**GRAND PRIX EXPRESS**

**NORTH WALES CROSS COUNTRY LEAGUE**

**(supported by Welsh Athletics Ltd.)**

**At St David’s College, Llandudno Saturday, October 18th 2014**

**SENIOR MEN**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | I Hughes | U20 | Menai | 33m | 07s |
| 2 | M Roberts |  | Eryri |  | 56s |
| 3 | T Roberts |  | Meirionnydd | 34m | 02s |
| 4 | D Kashi |  | Bangor U |  | 37s |
| 5 | L Renton |  | Bangor U |  | 47s |
| 6 | J Hudak |  | Bangor U | 35m | 10s |
| 7 | O Blake |  | Oswestry |  | 13s |
| 8 | D Alexander | M45 | W. Cheshire |  | 39s |
| 9 | W Sheridan |  | Deeside | 36m | 16s |
| 10 | B Lightowler |  | Abergele |  | 30s |
| 11 | F Maier |  | Eryri |  | 39s |
| 12 | M Green | M40 | N.W.R.R.C |  | 51s |
| 13 | D Lemon |  | Deeside |  | 58s |
| 14 | I Houston | M45 | Tri Club | 37m | 09s |
| 15 | P Taylor | M40 | Tattenhall |  | 14s |
| 16 | A Campbell |  | Tri Club |  | 18s |
| 17 | M Blackwell | U20 | Deeside |  | 23s |
| 18 | R Jones | M50 | Shrewsbury |  | 43s |
| 19 | E Campbell | M50 | Buckley |  | 51s |
| 20 | O Roberts | U20 | Eryri |  | 59s |
| 21 | S Green |  | Bangor U | 38m | 17s |
| 22 | G Blackwell | M45 | Deeside |  | 20s |
| 23 | G Jones | M55 | Prestatyn |  | 25s |
| 24 | M Robbins | M50 | Wrexham |  | 37s |
| 25 | T Gears |  | Oswestry |  | 57s |
| 26 | O Mitchil |  | Bangor U |  | 59s |
| 27 | A McNay |  | Tattenhall | 39m | 01s |
| 28 | S Toogood | M50 | Buckley |  | 05s |
| 29 | T Tansley | M40 | Oswestry |  | 06s |
| 30 | S Annetts | U20 | Bangor U |  | 17s |
| 31 | S Ellis | M45 | Tattenhall |  | 19s |
| 32 | G Jones | M55 | Shrewsbury |  | 21s |
| 33 | I Lowe | M40 | Oswestry |  | 22s |
| 34 | T Henry | U20 | Deeside |  | 23s |
| 35 | R Sharam | M40 | Whtchurch |  | 24s |
| 36 | I Rowlands | M45 | Cybi |  | 33s |
| 37 | K Francis | M45 | Shrewsbury |  | 46s |
| 38 | S P Jones | M55 | Eryri |  | 54s |
| 39 | R Watson |  | C. Bay |  | 57s |
| 40 | C Davies | M40 | Deestriders |  | 57s |
| 41 | S Eardley | M40 | C. Bay | 40m | 07s |
| 42 | B Rothera | M45 | Oswestry | 40m | 08s |
| 43 | D Richards |  | Whitchgleyurch |  | 10s |
| 44 | J Briscoe |  | Bangor U |  | 11s |
| 45 | R James | U20 | Menai |  | 17s |
| 46 | O Conry | M45 | Denbigh |  | 18s |
| 47 | J Randell | M50 | Meirionnydd |  | 19s |
| 48 | V Belshaw | M50 | Denbigh |  | 39s |
| 49 | M Mason |  | Bangor U |  | 51s |
| 50 | G Nicholls | M45 | Prestatyn |  | 52s |
| 51 | A Lewis | M55 | Eryri |  | 55s |
| 52 | R Collins | M45 | Oswestry |  | 57s |
| 53 | N Jones |  | C. Bay | 41m | 10s |
| 54 | R Owen |  | Cybi |  | 20s |
| 55 | R Quigley |  | Bangor U |  | 21s |
| 56 | R Godwin | M45 | C. Bay |  | 28s |
| 57 | M Jones | M40 | C. Bay |  | 28s |
| 58 | H Jones | M50 | Shrewsbury |  | 31s |
| 59 | P Savill | M60 | Shrewsbury |  | 33s |
| 60 | M Williams | M45 | Deestriders |  | 43s |
| 61 | J Salt |  | Abergele |  | 49s |
| 62 | S Roberts | M60 | Oswestry |  | 55s |
| 63 | M Austin | M40 | Buckley |  | 59s |
| 64 | R Williams | M40 | Cybi | 42m | 02s |
| 65 | J Lambert |  | Oswestry |  | 04s |
| 66 | S MacDonald |  | Eryri |  | 04s |
| 67 | C Garbett | M45 | Oswestry |  | 06s |
| 68 | L Williams |  | Oswestry |  | 12s |
| 69 | R Lee | M50 | Abergele |  | 31s |
| 70 | P Agnew | M50 | Denbigh |  | 49s |
| 71 | D Baugh | M50 | Denbigh |  | 52s |
| 72 | D Weaver | M55 | Eryri | 43m | 00s |
| 73 | P Jenkinson | M45 | Eryi |  | 10s |
| 74 | M Jones | M45 | Buckley |  | 22s |
| 75 | E Harmer | M40 | Eryri |  | 32s |
| 76 | D Boothroyd | M50 | Buckley |  | 33s |
| 77 | I Bayliss | M50 | Buckley |  | 42s |
| 78 | A Parsonage |  | Bangor U |  | 48s |
| 79 | B Harrison | U20 | Prestatyn |  | 57s |
| 80 | E Davies | M45 | Buckley | 44m | 00s |
| 81 | D Davies | M50 | Prestatyn |  | 17s |
| 82 | A Haywood | M45 | Whitchurch |  | 19s |
| 83 | G Alexander |  | Whitchurch |  | 23s |
| 84 | S Phllips | M45 | Whtchurch |  | 28s |
| 85 | G Nixon | M60 | Prestatyn |  | 34s |
| 86 | L Coathup | M60 | Buckley |  | 36s |
| 87 | S Jones |  | Oswestry |  | 41s |
| 88 | P Carter |  | Bangor U |  | 49s |
| 89 | M Witty | M45 | Deestriders |  | 55s |
| 90 | A Smith | M55 | Buckley | 45m | 02s |
| 91 | J Marsh |  | Whitchurch |  | 11s |
| 92 | K Challinor | M50 | Deeside | 45m | 26s |
| 93 | A Jones | M40 | N.W.R.R.C. |  | 33s |
| 94 | M Smith |  | Tattenhall |  | 37s |
| 95 | I Mulligan | M45 | C. Bay |  | 39s |
| 96 | T Benton | M50 | Denbigh |  | 40s |
| 97 | C Williams | M55 | C. Bay |  | 41s |
| 98 | V Edwards | M55 | Deestriders |  | 50s |
| 99 | M Bicknell |  | C. Bay |  | 56s |
| 100 | A Hughes | M45 | Meirionnydd |  | 58s |
| 101 | S Skillin |  | Bangor U |  | 59s |
| 102 | L Davies |  | N.W.R.R.C | 46m | 02s |
| 103 | R Armstrong |  | Abergele |  | 14s |
| 104 | E Edwards | M60 | Eryri |  | 21s |
| 105 | D Jones | M55 | Denbigh |  | 23s |
| 106 | P Hooson | M50 | Tri Club |  | 34s |
| 107 | T Charmley | M45 | Tattenhall |  | 54s |
| 108 | R Cheetham | M45 | Prestatyn |  | 56s |
| 109 | R Francis |  | Meirionnydd |  | 58s |
| 110 | P Walker | M65 | Wrexham | 47m | 11s |
| 111 | C Baldwin | M60 | Denbigh |  | 12s |
| 112 | P English | M60 | Denbigh |  | 31s |
| 113 | J Hancock | M60 | Oswestry |  | 40s |
| 114 | J G Evans | M65 | Aberystwyth |  | 43s |
| 115 | A Howick | M50 | Cybi | 48m | 01s |
| 116 | T Searle | M65 | Oswestry |  | 03s |
| 117 | G Bicknell |  | C. Bay |  | 05s |
| 118 | C Eldred | M45 | Tattenhall |  | 13s |
| 119 | D Grios |  | N.W.R.R.C |  | 19s |
| 120 | I Rothery | M60 | Cybi |  | 53s |
| 121 | F Jones | M60 | Denbigh |  | 59s |
| 122 | N Tatton | M45 | Telford | 49m | 13s |
| 123 | D Say | M65 | Denbigh |  | 23s |
| 124 | D Edwards | M55 | Abergele |  | 50s |
| 125 | S Hatfield | M65 | Prestatyn | 50m | 03s |
| 126 | D Roderick | M60 | Deeside |  | 27s |
| 127 | P Rooney | M50 | Deestriders |  | 42s |
| 128 | P Baraclough |  | Prestatyn | 51m | 00s |
| 129 | S Jolly | M45 | Deeside |  | 20s |
| 130 | D Owen | M60 | Prestatyn | 52m | 11s |
| 131 | J Rainbow |  | Whitchurch |  | 34s |
| 132 | G Hughes | M65 | Prestatyn |  | 36s |
| 133 | N Alford | M55 | Bridgnorth | 53m | 20s |
| 134 | M Norris | M50 | Deestriders |  | 59s |
| 135 | M Davis | M65 | Prestatyn | 54m | 47s |
| 136 | D Fincham | M50 | Telford | 55m | 24s |
| 137 | D Owen | M60 | Shrewsbury | 57m | 03s |
| 138 | R Mackey | M5 | Buckley | 60m | 20s |

**TEAMS**

**DIVISION ONE**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Bangor University AAC | 92 | Pts | (152 | Pts) |
| 2 | Deeside AAC | 187 | Pts | (486 | Pts) |
| 3 | Eryri Harriers | 188 | Pts | (321 | Pts) |
| 4 | Oswestry Olympians AAC | 188 | Pts | (488 | Pts) |
| 5 | Shrewsbury AAC | 341 | Pts | (552 | Pts) |
| 6 | Tattenhall Runners | 392 | Pts | (899 | Pts) |
| 7 | Meirionnydd RC | 559 | Pts | (961 | Pts) |
| 8 | Telford AAC | 858 | Pts | (1597 | Pts) |

**DIVISION TWO**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Buckley RC | 337 | Pts | (638 | Pts) |
| 2 | Colwyn Bay AAC | 341 | Pts | (668 | Pts) |
| 3 | Whitchurch Whippets | 418 | Pts | (1029 | Pts) |
| 4 | Prestatyn RC | 426 | Pts | (768 | Pts) |
| 5 | Denbigh Harriers | 436 | Pts | (915 | Pts) |
| 6 | Abergele Harriers | 517 | Pts | (1133 | Pts) |
| 7 | Cybi Striders | 539 | Pts | (1022 | Pts) |
| 8 | Deestriders AAC | 548 | Pts | (1267 | Pts) |
| 9 | Wrecsam Tri Club | 586 | Pts | (1305 | Pts) |
| 10 | North Wales R.R. Club | 626 | Pts | (1133 | Pts) |
| 11 | Menai T+F | 646 | Pts | (1274 | Pts) |
| 12 | Wrexham AAC | 734 | Pts | (1585 | Pts) |
| 13 | West Cheshire AAC | 758 | Pts | (1658 | Pts) |
| 14 | Aberystwyth AAC | 864 | Pts | (1727 | Pts) |
| 15 | Bridgnorth AAC | 883 | Pts | (1765 | Pts) |

**MALE MASTERS TEAMS**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Shrewsbury AAC | 35 | Pts | (79 | Pts) |
| 2 | Oswestry Olympians AAC | 46 | Pts | (94 | Pts) |
| 3 | Buckley RC | 50 | Pts | (89 | Pts) |
| 4 | Colwyn Bay AAC | 77 | Pts | (138 | Pts) |
| 5 | Prestatyn RC | 80 | Pts | (201 | Pts) |
| 6 | Tattenhall Runners | 80 | Pts | (222 | Pts) |
| 7 | Denbigh Harriers | 84 | Pts | (162 | Pts) |
| 8 | Eryri Harriers | 84 | Pts | (116 | Pts) |
| 9 | Deestriders AAC | 103 | Pts | (264 | Pts) |
| 10 | Whitchurch Whippets | 112 | Pts |  |  |
| 11 | Cybi Striders | 122 | Pts | (311 | Pts) |
| 12 | Deeside AAC | 141 | Pts | (278 | Pts) |

**MALE OVER 70**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | D Williams | M70 | Eryri | 24m | 39s |
| 2 | A Egan | M70 | Wrexham | 25m | 45s |
| 3 | J Morris | M70 | Buckley |  | 53s |
| 4 | R Harrison-Jones | M75 | Prestatyn | 27m | 17s |
| 5 | D Hughes | M75 | Prestatyn |  | 32s |
| 6 | M H Edwards | M70 | Wrexham | 29m | 36s |
| 7 | A Hodgkiss | M70 | Telford | 30m | 54s |
| 8 | P Norman | M75 | Wrexham | 31m | 29s |
| 9 | B Forster | M80 | Wrexham | 34m | 41s |
| 10 | J Tipping | M75 | Wrexham |  |  |

 TEAMS

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | Wrexham AAC | 16 | Pts |

**UNDER 17 MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | C Smith | Wrexham | 16m | 43s |
| 2 | C Linton | Menai |  | 59s |
| 3 | M Pleavin | Wrexham | 17m | 26s |
| 4 | R Cain | Menai | 18m | 23s |
| 5 | S Sussex | Wrexham |  | 44s |
| 6 | L Henry | Deeside |  | 45s |
| 7 | J Parry | C. Bay |  | 49s |
| 8 | A Williams | Wrexham | 19m | 17s |
| 9 | S Williams | Eryri | 20m | 02s |
| 10 | T Phillips | Oswestry | 22m | 56s |

**TEAMS**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | Wrexham AAC | 9 | Pts |

**SENIOR LADIES**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | A Lavender |  | Oswestry | 17m | 05s |
| 2 | C Hughes | U17 | Menai |  | 52s |
| 3 | E Crowe | W40 | Wrexham | 19m | 21s |
| 4 | A Rowlands | W40 | Eryri |  | 47s |
| 5 | L Wright | W45 | Wrexham |  | 59s |
| 6 | S Caskey |  | Bangor U | 20m | 11s |
| 7 | C Jones | W35 | Oswestry |  | 20s |
| 8 | B Taylor |  | Bangor U |  | 21s |
| 9 | B Jenkinson | U20 | Eryri |  | 38s |
| 10 | J Jennions | W35 | Deestriders |  | 45s |
| 11 | L Davis | U20 | Deeside | 20m | 48s |
| 12 | A Backshall | U20 | C. Bay |  | 58s |
| 13 | E Collins | W50 | Denbigh | 21m | 23s |
| 14 | C Williams |  | Tattenhall |  | 24s |
| 15 | A Mὕller |  | W.Cheshire |  | 29s |
| 16 | A Robinson |  | Tattenhall |  | 34s |
| 17 | M Hughes | W35 | Eryri |  | 45s |
| 18 | G Brown |  | N.W.R.R.C |  | 48s |
| 19 | S Ryder | W40 | Tri Club |  | 53s |
| 20 | T Williams | W50 | Denbigh |  | 55s |
| 21 | V Whitehead | W40 | Denbigh |  | 57s |
| 22 | L H Jones | W45 | Wrexham | 22m | 00s |
| 23 | L Dudleston | W35 | Whitchurch |  | 23s |
| 24 | L Emery-Jones | W35 | Eryri |  | 24s |
| 25 | H MacArthur | W45 | C. Bay |  | 33s |
| 26 | H Turner |  | Eryri |  | 38s |
| 27 | H Blair | W45 | Eryri |  | 46s |
| 28 | A Tickner | W45 | Oswestry |  | 59s |
| 29 | H Evans | W35 | Buckley | 23m | 05s |
| 30 | T Brandon | W45 | Oswestry |  | 10s |
| 31 | B Tiedtke | W50 | Prestatyn |  | 13s |
| 32 | C Belshaw |  | Denbigh |  | 16s |
| 33 | E Salisbury | W50 | Eryri |  | 18s |
| 34 | G Morris | U17 | C. Bay |  | 25s |
| 35 | J Loder | W35 | Tri Club |  | 27s |
| 36 | L Walton |  | Bangor U |  | 31s |
| 37 | J Riley | W50 | Eryri |  | 36s |
| 38 | S Hancock | W50 | Oswestry |  | 39s |
| 39 | H Beret | W50 | Tattenhall |  | 44s |
| 40 | S Rowlands | W45 | Eryri |  | 55s |
| 41 | G Waring | W55 | Prestatyn | 24m | 07s |
| 42 | K Hatton | W50 | N.W.R.R.C. |  | 16s |
| 43 | D Urquhart | W40 | Buckley |  | 20s |
| 44 | S Jones | W50 | Cybi |  | 23s |
| 45 | C Birch | W65 | Abergele |  | 26s |
| 46 | V Ronald | W45 | C. Bay |  | 28s |
| 47 | L Jones |  | Menai |  | 33s |
| 48 | R Foster | W45 | Whitchurch |  | 40s |
| 49 | S Ellis |  | Cybi |  | 54s |
| 50 | E Wood | W45 | Eryri | 25m | 07s |
| 51 | J Lindley | W45 | Buckley |  | 09s |
| 52 | C Frost | W45 | N.W.R.R.C. |  | 10s |
| 53 | G Evans  | W50 | Shrewsbury |  | 17s |
| 54 | A Fletcher |  | Eryri |  | 27s |
| 55 | E Green | W40 | Eryri |  | 29s |
| 56 | Ff Rees | U17 | Prestatyn |  | 32s |
| 57 | A Whitelaw | W55 | Wrexham |  | 34s |
| 58 | A Smith | W35 | Tattenhall |  | 38s |
| 59 | R Jones | W45 | B Dysynni |  | 55s |
| 60 | S Greaves | W55 | Oswestry |  | 58s |
| 61 | A Donnelly | W45 | Eryri | 26m | 06s |
| 62 | E H Jones |  | Cybi |  | 10s |
| 63 | L Park | W40 | Oswestry |  | 12s |
| 64 | M Baugh | W55 | Denbigh |  | 19s |
| 65 | K Wilson |  | Denbigh |  | 25s |
| 66 | T Fretwell | W40 | Eryri |  | 30s |
| 67 | P Roberts | W35 | N.W.R.R.C. | 27m | 01s |
| 68 | L Turner |  | Whitchurch |  | 07s |
| 69 | M Docking | W60 | Wrexham |  | 11s |
| 70 | L Martin | W35 | Prestatyn |  | 15s |
| 71 | E Baugh |  | Denbigh |  | 24s |
| 72 | S Calvert | W55 | Abergele |  | 30s |
| 73 | S Ridings | W55 | Buckley |  | 52s |
| 74 | R Roberts |  | Eryri |  | 58s |
| 75 | M Oliver | W65 | Eryri | 28m | 03s |
| 76 | K Channor | W35 | N.W.R.R.C. |  | 05s |
| 77 | B Craddock | W35 | Tri Club |  | 13s |
| 78 | L Tahrizi |  | Bangor U |  | 14s |
| 79 | V Edwards | W55 | Menai |  | 22s |
| 80 | E Brewer | W35 | Prestatyn | 29m | 06s |
| 81 | C Pownall |  | Abergele |  | 49s |
| 82 | B Jones | W70 | B Dysynni |  | 57s |
| 83 | G Csizmadia | W50 | Wrexham | 30m | 20s |
| 84 | M Evans | W45 | B Dysynni |  | 12s |
| 85 | A Garner |  | Buckley |  | 25s |
| 86 | E Sheekey | W40 | Shrewsbury |  | 39s |
| 87 | S Wignall | W40 | Abergele |  | 54s |
| 88 | S Richards | W60 | Shrewsbury | 33m | 13s |
| 89 | M Singleton | W70 | C. Bay |  | 32s |
| 90 | A Byrne | W55 | Shewsbury | 37m | 17s |
| 91 | M Griffith | W65 | B Dysynni | 39m | 21s |

**TEAMS**

**DIVISION ONE**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Eryri Harriers | 54 | Pts | (99 | Pts) |
| 2 | Oswestry Olympians AAC | 66 | Pts | (127 | Pts) |
| 3 | Wrexham AAC | 87 | Pts | (188 | Pts) |
| 4 | Colwyn BayAAC | 117 | Pts | (241 | Pts) |
| 5 | Buckley RC | 162 | Pts | (330 | Pts) |
| 6 | Menai T+F | 228 | Pts | (409 | Pts) |
| 7 | Telford AAC |  | Pts | (568 | Pts) |

**DIVISION TWO**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Bangor University AAC | 50 | Pts | (154 | Pts) |
| 2 | Denbigh Harriers  | 54 | Pts | (128 | Pts) |
| 3 | Tattenhall Runners | 88 | Pts | (388 | Pts) |
| 4 | Cybi Striders | 111 | Pts | (268 | Pts) |
| 5 | North Wales R.R.Club | 112 | Pts | (305 | Pts) |
| 6 | Prestatyn RC | 128 | Pts | (284 | Pts) |
| 7 | Wrecsam Tri Club | 131 | Pts | (253 | Pts) |
| 8 | Whitchurch Whippets | 139 | Pts | (258 | Pts) |
| 9 | Abergele Harriers | 198 | Pts | (402 | Pts) |
| 10 | Deestriders AAC | 210 | Pts | (484 | Pts) |
| 11 | Deeside AAC | 211 | Pts | (511 | Pts) |
| 12 | West Cheshire AAC | 215 | Pts | (427 | Pts) |
| 13 | Bro Dysynni AAC | 225 | Pts | (472 | Pts)  |
| 14 | Shrewsbury AAC | 227 | Pts | (483 | Pts) |

**WOMEN MASTERS TEAMS**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Wrexham AAC  | 15 | Pts | (39 | Pts) |
| 2 | Eryri Harriers | 22 | Pts | (39 | Pts) |
| 3 | Denbigh Harriers | 25 | Pts | (83 | Pts) |
| 4 | Oswestry Olympians AAC | 38 | Pts | (70 | Pts) |
| 5 | Buckley RC | 79 | Pts | (150 | Pts) |
| 6 | Wrecsam Tri Club | 82 | Pts |  |  |
| 7 | Prestatyn RC | 93 | Pts | (200 | Pts) |
| 8 | Colwyn Bay AAC | 107 | Pts | (211 | Pts) |
| 9 | North Wales R.R. Club | 108 | Pts |  |  |
| 10 | Abergele Harriers | 139 | Pts | (273 | Pts) |
| 11 | Bro Dysynni AAC | 154 | Pts | (320 | Pts) |
| 12 | Shrewsbury AAC | 156 | Pts |  |  |

(I had to make slight adjustments to the Women Masters team scores when I realised C Jones of Oswestry who finished ninth at Bangor was a W35. The overall scores are correct now, I hope!!)

PLEASE let me know if there are age group classifications to be changed, remembering that ages are as on the date of the first meeting – thank you.

Our thanks to Russell Godwin and his helpers from Colwyn Bay AAC for their hard work in ensuring we had a splendid afternoon for the winter’s second meeting. The weather was fine and the turnout proved that the League remains as popular as ever.

I’m pleased to report that 21 clubs have paid their £50 affiliation fees – thanks for your support but, if more are due, PLEASE pay as soon as possible.

The third gathering will be hosted by Wrexham AAC at Ysgol Morgan Llwyd which is on Cefn Road, Wrexham, LL13 9NG on Saturday November 29th, 2014.