**NORTH WALES CROSS COUNTRY ASSOCIATION**

**(CYMDEITHAS REHEDEG TRAWS GWLAD GOGLEDD CYMRU)**

**Sec. (Ysgrifennydd): Bernie Jones, 258 Chester Road, Hartford Cheshire CW8 1QG**

**Tel: 07919 043117**

30th October 2022

Dear Club Secretaries/Athlete,

**Welsh Inter Region Cross Country – 19th November 2022**

Please find detailed below of JUNIOR and SENIOR athletes who have been selected for North Wales for the Welsh Inter Region Cross Country Championships in Monmouth on 19thNovember 2022. We have taken into account the North Wales Cross Country League performances this season and other relevant performances in selecting the teams.

We are once again making a coach available which will leave Parc Menai, Bangor at 6-30am with the following pick-ups:

Eirias Park 7-00am

Talardy 7-15am

St David’s Park 7-30am

Wrecsam (Sainsbury’s) 7-5am

Oswestry (Mile End) 8-20am

If you require a North Wales vest please let me or your Team Manager know asap so I can arrange to bring them with me. They are £15 and we have all sizes (cheques made payable to NWCCA).

Your Team Managers are:

**Juniors** John Messum - 07977170080 John.Messum@hotmail.com

 Crispin Backshall - 07765111019 crispin.backshall@btopenworld.com

**Seniors/** Eric Campbell - 07507671337 edegzee@gmail.com

**Masters** Bernie Jones - 07919043117 bernie-jones@sky.com

PLEASE can you let your Team Managers know asap whether you will be ATTENDING or NOT and or requiring the coach. They WILL need your **Date of Birth and URN Number.**

I have attached a copy of the course map with the e mail, which also includes the timetable for the day.

We will be taking the North Wales gazebo down to Monmouth, so it will be easy for you to find your Team Managers (they will also be sporting green Team Manager coats), get your race numbers, leave your kit safely or keep dry if it is wet. For those travelling by car, the cost for parking is £3.

The teams selected are attached below along with the course and timetable.

THANKS YOU. DIOLCH YN FAWR

**Bernie Jones**

Secretary

Tel: 07919 043117

E MAIL Bernie-jones@sky.com

**NORTH WALES CROSS COUNTRY TEAMS – WELSH INTER REGIONS – MONMOUTH 19th November 2022**

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| **Name** | **Club** | **Name** | **Club** | **Name** | **Club** | **Name** | **Club** |
| **Under 13 Boys – 1-00pm start** | **Under 13 Girls –12-40pm start** | **Under 15 Boys – 1-40pm start** | **Under 15 Girls –1-15pm start** |
| Lewis Davies | Deeside AAC  | Heather Watson | Deeside AAC  | Miguel Jenkinson | Menai | Maddie Hughes | Maldwyn |
| Oliver Welsh | Deeside AAC  | Tamsen Seguin | Menai | Ben Sargent | Eryri Harriers | Mackenzie McCourt | Maldwyn |
| Alfie Evans | Deeside AAC  | Esyllt Owen | Menai | Alfi Shiland | Colwyn Bay | Josie Hurst | Deeside AAC  |
| Zac Campbell | Wrexham AC | Katie Doherty | Deeside AAC  | Daniel Mitchel | Deeside AAC | Abigail Doherty | Deeside AAC  |
| Alex Baynham | Menai  | Holy Worth | Eryri Harriers | Tom Molloy | Deeside AAC | Ella Davies | Wrexham AC |
| Daniel Birch | Deeside AAC  | Evie Hughes | Wrexham AC | Tomos Morgan | Menai | Orla Kissane | Deeside AAC  |
| Elliot Rowe | Deeside AAC  | Rosie Parsley | Colwyn Bay | Elis Martin | Deeside AAC | Ciara Cust | Colwyn Bay |
| Dyfan Roberts | Deeside AAC  | Amellia Harding | Deeside AAC | Deri Hockley | Eryri Harriers | Lily Roberts | Deeside AAC  |
| Daniel Purcell | Menai  | Della Mathews | Eryri Harriers | Morgan Flavell | Colwyn Bay | Rose Hayes | Deeside AAC  |
| Jude White | Oswestry | Evie Taylor  | Colwyn Bay | Toby Lemon | Deeside AAC | Lucy Parsley | Colwyn Bay |
|  |  | Elinor Haf-Cranham | Eryri Harriers | Chris Benson | Maldwyn | Olivia Morgan | Maldwyn |
|  |  | Nansi Evans | Maldwyn | Arthur Jones | Denbigh Harriers | Cadi French | Eryri Harriers |
|  |  | Ela Edwards | Menai  |  |  | Emmy Taylor | Deeside AAC  |
|  |  |  |  |  |  | Millie Harrison | Deeside AAC  |
| **Under 17 Men – 2-30pm start** | **Under 17 Women –2pm start** | **Under 20 Men – 2-30pm start** | **Under 20 Women –2pm start** |
| Aled Breeze | Maldwyn | Beca Bowen | Menai  | Deri McClusky | Maldwyn | Neisha Roberts | Deeside AAC |
| Callum Morgan | Maldwyn | Maddison Grffiths | Maldwyn | Edward Woodhead | Deeside AAC | Chloe Piggot | Aberystwyth Uni |
| Finlay Cullen | Maldwyn | Cara Scott | Menai  | Dion Griffith | Menai  | Katie Brazier | Aberystwyth Uni |
| Jacob Welsh | Deeside AAC | Annwen Hockley | Eryri Harriers | James Smith | Menai  | Efa Baines | Eryri Harriers |
| Noa Vaughan | Eryri Harriers | Layla Bradbrook | Deeside AAC | Harri Jackson | Menai  | Mabli Baines | Eryri Harriers |
| Tudur Harper-Lloyd | Menai  | Ella Grunday | Colwyn Bay | James Price | Aberystwyth Uni | Ellie Kevern | Aberystwyth Uni |
| Harri Morgan | Menai  | Caitlyn Bloor | Maldwyn |  |  | Gwenno Price | Denbigh |
| Rowan Townsen | Menai  | Libby Hayes | Deeside AAC |  |  | Carys Breeze | Maldwyn |
| Gruffudd Price | Denbigh Harriers | Tallulah Seguin | Menai  |  |  |  |  |
| Mathew Benson | Maldwyn | Cadi Edwards | Menai  |  |  |  |  |
| Oliver Harrison | Deeside |  |  |  |  |  |  |
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| **Name** | **Club** | **Name** | **Club** | **Name** | **Club** | **Name** | **Club** |
| **Senior Men – 3pm start** | **Master Men 35-44 – 3pm start** | **Master Men 45-54 – 3pm start** | **Master Men 55 – 64 – 3pm start** |
| Tony Wood | Denbigh Harriers | Daniel Jones | Denbigh  | Jez Brown | Buckley | Mike Whyatt | Eryri Harriers |
| Rhodri Owen | Meirionnydd | Ifan Richards | Meirionnydd | Glen Price | Denbigh  | Russell Owen | Eryri Harriers |
| Geraint Pugh | Meirionnydd | Jonathan Tyler | Besti Runaways | Emyr Evans | GOG Tri Club | Geran Hughes | GOG Tri Club |
| Gwion Roberts | Meirionnydd | Joel Gomes | Wrexham AC | Ben Beachell | Eryri Harriers | Hadyn Jones | Shrewsbury AC |
| Tom Roberts | Meirionnydd | Tom Carter | Prestatyn RC | Steve Hayes | Deeside AAC | Jeff Gifford | Buckley |
| Charlie Edwards | Maldwyn Harriers | Sam Bellis | Buckley RC | John Pritchard Taylor | Buckley RC | Gary Jerman | Maldwyn Harriers |
| Tom Wood | Eryri Harriers | Clive Morgan | Maldwyn | Rhodri Ap Dyfrig | Meirionnydd | David Baugh | Denbigh  |
| Ben Sulley | Shrewsbury AC | Alun Williams | Meirionnydd | Edmund Mortell | Deeside AAC | Arwel Lewis | Eryri Harriers |
| James Roberts | Wrexham AC | Ally Hughes | Wrexham AC | Steve Crowe | Deeside AAC | David Baugh | Denbigh  |
| Daffydd Thomas | Meirionnydd | Steve Skates | Prestatyn RC | Ryan McCluskey | Maldwyn Harriers | Dave Boothroyd | Buckley |
| Gerard Coleman | Buckley RC | Ollie Parry | Shrewsbury AC | Anthony Woodall | Deeside AAC | Mike Robbins | Wrexham AC |
| Ben Williams | Buckley RC | Lee Jones | Buckley RC | Chris Callaghan | Buckley | Russell Godwin | Colwyn Bay AC |
|  |  | Tim Joy | Buckley RC | Simon Roberts | Buckley | Richard Eccles | NWRRC |
|  |  | Richard Roberts | Eryri Harriers | Gary Jones | Maldwyn Harriers |  |  |
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| **Senior Women – 12noon start** | **Master Women 35-44 –12noon start** | **Masters Women 45-54 – 12noon start** | **Masters Women 55-64 – 12noon start**  |
| Ffion Price | Maldwyn Harriers | Jennifer Rambaldi | Buckley | Nesta McClusky | Maldwyn | Margaret Ludden | Buckley |
| Martha Owen | Deeside AC | Gwennan Henstock | Buckley | Mel Morris | Denbigh Harriers | Emma Collins | Denbigh Harriers |
| Elliw Haf | Eryri Harriers | Gemma Moore | Eryri Harriers | Tammy Lewis-Jones | Eryri Harriers | Jeni Richards | Denbigh Harriers |
| Claire Wyn Jones | Deeside AAC | Emma Palfry | Aberystwyth  | Emma Crowe | Cheshire Dragons | Ann Mynott | Colwyn Bay |
| Katy Baugh | Denbigh | Christine Cammillare | Deestriders | Jane Doughton | Buckley | Debbie Cattermole | Meirionnydd |
| Amanda Mountford | Buckley | Eleanor Davies | Meirionnydd | Helen MacArthur | GOG Tri Club | Ellie Salisbury | Eryri |
| Rachel Cook | GOG Tri Club | Anest Muller | West Cheshire | Lee Evans | Denbigh Harriers | Menai Baugh | Denbigh Harriers |
| Lisa Lines | Prestatyn | Helen Ashworth | Prestatyn | Helen Blair | Eryri Harriers | Susan Ridings | Buckley |
| Ellen Baugh | Denbigh | Michelle Farrell | GOG Tri Club | Andrea Rowlands | Eryri Harriers | Julie Edwards | Meirionnydd |
| Emma Price | Aberystwyth Uni | Sophie Johnson | Prestatyn | Megan Hughes | Eryri Harriers | Kay Hatton | NWRRC |
| Heidi O'Brien | Cybi Striders | Nia Albiston | Eryri Harriers | Kerry Jones | Cybi Striders | Jane Lindley | Buckley |
| Olivia Ashton | Deeside | Anna Buckingham | Meirionnydd | Michelle Farrell | GOG Tri Club | Joy Hickman | West Cheshire |
| Eleanor Ashcroft | Denbigh  |  |  |  |  |  |  |
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| **Master Women 65+ – 12-00 noon start** | **Master Men 65+ - 3pm start** |  |  |
| Viv Edwards | Eryri | Graham Jones | Shrewsbury |  |  |  |  |
| Maggie Oliver | Eryri | Martin Cortvriend | Prestatyn |  |  |  |  |
| Debra Robinson | GOG Tri Club | Mike Snell | Eryri Harriers |  |  |  |  |
| Elizabeth Evans | GOG Tri Club | John Mainwaring | Eryri Harriers |  |  |  |  |
| Ann d'Alberqurquerque | GOG Tri Club | Neil Owen | Run Free Fell | Res Dave Passe | Denbigh |  |  |