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

FINAL VERSION 10/2/16

 **OVERALL RESULTS 2015 - 2016**

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|  | **SENIOR MEN** |  |  | **MASTERS O.40** |
| 1 = | Gabe Morris | Shrewsbury |  | 1 | Jez Brown | Buckley |
| 1= | Simon Cole | GOG Tri Club |  | 2 | Ali McNay | Tattenhall |
| 3 | Tomos Roberts | Meirionnydd |  | 3 | Tim Tansley | Oswestry |
| 4 | Pete Butler | Oswestry |  |  |  |  |
| 5 | Jez Brown | Buckley |  |  | **MASTERS 0.45** |
| 6 | Ali McNay | Tattenhall |  | 1 | Gary Blackwell | Deeside AC |
|  |  |  |  | 2 | Kevin Francis | Shrewsbury |
|  | **UNDER 20 MEN** |  |  | 3 | Geran Hughes | GOG Tri |
| 1 | Ben Harrison | Prestatyn |  |  |  |  |
|  |  |  |  |  | **MASTERS 0.50** |  |
|  | **TEAMS** | **DIVISION ONE** |  | 1= | Richard Jones | Shrewsbury |
| 1 | Shrewsbury AAC |  536 pts |  | 1= | Simon Ellis | Tattenhall |
| 2 | Oswestry Olympians AAC |  794 pts |  | 3 | Jeremy Randall | Meirionnydd |
| 3 | Eryri Harriers | 1240 pts |  |  |  |  |
| 4 | Buckley R.C. | 1450 pts |  |  | **MASTERS 0.55** |  |
| 5 | Meirionnydd R.C. | 2030 pts |  | 1 | Graham Jones | Shrewsbury |
| 6 | Tattenhall | 2203 pts |  | 2 | V Belshaw | Denbigh |
| 7 | Deeside AAC | 2372 pts |  | 3 | David Baugh | Denbigh |
| 8 | Bangor University AAC | N/A |  |  |  |
|  |  |  |  |  | **MASTERS 0.60** |  |
|  | **DIVISION TWO** |  |  | 1 | Pete Savill | Shrewsbury |
| 1 | Colwyn Bay AAC | 1793 pts |  | 2 | Steve Roberts | Oswestry |
| 2 | GOG Tri Club | 1881 pts |  | 3 | George Nixon | Prestatyn |
| 3 | Prestatyn RC | 2364 pts |  |  |  |
| 4 | Denbigh Harriers | 2561 pts |  |  | **MASTERS 0.65** |  |
| 5 | Wrexham AAC | 2618 pts |  | 1 | Alec White | Oswestry |
| 6 | Telford AAC | 2872 pts |  | 2 | Nigel Williams | Wrexham |
| 7 | Whitchurch Whippets | 2971 pts |  | 3 | Mike Whiteside | Tattenhall |
| 8 | Wrecsam Tri Club | 3632 pts |  |  |  |
| 9 | Deestriders AAC | 3881 pts |  |  | **MASTERS 0.70** |  |
|  | Abergele Harriers |  |  | 1 | Don Williams | Eryri |
|  | Bridgnorth AAC | N/A |  | 2 | Arthur Egan | Wrexham |
|  | Bro Dysynni AAC | N/A |  |  |  |  |
|  | Cybi Striders | N/A |  |  | **MASTERS 0.75** |  |
|  | Menai T+F | N/A |  | 1 | Roger Harrison-Jones | Prestatyn |
|  | NWRRC | N/A |  | 2 | David Hughes | Prestatyn |
|  | West Cheshire | N/A |  | 3 | John Tipping | Wrexham |
|  |  |  |  |  |  |  |
|  | **MALE MASTERS TEAMS** |  |  |  | **MASTERS O.80** |
| 1 | Oswestry Olympians AAC |  147 pts |  | 1 | Ray Billington | Wrexham |
| 2 | Shrewsbury AAC |  189 pts |  | 2 | Brian Forster | Wrexham |
| 3 | Buckley RC |  197 pts |  |  |  |  |
| 4 | Colwyn Bay AAC |  411 pts |  |  |  |  |
| 5 | GOG Tri Club |  467 pts |  |  |  |  |
| 6 | Meirionnydd |  516 pts |  |  |  |  |
| 7 | Denbigh Harriers |  613 pts |  |  |  |  |
| 8 | Prestatyn RC |  626 pts |  |  |  |  |
| 9 | Whitchurch Whippets |  655 pts |  |  |  |  |

Iolo Hughes, Menai, won the first two fixtures at Bangor and Llandudno and Rob Samuel, Eryri, won the next two at Mold and Shrewsbury. Sadly neither of the talented athletes was able to complete enough races to win the title this year, and it was left to Gabe Morris, Shrewsbury and Simon Cole, GOG Tri Club to battle out the title. Gabe got the edge in the early part of the season but Simon has revelled in the mud of Shrewsbury and Oswestry was nothing to separate them as in the end they finished =1st on 31 points each. Due to an error in the scoring Tomos Roberts Meirionnydd was missed off the overall results but he had a great season gradually improving after being injured in the summer and he finished third (we will arrange a trophy of Tomos and not change the original trophies presented on the day). Peter Butler, Oswestry also was well in the mix and with a better run at his home course could also have taken the title. To have four athletes all in with a chance going into the last fixture shows how good this season has been.

There were, as usual, some great performances from the Male Masters – but only Graham Jones, Shrewsbury managing a clean sweep of all five races. There were also some tight battles with the M50 title again being shared, this time Richie Jones, Shrewsbury sharing the title with Simon Ellis, Tattenhall. Roger Harrison-Jones managed four wins out of five in the M75 age group, only missing out when carrying an injury at Shrewsbury. Don Williams, Eryri also won the four fixtures he contested in the M70 age group and it’s great to see these elder statesmen still performing at an excellent standard.

Shrewsbury deservedly won the Men’s title by a big margin, having put out large and strong teams at all of the fixtures. Oswestry showed how well they have developed over the past few years by finishing second for the first time and despite missing a number of their top runners, Eryri completed the top 3. Oswestry dominated the male masters section ahead of Shrewsbury and Buckley.

Colwyn Bay eventually won the Division Two title from GOG Tri Club in a season long battle and sadly due to other commitments Bangor University, only a year after winning the title were relegated from Division One.

Wrexham AAC won the award for the Over 70 male section.

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|  | **UNDER 17 MEN** |
| 1 | Christian Smith | Wrexham |
| 2 | Sam Holt | Colwyn Bay |
| 3 | Ryan Cain | Menai |

Christian Smith of Wrexham AAC won three of the four races he contested (second in the other) to take the title with Sam Holt of Colwyn Bay just edging out last year’s runner-up Ryan Cain of Menai T+F for second. Ollie Barbaresi of Menai won the first two fixtures at Bangor and Llandudno with Christian Smith winning the remaining three fixtures. Sadly whilst clubs got teams out at some of the meetings, no club got a team out for all five fixtures and the Frost Family Trophy remained unpresented this year.

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|  | **SENIOR LADIES** |  |  | **MASTERS O.35** |
| 1  | Alison Lavender | Oswestry |  | 1 | Hayley Evans | Buckley |
| 2 | Rhian Roxburgh | GOF Tri Club |  | 2 | Lou Williams | Oswestry |
| 3= | Rhian Pierce | Denbigh |  |  |  |  |
| 3= | Eabha Roberts (U17) | Menai |  |  | **MASTERS 0.40** |  |
| 5 | Becky Taylor | Eryri |  | 1 | Rhian Roxburgh | GOG Tri |
| 6 | Gemma Brown | NWRRC |  | 2 | Jackie Gears | Oswestry |
|  |  |  |  | 3 | Victoria Whitehead | Denbigh |
|  | **UNDER 20 LADIES** |  |  |  |  |  |
| 1 | Coral McShane | Prestatyn |  |  | **MASTERS 0.45** |  |
|  |  |  |  | 1 | Tammy Lewis-Jones | Eryri |
|  | **UNDER 17 LADIES** |  |  | 2 | Helen Blair | Eryri |
| 1 | Eabha Roberts | Menai |  | 3 | Helen MacArthur | GOG Tri |
| 2 | Rhiannon Kamink | Colwyn Bay |  |  |  |  |
|  |  |  |  |  | **MASTERS 0.50** |  |
|  | **TEAMS** |  |  | 1 | Tracey Williams | Denbigh |
|  | **DIVISION ONE** |  |  | 2 | Linda Jones | Wrexham  |
| 1 | Eryri Harriers |  229 pts |  | 3 | Hazel Berrett | Buckley |
| 2 | Oswestry Olympians AAC |  342 pts |  |  |  |  |
| 3 | Denbigh |  357 pts |  |  | **MASTERS 0.55** |  |
| 4 | Buckley R.C. |  629 pts |  | 1 | Susie Hancock | Oswestry |
| 5 | Wrexham AC |  942 pts |  | 2 | Gabby Waring | Prestatyn |
| 6 | Colwyn Bay AAC |  1266 pts |  | 3 | Alison Whitelaw | Wrexham |
| 7 | Menai T+F |  N/A |  |  |  |  |
|  |  |  |  |  | **MASTERS 0.60** |  |
|  | **DIVISION TWO** |  |  | 1 | Barbara Ward | Oswestry |
| 1 | GOG Tri Club |  309 pts |  | 2 | Sheila Richards | Shrewsbury |
| 2 | Prestatyn R.C. |  518 pts |  | 3 | Anne Byrne | Shrewsbury |
| 3 | Tattenhall Runners |  710 pts |  |  |  |  |
| 4 | Cybi Striders |  865 pts |  |  | **MASTERS 0.65** |  |
| 5 | Telford |  932 pts |  | 1 | Chris Birch | Abergele |
| 6 | Shrewsbury AAC |  972 pts |  | 2 | Margaret Docking | Wrexham |
| 7 | Whitchurch Whippets | 1035 pts |  | 3 | Maggie Oliver | Eryri |
| 8 | Bro Dysynni AAC | 1093 pts |  |  |  |  |
| 9 | Deestriders AAC | 1292 pts |  |  | **MASTERS 0.70** |  |
|  | Abergele Harriers | N/A |  | 1 | Brenda Jones | Bro Dysynni |
|  | Bangor University AAC | N/A |  | 2 | Marjorie Griffiths | Bro Dysynni |
|  | Deeside AAC | N/A |  |  |  |  |
|  | Meirionnydd | N/A |  |  | **MASTERS 0.75** |  |
|  | NWRRC | N/A |  | 1 | Maureen Singleton | Colwyn Bay |
|  | West Cheshire | N/A |  |  |  |  |
|  |  |  |  |  | **LADY MASTERS TEAMS** |  |
|  |  |  |  | 1 | Eryri | 106 pts |
|  |  |  |  | 2 | Oswestry Olympians | 154 pts |
|  |  |  |  | 3 | GOG Tri Club | 181 pts |
|  |  |  |  | 4 | Buckley | 204 pts |
|  |  |  |  | 5 | Denbigh | 213 pts |
|  |  |  |  | 6 | Wrexham AC | 355 pts |
|  |  |  |  | 7 | Prestatyn | 463 pts |

Despite missing the opening fixture due to injury and making a tentative return at Llandudno, Alison Lavender of Oswestry Olympians AAC won her fourth senior women’s individual title in the last five years and it is great that such a talented athlete continues to fully support the League. Ali won the fixtures at Mold, Shrewsbury and her home track at Oswestry after the talented under 17 Cari Hughes, Menai had won the opening two fixtures. Sadly due to other racing commitments Cari was unable to complete the season, but we are going to hear a lot more of this talented athlete at a much higher level.

With Ali dominating the senior women as usual some new names came to the fore with Rhian Roxburgh, making her league debut with GOG Tri having a great season to finish second overall and first among the W40 age group. Third place in the senior women was shared between another talented Under 17, Eabha Roberts of Menai (who comfortably took the U17 title) and Rhian Pierce of Denbigh. The top six was made up with Becky Taylor, Eryri and Gemma Brown, NWRRC.

Coral McShane took the Under 20 title and Rhiannon Kamink, Colwyn Bay earned the runner-up position in the under 17 female’s thanks to a consistent season. In the age groups as ever there were the usual athletes such as Barbara Ward (W60), Oswestry, Chris Birch (W65), Abergele, and Brenda Jones (W70), Bro Dysynni who dominated their section by winning all five races. Susie Hancock (W55), Oswestry, Tracey Williams (W50), Denbigh and Tammy Lewis-Jones (W45), Eryri were also strong winners. A special mention should also go to Maureen Singleton of Colwyn Bay, our first ever W75 league winner. (W40 Victoria Whitehead, Denbigh, was omitted from the results on Saturday and finished 3rd in her age category).

Eryri Harriers retained their Division One title but were pushed all the way by Oswestry Olympians AAC, with Denbigh only 15 points behind them. It all points to an even tighter season next year! GOG’s Tri club won the Division Two title by over two hundred points and will be a force to be reckoned with in Division One next year. Prestatyn and Tattenhall made up the top three. Menai were unable to complete the fixtures and will be relegated down to Division Two next season.

Eryri completed the double again by also retaining the Female Masters Team title.

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 Oswestry Olympians who finished second in both the Male and Female Division One Leagues and to back it up (although it doesn’t count) they won the Male Masters title and were second in the female masters title – a great season for Oswestry and well deserved winners of the Tudor Shield

The Bebbington Trophy for Endeavour was rightly awarded to David Alun Williams in recognition of his fifty years-service to the league along with everyone participating in the league sending him their best wishes for a good recovery. Nothing more needed to be said other than David Alun Williams has given his life to the North Wales Cross Country Association and Cross Country League. It was a popular decision recognised by all those present.

A few special thanks to those who ensure the fixtures happen and the league activities are well promoted:

* Paul Sanderson (Shropshire Star), Gareth Bicknell (Daily Post), and Gareth Hughes (website) for doing everything to promote the league
* The five host clubs and all their helpers - course builders, officials, marshals and tea ladies
* Our referees – Bernie Jones and Helen Walling
* Grand Prix Express – for their continued support
* Charisma Trophies for their generous discount
* Andy and Ali Whitelaw for typing up results
* Tom Annable for hosting/managing the website

Finally, it has been a very strange season with David Alun Williams’ illness and a number of key people have ensured that the league (and championships)was not disrupted, so a special thank you to:

* Bob and Susie Frost
* John Messum
* Margaret Morris
* Gareth Hughes
* Helen Walling

Enjoy your summer, whatever you do. I look forward to seeing you all at the start of next season.

**Bernie Jones**

**League Referee and Vic Chairman**

**PLEASE LET ME HAVE E MAIL CONTACT DETAILS FOR YOUR CLUB.**

My contact details are Bernie-jones@sky.com / 07919 043117