**GRAND PRIX EXPRESS**

***“David Alun Williams”* NORTH WALES CROSS COUNTRY LEAGUE**

(Supported by Welsh Athletics Ltd)

At Treborth Track, Bangor Saturday 23rd October 2021

FINAL RESULTS 24/10/21

**SENIOR MEN**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | Elliot | Smith-Rasmussen | Bangor Uni | 29-09 | SM | 1 |
| 2 | Rhodri | Owen | Meirionnydd | 29-32 | SM | 2 |
| 3 | Sam | Bellis | Buckley RC | 29-38 | SM | 3 |
| 4 | Jim | Hickinbottom | Shrewsbury AC | 30-00 | M35 | 1 |
| 5 | Ryan | Davis | Wrexham AC | 30-16 | SM | 4 |
| 6 | Tom | Roberts | Meirionnydd | 30-29 | SM | 5 |
| 7 | Phil | Pumford | Buckley RC | 30-30 | M35 | 2 |
| 8 | Joel | Gomes | Wrexham AC | 30-42 | M40 | 1 |
| 9 | Craig | Connor | Tattenhall | 30-48 | M35 | 3 |
| 10 | Adam | Allinson | Shropshire Shufflers | 30-54 | SM | 6 |
| 11 | Peter | Butler | Oswestry Olympians | 31-04 | M35 | 4 |
| 12 | Paul | Jones | Shrewsbury AC | 31-12 | M50 | 1 |
| 13 | Christopher | Callaghan | Buckley RC | 31-24 | M40 | 2 |
| 14 | Dan | Elliott | Shrewsbury AC | 31-28 | SM | 7 |
| 15 | Ifan | Richards | Meirionnydd | 31-50 | M40 | 3 |
| 16 | Gwion | Roberts | Meirionnydd | 31-52 | SM | 8 |
| 17 | Shaun | Hughes | Denbigh Harriers | 31-54 | SM | 9 |
| 18 | Dion | Griffith | Menai T&F | 32-00 | U20M | 1 |
| 19 | Owen | Roberts | Hebog | 32-03 | SM | 10 |
| 20 | James | Cowan | Aberystwyth Uni | 32-14 | SM | 11 |
| 21 | Paul | Aston | Shropshire Shufflers | 32-15 | M35 | 5 |
| 22 | Neil | Finegan | West Cheshire | 32-44 | M45 | 1 |
| 23 | Joe | Robson | Aberystwyth Uni | 32-47 | SM | 12 |
| 24 | Geraint | Pugh | Meirionnydd | 32-51 | SM | 13 |
| 25 | Ian | Edwards | Eryri Harriers | 32-52 | M35 | 6 |
| 26 | Euros | Evans | Meirionnydd | 32-53 | SM | 14 |
| 27 | Tony | Wood | Denbigh Harriers | 32-58 | SM | 15 |
| 28 | Fraser | Campbell | West Cheshire | 33-10 | U20M | 2 |
| 29 | Joe | Gillinge | Shrewsbury AC | 33-15 | U20M | 3 |
| 30 | Charlie | Weaver | Tattenhall | 33-26 | SM | 16 |
| 31 | Tim | Joy | Buckley RC | 33-33 | SM | 17 |
| 32 | James | Jones | Deeside AC | 33-36 | U20M | 4 |
| 33 | Ben | Sulley | Shrewsbury AC | 33-43 | SM | 18 |
| 34 | Simon | Roberts | Buckley RC | 33-50 | M50 | 2 |
| 35 | Daniel | Jones | Denbigh Harriers | 33-55 | M35 | 7 |
| 36 | Greg | Williams | Shropshire Shufflers | 34-02 | M35 | 8 |
| 37 | Jez | Brown | Buckley RC | 34-05 | M45 | 2 |
| 38 | Richard | Price | Shropshire Shufflers | 34-11 | M40 | 4 |
| 39 | David | Lyth | Buckley RC | 34-22 | M35 | 9 |
| 40 | Peter | Gray | Cadence Tri Club | 34-24 | M40 | 5 |
| 41 | Dave | Alexander | West Cheshire | 34-36 | M50 | 3 |
| 42 | Tim | Tansley | Oswestry Olympians | 34-45 | M45 | 3 |
| 43 | Rob | Arden | Tattenhall | 34-48 | M40 | 6 |
| 44 | Paul | Morrison | West Cheshire | 34-58 | U20M | 5 |
| 45 | Gary | Norgrove | Wrexham AC | 35-03 | M50 | 4 |
| 46 | David | Lemon | Buckley RC | 35-11 | M40 | 7 |
| 47 | James | Pickering | Oswestry Olympians | 35-13 | M35 | 10 |
| 48 | Jared | Roberts | Colwyn Bay | 35-16 | SM | 19 |
| 49 | Andrew | Peers | Buckley RC | 35-19 | M35 | 11 |
| 50 | Euan | Balmer | Shropshire Shufflers | 35-22 | M40 | 8 |
| 51 | Glen | Price | Denbigh Harriers | 35-25 | M45 | 4 |
| 52 | Joe | Welch | Denbigh Harriers | 35-26 | M40 | 9 |
| 53 | Geran | Hughes | GOG Tri Club | 35-28 | M55 | 1 |
| 54 | Morgan | Thompson | Aberystwyth Uni | 35-29 | U20M | 6 |
| 55 | Russell | Owen | Eryri Harriers | 35-30 | M60 | 1 |
| 56 | Matthew | Fortes | Eryri Harriers | 35-35 | M40 | 10 |
| 57 | Llyr | Ab Einion | Aberystwyth Uni | 35-36 | SM | 20 |
| 58 | Charlie | Woolcock | Oswestry Olympians | 35-37 | M40 | 11 |
| 59 | Gareth | Chaloner | Wrexham AC | 35-42 | M35 | 12 |
| 60 | Steve | Toogood | Buckley RC | 35-46 | M55 | 2 |
| 61 | Andrew | Clague | West Cheshire | 35-52 | M50 | 5 |
| 62 | Griff | Roberts | Menai T&F | 35-56 | U20M | 7 |
| 63 | Andrew | Price | Shrewsbury AC | 36-00 | SM | 21 |
| 64 | St.John | Ashworth | Oswestry Olympians | 36-08 | M40 | 12 |
| 65 | Jeff | Gifford | Buckley RC | 36-10 | M55 | 3 |
| 66 | Dan | Hurst | Clwydian Runners | 36-14 | M45 | 5 |
| 67 | Hadyn | Jones | Shrewsbury AC | 36-22 | M60 | 2 |
| 68 | Eric | Campbell | Buckley RC | 36-23 | M55 | 4 |
| 69 | Craig | Jones | Eryri Harriers | 36-27 | M50 | 6 |
| 70 | James | Robinson | West Cheshire | 36-29 | SM | 22 |
| 71 | Evan | Roberts | Oswestry Olympians | 36-32 | U20M | 8 |
| 72 | Steve | Thomas | Deestriders | 36-34 | M55 | 5 |
| 73 | Steve | Waters | Shrewsbury AC | 36-42 | M35 | 13 |
| 74 | John | Simpson | Prestatyn | 36-47 | M55 | 6 |
| 75 | Craig | Williams | Shropshire Shufflers | 36-54 | M55 | 7 |
| 76 | Dan | Wellings | GOG Tri Club | 37-05 | M40 | 13 |
| 77 | Stephen | Parry | Deeside AC | 37-12 | M45 | 6 |
| 78 | Ashley | Gray | Oswestry Olympians | 37-29 | M45 | 7 |
| 79 | Trenten | Roberts | Aberystwyth Uni | 37-32 | SM | 23 |
| 80 | John | Rolton | Clwydian Runners | 37-33 | SM | 24 |
| 81 | Calvin | Wright | Shropshire Shufflers | 37-34 | SM | 25 |
| 82 | Vic | Belshaw | Denbigh Harriers | 37-36 | M60 | 3 |
| 83 | Tim | Woodhead | Deeside AC | 37-39 | M50 | 7 |
| 84 | Sean Michael | Hughes | Hebog | 37-42 | SM | 26 |
| 85 | Nick | Holmes | Tattenhall | 37-43 | M60 | 4 |
| 86 | Andy | Jones | GOG Tri Club | 37-47 | M45 | 8 |
| 87 | Russell | Godwin | Colwyn Bay | 37-49 | M50 | 8 |
| 88 | Owen | Conry | Denbigh Harriers | 38-05 | M50 | 9 |
| 89 | Steven | Crowe | Deeside AC | 38-10 | M45 | 9 |
| 90 | Martin | ?? | Bangor Uni | 38-25 | SM | 27 |
| 91 | Tim | Hargreaves | Buckley RC | 38-34 | M50 | 10 |
| 92 | Luke | Bodman | Prestatyn | 38-36 | SM | 28 |
| 93 | Adam | Gailitis | Aberystwyth Uni | 38-42 | SM | 29 |
| 94 | Iwan | Ab Trefor | Hebog | 39-08 | M40 | 14 |
| 95 | Dave | Boothroyd | Buckley RC | 39-10 | M55 | 8 |
| 96 | Daniel | Davey | Bangor Uni | 39-29 | U20M | 9 |
| 97 | Andy | Roberts | Clwydian Runners | 39-37 | M50 | 11 |
| 98 | Allen | Smith | Buckley RC | 39-42 | M60 | 5 |
| 99 | Ian | Bayliss | Buckley RC | 39-53 | M60 | 6 |
| 100 | Christopher | Thomas | Cybi Striders | 39-58 | M40 | 15 |
| 101 | Phil | Hayes | Denbigh Harriers | 39-59 | M40 | 16 |
| 102 | Peter | Holmes | Whitchurch Whippets | 40-01 | M45 | 10 |
| 103 | Mark | Jones | Oswestry Olympians | 40-07 | M50 | 12 |
| 104 | Brian | Rothera | Oswestry Olympians | 40-10 | M50 | 13 |
| 105 | Matthew | Knapper | Oswestry Olympians | 40-11 | M45 | 11 |
| 106 | David | Baugh | Denbigh Harriers | 40-12 | M60 | 7 |
| 107 | Ola | Jorge | Bangor Uni | 40-19 | SM | 30 |
| 108 | Neil | Vicars-Harris | GOG Tri Club | 40-20 | M50 | 14 |
| 109 | Paul | Lewty | Deestriders | 40-38 | M40 | 17 |
| 110 | Simon | Bonfield | Abergele | 40-46 | M50 | 15 |
| 111 | Stuart | Jones | Deeside AC | 40-54 | M50 | 16 |
| 112 | Gareth | Bicknell | Colwyn Bay | 40-55 | M40 | 18 |
| 113 | Paul | Phillips | Oswestry Olympians | 40-57 | M50 | 17 |
| 114 | Steven | Weedman | Prestatyn | 41-02 | M55 | 9 |
| 115 | Arren | Roberts | Oswestry Olympians | 41-04 | M50 | 18 |
| 116 | Andrew | McKenzie | Cadence Tri Club | 41-13 | M40 | 19 |
| 117 | Lee | Bailey | Prestatyn | 41-14 | M45 | 12 |
| 118 | Simon | Blain | GOG Tri Club | 41-19 | M35 | 14 |
| 119 | Steven | Owen | GOG Tri Club | 41-30 | M35 | 15 |
| 120 | Christopher | Garbett | Oswestry Olympians | 41-35 | M55 | 10 |
| 121 | Tim | Jones | Shropshire Shufflers | 41-43 | M50 | 19 |
| 122 | Richie | Westwood | Wrexham AC | 41-53 | M40 | 20 |
| 123 | Ian | Taylor | Colwyn Bay | 42-25 | M50 | 20 |
| 124 | Kevin | Challinor | Buckley RC | 42-35 | M60 | 8 |
| 125 | Ian | Grandfield | Whitchurch Whippets | 42-44 | M55 | 11 |
| 126 | Nigel | Pritchard | Shropshire Shufflers | 42-46 | M50 | 21 |
| 127 | Ian | Mulligan | Colwyn Bay | 42-50 | M50 | 22 |
| 128 | Duncan | Jones | Denbigh Harriers | 43-13 | M60 | 9 |
| 129 | Chris | Williams | Colwyn Bay | 43-20 | M60 | 10 |
| 130 | Mark | Paviour | Maldwyn | 43-38 | M55 | 12 |
| 131 | Neil | Quinlan | Tattenhall | 44-14 | M40 | 21 |
| 132 | Robert | Ingham | Whitchurch Whippets | 44-17 | M50 | 23 |
| 133 | Richard | Hankinson | Meirionnydd | 44-40 | M60 | 11 |
| 134 | James | Rogers | Prestatyn | 44-59 | M45 | 13 |
| 135 | Oliver | Dunk | Shropshire Shufflers | 45-10 | M45 | 14 |
| 136 | Paul | Maitland | Cybi Striders | 45-24 | M50 | 24 |
| 137 | Llew | Rhys | Hebog | 46-18 | M45 | 15 |
| 138 | Nicholas | Meyer | Bangor Uni | 46-21 | U20M | 10 |
| 139 | Steven | Brown | Prestatyn | 46-30 | M50 | 25 |
| 140 | Arwel | Jones | Prestatyn | 46-40 | M60 | 12 |
| 141 | Juan | Reyes-Montes | Shropshire Shufflers | 46-50 | M50 | 26 |
| 142 | Shaun | De Clancy | Eryri Harriers | 46-58 | M55 | 13 |
| 143 | Andy | Clark | Prestatyn | 47-06 | M50 | 27 |
| 144 | Matthew | Bicknell | Eryri Harriers | 48-11 | M40 | 22 |
| 145 | Richard | Furness | Cybi Striders | 49-09 | M35 | 16 |
| 146 | Michael | Finnie | NWRRC | 49-40 | M60 | 13 |

**TEAMS**

**DIVISION ONE (6 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 2**  **Points** | **Total Race 2 Points** | **Race 2**  **Position** | **Overall Point** | **Overall Position** |
| Shrewsbury AC | 4/12/14/29/33/63 | **155** | **3** | **261** | **1** |
| Buckley | 3/7/13/31/34/37 | **125** | **2** | **337** | **2** |
| Meirionnydd RC | 2/6/15/16/24/26 | **89** | **1** | **438** | **3** |
| Shropshire Shufflers | 10/21/36/38/50/75 | **230** | **4** | **472** | **4** |
| Oswestry | 11/42/47/58/64/71 | **293** | **7** | **573** | **5** |
| West Cheshire AC | 22/28/41/44/61/70 | **266** | **6** | **578** | **6** |
| Denbigh Harriers | 17/25/35/51/52/82 | **262** | **5** | **723** | **7** |
| Eryri Harriers | 25/55/56/69/142/144 | **491** | **8** | **1253** | **8** |

**DIVISION TWO (4 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 2**  **Points** | **Total Race 2 Points** | **Race 2**  **Position** | **Overall Point** | **Overall Position** |
| Wrexham AC | 5/8/45/59 | **117** | **1** | **255** | **1** |
| Deeside AC | 32/77/83/89 | **281** | **4** | **387** | **2** |
| Tattenhall | 9/30/43/85 | **167** | **2** | **407** | **3** |
| Aberystwyth University | 20/23/54/79 | **176** | **3** | **452** | **4** |
| Bangor University | 1/90/96/107 | **294** | **5** | **518** | **5** |
| GOG Tri Club | 53/76/86/108 | **323** | **6** | **524** | **6** |
| Prestatyn RC | 74/92/114/117 | **397** | **11** | **654** | **7** |
| Cadence Tri Club | 40/116/147/147 | **450** | **12** | **696** | **8** |
| Colwyn Bay | 48/87/112/123 | **360** | **8** | **720** | **9** |
| Whitchurch Whippets | 102/125/132/147 | **506** | **14** | **761** | **10** |
| Clwydian Runners | 66/80/97/147 | **390** | **10** | **826** | **11** |
| Menai T&F | 18/62/147/147 | **374** | **9** | **859** | **12** |
| Deestriders | 72/109/147/147 | **475** | **13** | **893** | **13** |
| Abergele Harriers | 110/147/147/147 | **551** | **16** | **1065** | **14** |
| Maldwyn | 130/147/147/147 | **571** | **17** | **1091** | **15** |
| Hebog | 19/84/94/137 | **334** | **7** | **N/A** | **N/A** |
| Cybi Striders | 100/136/145/147 | **528** | **15** | **N/A** | **N/A** |
| North Wales Road Runners | 146/147/147/147 | **587** | **18** | **N/A** | **N/A** |

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 2**  **Points** | **Total Race 2 Points** | **Race 2**  **Position** | **Overall Point** | **Overall Position** |
| Buckley | 2/7/12 | **21** | **1** | **65** | **1** |
| Shrewsbury | 1/6/39 | **46** | **3** | **67** | **2** |
| Shropshire Shufflers | 9/14/16 | **39** | **2** | **94** | **3** |
| Oswestry O | 5/20/24 | **49** | **4** | **123** | **4** |
| West Cheshire | 10/19/35 | **64** | **6** | **126** | **5** |
| Wrexham AC | 3/22/33 | **58** | **5** | **142** | **6** |
| Tattenhall | 4/21/51 | **76** | **9** | **171** | **7** |
| GOG Tri Club | 29/46/52 | **127** | **10** | **197** | **8** |
| Denbigh Harriers | 13/27/28 | **68** | **7** | **243** | **9** |
| Prestatyn RC | 44/75/77 | **196** | **13** | **289** | **10** |
| Colwyn Bay | 53/55/73 | **181** | **12** | **391** | **11** |
| Whitchurch Whippets | 64/85/92 | **243** | **14** | **409** | **12** |
| Eryri Harriers | 11/30/31 | **72** | **8** | **N/A** | **N/A** |
| Deeside AC | 47/50/55 | **152** | **11** | **N/A** | **N/A** |
| Cybi Striders | 62/95/103 | **254** | **16** | **N/A** | **N/A** |

**MALE OVER 65**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | Graham | Jones | Shrewsbury AC | 24-13 | M65 | 1 |
| 2 | Martin | Cortvriend | Prestatyn | 26-09 | M65 | 2 |
| 3 | Stephen | Jones | Eryri Harriers | 26-22 | M65 | 3 |
| 4 | Emyr | Davies | Hebog | 28-50 | M75 | 1 |
| 5 | Mike | Snell | Eryri Harriers | 29-22 | M65 | 4 |
| 6 | Fred | Jones | Denbigh Harriers | 29-49 | M65 | 5 |
| 7 | George | Nixon | Prestatyn | 29-51 | M65 | 6 |
| 8 | Peter | Hough | Shropshire Shufflers | 30-33 | M65 | 7 |
| 9 | Colin | Hunt | Wrecsam Tri Club | 31-13 | M65 | 8 |
| 10 | John | Mainwaring | Eryri Harriers | 31-40 | M65 | 9 |
| 11 | Paul | Gresty | Shropshire Shufflers | 31-55 | M65 | 10 |
| 12 | Chris | Clarke | Shropshire Shufflers | 32-17 | M70 | 1 |
| 13 | Chris | Baldwin | Denbigh Harriers | 32-29 | M65 | 11 |
| 14 | Malcolm | Jones | Eryri Harriers | 32-52 | M70 | 2 |
| 15 | Don | Williams | Eryri Harriers | 32-56 | M75 | 2 |
| 16 | Iain | Day | Shropshire Shufflers | 33-36 | M75 | 3 |
| 17 | Leslie | Coathup | Buckley RC | 33-55 | M65 | 12 |
| 18 | Graham | Shone | Abergele | 34-06 | M70 | 3 |
| 19 | Gareth | Hughes | Prestatyn | 34-26 | M75 | 4 |
| 20 | Geoffrey | Fielding | Eryri Harriers | 34-33 | M75 | 5 |
| 21 | Dave | Roderick | Deeside AC | 34-44 | M70 | 4 |
| 22 | Jeff | Jones | Denbigh Harriers | 35-01 | M70 | 5 |
| 23 | John | D'Albuquerque | GOG Tri Club | 35-19 | M75 | 6 |
| 24 | John | Morris | Buckley RC | 35-27 | M75 | 7 |
| 25 | Roger | Harrison-Jones | Prestatyn | 41-16 | M80 | 1 |
| 26 | Jack | Thomas | Buckley RC | 42-35 | M75 | 8 |
| 27 | Peter | Norman | Wrexham AC | 47-29 | M80 | 2 |
| 28 | Ron | Harrison-Jones | Prestatyn | 48-52 | M80 | 3 |
| 29 | John | Tipping | Wrexham AC | 54-12 | M80 | 4 |

**TEAMS (3 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 2**  **Points** | **Total Race 2 Points** | **Race 2**  **Position** | **Overall Point** | **Overall Position** |
| Eryri Harriers | 3/5/10 | **18** | **1** | **38** | **1** |
| Prestatyn RC | 2/7/19 | **28** | **2** | **47** | **2** |
| Denbigh Harriers | 6/13/22 | **41** | **3** | **70** | **3** |
| Buckley RC | 17/24/26 | **67** | **4** | **118** | **4** |

**UNDER 17 MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** |
| 1 | Jamie | Richardson | West Cheshire AC | 20-08 |
| 2 | Tudur | Harper Lloyd | Menai T&F | 20-43 |
| 3 | Henry | Robinson | West Cheshire AC | 22-55 |
| 4 | Harvey | Davis | Wrexham AC | 22-56 |
| 5 | Harri | Morgan | Menai T&F | 23-04 |
| 6 | Charlie | Preece | Telford AC | 23-57 |

**No complete teams**

**SENIOR WOMEN**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | Emily | Cowper-Coles | Oswestry Olympians | 24-06 | SW | 1 |
| 2 | Lucie | Goddard | Buckley RC | 24-25 | SW | 2 |
| 3 | Jan | Cook | Shropshire Shufflers | 24-26 | W45 | 1 |
| 4 | Katie | Reynolds | Eryri Harriers | 24-36 | SW | 3 |
| 5 | Andrea | Rowlands | Eryri Harriers | 24-39 | W45 | 2 |
| 6 | Maggie | Preece | Telford AC | 24-41 | U17W | 1 |
| 7 | Rheagan | Edwards | Deeside AC | 24-49 | U20W | 1 |
| 8 | Eliw | Haf | Eryri Harriers | 24-59 | SW | 4 |
| 9 | Ellie | Small | Deeside AC | 25-23 | U20W | 2 |
| 10 | Jodi | Bemand | West Cheshire AC | 25-33 | U17W | 2 |
| 11 | Anna | Buckingham | Meirionnydd | 25-49 | W35 | 1 |
| 12 | Jen | Rambaldi | Buckley RC | 25-51 | W35 | 2 |
| 13 | Alison | Grundy | Tattenhall | 25-56 | W45 | 3 |
| 14 | Melina | Morris | Denbigh Harriers | 26-13 | W45 | 4 |
| 15 | Becki | Law | Eryri Harriers | 26-14 | W35 | 3 |
| 16 | Emma | Collins | Denbigh Harriers | 26-15 | W55 | 1 |
| 17 | Jacqui | Gears | Oswestry Olympians | 26-18 | W45 | 5 |
| 18 | Jennifer | Charlton | Eryri Harriers | 26-29 | W45 | 6 |
| 19 | Neisha | Roberts | Deeside AC | 26-31 | U17W | 3 |
| 20 | Anwen | Hockley | Eryri Harriers | 26-32 | U17W | 4 |
| 21 | Donna | Welsh | Deeside AC | 26-41 | W40 | 1 |
| 22 | Louise | Woolcock | Oswestry Olympians | 26-46 | W40 | 2 |
| 23 | Emily | Garndfield | Whitchurch Whippets | 26-52 | SW | 5 |
| 24 | Julie | Owens | Abergele | 26-55 | W40 | 3 |
| 25 | Jane | Doughton | Buckley RC | 26-58 | W45 | 7 |
| 26 | Lauren | Morley | Shrewsbury AC | 26-59 | W35 | 4 |
| 27 | Katy | Baugh | Denbigh Harriers | 27-00 | SW | 6 |
| 28 | Megan Lynne | Hughes | Eryri Harriers | 27-06 | W45 | 8 |
| 29 | Christine | Cammilare | Deestriders | 27-09 | SW | 7 |
| 30 | Kathryn | Hopwood | Buckley RC | 27-11 | SW | 8 |
| 31 | AlawMedi | Evans | Denbigh Harriers | 27-22 | SW | 9 |
| 32 | Nia | Albiston | Eryri Harriers | 27-23 | W40 | 4 |
| 33 | Jody | Cain | Eryri Harriers | 27-26 | U20W | 3 |
| 34 | Louisa | Williams | Oswestry Olympians | 27-30 | W40 | 5 |
| 35 | Lyndsey | Edwards | Colwyn Bay | 27-32 | SW | 10 |
| 36 | Ella | Grundy | Colwyn Bay | 27-34 | U17W | 5 |
| 37 | Helen | Morgan | Eryri Harriers | 27-37 | W40 | 6 |
| 38 | Claire | Lloyd | Oswestry Olympians | 27-47 | SW | 11 |
| 39 | Helen | Blair | Eryri Harriers | 27-55 | W50 | 1 |
| 40 | Anest | Muller | West Cheshire AC | 27-57 | W40 | 7 |
| 41 | Henni | Yli-Sirnio | Bangor Uni | 28-00 | SW | 12 |
| 42 | Eleanor | Robinson | West Cheshire AC | 28-02 | W45 | 9 |
| 43 | Anne | Mynott | Colwyn Bay | 28-15 | W55 | 2 |
| 44 | Helen | MacArthur | GOG Tri Club | 28-16 | W50 | 2 |
| 45 | Heather | Fras | Shropshire Shufflers | 28-20 | W35 | 5 |
| 46 | Susie | Hancock | Oswestry Olympians | 28-28 | W60 | 1 |
| 47 | Elen | Baugh | Denbigh Harriers | 28-32 | SW | 13 |
| 48 | Gwennan | Henstock | Buckley RC | 28-58 | W40 | 8 |
| 49 | Zara | Bowman | Aberystwyth Uni | 29-00 | SW | 14 |
| 50 | Molly | McGowan | Bangor Uni | 29-05 | U20W | 4 |
| 51 | Marian | Crowe | Eryri Harriers | 29-19 | W55 | 3 |
| 52 | Margaret | Ludden | Buckley RC | 29-28 | W55 | 4 |
| 53 | Michelle | Arrowsmith | Deeside AC | 29-29 | W40 | 9 |
| 54 | Sioned | Griffiths | Denbigh Harriers | 29-31 | W40 | 10 |
| 55 | Linda | Jones | Wrexham AC | 29-32 | W55 | 5 |
| 56 | Annie | Williams | Eryri Harriers | 29-42 | W65 | 1 |
| 57 | Holly | McIntosh | Aberystwyth Uni | 30-38 | SW | 15 |
| 58 | Caroline | Fowles | Whitchurch Whippets | 30-40 | W55 | 6 |
| 59 | Sal | Jefford | Run Free Fell | 30-49 | W40 | 11 |
| 60 | Michelle | Farrell | GOG Tri Club | 30-55 | W40 | 12 |
| 61 | Rachael | Cook | GOG Tri Club | 30-56 | SW | 16 |
| 62 | Yricka | Gardner | Run Free Fell | 30-57 | W50 | 3 |
| 63 | Nia | Evans | Meirionnydd | 30-58 | W45 | 10 |
| 64 | Helen | Ashworth | Prestatyn | 30-59 | W35 | 6 |
| 65 | Ellie | Salisbury | Eryri Harriers | 31-14 | W60 | 2 |
| 66 | Briony | Hibbert | Deeside AC | 31-21 | SW | 17 |
| 67 | Kim | Jones-Norgrove | Wrecsam Tri Club | 31-33 | W55 | 7 |
| 68 | Debra | Bemand | West Cheshire AC | 31-43 | W50 | 4 |
| 69 | Susan | Davies | Maldwyn | 31-44 | W55 | 8 |
| 70 | Jo | Lewis | Prestatyn | 31-51 | W45 | 11 |
| 71 | Amanda | Mountford | Buckley RC | 31-54 | SW | 18 |
| 72 | Alison | Donnelly | Eryri Harriers | 31-57 | W50 | 5 |
| 73 | Gwenno | Price | Denbigh Harriers | 32-04 | U17W | 6 |
| 74 | Jane | Lindley | Buckley RC | 32-05 | W55 | 9 |
| 75 | Demi | Williams | Oswestry Olympians | 32-10 | U17W | 7 |
| 76 | Amanda | Boyd-Edwards | Buckley RC | 32-12 | W35 | 7 |
| 77 | Lowri | Griffiths | Bangor Uni | 32-13 | U20W | 5 |
| 78 | Menai | Baugh | Denbigh Harriers | 32-16 | W60 | 3 |
| 79 | Ceri | Watson | Colwyn Bay | 32-41 | U17W | 8 |
| 80 | Sarah | Quinlan | Tattenhall | 32-53 | W35 | 8 |
| 81 | Nicola | Tomlinson | GOG Tri Club | 32-54 | SW | 19 |
| 82 | Ashling | Donohoe-Harrison | Oswestry Olympians | 32-55 | W35 | 9 |
| 83 | Pam | Graham-Jones | Prestatyn | 32-57 | W60 | 4 |
| 84 | Lisa | Blagden | Telford AC | 33-06 | W50 | 6 |
| 85 | Helen Wyn | Jones | Meirionnydd | 33-18 | W50 | 7 |
| 86 | Imogen | Kissane | Deeside AC | 33-33 | U17W | 9 |
| 87 | Elizabeth | Martin | Prestatyn | 33-45 | W40 | 13 |
| 88 | Caroline | Caffrey | Buckley RC | 33-49 | W45 | 12 |
| 89 | Karen | Owens | Wrexham AC | 34-01 | W50 | 8 |
| 90 | Sophie | Johnson | Prestatyn | 34-02 | W40 | 14 |
| 91 | Megan Lynne | New | GOG Tri Club | 34-11 | W50 | 9 |
| 92 | Michelle | Thomas | Colwyn Bay | 34-51 | W40 | 15 |
| 93 | Debbie | Parry | Deeside AC | 34-53 | W45 | 13 |
| 94 | Alison | Preece | Telford AC | 35-00 | W50 | 10 |
| 95 | Ann | D'Albuquerque | GOG Tri Club | 35-02 | W70 | 1 |
| 96 | Evelyn | Heffernan | GOG Tri Club | 35-28 | W40 | 16 |
| 97 | Tracey | Williams | GOG Tri Club | 35-33 | W50 | 11 |
| 98 | Amisha | Salian | Bangor Uni | 35-36 | U20W | 6 |
| 99 | Emma | McArthur | Colwyn Bay | 35-44 | W45 | 14 |
| 100 | Llinos | Davies | GOG Tri Club | 35-51 | W60 | 5 |
| 101 | Abigail | Cammilare | Deestriders | 36-01 | SW | 20 |
| 102 | Wendy | Hartwig | Shropshire Shufflers | 36-22 | W45 | 15 |
| 103 | Sue | Ridings | Buckley RC | 36-48 | W60 | 6 |
| 104 | Gill | Csizmadia | Wrexham AC | 36-54 | W55 | 10 |
| 105 | Hannah | Evans | Tattenhall | 36-58 | W35 | 10 |
| 106 | Eva | Brewer | Prestatyn | 37-06 | W45 | 16 |
| 107 | Margaret | Oliver | Eryri Harriers | 37-11 | W70 | 2 |
| 108 | Debbie | Jones | Prestatyn | 37-14 | W50 | 12 |
| 109 | Vivienne | Edwards | Eryri Harriers | 37-24 | W65 | 2 |
| 110 | Irene | Blount | Buckley RC | 38-00 | W60 | 7 |
| 111 | Alex | Edwards | Wrexham AC | 38-17 | W55 | 11 |
| 112 | Seren | Woodall | Colwyn Bay | 38-18 | U17W | 10 |
| 113 | Jane | Blackwell | Deestriders | 39-57 | W50 | 13 |
| 114 | Emma | Birchall | Prestatyn | 40-02 | W50 | 14 |
| 115 | Beverley | Goodson | Deestriders | 40-52 | W50 | 15 |
| 116 | Fiona | Robinson | Deestriders | 42-05 | W50 | 16 |
| 117 | Marilyn | Hunt | Shropshire Shufflers | 48-20 | W50 | 17 |
| 118 | Maureen | Singleton | Colwyn Bay | 48-56 | W80 | 1 |

**FEMALE TEAMS**

**DIVISION ONE (4 to SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 2**  **Points** | **Total Race 2 Points** | **Race 2**  **Position** | **Overall Point** | **Overall Position** |
| Buckley RC | 2/12/25/30 | **69** | **2** | **128** | **1** |
| Eryri Harriers | 4/5/8/15 | **32** | **1** | **135** | **2** |
| Oswestry Olympians | 1/17/22/34 | **74** | **3** | **139** | **3** |
| Denbigh | 14/16/27/31 | **88** | **4** | **155** | **4** |
| West Cheshire | 10/40/42/68 | **160** | **5** | **279** | **5** |
| Prestatyn RC | 64/70/83/87 | **304** | **7** | **524** | **6** |
| Shropshire Shufflers | 3/45/102/117 | **267** | **6** | **585** | **7** |

**DIVISION TWO (3 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 2**  **Points** | **Total Race 2 Points** | **Race 2**  **Position** | **Overall Point** | **Overall Position** |
| Deeside AC | 7/9/19 | **35** | **1** | **130** | **1** |
| Telford AC | 6/84/94 | **184** | **8** | **203** | **2** |
| Tattenhall | 13/80/105 | **178** | **7** | **227** | **3** |
| Colwyn Bay | 35/36/43 | **114** | **2** | **248** | **4** |
| GOG Tri Club | 44/60/61 | **165** | **5** | **321** | **5** |
| Aberystwyth Uni | 24/49/57 | **130** | **3** | **359** | **6** |
| Whitchurch Whippets | 23/58/119 | **200** | **9** | **377** | **7** |
| Meirionnydd | 11/63/85 | **159** | **4** | **386** | **8** |
| Deestriders | 29/101/113 | **243** | **10** | **398** | **9** |
| Menai T&F | 11/119/119 | **249** | **13** | **449** | **10** |
| Abergele | 24/119/119 | **262** | **14** | **470** | **11** |
| Run Free Fell | 59/62/119 | **240** | **9** | **476** | **12** |
| Wrexham AC | 55/89/104 | **248** | **11** | **479** | **13** |
| Wrecsam Tri Club | 67/119/119 | **305** | **16** | **544** | **14** |
| Maldwyn | 69/119/119 | **307** | **17** | **555** | **15** |
| Bangor Uni | 41/50/77 | **168** | **6** | **N/A** | **N/A** |
| Shrewsbury | 29/119/119 | **267** | **15** | **N/A** | **N/A** |

**FEMALE MASTERS TEAMS**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 2**  **Points** | **Total Race 2 Points** | **Race 2**  **Position** | **Overall Point** | **Overall Position** |
| Eryri Harriers | 2/7/10 | **19** | **1** | **66** | **1** |
| Denbigh Harriers | 6/8/31 | **45** | **4** | **74** | **2** |
| Oswestry O | 9/12/18 | **39** | **2** | **76** | **3** |
| Buckley RC | 3/14/27 | **44** | **3** | **92** | **4** |
| West Cheshire | 21/22/42 | **85** | **5** | **148** | **5** |
| Tattenhall | 5/49/70 | **124** | **10** | **151** | **6** |
| GOG Tri Club | 24/36/62 | **122** | **9** | **224** | **7** |
| Prestatyn RC | 39/45/51 | **134** | **11** | **255** | **8** |
| Colwyn Bay | 23/59/65 | **147** | **12** | **297** | **9** |
| Wrexham AC | 32/56/69 | **157** | **13** | **320** | **10** |
| Deestriders | 77/79/80 | **236** | **14** | **342** | **11** |
| Shropshire Shufflers | 1/25/67 | **93** | **6** | **N/A** | **N/A** |
| Meirionnydd | 4/38/53 | **95** | **7** | **N/A** | **N/A** |
| Deeside AC | 11/30/60 | **100** | **8** | **N/A** | **N/A** |

Firstly a big thank you to Eryri Harriers and in particular Helen Blair and Mike Blake for hosting not only the second David Alun Williams North Wales League Race of the season but also the first Pyramid Consulting North Wales Junior Cross Country Race for two years. As they are our future it is important that we get the youngsters back racing and I hope you and your clubs continue to support the Junior League and the Under 17’s as well. For a nice change it was the Under 17 Men who dominated the first race with the first six home being young men, with West Cheshire’s Jamie Richardson showing his strength over the last lap and enjoying his victory. Sadly numbers were small again in the Under 17 Men with no team completing.

The women’s winner, turned up 20 minutes before the start with no club vest and not sure how to register and what to do with her dog. Twenty-four minutes later and Oswestry newcomer, Emily Cowper-Coles (she had joined the club just a few days earlier) finished 21 seconds ahead of Lucie Goddard of Buckley. Telford U17W continued her good start to the season with a good sixth place to back up her third place at Wrexham. In the Team race, Eryri stormed back after a poor showing (by their lofty standards) at Wrexham and had less than half the number of points of the next nearest team Buckley, who remain overall in the lead but now by only seven points from Eryri. Likewise in the Masters Eryri were back on form and have put themselves in pole position.

Graham Jones, Shrewsbury revelled in running with the women and the senior masters for the first time and showed his class by winning by over two minutes from Wrexham’s victor, Martin Cortvriend. Once again we had five 80+ athletes competing at Bangor which is fantastic to see them all still enjoying their running and giving their best for their team.

In the Men’s Race, Elliot Smith-Rasmussen shot away at the start as if he was just doing the two small laps and he was 100metres up before he went into the woods for the first time. After that he just seemed to be enjoying himself floating around the testing Treborth course. Behind him, Rhodri Owen and Sam Bellis battled for the minor places and Jim Hickinbottom showed he is over his injury problems by finishing first Master home.

In the team race, Meirionnydd had a brilliant day winning comfortably in the end with reigning champions Shrewsbury only managing to finish 3rd. It looks like it’s going to be an interesting season. In Division 2 old adversaries Wrexham and Deeside top the table with Tattenhall not far behind along with the two Universities. There was also a surprise defeat for Shrewsbury in the Masters Team race as Buckley finished top with Shropshire Shufflers also finishing ahead of Shrewsbury. It will be interesting to see what reaction we get from Shrewsbury’s defeat!

The next race is being hosted by Prestatyn RC at a new fantastic course in Mostyn, (CH8 9AN) on **Saturday 27 November 2021**. The simplest way to get to the course is to leave the A55 at Junction 31 (Caerwys/Prestatyn) and follow the signs for Prestatyn and then after about 600metres at the next roundabout go straight ahead (signposted Whitford), then immediate right onto Fachallt Road. Whitford is about a mile further on. Reaching the village centre turn left and the course at Upper Park is about 200metres along on the right (behind stone entrance). Parking is inside the gates. Though the land is part of the Mostyn Estate, **DO NOT GO TO MOSTYN OR MOSTYN HALL.** It is farmland so dogs MUST be kept on a lead and please try to share transport. PLEASE NOTE THERE ARE NO CHANGING ROOMS.

Remember the start times are 1-00pm for the Women, U17 Men and 65+ Men and 2-00pm for the Men’s Race. See you at Mostyn

**PLEASE SEE NOTE ON THE NEXT PAGE REGARDING WELSH INTER REGION/WELSH INTER SCHOOLS.**

**Bernie Jones**

Secretary/Referee

**Welsh Inter Region/Welsh Inter Schools Cross Country Championships –Brecon 20th November 2021**

Athletes please note that the Welsh Inter Regions and Welsh Inter Schools Cross Country Championship will take place on Saturday the 20th November in Brecon. If you are interested and believe you have the necessary ability to take part in this event, please contact one of the following people asap:

Bernie Jones - [Bernie-jones@sky.com](mailto:Bernie-jones@sky.com) or 07919 043117

Eric Campbell - [edegzee@gmail.com](mailto:edegzee@gmail.com) or 07507 671337

Please note due to Covid conditions we will **not** be putting on a coach to Brecon and athletes/clubs will be required to make their own way to Brecon if they wish to compete.

The first race is at 11-00am and a draft timetable is below:

|  |  |  |
| --- | --- | --- |
| **Race** | **Age Group** | **Time** |
| Race 01 | Primary Girls | 11:00 AM |
| Race 02 | Primary Boys | 11:00 AM |
| Race 03 | Senior Women & Master Women (35, 45, 55) | 12:00 PM |
| Race 04 | U13 Girls (Yr 7 & 8) | 1:15 PM |
| Race 05 | U13 Boys (Yr7 & 8) | 1:30 PM |
| Race 06 | U15 Girls (Yr9 & 10) | 1:50 PM |
| Race 07 | U15 Boys (Yr9 & 10) | 2:10 PM |
| Race 08 | U17 Women (Yr11 & 12) & U20 Women (Yr 13 & 14) | 2:10 PM |
| Race 09 | U17 Men (Yr11 & 12) & U20 Men (Yr 13 & 14) | 2:10 PM |
| Race 10 | Senior Men & Master Men (35, 45, 55) | 2:35 PM |

**Bernie Jones**

**Secretary**