

GRAND PRIX EXPRESS**NORTH WALES CROSS COUNTRY LEAGUE**

(Supported by Welsh Athletics Ltd)

At Fox Hills, Colwyn Bay

Saturday 19th October 2019**FINAL RESULTS 22/10/19****SENIOR MEN**

Position	Forename	Surname	Club	Time	Age
1	Joe	Steward	Bangor Uni	34-19	SM
2	Joseph	Morrison	West Cheshire AC	36-26	1 U20M
3	Tobias	Barthelmes	Bangor Uni	37-20	SM
4	Ross	Welsh	Meirionnydd RC	37-23	SM
5	Steve	Skates	Prestatyn RC	37-23	1 M40
6	Gavin	Roberts	Eryri Harriers	37-28	SM
7	Sam	Bellis	Buckley RC	37-30	SM
8	Adam	Allison	Shropshire Shufflers	37-51	SM
9	Alun	Williams	Meirionnydd RC	38-00	2 M40
10	Dan	Elliot	Shrewsbury AC	38-14	SM
11	Daniel	Weston	Wrexham AC	38-18	3 M40
12	Rob	Weston	Whitchurch Whippets	38-38	SM
13	Paul	Morrison	West Cheshire AC	39-06	2 U20M
14	Luke	Northall	Wrexham AC	39-22	SM
15	Gabe	Morris	Shrewsbury AC	39-30	1 M35
16	Jez	Brown	Buckley RC	39-34	1 M45
17	Carwyn	Owen	Maldwyn	39-43	3 U20M
18	Twm	Morgan	Eryri Harriers	39-54	SM
19	Evan	Coney	Deeside AC	39-55	4 U20M
20	Euros	Evans	Meirionnydd RC	40-03	5 U20M
21	Paul	Aston	Shropshire Shufflers	40-04	2 M35
22	Dyfed	Whiteside-Thomas	Eryri Harriers	40-06	2 M45
23	Carl	Aveyard	Shrewsbury AC	40-19	4 M40
24	Luke	Butler	Shrewsbury AC	40-36	SM
25	Jonathan	Tyler	Betsi Runaways	40-42	3 M35
26	Joe	Welch	Denbigh Harriers	40-46	4 M35
27	Steve	Waters	Shrewsbury AC	40-56	5 M35
28	Llyr	Einion	Aberystwyth Uni	40-58	SM
29	Tim	Joy	Buckley RC	40-58	SM
30	Adrian	Leonard	GOG Tri	41-04	6 M35
31	Samuel	Wadsworth	Bangor Uni	41-09	SM
32	Ieuan	Belshall	Eryri Harriers	41-25	SM
33	Geran	Hughes	GOG Tri	41-35	1 M50
34	Simon	Roberts	Buckley RC	41-40	3 M45
35	Simon	Edwards	Buckley RC	41-43	4 M45
36	Joshua	Cerefice	Prestatyn RC	41-46	SM
37	Tom	Wilde	Oswestry O	41-55	6 U20M
38	Ryan	Morrison	Cadence Tri	42-14	5 M40

39	Euan	Balmer	Shropshire Shufflers	42-17	M40
40	Ian	Edwards	Eryri Harriers	42-18	SM
41	Tony	Wood	Denbigh Harriers	42-20	SM
42	Dave	Lemon	Buckley RC	42-34	6 M40
43	Graham	Jones	Shrewsbury AC	42-40	1 M60
44	Antonio	Gasparinho	Shrewsbury AC	42-41	7 M40
45	Isaac	Ayres	Aberystwyth AC	42-48	7 U20M
46	Pete	Gray	Cadence Tri	42-55	7 M35
47	Paul	Jones	Eryri Harriers	42-56	5 M45
48	James	Farmer	Aberystwyth Uni	42-59	8 U20M
49	Richard	Watson	Colwyn Bay	43-08	SM
50	Ben	Beachell	Eryri Harriers	43-15	6 M45
51	Gary	Norgrove	Wrexham AC	43-19	2 M50
52	Rob	Alexander	Prestatyn RC	43-20	8 M35
53	Gordon	Jones	Prestatyn RC	43-25	2 M60
54	John	Davies	Eryri Harriers	43-32	SM
55	Rich	Davies	Oswestry O	43-36	SM
56	Pete	Jones	Oswestry O	43-40	8 M40
57	Leon	Bagnall	Prestatyn RC	43-45	SM
58	Patrick	White	Cadence Tri	43-45	9 U20M
59	Andrew	Peers	Buckley RC	43-53	SM
60	Adam	Tatton	Telford AC	43-53	10 U20M
61	Owen	Conry	Denbigh Harriers	44-02	3 M50
62	Calvin	Wright	Shropshire Shufflers	44-04	4 M50
63	Gareth	Chaloner	Wrexham AC	44-14	9 M35
64	Paul	Brown	Whitchurch Tri	44-25	7 M45
65	Jeremy	Randell	Meirionnydd RC	44-31	1 M55
66	James	Jenkins	Tattenhall	44-34	2 M55
67	Karl	Williams	Buckley RC	44-42	8 M45
68	Tony	Woodall	West Cheshire AC	44-48	9 M45
69	Charlie	Woolcock	Oswestry O	44-49	10 M35
70	Mark	Davies	West Cheshire AC	44-51	9 M40
71	Glen	Price	Denbigh Harriers	45-05	10 M45
72	Warren	Nuttell	Lawley RC	45-07	10 M40
73	Joseph	Matthews	Betsi Runaways	45-10	11 M40
74	Andrew	Jones	Buckley RC	45-16	12 M40
75	James	Williamson	Prestatyn RC	45-22	11 M35
76	Joel	Bishton	Shropshire Shufflers	45-28	SM
77	Russell	Godwin	Colwyn Bay	45-39	5 M50
78	Mario	Jimenez-Munoz	Colwyn Bay	45-42	11 U20M
79	Jon	Barnwell	Eryri Harriers	45-48	SM
80	John	Simpson	Prestatyn RC	45-50	6 M50
81	Jack	Westwood	Aberystwyth Uni	45-51	SM
82	Mike	Robbins	Wrexham AC	46-05	3 M55
83	Stuart	Thomas	Buckley RC	46-07	13 M40
84	Andy	Jones	Wrexham AC	46-18	14 M40
85	James	Pickering	Oswestry O	46-20	SM

86	Vincent	Barber	Cadence Tri	46-24	SM
87	Emyr	Evans	GOG Tri	46-28	11 M45
88	Adam	Burgoyne	Shrewsbury AC	46-37	SM
89	Stephen	Gill	Wrekin RR	46-54	7 M50
90	Paul	Parkinson	Whitchurch Whippets	46-56	12 M45
91	Matt	Wooden	Shrewsbury AC	47-02	SM
92	Bleddyn	Evans	GOG Tri	47-06	13 M45
93	Dave	Card	Oswestry O	47-08	15 M40
94	Tim	Hargreaves	Buckley RC	47-15	8 M50
95	Richard	Hayes	West Cheshire AC	47-17	14 M45
96	Andy	Jones	GOG Tri	47-20	15 M45
97	Gary	Blackwell	Buckley RC	47-21	9 M50
98	Simon	Phillips	Whitchurch Whippets	47-22	10 M50
99	Jeff	Gifford	Buckley RC	47-28	4 M55
100	Steven	King	West Cheshire AC	47-30	16 M45
101	Mark	Jones	Colwyn Bay	47-32	17 M45
102	Ian	Mulligan	Colwyn Bay	47-35	11 M50
103	Haydn	Jones	Shrewsbury AC	47-37	5 M55
104	David	Baugh	Denbigh Harriers	47-40	6 M55
105	Dave	Boothroyd	Buckley RC	47-41	7 M55
106	Kris	Williams	Wrekin RR	47-47	16 M40
107	Steve	Stocker	Prestatyn RC	47-52	18 M45
108	Dave	Tiernan	West Cheshire AC	47-57	8 M55
109	Mathew	Jones	Denbigh Harriers	48-06	12 M50
110	Andy	Carter	West Cheshire AC	48-19	19 M45
111	Max	Williams	Wreccsam Tri	48-24	20 M45
112	Keith	Billington	Wreccsam Tri	48-58	21 M45
113	Tom	Treasure	Oswestry O	48-59	SM
114	Neil	Vicars-Harris	GOG Tri	49-03	13 M50
115	Graeme	Tunstall	GOG Tri	49-08	17 M40
116	Ian	Jackson	Shropshire Shufflers	49-12	18 M40
117	Simon	Bonfield	Abergele H	49-21	14 M50
118	Arren	Roberts	Oswestry O	49-28	22 M45
119	Steve	Haimes	Prestatyn RC	49-44	19 M40
120	Tim	Jones	Shropshire Shufflers	49-52	15 M50
121	Aled	Thomas	Buckley RC	49-56	SM
122	James	Salt	Abergele H	50-03	20 M40
123	Dave	Newton	Oswestry O	50-05	9 M55
124	Alistair	Potter	Lawley RC	50-07	16 M50
125	Paul	Phillips	Oswestry O	50-32	17 M50
126	Chris	Thomas	Cybi Striders	50-53	12 M35
127	Russell	Williams	Eryri Harriers	50-58	23 M45
128	Oggy	East	Betsi Runaways	51-04	18 M50
129	Ian	Peers	Cadence Tri	51-12	13 M35
130	Ian	Bayliss	Buckley RC	51-16	10 M55
131	Robert	Mahoney	Buckley RC	51-18	14 M35
132	Dale	Walton	Oswestry O	51-29	21 M40

133	Charlie	Eldred	Tattenhall	51-38	19 M50
134	Dean	Richards	Whitchurch Whippets	51-46	SM
135	Steve	Weedman	Prestatyn RC	51-47	20 M50
136	Martin	Streeter	Shropshire Shufflers	51-55	11 M55
137	Neal	Jones	Colwyn Bay	51-58	SM
138	Ian	Taylor	Colwyn Bay	52-02	21 M50
139	Simon	Meredith	Shropshire Shufflers	52-11	22 M50
140	Andy	Lewis	Shrewsbury AC	52-16	3 M60
141	Martin	Witty	Deestriders	52-19	23 M50
142	Allen	Smith	Buckley RC	52-21	4 M60
143	Justin	Pilkington	Meirionnydd RC	52-37	24 M45
144	Ian	Teague	Shropshire Shufflers	52-40	25 M45
145	John	Mannering	Eryri Harriers	52-43	12 M65
146	Steffan	Owen	Betsi Runaways	52-45	SM
147	Arfon	Hughes	Meirionnydd RC	52-51	24 M50
148	Richard	Hankinson	Meirionnydd RC	53-08	13 M55
149	Graham	Alexander	Whitchurch Tri	53-27	15 M35
150	Tim	Jones	Shropshire Shufflers	54-18	14 M55
151	Steve	Brown	Prestatyn RC	54-21	26 M45
152	Bob	Wilson	Whitchurch Tri	54-23	27 M45
153	Elliot	Davies	Shropshire Shufflers	54-24	16 M35
154	Barry	Smith	Cybi Striders	54-50	17 M35
155	Wyn	Roberts	Prestatyn RC	55-04	28 M45
156	Rob	Hulson	Tattenhall	55-15	15 M55
157	Martin	Durrant	Tattenhall	55-58	5 M60
158	Andrew	Cartwright	Lawley RC	56-06	25 M50
159	John	Humphries	Eryri Harriers	56-27	6 M60
160	Rob	Ingham	Whitchurch Whippets	56-38	29 M45
161	Matthew	Smith	Bangor Uni	56-51	SM
162	Arwel	Jones	Prestatyn RC	56-54	7 M60
163	John	Short	Shropshire Shufflers	56-59	16 M55
164	Darren	Seeney	Cybi Striders	57-03	26 M50
165	Matthew	Wright	Lawley RC	57-06	18 M35
166	Robert	Pritchard	Betsi Runaways	57-15	30 M45
167	Gary	Marsh	Shropshire Shufflers	57-31	17 M55
168	Simon	Hodgson	Cadence Tri	58-04	27 M50
169	Sam	Wynne	Betsi Runaways	58-32	SM
170	Paul	Maitland	Cybi Striders	59-13	28 M50
171	Stuart	Jones	Buckley RC	59-59	19 M35
172	Tom	Slattery	Meirionnydd RC	60-22	20 M35
173	Alistair	Brown	Eryri Harriers	60-43	18 M55
174	Shaun	Terry	Deestriders	61-38	31 M45
175	Gareth	Williams	GOG Tri	62-31	22 M40
176	Sion	Roberts	Cybi Striders	62-42	23 M40
177	Nigel	Tatton	Telford AC	65-40	29 M50
178	Richard	Furniss	Cybi Striders	68-22	21 M35
179	Nigel	Jones	Cybi Striders	68-22	19 M55

180	Hamish	Eccles	Wrekin RR	71-46	32 M45
181	Harry	Chamberlain	Bangor Uni	72-41	SM

TEAMS

DIVISION ONE (6 TO SCORE)

	Club	Race 2 Points	Race 2 Position	Overall Points	Overall Position
1	Shrewsbury	142	1	382	1
2	Buckley	163	2	355	2
3	Wrexham AC	305	5	390	3
4	Prestatyn	278	4	625	4
5	West Cheshire	346	6	658	5
6	Eryri Harriers	165	3	689	6
7	Oswestry	394	8	713	7
8	Meirionnydd	386	7	722	8

DIVISION TWO (4 TO SCORE)

	Club	Race 2 Points	Race 2 Position	Overall Points	Overall Position
	Shropshire Shufflers	130	1	317	1
	GOG Tri Club	242	5	439	2
	Denbigh Harriers	199	3	495	3
	Cadence Tri Club	228	4	565	4
	Bangor University	196	2	570	5
	Colwyn Bay	305	6	575	6
	Whitchurch Whippets	334	7	577	7
	Aberystwyth University	339	8	742	8
	Tattenhall	512	10	767	9
	Telford AC	601	18	877	10
	Wrekin RR	557	13	899	11
	Betsi Runaways	372	9	954	12
	Wrecsam Tri Club	587	16	1041	13
	Deeside AC	565	15	1086	14
	Aberystwyth AC	591	17	1148	15
	Whitchurch Tri Club	547	12	1165	16
	Deestriders	679	21	1172	17
	Abergele Harriers	603	19	1209	18
	Lawley	519	11	N/A	N/A
	Maldwyn	563	14	N/A	N/A
	Cybi Striders	614	20	N/A	N/A

MALE MASTERS TEAMS (3 TO SCORE)

	Club	Race 2 Points	Race 2 Position	Overall Points	Overall Position
	Shrewsbury	23	1	50	1
	Wrexham AC	54	6	67	2
	Buckley	34	2	87	3
	Eryri Harriers	52	3	119	4
	GOG Tri Club	73	7	131	5
	Shropshire Shufflers	52	3	131	5
	Prestatyn RC	52	3	160	7
	West Cheshire	126	12	223	8
	Cadence Tri Club	107	9	258	9
	Oswestry Olympians	115	11	264	10
	Denbigh Harriers	76	8	305	11
	Meirionnydd	130	13	313	12
	Colwyn Bay	121	10	367	13
	Tattenhall	233	17	370	14
	Wrekin Road Runners	246	19	377	15
	Betsi Runaways	134	14	N/A	N/A
	Whitchurch Whippets	221	15	N/A	N/A
	Lawley	232	16	N/A	N/A
	Whitchurch Tri	240	18	N/A	N/A
	Cybi Striders	308	20	N/A	N/A

MALE OVER 65

Position	Forename	Surname	Club	Time	Age
1	Steve	Roberts	Oswestry Olympians	25-05	1 M65
2	George	Nixon	Prestatyn RC	27-20	2 M65
3	Eurwyn	Edwards	Eryri Harriers	28-17	3 M65
4	Emyr	Davies	Hebog	29-18	1 M75
5	Colin	Hunt	Wrecsam Tri	30-25	4 M65
6	Mike	Whiteside	Tattenhall	31-12	1 M70
7	Don	Williams	Eryri Harriers	31-17	2 M75
8	Iain	Day	Shropshire Shufflers	32-00	2 M70
9	Graeme	Shone	Abergele H	32-18	5 M65
10	Geoff	Fielding	Eryri Harriers	32-33	3 M75
11	John	D'Albuquerque	GOG Tri	33-15	33 M70
12	John	Morris	Buckley RC	33-19	4 M75
13	Gareth	Hughes	Prestatyn RC	33-47	4 M70
14	Bob	Neale	Denbigh Harriers	33-48	6 M65
15	Chris	Baldwin	Denbigh Harriers	33-59	7 M65
16	Mike	Blake	Eryri Harriers	34-01	5 M70
17	Phil	Walker	Wrexham AC	34-15	6 M70
18	Bob	Haynes	Meirionnydd RC	34-51	7 M70
19	Mike	Davis	Prestatyn RC	35-44	8 M70
20	John	Nolan	Bro Dysynni	37-02	9 M70
21	John	Hickman	Prestatyn RC	37-25	5 M75
22	Jeff	Jones	Denbigh Harriers	37-36	8 M65

23	Arthur	Egan	Wrexham AC	37-57	5 M75
24	Steve	Hatfield	Prestatyn RC	42-35	11 M70
25	Peter	Norman	Wrexham AC	44-54	1 M80
26	John	Tipping	Wrexham AC	46-46	2 M80

TEAMS (3 TO SCORE)

	Club	Race 2 Points	Race 2 Position	Overall Points	Overall Position
	Eryri Harriers	20	1	65	1
	Prestatyn	35	2	76	2
	Denbigh Harriers	51	3	94	3
	Wrexham AC	69	4	134	4

UNDER 17 MEN

Position	Forename	Surname	Club	Time
1	Matthew	Anthony	Deeside AC	20-43
2	Cameron	Shaw	Menai T&F	21-02
3	James	Smith	GOG Tri	21-16
4	Huw	Jones	Deeside AC	21-18
5	Cameron	Lawrence	Menai T&F	22-54
6	Tyler	Cartlidge	Deeside AC	23-07
7	Kai	Walsh	Wrexham AC	23-12
8	Evan	Roberts	Oswestry Olympians	23-18
9	Troy	Hettle	NWRRC	23-51
10	Dion	Griffith	Menai T&F	24-08
11	Harrison	Evans	Colwyn Bay	25-09

TEAMS (3 TO SCORE)

	Club	Race 2 Points	Race 2 Position	Overall Points	Overall Position
	Deeside AC	11	1	26	1
	Menai T&F	17	2	40	2

SENIOR WOMEN

Position	Forename	Surname	Club	Time	Age
1	Eden	O'Dea	Deeside AC	22-14	1 U17W
2	Lucy	Williamson	Bangor Uni	23-02	SW
3	Gemma	Moore	Eryri Harriers	23-26	1 W35
4	Andrea	Rowlands	Eryri Harriers	23-40	1 W45
5	Elliw	Haf	Eryri Harriers	23-55	SW
6	Beth	Jones	Oswestry Olympians	24-02	2 U17W
7	Boe	Celyn Jones	Menai T&F	24-26	3 U17W
8	Jenny	Charlton	Eryri Harriers	24-35	1 W40
9	Katie	Reynolds	Eryri Harriers	24-39	SW
10	Bethan	Davies	Colwyn Bay	24-40	1 U20W
11	Lucia	Payne	West Cheshire AC	24-41	4 U17W
12	Kerry	Riley	West Cheshire AC	24-48	SW

13	Rhian	Pierce	Denbigh Harriers	24-54	2 W35
14	Ali	Grundy	Tattenhall	25-08	2 W40
15	Nia	Albiston	Eryri Harriers	25-13	3 W40
16	Lou	Williams	Oswestry Olympians	25-29	4 W40
17	Jen	Adams	Buckley RC	25-59	3 W35
18	Jennifer	Rambaldi	Buckley RC	26-06	SW
19	Julie	Owens	Abergele H	26-15	4 W35
20	Ellie	Small	Deeside AC	26-23	5 U17W
21	Connie	James	Deeside AC	26-25	
22	Eve	Scott	Prestatyn RC	26-25	6 U17W
23	Louisa	Woolcock	Oswestry Olympians	26-35	5 W35
24	Tammy	Lewis-Jones	Eryri Harriers	26-37	2 W45
25	Megan	Hughes	Eryri Harriers	26-39	5 W40
26	Keely	Smith	West Cheshire AC	26-43	6 W35
27	Jenna	Bagnall	Prestatyn RC	26-50	2 U20W
28	Rhiannon	Kamink	Aberystwyth Uni	26-58	SW
29	Helen	Blair	Eryri Harriers	27-12	1 W50
30	Millie	Jones	Deeside AC	27-16	7 U17W
31	Ellie	Robinson	West Cheshire AC	27-18	3 W45
32	Emma	Collins	Denbigh Harriers	27-21	1 W55
33	Anne	Mynott	Colwyn Bay	27-35	2 W50
34	Jackie	Artist	Eryri Harriers	27-36	7 W35
35	Mel	Morris	Denbigh Harriers	27-38	4 W45
36	Anest	Muller	West Cheshire AC	27-45	8 W35
37	Helen	Macarthur	GOG Tri	27-46	3 W50
38	Claire	Harris	West Cheshire AC	27-47	SW
39	Jane	Doughton	Buckley RC	27-50	5 W45
40	Tracie	Trueman	Lawley RC	27-52	4 W50
41	Alice	Walton	Oswestry Olympians	27-53	SW
42	Katy	Baugh	Denbigh Harriers	28-03	SW
43	Heather	Fros	Shropshire Shufflers	28-04	SW
44	Helen	Ashworth	Prestatyn RC	28-14	9 W35
45	Linda	Jones	Wrexham AC	28-23	5 W50
46	Nicola	Bishton	Shropshire Shufflers	28-28	SW
47	Elen	Baugh	Denbigh Harriers	28-29	SW
48	Niamh	Merrison	Colwyn Bay	28-38	8 U17W
49	Mari	Williams	Denbigh Harriers	28-40	SW
50	Christine	Cammillare	Deestridders	28-42	10W35
51	Yvonne	Hill	Oswestry Olympians	28-45	2 W55
52	Rhian	Whiteside Thomas	Eryri Harriers	28-46	6 W45
53	Gemma	Grose	Bangor Uni	28-51	SW
54	Becky	Massey	Tattenhall	28-54	7 W45
55	Tracey	Williams	Denbigh Harriers	28-58	3 W55
56	Fenella	Higgins	Buckley RC	29-13	6 W50
57	Carys	Davies	Denbigh Harriers	29-15	6 W40
58	Ruth	Williams	Eryri Harriers	29-17	7 W40
59	Jo	Hoppes	Prestatyn RC	29-20	11 W35

60	Caitlin	Owens	GOG Tri	29-39	9 U17W
61	Jules	L Evans	Oswestry Olympians	29-44	8 W45
62	Clare	Mallon	West Cheshire AC	29-44	9 W45
63	Lona	Roberts	Abergele H	29-55	SW
64	Angela	Tegg	West Cheshire AC	29-56	10 W45
65	Kate	Potter	Eryri Harriers	30-00	4 W55
66	Carrie	Jenkins	Dolly Mixtures	30-04	12 W35
67	Anna	Shimali	Cadence Tri	30-05	8 W40
68	Jo	Grandfield	Whitchurch Whippets	30-10	5 W55
69	Carys	Breeze	Maldwyn Harriers	30-12	10 U17W
70	Amanda	Mountford	Buckley RC	30-15	SW
71	Alison	Tickner	Oswestry Olympians	30-18	7 W50
72	Victoria	Hall	Oswestry Olympians	30-19	13 W35
73	Lisa	Johnson	Prestatyn RC	30-29	SW
74	Francis	Garnett	Prestatyn RC	30-43	SW
75	Ellie	Salisbury	Eryri Harriers	30-47	6 W55
76	Joy	Hickman	Prestatyn RC	30-48	8 W50
77	Briony	Hibbert	Deeside AC	30-58	SW
78	Tania	Brandon	Oswestry Olympians	31-00	9 W50
79	Menai	Baugh	Denbigh Harriers	31-14	1 W60
80	Vicky	Ronald	Colwyn Bay	31-22	10 W50
81	Brygida	Gorceka	Deestriders	31-25	SW
82	Hannah	Garnett	Prestatyn RC	31-38	SW
83	April	Tatton	Telford AC	31-46	11 U17W
84	Lisa	Ashworth	Dolly Mixtures	31-49	9 W40
85	Mari	Jones	Betsi Runaways	31-52	10 W40
86	Kim	Jones-Norgrove	Wrecsam Tri	31-55	11 W50
87	Liz	Park	Oswestry Olympians	31-56	11 W45
88	Henni	Yli-Sirnio	Bangor Uni	31-57	SW
89	Jude	Hughes	Oswestry Olympians	32-12	12 W45
90	Lea	Hulson	Tattenhall	32-14	11 W40
91	Alison	Donnelly	Eryri Harriers	32-14	12 W50
92	Ann	D'Albuquerque	GOG Tri	32-26	1 W70
93	Mel	Barker	Tattenhall	32-30	12 W40
94	Lola	Smallwood	Deeside AC	32-42	13 W40
95	Sarah	Pearce	Dolly Mixtures	32-51	14 W40
96	Kate	Wilson	Denbigh Harriers	32-55	SW
97	Rachael	Foster	Whitchurch Whippets	32-59	13 W50
98	Ceri	Hughes	GOG Tri	33-03	15 W40
99	Jenny	Williamson	Eryri Harriers	33-07	SW
100	Nicola	Eatherington	Prestatyn RC	33-11	14 W35
101	Alexandra	Fletcher	Eryri Harriers	33-13	15 W35
102	Claire	Bishop	Betsi Runaways	33-24	16 W35
103	Nicola	Tomlinson	GOG Tri	33-29	17 W35
104	Louise	Griffiths	Cadence Tri	33-32	7 W55
105	Helen	Griffith	Betsi Runaways	33-39	SW
106	Emma	Macarthur	Colwyn Bay	33-40	13 W45

107	Becca	Roberts	Eryri Harriers	33-42	
108	Emma	Wilde	Maldwyn Harriers	33-46	14 W45
109	Maria	Spurling	Shropshire Shufflers	33-57	15 W45
110	Debra	Bemand	West Cheshire AC	34-01	16 W45
111	Ashling	D-Harrison	Oswestry Olympians	34-10	SW
112	Amy	Williamson	Prestatyn RC	34-28	SW
113	Lucie	Goddard	Buckley RC	34-47	SW
114	Chris	Birch	Abergele H	34-59	2 W70
115	Lisa	Macpherson	Buckley RC	35-01	18 W35
116	Amanda	Garner	Buckley RC	35-01	19 W35
117	Alex	Duffy	West Cheshire AC	35-17	17 W45
118	Maggie	Oliver	Eryri Harriers	35-24	3 W70
119	Seren	Llwyd	Academi Coed Y Brenin	35-32	12 U17W
120	Vicki	Barlow	Betsi Runaways	35-41	20 W35
121	Kay	Roberts	Cadence Tri	35-43	18 W45
122	Amber	Poppitt	Lawley RC	35-48	SW
123	Zoe	Smith Higgins	Whitchurch Whippets	35-59	16 W40
124	Sara	Sawicz	Cybi Striders	36-02	SW
125	Jo	Brown	Whitchurch Tri	36-10	19 W45
126	Cara	Jones	Prestatyn RC	36-11	20 W45
127	Angharad	Rhisiart	Cybi Striders	36-26	17 W40
128	Elizabeth	Featherstone	Whitchurch Whippets	36-26	14 W50
129	Sally	Withington	Wrekin RR	36-30	21 W45
130	Evelyn	Heffernan	GOG Tri	36-31	18 W40
131	Sue	McIndoe	Deestriders	36-36	15 W50
132	Helen	Baxendale	Prestatyn RC	36-38	16 W50
133	Megan	Jones	Dolly Mixtures	36-53	13 U17W
134	Sue	Ridings	Buckley RC	36-59	2 W60
135	Sarah	Ellwood	GOG Tri	37-03	22 W45
136	Niamh	Melevi Edwards	Eryri Harriers	37-03	SW
137	Leanne	Matthews	Betsi Runaways	37-10	21 W35
138	Jane	Lindley	Buckley RC	37-20	16 W50
139	Gill	Csizmadia	Wrexham AC	37-22	8 W55
140	Sue	Formstone	Buckley RC	37-48	17 W50
141	Julia	Evans	Prestatyn RC	38-05	18 W50
142	Helen	Alefounder	Prestatyn RC	38-06	23 W45
143	Vivienne	Edwards	Eryri Harriers	38-06	3 W60
144	Grace	Hart	Tattenhall	38-07	19 W50
145	Michelle	Read	Whitchurch Whippets	38-08	SW
146	Llinos	Davies	GOG Tri	38-09	9 W55
147	Alison	Harper	Oswestry Olympians	38-10	19 W40
148	Jacquie	Streeter	Shropshire Shufflers	38-15	10 W55
149	Sarah	Green	Wrekin RR	38-18	20 W40
150	Laura	Lambe	GOG Tri	38-22	22 W35
151	Tracey	Wilson	Whitchurch Tri	39-05	23 W35
152	Julie	Fletcher	Whitchurch Tri	39-07	24 W45
153	Bex	Smith	Cadence Tri	39-08	SW

154	Emma	Birchall	Prestatyn RC	39-29	25 W45
155	Brenda	Jones	Bro Dysynni	41-58	1 W75
156	Clare	Manley	Prestatyn RC	42-13	26 W45
157	Beverley	Goodson	Deestriders	42-17	20 W50
158	Sarah	Marriott	GOG Tri	42-19	21 W40
159	Abigail	Cammillare	Deestriders	42-26	SW
160	Les	Millington	Whitchurch Tri	42-34	SW
161	Jan	Garnett	Prestatyn RC	43-14	21 W50
162	Yolanda	Marconi-Nolan	Bro Dysynni	43-22	4 W70
163	Karen	Bagnall	Prestatyn RC	45-35	27 W45
164	Pat	Wilson	Cybi Striders	46-10	11 W55
165	Sal	Seeney	Cybi Striders	46-12	22 W50
166	Sioned	Williams	Betsi Runaways	46-14	SW
167	Maureen	Singleton	Colwyn Bay	46-23	2 W75
168	Nicola	Wright	Lawley RC	46-35	24 W35
169	Alexandra	Jones	Betsi Runaways	46-39	SW
170	Polly	Eccles	Wrekin RR	47-52	25 W35
171	Alison	Forster	Wrexham AC	48-39	23 W50
172	Marlyn	Hunt	Shropshire Shufflers	48-54	24 W50
173	Michelle	Flannery	Cadence Tri	50-21	25 W50
174	Bethany	Watkins	Aberystwyth Uni	62-42	SW
175	Marjorie	Griffiths	Bro Dysynni	62-43	5 W70

FEMALE TEAMS

DIVISION ONE (4 TO SCORE)

	Club	Race 2 Points	Race 2 Position	Overall Points	Overall Position
	Eryri Harriers	20	1	39	1
	Oswestry Olympians	86	4	137	2
	Deeside AC	72	2	146	3
	West Cheshire	80	3	200	4
	Buckley RC	130	6	282	5
	Denbigh	122	5	283	6
	Colwyn Bay	171	7	421	7

DIVISION TWO (3 TO SCORE)

	Club	Race 2 Points	Race 2 Position	Overall Points	Overall Position
	Prestatyn RC	90	1	253	1
	Bangor Uni	141	2	290	2
	Dolly Mixtures	242	7	372	3
	Shropshire Shufflers	195	5	384	4
	GOG Tri Club	186	3	452	5
	Whitchurch Whippets	285	9	478	6
	Tattenhall	234	6	482	7
	Wrecsam Tri Club	435	19	538	8

	Abergele Harriers	193	4	555	9
	Deestridders	259	8	593	10
	Cadence Tri Club	289	10	619	11
	Betsi Runaways	289	10	632	12
	Wrekin RR	445	20	644	13
	Telford AC	432	18	652	14
	Wrexham AC	352	14	659	15
	Aberystwyth Uni	375	15	675	16
	Whitchurch Tri Club	425	17	741	17
	Maldwyn	350	13	771	18
	Bro Dysynni	489	21	954	19
	Cybi Striders	412	16	N/A	N/A
	Lawley	327	12	N/A	N/A

FEMALE MASTERS TEAMS

	Club	Race 2 Points	Race 2 Position	Overall Points	Overall Position
	Eryri Harriers	6	1	12	1
	Oswestry Olympians	46	3	94	2
	Denbigh Harriers	41	2	113	3
	West Cheshire	51	4	117	4
	Buckley	63	5	161	5
	Prestatyn RC	106	7	203	6
	Dolly Mixtures	150	10	220	7
	Tattenhall	90	6	254	8
	Colwyn Bay	135	8	294	9
	GOG Tri Club	141	9	320	10
	Whitchurch Whippets	225	14	346	11
	Wrekin RR	305	18	431	12
	Wrexham AC	238	15	453	13
	Betsi Runaways	194	12	469	14
	Whitchurch Tri Club	290	16	508	15
	Shropshire Shufflers	292	17	534	16
	Bro Dysynni	341	20	687	17
	Cadence	187	11	N/A	N/A
	Deestridders	223	13	N/A	N/A
	Cybi Striders	312	19	N/A	N/A

Despite the weather we had yet another record turnout at Fox Hills and the course didn't disappoint throwing up many challenges. A big thank you to Russell Godwin and his Colwyn Bay team, who erected the course in the pouring rain, marshalled in the rain and even collected the stakes in during the bad weather. Without the volunteers and marshals we would not have a league so please remember to thank them.

Despite the tough conditions there were two outstanding runs on the day. Eden O'Dea, who has just been selected to make her Great Britain debut in the World Mountain Championships absolutely dominated the Women's race despite only being 16 years old and won by nearly a minute from Lucy Williamson, Bangor Uni. So good was Eden's run that only four Under 17 Men finished ahead of her with Matthew Antony of Deeside looking particularly strong. Eryri Harriers dominated the Women's Team race and are already over 100 points clear after only two races. They are even more dominant in the Masters category where they have secured a perfect 6 points in both races!!

If Eden O'Dea's run was good then Joe Steward, Bangor University's run in the Men's race was nothing short of scintillating as he scorched to a 2-10 win over his rivals. Like Eden, Joe is also off to the World Mountain Championships to represent Great Britain and it is fantastic that the league has such talented runners competing in it. Shrewsbury bounced back in the team race as they fight to retain their title and had a comfortable win on the day and head Wrexham by 8 points. It's good to see Shropshire Shufflers heading Division two.

Unfortunately despite our requests for runners to park at Eirias Park, a number of athletes park in the estate next to the course. Please can athletes park where we ask them. Getting suitable venues is not easy and we have to work closely with residents and partners. If we don't look after them we may end up without venues, so please can we use the car parks recommended. Thank You.

The next race is a new venue in DOLGELLAU. The course is near the Leisure Centre in Dolgellau but parking at the Leisure Centre is very limited so parking will be in the main Dolgellau Town Centre Car Park(POST CODE: LL40 1DL). It is a short walk to the Leisure Centre, where changing rooms and refreshments will be available and the course is a little further up the road. The course is flat but does include two water splashes on each of the main laps!!

Bernie Jones
Referee/Secretary