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

At Eirias Park, Colwyn Bay Saturday 5th October 2024

 FINAL RESULTS 8/10/24

**Under 15 Boys**

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| **Position** | **Number** | **Name** | **Club** | **Time** |
| 1 | 189 | OSIAN PARRY | Menai T& F | 00:13:12 |
| 2 | 148 | ELLIOT ROWE | Deeside AC | 00:13:32 |
| 3 | 206 | ALFIE BARTLEY-ROSE | Deeside AC | 00:13:51 |
| 4 | 180 | ZAC CAMPBELL | Deeside AC | 00:14:04 |
| 5 | 183 | RYAN DELANEY | Deeside AC | 00:14:27 |
| 6 | 178 | RUBEN CRIERIE | Colwyn Bay AC | 00:15:12 |
| 7 | 204 | JACK COLLINGS | Wrexham AC | 00:15:13 |
| 8 | 176 | NOA DAVID | Betsi Runaways | 00:15:20 |
| 9 | 172 | HARRY SIMCOCK | Wrexham AC | 00:15:25 |
| 10 | 152 | ISAAC GARCIA LUCAS | Denbigh | 00:15:28 |
| 11 | 207 | THOMAS MEADON | Colwyn Bay AC | 00:15:36 |
| 12 | 160 | ELIS EARNSHAW | Menai T& F | 00:15:55 |
| 13 | 159 | DANIEL PURCELL | Menai T& F | 00:16:01 |
| 14 | 168 | DYLAN GLEDHILL | West Cheshire AC | 00:16:07 |
| 15 | 188 | OWAIN WILLIAMS | Menai T& F | 00:16:21 |
| 16 | 156 | THOMAS HODGSON-SCOTT | Eryri Harriers | 00:17:36 |
| 17 | 158 | OWEN HUGHES | Meirionnydd RC | 00:17:40 |
| 18 | 161 | TOMOS GRIFFITHS | Menai T& F | 00:17:49 |
| 19 | 174 | JACK FOALE | Aberystwyth AC | 00:22:49 |
| 20 | 175 | OLI LERIGO | Aberystwyth AC | 00:22:49 |

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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, 4, 5 | **14** | **1** | **14** | **1** |
| Menai T&F | 1, 12, 13, 15 | **41** | **2** | **41** | **2** |
| Wrexham AC | 7, 9, 21, 21 | **58** | **3** | **58** | **3** |
| Colwyn Bay AC | 6, 11, 21, 21 | **59** | **4** | **59** | **4** |
| Betsi Runaways | 8, 21, 21, 21 | **71** | **5** | **71** | **5** |
| Denbigh | 10, 21, 21, 21 | **73** | **6** | **73** | **6** |
| West Cheshire AC | 14, 21, 21, 21 | **75** | **7** | **75** | **7** |
| Eryri Harriers | 16, 21, 21, 21 | **79** | **8** | **79** | **8** |
| Meirionydd RC | 17, 21, 21, 21 | **80** | **9** | **80** | **10** |
| Aberystwyth AC | 19, 20, 21, 21 | **81** | **10** | **81** | **10** |

**Under 15 Girls**

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| **Position** | **Number** | **Name** | **Club** | **Time** |
| 1 | 179 | HEATHER WATSON | Deeside AC | 00:10:59 |
| 2 | 164 | MARTHA BOWN | Menai T&F | 00:11:20 |
| 3 | 162 | TAMSIN SEGUIN | Menai T&F | 00:12:21 |
| 4 | 192 | ERIN WOOLCOCK | Oswestry Olympians | 00:12:48 |
| 5 | 163 | HOLLY WORTH | Menai T&F | 00:12:50 |
| 6 | 194 | ELEANOR WHEELER | West Cheshire AC | 00:13:13 |
| 7 | 165 | ESYLLT OWEN | Menai T&F | 00:13:16 |
| 8 | 155 | CATRIN EVANS | Eryri Harriers | 00:13:20 |
| 9 | 151 | BEATRICE ROBERTS | Denbigh | 00:13:21 |
| 10 | 169 | EVIE HUGHES | Wrexham AC | 00:13:38 |
| 11 | 145 | EVIE MORTELL | Deeside AC | 00:14:01 |
| 12 | 177 | CASI DULLER | Colwyn Bay AC | 00:14:27 |
| 13 | 144 | RUBY WATTS | Deeside AC | 00:14:34 |
| 14 | 153 | EIRA ANDERSON | Denbigh | 00:15:05 |
| 15 | 166 | LILY BAYMAN | Menai T&F | 00:15:10 |
| 16 | 170 | MEGAN HATFIELD | Wrexham AC | 00:15:27 |
| 17 | 185 | FLORA JONES | Denbigh | 00:15:28 |

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| **Club** (4 to count) | **Race 1****Points** | **Total Race 1 Points** | **Race 1****Position** | **Overall Points** | **Overall Position** |
| Menai Track and Field | 2, 3, 5, 7 | **17** | **1** | **17** | **1** |
| Deeside AC | 1, 11, 13, 18 | **43** | **2** | **43** | **2** |
| Denbigh | 9, 14, 17, 18 | **58** | **3** | **58** | **3** |
| Oswestry Olympians | 4, 18, 18, 18 | **58** | **4** | **58** | **4** |
| West Cheshire AC | 6, 18, 18, 18 | **60** | **5** | **60** | **5** |
| Wrexham AC | 10, 16, 18, 18 | **62** | **6** | **62** | **6** |
| Eryri Harriers | 8, 18, 18, 18 | **62** | **7** | **62** | **7** |
| Colwyn Bay AC | 12, 18, 18, 18 | **66** | **8** | **66** | **8** |

**Under 13 Boys**

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| **Position** | **Number** | **Name** | **Club** | **Time** |
| 1 | 117 | CASPER KISSANE | Deeside AC | 00:11:15 |
| 2 | 129 | PERRY MARSLAND | Menai T&F | 00:11:23 |
| 3 | 87 | JACOB PRICE | Menai T&F | 00:11:25 |
| 4 | 123 | HENRY JONES | Denbigh | 00:11:29 |
| 5 | 97 | LEON BETTERIDGE | West Cheshire AC | 00:11:50 |
| 6 | 205 | FIN BENNY | Meirionnydd RC | 00:12:11 |
| 7 | 112 | FINLEY WILLIAMS | Colwyn Bay AC | 00:12:16 |
| 8 | 120 | ALEX BENSON | Deeside AC | 00:12:17 |
| 9 | 208 | EDRYD AP REES | Meirionnydd RC | 00:12:34 |
| 10 | 122 | GEORGE HENDERSON | Deeside AC | 00:12:47 |
| 11 | 83 | OSIAN TULLOCK | Deeside AC | 00:13:19 |
| 12 | 127 | YNYR AP RHYS | Eryri Harriers | 00:13:21 |
| 13 | 82 | ALFIE CARRINGTON | Deeside AC | 00:13:32 |
| 14 | 203 | OSIAN HUGHES | Deeside AC | 00:13:36 |
| 15 | 91 | JAMIE ASHWORTH | Oswestry Olympians | 00:13:51 |
| 16 | 125 | OLLIE WARLAND | Eryri Harriers | 00:14:15 |
| 17 | 202 | WILLIAM CHATTERLEY | Deeside AC | 00:17:14 |

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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, 8, 10, 11 | **30** | **1** | **30** | **1** |
| Menai T&F | 2, 3, 18, 18 | **41** | **2** | **41** | **2** |
| Meirionnydd RC | 6, 9, 18, 18 | **51** | **3** | **51** | **3** |
| West Cheshire | 5, 18, 18, 18 | **59** | **4** | **59** | **4** |
| Colwyn Bay | 7, 18, 18, 18 | **61** | **5** | **61** | **5** |
| Eryri Harriers | 12, 16, 18, 18 | **64** | **6** | **64** | **6** |
| Oswestry Olympians | 15, 18, 18, 18 | **69** | **7** | **69** | **7** |

**Under 13 Girls**

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| **Position** | **Number** | **Name** | **Club** | **Time** |
| 1 | 95 | POPPY MCKENNA | West Cheshire AC | 00:09:32 |
| 2 | 78 | GWEN HAYES | Deeside AC | 00:09:35 |
| 3 | 77 | ELLA HAYES | Deeside AC | 00:09:37 |
| 4 | 110 | ELIN EVANS | Colwyn Bay AC | 00:10:28 |
| 5 | 137 | BETHAN ROBERTS | Wrexham AC | 00:10:55 |
| 6 | 134 | ROSE SHEPPARD | West Cheshire AC | 00:11:01 |
| 7 | 94 | FLORENCE HAIN | West Cheshire AC | 00:11:02 |
| 8 | 136 | GRACE HUGHES | Wrexham AC | 00:11:22 |
| 9 | 113 | DAISY JONES | Deeside AC | 00:11:38 |
| 10 | 96 | HEIDI WETHERALL | West Cheshire AC | 00:11:45 |
| 11 | 108 | CAITLIN DAVIS-ARNALL | Colwyn Bay AC | 00:11:49 |
| 12 | 76 | OLIVIA STANDRING-JONES | Colwyn Bay AC | 00:11:55 |
| 13 | 132 | EVIE GRIFFITHS | Oswestry Olympians | 00:11:55 |
| 14 | 89 | HEIDI WORTH | Menai T&F | 00:11:56 |
| 15 | 109 | FREYA VALERIO | Colwyn Bay AC | 00:12:23 |
| 16 | 90 | CATRIN WILLIAMS | Menai T&F | 00:12:24 |
| 17 | 130 | RUBY JONES | Menai T&F | 00:12:25 |
| 18 | 138 | GEORGINA PILLIPS | Wrexham AC | 00:12:46 |
| 19 | 131 | LOWRI WILLIAMS | Menai T&F | 00:13:01 |

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| **Club** (4 to count) | **Race 1****Points** | **Total Race 1 Points** | **Race 1****Position** | **Overall Points** | **Overall Position** |
| West Cheshire AC | 1, 6, 7, 10 | **24** | **1** | **24** | **1** |
| Deeside AC | 2, 3, 9, 20 | **34** | **2** | **34** | **2** |
| Colwyn Bay AC | 4, 11, 12,15 | **42** | **3** | **42** | **3** |
| Wrexham AC | 5, 8, 18, 20 | **51** | **4** | **51** | **4** |
| Menai Track and Field | 14, 16, 17, 19 | **66** | **5** | **66** | **5** |
| Oswestry Olympians | 13, 20, 20, 20 | **73** | **6** | **73** | **6** |

**Under 11 Boys**

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| **Position** | **Number** | **Name** | **Club** | **Time** |
| 1 | 29 | ELLIOT STEELE-JONES | Menai T&F | 00:09:53 |
| 2 | 59 | IFAN WOOD | Denbigh | 00:10:08 |
| 3 | 22 | LUCCA KEVAN | Deeside AC | 00:10:37 |
| 4 | 24 | EBEN DAVIES | Denbigh | 00:10:39 |
| 5 | 4 | IDRIS DAVIES-DUNN | Aberystwyth AC | 00:10:44 |
| 6 | 12 | IFAN ELIS JONES | Aberystwyth AC | 00:10:48 |
| 7 | 57 | TOBY JONES | Deeside AC | 00:10:53 |
| 8 | 9 | ALED EMRYS LLOYD DAVIES | Aberystwyth AC | 00:10:58 |
| 9 | 35 | GEORGE HUGHES | Wrexham AC | 00:10:58 |
| 10 | 51 | OWEN NUSS | Colwyn Bay AC | 00:11:00 |
| 11 | 71 | RHYS HATFIELD | Wrexham AC | 00:11:09 |
| 12 | 28 | LLYR AP RHYS | Eryri Harriers | 00:11:19 |
| 13 | 30 | JACK GRIFFITHS | Oswestry Olympians | 00:11:30 |
| 14 | 18 | DYLAN WILLIAMS | Colwyn Bay AC | 00:11:53 |
| 15 | 201 | JONA DULLER | Colwyn Bay AC | 00:11:56 |
| 16 | 37 | ELLIS JONES | Wrexham AC | 00:11:56 |
| 17 | 36 | RORY DIXON | Wrexham AC | 00:12:06 |
| 18 | 15 | ELIJAH ANONAM | Colwyn Bay AC | 00:12:14 |
| 19 | 64 | ARAN ROBERTS | Menai T&F | 00:12:55 |
| 20 | 200 | EBAN DULLER | Colwyn Bay AC | 00:13:08 |
| 21 | 26 | WILL WARLAND | Eryri Harriers | 00:13:09 |
| 22 | 52 | LOGAN KIRKBY | Colwyn Bay AC | 00:13:19 |
| 23 | 17 | CAILEAN O'HARA | Colwyn Bay AC | 00:15:02 |
| 24 | 49 | JAC LOUGHRAN | Colwyn Bay AC | 00:15:55 |
| 25 | 50 | GRIFF ROBINSON-SCOOTS | Colwyn Bay AC | 00:16:12 |
| 26 |  | JOSEPH READ | Colwyn Bay | 00:16:20 |
| 27 |  | LOKII JONES | Colwyn Bay | 00:19:31 |

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| **Club** (4 to count) | **Race 1****Points** | **Total Race 1 Points** | **Race 1****Position** | **Overall Points** | **Overall Position** |
| Aberystwyth AC | 5, 6, 8, 28 | **47** | **1** | **47** | **1** |
| Wrexham AC | 9, 11, 16, 17, | **53** | **2** | **53** | **2** |
| Colwyn Bay | 10, 14, 15, 18 | **57** | **3** | **57** | **3** |
| Denbigh Harriers | 2, 4, 28, 28  | **62** | **4** | **62** | **4** |
| Deeside AC | 3, 7, 28, 28 | **66** | **5** | **66** | **5** |
| Menai T&F | 1, 19, 28, 28 | **76** | **6** | **76** | **6** |
| Eryri Harriers | 12, 21, 28, 28 | **89** | **7** | **89** | **7** |
| Oswestry Olympians | 13, 28, 28, 28 | **97** | **8** | **97** | **8** |

**Under 11 Girls**

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| **Position** | **Number** | **Name** | **Club** | **Time** |
| 1 | 19 | ZOE JAMES | Deeside AC | 00:06:27 |
| 2 | 53 | GRACE PRICE | Deeside AC | 00:06:34 |
| 3 | 55 | SEREN WALSH | Deeside AC | 00:06:35 |
| 4 | 47 | LOIS EVANS | Colwyn Bay AC | 00:07:13 |
| 5 | 65 | KAMRYN POMERLEAU | Menai T&F | 00:07:14 |
| 6 | 45 | FLORENCE QUINN | Colwyn Bay AC | 00:07:18 |
| 7 | 40 | LEUSA GRUFFUDD | Aberystwyth AC | 00:07:24 |
| 8 | 46 | ISLA WILLIAMS | Colwyn Bay AC | 00:07:43 |
| 9 | 14 | MAISIE JONES | Colwyn Bay AC | 00:07:47 |
| 10 | 199 | ENYA MAGUIRE-EVANS | Colwyn Bay AC | 00:07:48 |
| 11 | 13 | MADELEINE FATA | Colwyn Bay AC | 00:07:51 |
| 12 | 72 | LENA MICHALSKA | Wrexham AC | 00:07:58 |
| 13 | 67 | ISLA LAMBERT | West Cheshire AC | 00:07:59 |
| 14 | 41 | MYFI BEVAN | Aberystwyth AC | 00:08:33 |
| 15 | 44 | FAYE ANN LEES | Colwyn Bay AC | 00:09:24 |

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| **Club** (4 to count) | **Race 1****Points** | **Total Race 1 Points** | **Race 1****Position** | **Overall Points** | **Overall Position** |
| Deeside | 1, 2, 3, 16 | **22** | **1** | **22** | **1** |
| Colwyn Bay | 4, 6, 8, 9 | **27** | **2** | **27** | **2** |
| Aberystwyth AC | 7, 14, 16, 16 | **53** | **3** | **53** | **3** |
| Menai T&F | 5, 16, 16, 16 | **53** | **4** | **53** | **4** |
| Wrexham AC | 12, 16, 16, 16 | **60** | **5** | **60** | **5** |

A big thank you to Russell Godwin and Vicky Ronald and all the helpers from Colwyn Bay for putting on a great first event for the start of the 2024-25 season. We are indebted to all the hard work done by the host clubs and all their volunteers. It was also good to be back at Eirias Park after the storms and floods prevented us from doing so last year and Colwyn Bay booked perfect weather.

We’re quickly onto the second fixture, which is at Ysgol Morgan LLwyd, Wrexham on 19th 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. We had a lot of late entries on the day at Colwyn Bay so please let me know at least 4/5 days in advance.

Finally if you are interested in representing North Wales in the Welsh Inter Regions in Newtown on 16th November, please let Team Managers John Messum and Crispin Backshall know asap or e mail me on Bernie-jones@sky.com.

**Bernie Jones**

**Secretary/Referee**