**GRAND PRIX EXPRESS**

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

At DOLGELLAU Saturday 20th January 2024

 FINAL RESULTS 21/1/24

**SENIOR MEN**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | 1055 | MATTHEW COLLINS | Oswestry Olympians | 00:30:11 | SM | 1 |
| 2 | 1211 | JANOS VRANEK | Aberystwyth University | 00:30:22 | SM | 2 |
| 3 | 1008 | RHODRI OWEN  | Meirionydd | 00:31:11 | SM | 3 |
| 4 | 1120 | ROBERT WESTON | Shrewsbury ac | 00:32:05 | SM | 4 |
| 5 | 1006 | TOMOS ROBERTS | Meirionydd | 00:32:14 | SM | 5 |
| 6 | 923 | EDWARD WOODHEAD | Deeside ac | 00:32:40 | U20M | 1 |
| 7 | 1212 | JOE ROBSON | Aberystwyth University | 00:32:45 | SM | 6 |
| 8 | 1226 | OWAIN SCHIAVONE | Aberystwyth University | 00:32:48 | M40 | 1 |
| 9 | 1261 | GRUFFUDD LEWIS | Aberystwyth AC | 00:32:54 | M35 | 1 |
| 10 | 961 | DAVE BUS HUGHES | Eryri Harriers | 00:33:06 | M35 | 2 |
| 11 | 1009 | GWION ROBERTS | Meirionydd | 00:33:21 | SM | 7 |
| 12 | 1019 | STEFFAN SAYER | Menai T&F | 00:33:35 | M40 | 2 |
| 13 | 947 | MICHAEL WHYATT | Eryri Harriers | 00:33:40 | M60 | 1 |
| 14 | 856 | CHRIS CALLAGHAN | Buckley Runners | 00:33:52 | M45 | 1 |
| 15 | 1083 | JOEL GOMES | Run Free Fell Runners | 00:33:57 | M40 | 3 |
| 16 | 1283 | JAMES STUART | Shrewsbury ac | 00:34:01 | M45 | 2 |
| 17 | 1000 | ALUN WILLIAMS | Meirionydd | 00:34:02 | M40 | 4 |
| 18 | 874 | GERARD COLEMAN | Buckley Runners | 00:34:25 | SM | 8 |
| 19 | 1276 | ALED BREEZE | Maldwyn Harriers | 00:34:27 | U20M | 2 |
| 20 | 954 | MATTHEW FORTES | Eryri Harriers | 00:34:28 | M45 | 3 |
| 21 | 1053 | OSCAR SIMMONS | Oswestry Olympians | 00:34:31 | SM | 9 |
| 22 | 827 | ANDREW MOORE | Bangor University | 00:34:48 | U20M | 3 |
| 23 | 809 | EDWARD LAND | Aberystwyth AC | 00:34:49 | M40 | 5 |
| 24 | 1253 | DANIEL NEWMAN | Shrewsbury ac | 00:34:54 | U20M | 4 |
| 25 | 1001 | RUSSELL BENTLEY | Meirionydd | 00:34:54 | M40 | 6 |
| 26 | 940 | TONY WOOD | Denbigh Harriers | 00:35:03 | M35 | 3 |
| 27 | 1284 | JAMES COWAN | Aberystwyth University | 00:35:15 | SM | 10 |
| 28 | 1196 | ALLY HUGHES | Wrexham ac | 00:35:23 | M35 | 4 |
| 29 | 1285 | EDDIE GARNER | Shrewsbury ac | 00:35:26 | SM | 11 |
| 30 | 1013 | GERAINT PUGH | Meirionydd | 00:35:32 | SM | 12 |
| 31 | 908 | EDMUND MORTELL | Deeside ac | 00:35:35 | M45 | 4 |
| 32 | 955 | NEAL HOCKLEY | Eryri Harriers | 00:35:53 | M45 | 5 |
| 33 | 820 | DANIEL DAVEY | Bangor University | 00:35:54 | SM | 13 |
| 34 | 1180 | LEE RUDD | Wrekin Road Runners | 00:35:54 | M50 | 1 |
| 35 | 1279 | JOSHUA GOOLDEN | Oswestry Olympians | 00:35:59 | SM | 14 |
| 36 | 853 | JEZ BROWN | Buckley Runners | 00:36:09 | M50 | 2 |
| 37 | 1121 | CHARLIE LEWIS | Shrewsbury ac | 00:36:15 | SM | 15 |
| 38 | 1025 | WILLIAM WILLIAMS | North Wales RRC | 00:36:19 | M50 | 3 |
| 39 | 1273 | BILLY JACKSON | Aberystwyth University | 00:36:24 | U20M | 5 |
| 40 | 1010 | JOHN DAVIES | Meirionydd | 00:36:26 | SM | 16 |
| 41 | 1251 | TIM TANSLEY | Oswestry Olympians | 00:36:26 | M50 | 4 |
| 42 | 807 | ALED HUGHES | Aberystwyth AC | 00:36:31 | M45 | 6 |
| 43 | 1213 | MORGAN THOMPSON  | Aberystwyth University | 00:36:48 | SM | 17 |
| 44 | 1272 | MAX PASSINGHAM | Aberystwyth University | 00:36:50 | U20M | 6 |
| 45 | 1066 | LEE BAILEY | Prestatyn Running Club | 00:36:54 | M45 | 7 |
| 46 | 810 | NATHAN ROBERTSHAW | Aberystwyth AC | 00:36:54 | SM | 18 |
| 47 | 974 | GRAEME TUNSTALL | Gog Triathlon | 00:37:17 | M40 | 7 |
| 48 | 1247 | DAVE ALEXANDER | West Cheshire AC | 00:37:21 | M50 | 5 |
| 49 | 805 | SHELLEY CHILDS | Aberystwyth AC | 00:37:30 | M45 | 8 |
| 50 | 1049 | STJOHN ASHWORTH | Oswestry Olympians | 00:37:43 | M40 | 8 |
| 51 | 1225 | MARK GREENWOOD | Aberystwyth University | 00:37:44 | U20M | 7 |
| 52 | 939 | HUW EURON WILLIAMS | Denbigh Harriers | 00:37:45 | M35 | 5 |
| 53 | 935 | GLEN PRICE | Denbigh Harriers | 00:37:51 | M45 | 9 |
| 54 | 842 | ERIC CAMPBELL | Buckley Runners | 00:37:52 | M60 | 2 |
| 55 | 1166 | ANDREW CLAGUE | West Cheshire AC | 00:37:54 | M55 | 1 |
| 56 | 997 | RHODRI AP DYFRIG | Meirionydd | 00:38:11 | M45 | 10 |
| 57 | 1277 | CAMERON MORRIS | Bangor University | 00:38:12 | SM | 19 |
| 58 | 1282 | TIM GEARS | Oswestry Olympians | 00:38:18 | M45 | 11 |
| 59 | 1038 | CHARLIE WOOLCOCK | Oswestry Olympians | 00:38:49 | M40 | 9 |
| 60 | 963 | SAMUEL DRINKWATER | Eryri Harriers | 00:38:53 | SM | 20 |
| 61 | 1164 | JEFF GIFFORD | West Cheshire AC | 00:38:54 | M55 | 2 |
| 62 | 941 | DAN WEBB | Denbigh Harriers | 00:38:56 | M35 | 6 |
| 63 | 1227 | ROBERT EVANS | Colwyn Bay AC | 00:39:01 | M35 | 7 |
| 64 | 900 | TIM WOODHEAD | Deeside ac | 00:39:03 | M50 | 6 |
| 65 | 1224 | ALEX READ | Aberystwyth University | 00:39:08 | U20M | 8 |
| 66 | 1270 | EDWARD DAVIES | Buckley Runners | 00:39:10 | M55 | 3 |
| 67 | 1278 | BEN THOMAS | Prestatyn Running Club | 00:39:13 | M35 | 8 |
| 68 | 913 | ANDY CAMPBELL M | Deeside ac | 00:39:23 | M45 | 12 |
| 69 | 945 | MARK KELLY | Denbigh Harriers | 00:39:26 | M45 | 13 |
| 70 | 1271 | ANTONIO CONRADIE | Meirionydd | 00:39:39 | U20M | 9 |
| 71 | 1018 | ELIS SMITH | Meirionydd | 00:39:44 | SM | 21 |
| 72 | 1056 | GREG STOKES | Oswestry Olympians | 00:39:52 | SM | 22 |
| 73 | 1079 | ALISTAIR POTTER | Run Free Fell Runners | 00:40:14 | M55 | 4 |
| 74 | 1274 | HARRY SMITH | Aberystwyth University | 00:40:15 | SM | 23 |
| 75 | 814 | SAUL ASHTON | Aberystwyth University | 00:40:15 | U20M | 10 |
| 76 | 1246 | HADYN JONES | Shrewsbury ac | 00:40:22 | M60 | 3 |
| 77 | 883 | GREG GRUNDY | Colwyn Bay AC | 00:40:37 | M45 | 14 |
| 78 | X917 | MIKE O' TOOLE M | Deeside ac | 00:41:03 | M35 | 9 |
| 79 | 1048 | PETER GRIMLEY | Oswestry Olympians | 00:41:05 | M40 | 10 |
| 80 | 804 | NEIL GAMBLE | Aberystwyth AC | 00:41:11 | M50 | 7 |
| 81 | 1262 | DAN BACK | Aberystwyth AC | 00:41:13 | M35 | 10 |
| 82 | 943 | JOHN DAVIES | Denbigh Harriers | 00:41:24 | SM | 24 |
| 83 | 1116 | ANDREW PRICE | Shrewsbury ac | 00:41:28 | SM | 25 |
| 84 | 1208 | OWEN CONRY | Denbigh Harriers | 00:41:33 | M50 | 8 |
| 85 | 879 | RUSSELL GODWIN | Colwyn Bay AC | 00:41:36 | M55 | 5 |
| 86 | 906 | STUART BROWN | Deeside ac | 00:41:38 | M50 | 9 |
| 87 | 992 | RICHARD FLUTTER | Meirionydd | 00:41:43 | M55 | 6 |
| 88 | 1043 | JOHN SNELL | Oswestry Olympians | 00:41:50 | M60 | 4 |
| 89 | 886 | JARED ROBERTS | Colwyn Bay AC | 00:41:50 | SM | 26 |
| 90 | 948 | ANTHONY DAVIES | Eryri Harriers | 00:41:55 | M55 | 7 |
| 91 | 801 | DAMIAN SIDNELL | Aberystwyth AC | 00:41:57 | M60 | 5 |
| 92 | 1135 | CALVIN WRIGHT | Shropshire Shufflers | 00:42:01 | M55 | 8 |
| 93 | 1242 | EMYR EVANS | Colwyn Bay AC | 00:42:06 | M50 | 10 |
| 94 | 887 | JOSH MOTTRAM | Colwyn Bay AC | 00:42:11 | U20M | 11 |
| 95 | 885 | NEAL JONES | Colwyn Bay AC | 00:42:17 | M35 | 11 |
| 96 | 1034 | BEN ROTHERA | Oswestry Olympians | 00:42:24 | SM | 27 |
| 97 | 1046 | RICHARD COLLINS | Oswestry Olympians | 00:42:35 | M50 | 11 |
| 98 | 1106 | THOMAS CORFIELD | Shrewsbury ac | 00:42:42 | M35 | 12 |
| 99 | 1228 | GWYN WILLIAMS | Colwyn Bay AC | 00:42:46 | M50 | 12 |
| 100 | 822 | EOIN MARTYN | Bangor University | 00:42:55 | SM | 28 |
| 101 | 881 | IAN MULLIGAN | Colwyn Bay AC | 00:43:13 | M55 | 9 |
| 102 | 1280 | CHARLIE BARTON | Buckley Runners | 00:43:24 | SM | 29 |
| 103 | 905 | DAVID JONES | Deeside ac | 00:43:27 | M50 | 13 |
| 104 | 1129 | JOHN SHORT | Shropshire Shufflers | 00:44:07 | M60 | 6 |
| 105 | 1045 | RICHARD PULLIN | Oswestry Olympians | 00:44:10 | M55 | 10 |
| 106 | 1136 | TIM JONES | Shropshire Shufflers | 00:44:22 | M50 | 14 |
| 107 | 1203 | PHIL HAYES | Deeside ac | 00:44:31 | M40 | 11 |
| 108 | 1266 | TONY BENTON | Denbigh Harriers | 00:44:41 | M60 | 7 |
| 109 | 880 | IAN TAYLOR | Colwyn Bay AC | 00:44:57 | M55 | 11 |
| 110 | 829 | OGGY EAST | Betsi Runaways | 00:45:09 | M55 | 12 |
| 111 | 1263 | MEL HOPKINS | Aberystwyth AC | 00:45:16 | M60 | 8 |
| 112 | 837 | HUW LEWIS | Buckley Runners | 00:45:57 | M60 | 9 |
| 113 | 878 | CHRIS WILLIAMS | Colwyn Bay AC | 00:46:16 | M60 | 10 |
| 114 | 1057 | REG JONAS | Prestatyn Running Club | 00:46:41 | M60 | 11 |
| 115 | 932 | DUNCAN JONES | Denbigh Harriers | 00:46:42 | M60 | 11 |
| 116 | 986 | RICHARD HANKINSON | Meirionydd | 00:46:51 | M60 | 12 |
| 117 | 1281 | TOM HOLMES | Run Free Fell Runners | 00:48:14 | M40 | 12 |
| 118 | 990 | MIKE GEARY | Meirionydd | 00:48:42 | M60 | 13 |
| 119 | 816 | NICHOLAS MEYER | Bangor University | 00:50:08 | SM | 30 |
| 120 | 1130 | WAYNE MILLARD | Shropshire Shufflers | 00:50:14 | M60 | 14 |
| 121 | 1265 | DANIEL THOROGOOD | Aberystwyth AC | 00:50:41 | M60 | 15 |
| 122 | 1065 | JAMES ROGERS | Prestatyn Running Club | 00:51:28 | M50 | 15 |
| 123 | 949 | STEVEN BROWN | Eryri Harriers | 00:51:30 | M50 | 16 |
| 124 | 802 | DAVID HUMPHREYS | Aberystwyth AC | 00:51:43 | M55 | 13  |
| 125 | 1219 | KARL MARTIN | Prestatyn Running Club | 01:00:20 | M55 | 14 |

**TEAMS**

**DIVISION ONE (6 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 3****Points** | **Total Race 3 Points** | **Race 3****Position** | **OVERALL POINTS** | **OVERAL ---++++++++++++++ POSITION** |
| Meirionydd | 3, 5, 11, 17, 25, 30 | **91** | **1** | **338** | **1** |
| Shrewsbury | 4, 16, 24, 29, 37, 76 | **186** | **3** | **353** | **2** |
| Aberystwyth Uni | 2, 7, 8, 27, 39, 43 | **126** | **2** | **455** | **3** |
| Oswestry | 1, 21, 35, 41, 50, 58 | **206** | **4** | **617** | **4** |
| Buckley | 14, 18, 36, 54, 66, 102 | **290** | **5** | **712** | **5** |
| Denbigh Harriers | 26, 52, 53, 62, 69, 82 | **344** | **7** | **1,143** | **6** |
| Deeside AC | 6, 31, 64, 68, 78, 86 | **333** | **6** | **1,427** | **7** |
| West Cheshire | 48, 55, 61, 126, 126, 126 | **542** | **8** | **1,931** | **8** |

**DIVISION TWO (4 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 3****Points** | **Total Race 3 Points** | **Race 3****Position** | **OVERALL POINTS** | **OVERALL POSITION** |
| Eryri | 10, 13, 20, 32  | **75** | **1** | **266** | **1** |
| Bangor Uni | 22, 33, 52, 100 | **207** | **3** | **763** | **2** |
| Prestatyn | 45, 67, 114, 122 | **348** | **6** | **908** | **3** |
| Aberystwyth AC | 9, 23, 42, 46 | **120** | **2** | **951** | **4** |
| Wrexham AC | 28, 126, 126, 126 | **406** | **9** | **1,000** | **5** |
| GOG Tri Club | 47, 126, 126, 126 | **425** | **13** | **1,028** | **6** |
| Colwyn Bay | 63, 77, 85, 89 | **314** | **4** | **1,066** | **7** |
| Betsi Runaways | 110, 126, 126, 126 | **488** | **14** | **1,077** | **8** |
| Shropshire Shuff | 92, 104, 106, 120 | **422** | **12** | **1,223** | **9** |
| Run Free Fell | 15, 73, 117, 126 | **331** | **5** | **1,249** | **10** |
| NWRRC | 38, 126, 126, 126 | **416** | **11** | **1,466** | **11** |
| Wrekin RR | 34, 126, 126, 126 | **412** | **10** | **1,513** | **12** |
| Maldwyn Harriers | 19, 126, 126, 126 | **397** | **8** | **N/A** | **N/A** |
| Menai T & F | 12, 126, 126, 126 | **390** | **7** | **N/A** | **N/A** |

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 3****Points** | **Total Race 3 Points** | **Race 3****Position** | **OVERALL POINTS** | **OVERALL POSITION** |
| Eryri Harriers | 3, 5, 10 | **18** | **1** | **93** | **1** |
| Buckley RC | 6, 18, 29 | **53** | **4** | **135** | **2** |
| Meirionnydd | 9, 12, 31 | **52** | **3** | **164** | **3** |
| Shrewsbury AC | 8, 43, 61 | **112** | **9** | **177** | **4** |
| Denbigh Harriers | 13, 27, 28 | **68** | **5** | **220** | **5** |
| Oswestry Olympians | 20, 26, 33 | **79** | **6** | **264** | **6** |
| Prestatyn RC | 22, 39, 75 | **136** | **12** | **330** | **7** |
| West Cheshire | 24, 30, 34 | **88** | **7** | **333** | **8** |
| Deeside AC | 15, 37, 40 | **92** | **8** | **378** | **9** |
| Aberystwyth AC | 2, 11, 21 | **34** | **2** | **409** | **10** |
| Colwyn Bay | 36, 44, 50 | **130** | **11** | **531** | **11** |
| Shropshire Shufflers | 56, 65, 67 | **187** | **13** | **640** | **12** |
| Run Free Fell | 7, 42, 78 | **127** | **10** | **N/A** | **N/A** |

**MALE OVER 65**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | 457 | RUSSELL OWEN | Eryri Harriers | 00:23:24 | MV65 | 1 |
| 2 | 420 | MARK WATLING | Denbigh Harriers | 00:23:55 | MV65 | 2 |
| 3 | 613 | NEIL OWENS | Run Free Fell Runners | 00:24:49 | MV70 | 1 |
| 4 | 458 | ARWEL LEWIS | Eryri Harriers | 00:24:51 | MV65 | 3 |
| 5 | 647 | PETER HOUGH | Shropshire Shufflers | 00:24:58 | MV70 | 2 |
| 6 | 776 | RICHARD TYLER | Cheshire Dragons | 00:26:33 | MV65 | 4 |
| 7 | 509 | DAVID WRIGHT | Meirionydd | 00:26:54 | MV65 | 5 |
| 8 | 456 | MIKE SNELL | Eryri Harriers | 00:27:11 | MV65 | 6 |
| 9 | 454 | JOHN MAINWARING | Eryri Harriers | 00:27:29 | MV65 | 7 |
| 10 | 506 | DAVID WHITTY | Meirionydd | 00:27:43 | MV65 | 8 |
| 11 | 651 | PAUL HARRISON | Shropshire Shufflers | 00:27:43 | MV65 | 9 |
| 12 | 650 | LESLIE RITCHIE | Shropshire Shufflers | 00:28:25 | MV65 | 10 |
| 13 | 508 | NEIL GRANT | Meirionydd | 00:28:32 | MV65 | 11 |
| 14 | 784 | CLIVE WILLIAMS | Aberystwyth AC | 00:29:14 | MV65 | 12 |
| 15 | 727 | EMYR DAVIES | Hebog | 00:29:25 | MV80 | 1 |
| 16 | 417 | DAVE PASSE | Denbigh Harriers | 00:29:34 | MV70 | 3 |
| 17 | 504 | PAUL WELSH | Meirionydd | 00:30:11 | MV65 | 13 |
| 18 | 502 | NICHOLAS BRADLEY | Meirionydd | 00:30:14 | MV65 | 14 |
| 19 | 652 | PAUL STONE | Shropshire Shufflers | 00:31:09 | MV65 | 15 |
| 20 | 785 | CAMERON POPE | Aberystwyth AC | 00:31:28 | MV65 | 16 |
| 21 | 453 | EURWYN EDWARDS | Eryri Harriers | 00:31:52 | MV65 | 17 |
| 22 | 645 | IAIN DAY | Shropshire Shufflers | 00:34:07 | MV75 | 1 |
| 23 | 450 | DON WILLIAMS | Eryri Harriers | 00:34:10 | MV80 | 2 |
| 24 | 648 | NEVILLE SCOTT SIMPSON | Shropshire Shufflers | 00:34:52 | MV65 | 18 |
| 25 | 479 | JOHN DALBURQUERQUE | Gog Triathlon | 00:37:44 | MV75 | 2 |
| 26 | 482 | MALCOLM HARRISON | Gog Triathlon | 00:41:38 | MV65 | 19 |
| 27 | 587 | ROGER HARRISON-JONES | Prestatyn RC | 00:44:03 | MV85 | 1 |

**TEAMS (3 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 3****Points** | **Total Race 3 Points** | **Race 3****Position** | **OVERALL POINTS** | **OVERALL POSITION** |
| Eryri Harriers | 1, 4, 8 | **13** | **1** | **59** | **1** |
| Shropshire Shufflers | 5, 11, 12 | **28** | **2** | **100** | **2** |
| Meirionnydd | 7, 10, 13 | **30** | **3** | **113** | **3** |

**UNDER 17 MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** |
| 1 | 385 | JACOB WELSH | Deeside ac | 00:20:31 |
| 2 | 445 | CAI DAFYDD | Eryri Harriers | 00:21:25 |
| 3 | 388 | TED CONDRY | Deeside ac | 00:22:06 |
| 4 | 415 | ARTHUR JONES | Denbigh Harriers | 00:22:55 |
| 5 | 381 | ELIS JONES | Deeside ac | 00:23:22 |
| 6 | 539 | TOMOS MORGAN | Menai T&F | 00:23:53 |
| 7 | 413 | KYLE MORGAN | Denbigh Harriers | 00:24:58 |

**TEAMS (3 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 3****Points** | **Total Race 3 Points** | **Race 3****Position** | **OVERALL POINTS** | **OVERALL POSITION** |
| Deeside AC | 1, 3, 5 | **9** | **1** | **39** | **1** |

**SENIOR WOMEN**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | 430 | JOANNE HENDERSON | Denbigh Harriers | 00:21:49 | W45 | 1 |
| 2 | 400 | EDEN O' DEA | Deeside ac | 00:22:50 | SW | 1 |
| 3 | 469 | GEMMA MOORE | Eryri Harriers | 00:23:02 | W40 | 1 |
| 4 | 373 | JOSIE HURST | Deeside ac | 00:23:23 | U17W | 1 |
| 5 | 396 | OLIVIA ASHTON | Deeside ac | 00:23:26 | SW | 1 |
| 6 | 308 | EMMA PALFREY | Aberystwyth Uni | 00:23:26 | W35 | 1 |
| 7 | 312 | ELLA LEONARD | Bangor University | 00:23:38 | SW | 2 |
| 8 | 799 | KATIE REYNOLD | Eryri Harriers | 00:23:39 | SW | 3 |
| 9 | 472 | ELLIW HAF | Eryri Harriers | 00:23:46 | W35 | 2 |
| 10 | 746 | EMMA PRICE | Aberystwyth Uni | 00:23:55 | SW | 4 |
| 11 | 679 | CLAIRE MCCARTHY | Shropshire Shufflers | 00:24:11 | W35 | 3 |
| 12 | 536 | CADI FRENCH | Menai T&F | 00:24:15 | U17W | 1 |
| 13 | 738 | NIA TEIFI REES | Aberystwyth Uni | 00:24:17 | SW | 5 |
| 14 | 631 | JAN COOK | Shrewsbury ac | 00:24:19 | W50 | 1 |
| 15 | 518 | CHARLENE JACOBS-CONRADIE | Meirionydd | 00:24:24 | W45 | 2 |
| 16 | 537 | CADI WYNN | Menai T&F | 00:24:36 | U17W | 2 |
| 17 | 565 | NICOLA SHIPP | Oswestry Olympians | 00:24:37 | W45 | 3 |
| 18 | 297 | ALICE TREVOR JONES | Oswestry | 00:24:42 | W35 | 4 |
| 19 | 707 | EMMA NUTT | West Cheshire AC | 00:24:46 | SW | 6 |
| 20 | 314 | AUDE THIROUIN | Bangor University | 00:24:47 | SW | 7 |
| 21 | 609 | LISA LINES | Prestatyn RC | 00:24:49 | SW | 8 |
| 22 | 436 | ELEANOR ASHCROFT | Denbigh Harriers | 00:24:50 | SW | 9 |
| 23 | 474 | ANNA DRINKWATER | Eryri Harriers | 00:24:51 | SW | 10 |
| 24 | 327 | FFION EVANS | Betsi Runaways | 00:25:02 | SW | 11 |
| 25 | 780 | LOUISE BARKER | Aberystwyth AC | 00:25:06 | W45 | 4 |
| 26 | 478 | ANWEN HOCKLEY | Eryri Harriers | 00:25:26 | U20W | 1 |
| 27 | 487 | VICTORIA COLE | Gog Triathlon | 00:25:27 | W40 | 2 |
| 28 | 568 | CHARLOTTE JONES | Oswestry Olympians | 00:25:31 | W45 | 5 |
| 29 | 476 | EFA BAINES | Eryri Harriers | 00:25:33 | U20W | 2 |
| 30 | 315 | MOLLY MCGOWAN | Bangor University | 00:25:37 | SW | 12 |
| 31 | 704 | ANEST MULLER | West Cheshire AC | 00:26:03 | W40 | 3 |
| 32 | 477 | MABLI BAINES | Eryri Harriers | 00:26:08 | U20W | 3 |
| 33 | 499 | NESTA MCCLUSKEY | Maldwyn Harriers | 00:26:11 | W45 | 6 |
| 34 | 358 | ELLA GRUNDY | Colwyn Bay AC | 00:26:16 | U20W | 4 |
| 35 | 571 | LOUISE WOOLCOCK | Oswestry Olympians | 00:26:20 | W40 | 4 |
| 36 | 762 | MATILDA WOLSTENHOLME | Aberystwyth Uni | 00:26:21 | SW | 13 |
| 37 | 425 | VICTORIA WHITEHEAD | Denbigh Harriers | 00:26:24 | W50 | 2 |
| 38 | 429 | LEE EVANS | Denbigh Harriers | 00:26:26 | W45 | 7 |
| 39 | 519 | ELEANOR DAVIES | Meirionydd | 00:26:27 | W40 | 5 |
| 40 | 341 | JANE DOUGHTON | Buckley Runners | 00:26:34 | W45 | 8 |
| 41 | 435 | SIAN ELENOR PRITCHARD | Denbigh Harriers | 00:26:38 | SW | 14 |
| 42 | 513 | DEBBIE CATTERMOLE | Meirionydd | 00:26:40 | W55 | 1 |
| 43 | 643 | HANNAH PEASE | Shrewsbury ac | 00:26:47 | SW | 15 |
| 44 | 426 | MEL MORRIS | Denbigh Harriers | 00:26:50 | W50 | 3 |
| 45 | 798 | BETH SAUNDERS | Aberystwyth Uni | 00:26:53 | SW | 16 |
| 46 | 376 | EVIE WATTS | Deeside ac | 00:26:56 | U17W | 3 |
| 47 | 797 | IZZY WALKER | Aberystwyth Uni | 00:26:58 | U20W | 5 |
| 48 | 302 | LYNWEN HUXTABLE | Aberystwyth AC | 00:27:00 | W55 | 2 |
| 49 | 490 | LIZZIE IRVINE | Gog Triathlon | 00:27:05 | W35 | 5 |
| 50 | 318 | ANNIE LOWE | Bangor University | 00:27:08 | U20W | 6 |
| 51 | 788 | ANITA SAYCELL | Aberystwyth AC | 00:27:13 | W40 | 6 |
| 52 | 770 | BECKY LAW | Eryri Harriers | 00:27:16 | W35 | 6 |
| 53 | 794 | ELLY BLACKWELL | Meirionydd | 00:27:19 | SW | 17 |
| 54 | 359 | ANNE MYNOTT | Colwyn Bay AC | 00:27:23 | W60 | 1 |
| 55 | 299 | CHRISTINE CAMMLLARE | Deestriders | 00:27:32 | W40 | 7 |
| 56 | 437 | ELEN BAUGH | Denbigh Harriers | 00:27:34 | SW | 18 |
| 57 | 491 | HAYLEY TURNER | Gog Triathlon | 00:27:50 | W35 | 7 |
| 58 | 563 | ALISON TICKNER | Oswestry Olympians | 00:27:55 | W55 | 3 |
| 59 | 484 | AMANDA SELLENS | Gog Triathlon | 00:27:57 | W35 | 8 |
| 60 | 511 | JULIET EDWARDS | Meirionydd | 00:28:07 | W60 | 2 |
| 61 | 753 | EMMA WILLIAMS | Dolly Mixtures | 00:28:09 | W55 | 4 |
| 62 | 574 | LIZZIE BARLOW | Oswestry Olympians | 00:28:11 | W35 | 9 |
| 63 | 562 | SUSIE HANCOCK | Oswestry Olympians | 00:28:15 | W60 | 3 |
| 64 | 660 | SUE SNOOK | Shropshire Shufflers | 00:28:16 | W55 | 5 |
| 65 | 549 | CHERYL FROST | North Wales RR | 00:28:35 | W55 | 6 |
| 66 | 488 | MICHELLE FARRELL | Gog Triathlon | 00:28:36 | W40 | 8 |
| 67 | 343 | GWENNAN HENSTOCK | Buckley Runners | 00:28:41 | W45 | 9 |
| 68 | 709 | GEORGINA DUFFEY | West Cheshire AC | 00:28:47 | U20W | 7 |
| 69 | 636 | LAUREN MORLEY | Shrewsbury ac | 00:28:50 | W35 | 10 |
| 70 | 317 | AVA O'BRIEN | Bangor University | 00:28:55 | U20W | 8 |
| 71 | 760 | MAGGIE COLLINGBORN | Aberystwyth AC | 00:28:55 | W55 | 7 |
| 72 | 360 | HELEN MACARTHUR | Colwyn Bay AC | 00:29:11 | W55 | 8 |
| 73 | 313 | LOWRI GRIFFITHS | Bangor University | 00:29:15 | SW | 19 |
| 74 | 548 | KAY HATTON | North Wales RR | 00:29:22 | W60 | 4 |
| 75 | 467 | LUCY O'DONNELL | Eryri Harriers | 00:29:24 | W40 | 9 |
| 76 | 790 | SARAH-KAY PURDON | Aberystwyth AC | 00:29:24 | SW | 20 |
| 77 | 781 | LYNDSEY WHEELER | Aberystwyth AC | 00:29:27 | W35 | 11 |
| 78 | 527 | ELISABETH ELLIS | Meirionydd | 00:29:31 | SW | 21 |
| 79 | 524 | LOIS SMITHIES | Meirionydd | 00:29:32 | W35 | 12 |
| 80 | 779 | CHELSEY MORRIS | Aberystwyth AC | 00:29:36 | SW | 22 |
| 81 | 701 | JOY HICKMAN | West Cheshire AC | 00:29:41 | W55 | 9 |
| 82 | 674 | HELEN CROOK | Shropshire Shufflers | 00:29:45 | W45 | 10 |
| 83 | 734 | YVONNE HILL | Oswestry Olympians | 00:29:57 | W60 | 5 |
| 84 | 789 | LAURA BEAUMONT-PARRY | Dolly Mixtures | 00:30:03 | SW | 23 |
| 85 | 795 | VANESSA PRICE | Meirionydd | 00:30:05 | W60 | 6 |
| 86 | 497 | JANE BREEZE | Maldwyn Harriers | 00:30:09 | W45 | 11 |
| 87 | 443 | SARAH PEARCE | Dolly Mixtures | 00:30:20 | W45 | 12 |
| 88 | 444 | LISA ASHWORTH | Dolly Mixtures | 00:30:20 | W45 | 13 |
| 89 | 604 | SOPHIE JOHNSON | Prestatyn RC | 00:30:21 | W45 | 14 |
| 90 | 600 | ANN CLAIRE JONES | Prestatyn RC | 00:30:24 | W50 | 4 |
| 91 | 316 | DRINA KANDER | Bangor University | 00:30:35 | U20W | 9 |
| 92 | 507 | JEAN ASHLEY | Meirionydd | 00:30:36 | W65 | 1 |
| 93 | 323 | MARI JONES | Betsi Runaways | 00:30:46 | W45 | 15 |
| 94 | 322 | YVETTE ADAMSON | Betsi Runaways | 00:30:56 | W45 | 16 |
| 95 | 796 | ASTRA HOLDER | Aberystwyth Uni | 00:31:08 | U20W | 10 |
| 96 | 572 | SARAH GRIMLEY | Oswestry Olympians | 00:31:27 | W40 | 10 |
| 97 | 564 | LIZ PARK | Oswestry Olympians | 00:31:34 | W50 | 5 |
| 98 | 328 | MADDIE TRACEY | Betsi Runaways | 00:32:01 | SW | 24 |
| 99 | 512 | MARGARET ROBERTS | Meirionydd | 00:32:02 | W60 | 7 |
| 100 | 693 | LISA BLAGDEN | Telford ac | 00:32:04 | W55 | 10 |
| 101 | 777 | ELINOR INNS | Aberystwyth AC | 00:32:06 | SW | 25 |
| 102 | 306 | JADE GAITLEY | Aberystwyth AC | 00:32:07 | W40 | 11 |
| 103 | 342 | CAROLINE CAFFERY | Buckley Runners | 00:32:16 | W45 | 17 |
| 104 | 339 | SIAN MEIRION | Buckley Runners | 00:32:24 | W50 | 6 |
| 105 | 303 | CHRISTIANE KLOOS | Aberystwyth AC | 00:32:31 | W50 | 7 |
| 106 | 514 | HELEN JONES | Meirionydd | 00:32:49 | W50 | 8 |
| 107 | 703 | ALEXANDRA DUFFEY | West Cheshire AC | 00:32:56 | W45 | 18 |
| 108 | 783 | HELEN WILLIAMS | Aberystwyth AC | 00:33:01 | W60 | 8 |
| 109 | 300 | NICKY TRIGG | Prestatyn | 00:33:08 | SW | 26 |
| 110 | 419 | MENAI BAUGH | Denbigh Harriers | 00:33:13 | W65 | 2 |
| 111 | 440 | HELEN DAVIES | Dolly Mixtures | 00:33:28 | W55 | 11 |
| 112 | 782 | HANNAH DEE | Aberystwyth AC | 00:33:54 | W50 | 9 |
| 113 | 767 | CALA JONES | Prestatyn RC | 00:33:56 | W50 | 10 |
| 114 | 319 | RACHEL SANDER | Bangor University | 00:33:59 | U20W | 11 |
| 115 | 683 | LAURA TASKER | Shropshire Shufflers | 00:34:04 | SW | 27 |
| 116 | 516 | NIA EVANS | Meirionydd | 00:34:09 | W45 | 19 |
| 117 | 766 | HELEN ALEFOUNDOUR | Prestatyn RC | 00:34:16 | W45 | 18 |
| 118 | 664 | MOYNA RICHEY | Shropshire Shufflers | 00:34:36 | W50 | 11 |
| 119 | 357 | EMMA MACARTHUR | Colwyn Bay AC | 00:34:41 | W45 | 20 |
| 120 | 778 | CARA NISBET | Aberystwyth AC | 00:34:59 | W35 | 13 |
| 121 | 455 | VIVIENNE EDWARDS | Eryri Harriers | 00:35:06 | W65 | 3 |
| 122 | 791 | THERESA SHARLAND | Aberystwyth AC | 00:35:32 | W35 | 14 |
| 123 | 517 | SIONED JONES | Meirionydd | 00:35:45 | W45 | 21 |
| 124 | 480 | ANN DALBURQUERQUE | Gog Triathlon | 00:35:46 | W70 | 1 |
| 125 | 578 | ASHLING DONOHOE-HARRISON | Oswestry Olympians | 00:36:01 | W35 | 15 |
| 126 | 786 | MICHELLE TOTTERDELL | Aberystwyth AC | 00:36:13 | W40 | 12 |
| 127 | 521 | EMMA STORY | Meirionydd | 00:37:42 | W40 | 13 |
| 128 | 800 | PAIGE LOVETT | Shropshire Shufflers | 00:39:53 | SW | 28 |
| 129 | 510 | RACHEL WRIGHT | Meirionydd | 00:40:16 | W60 | 9 |
| 130 | 298 | ALANNA O'BRIEN | Deestriders | 00:40:28 | SW | 29 |
| 131 | 452 | MAGGIE OLIVER | Eryri Harriers | 00:41:28 | W75 | 1 |
| 132 | 599 | EMMA BIRCHALL | Prestatyn RC | 00:41:52 | W50 | 12 |
| 133 | 662 | MARILYN HUNT | Shropshire Shufflers | 00:43:04 | W55 | 12 |
| 134 | 596 | JULIE EVANS | Prestatyn RC | 00:44:05 | W55 | 13 |
| 135 | 485 | DEBORAH ROBINSON | Gog Triathlon | 00:45:48 | W55 | 14 |
| 136 | 304 | LYNSEY GAMBLE | Aberystwyth AC | 00:47:10 | W45 | 22 |
| 137 | 356 | MAUREEN SINGLETON | Colwyn Bay AC | 00:52:48 | W80 | 1 |

**FEMALE TEAMS**

**DIVISION ONE (4 to SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 3****Points** | **Total Race 3 Points** | **Race 3****Position** | **OVERALL POINTS** | **OVERALL POSITION** |
| Deeside AC | 2, 4, 5, 46 | **57** | **2** | **141** | **1** |
| Eryri | 3, 8, 9, 23 | **43** | **1** | **145** | **2** |
| Oswestry  | 17, 18, 28, 35 | **98** | **4** | **298** | **3** |
| Aberystwyth Uni | 6, 10, 13, 36 | **65** | **3** | **411** | **4** |
| Meirionydd | 15, 39, 42, 53 | **149** | **5** | **435** | **5** |
| Shrewsbury AC | 14, 43, 69, 138 | **264** | **7** | **531** | **6** |
| Buckley | 40, 67, 103, 104 | **314** | **8** | **733** | **7** |
| West Cheshire | 19, 31, 68, 81 | **199** | **6** | **820** | **8** |

**DIVISION TWO (3 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 3****Points** | **Total Race 3 Points** | **Race 3****Position** | **OVERALL POINTS** | **OVERALL POSITION** |
| Denbigh | 1, 22, 37 | **60** | **2** | **212** | **1** |
| Menai T&F | 12, 16, 138 | **166** | **7** | **329** | **2** |
| Bangor Uni | 7, 20, 30 | **57** | **1** | **365** | **3** |
| Shropshire Shuff | 11, 64, 82 | **157** | **5** | **417** | **4** |
| GOG Tri Club | 27, 49, 57 | **133** | **4** | **485** | **5** |
| Colwyn Bay | 34, 54, 72 | **160** | **6** | **544** | **6** |
| Betsi Runaways | 24, 93, 94 | **211** | **9** | **635** | **7** |
| Prestatyn | 21, 89, 90 | **200** | **8** | **641** | **8** |
| Dolly Mixtures | 61, 84, 87 | **232** | **10** | **732** | **9** |
| NWRRC | 65, 74, 138 | **277** | **12** | **807** | **10** |
| Aberystwyth AC | 25, 48, 51 | **124** | **3** | **860** | **11** |
| Deestriders | 55, 130, 138 | **323** | **13** | **1008** | **12** |
|  Telford AC | 100, 138, 138 | **376** | **14** | **N/A** | **N/A** |
| Maldwyn | 33, 86, 138 | **257** | **11** | **N/A** | **N/A** |

**FEMALE MASTERS TEAMS**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 3****Points** | **Total Race 3 Points** | **Race 3****Position** | **OVERALL POINTS** | **OVERALL POSITION** |
| Eryri Harriers | 2, 4, 11 | **17** | **1** | **105** | **1** |
| Oswestry Olympians | 8, 9, 13 | **30** | **2** | **132** | **2** |
| Denbigh Harriers | 1, 17, 18 | **36** | **3** | **135** | **3** |
| Meirionnydd | 7, 19, 21 | **47** | **4** | **136** | **4** |
| Shropshire Shufflers | 5, 36, 48 | **89** | **7** | **226** | **5** |
| Buckley RC | 20, 39, 64 | **123** | **8** | **245** | **6** |
| GOG Tri Club | 12, 24, 29 | **65** | **6** | **253** | **7** |
| Dolly Mixtures | 33, 52, 53 | **138** | **10** | **430** | **8** |
| Colwyn Bay | 27, 42, 77 | **146** | **11** | **505** | **9** |
| Prestatyn RC | 54, 55, 73 | **182** | **12** | **532** | **10** |
| Aberystwyth AC | 10, 23, 25 | **58** | **5** | **552** | **11** |
| West Cheshire AC | 14, 47, 68 | **129** | **9** | **N/A** | **N/A** |

A big thank you to Tom Roberts and all his helpers from Meirionydd RC for putting on yet another good course. It was good to come back to Dolgellau after a few years gap and the changes to the course was welcomed by most, even if a few didn’t like the removal of the water splash!!

Once again there was some great running in testing conditions. Joanne Henderson, Denbigh took her first league victory in the women’s race whilst Matthew Collins, Oswestry Olympians got the better of Janos Vranek, Aberystwyth Uni after a race long battle. Special mention to Tom Roberts after all his race organising duties helped Meirionnydd to not only win the team race on the day but for the first time in 10 years another club than Shrewsbury is leading the Division 1 table!! It should be an interesting last fixture.

The final North Wales Cross Country League fixture is as usual at the Marches School, Oswestry, [SY11 2AP](http://www.multimap.com/maps/?qs=SY11+2AP&countryCode=GB) on Saturday 10th February 2024.

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

**CAU INTER COUNTIES – NOTTINGHAM SATURDAY 9th MARCH 2024**

DRAFT Senior Teams for the CAU Inter Counties at Woolatton Park, Nottingham on Saturday 9th March 2024 have been drawn up. We are allowed to submit 15 names, with 9 to run and 6 to score. Therefore the following names are the provisional list of athletes being considered. PLEASE can you let the me or the Team Managers BY NO LATER THAN 31st JANUARY 2024 if you are available and want to run in Nottingham.

*Those in Bold Italics have already indicated that they are available*

|  |  |  |
| --- | --- | --- |
| **Men** |  | **Women** |
| ***Matt Willis, Wrexham AAC*** |  | Joanne Henderson, Denbigh H |
| Ethan Ackroyd, Liverpool H |  | Samia Jones, Menai T&F |
| Tom Wood Eryri Harriers |  | Gemma Moore, Eryri Harriers |
| Janos Vranek, Aberystwyth Uni |  | Tracy Rogers, Buckley  |
| Rob Samuel, Eryri Harriers |  | ***Eden O’Dea, Deeside AC*** |
| Rhodri Owen, Meirionydd |  | Ruth Calcroft, Run Free Fell |
| Owen Hibbert, Bristol |  | Anna Drinkwater, Eryri Harriers |
| Josh Keogh, NWRRC |  | Olivia Ashton, Deeside AC |
| Ed Woodhead, Deeside AC |  | Ella Leonard, Bangor Uni |
| ***Gwynnant Jones, Maldwyn H*** |  | Jen Rambaldi, Buckley  |
| Simon Cole, GOG Tri |  | Aude Thiroun, Bangor Uni |
| Tony Wood, Denbigh Harriers |  | ***Hannah Thomas, Maldwyn*** |
| Joel Gomes, Run Free Fell |  | ***Cath Bradley, Maldwyn*** |
| ***Dave Bus Hughes, Eryri Harriers*** |  |  |

If any athlete feels they should have been selected and wants to run please contact us asp

Bernie Jones - Bernie-jones@sky.com 07919043117

Eric Campbell - edegzee@gmail.com 07507671337

Mike Robbins - mikerobbins4@hotmail.com 07981263330