**GRAND PRIX EXPRESS**

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

At OSWESTRY Saturday 10th February 2024

FINAL RESULTS 12/2/24

**SENIOR MEN**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | 1211 | JANOS VRANEK | Aberystwyth Uni | 30:45 | SM | 1 |
| 2 | 1008 | RHODRI OWEN | Meirionydd | 31:01 | SM | 2 |
| 3 | 1115 | DANIEL HUSBANDS | Shrewsbury AC | 31:25 | SM | 3 |
| 4 | 1039 | OLI BLAKE | Oswestry Olympians | 31:36 | M35 | 1 |
| 5 | 1006 | TOMOS ROBERTS | Meirionydd | 32:25 | M35 | 2 |
| 6 | 1120 | ROBERT WESTON | Shrewsbury AC | 32:44 | SM | 4 |
| 7 | 1212 | JOE ROBSON | Aberystwyth Uni | 32:54 | SM | 5 |
| 8 | 1123 | DANIEL ELLIOT | Shrewsbury AC | 33:01 | SM | 6 |
| 9 | 1107 | SIMON COLE | GOGS Tri Club | 33:11 | M40 | 1 |
| 10 | 976 | JIM HICKINBOTTOM | Shrewsbury AC | 33:11 | M40 | 2 |
| 11 | 1009 | GWION ROBERTS | Meirionydd | 33:32 | SM | 7 |
| 12 | 1276 | ALED BREEZE | Maldwyn Harriers | 33:40 | U20M | 1 |
| 13 | 1297 | PAUL JONES | Shrewsbury AC | 33:56 | M50 | 1 |
| 14 | 1001 | RUSSELL BENTLEY | Meirionydd | 34:02 | M40 | 3 |
| 15 | 856 | CHRIS CALLAGHAN | Buckley RC | 34:04 | M45 | 1 |
| 16 | 1226 | OWAINE SCHIAVONE | Aberystwyth Uni | 34:05 | M40 | 4 |
| 17 | 827 | ANDREW MOORE | Bangor Uni | 34:31 | U20M | 2 |
| 18 | 1054 | RYAN STOKES | Oswestry Olympians | 34:37 | SM | 8 |
| 19 | 1296 | PAUL ASTON | Shrewsbury AC | 34:37 | M40 | 5 |
| 20 | 1124 | CONNOR MIDDLETON | Shrewsbury AC | 34:41 | SM | 9 |
| 21 | 1252 | TOM HOARD | Oswestry Olympians | 34:45 | M40 | 6 |
| 22 | 1253 | DANIEL NEWMAN | Shrewsbury AC | 34:46 | U20M | 3 |
| 23 | 1000 | ALUN WILLIAMS | Meirionydd | 34:54 | M40 | 7 |
| 24 | 947 | MICHAEL WHYATT | Eryri Harriers | 35:04 | M60 | 1 |
| 25 | 954 | MATTHEW FORTES | Eryri Harriers | 35:15 | M45 | 2 |
| 26 | 1108 | GABRIEL MORRIS | Shrewsbury AC | 35:22 | M40 | 8 |
| 27 | 940 | TONY WOOD | Denbigh Harriers | 35:40 | M35 | 3 |
| 28 | 809 | EDWARD LAND | Aberystwyth AC | 35:47 | M40 | 9 |
| 29 | 1013 | GERAINT PUGH | Meirionydd | 35:59 | SM | 10 |
| 30 | 1284 | JAMES COWAN | Aberystwyth Uni | 36:11 | SM | 11 |
| 31 | 964 | DAFYDD EVANS | Eryri Harriers | 36:19 | SM | 12 |
| 32 | 853 | JEZ BROWN | Buckley RC | 36:28 | M50 | 2 |
| 33 | 1209 | JAMES PRICE | Aberystwyth Uni | 36:30 | U20M | 4 |
| 34 | 1285 | EDDIE GARNER | Shrewsbury AC | 36:40 | SM | 13 |
| 35 | 1196 | ALLY HUGHES | Wrexham AC | 36:44 | M35 | 4 |
| 36 | 1121 | CHARLIE LEWIS | Shrewsbury AC | 36:48 | SM | 14 |
| 37 | 1010 | JOHN DAVIES | Meirionydd | 36:50 | SM | 15 |
| 38 | 820 | DANIEL DAVEY | Bangor Uni | 37:06 | SM | 16 |
| 39 | 1299 | ROB KERR | Shrewsbury AC | 37:12 | M45 | 3 |
| 40 | 919 | CIARAN ALLMAN | Deeside AC | 37:25 | SM | 17 |
| 41 | 1145 | ANDREW WAKEFIELD | Shropshire Shufflers | 37:29 | SM | 18 |
| 42 | 908 | EDMUND MORTELL | Deeside AC | 37:33 | M45 | 4 |
| 43 | 1251 | TIM TANSLEY | Oswestry Olympians | 37:39 | M50 | 3 |
| 44 | 807 | ALED HUGHES | Aberystwyth AC | 37:41 | M45 | 5 |
| 45 | 1279 | JOSHUA GOOLDEN | Oswestry Olympians | 37:42 | SM | 19 |
| 46 | 1247 | DAVE ALEXANDER | West Cheshire AC | 37:47 | M50 | 4 |
| 47 | 1271 | ANTONIO CONRADERIE | Meirionydd | 38:03 | U20M | 5 |
| 48 | 813 | MATHIAS PAVLIDES | Aberystwyth Uni | 38:03 | U20M | 6 |
| 49 | 1290 | OLIVER CLEGG | Aberystwyth Uni | 38:15 | SM | 20 |
| 50 | 1066 | LEE BAILEY | Prestatyn RC | 38:15 | M45 | 6 |
| 51 | 902 | LEE JONES | Deeside AC | 38:21 | M50 | 5 |
| 52 | 1166 | ANDREW CLAGUE | West Cheshire AC | 38:30 | M55 | 1 |
| 53 | 1210 | LLYR AB EINION | Aberystwyth Uni | 38:31 | SM | 21 |
| 54 | 1189 | JAMES MILES | Wrexham AC | 38:40 | M45 | 7 |
| 55 | 1097 | MARK SMITH | Shrewsbury AC | 38:55 | M45 | 8 |
| 56 | 1049 | ST JOHN ASHWORTH | Oswestry Olympians | 38:56 | M40 | 10 |
| 57 | 1277 | CAMERON MORRIS | Bangor Uni | 39:06 | U20M | 7 |
| 58 | 935 | GLEN PRICE | Denbigh Harriers | 39:09 | M50 | 6 |
| 59 | 926 | TONY WOODALL | Deestriders | 39:11 | M50 | 7 |
| 60 | 1301 | ROB ARDEN | Tattenhall | 39:13 | M40 | 11 |
| 61 | 886 | JARED ROBERTS | Colwyn Bay AC | 39:19 | SM | 22 |
| 62 | 1180 | LEE RUDD | Wrekin RR | 39:22 | M50 | 8 |
| 63 | 1164 | JEFF GIFFORD | West Cheshire AC | 39:25 | M55 | 2 |
| 64 | 1038 | CHARLIE WOOLCOCK | Oswestry Olympians | 39:27 | M40 | 12 |
| 65 | 810 | NATHAN ROBERTSHAW | Aberystwyth AC | 39:27 | SM | 23 |
| 66 | 939 | HUW EURON WILLIAMS | Denbigh Harriers | 39:31 | M35 | 5 |
| 67 | 937 | DAFYDD EVANS | Denbigh Harriers | 39:38 | M35 | 6 |
| 68 | 945 | MARK KELLY | Denbigh Harriers | 39:44 | M45 | 9 |
| 69 | 1294 | IAN LOWE | Oswestry Olympians | 39:58 | M50 | 10 |
| 70 | 1300 | DAVID ANDERSON | Shrewsbury AC | 40:01 | SM | 24 |
| 71 | 858 | ANDREW JONES | Buckley RC | 40:05 | M45 | 10 |
| 72 | 1270 | EDWARD DAVIES | Buckley RC | 40:21 | M55 | 3 |
| 73 | 1293 | LUKE EARNSHAW | Meirionydd | 40:23 | M45 | 11 |
| 74 | 1298 | PETER JONES | Oswestry Olympians | 40:36 | M45 | 12 |
| 75 | 1176 | MAX WILLIAMS | Wrecsam Tri | 40:52 | M50 | 11 |
| 76 | 811 | JOSH FIELD | Aberystwyth Uni | 40:53 | SM | 25 |
| 77 | 913 | ANDY CAMPBELL | Deeside AC | 40:58 | M45 | 13 |
| 78 | 1152 | HARRY WARWICK | Tattenhall | 41:00 | SM | 26 |
| 79 | 1116 | ANDREW PRICE | Shrewsbury AC | 41:02 | SM | 27 |
| 80 | 1246 | HADYN JONES | Shrewsbury AC | 41:11 | M60 | 2 |
| 81 | 900 | TIM WOODHEAD | Deeside AC | 41:11 | M50 | 12 |
| 82 | 1048 | PETER GRIMLEY | Oswestry Olympians | 41:38 | M40 | 13 |
| 83 | 1282 | TIM GEARS | Oswestry Olympians | 41:40 | M45 | 14 |
| 84 | 969 | GERAN HUGHES | GOGS Tri Club | 41:42 | M55 | 4 |
| 85 | 804 | NEIL GAMBLE | Aberystwyth AC | 41:54 | M50 | 13 |
| 86 | 948 | ANTHONY DAVIES | Eryri Harriers | 42:03 | M55 | 5 |
| 87 | 879 | RUSSELL GODWIN | Colwyn Bay AC | 42:11 | M55 | 6 |
| 88 | 1292 | JAMES SHEPHERD | Aberystwyth Uni | 42:24 | U20M | 8 |
| 89 | 1258 | PETER GRAY | Buckley RC | 42:44 | M40 | 14 |
| 90 | 1224 | ALEX READ | Aberystwyth Uni | 42:49 | U20M | 9 |
| 91 | 943 | JOHN DAVIES | Denbigh Harriers | 43:00 | SM | 28 |
| 92 | 885 | NEAL JONES | Colwyn Bay AC | 43:04 | M35 | 7 |
| 93 | 887 | JOSH MOTTRAM | Colwyn Bay AC | 43:04 | U20M | 10 |
| 94 | 1289 | EWAN JAMES | Oswestry Olympians | 43:06 | SM | 29 |
| 95 | 1046 | RICHARD COLLINS | Oswestry Olympians | 43:15 | M50 | 14 |
| 96 | 841 | DAVE BOOTHROYD | Buckley RC | 43:23 | M60 | 3 |
| 97 | 1302 | MARK DAVIES | West Cheshire AC | 43:26 | M45 | 15 |
| 98 | 1242 | EMYR EVANS | Colwyn Bay | 43:34 | M50 | 15 |
| 99 | 904 | JAMIE WILLIAMS | Deeside AC | 43:43 | M50 | 16 |
| 100 | 1303 | RICHARD DAVIES | Oswestry Olympians | 43:47 | M35 | 8 |
| 101 | 1274 | HARRY SMITH | Aberystwyth Uni | 44:14 | SM | 30 |
| 102 | 1185 | MIKE ROBBINS | Wrexham AC | 44:15 | M60 | 4 |
| 103 | 1042 | BENJAMIN ROTHERA | Oswestry Olympians | 44:31 | U20M | 11 |
| 104 | 1037 | ALUN ROBERTS | Oswestry Olympians | 44:39 | M45 | 16 |
| 105 | 992 | RICHARD FLUTTER | Meirionydd | 44:52 | M55 | 7 |
| 106 | 1173 | PAUL MORRISON | West Cheshire AC | 45:11 | SM | 31 |
| 107 | 1129 | JOHN SHORT | Shropshire Shufflers | 45:48 | M60 | 5 |
| 108 | 1033 | ARREN ROBERTS | Oswestry Olympians | 46:18 | M50 | 17 |
| 109 | 816 | NICHOLAS MEYER | Bangor Uni | 46:24 | SM | 32 |
| 110 | 1268 | JACOB LEES | Bangor Uni | 46:25 | SM | 33 |
| 111 | 1295 | PAUL LEWTY | Deestriders | 46:41 | M45 | 17 |
| 112 | 814 | SAUL ASHTON | Aberystwyth Uni | 46:45 | U20M | 12 |
| 113 | 1154 | IAN HOPKINS | Telford AC | 46:50 | M55 | 8 |
| 114 | 1266 | TONY BENTON | Denbigh Harriers | 46:54 | M60 | 6 |
| 115 | 989 | PAUL LIDDLE | Meirionydd | 47:09 | M60 | 7 |
| 116 | 1139 | JUAN REYES MONTES | Shropshire Shufflers | 47:10 | M50 | 18 |
| 117 | 1135 | CALVIN WRIGHT | Shropshire Shufflers | 47:36 | M55 | 9 |
| 118 | 880 | IAN TAYLOR | Colwyn Bay AC | 47:46 | M55 | 10 |
| 119 | 878 | CHRIS WILLIAMS | Colwyn Bay AC | 48:01 | M60 | 8 |
| 120 | 905 | DAVID JONES | Deeside AC | 48:32 | M50 | 19 |
| 121 | 986 | RICHARD HANKINSON | Meirionydd | 48:52 | M60 | 9 |
| 122 | 1183 | MATT CLARKE | Wrekin RR | 49:08 | SM | 34 |
| 123 | 1136 | TIM JONES | Shropshire Shufflers | 49:11 | M50 | 20 |
| 124 | 1291 | DUNCAN JONES | Denbigh Harriers | 49:15 | M60 | 10 |
| 125 | 1287 | JAMES ZILUN LIN | Bangor Uni | 49:45 | SM | 35 |
| 126 | 1057 | REG JONAS | Prestatyn RC | 49:55 | M60 | 11 |
| 127 | 990 | MIKE GREARY | Meirionydd | 52:56 | M60 | 12 |
| 128 | 803 | IAN BRANDRETH | Aberystwyth AC | 54:18 | M50 | 21 |
| 129 | 1065 | JAMES ROGERS | Prestatyn RC | 00:55:51 | M50 | 22 |
| 130 | 802 | DAVID HUMPHREYS | Aberystwyth AC | 00:56:17 | M55 | 10 |

**TEAMS**

**DIVISION ONE (6 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 4**  **Points** | **Total Race 4 Points** | **Race 4**  **Position** | **OVERALL POINTS** | **OVERAL POSITION** |
| Shrewsbury | 3, 6, 8, 9, 13, 19 | **58** | **1** | **411** | **1** |
| Meirionydd | 2, 5, 11, 14, 23, 29 | **84** | **2** | **422** | **2** |
| Aberystwyth Uni | 1, 7, 16, 30, 33, 48 | **135** | **3** | **590** | **3** |
| Oswestry | 4, 18, 21, 43, 45, 56 | **187** | **4** | **804** | **4** |
| Buckley | 15, 32, 71, 72, 89, 96 | **375** | **5** | **1,087** | **5** |
| Denbigh Harriers | 27, 58, 66, 67, 68, 91 | **377** | **6** | **1,520** | **6** |
| Deeside AC | 40, 42, 51, 77, 81, 99 | **390** | **7** | **1,817** | **7** |
| West Cheshire | 46, 52, 63, 98, 106, 131 | **496** | **8** | **2,428** | **8** |

**DIVISION TWO (4 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 4**  **Points** | **Total Race 4 Points** | **Race 4**  **Position** | **OVERALL POINTS** | **OVERAL POSITION** |
| Eryri | 24, 25, 31, 86 | **166** | **1** | **432** | **1** |
| Bangor Uni | 17, 38, 57, 109 | **221** | **2** | **984** | **2** |
| Aberystwyth AC | 28, 44, 65, 85 | **222** | **3** | **1,173** | **3** |
| Wrexham AC | 35, 54, 102, 1310 | **322** | **4** | **1,322** | **4** |
| Prestatyn | 50, 126, 130, 131 | **437** | **11** | **1,345** | **5** |
| GOG Tri Club | 10, 84, 131, 131 | **356** | **6** | **1,384** | **6** |
| Colwyn Bay | 61, 87, 92, 93 | **333** | **5** | **1,399** | **7** |
| Shropshire Shufflers | 41, 107, 116, 117 | **381** | **7** | **1,604** | **8** |
| Wrekin RR | 62, 122, 131, 131 | **446** | **12** | **1,959** | **9** |
| Tattenhall | 60, 78, 131, 131 | **400** | **8** | **N/A** | **N/A** |
| Maldwyn Harriers | 12, 131, 131, 131 | **405** | **9** | **N/A** | **N/A** |
| Deestriders | 59, 110, 131, 131 | **431** | **10** | **N/A** | **N/A** |
| Wrecsam Tri Club | 75, 131, 131, 131 | **468** | **13** | **N/A** | **N/A** |
| Telford | 112, 131, 131, 131 | **505** | **14** | **N/A** | **N/A** |

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 4**  **Points** | **Total Race 4 Points** | **Race 4**  **Position** | **OVERALL POINTS** | **OVERAL POSITION** |
| Eryri Harriers | 12, 13, 52 | **77** | **5** | **170** | **1** |
| Meirionnydd | 2, 6, 11 | **19** | **2** | **183** | **2** |
| Shrewsbury AC | 3, 5, 9 | **17** | **1** | **194** | **3** |
| Buckley RC | 7, 17, 40 | **64** | **4** | **199** | **4** |
| Oswestry Olympians | 1, 10, 21 | **32** | **3** | **296** | **5** |
| Denbigh Harriers | 15, 30, 36 | **81** | **6** | **301** | **6** |
| West Cheshire | 23, 26, 34 | **83** | **7** | **416** | **7** |
| Deeside AC | 20, 25, 45 | **90** | **9** | **445** | **8** |
| Aberystwyth AC | 16, 22, 51 | **89** | **8** | **498** | **9** |
| Colwyn Bay | 53, 55, 72 | **180** | **11** | **711** | **10** |
| Shropshire Shufflers | 64, 70, 71 | **205** | **12** | **845** | **11** |
| Wrexham AC | 18, 27, 61 | **106** | **10** | **N/A** | **N/A** |

**MALE OVER 65**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | 457 | RUSSELL OWEN | Eryri Harriers | 00:20:53 | M65 | 1 |
| 2 | 627 | JOHN JONES | Shrewsbury ac | 00:21:03 | M65 | 2 |
| 3 | 560 | ANDY CLARKE | Oswestry Olympians | 00:21:04 | MV65 | 3 |
| 4 | 420 | MARK WATLING | Denbigh Harriers | 00:21:46 | M65 | 4 |
| 5 | 458 | ARWEL LEWIS | Eryri Harriers | 00:22:07 | M65 | 5 |
| 6 | 613 | NEIL OWENS | Run Free Fell Runners | 00:23:07 | M70 | 1 |
| 7 | 509 | DAVID WRIGHT | Meirionydd | 00:23:35 | M65 | 6 |
| 8 | 456 | MIKE SNELL | Eryri Harriers | 00:23:56 | M65 | 7 |
| 9 | 505 | CLIVE EDGINGTON | Meirionydd | 00:24:00 | M65 | 8 |
| 10 | 454 | JOHN MAINWARING | Eryri Harriers | 00:24:13 | M65 | 9 |
| 11 | 506 | DAVID WHITTY | Meirionydd | 00:24:17 | M65 | 10 |
| 12 | 655 | GRAHAM EVANS | Shropshire Shufflers | 00:24:26 | M65 | 11 |
| 13 | 651 | PAUL HARRISON | Shropshire Shufflers | 00:25:05 | M65 | 12 |
| 14 | 508 | NEIL GRANT | Meirionydd | 00:25:47 | M65 | 13 |
| 15 | 650 | LESLIE RITCHIE | Shropshire Shufflers | 00:26:23 | M65 | 14 |
| 16 | 502 | NICHOLAS BRADLEY | Meirionydd | 00:26:47 | M65 | 15 |
| 17 | 504 | PAUL WELSH | Meirionydd | 00:26:55 | M65 | 16 |
| 18 | 685 | MARTIN DURRANT | Tattenhall Runners | 00:27:00 | M65 | 17 |
| 19 | 653 | ANDRE HAYECK | Shropshire Shufflers | 00:28:01 | M65 | 18 |
| 20 | 593 | GEORGE NIXON | Prestatyn RC | 00:28:10 | M70 | 2 |
| 21 | 417 | DAVE PASSE | Denbigh Harriers | 00:28:18 | M70 | 3 |
| 22 | 768 | CHARLES ASHLEY | Wrexham ac | 00:29:29 | M65 | 19 |
| 23 | 288 | MARK DAKEYNE | Prestatyn RC | 00:30:39 | M65 | 20 |
| 24 | 648 | NEVILLE SCOTT SIMPSON | Shropshire Shufflers | 00:30:40 | M70 | 4 |
| 25 | 645 | IAIN DAY | Shropshire Shufflers | 00:30:49 | M75 | 1 |
| 26 | 590 | GARETH HUGHES | Prestatyn RC | 00:31:06 | M75 | 2 |
| 27 | 646 | CHRIS CLARKE | Shropshire Shufflers | 00:32:35 | M75 | 3 |
| 28 | 479 | JOHN DALBURQUERQUE | Gog Triathlon | 00:33:25 | M75 | 4 |
| 29 | 482 | MALCOLM HARRISON | Gog Triathlon | 00:35:43 | M65 | 21 |
| 30 | 735 | JACK THOMAS | Buckley Runners | 00:45:18 | M80 | 1 |

**TEAMS (3 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 4**  **Points** | **Total Race 4 Points** | **Race 4**  **Position** | **OVERALL POINTS** | **OVERAL POSITION** |
| Eryri Harriers | 1, 5, 8 | **14** | **1** | **73** | **1** |
| Shropshire Shufflers | 12, 13, 15 | **40** | **3** | **140** | **=2** |
| Meirionnydd | 7, 9, 11 | **27** | **2** | **140** | **=2** |
| Prestatyn RC | 20, 23, 26 | **69** | **4** | **N/A** | **N/A** |

**UNDER 17 MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** |
| 1 | 385 | JACOB WELSH | Deeside AC | 18:07 |
| 2 | 445 | CAI DAFYDD | Eryri Harriers | 19:12 |
| 3 | 416 | GRUFFYDD PRICE | Denbigh Harriers | 19:34 |
| 4 | 414 | SAHIL PASHA | Denbigh Harriers | 23:14 |
| 5 | 1286 | KYLE MORGAN | Denbigh Harriers | 23:32 |

**TEAMS (3 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 4**  **Points** | **Total Race 4 Points** | **Race 4**  **Position** | **OVERALL POINTS** | **OVERAL POSITION** |
| Denbigh Harriers | 3, 4, 5 | **12** | **1** | **N/A** | **N/A** |

**SENIOR WOMEN**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | 397 | MARTHA OWEN | Deeside ac | 00:19:19 | SW | 1 |
| 2 | 430 | JOANNE HENDERSON | Denbigh Harriers | 00:19:41 | WV5 | 1 |
| 3 | 374 | ABIGAIL DOHERTY | Deeside ac | 00:19:51 | U17W | 1 |
| 4 | 373 | JOSIE HURST | Deeside ac | 00:20:23 | U17W | 2 |
| 5 | 289 | CARA SCOT | Menai T&F | 00:20:32 | U17W | 3 |
| 6 | 469 | GEMMA MOORE | Eryri Harriers | 00:20:34 | W40 | 1 |
| 7 | 312 | ELLA LEONARD | Bangor University | 00:20:47 | SW | 2 |
| 8 | 679 | CLAIRE MCCARTHY | Shropshire Shufflers | 00:20:54 | W35 | 1 |
| 9 | 518 | CHARLENE JACOBS-CONRADIE | Meirionydd | 00:21:06 | W45 | 2 |
| 10 | 738 | NIA TEIFI REES | Aberystwyth Uni | 00:21:13 | SW | 3 |
| 11 | 314 | AUDE THIROUIN | Bangor University | 00:21:29 | SW | 4 |
| 12 | 292 | RUTH CALCRAFT | Run Free Fell Runners | 00:21:35 | W40 | 2 |
| 13 | 631 | JAN COOK | Shrewsbury ac | 00:21:36 | W50 | 1 |
| 14 | 565 | NICOLA SHIPP | Oswestry Olympians | 00:21:40 | W45 | 3 |
| 15 | 472 | ELLIW HAF | Eryri Harriers | 00:21:44 | W35 | 2 |
| 16 | 583 | CLAIRE LLOYD | Oswestry Olympians | 00:21:45 | SW | 5 |
| 17 | 474 | ANNA DRINKWATER | Eryri Harriers | 00:21:46 | SW | 6 |
| 18 | 536 | CADI FRENCH | Menai T&F | 00:21:51 | U17W | 4 |
| 19 | 349 | JENNIFER RAMBALDI | Buckley Runners | 00:22:00 | W35 | 3 |
| 20 | 436 | ELEANOR ASHCROFT | Denbigh Harriers | 00:22:04 | SW | 7 |
| 21 | 705 | CLAIRE HARRIS | West Cheshire AC | 00:22:05 | W35 | 4 |
| 22 | 736 | ISOBELLE SHAW | Menai T&F | 00:22:08 | U17W | 5 |
| 23 | 401 | NEISHA ROBERTS | Deeside ac | 00:22:11 | U20W | 1 |
| 24 | 487 | VICTORIA COLE | Gog Triathlon | 00:22:13 | W40 | 3 |
| 25 | 537 | CADI WYNN | Menai T&F | 00:22:16 | U17W | 6 |
| 26 | 476 | EFA BAINES | Eryri Harriers | 00:22:17 | U20W | 2 |
| 27 | 576 | AMY KYNASTON | Oswestry Olympians | 00:22:31 | W35 | 5 |
| 28 | 297 | ALICE TREVOR JONES | Oswestry | 00:22:33 | W35 | 6 |
| 29 | 634 | RACHEL HANDLEY | Shrewsbury ac | 00:22:50 | W40 | 4 |
| 30 | 477 | MABLI BAINES | Eryri Harriers | 00:22:53 | U20W | 3 |
| 31 | 568 | CHARLOTTE JONES | Oswestry Olympians | 00:22:56 | W45 | 4 |
| 32 | 762 | MATILDA WOLSTENHOLME | Aberystwyth Uni | 00:23:06 | SW | 8 |
| 33 | 704 | ANEST MULLER | West Cheshire AC | 00:23:08 | W40 | 5 |
| 34 | 499 | NESTA MCCLUSKEY | Maldwyn Harriers | 00:23:08 | W45 | 5 |
| 35 | 498 | LUCY PARSLEY | Menai T&F | 00:23:11 | U17W | 7 |
| 36 | 582 | CLAIRE PEACE | Oswestry Olympians | 00:23:17 | W35 | 7 |
| 37 | 772 | ELEN EVANS | Meirionydd | 00:23:29 | W35 | 8 |
| 38 | 425 | VICTORIA WHITEHEAD | Denbigh Harriers | 00:23:38 | W50 | 2 |
| 49 | 643 | HANNAH PEASE | Shrewsbury ac | 00:23:41 | SW | 9 |
| 40 | 433 | KATY BAUGH | Denbigh Harriers | 00:23:45 | SW | 10 |
| 41 | 667 | MELANIE BANKS-WRIGHT | Shropshire Shufflers | 00:23:45 | W50 | 3 |
| 42 | 426 | MEL MORRIS | Denbigh Harriers | 00:23:54 | W50 | 4 |
| 43 | 571 | LOUISE WOOLCOCK | Oswestry Olympians | 00:24:00 | W40 | 6 |
| 44 | 441 | FIONA WILLIAMS | Dolly Mixtures | 00:24:00 | W55 | 1 |
| 45 | 570 | LOU WILLIAMS | Oswestry Olympians | 00:24:02 | W40 | 7 |
| 46 | 435 | SIAN ELENOR PRITCHARD | Denbigh Harriers | 00:24:10 | SW | 11 |
| 47 | 422 | EMMA COLLINS | Denbigh Harriers | 00:24:13 | W60 | 1 |
| 48 | 429 | LEE EVANS | Denbigh Harriers | 00:24:14 | W45 | 6 |
| 49 | 437 | ELEN BAUGH | Denbigh Harriers | 00:24:16 | SW | 12 |
| 50 | 513 | DEBBIE CATTERMOLE | Meirionydd | 00:24:20 | W55 | 2 |
| 51 | 466 | MEGAN HUGHES | Eryri Harriers | 00:24:22 | W45 | 7 |
| 52 | 358 | ELLA GRUNDY | Colwyn Bay AC | 00:24:25 | U20W | 4 |
| 53 | 318 | ANNIE LOWE | Bangor University | 00:24:28 | U20W | 5 |
| 54 | 788 | ANITA SAYCELL | Aberystwyth AC | 00:24:33 | W40 | 8 |
| 55 | 770 | BECKY LAW | Eryri Harriers | 00:24:35 | W35 | 9 |
| 56 | 585 | RHIAN REES | Oswestry Olympians | 00:24:39 | SW | 13 |
| 57 | 394 | BRIONY HIBBERT | Deeside ac | 00:24:39 | SW | 14 |
| 58 | 562 | SUSIE HANCOCK | Oswestry Olympians | 00:24:40 | W60 | 2 |
| 59 | 343 | GWENNAN HENSTOCK | Buckley Runners | 00:24:43 | W45 | 8 |
| 60 | 280 | LIZZIE IRVINE | Gog Triathlon | 00:24:45 | W35 | 10 |
| 61 | 491 | HAYLEY TURNER | Gog Triathlon | 00:24:47 | W35 | 11 |
| 62 | 293 | HANAH FYNN | Oswestry Olympians | 00:24:53 | SW | 15 |
| 63 | 299 | CHRISTINE CAMMLLARE | Deestriders | 00:25:01 | W40 | 9 |
| 64 | 317 | AVA O'BRIEN | Bangor University | 00:25:06 | U20W | 6 |
| 65 | 284 | ANNE MYNOTT | Colwyn Bay AC | 00:25:08 | W60 | 3 |
| 66 | 313 | LOWRI GRIFFITHS | Bangor University | 00:25:17 | SW | 16 |
| 67 | 753 | EMMA WILLIAMS | Dolly Mixtures | 00:25:34 | W55 | 3 |
| 68 | 563 | ALISON TICKNER | Oswestry Olympians | 00:25:49 | W55 | 4 |
| 69 | 511 | JULIET EDWARDS | Meirionydd | 00:25:52 | W60 | 4 |
| 70 | 724 | LINDA JONES | Wrexham ac | 00:25:53 | W55 | 5 |
| 71 | 286 | HELEN MACARTHUR | Colwyn Bay AC | 00:26:02 | W55 | 6 |
| 72 | 789 | LAURA BEAUMONT-PARRY | Dolly Mixtures | 00:26:04 | SW | 17 |
| 73 | 524 | LOIS SMITHIES | Meirionydd | 00:26:09 | W35 | 12 |
| 74 | 488 | MICHELLE FARRELL | Gog Triathlon | 00:26:10 | W40 | 10 |
| 75 | 701 | JOY HICKMAN | West Cheshire AC | 00:26:10 | W55 | 7 |
| 76 | 674 | HELEN CROOK | Shropshire Shufflers | 00:26:15 | W45 | 9 |
| 77 | 607 | HELEN ASHWORTH | Prestatyn RC | 00:26:17 | W40 | 11 |
| 78 | 443 | SARAH PEARCE | Dolly Mixtures | 00:26:21 | W45 | 10 |
| 79 | 575 | VICKY BAILLIE | Oswestry Olympians | 00:26:26 | W40 | 12 |
| 80 | 278 | GEWENNO WILLIAMS | Meirionydd | 00:26:31 | SW | 18 |
| 81 | 760 | MAGGIE COLLINGBORN | Aberystwyth AC | 00:26:35 | W55 | 8 |
| 82 | 600 | ANN CLAIRE JONES | Prestatyn RC | 00:26:38 | W50 | 5 |
| 83 | 287 | SARA ROBINSON | Oswestry Olympians | 00:26:45 | W45 | 11 |
| 84 | 658 | MAURA QUILL | Shropshire Shufflers | 00:26:51 | W60 | 5 |
| 85 | 636 | LAUREN MORLEY | Shrewsbury ac | 00:26:53 | W35 | 13 |
| 86 | 564 | LIZ PARK | Oswestry Olympians | 00:26:58 | W50 | 6 |
| 87 | 444 | LISA ASHWORTH | Dolly Mixtures | 00:27:19 | W45 | 12 |
| 88 | 702 | DEBRA BEMAND | West Cheshire AC | 00:27:39 | W50 | 7 |
| 89 | 481 | ELIZABETH EVANS | Gog Triathlon | 00:27:46 | W70 | 1 |
| 90 | 353 | KATHRYN HOPWOOD | Buckley Runners | 00:27:57 | SW | 19 |
| 91 | 774 | YITZI WALLS | Shropshire Shufflers | 00:28:09 | W40 | 13 |
| 92 | 319 | RACHEL SANDER | Bangor University | 00:28:14 | U20W | 7 |
| 93 | 615 | YRICKA GARDNER | Run Free Fell Runners | 00:28:43 | W50 | 8 |
| 94 | 737 | ELLIE KEVERN | Aberystwyth Uni | 00:28:50 | U20W | 8 |
| 95 | 512 | MARGARET ROBERTS | Meirionydd | 00:28:53 | W60 | 6 |
| 96 | 342 | CAROLINE CAFFERY | Buckley Runners | 00:28:54 | W45 | 13 |
| 97 | 459 | ELLIE SALISBURY | Eryri Harriers | 00:28:57 | W60 | 7 |
| 98 | 664 | MOYNA RICHEY | Shropshire Shufflers | 00:29:01 | W50 | 9 |
| 99 | 572 | SARAH GRIMLEY | Oswestry Olympians | 00:29:03 | W40 | 14 |
| 100 | 580 | HANNAH MOSFORD | Oswestry Olympians | 00:29:05 | W35 | 14 |
| 101 | 339 | SIAN MEIRION | Buckley Runners | 00:29:09 | W50 | 10 |
| 102 | 306 | JADE GAITLEY | Aberystwyth AC | 00:29:16 | W40 | 15 |
| 103 | 440 | HELEN DAVIES | Dolly Mixtures | 00:29:44 | W55 | 9 |
| 104 | 419 | MENAI BAUGH | Denbigh Harriers | 00:29:59 | W65 | 1 |
| 105 | 303 | CHRISTIANE KLOOS | Aberystwyth AC | 00:30:14 | W50 | 11 |
| 106 | 357 | EMMA MACARTHUR | Colwyn Bay AC | 00:30:23 | W45 | 14 |
| 107 | 767 | CALA JONES | Prestatyn RC | 00:30:40 | W50 | 12 |
| 108 | 480 | ANN DALBURQUERQUE | Gog Triathlon | 00:30:51 | W70 | 2 |
| 109 | 279 | JODIE ROGERS | Oswestry Olympians | 00:31:00 | SW | 20 |
| 110 | 764 | LIZ HUMPHRIES | Tattenhall Runners | 00:31:05 | W60 | 8 |
| 111 | 559 | SARAH GREAVES | Oswestry Olympians | 00:31:22 | W65 | 2 |
| 112 | 773 | GRACE HART | Tattenhall Runners | 00:31:32 | W50 | 13 |
| 113 | 455 | VIVIENNE EDWARDS | Eryri Harriers | 00:31:36 | W65 | 3 |
| 114 | 723 | ALEX EDWARDS | Wrexham ac | 00:31:44 | W60 | 9 |
| 115 | 295 | JOAN REDMOND | Meirionydd | 00:31:57 | W60 | 10 |
| 116 | 603 | LIZ MARTIN | Prestatyn RC | 00:32:15 | W45 | 15 |
| 117 | 408 | CLAIRE HARPER | Deestriders | 00:32:26 | W45 | 16 |
| 118 | 290 | AMANDA SCOTTER | Deestriders | 00:32:27 | W40 | 16 |
| 119 | 294 | NATASHA MACKUNE | Oswestry Olympians | 00:32:35 | W45 | 17 |
| 120 | 656 | ROSE FOX | Shropshire Shufflers | 00:32:38 | W60 | 11 |
| 121 | 521 | EMMA STORY | Meirionydd | 00:34:48 | W40 | 17 |
| 122 | 291 | EMILY MURPHY | West Cheshire AC | 00:35:30 | U17W | 8 |
| 123 | 283 | LESLEY FURNEAUX | Prestatyn RC | 00:35:39 | W55 | 10 |
| 124 | 452 | MAGGIE OLIVER | Eryri Harriers | 00:36:55 | W75 | 1 |
| 125 | 281 | BEVERLEY GOODSON | Deestriders | 00:37:41 | W55 | 11 |
| 126 | 662 | MARILYN HUNT | Shropshire Shufflers | 00:39:09 | W55 | 12 |
| 127 | 485 | DEBORAH ROBINSON | Gog Triathlon | 00:40:08 | W55 | 13 |
| 128 | 599 | EMMA BIRCHALL | Prestatyn RC | 00:40:44 | W50 | 14 |
| 129 | 596 | JULIE EVANS | Prestatyn RC | 00:41:06 | W60 | 12 |
| 130 | 304 | LYNSEY GAMBLE | Aberystwyth AC | 00:41:53 | W45 | 18 |
| 131 | 282 | MAUREEN SINGLETON | Colwyn Bay AC | 00:47:31 | W80 | 1 |

**FEMALE TEAMS**

**DIVISION ONE (4 to SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 4**  **Points** | **Total Race 4 Points** | **Race 4**  **Position** | **OVERALL POINTS** | **OVERAL POSITION** |
| Deeside AC | 1, 3, 4, 23 | **31** | **1** | **171** | **1** |
| Eryri | 6, 15, 17, 26 | **64** | **2** | **209** | **2** |
| Oswestry | 14, 16, 27, 28 | **85** | **3** | **381** | **3** |
| Meirionydd | 9, 37, 51, 70 | **167** | **4** | **599** | **4** |
| Aberystwyth Uni | 10, 32, 95, 133 | **270** | **8** | **680** | **5** |
| Shrewsbury AC | 13, 29, 39, 86 | **167** | **5** | **695** | **6** |
| Buckley | 19, 60, 91, 97 | **267** | **7** | **996** | **7** |
| West Cheshire | 21, 33, 76, 89 | **219** | **6** | **1,039** | **8** |

**DIVISION TWO (3 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 4**  **Points** | **Total Race 4 Points** | **Race 4**  **Position** | **OVERALL POINTS** | **OVERAL POSITION** |
| Denbigh | 2, 20, 38 | **60** | **2** | **271** | **1** |
| Menai T&F | 5, 18, 22 | **45** | **1** | **373** | **2** |
| Bangor Uni | 7, 11, 54 | **72** | **3** | **436** | **3** |
| Shropshire Shuff | 8, 41, 77 | **126** | **4** | **541** | **4** |
| GOG Tri Club | 24, 61, 62 | **147** | **5** | **629** | **5** |
| Colwyn Bay | 53, 66, 72 | **191** | **7** | **732** | **6** |
| Run Free Fell | 12, 94, 133 | **239** | **8** | **872** | **7** |
| Prestatyn | 78, 83, 108 | **269** | **10** | **908** | **8** |
| Dolly Mixtures | 44,68, 73 | **185** | **6** | **914** | **9** |
| Aberystwyth AC | 55, 82, 103 | **240** | **9** | **1,098** | **10** |
| Deestriders | 64, 118, 119 | **301** | **12** | **1,306** | **11** |
| Maldwyn | 34, 133, 133 | **300** | **11** | **N/A** | **N/A** |
| Wrexham AC | 71, 114, 133 | **318** | **13** | **N/A** | **N/A** |
| Tattenhall | 111, 113, 133 | **357** | **14** | **N/A** | **N/A** |

**FEMALE MASTERS TEAMS**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 4**  **Points** | **Total Race 4 Points** | **Race 4**  **Position** | **OVERALL POINTS** | **OVERAL POSITION** |
| Eryri Harriers | 2, 8, 29 | **39** | **2** | **144** | **1** |
| Oswestry Olympians | 7, 12, 13 | **32** | **1** | **164** | **2** |
| Denbigh Harriers | 1, 20, 22 | **43** | **3** | **178** | **3** |
| Meirionnydd | 4, 19, 28 | **94** | **8** | **230** | **4** |
| Shropshire Shufflers | 3, 21, 46 | **70** | **4** | **296** | **5** |
| Buckley RC | 9, 33, 62 | **104** | **9** | **349** | **7** |
| GOG Tri Club | 11, 34, 35 | **93** | **7** | **346** | **6** |
| Dolly Mixtures | 24, 38, 48 | **110** | **10** | **540** | **8** |
| Colwyn Bay | 37, 42, 72 | **151** | **12** | **656** | **9** |
| Aberystwyth AC | 30, 50, 68 | **148** | **11** | **700** | **10** |
| West Cheshire AC | 10, 16, 45 | **71** | **5** | **N/A** | **N/A** |
| Shrewsbury AC | 6, 14, 54 | **74** | **6** | **N/A** | **N/A** |
| Deestriders | 36, 82, 83 | **201** | **13** | **N/A** | **N/A** |

Firstly a big thank you, to Brian Rothera, Dave Newton and all their volunteers, helpers and officials for not only putting on a great course but booking some great weather and of course providing their usual array of cakes in the canteen afterwards. Thank you Oswestry Olympians.

It was a great end to the season and some fantastic running throughout the season. Well done to all the winners. Both the Men’s and Women’s titles went down to the wire which shows the competitiveness of the League. The individual and team winners are listed below and a full list of the overall standings will be published on the website later in the week.

You will note after taking some time to check the scores there are a few minor adjustments to the overall individual standings. I also didn’t present the Tudor Friendly Shield on Saturday as the scores were too close (The Tudor Friendly Shield is presented to the best combined team – male & female) and after carefully combining the men’s and women’s scores for those in Division 1, I can confirm that this year’s Tudor Friendly Shield winners are Meirionydd.

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

**Bernie Jones,**

**Secretary/Referee**

**2023/24 OVERALL**

**WOMEN**

|  |  |  |  |
| --- | --- | --- | --- |
| **CATEGORY** | **1ST** | **2ND** | **3RD** |
| **OVERALL** | Martha Owen, Deeside AC &  Joanne Henderson, Denbigh Harriers | | Gemma Moore,  Eryri |
| **U17 WOMEN** | Cadi French, Menai T&F &  Cadi Wynn, Menai T&F | | Evie Watts,  Deeside AC |
| **U20 WOMEN** | Neisha Roberts,  Deeside | Efa Baines,  Eryri Harriers | Ella Grundy,  Colwyn Bay |
| **SENIOR** | Martha Owen,  Deeside | Olivia Ashton  Deeside AC | Ella Leonard  Bangor Uni |
| **W35** | Claire McCarthy,  Shropshire Shufflers | Elliw Haf,  Eryri Harriers | Jennifer Rambaldi,  Buckley |
| **W40** | Gemma Moore,  Eryri | Victoria Cole,  GOG Tri Club | Anest Muller,  West Cheshire AC |
| **W45** | Joanne Henderson, Denbigh Harriers | Charlene Jacobs-Conrade  Meirionydd | Nicola Ship,  Oswestry Olympians |
| **W50** | Jan Cook,  Shrewsbury AC | Victoria Whitehead,  Denbigh Harriers | Mel Morris,  Denbigh Harriers |
| **W55** | Fiona Williams, Dolly Mixtures  Debbie Catermole, Meirionydd | | Sue Nook,  Shropshire Shufflers |
| **W60** | Emma Collins,  Denbigh | Anne Mynott, Colwyn Bay  Susie Hancock, Oswestry O | |
| **W65** | Menai Baugh,  Denbigh Harriers | Sarah Greaves,  Oswestry Olympians | Viv Edwards,  Eryri Harriers |
| **W70** | Elizabeth Evans,  GOG Tri Club | Ann D’Alburquerque,  GOG Tri |  |
| **W75** | Maggie Oliver,  Eryri |  |  |
| **W80** | Maureen Singleton,,  Colwyn Bay |  |  |
|  |  |  |  |
| **DIVISION 1** | **Deeside AC** | **Eryri Harriers** | **Oswestry Olympians** |
| **DIVISION 2** | **Denbigh Harriers\*** | **Menai T&F\*** | **Bangor Uni** |
| **MASTERS** | **Eryri Harriers** | **Oswestry Olympians** | **Denbigh Harriers** |
| **\*** Denbigh Harriers & Menai T&F Promoted to Division 1 | | | |
| Buckley & West Cheshire Relegated to Division 2 | | | |

**MEN**

|  |  |  |  |
| --- | --- | --- | --- |
| **CATEGORY** | **1ST** | **2ND** | **3RD** |
| **OVERALL** | Janos Vranek,  Aberystwyth Uni | Rhodri Owen,  Meirionydd | Matt Collins,  Oswestry Olympians |
| **U17 MEN** | Jacob Welsh,  Deeside AC | Cai Dafydd,  Eryri Harriers | Tomos Morgan,  Menai T&F |
| **U20 MEN** | Aled Breeze,  Maldwyn Harriers | Andrew Moore,  Bangor Uni | Daniel Newman,  Shrewsbury AC |
| **SENIOR** | Janos Vranek,  Aberystwyth Uni | Rhodri Owen,  Meirionydd | Matt Collins,  Oswestry Olympians |
| **M35** | Tony Wood,  Denbigh Harriers | Dave Bus Hughes,  Eryri Harriers | Ally Hughes,  Wrexham |
| **M40** | Simon Cole,  GOG Tri Club | Owaine Schiavone, Aberystwyth Uni | Russell Bentley,  Meirionydd |
| **M45** | Chris Callaghan,  Buckley | James Stuart,  Shrewsbury | Matthew Fortes,  Eryri Harriers |
| **M50** | Jez Brown,  Buckley | William Williams,  NWRRC | Tim Tansley,  Oswestry Olympians |
| **M55** | Andrew Clague,  West Cheshire | Jeff Gifford,  West Cheshire AC | Eddie Davies, Buckley  Geran Hughes, GOG Tri |
| **M60** | Michael Whyatt,  Eryri Harriers | Eric Campbell,  Buckley RC | Hadyn Jones,  Shrewsbury AC |
| **M65** | Russ Owen,  Eryri | Andy Clarke,  Oswestry Olympians | Mark Watling,  Denbigh Harriers |
| **M70** | Neil Owen,  Run Free Fell | David Passe,  Denbigh | George Nixon  Prestatyn |
| **M75** | Ian Day,  Shropshire Shufflers | Chris Clarke,  Shropshire Shufflers | John D’Albuurquerque,  GOG Tri Club |
| **M80** | Emyr Davies,  Hebog | Don Williams,  Eryri Harriers |  |
| **M85** | Roger Harrison-Jones,  Prestatyn |  |  |
|  |  |  |  |
| **DIVISION 1** | **Shrewsbury AC** | **Meirionydd RC** | **Aberystwyth Uni** |
| **DIVISION 2** | **Eryri Harriers \*** | **Bangor Uni \*** | **Aberystwyth AC** |
| **MASTERS** | **Eryri Harriers** | **Meirionydd RC** | **Shrewsbury AC** |
| **MASTERS 65+** | **Eryri Harriers** | **Meirionydd RC** | **Shropshire Shufflers** |
|  |  |  |  |
| **TUDOR FRIENDLY SHIELD**  **(OVERALL SHIELD)** | **Meirionydd** |  |  |
|  |  |  |  |
| **ARTHUR BEBBINGTON TROPHY** | **Dave Peters,**  **Maldwyn Harriers** |  |  |