

**RHUG ORGANIC**  
**NORTH WALES CROSS COUNTRY CHAMPIONSHIPS 2010**  
(supported by Grand Prix Express)  
By Kind Permission of Lord Newborough  
**ORGANISED BY PRESTATYN RUNNING CLUB**

at The Rhug Estate, Corwen

Saturday, January 30<sup>th</sup> 2010

**SENIOR MEN**

1	R Challinor	U20	Liverpool	36m21s
2	T Davies		Maldwyn	37m17s
3	I Jones	M35	Coventry G	38m44s
4	L Jones	M40	Deeside	39m34s
5	G Norgrove	M40	Wreccsam Tri	40m00s
6	S Sayer		Menai	35s
7	R Owen	M50	Eryri	41s
8	T Lloyd	M40	Menai	41m11s
9	T Roberts		Meirionnydd	30s
10	M Robbins	M45	Wrexham	32s
11	Ll Pierce		Unattached	38s
12	M Anwyl	M35	Prestatyn	49s
13	D Longley		Prestatyn	42m04s
14	R Jones	M45	Maldwyn	07s
15	I Richards		Meirionnydd	19s
16	K Jones	M45	Meirionnydd	29s
17	J Woodcock	M55	Menai	43s
18	A Lewis	M50	Eryri	57s
19	H Jones	M45	Maldwyn	43m28s
20	G Nicholls	M40	Prestatyn	28s
21	C Pierce		Eryri	55s
22	C Evans	M35	Wrexham	44m17s
23	J Harold	M40	Eryri	21s
24	N Owen	M55	Prestatyn	42s
25	P A Stinton	M35	Buckley	44s
26	C York	M40	C Bay	45m28s
27	D Boothroyd		Buckley	33s
28	K Elliott	M45	Abergele	41s
29	R Godwin	M40	C Bay	46s
30	P Jenkinson	M40	Eryri	46m10s
31	M Cortvriend	M55	Denbigh	38s
32	P Agnew	M40	Denbigh	47m05s
33	H Lewis	M50	Buckley	07s
34	P Ballinger	M50	Denbigh	15s
35	D Davies	M50	Prestatyn	27s
36	P Donoghue	M40	Buckley	33s
37	P Brandrick	M50	Prestatyn	48m20s
38	M Smith	M35	Tattenhall	30s
39	G Richards	M55	Wrexham	38s

40	L Bailey		Prestatyn	49m06s
41	C Baldwin	M55	Denbigh	13s
42	C Higgins	M50	Buckley	22s
43	I Rothery	M55	Cybi	23s
44	S Bell	M45	Denbigh	57s
45	S L Jones	M50	Eryri	50m09s
46	T Benton	M45	Denbigh	49s
47	S Phillips	M45	Wrexham	52s
48	P Mitchell	M40	Wreccsam Tri	52m35s
49	D Davies		Denbigh	53m55s
50	A Whitehouse	M40	Prestatyn	57m03s
51	D A Jones	M55	Denbigh	58m34s
52	G Jones	M45	Rhug Estate	61m11s

### **TEAMS**

1	Prestatyn RC	141 pts
2	Eryri Harriers	144 pts
3	Denbigh Harriers	228 pts

### **MALE MASTERS TEAMS**

1	Eryri Harriers	30 pts
2	Prestatyn RC	36 pts
3	Wrexham AAC	50 pts
4	Buckley RC	68 pts
5	Denbigh Harriers	70 pts

### **OVER 60 MALE MASTERS**

1	G Owens	M60	Prestatyn	32m48s
2	E Davies	M65	Eryri	35m48s
3	D Williams	M65	Eryri	36m34s
4	A Egan	M65	Wrexham	37m55s
5	J Morris	M65	Buckley	39m03s
6	S Hatfield	M60	Prestatyn	44s
7	M Blake	M60	Eryri	55s
8	J J Thomas	M65	Buckley	44m18s
9	A Lucas	M65	Abergele	38s
10	R Mackey	M60	Buckley	49m56s

### **TEAMS**

1	Eryri Harriers	12 pts
2	Buckley RC	23 pts

### **OVER 70 MALE MASTERS**

1	R Harrison-Jones	O70	Prestatyn	30m33s
2	P Norman	O70	Wrexham	37s
3	R Hird	O70	Eryri	34m16s
4	B Jackson	O70	Meirionnydd	36m13s
5	R Billington	O70	Wrexham	38m53s
6	J Tipping	O70	Wrexham	43m33s

### **TEAMS**

1	Wrexham AAC	13 pts
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### **UNDER 20 MEN**

1	D Mountford	Deeside	28m32s
2	A Woodcock	Menai	33m24s
3	A Bromley	Deeside	57s
4	T Csizmadia	Wrexham	34m04s
5	C Willman	Buckley	35m28s
6	H Jones	Rhug Estate	39m31s

### **UNDER 17 MEN**

1	J Roberts	Wrexham	20m59s
2	W Sheridan	Menai	21m32s
3	A Lanz	Meirionnydd	46s
4	P Goggin	Deeside	22m23s
5	G Oliver	Deeside	31s

### **UNDER 15 BOYS**

1	T Earley	C Bay	13m04s
2	N Jones	C Bay	10s
3	A Williams	Deeside	14m47s
4	S Bailey	C Bay	15m07s
5	M Blackwell	Deeside	22s
6	J Griffith	C Bay	27s
7	G Backshall	C Bay	34s

### **TEAMS**

1	Colwyn Bay AAC	7 pts
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### **UNDER 13 BOYS**

1	J Spill	Menai	11m49s
2	R Evans	Deeside	12m25s

3	T Henry	Deeside	12m42s
4	D Bennett	Deeside	44s
5	G Leach	Deeside	52s
6	Rh James	Menai	13m02s
7	H Arnull	Wrexham	06s
8	T Kerood	Deeside	14m00s
9	B Brock	Maldwyn	15m12s
10	L Bagnall	Prestatyn	20s

### **TEAMS**

1	Deeside AAC	9 pts
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### **UNDER 11 BOYS**

1	J Daly	Menai	9m00s
2	R Bennett	Deeside	12s
3	J Crutchley	Maldwyn	34s
4	T Evans	Acton Park	39s
5	D McCarthy	Bryn Coch	54s
6	A Dilworth	Penmorfa	57s
7	W Edwards	Y Henllan	59s
8	J Ablett	Clawdd Offa	10m03s
9	H P Evans	Menai	06s
10	L Henry	Bryn Coch	08s
11	J Jones	Acton Park	11s
12	J Sharp	Penmorfa	13s
13	H Wasdell	Fairholme Sch.	16s
14	S Bowers	Leighton Sch.	17s
15	E Loveridge	Bryn Coch	18s
16	M Vaughan	Prestatyn	27s
17	E Guy	Penmorfa	34s
18	M Jones	Penmorfa	38s
19	C Hancock	Acton Park	44s
20	T Fumagalli	Clawdd Offa	44s
21	A Butterworth	Clawdd Offa	53s
22	R Sharp	Bryn Coch	58s
23	J Hepworth	Clawdd Offa	11m00s
24	J Preston	Bryn Coch	01s
25	S Roberts	Clawdd Offa	02s
26	R Pugh	Bryn Coch	03s
27	I Oldfield	Bryn Tabor	06s
28	W Smith	Bryn Coch	08s
29	K Thomas	Menai	11s
30	A Pichushkin	Penmorfa	15s
31	E L Jones	Bryn Tabor	16s
32	O Fearnley	Acton Park	18s
33	L Morgan	Unknown	27s

34	C Hughes	Prestatyn	11m29s
35	L Grundy	Menai	30s
36	C Bishop	Bryn Tabor	41s
37	J Hogg	Bryn Coch	43s
38	H Wheeler	Maldwyn	46s
39	F Westbury	Y Carrog	52s
40	R Hughes	Bryn Coch	12m00s
41	J Flint	Bryn Coch	03s
42	S Roberts	Clawdd Offa	06s
43	R Whale	Bryn Coch	33s
44	N Davenport	Acton Park	39s
45	T Williams	Bryn Tabor	41s
46	J Roberts	Acton Park	44s
47	E Owens	Y Henllan	52s
48	K Horabin	Sandycroft	52s
49	B Jackson	Sandycroft	53s
50	D Ward	Prestatyn	13m27s
51	J Powell	Bryn Tabor	33s
52	J Edwards	Bryn Tabor	14m37s

*(L Morgan who finished 33<sup>rd</sup> ran without a number – unfortunately he never told anyone about his club/school)*

### **TEAMS**

1	Ysgol Bryn Coch, Mold	30 pts
2	Acton Park Primary School, Wrexham	34 pts
3	Ysgol Penmorfa, Prestatyn	35 pts
4	Menai T+F	39 pts
5	Ysgol Clawdd Offa, Prestatyn	49 pts
6	Ysgol Bryn Tabor, Coedpoeth	94 pts

### **SENIOR WOMEN**

1	M Kitching	W40	Tattenhall	21m38s
2	E Robinson		Buckley	23m17s
3	R Pierce		Denbigh	40s
4	T Lewis-Jones	W35	C Bay	42s
5	J Heming	W35	Eryri	48s
6	H MacArthur	W40	C Bay	24m36s
7	S Harrison		Birmingham R	38s
8	A Smith	W35	Tattenhall	25m05s
9	A Williams	W45	Eryri	21s
10	D Urquhart	W35	Buckley	36s
11	T Williams	W45	Denbigh	26m01s
12	B English	W50	Denbigh	07s
13	Y Hill	W45	Oswestry	19s
14	J Richards	W45	Abergele	23s

15	E Collins	W45	Denbigh	26m32s
16	S Rowlands	W40	Clwydian	42s
17	K Norgrove	W40	Wrecsam Tri	49s
18	A Vaughan	W40	Meirionnydd	27m02s
19	R Robinson		Prestatyn	07s
20	E Salisbury	W45	Eryri	21s
21	B Tiedtke	W45	Prestatyn	49s
22	G Davies	W45	Prestatyn	28m09s
23	V Ronald	W40	C Bay	57s
24	F Higgins	W40	Buckley	29m07s
25	J Lindley	W40	Buckley	15s
26	Ff Owens		Denbigh	23s
27	A Donnelly	W40	Eryri	45s
28	E Goddard	W35	Prestatyn	57s
29	S Bayliss	W40	Denbigh	30m32s
30	M Oliver	W60	Eryri	49s
31	Ff Tomos		Denbigh	31m07s
32	J Redmond	W45	Rhug Estate	22s
33	K Harrison		Wrexham	38s
34	A Fletcher		Eryri	32m01s
35	B Jones	W65	B Dysynni	37s
36	S Ridings	W50	Buckley	57s
37	G Csizmadia	W45	Wrexham	34m59s
38	V Cortvriend	W55	Denbigh	36m34s
39	M Baugh	W50	Denbigh	54s

### **TEAMS**

1	Denbigh Harriers	41 pts
2	Buckley RC	61 pts
3	Eyri Harriers	61 pts
4	Prestatyn RC	90 pts

### **LADY MASTERS TEAMS**

1	Eryri Harriers	25 pts
2	Colwyn Bay AAC	25 pts
3	Denbigh Harriers	29 pts
4	Buckley RC	48 pts
5	Prestatyn RC	58 pts

### **UNDER 20 WOMEN**

1	G Paletta	Wrexham	23m11s
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### **UNDER 17 WOMEN**

1	A Oliver	Deeside	14m41s
2	S Livett	Menai	15m10s
3	L Peters	Menai	17m27s
4	K Jaques	Denbigh	45s
5	A Bagnall	Prestatyn	19m29s

### **UNDER 15 GIRLS**

1	K Roberts	Deeside	13m07s
2	M Lloyd	Menai	52s
3	E Rowlands	Wrexham	56s
4	L Blackwell	Deeside	14m05s
5	M Roberts	Wrexham	09s
6	J Lampkin	Deeside	32s
7	C Edwards	Deeside	40s
8	S Chilton	Deeside	15m16s
9	E James	Menai	17m11s

### **TEAMS**

1	Deeside AAC	11 pts
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### **UNDER 13 GIRLS**

1	L Davies	Deeside	9m18s
2	A Bowers	Oswestry	51s
3	B Jenkinson	Menai	10m05s
4	H Griffiths	Deeside	11s
5	S Williams	Maldwyn	24s
6	T Phillips	Wrexham	28s
7	H Piercy	Deeside	11m18s
8	C Bezkorowajnyj	Menai	52s
9	M Bezkorowajnyj	Menai	12m04s
10	J Johnson	Wrexham	35s

### **TEAMS**

1	Deeside AAC	12 pts
2	Menai T+F	20 pts

### **UNDER 11 GIRLS**

1	C Jones	Menai	5m10s
2	F Davies	C Bay	46s
3	L McEwen	Penmorfa	54s
4	E Roberts	Menai	6m00s

5	J Pugh	Maldwyn	6m04s
6	C Walters	Deeside	08s
7	J Morris	Maldwyn	11s
8	V Harris	Clawdd Offa	12s
9	M Owen	Deeside	14s
10	P Bateman	Penmorfa	16s
11	H Bryce	Oswestry	18s
12	B Roberts	C Bay	20s
13	M Davies	Maldwyn	21s
14	Z Baker	Oswestry	30s
15	E Bennett	C Bay	45s
16	C Walters	Deeside	45s
17	C Wellsbury	C Bay	48s
18	J Bagnall	Penmorfa	56s
19	C Vaughan	Prestatyn	7m02s
20	C Latham	Penmorfa	04s
21	L Roberts	Penmorfa	04s
22	S Martin	Bryn Coch	13s
23	K Rushby	Sandycroft	14s
24	B West	Sandycroft	18s
25	F Jones	Sandycroft	23s
26	L Ashmore	Clawdd Offa	28s
27	A Wardell	Penmorfa	29s
28	K Rawlins	Clawdd Offa	31s
29	E Kight	Bryn Tabor	36s
30	L Sharp	Bryn Coch	49s
31	E Oldfield	Bryn Tabor	58s
32	M Buckley	Acton Park	59s
33	S Atkinson	Bryn Coch	8m00s
34	C Cook	Bryn Coch	04s
35	M Johnson	Bryn Tabor	08s
36	S Evans	Bryn Tabor	10m20s
37	S Jones	Bryn Tabor	35s

## **TEAMS**

1	Maldwyn Harriers	25 pts
2	Colwyn Bay AAC	29 pts
3	Deeside AAC	31 pts
4	Ysgol Penmorfa, Prestatyn	31 pts
5	Ysgol Clawdd Offa, Prestatyn	62 pts
6	Sandycroft C.P. School	72 pts
7	Ysgol Brn Coch, Mold	85 pts
8	Ysgol Bryn Tabor, Coedpoeth	95 pts

*I think that we all agreed that we had a splendid afternoon at the Rhug Estate – we can take so many positives from these Championships and I'm certain everyone will have happy memories of the event.*

*Our thanks to Prestatyn Running Club for hosting the Championships with the contribution of Gareth Hughes in co-ordinating the organisation and ensuring everything went to plan deserving a special mention.*

*We are extremely grateful to the willing band of marshals and officials from Prestatyn RC, and other North Wales clubs, for giving up their time and performing their designated tasks so superbly – without them it would be impossible to hold our Championships.*

*Thanks also to the St John Cymru Wales volunteers who turn up to supply First Aid cover and to Jenny Studley from the Corwen Police Station for attending and ensuring everyone crossed the busy A5 safely.*

*We are all extremely grateful to Rhug Organic for their support as sponsors of this particular event. We thank Lord Newborough for his generous sponsorship but we particularly appreciate that both he, and his staff, have shown such a genuine interest in our activities. Thanks to the Rhug Estate farm manager, Gareth Jones, who deputised for Lord Newborough at the presentation of awards after he, his son Huw and Joan Redmond had completed their races in good order. We appreciate the warm welcome we received from everyone at Rhug Organic and sincerely hope that we can work together again in future years.*

*And, finally, our thanks to the 249 athletes who took part in the 2010 Championships. We trust that you all enjoyed the experience and look forward to seeing you, and many others, at next year's event.*

*Diolch yn fawr*

*Thank you*

*David Alun Williams*