**GRAND PRIX EXPRESS**

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

At PGL Centre, Baschurch, SHREWSBURY Saturday 25th November 2023

 FINAL RESULTS 27/11/23

**SENIOR MEN**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | 1211 | JANOS VRANEK | Aberystwyth University | 00:24:56 | SM | **1** |
| 2 | 1055 | MATTHEW COLLINS | Oswestry Olympians | 00:25:15 | SM | **2** |
| 3 | 1115 | DANIEL HUSBANDS | Shrewsbury ac | 00:25:49 | SM | **3** |
| 4 | 1001 | RUSSELL BENTLEY | Meirionydd | 00:25:50 | M40 | **1** |
| 5 | 1006 | TOMOS ROBERTS | Meirionydd | 00:26:26 | M35 | **1** |
| 6 | 1202 | RAFFERTY STEWART | Wrexham AC | 00:26:34 | SM | **4** |
| 7 | 1120 | ROBERT WESTON | Shrewsbury ac | 00:26:41 | SM | **5** |
| 8 | 1009 | GWION ROBERTS | Meirionydd | 00:26:45 | SM | **6** |
| 9 | 1237 | PAUL WARD | Telford ac | 00:27:00 | M55 | **1** |
| 10 | 1107 | JIM HICKINBOTTOM | Shrewsbury ac | 00:27:03 | M40 | **2** |
| 11 | 976 | SIMON COLE | Gog Triathlon | 00:27:11 | M40 | **3** |
| 12 | 984 | ALED BREEZE | Maldwyn Harriers | 00:27:15 | U20M | **1** |
| 13 | 1212 | JOE ROBSON | Aberystwyth University | 00:27:15 | SM | **7** |
| 14 | 1123 | DANIEL ELLIOT | Shrewsbury ac | 00:27:18 | SM | **8** |
| 15 | 1226 | OWAIN SCHIAVONE | Aberystwyth University | 00:27:20 | M40 | **4** |
| 16 | 1068 | TOM CARTER | Prestatyn Running Club | 00:27:22 | M40 | **5** |
| 17 | 1243 | DAN WESTON | Wrexham ac | 00:27:24 | M40 | **6** |
| 18 | 1083 | JOEL GOMES | Run Free Fell Runners | 00:27:38 | M40 | **7** |
| 19 | 1108 | GABRIEL MORRIS | Shrewsbury ac | 00:27:39 | M40 | **8** |
| 20 | 1252 | TOM HOARD | Oswestry Olympians | 00:27:51 | M40 | **9** |
| 21 | 856 | CHRIS CALLAGHAN | Buckley Runners | 00:28:01 | M45 | **1** |
| 22 | 836 | JONATHAN TYLER | Betsi Runaways | 00:28:13 | M40 | **10** |
| 23 | 964 | DAFYDD EVANS | Eryri Harriers | 00:28:14 | SM | **9** |
| 24 | 947 | MICHAEL WHYATT | Eryri Harriers | 00:28:14 | M60 | **1** |
| 25 | 1054 | RYAN STOKES | Oswestry Olympians | 00:28:17 | SM | **10** |
| 26 | 1094 | JAMES STUART | Shrewsbury ac | 00:28:19 | M45 | **2** |
| 27 | 940 | TONY WOOD | Denbigh Harriers | 00:28:22 | M35 | **2** |
| 28 | 1013 | GERAINT PUGH | Meirionydd | 00:28:23 | SM | **11** |
| 29 | 1253 | DANIEL NEWMAN | Shrewsbury ac | 00:28:24 | U20M | **2** |
| 30 | 1214 | KEELAN THOMPSON | Aberystwyth University | 00:28:29 | SM | **12** |
| 31 | 961 | DAVE BUS HUGHES | Eryri Harriers | 00:28:31 | M35 | **3** |
| 32 | 868 | SAM BELLIS | Buckley Runners | 00:28:38 | M35 | **4** |
| 33 | 922 | TYLER CARTLIDGE | Deeside ac | 00:28:47 | U20M | **3** |
| 34 | 1209 | JAMES PRICE | Aberystwyth University | 00:28:47 | U20M | **4** |
| 35 | 809 | EDWARD LAND | Aberystwyth AC | 00:28:49 | M40 | **11** |
| 36 | 869 | TIM JOY | Buckley Runners | 00:28:50 | M35 | **5** |
| 37 | 1124 | CONNOR MIDDLETON | Shrewsbury ac | 00:28:58 | SM | **13** |
| 38 | 1053 | OSCAR SIMMONS | Oswestry Olympians | 00:29:02 | SM | **14** |
| 39 | 1244 | JACK CALLAGHAN | Betsi Runaways | 00:29:13 | SM | **15** |
| 40 | 813 | MATHIAS PAVLIDES | Aberystwyth University | 00:29:14 | U20M | **5** |
| 41 | 959 | LLYR AP GRUFFYDD | Eryri Harriers | 00:29:15 | M35 | **6** |
| 42 | 853 | JEZ BROWN | Buckley Runners | 00:29:19 | M50 | **1** |
| 43 | 954 | MATTHEW FORTES | Eryri Harriers | 00:29:25 | M45 | **3** |
| 44 | 1005 | GAVIN THOMAS STUART | Meirionydd | 00:29:33 | M35 | **7** |
| 45 | 874 | GERARD COLEMAN | Buckley Runners | 00:29:45 | SM | **16** |
| 46 | 908 | EDMUND MORTELL | Deeside ac | 00:29:55 | M45 | **4** |
| 47 | 1196 | ALLY HUGHES | Wrexham ac | 00:30:01 | M35 | **8** |
| 48 | 820 | DANIEL DAVEY | Bangor University | 00:30:04 | SM | **17** |
| 49 | 1025 | WILLIAM WILLIAMS | North Wales RRs | 00:30:04 | M50 | **2** |
| 50 | 938 | DANIEL JONES | Denbigh Harriers | 00:30:07 | M35 | **9** |
| 51 | 827 | ANDREW MOORE | Bangor University | 00:30:09 | U20M | **6** |
| 52 | 1210 | LLYR AB EINION | Aberystwyth University | 00:30:15 | SM | **18** |
| 53 | 1052 | IAN GIBSON | Oswestry Olympians | 00:30:16 | SM | **19** |
| 54 | 849 | SIMON ROBERTS | Buckley Runners | 00:30:17 | M50 | **3** |
| 55 | 886 | JARED ROBERTS | Colwyn Bay AC | 00:30:17 | SM | **20** |
| 56 | 1251 | TIM TANSLEY | Oswestry Olympians | 00:30:19 | M50 | **4** |
| 57 | 1180 | LEE RUDD | Wrekin Road Runners | 00:30:33 | M50 | **5** |
| 58 | 1213 | MORGAN THOMPSON | Aberystwyth University | 00:30:34 | SM | **21** |
| 59 | 1145 | ANDREW WAKEFIELD | Shropshire Shufflers | 00:30:36 | SM | **22** |
| 60 | 975 | ADRIAN LEONARD | Gog Triathlon | 00:30:40 | M40 | **12** |
| 61 | 926 | TONY WOODALL | Deestriders | 00:30:44 | M50 | **6** |
| 62 | 1229 | TOM LEATHER | Tattenhall Runners | 00:30:45 | M35 | **10** |
| 63 | 842 | ERIC CAMPBELL | Buckley Runners | 00:30:46 | M60 | **2** |
| 64 | 1247 | DAVE ALEXANDER | West Cheshire AC | 00:30:51 | M50 | **7** |
| 65 | 1066 | LEE BAILEY | Prestatyn Running Club | 00:30:53 | M45 | **5** |
| 66 | 1017 | IEUAN PUGH JONES | Meirionydd | 00:30:54 | SM | **23** |
| 67 | 1241 | GARY JONES | Maldwyn Harriers | 00:30:57 | M50 | **8** |
| 68 | 1166 | ANDREW CLAGUE | West Cheshire AC | 00:31:04 | M5 | **2** |
| 69 | 867 | ANDREW PEERS | Buckley Runners | 00:31:05 | M35 | **11** |
| 70 | 810 | NATHAN ROBERTSHAW | Aberystwyth AC | 00:31:06 | SM | **24** |
| 71 | 1250 | RYAN MORRISON | Buckley Runners | 00:31:12 | M45 | **6** |
| 72 | 1150 | ROB ARDEN | Tattenhall Runners | 00:31:12 | M40 | **13** |
| 73 | 997 | RHODRI AP DYFRIG | Meirionydd | 00:31:15 | M45 | **7** |
| 74 | 963 | SAMUEL DRINKWATER | Eryri Harriers | 00:31:18 | SM | **25** |
| 75 | 1144 | KARL CLACK | Shropshire Shufflers | 00:31:29 | M40 | **14** |
| 76 | 1257 | MICHAEL COYNE | Eryri Harriers | 00:31:32 | M50 | **9** |
| 77 | 937 | DAFYDD EVANS | Denbigh Harriers | 00:31:33 | M35 | **12** |
| 78 | 1246 | HADYN JONES | Shrewsbury ac | 00:31:38 | M60 | **3** |
| 79 | 974 | GRAEME TUNSTALL | Gog Triathlon | 00:31:43 | M40 | **15** |
| 80 | 811 | JOSH FIELD | Aberystwyth University | 00:31:47 | SM | **26** |
| 81 | 1049 | STJOHN ASHWORTH | Oswestry Olympians | 00:31:51 | M40 | **16** |
| 82 | 939 | HUW EURON WILLIAMS | Denbigh Harriers | 00:31:51 | M35 | **13** |
| 83 | 935 | GLEN PRICE | Denbigh Harriers | 00:31:54 | M50 | **10** |
| 84 | 1256 | NEIL ROCHESTER | Oswestry Olympians | 00:31:56 | M40 | **17** |
| 85 | 1156 | VIRGIL BARTON | Telford ac | 00:31:57 | M45 | **8** |
| 86 | 945 | MARK KELLY | Denbigh Harriers | 00:31:57 | M45 | **9** |
| 87 | 1165 | NEIL HERSHAW | West Cheshire AC | 00:31:59 | M55 | **3** |
| 88 | 969 | GERAN HUGHES | Gog Triathlon | 00:32:01 | M55 | **4** |
| 89 | 919 | CIARAN ALLMAN | Deeside ac | 00:32:01 | SM | **27** |
| 90 | 1078 | OLIVER BIRCH-JONES | Prestatyn Running Club | 00:32:12 | U20M | **7** |
| 91 | 900 | TIM WOODHEAD | Deeside ac | 00:32:20 | M50 | **11** |
| 92 | 1162 | DOMINIC FARLEY | Telford ac | 00:32:26 | SM | **28** |
| 93 | 1012 | JACK IFFLA | Meirionydd | 00:32:33 | SM | **29** |
| 94 | 1176 | MAX WILLIAMS | Wrecsam Tri | 00:32:35 | M50 | **12** |
| 95 | 1152 | HARRY WARWICK | Tattenhall Runners | 00:32:35 | SM | **30** |
| 96 | 929 | ALLAN MCKEOWN | Deestriders | 00:32:36 | M45 | **10** |
| 97 | 1222 | EDDIE DAVIES | Buckley Runners | 00:32:40 | M55 | **5** |
| 98 | 1248 | DAVID ELLIS | Prestatyn Running Club | 00:32:42 | M35 | **14** |
| 99 | 1236 | JAMIE CUNDY | Telford ac | 00:32:53 | SM | **31** |
| 100 | 826 | THOMAS BALSHAW | Bangor University | 00:32:53 | U20M | **8** |
| 101 | 1206 | RYAN MCCLUSKEY | Maldwyn Harriers | 00:32:56 | M45 | **11** |
| 102 | 1056 | GREG STOKES | Oswestry Olympians | 00:33:03 | SM | **32** |
| 103 | 1040 | EVAN ROBERTS | Oswestry Olympians | 00:33:09 | U20M | **9** |
| 104 | 1245 | BRIAN WILLS | Betsi Runaways | 00:33:10 | M50 | **13** |
| 105 | 1195 | TONY FORSTER | Wrexham ac | 00:33:16 | M35 | **15** |
| 106 | 885 | NEAL JONES | Colwyn Bay AC | 00:33:25 | M35 | **16** |
| 107 | 1153 | NICK THOMAS | Telford ac | 00:33:29 | M55 | **6** |
| 108 | 1073 | BEN THOMAS | Prestatyn Running Club | 00:33:29 | M35 | **17** |
| 109 | 814 | SAUL ASHTON | Aberystwyth University | 00:33:35 | U20M | **10** |
| 110 | 904 | JAMIE WILLIAMS | Deeside ac | 00:33:41 | M50 | **14** |
| 111 | 948 | ANTHONY DAVIES | Eryri Harriers | 00:33:42 | M55 | **7** |
| 112 | 1242 | EMYR EVANS | Colwyn Bay AC | 00:33:45 | M50 | **15** |
| 113 | 1254 | JOHN HOUGHTON | Oswestry Olympians | 00:33:48 | M40 | **18** |
| 114 | 1044 | DAVE NEWTON | Oswestry Olympians | 00:33:52 | M55 | **8** |
| 115 | 1149 | PAUL SHANNON | Tattenhall Runners | 00:33:55 | M60 | **4** |
| 116 | 1051 | DAVID JANSEN | Oswestry Olympians | 00:34:00 | M35 | **18** |
| 117 | 804 | NEIL GAMBLE | Aberystwyth AC | 00:34:04 | M50 | **16** |
| 118 | 1208 | OWEN CONRY | Denbigh Harriers | 00:34:08 | M50 | **17** |
| 119 | 1221 | RAYKO KOLEV | Deestriders | 00:34:10 | M40 | **19** |
| 120 | 1116 | ANDREW PRICE | Shrewsbury ac | 00:34:12 | SM | **33** |
| 121 | 801 | DAMIAN SIDNELL | Aberystwyth AC | 00:34:13 | M60 | **5** |
| 122 | 980 | STEVEN OWEN | Gog Triathlon | 00:34:17 | M40 | **20** |
| 123 | 1048 | PETER GRIMLEY | Oswestry Olympians | 00:34:26 | M40 | **21** |
| 124 | 830 | ANDY GOATER | Betsi Runaways | 00:34:31 | M50 | **18** |
| 125 | 1255 | PAUL PHILLIPS | Oswestry Olympians | 00:34:32 | M50 | **19** |
| 126 | 1185 | MIKE ROBBINS | Wrexham ac | 00:34:35 | M60 | **6** |
| 127 | 1135 | CALVIN WRIGHT | Shropshire Shufflers | 00:34:39 | M55 | **9** |
| 128 | 1043 | JOHN SNELL | Oswestry Olympians | 00:34:39 | M60 | **7** |
| 129 | 879 | RUSSELL GODWIN | Colwyn Bay AC | 00:34:40 | M55 | **10** |
| 130 | 883 | GREG GRUNDY | Colwyn Bay AC | 00:34:42 | M45 | **12** |
| 131 | 1064 | DAN LIDDLE | Prestatyn Running Club | 00:34:42 | M50 | **20** |
| 132 | 917 | MIKE O' TOOLE M | Deeside ac | 00:35:02 | M35 | **19** |
| 133 | 887 | JOSH MOTTRAM | Colwyn Bay AC | 00:35:09 | U20M | **11** |
| 134 | 992 | RICHARD FLUTTER | Meirionydd | 00:35:19 | M55 | **11** |
| 135 | 1037 | ALUN ROBERTS | Oswestry Olympians | 00:35:24 | M45 | **13** |
| 136 | 819 | MALACHY BROMHAM | Bangor University | 00:35:26 | SM | **34** |
| 137 | 905 | DAVID JONES | Deeside ac | 00:35:31 | M50 | **21** |
| 138 | 1042 | BENJAMIN ROTHERA | Oswestry Olympians | 00:35:33 | U20M | **12** |
| 139 | 1220 | DALE WALTON | Oswestry Olympians | 00:35:39 | M45 | **14** |
| 140 | 1033 | ARREN ROBERTS | Oswestry Olympians | 00:35:41 | M50 | **22** |
| 141 | 1062 | SIMON BONFIELD | Prestatyn Running Club | 00:35:43 | M50 | **23** |
| 142 | 1003 | TREVOR JONES | Meirionydd | 00:35:47 | M40 | **22** |
| 143 | 881 | IAN MULLIGAN | Colwyn Bay AC | 00:35:53 | M55 | **12** |
| 144 | 1046 | RICHARD COLLINS | Oswestry Olympians | 00:35:57 | M50 | **24** |
| 145 | 841 | DAVE BOOTHROYD | Buckley Runners | 00:36:02 | M60 | **8** |
| 146 | 816 | NICHOLAS MEYER | Bangor University | 00:36:08 | SM | **35** |
| 147 | 1045 | RICHARD PULLIN | Oswestry Olympians | 00:36:10 | M55 | **13** |
| 148 | 1258 | PETER GRAY | Buckley Runners | 00:36:30 | M40 | **23** |
| 149 | 1167 | ANDREW CARTER | West Cheshire AC | 00:36:33 | M50 | **25** |
| 150 | 1190 | RICHARD WESTWOOD | Wrexham ac | 00:36:38 | M45 | **15** |
| 151 | 1203 | PHIL HAYES | Deeside ac | 00:36:46 | M40 | **24** |
| 152 | 880 | IAN TAYLOR | Colwyn Bay AC | 00:36:49 | M55 | **14** |
| 153 | 986 | RICHARD HANKINSON | Meirionydd | 00:36:50 | M60 | **9** |
| 154 | 1154 | IAN HOPKINS | Telford ac | 00:36:53 | M55 | **15** |
| 155 | 829 | OGGY EAST | Betsi Runaways | 00:36:55 | M55 | **16** |
| 156 | 1133 | DAVID SMITH | Shropshire Shufflers | 00:36:59 | M55 | **17** |
| 157 | 1047 | MARK JONES | Oswestry Olympians | 00:37:09 | M50 | **26** |
| 159 | 878 | CHRIS WILLIAMS | Colwyn Bay AC | 00:37:15 | M60 | **10** |
| 159 | 1059 | MARC JONES | Prestatyn Running Club | 00:37:26 | M55 | **18** |
| 160 | 837 | HUW LEWIS | Buckley Runners | 00:37:31 | M60 | **11** |
| 161 | 933 | DAVID BAUGH | Denbigh Harriers | 00:37:41 | M60 | **12** |
| 162 | 1136 | TIM JONES | Shropshire Shufflers | 00:37:47 | M50 | **27** |
| 163 | 1057 | REG JONAS | Prestatyn Running Club | 00:37:53 | M60 | **13** |
| 164 | 1155 | TONY PREECE | Telford ac | 00:37:57 | M50 | **28** |
| 165 | 1249 | NICK THOMPSON | Aberystwyth AC | 00:38:01 | M35 | **20** |
| 166 | 1132 | MIKE ARTHUR | Shropshire Shufflers | 00:38:06 | M55 | **19** |
| 167 | 1002 | ARANLI THOMAS | Meirionydd | 00:38:31 | M40 | **25** |
| 168 | 989 | PAUL LIDDLE | Meirionydd | 00:38:53 | M60 | **14** |
| 169 | 932 | DUNCAN JONES | Denbigh Harriers | 00:39:11 | M60 | **15** |
| 170 | 990 | MIKE GEARY | Meirionydd | 00:39:22 | M60 | **16** |
| 171 | 1080 | NEIL MCANDREW | Run Free Fell Runners | 00:39:58 | M55 | **20** |
| 172 | 1128 | IAN RICHARDS | Shropshire Shufflers | 00:40:23 | M60 | **17** |
| 173 | 1239 | NEIL SAMPSON | Shropshire Shufflers | 00:41:08 | M60 | **18** |
| 174 | 803 | IAN BRANDRETH | Aberystwyth AC | 00:42:03 | M50 | **29** |
| 175 | 802 | DAVID HUMPHREYS | Aberystwyth AC | 00:42:50 | M55 | **21** |
| 176 | 1183 | MATT CLARKE | Wrekin Road Runners | 00:43:23 | SM | **36** |
| 177 | 1219 | KARL MARTIN | Prestatyn Running Club | 00:48:25 | M55 | **22** |

**TEAMS**

**DIVISION ONE (6 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 2****Points** | **Total Race 2 Points** | **Race 2****Position** | **OVERALL POINTS** | **OVERALL POSITION** |
| Shrewsbury | 3, 7, 10, 14, 19, 26 | **79** | **1** | **167** | **1** |
| Meirionydd | 4, 5, 8, 28, 44, 65 | **154** | **3** | **247** | **2** |
| Aberystwyth Uni | 1, 13,15, 30, 34, 40 | **133** | **2** | **328** | **3** |
| Oswestry | 2, 20, 25, 38, 53, 56 | **194** | **4** | **411** | **4** |
| Buckley | 21, 32, 36, 42, 45, 54 | **230** | **5** | **422** | **5** |
| Denbigh Harriers | 27, 50, 76, 81, 82, 85 | **401** | **6** | **799** | **6** |
| Deeside AC | 33, 46, 88, 90, 109, 130 | **496** | **7** | **1,094** | **7** |
| West Cheshire | 63, 67, 86, 147, 178. 178 | **719** | **8** | **1,389** | **8** |

**DIVISION TWO (4 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 2****Points** | **Total Race 2 Points** | **Race 2****Position** | **OVERALL POINTS** | **OVERALL POSITION** |
| Eryri | 23,24, 31, 41 | **119** | **1** | **191** | **1** |
| Bangor Uni | 48, 51, 134, 144 | **377** | **9** | **556** | **2** |
| Prestatyn | 16, 64, 89, 97 | **266** | **3** | **560** | **3** |
| Betsi Runaways | 22, 39, 103, 123 | **287** | **4** | **589** | **4** |
| Wrexham AC | 6, 17, 47, 104 | **174** | **2** | **594** | **5** |
| GOG Tri Club | 11, 60, 78, 87 | **236** | **2** | **603** | **6** |
| Colwyn Bay | 55, 105, 111, 127 | **398** | **10** | **752** | **7** |
| Deestriders | 61, 95, 118, 178 | **452** | **12** | **765** | **8** |
| Shropshire Shuff | 59, 74, 125, 154 | **412** | **11** | **801** | **9** |
| Aberystwyth AC | 35, 69, 116, 120 | **340** | **6** | **831** | **10** |
| Tattenhall | 62, 71, 94, 114 | **341** | **7** | **858** | **11** |
| Run Free Fell | 18, 169, 178, 178 | **543** | **13** | **918** | **12** |
| NWRRC | 49, 178, 178, 178 | **583** | **14** | **1,050** | **13** |
| Wrekin RR | 57, 174, 178, 178 | **587** | **15** | **1,096** | **14** |
| Wrecsam Tri Club | 93, 178, 178, 178 | **627** | **16** | **1,206** | **15** |
| Maldwyn Harriers | 12, 66, 100, 178 | **356** | **8** | **N/A** | **N/A** |
| Menai T & F | N/A | **N/A** | **N/A** | **N/A** | **N/A** |
| Cybi | N/A | **N/A** | **N/A** | **N/A** | **N/A** |

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 2****Points** | **Total Race 2 Points** | **Race 2****Position** | **OVERALL POINTS** | **OVERALL POSITION** |
| Shrewsbury AC | 3, 9, 14 | **26** | **1** | **65** | **1** |
| Eryri Harriers | 13, 16, 20 | **49** | **3** | **75** | **2** |
| Buckley RC | 11, 17, 19 | **47** | **2** | **82** | **3** |
| Meirionnydd | 1, 23, 42 | **66** | **4** | **112** | **4** |
| Denbigh Harriers | 15, 27, 45 | **87** | **6** | **152** | **5** |
| Oswestry Olympians | 10, 29, 48 | **87** | **7** | **185** | **6** |
| Prestatyn RC | 6, 36, 60 | **102** | **9** | **194** | **7** |
| GOG Tri Club | 4, 31, 47 | **82** | **5** | **206** | **8** |
| West Cheshire | 35, 38, 54 | **127** | **10** | **245** | **9** |
| Wrexham AC | 7, 25, 63 | **95** | **8** | **253** | **10** |
| Betsi Runaways | 12, 62, 80 | **154** | **12** | **263** | **11** |
| Deeside AC | 24, 56, 67 | **147** | **11** | **286** | **12** |
| Aberystwyth AC | 18, 74, 77 | **169** | **13** | **375** | **13** |
| Colwyn Bay | 64, 69, 85 | **218** | **14** | **401** | **14** |
| Shropshire Shufflers | 43, 83, 108 | **234** | **15** | **453** | **15** |

**MALE OVER 65**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | 594 | Gordon JONES | Prestatyn RC | 00:19:50 | M65 | 1 |
| 2 | 457 | Russell Owen | Eryri Harriers | 00:20:07 | M65 | 2 |
| 3 | 560 | Andy Clarke | Oswestry Olympians | 00:20:24 | M65 | 3 |
| 4 | 627 | John Jones | Shrewsbury ac | 00:20:56 | M65 | 4 |
| 5 | 420 | Mark Watling | Denbigh Harriers | 00:21:26 | M65 | 5 |
| 6 | 686 | Nicholas Holmes | Tattenhall Runners | 00:22:24 | M65 | 6 |
| 7 | 647 | Peter Hough | Shropshire Shufflers | 00:22:24 | M70 | 1 |
| 8 | 613 | Neil Owens | Run Free Fell Runners | 00:22:38 | M70 | 2 |
| 9 | 458 | Arwel Lewis | Eryri Harriers | 00:23:13 | M65 | 7 |
| 10 | 651 | Paul Harrison | Shropshire Shufflers | 00:23:34 | M65 | 8 |
| 11 | 505 | Clive Edgington | Meirionydd | 00:23:42 | M65 | 9 |
| 12 | 509 | David Wright | Meirionydd | 00:23:53 | M65 | 10 |
| 13 | 421 | Simon Nixon | Denbigh Harriers | 00:24:17 | M65 | 11 |
| 14 | 454 | John Mainwaring | Eryri Harriers | 00:24:26 | M65 | 12 |
| 15 | 506 | David Whitty | Meirionydd | 00:24:30 | M65 | 13 |
| 16 | 654 | Bill Dargue | Shropshire Shufflers | 00:24:47 | M65 | 14 |
| 17 | 650 | Leslie Ritchie | Shropshire Shufflers | 00:25:15 | M65 | 15 |
| 18 | 727 | Emyr Davies | Hebog | 00:25:45 | M80 | 1 |
| 19 | 685 | Martin Durrant | Tattenhall Runners | 00:26:06 | M65 | 16 |
| 20 | 504 | Paul Welsh | Meirionydd | 00:26:08 | M65 | 17 |
| 21 | 417 | Dave Passe | Denbigh Harriers | 00:26:29 | M70 | 3 |
| 22 | 652 | Paul Stone | Shropshire Shufflers | 00:26:59 | M65 | 18 |
| 23 | 418 | Fred Jones | Denbigh Harriers | 00:27:01 | M65 | 19 |
| 24 | 453 | Eurwyn Edwards | Eryri Harriers | 00:27:06 | M65 | 20 |
| 25 | 561 | Ray Pickett | Oswestry Olympians | 00:27:17 | M65 | 21 |
| 26 | 646 | Chris Clarke | Shropshire Shufflers | 00:27:24 | M75 | 1 |
| 27 | 502 | Nicholas Bradley | Meirionydd | 00:27:29 | M65 | 22 |
| 28 | 593 | George Nixon | Prestatyn RC | 00:27:38 | M70 | 4 |
| 29 | 653 | Andre Hayeck | Shropshire Shufflers | 00:28:14 | M65 | 23 |
| 30 | 645 | Iain Day | Shropshire Shufflers | 00:29:37 | M75 | 2 |
| 31 | 450 | Don Williams | Eryri Harriers | 00:29:41 | M80 | 2 |
| 32 | 720 | Phil Walker | Wrexham ac | 00:30:13 | M70 | 5 |
| 33 | 501 | Peter Nicholls | Meirionydd | 00:30:18 | M70 | 6 |
| 34 | 648 | Neville Scott Simpson | Shropshire Shufflers | 00:30:34 | M70 | 7 |
| 35 | 768 | Charles Ashley | Wrexham ac | 00:30:36 | M65 | 24 |
| 36 | 479 | John dAlburquerque | Gog Triathlon | 00:33:34 | M75 | 3 |
| 37 | 587 | Roger Harrison JonesS | Prestatyn RC | 00:35:14 | M85 | 1 |

**TEAMS (3 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 2****Points** | **Total Race 2 Points** | **Race 2****Position** | **OVERALL POINTS** | **OVERALL POSITION** |
| Eryri Harriers | 2/9/14 | **25** | **1** | **46** | **1** |
| Shropshire Shufflers | 7/10/16 | **33** | **2** | **72** | **2** |
| Meirionnydd | 11/12/15 | **38** | **3** | **83** | **3** |
| Denbigh Harriers | 5/13/21 | **39** | **4** | **85** | **4** |
| Prestatyn RC | 1/28/37 | **66** | **5** | **119** | **5** |

**UNDER 17 MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** |
| 1 | 495 | MATTHEW BENSON | Maldwyn Harriers | 17:33 |
| 2 | 385 | JACOB WELSH | Deeside AC | 17:47 |
| 3 | 539 | TOMOS MORGAN | Menai T&F | 19:10 |
| 4 | 380 | HARRY PURCELL | Deeside AC | 19:18 |
| 5 | 445 | CAI DAFYDD | Eryri Harriers | 19:31 |
| 6 | 381 | ELIS JONES | Deeside AC | 20:21 |
| 7 | 413 | KYLE MORGAN | Denbigh Harriers | 21:47 |
| 8 | 414 | SAHIL PASHA | Denbigh Harriers | 21:49 |

**TEAMS (3 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 2****Points** | **Total Race 2 Points** | **Race 2****Position** | **OVERALL POINTS** | **OVERALL POSITION** |
| Deeside AC | 2/4/6 | **12** | **1** | **30** |  **1** |

**SENIOR WOMEN**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | 430 | JOANNE HENDERSON | Denbigh Harriers | 00:18:58 | FV45 | **1** |
| 2 | 397 | MARTHA OWEN | Deeside ac | 00:19:15 | SW | **1** |
| 3 | 469 | GEMMA MOORE | Eryri Harriers | 00:20:17 | FV40 | **1** |
| 4 | 637 | LAUREN COOPER | Shrewsbury ac | 00:20:19 | FV35 | **1** |
| 5 | 746 | EMMA PRICE | Aberystwyth Uni | 00:20:27 | SW | **2** |
| 6 | 541 | CARA SCOTT | Menai T&F | 00:20:29 | FU17 | **1** |
| 7 | 396 | OLIVIA ASHTON | Deeside ac | 00:20:36 | SW | **3** |
| 8 | 631 | JAN COOK | Shrewsbury ac | 00:20:51 | FV50 | **1** |
| 9 | 474 | ANNA DRINKWATER | Eryri Harriers | 00:21:06 | SW | **4** |
| 10 | 401 | NEISHA ROBERTS | Deeside ac | 00:21:21 | FU20 | **1** |
| 11 | 738 | NIA TEIFI REES | Aberystwyth Uni | 00:21:22 | SW | **5** |
| 12 | 565 | NICOLA SHIPP | Oswestry Olympians | 00:21:24 | FV45 | **2** |
| 13 | 476 | EFA BAINES | Eryri Harriers | 00:21:29 | FU20 | **2** |
| 14 | 679 | CLAIRE MCCARTHY | Shropshire Shufflers | 00:21:36 | FV35 | **2** |
| 15 | 436 | ELEANOR ASHCROFT | Denbigh Harriers | 00:21:40 | SW | **6** |
| 16 | 757 | RACHEL COUPE | Telford ac | 00:21:42 | FV50 | **2** |
| 17 | 349 | JENNIFER RAMBALDI | Buckley Runners | 00:21:45 | FV35 | **3** |
| 18 | 759 | SIAN WEBB | Telford ac | 00:21:48 | FV40 | **2** |
| 19 | 634 | RACHEL HANDLEY | Shrewsbury ac | 00:21:53 | FV40 | **3** |
| 20 | 518 | CHARLENE JACOBS-CONRADE | Meirionydd | 00:21:56 | FV45 | **3** |
| 21 | 641 | ELEANOR PICHER | Shrewsbury ac | 00:21:59 | SW | **7** |
| 22 | 584 | CHARLOTTE HUNTER | Oswestry Olympians | 00:21:59 | SW | **8** |
| 23 | 327 | FFION EVANS | Betsi Runaways | 00:22:01 | SW | **9** |
| 24 | 583 | CLAIRE LLOYD | Oswestry Olympians | 00:22:08 | SW | **10** |
| 25 | 636 | LAUREN MORLEY | Shrewsbury ac | 00:22:14 | FV35 | **4** |
| 26 | 609 | LISA LINES | Prestatyn RC | 00:22:14 | SW | **11** |
| 27 | 576 | AMY KYNASTON | Oswestry Olympians | 00:22:14 | FV35 | **5** |
| 28 | 707 | EMMA NUTT | West Cheshire AC | 00:22:18 | SW | **12** |
| 29 | 358 | ELLA GRUNDY | Colwyn Bay AC | 00:22:19 | FU20 | **3** |
| 30 | 537 | CADI WYNN | Menai T&F | 00:22:21 | FU17 | **2** |
| 31 | 762 | MATILDA WOLSTENHOLME | Aberystwyth Uni | 00:22:31 | SW | **13** |
| 32 | 305 | TRACEY BREEDON | Aberystwyth AC | 00:22:31 | FV45 | **4** |
| 33 | 570 | LOU WILLIAMS | Oswestry Olympians | 00:22:32 | FV40 | **4** |
| 34 | 695 | MICHELLE CLARKE | Telford ac | 00:22:33 | FV50 | **3** |
| 35 | 478 | ANWEN HOCKLEY | Eryri Harriers | 00:22:36 | FU20 | **4** |
| 36 | 717 | IMMY JONES | Wrexham ac | 00:22:37 | FU17 | **3** |
| 37 | 690 | EMILY GAPPER | Telford ac | 00:22:38 | FU17 | **4** |
| 38 | 499 | NESTA MCCLUSKEY | Maldwyn Harriers | 00:22:39 | FV45 | **5** |
| 39 | 577 | ALICE TREVOR-JONES | Oswestry Olympians | 00:22:45 | FV35 | **6** |
| 40 | 582 | CLAIRE PEACE | Oswestry Olympians | 00:22:47 | FV35 | **7** |
| 41 | 477 | MABLI BAINES | Eryri Harriers | 00:22:49 | FU20 | **5** |
| 42 | 772 | ELEN EVANS | Meirionydd | 00:22:59 | FV35 | **8** |
| 43 | 341 | JANE DOUGHTON | Buckley Runners | 00:23:01 | FV45 | **6** |
| 44 | 314 | AUDE THIROUIN | Bangor University | 00:23:02 | SW | **14** |
| 45 | 698 | ROBIN MORRIS-JONES | Telford ac | 00:23:06 | SW | **15** |
| 46 | 536 | CADI FRENCH | Menai T&F | 00:23:12 | FU17 | **5** |
| 47 | 376 | EVIE WATTS | Deeside ac | 00:23:14 | FU17 | **6** |
| 48 | 704 | ANEST MULLER | West Cheshire AC | 00:23:21 | FV40 | **5** |
| 49 | 519 | ELEANOR DAVIES | Meirionydd | 00:23:27 | FV40 | **6** |
| 50 | 771 | HANNAH THOMAS | Maldwyn Harriers | 00:23:28 | FV35 | **9** |
| 51 | 426 | MEL MORRIS | Denbigh Harriers | 00:23:28 | FV50 | **4** |
| 52 | 441 | FIONA WILLIAMS | Dolly Mixtures | 00:23:36 | FV55 | **1** |
| 53 | 770 | BECKY LAW | Eryri Harriers | 00:23:37 | FV35 | **10** |
| 54 | 425 | VICTORIA WHITEHEAD | Denbigh Harriers | 00:23:46 | FV50 | **5** |
| 55 | 394 | BRIONY HIBBERT | Deeside ac | 00:23:51 | SW | **16** |
| 56 | 429 | LEE EVANS | Denbigh Harriers | 00:23:52 | FV45 | **7** |
| 57 | 435 | SIAN ELENOR PRITCHARD | Denbigh Harriers | 00:23:56 | SW | **17** |
| 58 | 763 | ROSA HICKS | Aberystwyth Uni | 00:23:56 | SW | **18** |
| 59 | 422 | EMMA COLLINS | Denbigh Harriers | 00:24:03 | FV60 | **1** |
| 60 | 660 | SUE SNOOK | Shropshire Shufflers | 00:24:04 | FV55 | **2** |
| 61 | 437 | ELEN BAUGH | Denbigh Harriers | 00:24:05 | SW | **19** |
| 62 | 571 | LOUISE WOOLCOCK | Oswestry Olympians | 00:24:09 | FV40 | **7** |
| 63 | 409 | CHRISTINE CAMILLAIRE | Deestriders | 00:24:11 | FV40 | **8** |
| 64 | 732 | KATE POMERLEAU | Menai T&F | 00:24:12 | FU17 | **7** |
| 65 | 491 | HAYLEY TURNER | Gog Triathlon | 00:24:12 | FV35 | **11** |
| 66 | 642 | ELEANOR CROSSLAND | Shrewsbury ac | 00:24:14 | SW | **20** |
| 67 | 667 | MELANIE BANKS-WRIGHT | Shropshire Shufflers | 00:24:20 | FV50 | **6** |
| 68 | 513 | DEBBIE CATTERMOLE | Meirionydd | 00:24:22 | FV55 | **3** |
| 69 | 311 | MILLIE JUDSON | Aberystwyth Uni | 00:24:34 | FU20 | **6** |
| 70 | 318 | ANNIE LOWE | Bangor University | 00:24:35 | FU20 | **7** |
| 71 | 708 | ELLEN MCMAHON | West Cheshire AC | 00:24:35 | SW | **21** |
| 72 | 343 | GWENNAN HENSTOCK | Buckley Runners | 00:24:39 | FV45 | **8** |
| 73 | 734 | YVONNE HILL | Oswestry Olympians | 00:24:52 | FV60 | **2** |
| 74 | 359 | ANNE MYNOTT | Colwyn Bay AC | 00:24:55 | FV60 | **3** |
| 75 | 313 | LOWRI GRIFFITHS | Bangor University | 00:25:05 | SW | **22** |
| 76 | 712 | MARY ANN O'NEILL | Wrekin RR | 00:25:08 | FV50 | **7** |
| 77 | 585 | RHIAN REES | Oswestry Olympians | 00:25:16 | SW | **23** |
| 78 | 549 | CHERYL FROST | North Wales RR | 00:25:21 | FV55 | **4** |
| 79 | 309 | HOLLY MCINTOSH | Aberystwyth Uni | 00:25:24 | SW | **24** |
| 80 | 563 | ALISON TICKNER | Oswestry Olympians | 00:25:27 | FV55 | **5** |
| 81 | 462 | HELEN BLAIR | Eryri Harriers | 00:25:28 | FV55 | **6** |
| 82 | 724 | LINDA JONES | Wrexham ac | 00:25:29 | FV55 | **7** |
| 83 | 443 | SARAH PEARCE | Dolly Mixtures | 00:25:30 | FV45 | **9** |
| 84 | 488 | MICHELLE FARRELL | Gog Triathlon | 00:25:31 | FV40 | **9** |
| 85 | 575 | VICKY BAILLIE | Oswestry Olympians | 00:25:33 | FV40 | **10** |
| 86 | 324 | LAURA MACKENZIE | Betsi Runaways | 00:25:36 | FV40 | **11** |
| 87 | 753 | EMMA WILLIAMS | Dolly Mixtures | 00:25:37 | FV55 | **8** |
| 88 | 548 | KAY HATTON | North Wales RR | 00:25:43 | FV60 | **4** |
| 89 | 701 | JOY HICKMAN | West Cheshire AC | 00:25:46 | FV55 | **9** |
| 90 | 562 | SUSIE HANCOCK | Oswestry Olympians | 00:25:49 | FV60 | **5** |
| 91 | 607 | HELEN ASHWORTH | Prestatyn RC | 00:25:54 | FV40 | **12** |
| 92 | 484 | AMANDA SELLENS | Gog Triathlon | 00:26:03 | FV35 | **12** |
| 93 | 674 | HELEN CROOK | Shropshire Shufflers | 00:26:18 | FV45 | **10** |
| 94 | 390 | MICHELLE ARROWSMITH | Deeside ac | 00:26:25 | FV45 | **11** |
| 95 | 600 | ANN CLAIRE JONES | Prestatyn RC | 00:26:31 | FV50 | **8** |
| 96 | 658 | MAURA QUILL | Shropshire Shufflers | 00:26:33 | FV60 | **6** |
| 97 | 467 | LUCY O'DONNELL | Eryri Harriers | 00:26:37 | FV40 | **13** |
| 98 | 756 | JESSICA HARVEY | Telford ac | 00:26:45 | FV40 | **14** |
| 99 | 694 | ALISON PREECE | Telford ac | 00:26:45 | FV50 | **9** |
| 100 | 323 | MARI JONES | Betsi Runaways | 00:26:55 | FV45 | **12** |
| 101 | 774 | YITZI WALLS | Shropshire Shufflers | 00:27:00 | FV40 | **15** |
| 102 | 769 | TANIA BRANDON | Oswestry Olympians | 00:27:11 | FV55 | **10** |
| 103 | 676 | LOUISA DICKENSON | Shropshire Shufflers | 00:27:19 | FV40 | **16** |
| 104 | 564 | LIZ PARK | Oswestry Olympians | 00:27:28 | FV50 | **10** |
| 105 | 604 | SOPHIE JOHNSON | Prestatyn RC | 00:27:30 | FV45 | **13** |
| 106 | 444 | LISA ASHWORTH | Dolly Mixtures | 00:27:31 | FV45 | **14** |
| 107 | 315 | MOLLY MCGOWAN | Bangor University | 00:27:31 | SW | **25** |
| 108 | 481 | ELIZABETH EVANS | Gog Triathlon | 00:27:43 | FV70 | **1** |
| 109 | 328 | MADDIE TRACEY | Betsi Runaways | 00:27:49 | SW | **26** |
| 110 | 572 | SARAH GRIMLEY | Oswestry Olympians | 00:28:16 | FV40 | **17** |
| 111 | 339 | SIAN MEIRION | Buckley Runners | 00:28:18 | FV50 | **11** |
| 112 | 512 | MARGARET ROBERTS | Meirionydd | 00:28:19 | FV60 | **7** |
| 113 | 749 | LAURIE GRIFFITH | Colwyn Bay AC | 00:28:20 | FV50 | **12** |
| 114 | 678 | LAURA SMITH | Shropshire Shufflers | 00:28:26 | FV35 | **13** |
| 115 | 765 | JODIE ROGERS | Oswestry Olympians | 00:28:30 | SW | **27** |
| 116 | 664 | MOYNA RICHEY | Shropshire Shufflers | 00:28:38 | FV50 | **13** |
| 117 | 440 | HELEN DAVIES | Dolly Mixtures | 00:28:45 | FV55 | **11** |
| 118 | 514 | HELEN JONES | Meirionydd | 00:28:46 | FV55 | **12** |
| 119 | 335 | JANE LINDLEY | Buckley Runners | 00:28:52 | FV55 | **13** |
| 120 | 319 | RACHEL SANDER | Bangor University | 00:28:54 | FU20 | **8** |
| 121 | 675 | SHONA BARROW | Shropshire Shufflers | 00:29:01 | FV40 | **18** |
| 122 | 419 | MENAI BAUGH | Denbigh Harriers | 00:29:04 | FV65 | **1** |
| 123 | 693 | LISA BLAGDEN | Telford ac | 00:29:10 | FV55 | **14** |
| 124 | 608 | RACHEL JACKSON | Prestatyn RC | 00:29:20 | FV35 | **14** |
| 125 | 516 | NIA EVANS | Meirionydd | 00:29:25 | FV45 | **15** |
| 126 | 723 | ALEX EDWARDS | Wrexham ac | 00:29:36 | FV60 | **8** |
| 127 | 303 | CHRISTIANE KLOOS | Aberystwyth AC | 00:29:51 | FV50 | **14** |
| 128 | 357 | EMMA MACARTHUR | Colwyn Bay AC | 00:29:53 | FV45 | **16** |
| 129 | 767 | CALA JONES | Prestatyn RC | 00:30:02 | FV50 | **15** |
| 130 | 773 | GRACE HART | Tattenhall Runners | 00:30:09 | FV50 | **16** |
| 131 | 603 | LIZ MARTIN | Prestatyn RC | 00:30:14 | FV45 | **17** |
| 132 | 529 | ELEN WILLIAMS | Meirionydd | 00:30:15 | SW | **28** |
| 133 | 766 | HELEN ALEFOUNDOUR | Prestatyn RC | 00:30:18 | FV45 | **18** |
| 134 | 559 | SARAH GREAVES | Oswestry Olympians | 00:30:22 | FV65 | **2** |
| 135 | 578 | ASHLING DONOHOE-HARRISON | Oswestry Olympians | 00:30:30 | FV35 | **15** |
| 136 | 764 | LIZ HUMPHRIES | Tattenhall Runners | 00:30:32 | FV60 | **9** |
| 137 | 775 | JILL GRAHAM | Oswestry Olympians | 00:30:44 | FV60 | **10** |
| 138 | 410 | AMANDA SCOTTER | Deestriders | 00:31:00 | FV40 | **19** |
| 139 | 745 | AIME TONKIN | Aberystwyth Uni | 00:31:10 | SW | **29** |
| 140 | 743 | NELL MINTON | Aberystwyth Uni | 00:31:12 | SW | **30** |
| 141 | 714 | STEPHANIE BENTING | Wrekin RR | 00:31:20 | FV35 | **16** |
| 142 | 601 | DEBBIE JONES | Prestatyn RC | 00:31:24 | FV50 | **17** |
| 143 | 455 | VIVIENNE EDWARDS | Eryri Harriers | 00:31:25 | FV65 | **3** |
| 144 | 480 | ANN DALBURQUERQUE | Gog Triathlon | 00:32:16 | FV70 | **2** |
| 145 | 408 | CLAIRE HARPER | Deestriders | 00:32:17 | FV45 | **19** |
| 146 | 700 | EMILY MURPHY | West Cheshire AC | 00:32:27 | FU17 | **8** |
| 147 | 333 | SUSAN RIDINGS | Buckley Runners | 00:32:27 | FV60 | **11** |
| 148 | 711 | SUE GOODALL | Wrekin RR | 00:32:35 | FV55 | **15** |
| 149 | 656 | ROSE FOX | Shropshire Shufflers | 00:32:37 | FV60 | **12** |
| 150 | 521 | EMMA STORY | Meirionydd | 00:32:43 | FV40 | **20** |
| 151 | 659 | ELAINE DEAN | Shropshire Shufflers | 00:34:21 | FV60 | **13** |
| 152 | 670 | KATE BENTHAM | Shropshire Shufflers | 00:35:35 | FV45 | **20** |
| 153 | 452 | MAGGIE OLIVER | Eryri Harriers | 00:36:53 | FV75 | **1** |
| 154 | 599 | EMMA BIRCHALL | Prestatyn RC | 00:38:24 | FV50 | **18** |
| 155 | 596 | JULIE EVANS | Prestatyn RC | 00:38:38 | FV60 | **14** |
| 156 | 304 | LYNSEY GAMBLE | Aberystwyth AC | 00:40:47 | FV45 | **21** |
| 157 | 662 | MARILYN HUNT | Shropshire Shufflers | 00:44:49 | FV55 | **16** |
| 158 | 356 | MAUREEN SINGLETON | Colwyn Bay AC | 00:47:47 | FV80 | **1** |

**FEMALE TEAMS**

**DIVISION ONE (4 to SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 2****Points** | **Total Race 2 Points** | **Race 2****Position** | **OVERALL POINTS** | **OVERALL POSITION** |
| Deeside AC | 2/7/10/47 | **66** | **3** | **84** | **1** |
| Eryri | 3/9/13/35 | **60** | **2** | **102** | **2** |
| Oswestry  | 12/22/24/27 | **85** | **4** | **199** | **3** |
| Shrewsbury AC | 4/8/19/21 | **52** | **1** | **267** | **4** |
| Meirionydd | 20/42/49/68 | **179** | **6** | **283** | **5** |
| Aberystwyth Uni | 5/11/31/58 | **105** | **5** | **347** | **6** |
| Buckley | 17/43/72/111 | **243** | **8** | **419** | **7** |
| West Cheshire | 28/48/71/89 | **236** | **7** | **621** | **8** |

**DIVISION TWO (3 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 2****Points** | **Total Race 2 Points** | **Race 2****Position** | **OVERALL POINTS** | **OVERALL POSITION** |
| Denbigh | 1/15/51 | **67** | **1** | **152** | **1** |
| Menai T&F | 6/30/46 | **82** | **3** | **163** | **2** |
| Shropshire Shuff | 14/60/67 | **141** | **4** | **260** | **3** |
| Bangor Uni | 44/70/75 | **189** | **5** | **308** | **4** |
| GOG Tri Club | 65/84/92 | **241** | **10** | **352** | **5** |
| Colwyn Bay | 29/74/113 | **216** | **8** | **384** | **6** |
| Wrexham AAC | 36/82/126 | **244** | **11** | **392** | **7** |
| Betsi Runaways | 23/86/100 | **209** | **6** | **424** | **8** |
| Prestatyn | 26/91/95 | **212** | **7** | **442** | **9** |
| Dolly Mixtures | 52/83/87 | **222** | **9** | **500** | **10** |
| NWRRC | 78/88/159 | **325** | **14** | **631** | **11** |
| Deestriders | 63/138/145 | **346** | **15** | **685** | **12** |
| Tattenhall | 130/136/159 | **425** | **17** | **730** | **13** |
| Aberystwyth AC | 32/156/127 | **315** | **13** | **736** | **14** |
| Wrekin RR | 76/141/148 | **365** | **16** | **765** | **15** |
| Telford AC | 16/18/34 | **68** | **2** | **N/A** | **N/A** |
| Maldwyn | 38/50/159 | **247** | **12** | **N/A** | **N/A** |

**FEMALE MASTERS TEAMS**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 2****Points** | **Total Race 2 Points** | **Race 2****Position** | **OVERALL POINTS** | **OVERALL POSITION** |
| Eryri Harriers | 2/27/43 | **72** | **8** | **88** | **1** |
| Meirionnydd | 11/20/23 | **54** | **4** | **89** | **2** |
| Denbigh Harriers | 1/25/28 | **54** | **5** | **99** | **3** |
| Oswestry Olympians | 5/13/15 | **33** | **3** | **102** | **4** |
| Buckley RC | 8/21/37 | **66** | **6** | **122** | **5** |
| Shropshire Shufflers | 6/31/35 | **72** | **7** | **137** | **6** |
| GOG Tri Club | 34/46/54 | **188** | **11** | **242** | **7** |
| Dolly Mixtures | 26/45/49 | **120** | **9** | **292** | **8** |
| Prestatyn RC | 53/57/67 | **177** | **10** | **350** | **9** |
| Colwyn Bay | 39/73/87 | **199** | **12** | **359** | **10** |
| Deestriders | 33/96/101 | **230** | **14** | **453** | **11** |
| Aberystwyth AC | 14/86/111 | **211** | **13** | **494** | **12** |
| Shrewsbury AC | 3/10/12 | **25** | **1** | **N/A** | **N/A** |
| Telford AC | 7/9/16 | **32** | **2** | **N/A** | **N/A** |
| Wrekin RR | 40/97/103 | **236** | **15** | **N/A** | **N/A** |

Firstly a big thank you, to Shrewsbury AC, their volunteers, helpers and officials for not only putting on a great course but also securing good weather. Also I’d like to thank the staff at PGL who welcomed us and helped put on a great event. However one man organised everything so a big thank you to Jim Higginbottom, who not only was busy setting up the course on Friday and first to the course on Saturday morning but also managed to have a reasonable run as well.

The next North Wales Cross Country League race will be at Dolgellau (postcode: LL401UU) on Saturday 20th January 2024. Before that we have the North Wales Cross Country Championships (and Shropshire and Cheshire Champs for our friends from across the border) on Saturday 7th January 2024. Entries can be made on-line via the following link: [North Wales Cross Country Championships 2024 - EntryCentral](https://www.entrycentral.com/NorthWalesCCChamps?fbclid=IwAR1p2qxZEeQvjZE4CLm-UJSbk_X8DFhtP5W9zDuxVvx3VDTYz0R28RWm9dc)

Have a good Christmas and see you in the New Year

**Bernie Jones**

**Secretary/Referee**