**GRAND PRIX EXPRESS NORTH WALES CROSS COUNTRY LEAGUE**

 **OVERALL RESULTS 2013 - 3014**

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|  | **SENIOR MEN** |  |  | **MASTERS O.40** |
| 1  | James Wignall | Bangor U |  | 1 | Lee Jones | Deeside |
| 2 | Lee Jones | Deeside |  | 2 | Jez Brown | Buckley |
| 3 | Daniel Kashi | Bangor U |  | 3 | David Alexander | West Cheshire |
| 4 | Callum Rowlinson | Bangor U |  |  |  |  |
| 5 | William Sheridan | Deeside |  |  | **MASTERS 0.45** |
| 6 | Jez Brown | Buckley |  | 1 | Gary Blackwell | Deeside |
|  |  |  |  | 2 | Ed Davies | Buckley |
|  | **UNDER 20 MEN** |  | 3 | Andrew Clague | West Cheshire |
| 1 | William Sheridan | Deeside |  |  |  |  |
| 2 | Joe Hudak | Bangor U |  |  | **MASTERS 0.50** |
| 3 | Alex Lanz | Meirionnydd |  | 1 | John Garmson | Telford |
|  |  |  |  | 2 | Richard Jones | Shrewsbury |
|  | **TEAMS****DIVISION ONE** |  | 3 | Mike Robbins | Wrexham |
|  |  |  |  |  |
| 1 | Deeside AAC |  573 pts |  |  | **MASTERS 0.55** |
| 2 | Shrewsbury AAC |  996 pts |  | 1 | Gordon Jones | Prestatyn |
| 3 | Telford AAC | 1142 pts |  | 2 | Graham Jones | Shrewsbury |
| 4 | Eryri Harriers | 1326 pts |  | 3 | Arwel Lewis | Eryri |
| 5 | Tattenhall Runners | 1649 pts |  |  |  |  |
| 6 | Oswestry Olympians AAC | 1898 pts |  |  | **MASTERS 0.60** |
| 7 | Meirionnydd RC | 2282 pts |  | 1 | Martin Cortvriend | Denbigh |
| 8 | Wrexham AAC | 2971 pts |  | 2 | Les Coathup | Buckley |
|  |  |  |  | 3 | Jon Hancock | Oswestry |
|  | **DIVISION TWO** |  |  |  |  |  |
| 1 | Bangor University AAC |  748 pts |  |  | **MASTERS 0.65** |
| 2 | Buckley RC | 1493 pts |  | 1 | Griff Owens | Prestatyn |
| 3 | Colwyn Bay AAC | 1800 pts |  | 2 | John G Evans | Aberystwyth |
| 4 | Denbigh Harriers | 2130 pts |  | 3 | John Morris | Buckley |
| 5 | Prestatyn RC | 2376 pts |  |  |  |  |
| 6 | Wrecsam Tri Club | 3124 pts |  |  | **MASTERS 0.70** |
| 7 | West Cheshire AAC | 3172 pts |  | 1 | Don Williams | Eryri |
| 8 | Cybi Striders | 3316 pts |  |  |  |  |
| 9 | Abergele Harriers | 3330 pts |  |  | **MASTERS 0.75** |
| 10 | Menai T+F | 3477 pts |  | 1 | David Hughes | Prestatyn |
| 11 | Whitchurch Whippets | 3545 pts |  | 2 | Peter Norman | Wrexham |
| 12 | Deestriders AAC | 3609 pts |  |  |  |  |
| 13 | North Wales Road Runners Club | 3818 pts |  |  | **MASTERS 0.80** |
| 14 | Maldwyn Harriers | 4238 pts |  | 1 | Brian Forster | Wrexham |
| 15 | Bridgnorth AAC | 4271 pts |  |  |  |  |
| 16 | Aberystwyth AAC | 4295 pts |  |  | **MALE MASTERS TEAMS** |
| 17 | Clwydian Range Runners | 4366 pts |  | 1 | Buckley RC | 168 pts |
| 18 | Vale Royal AAC | 4382 pts |  | 2 | Shrewsbury AAC | 249 pts |
|  |  |  |  | 3 | Eryri Harriers | 272 pts |
|  |  |  |  | 4 | Telford AAC | 314 pts |
|  |  |  |  | 5 | Prestatyn RC | 425 pts |
|  |  |  |  | 6 | Tattenhall Runners | 446 pts |
|  |  |  |  | 7 | Colwyn Bay AAC | 481 pts |
|  |  |  |  | 8 | Denbigh Harriers | 527 pts |

James Wignall is the first Bangor University AAC student to win the senior men’s individual title clinching the honours with a fine victory at Oswestry although he had finished second, ninth, sixth and fifth at the other four meetings. Lee Jones of Deeside AAC was as consistent as ever to finish a fine second with Bangor University AAC’s Daniel Kashi a good third and another student Callum Rowlinson, William Sheridan of Deeside AAC and Jez Brown of Buckley RC in fourth, Fifth and sixth positions. William Sheridan retained the Under 20 men’s title with a series of impressive performances while Joe Hudak of Bangor University AAC and Meirionnydd R.C’s Alex Lanz were second and third as in season 2012-2013. Just for interest Andy Walling was second in 1999-2000 and 2001-2002 when representing Bangor University AAC with his fellow student, Harry Matthews, runner up in 2000-2001. Eryri Harriers duo Matthew Roberts and Nathan Jones, Steven Boyton of Deeside AAC and Telford AAC’s Paul Ward won this season’s races at Bangor, Llandudno, Wrexham and Lilleshall respectively.

As usual there was great competition in many male masters sections with six clubs sharing the nine gold medals and Prestatyn RC having three age group titles as Gordon Jones, Griff Owens and David Hughes came out on top in the Over 55, Over 65 and Over 75 categories. Pride of place, however, must go to the Wrexham’s AAC’s Brian Forster who took part in four of the five meetings to become the League’s first ever Over 80 masters champion. Deeside AAC dominated the senior men’s team section from the second fixture and their hard working combination of experience and youth won the Division One title for the first time with Shrewsbury AAC and Telford AAC finishing second and third. There were first time champions also in the male masters team section as Buckley RC with a good all round performance moved up from second last season to first in 2013-2014 leaving Shrewsbury AAC and Eryri Harriers with the silver and bronze medals.

Bangor University AAC will be up in Division One next winter after dominating throughout in Division Two with Wrexham AAC passing them on the way down for season 2014-2015. It is encouraging to see the unanimous decision at the 2013 Annual General Meeting which allowed the students to take part in all five fixtures having given them deserved reward.

If we include our Over 70 masters, 703 men took part in our five meetings which is 11 down on season 2012-2013.

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|  | **UNDER 17 MEN** |  |  |  |
| 1  | Tristan Henry | Deeside |  |  |  |
| 2 | Ben Harrison | Prestatyn |  |  |  |

Disappointingly only two youngsters competed in four fixtures but, having won at Lilleshall and finishing within the top three at Bangor, Wrexham and Llandudno, Tristan Henry of Deeside AAC has enjoyed an impressive winter and is a deserved champion. Ben Harrison of Prestatyn RC is an enthusiastic young man and, hopefully, the silver medal will encourage him to keep working hard for future success. Last season’s winner, Iolo Hughes of Menai T+F was best at Bangor and Llandudno but then opted to take part successfully in the Cross country Challenge fixtures and is certain to impress among the senior men in 2014-2015. Wrexham AAC’s Ben Paxton and Harry Arnull finished first at Wrexham and Oswestry but, with a total of only 23 athletes taking part this year, we can only hope for better support next winter.

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|  | **SENIOR LADIES** |  |  | **MASTERS O.35** |
| 1  | Alison Lavender | Oswestry |  | 1 | Andrea Rowlands | Eryri |
| 2 | Debbie Williams | Menai |  | 2 | Megan Hughes | Eryri |
| 3 | Isabel Redfern | Colwyn Bay |  | 3 | Anwen Brown | Denbigh |
| 4 | Andrea Rowlands | Eryri |  |  |  |  |
| 5 | Mollie Davies | Menai |  |  | **MASTERS 0.40** |  |
| 6 | Beckie Taylor | Bangor U |  | 1 | Isabel Redfern | Colwyn Bay |
|  |  |  |  | 2 | Lisa Morley | Wrexham |
|  |  |  |  | 3 | Dawn Urquhart | Buckley |
|  | **UNDER 20 LADIES** |  |  |  | **MASTERS O.45** |  |
| 1 | Beckie Taylor | Bangor U |  | 1 | Lynne Wright | Wrexham |
| 2 | Abigail Backshall | Colwyn Bay |  | 2 | Helen MacArthur | Colwyn Bay |
| 3 | Bronwen Jenkinson | Eryri |  | 3 | Alison Tickner | Oswestry |
|  |  |  |  |  |  |  |
|  | **TEAMS** |  |  |  | **MASTERS 0.50** |  |
|  | **DIVISION ONE** |  |  | 1 | Emma Collins | Denbigh |
| 1 | Colwyn Bay AAC | 263 pts |  | 2 | Yvonne Hill | Oswestry |
| 2 | Eryri Harriers | 302 pts |  | 3 | Ellie Salisbury | Eryri |
| 3 | Oswestry Olympians AAC | 405 pts |  |  |  |  |
| 4 | Telford AAC | 413 pts |  |  | **MASTERS O.55** |  |
| 5 | Wrexham AAC | 461 pts |  | 1 | Alison Whitelaw | Wrexham |
| 6 | Buckley RC | 841 pts |  | 2 | Gabby Waring | Prestatyn |
| 7 | Denbigh Harriers | 847 pts  |  | 3 | Anne Byrne | Shrewsbury |
|  |  |  |  |  |  |  |
|  | **DIVISION TWO** |  |  |  | **MASTERS 0.60** |  |
| 1 | Menai T+F |  419 pts |  | 1 | Margaret Docking | Wrexham |
| 2 | Prestatyn RC |  480 pts |  | 2 | Barbara Ward | Oswestry |
| 3 | Tattenhall Runners |  576 pts |  | 3 | Yolanda Marconi-Nolan | Bro Dysynni |
| 4 | Bangor University AAC |  584 pts |  |  |  |  |
| 5 | Abergele Harriers |  874 pts |  |  | **MASTERS 0.65** |  |
| 6 | Bro Dysynni AAC |  931 pts |  | 1 | Chris Birch | Abergele |
| 7 | Cybi Striders | 1003 pts |  | 2 | Maggie Oliver | Eryri |
| 8 | Deeside AAC | 1024 pts |  |  |  |  |
| 9 | Wrecsam Tri Club | 1028 pts |  |  | **LADY MASTERS TEAMS** |
| 10 | Shrewsbury AAC | 1156 pts |  | 1 | Wrexham AAC | 115 pts |
| 11 | Deestriders AAC | 1235 pts |  | 2 | Colwyn Bay AAC | 188 pts |
| 12 | Vale Royal AAC | 1269 pts |  | 3 | Oswestry Olympians AAC | 222 pts |
| 13 | North Wales Road Runners Club | 1278 pts |  | 4 | Prestatyn RC | 307 pts |
| 14 | Meirionnydd RC | 1291 pts |  | 5 | Denbigh Harriers | 369 pts |

Alison Lavender of Oswestry Olympians AAC wins the senior women’s individual title for a second time by winning well at Lilleshall and Llandudno and finishing second in Wrexham and Oswestry regaining the top prize she had won previously in season 2011-2012. Debbie Williams of Menai T+F was a fine second with Colwyn Bay AAC’s Isabel Redfern and Andrea Rowlands of Eryri Harriers a good third and fourth. Menai T+F youngster Mollie Davies was an impressive fifth with Bangor University AAC’s Beckie Taylor running well at all the meetings to finish sixth.

Promising Under 20 woman Georgia Garner of Colwyn Bay was a very good first at Bangor and Oswestry with Telford AAC’s Claire Martin leading everyone in at Wrexham. Beckie Taylor was best of the Under 20 women with Sarah Tatton of Telford AAC and Prestatyn RC’s Abbie Cheetham an encouraging second and third. It was pleasing to see a number of promising Under 17 women taking part in our activities with Mollie Davies, Abigail Backshall of Colwyn Bay AAC and Eryri Harriers’ Bronwen Jenkinson deservedly receiving the gold, silver and bronze medals for their efforts.

The eight masters’ winning prizes were shared between six clubs with Wrexham AAC trio Lynne Wright, Alison Whitelaw and Margaret Docking best in the Over 45, 55 and Over 60 sections and helping their club win the lady masters team award for the first time since 2008-2009 ahead of Colwyn Bay AAC and Oswestry Olympians AAC.

Colwyn Bay AAC’s excellent mix of youth and experience retained their senior women’s team title with Eryri Harriers a fine second and Oswestry Olympians AAC just eight points ahead of Telford AAC in taking the bronze medals. Menai T+F are promoted to Division One next winter with Denbigh Harriers going down to Division Two as Buckley RC were six points better off than them.

367 ladies took part in our five meetings this winter which, although 35 down on last year, is still a very satisfactory effort.

It is encouraging to note that 17 of the 27 clubs who took part in the League received at least one trophy at the presentation ceremony in Oswestry.

The shield donated to the League in 2011-2012 by George and June Tudor to be presented annually to the club with the best aggregate score in the senior men and senior women team sections was won this season by Telford Athletic Club. The Bebbington Trophy for Endeavour was presented to John Messum of Deeside AAC. John has been associated with athletics in our area since he was a boy and his hard work with the middle and long distance athletes at his club resulted in them winning the senior men’s section for the first time this winter.

My thanks once again this year to Paul Sanderson and Gareth Bicknell for ensuring our activities do get regular coverage in the Shropshire Star and Daily Post while many local correspondents do the League proud in their weekly columns. Gareth Hughes’ website about everything which takes place in North Wales is also proving popular I’m reliably informed so, if you have a few hours to spare, why not have a look.

The five host clubs are thanked for providing us with fine facilities – their course builders, officials, marshals and tea ladies have worked together to ensure we had five very enjoyable, if sometimes wet, afternoons. A word of thanks also to our referees – Helen Walling and Bernard Jones – who can not be faulted and we are grateful that their work enables all our gatherings to run smoothly.

Once again we have to record our sincere thanks to our sponsors – Russell Godwin of Grand Prix Express – who continues to give generous support and takes a great interest in all our activities. A great big ‘thank you’ also to Jack Purdie of Charisma Trophies who provides us with top quality trophies and medals together with a more than generous discount.

Andy and Alison Whitelaw continue to help me by typing out the results to keep you all informed – thank you to them and to Tom Annable for keeping the website up to date and I’m told it is proving very popular. An overall total of 1093 athletes completed League races this winter compared to 1161 in 2012-2013 but I think the adverse weather at Lilleshall and Oswestry did play a part in this result. Nevertheless it was an extremely enjoyable season and we look forward to beginning all over again in 2014-2015.