**PYRAMID CONSULTING NORTH WALES JUNIOR CROSS COUNTRY LEAGUE**

At Treborth, Bangor Saturday 14th October 2023

RESULTS 16/10/23

**Under 15 Boys**

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| **Position** | **Number** | **Name** | **Club** | **Time** |
| 1 | 46 | ELIS MARTIN | Deeside AC | 00:17:05 |
| 2 | 128 | OSIAN PARRY | Menai T&F | 00:17:08 |
| 3 | 42 | ALFIE EVANS | Deeside AC | 00:17:10 |
| 4 | 44 | LEWIS DAVIES | Deeside AC | 00:17:22 |
| 5 | 41 | OLIVER WELSH | Deeside AC | 00:17:27 |
| 6 | 14 | ALFIE SHILAND | Colwyn Bay AC | 00:17:31 |
| 7 | 40 | ZAC CAMPBELL | Deeside AC | 00:17:49 |
| 8 | 130 | SION WILLIAMS | Menai T&F | 00:18:06 |
| 9 | 152 | RALPH BROWN | Telford AC | 00:18:10 |
| 10 | 87 | DERI HOCKLEY | Eryri Harriers | 00:18:23 |
| 11 | 124 | ALEX BAYNHAM | Menai T&F | 00:18:47 |
| 12 | 189 | RYAN DELAYNEY | Deeside AC | 00:19:02 |
| 13 | 82 | JAI CHAUHAN | Eryri Harriers | 00:19:22 |
| 14 | 83 | RILEY O'DONNELL | Eryri Harriers | 00:20:49 |
| 15 | 51 | ISSAC WALKER | Deeside AC | 00:21:19 |
| 16 | 126 | OWAIN WILLIAMS | Menai T&F | 00:21:35 |

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| **Club** (4 to count) | **Race 1**  **Points** | **Total Race 1 Points** | **Race 1**  **Position** | **Overall Points** | **Overall Position** |
| Deeside AC | 1, 3, 4, 5 | **13** | **1** | **13** | **1** |
| Menai T&F | 2, 8, 11, 16 | **37** | **2** | **37** | **2** |
| Eryri Harriers | 10, 13, 14, 17 | **54** | **3** | **54** | **3** |
| Colwyn Bay | 6, 17, 17, 17 | **57** | **4** | **57** | **4** |
| Telford AC | 9, 17, 17,17 | **60** | **5** | **60** | **5** |

**Under 15 Girls**

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| **Position** | **Number** | **Name** | **Club** | **Time** |
| 1 | 91 | MADISON HUGHES | Maldwyn Harriers | 00:13:20 |
| 2 | 45 | HEATHER WATSON | Deeside AC | 00:13:23 |
| 3 | 53 | ORLA KISSANE | Deeside AC | 00:14:20 |
| 4 | 90 | OLIVIA MORGAN | Maldwyn Harriers | 00:14:36 |
| 5 | 167 | ELEANOR WHEELER | West Cheshire AC | 00:15:19 |
| 6 | 54 | MILLIE HARRISON | Deeside AC | 00:15:40 |
| 7 | 52 | ROSE HAYES | Deeside AC | 00:15:52 |
| 8 | 178 | EVIE HUGHES | Wrexham AC | 00:16:13 |
| 9 | 186 | ROSIE PARSLEY | Menai T&F | 00:16:44 |
| 10 | 62 | MERI ROCHE | Denbigh Harriers | 00:17:00 |
| 11 | 85 | OLWEN BAINES | Eryri Harriers | 00:17:03 |
| 12 | 12 | CASI DULLER | Colwyn Bay AC | 00:17:18 |
| 13 | 144 | JODIE ADDINALL | Oswestry Olympians | 00:17:19 |
| 14 | 125 | GWEN PERKINS | Menai T&F | 00:17:21 |
| 15 | 143 | POPPY ASHWORTH | Oswestry Olympians | 00:17:22 |
| 16 | 61 | FLORA JONES | Denbigh Harriers | 00:17:41 |

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| **Club** (4 to count) | **Race 1**  **Points** | **Total Race 1 Points** | **Race 1**  **Position** | **Overall Points** | **Overall Position** |
| Deeside AC | 2, 3, 6, 7 | **19** | **1** | **19** | **1** |
| Maldwyn Harriers | 1, 4, 17, 17 | **39** | **2** | **39** | **2** |
| West Cheshire | 5, 17, 17, 17 | **56** | **3** | **56** | **3** |
| Menai T&F | 9, 14, 17, 17 | **57** | **4** | **57** | **4** |
| Wrexham AC | 8, 17, 17, 17 | **59** | **5** | **59** | **5** |
| Denbigh Harriers | 10, 16, 17, 17 | **60** | **6** | **60** | **6** |
| Eryri Harriers | 11, 17, 17, 17 | **62** | **7** | **62** | **7** |
| Colwyn Bay | 12, 17, 17, 17 | **63** | **8** | **63** | **8** |
| Oswestry | 14, 16, 17, 17 | **64** | **9** | **64** | **9** |

**Under 13 Boys**

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| **Position** | **Number** | **Name** | **Club** | **Time** |
| 1 | 34 | ELLIOT ROWE | Deeside AC | 00:13:20 |
| 2 | 58 | HENRY JONES | Denbigh Harriers | 00:13:49 |
| 3 | 25 | FINLEY POTTER | Deeside AC | 00:13:50 |
| 4 | 106 | PERRY MARSLAND | Menai T&F | 00:14:00 |
| 5 | 27 | CASPER KISSANE | Deeside AC | 00:14:12 |
| 6 | 81 | DEWI EIFION WILLIAMS | Eryri Harriers | 00:14:14 |
| 7 | 70 | YNYR AP RHYS | Eryri Harriers | 00:14:34 |
| 8 | 59 | ISAAC GARCIA LUCAS | Denbigh Harriers | 00:14:54 |
| 9 | 164 | GEORGE GRIMSDITCH | West Cheshire AC | 00:15:20 |
| 10 | 191 | FINLEY WILLIAMS | Colwyn Bay | 00:15:40 |
| 11 | 112 | DANIEL PURCELL | Menai T&F | 00:16:07 |
| 12 | 108 | GWION WILLIAMS | Menai T&F | 00:16:21 |
| 13 | 80 | CEIRI TUFF | Eryri Harriers | 00:16:27 |
| 14 | 111 | TOMOS GRIFFITHS | Menai T&F | 00:16:51 |
| 15 | 114 | ELIS EARNSHAW | Menai T&F | 00:16:58 |
| 16 | 72 | BEN JOB | Eryri Harriers | 00:16:59 |
| 17 | 75 | OLIVER WARLAND | Eryri Harriers | 00:17:04 |
| 18 | 139 | MONTGOMERY KYNASTON | Oswestry Olympians | 00:17:39 |
| 19 | 9 | EDWARD CHARLTON | Colwyn Bay AC | 00:18:35 |

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| **Club** (4 to count) | **Race 1**  **Points** | **Total Race 1 Points** | **Race 1**  **Position** | **Overall Points** | **Overall Position** |
| Deeside | 1, 3, 5, 19 | **28** | **1** | **28** | **1** |
| Menai T&F | 4,10, 11, 13 | **38** | **2** | **38** | **2** |
| Eryri Harriers | 6, 7, 12, 15 | **40** | **3** | **40** | **3** |
| Denbigh Harriers | 2, 8, 20, 20 | **50** | **4** | **50** | **4** |
| Colwyn Bay | 10, 18, 20, 20, | **68** | **7** | **78** | **5** |
| West Cheshire | 9, 20, 20, 20 | **69** | **5** | **69** | **6** |
| Oswestry Olympians | 17, 20, 20, 20 | **77** | **6** | **77** | **7** |

**Under 13 Girls**

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| **Position** | **Number** | **Name** | **Club** | **Time** |
| 1 | 115 | MARTHA BOWN | Menai T&F | 00:11:37 |
| 2 | 117 | TAMSIN SEGUIN | Menai T&F | 00:11:46 |
| 3 | 36 | KATIE DOHERTY | Deeside AC | 00:12:02 |
| 4 | 113 | ESYLLT OWEN | Menai T&F | 00:12:19 |
| 5 | 110 | HOLLY WORTH | Menai T&F | 00:12:21 |
| 6 | 160 | NIA MANSON | West Cheshire AC | 00:12:24 |
| 7 | 37 | RUBY WATTS | Deeside AC | 00:12:51 |
| 8 | 78 | CATRIN EVANS | Eryri Harriers | 00:12:55 |
| 9 | 31 | DAISY JONES | Deeside AC | 00:13:06 |
| 10 | 172 | BETHAN ROBERTS | Wrexham AC | 00:13:07 |
| 11 | 38 | EVIE MORTELL | Deeside AC | 00:13:25 |
| 12 | 171 | GRACE HUGES | Wrexham AC | 00:13:49 |
| 13 | 39 | FLEUR RANDLES | Deeside AC | 00:13:52 |
| 14 | 8 | ELIN EVANS | Colwyn Bay AC | 00:14:01 |
| 15 | 190 | CAITLIN DAVIS-ARNALL | Colwyn Bay | 00:14:19 |
| 16 | 184 | LILY BAYMAN | Menai T&F | 00:14:21 |
| 17 | 142 | EVIE BAILLIE | Oswestry Olympians | 00:14:35 |
| 18 | 116 | MIA JONES | Menai T&F | 00:15:34 |
| 19 | 147 | TIA CALLAND | Prestatyn Running Club | 00:15:35 |
| 20 | 192 | FFION ROBERTS | Colwyn Bay AC | 00:29:09 |

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| **Club** (4 to count) | **Race 1**  **Points** | **Total Race 1 Points** | **Race 1**  **Position** | **Overall Points** | **Overall Position** |
| Menai T&F | 1, 2, 4, 5 | **12** | **1** | **12** | **1** |
| Deeside AC | 3, 7, 9, 11 | **30** | **2** | **30** | **2** |
| Wrexham AC | 10, 12, 21, 21 | **64** | **3** | **64** | **3** |
| West Cheshire | 6, 21, 21, 21 | **69** | **4** | **69** | **4** |
| Colwyn Bay | 14, 15, 20, 21 | **70** | **5** | **70** | **5** |
| Eryri Harriers | 8, 21, 21, 21 | **71** | **6** | **71** | **6** |
| Oswestry Olympians | 9, 21, 21, 21 | **72** | **7** | **72** | **7** |
| Prestatyn RC | 19 21, 21, 21 | **82** | **8** | **82** | **8** |

**Under 11 Boys**

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| **Position** | **Number** | **Name** | **Club** | **Time** |
| 1 | 16 | ISACC MARTIN | Deeside AC | 00:11:54 |
| 2 | 193 | PRICE JACOB | Menai T&F | 00:12:09 |
| 3 | 102 | ARTHUR HUGHES | Menai T&F | 00:12:15 |
| 4 | 154 | JACK ARNOLD | West Cheshire AC | 00:12:30 |
| 5 | 104 | MORGAN EDWARDS | Menai T&F | 00:12:39 |
| 6 | 20 | MILO HUGHES | Deeside AC | 00:12:52 |
| 7 | 135 | EION LLOYD | Oswestry Olympians | 00:13:21 |
| 8 | 55 | IFAN WOOD | Denbigh Harriers | 00:13:24 |
| 9 | 66 | GUTO WILLIAMS | Eryri Harriers | 00:13:46 |
| 10 | 181 | GWILYM V DAVIES | Eryri Harriers | 00:13:54 |
| 11 | 195 | MORGAN HUMPHREYS | Deeside AC | 00:13:56 |
| 12 | 17 | TOBY JONES | Deeside AC | 00:14:02 |
| 13 | 187 | MORYS TAYLOR-GREENWOOD | Eryri Harriers | 00:14:17 |
| 14 | 57 | WILLIAM JONES | Denbigh Harriers | 00:14:26 |
| 15 | 137 | SETH BAILLIE | Oswestry Olympians | 00:15:06 |
| 16 | 107 | BLEDDYN EVANS | Menai T&F | 00:15:41 |
| 17 | 21 | ALEXANDER SUMMERS | Deeside AC | 00:15:49 |
| 18 | 98 | EFAN RHYS | Menai T&F | 00:15:50 |
| 19 | 188 | WILL WARLAND | Eryri Harriers | 00:16:05 |
| 20 | 2 | DANIEL CHARLTON | Colwyn Bay AC | 00:16:10 |
| 21 | 194 | ANTHONY MURLE | Deeside AC | 00:17:09 |

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| **Club** (4 to count) | **Race 1**  **Points** | **Total Race 1 Points** | **Race 1**  **Position** | **Overall Points** | **Overall Position** |
| Menai T&F | 2, 3, 5, 17 | **27** | **1** | **27** | **1** |
| Deeside AC | 1, 6, 11, 12 | **30** | **2** | **30** | **2** |
| Eryri Harriers | 9, 10, 13, 19 | **51** | **3** | **51** | **3** |
| Denbigh Harriers | 8, 14, 22, 22 | **66** | **4** | **66** | **4** |
| Oswestry Olympians | 7, 15, 22, 22 | **66** | **5** | **66** | **5** |
| West Cheshire | 4, 22, 22 22 | **70** | **6** | **70** | **6** |
| Colwyn Bay | 21, 22, 22, 22 | **87** | **7** | **87** | **7** |

**Under 11 Girls**

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| **Position** | **Number** | **Name** | **Club** | **Time** |
| 1 | 182 | JONES MEGAN | Colwyn Bay AC | 00:08:10 |
| 2 | 22 | ELLA HAYES | Deeside AC | 00:08:18 |
| 3 | 23 | GWEN HAYES | Deeside AC | 00:08:19 |
| 4 | 103 | SAVANNAH WILLIAMS | Menai T&F | 00:08:23 |
| 5 | 185 | KAMRYN POMERLEAU | Menai T&F | 00:08:39 |
| 6 | 18 | SEREN WALSH | Deeside AC | 00:08:43 |
| 7 | 64 | POPPY COLLINS | Eryri Harriers | 00:08:43 |
| 8 | 94 | HEIDI WORTH | Menai T&F | 00:09:13 |
| 9 | 157 | ROSIE GRIMSDITCH | West Cheshire AC | 00:09:17 |
| 10 | 159 | HEIDI WETHERALL | West Cheshire AC | 00:09:19 |
| 11 | 19 | NONA WHITE | Deeside AC | 00:09:20 |
| 12 | 97 | LAUREN COOKE | Menai T&F | 00:09:32 |
| 13 | 146 | OLIVIA STANDING-JONES | Prestatyn Running Club | 00:09:39 |
| 14 | 95 | CATRIN WILLIAMS | Menai T&F | 00:09:54 |
| 15 | 183 | ABII STUART | Menai T&F | 00:10:09 |
| 16 | 56 | SAOIRSE GRACE MCDONNELL | Denbigh Harriers | 00:10:15 |
| 17 | 99 | HANEN BAKHOUCHE | Menai T&F | 00:10:50 |
| 18 | 68 | CARA LLEWELYN | Eryri Harriers | 00:11:15 |
| 19 | 67 | VIOLET CLARKE | Eryri Harriers | 00:11:20 |

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| **Club** (4 to count) | **Race 1**  **Points** | **Total Race 1 Points** | **Race 1**  **Position** | **Overall Points** | **Overall Position** |
| Deeside AC | 2, 3, 6, 11 | **22** | **1** | **22** | **1** |
| Menai T&F | 4, 5, 8, 12 | **29** | **2** | **29** | **2** |
| West Cheshire | 9, 10, 20, 20 | **59** | **3** | **59** | **3** |
| Colwyn Bay | 1, 20, 20, 20 | **61** | **4** | **61** | **4** |
| Eryri Harriers | 7, 18, 19, 20 | **64** | **5** | **64** | **5** |
| Prestatyn RC | 13, 20, 20, 20 | **73** | **6** | **73** | **6** |

Firstly a big thank you, to Eryri Harriers, their volunteers, helpers and officials for not only putting on a great course but also securing good weather when it was pouring down elsewhere!! In particular I’d like to thank Helen Blair who organised everything and made sure everything went smoothly. I hope you all found the new Treborth courses to your liking.

It was fantastic to see such a good turnout particularly in the older races which is encouraging and we were back to pre-covid levels in some of the races. There were some fantastic performances so well done to our successful athletes. However, well done should go to all athletes for completing such a tough course.

We’re quickly onto the second fixture, which is at Eirias Park, next Saturday (21st October). If any athletes who aren’t registered who want to run please let me know asap and I will arrange for the numbers to be ready and put in your wallets.

Finally if you are interested in representing North Wales in the Welsh Inter Regions in Newtown, please let Tea Managers John Messum and Crispin Backshall know asap.

**Bernie Jones**

**Secretary/Referee**