# GRAND PRIX EXPRESS

**NORTH WALES CROSS COUNTRY LEAGUE**

(Supported by Welsh Athletics Ltd)

St David’s College, Llandudno Saturday 5th November 2016

**FINAL 10/11/16**

**SENIOR MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Age** | **Club** | **Time** |
| 1 | Chris Richards | U20M | Bangor University | 30-25 |
| 2 | Paul Ward | M50 | Telford AC | 30-32 |
| 3 | Paul Jones | M45 | Oswestry Olympians | 31-05 |
| 4 | Tomos Roberts | SM | Meirionnydd | 31-17 |
| 5 | Ryan Roberts | SM | Cybi Striders | 31-19 |
| 6 | Simon Annetts | SM | Bangor University | 32-00 |
| 7 | Brett Edwards | SM | Shrewsbury | 32-01 |
| 8 | Matt Hall | SM | Shrewsbury | 32-09 |
| 9 | Pete Butler | SM | Oswestry Olympians | 32-26 |
| 10 | Gwyn Owen | M40 | Eryri Harriers | 32-31 |
| 11 | Morgan Mitchell | SM | Aberystwyth Uni | 32-39 |
| 12 | Jez Brown | M40 | Buckley RC | 32-51 |
| 13 | Adam Roberts | SM | Shrewsbury | 32-55 |
| 14 | Martin Green | M40 | NWRRC | 32-57 |
| 15 | Jonathan Ryan | SM | Aberystwyth Uni | 33-00 |
| 16 | Michael Betts | SM | Shrewsbury | 33-09 |
| 17 | Gabe Morris | SM | Shrewsbury | 33-15 |
| 18 | Stephen Skates | SM | Prestatyn | 33-25 |
| 19 | Paul Watham | SM | Eryri Harriers | 33-33 |
| 20 | Sam Johnson | SM | Colwyn Bay | 33-56 |
| 21 | Gruffudd Jenkins | U20M | Aberystwyth Uni | 34-01 |
| 22 | Matthew Fortes | SM | Eryri Harriers | 34-06 |
| 23 | Steven Waters | SM | Shrewsbury | 34-21 |
| 24 | Tim Tansley | M40 | Oswestry Olympians | 34-39 |
| 25 | Kevin Francis | M50 | Shrewsbury | 34-47 |
| 26 | Shaun Hughes | SM | Denbigh Harriers | 35-10 |
| 27 | Paul Jones | M40 | Eryri Harriers | 35-23 |
| 28 | Ollie Parry | SM | Shrewsbury | 35-28 |
| 29 | Graham Jones | M60 | Shrewsbury | 35-35 |
| 30 | Andy Yapp | M50 | Shrewsbury | 35-40 |
| 31 | Christopher Callaghan | SM | Buckley RC | 35-44 |
| 32 | Laurence Henry | U20M | Deeside AC | 35-47 |
| 33 | Ifan Richards | SM | Hebog | 35-50 |
| 34 | Rhys Owen | SM | Cybi Striders | 36-02 |
| 35 | Steve Eardley | M40 | Colwyn Bay | 36-11 |
| 36 | Rory O'Donnell | SM | Eryri Harriers | 36-13 |
| 37 | Aled Skym | U20M | Aberystwyth Uni | 36-14 |
| 38 | Brian Rothera | M45 | Oswestry Olympians | 36-15 |
| 39 | Ian Lowe | M45 | Oswestry Olympians | 36-21 |
| 40 | Andy Campbell | M40 | Wrecsam Tri Club | 36-24 |
| 41 | Ben Rosch | SM | Aberystwyth Uni | 36-28 |
| 42 | Russell Owen | M55 | Eryri Harriers | 36-29 |
| 43 | Lee Rudd | M45 | Wrekin Road Runners | 36-30 |
| 44 | Joe Welch | SM | Nantglyn | 36-34 |
| 45 | Craig Lammas | M40 | Oswestry Olympians | 36-35 |
| 46 | Rob Sharam | M40 | Whitchurch Whippets | 36-37 |
| 47 | Connor Middleton | SM | Shrewsbury | 36-46 |
| 48 | Glen Speake | SM | Shrewsbury | 36-47 |
| 49 | Richard Jones | M50 | Shrewsbury | 36-49 |
| 50 | Steve Lyall | SM | GOG Tri Club | 36-57 |
| 51 | Rob Arden | SM | Tattenhall | 37-02 |
| 52 | Pete Jones | M40 | Oswestry Olympians | 37-11 |
| 53 | Morgan Jones | SM | Prestatyn | 37-25 |
| 54 | Geran Hughes | M50 | GOG Tri Club | 37-26 |
| 55 | Malcolm Wyn Davies | SM | Hebog | 37-26 |
| 56 | Richard Watson | SM | Colwyn Bay | 37-47 |
| 57 | Rich Davies | SM | Oswestry Olympians | 37-49 |
| 58 | Irfon Rowlands | M45 | Cybi Striders | 37-52 |
| 59 | Daragh Reynolds | SM | GOG Tri Club | 37-55 |
| 60 | Hadyn Jones | M55 | Shrewsbury | 38-01 |
| 61 | Andy Pritchard | M40 | Buckley RC | 38-04 |
| 62 | Gary Blackwell | M45 | Deeside AC | 38-06 |
| 63 | Chris Spillane | M45 | Colwyn Bay | 38-07 |
| 64 | Arwel Lewis | M55 | Eryri Harriers | 38-07 |
| 65 | Sean Hickey | M40 | Shrewsbury | 38-11 |
| 66 | Rob Alexander | SM | Prestatyn | 38-15 |
| 67 | Robert Fox | U20M | Bangor University | 38-17 |
| 68 | Gary Porter-Jones | M45 | Eryri Harriers | 38-17 |
| 69 | Russell Godwin | M45 | Colwyn Bay | 38-22 |
| 70 | Tim Cahill | M50 | Abergele Harriers | 38-34 |
| 71 | Neal Jones | SM | Colwyn Bay | 38-37 |
| 72 | David Baugh | M55 | Denbigh Harriers | 38-42 |
| 73 | Owen Conroy | M45 | Denbigh Harriers | 38-42 |
| 74 | Matthew Smith | SM | Prestatyn | 38-45 |
| 75 | Steven Stocker | M40 | Prestatyn | 38-51 |
| 76 | Steve Roberts | M60 | Oswestry Olympians | 39-05 |
| 77 | Tony Wood | SM | Denbigh Harriers | 39-14 |
| 78 | James McQueen | M45 | Eryri Harriers | 39-17 |
| 79 | Pete Savill | M60 | Shrewsbury | 39-19 |
| 80 | Twm Morgan | SM | Hebog | 39-21 |
| 81 | Dean Richards | SM | Whitchurch Whippets | 39-22 |
| 82 | Leon Davies | M40 | NWRRC | 39-22 |
| 83 | Jared Roberts | SM | Colwyn Bay | 39-26 |
| 84 | David Griffith | M40 | GOG Tri Club | 39-26 |
| 85 | James Williamson | SM | Prestatyn | 39-27 |
| 86 | Russell Williams | M45 | Cybi Striders | 39-28 |
| 87 | Nick Holmes | M55 | Tattenhall | 38-29 |
| 88 | Ian Mulligan | M45 | Colwyn Bay | 39-32 |
| 89 | Andy Jones | M40 | GOG Tri Club | 39-39 |
| 90 | Simon Roxburgh | M40 | GOG Tri Club | 39-40 |
| 91 | Gwion Roberts | SM | Meirionnydd | 39-41 |
| 92 | Karl Williams | M45 | Buckley RC | 39-50 |
| 93 | Mark Jessett | SM | NWRRC | 39-51 |
| 94 | Alan Jones | SM | Hebog | 39-52 |
| 95 | Andy Heath | M45 | Whitchurch Whippets | 39-53 |
| 96 | Joe Parry | U20M | Bangor University | 39-58 |
| 97 | Simon Phillips | M45 | Whitchurch Whippets | 40-02 |
| 98 | Gareth Houghton | M40 | Buckley RC | 40-09 |
| 99 | Ian Bayliss | M55 | Buckley RC | 40-09 |
| 100 | Dilwyn Rowlands | M45 | Eryri Harriers | 40-11 |
| 101 | James Waite | U20M | Deeside AC | 40-12 |
| 102 | Steve Bellis | M60 | Buckley RC | 40-23 |
| 103 | Martin Cortvriend | M60 | Denbigh Harriers | 40-30 |
| 104 | Ben Harrison | U20M | Prestatyn | 40-47 |
| 105 | Andrew Williams | M40 | GOG Tri Club | 40-50 |
| 106 | Stephen Gill | M50 | Wrekin Road Runners | 40-53 |
| 107 | Stephen P Jones | M60 | Eryri Harriers | 41-00 |
| 108 | Simon Blain | SM | GOG Tri Club | 41-06 |
| 109 | Jonny Lambert | M40 | Oswestry Olympians | 41-22 |
| 110 | Tim Hargreaves | M40 | Buckley RC | 41-28 |
| 111 | Michael Austin | M40 | Buckley RC | 41-31 |
| 112 | Tony Price-Jones | SM | NWRRC | 41-35 |
| 113 | Steffan Owen | SM | Meirionnydd | 41-36 |
| 114 | James Salt | SM | Abergele Harriers | 41-37 |
| 115 | Ian Taylor | M45 | Colwyn Bay | 41-50 |
| 116 | Tony Benton | M55 | Denbigh Harriers | 41-52 |
| 117 | Paul Hooson | M50 | GOG Tri Club | 41-56 |
| 118 | Steffan Evans | SM | Eryri Harriers | 42-06 |
| 119 | Paul Sanders | SM | GOG Tri Club | 42-07 |
| 120 | Chris Wakeman | M55 | Shrewsbury | 42-09 |
| 121 | Aston Hughes | M45 | Meirionnydd | 42-27 |
| 122 | Will Chambers | SM | Bangor University | 42-33 |
| 123 | Darren Owen-Jones | M45 | Wrekin Road Runners | 42-34 |
| 124 | Maldwyn Evans | M55 | Eryri Harriers | 42-55 |
| 125 | Charlie Eldred | M50 | Tattenhall | 43-00 |
| 126 | Paul Quinn | M40 | Buckley RC | 43-04 |
| 127 | Elliott Corner | SM | Bangor University | 43-07 |
| 128 | Martyn Barnaby | M40 | Abergele Harriers | 43-10 |
| 129 | Cai Roberts | SM | NWRRC | 43-18 |
| 130 | Dave Davies | M40 | Denbigh Harriers | 43-25 |
| 131 | Huw Lewis | M55 | Buckley RC | 43-31 |
| 132 | Peter Rooney | M50 | Deestriders | 43-37 |
| 133 | Eurwyn Edwards | M60 | Eryri Harriers | 43-55 |
| 134 | Des Davies | M55 | Prestatyn | 44-04 |
| 135 | Richard House Goodwin | M45 | Colwyn Bay | 44-12 |
| 136 | Ben Garnett | SM | Abergele Harriers | 44-13 |
| 137 | Neil Quinlan | SM | Tattenhall | 44-20 |
| 138 | Gerwyn Lloyd | SM | Nantglyn | 45-03 |
| 139 | Chris Baldwin | M60 | Denbigh Harriers | 45-04 |
| 140 | Jonathon Smart | SM | Wrekin Road Runners | 45-17 |
| 141 | Huw Parry | M40 | GOG Tri Club | 45-41 |
| 142 | Anthony Howe | M40 | Abergele Harriers | 45-50 |
| 143 | Clive Edginton | M60 | Meirionnydd | 45-52 |
| 144 | Mike Hughes | M55 | Denbigh Harriers | 46-07 |
| 145 | Dave Roderick | M65 | Deeside AC | 46-22 |
| 146 | Simon Hick | M40 | GOG Tri Club | 46-32 |
| 147 | Mike Davies | M65 | Prestatyn | 47-00 |
| 148 | Stuart Goldsack | SM | GOG Tri Club | 47-23 |
| 149 | Nigel Tatton | M50 | Telford AC | 47-39 |
| 150 | Marcus Reid | M55 | Buckley RC | 49-03 |
| 151 | Ken Robbins | M60 | Whitchurch Whippets | 49-30 |
| 152 | Simon Adey Davies | M40 | GOG Tri Club | 51-13 |
| 153 | John Whitehead | M45 | Denbigh Harriers | 51-15 |
| 154 | John Nolan | M65 | Bro Dysynni | 51-26 |
| 155 | Rob Mackay | M65 | Buckley RC | 55-24 |
| 156 | Shaun Partington | M45 | Wrexham AC | 56-21 |

**TEAMS**

**DIVISION ONE (6 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Club** | **Race 2**  **Points** | **Race 2**  **Position** | **Overall Points** | **Overall**  **Position** |
|  | Shrewsbury | 84 | 1 | **139** | **1** |
|  | Eryri | 156 | 2 | **574** | **3** |
|  | Oswestry | 158 | 3 | **396** | **2** |
|  | Colwyn Bay | 314 | 4 | **724** | **5** |
|  | Buckley | 393 | 5 | **590** | **4** |
|  | Gog Tri | 426 | 6 | **845** | **6** |
|  | Meirionnydd | 629 | 7 | **1,373** | **7** |
|  | Tattenhall | 714 | 8 | **1,378** | **8** |

**DIVISION TWO (4 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Club** | **Race 2**  **Points** | **Race 2**  **Position** | **Overall Points** | **Overall**  **Position** |
|  | Aberystwyth Uni | 84 | 1 | **203** | **1** |
|  | Bangor Uni | 170 | 2 | **520** | **3** |
|  | Cybi Striders | 183 | 3 | **813** | **10** |
|  | Prestatyn | 211 | 4 | **408** | **2** |
|  | Denbigh Harriers | 248 | 5 | **567** | **5** |
|  | Hebog | 262 | 6 | **595** | **6** |
|  | NWRRC | 301 | 7 | **651** | **7** |
|  | Whitchurch Whippets | 319 | 8 | **748** | **8** |
|  | Deeside AC | 340 | 9 | **546** | **4** |
|  | Wrekin Road Runners | 412 | 10 | **785** | **9** |
|  | Abergele | 448 | 11 | **878** | **11** |
|  | Telford AC | 465 | 12 | **1,005** | **14** |
|  | Nantglyn | 496 | 13 | **N/A** | **N/A** |
|  | Wrecsam Tri Club | 511 | 14 | **882** | **12** |
|  | Deestriders | 603 | 15 | **990** | **13** |
|  | Bro Dysynni | 625 | 16 | **1,406** | **16** |
|  | Wrexham AC | 627 | 17 | **1,052** | **15** |

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Club** | **Race 2**  **Points** | **Race 2**  **Position** | **Overall Points** | **Overall**  **Position** |
|  | Oswestry | 20 | 1 | **45** | **1** |
|  | Eryri Harriers | 22 | 2 | **165** | **6** |
|  | Shrewsbury | 26 | 3 | **62** | **2** |
|  | Colwyn Bay | 67 | 4 | **N/A** | **N/A** |
|  | Buckley | 72 | 5 | **91** | **3** |
|  | GOG Tri Club | 102 | 6 | **278** | **8** |
|  | Whitchurch Whippets | 109 | 7 | **143** | **5** |
|  | Denbigh Harriers | 116 | 8 | **138** | **4** |
|  | Wrekin Road Runners | 132 | 9 | **286** | **9** |
|  | Abergele Harriers | 172 | 10 | **274** | **7** |
|  | Prestatyn | 185 | 11 | **267** | **6** |

**MALE OVER 70**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Age** | **Club** | **Time** |
| 1 | Emyr Davies | M70 | Hebog | 25-49 |
| 2 | John Morris | M70 | Buckley RC | 26-27 |
| 3 | Don Williams | M70 | Eryri Harriers | 26-30 |
| 4 | Gareth Hughes | M70 | Prestatyn | 27-00 |
| 5 | Alwyn Oliver | M70 | Eryri Harriers | 28-15 |
| 6 | Arthur Egan | M70 | Wrexham AC | 29-03 |
| 7 | John Hickman | M75 | Prestatyn | 29-06 |
| 8 | Robin Frost | M70 | Wrexham AC | 30-07 |
| 9 | Steve Hatfield | M70 | Prestatyn | 30-13 |
| 10 | Jack Thomas | M70 | Buckley RC | 34-58 |
| 11 | Peter Norman | M75 | Wrexham AC | 38-38 |
| 12 | John Tipping | M75 | Wrexham AC | 44-31 |

**TEAMS (3 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Club** | **Race 2**  **Points** | **Race 2**  **Position** | **Overall Points** | **Overall**  **Position** |
| 1 | Prestatyn | 20 | 1 | N/A | N/A |
| 2 | Wrexham | 25 | 2 | 45 | 1 |

**UNDER 17 MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Age** | **Club** | **Time** |
| 1 | Oliver Barbaresi | U17M | Menai | 17-29 |
| 2 | Joe Crutchley | U17M | Maldwyn | 18-33 |
| 3 | Cedol Dafydd | U17M | Menai | 18-39 |
| 4 | Michael Parry | U17M | Colwyn Bay | 19-34 |
| 5 | Ifan Oldfield | U17M | Wrexham AC | 19-37 |
| 6 | Samuel Holt | U17M | Deeside AC | 19-44 |
| 7 | Owen Hibbert | U17M | Deeside AC | 20-17 |
| 8 | Arun Jones | U17M | Hebog | 22-45 |

**NO CLUBSS COMPLETED A FULL TEAM**

**SENIOR LADIES**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Age** | **Club** | **Time** |
| 1 | Cari Hughes | U20W | Menai | 18-51 |
| 2 | Sara Willholt | SW | Shrewsbury AC | 21-16 |
| 3 | Andrea Rowlands | W40 | Eryri Harriers | 21-24 |
| 4 | Holly Roberts | U17W | Colwyn Bay | 21-44 |
| 5 | Annabelle McQueen | U17W | Eryri Harriers | 21-57 |
| 6 | Viv McConnell | W60 | Oswestry Olympians | 22-01 |
| 7 | Charlotte Jones | W35 | Oswestry Olympians | 22-03 |
| 8 | Gemma Moore | SW | NWRRC | 22-05 |
| 9 | Olivia Mann | U20W | Shrewsbury AC | 22-06 |
| 10 | Alice Robinson | SW | Tattenhall R | 22-12 |
| 11 | Ami Bagnal | SW | Prestatyn | 22-14 |
| 12 | Melissa Mann | U20W | Shrewsbury AC | 22-22 |
| 13 | Laura Morley | SW | Shrewsbury AC | 22-23 |
| 14 | Alison Grundy | W40 | Tattenhall R | 22-59 |
| 15 | Lisa Morley | W45 | Wrexham AC | 23-03 |
| 16 | Anest Muller | W35 | West Cheshire AC | 23-08 |
| 17 | Tammy Lewis-Jones | W45 | Eryri Harriers | 23-18 |
| 18 | Eabha Roberts | U17W | Menai | 23-19 |
| 19 | Samantha Dutton | W35 | Buckley RC | 23-30 |
| 20 | Alison Preece | W45 | Telford AC | 23-33 |
| 21 | Helen MacArthur | W45 | GOG Tri Club | 23-42 |
| 22 | Tracey Williams | W50 | Denbigh Harriers | 23-44 |
| 23 | Becki Law | SW | Eryri Harriers | 23-46 |
| 24 | Megan Hughes | W40 | Eryri Harriers | 23-52 |
| 25 | Jacqueline Macey | SW | Shrewsbury AC | 23-54 |
| 26 | Hayley Evans | W35 | Buckley RC | 23-57 |
| 27 | Hazel Berrett | W50 | Buckley RC | 24-05 |
| 28 | Lou Williams | W35 | Oswestry Olympians | 24-13 |
| 29 | Coral McShane | U20W | Prestatyn | 24-14 |
| 30 | Victoria Whitehead | W40 | Denbigh Harriers | 24-25 |
| 31 | Louise Emery Jones | W40 | Eryri Harriers | 24-27 |
| 32 | Ceri Cook | W45 | Buckley RC | 24-28 |
| 33 | Monika Oparka | W35 | Telford AC | 24-28 |
| 34 | Emer Sandham | SW | GOG Tri Club | 24-29 |
| 35 | Llio Evans | SW | Hebog | 24-30 |
| 36 | Deborah Millington | W45 | Wrekin Road Runners | 24-33 |
| 37 | Helen Ashworth | SW | Prestatyn | 24-33 |
| 38 | Michaella Owen | SW | Cybi | 24-43 |
| 39 | Katy Baugh | SW | Denbigh Harriers | 24-55 |
| 40 | Hannah Skaife | U20W | Bangor University | 25-03 |
| 41 | Catrin Donnelly | U17W | Menai | 25-07 |
| 42 | Christine Symms | W35 | Wrekin Road Runners | 25-08 |
| 43 | Yvonne Hill | W50 | Oswestry Olympians | 25-13 |
| 44 | Juliet Hoad | W50 | Telford AC | 25-24 |
| 45 | Ceri Belshaw | SW | Denbigh Harriers | 25-27 |
| 46 | Ali Tickner | W45 | Oswestry Olympians | 25-28 |
| 47 | Dawn Urqhart | W40 | Buckley RC | 25-32 |
| 48 | Lucy Lawence | U17W | Menai | 25-42 |
| 49 | Laurie Griffith | W45 | GOG Tri Club | 25-47 |
| 50 | Alex Aldous | SW | GOG Tri Club | 25-48 |
| 51 | Gill Evans | W55 | Shrewsbury AC | 25-53 |
| 52 | Ann Mynott | W50 | Colwyn Bay | 25-56 |
| 53 | Ellie Salisbury | W55 | Eryri Harriers | 25-58 |
| 54 | Alison Whitelaw | W55 | Wrexham AC | 26-05 |
| 55 | Lisa Blagden | W45 | Telford AC | 26-08 |
| 56 | Susie Hancock | W55 | Oswestry Olympians | 26-11 |
| 57 | Jo Granfield | W50 | Whitchurch Whippets | 26-18 |
| 58 | Chris Birch | W65 | Abergele | 26-28 |
| 59 | Jane Lindley | W50 | Buckley RC | 26-29 |
| 60 | Tania Brandon | W50 | Oswestry Olympians | 26-34 |
| 61 | Fennella Higgins | W45 | Buckley RC | 26-42 |
| 62 | Megan Robinson | U20W | Bangor University | 26-44 |
| 63 | Jo Hopps | SW | Prestatyn | 26-57 |
| 64 | Mel Barker | W40 | Tattenhall R | 26-58 |
| 65 | Elizabeth Driscoll | W45 | NWRRC | 26-59 |
| 66 | Rachael Foster | W45 | Whitchurch Whippets | 27-05 |
| 67 | Jenny Williamson | SW | Eryri Harriers | 27-06 |
| 68 | Sue Rodgers | W55 | Prestatyn | 27-13 |
| 69 | Nicola Tomlinson | W45 | GOG Tri Club | 27-16 |
| 70 | Carla Lauder | SW | Hebog | 27-20 |
| 71 | Vicky Ronald | W50 | Colwyn Bay | 27-38 |
| 72 | Grace Hart | W45 | Tattenhall R | 27-41 |
| 73 | Sarah Greaves | W55 | Oswestry Olympians | 27-50 |
| 74 | Kate Wilson | SW | Denbigh Harriers | 28-01 |
| 75 | Jayne Penrhyn-Jones | W55 | Prestatyn | 28-05 |
| 76 | Kim Bennett | W50 | Wrekin Road Runners | 28-06 |
| 77 | Megan Owen-Jones | U20W | Wrekin Road Runners | 28-13 |
| 78 | Liz Park | W40 | Oswestry Olympians | 28-24 |
| 79 | Elen Baugh | SW | Denbigh Harriers | 28-26 |
| 80 | Ros Adams | W60 | Wrexham AC | 28-41 |
| 81 | Menai Baugh | W55 | Denbigh Harriers | 28-51 |
| 82 | Margaret Docking | W65 | Wrexham AC | 28-52 |
| 83 | Anwen Brown | W40 | Denbigh Harriers | 29-08 |
| 84 | Liz Rankin | W40 | Whitchurch Whippets | 29-32 |
| 85 | Paula Stevens | W45 | GOG Tri Club | 29-35 |
| 86 | Alex Fletcher | W35 | Eryri Harriers | 29-39 |
| 87 | Sarah Quinlan | SW | Tattenhall R | 29-42 |
| 88 | Diane Holmes | W55 | Cybi | 29-49 |
| 89 | Evelyn Heffernan | W35 | GOG Tri Club | 30-05 |
| 90 | Viv Edwards | W60 | Menai | 30-41 |
| 91 | Ashling Donohue-Harrison | SW | Oswestry Olympians | 30-46 |
| 92 | Sally Withington | W45 | Wrekin Road Runners | 30-58 |
| 93 | Rebecca Roberts | W35 | Eryri Harriers | 31-07 |
| 94 | Maggie Oliver | W65 | Eryri Harriers | 31-17 |
| 95 | Tracy Price | W35 | GOG Tri Club | 31-27 |
| 96 | Hayley Pryce-Jones | W40 | NWRRC | 31-52 |
| 97 | Cheryl Scrase | SW | Whitchurch Whippets | 32-01 |
| 98 | Eva Brewer | W40 | Prestatyn | 32-14 |
| 99 | Clare Manley | w45 | Prestatyn | 32-17 |
| 100 | Suzanne Ridings | W55 | Buckley RC | 32-33 |
| 101 | Brenda Jones | W75 | Bro Dysynni | 32-46 |
| 102 | Helen Baxendalt | W50 | Prestatyn | 33-25 |
| 103 | Julia Evans | W50 | Prestatyn | 33-48 |
| 104 | Lyn Norton | W55 | Whitchurch Whippets | 34-40 |
| 105 | Louise Faulkes | W35 | Prestatyn | 35-12 |
| 106 | Yolanda Marconie Nolan | W65 | Bro Dysynni | 35-41 |
| 107 | Maureen Singleton | W75 | Colwyn Bay | 36-41 |
| 108 | Beverley Goodson | W45 | Deestriders | 38-09 |
| 109 | Marjorie Griffiths | W70 | Bro Dysynni | 39-18 |
| 110 | Sheila Richards | W60 | Shrewsbury AC | 40-09 |
| 111 | Val Jones | W45 | Prestatyn | 43-23 |

**FEMALE TEAMS**

**DIVISION ONE (4 to SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Club** | **Race 2**  **Points** | **Race 2**  **Position** | **Overall Points** | **Overall**  **Position** |
| 1 | Eryri | 48 | 1 | **141** | **1** |
| 2 | Oswestry | 84 | 2 | **198** | **2** |
| 3 | Buckley | 104 | 3 | **242** | **3** |
| 4 | Denbigh | 136 | 4 | **290** | **5** |
| 5 | Prestatyn | 140 | 5 | **262** | **4** |
| 6 | GOG | 154 | 6 | **302** | **6** |
| 7 | Wrexham AC | 231 | 7 | **337** | **7** |

**DIVISION TWO (3 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Club** | **Race 2**  **Points** | **Race 2**  **Position** | **Overall Points** | **Overall**  **Position** |
| 1 | Shrewsbury | 23 | 1 | **70** | **1** |
| 2 | Menai | 56 | 2 | **317** | **6** |
| 3 | Tattenhall | 88 | 3 | **220** | **3** |
| 4 | Telford | 97 | 4 | **128** | **2** |
| 5 | NWRRC | 144 | 5 | **310** | **5** |
| 6 | Wrekin Road Runners | 149 | 6 | **278** | **4** |
| 7 | Colwyn Bay | 182 | 7 | **418** | **10** |
| 8 | Whitchurch Whippets | 207 | 8 | **412** | **9** |
| 9 | Hebog | 212 | 9 | **449** | **11** |
| 10 | Bangor Uni | 214 | 10 | **396** | **8** |
| 11 | Cybi | 238 | 11 | **560** | **14** |
| 12 | West Cheshire | 240 | 12 | **319** | **7** |
| 13 | Abergele Harriers | 282 | 13 | **525** | **13** |
| 14 | Bro Dysynni | 316 | 14 | **522** | **12** |

**FEMALE MASTERS TEAMS**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Club** | **Race 2**  **Points** | **Race 2**  **Position** | **Overall Points** | **Overall**  **Position** |
| 1 | Eryri Harriers | 20 | 1 | **56** | **1** |
| 2 | Oswestry Olympians | 20 | 2 | **66** | **2** |
| 3 | Buckley | 35 | 3 | **98** | **4** |
| 4 | Telford | 51 | 4 | **70** | **3** |
| 5 | Tattenhall | 68 | 5 | **153** | **7** |
| 6 | Denbigh Harriers | 77 | 6 | **195** | **9** |
| 7 | GOG Tri Club | 78 | 7 | **142** | **5** |
| 8 | Wrexham AC | 84 | 8 | **147** | **6** |
| 9 | Wrekin Road Runners | 88 | 9 | **167** | **8** |
| 10 | Whitchurch Whippets | 126 | 10 | **273** | **10** |
| 11 | Colwyn Bay | 144 | 11 | **N/A** | **N/A** |
| 12 | Prestatyn | 151 | 12 | **279** | **11** |
| 13 | Bro Dysynni | 215 | 13 | **445** | **12** |

Another good turnout for the second fixture at Llandudno, although the number of runners was down on Mold partly due to half term holidays and some runners choosing to run the Border League on Sunday. A big thank you to Russ Godwin and his team at Colwyn Bay who ensured that we had another great day of running and he booked the sun again at Llandudno.

The opening race of the day saw a great performance from Oliver Barberesi, Menai who won his second race in a row, this time wining by over a minute. Team mate Cari Hughes, only recently back after a summer of injuries, showed what a talented athlete she is by dominating the Women’s Race, beating her older rivals by over 2 minutes. Just watch out for this talented athlete at a much higher level this year. If anyone thought Viv McConnell’s top 10 finish in the first fixture was a surprise, the W60 athlete finished in 6th place for a great run. Eryri are working hard to retain their team title and after two fixtures are 57 points clear of Oswestry. However had Shrewsbury Women been in Division 1 they would have easily won as they packed four runners in the first 13 to even outshine their Men’s Team.

Bangor University student Chris Richards backed up his win at Mold with another win at Llandudno but was pushed hard all the way by super master Paul Ward from Telford, who is still running as well as ever despite having just turned 50! Shrewsbury are well on course to retain their title and won comfortably again.

Please note a few weeks after the race at Mold, and after the results had been finalised, it was brought to our attention by the club involved that they had inadvertently fielded an ineligible female athlete who had not yet received first claim clearance from Welsh Athletics. Can ALL Clubs please note that the North Wales Cross Country League is for FIRST CLAIM ATHLETES ONLY. If you are in doubt about an athlete’s eligibility, please do not hesitate to contact me – it might save me a lot of work afterwards. I have not re-issued the Mold report and results but the individual’s scores has been removed from the team results and you will note the amendments in the team scores in both Senior and Master age groups.

The next race is at Treborth Track, Bangor LL57 2RQ on 26th November 2016

Good luck to all those athletes competing in the Masters International Cross Country in Glasgow on 12th November.

**Bernie Jones, Referee**

**Please note a male runner was impeded in the Men’s Race on at least three occasions by athletes walking across the course or warming down on the course oblivious to the race going on. PLEASE have respect for other athletes and keep off the course whilst the races are going on.**

**PLEASE NOTE FOR Bangor all athletes need to keep off the football pitches**