**PYRAMID CONSULTING**

**NORTH WALES JUNIOR CROSS COUNTRY LEAGUE**

At Eirias Park, Colwyn Bay Saturday 21st January 2023

FINAL RESULTS 22/1/23

**Under 15 Boys**

|  |  |  |  |  |
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| **Position** | **Number** | **Name** | **Club** | **Time** |
| 1 | 1464 | Miguel Jenkins | Menai T&F | 23-49 |
| 2 | 1245 | Elis Martin | Deeside AC | 24-19 |
| 3 | 1361 | Ben Sergeant | Eryri Harriers | 24-44 |
| 4 | 1253 | Daniel Mitchell | Deeside AC | 25-25 |
| 5 | 1244 | Toby Lemon | Deeside AC | 25-31 |
| 6 | 1249 | James Pritchard | Deeside AC | 25-39 |
| 7 | 1465 | Tomos Morgan | Menai T&F | 26-12 |
| 8 | 1475 | Ralph Brown | Telford AC | 26-13 |
| 9 | 1092 | Cai Aron Dafydd Jones | Betsi Runaways | 26-25 |
| 10 | 1070 | Deri Hockley | Eryri Harriers | 27-10 |
| 11 | 1273 | Ted Conry | Denbigh Harriers | 27-11 |
| 12 | 1160 | Morgan Flavell | Colwyn Bay AC | 27-15 |
| 13 | 1462 | Jake Rowlands | Menai T&F | 27-21 |
| 14 | 1248 | Ryan Clough | Deeside AC | 27-45 |
| 15 | 1272 | Arthur Jones | Denbigh Harriers | 29-00 |
| 16 | 1247 | Cole Randles | Deeside AC | 29-33 |
| 17 | 1243 | Zak Kevan | Deeside AC | 30-30 |
| 18 | 1274 | Sahil Pasha | Denbigh Harriers | 30-31 |
| 19 | 1271 | Hugh Heginbotham | Denbigh Harriers | 31-55 |
| 20 | 1246 | Isaac Walker | Deeside AC | 34-21 |

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| **Club** (4 to count) | **Race 3**  **Points** | **Total Race 3 Points** | **Race 3**  **Position** | **Overall Points** | **Overall Position** |
| Deeside | 2, 4, 5, 6 | **17** | **1** | **70** | **1** |
| Menai | 1, 7, 13, 21 | **42** | **2** | **138** | **2** |
| Eryri Harriers | 3, 10, 21, 21 | **55** | **3** | **183** | **3** |
| Denbigh | 11, 15, 18, 19 | **63** | **4** | **185** | **4** |
| Colwyn Bay | 12, 21, 21, 21 | **75** | **7** | **220** | **5** |
| Telford AC | 8, 21, 21, 21 | **71** | **5** | **226** | **6** |
| Betsi Runaways | 9, 21, 21, 21 | **72** | **6** | **241** | **7** |

**Under 15 Girls**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** |
| 1 | 1423 | MacKenzie McCourt | Maldwyn Harriers | 19-10 |
| 2 | 1222 | Abigail Doherty | Deeside AC | 19-30 |
| 3 | 1483 | Holly Coates | West Cheshire AC | 20-08 |
| 4 | 1286 | Cadi French | Eryri Harriers | 21-29 |
| 5 | 1221 | Orla Kissane | Deeside AC | 21-39 |
| 6 | 1167 | Ciara Cust | Colwyn Bay AC | 22-18 |
| 7 | 1369 | Lucy Parsley | Colwyn Bay AC | 22-48 |
| 8 | 1285 | Cadi Cunnington | Eryri Harriers | 22-50 |
| 9 | 1209 | Rose Hayes | Deeside AC | 23-15 |
| 10 | 1226 | Lily Hayes | Deeside AC | 23-30 |
| 11 | 1215 | Milly Harrison | Deeside AC | 23-43 |
| 12 | 1223 | Emmy Taylor | Deeside AC | 23-50 |
| 13 | 1283 | Hannah Brotheridge | Eryri Harriers | 24-56 |
| 14 | 1469 | Sorrel Blount | Prestatyn RC | 27-17 |

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| **Club** (4 to count) | **Race 3**  **Points** | **Total Race 3 Points** | **Race 3**  **Position** | **Overall Points** | **Overall Position** |
| Deeside | 1, 5, 9, 10 | **25** | **1** | **59** | **1** |
| Eryri Harriers | 4, 8, 13, 15 | **40** | **2** | **148** | **2** |
| Maldwyn Harriers | 1, 15, 15, 15 | **46** | **4** | **139** | **3** |
| Colwyn Bay | 6, 7, 15, 15 | **43** | **3** | **162** | **4** |
| Prestatyn | 14, 15, 15, 15 | **59** | **5** | **N/A** | **N/A** |

**Under 13 Boys**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** |
| 1 | 1240 | Alfie Evans | Deeside AC | 19-01 |
| 2 | 1237 | Oliver Welsh | Deeside AC | 19-34 |
| 3 | 1499 | Zac Campbell | Unattached | 20-03 |
| 4 | 1236 | Elliott Rowe | Deeside AC | 20-14 |
| 5 | 1239 | Oliver Birch | Deeside AC | 20-45 |
| 6 | 1346 | Ryan Delaney | Deeside AC | 21-09 |
| 7 | 1242 | Dyfan Roberts | Deeside AC | 22-08 |
| 8 | 1149 | Iwan Flavell | Colwyn Bay AC | 22-37 |
| 9 | 1500 | Isaac Garcia Lucas | Myddleton College | 23-08 |
| 10 | 1234 | Iestyn Roberts | Deeside AC | 23-44 |
| 11 | 1485 | Dylan Gledhill | West Cheshire AC | 24-29 |
| 12 | 1168 | Thomas Max | Colwyn Bay AC | 25-11 |
| 13 | 1484 | Harry McKenna | West Cheshire AC | 25-50 |
| 14 | 1360 | Tomos Griffiths | Menai T&F | 26-56 |
| 15 | 1448 | Daniel Purcell | Menai T&F | 27-07 |

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| **Club** (4 to count) | **Race 3**  **Points** | **Total Race 3 Points** | **Race 3**  **Position** | **Overall Points** | **Overall Position** |
| Deeside AC | 1, 2, 4, 5 | **12** | **1** | **50** | **1** |
| Menai T&F | 14, 15, 16, 16 | **61** | **5** | **129** | **2** |
| Myddleton College | 9, 16, 16, 16 | **57** | **4** | **156** | **3** |
| Colwyn Bay AC | 8, 12, 16, 16 | **52** | **2** | **N/A** | **N/A** |
| West Cheshire AC | 11, 13, 16, 16 | **56** | **3** | **N/A** | **N/A** |

**Under 13 Girls**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** |
| 1 | 1207 | Heather Watson | Deeside AC | 18-11 |
| 2 | 1374 | Katie Doherty | Deeside AC | 19-25 |
| 3 | 1378 | Tamsin Seguin | Menai T&F | 20-02 |
| 4 | 1432 | Esyllt Owen | Menai T&F | 20-50 |
| 5 | 1492 | Evie Hughes | Wrexham AC | 20-53 |
| 6 | 1280 | Holly Worth | Eryri Harriers | 21-02 |
| 7 | 1652 | Della Matthews | Eryri Harriers | 21-05 |
| 8 | 1159 | Rosie Parsley | Colwyn Bay AC | 21-34 |
| 9 | 1108 | Lili McKenzie | Cadence Tri Club | 22-29 |
| 10 | 1205 | Evie Mortell | Deeside AC | 22-34 |
| 11 | 1123 | Ruby Watts | Cadence Tri Club | 22-44 |
| 12 | 1472 | Amelia Morris | Telford AC | 23-27 |
| 13 | 1206 | Amelia Harding | Deeside AC | 23-46 |
| 14 | 1157 | Evie Taylor | Colwyn Bay AC | 24-01 |
| 15 | 1278 | Elinor Haf Cranham | Eryri Harriers | 24-59 |
| 16 | 1433 | Ela Edwards | Menai T&F | 25-00 |
| 17 | 1257 | Meri Roche | Denbigh Harriers | 25-01 |
| 18 | 1094 | Ela Nuss | Colwyn Bay AC | 25-40 |
| 19 | 1201 | Fleur Randles | Deeside AC | 25-56 |
| 20 | 1258 | Flora Jones | Denbigh Harriers | 26-24 |
| 21 | 1358 | Elinor Haf Jones | Colwyn Bay AC | 28-49 |

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| **Club** (4 to count) | **Race 3**  **Points** | **Total Race 3 Points** | **Race 3**  **Position** | **Overall Points** | **Overall Position** |
| Deeside | 1, 2, 10, 13 | **26** | **1** | **94** | **1** |
| Menai T&F | 3, 4, 16, 22 | **45** | **2** | **141** | **2** |
| Eryri | 6, 7, 15, 22 | **50** | **3** | **151** | **3** |
| Wrexham AC | 5, 22, 22, 22 | **71** | **6** | **183** | **4** |
| Colwyn Bay | 8, 14, 18, 21 | **61** | **4** | **184** | **5** |
| Cadence Tri | 9, 11, 22, 22 | **64** | **5** | **226** | **6** |
| Denbigh | 17, 20, 22, 22 | **81** | **8** | **N/A** | **N/A** |
| Telford AC | 12, 22, 22, 22 | **78** | **7** | **N/A** | **N/A** |

**Under 11 Boys**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** |
| 1 | 1231 | Finlay Potter | Deeside AC | 18-30 |
| 2 | 1233 | Casper Kissane | Deeside AC | 19-22 |
| 3 | 1265 | Henry Jones | Denbigh Harriers | 19-52 |
| 4 | 1232 | George Henderson | Deeside AC | 20-48 |
| 5 | 1444 | Perry Marsland | Menai T&F | 21-05 |
| 6 | 1357 | Jacob Price | Menai T&F | 21-33 |
| 7 | 1443 | Morgan Edwards | Menai T&F | 21-55 |
| 8 | 1129 | Zac Spencer | Colwyn Bay AC | 22-06 |
| 9 | 1372 | Finlay Williams | Colwyn Bay AC | 23-12 |
| 10 | 1138 | Tyler Thomas | Colwyn Bay AC | 23-49 |
| 11 | 1381 | Owen Taylor | Eryri Harriers | 23-52 |
| 12 | 1230 | Morgan Humphreys | Deeside AC | 24-53 |
| 13 | 1130 | Edward Charlton | Colwyn Bay AC | 25-37 |
| 14 | 1229 | Alexander Summers | Deeside AC | 25-40 |
| 15 | 1400 | Daniel Charlton | Colwyn Bay AC | 28-09 |
| 16 | 1155 | Freddie Bushnell | Colwyn Bay AC | 28-45 |

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| **Club** (4 to count) | **Race 3**  **Points** | **Total Race 3 Points** | **Race 3**  **Position** | **Overall Points** | **Overall Position** |
| Deeside AC | 1, 2, 4, 12 | **19** | **1** | **74** | **1** |
| Menai T&F | 5, 6, 7, 17 | **35** | **2** | **136** | **2** |
| Denbigh | 3, 17, 17, 17 | **50** | **4** | **166** | **3** |
| Eryri | 11, 17, 17, 17 | **62** | **5** | **187** | **4** |
| Colwyn Bay | 8, 9, 10, 13 | **40** | **3** | **N/A** | **N/A** |

**Under 11 Girls**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** |
| 1 | 1200 | Daisy Jones | Deeside AC | 13-40 |
| 2 | 1480 | Nia Manson | West Cheshire AC | 13-48 |
| 3 | 1187 | Ella Hayes | Deeside AC | 13-58 |
| 4 | 1479 | Poppy McKenna | West Cheshire AC | 14-15 |
| 5 | 1651 | Savannah Williams | Menai T&F | 14-45 |
| 6 | 1481 | Amelia Snowdon | West Cheshire AC | 15-05 |
| 7 | 1185 | Seinna Campbell | Colwyn Bay AC | 16-07 |
| 8 | 1190 | Lucia Bartlett | Deeside AC | 16-12 |
| 9 | 1489 | Grace Hughes | Wrexham AC | 16-19 |
| 10 | 1468 | Freya Valerio | Prestatyn RC | 16-46 |
| 11 | 1466 | Olivia Standring-Jones | Prestatyn RC | 17-25 |
| 12 | 1427 | Heidi Worth | Menai T&F | 17-31 |
| 13 | 1467 | Tia Calland | Prestatyn RC | 18-22 |

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| **Club** (4 to count) | **Race 3**  **Points** | **Total Race 3 Points** | **Race 3**  **Position** | **Overall Points** | **Overall Position** |
| Deeside | 1, 3, 8, 14 | **26** | **2** | **61** | **1** |
| West Cheshire | 2, 4, 6, 14 | **26** | **1** | **131** | **2** |
| Prestatyn | 10, 11, 13, 14 | **48** | **4** | **156** | **3** |
| Wrexham AC | 9, 14, 14, 14 | **51** | **6** | **162** | **4** |
| Menai T&F | 5, 12, 14, 14 | **45** | **3** | **N/A** | **N/A** |
| Colwyn Bay | 7, 14, 14,14 | **49** | **5** | **N/A** | **N/A** |

A big thank you to Colwyn Bay AC for hosting the third Pyramid Consulting North Wales Junior Cross Country League. We apologise that the courses were slightly on the long side but I’m sure everyone enjoyed being back at Eirias Park and at least there was no rain this year.

The final fixture of the season is at the Marches School, Oswestry [SY11 2AP](http://www.multimap.com/maps/?qs=SY11+2AP&countryCode=GB) on Saturday 11th February 2023. As usual the first race will start at 10-30am. We will hope to present the awards to individual winners and teams as soon as possible after the finish of ALL of the morning races. Please can clubs ensure that all of the perpetual trophies are returned to me BEFORE the races. There will be participation medals for all youngsters competing 3 out of the 4 races.

Bernie Jones

Secretary