**GRAND PRIX EXPRESS**

**NORTH WALES CROSS COUNTRY LEAGUE**

**(supported by Welsh Athletics Ltd)**

**at Treborth Playing Fields, Bangor Saturday, October 3rd 2015**

**SENIOR MEN**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | I Hughes | U20 | Menai | 29m | 13s |
| 2 | R Samuel |  | Eryri |  | 26s |
| 3 | J Spill | U20 | Eryri | 30m | 30s |
| 4 | D Kashi |  | Bangor U |  | 41s |
| 5 | L Renton |  | Bangor U | 31m | 07s |
| 6 | J Roberts |  | Deeside |  | 32s |
| 7 | A Lanz |  | Meirionnydd |  | 38s |
| 8 | S Skates |  | Prestatyn |  | 52s |
| 9 | P Butler |  | Oswestry | 32m | 01s |
| 10 | J Bacon |  | Eryri |  | 06s |
| 11 | F Mair |  | Eryri |  | 08s |
| 12 | J Brown | M40 | Buckley |  | 13s |
| 13 | J Ford | M45 | N.W.R.R.C. |  | 15s |
| 14 | S Cole |  | Gog |  | 22s |
| 15 | O Roberts |  | Eryri |  | 24s |
| 16 | D Alexander | M45 | W.Cheshire |  | 29s |
| 17 | T Roberts |  | Meirionnydd |  | 49s |
| 18 | R Hughes |  | Telford |  | 51s |
| 19 | S Sussex | U20 | Wrexham | 33m | 01s |
| 20 | B Ashcroft | U20 | Shrewsbury |  | 22s |
| 21 | M Green | M40 | N.W.R.R.C. |  | 29s |
| 22 | H O’Donnell |  | Eryri |  | 35s |
| 23 | J Davies |  | Telford |  | 38s |
| 24 | L Butler |  | Shrewsbury |  | 43s |
| 25 | G Blackwell | M45 | Deeside | 34m | 06s |
| 26 | S Haggar |  | Bangor U |  | 14s |
| 27 | W Sheridan |  | Deeside |  | 17s |
| 28 | A Campbell | M40 | Tri Club |  | 20s |
| 29 | S Anetts |  | Bangor U |  | 28s |
| 30 | A McNay | M40 | Tattenhall |  | 30s |
| 31 | T Tansley | M40 | Oswestry |  | 32s |
| 32 | G Jones | M55 | Shrewsbury |  | 40s |
| 33 | M Blackwell |  | Deeside |  | 43s |
| 34 | M Fortes |  | Eryri |  | 44s |
| 35 | I Lowe | M40 | Oswestry |  | 47s |
| 36 | T Roo |  | Shrewsbury |  | 48s |
| 37 | C Middleton | U20 | Shrewsbury |  | 51s |
| 38 | T Gears |  | Oswestry |  | 56s |
| 39 | S Williams |  | Menai |  | 58s |
| 40 | E Campbell | M50 | Buckley | 35m | 00s |
| 41 | I Rowlands | M45 | Cybi |  | 05s |
| 42 | S Edwards | M40 | Buckley |  | 06s |
| 43 | J Garstow | M50 | Telford |  | 11s |
| 44 | A Pritchard | M40 | Buckley |  | 21s |
| 45 | K Francis | M45 | Shrewsbury |  | 27 |
| 46 | R Owen |  | Cybi |  | 29s |
| 47 | A Leonard |  | Gog |  | 32s |
| 48 | G Hughes | M45 | Gog |  | 33s |
| 49 | M Mason |  | Bangor U |  | 35s |
| 50 | R Jones | M50 | Shrewsbury |  | 40s |
| 51 | A Clague | M45 | W.Cheshire |  | 44s |
| 52 | G. R. Williams | M50 | N.W.R.R.C. |  | 45s |
| 53 | V Belshaw | M55 | Denbigh |  | 46s |
| 54 | R O’Donnell |  | Eryi |  | 46s |
| 55 | R Watson |  | C. Bay |  | 53s |
| 56 | A Rydor | U20 | Prestatyn |  | 54s |
| 57 | O Eady |  | Bangor U |  | 55s |
| 58 | G Nicholls | M45 | Prestatyn |  | 55s |
| 59 | D Richards |  | Whitchurch |  | 59s |
| 60 | M Jones | M45 | C. Bay | 36m | 01s |
| 61 | R Sharam | M40 | Whitchurch |  | 10s |
| 62 | G Lloyd |  | Shrewsbury |  | 17s |
| 63 | I Kneale | M45 | Wrexham |  | 22s |
| 64 | E Davies | M45 | Buckley |  | 29s |
| 65 | J Randell | M50 | Meirionnydd |  | 31s |
| 66 | S Ellis | M50 | Tattenhall |  | 50s |
| 67 | N Jones |  | C. Bay |  | 54s |
| 68 | J Moore | M45 | Eryri |  | 57s |
| 69 | P Savill | M60 | Shrewsbury | 37m | 00s |
| 70 | M Hall |  | Shrewsbury |  | 07s |
| 71 | K Smith | M55 | Whitchurch |  | 18s |
| 72 | M Austin | M40 | Buckley |  | 23s |
| 73 | H Jones | M50 | Shrewsbury |  | 42s |
| 74 | R Collins | M45 | Oswestry |  | 47s |
| 75 | D Baugh | M55 | Denbigh |  | 56s |
| 76 | G Porter-Jones | M40 | Eryri | 38m | 09s |
| 77 | A Yates | M50 | Meirionnydd |  | 13s |
| 78 | R Godwin | M45 | C. Bay |  | 27s |
| 79 | T Cahill | M55 | Abergele |  | 40s |
| 80 | I Mulligan | M45 | C. Bay |  | 40s |
| 81 | M Lucas |  | Whitchurch |  | 40s |
| 82 | R Francis | M40 | Meirionnydd |  | 45s |
| 83 | A Lewis | M55 | Eryri |  | 49s |
| 84 | J Hayes |  | Telford | 39m | 08s |
| 85 | E Evans | M45 | Gog |  | 10s |
| 86 | S Phillips | M45 | Whitchurch | 39m | 18s |
| 87 | D Boothroyd | M50 | Buckley |  | 23s |
| 88 | I Bayliss | M50 | Buckley |  | 27s |
| 89 | A Smith | M55 | Buckley |  | 28s |
| 90 | D Billington |  | Cybi |  | 32s |
| 91 | G Nixon | M60 | Prestatyn |  | 37s |
| 92 | D Jones | M55 | Denbigh |  | 39s |
| 93 | P Jenkinson | M45 | Eryri |  | 44s |
| 94 | M Smith |  | Prestatyn |  | 50s |
| 95 | J Fleming |  | Eryri |  | 57s |
| 96 | B Harrison | U20 | Prestatyn | 40m | 07s |
| 97 | M Witty | M45 | Deestriders |  | 10s |
| 98 | I Taylor | M45 | C. Bay |  | 24s |
| 99 | M Jones | M45 | Buckley |  | 30s |
| 100 | F Jones | M60 | Denbigh |  | 35s |
| 101 | P Sanders |  | Gog |  | 36s |
| 102 | M Toraldo |  | Denbigh |  | 37s |
| 103 | N Holmes | M55 | Cybi |  | 52s |
| 104 | T Benton | M50 | Denbigh | 41m | 03s |
| 105 | B McDonald |  | Telford |  | 15s |
| 106 | C Edgington | M55 | Meirionnydd |  | 21s |
| 107 | K Challinor | M50 | Deeside |  | 29s |
| 108 | C Williams | M55 | C. Bay |  | 34s |
| 109 | L Coathup | M60 | Buckley |  | 36s |
| 110 | S Blain |  | Gog |  | 39s |
| 111 | J Hancock | M60 | Oswestry |  | 49s |
| 112 | N Wood |  | Prestatyn |  | 51s |
| 113 | P Hooson | M50 | Gog |  | 55s |
| 114 | K Morris | M40 | Telford | 42m | 12s |
| 115 | S Paul |  | Denbigh |  | 21s |
| 116 | P Sussex | M50 | Wrexham |  | 24s |
| 117 | A Howe |  | Abergele |  | 54s |
| 118 | C Baldwin | M60 | Denbigh |  | 57s |
| 119 | P Butler | M60 | Shrewsbury | 43m | 02s |
| 120 | D Wooton | M50 | Buckley |  | 11s |
| 121 | R House-Goodwin | M40 | C. Bay |  | 29s |
| 122 | R Chetham | M50 | Prestatyn |  | 41s |
| 123 | S Ll Jones | M60 | Eryri |  | 51s |
| 124 | N Lewis-Jones | M45 | Eryri | 44m | 00s |
| 125 | A Lewis | M60 | Shrewsbury |  | 05s |
| 126 | A Hughes | M45 | Meirionnydd |  | 09s |
| 127 | D Davies |  | Denbigh |  | 25s |
| 128 | A White | M65 | Oswestry |  | 30s |
| 129 | N Alford | M55 | Bridgnorth |  | 33s |
| 130 | W Roberts | M40 | Prestatyn |  | 50s |
| 131 | N Williams | M65 | Wrexham |  | 54s |
| 132 | J G Evans | M65 | Aberystwyth | 45m | 01s |
| 133 | M Norris | M50 | Deestriders |  | 24s |
| 134 | S Hatfield | M65 | Prestatyn |  | 50s |
| 135 | G Hughes | M65 | Prestatyn |  | 59s |
| 136 | S Roberts |  | Cybi | 46m | 38s |
| 137 | A Rowlands | M55 | Cybi |  | 57s |
| 138 | R Smith | M45 | Gog | 47m | 33s |
| 139 | S Adey-Dauzes | M45 | Gog | 48m | 22s |
| 140 | D Owen | M65 | Prestatyn |  | 33s |
| 141 | D Roderick | M65 | Deeside | 49m | 07s |
| 142 | M D Jones | M40 | Denbigh | 51m | 05s |
| 143 | S Pilbeam | M55 | Eryri | 52m | 38s |
| 144 | D Owen | M60 | Shrewsbury |  | 52s |
| 145 | D A Williams | M65 | Wrexham | 53m | 40s |
| 146 | K Sadil |  | Menai | 56m | 15s |
| 147 | R Mackey | M65 | Buckley | 57m | 55s |
| 148 | D Davies | M55 | Telford | 77m | 08s |

The athlete who finished 148th in 68m 59s has been deleted from the results because he also ran in the earlier event. **PLEASE** remember that Over 70 male runners can take part in one or other of the races but **NOT** in both.

**TEAMS**

**DIVISION ONE**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | Eryri Harriers | 63 | Pts |
| 2 | Bangor University AAC | 170 | Pts |
| 3 | Shrewsbury AAC | 194 | Pts |
| 4 | Buckley RC | 274 | Pts |
| 5 | Oswestry Olympians AAC | 298 | Pts |
| 6 | Deeside AAC | 339 | Pts |
| 7 | Meirionnydd RC | 354 | Pts |
| 8 | Tattenhall Runners | 696 | Pts |

**DIVISION TWO**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | Telford AAC | 387 | Pts |
| 2 | Prestatyn RC | 403 | Pts |
| 3 | Gog Tri Club | 405 | Pts |
| 4 | Colwyn Bay AAC | 438 | Pts |
| 5 | Whitchurch Whippets | 508 | Pts |
| 6 | Denbigh Harriers | 526 | Pts |
| 7 | North Wales Road R.C. | 536 | Pts |
| 8 | Cybi Striders | 553 | Pts |
| 9 | Wrexham AAC | 624 | Pts |
| 10 | Menai T+F | 636 | Pts |
| 11 | West Cheshire AAC | 667 | Pts |
| 12 | Wrecsam Tri Club | 778 | Pts |
| 13 | Abergele Harriers | 796 | Pts |
| 14 | Deestriders AAC | 830 | Pts |
| 15 | Bridgnorth AAC | 879 | Pts |
| 16 | Aberystwyth AAC | 882 | Pts |

**MALE MASTERS TEAMS**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | Buckley RC | 25 | Pts |
| 2 | North Wales RR Club | 26 | Pts |
| 3 | Shrewsbury AAC | 43 | Pts |
| 4 | Oswestry Olympians AAC | 44 | Pts |
| 5 | Whitchurch Whippets | 99 | Pts |
| 6 | Colwyn Bay AAC | 101 | Pts |
| 7 | Meirionnydd RC | 105 | Pts |
| 8 | Denbigh Harriers | 105 | Pts |
| 9 | Eryri Harriers | 107 | Pts |
| 10 | Gog Tri Club | 122 | Pts |
| 11 | Prestatyn RC | 139 | Pts |
| 12 | Cybi Striders | 150 | Pts |
| 13 | Deeside AAC | 150 | Pts |
| 14 | Wrexham AAC | 167 | Pts |
| 15 | Telford AAC | 171 | Pts |

**MEN OVER 70**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | D Williams | M70 | Eryri | 25m | 04s |
| 2 | A Egan | M70 | Wrexham | 27m | 55s |
| 3 | R D Frost | M70 | Wrexham |  | 59s |
| 4 | R Harrison-Jones | M75 | Prestatyn | 28m | 11s |
| 5 | D Hughes | M75 | Prestatyn |  | 41s |
| 6 | M H Edward | M70 | Wrexham | 30m | 06s |
| 7 | J J Thomas | M70 | Buckley |  | 35s |
| 8 | A Hodgkiss | M70 | Telford | 32m | 33s |
| 9 | R Billington | M80 | Wrexham | 36m | 00s |
| 10 | B Forster | M80 | Wrexham | 37m | 47s |
| 11 | J Tipping | M75 | Wrexham | 39m | 49s |

**TEAMS**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | Wrexham AAC | 11 | Pts |

**MEN UNDER 17**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | O Barbaresi | Menai | 16m | 40s |
| 2 | R Owen | Eryri | 17m | 26s |
| 3 | C Linton-Davies | Menai |  | 27s |
| 4 | S Holt | C. Bay |  | 43s |
| 5 | R Cain | Menai | 18m | 03s |
| 6 | L Henry | Deeside |  | 38s |
| 7 | S Williams | Eryri |  | 51s |
| 8 | J Tapping | C. Bay | 20m | 33s |
| 9 | C Donoghue | Buckley | 23m | 00s |

**TEAMS**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | Menai T+F | 9 | Pts |

**SENIOR WOMEN**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | C Hughes | U17 | Menai | 18m | 19s |
| 2 | A Rowlands | W40 | Eryri | 19m | 38s |
| 3 | R Roxburgh | W40 | Gog | 20m | 18s |
| 4 | M Owen | U17 | Deeside |  | 43s |
| 5 | R Pierce |  | Denbigh |  | 58s |
| 6 | E Roberts | U17 | Menai | 21m | 00s |
| 7 | B Taylor |  | Eryri |  | 01s |
| 8 | G Brown |  | N.W.R.R.C. |  | 04s |
| 9 | M Hughes | W35 | Eryri |  | 32s |
| 10 | R Kamink | U17 | C. Bay |  | 37s |
| 11 | L Morley | W40 | Wrexham |  | 49s |
| 12 | A McQueen | U17 | Eryri |  | 53s |
| 13 | H Evans | W35 | Buckley | 22m | 02s |
| 14 | H Blair | W45 | Eryri |  | 06s |
| 15 | J Gears | W40 | Oswestry |  | 07s |
| 16 | T Lewis-Jones | W45 | Eryri |  | 09s |
| 17 | C Belshaw |  | Denbigh |  | 10s |
| 18 | A Mὕller |  | W. Cheshire |  | 11s |
| 19 | E Collins | W50 | Denbigh |  | 13s |
| 20 | V Whitehead | W40 | Denbigh |  | 19s |
| 21 | T Williams | W50 | Denbigh |  | 25s |
| 22 | H MacArthur | W45 | Gog |  | 47s |
| 23 | L Hughes |  | Prestatyn | 23m | 02s |
| 24 | A Williams | W55 | Eryri |  | 08s |
| 25 | V Cole | W35 | Gog |  | 22s |
| 26 | M Owen |  | Cybi |  | 27s |
| 27 | L Williams | W35 | Oswestry | 23m | 36s |
| 28 | L Griffiths | W45 | Gog |  | 42s |
| 29 | L H Jones | W50 | Wrexham |  | 52s |
| 30 | H Turner |  | Eryri |  | 55s |
| 31 | S Hancock | W55 | Oswestry |  | 56s |
| 32 | E Sandham |  | Gog | 24m | 03s |
| 33 | H Berrett | W50 | Buckley |  | 06s |
| 34 | E Williams |  | Cybi |  | 12s |
| 35 | E Salisbury | W50 | Eryri |  | 15s |
| 36 | H Ashworth |  | Prestatyn |  | 17s |
| 37 | S Gallacher |  | Gog |  | 20s |
| 38 | K Baugh |  | Denbigh |  | 24s |
| 39 | M Ludden | W50 | Buckley |  | 32s |
| 40 | Y Hill | W50 | Oswestry |  | 45s |
| 41 | C Birch | W65 | Abergele |  | 47s |
| 42 | V Ronald | W45 | C. Bay |  | 54s |
| 43 | A Reid |  | Prestatyn |  | 55s |
| 44 | E Jones |  | Cybi |  | 55s |
| 45 | G Waring | W55 | Prestatyn | 25m | 00s |
| 46 | F Higgins | W45 | Buckley |  | 02s |
| 47 | S Jones | W50 | Cybi |  | 02s |
| 48 | A Whitelaw | W55 | Wrexham |  | 05s |
| 49 | C McShane | U20 | Prestatyn |  | 08s |
| 50 | G Morris | U17 | C. Bay |  | 18s |
| 51 | J Lindley | W45 | Buckley |  | 20s |
| 52 | O Harborne |  | Denbigh |  | 49s |
| 53 | J Lewis | W40 | Prestatyn |  | 58s |
| 54 | L Bartlett-Short |  | Bangor U |  | 59s |
| 55 | B Ward | W60 | Oswestry | 26m | 08s |
| 56 | S Rodgers | W55 | Prestatyn |  | 21s |
| 57 | A Mountford |  | Buckley |  | 27s |
| 58 | J Edwards | W40 | Prestatyn |  | 34s |
| 59 | S Rowlands | W35 | Eryri |  | 42s |
| 60 | A Reid | W40 | Prestatyn |  | 48s |
| 61 | A Hughes | W45 | Gog |  | 50s |
| 62 | B Roberts |  | Eryri | 27m | 00s |
| 63 | P Stevens | W45 | Gog |  | 01s |
| 64 | E Gruber |  | Cybi |  | 02s |
| 65 | A Brown | W40 | Denbigh |  | 07s |
| 66 | M Docking | W65 | Wrexham |  | 09s |
| 67 | D Richards | W55 | Prestatyn |  | 09s |
| 68 | S Calvert | W55 | Abergele |  | 31s |
| 69 | M Oliver | W65 | Eryri |  | 53s |
| 70 | M Baugh | W55 | Denbigh | 28m | 05s |
| 71 | J Chambers |  | Tattenhall |  | 35s |
| 72 | S Ridings | W55 | Buckley | 29m | 07s |
| 73 | V Edwards | W55 | Menai | 29m | 09s |
| 74 | B Jones | W70 | B. Dysynni |  | 14s |
| 75 | D Dodds | W55 | Wrexham |  | 19s |
| 76 | S McIndoe | W45 | Deestriders |  | 36s |
| 77 | A Garner |  | Buckley | 30m | 01s |
| 78 | A Holt |  | C. Bay |  | 13s |
| 79 | S Penlington | W40 | Prestatyn |  | 21s |
| 80 | V Luta |  | Bangor U |  | 34s |
| 81 | C Manley | W40 | Prestatyn |  | 39s |
| 82 | M Singleton | W75 | C. Bay | 32m | 21s |
| 83 | M Evans | W50 | B. Dysynni | 34m | 34s |
| 84 | S Richards | W60 | Shrewsbury | 36m | 16s |
| 85 | A Byrne | W60 | Shrewsbury | 37m | 29s |

The athlete who finished tenth in 21m 35s was a second claim member of her club. Her name has been deleted and finishers 11th to 86th have been moved up one place. **PLEASE** remember that this is a first claim member League – thank you

**TEAMS**

**DIVISION ONE**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | Eryri Harriers | 30 | Pts |
| 2 | Denbigh Harriers | 61 | Pts |
| 3 | Oswestry Olympians AAC | 113 | Pts |
| 4 | Buckley RC | 131 | Pts |
| 5 | Wrexham AAC | 154 | Pts |
| 6 | Colwyn Bay AAC | 180 | Pts |
| 7 | Menai T+F | 180 | Pts |

**DIVISION TWO**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | Gog Tri Club | 50 | Pts |
| 2 | Prestatyn RC | 102 | Pts |
| 3 | Cybi Striders | 104 | Pts |
| 4 | Deeside AAC | 204 | Pts |
| 5 | North Wales Road RC | 208 | Pts |
| 6 | Abergele Harriers | 209 | Pts |
| 7 | West Cheshire AAC | 218 | Pts |
| 8 | Bangor University AAC | 234 | Pts |
| 9 | Bro Dysynni AAC | 257 | Pts |
| 10 | Shrewsbury AAC | 269 | Pts |
| 11 | Tattenhall Runners | 271 | Pts |
| 12 | Deestriders AAC | 276 | Pts |

**LADY MASTER TEAMS**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | Eryri Harriers | 10 | Pts |
| 2 | Gog Tri Club | 28 | Pts |
| 3 | Denbigh Harriers | 30 | Pts |
| 4 | Oswestry Olympians AAC | 40 | Pts |
| 5 | Buckley RC | 45 | Pts |
| 6 | Wrexham AAC | 49 | Pts |
| 7 | Prestatyn RC | 87 | Pts |

Our thanks to everyone at Eryri Harriers, and particularly Becki Law, for providing us with a great afternoon – good facilities, a dry course and excellent weather for the season’s opening gathering.

The second gathering will be hosted by Colwyn Bay AAC at St David’s College, Llandudno, LL30 1RD on Saturday, October 17th, 2015. PLEASE park in the places provided and not on the drive leading up to the school – thank you.

Many thanks to a good number of clubs who have paid their £50 affiliation fees – PLEASE remember they are due by the day of the second meeting.