMS**

1. Menai T+F 27 pts
2. Bryn Coch School, Mold 29 pts
3. Acton Park Primary School, Wrexham 45 pts

**SENIOR WOMEN**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | G Garner |  | C. Bay | 28m | 55s |
| 2 | A Rowlands | W35 | Eryri | 31m | 42s |
| 3 | D Williams |  | Menai | 32m | 12s |
| 4 | I Redfern | W40 | C. Bay |  | 15s |
| 5 | L Morley | W40 | Wrexham | 34m | 34s |
| 6 | W Trimbel | W35 | Eryri | 35m | 47s |
| 7 | E Collins | W50 | Denbigh | 36m | 04s |
| 8 | J Jennions |  | Deestriders |  | 22s |
| 9 | H MacArthur | W45 | C. Bay |  | 29s |
| 10 | N Cane | W35 | Prestatyn | 37m | 19s |
| 11 | D Urquhart | W40 | Buckley |  | 23s |
| 12 | V Ronald | W45 | C. Bay | 38m | 27s |
| 13 | S Rowlands | W45 | Eryri |  | 50s |
| 14 | Y Hill | W50 | Oswestry | 39m | 05s |
| 15 | S Beck | W35 | Prestatyn |  | 26s |
| 16 | A Williams | W40 | Buckley |  | 32s |
| 17 | A Whitelaw | W55 | Wrexham |  | 34s |
| 18 | B Tiedtke | W50 | Prestatyn |  | 36s |
| 19 | T Brandon | W45 | Oswestry |  | 40s |
| 20 | J Penrhyn Jones | W50 | Prestatyn |  | 46s |
| 21 | G Waring | W55 | Prestatyn |  | 51s |
| 22 | H Evans |  | Buckley | 40m | 03s |
| 23 | E Salisbury | W50 | Eryri |  | 21s |
| 24 | L Griffiths | W40 | C.Bay |  | 27s |
| 25 | A Jones | W50 | Prestatyn |  | 38s |
| 26 | H Turner |  | Eryri | 41m | 01s |
| 27 | J Lindley | W45 | Buckley |  | 21s |
| 28 | A Donnelly | W45 | Eryri | 43m | 30s |
| 29 | A Brown | W35 | Denbigh |  | 39s |
| 30 | N Tomlinson |  | C. Bay | 45m | 46s |
| 31 | S Bayliss | W45 | Denbigh | 46m | 17s |
| 32 | V Edwards | W55 | Menai |  | 26s |
| 33 | M Oliver | W65 | Eryri | 47m | 16s |
| 34 | M Baugh | W55 | Denbigh | 48m | 14s |
| 35 | C Jones | W45 | Prestatyn | 50m | 00s |

**TEAMS**

1. Colwyn Bay AAC 26 pts
2. Eryri Harriers 44 pts
3. Prestatyn R.C. 63 pts
4. Buckley R.C. 76 pts
5. Denbigh Harriers 101 pts

**LADY MASTERS TEAMS**

1. Eryri Harriers 15 pts
2. Colwyn Bay AAC 17 pts
3. Prestatyn R.C. 34 pts
4. Buckley R.C. 43 pts
5. Denbigh Harriers 54 pts

**UNDER 20 WOMEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | A Cheetham | Prestatyn | 42m | 05s |

**UNDER 17 WOMEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | L Davis | Deeside | 19m | 16s |
| 2 | M Davies | Menai |  | 38s |
| 3 | B Jenkinson | Eryri | 20m | 50s |
| 4 | C Evans | Maldwyn | 23m | 10s |
| 5 | M Martin | Maldwyn |  | 41s |

**UNDER 15 GIRLS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | C Hughes | Menai | 13m | 39s |
| 2 | M Owen | Deeside | 15m | 41s |
| 3 | E Roberts | Menai |  | 50s |
| 4 | M Randall | Maldwyn | 16m | 09s |
| 5 | H Pryce | Oswestry |  | 47s |
| 6 | C Howell-Williams | Menai | 17m | 07s |
| 7 | O Sofianos | Maldwyn |  | 26s |
| 8 | Z Baker | Oswestry | 18m | 44s |
| 9 | L Teasdale | Maldwyn | 19m | 15s |
| 10 | A Austin | Maldwyn | 20m | 08s |

**TEAMS**

1. Menai T+F 10 pts
2. Maldwyn Harriers 20 pts

**UNDER 13 GIRLS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | H Roberts | C. Bay | 11m | 51s |
| 2 | S Paxton | Wrexham | 12m | 00s |
| 3 | C Vaughan | C. Bay |  | 09s |
| 4 | Y Baker | Wrexham |  | 18s |
| 5 | L Sharp | Deeside |  | 21s |
| 6 | S Walker | Maldwyn |  | 24s |
| 7 | C Donelly | Menai |  | 37s |
| 8 | K Jerman | Maldwyn |  | 45s |
| 9 | L Hughes Lawrence | Menai | 13m | 16s |
| 10 | E Oldfield | Morgan Llwyd | 14m | 03s |
| 11 | J Cain | Menai |  | 19s |
| 12 | L Roberts | Prestatyn | 19m | 33s |

**TEAMS**

1. Menai T+F 27 pts

**UNDER 11 GIRLS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | E Hughes | Oswestry | 6m | 07s |
| 2 | E Scott | Penmorfa |  | 29s |
| 3. | F Davis | Bryn Coch |  | 39s |
| 4 | S A Jones | Menai |  | 52s |
| 5 | M Jackson | Bryn Coch | 7m | 05s |
| 6 | G Parkinson | Menai |  | 09s |
| 7 | A D Rees Jones | Menai |  | 09s |
| 8 | A Wort | Wrexham |  | 13s |
| 9 | H Hutchinson | Deeside |  | 16s |
| 10 | A Parkinson | Menai |  | 29s |
| 11 | E Lloyd-Davies | Oswestry |  | 33s |
| 12 | E Hunter | Acton Park |  | 36s |
| 13 | F M Rees Jones | Menai |  | 38s |
| 14 | T S Lewis Jones | Menai |  | 39s |
| 15 | H Jones | Bryn Coch |  | 43s |
| 16 | K Witterbrink | Acton Park |  | 50s |
| 17 | L J Jones-Bryan | Penmorfa | 8m | 07s |
| 18 | E Davies | Bryn Coch |  | 16s |
| 19 | K Tilley | Bryn Coch |  | 16s |
| 20 | H L Warwick | Wrexham |  | 19s |
| 21 | B Williams | Acton Park |  | 30s |
| 22 | E Hughes | Wrexham |  | 32s |
| 23 | C James | Wrexham |  | 33s |
| 24 | C Hargreaves | Penmorfa |  | 44s |
| 25 | S Koscinska | Acton Park |  | 58s |
| 26 | K Cowan | Acton Park |  | 59s |
| 27 | Y Hall | Acton Park | 9m | 01s |
| 28 | E O’Sullivan | Sandycroft |  | 14s |
| 29 | E White | Penmorfa | 10m | 04s |
| 30 | A Jones | Acton Park |  | 06s |
| 31 | E Williams | Acton Park |  | 07s |
| 32 | A Samuels | Deeside |  | 09s |
| 33 | H M Sargent | Bryn Coch |  | 10s |
| 34 | E Jones | Bryn Coch |  | 21s |
| 35 | L Milne | Acton Park |  | 24s |
| 36 | S Marles | Acton Park |  | 34s |
| 37 | M Brough | Acton Park |  | 43s |
| 38 | S Aldridge | Acton Park |  | 58s |
| 39 | L Robertson | Sandycroft | 11m | 06s |
| 40 | K Beck | Sandycroft |  | 19s |
| 41 | K Morris | Deeside | 12m | 20s |
| 42 | K Leeding | Deeside |  | 21s |

**TEAMS**

1. Menai T+F 17 pts
2. Bryn Coch School, Mold 23 pts
3. Ysgol Penmorfa, Prestatyn 43 pts
4. Acton Park Primary School, Wrexham 49 pts
5. Wrexham AAC 50 pts
6. Deeside AAC 82 pts
7. Sandycroft CP School 107 pts

Despite the weather conditions we had a very good 2014 Championships with a number of close races and many champions who are likely to be around for a long time. It was also pleasing to hear the athletes complimenting the course which we always knew would be ideal for such an important event in the cross country calendar.

We are all extremely grateful to Deeside Athletic Club for hosting the championships with particular thanks to John Messum who co-ordinated the organisation and can feel more than pleased with the final result.

A big ‘thank-you’ also to the members of St John Cymru Wales for their attendance – despite the conditions they did not have very much to do.

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

Many thanks 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 their support we would have no Championships.

And, finally, our sincere thanks to the 248 athletes who, despite the conditions, took part in the 2014 Championships. This was 61 more than last year but we hope you enjoyed the experience and look forward to seeing you all at the 2015 event.

Diolch yn fawr Thank you

David Alun Williams