**GRAND PRIX EXPRESS**

**NORTH WALES CROSS COUNTRY LEAGUE**

(Supported by Welsh Athletics Ltd)

At Cefn Road, Wrexham Saturday 5th October 2019

FINAL RESULTS 9/10/19

**SENIOR MEN**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** | **Age** |
| 1 | Alex | Lanz | Meirionnydd RC | 30-13 | SM |
| 2 | Joseph | Morrison | West Cheshire | 30-15 | 1 U20M |
| 3 | Ryan | Davis | Wrexham AC | 30-30 | SM |
| 4 | Dan | Weston | Wrexham AC | 30-38 | 1 M40 |
| 5 | Martin | Green | NWRRC | 30-45 | 1 M45 |
| 6 | Aled | Jones | Menai T&F | 30-49 | 2 U20M |
| 7 | Jim | Hickinbottom | Shrewsbury AC | 30-56 | 1 M35 |
| 8 | Peter | Butler | Oswestry Olympians | 31-00 | SM |
| 9 | Steve | Skates | Prestatyn RC | 31-12 | 2 M40 |
| 10 | Darren | Rowlands | Wrexham AC | 31-28 | 1 M50 |
| 11 | Sam | Bellis | Buckley RC | 31-42 | SM |
| 12 | Steve | Hayes | Deestriders | 31-44 | 3 M40 |
| 13 | Rob | Weston | Whitchurch Whippets | 31-48 | SM |
| 14 | Joel | Gomes | Wrexham AC | 31-49 | 2 M35 |
| 15 | Shaun | Hughes | Denbigh Harriers | 31-54 | SM |
| 16 | Cristian | Evans | Telford AC | 32-00 | 2 M45 |
| 17 | Luke | Northall | Wrexham AC | 32-05 | SM |
| 18 | Craig | Connor | Tattenhall | 32-08 | SM |
| 19 | Ross | Walsh | Meirionnydd RC | 32-14 | SM |
| 20 | Tobias | Barthelmes | Bangor Uni | 32-20 | SM |
| 21 | Steve | Waters | Shrewsbury AC | 32-24 | 3 M35 |
| 22 | Joshua | Cerefice | Prestatyn RC | 32-29 | SM |
| 23 | Jez | Brown | Buckley RC | 32-35 | 3 M45 |
| 24 | Ifan | Richards | Meirionnydd RC | 32-40 | 4 M40 |
| 25 | David | White | Buckley RC | 32-41 | SM |
| 26 | Phil | Jones | Shropshire Shufflers | 32-42 | 5 M40 |
| 27 | Ben | Goodfellow | Wrecsam Tri Club | 32-43 | SM |
| 28 | James | Farmer | Aberystwyth Uni | 32-46 | 3 U20M |
| 29 | Matthew | Fortes | Eryri Harriers | 32-53 | 6 M40 |
| 30 | Tomos | Land | Colwyn Bay AC | 33-23 | 4 U20M |
| 31 | Rich | Davies | Oswestry Olympians | 33-31 | SM |
| 32 | Euan | Coney | Deeside AC | 33-33 | 5 U20M |
| 33 | Mario | Jimenez-Munoz | Colwyn Bay AC | 33-37 | 6 U20M |
| 34 | Alun | Brown | GOG Tri | 33-41 | 4 M35 |
| 35 | Stuart | Smith | Shropshire Shufflers | 33-43 | SM |
| 36 | Stewart | Farley | Shrewsbury AC | 33-52 | 5 M35 |
| 37 | Gary | Norgrove | Wrexham AC | 34-01 | 2 M50 |
| 38 | Adrian | Leonard | GOG Tri | 34-05 | 6 M35 |
| 39 | Elliott | Cox | Buckley RC | 34-07 | SM |
| 40 | Euros | Evans | Meirionnydd RC | 34-12 | 7 U20M |
| 41 | Graham | Jones | Shrewsbury AC | 34-17 | 1 M60 |
| 42 | Paul | Morrison | West Cheshire | 34-23 | 8 U20M |
| 43 | Leon | Bagnall | Prestatyn RC | 34-26 | SM |
| 44 | Matt | Cox | Telford AC | 34-28 | SM |
| 45 | Pete | Gray | Cadence Tri | 34-35 | 7 M35 |
| 46 | Andrew | Peers | Buckley RC | 34-37 | SM |
| 47 | Kevin | Francis | Shrewsbury AC | 34-38 | 3 M50 |
| 48 | David | Lemon | Buckley RC | 34-39 | 7 M40 |
| 49 | Jack | Westwood | Aberystwyth Uni | 34-40 | SM |
| 50 | Simon | Edwards | Buckley RC | 34-41 | 4 M45 |
| 51 | Andy | Jones | Wrexham AC | 34-42 | 8 M40 |
| 52 | Neil | Hershaw | West Cheshire | 34-47 | 1 M55 |
| 53 | Tim | Gears | Oswestry Olympians | 34-48 | 9 M40 |
| 54 | Dyfed | Whiteside-Thomas | Eryri Harriers | 34-49 | 5 M45 |
| 55 | Tom | Wilde | Oswestry Olympians | 34-50 | 9 U20M |
| 56 | Geran | Hughes | GOG Tri | 34-51 | 4 M50 |
| 57 | Arthur | Connell | Eryri Harriers | 34-55 | 8 M35 |
| 58 | Ben | Beachell | Eryri Harriers | 34-56 | 6 M45 |
| 59 | Andrew | Clague | West Cheshire | 34-57 | 5 M50 |
| 60 | Gareth | Chaloner | Wrexham AC | 35-00 | 9 M35 |
| 61 | Gregory | Williams | Shropshire Shufflers | 35-09 | 10 M35 |
| 62 | David | Lyth | Buckley RC | 35-15 | 11 M35 |
| 63 | Sam | ?????? | Bangor Uni | 35-31 | SM |
| 64 | Alan | Latham | Buckley RC | 35-32 | 10 M40 |
| 65 | Calvin | Wright | Shropshire Shufflers | 35-34 | 6 M50 |
| 66 | Rob | Arden | Tattenhall | 35-37 | 11 M40 |
| 67 | Daniel | Jones | Denbigh Harriers | 35-41 | SM |
| 68 | Isaac | Ayres | Aberystwyth AC | 37-19 | 10 U20M |
| 69 | Jon | Seymour | GOG Tri | 35-51 | 12 M35 |
| 70 | Paul | Parkinson | Whitchurch Whippets | 35-57 | 7 M45 |
| 71 | Dave | Graham | Cadence Tri | 36-07 | 12 M40 |
| 72 | Stephen | Gill | Wrekin RR | 36-08 | 7 M50 |
| 73 | Christopher | Wood | Wrekin RR | 36-12 | 8 M45 |
| 74 | Eddie | Davies | Buckley RC | 36-19 | 8 M50 |
| 75 | Richard | Hayes | West Cheshire | 36-24 | 9 M45 |
| 76 | James | Pickering | Oswestry Olympians | 36-28 | SM |
| 77 | Emyr | Evans | GOG Tri | 36-30 | 10 M45 |
| 78 | Saul | Mellor | Whitchurch Whippets | 36-35 | SM |
| 79 | Gary | Blackwell | Buckley RC | 36-37 | 9 M50 |
| 80 | Steven | King | West Cheshire | 36-46 | 11 M45 |
| 81 | Tim | Hargreaves | Buckley RC | 36-49 | 10 M50 |
| 82 | Dean | Richards | Whitchurch Whippets | 36-51 | SM |
| 83 | George | Nicholls | Prestatyn RC | 36-52 | 11 M50 |
| 84 | Paul | Shannon | Tattenhall | 37-05 | 2 M60 |
| 85 | Dan | Thurston | Wrekin RR | 37-08 | 13 M40 |
| 86 | Karl | Williams | Buckley RC | 37-12 | 12 M45 |
| 87 | Nick | Holmes | Tattenhall | 37-15 | 3 M60 |
| 88 | Hadyn | Jones | Shrewsbury AC | 37-18 | 2 M55 |
| 89 | Vincent | Bomber | Cadence Tri | 37-19 | SM |
| 90 | Andrew | Carter | West Cheshire | 37-20 | 13 M45 |
| 91 | Jimmy | Carter | Meirionnydd RC | 37-21 | 14 M40 |
| 92 | Adam | Tatton | Telford AC | 37-25 | 11 U20M |
| 93 | James | Williamson | Prestatyn RC | 37-26 | 13 M35 |
| 94 | Dave | Tiernan | West Cheshire | 37-28 | 3 M55 |
| 95 | Dave | Card | Oswestry Olympians | 37-31 | 14 M35 |
| 96 | Peter | Hughes | Shrewsbury AC | 37-35 | 15 M35 |
| 97 | Steve | Haimes | Prestatyn RC | 37-37 | 14 M45 |
| 98 | Andrew | Jones | Buckley RC | 37-39 | 15 M40 |
| 99 | Stuart | Thomas | Buckley RC | 37-42 | 16 M40 |
| 100 | Jared | Roberts | Colwyn Bay AC | 37-44 | SM |
| 101 | Keith | Billington | Wrecsam Tri Club | 37-49 | 15 M45 |
| 102 | Jeff | Gifford | Buckley RC | 37-50 | 4 M55 |
| 103 | Simon | Roxburgh | GOG Tri | 37-54 | 16 M45 |
| 104 | Dave | Newton | Oswestry Olympians | 37-57 | 5 M55 |
| 105 | Huw | Euron Williams | Denbigh Harriers | 38-03 | SM |
| 106 | Dave | Millington | Wrexham AC | 38-06 | 17 M45 |
| 107 | Russ | Godwin | Colwyn Bay AC | 38-08 | 12 M50 |
| 108 | Joe | Matthews | Betsi Runaways | 38-13 | 17 M40 |
| 109 | David | Baugh | Denbigh Harriers | 38-17 | 6 M55 |
| 110 | Ian | Mawdesley | Wrexham AC | 38-25 | 18 M40 |
| 111 | Bleddyn | Evans | GOG Tri | 38-32 | 18 M45 |
| 112 | Kris | Williams | Wrekin RR | 38-33 | 19 M40 |
| 113 | Steve | Bellis | Buckley RC | 38-40 | 4 M60 |
| 114 | Mathew | Jones | Denbigh Harriers | 38-46 | 13 M50 |
| 115 | Dave | Boothroyd | Buckley RC | 38-58 | 7 M55 |
| 116 | James | Rogers | Prestatyn RC | 39-00 | 19 M45 |
| 117 | Simon | Bonfield | Abergele H | 39-18 | 14 M50 |
| 118 | Nick | Blake | Oswestry Olympians | 39-23 | 5 M60 |
| 119 | Ian | Mulligan | Colwyn Bay AC | 39-26 | 15 M50 |
| 120 | Simon | Phillips | Whitchurch Whippets | 39-28 | 16 M50 |
| 121 | Stephen | Weedman | Prestatyn RC | 39-43 | 17 M50 |
| 122 | Ian | Jackson | Shropshire Shufflers | 39-47 | 20 M40 |
| 123 | Philip | Heyes | Denbigh Harriers | 40-02 | 16 M35 |
| 124 | Ian | Hopkins | Telford AC | 40-07 | 18 M50 |
| 125 | Jim | Chalinor | Buckley RC | 40-11 | 8 M55 |
| 126 | Peter | Hughes | Wrexham AC | 40-30 | 19 M50 |
| 127 | Chris | Garbett | Oswestry Olympians | 40-38 | 20 M50 |
| 128 | Paul | Phillips | Oswestry Olympians | 40-40 | 21 M50 |
| 129 | Robert | Wilson | Whitchurch Tri Club | 40-44 | 20 M45 |
| 130 | Neil | Vicars-Harris | GOG Tri | 40-50 | 22 M50 |
| 131 | Tony | Benton | Denbigh Harriers | 40-58 | 9 M55 |
| 132 | Nick | Roberts | Cadence Tri | 41-04 | 21 M45 |
| 133 | Allen | Smith | Buckley RC | 41-11 | 6 M60 |
| 134 | Matt | Smith | Bangor Uni | 41-22 | SM |
| 135 | Matthew | Knapper | Oswestry Olympians | 41-27 | 21 M40 |
| 136 | John | Short | Shropshire Shufflers | 41-32 | 10 M55 |
| 137 | Graham | Evans | Shropshire Shufflers | 41-40 | 7 M60 |
| 138 | Ian | Taylor | Colwyn Bay AC | 41-45 | 23 M50 |
| 139 | Paul | Donoghue | Buckley RC | 41-48 | 24 M50 |
| 140 | Mike | Arthur | Shropshire Shufflers | 41-50 | 11 M55 |
| 141 | Richard | Westwood | Wrexham AC | 41-55 | 22 M40 |
| 142 | Charlie | Eldred | Tattenhall | 42-07 | 25 M50 |
| 143 | Gareth Rees | Jones | Denbigh Harriers | 42-14 | 23 M40 |
| 144 | Paul | Sanders | GOG Tri | 42-24 | 17 M35 |
| 145 | Des | Davies | Prestatyn RC | 42-47 | 12 M55 |
| 146 | Gary | Marsh | Shropshire Shufflers | 43-05 | 13 M55 |
| 147 | Juan | Reyes-Montes | Shropshire Shufflers | 43-30 | 22 M45 |
| 148 | Robert | Pritchard | Betsi Runaways | 43-42 | 23 M45 |
| 149 | Ian | Jones | Shropshire Shufflers | 43-53 | 14 M55 |
| 150 | Steve | Brown | Prestatyn RC | 44-07 | 24 M45 |
| 151 | Arwel | Jones | Prestatyn RC | 44-38 | 8 M60 |
| 152 | Mick | Finney | NWRRC | 44-51 | 9 M60 |
| 153 | Owen | Williams | Oswestry Olympians | 45-15 | 12 U20M |
| 154 | Mark | Jones | Denbigh Harriers | 45-17 | 18 M35 |
| 155 | Shaun | Terry | Deestriders | 45-31 | 25 M45 |
| 156 | Billy | Brown | Wrexham AC | 46-29 | 10 M60 |
| 157 | Niki | Neale | Bangor Uni | 47-00 | SM |
| 158 | Christopher | Williams | Colwyn Bay AC | 47-12 | 11 M60 |
| 159 | Gerald | Cooper | Meirionnydd RC | 48-18 | 15 M55 |
| 160 | Martin | Lambert | Cadence Tri | 48-58 | 24 M40 |
| 161 | Nigel | Tatton | Telford AC | 50-25 | 26 M50 |
| 162 | Stuart | Quayle | Prestatyn RC | 52-03 | 25 M40 |

**TEAMS**

**DIVISION ONE (6 TO SCORE)**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Club** | **Race 1**  **Points** | **Race 1**  **Position** |
| 1 | Wrexham AC | **85** | 1 |
| 2 | Buckley | **192** | 2 |
| 3 | Shrewsbury | **240** | 3 |
| 4 | West Cheshire | **310** | 4 |
| 5 | Oswestry | **318** | 5 |
| 6 | Meirionnydd | **334** | 6 |
| 7 | Prestatyn | **347** | 7 |
| 8 | Eryri Harriers | **522** | 8 |

**DIVISION TWO (4 TO SCORE)**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Club** | **Race 1**  **Points** | **Race 1**  **Position** |
| 1 | Shropshire Shufflers | **187** | 1 |
| 2 | GOG Tri Club | **197** | 2 |
| 3 | Whitchurch Whippets | **243** | 3 |
| 4 | Tattenhall | **255** | 4 |
| 5 | Colwyn Bay | **270** | 5 |
| 6 | Telford AC | **276** | 6 |
| 7 | Denbigh Harriers | **296** | 7 |
| 8 | Cadence Tri Club | **337** | 8 |
| 9 | Wrekin RR | **342** | 9 |
| 10 | Bangor University | **374** | 10 |
| 11 | Aberystwyth University | **401** | 11 |
| 12 | Wrecsam Tri Club | **452** | 12 |
| 13 | NWRRC | **481** | 13 |
| 14 | Deestriders | **491** | 14 |
| 15 | Menai T&F | **492** | 15 |
| 16 | Deeside AC | **518** | 16 |
| 17 | Aberystwyth AC | **575** | 17 |
| 18 | Betsi Runaways | **580** | 18 |
| 19 | Abergele Harriers | **603** | 19 |
| 20 | Whitchurch Tri Club | **615** | 20 |

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

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Club** | **Race 1**  **Points** | **Race 1**  **Position** |
| 1 | Wrexham AC | **13** | 1 |
| 2 | Shrewsbury | **27** | 2 |
| 3 | Buckley | **53** | 3 |
| 4 | GOG Tri Club | **58** | 4 |
| 5 | Eryri Harriers | **67** | 5 |
| 6 | West Cheshire | **97** | 6 |
| 7 | Shropshire Shufflers | **79** | 7 |
| 8 | Prestatyn RC | **108** | 8 |
| 9 | Wrekin Road Runners | **131** | 9 |
| 10 | Tattenhall | **137** | 10 |
| 11 | Oswestry Olympians | **149** | 11 |
| 12 | Cadence Tri Club | **151** | 12 |
| 13 | Meirionnydd | **183** | 13 |
| 14 | Telford AC | **212** | 14 |
| 15 | Denbigh Harriers | **229** | 15 |
| 16 | Colwyn Bay | **246** | 16 |

**MALE OVER 65**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** | **Age** |
| 1 | Peter | Savill | Shrewsbury AC | 24-35 | 1 M65 |
| 2 | Steve | Roberts | Oswestry Olympians | 25-34 | 2 M65 |
| 3 | George | Nixon | Prestatyn RC | 26-05 | 3 M65 |
| 4 | Peter | Hough | Shropshire Shufflers | 27-22 | 4 M65 |
| 5 | Fred | Jones | Denbigh Harriers | 27-30 | 5 M65 |
| 6 | Emyr | Davies | Hebog | 27-36 | 1 M75 |
| 7 | Eurwyn | Edwards | Eryri Harriers | 28-04 | 6 M65 |
| 8 | David | Bowie | Whitchurch Whippets | 29-23 | 7 M65 |
| 9 | Colin | Hunt | Wrecsam Tri Club | 29-35 | 8 M65 |
| 10 | Graeme | Shone | Abergele Harriers | 30-03 | 9 M65 |
| 11 | Mike | Whiteside | Tattenhall | 30-06 | 1 M70 |
| 12 | Chris | Baldwin | Denbigh Harriers | 30-19 | 10 M65 |
| 13 | Phil | Walker | Wrexham AC | 30-22 | 2 M70 |
| 14 | Iain | Day | Shropshire Shufflers | 30-27 | 3 M70 |
| 15 | Duncan | Rose | Shrewsbury AC | 30-45 | 11 M65 |
| 16 | Mike | Davis | Prestatyn RC | 31-28 | 4 M70 |
| 17 | Don | Williams | Eryri Harriers | 31-43 | 2 M75 |
| 18 | Bob | Habnes | Meirionnydd | 31-52 | 12 M65 |
| 19 | John | d'Albuquerque | GOG Tri Club | 32-40 | 5 M70 |
| 20 | John | Morris | Buckley RC | 32-41 | 3 M75 |
| 21 | Geoff | Fielding | Eryri Harriers | 32-47 | 4 M75 |
| 22 | John | Hickman | Prestatyn RC | 33-24 | 5 M75 |
| 23 | Roger | Harrison-Jones | Prestatyn RC | 33-46 | 1 M80 |
| 24 | Jack | Thomas | Buckley RC | 33-57 | 6 M75 |
| 25 | John | Nolan | Bro Dysynni | 34-45 | 6 M70 |
| 26 | Jeff | Jones | Denbigh Harriers | 34-48 | 13 M65 |
| 27 | Arthur | Egan | Wrexham AC | 36-47 | 7 M75 |
| 28 | Steve | Hatfield | Prestatyn RC | 37-07 | 7 M70 |
| 29 | Bob | Frost | Wrexham AC | 40-01 | 8 M70 |
| 30 | John | Tipping | Wrexham AC | 42-45 | 2 M80 |

**TEAMS (3 TO SCORE)**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Club** | **Race 1**  **Points** | **Race 1**  **Position** |
| 1 | Prestatyn | **41** | 1 |
| 2 | Denbigh Harriers | **43** | 2 |
| 3 | Eryri Harriers | **45** | 3 |
| 4 | Wrexham AC | **69** | 4 |

**UNDER 17 MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** |
| 1 | Mike | Spill | Menai T&F | 19-57 |
| 2 | Bryn | Woodall | Colwyn Bay | 20-35 |
| 3 | Louis | Guest | Eryri Harriers | 21-07 |
| 4 | James | Jones | Deeside AC | 21-17 |
| 5 | Tyler | Cartlidge | Deeside AC | 21-28 |
| 6 | Huw | Jones | Deeside AC | 21-49 |
| 7 | James | Smith | GOG Tri Club | 21-54 |
| 8 | Matt | Anthony | Deeside AC | 22-11 |
| 9 | Cameron | Shaw | Menai T&F | 22-19 |
| 10 | Theo | Hughes | Deeside AC | 23-07 |
| 11 | Evan | Roberts | Oswestry Olympians | 23-34 |
| 12 | Troy | Kettle | NWRRC | 24-27 |
| 13 | Dion | Griffith | Menai T&F | 24-28 |
| 14 | Josh | Peevor | Eryri Harriers | 24-45 |
| 15 | Harrison | Evans | Colwyn Bay | 25-27 |

**TEAMS (3 TO SCORE)**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Club** | **Race 1**  **Points** | **Race 1**  **Position** |
| 1 | Deeside AC | **15** | **1** |
| 2 | Menai T&F | **23** | **2** |

**SENIOR WOMEN**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** | **Age** |
| 1 | Ali | Lavender-Rawlinson | Oswestry Olympians | 22-04 | SW |
| 2 | Samia | Jones | Menai T&F | 22-52 | 1 U17W |
| 3 | Miranda | Grant | Eryri Harriers | 23-10 | 1 W35 |
| 4 | Gemma | Moore | Eryri Harriers | 23-25 | 2 W35 |
| 5 | Catherine | Connell | Eryri Harriers | 23-38 | SW |
| 6 | Bethan | Jones | Oswestry Olympians | 23-59 | 2 U17W |
| 7 | Andrea | Rowlands | Eryri Harriers | 24-03 | 1 W45 |
| 8 | Boe-Celyn | Jones | Menai T&F | 24-07 | 3 U17W |
| 9 | Eliw | Haf | Eryri Harriers | 24-20 | SW |
| 10 | Rheagan | Edwards | Deeside AC | 24-33 | 4 U17W |
| 11 | Beccy | Lewis | Wrecsam Tri Club | 24-43 | 3 W35 |
| 12 | Jennifer | Rambaldi | Buckley RC | 24-52 | SW |
| 13 | Emma | Crowe | Deeside AC | 24=57 | 2 W45 |
| 14 | Clare | McCarthy | Shropshire Shufflers | 25-09 | SW |
| 15 | Helen | Davies | Wrecsam Tri Club | 25-18 | 1 W50 |
| 16 | Becki | Law | Eryri Harriers | 25-32 | SW |
| 17 | Lucia | Payne | West Cheshire | 25-37 | 5 U17W |
| 18 | Louisa | Woolcock | Oswestry Olympians | 25-41 | 4 W35 |
| 19 | Rachel | Coupe | Telford AC | 25-42 | 3 W45 |
| 20 | Lauren | Watchorn | Deeside AC | 25-44 | 1 U20W |
| 21 | Jasmin | Dobson | Bangor University | 25-52 | SW |
| 22 | Deborah | Millington | Wrekin RR | 25-53 | 4 W45 |
| 23 | Bethan | Davies | Colwyn Bay | 25-56 | 2 U20W |
| 24 | Rhiannon | Kamink | Aberystwyth Uni | 26-03 | SW |
| 25 | Jennifer | Charlton | Eryri Harriers | 26-04 | 1 W40 |
| 26 | Alice | Walton | Oswestry Olympians | 26-06 | SW |
| 27 | Kerry | Riley | West Cheshire | 26-11 | SW |
| 28 | Louisa | Williams | Oswestry Olympians | 26-14 | 2 W40 |
| 29 | Clare | Hanson | Dolly Mixtures | 26-16 | 3 W40 |
| 30 | Jane | Doughton | Buckley RC | 26-21 | 5 W45 |
| 31 | Ellie | Small | Deeside AC | 26-22 | 6 U17W |
| 32 | Jessie | Richards | Dolly Mixtures | 26-25 | 5 W35 |
| 33 | Melina | Morris | Denbigh Harriers | 26-27 | 6 W45 |
| 34 | Alaw | Medi Evans | Denbigh Harriers | 26-28 | SW |
| 35 | Tammy | Lewis-Jones | Eryri Harriers | 26-46 | 7 W45 |
| 36 | Megan | Hughes | Eryri Harriers | 26-52 | 4 W40 |
| 37 | Anest | Muller | West Cheshire | 26-56 | 6 W35 |
| 38 | Helen | Blair | Eryri Harriers | 27-03 | 2 W50 |
| 39 | Ellie | Robinson | West Cheshire | 27-04 | 8 W45 |
| 40 | Libby | Dudleston | Whitchurch Whippets | 27-13 | 5 W40 |
| 41 | Carys | Watchorn | Deeside AC | 27-15 | 7 U17W |
| 42 | Tracey | Sian Williams | Denbigh Harriers | 27-18 | 1 W55 |
| 43 | Linda | Jones | Wrexham AC | 27-19 | 3 W50 |
| 44 | Anne | Mynott | Colwyn Bay | 27-20 | 2 W55 |
| 45 | Helen | Ashworth | Prestatyn RC | 27-21 | 7 W35 |
| 46 | Helen | MacArthur | GOG Tri Club | 27-31 | 4 W50 |
| 47 | Chris | Cammillare | Deestriders | 27-33 | 8 W35 |
| 48 | Milly | Jones | Deeside AC | 27-42 | 8 U17W |
| 49 | Clare | Mallon | West Cheshire | 27-50 | 9 W45 |
| 50 | Joy | Hickman | Prestatyn RC | 27-51 | 5 W50 |
| 51 | Victoria | Hall | Oswestry Olympians | 27-52 | 9 W35 |
| 52 | Elen | Baugh | Denbigh Harriers | 27-54 | SW |
| 53 | Amanda | Mountford | Buckley RC | 28-00 | SW |
| 54 | Geninia | Grose | Bangor University | 28-07 | SW |
| 55 | Christine | Symms | Wrekin RR | 28-14 | 10 W35 |
| 56 | Jude | Hughes | Oswestry Olympians | 28-18 | 10 W45 |
| 57 | Fenella | Higgins | Buckley RC | 28-22 | 6 W50 |
| 58 | Yvonne | Hill | Oswestry Olympians | 28-37 | 3 W55 |
| 59 | Victoria | Whitehead | Denbigh Harriers | 28-46 | 11 W45 |
| 60 | Juliet | Edwards | Meirionnydd | 29-04 | 4 W55 |
| 61 | Anna | Smith | Cadence Tri Club | 29-08 | 6 W40 |
| 62 | Heather | Fras | Shropshire Shufflers | 29-12 | 11 W35 |
| 63 | Tania | Brandon | Oswestry Olympians | 29-14 | 7 W50 |
| 64 | Ellie | Salisbury | Eryri Harriers | 29-24 | 5 W55 |
| 65 | Ellen | McMahon | West Cheshire | 29-25 | SW |
| 66 | Jules | Lloyd-Evans | Oswestry Olympians | 29-28 | 12 W45 |
| 67 | Carys | Davies | Denbigh Harriers | 29-30 | 7 W40 |
| 68 | Nicola | Eatherington | Prestatyn RC | 29-31 | 12 W35 |
| 69 | Michelle | Harris | Dolly Mixtures | 29-32 | 13 W45 |
| 70 | Sasha | Hayes | Deeside AC | 29-37 | 9 U17W |
| 71 | Debra | Bemand | West Cheshire | 29-41 | 14 W45 |
| 72 | Jo | Granfield | Whitchurch Whippets | 29-48 | 6 W55 |
| 73 | Angela | Tegg | West Cheshire | 29-50 | 15 W45 |
| 74 | Mary | Warner | Bangor University | 29-51 | SW |
| 75 | Liz | Park | Oswestry Olympians | 29-00 | 16 W45 |
| 76 | Mel | Barker | Tattenhall | 30-01 | 8 W40 |
| 77 | Kim | Jones-Norgrovel | Wrecsam Tri Club | 30-02 | 8 W50 |
| 78 | Carrie | Jenkins | Dolly Mixtures | 30-04 | 13 W35 |
| 79 | Jane | Lindley | Buckley RC | 30-05 | 9 W50 |
| 80 | Lola | Smallwood | Deeside AC | 30-07 | 9 W40 |
| 81 | Rachael | Foster | Whitchurch Whippets | 30-18 | 10 W50 |
| 82 | Lea | Hulson | Tattenhall | 30-24 | 14 W35 |
| 83 | Vicky | Ronald | Colwyn Bay | 30-28 | 11 W50 |
| 84 | Sarah | Pearce | Dolly Mixtures | 30-35 | 10 W40 |
| 85 | Henni | Yli-Sirnio | Bangor University | 30-42 | SW |
| 86 | Claire | Bishop | Betsi Runaways | 30-44 | 15 W35 |
| 87 | Niamh | Fegan | Bangor University | 30-45 | SW |
| 88 | Ashling | D-Harrison | Oswestry Olympians | 30-57 | SW |
| 89 | Alison | Tickner | Oswestry Olympians | 31-07 | 12 W50 |
| 90 | Sarah | Quinlaw | Tattenhall | 31-13 | 16 W35 |
| 91 | Briony | Hibbert | Deeside AC | 31-21 | SW |
| 92 | Grace | Hart | Tattenhall | 31-27 | 13 W50 |
| 93 | Lisa | Bearpark | Whitchurch Tri Club | 31-29 | 17 W35 |
| 94 | Ann | d'Albuqerque | GOG Tri Club | 31-36 | 1 W70 |
| 95 | Lisa | Ashworth | Dolly Mixtures | 31-37 | 11 W40 |
| 96 | Lisa | Blagden | Telford AC | 31-59 | 14 W50 |
| 97 | Chris | Birch | Abergele Harriers | 32-00 | 2 W70 |
| 98 | Rachel | Boothman | Whitchurch Tri Club | 32-04 | 17 W45 |
| 99 | Emma | Wilde | Maldwyn | 32-14 | 18 W45 |
| 100 | Amelie | Roberts | Colwyn Bay | 32-19 | 10 U17W |
| 101 | Kate | Wilson | Denbigh Harriers | 32-25 | SW |
| 102 | Liz | Martin | Prestatyn RC | 32-34 | 12 W40 |
| 103 | Alex | Fletcher | Eryri Harriers | 32-43 | 18 W35 |
| 104 | Katie | Bonfield | Abergele Harriers | 32-44 | 13 W40 |
| 105 | Alison | Preece | Telford AC | 32-45 | 19 W45 |
| 106 | Helen | Bainbridge | Wrecsam Tri Club | 32-50 | 14 W40 |
| 107 | Alex | Duffey | West Cheshire | 32-56 | 20 W45 |
| 108 | Menai | Baugh | Denbigh Harriers | 33-02 | 1 W60 |
| 109 | Sarah | Greaves | Oswestry Olympians | 33-03 | 2 W60 |
| 110 | Hannah | Evans | Tattenhall | 33-06 | 19 W35 |
| 111 | Helen | Griffith | Betsi Runaways | 33-13 | SW |
| 112 | Sue | Formstone | Buckley RC | 33-14 | 15 W50 |
| 113 | Maria | Spurling | Shropshire Shufflers | 33-23 | SW |
| 114 | Emma | MaCarthur | Colwyn Bay | 33-25 | 15 W40 |
| 115 | Rebecca | Howarth | Aberystwyth Uni | 33-26 | SW |
| 116 | Alison | Harper | Oswestry Olympians | 33-27 | 16 W40 |
| 117 | Helen | Baxandall | Prestatyn RC | 33-39 | 7 W55 |
| 118 | Cara | Jones | Prestatyn RC | 33-40 | 21 W45 |
| 119 | Amanda | Garner | Buckley RC | 33-44 | 20 W35 |
| 120 | Mandy | Cooke | Dolly Mixtures | 33-50 | 22 W45 |
| 121 | Debbie | Bellis | Buckley RC | 33-58 | 8 W55 |
| 122 | Sally | Withington | Wrekin RR | 34-00 | 23 W45 |
| 123 | Jenny | Williamson | Eryri Harriers | 34-24 | 21 W35 |
| 124 | Linda | Rowlands | Wrexham AC | 34-33 | 16 W50 |
| 125 | Alison | Holmes | Whitchurch Tri Club | 34-38 | 17 W50 |
| 126 | Sarah | Massey | GOG Tri Club | 34-39 | 17 W40 |
| 127 | Sian | Meirion | Buckley RC | 34-40 | 24 W45 |
| 128 | Marianne | Mulder | Cadence Tri Club | 34-41 | 18 W40 |
| 129 | Vivienne | Edwards | Eryri Harriers | 34-42 | 3 W60 |
| 130 | Helen | Alefounder | Prestatyn RC | 34-43 | 25 W45 |
| 131 | Ceri | Crabbe | Wrekin RR | 34-52 | 26 W45 |
| 132 | Tracey | Wilson | Whitchurch Tri Club | 34-55 | 22 W35 |
| 133 | Siobhan | Henn | Wrecsam Tri Club | 35-03 | 23 W35 |
| 134 | Maggie | Oliver | Eryri Harriers | 35-20 | 3 W70 |
| 135 | Diane | Gill | Shropshire Shufflers | 35-24 | 9 W55 |
| 136 | Sarah | Marriott | GOG Tri Club | 35-27 | 19 W40 |
| 137 | Sharon | Davies | Dolly Mixtures | 35-57 | 24 W35 |
| 138 | Llinos | Davies | GOG Tri Club | 36-06 | 10 W55 |
| 139 | Nicole | Van Den Wittenboer | Buckley RC | 36-32 | 18 W50 |
| 140 | Alice | Frost | Wrexham AC | 36-34 | 25 W35 |
| 141 | Bex | Smith | Cadence Tri Club | 36-49 | SW |
| 142 | Abigail | Cammillare | Deestriders | 37-09 | SW |
| 143 | Elaine | Dean | Shropshire Shufflers | 37-19 | 11 W55 |
| 144 | Lisa | Jones | Shropshire Shufflers | 37-49 | 19 W50 |
| 145 | Bev | Goodson | Deestriders | 37-50 | 20 W50 |
| 146 | Alexandra | James | Betsi Runaways | 38-16 | SW |
| 147 | Leanne | Matthews | Betsi Runaways | 38-39 | 26 W35 |
| 148 | Vicki | Barlow | Betsi Runaways | 38-40 | 27 W35 |
| 149 | Brenda | Jones | Bro Dysynni | 38-41 | 1 W75 |
| 150 | Ann | Ablett | Buckley RC | 38-49 | 1 W65 |
| 151 | Clare | Manley | Prestatyn RC | 38-53 | 27 W45 |
| 152 | Emma | Birchall | Prestatyn RC | 39-10 | 28 W45 |
| 153 | Megan | Jones | Dolly Mixtures | 39-12 | 11 U17W |
| 154 | Jayne | Bateson | Whitchurch Tri Club | 39-42 | 20 W40 |
| 155 | Debbie | Jones | Prestatyn RC | 40-00 | 29 W45 |
| 156 | Alison | Foster | Wrexham AC | 41-26 | 12 W55 |
| 157 | Marjorie | Griffiths | Bro Dysynni | 42-21 | 4 W70 |
| 158 | Maureen | Singleton | Colwyn Bay | 42-22 | 2 W75 |
| 159 | Yolanda | Marconi-Nolan | Bro Dysynni | 42-32 | 5 W70 |
| 160 | Julie | Evans | Prestatyn RC | 44-02 | 13 W55 |

**FEMALE TEAMS**

**DIVISION ONE (4 to SCORE)**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Club** | **Race 1**  **Points** | **Race 1**  **Position** |
| 1 | Eryri Harriers | 19 | 1 |
| 2 | Oswestry Olympians | 51 | 2 |
| 3 | Deeside AC | 74 | 3 |
| 4 | West Cheshire | 120 | 4 |
| 5 | Buckley RC | 152 | 5 |
| 6 | Denbigh | 161 | 6 |
| 7 | Colwyn Bay | 250 | 7 |

**DIVISION TWO (3 TO SCORE)**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Club** | **Race 1**  **Points** | **Race 1**  **Position** |
| 1 | Wrecsam Tri Club | 103 | 1 |
| 2 | Dolly Mixtures | 130 | 2 |
| 3 | Bangor Uni | 149 | 3 |
| 4 | Prestatyn RC | 163 | 4 |
| 5 | Menai T&F | 171 | 5 |
| 6 | Shropshire Shufflers | 189 | 6 |
| 7 | Whitchurch Whippets | 193 | 7 |
| 8 | Wrekin RR | 199 | 8 |
| 9 | Telford AC | 220 | 9 |
| 10 | Tattenhall | 248 | 10 |
| 11 | GOG Tri Club | 266 | 11 |
| 12 | Aberystwyth Uni | 300 | 12 |
| 13 | Wrexham AC | 307 | 13 |
| 14 | Whitchurch Tri Club | 316 | 14 |
| 15 | Cadence Tri Club | 330 | 15 |
| 16 | Deestriders | 334 | 16 |
| 17 | Betsi Runaways | 343 | 17 |
| 18 | Abergele Harriers | 362 | 18 |
| 19 | Meirionnydd | 382 | 19 |
| 20 | Maldwyn | 421 | 20 |
| 21 | Bro Dysynni | 463 | 21 |

**FEMALE MASTERS TEAMS**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Club** | **Race 1**  **Points** | **Race 1**  **Position** |
| 1 | Eryri Harriers | **6** | 1 |
| 2 | Oswestry Olympians | **48** | 2 |
| 3 | Wrecsam Tri Club | **60** | 3 |
| 4 | West Cheshire | **66** | 4 |
| 5 | Dolly Mixtures | **70** | 5 |
| 6 | Denbigh Harriers | **72** | 6 |
| 7 | Prestatyn RC | **97** | 7 |
| 8 | Buckley | **98** | 8 |
| 9 | Whitchurch Whippets | **121** | 9 |
| 10 | Wrekin RR | **126** | 10 |
| 11 | Telford AC | **145** | 11 |
| 12 | Colwyn Bay | **159** | 12 |
| 13 | Tattenhall | **164** | 13 |
| 14 | GOG Tri Club | **179** | 14 |
| 15 | Wrexham AC | **215** | 15 |
| 16 | Whitchurch Tri Club | **218** | 16 |
| 17 | Shropshire Shufflers | **242** | 17 |
| 18 | Betsi Runaways | **275** | 18 |
| 19 | Bro Dysynni | **346** | 19 |

What a great start to the 2019-20 season. Firstly a big thank you to Wrexham for hosting the first fixture and even booking the dry weather and firm conditions under foot. The Council had even cut the grass for the first time in weeks!!

There was a record turn-out in the opening race with 206 completing the race and it was fantastic again to see 15 Under 17 men competing. Equally the decision a couple of years ago to reduce the distance for the 65+ men has also seen a resurgence in these numbers and thirty 65+ men completed the course.

Classy Mike Spill dominated the opening race and won comfortably but it was great to see many young men giving Ali Lavender-Rawlinson something to chase on the course as she started the season again with a good win, especially after only recently completing a fine marathon. She was chased home by Menai youngster Samia Jones who clearly is a talent to watch in the future. Eryri Harriers started emphatically in Division 1 and in the Masters category, but it was also good to see Wrecsam Tri Club at the top of Division 2, being chased by Dolly Mixtures.

There was also a great race in the Men’s race with Meirionnydd’s experienced Alex Lanz having a race long tussle with West Cheshire youngster Joseph Morrison. On this occasion experience got the better of youth, but only just. There was a surprise in the teams with Shrewsbury for once struggling to get a team out, and host club Wrexham took full advantage by not only topping Division 1 by a healthy 107 points but also topping the Masters table. Shropshire Shufflers have set out their stall in Division 2, closely followed by GOG Tri Club and Whitchurch Whippets.

**The next race is at Fox Hills, Colwyn Bay. Parking is at Eirias Park (LL29 7SP) and the course is across the road.**

**Bernie Jones**

**Referee**

**WELSH INTER REGIONS**

As you may be aware Welsh Athletics have decided to incorporate the Welsh Inter Regions into the Welsh Inter Schools event to try and reduce the amount of racing for youngsters. The date of the Welsh Inter Regions has sadly therefore been changed to Saturday 16th November which clashes with the Masters International at which I hope a number of North Wales athletes will be taking part.

Eric Campbell has agreed to be Team Manager for the Senior and Master Teams and we will be picking the teams in the next couple of weeks. If you are interested in running in the Welsh Inter Regions, please contact **Eric Cambell** (07507 671337 or [edegzee@gmail.com](mailto:edegzee@gmail.com) ) or myself ( 07919 043117 or [Bernie-jones@sky.com](mailto:Bernie-jones@sky.com) ). Steve Livett and John Messum will be sorting out the junior teams.

**Bernie Jones,**