**NORTH WALES CROSS COUNTRY CHAMPIONSHIPS**

**YSGOL MORGAN LLWYD, WREXHAM – 7 MARCH 2023**

FINAL RESULTS 8/03/23

**Under 11 Girls**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** |
| 1 | Gwen | Hayes | Deeside AC | 6-54 |
| 2 | Daisy | Jones | Deeside AC | 6-57 |
| 3 | Ella | Hayes | Deeside AC | 7-10 |
| 4 | Bethan | Roberts | Wrexham AC | 7-22 |
| 5 | Caitlin | Davis Arnall | Colwyn Bay AC | 7-43 |
| 6 | Grace | Hughes | Wrexham AC | 7-45 |
| 7 | Amber | Chauhan | Eryri Harriers | 7-51 |
| 8 | Katie | McGlynn |  | 7-59 |
| 9 | Elin | Evans | Prestatyn RC | 8-06 |
| 10 | Freya | Valerio |  | 8-06 |
| 11 | Lottie Grace | Edwards |  | 8-07 |
| 12 | Gwenllian | Roberts |  | 8-08 |
| 13 | Ophelia Lord | Smith | Eryri Harriers | 8-24 |
| 14 | Heidi | Worth | Menai T&F | 8-32 |
| 15 | Olivia | Standring-Jones | Prestatyn RC | 8-49 |

**Under 11 Girls Teams (3 to score)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Position** | **Club** | **POSITIONS** | **TOTAL POINTS** |
| 1 | Deeside AC | 1, 2, 3 | 6 |
| 2 | Wrexham AC | 4, 6, 8 | 15 |

**Under 11 Boys**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** |
| 1 | Finley | Potter | Deeside AC | 9-32 |
| 2 | Isac | Martin | Deeside AC | 9-49 |
| 3 | Caspar | Kissane | Deeside AC | 9-56 |
| 4 | Spencer | Tate Jones | Wrexham AC | 10-35 |
| 5 | George | Henderson | Deeside AC | 10-46 |
| 6 | Perry | Marsland | Menai T&F | 10-52 |
| 7 | Oskar | Ledger-Muennich | Maldwyn Harriers | 10-54 |
| 8 | Zac | Spencer | Colwyn Bay AC | 11-04 |
| 9 | Zach | Graham |  | 11-12 |
| 10 | Jacob | Price | Menai T&F | 11-24 |
| 11 | Finley | Northall | Wrexham AC | 11-28 |
| 12 | Morgan | Humphreys | Deeside AC | 11-30 |
| 13 | Ifan | Wood | Ysgol Twm O’r Nant | 11-45 |
| 14 | Finley | Williams | Colwyn Bay AC | 11-58 |
| 15 | Twm Emyr | Evans | Menai T&F | 12-15 |
| 16 | Luca | Kevan | Golftyn Primary School | 12-18 |
| 17 | Dylan | Grimley | Oswestry Olympians | 12-27 |

**Under 11 Boys Teams (3 to score)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Position** | **Club** | **POSITIONS** | **TOTAL POINTS** |
| 1 | Deeside AC | 1, 2, 3 | 6 |
| 2 | Menai T&F | 6, 9, 12 | 29 |

**Under 13 Girls**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** |
| 1 | Heather | Watson | Deeside AC | 9-24 |
| 2 | Esyllt | Owen | Menai T&F | 9-51 |
| 3 | Tamsin | Seguin | Menai T&F | 10-04 |
| 4 | Katie | Doherty | Deeside AC | 10-17 |
| 5 | Holly | Worth | Eryri Harriers | 10-44 |
| 6 | Evie | Hughes | Wrexham AC | 10-52 |
| 7 | Amelia | Harding | Deeside AC | 10-55 |
| 8 | Evie | Mortell | Deeside AC | 11-05 |
| 9 | Rosie | Parsley | Colwyn Bay AC | 11-17 |
| 10 | Ruby | Watts | Deeside AC | 11-30 |
| 11 | Evie | Taylor | Colwyn Bay AC | 11-35 |
| 12 | Nansi | Evans | Maldwyn Harriers | 11-48 |
| 13 | Maya | Whitley | Denbigh Harriers | 11-51 |
| 14 | Fleur | Randles | Deeside AC | 11-52 |
| 15 | Meri | Roche | Denbigh Harriers | 11-55 |
| 16 | Della | Matthews | Eryri Harriers | 12-18 |
| 17 | Maisie | Love | Maldwyn Harriers | 12-27 |

**Under 13 Girls Teams (3 to score)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Position** | **Club** | **POSITIONS** | **TOTAL POINTS** |
| 1 | Deeside AC | 1, 4, 7 | 12 |

**Under 13 Boys**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** |
| 1 | Alfie | Evans | Deeside AC | 11-03 |
| 2 | Jude | White | Oswestry Olympians | 11-22 |
| 3 | Oliver | Welsh | Deeside AC | 11-31 |
| 4 | Lewis | Davies | Deeside AC | 11-39 |
| 5 | Zac | Campbell | Wrexham AC | 11-47 |
| 6 | Jai | Chauhan | Eryri Harriers | 12-11 |
| 7 | Oliver | Birch | Deeside AC | 12-16 |
| 8 | Elliott | Rowe | Deeside AC | 12-19 |
| 9 | Iwan | Flavell | Colwyn Bay AC | 13-09 |
| 10 | Dyfan | Roberts | Deeside AC | 13-17 |
| 11 | Iestyn | Roberts | Deeside AC | 15-01 |

**Under 13 Boys Teams (3 to score)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Position** | **Club** | **POSITIONS** | **TOTAL POINTS** |
| 1 | Deeside AC | 1, 3, 4 | 8 |

**Under 15 Girls**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** |
| 1 | Madison | Hughes | Maldwyn Harriers | 11-11 |
| 2 | Abigail | Doherty | Deeside AC | 11-18 |
| 3 | Mackenzie | McCourt | Maldwyn Harriers | 11-25 |
| 4 | Josephine | Hurst | Deeside AC | 11-49 |
| 5 | Orla | Kissane | Deeside AC | 12-41 |
| 6 | Ciara | Cust | Colwyn Bay AC | 12-46 |
| 7 | Cadi | French | Eryri Harriers | 12-54 |
| 8 | Evie | Watts | Deeside AC | 13-00 |
| 9 | Cadi | Wynn-Cunnington | Eryri Harriers | 13-14 |
| 10 | Rose | Hayes | Deeside AC | 13-18 |
| 11 | Lucy | Parsley | Colwyn Bay AC | 13-34 |
| 12 | Erin | Smith | Cadence Tri Club | 13-39 |
| 13 | Millie | Harrison | Deeside AC | 13-50 |
| 14 | Hannah | Brotheridge | Eryri Harriers | 14-12 |
| 15 | Emmy | Taylor | Deeside AC | 14-18 |

**Under 15 Girls Teams (3 to score)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Position** | **Club** | **POSITIONS** | **TOTAL POINTS** |
| 1 | Deeside AC | 2, 4, 5 | 11 |
| 2 | Eryri Harriers | 7. 9, 14 | 30 |

**Under 15 Boys**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** |
| 1 | Miguel | Jenkins | Menai T&F | 16-05 |
| 2 | Elis | Martin | Deeside AC | 16-50 |
| 3 | Daniel | Mitchell | Deeside AC | 17-13 |
| 4 | Alfie | Shiland | Colwyn Bay AC | 17-45 |
| 5 | Harry | Purcell | Deeside AC | 17-57 |
| 6 | Christopher | Benson | Maldwyn Harriers | 18-00 |
| 7 | Ewan | Leonard | Colwyn Bay AC | 18-20 |
| 8 | Tomos | Morgan | Menai T&F | 18-26 |
| 9 | Toby | Lemon | Deeside AC | 18-43 |
| 10 | Deri | Hockley | Eryri Harriers | 19-00 |
| 11 | Jake | Rowlands | Menai T&F | 19-14 |
| 12 | Cole | Randles | Deeside AC | 19-18 |
| 13 | Morgan | Flavell | Colwyn Bay AC | 19-32 |
| 14 | James | Pritchard | Deeside AC | 19-44 |
| 15 | Sahil | Pasha | Denbigh Harriers | 20-14 |
| 16 | Ted | Conry | Denbigh Harriers | 20-40 |
| 17 | Hugh | Heginbotham | Denbigh Harriers | 21-33 |
| 18 | Zak | Kevan | Deeside AC | 21-38 |
| 19 | Gwion | Owen | Menai T&F | 22-15 |
| 20 | Rafa | Whitley | Denbigh Harriers | 22-19 |
| 21 | Isaac | Walker | Deeside AC | 24-14 |

**Under 15 Boys Teams (3 to score)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Position** | **Club** | **POSITIONS** | **TOTAL POINTS** |
| 1 | Deeside AC | 2,3, 5 | 10 |
| 2 | Menai T&F | 1, 8, 11 | 20 |
| 3 | Colwyn Bay AC | 4, 7, 13 | 24 |
| 4 | Denbigh Harriers | 15, 16, 17 | 48 |

**Under 17 Women**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** |
| 1 | Becca | Bown | Menai T&F | 17-35 |
| 2 | Anwen | Hockley | Eryri Harriers | 19-34 |
| 3 | Ella | Grundy | Colwyn Bay AC | 20-17 |
| 4 | Tallulah | Seguin | Menai T& F | 21-50 |
| 5 | Cadi | Glyn Edwards | Menai T&F | 22-12 |

**Under 17 Women’s Teams (3 to score)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Position** | **Club** | **POSITIONS** | **TOTAL POINTS** |
| 1 | Menai T&F | 1, 4, 5 | 10 |

**Under 17 Men**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** |
| 1 | Aled | Breeze | Maldwyn Harriers | 20-35 |
| 2 | Finlay | Cullen | Maldwyn Harriers | 20-50 |
| 3 | Rowan | Townsend | Menai T&F | 21-45 |
| 4 | Matthew | Benson | Maldwyn Harriers | 22-05 |
| 5 | Gruffudd | Price | Denbigh Harriers | 24-33 |

**Under 17 Men’s Teams (3 to score)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Position** | **Club** | **POSITIONS** | **TOTAL POINTS** |
| 1 | Maldwyn Harriers | 1, 2, 4 | 7 |

**Under 20 Women**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** |
| 1 | Neisha | Roberts | Deeside AC | 25-51 |
| 2 | Chloe | Cavill | Wrexham AC | 27-51 |
| 3 | Efa | Baines | Eryri Harriers | 28-05 |
| 4 | Mabli | Baines | Eryri Harriers | 30-53 |

**No complete Under 20 Women’s Teams**

**Under 20 Men**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** |
| 1 | Dion | Griffith | Menai T&F | 30-53 |
| 2 | Deri | McCluskey | Maldwyn Harriers | 32-12 |
| 3 | James | Smith | Menai T&F | 32-17 |
| 4 | Tyler | Cartlidge | Deeside AC | 32-40 |
| 5 | Ed | Woodhead | Deeside AC | 32-57 |
| 6 | Harri | Jackson | Menai T&F | 34-47 |

**No complete Under 20 Men’s Teams**

**Senior/Master Women**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | Amie | Smith | Cheshire Dragons | 23-31 | SW | 1 |
| 2 | Tracy | Rogers | Buckley RC | 23-33 | SW | 2 |
| 3 | Suzie | Richards | Eryri Harriers | 25-33 | W35 | 1 |
| 4 | Neisha | Roberts | Deeside AC | 25-51 | U20W | 1 |
| 5 | Christine | Cammillaire | Deestriders | 25-52 | W35 | 2 |
| 6 | Helen | Davies | Wrecsam Tri Club | 25-58 | W55 | 1 |
| 7 | Lisa | Lines | Prestatyn RC | 26-16 | SW | 3 |
| 8 | Eleanor | Ashcroft | Denbigh Harriers | 26-18 | SW | 4 |
| 9 | Claire | Wyn-Jones | Deeside AC | 26-18 | SW | 5 |
| 10 | Nesta | McCluskey | Maldwyn Harriers | 26-25 | W45 | 1 |
| 11 | Katy | Baugh | Denbigh Harriers | 26-38 | SW | 6 |
| 12 | Jane | Doughton | Buckley RC | 27-05 | W45 | 2 |
| 13 | Emma | Collins | Denbigh Harriers | 27-26 | W60 | 1 |
| 14 | Ceri | Diss | Denbigh Harriers | 27-34 | W55 | 2 |
| 15 | Mel | Morris | Denbigh Harriers | 27-46 | W50 | 1 |
| 16 | Chloe | Cavill | Wrexham AC | 27-51 | U20W | 2 |
| 17 | Efa | Baines | Eryri Harriers | 28-05 | U20W | 3 |
| 18 | Gwennan | Henstock | Buckley RC | 28-15 | W40 | 1 |
| 19 | Megan | Hughes | Eryri Harriers | 28-41 | W45 | 3 |
| 20 | Anne | Mynott | Colwyn Bay AC | 28-55 | W55 | 3 |
| 21 | Briony | Hibbert | Deeside AC | 28-57 | SW | 7 |
| 22 | Kerry | Jones | Cybi Striders | 28-59 | W45 | 4 |
| 23 | Kay | Hatton | NWRRC | 29-15 | W55 | 4 |
| 24 | Joy | Hickman | West Cheshire AC | 29-16 | W55 | 5 |
| 25 | Lee | Evans | Denbigh Harriers | 29-18 | W45 | 5 |
| 26 | Helen | MacArthur | GOG Tri Club | 29-22 | W50 | 2 |
| 27 | Helen | Ashworth | Prestatyn RC | 29-28 | W40 | 2 |
| 28 | Elen | Baugh | Denbigh Harriers | 29-48 | SW | 8 |
| 29 | Amanda | Mountford | Buckley RC | 29-54 | SW | 9 |
| 30 | Helen | Blair | Eryri Harriers | 30-08 | W55 | 6 |
| 31 | Cheryl | Frost | NWRRC | 30-28 | W55 | 7 |
| 32 | Mabli | Baines | Eryri Harriers | 30-53 | U20W | 4 |
| 33 | Nicola | Wylie | NWRRC | 30-56 | W50 | 3 |
| 34 | Michelle | Farrell | GOG Tri Club | 30-58 | W40 | 3 |
| 35 | Karen | Butler | NWRRC | 31-24 | W60 | 2 |
| 36 | Jane | Lindley | Buckley RC | 31-30 | W55 | 8 |
| 37 | Ann | Jones | Prestatyn RC | 32-35 | W50 | 4 |
| 38 | Emma | MacArthur | Colwyn Bay AC | 33-53 | W45 | 6 |
| 39 | Ellie | Salisbury | Eryri Harriers | 34-10 | W60 | 3 |
| 40 | Menai | Baugh | Denbigh Harriers | 34-26 | W60 | 4 |
| 41 | Sian | Meirion | Buckley RC | 34-36 | W50 | 5 |
| 42 | Ann | D’Albuquerque | GOG Tri Club | 34-45 | W70 | 1 |
| 43 | Sarah | Grimley | Oswestry Olympians | 36-45 | W40 | 4 |
| 44 | Maggie | Oliver | Eryri Harriers | 38-40 | W75 | 1 |
| 45 | Viv | Edwards | Eryri Harriers | 39-13 | W65 | 1 |
| 46 | Julie | Evans | Prestatyn RC | 40-04 | W60 | 5 |
| 47 | Fiona | Robinson | Deestriders | 45-30 | W55 | 9 |

**Senior Women’s Teams (4 to score)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Position** | **Club** | **POSITIONS** | **TOTAL POINTS** |
| 1 | Denbigh Harriers | 8, 11, 13, 14 | 46 |
| 2 | Buckley | 2, 12, 18, 29 | 61 |
| 3 | Eryri Harriers | 3, 17, 19, 30 | 69 |
| 4 | Prestatyn RC | 7, 27, 37, 46 | 117 |
| 5 | NWRRC | 23, 31, 33, 35 | 122 |

**Masters Women’s Teams (3 to score)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Position** | **Club** | **POSITIONS** | **TOTAL POINTS** |
| 1 | Denbigh Harriers | 6,7, 8 | 21 |
| 2 | Eryri Harriers | 1, 10, 18 | 29 |
| 3 | Buckley | 5, 9, 23 | 37 |
| 4 | NWRRC | 13, 19, 20 | 52 |
| 5 | Prestatyn RC | 17, 24, 33 | 74 |

**Masters Men 65**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | Graham | Jones | Shrewsbury AC | 24-17 | M65 | 1 |
| 2 | Mike | Snell | Eryri Harriers | 27-36 | M65 | 2 |
| 3 | Simon | Nixon | Denbigh Harriers | 28-51 | M65 | 3 |
| 4 | Emyr | Davies | Hebog | 29-40 | M80 | 1 |
| 5 | David | Passe | Denbigh Harriers | 30-16 | M70 | 1 |
| 6 | George | Nixon | Prestatyn RC | 30-30 | M70 | 2 |
| 7 | Colin | Hunt | Wrecsam Tri Club | 30-37 | M65 | 4 |
| 8 | Martin | Green | Maldwyn Harriers | 31-15 | M65 | 5 |
| 9 | Anthony | Pepper | Oswestry Olympians | 31-19 | M75 | 1 |
| 10 | Eurwyn | Edwards | Eryri Harriers | 31-38 | M65 | 6 |
| 11 | Fred | Jones | Denbigh Harriers | 32-30 | M65 | 7 |
| 12 | Don | Williams | Eryri Harriers | 32-51 | M75 | 2 |
| 13 | Phil | Walker | Wrexham AC | 33-39 | M70 | 3 |
| 14 | Grahame | Shone | Prestatyn RC | 34-51 | M70 | 4 |
| 15 | Jeff | Jones | Denbigh Harriers | 35-27 | M70 | 5 |
| 16 | Roger | Harrison-Jones | Prestatyn RC | 39-12 | M85 | 1 |
| 17 | Gareth | Hughes | Prestatyn RC | 40-05 | M75 | 3 |
| 18 | Jack | Thomas | Buckley RC | 42-45 | M80 | 2 |
| 19 | Peter | Norman | Wrexham AC | 59-54 | M85 | 2 |
| 20 | John | Tipping | Wrexham AC | 61-34 | M80 | 3 |

**Masters 65+ Team (3 to score)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Position** | **Club** | **POSITIONS** | **TOTAL POINTS** |
| 1 | Denbigh Harriers | 3, 5, 11 | 19 |
| 2 | Eryri Harriers | 2, 10, 12 | 24 |
| 3 | Prestatyn RC | 6, 14, 16 | 36 |
| 4 | Wrexham AC | 13, 19, 20 | 52 |

**Senior/Master Men**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | Ethan | Ackroyd | Liverpool Harriers | 30-17 | SM | 1 |
| 2 | Rhodri | Owen | Meirionnydd RC | 30-34 | SM | 2 |
| 3 | Dion | Griffith | Menai T&F | 30-53 | U20M | 1 |
| 4 | Owen | Hibbert | Deeside AC | 30-59 | SM | 3 |
| 5 | Josh | Keogh | NWRRC | 31-01 | SM | 4 |
| 6 | Stephen | Skates | Prestatyn RC | 31-19 | M40 | 1 |
| 7 | Russell | Bentley | Kent AC | 31-21 | M40 | 2 |
| 8 | Joel | Gomes | Wrexham AC | 31-25 | M40 | 3 |
| 9 | Luke | Northall | Wrexham AC | 31-57 | M35 | 1 |
| 10 | Martin | Green | NWRRC | 32-00 | M45 | 1 |
| 11 | Deri | McCluskey | Maldwyn Harriers | 32-12 | U20M | 2 |
| 12 | James | Smith | Menai T&F | 32-17 | U20M | 3 |
| 13 | Steffan | Sayer | Menai T&F | 32-22 | M40 | 4 |
| 14 | Tyler | Cartlidge | Deeside AC | 32-40 | U20M | 4 |
| 15 | Nick | Owen | Eryri Harriers | 32-51 | M35 | 2 |
| 16 | Ed | Woodhead | Deeside AC | 32-57 | U20M | 5 |
| 17 | Clive | Morgan | Maldwyn Harriers | 32-59 | M40 | 5 |
| 18 | Euros | Evans | Cardiff Athletics | 33-11 | SM | 5 |
| 19 | Tomos | Land | GOG Tri Club | 33-17 | SM | 6 |
| 20 | Dave Bus | Hughes | Eryri Harriers | 33-23 | SM | 7 |
| 21 | Deio | Garton Jones | Eryri Harriers | 33-51 | SM | 8 |
| 22 | Jez | Brown | Buckley RC | 33-55 | M50 | 1 |
| 23 | Tony | Wood | Denbigh Harriers | 34-15 | SM | 9 |
| 24 | Armon | Williams | Cybi Striders | 34-15 | SM | 10 |
| 25 | Gerard | Coleman | Buckley RC | 34-20 | SM | 11 |
| 26 | John | Davies | Eryri Harriers | 34-30 | SM | 12 |
| 27 | Ally | Hughes | Wrexham AC | 34-30 | M35 | 3 |
| 28 | Harri | Jackson | Menai T&F | 34-47 | U20M | 6 |
| 29 | Sion-Kelly | McIntosh | GOG Tri Club | 35-00 | SM | 13 |
| 30 | Jared | Roberts | Colwyn Bay AC | 35-42 | SM | 14 |
| 31 | Jonathan | Tyler | Betsi Runaways | 36-02 | M35 | 4 |
| 32 | Neal | Hockley | Eryri Harriers | 36-05 | M40 | 6 |
| 33 | Tim | Joy | Buckley RC | 36-21 | M35 | 5 |
| 34 | Russell | Owen | Eryri Harriers | 36-37 | M60 | 1 |
| 35 | Joseph | Matthews | Betsi Runaways | 36-48 | M45 | 2 |
| 36 | Antony | Woodall | Deestriders | 36-50 | M50 | 2 |
| 37 | Gareth | Williams | Vale Royal | 36-52 | M50 | 3 |
| 38 | Glen | Price | Denbigh Harriers | 36-54 | M45 | 3 |
| 39 | Ciaran | Allman | Deeside AC | 36-55 | SM | 15 |
| 40 | Steve | Gardner | NWRRC | 37-10 | M60 | 2 |
| 41 | Lee | Jones | Buckley RC | 37-12 | M35 | 6 |
| 42 | William | Williams | NWRRC | 37-33 | M50 | 4 |
| 43 | Hadyn | Jones | Shrewsbury AC | 37-44 | M60 | 3 |
| 44 | Dan | Hurst | Deeside | 38-08 | M45 | 4 |
| 45 | Simon | Wilde | Wrecsam Tri Club | 38-14 | M50 | 5 |
| 46 | Huw | Williams | Denbigh Harriers | 38-23 | M35 | 7 |
| 47 | Iwan | Evans | NWRRC | 38-26 | M45 | 5 |
| 48 | Tim | Woodhead | Deeside AC | 38-32 | M50 | 6 |
| 49 | Stuart | Culverhouse | NWRRC | 38-52 | M50 | 7 |
| 50 | Stephen | Parry | Deeside AC | 38-58 | M45 | 6 |
| 51 | Owen | Conry | Denbigh Harriers | 39-06 | M50 | 8 |
| 52 | Mike | Robbins | Wrexham AC | 39-09 | M55 | 1 |
| 53 | David | Baugh | Denbigh Harriers | 39-29 | M60 | 4 |
| 54 | Richard | Bott | Deeside AC | 39-35 | M40 | 7 |
| 55 | Arwel | Lewis | Eryri Harriers | 39-39 | M60 | 5 |
| 56 | Dan | Liddle | Prestatyn RC | 40-08 | M50 | 9 |
| 57 | Richard | Westwood | Wrexham AC | 40-23 | M45 | 7 |
| 58 | Paul | Lewty | Deestriders | 40-45 | M45 | 8 |
| 59 | Brian | Johnson | Meirionnydd RC | 41-03 | M55 | 2 |
| 60 | Dave | Boothroyd | Buckley RC | 41-35 | M60 | 6 |
| 61 | Gareth | Jones | Meirionnydd RC | 42-05 | M45 | 9 |
| 62 | Ian | Taylor | Colwyn Bay AC | 42-44 | M55 | 3 |
| 63 | Glyn | Griffiths | Eryri Harriers | 43-10 | M55 | 4 |
| 64 | Christopher | Williams | Colwyn Bay AC | 43-35 | M60 | 7 |
| 65 | Duncan | Jones | Denbigh Harriers | 44-51 | M60 | 8 |
| 66 | Trevor | Jones | Meirionnydd RC | 46-05 | M40 | 8 |
| 67 | Justin | Evans | Deestriders | 46-28 | M45 | 10 |
| 68 | Adam | Brightman | Cybi Striders | 46-47 | M55 | 5 |
| 69 | James | Rogers | Prestatyn RC | 49-35 | M45 | 11 |
| 70 | Ian | Mulligan | Colwyn Bay AC | 51-22\*\* | M55 | 6 |

***\*\* Ian Mulligan started 10 minutes later than anyone else and his own time was 42-26. Chip time was 51-22\*\****

**Senior Men’s Teams (6 to score)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Position** | **Club** | **POSITIONS** | **TOTAL POINTS** |
| 1 | Eryri Harriers | 15, 20, 21, 26, 32, 34, | 148 |
| 2 | Deeside AC | 4, 14, 16, 39, 44, 48 | 165 |
| 3 | NWRRC | 5, 10, 40,42, 47, 49 | 193 |
| 4 | Denbigh Harriers | 23, 38, 45, 51, 53, 65 | 275 |

**Masters Men’s Teams (3 to score)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Position** | **Club** | **POSITIONS** | **TOTAL POINTS** |
| 1 | Wrexham AC | 3, 4, 10 | 17 |
| 2 | Eryri Harriers | 7, 12, 14 | 33 |
| 3 | Buckley RC | 9, 13, 20 | 42 |
| 4 | North Wales Road Runners | 5, 19, 25 | 49 |
| 5 | Denbigh Harriers | 18, 25, 30 | 73 |
| 6 | Deeside AC | 23, 27, 29 | 79 |
| 7 | Prestatyn RC | 1, 35, 48 | 84 |
| 8 | Deestriders | 16, 37, 46 | 99 |
| 9 | Colwyn Bay AC | 41, 43, 49 | 133 |

A big thank you to Wrexham AC for hosting the North Wales Championships again; it may not be the most demanding of courses but it is one of the easiest to set up and manage and with the Champs happening just after the Christmas/New Year break it’s helpful. Thank you to all the volunteers, not just on the course but behind the scenes as well. Obviously this was the first time we have done on line registration but it seemed a great success.

Most medals were given out on the day bit if you didn’t receive your medal on the day, check with your club first as a number were picked up for people, otherwise come and see me at Colwyn Bay. I’ll have some with me, just in case!!

***Teams for the CAU Inter Counties at Loughborough on 11th March 2023 will be picked over the next few days based on the results above, the Welsh Inter Regions and the North Wales Cross Country League results. Teams will be posted on the North Wales cross country website and Facebook pages.***

The next North Wales Cross Country League(Junior and Senior) will be at Eirias Park (LL29 7SP) on Saturday 21st January. Junior races start at 10-30am (under 15 Boys) and senior races at 1pm.

**PLEASE REMEMBER TO BRING YOUR NORTH WALES CROSS COUNTRY LEAGUE NUMBER. If you’ve lost it you will need to let me know AT LEAST 3 DAYS BEFOREHAND and pay for a replacement (£1).**

Bernie Jones

Secretary