**GRAND PRIX EXPRESS**

**NORTH WALES CROSS COUNTRY LEAGUE**

(Supported by Welsh Athletics Ltd)

At Baschurch College, Shrewsbury Saturday 14th January 2017

 FINAL RESULTS 19/1/17

**SENIOR MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Age** | **Club** | **Time** |
| 1 | Callum Rowlinson | SM | Bangor Uni | 31-21 |
| 2 | Paul Jones | M45 | Oswestry Olympians | 31-23 |
| 3 | Brett Edwards | SM | Shrewsbury AC | 31-35 |
| 4 | Gareth Williams | SM | Deestriders | 31-36 |
| 5 | Przemyslaw Tomczak | SM | Buckley Runners | 32-14 |
| 6 | Tom Roberts | SM | Meirionnydd | 32-34 |
| 7 | James Hickinbottom | SM | Shrewsbury AC | 32-39 |
| 8 | Stephen Corbishley | SM | Aberystwyth Uni | 32-54 |
| 9 | Simon Cole | SM | GOG Tri Club | 33-09 |
| 10 | Elliott Cox | SM | Buckley Runners | 33-10 |
| 11 | Pete Middleton | SM | Shrewsbury AC | 33-13 |
| 12 | Gabe Morris | SM | Shrewsbury AC | 33-29 |
| 13 | Dave Alexander | M45 | West Cheshire | 33-30 |
| 14 | Jez Brown | M40 | Buckley Runners | 33-33 |
| 15 | Simon Adney | SM | Shrewsbury AC | 33-35 |
| 16 | Steve Waters | SM | Shrewsbury AC | 33-37 |
| 17 | Connor Middleton | SM | Shrewsbury AC | 34-00 |
| 18 | Peter Butler | SM | Oswestry Olympians | 34-01 |
| 19 | Tanguy Chassard  | SM | Wrexham AC | 34-13 |
| 20 | Morgan Mitchen | SM | Aberystwyth Uni | 34-31 |
| 21 | Andy Bromley | SM | Prestatyn | 34-57 |
| 22 | Eric Campbell | M50 | Buckley Runners | 35-03 |
| 23 | Simon Berkley | M40 | Oswestry Olympians | 35-08 |
| 24 | Peter Taylor | M40 | Tattenhall | 35-18 |
| 25 | Adam Roberts | SM | Shrewsbury AC | 35-22 |
| 26 | Tom Heard | SM | Oswestry Olympians | 35-23 |
| 27 | Tim Tansley | M40 | Oswestry Olympians | 35-26 |
| 28 | Tristan Evans | SM | Meirionnydd | 35-30 |
| 29 | Matt Guilder | SM | Shrewsbury AC | 35-34 |
| 30 | Simon Roberts | M45 | Buckley Runners | 35-41 |
| 31 | Kevin Francis | M50 | Shrewsbury AC | 35-49 |
| 32 | Pete Jones | M40 | Oswestry Olympians | 36-05 |
| 33 | Tom Roo | SM | Shrewsbury AC | 36-15 |
| 34 | Sion Williams | U20M | GOG Tri Club | 36-15 |
| 35 | Eddie Davies | M45 | Buckley Runners | 36-16 |
| 36 | Shaun Hughes | SM | Denbigh Harriers | 36-17 |
| 37 | Chris Callaghan | SM | Buckley Runners | 36-19 |
| 38 | Rob Sharam | M40 | Whitchurch Whippets | 36-20 |
| 39 | Jonathan Ryan | SM | Aberystwyth Uni | 36-29 |
| 40 | Malcolm Davies | SM | Hebog | 36-34 |
| 41 | Darrell Davies | SM | Prestatyn | 36-40 |
| 42 | Russell Owen | M55 | Eryri Harriers | 36-45 |
| 43 | Craig Lammas | M40 | Oswestry Olympians | 36-46 |
| 44 | David White | SM | Buckley Runners | 37-01 |
| 45 | Andrew Clague | M45 | West Cheshire | 37-15 |
| 46 | Ryan Morrison | SM | Buckley Runners | 37-27 |
| 47 | Sean Hickey | M40 | Shrewsbury AC | 37-31 |
| 48 | Geran Hughes | M50 | GOG Tri Club | 37-32 |
| 49 | Tim Gears | M40 | Oswestry Olympians | 37-32 |
| 50 | Emlyn Owen | M40 | Eryri Harriers | 37-39 |
| 51 | Brian Rothera | M45 | Oswestry Olympians | 37-40 |
| 52 | Glen Price | M40 | Denbigh Harriers | 37-45 |
| 53 | Ian Lowe | M45 | Oswestry Olympians | 37-54 |
| 54 | Richard Watson | SM | Colwyn Bay | 37-59 |
| 55 | Simon Ellis | M50 | Tattenhall | 38-02 |
| 56 | Joe Welch | SM | Nantglyn | 38-04 |
| 57 | Twm Morgan | SM | Hebog | 38-06 |
| 58 | Darren Mitchelmore | M50 | Shrewsbury AC | 38-08 |
| 59 | Richard Jones | M50 | Shrewsbury AC | 38-17 |
| 60 | Arwel Lewis | M55 | Eryri Harriers | 38-19 |
| 61 | Hadyn Jones | M55 | Shrewsbury AC | 38-29 |
| 62 | Jeremy Randall | M50 | Meirionnydd | 38-32 |
| 63 | Leon Bagnall | SM | Prestatyn | 38-51 |
| 64 | Graham Jones | M60 | Shrewsbury AC | 38-51 |
| 65 | Dean Richards | SM | Whitchurch Whippets | 38-59 |
| 66 | Nick Thomas | M50 | Telford AC | 39-05 |
| 67 | Ben Carter | M40 | Wrekin Road Runners | 39-17 |
| 68 | Tom Jones | SM | Denbigh Harriers | 39-27 |
| 69 | Russell Godwin | M45 | Colwyn Bay | 39-31 |
| 70 | Steve Eardley | M40 | Colwyn Bay | 39-32 |
| 71 | David Baugh | M55 | Denbigh Harriers | 39-33 |
| 72 | David Griffith | M40 | GOG Tri Club | 39-34 |
| 73 | Andrew Williams | M40 | GOG Tri Club | 39-35 |
| 74 | James Rigby | U20M | Bangor Uni | 39-36 |
| 75 | Simon Roxburgh | M40 | GOG Tri Club | 39-37 |
| 76 | David Leonard | M40 | Wrekin Road Runners | 39-39 |
| 77 | Steve Roberts | M60 | Oswestry Olympians | 39-41 |
| 78 | Tony Davenport | M45 | Prestatyn | 39-41 |
| 79 | Simon Phillips | M45 | Whitchurch Whippets | 39-42 |
| 80 | Rob Alexander | SM | Prestatyn | 39-45 |
| 81 | Pete Savill | M60 | Shrewsbury AC | 39-47 |
| 82 | Andy Heath | M45 | Whitchurch Whippets | 39-48 |
| 83 | Andy Pritchard | M40 | Buckley Runners | 39-56 |
| 84 | Owen Conry | M45 | Denbigh Harriers | 40-00 |
| 85 | Phil Goodwin | SM | Wrekin Road Runners | 40-09 |
| 86 | Karl Williams | M45 | Buckley Runners | 40-16 |
| 87 | Jared Roberts | SM | Colwyn Bay | 40-28 |
| 88 | Steffan Evans | SM | Eryri Harriers | 40-31 |
| 89 | George Nixon | M60 | Prestatyn | 40-42 |
| 90 | Chris Wakeman | M55 | Shrewsbury AC | 41-14 |
| 91 | Ian Bayliss | M55 | Buckley Runners | 41-24 |
| 92 | Matt Smith | SM | Prestatyn | 41-35 |
| 93 | Steffan Owen | SM | Meirionnydd | 41-46 |
| 94 | Paul Sanders | SM | GOG Tri Club | 41-50 |
| 95 | Will Chambers | SM | Bangor Uni | 41-55 |
| 96 | Ben Harrison | U20M | Prestatyn | 42-06 |
| 97 | Neal Jones | SM | Colwyn Bay | 42-10 |
| 98 | Darren Owen-Jones | M45 | Wrekin Road Runners | 42-12 |
| 99 | Tony Benton | M55 | Denbigh Harriers | 42-13 |
| 100 | Gareth Houghton | M40 | Buckley Runners | 42-25 |
| 101 | Gareth Bailey | SM | Prestatyn | 42-27 |
| 102 | Andy Lewis | M60 | Shrewsbury AC | 42-32 |
| 103 | Dave Boothroyd | M50 | Buckley Runners | 42-41 |
| 104 | Huw Lewis | M55 | Buckley Runners | 42-45 |
| 105 |  |  |  | 43-20 |
| 106 | Richard Smith | M45 | GOG Tri Club | 43-20 |
| 107 | Thomas Reeves | SM | Aberystwyth Uni | 43-33 |
| 108 | Fred Jones | M60 | Denbigh Harriers | 43-34 |
| 109 | Martin Durrant | M55 | Tattenhall | 43-43 |
| 110 | Arfon Hughes | M45 | Meirionnydd | 43-46 |
| 111 | Des Davies | M55 | Prestatyn | 43-46 |
| 112 | Peter Sussex | M50 | Wrexham AC | 44-12 |
| 113 | Nick Wood | SM | Prestatyn | 44-30 |
| 114 | Kevin Challinor | M55 | Deeside AC | 44-43 |
| 115 | Charlie Eldred | M50 | Tattenhall | 44-50 |
| 116 | James Harwood | M40 | Eryri Harriers | 44-55 |
| 117 | Gerwyn Lloyd | SM | Nantglyn | 44-58 |
| 118 | Mark Goodridge | M50 | Wrekin Road Runners | 45-01 |
| 119 | Peter Rooney | M50 | Deestriders | 45-22 |
| 120 | Paul Quinn | M45 | Buckley Runners | 45-32 |
| 121 | Huw Parry | M40 | GOG Tri Club | 45-42 |
| 122 | Richard House-Goodwin | M45 | Colwyn Bay | 46-00 |
| 123 | Jon Morgan | M60 | Whitchurch Whippets | 46-19 |
| 124 | Dave RodericK | M65 | Deeside AC | 46-28 |
| 125 | Eyrwyn Edwards | M60 | Eryri Harriers | 46-55 |
| 126 | Wynn Roberts | M40 | Prestatyn | 47-02 |
| 127 | Mike Austin | M40 | Buckley Runners | 47-27 |
| 128 | Arwel Jones | M55 | Prestatyn | 48-00 |
| 129 | Steve L Jones | M60 | Eryri Harriers | 48-03 |
| 130 | Mike Davis | M65 | Prestatyn | 48-05 |
| 131 | Rowland Sharp | M55 | Hebog | 48-09 |
| 132 | Mike Whiteside | M65 | Tattenhall | 48-18 |
| 133 | Simon Blain | SM | GOG Tri Club | 49-09 |
| 134 | Daron Fincham | M55 | Telford AC | 49-44 |
| 135 | Charles Ashley | M55 | Wrexham AC | 50-06 |
| 136 | Phil Walker | M65 | Wrexham AC | 50-27 |
| 137 | Alan French | M60 | Wrexham AC | 50-37 |
| 138 | Ken Robbins | M65 | Whitchurch Whippets | 52-25 |
| 139 | Michael Whitehead | M50 | Telford AC | 54-13 |
| 140 | James Rainbow | M40 | Whitchurch Whippets | 55-53 |
| 141 | Rob Mackey | M65 | Buckley Runners | 56-32 |

**TEAMS**

**DIVISION ONE (6 TO SCORE)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club** | **Race 4****Points** | **Race 4****Position** | **Overall Points** | **Overall****Position** |
| Shrewsbury | 64 | 1 | **322** | **1** |
| Oswestry | 128 | 3 | **690** | **2** |
| Buckley  | 116 | 2 | **985** | **3** |
| Eryri | 481 | 6 | **1,363** | **4** |
| Gog Tri | 311 | 4 | **1579** | **5** |
| Colwyn Bay | 499 | 7 | **1,829** | **6** |
| Meirionnydd | 441 | 5 | **2,366** | **7** |
| Tattenhall  | 577 | 8 | **2,773** | **8** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club** | **Race 4****Points** | **Race 4****Position** | **Overall Points** | **Overall****Position** |
| Aberystwyth Uni | 458 | 3 | **1,129** | **1** |
| Prestatyn | 372 | 1 | **1,406** | **2** |
| Denbigh Harriers | 410 | 2 | **2,034** | **3** |
| Hebog | 654 | 8 | **2,262** | **4** |
| Bangor Uni | 596 | 6 | **2,289** | **5** |
| Deeside AC | 806 | 13 | **2,514** | **6** |
| Wrekin Road Runners | 586 | 5 | **2,672** | **7** |
| Whitchurch Whippets | 525 | 4 | **2,744** | **8** |
| Deestriders | 691 | 10 | **3,277** | **9** |
| Wrexham AC | 681 | 9 | **3,283** | **10** |
| Telford AC | 765 | 12 | **3,389** | **11** |
| West Cheshire | 626 | 7 |  |  |
| Nantglyn | 741 | 11 |  |  |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club** | **Race 4****Points** | **Race 4****Position** | **Overall Points** | **Overall****Position** |
| Oswestry | 13 | 1 | **75** | **1** |
| Buckley | 15 | 2 | **131** | **2** |
| Shrewsbury | 49 | 3 | **148** | **3** |
| Eryri Harriers | 58 | 4 | **269** | **4** |
| Denbigh Harriers | 100 | 8 | **469** | **5** |
| GOG Tri Club | 88 | 6 | **482** | **6** |
| Wrekin Road Runners | 119 | 9 | **528** | **7** |
| Whitchurch Whippets | 96 | 7 | **547** | **8** |
| Prestatyn | 147 | 12 | **729** | **9** |
| Colwyn Bay | 134 | 11 |  |  |
| Wrexham AC | 119 | 9 |  |  |
| Tattenhall | 87 | 5 |  |  |
| Telford | 195 | 13 |  |  |

**MALE OVER 70**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Age** | **Club** | **Time** |
| 1 | John Morris | M70 | Buckley Runners | 31-00 |
| 2 | Emyr Davies | M70 | Hebog | 32-29 |
| 3 | Steve Hatfield | M70 | Prestatyn | 33-10 |
| 4 | Arthur Egan | M70 | Wrexham AC | 34-00 |
| 5 | Jack Thomas | M75 | Buckley Runners | 39-03 |
| 6 | Peter Norman | M75 | Wrexham AC | 50-11 |
| 7 | John Tipping | M75 | Wrexham AC | 50-57 |

**TEAMS (3 TO SCORE)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club** | **Race 4****Points** | **Race 4****Position** | **Overall Points** | **Overall****Position** |
| Wrexham | 17 | 1 | **67** | **1** |

**UNDER 17 MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Age** | **Club** | **Time** |
| 1 | Ethan Ackroyd | U17M | Deeside AC | 21-49 |
| 2 | Owen Hibbert | U17M | Deeside AC | 22-38 |
| 3 | Ifan Oldfield | U17M | Wrexham AC | 23-15 |
| 4 | Adam Tatton | U17M | Telford AC | 25-44 |

 **TEAMS (3 TO SCORE)**

**No Clubs completed a Team.**

**SENIOR LADIES**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Name** | **Age** | **Club** | **Time** |
| 1 | Ali Lavender | SW | Oswestry Olympians | 24-04 |
| 2 | Zoe Barber | SW | Shrewsbury AC | 24-19 |
| 3 | Sara Willholt | SW | Shrewsbury AC | 24-38 |
| 4 | Michelle Clarke | W40 | Telford AC | 24-51 |
| 5 | Amie Bagnall | SW | Prestatyn | 25-13 |
| 6 | Andrea Rowlands | W40 | Eryri Harriers | 25-14 |
| 7 | Olivia Mann | U20W | Shrewsbury AC | 25-23 |
| 8 | Georgina Ross | W40 | Tattenhall | 25-34 |
| 9 | Anest Muller | W35 | West Cheshire | 25-41 |
| 10 | Charlotte Jones | W35 | Oswestry Olympians | 26-00 |
| 11 | Melissa Mann | U20W | Shrewsbury AC | 26-07 |
| 12 | Lucy Williamson | U20W | Bangor Uni | 26-15 |
| 13 | Lauren Morley | SW | Shrewsbury AC | 26-17 |
| 14 | May Davies | U17W | Oswestry Olympians | 26-25 |
| 15 | Ceri Diss | W50 | Denbigh Harriers | 26-27 |
| 16 | Rachel Coupe | W45 | Telford AC | 26-32 |
| 17 | Tammy Lewis-Jones | W45 | Eryri Harriers | 26-54 |
| 18 | Viv McConnell | W60 | Oswestry Olympians | 26-59 |
| 19 | Rebecca Moseley | SW | Shrewsbury AC | 27-05 |
| 20 | Rhiannon Kamink | U20W | Colwyn Bay | 27-23 |
| 21 | Heddearen Daniel | SW | Aberystwyth Uni | 27-27 |
| 22 | Hazel Evans | W35 | Buckley Runners | 27-36 |
| 23 | Megan Hughes | W40 | Eryri Harriers | 27-46 |
| 24 | Becki Law | SW | Eryri Harriers | 27-47 |
| 25 | Ellie Robinson | W40 | West Cheshire | 27-54 |
| 26 | Tracey Williams | W50 | Denbigh Harriers | 28-03 |
| 27 | Helen Blair | W45 | Eryri Harriers | 28-06 |
| 28 | Ellie Williams | U17W | Wrexham AC | 28-14 |
| 29 | Helen MacArthur | W45 | GOG Tri | 28-19 |
| 30 | Deborah Millington | W45 | Wrekin Road Runners | 28-21 |
| 31 | Jenny Davies | W50 | Oswestry Olympians | 28-23 |
| 32 | Emma Collins | W50 | Denbigh Harriers | 28-47 |
| 33 | Jacquie Gears | W40 | Oswestry Olympians | 28-55 |
| 34 | Ali Tickner | W45 | Oswestry Olympians | 29-01 |
| 35 | Christine Symms | W35 | Wrekin Road Runners | 29-14 |
| 36 | Ally Reid | W40 | Prestatyn | 29-23 |
| 37 | Lou Williams | W35 | Oswestry Olympians | 29-35 |
| 38 | Ann Kamink | W50 | Colwyn Bay | 29-40 |
| 39 | Linda Jones | W50 | Wrexham AC | 29-43 |
| 40 | Yvonne Hill | W50 | Oswestry Olympians | 29-51 |
| 41 | Gill Evans | W55 | Shrewsbury AC | 30-01 |
| 42 | Dawn Urquart | W40 | Buckley Runners | 30-05 |
| 43 | Katy Baugh | SW | Denbigh Harriers | 30-19 |
| 44 | Pam Ackroyd | W50 | West Cheshire | 30-25 |
| 45 | Susie Hancock | W55 | Oswestry Olympians | 30-31 |
| 46 | Laurie Griffith | W45 | GOG Tri | 30-39 |
| 47 | Tania Brandon | W50 | Oswestry Olympians | 30-48 |
| 48 | Jo Granfield | W50 | Whitchurch Whippets | 30-49 |
| 49 | Margaret Ludden | W50 | Buckley Runners | 30-50 |
| 50 | Ellie Salisbury | W55 | Eryri Harriers | 30-54 |
| 51 | Emer Sandham | W35 | GOG Tri | 30-55 |
| 52 | Jane Lindley | W50 | Buckley Runners | 31-02 |
| 53 | Victoria Cole | W35 | GOG Tri | 31-29 |
| 54 | Megan Owen-Jones | U20W | Wrekin Road Runners | 31-33 |
| 55 | Lisa Blagden | W45 | Telford AC | 31-44 |
| 56 | Mel Barker | W40 | Tattenhall | 31-50 |
| 57 | Julie Lloyd Evans | W45 | Oswestry Olympians | 32-06 |
| 58 | Sue Rodgers | W55 | Prestatyn | 32-19 |
| 59 | Alison Whitelaw | W55 | Wrexham AC | 32-26 |
| 60 | Chris Birch | W65 | Abergele Harriers | 32-32 |
| 61 | Jude Hughes | W40 | Oswestry Olympians | 32-43 |
| 62 | Grace Hart | W45 | Tattenhall | 32-45 |
| 63 | Sarah Greaves | W55 | Oswestry Olympians | 32-53 |
| 64 | Jo Hopps | SW | Prestatyn | 32-59 |
| 65 | Briony Hibbert | SW | Deeside AC | 33-06 |
| 66 | Nicola Tomlinson | SW | GOG Tri | 33-08 |
| 67 | Rachael Foster | W45 | Whitchurch Whippets | 33-39 |
| 68 | Liz Park | W40 | Oswestry Olympians | 33-47 |
| 69 | Gabby Waring | W55 | Prestatyn | 33-54 |
| 70 | Melanie Liu | W35 | Wrexham AC | 33-55 |
| 71 | Liz Rankin | W40 | Whitchurch Whippets | 34-14 |
| 72 | Barbara Ward | W60 | Oswestry Olympians | 34-45 |
| 73 | Amanda Garner | SW | Buckley Runners | 34-54 |
| 74 | Menai Baugh | W55 | Denbigh Harriers | 35-04 |
| 75 | Ashling D Harrison | SW | Oswestry Olympians | 35-29 |
| 76 | Fiona Challenor | W45 | Whitchurch Whippets | 35-54 |
| 77 | Kelly Clarke | W35 | Oswestry Olympians | 36-57 |
| 78 | Viv Edwards | W60 | Menai | 37-01 |
| 79 | Elizabeth Featherstone | W45 | Whitchurch Whippets | 37-49 |
| 80 | Maggie Oliver | W65 | Eryri Harriers | 38-16 |
| 81 | Emma Latham | W40 | Tattenhall | 38-38 |
| 82 | Ceri Crabbe | W40 | Wrekin Road Runners | 38-40 |
| 83 | Brenda Jones | W75 | Bro Dysynni | 39-20 |
| 84 | Marie Thompson | SW | Wrekin Road Runners | 39-30 |
| 85 | Claire Manley | W45 | Prestatyn | 40-29 |
| 86 | Emma Fairhurst | W45 | Prestatyn | 41-59 |
| 87 | Lynn Norton | W55 | Whitchurch Whippets | 42-14 |
| 88 | Yolanda Marconie Nolan | W65 | Bro Dysynni | 42-38 |
| 89 | Bev Goodson | W45 | Deestriders | 43-13 |
| 90 | Helen Robbins | W65 | Whitchurch Whippets | 44-55 |
| 91 | Samantha Hall-Davies | SW | Wrekin Road Runners | 45-27 |
| 92 | Marjorie Griffiths | W70 | Bro Dysynni | 47-44 |

**FEMALE TEAMS**

**DIVISION ONE (4 to SCORE)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club** | **Race 4****Points** | **Race 4****Position** | **Overall Points** | **Overall****Position** |
| Eryri | 76 | 2 | **280** | **1** |
| Oswestry  | 43 | 1 | **331** | **2** |
| Buckley | 165 | 5 | **538** | **3** |
| Denbigh | 116 | 3 | **543** | **4** |
| Prestatyn | 163 | 4 | **548** | **5** |
| GOG | 179 | 6 | **711** | **6** |
| Wrexham AC | 196 | 7 | **731** | **7** |

**DIVISION TWO (3 TO SCORE)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club** | **Race 4****Points** | **Race 4****Position** | **Overall Points** | **Overall****Position** |
| Shrewsbury | 12 | 1 | **103** | **1** |
| Telford | 75 | 2 | **292** | **2** |
| Tattenhall | 126 | 5 | **414** | **3** |
| West Cheshire | 78 | 3 | **488** | **4** |
| Wrekin Road Runners | 119 | 4 | **539** | **5** |
| Colwyn Bay | 151 | 6 | **654** | **6** |
| Bangor Uni | 198 | 8 | **758** | **7** |
| Menai | 264 | 12 | **830** | **8** |
| Whitchurch Whippets | 186 | 7 | **845** | **9** |
| Abergele Harriers | 246 | 9 | **1044** | **10** |
| Bro Dysynni | 263 | 11 | **1092** | **11** |
| Deeside AC | 251 | 10 |  |  |
| Deestriders | 275 | 13 |  |  |

**FEMALE MASTERS TEAMS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club** | **Race 4****Points** | **Race 4****Position** | **Overall Points** | **Overall****Position** |
| Eryri | 21 | 1 | **91** | **1** |
| Oswestry | 31 | 2 | **118** | **2** |
| Telford AC | 47 | 4 | **165** | **3** |
| Buckley RC | 72 | 5 | **197** | **4** |
| Denbigh Harriers | 37 | 3 | **310** | **5** |
| GOG Tri Club | 82 | 6 | **319** | **6** |
| Tattenhall | 89 | 7 | **342** | **7** |
| Wrexham AC | 119 | 10 | **375** | **8** |
| Wrekin RR | 98 | 8 | **382** | **9** |
| Prestatyn | 114 | 9 | **498** | **10** |
| Whitchurch Whippets | 133 | 11 | **563** | **11** |
| Bro Dysynni | 197 | 12 |  |  |

Happy New Year to you all.

A big thank you to Graham Jones, Steve Oliver and all of the helpers at Shrewsbury who again not only put on a great cross country race (well marked out, well marshalled, with an even better course than in 2016 – not just my opinion and a great addition of the stream!!), and again managed to get 26 runners out across the two races.

Numbers were slightly down on the previous races this season with only 244 runners towing the line. However, this didn’t deter from some great races taking place. Ethan Ackroyd is starting to fulfil his promise and dominated the Women’s, M70+ and U17Men’s race as he beat his team mate Owen Hibbert by nearly a minute and was over two minutes ahead of a returning Ali Lavender, Oswestry Olympians who had a good second lap to get away from Zoe Barber, Shrewsbury who led her team to victory. Had Shrewsbury been in Division 1 this year they would have comfortably won the Division 1 title but they will have to settle for promotion.

In the age groups, Michelle Clarke, Telford led home the W40’s, whilst Viv McConnell sealed the W60 title with a perfect record. Chris Birch, Abergele was another to complete the perfect record and secure the W65 title before the last fixture.

The Men’s race was a great battle between Bangor University’s Callum Rowllinson and M45 Paul Jones with the race only being decided in the last couple of strides after a great battle throughout. Paul however looks in pole position to win the overall title on his home course at Marches on 4th February. Jez Brown, Buckley was the first M40 home and also looks like he’s done enough to secure that title. Others ensuring they can have a stress free day at Oswestry include: Kevin Francis M50, and Graham Jones M60, both of Shrewsbury and Emyr Davies, Hebog who has secured the M70 title.

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 4th February 2017. 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 at Prestwold Hall, in Loughborough on Saturday 11th March 2017? We will be picking both the junior age group and senior teams after the North Wales Championships on 28th January 2017. My e mail address is Bernie-jones@sky.com

**Bernie Jones, Referee**