**GRAND PRIX EXPRESS**

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

(Supported by Welsh Athletics Ltd)

At Cefn Road, Wrexham Saturday 5th March 2022

FINAL RESULTS 8/3/22

**SENIOR MEN**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Position** |  | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | ELLIOT SMITH-RASMUSSEN | Bangor Uni | 29:26 | SM | 1 |
| 2 | DANIEL WESTON | Wrexham AC | 30:02 | M40 | 1 |
| 3 | LUKE NORTHALL | Wrexham AC | 30:38 | M35 | 1 |
| 4 | JOEL GOMES | Wrexham AC | 30:52 | M40 | 2 |
| 5 | ED WOODHEAD | Deeside AC | 31:08 | U20M | 1 |
| 6 | LEE JONES | Deeside AC | 31:25 | M50 | 1 |
| 7 | STEPHEN SKATES | Prestatyn RC | 31:26 | M40 | 3 |
| 8 | DAVID HUSBANDS | Shrewsbury AC | 31:31 | SM | 2 |
| 9 | GWION ROBERTS | Meirionnydd | 31:39 | SM | 3 |
| 10 | CHRIS CALLAGHAN | Buckley RC | 31:42 | M40 | 4 |
| 11 | PAUL ASTON | Shropshire Shufflers | 31:46 | M35 | 2 |
| 12 | SHAUN HUGHES | Denbigh Harriers | 32:03 | SM | 4 |
| 13 | BEN GIBSON | Shropshire Shufflers | 32:17 | M35 | 3 |
| 14 | NEIL FINEGAN | West Cheshire AC | 32:19 | M45 | 1 |
| 15 | DAVID WHITE | Buckley RC | 32:34 | SM | 5 |
| 16 | LUKE BUTLER | Shrewsbury | 32:52 | M35 | 4 |
| 17 | ROB FOX | Shrewsbury AC | 32:56 | M40 | 5 |
| 18 | RICHARD PRICE | Shropshire Shufflers | 32:59 | M40 | 6 |
| 19 | ALEX MOSELEY | Bangor Uni | 33:13 | U20M | 2 |
| 20 | PAUL O'BRIEN | Telford AC | 33:23 | M40 | 7 |
| 21 | MATTHEW ROSE | Buckley RC | 33:27 | M35 | 5 |
| 22 | TONY WOOD | Denbigh Harriers | 33:38 | SM | 6 |
| 23 | TIM TANSLEY | Oswestry Olympians | 33:41 | M45 | 2 |
| 24 | SIMON ROBERTS | Buckley RC | 33:44 | M50 | 2 |
| 25 | DANIEL JONES | Denbigh Harriers | 33:45 | M35 | 6 |
| 26 | JOE GILLING | Shrewsbury AC | 33:46 | U20M | 3 |
| 27 | JAMES ROBINSON | West Cheshire AC | 33:52 | SM | 7 |
| 28 | GORDON JONES | Prestatyn RC | 33:57 | M60 | 1 |
| 29 | ANDREW MEARNS | Denbigh Harriers | 34:18 | SM | 8 |
| 30 | DAN WELLINGS | GOG Tri Club | 34:19 | M40 | 8 |
| 31 | TIM JOY | Buckley RC | 34:26 | SM | 9 |
| 32 | TYLER CARTLIDGE | Deeside AC | 34:31 | U20M | 4 |
| 33 | NIC BROOK | Eryri Harriers | 34:32 | M45 | 3 |
| 34 | JEZ BROWN | Buckley RC | 34:38 | M45 | 4 |
| 35 | ED MORTELL | Deeside AC | 34:50 | M45 | 5 |
| 36 | ANDREW CLAGUE | West Cheshire | 34:51 | M50 | 3 |
| 37 | DEAN GAPPER | Telford Athletes | 34:55 | M40 | 9 |
| 38 | JEPPE VAN DER LEE | Bangor Uni | 34:57 | SM | 10 |
| 39 | RYAN STOKES | Oswestry Olympians | 35:00 | SM | 11 |
| 40 | PAUL BOWES | Shrewsbury | 35:03 | M50 | 4 |
| 41 | ROB ARDEN | Tattenhall | 35:04 | M40 | 10 |
| 42 | PAUL MORRISON | West Cheshire AC | 35:05 | U20M | 5 |
| 43 | ANDREW WAKEFIELD | Shropshire Shufflers | 35:08 | SM | 12 |
| 44 | ANDREW PEERS | Buckley RC | 35:09 | M35 | 7 |
| 45 | DAVIS SUTTON | West Cheshire AC | 35:20 | M45 | 6 |
| 46 | RUSSELL OWEN | Eryri Harriers | 35:22 | M60 | 2 |
| 47 | GLEN PRICE | Denbigh Harriers | 35:30 | M45 | 7 |
| 48 | LEE BAILEY | Prestatyn RC | 35:40 | M45 | 8 |
| 49 | GERAN HUGHES | GOG Tri Club | 35:42 | M55 | 1 |
| 50 | GARETH CHALONER | Wrexham AC | 35:43 | M40 | 11 |
| 51 | DAVE ALEXANDER | West Cheshire AC | 35:45 | M50 | 5 |
| 52 | IWAN EVANS | Denbigh Harriers | 35:49 | SM | 13 |
| 53 | PETER GRAY | Cadence Tri | 35:52 | M35 | 8 |
| 54 | STEVEN CROWE | Deeside AC | 35:55 | M45 | 9 |
| 55 | JOE WELCH | Denbigh Harriers | 36:01 | M40 | 12 |
| 56 | ARON EVANS | Denbigh Harriers | 36:04 | SM | 14 |
| 57 | ROBERT SHARAM | Whitchurch Whippets | 36:05 | M45 | 10 |
| 58 | ERIC CAMPBELL | Buckley RC | 36:11 | M55 | 2 |
| 59 | JARED ROBERTS | Colwyn Bay | 36:18 | SM | 15 |
| 60 | JOHN SIMPSON | Prestatyn RC | 36:20 | M55 | 3 |
| 61 | DAN HURST | Clwydian Runners | 36:25 | M45 | 11 |
| 62 | ASHLEY GRAY | Oswestry Olympians | 36:27 | M45 | 12 |
| 63 | LEE JONES | Buckley RC | 36:29 | M35 | 9 |
| 64 | STEPHEN PARRY | Deeside AC | 36:34 | M45 | 13 |
| 65 | CHARLIE WOOLCOCK | Oswestry Olympians | 36:36 | M40 | 13 |
| 66 | KEVIN FRANCIS | Shrewsbury AC | 36:42 | M55 | 4 |
| 67 | DAVID GRIFFIN | Shrewsbury AC | 36:49 | M35 | 10 |
| 68 | CALVIN WRIGHT | Shropshire Shufflers | 36:55 | M50 | 6 |
| 69 | STEVE WATERS | Shrewsbury AC | 36:57 | M35 | 11 |
| 70 | BRIAN ROTHERA | Oswestry Olympians | 37:04 | M50 | 7 |
| 71 | DAVID MILLINGTON | Wrexham AC | 37:18 | M50 | 8 |
| 72 | HARRY WARWICK | Tattenhall | 37:21 | SM | 16 |
| 73 | MIKE ROBBINS | Wrexham AC | 37:25 | M55 | 5 |
| 74 | MIKE KIRK | Oswestry Olympians | 37:31 | M55 | 6 |
| 75 | DAVE NEWTOWN | Oswestry Olympians | 37:34 | M55 | 7 |
| 76 | TIM WOODHEAD | Deeside AC | 37:37 | M50 | 9 |
| 77 | STUART BROWN | Deeside AC | 37:52 | M45 | 14 |
| 78 | NICK HOLMES | Tattenhall | 38:12 | M60 | 3 |
| 79 | JOHN ROLTON | Clwydian Runners | 38:30 | M35 | 12 |
| 80 | DAVE BOOTHROYD | Buckley RC | 35:35 | M55 | 8 |
| 81 | TIM HARGREAVES | Buckley RC | 38:49 | M50 | 10 |
| 82 | CIARAN ALLMAN | Deeside AC | 38:51 | SM | 17 |
| 83 | JAMES JENKIN | Tattenhall | 38:52 | M60 | 4 |
| 84 | MARK SMITH | Shrewsbury AC | 38:55 | M40 | 14 |
| 85 | IAN LOWE | Oswestry Olympians | 39:03 | M50 | 11 |
| 86 | OWEN CONRY | Denbigh Harriers | 39:10 | M50 | 12 |
| 87 | MAX WILLIAMS | Wrecsam Tri Club | 39:15 | M50 | 13 |
| 88 | DAVID DAVIES | Denbigh Harriers | 39:37 | M45 | 15 |
| 89 | RUSSELL GODWIN | Colwyn Bay | 39:45 | M55 | 9 |
| 90 | NIC BLAKE | Oswestry Olympians | 39:55 | M60 | 5 |
| 91 | PAUL LEWTY | Deestriders | 40:01 | M40 | 15 |
| 92 | LUKE BODMAN | Prestatyn RC | 40:20 | SM | 18 |
| 93 | NIGEL PRITCHARD | Shropshire Shufflers | 40:29 | M50 | 14 |
| 94 | JEFF GIFFORD | Buckley RC | 40:35 | M55 | 10 |
| 95 | DAVID BAUGH | Denbigh Harriers | 40:40 | M60 | 6 |
| 96 | ANDY ROBERTS | Clwydian Runners | 41:10 | M50 | 15 |
| 97 | IAN MULLIGAN | Colwyn Bay | 41:30 | M55 | 11 |
| 98 | CHRISTOPHER GARBETT | Oswestry Olympians | 41:41 | M55 | 12 |
| 99 | TONY PREECE | Telford AC | 41:46 | M50 | 16 |
| 100 | SIMON BLAIN | GOG Tri Club | 41:52 | M35 | 13 |
| 101 | DAVID OWEN | Buckley RC | 42:16 | M55 | 13 |
| 102 | JAMES ROGERS | Prestatyn RC | 42:30 | M45 | 16 |
| 103 | DUNCAN JONES | Denbigh Harriers | 42:45 | M60 | 7 |
| 104 | CHRIS BENNETT | GOG Tri Club | 43:07 | M55 | 14 |
| 105 | FRED SMITH | Clwydian Runners | 43:16 | M35 | 14 |
| 106 | MARK DUNN | Deestriders | 43:21 | M45 | 17 |
| 107 | JAMIE LEWIS | Buckley RC | 43:40 | M35 | 15 |
| 108 | RICHARD HANKINSON | Meirionnydd | 43:52 | M60 | 8 |
| 109 | TIM JONES | Shropshire Shufflers | 44:05 | M50 | 17 |
| 110 | JUAN REYES-MONTES | Shropshire Shufflers | 45:31 | M50 | 18 |
| 111 | ARWEL JONES | Prestatyn RC | 45:45 | M60 | 9 |
| 112 | TREVOR JONES | Meirionnydd | 46:09 | SM | 19 |

**TEAMS**

**DIVISION ONE (6 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 4**  **Points** | **Total Race 4 Points** | **Race 4**  **Position** | **Overall Point** | **Overall Position** |
| Shrewsbury AC | 8/16/17/26/40/66 | **173** | **2** | **494** | **1** |
| Buckley | 10/15/21/24/31/34 | **135** | **1** | **615** | **2** |
| Shropshire Shufflers | 11/13/18/43/68/93 | **246** | **5** | **862** | **3** |
| West Cheshire AC | 14/27/36/42/45/51 | **215** | **4** | **1009** | **4** |
| Oswestry | 23/39/62/65/70/74 | **333** | **6** | **1009** | **5** |
| Denbigh Harriers | 12/22/25/29/47/52 | **187** | **3** | **1149** | **6** |
| Meirionnydd RC RELEGATED | 9/108/112/113/113/113 | **568** | **8** | **1520** | **7** |
| Eryri Harriers RELEGATED | 33/46/113/113/113/113 | **531** | **7** | **2391** | **8** |

**DIVISION TWO (4 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 4**  **Points** | **Total Race 4 Points** | **Race 4**  **Position** | **Overall Point** | **Overall Position** |
| Wrexham AC PROMOTED | 2/3/4/50 | **59** | **1** | **508** | **1** |
| Deeside AC PROMOTED | 5/6/32/35 | **78** | **2** | **667** | **2** |
| Tattenhall | 41/72/78/83 | **274** | **6** | **969** | **3** |
| Prestatyn RC | 7/28/48/60 | **142** | **3** | **1035** | **4** |
| GOG Tri Club | 30/49/100/104 | **283** | **7** | **1073** | **5** |
| Whitchurch Whippets | 57/113/113/113 | **396** | **11** | **1349** | **6** |
| Colwyn Bay | 59/89/97/113 | **358** | **9** | **1401** | **7** |
| Cadence Tri Club | 53/113/113/113 | **392** | **10** | **1474** | **8** |
| Bangor University | 1/19/38/113 | **171** | **4** | **N/A** | **N/A** |
| Clwydian Runners | 61/79/96/105 | **341** | **8** | **N/A** | **N/A** |
| Telford | 20/37/99/113 | **269** | **5** | **N/A** | **N/A** |
| Wrecsam Tri Club | 87/113/113/113 | **449** | **12** | **N/A** | **N/A** |

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 4**  **Points** | **Total Race 4 Points** | **Race 4**  **Position** | **Overall Point** | **Overall Position** |
| Shrewsbury | 10/11/25 | **46** | **4** | **124** | **1** |
| Buckley | 6/14/16 | **36** | **3** | **141** | **2** |
| Shropshire Shufflers | 7/8/12 | **27** | **2** | **150** | **3** |
| Wrexham AC | 1/2/3 | **6** | **1** | **217** | **4** |
| West Cheshire | 9/27/36 | **72** | **6** | **243** | **5** |
| Oswestry O | 15/42/45 | **102** | **8** | **264** | **6** |
| Denbigh Harriers | 17/30/37 | **84** | **7** | **429** | **7** |
| GOG Tri Club | 19/32/77 | **128** | **10** | **436** | **8** |
| Prestatyn RC | 5/18/31 | **54** | **5** | **469** | **9** |
| Tattenhall | 26/57/61 | **144** | **11** | **N/A** | **N/A** |
| Telford | 13/24/76 | **113** | **9** | **N/A** | **N/A** |
| Clwydian | 41/58/73 | **172** | **12** | **N/A** | **N/A** |

**MALE OVER 65**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | Graham | Jones | Shrewsbury AC | 23:46 | M65 | 1 |
| 2 | Martin | Cortvriend | Prestatyn RC | 25:48 | M65 | 2 |
| 3 | Peter | Hough | Shropshire Shufflers | 26:53 | M65 | 3 |
| 4 | Les | Ritchie | Shropshire Shufflers | 27:05 | M65 | 4 |
| 5 | Neil | Owen | Run Free Fell | 27:11 | M65 | 5 |
| 6 | John | Mainwaring | Eryri Harriers | 28:22 | M65 | 6 |
| 7 | Emyr | Davies | Hebog | 28:46 | M75 | 1 |
| 8 | Mike | Snell | Eryri Harriers | 28:49 | M65 | 7 |
| 9 | George | Nixon | Prestatyn RC | 29:04 | M65 | 8 |
| 10 | Eurwyn | Edwards | Eryri Harriers | 29:23 | M65 | 9 |
| 11 | Fred | Jones | Denbigh Harriers | 29:54 | M65 | 10 |
| 12 | Chris | Clarke | Shropshire Shufflers | 31:07 | M70 | 1 |
| 13 | Tony | Pepper | Oswestry O | 31:18 | M70 | 2 |
| 14 | Charlie | Holland | Shropshire Shufflers | 32:09 | M65 | 11 |
| 15 | Malcolm | Jones | Eryri Harriers | 32:15 | M70 | 3 |
| 16 | Gareth | Hughes | Prestatyn RC | 32:37 | M75 | 2 |
| 17 | Jeff | Jones | Denbigh Harriers | 33:11 | M70 | 4 |
| 18 | Nev | Simpson | Shropshire Shufflers | 33:50 | M65 | 12 |
| 19 | John | D’Albuquerque | GOG Tri Club | 33:50 | M75 | 3 |
| 20 | Phil | Walker | Wrexham AC | 34:35 | M70 | 5 |
| 21 | Dave | Roderick | Deeside AC | 36:53 | M70 | 6 |
| 22 | Clive | Lloyd | Wrexham AC | 38:40 | M65 | 13 |
| 23 | Roger | Harrison-Jones | Prestatyn RC | 39:15 | M80 | 1 |
| 24 | Jack | Thomas | Buckley RC | 39:47 | M80 | 2 |
| 25 | Stephen | Hatfield | Prestatyn RC | 40:36 | M75 | 4 |
| 26 | Ron | Harrison-Jones | Prestatyn RC | 49:05 | M80 | 3 |
| 27 | Peter | Norman | Wrexham AC | 52:35 | M80 | 4 |
| 28 | John | Tipping | Wrexham AC | 54:27 | M80 | 5 |

**TEAMS (3 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 4**  **Points** | **Total Race 4 Points** | **Race 4**  **Position** | **Overall Point** | **Overall Position** |
| Prestatyn RC | 2/9/16 | **27** | **3** | **99** | **1** |
| Eryri Harriers | 6/8/10 | **24** | **2** | **101** | **2** |
| Shropshire Shufflers | 3/4/12 | **19** | **1** | **N/A** | **N/A** |
| Wrexham AC | 20/22/27 | **69** | **4** | **N/A** | **N/A** |

**UNDER 17 MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** |
| 1 | Jamie | Richardson | West Cheshire AC | 19:58 |
| 2 | Noa | Vaughan | Eryri Harriers | 20:53 |
| 3 | Harvey | Davis | Wrexham AC | 20:59 |
| 4 | Joseff | Morgan | Menai T&F | 21:52 |
| 5 | Henry | Robinson | West Cheshire AC | 21:59 |
| 6 | Charlie | Preece | Telford AC | 22:21 |
| 7 | Ewan | Dorren | Telford AC | 24:44 |
| 7 | Rhys | Cynn | Meirionnydd RC | 25:40 |

**No complete Under 17 Men Team**

**SENIOR WOMEN**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | Emily | Cowper-Coles | Oswestry O | 23:04 | SW | 1 |
| 2 | Eden | O’Dea | Deeside AC | 23:09 | U20W | 1 |
| 3 | Martha | Owen | Deeside AC | 23:25 | SW | 2 |
| 4 | Florence | Roberts | Oswestry O | 23:50 | SW | 3 |
| 5 | Rheagan | Edwards | Deeside AC | 24:03 | U20W | 2 |
| 6 | Jane | Cook | Shropshire Shufflers | 24:14 | W45 | 1 |
| 7 | Jen | Rambaldi | Buckley RC | 24:21 | W35 | 1 |
| 8 | Maggie | Preece | Telford AC | 24:31 | U17W | 1 |
| 9 | Andrea | Rowlands | Eryri Harriers | 24:37 | W45 | 2 |
| 10 | Charlotte-Rose | Hunter | Oswestry O | 24:59 | SW | 4 |
| 11 | Gemma | Moore | Eryri Harriers | 25:00 | W35 | 2 |
| 12 | Eleanor | Ashcroft | Denbigh Harriers | 25:07 | SW | 5 |
| 13 | Alison | Grundy | Tattenhall | 25:10 | W45 | 3 |
| 14 | Lauren | Morley | Shrewsbury AC | 25:43 | W35 | 3 |
| 15 | Lucie | Truett | Buckley RC | 25:45 | SW | 6 |
| 16 | Jenny | Hemming | Eryri Harriers | 25:57 | W50 | 1 |
| 17 | Claire | Wyn-Jones | Deeside AC | 26:03 | SW | 7 |
| 18 | Christine | Cammillare | Deestriders | 26:05 | W35 | 4 |
| 19 | Louise | Woolcock | Oswestry O | 26:08 | W40 | 1 |
| 20 | Melina | Morris | Denbigh Harriers | 26:11 | W45 | 4 |
| 21 | Nesta | McCluskey | Maldwyn Harriers | 26:16 | W45 | 5 |
| 22 | Donna | Welsh | Deeside AC | 26:22 | W40 | 2 |
| 23 | Julie | Owens | Abergele Harriers | 26:29 | W40 | 3 |
| 24 | Claire | Harris | West Cheshire AC | 26:32 | SW | 8 |
| 25 | Lisa | Johnson | Prestatyn RC | 26:38 | SW | 9 |
| 26 | Neisha | Roberts | Deeside AC | 26:40 | U17W | 2 |
| 27 | Katy | Baugh | Denbigh Harriers | 26:42 | SW | 10 |
| 28 | Ellie | Small | Deeside AC | 26:45 | U20W | 3 |
| 29 | Anest | Muller | West Cheshire AC | 26:54 | W40 | 4 |
| 30 | Emma | Collins | Denbigh Harriers | 26:57 | W55 | 1 |
| 31 | Louise | Williams | Oswestry O | 26:58 | W40 | 5 |
| 32 | Julie | Davies | Oswestry O | 27:00 | W45 | 6 |
| 33 | Vivian | McConnell | Oswestry O | 27:02 | W60 | 1 |
| 34 | Claire | Donnelly | Eryri Harriers | 27:06 | SW | 11 |
| 35 | Eleanor | Davies | Meirionnydd | 27:08 | W40 | 6 |
| 36 | Helen | Blair | Eryri Harriers | 27:14 | W50 | 2 |
| 37 | Gwenhan | Henstock | Buckley RC | 27:31 | W40 | 7 |
| 38 | Jacqui | Gears | Oswestry O | 27:49 | W45 | 7 |
| 39 | Yvonne | Hill | Oswestry O | 27:55 | W55 | 2 |
| 40 | Helen | Macathur | GOG Tri Club | 27:59 | W50 | 3 |
| 41 | Anne | Mynott | Colwyn Bay | 28:03 | W55 | 3 |
| 42 | Susie | Hancock | Oswestry O | 28:19 | W60 | 2 |
| 43 | Michelle | Bores | Deestriders | 28:36 | SW | 12 |
| 44 | Joy | Hickman | West Cheshire AC | 28:40 | W55 | 4 |
| 45 | Sioned | Griffiths | Denbigh Harriers | 28:42 | W40 | 8 |
| 46 | Ellen | Baugh | Denbigh Harriers | 28:43 | SW | 13 |
| 47 | Margaret | Ludden | Buckley RC | 28:55 | W55 | 5 |
| 48 | Alison | Tickner | Oswestry O | 29:00 | W50 | 4 |
| 49 | Rebecca | Roberts | Clwydian Runners | 29:01 | SW | 14 |
| 50 | Christine | Snowden | Tattenhall | 29:12 | W40 | 9 |
| 51 | Helen | Ashworth | Prestatyn RC | 29:17 | W35 | 5 |
| 52 | Rachel | Cook | GOG Tri Club | 29:21 | SW | 15 |
| 53 | Jane | Lindley | Buckley RC | 29:41 | W55 | 6 |
| 54 | Victoria | Addison | Shropshire Shufflers | 29:58 | SW | 16 |
| 55 | Debra | Bemand | West Cheshire AC | 30:04 | W50 | 5 |
| 56 | Briony | Hibbert | Deeside AC | 30:15 | SW | 17 |
| 57 | Ellie | Salisbury | Eryri Harriers | 30:57 | W60 | 3 |
| 58 | Alison | Donnelly | Eryri Harriers | 31:26 | W50 | 6 |
| 59 | Carys | Breeze | Maldwyn Harriers | 31:57 | U20W | 4 |
| 60 | Sian | Harrison | Wrexham AC | 32:15 | W35 | 6 |
| 61 | Moyna | Richey | Shropshire Shufflers | 32:50 | W50 | 7 |
| 62 | Ann | D’Albuquerque | GOG Tri Club | 33:05 | W70 | 1 |
| 63 | Amisha | Salian | Bangor Univ | 33:07 | SW | 18 |
| 64 | Menai | Baugh | Denbigh Harriers | 33:08 | W60 | 4 |
| 65 | Lesley | McElmeel | Deestriders | 33:15 | SW | 19 |
| 66 | Alison | Preece | Telford AC | 33:26 | W50 | 8 |
| 67 | Abigail | Cammillare | Deestriders | 33:39 | SW | 20 |
| 68 | Sarah | Brown | Deestriders | 33:41 | SW | 21 |
| 69 | Ashling | Donohoe-Harrison | Oswestry O | 33:43 | W35 | 7 |
| 70 | Jeanne | Raymons | Tattenhall | 34:08 | W40 | 10 |
| 71 | Sarah | Grimley | Oswestry O | 34:31 | W40 | 11 |
| 72 | Elizabeth | Martin | Prestatyn RC | 35:54 | W40 | 12 |
| 73 | Sue | McIndoe | Deestriders | 36:32 | W50 | 9 |
| 74 | Vivienne | Edwards | Eryri Harriers | 37:07 | W65 | 1 |
| 75 | Jane | Blackwell | Deestriders | 37:47 | W50 | 10 |
| 76 | Bev | Goodson | Deestriders | 41:57 | W50 | 11 |
| 77 | Marilyn | Hunt | Shropshire Shufflers | 45:05 | W50 | 12 |
| 78 | Maureen | Singleton | Colwyn Bay | 53:45 | W80 | 1 |
| 79 | Grace | Hough | Shrewsbury AC | 55:08 | W70 | 2 |

**FEMALE TEAMS**

**DIVISION ONE (4 to SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 4**  **Points** | **Total Race 4 Points** | **Race 4**  **Position** | **Overall Point** | **Overall Position** |
| Oswestry Olympians | 1/4/10/19 | **34** | **1** | **197** | **1** |
| Denbigh | 12/20/27/30 | **89** | **3** | **324** | **2** |
| Buckley RC | 7/15/37/47 | **106** | **4** | **332** | **3** |
| Eryri Harriers | 9/11/16/34 | **70** | **2** | **382** | **4** |
| West Cheshire | 24/29/44/55 | **152** | **5** | **548** | **5** |
| Prestatyn RC RELEGATED | 25/51/72/80 | **228** | **7** | **980** | **6** |
| Shropshire Shufflers RELEGATED | 6/54/61/77 | **198** | **6** | **1012** | **7** |

**DIVISION TWO (3 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 4**  **Points** | **Total Race 4 Points** | **Race 4**  **Position** | **Overall Point** | **Overall Position** |
| Deeside AC PROMOTED | 2/3/5 | **10** | **1** | **195** | **1** |
| Telford AC PROMOTED | 8/66/80 | **154** | **4** | **525** | **2** |
| Tattenhall | 13/50/70 | **133** | **3** | **529** | **3** |
| Colwyn Bay | 41/78/80 | **199** | **10** | **620** | **4** |
| GOG Tri Club | 40/52/62 | **154** | **5** | **695** | **5** |
| Meirionnydd | 35/80/80 | **195** | **9** | **708** | **6** |
| Deestriders | 18/43/65 | **126** | **2** | **731** | **7** |
| Maldwyn | 21/59/80 | **160** | **6** | **909** | **8** |
| Wrexham AC | 60/80/80 | **220** | **12** | **957** | **9** |
| Shrewsbury | 14/79/80 | **173** | **7** | **N/A** | **N/A** |
| Abergele | 23/80/80 | **183** | **8** | **N/A** | **N/A** |
| Clwydian R | 49/80/80 | **209** | **11** | **N/A** | **N/A** |
| Bangor Uni | 63/80/80 | **223** | **13** | **N/A** | **N/A** |

**FEMALE MASTERS TEAMS**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 4**  **Points** | **Total Race 4 Points** | **Race 4**  **Position** | **Overall Point** | **Overall Position** |
| Oswestry O | 9/16/17 | **42** | **2** | **134** | **1** |
| Eryri Harriers | 3/4/7 | **14** | **1** | **171** | **2** |
| Buckley RC | 2/21/29 | **52** | **3** | **185** | **3** |
| Denbigh Harriers | 10/15/28 | **53** | **4** | **191** | **4** |
| West Cheshire | 14/27/34 | **75** | **5** | **296** | **5** |
| Tattenhall | 5/31/43 | **79** | **6** | **321** | **6** |
| Deestriders | 8/46/48 | **102** | **8** | **N/A** | **N/A** |
| Shropshire Shufflers | 1/38/50 | **89** | **7** | **N/A** | **N/A** |

A big thank you to Wrexham AC for hosting the final fixture. It was a great team effort supported by Dave Peters and his helpers.

It was a shame that we had to do a second fixture at Wrexham to complete the League Season, but as we had already had to postpone the North Wales Champs and the Fox Hills League fixture due to Covid restrictions, and had our race at Mostyn also cancelled, as we had to re-arrange our North Wales Champs it was felt the race at Wrexham would be a way of at least getting four races in for the season. I hope you didn’t mind too much.

We were blessed with some of the best weather of the season and it was a great opportunity to trial chip timing for our races. A big thank you to Dave Peters and his colleagues from Maldwyn, who have facilitated it. Whilst due to the complications of running junior and senior leagues and junior and senior North Wales Championships the results have taken a bit longer to come out, going forward we hope it will speed things up and make things a lot easier for me!!

The overall results are attached. Despite the various cancellations and postponements it has been a good season. It’s fair to say that we have two great League Champions in Elliot Smith-Ramussen, Bangor Uni and Emily Cowper-Coles, Oswestry. It is always great to see new names coming to the fore and these two athletes have come from nowhere to become this years champions.

There was a shock on the day as Shrewsbury failed to win for the first time in a long while with Buckley taking the honours on the day. However, Shrewsbury had enough in hand to retain their title. Eryri Harriers Men’s Team went down to Division 2 for the first time ever and we hope they can get some more seniors out in the future to get them back up quickly. In the battle for Women’s title, Oswestry were dominant on the day and prized the league off Eryri for the first time in a long while.

Presentations of all the awards will be at the AGM which will be on Friday 22nd April. I will confirm the venue in the next few days. Any clubs unable to attend the AGM and in receipt of awards I will arrange to get them to you.

Have a good summer.

**Bernie Jones**

Secretary/Referee