**GRAND PRIX EXPRESS**

**NORTH WALES CROSS COUNTRY LEAGUE**

**(supported by Welsh Athletics Ltd.)**

**at Ysgol Morgan Llwyd, Wrexham Saturday, November 23rd 2013**

**SENIOR MEN**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | S Boyton |  | Deeside | 29m | 12s |
| 2 | J Roberts | U20 | Wrexham |  | 29s |
| 3 | J Brocklehurst |  | Shrewsbury |  | 41s |
| 4 | L Jones | M40 | Deeside |  | 52s |
| 5 | P Jones | M40 | Oswestry |  | 53s |
| 6 | J Wignall |  | Bangor U |  | 53s |
| 7 | I Haworth |  | Shrewsbury | 30m | 09s |
| 8 | D Rowlands | M45 | Wrexham |  | 11s |
| 9 | L Renton | U20 | Bangor U |  | 21s |
| 10 | D Weston |  | Wrexham |  | 42s |
| 11 | P Middleton |  | Shrewsbury | 31m | 02s |
| 12 | D Kashi |  | Bangor U |  | 06s |
| 13 | W Sheridan | U20 | Deeside |  | 15s |
| 14 | D Kirby |  | Shrewsbury |  | 16s |
| 15 | M Rose |  | Buckley |  | 17s |
| 16 | W Dashper |  | Telford |  | 36s |
| 17 | A Sudlow |  | Tattenhall |  | 38s |
| 18 | A Edwards |  | Deestriders |  | 38s |
| 19 | D Lemon |  | Deeside |  | 48s |
| 20 | A Walling | M40 | Menai |  | 49s |
| 21 | J Brown | M40 | Buckley |  | 50s |
| 22 | D Alexander | M40 | W. Cheshire |  | 51s |
| 23 | G Norgrove | M45 | Tri Club | 32m | 02s |
| 24 | I Richards |  | Meirionnydd |  | 07s |
| 25 | S Eardley | M40 | C. Bay |  | 09s |
| 26 | J Hudak | U20 | Bangor U |  | 12s |
| 27 | A Lanz | U20 | Meirionnydd |  | 26s |
| 28 | I Lowe | M40 | Oswestry |  | 29s |
| 29 | G Blackwell | M45 | Deeside |  | 35s |
| 30 | A Gray | M40 | Shrewsbury |  | 39s |
| 31 | A Campbell |  | Tri Club |  | 45s |
| 32 | R Olliver |  | Vale Royal |  | 49s |
| 33 | D Parker |  | Meirionnydd | 33m | 06s |
| 34 | E Davies | M45 | Buckley |  | 22s |
| 35 | J Sanders | M45 | Telford |  | 25s |
| 36 | R Jones | M50 | Shrewsbury |  | 27s |
| 37 | A Clague | M45 | W. Cheshire |  | 33s |
| 38 | D Richards |  | Whitchurch |  | 34s |
| 39 | A Harvey-Smith |  | Shrewsbury |  | 34s |
| 40 | J Garmson | M50 | Telford |  | 39s |
| 41 | S Roberts | M40 | Buckley |  | 43s |
| 42 | C Jones | M40 | Eryri | 33m | 49s |
| 43 | T Harding | U20 | C. Bay |  | 50s |
| 44 | S Waters |  | Shrewsbury |  | 51s |
| 45 | M Gilder |  | Shrewsbury | 34m | 01s |
| 46 | G Jones | M55 | Shrewsbury |  | 02s |
| 47 | P Taylor |  | Tattenhall |  | 06s |
| 48 | R Hayes | M40 | Tri Club |  | 08s |
| 49 | G Jones | M55 | Prestatyn |  | 11s |
| 50 | J Gifford | M45 | Buckley |  | 17s |
| 51 | D Gilbert | M45 | Buckley |  | 21s |
| 52 | S Ellis | M45 | Tattenhall |  | 28s |
| 53 | K Francis | M45 | Shrewsbury |  | 39s |
| 54 | A Lewis | M55 | Eryri |  | 40s |
| 55 | A Slater |  | Telford |  | 53s |
| 56 | N Jones |  | C. Bay |  | 57s |
| 57 | R Arden |  | Tattenhall | 35m | 00s |
| 58 | A Jones |  | Meirionnydd |  | 08s |
| 59 | R Armstrong |  | Abergele |  | 11s |
| 60 | V Belshaw | M50 | Denbigh |  | 17s |
| 61 | I Rowlands | M45 | Cybi |  | 25s |
| 62 | G Lloyd |  | Shrewsbury |  | 31s |
| 63 | C Smith | M40 | Tri Club |  | 35s |
| 64 | G Nicholls | M40 | Prestatyn |  | 37s |
| 65 | N Thomas | M45 | Telford |  | 38s |
| 66 | K Owen | M40 | Maldwyn |  | 52s |
| 67 | S Roberts | M55 | Oswestry |  | 59s |
| 68 | G Owens | M65 | Prestatyn | 36m | 00s |
| 69 | M Robbins | M50 | Wrexham |  | 04s |
| 70 | M Jones | M40 | Telford |  | 05s |
| 71 | P Savill | M60 | Shrewsbury |  | 05s |
| 72 | M Whitehead | U20 | Denbigh |  | 12s |
| 73 | T Tansley | M40 | Oswestry |  | 12s |
| 74 | J Dillon | M55 | Whitchurch |  | 22s |
| 75 | N Owen | M60 | Prestatyn |  | 26s |
| 76 | M Austin |  | Telford |  | 34s |
| 77 | M Cortvriend | M60 | Denbigh |  | 41s |
| 78 | R Godwin | M45 | C. Bay |  | 46s |
| 79 | R Chambers |  | Tattenhall |  | 47s |
| 80 | N Holmes | M55 | Tattenhall |  | 55s |
| 81 | C Prandle | M40 | Wrexham | 37m | 07s |
| 82 | S Phillips | M40 | Whitchurch |  | 16s |
| 83 | I Bayliss | M50 | Buckley |  | 28s |
| 84 | K Challinor | M50 | Deeside |  | 44s |
| 85 | A Hughes | M40 | Meirionnydd |  | 47s |
| 86 | A Yates | M50 | Telford |  | 50s |
| 87 | P Davis |  | Bangor U |  | 52s |
| 88 | D Boothroyd | M50 | Buckley |  | 54s |
| 89 | P Carter |  | Bangor U |  | 57s |
| 90 | E Hughes |  | Meirionnydd | 38m | 01s |
| 91 | K Rowlands | M55 | Eryri |  | 06s |
| 92 | H Lewis | M50 | Buckley | 38m | 17s |
| 93 | J Hancock | M60 | Oswestry |  | 29s |
| 94 | J Woodcock | M60 | Menai |  | 38s |
| 95 | M Bastow | M45 | Oswestry |  | 42s |
| 96 | M Jones | M40 | C. Bay |  | 54s |
| 97 | A Jones | M40 | N.W.R.R.C. |  | 59s |
| 98 | D Baugh | M50 | Denbigh | 39m | 00s |
| 99 | P Donoghue | M40 | Buckley |  | 05s |
| 100 | S. L. Jones | M55 | Eryri |  | 09s |
| 101 | C Ashley | M55 | Wrexham |  | 21s |
| 102 | R Eaton | M45 | Tattenhall |  | 29s |
| 103 | I Taylor | M45 | N.W.R.R.C. |  | 39s |
| 104 | L Williams | M40 | Oswestry |  | 44s |
| 105 | M Durrant | M55 | Tattenhall |  | 52s |
| 106 | D Roderick | M60 | Deeside |  | 52s |
| 107 | G White | M40 | Prestatyn |  | 54s |
| 108 | R Cheetham | M45 | Prestatyn |  | 57s |
| 109 | R Francis |  | Meirionnydd |  | 59s |
| 110 | E McDonagh | M40 | Tattenhall | 40m | 04s |
| 111 | R Davies | M45 | Oswestry |  | 05s |
| 112 | M Wright | M45 | Clwydian |  | 10s |
| 113 | C Baldwin | M55 | Denbigh |  | 12s |
| 114 | G Nixon | M60 | Prestatyn |  | 14s |
| 115 | J G Evans | M65 | Aberystwyth |  | 18s |
| 116 | S Thomas-Spires | M40 | Wrexham |  | 47s |
| 117 | J Williams | M55 | Eryri |  | 49s |
| 118 | D Owen | M60 | Shrewsbury |  | 56s |
| 119 | C Williams | M50 | C. Bay | 41m | 00s |
| 120 | C Eldred | M45 | Tattenhall |  | 07s |
| 121 | E Reid | M50 | Wrexham |  | 13s |
| 122 | D Jones | M50 | Denbigh |  | 16s |
| 123 | S Jolly | M45 | Deeside |  | 24s |
| 124 | D Hough | M60 | W. Cheshire |  | 33s |
| 125 | P Mitchell | M45 | Tri Club |  | 54s |
| 126 | F Jones | M55 | Denbigh |  | 59s |
| 127 | A Egan | M65 | Wrexham | 42m | 16s |
| 128 | G Hughes | M65 | Prestatyn |  | 19s |
| 129 | P Rooney | M50 | Deestriders |  | 33s |
| 130 | D Wilde | M50 | Bridgnorth |  | 42s |
| 131 | S Gleave | M40 | Prestatyn |  | 46s |
| 132 | J Morris | M65 | Buckley |  | 47s |
| 133 | G Shone | M60 | Abergele |  | 57s |
| 134 | D Say | M60 | Denbigh | 43m | 08s |
| 135 | D Fincham | M50 | Telford |  | 12s |
| 136 | N Tatton | M45 | Telford |  | 31s |
| 137 | N Alford | M55 | Bridgnorth |  | 44s |
| 138 | D Edwards | M55 | Abergele | 44m | 08s |
| 139 | J Rainbow |  | Whitchurch | 45m | 15s |
| 140 | M Norris | M50 | Deestriders | 46m | 11s |
| 141 | S Hatfield | M65 | Prestatyn |  | 17s |
| 142 | R Mackey | M65 | Buckley | 46m | 25s |
| 143 | A Hotchkiss | M65 | Telford | 56m | 05s |

TEAMS

DIVISION ONE

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Shrewsbury AAC  | 101 | Pts | (639 | Pts) |
| 2 | Deeside AAC | 150 | Pts | (404 | Pts) |
| 3 | Wrexham AAC  | 271 | Pts | (1781 | Pts) |
| 4 | Telford AAC | 307 | Pts | (778 | Pts) |
| 5 | Meirionnydd RC | 317 | Pts | (900 | Pts) |
| 6 | Tattenhall Runners  | 332 | Pts | (1097 | Pts) |
| 7 | Oswestry Olympians AAC | 361 | Pts | (1244 | Pts) |
| 8 | Eryri Harriers | 554 | Pts | (1163 | Pts) |

DIVISION TWO

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Buckley RC  | 212 | Pts | (889 | Pts) |
| 2 | Bangor University AAC | 229 | Pts | (485 | Pts) |
| 3 | Colwyn Bay AAC | 417 | Pts | (1029 | Pts) |
| 4 | Wrecsam Tri Club  | 440 | Pts | (1888 | Pts) |
| 5 | Prestatyn RC | 471 | Pts | (1386 | Pts) |
| 6 | Denbigh Harriers  | 542 | Pts | (1326 | Pts) |
| 7 | Whitchurch Whippets  | 633 | Pts | (2275 | Pts) |
| 8 | West Cheshire AAC  | 633 | Pts | (1945 | Pts) |
| 9 | Menai T + F  | 714 | Pts | (2177 | Pts) |
| 10 | Deestriders AAC | 737 | Pts | (2211 | Pts) |
| 11 | Abergele Harriers | 780 | Pts | (1902 | Pts) |
| 12 | Vale Royal AAC | 782 | Pts | (2732 | Pts) |
| 13 | North Wales Road Runners Club | 800 | Pts | (2168 | Pts) |
| 14 | Cybi Striders  | 811 | Pts | (1964 | Pts) |
| 15 | Maldwyn Harriers | 816 | Pts | (2716 | Pts) |
| 16 | Clwydian Range Runners | 862 | Pts | (2716 | Pts) |
| 17 | Aberystwyth AAC | 865 | Pts | (2709 | Pts) |
| 18 | Bridgnorth AAC | 867 | Pts | (2726 | Pts) |

MALE MASTERS TEAMS

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Buckley RC  | 17 | Pts | (99 | Pts) |
| 2 | Shrewsbury AAC | 44 | Pts | (133 | Pts) |
| 3 | Oswestry Olympians AAC  | 44 | Pts |  |  |
| 4 | Wrecsam Tri Club  | 56 | Pts |  |  |
| 5 | Deeside AAC  | 58 | Pts |  |  |
| 6 | Telford AAC  | 60 | Pts | (241 | Pts) |
| 7 | Wrexham AAC  | 82 | Pts | (424 | Pts) |
| 8 | Prestatyn RC | 85 | Pts | (241 | Pts) |
| 9 | Eryri Harriers  | 95 | Pts | (172 | Pts) |
| 10 | West Cheshire AAC  | 104 | Pts |  |  |
| 11 | Colwyn Bay AAC  | 105 | Pts | (286 | Pts) |
| 12 | Denbigh Harriers  | 107 | Pts | (309 | Pts) |
| 13 | Tattenhall Runners  | 129 | Pts | (293 | Pts) |

MALE OVER 70

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | D Williams | M70 | Eryri | 24mm | 52s |
| 2 | P Norman | M75 | Wrexham | 33m | 35s |
| 3 | B Forster | M80 | Wrexham | 34m | 07s |
| 4 | R Walters | M70 | Bridgnorth | 36m | 18s |

 UNDER 17 MEN

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | B Paxton | Wrexham | 18m | 19s |
| 2 | T Henry | Deeside |  | 24s |
| 3 | A Williams | Wrexham | 19m | 31s |
| 4 | R Halliwell | Deeside |  | 40s |
| 5 | J Parry | C. Bay | 20m | 06s |
| 6 | B Harrison | Prestatyn | 23m | 05s |

SENIOR LADIES

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | C Martin | W35 | Telford | 18m | 21s |
| 2 | A Lavender |  | Oswestry |  |  |
| 3 | D Williams |  | Menai | 19m | 14s |
| 4 | I Redfern | W40 | C. Bay |  | 43s |
| 5 | E Crowe | W40 | Wrexham |  | 45s |
| 6 | L Davis | U17 | Deeside | 20m | 09s |
| 7 | A Rowlands | W35 | Eryri |  | 26s |
| 8 | M Davies | U17 | Menai |  | 27s |
| 9 | B Taylor |  | Bangor U |  | 42s |
| 10 | S Mackness |  | Telford |  | 43s |
| 11 | L Wright | W45 | Wrexham |  | 50s |
| 12 | M Clarke | W40 | Telford | 21m | 02s |
| 13 | C Jones | W35 | Oswestry |  | 34s |
| 14 | A Robinson |  | Tattenhall |  | 49s |
| 15 | H MacArthur | W45 | C. Bay |  | 51s |
| 16 | L Morley | W40 | Wrexham |  | 58s |
| 17 | D Sanders | W45 | Telford | 22m | 00s |
| 18 | S Woodcock |  | Menai |  | 01s |
| 19 | S Rees |  | Vale Royal |  | 17s |
| 20 | A Backshall | U17 | C. Bay |  | 25s |
| 21 | A Tickner | W45 | Oswestry |  | 30s |
| 22 | M Hughes | W35 | Eryri |  | 36s |
| 23 | E Collins | W50 | Denbigh |  | 38s |
| 24 | P Hughes | U17 | Oswestry |  | 51s |
| 25 | J Moore | W40 | Eryri |  | 54s |
| 26 | W Trimble | W35 | Eryri | 22m | 59s |
| 27 | A Williams | U17 | C. Bay | 23m | 10s |
| 28 | M Owen | W45 | Cybi |  | 18s |
| 29 | D Urquhart | W40 | Buckley |  | 21s |
| 30 | E Salisbury | W50 | Eryri |  | 23s |
| 31 | S Rowlands | W45 | Eryri |  | 25s |
| 32 | S Tatton | U20 | Telford |  | 26s |
| 33 | B Jenkinson | U17 | Eryri |  | 38s |
| 34 | L H Jones | W45 | Wrexham |  | 43s |
| 35 | Y Hill | W50 | Oswestry |  | 45s |
| 36 | J Smith | W35 | Oswestry |  | 47s |
| 37 | E New | U17 | C. Bay |  | 49s |
| 38 | A Curran | W40 | Tattenhall |  | 52s |
| 39 | M Ludden | W50 | Buckley |  | 55s |
| 40 | V Ronald | W45 | C. Bay |  | 59s |
| 41 | B Tiedtke | W50 | Prestatyn | 24m | 02s |
| 42 | A Whitelaw | W55 | Wrexham |  | 04s |
| 43 | V Whitehead | W40 | Denbigh |  | 11s |
| 44 | E Rowlands | U20 | Wrexham |  | 12s |
| 45 | F Higgins | W40 | Buckley |  | 15s |
| 46 | C Willgoose | W55 | Abergele |  | 19s |
| 47 | J Lindley | W45 | Buckley |  | 24s |
| 48 | A Cheetham | U20 | Prestatyn |  | 32s |
| 49 | A Jones | W50 | Prestatyn |  | 34s |
| 50 | H Turner | W50 | Eryri |  | 35s |
| 51 | H Blair | W45 | Eryri |  | 36s |
| 52 | K Norgrove | W45 | Tri Club  |  | 38s |
| 53 | C Birch | W65 | Abergele |  | 38s |
| 54 | K Frankland | W40 | Tattenhall |  | 54s |
| 55 | B Ward | W60 | Oswestry |  | 56s |
| 56 | M Docking | W60 | Oswestry |  | 59s |
| 57 | S Ellis |  | Cybi | 25m | 18s |
| 58 | E Goddard | W40 | Prestatyn |  | 18s |
| 59 | J Lewis | W40 | Prestatyn |  | 19s |
| 60 | L Gittins | W45 | Buckley |  | 30s |
| 61 | V Luxmoore | W45 | Oswestry |  | 44s |
| 62 | S Norris | W35 | Tattenhall |  | 49s |
| 63 | L Bond |  | Wrexham | 26m | 07s |
| 64 | A Donnelly | W45 | Eryri |  | 38s |
| 65 | L Park | W40 | Oswestry |  | 48s |
| 66 | A Brown | W35 | Denbigh |  | 57s |
| 67 | C Gates | W45 | Wrexham | 27m | 11s |
| 68 | E Jones | W40 | Prestatyn |  | 36s |
| 69 | M Oliver | W65 | Eryri | 28m | 03s |
| 70 | A Garner | W40 | Buckley |  | 39s |
| 71 | S Ridings | W50 | Prestatyn |  | 46s |
| 72 | L Martin | W35 | Prestatyn | 29m | 19s |
| 73 | B Jones | W70 | B. Dysynni |  | 20s |
| 74 | D Plamperova |  | Abergele |  | 30s |
| 75 | B Goodson | W40 | Deestriders | 31m | 52s |
| 76 | A Byrne | W55 | Shrewsbury |  | 58s |
| 77 | S Richards | W60 | Shrewsbury | 32m | 09s |
| 78 | M Griffiths | W65 | B. Dysynni |  | 30s |
| 79 | A Baty | W50 | Wrexham |  | 50s |
| 80 | M Singleton | W70 | C. Bay | 34m | 07s |
| 81 | R Morrell | W55 | Denbigh | 35m | 11s |

TEAMS

DIVISION ONE

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Telford AAC  | 40 | Pts | (273 | Pts) |
| 2 | Oswestry Olympians AAC  | 60 | Pts | (243 | Pts) |
| 3 | Colwyn Bay AAC | 66 | Pts | (165 | Pts) |
| 4 | Wrexham AAC | 66 | Pts | (244 | Pts) |
| 5 | Eryri Harriers | 80 | Pts | (198 | Pts) |
| 6 | Buckley RC | 160 | Pts | (569 | Pts) |
| 7 | Denbigh Harriers | 213 | Pts | (596 | Pts) |

DIVISION TWO

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Menai T+F  | 29 | Pts | (182 | Pts) |
| 2 | Tattenhall Runners | 106 | Pts | (366 | Pts) |
| 3 | Prestatyn RC | 138 | Pts | (331 | Pts) |
| 4 | Abergele Harriers | 173 | Pts | (478 | Pts) |
| 5 | Cybi Striders | 185 | Pts | (553 | Pts) |
| 6 | Deeside AAC | 206 | Pts | (574 | Pts) |
| 7 | Bangor University AAC | 209 | Pts | (338 | Pts) |
| 8 | Vale Royal AAC | 219 | Pts | (819 | Pts) |
| 9 | Bro Dysynni AAC | 251 | Pts | (540 | Pts) |
| 10 | Wrecsam Tri Club  | 252 | Pts | (627 | Pts) |
| 11 | Shrewsbury AAC  | 253 | Pts | (774 | Pts) |
| 12 | Deestriders AAC | 275 | Pts | (785 | Pts) |

WOMEN MASTERS TEAMS

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Wrexham AAC  | 17 | Pts | (59 | Pts) |
| 2 | Telford AAC | 17 | Pts |  |  |
| 3 | Eryri Harriers  | 30 | Pts | (74 | Pts) |
| 4 | Colwyn Bay AAC  | 34 | Pts | (148 | Pts) |
| 5 | Oswestry Olympians AAC  | 38 | Pts | (121 | Pts) |
| 6 | Buckley RC | 67 | Pts |  |  |
| 7 | Denbigh Harriers | 85 | Pts | (262 | Pts) |
| 8 | Prestatyn RC | 94 | Pts | (214 | Pts) |
| 9 | Tattenhall Runners | 99 | Pts |  |  |

Our thanks to everyone at Wrexham AAC for hosting the third fixture of the winter and ensuring another enjoyable, and dry, afternoon.

The fourth gathering of the winter season will be hosted by Telford AAC at the National Sports Centre, Lilleshall, TF10 9LQ on Saturday, January 18th, 2014.

We have disqualified the winner of the senior men’s race at Llandudno, Russell Bentley, as he is not a first claim member at Eryri Harriers. The points which Eryri scored have been adjusted and those shown after the Wrexham meeting are correct. PLEASE will all clubs remember that second claim members and guests are NOT allowed to run in our League. Thank you.

Congratulations to Claire Martin (1st W35), Paul Ward (2nd M45), Griff Owens (2nd M65) and Chris Birch (2nd W65) on their performances at the recent British and Irish Masters International in Cardiff. A great boost for the League and well done to all other athletes who represented England and Wales at this prestigious event.

*A Merry Christmas and Happy New Year to you all*

*Nadolig Llawen a Blwyddyn Newydd Dda i chwi gyd*