

GRAND PRIX EXPRESS
NORTH WALES CROSS COUNTRY LEAGUE
(supported by Welsh Athletics Ltd)

at The Marches School, Oswestry

Saturday, February 6th, 2010

SENIOR MEN

1	R Roberts		Eryri	32m49s
2	W Dilling	U20	Menai	33m27s
3	P Ward	M40	Telford	33s
4	I Coupland		Shrewsbury	34m32s
5	P Butler		Oswestry	47s
6	D Weston		Wrexham	35m08s
7	P Middleton		Shrewsbury	17s
8	L Jones		Deeside	27s
9	G Norgrove	M40	Tri Club	36s
10	R Hughes		Telford	41s
11	G Wilson	M50	Telford	42s
12	S France		Shrewsbury	56s
13	T Annable	M45	V Royal	36m07s
14	J Anderson		Telford	35s
15	S Sayer		Menai	42s
16	R Dunn		Tattenhall	37m01s
17	P Plant	M45	Telford	12s
18	M Robbins	M45	Wrexham	28s
19	G Hughes	M40	Abergele	33s
20	G R Williams	M40	Menai	37s
21	T Roberts		Meirionnydd	40s
22	K Francis	M40	Shrewsbury	42s
23	D Longley		Prestatyn	44s
24	S Ellis	M40	Tattenhall	51s
25	G Jones	M50	Shrewsbury	56s
26	G Vickers		Telford	38m02s
27	A Lewis	M50	Eryri	05s
28	S Vines		Telford	17s
29	R Jones	M45	Maldwyn	22s
30	I Richards		Meirionnydd	28s
31	P Clarke	M50	Shrewsbury	34s
32	K Jones	M45	Meirionnydd	41s
33	H Jones	M45	Maldwyn	50s
34	J Davies		Telford	53s
35	S Waters		Shrewsbury	57s
36	R Edwards		Menai	39m02s
37	S Roberts	M55	Oswestry	06s
38	A Preston		Meirionnydd	14s
39	J Woodcock	M55	Menai	17s
40	G Nicholls	M40	Prestatyn	24s
41	N Bevan		Oswestry	31s

42	D Jury		V Royal	39m37s
43	A Sudlow		Tattenhall	52s
44	R Godwin	M40	C Bay	40m08s
45	G Fletcher	M45	Maldwyn	12s
46	P Williams	M45	Telford	15s
47	J Harold	M40	Eryri	16s
48	R Garbett		Oswestry	24s
49	C Yorke	M40	C Bay	32s
50	R Jones		Wrexham	36s
51	R Sharam		Whitchurch	37s
52	N Owen	M55	Prestatyn	40s
53	S Jones	M50	Telford	42s
54	G Nixon	M55	Prestatyn	54s
55	D Hollingworth		Buckley	41m00s
56	K Elliott	M45	Abergele	07s
57	A Jones		C Bay	11s
58	M Cortvriend	M55	Denbigh	35s
59	E Davies	M65	Eryri	42s
60	B Hunter	M45	C Bay	42m01s
61	R Hayes		Tri Club	04s
62	N Jones	M50	Shrewsbury	18s
63	G Manson	M55	Oswestry	22s
64	A Bromley	U20	Deeside	25s
65	K Rowlands	M50	Clwydian	27s
66	M Smith		Tattenhall	28s
67	S Hammond	M50	Tattenhall	32s
68	P Ballinger	M50	Denbigh	42s
69	M Whiteside	M60	Tattenhall	45s
70	B Taylor		Oswestry	50s
71	H Lewis	M50	Buckley	57s
72	S Phillips	M40	Whitchurch	43m21s
73	T Tansley		Oswestry	26s
74	I Mulligan	M40	C Bay	28s
75	M Dawes	M60	Telford	33s
76	D Wilde	M50	Bridgnorth	43s
77	A Blair	M45	Tattenhall	48s
78	D Williams	M65	Eryri	56s
79	D Richards		Whitchurch	44m04s
80	S L Jones	M50	Eryri	06s
81	A Egan	M65	Wrexham	14s
82	R Francis		Meirionnydd	30s
83	C Ashley	M50	Wrexham	38s
84	D Jones	M50	Denbigh	41s
85	R Wilson		Whitchurch	46s
86	D Rose	M55	Shrewsbury	49s
87	C Baldwin	M55	Denbigh	54s
88	A Humphreys	M45	Denbigh	45m13s
89	S Hickey		Shrewsbury	20s

90	D Oldfield	M50	Tattenhall	45m24s
91	T Benton	M45	Denbigh	48s
92	D Wilson		Whitchurch	46m02s
93	P Whittall		Shrewsbury	05s
94	G Dodd	M40	Denbigh	07s
95	G Bailey		Prestatyn	14s
96	T Sinnett	M45	Tri Club	18s
97	D Owen	M55	Shrewsbury	20s
98	D Davies		Denbigh	20s
99	J R Hughes		Tri Club	22s
100	M Durrant	M50	Tattenhall	33s
101	P Mitchell	M40	Tri Club	35s
102	S Oliver	M45	Shrewsbury	37s
103	E Edwards	M55	Eryri	44s
104	F Vaughan	M50	Meirionnydd	45s
105	C Rathbone	M65	V Royal	47s
106	S Hatfield	M60	Prestatyn	47m03s
107	J Morris	M65	Buckley	16s
108	D Fineham	M45	Telford	19s
109	D Hughes	M40	Oswestry	48m21s
110	P English	M55	Denbigh	49m33s
111	D Davies	M50	Telford	52m04s
112	N Bradley	M50	Meirionndd	58s
113	A Lucas	M65	Abergele	56m49s
114	R Mackey	M60	Buckley	59m05s
115	A Hodgkiss	M65	Telford	62m32s

TEAMS

DIVISION ONE

1	Telford AAC	81pts	(605pts)
2	Shrewsbury AAC	101pts	(726pts)
3	Tattenhall Runners	285pts	(1449pts)
4	Eryri Harriers	292pts	(1215pts)
5	Wrexham AAC	363pts	(1058pts)
6	Colwyn Bay AAC	409pts	(1420pts)
7	Maldwyn Harriers	482pts	(1421pts)
8	Abergele Harriers	563pts	(2551pts)

DIVISION TWO

1	Menai T+F	237pts	(953pts)
2	Oswestry Olympians AAC	264pts	(1805pts)
3	Meirionnydd RC	307pts	(1465pts)
4	Prestatyn RC	370pts	(1370pts)
5	Denbigh Harriers	476pts	(2376pts)
6	Wrecsam Tri Club	491pts	(2628pts)

7	Whitchurch Whippets	504pts	(2511pts)
8	Vale Royal AAC	535 pts	(2175 pts)
9	Deeside AAC	572 pts	(2882 pts)
10	Buckley RC	597 pts	(2011 pts)
11	Clwdian Range Runners	690 pts	(3616 pts)
12	Bridgnorth AAC	701 pts	(3513 pts)

MALE MASTERS TEAM

1	Telford AAC	9 pts	(114 pts)
2	Shrewsbury AAC	34 pts	(161 pts)
3	Maldwyn Harriers	50 pts	(206 pts)
4	Eryri Harriers	65 pts	(234 pts)
5	Prestatyn RC	71 pts	(293 pts)
6	Colwyn Bay AAC	75 pts	(327 pts)
7	Tattenhall Runners	82 pts	(420 pts)
8	Wrexham AAC	99 pts	(262 pts)
9	Abergele Harriers	105 pts	(473 pts)
10	Denbigh Harriers	113 pts	(520 pts)
11	Wrecsam Tri Club	115 pts	
12	Oswestry Olympians AAC	116 pts	
13	Meirionnydd RC	145 pts	
14	Buckley RC	173 pts	(544 pts)

MEN OVER 70

1	P Norman	M70	Wrexham	28m03s
2	R Hird	M70	Eryri	31m41s
3	E Williams	M70	Shrewsbury	37m11s
4	J Tipping	M70	Wrexham	39m39s

UNDER 17 MEN

1	J Morris	Oswestry		19m40s
2	W Sheridan	Menai		20m34s
3	G Oliver	Deeside		44s

SENIOR WOMEN

1	C Martin	W35	Telford	19m18s
2	M Kitching	W40	Tattenhall	20m05s
3	A Lavender		Oswestry	58s
4	E Robinson		Buckley	21m24s
5	A Bartlett	W35	Shrewsbury	31s
6	A Oliver	U17	Deeside	46s
7	T Lewis-Jones	W35	C Bay	51s
8	J Heming	W35	Eryri	22m00s
9	R Pierce		Denbigh	04s

10	J Marsden		Tattenhall	22m05s
11	B Law		Eryri	15s
12	A Rowlands	W35	Eryri	34s
13	H MacArthur	W40	C Bay	59s
14	C Jones		Oswestry	23m07s
15	A Smith		Tattenhall	10s
16	E Walker	U17	Oswestry	19s
17	H Davies	W40	Tri Club	25s
18	A Williams	W45	Eryri	37s
19	J Hoad	W40	Telford	47s
20	Y Hill	W45	Oswestry	55s
21	C Evans	W45	Telford	56s
22	A Tickner	W40	Oswestry	24m00s
23	T Williams	W45	Denbigh	03s
24	D Urquhart	W35	Buckley	10s
25	E Collins	W45	Denbigh	14s
26	J Richards	W45	Abergele	15s
27	C Burgoyne		Shrewsbury	16s
28	B English	W50	Denbigh	18s
29	A Vaughan	W35	Meirionydd	26s
30	K Norgrove	W40	Tri Club	35s
31	C Barton	U17	Oswestry	35s
32	E Baker		Tattenhall	40s
33	S Rowlands	W40	Clwydian	25m12s
34	L Hampton-Jones	W40	Wrexham	13s
35	A Whitelaw	W50	Wrexham	15s
36	J Lindley	W40	Buckley	35s
37	S Hancock	W45	Oswestry	38s
38	B Tiedke	W45	Prestatyn	42s
39	G Davies	W45	Prestatyn	26m01s
40	L Peters	U17	Menai	09s
41	V Ronald	W40	C Bay	11s
42	J Edwards	W45	Meirionydd	19s
43	G Waring	W50	Prestatyn	22s
44	S Ellis		Tattenhall	28s
45	A Bagnall	U17	Prestatyn	39s
46	E Goddard	W35	Prestatyn	27m24s
47	A Donnelly	W40	Eryri	56s
48	M Ludden	W45	Buckley	28m34s
49	A Edwards	W35	Meirionydd	43s
50	S Jones		Meirionydd	29m07s
51	G Smith		Meirionydd	12s
52	M Oliver	W60	Eryri	26s
53	S Ridging	W50	Buckley	28s
54	V Edwards	W50	Menai	36s
55	E Sheekey		Shrewsbury	37s
56	B Jones	W65	B Dysynni	50s
57	C Williams	W55	V Royal	30m13s

58	L Cortvriend		Denbigh	28s
59	G Csizmadia	W45	Wrexham	31m21s
60	B Jones		Denbigh	33m40s
61	V Cortvriend	W55	Denbigh	34m17s
62	S Richards	W55	Shrewsbury	38m17s
63	R Foster		Whitchurch	39m14s
64	S Rogers		Whitchurch	41m10s
65	K Waterhouse		Whitchurch	10s
66	H Robbins	W55	Whitchurch	10s

TEAMS

DIVISION ONE

1	Eryri Harriers	49 pts	(223 pts)
2	Oswestry Olympians AAC	53 pts	(288 pts)
3	Tattenhall Olympians AAC	59 pts	(669 pts)
4	Denbigh Harriers	85 pts	(520 pts)
5	Buckley RC	112 pts	(504 pts)
6	Colwyn Bay AAC	136 pts	(346 pts)
7	Wrexham AAC	203 pts	(595 pts)

DIVISION TWO

1	Telford AAC	41 pts	(126 pts)
2	Shrewsbury AAC	87 pts	(685 pts)
3	Prestatyn RC	120 pts	(463 pts)
4	Meirionnydd RC	120 pts	(524 pts)
5	Wrecsam Tri Club	122 pts	(658 pts)
6	Deeside AAC	156 pts	(908 pts)
7	Menai T+F	169 pts	(450 pts)
8	Abergele Harriers	176 pts	(593 pts)
9	Clwydian Range Runners	183 pts	(941 pts)
10	Bro Dysynni AAC	206 pts	(887 pts)
11	Vale Royal AAC	207 pts	(1019 pts)
12	Whitchurch Whippets	212 pts	(752 pts)

WOMEN MASTERS TEAMS

1	Eryri Harriers	20 pts	(117 pts)
2	Telford AAC	23 pts	(76 pts)
3	Colwyn Bay AAC	39 pts	(103 pts)
4	Denbigh Harriers	48 pts	(288 pts)
5	Oswestry Olympians AAC	49 pts	(189 pts)
6	Buckley RC	72 pts	(324 pts)
7	Meirionnydd RC	82 pts	
8	Prestatyn RC	83 pts	(332 pts)
9	Wrexham AAC	85 pts	(232 pts)

The Annual General Meeting of the Grand Prix Express North Wales Cross Country League will be held at Ysgol Morgan Llwyd, Wrexham on Friday March 26th 2010 at 7.15 p.m. Everyone welcome although it is one vote, one club.

PLEASE remember the Grand Prix Express North Wales 10 mile Championships (incorporating the Wrexham Open 10) will be held from The Club House on the Wrexham Industrial Estate at 2.00 pm on Saturday April 24th 2010. Download your entry forms from our website – www.northwalesxc.webs.com

Despite the decision to cancel the meeting at Wrexham due to adverse weather conditions it has been a very enjoyable season with 25 clubs taking part in our activities. A good percentage of these clubs had medals at the presentation ceremony after the Oswestry fixture and it is hoped that this will make you all want to come back in Season 2010-2011.