**GRAND PRIX EXPRESS**

**NORTH WALES CROSS COUNTRY LEAGUE**

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

**At Mold Alun School Saturday, November 28th 2015**

**SENIOR MEN**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | R Samuel |  | Eryri | 29m | 39s |
| 2 | C Rowlinson |  | Bangor U | 31m | 08s |
| 3 | O Blake |  | Oswestry |  | 18s |
| 4 | R Roberts |  | Eryri |  | 38s |
| 5 | P Jones | M45 | Oswestry |  | 45s |
| 6 | G Williams |  | Deestriders | 32m | 01s |
| 7 | L Renton |  | Bangor U |  | 11s |
| 8 | C Morris |  | Shrewsbury |  | 47s |
| 9 | T Roberts |  | Meirionnydd |  | 57s |
| 10 | S Cole |  | Gog |  | 58s |
| 11 | J Hudak |  | Bangor U | 33m | 12s |
| 12 | P Butler |  | Oswestry |  | 20s |
| 13 | M Blackwell | U20 | Deeside |  | 22s |
| 14 | I Houston | M45 | Tri Club |  | 29s |
| 15 | A Roberts |  | Shrewsbury |  | 30s |
| 16 | D Owen |  | Eryri |  | 35s |
| 17 | R Nash |  | Telford |  | 40s |
| 18 | S Annets |  | Bangor U |  | 46s |
| 19 | J Hickinbottom |  | Shrewsbury |  | 47s |
| 20 | L Butler |  | Shrewsbury |  | 49s |
| 21 | J Brown | M40 | Buckley |  | 54s |
| 22 | L Jones | M40 | Deeside |  | 58s |
| 23 | A McNay | M40 | Tattenhall | 34m | 04s |
| 24 | I Lowe | M40 | Oswestry |  | 44s |
| 25 | T Gears |  | Oswestry |  | 45s |
| 26 | M Fortes |  | Eryri |  | 53s |
| 27 | S Roberts | M45 | Buckley |  | 58s |
| 28 | G Hughes | M45 | Gog | 35m | 02s |
| 29 | S Sussex | U20 | Wrexham |  | 11s |
| 30 | S Eardley | M40 | C Bay |  | 20s |
| 31 | G Jones | M55 | Shrewsbury |  | 20s |
| 32 | P Taylor | M40 | Tattenhall |  | 26s |
| 33 | K Francis | M45 | Shrewsbury |  | 28s |
| 34 | A Williams | M45 | Eryri |  | 29s |
| 35 | S Barkley | M40 | Oswestry |  | 32s |
| 36 | M Hall |  | Shrewsbury |  | 34s |
| 37 | O Eady |  | Bangor U |  | 41s |
| 38 | T Tansley | M40 | Oswestry |  | 42s |
| 39 | T Roo |  | Shrewsbury |  | 46s |
| 40 | R Arden |  | Tattenhall |  | 50s |
| 41 | E Campbell | M50 | Buckley |  | 55s |
| 42 | S Green |  | Eryri | 36m | 02s |
| 43 | I Rowlands | M45 | Cybi |  | 05s |
| 44 | S P Jones | M60 | Eryri |  | 15s |
| 45 | S Ellis | M50 | Tattenhall |  | 20s |
| 46 | A Bromley |  | Deeside |  | 21s |
| 47 | R Jones | M50 | Shrewsbury |  | 24s |
| 48 | J Randell | M50 | Meirionnydd |  | 25s |
| 49 | P Stinton | M40 | Buckley |  | 27s |
| 50 | A Yapp | M50 | Shrewsbury |  | 34s |
| 51 | E Davies | M45 | Buckley |  | 35s |
| 52 | M Robbins | M50 | Wrexham |  | 37s |
| 53 | R Sharam | M40 | Whitchurch |  | 40s |
| 54 | S Edwards | M40 | Buckley |  | 44s |
| 55 | H Owen |  | Eryri |  | 47s |
| 56 | M Mason |  | Bangor U |  | 49s |
| 57 | S Waters |  | Shrewsbury |  | 52s |
| 58 | G Nicholls | M45 | Prestatyn | 37m | 03s |
| 59 | R Godwin | M45 | C Bay |  | 06s |
| 60 | A Dean | M40 | Shrewsbury |  | 11s |
| 61 | G Blackwell | M45 | Deeside |  | 18s |
| 62 | B Rothera | M45 | Oswestry |  | 22s |
| 63 | K Smith | M55 | Whitchurch |  | 26s |
| 64 | R Mahoney |  | Buckley |  | 30s |
| 65 |  |  |  |  | 43s |
| 66 | V Belshaw | M55 | Denbigh |  | 44s |
| 67 | P Savill | M60 | Shrewsbury | 38m | 12s |
| 68 | S Duckett | M40 | Tattenhall |  | 15s |
| 69 | R Francis | M40 | Meirionnydd |  | 30s |
| 70 | R Collins | M45 | Oswestry |  | 32s |
| 71 | S Stocker | M40 | Prestatyn |  | 35s |
| 72 | J Roberts |  | C Bay |  | 48s |
| 73 | N Jones |  | C Bay |  | 56s |
| 74 | I Mulligan | M45 | C Bay |  | 59s |
| 75 | C Middleton |  | Shrewsbury | 39m | 00s |
| 76 | O Conry | M45 | Denbigh |  | 01s |
| 77 | I Evans |  | N.W.R.R.C. |  | 10s |
| 78 | T Jones | M50 | B Dysynni |  | 13s |
| 79 | M Austin | M40 | Buckley |  | 14s |
| 80 | S Roberts | M60 | Oswestry |  | 14s |
| 81 | A Jones | M40 | Gog |  | 16s |
| 82 | J Salt |  | Abergele |  | 17s |
| 83 | A Lewis | M55 | Eryri |  | 17s |
| 84 | D Griffith | M40 | Gog |  | 24s |
| 85 | M Jones | M45 | Buckley |  | 31s |
| 86 | R Armstrong |  | Abergele |  | 34s |
| 87 | M Jones | M45 | C Bay |  | 38s |
| 88 | D Walsh |  | Oswestry |  | 49s |
| 89 | M Toraldo |  | Denbigh |  | 52s |
| 90 | E Evans | M45 | Gog | 40m | 12s |
| 91 | S Lyall |  | Gog |  | 18s |
| 92 | A Yates | M50 | Meirionnydd | 40m | 18s |
| 93 | A Ryder | U20 | Prestatyn |  | 20s |
| 94 | G Clarke |  | Oswestry |  | 27s |
| 95 | N Holmes | M55 | Tattenhall |  | 35s |
| 96 | S Phillips | M45 | Whitchurch |  | 38s |
| 97 | P Hodges | M45 | Eryri |  | 48s |
| 98 | P Sanders |  | Gog |  | 59s |
| 99 | T Cahill | M50 | Abergele | 41m | 09s |
| 100 | T Benton | M50 | Denbigh |  | 16s |
| 101 | C Berrington |  | Gog |  | 22s |
| 102 | S McCormack | M50 | Abergele |  | 23s |
| 103 | I Taylor | M45 | C Bay |  | 23s |
| 104 | B Harrison | U20 | Prestatyn |  | 23s |
| 105 | I Hopkins | M45 | Telford |  | 24s |
| 106 | M Witty | M45 | Deestriders |  | 30s |
| 107 | S Blain |  | Gog |  | 35s |
| 108 | J Griffith | U20 | Gog |  | 37s |
| 109 | G Nixon | M60 | Prestatyn |  | 39s |
| 110 | C Edgington | M55 | Meironnydd |  | 44s |
| 111 | D Jones | M55 | Denbigh |  | 45s |
| 112 | C Eldred | M50 | Tattenhall |  | 50s |
| 113 | H Lewis | M55 | Buckley |  | 53s |
| 114 | I Bayliss | M50 | Buckley |  | 56s |
| 115 | A Hughes | M45 | Meurionnydd |  | 57s |
| 116 | C Wakeman | M55 | Shrewsbury | 42m | 01s |
| 117 | C Williams | M55 | C Bay |  | 02s |
| 118 | N Bradley | M60 | Meirionnydd |  | 03s |
| 119 | D Schraibman | M40 | Denbigh |  | 10s |
| 120 | P Hooson | M50 | Gog |  | 12s |
| 121 | M Williams | M40 | Tri Club |  | 14s |
| 122 | M Mules |  | Bangor U |  | 20s |
| 123 | P Sussex |  | Wrexham |  | 21s |
| 124 | J Hancock | M60 | Oswestry |  | 28s |
| 125 | D Davies |  | Denbigh |  | 29s |
| 126 | K Williams |  | Buckley |  | 38s |
| 127 | S McCormack |  | Abergele |  | 42s |
| 128 | N Holmes | M55 | Cybi |  | 46s |
| 129 | C Baldwin | M60 | Denbigh |  | 50s |
| 130 | G Bailey |  | Prestatyn |  | 52s |
| 131 | R Davies | M45 | Oswestry | 43m | 00s |
| 132 | M Smith |  | Prestatyn |  | 08s |
| 133 | P English | M60 | Denbigh |  | 10s |
| 134 | S Price-Jones |  | N.W.R.R.C. |  | 27s |
| 135 | K Challinor | M50 | Deeside |  | 34s |
| 136 | T Charmley | M45 | Tattenhall |  | 42s |
| 137 | A White | M65 | Oswestry |  | 53s |
| 138 | L Coathup | M60 | Buckley | 44m | 06s |
| 139 | P Butler | M60 | Shrewsbury |  | 06s |
| 140 | P Rooney | M50 | Deestriders |  | 23s |
| 141 | S Li Jones | M60 | Eryri |  | 37s |
| 142 | S Bellis | M60 | Buckley | 44m | 56s |
| 143 | I Jones | M65 | Tri Club | 45m | 12s |
| 144 | D Fincham | M55 | Telford |  | 15s |
| 145 | S Oliver | M40 | Shrewsbury |  | 26s |
| 146 | N Williams | M65 | Wrexham |  | 36s |
| 147 | D Wootton | M50 | Buckley |  | 38s |
| 148 | M Whiteside | M65 | Tattenhall | 46m | 02s |
| 149 | W Roberts | M40 | Prestatyn |  | 09s |
| 150 | N Alford | M55 | Bridgnorth |  | 19s |
| 151 | A Tomlinson |  | Gog | 47m | 17s |
| 152 | D Edwards | M55 | Abergele |  | 50s |
| 153 | J Whitehead | M40 | Denbigh | 48m | 00s |
| 154 | P Walker | M65 | Wrexham |  | 04s |
| 155 | C Hunt | M60 | Tri Club |  | 05s |
| 156 | M Jones | M50 | Gog |  | 06s |
| 157 | R Cheetham | M50 | Prestatyn |  | 10s |
| 158 | A Rowlands | M55 | Cybi |  | 24s |
| 159 | S Hatfield | M65 | Prestatyn | 49m | 24s |
| 160 | J Rainbow | M40 | Whitchurch |  | 53s |
| 161 | M Jones | M40 | Denbigh | 50m | 08s |
| 162 | S Jones | M55 | N.W.R.R.C. | 51m | 35s |
| 163 | S Goldstack |  | Gog | 52m | 00s |
| 164 | D Owen | M65 | Prestatyn |  | 13s |
| 165 | R Pickett | M55 | Oswestry | 54m | 23s |
| 166 | M Norris | M50 | Deestriders |  | 49s |
| 167 | K Martin | M45 | Prestatyn | 55m | 14s |

**TEAMS**

**DIVISION ONE**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Oswestry Olympians AAC | 104 | Pts | (577 | Pts) |
| 2 | Eryri Harriers | 123 | Pts | (514 | Pts) |
| 3 | Shrewsbury AAC | 126 | Pts | (406 | Pts) |
| 4 | Bangor University AAC | 131 | Pts | (579 | Pts) |
| 5 | Buckley RC | 243 | Pts | (778 | Pts) |
| 6 | Tattenhall Runners | 303 | Pts | (1727 | Pts) |
| 7 | Meirionnydd RC | 443 | Pts | (1245 | Pts) |
| 8 | Deeside AAC | 452 | Pts | (1282 | Pts) |

**DIVISION TWO**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Gog Tri Club | 384 | Pts | (1303 | Pts) |
| 2 | Colwyn Bay AAC | 395 | Pts | (1217 | Pts) |
| 3 | Denbigh Harriers | 561 | Pts | (1595 | Pts) |
| 4 | Prestatyn RC | 565 | Pts | (1377 | Pts) |
| 5 | Abergele Harriers | 648 | Pts | (2027 | Pts) |
| 6 | Wrexham AAC | 679 | Pts | (1653 | Pts) |
| 7 | Whitchurch Whippets | 722 | Pts | (1838 | Pts) |
| 8 | Deestriders AAC | 768 | Pts | (2493 | Pts) |
| 9 | Wrecsam Tri Club | 783 | Pts | (2312 | Pts) |
| 10 | Telford AAC | 791 | Pts | (1624 | Pts) |
| 11 | Cybi Striders | 854 | Pts | (1824 | Pts) |
| 12 | North Wales R.R. Club | 898 | Pts | (2028 | Pts) |
| 13 | Bro Dysynni AAC | 953 | Pts | (2903 | Pts) |
| 14 | Bridgnorth AAC | 1025 | Pts | (2920 | Pts) |

**MALE MASTERS TEAMS**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Oswestry Olympians AAC | 21 | Pts | (119 | Pts) |
| 2 | Buckley RC | 26 | Pts | (72 | Pts) |
| 3 | Tattenhall Runners | 35 | Pts |  |  |
| 4 | Shrewsbury AAC | 44 | Pts | (126 | Pts) |
| 5 | Colwyn Bay AAC | 75 | Pts | (246 | Pts) |
| 6 | Eryri Harriers | 75 | Pts | (263 | Pts) |
| 7 | Gog Tri Club | 96 | Pts | (310 | Pts) |
| 8 | Meirionnydd RC | 104 | Pts | (314 | Pts) |
| 9 | Whitchurch Whippets | 108 | Pts | (400 | Pts) |
| 10 | Deeside AAC | 112 | Pts |  |  |
| 11 | Prestatyn RC | 123 | Pts | (411 | Pts) |
| 12 | Denbigh Harriers | 126 | Pts | (322 | Pts) |
| 13 | Wrecsam Tri Club | 159 | Pts |  |  |
| 14 | Abergele Harriers | 181 | Pts |  |  |
| 15 | Cybi Striders | 191 | Pts | (497 | Pts) |
| 16 | Wrexham AAC | 209 | Pts | (539 | Pts) |
| 17 | Deestriders AAC | 248 | Pts |  |  |

**MALE OVER 70**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | D Williams | M70 | Eryri | 31m | 36s |
| 2 | A Egan | M70 | Wrexham | 32m | 24s |
| 3 | R Harrison-Jones | M75 | Prestatyn | 35m | 48s |
| 4 | D Hughes | M75 | Prestatyn | 36m | 23s |
| 5 | J J Thomas | M70 | Buckley | 40m | 49s |
| 6 | M H Edwards | M70 | Wrexham | 42m | 10s |
| 7 | R Billington | M80 | Wrexham | 45m | 47s |
| 8 | B Forster | M80 | Wrexham | 48m | 52s |
| 9 | J Tipping | M75 | Wrexham | 52m | 43s |

TEAMS

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | Wrexham AAC | 15 | Pts |

**UNDER 17 MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | C Smith | Wrexham | 21m | 59s |
| 2 | M Pleavin | Wrexham | 22m | 34s |
| 3 | R Owen | Eryri | 22m | 34s |
| 4 | R Cain | Menai | 23m | 50s |
| 5 | S Holt | C. Bay | 24m | 37s |
| 6 | S Williams | Eryri | 25m | 21s |
| 7 | C Donoghue | Buckley | 29m | 53s |

**SENIOR LADIES**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | A Lavender |  | Oswestry | 23m | 29s |
| 2 | R Roxburgh | W40 | Gog | 26m | 05s |
| 3 | E Roberts | U17 | Menai |  | 35s |
| 4 | R Pierce |  | Denbigh |  | 40s |
| 5 | A Rowlands | W40 | Eryri |  | 49s |
| 6 | B Taylor |  | Eryri |  | 56s |
| 7 | M Owen | U17 | Deeside | 27m | 02s |
| 8 | A McQueen | U17 | Eryri |  | 16s |
| 9 | A Robinson |  | Tattenhall |  | 30s |
| 10 | A Mὕller |  | W. Cheshire |  | 33s |
| 11 | C Jones | W35 | Oswestry |  | 36s |
| 12 | B Law |  | Eryri |  | 52s |
| 13 | G Brown |  | N.W.R.R.C. | 28m | 03s |
| 14 | C Cooke | W45 | Buckley |  | 09s |
| 15 | T Lewis-Jones | W45 | Eryri |  | 14s |
| 16 | H Evans | W35 | Buckley |  | 22s |
| 17 | L Morley | W40 | Wrexham |  | 25s |
| 18 | J Gears | W40 | Oswestry |  | 31s |
| 19 | V Whitehead | W40 | Denbigh |  | 39s |
| 20 | H Blair | W45 | Eryri |  | 41s |
| 21 | A Preece |  | Telford |  | 43s |
| 22 | M Owen |  | Cybi |  | 44s |
| 23 | R Kamink | U17 | C. Bay |  | 44s |
| 24 | E Collins | W50 | Denbigh | 29m | 14s |
| 25 | A Cheetham | U20 | Prestatyn |  | 26s |
| 26 | H MacArthur | W45 | Gog |  | 43s |
| 27 | J Macey |  | Shrewsbury |  | 55s |
| 28 | C Belshaw |  | Denbigh | 30m | 06s |
| 29 | L Dudleston |  | Whitchurch |  | 07s |
| 30 | A Williams | W55 | Eryri |  | 08s |
| 31 | L Beetlestone | W35 | Eryri |  | 18s |
| 32 | C McShane | U20 | Prestatyn |  | 27s |
| 33 | L H Jones | W50 | Wrexham |  | 29s |
| 34 | S Heptonstall | W35 | Buckley |  | 36s |
| 35 | L Williams | W35 | Oswestry |  | 36s |
| 36 | S Rowlands | W45 | Eryri |  | 50s |
| 37 | V Cole | W35 | Gog |  | 52s |
| 38 | K Evans | W40 | Denbigh | 31m | 01s |
| 39 | L Griffith | W45 | Gog |  | 04s |
| 40 | C Birch | W65 | Abergele |  | 25s |
| 41 | M Ludden | W50 | Buckley |  | 28s |
| 42 | Y Hill | W50 | Oswestry | 31m | 29s |
| 43 | E Sandham |  | Gog |  | 30s |
| 44 | E Salisbury | W50 | Eryri |  | 33s |
| 45 | G Waring | W55 | Prestatyn |  | 37s |
| 46 | S Norris |  | Tattenhall |  | 38s |
| 47 | S Hancock | W55 | Oswestry |  | 41s |
| 48 | L Gardner |  | Bangor U |  | 44s |
| 49 | H Berrett | W50 | Buckley |  | 46s |
| 50 | K Baugh |  | Denbigh |  | 47s |
| 51 | F Higgins | W45 | Buckley |  | 51s |
| 52 | A Reid |  | Prestatyn |  | 52s |
| 53 | H Ashworth |  | Prestatyn |  | 52s |
| 54 | V Ronald | W45 | C.Bay |  | 54s |
| 55 | M Robinson | U20 | Bangor U |  | 57s |
| 56 | A Whitelaw | W55 | Wrexham | 32m | 01s |
| 57 | R Foster | W45 | Whitchurch |  | 16s |
| 58 | J Hughes | W40 | Oswestry |  | 32s |
| 59 | J Lindley | W45 | Buckley |  | 35s |
| 60 | C Howell-Williams | U17 | Menai |  | 40s |
| 61 | E Jones |  | Cybi |  | 51s |
| 62 | A Williams | W40 | Buckley | 33m | 44s |
| 63 | M Docking | W65 | Wrexham |  | 53s |
| 64 | S Greaves | W55 | Oswestry |  | 57s |
| 65 | B Ward | W60 | Oswestry | 34m | 09s |
| 66 | J Lewis | W40 | Prestatyn |  | 26s |
| 67 | A Donelly | W45 | Eryri |  | 41s |
| 68 | S Jones | W50 | Cybi |  | 50s |
| 69 | A Brown | W40 | Denbigh | 35m | 00s |
| 70 | S Rodgers | W55 | Prestatyn |  | 07s |
| 71 | J Edwards | W40 | Prestatyn |  | 08s |
| 72 | A Fletcher |  | Eryri |  | 11s |
| 73 | S Penlington | W40 | Prestatyn |  | 13s |
| 74 | A Mountford |  | Buckley |  | 24s |
| 75 | A Powl-Jones | W45 | B. Dysynni |  | 52s |
| 76 | R Jones | W45 | B. Dysynni |  | 52s |
| 77 | L Bartlett-Short |  | Bangor U |  | 59s |
| 78 | L Turner |  | Whitchurch | 36m | 08s |
| 79 | K Mayoh |  | Bangor U |  | 35s |
| 80 | M Oliver | W65 | Eryri |  | 53s |
| 81 | L McElmeel |  | Deestriders | 37m | 15s |
| 82 | E McElmeel |  | Deestriders |  | 15s |
| 83 | K Clarke | W35 | Oswestry |  | 31s |
| 84 | S McIndoe | W45 | Deestriders |  | 43s |
| 85 | L Featherstone |  | Whitchurch |  | 53s |
| 86 | A Reid | W40 | Prestatyn | 38m | 08s |
| 87 | S Ridings | W55 | Buckley |  | 12s |
| 88 | A Garner |  | Buckley |  | 22s |
| 89 | D Holmes | W55 | Cybi |  | 30s |
| 90 | D Wade | W55 | Prestatyn |  | 51s |
| 91 | D Marshall | W35 | Denbigh | 39m | 10s |
| 92 | A Holt | W45 | C. Bay | 39m | 43s |
| 93 | B Jones | W70 | B. Dysynni |  | 50s |
| 94 | J Chambers |  | Tattenhall | 40m | 12s |
| 95 | C Manley | W40 | Prestatyn |  | 19s |
| 96 | S Calvert | W55 | Abergele |  | 55s |
| 97 | Y Marconi-Nolan | W65 | B.Dysynni | 41m | 49s |
| 98 | B Goodson | W40 | Deestriders | 42m | 41s |
| 99 | M Evans | W50 | B. Dysynni | 45m | 01s |
| 100 | M Griffiths | W70 | B. Dyynni | 46m | 15s |
| 101 | A Byrne | W60 | Shrewsbury | 47m | 54s |
| 102 | S Richards | W60 | Shrewsbury | 48m | 13s |

**TEAMS**

**DIVISION ONE**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Eryri Harriers | 31 | Pts | (124 | Pts) |
| 2 | Oswestry Olympians AAC | 65 | Pts | (230 | Pts) |
| 3 | Denbigh Harriers | 75 | Pts | (204 | Pts) |
| 4 | Buckley RC | 105 | Pts | (390 | Pts) |
| 5 | Wrexham AAC | 169 | Pts | (510 | Pts) |
| 6 | Colwyn Bay AAC | 294 | Pts | (721 | Pts) |
| 7 | Menai T+F | 328 | Pts | (645 | Pts) |

**DIVISION TWO**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Gog Tri Club | 65 | Pts | (173 | Pts) |
| 2 | Prestatyn RC | 102 | Pts | (326 | Pts) |
| 3 | Tattenhall Runners | 149 | Pts | (584 | Pts) |
| 4 | Cybi Striders | 151 | Pts | (416 | Pts) |
| 5 | Whitchurch Whippets | 164 | Pts | (610 | Pts) |
| 6 | Bangor University AAC | 180 | Pts | (559 | Pts) |
| 7 | Shrewsbury AAC | 230 | Pts | (781 | Pts) |
| 8 | Bro Dysynni AAC | 244 | Pts | (674 | Pts) |
| 9 | Deestriders AAC | 247 | Pts | (823 | Pts) |
| 10 | Deeside AAC | 257 | Pts | (671 | Pts) |
| 11 | West Cheshire AAC | 260 | Pts | (664 | Pts) |
| 12 | Abergele Harriers | 261 | Pts | (589 | Pts) |
| 13 | North Wales Road RC | 263 | Pts | (680 | Pts) |
| 14 | Telford AAC | 271 | Pts | (871 | Pts) |

**WOMEN MASTERS TEAMS**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Eryri Harriers | 17 | Pts | (54 | Pts) |
| 2 | Buckley RC | 26 | Pts | (120 | Pts) |
| 3 | Oswestry Olympians AAC | 28 | Pts | (89 | Pts) |
| 4 | Gog Tri Club | 32 | Pts | (93 | Pts) |
| 5 | Denbigh Harriers | 40 | Pts | (98 | Pts) |
| 6 | Wrexham AAC | 53 | Pts | (166 | Pts) |
| 7 | Prestatyn RC | 108 | Pts | (285 | Pts) |
| 8 | Bro Dysynni AAC | 155 | Pts |  |  |

Our sincere thanks to John Messum, Bernard and Denise Harris, and all their helpers at Deeside AAC for organising a great afternoon at the new course in Mold.

Despite the weather we all enjoyed the winter’s third meeting with our athletes coming in fine numbers and very pleased with the new venue in Mold.

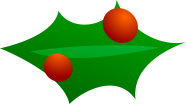
My thanks to the timekeeper and his recorder, plus all the clubs, for providing me with tidy pieces of paper which made my job of writing the results very easy.

PLEASE will the person who finished 65th in the senior men’s race let me know who he is so I can include him in my results – thank you.

The fourth meeting will be hosted by Shrewsbury AAC at another new venue – Walford College in Baschurch, SY4 2HL, on Saturday January 16th, 2016.

***Nadolig Llawen a Blwyddyn Newydd Dda***

***Merry Christmas and a Happy New Year***

******