**GRAND PRIX EXPRESS**

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

(Supported by Welsh Athletics Ltd)

At Cefn Road, Wrexham Saturday 2nd October 2021

FINAL RESULTS 3/10/21

**SENIOR MEN**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | Elliot | Smith Rasmussen | Bangor Uni | 28-48 | SM | 1 |
| 2 | Ryan | Davis | Wrexham AC | 29-34 | SM | 2 |
| 3 | Rhodri | Owen | Meirionnydd | 29-50 | SM | 3 |
| 4 | Sam | Bellis | Buckley RC | 29-52 | SM | 4 |
| 5 | Paul | Jones | Shrewsbury | 30-04 | M50 | 1 |
| 6 | Daniel | Weston | Wrexham AC | 30-17 | M40 | 1 |
| 7 | Adam | Allinson | Shropshire Shufflers | 30-21 | SM | 5 |
| 8 | Stephen | Skates | Prestatyn RC | 30-30 | M40 | 2 |
| 9 | Lee | Jones | Deeside AC | 30-45 | M50 | 2 |
| 10 | Robert | Weston | Whitchurch Whippets | 30-50 | SM | 6 |
| 11 | Chris | Callaghan | Buckley RC | 31-03 | M40 | 3 |
| 12 | Paul | Ashton | Shropshire Shufflers | 31-07 | M35 | 1 |
| 13 | Ed | Woodhead | Deeside AC | 31-15 | U20M | 1 |
| 14 | Dan | Elliott | Shrewsbury | 31-26 | SM | 7 |
| 15 | Ifan | Richards | Meirionnydd | 31-50 | M40 | 4 |
| 16 | Ben | Sulley | Shrewsbury | 31-51 | SM | 8 |
| 17 | Tyler | Cartlidge | Deeside AC | 31-56 | U20M | 2 |
| 18 | Alun | Brown | GOG Tri Club | 31-56 | M40 | 5 |
| 19 | Fraser | Campbell | West Cheshire | 31-58 | U20M | 3 |
| 20 | Luke | Butler | Shrewsbury | 31-59 | M35 | 2 |
| 21 | Paul | O'Brien | Telford AC | 31-59 | M40 | 6 |
| 22 | Rob | Fox | Shrewsbury | 32-04 | M40 | 7 |
| 23 | Alex | Moseley | Bangor Uni | 32-11 | U20M | 4 |
| 24 | Geraint | Pugh | Meirionnydd | 32-15 | SM | 9 |
| 25 | Neil | Finegan | West Cheshire | 32-21 | M45 | 1 |
| 26 | Euros | Evans | Meirionnydd | 32-24 | SM | 10 |
| 27 | Tony | Wood | Denbigh Harriers | 32-26 | SM | 11 |
| 28 | Joe | Robson | Aberystwyth Uni | 32-40 | SM | 12 |
| 29 | Stuart | Smith | Shrewsbury | 32-50 | M35 | 3 |
| 30 | Gregory | Williams | Shropshire Shufflers | 32-52 | M35 | 4 |
| 31 | Jez | Brown | Buckley RC | 32-59 | M45 | 2 |
| 32 | Patrick | White | Cadence Tri Club | 33-10 | SM | 13 |
| 33 | Ian | Gibson | Oswestry O | 33-16 | SM | 14 |
| 34 | Carl | Aveyard | Shrewsbury | 33-16 | M40 | 8 |
| 35 | Tim | Tansley | Oswestry O | 33-37 | M45 | 3 |
| 36 | Paul | Morrison | West Cheshire | 33-44 | U20M | 5 |
| 37 | Pete | Gray | Cadence Tri Club | 33-46 | M35 | 5 |
| 38 | Gary | Norgrove | Wrexham AC | 34-05 | M50 | 3 |
| 39 | Andrew | Clague | West Cheshire | 34-12 | M50 | 4 |
| 40 | Robert | Sharam | Whitchurch Whippets | 34-14 | M45 | 4 |
| 41 | Llyr | Ab Einion | Aberystwyth Uni | 34-16 | SM | 15 |
| 42 | Rob | Arden | Tattenhall | 34-18 | M40 | 9 |
| 43 | Geran | Hughes | GOG Tri Club | 34-21 | M55 | 1 |
| 44 | Andrew | Peers | Buckley RC | 34-27 | M35 | 6 |
| 45 | Robert | Chambers | Tattenhall | 34-32 | M40 | 10 |
| 46 | Paul | Bowes | Shrewsbury | 34-32 | M50 | 5 |
| 47 | James | Pickering | Oswestry O | 34-35 | M35 | 7 |
| 48 | Ryan | Morrison | Cadence Tri Club | 34-40 | M40 | 11 |
| 49 | Hadyn | Jones | Shrewsbury | 34-41 | M60 | 1 |
| 50 | Charlie | Woolcock | Oswestry O | 34-47 | M40 | 12 |
| 51 | Richard | Hayes | West Cheshire | 34-55 | M50 | 6 |
| 52 | Russell | Owen | Eryri Harriers | 34-58 | M60 | 2 |
| 53 | Eric | Campbell | Buckley RC | 35-00 | M55 | 2 |
| 54 | David | Griffin | Shrewsbury | 35-02 | M35 | 8 |
| 55 | Euan | Balmer | Shropshire Shufflers | 35-02 | M40 | 13 |
| 56 | Andrew | Price | Shrewsbury | 35-06 | SM | 16 |
| 57 | Richard | Davies | Oswestry O | 35-07 | M35 | 9 |
| 58 | Tim | Gears | Oswestry O | 35-07 | M45 | 5 |
| 59 | Griff | Roberts | Menai T&F | 35-08 | U20M | 6 |
| 60 | Glen | Price | Denbigh Harriers | 35-10 | M45 | 6 |
| 61 | Jared | Roberts | Colwyn Bay | 35-12 | SM | 17 |
| 62 | Dan | Wellings | GOG Tri Club | 35-13 | M40 | 14 |
| 63 | Rupert | Sheppard | Bangor Uni | 35-20 | U20M | 7 |
| 64 | Aron | Evans | Denbigh Harriers | 35-25 | SM | 18 |
| 65 | Harrison | Carroll | Aberystwyth Uni | 35-25 | SM | 19 |
| 66 | Andrew | Wakefield | Shropshire Shufflers | 35-28 | SM | 20 |
| 67 | Stephen | Parry | Deeside AC | 35-34 | SM | 21 |
| 68 | John | Simpson | Prestatyn RC | 35-45 | M55 | 3 |
| 69 | Steve | Toogood | Buckley RC | 35-50 | M55 | 4 |
| 70 | Antony | Woodall | Deestriders | 35-54 | M45 | 7 |
| 71 | Jeff | Gifford | Buckley RC | 36-06 | M55 | 5 |
| 72 | Craig | Williams | Shropshire Shufflers | 36-08 | M55 | 6 |
| 73 | StJohn | Ashwort | Oswestry O | 36-15 | M40 | 15 |
| 74 | Stuart | Thomas | Buckley RC | 36-28 | M40 | 16 |
| 75 | John | Rolton | Clwydian Runners | 36-40 | M35 | 10 |
| 76 | Nick | Holmes | Tattenhall | 36-42 | M60 | 3 |
| 77 | Lee | Bailey | Prestatyn RC | 36-42 | M45 | 8 |
| 78 | Andy | Jones | GOG Tri Club | 36-54 | M45 | 9 |
| 79 | Paul | Shannon | Tattenhall | 36-54 | M60 | 4 |
| 80 | Ashley | Gray | Oswestry O | 36-58 | M45 | 10 |
| 81 | Sam | Davis | Oswestry O | 37-10 | M35 | 11 |
| 82 | Tim | Hargreaves | Buckley RC | 37-13 | M50 | 7 |
| 83 | Tim | Woodhead | Deeside AC | 37-19 | SM | 22 |
| 84 | Matthew | Knapper | Oswestry O | 37-27 | M45 | 11 |
| 85 | Owen | Conry | Denbigh Harriers | 37-28 | M50 | 8 |
| 86 | Steve | Jones | Oswestry O | 37-30 | M35 | 12 |
| 87 | Calvin | Wright | Shropshire Shufflers | 37-35 | M50 | 9 |
| 88 | Tim | Cahill | Abergele Harriers | 37-36 | M55 | 7 |
| 89 | Simon | Phillips | Whitchurch Whippets | 37-41 | M50 | 10 |
| 90 | Max | Williams | Wrecsam Tri Club | 37-43 | M50 | 11 |
| 91 | Russell | Godwin | Colwyn Bay | 37-44 | M50 | 12 |
| 92 | Andy | Pierce | Wrexham AC | 37-52 | M35 | 13 |
| 93 | Mike | Robbins | Wrexham AC | 37-56 | M55 | 8 |
| 94 | Neal | Jones | Colwyn Bay | 38-05 | M35 | 14 |
| 95 | Mark | Robinson | Tattenhall | 38-25 | M40 | 17 |
| 96 | Andy | Roberts | Clwydian Runners | 38-35 | M50 | 13 |
| 97 | Stuart | Brown | Deeside AC | 38-41 | SM | 23 |
| 98 | Ian | Bayliss | Buckley RC | 38-55 | M60 | 5 |
| 99 | Harry | Warwick | Tattenhall | 39-03 | SM | 24 |
| 100 | Arren | Roberts | Oswestry O | 39-04 | M50 | 14 |
| 101 | Ben | Brown | Shropshire Shufflers | 39-05 | M45 | 12 |
| 102 | Paul | Donoghue | Buckley RC | 39-11 | M50 | 15 |
| 103 | Nick | Blake | Oswestry O | 39-30 | M60 | 6 |
| 104 | James | Rogers | Prestatyn RC | 39-33 | M45 | 13 |
| 105 | Chris | Wakeman | Shrewsbury | 39-38 | M60 | 7 |
| 106 | Christopher | Garbett | Oswestry O | 39-50 | M55 | 9 |
| 107 | Richie | Westwood | Wrexham AC | 39-53 | M40 | 18 |
| 108 | Paul | Lewty | Deestriders | 39-56 | M40 | 19 |
| 109 | Steven | Owen | GOG Tri Club | 39-56 | M35 | 15 |
| 110 | Keelan | Serjeant | Maldwyn | 40-06 | M40 | 20 |
| 111 | Ian | Lowe | Oswestry O | 40-08 | M50 | 16 |
| 112 | Simon | Nixon | Denbigh Harriers | 40-10 | M60 | 8 |
| 113 | Abdul | Pasha | Denbigh Harriers | 40-14 | M45 | 14 |
| 114 | Ian | Taylor | Colwyn Bay | 40-21 | M50 | 17 |
| 115 | Dale | Walton | Oswestry O | 40-30 | M40 | 21 |
| 116 | Neil | Salt | Whitchurch Whippets | 40-34 | M55 | 10 |
| 117 | Ian | Hopkins | Telford AC | 40-48 | M55 | 11 |
| 118 | Graham | Evans | Deestriders | 40-53 | M50 | 18 |
| 119 | David | Owen | Buckley RC | 40-56 | M55 | 12 |
| 120 | Mark | Jones | Colwyn Bay | 41-21 | M50 | 19 |
| 121 | Simon | Blain | GOG Tri Club | 41-22 | M35 | 16 |
| 122 | Martin | Witty | Deestriders | 41-50 | M50 | 20 |
| 123 | Fred | Smith | Clwydian Runners | 41-55 | M35 | 17 |
| 124 | Simon | Meredith | Shropshire Shufflers | 41-56 | M60 | 9 |
| 125 | Neil | Quinlan | Tattenhall | 42-05 | M40 | 22 |
| 126 | Mark | Paviour | Maldwyn | 42-15 | M55 | 13 |
| 127 | Duncan | Jones | Denbigh Harriers | 42-33 | M60 | 10 |
| 128 | Chris | Bennett | GOG Tri Club | 42-43 | M55 | 14 |
| 129 | Nick | Roberts | Cadence Tri Club | 42-47 | M50 | 21 |
| 130 | Chris | Williams | Colwyn Bay | 42-57 | M60 | 11 |
| 131 | Justin | Shirra | Shropshire Shufflers | 43-05 | M55 | 15 |
| 132 | Ian | Teague | Shropshire Shufflers | 43-10 | M50 | 22 |
| 133 | Tony | Preece | Telford AC | 43-34 | M50 | 23 |
| 134 | Jamie | Lewis | Buckley RC | 43-50 | M35 | 18 |
| 135 | Ian | Mulligan | Colwyn Bay | 43-59 | M50 | 24 |
| 136 | Neil | Bull | Wrexham AC | 45-49 | M55 | 16 |
| 137 | Nicholas | Meyer | Bangor Uni | 45-59 | SM | 25 |
| 138 | Steven | Brown | Prestatyn RC | 46-07 | M50 | 25 |
| 139 | Kyle | Watts | Meirionnydd | 47-12 | SM | 26 |
| 140 | Arwel | Jones | Prestatyn RC | 47-20 | M60 | 12 |
| 141 | Charles | Ashley | Wrexham AC | 50-06 | M60 | 13 |

**TEAMS**

**DIVISION ONE (6 TO SCORE)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Club** | **Race 1**  **Points** | **Total Race Points** | **Race 1**  **Position** |
| Shrewsbury AC | 5/14/16/20/22/29 | **106** | **1** |
| Buckley | 4/11/31/44/53/69 | **212** | **2** |
| Shropshire Shufflers | 7/12/30/55/66/72 | **242** | **3** |
| Oswestry | 33/35/47/50/57/58 | **280** | **4** |
| West Cheshire AC | 19/25/36/39/51/142 | **312** | **5** |
| Meirionnydd RC | 3/15/24/26/139/142 | **349** | **6** |
| Denbigh Harriers | 27/60/64/85/112/113 | **461** | **7** |
| Eryri Harriers | 52/142/142/142/142/142 | **762** | **8** |

**DIVISION TWO (4 TO SCORE)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Club** | **Race 1**  **Points** | **Total Race Points** | **Race 1**  **Position** |
| Deeside AC | 9/13/17/67 | **106** | **1** |
| Wrexham AC | 2/6/38/92 | **138** | **2** |
| GOG Tri Club | 18/43/62/78 | **201** | **3** |
| Bangor University | 1/23/63/137 | **224** | **4** |
| Tattenhall | 42/45/76/77 | **240** | **5** |
| Cadence Tri Club | 32/37/48/129 | **246** | **6** |
| Whitchurch Whippets | 10/40/89/116 | **255** | **7** |
| Prestatyn RC | 8/68/77/104 | **257** | **8** |
| Aberystwyth University | 28/41/65/142 | **276** | **9** |
| Colwyn Bay | 61/91/94/114 | **360** | **10** |
| Telford AC | 21/117/133/142 | **413** | **11** |
| Deestriders | 70/108/118/122 | **418** | **12** |
| Clwydian Runners | 75/96/123/142 | **436** | **13** |
| Menai T&F | 59/142/142/142 | **485** | **14** |
| Abergele Harriers | 88/142/142/142 | **514** | **15** |
| Wrecsam Tri Club | 90/142/142/142 | **516** | **16** |
| Maldwyn | 110/126/142/142 | **520** | **17** |

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

|  |  |  |  |
| --- | --- | --- | --- |
| **Club** | **Race 1**  **Points** | **Total Race Points** | **Race 1**  **Position** |
| Shrewsbury | 1/9/11 | **21** | **1** |
| Buckley | 5/15/24 | **44** | **2** |
| Shropshire Shufflers | 6/14/35 | **55** | **3** |
| West Cheshire | 12/19/31 | **62** | **4** |
| GOG Tri Club | 8/23/39 | **70** | **5** |
| Oswestry O | 17/27/30 | **74** | **6** |
| Wrexham AC | 2/19/63 | **84** | **7** |
| Prestatyn RC | 3/40/49 | **92** | **8** |
| Tattenhall | 22/25/48 | **95** | **9** |
| Cadence Tri Club | 18/28/98 | **144** | **10** |
| Whitchurch Whippets | 21/60/85 | **166** | **11** |
| Denbigh Harriers | 38/56/81 | **175** | **12** |
| Telford AC | 10/86/102 | **198** | **13** |
| Clwydian Runners | 47/67/92 | **206** | **14** |
| Deestriders | 42/77/87 | **206** | **15** |
| Colwyn Bay | 62/65/83 | **210** | **16** |

**MALE OVER 65**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | Martin | Cortvriend | Prestatyn RC | 24-55 | M65 | 1 |
| 2 | John | Mainwaring | Eryri Harriers | 27-28 | M65 | 2 |
| 3 | Emyr | Davies | Hebog | 28-00 | M75 | 1 |
| 4 | Fred | Jones | Denbigh Harriers | 28-35 | M65 | 3 |
| 5 | Mike | Snell | Eryri Harriers | 28-46 | M65 | 4 |
| 6 | George | Nixon | Prestatyn RC | 29-05 | M65 | 5 |
| 7 | Charlie | Holland | Shropshire Shufflers | 29-59 | M65 | 6 |
| 8 | Frank | Vaughan | Meirionnydd | 30-06 | M65 | 7 |
| 9 | Chris | Clarke | Shropshire Shufflers | 30-42 | M70 | 1 |
| 10 | Chris | Baldwin | Denbigh Harriers | 30-59 | M65 | 8 |
| 11 | Graham | Shone | Abergele Harriers | 31-37 | M70 | 2 |
| 12 | Gareth | Hughes | Prestatyn RC | 31-55 | M75 | 2 |
| 13 | Don | Williams | Eryri Harriers | 32-15 | M75 | 3 |
| 14 | Les | Coathup | Buckley RC | 32-40 | M65 | 9 |
| 15 | Jeff | Jones | Denbigh Harriers | 33-13 | M70 | 3 |
| 16 | Geoffrey | Fielding | Eryri Harriers | 33-17 | M75 | 4 |
| 17 | Alwyn | Oliver | Eryri Harriers | 33-21 | M75 | 5 |
| 18 | John | Morris | Buckley RC | 35-04 | M75 | 6 |
| 19 | Jack | Thomas | Buckley RC | 40-15 | M75 | 7 |
| 20 | Stephen | Hatfield | Prestatyn RC | 40-30 | M75 | 8 |
| 21 | Roger | Harrison-Jones | Prestatyn RC | 46-27 | M80 | 1 |
| 22 | Ron | Harrison-Jones | Prestatyn RC | 48-09 | M80 | 2 |
| 23 | John | Tipping | Wrexham AC | 52-27 | M80 | 3 |

**TEAMS (3 TO SCORE)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Club** | **Race 1**  **Points** | **Total Race Points** | **Race 1**  **Position** |
| Prestatyn RC | 1/6/12 | **19** | **1** |
| Eryri Harriers | 2/5/13 | **20** | **2** |
| Denbigh Harriers | 4/10/15 | **29** | **3** |
| Buckley RC | 14/18/19 | **51** | **4** |

**UNDER 17 MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** |
| 1 | Callum | Morgan | Maldwyn | 20-56 |
| 2 | Harvey | Davis | Wrexham AC | 21-20 |
| 3 | Henry | Robinson | West Cheshire AC | 22-13 |
| \*\*4 | Evan | Roberts | Oswestry O | 23-27 |
| 5 | Charlie | Preece | Telford AC | 25-23 |
| 6 | Oliver | Jones | Deeside AC | 26-28 |
| 7 | Ronnie | Scarth | Wrexham AC | 31-47 |

*\*\* Please note that Evan Roberts, Oswestry inadvertently ran in the Under 17 race when he is 17 years old. He has been left in the results for today’s race but will race in the Under 20 races in future.*

**TEAMS (3 TO SCORE)**

No Clubs completed Under 17 Men’s Teams at Wrexham.

**SENIOR WOMEN**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | Ali | Lavender | Oswestry O | 20-48 | SW | 1 |
| 2 | Claire | Martin | Telford AC | 22-21 | W45 | 1 |
| 3 | Maggie | Preece | Telford AC | 23-58 | U17W | 1 |
| 4 | Tracy | Rogers | Buckley RC | 24-12 | SW | 2 |
| 5 | Andrea | Rowlands | Eryri Harriers | 24-28 | W45 | 2 |
| 6 | Jodi | Demand | West Cheshire AC | 24-32 | U17W | 2 |
| 7 | Georgina | Ross | Tattenhall | 24-49 | W45 | 3 |
| 8 | Boe-Celyn | Jones | Menai T&F | 24-55 | U20W | 1 |
| 9 | Nicola | Shipp | Oswestry O | 25-01 | W45 | 4 |
| 10 | Alison | Grundy | Tattenhall | 25-24 | W45 | 5 |
| 11 | Emma | Collins | Denbigh Harriers | 25-31 | W55 | 1 |
| 12 | Melina | Morris | Denbigh Harriers | 25-42 | W45 | 6 |
| 13 | Christine | Cammillare | Deestriders RC | 25-49 | W35 | 1 |
| 14 | Christina | O'Brien | Telford AC | 26-10 | W40 | 1 |
| 15 | Jane | Doughton | Buckley RC | 26-14 | W45 | 7 |
| 16 | Julie | Owens | Abergele Harriers | 26-20 | W40 | 2 |
| 17 | Kathryn | Hopwood | Buckley RC | 26-25 | SW | 3 |
| 18 | Claire | Harris | West Cheshire AC | 26-29 | SW | 4 |
| 19 | Jacqui | Gears | Oswestry O | 26-35 | W45 | 8 |
| 20 | Katy | Baugh | Denbigh Harriers | 26-43 | SW | 5 |
| 21 | Ella | Grundy | Colwyn Bay | 26-45 | U17W | 3 |
| 22 | Annwen | Hockley | Eryri Harriers | 26-45 | U17W | 4 |
| 23 | Gwennan | Henstock | Buckley RC | 26-48 | W40 | 3 |
| 24 | AlawMedi | Evans | Denbigh Harriers | 26-49 | SW | 6 |
| 25 | Claire | Wynne-Jones | Deeside AC | 27-05 | SW | 7 |
| 26 | Helen | Blair | Eryri Harriers | 27-30 | W50 | 1 |
| 27 | Donna | Welsh | Deeside AC | 27-38 | W35 | 2 |
| 28 | Sioned | Griffiths | Denbigh Harriers | 27-50 | W40 | 4 |
| 29 | Anne | Mynott | Colwyn Bay | 27-50 | W55 | 2 |
| 30 | Helen | MacArthur | GOG Tri Club | 27-50 | W50 | 2 |
| 31 | Elen | Baugh | Denbigh Harriers | 27-52 | SW | 8 |
| 32 | Kate | Lightfoot | Tattenhall | 27-57 | W50 | 3 |
| 33 | Victoria | Addison | Shropshire Shufflers | 28-09 | SW | 9 |
| 34 | Rowan | Graham-Jones | Prestatyn RC | 28-16 | U17W | 5 |
| 35 | Juliet | Edwards | Meirionnydd | 28-19 | W55 | 3 |
| 36 | Julie | Davies | Oswestry O | 28-23 | W45 | 9 |
| 37 | Zara | Bowman | Aberystwyth Uni | 28-30 | SW | 10 |
| 38 | Rebecca | Roberts | Clwydian Runners | 28-33 | SW | 11 |
| 39 | Susie | Hancock | Oswestry O | 28-40 | W60 | 1 |
| 40 | Jo | Grandfield | Whitchurch Whippets | 28-48 | W55 | 4 |
| 41 | Caroline | Fowles | Whitchurch Whippets | 28-51 | W55 | 5 |
| 42 | Fenella | Higgins | Buckley RC | 28-54 | W50 | 4 |
| 43 | Holly | Walker | Deeside AC | 29-02 | U17W | 6 |
| 44 | Joanna | Gasson | Run Free Fell | 29-10 | W35 | 3 |
| 45 | Yvonne | Hill | Oswestry O | 29-15 | W55 | 6 |
| 46 | Eleanor | Robinson | West Cheshire AC | 29-17 | W45 | 10 |
| 47 | Kim | Jones-Norgrove | Wrecsam Tri Club | 29-26 | W55 | 7 |
| 48 | Margaret | Luddon | Buckley RC | 29-29 | W55 | 8 |
| 49 | Henrietta | Duffey | West Cheshire AC | 29-33 | U17W | 7 |
| 50 | Annie | Williams | Eryri Harriers | 29-35 | W60 | 2 |
| 51 | Debra | Demand | West Cheshire AC | 29-44 | W50 | 5 |
| 52 | Briony | Hibbert | Deeside AC | 29-50 | SW | 12 |
| 53 | Alison | Preece | Telford AC | 30-11 | W50 | 6 |
| 54 | Anna | Shimali | Cadence Tri Club | 30-15 | W45 | 11 |
| 55 | Laurie | Griffith | GOG Tri Club | 30-16 | W50 | 7 |
| 56 | Susan R | Davies | Maldwyn | 30-17 | W55 | 9 |
| 57 | Alison | Donnelly | Eryri Harriers | 30-40 | W50 | 8 |
| 58 | Jo | Lewis | Prestatyn RC | 31-15 | W45 | 12 |
| 59 | Lisa | Blagden | Telford AC | 31-20 | W50 | 9 |
| 60 | Debbie | Parry | Deeside AC | 31-42 | SW | 13 |
| 61 | Menai | Baugh | Denbigh Harriers | 31-57 | W60 | 3 |
| 62 | Caroline | Caffery | Buckley RC | 32-10 | W45 | 13 |
| 63 | Pam | Graham-Jones | Prestatyn RC | 32-12 | W60 | 4 |
| 64 | Elin | James | Eryri Harriers | 32-38 | SW | 14 |
| 65 | Julia | Evans | Prestatyn RC | 32-50 | W55 | 10 |
| 66 | Sophie | Johnson | Prestatyn RC | 32-55 | W40 | 5 |
| 67 | Karen | Owens | Wrexham AC | 33-05 | W50 | 10 |
| 68 | Louis | Griffiths | Cadence Tri Club | 33-08 | W55 | 11 |
| 69 | Hannah | Evans | Tattenhall | 33-16 | W35 | 4 |
| 70 | Wendy | Owens | Deestriders RC | 33-21 | W45 | 14 |
| 71 | Llinos | Davies | GOG Tri Club | 33-44 | W60 | 5 |
| 72 | Jenny | Lewtey-Jones | Deestriders RC | 33-46 | W35 | 5 |
| 73 | Sian | Merrion | Buckley RC | 34-01 | W50 | 11 |
| 74 | Alex | Duffey | West Cheshire AC | 34-15 | W45 | 15 |
| 75 | Bonnie | Knox | Deestriders RC | 34-28 | W40 | 6 |
| 76 | Tracie | Williams | GOG Tri Club | 34-46 | W50 | 12 |
| 77 | Debbie | Jones | Prestatyn RC | 34-53 | W50 | 13 |
| 78 | Sue | Ridings | Buckley RC | 34-55 | W60 | 6 |
| 79 | Abigail | Cammillare | Deestriders RC | 35-15 | SW | 15 |
| 80 | Tracy | Nields | Deestriders RC | 35-23 | W55 | 12 |
| 81 | Gill | Csizmadia | Wrexham AC | 35-32 | W55 | 13 |
| 82 | ?? | ?? | ?? | 36-09 | ?? |  |
| 83 | Alex | Edwards | Wrexham AC | 36-12 | W55 | 14 |
| 84 | Emma | MacArthur | Colwyn Bay | 36-40 | W45 | 16 |
| 85 | Marianne | Mulder | Cadence Tri Club | 36-46 | W40 | 7 |
| 86 | Mandy | Cartwright | Prestatyn RC | 37-06 | W40 | 8 |
| 87 | Margaret | Oliver | Eryri Harriers | 37-15 | W70 | 1 |
| 88 | Sue | McIndoe | Deestriders RC | 39-08 | W50 | 14 |
| 89 | Jane | Blackwell | Deestriders RC | 40-10 | W50 | 15 |
| 90 | Bev | Goodson | Deestriders RC | 40-32 | W50 | 16 |
| 91 | Em | Sullivan | Deestriders RC | 42-17 | W40 | 9 |
| 92 | Fiona | Robinson | Deestriders RC | 46-27 | W55 | 15 |
| 93 | Marilyn | Hunt | Shropshire Shufflers | 46-20 | W50 | 17 |
| 94 | Michelle | Flannery | Cadence Tri Club | 47-10 | W50 | 18 |
| 95 | Maureen | Singleton | Colwyn Bay | 48-30 | W80 | 1 |

**FEMALE TEAMS**

**DIVISION ONE (4 to SCORE)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Club** | **Race 1**  **Points** | **Total Race Points** | **Race 1**  **Position** |
| Buckley RC | 4/15/17/23 | **59** | **1** |
| Oswestry Olympians | 1/9/19/36 | **65** | **2** |
| Denbigh | 11/12/20/24 | **67** | **3** |
| Eryri Harriers | 5/22/26/50 | **103** | **4** |
| West Cheshire | 6/18/46/49 | **119** | **5** |
| Prestatyn RC | 34/58/63/65 | **220** | **6** |
| Shropshire Shufflers | 33/93/96/96 | **318** | **7** |

**DIVISION TWO (3 TO SCORE)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Club** | **Race 1**  **Points** | **Total Race Points** | **Race 1**  **Position** |
| Telford AC | 2/3/14 | **19** | **1** |
| Tattenhall | 7/10/32 | **49** | **2** |
| Deeside AC | 25/27/43 | **95** | **3** |
| Colwyn Bay | 21/29/84 | **134** | **4** |
| Deestriders | 13/70/72 | **155** | **5** |
| GOG Tri Club | 30/55/71 | **156** | **6** |
| Whitchurch Whippets | 40/41/96 | **177** | **7** |
| Menai T&F | 8/96/96 | **200** | **8** |
| Cadence Tri Club | 54/68/85 | **207** | **9** |
| Abergele Harriers | 16/96/96 | **208** | **10** |
| Meirionnydd | 35/96/96 | **227** | **11** |
| Aberystwyth Uni | 37/96/96 | **229** | **12** |
| Wrexham AC | 67/81/83 | **231** | **13** |
| Run Free Fell | 44/96/96 | **236** | **14** |
| Wrecsam Tri Club | 47/96/96 | **239** | **15** |
| Maldwyn | 56/96/96 | **248** | **16** |

**FEMALE MASTERS TEAMS**

|  |  |  |  |
| --- | --- | --- | --- |
| **Club** | **Race 1**  **Points** | **Total Race Points** | **Race 1**  **Position** |
| Tattenhall | 3/5/19 | **27** | **1** |
| Denbigh Harriers | 6/7/16 | **29** | **2** |
| Oswestry O | 4/12/21 | **37** | **3** |
| Telford AC | 1/9/33 | **43** | **4** |
| Eryri Harriers | 2/14/31 | **47** | **5** |
| Buckley RC | 10/13/25 | **48** | **6** |
| West Cheshire | 3/28/33 | **64** | **7** |
| GOG Tri Club | 18/35/49 | **101** | **8** |
| Deestriders | 8/48/50 | **106** | **9** |
| Prestatyn RC | 38/42/43 | **123** | **10** |
| Cadence Tri Club | 34/46/62 | **142** | **11** |
| Colwyn Bay | 17/61/72 | **150** | **12** |
| Wrexham AC | 45/58/60 | **163** | **13** |

Well it was great to be back some 19 months after the last ‘*David Alun Williams*’ North Wales Cross Country League. A lot may have happened in the world but the atmosphere at Wrexham was fantastic and a great turn out despite many competing races and the start of the wintery conditions! A big thank you to Wrexham AC for hosting the fixture at last minute and their volunteers. A special thank you should also go to Dave Alexander, West Cheshire and Mike Harrington (Race Director of Run Cheshire) who helped me out and did the timekeeping. A warm welcome to the two new clubs in the league this year, Clwydian Runners and Run Free Fell (based in Llangollen) – we hope you enjoy the season. The earlier start and the longer gap between the two races also seemed to work, but please give me feedback on what you think.

The opening race didn’t disappoint as the weather held off and Ali Lavender, Oswestry Olympians showed unbelievable powers of recovery as just six days after completing the Berlin Marathon in a stunning time of 2-38, she stormed to a fantastic victory reeling in the Under 17 men over the last lap. It was also great to see the League’s most prolific ever race winner Claire Martin, Telford AC, running well and finishing second. The first two athletes were well clear of Telford’s Maggie Preece but the Under 17 youngster showed great promise for the future. In the age groups there was a fantastic top 10 finish for the evergreen Emma Collins, Denbigh and a special note should go to Maureen Singleton, Colwyn Bay who became our first ever woman 80+ competitor!

The team race looks like it’s going to be interesting in Division 1 with the first three teams, Buckley, Oswestry and Denbigh finishing within eight points, with defending champions Eryri only managing fourth place. In Division 2 Telford with their three finishers in the first 14 are well clear but it is good to see Deeside making another resurgence. In the Masters League it’s good to see Tattenhall leading but Oswestry, Telford and Eryri are not far behind.

The Under 17 Men started at a fast pace as usual with Maldwyn’s Callum Morgan and Wrexham’s Harvey Davis leading the race. On the last lap Callum moved away to comfortably win. Sadly after the large increase in Under 17 men racing in the last few years it was disappointing to only see 7 finishers and no team completed.

The older men competing in the opening race saw the return of Martin Cortvriend, Prestatyn RC and he won by over two and a half minutes from John Mainwairing, Eryri. Despite being in the M75 category, Emyr Davies, Hebog was next home. Chris Clarke, Shropshire Shufflers was first home in the M7O category and the ever young Roger Harrison Jones beating his brother Ron in the M80 category. There was a close competition in the team race with one point separating Prestatyn and Eryri.

As usual in the Men’s race we never know what to expect particularly with the universities having new intact of students and after a steady opening lap following Wrexham’s Ryan Davis, Elliott Smith Rasmussen Bangor University floated away in the rain to win comfortably. Ryan kept going to finish second with Rhodri Owen, Meirionnydd completing the top three. Paul Jones, Shrewsbury continues to defy age finishing fifth, although another M50 Lee Jones, Deeside wasn’t too far behind in ninth place.

Despite not having all their runners out, Shrewsbury dominated the Men’s team race and looks already set to defend their title. Buckley and Shropshire Shufflers finished in the minor places but Eryri with only one finisher on the day look to have an uphill task to maintain their Division 1 status (since the introduction of two divisions they have always been in Division 1). In Division 2 it was a case of two of the older clubs Deeside and Wrexham having good days and it would be good to see these two clubs get back to Division 1. In the Masters League Shrewsbury again were dominant and West Cheshire must be wishing that Dave Alexander had been fit enough to run rather than time-keep as he would have made a difference in both team races.

The next race is being hosted by Eryri Harriers at the Treborth Track, Bangor LL57 2RQ on Saturday 23 October 2021. 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 Bangor

**Bernie Jones**

Secretary/Referee