**GRAND PRIX EXPRESS**

**NORTH WALES CROSS COUNTRY LEAGUE**

**(supported by Welsh Athletics Ltd)**

**at The National Sports Centre, Lilleshall Saturday, January 31st, 2015**

**SENIOR MEN**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | P Ward | M45 | Telford | 33m | 04s |
| 2 | R Roberts |  | Eryri |  | 33s |
| 3 | B Ashcroft | U20 | Shrewsbury | 35m | 25s |
| 4 | J Burrows | U20 | Telford |  | 37s |
| 5 | G Holland |  | Aberystwyth |  | 51s |
| 6 | A McNay |  | Tattenhall | 36m | 02s |
| 7 | O Roberts | U20 | Eryri |  | 05s |
| 8 | D Alexander | M45 | W. Cheshire |  | 13s |
| 9 | W Sheridan |  | Deeside |  | 31s |
| 10 | M Green | M40 | N.W.R.R.C. |  | 37s |
| 11 | A Nash |  | Bangor U |  | 41s |
| 12 | A Sudlow |  | Tattenhall | 37m | 02s |
| 13 | A Campbell |  | Tri Club |  | 21s |
| 14 | G Blackwell | M45 | Deeside |  | 24s |
| 15 | M Blackwell | U20 | Deeside |  | 30s |
| 16 | P Taylor | M40 | Tattenhall |  | 51s |
| 17 | G Morris |  | Shrewsbury |  | 53s |
| 18 | D Parker |  | Meirionnydd |  | 55s |
| 19 | E Campbell | M50 | Buckley |  | 59s |
| 20 | R Jones | M50 | Shrewsbury | 38m | 10s |
| 21 | A Bromley |  | Deeside |  | 11s |
| 22 | D Lemon |  | Deeside |  | 14s |
| 23 | K Francis | M45 | Shrewsbury |  | 17s |
| 24 | P Coupe | M45 | Telford |  | 26s |
| 25 | C Jones | M40 | Eryri |  | 29s |
| 26 | S Green |  | Bangor U |  | 30s |
| 27 | R Watson |  | C. Bay |  | 33s |
| 28 | I Lowe | M40 | Oswestry |  | 33s |
| 29 | R Arden |  | Tattenhall |  | 33s |
| 30 | L Butler |  | Shrewsbury |  | 34s |
| 31 | S P Jones | M55 | Eryri |  | 39s |
| 32 | S Ellis | M45 | Tattenhall |  | 44s |
| 33 | D Richards |  | Whitchurch |  | 49s |
| 34 | M Robbins | M50 | Wrexham |  | 53s |
| 35 | G Jones | M55 | Shrewsbury | 39m | 15s |
| 36 | M Guilder |  | Shrewsbury |  | 16s |
| 37 | M Hall |  | Shrewsbury |  | 29s |
| 38 | A Lewis | M55 | Eryri |  | 36s |
| 39 | R Sharam | M40 | Whitchurch |  | 41s |
| 40 | S Hall |  | Shrewsbury |  | 45s |
| 41 | A Clague | M45 | W. Cheshire | 40m | 02s |
| 42 | T Tansley | M40 | Oswestry |  | 14s |
| 43 | P Savill | M60 | Shrewsbury |  | 16s |
| 44 | G Nicholls | M45 | Prestatyn |  | 24s |
| 45 | J Randell | M50 | Meirionnydd |  | 40s |
| 46 | S Jones | M55 | Telford |  | 45s |
| 47 | G Jones | M55 | Prestatyn |  | 49s |
| 48 | N Jones |  | C.Bay | 41m | 14s |
| 49 | A Dean | M40 | Shrewsbury |  | 24s |
| 50 | A Woodall | M40 | Eryri |  | 26s |
| 51 | S Phillips | M45 | Whitchurch |  | 35s |
| 52 | H Morgan | M50 | Oswestry |  | 44s |
| 53 | D Baugh | M50 | Denbigh |  | 52s |
| 54 | R Godwin | M45 | C. Bay |  | 54s |
| 55 | S Roberts | M60 | Oswestry |  | 56s |
| 56 | M Austin | M40 | Buckley |  | 58s |
| 57 | L Williams | M40 | Oswestry | 42m | 03s |
| 58 | D Baker | M45 | Denbigh |  | 05s |
| 59 | S Owen | U20 | Shrewsbury |  | 13s |
| 60 | J Ashcroft | M50 | Shrewsbury |  | 23s |
| 61 | N Holmes | M55 | Tattenhall |  | 24s |
| 62 | G Hall |  | Bangor U |  | 27s |
| 63 | H Jones | M50 | Shrewsbury |  | 39s |
| 64 | B Hunter | M50 | C.Bay |  | 43s |
| 65 | I Mulligan | M45 | C. Bay |  | 49s |
| 66 | G Alexander |  | Whitchurch |  | 53s |
| 67 | J Marsh |  | Whitchurch |  | 55s |
| 68 | D Boothroyd | M50 | Buckley |  | 57s |
| 69 | P Jenkinson | M45 | Eryri |  | 59s |
| 70 | T Davenport | M45 | Prestatyn | 43m | 03s |
| 71 | R Hailey | M60 | Telford |  | 12s |
| 72 | R Maloney |  | Buckley |  | 42s |
| 73 | G Nixon | M60 | Prestatyn |  | 44s |
| 74 | I Taylor | M45 | C.Bay |  | 51s |
| 75 | S McDonald |  | Eryri |  | 56s |
| 76 | P Carter | M40 | Bangor U | 44m | 16s |
| 77 | W Chambers |  | Bangor U |  | 27s |
| 78 | I Bayliss | M50 | Buckley |  | 29s |
| 79 | K Challinor | M50 | Deeside |  | 29s |
| 80 | M Smith | M40 | Tattenhall |  | 35s |
| 81 | T Benton | M50 | Denbigh |  | 36s |
| 82 | C Wakeman | M55 | Shrewsbury |  | 56s |
| 83 | A Hughes | M45 | Meirionnydd | 45m | 00s |
| 84 | A Hayward | M45 | Whitchurch |  | 02s |
| 85 | C Williams | M55 | C. Bay |  | 12s |
| 86 | I Hopkins | M45 | Telford |  | 17s |
| 87 | M Toraldo |  | Denbigh |  | 22s |
| 88 | D Davies | M50 | Prestatyn |  | 31s |
| 89 | A Hatton |  | Bangor U |  | 54s |
| 90 | D Jones | M55 | Denbigh | 46m | 02s |
| 91 | A Smith | M55 | Buckley |  | 11s |
| 92 | L Davies |  | N.W.R.R.C. |  | 16s |
| 93 | T Mutlow |  | Shrewsbury | 46m | 33s |
| 94 | P English | M60 | Denbigh |  | 56s |
| 95 | B Harrison | U20 | Prestatyn | 47m | 13s |
| 96 | M Durrant | M55 | Tattenhall |  | 33s |
| 97 | R Cheetham | M45 | Prestatyn |  | 36s |
| 98 | S Ll Jones | M55 | Eryri | 48m | 22s |
| 99 | P Butler | M55 | Shrewsbury |  | 49s |
| 100 | S Jolly | M40 | Deeside | 49m | 08s |
| 101 | C Eldred | M45 | Tattenhall |  | 33s |
| 102 | C Ashley | M55 | Wrexham | 50m | 13s |
| 103 | K Nicholas | M45 | Tattenhall |  | 36s |
| 104 | N Tatton | M45 | Telford |  | 46s |
| 105 | M Whitehead | M50 | Telford | 52m | 00s |
| 106 | D Fincham | M50 | Telford |  | 02s |
| 107 | J Rainbow |  | Whitchurch |  | 17s |
| 108 | S Gleave | M40 | Prestatyn |  | 53s |
| 109 | J Nolan | M65 | B. Dysynni | 54m | 10s |
| 110 | M Norris | M50 | Deestriders | 55m | 16s |
| 111 | M Jones | M40 | Denbigh | 59m | 33s |
| 112 | B Bilsbrough |  | Bangor U |  | 53s |
| 113 | R Mackey | M65 | Buckley | 61m | 53s |
| 114 | W Den Doubbelden |  | Bangor U | 65m | 20s |

TEAMS

DIVISION ONE

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Shrewsbury AAC | 128 | Pts | (900 | Pts) |
| 2 | Eryri Harriers | 153 | Pts | (670 | Pts) |
| 3 | Tattenhall Runners | 156 | Pts | (1319 | Pts) |
| 4 | Deeside AAC | 160 | Pts | (909 | Pts) |
| 5 | Telford AAC | 232 | Pts | (2530 | Pts) |
| 6 | Bangor University AAC | 341 | Pts | (640 | Pts) |
| 7 | Oswestry Olympians AAC | 359 | Pts | (988 | Pts) |
| 8 | Meirionnydd R.C. | 521 | Pts | (2007 | Pts) |

DIVISION TWO

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Colwyn Bay AAC | 332 | Pts | (1505 | Pts) |
| 2 | Whitchurch Whippets | 340 | Pts | (1815 | Pts) |
| 3 | Buckley R.C. | 384 | Pts | (1269 | Pts) |
| 4 | Prestatyn R.C. | 444 | Pts | (1553 | Pts) |
| 5 | Denbigh Harriers | 463 | Pts | (1831 | Pts) |
| 6 | West Cheshire AAC | 549 | Pts | (2851 | Pts) |
| 7 | North Wales R.R. Club | 602 | Pts | (2385 | Pts) |
| 8 | Aberystwyth AAC | 630 | Pts | (3231 | Pts) |
| 9 | Wrexham AAC | 636 | Pts | (2591 | Pts) |
| 10 | Wrecsam Tri Club | 638 | Pts | (2265 | Pts) |
| 11 | Bro Dysynni AAC | 734 | Pts | (3383 | Pts) |
| 12 | Deestriders AAC | 735 | Pts | (2719 | Pts) |

MALE MASTERS TEAMS

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Shrewsbury AAC | 30 | Pts | (147 | Pts) |
| 2 | Telford AAC | 33 | Pts |  |  |
| 3 | Eryri Harriers | 38 | Pts | (223 | Pts) |
| 4 | Tattenhall Runners | 54 | Pts | (435 | Pts) |
| 5 | Oswestry Olympians AAC | 58 | Pts | (179 | Pts) |
| 6 | Buckley R.C. | 78 | Pts | (200 | Pts) |
| 7 | Prestatyn R.C. | 87 | Pts | (380 | Pts) |
| 8 | Whitchurch Whippets | 97 | Pts |  |  |
| 9 | Colwyn Bay AAC | 107 | Pts | (407 | Pts) |
| 10 | Denbigh Harriers | 113 | Pts | (373 | Pts) |
| 11 | Deeside AAC | 117 | Pts | (525 | Pts) |

MALE OVER 70

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | D Williams | M70 | Eryri | 29m | 19s |
| 2 | A Egan | M70 | Wrexham | 30m | 05s |
| 3 | M H Edwards | M70 | Wrexham | 35m | 25s |
| 4 | R Billington | M80 | Wrexham | 42m | 21s |
| 5 | J Tipping | M76 | Wrexham | 45m | 14s |
| 6 | P Norman | M75 | Wrexham | 48m | 15s |

TEAMS

1. Wrexham AAC 9 pts

UNDER 17 MEN

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | C Smith | Wrexham | 19m | 40s |
| 2 | A Burrows | Telford |  | 50s |
| 3 | J Spill | Eryri | 20m | 10s |
| 4 | R Cain | Menai | 21m | 34s |
| 5 | S Sussex | Wrexham | 22m | 06s |
| 6 | S Williams | Eryri | 23m | 50s |
| 7 | A Williams | Wrexham | 24m | 52s |

TEAMS

1. Wrexham AAC 13 pts

SENIOR LADIES

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | A Lavender |  | Oswestry | 22m | 00s |
| 2 | A Rowlands | W40 | Eryri | 23m | 46s |
| 3 | A Mὕller |  | W. Cheshire | 24m | 30s |
| 4 | C Jones | W35 | Oswestry |  | 46s |
| 5 | L Morley | W40 | Wrexham | 25m | 15s |
| 6 | J Harvey |  | Telford |  | 35s |
| 7 | E Collins | W50 | Denbigh |  | 52s |
| 8 | H Evans | W35 | Buckley | 26m | 00s |
| 9 | V Whitehead | W40 | Denbigh |  | 14s |
| 10 | B Jenkinson | U20 | Eryri |  | 25s |
| 11 | H MacArthur | W45 | C. Bay |  | 27s |
| 12 | G Brown |  | N.W.R.R.C. |  | 28s |
| 13 | A Tickner | W45 | Oswestry |  | 29s |
| 14 | J Heming | W40 | Eryri | 27m | 00s |
| 15 | L Dudleston | W35 | Whitchurch |  | 11s |
| 16 | S Rowlands | W45 | Eryri |  | 20s |
| 17 | L Blagden | W45 | Telford |  | 33s |
| 18 | H Blair | W45 | Eryri |  | 47s |
| 19 | S Hancock | W50 | Oswestry | 28m | 21s |
| 20 | Y Hill | W50 | Oswestry |  | 25s |
| 21 | V Ronald | W45 | C. Bay |  | 29s |
| 22 | K Baugh |  | Denbigh |  | 30s |
| 23 | C Birch | W65 | Abergele |  | 32s |
| 24 | S Norris | W35 | Tattenhall |  | 40s |
| 25 | H Turney |  | Eryri |  | 44s |
| 26 | J Hughes | W40 | Oswestry |  | 53s |
| 27 | E Salisbury | W50 | Eryri | 29m | 15s |
| 28 | R Foster | W45 | Whitchurch |  | 33s |
| 29 | J Lindley | W45 | Buckley |  | 44s |
| 30 | G Evans | W50 | Shrewsbury | 30m | 43s |
| 31 | A Whitelaw | W55 | Wrexham | 31m | 07s |
| 32 | M Docking | W60 | Wrexham |  | 26s |
| 33 | E Baugh | U20 | Denbigh |  | 50s |
| 34 | L Park | W40 | Oswestry | 32m | 26s |
| 35 | E Driscoll | W45 | N.W.R.R.C. |  | 34s |
| 36 | M Oliver | W65 | Eryri | 33m | 05s |
| 37 | M Baugh | W55 | Denbigh |  | 40s |
| 38 | M Lewis | W35 | Whitchurch |  | 50s |
| 39 | Y Marconi-Nolan | W65 | B. Dysynni | 37m | 38s |
| 40 | M Singleton | W70 | C. Bay | 38m | 42s |
| 41 | B Goodson | W40 | Deestriders | 39m | 27s |
| 42 | S Richards | W60 | Shrewsbury | 41m | 48s |
| 43 | A Byrne | W55 | Shrewsbury | 44m | 14s |

TEAMS

DIVISION ONE

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Oswestry Olympians | 37 | Pts | (257 | Pts) |
| 2 | Eryri Harriers | 42 | Pts | (190 | Pts) |
| 3 | Wrexham AAC | 118 | Pts | (370 | Pts) |
| 4 | Colwyn Bay AAC | 122 | Pts | (474 | Pts) |
| 5 | Telford AAC | 123 | Pts | (941 | Pts) |
| 6 | Buckley R.C. | 137 | Pts | (642 | Pts) |
| 7 | Menai T+F | 150 | Pts | (777 | Pts) |

DIVISION TWO

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Denbigh Harriers | 38 | Pts | (233 | Pts) |
| 2 | Whitchurch Whippets | 81 | Pts | (380 | Pts) |
| 3 | North Wales R.R. Club | 97 | Pts | (534 | Pts) |
| 4 | West Cheshire AAC | 103 | Pts | (707 | Pts) |
| 5 | Shrewsbury AAC | 115 | Pts | (860 | Pts) |
| 6 | Abergele Harriers | 123 | Pts | (724 | Pts) |
| 7 | Tattenhall Runners | 124 | Pts | (544 | Pts) |
| 8 | Bro Dysynni AAC | 139 | Pts | (865 | Pts) |
| 9 | Deestriders AAC | 141 | Pts | (914 | Pts) |

WOMEN MASTERS TEAMS

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Eryri Harriers | 21 | Pts | (78 | Pts) |
| 2 | Oswestry Olympians AAC | 24 | Pts | (125 | Pts) |
| 3 | Denbigh Harriers | 39 | Pts | (191 | Pts) |
| 4 | Wrexham AAC | 52 | Pts | (103 | Pts) |
| 5 | Colwyn Bay AAC | 55 | Pts | (335 | Pts) |
| 6 | Whitchurch Whippets | 61 | Pts |  |  |
| 7 | Shrewsbury AAC | 92 | pts |  |  |

Our thanks to Graham and Margaret Kelcher, together with all the willing group of helpers at Telford AAC, for ensuring the fourth gathering of the winter was a success. We are all grateful for their efforts and pleased the snow decided to stay away.

The fifth, and final, meeting will be hosted by Oswestry Olympians AAC at The Marches School, Oswestry, SY11 2AR, on Saturday, February 7th, 2015. PLEASE be aware that the centre of Oswestry town is closed to traffic on Saturday afternoon and it might be a good idea to approach the school from the A484 (the former A5). If anybody has concerns PLEASE phone me on 01978 820612.

The presentation of League medals and trophies will take place at the school’s dining area immediately after the final race – it is worth staying behind as the Oswestry homemade cakes are wonderful. If you have any team trophies PLEASE remember to bring them with you so they can be presented to this winter’s winners. Thank you.

The Thirty First Annual General Meeting of the Grand Prix Express North Wales Cross Country League will be held at the Ysgol Morgan Llwyd Leisure Centre, Cefn Road, Wrexham, LL13 9NG on Friday, March 27th, 2015, at 7.15pm.

If you have any change in rule/regulation or an item re the League which you would want discussed at the meeting PLEASE let me know in order that it can be placed on the agenda.