**GRAND PRIX EXPRESS**

**NORTH WALES CROSS COUNTRY LEAGUE**

**(supported by Welsh Athletics Ltd)**

**at The Marches School, Oswestry Saturday, February 2nd, 2013**

**SENIOR MEN**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | J Brocklehurst |  | Shrewsbury | 33m | 50s |
| 2 | N Jones | U20 | C Bay | 35m | 07s |
| 3 | S Boynton |  | Deeside |  | 30s |
| 4 | R Roberts |  | Eryri |  | 36s |
| 5 | P Butler |  | Oswestry | 36m | 11s |
| 6 | D Alexander | M40 | W Cheshire |  | 12s |
| 7 | P Middleton |  | Shrewsbury |  | 22s |
| 8 | R Heath | U20 | Telford |  | 25s |
| 9 | G Norgrove | M45 | Tri Club |  | 30s |
| 10 | Ll Pierce |  | Eryri |  | 33s |
| 11 | T Partridge | M50 | Wrexham |  | 48s |
| 12 | D Lemon |  | Deeside | 37m | 10s |
| 13 | D Weston |  | Wrexham |  | 27s |
| 14 | M Cliffe | M40 | Eryri |  | 29s |
| 15 | A McNay |  | Tattenhall |  | 30s |
| 16 | S Sayer |  | Menai |  | 32s |
| 17 | W Sheridan | U20 | Deeside | 38m | 01s |
| 18 | D Parker |  | Meirionnydd |  | 21s |
| 19 | P Taylor |  | Tattenhall |  | 40s |
| 20 | A Bethell | M45 | Eryri |  | 44s |
| 21 | A Williams | M40 | Eryri |  | 50s |
| 22 | A Campbell |  | Tri Club | 39m | 00s |
| 23 | A Lanz | U20 | Meirionnydd |  | 08s |
| 24 | S Garmson | U20 | Telford |  | 10s |
| 25 | D Tatton |  | Telford |  | 25s |
| 26 | A Clague | M40 | W Cheshire |  | 29s |
| 27 | R Jones | M45 | Maldwyn |  | 30s |
| 28 | T Roo |  | Shrewsbury |  | 31s |
| 29 | R Sharam |  | Whitchurch |  | 32s |
| 30 | A Gray | M40 | Shrewsbury |  | 36s |
| 31 | I Lowe | M40 | Oswestry |  | 39s |
| 32 | S Eardley | M40 | C Bay | 40m | 02s |
| 33 | J Garmson | M45 | Telford |  | 08s |
| 34 | E Campbell | M45 | Buckley |  | 16s |
| 35 | N Thomas | M45 | Telford H |  | 25s |
| 36 | T Cahill | M50 | Abergele |  | 42s |
| 37 | I Lancaster | M50 | Tattenhall |  | 49s |
| 38 | G Blackwell | M45 | Deeside |  | 50s |
| 39 | J Davies |  | Telford |  | 53s |
| 40 | C Jones | M40 | Eryri | 41m | 00s |
| 41 | G Jones | M50 | Prestatyn |  | 04s |
| 42 | T Gears |  | Oswestry |  | 06s |
| 43 | D Richards |  | Whitchurch |  | 07s |
| 44 | A Slater |  | Telford |  | 09s |
| 45 | E Davies | M40 | Buckley |  | 15s |
| 46 | A Lewis | M50 | Eryri |  | 17s |
| 47 | M Robbins | M45 | Wrexham |  | 20s |
| 48 | R Godwin | M45 | C Bay |  | 29s |
| 49 | E Roberts | M50 | Eryri |  | 30s |
| 50 | S Turk | M45 | Shrewsbury |  | 33s |
| 51 | N Eyke | M50 | Oswestry |  | 36s |
| 52 | T Tansley |  | Oswestry |  | 39s |
| 53 | A Beeston |  | Shrewsbury |  | 46s |
| 54 | J Gifford | M45 | Buckley |  | 52s |
| 55 | G Nicholls | M40 | Prestatyn |  | 55s |
| 56 | J Hancock | M55 | Oswestry | 42m | 02s |
| 57 | C Edgington | M55 | Meirionnydd |  | 25s |
| 58 | R Oliver |  | V Royal |  | 27s |
| 59 | M Whitehead | U20 | Denbigh |  | 32s |
| 60 | N Owen | M55 | Prestatyn |  | 37s |
| 61 | G Lloyd |  | Shrewsbury |  | 41s |
| 62 | H Jones | M50 | Maldwyn |  | 44s |
| 63 | V Belshaw | M50 | Denbigh | 43m | 02s |
| 64 | M Cortvriend | M60 | Denbigh |  | 16s |
| 65 | S Phillips | M40 | Whitchurch |  | 19s |
| 66 | J Davies |  | Wrexham |  | 23s |
| 67 | S Jones | M50 | Telford |  | 37s |
| 68 | J Ashcroft | M45 | Shrewsbury |  | 45s |
| 69 | L Coathup | M60 | Buckley | 44m | 00s |
| 70 | S Waters |  | Shrewsbury |  | 16s |
| 71 | A Hughes | M40 | Meironnydd |  | 33s |
| 72 | G Nixon | M60 | Prestatyn |  | 46s |
| 73 | E Edmondson |  | Tattenhall |  | 49s |
| 74 | M Smith |  | Tattenhall |  | 53s |
| 75 | N Holmes | M50 | Tattenhall | 45m | 09s |
| 76 | I Bayliss | M50 | Buckley |  | 14s |
| 77 | M Bicknell |  | C Bay |  | 17s |
| 78 | I Maxwell | M45 | Telford H |  | 19s |
| 79 | R Oliver | M45 | Deeside |  | 25s |
| 80 | C Ashley | M50 | Wrexham |  | 29s |
| 81 | P Jones | M60 | Eryri |  | 35s |
| 82 | I Newsham | M45 | V Royal |  | 59s |
| 83 | T Benton | M50 | Denbigh | 46m | 15s |
| 84 | D Jones | M50 | Denbigh |  | 16s |
| 85 | R Foggin | M45 | Oswestry |  | 20s |
| 86 | B Hickson |  | Whitchurch | 46m | 21s |
| 87 | R Cheetham | M45 | Prestatyn |  | 22s |
| 88 | M Whiteside | M60 | Tattenhall |  | 50s |
| 89 | K Challinor | M50 | Deeside |  | 55s |
| 90 | C Higgins | M55 | Buckley | 47m | 03s |
| 91 | I Taylor | M45 | C Bay |  | 05s |
| 92 | J Dillon | M55 | Whitchurch |  | 06s |
| 93 | M Mayers | M40 | Abergele |  | 38s |
| 94 | W Price |  | Denbigh |  | 41s |
| 95 | D Rose | M55 | Shrewsbury |  | 42s |
| 96 | P Evans | M40 | Wrexham | 48m | 18s |
| 97 | C Baldwin | M55 | Denbigh |  | 23s |
| 98 | S Hammond | M50 | Tattenhall |  | 25s |
| 99 | P Butler | M55 | Shrewsbury |  | 26s |
| 100 | S Jones | M55 | Eryri |  | 42s |
| 101 | J Jones | M45 | W Cheshire | 49m | 03S |
| 102 | D Edwards | M50 | Abergele |  | 11s |
| 103 | J G Evans | M65 | Aberystwyth |  | 17s |
| 104 | A Tomlinson |  | C Bay |  | 20s |
| 105 | A Howe |  | Abergele |  | 22s |
| 106 | D Owen | M60 | Shrewsbury |  | 31s |
| 107 | D Griffith | M40 | C Bay | 50m | 05s |
| 108 | J Marsh |  | Whitchurch |  | 46s |
| 109 | S Jolley | M45 | Deeside |  | 55s |
| 110 | P Oldfield | M50 | Clwydian | 51m | 11s |
| 111 | C Eldred | M45 | Tattenhall |  | 40s |
| 112 | A Egan | M65 | Wrexham |  | 57s |
| 113 | N Tatton | M45 | Telford | 53m | 08s |
| 114 | D Owen | M60 | Prestatyn | 54m | 00s |
| 115 | J Nolan | M60 | B Dysynni | 58m | 07s |
| 116 | R Mackey | M60 | Buckley | 60m | 32s |

**TEAMS**

**DIVISION ONE**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Eryri Harriers | 109 | Pts | (783 | Pts) |
| 2 | Shrewsbury AAC | 169 | Pts | (1273 | Pts) |
| 3 | Telford AAC | 173 | Pts | (1275 | Pts) |
| 4 | Deeside AAC | 238 | Pts | (1309 | Pts) |
| 5 | Tattenhall Runners | 293 | Pts | (1874 | Pts) |
| 6 | Wrexham AAC | 313 | Pts | (1705 | Pts) |
| 7 | Colwyn Bay AAC | 354 | Pts | (2002 | Pts) |
| 8 | Meironnydd RC | 419 | Pts | (1633 | Pts) |

**DIVISION TWO**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Oswestry Olympians AAC | 237 | Pts | (1338 | Pts) |
| 2 | Buckley RC | 368 | Pts | (1378 | Pts) |
| 3 | Whitchurch Whippets | 423 | Pts | (2206 | Pts) |
| 4 | Prestatyn RC | 429 | Pts | (2449 | Pts) |
| 5 | Denbigh Harriers | 447 | Pts | (2596 | Pts) |
| 6 | West Cheshire AAC | 508 | Pts | (3102 | Pts) |
| 7 | Wrecsam Tri Club | 531 | Pts | (2964 | Pts) |
| 8 | Abergele Harriers | 586 | Pts | (3371 | Pts) |
| 9 | Maldwyn Harriers | 589 | Pts | (3220 | Pts) |
| 10 | Telford Harriers | 613 | Pts | (3897 | Pts) |
| 11 | Vale Royal AAC | 640 | Pts | (4087 | Pts) |
| 12 | Menai T+F | 641 | Pts | (3275 | Pts) |
| 13 | Aberystwyth AAC | 728 | Pts | (4258 | Pts) |
| 14 | Clwydian Range Runners | 735 | Pts | (4271 | Pts) |
| 15 | Bro Dysynni AAC | 740 | Pts | (4296 | Pts) |

**MALE MASTERS TEAMS**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Eryri Harriers | 15 | Pts | (182 | Pts) |
| 2 | Buckley RC | 60 | Pts | (199 | Pts) |
| 3 | Oswestry Olympians AAC | 65 | Pts | (278 | Pts) |
| 4 | Wrexham AAC | 70 | Pts | (429 | Pts) |
| 5 | Shrewsbury AAC | 71 | Pts | (346 | Pts) |
| 6 | West Cheshire AAC | 72 | Pts |  |  |
| 7 | Prestatyn RC | 78 | Pts | (440 | Pts) |
| 8 | Colwyn Bay AAC | 89 | Pts |  |  |
| 9 | Tattenhall Runners | 109 | Pts | (593 | Pts) |
| 10 | Deeside AAC | 114 | Pts | (469 | Pts) |
| 11 | Denbigh Harriers | 115 | Pts | (585 | Pts) |
| 12 | Telford AAC | 119 | Pts | (402 | Pts) |
| 13 | Abergele Harriers | 137 | Pts |  |  |

**MEN OVER 70**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Roger Harrison-Jones | M75 | Prestatyn | 29m | 43s |
| 2 | D Hughes | M70 | Prestatyn |  | 56s |
| 3 | P Jones | M70 | Prestatyn | 30m | 09s |
| 4 | P Norman | M75 | Wrexham | 33m | 36s |
| 5 | B Walters | M70 | Bridgnorth | 36m | 11s |
| 6 | B Jackson | M70 | Meirionnydd | 40m | 06s |

**TEAM**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | Prestatyn | 6 | Pts |

**MEN UNDER 17**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | I Hughes | Menai | 19m | 04s |
| 2 | J Kershaw | Oswestry | 20m | 13s |
| 3 | J Griffith | C Bay |  | 40s |
| 4 | T Henry | Deeside | 21m | 37s |
| 5 | B Harrison | Prestatyn | 27m | 23s |

**SENIOR WOMEN**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | C Martin | W35 | Telford | 20m | 13s |
| 2 | G Garner | U17 | C Bay | 21m | 58s |
| \*3 | P Griffin |  | Denbigh | 22m | 15s |
| 4 | I Redfern | W35 | C Bay |  | 38s |
| 5 | E Renondean |  | Tattenhall |  | 46s |
| 6 | R Pierce |  | Denbigh |  | 51s |
| 7 | A Backshall | U17 | C Bay |  | 51s |
| 8 | E Dove |  | Whitchurch | 23m | 15s |
| 9 | S Mackness |  | Telford |  | 18s |
| 10 | C Jones | W35 | Oswestry |  | 50s |
| 11 | M Clarke | W40 | Telford | 24m | 09s |
| 12 | L Morley | W40 | Wrexham |  | 30s |
| 13 | B Jenkinson | U17 | Eryri |  | 35s |
| 14 | S Atkinson | W45 | Tattenhall |  | 43s |
| 15 | H MacArthur | W40 | C Bay |  | 52s |
| 16 | D Tickner | U20 | Oswestry | 25m | 00s |
| 17 | T Williams | W45 | Denbigh |  | 02s |
| 18 | D Urquhart | W40 | Buckley |  | 03s |
| 19 | A Tickner | W40 | Oswestry |  | 12s |
| 20 | T Brandon | W45 | Oswestry |  | 27s |
| 21 | M Ludden | W50 | Buckley |  | 37s |
| 22 | A Smith | W35 | Tattenhall |  | 37s |
| 23 | J Moore | W40 | Eryri |  | 46s |
| 24 | S Van Olsen | W40 | Oswestry |  | 51s |
| 25 | Y Hill | W45 | Oswestry |  | 56s |
| 26 | J Smith | W35 | Oswestry |  | 59s |
| 27 | J Harnden | W35 | Wrexham | 26m | 14s |
| 28 | L Blagden | W40 | Telford |  | 23s |
| 29 | G Evans | W50 | Shrewsbury |  | 31s |
| 30 | V Whitehead | W35 | Denbigh |  | 47s |
| 31 | S Hancock | W50 | Oswestry |  | 51s |
| 32 | G Waring | W55 | Prestatyn | 27m | 01s |
| 33 | E Salisbury | W50 | Eryri |  | 08s |
| 34 | C Birch | W65 | Abergele |  | 13s |
| 35 | H Turner |  | Eryri |  | 26s |
| 36 | R Roberts |  | Prestatyn |  | 28s |
| 37 | S Tatton | U17 | Telford | 27m | 32m |
| 38 | J Lindley | W45 | Buckley |  | 35s |
| 39 | A Bagnall | U20 | Prestatyn |  | 40s |
| 40 | K Norgrove | W45 | Tri Club |  | 44s |
| 41 | M Jeal | W50 | Denbigh |  | 47s |
| 42 | A Whitelaw | W50 | Wrexham |  | 52s |
| 43 | S Ellis | W50 | Tattenhall |  | 56s |
| 44 | S Greaves | W55 | Oswestry | 28m | 13s |
| 45 | V Ronald | W45 | C Bay |  | 32s |
| 46 | E Goddard | W40 | Prestatyn |  | 35s |
| 47 | Y Sobczak | W45 | Wrexham | 29m | 01s |
| 48 | S Clayton | W45 | Telford |  | 15s |
| 49 | A Cheetham | U17 | Prestatyn |  | 31s |
| 50 | N Tomlinson |  | C Bay |  | 41s |
| 51 | N Robertson |  | Prestatyn |  | 46s |
| 52 | S Ridings | W50 | Buckley |  | 47s |
| 53 | A Davies | W35 | Denbigh | 30m | 15s |
| 54 | L Park | W35 | Oswestry |  | 28s |
| 55 | M Baugh | W50 | Denbigh |  | 36s |
| 56 | M Docking | W60 | Wrexham |  | 48s |
| 57 | E Sheekey |  | Shrewsbury | 31m | 45s |
| 58 | R Shipley |  | Abergele | 32m | 13s |
| 59 | M Oliver | W60 | Eryri |  | 50s |
| 60 | J Chambers |  | Tattenhall | 33m | 01s |
| 61 | B Jones | W70 | B Dysynni |  | 48s |
| 62 | Y Marconi-Nolan | W60 | B Dysynni | 34m | 09s |
| 63 | D Newsham | W45 | V Royal |  | 15s |
| 64 | M Evans | W45 | B Dysynni | 36m | 06s |
| 65 | V Cortvriend | W55 | Denbigh |  | 21s |
| 66 | M Hunt | W45 | Oswestry |  | 29s |
| 67 | S Richards | W55 | Shrewsbury |  | 36s |
| 68 | M Griffiths | W65 | B Dysynni | 39m | 17s |
| 69 | H Clarke | W40 | Telford H |  | 38s |

**(\*denotes an athlete not qualified to run in the team section)**

**TEAMS**

**DIVISION ONE**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Colwyn Bay AAC | 28 | Pts | (270 | Pts) |
| 2 | Oswestry Olympians AAC | 65 | Pts | (398 | Pts) |
| 3 | Tattenhall Runners | 84 | Pts | (839 | Pts) |
| 4 | Denbigh Harriers | 94 | Pts | (406 | Pts) |
| 5 | Eryri Harriers | 104 | Pts | (406 | Pts) |
| 6 | Wrexham AAC | 128 | Pts | (471 | Pts) |
| 7 | Buckley RC | 129 | Pts | (718 | Pts) |

**DIVISION TWO**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Telford AAC | 21 | Pts | (186 | Pts) |
| 2 | Prestatyn RC | 107 | Pts | (566 | Pts) |
| 3 | Shrewsbury AAC | 153 | Pts | (678 | Pts) |
| 4 | Whitchurch Whippets | 158 | Pts | (1088 | Pts) |
| 5 | Abergele Harriers | 167 | Pts | (912 | Pts) |
| 6 | Bro Dysynni AAC | 187 | Pts | (1162 | Pts) |
| 7 | Wrecsam Tri Club | 190 | Pts | (1171 | Pts) |
| 8 | Vale Royal AAC | 213 | Pts | (1353 | Pts) |
| 9 | Telford Harriers | 219 | Pts | (1275 | Pts) |

**LADY MASTERS TEAMS**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Oswestry Olympians | 24 | Pts | (260 | Pts) |
| 2 | Telford AAC | 24 | Pts | (155 | Pts) |
| 3 | Colwyn Bay AAC | 41 | Pts | (221 | Pts) |
| 4 | Buckley RC | 47 | Pts | (281 | Pts) |
| 5 | Tattenhall Runners | 49 | Pts |  |  |
| 6 | Wrexham AAC | 52 | Pts | (165 | Pts) |
| 7 | Denbigh Harriers | 57 | Pts | (213 | Pts) |
| 8 | Eryri Harriers | 79 | Pts | (242 | Pts) |
| 9 | Bro Dysynni AAC | 130 | Pts |  | Pts) |

Thank you to everyone at Oswestry for organising the fifth, and final meeting of this particular winter. Despite the conditions on part of the usual course they provided an excellent challenge for the athletes by making a few changes here and there and we are grateful to everyone who helped on a dry and enjoyable afternoon.

Once again the Oswestry folk ensured that everyone had a good time at the presentation ceremony which followed. Great cakes and a marvellous welcome – thank you to all concerned and it was extremely pleasing that so many stayed behind to be part of the event.

PLEASE remember that the Annual General Meeting of the Grand Prix Express North Wales Cross Country League will be held at the Ysgol Morgan Llwyd Sports Centre, Cefn Road, Wrexham on Friday, April 12th, 2013 at 7.15pm. Everyone is welcome to come but voting is, one vote per club.

The Grand Prix Express North Wales 10 mile Running Championships, incorporating the Wrexham Open 10, will be run from The Club House on the Wrexham Industrial Estate on Saturday,April 27th 2032 at 2.00pm. Entry forms are now available on our website.