**GRAND PRIX EXPRESS**

**NORTH WALES CROSS COUNTRY LEAGUE**

(Supported by Welsh Athletics Ltd)

At Oswestry Saturday 1st February 2020

 FINAL RESULTS 4/2/20

**SENIOR MEN**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** | **Age** | **Age Pos** |
| 1 | Joe | Morrison | West Cheshire AC | 31.48 | U20M | 1 |
| 2 | Sam | Bellis | Buckley RC | 31.53 | SM |  |
| 3 | Adam | Allinson | Shropshire Shufflers | 31.56 | SM |  |
| 4 | Aled | Jones | Menai T&F | 31.59 | U20M | 2 |
| 5 | Paul  | Jones | Shrewsbury AC | 32.22 | M45 | 1 |
| 6 | Peter | Butler | Oswestry Olympians | 32.23 | SM |  |
| 7 | Dan | Elliot | Shrewsbury AC | 32.25 | SM |  |
| 8 | Thomas | Vaughan | Shropshire Shufflers | 32.59 | SM |  |
| 9 | Jim | Hickinbottom | Shrewsbury AC | 33.16 | M35 | 1 |
| 10 | Ben | Goodfellow | Wrecsam Tri Club | 33.22 | SM |  |
| 11 | Jamie | Evans | Meirionnydd  | 33.36 | SM |  |
| 12 | Shaun | Hughes | Denbigh Harriers | 33.38 | SM |  |
| 13 | Peter | Middleton | Shrewsbury AC | 33.44 | M35 | 2 |
| 14 | Carwyn | Owen | Maldwyn AC | 33.47 | U20M | 3 |
| 15 | Gabe | Morris | Shrewsbury AC | 33.56 | M35 | 3 |
| 16 | Steve | Skates | Prestatyn RC | 34.03 | M40 | 1 |
| 17 | Matt | Fortes | Eryri Harriers | 34.07 | M40 | 2 |
| 18 | Isaac | Ayres | Aberystwyth AC | 34.13 | U20M | 4 |
| 19 | Tom | Wilde | Oswestry Olympians | 34.15 | U20M | 5 |
| 20 | Rob | Fox | Shrewsbury AC | 34.16 | M35 | 4 |
| 21 | Simon | Barkley | Oswestry Olympians | 34.26 | M45 | 2 |
| 22 | Chris | Callaghan | Buckley RC | 34.26 | M40 | 3 |
| 23 | Dyfed | W Thomas | Eryri Harriers | 34.30 | M45 | 3 |
| 24 | Jez | Brown | Buckley RC | 34.31 | M45 | 4 |
| 25 | Gwion | Roberts | Meirionnydd  | 34.37 | SM |  |
| 26 | Neil | Finnegan | West Cheshire AC | 34.49 | M45 | 5 |
| 27 | Paul  | O'Brien | Telford AC | 34.51 | M40 | 4 |
| 28 | Steve | Waters | Shrewsbury AC | 34.59 | M35 | 5 |
| 29 | Stuart | Smith | Shropshire Shufflers | 35.03 | SM |  |
| 30 | Tim | Joy | Buckley RC | 35.08 | SM |  |
| 31 | Craig | Conner | Tattenhall | 35.11 | SM |  |
| 32 | Dave | Alexander | West Cheshire AC | 35.17 | M50 | 1 |
| 33 | Richard | Shearer | Buckley RC | 35.22 | M45 | 6 |
| 34 | Nick | Bradley | Shrewsbury AC | 35.36 | SM |  |
| 35 | Steve | Fernyhough | West Cheshire AC | 35.38 | M35 | 6 |
| 36 | Ian | Edwards | Eryri Harriers | 35.44 | M35 | 7 |
| 37 | David | Lemon | Buckley RC | 35.47 | M40 | 5 |
| 38 | Paul  | Morrison | West Cheshire AC | 35.49 | U20M | 6 |
| 39 | Pat | White | Cadence Tri Club | 36.00 | SM |  |
| 40 | Phil | Jones | Shropshire Shufflers | 36.06 | M40 | 6 |
| 41 | Paul  | Bowes | Shrewsbury AC | 36.13 | M50 | 2 |
| 42 | Peter | Jones | Oswestry Olympians | 36.24 | M40 | 7 |
| 43 | Geran | Hughes | GOG Tri Club | 36.31 | M50 | 3 |
| 44 | Ryan | Morrison | Cadence Tri Club | 36.35 | M40 | 8 |
| 45 | Joe | Welch | Denbigh Harriers | 36.39 | M35 | 8 |
| 46 | Paul  | Aston | Shropshire Shufflers | 36.42 | M35 | 9 |
| 47 | Richard | Davies | Oswestry Olympians | 36.50 | SM |  |
| 48 | Peter | Gray | Cadence Tri Club | 36.54 | M35 | 10 |
| 49 | Rod | Sharam | Whitchurch Whippets | 36.59 | M45 | 7 |
| 50 | St. John | Ashworth | Oswestry Olympians | 37.02 | M40 | 9 |
| 51 | Rob | Arden | Tattenhall | 37.06 | M40 | 10 |
| 52 | Warren | Nuttal | Lawley RC | 37.17 | M40 | 11 |
| 53 | Stephen | Gill | Wrekin RR | 37.19 | M50 | 4 |
| 54 | Andrew | Clague | West Cheshire AC | 37.28 | M50 | 5 |
| 55 | Gary | Norgrove | Wrexham AC | 37.30 | M50 | 6 |
| 56 | Tony | Wood | Denbigh Harriers | 37.31 | SM |  |
| 57 | Neil | Hershaw | West Cheshire AC | 37.33 | M55 | 1 |
| 58 | Leon | Bagnall | Prestatyn RC | 37.35 | SM |  |
| 59 | James | Pickering | Oswestry Olympians | 37.45 | SM |  |
| 60 | Ben | Beachell | Eryri Harriers | 37.48 | M45 | 8 |
| 61 | Joel | Bishton | Shropshire Shufflers | 37.48 | M45 | 9 |
| 62 | Paul  | Parkinson | Whitchurch Whippets | 37.56 | M45 | 10 |
| 63 | Tom | Leather | Tattenhall | 37.58 | SM |  |
| 64 | Paul  | Brown | Whitchurch Tri Club | 38.08 | M45 | 11 |
| 65 | Jimmy | Carter | Meirionnydd  | 38.09 | M40 | 12 |
| 66 | James | Jenkin | Tattenhall | 38.10 | M55 | 2 |
| 67 | Adam | Tatton | Telford AC | 38.21 | U20M | 7 |
| 68 | Matt | Wooden | Shrewsbury AC | 38.26 | SM |  |
| 69 | David | Card | Oswestry Olympians | 38.28 | M35 | 11 |
| 70 | Jeremy | Randell | Meirionnydd  | 38.30 | M55 | 3 |
| 71 | Jared | Roberts | Colwyn Bay | 38.36 | SM |  |
| 72 | Huw | Williams | Denbigh Harriers | 38.43 | SM |  |
| 73 | Chris | Cox | Lawley RC | 38.48 | M45 | 12 |
| 74 | Karl | Williams | Buckley RC | 38.58 | M45 | 13 |
| 75 | Calvin | Wright | Shropshire Shufflers | 39.04 | M50 | 7 |
| 76 | Glen | Price | Denbigh Harriers | 39.15 | M45 | 14 |
| 77 | Richard | Hayes | West Cheshire AC | 39.23 | M45 | 15 |
| 78 | Neil | Rochester | Oswestry Olympians | 39.26 | M35 | 12 |
| 79 | Mike | Loyne | Eryri Harriers | 39.28 | M45 | 16 |
| 80 | Andrew | Carter | West Cheshire AC | 39.34 | M45 | 17 |
| 81 | Nick | Pollock | Shropshire Shufflers | 39.44 | M40 | 13 |
| 82 | Joe | Mathews | Betsi Runaways | 39.48 | M40 | 14 |
| 83 | Saul | Mellor | Whitchurch Whippets | 40.04 | SM |  |
| 84 | Dean | Richards | Whitchurch Whippets | 40.12 | SM |  |
| 85 | Tim | Woodhead | Deeside AC | 40.13 | M50 | 8 |
| 86 | Tim | Cahill | Abergele Harriers | 40.19 | M55 | 4 |
| 87 | Shon | Jones | Colwyn Bay | 40.21 | M50 | 9 |
| 88 | John | Simpson | Prestatyn RC | 40.23 | M50 | 10 |
| 89 | Greg | Williams | Shropshire Shufflers | 40.32 | M35 | 13 |
| 90 | Craig | Case | Oswestry Olympians | 40.38 | SM |  |
| 91 | Alan | Roberts | Oswestry Olympians | 40.39 | M40 | 15 |
| 92 | Dale | Walton | Oswestry Olympians | 40.40 | M40 | 16 |
| 93 | Matthew | Jones | Denbigh Harriers | 40.46 | M50 | 11 |
| 94 | Ian | Mulligan | Colwyn Bay | 40.50 | M50 | 12 |
| 95 | Paul  | Shannon | Tattenhall | 40.52 | M60 | 1 |
| 96 | Tim | Hargreaves | Buckley RC | 40.52 | M50 | 13 |
| 97 | David | Baugh | Denbigh Harriers | 40.54 | M55 | 5 |
| 98 | Alistair | Potter | Lawley RC | 41.12 | M50 | 14 |
| 99 | Hadyn | Jones | Shrewsbury AC | 41.23 | M55 | 6 |
| 100 | Russ | Godwin | Colwyn Bay | 41.46 | M50 | 15 |
| 101 | Simon | Bonfield | Abergele Harriers | 41.53 | M50 | 16 |
| 102 | Paul  | Phillips | Oswestry Olympians | 41.56 | M50 | 17 |
| 103 | Chris | Garbett | Oswestry Olympians | 42.02 | M50 | 18 |
| 104 | James | Rodgers | Prestatyn RC | 42.07 | M45 | 18 |
| 105 | James | Watkins | GOG Tri Club | 42.08 | M50 | 19 |
| 106 | Dylan | Evans | Meirionnydd  | 42.09 | M55 | 7 |
| 107 | Steve | Weedman | Prestatyn RC | 42.10 | M50 | 20 |
| 108 | Max | Williams | Wrecsam Tri Club | 42.18 | M45 | 19 |
| 109 | Ian | Bayliss | Buckley RC | 42.24 | M55 | 8 |
| 110 | Neil | Vicars Harris | GOG Tri Club | 42.37 | M50 | 21 |
| 111 | Dave | Newton | Oswestry Olympians | 42.39 | M55 | 9 |
| 112 | Harvey | Morgan | Oswestry Olympians | 42.46 | M55 | 10 |
| 113 | Ian | Jackson | Shropshire Shufflers | 42.48 | M40 | 17 |
| 114 | Andrew | Ellis | Meirionnydd  | 42.56 | M50 | 22 |
| 115 | Allen | Smith | Buckley RC | 42.57 | M60 | 2 |
| 116 | Oggy | East | Betsi Runaways | 43.12 | M50 | 23 |
| 117 | Arren | Roberts | Oswestry Olympians | 43.23 | M45 | 20 |
| 118 | Tim | Jones | Shropshire Shufflers | 43.44 | M50 | 24 |
| 119 | Simon | Meredith | Shropshire Shufflers | 43.50 | M55 | 11 |
| 120 | Neal | Jones | Colwyn Bay | 43.56 | SM |  |
| 121 | Duncan | Jones | Denbigh Harriers | 44.22 | M60 | 3 |
| 122 | Robert | Mason | Lawley RC | 44.40 | M35 | 14 |
| 123 | Martin | Witty | Deestriders | 44.43 | M50 | 25 |
| 124 | Mike | Arthur | Shropshire Shufflers | 44.45 | M55 | 12 |
| 125 | Mark | Davies | West Cheshire AC | 44.55 | M40 | 18 |
| 126 | Ian | Hopkins | Telford AC | 44.58 | M50 | 26 |
| 127 | Tony | Benton | Denbigh Harriers | 45.00 | M55 | 13 |
| 128 | Neil | Jones | Shropshire Shufflers | 45.97 | M45 | 21 |
| 129 | Rob | Pritchard | Betsi Runaways | 45.13 | M45 | 22 |
| 130 | Des | Davies | Prestatyn RC | 45.19 | M60 | 4 |
| 131 | Bob | Wilson | Whitchurch Tri Club | 45.20 | M45 | 23 |
| 132 | Matthew | Wright | Lawley RC | 45.25 | M35 | 15 |
| 133 | Graham | Alexander | Whitchurch Tri Club | 45.43 | M35 | 16 |
| 134 | Steven | Brown | Prestatyn RC | 45.47 | M45 | 24 |
| 135 | Justin | Partington | Meirionnydd  | 45.50 | M45 | 25 |
| 136 | Rob | Hulson | Tattenhall | 46.17 | M55 | 14 |
| 137 | Richard | Hankinson | Meirionnydd  | 46.21 | M55 | 15 |
| 138 | Ian | Taylor | Colwyn Bay | 46.25 | M50 | 27 |
| 139 | Tim | Jones | Shropshire Shufflers | 47.05 | M55 | 16 |
| 140 | Ian | Lowe | Oswestry Olympians | 47.09 | M45 | 26 |
| 141 | Gareth | Powell | Denbigh Harriers | 47.22 | M35 | 17 |
| 142 | Andy | Goater | Betsi Runaways | 47.23 | M45 | 27 |
| 143 | Rob | Ingram | Whitchurch Whippets | 47.46 | M45 | 28 |
| 144 | Dave | Tiernan | West Cheshire AC | 48.40 | M55 | 17 |
| 145 | John | Short | Shropshire Shufflers | 49.16 | M55 | 18 |
| 146 | John | Humphries | Eryri Harriers | 49.20 | M60 | 5 |
| 147 | Richard | Barker | Shrewsbury AC | 49.35 | M45 | 29 |
| 148 | James | Rainbow | Shropshire Shufflers | 49.45 | SM |  |
| 149 | Martin | Durrant | Tattenhall | 49.54 | M60 | 6 |
| 150 | Michael | Finnie | NWRRC | 50.03 | M60 | 7 |
| 151 |  |  | Whitchurch Tri Club | 50.32 | M45 | 30 |
| 152 | Shaun | Terry | Deestriders | 50.52 | M45 | 31 |
| 153 | Nigel | Tatton | Telford AC | 51.17 | M50 | 28 |
| 154 | Juan | Reyes-Montes | Shropshire Shufflers | 51.36 | M45 | 32 |
| 155 | Steven | Whitaker | Shropshire Shufflers | 52.47 | M50 | 29 |

**TEAMS**

**DIVISION ONE (6 TO SCORE)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club** | **Race 5****Points** | **Race 5 Position** | **Overall Points** | **Overall****Position** |
| Shrewsbury **CHAMPIONS** | **69** | **1** | **668** | **1** |
| Buckley | **148** | **2** | **915** | **2** |
| Oswestry | **185** | **3** | **1,256** | **3** |
| Eryri Harriers | **361** | **5** | **1,519** | **4** |
| Meirionnydd | **391** | **6** | **1,660** | **5** |
| West Cheshire | **186** | **4** | **1,786** | **6** |
| Prestatyn **RELEGATED** | **503** | **7** | **2,309** | **7** |
| Wrexham AC **RELEGATED** | **835** | **8** | **2,461** | **8** |

**DIVISION TWO (4 TO SCORE)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club** | **Race 5****Points** | **Race 5 Position** | **Overall Points** | **Overall****Position** |
| Shropshire Shufflers **PROMOTED** | **80** | **1** | **544** | **1** |
| Denbigh Harriers **PROMOTED** | **185** | **2** | **1,155** | **2** |
| Tattenhall | **211** | **3** | **1,443** | **3** |
| Whitchurch Whippets | **278** | **4** | **1,446** | **4** |
| GOG Tri Club | **414** | **9** | **1,477** | **5** |
| Cadence Tri Club | **287** | **5** | **1,541** | **6** |
| Colwyn Bay | **352** | **7** | **1,668** | **7** |
| Wrekin RR | **521** | **17** | **2,287** | **8** |
| Telford AC | **373** | **8** | **2,301** | **9** |
| Betsi Runaways | **469** | **11** | **2,352** | **10** |
| Wrecsam Tri Club | **430** | **10** | **2,620** | **11** |
| Whitchurch Tri Club | **479** | **13** | **2,637** | **12** |
| Deestriders | **587** | **19** | **2,956** | **13** |
| Lawley RC | **345** | **6** |  |  |
| Menai T&F | **472** | **12** |  |  |
| Maldwyn | **482** | **14** |  |  |
| Aberystwyth AC | **486** | **15** |  |  |
| Abergele Harriers | **499** | **16** |  |  |
| Deeside AC | **553** | **18** |  |  |
| NWRRC | **618** | **20** |  |  |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club** | **Race 5****Points** | **Race 5 Position** | **Overall Points** | **Overall****Position** |
| Shrewsbury | **6** | **1** | **76** | **1** |
| Buckley | **37** | **3** | **192** | **2** |
| Eryri Harriers | **34** | **2** | **219** | **3** |
| Shropshire Shufflers | **83** | **6** | **354** | **4** |
| West Cheshire | **43** | **4** | **431** | **5** |
| Oswestry Olympians | **59** | **5** | **489** | **6** |
| GOG Tri Club | **174** | **11** | **524** | **7** |
| Prestatyn RC | **134** | **8** | **571** | **8** |
| Denbigh Harriers | **133** | **7** | **645** | **9** |
| Tattenhall | **134** | **8** | **731** | **10** |
| Colwyn Bay | **186** | **13** | **922** | **11** |
| Lawley RC | **141** | **10** |  |  |
| Whitchurch Whippets | **176** | **12** |  |  |
| Meirionnydd | **196** | **14** |  |  |
| Telford AC | **225** | **15** |  |  |
| Betsi Runaways | **233** | **16** |  |  |
| Whitchurch Tri Club | **237** | **17** |  |  |

**MALE OVER 65**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** | **Age** | **Age Pos** |
| 1 | Steve | Roberts | Oswestry Olympians | 22.18 | M65 | **1** |
| 2 | John | Mainwaring | Eryri Harriers | 23.26 | M65 | **2** |
| 3 | Peter | Hough | Shropshire Shufflers | 23.31 | M65 | **3** |
| 4 | Fred | Jones | Denbigh Harriers | 24.15 | M65 | **4** |
| 5 | Colin | Hunt | Wrecsam Tri Club | 24.17 | M65 | **5** |
| 6 | Emyr | Davies | Hebog | 25.53 | M75 | **1** |
| 7 | Iain | Day | Shropshire Shufflers  | 26.12 | M70 | **1** |
| 8 | Phil | Walker | Wrexham AC | 26.50 | M70 | **2** |
| 9 | Chris | Baldwin | Denbigh Harriers | 26.59 | M65 | **6** |
| 10 | John | D’Albuquerque | GOG Tri Club | 27.10 | M70 | **3** |
| 11 | Mike | Whiteside | Tattenhall | 27.22 | M70 | **4** |
| 12 | Don | Williams | Eryri Harriers | 28.17 | M75 | **2** |
| 13 | Geoff | Fielding | Eryri Harriers | 28.22 | M75 | **3** |
| 14 | Bob | Neale | Denbigh Harriers | 28.25 | M65 | **7** |
| 15 | Chris  | Clarke | Shropshire Shufflers | 28.34 | M70 | **5** |
| 16 | Neville | Simpson | Shropshire Shufflers | 28.49 | M65 | **8** |
| 17 | John | Morris | Buckley RC | 29.25 | M75 | **4** |
| 18 | Jeff | Jones | Denbigh Harriers | 29.55 | M65 | **9** |
| 19 | Alwyn | Oliver | Eryri Harriers | 30.22 | M70 | **6** |
| 20 | Gareth | Hughes | Prestatyn RC | 30.24 | M70 | **7** |
| 21 | Mike | Davies | Prestatyn RC | 31.07 | M70 | **8** |
| 22 | John | Nolan | Bro Dysynni | 31.46 | M70 | **9** |
| 23 | Roger | Harrison-Jones | Prestatyn RC | 31.52 | M80 | **1** |
| 24 | Jack | Thomas | Buckley RC | 32.04 | M75 | **5** |
| 25 | Arthur | Egan | Wrexham AC | 33.23 | M75 | **6** |
| 26 | Steve | Hatfield | Prestatyn RC | 33.26 | M70 | **10** |
| 27 | Peter | Norman | Wrexham AC | 36.57 | M80 | **2** |
| 28 | John | Tipping | Wrexham AC | 37.54 | M80 | **3** |

**TEAMS (3 TO SCORE)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club** | **Race 5****Points** | **Race 5 Position** | **Overall Points** | **Overall****Position** |
| Eryri Harriers **CHAMPIONS** | **27** | **2** | **156** | **1** |
| Prestatyn  | **64** | **4** | **220** | **3** |
| Denbigh Harriers | **27** | **3** | **185** | **2** |
| Wrexham AC | **80** | **5** | **344** | **4** |
| Shropshire Shufflers | **25** | **1** |  |  |

**UNDER 17 MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** |
| 1 | Bryn | Woodall | Colwyn Bay | 17.18 |
| 2 | Edward | Woodhead | Deeside AC | 17.50 |
| 3 | James | Smith | GOG Tri Club | 18.23 |
| 4 | Matt | Anthony | Deeside AC | 18.42 |
| 5 | Huw | Jones | Deeside AC | 18.55 |
| 6 | Tyler | Cartridge | Deeside AC | 19.14 |
| 7 | James | Jones | Deeside AC | 19.59 |
| 8 | Evan | Roberts | Oswestry Olympians | 20.44 |
| 9 | Troy | Kettle | NWRRC | 21.12 |

**TEAMS (3 TO SCORE)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club** | **Race 5****Points** | **Race 5 Position** | **Overall Points** | **Overall****Position** |
| Deeside AC | **11** | **1** | **54** | **1** |

**SENIOR WOMEN**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** | **Age** | **Age Pos** |
| 1 | Sara | Wilhoit | Shrewsbury AC | 19.15 | SW |  |
| 2 | Miranda | Grant | Eryri Harriers | 20.06 | W35 | **1** |
| 3 | Eden  | O'Dea | Deeside AC | 20.28 | U17W | **1** |
| 4 | Gemma | Brown | Eryri Harriers | 20.40 | W35 | **2** |
| 5 | Beth | Jones | Oswestry Olympians | 20.45 | U17W | **2** |
| 6 | Bev | Whitfield | Shrewsbury AC | 20.56 | W40 | **1** |
| 7 | Kerry | Riley | West Cheshire AC | 21.19 | SW |  |
| 8 | Rhegan | Edwards | Deeside AC | 21.24 | U17W | **3** |
| 9 | Rachel | Coupe | Telford AC | 21.25 | W45 | **1** |
| 10 | Jennifer | Charlton | Eryri Harriers | 21.32 | W40 | **2** |
| 11 | Jan | Cook | Shropshire Shufflers | 21.37 | W45 | **2** |
| 12 | Jennifer | Rambaldi | Buckley RC | 21.40 | SW |  |
| 13 | Ellie | Small | Deeside AC | 21.47 | U17W | **4** |
| 14 | Bethan | Davies | Colwyn Bay | 21.51 | U20W | **1** |
| 15 | Ali | Grundy | Tattenhall | 22.04 | W40 | **3** |
| 16 | Rhian | Pierce | Denbigh Harriers | 22.16 | W35 | **3** |
| 17 | Julie | Owens | Abergele Harriers | 22.29 | W40 | **4** |
| 18 | Tracey | Rogers | Buckley RC | 22.32 | SW |  |
| 19 | Lou | Williams | Oswestry Olympians | 22.33 | W40 | **5** |
| 20 | Nicola | Bishton | Shropshire Shufflers | 22.34 | SW |  |
| 21 | Claire | McCarthy | Shropshire Shufflers | 22.43 | SW |  |
| 22 | Alice | Walton | Oswestry Olympians | 22.44 | SW |  |
| 23 | Clare | Hanson | Dolly Mixtures | 22.46 | W40 | **6** |
| 24 | Donna | Welsh | Deeside AC | 22.48 | W35 | **4** |
| 25 | Helen | Blair | Eryri Harriers | 22.52 | W50 | **1** |
| 26 | Christine | Symms | Wrekin RR | 22.56 | W35 | **5** |
| 27 | Emma | Collins | Denbigh Harriers | 22.59 | W55 | **1** |
| 28 | Alaw | Medi | Denbigh Harriers | 23.06 | SW |  |
| 29 | Mel | Morris | Denbigh Harriers | 23.11 | W45 | **3** |
| 30 | Tammy | Lewis-Jones | Eryri Harriers | 23.15 | W45 | **4** |
| 31 | Jane | Doughton | Buckley RC | 23.16 | W45 | **5** |
| 32 | Christine | Cammillare | Deestriders | 23.18 | W35 | **6** |
| 33 | Megan | Hughes | Eryri Harriers | 23.24 | W40 | **7** |
| 34 | Christina | O'Brien | Telford AC | 23.27 | W40 | **8** |
| 35 | Libby | Duddleston | Whitchurch Whippets | 23.32 | W40 | **9** |
| 36 | Katie | Baugh | Denbigh Harriers | 23.35 | SW |  |
| 37 | Lisa | Johnson | Prestatyn RC | 23.36 | SW |  |
| 38 | Anest | Muller | West Cheshire AC | 23.40 | W35 | **7** |
| 39 | Ellie | Robinson | West Cheshire AC | 23.43 | W45 | **6** |
| 40 | Helen | Macarthur | GOG Tri Club | 23.50 | W50 | **2** |
| 41 | Heather | Fras | Shropshire Shufflers | 23.58 | W35 | **8** |
| 42 | Victoria | Addison | Shropshire Shufflers | 24.00 | SW |  |
| 43 | Lou | Woolcock | Oswestry Olympians | 24.01 | W35 | **9** |
| 44 | Niamh | Merrison | Colwyn Bay | 24.06 | U17W | **5** |
| 45 | Gwennan | Henstock | Buckley RC | 24.07 | W40 | **10** |
| 46 | Linda | Jones | Wrexham AC | 24.09 | W50 | **3** |
| 47 | Anne | Mynott | Colwyn Bay | 24.10 | W55 | **2** |
| 48 | Mari | Williams | Denbigh Harriers | 24.12 | SW |  |
| 49 | Jacqui | Gears | Oswestry Olympians | 24.13 | W45 | **7** |
| 50 | Fennella | Higgins | Buckley RC | 24.21 | W50 | **4** |
| 51 | Hayley | Turner | Eryri Harriers | 24.27 | SW |  |
| 52 | Helen | Ashworth | Prestatyn RC | 24.30 | W35 | **10** |
| 53 | Ellen | McMahon | West Cheshire AC | 24.43 | SW |  |
| 54 | Michelle | Bateson | Dolly Mixtures | 24.44 | W35 | **11** |
| 55 | Carys | Davies | Denbigh Harriers | 24.56 | W40 | **11** |
| 56 | Milly | Jones | Deeside AC | 24.59 | U17W | **6** |
| 57 | Clare | Mallon | West Cheshire AC | 25.01 | W45 | **8** |
| 58 | Sarah | Pearce | Dolly Mixtures | 25.04 | W45 | **9** |
| 59 | Jo  | Hoppes | Prestatyn RC | 25.10 | W35 | **12** |
| 60 | Alison | Preece | Telford AC | 25.16 | W45 | **10** |
| 61 | Yvonne | Hill | Oswestry Olympians | 25.19 | W55 | **3** |
| 62 | Hazel | Pollock | Shropshire Shufflers | 25.44 | W40 | **12** |
| 63 | Kim | Jones-Norgrove | Wrecsam Tri Club | 25.48 | W50 | **5** |
| 64 | Alex | Fletcher | Eryri Harriers | 25.49 | W35 | **13** |
| 65 | Sarah | Seery | Eryri Harriers | 25.49 | SW |  |
| 66 | Briony | Hibbert | Deeside AC | 25.56 | SW |  |
| 67 | Niki | Wilkinson | Shropshire Shufflers | 26.06 | SW |  |
| 68 | Ellie  | Salisbury | Eryri Harriers | 26.14 | W55 | **4** |
| 69 | Caroline | Jenkins | Dolly Mixtures | 26.17 | W35 | **14** |
| 70 | Jayne | Jones | Dolly Mixtures | 26.21 | W55 | **5** |
| 71 | Trish | Smith | Dolly Mixtures | 26.23 | W40 | **13** |
| 72 | Laura | Beuamont | Dolly Mixtures | 26.24 | SW |  |
| 73 | Mari | Jones | Betsi Runaways | 26.37 | W40 | **14** |
| 74 | Simone | Norris | Tattenhall | 26.42 | W40 | **15** |
| 75 | Nicola | Eatherington | Prestatyn RC | 26.43 | W35 | **15** |
| 76 | Ashling | D-Harrison | Oswestry Olympians | 26.51 | SW |  |
| 77 | Leah | Hulson | Tattenhall | 26.58 | W40 | **16** |
| 78 | Amele | Roberts | Colwyn Bay | 27.01 | U17W | **7** |
| 79 | Lucy | Osborne | Dolly Mixtures | 27.04 | W45 | **11** |
| 80 | Debra | Bemand | West Cheshire AC | 27.13 | W45 | **12** |
| 81 | Lisa | Ashworth | Dolly Mixtures | 27.15 | W40 | **17** |
| 82 | Menai | Baugh | Denbigh Harriers | 27.19 | W60 | **1** |
| 83 | Claire | Ellis | Lawley RC | 27.32 | W40 | **18** |
| 84 | Liz | Park | Oswestry Olympians | 27.33 | W40 | **19** |
| 85 | Rachael | Foster | Whitchurch Whippets | 27.35 | W50 | **6** |
| 86 | Susan | Bowes | Shropshire Shufflers | 27.42 | W45 | **13** |
| 87 | Amy | Biggar | Whitchurch Whippets | 27.51 | W35 | **16** |
| 88 | Alex | Duffey | West Cheshire AC | 28.00 | W45 | **14** |
| 89 | Chris | Birch | Abergele Harriers | 28.10 | W70 | **1** |
| 90 | Lisa | Blagden | Telford AC | 28.19 | W50 | **7** |
| 91 | Jennifer | Willott | Lawley RC | 28.30 | SW |  |
| 92 | Kay | Roberts | Cadence Tri Club | 28.33 | W45 | **15** |
| 93 | Cara | Jones | Prestatyn RC | 28.38 | W40 | **20** |
| 94 | Liz | Martin | Prestatyn RC | 28.42 | W40 | **21** |
| 95 | Sharon | Davies | Dolly Mixtures | 28.44 | W40 | **22** |
| 96 | Louise | Griffiths | Cadence Tri Club | 28.51 | W55 | **6** |
| 97 | Niamh | Edwards | Eryri Harriers | 29.09 | W35 | **17** |
| 98 | Amanda | Garner | Buckley RC | 29.12 | W35 | **18** |
| 99 | Helen | Alefounder | Prestatyn RC | 29.14 | W45 | **16** |
| 100 | Liz | Featherstone | Whitchurch Whippets | 29.32 | W50 | **8** |
| 101 | Grace | Hart | Tattenhall | 29.42 | W50 | **9** |
| 102 | Ester | Evans | Dolly Mixtures | 29.53 | W40 | **23** |
| 103 | Amanda | Cooke | Dolly Mixtures | 29.56 | W45 | **17** |
| 104 | Tracey | Wilson | Whitchurch Tri Club | 30.20 | W35 | **19** |
| 105 | Sue | McIndoe | Deestriders | 30.27 | W50 | **10** |
| 106 | Gill | Csizmadia | Wrexham AC | 30.32 | W55 | **7** |
| 107 | Julia | Evans | Prestatyn RC | 30.38 | W50 | **11** |
| 108 | Maggie | Oliver | Eryri Harriers | 30.46 | W70 | **2** |
| 109 | Sian | Meirion | Buckley RC | 30.48 | W45 | **18** |
| 110 | Zoe | Smith Higgins | Whitchurch Whippets | 31.04 | W40 | **24** |
| 111 | Sue | Ridings | Buckley RC | 31.06 | W60 | **2** |
| 112 | Lisa | Bear | Whitchurch Tri Club | 31.14 | W35 | **20** |
| 113 | Sue | Formstone | Buckley RC | 31.26 | W50 | **12** |
| 114 | Sarah | Ho | Dolly Mixtures | 31.42 | W35 | **21** |
| 115 | Pauline | Eccles | Wrekin RR | 32.00 | W35 | **22** |
| 116 | Les | Millington | Whitchurch Tri Club | 32.00 | SW |  |
| 117 | Meg | Jones | Dolly Mixtures | 32.20 | U17W | **8** |
| 118 | Ceri | Crabbe | Wrekin RR | 32.31 | W45 | **19** |
| 119 | Dee | Hancock | Shropshire Shufflers | 32.42 | W60 | **3** |
| 120 | Kelly | Clarke | Oswestry Olympians | 33.47 | W40 | **25** |
| 121 | Samantha | Hall-Davies | Wrekin RR | 34.11 | SW |  |
| 122 | Beverley | Goodson | Deestriders | 34.31 | W50 | **13** |
| 123 | Abigail | Cammillare | Deestriders | 34.38 | SW |  |
| 124 | Alison | Forster | Wrexham AC | 35.02 | W55 | **8** |
| 125 | Nicola | Wright | Lawley RC | 35.42 | W40 | **26** |
| 126 | Yolanda | Marconi-Nolan | Bro Dysynni | 35.52 | W70 | **3** |
| 127 | Brenda | Jones | Bro Dysynni | 36.07 | W75 | **1** |
| 128 | Bethy | Jones | Dolly Mixtures | 36.48 | SW |  |
| 129 | Michelle | Flannery | Cadence Tri Club | 37.21 | W50 | **14** |
| 130 | Lisa | Jones | Shropshire Shufflers | 38.25 | W50 | **15** |
| 131 | Elaine | Dean | Shropshire Shufflers | 38.26 | W55 | **9** |
| 132 | Marilyn | Hunt | Shropshire Shufflers | 38.46 | W50 | **16** |
| 133 | Marjorie | Griffiths | Bro Dysynni | 39.56 | W70 | **4** |
| 134 | Maria | Sierra | Shropshire Shufflers | 40.08 | W35 | **23** |
| 135 | Julie | Evans | Prestatyn RC | 40.20 | W55 | **10** |
| 136 | Karen | Roberts | Prestatyn RC | 40.20 | W45 | **20** |

**FEMALE TEAMS**

**DIVISION ONE (4 to SCORE)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club** | **Race 5****Points** | **Race 5 Position** | **Overall Points** | **Overall****Position** |
| Eryri Harriers **CHAMPIONS** | **29** | **1** | **113** | **1** |
| Oswestry Olympians | **89** | **3** | **447** | **2** |
| West Cheshire | **137** | **6** | **546** | **3** |
| Denbigh | **100** | **4** | **597** | **4** |
| Buckley RC | **106** | **5** | **748** | **5** |
| Deeside AC **RELEGATED** | **48** | **2** | **782** | **6** |
| Colwyn Bay **RELEGATED** | **183** | **7** | **1277** | **7** |

**DIVISION TWO (3 TO SCORE)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club** | **Race 5****Points** | **Race 5 Position** | **Overall Points** | **Overall****Position** |
| Shropshire Shufflers **PROMOTED** | **52** | **1** | **532** | **1** |
| Prestatyn RC **PROMOTED** | **148** | **5** | **707** | **2** |
| Dolly Mixtures | **135** | **3** | **765** | **3** |
| Telford AC | **103** | **2** | **1022** | **4** |
| Tattenhall | **166** | **6** | **1058** | **5** |
| Whitchurch Whippets | **207** | **7** | **1182** | **6** |
| GOG Tri Club | **314** | **13** | **1265** | **7** |
| Wrekin RR | **259** | **9** | **1387** | **8** |
| Betsi Runaways | **347** | **17** | **1431** | **9** |
| Deestriders | **259** | **9** | **1463** | **10** |
| Wrecsam Tri Club | **337** | **16** | **1540** | **11** |
| Wrexham AC | **276** | **11** | **1670** | **12** |
| Whitchurch Tri Club | **332** | **15** | **1713** | **13** |
| Bro Dysynni | **386** | **18** | **2125** | **14** |
| Shrewsbury AC | **144** | **4** |  |  |
| Abergele Harriers | **243** | **8** |  |  |
| Lawley RC | **299** | **12** |  |  |
| Cadence Tri Club | **317** | **14** |  |  |

**FEMALE MASTERS TEAMS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club** | **Race 5****Points** | **Race 5 Position** | **Overall Points** | **Overall****Position** |
| Eryri Harriers **CHAMPIONS** | **8** | **1** | **33** | **1** |
| Denbigh Harriers | **42** | **2** | **228** | **2** |
| Oswestry Olympians | **71** | **4** | **308** | **3** |
| West Cheshire | **86** | **8** | **347** | **4** |
| Dolly Mixtures | **85** | **7** | **451** | **5** |
| Prestatyn RC | **124** | **10** | **586** | **6** |
| Shropshire Shufflers | **75** | **5** | **796** | **7** |
| Whitchurch Whippets | **143** | **11** | **807** | **8** |
| Wrekin RR | **192** | **13** | **942** | **9** |
| Telford | **66** | **3** |  |  |
| Buckley RC | **81** | **6** |  |  |
| Tattenhall | **110** | **9** |  |  |
| Deestriders | **190** | **12** |  |  |
| Wrexham AC | **202** | **14** |  |  |
| Cadence Tri Club | **231** | **15** |  |  |
| Bro Dysynni | **292** | **16** |  |  |

A big thank you to all the people who helped on the final fixture, especially as I was unavailable. Despite a few minor hiccups a great job was done and a fantastic end of season was held at Oswestry. A big thank you to Margaret Morris and all her helpers both out on the course and of course in the refreshment room afterwards.

Following the sad death of David Alun Williams, League Chairman, Russ Godwin paid tribute to him before both races and also presented Margaret Morris some flowers to place in her husband’s Dougie spot on the course to remember both him and David. I’m sure you all have your own memories of David Alun Williams and he will always be remembered for what he did for cross country running in North Wales and beyond.

The races almost were an anti-climax after an emotionally filled tribute but once again it is great to see a good turn out and the young men dominating the first race. Bryn Woodall, Colwyn Bay was a comfortable winner becoming the only Under 17 man to win 2 races this season. Unfortunately Bryn wasn’t able to complete enough races for the Under 17 title which went to Huw Wynne Jones of Deeside, who was 5th on the day. For the first time for many years it was also good that an Under 17 Men’s team completed a full season, so well done to Deeside.

In the Women’s race, Sara Wilhoit, Shrewsbury, having got her debut victory at Shrewsbury had no problems doubling her tally of wins with a comfortable victory over Miranda Grant, Eryri Harriers who did enough to win the overall women’s title. It’s also been a good season for Under 17 women and Eden O’Dea, finished 3rd to back up her victory at Fox Hills earlier in the season. Under 17 Women Beth Jones of Oswestry wasn’t far behind either and it was good to see Rhegan Edwards, Deeside also making the top 10. The future looks bright. There were the usual stalwart performances in the masters’ categories. A full list of individual category winners is at the end of the report.

In the Masters 65+ category, local boy Steve Roberts, showed all the other ‘grand’ masters a clean pair of heels as he finished one of his best ever cross country seasons. Special mention should also go to our five 80+ athletes who have competed this year led by Roger Harrison Jones, John Tipping, Peter Norman, David Hughes and 85+ Brian Forster. They are an inspiration to us all and long may they continue.

Youth showed the way in the Men’s race also with West Cheshire’s Joseph Morrison claiming the overall men’s title by winning his first senior race following two seconds already this season. Menai’s Aled Jones, also Under 20 was also in contention for most of the race along with Buckley’s every improving Sam Bellis and Shropshire Shufflers, Adam Allinson. It is also the first time in the history of the league that a West Cheshire athlete has won a title.

In the leagues, Shrewsbury and Eryri both retained their Men’s and Women’s titles respectfully and both also won their respective masters titles. In the Women’s League Oswestry finished Runners-up with West Cheshire in third place. Deeside and Colwyn Bay were relegated. Shropshire Shufflers were champions of Division 2 and will be promoted along with Prestatyn, who were second (not Bangor Uni as indicated on the day), with Dolly Mixtures finishing 3rd again. The Women’s Masters positions were first- Eryri Harriers; second Denbigh Harriers; and third Oswestry.

In the Men’s League, Buckley finished runners-up to Shrewsbury, with Oswestry third. Like their Women’s Team Shropshire Shufflers were Champions of Division 2, with Denbigh being promoted alongside them in second place (not Whitchurch Whippets). Tattenhall finished in third place. In the Masters positions first were Shrewsbury; second Buckley and third Eryri Harriers. Eryri Harriers also won the M65 Team, with Denbigh second and Prestatyn third (announced other way round at presentation). The Tudor Shield for the overall best club was a very close run affair with those clubs with men and women’s teams in Division 1 contesting the trophy and the combined scores from each league determining the result. Eryri Harriers won by 31 points from Buckley, with Oswestry only 40 points further back.

George Nixon, Prestatyn was a well deserved winner of the Arthur Bebbington Trophy. George first ran in the league in 1974, winning on many occasions in the 70’s and 80’s and has only missed about 10 races in 46 years.

A big thank you to all of those involved in getting the results out and undertaking the presentations on the day. In particular Shelagh Moore, Ellie Robinson, Margaret Morris, Bob Frosty, Gareth Hughes and Russ Godwin. It’s a thankless task and I hope you appreciate their efforts. I’d also like to thank Dave Gough, who has refereed all season and Eric Campbell who refereed a couple of the fixtures. Finally I would like to thank all the host clubs Wrexham, Colwyn Bay, Meirionnydd, Shrewsbury and Oswestry for putting on great league races this year and Buckley for hosting this year’s championship.

The AGM will be held towards the end of April, date to be confirmed, but if you have any thoughts/ideas/changes you would like to be seen made, or your club is willing/able to host a fixture next year, then please let me know through your Cross Country Secretaries/Captains.

Have a great summer.

**Bernie Jones**

**Referee/Secretary**

**NORTH WALES CROSS COUNTRY LEAGUE 2019-20**

**OVERALL WINNERS - MEN**

|  |  |  |  |
| --- | --- | --- | --- |
| **Age Category** | **First Place** | **Second Place** | **Third Place** |
| **MEN****OVERALL** | Joseph Morrison, West Cheshire | Adam Allinson, Shropshire Shufflers | Jim Hickinbottom, Shrewsbury AC |
| **U17 MEN** | Huw Wynne Jones,Deeside AC | James Smith,GOG Tri Club | Matt Anthony,Deeside AC |
| **U20 MEN** | Joseph Morrison, West Cheshire | Carwyn Owen,Maldwyn | Tom Wilde,Oswestry Olympians |
| **SENIOR MEN** | Adam Allinson, Shropshire Shufflers | Sam Bellis,Buckley RC | Dan Elliot,Shrewsbury AC |
| **M35** | Jim Hickinbottom, Shrewsbury AC | Gabe Morris,Shrewsbury AC | Steve Waters,Shrewsbury AC |
| **M40** | Steve Skates,Prestatyn RC | Matt Fortes,Eryri Harriers | Phil Jones,Shropshire Shufflers |
| **M45** | Jez Brown,Buckley RC | Dyfed Whiteside,Eryri Harriers | Ben Beachell,Eryri Harriers |
| **M50** | Geran Hughes,GOG Tri Club | Gary Norgrove,Wrexham AC | Andrew Claque,West Cheshire |
| **M55** | James Jenkins,Tattenhall | Jeff Gifford,Buckley RC | Hadyn Jones,Shrewsbury AC |
| **M60** | Graham Jones,Shrewsbury AC | Paul Shannon,Tattenhall | Allen Smith,Buckley RC |
| **M65** | Steve Roberts,Oswestry Olympians | George Nixon,Prestatyn RC | Fred Jones,Denbigh Harriers |
| **M70** | Mike Whiteside,Tattenhall  | Iain Day,Shropshire Shufflers  | Phil Walker,Wrexham AC |
| **M75** | Emyr Davies,Hebog | Dan Williams,Eryri Harriers | Geoff Fielding,Eryri Harriers |
| **M80** | Roger Harrison-Jones,Prestatyn RC | John Tipping,Wrexham AC | No winner |
| **DIVISON 1 MEN’S TEAMS**  | Shrewsbury AC | Buckley RC | Oswestry Olympians |
| **DIVISON 1 MEN’S TEAMS**  | Wrexham AC*Relegated* | Prestatyn RC*Relegated* |  |
| **DIVISION 2 MEN’S TEAMS** | Shropshire Shufflers*Promoted* | Denbigh Harriers*Promoted* | Tattenhall |
| **MASTERS** | Shrewsbury AC  | Buckley RC | Eryri Harriers |
| **MASTERS 65+** | Eryri Harriers | Denbigh Harriers | Prestatyn RC |
| **UNDER 17 MEN** | Deeside AC | No winner | No winner |

**NORTH WALES CROSS COUNTRY LEAGUE 2019-20**

**OVERALL WINNERS - WOMEN**

|  |  |  |  |
| --- | --- | --- | --- |
| **Age Category** | **First Place** | **Second Place** | **Third Place** |
| **WOMEN****OVERALL** | Miranda Grant, Eryri Harriers | Gemma Moore,Eryri Harriers | Bethan Jones,Oswestry Olympians |
| **U17 WOMEN** | Bethan Jones,Oswestry Olympians | Ellie Small,Deeside AC | Lucia Pyne,West Cheshire AC |
| **U20 WOMEN** | Bethan Davies,Colwyn Bay AC | No winner | No winner |
| **SENIOR WOMEN** | Jennifer Rambaldi,Buckley RC | Clare McCarthy,Shropshire Shufflers | Alice Walton,Oswestry Olympians |
| **W35** | Miranda Grant, Eryri Harriers | Gemma Moore,Eryri Harriers | Rhian Pierce,Denbigh Harriers |
| **W40** | Jennifer Charlton,Eryri Harriers | Ali Grundy,Tattenhall | Louisa Williams,Oswestry Olympians |
| **W45** | Andrea Rowlands, Eryri Harriers | Rachel Coupe,Telford AC | Tammy Lewis-Jones,Eryri Harriers |
| **W50** | Helen Blair,Eryri Harriers | Helen Macarthur,GOG Tri Club | Fenella Higgins, Buckley RC |
| **W55** | Emma Collins,Denbigh Harriers | Anne Mynott,Colwyn Bay AC | Yvonne Hill,Oswestry Olympians |
| **W60** | Menai Baugh,Denbigh Harriers | Viv Edwards,Eryri Harriers | No winner |
| **W65** | No winner | No winner | No winner |
| **W70** | Ann d’Albuqerque,GOG Tri Club | Maggie Oliver,Eryri Harriers | Yolanda Marconi Nolan Bro Dysynni & Marjorie Griffiths,Bro Dysynni  |
| **W75** | Brenda Jones,Bro Dysynni | No winner | No winner |
| **DIVISON 1 WOMEN’S TEAMS**  | Eryri Harriers | Oswestry Olympians | West Cheshire AC |
| **DIVISON 1 WOMEN’S TEAMS**  | Colwyn Bay*Relegated* | Deeside AC*Relegated* |  |
| **DIVISION 2 WOMEN’S TEAMS** | Shropshire Shufflers*Promoted* | Prestatyn RC*Promoted* | Dolly Mixtures |
| **WOMEN MASTERS** | Eryri Harriers | Denbigh Harriers | Oswestry Olympians |