**GRAND PRIX EXPRESS**

**NORTH WALES CROSS COUNTRY LEAGUE**

(Supported by Welsh Athletics Ltd)

At Marches School, Oswestry Saturday 4th February 2017

FINAL RESULTS 8/2/17

**SENIOR MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Age** | **Club** | **Time** |
| 1 | Paul Ward | M50 | Telford | 35-18 |
| 2 | Steve Skates | SM | Prestatyn | 35-20 |
| 3 | Brett Edwards | SM | Shrewsbury | 36-21 |
| 4 | Paul Jones | M45 | Oswestry | 36-36 |
| 5 | Prezemyslaw Tomczak | SM | Buckley | 36-46 |
| 6 | Richard Roberts | SM | Eryri | 36-59 |
| 7 | Simon Cole | SM | GOG Tri | 37-20 |
| 8 | James Hickinbottom | SM | Shrewsbury | 37-35 |
| 9 | Stephen Corbishley | SM | Aberystwyth Uni | 37-50 |
| 10 | Morgan Mitchell | SM | Aberystwyth Uni | 37-51 |
| 11 | Jez Brown | M40 | Buckley | 37-55 |
| 12 | Craig Standrin | SM | Telford | 37-59 |
| 13 | Pete Middleton | SM | Shrewsbury | 38-12 |
| 14 | Ollie Blake | SM | Oswestry | 38-20 |
| 15 | Chris Bagshaw | Sm | Telford | 38-24 |
| 16 | Gabe Morris | SM | Shrewsbury | 38-30 |
| 17 | Michael Betts | SM | Shrewsbury | 38-56 |
| 18 | Steve Waters | SM | Shrewsbury | 39-00 |
| 19 | Adam Roberts | SM | Shrewsbury | 39-09 |
| 20 | David Alexander | M45 | West Cheshire | 39-20 |
| 21 | Johnathan Ryan | SM | Aberystwyth Uni | 39-26 |
| 22 | Connor Middleton | SM | Shrewsbury | 39-35 |
| 23 | Luke Butler | SM | Shrewsbury | 39-44 |
| 24 | Sam Johnson | U20M | Colwyn Bay | 39-53 |
| 25 | Ifan Richards | SM | Hebog | 40-06 |
| 26 | Andy Bromley | SM | Prestatyn | 40-12 |
| 27 | Tim Tansley | M40 | Oswestry | 40-22 |
| 28 | Chris Callaghan | SM | Buckley | 40-33 |
| 29 | Glen Speak | SM | Shrewsbury | 40-39 |
| 30 | Eric Campbell | M50 | Buckley | 40-43 |
| 31 | Simon Roberts | M45 | Buckley | 40-50 |
| 32 | Kevin Francis | M50 | Shrewsbury | 40-59 |
| 33 | Daryl Davies | SM | Prestatyn | 41-06 |
| 34 | Pete Jones | M40 | Oswestry | 41-09 |
| 35 | Craig Lammas | M40 | Oswestry | 41-11 |
| 36 | Joe Welch | SM | Nantglyn | 41-29 |
| 37 | Russell Owen | M55 | Eryri | 41-43 |
| 38 | Rob Sharam | M40 | Whitchurch | 41-47 |
| 39 | Tim Heard | SM | Oswestry | 41-49 |
| 40 | Richard Hayes | M45 | West Cheshire | 41-51 |
| 41 | Malcolm Davies | SM | Hebog | 41-52 |
| 42 | Bryan Rothera | M45 | Oswestry | 41-54 |
| 43 | Lee Rudd | M45 | Wrekin | 41-57 |
| 44 | Eddie Davies | M45 | Buckley | 42-15 |
| 45 | Sion Williams | SM | GOG Tri | 42-20 |
| 46 | Ian Lowe | M45 | Oswestry | 42-21 |
| 47 | Simon Ellis | M50 | Tattenhall | 42-27 |
| 48 | Graham Jones | M60 | Shrewsbury | 42-38 |
| 49 | Gruffudd Jenkins | SM | Aberystwyth Uni | 42-40 |
| 50 | Sean Hickey | M40 | Shrewsbury | 42-42 |
| 51 | Stuart Farley | SM | Shrewsbury | 42-47 |
| 52 | Richard Jones | M50 | Shrewsbury | 42-54 |
| 53 | Ben Carter | M40 | Wrekin | 42-56 |
| 54 | Andrew Clague | M45 | West Cheshire | 43-09 |
| 55 | Aled Skym | U20M | Aberystwyth Uni | 43-14 |
| 56 | Twm Morgan | SM | Hebog | 43-18 |
| 57 | Glen Price | M40 | Denbigh | 43-20 |
| 58 | Benjamin Rosch | SM | Aberystwyth Uni | 43-21 |
| 59 | Alan Dean | M40 | Shrewsbury | 43-38 |
| 60 | Jeremy Randall | M50 | Merionnydd | 43-39 |
| 61 | Rich Davies | SM | Oswestry | 43-39 |
| 62 | Darren Mitchelmore | M50 | Shrewsbury | 43-47 |
| 63 | Tony Wood | SM | Denbigh | 43-55 |
| 64 | Matthew Ashton | SM | GOG Tri | 43-57 |
| 65 | Rob Alexander | SM | Prestatyn | 43-59 |
| 66 | Arwel Lewis | M55 | Eryri | 44-02 |
| 67 | Nick Thomas | M50 | Telford | 44-07 |
| 68 | Geran Hughes | M50 | GOG Tri | 44-12 |
| 69 | John Parlevliet | M40 | West Cheshire | 44-14 |
| 70 | Simon Phillips | M45 | Whitchurch | 44-15 |
| 71 | James Williamson | SM | Prestatyn | 44-17 |
| 72 | Russell Godwin | M45 | Colwyn Bay | 44-22 |
| 73 | Rich Collins | M45 | Oswestry | 44-29 |
| 74 | Tom Jones | SM | Denbigh | 44-37 |
| 75 | Andy Heath | M45 | Whitchurch | 44-40 |
| 76 | David Baugh | M55 | Denbigh | 44-52 |
| 77 | Gwion Roberts | SM | Merionnydd | 44-57 |
| 78 | Simon Roxburgh | M40 | GOG Tri | 45-02 |
| 79 | Andy Williams | M40 | GOG Tri | 45-03 |
| 80 | Gareth Houghton | M40 | Buckley | 45-05 |
| 81 | Steve Eardley | M40 | Colwyn Bay | 45-08 |
| 82 | Dean Richards | SM | Whitchurch | 45-15 |
| 83 | Victor David | SM | Wrexham | 45-21 |
| 84 | Haydn Jones | M55 | Shrewsbury | 45-22 |
| 85 | Jared Roberts | SM | Colwyn Bay | 45-23 |
| 86 | Andrew Carter | M45 | West Cheshire | 45-25 |
| 87 | David Griffith | M40 | GOG Tri | 45-33 |
| 88 | Stefan Owen | SM | Merionnydd | 45-40 |
| 89 | Ian Mulligan | M45 | Colwyn Bay | 45-43 |
| 90 | Owen Conry | M45 | Denbigh | 45-44 |
| 91 | Tony Woodall | M40 | West Cheshire | 45-46 |
| 92 | Paul Williams | M50 | Telford | 45-51 |
| 93 | Stefan Evans | SM | Eryri | 45-55 |
| 94 | Steve Roberts | M60 | Oswestry | 46-09 |
| 95 | George Nixon | M60 | Prestatyn | 46-20 |
| 96 | Karl Williams | M45 | Buckley | 46-31 |
| 97 | Chris Wakeman | M55 | Shrewsbury | 46-42 |
| 98 | Neal Jones | SM | Colwyn Bay | 47-14 |
| 99 | Ben Harrison | U20M | Prestatyn | 47-24 |
| 100 | Clive Edgington | M60 | Merionnydd | 47-28 |
| 101 | Steve Bellis | M60 | Buckley | 47-33 |
| 102 | Dave Boothroyd | M50 | Buckley | 47-45 |
| 103 | Simon Blain | SM | GOG Tri | 47-48 |
| 104 | Charlie Woolcock | SM | Oswestry | 48-00 |
| 105 | Ian Bayliss | M55 | Buckley | 48-05 |
| 106 | Tim Hargreaves | M45 | Buckley | 48-09 |
| 107 | Stephen Gill | M50 | Wrekin | 48-13 |
| 108 | Darren Owen-Jones | M45 | Wrekin | 48-24 |
| 109 | Andy Lewis | M60 | Shrewsbury | 48-28 |
| 110 | Paul Sanders | SM | GOG Tri | 48-31 |
| 111 | Darryl Walsh | SM | Oswestry | 48-51 |
| 112 | Des Davies | M55 | Prestatyn | 49-13 |
| 113 | Gareth Bailey | SM | Prestatyn | 49-31 |
| 114 | Arfon Hughes | M45 | Merionnydd | 49-38 |
| 115 | Martin Durrant | M55 | Tattenhall | 49-46 |
| 116 | Iwan AP Trefor | SM | Hebog | 49-51 |
| 117 | Gerwyn Lloyd | SM | Nantglyn | 50-04 |
| 118 | Nigel Holmes | M55 | Cybi | 50-07 |
| 119 | Richard House Godwin | M45 | Colwyn Bay | 50-14 |
| 120 | Nick Wood | SM | Prestatyn | 50-21 |
| 121 | James Harwood | M40 | Eryri | 51-14 |
| 122 | Huw Lewis | M55 | Buckley | 51-22 |
| 123 | Eurwyn Edwards | M60 | Eryri | 51-33 |
| 124 | Richard Smith | M45 | GOG Tri | 51-41 |
| 125 | Michael Austin | M40 | Buckley | 52-06 |
| 126 | Mark Goodridge | M50 | Wrekin | 52-34 |
| 127 | Llyr Jones | SM | Denbigh | 52-34 |
| 128 | Huw Parry | M40 | GOG Tri | 52-58 |
| 129 | Arwel Jones | M55 | Prestatyn | 53-26 |
| 130 | Wyn Roberts | M40 | Prestatyn | 53-53 |
| 131 | Paul Spriggs | M45 | Wrekin | 53-55 |
| 132 | Dave Roderick | M65 | Deeside | 53-59 |
| 133 | Mike Davies | M65 | Prestatyn | 54-22 |
| 134 | Peter Rooney | M50 | Deestriders | 54-50 |
| 135 | Daron Fincham | M55 | Telford | 55-16 |
| 136 | Rowland Sharp | M55 | Hebog | 55-24 |
| 137 | Rob Webster | M55 | Tattenhall | 55-28 |
| 138 | Peter Smith | M50 | West Cheshire | 55-36 |
| 139 | Steve Jones | M60 | Eryri | 55-52 |
| 140 | James Rainbow | M40 | Whitchurch | 59-38 |
| 141 | Rob Mackey | M65 | Buckley | 67-39 |

**TEAMS**

**DIVISION ONE (6 TO SCORE)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club** | **Race 5**  **Points** | **Race 5**  **Position** | **Overall Points** | **Overall**  **Position** |
| Shrewsbury | **75** | **1** | **397** | **1** |
| Oswestry | **153** | **3** | **843** | **2** |
| Buckley | **149** | **2** | **1,134** | **3** |
| Eryri | **446** | **5** | **1,809** | **4** |
| Gog Tri | **341** | **4** | **1,920** | **5** |
| Colwyn Bay | **449** | **6** | **2,278** | **6** |
| Meirionnydd | **663** | **7** | **3,029** | **7** |
| Tattenhall | **725** | **8** | **3,498** | **8** |

**DIVISION TWO (6 TO SCORE)** \*\*Please note the overall scores have been amended to 6 to score not 4\*\*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club** | **Race 5**  **Points** | **Race 5**  **Position** | **Overall Points** | **Overall**  **Position** |
| Aberystwyth Uni | **202** | **1** | **1,331** | **1** |
| Prestatyn | **292** | **2** | **1,698** | **2** |
| Denbigh Harriers | **487** | **5** | **2,521** | **3** |
| Hebog | **516** | **6** | **2,778** | **4** |
| Wrekin Road Runners | **667** | **8** | **3,339** | **5** |
| Deeside AC | **842** | **13** | **3,356** | **6** |
| Whitchurch Whippets | **651** | **7** | **3,395** | **7** |
| Telford AC | **322** | **3** | **3,711** | **8** |
| Wrexham AC | **844** | **14** | **4,046** | **9** |
| Deestriders | **793** | **11** | **4,121** | **10** |
| West Cheshire | **360** | **4** |  |  |
| Nantglyn | **721** | **9** |  |  |
| Menai T&F | **721** | **9** |  |  |
| Cybi | **828** | **12** |  |  |
| Abergele |  |  |  |  |
| Bangor Uni |  |  |  |  |
| Bro Dysynni |  |  |  |  |
| NWRRC |  |  |  |  |
| Wrecsam Tri |  |  |  |  |

**MALE MASTERS TEAMS (3 TO SCORE)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club** | **Race 5**  **Points** | **Race 5**  **Position** | **Overall Points** | **Overall**  **Position** |
| Oswestry | **16** | **1** | **91** | **1** |
| Buckley | **18** | **2** | **149** | **2** |
| Shrewsbury | **47** | **4** | **195** | **3** |
| Eryri Harriers | **106** | **10** | **375** | **4** |
| Denbigh Harriers | **105** | **8** | **574** | **5** |
| GOG Tri Club | **105** | **8** | **587** | **6** |
| Wrekin RR | **94** | **7** | **622** | **7** |
| Whitchurch W | **79** | **6** | **626** | **8** |
| Prestatyn | **183** | **14** | **912** | **9** |
| Colwyn Bay | **117** | **11** |  |  |
| West Cheshire | **40** | **3** |  |  |
| Telford | **77** | **5** |  |  |
| Meirionnydd | **141** | **12** |  |  |
| Tattenhall | **164** | **13** |  |  |
| Wrexham AC |  |  |  |  |
| Cybi |  |  |  |  |
| Hebog |  |  |  |  |
| Deeside AC |  |  |  |  |
| Wrecsam Tri Club |  |  |  |  |
| Deestriders |  |  |  |  |
| Abergele |  |  |  |  |

**MALE OVER 70**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Age** | **Club** | **Time** |
| 1 | Gareth Hughes | M70 | Prestatyn | 29-25 |
| 2 | John Morris | M70 | Buckley | 29-31 |
| 3 | Arthur Egan | M70 | Wrexham | 31-20 |
| 4 | Steve Hatfield | M70 | Prestatyn | 33-13 |
| 5 | Roger Harrison-Jones | M75 | Prestatyn | 33-52 |
| 6 | John Hickman | M75 | Prestatyn | 33-54 |
| 7 | Jack Thomas | M75 | Buckley | 36-22 |
| 8 | Peter Norman | M75 | Wrexham | 46-16 |

**TEAMS (3 TO SCORE)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club** | **Race 5**  **Points** | **Race 5**  **Position** | **Overall Points** | **Overall**  **Position** |
| Prestatyn | 10 | 1 |  |  |
| Wrexham |  |  |  |  |

**UNDER 17 MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Age** | **Club** | **Time** |
| 1 | Ifan Oldfield | U17M | Wrexham AC | 22-14 |
| 2 | Adam Tatton | U17M | Telford AC | 25-26 |

**TEAMS (3 TO SCORE)**

**No Clubs completed a Team.**

**SENIOR LADIES**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Age** | **Club** | **Time** |
| 1 | Michelle Clarke | W40 | Telford | 22-58 |
| 2 | Andrea Rowlands | W40 | Eryri | 23-19 |
| 3 | Zoe Barber | SW | Shrewsbury | 23-32 |
| 4 | Anna Bartlett | W45 | Shrewsbury | 23-40 |
| 5 | Georgie Ross | W40 | Tattenhall | 23-58 |
| 6 | Gemma Moore | SW | NWRRC | 24-07 |
| 7 | Annabel McQueen | U17W | Eryri | 24-12 |
| 8 | Sarah Willholt | SW | Shrewsbury | 24-20 |
| 9 | Charlotte Jones | W35 | Oswestry | 24-22 |
| 10 | Rachel Coupe | W45 | Telford | 24-23 |
| 11 | Lauren Morley | SW | Shrewsbury | 24-30 |
| 12 | Rhiannon Kamink | U20W | Colwyn Bay | 24-37 |
| 13 | Viv McConnell | W60 | Oswestry | 24-48 |
| 14 | Ceri Diss | W50 | Denbigh | 25-07 |
| 15 | Bethan Dowsett | U17W | Deeside AC | 25-13 |
| 16 | Tammy Lewis-Jones | W45 | Eryri | 25-15 |
| 17 | Hayley Evans | W35 | Buckley | 25-26 |
| 18 | Sophie Paxton | U17W | Wrexham | 25-30 |
| 19 | Helen Blair | W45 | Eryri | 25-39 |
| 20 | Jacqueline Macey | W35 | Shrewsbury | 25-47 |
| 21 | Samantha Dutton | W35 | Buckley | 25-47 |
| 22 | Becki Law | SW | Eryri | 25-54 |
| 23 | Helen Ashworth | SW | Prestatyn | 25-58 |
| 24 | Jacqui Gears | W40 | Oswestry | 26-01 |
| 25 | Ceri Cook | W45 | Buckley | 26-08 |
| 26 | Megan Hughes | W40 | Eryri | 26-16 |
| 27 | Ceri Belshaw | SW | Denbigh | 26-16 |
| 28 | Lou Williams | W35 | Oswestry | 26-30 |
| 29 | Helen McArthur | W45 | GOG Tri | 26-47 |
| 30 | Ellie Robinson | W40 | West Cheshire | 26-58 |
| 31 | Jenny Davies | W50 | Oswestry | 27-01 |
| 32 | Holly Roberts | U17W | Colwyn Bay | 27-05 |
| 33 | Victoria Whitehead | W40 | Denbigh | 27-10 |
| 34 | Tracy Williams | W50 | Denbigh | 27-13 |
| 35 | Christine Symms | W35 | Wrekin | 27-14 |
| 36 | Ann Kamink | W50 | Colwyn Bay | 27-19 |
| 37 | Ali Tickner | W45 | Oswestry | 27-26 |
| 38 | Ally Reid | W40 | Prestatyn | 27-32 |
| 39 | Hazel Berrett | W50 | Buckley | 27-35 |
| 40 | Lisa Davies | W45 | West Cheshire | 27-36 |
| 41 | Linda Jones | W50 | Wrexham | 27-56 |
| 42 | Dawn Urqhart | W40 | Buckley | 28-00 |
| 43 | Catrin Donnelly | U17W | Menai | 28-16 |
| 44 | Victoria Cole | W35 | GOG Tri | 28-20 |
| 45 | Jo Grunfield | W50 | Whitchurch | 28-25 |
| 46 | Yvonne Hill | W50 | Oswestry | 28-35 |
| 47 | Susie Hancock | W55 | Oswestry | 28-40 |
| 48 | Jane Lindley | W50 | Buckley | 28-50 |
| 49 | Margaret Ludden | W50 | Buckley | 28-51 |
| 50 | Gill Evans | W55 | Shrewsbury | 28-55 |
| 51 | Coral McShane | U20W | Prestatyn | 29-02 |
| 52 | Jo Hoppes | SW | Prestatyn | 29-06 |
| 53 | Laurie Griffith | W45 | GOG Tri | 29-10 |
| 54 | Melanie Baker | W40 | Tattenhall | 29-20 |
| 55 | Ellie Salisbury | W55 | Eryri | 29-24 |
| 56 | Katy Baugh | SW | Denbigh | 29-50 |
| 57 | Emma Huntley | W40 | GOG Tri | 29-59 |
| 58 | Elen Baugh | SW | Denbigh | 30-05 |
| 59 | Lisa Blagden | W45 | Telford | 30-08 |
| 60 | Julie Lloyd-Evans | W40 | Oswestry | 30-25 |
| 61 | Mimi Owen | W55 | Whitchurch | 30-29 |
| 62 | Ali Whitelaw | W55 | Wrexham | 30-31 |
| 63 | Liz Park | W40 | Oswestry | 30-40 |
| 64 | Sarah Greaves | W55 | Oswestry | 30-49 |
| 65 | Chris Birch | W65 | Abergele | 30-52 |
| 66 | Rachael Foster | W45 | Whitchurch | 30-55 |
| 67 | Gabby Waring | W55 | Prestatyn | 30-59 |
| 68 | Nicola Tomlinson | SW | GOG Tri | 31-10 |
| 69 | Amanda Garner | SW | Buckley | 31-27 |
| 70 | Ashling Harrison | SW | Oswestry | 31-31 |
| 71 | Melanie Liu | W35 | Wrexham | 31-35 |
| 72 | Kay Hayes | W35 | West Cheshire | 31-41 |
| 73 | Grace Hart | W45 | Tattenhall | 31-54 |
| 74 | Barbara Ward | W60 | Oswestry | 32-04 |
| 75 | Menai Baugh | W55 | Denbigh | 32-24 |
| 76 | Gill Lawrence | W55 | Oswestry | 32-43 |
| 77 | Diane Holmes | W55 | Cybi | 32-56 |
| 78 | Margaret Docking | W65 | Wrexham | 33-00 |
| 79 | Fiona Chaloner | W45 | Whitchurch | 33-06 |
| 80 | Viv Edwards | W60 | Menai | 34-02 |
| 81 | Liz Featherstone | W45 | Whitchurch | 34-08 |
| 82 | Mandy Lewis | W40 | Whitchurch | 34-22 |
| 83 | Maggie Oliver | W65 | Eryri | 34-26 |
| 84 | Mirta Calvo | SW | Whitchurch | 34-33 |
| 85 | Ceri Crabbe | W40 | Wrekin | 34-56 |
| 86 | Brenda Jones | W75 | Bro Dysynni | 36-50 |
| 87 | Kelly Clarke | W35 | Oswestry | 37-50 |
| 88 | Clare Manley | W45 | Prestatyn | 38-32 |
| 89 | Marie Thompson | SW | Wrekin | 38-33 |
| 90 | Nicola Field | W45 | Denbigh | 38-57 |
| 91 | Samantha Hall-Davies | SW | Wrekin | 38-58 |
| 92 | Bev Goodson | W45 | Deestriders | 40-26 |
| 93 | Marjorie Griffiths | W70 | Bro Dysynni | 44-45 |

**FEMALE TEAMS**

**DIVISION ONE (4 to SCORE)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club** | **Race 5**  **Points** | **Race 5**  **Position** | **Overall Points** | **Overall**  **Position** |
| Eryri | **44** | 1 | **324** | **1** |
| Oswestry | **74** | 2 | **405** | **2** |
| Buckley | **102** | 3 | **640** | **3** |
| Denbigh | **108** | 4 | **651** | **4** |
| Prestatyn | **194** | 6 | **742** | **5** |
| GOG | **183** | 5 | **894** | **6** |
| Wrexham AC | **192** | 7 | **923** | **7** |

**DIVISION TWO (3 TO SCORE)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club** | **Race 5**  **Points** | **Race 5**  **Position** | **Overall Points** | **Overall**  **Position** |
| Shrewsbury | **15** | 1 | **118** | **1** |
| Telford | **70** | 2 | **362** | **2** |
| Tattenhall | **132** | 4 | **546** | **3** |
| West Cheshire | **142** | 5 | **630** | **4** |
| Colwyn Bay | **80** | 3 | **734** | **5** |
| Wrekin RR | **209** | 9 | **748** | **6** |
| Whitchurch W | **172** | 6 | **1,017** | **7** |
| Menai | **216** | 10 | **1,046** | **8** |
| Abergele Harriers | **253** | 11 | **1,297** | **9** |
| Bro Dysynni | **273** | 12 | **1,365** | **10** |
| Deeside AC | **203** | 8 |  |  |
| Deestriders | **280** | 13 |  |  |
| NWRRC | **194** | 7 |  |  |
| Bangor Uni |  |  |  |  |
| Hebog |  |  |  |  |
| Cybi |  |  |  |  |

**FEMALE MASTERS TEAMS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club** | **Race 5**  **Points** | **Race 5**  **Position** | **Overall Points** | **Overall**  **Position** |
| Eryri Harriers | **24** | **1** | **115** | **1** |
| Oswestry Olympians | **25** | **2** | **143** | **2** |
| Telford | **50** | **4** | **215** | **3** |
| Buckley | **41** | **3** | **238** | **4** |
| Denbigh Harriers | **53** | **5** | **363** | **5** |
| GOG Tri Club | **90** | **7** | **409** | **6** |
| Tattenhall | **98** | **8** | **440** | **7** |
| Wrexham AC | **128** | **9** | **503** | **8** |
| Prestatyn | **146** | **11** | **644** | **9** |
| Whitchurch Whippets | **128** | **9** | **691** | **10** |
| Shrewsbury | **54** | **6** |  |  |
| Abergele |  |  |  |  |
| Bro Dysynni |  |  |  |  |
| Colwyn Bay |  |  |  |  |
| NWRRC |  |  |  |  |
| Wrekin Road Runners |  |  |  |  |

What a great end to the season and even the weather was kind this year! A big thank you to Margaret Morris, and the rest of the team at Oswestry Olympians who put on a great day. As usual the club also provided us with a vast array of cakes for after the races.

The day started with experience telling as Michelle Clarke, Telford, started off steady and worked her way to the front to complete a great season with three victories in her four races as she beat another athlete experienced athlete into second place on the day and second place overall – Andrea Rowlands of Eryri. Under 17 Eryri athlete, Annable McQueen had a great run to finish 8th overall and as usual super master (W60) Viv McConnell, Oswestry, finished in the top 15. Eryri were first team home in Division 1 and did enough to retain their title. Shrewsbury have had a great season and again on the day had four runners been scoring they would have done enough to beat Eryri but had to settle for winning Division 2 title and gaining promotion. There was one error on the day as Telford were omitted from the Masters results ( they had 1, 6, and 59), which would have been good enough to just pip Buckley for third place. We will ensure Telford get their medals and Buckley can retain theirs.

Ifan Oldfield had it all his own way and comfortably beat all of the women on the day and the Under 17 Men title. In the M70 Gareth Hughes, Prestatyn RC made a good comeback after injury just getting the better John Morris, Buckley in the last few hundred metres. An injured watching Emyr Davies had already done enough to secure the title.

The Men’s race was the best of the season and only settled as they turned the final corner with Paul Ward, Telford, just getting the better of Steve Skates, Prestatyn who has moved through from twenty-sixth place in the first fixture of the season to second in the final fixture. Shrewsbury dominated the team event, as they have done all season and Aberystwyth University’s decision to miss the BUCS Championships in Sheffield was rewarded as they secured promotion from Division 2.

The AGM will be held towards the end of April, date to be confirmed, but if you have any thoughts/ideas/changes you would like to be seen made, let me or David Alun Williams know through your Cross Country Secretaries/Captains.

Have a great summer.

**Bernie Jones, Referee** [**Bernie-jones@sky.com**](mailto:Bernie-jones@sky.com) **07919 043117**