**` `GRAND PRIX EXPRESS**

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

At EIRIAS PARK, COLWYN BAY Saturday 21st January 2023

FINAL RESULTS 22/1/23

**SENIOR MEN**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | 679 | RHODRI OWEN | Meirionydd | 00:40:13 | SM | 1 |
| 2 | 782 | DANIEL HUSBANDS | Shrewsbury ac | 00:40:23 | SM | 2 |
| 3 | 681 | TOMOS ROBERTS | Meirionydd | 00:40:25 | SM | 3 |
| 4 | 854 | JAMIE RICHARDSON | West Cheshire | 00:41:14 | MU20 | 1 |
| 5 | 6238 | JOSH KEOGH | NWRRC | 00:41:24 | SM | 4 |
| 6 | 898 | JOEL GOMES | Wrexham ac | 00:41:32 | MV 40 | 1 |
| 7 | 792 | GABRIEL MORRIS | Shrewsbury ac | 00:42:26 | MV 35 | 1 |
| 8 | 790 | PAUL ASTON | Shrewsbury ac | 00:42:30 | MV 35 | 2 |
| 9 | 701 | MARTIN GREEN | NWRRC | 00:42:40 | MV 45 | 1 |
| 10 | 698 | JAMES SMITH | Menai T&F | 00:42:41 | UM20 | 2 |
| 11 | 453 | JOSEPH ROBSON | Aberystwyth University | 00:42:51 | SM | 5 |
| 12 | 456 | EUROS EVANS | Aberystwyth University | 00:43:05 | SM | 6 |
| 13 | 947 | TOM HEARD | Oswestry Olympians | 00:43:14 | MV 40 | 2 |
| 14 | 451 | JAMES COWAN | Aberystwyth University | 00:43:30 | SM | 7 |
| 15 | 490 | CHRIS CALLAGHAN | Buckley Runners | 00:43:44 | MV 45 | 2 |
| 16 | 700 | STEFFAN SAYER | Menai T&F | 00:43:50 | MV 40 | 3 |
| 17 | 801 | JAMES STUART | Shrewsbury ac | 00:44:07 | MV 45 | 3 |
| 18 | 685 | ALUN WILLIAMS | Meirionydd | 00:44:23 | MV 40 | 4 |
| 19 | 853 | HENRY ROBINSON | West Cheshire | 00:44:49 | UM20 | 3 |
| 20 | 6245 | DAVE BUS HUGHES | Eryri | 00:45:00 | SM | 8 |
| 21 | 705 | RYAN STOKES | Oswestry Olympians | 00:45:06 | SM | 9 |
| 22 | 476 | SAM BELLIS | Buckley Runners | 00:45:08 | MV 35 | 3 |
| 23 | 606 | TONY WOOD | Denbigh Harriers | 00:45:17 | SM | 10 |
| 24 | 493 | JEZ BROWN | Buckley Runners | 00:45:28 | MV 50 | 1 |
| 25 | 470 | GERARD COLEMAN | Buckley Runners | 00:45:31 | SM | 11 |
| 26 | 582 | EDMUND MORTELL | Deeside ac | 00:45:39 | MV 45 | 4 |
| 27 | 893 | ALLY HUGHES | Wrexham ac | 00:46:18 | MV 35 | 4 |
| 28 | 796 | ROB FOX | Shrewsbury ac | 00:46:32 | MV 40 | 5 |
| 29 | 6246 | TIM TANSLEY | Oswestry Olympians | 00:46:43 | MV 50 | 2 |
| 30 | 6247 | JOHN DAVIES | Eryri | 00:46:48 | SM | 12 |
| 31 | 867 | NEIL HERSHAW | West Cheshire | 00:46:54 | MV 55 | 1 |
| 32 | 855 | PAUL MORRISON | West Cheshire | 00:46:59 | SM | 13 |
| 33 | 706 | OSCAR SIMMONS | Oswestry Olympians | 00:47:01 | SM | 14 |
| 34 | 968 | LLYR AB EINION | Aberystwyth University | 00:47:02 | SM | 15 |
| 35 | 630 | NEAL HOCKLEY | Eryri | 00:47:06 | MV 40 | 6 |
| 36 | 950 | JARED ROBERTS | Colwyn Bay | 00:47:31 | SM | 16 |
| 37 | 678 | GWION ROBERTS | Meirionydd | 00:47:42 | SM | 17 |
| 38 | 477 | TIM JOY | Buckley Runners | 00:47:45 | MV 35 | 5 |
| 39 | 600 | ANTHONY WOODALL | Deestriders | 00:47:52 | MV 50 | 3 |
| 40 | 687 | IFAN RICHARDS | Meirionydd | 00:47:52 | MV 40 | 7 |
| 41 | 836 | ROBERT ARDEN | Tattenhall Runners | 00:47:54 | MV 40 | 8 |
| 42 | 944 | KEELAN THOMPSON | Aberystwyth University | 00:48:09 | SM | 18 |
| 43 | 486 | DAVID LEMON | Buckley Runners | 00:48:10 | MV 40 | 9 |
| 44 | 609 | DANIEL JONES | Denbigh Harriers | 00:48:11 | MV 35 | 6 |
| 45 | 1657 | JOE GILLING | Shrewsbury ac | 00:48:28 | UM20 | 4 |
| 46 | 454 | JAMES FARMER | Aberystwyth University | 00:48:36 | SM | 19 |
| 47 | 715 | CHARLIE WOOLCOCK | Oswestry Olympians | 00:48:38 | MV 40 | 10 |
| 48 | 634 | NIC BROOK | Eryri | 00:48:41 | MV 45 | 5 |
| 49 | 821 | ANDREW WAKEFIELD | Shropshire Shufflers | 00:48:55 | M50 | 4 |
| 50 | 649 | DAN WLLINGS | Gog Triathlon | 00:49:00 | MV 45 | 6 |
| 51 | 846 | JEDID MENSAY | Telford ac | 00:49:01 | UM20 | 5 |
| 52 | 604 | IWAN EVANS | Denbigh Harriers | 00:49:10 | SM | 21 |
| 53 | 577 | CIARAN ALLMAN | Deeside ac | 00:49:10 | SM | 22 |
| 54 | 6248 | JAHAN SWAINE | Aberystwyth University | 00:49:11 | SM | 23 |
| 55 | 644 | RUSSELL OWEN | Eryri | 00:49:16 | MV 60 | 1 |
| 56 | 856 | DANIEL THWAITES | West Cheshire | 00:49:19 | SM | 24 |
| 57 | 739 | LEE BAILEY | Prestatyn | 00:49:39 | MV 45 | 7 |
| 58 | 823 | CHRIS RADFORD | Shropshire Shufflers | 00:49:42 | MV 40 | 11 |
| 59 | 504 | JEFF GIFFORD | Buckley Runners | 00:49:44 | MV 55 | 2 |
| 60 | 6243 | STEVE GARDNER | NWRRC | 00:49:51 | MV 60 | 2 |
| 61 | 716 | ST JOHN ASHWORTH | Oswestry Olympians | 00:50:00 | MV 40 | 12 |
| 62 | 479 | ANDREW PEERS | Buckley Runners | 00:50:00 | MV 35 | 7 |
| 63 | 806 | KEVIN FRANCIS | Shrewsbury ac | 00:50:03 | MV 55 | 3 |
| 64 | 511 | PATRICK WHITE | Cadence Tri | 00:50:06 | SM | 25 |
| 65 | 711 | JAMES PICKERING | Oswestry Olympians | 00:50:08 | MV 35 | 8 |
| 66 | 613 | GLEN PRICE | Denbigh Harriers | 00:50:11 | MV 45 | 8 |
| 67 | 610 | DAFYDD EVANS | Denbigh Harriers | 00:50:12 | MV 35 | 9 |
| 68 | 249 | JOHN DAVIES | Wrexham AC | 00:50:28 | SM | 26 |
| 69 | 607 | HUW EORON WILLIAMS | Denbigh Harriers | 00:50:53 | MV 35 | 10 |
| 70 | 689 | RHODRI AP DYFRIG | Meirionydd | 00:50:54 | MV 40 | 13 |
| 71 | 704 | EVAN ROBERTS | Oswestry Olympians | 00:51:12 | UM20 | 6 |
| 72 | 585 | STEPHEN PARRY | Deeside ac | 00:51:17 | MV 45 | 9 |
| 73 | 452 | OLIVER CLEGG | Aberystwyth University | 00:52:10 | SM | 27 |
| 74 | 593 | TIM WOODHEAD | Deeside ac | 00:52:18 | MV 50 | 5 |
| 75 | 981 | KARL CLACK | Shropshire Shufflers | 00:52:25 | MV 40 | 14 |
| 76 | 962 | MORGAN THOMPSON | Aberystwyth University | 00:52:37 | SM | 28 |
| 77 | 6236 | NEIL JONES | Colwyn Bay | 00:52:38 | MV 35 | 11 |
| 78 | 614 | OWEN CONRY | Denbigh Harriers | 00:52:39 | MV 50 | 6 |
| 79 | 845 | PAUL SHANNON | Tattenhall Runners | 00:52:40 | MV 60 | 3 |
| 80 | 587 | STUART BROWN | Deeside ac | 00:52:53 | MV 45 | 10 |
| 81 | 911 | MAX WILLIAMS | Wrecsam Tri | 00:53:01 | MV 50 | 7 |
| 82 | 650 | ANDY JONES | Gog Triathlon | 00:53:02 | MV 45 | 11 |
| 83 | 618 | DAVID BAUGH | Denbigh Harriers | 00:53:06 | MV 60 | 4 |
| 84 | 643 | ARWEL LEWIS | Eryri | 00:53:24 | MV 60 | 5 |
| 85 | 860 | MARK DAVIES | West Cheshire | 00:53:39 | MV 45 | 12 |
| 86 | 590 | ANTHONY JONES | Deeside ac | 00:53:46 | MV 50 | 8 |
| 87 | 6233 | JOHN DALZIEL | NWRRC | 00:53:47 | MV 45 | 13 |
| 88 | 844 | JAMES JENKIN | Tattenhall Runners | 00:54:00 | MV 60 | 6 |
| 89 | 703 | STUART CULVERHOUSE | NWRRC | 00:54:08 | MV 50 | 9 |
| 90 | 743 | DAN LIDDLE | Prestatyn | 00:54:17 | MV 50 | 10 |
| 91 | 726 | MIKE KIRK | Oswestry Olympians | 00:54:29 | MV 60 | 7 |
| 92 | 653 | NEIL VICARS-HARRIS | Gog Triathlon | 00:54:38 | MV 55 | 4 |
| 93 | 572 | RYAN JOHNSON-WILCOX | Deeside ac | 00:54:47 | UM20 | 7 |
| 94 | 694 | BRIAN JOHNSON | Meirionydd | 00:54:52 | MV 55 | 5 |
| 95 | 588 | JAMIE WILLIAMS | Deeside ac | 00:54:57 | MV 50 | 11 |
| 96 | 723 | ARREN ROBERTS | Oswestry Olympians | 00:54:59 | MV 50 | 12 |
| 97 | 562 | RUSSELL GODWIN | Colwyn Bay | 00:55:31 | MV 55 | 6 |
| 98 | 690 | GARETH JONES | Meirionydd | 00:55:48 | MV 45 | 14 |
| 99 | 597 | PAUL LEWTEY | Deestriders | 00:56:16 | MV 45 | 15 |
| 100 | 465 | ANDY GOATER | Betsi Runaways | 00:56:27 | MV 50 | 12 |
| 101 | 727 | JOHN SNELL | Oswestry Olympians | 00:56:32 | MV 60 | 8 |
| 102 | 561 | GARETH BICKNELL | Colwyn Bay | 00:56:47 | MV 40 | 15 |
| 103 | 567 | IAN TAYLOR | Colwyn Bay | 00:57:39 | MV 55 | 7 |
| 104 | 6242 | MATT KETTERINGHAM | Whitchurch Whippets | 00:57:53 | MV 50 | 13 |
| 105 | 818 | TIM JONES | Shropshire Shufflers | 00:58:15 | MV 50 | 14 |
| 106 | 509 | HUW LEWIS | Buckley Runners | 00:58:31 | MV 60 | 9 |
| 107 | 568 | CHRIS WILLIAMS | Colwyn Bay | 00:58:31 | MV 60 | 10 |
| 108 | 619 | DUNCAN JONES | Denbigh Harriers | 00:58:58 | MV 60 | 11 |
| 109 | 754 | STEPHEN WEEDMAN | Prestatyn | 01:00:29 | MV 55 | 8 |
| 110 | 6239 | MIKE ARTHUR | Shropshire Shufflers | 01:00:57 | MV 55 | 9 |
| 111 | 998 | SION ROBERTS | Cybi Striders | 01:01:19 | MV 45 | 16 |
| 112 | 822 | JUAN MIGUEL REYES-MONTES | Shropshire Shufflers | 01:02:30 | MV 50 | 15 |
| 113 | 849 | TONY PREECE | Telford ac | 01:03:29 | MV 60 | 12 |
| 114 | 693 | RICHARD FLUTTER | Meirionydd | 01:03:49 | MV 55 | 10 |
| 115 | 627 | MATTHEW BICKNELL | Eryri | 01:04:49 | MV 40 | 16 |
| 116 | 745 | STEVEN BROWN | Prestatyn | 01:04:50 | MV 50 | 16 |
| 117 | 598 | JUSTIN EVANS | Deestriders | 01:05:52 | MV 45 | 17 |
| 118 | 518 | IAN STEWART | Cadence Tri | 01:06:42 | MV 60 | 13 |
| 119 | 695 | RICHARD HANKINSON | Meirionydd | 01:07:06 | MV 60 | 14 |
| 120 | 641 | SHAUN DE CLANCY | Eryri | 01:07:38 | MV 60 | 15 |
| 121 | 648 | SIMON BLAIN | Gog Triathlon | 01:12:05 | MV 40 | 17 |
| 122 | 651 | TOM BANCROFT | Gog Triathlon | 01:15:54 | MV 45 | 18 |

**TEAMS**

**DIVISION ONE (6 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 4**  **Points** | **Total Race 4 Points** | **Race 4**  **Position** | **Overall Points** | **Overall Position** |
| Shrewsbury | 2, 7, 8, 17, 28, 45 | **107** | **1** | **346** | **1** |
| Buckley | 15, 22, 24, 25, 38, 43 | **167** | **2** | **699** | **2** |
| Oswestry | 13, 21, 29, 33, 47, 61 | **204** | **3** | **1040** | **3** |
| Deeside AC | 26, 53, 72, 74, 80, 86 | **391** | **6** | **1307** | **4** |
| West Cheshire | 4, 19, 31, 32, 56, 85 | **227** | **4** | **1430** | **5** |
| Denbigh Harriers | 23, 44, 52, 66, 67, 69 | **321** | **5** | **1521** | **6** |
| Shropshire Shufflers | 49, 58, 75, 105, 110, 112 | **509** | **8** | **1986** | **7** |
| Wrexham AC | 6, 27 68, 123, 123, 123 | **470** | **7** | **1996** | **8** |

**DIVISION TWO (4 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 4**  **Points** | **Total Race 4 Points** | **Race 4**  **Position** | **Overall Points** | **Overall Position** |
| Meirionydd | 1, 3, 18, 37 | **59** | **1** | **288** | **1** |
| Aberystwyth Uni | 11, 12, 14, 34 | **71** | **2** | **362** | **2** |
| Eryri | 20, 30, 35, 48 | **133** | **3** | **568** | **3** |
| Prestatyn | 57, 90, 109, 116 | **372** | **9** | **1094** | **4** |
| Colwyn Bay | 36, 77, 97, 102 | **312** | **6** | **1401** | **5** |
| Tattenhall | 41, 79, 88, 123 | **331** | **7** | **1476** | **6** |
| GOG Tri Club | 50, 82, 92, 121 | **345** | **8** | **1536** | **7** |
| Telford AC | 51, 113, 123, 123 | **410** | **11** | **1677** | **8** |
| Cadence Tri Club | 64, 118, 123, 123 | **428** | **12** | **1762** | **9** |
| Deestriders | 39, 99, 117, 123 | **378** | **10** | **1821** | **10** |
| NWRRC | 5, 9, 60, 87 | **161** | **4** | **N/A** | **N/A** |
| Menai T&F | 10, 16, 123, 123 | **272** | **5** | **N/A** | **N/A** |
| Wrecsam Tri Club | 81, 123, 123, 123 | **450** | **13** | **N/A** | **N/A** |
| Betsi Runaways | 100, 123, 123, 123 | **469** | **14** | **N/A** | **N/A** |
| Whitchurch Whippets | 104, 123, 123, 123 | **473** | **15** | **N/A** | **N/A** |
| Cybi Striders | 111, 123, 123, 123 | **480** | **16** | **N/A** | **N/A** |

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 4**  **Points** | **Total Race 4 Points** | **Race 4**  **Position** | **Overall Points** | **Overall Position** |
| Shrewsbury AC | 2, 3, 8 | **13** | **1** | **61** | **1** |
| Buckley | 6, 10, 11 | **27** | **2** | **138** | **2** |
| Eryri | 17, 25, 27 | **69** | **4** | **213** | **3** |
| Oswestry O | 5, 15, 24 | **44** | **3** | **274** | **4** |
| Meirionydd | 9, 20, 40 | **69** | **5** | **331** | **5** |
| Prestatyn | 28, 57, 75 | **160** | **13** | **395** | **6** |
| Deeside AC | 12, 41, 42 | **95** | **7** | **399** | **7** |
| Denbigh Harriers | 23, 36, 37 | **96** | **8** | **476** | **8** |
| Shropshire Shufflers | 29, 43, 71 | **143** | **12** | **496** | **9** |
| Tattenhall | 21, 46, 55 | **122** | **10** | **586** | **10** |
| Colwyn Bay | 44, 63, 68 | **175** | **15** | **827** | **11** |
| NWRRC | 4, 31, 54 | **89** | **6** | **N/A** | **N/A** |
| West Cheshire | 16, 38, 52 | **106** | **9** | **N/A** | **N/A** |
| GOG Tri | 26, 49, 59 | **134** | **11** | **N/A** | **N/A** |
| Deestriders | 19, 65, 83 | **167** | **14** | **N/A** | **N/A** |

**MALE OVER 65**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | 310 | GRAHAM JONES | Shrewsbury ac | 00:30:21 | MV65 | 1 |
| 2 | 342 | NICK HOLMES | Tattenhall Runners | 00:32:48 | MV65 | 2 |
| 3 | 334 | PETER HOUGH | Shropshire Shufflers | 00:34:32 | MV70 | 1 |
| 4 | 147 | MIKE SNELL | Eryri | 00:35:16 | MV65 | 3 |
| 5 | 951 | BOB HIND | Cybi Striders | 00:36:53 | MV65 | 4 |
| 6 | 309 | ANDREW LEWIS | Shrewsbury ac | 00:37:02 | MV65 | 5 |
| 7 | 194 | EMYR DAVIES | Hebog | 00:38:02 | MV75 | 1 |
| 8 | 811 | LESLIE RITCHIE | Shropshire Shufflers | 00:38:03 | MV65 | 6 |
| 9 | 214 | FRANK VAUGHAN | Meirionydd | 00:39:45 | MV65 | 7 |
| 10 | 275 | GEORGE NIXON | Prestatyn | 00:40:03 | MV70 | 2 |
| 11 | 117 | DAVID PASSE | Denbigh Harriers | 00:41:05 | MV70 | 3 |
| 12 | 144 | EURWYN EDWARDS | Eryri | 00:41:22 | MV65 | 8 |
| 13 | 5876 | PAUL STONE | Shropshire Shufflers | 00:41:50 | MV65 | 9 |
| 14 | 138 | DONALD WILLIAMS | Eryri | 00:41:56 | MV75 | 2 |
| 15 | 338 | CHRIS CLARKE | Shropshire Shufflers | 00:42:02 | MV75 | 3 |
| 16 | 335 | CHARLIE HOLLAND | Shropshire Shufflers | 00:43:14 | MV65 | 10 |
| 17 | 336 | ANDRE HAYECK | Shropshire Shufflers | 00:43:32 | MV65 | 11 |
| 18 | 337 | IAIN DAY | Shropshire Shufflers | 00:44:04 | MV75 | 4 |
| 19 | 270 | GARETH HUGHES | Prestatyn | 00:45:01 | MV75 | 5 |
| 20 | 273 | GRAHAM SHONE | Prestatyn | 00:46:12 | MV70 | 4 |
| 21 | 5883 | MICHAEL HAYTON | NWRRC | 00:48:15 | MV70 | 5 |
| 22 | 267 | ROGER HARRISON-JONES | Prestatyn | 00:50:44 | MV85 | 1 |
| 23 | 142 | MICHAEL BLAKE | Eryri | 00:51:01 | MV70 | 6 |
| 24 | 182 | JOHN D'ALBURQUERQUE | Gog Triathlon | 00:52:02 | MV75 | 6 |
| 25 | 974 | JACK THOMAS | Buckley Runners | 00:56:45 | MV80 | 1 |
| 26 | 416 | PETER NORMAN | Wrexham ac | 01:10:07 | MV85 | 2 |
| 27 | 417 | JOHN TIPPING | Wrexham ac | 01:23:57 | MV80 | 2 |

**TEAMS (3 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 4**  **Points** | **Total Race 4 Points** | **Race 4**  **Position** | **Overall Points** | **Overall Position** |
| Shropshire Shufflers | 3, 8, 13 | **24** | **1** | **89** | **1** |
| Eryri Harriers | 4, 12, 14 | **30** | **2** | **132** | **2** |
| Prestatyn RC | 10, 19, 20 | **49** | **3** | **179** | **3** |

**UNDER 17 MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** |
| 1 | 153 | Noa Vaughan | Eryri Harriers | 26-35 |
| 2 | 200 | Finlay Cullen | Maldwyn Harriers | 27-14 |
| 3 | 80 | Jacob Welsh | Deeside AC | 28-10 |
| 4 | 365 | Charlie Preece | Telford | 31-26 |
| 5 | 122 | Gruffudd Price | Denbigh Harriers | 31-38 |
| 6 | 71 | Gruffydd Owen | Colwyn Bay ac | 36-11 |

**No complete Teams**

**SENIOR WOMEN**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | 317 | SARA WILLHOIT | Shrewsbury ac | 00:28:47 | SW | 1 |
| 2 | 96 | MARTHA OWEN | Deeside ac | 00:30:01 | SW | 2 |
| 3 | 230 | CARA SCOTT | Menai T&F | 00:30:13 | FU17 | 1 |
| 4 | 16 | TRACY ROGERS | Buckley Runners | 00:30:31 | SW | 3 |
| 5 | 49 | AMIE BAGNALL | Cheshire Dragons | 00:31:03 | SW | 4 |
| 6 | 164 | GEMMA MOORE | Eryri | 00:31:18 | FV35 | 1 |
| 7 | 382 | JODI BEMAND | West Cheshire | 00:32:30 | FU20 | 1 |
| 8 | 353 | ALLISON GRUNDY | Tattenhall Runners | 00:32:37 | FV45 | 1 |
| 9 | 217 | MARISHA DE LA ROUVIERE | Meirionydd | 00:32:46 | SW | 5 |
| 10 | 235 | ISABELLE SHAW | Menai T&F | 00:32:47 | FU17 | 2 |
| 11 | 263 | NICOLA SHIP | Oswestry Olympians | 00:32:53 | FV45 | 2 |
| 12 | 318 | MIRIAM JONES-WALTERS | Shrewsbury ac | 00:32:57 | SW | 6 |
| 13 | 89 | NEISHA ROBERTS | Deeside ac | 00:33:01 | FU20 | 2 |
| 14 | 386 | KERRY RILEY | West Cheshire | 00:33:12 | SW | 7 |
| 15 | 385 | EMMA NUTT | West Cheshire | 00:33:25 | SW | 8 |
| 16 | 172 | ANDREA ROWLANDS | Eryri | 00:33:27 | FV45 | 3 |
| 17 | 261 | LOUISA WILLIAMS | Oswestry Olympians | 00:33:38 | FV40 | 1 |
| 18 | 259 | LOUISE WOOLCOCK | Oswestry Olympians | 00:33:43 | FV40 | 2 |
| 19 | 280 | LISA LINES | Prestatyn | 00:33:55 | SW | 9 |
| 20 | 101 | DONNA WELSH | Deeside ac | 00:33:57 | FV40 | 3 |
| 21 | 368 | MAGGIE PREECE | Telford ac | 00:34:00 | FU20 | 3 |
| 22 | 1658 | CLAIRE HARRIS | West Cheshire | 00:34:05 | SW | 10 |
| 23 | 3 | EMMA PRICE | Aberystwyth Uni | 00:34:06 | SW | 11 |
| 24 | 18 | JENNIFER RAMBALDI | Buckley Runners | 00:34:17 | FV35 | 2 |
| 25 | 156 | EFA BAINES | Eryri | 00:34:22 | FU20 | 4 |
| 26 | 81 | LAYLA BRADBROOK | Deeside ac | 00:34:30 | FU17 | 3 |
| 27 | 5881 | JESS BIBBY | Cybi Striders | 00:34:34 | SW | 12 |
| 28 | 127 | KATY BAUGH | Denbigh Harriers | 00:34:39 | SW | 13 |
| 29 | 126 | ELEANOR ASHCROFT | Denbigh Harriers | 00:34:41 | SW | 14 |
| 30 | 320 | LAUREN MORLEY | Shrewsbury ac | 00:34:43 | FV35 | 3 |
| 31 | 106 | CHRISTINE CAMMILLARE | Deestriders | 00:34:43 | FV35 | 4 |
| 32 | 100 | CLAIRE WYN JONES | Deeside ac | 00:34:53 | SW | 15 |
| 33 | 24 | JANE DOUGHTON | Buckley Runners | 00:35:01 | FV45 | 4 |
| 34 | 170 | MEGAN LYNNE HUGHES | Eryri | 00:35:38 | FV45 | 5 |
| 35 | 174 | TAMMY LEWIS-JONES | Eryri | 00:35:51 | FV50 | 1 |
| 36 | 1654 | ELLIW HAF | Eryri | 00:35:54 | SW | 16 |
| 37 | 135 | EMMA COLLINS | Denbigh Harriers | 00:35:55 | FV60 | 1 |
| 38 | 265 | YVONNE HILL | Oswestry Olympians | 00:36:20 | FV55 | 1 |
| 39 | 132 | MEL ( MELINA) MORRIS | Denbigh Harriers | 00:36:32 | FV45 | 6 |
| 40 | 73 | ELLA GRUNDY | Colwyn Bay | 00:36:37 | FU17 | 4 |
| 41 | 22 | GWENNAN HENSTOCK | Buckley Runners | 00:36:39 | FV40 | 4 |
| 42 | 133 | CERI DISS | Denbigh Harriers | 00:36:44 | FV55 | 2 |
| 43 | 389 | ANEST MULLER | West Cheshire | 00:36:51 | FV40 | 5 |
| 44 | 155 | MABLI BAINES | Eryri | 00:36:59 | FU20 | 5 |
| 45 | 218 | SIWAN ELENID | Meirionydd | 00:37:10 | FV35 | 5 |
| 46 | 226 | DEBBIE CATTERMOLE | Meirionydd | 00:37:20 | FV55 | 3 |
| 47 | 75 | ANNE MYNOTT | Colwyn Bay | 00:37:33 | FV55 | 4 |
| 48 | 393 | ELEANOR ROBINSON | West Cheshire | 00:37:39 | FV50 | 2 |
| 49 | 190 | HELEN MACARTHUR | Gog Triathlon | 00:37:52 | FV50 | 3 |
| 50 | *196* | KERRYJONES | CYBI STRIDERS | 00:37:59 | FV 45 | *7* |
| 51 | *246* | KAY HATTON | NWRRC | 00:38:09 | *FV55* | *5* |
| 52 | *266* | SUSIE HANCOCK | Oswestry Olympians | 00:38:16 | *FV60* | *2* |
| 53 | *396* | TRACI SHIPLEY | West Cheshire | 00:38:22 | *FV55* | *6* |
| 54 | *125* | ELEN BAUGH | Denbigh Harriers | 00:38:28 | *SW* | *17* |
| 55 | *281* | HELEN ASHWORTH | Prestatyn | 00:38:32 | *FV40* | *6* |
| 56 | *262* | JULIE DAVIES | Oswestry Olympians | 00:38:45 | *FV45* | *8* |
| 57 | *131* | LEE EVANS | Denbigh Harriers | 00:38:46 | *FV45* | *9* |
| 58 | *175* | HELEN BLAIR | Eryri | 00:38:50 | *FV50* | *4* |
| 59 | *314* | ELEANOR CROSSLAND | Shrewsbury ac | 00:38:56 | *SW* | *18* |
| 60 | *943* | ALI TICKNER | Oswestry Olympians | 00:38:57 | *FV50* | *5* |
| 61 | *228* | JULIET EDWARDS | Meirionydd | 00:39:00 | *FV60* | *3* |
| 62 | *1656* | VICTORIA WHITEHEAD | Denbigh Harriers | 00:39:17 | *FV45* | *10* |
| 63 | *358* | DEBORAH STANAWAY | Tattenhall Runners | 00:39:20 | *FV50* | *6* |
| 64 | *5875* | THOMAS CEINWEN | Meirionydd | 00:39:28 | *FU20* | *6* |
| 65 | *395* | JOY HICKMAN | West Cheshire | 00:39:55 | *FV55* | *7* |
| 66 | *5886* | NICOLA WYLIE | NWRRC | 00:40:09 | *FV50* | *7* |
| 67 | *17* | ELEANOR FRANCIS | Buckley Runners | 00:40:39 | *FV35* | *6* |
| 68 | *5896* | LUIBOV SIRKINA | Deeside ac | 00:40:44 | *SW* | *19* |
| 69 | *238* | CADI EDWARDS | Menai T&F | 00:40:52 | *FU17* | *5* |
| 70 | *376* | ALISON PREECE | Telford ac | 00:41:03 | *FV50* | *8* |
| 71 | *912* | RHIAN HARPER OWEN | Cybi Striders | 00:41:52 | *FV50* | *9* |
| 72 | *313* | HANNAH PEASE | Shrewsbury ac | 00:42:09 | *SW* | *20* |
| 73 | *5874* | ANN CLAIRE JONES | Prestatyn | 00:42:23 | *FV50* | *10* |
| 74 | *283* | SOPHIE JOHNSON | Prestatyn | 00:42:34 | *FV40* | *7* |
| 75 | *5879* | VICKY DARBY-BROWN | Gog Triathlon | 00:43:04 | *FV40* | *8* |
| 76 | *23* | CAROLINE CAFFERY | Buckley Runners | 00:43:21 | *FV45* | *11* |
| 77 | *284* | LIZ MARTIN | Prestatyn | 00:43:25 | *FV45* | *12* |
| 78 | *181* | ELLIE SALISBURY | Eryri | 00:43:27 | *FV60* | *4* |
| 79 | *225* | HELEN JONES | Meirionydd | 00:43:38 | *FV50* | *11* |
| 80 | *30* | JANE LINDLEY | Buckley Runners | 00:43:39 | *FV55* | *8* |
| 81 | *74* | EMMA MACARTHUR | Colwyn Bay | 00:43:42 | *FV45* | *13* |
| 82 | *394* | DEBRA BEMAND | West Cheshire | 00:43:48 | *FV50* | *12* |
| 83 | *35* | LIZ GOODAIRE | Cadence Tri | 00:43:53 | *SW* | *21* |
| 84 | *390* | ALEXANDRA DUFFEY | West Cheshire | 00:43:54 | *FV45* | *14* |
| 85 | *136* | MENAI BAUGH | Denbigh Harriers | 00:43:57 | *FV60* | *5* |
| 86 | *264* | LIZ PARK | Oswestry Olympians | 00:44:12 | *FV45* | *15* |
| 87 | *282* | MANDY CARTWRIGHT | Prestatyn | 00:44:18 | *FV40* | *9* |
| 88 | *188* | STEPHANIE CONWAY | Gog Triathlon | 00:44:55 | *SW* | *22* |
| 89 | *26* | SIAN MEIRION | Buckley Runners | 00:45:11 | *FV50* | *13* |
| 90 | *5861* | TESSA BUSHNELL | NWRCC | 00:45:31 | *FV35* | *7* |
| 91 | *286* | CARA JONES | Prestatyn | 00:45:57 | *FV45* | *16* |
| 92 | *185* | ANN D'ALBURQUERQUE | Gog Triathlon | 00:46:12 | *FV70* | *1* |
| 93 | *347* | JEANNE RAYMOND | Tattenhall Runners | 00:48:37 | *FV40* | *10* |
| 94 | *330* | MOYNA RICHEY | Shropshire Shufflers | 00:48:55 | *FV50* | *14* |
| 95 | *976* | SEREN WOODALL | Colwyn Bay | 00:50:14 | *FU20* | *7* |
| 96 | *5858* | HELEN HANNAM | NWRCC | 00:50:20 | *FV45* | *17* |
| 97 | *105* | ABIGAIL CAMMILLARE | Deestriders | 00:51:20 | *SW* | *23* |
| 98 | *244* | GWENNAN CHARLTON | NWRRC | 00:51:39 | *FV35* | *8* |
| 99 | *141* | MAGGIE OLIVER | Eryri | 00:51:49 | *FV70* | *2* |
| 100 | *32* | SUSAN RIDINGS | Buckley Runners | 00:53:12 | *FV60* | *6* |
| 101 | *180* | FELICITY ARIES | Eryri | 00:53:42 | *FV60* | *7* |
| 102 | *297* | JULIE EVANS | Prestatyn | 00:58:25 | *FV60* | *8* |
| 103 | *292* | EMMA BIRCHALL | Prestatyn | 00:58:33 | *FV50* | *15* |
| 104 | *76* | MAUREEN SINGLETON | Colwyn Bay | 01:07:06 | *FV80* | *1* |

**FEMALE TEAMS**

**DIVISION ONE (4 to SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 4**  **Points** | **Total Race 4 Points** | **Race 4**  **Position** | **Overall Points** | **Overall Position** |
| Deeside AC | 2, 13, 20, 26 | **61** | **2** | **302** | **1** |
| Oswestry | 11, 17, 18, 38 | **84** | **4** | **315** | **2** |
| Eryri | 6, 16, 25, 34 | **81** | **3** | **325** | **3** |
| Buckley | 4, 24, 33, 41 | **102** | **5** | **388** | **4** |
| Denbigh | 28, 29, 37, 39 | **133** | **6** | **482** | **5** |
| West Cheshire | 7, 14, 15, 22 | **58** | **1** | **494** | **6** |
| Telford AC | 21, 70, 105, 105 | **301** | **7** | **1079** | **7** |

**DIVISION TWO (3 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 4**  **Points** | **Total Race 4 Points** | **Race 4**  **Position** | **Overall Points** | **Overall Position** |
| Shrewsbury AC | 1, 12, 30 | **43** | **1** | **193** | **1** |
| Aberystwyth Uni | 23, 105, 105 | **233** | **12** | **486** | **2** |
| Meirionydd | 9, 45, 46 | **100** | **2** | **606** | **3** |
| Prestatyn | 19, 55, 73 | **147** | **3** | **660** | **4** |
| Colwyn Bay | 40, 47, 81 | **168** | **6** | **708** | **5** |
| Tattenhall | 8, 63, 93 | **164** | **5** | **825** | **6** |
| GOG Tri Club | 49, 75, 88 | **212** | **9** | **840** | **7** |
| Deestriders | 31, 97, 105 | **233** | **11** | **883** | **8** |
| Shropshire Shuff | 94, 105, 105 | **304** | **14** | **1075** | **9** |
| Menai T&F | 10, 69, 105 | **184** | **7** | **N/A** | **N/A** |
| Cybi Striders | 27, 50, 71, | **148** | **4** | **N/A** | **N/A** |
| NWRRC | 51, 66, 90 | **207** | **8** | **N/A** | **N/A** |
| Cheshire Dragons | 5, 105, 105 | **215** | **10** | **N/A** | **N/A** |
| Cadence Tri Club | 83, 105, 105 | **290** | **13** | **N/A** | **N/A** |

**FEMALE MASTERS TEAMS**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 4**  **Points** | **Total Race 4 Points** | **Race 4**  **Position** | **Overall Points** | **Overall Position** |
| Oswestry O | 3, 5, 6 | **14** | **1** | **88** | **1** |
| Eryri | 1, 4, 12 | **17** | **2** | **134** | **2** |
| Buckley | 8, 11, 17 | **36** | **3** | **144** | **3** |
| Denbigh Harriers | 14, 16, 18 | **48** | **4** | **208** | **4** |
| West Cheshire | 19, 23, 27 | **69** | **5** | **275** | **5** |
| Meirionydd | 20, 21, 33 | **74** | **6** | **366** | **6** |
| Prestatyn | 28, 41, 42 | **111** | **8** | **492** | **7** |
| Tattenhall | 2, 35, 59 | **96** | **7** | **570** | **8** |
| NWRRC | 25, 37, 56 | **118** | **9** | **N/A** | **N/A** |

A big thank you to Russell Godwin, Crispin Backshall and all of the Colwyn Bay marshalls and volunteers who helped set up the course in difficult conditions and put on a great penultimate *David Alun Williams* North Wales Senior Cross Country League for 2022/23. Whilst the youngsters were back at Eirias Park last year, it was fantastic to see the senior league back in Eirias Park and I have a few special memories of my own running on the fantastic course. Yes it may have been a slightly different course(and a bit longer than indicated on the course maps!!) but for those with good memories the senior league was last at Eirias Park on 10th October 2010, but Eirias Park will always be a testing course regardless of the conditions.

As far as I can see from the record books the only woman to win all five races in a season is Ali Whitelaw, Wrexham, and she achieved that feat back in the 1997/98 season. With yet another emphatic win Sara Willhoit, Shrewsbury has sown up the women’s individual title and was on course to emulate Ali. However, sadly Sara will be otherwise engaged on the last day but she has had a fantastic season dominating the Women’s races.

The Division 1 Women’s Team race is really hotting up and there is only 23 points between the first 3 teams after West Cheshire had won on the day for the first time. In Division 2, Shrewsbury are well clear but its good to see Aberystwyth Uni still in second place. Oswestry seem to have settled the Women’s Masters title although its going to be tight for second place.

There was a great Men’s race with Rhodri Owen, Meirionydd finally getting away on the last lap, whilst West Cheshire youngster Jamie Richardson had another terrific run. Shrewsbury have all but retained their title, whilst Meirionydd and Aberystwyth Uni look certain for promotion from Division 2. In the masters Shrewsbury retain the upper hand but in the M65+ team category its good to see Shropshire Shufflers leading the way.

The next and final race of the season will be as usual at the Marches School, Oswestry, [SY11 2AP](http://www.multimap.com/maps/?qs=SY11+2AP&countryCode=GB) on Saturday 11th February 2023.

Please can clubs ensure that all of the perpetual trophies are returned to the clubhouse BEFORE the race. We will try to produce the results as quickly as possible after the two races but as usual Oswestry will have their fantastic array of cakes to keep you occupied whilst we sort the results out

**Bernie Jones,**

**Secretary/Referee**