

GRAND PRIX EXPRESS**NORTH WALES CROSS COUNTRY LEAGUE**

(Supported by Welsh Athletics Ltd)

At Dolgellau

Saturday 23rd November 2019**FINAL RESULTS 26/11/19****SENIOR MEN**

Position	Forename	Surname	Club	Time	Age
1	Ollie	Blake	Oswestry Olympians	34-32	SM
2	Alex	Lanz	Meirionnydd RC	34-33	SM
3	Richard	Roberts	Eryri H	35-00	1 M40
4	Ryan	Davis	Wrexham AC	35-17	SM
5	Aled	Jones	Menai T&F	35-22	1 U20M
6	Joe	Morrison	West Cheshire AC	35-49	2 U20M
7	Jim	Hickinbottom	Shrewsbury AC	36-00	1 M35
8	Pete	Butler	Oswestry Olympians	36-02	SM
9	Adam	Allison	Shropshire Shufflers	36-09	3 U20M
10	Thomas	Vaughn	Shropshire Shufflers	36-15	SM
11	Sam	Bellis	Buckley RC	36-17	SM
12	Rob	Weston	Whitchurch Whippets	36-24	SM
13	Jamie	Evan	Meirionnydd RC	36-27	SM
14	Ross	Welsh	Meirionnydd RC	36-28	SM
15	Dan	Elliot	Shrewsbury AC	36-31	SM
16	Alun	Williams	Meirionnydd RC	36-37	2 M40
17	Shaun	Hughes	Denbigh	37-14	SM
18	Richard	Shearer	Buckley RC	37-23	1 M45
19	Fred	Maier	Eryri H	37-33	SM
20	Isaac	Ayres	Aberystwyth AC	37-42	4 U20M
21	Robert	Fox	Shrewsbury AC	37-44	2 M35
22	Carwyn	Owen	Maldwyn AC	37-49	5 U20M
23	Matt	Fortes	Eryri H	37-53	3 M40
24	James	Farmer	Aberystwyth Uni	38-00	6 U20M
25	Gabe	Morris	Shrewsbury AC	38-12	3 M35
26	Gwion	Roberts	Meirionnydd RC	38-20	SM
27	Paul	Aston	Shropshire Shufflers	38-24	4 M35
28	Ifan	Richards	Meirionnydd RC	38-31	4 M40
29	Chris	Callaghan	Buckley RC	38-32	5 M40
30	Simon	Berkley	Oswestry Olympians	38-34	2 M45
31	Ryan	Stokes	Oswestry Olympians	38-35	SM
32	Michael	Corrales	Eryri H	38-39	SM
33	Jez	Brown	Buckley RC	38-40	3 M45
34	Ian	Edwards	Eryri H	38-45	5 M35
35	Jonathan	Tyler	Betsi Runaways	38-50	6 M35
36	Euros	Evans	Meirionnydd RC	38-55	7 U20M
37	Tim	Joy	Buckley RC	38-57	SM
38	Dave	Alexander	West Cheshire AC	39-00	1 M50

39	Craig	Connor	Tattenhall	39-01	SM
40	Joe	Welch	Denbigh	39-02	7 M35
41	Sam	Wadsworth	Bangor Uni	39-03	SM
42	Geran	Hughes	GOG Tri Club	39-07	2 M50
43	Dyfed	Whiteside-Thomas	Eryri H	39-17	4 M45
44	Patrick	White	Cadence Tri	39-40	8 U20M
45	Rich	Davies	Oswestry Olympians	39-42	SM
46	Llyr	Einion	Aberystwyth Uni	39-46	SM
47	Phil	Jones	Shropshire Shufflers	39-47	6 M40
48	Ryan	Morrison	Cadence Tri	39-51	7 M40
49	Graham	Jones	Shrewsbury AC	39-58	1 M60
50	Tom	Wilde	Oswestry Olympians	40-00	9 U20M
51	Gary	Norgrove	Wrexham AC	40-02	3 M50
52	Tony	Wood	Denbigh	40-12	SM
53	Ben	Beachell	Eryri H	40-13	5 M45
54	Nic	Brook	Eryri H	40-14	6 M45
55	Antonio	Gasparinho	Shrewsbury AC	40-21	8 M40
56	Paul	Morrison	West Cheshire AC	40-40	10 U20M
57	Rob	Arden	Tattenhall	40-49	9 M40
58	Joel	Bishton	Shropshire Shufflers	41-01	SM
59	Andrew	Clague	West Cheshire AC	41-02	4 M50
60	Euan	Balmer	Shropshire Shufflers	41-06	10 M40
61	Adam	Burgoyne	Shrewsbury AC	41-12	SM
62	Russell	Owen	Eryri H	41-29	2 M60
63	Brian	Rothera	Oswestry Olympians	41-32	5 M50
64	Pete	Gray	Cadence Tri	41-35	8 M35
65	Ben	Lee	Aberystwyth Uni	41-41	SM
66	Rob	Alexander	Prestatyn	41-45	9 M35
67	Owen	Conry	Denbigh	41-48	6 M50
68	Glen	Price	Denbigh	41-52	7 M45
69	James	Pickering	Oswestry Olympians	41-58	SM
70	Calvin	Wright	Shropshire Shufflers	42-03	7 M50
71	Jeremy	Randell	Meirionnydd RC	42-07	1 M55
72	Jeff	Gifford	Buckley RC	42-10	2 M55
73	Adam	Tatton	Telford AC	42-12	11 U20M
74	Stephen	Gill	Wrekin RR	42-19	8 M50
75	Jared	Roberts	Colwyn Bay	42-21	SM
76	Tony	Woodall	West Cheshire AC	42-22	8 M45
77	Andy	Peers	Buckley RC	42-31	SM
78	James	Jenkin	Tattenhall	42-35	3 M55
79	Gary	Blackwell	Buckley RC	42-43	9 M50
80	Richard	Hayes	West Cheshire AC	43-08	9 M45
81	Paul	Brown	Whitchurch Tri	43-17	10 M45
82	Rees	Mclvor	Shropshire Shufflers	43-20	SM
83	David	Card	Oswestry Olympians	43-21	SM
84	Greg	Williams	Shropshire Shufflers	43-22	10 M35

85	Michael	Coyne	Eryri H	43-24	11 M45
86	Eddie	Davies	Buckley RC	43-30	10 M50
87	Emyr	Evans	GOG Tri Club	43-34	12 M45
88	Mike	Kirk	Oswestry Olympians	43-40	4 M55
89	Matt	Wooden	Shrewsbury AC	43-47	SM
90	Joseph	Matthews	Betsi Runaways	43-52	11 M40
91	Dean	Richards	Whitchurch Whippets	43-56	SM
92	Paul	Shannon	Tattenhall	43-57	3 M60
93	Dave	Boothroyd	Buckley RC	43-58	5 M55
94	Neil	Rochester	Oswestry Olympians	43-59	SM
95	Nick	Pollock	Shropshire Shufflers	44-00	12 M40
96	Nick	Holmes	Tattenhall	44-05	4 M60
97	Mathew	Jones	Denbigh	44-20	11 M50
98	Rob	Mahoney	Buckley RC	44-25	11 M35
99	Ben	Brown	Shropshire Shufflers	44-27	13 M45
100	Jimmy	Carter	Meirionnydd RC	44-28	13 M40
101	Andy	Jones	GOG Tri Club	44-31	14 M45
102	Karl	Williams	Buckley RC	44-34	15 M45
103	Ian	Mulligan	Colwyn Bay	44-35	12 M50
104	Tim	Hargreaves	Buckley RC	44-36	13 M50
105	Keith	Billington	Wrecsam Tri Club	45-25	16 M45
106	David	Baugh	Denbigh	45-37	6 M55
107	Simon	Phillips	Whitchurch Whippets	45-54	14 M50
108	David	Buse	Eryri H	46-15	14 M40
109	Callum	Queen	Bangor Uni	46-21	SM
110	Andy	Lewis	Shrewsbury AC	46-27	5 M60
111	Gwyn	Roberts	Wrexham AC	46-30	15 M50
112	Alun	Roberts	Oswestry Olympians	46-36	15 M40
113	Paul	Phillips	Oswestry Olympians	46-42	16 M50
114	Dale	Walton	Oswestry Olympians	46-47	16 M40
115	Ian	Bayliss	Buckley RC	46-51	7 M55
116	James	Rogers	Prestatyn	46-56	17 M45
117	Simon	Bonfield	Abergele H	47-05	17 M50
118	James	Watkins	GOG Tri Club	47-14	18 M50
119	Neal	Jones	Colwyn Bay	47-16	SM
120	Neil	Vicars-Harris	GOG Tri Club	47-35	19 M50
121	Russell	Godwin	Colwyn Bay	47-51	20 M50
122	Simon	Meredith	Shropshire Shufflers	47-53	7 M55
123	Allen	Smith	Buckley RC	48-02	6 M60
124	Martin	Witty	Deestridders	48-16	21 M50
125	Nick	Roberts	Cadence Tri	48-21	18 M45
126	John	Short	Shropshire Shufflers	48-57	8 M55
127	Max	Williams	Wrecsam Tri Club	49-00	19 M45
128	Tim	Jones	Shropshire Shufflers	49-03	22 M50
129	Bob	Wilson	Whitchurch Tri	49-07	20 M45
130	Ian	Taylor	Colwyn Bay	49-26	23 M50
131	Justin	Pilkington	Meirionnydd RC	49-35	21 M45

132	Chris	Garbett	Oswestry Olympians	49-37	24 M50
133	Des	Davies	Prestatyn	49-42	7 M60
134	Elliot	Davies	Shropshire Shufflers	49-43	17 M40
135	Ian	Teague	Shropshire Shufflers	49-44	22 M45
136	Mark	Goodridge	Wrekin RR	50-00	9 M55
137	Arfon	Hughes	Meirionnydd RC	50-09	25 M50
138	Richard	Hankinson	Meirionnydd RC	50-21	10 M55
139	Robert	Pritchard	Betsi Runaways	50-27	23 M45
140	Tony	Benton	Denbigh	50-28	11 M55
141	Steve	Bellis	Buckley RC	50-30	8 M60
142	Josh	Yaxley	Oswestry Olympians	50-40	SM
143	Duncan	Jones	Denbigh	51-05	9 M60
144	Graeme	Alexander	Whitchurch Tri	51-36	12 M35
145	Steven	Brown	Prestatyn	51-45	24 M45
146	Steffan	Owen	Betsi Runaways	51-49	SM
147	Arvon	Williams	Whitchurch Tri	52-23	25 M45
148	Dave	Wootton	Buckley RC	52-51	12 M55
149	Charlie	Holland	Shropshire Shufflers	53-08	10 M60
150	Steffan	Owen	Meirionnydd RC	53-09	18 M40
151	Mick	Finnie	NWRRC	53-21	11 M60
152	Ben	Banks	Shropshire Shufflers	53-53	SM
153	Dave	Tiernan	West Cheshire AC	54-23	13 M55
154	Simon	Hodgson	Cadence Tri	54-33	26 M50
155	Shaun	Terry	Deestriders	56-30	26 M45
156	Karl	Moore	Wrexham AC	56-31	19 M40
157	Nigel	Tatton	Telford AC	59-16	27 M50
158	Wayne	Roberts	GOG Tri Club	61-18	14 M55

TEAMS

DIVISION ONE (6 TO SCORE)

Club	Race 3 Points	Race 3 Position	Overall Points	Overall Position
Shrewsbury	172	4	554	1
Buckley	200	5	555	2
Meirionnydd	99	1	821	3
Eryri Harriers	154	2	843	4
Oswestry	165	3	878	5
West Cheshire	315	6	973	6
Wrexham AC	639	7	1029	7
Prestatyn	778	8	1403	8

DIVISION TWO (4 TO SCORE)

Club	Race 3 Points	Race 3 Position	Overall Points	Overall Position
Shropshire Shufflers	93	1	410	1
Denbigh Harriers	176	2	671	2

GOG Tri Club	348	6	787	3
Cadence Tri Club	281	4	846	4
Whitchurch Whippets	369	7	946	5
Colwyn Bay	418	9	993	6
Tattenhall	266	3	1033	7
Aberystwyth University	294	5	1036	8
Bangor University	468	10	1038	9
Betsi Runaways	411	8	1365	10
Telford AC	547	15	1424	11
Wrekin RR	528	14	1427	12
Wrecsam Tri Club	550	16	1591	13
Aberystwyth AC	497	12	1645	14
Whitchurch Tri Club	550	16	1715	15
Deestridders	597	19	1769	16
Abergele Harriers	594	18	1803	17
Menai T&F	482	11	N/A	N/A
Maldwyn	499	13	N/A	N/A
NWRRC	628	20	N/A	N/A

MALE MASTERS TEAMS (3 TO SCORE)

Club	Race 3 Points	Race 3 Position	Overall Points	Overall Position
Shrewsbury	14	1	64	1
Buckley	26	3	113	2
Eryri Harriers	20	2	139	3
Shropshire Shufflers	82	6	213	4
GOG Tri Club	122	10	253	5
Wrexham AC	197	14	264	6
West Cheshire	81	5	304	7
Prestatyn RC	192	13	352	8
Meirionnydd	48	4	361	9
Denbigh Harriers	83	7	388	10
Cadence Tri Club	131	11	389	11
Tattenhall	116	9	486	12
Colwyn Bay	221	15	588	13
Oswestry Olympians	89	8	742	14
Betsi Runaways	157	12	N/A	N/A
Whitchurch Tri Club	225	16	N/A	N/A

MALE OVER 65

Position	Forename	Surname	Club	Time	Age
1	Steve	Roberts	Oswestry O	30-27	1 M65
2	George	Nixon	Prestatyn RC	31-12	2 M65
3	Pete	Savill	Shrewsbury	31-47	3 M65
4	Emyr	Davies	Hebog	34-27	1 M75
5	Fred	Jones	Denbigh H	34-30	4 M65
6	Eurwyn	Edwards	Eryri Harriers	34-46	5 M65
7	Colin	Hunt	Wrecsam Tri	35-31	6 M65
8	Mike	Whiteside	Tattenhall	36-00	1 M70
9	Chris	Baldwin	Denbigh H	36-10	7 M65
10	Grahame	Shone	Abergele	36-21	8 M65
11	Phil	Walker	Wrexham AC	37-45	2 M70
12	Don	Williams	Eryri Harriers	38-13	2M75
13	Ian	Dey	Shropshire S	38-17	3 M70
14	Duncan	Rose	Shrewsbury	39-01	9 M65
15	Bob	Neale	Denbigh H	39-19	10 M65
16	John	d'Albuquerque	GOG Tri Club	39-21	4 M70
17	Jeff	Fielding	Eryri Harriers	39-27	3 M75
18	Jeff	Jones	Denbigh H	41-30	11 M65
19	Roger	Harrison-Jones	Prestatyn RC	44-17	1 M80
20	Jack	Thomas	Buckley RC	45-21	4 M75
21	Arthur	Egan	Wrexham AC	47-40	5 M75
22	Steve	Hatfield	Prestatyn RC	48-53	5 M70
23	Tony	Scales	Shrewsbury	53-05	6 M70
24	John	Tipping	Wrexham AC	56-20	2 M80

TEAMS (3 TO SCORE)

Club	Race 3 Points	Race 3 Position	Overall Points	Overall Position
Eryri Harriers	35	2	100	1
Prestatyn	43	4	119	2
Denbigh Harriers	29	1	123	3
Wrexham AC	56	5	190	4
Shrewsbury AC	40	3		

UNDER 17 MEN

Position	Forename	Surname	Club	Time
1	Bryn	Woodall	Colwyn Bay AC	25-17
2	Harri	Evans	Deeside AC	25-55
3	Huw	Jones	Deeside AC	26-04
4	James	Smith	GOG Tri Club	26-18
5	Matthew	Anthony	Deeside AC	26-47
6	Dion	Griffith	Menai T&F	27-37
7	Kia	Walsh	Wrexham AC	28-27
8	Cameron	Lawrence	Menai T&F	29-06

TEAMS (3 TO SCORE)

Club	Race 3 Points	Race 3 Position	Overall Points	Overall Position
Deeside AC	10	1	36	1

SENIOR WOMEN

Position	Forename	Surname	Club	Time	Age
1	Miranda	Grant	Eryri Harriers	28-20	1 W35
2	Lucy	Williamson	Bangor Uni	28-44	SW
3	Gemma	Moore	Eryri Harriers	29-16	2 W35
4	Andrea	Rowlands	Eryri Harriers	29-59	1 W45
5	Rachel	Coupe	Telford AC	30-01	2 W45
6	Bethan	Davies	Colwyn Bay AC	30-06	1 U20W
7	Rhiannon	Kamink	Aberystwyth Uni	30-09	SW
8	Jane	Cook	Shropshire S	30-13	3 W45
9	Orla	Davies	Deeside AC	30-18	1 U17W
10	Jennifer	Rambaldi	Buckley	30-57	SW
11	Lucia	Pyne	West Cheshire	31-06	2 U17W
12	Claire	McCarthy	Shropshire S	31-10	SW
13	Becki	Law	Eryri Harriers	31-13	SW
14	Rhian	Pierce	Denbigh H	31-16	3 W35
15	Claire	Harris	West Cheshire	31-17	SW
16	Lou	Williams	Oswestry O	31-18	1 W40
17	Ali	Grundy	Tattenhall	31-20	2 W40
18	Ceri	Cooke	Buckley	31-23	1 W50
19	Tammy	Lewis-Jones	Eryri Harriers	31-25	4 W45
20	Alice	Walton	Oswestry O	31-37	SW
21	Helen	Blair	Eryri Harriers	31-44	2 W50
22	Nicola	Bishton	Shropshire S	31-46	SW
23	Jessie	Richards	Dolly Mixtures	32-08	4 W35
24	Megan	Hughes	Eryri Harriers	32-23	3 W40
25	Christine	Cammillare	Deestridders	32-24	5 W35
26	Mel	Morris	Denbigh H	32-26	5 W45
27	Ellie	Robinson	West Cheshire	32-27	6 W45
28	Anne	Mynott	Colwyn Bay AC	32-39	1 W55
29	Emma	Collins	Denbigh H	32-45	2 W55
30	Eve	Scott	Prestatyn RC	32-58	3 U17W
31	Christine	Symms	Wrekin RR	33-00	6 W35
32	Tracey	Williams	Denbigh H	33-05	3 W55
33	Clare	Hanson	Dolly Mixtures	33-12	4 W40
34	Helen	MaCarthur	GOG Tri Club	33-24	3 W50
35	Anest	Muller	West Cheshire	33-29	7 W35
36	Alaw	Medi	Denbigh H	33-36	SW
37	Helen	Ashworth	Prestatyn RC	33-42	8 W35
38	Heather	Fias	Shropshire S	33-45	SW
39	Jane	Doughton	Buckley	33-47	7 W45

40	Fenella	Higgins	Buckley	34-00	4 W50
41	Jasmin	Dobson	Bangor Uni	34-08	SW
42	Lleucu	Lane	Eryri Harriers	34-11	2 U20W
43	Jackie	Artist	Eryri Harriers	34-16	9 W35
44	Amanda	Mountfield	Buckley	34-28	SW
45	Jackie	Gears	Oswestry O	34-34	5 W40
46	Elen	Baugh	Denbigh H	34-36	SW
47	Lisa	Johnson	Prestatyn RC	34-42	SW
48	Kate	Pugh	Oswestry O	34-49	3 U20W
49	Joy	Hickman	Prestatyn RC	34-53	5 W50
50	Gemma	Gose	Bangor Uni	35-12	SW
51	Victoria	Addison	Shropshire S	35-14	SW
52	Katy	Baugh	Denbigh H	35-20	SW
53	Kate	Potter	Eryri Harriers	35-21	4 W55
54	Ellen	McMahon	West Cheshire	35-37	SW
55	Yvonne	Hill	Oswestry O	35-40	5 W55
56	Niamh	Morrison	Colwyn Bay AC	35-50	4 U17W
57	Jayne	Jones	Dolly Mixtures	36-03	6 W55
58	Anne	Scott	Dolly Mixtures	36-04	8 W45
59	Ellie	Salisbury	Eryri Harriers	36-17	7 W55
60	Carys	Davies	Denbigh H	36-25	6 W40
61	Jo	Granfield	Whitchurch Whippets	36-34	8 W55
62	Hayley	Turner	Eryri Harriers	36-35	SW
63	Marian	Crowe	Eryri Harriers	36-36	6 W50
64	Julie	L-Evans	Oswestry O	36-44	9 W45
65	Alison	Preece	Telford AC	36-46	10 W45
66	Kate	Wilson	Denbigh H	36-52	SW
67	Nicola	Etherington	Prestatyn RC	37-00	10 W35
68	Marian	Jones	Betsi Runaways	37-02	7 W40
69	Mel	Barker	Tattenhall	37-10	8 W40
70	Kim	Jones-Norgrove	Wreccsam Tri	37-18	7 W50
71	Tania	Brandon	Oswestry O	37-23	8 W50
72	Henni	Ylisirnio	Bangor Uni	37-25	SW
73	Sarah	Pearce	Dolly Mixtures	37-33	9 W40
74	Brygida	Gorecka	Deestriders	37-37	SW
75	Vicky	Ronald	Colwyn Bay AC	37-55	9 W50
76	Carrie	Jenkins	Dolly Mixtures	38-08	11 W35
77	Helen	Griffith	Betsi Runaways	38-09	SW
78	Niki	Wilkinson	Shropshire S	38-15	SW
79	Alison	Donnelly	Eryri Harriers	38-16	10 W50
80	Ann	d'Albuquerque	GOG Tri Club	38-20	1 W70
81	Emma	Wilde	Maldwyn AC	38-31	11 W45
82	Amelie	Roberts	Colwyn Bay AC	38-35	5 U17W
83	Menai	Baugh	Denbigh H	38-37	1 W60
84	Ashling	D-Harrison	Oswestry O	38-38	SW
85	Sarah	Harris	Meirionnydd	38-51	SW
86	Claire	Bishop	Betsi Runaways	38-57	12 W35

87	Alex	Fletcher	Eryri Harriers	39-00	13 W35
88	Rebecca	Roberts	Eryri Harriers	39-07	14 W35
89	Lisa	Ashworth	Dolly Mixtures	39-12	10W40
90	Liz	Martin	Prestatyn RC	39-47	11 W40
91	Rebecca	Howarth	Aberystwyth Uni	40-26	SW
92	Nia	Edwards	Eryri Harriers	40-32	15 W35
93	Moyna	Richer	Shropshire S	40-34	12 W45
94	Sarah	Green	Wrekin RR	40-38	12 W40
95	Alex	Duffey	West Cheshire	40-39	13 W45
96	Alison	Henderson-Owen	Betsi Runaways	41-01	9 W55
97	Deb	Bellis	Buckley	41-13	10 W55
98	Nia	Evans	Meirionnydd	41-15	13 W40
99	Nicola	Tomlinson	GOG Tri Club	41-19	16 W35
100	Grace	Hart	Tattenhall	41-20	11 W50
101	Sue	Ridings	Buckley	41-41	2 W60
102	Pauline	Eccles	Wrekin RR	41-48	17 W35
103	Sue	McIndoe	Deestriders	41-50	12 W50
104	April	Tatton	Telford AC	42-07	6 U17W
105	Zoe	Smith-Higgins	Whitchurch Whippets	42-10	14 W40
106	Tracey	Wilson	Whitchurch Tri Club	42-16	18 W35
107	Alison	Holmes	Whitchurch Tri Club	42-18	11 W55
108	Gill	Csizmadia	Wrexham AC	42-28	12 W55
109	Liz	Featherstone	Whitchurch Whippets	42-30	13 W50
110	Maggie	Oliver	Eryri Harriers	42-33	2 W70
111	Sioned	Jones	Meirionnydd	42-38	15 W40
112	Viv	Edwards	Eryri Harriers	43-00	3 W60
113	Sally	Withington	Wrekin RR	43-05	14 W45
114	Sharon	Davies	Dolly Mixtures	43-10	16 W40
115	Margaret	Roberts	Meirionnydd	43-14	13 W55
116	Helen	Jones	Meirionnydd	43-24	14 W50
117	Mandy	Cooke	Dolly Mixtures	44-33	15 W45
118	Les	Millington	Whitchurch Tri Club	46-15	SW
119	Angie	Cathrow	Shropshire S	47-26	16 W45
120	Brenda	Jones	Bro Dysynni	48-19	1 W75
121	Adele	Bright	Dolly Mixtures	48-28	14 W55
122	Megan	Jones	Dolly Mixtures	49-12	7 U17W
123	Emma	Hughes-Marshall	GOG Tri Club	49-19	17 W45
124	Alison	Forster	Wrexham AC	49-27	15 W55
125	Beverley	Goodson	Deestriders	49-40	15 W50
126	Alex	Jones	Betsi Runaways	50-00	SW
127	Leanne	Matthews	Betsi Runaways	50-00	19 W35
128	Maureen	Singleton	Colwyn Bay AC	50-15	2 W75
129	Marilyn	Hunt	Shropshire S	53-43	16 W50
130	Marjorie	Griffiths	Bro Dysynni	61-21	3 W70

FEMALE TEAMS**DIVISION ONE (4 to SCORE)**

Club	Race 3 Points	Race 3 Position	Overall Points	Overall Position
Eryri Harriers	21	1	60	1
Oswestry Olympians	129	5	266	2
Deeside AC	402	7	548	6
West Cheshire	88	2	288	3
Buckley RC	107	4	389	5
Denbigh	101	3	384	4
Colwyn Bay	165	6	586	7

DIVISION TWO (3 TO SCORE)

Club	Race 3 Points	Race 3 Position	Overall Points	Overall Position
Prestatyn RC	114	4	370	1
Bangor Uni	93	2	385	2
Shropshire Shufflers	42	1	429	3
Dolly Mixtures	113	5	488	4
Tattenhall	186	6	671	5
GOG Tri Club	237	10	692	6
Whitchurch Whippets	265	12	756	7
Wrexham AC	267	13	821	8
Telford AC	174	5	826	9
Deestridders	253	11	849	10
Betsi Runaways	231	9	866	11
Wrekin RR	227	7	874	12
Aberystwyth Uni	229	8	907	13
Whitchurch Tri Club	331	15	1073	14
Wrecsam Tri Club	332	16	1077	15
Maldwyn	343	17	1117	16
Bro Dysynni	381	18	1338	17
Meirionnydd	294	14	N/A	N/A

FEMALE MASTERS TEAMS

Club	Race 3 Points	Race 3 Position	Overall Points	Overall Position
Eryri Harriers	6	1	18	1
Denbigh Harriers	39	2	152	2
Oswestry Olympians	67	5	161	3
West Cheshire	70	6	187	4
Buckley	60	3	221	5
Dolly Mixtures	66	4	286	6
Prestatyn RC	94	7	297	7
Tattenhall	116	8	370	8

Colwyn Bay	153	11	447	9
GOG Tri Club	157	12	477	10
Whitchurch Whippets	179	15	525	11
Wrekin RR	146	10	577	12
Betsi Runaways	157	12	626	13
Shropshire Shufflers	145	9	680	14
Deestridders	169	14		
Meirionnydd	217	16		

I hope you enjoyed the new Dolgellau course and a big thank you to Tom Roberts and his Meirionnydd team who put on a great event. It was the first time they have hosted a league event and I hope we will be back on a regular basis in the future.

The first race was a little longer than normal, being approximately 4 miles and was dominated by Bryn Woodall, Colwyn Bay. There was a good race in the women's race with Miranda Grant getting away on the second lap and helping her Eryri team to yet another emphatic victory. Eryri are even more dominating in the Masters category where they have a perfect record after 3 races with only 18 points. In M65+ Men's race Steve Roberts had another good win.

In the second race of the day there was a battle all the way to the line with the thickness of the vest separating winner Ollie Blake, Oswestry and Alex Lanz, Meirionnydd. Alex at least had the satisfaction of leading Meirionnydd to a team victory. However, Shrewsbury still look on track to retain their title. Shropshire Shufflers are dominating Division 2 and are over 250 points clear and look certain for promotion. In the Masters categories, Shrewsbury still lead the way.

The next league race on 11th January 2020 is being hosted by Shrewsbury Athletic Club. Unfortunately the Baschurch course is not available due to work taking place at the University so the next North Wales Cross Country League race will take place at a new venue – Roman Road Sports Centre, Longden Road, Shrewsbury SY3 9DW. We thank Shrewsbury AC for sorting out.

Have a great Christmas and New Year. Don't forget the North Wales Cross Country Championships are taking place at Northop on Saturday 4th January 2020. Entry forms are available on the North Wales Cross Country website: www.northwalesxc.com.

Bernie Jones
Referee/Secretary