**GRAND PRIX EXPRESS**

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

At Treborth Track, Bangor Saturday 1st October 2022

FINAL RESULTS 4/10/22

**SENIOR MEN**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | 949 | Jon Bowie | Shrewsbury ac | 00:30:40.32 | M40 | 1 |
| 2 | 679 | Rhodri Owen | Meirionydd | 00:30:44.66 | SM | 1 |
| 3 | 898 | Joel Gomes | Wrexham ac | 00:31:50.35 | M40 | 2 |
| 4 | 490 | Chris Callaghan | Buckley Runners | 00:32:00.64 | M 45 | 1 |
| 5 | 738 | Steve Skates | Prestatyn | 00:32:26.81 | M40 | 3 |
| 6 | 791 | Ben Gibson | Shrewsbury ac | 00:32:29.50 | M35 | 1 |
| 7 | 794 | Oliver Parry | Shrewsbury ac | 00:32:30.65 | M40 | 4 |
| 8 | 737 | Tom Carter | Prestatyn | 00:32:40.29 | M40 | 5 |
| 9 | 701 | Martin Green | NWRRC | 00:32:42.53 | M45 | 2 |
| 10 | 792 | Gabriel Morris | Shrewsbury ac | 00:32:49.66 | M35 | 2 |
| 11 | 625 | Nick Owen | Eryri | 00:32:57.58 | M35 | 3 |
| 12 | 451 | James Cowan | Aberystwyth University | 00:33:00.23 | SM | 2 |
| 13 | 685 | Alun Williams | Meirionydd | 00:33:12.00 | M40 | 6 |
| 14 | 668 | Clive Morgan | Maldwyn Harriers | 00:33:13.24 | M40 | 7 |
| 15 | 676 | Geraint Pugh | Meirionydd | 00:33:32.99 | SM | 3 |
| 16 | 678 | Gwion Roberts | Meirionydd | 00:33:40.10 | SM | 1 |
| 17 | 580 | Steve Hayes | Deeside ac | 00:33:47.09 | M45 | 3 |
| 18 | 629 | Richard Roberts | Eryri | 00:33:50.81 | M40 | 8 |
| 19 | 453 | Joseph Robson | Aberystwyth University | 00:33:51.97 | SM | 2 |
| 20 | 634 | Nic Brook | Eryri | 00:33:54.66 | M45 | 4 |
| 21 | 801 | James Stuart | Shrewsbury ac | 00:34:01.57 | M45 | 5 |
| 22 | 476 | Sam Bellis | Buckley Runners | 00:34:07.71 | M35 | 4 |
| 23 | 493 | Jez Brown | Buckley Runners | 00:34:14.26 | M50 | 1 |
| 24 | 772 | Thomas Brown | Shrewsbury ac | 00:34:18.51 | SM | 3 |
| 25 | 606 | Tony ( Anthony) Wood | Denbigh Harriers | 00:34:55.28 | SM | 4 |
| 26 | 855 | Paul Morrison | West Cheshire | 00:35:05.22 | SM | 5 |
| 27 | 609 | Daniel Jones | Denbigh Harriers | 00:35:07.03 | M35 | 5 |
| 28 | 853 | Henry Robinson | West Cheshire | 00:35:09.83 | U20M | 1 |
| 29 | 459 | Jonathan Tyler | Betsi Runaways | 00:35:19.98 | M35 | 6 |
| 30 | 665 | Charlie Edwards | Maldwyn Harriers | 00:35:25.44 | SM | 6 |
| 31 | 720 | Tim Tansley | Oswestry Olympians | 00:35:26.01 | M50 | 2 |
| 32 | 482 | Matthew Rose | Buckley Runners | 00:35:32.82 | M35 | 7 |
| 33 | 846 | Jedid Mensah | Telford ac | 00:35:38.97 | U20M | 2 |
| 34 | 498 | John Pritchard-Taylor | Buckley Runners | 00:35:39.77 | M50 | 3 |
| 35 | 687 | Ifan Richards | Meirionydd | 00:35:41.00 | M40 | 9 |
| 36 | 920 | Armon Williams | Cybi Striders | 00:35:42.52 | SM | 7 |
| 37 | 624 | Dave Bus Hughes | Eryri | 00:35:43.30 | SM | 8 |
| 38 | 705 | Ryan Stokes | Oswestry Olympians | 00:35:43.68 | SM | 9 |
| 39 | 711 | James Pickering | Oswestry Olympians | 00:35:50.29 | M35 | 8 |
| 40 | 893 | Ally Hughes | Wrexham ac | 00:35:51.06 | M35 | 9 |
| 41 | 470 | Gerard Coleman | Buckley Runners | 00:35:53.35 | SM | 10 |
| 42 | 812 | Gregory Williams | Shropshire Shufflers | 00:35:57.16 | M35 | 10 |
| 43 | 865 | Andrew Clague | West Cheshire | 00:36:02.77 | M50 | 4 |
| 44 | 604 | Iwan Evans | Denbigh Harriers | 00:36:04.42 | SM | 11 |
| 45 | 836 | Robert Arden | Tattenhall Runners | 00:36:05.37 | M40 | 10 |
| 46 | 450 | James Price | Aberystwyth University | 00:36:22.26 | U20M | 3 |
| 47 | 477 | Tim Joy | Buckley Runners | 00:36:35.71 | M35 | 11 |
| 48 | 950 | Jared Roberts | Colwyn Bay | 00:36:35.80 | SM | 12 |
| 49 | 944 | Keelan Thompson | Aberystwyth University | 00:36:38.26 | SM | 13 |
| 50 | 577 | Ciaran Allman | Deeside ac | 00:36:43.07 | SM | 14 |
| 51 | 630 | Neal Hockley | Eryri | 00:36:43.76 | M40 | 11 |
| 52 | 464 | Joseph Matthews | Betsi Runaways | 00:36:43.93 | M45 | 6 |
| 53 | 514 | Ryan Morrison | Cadence Tri | 00:36:50.36 | M40 | 12 |
| 54 | 649 | Dan Wllings | Gog Triathlon | 00:36:52.56 | M45 | 7 |
| 55 | 582 | Edmund Mortell | Deeside ac | 00:36:55.15 | M45 | 8 |
| 56 | 478 | Lee Jones | Buckley Runners | 00:37:10.15 | M35 | 12 |
| 57 | 505 | Eric Campbell | Buckley Runners | 00:37:17.45 | M55 | 1 |
| 58 | 581 | Steven Crowe | Deeside ac | 00:37:23.26 | M45 | 9 |
| 59 | 479 | Andrew Peers | Buckley Runners | 00:37:29.74 | M35 | 13 |
| 60 | 895 | Gareth Chaloner | Wrexham ac | 00:37:33.05 | M40 | 13 |
| 61 | 715 | Charlie Woolcock | Oswestry Olympians | 00:37:34.50 | M40 | 14 |
| 62 | 837 | Robert Chambers | Tattenhall Runners | 00:37:39.22 | M45 | 10 |
| 63 | 675 | Dafydd Thomas | Meirionydd | 00:37:46.95 | SM | 15 |
| 64 | 911 | Max Williams | Wrecsam Tri | 00:37:48.33 | M50 | 5 |
| 65 | 637 | Craig Jones | Eryri | 00:38:05.33 | M45 | 11 |
| 66 | 739 | Lee Bailey | Prestatyn | 00:38:05.33 | M50 | 6 |
| 67 | 929 | Tirian Ashby | Bangor University | 00:38:06.56 | U20M | 4 |
| 68 | 787 | Adam Burgoyne | Shrewsbury ac | 00:38:08.93 | M35 | 14 |
| 69 | 716 | St John Ashworth | Oswestry Olympians | 00:38:16.13 | M40 | 15 |
| 70 | 613 | Glen Price | Denbigh Harriers | 00:38:18.25 | M45 | 12 |
| 71 | 821 | Andrew Wakefield | Shropshire Shufflers | 00:38:19.98 | M50 | 7 |
| 72 | 635 | Llion Iwan | Eryri | 00:38:31.83 | M50 | 8 |
| 73 | 513 | Pete Gray | Cadence Tri | 00:38:35.83 | M35 | 15 |
| 74 | 644 | Russell Owen | Eryri | 00:38:39.22 | M60 | 1 |
| 75 | 928 | Daniel Davey | Bangor University | 00:38:50.12 | SM | 16 |
| 76 | 941 | Ben Garnett | Abergele | 00:38:51.73 | SM | 17 |
| 77 | 882 | Kelvin Bierton | Wrekin Road Runners | 00:38:55.45 | M50 | 9 |
| 78 | 591 | Joe Hayes | Deeside ac | 00:39:00.88 | M50 | 10 |
| 79 | 504 | Jeff Gifford | Buckley Runners | 00:39:05.45 | M55 | 2 |
| 80 | 845 | Paul Shannon | Tattenhall Runners | 00:39:13.67 | M60 | 2 |
| 81 | 703 | Stuart Culverhouse | NWRRC | 00:39:19.69 | M50 | 11 |
| 82 | 655 | Geran Hughes | Gog Triathlon | 00:39:20.72 | M55 | 3 |
| 83 | 454 | James Farmer | Aberystwyth University | 00:39:24.88 | SM | 18 |
| 84 | 688 | Ben Wells | Meirionydd | 00:39:36.57 | M40 | 16 |
| 85 | 631 | Luke Earnshaw | Eryri | 00:39:37.39 | M40 | 17 |
| 86 | 820 | Craig Williams | Shropshire Shufflers | 00:39:52.57 | M55 | 4 |
| 87 | 588 | Jamie Williams | Deeside ac | 00:40:03.82 | M50 | 12 |
| 88 | 907 | Mike Robbins | Wrexham ac | 00:40:10.74 | M55 | 5 |
| 89 | 650 | Andy Jones | Gog Triathlon | 00:40:23.32 | M45 | 13 |
| 90 | 449 | Tom Rushton | Aberystwyth University | 00:40:31.50 | U20M | 5 |
| 91 | 714 | Steve Jones | Oswestry Olympians | 00:40:34.58 | M40 | 18 |
| 92 | 614 | Owen Conry | Denbigh Harriers | 00:40:38.42 | M50 | 13 |
| 93 | 643 | Arwel Lewis | Eryri | 00:40:40.18 | M60 | 3 |
| 94 | 922 | Ed Sanders | Cybi Striders | 00:40:48.43 | M35 | 16 |
| 95 | 726 | Mike Kirk | Oswestry Olympians | 00:40:51.83 | M60 | 4 |
| 96 | 921 | Richie Williams | Cybi Striders | 00:40:53.56 | M55 | 6 |
| 97 | 597 | Paul Lewtey | Deestriders | 00:40:58.82 | M45 | 14 |
| 98 | 562 | Russell Godwin | Colwyn Bay | 00:41:06.26 | M55 | 7 |
| 99 | 707 | Sean Orton | Oswestry Olympians | 00:41:10.53 | SM | 19 |
| 100 | 586 | Andy Roberts | Deeside ac | 00:41:44.67 | M45 | 15 |
| 101 | 743 | Dan Liddle | Prestatyn | 00:41:56.72 | M50 | 14 |
| 102 | 561 | Gareth Bicknell | Colwyn Bay | 00:41:57.65 | M40 | 19 |
| 103 | 713 | Tony Forster | Oswestry Olympians | 00:41:59.76 | M35 | 17 |
| 104 | 814 | Calvin Wright | Shropshire Shufflers | 00:42:11.93 | M50 | 15 |
| 105 | 721 | Ian Lowe | Oswestry Olympians | 00:42:18.15 | M50 | 16 |
| 106 | 611 | David Davies | Denbigh Harriers | 00:42:31.78 | M45 | 16 |
| 107 | 506 | Dave Boothroyd | Buckley Runners | 00:42:36.95 | M60 | 5 |
| 108 | 566 | Ian Mulligan | Colwyn Bay | 00:42:40.86 | M55 | 8 |
| 109 | 447 | Tim Cahill | Abergele | 00:42:49.56 | M60 | 6 |
| 110 | 645 | Steven Owen | Gog Triathlon | 00:42:56.02 | M35 | 18 |
| 111 | 754 | Stephen Weedman | Prestatyn | 00:43:13.86 | M55 | 9 |
| 112 | 618 | David Baugh | Denbigh Harriers | 00:43:18.09 | M60 | 7 |
| 113 | 509 | Huw Lewis | Buckley Runners | 00:43:19.44 | M60 | 8 |
| 114 | 918 | Adam Brightman | Cybi Striders | 00:43:20.30 | M55 | 10 |
| 115 | 945 | Jahan Swaine | Aberystwyth University | 00:43:44.31 | SM | 20 |
| 116 | 603 | Martin Witty | Deestriders | 00:44:33.50 | M55 | 11 |
| 117 | 951 | Bob Hind | Cybi Striders | 00:44:49.97 | M55 | 12 |
| 118 | 499 | Paul Donoghue | Buckley Runners | 00:45:00.68 | M50 | 17 |
| 119 | 568 | Chris Williams | Colwyn Bay | 00:45:06.73 | M60 | 9 |
| 120 | 884 | Paul Spriggs | Wrekin Road Runners | 00:45:09.34 | M50 | 18 |
| 121 | 926 | Jacob lees | Bangor University | 00:45:12.48 | U20M | 6 |
| 122 | 930 | Ben Allen | Bangor University | 00:45:22.01 | U20M | 7 |
| 123 | 627 | Matthew Bicknell | Eryri | 00:45:31.44 | M40 | 20 |
| 124 | 567 | Ian Taylor | Colwyn Bay | 00:45:37.27 | M55 | 13 |
| 125 | 818 | Tim Jones | Shropshire Shufflers | 00:46:28.31 | M50 | 19 |
| 126 | 656 | Chris Bennett | Gog Triathlon | 00:46:52.49 | M55 | 14 |
| 127 | 695 | Richard Hankinson | Meirionydd | 00:46:54.56 | M60 | 10 |
| 128 | 757 | Reg Jonas | Prestatyn | 00:47:00.33 | M60 | 11 |
| 129 | 518 | Ian Stewart | Cadence Tri | 00:48:04.85 | M60 | 12 |
| 130 | 638 | Neal Lewis-Jones | Eryri | 00:48:25 | M55 | 15 |
| 131 | 651 | Tom Bancroft | Gog Triathlon | 00:48:59.67 | M45 | 17 |
| 132 | 653 |  |  | 00:49:00.94 |  |  |
| 133 | 512 | Mike Ollier | Cadence Tri | 00:49:05.27 | SM | 21 |
| 134 | 745 | Steven Brown | Prestatyn | 00:49:13.53 | M50 | 20 |
| 135 | 642 | Alastair Brown | Eryri | 00:49:19.60 | M60 | 13 |
| 136 | 923 | Richard Furniss | Cybi Striders | 00:49:50.39 | M35 | 19 |
| 137 | 598 | Justin Evans | Deestriders | 00:50:17.23 | M45 | 18 |
| 138 | 652 | Jason Burke | Gog Triathlon | 00:50:17.23 | M50 | 21 |
| 139 | 480 | Mark Taylor | Buckley Runners | 00:50:47.28 | M35 | 20 |
| 140 | 927 | William Wren | Bangor University | 00:52:52.58 | SM | 22 |
| 141 | 516 | Steve Knowles | Cadence Tri | 00:55:23.39 | M50 | 22 |
| 142 | 752 | Ian Cummins | Prestatyn | 00:56:39.15 | M50 | 23 |
| 143 | 732 | Nem James | Prestatyn | 01:04:26.81 | SM | 23 |

**TEAMS**

**DIVISION ONE (6 TO SCORE)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Club** | **Race 1**  **Points** | **Total Race 1 Points** | **Race 1**  **Position** |
| Shrewsbury | 1/6/7/10/21/24 | **69** | **1** |
| Buckley | 4/22/23/32/34/41 | **156** | **2** |
| Oswestry | 31/38/39/61/69/91 | **329** | **3** |
| Deeside AC | 17/50/55/58/78/87 | **345** | **4** |
| Denbigh Harriers | 25/27/45/70/92/106 | **364** | **5** |
| Wrexham Ac | 3/40/60/88/144/144 | **479** | **6** |
| West Cheshire | 26/28/43/144/144/144 | **529** | **7** |
| Shropshire Shufflers | 42/71/86/104/125/144 | **572** | **8** |

**DIVISION TWO (4 TO SCORE)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Club** | **Race 1**  **Points** | **Total Race 1 Points** | **Race 1**  **Position** |
| Meirionnydd | 2/13/15/16 | **46** | **1** |
| Eryri | 11/18/20/37 | **86** | **2** |
| Aberystwyth Uni | 12/19/46/49 | **126** | **3** |
| Prestatyn | 5/8/66/101 | **180** | **4** |
| Maldwyn | 14/30/144/144 | **332** | **5** |
| Tattenhall | 45/62/80/144 | **331** | **5** |
| GOG Tri Club | 54/82/89/110 | **335** | **7** |
| Cybi | 36/94/96/114 | **340** | **8** |
| Colwyn Bay | 48/98/102/108 | **356** | **9** |
| NWRRC | 9/81/144/144 | **378** | **10** |
| Bangor Uni | 67/75/121/122 | **385** | **11** |
| Cadence Tri Club | 53/73/129/133 | **388** | **12** |
| Telford AC | 33/144/144/144 | **465** | **13** |
| Abergele Harriers | 76/109/144/144 | **473** | **14** |
| Wrekin RR | 77/120/144/144 | **485** | **15** |
| Deestriders | 97/116/137/144 | **494** | **16** |

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

|  |  |  |  |
| --- | --- | --- | --- |
| **Club** | **Race 1**  **Points** | **Total Race 1 Points** | **Race 1**  **Position** |
| Shrewsbury AC | 1/5/6 | **12** | **1** |
| Buckley | 3/17/18 | **38** | **2** |
| Eryri | 10/14/15 | **39** | **3** |
| Prestatyn | 4/7/45 | **56** | **4** |
| Wrexham AC | 2/26/40 | **68** | **5** |
| Deeside AC | 13/35/38 | **86** | **6** |
| Oswestry O | 21/25/41 | **87** | **7** |
| Meirionnydd | 11/24/59 | **94** | **8** |
| Denbigh Harriers | 9/48/66 | **123** | **9** |
| Tattenhall | 29/42/56 | **127** | **10** |
| Shropshire Shufflers | 27/49/61 | **137** | **11** |
| GOG Tri Club | 34/58/64 | **156** | **12** |
| Cadence Tri Club | 33/51/98 | **182** | **13** |
| Cybi | 68/70/86 | **224** | **14** |
| Colwyn Bay | 72/75/81 | **228** | **15** |

**MALE OVER 65**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | 310 | GRAHAM JONES | Shrewsbury ac | 00:25:27.03 | M65 | 1 |
| 2 | 342 | NICK HOLMES | Tattenhall Runners | 00:26:44.93 | M65 | 2 |
| 3 | 274 | MARTIN CORTVRIEND | Prestatyn | 00:28:32.72 | M70 | 1 |
| 4 | 334 | PETER HOUGH | Shropshire Shufflers | 00:28:33.92 | M70 | 2 |
| 5 | 299 | NEIL OWEN | Run Free Fell | 00:28:49.60 | M65 | 3 |
| 6 | 308 | PETER SAVILL | Shrewsbury ac | 00:29:10.30 | M65 | 4 |
| 7 | 145 | JOHN MAINWARING | Eryri | 00:29:51.37 | M65 | 5 |
| 8 | 194 | EMYR DAVIES | Hebog | 00:31:06.74 | M75 | 1 |
| 9 | 811 | LESLIE RITCHIE | Shropshire Shufflers | 00:31:11.93 | M65 | 6 |
| 10 | 214 | FRANK VAUGHAN | Meirionydd | 00:32:07.72 | M65 | 7 |
| 11 | 121 | FRED JONES | Denbigh Harriers | 00:32:25.76 | M65 | 8 |
| 12 | 910 | COLIN HUNT | Wrecsam Tri | 00:33:23.78 | M65 | 9 |
| 13 | 336 | ANDRE HAYECK | Shropshire Shufflers | 00:33:25.70 | M65 | 10 |
| 14 | 275 | GEORGE NIXON | Prestatyn | 00:33:40.35 | M70 | 3 |
| 15 | 341 | MARTIN DURRANT | Tattenhall Runners | 00:34:15.83 | M65 | 11 |
| 16 | 117 | DAVID PASSE | Denbigh Harriers | 00:34:17.14 | M70 | 4 |
| 17 | 338 | CHRIS CLARKE | Shropshire Shufflers | 00:34:17.61 | M75 | 2 |
| 18 | 404 | MARTYN BIDGOOD | Wrekin Road Runners | 00:34:20.22 | M65 | 12 |
| 19 | 335 | CHARLIE HOLLAND | Shropshire Shufflers | 00:35:18.56 | M65 | 13 |
| 20 | 337 | IAIN DAY | Shropshire Shufflers | 00:35:22.48 | M75 | 3 |
| 21 | 270 | GARETH HUGHES | Prestatyn | 00:35:42.38 | M75 | 4 |
| 22 | 273 | GRAHAM SHONE | Prestatyn | 00:35:56.29 | M70 | 5 |
| 23 | 138 | DONALD WILLIAMS | Eryri | 00:35:56.29 | M75 | 5 |
| 24 | 11 | LES COATHUP | Buckley Runners | 00:36:42.86 | M70 | 6 |
| 25 | 339 | MICHAEL WHITESIDE | Tattenhall Runners | 00:37:42.93 | M70 | 7 |
| 26 | 182 | JOHN D'ALBURQUERQUE | Gog Triathlon | 00:38:24.07 | M75 | 6 |
| 27 | 140 | ALWYN OLIVER | Eryri | 00:39:14.21 | M75 | 7 |
| 28 | 8 | JACK THOMAS | Buckley Runners | 00:42:58.69 | M80 | 1 |
| 29 | 271 | STEVE HATFIELD | Prestatyn | 00:46:20.23 | M75 | 8 |
| 30 | 267 | ROGER HARRISON-JONES | Prestatyn | 00:46:31.20 | M85 | 1 |
| 31 | 269 | PHIL JONES | Prestatyn | 00:50:35.26 | M80 | 2 |
| 32 | 416 | PETER NORMAN | Wrexham ac | 00:57:02.60 | M85 | 2 |

**TEAMS (3 TO SCORE)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Club** | **Race 1**  **Points** | **Total Race 1 Points** | **Race 1**  **Position** |
| Shropshire Shufflers | 4/9/13 | **26** | **1** |
| Prestatyn RC | 3/14/20 | **37** | **2** |
| Tattenhall | 2/15/24 | **41** | **3** |
| Eryri Harriers | 7/22/26 | **55** | **4** |

**UNDER 17 MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** |
| 1 | 205 | CALLUM MORGAN | Maldwyn Harriers | 00:21:23.42 |
| 2 | 153 | NOA VAUGHAN | Eryri | 00:21:28.95 |
| 3 | 80 | JACOB WELSH | Deeside ac | 00:22:38.94 |
| 4 | 242 | TUDUR HARPER LLOYD | Menai T&F | 00:22:46.75 |
| 5 | 239 | ROWAN TOWNSEND | Menai T&F | 00:22:52.99 |
| 6 | 83 | OLIVER HARRISON | Deeside ac | 00:25:05.73 |
| 7 | 365 | CHARLIE PREECE | Telford ac | 00:25:30.42 |
| 8 | 122 | GRUFFUDD PRICE | Denbigh Harriers | 00:25:41.37 |
| 9 | 149 | OLIVER TEASDALE | Eryri | 00:27:53.69 |
| 10 | 71 | GRUFFYDD OWEN | Colwyn Bay | 00:28:29.91 |
| 11 | 72 | COREY FARR | Colwyn Bay | 00:32:49.71 |

**TEAMS (3 TO SCORE)**

**No complete Teams**

**SENIOR WOMEN**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | 317 | SARA WILLHOIT | Shrewsbury ac | 00:22:54.55 | SW | 1 |
| 2 | 374 | CLAIRE MARTIN | Telford ac | 00:24:34.16 | W45 | 1 |
| 3 | 164 | GEMMA MOORE | Eryri | 00:24:48.13 | W35 | 1 |
| 4 | 96 | MARTHA OWEN | Deeside ac | 00:26:20.20 | SW | 2 |
| 5 | 18 | JENNIFER RAMBALDI | Buckley Runners | 00:26:34.94 | W35 | 2 |
| 6 | 261 | LOUISA WILLIAMS | Oswestry Olympians | 00:26:43.73 | W40 | 1 |
| 7 | 168 | NIA ALBISTON | Eryri | 00:27:07.90 | W40 | 2 |
| 8 | 382 | JODI BEMAND | West Cheshire | 00:27:13.32 | U20W | 1 |
| 9 | 263 | NICOLA SHIP | Oswestry Olympians | 00:27:13.87 | W45 | 2 |
| 10 | 6 | EMMA PALFREY | Aberystwyth Uni | 00:27:18.99 | W35 | 3 |
| 11 | 4 | KARINE VESTØL | Aberystwyth Uni | 00:27:41.11 | SW | 3 |
| 12 | 368 | MAGGIE PREECE | Telford ac | 00:27:47.27 | U20W | 2 |
| 13 | 89 | NEISHA ROBERTS | Deeside ac | 00:27:51.10 | U20W | 3 |
| 14 | 127 | KATY BAUGH | Denbigh Harriers | 00:27:55.00 | SW | 4 |
| 15 | 259 | LOUISE WOOLCOCK | Oswestry Olympians | 00:27:56.97 | W40 | 3 |
| 16 | 81 | LAYLA BRADBROOK | Deeside ac | 00:27:57.49 | U17W | 1 |
| 17 | 126 | ELEANOR ASHCROFT | Denbigh Harriers | 00:27:59.98 | SW | 5 |
| 18 | 24 | JANE DOUGHTON | Buckley Runners | 00:28:00.45 | W45 | 3 |
| 19 | 220 | ANNA BUCKINGHAM | Meirionydd | 00:28:04.12 | W35 | 4 |
| 20 | 172 | ANDREA ROWLANDS | Eryri | 00:28:19.23 | W45 | 4 |
| 21 | 353 | ALLISON GRUNDY | Tattenhall Runners | 00:28:30.01 | W45 | 5 |
| 22 | 937 | FFION EVANS | Bangor University | 00:28:32.10 | SW | 6 |
| 23 | 152 | ANWEN HOCKLEY | Eryri | 00:28:36.95 | U17W | 2 |
| 24 | 280 | LISA LINES | Prestatyn | 00:28:47.35 | SW | 7 |
| 25 | 132 | MEL MORRIS | Denbigh Harriers | 00:28:49.78 | W45 | 6 |
| 26 | 170 | MEGAN LYNNE HUGHES | Eryri | 00:28:54.27 | W45 | 7 |
| 27 | 135 | EMMA COLLINS | Denbigh Harriers | 00:28:57.64 | W60 | 1 |
| 28 | 393 | ELEANOR ROBINSON | West Cheshire | 00:29:27.24 | W50 | 1 |
| 29 | 914 | HEIDI O'BRIEN | Cybi Striders | 00:29:35.01 | SW | 8 |
| 30 | 174 | TAMMY LEWIS-JONES | Eryri | 00:29:36.57 | W50 | 2 |
| 31 | 916 | KERRY JONES | Cybi Striders | 00:30:00.07 | W45 | 8 |
| 32 | 265 | YVONNE HILL | Oswestry Olympians | 00:30:05.94 | W55 | 1 |
| 33 | 441 | PIPPA ROBERTS | Betsi Runaways | 00:30:08.75 | W50 | 3 |
| 34 | 75 | ANNE MYNOTT | Colwyn Bay | 00:30:23.69 | W55 | 2 |
| 35 | 311 | DAPHNE JONES | Shrewsbury ac | 00:30:24.56 | U20W | 4 |
| 36 | 256 | ALICE TREVOR-JONES | Oswestry Olympians | 00:30:25.01 | W35 | 5 |
| 37 | 22 | GWENNAN HENSTOCK | Buckley Runners | 00:30:26.05 | W40 | 4 |
| 38 | 389 | ANEST MULLER | West Cheshire | 00:30:29.45 | W40 | 5 |
| 39 | 125 | ELEN BAUGH | Denbigh Harriers | 00:30:32.56 | SW | 9 |
| 40 | 228 | JULIET EDWARDS | Meirionnydd | 00:30:33.85 | W60 | 2 |
| 41 | 106 | CHRISTINE CAMMILLARE | Deestriders | 00:30:35.04 | W35 | 6 |
| 42 | 189 | MICHELLE FARRELL | Gog Triathlon | 00:30:36.01 | W40 | 6 |
| 43 | 266 | SUSIE HANCOCK | Oswestry Olympians | 00:30:42.50 | W60 | 3 |
| 44 | 156 | EFA BAINES | Eryri | 00:30:45.72 | U20W | 5 |
| 45 | 73 | ELLA GRUNDY | Colwyn Bay | 00:31:02.85 | U17W | 3 |
| 46 | 134 | JENI RICHARDS | Denbigh Harriers | 00:31:05.47 | W55 | 3 |
| 47 | 935 | MOLLY MCGOWAN | Bangor University | 00:31:12.01 | U20W | 6 |
| 48 | 281 | HELEN ASHWORTH | Prestatyn | 00:31:12.80 | W40 | 7 |
| 49 | 913 | SHELLY ROBERTS | Cybi Striders | 00:31:18.99 | W40 | 8 |
| 50 | 322 | YVONNE GAJNY | Shrewsbury ac | 00:31:21.01 | W45 | 9 |
| 51 | 2 | NIA REES | Aberystwyth Uni | 00:31:21.07 | SW | 10 |
| 52 | 395 | JOY HICKMAN | West Cheshire | 00:31:21.88 | W55 | 4 |
| 53 | 396 | TRACI SHIPLEY | West Cheshire | 00:31:32.06 | W55 | 5 |
| 54 | 85 | LIBBY HAYES | Deeside ac | 00:31:34.90 | U17W | 4 |
| 55 | 131 | LEE EVANS | Denbigh Harriers | 00:31:35.16 | W45 | 10 |
| 56 | 234 | TALLULAH SEGUIN | Menai T&F | 00:31:43.08 | U17W | 5 |
| 57 | 14 | AMANDA MOUNTFORD | Buckley Runners | 00:31:44.44 | SW | 11 |
| 58 | 190 | HELEN MACARTHUR | Gog Triathlon | 00:31:44.44 | W50 | 4 |
| 59 | 129 | RACHEL EVANS | Denbigh Harriers | 00:31:51.28 | W35 | 7 |
| 60 | 917 | EMMA ALOFS | Cybi Striders | 00:31:51.83 | SW | 12 |
| 61 | 238 | CADI EDWARDS | Menai T&F | 00:31:54.32 | U17W | 6 |
| 62 | 246 | KAY HATTON | NWRRC | 00:31:56.71 | W55 | 6 |
| 63 | 236 | ELIN NELSON | Menai T&F | 00:32:00.81 | U17W | 7 |
| 64 | 98 | BRIONY HIBBERT | Deeside ac | 00:32:47.53 | SW | 13 |
| 65 | 933 | ROSA SERRANO HUAMAN | Bangor Uni | 00:33:02.51 | SW | 14 |
| 66 | 932 | LOWRI GRIFFITHS | Bangor Uni | 00:33:05.51 | SW | 15 |
| 67 | 438 | MARI JONES | Betsi Runaways | 00:33:33.00 | W40 | 9 |
| 68 | 283 | SOPHIE JOHNSON | Prestatyn | 00:33:52.74 | W40 | 10 |
| 69 | 30 | JANE LINDLEY | Buckley Runners | 00:34:00.74 | W55 | 7 |
| 70 | 287 | ALLY REID | Prestatyn | 00:34:09.35 | W45 | 11 |
| 71 | 912 | RHIAN HARPER OWEN | Cybi Striders | 00:34:12.46 | W50 | 5 |
| 72 | 290 | ANN CLAIRE JONES | Prestatyn | 00:34:17.19 | W50 | 6 |
| 73 | 934 | AISHA AMOS HOWELL | Bangor University | 00:34:17.92 | U20W | 7 |
| 74 | 376 | ALISON PREECE | Telford ac | 00:34:30.11 | W50 | 7 |
| 75 | 915 | DONNA JONES | Cybi Striders | 00:34:41.23 | W40 | 11 |
| 76 | 394 | DEBRA BEMAND | West Cheshire | 00:34:55.23 | W50 | 8 |
| 77 | 23 | CAROLINE CAFFERY | Buckley Runners | 00:34:55.42 | W45 | 12 |
| 78 | 166 | ALEXANDRA FLETCHER | Eryri | 00:35:00.86 | W40 | 12 |
| 79 | 185 | ANN D'ALBURQUERQUE | Gog Triathlon | 00:35:19.86 | W70 | 1 |
| 80 | 181 | ELLIE SALISBURY | Eryri | 00:35:31.86 | W60 | 4 |
| 81 | 35 | LIZ GOODAIRE | Cadence Tri | 00:35:32.91 | SW | 16 |
| 82 | 38 | STEPHANIE HUGHES | Cadence Tri | 00:35:42.38 | W35 | 8 |
| 83 | 186 | ELIZABETH EVANS | Gog Triathlon | 00:35:42.38 | W70 | 2 |
| 84 | 326 | LYDIA BROMWICH | Shropshire Shufflers | 00:35:56.29 | W45 | 13 |
| 85 | 931 | ANDRINA KANDER | Bangor University | 00:35:56.38 | U20W | 8 |
| 86 | 282 | MANDY CARTWRIGHT | Prestatyn | 00:35:56.38 | W40 | 13 |
| 87 | 225 | HELEN JONES | Meirionydd | 00:36:02.57 | W50 | 9 |
| 88 | 136 | MENAI BAUGH | Denbigh Harriers | 00:36:12.45 | W60 | 5 |
| 89 | 74 | EMMA MACARTHUR | Colwyn Bay | 00:36:26.46 | W45 | 14 |
| 90 | 284 | LIZ MARTIN | Prestatyn | 00:36:31.67 | W45 | 15 |
| 91 | 948 | TESSA BUSHNELL | NWRCC | 00:37:13.46 | W35 | 9 |
| 92 |  | LIZ PARK | Oswestry Olympians | 00:37:14:19 | W45 | 16 |
| 93 | 330 | MOYNA RICHEY | Shropshire Shufflers | 00:37:46.48 | W50 | 10 |
| 94 | 433 | GILLIAN CSIZMADIA | Wrexham ac | 00:38:11.13 | W60 | 6 |
| 95 | 244 | GWENNAN CHARLTON | NWRRC | 00:39:03.89 | W35 | 10 |
| 96 | 115 | SUE MCINDOE | Deestriders | 00:39:10.69 | W50 | 11 |
| 97 | 294 | JULIA EVANS | Prestatyn | 00:39:16.62 | W55 | 8 |
| 98 | 32 | SUSAN RIDINGS | Buckley Runners | 00:39:35.49 | W60 | 7 |
| 99 | 116 | FIONA ROBINSON | Deestriders | 00:40:19.75 | W55 | 9 |
| 100 | 105 | ABIGAIL CAMMILLARE | Deestriders | 00:40:41.15 | SW | 17 |
| 101 | 114 | BEVERLEY GOODSON | Deestriders | 00:41:58.34 | W50 | 12 |
| 102 | 141 | MAGGIE OLIVER | Eryri | 00:42:19.11 | W70 | 3 |
| 103 | 328 | ANNA ILEY | Shropshire Shufflers | 00:43:02.81 | W45 | 17 |
| 104 | 292 | EMMA BIRCHALL | Prestatyn | 00:43:36.81 | W50 | 13 |
| 105 | 297 | JULIE EVANS | Prestatyn | 00:43:54.03 | W60 | 8 |
| 106 | 184 | DEBORAH ROBINSON | Gog Triathlon | 00:46:00.31 | W65 | 1 |
| 107 | 33 | JESS GOODAIRE | Cadence Tri | 00:46:24.87 | SW | 18 |
| 108 | 325 | MARILYN HUNT | Shropshire Shufflers | 00:46:51.37 | W50 | 14 |
| 109 | 76 | MAUREEN SINGLETON | Colwyn Bay | 00:49:33.14 | W80 | 1 |

**FEMALE TEAMS**

**DIVISION ONE (4 to SCORE)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Club** | **Race 1**  **Points** | **Total Race 1 Points** | **Race 1**  **Position** |
| Eryri | 3/7/20/23 | **53** | **1** |
| Oswestry | 6/9/15/32 | **62** | **2** |
| Denbigh | 14/17/25/27 | **83** | **3** |
| Deeside AC | 4/13/16/54 | **87** | **4** |
| Buckley | 5/18/37/57 | **117** | **5** |
| West Cheshire | 8/28/38/52 | **126** | **6** |
| Telford AC | 2/12/74/110 | **198** | **7** |

**DIVISION TWO (3 TO SCORE)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Club** | **Race 1**  **Points** | **Total Race 1 Points** | **Race 1**  **Position** |
| Aberystwyth Uni | 10/11/51 | **72** | **1** |
| Shrewsbury AC | 1/35/50 | **86** | **2** |
| Cybi | 29/31/49 | **109** | **3** |
| Bangor Uni | 22/47/65 | **134** | **4** |
| Prestatyn | 24/48/68 | **140** | **5** |
| Meirionnydd | 19/40/87 | **146** | **6** |
| Colwyn Bay | 34/45/89 | **168** | **7** |
| GOG Tri Club | 42/58/79 | **179** | **8** |
| Menai T&F | 56/61/110 | **227** | **9** |
| Deestriders | 41/95/98 | **234** | **10** |
| Tattenhall | 21/110/110 | **241** | **11** |
| NWRRC | 62/91/94 | **247** | **12** |
| Cadence Tri Club | 81/82/106 | **269** | **13** |
| Shropshire Shuff | 84/92/102 | **278** | **14** |
| Wrexham AC | 93/110/110 | **313** | **15** |

**FEMALE MASTERS TEAMS**

|  |  |  |  |
| --- | --- | --- | --- |
| **Club** | **Race 1**  **Points** | **Total Race 1 Points** | **Race 1**  **Position** |
| Oswestry O | 4/6/8 | **18** | **1** |
| Eryri | 2/5/11 | **18** | **2** |
| Buckley | 3/9/23 | **35** | **3** |
| Denbigh Harriers | 13/15/29 | **57** | **4** |
| West Cheshire | 16/24/33 | **73** | **5** |
| Meirionnydd | 10/25/56 | **91** | **6** |
| Cybi | 18/31/43 | **92** | **7** |
| GOG Tri Club | 27/36/50 | **113** | **8** |
| Prestatyn | 40/44/55 | **139** | **9** |
| Deestriders | 26/64/67 | **157** | **10** |
| NWRRC | 38/60/63 | **161** | **11** |
| Shropshire Shufflers | 54/61/70 | **185** | **12** |

Once again it was great to be back and exciting to have the junior and senior leagues officially combined for the first time! Firstly a massive thanks to Dave Peters, Maldwyn Harriers, who put so much work into organising all of the registration and numbers beforehand. With well over 1,000 athletes registered it was no mean fete. Dave also did all of the chip timing on the day with the help of his wife, and the time and effort they have put in for the benefit of the league is phenomenal, so that you.

Secondly thank you to Eryri Harriers and in particular Helen Blair and Mike Blake for hosting the first “*David Alun Williams*” North Wales League Race of the season. After the persistent rain on the preceding two days I wasn’t expecting the best at Bangor on Saturday morning but they even managed to get the sun to shine on us!! Finally I would also like to thank our sponsors, Grand Prix Express (Senior League) and Pyramid Consulting (Junior League) who once again have continued with their support of the leagues and we are very grateful.

So to the races!! The Women, Under 17 Men and 65+ Men kicked off proceedings with Callum Morgan, Maldwyn and Noah Vaughan, Eryri having a great race long tussle that was only settled in the final couple of hundred meters. I was also good to see more Under 17 Men competing. Sara Wilhoit, Shrewsbury, dominated the Women’s race but as usual there were some very good age group runs. Graham Jones, Shrewsbury, victory in the M65 category was equally emphatic. There were some strong showings in the team races but after one fixture it is too early to tell anything although it is great to see Aberystwyth University at the top of Division 2.

The Men’s race was a close run affair and eventually winner, Jon Bowie, Shrewsbury, was looking over his shoulder as Rhodri Owen, Meirionnydd, closed him down over the last lap. Again there were some good age group runs with new Welsh Masters International Chris Callaghan having a great run in 4th place to win the M45 category. Again it’s too early to sort out the team standings but Shrewsbury already looks ominous!!

The next race is being hosted by Maldwyn Harriers at Dolerw Park, NEWTOWN SY16 2NZ (Please note access to park is from Back Lane Car Park, which is also the Bus Station. Car Parking charges apply. Access to Park over footbridge at far end of Park.

***There are no changing facilities but toilets and café facilities are nearby.***

**Bernie Jones**

Secretary/Referee

**Welsh Inter Region/Welsh Inter Schools Cross Country Championships – Monmouth 19th November 2022**

Athletes please note that the Welsh Inter Regions and Welsh Inter Schools Cross Country Championship will take place on Saturday 19th November 2022 in Monmouth. 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

We are not sure whether there will be a CAU Inter Counties this year, so this may be your only chance to represent North Wales at Cross Country this season so don’t miss out. Races usually start at 11am and we will be making a bus available.

**Bernie Jones**

**Secretary**