**GRAND PRIX EXPRESS**

**NORTH WALES CROSS COUNTRY LEAGUE**

(Supported by Welsh Athletics Ltd)

At Mold Alun School, Mold Saturday 15th October 2016

 FINAL RESULTS 21/10/16

**SENIOR MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Age** | **Club** | **Time** |
| 1 | Chris Richards | U20M | Bangor University | 28-22 |
| 2 | Gareth Williams | SM | Deestriders | 28-33 |
| 3 | Tom Roberts | SM | Meirionnydd | 29-03 |
| 4 | Brett Edwards | SM | Shrewsbury AC | 29-06 |
| 5 | Simon Cole | SM | GOG Tri Club | 29-09 |
| 6 | James Hickinbottom | SM | Shrewsbury AC | 29-18 |
| 7 | Matt Hall | SM | Shrewsbury AC | 29-43 |
| 8 | Simon Anetts | SM | Bangor University | 29-51 |
| 9 | Christian Smith | U20M | Wrexham AC | 29-53 |
| 10 | Jez Brown | M40 | Buckley | 29-54 |
| 11 | Ben Ashcroft | SM | Shrewsbury AC | 30-05 |
| 12 | Lee Jones | M45 | Deeside AC | 30-08 |
| 13 | Gabe Morris | SM | Shrewsbury AC | 30-10 |
| 14 | Adam Roberts | SM | Shrewsbury AC | 30-24 |
| 15 | Luke Butler | SM | Shrewsbury AC | 30-27 |
| 16 | Sam Johnson | U20 | Colwyn Bay | 30-34 |
| 17 | Dave Alexander | M45 | West Cheshire AC | 30-42 |
| 18 | Gruffudd Jenkins | U20M | Aberystwyth University | 31-03 |
| 19 | Matthew Fortes | SM | Eryri Harriers | 31-09 |
| 20 | Adam Jones | SM | Oswestry Olympians | 31-12 |
| 21 | Steve Waters | SM | Shrewsbury AC | 31-13 |
| 22 | Tim Tansley | M40 | Oswestry Olympians | 31-21 |
| 23 | Martin Green | M40 | NWRRC | 31-24 |
| 24 | Jonathan Ryan | SM | Aberystwyth University | 31-26 |
| 25 | Andy Raho | SM | GOG Tri Club | 31-30 |
| 26 | Steve Skates | SM | Prestatyn RC | 31-33 |
| 27 | Morgan Mitchell | SM | Aberystwyth University | 31-40 |
| 28 | Kevin Francis | M50 | Shrewsbury AC | 31-40 |
| 29 | Simon Roberts | M45 | Buckley | 31-47 |
| 30 | David White | SM | Buckley | 31-55 |
| 31 | Ian Houston | M45 | Wrecsam Tri Club | 32-00 |
| 32 | Chris Callaghan | SM | Buckley | 32-01 |
| 33 | Simon Berkley | M40 | Oswestry Olympians | 32-01 |
| 34 | Richard Hayes | M45 | West Cheshire AC | 32-05 |
| 35 | Simon Edwards | M45 | Buckley | 32-09 |
| 36 | Shaun Hughes | SM | Denbigh Harriers | 32-13 |
| 37 | Hugh O'Donnell | SM | Eryri Harriers | 32-20 |
| 38 | Craig Lammas | M40 | Oswestry Olympians | 32-23 |
| 39 | Andy Yapp | M50 | Shrewsbury AC | 32-24 |
| 40 | Ellis Blades | U20M | Aberystwyth University | 32-29 |
| 41 | Mark Davies | M40 | West Cheshire AC | 32-36 |
| 42 | Olly Parry | SM | Shrewsbury AC | 32-38 |
| 43 | Peter Taylor | M40 | Tattenhall  | 32-43 |
| 44 | Steve Eardley | M40 | Colwyn Bay | 32-44 |
| 45 | Graham Jones | M60 | Shrewsbury AC | 32-47 |
| 46 | Ifon Richards | SM | Hebog | 32-51 |
| 47 | Andy Campbell | M40 | Wrecsam Tri Club | 32-54 |
| 48 | Gary Blackwell | M45 | Deeside AC | 32-58 |
| 49 | Lee Rudd | M45 | Wrekin Road Runners | 33-00 |
| 50 | Malcom Davies | SM | Hebog | 33-11 |
| 51 | Aled Skym | U20M | Aberystwyth University | 33-12 |
| 52 | Darrell Davies | SM | Prestatyn RC | 33-13 |
| 53 | Andrew Bromley | SM | Prestatyn RC | 33-15 |
| 54 | Jordan Stait | U20M | Aberystwyth University | 33-15 |
| 55 | Mike Robbins | M50 | Wrexham AC | 33-22 |
| 56 | Lawrence Henry | U20 | Deeside AC | 33-24 |
| 57 | Ian Lowe | M45 | Oswestry Olympians | 33-33 |
| 58 | Craig Davies | M40 | Deestriders | 33-35 |
| 59 | Iwan Evans | SM | NWRRC | 33-39 |
| 60 | Rob Sharam | M40 | Whitchurch Whippets | 33-40 |
| 61 | Eddie Davies | M45 | Buckley | 33-49 |
| 62 | Grant Lloyd | M40 | Shrewsbury AC | 33-51 |
| 63 | Jeremy Randall | M50 | Meirionnydd | 33-53 |
| 64 | Richard Jones | M50 | Shrewsbury AC | 33-56 |
| 65 | Connor Middleton | SM | Shrewsbury AC | 33-57 |
| 66 | Leon Bagnall | U20M | Prestatyn RC | 33-58 |
| 67 | David Isaac | SM | Wrekin Road Runners | 34-05 |
| 68 | Tim Gears | M40 | Oswestry Olympians | 34-10 |
| 69 | Russell Godwin | M45 | Colwyn Bay | 34-14 |
| 70 | Brian Rothera  | M45 | Oswestry Olympians | 34-15 |
| 71 | Peter Jones | M40 | Oswestry Olympians | 34-17 |
| 72 | Rob Alexander | SM | Prestatyn RC | 34-22 |
| 73 | Tim Smith | M45 | Shrewsbury AC | 34-24 |
| 74 | Simon Ellis | M50 | Tattenhall  | 34-26 |
| 75 | Alex Ryder | U20M | Prestatyn | 34-31 |
| 76 | Peter Plant | M50 | Telford AC | 34-36 |
| 77 | Richard Watson | SM | Colwyn Bay | 34-38 |
| 78 | James Williamson | SM | Prestatyn RC | 34-40 |
| 79 | Glen Price | M40 | Denbigh Harriers | 34-41 |
| 80 | Adrian Lenard | SM | GOG Tri Club | 34-43 |
| 81 | Hadyn Jones | M55 | Shrewsbury AC | 34-47 |
| 82 | Benjamin Rosch | SM | Aberystwyth University | 34-51 |
| 83 | Arwel Lewis | M55 | Eryri Harriers | 34-52 |
| 84 | Richard Davies | SM | Oswestry Olympians | 34-57 |
| 85 | David Baugh | M55 | Denbigh Harriers | 34-58 |
| 86 | Janes Salt  | SM | Abergele Harriers | 35-00 |
| 87 | Nick Thomas | M50 | Telford AC | 35-03 |
| 88 | David Gilbert | M50 | Buckley | 35-09 |
| 89 | Rob Chambers | SM | Tattenhall  | 35-11 |
| 90 | Steve Crowe | M40 | Deeside AC | 35-13 |
| 91 | Morgan Jones | SM | Prestatyn RC | 35-13 |
| 92 | Dan Williams | SM | Abergele Harriers | 35-18 |
| 93 | Rob Mahony | SM | Buckley | 35-18 |
| 94 | Russell Williams | M45 | Cybi Striders | 35-23 |
| 95 | Anthony Bethel | M45 | Eryri Harriers | 35-25 |
| 96 | Andy Pritchard | M40 | Buckley | 35-27 |
| 97 | Ieuan Ngh Jones | U20M | Aberystwyth University | 35-28 |
| 98 | Jared Roberts | SM | Colwyn Bay | 35-29 |
| 99 | Ben Harrison | U20M | Prestatyn RC | 35-30 |
| 100 | Darren Mitchelmore | M50 | Shrewsbury AC | 35-30 |
| 101 | Lewis Myatt | SM | GOG Tri Club | 35-36 |
| 102 |  |  |  | 35-39 |
| 103 | John Parlevliet | M40 | West Cheshire AC | 35-41 |
| 104 | Steve Roberts | M60 | Oswestry Olympians | 35-44 |
| 105 | Pete Mould | SM | Abergele Harriers | 35-46 |
| 106 | Andy Jones | M40 | GOG Tri Club | 35-47 |
| 107 | Twm Morgan | SM | Hebog | 35-47 |
| 108 | Pete Savill | M60 | Shrewsbury AC | 35-51 |
| 109 | Karl Williams | M45 | Buckley | 35-56 |
| 110 | Chris Smith | M40 | Wrecsam Tri Club | 35-57 |
| 111 | David Leonard | M40 | Wrekin Road Runners | 35-57 |
| 112 | Andy Heath | M45 | Whitchurch Whippets | 36-00 |
| 113 | Rich Collins | M45 | Oswestry Olympians | 36-04 |
| 114 | Paul Stinton | M40 | Buckley | 36-08 |
| 115 | Matty Smith | SM | Prestatyn RC | 36-09 |
| 116 | Neal Jones | SM | Colwyn Bay | 36-10 |
| 117 | Stuart Farley | SM | Shrewsbury AC | 36-12 |
| 118 | Gary Porter-Jones | M45 | Eryri Harriers | 36-16 |
| 119 | Owen Conroy | M45 | Denbigh Harriers | 36-16 |
| 120 | David Griffiths  | M40 | GOG Tri Club | 36-24 |
| 121 | Nick Holmes | M55 | Tattenhall  | 36-26 |
| 122 | Simon Phillips | M45 | Whitchurch Whippets | 36-29 |
| 123 | Simon Roxburgh | M40 | GOG Tri Club | 36-33 |
| 124 | Tony Woodall | M40 | West Cheshire AC | 36-37 |
| 125 | Jon Ashcroft | M50 | Shrewsbury AC | 36-38 |
| 126 | Simon Blair | SM | GOG Tri Club | 36-39 |
| 127 | Leon Davies | M40 | NWRRC | 36-41 |
| 128 | Steffan Owen | SM | Meirionnydd | 36-43 |
| 129 | Gareth Bailey | SM | Prestatyn RC | 36-47 |
| 130 | Richard Jones | SM | Hebog | 36-55 |
| 131 | Andrew Williams | M40 | GOG Tri Club | 36-57 |
| 132 | Jamie Waite | U20 | Deeside AC | 37-02 |
| 133 | Gareth Houghton | M40 | Buckley | 37-08 |
| 134 | Mike Austin | M40 | Buckley | 37-10 |
| 135 | Ian Granfield | M50 | Whitchurch Whippets | 37-17 |
| 136 | Tim Hargreaves | M45 | Buckley | 37-24 |
| 137 | Steve Bellis | M60 | Buckley | 37-26 |
| 138 | David Card | SM | Oswestry Olympians | 37-31 |
| 139 | George Nixon | M60 | Prestatyn RC | 37-35 |
| 140 | Nigel Holmes | M55 | Cybi Striders | 37-45 |
| 141 | Tony Pryce Jones | SM | NWRRC | 37-45 |
| 142 | Tony Benton | M55 | Denbigh Harriers | 37-47 |
| 143 | Will Chambers | SM | Bangor University | 37-50 |
| 144 | Lee Wasnidge | M50 | Buckley | 37-51 |
| 145 | Chris Wakeman | M55 | Shrewsbury AC | 37-57 |
| 146 | Stephen Gill | M50 | Wrekin Road Runners | 38-03 |
| 147 | Mark Mayers | M45 | Abergele Harriers | 38-07 |
| 148 | Fred Jones | M60 | Denbigh Harriers | 38-19 |
| 149 | Gary Clarke | M40 | Oswestry Olympians | 38-33 |
| 150 | Paul Hooson | M50 | GOG Tri Club | 38-46 |
| 151 | Paul Quinn | M40 | Buckley | 38-48 |
| 152 | Pete Blackburn | M50 | Hebog | 38-48 |
| 153 | Mark Dunn | M40 | Deestriders | 39-01 |
| 154 | David Davies | M40 | Denbigh Harriers | 39-03 |
| 155 | Andrew Yates | M50 | Meirionnydd | 39-09 |
| 156 | Jonny Lambert | M40 | Oswestry Olympians | 39-12 |
| 157 | Rob Davies | M50 | Oswestry Olympians | 39-15 |
| 158 | Des Davies | M55 | Prestatyn RC | 39-20 |
| 159 | Kevin Challinor | M55 | Deeside AC | 39-27 |
| 160 | Mark Goodridge | M50 | Wrekin Road Runners | 39-33 |
| 161 | John Jones | M55 | Abergele Harriers | 39-38 |
| 162 | Martin Durrant | M55 | Tattenhall  | 39-40 |
| 163 | David Wootton | M50 | Buckley | 39-44 |
| 164 | Richard Smith | M45 | GOG Tri Club | 39-53 |
| 165 | Phil Walker | M65 | Wrexham AC | 40-20 |
| 166 | Eyrwyn Edwards | M60 | Eryri Harriers | 40-34 |
| 167 | Darren Battersby | M50 | Abergele Harriers | 40-40 |
| 168 | Nick Wood | SM | Prestatyn RC | 40-42 |
| 169 | Arfon Hughes | M45 | Meirionnydd | 40-50 |
| 170 | Wyn Roberts | M40 | Prestatyn RC | 41-04 |
| 171 | Chris Baldwin | M60 | Denbigh Harriers | 41-07 |
| 172 | Richard House Goodwin | SM | Colwyn Bay | 41-09 |
| 173 | Mike Whiteside | M65 | Tattenhall  | 41-21 |
| 174 | Peter Cooney | M50 | Deestriders | 41-23 |
| 175 | Ben Garnett | SM | Abergele Harriers | 41-45 |
| 176 | Stephen Williams | M40 | Wrekin Road Runners | 41-45 |
| 177 | Dave Roderick | M65 | Deeside AC | 42-10 |
| 178 | Steve LL Jones | M60 | Eryri Harriers | 42-12 |
| 179 | Simon Houghton | M45 | Buckley | 42-20 |
| 180 | Stuart Goldsock | SM | GOG Tri Club | 42-26 |
| 181 | Russ Cheetham | M50 | Prestatyn RC | 42-36 |
| 182 | Richie Bartlett | SM | GOG Tri Club | 42-49 |
| 183 | Iori Jones | M65 | Wrecsam Tri Club | 42-58 |
| 184 | Daron Finchem | M55 | Telford AC | 43-06 |
| 185 | Rowland Sharp | M55 | Hebog | 43-21 |
| 186 | Simon Milbourne | SM | Tattenhall  | 43-21 |
| 187 | John Nolan | M65 | Bro Dysynni | 44-05 |
| 188 | Huw Parry | M40 | GOG Tri Club | 44-10 |
| 189 | Richard Burbridge | M40 | GOG Tri Club | 44-11 |
| 190 | Simon Hick | M40 | GOG Tri Club | 44-28 |
| 191 | Mike Davis | M65 | Prestatyn RC | 44-31 |
| 192 | Kenny Hughes | M65 | Wrecsam Tri Club | 45-06 |
| 193 | Michael Whitehead | M50 | Telford AC | 45-28 |
| 194 | Thomas Williams | SM | Tattenhall  | 46-14 |
| 195 | Nigel Tatton | M50 | Telford AC | 46-14 |
| 196 | David Alun Williams | M65 | Wrexham AC | 51-39 |
| 197 | Rob Mackay | M65 | Buckley | 52-05 |

**TEAMS**

**DIVISION ONE (6 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Club** | **Race 1****Points** | **Race 1****Position** | **Overall Points** | **Overall****Position** |
| 1 | Shrewsbury | 55 | 1 | 55 | 1 |
| 2 | Buckley  | 197 | 2 | 197 | 2 |
| 3 | Oswestry | 238 | 3 | 238 | 3 |
| 4 | Colwyn Bay | 410 | 4 | 410 | 4 |
| 5 | Eryri | 418 | 5 | 418 | 5 |
| 6 | Gog Tri | 419 | 6 | 419 | 6 |
| 7 | Tattenhall  | 664 | 7 | 664 | 7 |
| 8 | Meirionnydd | 744 | 8 | 744 | 8 |

**DIVISION TWO (4 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Club** | **Race 1****Points** | **Race 1****Position** | **Overall Points** | **Overall****Position** |
| 1 | Aberystwyth Uni | 119 | 1 | 119 | 1 |
| 2 | West Cheshire | 195 | 2 | 195 | 2 |
| 3 | Prestatyn | 197 | 3 | 197 | 3 |
| 4 | Deeside AC | 206 | 4 | 206 | 4 |
| 5 | Denbigh Harriers | 319 | 5 | 319 | 5 |
| 6 | Hebog | 333 | 6 | 333 | 6 |
| 7 | Bangor Uni | 350 | 7 | 350 | 7 |
| 8 | NWRRC | 350 | 8 | 350 | 8 |
| 9 | Wrecsam Tri Club | 371 | 9 | 371 | 9 |
| 10 | Wrekin Road Runners | 373 | 10 | 373 | 10 |
| 11 | Deestriders | 387 | 11 | 387 | 11 |
| 12 | Wrexham AC | 425 | 12 | 425 | 12 |
| 13 | Whitchurch Whippets | 429 | 13 | 429 | 13 |
| 14 | Abergele | 430 | 14 | 430 | 14 |
| 15 | Telford AC | 540 | 15 | 540 | 15 |
| 16 | Cybi Striders | 630 | 16 | 630 | 16 |
| 17 | Bro Dysynni | 781 | 17 | 781 | 17 |

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Club** | **Race 1****Points** | **Race 1****Position** | **Overall Points** | **Overall****Position** |
| 1 | Buckley | 19 | 1 | 19 | 1 |
| 2 | Oswestry | 25 | 2 | 25 | 2 |
| 3 | West Cheshire | 29 | 3 | 29 | 3 |
| 4 | Shrewsbury | 36 | 4 | 36 | 4 |
| 5 | Deeside AC | 64 | 5 | 64 | 5 |
| 6 | Wrecsam Tri Club | 80 | 6 | 80 | 6 |
| 7 | Tattenhall | 111 | 7 | 111 | 7 |
| 8 | Denbigh Harriers | 138 | 9 | 138 | 8 |
| 9 | Whitchurch Whippets | 143 | 10 | 143 | 9 |
| 10 | Eryri Harriers | 143 | 11 | 143 | 10 |
| 11 | Wrekin Road Runners | 154 | 12 | 154 | 11 |
| 12 | GOG Tri Club | 176 | 13 | 176 | 12 |
| 13 | Telford AC | 189 | 14 | 189 | 13 |
| 14 | Deestriders | 214 | 15 | 214 | 14 |
| 15 | Meirionnydd | 216 | 16 | 216 | 15 |
| 16 | Wrexham AC | 241 | 8 | 241 | 16 |
| 17 | Prestatyn | 267 | 17 | 267 | 17 |
| 18 | Abergele Harriers | 274 | 18 | 274 | 18 |
|  |  |  |  |  |  |

**MALE OVER 70**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Age** | **Club** | **Time** |
| 1 | Emyr Davies | M70 | Hebog | 24-53 |
| 2 | John Morris | M70 | Buckley | 26-23 |
| 3 | John Evans | M70 | Aberystwyth AC | 27-30 |
| 4 | John Hickman | M75 | Prestatyn RC | 28-29 |
| 5 | Arthur Egan | M70 | Wrexham AC | 29-01 |
| 6 | Robin Frost | M70 | Wrexham AC | 29-38 |
| 7 | David Hughes | M75 | Prestatyn RC | 30-11 |
| 8 | Jack Thomas | M70 | Buckley | 34-43 |
| 9 | Peter Norman | M75 | Wrexham AC | 40-09 |
| 10 | John Tipping | M75 | Wrexham AC | 43-17 |
| 11 | Brian Forster | M80 | Wrexham AC | 45-08 |

**TEAMS (3 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Club** | **Race 1****Points** | **Race 1****Position** | **Overall Points** | **Overall****Position** |
| 1 | Wrexham AC | 20 | 1 | 20 | 1 |

**UNDER 17 MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Age** | **Club** | **Time** |
| 1 | Oliver Barbaresi | U17M | Menai | 17-29 |
| 2 | Ethan Ackroyd | U17M | Deeside AC | 18-06 |
| 3 | Cedol Dafydd | U17M | Menai | 18-08 |
| 4 | Owen Hibbert | U17M | Deeside AC | 19-38 |
| 5 | Michael Parry | U17M | Colwyn Bay | 20-02 |
| 6 | Sam Holt | U17M | Deeside AC | 20-08 |
| 7 | Adam Tatton | U17M | Telford AC | 22-24 |
| 8 | Michael Davies | U17M | GOG Tri Club | 28-37 |

**TEAMS (3 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Club** | **Race 1****Points** | **Race 1****Position** | **Overall Points** | **Overall****Position** |
| 1 | Deeside AC | 12 | 1 | 12 | 1 |

**SENIOR LADIES**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Age** | **Club** | **Time** |
| 1 | Michelle Clarke | W40 | Telford AC | 20-46 |
| 2 | Georgina Ross | W40 | Tattenhall | 21-17 |
| 3 | Sian Williams | W35 | Hebog | 21-22 |
| 4 | Lucy Williamson | U20W | Bangor University | 21-32 |
| 5 | Rachel Coupe | W45 | Telford AC | 21-41 |
| 6 | Amie Bagnall | SW | Prestatyn RC | 21-46 |
| 7 | Holly Roberts | U17W | Colwyn Bay | 21-46 |
| 8 | Gemma Brown | SW | NWRRC | 21-55 |
| 9 | Viv McConnell | W60 | Oswestry Olympians | 21-59 |
| 10 | Rhian Pierce | SW | Denbigh Harriers | 22-00 |
| 11 | Ceri Diss | W50 | Denbigh Harriers | 22-02 |
| 12 | Anest Muller | W35 | West Cheshire | 22-05 |
| 13 | Olivia Mann | U20W | Shrewsbury | 22-08 |
| 14 | Lauren Morley | SW | Shrewsbury | 22-19 |
| 15 | Sophie Paxton | U17W | Wrexham AC | 22-40 |
| 16 | Lisa Morley | W45 | Wrexham AC | 22-55 |
| 17 | Megan Hughes | W40 | Eryri Harriers | 22-59 |
| 18 | Helen Blair | W45 | Eryri Harriers | 23-04 |
| 19 | Sam Dutton | W35 | Buckley | 23-06 |
| 20 | Jackie Macey | SW | Shrewsbury | 23-10 |
| 21 | Deborah Millington | W45 | Wrekin Road Runners | 23-13 |
| 22 | Gwen Jones | SW | Bro Dysynni | 23-19 |
| 23 | Martha Owen | U17W | Deeside AC | 23-22 |
| 24 | Tracey Williams | W50 | Denbigh Harriers | 23-24 |
| 25 | Alison Preece | W45 | Telford AC | 23-25 |
| 26 | Jackie Gears | W40 | Oswestry Olympians | 23-26 |
| 27 | Helen MacArthur | W45 | GOG Tri Club | 23-32 |
| 28 | Tammy Lewis-Jones | W45 | Eryri Harriers | 23-38 |
| 29 | Cerri Cook | W45 | Buckley | 23-42 |
| 30 | Louise Emery-Jones | W40 | Eryri Harriers | 23-46 |
| 31 | Ellie Robinson | W40 | West Cheshire | 23-48 |
| 32 | Coral McShane | U20W | Prestatyn RC | 23-57 |
| 33 | Emer Sandham | W35 | GOG Tri Club | 24-01 |
| 34 | Ellie Williams | U17W | Wrexham AC | 24-04 |
| 35 | Lou Williams | W35 | Oswestry Olympians | 24-08 |
| 36 | Claire Harris | SW | West Cheshire | 24-09 |
| 37 | Annie Williams | W55 | Eryri Harriers | 24-18 |
| 38 | Helen Ashworth | SW | Prestatyn RC | 24-19 |
| 39 | Becki Law | SW | Eryri Harriers | 24-25 |
| 40 | Hazel Berrett | W50 | Buckley | 24-31 |
| 41 | Linda Jones | W50 | Wrexham AC | 25-05 |
| 42 | Christine Symms | W35 | Wrekin Road Runners | 25-09 |
| 43 | Katy Baugh | SW | Denbigh Harriers | 25-11 |
| 44 | Yvonne Hill | W50 | Oswestry Olympians | 25-15 |
| 45 | Louvie Griffith | W45 | GOG Tri Club | 25-18 |
| 46 | Ally Reid | W40 | Prestatyn RC | 25-19 |
| 47 | Gill Evans | W55 | Shrewsbury | 25-20 |
| 48 | Lisa Blagden | W45 | Telford AC | 25-26 |
| 49 | Ali Whitelaw | W55 | Wrexham AC | 25-26 |
| 50 | Fenella Higgins | W45 | Buckley | 25-30 |
| 51 | Susie Hancock | W55 | Oswestry Olympians | 25-32 |
| 52 | Catrin Donnelly | U17W | Menai | 25-32 |
| 53 | Emma Hanson | SW | GOG Tri Club | 25-35 |
| 54 | Jane Lindley | W50 | Buckley | 25-39 |
| 55 | Dawn Urquhart | W40 | Buckley | 25-49 |
| 56 | Elli Salisbury | W55 | Eryri Harriers | 26-00 |
| 57 | Chris Birch | W65 | Abergele Harriers | 26-02 |
| 58 | Sophia Jerbi | U20W | Prestatyn RC | 26-04 |
| 59 | Simone Norris | W35 | Tattenhall | 26-07 |
| 60 | Amy Williamson | SW | Prestatyn RC | 26-26 |
| 61 | Megan Robinson | U20W | Bangor University | 26-27 |
| 62 | Jo Granfield | W50 | Whitchurch Whippets | 26-32 |
| 63 | Elizabeth Driscoll | W45 | NWRRC | 26-34 |
| 64 | Nicola Tomlinson | SW | GOG Tri Club | 26-42 |
| 65 | Jo Hopps  | SW | Prestatyn RC | 26-48 |
| 66 | Kim Bennett | W50 | Wrekin Road Runners | 26-50 |
| 67 | Hayley Turner | SW | Eryri Harriers | 26-55 |
| 68 | Amanda Mountford | SW | Buckley | 26-58 |
| 69 | Sarah Gallacher | SW | GOG Tri Club | 27-01 |
| 70 | Rachael Foster | W45 | Whitchurch Whippets | 27-07 |
| 71 | Grace Hart | W45 | Tattenhall | 27-10 |
| 72 | Ros Adams | W60 | Wrexham AC | 27-16 |
| 73 | Michelle Read | SW | Whitchurch Whippets | 27-26 |
| 74 | Gabby Waring | W55 | Prestatyn RC | 27-30 |
| 75 | Sarah Greaves | W55 | Oswestry Olympians | 27-30 |
| 76 | Elen Baugh | SW | Denbigh Harriers | 27-46 |
| 77 | Barbara Ward | W60 | Oswestry Olympians | 27-47 |
| 78 | Anwen Brown | W40 | Denbigh Harriers | 27-47 |
| 79 | Paula Stevens | W45 | GOG Tri Club | 28-20 |
| 80 | Adele Powl Jones | W45 | Bro Dysynni | 28-25 |
| 81 | Jo Lewis | W40 | Prestatyn RC | 28-34 |
| 82 | Menai Baugh | W55 | Denbigh Harriers | 28-36 |
| 83 | Kath Evans | W40 | Denbigh Harriers | 28-47 |
| 84 | Briony Hibbert | SW | Deeside AC | 28-55 |
| 85 | Margaret Docking  | W65 | Wrexham AC | 28-57 |
| 86 | Anne Broughton | W35 | Buckley | 29-13 |
| 87 | Diane Holmes | W55 | Cybi Striders | 29-17 |
| 88 | Diane Jones | W40 | Abergele Harriers | 29-23 |
| 89 | Sally Withington | W45 | Wrekin Road Runners | 29-30 |
| 90 | Liz Martin | W35 | Prestatyn RC | 29-55 |
| 91 | Gill Cizmadia | W50 | Wrexham AC | 29-56 |
| 92 | Viv Edwards | W60 | Menai | 30-06 |
| 93 | Kelly Clarke | SW | Oswestry Olympians | 30-33 |
| 94 | Ashling O'Donohue-Harrison | SW | Oswestry Olympians | 30-46 |
| 95 | Hayley Pryce Jones | W40 | NWRRC | 30-46 |
| 96 | Mandy Lewis | W35 | Whitchurch Whippets | 30-54 |
| 97 | Vic Owen | SW | Prestatyn RC | 30-58 |
| 98 | Sue Calvert | W55 | Abergele Harriers | 31-06 |
| 99 | Maggie Oliver | W65 | Eryri Harriers | 31-10 |
| 100 | Amanda Garner | SW | Buckley | 31-12 |
| 101 | Elizabeth Featherstone | W45 | Whitchurch Whippets | 31-21 |
| 102 | Michelle Scrase | SW | Whitchurch Whippets | 31-27 |
| 103 | Jennifer Chamber | W35 | Tattenhall | 31-32 |
| 104 | Brenda Jones | W75 | Bro Dysynni | 31-51 |
| 105 | Joan Edwards | W55 | NWRRC | 32-27 |
| 106 | Suzanne Ridings | W55 | Buckley | 32-50 |
| 107 | Clare Manley | W45 | Prestatyn RC | 33-00 |
| 108 | Ceri Crabbe | W40 | Wrekin Road Runners | 33-10 |
| 109 | Lynn Norton | W55 | Whitchurch Whippets | 34-17 |
| 110 | Emma Fairhurst | W45 | Prestatyn RC | 34-30 |
| 111 | Margot McCrone | W45 | Oswestry Olympians | 34-55 |
| 112 | Maureen Singleton | W75 | Colwyn Bay | 35-30 |
| 113 | Yolanda Marconi Nolan | W65 | Bro Dysynni | 35-35 |
| 114 | Beverley Goodson | W45 | Deestriders | 36-03 |
| 115 | Marjorie Griffiths | W70 | Bro Dysynni | 37-04 |
| 116 | Valerie Jones | W45 | Prestatyn RC | 40-46 |
| 117 | Michelle Clarke | W40 | Telford AC | 20-46 |

**FEMALE TEAMS**

**DIVISION ONE (4 to SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Club** | **Race 1****Points** | **Race 1****Position** | **Overall Points** | **Overall****Position** |
|  | Eryri | 93 | 2 | 93 | 1 |
|  | Wrexham AC | 106 | 3 | 106 | 2 |
|  | Oswestry  | 114 | 4 | 114 | 3 |
|  | Prestatyn | 122 | 5 | 122 | 4 |
|  | Buckley | 138 | 6 | 138 | 5 |
|  | GOG | 148 | 7 | 148 | 6 |
|  | Denbigh | 154 | 7 | 154 | 7 |

**DIVISION TWO (3 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Club** | **Race 1****Points** | **Race 1****Position** | **Overall Points** | **Overall****Position** |
| 1 | Telford | 31 | 1 | 31 | 1 |
| 2 | Shrewsbury | 47 | 2 | 47 | 2 |
| 3 | West Cheshire | 79 | 3 | 79 | 3 |
| 4 | Wrekin Road Runners | 129 | 4 | 129 | 4 |
| 5 | Tattenhall | 132 | 5 | 132 | 5 |
| 6 | NWRRC | 166 | 6 | 166 | 6 |
| 6 | Bangor Uni | 182 | 7 | 182 | 7 |
| 8 | Whitchurch Whippets | 205 | 8 | 205 | 8 |
| 9 | Bro Dysynni | 206 | 9 | 206 | 9 |
| 10 | Deeside AC | 224 | 10 | 224 | 10 |
| 11 | Colwyn Bay | 236 | 11 | 236 | 11 |
| 12 | Hebog | 237 | 12 | 237 | 12 |
| 13 | Abergele Harriers | 243 | 13 | 243 | 13 |
| 14 | Menai | 261 | 13 | 261 | 13 |
| 15 | Cybi | 322 | 14 | 322 | 14 |
| 16 | Deestriders | 349 | 15 | 349 | 15 |

**FEMALE MASTERS TEAMS**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Club** | **Race 1****Points** | **Race 1****Position** | **Overall Points** | **Overall****Position** |
| 1 | Telford | 19 | 1 | 19 | 1 |
| 2 | Eryri Harriers | 36 | 2 | 36 | 2 |
| 3 | Oswestry Olympians | 46 | 3 | 46 | 3 |
| 4 | Wrexham AC | 63 | 4 | 63 | 4 |
| 5 | GOG Tri Club | 64 | 5 | 64 | 5 |
| 6 | Buckley | 73 | 6 | 73 | 6 |
| 7 | Wrekin Road Runners | 79 | 7 | 79 | 7 |
| 8 | Tattenhall | 85 | 8 | 85 | 8 |
| 9 | Denbigh Harriers | 118 | 9 | 118 | 9 |
| 11 | Prestatyn | 128 | 10 | 128 | 10 |
| 12 | Whitchurch Whippets | 147 | 11 | 147 | 11 |
| 13 | Abergele | 162 | 12 | 162 | 12 |
| 14 | NWRRC | 174 | 13 | 174 | 13 |
| 15 | Bro Dysynni | 227 | 14 | 227 | 14 |
|  |  |  |  |  |  |

What a great start to the season, albeit later than our usual start. Our sincere thanks to John Messum and all of his helpers at Deeside Athletic Club who even booked the weather this year so that we did not encounter the mud of last year.

Over 300 athletes towed the line on Saturday afternoon, following a morning when the North Wales Junior League had over 100 entrants. First off were the Women’s, Youth’s and Master 70+ Race. It was great to see the young men giving the women a run for their money for a change and Oliver Barberesi won comfortably in the end and after a race long battle Ethan Ackroyd just managed to beat Cedol Dafydd in a sprint for the minor places. Deeside were the only club to complete a team of three.

The Under 17 women and Under 20 women made a dash at the start of the Women’s race but the old heads paced themselves much better and W40 athletes Michelle Clarke, Telford took the honours from Georgina Ross, Tattenhall. Another Master Sian Williams from Hebog made the top three. Special mention must go to Viv McConnell of Oswestry who finished in a superb 9th place overall in the women’s race on her league debut – she is a W60!! It was close at the top of the team with Denbigh taking an early lead from champions Eryri.

Chris Richards, an 18 year old fresher at Bangor Uni controlled the Men’s race individually as Shrewsbury carried on where they finished off last year getting 7 runners in the first 15 finishers to already be looking odds on to retain their title. A special mention must go to David Alun Williams who despite all his recent troubles, by completing the race on Saturday managed to complete **50 consecutive years** of running at least one North Wales Cross Country League races. Well done David and a great race with Rob Mackay.

Thank you to the 13 clubs who have paid their subs. Please can we have all the remaining subs at the next race.

The next race is at St David’s College, Llandudno LL30 1RD on 5th November 2016. PLEASE park carefully.

**Bernie Jones, Referee**