

ERYRI HARRIERS PRESENTATION EVENING

CROSS COUNTRY AWARDS

Firstly – well done to all who have competed over the season since the start of October. 29 men and 16 ladies have completed at least one race out of the North Wales league and North Wales Championships, with some new faces coming along for the first time. 22 seniors were selected to run for North Wales at the Welsh Inter-regional championships (in November), and 3 Seniors and 11 Juniors for the British Inter-counties at Loughborough (tomorrow).

We also had 14 juniors complete a race. So thanks need to be extended to the parents who have provided that most important taxi service to Treborth, Newtown, Wrexham, Colwyn Bay and Oswestry.

As not everyone was at the relevant presentations, I have some medals and trophies from both the League and the North Wales Championships. Then we will move on to the Club Championship.

In terms of results, performances at the North Wales Cross Country Championships at Wrexham at the start of January included:

Team awards for:

U15 Girls	Silver	Cadi French/Cadi Wynn-Cunnington/Hannah Brotheridge
Senior Ladies	Bronze	Suzie Richards/Efa Baines/Megan Hughes/Helen Blair
Vet Ladies	Silver	Suzie Richards/Megan Hughes/Helen Blair
Senior Men	Silver	Nick Owen/Dave Bus-Hughes/Deio Garton-Jones/John Davies/Neal Hockley/Russell Owen
Vet Men	Silver	Nick Owen/Neal Hockley/Russell Owen
Super Vet men	Silver	Mike Snell/Eurwyn Edwards/Don Williams

And Individual awards for:

U17 Girls	Silver	Anwen Hockley
U20 Ladies	Bronze	Efa Baines
Senior Ladies	Bronze	Suzie Richards
FV45	Bronze	Megan Hughes
FV60	Bronze	Ellie Salisbury
FV65	Gold	Viv Edwards
FV75	Gold	Maggie Oliver
MV35	Silver	Nick Owen
MV60	Gold	Russell Owen

Turning to the North Wales Cross Country league, for the seniors, four out of five races needed to be completed for individual awards, and for the juniors, three out of four events. The men's team, and Vet men's team, benefitted from the penalty point rule which applies when there are insufficient runners to complete a team, whilst unfortunately this rule does not apply to the super-vet men who were reduced in number by injuries towards the end of the season.

Team awards for:

U13 Girls	Bronze	Holly Worth/Della Matthews/Elinor Haf Cranham
U15 Boys	Silver	Ben Sergeant/Deri Hockley/ +penalty points
U15 Girls	Silver	Cadi French/Cadi Wynn-Cunnington/Hannah Brotheridge
Senior Ladies	Silver	Gemma Moore/Andrea Rowlands/Efa Baines/Mabli Baines/Megan Hughes/Elliw Haf/ Anwen Hockley/Nia Albiston
Vet Ladies	Bronze	Gemma Moore/Andrea Rowlands/Megan Hughes/Tammy Lewis-Jones/Helen Blair / Nia Albiston
Senior Men	Bronze	Dave Bus-Hughes/John Davies/Neal Hockley/Nic Brook/Russell Owen/Mike Whyatt/Richard Roberts/Nick Owen/Russell Williams

And individual awards for:

Ladies Overall	Silver	Gemma Moore
U15 Ladies	Bronze	Cadi French
U17 Ladies	Silver	Anwen Hockley
FV35	Gold	Gemma Moore
FV50	Silver	Tammy Lewis-Jones
FV70	Silver	Maggie Oliver
U17 Men	Gold	Noa Vaughan
MV60	Gold	Russell Owen
MV60	Bronze	Arwel Lewis
MV65	Bronze	Mike Snell
MV75	Bronze	Don Williams

So turning to the Club Championship. I looked at those athletes competing in the 1pm & 2pm races, so age U17 upwards, in both the League and North Wales Championships, , and scored them within their respective age groups, giving points for 1/2/3, participation, team counter, and then bonus points for selection to represent North Wales at the inter-regional championships, and British inter-counties, and the WA National Championships.

Ladies:

3 rd	Maggie Oliver	Silver in the league, and Gold NW Champs
2 nd	Anwen Hockley	Silver in the league and NW Champs and team counter
1 st	Gemma Moore	Silver over-all in the league, Gold in age-group; Bronze at Inter-regional

Men

3 rd	Mike Snell	Silver in the league, bronze at NW Champs
2 nd	Noa Vaughan	Gold in league, Bronze at inter-regionals, 10 th at National
1 st	Russell Owen	Gold in league, Gold in NW Champs, team counter