**GRAND PRIX EXPRESS**

**NORTH WALES CROSS COUNTRY LEAGUE**

(Supported by Welsh Athletics Ltd)

At Walford College, Baschurch Saturday 6th October 2018

FINAL RESULTS 9/10/18

**SENIOR MEN**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** | **Age** |
| 1 | Matt | Hall | Shrewsbury AC | 30-25 | SM |
| 2 | Tom | Roberts | Meirionnydd | 30-30 | SM |
| 3 | Alex | Lanz | Meirionnydd | 30-36 | SM |
| 4 | Steve | Skates | Prestatyn | 30-41 | M40 |
| 5 | Ethan | Ackroyd | West Cheshire AC | 31-17 | U20M |
| 6 | James | Hickinbottom | Shrewsbury AC | 31-22 | M35 |
| 7 | Alun | Williams | Meirionnydd | 31-24 | SM |
| 8 | Martin | Green | NWRRC | 31-25 | M40 |
| 9 | Lee | Jones | Deeside AC | 31-48 | M45 |
| 10 | Steve | Waters | Shrewsbury AC | 32-12 | SM |
| 11 | Hassan | Mohammed | Shrewsbury AC | 32-18 | SM |
| 12 | Steve | Hayes | Deestriders | 32-21 | M40 |
| 13 | Rob | Fox | Shrewsbury AC | 32-26 | M35 |
| 14 | Dean | Aston | Telford Harriers | 32-30 | SM |
| 15 | Tom | Heard | Oswestry O | 32-32 | M35 |
| 16 | Gabe | Morris | Shrewsbury AC | 32-33 | M35 |
| 17 | Elliot | Cox | Buckley Runners | 32-39 | SM |
| 18 | Jez | Brown | Buckley Runners | 32-42 | M45 |
| 19 | Pete | Butler | Oswestry O | 32-48 | SM |
| 20 | Clive | Morgan | Maldwyn Harriers | 32-49 | M35 |
| 21 | Andy | Bromley | Prestatyn | 32-49 | SM |
| 22 | Dave | Alexander | West Cheshire AC | 33-11 | M45 |
| 23 | Sam | Wadsworth | Bangor Univ | 33-23 | U20M |
| 24 | Phil | Pumford | Buckley Runners | 33-32 | M35 |
| 25 | Chris | Callaghan | Buckley Runners | 33-35 | M40 |
| 26 | Gwion | Roberts | Meirionnydd | 33-38 | SM |
| 27 | Dan | Samuels | Oswestry O | 33-44 | SM |
| 28 | Edward | Gronbech | Aberystwyth Uni | 33-52 | U20M |
| 29 | Tobias | Barthelines | Bangor Univ | 34-01 | U20M |
| 30 | Tim | Tansley | Oswestry O | 34-05 | M45 |
| 31 | Kevin | Francis | Shrewsbury AC | 34-13 | M50 |
| 32 | Craig | Thomas-Davies | Buckley Runners | 34-14 | M45 |
| 33 | Josh | Cerefice | Prestatyn | 34-15 | SM |
| 34 | Gareth | Chaloner | Wrexham AAC | 34-15 | M35 |
| 35 | Martin | Copus | Maldwyn Harriers | 34-19 | SM |
| 36 | Tom | Wilde | Oswestry O | 34-20 | U20M |
| 37 | Jon | Seymour | GOG Tri Club | 34-26 | M35 |
| 38 | Stu | Farley | Shrewsbury AC | 34-34 | M35 |
| 39 | Tim | Joy | Buckley Runners | 34-47 | SM |
| 40 | Richard | Hayes | West Cheshire AC | 34-52 | M45 |
| 41 | Matthew | Fortes | Eryri Harriers | 34-59 | M40 |
| 42 | Simon | Edwards | Buckley Runners | 35-02 | M45 |
| 43 | Andrew | Clague | West Cheshire AC | 35-07 | M50 |
| 44 | Gary | Norgrove | Wrexham AAC | 35-13 | M50 |
| 45 | Ryan | Morrison | Cadence Tri Club | 35-14 | M40 |
| 46 | Tony | Woodall | West Cheshire AC | 35-29 | M45 |
| 47 | Sean | Truett | Buckley Runners | 35-31 | SM |
| 48 | Clive | Boulton | Wrexham AAC | 35-32 | M50 |
| 49 | Peter | Gray | Cadence Tri Club | 35-36 | M35 |
| 50 | Russell | Owen | Eryri Harriers | 35-40 | M60 |
| 51 | Finley | Boulton | Wrexham AAC | 36-01 | U20M |
| 52 | Sam | Jones | Oswestry O | 36-03 | U20M |
| 53 | Ifan | Richards | Meirionnydd | 36-07 | M40 |
| 54 | Tony | Wood | Denbigh Harriers | 36-11 | SM |
| 55 | Charlie | Woolcock | Oswestry O | 36-18 | M35 |
| 56 | Leon | Hodgson | Deeside AC | 36-19 | SM |
| 57 | John | Parlevliet | West Cheshire AC | 36-20 | M40 |
| 58 | Jack | Westwood | Aberystwyth Uni | 36-21 | U20M |
| 59 | Brian | Rothera | Oswestry O | 36-24 | M45 |
| 60 | Steve | Crowe | Deeside AC | 36-29 | M40 |
| 61 | Jeremy | Randell | Meirionnydd | 36-36 | M55 |
| 62 | Rob | Alexander | Prestatyn | 36-38 | M35 |
| 63 | Stephen | Gill | Wrekin Road Runners | 36-48 | M50 |
| 64 | Pete | Hughes | Shrewsbury AC | 36-54 | M35 |
| 65 | Tom | Burnett | Bangor Univ | 36-58 | U20M |
| 66 | Phil | Woodley | West Cheshire AC | 37-06 | SM |
| 67 | Glen | Price | Denbigh Harriers | 37-07 | M45 |
| 68 | Patrick | White | Cadence Tri Club | 37-08 | U20M |
| 69 | James | Pickering | Oswestry O | 37-14 | SM |
| 70 | Gary | Blackwell | Buckley Runners | 37-16 | M50 |
| 71 | Paul | Francis | Buckley Runners | 37-17 | SM |
| 72 | Andrew | McKenzie | Cadence Tri Club | 37-21 | M40 |
| 73 | Tim | Hargreaves | Buckley Runners | 37-29 | M50 |
| 74 | Daniel | Jones | Denbigh Harriers | 37-30 | SM |
| 75 | Tim | Cahill | Abergele Harriers | 37-31 | M55 |
| 76 | Ben | Beachell | Eryri Harriers | 37-32 | M45 |
| 77 | Richie | Collins | Oswestry O | 37-36 | M45 |
| 78 | Dean | Richards | Whitchurch Whippets | 37-44 | SM |
| 79 | Arwel | Lewis | Eryri Harriers | 37-44 | M60 |
| 80 | Adam | Tatton | Telford AC | 37-48 | U20M |
| 81 | Ian | Lowe | Oswestry O | 37-56 | M45 |
| 82 | Eddie | Davies | Buckley Runners | 37-59 | M50 |
| 83 | Owen | Conry | Denbigh Harriers | 38-14 | M45 |
| 84 | Haydn | Jones | Shrewsbury AC | 38-16 | M55 |
| 85 | Karl | Williams | Buckley Runners | 38-21 | M45 |
| 86 | Steve | Gadd | Denbigh Harriers | 38-28 | M45 |
| 87 | Robert | Miles | Wrexham AAC | 38-49 | M40 |
| 88 | Matthew | Jones | Denbigh Harriers | 38-54 | M50 |
| 89 | Graeme | Tunstall | GOG Tri Club | 38-56 | M35 |
| 90 | Josh | Jones | Meirionnydd | 39-18 | M40 |
| 91 | Mark | Williams | Colwyn Bay AC | 39-32 | M45 |
| 92 | Steve | Walker | Telford Harriers | 39-43 | M45 |
| 93 | Simon | Phillips | Whitchurch Whippets | 39-44 | M45 |
| 94 | Stuart | Thomas | West Cheshire AC | 39-47 | M40 |
| 95 | Steve | Bellis | Buckley Runners | 39-48 | M60 |
| 96 | James | Rogers | Prestatyn | 39-51 | M45 |
| 97 | David | Baugh | Denbigh Harriers | 39-55 | M55 |
| 98 | James | Salt | Abergele Harriers | 39-57 | M40 |
| 99 | Steve | Roberts | Oswestry O | 39-59 | M60 |
| 100 | Shaun | Burgess | Whitchurch Whippets | 40-01 | M50 |
| 101 | Chris | Wakeman | Shrewsbury AC | 40-07 | M60 |
| 102 | Tom | Carter | Aberystwyth Uni | 40-20 | SM |
| 103 | Huw | Lewis | Buckley Runners | 40-21 | M55 |
| 104 | Bleddyn | Evans | GOG Tri Club | 40-27 | M40 |
| 105 | Andrew | Heath | Whitchurch Whippets | 40-31 | M45 |
| 106 | Jared | Roberts | Colwyn Bay AC | 40-32 | SM |
| 107 | Lee | Wasnidge | Buckley Runners | 40-35 | M50 |
| 108 | Kevin | Challinor | Buckley Runners | 40-37 | M55 |
| 109 | Bernie | Morris | Buckley Runners | 40-40 | M45 |
| 110 | Paul | Spriggs | Wrekin Road Runners | 40-42 | M50 |
| 111 | Stephen | Weedman | Prestatyn | 40-43 | M50 |
| 112 | Chris | Williams | Colwyn Bay AC | 40-45 | M55 |
| 113 | Marc | Thorpe | Wrekin Road Runners | 40-59 | M35 |
| 114 | Neil | Vicars-Harris | GOG Tri Club | 41-06 | M45 |
| 115 | Neal | Jones | Colwyn Bay AC | 41-08 | SM |
| 116 | Ian | Mulligan | Colwyn Bay AC | 41-20 | M50 |
| 117 | Allen | Smith | Buckley Runners | 41-41 | M55 |
| 118 | Dave | Wootton | Buckley Runners | 42-02 | M50 |
| 119 | Dale | Walton | Oswestry O | 42-03 | M40 |
| 120 | Paul | Hooson | GOG Tri Club | 42-14 | M50 |
| 121 | Arfon | Hughes | Meirionnydd | 42-17 | M45 |
| 122 | Duncan | Jones | Denbigh Harriers | 42-17 | M55 |
| 123 | Tony | Benton | Denbigh Harriers | 42-37 | M55 |
| 124 | Saul | Mellor | Whitchurch Whippets | 43-12 | SM |
| 125 | Ben | Harrison | Prestatyn | 43-17 | SM |
| 126 | Ian | Taylor | Colwyn Bay AC | 43-31 | M50 |
| 127 | Wyn | Roberts | Prestatyn | 43-32 | M45 |
| 128 | Bob | Benson | West Cheshire AC | 43-35 | M65 |
| 129 | Matthew | Cox | Telford AC | 43-51 | SM |
| 130 | Arwel | Jones | Prestatyn | 44-04 | M55 |
| 131 | Andrew | Ellwood | GOG Tri Club | 44-15 | M45 |
| 132 | Peter | Holmes | Whitchurch Whippets | 44-24 | M40 |
| 133 | Eurwyn | Edwards | Eryri Harriers | 44-28 | M60 |
| 134 | Steven | Hughes | Wrekin Road Runners | 44-32 | M40 |
| 135 | Andrew | Jennings | Wrekin Road Runners | 45-27 | M45 |
| 136 | Michael | Finnie | NWRRC | 45-43 | M60 |
| 137 | Charlie | Eldred | Tattenhall Runners | 45-53 | M50 |
| 138 | Charles | Ashley | Wrexham AAC | 46-05 | M60 |
| 139 | Frank | Vaughan | Meirionnydd | 46-07 | M60 |
| 140 | Chris | Garbett | Oswestry O | 46-19 | M50 |
| 141 | Billy | Brown | Wrexham AAC | 46-23 | M60 |
| 142 | Chris | Baldwin | Denbigh Harriers | 46-43 | M60 |
| 143 | Nigel | Tatton | Telford AC | 47-22 | M50 |
| 144 | Peter | Smith | West Cheshire AC | 47-43 | M55 |
| 145 | Pete | Armstrong | GOG Tri Club | 49-45 | M65 |
| 146 | Martin | Lambert | Cadence Tri Club | 50-05 | M40 |
| 147 | Ruari | Benton | Denbigh Harriers | 50-08 | SM |
| 148 | Marcus | Reid | Buckley Runners | 52-23 | M55 |
| 149 | Mark | Duffy | West Cheshire AC | 57-13 | M55 |

**TEAMS**

**DIVISION ONE (6 TO SCORE)**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Club** | **Race 1**  **Points** | **Race 1**  **Position** |
| 1 | Shrewsbury | 57 | 1 |
| 2 | Meirionnydd | 152 | 2 |
| 3 | Buckley | 155 | 3 |
| 4 | Oswestry | 179 | 4 |
| 5 | Prestatyn | 327 | 5 |
| 6 | Denbigh Harriers | 452 | 6 |
| 7 | Eryri | 529 | 7 |
| 8 | Gog Tri | 595 | 8 |

**DIVISION TWO (4 TO SCORE)**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Club** | **Race 1**  **Points** | **Race 1**  **Position** |
| 1 | West Cheshire | 110 | 1 |
| 2 | Wrexham AAC | 177 | 2 |
| 3 | Cadence Tri Club | 234 | 3 |
| 4 | Bangor University | 267 | 4 |
| 5 | Deeside AC | 275 | 5 |
| 6 | Aberystwyth University | 338 | 6 |
| 7 | Whitchurch Whippets | 376 | 7 |
| 8 | Telford Harriers | 406 | 8 |
| 9 | Wrekin | 420 | 9 |
| 10 | Colwyn Bay | 424 | 10 |
| 11 | NWRRC | 444 | 11 |
| 12 | Deestriders | 462 | 12 |
| 13 | Abergele Harriers | 473 | 13 |
| 14 | Telford AC | 502 | 14 |
| 15 | Tattenhall | 587 | 15 |

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

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Club** | **Race 1**  **Points** | **Race 1**  **Position** |
| 1 | Shrewsbury | 16 | 1 |
| 2 | Buckley | 34 | 2 |
| 3 | Oswestry | 52 | 3 |
| 4 | West Cheshire | 54 | 4 |
| 5 | Eryri Harriers | 94 | 5 |
| 5 | Cadence Tri Club | 94 | 6 |
| 7 | Wrexham AAC | 97 | 7 |
| 8 | Prestatyn | 99 | 8 |
| 9 | Meirionnydd | 121 | 9 |
| 10 | Denbigh Harriers | 140 | 10 |
| 11 | GOG Tri Club | 142 | 11 |
| 12 | Wrekin Road Runners | 188 | 12 |
| 13 | Whitchurch Whippets | 195 | 13 |
| 14 | Colwyn Bay | 212 | 14 |

**MALE OVER 65**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** | **Age** |
| 1 | George | Nixon | Prestatyn | 26-11 | M65 |
| 2 | Jon | Hancock | Oswestry O | 28-05 | M65 |
| 3 | Emyr | Davies | Hebog | 28-37 | M75 |
| 4 | Peter | Roberts | Buckley RC | 29-34 | M75 |
| 5 | David | O'Loughlin | Telford Harriers | 30-08 | M65 |
| 6 | Mike | Whiteside | Tattenhall Runners | 30-49 | M70 |
| 7 | John | Morris | Buckley RC | 31-13 | M70 |
| 8 | Gareth | Hughes | Prestatyn | 31-23 | M70 |
| 9 | Mike | Davis | Prestatyn | 32-21 | M70 |
| 10 | Geoff | Fielding | Eryri Harriers | 32-51 | M70 |
| 11 | Mike | Blake | Eryri Harriers | 33-08 | M70 |
| 12 | Les | Coathup | Buckley RC | 33-28 | M65 |
| 13 | John | Etherington | Buckley RC | 35-13 | M70 |
| 14 | John | Nolan | Bro Dysynni AC | 35-24 | M65 |
| 15 | Jack | Thomas | Buckley RC | 35-55 | M75 |
| 16 | John | Hickman | Prestatyn | 36-45 | M70 |
| 17 | David | Hughes | Prestatyn | 40-45 | M80 |
| 18 | John | Tipping | Wrexham AAC | 43-24 | M75 |
| 19 | Peter | Norman | Wrexham AAC | 43-29 | M80 |

**TEAMS (3 TO SCORE)**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Club** | **Race 1**  **Points** | **Race 1**  **Position** |
| 1 | Prestatyn | 18 | 1 |
| 2 | Buckley | 23 | 2 |

**UNDER 17 MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** |
| 1 | Thomas | Land | Colwyn Bay | 20-46 |
| 2 | Bryn | Woodall | Colwyn Bay | 21-37 |
| 3 | Harri | Evans | Deeside AC | 21-47 |
| 4 | Matthew | Collins | Oswestry O | 22-00 |
| 5 | Euan | Coney | Deeside AC | 22-36 |
| 6 | Joe | Gilling | Shrewsbury AC | 22-51 |
| 7 | Dan | Parkinson | Deeside AC | 22-58 |
| 8 | Paul | Morrison | West Cheshire AC | 22-59 |
| 9 | Euros | Evans | Meirionnydd | 23-14 |
| 10 | Kai | Walsh | Wrexham AAC | 24-17 |
| 11 | Dylan | Parry | Deeside AC | 27-00 |
| 12 | Liam | Martin | Prestatyn | 30-37 |

**TEAMS (3 TO SCORE)**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Club** | **Race 1**  **Points** | **Race 1**  **Position** |
| 1 | Deeside AC | 15 | 1 |

**SENIOR WOMEN**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** | **Age** |
| 1 | Ali | Lavender-Rawlinson | Oswestry O | 22-22 | SW |
| 2 | Sarah | Livett | Menai | 23-56 | SW |
| 3 | Sioned | Cordiner | Wrexham AAC | 24-09 | U17W |
| 4 | Frida | Cronqvist | Aberystwyth University | 24-22 | SW |
| 5 | Rhian | Roxburgh | GOG Tri Club | 24-27 | W40 |
| 6 | Emma | Crowe | Wrexham AAC | 24-30 | W45 |
| 7 | Rheagan | Edwards | Deeside AC | 24-43 | U17W |
| 8 | Holly | Roberts | Colwyn Bay | 24-47 | U20W |
| 9 | Jo | Sutton | Shrewsbury AC | 24-50 | SW |
| 10 | Elliw | Haf | Eryri Harriers | 24-51 | SW |
| 11 | Gemma | Brown | NWRRC | 24-59 | W35 |
| 12 | Rhian | Pierce | Denbigh Harriers | 25-02 | W35 |
| 13 | Lois | Lee | Prestatyn | 25-05 | U20W |
| 14 | Charlotte | Jones | Oswestry O | 25-10 | W40 |
| 15 | Beth | Dowsett | Deeside AC | 25-19 | U20W |
| 16 | Lauren | Watchorn | Deeside AC | 25-21 | U17W |
| 17 | Kerry | Riley | West Cheshire AC | 25-23 | SW |
| 18 | Hayley | Evans | Buckley RC | 25-34 | W35 |
| 19 | Rhiannon | Kamink | Aberystwyth University | 25-44 | U20W |
| 20 | Claire | Harris | West Cheshire AC | 25-47 | SW |
| 21 | Leonnie | Keeling | Oswestry O | 25-54 | W35 |
| 22 | Ceri | Cook | Buckley RC | 25-58 | W50 |
| 23 | Ffion Madi | Rees Jones | Menai | 26-06 | U17W |
| 24 | Jacqui | Gears | Oswestry O | 26-12 | W40 |
| 25 | Anest | Muller | West Cheshire AC | 26-15 | W35 |
| 26 | Naomi | Cook | Shrewsbury AC | 26-18 | SW |
| 27 | Viv | McConnell | Oswestry O | 26-21 | W60 |
| 28 | Jenna | Bagnall | Prestatyn | 26-36 | U20W |
| 29 | Louise | Woolcock | Oswestry O | 26-40 | W35 |
| 30 | Tammy | Lewis-Jones | Eryri Harriers | 26-44 | W45 |
| 31 | Ellie | Robinson | West Cheshire AC | 26-50 | W45 |
| 32 | Laura | Sharp | Deeside AC | 26-52 | U17W |
| 33 | Jane | Doughton | Buckley RC | 26-53 | W40 |
| 34 | Kezia | Barnard | Aberystwyth University | 27-02 | U20W |
| 35 | Vicky | Cole | GOG Tri Club | 27-22 | W35 |
| 36 | Emma | Collins | Denbigh Harriers | 27-25 | W55 |
| 37 | Charlotte | Hunter | Oswestry O | 27-27 | SW |
| 38 | Lou | Williams | Oswestry O | 27-28 | W35 |
| 39 | Lizzie | Cockle | Maldwyn | 27-33 | SW |
| 40 | Helen | MaCarthur | GOG Tri Club | 27-37 | W50 |
| 41 | Catrin | Donnelly | Menai | 27-40 | U20W |
| 42 | Anne | Mynott | Colwyn Bay | 27-44 | W55 |
| 43 | Helen | Blair | Eryri Harriers | 27-49 | W50 |
| 44 | Alaw | Med | Denbigh Harriers | 27-52 | SW |
| 45 | Victoria | Whitehead | Denbigh Harriers | 27-52 | W45 |
| 46 | Alison | Preece | Telford AC | 27-55 | W45 |
| 47 | Becki | Law | Eryri Harriers | 28-02 | SW |
| 48 | Paula | Reynolds | Oswestry O | 28-09 | W40 |
| 49 | Jessie | Richards | Dolly Mixtures | 28-11 | W35 |
| 50 | Gemma | Grose | Bangor University AC | 28-17 | U20W |
| 51 | Rhiannon | Tansley | Oswestry O | 28-31 | U17W |
| 52 | Yvonne | Hill | Oswestry O | 28-32 | W55 |
| 53 | Fiona | Hares | Eryri Harriers | 28-38 | SW |
| 54 | Chelle | Bateson | Dolly Mixtures | 28-39 | SW |
| 55 | Victoria | Doran | Telford Harriers | 28-39 | W35 |
| 56 | Joy | Hickman | Prestatyn | 29-01 | W50 |
| 57 | Jane | Lindley | Buckley RC | 29-03 | W50 |
| 58 | Caroline | Morgan | Maldwyn | 29-08 | W35 |
| 59 | Kerry | Richardson | Telford Harriers | 29-09 | W45 |
| 60 | Niamh | Merrison | Colwyn Bay | 29-11 | U17W |
| 61 | Anna | Shimali | Cadence Tri Club | 29-26 | W40 |
| 62 | Susie | Hancock | Oswestry O | 29-31 | W55 |
| 63 | Sioned | Lloyd-Griffiths | Denbigh Harriers | 29-35 | W35 |
| 64 | Mel | Morris | Denbigh Harriers | 29-36 | W45 |
| 65 | Christine | Symms | Wrekin Road Runners | 29-39 | W35 |
| 66 | Elen | Baugh | Denbigh Harriers | 29-43 | SW |
| 67 | Angela | Tegg | West Cheshire AC | 29-43 | W45 |
| 68 | Ali | Reid | Prestatyn | 29-45 | W45 |
| 69 | Juliette | Edwards | Meirionnydd | 29-48 | W55 |
| 70 | Henni | Yli-Sirnio | Bangor University AC | 29-52 | SW |
| 71 | Eleanor | Francis | Buckley RC | 29-58 | SW |
| 72 | Jo | Hoppes | Prestatyn | 29-59 | W35 |
| 73 | Jennifer | Rambaldi | Buckley RC | 30-04 | SW |
| 74 | Andrea | Vaughan | Meirionnydd | 30-06 | W45 |
| 75 | Cristina | O'Brien | Telford Harriers | 30-19 | W35 |
| 76 | Anne | Scott | Dolly Mixtures | 30-24 | SW |
| 77 | Jo | Grandfield | Whitchurch Whippets | 30-31 | W55 |
| 78 | Claire | Scoots | GOG Tri Club | 30-32 | W35 |
| 79 | Margaret | Ludden | Buckley RC | 30-35 | W55 |
| 80 | Jo | Lewis | Prestatyn | 30-38 | W45 |
| 81 | Pam | Ackroyd | West Cheshire AC | 30-39 | W55 |
| 82 | Juliette | Lloyd-Evans | Oswestry O | 30-39 | W45 |
| 83 | Debra | Bemand | West Cheshire AC | 30-40 | W45 |
| 84 | Sam | Jones | Wrekin Road Runners | 30-40 | SW |
| 85 | Christine | Snowdon | Tattenhall Runners | 30-44 | W35 |
| 86 | Ellie | Salisbury | Eryri Harriers | 31-02 | W55 |
| 87 | Gill | Evans | Shrewsbury AC | 31-05 | W55 |
| 88 | April | Tatton | Telford AC | 31-07 | U17W |
| 89 | Lucy | Goddard | Buckley RC | 31-15 | SW |
| 90 | Kay | Hayes | West Cheshire AC | 31-15 | W35 |
| 91 | Ann | d'Albuquerque | GOG Tri Club | 31-22 | W70 |
| 92 | Fenella | Higgins | Buckley RC | 31-22 | W45 |
| 93 | Clair | Atterbury | Prestatyn | 31-23 | W40 |
| 94 | Vicky | Ronald | Colwyn Bay | 31-26 | W55 |
| 95 | Liz | Park | Oswestry O | 31-27 | W45 |
| 96 | Hannah | Turner | Wrekin Road Runners | 31-29 | SW |
| 97 | Emma | McArthur | Colwyn Bay | 31-50 |  |
| 98 | Keri | Benting | Wrekin Road Runners | 31-52 | W40 |
| 99 | Chloe | Barker | Deeside AC | 31-54 | U17W |
| 100 | Amanda | Garner | Buckley RC | 31-55 | W35 |
| 101 | Chris | Birch | Abergele Harriers | 32-05 | W70 |
| 102 | Yricka | Gardner | Wrexham AAC | 32-06 | W45 |
| 103 | Brigida | Gorecka | West Cheshire AC | 32-07 | SW |
| 104 | Kathy-Jo | Barnes | Dolly Mixtures | 32-08 | SW |
| 105 | Nia | Davies | Meirionnydd | 32-10 | SW |
| 106 | Briony | Hibbert | Deeside AC | 32-10 | SW |
| 107 | Jo | Biffen | Oswestry O | 32-17 | SW |
| 108 | Lisa | Macpherson | Buckley RC | 32-23 | SW |
| 109 | Jo | Edwards | Prestatyn | 32-26 | W45 |
| 110 | Liz | Martin | Prestatyn | 32-30 | W40 |
| 111 | Allison | Haycox | Wrekin Road Runners | 32-46 | W45 |
| 112 | Grace | Hart | Tattenhall Runners | 32-54 | W45 |
| 113 | Lisa | Ashworth | Dolly Mixtures | 32-56 | W40 |
| 114 | Menai | Baugh | Denbigh Harriers | 32-57 | W60 |
| 115 | Naomi | Redman | Meirionnydd | 33-01 | SW |
| 116 | Jayne P | Jones | Prestatyn | 33-05 | W55 |
| 117 | Kim | Jones-Norgrove | Wrecsam Tri | 33-31 | W50 |
| 118 | Samantha | Williams | NWRRC | 33-42 | SW |
| 119 | Sally | Withington | Wrekin Road Runners | 33-48 | W45 |
| 120 | Jayne | Jones | Dolly Mixtures | 34-13 | W55 |
| 121 | Geri | Angharad-Lewis | GOG Tri Club | 34-13 | W40 |
| 122 | Sue | Formstone | Buckley RC | 34-14 | W45 |
| 123 | Rebecca | Goodall | Wrekin Road Runners | 34-30 | SW |
| 124 | Sarah | Greaves | Oswestry O | 34-30 | W60 |
| 125 | Ceri | Crabbe | Wrekin Road Runners | 34-51 | W45 |
| 126 | Jen | Chambers | Tattenhall Runners | 35-10 | W40 |
| 127 | Sue | Rush | Dolly Mixtures | 35-17 | W45 |
| 128 | Sue | Goodall | Wrekin Road Runners | 35-43 | W50 |
| 129 | Sue | Taylor | Eryri Harriers | 35-45 | W60 |
| 130 | Karen | Owens | Wrexham AAC | 36-03 | W50 |
| 131 | Alison | Whitelaw | Wrexham AAC | 36-04 | W60 |
| 132 | Viv | Edwards | Eryri Harriers | 36-20 | W60 |
| 133 | Mandy | Cooke | Dolly Mixtures | 36-24 | W45 |
| 134 | Sharon | Davies | Dolly Mixtures | 36-58 | W35 |
| 135 | Georgina | Westwood | Telford Harriers | 37-25 | W45 |
| 136 | Clare | Manley | Prestatyn | 37-33 | W45 |
| 137 | Rachel | Jerman | Dolly Mixtures | 37-42 | W35 |
| 138 | Julia | Evans | Prestatyn | 37-42 | W50 |
| 139 | Beverley | Goodson | Deestriders | 38-48 | W45 |
| 140 | Maggie | Oliver | Eryri Harriers | 38-54 | W70 |
| 141 | Debbie | Bellis | Buckley RC | 39-06 | W50 |
| 142 | Samantha | Hall-Davies | Wrekin Road Runners | 41-23 | SW |
| 143 | Julie | Spriggs | Wrekin Road Runners | 41-36 | W50 |
| 144 | Yolanda | Marconi-Nolan | Bro Dysynni AC | 43-05 | W65 |
| 145 | Maureen | Singleton | Colwyn Bay | 44-51 | W75 |
| 146 | Julie | Evans | Prestatyn | 47-22 | W55 |
| 147 | Karen | Roberts | Prestatyn | 47-22 | W40 |
| 148 | Marjorie | Griffiths | Bro Dysynni AC | 49-51 | W70 |

**FEMALE TEAMS**

**DIVISION ONE (4 to SCORE)**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Club** | **Race 1**  **Points** | **Race 1**  **Position** |
| 1 | Oswestry Olympians | 60 | 1 |
| 2 | West Cheshire | 93 | 2 |
| 3 | Eryri Harriers | 130 | 3 |
| 3 | Buckley | 130 | 3 |
| 5 | Denbigh Harriers | 137 | 5 |
| 6 | GOG Tri Club | 158 | 6 |
| 7 | Prestatyn | 165 | 7 |

**DIVISION TWO (3 TO SCORE)**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Club** | **Race 1**  **Points** | **Race 1**  **Position** |
| 1 | Deeside AC | 38 | 1 |
| 2 | Aberystwyth University | 57 | 2 |
| 3 | Menai | 66 | 3 |
| 4 | Colwyn Bay | 110 | 4 |
| 5 | Wrexham AC | 111 | 5 |
| 6 | Shrewsbury | 122 | 6 |
| 7 | Dolly Mixtures | 179 | 7 |
| 8 | Telford Harriers | 189 | 8 |
| 9 | Wrekin Road Runners | 245 | 9 |
| 10 | Maldwyn | 246 | 10 |
| 11 | Meirionnydd | 248 | 11 |
| 12 | Bangor University | 269 | 12 |
| 13 | NWRRC | 278 | 13 |
| 14 | Telford AC | 283 | 14 |
| 15 | Tattenhall | 323 | 15 |
| 16 | Cadence Tri Club | 359 | 16 |
| 17 | Whitchurch Whippets | 375 | 17 |
| 18 | Abergele Harriers | 399 | 18 |
| 19 | Wrecsam Tri Club | 415 | 19 |
| 20 | Deestriders | 437 | 20 |
| 21 | Bro Dysynni | 441 | 21 |

**FEMALE MASTERS TEAMS**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Club** | **Race 1**  **Points** | **Race 1**  **Position** |
| 1 | Oswestry | 21 | 1 |
| 2 | Buckley | 29 | 2 |
| 3 | GOG Tri Club | 36 | 3 |
| 4 | Denbigh Harriers | 43 | 4 |
| 5 | West Cheshire | 61 | 5 |
| 6 | Eryri Harriers | 85 | 6 |
| 7 | Telford Harriers | 100 | 7 |
| 8 | Prestatyn | 106 | 8 |
| 9 | Colwyn Bay | 136 | 9 |
| 10 | Wrexham AAC | 147 | 10 |
| 11 | Wrekin Road Runners | 162 | 11 |
| 12 | Dolly Mixtures | 166 | 12 |
| 13 | Tattenhall | 195 | 13 |

What a start to the new season with a record turnout in the first race with over 180 towing the line (we even had to make additional finishing discs as the race was ongoing). Not only was there a record turnout in the Women’s race but it was fantastic to see 12 Under 17 Men start the race along with the twenty 65+ men. The young men showed the way with Thomas Land, Colwyn Bay being first home by a comfortable margin of 51 seconds. Ali Lavender-Rowlinson, continued where she left off with another win in the Women’s race. The Women’s Leagues are going to be interesting this year as Oswestry and West Cheshire led the way in Division 1 and a young Deeside AC in Division 2

The Men’s race was a great tussle with Matt Hall, Shrewsbury finally getting the better of Tom Roberts, and Alex Lanz, Meirionnydd, and Steve Skates, Prestatyn. Shrewsbury dominated the team but it looks like its going to be a good battle between Buckley and Meirionnydd for second. In the Male Masters Teams Shrewsbury lead the way.

A big thank you to Steve Oliver and Graham Jones and the rest of the Shrewsbury team who put on such a great opening fixture. Thank you to the clubs who have paid their subs. Please can we have all the remaining subs at the next race.

The next race is at Fox Hills, Colwyn Bay. Parking is at Eirias Park (LL29 7SP) and the course is across the road.

**Bernie Jones, Referee**