**NORTH WALES CROSS COUNTRY CHAMPIONSHIPS**

**YSGOL MORGAN LLWYD, WREXHAM – 6 JANUARTY 2024**

FINAL RESULTS 07/01/24

**Under 11 Girls**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** |
| 1 | GWEN | HAYES | Deeside AAC | 06:31 |
| 2 | ELLA | HAYES | Deeside AAC | 06:34 |
| 3 | SEREN | WALSH | Deeside AAC | 06:40 |
| 4 | SAVANAH | WILLIAMS | Menai T&F | 06:49 |
| 5 | MEGAN | JONES | Colwyn Bay AC | 06:57 |
| 6 | HEIDI | WORTH | Menai T&F | 06:59 |
| 7 | KAMRYN | POMERLEAU | Menai T&F | 07:01 |
| 8 | POPPY | COLLINS | Eryri Harriers | 07:05 |
| 9 | LAUREN FFLUR | COOKE | Menai T&F | 07:36 |
| 10 | GWENLLIAN | ROBERTS | Wrexham AAC | 07:56 |
| 11 | SIENNA | HUGHES | Colwyn Bay AC | 08:16 |
| 12 | LOIS | EVANS | Colwyn Bay AC | 08:31 |
| 13 | SEREN | GRAHAM | Wrexham AAC | 08:31 |
| 14 | JONI | PERX-HOLDEN | Maldwyn Harriers | 08:48 |

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

|  |  |  |  |
| --- | --- | --- | --- |
| **Position** | **Club** | **POSITIONS** | **TOTAL POINTS** |
| 1 | Deeside AC | 1, 2, 3, | 6 |
| 2 | Menai T&F | 4, 6, 7 | 17 |
| 3 | Colwyn Bay | 5, 11, 12 | 28 |

**Under 11 Boys**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** |
| 1 | ISAC | MARTIN | Deeside AC | 08:58 |
| 2 | JACOB | PRICE | Menai T&F | 09:59 |
| 3 | MORGAN JOHN | EDWARDS | Menai T&F | 10:00 |
| 4 | ARTHUR | HUGHES | Menai T&F | 10:06 |
| 5 | TIMOTHY | CALCRAFT | Ysgol y Gwernant | 10:06 |
| 6 | IFAN | WOOD | Denbigh Harriers | 10:33 |
| 7 | TOBI | JONES | Deeside AC | 10:50 |
| 8 | MORGAN | HUMPHREYS | Deeside AC | 11:04 |
| 9 | OWEN | NUSS | Colwyn Bay AC | 11:06 |
| 10 | ZACH | GRAHAM | Ysgol Bryn Coch | 11:45 |
| 11 | FENN | KENNERLEY | Maldwyn Harriers | 14:24 |

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

|  |  |  |  |
| --- | --- | --- | --- |
| **Position** | **Club** | **POSITIONS** | **TOTAL POINTS** |
| 1 | Menai T&F | 2, 3, 4 | 9 |
| 2 | Deeside AC | 1, 7, 8 | 16 |

**Under 13 Girls**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** |
| 1 | MARTHA | BOWN | Menai T&F | 09:04 |
| 2 | TAMSIN | SEGUIN | Menai T&F | 09:25 |
| 3 | KATIE | DOHERTY | Deeside AC | 09:43 |
| 4 | BEATRICE | ROBERTS | Denbigh Harriers | 10:08 |
| 5 | RUBY | WATTS | Deeside AC | 10:10 |
| 6 | HOLLY | WORTH | Menai T&F | 10:15 |
| 7 | DAISY | JONES | Deeside AC | 10:26 |
| 8 | BETHAN | ROBERTS | Wrexham AAC | 10:26 |
| 9 | FLEUR | RANDLES | Deeside AC | 10:47 |
| 10 | GRACE | HUGHES | Wrexham AAC | 10:51 |
| 11 | ELIN | EVAN'S | Colwyn Bay AC | 11:04 |

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

|  |  |  |  |
| --- | --- | --- | --- |
| **Position** | **Club** | **POSITIONS** | **TOTAL POINTS** |
| 1 | Menai T&F | 1, 2, 6 | 8 |
| 2 | Deeside AC | 3, 5, 7 | 15 |

**Under 13 Boys**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** |
| 1 | ELLIOT | ROWE | Deeside AAC | 11:00 |
| 2 | FINLEY | POTTER | Deeside AAC | 11:20 |
| 3 | CASPAR | KISSANE | Deeside AAC | 11:32 |
| 4 | PERRY | MARSLAND | Menai T&F | 11:46 |
| 5 | HENRY | JONES | Denbigh Harriers | 11:55 |
| 6 | ISAAC | LUCAS | Denbigh Harriers | 12:19 |
| 7 | ELIS | EARNSHAW | Menai T&F | 12:27 |
| 8 | DANIEL | PURCELL | Menai T&F | 12:48 |
| 9 | LEO | WATKINSON | Wrexham AAC | 13:13 |
| 10 | FINLEY | WILLIAMS | Colwyn Bay AC | 13:20 |

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

|  |  |  |  |
| --- | --- | --- | --- |
| **Position** | **Club** | **POSITIONS** | **TOTAL POINTS** |
| 1 | Deeside AC | 1, 2, 3 | 6 |
| 2 | Menai T&F | 4, 7, 8 | 19 |

**Under 15 Girls**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** |
| 1 | HEATHER | WATSON | Deeside AAC | 11:02 |
| 2 | MADISON | HUGHES | Maldwyn Harriers | 11:15 |
| 3 | ORLA | KISSANE | Deeside AAC | 12:10 |
| 4 | ELAN | GRIFFITH | Menai T&F | 12:24 |
| 5 | EIRA | OWEN | Colwyn Bay AC | 12:32 |
| 6 | MILLIE | HARRISON | Deeside AAC | 13:39 |
| 7 | EVIE | HUGHES | Wrexham AAC | 13:49 |
| 8 | ROSE | HAYES | Deeside AAC | 14:19 |
| 9 | CASI | DULLER | Colwyn Bay AC | 14:27 |
| 10 | OLWEN | BAINES | Eryri Harriers | 16:00 |
| 11 | FLORA | JONES | Denbigh Harriers | 16:19 |

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

|  |  |  |  |
| --- | --- | --- | --- |
| **Position** | **Club** | **POSITIONS** | **TOTAL POINTS** |
| 1 | Deeside AC | 1, 3, 6 | 10 |

**Under 15 Boys**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** |
| 1 | LEWIS | DAVIES | Deeside AAC | 15:53 |
| 2 | OSIAN | PARRY | Menai T&F | 15:55 |
| 3 | ELIS | MARTIN | Deeside AAC | 16:16 |
| 4 | ZAC | CAMPBELL | Deeside AAC | 16:25 |
| 5 | ALFIE | SHILAND | Colwyn Bay AC | 16:45 |
| 6 | RYAN | DELANEY | Deeside AAC | 17:06 |
| 7 | DERI | HOCKLY | Eryri Harriers | 17:12 |
| 8 | SIÃ´N | WILLIAMS | Menai T&F | 17:20 |

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

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

**Under 17 Women**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** |
| 1 | BECA | BOWN | Menai T&F | 17:04 |
| 2 | ABIGAIL | DOHERTY | Deeside AAC | 17:09 |
| 3 | CIARA | CUST | Colwyn Bay AC | 19:28 |
| 4 | CADI | WYNN | Menai T&F | 19:51 |
| 5 | LUCY | PARSLEY | Menai T&F | 20:36 |
| 6 | EVIE | WATTS | Deeside AAC | 21:06 |
| 7 | KATE | POMERLEAU | Menai T&F | 21:56 |

**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 | FINLAY | CULLEN | Maldwyn Harriers | 20:25 |
| 2 | MIGUEL | JENKINS | Menai T&F | 20:54 |
| 3 | JACOB | WELSH | Deeside AC | 21:04 |
| 4 | ROWAN | TOWNSEND | Menai T&F | 21:22 |
| 5 | MATTHEW | BENSON | Maldwyn Harriers | 21:49 |
| 6 | CAI | DAFYDD | Eryri Harriers | 22:54 |
| 7 | TOMOS | MORGAN | Menai T&F | 23:56 |
| 8 | ARTHUR | JONES | Denbigh Harriers | 24:04 |
| 9 | TED | CONRY | Deeside A | 24:17 |
| 10 | ELIS | JONES | Deeside AC | 25:04 |
| 11 | SAHIL | PASHA | Denbigh Harriers | 27:15 |

**Under 17 Men’s Teams (3 to score)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Position** | **Club** | **POSITIONS** | **TOTAL POINTS** |
| 1 | Menai T&F | 2, 4, 7 | 13 |
| 2 | Deeside AC | 3, 9, 10 | 22 |

**Under 20 Women**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** |
| 1 | ANWEN | HOCKLEY | Eryri Harriers | 26:27 |
| 2 | ELLA | GRUNDY | Colwyn Bay AC | 26:29 |
| 3 | EFA | BAINES | Eryri Harriers | 26:45 |
| 4 | MABLI | BAINES | Eryri Harriers | 27:08 |
| 5 | SEREN | WOODALL | Colwyn Bay AC | 28:51 |

**Under 20 Women’s Teams (3 to score)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Position** | **Club** | **POSITIONS** | **TOTAL POINTS** |
| 1 | Eryri Harriers | 1, 3, 4 | 8 |

**Under 20 Men**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** |
| 1 | ALED | BREEZE | Maldwyn Harriers | 31:36 |
| 2 | EDWARD | WOODHEAD | Deeside AAC | 32:07 |

**No complete Under 20 Men’s Teams**

**Senior/Master Women**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | MARTHA | OWEN | Deeside AAC | 22:16 | SW | 1 |
| 2 | JOANNE | HENDERSON | Denbigh Harriers | 22:32 | W45 | 1 |
| 3 | SAMIA | JONES | Menai T&F | 22:45 | SW | 2 |
| 4 | AMIE | SMITH | Cheshire Dragons | 23:24 | SW | 3 |
| 5 | GEMMA | MOORE | Eryri Harriers | 23:50 | W40 | 1 |
| 6 | EDEN | O'DEA | Deeside AAC | 24:19 | SW | 3 |
| 7 | RUTH | CALCRAFT | Run Free Fell | 24:24 | W40 | 2 |
| 8 | ANNA | DRINKWATER | Eryri Harriers | 24:38 | SW | 4 |
| 9 | ELLIW | HAF ROBERTS | Eryri Harriers | 24:49 | W35 | 1 |
| 10 | ANDREA | ROWLANDS | Eryri Harriers | 25:25 | W45 | 2 |
| 11 | ELEANOR | ASHCROFT | Denbigh Harriers | 25:30 | SW | 5 |
| 12 | LISA | LINES | Prestatyn RC | 25:32 | SW | 6 |
| 13 | HANNAH | THOMAS | Maldwyn Harriers | 26:26 | W35 | 2 |
| 14 | ANWEN | HOCKLEY | Eryri Harriers | 26:27 | U20W | 1 |
| 15 | ELLA | GRUNDY | Colwyn Bay AC | 26:29 | U20W | 2 |
| 16 | EFA | BAINES | Eryri Harriers | 26:45 | U20W | 3 |
| 17 | MABLI | BAINES | Eryri Harriers | 27:08 | U20W | 4 |
| 18 | CATHERINE | BRADLEY | Maldwyn Harriers | 27:29 | W40 | 3 |
| 19 | MEGAN | HUGHES | Eryri Harriers | 27:43 | W45 | 3 |
| 20 | EMMA | COLLINS | Denbigh Harriers | 27:47 | W60 | 1 |
| 21 | SIAN | PRITCHARD | Denbigh Harriers | 27:51 | SW | 7 |
| 22 | LEE MICHELLE | EVANS | Denbigh Harriers | 27:52 | W45 | 4 |
| 23 | ELEN | BAUGH | Denbigh Harriers | 27:53 | SW | 8 |
| 24 | DEBBIE | CATTERMOLE | Meirionnydd RC | 27:55 | W55 | 1 |
| 25 | MELINA | MORRIS | Denbigh Harriers | 28:01 | W50 | 1 |
| 26 | BRIONY | HIBBERT | Deeside AAC | 28:13 | SW | 9 |
| 27 | GWENNAN | HENSTOCK | Buckley RC | 28:16 | W45 | 5 |
| 28 | ANNE | MYNOTT | Colwyn Bay AC | 28:17 | W60 | 2 |
| 29 | CARLA | GREEN | North Wales RRC | 28:20 | W50 | 2 |
| 30 | RUTH | STAFFORD | Maldwyn Harriers | 28:26 | W45 | 6 |
| 31 | HELEN | BLAIR | Eryri Harriers | 28:45 | W55 | 2 |
| 32 | SEREN | WOODALL | Colwyn Bay AC | 28:51 | U20W | 5 |
| 33 | MACARTHUR | MACARTHUR | Colwyn Bay AC | 29:04 | W55 | 3 |
| 34 | HELEN | ASHWORTH | Prestatyn RC | 29:19 | W40 | 4 |
| 35 | CHERYL | FROST | North Wales RRC | 29:51 | W55 | 4 |
| 36 | LUCY | O'DONNELL | Eryri Harriers | 30:05 | W40 | 5 |
| 37 | KAY | HATTON | North Wales RRC | 30:09 | W60 | 3 |
| 38 | KAREN | BUTLER | North Wales RRC | 30:16 | W65 | 1 |
| 39 | JO | LEWIS | Maldwyn Harriers | 30:18 | W50 | 3 |
| 40 | ANN | JONES | Prestatyn RC | 30:25 | W50 | 4 |
| 41 | JAYNE | BREEZE | Maldwyn Harriers | 30:30 | W50 | 5 |
| 42 | ELLIE | SALISBURY | Eryri Harriers | 31:21 | W60 | 4 |
| 43 | HELEN | OWEN | Maldwyn Harriers | 31:33 | W50 | 6 |
| 44 | ELIZABETH | EVANS | Gogs Tri Club | 32:08 | W70 | 1 |
| 45 | CAROLINE | ORRELLS | Maldwyn Harriers | 33:28 | W65 | 2 |
| 46 | HELEN | ALEXANDER | Prestatyn RC | 34:23 | W50 | 7 |
| 47 | MENAI | BAUGH | Denbigh Harriers | 34:58 | W65 | 3 |
| 48 | EMMA | MACARTHUR | Colwyn Bay AC | 35:02 | W45 | 7 |
| 49 | ANN | D'ALBUQUERQUE | Gog Tri Club | 36:03 | W75 | 1 |
| 50 | JULIA | JONES | Eryri Harriers | 36:22 | W45 | 8 |
| 51 | VIVIENNE | EDWARDS | Eryri Harriers | 36:28 | W65 | 4 |
| 52 | GWENNAN | CHARLTON | North Wales RRC | 37:29 | W35 | 3 |
| 53 | EMMA | BIRCHALL | Prestatyn RC | 44:27 | W50 | 8 |
| 54 | MARGARET | OLIVER | Eryri Harriers | 44:35 | W75 | 2 |
| 55 | JULIE | EVANS | Prestatyn RC | 44:42 | W60 | 5 |

**Senior Women’s Teams (4 to score)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Position** | **Club** | **POSITIONS** | **TOTAL POINTS** |
| 1 | Eryri Harriers | 5, 8, 9, 10 | 32 |
| 2 | Denbigh Harriers | 2, 11, 20, 21 | 54 |
| 3 | Maldwyn Harriers | 13, 18, 30, 39 | 100 |
| 4 | Colwyn Bay AC | 15, 28, 32, 33 | 108 |
| 5 | Prestatyn RC | 12, 34, 40, 46 | 132 |
| 6 | North Wales Road Runners | 29, 35, 37, 38 | 139 |

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

|  |  |  |  |
| --- | --- | --- | --- |
| **Position** | **Club** | **POSITIONS** | **TOTAL POINTS** |
| 1 | Eryri Harriers | 2, 4, 5 | 11 |
| 2 | Denbigh Harriers | 1, 9, 10 | 20 |
| 3 | Maldwyn Harriers | 6, 7, 16 | 29 |
| 4 | North Wales Road Runners | 15, 20, 22 | 57 |
| 5 | Colwyn Bay AC | 14, 18, 33 | 65 |
| 6 | Prestatyn RC | 19, 25, 31 | 75 |

**Masters Men 65**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | RUSSELL | OWEN | Eryri Harriers | 23:29 | M65 | 1 |
| 2 | GORDON | JONES | Prestatyn Harriers | 23:53 | M65 | 2 |
| 3 | MARK | WATLING | Denbigh Harriers | 25:43 | M65 | 3 |
| 4 | ARWEL | LEWIS | Eryri Harriers | 26:19 | M65 | 4 |
| 5 | NEIL | OWEN | Run Free Fell | 26:43 | M70 | 1 |
| 6 | DAVID | WRIGHT | Meirionnydd RC | 27:17 | M65 | 5 |
| 7 | DAVE | WHITTEY | Meirionnydd RC | 28:07 | M65 | 6 |
| 8 | MARTIN | CORTVRIEND | Prestatyn RC | 28:49 | M70 | 2 |
| 9 | SIMON | NIXON | Denbigh Harriers | 28:57 | M65 | 7 |
| 10 | MIKE | SNELL | Eryri Harriers | 29:23 | M65 | 8 |
| 11 | EMYR | DAVIES | Hebog | 29:39 | M80 | 1 |
| 12 | DAVE | PASSE | Denbigh Harriers | 30:12 | M70 | 3 |
| 13 | COLIN | HUNT | Wrecsam Tri Club | 30:37 | M70 | 4 |
| 14 | PAUL | WELSH | Meirionnydd RC | 30:46 | M65 | 9 |
| 15 | FRANK | VAUGHAN | Meirionnydd RC | 30:47 | M65 | 10 |
| 16 | GEORGE | NIXON | Prestatyn RC | 31:35 | M70 | 5 |
| 17 | MARK | DAKEYNE | Prestatyn RC | 33:07 | M65 | 11 |
| 18 | DAVID | RODERICK | Deeside AC | 33:08 | M70 | 6 |
| 19 | PHILIP | WALKER | Wrexham AAC | 34:29 | M70 | 7 |
| 20 | GARETH | HUGHES | Prestatyn RC | 34:44 | M75 | 1 |
| 21 | CHARLES | ASHLEY | Wrexham AAC | 34:48 | M65 | 12 |
| 22 | DON | WILLIAMS | Eryri Harriers | 36:15 | M80 | 2 |
| 23 | GRAHAME | SHONE | Prestatyn RC | 36:39 | M70 | 8 |
| 24 | JOHN | D'ALBUQUERQUE | GOG Tri Club | 38:30 | M75 | 2 |
| 25 | ROGER | HARRISON-JONES | Prestatyn RC | 41:26 | M85 | 1 |
| 26 | JACK | THOMAS | Buckley RC | 44:41 | M80 | 3 |

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

|  |  |  |  |
| --- | --- | --- | --- |
| **Position** | **Club** | **POSITIONS** | **TOTAL POINTS** |
| 1 | Eryri Harriers | 1, 4, 10 | 15 |
| 2 | Denbigh Harriers | 3, 9, 12 | 24 |
| 3 | Prestatyn RC | 2, 8, 16 | 26 |
| 4 | Meirionnydd RC | 6, 7, 14 | 27 |

**Senior/Master Men**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | MATTHEW S | WILLIS | Wrexham AAC | 28:20 | SM | 1 |
| 2 | ETHAN | ACKROYD | Liverpool Harriers | 28:56 | SM | 2 |
| 3 | TOMOS | ROBERTS | Meirionnydd RC | 30:02 | SM | 3 |
| 4 | RUSSELL | BENTLEY | Meirionnydd RC | 30:36 | M40 | 1 |
| 5 | OWEN | HIBBERT | Bristol and West AC | 31:16 | SM | 4 |
| 6 | ALED | BREEZE | Maldwyn Harriers | 31:36 | U20M | 1 |
| 7 | JOSH | KEOGH | North Wales RRC | 31:39 | SM | 5 |
| 8 | DANIEL | WESTON | Wrexham AAC | 31:45 | M40 | 2 |
| 9 | GWYNANT | JONES | Maldwyn Harriers | 32:00 | SM | 6 |
| 10 | EDWARD | WOODHEAD | Deeside AAC | 32:07 | U20M | 2 |
| 11 | JAMES | COLEMAN | Eryri Harriers | 32:08 | SM | 7 |
| 12 | DAFYDD | EVANS | Eryri Harriers | 32:08 | SM | 8 |
| 13 | STEFFAN | SAYER | Menai T&F | 32:11 | M40 | 3 |
| 14 | ALUN | WILLIAMS | Meirionnydd RC | 32:12 | M40 | 4 |
| 15 | DEIO | GARTON JONES | Eryri Harriers | 32:24 | SM | 9 |
| 16 | DAVE | BUS HUGHES | Eryri Harriers | 32:38 | M35 | 1 |
| 17 | MIKE | WHYATT | Eryri Harriers | 32:58 | M60 | 1 |
| 18 | TONY | WOOD | Denbigh Harriers | 33:03 | M35 | 2 |
| 19 | JOEL | GOMEZ | Run Free Fell Runners | 33:26 | M40 | 5 |
| 20 | JONATHAN | TYLER | Betsi Runaways | 33:52 | M40 | 6 |
| 21 | GERARD | COLEMAN | Buckley RC | 34:00 | SM | 10 |
| 22 | JOHN | DAVIES | Meirionnydd RC | 34:08 | SM | 11 |
| 23 | SAM | BELLIS | Buckley RC | 34:30 | M35 | 3 |
| 24 | SIMON | ROBERTS | Buckley RC | 34:36 | M50 | 1 |
| 25 | NIC | BROOK | Eryri Harriers | 35:09 | M50 | 2 |
| 26 | ALLY | HUGHES | Wrexham AAC | 35:11 | M35 | 4 |
| 27 | ERIC | CAMPBELL | Buckley RC | 35:23 | M60 | 2 |
| 28 | GARETH | CHALONER | Wrexham AAC | 35:29 | M40 | 7 |
| 29 | JARED | ROBERTS | Colwyn Bay AC | 35:43 | SM | 12 |
| 30 | LEE | BAILEY | Prestatyn RC | 36:14 | M45 | 1 |
| 31 | NEAL | HOCKLEY | Eryri Harriers | 36:20 | M45 | 2 |
| 32 | IWAN | EVANS | North Wales RRC | 36:32 | M45 | 3 |
| 33 | ANDREW | PEERS | Buckley RC | 36:36 | M35 | 5 |
| 34 | STEVEN | GARDNER | North Wales RRC | 36:45 | M60 | 3 |
| 35 | HUW | WILLIAMS | Denbigh Harriers | 36:47 | M35 | 6 |
| 36 | GARRY | JONES | Maldwyn Harriers | 36:51 | M50 | 3 |
| 37 | HAYDN | JONES | Shrewsbury AC | 36:58 | M60 | 4 |
| 38 | EDWARD | DAVIES | Buckley RC | 37:23 | M55 | 1 |
| 39 | SAMUEL | DRINKWATER | Eryri Harriers | 37:29 | SM | 13 |
| 40 | ANDREW | JONES | Buckley RC | 37:48 | M45 | 4 |
| 41 | STUART | CULVERHOUSE | North Wales RRC | 38:34 | M50 | 4 |
| 42 | ANDREW | CAMPBELL | Deeside AAC | 38:42 | M45 | 5 |
| 43 | RICHARD | FLUTTER | Meirionnydd RC | 39:05 | M55 | 2 |
| 44 | TONY | FORSTER | Wrexham AAC | 39:21 | M35 | 7 |
| 45 | GREG | GRUNDY | Colwyn Bay AC | 39:34 | M45 | 6 |
| 46 | OWEN | CONRY | Denbigh Harriers | 40:03 | M55 | 3 |
| 47 | RUSSELL | GODWIN | Colwyn Bay AC | 40:20 | M55 | 4 |
| 48 | MICHAEL | ROBBINS | Wrexham AAC | 40:33 | M60 | 5 |
| 49 | DAVE | BOOTHROYD | Buckley RC | 40:49 | M60 | 6 |
| 50 | TREVOR | JONES | Meirionnydd RC | 40:50 | M40 | 8 |
| 51 | RYAN | EVANS | Run Free Fell Runners | 42:21 | SM | 14 |
| 52 | DAVID | MILLINGTON | Wrexham AAC | 42:27 | M50 | 5 |
| 53 | RICHARD | WESTWOOD | Wrexham AAC | 42:27 | M45 | 7 |
| 54 | JOHN | DAVIES | Denbigh Harriers | 43:25 | SM | 15 |
| 55 | DUNCAN | JONES | Denbigh Harriers | 45:46 | M60 | 7 |

**Senior Men’s Teams (6 to score)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Position** | **Club** | **POSITIONS** | **TOTAL POINTS** |
| 1 | Eryri Harriers | 11, 12, 15, 16, 17, 25 | 96 |
| 2 | Meirionydd RC | 3, 4, 15, 26, 43, 50 | 141 |
| 3 | Wrexham AAC | 1, 8, 26, 28, 44, 48 | 155 |
| 4 | Buckley RC | 21, 23, 24, 27, 33, 38 | 166 |

**Masters Men’s Teams (4 to score)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Position** | **Club** | **POSITIONS** | **TOTAL POINTS** |
| 1 | Eryri Harriers | 5, 6, 12, 17 | 40 |
| 2 | Buckley RC | 10,11, 14, 19 | 54 |
| 3 | Wrexham AAC | 2, 13, 15, 28 | 58 |
| 4 | Meirionydd RC | 1, 4, 28, 35 | 68 |
| 5 | Denbigh Harriers | 7, 21, 31, 38 | 97 |

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 including Dave Peters and his helpers from Newtown who did the registration and chip timing. In particular to the Wrexham volunteers, we were grateful for support from Eryri Harriers, Run Free Fell, North Wales Road Runners and Noel Butler, who came all the way from Warwick to watch his grandson run and offered his services. THANK YOU ALL. Without them there would be no Championships.

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 Dolgellau. I’ll have some with me, just in case!!

***Teams for the CAU Inter Counties at Woollaton Park, Nottingham on 9th March 2024 will be picked over the next couple of weeks based on the results above, the Welsh Inter Regional Championships at Newtown and the North Wales Cross Country League results. Teams will be posted on the North Wales cross country website and Facebook pages. There are no Master categories but Masters are able to run in the senior race. CAN SENIOR ATHLETES LET ME, OR THE TEAM MANAGERS, MIKE ROBBINS AND ERIC CAMPBELL KNOW IF THEY ARE AVAILABLE AND INTERESTED IN RUNNING AT NOTTINGHAM.***

The next North Wales Cross Country League is at Dolgellau on Saturday 20th January. Junior races start at 10-30am (under 15 Boys) and senior races at 1pm. The cross country course at Dolgellau is near the Leisure Centre but parking at the Leisure Centre is very limited so parking will be in the main Dolgellau Town Centre car park (POST CODE: LL40 1UU). It is a short walk to the Leisure Centre, where changing rooms will be available. Please not DO NOT park in the CO-OP car park opposite the Leisure Centre as parking is restricted and you may end up being booked – you have been warned!!

**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