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

At St Asaph Saturday 4th October 2025

FINAL RESULTS 5/10/25

**Under 15 Boys**

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| **Position** | **Number** | **Name** | **Club** | **Time** |
| 1 | 79 | ELLIOT ROWE | Deeside AAC | 00:16:00 |
| 2 | 97 | ISAAC GARCIA LUCAS | Denbigh Harriers | 00:16:50 |
| 3 | 69 | CASPER KISSANE | Deeside AAC | 00:17:13 |
| 4 | 141 | ELIS EARNSHAW | Menai Track and Field | 00:17:24 |
| 5 | 198 | GEORGE GRIMSDITCH | West Cheshire AC | 00:17:27 |
| 6 | 215 | THOMAS MEADON | Colwyn Bay AC | 00:17:42 |
| 7 | 139 | DANIEL PURCELL | Menai Track and Field | 00:17:49 |
| 8 | 196 | FINLAY STEWART | West Cheshire AC | 00:18:06 |
| 9 | 95 | HENRY JONES | Denbigh Harriers | 00:18:35 |
| 10 | 233 | FINLAY BENNY | Meirionydd | 00:19:38 |
| 11 | 232 | EDRYD AP REES | Meirionydd | 00:19:57 |
| 12 | 34 | IWAN FLAVELL | Colwyn Bay AC | 00:20:27 |
| 13 | 96 | NOAH GARDINER | Denbigh Harriers | 00:21:34 |

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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, 14, 14 | **32** | **1** | **32** | **1** |
| Denbigh Harriers | 2, 9, 13, 14 | **38** | **2** | **38** | **2** |
| Menai T&F | 4, 7, 14, 14 | **39** | **3** | **39** | **3** |
| West Cheshire AC | 5, 8, 14, 14 | **41** | **4** | **41** | **4** |
| Colwyn Bay AC | 6, 12, 14, 14 | **46** | **5** | **46** | **5** |
| Meirionnydd RC | 10, 11, 14, 14 | **49** | **6** | **49** | **6** |

**Under 15 Girls**

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| **Position** | **Number** | **Name** | **Club** | **Time** |
| 1 | 132 | MARTHA BOWN | Menai Track and Field | 00:10:14 |
| 2 | 194 | NIA MANSON | West Cheshire AC | 00:10:41 |
| 3 | 66 | BETHAN ROBERTS | Deeside AAC | 00:10:47 |
| 4 | 208 | GRACE HUGHES | Wrexham AAC | 00:11:16 |
| 5 | 31 | ELIN EVANS | Colwyn Bay AC | 00:11:32 |
| 6 | 131 | HOLLY WORTH | Menai Track and Field | 00:11:39 |
| 7 | 78 | BEATRICE ROBERTS | Deeside AAC | 00:11:45 |
| 8 | 163 | EMILIA WHITE | Telford AC | 00:11:54 |
| 9 | 248 | CAITLIN DAVIES ARNALL | Colwyn Bay AC | 00:12:08 |
| 10 | 137 | ABBEY DRAKE | Menai Track and Field | 00:12:11 |
| 11 | 26 | ANNIEA DULLER | Colwyn Bay AC | 00:12:26 |
| 12 | 33 | ANNABELLA WISE | Colwyn Bay | 00:12:27 |
| 13 | 195 | ROSE SHEPPARD | West Cheshire AC | 00:12:29 |
| 14 | 151 | HANNAH NEWMAN | Oswestry Olympians | 00:13:05 |
| 15 | 32 | FREYA VALERIO | Colwyn Bay AC | 00:13:17 |
| 16 | 74 | DAISY JONES | Deeside AAC | 00:13:27 |
| 17 | 104 | ANIA MAIR EDWARDS | Eryri Harriers | 00:13:43 |
| 18 | 209 | ISLA WILLIAMS | Wrexham AAC | 00:14:07 |
| 19 | 211 | MEGAN HATFIELD | Wrexham AAC | 00:14:28 |
| 20 | 99 | YVETTA DIXON | Denbigh Harriers | 00:18:42 |

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| **Club** (4 to count) | **Race 1**  **Points** | **Total Race 1 Points** | **Race 1**  **Position** | **Overall Points** | **Overall Position** |
| Colwyn Bay AC | 5, 9, 11, 12 | **37** | **1** | **37** | **1** |
| Menai T&F | 1, 6, 10, 21 | **38** | **2** | **38** | **2** |
| Deeside AC | 3, 7, 16, 21 | **47** | **3** | **47** | **3** |
| West Cheshire AC | 2, 13, 21, 21 | **57** | **4** | **57** | **4** |
| Wrexham AAC | 4, 18, 19, 21 | **62** | **5** | **62** | **5** |
| Telford AC | 8, 21, 21, 21 | **71** | **6** | **71** | **6** |
| Oswestry Olympians | 14, 21, 21, 21 | **77** | **7** | **77** | **7** |
| Eryri Harriers | 18, 21, 21, 21 | **81** | **8** | **81** | **8** |
| Denbigh Harriers | 20, 21, 21, 21 | **83** | **9** | **83** | **9** |

**Under 13 Boys**

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| **Position** | **Number** | **Name** | **Club** | **Time** |
| 1 | 207 | SPENCER JONES | Wrexham AAC | 00:09:33 |
| 2 | 126 | JACOB PRICE | Menai Track & Field | 00:09:36 |
| 3 | 192 | LUCAS SAWYER | West Cheshire AC | 00:09:51 |
| 4 | 190 | LEON BETTERIDGE | West Cheshire AC | 00:10:21 |
| 5 | 54 | ISAC MARTIN | Deeside AAC | 00:10:32 |
| 6 | 149 | JOSEPH BARLOW | Oswestry Olympians | 00:10:38 |
| 7 | 64 | OSIAN TULLOCK | Deeside AAC | 00:11:00 |
| 8 | 62 | MILO HUGHES | Deeside AAC | 00:11:02 |
| 9 | 228 | JACK TURRELL | Deeside AAC | 00:11:13 |
| 10 | 55 | TOBI JONES | Deeside AAC | 00:11:18 |
| 11 | 109 | TEDDY LANGFORD | Maldwyn Harriers | 00:11:21 |
| 12 | 89 | IFAN WOOD | Denbigh Harriers | 00:11:26 |
| 13 | 184 | MORGAN EDWARDS | West Cheshire AC | 00:11:50 |
| 14 | 20 | MATTHEW BISSETT | Colwyn Bay AC | 00:11:57 |
| 15 | 182 | JACK ARNOLD | West Cheshire AC | 00:12:00 |
| 16 | 27 | THEO DOWEN | Colwyn Bay AC | 00:12:05 |
| 17 | 150 | JAMIE ASHWORTH | Oswestry Olympians | 00:12:17 |
| 18 | 206 | STEFFAN THOMAS | Wrexham AAC | 00:12:36 |
| 19 | 90 | JAC WOOD | Denbigh Harriers | 00:12:39 |
| 20 | 191 | HENRY COBB | West Cheshire AC | 00:13:09 |
| 21 | 204 | RHYS HATFIELD | Wrexham AAC | 00:13:16 |
| 22 | 205 | GRUFFYDD THOMAS | Wrexham AAC | 00:14:01 |
| 23 | 147 | JONATHAN NEWMAN | Oswestry Olympians | 00:16:22 |
| 24 | 100 | IOAN WYN EDWARDS | Eryri Harriers | 00:16:44 |

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| **Club** (4 to count) | **Race 1**  **Points** | **Total Race 1 Points** | **Race 1**  **Position** | **Overall Points** | **Overall Position** |
| Deeside AC | 5, 7, 8, 9 | **29** | **1** | **29** | **1** |
| West Cheshire AC | 3, 4, 13, 15 | **35** | **2** | **35** | **2** |
| Wrexham AAC | 1, 18, 21, 22 | **62** | **3** | **62** | **3** |
| Oswestry Olympians | 6, 17, 23, 25 | **71** | **4** | **71** | **4** |
| Menai T&F | 2, 25, 25, 25 | **77** | **5** | **77** | **5** |
| Colwyn Bay | 14, 16, 25, 25 | **80** | **6** | **80** | **6** |
| Denbigh Harriers | 12, 19, 25, 25 | **81** | **7** | **81** | **7** |
| Maldwyn Harriers | 11, 25, 25, 25 | **86** | **8** | **86** | **8** |

**Under 13 Girls**

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| **Position** | **Number** | **Name** | **Club** | **Time** |
| 1 | 56 | GWEN HAYES | Deeside AAC | 00:08:26 |
| 2 | 57 | ELLA HAYES | Deeside AAC | 00:08:28 |
| 3 | 160 | SUMMER RICHARDS | Telford AC | 00:08:45 |
| 4 | 23 | LOIS EVANS | Colwyn Bay AC | 00:08:52 |
| 5 | 188 | POPPY MCKENNA | West Cheshire AC | 00:09:23 |
| 6 | 186 | ROSIE GRIMSDITCH | West Cheshire AC | 00:09:25 |
| 7 | 225 | POPPY COLLINS | Menai Track and Field | 00:09:29 |
| 8 | 180 | SASKIA KERESTUROVA | West Cheshire AC | 00:09:35 |
| 9 | 187 | FLORENCE HAIN | West Cheshire AC | 00:09:38 |
| 10 | 51 | GRACE PRICE | Deeside AAC | 00:09:44 |
| 11 | 189 | HEIDI WETHERALL | West Cheshire AC | 00:09:49 |
| 12 | 88 | YASMIN MCCOOMBE | Denbigh Harriers | 00:10:05 |
| 13 | 124 | CATRIN WILLIAMS | Menai Track and Field | 00:10:49 |
| 14 | 52 | ISLA OXBURGH | Deeside AAC | 00:10:53 |
| 15 | 29 | OLIVIA STANDRING-JONES | Colwyn Bay AC | 00:10:57 |
| 16 | 59 | PEARL STACEY | Deeside AAC | 00:11:03 |
| 17 | 123 | HEIDI WORTH | Menai Track and Field | 00:11:11 |
| 18 | 53 | NONA WHITE | Deeside AAC | 00:11:15 |
| 19 | 30 | ERIN HUGHES | Colwyn Bay AC | 00:11:27 |
| 20 | 125 | FIONA HORNE | Menai Track and Field | 00:11:35 |
| 21 | 28 | ISABELLA DAVIES MILLS | Colwyn Bay AC | 00:11:51 |
| 22 | 92 | CAITLIN TURNER | Denbigh Harriers | 00:12:05 |
| 23 | 249 | POPPY ROSS | Buvkley RC | 00:12:11 |
| 24 | 181 | ISLA LAMBERT | West Cheshire AC | 00:12:14 |
| 25 | 21 | ISLA WILLIAMS | Colwyn Bay AC | 00:12:18 |
| 26 | 214 | SAOIRSE MCDONNELL | Colwyn Bay AC | 00:12:22 |
| 27 | 24 | CHARLOTTE OWENS | Colwyn Bay AC | 00:12:30 |
| 28 | 91 | ALICIA GARCIA LUCAS | Denbigh Harriers | 00:12:36 |
| 29 | 25 | ALYS WOOD | Colwyn Bay AC | 00:13:07 |
| 30 | 101 | EILLE ROWLANDS | Eryri Harriers | 00:13:13 |

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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, 2, 10, 14 | **27** | **1** | **27** | **1** |
| West Cheshire AC | 5, 6, 8, 9 | **28** | **2** | **28** | **2** |
| Menai T&F | 7, 13, 17, 20 | **57** | **3** | **57** | **3** |
| Colwyn Bay AC | 4,15, 19, 21 | **59** | **4** | **59** | **4** |
| Denbigh Harriers | 12, 22, 28, 33 | **95** | **5** | **95** | **5** |
| Telford AC | 3, 33, 33, 33 | **102** | **6** | **102** | **6** |
| Buckley RC | 23, 33, 33, 33 | **122** | **7** | **122** | **7** |
| Eryri Harriers | 30, 33, 33, 33 | **129** | **8** | **129** | **8** |
| Maldwyn Harriers | 31, 33, 33, 33 | **130** | **9** | **130** | **9** |

**Under 11 Boys**

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| **Position** | **Number** | **Name** | **Club** | **Time** |
| 1 | 121 | ELLIOT STEELE-JONES | Menai Track and Field | 00:08:31 |
| 2 | 176 | NIALL BETTERIDGE | West Cheshire AC | 00:08:33 |
| 3 | 85 | EBEN DAVIES | Denbigh Harriers | 00:08:51 |
| 4 | 44 | LUCA KEVAN | Deeside AAC | 00:09:01 |
| 5 | 200 | GEORGE HUGHES | Wrexham AAC | 00:09:20 |
| 6 | 177 | MAXIMUS (MAX) MOLLOY | West Cheshire AC | 00:09:33 |
| 7 | 170 | TOBY HONEYBORNE KELLY | West Cheshire AC | 00:09:41 |
| 8 | 82 | EMRYS EVANS | Denbigh Harriers | 00:09:47 |
| 9 | 3 | IDRIS DAVIES-DUNN | Aberystwyth AC | 00:09:54 |
| 10 | 83 | ARTHUR DIXON | Denbigh Harriers | 00:09:58 |
| 11 | 49 | JOSH THOMAS | Deeside AAC | 00:10:01 |
| 12 | 142 | PIP BARLOW | Oswestry Olympians | 00:10:03 |
| 13 | 19 | TEDDY JONES | Colwyn Bay AC | 00:10:18 |
| 14 | 39 | ELIAS FRASER PERKINS | Deeside AAC | 00:10:20 |
| 15 | 84 | OSIAN HIGNETT | Denbigh Harriers | 00:10:31 |
| 16 | 7 | ELLIS CRIERIE | Colwyn Bay AC | 00:10:35 |
| 17 | 2 | EDMUND DAVIES-DUNN | Aberystwyth AC | 00:10:36 |
| 18 | 38 | SAM MCPHERSON | Deeside AAC | 00:10:39 |
| 19 | 37 | JOSEFF JAMES | Deeside AAC | 00:10:41 |
| 20 | 158 | ELLIOTT SHELDON | Telford AC | 00:10:43 |
| 21 | 168 | SAM ARNOLD | West Cheshire AC | 00:10:46 |
| 22 | 145 | JACK GRIFFITHS | Oswestry Olympians | 00:11:00 |
| 23 | 15 | JONA DULLER | Colwyn Bay AC | 00:11:06 |
| 24 | 36 | RUBEN MOORE | Deeside AAC | 00:11:18 |
| 25 | 216 | ELIJAH ANONAM | Colwyn Bay AC | 00:11:21 |
| 26 | 171 | JAMES THOMAS | West Cheshire AC | 00:11:36 |
| 27 | 10 | JACK DONAGHY | Colwyn Bay AC | 00:11:39 |
| 28 | 14 | EBAN DULLER | Colwyn Bay AC | 00:11:41 |
| 29 | 250 | MACSEN DYMENT | Colwyn Bay AC | 00:11:46 |
| 30 | 9 | UANX ZARKETA-MARSHALL | Colwyn Bay AC | 00:11:48 |
| 31 | 245 | CONNOR THOMAS | Gog Tri | 00:11:54 |
| 32 | 106 | LLEWELYN WYNNE | Gog Tri | 00:11:58 |
| 33 | 251 | CHIMA HEGOX | Denbigh Harriers | 00:12:02 |
| 34 | 201 | DEINIOL THOMAS | Wrexham AAC | 00:12:00 |
| 35 | 16 | LUKAS PUSNOVAS | Colwyn Bay AC | 00:12:31 |
| 36 | 12 | JOSEPH HICKEY | Colwyn Bay AC | 00:13:10 |
| 37 | 119 | JOEL WILLIAMS | Menai Track and Field | 00:14:13 |

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| **Club** (4 to count) | **Race 1**  **Points** | **Total Race 1 Points** | **Race 1**  **Position** | **Overall Points** | **Overall Position** |
| Denbigh Harriers | 3, 8, 10, 15 | **36** | **1** | **36** | **1** |
| West Cheshire AC | 2, 6, 7, 21 | **36** | **1** | **36** | **2** |
| Deeside AC | 4, 11, 14, 18 | **47** | **3** | **47** | **3** |
| Colwyn Bay | 13, 16, 23, 25 | **77** | **4** | **77** | **4** |
| Aberystwyth AC | 9, 17, 38, 38 | **102** | **5** | **102** | **5** |
| Oswestry Olympians | 12, 22, 38, 38 | **111** | **6** | **111** | **6** |
| Wrexham AAC | 5, 34, 38, 38 | **115** | **7** | **115** | **7** |
| Menai T&F | 1, 38, 38, 38 | **115** | **8** | **115** | **8** |
| Telford AC | 20, 38, 38, 38 | **134** | **9** | **134** | **9** |
| GOG Tri Club | 31, 32, 38, 38 | **139** | **10** | **139** | **10** |

**Under 11 Girls**

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| **Position** | **Number** | **Name** | **Club** | **Time** |
| 1 | 50 | ZOE JAMES | Deeside AAC | 00:07:05 |
| 2 | 45 | MATILDA THOMPSON | Deeside AAC | 00:07:20 |
| 3 | 17 | MADELEINE FATA | Colwyn Bay AC | 00:07:39 |
| 4 | 175 | ABBY GAMBLE | West Cheshire AC | 00:07:47 |
| 5 | 173 | HEIDI ANSTEY | West Cheshire AC | 00:07:49 |
| 6 | 174 | EVELYN EDWARDS | West Cheshire AC | 00:07:55 |
| 7 | 167 | ARIANWEN SETTERS | West Cheshire AC | 00:07:59 |
| 8 | 41 | OLIVIA COMMINS | Deeside AAC | 00:08:02 |
| 9 | 165 | IVY BOWDEN | West Cheshire AC | 00:08:11 |
| 10 | 159 | MARTHA ROPER | Telford AC | 00:08:18 |
| 11 | 113 | KESTIN STEELE-JONES | Menai Track and Field | 00:08:25 |
| 12 | 18 | ENYA MAGUIRE | Colwyn Bay AC | 00:08:28 |
| 13 | 115 | DARCY SHORT | Menai Track and Field | 00:08:31 |
| 14 | 143 | LILLIE KILVER | Oswestry Olympians | 00:08:40 |
| 15 | 46 | LUCY HOWELL | Deeside AAC | 00:08:50 |
| 16 | 11 | ROSE JONES | Colwyn Bay AC | 00:08:54 |
| 17 | 80 | CHARLOTTE KAMEEN | Denbigh Harriers | 00:09:03 |
| 18 | 164 | LILY ROSE BROWNE | Welshpool AC | 00:09:16 |
| 19 | 120 | ELIN JONES | Menai Track and Field | 00:09:29 |
| 20 | 98 | INA EVANS | Denbigh Harriers | 00:09:40 |
| 21 | 166 | OLIVIA GREGORY-PHIMISTER | West Cheshire AC | 00:10:00 |
| 22 | 116 | EFA MAIR OWEN | Menai Track and Field | 00:10:08 |
| 23 | 213 | FRANCESCA JAMES | Colwyn Bay AC | 00:10:28 |

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| **Club** (4 to count) | **Race 1**  **Points** | **Total Race 1 Points** | **Race 1**  **Position** | **Overall Points** | **Overall Position** |
| West Cheshire | 4, 5, 6, 7 | **22** | **1** | **22** | **1** |
| Deeside AC | 1, 2, 8, 15, | **26** | **2** | **26** | **2** |
| Colwyn Bay | 3, 12, 16, 23 | **54** | **3** | **54** | **3** |
| Menai T&F | 11, 13, 19, 22 | **65** | **4** | **65** | **4** |
| Telford AC | 10, 24, 24, 24 | **82** | **5** | **82** | **5** |
| Denbigh Harriers | 17, 20, 24, 24 | **85** | **6** | **85** | **6** |
| Oswestry Olympians | 14, 24, 24, 24 | **86** | **7** | **86** | **7** |
| Welshpool AC | 18, 24, 24, 24 | **90** | **8** | **90** | **8** |

Well we overcame Storm Amy, so a big thank you to Gareth Hughes, Prestatyn and David Baugh, Denbigh Harriers and all their clubmates, volunteers on making sure the event went ahead in such difficult circumstances. I heard nothing but positive feedback regarding the course, which even without the winds and rain, was a ‘real’ cross country course, so thank you. We are also indebted to our other volunteers such as the referees, who took the decision to go ahead when lots of other sports cancelled.

There was some fantastic racing to start the season off. It was also good to see some junior runners from other clubs, with 10 different clubs represented on the day. Well done to all of the winners on a tough day.

We’re quickly onto the second fixture, which is at Eirias Park, Colwyn Bay on Saturday 25th 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 on 29th November, please let Team Managers John Messum and Crispin Backshall know asap. We will be selecting after the League Race at Colwyn Bay

**Bernie Jones**

**Secretary**

**Welsh Inter Regional Cross Country Championship**

Once again Newtown is hosting the Welsh Inter Regional Championships. This year it’s a couple of weeks later taking place on Saturday 29th November. We will be taking full teams to Newtown so if you are interested in competing let Team Managers John Messum or Crispin Backshall know or myself. We will be selecting the teams after the next North Wales Cross Country League at Colwyn Bay