# GRAND PRIX EXPRESS

**GRAND PRIX EXPRESS**

**NORTH WALES CROSS COUNTRY LEAGUE**

(Supported by Welsh Athletics Ltd)

Treborth Track, Bangor Saturday 26th November 2016

**FINAL 30/11/16**

**SENIOR MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Age** | **Club** | **Time** |
| 1 | Rob Samuel | SM | Eryri Harriers | 30-10 |
| 2 | Paul Jones | M45 | Oswestry Olympians | 31-31 |
| 3 | Ryan Roberts | SM | Cybi | 31-56 |
| 4 | Tomos Roberts | SM | Meirionydd RC | 32-33 |
| 5 | Simon Anetts | SM | Bangor University | 32-40 |
| 6 | Stephen Skates | SM | Prestatyn | 32-52 |
| 7 | Lee Jones | M45 | Deeside AC | 33-11 |
| 8 | Jez Brown | M40 | Buckley | 33-14 |
| 9 | Simon Cole | SM | GOG Tri Club | 33-17 |
| 10 | Michael Corrales | SM | NWRRC | 33-20 |
| 11 | Martin Green | M40 | NWRRC | 33-22 |
| 12 | Peter Butler | SM | Oswestry Olympians | 33-28 |
| 13 | Dylan Gruffydd | SM | Hebog | 33-33 |
| 14 | Morgan Mitchell | SM | Aberystwyth Uni | 33-39 |
| 15 | Paul Watham | SM | Eryri Harriers | 33-41 |
| 16 | Gabe Morris | SM | Shrewsbury AC | 33-50 |
| 17 | James Hickinbottom | SM | Shrewsbury AC | 33-56 |
| 18 | David Alexander | M45 | West Cheshire AC | 33-58 |
| 19 | Michael Betts | SM | Shrewsbury AC | 34-08 |
| 20 | Jonathan Ryan | SM | Aberystwyth Uni | 34-16 |
| 21 | Luke Butler | SM | Shrewsbury AC | 34-18 |
| 22 | Robert Linsey | SM | Shrewsbury AC | 34-26 |
| 23 | Gruffudd Jenkins | U20M | Aberystwyth Uni | 34-40 |
| 24 | Steve Waters | SM | Shrewsbury AC | 34-45 |
| 25 | Rory Middleton | SM | NWRRC | 35-13 |
| 26 | Matt Fortes | SM | Eryri Harriers | 35-18 |
| 27 | Bill Hughes | U20M | Aberystwyth Uni | 35-17 |
| 28 | Tim Tansley | M40 | Oswestry Olympians | 35-25 |
| 29 | Kevin Francis | M50 | Shrewsbury AC | 35-36 |
| 30 | Paul Jones | M40 | Eryri Harriers | 35-43 |
| 31 | Connor Middleton | SM | Shrewsbury AC | 35-46 |
| 32 | Simon Roberts | M45 | Buckley | 35-50 |
| 33 | Craig Lammas | M40 | Oswestry Olympians | 35-55 |
| 34 | Rhys Owen | SM | Cybi | 36-01 |
| 35 | Malcom Davies | SM | Hebog | 36-03 |
| 36 | Graham Jones | M60 | Shrewsbury AC | 36-07 |
| 37 | Eric Campbell | M50 | Buckley | 36-29 |
| 38 | Ollie Parry | SM | Shrewsbury AC | 36-32 |
| 39 | Lawrence Henry | U20M | Deeside AC | 36-36 |
| 40 | Jordan Stait | U20M | Aberystwyth Uni | 36-39 |
| 41 | Andrew Bromley | SM | Prestatyn | 36-40 |
| 42 | Russell Owen | M55 | Eryri Harriers | 36-46 |
| 43 | Aled Skym | U20M | Aberystwyth Uni | 36-49 |
| 44 | Brian Rothera | M45 | Oswestry Olympians | 36-57 |
| 45 | Daniel Smith | SM | Shrewsbury AC | 37-00 |
| 46 | Eddie Davies | M45 | Buckley | 37-08 |
| 47 | Peter Jones | M40 | Oswestry Olympians | 37-12 |
| 48 | Mike Robbins | M50 | Wrexham AC | 37-18 |
| 49 | Irfon Rowlands | M45 | Cybi | 37-31 |
| 50 | Sean Hickey | M40 | Shrewsbury AC | 37-34 |
| 51 | Ben Rosch | SM | Aberystwyth Uni | 37-39 |
| 52 | Jeremy Randell | M50 | Meirionydd RC | 37-40 |
| 53 | Lee Rudd | M45 | Wrekin Road Runners | 37-42 |
| 54 | Richard Jones | M50 | Shrewsbury AC | 37-44 |
| 55 | Leon Bagnall | U20M | Prestatyn | 37-48 |
| 56 | Tim Gears | M40 | Oswestry Olympians | 37-56 |
| 57 | Steve Eardley | M40 | Colwyn Bay | 38-04 |
| 58 | Emlyn Owen | M40 | Eryri Harriers | 38-07 |
| 59 | Glen Price | M40 | Denbigh Harriers | 38-10 |
| 60 | Geran Hughes | M50 | GOG Tri Club | 38-12 |
| 61 | James Williamson | SM | Prestatyn | 38-21 |
| 62 | Tony Wood | SM | Denbigh Harriers | 38-25 |
| 63 | Robert Fox | U20M | Bangor University | 38-26 |
| 64 | Stewart Farley | SM | Shrewsbury AC | 38-32 |
| 65 | Lawrence Washington | M45 | Hebog | 38-35 |
| 66 | Arwel Lewis | M55 | Eryri Harriers | 38-46 |
| 67 | Darren Mitchelmore | M50 | Shrewsbury AC | 38-57 |
| 68 | Gary Poter-Jones | M45 | Eryri Harriers | 39-14 |
| 69 | James Waite | U20M | Deeside AC | 39-15 |
| 70 | Steve Roberts | M60 | Oswestry Olympians | 39-16 |
| 71 | David Baugh | M55 | Denbigh Harriers | 39-25 |
| 72 | Peter Savill | M60 | Shrewsbury AC | 39-26 |
| 73 | Bob Benson | M60 | West Cheshire AC | 39-31 |
| 74 | Andy Pritchard | M40 | Buckley | 39-38 |
| 75 | Twm Morgan | SM | Hebog | 39-46 |
| 76 | Tony Davenport | M45 | Prestatyn | 39-47 |
| 77 | Stephen Stocker | M40 | Prestatyn | 39-48 |
| 78 | James Salt | SM | Abergele Harriers | 39-51 |
| 79 | Simon Blain | SM | GOG Tri Club | 39-53 |
| 80 | Andrew Heath | M45 | Whitchurch Whippets | 39-59 |
| 81 | Simon Roxburgh | M40 | GOG Tri Club | 40-00 |
| 82 | Karl Williams | M45 | Buckley | 40-04 |
| 83 | Paul Shannon | M55 | Tattenhall Runners | 40-05 |
| 84 | Ian Mulligan | M45 | Colwyn Bay | 40-09 |
| 85 | Goronwy Hughes | M40 | Hebog | 40-15 |
| 86 | Russell Godwin | M45 | Colwyn Bay | 40-16 |
| 87 | Guaran Shah | SM | Bangor University | 40-25 |
| 88 | Jared Roberts | SM | Colwyn Bay | 40-31 |
| 89 | Elwyn Hughes | SM | Hebog | 40-39 |
| 90 | Gareth Houghton | M40 | Buckley | 40-44 |
| 91 | Ian Bayliss | M55 | Buckley | 40-49 |
| 92 | David Leonard | M40 | Wrekin Road Runners | 40-50 |
| 93 | David Griffith | M40 | GOG Tri Club | 40-59 |
| 94 | William Chambers | SM | Bangor University | 41-03 |
| 95 | Matthew Smith | SM | Prestatyn | 41-09 |
| 96 | George Nixon | M60 | Prestatyn | 41-10 |
| 97 | Dean Richards | SM | Whitchurch Whippets | 41-13 |
| 98 | Gavin Buckley | SM | Hebog | 41-14 |
| 99 | Mark Jessett | SM | NWRRC | 41-18 |
| 100 | David Card | SM | Oswestry Olympians | 41-27 |
| 101 | Andrew Williams | M40 | GOG Tri Club | 41-31 |
| 102 | Steffan Owen | SM | Meirionydd RC | 41-40 |
| 103 | Stephen Gill | M50 | Wrekin Road Runners | 41-54 |
| 104 | Nigel Holmes | M45 | Cybi | 42-03 |
| 105 | Tim Hargreaves | M45 | Buckley | 42-06 |
| 106 | Peter Jones | SM | Cybi | 42-07 |
| 107 | Matthew Ashton | SM | GOG Tri Club | 42-19 |
| 108 | Arfon Hughes | M45 | Meirionydd RC | 42-23 |
| 109 | Tony Benton | M55 | Denbigh Harriers | 42-31 |
| 110 | Chris Wakeman | M55 | Shrewsbury AC | 42-37 |
| 111 | Richard Jones | SM | Hebog | 42-38 |
| 112 | Darren Owen-Jones | M45 | Wrekin Road Runners | 43-01 |
| 113 |  |  |  | 43-04 |
| 114 | Nick Wood | SM | Prestatyn | 43-06 |
| 115 | James Hooton | M45 | Cybi | 43-12 |
| 116 | Steve Bellis | M60 | Buckley | 43-21 |
| 117 | Fred Jones | M60 | Denbigh Harriers | 43-28 |
| 118 | Paul Hooson | M50 | GOG Tri Club | 43-31 |
| 119 | Martyn Barnaby | M40 | Abergele Harriers | 43-50 |
| 120 | Richard Smith | M45 | GOG Tri Club | 44-10 |
| 121 | Chris Cassells | SM | Aberystwyth Uni | 44-11 |
| 122 | Dave Wootton | M50 | Buckley | 44-13 |
| 123 | Martin Durrant | M55 | Tattenhall Runners | 44-17 |
| 124 | Maldwyn Evans | M55 | Eryri Harriers | 44-20 |
| 125 | Thomas Reeves | U20M | Aberystwyth Uni | 44-21 |
| 126 | Elliot Corner | SM | Bangor University | 44-53 |
| 127 | Iwan Ad Trefor | SM | Hebog | 44-56 |
| 128 | Richard House-Goodwin | M45 | Colwyn Bay | 44-58 |
| 129 | Wyn Roberts | M40 | Prestatyn | 45-03 |
| 130 | Chris Baldwin | M60 | Denbigh Harriers | 45-09 |
| 131 | Huw Parry | M40 | GOG Tri Club | 45-13 |
| 132 | Peter Rooney | M50 | Deestriders | 45-19 |
| 133 | Clive Edginton | M60 | Meirionydd RC | 45-22 |
| 134 | Anthony Howe | M40 | Abergele Harriers | 45-33 |
| 135 | Mike Austin | M40 | Buckley | 45-53 |
| 136 | Dave Roderick | M65 | Deeside AC | 46-32 |
| 137 | Stuart Goldsack | SM | GOG Tri Club | 47-17 |
| 138 | Stephen Williams | SM | Wrekin Road Runners | 47-26 |
| 139 | Rowland Sharp | M55 | Hebog | 47-30 |
| 140 | Richie Bartlett | SM | GOG Tri Club | 47-34 |
| 141 | James Rainbow | M40 | Whitchurch Whippets | 48-00 |
| 142 | Mike Norris | M50 | Deestriders | 48-05 |
| 143 | Ken Robbins | M65 | Whitchurch Whippets | 48-10 |
| 144 | Llyr Jones | SM | Denbigh Harriers | 48-14 |
| 145 | Phil Walker | M65 | Wrexham AC | 48-37 |
| 146 | Mike Davies | M65 | Prestatyn | 48-57 |
| 147 | Nigel Tatton | M50 | Telford AC | 49-21 |
| 148 | Sion Roberts | SM | Cybi | 49-29 |
| 149 | Kevin Clark | M45 | Cybi | 53-00 |
| 150 | Shaun Partington | M45 | Wrexham AC | 58-10 |
| 151 | Leon Hughes | SM | Hebog | 60-54 |
| 152 | Karl Sadil | SM | Menai T&F | 71-32 |

**TEAMS**

**DIVISION ONE (6 TO SCORE)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club** | **Race 3**  **Points** | **Race 3**  **Position** | **Overall Points** | **Overall**  **Position** |
| Shrewsbury | 118 | 1 | **257** | **1** |
| Oswestry | 166 | 2 | **562** | **2** |
| Eryri | 208 | 3 | **782** | **3** |
| Buckley | 279 | 4 | **869** | **4** |
| Gog Tri | 423 | 5 | **1,268** | **5** |
| Meirionnydd | 552 | 6 | **1,925** | **7** |
| Colwyn Bay | 596 | 7 | **1,320** | **6** |
| Tattenhall | 818 | 8 | **2,196** | **8** |

**DIVISION TWO (4 TO SCORE)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club** | **Race 3**  **Points** | **Race 3**  **Position** | **Overall Points** | **Overall**  **Position** |
| Aberystwyth Uni | 84 | 1 | **287** | **1** |
| NWRRC | 145 | 2 | **796** | **5** |
| Prestatyn | 163 | 2 | **571** | **2** |
| Hebog | 188 | 4 | **783** | **4** |
| Cybi Striders | 190 | 5 | **1,003** | **8** |
| Bangor Uni | 249 | 6 | **769** | **3** |
| Deeside AC | 251 | 7 | **797** | **6** |
| Denbigh Harriers | 303 | 8 | **870** | **7** |
| Wrekin Road Runners | 360 | 9 | **1,145** | **9** |
| West Cheshire | 397 | 10 |  |  |
| Whitchurch Whippets | 461 | 11 | **1,209** | **10** |
| Abergele | 484 | 12 | **1,362** | **11** |
| Wrexham AC | 504 | 13 | **1,556** | **12** |
| Deestriders | 580 | 14 | **1,570** | **13** |
| Telford AC | 606 | 15 | **1,611** | **14** |
| Menai T & F | 611 | 16 |  |  |

**MALE MASTERS TEAMS (3 TO SCORE)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club** | **Race 3**  **Points** | **Race 3**  **Position** | **Overall Points** | **Overall**  **Position** |
| Oswestry | 17 | 1 | **62** | **1** |
| Buckley | 24 | 2 | **115** | **3** |
| Shrewsbury | 37 | 3 | **99** | **2** |
| Eryri Harriers | 46 | 4 | **211** | **4** |
| Colwyn Bay | 112 | 5 |  |  |
| Denbigh Harriers | 115 | 6 | **253** | **5** |
| GOG Tri Club | 116 | 7 | **394** | **8** |
| Wrekin Road Runners | 121 | 8 | **407** | **9** |
| Prestatyn | 125 | 9 | **392** | **7** |
| Cybi | 130 | 10 |  |  |
| Hebog | 149 | 11 |  |  |
| Meirionnydd | 148 | 12 |  |  |
| Wrexham AC | 183 | 13 |  |  |
| Whitchurch Whippets | 197 | 14 | **340** | **6** |

**MALE OVER 70**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Age** | **Club** | **Time** |
| 1 | Emyr Davies | M70 | Hebog | 25-00 |
| 2 | Gareth Hughes | M70 | Prestatyn | 25-48 |
| 3 | Don Williams | M70 | Eryri Harriers | 26-04 |
| 4 | John Morris | M70 | Buckley | 26-10 |
| 5 | John Hickman | M75 | Prestatyn | 27-21 |
| 6 | Arthur Egan | M70 | Wrexham AC | 27-33 |
| 7 | Stephen Hatfield | M70 | Prestatyn | 30-27 |
| 8 | Bob Frost | M70 | Wrexham AC | 31-11 |
| 9 | Jack Thomas | M70 | Buckley | 33-54 |
| 10 | Peter Norman | M75 | Wrexham AC | 39-15 |
| 11 | John Tipping | M75 | Wrexham AC | 44-59 |

**TEAMS (3 TO SCORE)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club** | **Race 3**  **Points** | **Race 3**  **Position** | **Overall Points** | **Overall**  **Position** |
| Prestatyn | 14 | 1 |  |  |
| Wrexham | 24 | 2 | **69** | **1** |

**UNDER 17 MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Age** | **Club** | **Time** |
| 1 | Michael Parry | U17M | Colwyn Bay | 19-08 |
| 2 | Ifan Oldfield | U17M | Wrexham AC | 19-12 |
| 3 | Sam Holt | U17M | Deeside AC | 20-02 |
| 4 | Adam Tatton | U17M | Telford AC | 21-25 |
| 5 | Mike Drawbridge-Davies | U17M | GOG Tri Club | 29-38 |

**TEAMS (3 TO SCORE)**

**No Clubs completed a Team.**

**SENIOR LADIES**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Age** | **Club** | **Time** |
| 1 | Michelle Clark | W40 | Telford AC | 20-26 |
| 2 | Miranda Grant | W35 | Eryri Harriers | 20-31 |
| 3 | Andrea Rowlands | W40 | Eryri Harriers | 20-45 |
| 4 | Sarah Willholt | SW | Shrewsbury AC | 20-49 |
| 5 | Alice Robinson | SW | Tattenhall Runners | 20-54 |
| 6 | Sian Williams | SW | Hebog | 21-09 |
| 7 | Anna Bartlett | W45 | Shrewsbury AC | 21-11 |
| 8 | Bethan Dowsett | U17W | Deeside AC | 21-23 |
| 9 | Georgina Ross | W40 | Tattenhall Runners | 21-28 |
| 10 | Olivia Mann | U20W | Shrewsbury AC | 21-31 |
| 11 | Ami Bagnall | SW | Prestatyn | 21-32 |
| 12 | Holly Roberts | U17W | Colwyn Bay | 21-34 |
| 13 | Lucy Williamson | U20W | Bangor University | 21-40 |
| 14 | Charlotte Jones | W35 | Oswestry Olympians | 21-42 |
| 15 | Lauren Marley | SW | Shrewsbury AC | 21-45 |
| 16 | Viv McConnell | W60 | Oswestry Olympians | 21-50 |
| 17 | Anest Muller | W35 | West Cheshire | 22-00 |
| 18 | Sophie Paxton | U17W | Wrexham AC | 22-03 |
| 19 | Jackie Macey | SW | Shrewsbury AC | 22-06 |
| 20 | Melissa Mann | U20W | Shrewsbury AC | 22-12 |
| 21 | Gemma More | SW | NWRRC | 22-16 |
| 22 | Rebecca Moseley | SW | Shrewsbury AC | 22-25 |
| 23 | Tammy Lewis-Jones | W45 | Eryri Harriers | 22-36 |
| 24 | Samantha Dutton | W35 | Buckley | 22-42 |
| 25 | Hayley Evans | W35 | Buckley | 23-13 |
| 26 | Jacquie Gears | W40 | Oswestry Olympians | 23-14 |
| 27 | Rhiannon Kamink | U20W | Colwyn Bay | 23-21 |
| 28 | Tracey Williams | W50 | Denbigh Harriers | 23-29 |
| 29 | Ellie Robinson | W40 | West Cheshire | 23-30 |
| 30 | Victoria Whitehead | W40 | Denbigh Harriers | 23-45 |
| 31 | Hazel Berrett | W50 | Buckley | 23-52 |
| 32 | Deborah Millington | W45 | Wrekin RR | 23-59 |
| 33 | Carol McShane | U20W | Prestatyn | 24-00 |
| 34 | Lou Williams | W35 | Oswestry Olympians | 24-02 |
| 35 | Lucy Lawrence | U17W | Menai T&F | 24-04 |
| 36 | Christine Symms | W35 | Wrekin RR | 24-09 |
| 37 | Helen Ashworth | SW | Prestatyn | 24-13 |
| 38 | Helen McCarthur | W45 | GOG Tri Club | 24-18 |
| 39 | Katy Baugh | SW | Denbigh Harriers | 24-28 |
| 40 | Catrin Donnelly | U17W | Denbigh Harriers | 24-29 |
| 41 | Louise Emery Jones | W40 | Eryri Harriers | 24-35 |
| 42 | Ally Reid | W40 | Prestatyn | 24-39 |
| 43 | Julie Kirby | W45 | Telford AC | 24-49 |
| 44 | Hannah Skaife | U20W | Bangor University | 24-53 |
| 45 | Juliet Hoad | W50 | Telford AC | 24-54 |
| 46 | Ann Kamink | W50 | Colwyn Bay | 25-01 |
| 47 | Linda Jones | W50 | Wrexham AC | 25-05 |
| 48 | Clare Harris | SW | West Cheshire | 25-11 |
| 49 | Elliee Salisbury | W55 | Eryri Harriers | 25-16 |
| 50 | Annie Williams | W55 | Eryri Harriers | 25-25 |
| 51 | Dawn Urqhart | W40 | Buckley | 25-26 |
| 52 | Laurie Griffith | W45 | GOG Tri Club | 25-38 |
| 53 | Gill Evans | W55 | Shrewsbury AC | 25-44 |
| 54 | Debs Stanaway | W45 | Tattenhall Runners | 25-45 |
| 55 | Ali Whitelaw | W55 | Wrexham AC | 25-46 |
| 56 | Yvonne Hill | W50 | Oswestry Olympians | 25-51 |
| 57 | Tania Brandon | W50 | Oswestry Olympians | 26-06 |
| 58 | Susie Hancock | W55 | Oswestry Olympians | 26-12 |
| 59 | Christine Birch | W65 | Abergele | 26-17 |
| 60 | Sarah Gallagher | SW | GOG Tri Club | 26-19 |
| 61 | Carla Davies | SW | Hebog | 26-22 |
| 62 | Vic Owens | SW | Prestatyn | 26-25 |
| 63 | Jenny Williamson | SW | Eryri Harriers | 26-27 |
| 64 | Rachael Foster | W45 | Whitchurch Whippets | 26-31 |
| 65 | Margaret Ludden | W50 | Buckley | 26-36 |
| 66 | Jayne P Jones | W55 | Prestatyn | 26-38 |
| 67 | Elizabeth Driscoll | W50 | NWRRC | 26-42 |
| 68 | Sue Rodgers | W55 | Prestatyn | 26-44 |
| 69 | Amy Williamson | SW | Prestatyn | 26-49 |
| 70 | Nicola Tomlinson | SW | GOG Tri Club | 26-56 |
| 71 | Abbie Cheetham | SW | Prestatyn | 27-04 |
| 72 | Grace Hart | W45 | Tattenhall Runners | 27-05 |
| 73 | Angie Hughes | W50 | GOG Tri Club | 27-16 |
| 74 | Megan Owen-Jones | U20W | Wrekin RR | 27-17 |
| 75 | Mel Barker | W40 | Tattenhall Runners | 27-27 |
| 76 | Julie Lloyd Davies | W40 | Oswestry Olympians | 27-29 |
| 77 | Victoria Cole | W35 | GOG Tri Club | 27-37 |
| 78 | Ros Adams | W60 | Wrexham AC | 27-39 |
| 79 | Liz Park | W40 | Oswestry Olympians | 27-56 |
| 80 | Menai Baugh | W55 | Denbigh Harriers | 28-20 |
| 81 | Kate Wilson | SW | Denbigh Harriers | 28-27 |
| 82 | Hannah Griffiths | W40 | NWRRC | 28-28 |
| 83 | Anwen Brown | W40 | Denbigh Harriers | 28-35 |
| 84 | Alex Fletcher | SW | Eryri Harriers | 28-45 |
| 85 | Diane Holmes | W55 | Cybi | 29-05 |
| 86 | Margaret Docking | W65 | Wrexham AC | 29-11 |
| 87 | Liz Martin | W35 | Prestatyn | 29-24 |
| 88 | Fiona Challinor | W45 | Whitchurch Whippets | 29-28 |
| 89 | Alison Donnelly | W45 | Eryri Harriers | 29-44 |
| 90 | Amanda Garner | SW | Buckley | 29-48 |
| 91 | Ashling Donohue Harrison | SW | Oswestry Olympians | 30-19 |
| 92 | Rebecca Roberts | SW | Eryri Harriers | 30-48 |
| 93 | Sally Withington | W45 | Wrekin RR | 31-03 |
| 94 | Maggie Oliver | W65 | Eryri Harriers | 31-05 |
| 95 | Liz Featherstone | W45 | Whitchurch Whippets | 31-54 |
| 96 | Brenda Jones | W75 | Bro Dysynni | 32-13 |
| 97 | Clare Manley | W45 | Prestatyn | 32-46 |
| 98 | Joan Edwards | W55 | NWRRC | 32-51 |
| 99 | Julia Evans | W50 | Prestatyn | 33-21 |
| 100 | Debbie Bellis | W50 | Buckley | 34-18 |
| 101 | Kelly Clarke | W35 | Oswestry Olympians | 34-48 |
| 102 | Samantha Hall-Davies | SW | Wrekin RR | 35-31 |
| 103 | Maureen Singleton | W75 | Colwyn Bay | 36-22 |
| 104 | Marjorie Griffiths | W70 | Bro Dysynni | 38-20 |
| 105 | Sheila Richards | W60 | Shrewsbury AC | 39-40 |
| 106 | Val Jones | W45 | Prestatyn | 42-32 |

**FEMALE TEAMS**

**DIVISION ONE (4 to SCORE)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club** | **Race 3**  **Points** | **Race 3**  **Position** | **Overall Points** | **Overall**  **Position** |
| Eryri | 69 | 1 | **210** | **1** |
| Oswestry | 90 | 2 | **288** | **2** |
| Prestatyn | 123 | 3 | **385** | **4** |
| Buckley | 131 | 4 | **373** | **3** |
| Denbigh | 137 | 5 | **427** | **5** |
| Wrexham AC | 198 | 6 | **535** | **7** |
| GOG | 220 | 7 | **522** | **6** |

**DIVISION TWO (3 TO SCORE)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club** | **Race 3**  **Points** | **Race 3**  **Position** | **Overall Points** | **Overall**  **Position** |
| Shrewsbury | 21 | 1 | **91** | **1** |
| Tattenhall | 68 | 2 | **288** | **3** |
| Colwyn Bay | 85 | 3 | **503** | **7** |
| Telford | 89 | 4 | **217** | **2** |
| West Cheshire | 91 | 5 | **410** | **4** |
| Wrekin Road Runners | 142 | 6 | **420** | **5** |
| Bangor Uni | 164 | 7 | **560** | **8** |
| NWRRC | 170 | 8 | **480** | **6** |
| Hebog | 174 | 9 | **623** | **10** |
| Deeside AC | 227 | 10 |  |  |
| Whitchurch Whippets | 247 | 11 | **659** | **11** |
| Menai | 249 | 12 | **566** | **9** |
| Abergele Harriers | 273 | 13 | **798** | **12** |
| Cybi | 299 | 14 | **859** | **14** |
| Bro Dysynni | 307 | 15 | **829** | **13** |

**FEMALE MASTERS TEAMS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club** | **Race 3**  **Points** | **Race 3**  **Position** | **Overall Points** | **Overall**  **Position** |
| Eryri Harriers | 14 | 1 | **70** | **1** |
| Oswestry Olympians | 25 | 2 | **91** | **2** |
| Buckley | 37 | 3 | **135** | **4** |
| Telford | 48 | 4 | **118** | **3** |
| Denbigh Harriers | 78 | 5 | **273** | **9** |
| Tattenhall | 80 | 6 | **233** | **5** |
| Wrekin Road Runners | 94 | 7 | **261** | **8** |
| GOG Tri Club | 97 | 8 | **239** | **6** |
| Prestatyn | 104 | 9 | **383** | **10** |
| Shrewsbury | 104 | 10 |  |  |
| Wrexham AC | 107 | 11 | **254** | **7** |
| Whitchurch Whippets | 154 | 12 | **427** | **11** |
| NWRRC | 155 | 13 |  |  |

Before starting the Race Report, I would like to say a massive well done to Telford’s Paul Ward who won the M50 race at the recent British Masters Cross Country International. Paul has been a great supporter of the Grand Prix Express North Wales League over the years, finishing 2nd at Llandudno, and it was great to watch him control the race and win comfortably, even if he was wearing the white vest of England. Equally impressive was Claire Martin, also of Telford, who won the Women’s race and confirmed her status as one of UK‘s best Master runners ever, as she won her age group for the sixth time in eight years! North Wales Clubs were well represented running for Wales with the following runners: Chris Birch, Abergele; Brenda Jones, Bro Dysynni; Jez Brown, Buckley; Ceri Diss and Emma Collins, Denbigh; Annie Williams, Eryri; Martin Green & Chris Yorke, NWRRC; Steve Roberts, Oswestry; Roger Harrison-Jones & David Hughes, Prestatyn; and Mike Robbins, Ali Whitelaw, Ros Adams, Lisa Morley & Margaret Docking, Wrexham AC;. Well done to all of them, particularly a number of them who made their Welsh debuts.

A big thank you to Becki Law and her team at Eryri who ensured that we had another great day of running on the usual testing Treborth Track course and the ‘Tea Ladies’ who ensured we had an ample supply of tea and cakes both before and after the race.

The opening race of the day saw a great battle between Michael Parry, Colwyn Bay and Ifan Oldfield, Wrexham with the result not settled until the home straight. It was just a shame that we can’t get more than five Under 17men out to compete at such an event. In the Women’s race, Michelle Clark, Telford used all her experience as she let the younger runners have their way over the first lap and slowly reeled them in as she eventually won from the Eryri duo of Miranda Grant and Andrea Rowlands. Eryri were first team home in Division 1 with Shrewsbury leading Division 2 (they again would have comfortably won Division 1 where four runners score). Emyr Davies, Hebog won the battle of the M70 men, winning from a resurgent Gareth Hughes, Prestatyn (who didn’t fall over or collapse this year!).

The Men’s race was dominated by Rob Samuel; Eryri who drove relentlessly through the mud and was a joy to watch and it’s great to see him getting back to his best after his injury problems over the past couple of years. M4 runner, Paul Jones, Oswestry had a great race to finish second with M45 Lee Jones, Deeside, and M40 Jez Brown making the top ten. Despite finishing 36th overall, Shrewsbury Team Captain Graham Jones was delighted not to make his scoring team as Shrewsbury, who did not have a runner in the top 15 but still finished their six runners in the first 24 – great team packing, won from Oswestry. Aberystwyth University continued with their great season on their return to the North Wales League and they are hoping they can do enough at Baschurch to try and secure promotion as the last fixtures clashes with the BUCS Cross Country Championships.

The next race is at Walford College, Baschurch, Shrewsbury SY4 2HL on 14th January 2017. In the meantime, have a great Christmas and happy New Year.

**Bernie Jones, Referee**