**GRAND PRIX EXPRESS**

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

At St Asaph Saturday 4th October 2025

FINAL RESULTS 6/10/25

**SENIOR MEN**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | 959 | NOA VAUGHAN | Eryri Harriers | 00:28:26 | U20M | 1 |
| 2 | 829 | ANDREW MOORE | Bangor University | 00:28:59 | SM | 1 |
| 3 | 830 | ED SLAUGHTER | Bangor University | 00:29:34 | SM | 2 |
| 4 | 831 | MARTIN SUNDERLAND | Bangor University | 00:29:50 | SM | 3 |
| 5 | 825 | JANOŠ RUSH VRANEK | Aberystwyth Uni | 00:29:53 | SM | 4 |
| 6 | 1161 | RYAN DAVIS | Wrexham AAC | 00:29:57 | MV 35 | 1 |
| 7 | 1020 | TOMOS ROBERTS | Meirionydd | 00:30:05 | MV 35 | 2 |
| 8 | 820 | ISAAC MIGNON ONFRAY | Aberystwyth Uni | 00:30:20 | U20M | 2 |
| 9 | 1096 | STEPHEN SKATES | Prestatyn RC | 00:31:07 | MV 45 | 1 |
| 10 | 982 | HIOM JACOB | Hebog | 00:31:10 | SM | 5 |
| 11 | 1167 | JOEL GOMES | Wrexham AAC | 00:31:12 | MV 45 | 2 |
| 12 | 1094 | TOM CARTER | Prestatyn RC | 00:31:31 | MV 40 | 1 |
| 13 | 1005 | CAI DAFYDD | Meirionydd | 00:31:34 | U20M | 3 |
| 14 | 1025 | JONATHAN TYLER | Meirionydd | 00:31:40 | MV 40 | 2 |
| 15 | 1030 | MARTIN GREEN | Meirionydd | 00:31:45 | MV 50 | 1 |
| 16 | 998 | CLIVE MORGAN | Maldwyn Harriers | 00:31:49 | MV 45 | 3 |
| 17 | 1163 | SCOTT NIXON | Wrexham AAC | 00:31:54 | MV 35 | 3 |
| 18 | 910 | ELIS JONES | Deeside AAC | 00:32:02 | U20M | 4 |
| 19 | 851 | DAVID BRILLEY | Buckley RC | 00:32:14 | MV 35 | 4 |
| 20 | 984 | BEN GETHIN | Maldwyn Harriers | 00:32:18 | U20M | 5 |
| 21 | 758 | ALLY HUGHES | Wrexham AAC | 00:32:25 | MV 40 | 3 |
| 22 | 945 | TONY WOOD | Denbigh Harriers | 00:32:35 | MV 35 | 5 |
| 23 | 1006 | JAMES SMITH | Meirionydd | 00:32:45 | SM | 6 |
| 24 | 845 | GERARD COLEMAN | Buckley RC | 00:32:50 | SM | 7 |
| 25 | 805 | GRUFF LEWIS | Aberystwyth AC | 00:32:55 | MV 35 | 6 |
| 26 | 981 | ANDREAS ADAMS | Hebog | 00:32:59 | SM | 8 |
| 27 | 965 | IAN EDWARDS | Eryri Harriers | 00:33:01 | MV 40 | 4 |
| 28 | 967 | NIC BROOK | Eryri Harriers | 00:33:05 | MV 50 | 2 |
| 29 | 867 | CHRIS CALLAGHAN | Buckley RC | 00:33:07 | MV 45 | 4 |
| 30 | 808 | EDWARD LAND | Aberystwyth AC | 00:33:21 | MV 45 | 5 |
| 31 | 963 | JOSH KEOGH | Eryri Harriers | 00:33:23 | SM | 9 |
| 32 | 828 | LLŶR AB EINION | Aberystwyth Uni | 00:33:28 | SM | 10 |
| 33 | 1055 | PETER BUTLER | Oswestry Olympians | 00:33:32 | MV 35 | 7 |
| 34 | 818 | MATTHEW WILLIS | Aberystwyth Uni | 00:33:35 | U20M | 6 |
| 35 | 953 | ANDREW PAUL THOMAS | Denbigh Harriers | 00:33:37 | MV 40 | 5 |
| 36 | 804 | MORGAN ROBERTS-YOUNG | Aberystwyth AC | 00:33:41 | SM | 11 |
| 37 | 814 | NOAH GRIDLEY | Aberystwyth Uni | 00:33:44 | U20M | 7 |
| 38 | 1010 | HARRY DRISCOLL | Meirionydd | 00:33:49 | SM | 12 |
| 39 | 948 | ANDY MEARNS | Denbigh Harriers | 00:33:54 | MV 35 | 8 |
| 40 | 800 | OWAIN ROWLANDS | Aberystwyth AC | 00:33:56 | SM | 13 |
| 41 | 1028 | WILLIAM DUNN | Meirionydd | 00:34:06 | MV 45 | 6 |
| 42 | 1049 | OSCAR SIMMONS | Oswestry Olympians | 00:34:10 | SM | 14 |
| 43 | 838 | CAMERON MORRIS | Bangor University | 00:34:14 | SM | 15 |
| 44 | 996 | DEAN THOMAS | Maldwyn Harriers | 00:34:16 | MV 40 | 6 |
| 45 | 1120 | TOM LEATHER | Tattenhall Runners | 00:34:19 | MV 35 | 9 |
| 46 | 1169 | ROB ALEXANDER | Buckley RC | 00:34:22 | MV 40 | 7 |
| 47 | 823 | MATHIAS PAVLIDES | Aberystwyth Uni | 00:34:32 | SM | 16 |
| 48 | 1061 | DAVID BARLOW | Oswestry Olympians | 00:34:36 | MV 45 | 7 |
| 49 | 1154 | LUKE NORTHALL | Wrexham AAC | 00:34:46 | MV 40 | 8 |
| 50 | 873 | JEZ BROWN | Buckley RC | 00:34:56 | MV 50 | 3 |
| 51 | 1093 | GARETH JONES | Prestatyn RC | 00:34:59 | MV 40 | 9 |
| 52 | 1038 | TOMOS MORGAN | Menai Track and Field | 00:35:04 | U20M | 8 |
| 53 | 1132 | PAUL MORRISON | West Cheshire AC | 00:35:07 | SM | 17 |
| 54 | 993 | MARTYN HELLIKER | Maldwyn Harriers | 00:35:11 | MV 40 | 10 |
| 55 | 933 | MAX DOWELL | Deestriders | 00:35:15 | SM | 18 |
| 56 | 1078 | OLIVER BIRCH JONES | Prestatyn RC | 00:35:25 | U20M | 9 |
| 57 | 1139 | DAVID SHARAM | Whitchurch Whippets | 00:35:31 | SM | 19 |
| 58 | 1069 | TIM TANSLEY | Oswestry Olympians | 00:35:35 | MV 50 | 4 |
| 59 | 1122 | ROB ARDEN | Tattenhall Runners | 00:35:43 | MV 45 | 8 |
| 60 | 1111 | CHRIS RADFORD | Shropshire Shufflers | 00:35:45 | MV 45 | 9 |
| 61 | 1138 | NEIL HERSHAW | West Cheshire AC | 00:36:09 | MV 60 | 1 |
| 62 | 1045 | JOSH GOOLDEN | Oswestry Olympians | 00:36:12 | SM | 20 |
| 63 | 1090 | DANIEL WILLIAMS | Prestatyn RC | 00:36:14 | MV 40 | 11 |
| 64 | 857 | DAVID LYTH | Buckley RC | 00:36:17 | MV 40 | 12 |
| 65 | 918 | TOM JONES | Deeside AAC | 00:36:21 | MV 40 | 13 |
| 66 | 1001 | GARRY JONES | Maldwyn Harriers | 00:36:25 | MV 50 | 5 |
| 67 | 925 | EDMUND MORTELL | Deeside AAC | 00:36:29 | MV 50 | 6 |
| 68 | 822 | JAMES SHEPHERD | Aberystwyth Uni | 00:36:31 | SM | 21 |
| 69 | 1124 | SIMON DUCKETT | Tattenhall Runners | 00:36:36 | MV 45 | 10 |
| 70 | 811 | SHELLEY CHILDS | Aberystwyth AC | 00:36:39 | MV 50 | 7 |
| 71 | 874 | SIMON EDWARDS | Buckley RC | 00:36:45 | MV 50 | 8 |
| 72 | 1062 | STJOHN ASHWORTH | Oswestry Olympians | 00:36:47 | MV 45 | 11 |
| 73 | 889 | JARED ROBERTS | Colwyn Bay AC | 00:36:50 | MV 35 | 10 |
| 74 | 934 | BEN ROWLANDS | Deestriders | 00:36:53 | SM | 22 |
| 75 | 1126 | SIMON ELLIS | Tattenhall Runners | 00:36:56 | MV 60 | 2 |
| 76 | 1145 | ROBERT SHARAM | Whitchurch Whippets | 00:36:59 | MV 50 | 9 |
| 77 | 821 | SAUL ASHTON | Aberystwyth Uni | 00:37:03 | SM | 23 |
| 78 | 1084 | BENJAMIN GARNETT | Prestatyn RC | 00:37:06 | SM | 24 |
| 79 | 1135 | ANDREW CLAGUE | West Cheshire AC | 00:37:09 | MV 55 | 1 |
| 80 | 941 | GARMON OWEN | Denbigh Harriers | 00:37:13 | SM | 25 |
| 81 | 870 | RYAN MORRISON | Buckley RC | 00:37:21 | MV 45 | 12 |
| 82 | 1110 | KARL CLACK | Shropshire Shufflers | 00:37:28 | MV 45 | 13 |
| 83 | 961 | SAMUEL DRINKWATER | Eryri Harriers | 00:37:31 | SM | 26 |
| 84 | 837 | JANAK SUBBERWAL | Bangor University | 00:37:33 | SM | 27 |
| 85 | 859 | PETE GRAY | Buckley RC | 00:37:36 | MV 40 | 14 |
| 86 | 1089 | MATTHEW SMITH | Prestatyn RC | 00:37:51 | MV 40 | 15 |
| 87 | 801 | JULIEN BRUN | Aberystwyth AC | 00:38:01 | SM | 28 |
| 88 | 840 | ANDREW GOATER | Betsi Runaways | 00:38:05 | MV 50 | 10 |
| 89 | 1106 | MARK DONALDSON | Shropshire Shufflers | 00:38:08 | SM | 29 |
| 90 | 968 | ANTHONY DAVIES | Eryri Harriers | 00:38:19 | MV 55 | 2 |
| 91 | 972 | MICHAEL COYNE | Eryri Harriers | 00:38:22 | MV 50 | 11 |
| 92 | 1159 | CAMERON NIGHTINGALE | Bangor University | 00:38:27 | U20M | 10 |
| 93 | 848 | ALISTAIR ROBERTS | Buckley RC | 00:38:44 | SM | 30 |
| 94 | 1137 | JEFF GIFFORD | West Cheshire AC | 00:38:56 | MV 60 | 3 |
| 95 | 955 | GLEN PRICE | Denbigh Harriers | 00:39:06 | MV 50 | 12 |
| 96 | 1097 | LEE BAILEY | Prestatyn RC | 00:39:13 | MV 45 | 14 |
| 97 | 1133 | MARK DAVIES | West Cheshire AC | 00:39:16 | MV 45 | 15 |
| 98 | 834 | TOM BALSHAW | Bangor University | 00:39:19 | SM | 31 |
| 99 | 951 | DAFYDD EVANS | Denbigh Harriers | 00:39:26 | MV 40 | 16 |
| 100 | 947 | DANIEL JOHN WEBB | Denbigh Harriers | 00:39:40 | MV 35 | 11 |
| 101 | 891 | NEAL JONES | Colwyn Bay AC | 00:39:45 | MV 40 | 17 |
| 102 | 988 | DEVON SCOTHERN | Maldwyn Harriers | 00:39:50 | SM | 32 |
| 103 | 876 | SIMON ROBERTS | Buckley RC | 00:39:53 | MV 55 | 3 |
| 104 | 1000 | DAVID GETHIN | Maldwyn Harriers | 00:39:57 | MV 50 | 13 |
| 105 | 893 | GARETH BICKNELL | Colwyn Bay AC | 00:40:00 | MV 45 | 16 |
| 106 | 1164 | CALLUM MCGRATH | Wrexham AAC | 00:40:03 | SM | 33 |
| 107 | 983 | IWAN AP TREFOR | Hebog | 00:40:06 | MV 40 | 18 |
| 108 | 1063 | PETER GRIMLEY | Oswestry Olympians | 00:40:11 | MV 45 | 17 |
| 109 | 866 | ALLAN MCKEOWN | Buckley RC | 00:40:14 | MV 45 | 18 |
| 110 | 1105 | HAYDN JONES | Shrewsbury ac | 00:40:20 | MV 60 | 4 |
| 111 | 1121 | JAMES O'HARA | Tattenhall Runners | 00:40:33 | MV 45 | 19 |
| 112 | 980 | GERAN HUGHES | Gog Tri | 00:40:43 | MV 55 | 4 |
| 113 | 1152 | MAX WILLIAMS | Wrecsam Tri | 00:40:58 | MV 50 | 14 |
| 114 | 816 | PETER INGRAM | Aberystwyth Uni | 00:41:06 | U20M | 11 |
| 115 | 904 | JASON PRICE | Cybi Striders | 00:41:12 | MV 50 | 15 |
| 116 | 886 | DAVE BOOTHROYD | Buckley RC | 00:41:25 | MV 60 | 5 |
| 117 | 897 | RUSSELL GODWIN | Colwyn Bay AC | 00:41:37 | MV 55 | 5 |
| 118 | 1141 | DEAN RICHARDS | Whitchurch Whippets | 00:41:40 | MV 35 | 12 |
| 119 | 1031 | PAUL MERICK | Meirionydd | 00:41:44 | MV 50 | 16 |
| 120 | 1115 | CALVIN WRIGHT | Shropshire Shufflers | 00:42:00 | MV 55 | 6 |
| 121 | 1104 | ALISTAIR POTTER | Run Free Fell Runners | 00:42:04 | MV 55 | 7 |
| 122 | 896 | EMYR EVANS | Colwyn Bay AC | 00:42:09 | MV 55 | 8 |
| 123 | 1148 | SIMON PHILLIPS | Whitchurch Whippets | 00:42:15 | MV 55 | 9 |
| 124 | 1032 | DEREK MCPHAIL | Meirionydd | 00:42:51 | MV 55 | 10 |
| 125 | 1171 | ADAM MCDONNELL | Denbigh Harriers | 00:42:55 | MV 50 | 17 |
| 126 | 806 | DAN BACK | Aberystwyth AC | 00:43:24 | MV 35 | 13 |
| 127 | 1103 | DANIEL BURTON | Run Free Fell Runners | 00:43:44 | MV 35 | 14 |
| 128 | 1168 | PAUL LEWTEY | Deestriders | 00:43:49 | MV 45 | 20 |
| 129 | 1128 | TONY PREECE | Telford ac | 00:43:53 | MV 50 | 18 |
| 130 | 898 | IAN TAYLOR | Colwyn Bay AC | 00:44:05 | MV 55 | 11 |
| 131 | 899 | IAN MULLIGAN | Colwyn Bay AC | 00:44:18 | MV 55 | 12 |
| 132 | 813 | PAUL WILLIAMS | Aberystwyth AC | 00:44:22 | MV 55 | 13 |
| 133 | 958 | TONY BENTON | Denbigh Harriers | 00:44:41 | MV 60 | 6 |
| 134 | 954 | RHYS DAVIES | Denbigh Harriers | 00:44:48 | MV 40 | 19 |
| 135 | 1114 | TIM JONES | Shropshire Shufflers | 00:45:23 | MV 55 | 14 |
| 136 | 568 | CHRIS BENNETT | Gog Tri | 00:45:26 | MV 60 | 7 |
| 137 | 1118 | SIMON MEREDITH | Shropshire Shufflers | 00:45:37 | MV 60 | 8 |
| 138 | 1068 | HUW JONES | Oswestry Olympians | 00:45:56 | MV 50 | 19 |
| 139 | 938 | ANTHONY WOODALL | Deestriders | 00:46:09 | MV 50 | 20 |
| 140 | 878 | PAUL DONOGHUE | Buckley RC | 00:46:32 | MV 55 | 15 |
| 141 | 1170 | IAN GRIMSHAW | Wrexham AAC | 00:46:51 | MV 50 | 21 |
| 142 | 1157 | MARTIN MAX | Colwyn Bay AC | 00:48:02 | U20M | 12 |
| 143 | 939 | DARREN LOW | Deestriders | 00:49:30 | MV 55 | 16 |
| 144 | 1085 | NEM JAMES | Prestatyn RC | 00:49:45 | SM | 34 |
| 145 | 971 | SHAUN DE CLANCY | Eryri Harriers | 00:50:48 | MV 60 | 9 |
| 146 | 1127 | BRENT WILSON | Tattenhall Runners | 00:54:20 | MV 60 | 10 |

**TEAMS**

**DIVISION ONE (6 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 1**  **Points** | **Total Race 1 Points** | **Race 1**  **Position** | **OVERALL POINTS** | **OVERALL POSITION** |
| Meirionydd RC | 7, 13, 14, 15, 23, 38 | **110** | **1** | **110** | **1** |
| Wrexham AAC | 6, 11, 17, 21, 49, 106 | **210** | **2** | **210** | **2** |
| Bangor Uni | 2, 3, 4, 43, 84, 92 | **228** | **3** | **228** | **3** |
| Buckley RC | 19, 24, 29, 46, 50, 64 | **232** | **4** | **232** | **4** |
| Aberystwyth AC | 25, 30, 36, 40, 70, 87 | **288** | **5** | **288** | **5** |
| Oswestry Olympians | 33, 42, 48, 58, 62, 72 | **315** | **6** | **315** | **6** |
| Denbigh Harriers | 22, 35, 39, 80, 95, 99 | **370** | **7** | **370** | **7** |
| Shrewsbury AC | 110, 147, 147, 147, 147, 147 | **845** | **8** | **845** | **8** |

**DIVISION TWO (4 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 1**  **Points** | **Total Race 1 Points** | **Race 1**  **Position** | **OVERALL POINTS** | **OVERALL POSITION** |
| Aberystwyth Uni | 5, 8, 32, 34 | **79** | **1** | **79** | **1** |
| Eryri Harriers | 1, 27, 28, 31 | **87** | **2** | **87** | **2** |
| Prestatyn | 9, 12, 51, 56 | **128** | **3** | **128** | **3** |
| Maldwyn | 16, 20, 44, 54 | **134** | **4** | **134** | **4** |
| Tattenhall | 45, 59, 69, 75 | **248** | **5** | **248** | **5** |
| West Cheshire | 53, 61, 79, 94 | **287** | **6** | **287** | **6** |
| Hebog | 10, 26, 107, 147 | **290** | **7** | **290** | **7** |
| Deeside AC | 18, 65, 67, 147 | **297** | **8** | **297** | **8** |
| Shropshire Shuff | 60, 82, 89, 120 | **351** | **9** | **351** | **9** |
| Whitchurch Whippets | 57, 76, 118, 123 | **374** | **10** | **374** | **10** |
| Colwyn Bay | 73, 101, 105, 117 | **396** | **11** | **396** | **11** |
| Deestriders | 54, 74, 128, 139 | **396** | **12** | **396** | **12** |
| Menai T & F | 52, 147, 147, 147 | **496** | **13** | **496** | **13** |
| Betsi Runaways | 88, 147, 147, 147 | **532** | **14** | **532** | **14** |
| Run Free Fell | 121, 127, 147, 147 | **542** | **15** | **542** | **15** |
| GOG Tri Club | 112, 136, 147, 147 | **542** | **16** | **542** | **16** |
| Wrecsam Tri Club | 113, 147, 147, 147 | **554** | **17** | **554** | **17** |
| Cybi | 115, 147, 147, 147 | **557** | **18** | **557** | **18** |
| Telford AC | 129, 147, 147, 147 | **570** | **19** | **570** | **19** |

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 1**  **Points** | **Total Race 1 Points** | **Race 1**  **Position** | **OVERALL POINTS** | **OVERALL POSITION** |
| Wrexham AAC | 1, 4, 9 | **14** | **1** | **14** | **1** |
| Meirionnydd RC | 2, 6, 7 | **15** | **2** | **15** | **2** |
| Prestatyn RC | 3, 5, 28 | **36** | **3** | **36** | **3** |
| Maldwyn Harriers | 8, 22, 29 | **49** | **4** | **49** | **4** |
| Buckley RC | 10, 16, 24 | **50** | **5** | **50** | **5** |
| Denbigh Harriers | 12, 19, 20 | **51** | **6** | **51** | **6** |
| Aberystwyth AC | 13, 17, 40 | **70** | **7** | **70** | **7** |
| Oswestry Olympians | 18, 25, 30 | **73** | **8** | **73** | **8** |
| Eryri Harriers | 14, 15, 52 | **81** | **9** | **81** | **9** |
| Tattenhall Runners | 23, 31, 39 | **93** | **10** | **93** | **10** |
| West Cheshire AC | 33, 46, 54 | **133** | **11** | **133** | **11** |
| Shropshire Shufflers | 32, 48, 76 | **156** | **12** | **156** | **12** |
| Colwyn Bay | 43, 60, 63 | **166** | **13** | **166** | **13** |
| Whitchurch Whippets | 45, 74, 79 | **198** | **14** | **198** | **14** |
| Deestriders | 84, 95, 98 | **277** | **15** | **277** | **15** |

**MALE OVER 65**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | 401 | JOHN JONES | Shrewsbury AC | 00:28:09 | MV65 | 1 |
| 2 | 383 | ANDY CLARKE | Oswestry Olympians | 00:28:15 | MV65 | 2 |
| 3 | 364 | DYLAN HUWS | Eryri Harriers | 00:28:51 | MV65 | 3 |
| 4 | 404 | PETE HOUGH | Shropshire Shufflers | 00:29:37 | MV70 | 1 |
| 5 | 336 | DAMIAN SIDNELL | Aberystwyth AC | 00:29:55 | MV65 | 4 |
| 6 | 412 | JAMES JENKIN | Tattenhall Runners | 00:30:59 | MV65 | 5 |
| 7 | 362 | ARWEL LEWIS | Eryri Harriers | 00:31:14 | MV65 | 6 |
| 8 | 374 | DAVE WRIGHT | Meirionydd | 00:31:54 | MV65 | 7 |
| 9 | 369 | TOM ROWLANDS | Maldwyn Harriers | 00:32:11 | MV65 | 8 |
| 10 | 351 | SIMON NIXON | Denbigh Harriers | 00:32:14 | MV65 | 9 |
| 11 | 344 | ALLEN SMITH | Buckley RC | 00:32:49 | MV65 | 10 |
| 12 | 360 | JOHN MAINWARING | Eryri Harriers | 00:32:51 | MV70 | 2 |
| 13 | 372 | CLIVE EDGINTON | Meirionydd | 00:33:13 | MV65 | 11 |
| 14 | 396 | NEIL DAVIDSON | Prestatyn RC | 00:33:46 | MV65 | 12 |
| 15 | 370 | NICK BRADLEY | Meirionydd | 00:34:16 | MV70 | 3 |
| 16 | 377 | NEIL GRANT | Meirionydd | 00:34:37 | MV65 | 13 |
| 17 | 355 | DAVID BAUGH | Denbigh Harriers | 00:34:39 | MV65 | 14 |
| 18 | 391 | MARTIN CORTVRIEND | Prestatyn RC | 00:34:50 | MV70 | 4 |
| 19 | 397 | REG JONAS | Prestatyn RC | 00:35:00 | MV65 | 15 |
| 20 | 398 | PETER SAVILL | Shrewsbury AC | 00:35:02 | MV70 | 5 |
| 21 | 1102 | PHILIP HOWARTH | Prestatyn RC | 00:35:31 | MV70 | 6 |
| 22 | 371 | FRANKIE VAUGHN | Meirionydd | 00:35:53 | MV70 | 7 |
| 23 | 378 | ARRON THOMAS | Meirionydd | 00:36:01 | MV65 | 16 |
| 24 | 348 | DAVE PASS | Denbigh Harriers | 00:36:07 | MV70 | 8 |
| 25 | 359 | EURWYN EDWARDS | Eryri Harriers | 00:36:16 | MV70 | 9 |
| 26 | 347 | PAUL AIRD | Deestriders | 00:36:32 | MV65 | 17 |
| 27 | 395 | ARWEL WYN JONES | Prestatyn RC | 00:37:04 | MV65 | 18 |
| 28 | 745 | EMYR DAVIES | Hebog | 00:37:32 | MV80 | 1 |
| 29 | 394 | MARK DAKEYNE | Prestatyn RC | 00:37:52 | MV65 | 19 |
| 30 | 763 | CHARLES ASHLEY | Wrexham AAC | 00:37:56 | MV65 | 20 |
| 31 | 373 | PAUL WELSH | Meirionydd | 00:38:40 | MV65 | 21 |
| 32 | 405 | LESLIE RITCHIE | Shropshire Shufflers | 00:38:47 | MV70 | 10 |
| 33 | 382 | WILL DAVISON | Oswestry Olympians | 00:39:07 | MV65 | 22 |
| 34 | 399 | JOHN ALLSOP | Shrewsbury AC | 00:39:14 | MV70 | 11 |
| 35 | 403 | CHRIS CLARKE | Shropshire Shufflers | 00:39:26 | MV75 | 1 |
| 36 | 413 | COLIN HUNT | Wrecsam Tri | 00:41:11 | MV70 | 12 |
| 37 | 376 | DILWYN MORGAN | Meirionydd | 00:42:24 | MV65 | 23 |
| 38 | 392 | GEORGE NIXON | Prestatyn RC | 00:42:36 | MV70 | 13 |
| 39 | 402 | IAIN DAY | Shropshire Shufflers | 00:42:46 | MV80 | 2 |
| 40 | 365 | JOHN D'ALBUQUERQUE | GOG Tri | 00:44:21 | MV75 | 2 |
| 41 | 357 | DON WILLIAMS | Eryri Harriers | 00:45:03 | MV80 | 3 |
| 42 | 358 | ALWYN OLIVER | Eryri Harriers | 00:47:05 | MV80 | 4 |
| 43 | 388 | STEPHEN HATFIELD | Prestatyn RC | 00:53:46 | MV75 | 3 |
| 44 | 386 | ROGER HARRISON-JONES | Prestatyn RC | 01:02:00 | MV85 | 1 |

**TEAMS (3 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 1**  **Points** | **Total Race 1 Points** | **Race 1**  **Position** | **OVERALL POINTS** | **OVERALL POSITION** |
| Eryri Harriers | 3, 7, 12 | **22** | **1** | **22** | **1** |
| Meirionnydd RC | 8, 13, 15 | **36** | **2** | **36** | **2** |
| Prestatyn RC | 14, 18, 19 | **51** | **3** | **51** | **3** |
| Denbigh Harriers | 10, 17, 24 | **51** | **4** | **51** | **4** |
| Shrewsbury AC | 1, 20, 34 | **55** | **5** | **55** | **5** |
| Shropshire Shufflers | 4, 32, 35 | **71** | **6** | **71** | **6** |

**UNDER 17 MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** |
| 1 | 308 | ZAC CAMPBELL | Deeside AAC | 00:23:05 |
| 2 | 306 | RYAN DELANEY | Deeside AAC | 00:23:45 |
| 3 | 303 | JAMES MYATT | Colwyn Bay AC | 00:24:11 |
| 4 | 316 | RUBEN CRIERIE | Colwyn Bay AC | 00:25:59 |
| 5 | 301 | NOA DAFYDD | Betsi Runaways | 00:26:19 |
| 6 | 302 | BENJAMIN NEWMAN | Oswestry Olympians | 00:26:27 |
| 7 | 304 | SETH WILLAIMS | Colwyn Bay AC | 00:27:15 |
| 8 | 318 | ELIS MARTIN | Deeside AAC | 00:27:19 |
| 9 | 767 | DWAIN WILLIAMS | Menai Track and Field | 00:28:38 |

**TEAMS (3 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 1**  **Points** | **Total Race 1 Points** | **Race 1**  **Position** | **OVERALL POINTS** | **OVERALL POSITION** |
| Deeside AC | 1, 2, 8 | **11** | **1** | **11** | **1** |
| Colwyn Bay AC | 3, 4, 7 | **14** | **2** | **14** | **2** |

**SENIOR WOMEN**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | 630 | ALISON LAVENDER | Oswestry Olympians | 00:24:21 | FV35 | 1 |
| 2 | 503 | EDEN O'DEA | Deeside AAC | 00:25:10 | SW | 1 |
| 3 | 505 | MARTHA OWEN | Deeside AAC | 00:25:26 | SW | 2 |
| 4 | 533 | JOANNE HENDERSON | Denbigh Harriers | 00:25:48 | FV45 | 1 |
| 5 | 504 | MIA ROBERTS | Deeside AAC | 00:25:54 | SW | 3 |
| 6 | 555 | GEMMA MOORE | Eryri Harriers | 00:26:07 | FV40 | 1 |
| 7 | 553 | ELLIW HAF ROBERTS | Eryri Harriers | 00:26:53 | FV35 | 2 |
| 8 | 677 | RUTH CALCROFT | Run Free Fell Runners | 00:27:05 | FV40 | 2 |
| 9 | 722 | EMILIA PYPER | West Cheshire AC | 00:27:40 | FU17 | 1 |
| 10 | 579 | HANNAH THOMAS | Maldwyn Harriers | 00:28:04 | FV40 | 3 |
| 11 | 558 | ANDREA ROWLANDS | Eryri Harriers | 00:28:13 | FV50 | 1 |
| 12 | 521 | ELEANOR ASHCROFT | Denbigh Harriers | 00:28:18 | SW | 4 |
| 13 | 573 | OLIVIA MORGAN | Maldwyn Harriers | 00:28:31 | FU17 | 2 |
| 14 | 641 | LOU WILLIAMS | Oswestry Olympians | 00:28:45 | FV45 | 2 |
| 15 | 444 | TALISKA FAULKNER | Bangor University | 00:29:05 | FU20 | 1 |
| 16 | 615 | EVIE BAYMAN | Menai Track and Field | 00:29:11 | FU17 | 3 |
| 17 | 658 | LISA LINES | Prestatyn RC | 00:29:15 | SW | 5 |
| 18 | 616 | ELAN GRIFFITH | Menai Track and Field | 00:29:25 | FU17 | 4 |
| 19 | 705 | ALLI ARDEN | Tattenhall Runners | 00:29:46 | FV50 | 2 |
| 20 | 766 | MICHELLE BOWES | Deestriders | 00:30:03 | FV35 | 3 |
| 21 | 723 | EMMA NUTT | West Cheshire AC | 00:30:13 | SW | 6 |
| 22 | 765 | JENNIFER ADAMS | Hebog | 00:30:35 | SW | 7 |
| 23 | 703 | GEORGE ROSS | Tattenhall Runners | 00:30:44 | FV45 | 3 |
| 24 | 750 | AMANDA BAILEY | Wrexham AAC | 00:30:48 | FV50 | 3 |
| 25 | 442 | HOLLY HADFIELD | Aberystwyth University | 00:30:51 | FU20 | 2 |
| 26 | 515 | CHRISTINE CAMMILLARE | Deestriders | 00:30:57 | FV40 | 4 |
| 27 | 525 | SUZANNA BEEDLES | Denbigh Harriers | 00:31:03 | FV45 | 4 |
| 28 | 634 | ALICE TREVOR-JONES | Oswestry Olympians | 00:31:16 | FV35 | 4 |
| 29 | 624 | CONNIE GARVEY | Oswestry Olympians | 00:31:19 | SW | 8 |
| 30 | 428 | LOUISE BARKER | Aberystwyth AC | 00:31:22 | FV50 | 4 |
| 31 | 639 | LOUISE WOOLCOCK | Oswestry Olympians | 00:31:27 | FV40 | 5 |
| 32 | 557 | MEGAN HUGHES | Eryri Harriers | 00:31:36 | FV45 | 5 |
| 33 | 623 | ERIN WOOLCOCK | Oswestry Olympians | 00:31:42 | FU17 | 5 |
| 34 | 536 | EMMA COLLINS | Denbigh Harriers | 00:31:50 | FV60 | 1 |
| 35 | 656 | JENNA BAGNALL | Prestatyn RC | 00:31:58 | SW | 9 |
| 36 | 446 | ALICE HORSFIELD | Bangor University | 00:32:01 | FU20 | 3 |
| 37 | 484 | CASI DULLER | Colwyn Bay AC | 00:32:06 | FU17 | 6 |
| 38 | 580 | CATHERINE BRADLEY | Maldwyn Harriers | 00:32:20 | FV40 | 6 |
| 39 | 746 | EVIE HUGHES | Wrexham AAC | 00:32:24 | FU17 | 7 |
| 40 | 725 | ANEST MULLER | West Cheshire AC | 00:32:30 | FV40 | 7 |
| 41 | 534 | LEE MICHELLE EVANS | Denbigh Harriers | 00:32:32 | FV45 | 6 |
| 42 | 499 | MILLIE HARRISON | Deeside AAC | 00:32:37 | FU17 | 8 |
| 43 | 651 | YVONNE HILL | Oswestry Olympians | 00:32:39 | FV60 | 2 |
| 44 | 662 | HELEN ASHWORTH | Prestatyn RC | 00:32:42 | FV40 | 8 |
| 45 | 728 | ELEANOR ROBINSON | West Cheshire AC | 00:32:46 | FV50 | 5 |
| 46 | 559 | HELEN BLAIR | Eryri Harriers | 00:32:54 | FV55 | 1 |
| 47 | 652 | SUSIE HANCOCK | Oswestry Olympians | 00:32:58 | FV65 | 1 |
| 48 | 527 | VICTORIA WHITEHEAD | Denbigh Harriers | 00:33:01 | FV50 | 6 |
| 49 | 520 | CHARLOTTE DOBSON | Denbigh Harriers | 00:33:04 | SW | 10 |
| 50 | 694 | SUE SNOOK | Shropshire Shufflers | 00:33:05 | FV60 | 3 |
| 51 | 743 | AISHA AMOS -HOWELL | Bangor University | 00:33:18 | SW | 11 |
| 52 | 470 | GWENNAN HENSTOCK | Buckley RC | 00:33:21 | FV45 | 7 |
| 53 | 434 | MARY COLBRAN | Aberystwyth University | 00:33:27 | FU20 | 4 |
| 54 | 425 | LYNDSAY WHEELER | Aberystwyth AC | 00:33:32 | FV40 | 9 |
| 55 | 495 | LOUISE BROOKWELL | Cybi Striders | 00:33:35 | FV45 | 8 |
| 56 | 626 | LYDIA HUGHES | Oswestry Olympians | 00:33:38 | SW | 12 |
| 57 | 762 | JEN WELLS | Colwyn Bay AC | 00:33:42 | FV40 | 10 |
| 58 | 528 | SIAN ELENOR PRITCHARD | Denbigh Harriers | 00:33:49 | SW | 13 |
| 59 | 655 | MEG LEWIS | Prestatyn RC | 00:33:53 | SW | 14 |
| 60 | 730 | JOY HICKMAN | West Cheshire AC | 00:34:03 | FV60 | 4 |
| 61 | 478 | CERI NICHOLAS | Buckley RC | 00:34:06 | FV55 | 2 |
| 62 | 445 | EMMA GITTENS | Bangor University | 00:34:11 | FU20 | 5 |
| 63 | 488 | HELEN MACARTHUR | Colwyn Bay AC | 00:34:13 | FV55 | 3 |
| 64 | 648 | ALISON TICKNER | Oswestry Olympians | 00:34:20 | FV55 | 4 |
| 65 | 489 | ANNE MYNOTT | Colwyn Bay AC | 00:34:24 | FV60 | 5 |
| 66 | 706 | ANNA NEWITT | Tattenhall Runners | 00:34:27 | FV50 | 7 |
| 67 | 613 | JULIET EDWARDS | Meirionydd | 00:34:30 | FV60 | 6 |
| 68 | 601 | ADELE FLETCHER | Meirionydd | 00:34:34 | FV45 | 9 |
| 69 | 436 | MILLIE JUDSON | Aberystwyth University | 00:34:42 | SW | 15 |
| 70 | 532 | RHIANWEN DAVIES | Denbigh Harriers | 00:34:45 | FV40 | 11 |
| 71 | 432 | STEPHANIE UNDERHILL | Aberystwyth University | 00:34:53 | FU20 | 6 |
| 72 | 463 | LISA MACPHERSON | Buckley RC | 00:34:54 | FV40 | 12 |
| 73 | 637 | LIZZIE BARLOW | Oswestry Olympians | 00:34:58 | FV40 | 13 |
| 74 | 755 | ERIN SMITH | Wrexham AAC | 00:35:06 | FU20 | 7 |
| 75 | 477 | FENELLA HIGGINS | Buckley RC | 00:35:18 | FV55 | 5 |
| 76 | 443 | BRITNEY WHISTON | Aberystwyth University | 00:35:22 | FU20 | 8 |
| 77 | 554 | NIA MELERI EDWARDS | Eryri Harriers | 00:35:28 | FV40 | 14 |
| 78 | 589 | GILLIAN BOWDEN | Maldwyn Harriers | 00:35:49 | FV65 | 2 |
| 79 | 481 | MARGARET LUDDEN | Buckley RC | 00:35:56 | FV60 | 7 |
| 80 | 541 | LISA ASHWORTH | Dolly Mixtures | 00:36:03 | FV45 | 10 |
| 81 | 451 | LYDIA ROBINSON | Bangor University | 00:36:12 | SW | 16 |
| 82 | 625 | DAISY CLARKE | Oswestry Olympians | 00:36:19 | SW | 17 |
| 83 | 614 | JEAN ASHLEY | Meirionydd | 00:36:23 | FV65 | 3 |
| 84 | 661 | RACHEL JACKSON | Prestatyn RC | 00:36:27 | FV35 | 5 |
| 85 | 570 | LIZ EVANS | GOG Tri | 00:36:35 | FV70 | 1 |
| 86 | 719 | ALISON PREECE | Telford ac | 00:36:40 | FV50 | 8 |
| 87 | 448 | HENRIETTA DUFFEY | Bangor University | 00:36:43 | SW | 18 |
| 88 | 729 | DEBRA BEMAND | West Cheshire AC | 00:36:53 | FV50 | 9 |
| 89 | 647 | LIZ PARK | Oswestry Olympians | 00:36:59 | FV50 | 10 |
| 90 | 435 | HANNAH SMITH | Aberystwyth University | 00:37:11 | FU20 | 9 |
| 91 | 753 | SHELLEY MAY-WILLIAMS | Wrexham AAC | 00:37:14 | FV45 | 11 |
| 92 | 524 | MANDY CARTRWRIGHT | Denbigh Harriers | 00:37:20 | FV45 | 12 |
| 93 | 479 | JANE LINDLEY | Buckley RC | 00:37:36 | FV55 | 6 |
| 94 | 509 | MEGAN JONES | Deeside AAC | 00:37:40 | FV40 | 15 |
| 95 | 474 | SIAN MEIRION | Buckley RC | 00:37:44 | FV50 | 11 |
| 96 | 480 | LIZ BOOTHROYD | Buckley RC | 00:38:01 | FV60 | 8 |
| 97 | 742 | REBECCA DOWNS | Colwyn Bay AC | 00:38:11 | FV45 | 13 |
| 98 | 689 | MOYNA RICHEY | Shropshire Shufflers | 00:38:15 | FV50 | 12 |
| 99 | 650 | TANIA BRANDON | Oswestry Olympians | 00:38:31 | FV55 | 7 |
| 100 | 526 | SOPHIE JOHNSON | Denbigh Harriers | 00:38:51 | FV45 | 14 |
| 101 | 612 | MARGARET ROBERTS | Meirionydd | 00:39:10 | FV60 | 9 |
| 102 | 676 | SUSAN HUGHES | Prestatyn RC | 00:39:21 | FV65 | 4 |
| 103 | 619 | GWEN CHARLTON | NWRRC | 00:39:25 | FV35 | 6 |
| 104 | 700 | ALEXANDRA DUNCAN-PRICE | Tattenhall Runners | 00:39:29 | FV45 | 15 |
| 105 | 697 | BEB BRUCE | Shropshire Shufflers | 00:39:33 | FV65 | 5 |
| 106 | 516 | AMANDA SCOTTER | Deestriders | 00:39:35 | FV40 | 16 |
| 107 | 438 | ELIN HENSTOCK | Aberystwyth University | 00:39:46 | SW | 19 |
| 108 | 537 | MENAI BAUGH | Denbigh Harriers | 00:39:54 | FV65 | 6 |
| 109 | 610 | HELEN WYN JONES | Meirionydd | 00:40:08 | FV55 | 8 |
| 110 | 426 | THERESA SHARLAND | Aberystwyth AC | 00:40:22 | FV40 | 17 |
| 111 | 544 | JANET RICHARDS | Dolly Mixtures | 00:40:24 | FV50 | 13 |
| 112 | 711 | GRACE HART | Tattenhall Runners | 00:40:51 | FV55 | 9 |
| 113 | 517 | CLAIRE HARPER | Deestriders | 00:41:23 | FV45 | 16 |
| 114 | 673 | CATHRYN WOOD | Prestatyn RC | 00:41:29 | FV55 | 10 |
| 115 | 663 | ELIZABETH MARTIN | Prestatyn RC | 00:41:56 | FV45 | 17 |
| 116 | 713 | LIZ HUMPHRIES | Tattenhall Runners | 00:42:19 | FV60 | 10 |
| 117 | 726 | ALEXANDRA DUFFEY | West Cheshire AC | 00:42:22 | FV50 | 14 |
| 118 | 665 | CARA JONES | Prestatyn RC | 00:42:28 | FV50 | 15 |
| 119 | 546 | HELEN DAVIES | Dolly Mixtures | 00:42:51 | FV55 | 11 |
| 120 | 592 | CARYL WILLIAMS | Meirionydd | 00:43:13 | FV35 | 7 |
| 121 | 561 | VIVIENNE EDWARDS | Eryri Harriers | 00:43:45 | FV65 | 7 |
| 122 | 482 | SUSAN RIDINGS | Buckley RC | 00:44:18 | FV65 | 8 |
| 123 | 598 | HENRIETTA DAVIS-DUNN | Meirionydd | 00:44:27 | FV40 | 18 |
| 124 | 540 | BUDDUG TURNER | Dolly Mixtures | 00:44:32 | FV45 | 18 |
| 125 | 747 | ALEX EDWARDS | Wrexham AAC | 00:45:14 | FV60 | 11 |
| 126 | 631 | HANNAH MOSFORD | Oswestry Olympians | 00:45:23 | FV35 | 8 |
| 127 | 670 | EMMA BIRCHALL | Prestatyn RC | 00:45:56 | FV55 | 12 |
| 128 | 560 | FELICITY ARIES | Eryri Harriers | 00:47:19 | FV60 | 12 |
| 129 | 518 | JANE BLACKWELL | Deestriders | 00:47:37 | FV55 | 13 |
| 130 | 452 | ILONA KURTA | Betsi Runaways | 00:49:41 | FV55 | 14 |
| 131 | 669 | CLARE MANLEY | Prestatyn RC | 00:52:47 | FV55 | 15 |
| 132 | 562 | MAGGIE OLIVER | Eryri Harriers | 00:53:28 | FV75 | 1 |
| 133 | 692 | MARILYN HUNT | Shropshire Shufflers | 00:55:37 | FV55 | 16 |
| 134 | 675 | JULIE EVANS | Prestatyn RC | 00:56:02 | FV60 | 13 |

**FEMALE TEAMS**

**DIVISION ONE (4 to SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 1**  **Points** | **Total Race 1 Points** | **Race 1**  **Position** | **OVERALL POINTS** | **OVERALL POSITION** |
| Deeside AC | 2, 3, 5, 42 | **52** | **1** | **52** | **1** |
| Eryri | 5, 7, 11, 32 | **55** | **2** | **55** | **2** |
| Oswestry | 1, 14, 28, 29 | **72** | **3** | **72** | **3** |
| Denbigh | 4, 12, 27, 34 | **77** | **4** | **77** | **4** |
| West Cheshire | 9, 21, 40, 45 | **115** | **5** | **115** | **5** |
| Maldwyn H | 10, 13, 38, 78 | **139** | **6** | **139** | **6** |
| Meirionydd | 67, 68, 83, 101 | **319** | **7** | **319** | **7** |
| Shrewsbury AC | N/A | **N/A** | **N/A** | **N/A** | **N/A** |

**DIVISION TWO (3 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 1**  **Points** | **Total Race 1 Points** | **Race 1**  **Position** | **OVERALL POINTS** | **OVERALL POSITION** |
| Prestatyn | 17, 35,44 | **96** | **1** | **96** | **1** |
| Bangor Uni | 15, 36, 51 | **102** | **2** | **102** | **2** |
| Tattenhall | 19, 23, 66 | **108** | **3** | **108** | **3** |
| Wrexham AAC | 24, 39, 74 | **137** | **4** | **137** | **4** |
| Aberystwyth Uni | 25, 53, 69 | **147** | **5** | **147** | **5** |
| Deestriders | 20, 26, 106 | **152** | **6** | **152** | **6** |
| Colwyn Bay | 37, 57, 63 | **157** | **7** | **157** | **7** |
| Menai T&F | 16, 18, 135 | **169** | **8** | **169** | **8** |
| Buckley | 52, 61, 72 | **185** | **9** | **185** | **9** |
| Aberystwyth AC | 30, 54, 110 | **194** | **10** | **194** | **10** |
| Shropshire Shuff | 50, 98, 105 | **253** | **11** | **253** | **11** |
| Run Free Fell | 8, 135, 135 | **278** | **12** | **278** | **12** |
| Hebog | 22, 135, 135 | **292** | **13** | **292** | **13** |
| Dolly Mixtures | 80, 111, 119 | **310** | **14** | **310** | **14** |
| Cybi | 55, 135, 135 | **325** | **15** | **325** | **15** |
| GOG Tri Club | 85, 135, 135 | **356** | **16** | **356** | **16** |
| Telford | 86, 135, 135 | **357** | **17** | **357** | **17** |
| NWRRC | 103, 135, 135 | **373** | **18** | **373** | **18** |
| Betsi Runaways | 130, 135, 135 | **400** | **19** | **400** | **19** |

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 1**  **Points** | **Total Race 1 Points** | **Race 1**  **Position** | **OVERALL POINTS** | **OVERALL POSITION** |
| Eryri Harriers | 3, 4, 7 | **14** | **1** | **14** | **1** |
| Oswestry Olympians | 1, 8, 15 | **24** | **2** | **24** | **2** |
| Denbigh Harriers | 2, 14, 19 | **35** | **3** | **35** | **3** |
| Tattenhall Runners | 9, 11, 39 | **59** | **4** | **59** | **4** |
| Maldwyn Harriers | 6, 20, 47 | **73** | **5** | **73** | **5** |
| West Cheshire AC | 21, 25, 34 | **80** | **6** | **80** | **6** |
| Deestriders | 10, 13, 71 | **94** | **7** | **94** | **7** |
| Colwyn Bay | 33, 35, 38 | **107** | **8** | **107** | **8** |
| Buckley RC | 30, 35, 43 | **108** | **9** | **108** | **9** |
| Aberystwyth AC | 16, 31, 74 | **121** | **10** | **121** | **10** |
| Meirionnydd RC | 40, 41, 50 | **131** | **11** | **131** | **11** |
| Prestatyn RC | 24, 51, 67 | **142** | **12** | **142** | **12** |
| Wrexham AAC | 12, 56, 89 | **157** | **13** | **157** | **13** |
| Shropshire Shufflers | 29, 63, 70 | **162** | **14** | **162** | **14** |
| Dolly Mixtures | 49, 75, 83 | **207** | **15** | **207** | **15** |

The youngster had the worst of Storm Amy in the morning, and we even managed a bit of sun in the afternoon, so a big thank you to Gareth Hughes, Prestatyn and David Baugh, Denbigh Harriers and all their clubmates, volunteers and other helpers in making sure the first ‘*David Alun Williams*’ North Wales Cross Country League of the season was able to go ahead event went ahead. And what a cross country course they provided! I heard nothing but positive feedback regarding the course, which even without the winds and rain, was a ‘real’ cross country course, so thank you. We are also indebted to our other volunteers such as the referees, who took the decision to go ahead when lots of other sports cancelled.

There was some fantastic racing to start the season off and it was good to see Ali Lavender, Oswestry Olympians back to winning ways after having time off from running to have her first child. She added to her long list of league victories and still has time to chase down Claire Martin’s record of league victories, and young Noa Vaughan, Eryri Harriers dominating the Men’s race whilst still being Under 20. Meirionnydd RC already look set to dominate the Men’s team title despite not having their best team out, whilst in the Women’s team title it looks like it’s going to be a fascinating battle between Deeside AC and Eryri Harriers.

We’re quickly onto the second fixture, which is at Eirias Park, Colwyn Bay on Saturday 25th October. If any athletes who aren’t registered who want to run please let me know asap and I will arrange for the numbers to be ready and put in your wallets.

Once again Newtown is hosting the Welsh Inter Regional Championships. This year it’s a couple of weeks later taking place on Saturday 29th November. We will be taking full teams to Newtown so if you are interested in competing let Team Managers Mike Robbins, Eric Campbell or myself. We will be selecting the teams after the next North Wales Cross Country League at Colwyn Bay

**Bernie Jones**

**Secretary**