**PYRAMID CONSULTING**

**NORTH WALES JUNIOR CROSS COUNTRY LEAGUE**

At Treborth Track, Bangor Saturday 1st October 2022

FINAL RESULTS 3/10/22

**Under 15 Boys**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** |
| 1 | 1077 | Ben Sergeant | Eryri Harriers | 00:14:39.76 |
| 2 | 1475 | Ralph Brown | Telford ac | 00:14:51.23 |
| 3 | 1253 | Daniel Mitchel | Deeside | 00:14:59.80 |
| 4 | 1254 | Tom Molloy | Deeside | 00:15:07.94 |
| 5 | 1465 | Tomos Morgan | Menai T&F | 00:15:12.66 |
| 6 | 1245 | Elis Martin | Deeside | 00:15:19.62 |
| 7 | 1070 | Deri Hockley | Eryri Harriers | 00:15:22.09 |
| 8 | 1160 | Morgan Flavell | Colwyn Bay | 00:15:35.71 |
| 9 | 1244 | Toby Lemon | Deeside | 00:15:45.00 |
| 10 | 1272 | Arthur Jones | Denbigh | 00:15:50.86 |
| 11 | 1092 | Cai Aron Dafydd Jones | Betsi Runaways | 00:15:53.09 |
| 12 | 1273 | Ted Conry | Denbigh | 00:16:04.00 |
| 13 | 1463 | Gethin Griffiths | Menai T&F | 00:16:13.92 |
| 14 | 1249 | James Pritchard | Deeside | 00:16:27.86 |
| 15 | 1271 | Hugh Heginbotham | Denbigh | 00:16:38.25 |
| 16 | 1274 | Sahil Pasha | Denbigh | 00:16:43.29 |
| 17 | 1247 | Cole Randles | Deeside | 00:16:44.24 |
| 18 | 1459 | Tommaso D'Avossa | Menai T&F | 00:17:09.97 |
| 19 | 1243 | Zak Kevan | Deeside | 00:17:46.95 |
| 20 | 1460 | Llyr Elwyn | Menai T&F | 00:18:25.99 |
| 21 | 1246 | Isaac Walker | Deeside | 00:19:11.07 |
| 22 | 1163 | Harri Blythe | Colwyn Bay | 00:20:01.52 |
| 23 | 1161 | Luke Holdam | Colwyn Bay | 00:20:38.56 |

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| --- | --- | --- | --- |
| **Club** (4 to count) | **Race 1****Points** | **Total Race Points** | **Race 1****Position** |
| Deeside | 3/4/6/9 | **22** | **1** |
| Denbigh | 10/12/15/16 | **53** | **2** |
| Menai | 5/13/18/20 | **56** | **3** |
| Eryri Harriers | 1/7/24/24 | **56** | **3** |
| Telford AC | 3/24/24/24 | **75** | **5** |
| Colwyn Bay | 8/22/23/24 | **77** | **6** |
| Betsi Runaways | 11/24/24/24 | **83** | **7** |

**Under 15 Girls**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** |
| 1 | 1296 | MADDIE HUGHES | Maldwyn | 00:09:33.51 |
| 2 | 1222 | ABIGAIL DOHERTY | Deeside  | 00:09:40.89 |
| 3 | 1227 | JOSIE HURST | Deeside  | 00:09:41.13 |
| 4 | 1221 | ORLA KISSANE | Deeside  | 00:09:56.38 |
| 5 | 1167 | CIARA CUST | Colwyn Bay  | 00:10:16.81 |
| 6 | 1226 | LILY ROBERTS | Deeside  | 00:10:31.08 |
| 7 | 1209 | ROSE HAYES | Deeside  | 00:10:44.53 |
| 8 | 1165 | LUCY PARSLEY | Colwyn Bay  | 00:11:00.16 |
| 9 | 1286 | CADI FRENCH | Eryri  | 00:11:02.62 |
| 10 | 1223 | EMMY TAYLOR | Deeside  | 00:11:05.82 |
| 11 | 1215 | MILLIE HARRISON | Deeside  | 00:11:10.59 |
| 12 | 1440 | POLA GOLASKI | Menai T&F  | 00:11:14.86 |
| 13 | 1124 | ERIN SMITH | Cadence Tri  | 00:11:16.05 |
| 14 | 1285 | CADI CUNNINGTON | Eryri Juniors | 00:11:21.37 |
| 15 | 1283 | HANNAH BROTHERIDGE | Eryri Juniors | 00:11:40.85 |
| 16 | 1441 | MAYA SEGUIN | Menai T&F  | 00:11:43.87 |
| 17 | 1284 | OLWEN BAINES | Eryri Juniors | 00:11:45.48 |
| 18 | 1166 | LYDIA HUGHES | Colwyn Bay  | 00:11:46.96 |
| 19 | 1469 | SORREL BLOUNT | Prestatyn  | 00:11:51.65 |
| 20 | 1261 | LEA DAVIES | Denbigh  | 00:12:44.49 |
| 21 | 1262 | LYDIA DAVIES | Denbigh  | 00:13:17.28 |

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| --- | --- | --- | --- |
| **Club** (4 to count) | **Race 1****Points** | **Total Race Points** | **Race 1****Position** |
| Deeside | 2/3/4/6 | **15** | **1** |
| Colwyn Bay  | 5/8/18/22 | **53** | **2** |
| Eryri Harriers | 9/14/15/17 | **55** | **3** |
| Maldwyn Harriers | 1/22/22/22 | **67** | **4** |
| Menai T&F  | 12/16/22/22 | **72** | **5** |
| Cadence Tri  | 13/22/22/22 | **79** | **6** |
| Denbigh  | 20/21/22/22 | **85** | **7** |
| Prestatyn  | 19/22/22/22 | **87** | **8** |

**Under 13 Boys**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** |
| 1 | 1499 | ZAC CAMPBELL | Wrexham ac | 00:09:32.65 |
| 2 | 1451 | ALEX BAYNHAM | Menai T&F | 00:09:43.50 |
| 3 | 1239 | OLIVER BIRCH | Deeside | 00:09:52.08 |
| 4 | 1236 | ELLIOT ROWE ROWE | Deeside | 00:10:09.37 |
| 5 | 1454 | ENEAS PARRY-FINK | Menai T&F | 00:10:16.30 |
| 6 | 1242 | DYFAN ROBERTS | Deeside | 00:10:21.82 |
| 7 | 1069 | DEXTER PILE | Telford | 00:10:31.50 |
| 8 | 1238 | RYAN DELANEY | Deeside | 00:10:47.14 |
| 9 | 1450 | SETH OWEN | Menai T&F | 00:10:56.07 |
| 10 | 1446 | TOMOS GRIFFITHS | Menai T&F | 00:10:59.29 |
| 11 | 1500 | ISAAC GARCIA LUCAS | Myddleton College | 00:11:06.03 |
| 12 | 1234 | IESTYN ROBERTS  | Deeside | 00:11:38.68 |
| 13 | 1448 | DANIEL PURCELL | Menai T&F | 00:11:49.28 |

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| --- | --- | --- | --- |
| **Club** (4 to count) | **Race 1****Points** | **Total Race Points** | **Race 1****Position** |
| Deeside | 3/4/6/7 | **20** | **1** |
| Menai T&F | 2/5/8/9 | **24** | **2** |
| Wrexham AC | 1/14/14/14 | **43** | **3** |
| Telford | 7/14/14/14 | **49** | **4** |
| Myddleton College | 11/14/14/14 | **53** | **5** |

**Under 13 Girls**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** |
| 1 | 1432 | ESYLLT OWEN | Menai T&F  | 00:07:30.62 |
| 2 | 1482 | PYPER EMILIA | West Cheshire  | 00:07:40.57 |
| 3 | 1202 | KATIE DOHERTY  | Deeside  | 00:07:46.26 |
| 4 | 1280 | HOLLY WORTH | Eryri Juniors | 00:07:54.71 |
| 5 | 1492 | EVIE HUGHES | Wrexham ac  | 00:07:58.02 |
| 6 | 1159 | ROSIE PARSLEY | Colwyn Bay  | 00:08:05.34 |
| 7 | 1206 | AMELIA HARDING | Deeside  | 00:08:34.08 |
| 8 | 1281 | DELLA MATTHEWS | Eryri Juniors | 00:08:39.64 |
| 9 | 1278 | ELINOR HAF CRANHAM | Eryri Juniors | 00:08:40.16 |
| 10 | 1491 | SOPHIE FORGRAVE | Wrexham ac  | 00:08:46.67 |
| 11 | 1258 | FLORA JONES | Denbigh  | 00:08:47.82 |
| 12 | 1257 | MERI ROCHE | Denbigh  | 00:08:49.44 |
| 13 | 1490 | ANNABELLE JONES | Wrexham ac  | 00:08:50.42 |
| 14 | 1205 | EVIE MORTELL | Deeside  | 00:08:58.55 |
| 15 | 1435 | FLORENCE TOWNSEND | Menai T&F  | 00:09:05.05 |
| 16 | 1157 | EVIE TAYLOR | Colwyn Bay  | 00:09:13.68 |
| 17 | 1123 | RUBY WATTS | Cadence Tri  | 00:09:40.93 |
| 18 | 1089 | ELNOR JONES | Colwyn Bay | 00:09:47.90 |
| 19 | 1201 | FLEUR RANDLES  | Deeside  | 00:10:26.92 |
| 20 | 1158 | LILY MILLS | Colwyn Bay  | 00:10:45.61 |

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| --- | --- | --- | --- |
| **Club** (4 to count) | **Race 1****Points** | **Total Race Points** | **Race 1****Position** |
| Eryri  | 4/8/9/21 | **42** | **1** |
| Deeside | 3/7/14/19 | **43** | **2** |
| Colwyn Bay | 6/16/18/20 | **60** | **3** |
| Wrexham AC | 5/10/13/21 | **49** | **4** |
| Menai T&F  | 1/15/21/21 | **58** | **5** |
| West Cheshire  | 2/21/21/21 | **63** | **6** |
| Denbigh | 11/12/21/21 | **65** | **7** |
| Cadence Tri  | 17/21/21/21 | **80** | **8** |

**Under 11 Boys**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** |
| 1 | 1231 | FINLAY POTTER | Deeside  | 00:07:25.25 |
| 2 | 1129 | ZAC SPENCER | Colwyn Bay  | 00:07:30.70 |
| 3 | 1233 | CASPER KISSANE | Deeside  | 00:07:32.05 |
| 4 | 1495 | SPENCER JONES | Wrexham ac  | 00:07:46.97 |
| 5 | 1228 | MILO HUGHES | Deeside  | 00:07:54.03 |
| 6 | 1265 | HENRY JONES | Denbigh  | 00:08:05.43 |
| 7 | 1445 | GWION WILLIAMS | Menai T&F  | 00:08:13.25 |
| 8 | 1135 | CHARLIE WILLIAMS | Colwyn Bay  | 00:08:20.50 |
| 9 | 1497 | HARLEY KEMPSTER | Wrexham ac  | 00:08:23.53 |
| 10 | 1230 | MORGAN HUMPHREYS | Deeside  | 00:08:24.11 |
| 11 | 1444 | PERRY MARSLAND | Menai T&F  | 00:08:35.28 |
| 12 | 1494 | OSCAR DAVIES | Wrexham ac  | 00:08:44.73 |
| 13 | 1138 | TYLER THOMAS | Colwyn Bay  | 00:08:45.65 |
| 14 | 1289 | OWEN BENJAMIN JOB | Eryri  | 00:09:03.31 |
| 15 | 1288 | OLLIE WARLAND | Eryri | 00:09:10.64 |
| 16 | 1498 | RHYS JONES | Wrexham ac  | 00:09:24.98 |
| 17 | 1130 | EDWARD CHARLTON | Colwyn Bay  | 00:09:30.68 |
| 18 | 1229 | ALEXANDER SUMMERS | Deeside  | 00:09:51.04 |
| 19 | 1155 | FREDDIE BUSHNELL | Colwyn Bay  | 00:09:55.24 |

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| **Club** (4 to count) | **Race 1****Points** | **Total Race Points** | **Race 1****Position** |
| Deeside AC | 1/3/5/10 | **19** | **1** |
| Colwyn Bay | 2/8/13/17 | **40** | **2** |
| Wrexham AC | 4/9/12/16 | **41** | **3** |
| Menai T&F  | 7/11/20/20 | **58** | **4** |
| Denbigh | 6/20/20/20 | **66** | **5** |
| Eryri  | 14/15/20/20 | **69** | **6** |

**Under 11 Girls**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** |
| 1 | 1430 | Savannah Williams | Menai T&F | *00:05:47.35* |
| 2 | 1186 | Gwen Hayes | Deeside | *00:05:50.02* |
| 3 | 1200 | Daisy Jones  | Deeside | *00:05:55.56* |
| 4 | 1187 | Ella Hayes  | Deeside | *00:06:03.37* |
| 5 | 1488 | Bethan Roberts | Wrexham | *00:06:12.47* |
| 6 | 1480 | Nia Manson | West Cheshire | *00:06:28.50* |
| 7 | 1145 | Caitlin Davis-Arnall | Colwyn Bay | *00:06:46.41* |
| 8 | 1468 | Freya Valerio | Prestatyn | *00:06:51.19* |
| 9 | 1489 | Grace Hughes | Wrexham | *00:06:51.96* |
| 10 | 1190 | Lucia Bartlett Bartlett | Deeside | *00:06:55.38* |
| 11 | 1466 | Olivia Standring-Jones | Prestatyn | *00:07:11.54* |
| 12 | 1427 | Heidi Worth | Menai T&F | *00:07:14.86* |
| 13 | 1467 | Tia Calland | Prestatyn | *00:07:20.51* |
| 14 | 1431 | Nanw Jones | Menai T&F | *00:07:26.54* |
| 15 | 1429 | Sara Thomas | Menai T&F | *00:07:36.94* |
| 16 | 1279 | Grace Emery Jones | Eryri | *00:07:39.95* |
| 17 | 1189 | Awen Mcmahon | Deeside | *00:07:46.20* |
| 18 | 1428 | Catrin Williams | Menai T&F | *00:07:46.91* |
| 19 | 1275 | Cara Llewelyn | Eryri | *00:07:49.20* |
| 20 | 1139 | Maizie Blythe | Colwyn Bay | *00:07:54.74* |
| 21 | 1276 | Llio Williams | Eryri | *00:08:15.46* |

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| --- | --- | --- | --- |
| **Club** (4 to count) | **Race 1****Points** | **Total Race Points** | **Race 1****Position** |
| Deeside | 2/3/4/10 | **19** | **1** |
| Menai T&F | 1/12/14/15 | **42** | **2** |
| Prestatyn  | 8/11/13/22 | **54** | **3** |
| Wrexham AC | 5/9/22/22 | **58** | **4** |
| Colwyn Bay  | 7/20/22/22 | **71** | **5** |
| West Cheshire  | 6/22/22/22 | **72** | **6** |
| Eryri Harriers | 16/19/21/22 | **78** | **7** |

Once again it was great to be back and exciting to have the junior and senior leagues officially combined for the first time! Firstly a massive thanks to Dave Peters, Maldwyn Harriers, who put so much work into organising all of the registration and numbers beforehand. With well over 1,000 athletes registered it was no mean feat. Dave also did all of the chip timing on the day with the help of his wife, and the time and effort they have put in for the benefit of the league is phenomenal, so that you.

Secondly thank you to Eryri Harriers and in particular Helen Blair and Mike Blake for hosting the first “*David Alun Williams*” North Wales League Race of the season. After the persistent rain on the preceding two days I wasn’t expecting the best at Bangor on Saturday morning but they even managed to get the sun to shine on us!! Finally I would also like to thank our sponsors, Grand Prix Express (Senior League) and Pyramid Consulting (Junior League) who once again have continued with their support of the leagues and we are very grateful. 117 Junior runners finished the first races of the season.

The Under 15 Boys kicked off proceedings with local boy Ben Sergeant getting the better of Telford’s Ralph Brown. Deeside out in force easily won the team race.

In the second race Zac Campbell, Wrexham showed what a promising runner he is by winning his first ever North Wales Cross Country League and even managing to just finish ahead of Maldwyn’s experienced Maddie Hughes who won the Under 15 Girls race. Deeside again dominated both team races.

The Under 11 Boys and Under 13 Girls race was won by Finlay Potter from Deeside just ahead of Esyllt Owen, Menai and Zak Spencer, Colwyn Bay. Deeside one again dominated both team races.

In the final race of the morning, the Under 11 Girls race Savannah Williams, Menai T&F won from Gwen Hayes, who helped Deeside top a clean sweep of the teams.

**Welsh Inter Region/Welsh Inter Schools Cross Country Championships – Monmouth 19th November 2022**

Athletes/Coaches please note that the Welsh Inter Regions and Welsh Inter Schools Cross Country Championship will take place on **Saturday 19th November 2022 in Monmouth**. If you are qualified to run for North Wales (birth or residency) and interested in running and believe you have the necessary ability to take part in this event, please contact one of the following people asap:

Bernie Jones Bernie-jones@sky.com or 07919 043117

 Crispin Backshall crispin.backshall@btopenworld.com or 07765111019

 John Messum John.Messum@hotmail.com or 07977170080

We are not sure whether there will be a CAU Inter Counties this year, so this may be your only chance to represent North Wales at Cross Country this season so don’t miss out. Races usually start at 11am and we will be making a bus available. We will be selecting the teams after the second North Wales League Fixture at Newtown

**Bernie Jones**

**Secretary**