**` `GRAND PRIX EXPRESS**

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

At WHITFORD Saturday 26th November 2022

FINAL RESULTS 27/11/22

**SENIOR MEN**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | 738 | Steve Skates | Prestatyn RC | 26-16 | M40 | 1 |
| 2 | 679 | Rhodri Owen | Meirionydd | 26-34 | SM | 1 |
| 3 | 898 | Joel Gomes | Wrexham AC | 27-10 | M40 | 2 |
| 4 | 737 | Tom Carter | Prestatyn RC | 27-17 | M40 | 3 |
| 5 | 570 | Edward Woodhead | Deeside AC | 27-18 | U20M | 1 |
| 6 | 792 | Gabe Morris | Shrewsbury AC | 27-36 | M35 | 1 |
| 7 | 775 | Daniel Elliott | Shrewsbury AC | 27-38 | SM | 2 |
| 8 | 451 | James Cowan | Aberystwyth Uni | 27-41 | SM | 3 |
| 9 | 794 | Oliver Parry | Shrewsbury AC | 27-44 | M40 | 4 |
| 10 | 490 | Chris Callaghan | Buckley RC | 27-53 | M45 | 1 |
| 11 | 676 | Geraint Pugh | Meirionydd | 27-59 | SM | 4 |
| 12 | 640 | Mike Whyatt | Eryri Harriers | 28-08 | M55 | 1 |
| 13 | 453 | Joseph Robinson | Aberystwyth Uni | 28-10 | SM | 5 |
| 14 | 685 | Alun Williams | Meirionnydd | 28-13 | M40 | 5 |
| 15 | 790 | Paul Aston | Shrewsbury AC | 28-16 | M35 | 2 |
| 16 | 698 | James Smith | Menai T&F | 28-25 | U20M | 2 |
| 17 | 629 | Richard Roberts | Eryri Harriers | 28-25 | M40 | 6 |
| 18 | 997 | Stuart Jewell | Cybi Striders | 28-26 | M40 | 7 |
| 19 | 801 | James Stuart | Shrewsbury AC | 28-29 | M45 | 2 |
| 20 | 6229 | Colin Ford | Bangor Uni | 28-29 | U20M | 3 |
| 21 | 476 | Sam Bellis | Buckley RC | 28-44 | M35 | 3 |
| 22 | 701 | Martin Green | NWRRC | 28-51 | M45 | 3 |
| 23 | 705 | Ryan Stokes | Oswestry Olympians | 29-04 | SM | 6 |
| 24 | 785 | Luke Butler | Shrewsbury AC | 29-09 | M35 | 4 |
| 25 | 847 | Paul O’Brien | Telford AC | 29-13 | M40 | 8 |
| 26 | 778 | Thomas Richards | Shrewsbury AC | 29-14 | SM | 7 |
| 27 | 450 | James Price | Aberystwyth Uni | 29-20 | U20M | 4 |
| 28 | 471 | David White | Buckley RC | 29-21 | SM | 8 |
| 29 | 606 | Tony Wood | Denbigh H | 29-23 | SM | 9 |
| 30 | 861 | Neil Finegan | West Cheshire | 29-24 | M45 | 4 |
| 31 | 582 | Edmund Mortell | Deeside AC | 29-27 | M45 | 5 |
| 32 | 893 | Ally Hughes | Wrexham AC | 29-27 | M35 | 5 |
| 33 | 467 | Ben Williams | Buckley RC | 29-36 | SM | 10 |
| 34 | 797 | Rob Fox | Shrewsbury AC | 29-36 | M40 | 9 |
| 35 | 846 | Jedid Mensah | Telford AC | 29-37 | U20M | 5 |
| 36 | 634 | Nic Brook | Eryri Harriers | 29-40 | M45 | 6 |
| 37 | 920 | Armon Williams | Cybi Striders | 29-42 | SM | 11 |
| 38 | 812 | Gregory Williams | Shropshire Shufflers | 29-42 | M40 | 10 |
| 39 | 470 | Gerard Coleman | Buckley RC | 29-42 | SM | 12 |
| 40 | 678 | Gwion Roberts | Meirionydd | 29-50 | SM | 13 |
| 41 | 493 | Jez Brown | Buckley RC | 29-52 | M50 | 1 |
| 42 | 968 | Llyr Ab Einion | Aberystwyth Uni | 29-55 | SM | 14 |
| 43 | 858 | David Shearer | West Cheshire | 29-58 | M35 | 6 |
| 44 | 687 | Ifan Richards | Meirionydd | 30-03 | M40 | 11 |
| 45 | 848 | Dean Gapper | Telford AC | 30-08 | M40 | 12 |
| 46 | 853 | Henry Robinson | West Cheshire | 30-24 | U20M | 6 |
| 47 | 454 | James Farmer | Aberystwyth Uni | 30-26 | SM | 15 |
| 48 | 711 | James Pickering | Oswestry Olympians | 30-28 | M35 | 7 |
| 49 | 720 | Tim Tansley | Oswestry Olympians | 30-47 | M50 | 2 |
| 50 | 770 | Joe Gilling | Shrewsbury AC | 30-53 | U20M | 7 |
| 51 | 6228 | Jared Roberts | Colwyn Bay AC | 30-55 | SM | 16 |
| 52 | 577 | Ciaran Allman | Deeside AC | 30-58 | SM | 17 |
| 53 | 831 | Tom Leather | Tattenhall RC | 31-04 | SM | 18 |
| 54 | 865 | Andrew Clague | West Cheshire AC | 31-11 | M50 | 3 |
| 55 | 609 | Daniel Jones | Denbigh H | 31-12 | M35 | 8 |
| 56 | 928 | Daniel Davey | Bangor Uni | 31-12 | SM | 19 |
| 57 | 649 | Dan Willings | GOG Tri | 31-22 | M45 | 7 |
| 58 | 996 | Ifan Jones | Cybi Striders | 31-24 | SM | 20 |
| 59 | 872 | Ali Hunter | Whitchurch Whippets | 31-29 | M35 | 9 |
| 60 | 779 | Andrew Price | Shrewsbury AC | 31-32 | SM | 21 |
| 61 | 789 | Stephen Waters | Shrewsbury AC | 31-36 | M35 | 10 |
| 62 | 511 | Patrick White | Cadence Tri | 31-37 | SM | 22 |
| 63 | 560 | Stephen Eardley | Colwyn Bay AV | 31-39 | M50 | 4 |
| 64 | 867 | Neil Hershaw | West Cheshire | 31-50 | M55 | 2 |
| 65 | 874 | Robert Sharam | Whitchurch Whippets | 31-50 | M45 | 8 |
| 66 | 479 | Andrew Peers | Buckley RC | 31-54 | M35 | 11 |
| 67 | 612 | Mark Kelly | Denbigh H | 31-57 | M45 | 9 |
| 68 | 613 | Glen Price | Denbigh H | 31-58 | M45 | 10 |
| 69 | 715 | Charlie Woolcock | Oswestry Olympians | 32-12 | M40 | 13 |
| 70 | 704 | Evan Roberts | Oswestry Olympians | 32-25 | U20M | 8 |
| 71 | 911 | Max Williams | Wrecsam Tri Club | 32-28 | M50 | 5 |
| 72 | 716 | St. John Ashworth | Oswestry Olympians | 32-39 | M40 | 14 |
| 73 | 964 | Tomos Roberts | Aberystwyth Uni | 32-47 | SM | 23 |
| 74 | 739 | Lee Bailey | Prestatyn RC | 32-51 | M45 | 11 |
| 75 | 721 | Ian Lowe | Oswestry Olympians | 32-51 | M50 | 6 |
| 76 | 644 | Russell Owen | Eryri Harriers | 32-59 | M60 | 1 |
| 77 | 478 | Lee Jones | Buckley RC | 33-07 | M35 | 12 |
| 78 | 600 | Anthony Woodall | Deestriders | 33-16 | M50 | 7 |
| 79 | 946 | Tom Corfield | Shrewsbury AC | 33-18 | M35 | 13 |
| 80 | 823 | Chris Radford | Shropshire Shufflers | 33-19 | M40 | 15 |
| 81 | 610 | Dafydd Evans | Denbigh H | 33-21 | M35 | 14 |
| 82 | 713 | Tony Forster | Oswestry Olympians | 33-26 | M35 | 15 |
| 83 | 922 | Ed Sanders | Cybi Striders | 33-28 | M35 | 16 |
| 84 | 703 | Stuart Culverhouse | NWRRC | 33-31 | M50 | 8 |
| 85 | 650 | Andy Jones | GOG Tri Club | 33-34 | M45 | 12 |
| 86 | 714 | Steve Jones | Oswestry Olympians | 33-35 | M40 | 16 |
| 87 | 981 | Karl Clack | Shropshire Shufflers | 33-36 | M40 | 17 |
| 88 | 607 | Huw Eoron Williams | Denbigh H | 33-40 | M35 | 17 |
| 89 | 572 | Ryan Johnson-Wilcox | Deeside AC | 33-41 | U20M | 9 |
| 90 | 768 | Alistair Potter | Run Free Fell | 33-48 | M50 | 9 |
| 91 | 614 | Owen Conry | Denbigh H | 33-51 | M50 | 10 |
| 92 | 588 | Jamie Williams | Deeside AC | 33-52 | M50 | 11 |
| 93 | 605 | Jack Corney | Denbigh H | 33-54 | SM | 24 |
| 94 | 643 | Arwel Lewis | Eryri Harriers | 33-55 | M60 | 2 |
| 95 | 593 | Tim Woodhead | Deeside AC | 34-01 | M50 | 12 |
| 96 | 845 | Paul Shannon | Tattenhall RC | 34-04 | M60 | 3 |
| 97 | 562 | Russell Godwin | Colwyn Bay AC | 34-10 | M55 | 3 |
| 98 | 724 | Brian Rothera | Oswestry Olympians | 34-12 | M50 | 13 |
| 99 | 725 | Dave Newton | Oswestry Olympians | 34-19 | M55 | 4 |
| 100 | 726 | Mike Kirk | Owestry Olympians | 34-31 | M60 | 4 |
| 101 | 6233 | John Dalziel | NWRRC | 34-39 | M45 | 13 |
| 102 | 717 | Dale Walton | Oswestry Olympians | 34-42 | M45 | 14 |
| 103 | 871 | James Roberts | Whitchurch Whippets | 34-44 | M35 | 18 |
| 104 | 694 | Brian Johnson | Meirionydd | 34-48 | M55 | 5 |
| 105 | 6236 | Neil Jones | Colwyn Bay AC | 34-50 | M35 | 19 |
| 106 | 585 | Stephen Parry | Deeside AC | 34-51 | M45 | 15 |
| 107 | 513 | Pete Gray | Cadence Tri Club | 35-00 | M35 | 20 |
| 108 | 843 | James Jenkin | Tattenhall RC | 35-00 | M60 | 5 |
| 109 | 6230 | Joshua Jackson | Bangor Uni | 35-01 | SM | 25 |
| 110 | 597 | Paul Lewty | Deestriders | 35-06 | M45 | 16 |
| 111 | 826 | Jonny Chaplin | Shropshire Shufflers | 35-10 | M45 | 17 |
| 112 | 834 | Mark Robinson | Tattenhall RC | 35-15 | M40 | 18 |
| 113 | 566 | Ian Mulligan | Colwyn Bay AC | 35-17 | M55 | 6 |
| 114 | 814 | Calvin Wright | Shropshire Shufflers | 35-28 | M50 | 14 |
| 115 | 723 | Arren Roberts | Oswestry Olympians | 35-46 | M50 | 15 |
| 116 | 954 | David Jones | Deeside AC | 35-55 | M50 | 16 |
| 117 | 645 | Steven Owen | GOG Tri Club | 36-03 | M35 | 21 |
| 118 | 653 | Neil Vicars-Harris | GOG Tri Club | 36-11 | M50 | 17 |
| 119 | 6231 | Matty McKenzie | Bangor Uni | 36-15 | SM | 26 |
| 120 | 690 | Garth Jones | Meirionydd | 36-29 | M45 | 18 |
| 121 | 611 | David Davies | Denbigh H | 36-34 | M45 | 19 |
| 122 | 828 | Nigel Pritchard | Shropshire Shufflers | 36-38 | M50 | 18 |
| 123 | 863 | Andrew Carter | West Cheshire | 36-43 | M50 | 19 |
| 124 | 675 | Ian Taylor | Colwyn Bay AC | 36-47 | M55 | 7 |
| 125 | 919 | Kevin Clark | Cybi Striders | 36-48 | M55 | 8 |
| 126 | 683 | Trevor Jones | Meironydd | 37-11 | M40 | 19 |
| 127 | 515 | Nick Roberts | Cadence Tri Club | 37-47 | M50 | 20 |
| 128 | 648 | Simon Blain | GOG Tri Club | 37-52 | M40 | 20 |
| 129 | 509 | Huw Lewis | Buckley RC | 38-02 | M60 | 6 |
| 130 | 447 | Tim Cahill | Abergele H | 38-36 | M60 | 7 |
| 131 | 568 | Chris Williams | Colwyn Bay AC | 38-42 | M60 | 8 |
| 132 | 619 | Duncan Jones | Denbigh H | 38-50 | M60 | 9 |
| 133 | 818 | Tim Jones | Shropshire Shufflers | 39-00 | M50 | 21 |
| 134 | 656 | Chris Bennett | GOG Tri Club | 39-22 | M55 | 9 |
| 135 | 757 | Reg Jonas | Prestatyn RC | 39-52 | M60 | 10 |
| 136 | 695 | Richard Hankinson | Meirionydd | 39-52 | M60 | 11 |
| 137 | 998 | Sion Roberts | Cybi Striders | 40-07 | M45 | 20 |
| 138 | 849 | Tony Preece | Telford AC | 40-31 | M60 | 12 |
| 139 | 638 | Neale Lewis-Jones | Eryri Harriers | 41-11 | M55 | 10 |
| 140 | 518 | Ian Stewart | Cadence Tri Club | 41-28 | M60 | 13 |
| 141 | 995 | Darren Seeney | Cybi Striders | 41-43 | M55 | 11 |
| 142 | 923 | Richard Furness | Cybi Striders | 42-33 | M35 | 22 |
| 143 | 598 | Justin Evans | Deestriders | 42-43 | M45 | 21 |
| 144 | 512 | Mike Ollier | Cadence Tri Club | 43-01 | SM | 27 |
| 145 | 6232 | Michael Finnile | NWRRC | 43-18 | M60 | 14 |
| 146 | 516 | Steve Knowles | Cadence Tri Club | 45-12 | M50 | 22 |

**TEAMS**

**DIVISION ONE (6 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 3**  **Points** | **Total Race 3 Points** | **Race 3**  **Position** | **Overall Points** | **Overall Position** |
| Shrewsbury | 6/7/9/15/19/24 | **80** | **1** | **239** | **1** |
| Buckley | 10/21/28/33/39/41 | **172** | **2** | **532** | **2** |
| Oswestry | 23/48/49/69/70/72 | **331** | **3** | **836** | **3** |
| Deeside AC | 5/31/52/89/92/95 | **364** | **5** | **916** | **4** |
| Denbigh Harriers | 29/55/67/68/81/88 | **388** | **6** | **1200** | **5** |
| West Cheshire | 30/43/46/54/64/123 | **360** | **4** | **1203** | **6** |
| Shropshire Shufflers | 38/80/87/111/114/122 | **552** | **7** | **1477** | **7** |
| Wrexham AC | 3/32/147/147/147/147 | **623** | **8** | **1496** | **8** |

**DIVISION TWO (4 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 3**  **Points** | **Total Race 3 Points** | **Race 3**  **Position** | **Overall Points** | **Overall Position** |
| Meirionnydd | 2/11/14/40 | **67** | **1** | **229** | **1** |
| Aberystwyth Uni | 8/13/27/42 | **90** | **2** | **291** | **2** |
| Eryri | 12/17/36/76 | **141** | **3** | **435** | **3** |
| Prestatyn | 1/4/74/135 | **214** | **5** | **722** | **4** |
| Colwyn Bay | 51/63/97/105 | **316** | **8** | **1089** | **5** |
| Tattenhall | 53/96/108/112 | **369** | **10** | **1145** | **6** |
| GOG Tri Club | 57/85/117/118 | **377** | **12** | **1191** | **7** |
| Telford AC | 25/35/45/138 | **243** | **6** | **1267** | **8** |
| Cadence Tri Club | 62/107/127/140 | **436** | **13** | **1334** | **9** |
| Deestriders | 78/110/143/147 | **478** | **15** | **1443** | **10** |
| Cybi Striders | 18/37/58/83 | **196** | **4** | **N/A** | **N/A** |
| Bangor Uni | 20/56/109/119 | **304** | **7** | **N/A** | **N/A** |
| Whitchurch Whippets | 59/65/103/147 | **374** | **11** | **N/A** | **N/A** |
| Menai T&F | 16/147/147/147 | **460** | **14** | **N/A** | **N/A** |
| Wrecsam Tri Club | 71/147/147/147 | **515** | **16** | **N/A** | **N/A** |
| Run Free Fell | 71/147/147/147 | **534** | **17** | **N/A** | **N/A** |
| Abergele Harriers | 90/147/147/147 | **574** | **18** | **N/A** | **N/A** |
| NWRRC | 22/84/101/145 | **352** | **9** | **N/A** | **N/A** |

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 3**  **Points** | **Total Race 3 Points** | **Race 3**  **Position** | **Overall Points** | **Overall Position** |
| Shrewsbury AC | 4/5/9 | **18** | **1** | **48** | **1** |
| Buckley | 6/13/23 | **42** | **3** | **111** | **2** |
| Eryri | 7/10/21 | **38** | **2** | **144** | **3** |
| Oswestry O | 27/28/40 | **95** | **6** | **230** | **4** |
| Prestatyn | 1/3/43 | **47** | **4** | **235** | **5** |
| Meirionydd | 8/25/71 | **104** | **7** | **262** | **6** |
| Deeside AC | 18/60/62 | **140** | **12** | **304** | **7** |
| Shropshire Shufflers | 22/49/56 | **127** | **9** | **353** | **8** |
| Denbigh Harriers | 30/38/39 | **107** | **8** | **380** | **9** |
| Tattenhall | 63/75/78 | **216** | **17** | **464** | **10** |
| Colwyn Bay | 34/64/72 | **170** | **15** | **652** | **11** |
| West Cheshire | 17/24/29 | **70** | **5** | **N/A** | **N/A** |
| NWRRC | 14/53/68 | **135** | **10** | **N/A** | **N/A** |
| Whitchurch Whippets | 32/36/70 | **138** | **11** | **N/A** | **N/A** |
| Telford AC | 16/26/103 | **145** | **13** | **N/A** | **N/A** |
| Cybi Striders | 11/52/90 | **153** | **14** | **N/A** | **N/A** |
| Cadence Tri Club | 74/92/105 | **271** | **18** | **N/A** | **N/A** |
| Deestriders | 47/76/108 | **231** | **16** | **N/A** | **N/A** |

**MALE OVER 65**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | 310 | Graham Jones | Shrewsbury | 19-41 | M65 | 1 |
| 2 | 334 | Peter Hough | Shropshire Shufflers | 21-54 | M70 | 1 |
| 3 | 147 | Mike Snell | Eryri Harriers | 22-41 | M65 | 2 |
| 4 | 5888 | Neil Owen | Run Free Fell | 22-55 | M65 | 3 |
| 5 | 145 | John Mainwaring | Eryri Harriers | 23-21 | M65 | 4 |
| 6 | 309 | Andrew Lewis | Shrewsbury AC | 23-51 | M65 | 5 |
| 7 | 811 | Leslie Ritchie | Shropshire Shufflers | 24-40 | M65 | 6 |
| 8 | 117 | David Passe | Denbigh H | 24-55 | M70 | 2 |
| 9 | 194 | Emyr Davies | Hebog | 25-00 | M75 | 1 |
| 10 | 214 | Frank Vaughan | Meirionydd | 25-24 | M65 | 7 |
| 11 | 121 | Fred Jones | Denbigh H | 25-29 | M65 | 8 |
| 12 | 336 | Andre Hayeck | Shropshire Shufflers | 25-31 | M65 | 9 |
| 13 | 910 | Colin Hunt | Wrecsam Tri Club | 25-37 | M65 | 10 |
| 14 | 275 | George Nixon | Prestatyn RC | 25-47 | M70 | 3 |
| 15 | 341 | Martin Durrant | Tattenhall RC | 25-57 | M65 | 11 |
| 16 | 335 | Charlie Holland | Shropshire Shufflers | 26-40 | M65 | 12 |
| 17 | 338 | Chris Clarke | Shropshire Shufflers | 26-43 | M75 | 2 |
| 18 | 138 | Don Williams | Eryri Harriers | 27-05 | M75 | 3 |
| 19 | 337 | Iain Day | Shropshire Shufflers | 28-06 | M75 | 4 |
| 20 | 139 | Geoffrey Fielding | Eryri Harriers | 29-39 | M75 | 5 |
| 21 | 267 | Roger Harrison Jones | Prestatyn RC | 32-44 | M85 | 1 |
| 22 | 974 | Jack Thomas | Buckley RC | 36-43 | M80 | 1 |
| 23 | 269 | Phil Jones | Prestatyn RC | 40-32 | M80 | 2 |
| 24 | 416 | Peter Norman | Wrexham AC | 45-26 | M85 | 2 |
| 25 | 417 | John Tipping | Wrexham AC | 50-17 | M80 | 3 |

**TEAMS (3 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 3**  **Points** | **Total Race 3 Points** | **Race 3**  **Position** | **Overall Points** | **Overall Position** |
| Shropshire Shufflers | 2/7/12 | **21** | **1** | **65** | **1** |
| Eryri Harriers | 3/5/18 | **26** | **2** | **102** | **2** |
| Prestatyn RC | 14/21/23 | **58** | **3** | **130** | **3** |

**UNDER 17 MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** |
| 1 | 365 | Charlie Preece | Telford | 19-03 |
| 2 | 122 | Gruffudd Price | Denbigh H | 19-12 |
| 3 | 5887 | Matthew McCroadie | West Cheshire | 20-11 |
| 4 | 216 | Cynan Ap Rhys | Meirionydd | 21-02 |

**TEAMS (3 TO SCORE)**

**No complete Teams**

**SENIOR WOMEN**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | 317 | Sara Willhoit | Shrewsbury AC | 18-04 | SW | 1 |
| 2 | 208 | Ffion Price | Maldwyn Harriers | 19-18 | SW | 2 |
| 3 | 164 | Gemma Moore | Eryri | 19-20 | FV35 | 1 |
| 4 | 16 | Tracy Rogers | Buckley RC | 19-25 | SW | 3 |
| 5 | 57 | Louisa Thompson | Cheshire Dragons | 19-33 | W40 | 1 |
| 6 | 49 | Amie Smith | Cheshire Dragons | 20-10 | SW | 4 |
| 7 | 5891 | Ella Leonard | Bangor Uni | 20-33 | SW | 5 |
| 8 | 323 | Mel Price | Shrewsbury AC | 20-38 | W50 | 1 |
| 9 | 5894 | Thirova Aude | Bangor Uni | 20-44 | U20W | 1 |
| 10 | 18 | Jennifer Rambaldi | Buckley RC | 20-47 | W35 | 2 |
| 11 | 251 | Charlotte Hunter-Rose | Oswestry Olympians | 20-49 | SW | 6 |
| 12 | 263 | Nicola Ship | Oswestry Olympians | 20-54 | W45 | 1 |
| 13 | 93 | Eden O’Dea | Deeside AC | 21-08 | U20W | 2 |
| 14 | 261 | Louisa Williams | Oswestry Olympians | 21-12 | W40 | 2 |
| 15 | 318 | Miriam Jones-Walters | Shrewsbury AC | 21-16 | SW | 7 |
| 16 | 152 | Anwen Hockley | Eryri Harriers | 21-16 | U17W | 1 |
| 17 | 100 | Claire Wyn Jones | Deeside AC | 21-21 | SW | 8 |
| 18 | 280 | Lisa Lines | Prestatyn RC | 21-53 | SW | 9 |
| 19 | 126 | Eleanor Ashcroft | Denbigh H | 21-36 | SW | 10 |
| 20 | 397 | Emma Alofs | Cybi Striders | 21-45 | SW | 11 |
| 21 | 397 | Emily Granfield | Whitchurch Whippets | 21-45 | SW | 12 |
| 22 | 5890 | Claire Lloyd | Oswestry Olympians | 21-47 | SW | 13 |
| 23 | 259 | Louisa Woolcock | Oswestry Olympians | 21-47 | W40 | 3 |
| 24 | 63 | Emma Crowe | Cheshire Dragons | 21-50 | W45 | 2 |
| 25 | 6 | Emma Palfry | Aberystwyth Uni | 21-52 | W35 | 3 |
| 26 | 101 | Donna Welsh | Deeside AC | 21-56 | W40 | 4 |
| 27 | 106 | Christine Cammilare | Deestriders | 22-00 | W35 | 4 |
| 28 | 127 | Katy Baugh | Denbigh H | 22-02 | SW | 14 |
| 29 | 132 | Mel Morris | Denbigh H | 22—02 | W45 | 3 |
| 30 | 135 | Emma Collins | Denbigh H | 22-14 | W60 | 1 |
| 31 | 320 | Lauren Morley | Shrewsbury AC | 22-35 | W35 | 5 |
| 32 | 965 | Chloe Piggott | Aberystwyth Uni | 22-41 | U20W | 3 |
| 33 | 24 | Jane Doughton | Buckley RC | 22-56 | W45 | 4 |
| 34 | 170 | Megan Lynne Hughes | Eryri Harriers | 23-08 | W45 | 5 |
| 35 | 221 | Eleanor Davies | Meirionydd | 23-08 | W40 | 5 |
| 36 | 5900 | Georgie Ross | Tattenhall RC | 23-10 | W45 | 6 |
| 37 | 265 | Yvonne Hill | Oswestry Olympians | 23-12 | W55 | 1 |
| 38 | 389 | Anest Muller | West Cheshire | 23-14 | W40 | 6 |
| 39 | 393 | Eleanor Robinson | West Cheshire | 23-15 | W50 | 2 |
| 40 | 174 | Tammy Lewis-Jones | Eryri Harriers | 23-17 | W50 | 3 |
| 41 | 999 | Michelle Bowes | Deestriders | 23-17 | W35 | 6 |
| 42 | 85 | Libby Hayes | Deeside AC | 23-19 | U17W | 2 |
| 43 | 22 | Gwennan Henstock | Buckley RC | 23-23 | W40 | 7 |
| 44 | 131 | Lee Evans | Denbigh H | 23-23 | W45 | 7 |
| 45 | 75 | Anne Mynott | Colwyn Bay | 23-31 | W55 | 2 |
| 46 | 391 | Clare Mallon | West Cheshire | 23-31 | W45 | 8 |
| 47 | 281 | Helen Ashworth | Prestatyn RC | 23-34 | W40 | 8 |
| 48 | 134 | Jeni Richards | Denbigh H | 23-39 | W55 | 3 |
| 49 | 5895 | Sioned Cordiner | Wrexham AC | 23-41 | U20W | 4 |
| 50 | 156 | Efa Baines | Eryri Harriers | 23-42 | U20W | 5 |
| 51 | 322 | Yvonne Gajny | Shrewsbury AC | 23-51 | W45 | 9 |
| 52 | 373 | Christina O’Brien | Telford AC | 23-59 | W40 | 9 |
| 53 | 17 | Eleanor Francis | Buckley RC | 24-01 | W35 | 7 |
| 54 | 73 | Ella Grundy | Colwyn Bay AC | 24-08 | U17W | 3 |
| 55 | 98 | Briony Hibbert | Deeside AC | 24-12 | SW | 15 |
| 56 | 129 | Rachel Evans | Denbigh H | 24-16 | W35 | 8 |
| 57 | 430 | Linda Jones | Wrexham AC | 24-17 | W55 | 4 |
| 58 | 402 | Jo Grandfield | Whitchurch Whippets | 24-17 | W60 | 2 |
| 59 | 5898 | Hannah Lippert | Aberystwyth Uni | 24-19 | SW | 16 |
| 60 | 314 | Eleanor Crossland | Shrewsbury AC | 24-21 | SW | 17 |
| 61 | 228 | Juliet Edwards | Meirionydd | 24-28 | W60 | 3 |
| 62 | 943 | Ali Tickner | Oswestry Olympians | 24-32 | W50 | 4 |
| 63 | 266 | Susie Hancock | Oswestry Olympians | 24-43 | W60 | 4 |
| 64 | 5896 | Luibova Sirkina | Deeside AC | 25-02 | SW | 18 |
| 65 | 366 | Lilly Gapper | Telford AC | 25-08 | U17W | 4 |
| 66 | 395 | Joy Hickman | West Cheshire | 25-12 | W55 | 5 |
| 67 | 31 | Margaret Ludden | Buckley RC | 25-15 | W60 | 5 |
| 68 | 932 | Lowri Griffiths | Bangor Uni | 25-23 | U20W | 6 |
| 69 | 262 | Julie Davies | Oswestry Olympians | 25-26 | W45 | 10 |
| 70 | 326 | Lydia Bromwich | Shropshire Shufflers | 25-30 | W45 | 11 |
| 71 | 283 | Sophie Johnson | Prestatyn RC | 25-36 | W40 | 10 |
| 72 | 39 | Anna Shimali | Cadence Tri Club | 25-37 | W45 | 12 |
| 73 | 392 | Angela Tegg | West Cheshire | 26-12 | W50 | 5 |
| 74 | 30 | Jane Lindley | Buckley RC | 26-16 | W55 | 6 |
| 75 | 37 | Rachel Ridgeway | Cadence Tri Club | 26-18 | W35 | 9 |
| 76 | 376 | Alison Preece | Telford AC | 26-35 | W50 | 6 |
| 77 | 5889 | Tania Brandon | Oswestry Olympians | 26-42 | W55 | 7 |
| 78 | 394 | Debra Bemand | West Cheshire | 27-09 | W50 | 7 |
| 79 | 82 | Maisy Parry | Deeside AC | 27-11 | U17W | 5 |
| 80 | 23 | Caroline Caffery | Buckley RC | 27-13 | W45 | 13 |
| 81 | 188 | Stephanie Conway | GOG Tri Club | 27-15 | SW | 19 |
| 82 | 136 | Menai Baugh | Denbigh H | 27-17 | W60 | 6 |
| 83 | 74 | Emma MacArthur | Colwyn Bay | 27-21 | W45 | 14 |
| 84 | 264 | Liz Park | Oswestry Olympians | 27-29 | W45 | 15 |
| 85 | 225 | Helen Jones | Meirionydd | 27-41 | W50 | 8 |
| 86 | 305 | Susan Fourie | Run Free Fell | 27-46 | W45 | 16 |
| 87 | 188 | Elizabeth Evans | GOG Tri Club | 27-50 | W70 | 1 |
| 88 | 181 | Ellie Salisbury | Eryri Harriers | 28-08 | W60 | 7 |
| 89 | 343 | Rebecca Robinson | Tattenhall RC | 28-14 | W35 | 10 |
| 90 | 35 | Liz Goodaire | Cadenced Tri Club | 28-17 | SW | 20 |
| 91 | 390 | Alexandra Duffey | West Cheshire | 28-23 | W45 | 17 |
| 92 | 1000 | Mari Wynne Williams | Denbigh H | 28-25 | W35 | 11 |
| 93 | 26 | Sian Meirion | Buckley RC | 28-29 | W50 | 9 |
| 94 | 973 | Ellie Kevern | Aberystwyth Uni | 28-39 | U20W | 7 |
| 95 | 967 | Rebecca England | Oswestry Olympians | 28-49 | W40 | 11 |
| 96 | 976 | Seren Woodall | Colwyn Bay | 28-50 | U20W | 8 |
| 97 | 185 | Ann D’Alburquerque | GOG Tri Club | 29-27 | W70 | 2 |
| 98 | 279 | Nicki Triggs | Prestatyn RC | 30-08 | SW | 21 |
| 99 | 330 | Moyna Richey | Shropshire Shufflers | 30-21 | W50 | 10 |
| 100 | 990 | Lindsay Duncan | Tattenhall R | 30-23 | W45 | 18 |
| 101 | 347 | Jeanne Raymond | Tattenhall R | 30-40 | W40 | 12 |
| 102 | 284 | Liz Martin | Prestatyn RC | 30-41 | W45 | 19 |
| 103 | 105 | Abigail Cammillare | Deestriders | 31-07 | SW | 22 |
| 104 | 32 | Susan Ridings | Buckley RC | 31-30 | W60 | 8 |
| 105 | 433 | Gillian Csizmadia | Wrexham AC | 32-18 | W60 | 9 |
| 106 | 141 | Maggie Oliver | Eryri Harriers | 32-40 | W70 | 3 |
| 107 | 966 | Nell Milton | Aberystwyth Uni | 32-55 | SW | 23 |
| 108 | 5 | Amie Tonkin | Aberystwyth Uni | 32-56 | SW | 24 |
| 109 | 294 | Julia Evans | Prestatyn RC | 32-59 | W55 | 8 |
| 110 | 292 | Emma Birchall | Prestatyn RC | 33-35 | W50 | 11 |
| 111 | 297 | Julie Evans | Prestatyn RC | 33-42 | W60 | 10 |
| 112 | 325 | Marilyn Hunt | Shropshire Shufflers | 36-55 | W50 | 12 |
| 113 | 76 | Maureen Singleton | Colwyn Bay AC | 45-13 | W80 | 1 |

**FEMALE TEAMS**

**DIVISION ONE (4 to SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 3**  **Points** | **Total Race 3 Points** | **Race 3**  **Position** | **Overall Points** | **Overall Position** |
| Oswestry | 11/12/14/22 | **59** | **1** | **231** | **1** |
| Deeside AC | 13/17/26/42 | **98** | **4** | **241** | **2** |
| Eryri | 3/16/34/40 | **93** | **3** | **244** | **3** |
| Buckley | 4/10/33/43 | **90** | **2** | **286** | **4** |
| Denbigh | 19/28/29/30 | **106** | **5** | **349** | **5** |
| West Cheshire | 38/39/46/66 | **189** | **6** | **436** | **6** |
| Telford AC | 52/65/76/114 | **307** | **7** | **778** | **7** |

**DIVISION TWO (3 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 3**  **Points** | **Total Race 3 Points** | **Race 3**  **Position** | **Overall Points** | **Overall Position** |
| Shrewsbury AC | 1/8/15 | **24** | **1** | **150** | **1** |
| Aberystwyth Uni | 25/32/59 | **116** | **4** | **253** | **2** |
| Meirionydd | 35/61/85 | **181** | **7** | **506** | **3** |
| Prestatyn | 18/47/71 | **136** | **5** | **513** | **4** |
| Colwyn Bay | 45/54/83 | **182** | **8** | **540** | **5** |
| GOG Tri Club | 81/87/97 | **265** | **15** | **628** | **6** |
| Deestriders | 27/41/103 | **171** | **6** | **650** | **7** |
| Tattenhall | 36/89/100 | **225** | **11** | **661** | **8** |
| Shropshire Shuff | 70/99/112 | **281** | **16** | **770** | **9** |
| Cadence Tri Club | 72/75/90 | **237** | **13** | **801** | **10** |
| Wrexham AC | 47/57/105 | **209** | **10** | **804** | **11** |
| Cheshire Dragons | 5/6/24 | **35** | **2** | **N/A** | **N/A** |
| Bangor Uni | 7/9/68 | **84** | **3** | **N/A** | **N/A** |
| Whitchurch Whippets | 21/58/114 | **193** | **9** | **N/A** | **N/A** |
| Maldwyn | 2/114/114 | **230** | **12** | **N/A** | **N/A** |
| Cybi Striders | 20/114/114 | **248** | **14** | **N/A** | **N/A** |
| Run Free Fell | 86/114/114 | **314** | **17** | **N/A** | **N/A** |

**FEMALE MASTERS TEAMS**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 3**  **Points** | **Total Race 3 Points** | **Race 3**  **Position** | **Overall Points** | **Overall Position** |
| Oswestry O | 5/6/7 | **18** | **1** | **74** | **1** |
| Buckley | 4/15/24 | **43** | **3** | **108** | **2** |
| Eryri | 1/16/22 | **39** | **2** | **117** | **3** |
| Denbigh Harriers | 12/13/25 | **50** | **5** | **160** | **4** |
| West Cheshire | 20/21/27 | **68** | **6** | **206** | **5** |
| Meirionydd | 17/36/55 | **108** | **7** | **292** | **6** |
| Prestatyn | 28/43/48 | **119** | **8** | **381** | **7** |
| Shropshire Shufflers | 42/65/75 | **182** | **11** | **474** | **8** |
| Shrewsbury AC | 3/14/30 | **47** | **4** | **N/A** | **N/A** |
| Colwyn Bay | 26/53/76 | **155** | **10** | **N/A** | **N/A** |
| Tattenhall | 18/59/66 | **143** | **9** | **N/A** | **N/A** |

Twelve months later than planned but the wait was worth it for a true cross country course. Special thank you to Gareth Hughes for convincing yet another Lord to allow us to use their estate! From the comments I received everyone loved the course, although a few women did want to go through the water! Maybe next time!!

So to the races!! We all know what a class act Sara Wilhoit is and she showed it by storming away to win not only the women’s race but also beat all the Under 17 Men for the first time this season. That’s three wins from three races so far for Sarah this year but Maldwyn’s Ffion Price showed she is getting fitter race by race and with her pedigree should be a force to reckon with in the future. Graham Jones from Shrewsbury was once again first home of the M65 Men and whilst he won at Bangor he did miss Newtown so he still has some work to do to retain his title. The top of Division 1 Women’s League continues to be close and the experienced Oswestry team took over the lead from Deeside but with Eryri still in the mix and only 13 points separating the top three teams it looks like all to play for in the final two fixtures.

Stephen Skates, Prestatyn lives only a mile from the course and was determined to win on his home course (he even told me the night before that the course would slow the road runners down) and he set off in such a positive way that there was only likely to be one winner as he gradually built up the lead over Rhodri Owen, Meirionnydd. Rhodri and his Meirionnydd teammates were running after the sad loss of their 43 year old clubmate, Steffan Owen the previous day. A minute’s applause was done before the start of the race but all of the Meironydd lads did well to compete in such circumstances.

Shrewsbury’s men continue to pack well to ensure they retain their title but it’s Aberystwyth who are giving Meirionnydd a run for their money in Division 2. In the Masters, Shrewsbury have started to forge ahead of Buckley.

The next JUNIOR and SENIOR LEAGUE races are being hosted by Colwyn Bay AC back on the old Eirias Park course. The start and finish is next to the leisure centre but be aware that there is a rugby match taking place and the car parks will be busy. Please remember to bring your number and if you’ve lost it then please ask a couple of days in advance, it’s a lot of work on the day. We have to pay for all of the chip numbers, so if you need a replacement you do have to pay for it, it’s only a £1, but please come with it.

Don’t forget it’s the North Wales Cross Country Championships at Wrexham on 7th January 2023, entries can be made on line now, go to the website. Please note that numbers for the Championships will be collected from the Ysgol Morgan Llwyd sports hall on the day of the race and you will also be given two chips to pin onto your hips! We’re trying a different way of recording so please make sure you collect your number and chips!!

Bernie Jones

Secretary