**GRAND PRIX EXPRESS**

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

At Treborth, BNGOR Saturday 14th October 2023

 RESULTS 16/10/23

**SENIOR MEN**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | 1218 | ROB SAMUEL | Eryri Harriers | 00:31:08 | M35 | 1 |
| 2 | 1211 | JANOS VRANEK | Aberystwyth University | 00:31:37 | SM | 1 |
| 3 | 1008 | RHODRI OWEN | Meirionydd | 00:31:44 | SM | 2 |
| 4 | 1006 | TOMOS ROBERTS | Meirionydd | 00:32:10 | M35 | 2 |
| 5 | 1115 | DANIEL HUSBANDS | Shrewsbury ac | 00:32:17 | SM | 3 |
| 6 | 1055 | MATTHEW COLLINS | Oswestry Olympians | 00:32:41 | SM | 4 |
| 7 | 976 | SIMON COLE | Gog Triathlon | 00:33:49 | M40 | 1 |
| 8 | 1120 | ROBERT WESTON | Shrewsbury ac | 00:33:50 | SM | 5 |
| 9 | 1124 | CONNOR MIDDLETON | Shrewsbury ac | 00:34:00 | SM | 6 |
| 10 | 1083 | JOEL GOMES | Run Free Fell Runners | 00:34:03 | M40 | 2 |
| 11 | 873 | DAVID WHITE | Buckley Runners | 00:34:05 | SM | 7 |
| 12 | 1009 | GWION ROBERTS | Meirionydd | 00:34:15 | SM | 8 |
| 13 | 1212 | JOE ROBSON | Aberystwyth University | 00:34:40 | SM | 9 |
| 14 | 856 | CHRIS CALLAGHAN | Buckley Runners | 00:34:45 | M45 | 1 |
| 15 | 1068 | TOM CARTER | Prestatyn Running Club | 00:34:59 | M40 | 3 |
| 16 | 1019 | STEFFAN SAYER | Menai T&F | 00:35:06 | M40 | 4 |
| 17 | 1123 | DANIEL ELLIOT | Shrewsbury ac | 00:35:15 | SM | 10 |
| 18 | 964 | DAFYDD EVANS | Eryri Harriers | 00:35:20 | SM | 11 |
| 19 | 827 | ANDREW MOORE | Bangor University | 00:35:22 | UM20 | 1 |
| 20 | 1000 | ALUN WILLIAMS | Meirionydd | 00:35:29 | M40 | 5 |
| 21 | 1004 | NICK OWEN | Meirionydd | 00:35:32 | M35 | 3 |
| 22 | 940 | TONY WOOD | Denbigh Harriers | 00:35:36 | M35 | 4 |
| 23 | 1054 | RYAN STOKES | Oswestry Olympians | 00:35:41 | SM | 12 |
| 24 | 1094 | JAMES STUART | Shrewsbury ac | 00:35:46 | M45 | 2 |
| 25 | 1111 | LUKE BUTLER | Shrewsbury ac | 00:35:48 | M35 | 5 |
| 26 | 959 | LLYR AP GRUFFYDD | Eryri Harriers | 00:35:54 | M35 | 6 |
| 27 | 961 | DAVE BUS HUGHES | Eryri Harriers | 00:35:56 | M35 | 7 |
| 28 | 1214 | KEELAN THOMPSON | Aberystwyth University | 00:35:58 | SM | 13 |
| 29 | 820 | DANIEL DAVEY | Bangor University | 00:36:14 | SM | 14 |
| 30 | 836 | JONATHAN TYLER | Betsi Runaways | 00:36:16 | M40 | 6 |
| 31 | 1114 | DANIEL NEWMAN | Shrewsbury ac | 00:36:17 | UM20 | 2 |
| 32 | 853 | JEZ BROWN | Buckley Runners | 00:36:36 | M50 | 1 |
| 33 | 1016 | OWEN ROBERTS | Meirionydd | 00:36:38 | SM | 15 |
| 34 | 850 | RICHARD SHEARER | Buckley Runners | 00:36:43 | M50 | 2 |
| 35 | 821 | ALEX MOSELEY | Bangor University | 00:36:48 | SM | 16 |
| 36 | 953 | NICHOLAS BROOK | Eryri Harriers | 00:36:52 | M45 | 3 |
| 37 | 1053 | OSCAR SIMMONS | Oswestry Olympians | 00:37:09 | SM | 17 |
| 38 | 1104 | GREGORY WILLIAMS | Shrewsbury ac | 00:37:16 | M40 | 7 |
| 39 | 874 | GERARD COLEMAN | Buckley Runners | 00:37:26 | SM | 18 |
| 40 | 938 | DANIEL JONES | Denbigh Harriers | 00:37:29 | M35 | 8 |
| 41 | 1013 | GERAINT PUGH | Meirionydd | 00:37:44 | SM | 19 |
| 42 | 1196 | ALLY HUGHES | Wrexham ac | 00:37:45 | M35 | 9 |
| 43 | 1017 | IEUAN PUGH JONES | Meirionydd | 00:37:48 | SM | 20 |
| 44 | 1209 | JAMES PRICE | Aberystwyth University | 00:37:52 | UM20 | 3 |
| 45 | 1052 | IAN GIBSON | Oswestry Olympians | 00:37:53 | SM | 21 |
| 46 | 1210 | LLYR AB EINION | Aberystwyth University | 00:37:53 | SM | 22 |
| 47 | 956 | RICHARD ROBERTS | Eryri Harriers | 00:38:01 | M40 | 8 |
| 48 | 955 | NEAL HOCKLEY | Eryri Harriers | 00:38:06 | M45 | 4 |
| 49 | 1035 | TIM TANSLEY | Oswestry Olympians | 00:38:08 | M50 | 3 |
| 50 | 1025 | WILLIAM WILLIAMS | North Wales RRC | 00:38:09 | M50 | 4 |
| 51 | 966 | IWAN PARRY | Eryri Harriers | 00:38:14 | M45 | 5 |
| 52 | 1145 | ANDREW WAKEFIELD | Shropshire Shufflers | 00:38:16 | SM | 23 |
| 53 | 1180 | LEE RUDD | Wrekin Road Runners | 00:38:16 | M50 | 5 |
| 54 | 962 | CHRIS TURNER | Eryri Harriers | 00:38:25 | SM | 24 |
| 55 | 926 | TONY WOODALL | Deestriders | 00:38:35 | M50 | 6 |
| 56 | 1150 | ROB ARDEN | Tattenhall Runners | 00:38:37 | M40 | 9 |
| 57 | 1038 | CHARLIE WOOLCOCK | Oswestry Olympians | 00:38:41 | M40 | 10 |
| 58 | 908 | EDMUND MORTELL | Deeside ac | 00:38:44 | M45 | 6 |
| 59 | 997 | RHODRI AP DYFRIG | Meirionydd | 00:38:47 | M45 | 7 |
| 60 | 1165 | NEIL HERSHAW | West Cheshire AC | 00:38:50 | M55 | 1 |
| 61 | 886 | ROBERTS JARED | Colwyn Bay AC | 00:38:58 | SM | 25 |
| 62 | 867 | ANDREW PEERS | Buckley Runners | 00:39:02 | M35 | 10 |
| 63 | 1213 | MORGAN THOMPSON | Aberystwyth University | 00:39:18 | SM | 26 |
| 64 | 842 | ERIC CAMPBELL | Buckley Runners | 00:39:20 | M60 | 1 |
| 65 | 1066 | LEE BAILEY | Prestatyn Running Club | 00:39:36 | M45 | 8 |
| 66 | 831 | JOE MATTHEWS | Betsi Runaways | 00:39:42 | M45 | 9 |
| 67 | 945 | MARK KELLY | Denbigh Harriers | 00:39:42 | M45 | 10 |
| 68 | 1166 | ANDREW CLAGUE | West Cheshire AC | 00:39:45 | M55 | 2 |
| 69 | 861 | LIAM ROGAN | Buckley Runners | 00:39:47 | M40 | 11 |
| 70 | 969 | GERAN HUGHES | Gog Triathlon | 00:39:58 | M55 | 3 |
| 71 | 805 | SHELLEY CHILDS | Aberystwyth AC | 00:39:59 | M50 | 7 |
| 72 | 952 | MICHAEL COYNE | Eryri Harriers | 00:40:08 | M50 | 8 |
| 73 | 913 | ANDY CAMPBELL M | Deeside ac | 00:40:14 | M45 | 11 |
| 74 | 929 | ALLAN MCKEOWN | Deestriders | 00:40:21 | M45 | 12 |
| 75 | 931 | NICK BARTLEY | Deestriders | 00:40:23 | M35 | 11 |
| 76 | 1049 | STJOHN ASHWORTH | Oswestry Olympians | 00:40:29 | M40 | 12 |
| 77 | 1012 | JACK IFFLA | Meirionydd | 00:40:33 | SM | 27 |
| 78 | 963 | SAMUEL DRINKWATER | Eryri Harriers | 00:40:36 | SM | 28 |
| 79 | 1144 | KARL CLACK | Shropshire Shufflers | 00:40:45 | M40 | 13 |
| 80 | 1164 | JEFF GIFFORD | West Cheshire AC | 00:40:58 | M55 | 4 |
| 81 | 1084 | STUART WHITE | Run Free Fell Runners | 00:41:04 | M40 | 14 |
| 82 | 813 | MATHIAS PAVLIDES | Aberystwyth University | 00:41:05 | UM20 | 4 |
| 83 | 937 | DAFYDD EVANS | Denbigh Harriers | 00:41:32 | M35 | 12 |
| 84 | 1176 | MAX WILLIAMS | Wrecsam Tri | 00:41:42 | M50 | 9 |
| 85 | 1040 | EVAN ROBERTS | Oswestry Olympians | 00:41:46 | UM20 | 5 |
| 86 | 1070 | DAVID ELLIS | Prestatyn Running Club | 00:41:46 | M35 | 13 |
| 87 | 1026 | STUART CULVERHOUSE | North Wales Road RC | 00:41:54 | M50 | 10 |
| 88 | 1089 | HAYDN JONES | Shrewsbury ac | 00:41:58 | M60 | 2 |
| 89 | 943 | JOHN DAVIES | Denbigh Harriers | 00:42:00 | SM | 29 |
| 90 | 879 | GODWIN RUSSELL | Colwyn Bay AC | 00:42:03 | M55 | 5 |
| 91 | 811 | JOSH FIELD | Aberystwyth University | 00:42:06 | SM | 30 |
| 92 | 993 | BRIAN JOHNSON | Meirionydd | 00:42:08 | M55 | 6 |
| 93 | 950 | BEN BEACHELL | Eryri Harriers | 00:42:11 | M50 | 11 |
| 94 | 892 | NICK HOUGHTON | Cybi Striders | 00:42:12 | M55 | 7 |
| 95 | 1217 | BRIAN WILLS | Betsi Runaways | 00:42:18 | M50 | 12 |
| 96 | 819 | MALACHY BROMHAM | Bangor University | 00:42:18 | SM | 31 |
| 97 | 1208 | OWEN CONRY | Denbigh Harriers | 00:42:20 | M50 | 13 |
| 98 | 885 | JONES NEAL | Colwyn Bay AC | 00:42:25 | M35 | 14 |
| 99 | 804 | NEIL GAMBLE | Aberystwyth AC | 00:42:52 | M50 | 14 |
| 100 | 948 | ANTHONY DAVIES | Eryri Harriers | 00:42:57 | M55 | 8 |
| 101 | 1048 | PETER GRIMLEY | Oswestry Olympians | 00:43:02 | M40 | 15 |
| 102 | 1195 | TONY FORSTER | Wrexham ac | 00:43:19 | M35 | 15 |
| 103 | 905 | DAVID JONES | Deeside ac | 00:43:31 | M50 | 15 |
| 104 | 1116 | ANDREW PRICE | Shrewsbury ac | 00:43:48 | SM | 32 |
| 105 | 883 | GRUNDY GREG | Colwyn Bay AC | 00:43:49 | M45 | 13 |
| 106 | 992 | RICHARD FLUTTER | Meirionydd | 00:44:03 | M55 | 9 |
| 107 | 1051 | DAVID JANSEN | Oswestry Olympians | 00:44:04 | M35 | 16 |
| 108 | 1056 | GREG STOKES | Oswestry Olympians | 00:44:07 | SM | 33 |
| 109 | 1221 | RAYKO KOLEV | Deestriders | 00:44:10 | M40 | 16 |
| 110 | 1220 | DALE WALTON | Oswestry Olympians | 00:44:10 | M45 | 14 |
| 111 | 830 | ANDY GOATER | Betsi Runaways | 00:44:26 | M50 | 16 |
| 112 | 1185 | MIKE ROBBINS | Wrexham ac | 00:44:29 | M60 | 3 |
| 113 | 1043 | JOHN SNELL | Oswestry Olympians | 00:44:32 | M60 | 4 |
| 114 | 907 | ANDY ROBERTS | Deeside ac | 00:44:37 | M50 | 17 |
| 115 | 1046 | RICHARD COLLINS | Oswestry Olympians | 00:44:47 | M50 | 18 |
| 116 | 1135 | CALVIN WRIGHT | Shropshire Shufflers | 00:44:51 | M55 | 10 |
| 117 | 906 | STUART BROWN | Deeside ac | 00:44:58 | M50 | 19 |
| 118 | 1037 | ALUN ROBERTS | Oswestry Olympians | 00:45:02 | M45 | 15 |
| 119 | 1088 | RYAN EVANS | Run Free Fell Runners | 00:45:06 | SM | 34 |
| 120 | 814 | SAUL ASHTON | Aberystwyth University | 00:45:15 | UM20 | 6 |
| 121 | 822 | EOIN MARTYN | Bangor University | 00:45:32 | SM | 35 |
| 122 | 823 | CALLUM MCGRATH | Bangor University | 00:45:32 | SM | 36 |
| 123 | 1033 | ARREN ROBERTS | Oswestry Olympians | 00:45:42 | M50 | 20 |
| 124 | 1003 | TREVOR JONES | Meirionydd | 00:45:44 | M40 | 17 |
| 125 | 971 | NEIL VICARS-HARRISS | Gog Triathlon | 00:45:45 | M50 | 21 |
| 126 | 1182 | SAM LAWRENCE | Wrekin Road Runners | 00:45:49 | SM | 37 |
| 127 | 812 | JAMES SHEPHERD | Aberystwyth University | 00:45:51 | UM20 | 7 |
| 128 | 1073 | BEN THOMAS | Prestatyn Running Club | 00:45:56 | M35 | 17 |
| 129 | 928 | PAUL LEWTEY | Deestriders | 00:45:58 | M45 | 16 |
| 130 | 1059 | MARC JONES | Prestatyn Running Club | 00:46:12 | M55 | 11 |
| 131 | 1151 | STEPHEN MOXLEY | Tattenhall Runners | 00:46:20 | M40 | 18 |
| 132 | 1167 | ANDREW CARTER | West Cheshire AC | 00:46:31 | M50 | 22 |
| 133 | 1203 | PHIL HAYES | Deeside ac | 00:46:54 | M40 | 19 |
| 134 | 887 | MOTTRAM JOSH | Colwyn Bay AC | 00:46:57 | UM20 | 8 |
| 135 | 816 | NICHOLAS MEYER | Bangor University | 00:47:08 | SM | 38 |
| 136 | 829 | OGGY EAST | Betsi Runaways | 00:47:09 | M55 | 12 |
| 137 | 1061 | DARREN THOMPSON | Prestatyn Running Club | 00:47:11 | M55 | 13 |
| 138 | 1057 | REG JONAS | Prestatyn Running Club | 00:47:14 | M60 | 5 |
| 139 | 986 | RICHARD HANKINSON | Meirionydd | 00:47:17 | M60 | 6 |
| 140 | 880 | TAYLOR IAN | Colwyn Bay AC | 00:47:22 | M55 | 14 |
| 141 | 878 | WILLIAMS CHRIS | Colwyn Bay AC | 00:47:40 | M60 | 7 |
| 142 | 1133 | DAVID SMITH | Shropshire Shufflers | 00:47:45 | M55 | 15 |
| 143 | 891 | KEVIN CLARK | Cybi Striders | 00:47:52 | M55 | 16 |
| 144 | 989 | PAUL LIDDLE | Meirionydd | 00:47:55 | M60 | 8 |
| 145 | 1141 | CARL MASEFIELD | Shropshire Shufflers | 00:48:07 | M50 | 23 |
| 146 | 824 | BEN ALLEN | Bangor University | 00:48:17 | SM | 39 |
| 147 | 1077 | JOHN CLAYTON-HUGHES | Prestatyn Running Club | 00:48:22 | SM | 40 |
| 148 | 1042 | BENJAMIN ROTHERA | Oswestry Olympians | 00:48:24 | UM20 | 9 |
| 149 | 910 | GRAHAM WALKER | Deeside ac | 00:48:26 | M45 | 17 |
| 150 | 871 | CHARLES BARTON | Buckley Runners | 00:48:58 | SM | 41 |
| 151 | 1130 | WAYNE MILLARD | Shropshire Shufflers | 00:49:30 | M60 | 9 |
| 152 | 932 | DUNCAN JONES | Denbigh Harriers | 00:50:28 | M60 | 10 |
| 153 | 1215 | STEWART RAFFERTY | Bangor University | 00:51:06 | SM | 42 |
| 154 | 1207 | MIKE NEWTON | Bangor University | 00:51:10 | SM | 43 |
| 155 | 1065 | JAMES ROGERS | Prestatyn Running Club | 00:51:11 | M50 | 24 |
| 156 | 803 | IAN BRANDRETH | Aberystwyth AC | 00:51:36 | M50 | 25 |
| 157 | 835 | BENJAMIN COLLINS | Betsi Runaways | 00:51:43 | SM | 44 |
| 159 | 1216 | MARTIN GILL | Prestatyn Running Club | 00:51:51 | M55 | 17 |
| 159 | 1128 | IAN RICHARDS | Shropshire Shufflers | 00:52:24 | M60 | 11 |
| 160 | 946 | MALDWYN EVANS | Eryri Harriers | 00:54:08 | M60 | 12 |
| 161 | 1076 | NEM JAMES | Prestatyn Running Club | 00:58:06 | SM | 45 |
| 162 | 1074 | SION JONES | Prestatyn Running Club | 00:59:07 | SM | 46 |
| 163 | 1219 | KARL MARTIN | Prestatyn Running Club | 01:01:28 | M55 | 18 |
| 163 | 1191 | KARL MOORE | Wrexham ac | 01:02:21 | M45 | 18 |

**TEAMS**

**DIVISION ONE (6 TO SCORE)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Club** | **Race 1****Points** | **Total Race 1 Points** | **Race 1****Position** |
| Shrewsbury | 5, 8, 9, 17, 24, 25 | **88** | **1** |
| Meirionydd | 3, 4, 12, 20, 21, 33 | **93** | **2** |
| Buckley | 11, 14, 32, 34, 39, 62 | **192** | **3** |
| Aberystwyth Uni | 2, 13, 28, 44, 46, 63 | **196** | **4** |
| Oswestry | 6, 23, 37, 45, 49, 57 | **217** | **5** |
| Denbigh Harriers | 22, 40, 67, 83, 89, 97 | **398** | **6** |
| Deeside AC | 58, 73, 103, 114, 117, 133 | **598** | **7** |
| West Cheshire | 60, 68, 80, 132, 165, 165 | **670** | **8** |

**DIVISION TWO (4 TO SCORE)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Club** | **Race 1****Points** | **Total Race 1 Points** | **Race 1****Position** |
| Eryri | 1, 18, 26, 27 | **72** | **1** |
| Bangor Uni | 19, 29, 35, 96 | **179** | **2** |
| Prestatyn | 15, 65, 86, 128 | **294** | **3** |
| Betsi Runaways | 30, 66, 95, 111 | **302** | **4** |
| Deestriders | 55, 74, 75, 109 | **313** | **5** |
| Colwyn Bay | 61, 90, 98, 105 | **354** | **6** |
| GOG Tri Club | 7, 70, 125, 165 | **367** | **7** |
| Run Free Fell | 10, 81, 119, 165 | **375** | **8** |
| Shropshire Shuff | 52, 79, 116, 142 | **389** | **9** |
| Wrexham AC | 42, 102, 112, 164 | **420** | **10** |
| NWRRC | 50, 87, 165, 165 | **467** | **11** |
| Aberystwyth AC | 71, 99, 156, 165 | **491** | **12** |
| Wrekin RR | 53, 126, 165, 165 | **509** | **13** |
| Menai T & F | 16, 165, 165, 165 | **511** | **14** |
| Tattenhall | 56, 131, 165, 165 | **517** | **15** |
| Cybi | 94, 133, 165, 165 | **567** | **16** |
| Wrecsam Tri Club | 84, 165, 165, 165 | **579** | **17** |

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

|  |  |  |  |
| --- | --- | --- | --- |
| **Club** | **Race 1****Points** | **Total Race 1 Points** | **Race 1****Position** |
| Eryri Harriers | 1, 12, 13 | **26** | **1** |
| Buckley RC | 4, 15, 16 | **35** | **2** |
| Shrewsbury AC | 10, 11, 18 | **39** | **3** |
| Meirionnydd | 7, 8, 31 | **46** | **4** |
| Denbigh Harriers | 9, 19, 37 | **65** | **5** |
| Prestatyn RC | 5, 35, 52 | **92** | **6** |
| Oswestry Olympians | 23, 29, 46 | **98** | **7** |
| Betsi Runaways | 14, 36, 59 | **109** | **8** |
| Deestriders | 27, 44, 45 | **116** | **9** |
| West Cheshire | 32, 38, 48 | **118** | **10** |
| GOG Tri Club | 2, 40, 82 | **124** | **11** |
| Deeside AC | 30, 43, 66 | **139** | **12** |
| Wrexham AC | 20, 65, 73 | **158** | **13** |
| Colwyn Bay | 55, 61, 67 | **183** | **14** |
| Aberystwyth AC | 41, 62, 103 | **206** | **15** |
| Shropshire Shufflers | 47, 77, 95 | **219** | **16** |

**MALE OVER 65**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | 560 | Andy Clarke | Oswestry Olympians | 00:23:44 | MV65 | 1 |
| 2 | 594 | Gordon JONES | Prestatyn RC | 00:23:54 | MV65 | 2 |
| 3 | 457 | Russell Owen | Eryri Harriers | 00:24:22 | MV65 | 3 |
| 4 | 686 | Nicholas Holmes | Tattenhall Runners | 00:25:42 | MV65 | 4 |
| 5 | 613 | Neil Owens | Run Free Fell Runners | 00:27:28 | MV70 | 1 |
| 6 | 505 | Clive Edgington | Meirionydd | 00:27:48 | MV65 | 5 |
| 7 | 626 | Andrew Lewis | Shrewsbury ac | 00:28:31 | MV65 | 6 |
| 8 | 456 | Mike Snell | Eryri Harriers | 00:28:44 | MV65 | 7 |
| 9 | 421 | Simon Nixon | Denbigh Harriers | 00:28:58 | MV65 | 8 |
| 10 | 454 | John Mainwaring | Eryri Harriers | 00:29:11 | MV65 | 9 |
| 11 | 361 | Bob Hind | Cybi Striders | 00:29:15 | MV70 | 2 |
| 12 | 655 | Graham Evans | Shropshire Shufflers | 00:29:21 | MV65 | 10 |
| 13 | 650 | Leslie Ritchie | Shropshire Shufflers | 00:29:28 | MV65 | 11 |
| 14 | 654 | Bill Dargue | Shropshire Shufflers | 00:29:43 | MV65 | 12 |
| 15 | 710 | Colin Hunt | Wrecsam Tri | 00:29:43 | MV70 | 3 |
| 16 | 727 | Emyr Davies | Hebog | 00:30:48 | MV80 | 1 |
| 17 | 417 | Dave Passe | Denbigh Harriers | 00:31:17 | MV70 | 4 |
| 18 | 508 | Neil Grant | Meirionydd | 00:32:01 | MV65 | 13 |
| 19 | 653 | Andre Hayeck | Shropshire Shufflers | 00:32:17 | MV65 | 14 |
| 20 | 418 | Fred Jones | Denbigh Harriers | 00:32:23 | MV65 | 15 |
| 21 | 503 | Frank Vaughan | Meirionydd | 00:32:28 | MV65 | 16 |
| 22 | 453 | Eurwyn Edwards | Eryri Harriers | 00:32:30 | MV65 | 17 |
| 23 | 646 | Chris Clarke | Shropshire Shufflers | 00:33:10 | MV75 | 1 |
| 24 | 685 | Martin Durrant | Tattenhall Runners | 00:33:23 | MV65 | 18 |
| 25 | 593 | George Nixon | Prestatyn RC | 00:33:45 | MV70 | 5 |
| 26 | 590 | Gareth Hughes | Prestatyn RC | 00:34:04 | MV75 | 2 |
| 27 | 722 | Charles Ashley | Wrexham ac | 00:34:24 | MV65 | 19 |
| 28 | 501 | Peter Nicholls | Meirionydd | 00:34:30 | MV70 | 6 |
| 29 | 628 | Christopher Wakeman | Shrewsbury ac | 00:35:00 | MV65 | 20 |
| 30 | 330 | Les Coathup | Buckley Runners | 00:35:01 | MV70 | 7 |
| 31 | 720 | Phil Walker | Wrexham ac | 00:35:20 | MV70 | 8 |
| 32 | 450 | Don Williams | Eryri Harriers | 00:35:59 | MV80 | 3 |
| 33 | 684 | Mike Whiteside | Tattenhall Runners | 00:37:11 | MV75 | 3 |
| 34 | 301 | John Evans | Aberystwyth AC | 00:37:52 | MV75 | 4 |
| 35 | 587 | Roger Harrison-Jones | Prestatyn RC | 00:44:27 | MV85 | 1 |
| 36 | 734 | Jack Thomas | Buckley Runners | 00:44:41 | MV80 | 2 |

**TEAMS (3 TO SCORE)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Club** | **Race 1****Points** | **Total Race 1 Points** | **Race 1****Position** |
| Eryri Harriers | 3, 8, 10 | **21** | **1** |
| Shropshire Shufflers | 12, 13, 14 | **39** | **2** |
| Meirionnydd | 6, 18, 21 | **45** | **3** |
| Denbigh Harriers | 9, 17, 20 | **46** | **4** |
| Prestatyn RC | 2, 25, 26 | **53** | **5** |
| Tattenhall | 4, 24, 33 | **61** | **6** |

**UNDER 17 MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** |
| 1 | 532 | MIGUEL JENKINS | Menai T&F | 00:21:15 |
| 2 | 447 | BEN SERGEANT | Eryri Harriers | 00:21:24 |
| 3 | 385 | JACOB WELSH | Deeside ac | 00:21:50 |
| 4 | 543 | ROWAN TOWNSEND | Menai T&F | 00:22:18 |
| 5 | 445 | CAI DAFYDD | Eryri Harriers | 00:22:24 |
| 6 | 539 | TOMOS MORGAN | Menai T&F | 00:22:40 |
| 7 | 378 | DAN MITCHELL | Deeside ac | 00:23:08 |
| 8 | 380 | HARRY PURCELL | Deeside ac | 00:23:26 |
| 9 | 381 | ELIS JONES | Deeside ac | 00:23:41 |
| 10 | 388 | TED CONDRY | Deeside ac | 00:24:36 |
| 11 | 449 | OLLIE TEASDALE | Eryri Harriers | 00:25:02 |
| 12 | 415 | ARTHUR JONES | Denbigh Harriers | 00:25:30 |
| 13 | 414 | SAHIL PASHA | Denbigh Harriers | 00:25:40 |
| 14 | 413 | KYLE MORGAN | Denbigh Harriers | 00:26:04 |
| 15 | 531 | JAKE ROWLANDS | Menai T&F | 00:26:14 |
| 16 | 740 | GETHIN GRIFFITH | Menai T&F | 00:26:14 |
| 17 | 538 | HARI HOLT | Menai T&F | 00:31:19 |

**TEAMS (3 TO SCORE)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Club** | **Race 1****Points** | **Total Race 1 Points** | **Race 1****Position** |
| Menai T&F | 1, 4, 6 | **11** | **1** |
| Deeside AC | 3, 7, 8 | **18** | **2** |
| Eryri Harriers | 2, 5, 11 | **19** | **3** |
| Denbigh Harriers | 12, 13, 14 | **39** | **4** |

**SENIOR WOMEN**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | 397 | MARTHA OWEN | Deeside ac | 00:22:50 | SW | 1 |
| 2 | 374 | ABIGAIL DOHERTY | Deeside ac | 00:23:16 | FU17 | 1 |
| 3 | 430 | JOANNE HENDERSON | Denbigh Harriers | 00:23:21 | FV45 | 1 |
| 4 | 518 | CHARLENE JACOBS-CONRADE | Meirionydd | 00:24:12 | FV45 | 2 |
| 5 | 396 | OLIVIA ASHTON | Deeside ac | 00:24:19 | SW | 2 |
| 6 | 469 | GEMMA MOORE | Eryri Harriers | 00:24:30 | FV40 | 1 |
| 7 | 312 | ELLA LEONARD | Bangor University | 00:24:41 | SW | 3 |
| 8 | 631 | JAN COOK | Shrewsbury ac | 00:24:47 | FV50 | 1 |
| 9 | 679 | CLAIRE MCCARTHY | Shropshire Shufflers | 00:24:52 | FV35 | 1 |
| 10 | 400 | EDEN O' DEA | Deeside ac | 00:24:53 | SW | 4 |
| 11 | 465 | ANDREA ROWLANDS | Eryri Harriers | 00:24:54 | FV45 | 3 |
| 12 | 474 | ANNA DRINKWATER | Eryri Harriers | 00:24:59 | SW | 5 |
| 13 | 472 | ELLIW HAF | Eryri Harriers | 00:25:05 | FV35 | 2 |
| 14 | 349 | JENNIFER RAMBALDI | Buckley Runners | 00:25:13 | FV35 | 3 |
| 15 | 401 | NEISHA ROBERTS | Deeside ac | 00:25:25 | FU20 | 1 |
| 16 | 717 | IMMY JONES | Wrexham ac | 00:25:48 | FU17 | 2 |
| 17 | 308 | EMMA PALFREY | Aberystwyth Uni | 00:25:50 | FV35 | 4 |
| 18 | 468 | MIRANDA GRANT | Eryri Harriers | 00:25:50 | FV40 | 2 |
| 19 | 327 | FFION EVANS | Betsi Runaways | 00:25:58 | SW | 6 |
| 20 | 584 | CHARLOTTE HUNTER | Oswestry Olympians | 00:26:14 | SW | 7 |
| 21 | 42 | ISABELLE SHAW | Menai T&F | 00:26:22 | FU17 | 3 |
| 22 | 358 | GRUNDY ELLA | Colwyn Bay AC | 00:26:33 | FU20 | 2 |
| 23 | 542 | TALLULAH SEGUIN | Menai T&F | 00:26:33 | FU17 | 4 |
| 24 | 487 | VICTORIA COLE | Gog Triathlon | 00:26:34 | FV40 | 3 |
| 25 | 536 | CADI FRENCH | Menai T&F | 00:26:38 | FU17 | 5 |
| 26 | 583 | CLAIRE LLOYD | Oswestry Olympians | 00:26:38 | SW | 8 |
| 27 | 368 | EMMA ALOFS | Cybi Striders | 00:26:39 | SW | 9 |
| 28 | 576 | AMY KYNASTON | Oswestry Olympians | 00:26:39 | FV35 | 5 |
| 29 |  | MEGAN HUGES | Eryri Harriers | 00: | FV45 | 4 |
| 30 | 688 | ALLI ARDEN | Tattenhall Runners | 00:26:44 | FV45 | 5 |
| 31 | 729 | LOIS PARRY | Eryri Harriers | 00:26:48 | FU17 | 6 |
| 32 | 314 | AUDE THIROUIN | Bangor University | 00:26:58 | SW | 10 |
| 33 | 525 | SIWAN ELENID | Meirionydd | 00:26:59 | FV35 | 6 |
| 34 | 519 | ELEANOR DAVIES | Meirionydd | 00:27:04 | FV40 | 4 |
| 35 | 478 | ANWEN HOCKLEY | Eryri Harriers | 00:27:08 | FU20 | 3 |
| 36 | 523 | ELEN EVANS | Meirionydd | 00:27:16 | FV35 | 7 |
| 37 | 537 | CADI WYNN | Menai T&F | 00:27:23 | FU17 | 7 |
| 38 | 341 | JANE DOUGHTON | Buckley Runners | 00:27:23 | FV45 | 6 |
| 39 | 433 | KATY BAUGH | Denbigh Harriers | 00:27:26 | SW | 11 |
| 40 | 490 | LIZZIE IRVINE | Gog Triathlon | 00:27:29 | FV35 | 8 |
| 41 | 568 | CHARLOTTE JONES | Oswestry Olympians | 00:27:44 | FV45 | 7 |
| 42 | 311 | MILLIE JUDSON | Aberystwyth Uni | 00:27:46 | FU20 | 4 |
| 43 | 438 | CATHERINE TUDOR JONES | Denbigh Harriers | 00:27:47 | FV40 | 5 |
| 44 | 409 | CHRISTINE CAMILLAIRE | Deestriders | 00:27:56 | FV40 | 6 |
| 45 | 376 | EVIE WATTS | Deeside ac | 00:28:04 | FU17 | 8 |
| 46 | 422 | EMMA COLLINS | Denbigh Harriers | 00:28:05 | FV60 | 1 |
| 47 | 491 | HAYLEY TURNER | Gog Triathlon | 00:28:09 | FV35 | 9 |
| 48 | 471 | BECKI LAW | Eryri Harriers | 00:28:14 | FV35 | 10 |
| 49 | 498 | LUCY PARSLEY | Menai T&F | 00:28:16 | FU17 | 9 |
| 50 | 425 | VICTORIA WHITEHEAD | Denbigh Harriers | 00:28:17 | FV50 | 2 |
| 51 | 636 | LAUREN MORLEY | Shrewsbury ac | 00:28:20 | FV35 | 11 |
| 52 | 426 | MEL MORRIS | Denbigh Harriers | 00:28:21 | FV50 | 3 |
| 53 | 612 | CERI VAUGHAN | Prestatyn RC | 00:28:24 | SW | 12 |
| 54 | 660 | SUE SNOOK | Shropshire Shufflers | 00:28:24 | FV55 | 1 |
| 55 | 343 | GWENNAN HENSTOCK | Buckley Runners | 00:28:32 | FV45 | 8 |
| 56 | 667 | MELANIE BANKS-WRIGHT | Shropshire Shufflers | 00:28:36 | FV50 | 4 |
| 57 | 513 | DEBBIE CATTERMOLE | Meirionydd | 00:28:39 | FV55 | 2 |
| 58 | 709 | GEORGINA DUFFEY | West Cheshire AC | 00:28:43 | FU20 | 5 |
| 59 | 704 | ANEST MULLER | West Cheshire AC | 00:28:44 | FV40 | 7 |
| 60 | 463 | TAMMY LEWIS-JONES | Eryri Harriers | 00:28:45 | FV50 | 5 |
| 61 | 741 | SIONED CORDINEL | Wrexham ac | 00:28:56 | SW | 13 |
| 62 | 429 | LEE EVANS | Denbigh Harriers | 00:29:00 | FV45 | 9 |
| 63 | 437 | ELEN BAUGH | Denbigh Harriers | 00:29:05 | SW | 14 |
| 64 | 534 | MAYA SEGUIN | Menai T&F | 00:29:05 | FU17 | 10 |
| 65 | 643 | HANNAH PEASE | Shrewsbury ac | 00:29:06 | SW | 15 |
| 66 | 441 | FIONA WILLIAMS | Dolly Mixtures | 00:29:09 | FV55 | 3 |
| 67 | 562 | SUSIE HANCOCK | Oswestry Olympians | 00:29:11 | FV60 | 2 |
| 68 | 394 | BRIONY HIBBERT | Deeside ac | 00:29:16 | SW | 16 |
| 69 | 350 | ELEANOR FRANCIS | Buckley Runners | 00:29:17 | FV35 | 12 |
| 70 | 359 | MYNOTT ANNE | Colwyn Bay AC | 00:29:18 | FV60 | 3 |
| 71 | 432 | RACHAEL EVANS | Denbigh Harriers | 00:29:22 | FV35 | 13 |
| 72 | 462 | HELEN BLAIR | Eryri Harriers | 00:29:24 | FV55 | 4 |
| 73 | 511 | JULIET EDWARDS | Meirionydd | 00:29:27 | FV60 | 4 |
| 74 | 354 | AMANDA MOUNTFORD | Buckley Runners | 00:29:35 | SW | 17 |
| 75 | 488 | MICHELLE FARRELL | Gog Triathlon | 00:29:42 | FV40 | 8 |
| 76 | 360 | HELEN MACARTHUR | Colwyn Bay AC | 00:29:47 | FV55 | 5 |
| 77 | 724 | LINDA JONES | Wrexham ac | 00:29:48 | FV55 | 6 |
| 78 | 734 | YVONNE HILL | Oswestry Olympians | 00:29:53 | FV60 | 5 |
| 79 | 549 | CHERYL FROST | North Wales RRC | 00:29:57 | FV55 | 7 |
| 80 | 309 | HOLLY MCINTOSH | Aberystwyth Uni | 00:30:11 | SW | 18 |
| 81 | 317 | AVA O'BRIEN | Bangor University | 00:30:19 | FU20 | 6 |
| 82 | 575 | VICKY BAILLIE | Oswestry Olympians | 00:30:22 | FV40 | 9 |
| 83 | 563 | ALISON TICKNER | Oswestry Olympians | 00:30:25 | FV55 | 8 |
| 84 | 607 | HELEN ASHWORTH | Prestatyn RC | 00:30:26 | FV40 | 10 |
| 85 | 313 | LOWRI GRIFFITHS | Bangor University | 00:30:33 | SW | 19 |
| 86 | 489 | SARAH GALLACHER | Gog Triathlon | 00:30:38 | FV40 | 11 |
| 87 | 548 | KAY HATTON | North Wales RRC | 00:30:40 | FV60 | 6 |
| 88 | 712 | MARY ANN O'NEILL | Wrekin Road Runners | 00:30:42 | FV50 | 6 |
| 89 | 318 | ANNIE LOWE | Bangor University | 00:30:45 | FU20 | 7 |
| 90 | 728 | MARIAN CROWE | Eryri Harriers | 00:30:47 | FV55 | 9 |
| 91 | 642 | ELEANOR CROSSLAND | Shrewsbury ac | 00:31:01 | SW | 20 |
| 92 | 484 | AMANDA SELLENS | Gog Triathlon | 00:31:03 | SW | 21 |
| 93 | 600 | ANN CLAIRE JONES | Prestatyn RC | 00:31:18 | FV50 | 7 |
| 94 | 334 | MARGARET LUDDEN | Buckley Runners | 00:31:24 | FV60 | 7 |
| 95 | 443 | SARAH PEARCE | Dolly Mixtures | 00:31:30 | FV45 | 10 |
| 96 | 347 | AMANDA EDWARDS | Buckley Runners | 00:31:39 | FV40 | 12 |
| 97 | 674 | HELEN CROOK | Shropshire Shufflers | 00:31:57 | FV45 | 11 |
| 98 | 322 | YVETTE ADAMSON | Betsi Runaways | 00:31:57 | FV45 | 12 |
| 99 | 524 | LOIS SMITHIES | Meirionydd | 00:32:09 | FV35 | 14 |
| 100 | 323 | MARI JONES | Betsi Runaways | 00:32:14 | FV45 | 13 |
| 101 | 367 | DONNA JONES | Cybi Striders | 00:32:18 | FV40 | 13 |
| 102 | 467 | LUCY O'DONNELL | Eryri Harriers | 00:32:20 | FV40 | 14 |
| 103 | 310 | OLIVIA HOOKINGS | Aberystwyth Uni | 00:32:30 | SW | 22 |
| 104 | 427 | JANE EMLYN JONES | Denbigh Harriers | 00:32:30 | FV45 | 14 |
| 105 | 363 | RHIAN HARPER OWEN | Cybi Striders | 00:32:34 | FV50 | 8 |
| 106 | 604 | SOPHIE JOHNSON | Prestatyn RC | 00:32:36 | FV45 | 15 |
| 107 | 481 | ELIZABETH EVANS | Gog Triathlon | 00:32:39 | FV70 | 1 |
| 108 | 428 | LIZA J FRANCIS | Denbigh Harriers | 00:32:56 | FV45 | 16 |
| 109 | 459 | ELLIE SALISBURY | Eryri Harriers | 00:33:01 | FV60 | 8 |
| 110 | 315 | MOLLY MCGOWAN | Bangor University | 00:33:04 | SW | 23 |
| 111 | 615 | YRICKA GARDNER | Run Free Fell Runners | 00:33:24 | FV50 | 9 |
| 112 | 335 | JANE LINDLEY | Buckley Runners | 00:33:29 | FV55 | 11 |
| 113 | 325 | SIAN SHEPHERD | Betsi Runaways | 00:33:36 | FV40 | 15 |
| 114 | 516 | NIA EVANS | Meirionydd | 00:33:49 | FV45 | 17 |
| 115 | 675 | SHONA BARROW | Shropshire Shufflers | 00:33:50 | FV40 | 16 |
| 116 | 357 | MACARTHUR EMMA | Colwyn Bay AC | 00:33:51 | FV45 | 18 |
| 117 | 444 | LISA ASHWORTH | Dolly Mixtures | 00:33:56 | FV45 | 19 |
| 118 | 664 | MOYNA RICHEY | Shropshire Shufflers | 00:34:08 | FV50 | 10 |
| 119 | 419 | MENAI BAUGH | Denbigh Harriers | 00:34:09 | FV65 | 1 |
| 120 | 572 | SARAH GRIMLEY | Oswestry Olympians | 00:34:14 | FV40 | 17 |
| 121 | 464 | TONI WRIGHT | Eryri Harriers | 00:34:19 | FV50 | 11 |
| 122 | 703 | ALEXANDRA DUFFEY | West Cheshire AC | 00:34:19 | FV45 | 20 |
| 123 | 737 | ELLIE KEVERN | Aberystwyth Uni | 00:34:27 | SW | 24 |
| 124 | 514 | HELEN JONES | Meirionnydd | 00:34:27 | FV55 | 12 |
| 125 | 328 | MADDIE TRACEY | Betsi Runaways | 00:34:28 | SW | 25 |
| 126 | 440 | HELEN DAVIES | Dolly Mixtures | 00:34:34 | FV55 | 13 |
| 127 | 372 | SARA SAWICZ | Cybi Striders | 00:34:42 | SW | 26 |
| 128 | 610 | NICKI TRIGGS | Prestatyn RC | 00:34:42 | SW | 27 |
| 129 | 611 | ELEN ROBERTS | Prestatyn RC | 00:35:03 | SW | 28 |
| 130 | 603 | LIZ MARTIN | Prestatyn RC | 00:35:14 | FV45 | 21 |
| 131 | 303 | CHRISTIANE KLOOS | Aberystwyth AC | 00:35:21 | FV50 | 12 |
| 132 | 687 | GRACE HART | Tattenhall Runners | 00:35:24 | FV50 | 13 |
| 133 | 483 | LLIONS DAVIES | Gog Triathlon | 00:35:53 | FV60 | 9 |
| 134 | 544 | EIRA OWEN | Menai T&F | 00:36:03 | FV35 | 15 |
| 135 | 608 | RACHEL JACKSON | Prestatyn RC | 00:36:09 | FV35 | 16 |
| 136 | 723 | ALEX EDWARDS | Wrexham ac | 00:36:19 | FV60 | 10 |
| 137 | 307 | THERESA SHARLAND | Aberystwyth AC | 00:36:33 | FV35 | 17 |
| 138 | 559 | SARAH GREAVES | Oswestry Olympians | 00:36:35 | FV65 | 2 |
| 139 | 326 | HANNAH BAKER | Betsi Runaways | 00:37:24 | SW | 29 |
| 140 | 555 | GURNNAN CHARLTON | North Wales RRC | 00:37:37 | FV35 | 18 |
| 141 | 689 | JEANNE RAYMOND | Tattenhall Runners | 00:37:46 | FV40 | 18 |
| 142 | 578 | ASHLING DONOHOE-HARRISON | Oswestry Olympians | 00:37:49 | FV35 | 19 |
| 143 | 480 | ANN DALBURQUERQUE | Gog Triathlon | 00:38:08 | FV70 | 2 |
| 144 | 455 | VIVIENNE EDWARDS | Eryri Harriers | 00:38:34 | FV65 | 3 |
| 145 | 410 | AMANDA SCOTTER | Deestriders | 00:38:44 | FV40 | 19 |
| 146 | 700 | EMILY MURPHY | West Cheshire AC | 00:39:01 | FU17 | 11 |
| 147 | 521 | EMMA STORY | Meirionydd | 00:39:12 | FV40 | 20 |
| 148 | 319 | RACHEL SANDER | Bangor University | 00:40:01 | FU20 | 8 |
| 149 | 452 | MAGGIE OLIVER | Eryri Harriers | 00:40:37 | FV75 | 1 |
| 150 | 404 | BEVERLEY GOODSON | Deestriders | 00:42:53 | FV50 | 14 |
| 151 | 739 | ALANNA O'BRIEN | Deestriders | 00:45:08 | SW | 30 |
| 152 | 662 | MARILYN HUNT | Shropshire Shufflers | 00:45:29 | FV55 | 14 |
| 153 | 351 | AMANDA MOUNTFORD | Buckley Runners | 00:47:09 | FV40 | 21 |
| 154 | 304 | LYNSEY GAMBLE | Aberystwyth AC | 00:48:56 | FV45 | 22 |
| 155 | 442 | LOUISE ADDINALL | Dolly Mixtures | 00:52:53 | FV50 | 15 |
| 156 | 356 | MAUREEN SINGLETON | Colwyn Bay AC | 00:56:36 | FV80 | 1 |

**FEMALE TEAMS**

**DIVISION ONE (4 to SCORE)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Club** | **Race 1****Points** | **Total Race 1 Points** | **Race 1****Position** |
| Deeside AC | 1, 2, 5, 10 | **18** | **1** |
| Eryri | 6, 11, 12, 13 | **42** | **2** |
| Meirionydd | 4, 32, 32, 35 | **104** | **3** |
| Oswestry  | 20, 27, 26, 41 | **114** | **4** |
| Buckley | 14, 38, 55, 69 | **176** | **5** |
| Shrewsbury AC | 8, 51, 65, 91 | **215** | **6** |
| Aberystwyth Uni | 17, 42, 80, 103 | **242** | **7** |
| West Cheshire | 58, 59, 122, 146 | **385** | **8** |

**DIVISION TWO (3 TO SCORE)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Club** | **Race 1****Points** | **Total Race 1 Points** | **Race 1****Position** |
| Menai T&F | 21, 23, 37 | **81** | **1** |
| Denbigh | 3, 39, 43 | **85** | **2** |
| GOG Tri Club | 24, 40, 47 | **111** | **3** |
| Shropshire Shuff | 9, 54, 56 | **119** | **4** |
| Bangor Uni | 7, 32, 80 | **119** | **5** |
| Wrexham AAC | 16, 61, 77 | **148** | **6** |
| Colwyn Bay | 22, 70, 76 | **168** | **7** |
| Betsi Runaways | 19, 97, 99 | **215** | **8** |
| Cybi | 27, 98, 100 | **225** | **9** |
| Prestatyn | 53, 84, 93 | **230** | **10** |
| Dolly Mixtures | 66, 95, 117 | **278** | **11** |
| Tattenhall | 30, 133, 142 | **305** | **12** |
| NWRRC | 79, 87, 140 | **306** | **13** |
| Deestriders | 44, 145, 150 | **339** | **14** |
| Wrekin RR | 88, 156, 156 | **400** | **15** |
| Aberystwyth AC | 130, 137, 154 | **421** | **16** |
| Run Free Fell | 111, 156, 156 | **423** | **17** |

**FEMALE MASTERS TEAMS**

|  |  |  |  |
| --- | --- | --- | --- |
| **Club** | **Race 1****Points** | **Total Race 1 Points** | **Race 1****Position** |
| Eryri Harriers | 3, 6, 7 | **16** | **1** |
| Meirionnydd | 2, 16, 17 | **35** | **2** |
| Oswestry Olympians | 12, 20, 37 | **69** | **3** |
| Denbigh Harriers | 1, 21, 23 | **45** | **4** |
| GOG Tri Club | 11, 19, 24 | **54** | **5** |
| Buckley RC | 8, 18, 30 | **56** | **6** |
| Shropshire Shufflers | 5, 29, 31 | **65** | **7** |
| Colwyn Bay | 39, 44, 77  | **160** | **8** |
| Dolly Mixtures | 36, 58, 78 | **172** | **9** |
| Prestatyn RC | 49, 56, 68 | **173** | **10** |
| North Wales RRC | 46, 52, 94 | **192** | **10** |
| Tattenhall  | 14, 87, 95 | **196** | **11** |
| Betsi Runaways | 61, 63, 743 | **198** | **12** |
| Deestriders | 22, 99, 102 | **223** | **13** |
| Aberystwyth AC | 86, 92, 105 | **283** | **14** |

Firstly a big thank you to Eryri Harriers, their volunteers, helpers and officials for not only putting on a great course but also securing good weather when it was pouring down elsewhere!! In particular I’d like to thank Helen Blair who organised everything and made sure everything went smoothly. Whilst we had a little bottle neck going into the woods we hope that you found the new Treborth courses to your liking (we have already worked out how to alleviate that issue next year).

It was fantastic to see such a good turnout, and we had record numbers amongst the Under 17 men which bodes well for the future. Some great individual performances with wins for Miguel Jenkinson, Menai (U17 Men), Martha Owen, Deeside (Senior Women) and Rob Samuel, Eryri (Senior Men). Well done to them and all the other age group winners.

We’re quickly onto the second fixture, which is at Eirias Park, next Saturday (21st October). If any athletes who aren’t registered who want to run please let me know asap and I will arrange for the numbers to be ready and put in your wallets.

Finally if you are interested in representing North Wales in the Welsh Inter Regions in Newtown, please let Tea Managers John Messum and Crispin Backshall know asap. Please note students at Bangor University can represent North Wales. Aberystwyth Students can represent West Wales.

**Bernie Jones**

**Secretary/Referee**