

RHUG ORGANIC
NORTH WALES CROSS COUNTRY CHAMPIONSHIPS 2013
(supported by Grand Prix Express)
By Kind Permission of Lord Newborough
ORGANISED BY PRESTATYN RUNNING CLUB

at The Rhug Estate, Corwen

Saturday, February 9th, 2013

SENIOR MEN

1	J Mills		Cardiff	40m20s
2	L Jones	M40	Deeside	57s
3	A Walling	M35	Menai	41m40s
4	T Partridge	M50	Wrexham	46s
5	S Sayer		Menai	42m43s
6	S Roberts	M40	Buckley	43m58s
7	A Campbell	M35	Wrecsam Tri	44m40s
8	R Jones	M45	Maldwyn	45m10s
9	T Cahill	M50	Abergele	39s
10	M Robbins	M50	Wrexham	46m04s
11	J Gifford	M45	Buckley	19s
12	A Lewis	M50	Eryri	45s
13	G Blackwell	M45	Deeside	57s
14	P A Stinton	M40	Buckley	47m09s
15	C J Edgington	M55	Meirionnydd	48m00s
16	N Owen	M55	Prestatyn	08s
17	J Davies		Wrexham	09s
18	R Godwin	M45	C Bay	50s
19	P Jenkinson	M45	Eryri	50m29s
20	J L Roberts		C Bay	55s
21	M Smith	M35	Tattenhall	51m13s
22	A Gauton	M55	Denbigh	59s
23	K Challinor	M50	Deeside	52m15s
24	T Benton	M50	Denbigh	22s
25	R Cheetham	M45	Prestatyn	51s
26	S Hide	M40	Wrexham	57s
27	A W Jones	M50	Prestatyn	53m05s
28	M Bicknell		C Bay	16s
29	P Evans	M40	Wrexham	54m38s
30	D A Tomlinson		C Bay	55m13s
31	C Baldwin	M55	Denbigh	56m21s
32	C Ashley	M50	Wrexham	57m21s
33	S Jolley	M45	Deeside	58m10s
34	D Baugh	M50	Denbigh	60m46s

TEAMS

1	Wrexham AAC	118 pts
---	-------------	---------

MALE MASTERS TEAMS

1	Buckley RC	25 pts
2	Deeside AAC	31 pts
3	Wrexham AAC	33 pts
4	Prestatyn RC	58 pts
5	Denbigh Harriers	63 pts

OVER 60 MALE MASTERS

1	G Nixon	M60	Prestatyn	38m20s
2	M Cortvriend	M60	Denbigh	41m36s
3	A Egan	M65	Wrexham	43m19s
4	P Walker	M60	Wrexham	48s
5	J Morris	M65	Buckley	47m51s
6	R Mackey	M60	Buckley	48m31s
7	S Hatfield	M65	Prestatyn	50m00s

OVER 70 MALE MASTERS

1	Roger Harrison-Jones	M75	Prestatyn	31m00s
2	D Hughes	M70	Prestatyn	32m43s
3	P Norman	M75	Wrexham	36m06s
4	B Jackson	M70	Meirionnydd	42m14s

UNDER 20 MEN

1	N Jones	C Bay	30m12s
2	G Jones	Maldwyn	32m57s
3	W Sheridan	Deeside	33m57s
4	W Meredith	Maldwyn	34m57s
5	M Whitehead	Denbigh	36m23s

UNDER 17 MEN

1	I Ll Hughes	Menai	20m56s
2	R Ll James	Menai	22m46s
3	J Griffith	C Bay	48s
4	T Henry	Deeside	49s
5	M Blackwell	Deeside	23m45s
6	R Foulkes	Wrexham	25m26s
7	M Llŷr	Eryri	40s
8	B Harrison	Prestatyn	29m05s

UNDER 15 BOYS

1	C Smith	Wrexham	14m22s
2	M Roberts	C Bay	37s
3	R Cain	Menai	16m26s
4	J Jamieson	Ysgol y Berwyn	17m47s
5	J Ll Roberts	Ysgol y Berwyn	19m30s
6	H Weaver	Maldwyn	21m58s

UNDER 13 BOYS

1	J Crutchley	Menai	12m00s
2	T Evans	Wrexham	28s
3	K Forrest	Menai	13m02s
4	B Edwards	Oswestry	22s
5	S Jones	Menai	25s
6	M Vaughan	C Bay	27s
7	D Parry	Darland H.S.	14m26s
8	M J Taylor	Menai	34s
9	Ll Thomas	Ysgol y Berwyn	46s
10	J Tapping	C Bay	15m21s
11	K Saul	Maldwyn	32s
12	R Hughes	Ysgol y Berwyn	16m01s
13	O Naisby	C Bay	20m39s

TEAMS

1	Menai T+F	16 pts
2	Colwyn Bay AAC	29 pts

UNDER 11 BOYS

1	O Perrin	Ysgol Henblas	9m31s
2	Joshua Jones	Penmorfa	10m05s
3	James Jones	Deeside	10m13s
4	W R Harding	Bryn Coch	15s
5	M Meehan	Penmorfa	20s
6	M Powell-Jones	Menai	20s
7	K Jones	Wrexham	32s
8	Alex Garrett	Penmorfa	47s
9	J Dunrobbin	Penmorfa	48s
10	L Mariette	Dewi Sany	49s
11	R Williams	Maldwyn	55s
12	O Crutchley	Maldwyn	11m05s
13	J Flint	Bryn Coch	06s
14	B Pierce	Oswestry	08s

15	J Evans	Acton Park	13s
16	E Gilbert	Penmorfa	18s
17	R Hughes	Bryn Coch	21s
18	L Nevett	Bryn Coch	21s
19	Ashley Garrett	Penmorfa	30s
20	A White	Menai	41s
21	Jac Jones	Bryn Coch	11m47s
22	G McAndrew	Gwernant	53s
23	Jake Jones	Acton Park	58s
24	J Beeson	Maldwyn	12m00s
25	J Roberts	Penmorfa	08s
26	A Strauch	Penmorfa	14s
27	O Owen	Bryn Coch	31s
28	B Wilford	Bryn Coch	47s
29	L Roberts	Acton Park	14m08s

TEAMS

1	Ysgol Penmorfa, Prestatyn 'A'	15 pts
2	Ysgol Bryn Coch, Mold 'A'	34 pts
3	Ysgol Penmorfa, Prestatyn 'B'	44 pts
4	Maldwyn Harriers	47 pts
5	Ysgol Bryn Coch, Mold 'B'	66 pts
6	Acton Park Primary School, Wrexham	67 pts

SENIOR WOMEN

1	I Redfern	W35	C Bay	24m29s
2	R Pierce		Denbigh	25m09s
3	L Morley	W40	Wrexham	27m25s
4	T Williams	W45	Denbigh	37s
5	L Hughes		Prestatyn	55s
6	A Smith	W35	Tattenhall	28m12s
7	Y Hill	W45	Oswestry	58s
8	V Whitehead	W40	Denbigh	29m37s
9	G Waring	W55	Prestatyn	51s
10	R Roberts		Prestatyn	53s
11	C Birch	W65	Abergele	30m05s
12	A Jones	W50	Prestatyn	14s
13	H Turner		Eryri	30s
14	M Hughes	W35	Eryri	39s
15	K Norgrove	W45	Wrecsam Tri	56s
16	V Ronald	W45	C Bay	31m05s
17	J Lindley	W40	Buckley	49s
18	L Griffith	W40	C Bay	32m18s
19	S Bagnall		Denbigh	48s
20	A Donnelly	W45	Eryri	56s

21	N Tomlinson		C Bay	33m03s
22	S Bayliss	W40	Denbigh	10s
23	A Davies	W35	Denbigh	29s
24	M Baugh	W50	Denbigh	38s
25	E Jones	W40	Prestatyn	34m03s
26	V Edwards	W55	Menai	28s
27	B Jones	W70	Bro Dysynni	53s
28	M Hunt	W45	Oswestry	40m25s

TEAMS

1	Denbigh Harriers	33 pts
2	Prestatyn RC	36 pts
3	Colwyn Bay AAC	56 pts

LADY MASTERS TEAMS

1	Denbigh Harriers	25 pts
2	Colwyn Bay AAC	27 pts
3	Prestatyn RC	35 pts

UNDER 20 WOMEN

1	G Garner	C Bay	24m	19s
2	A Bagnall	Prestatyn	30m	35s
3	S J Burrows	Ysgol y Berwyn	33m	21s

UNDER 17 WOMEN

1	A Cawthra	Maldwyn	16m	57s
2	E Jones	Deeside	17m	32s
3	B Jenkinson	Eryri		46s
4	A Cheetham	Prestatyn	20m	38s
5	I Meredith	Maldwyn		43s

UNDER 15 GIRLS

1	C Hughes	Menai	12m	57s
2	C Evans	Maldwyn	13m	30s
3	M Davies	Menai		41s
4	H Pryce	Oswestry	14m	30s
5	M Randell	Maldwyn		39s
6	S Jones	C Bay	15m	22s
7	R Jones	Ysgol y Berwyn		48s
8	L Cain	Menai	16m	39s

TEAMS

1	Menai T+F	12 pts
---	-----------	--------

UNDER 13 GIRLS

1	M Owen	Deeside	9m	39s
2	H Roberts	C Bay	10m	38s
3	C Howell-Williams	Menai		41s
4	S Paxton	Wrexham		56s
5	B Carol	Dinas Brân		59s
6	Z Baker	Oswestry	11m	01s
7	C Donnelly	Menai		14s
8	O Sofianos	Maldwyn		32s
9	L McAndrew	Dinas Brân	12m	15s
10	L Roberts	Oswestry		19s
11	R Jones	Dinas Brân	13m	04s

TEAMS

1	Ysgol Dinas Brân, Llangollen	25 pts
---	------------------------------	--------

UNDER 11 GIRLS

1	E Scott	Penmorfa	6m	25s
2	C Jones	C Bay		39s
3	K Jearman	Maldwyn		45s
4	K Pugh	Oswestry		50s
5	M Jackson	Bryn Coch		51s
6	J Cain	Menai	6m	52s
7	A Holbrook	Oswestry		54s
8	R Hughes	Penmorfa		55s
9	A Wort	Wrexham	7m	06s
10	C Roberts	Penmorfa		16s
11	H Warwick	Wrexham		34s
12	H Price	Bryn Coch		37s
13	E Hunter	Acton Park		39s
14	S Koscinsha	Acton Park		46s
15	D Carol	Bryn Collen	8m	12s
16	E Anthony	Bryn Coch		13s
17	E Jones	Bryn Coch		15s
18	E O'Sullivan	Sandycroft		20s
19	M Shaw	Menai		29s
20	A Chadwick	Penmorfa		42s
21	S Shaw	Menai		45s

22	L Robertson	Sandycroft		52s
23	A Wells Brierley	Penmorfa	9m	15s
24	E-M McMahon	Sandycroft		26s
25	G Ketland	Bryn Coch	11m	32s

TEAMS

1	Ysgol Penmorfa, Prestatyn	19 pts
2	Ysgol Bryn Coch, Mold	33 pts
3	Menai T+F	46 pts
4	Sandycroft C P School	64 pts

Despite the fact that numbers were a little down on past years for obvious reasons we all seem to have enjoyed a successful 2013 Championships on the Rhug Estate with very reasonable weather conditions and a great course.

Once again, our sincere thanks go to Prestatyn Running Club for hosting the event and particularly to Gareth Hughes who co-ordinates the organisation and is understandably more than content with the outcome.

Thank you also to our very faithful and enthusiastic band of volunteer officials and marshals for giving up their day to ensure the event goes on without a hitch – as we always say without them there would be no Championships.

We are also grateful to the St John Cymru Wales (Ruthin Division) volunteers for their reassuring presence – happily they only had one patient this year.

John Purdie of Charisma Trophies continues to provide us with top class medals trophies and medals as well as giving us an extremely generous discount – thank you.

We are all very grateful to Rhug Organic for their support as sponsors of the Championships for a fourth successive year. We thank Lord Newborough for his continued genuine interest in our activities and for allowing us the use of his superb facilities. The warm welcome we receive from everyone at Rhug Organic is greatly appreciated with special thanks this year to John Edwards, Gareth Jones and Ynyr Jones for their support before, and during, the day. Diolch yn fawr.

And, finally, our sincere thanks to the 187 athletes who, despite the inconvenience, took part in the 2013 Championships. We hope you enjoyed the experience and look forward to seeing you all, and many more, at the 2014 event.

Diolch yn fawr

Thank you

David Alun Williams

