**GRAND PRIX EXPRESS**

**NORTH WALES CROSS COUNTRY LEAGUE**

**(supported by Welsh Athletics Ltd.)**

**At St David’s College, Llandudno Saturday, October 19th 2013**

**SENIOR MEN**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | R Bentley |  | Eryri | 31m | 22s |
| 2 | N Jones | U20 | Eryri |  | 36s |
| 3 | J Kershaw | U20 | Oswestry | 33m | 08s |
| 4 | L Renton | U20 | Bangor U |  | 11s |
| 5 | J Evans |  | Eryri |  | 17s |
| 6 | D Weston |  | Wrexham |  | 22s |
| 7 | D Kashi |  | Bangor U |  | 32s |
| 8 | W Dashper |  | Telford |  | 54s |
| 9 | L Jones | M40 | Deeside |  | 59s |
| 10 | J Wignall |  | Bangor U | 34m | 05s |
| 11 | I Richards |  | Meirionnydd |  | 13s |
| 12 | J Hudak | U20 | Bangor U |  | 16s |
| 13 | C Rowlinson |  | Bangor U |  | 27s |
| 14 | J Brown | M40 | Buckley |  | 41s |
| 15 | A Walling | M40 | Menai |  | 47s |
| 16 | D Alexander | M40 | W. Cheshire |  | 49s |
| 17 | D Lemon |  | Deeside | 35m | 07s |
| 18 | G Norgrove | M45 | Tri Club |  | 09s |
| 19 | A Edwards |  | Deestriders |  | 10s |
| 20 | A Bromley |  | Deeside |  | 11s |
| 21 | A Lanz | U20 | Meirionnydd |  | 19s |
| 22 | W Sheridan | U20 | Deeside |  | 23s |
| 23 | D Parker |  | Meirionnydd |  | 24s |
| 24 | R Hughes |  | Telford |  | 25s |
| 25 | G Griffin |  | Meirionnydd |  | 28s |
| 26 | I Lowe | M40 | Oswestry |  | 35s |
| 27 | M Walsh |  | Deeside |  | 39s |
| 28 | D Kirby | M50 | Shrewsbury |  | 45s |
| 29 | J Ford | M40 | N.W.R.R.C. | 36m | 15s |
| 30 | M Rose |  | Buckley |  | 18s |
| 31 | M Blackwell |  | Deeside |  | 32s |
| 32 | S Eardley | M40 | C. Bay |  | 24s |
| 33 | G Blackwell | M45 | Deeside |  | 32s |
| 34 | D Longley |  | Prestatyn |  | 40s |
| 35 | T Harding | U20 | C. Bay |  | 44s |
| 36 | J Griffith | U20 | C. Bay |  | 56s |
| 37 | A Campbell |  | Tri Club | 37m | 00s |
| 38 | R Jones | M50 | Shrewsbury |  | 03s |
| 39 | S Garmson |  | Telford |  | 05s |
| 40 | A Williams | M40 | Eryri |  | 05s |
| 41 | S Anetts | U20 | Bangor U |  | 05s |
| 42 | E Davies | M45 | Buckley | 37m | 11s |
| 43 | J Garmson | M50 | Telford |  | 13s |
| 44 | A Clague | M45 | W. Cheshire |  | 14s |
| 45 | M Ward | M40 | Eryri |  | 29s |
| 46 | S Turk | M45 | Shrewsbury |  | 40s |
| 47 | N Thomas | M40 | Telford |  | 48s |
| 48 | G Jones | M55 | Shrewsbury |  | 52s |
| 49 | S Ellis | M45 | Tattenhall |  | 55s |
| 50 | M Davies |  | N.W.R.R.C. |  | 59s |
| 51 | A Lewis | M55 | Eryri | 38m | 02s |
| 52 | D Tatton |  | Telford |  | 09s |
| 53 | S Green |  | Bangor U |  | 13s |
| 54 | S Waters |  | Shrewsbury |  | 15s |
| 55 | I Rowlands | M45 | Cybi |  | 29s |
| 56 | G Porter-Jones | M45 | Eryri |  | 31s |
| 57 | Y Belshaw | M50 | Denbigh |  | 47s |
| 58 | M Robbins | M50 | Wrexham |  | 55s |
| 59 | J Fleming |  | Denbigh |  | 57s |
| 60 | R Arden |  | Tattenhall | 39m | 00s |
| 61 | R Lee | M50 | Abergele |  | 25s |
| 62 | A Jones |  | Meirionnydd |  | 31s |
| 63 | R Armstrong |  | Abergele |  | 41s |
| 64 | N Jones |  | C. Bay |  | 53s |
| 65 | G Nicholls | M40 | Prestatyn | 40m | 00s |
| 66 | R Godwin | M45 | C. Bay |  | 07s |
| 67 | G Owens | M65 | Prestatyn |  | 11s |
| 68 | M Whitehead | U20 | Denbigh |  | 18s |
| 69 | M Mayers | M40 | Abergele |  | 23s |
| 70 | J Gifford | M45 | Buckley |  | 26s |
| 71 | N Owen | M50 | Prestatyn |  | 28s |
| 72 | C Edgington | M55 | Meirionnydd |  | 30s |
| \*73 | R Halliwell | U17 | Deeside |  | 32s |
| 74 | M Cortvriend | M60 | Denbigh |  | 34s |
| 75 | D Taylor |  | Bangor U |  | 42s |
| 76 | D Baugh | M50 | Denbigh |  | 45s |
| 77 | P Davies |  | Bangor U |  | 55s |
| 78 | M Smith | M40 | Tattenhall | 41m | 03s |
| 79 | S Roberts | M55 | Oswestry |  | 06s |
| 80 | D Baker | M45 | Denbigh |  | 13s |
| 81 | H Jones | M50 | Shrewsbury |  | 30s |
| 82 | P Carter |  | Bangor U |  | 32s |
| 83 | M Williams | M45 | Deestriders |  | 35s |
| 84 | A Tomlinson |  | C. Bay |  | 42s |
| 85 | K Slattery | M55 | N.W.R.R.C. |  | 44s |
| 86 | R Chambers |  | Tattenhall |  | 45s |
| 87 | M Williams | M55 | Cybi |  | 46s |
| 88 | I Bayliss | M50 | Buckley |  | 58s |
| 89 | E Hughes |  | Meirionnydd | 42m | 03s |
| 90 | M Austin |  | Buckley |  | 03s |
| 91 | A Jones | M40 | N.W.R.R.C. |  | 12s |
| 92 | L Coathup | M60 | Buckley | 42m | 19s |
| 93 | J Challinor | M50 | Deeside |  | 44s |
| 94 | M Bicknell |  | C. Bay |  | 52s |
| 95 | T Charmley | M45 | Tattenhall |  | 55s |
| 96 | M Witty | M45 | Deestriders |  | 58s |
| 97 | M Bastow | M45 | Oswestry | 43m | 03s |
| 98 | M Mason |  | Bangor U |  | 12s |
| 99 | P Brown | M45 | Oswestry |  | 14s |
| 100 | K Rowlands | M55 | Eryri |  | 17s |
| 101 | G Wiliams |  | Cybi |  | 23s |
| 102 | A Yates | M50 | Telford |  | 31s |
| 103 | I Taylor | M45 | N.W.R.R.C. |  | 38s |
| 104 | A Parsonage |  | Bangor U |  | 44s |
| 105 | V Edwards | M55 | Deestriders |  | 44s |
| 106 | M Jones | M40 | C. Bay |  | 44s |
| 107 | K Williams |  | Oswestry |  | 51s |
| 108 | I Mulligan | M45 | C. Bay |  | 57s |
| 109 | T Benton | M50 | Denbigh | 44m | 06s |
| 110 | S Gavin | M40 | N.W.R.R.C. |  | 08s |
| 111 | A W Jones | M50 | Prestatyn |  | 20s |
| 112 | R Cheetham | M45 | Prestatyn |  | 26s |
| 113 | P Brandrick | M55 | Prestatyn |  | 47s |
| 114 | J Williams | M55 | Eryri |  | 53s |
| 115 | J G Evans | M65 | Aberystwyth |  | 56s |
| 116 | E Edwards | M55 | Eryri | 45m | 03s |
| 117 | R Scamans | M40 | N.W.R.R.C. |  | 09s |
| 118 | C Baldwin | M55 | Denbigh |  | 13s |
| 119 | D Hough | M60 | W.Cheshire |  | 15s |
| 120 | M Wright | M45 | Clwydian |  | 18s |
| 121 | D Jones | M50 | Denbigh |  | 29s |
| 122 | G White | M40 | Prestatyn |  | 50s |
| 123 | P English | M55 | Denbigh |  | 57s |
| 124 | R Eaton | M45 | Tattenhall | 46m | 06s |
| 125 | G Williams | M50 | Cybi |  | 19s |
| 126 | S Thomas-Spiers | M45 | Wrexham |  | 26s |
| 127 | P Mitchell | M45 | Tri Club |  | 32s |
| 128 | V Downall | M55 | Abergele |  | 35s |
| 129 | A Howe |  | Abergele |  | 39s |
| 130 | N Tatton |  | Telford |  | 47s |
| 131 | D Owen | M60 | Shrewsbury | 47m | 23s |
| 132 | S Jolly |  | Deeside |  | 25s |
| 133 | A Davies | M55 | N.W.R.R.C. |  | 28s |
| 134 | F Jones | M55 | Denbigh |  | 36s |
| 135 | J Morris | M65 | Buckley |  | 57s |
| 136 | D Wilde | M50 | Bridgnorth | 48m | 04s |
| 137 | C Williams | M50 | C. Bay |  | 10s |
| 138 | A Egan | M65 | Wrexham |  | 21s |
| 139 | D Edwards | M55 | Abergele | 50m | 50s |
| 140 | S Gleave | M40 | Prestatyn | 51m | 16s |
| 141 | M Norris | M50 | Deestriders |  | 49s |
| 142 | J Rainbow |  | Whitchurch | 51m | 57s |
| 143 | A Rowlands | M55 | Cybi |  | 59s |
| 144 | K Robbins | M60 | Whitchurch | 52m | 39s |
| 145 | J Whitehead | M40 | Denbigh | 53m | 00s |
| 146 | D Kirkby | M45 | Eryri |  | 06s |
| 147 | D Owen | M60 | Prestatyn |  | 59s |
| 148 | S Bailey | M55 | Deestriders | 54m | 35s |
| 149 | A Jones | M55 | Cybi | 56m | 27s |
| 150 | R Mackey | M65 | Buckley | 57m | 16s |
| 151 | D Jones |  | Cybi | 59m | 04s |
| 152 | A Hodgkiss | M65 | Telford | 64m | 00s |

\*PLEASE remember that Under 17 men should not run in the senior race

TEAMS

DIVISION ONE

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Deeside AAC | 126 | Pts | (254 | Pts) |
| 2 | Eryri Harriers | 144 | Pts | (252 | Pts) |
| 3 | Telford AAC | 213 | Pts | (471 | Pts) |
| 4 | Meirionnydd RC | 214 | Pts | (583 | Pts) |
| 5 | Shrewsbury AAC | 295 | Pts | (538 | Pts) |
| 6 | Oswestry Olympians AAC | 411 | Pts | (883 | Pts) |
| 7 | Tattenhall Runners | 492 | Pts | (765 | Pts) |
| 8 | Wrexham AAC | 778 | Pts | (1510 | Pts) |

DIVISION TWO

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Bangor University AAC | 87 | Pts | (256 | Pts) |
| 2 | Colwyn Bay AAC | 317 | Pts | (612 | Pts) |
| 3 | Buckley RC | 334 | Pts | (677 | Pts) |
| 4 | Denbigh Harriers | 414 | Pts | (784 | Pts) |
| 5 | Prestatyn RC | 460 | Pts | (915 | Pts0 |
| 6 | North Wales Road Runners Club | 468 | Pts | (1368 | Pts) |
| 7 | Abergele Harriers | 589 | Pts | (1122  | Pts) |
| 8 | Deestriders AAC | 592 | Pts | (1474 | Pts) |
| 9 | Cybi Striders | 660 | Pts | (1153 | Pts) |
| 10 | West Cheshire AAC | 702 | Pts | (1312 | Pts) |
| 11 | Wrecsam Tri Club | 707 | Pts | (1448 | Pts) |
| 12 | Menai T + F | 890 | Pts | (1463 | Pts) |
| 13 | Whitchurch Whippets | 986 | Pts | (1642 | Pts) |
| 14 | Aberystwyth AAC | 990 | Pts | (1842 | Pts) |
| 15 | Clwydian Range Runners | 995 | Pts | (1854 | Pts) |
| 16 | Bridgnorth AAC | 1011 | Pts | (1859 | Pts) |

MALE MASTERS TEAMS

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Shrewsbury AAC | 35 | Pts | (89 | Pts) |
| 2 | Buckley RC | 46 | Pts | (82  | Pts) |
| 3 | Eryri Harriers | 49 | Pts | (77 | Pts) |
| 4 | Deeside AAC | 57 | Pts |  |  |
| 5 | Telford AAC | 84 | Pts | (181 | Pts) |
| 6 | West Cheshire AAC | 86 | Pts |  |  |
| 7 | Prestatyn RC | 88 | Pts | (156 | Pts) |
| 8 | Oswestry Olympians AAC | 92 | Pts |  |  |
| 9 | Colwyn Bay AAC | 92 | Pts | (181  | Pts) |
| 10 | Denbigh Harriers | 93 | Pts | (202  | Pts) |
| 11 | North Wales Road Runners Club | 93 | Pts |  |  |
| 12 | Tattenhall Runners | 103 | Pts | (164 | Pts) |
| 13 | Abergele Harriers | 132 | Pts | (254 | Pts) |
| 14 | Cybi Striders | 137 | Pts | (250 | Pts) |
| 15 | Deestriders AAC | 142  | Pts |  |  |
| 16 | Wrexham AAC | 182 | Pts | (342 | Pts) |

MALE OVER 70

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | E Davies | M70 | Eryri | 21m | 41s |
| 2 | D Williams | M70 | Eryri | 24m | 29s |
| 3 | D Hughes | M75 | Prestatyn | 25m | 14s |
| 4 | J J Thomas | M70 | Buckley | 26m | 15s |
| 5 | P Jones | M70 | Prestatyn |  | 46s |
| 6 | M H Edwards | M70 | Wrexham | 27m | 25s |
| 7 | P Norman | M75 | Wrexham | 29m  | 52s |
| 8 | R Walters | M70 | Bridgnorth | 32m | 43s |

 UNDER 17 MEN

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | I Hughes | Telford | 16m | 13s |
| 2 | B Paxton | Wrexham | 17m | 18 |
| 3 | T Henry | Deeside |  | 39s |
| 4 | A Williams | Wrexham |  | 40s |
| 5 | J Parry | C. Bay | 19m | 24s |
| 6 | D Cunningham | C. Bay | 21m | 23s |
| 7 | B Harrison | Prestatyn | 22m | 30s |

SENIOR LADIES

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | A Lavender |  | Oswestry | 17m | 06s |
| 2 | G Garner | U20 | C. Bay |  | 29s |
| 3 | S Caskey |  | Bangor U | 18m | 21s |
| 4 | I Redfern | W40 | C. Bay |  | 27s |
| 5 | D Williams |  | Menai |  | 29s |
| 6 | L Sharp | U20 | Eryri |  | 31s |
| 7 | L Davis | U17 | Deeside | 18m | 39s |
| 8 | A Rowlands | W35 | Eryri | 19m | 03s |
| 9 | B Taylor | U20 | Bangor U |  | 06s |
| 10 | L Wright | W45 | Wrexham |  | 12s |
| 11 | M Davies | U17 | Menai |  | 20s |
| 12 | C Jones | W35 | Oswestry | 20m | 09s |
| 13 | H MacArthur | W45 | C. Bay |  | 32s |
| 14 | R Pierce |  | Denbigh |  | 46s |
| 15 | L Morley | W40 | Wrexham |  | 48s |
| 16 | A Robinson |  | Tattenhall |  | 56s |
| 17 | S Mackness |  | Telford | 21m | 00s |
| 18 | A Backshall | U17 | C. Bay |  | 11s |
| 19 | M Owen |  | Cybi |  | 12s |
| 20 | J Moore | W40 | Eryri |  | 30s |
| 21 | M Hughes | W35 | Eryri |  | 32s |
| 22 | E New | U17 | C. Bay |  | 33s |
| 23 | E Collins | W50 | Denbigh |  | 38s |
| 24 | A Tickner | W45 | Oswestry |  | 48s |
| 25 | L H Jones | W45 | Wrexham |  | 50s |
| 26 | D Urquhart | W40 | Buckley |  | 53s |
| 27 | Y Hill | W50 | Oswestry | 22m | 28s |
| 28 | S Rowlands | W45 | Eryri |  | 33s |
| 29 | E Salisbury | W50 | Eryri |  | 34s |
| 30 | P Hughes | U17 | Oswestry |  | 37s |
| 31 | B Tiedtke | W50 | Prestatyn |  | 59s |
| 32 | S Tatton | U20 | Telford | 23m | 07s |
| 33 | A Curren | W35 | Tattenhall |  | 21s |
| 34 | V Ronald | W45 | C. Bay |  | 29s |
| 35 | K Norgrove | W45 | Tri Club |  | 31s |
| 36 | G Waring | W55 | Prestatyn |  | 32s |
| 37 | J Penrhyn-Jones | W50 | Prestatyn |  | 33s |
| 38 | R Moorcroft | U17 | C. Bay |  | 34s |
| 39 | H Turner |  | Eryri |  | 35s |
| 40 | S Ellis |  | Cybi |  | 36s |
| 41 | C Birch | W65 | Abergele |  | 37s |
| 42 | L Griffith | W40 | C. Bay |  | 43s |
| 43 | A Whitelaw | W55 | Wrexham |  | 45s |
| 44 | S Claton | W45 | Telford |  | 49s |
| 45 | A Cheetham | U20 | Prestatyn |  | 58s |
| 46 | A Rose | U20 | Bangor U | 24m | 00s |
| 47 | A Williams | W40 | Buckley |  | 02s |
| 48 | H Blair | W45 | Eryri |  | 16s |
| 49 | S Greaves | W55 | Oswestry |  | 20s |
| 50 | K Hatton | W50 | N.W.R.R.C. |  | 21s |
| 51 | L Bond |  | Wrexham |  | 23s |
| 52 | N Othen |  | Eryri |  | 24s |
| 53 | B Ward | W60 | Oswestry |  | 25s |
| 54 | L Curtis | W35 | Abergele |  | 38s |
| 55 | J Lewis | W40 | Prestatyn |  | 43s |
| 56 | J Benson | U17 | Deeside | 25m | 05s |
| 57 | H Ashworth |  | Prestatyn | 25m | 07s |
| 58 | M Jeal | W50 | Denbigh |  | 08s |
| 59 | M Docking | W60 | Wrexham |  | 24s |
| 60 | C Gates | W45 | Wrexham |  | 38s |
| 61 | A Donnelly | W45 | Eryri |  | 50s |
| 62 | E Goddard | W40 | Prestatyn | 26m | 02s |
| 63 | C Gadsby |  | Prestayn |  | 08s |
| 64 | L Park | W40 | Oswestry |  | 18s |
| 65 | K Wilson |  | Denbigh |  | 28s |
| 66 | R Roberts |  | Menai |  | 56s |
| 67 | M Oliver | W65 | Eryri | 27m | 04s |
| 68 | M Evans | W45 | B. Dysynni |  | 05s |
| 69 | V Edwards | W55 | Menai |  | 10s |
| 70 | E Jones | W40 | Prestatyn |  | 14s |
| 71 | J Chambers | W35 | Tattenhall |  | 30s |
| 72 | C Parry | W40 | Denbigh |  | 42s |
| 73 | G Csizmadia | W50 | Wrexham | 28m | 15s |
| 74 | D Plamperova |  | Abergele |  | 17s |
| 75 | S McIndoe | W40 | Deestriders |  | 22s |
| 76 | L Martin | W35 | Prestatyn |  | 25s |
| 77 | J Logan | W40 | Prestatyn |  | 29s |
| 78 | E Dawson-Davies | W40 | N.W.R.R.C. |  | 51s |
| 79 | C Jones | W45 | Prestatyn | 29m | 37s |
| 80 | B Goodson | W40 | Deestriders | 30m | 05s |
| 81 | A Byrne | W55 | Shrewsbury | 31m | 37s |
| 82 | Y Marconi-Nolan | W60 | B. Dysynni |  | 44s |
| 83 | S Williams | W45 | Cybi | 32m | 19s |
| 84 | S Richards | W60 | Shrewsbury |  | 33s |
| 85 | R Morrell | W55 | Denbigh |  | 46s |
| 86 | M Griffiths | W65 | B.Dysynni |  | 48s |

TEAMS

DIVISION ONE

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Colwyn Bay AAC | 37 | Pts | (99 | Pts) |
| 2 | Eryri Harriers | 55 | Pts | (118 | Pts) |
| 3 | Oswestry Olympians AAC | 64 | Pts | (183 | Pts) |
| 4 | Wrexham AAC | 93 | Pts | (178 | Pts) |
| 5 | Denbigh Harriers | 160 | Pts | (383 | Pts) |
| 6 | Telford AAC | 193 | Pts | (233 | Pts) |
| 7 | Buckley RC  | 273 | Pts | (409 | Pts) |

DIVISION TWO

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Bangor University AAC | 58 | Pts | (129 | Pts) |
| 2 | Menai T+F | 82 | Pts | (153 | Pts) |
| 3 | Prestatyn RC | 104 | Pts | (193 | Pts) |
| 4 | Tattenhall Runners | 120 | Pts | (260 | Pts) |
| 5 | Cybi Striders | 142 | Pts | (368 | Pts) |
| 6 | Deeside AAC | 163 | Pts | (368 | Pts) |
| 7 | Abergele Harriers | 169 | Pts | (305 | Pts) |
| 8 | North Wales Road Runners Club | 228 | Pts | (528 | Pts) |
| 9 | Wrecsam Tri Club | 235 | Pts | (375 | Pts) |
| 10 | Bro Dysynni AAC | 236 | Pts | (443 | Pts) |
| 11 | Deestriders AAC | 255 | Pts | (510 | Pts) |
| 12 | Shrewsbury AAC | 265 | Pts | (521 | Pts) |

WOMEN MASTERS TEAMS

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Eryri Harriers | 17 | Pts | (44 | Pts) |
| 2 | Wrexham AAC | 20 | Pts | (42 | Pts) |
| 3 | Colwyn Bay AAC | 24 | Pts | (114  | Pts) |
| 4 | Oswestry Olympians AAC | 27 | Pts | (83 | Pts) |
| 5 | Prestatyn RC | 57 | Pts | (120 | Pts) |
| 6 | Denbigh Harriers | 86 | Pts | (177 | Pts) |
| 7 | Bro Dysynni AAC | 150 | Pts | (289 | Pts) |

Our thanks to Russell Godwin and his team at Colwyn Bay AAC for their welcome and making it an enjoyable and successful afternoon.

PLEASE remember that the third meeting on Saturday November 23rd, 2013 will be held at Ysgol Morgan Llwyd which is on Cefn Road, Wrexham, LL13 9NG. If you want directions ring me on 01978 820612 and I will help.

We are pleased that Cybi Striders, Deestriders AAC and N.W.R.R.C. have joined us this season – it is always a good sign to have new clubs taking part.