**GRAND PRIX EXPRESS**

**NORTH WALES CROSS COUNTRY LEAGUE**

**(supported by Welsh Athletics Ltd)**

**at Treborth Playing Fields, Bangor Saturday, October 4th 2014**

**SENIOR MEN**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | I Hughes | U20 | Menai | 29m | 35s |
| 2 | M Roberts |  | Eryri | 30m | 10s |
| 3 | O Haswell |  | Bangor U |  | 45s |
| 4 | P Jones | M40 | Oswestry |  | 47s |
| 5 | D Kashi |  | Bangor U |  | 52s |
| 6 | D Longley |  | Prestatyn | 31m | 12s |
| 7 | J Hudak |  | Bangor U |  | 42s |
| 8 | J Ford | M45 | NWRRC |  | 47s |
| 9 | L Renton |  | Bangor U | 32m | 08s |
| 10 | S Haggar | U20 | Bangor U |  | 14s |
| 11 | B Ashcroft |  | Shrewsbury |  | 31s |
| 12 | A Lanz | U20 | Meirionnydd |  | 32s |
| 13 | D Jones | M40 | Eryri | 33m | 07s |
| 14 | F Mair |  | Eryri |  | 11s |
| 15 | A Campbell |  | Tri Club |  | 18s |
| 16 | D Lemon |  | Deeside | 34m | 00s |
| 17 | R Jones | M50 | Shrewsbury |  | 04s |
| 18 | A McNay |  | Tattenhall |  | 10s |
| 19 | M Green | M40 | NWRRC |  | 11s |
| 20 | W Sheridan |  | Deeside |  | 15s |
| 21 | G Blackwell | M45 | Deeside |  | 18s |
| 22 | E Campbell | M50 | Buckley |  | 33s |
| 23 | S Toogood | M50 | Buckley |  | 43s |
| 24 | G Jones | M55 | Prestatyn |  | 50s |
| 25 | S Ellis | M45 | Tattenhall | 35m | 07s |
| 26 | J Briscoe |  | Bangor U |  | 14s |
| 27 | S Williams |  | Menai |  | 20s |
| 28 | S Waters |  | Shrewsbury |  | 21s |
| 29 | M Fortes |  | Eryri |  | 23s |
| 30 | A Woodhall | M40 | Eryri |  | 26s |
| 31 | M Blackwell | U20 | Deeside |  | 32s |
| 32 | T Cahill | M50 | Abergele |  | 47s |
| 33 | S Annetts | U20 | Bangor U |  | 49s |
| 34 | R Sharam | M40 | Whitchurch |  | 49s |
| 35 | O Mitchell |  | Bangor U |  | 51s |
| 36 | J Randell | M50 | Meirionnydd |  | 51s |
| 37 | L Bertrand-Shelton |  | Bangor U |  | 55s |
| 38 | S Eardley | M40 | C Bay | 36m | 08s |
| 39 | M Pearson |  | Oswestry |  | 12s |
| 40 | R Watson |  | C Bay | 36m | 14s |
| 41 | A Edwards |  | Cybi |  | 16s |
| 42 | R Owen |  | Cybi |  | 20s |
| 43 | T Tansley | M40 | Oswestry |  | 28s |
| 44 | K Francis | M45 | Shrewsbury |  | 37s |
| 45 | S P Jones | M50 | Eryri |  | 41s |
| 46 | O Conry | M40 | Denbigh |  | 44s |
| 47 | D Davies |  | Prestatyn |  | 47s |
| 48 | R Godwin | M45 | C Bay |  | 48s |
| 49 | G Porter Jones | M40 | Eryri |  | 50s |
| 50 | S McDonald |  | Eryri |  | 53s |
| 51 | V Belshaw | M50 | Denbigh |  | 56s |
| 52 | P Savill | M60 | Shrewsbury |  | 58s |
| 53 | M Austin | M40 | Buckley | 37m | 01s |
| 54 | M Mason |  | Bangor U |  | 10s |
| 55 | S Jones | M55 | Telford |  | 13s |
| 56 | M Jones | M40 | C Bay |  | 14s |
| 57 | R Lee | M50 | Abergele |  | 15s |
| 58 | C Davies | M40 | Deestriders |  | 22s |
| 59 | H Jones | M50 | Shrewsbury |  | 24s |
| 60 | A Lewis | M55 | Eryri |  | 27s |
| 61 | N Jones |  | C Bay |  | 30s |
| 62 | R Collins | M45 | Oswestry |  | 41s |
| 63 | O Early |  | Bangor U |  | 43s |
| 64 | E Davies | M45 | Buckley |  | 45s |
| 65 | D Lee | U20 | Bangor U |  | 45s |
| 66 | E Hughes | M40 | Meirionnydd | 38m | 12s |
| 67 | I Bayliss | M50 | Buckley |  | 15s |
| 68 | R Williams | M40 | Cybi |  | 17s |
| 69 | E Harmer | M40 | Eryri |  | 19s |
| 70 | D Baugh | M50 | Denbigh |  | 19s |
| 71 | L Williams | M40 | Oswestry |  | 22s |
| 72 | D Gilbert | M45 | Buckley |  | 34s |
| 73 | P Jenkinson | M40 | Eryri |  | 39s |
| 74 | H Lewis | M55 | Buckley |  | 43s |
| 75 | J Ashcroft | M50 | Shrewsbury |  | 47s |
| 76 | M Jones | M45 | Buckley |  | 53s |
| 77 | C Wakeman | M55 | Shrewsbury | 39m | 03s |
| 78 | M Witty | M45 | Deestriders |  | 08s |
| 79 | A Jones | M40 | NWRRC |  | 15s |
| 80 | B Harrison | U20 | Prestatyn |  | 19s |
| 81 | J Snell | M50 | Oswestry |  | 21s |
| 82 | A Hayward | M45 | Whitchurch |  | 29s |
| 83 | S Bellis | M55 | Buckley |  | 35s |
| 84 | I Taylor | M45 | C Bay |  | 43s |
| 85 | S Jones |  | Oswestry |  | 47s |
| 86 | D Davies | M50 | Prestatyn | 39m | 49s |
| 87 | L Coathup | M60 | Buckley |  | 50s |
| 88 | C Edgington | M55 | Meirionnydd | 40m | 02s |
| 89 | I Mulligan | M45 | C Bay |  | 08s |
| 90 | A Smith | M55 | Buckley |  | 13s |
| 91 | A Parsonage |  | Bangor U |  | 15s |
| 92 | D Ellis |  | Cybi |  | 17s |
| 93 | K Challinor | M50 | Deeside |  | 19s |
| 94 | K Rowlands | M50 | Eryri |  | 22s |
| 95 | A Hughes | M45 | Meirionnydd |  | 28s |
| 96 | T Benton | M50 | Denbigh |  | 32s |
| 97 | J Marsh |  | Whitchurch |  | 37s |
| 98 | T Charmley | M45 | Tattenhall |  | 40s |
| 99 | G Nixon | M60 | Prestatyn |  | 47s |
| 100 | C Williams | M55 | C Bay |  | 55s |
| 101 | L Cumberbatch |  | NWRRC |  | 56s |
| 102 | R Cheetham | M45 | Prestatyn | 41m | 13s |
| 103 | P Hooson | M50 | Tri Club |  | 20s |
| 104 | P Davies |  | Bangor U |  | 22s |
| 105 | R Francis |  | Meirionnydd |  | 23s |
| 106 | D Jones | M50 | Denbigh |  | 25s |
| 107 | S Ll Jones | M50 | Eryri |  | 25s |
| 108 | D Seabourne | M60 | Meirionnydd |  | 50s |
| 109 | E Edwards | M60 | Eryri |  | 54s |
| 110 | C Baldwin | M60 | Denbigh | 42m | 04s |
| 111 | N Tatton | M45 | Telford |  | 12s |
| 112 | P Walker | M65 | Wrexham |  | 25s |
| 113 | J G Evans | M65 | Aberystwyth |  | 37s |
| 114 | M Whiteside | M65 | Tattenhall |  | 56s |
| 115 | P Brandrick | M55 | Prestatyn | 43m | 09s |
| 116 | A Howe |  | Abergele |  | 12s |
| 117 | P Corbett |  | Whitchurch |  | 18s |
| 118 | D Roderick | M60 | Deeside |  | 24s |
| 119 | A Howick | M50 | Cybi |  | 32s |
| 120 | D Say | M65 | Denbigh |  | 33s |
| 121 | I Rothery | M60 | Cybi |  | 44s |
| 122 | T Searle | M65 | Oswestry |  | 47s |
| 123 | C Eldred | M45 | Tattenhall | 44m | 04s |
| 124 | P English | M60 | Denbigh |  | 15s |
| 125 | A White | M60 | Oswestry |  | 22s |
| 126 | J Nolan | M65 | B Dysynni |  | 32s |
| 127 | D Edwards | M55 | Abergele |  | 39s |
| 128 | S Hatfield | M65 | Prestatyn |  | 54s |
| 129 | S Hammond | M55 | Tattenhall | 45m | 38s |
| 130 | A Hatton |  | Bangor U |  | 50s |
| 131 | J Rainbow |  | Whitchurch | 47m | 02s |
| 132 | N Alford | M55 | Bridgnorth | 47m | 09s |
| 133 | M Norris | M50 | Deestriders |  | 34s |
| 134 | R Armstrong |  | Abergele |  | 45s |
| 135 | R Benton |  | Denbigh | 48m | 40s |
| 136 | M Whitehead | M50 | Telford |  | 42s |
| 137 | D Fincham | M50 | Telford |  | 46s |
| 138 | M Davis | M65 | Prestatyn | 49m | 50s |
| 139 | D A Williams | M65 | Wrexham | 50m | 24s |
| 140 | R Mackey | M65 | Buckley | 59m | 37s |
| 141 | R Thomas |  | Meirionnydd | 61m | 48s |

(The athlete who finished 102nd was a second claim member of the club. His name has been deleted and finishers 103rd to 142nd have been moved up one place. PLEASE remember that this is a first claim club member League – thank you.

**TEAMS**

**DIVISION ONE**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | Bangor University AAC |  60 | Pts |
| 2 | Eryri Harriers | 133 | Pts |
| 3 | Shrewsbury AAC | 211 | Pts |
| 4 | Deeside AAC | 299 | Pts |
| 5 | Oswestry Olympians AAC | 300 | Pts |
| 6 | Meirionnydd RC | 402 | Pts |
| 7 | Tattenhall Runners | 507 | Pts |
| 8 | Telford AAC | 739 | Pts |

**DIVISION TWO**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | Buckley RC | 301 | Pts |
| 2 | Colwyn Bay AAC | 327 | Pts |
| 3 | Prestatyn RC | 342 | Pts |
| 4 | Denbigh Harriers | 479 | Pts |
| 5 | Cybi Striders | 483 | Pts |
| 6 | North Wales R R Club | 507 | Pts |
| 7 | Whitchurch Whippets | 611 | Pts |
| 8 | Abergele Harriers | 616 | Pts |
| 9 | Menai T+F | 628 | Pts |
| 10 | Deestriders AAC | 719 | Pts |
| 11 | Wrecsam Tri Club | 719 | Pts |
| 12 | Wrexham AAC | 851 | Pts |
| 13 | Aberystwyth AAC | 863 | Pts |
| 14 | Bro Dysynni AAC | 876 | Pts |
| 15 | Bridgnorth AAC | 882 | Pts |

**MALE MASTERS TEAMS**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | Eryri Harriers | 32 | Pts |
| 2 | Buckley RC | 39 | Pts |
| 3 | Shrewsbury AAC | 44 | Pts |
| 4 | Oswestry Olympians AAC | 48 | Pts |
| 5 | North Wales RR Club | 53 | Pts |
| 6 | Colwyn Bay AAC | 61 | Pts |
| 7 | Denbigh Harriers | 78 | Pts |
| 8 | Meirionnydd RC | 101 | Pts |
| 9 | Prestatyn RC | 121 | Pts |
| 10 | Abergele Harriers | 123 | Pts |
| 11 | Deeside AAC | 137 | Pts |
| 12  | Tattenhall Runners | 142 | Pts |
| 13 | Deestriders AAC | 161  | Pts |
| 14 | Telford AAC | 184 | Pts |
| 15 | Cybi Striders | 189 | Pts |

**MEN OVER 70**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | P Roberts | M70 | Buckley | 22m | 55s |
| 2 | J Morris | M70 | Buckley | 24m | 46s |
| 3 | D Williams | M70 | Eryi | 25m | 53s |
| 4 | A Egan | M70 | Wrexham | 26m | 13s |
| 5 | R Harrison-Jones | M75 | Prestatyn | 27m | 49s |
| 6 | D Hughes | M75 | Prestatyn | 28m | 05s |
| 7 | M H Edwards | M70 | Wrexham | 30m | 17s |
| 8 | P Norman | M75 | Wrexham | 31m | 34s |
| 9 | A Hodgkiss | M70 | Telford | 32m | 16s |
| 10 | R Billington | M80 | Wrexham | 34m | 46s |
| 11 | J Tipping | M75 | Wrexham | 37m | 51s |

**TEAMS**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | Wrexham AAC | 19 | Pts |

**MEN UNDER 17**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | C Smith | Wrexham | 16m | 56s |
| 2 | J Spill | Eryri | 17m | 28s |
| 3 | C Linton | Menai |  | 51s |
| 4 | R Cain | Menai | 18m | 05s |
| 5 | S Sussex | Wrexham |  | 18s |
| 6 | A Williams | Wrexham | 19m | 43s |
| 7 | S Williams | Eryri | 21m | 09s |

**TEAMS**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | Wrexham AAC | 12 | Pts |

**SENIOR WOMEN**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | A Lavender |  | Oswestry | 17m | 39s |
| 2 | C Hughes | U17 | Menai | 18m | 52s |
| 3 | A Rowlands | W40 | Eryri | 19m | 46s |
| 4 | M Davies | U17 | Menai | 20m | 02s |
| 5 | L Wright | W45 | Wrexham |  | 22s |
| 6 | H Davies | W45 | Tri Club |  | 25s |
| 7 | I Bradley | U20 | Telford |  | 34s |
| 8 | B Taylor |  | Bangor U |  | 37s |
| 9 | C Jones |  | Oswestry |  | 50s |
| 10 | B Jenkinson | U17 | Eryi | 21m | 29s |
| 11 | S Caskey |  | Bangor U |  | 31s |
| 12 | A Mὕller |  | W Cheshire | 22m | 02s |
| 13 | E Collins | W50 | Denbigh |  | 10s |
| 14 | L Morley | W40 | Wrexham |  | 15s |
| 15 | L Emery-Jones | W35 | Eryri |  | 21s |
| 16 | S Ryder | W40 | Tri Club |  | 25s |
| 17 | M Hughes | W35 | Eryri |  | 27s |
| 18 | L Griffiths |  | Whitchurch |  | 27s |
| 19 | A Backshall | U20 | C Bay |  | 28s |
| 20 | G Brown |  | NWRRC |  | 29s |
| 21 | L Williams | W35 | Oswestry |  | 36s |
| 22 | V Whitehead | W40 | Denbigh |  | 41s |
| 23 | J Hoad | W45 | Telford |  | 50s |
| 24 | L Dudleston | W35 | Whitchurch |  | 56s |
| 25 | H MacArthur | W45 | C Bay | 23m | 10s |
| 26 | A Williams | W50 | Eryri |  | 13s |
| 27 | L H Jones | W45 | Wrexham |  | 14s |
| 28 | H Evans | W35 | Buckley |  | 18s |
| 29 | B Law |  | Eryri |  | 29s |
| 30 | Y Hill | W50 | Oswestry |  | 29s |
| 31 | S Rowlands | W45 | Eryri |  | 33s |
| 32 | L Beettlestone |  | Eryri |  | 41s |
| 33 | H Turner |  | Eryri |  | 42s |
| 34 | G Morris | U17 | C Bay |  | 42s |
| 35 | C Belshaw |  | Denbigh |  | 45s |
| 36 | H Blair | W45 | Eryri |  | 56s |
| 37 | E Salisbury | W50 | Eryri | 24m | 02s |
| 38 | L Blagdon | W45 | Telford | 24m | 08s |
| 39 | V Luxmore | W45 | Oswestry |  | 18s |
| 40 | A Thomas | W45 | Eryri |  | 21s |
| 41 | A Williams | W40 | Buckley |  | 24s |
| 42 | G Waring | W55 | Prestatyn |  | 26s |
| 43 | S Hancock | W50 | Oswestry |  | 32s |
| 44 | E Wood | W45 | Eryri |  | 35s |
| 45 | H Berret | W50 | Buckley |  | 35s |
| 46 | V Ronald | W45 | C Bay |  | 38s |
| 47 | S Ellis |  | Cybi |  | 39s |
| 48 | T Brandon | W45 | Oswestry |  | 44s |
| 49 | A Fletcher |  | Eryri |  | 55s |
| 50 | C Birch | W65 | Abergele | 25m | 06s |
| 51 | C Baugh |  | Denbigh |  | 15s |
| 52 | M Owen |  | Cybi |  | 18s |
| 53 | Ff Rees | U17 | Prestatyn |  | 21s |
| 54 | L Gittins | W45 | Buckley |  | 28s |
| 55 | J Jeffries | W50 | Wrexham |  | 33s |
| 56 | J Lindley | W45 | Buckley |  | 35s |
| 57 | A Whitelaw | W55 | Wrexham |  | 42s |
| 58 | S Jones | W50 | Cybi |  | 51s |
| 59 | S Jones | U17 | C Bay | 26m | 01s |
| 60 | K Wilson |  | Denbigh |  | 40s |
| 61 | S Rodgers | W55 | Prestatyn |  | 44s |
| 62 | T Fretwell | W40 | Eryri | 27m | 14s |
| 63 | L Park | W40 | Oswestry |  | 20s |
| 64 | D Bellis | W50 | Buckley |  | 26s |
| 65 | M Baugh | W55 | Denbigh |  | 30s |
| 66 | J Edwards | W40 | Prestatyn |  | 31s |
| 67 | J Williamson |  | Eryri |  | 57s |
| 68 | S M Jones | W35 | Meirionnydd | 28m | 11s |
| 69 | S Ridings | W55 | Buckley |  | 20s |
| 70 | R Roberts |  | Eryri |  | 31s |
| 71 | S Calver | W55 | Abergele |  | 36s |
| 72 | M Oliver | W65 | Eryri |  | 40s |
| 73 | P Roberts | W35 | NWRRC |  | 42s |
| 74 | S McIndoe | W45 | Deestriders |  | 54s |
| 75 | V Edwards | W55 | Menai | 29m | 04s |
| 76 | M Watson |  | C Bay |  | 27s |
| 77 | L Viner | W45 | Whitchurch |  | 54s |
| 78 | H Dirksen | W65 | Buckley | 30m | 26s |
| 79 | C Jones | W50 | Prestatyn |  | 34s |
| 80 | E Sheekey |  | Shrewsbury |  | 36s |
| 81 | M Evans | W45 | B Dysynni |  | 43s |
| 82 | B Jones | W70 | B Dysynni |  | 47s |
| 83 | S Wignall | W40 | Abergele | 31m | 47s |
| 84 | Y Marconi-Nolan | W65 | B Dysnni | 33m | 11s |
| 85 | K Lee | U20 | Bangor U |  | 12s |
| 86 | S Richards | W6 | Shrewsbury |  | 45s |
| 87 | R Morrel | W60 | Denbigh |  | 58s |
| 88 | M Singleton | W70 | C Bay | 34m | 13s |
| 89 | M Griffiths | W65 | B Dysynni |  | 27s |
| 90 | A Byrne | W55 | Shrewsbury | 37m | 23s |

**TEAMS**

**DIVISION ONE**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | Eryri Harriers | 45 | Pts |
| 2 | Oswestry Olympians AAC | 61 | Pts |
| 3 | Wrexham AAC | 101 | Pts |
| 4 | Colwyn Bay AAC | 124 | Pts |
| 5 | Telford AAC | 168 | Pts |
| 6 | Buckley RC | 168 | Pts |
| 7 | Menai T+F | 181 | Pts |

**DIVISION TWO**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | Denbigh Harriers | 70 | Pts |
| 2 | Bangor University AAC | 104 | Pts |
| 3 | Whitchurch Whippets | 119 | Pts |
| 4 | Wrecam Tri Club | 122 | Pts |
| 5 | Prestatyn RC | 156 | Pts |
| 6 | Cybi Striders | 157 | Pts |
| 7 | North Wales RR Club | 193 | Pts |
| 8 | Abergele Harriers | 204 | Pts |
| 9 | West Cheshire AAC | 212 | Pts |
| 10 | Bro Dysynni AAC | 247 | Pts |
| 11 | Shrewsbury AAC | 256 | Pts |
| 12 | Meirionnydd RC | 268 | Pts |
| 13 | Deestriders AAC | 274 | Pts |

**LADY MASTER TEAMS**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | Eryri Harriers | 15 | Pts |
| 2 | Wrexham AAC | 22 | Pts |
| 3 | Oswestry Olympians AAC | 48 | Pts |
| 4 | Denbigh Harriers | 55 | Pts |
| 5 | Buckley RC | 68 | Pts |
| 6 | Colwyn Bay AAC | 101 | Pts |
| 7 | Prestatyn RC | 104 | Pts |
| 8 | Abergele Harriers | 131 | Pts |
| 9 | Bro Dysynni AAC | 163 | Pts |

Our thanks to Becki Law, Maggie Oliver, Mike Blake and the rest of the team at Eryri Harriers for providing us with good facilities, an excellent course and brilliant weather for the winter’s opening meeting.

The second gathering will be hosted by Colwyn Bay AAC at St David’s College, Llandudno, LL30 1RD on Saturday, October 18th, 2014

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

Sad news to finish as on May 19th, 2014, one of the League’s Life members, Mr Les Baldwin, died at the age of 81. Les ran in the first League race and was our secretary for many uears. Our thoughts are with his wife, Jean, at this sad time.