**GRAND PRIX EXPRESS**

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

(Supported by Welsh Athletics Ltd)

At Marches School, Oswestry Saturday 5th February 2022

 FINAL RESULTS 7/2/22

**SENIOR MEN**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | Ed | Woodhead | Deeside AC | 32-48 | U20M | **1** |
| 2 | Oli | Blake | Oswestry Olympians | 33-11 | SM | **1** |
| 3 | Dan | Elliott | Shrewsbury AC | 33-14 | SM | **2** |
| 4 | Jim | Hickinbottom | Shrewsbury AC | 33-16 | M35 | **1** |
| 5 | John | Bowie | Shrewsbury AC | 33-19 | M40 | **1** |
| 6 | Sam | Bellis | Buckley RC | 33-21 | SM | **3** |
| 7 | Joel | Gomes | Wrexham AC | 33-23 | M40 | **2** |
| 8 | Peter | Butler | Oswestry Olympians | 33-33 | M35 | **2** |
| 9 | Ben | Gibson | Shropshire Shufflers | 34-04 | M35 | **3** |
| 10 | Neil | Finegan | West Cheshire AC | 34-07 | M45 | **1** |
| 11 | Paul | Aston | Shropshire Shufflers | 34-08 | M35 | **4** |
| 12 | Shaun | Hughes | Denbigh Harriers | 34-11 | SM | **4** |
| 13 | Richard | McKenna | Shrewsbury AC | 34-19 | M45 | **2** |
| 14 | Stephen | Skates | Prestatyn RC | 34-49 | M40 | **3** |
| 15 | Robert | Weston | Whitchurch Whippets | 34-53 | SM | **5** |
| 16 | Chris | Callaghan | Buckley RC | 35-07 | M40 | **4** |
| 17 | Joe | Gilling | Shrewsbury AC | 35-11 | U20M | **2** |
| 18 | Rob | Fox | Shrewsbury AC | 35-22 | M40 | **5** |
| 19 | Gwion | Roberts | Meirionnydd | 35-33 | SM | **6** |
| 20 | Tony | Wood | Denbigh Harriers | 35-52 | SM | **7** |
| 21 | Daniel | Jones | Denbigh Harriers | 36-04 | M35 | **5** |
| 22 | Tim | Tansley | Oswestry Olympians | 36-16 | M45 | **3** |
| 23 | Simon | Roberts | Buckley RC | 36-20 | M50 | **1** |
| 24 | Ian | Gibson | Oswestry Olympians | 36-28 | SM | **8** |
| 25 | Dave | Alexander | West Cheshire AC | 36-30 | M50 | **2** |
| 26 | Jez | Brown | Buckley RC | 36-51 | M45 | **4** |
| 27 | Phil | Jones | Shropshire Shufflers | 36-52 | M40 | **6** |
| 28 | Greg | Williams | Shropshire Shufflers | 36-54 | M35 | **6** |
| 29 | Matt | Wooden | Shrewsbury AC | 36-55 | SM | **9** |
| 30 | Tom | Leather | Tattenhall | 36-56 | SM | **10** |
| 31 | Tim | Joy | Buckley RC | 37-08 | SM | **11** |
| 32 | Geran | Hughes | GOG Tri Club | 37-13 | M55 | **1** |
| 33 | Richard | Price | Shropshire Shufflers | 37-19 | M40 | **7** |
| 34 | Rob | Arden | Tattenhall | 37-23 | M40 | **8** |
| 35 | Dan | Wellings | GOG Tri Club | 37-28 | M40 | **9** |
| 36 | Andrew | Wakefield | Shropshire Shufflers | 37-28 | SM | **12** |
| 37 | StJohn | Ashworth | Oswestry Olympians | 37-41 | M40 | **10** |
| 38 | Robert | Sharam | Whitchurch Whippets | 37-48 | M45 | **5** |
| 39 | Davis | Sutton | West Cheshire AC | 37-54 | M45 | **6** |
| 40 | Richard | Davies | Oswestry Olympians | 38-06 | M35 | **7** |
| 41 | David | Lyth | Buckley RC | 38-07 | M35 | **8** |
| 42 | Paul | Morrison | West Cheshire AC | 38-13 | U20M | **3** |
| 43 | Andrew | Clague | West Cheshire AC | 38-15 | M50 | **3** |
| 44 | Samuel | Jones | Oswestry Olympians | 38-28 | SM | **13** |
| 45 | Brian | Rothera | Oswestry Olympians | 38-29 | M50 | **4** |
| 46 | Gareth | Chaloner | Wrexham AC | 38-30 | M35 | **9** |
| 47 | Russell | Owen | Eryri Harriers | 38-35 | M60 | **1** |
| 48 | Charlie | Woolcock | Oswestry Olympians | 38-36 | M40 | **11** |
| 49 | Tim | Gears | Oswestry Olympians | 38-39 | M45 | **7** |
| 50 | Ryan | Morrison | Cadence Tri Club | 38-50 | M40 | **12** |
| 51 | Andrew | Price | Shrewsbury AC | 39-04 | SM | **14** |
| 52 | Paul | O'Brien | Telford AC | 39-06 | M40 | **13** |
| 53 | Aron | Evans | Denbigh Harriers | 39-13 | SM | **15** |
| 54 | James | Pickering | Oswestry Olympians | 39-17 | M35 | **10** |
| 55 | Simon | Mara | Buckley RC | 39-20 | M40 | **14** |
| 56 | Robert | Miles | Wrexham AC | 39-26 | M45 | **8** |
| 57 | Richard |  Hayes | West Cheshire AC | 39-27 | M50 | **5** |
| 58 | Jared | Roberts | Colwyn Bay | 39-28 | SM | **16** |
| 59 | Richard | Collins | Oswestry Olympians | 39-37 | M50 | **6** |
| 60 | Stephen | Parry | Deeside AC | 39-38 | M45 | **9** |
| 61 | John | Simpson | Prestatyn RC | 39-45 | M55 | **2** |
| 62 | Luke | Bodman | Prestatyn RC | 39-59 | SM | **17** |
| 63 | Joe | Welch | Denbigh Harriers | 40-10 | M40 | **15** |
| 64 | David | Griffin | Shrewsbury AC | 40-22 | M35 | **11** |
| 65 | Eric | Campbell | Buckley RC | 40-33 | M55 | **3** |
| 66 | Tim | Woodhead | Deeside AC | 40-36 | M50 | **7** |
| 67 | Simon | Phillips | Whitchurch Whippets | 40-44 | M50 | **8** |
| 68 | Sam | Davis | Oswestry Olympians | 40-52 | M35 | **12** |
| 69 | Calvin | Wright | Shropshire Shufflers | 40-55 | M50 | **9** |
| 70 | Owen | Conry | Denbigh Harriers | 41-07 | M50 | **10** |
| 71 | Dave | Boothroyd | Buckley RC | 41-18 | M55 | **4** |
| 72 | Ian | Grandfield | Whitchurch Whippets | 41-22 | M55 | **5** |
| 73 | Dave | Newtown | Oswestry Olympians | 41-29 | M55 | **6** |
| 74 | Haydn | Jones | Shrewsbury AC | 41-32 | M60 | **2** |
| 75 | Stuart | Brown | Deeside AC | 41-40 | M45 | **10** |
| 76 | Saul | Mellor | Whitchurch Whippets | 41-58 | SM | **18** |
| 77 | Neil | Jones | Shropshire Shufflers | 42-02 | M50 | **11** |
| 78 | Russell | Godwin | Colwyn Bay | 42-04 | M50 | **12** |
| 79 | Steve | Waters | Shrewsbury AC | 42-09 | M35 | **13** |
| 80 | C | Jones | Meirionnydd | 42-13 | SM | **19** |
| 81 | Dean | Richards | Whitchurch Whippets | 42-18 | M35 | **14** |
| 82 | Ian | Lowe | Oswestry Olympians | 42-19 | M50 | **13** |
| 83 | Tim | Hargreaves | Buckley RC | 42-30 | M50 | **14** |
| 84 | Allan | McKeown | Run Free Fell | 42-42 | M40 | **16** |
| 85 | Arren | Roberts | Oswestry Olympians | 42-45 | M50 | **15** |
| 86 | Tim | Jones | Shropshire Shufflers | 43-07 | M50 | **16** |
| 87 | David | Baugh | Denbigh Harriers | 43-14 | M60 | **3** |
| 88 | Max | Williams | Wrecsam Tri Club | 43-24 | M50 | **17** |
| 89 | Paul | Parkes | Oswestry Olympians | 43-28 | SM | **20** |
| 90 | Nic | Blake | Oswestry Olympians | 43-33 | M60 | **4** |
| 91 | David | Davies | Denbigh Harriers | 43-58 | M45 | **11** |
| 92 | Mark | Jones | Oswestry Olympians | 44-19 | M50 | **18** |
| 93 | Ian | Mulligan | Colwyn Bay | 44-42 | M50 | **19** |
| 94 | Ian | Taylor | Colwyn Bay | 44-59 | M50 | **20** |
| 95 | Richie | Westwood | Wrexham AC | 45-03 | M40 | **17** |
| 96 | Christopher | Garbett | Oswestry Olympians | 45-58 | M55 | **7** |
| 97 | Chris | Bennett | GOG Tri Club | 46-21 | M55 | **8** |
| 98 | Richard | Hankinson | Meirionnydd | 46-36 | M60 | **5** |
| 99 | Ian | Hopkins | Telford AC | 46-45 | M55 | **9** |
| 100 | Aran | Thomas | Meirionnydd | 46-59 | M40 | **18** |
| 101 | James | Rogers | Prestatyn RC | 47-03 | M45 | **12** |
| 102 | Simon | Blain | GOG Tri Club | 47-04 | M35 | **15** |
| 103 | Tony | Preece | Telford AC | 47-28 | M50 | **21** |
| 104 | Chris | Williams | Colwyn Bay | 47-54 | M60 | **6** |
| 105 | Trevor | Jones | Meirionnydd | 48-22 | SM | **21** |
| 106 | Arwel | Jones | Prestatyn RC | 49-48 | M60 | **7** |
| 107 | Jamie | Lewis | Buckley RC | 50-11 | M35 | **16** |
| 108 | Steven | Brown | Prestatyn RC | 50-49 | M50 | **22** |
| 109 | Steve | Whittaker | Shropshire Shufflers | 53-36 | M50 | **23** |
| 110 | Juan | Reyes-Montes | Shropshire Shufflers | 55-54 | M50 | **24** |
| 111 | Curtis | Langley | Oswestry Olympians | 60-43 | SM | **22** |

**TEAMS**

**DIVISION ONE (6 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 3****Points** | **Total Race 3 Points** | **Race 3****Position** | **Overall Point** | **Overall Position** |
| Shrewsbury AC | 3/4/5/13/17/18 | **60** | **1** | **321** | **1** |
| Buckley | 6/16/23/26/31/41 | **143** | **3** | **480** | **2** |
| Shropshire Shufflers | 9/11/27/28/33/36 | **144** | **4** | **582** | **3** |
| Oswestry | 2/8/22/24/37/40 | **133** | **2** | **605** | **4** |
| West Cheshire AC | 10/25/39/42/43/57 | **216** | **5** | **789** | **5** |
| Meirionnydd RC | 19/80/98/100/105/112 | **514** | **7** | **952** | **6** |
| Denbigh Harriers | 12/20/21/53/63/70 | **239** | **6** | **962** | **7** |
| Eryri Harriers | 47/112/112/112/112/112 | **607** | **8** | **1860** | **8** |

**DIVISION TWO (4 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 3****Points** | **Total Race 3 Points** | **Race 3****Position** | **Overall Point** | **Overall Position** |
| Wrexham AC | 7/46/56/95 | **204** | **3** | **459** | **1** |
| Deeside AC | 1/60/66/75 | **202** | **2** | **589** | **2** |
| Tattenhall | 30/34/112/112 | **288** | **6** | **695** | **3** |
| GOG Tri Club | 32/35/97/102 | **266** | **5** | **790** | **4** |
| Prestatyn RC | 14/61/62/101 | **238** | **4** | **892** | **5** |
| Whitchurch Whippets | 15/38/67/72 | **192** | **1** | **953** | **6** |
| Colwyn Bay | 58/78/93/94 | **323** | **7** | **1043** | **7** |
| Cadence Tri Club | 50/112/112/112 | **386** | **9** | **1082** | **8** |
| Wrecsam Tri Club | 88/112/112/112 | **424** | **11** | **N/A** | **N/A** |
| Telford AC | 52/91/103/112 | **358** | **8** | **N/A** | **N/A** |
| Run Free Fell | 84/112/112/112 | **420** | **10** | **N/A** | **N/A** |

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 3****Points** | **Total Race 3 Points** | **Race 3****Position** | **Overall Point** | **Overall Position** |
| Shrewsbury | 1/2/8 | **11** | **1** | **78** | **1** |
| Buckley | 10/14/16 | **40** | **4** | **105** | **2** |
| Shropshire Shufflers | 5/7/17 | **29** | **2** | **123** | **3** |
| Oswestry Olympians | 4/13/22 | **39** | **3** | **162** | **4** |
| West Cheshire | 6/15/24 | **45** | **5** | **171** | **5** |
| Wrexham AC | 3/29/37 | **69** | **6** | **211** | **6** |
| GOG Tri Club | 18/21/72 | **111** | **8** | **308** | **7** |
| Denbigh Harriers | 12/42/48 | **102** | **7** | **345** | **8** |
| Prestatyn RC | 9/41/76 | **126** | **10** | **415** | **9** |
| Whitchurch Whippets | 23/46/50 | **119** | **9** | **528** | **10** |
| Colwyn Bay | 55/68/69 | **192** | **13** | **583** | **11** |
| Deeside AC | 40/45/53 | **138** | **11** | **N/A** | **N/A** |
| Telford AC | 34/74/78 | **186** | **12** | **N/A** | **N/A** |

**MALE OVER 65**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | Graham | Jones | Shrewsbury AC | 20-19 | M65 | **1** |
| 2 | Martin | Cortvriend | Prestatyn RC | 22-05 | M65 | **2** |
| 3 | Peter | Hough | Shropshire Shufflers | 23-04 | M65 | **3** |
| 4 | Les | Ritchie | Shropshire Shufflers | 23-28 | M65 | **4** |
| 5 | Neil | Owen | Run Free Fell | 23-42 | M65 | **5** |
| 6 | Steve | Roberts | Oswestry Olympians | 23-46 | M65 | **6** |
| 7 | Mike | Snell | Eryri Harriers | 24-57 | M65 | **7** |
| 8 | George | Nixon | Prestatyn RC | 25-29 | M65 | **8** |
| 9 | Colin | Hunter | Wrecsam Tri Club | 26-08 | M65 | **9** |
| 10 | Fred | Jones | Denbigh Harriers | 26-14 | M65 | **10** |
| 11 | Emyr | Davies | Hebog | 26-33 | M75 | **1** |
| 12 | Frank | Vaughan | Meirionnydd | 26-39 | M65 | **11** |
| 13 | Don | Williams | Eryri Harriers | 27-01 | M75 | **2** |
| 14 | Tony | Pepper | Oswestry Olympians | 27-05 | M70 | **1** |
| 15 | Chris | Clarke | Shropshire Shufflers | 27-37 | M70 | **2** |
| 16 | Gareth | Hughes | Prestatyn RC | 28-47 | M75 | **3** |
| 17 | John | D'Albuquerque | Gog Tri Club | 29-18 | M75 | **4** |
| 18 | Jeff | Jones | Denbigh Harriers | 29-25 | M70 | **3** |
| 19 | Geoffrey | Fielding | Eryri Harriers | 30-00 | M75 | **5** |
| 20 | Nev | Simpson | Shropshire Shufflers | 30-02 | M65 | **12** |
| 21 | Clive | Lloyd | Wrexham AC | 35-29 | M65 | **13** |
| 22 | Roger | Harrison-Jones | Prestatyn RC | 35-31 | M80 | **1** |
| 23 | Stephen | Hatfield | Prestatyn RC | 35-57 | M75 | **6** |
| 24 | Jack | Thomas | Buckley | 38-12 | M75 | **7** |
| 25 | Ron | Harrison-Jones | Prestatyn RC | 40-33 | M80 | **2** |
| 26 | Peter | Norman | Wrexham AC | 40-33 | M80 | **3** |
| 27 | John | Tipping | Wrexham AC | 45-44 | M80 | **4** |

**TEAMS (3 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 3****Points** | **Total Race 3 Points** | **Race 3****Position** | **Overall Point** | **Overall Position** |
| Shropshire Shufflers | 3/4/14 | **21** | **1** | **N/A** | **N/A** |
| Prestatyn RC | 2/8/15 | **25** | **2** | **72** | **1** |
| Eryri Harriers | 7/13/19 | **39** | **3** | **77** | **2** |
| Wrexham AC | 21/26/27 | **74** | **4** | **N/A** | **N/A** |

**UNDER 17 MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** |
| 1 | Harvey | Davis | Wrexham AC | 18-25 |
| 2 | Henry | Robinson | West Cheshire AC | 19-10 |
| 3 | Charlie | Preece | Telford AC | 20-07 |
| 4 | Jedid | Mensah | Telford AC | 22-23 |

**TEAMS (3 TO SCORE)**

***No Complete Teams***

**SENIOR WOMEN**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | Lauren | Cooper | Shrewsbury AC | 19-13 | SW | **1** |
| 2 | Emily | Cowper-Coles | Oswestry Olympians | 19-18 | SW | **2** |
| 3 | Florence | Roberts | Oswestry Olympians | 20-12 | SW | **3** |
| 4 | Eden | O'Dea | Deeside AC | 20-28 | U20W | **1** |
| 5 | Jane | Cook | Shropshire Shufflers | 20-45 | W45 | **1** |
| 6 | Alison | Grundy | Tattenhall | 21-11 | W45 | **2** |
| 7 | Charlotte-Rose | Hunter | Oswestry Olympians | 21-16 | SW | **4** |
| 8 | Jen | Rambaldi | Buckley | 21-19 | W35 | **1** |
| 9 | Jodi | Bemand | West Cheshire AC | 21-20 | U17W | **1** |
| 10 | Lucie | Goddard | Buckley | 21-29 | SW | **5** |
| 11 | Emily | Grandfield | Whitchurch Whippets | 21-31 | SW | **6** |
| 12 | Alice | Trevor Jones | Oswestry Olympians | 21-35 | W35 | **2** |
| 13 | Eleanor | Ashcroft | Denbigh Harriers | 21-38 | SW | **7** |
| 14 | Anwen | Hockley | Eryri Harriers | 22-05 | U17W | **2** |
| 15 | Bethan | Jones | Oswestry Olympians | 22-07 | U20W | **2** |
| 16 | Katy | Baugh | Denbigh Harriers | 22-08 | SW | **8** |
| 17 | Louise | Woolcock | Oswestry Olympians | 22-09 | W40 | **1** |
| 18 | `Nesta | McCluskey | Maldwyn Harriers | 22-17 | W45 | **3** |
| 19 | Charlotte  | Jones | Oswestry Olympians | 22-19 | W40 | **2** |
| 20 | Mel | Morris | Denbigh Harriers | 22-20 | W45 | **4** |
| 21 | Robin | Jones | Telford AC | 22-25 | SW | **9** |
| 22 | Jemma | Brown | Shrewsbury AC | 22-28 | W35 | **3** |
| 23 | Georgie | Jones | Oswestry Olympians | 22-28 | SW | **10** |
| 24 | Lisa | Johnson | Prestatyn RC | 22-29 | SW | **11** |
| 25 | Neisha | Roberts | Deeside AC | 22-38 | U17W | **3** |
| 26 | Claire | Wyn-Jones | Deeside AC | 22-39 | SW | **12** |
| 27 | Claire | Harris | West Cheshire AC | 22-40 | SW | **13** |
| 28 | Eleanor | Davies | Meirionnydd | 22-54 | W40 | **3** |
| 29 | Eleanor | Robinson | West Cheshire AC | 22-55 | W45 | **5** |
| 30 | Megan Lynne | Hughes | Eryri Harriers | 22-59 | W45 | **6** |
| 31 | Emma | Collins | Denbigh Harriers | 23-00 | W55 | **1** |
| 32 | Louise | Williams | Oswestry Olympians | 23-04 | W40 | **4** |
| 33 | Jane | Doughton | Buckley | 23-18 | W45 | **7** |
| 34 | Christine | Cammillare | Deestriders | 23-28 | SW | **14** |
| 35 | Claire | Lloyd | Oswestry Olympians | 23-32 | SW | **15** |
| 36 | Yvonne | Hill | Oswestry Olympians | 23-36 | W55 | **2** |
| 37 | Vivian | McConnell | Oswestry Olympians | 23-42 | W60 | **1** |
| 38 | Amy | Kynaston | Oswestry Olympians | 23-43 | W35 | **4** |
| 39 | Seren | Roberts | Oswestry Olympians | 23-46 | U17W | **4** |
| 40 | Libby | Hayes | Deeside AC | 23-46 | U17W | **5** |
| 41 | Ella | Grundy | Colwyn Bay | 23-52 | U17W | **6** |
| 42 | Elen | Baugh | Denbigh Harriers | 23-53 | SW | **16** |
| 43 | Susie | Hancock | Oswestry Olympians | 23-58 | W60 | **2** |
| 44 | Juliet | Evans | Meirionnydd | 24-09 | W55 | **3** |
| 45 | Anne | Mynott | Colwyn Bay | 24-18 | W55 | **4** |
| 46 | Julie | Davies | Oswestry Olympians | 24-22 | W45 | **8** |
| 47 | Gwennan | Henstock | Buckley | 24-42 | W40 | **5** |
| 48 | Jo | Grandfield | Whitchurch Whippets | 24-43 | W55 | **5** |
| 49 | Margaret | Ludden | Buckley | 24-57 | W55 | **6** |
| 50 | Shell | Glayston | Shropshire Shufflers | 25-02 | W45 | **9** |
| 51 | Fenella | Higgins | Buckley | 25-11 | W50 | **1** |
| 52 | Henrietta | Duffey | West Cheshire AC | 25-16 | U17W | **7** |
| 53 | Nia | Evans | Meirionnydd | 25-29 | W45 | **10** |
| 54 | Anna | Shimali | Cadence Tri Club | 25-32 | W55 | **7** |
| 55 | Angela | Tegg | West Cheshire AC | 25-38 | W45 | **11** |
| 56 | Briony | Hibbert | Deeside AC | 25-42 | SW | **17** |
| 57 | Michelle | Farrell | Gog Tri Club | 25-48 | W40 | **6** |
| 58 | Joy | Hickman | West Cheshire AC | 25-49 | W55 | **8** |
| 59 | Jane | Lindley | Buckley | 26-14 | W55 | **9** |
| 60 | Debra | Bemand | West Cheshire AC | 26-33 | W50 | **2** |
| 61 | Michelle | Arrowsmith | Deeside AC | 26-39 | W40 | **7** |
| 62 | Georgina | Molloy | Deeside AC | 27-01 | SW | **18** |
| 63 | Helen | Ashworth | Prestatyn RC | 27-02 | W35 | **5** |
| 64 | Christine | Snowden | Tattenhall | 27-04 | W40 | **8** |
| 65 | Ellie | Salisbury | Eryri Harriers | 27-05 | W60 | **3** |
| 66 | Allison | Donnelly | Eryri Harriers | 27-18 | W50 | **3** |
| 67 | Helen Wyn | Jones | Meirionnydd | 27-37 | W50 | **4** |
| 68 | Elizabeth | Martin | Prestatyn RC | 27-48 | W40 | **9** |
| 69 | Menai | Baugh | Denbigh Harriers | 27-53 | W60 | **4** |
| 70 | Alison | Preece | Telford AC | 27-59 | W50 | **5** |
| 71 |  Claire Ann | Jones | Prestatyn RC | 28-06 | W50 | **6** |
| 72 | Cara | Jones | Prestatyn RC | 28-47 | W45 | **12** |
| 73 | Andrea | Nowell | Oswestry Olympians | 28-54 | W45 | **13** |
| 74 | Louise | Griffiths | Cadence Tri Club | 29-09 | W55 | **10** |
| 75 | Ann | D'Albuquerque | Gog Tri Club | 29-13 | W70 | **1** |
| 76 | Lisa | Blagden | Telford AC | 29-25 | W50 | **7** |
| 77 | Liz | Featherstone | Whitchurch Whippets | 30-02 | W50 | **8** |
| 78 | Jeanne | Raymons | Tattenhall | 30-21 | W40 | **10** |
| 79 | Ceri | Bairstow | Cadence Tri Club | 30-56 | SW | **19** |
| 80 | Sue | Ridings | Buckley | 44773 | W60 | **5** |
| 81 | Margaret | Oliver | Eryri Harriers | 31-22 | W70 | **2** |
| 82 | Gill | Csizmadia | Wrexham AC | 31-34 | W55 | **11** |
| 83 | Emma | Birchall | Prestatyn RC | 32-23 | W50 | **9** |
| 84 | Jennifer | Chambers | Tattenhall | 32-43 | W40 | **11** |
| 85 | Beverley | Goodson | Deestriders | 35-57 | W50 | **10** |
| 86 | Marilyn | Hunter | Shropshire Shufflers | 37-48 | W50 | **11** |
| 87 | Maureen | Singleton | Colwyn Bay | 43-40 | W80 | **1** |

**FEMALE TEAMS**

**DIVISION ONE (4 to SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 3****Points** | **Total Race 3 Points** | **Race 3****Position** | **Overall Point** | **Overall Position** |
| Oswestry Olympians | 2/3/7/12 | **24** | **1** | **163** | **1** |
| Buckley RC | 8/10/33/47 | **98** | **3** | **226** | **2** |
| Denbigh | 13/16/20/31 | **80** | **2** | **235** | **3** |
| Eryri Harriers | 14/30/66/67 | **177** | **5** | **312** | **4** |
| West Cheshire | 9/27/29/52 | **117** | **4** | **396** | **5** |
| Prestatyn RC | 24/63/69/72 | **228** | **6** | **752** | **6** |
| Shropshire Shufflers | 5/50/86/88 | **229** | **7** | **814** | **7** |

**DIVISION TWO (3 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 3****Points** | **Total Race 3 Points** | **Race 3****Position** | **Overall Point** | **Overall Position** |
| Deeside AC | 4/25/26 | **55** | **1** | **185** | **1** |
| Telford AC | 21/71/76 | **168** | **6** | **371** | **2** |
| Tattenhall | 6/65/78 | **149** | **4** | **396** | **3** |
| Colwyn Bay  | 41/45/87 | **173** | **7** | **421** | **4** |
| Whitchurch Whippets | 11/48/77 | **136** | **3** | **513** | **5** |
| Meirionnydd | 28/44/53 | **149** | **4** | **535** | **6** |
| GOG Tri Club | 57/75/88 | **220** | **11** | **541** | **7** |
| Deestriders | 34/85/88 | **207** | **9** | **605** | **8** |
| Wrexham AC | 82/88/88 | **258** | **12** | **737** | **9** |
| Maldwyn | 18/88/88 | **194** | **8** | **749** | **10** |
| Cadence Tri Club | 54/74/79 | **207** | **9** | **N/A** | **N/A** |
| Shrewsbury | 1/22/88 | **111** | **2** | **N/A** | **N/A** |

**FEMALE MASTERS TEAMS**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 3****Points** | **Total Race 3 Points** | **Race 3****Position** | **Overall Point** | **Overall Position** |
| Oswestry Olympians | 4/5/7 | **16** | **1** | **92** | **1** |
| Buckley RC | 3/15/23 | **41** | **2** | **133** | **2** |
| Denbigh Harriers | 8/13/43 | **64** | **4** | **138** | **3** |
| Eryri Harriers | 12/39/40 | **91** | **7** | **157** | **4** |
| West Cheshire | 11/30/32 | **73** | **5** | **221** | **5** |
| Tattenhall | 2/38/51 | **91** | **7** | **242** | **6** |
| Prestatyn RC | 36/42/45 | **123** | **9** | **378** | **7** |
| Shropshire Shufflers | 1/26/58 | **85** | **6** | **N/A** | **N/A** |
| Meirionnydd | 10/20/28 | **58** | **3** | **N/A** | **N/A** |

Well it was great to be back despite the cold and wet weather!

Firstly well done to Roger Harrison Jones on receipt of his Meritorious Award from Welsh Athletics. He really is a true inspiration for us all and to have the winner of the first ever North Wales Cross Country League race back in 1958 still running and enjoying our great sport is both unbelievable and inspiring. Well done Roger and well deserved. Secondly thank you to Margaret Morris and all her helpers both out on the course and in the refreshment room afterwards.

So onto the races. As at Bangor the Under 17 Men showed the women a clean pair of heels and whilst there were only a disappointing four young men taking part, Wrexham’s Harvey Davis scored his first victory and got the better of Henri Robinson who had beaten him at the last race. The women’s race was exciting with just five seconds separating relatively newcomers Lauren Cooper, Shrewsbury and Emily Cowper-Coles, Oswestry.

In the team race Oswestry had a fantastic day and dominated Division 1 and now look in a strong position going into the last fixture. Eryri Harriers after so many years as Champions can no longer retain their title and Prestatyn and Shropshire Shufflers look like facing relegation. In Division 2 Deeside consolidated their position at the top and look like returning quickly to the top Division and it looks like a good battle will take place between a few clubs for the second promotion spot. In the Masters Team race, Oswestry were equally dominant and look certain to be crowned Masters Champions.

In the older Masters Categories, Graham Jones from Shrewsbury dominated the race winning by nearly 2 minutes from Martin Cortvriend. In the team race, Shropshire Shufflers won on the day but there are just a five points between Prestatyn and Eryri going into the last fixture.

At the end of the first big lap of the Men’s Race there was still a good group at the front and young Ed Woodhead, Deeside, showed great composure to storm away from older and more experienced athletes on the second lap. Shrewsbury as usual dominated the team race closing their scoring six in the first 18 and look certain to retain the title yet again. Buckley retain second spot. With only one runner turning up to Oswestry, Eryri Harriers will be in Division 2 for the first time in their history next year. Wrexham AC and Deeside AC are leading the way in Division 2. Shrewsbury dominated the Men’s Masters Race.

The final race of the season is being hosted by Wrexham AC and will double up as the North Wales Cross Country Championships. We will also be trialling chip timing for the race so numbers will be in the folders rather than team sheets. If you have new runners taking part for the first time this season, it would help if you can let me know in advance so we can include numbers for them. If not, we will be able to get numbers for them on the day

Due to the unusual circumstances, and the race being used as North Wales Champs as well as a league race, and the unsuitability of Wrexham for the presentations, we will make the league presentations at the League AGM in April. I hope people will understand that this is due to the circumstances we have found ourselves in this year and that having the extra race and deferring presentations is an acceptable compromise for this year.

See you at Wrexham, and remember if you want to count as an individual or in the team for the North Wales Championships (as long as you are eligible) you need to enter the championships.

**Bernie Jones**

Secretary/Referee