**GRAND PRIX EXPRESS**

**NORTH WALES CROSS COUNTRY LEAGUE**

**(supported by Welsh Athletics Ltd)**

**at The National Sports Centre, Lilleshall Saturday, January 18th, 2014**

**SENIOR MEN**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | P Ward | M45 | Telford | 33m | 31s |
| 2 | R Roberts |  | Eryri | 34m | 27s |
| 3 | N Jones | U20 | Eryri |  | 55s |
| 4 | S Boyton |  | Deeside | 35m | 08s |
| 5 | J Wignall |  | Bangor U |  | 15s |
| 6 | J Brocklehurst |  | Shrewsbury |  | 31s |
| 7 | L Jones | M40 | Deeside |  | 39s |
| 8 | D Kashi |  | Bangor U | 36m | 35s |
| 9 | D Weston |  | Wrexham |  | 38s |
| 10 | R Heath |  | Telford |  | 43s |
| 11 | D Alexander | M40 | W. Cheshire |  | 46s |
| 12 | C Rowlinson |  | Bangor U |  | 50s |
| 13 | W Sheridan | U20 | Deeside | 37m | 09s |
| 14 | J Brown | M40 | Buckley |  | 29s |
| 15 | S Sayer |  | Menai |  | 29s |
| 16 | G Norgrove | M45 | Tri Club |  | 58s |
| 17 | A McNay |  | Tattenhall | 38m | 24s |
| 18 | A Campbell |  | Tri Club |  | 28s |
| 19 | C Jones | M40 | Eryri |  | 32s |
| 20 | I Lowe | M40 | Oswestry |  | 34s |
| 21 | A Bromley |  | Deeside |  | 35s |
| 22 | G Blackwell | M45 | Deeside |  | 51s |
| 23 | D Kirby |  | Shrewsbury |  | 55s |
| 24 | D Lemon |  | Deeside | 39m | 00s |
| 25 | P Taylor | M40 | Tattenhall |  | 15s |
| 26 | J Garmson | M50 | Telford |  | 19s |
| 27 | P Plant | M50 | Telford |  | 21s |
| 28 | J Sanders | M45 | Telford |  | 26s |
| 29 | T Roo |  | Shrewsbury |  | 30s |
| 30 | A Slater |  | Telford |  | 31s |
| 31 | S Reed |  | Telford |  | 34s |
| 32 | J Hudak | U20 | Bangor U |  | 39s |
| 33 | S Eardley | M40 | C. Bay | 40m | 01s |
| 34 | N Thomas | M45 | Telford |  | 02s |
| 35 | D Richards |  | Whitchurch |  | 16s |
| 36 | A Lanz | U20 | Meirionnydd |  | 22s |
| 37 | M Forbes |  | Eryri |  | 23s |
| 38 | S Toogood | M50 | Buckley |  | 26s |
| 39 | E Davies | M45 | Buckley |  | 32s |
| 40 | M Robbins | M50 | Wrexham |  | 32s |
| 41 | J Anderson |  | Telford |  | 34s |
| 42 | R Jones | M50 | Shrewsbury |  | 48s |
| 43 | I Rowlands | M45 | Cybi | 40m | 53s |
| 44 | G Jones | M55 | Prestatyn |  | 58s |
| 45 | A Clague | M45 | W. Cheshire | 41m | 07s |
| 46 | S Ellis | M45 | Tattenhall |  | 11s |
| 47 | K Francis | M45 | Shrewsbury |  | 13s |
| 48 | P Coupe | M45 | Telford |  | 13s |
| 49 | A Lewis | M55 | Eryri |  | 15s |
| 50 | S Anetts | U20 | Bangor U |  | 27s |
| 51 | E Davies | M55 | Maldwyn |  | 28s |
| 52 | L Butler |  | Shrewsbury |  | 29s |
| 53 | A Harvey-Smith |  | Shrewsbury |  | 38s |
| 54 | A Williams | M40 | Eryri |  | 44s |
| 55 | S Green |  | Bangor U | 42m | 14s |
| 56 | L Bertrand-Shelton | U20 | Bangor U |  | 23s |
| 57 | A Dean | M40 | Shrewsbury |  | 47s |
| 58 | D Cooper |  | Bangor U |  | 50s |
| 59 | T Tansley | M40 | Oswestry |  | 52s |
| 60 | T Cahill | M50 | Abergele | 43m | 15s |
| 61 | S Roberts | M55 | Oswestry |  | 17s |
| 62 | J Davies |  | Wrexham |  | 19s |
| 63 | G Nicholls | M40 | Prestatyn |  | 22s |
| 64 | M Cortvriend | M60 | Denbigh |  | 31s |
| 65 | S Phillips | M40 | Whitchurch |  | 42s |
| 66 | N Bevan | M40 | Oswestry |  | 48s |
| 67 | D Baker | M50 | Denbigh |  | 48s |
| 68 | B Gregory | M50 | Telford | 44m | 01s |
| 69 |  Manfredi |  | Denbigh |  | 12s |
| 70 | H Jones | M50 | Shrewsbury |  | 20s |
| 71 | N Jones |  | C. Bay |  | 22s |
| 72 | D Taylor |  | Bangor U |  | 27s |
| 73 | M Bastow | M45 | Oswestry |  | 29s |
| 74 | R Armstrong |  | Abergele |  | 35s |
| 75 | M Austin |  | Buckley |  | 44s |
| 76 | L Coathup | M60 | Buckley |  | 55s |
| 77 | D Baugh | M50 | Denbigh |  | 59s |
| 78 | P Jenkinson | M45 | Eryri | 45m | 10s |
| 79 | A Hughes | M40 | Meirionnydd |  | 15s |
| 80 | I Mulligan | M45 | C. Bay |  | 26s |
| 81 | K Rowlands | M55 | Eryri |  | 33s |
| 82 | M Smith | M40 | Tattenhall |  | 48s |
| 83 | S Jones | M50 | Telford |  | 58s |
| 84 | C Edgington | M55 | Meirionnydd | 46m | 06s |
| 85 | P Carter |  | Bangor U |  | 17s |
| 86 | G Nixon | M60 | Prestatyn |  | 29s |
| 87 | D Jones | M50 | Denbigh |  | 32s |
| 88 | A Tomlinson |  | C. Bay |  | 49s |
| 89 | C Baldwin | M55 | Denbigh |  | 04s |
| 90 | R Eaton | M40 | Tattenhall |  | 04s |
| 91 | S L Jones | M55 | Eryri |  | 19s |
| 92 | S Duckett |  | Tattenhall |  | 24s |
| 93 | M Mason |  | Bangor U | 47m | 32s |
| 94 | M Durrant | M55 | Tattenhall |  | 37s |
| 95 | M Williams | M50 | Cybi |  | 41s |
| 96 | A Hatton | U20 | Bangor U |  | 47s |
| 97 | K Challinor | M50 | Deeside |  | 49s |
| 98 | R Cheetham | M45 | Prestatyn |  | 54s |
| 99 | E McDonagh | M40 | Tattenhall | 48m | 13s |
| 100 | M Bicknell |  | C. Bay |  | 17s |
| 101 | M Jones | M40 | C. Bay |  | 18s |
| 102 | P Rooney | M50 | Deestriders |  | 18s |
| 103 | S McDonald |  | Eryri |  | 31s |
| 104 | J Hancock | M60 | Oswestry | 49m | 06s |
| 105 | D Wilde | M50 | Bridgnorth |  | 12s |
| 106 | P Itchell | M45 | Tri Club |  | 15s |
| 107 | J G Evans | M65 | Aberystwyth |  | 21s |
| 108 | J Morris | M65 | Buckley |  | 34s |
| 109 | P English | M55 | Denbigh |  | 45s |
| 110 | P Donoghue | M40 | Buckley | 50m | 01s |
| 111 | D Hough | M60 | W. Cheshire |  | 07s |
| 112 | C Eldred | M45 | Tattenhall |  | 53s |
| 113 | D Owen | M60 | Shrewsbury | 51m | 23s |
| 114 | S Jolly | M45 | Deeside |  | 32s |
| 115 | F Jones | M55 | Denbigh |  | 39s |
| 116 | S Thomas-Spires | M40 | Wrexham |  | 58s |
| 117 | D Roderick | M60 | Deeside | 52m | 27s |
| 118 | D Fincham | M50 | Telford |  | 39s |
| 119 | N Alford | M50 | Bridgnorth | 54m | 17s |
| 120 | J Rainbow |  | Whitchurch | 55m | 19s |
| 121 | D Kirby | M45 | Eryri |  | 35s |
| 122 | S Gleave | M40 | Prestatyn | 56m | 24s |
| 123 | D A Williams | M65 | Wrexham | 57m | 45s |
| 124 | R Mackey | M65 | Buckley | 61m | 33s |
| 125 | D Owen | M60 | Prestatyn | 64m | 27s |
| 126 | G Trevor | M60 | Shrewsbury | 71m | 16s |
| 127 | A Hodgkiss | M65 | Telford | 74m | 13s |

TEAMS

DIVISION ONE

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Deeside AAC | 91 | Pts | (495 | Pts) |
| 2 | Telford AAC | 122 | Pts | (900 | Pts) |
| 3 | Eryri Harriers | 164 | Pts | (1327 | Pts) |
| 4 | Shrewsbury AAC | 199 | Pts | (838 | Pts) |
| 5 | Tattenhall Runners | 352 | Pts | (1449 | Pts) |
| 6 | Oswestry Olympians AAC | 383 | Pts | (1627 | Pts) |
| 7 | Wrexham AAC | 500 | Pts | (2281 | Pts) |
| 8 | Meirionnydd RC | 649 | Pts | (1549 | Pts) |

DIVISION TWO

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Bangor University AAC | 162 | Pts | (647 | Pts) |
| 2 | Buckley RC | 350 | Pts | (1239 | Pts) |
| 3 | Denbigh Harriers | 376 | Pts | (1702 | Pts) |
| 4 | Colwyn Bay AAC | 473  | Pts | (1502 | Pts) |
| 5 | Prestatyn RC | 538 | Pts | (1924 | Pts) |
| 6 | Wrecsam Tri Club | 590 | Pts | (2478 | Pts) |
| 7 | West Cheshire AAC | 617 | Pts | (2562 | Pts) |
| 8 | Whitchurch Whippets | 690 | Pts | (2965 | Pts) |
| 9 | Abergele Harriers | 734 | Pts | (2636 | Pts) |
| 10 | Cybi Striders | 738 | Pts | (2702 | Pts) |
| 11 | Menai T+F | 765 | Pts | (2942 | Pts) |
| 12 | Maldwyn Harriers | 801 | Pts | (3567 | Pts) |
| 13 | Bridgnorth AAC | 824 | Pts | (3530 | Pts) |
| 14 | Deestriders AAC | 852 | Pts |  (3063 | Pts) |
| 15 | Aberystwyth AAC | 857 | Pts | (3564 | Pts) |

MALE MASTERS TEAMS

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Telford AAC | 22 | Pts | (263 | Pts) |
| 2 | Buckley RC | 35 | Pts | (134 | Pts) |
| 3 | Eryri Harriers | 58 | Pts | (230 | Pts) |
| 4 | Deeside AAC | 66 | Pts |  |  |
| 5 | Oswestry Olympians AAC | 67 | Pts |  |  |
| 6 | Shrewsbury AAC | 69 | Pts |  |  |
| 7 | Tattenhall Runners | 77 | Pts | (370 | Pts) |
| 8 | West Cheshire AAC | 92 | Pts |  |  |
| 9 | Prestatyn RC | 101 | Pts | (342 | Pts) |
| 10 | Denbigh Harriers | 110 | Pts | (419 | Pts) |
| 11 | Colwyn Bay AAC | 116 | Pts | (402 | Pts) |
| 12 | Wrexham AAC | 169 | Pts | (593 | Pts) |

MALE OVER 70

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | D Williams | M70 | Eryri | 28m | 53s |
| 2 | D Hughes | M75 | Prestatyn | 33m | 19s |
| 3 | R Harrison-Jones | M75 | Prestatyn | 35m | 44s |
| 4 | P Norman | M75 | Wrexham | 37m | 26s |
| 5 | B Forster | M80 | Wrexham | 38m | 50s |

 UNDER 17 MEN

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | T Henry | Deeside | 22m | 12s |
| 2 | R Halliwell | Deeside | 24m | 10s |
| 3 | B Harrison | Prestatyn | 27m | 47s |

SENIOR LADIES

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | A Lavender |  | Oswestry | 22m | 27s |
| 2 | D Williams |  | Menai | 23m | 28s |
| 3 | I Redfern | W40 | C. Bay |  | 57s |
| 4 | A Rowlands | W35 | Eryri |  | 58s |
| 5 | S Mackness |  | Telford | 24m | 26s |
| 6 | M Davies | U17 | Menai |  | 56s |
| 7 | S Caskey |  | Bangor U | 25m | 07s |
| 8 | B Taylor | U20 | Bangor U |  | 28s |
| 9 | B Law |  | Eryri |  | 57s |
| 10 | L Morley | W40 | Wrexham | 26m | 05s |
| 11 | W Trimbel | W35 | Eryri |  | 39s |
| 12 | D Sanders | W45 | Telford | 27m | 03s |
| 13 | E Collins | W50 | Denbigh |  | 16s |
| 14 | H MacArthur | W45 | C. Bay |  | 39s |
| 15 | L Blagden | W45 | Telford | 28m | 01s |
| 16 | N Cane | W35 | Prestatyn |  | 06s |
| 17 | V Ronald | W45 | C.Bay |  | 35s |
| 18 | V Whitehead | W40 | Denbigh |  | 51s |
| 19 | S Tatton | U20 | Telford |  | 52s |
| 20 | Y Hill | W50 | Oswestry |  | 56s |
| 21 | C Birch | W65 | Abergele |  | 58s |
| 22 | T Brandon | W45 | Oswestry | 29m | 07s |
| 23 | A Reynolds |  | Telford |  | 10s |
| 24 | A Whitelaw | W55 | Wrexham |  | 14s |
| 25 | R Simms | W35 | Telford |  | 31s |
| 26 | K Norgrove | W45 | Tri Club |  | 43s |
| 27 | B Tiedtke | W50 | Prestatyn |  | 46s |
| 28 | G Waring | W55 | Prestatyn |  | 55s |
| 29 | L Griffith | W40 | C. Bay | 30m | 21s |
| 30 | H Evans |  | Buckley |  | 09s |
| 31 | S Norris | W35 | Tattenhall |  | 16s |
| 32 | A Williams | W40 | Buckley |  | 40s |
| 33 | M Docking | W60 | Wrexham |  | 42s |
| 34 | A Cheetham | U20 | Prestatyn |  | 57s |
| 35 | E Goddard | W40 | Prestatyn | 31m | 05s |
| 36 | S Clayton | W45 | Telford |  | 10s |
| 37 | B Ward | W60 | Oswestry |  | 24s |
| 38 | J Lindley | W45 | Buckley |  | 27s |
| 39 | M Jeal | W50 | Denbigh |  | 31s |
| 40 | A Jones | W50 | Prestatyn |  | 43s |
| 41 | B Jenkinson | U17 | Eryri | 32m | 05s |
| 42 | A Brown | W35 | Denbigh |  | 34s |
| 43 | G Hart | W40 | Tattenhall | 33m | 02s |
| 44 | J Chambers | W35 | Tattenhall |  | 28s |
| 45 | E Jones | W40 | Prestatyn |  | 43s |
| 46 | A Garner |  | Buckley | 35m | 10s |
| 47 | E Martin | W35 | Prestatyn |  | 43s |
| 48 | M Baugh | W55 | Denbigh | 36m | 40s |
| 49 | C Parry | W40 | Denbigh |  | 55s |
| 50 | Y Marconi-Nolan | W60 | B. Dysynni | 39m | 27s |
| 51 | M Singleton | W70 | C.Bay | 40m | 02s |
| 52 | A Byrne | W55 | Shrewsbury |  | 57s |
| 53 | S Richards | W60 | Shrewsbury | 41m | 48s |
| 54 | M Griffiths | W65 | B. Dysynni | 42m | 08s |

TEAMS

DIVISION ONE

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Telford AAC  | 51 | Pts | (324 | Pts) |
| 2 | Colwyn Bay AAC | 63 | Pts | (228 | Pts) |
| 3 | Eryri Harriers | 65 | Pts | (263 | Pts) |
| 4 | Oswestry Olympians AAC | 80 | Pts | (323 | Pts) |
| 5 | Denbigh Harriers | 112 | Pts | (708 | Pts) |
| 6 | Wrexham AAC | 142 | Pts | (386 | Pts) |
| 7 | Buckley RC | 146 | Pts | (715 | Pts) |

DIVISION TWO

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Prestatyn RC  | 71 | Pts | (402 | Pts) |
| 2 | Menai T+F | 83 | Pts | (265 | Pts) |
| 3 | Bangor University AAC | 90 | Pts | (428 | Pts) |
| 4 | Tattenhall Runners | 118 | Pts | (484 | Pts) |
| 5 | Abergele Harriers | 171 | Pts | (649 | Pts) |
| 6 | Wrecsam Tri Club | 176 | Pts | (803 | Pts) |
| 7 | Bro Dysynni AAC | 179 | Pts | (719 | Pts) |
| 8 | Shrewsbury AAC | 180 | Pts | (954 | Pts) |

WOMEN MASTERS TEAMS

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Colwyn Bay AAC | 18 | Pts | (166 | Pts) |
| 2 | Telford AAC | 29 | Pts |  |  |
| 3 | Wrexham AAC | 41 | Pts | (100 | Pts) |
| 4 | Denbigh Harriers | 45 | Pts | (307 | Pts) |
| 5 | Prestatyn RC | 46 | Pts | (260 | Pts) |
| 6 | Oswestry Olympians AAC  | 52 | Pts | (173 | Pts) |
| 7 | Tattenhall Runners | 84 | Pts |  |  |

Our thanks to Paul Sanderson and his willing group of helpers at Telford AAC for ensuring that the fourth gathering of the season went ahead despite the weather conditions during the last few weeks. We are all very grateful for their efforts.

The fifth, and final, meeting will be hosted by Oswestry Olympians AAC at The Marches School, Oswestry, SY11 2AR, on Saturday, February 8th, 2014. It is important to be aware that the centre of Oswestry town is closed to traffic on Saturday afternoon and it might be a good idea to approach the school from the A484 (the former A5). If anybody has concerns PLEASE phone me on 01978 820612.

The League will have a presentation of medals and trophies at the school’s dining area immediately after the final race – it is worth attending as the Oswestry homemade cakes are wonderful. If you have any team trophies PLEASE remember to bring them with you so they can be presented to this winter’s winners. Thank you