**` `GRAND PRIX EXPRESS**

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

At MARCHES SCHOOL, OSWESTRY Saturday 11th February 2023

FINAL RESULTS 13/2/23

**SENIOR MEN**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | 782 | DANIEL HUSBANDS | Shrewsbury ac | 00:29:23 | SM | 1 |
| 2 | 679 | RHODRI OWEN | Meirionydd | 00:29:49 | SM | 2 |
| 3 | 775 | DANIEL ELLIOT | Shrewsbury ac | 00:30:16 | SM | 3 |
| 4 | 6260 | GERAINT PUGH | Meirionydd | 00:30:32 | SM | 4 |
| 5 | 570 | EDWARD WOODHEAD | Deeside ac | 00:31:06 | U20M | 1 |
| 6 | 490 | CHRIS CALLAGHAN | Buckley Runners | 00:31:21 | M45 | 1 |
| 7 | 453 | JOSEPH ROBSON | Aberystwyth University | 00:31:27 | SM | 5 |
| 8 | 451 | JAMES COWAN | Aberystwyth University | 00:31:27 | SM | 6 |
| 9 | 947 | TOM HEARD | Oswestry Olympians | 00:31:31 | M40 | 1 |
| 10 | 832 | CRAIG CONNOR | Tattenhall Runners | 00:31:46 | M35 | 1 |
| 11 | 685 | ALUN WILLIAMS | Meirionydd | 00:31:53 | M40 | 2 |
| 12 | 792 | GABRIEL MORRIS | Shrewsbury ac | 00:32:00 | M35 | 2 |
| 13 | 737 | TOM CARTER | Prestatyn | 00:32:11 | M40 | 3 |
| 14 | 476 | SAM BELLIS | Buckley Runners | 00:32:19 | M35 | 3 |
| 15 | 785 | LUKE BUTLER | Shrewsbury ac | 00:32:23 | M35 | 4 |
| 16 | 705 | RYAN STOKES | Oswestry Olympians | 00:32:29 | SM | 7 |
| 17 | 853 | HENRY ROBINSON | West Cheshire | 00:32:38 | U20M | 2 |
| 18 | 606 | TONY WOOD | Denbigh Harriers | 00:32:43 | SM | 8 |
| 19 | 6235 | MATTHEW ROSE | Buckley Runners | 00:32:48 | M35 | 5 |
| 20 | 846 | JEDID MENSAY | Telford ac | 00:33:08 | U2M0 | 3 |
| 21 | 493 | JEZ BROWN | Buckley Runners | 00:33:14 | M50 | 1 |
| 22 | 772 | THOMAS BROWN | Shrewsbury ac | 00:33:16 | SM | 9 |
| 23 | 582 | EDMUND MORTELL | Deeside ac | 00:33:34 | M45 | 2 |
| 24 | 6245 | DAVE BUS HUGHES | Eryri | 00:33:37 | SM | 10 |
| 25 | 893 | ALLY HUGHES | Wrexham ac | 00:33:42 | M35 | 6 |
| 26 | 450 | JAMES PRICE | Aberystwyth University | 00:33:45 | U20M | 4 |
| 27 | 477 | TIM JOY | Buckley Runners | 00:33:47 | M35 | 7 |
| 28 | 577 | CIARAN ALLMAN | Deeside ac | 00:33:48 | SM | 11 |
| 29 | 796 | ROB FOX | Shrewsbury ac | 00:33:55 | M40 | 4 |
| 30 | 706 | OSCAR SIMMONS | Oswestry Olympians | 00:34:01 | SM | 12 |
| 31 | 470 | GERARD COLEMAN | Buckley Runners | 00:34:11 | SM | 13 |
| 32 | 708 | IAN GIBSON | Oswestry Olympians | 00:34:17 | SM | 14 |
| 33 | 6246 | TIM TANSLEY | Oswestry Olympians | 00:34:18 | M50 | 2 |
| 34 | 6254 | ROBERT KERR | Shrewsbury ac | 00:34:18 | M40 | 5 |
| 35 | 944 | KEELAN THOMPSON | Aberystwyth University | 00:34:18 | SM | 15 |
| 36 | 511 | PATRICK WHITE | Cadence Tri | 00:34:27 | SM | 16 |
| 37 | 6248 | JAHAN SWAINE | Aberystwyth University | 00:34:35 | SM | 17 |
| 38 | 6263 | JONATHAN TYLER | Betsi Runaways | 00:34:44 | M35 | 8 |
| 39 | 604 | IWAN EVANS | Denbigh Harriers | 00:35:06 | SM | 18 |
| 40 | 865 | ANDREW CLAGUE | West Cheshire | 00:35:13 | M50 | 3 |
| 41 | 821 | ANDREW WAKEFIELD | Shropshire Shufflers | 00:35:17 | SM | 19 |
| 42 | 711 | JAMES PICKERING | Oswestry Olympians | 00:35:19 | M35 | 9 |
| 43 | 804 | PAUL BOWES | Shrewsbury ac | 00:35:21 | M50 | 4 |
| 44 | 950 | JARED ROBERTS | Colwyn Bay | 00:35:22 | SM | 20 |
| 45 | 715 | CHARLIE WOOLCOCK | Oswestry Olympians | 00:35:27 | M40 | 6 |
| 46 | 6270 | MATT WOODON | Shrewsbury ac | 00:35:29 | SM | 21 |
| 47 | 716 | ST JOHN ASHWORTH | Oswestry Olympians | 00:35:30 | M40 | 7 |
| 48 | 836 | ROBERT ARDEN | Tattenhall Runners | 00:35:31 | M40 | 8 |
| 49 | 721 | IAN LOWE | Oswestry Olympians | 00:35:34 | M50 | 5 |
| 50 | 808 | HAYDN JONES | Shrewsbury ac | 00:35:39 | M60 | 1 |
| 51 | 452 | OLIVER CLEGG | Aberystwyth University | 00:35:41 | SM | 22 |
| 52 | 644 | RUSSELL OWEN | Eryri | 00:35:44 | M60 | 2 |
| 53 | 874 | ROBERT SHARAM | Whitchurch Whippets | 00:35:48 | M45 | 3 |
| 54 | 689 | RHODRI AP DYFRIG | Meirionydd | 00:36:05 | M40 | 9 |
| 55 | 6256 | MARK GREENWOOD | Aberystwyth University | 00:36:11 | U20M | 5 |
| 56 | 504 | JEFF GIFFORD | Buckley Runners | 00:36:12 | M55 | 1 |
| 57 | 799 | MARK SMITH | Shrewsbury ac | 00:36:18 | M45 | 4 |
| 58 | 704 | EVAN ROBERTS | Oswestry Olympians | 00:36:28 | U20M | 6 |
| 59 | 600 | ANTHONY WOODALL | Deestriders | 00:36:29 | M50 | 6 |
| 60 | 855 | PAUL MORRISON | West Cheshire | 00:36:31 | SM | 23 |
| 61 | 718 | PETE JONES | Oswestry Olympians | 00:36:36 | M45 | 5 |
| 62 | 610 | DAFYDD EVANS | Denbigh Harriers | 00:36:38 | M35 | 10 |
| 63 | 612 | MARK KELLY | Denbigh Harriers | 00:36:42 | MV 45 | 6 |
| 64 | 585 | STEPHEN PARRY | Deeside ac | 00:36:48 | MV 45 | 7 |
| 65 | 981 | KARL CLACK | Shropshire Shufflers | 00:36:59 | MV 40 | 10 |
| 66 | 605 | JACK CORNEY | Denbigh Harriers | 00:37:07 | SM | 24 |
| 67 | 572 | RYAN JOHNSON-WILCOX | Deeside ac | 00:37:11 | U20M | 7 |
| 68 | 593 | TIM WOODHEAD | Deeside ac | 00:37:11 | M50 | 7 |
| 69 | 911 | MAX WILLIAMS | Wrecsam Tri | 00:37:22 | M50 | 8 |
| 70 | 588 | JAMIE WILLIAMS | Deeside ac | 00:37:25 | M50 | 9 |
| 71 | 6262 | ALLAN MCKEOWN | Deestriders | 00:37:31 | M40 | 11 |
| 72 | 862 | RICHARD HAYES | West Cheshire | 00:37:38 | M50 | 10 |
| 73 | 845 | PAUL SHANNON | Tattenhall Runners | 00:37:42 | M60 | 3 |
| 74 | 870 | DEAN RICHARDS | Whitchurch Whippets | 00:37:49 | M35 | 11 |
| 75 | 6259 | NEAL JONES | Colwyn Bay | 00:38:12 | M35 | 12 |
| 76 | 6255 | JOSH FIELD | Aberystwyth University | 00:38:51 | SM | 25 |
| 77 | 618 | DAVID BAUGH | Denbigh Harriers | 00:39:00 | M60 | 4 |
| 78 | 743 | DAN LIDDLE | Prestatyn | 00:39:16 | MV 50 | 11 |
| 79 | 562 | RUSSELL GODWIN | Colwyn Bay | 00:39:25 | M55 | 2 |
| 80 | 6257 | NATHANIEL DAVENHILL | Aberystwyth University | 00:39:35 | SM | 26 |
| 81 | 954 | DAVID JONES | Deeside ac | 00:39:44 | M50 | 12 |
| 82 | 465 | ANDY GOATER | Betsi Runaways | 00:40:02 | M50 | 13 |
| 83 | 694 | BRIAN JOHNSON | Meirionydd | 00:40:04 | M55 | 3 |
| 84 | 814 | CALVIN WRIGHT | Shropshire Shufflers | 00:40:26 | M50 | 14 |
| 85 | 723 | ARREN ROBERTS | Oswestry Olympians | 00:40:30 | M50 | 15 |
| 86 | 611 | DAVID DAVIES | Denbigh Harriers | 00:40:32 | M45 | 8 |
| 87 | 590 | ANTHONY JONES | Deeside ac | 00:40:53 | M50 | 16 |
| 88 | 6258 | PAUL PARKES | Oswestry Olympians | 00:41:03 | M50 | 17 |
| 89 | 597 | PAUL LEWTEY | Deestriders | 00:41:25 | M45 | 9 |
| 90 | 567 | IAN TAYLOR | Colwyn Bay | 00:41:56 | M55 | 4 |
| 91 | 850 | IAN HOPKINS | Telford ac | 00:42:33 | M55 | 5 |
| 92 | 568 | CHRIS WILLIAMS | Colwyn Bay | 00:42:35 | M60 | 5 |
| 93 | 754 | STEPHEN WEEDMAN | Prestatyn | 00:42:51 | M55 | 6 |
| 94 | 598 | JUSTIN EVANS | Deestriders | 00:44:01 | M45 | 10 |
| 95 | 822 | JUAN MIGUEL REYES-MONTES | Shropshire Shufflers | 00:44:31 | M50 | 18 |
| 96 | 693 | RICHARD FLUTTER | Meirionydd | 00:44:46 | M55 | 7 |
| 97 | 849 | TONY PREECE | Telford ac | 00:45:28 | M50 | 19 |
| 98 | 695 | RICHARD HANKINSON | Meirionydd | 00:47:31 | M60 | 6 |
| 99 | 6250 | BEN BANKS | Shropshire Shufflers | 00:48:35 | SM | 27 |
| 100 | 518 | IAN STEWART | Cadence Tri | 00:48:36 | M60 | 7 |
| 101 | 458 | ELWYN SHARPS | Betsi Runaways | 00:54:11 | M35 | 13 |
| 102 | 732 | NEM JAMES | Prestatyn | 00:55:53 | SM | 28 |

**DIVISION ONE (6 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 5**  **Points** | **Total Race 5 Points** | **Race 5**  **Position** | **Overall Points** | **Overall Position** |
| Shrewsbury | 1, 3, 12, 15, 22, 29 | **82** | **1** | **428** | **1** |
| Buckley | 6, 14, 19, 21, 27, 31 | **118** | **2** | **817** | **2** |
| Oswestry | 9, 16, 30, 32, 33, 42 | **162** | **3** | **1202** | **3** |
| Deeside AC | 5, 23, 28, 64, 67, 68 | **255** | **4** | **1562** | **4** |
| West Cheshire | 17, 40, 60, 72, 103, 103 | **395** | **6** | **1825** | **5** |
| Denbigh Harriers | 18, 39, 62, 63, 66, 77 | **325** | **5** | **1846** | **6** |
| Shropshire Shufflers | 41, 65, 84, 95, 99, 103 | **487** | **7** | **2473** | **7** |
| Wrexham AC | 25, 103, 103, 103, 103, 103 | **540** | **8** | **2506** | **8** |

**DIVISION TWO (4 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 5**  **Points** | **Total Race 5 Points** | **Race 5**  **Position** | **Overall Points** | **Overall Position** |
| Meirionydd | 2, 4, 11, 56 | **73** | **1** | **361** | **1** |
| Aberystwyth Uni | 7, 8, 26, 35 | **76** | **2** | **438** | **2** |
| Eryri | 24, 52, 103, 103 | **282** | **4** | **850** | **3** |
| Prestatyn | 13, 78, 93, 102 | **286** | **5** | **1380** | **4** |
| Tattenhall | 10, 48, 73, 103 | **234** | **3** | **1576** | **5** |
| Colwyn Bay | 44, 75, 79, 90 | **288** | **6** | **1689** | **6** |
| Telford AC | 20, 91, 97, 103 | **311** | **7** | **1988** | **7** |
| Cadence Tri Club | 36, 100, 103, 103 | **339** | **11** | **2104** | **8** |
| Deestriders | 59, 71, 89, 94 | **313** | **8** | **2134** | **9** |
| Betsi Runaways | 38, 82, 101, 103 | **324** | **9** | **N/A** | **N/A** |
| Whitchurch Whippets | 53, 74, 103, 103 | **333** | **10** | **N/A** | **N/A** |
| Wrecsam Tri Club | 69, 103, 103, 103 | **378** | **12** | **N/A** | **N/A** |

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 5**  **Points** | **Total Race 5 Points** | **Race 5**  **Position** | **Overall Points** | **Overall Position** |
| Shrewsbury AC | 5, 8, 14 | **27** | **2** | **88** | **1** |
| Buckley | 1, 7, 9 | **17** | **1** | **155** | **2** |
| Oswestry O | 2, 15, 19 | **36** | **3** | **310** | **3** |
| Meirionydd | 4, 28, 50 | **82** | **5** | **413** | **4** |
| Deeside AC | 11, 35, 37 | **83** | **6** | **482** | **5** |
| Prestatyn | 6, 46, 60 | **112** | **7** | **507** | **6** |
| Denbigh Harriers | 33, 34, 45 | **112** | **7** | **588** | **7** |
| Shropshire Shufflers | 36, 51, 62 | **149** | **12** | **645** | **8** |
| Tattenhall | 3, 23, 42 | **68** | **4** | **654** | **9** |
| Colwyn Bay | 44, 47, 57 | **148** | **11** | **975** | **10** |
| Deestriders | 31, 40, 56 | **127** | **9** | **1027** | **111** |
| Betsi Runaways | 17, 49, 67 | **133** | **10** | **N/A** | **N/A** |

**MALE OVER 65**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | 310 | Graham Jones | Shrewsbury ac | 19:18 | MV65 | 1 |
| 2 | 342 | Nick Holmes | Tattenhall Runners | 21:24 | MV65 | 2 |
| 3 | 147 | Mike Snell | Eryri Harriers | 22:14 | M65 | 3 |
| 4 | 5888 | Neil Owen | Run Free Fell | 23:08 | M65 | 4 |
| 5 | 811 | Leslie Ritchie | Shropshire Shufflers | 23:36 | M65 | 5 |
| 6 | 334 | Peter Hough | Shropshire Shufflers | 24:05 | MV70 | 1 |
| 7 | 214 | Frank Vaughan | Meirionydd | 24:37 | M65 | 6 |
| 8 | 117 | David Passe | Denbigh Harriers | 24:42 | M70 | 2 |
| 9 | 910 | Colin Hunter | Wrecsam Tri | 24:49 | M65 | 7 |
| 10 | 5876 | Paul Stone | Shropshire Shufflers | 24:53 | M65 | 8 |
| 11 | 275 | George Nixon | Prestatyn RC | 24:58 | M70 | 3 |
| 12 | 336 | Andre Hayeck | Shropshire Shufflers | 25:26 | M65 | 9 |
| 13 | 989 | Anthony Pepper | Oswestry Olympians | 25:48 | M70 | 4 |
| 14 | 338 | Chris Clarke | Shropshire Shufflers | 25:56 | M75 | 1 |
| 15 | 341 | Martin Durrant | Tattenhall Runners | 26:09 | M65 | 10 |
| 16 | 335 | Charlie Holland | Shropshire Shufflers | 26:49 | M65 | 11 |
| 17 | 138 | Don Williams | Eryri Harriers | 27:13 | M75 | 2 |
| 18 | 337 | Iain Day | Shropshire Shufflers | 27:39 | M75 | 3 |
| 19 | 273 | Graham Shone | Prestatyn RC | 27:56 | M70 | 5 |
| 20 | 182 | John D’Alburquerque | GOG Tri Club | 30:51 | M75 | 4 |
| 21 | 267 | Roger Harrison-Jones | Prestatyn RC | 32:43 | M85 | 1 |
| 22 | 974 | Jack Thomas | Buckley RC | 32:52 | M80 | 1 |
| 23 | 416 | Peter Norman | Wrexham AC | 42:50 | M85 | 2 |
| 24 | 417 | John Tipping | Wrexham AC | 48:00 | M80 | 2 |

**TEAMS (3 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 5**  **Points** | **Total Race 5 Points** | **Race 5**  **Position** | **Overall Points** | **Overall Position** |
| Shropshire Shufflers | 5, 6, 10 | **21** | **1** | **110** | **1** |
| Prestatyn RC | 11, 19, 21 | **51** | **2** | **230** | **2GGG** |

**UNDER 17 MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** |
| 1 | 153 | Noa Vaughan | Eryri Harriers | 17:09 |
| 2 | 365 | Charlie Preece | Telford | 18:11 |

**No complete Teams**

**SENIOR WOMEN**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | 96 | Martha Owen | Deeside | 18:18 | SW | 1 |
| 2 | 16 | Tracy Rogers | Buckley | 18:53 | SW | 2 |
| 3 | 164 | Gemma Moore | Eryri | 19:00 | W35 | 1 |
| 4 | 97 | Olivia Ashton | Deeside | 19:31 | SW | 3 |
| 5 | 382 | Jodi Bemand | West Cheshire | 19:42 | U20W | 1 |
| 6 | 89 | Neisha Roberts | Deeside | 20:02 | U20W | 2 |
| 7 | 217 | Marisha De La Rouviere | Meirionydd | 20:04 | SW | 4 |
| 8 | 18 | Jennifer Rambaldi | Buckley | 20:06 | W35 | 2 |
| 9 | 3 | Emma Price | Aberystwyth Uni | 20:08 | SW | 5 |
| 10 | 5842 | Amanda Wright | Shrewsbury | 20:11 | W50 | 1 |
| 11 | 386 | Kerry Riley | West Cheshire | 20:14 | SW | 6 |
| 12 | 263 | Nicola Ship | Oswestry O | 20:19 | W45 | 1 |
| 13 | 5840 | Sian Webb | Telford | 20:21 | W40 | 1 |
| 14 | 368 | Maggie Preece | Telford | 20:24 | U20W | 3 |
| 15 | 320 | Lauren Morley | Shrewsbury | 20:45 | W35 | 3 |
| 16 | 280 | Lisa Lines | Prestatyn | 20:48 | SW | 7 |
| 17 | 6 | Emma Palfry | Aberystwyth Uni | 20:58 | W35 | 4 |
| 18 | 101 | Donna Welsh | Deeside | 20:59 | W40 | 2 |
| 19 | 156 | Efa Baines | Eryri | 21:01 | U20W | 3 |
| 20 | 5853 | Jane Doughton | Buckley | 21:03 | W45 | 2 |
| 21 | 127 | Katy Baugh | Denbigh | 21:11 | SW | 8 |
| 22 | 81 | Layla Bradbrook | Deeside | 21:13 | U17W | 1 |
| 23 | 152 | Anwen Hockley | Eryri | 21:17 | U17W | 2 |
| 24 | 210 | Nesta McCluskey | Maldwyn | 21:17 | W45 | 3 |
| 25 | 106 | Christine Cammillare | Deestriders | 21:19 | W35 | 5 |
| 26 | 261 | Louisa Williams | Oswestry | 21:30 | W40 | 3 |
| 27 | 259 | Louise Woolcock | Oswestry | 21:40 | W40 | 4 |
| 28 | 124 | Alaw Medi Evans | Denbigh | 21:53 | SW | 9 |
| 29 | 22 | Gwennan Henstock | Buckley | 22:03 | W40 | 5 |
| 30 | 135 | Emma Collins | Denbigh | 22:03 | W60 | 1 |
| 31 | 486 | Hannah Flynn | Oswestry | 22:06 | SW | 10 |
| 32 | 155 | Mabli Baines | Eryri | 22:07 | U20W | 5 |
| 33 | 219 | Elen Evans | Meirionydd | 22:08 | W35 | 6 |
| 34 | 174 | Tammy Lewis Jones | Eryri | 22:08 | W50 | 2 |
| 35 | 132 | Mel Morris | Denbigh | 22:14 | W45 | 4 |
| 36 | 389 | Anest Muller | West Cheshire | 22:15 | W40 | 6 |
| 37 | 221 | Eleanor Davies | Meirionydd | 22:21 | W40 | 7 |
| 38 | 5845 | Beca Llwyd Roberts | Colwyn Bay | 22:25 | U20W | 6 |
| 39 | 73 | Ella Grundy | Colwyn Bay | 22:28 | U17W | 3 |
| 40 | 265 | Yvonne Hill | Oswestry | 22:44 | W55 | 1 |
| 41 | 226 | Debbie Cattermole | Meirionydd | 22:45 | W55 | 2 |
| 42 | 17 | Eleanor Francis | Buckley | 22:55 | W35 | 7 |
| 43 | 393 | Eleanor Robinson | West Cheshire | 23:00 | W50 | 3 |
| 44 | 98 | Briony Hibbert | Deeside | 23:01 | SW | 11 |
| 45 | 5855 | Gilleladen Nanna | Aberystwyth Uni | 23:05 | SW | 12 |
| 46 | 75 | Anne Mynott | Colwyn Bay | 23:06 | W55 | 3 |
| 47 | 131 | Lee Evans | Denbigh | 23:13 | W45 | 5 |
| 48 | 327 | Susan Vuli | Shropshire Shufflers | 23:15 | W45 | 6 |
| 49 | 281 | Helen Ashworth | Prestatyn | 23:15 | W40 | 8 |
| 50 | 395 | Joy Hickman | Prestatyn | 23:32 | W55 | 4 |
| 51 | 322 | Yvonne Gajny | Shrewsbury | 23:38 | W45 | *7* |
| 52 | 246 | Kay Hatton | NWRRC | 23:40 | W55 | 5 |
| 53 | 228 | Juliet Edwards | Meirionydd | 23:46 | W60 | 2 |
| 54 | 266 | Susie Hancock | Oswestry | 24:05 | W60 | 3 |
| 55 | 262 | Julie Davies | Oswestry | 24:08 | W45 | 8 |
| 56 | 249 | Seren Roberts | Oswestry | 24:17 | U17W | 4 |
| 57 | 396 | Traci Shipley | West Cheshire | 24:29 | W55 | 6 |
| 58 | 5841 | Sian Pritchard | Denbigh | 24:29 | SW | 13 |
| 59 | 175 | Helen Blair | Eryri | 24:32 | W50 | 4 |
| 60 | 5838 | Cheryl Frost | NWRRC | 24:40 | W55 | 7 |
| 61 | 376 | Alison Preece | Telford | 25:14 | W50 | 5 |
| 62 | 5851 | Susan Bowes | Shropshire Shufflers | 25:27 | W50 | 6 |
| 63 | 82 | Maisy Parry | Deeside | 25:49 | U17W | 5 |
| 64 | 35 | Liz Goodaire | Cadence Tri | 25:50 | SW | 14 |
| 65 | 394 | Debra Bemand | West Cheshire | 26:04 | W50 | 7 |
| 66 | 30 | Jane Lindley | Buckley | 26:14 | W55 | 8 |
| 67 | 264 | Liz Park | Oswestry O | 26:14 | W45 | 9 |
| 68 | 225 | Helen Jones | Meirionydd | 26:27 | W50 | 8 |
| 69 | 5856 | Laura Tasker | Shropshire Shufflers | 26:38 | SW | 15 |
| 70 | 5839 | Alexandra Duffey | West Cheshire | 26:43 | W45 | 10 |
| 71 | 186 | Elizabeth Evans | GOG Tri | 27:04 | W70 | 1 |
| 72 | 5843 | Lisa Conde | Oswestry O | 27:07 | W55 | 9 |
| 73 | 223 | Nia Evans | Meirionydd | 27:10 | W45 | 11 |
| 74 | 74 | Emma Macarthur | Colwyn Bay | 27:15 | W45 | 12 |
| 75 | 5879 | Vicky Darby Brown | GOG Tri | 27:24 | W40 | 9 |
| 76 | 136 | Menai Baugh | Denbigh | 27:37 | W60 | 4 |
| 77 | 258 | Sarah Grimley | Oswestry O | 27:48 | W40 | 9 |
| 78 | 284 | Liz Martin | Prestatyn | 27:53 | W45 | 13 |
| 79 | 38 | Stephanie Hughes | Cadence Tri | 27:58 | W35 | 8 |
| 80 | 967 | Rebecca England | Oswestry O | 28:03 | W40 | 11 |
| 81 | 257 | Ashling Donohue-Harrison | Oswestry O | 28:10 | W35 | 9 |
| 82 | 330 | Moyna Richey | Shropshire Shufflers | 28:17 | W50 | 9 |
| 83 | 185 | Ann D’Alberquerque | GOG Tri | 28:31 | W70 | 2 |
| 84 | 968 | Andrea Nowell | Oswestry O | 29:47 | W45 | 14 |
| 85 | 5850 | Jo Harrison | Shropshire Shufflers | 29:51 | W65 | 1 |
| 86 | 433 | Gill Csizmadia | Wrexham | 29:59 | W60 | 5 |
| 87 | 105 | Abigail Cammillare | Deestriders | 30:15 | SW | 16 |
| 88 | 331 | Diane Gill | Shropshire Shufflers | 30:25 | W60 | 6 |
| 89 | 32 | Susan Ridings | Buckley | 30:44 | W60 | 7 |
| 90 | 141 | Maggie Oliver | Eryri | 30:48 | W70 | 3 |
| 91 | 5847 | Dee Hancock | Shropshire Shufflers | 31:21 | W65 | 2 |
| 92 | 5857 | Paige Lovett | Shropshire Shufflers | 31:23 | SW | 17 |
| 93 | 5852 | Margaret Connarty | Shropshire Shufflers | 31:50 | W45 | 15 |
| 94 | 292 | Emma Birchall | Prestatyn | 33:29 | W50 | 10 |
| 95 | 297 | Julie Evans | Prestatyn | 33:30 | W60 | 8 |
| 96 | 443 | Ilona Kurta | Betsi Runaways | 33:49 | W55 | 10 |
| 97 | 325 | Marilyn Hunt | Shropshire Shufflers | 36:47 | W50 | 11 |
| 98 | 76 | Maurenn Singleton | Colwyn Bay | 41:39 | W80 | 1 |

**FEMALE TEAMS**

**DIVISION ONE (4 to SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 5**  **Points** | **Total Race 5 Points** | **Race 5**  **Position** | **Overall Points** | **Overall Position** |
| Deeside AC | 1, 4, 6, 18 | **29** | **1** | **331** | **1** |
| Eryri | 3, 19, 23, 32 | **77** | **3** | **402** | **2** |
| Oswestry | 12, 26, 27, 31 | **96** | **5** | **411** | **3** |
| Buckley | 2, 8, 20, 29 | **59** | **2** | **447** | **4** |
| West Cheshire | 5, 11, 36, 42 | **94** | **4** | **588** | **5** |
| Denbigh | 21, 28, 30, 35 | **114** | **6** | **596** | **6** |
| Telford AC | 13, 14, 61, 99 | **187** | **7** | **1265** | **7** |

**DIVISION TWO (3 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 5**  **Points** | **Total Race 5 Points** | **Race 5**  **Position** | **Overall Points** | **Overall Position** |
| Shrewsbury AC | 10, 15, 51 | **76** | **2** | **269** | **1** |
| Aberystwyth Uni | 9, 17, 45 | **71** | **1** | **557** | **2** |
| Meirionydd | 7, 33, 37 | **77** | **2** | **683** | **3** |
| Prestatyn | 16, 49, 78 | **143** | **5** | **803** | **4** |
| Colwyn Bay | 38, 39, 46 | **123** | **4** | **831** | **5** |
| GOG Tri Club | 71, 75, 83 | **229** | **9** | **1069** | **6** |
| Deestriders | 25, 87, 99 | **211** | **7** | **1094** | **7** |
| Shropshire Shuff | 48, 62, 69 | **179** | **6** | **1253** | **8** |
| NWRRC | 52, 60, 99 | **212** | **7** | **N/A** | **N/A** |
| Cadence Tri Club | 64, 79, 99 | **242** | **10** | **N/A** | **N/A** |

**FEMALE MASTERS TEAMS**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 5**  **Points** | **Total Race 5 Points** | **Race 5**  **Position** | **Overall Points** | **Overall Position** |
| Oswestry O | 4, 12, 13 | **29** | **2** | **117** | **1** |
| Buckley | 2, 9, 14 | **25** | **1** | **169** | **2** |
| Eryri | 1, 17, 36 | **54** | **4** | **188** | **3** |
| Denbigh Harriers | 15, 18, 26 | **59** | **5** | **267** | **4** |
| West Cheshire | 19, 24, 29 | **72** | **7** | **347** | **5** |
| Meirionydd | 16, 20, 22 | **58** | **6** | **424** | **6** |
| Prestatyn | 28, 52, 66 | **146** | **8** | **638** | **7** |
| Shrewsbury | 3, 6, 30 | **39** | **3** | **N/A** | **N/A** |
| Shropshire Shufflers | 27, 39, 56 | **122** | **9** | **N/A** | **N/A** |
| GOG Tri | 45,49, 57 | **151** | **10** | **N/A** | **N/A** |

A big thank you to Dave Newton and all of the Oswestry Olympian marshalls and volunteers who helped set up the course and look after us in the canteen afterwards. The course was in fantastic condition and probably the driest I’ve seen in the past 20 years!

I did make a couple of mistakes in the presentations and have recalculated the women’s First Division results and found that Oswestry Olympians were second and not Eryri who were third. I will arrange for runners-up medals to be sent to Oswestry.

It was a great end to the season and some fantastic running throughout the season. Well done to all the winners. The individual and team winners are listed below and a full list of the overall standings will be published on the website later in the week.

The AGM will be held at the end of April/beginning of May and I am looking for host venues for next season.

**Bernie Jones,**

**Secretary/Referee**

**2022/23 OVERALL**

**WOMEN**

|  |  |  |  |
| --- | --- | --- | --- |
| **CATEGORY** | **1ST** | **2ND** | **3RD** |
| **OVERALL** | Sara Willhoit, Shrewsbury | Gemma Moore,  Eryri | Martha Owen,  Deeside |
| **U17 WOMEN** | Layla Bradbrook,  Deeside | Anwen Hockley,  Eryri | Ella Grundy,  Colwyn Bay |
| **U20 WOMEN** | Jodi Bemand,  West Cheshire | Neisha Roberts,  Deeside | Maggie Preece,  Telford |
| **SENIOR** | Sara Willhoit, Shrewsbury | Martha Owen,  Deeside | Tracy Rogers,  Buckley |
| **W35** | Gemma Moore,  Eryri | Jennifer Rambaldi,  Buckley | Emma Palfry,  Aberystwyth Uni |
| **W40** | Louisa Williams,  Oswestry O | Louise Woolcock,  Oswestry O | Gwen Henstock,  Buckley |
| **W45** | Nicola Ship,  Oswestry O | Jane Doughton,  Buckley | Mel Morris,  Denbigh |
| **W50** | Ellie Robinson,  West Cheshire | Tammy Lewis-Jones,  Eryri | Alison Preece,  Telford |
| **W55** | Yvonne Hill,  Oswestry O | Anne Mynott,  Colwyn Bay | Joy Hickman,  West Cheshire |
| **W60** | Emma Collins,  Denbigh | Juliet Edwards,  Meirionydd | Susie Hancock,  Oswestry O |
| **W70** | Ann D’Alburquerque,  GOG Tri | Maggie Oliver,  Eryri |  |
| **W80** | Maureen Singleton,,  Colwyn Bay |  |  |
|  |  |  |  |
| **DIVISION 1** | **Deeside AC** | **Eryri** | **Oswestry O** |
| **DIVISION 2** | **Shrewsbury** | **Aberystwyth Uni** | **Meirionydd** |
| **MASTERS** | **Oswestry O** | **Buckley** | **Eryri** |

**MEN**

|  |  |  |  |
| --- | --- | --- | --- |
| **CATEGORY** | **1ST** | **2ND** | **3RD** |
| **OVERALL** | Rhodri Owen,  Meirionydd | Joel Gomes,  Wrexham | Chris Callaghan,  Buckley |
| **U17 MEN** | Noa Vaughan,  Eryri | Charlie Preece,  Telford | Gruffudd Price,  Denbigh |
| **U20 MEN** | Henry Robinson,  West Cheshire | James Price,  Aberystwyth Uni | Jedid Mensah,  Telford |
| **SENIOR** | Rhodri Owen,  Meirionydd | James Cowan,  Aberystwyth Uni | Joseph Robson,  Aberystwyth Uni |
| **M35** | Gabriel Morris,  Shrewsbury | Sam Bellis,  Buckley | Ally Hughes,  Wrexham |
| **M40** | Joel Gomes,  Wrexham | Tom Carter,  Prestatyn | Alun Williams,  Meirionydd |
| **M45** | Chris Callaghan,  Buckley | James Stuart,  Shrewsbury | Edmund Mortell,  Deeside |
| **M50** | Jez Brown,  Buckley | Tim Tansley,  Oswestry O | Andrew Clague,  West Cheshire |
| **M55** | Jeff Gifford,  Buckley | Russ Godwin,  Colwyn Bay | Brian Johnson,  Meirionydd |
| **M60** | Russ Owen,  Eryri | Paul Shannon,  Tattenhall | Arwel Lewis,  Eryri |
| **M65** | Graham Jones,  Shrewsbury | Nick Holmes,  Tattenhall | Mike Snell,  Eryri |
| **M70** | Peter Hough,  Shropshire Shufflers | David Passe,  Denbigh | George Nixon  Prestatyn |
| **M75** | Emyr Davies,  Hebog | Chris Clarke,  Shropshire Shufflers | Don Williams,  Eryri |
| **M80** | Jack Thomas,  Buckley | John Tipping,  Wrexham |  |
| **M85** | Roger Harrison-Jones,  Prestatyn | Peter Norman,  Wrexham |  |
|  |  |  |  |
| **DIVISION 1** | **Shrewsbury** | **Buckley** | **Oswestry O** |
| **DIVISION 2** | **Meirionydd** | **Aberystwyth Uni** | **Eryri** |
| **MASTERS** | **Shrewsbury** | **Buckley** | **Oswestry O** |
| **MASTERS 65+** | **Shropshire Shufflers** | **Prestatyn** |  |
|  |  |  |  |
| **TUDOR FRIENDLY SHIELD**  **(OVERALL SHIELD)** | **Buckley** |  |  |
|  |  |  |  |
| **ARTHUR BEBBINGTON TROPHY** | **Margaret Morris,**  **Oswestry** |  |  |