**GRAND PRIX EXPRESS**

**NORTH WALES CROSS COUNTRY LEAGUE**

**(supported by Welsh Athletics Ltd)**

**at The Marches School, Oswestry Saturday, February 8th, 2014**

**SENIOR MEN**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | J Wignall |  | Bangor U | 35m | 29s |
| 2 | S Boyton |  | Deeside | 36m | 12s |
| 3 | L Jones | M40 | Deeside |  | 32s |
| 4 | P Jones | M40 | Oswestry | 37m | 06s |
| 5 | W Sheridan | U20 | Deeside |  | 24s |
| 6 | C Rowlinson |  | Bangor U |  | 33s |
| 7 | P Middleton |  | Shrewsbury |  | 39s |
| 8 | D Alexander | M40 | W. Cheshire |  | 41s |
| 9 | L Renton | U20 | Bangor U |  | 47s |
| 10 | J Brown | M40 | Buckley |  | 58s |
| 11 | S Sayer |  | Menai | 38m | 03s |
| 12 | S Eardley | M40 | C. Bay |  | 30s |
| 13 | D Kirby |  | Shrewsbury |  | 35s |
| 14 | J Hudak | U20 | Bangor U |  | 42s |
| 15 | A McNay |  | Tattenhall |  | 46s |
| 16 | D Lemon |  | Deeside | 39m | 03s |
| 17 | C Jones | M40 | Eryri |  | 15s |
| 18 | P Taylor | M40 | Tattenhall |  | 26s |
| 19 | G Blackwell | M45 | Deeside |  | 33s |
| 20 | R Arden |  | Tattenhall |  | 40s |
| 21 | A Campbell |  | Tri Club |  | 45s |
| 22 | J Anderson |  | Telford |  | 48s |
| 23 | A Sudlow |  | Tattenhall |  | 59s |
| 24 | R Edwards |  | Menai | 40m | 02s |
| 25 | J Garmson | M50 | Telford |  | 08s |
| 26 | E Davies | M45 | Buckley |  | 19s |
| 27 | J Griffith | U20 | C. Bay |  | 22s |
| 28 | S Annetts | U20 | Bangor U |  | 29s |
| 29 | T Roo |  | Shrewsbury |  | 42s |
| 30 | N Thomas | M45 | Telford |  | 56s |
| 31 | I Rowlands | M45 | Cybi | 41m | 03s |
| 32 | M Blackwell | U20 | Deeside |  | 16s |
| 33 | S Ellis | M45 | Tattenhall |  | 19s |
| 34 | A Dean | M40 | Shrewsbury |  | 44s |
| 35 | R Jones | M50 | Shrewsbury |  | 50s |
| 36 | G Jones | M55 | Prestatyn |  | 52s |
| 37 | A Edwards |  | Deestriders |  | 55s |
| 38 | A Chant | M40 | Eryri | 42m | 03s |
| 39 | I Illie |  | Telford |  | 04s |
| 40 | G Jones | M55 | Shrewsbury |  | 06s |
| 41 | A Lewis | M55 | Eryri |  | 08s |
| 42 | D Richards |  | Whitchurch |  | 17s |
| 43 | D Taylor |  | Bangor U | 42m | 56s |
| 44 | M Jones | M40 | Buckley | 43m | 04s |
| 45 | T Tansley | M40 | Oswestry |  | 18s |
| 46 | C Atherton |  | Maldwyn |  | 22s |
| 47 | N Jones |  | C Bay |  | 31s |
| 48 | S Roberts | M55 | Oswestry |  | 49s |
| 49 | G Nicholls | M40 | Prestatyn |  | 55s |
| 50 | M Whitehead | U20 | Denbigh | 44m | 00s |
| 51 | J Gifford | M45 | Buckley |  | 03s |
| 52 | S Phillips | M40 | Whitchurch |  | 18s |
| 53 | H Jones | M50 | Shrewsbury |  | 29s |
| 54 | A Jones |  | Oswestry |  | 41s |
| 55 | N Bevan | M40 | Oswestry |  | 46s |
| 56 | D Owen | M40 | Eryri |  | 50s |
| 57 | D Gilbert | M45 | Buckley |  | 54s |
| 58 | M Cortvriend | M60 | Denbigh | 45m | 03s |
| 59 | B Gregory | M50 | Telford |  | 20s |
| 60 | D Baugh | M50 | Denbigh |  | 22s |
| 61 | M Mason |  | Bangor U |  | 32s |
| 62 | M Williams | M40 | Deestriders |  | 38s |
| 63 | P Jenkinson | M45 | Eryri |  | 39s |
| 64 | I Mulligan | M45 | C Bay |  | 47s |
| 65 | D Newton | M45 | Oswestry |  | 52s |
| 66 | M Austin |  | Buckley |  | 54s |
| 67 | A Yates | M50 | Telford |  | 59s |
| 68 | L Williams |  | Oswestry | 46m | 03s |
| 69 | R Armstrong |  | Abergele |  | 09s |
| 70 | R Godwin | M45 | C Bay |  | 16s |
| 71 | I Hopkins | M45 | Telford |  | 23s |
| 72 | L Williams |  | Oswestry |  | 28s |
| 73 | S Jones | M50 | Telford |  | 39s |
| 74 | L Coathup | M60 | Buckley |  | 42s |
| 75 | K Challinor | M50 | Deeside |  | 43s |
| 76 | G Owens | M65 | Prestatyn |  | 51s |
| 77 | K Williams |  | Oswestry |  | 58s |
| 78 | A Tomlinson |  | C Bay | 47m | 00s |
| 79 | I Bayliss | M50 | Buckley |  | 22s |
| 80 | D Jones | M50 | Denbigh |  | 30s |
| 81 | M Bastow | M45 | Oswestry |  | 34s |
| 82 | G Nixon | M60 | Prestatyn |  | 36s |
| 83 | M Williams | M50 | Cybi |  | 46s |
| 84 | R Cheetham | M45 | Prestatyn |  | 52s |
| 85 | R Davies | M45 | Oswestry |  | 54s |
| 86 | SLi Jones | M55 | Eryri |  | 59s |
| 87 | C Baldwin | M55 | Denbigh | 48m | 06s |
| 88 | J Hancock | M60 | Oswestry |  | 11s |
| 89 | P Donoghue | M40 | Buckley |  | 17s |
| 90 | R Whittal |  | Oswestry |  | 34s |
| 91 | M Durrant | M55 | Tattenhall |  | 36s |
| 92 | A French | M60 | Wrexham |  | 40s |
| 93 | M Fairlamb | M45 | Denbigh | 49m | 12s |
| 94 | I Hesketh | M45 | Oswestry |  | 18s |
| 95 | M Jones | M40 | C Bay |  | 21s |
| 96 | D Wilde | M50 | Bridgnorth |  | 50s |
| 97 | P English | M55 | Denbigh | 50m | 12s |
| 98 | S Thomas-Spires | M40 | Wrexham |  | 17s |
| 99 | C Eldred | M45 | Tattenhall | 51m | 00s |
| 100 | P Rooney | M50 | Deestriders |  | 10s |
| 101 | J Morris | M65 | Buckley |  | 52s |
| 102 | D Hough | M60 | W Cheshire | 52m | 05s |
| 103 | D Owen | M60 | Shrewsbury |  | 20s |
| 104 | S Jolley | M45 | Deeside |  | 37s |
| 105 | D Fincham | M50 | Telford | 53m | 08s |
| 106 | J G Evans | M65 | Aberystwyth |  | 09s |
| 107 | S Hibbert | M45 | Oswestry |  | 49s |
| 108 | R Francis |  | Meirionnydd |  | 52s |
| 109 | D Kirby | M40 | Eryri | 55m | 34s |
| 110 | M O’Brien | M50 | Deestriders | 56m | 06s |
| 111 | J Rainbow |  | Whitchurch | 57m | 18s |
| 112 | M Norris | M50 | Deestriders | 59m | 10s |
| 113 | I Beattie | M50 | Telford | 60m | 05s |
| 114 | R Mackey | M65 | Buckley |  | 50s |
| 115 | A Hodgkiss | M65 | Telford | 64m | 00s |

TEAMS

DIVISION ONE

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Deeside AAC | 78 | Pts | (573 | Pts) |
| 2 | Shrewsbury AAC | 158 | Pts | (996 | Pts) |
| 3 | Tattenhall Runners | 200 | Pts | (1649 | Pts) |
| 4 | Telford AAC | 242 | Pts | (1142 | Pts) |
| 5 | Oswestry Olympians AAC | 271 | Pts | (1898 | Pts) |
| 6 | Eryri Harriers | 301 | Pts | (1326 | Pts) |
| 7 | Wrexham AAC | 690 | Pts | (2971 | Pts) |
| 8 | Meirionnydd RC | 733 | Pts | (2282 | Pts) |

DIVISION TWO

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Bangor University AAC | 101 | Pts | (748 | Pts) |
| 2 | Buckley RC | 254 | Pts | (1493 | Pts) |
| 3 | Colwyn Bay AAC | 298 | Pts | (1800 | Pts) |
| 4 | Denbigh Harriers | 428 | Pts | (2130 | Pts) |
| 5 | Prestatyn RC | 452 | Pts | (2376 | Pts) |
| 6 | Menai T+F | 535 | Pts | (3477 | Pts) |
| 7 | Deestriders AAC | 546 | Pts | (3609 | Pts) |
| 8 | Whitchurch Whippets | 580 | Pts | (3545 | Pts) |
| 9 | West Cheshire AAC | 610 | Pts | (3172 | Pts) |
| 10 | Cybi Striders | 614 | Pts | (3316 | Pts) |
| 11 | Wrecsam Tri Club | 646 | Pts | (3124 | Pts) |
| 12 | Maldwyn Harriers | 671 | Pts | (4238 | Pts) |
| 13 | Abergele Harriers | 694 | Pts | (3330 | Pts) |
| 14 | Bridgnorth AAC | 721 | Pts | (4271 | Pts) |
| 15 | Aberystwyth AAC | 731 | Pts | (4295 | Pts) |

MALE MASTERS TEAMS

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Buckley RC | 34 | Pts | (168 | Pts) |
| 2 | Eryri Harriers | 42 | Pts | (272 | Pts) |
| 3 | Oswestry Olympians AAC | 45 | Pts |  |  |
| 4 | Shrewsbury AAC | 47 | Pts | (249 | Pts) |
| 5 | Telford AAC | 51 | Pts | (314 | Pts) |
| 6 | Deeside AAC | 52 | Pts |  |  |
| 7 | Tattenhall Runners | 76 | Pts | (446 | Pts) |
| 8 | Colwyn Bay AAC | 79 | Pts | (481 | Pts) |
| 9 | Prestatyn RC | 83 | Pts | (425 | Pts) |
| 10 | Denbigh Harriers | 108 | Pts | (527 | Pts) |
| 11 | Deestriders AAC | 172 | Pts |  |  |

MALE OVER 70

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | D Williams | M70 | Eryri | 27m | 46s |
| 2 | D Hughes | M75 | Prestatyn | 28m | 28s |
| 3 | R Harrison-Jones | M75 | Prestatyn | 32m | 25s |
| 4 | P Norman | M75 | Wrexham | 36m | 23s |
| 5 | B Forster | M80 | Wrexham | 38m | 49s |

UNDER 17 MEN

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | H Arnull | Wrexham | 20m | 25s |
| 2 | A Williams | Wrexham | 21m | 59s |

SENIOR LADIES

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | G Garner | U20 | C Bay | 19m | 56s |
| 2 | A Lavender |  | Oswestry | 20m | 37s |
| 3 | I Redfern | W40 | C. Bay | 22m | 30s |
| 4 | M Davies | U17 | Menai |  | 33s |
| 5 | A Rowlands | W35 | Eryri |  | 40s |
| 6 | B Taylor | U20 | Bangor U |  | 51s |
| 7 | L Wright | W45 | Wrexham | 23m | 13s |
| 8 | S Mackness |  | Telford |  | 28s |
| 9 | L Morley | W40 | Wrexham |  | 48s |
| 10 | B Jenkinson | U17 | Eryri | 24m | 05s |
| 11 | W Trimbel | W35 | Eryri |  | 23s |
| 12 | E Collins | W50 | Denbigh |  | 30s |
| 13 | B Law |  | Eryri |  | 41s |
| 14 | A Backshall | U17 | C. Bay | 24m | 47s |
| 15 | A Robinson |  | Tattenhall | 25m | 08s |
| 16 | H MacArthur | W45 | C Bay |  | 12s |
| 17 | L H Jones | W45 | Wrexham |  | 48s |
| 18 | N Cane | W35 | Prestatyn |  | 57s |
| 19 | L Blagden | W45 | Telford | 26m | 04s |
| 20 | M Hughes | W35 | Eryri |  | 09s |
| 21 | T Brandon | W45 | Oswestry |  | 15s |
| 22 | D Urquhart | W45 | Buckley |  | 17s |
| 23 | V Ronald | W45 | C Bay |  | 22s |
| 24 | A Franklin | W40 | Tattenhall |  | 31s |
| 25 | S Tatton | U20 | Telford |  | 34s |
| 26 | H Turner |  | Eryri |  | 40s |
| 27 | S Rowlands | W45 | Eryri |  | 45s |
| 28 | A Jones | W50 | Prestatyn |  | 47s |
| 29 | V Luxmore | W45 | Oswestry |  | 52s |
| 30 | A Tickner | W45 | Oswestry |  | 52s |
| 31 | M Ludden | W50 | Buckley |  | 54s |
| 32 | B Tiedtke | W50 | Prestatyn | 27m | 06s |
| 33 | V Whitehead | W40 | Denbigh |  | 17s |
| 34 | E Salisbury | W50 | Eryri |  | 23s |
| 35 | H Evans |  | Buckley |  | 26s |
| 36 | L Griffith | W40 | C Bay |  | 49s |
| 37 | R Simms | W35 | Telford |  | 58s |
| 38 | A Williams | W40 | Buckley | 28m | 00s |
| 39 | A Cheetham | U20 | Prestatyn |  | 04s |
| 40 | G Waring | W55 | Prestatyn |  | 05s |
| 41 | J Lindley | W45 | Buckley |  | 10s |
| 42 | A Whitelaw | W55 | Wrexham |  | 11s |
| 43 | M Docking | W60 | Wrexham |  | 32s |
| 44 | S Clayton | W45 | Telford |  | 44s |
| 45 | B Ward | W60 | Oswestry |  | 44s |
| 46 | M Jeal | W50 | Denbigh | 29m | 06s |
| 47 | J Hughes | W40 | Oswestry |  | 50s |
| 48 | A Brown | W35 | Denbigh | 30m | 14s |
| 49 | H Blair | W45 | Eryri |  | 53s |
| 50 | E Goddard | W40 | Prestatyn |  | 56s |
| 51 | E Jones | W40 | Prestatyn | 31m | 10s |
| 52 | L Park | W40 | Oswestry |  | 39s |
| 53 | G Hart | W40 | Tattenhall |  | 48s |
| 54 | M Oliver | W65 | Eryri | 32m | 03s |
| 55 | S Ridings | W50 | Buckley |  | 18s |
| 56 | A Garner |  | Buckley |  | 22s |
| 57 | M Baugh | W55 | Denbigh |  | 58s |
| 58 | G Csizmadia | W50 | Wrexham | 34m | 07s |
| 59 | C Parry | W40 | Denbigh |  | 55s |
| 60 | L Martin | W35 | Prestatyn | 36m | 14s |
| 61 | M Hunt | W45 | Oswestry |  | 45s |
| 62 | Y Marconi-Nolan | W60 | B Dysynni | 37m | 53s |
| 63 | A Byrne | W55 | Shrewsbury | 39m | 58s |
| 64 | S Richards | W60 | Shrewsbury |  | 58s |

TEAMS

DIVISION ONE

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Colwyn Bay AAC | 35 | Pts | (263 | Pts) |
| 2 | Eryri Harriers | 39 | Pts | (302 | Pts) |
| 3 | Wrexham AAC | 75 | Pts | (461 | Pts) |
| 4 | Oswestry Olympians AAC | 82 | Pts | (405 | Pts) |
| 5 | Telford AAC | 89 | Pts | (413 | Pts) |
| 6 | Buckley RC | 126 | Pts | (841 | Pts) |
| 7 | Denbigh Harriers | 139 | Pts | (847 | Pts) |

DIVISION TWO

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Prestatyn RC | 78 | Pts | (480 | Pts) |
| 2 | Tattenhall Runners | 92 | Pts | (576 | Pts) |
| 3 | Menai T+F | 154 | Pts | (419 | Pts) |
| 4 | Bangor University AAC | 156 | Pts | (584 | Pts) |
| 5 | Shrewsbury AAC | 202 | Pts | (1156 | Pts) |
| 6 | Bro Dysynni AAC | 212 | Pts | (931 | Pts) |

WOMEN MASTERS TEAMS

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Wrexham AAC | 15 | Pts | (115 | Pts) |
| 2 | Eryri Harriers | 18 | Pts |  |  |
| 3 | Colwyn Bay AAC | 22 | Pts | (188 | Pts) |
| 4 | Prestatyn RC | 47 | Pts | (307 | Pts) |
| 5 | Oswestry Olympians AAC | 49 | Pts | (222 | Pts) |
| 6 | Buckley RC | 59 | Pts |  |  |
| 7 | Denbigh Harriers | 62 | Pts | (369 | Pts) |
| 8 | Telford AAC | 67 | Pts |  |  |

Our thanks to everyone at Oswestry Olympians AAC for working so hard throughout the week, and on the day, to make it possible for us to have a cross country fixture on Saturday. We are all extremely grateful to you all for your efforts.

Thanks also for the welcome we all received at the presentation ceremony afterwards – as always you were brilliant hosts and the standard of the cakes remained very high.

I hope to arrange the thirtieth Annual General Meeting of the Grand Prix Express North Wales Cross Country League at Ysgol Morgan Llwyd Sports Centre, Wrexham, on Friday March 21st or Friday April 4th, 2014 at 7.15pm. Please come and express your views but if you have a proposal to discuss let me know (01978 820612) so I can include it on the agenda. Thank you.

PLEASE also note that the 52nd Grand Prix Express North Wales 10 mile Championships, incorporating the Wrexham Open 10, will be run from The Club House on the Wrexham Industrial Estate on Saturday, 26th April 2014 at 2.00pm. An entry form will be available on our website – [www.northwalesxc.com](http://www.northwalesxc.com) – during the next few weeks.