**GRAND PRIX EXPRESS**

**NORTH WALES CROSS COUNTRY LEAGUE**

(supported by Welsh Athletics Ltd)

At Walford College, Baschurch Saturday 16th January 2016

 FINAL VERSION 18/1/16

**SENIOR MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Age** | **Club** | **Time** |
| 1 | Rob Samuel | SM | Eryri | 33-10 |
| 2 | Richie Roberts | SM | Eryri | 34-50 |
| 3 | Simon Cole | SM | GOG Tri Club | 35-23 |
| 4 | Tom Roberts | SM | Meirionnydd | 35-26 |
| 5 | Paul jones | M45 | Oswestry Olympians | 35-28 |
| 6 | Gabe Morris | SM | Shrewsbury | 35-44 |
| 7 | Pete Butler | SM | Oswestry Olympians | 35-58 |
| 8 | Jez Brown | M40 | Buckley | 36-04 |
| 9 | Lee Jones | M45 | Deeside AC | 36-18 |
| 10 | Owen Roberts | U20 | Eryri | 36-26 |
| 11 | Michael Betts | SM | Shrewsbury | 36-30 |
| 12 | Simon Adney | SM | Shrewsbury | 36-37 |
| 13 | Neil O'Hanlon | SM | Shrewsbury | 36-51 |
| 14 | Adam Roberts | SM | Shrewsbury | 36-57 |
| 15 | Dean Longley | SM | Prestatyn | 37-10 |
| 16 | Peter Taylor | M40 | Tattenhall | 37-26 |
| 17 | James Hickinbottom | SM | Shrewsbury | 37-31 |
| 18 | Ali McNay | M40 | Tattenhall | 37-39 |
| 19 | Matt Hall | SM | Shrewsbury | 38-01 |
| 20 | Tim Gears | SM | Oswestry Olympians | 38-17 |
| 21 | Luke Butler | SM | Shrewsbury | 38-25 |
| 22 | Simon Barkley | M40 | Oswestry | 38-30 |
| 23 | Geran Hughes | M45 | GOG Tri Club | 38-31 |
| 24 | Tim Tansley | M40 | Oswestry Olympians | 38-38 |
| 25 | Kevin Francis | M45 | Shrewsbury | 38-50 |
| 26 | Steve Waters | SM | Shrewsbury | 38-56 |
| 27 | Matt Guilder | SM | Shrewsbury | 39-12 |
| 28 | Ian Lowe | M40 | Oswestry Olympians | 39-26 |
| 29 | Rob Arden | SM | Tattenhall | 39-31 |
| 30 | Richard Watson | SM | Colwyn Bay | 39-39 |
| 31 | William Sheridan | SM | Deeside AC | 39-44 |
| 32 | Grant Lloyd | SM | Shrewsbury | 39-47 |
| 33 | Rob Sharam | M40 | Whitchurch W | 39-49 |
| 34 | Gary Blackwell | M45 | Deeside AC | 39-51 |
| 35 | George Nichols | M45 | Prestatyn | 39-54 |
| 36 | Simon Ellis | M50 | Tattenhall | 39-57 |
| 37 | Graham Jones | M55 | Shrewsbury | 40-01 |
| 38 | Mike Robbins | M50 | Wrexham AC | 40-02 |
| 39 | Russell Godwin | M45 | Colwyn Bay | 40-10 |
| 40 | Alan Dean | M40 | Shrewsbury | 40-39 |
| 41 | Jeremy Randall | M50 | Meirionnydd | 40-42 |
| 42 | Paul Coupe | M50 | Telford | 40-48 |
| 43 | Mark Davies | SM | West Cheshire | 41-24 |
| 44 | Sean Hickey | SM | Shrewsbury | 41-35 |
| 45 | Rich Davies | SM | Oswestry Olympians | 41-45 |
| 46 | David Card | SM | Oswestry Olympians | 41-49 |
| 47 | Hadyn Jones | M50 | Shrewsbury | 41-53 |
| 48 | Andy Jones | M40 | GOG Tri Club | 42-09 |
| 49 | Neal Jones | SM | Colwyn Bay | 42-13 |
| 50 | Steve Turk | M45 | Shrewsbury | 42-31 |
| 51 | David Baugh | M55 | Denbigh H | 42-33 |
| 52 | Steve Roberts | M60 | Oswestry Olympians | 42-38 |
| 53 | Jared Roberts | SM | Colwyn Bay | 42-42 |
| 54 | Rob Mahoney | SM | Buckley | 42-42 |
| 55 | James Jenkins | M55 | Tattenhall | 42-44 |
| 56 | Arwel Lewis | M55 | Eryri | 42-51 |
| 57 | Richard Jones | M50 | Shrewsbury | 43-01 |
| 58 | Dean Richards | SM | Whitchurch W | 43-04 |
| 59 | Andrew Yates | M50 | Meirionnydd | 43-07 |
| 60 | Dean Rothera | M45 | Oswestry Olympians | 43-11 |
| 61 | Jacob Griffith | U20 | GOG Tri Club | 43-12 |
| 62 | Rob Armstrong | SM | Abergele | 43-14 |
| 63 | Emyr Evans | M45 | GOG Tri Club | 43-22 |
| 64 | Steve Stocker | M40 | Prestatyn | 43-26 |
| 65 | Nick Holmes | M55 | Tattenhall | 43-30 |
| 66 | Simon Phillips | M45 | Whitchurch W | 43-34 |
| 67 | David Griffith | M40 | GOG Tri Club | 43-48 |
| 68 | Richie Collins | M45 | Oswestry Olympians | 43-52 |
| 69 | Mark Jones | M45 | Colwyn Bay | 44-00 |
| 70 | Tim Cahill | M50 | Abergele | 44-04 |
| 71 | Chris Berrington | SM | GOG Tri Club | 44-07 |
| 72 | Darrell Walsh | SM | Oswestry Olympians | 44-15 |
| 73 | Gareth Bailey | SM | Prestatyn | 44-16 |
| 74 | Allen Smith | M55 | Buckley | 44-18 |
| 75 | George Nixon | M60 | Prestatyn | 44-23 |
| 76 | Steve Lyall | SM | GOG Tri Club | 44-26 |
| 77 | James Salt | SM | Abergele | 44-27 |
| 78 | Sean McCormack | M50 | Abergele | 44-37 |
| 79 | Chris Wakeman | M55 | Shrewsbury | 45-06 |
| 80 | Ricky Francis | M40 | Meirionnydd | 45-10 |
| 81 | Karl Williams | M40 | Buckley | 45-18 |
| 82 | Ian Taylor | M45 | Colwyn Bay | 45-25 |
| 83 | Mike Jones | M45 | Buckley | 45-27 |
| 84 | Mike Austin | M40 | Buckley | 45-30 |
| 85 | Matty Smith | SM | Prestatyn | 45-53 |
| 86 | Clive Egginton | M55 | Meirionnydd | 45-56 |
| 87 | Dave Davies | SM | Denbigh H | 46-07 |
| 88 | Christopher Williams | M55 | Colwyn Bay | 46-11 |
| 89 | Tony Benton | M50 | Denbigh H | 46-37 |
| 90 | Max Williams | M40 | Wrexham Tri | 46-52 |
| 91 | Steven McCormack | SM | Abergele | 46-55 |
| 92 | Steve Bellis | M60 | Buckley | 47-02 |
| 93 | Neil Bevan | M40 | Oswestry Olympians | 47-27 |
| 94 | Peter Sussex | M50 | Wrexham AC | 47-33 |
| 95 | Martyn Durrant | M55 | Tattenhall | 48-08 |
| 96 | Chris Baldwin | M60 | Denbigh H | 48-12 |
| 97 | Ben Harrison | U20 | Prestatyn | 48-13 |
| 98 | Pete Butler | M60 | Shrewsbury | 48-22 |
| 99 | Les Coathup | M60 | Buckley | 48-24 |
| 100 | Mike Kirk | M50 | Oswestry Olympians | 49-04 |
| 101 | Dave Wootton | M50 | Buckley | 49-11 |
| 102 | Fred Jones | M60 | Denbigh H | 49-19 |
| 103 | Shaun Paul | SM | Denbigh H | 49-21 |
| 104 | Alec White | M65 | Oswestry Olympians | 49-35 |
| 105 | Wyn Roberts | M40 | Prestatyn | 49-59 |
| 106 | Nigel Williams | M65 | Wrexham AC | 50-09 |
| 107 | Nick Wood | SM | Prestatyn | 50-20 |
| 108 | Mike Whiteside | M65 | Tattenhall | 50-23 |
| 109 | Peter Rooney | M50 | Deestriders | 50-26 |
| 110 | Stephen Jones | M60 | Eryri | 50-43 |
| 111 | Arfon Hughes | M45 | Meirionnydd | 51-00 |
| 112 | Daron Fincham | M55 | Telford | 51-09 |
| 113 | Phil Walker | M65 | Wrexham AC | 52-37 |
| 114 | Steve Oliver | M55 | Shrewsbury | 52-46 |
| 115 | Michael Norris | M50 | Deestriders | 53-04 |
| 116 | Mike Davies | M65 | Prestatyn | 53-18 |
| 117 | Colin Hunt | M60 | Wrexham Tri | 53-27 |
| 118 | James Rainbow | M40 | Whitchurch W | 53-36 |
| 119 | Nick Alford | M55 | Bridgnorth | 54-48 |
| 120 | Charles A | M55 | Wrexham AC | 55-45 |
| 121 | Jon Whitehead | M40 | Denbigh H | 55-45 |
| 122 | Steve Hatfield | M65 | Prestatyn | 61-26 |

**TEAMS**

**DIVISION ONE**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Club** | **Race 4****Points** | **Race 4****Position** | **Overall Points** | **Overall****Position** |
| 1 | Shrewsbury AC | 73 | 1 | 479 | 1 |
| 2 | Oswestry Olympians | 106 | 2 | 683 | 2 |
| 3 | Tattenhall Runners | 219 | 3 | 1946 | 7 |
| 4 | Eryri Harriers | 302 | 4 | 816 | 3 |
| 5 | Meirionnydd RC | 381 | 5 | 1626 | 5 |
| 6 | Buckley | 384 | 6 | 1162 | 4 |
| 7 | Deeside AC | 443 | 7 | 1725 | 6 |
| 8 | Bangor University | N/A | N/A | N/A | N/A |

**DIVISION TWO**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Club** | **Race 4****Points** | **Race 4****Position** | **Overall Points** | **Overall****Position** |
| 1 | GOG Tri Club | 265 | 1 | 1568 | 2 |
| 2 | Colwyn Bay AC | 322 | 2 | 1539 | 1 |
| 3 | Prestatyn RC | 347 | 3 | 1724 | 3 |
| 4 | Abergele Harriers | 501 | 4 | 2528 | 8 |
| 5 | Whitchurch Whippets | 521 | 5 | 2359 | 7 |
| 6 | Denbigh Harriers | 528 | 6 | 2123 | 4 |
| 7 | Wrexham AC | 594 | 7 | 2247 | 5 |
| 8 | Telford AC | 645 | 8 | 2269 | 6 |
| 9 | West Cheshire | 658 | 9 |  |  |
| 10 | Wrecsam Tri Club | 699 | 10 | 3011 | 9 |
| 11 | Deestriders | 716 | 11 | 3209 | 10 |
| 12 | Bridgnorth | 734 | 12 | 3654 | 11 |

**MALE MASTERS TEAMS**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Club** | **Race 4****Points** | **Race 4****Position** | **Overall Points** | **Overall****Position** |
| 1 | Oswestry Olympians | 14 | 1 | 133 | 1 |
| 2 | Tattenhall Runners | 23 | 2 |  |  |
| 3 | Shrewsbury AC | 41 | 3 | 167 | 3 |
| 4 | GOG Tri Club | 60 | 4 | 370 | 5 |
| 5 | Prestatyn RC | 85 | 5 | 496 | 8 |
| 6 | Buckley | 84 | 6 | 156 | 2 |
| 7 | Meirionnydd RC | 91 | 7 | 405 | 6 |
| 8 | Colwyn Bay | 99 | 8 | 345 | 4 |
| 9 | Whitchurch Whippets | 120 | 9 | 520 | 9 |
| 10 | Denbigh Harriers | 130 | 10 | 452 | 7 |
| 11 | Wrexham AC | 134 | 11 | 673 | 10 |

**MALE OVER 70**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Age** | **Club** | **Time** |
| 1 | Don Williams | M70 | Eryri Harriers | 27-21 |
| 2 | Arthur Egan | M70 | Wrexham AC | 28-49 |
| 3 | John Hickman | M70 | Prestatyn RC | 31-41 |
| 4 | David Hughes | M75 | Prestatyn RC | 32-04 |
| 5 | Roger Harrison-Jones | M75 | Prestatyn RC | 33-37 |
| 6 | Jack Thomas | M70 | Buckley RC | 37-07 |
| 7 | Mike Edwards | M70 | Wrexham AC | 38-00 |
| 8 | Ray Billington | M80 | Wrexham AC | 40-44 |
| 9 | Brian Forster | M80 | Wrexham AC | 43-21 |
| 10 | Peter Norman | M75 | Wrexham AC | 45-25 |
| 11 | John Tipping | M75 | Wrexham AC | 45-54 |
| 12 | Mick Ward | M80 | Oswestry Olympians | 48-32 |

**TEAMS**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Club** | **Race 4****Points** | **Race 4****Position** | **Overall Points** | **Overall****Position** |
| 1 | Wrexham AC | 15 | 1 | 54 | 1 |

**UNDER 17 MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Age** | **Club** | **Time** |
| 1 | Christian Smith  | U17M | Wrexham AC | 20-29 |
| 2 | Sam Holt | U17M | Colwyn Bay |  |

**SENIOR LADIES**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Age** | **Club** | **Time** |
| 1 | Ali Lavender | SW | Oswestry Olympians | 21-41 |
| 2 | Michelle Clarke | W40 | Telford | 22-52 |
| 3 | Sara Willholt | SW | Shrewsbury | 22-56 |
| 4 | Anna Bartlet | W45 | Shrewsbury | 22-59 |
| 5 | Rhian Roxburgh | W40 | GOG Tri Club | 23-00 |
| 6 | Rhian Pierce | SW | Denbigh H | 23-25 |
| 7 | Alice Robinson | SW | Tattenhall | 23-30 |
| 8 | Rachel Coupe | W45 | Telford | 23-56 |
| 9 | Ali Grundy | W40 | Tattenhall | 24-03 |
| 10 | Charlotte Jones | W35 | Oswestry Olympians | 24-13 |
| 11 | Becky Taylor | SW | Eryri | 24-19 |
| 12 | Jackie Gears | W40 | Oswestry Olympians | 24-26 |
| 13 | Rhiannon Kamink | U17W | Colwyn Bay | 24-27 |
| 14 | Tammy Lewis-Jones | W45 | Eryri | 24-31 |
| 15 | Ceri Cook | W45 | Buckley | 24-39 |
| 16 | Hayley Evans | W35 | Buckley | 24-40 |
| 17 | Megan Hughes | W40 | Eryri | 24-58 |
| 18 | Alison Preece | W40 | Telford | 25-12 |
| 19 | Helen Blair | W45 | Eryri | 25-17 |
| 20 | Jessica Harvey | SW | Telford | 25-23 |
| 21 | Tracey Williams | W50 | Denbigh H | 25-43 |
| 22 | Lauren Morley | SW | Shrewsbury | 25-48 |
| 23 | Jenny Davies | W45 | Oswestry Olympians | 25-57 |
| 24 | Jacqueline Macey | SW | Shrewsbury | 26-11 |
| 25 | Helen McArthur | W45 | GOG Tri Club | 26-28 |
| 26 | Coral McShane | U20W | Prestatyn | 26-30 |
| 27 | Ali Tickner | W45 | Oswestry Olympians | 26-31 |
| 28 | Ceri Belshaw | SW | Denbigh H | 26-34 |
| 29 | Helen Ashworth | SW | Prestatyn | 26-46 |
| 30 | Susie Hanlock | W55 | Oswestry Olympians | 27-14 |
| 31 | Suzanne Heptonstall | W35 | Buckley | 27-15 |
| 32 | Hannah Davies | SW | Denbigh H | 27-16 |
| 33 | Gill Evans | W50 | Shrewsbury | 27-17 |
| 34 | Victoria Whitehead | W40 | Denbigh H | 27-26 |
| 35 | Lisa Blagden | W45 | Telford | 27-28 |
| 36 | Abbie Cheetham | U20W | Prestatyn | 27-30 |
| 37 | Katie Baugh | SW | Denbigh H | 27-37 |
| 38 | Hazel Berrett | W50 | Buckley | 27-42 |
| 39 | Laurie Griffith | W45 | GOG Tri Club | 27-48 |
| 40 | Simone Norris | SW | Tattenhall | 27-53 |
| 41 | Yvonne Hill | W50 | Oswestry Olympians | 27-53 |
| 42 | Fenella Higgins | W45 | Buckley | 27-54 |
| 43 | Linda Jones | W50 | Wrexham AC | 27-55 |
| 44 | Chris Birch | W65 | Abergele H | 27-56 |
| 45 | Kath Evans | W40 | Denbigh H | 28-01 |
| 46 | Katie Ellis | SW | Oswestry Olympians | 28-07 |
| 47 | Emer Sandham | SW | GOG Tri Club | 28-13 |
| 48 | Gabby Waring | W55 | Prestatyn | 28-25 |
| 49 | Margaret Ludden | W50 | Buckley | 28-33 |
| 50 | Jane Lindley | W45 | Buckley | 28-36 |
| 51 | Emma Hansen | SW | GOG Tri Club | 28-43 |
| 52 | Alison Whitelaw | W55 | Wrexham AC | 28-45 |
| 53 | Amie Reid | U23W | Prestatyn | 29-37 |
| 54 | Mimi Owen | W55 | Whitchurch W | 29-55 |
| 55 | Jude Hughes | W40 | Oswestry Olympians | 30-10 |
| 56 | Liz Park  | W40 | Oswestry Olympians | 30-27 |
| 57 | Vicky Cole | W35 | GOG Tri Club | 30-34 |
| 58 | Ally Reid | W40 | Prestatyn | 30-35 |
| 59 | Elen Baugh | SW | Denbigh H | 30-35 |
| 60 | Alison Donnelly | W45 | Eryri | 30-39 |
| 61 | Barbara Ward | W60 | Oswestry Olympians | 30-48 |
| 62 | Adele Powl Jones | W45 | Bro Dysynni | 30-52 |
| 63 | Sioned Griffiths | SW | Denbigh H | 31-03 |
| 64 | Margaret Docking | W65 | Wrexham AC | 31-12 |
| 65 | Sonia Penlington | W40 | Prestatyn | 31-20 |
| 66 | Menai Baugh | W55 | Denbigh H | 31-27 |
| 67 | Amanda Mountford | SW | Buckley | 31-52 |
| 68 | Kelly Clarke | W35 | Oswestry Olympians | 32-09 |
| 69 | Laura Jones | W35 | Oswestry Olympians | 32-54 |
| 70 | Yolanta Sobczak | W50 | Wrexham AC | 33-03 |
| 71 | Diane Holmes | W55 | Cybi | 33-32 |
| 72 | Gillian Csizmadia | W50 | Wrexham AC | 33-36 |
| 73 | Dawn Marshall | W40 | Denbigh H | 34-06 |
| 74 | Suzanne Ridings | W55 | Buckley | 34-37 |
| 75 | Jen Chambers | W40 | Tattenhall | 34-47 |
| 76 | Liz Featherstone | W45 | Whitchurch W | 35-03 |
| 77 | Clare Manley | W40 | Prestatyn | 36-10 |
| 78 | Brenda Jones | W70 | Bro Dysynni | 36-32 |
| 79 | Maureen Singleton | W75 | Colwyn Bay | 37-43 |
| 80 | Yolanda Marconi Nolan | W65 | Bro Dysynni | 37-52 |
| 81 | Alex Holt | W45 | Colwyn Bay | 38-10 |
| 82 | Beverley Goodson | W40 | Deestriders | 38-34 |
| 83 | Sheila Richards | W60 | Shrewsbury | 42-47 |
| 84 | Marjorie Griffiths | W70 | Bro Dysynni | 43-38 |
| 85 | Anne Byrne | W60 | Shrewsbury | 43-59 |

**FEMALE TEAMS**

**DIVISION ONE**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Club** | **Race 4****Points** | **Race 4****Position** | **Overall Points** | **Overall****Position** |
| 1 | Oswestry Olympians | 46 | 1 | 276 | 2 |
| 2 | Eryri Harriers | 61 | 2 | 185 | 1 |
| 3 | Denbigh Harriers | 87 | 3 | 291 | 3 |
| 4 | Buckley | 100 | 4 | 490 | 4 |
| 5 | Wrexham AC | 229 | 5 | 739 | 5 |
| 6 | Colwyn Bay | 259 | 6 | 980 | 6 |
| 7 | Menai T&F | 0 | N/A | N/A | N/A |

**DIVISION TWO**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Club** | **Race 4****Points** | **Race 4****Position** | **Overall Points** | **Overall****Position** |
| 1 | Telford AC | 28 | 1 | 899 | 9 |
| 2 | Shrewsbury AC | 31 | 2 | 812 | 6 |
| 3 | Tattenhall  | 56 | 3 | 640 | 4 |
| 4 | GOG Tri Club | 69 | 4 | 242 | 1 |
| 5 | Prestatyn RC | 91 | 5 | 417 | 2 |
| 6 | Whitchurch Whippets | 216 | 6 | 826 | 7 |
| 6 | Abergele | 216 | 6 | 805 | 5 |
| 8 | Bro Dysynni AC | 220 | 8 | 894 | 8 |
| 9 | Cybi Striders | 243 | 9 | 659 | 3 |
| 10 | Deestriders | 254 | 10 | 1077 | 10 |

**FEMALE MASTERS TEAMS**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Club** | **Race 4****Points** | **Race 4****Position** | **Overall Points** | **Overall****Position** |
| 1 | Telford AC | 17 | 1 |  |  |
| 2 | Oswestry Olympians | 28 | 2 | 117 | 2 |
| 3 | Eryri Harriers | 32 | 3 | 86 | 1 |
| 4 | Buckley RC | 38 | 4 | 158 | 4 |
| 5 | GOG Tri Club | 43 | 5 | 136 | 3 |
| 6 | Denbigh Harriers | 64 | 6 | 162 | 5 |
| 7 | Shrewsbury AC | 82 | 7 |  |  |
| 8 | Wrexham AC | 102 | 8 | 268 | 6 |
| 9 | Prestatyn | 111 | 9 | 396 | 7 |
| 10 | Bro Dysynni AC | 153 | 10 |  |  |

Our sincere thanks to Graham Jones, Steve Olliver, and all of their helpers at Shrewsbury Athletic Club who not only welcomed us to Shrewsbury for the first time in about twenty years, put a great ‘traditional’ cross country course on for us, which was superbly marked out and well marshalled, but also managed to get 28 runners out on the day as well.

Thank you for all the support – it’s been difficult with David Alun William taking ill recently and as indicated yesterday, it’s good news that David is starting to make progress and your best wishes will be forwarded on to him. As requested yesterday, please refrain from contacting David over the coming weeks as he will need time to recuperate fully. If you have any queries regarding the North Wales Cross Country League, please contact me on 07919 043117 or bernie-jones@sky.com. Bob Frost is taking entries for the North Wales Cross Country Championships at Corwen and entry forms are on the North Wales Cross Country website: <http://www.northwalesxc.com>.

The final fixture will be as usual at the Marches School, Oswestry, [SY11 2AP](http://www.multimap.com/maps/?qs=SY11+2AP&countryCode=GB) on Saturday 6th February 2016. Please can clubs ensure that all of the perpetual trophies are returned to the clubhouse BEFORE the race and can I ask that Team Managers get their envelopes in as quickly as possible after each race at Oswestry?

As a final note, can I ask clubs/individuals to let me know of any athletes who are ‘good enough’ and are keen to run in the British Inter Counties Cross Country Championships in Birmingham on Saturday 12th March 2016? We will be picking both the junior age group and senior teams after the North Wales Championships on 30th January 2016.

**Bernie Jones**

**Referee**