**NORTH WALES CROSS COUNTRY CHAMPIONSHIPS**

**Sponsored by Grand Prix Express**

**TREBORTH TRACK, BANGOR – 4 JANUARY 2025**

FINAL RESULTS 05/01/25

**Under 11 Girls**

|  |  |  |  |
| --- | --- | --- | --- |
| **Position** | **Name** | **Club** | **Time** |
| 1 | Poppy Collins | Eryri Harriers | 07-47 |
| 2 | Lois Evans | Colwyn Bay AC | 08-06 |
| 3 | Madeleine Fata | Colwyn Bay AC | 08-33 |
| 4 | Orlaith Mullin | Ysgol Tregarth | 09-06 |
| 5 | Kestin Steele-Jones | Menai T&F | 09-215 |
| 6 | Seren Graham | Wrexham AAC | 09-20 |
| 7 | Charlotte Owens | Colwyn Bay AC | 10-16 |
| 8 | Charly Hecox | Denbigh Harriers | 10-44 |

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

|  |  |  |  |
| --- | --- | --- | --- |
| **Position** | **Club** | **POSITIONS** | **TOTAL POINTS** |
| 1 | Colwyn Bay | 2, 3, 7 | 12 |

**Under 11 Boys**

|  |  |  |  |
| --- | --- | --- | --- |
| **Position** | **Name** | **Club** | **Time** |
| 1 | Isac Martin | Deeside AC | 08-31 |
| 2 | Elliott Steele-Jones | Menai T&F | 09-09 |
| 3 | Ifan Wood | Denbigh Harriers | 09-27 |
| 4 | George Hughes | Wrexham AAC | 09-45 |
| 5 | Math Dafydd | Betsi Runaways | 09-49 |
| 6 | Tobi Jones | Deeside AC | 09-51 |
| 7 | Rhys Hatfield | Wrexham AAC | 09-53 |
| 8 | Aled Davies | Aberystwyth AC | 10-00 |
| 9 | Idris Davies-Dunn | Aberystwyth AC | 10-01 |
| 10 | River Collins | Eryri Harriers | 10-03 |
| 11 | Edmund Davies-Dunn | Aberystwyth AC | 10-05 |
| 12 | Steffan Thomas | Wrexham AAC | 10-07 |
| 13 | Seb Perrin-Roberts | Eryri Harriers | 10-11 |
| 14 | Aran Roberts | Menai T&F | 10-23 |
| 15 | Max Molloy | West Cheshire AC | 10-30 |
| 16 | Dylan Williams | Colwyn Bay AC | 10-51 |
| 17 | Hugo Rodrigues | Eryri Harriers | 11-11 |
| 18 | Gruffydd Thomas | Wrexham AAC | 11-54 |
| 19 | Elijah Anonam | Colwyn Bay AC | 12-20 |
| 20 | Will Warland | Eryri Harriers | 12-21 |
| 21 | Joseph Read | Colwyn Bay AC | 17-04 |

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

|  |  |  |  |
| --- | --- | --- | --- |
| **Position** | **Club** | **POSITIONS** | **TOTAL POINTS** |
| 1 | Wrexham AAC | 4, 7, 12 | 23 |
| 2 | Aberystwyth AC | 8, 9, 11 | 28 |
| 3 | Eryri Harriers | 10, 13, 17 | 40 |
| 4 | Colwyn Bay AC | 16, 19, 21 | 56 |

**Under 13 Girls**

|  |  |  |  |
| --- | --- | --- | --- |
| **Position** | **Name** | **Club** | **Time** |
| 1 | Gwen Hayes | Deeside AC | 08-35 |
| 2 | Ella Hayes | Deeside AC | 08-38 |
| 3 | Amber Chauhan | Eryri Harriers | 09-13 |
| 4 | Grace Hughes | Wrexham AAC | 09-21 |
| 5 | Sienna Pritchard | Colwyn Bay AC | 09-33 |
| 6 | Aneia Duller | Colwyn Bay AC | 10-05 |
| 7 | Matilda Turner | Deeside AC | 10-28 |
| 8 | Elin Evans | Colwyn Bay AC | 10-31 |
| 9 | Heidi Worth | Menai T&F | 10-31 |
| 10 | Daisy Jones | Deeside AC | 10-33 |

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

|  |  |  |  |
| --- | --- | --- | --- |
| **Position** | **Club** | **POSITIONS** | **TOTAL POINTS** |
| 1 | Deeside AC | 1, 2, 7 | 10 |
| 2 | Colwyn Bay AC | 5, 6, 8 | 19 |

**Under 13 Boys**

|  |  |  |  |
| --- | --- | --- | --- |
| **Position** | **Name** | **Club** | **Time** |
| 1 | Finley Potter | Warriors | 14-10 |
| 2 | Jacob Price | Menai T&F | 14-31 |
| 3 | Henry Jones | Denbigh Harriers | 14-35 |
| 4 | Caspar Kissane | Deeside AC | 14-50 |
| 5 | Morgan John Edwards | Menai T&F | 15-52 |
| 6 | Timothy Calcraft | Run Free Fell | 15-54 |
| 7 | Osian Tulloch | Deeside AC | 16-58 |
| 8 | Ollie Warland | Eryri Harriers | 17-57 |
| 9 | Owen Taylor | Eryri Harriers | 20-16 |

**Under 15 Girls**

|  |  |  |  |
| --- | --- | --- | --- |
| **Position** | **Name** | **Club** | **Time** |
| 1 | Martha Bown | Menai T&F | 14-42 |
| 2 | Tamsin Seguin | Menai T&F | 15-26 |
| 3 | Holly Worth | Menai T&F | 16-03 |
| 4 | Lily Millen | Menai T&F | 16-08 |
| 5 | Evie Hughes | Wrexham AAC | 16-54 |
| 6 | Beatrice Roberts | Denbigh Harriers | 17-01 |
| 7 | Casi Duller | Colwyn Bay AC | 17-41 |
| 8 | Esyllt Owen | Menai T&F | 17-55 |
| 9 | Abbey Drake | Treborth | 18-02 |
| 10 | Seren Jones | Menai T&F | 18-04 |
| 11 | Alys Pritchard | Menai T&F | 18-10 |
| 12 | Meri Roche | Denbigh Harriers | 18-46 |
| 13 | Efa Gwenfair Price | Menai T&F | 19-42 |
| 14 | Esyllt Dafydd | Denbigh Harriers | 22-05 |

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

|  |  |  |  |
| --- | --- | --- | --- |
| **Position** | **Club** | **POSITIONS** | **TOTAL POINTS** |
| 1 | Menai T&F ‘A’ | 1, 2, 3 | 6 |
| 2 | Denbigh Harriers | 6, 12, 14 | 32 |

**Under 15 Boys**

|  |  |  |  |
| --- | --- | --- | --- |
| **Position** | **Name** | **Club** | **Time** |
| 1 | Zac Campbell | Deeside AC | 17-58 |
| 2 | Alfie Bartley-Rose | Deeside AC | 18-15 |
| 3 | Ryan Delaney | Deeside AC | 19-19 |
| 4 | Isaac Garcia Lucas | Denbigh Harriers | 19-45 |
| 5 | Noa Dafydd | Betsi Runaways | 20-16 |
| 6 | Ruben James Crierie | Colwyn Bay AC | 20-19 |
| 7 | Thomas Meaden | Colwyn Bay AC | 20-27 |
| 8 | Elis Earnshaw | Menai T&F | 21-29 |
| 9 | Daniel Purcell | Menai T&F | 21-29 |
| 10 | Dion Wyn Baston | Menai T&F | 22-13 |
| 11 | Owain Williams | Menai T&F | 22-44 |

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

|  |  |  |  |
| --- | --- | --- | --- |
| **Position** | **Club** | **POSITIONS** | **TOTAL POINTS** |
| 1 | Deeside AC | 1, 2, 3 | 6 |
| 2 | Menai T&F | 8, 9, 10 | 27 |

**Under 17 Women**

|  |  |  |  |
| --- | --- | --- | --- |
| **Position** | **Name** | **Club** | **Time** |
| 1 | Evie Bayman | Menai T&F | 22-34 |
| 2 | Olwen Baines | Eryri Harriers | 22-42 |
| 3 | Orlsa Kissane | Deeside AC | 23-53 |
| 4 | Rose Hayes | Deeside AC | 24-22 |
| 5 | Sorrel Blount | Colwyn Bay AC | 25-06 |

**Under 17 Men**

|  |  |  |  |
| --- | --- | --- | --- |
| **Position** | **Name** | **Club** | **Time** |
| 1 | Miguel Jenkins | Menai T&F | 25-14 |
| 2 | Cai Dafydd | Eryri Harriers | 25-24 |
| 3 | Elis Jones | Deeside AC | 26-18 |
| 4 | Daniel Mitchell | Deeside AC | 27-26 |
| 5 | Ted Conry | Deeside AC | 27-27 |
| 6 | Sion Williams | Menai T&F | 27-32 |
| 7 | Ryan Clough | Deeside AC | 28-18 |
| 8 | Arthur Jones | Denbigh Harriers | 29-43 |

**Under 17 Men’s Teams (3 to score)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Position** | **Club** | **POSITIONS** | **TOTAL POINTS** |
| 1 | Deeside AC | 3, 4, 5 | 12 |

**Under 20 Women**

|  |  |  |  |
| --- | --- | --- | --- |
| **Position** | **Name** | **Club** | **Time** |
| 1 | Cara Scott | Menai T&F | 28-55 |
| 2 | Mabli Baines | Eryri Harriers | 29-37 |
| 3 | Beca Bown | Menai T&F | 30-25 |
| 4 | Efa Baines | Eryri Harriers | 31-35 |
| 5 | Elan Cet Griffith | Menai T&F | 34-50 |

**Under 20 Men**

|  |  |  |  |
| --- | --- | --- | --- |
| **Position** | **Name** | **Club** | **Time** |
| 1 | Noa Vaughan | Eryri Harriers | 28-30 |
| 2 | Dion Griffith | Meirionnydd RC | 30-06 |
| 3 | Andrew Moore | Bangor Uni | 30-06 |
| 4 | Sam Gunning | Vale of York AC | 31-03 |

**Senior/Master Women**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Position** | **Name** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | Elizabeth Richardson | Eryri Harriers | 26-40 | SW | 1 |
| 2 | Samia Jones | Liverpool Harriers | 28-02 | SW | 2 |
| 3 | Joanne Henderson | Denbigh Harriers | 28-06 | W45 | 1 |
| 4 | Ruth Calcroft | Run Free Fell | 28-07 | W40 | 1 |
| 5 | Gemma Moore | Eryri Harriers | 28-29 | W40 | 2 |
| 6 | Amie Smith | Cheshire Dragons | 28-52 | SW | 3 |
| 7 | Byrony North | Eryri Harriers | 28-54 | SW | 4 |
| 8 | Cara Scott | Menai T&F | 28-55 | U20W | 1 |
| 9 | Anna Drinkwater | Eryri Harriers | 29-13 | SW | 5 |
| 10 | Katie Reynolds | Eryri Harriers | 29-19 | SW | 6 |
| 11 | Mabli Baines | Eryri Harriers | 29-37 | U20W | 2 |
| 12 | Beca Bown | Menai T&F | 30-25 | U20W | 3 |
| 13 | Eleanor Ashcroft | Denbigh Harriers | 30-27 | SW | 7 |
| 14 | Elliw Haf-Roberts | Eryri Harriers | 30-41 | W35 | 1 |
| 15 | Claire Donnelly | Eryri Harriers | 30-47 | SW | 8 |
| 16 | Andrea Rowlands | Eryri Harriers | 30-53 | W50 | 1 |
| 17 | Catrin Donnelly | Eryri Harriers | 31-17 | SW | 9 |
| 18 | Efa Baines | Eryri Harriers | 31-27 | U20W | 4 |
| 19 | Ffion Evans | Betsi Runaways | 32-06 | SW | 10 |
| 20 | Megan Hughes | Eryri Harriers | 32-21 | W45 | 2 |
| 21 | Amanda Bailey | Wrexham AC | 32-27 | W50 | 2 |
| 22 | Ellie Evans | Cybi Striders | 33-22 | W40 | 3 |
| 23 | Debbie Catermole | Meirionnyd RC | 33-47 | W60 | 1 |
| 24 | Melina Morris | Denbigh Harriers | 33-49 | W50 | 2 |
| 25 | Emma Collins | Denbigh Harriers | 33-52 | W60 | 2 |
| 26 | Sian Pritchard | Denbigh Harriers | 34-40 | SW | 11 |
| 27 | Lee Evans | Denbigh Harriers | 34-42 | W45 | 3 |
| 28 | Elan Cet Griffith | Menai T&F | 34-50 | U20W | 5 |
| 29 | Elen Baugh | Denbigh Harriers | 34-52 | SW | 12 |
| 30 | Helen Morgan | Eryri Harriers | 35-00 | W40 | 4 |
| 31 | Jen Wells | Colwyn Bay AC | 35-11 | W40 | 5 |
| 32 | Gwennan Henstock | Buckley RC | 35-12 | W45 | 4 |
| 33 | Anne Mynott | Colwyn Bay AC | 35-27 | W60 | 3 |
| 34 | Lucy O’Donnell | Eryri Harriers | 35-55 | W40 | 6 |
| 35 | Helen Macarthur | Colwyn Bay AC | 35-57 | W55 | 1 |
| 36 | Margaret Ludden | Buckley RC | 37-05 | W60 | 4 |
| 37 | Cheryl Frost | NWRRC | 37-14 | W55 | 2 |
| 38 | Kay Hatton | NWRRC | 37-18 | W60 | 5 |
| 39 | Karen Butler | NWRRC | 37-30 | W65 | 1 |
| 40 | Sian Meirion | Buckley RC | 38-25 | W50 | 4 |
| 41 | Yricka Gardner | Run Free Fell | 38-26 | W50 | 5 |
| 42 | Alexandra Fletcher | Eryri Harriers | 38-35 | W40 | 7 |
| 43 | Jane Lindley | Buckley RC | 38-38 | W55 | 3 |
| 44 | Alison Reid | Prestatyn RC | 38-46 | W50 | 6 |
| 45 | Susan Hughes | Prestatyn RC | 38-55 | W65 | 2 |
| 46 | Emma Macarthur | Colwyn Bay AC | 39-11 | W50 | 7 |
| 47 | Ellie Salisbury | Eryri Harriers | 40-35 | W60 | 6 |
| 48 | Lian Crierie | Colwyn Bay AC | 41-47 | W40 | 8 |
| 49 | Menai Baugh | Denbigh Harriers | 43-13 | W65 | 3 |
| 50 | Gwennan Charlton | NWRRC | 44-38 | W35 | 2 |
| 51 | Vivienne Edwards | Eryri Harriers | 46-04 | W65 | 4 |
| 52 | Ilona Kurta | Betsi Runaways | 51-55 | W55 | 4 |
| 53 | Clare Manley | Prestatyn RC | 52-34 | W50 | 7 |
| 54 | Ann D’Albuquerque | GOG Tri Club | 53-49 | W75 | 1 |
| 55 | Margaret Oliver | Eryri Harriers | 56-44 | W75 | 2 |
| 56 | Emma Birchall | Prestatyn RC | 58-42 | W50 | 8 |
| 57 | Julie Evans | Prestatyn RC | 59-06 | W60 | 7 |

**Senior Women’s Teams (4 to score)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Position** | **Club** | **POSITIONS** | **TOTAL POINTS** |
| 1 | Eryri Harriers | 1, 5, 7, 9 | 18 |
| 2 | Denbigh Harriers | 3, 13, 24, 25 | 65 |
| 3 | Colwyn Bay AC | 31, 33, 35, 46 | 145 |
| 4 | Buckley RC | 32, 36, 40, 43 | 151 |
| 5 | Prestatyn RC | 44, 45, 53, 56 | 198 |

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

|  |  |  |  |
| --- | --- | --- | --- |
| **Position** | **Club** | **POSITIONS** | **TOTAL POINTS** |
| 1 | Eryri Harriers | 3, 4, 5 | 12 |
| 2 | Denbigh Harriers | 1, 10, 11 | 22 |
| 3 | Colwyn Bay AC | 14, 16, 18 | 48 |
| 4 | Buckley RC | 15, 19, 23 | 57 |
| 5 | NWRRC | 20, 21, 22 | 64 |
| 6 | Prestatyn RC | 27, 28, 36 | 91 |

**Masters Men 65**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Position** | **Name** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | Gordon Jones | Prestatyn RC | 28-58 | M65 | 1 |
| 2 | Arwel Lewis | Eryri Harriers | 32-06 | M65 | 2 |
| 3 | David Wright | Meirionnydd RC | 33-03 | M65 | 3 |
| 4 | David Baugh | Denbigh Harriers | 33-55 | M65 | 4 |
| 5 | Simon Nixon | Denbigh Harriers | 34-44 | M65 | 5 |
| 6 | Mike Snell | Eryri Harriers | 35-08 | M65 | 6 |
| 7 | Duncan Jones | Denbigh Harriers | 35-23 | M65 | 7 |
| 8 | Barrie Wells | Colwyn Bay AC | 35-35 | M70 | 1 |
| 9 | Neil Grant | Meirionnydd RC | 35-58 | M65 | 8 |
| 10 | Emyr Davies | Hebog | 37-05 | M80 | 1 |
| 11 | Nick Bradley | Meirionnydd RC | 37-18 | M70 | 2 |
| 12 | David Passe | Denbigh Harriers | 37-24 | M70 | 3 |
| 13 | Mark Dakeyne | Prestatyn RC | 38-25 | M65 | 9 |
| 14 | Eurwyn Edwards | Eryri Harriers | 40-04 | M70 | 4 |
| 15 | Malcolm Jones | Eryri Harriers | 40-08 | M70 | 5 |
| 16 | Michael Finnie | NWRRC | 40-12 | M65 | 10 |
| 17 | Fred Jones | Denbigh Harriers | 40-53 | M70 | 6 |
| 18 | George Nixon | Prestatyn RC | 41-45 | M70 | 7 |
| 19 | Dei Jones | Eryri Harriers | 43-07 | M70 | 8 |
| 20 | Don Williams | Eryri Harriers | 44-06 | M80 | 2 |
| 21 | John D’Albuquerque | GOG Tri Club | 50-05 | M75 | 1 |
| 22 | Alwyn Oliver | Eryri Harriers | 50-49 | M80 | 3 |
| 23 | John Tipping | Wrexham AAC | 00-00 | M85 | 1 |

\*\* Fred Jones, Denbigh did extra distance, being sent further by the marshall \*\*

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

|  |  |  |  |
| --- | --- | --- | --- |
| **Position** | **Club** | **POSITIONS** | **TOTAL POINTS** |
| 1 | Denbigh Harriers | 4, 5,7 | 16 |
| 2 | Eryri Harriers | 2, 6, 14 | 22 |
| 3 | Meirionnydd RC | 3, 9, 11 | 23 |
| 4 | Prestatyn RC | 1, 13, 18 | 32 |

**Senior/Master Men**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Position** | **Name** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | Noa Vaughan | Eryri Harriers | 28-30 | U20M | 1 |
| 2 | Rhodri Owen | Meirionnydd RC | 28-44 | M35 | 1 |
| 3 | Daniel Kashi | Meirionnydd RC | 28-48 | SM | 1 |
| 4 | Edward Woodhead | Deeside AC | 29-48 | SM | 2 |
| 5 | Morgan Kendall | Meirionnydd RC | 29-52 | SM | 3 |
| 6 | Dion Griffith | Meirionnydd RC | 30-06 | U20M | 2 |
| 7 | Andrew Moore | Bangor Uni | 30-06 | U20M | 3 |
| 8 | Adam Jones | Meirionnydd RC | 30-25 | SM | 4 |
| 9 | Gavin Stuart | Meirionnydd RC | 30-34 | M35 | 2 |
| 10 | Sam Gunning | Vale of York AC | 31-03 | U20M | 4 |
| 11 | Jonathan Tyler | Betsi Runaways | 31-09 | M40 | 1 |
| 12 | Joel Gomes | Wrexham AAC | 31-17 | M40 | 2 |
| 13 | Harri Jackson | Meirionnydd RC | 31-29 | SM | 5 |
| 14 | Russell Bentley | Meirionnydd RC | 31-30 | M40 | 3 |
| 15 | William Dunn | Meirionnydd RC | 31-47 | M45 | 1 |
| 16 | Steffan Sayer | Menai T&F | 32-00 | M40 | 4 |
| 17 | Tom Roberts | Meirionnydd RC | 32-04 | M35 | 3 |
| 18 | Alun Williams | Meirionnydd RC | 32-12 | M45 | 2 |
| 19 | Tony Wood | Denbigh Harriers | 32-55 | M35 | 4 |
| 20 | Ally Hughes | Wrexham AAC | 33-02 | M40 | 5 |
| 21 | Darren Owen | Eryri Harriers | 33-03 | M45 | 3 |
| 22 | Llyr Ap Grufydd | Eryri Harriers | 33-09 | M35 | 5 |
| 23 | Jonah Armstrong | Prestatyn RC | 33-36 | SM | 6 |
| 24 | Nic Brook | Eryri Harriers | 33-36 | M50 | 1 |
| 25 | John Davies | Meirionnydd RC | 33-56 | SM | 7 |
| 26 | Jack Callaghan | Betsi Runaways | 34-42 | SM | 8 |
| 27 | William Williams | NWRRC | 35-05 | M50 | 2 |
| 28 | Lee Bailey | Prestatyn RC | 35-29 | M45 | 4 |
| 29 | Steven Gardner | NWRRC | 35-53 | M60 | 1 |
| 30 | Jared Roberts | Colwyn Bay AC | 35-55 | SM | 9 |
| 31 | Daniel Wellings | GOG Tri Club | 36-05 | M45 | 5 |
| 32 | Eden Potter | U/A | 36-38 | SM | 10 |
| 33 | Samuel Drinkwater | Eryri Harriers | 36-42 | SM | 11 |
| 34 | Tim Woodhead | Deeside AC | 36-43 | M55 | 1 |
| 35 | Michael Coyne | Eryri Harriers | 36-59 | M50 | 3 |
| 36 | John Davies | Denbigh Harriers | 37-22 | SM | 12 |
| 37 | Brian Wills | Betsi Runaways | 37-26 | M50 | 4 |
| 38 | Andy Campbell | Deeside AC | 37-29 | M45 | 6 |
| 39 | Alec Rattray | Meirionnydd RC | 37-47 | M60 | 2 |
| 40 | Gareth Williams | Vale Royal AC | 37-48 | M55 | 2 |
| 41 | Haydn Jones | Shrewsbury AC | 37-53 | M60 | 3 |
| 42 | Iwan Evans | NWRRC | 38-03 | M45 | 7 |
| 43 | Gareth Jones | Prestatyn RC | 38-14 | M40 | 6 |
| 44 | Stuart Culverhouse | NWRRC | 38-14 | M50 | 5 |
| 45 | Callum O’Donnell | U/A | 38-27 | SM | 13 |
| 46 | Russell Godwin | Colwyn Bay AC | 38-34 | M55 | 3 |
| 47 | Joseph Symonds | Eryri Harriers | 38-54 | SM | 14 |
| 48 | Joseph Matthews | Betsi Runaways | 39-00 | M45 | 8 |
| 49 | Owen Conry | Denbigh Harriers | 39-23 | M55 | 4 |
| 50 | Andy Goater | Betsi Runaways | 39-32 | M50 | 6 |
| 51 | Osian Thomas | Cybi Striders | 39-58 | SM | 15 |
| 52 | Marc Jones | Prestatyn RC | 42-01 | M60 | 4 |
| 53 | Greg Grundy | Colwyn Bay AC | 42-11 | M50 | 7 |
| 54 | Mike Robbins | Wrexham AAC | 42-32 | M60 | 5 |
| 55 | Tim Cahill | Prestatyn RC | 43-13 | M60 | 6 |
| 56 | Richie Williams | Cybi Striders | 43-38 | M55 | 5 |
| 57 | Craig Hunter | Buckley RC | 43-43 | M45 | 9 |
| 58 | Ian Mulligan | Colwyn Bay AC | 43-53 | M55 | 6 |
| 59 | Dan Burton | Run Free Fell | 43-59 | M35 | 6 |
| 60 | Andy Skipton-Carter | Meirionnydd RC | 44-37 | M60 | 7 |
| 61 | James Rogers | Wrexham AAC | 47-03 | M50 | 8 |
| 62 | Maldwyn Evans | Eryri Harriers | 50-14 | M60 | 7 |

**Senior Men’s Teams (6 to score)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Position** | **Club** | **POSITIONS** | **TOTAL POINTS** |
| 1 | Meirionnydd RC ‘A’ | 2, 3, 5, 6, 8, 9 | 33 |
| 2 | Meirionnydd RC ‘B’ | 13, 14, 15, 18, 25, 39 | 124 |
| 3 | Eryri Harriers | 1, 21, 22, 24, 33, 35 | 136 |

**Masters Men’s Teams (4 to score)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Position** | **Club** | **POSITIONS** | **TOTAL POINTS** |
| 1 | Meirionnydd RC | 1, 2, 5, 6 | 14 |
| 2 | Eryri Harriers | 21, 22, 23, 24 | 90 |
| 3 | Meirionnydd RC ‘B’ | 8, 9, 39, 60 | 116 |
| 4 | Betsi Runaways | 3, 37, 48, 50 | 138 |

A big thank you to Menai Track and Field, Eryri Harriers and Bangor University for hosting the North Wales Championships. Thank you to all the volunteers, not just on the course but behind the scenes as well including Dave Peters and his helpers who did the registration and chip timing. THANK YOU ALL. Without them there would be no Championships.

The only medals not issued were the Men’s Masters (35-64) Team. I will bring them along to Baschurch. There was an issue with the senior men’s team medals as Meirionnydd finished enough for two senior teams with their ‘B’ team finishing second rather than the original announced Eryri Harriers. I will sort out team silver medals for Meirionydd ‘B’.

***Teams for the CAU Inter Counties at Woollaton Park, Nottingham on 8th March 2025 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 ATHLETES LET ME, OR THE TEAM MANAGERS, MIKE ROBBINS AND ERIC CAMPBELL (SENIORS) AND JOHN MESSUM AND CRISPIN BACKSHALL (JUNIORS) KNOW IF THEY ARE AVAILABLE AND INTERESTED IN RUNNING AT NOTTINGHAM.***

The next North Wales Cross Country League is back by popular demand at PGL Boreatton Park, Baschurch, Shrewsbury on Saturday 11th January 2025. The postcode is: SY4 2EZ Please use the Postcode above and NOT anything from Google maps. Nearer Boreatton Park look out for the "PGL Activity Centre" signs.

To avoid the entry and exit issues we had last season, a one way system will be in place. Please only enter via the main entrance up the drive and only exit via the rear gate next to the back parking area. Marshalls will be in place to assist.

**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