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

 **OVERALL RESULTS 2014 - 2015**

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|  | **SENIOR MEN** |  |  | **MASTERS O.40** |
| 1  | Ben Ashcroft | Shrewsbury |  | 1 | Martin Green | N.W.R.R.C. |
| 2 | David Alexander | West Cheshire |  | 2 | Tim Tansley | Oswestry |
| 3 | Joe Hudak | Bangor Univ |  | 3 | Ian Lowe | Oswestry |
| 4= | William Sheridan | Deeside |  |  |  |  |
|  | Owen Roberts | Eryri |  |  | **MASTERS 0.45** |
| 5 | Fred Maier | Eryri |  | 1 | David Alexander | West Cheshire |
| 6 | Martin Green | N.W.R.R.C. |  | 2 | Gary Blackwell | Deeside |
|  |  |  |  | 3 | Kevin Francis | Shrewsbury |
|  | **UNDER 20 MEN** |  |  |  |  |
| 1 | Ben Ashcroft | Shrewsbury |  |  | **MASTERS 0.50** |  |
| 2 | Owen Robert | Eryri |  | 1= | Richard Jones | Shrewsbury |
| 3 | Matthew Blackwell | Deeside |  |  | Eric Campbell | Buckley |
|  |  |  |  | 3 | Jeremy Randell | Meirionnydd |
|  | **TEAMS****DIVISION ONE** |  |  |  |  |
|  |  |  | **MASTERS 0.55** |  |
| 1 | Bangor University AAC |  742 pts |  | 1= | Gordon Jones | Prestatyn |
| 2 | Eryri Harriers |  785 pts |  |  | Graham Jones | Shrewsbury |
| 3 | Shrewsbury AAC | 1001 pts |  | 2 | Stephen P Jones | Eryri |
| 4 | Oswestry Olympians AAC | 1103 pts |  | 3 | Arwel Lewis | Eryri |
| 5 | Deeside AAC | 1163 pts |  |  |  |  |
| 6 | Tattenhall Runners | 1748 pts |  |  | **MASTERS 0.60** |
| 7 | Meirionnydd R.C. | 2467 pts |  | 1 | Pete Savill | Shrewsbury |
| 8 | Telford AAC | 3221 pts |  | 2 | Steve Roberts | Oswestry |
|  |  |  |  | 3 | George Nixon | Prestatyn |
|  | **DIVISION TWO** |  |  |  |  |  |
| 1 | Buckley R.C. |  521 pts |  |  | **MASTERS 0.65** |
| 2 | Colwyn Bay AAC | 1818 pts |  | 1 | Phil Walker | Wrexham |
| 3 | Prestatyn RC | 2023 pts |  | 2 | John G Evans | Aberystwyth |
| 4 | Whitchurch Whippets | 2152 pts |  | 3 | John Nolan | B. Dysynni |
| 5 | Denbigh Harriers | 2238 pts |  |  |  |  |
| 6 | Wrecsam Tri Club | 2909 pts |  |  | **MASTERS 0.70** |
| 7 | Cybi Striders | 3089 pts |  | 1 | Don Williams | Eryri |
| 8 | North Wales Road R.C. | 3135 pts |  | 2 | Arthur Egan | Wrexham |
| 9 | Wrexham AAC | 3278 pts |  | 3 | Mike H Edwards | Wrexham |
| 10 | Abergele Harriers | 3390 pts |  |  |  |  |
| 11 | West Cheshire AAC | 3395 pts |  |  | **MASTERS 0.75** |  |
| 12 | Deestriders AAC | 3441 pts |  | 1 | David Hughes | Prestatyn |
| 13 | Menai T+F | 3674 pts |  | 2 | John Tipping | Wrexham |
| 14 | Bro Dysynni AAC | 4107 pts |  | 3 | Peter Norman | Wrexham |
| 15 | Bridgnorth AAC | 4146 pts |  |  |  |  |
|  |  |  |  |  | **MASTERS O.80** |
|  | **MALE MASTERS TEAMS** |  |  | 1 | Ray Billington | Wrexham |
| 1 | Shrewsbury AAC |  169 pts |  |  |  |  |
| 2 | Oswestry Olympians AAC |  215 pts |  |  |  |  |
| 3 | Buckley RC |  224 pts |  |  |  |  |
| 4 | Eryri Harriers |  253 pts |  |  |  |  |
| 5 | Denbigh Harriers |  454 pts |  |  |  |  |
| 6 | Prestatyn RC |  480 pts |  |  |  |  |
| 7 | Colwyn Bay AAC |  489 pts |  |  |  |  |
| 8 | Tattenhall Runners |  582 pts |  |  |  |  |

Junior man Ben Ashcroft of Shrewsbury AAC ran consistently at four of the five meetings to take the senior men’s individual title for the first time. West Cheshire AAC’s David Alexander, who has supported our League for many years, was a greatly deserved second with Joe Hudak from Bangor University ‘a very good third’. William Sheridan of Deeside AAC and another junior man, Owen Roberts, from Eryri Harriers, enjoyed impressive winter seasons and tied for fourth place. Eryri Harrier, Fred Maier, and North Wales Road Running Club’s Martin Green took fifth and sixth positions to receive their debut medals for League action.

On his only two appearances Iolo Hughes of Menai T+F won at Bangor and Llandudno to remind us all that he is a hugely talented youngster while James Roberts, Paul Ward and Richard Roberts from Wrexham AAC, Telford AAC and Eryri Harriers were worthy winners at the other three gatherings.

There was, as usual, a number of great battles in male masters sections and especially this winter among the Over 50 and Over 55 men as Richard Jones of Shrewsbury AAC and Eric Campbell of Buckley together with Prestatyn RC’s Gordon Jones and Graham Jones of Shrewsbury AAC were tied at the summit.

It was again a privilege to have an Over 80 male champion so congratulations to Ray Billington of Wrexham AAC while Eryri Harriers’ Don Williams and Prestatyn RC’s David Hughes were fine winners in the Over 70 and Over 75 categories.

Bangor University AAC won the senior men’s section for the first time with Eryri Harriers second just 43 points adrift and Shrewsbury AAC a good third. Shrewsbury AAC were best in the male masters team section ahead of Oswestry Olympians AAC and Buckley RC in second and third positions.

Buckley RC were impressive winners of Division Two with Telford AAC relegated from Division One for season 2015-2016.

Wrexham AAC won the award for the Over 70 male section and it is great to see so many of our senior citizens taking a full part in our activities.

If we include our Over 70 masters, 679 men took part in our five meetings which is 24 down on season 2013-2014.

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|  | **UNDER 17 MEN** |
| 1 | Christian Smith | Wrexham |
| 2 | Ryan Cain | Menai |
| 3 | Sam Sussex | Wrexham |
|  | **TEAM** |  |
| 1 | Wrexham AAC | 54 pts |

Christian Smith of Wrexham AAC was an excellent winner of four races to take the title with Ryan Cain of Menai T+F and Wrexham AAC’s Sam Sussex a good second and third. John Spill of Eryri Harriers was first at Wrexham with Cai Linton of Menai T+F and Matthew Pleavin of Wrexham AAC also showing signs of encouraging prospects. A total of only 38 athletes took par this year which, although 15 more than last winter, continues to disappoint. However, on the plus side, it was pleasing to see Wrexham AAC with teams at all five meetings and we were able to present them with the Frost Family Trophy.

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|  | **SENIOR LADIES** |  |  | **MASTERS O.35** |
| 1  | Alison Lavender | Oswestry |  | 1 | Charlotte Jones | Oswestry |
| 2 | Andrea Rowlands | Eryri |  | 2 | Louise Emery-Jones | Eryri |
| 3 | Lynne Wright | Wrexham |  | 3 | Megan Hughes | Eryri |
| 4 | Sarah Caskey | Bangor Univ |  |  |  |  |
| 5 | Charlotte Jones | Oswestry |  |  | **MASTERS 0.40** |  |
| 6 | Anest Mὕller | West Cheshire |  | 1 | Andrea Rowlands | Eryri |
|  |  |  |  | 2 | Lisa Morley | Wrexham |
|  | **UNDER 20 LADIES** |  |  | 3 | Victoria Whitehead | Denbigh |
| 1 | Bronwen Jenkinson | Eryri |  |  |  |  |
|  |  |  |  |  | **MASTERS 0.45** |  |
|  | **UNDER 17 LADIES** |  |  | 1 | Lynne Wright | Wrexham |
| 1 | Gwenno Morris | Colwyn Bay |  | 2 | Helen MacArthur | Colwyn Bay |
|  |  |  |  | 3 | Alison Tickner | Oswestry |
|  | **TEAMS** |  |  |  |  |  |
|  | **DIVISION ONE** |  |  |  | **MASTERS 0.50** |  |
| 1 | Eryri Harriers |  250 pts |  | 1 | Emma Collins | Denbigh |
| 2 | Oswestry Olympians AAC |  308 pts |  | 2 | Yvonne Hill | Oswestry |
| 3 | Wrexham AAC |  481 pts |  | 3 | Susie Hancock | Oswestry |
| 4 | Colwyn Bay AAC |  611 pts |  |  |  |  |
| 5 | Buckley R.C. |  767 pts |  |  | **MASTERS 0.55** |  |
| 6 | Menai T+F |  934 pts |  | 1 | Gabby Waring | Prestatyn |
| 7 | Telford AAC | 1166 pts |  | 2 | Alison Whitelaw | Wrexham |
|  |  |  |  | 3 | Menai Baugh | Denbigh |
|  | **DIVISION TWO** |  |  |  |  |  |
| 1 | Denbigh Harriers |  302 pts |  |  | **MASTERS 0.60** |  |
| 2 | Whitchurch Whippets |  490 pts |  | 1 | Margaret Docking | Wrexham |
| 3 | Bangor University AAC |  558 pts |  | 2 | Sheila Richards | Shrewsbury |
| 4 | Tattenhall Runners |  611 pts |  |  |  |  |
| 5 | Prestatyn R.C. |  618 pts |  |  | **MASTERS 0.65** |  |
| 6 | North Wales Road R.C. |  759 pts |  | 1 | Chris Birch | Abergele |
| 7 | Wrecsam Tri Club |  847 pts |  | 2 | Maggie Oliver | Eryri |
| 8 | West Cheshire AAC |  867 pts |  | 3 | Yolanda Marconi-Nolan | Bro Dysynni |
| 9 | Cybi Striders |  871 pts |  |  |  |  |
| 10 | Abergele Harriers |  908 pts |  |  | **MASTERS 0.70** |  |
| 11 | Shrewsbury AAC | 1025 pts |  | 1 | Brenda Jones | Bro Dysynni |
| 12 | Bro Dysynni AAC | 1055 pts |  | 2 | Maureen Singleton | Colwyn Bay |
| 13 | Deeside AAC | 1124 pts |  |  |  |  |
| 14 | Deestriders AAC | 1124 pts |  |  | **LADY MASTERS TEAMS** |  |
| 15 | Meirionnydd R.C. | 1203 pts |  | 1 | Wrexham AAC | 115 pts |
|  |  |  |  | 2 | Colwyn Bay AAC | 188 pts |
|  |  |  |  | 3 | Oswestry Olympians AAC | 222 pts |
|  |  |  |  | 4 | Prestatyn RC | 307 pts |
|  |  |  |  | 5 | Denbigh Harriers | 369 pts |

Alison Lavender of Oswestry Olympians AAC won her third senior women’s individual title in the last four years with excellent victories at Bangor, Llandudno, Lilleshall and Oswestry. Top veterans Andrea Rowlands of Eryri Harriers and Wrexham AAC’s Lynne Wright ran very consistently to take second and third positions with Sarah Caskey from Bangor University AAC a fine fourth. Charlotte Jones of Oswestry Olympians AAC and Anest Mὕller from West Cheshire AAC are newcomers to the League but showed their potential by finishing an impressive fifth and sixth. Emma Crowe of Wrexham AAC was the individual winner on her home course.

It was disappointing that only one Under 20 woman and a single Under 17 woman qualified for age group prizes by taking part in four meetings but Eryri Harriers’ Bronwen Jenkinson and Gwenno Morris of Colwyn Bay AAC richly deserved their rewards. On the plus side, however, Abigail Backshall of Colwyn Bay AAC, Telford AAC’s Isabel Bradley, Lily Davis from Deeside AAC, Menai T+F’s Mollie Davies and Abbi Cheetham of Prestatyn RC have shown they have ability but we hope to see them more often next winter.

The one youngster to really impress was Menai T+F’s Cari Hughes who finished an outstanding second at Bangor, Llandudno and Oswestry – it is easy to forget that she does not turn sixteen until March 15th, 2015!!

I don’t know how our master ladies can share the eight winning prizes among so many clubs year after year – in 2014 – 2015 Lynne Wright and Margaret Docking of Wrexham AAC won the Over 45 and Over 60 categories while six different clubs shared the other six gold medals. It was also pleasing to see two Over 70 ladies – Brenda Jones of Bro Dysynni AAC and Maureen Singleton of Colwyn Bay AAC – receiving reward for their great efforts.

Eryri Harriers were deserved winners of the senior women’s team title with Oswestry Olympians AAC and Wrexham AAC taking the silver and bronze medals. The Eryri Harriers’ lady masters team ran very well ‘at Lilleshall and Oswestry’ to clinch ‘the double’ with Wrexham AAC second and Oswestry Olympians AAC third on this occasion.

Denbigh Harriers regained their place in Division One by winning Division Two in style with Telford AACV replacing them in the bottom tier next year.

381 ladies took part in our five gatherings this winter which was 14 more than in season 2013-2014.

It was encouraging to see that 17 of the 23 clubs who took part in the League this winter 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 Eryri Harriers. The Bebbington Trophy for Endeavour was presented to Chris Birch of Abergele Harriers. Chris has been associated with the League since the winter of 1984-1985 when the senior women first joined in our activities. She was a member of Wrexham AAC at that time but, after a short break, she returned to the action as a member of Abergele Harriers and has shown them, and the League, the same loyalty in recent years.

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 write weekly columns in their areas. Gareth Hughes’ website about everything which takes place in athletics circles in North Wales is proving to be very popular so, if you have time to spare, why not have a look.

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

Once again this year 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 1098 athletes completed League races this winter compared to 1093 in 2013-2014. It was an extremely enjoyable season and we look forward to beginning all over again in 2014-2015.