**GRAND PRIX EXPRESS**

**NORTH WALES CROSS COUNTRY LEAGUE**

(Supported by Welsh Athletics Ltd)

At Fox Hills, Colwyn Bay Saturday 20th October 2018

 DRAFT RESULTS 21/10/18

**SENIOR MEN**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** | **Age** |
| 1 | Chris | Richards | Bangor Univ | 32-28 | SM |
| 2 | Matt | Hall | Shrewsbury AC | 33-20 | SM |
| 3 | Steve | Skates | Prestatyn RC | 33-24 | M40 |
| 4 | Tom | Roberts | Meirionnydd | 33-30 | SM |
| 5 | Alex | Lanz | Meirionnydd | 33-56 | SM |
| 6 | Rory | Johnson | Eryri Harriers | 34-38 |  SM |
| 7 | Alun | Williams | Meirionnydd | 34-40 | M35 |
| 8 | Martin | Green | NWRRC | 35-08 | M40 |
| 9 | Lee | Jones | Deeside AC | 35-21 | M45 |
| 10 | Jez | Brown | Buckley RC | 35-28 | M45 |
| 11 | James | Hickinbottom | Shrewsbury AC | 35-37 | M35 |
| 12 | Clive | Morgan | Maldwyn | 35-41 | M35 |
| 13 | Cedol | Dafydd | Menai | 35-56 | U20M |
| 14 | Elliot | Cox | Buckley RC | 36-14 | SM |
| 15 | Andy | Bromley | Prestatyn RC | 36-18 | SM |
| 16 | Dave | Alexander | West Cheshire | 36-22 | M45 |
| 17 | Gavin | Roberts | Eryri Harriers | 36-50 | SM |
| 18 | Tom | Heard | Oswestry Olympians AC | 36-51 | M35 |
| 19 | Pete | Butler | Oswestry Olympians AC | 36-53 | SM |
| 20 | Steve | Hayes | Deestriders AAC | 37-06 | M40 |
| 21 | Bradley | Spurdens | West Cheshire | 37-15 | SM |
| 22 | Gwion | Roberts | Meirionnydd | 37-20 | SM |
| 23 | John | Seymour | GOG Tri | 37-21 | M35 |
| 24 | Josh | Cerefice | Prestatyn RC | 37-29 | SM |
| 25 | Phil | Pumford | Buckley RC | 37-40 | M35 |
| 26 | Connor | Middleton | Shrewsbury AC | 37-47 | SM |
| 27 | Adrian | Leonard | GOG Tri | 37-49 | SM |
| 28 | Sion | Williams | GOG Tri | 37-58 | SM |
| 29 | Chris | Callaghan | Buckley RC | 38-05 | M40 |
| 30 | Tim | Tansley | Oswestry Olympians AC | 38-09 | M45 |
| 31 | Ifan | Richards | Meirionnydd | 38-12 | M40 |
| 32 | Tim | Joy | Buckley RC | 38-14 | SM |
| 33 | Gareth | Chaloner | Wrexham AC | 38-19 | M35 |
| 34 | Ryan | Morrison | Cadence Tri | 38-22 | M40 |
| 35 | Kevin | Francis | Shrewsbury AC | 38-28 | M50 |
| 36 | Llyr | Ab Eionion | Aberystwyth Univ | 38-30 | SM |
| 37 | Simon | Edwards | Buckley RC | 38-34 | M45 |
| 38 | Brian | Rothera | Oswestry Olympians AC | 38-39 | M45 |
| 39 | Tom | Wilde | Oswestry Olympians AC | 38-44 | U20M |
| 40 | James | Bowden | Eryri Harriers | 38-47 | SM |
| 41 | Nick | Brook | Eryri Harriers | 39-04 | M40 |
| 42 | Joseph | Welch | Denbigh Harriers | 39-06 | M35 |
| 43 | Rob | Fox | Shrewsbury AC | 39-07 | M35 |
| 44 | Rhodri | Owen | Meirionnydd | 39-33 | SM |
| 45 | Russell | Owen | Eryri Harriers | 39-37 | M60 |
| 46 | Tony | Woodall | West Cheshire | 39-44 | M45 |
| 47 | Andrew | Clague | West Cheshire | 39-44 | M50 |
| 48 | Mark | Davies | NWRRC | 39-59 | M40 |
| 49 | Steve | Toogood | Buckley RC | 40-00 | M55 |
| 50 | Graham | Wells | West Cheshire | 40-14 | M40 |
| 51 | Stewart | Farley | Shrewsbury AC | 40-20 | M35 |
| 52 | Richard | Hayes | West Cheshire | 40-23 | M45 |
| 53 | Jack | Westwood | Aberystwyth Univ | 40-31 | U20M |
| 54 | Ben | Beachell | Eryri Harriers | 40-40 | M45 |
| 55 | James | Pickering | Oswestry Olympians AC | 40-43 | SM |
| 56 | Jeremy | Randell | Meirionnydd | 40-51 | M55 |
| 57 | Charlie | Brett | Bangor Univ | 40-52 | U20M |
| 58 | Pete | Gray | Cadence Tri | 40-54 | M35 |
| 59 | Rob | Alexander | Prestatyn RC | 40-57 | M35 |
| 60 | Sean | Butler | Oswestry Olympians AC | 41-10 | M60 |
| 61 | Irfon | Rowlands | Cybi | 41-12 | M50 |
| 62 | Edwardo | Vego | GOG Tri | 41-17 | SM |
| 63 | Matthew | Fortes | Eryri Harriers | 41-28 | M40 |
| 64 | Leon | Bagnall | Prestatyn RC | 41-29 | SM |
| 65 | Sam | Bellis | Buckley RC | 41-30 | SM |
| 66 | Rob | Arden | Tattenhall | 41-38 | M35 |
| 67 | Gary | Blackwell | Buckley RC | 41-43 | M50 |
| 68 | Vic | Belshaw | Denbigh Harriers | 41-46 | M55 |
| 69 | Matthew | Cox | Telford AC | 41-50 | SM |
| 70 | Arwel | Lewis | Eryri Harriers | 41-55 | M60 |
| 71 | Andrew | Mackenzie | Cadence Tri | 41-58 | M40 |
| 72 | Stephen | Gill | Wrekin RR | 42-05 | M50 |
| 73 | Mike | Robbins | Wrexham AC | 42-08 | M55 |
| 74 | Tony | Wood | Denbigh Harriers | 42-14 | SM |
| 75 | Karl | Williams | Buckley RC | 42-18 | M45 |
| 76 | Charlie | Woolcock | Oswestry Olympians AC | 42-42 | M35 |
| 77 | Andrew | Jones | Buckley RC | 42-50 | M40 |
| 78 | David | Graham | Cadence Tri | 42-51 | M35 |
| 79 | Stephen | Parry | Deeside AC | 42-58 | M40 |
| 80 | Eddie | Davies | Buckley RC | 43-11 | M50 |
| 81 | Mike | Hodgson | Colwyn Bay | 43-13 | M45 |
| 82 | Mark | Jones | Colwyn Bay | 43-14 | M45 |
| 83 | Jamie | Crawford | Aberystwyth Univ | 43-23 | SM |
| 84 | Adam | Armitage | GOG Tri | 43-26 | M35 |
| 85 | Kevin | Clark | Cybi | 43-33 | M50 |
| 86 | Andy | Williams | GOG Tri | 43-38 | M45 |
| 87 | Owen | Conry | Denbigh Harriers | 43-49 | M45 |
| 88 | Eric | Campbell | Buckley RC | 43-55 | M55 |
| 89 | Graham | Tunstall | GOG Tri | 44-00 | M35 |
| 90 | Haydn | Jones | Shrewsbury AC | 44-09 | M55 |
| 91 | Dean | Richards | Whitchurch Whippets | 44-10 | SM |
| 92 | Mathew | Jones | Denbigh Harriers | 44-23 | M50 |
| 93 | Adam | Tatton | Telford AC | 44-27 | U20M |
| 94 | Paul | Hodges | Eryri Harriers | 44-29 | M50 |
| 95 | Jos | Jones | Meirionnydd | 44-35 | M40 |
| 96 | Simon | Cole | Shrewsbury AC | 44-39 | M45 |
| 97 | David | Leonard | Wrekin RR | 44-42 | M45 |
| 98 | Bleddyn | Evans | GOG Tri | 44-44 | M40 |
| 99 | Stuart | Culverhouse | NWRRC | 44-44 | M45 |
| 100 | Simon | Phillips |  Whitchurch Whippets | 44-45 | M45 |
| 101 | Stuart | Thomas | West Cheshire | 45-07 | M40 |
| 102 | Gary | Porter-Jones | Eryri Harriers | 45-20 | M50 |
| 103 | Jared | Roberts | Colwyn Bay | 45-24 | SM |
| 104 | Neil | Vicars-Harris | GOG Tri | 45-30 | M45 |
| 105 | Shaun | Burgess | Whitchurch Whippets | 45-33 | M50 |
| 106 | Steve | Roberts | Oswestry Olympians AC | 45-35 | M60 |
| 107 | Nick | Blake | Oswestry Olympians AC | 45-41 | M60 |
| 108 | David | Lyth | Buckley RC | 45-48 | SM |
| 109 | Huw | Lewis | Buckley RC | 46-07 | M55 |
| 110 | Julian | Tegg | West Cheshire | 46-27 | M45 |
| 111 | Ian | Mulligan | Colwyn Bay | 46-37 | M50 |
| 112 | Chris | Wakeman | Shrewsbury AC | 46-39 | M60 |
| 113 | Stephen | Weedman | Prestatyn RC | 46-40 | M50 |
| 114 | Kevin | Challinor | Buckley RC | 46-51 | M55 |
| 115 | Arfon | Hughes | Meirionnydd | 46-55 | M45 |
| 116 | Max | Williams | Wrecsam Tri | 47-00 | M45 |
| 117 | Ed | Gronbech | Aberystwyth Univ | 47-08 | U20M |
| 118 | Tom | Carter | Aberystwyth Univ | 47-08 | SM |
| 119 | James | Salt | Abergele | 47-13 | M40 |
| 120 | Andy | Heath | Whitchurch Whippets | 47-15 | M45 |
| 121 | Richard | Debicki | Denbigh Harriers | 47-15 | M45 |
| 122 | Chris | Wynne | GOG Tri | 47-26 | M50 |
| 123 | Paul | Hooson | GOG Tri | 47-29 | M55 |
| 124 | Nick | Roberts | Cadence Tri | 47-29 | M45 |
| 125 | Neal | Jones | Colwyn Bay | 47-38 | SM |
| 126 | Martin | Durrant | Tattenhall | 47-41 | M60 |
| 127 | Joshua | White | GOG Tri | 48-09 | SM |
| 128 | Chris | Bennett | GOG Tri | 48-10 | M50 |
| 129 | Lee | Wasnidge | Buckley RC | 48-12 | M50 |
| 130 | James | Rogers | Prestatyn RC | 48-15 | M45 |
| 131 | Allen | Smith | Buckley RC | 48-24 | M55 |
| 132 | Duncan | Jones | Denbigh Harriers | 48-25 | M55 |
| 133 | Dale | Walton | Oswestry Olympians AC | 48-35 | M40 |
| 134 | Darren | Thompson | Prestatyn RC | 48-35 | M50 |
| 135 | Paul | Lewtey | Deestriders AAC | 48-46 | M40 |
| 136 | Eurwyn | Edwards | Eryri Harriers | 48-47 | M60 |
| 137 | Ian | Tayler | Colwyn Bay | 48-50 | M50 |
| 138 | Adam | Poole | West Cheshire | 48-51 | SM |
| 139 | Mark | Goodridge | Wrekin RR | 48-52 | M50 |
| 140 | Tony | Benton | Denbigh Harriers | 48-53 | M55 |
| 141 | Michael | Finney | NWRRC | 48-58 | M60 |
| 142 | Dave | Wootton | Buckley RC | 48-59 | M50 |
| 143 | Chris | Garbett | Oswestry Olympians AC | 49-09 | M50 |
| 144 | Robert | Burns | Cadence Tri | 49-16 | SM |
| 145 | James | Watkin | GOG Tri | 49-26 | M50 |
| 146 | Chris | Higgins | Buckley RC | 49-28 | M60 |
| 147 | Steven | Poupart | NWRRC | 49-58 | M40 |
| 148 | Steven  | Hughes | Wrekin RR | 50-27 | M40 |
| 149 | Gareth | Jones | GOG Tri | 50-37 | M50 |
| 150 | Robert | Williams | Wrekin RR | 53-41 | M45 |
| 151 | Andrew | Jennings | Wrekin RR | 53-41 | M454 |
| 152 | Anthony | Howe | Abergele | 54-15 | M40 |
| 153 | Leigh | Jones | Cadence Tri | 54-16 | SM |
| 154 | Mark | Jones | Denbigh Harriers | 54-21 | SM |
| 155 | Nigel | Tatton | Telford AC | 55-14 | M50 |
| 156 | Martin | Lambert | Cadence Tri | 55-16 | M40 |
| 157 | Peter | Smith | West Cheshire | 56-20 | M55 |
| 158 | Chris | Baldwin | Denbigh Harriers | 57-00 | M60 |
| 159 | Steve | Knowles | Cadence Tri | 58-51 | M45 |
| 160 | Gerrad | Cooper | Meirionnydd | 61-10 | M55 |

**TEAMS**

**DIVISION ONE (6 TO SCORE)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club** | **Race 2****Points** | **Race 2****Position** | **Overall****Points** | **Overall****Position** |
| Shrewsbury | 168 | 3 | **225** | **1** |
| Meirionnydd | 113 | 1 | **265** | **2** |
| Buckley | 147 | 2 | **302** | **3** |
| Oswestry | 199 | 4 | **378** | **4** |
| Prestatyn | 278 | 6 | **605** | **5** |
| Eryri | 203 | 5 | **732** | **6** |
| Gog Tri | 310 | 7 | **905** | **7** |
| Denbigh Harriers | 484 | 8 | **935** | **8** |

**DIVISION TWO (4 TO SCORE)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club** | **Race 2****Points** | **Race 2****Position** | **Overall****Points** | **Overall****Position** |
| West Cheshire | 130 | 1 | **240** | **1** |
| Cadence Tri Club | 241 | 2 | **475** | **2** |
| Wrexham AAC | 428 | 9 | **605** | **3** |
| Aberystwyth University | 289 | 3 | **627** | **4** |
| Bangor University | 380 | 6 | **647** | **5** |
| Deeside AC | 410 | 7 | **685** | **6** |
| NWRRC | 296 | 4 | **740** | **7** |
| Whitchurch Whippets | 416 | 8 | **792** | **8** |
| Colwyn Bay | 377 | 5 | **801** | **9** |
| Wrekin | 456 | 10 | **876** | **10** |
| Deestriders | 477 | 12 | **939** | **11** |
| Telford AC | 478 | 13 | **980** | **12** |
| Abergele Harriers | 593 | 16 | **1066** | **13** |
| Tattenhall | 514 | 15 | **1101** | **14** |
| Cybi Striders | 468 | 11 |  |  |
| Menai | 496 | 14 |  |  |
| Wrecsam Tri | 599 | 17 |  |  |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club** | **Race 2****Points** | **Race 2****Position** | **Overall****Points** | **Overall****Position** |
| Shrewsbury | 47 | 3 | **65** | **1** |
| Buckley | 30 | 1 | **67** | **2** |
| Oswestry | 43 | 2 | **98** | **3** |
| West Cheshire | 59 | 5 | **118** | **4** |
| Meirionnydd | 50 | 4 | **122** | **5** |
| Eryri Harriers | 77 | 6 | **174** | **6** |
| Cadence Tri Club | 94 | 7 | **191** | **7** |
| NWRRC | 97 | 8 |  |  |
| Prestatyn | 115 | 9 | **216** | **8** |
| Denbigh Harriers | 120 | 10 | **263** | **9** |
| GOG Tri Club | 121 | \11 | **286** | **10** |
| Colwyn Bay | 182 | 12 | **397** | **11** |
| Wrekin Road Runners | 209 | 13 | **400** | **12** |
| Whitchurch Whippets | 224 | 14 | **422** | **13** |

**MALE OVER 65**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** | **Age** |
| 1 | George | Nixon | Prestatyn | 24-52 | M65 |
| 2 | Bob | Benson | West Cheshire | 26-14 | M65 |
| 3 | Jon | Hancock | Oswestry Olympians | 26-42 | M65 |
| 4 | Emyr | Davies | Hebog | 26-46 | M75 |
| 5 | Malcolm | Jones | Eryri Harriers | 27-14 | M65 |
| 6 | Don | Hale | NWRRC | 29-02 | M65 |
| 7 | John | Morris | Buckley RC | 29-21 | M70 |
| 8 | Mike | Whiteside | Tattenhall | 29-32 | M70 |
| 9 | David | O'Loughlin | Telford Harriers | 29-55 | M65 |
| 10 | Geoff | Fielding | Eryri Harriers | 30-28 | M70 |
| 11 | Dave | Roderick | Deeside AC | 30-45 | M65 |
| 12 | Mike | Davis | Prestatyn | 30-55 | M70 |
| 13 | Graham | Shone | Abergele | 31-00 | M65 |
| 14 | Peter | Armstrong | GOG Tri Club | 31-10 | M65 |
| 15 | Les | Coathup | Buckley RC | 32-56 | M65 |
| 16 | John | Nolan | Bro Dysynni | 33-37 | M65 |
| 17 | John | Etherington | Buckley RC | 33-39 | M70 |
| 18 | Mike | Blake | Eryri Harriers | 35-55 | M70 |
| 19 | Arthur | Egan | Wrexham AC | 36-23 | M70 |
| 20 | John | Hickman | Prestatyn | 37-29 | M70 |
| 21 | Roger | Harrison-Jones | Prestatyn | 37-33 | M80 |
| 22 | Peter | Norman | Wrexham AC | 38-00 | M80 |
| 23 | John | Tipping | Wrexham AC | 40-56 | M75 |
| 24 | David | Williams | Wrexham AC | 52-45 | M70 |

**TEAMS (3 TO SCORE)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club** | **Race 2****Points** | **Race 2****Position** | **Overall****Points** | **Overall****Position** |
| Prestatyn | 33 | 1 | 51 | 1 |
| Eryri | 33 | 1 |  |  |
| Buckley | 39 | 2 | 62 | 2 |
| Wrexham AAC | 64 | 3 |  |  |

**UNDER 17 MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** |
| 1 | Harri | Evans | Deeside AC | 19-32 |
| 2 | Aled | Jones | Menai | 19-42 |
| 3 | Matthew | Collins | Oswestry Olympians | 20-02 |
| 4 | Thomas | Lund | Colwyn Bay | 20-11 |
| 5 | Bryn | Woodhall | Colwyn Bay | 20-22 |
| 6 | Eden | Potter | Menai | 20-56 |
| 7 | Eurus | Evans | Meirionnydd | 21-02 |
| 8 | Paul | Morrison | West Cheshire | 21-15 |
| 9 | Kai | Walsh | Wrexham AC | 21-34 |
| 10 | Cameron | Lawrence | Menai | 22-02 |
| 11 | Daniel | Parkinson | Deeside AC | 22-47 |
| 12 | Liam | Martin | Prestatyn | 26-52 |

**TEAMS (3 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Club** | **Race 2****Points** | **Race 2****Position** | **Overall****Points** | **Overall****Position** |
| 1 | Menai T&F | 18 | 1 |  |  |

**SENIOR WOMEN**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** | **Age** |
| 1 | Ali | Lavender-Rawlinson | Oswestry Olympians | 20-28 | SW |
| 2 | Frida | Cronqvist | Aberystwyth Uni | 21-49 | SW |
| 3 | Lucy | Williamson | Bangor Uni | 21-54 | SW |
| 4 | Sarah | Livett | Menai | 22-06 | SW |
| 5 | Rhian | Roxburgh | GOG Tri Club | 22-10 | W40 |
| 6 | Andrea | Rowlands | Eryri Harriers | 22-11 | W40 |
| 7 | Sioned | Cordiner | Wrexham AC | 22-13 | U17W |
| 8 | Elliw | Haf | Eryri Harriers | 22-21 | SW |
| 9 | Gemma | Moore | NWRRC | 22-44 | W35 |
| 10 | Rhian | Pierce | Denbigh | 22-50 | W35 |
| 11 | Holly | Roberts | Colwyn Bay | 23-15 | U20W |
| 12 | Lauren | Morley | Shrewsbury AC | 23-22 | SW |
| 13 | Kerry | Riley | West Cheshire | 23-24 | SW |
| 14 | Hayley | Evans | Buckley RC | 23-30 | W35 |
| 15 | Ffion Madi | Rees-Jones | Menai | 23-31 | U17W |
| 16 | Amie | Bagnall | Prestatyn | 23-34 | SW |
| 17 | Bethan | Davies | Colwyn Bay | 23-37 | U17W |
| 18 | Ceri | Cook | Buckley RC | 23-39 | W50 |
| 19 | Rhianon | Kamink | Aberystwyth Uni | 23-46 | U20W |
| 20 | Bethan | Dowsett | Deeside AC | 23-55 | U20W |
| 21 | Lou | Woolcock | Oswestry Olympians | 24-00 | W35 |
| 22 | Claire | Harris | West Cheshire | 24-03 | SW |
| 23 | Ali | Grundy | Tattenhall | 24-04 | W40 |
| 24 | Viv | McConnell | Oswestry Olympians | 24-08 | W60 |
| 25 | Tammy | Lewis-Jones | Eryri Harriers | 24-15 | W45 |
| 26 | Megan | Hughes | Eryri Harriers | 24-21 | W40 |
| 27 | Ellie | Robinson | West Cheshire | 24-23 | W45 |
| 28 | Rheagan | Edwards | Deeside AC | 24-28 | U17W |
| 29 | Jenna | Bagnall | Prestatyn | 24-34 | U20W |
| 30 | Anest | Muller | West Cheshire | 24-55 | W35 |
| 31 | Lois | Lee | Prestatyn | 25-09 | U20W |
| 32 | Emma | Collins | Denbigh | 25-15 | W55 |
| 33 | Lleucu | Lane | Eryri Harriers | 25-19 | U17W |
| 34 | Lou | Williamson | Oswestry Olympians | 25-26 | W35 |
| 35 | Ceri | Belshaw | Denbigh | 25-28 | SW |
| 36 | Ceri | Diss | Denbigh | 25-30 | W50 |
| 37 | Jane | Doughton | Buckley RC | 25-40 | W40 |
| 38 | Lucy | Lawrence | Menai | 25-48 | U20W |
| 39 | Helen | Blair | Eryri Harriers | 25-50 | W50 |
| 40 | Alaw | Medi | Denbigh | 25-50 | SW |
| 41 | Abi | Backshall | Colwyn Bay | 26-06 | SW |
| 42 | Margo | Martin | Aberystwyth Uni | 26-09 | SW |
| 43 | Gemma | Grose | Bangor Uni | 26-11 | U20W |
| 44 | Helen | McArthur | GOG Tri Club | 26-13 | W50 |
| 45 | Christine | Cammillare | Deestriders | 26-17 | W35 |
| 46 | Lesley | Lawson | Colwyn Bay | 26-19 | W40 |
| 47 | Jacqui | Gears | Oswestry Olympians | 26-22 | W40 |
| 48 | Yvonne | Hill | Oswestry Olympians | 26-28 | W55 |
| 49 | Rhiannon | Tansley | Oswestry Olympians | 26-34 | U17W |
| 50 | Catrin | Donnelly | Menai | 26-39 | U20W |
| 51 | Ceri | Lane | Hebog | 26-43 | W45 |
| 52 | Becki | Law | Eryri Harriers | 26-45 | SW |
| 53 | Chelle | Bateson | Dolly Mixtures | 26-52 | SW |
| 54 | Anna | Shimali | Cadence Tri Club | 26-57 | W40 |
| 55 | Andrea | Cody | GOG Tri Club | 27-02 | SW |
| 56 | Katy | Baugh | Denbigh | 27-03 | SW |
| 57 | Caroline | Morgan | Maldwyn | 27-05 | W35 |
| 58 | Rhi | Willmot | Cybi Striders | 27-05 | SW |
| 59 | Susie | Hancock | Oswestry Olympians | 27-06 | W55 |
| 60 | Jennifer | Rambaldi | Buckley RC | 27-09 | SW |
| 61 | Linda | Jones | Wrexham AC | 27-10 | W50 |
| 62 | Georgia | Hancock | Aberystwyth Uni | 27-15 | SW |
| 63 | Claire | Scoots | GOG Tri Club | 27-16 | W35 |
| 64 | Christine | Symms | Wrekin RR | 27-17 | W35 |
| 65 | Gill | Evans | Shrewsbury AC | 27-35 | W55 |
| 66 | Joy | Hickman | Prestatyn | 27-40 | W50 |
| 67 | Mel | Morris | Denbigh | 27-48 | W45 |
| 68 | Jo | Grandfield | Whitchurch Whippets | 27-49 | W55 |
| 69 | Jo | Hoppes | Prestatyn | 27-51 | W35 |
| 70 | Leali | Armitage | GOG Tri Club | 27-52 | SW |
| 71 | Sioned | Lloyd-Griffiths | Denbigh | 27-55 | W35 |
| 72 | Niamh | Merrison | Colwyn Bay | 27-55 | U20W |
| 73 | Steph | Conway | GOG Tri Club | 27-56 | SW |
| 74 | Tracy | Rogers | Buckley RC | 27-57 | SW |
| 75 | Kate | Potter | Eryri Harriers | 28-01 | W55 |
| 76 | Alison | Reid | Prestatyn | 28-02 | W45 |
| 77 | Clare | Mallon | West Cheshire | 28-04 | W40 |
| 78 | Henni | Yli-Sirnio | Bangor Uni | 28-12 | SW |
| 79 | Elen | Baugh | Denbigh | 28-15 | SW |
| 80 | Jane | Lindley | Buckley RC | 28-24 | W50 |
| 81 | Elizabeth | Driscoll | NWRRC | 28-37 | W50 |
| 82 | Anne | Scott | Dolly Mixtures | 28-52 | W45 |
| 83 | Ellie | Salisbury | Eryri Harriers | 28-54 | W55 |
| 84 | Margaret | Ludden | Buckley RC | 28-59 | W55 |
| 85 | Amanda | Garner | Buckley RC | 29-02 | W35 |
| 86 | Carrie | Jenkins | Dolly Mixtures | 29-12 | W35 |
| 87 | Jo | Lewis | Prestatyn | 29-20 | W45 |
| 88 | Sarah | Quinlan | Tattenhall | 29-22 | W35 |
| 89 | Menai | Baugh | Denbigh | 29-26 | W60 |
| 90 | Caren | Archer | Aberystwyth Uni | 29-31 | U20W |
| 91 | Lucie | Goddard | Buckley RC | 29-35 | SW |
| 92 | Paula | Stevens | GOG Tri Club | 29-50 | W45 |
| 93 | Ann | d'Albuquerque | GOG Tri Club | 30-02 | W65 |
| 94 | Jo | Biffen | Oswestry Olympians | 30-08 | SW |
| 95 | Yricka | Gardner | Wrexham AC | 30-10 | W45 |
| 96 | Brygida | Gorecka | West Cheshire | 30-12 | SW |
| 97 | Liz | Martin | Prestatyn | 30-26 | W40 |
| 98 | Chris | Birch | Abergele | 30-30 | W70 |
| 99 | Chloe | Barker | Deeside AC | 30-42 | U17W |
| 100 | Geri | Angharad-Evans | GOG Tri Club | 30-49 | W40 |
| 101 | Emma | MacArthur | Colwyn Bay | 30-54 | W40 |
| 102 | Sandra | Cheueaux | GOG Tri Club | 30-56 | W50 |
| 103 | Lisa | Ashworth | Dolly Mixtures | 31-03 | W40 |
| 104 | Susan | Rodgers | Prestatyn | 31-05 | W55 |
| 105 | Nea | Evans | Meirionnydd | 31-07 | W35 |
| 106 | Hannah | Turner | Wrekin RR | 31-13 | SW |
| 107 | Allison | Haycox | Wrekin RR | 31-28 | W45 |
| 108 | Kim | Jones-Norgrove | Wrecsam Tri | 31-28 | W50 |
| 109 | Sioned | Jones | Meirionnydd | 31-33 | W40 |
| 110 | Debra | Bemand | West Cheshire | 31-35 | W45 |
| 111 | Ashling | Harrison | Oswestry Olympians | 31-37 | SW |
| 112 | Laurie | Griffiths | GOG Tri Club | 31-39 | W45 |
| 113 | Anwen | Brown | Denbigh | 31-41 | W40 |
| 114 | Fenella  | Higgins | Buckley RC | 31-42 | W45 |
| 115 | Alison | Donnelly | Eryri Harriers | 31-52 | W50 |
| 116 | Janet | Burgess | Whitchurch Whippets | 31-57 | W40 |
| 117 | Michelle | Farrell | GOG Tri Club | 32-00 | W35 |
| 118 | Amelie | Roberts | Colwyn Bay | 32-14 | U17W |
| 119 | Sarah | Greaves | Oswestry Olympians | 32-14 | W60 |
| 120 | Ceri | Hughes | GOG Tri Club | 32-15 | W40 |
| 121 | Jayne | Jones | Dolly Mixtures | 32-19 | W55 |
| 122 | Keri | Benting | Wrekin RR | 32-20 | W45 |
| 123 | Sue | Rush | Dolly Mixtures | 32-29 | W45 |
| 124 | Sue | Formstone | Buckley RC | 32-40 | W45 |
| 125 | Susan | Goodall | Wrekin RR | 32-47 | W50 |
| 126 | Mandy | Cooke | Dolly Mixtures | 33-14 | W45 |
| 127 | Mpho | Bogatsu | Meirionnydd | 33-17 | W45 |
| 128 | Maggie | Oliver | Eryri Harriers | 33-25 | W70 |
| 129 | Karen | Owens | Wrexham AC | 33-25 | W50 |
| 130 | Melanie | Ridgewell | Wrekin RR | 33-26 | W45 |
| 131 | Dawn | Marshall | Denbigh | 33-27 | W40 |
| 132 | Viv | Edwards | Eryri Harriers | 33-32 | W60 |
| 133 | Liz | Rankin | Whitchurch Whippets | 33-47 | W45 |
| 134 | Sharon | Davies | Dolly Mixtures | 33-53 | W35 |
| 135 | Suzanne | Sheppard | Dolly Mixtures | 34-19 | W50 |
| 136 | Mary | Warner | Bangor Uni | 34-38 | U20W |
| 137 | Rachel | Jerman | Dolly Mixtures | 35-26 | W35 |
| 138 | Ceri | Crabbe | Wrekin RR | 35-26 | W45 |
| 139 | Talisa | Roberts | Eryri Harriers | 35-27 | SW |
| 140 | Sue | Ridings | Buckley RC | 36-23 | W55 |
| 141 | Kelly | Clarke | Oswestry Olympians | 37-16 | W40 |
| 142 | Clare | Manley | Prestatyn | 37-28 | W45 |
| 143 | Beverley | Goodson | Deestriders | 38-02 | W45 |
| 144 | Marie | Thompson | Wrekin RR | 39-16 | SW |
| 145 | Sue | Calvert | Abergele | 39-35 | W55 |
| 146 | Samantha | Hall-Davies | Wrekin RR | 40-41 | SW |
| 147 | Michelle | Pryce | Dolly Mixtures | 40-41 | W50 |
| 148 | Yolanda | Marconi-Nolan | Bro Dysynni | 40-32 | W65 |
| 149 | Maureen | Singleton | Colwyn Bay | 40-52 | W75 |
| 150 | Marjorie | Griffiths | Bro Dysynni | 46-48 | W70 |
| 151 | Julie | Evans | Prestatyn | 50-45 | W55 |
| 152 | Karen | Roberts | Prestatyn | 50-45 | W45 |

**FEMALE TEAMS**

**DIVISION ONE (4 to SCORE)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club** | **Race 2****Points** | **Race 2****Position** | **Overall****Points** | **Overall****Position** |
| Oswestry Olympians | 80 | 2 | **140** | **1** |
| West Cheshire | 92 | 3 | **185** | **2** |
| Eryri Harriers | 65 | 1 | **195** | **3** |
| Denbigh Harriers | 113 | 4 | **250** | **4** |
| Buckley | 129 | 5 | **259** | **5** |
| Prestatyn | 142 | 6 | **307** | **6** |
| GOG Tri Club | 168 | 7 | **326** | **7** |

**DIVISION TWO (3 TO SCORE)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club** | **Race 2****Points** | **Race 2****Position** | **Overall****Points** | **Overall****Position** |
| Aberystwyth University | 63 | 2 | **120** | **1** |
| Menai | 57 | 1 | **123** | **2** |
| Colwyn Bay | 69 | 3 | **179** | **3** |
| Deeside AC | 147 | 5 | **185** | **4** |
| Wrexham AC | 163 | 6 | **274** | **5** |
| Shrewsbury | 230 | 8 | **352** | **6** |
| Bangor University | 125 | 4 | **393** | **7** |
| Dolly Mixtures | 221 | 7 | **400** | **8** |
| NWRRC | 243 | 9 | **521** | **9** |
| Wrekin Road Runners | 277 | 11 | **522** | **10** |
| Tattenhall | 264 | 10 | **587** | **11** |
| Meirionnydd | 341 | 13 | **589** | **12** |
| Maldwyn | 378 | 17 | **624** | **13** |
| Whitchurch Whippets | 316 | 12 | **691** | **14** |
| Cadence Tri Club | 375 | 16 | **734** | **15** |
| Deestriders | 344 | 14 | **783** | **16** |
| Abergele Harriers | 396 | 18 | **795** | **17** |
| Wrecsam Tri Club | 414 | 19 | **829** | **18** |
| Bro Dysynni | 451 | 20 | **892** | **19** |
| Hebog | 357 | 15 |  |  |

**FEMALE MASTERS TEAMS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club** | **Race 2****Points** | **Race 2****Position** | **Overall****Points** | **Overall****Position** |
| Oswestry | 31 | 3 | **52** | **1** |
| Buckley | 28 | 2 | **57** | **2** |
| Denbigh Harriers | 34 | 4 | **77** | **3** |
| GOG Tri Club | 49 | 5 | **85** | **4** |
| Eryri Harriers | 23 | 1 | **108** | **5** |
| West Cheshire | 64 | 6 | **125** | **6** |
| Prestatyn | 105 | 7 | **211** | **7** |
| Wrexham AAC | 161 | 9 | **308** | **8** |
| Colwyn Bay | 174 | 11 | **310** | **9** |
| Dolly Mixtures | 146 | 8 | **312** | **10** |
| Wrekin Road Runners | 165 | 10 | **327** | **11** |
| Whitchurch Whippets | 188 | 12 |  |  |

A big thank you to Russ Godwin and his team who did a great jo in getting the ‘new’ old course at Fox Hills ready for an enthralling day of racing. 123 youngsters took part in the Junior Cross Country League in the morning and 349 athletes completed the testing Fox Hills course.

In the opening race, sadly Thomas Lund caught a stake whilst leading, but after a stop he continued to finish fourth behind the clear winner, Deeside’s Harri Evans. Just five Under 17 Men got the better of Ali Lavender-Rawlinson, who appears to be getting back to her best. Eryri got good numbers out and impressed in both the Women’s Division 1 and the Masters team. Things look close in Division 2 with 3 points separating Aberystwyth University and Menai T&F.

In the Men’s race Bangor University’s Chris Richards showed his class by dominating the race and winning comfortably from Matt Hall, who won the opening race. There was a shock in the Men’s Team race with Shrewsbury being defeated for the first time in a long while as Meirionnydd won on the day and Buckley also got the better of Shrewsbury. It looks like it could be an interesting challenge for Shrewsbury. In Division 2 West Cheshire have already established a strong lead.

Please can I ask that those people completing the forms in do so carefully, and when clubs receive the draft results let me know of any inaccuracies. Only today I have received changes of age groups from two weeks ago, which creates a great deal of work. These changes have been incorporated into the results (an M35 wasn’t declared in the first race and it had a significant impact on the team results).

After the hills of Colwyn Bay, the next race is at Ysgol Morgan Clwyd, Cefn Road, WREXHAM LL13 9NG on Saturday 10th November. A Junior North Wales Cross Country League will take place during the morning.

 **Bernie Jones, Referee**