**GRAND PRIX EXPRESS**

***“David Alun Williams”* NORTH WALES CROSS COUNTRY SENIOR LEAGUE**

At Dolerw Park, NEWTOWN Saturday 22nd October 2022

FINAL RESULTS 24/10/22

**SENIOR MEN**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | 963 | JANOŠ VRANEK | Aberystwyth Uni | 00:26:25 | SM | 1 |
| 2 | 664 | DERI MCCLUSKEY | Maldwyn Harriers | 00:26:32 | U20M | 1 |
| 3 | 709 | OLI BLAKE | Oswestry Olympians | 00:26:40 | SM | 2 |
| 4 | 782 | DANIEL HUSBANDS | Shrewsbury ac | 00:26:56 | SM | 3 |
| 5 | 681 | TOMOS ROBERTS | Meirionydd | 00:27:01 | SM | 4 |
| 6 | 898 | JOEL GOMES | Wrexham ac | 00:27:29 | MV 40 | 1 |
| 7 | 490 | CHRIS CALLAGHAN | Buckley Runners | 00:27:43 | MV 45 | 1 |
| 8 | 737 | TOM CARTER | Prestatyn | 00:27:45 | MV 40 | 2 |
| 9 | 576 | OWEN HIBBERT | Deeside ac | 00:27:58 | SM | 5 |
| 10 | 570 | EDWARD WOODHEAD | Deeside ac | 00:28:05 | U20M | 2 |
| 11 | 947 | TOM HEARD | Oswestry Olympians | 00:28:09 | MV 40 | 3 |
| 12 | 791 | BEN GIBSON | Shrewsbury ac | 00:28:19 | MV 35 | 1 |
| 13 | 790 | PAUL ASTON | Shrewsbury ac | 00:28:22 | MV 35 | 2 |
| 14 | 451 | JAMES COWAN | Aberystwyth Uni | 00:28:24 | SM | 6 |
| 15 | 792 | GABRIEL MORRIS | Shrewsbury ac | 00:28:28 | MV 35 | 3 |
| 16 | 869 | ROBERT WESTON | Whitchurch Whippets | 00:28:29 | SM | 7 |
| 17 | 668 | CLIVE MORGAN | Maldwyn Harriers | 00:28:29 | MV 40 | 4 |
| 18 | 685 | ALUN WILLIAMS | Meirionydd | 00:28:35 | MV 40 | 5 |
| 19 | 476 | SAM BELLIS | Buckley Runners | 00:28:36 | MV 35 | 4 |
| 20 | 794 | OLIVER PARRY | Shrewsbury ac | 00:28:42 | MV 40 | 6 |
| 21 | 453 | JOSEPH ROBSON | Aberystwyth Uni | 00:28:43 | SM | 8 |
| 22 | 629 | RICHARD ROBERTS | Eryri | 00:28:59 | MV 40 | 7 |
| 23 | 640 | MIKE WHYATT | Eryri | 00:29:02 | MV 55 | 1 |
| 24 | 889 | JAMES ROBERTS | Wrexham ac | 00:29:06 | SM | 9 |
| 25 | 580 | STEVE HAYES | Deeside ac | 00:29:11 | MV 45 | 2 |
| 26 | 785 | LUKE BUTLER | Shrewsbury ac | 00:29:30 | MV 35 | 5 |
| 27 | 665 | CHARLIE EDWARDS | Maldwyn Harriers | 00:29:38 | SM | 10 |
| 28 | 801 | JAMES STUART | Shrewsbury ac | 00:29:41 | MV 45 | 3 |
| 29 | 705 | RYAN STOKES | Oswestry Olympians | 00:29:47 | SM | 11 |
| 30 | 858 | DAVID SHEARER | West Cheshire | 00:29:56 | MV 35 | 6 |
| 31 | 606 | TONY WOOD | Denbigh Harriers | 00:29:58 | SM | 12 |
| 32 | 853 | HENRY ROBINSON | West Cheshire | 00:29:59 | U20M | 3 |
| 33 | 812 | GREGORY WILLIAMS | Shropshire Shufflers | 00:30:00 | MV 40 | 8 |
| 34 | 493 | JEZ BROWN | Buckley Runners | 00:30:03 | MV 50 | 1 |
| 35 | 711 | JAMES PICKERING | Oswestry Olympians | 00:30:05 | MV 35 | 7 |
| 36 | 786 | STUART SMITH | Shrewsbury ac | 00:30:08 | MV 35 | 8 |
| 37 | 498 | JOHN PRITCHARD-TAYLOR | Buckley Runners | 00:30:15 | MV 50 | 2 |
| 38 | 815 | RICHARD PRICE | Shropshire Shufflers | 00:30:22 | MV 40 | 9 |
| 39 | 450 | JAMES PRICE | Aberystwyth Uni | 00:30:34 | U20M | 4 |
| 40 | 773 | BEN SULLEY | Shrewsbury ac | 00:30:35 | SM | 13 |
| 41 | 720 | TIM TANSLEY | Oswestry Olympians | 00:30:39 | MV 50 | 3 |
| 42 | 827 | ADAM ALLISON | Shropshire Shufflers | 00:30:59 | SM | 14 |
| 43 | 944 | KEELAN THOMPSON | Aberystwyth Uni | 00:31:02 | SM | 15 |
| 44 | 689 | RHODRI AP DYFRIG | Meirionydd | 00:31:03 | MV 45 | 4 |
| 45 | 781 | MATTHEW WOODEN | Shrewsbury ac | 00:31:04 | SM | 16 |
| 46 | 893 | ALLY HUGHES | Wrexham ac | 00:31:05 | MV 35 | 9 |
| 47 | 477 | TIM JOY | Buckley Runners | 00:31:07 | MV 35 | 10 |
| 48 | 582 | EDMUND MORTELL | Deeside ac | 00:31:15 | MV 45 | 5 |
| 49 | 675 | DAFYDD THOMAS | Meirionydd | 00:31:17 | SM | 17 |
| 50 | 865 | ANDREW CLAGUE | West Cheshire | 00:31:20 | MV 50 | 4 |
| 51 | 687 | IFAN RICHARDS | Meirionydd | 00:31:25 | MV 40 | 10 |
| 52 | 796 | ROB FOX | Shrewsbury ac | 00:31:27 | MV 40 | 11 |
| 53 | 968 | LLYR AB EINION | Aberystwyth Uni | 00:31:28 | SM | 18 |
| 54 | 836 | ROBERT ARDEN | Tattenhall Runners | 00:31:43 | MV 40 | 12 |
| 55 | 609 | DANIEL JONES | Denbigh Harriers | 00:31:50 | MV 35 | 11 |
| 56 | 577 | CIARAN ALLMAN | Deeside ac | 00:31:51 | SM | 19 |
| 57 | 715 | CHARLIE WOOLCOCK | Oswestry Olympians | 00:31:54 | MV 40 | 13 |
| 58 | 895 | GARETH CHALLONER | Wrexham ac | 00:31:58 | MV 40 | 14 |
| 59 | 581 | STEVEN CROWE | Deeside ac | 00:32:03 | MV 45 | 6 |
| 60 | 470 | GERARD COLEMAN | Buckley Runners | 00:32:06 | SM | 20 |
| 61 | 837 | ROBERT CHAMBERS | Tattenhall Runners | 00:32:07 | MV 45 | 7 |
| 62 | 821 | ANDREW WAKEFIELD | Shropshire Shufflers | 00:32:11 | SM | 21 |
| 63 | 883 | LEE RUDD | Wrekin Road Runners | 00:32:14 | MV 50 | 5 |
| 64 | 479 | ANDREW PEERS | Buckley Runners | 00:32:17 | MV 35 | 12 |
| 65 | 855 | PAUL MORRISON | West Cheshire | 00:32:24 | SM | 22 |
| 66 | 867 | NEIL HERSHAW | West Cheshire | 00:32:28 | MV 55 | 2 |
| 67 | 872 | ALI HUNTER | Whitchurch Whippets | 00:32:36 | MV 35 | 13 |
| 68 | 644 | RUSSELL OWEN | Eryri | 00:32:39 | MV 60 | 1 |
| 69 | 655 | GERAN HUGHES | Gog Triathlon | 00:32:42 | MV 55 | 3 |
| 70 | 613 | GLEN PRICE | Denbigh Harriers | 00:32:50 | MV 45 | 8 |
| 71 | 862 | RICHARD HAYES | West Cheshire | 00:32:56 | MV 50 | 6 |
| 72 | 964 | TOMOS ROBERTS | Aberystwyth Uni | 00:32:57 | SM | 23 |
| 73 | 950 | JARED ROBERTS | Colwyn Bay | 00:32:57 | SM | 24 |
| 74 | 669 | RYAN MCCLUSKEY | Maldwyn Harriers | 00:33:02 | MV 45 | 9 |
| 75 | 671 | GARY JONES | Maldwyn Harriers | 00:33:09 | MV 50 | 7 |
| 76 | 823 | CHRIS RADFORD | Shropshire Shufflers | 00:33:10 | MV 40 | 15 |
| 77 | 588 | JAMIE WILLIAMS | Deeside ac | 00:33:13 | MV 50 | 8 |
| 78 | 808 | HAYDN JONES | Shrewsbury ac | 00:33:16 | MV 60 | 2 |
| 79 | 504 | JEFF GIFFORD | Buckley Runners | 00:33:17 | MV 55 | 4 |
| 80 | 845 | PAUL SHANNON | Tattenhall Runners | 00:33:25 | MV 60 | 3 |
| 81 | 587 | STUART BROWN | Deeside ac | 00:33:27 | MV 45 | 10 |
| 82 | 605 | JACK CORNEY | Denbigh Harriers | 00:33:32 | SM | 25 |
| 83 | 725 | DAVE NEWTON | Oswestry Olympians | 00:33:34 | MV 55 | 5 |
| 84 | 806 | KEVIN FRANCIS | Shrewsbury ac | 00:33:37 | MV 55 | 6 |
| 85 | 513 | PETE GRAY | Cadence Tri | 00:33:38 | MV 35 | 14 |
| 86 | 960 | IAN GRANDFIELD | Whitchurch Whippets | 00:33:47 | MV 60 | 4 |
| 87 | 704 | EVAN ROBERTS | Oswestry Olympians | 00:33:57 | U20M | 5 |
| 88 | 870 | DEAN RICHARDS | Whitchurch Whippets | 00:34:01 | MV 35 | 15 |
| 89 | 714 | STEVE JONES | Oswestry Olympians | 00:34:11 | MV 40 | 16 |
| 90 | 977 | JACK STRONG | Prestatyn | 00:34:13 |  |  |
| 91 | 688 | BEN WELLS | Meirionydd | 00:34:26 | MV 40 | 17 |
| 92 | 584 | DAN HURST | Deeside ac | 00:34:30 | MV 45 | 11 |
| 93 | 600 | ANTHONY WOODALL | Deestriders | 00:34:33 | MV 50 | 9 |
| 94 | 672 | GARY JERMAN | Maldwyn Harriers | 00:34:38 | MV 55 | 7 |
| 95 | 639 | RUSSELL WILLIAMS | Eryri | 00:34:47 | MV 50 | 10 |
| 96 | 863 | ANDREW CARTER | West Cheshire | 00:34:52 | MV 50 | 11 |
| 97 | 563 | GREG GRUNDY | Colwyn Bay | 00:35:07 | MV 45 | 12 |
| 98 | 876 | SIMON PHILLIPS | Whitchurch Whippets | 00:35:12 | MV 50 | 12 |
| 99 | 743 | DAN LIDDLE | Prestatyn | 00:35:14 | MV 50 | 13 |
| 100 | 597 | PAUL LEWTEY | Deestriders | 00:35:15 | MV 45 | 13 |
| 101 | 713 | TONY FORSTER | Oswestry Olympians | 00:35:16 | MV 35 | 16 |
| 102 | 981 | KARL CLACK | Shropshire Shufflers | 00:35:18 | MV 40 | 18 |
| 103 | 618 | DAVID BAUGH | Denbigh Harriers | 00:35:18 | MV 60 | 5 |
| 104 | 826 | JONNY CHAPLIN | Shropshire Shufflers | 00:35:19 | MV 45 | 14 |
| 105 | 593 | TIM WOODHEAD | Deeside ac | 00:35:24 | MV 50 | 14 |
| 106 | 614 | OWEN CONRY | Denbigh Harriers | 00:35:26 | MV 50 | 15 |
| 107 | 694 | BRIAN JOHNSON | Meirionydd | 00:35:28 | MV 55 | 8 |
| 108 | 643 | ARWEL LEWIS | Eryri | 00:35:30 | MV 60 | 6 |
| 109 | 465 | ANDY GOATER | Betsi Runaways | 00:35:35 | MV 50 | 16 |
| 110 | 721 | IAN LOWE | Oswestry Olympians | 00:35:43 | MV 50 | 17 |
| 111 | 693 | RICHARD FLUTTER | Meirionydd | 00:35:46 | MV 55 | 9 |
| 112 | 611 | DAVID DAVIES | Denbigh Harriers | 00:36:04 | MV 45 | 15 |
| 113 | 814 | CALVIN WRIGHT | Shropshire Shufflers | 00:36:15 | MV 50 | 18 |
| 114 | 954 | DAVID JONES | Deeside ac | 00:36:20 | MV 50 | 19 |
| 115 | 566 | IAN MULLIGAN | Colwyn Bay | 00:36:22 | MV 55 | 10 |
| 116 | 843 | JAMES JENKIN | Tattenhall Runners | 00:36:23 | MV 60 | 7 |
| 117 | 894 | ALAN WILLIAMS | Wrexham ac | 00:36:36 | MV 35 | 17 |
| 118 | 723 | ARREN ROBERTS | Oswestry Olympians | 00:36:50 | MV 50 | 20 |
| 119 | 506 | DAVE BOOTHROYD | Buckley Runners | 00:37:18 | MV 60 | 8 |
| 120 | 722 | MARK JONES | Oswestry Olympians | 00:37:29 | MV 50 | 21 |
| 121 | 690 | GARETH JONES | Meirionydd | 00:37:40 | MV 45 | 16 |
| 122 | 822 | JUAN MIGUEL REYES-MONTES | Shropshire Shufflers | 00:37:52 | MV 50 | 22 |
| 123 | 884 | PAUL SPRIGGS | Wrekin Road Runners | 00:38:22 | MV 50 | 23 |
| 124 | 980 | JOHN FARRELL | Gog Triathlon | 00:38:23 | MV 55 | 11 |
| 125 | 982 | KEITH JONES | Deestriders | 00:38:33 | MV 60 | 9 |
| 126 | 695 | RICHARD HANKINSON | Meirionydd | 00:38:35 | MV 60 | 10 |
| 127 | 499 | PAUL DONOGHUE | Buckley Runners | 00:38:47 | MV 50 | 24 |
| 128 | 508 | KEVIN CHALLINOR | Buckley Runners | 00:39:24 | MV 60 | 11 |
| 129 | 619 | DUNCAN JONES | Denbigh Harriers | 00:39:39 | MV 60 | 12 |
| 130 | 849 | TONY PREECE | Telford ac | 00:39:54 | MV 50 | 25 |
| 131 | 757 | REG JONAS | Prestatyn | 00:40:28 | MV 60 | 13 |
| 132 | 567 | IAN TAYLOR | Colwyn Bay | 00:40:52 | MV 55 | 12 |
| 133 | 638 | NEALE LEWIS-JONES | Eryri | 00:40:59 | MV 55 | 13 |
| 134 | 970 | JAMIE MAYERS | Maldwyn Harriers | 00:41:10 | MV 50 | 26 |
| 135 | 598 | JUSTIN EVANS | Deestriders | 00:41:43 | MV 45 | 17 |
| 136 | 565 | NEAL JONES | Colwyn Bay | 00:42:09 | MV 35 | 18 |
| 137 | 745 | STEVEN BROWN | Prestatyn | 00:42:09 | MV 50 | 27 |
| 138 | 742 | JAMES ROGERS | Prestatyn | 00:44:53 | MV 45 | 18 |
| 139 | 516 | STEVE KNOWLES | Cadence Tri | 00:46:07 | MV 50 | 28 |
| 140 | 879 | DAVID BARNES | Wrekin Road Runners | 00:47:24 | MV 35 | 19 |
| 141 | 458 | ELWYN SHARPS | Betsi Runaways | 00:48:12 | MV 35 | 20 |
| 142 | 732 | NEM JAMES | Prestatyn | 00:51:05 | SM | 26 |

**TEAMS**

**DIVISION ONE (6 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 2**  **Points** | **Total Race 2 Points** | **Race 2**  **Position** | **Overall Points** | **Overall Position** |
| Shrewsbury | 4/12/13/15/20/26 | **90** | **1** | **159** | **1** |
| Buckley | 7/19/34/37/47/60 | **204** | **3** | **360** | **2** |
| Oswestry | 3/11/29/35/41/57 | **176** | **2** | **505** | **3** |
| Deeside AC | 9/10/25/48/56/59 | **207** | **4** | **552** | **4** |
| Denbigh Harriers | 31/55/70/82/103/106 | **447** | **8** | **812** | **5** |
| West Cheshire | 30/32/50/65/66/71 | **314** | **6** | **843** | **6** |
| Wrexham AC | 6/24/46/58/117/143 | **394** | **7** | **873** | **7** |
| Shropshire Shufflers | 33/38/42/62/76/102 | **353** | **5** | **925** | **8** |

**DIVISION TWO (4 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 2**  **Points** | **Total Race 2 Points** | **Race 2**  **Position** | **Overall Points** | **Overall Position** |
| Meirionnydd | 5/18/44/49 | **116** | **2** | **162** | **1** |
| Aberystwyth Uni | 1/14/21/39 | **75** | **1** | **201** | **2** |
| Eryri | 22/23/68/95 | **208** | **4** | **294** | **3** |
| Maldwyn | 2/17/27/74 | **120** | **3** | **452** | **4** |
| Prestatyn | 8/90/99/131 | **328** | **7** | **508** | **5** |
| Colwyn Bay | 73/97/115/132 | **417** | **8** | **773** | **6** |
| Tattenhall | 54/61/80/116 | **311** | **6** | **776** | **7** |
| GOG Tri Club | 69/124/143/143 | **480** | **11** | **814** | **8** |
| Cadence Tri Club | 85/139/143/143 | **510** | **12** | **898** | **9** |
| Wrekin RR | 63/123/140/143 | **469** | **9** | **954** | **10** |
| Deestriders | 93/100/135/143 | **471** | **10** | **965** | **11** |
| Telford AC | 130/143/143/143 | **559** | **14** | **1024** | **12** |
| Whitchurch Whippets | 16/67/86/88 | **257** | **5** | **N/A** | **N/A** |
| Betsi Runaways | 109/141/143/143 | **536** | **13** | **N/A** | **N/A** |

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 2**  **Points** | **Total Race 2 Points** | **Race 2**  **Position** | **Overall Points** | **Overall Position** |
| Shrewsbury AC | 5/6/7 | **18** | **1** | **30** | **1** |
| Buckley | 2/10/19 | **31** | **2** | **69** | **2** |
| Eryri | 12/13/42 | **67** | **6** | **106** | **3** |
| Wrexham AC | 1/26/35 | **62** | **4** | **130** | **4** |
| Oswestry O | 4/20/24 | **48** | **3** | **135** | **5** |
| Meirionnydd | 9/25/30 | **64** | **5** | **158** | **6** |
| Deeside AC | 14/28/36 | **78** | **7** | **164** | **7** |
| Prestatyn | 3/60/69 | **132** | **12** | **188** | **8** |
| Shropshire Shufflers | 18/23/48 | **89** | **9** | **226** | **9** |
| Tattenhall | 32/37/52 | **121** | **11** | **248** | **10** |
| Denbigh Harriers | 33/44/73 | **150** | **12** | **273** | **11** |
| Colwyn Bay | 67/85/102 | **254** | **16** | **487** | **12** |
| West Cheshire | 17/29/40 | **86** | **8** | **N/A** | **N/A** |
| Maldwyn | 8/46/47 | **101** | **10** | **N/A** | **N/A** |
| Whitchurch Whippets | 41/57/58 | **156** | **13** | **N/A** | **N/A** |
| Deestriders | 63/70/105 | **238** | **14** | **N/A** | **N/A** |
| Wrekin Road Runners | 38/93/110 | **241** | **15** | **N/A** | **N/A** |

**MALE OVER 65**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | 342 | Nick Holmes | Tattenhall | 21-06 | M65 | 1 |
| 2 | 334 | Peter Hough | Shropshire Shufflers | 22-03 | M70 | 1 |
| 3 | 274 | Martin Cortvriend | Prestatyn RC | 22-37 | M70 | 2 |
| 4 | 145 | John Mainwaring | Eryri Harriers | 23-15 | M65 | 2 |
| 5 | 147 | Mike Snell | Eryri Harriers | 23-42 | M65 | 3 |
| 6 | 309 | Andrew Lewis | Shrewsbury | 23-57 | M65 | 4 |
| 7 | 811 | Leslie Ritchie | Shropshire Shufflers | 24-05 | M65 | 5 |
| 8 | 194 | Emyr Davies | Hebog | 24-21 | M75 | 1 |
| 9 | 978 | Paul Stone | Shropshire Shufflers | 25-13 | M65 | 6 |
| 10 | 336 | Andre Hayeck | Shropshire Shufflers | 25-15 | M65 | 7 |
| 11 | 117 | David Passe | Denbigh Harriers | 25-33 | M70 | 3 |
| 12 | 144 | Eurwyn Edwards | Eryri Harriers | 25-38 | M65 | 8 |
| 13 | 275 | George Nixon | Prestatyn | 25-42 | M70 | 4 |
| 14 | 910 | Colin Hunt | Wrecsam Tri Club | 26-31 | M65 | 9 |
| 15 | 335 | Charlie Holland | Shropshire Shufflers | 26-45 | M65 | 10 |
| 16 | 972 | Chris Copus | Maldwyn | 26-53 | M65 | 11 |
| 17 | 341 | Martin Durrant | Tattenhall | 27-18 | M65 | 12 |
| 18 | 338 | Chris Clarke | Shropshire Shufflers | 27-19 | M75 | 2 |
| 19 | 273 | Graham Shone | Prestatyn RC | 27-45 | M70 | 5 |
| 20 | 11 | Les Coathup | Buckley RC | 28-07 | M70 | 6 |
| 21 | 337 | Ian Day | Shropshire Shufflers | 28-12 | M75 | 3 |
| 22 | 78 | Dave Roderick | Deeside AC | 29-46 | M70 | 7 |
| 23 | 140 | Alwyn Oliver | Eryri Harriers | 31-14 | M75 | 4 |
| 24 | 267 | Roger Harrison Jones | Prestatyn | 31-47 | M85 | 1 |
| 25 | 974 | Jack Thomas | Buckley RC | 33-35 | M80 | 1 |
| 26 | 416 | Peter Norman | Wrexham AC | 43-22 | M85 | 2 |
| 27 | 417 | John Tipping | Wrexham AC | 53-02 | M80 | 2 |

**TEAMS (3 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 2**  **Points** | **Total Race 2 Points** | **Race 2**  **Position** | **Overall Points** | **Overall Position** |
| Shropshire Shufflers | 2/7/9 | **18** | **1** | **44** | **1** |
| Prestatyn RC | 3/13/19 | **35** | **3** | **72** | **2** |
| Eryri Harriers | 4/5/12 | **21** | **2** | **76** | **3** |

**UNDER 17 MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** |
| 1 | 204 | Aled Breeze | Maldwyn | 16-54 |
| 2 | 153 | Noah Vaughan | Eryri Harriers | 16-57 |
| 3 | 205 | Callum Morgan | Maldwyn | 17-09 |
| 4 | 200 | Finlay Cullen | Maldwyn | 17-31 |
| 5 | 80 | Jacob Welsh | Deeside AC | 17-51 |
| 6 | 202 | Matthew Benson | Maldwyn | 17-58 |
| 7 | 83 | Oliver Harrison | Deeside | 18-36 |
| 8 | 365 | Charlie Preece | Telford | 19-41 |
| 9 | 122 | Gruffudd Price | Denbigh Harriers | 19-52 |
| 10 | 216 | Cynan Ap Rhys | Meirionnydd | 21-33 |

**TEAMS (3 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 2**  **Points** | **Total Race 2 Points** | **Race 2**  **Position** | **Overall Points** | **Overall Position** |
| Maldwyn | 1/3/4 | **8** | **1** | **N/A** | **N/A** |

**SENIOR WOMEN**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | 317 | SARA WILLHOIT | Shrewsbury ac | 00:18:29 | SW | 1 |
| 2 | 231 | BECA HAF BOWN | Menai T&F | 00:18:41 | FU17 | 1 |
| 3 | 208 | FFION PRICE | Maldwyn Harriers | 00:19:22 | SW | 2 |
| 4 | 164 | GEMMA MOORE | Eryri | 00:19:51 | FV35 | 1 |
| 5 | 206 | MADDIE GRIFFITHS | Maldwyn Harriers | 00:19:55 | FU17 | 2 |
| 6 | 16 | TRACY ROGERS | Buckley Runners | 00:19:59 | SW | 3 |
| 7 | 230 | CARA SCOTT | Menai T&F | 00:20:00 | FU17 | 3 |
| 8 | 96 | MARTHA OWEN | Deeside ac | 00:20:18 | SW | 4 |
| 9 | 18 | JENNIFER RAMBALDI | Buckley Runners | 00:20:26 | FV35 | 2 |
| 10 | 97 | OLIVIA ASHTON | Deeside ac | 00:20:44 | SW | 5 |
| 11 | 251 | CHARLOTTE ROSE HUNTER | Oswestry Olympians | 00:20:45 | SW | 6 |
| 12 | 3 | EMMA PRICE | Aberystwyth Uni | 00:20:47 | SW | 7 |
| 13 | 6 | EMMA PALFREY | Aberystwyth University | 00:20:53 | FV35 | 3 |
| 14 | 161 | ELLIW HAF | Eryri | 00:20:58 | SW | 8 |
| 15 | 89 | NEISHA ROBERTS | Deeside ac | 00:21:00 | FU20 | 1 |
| 16 | 388 | CLAIRE HARRIS | West Cheshire | 00:21:00 | SW | 9 |
| 17 | 68 | SARA AVERY | Cheshire Dragons | 00:21:02 | FV55 | 1 |
| 18 | 318 | MIRIAM JONES-WALTERS | Shrewsbury ac | 00:21:04 | SW | 10 |
| 19 | 63 | EMMA CROWE | Cheshire Dragons | 00:21:11 | FV45 | 1 |
| 20 | 263 | NICOLA SHIP | Oswestry Olympians | 00:21:18 | FV45 | 2 |
| 21 | 323 | MEL PRICE | Shrewsbury ac | 00:21:21 | FV50 | 1 |
| 22 | 368 | MAGGIE PREECE | Telford ac | 00:21:26 | FU20 | 2 |
| 23 | 100 | CLAIRE WYN JONES | Deeside ac | 00:21:27 | SW | 11 |
| 24 | 81 | LAYLA BRADBROOK | Deeside ac | 00:21:28 | FU17 | 4 |
| 25 | 382 | JODI BEMAND | West Cheshire | 00:21:35 | FU20 | 3 |
| 26 | 24 | JANE DOUGHTON | Buckley Runners | 00:21:38 | FV45 | 3 |
| 27 | 259 | LOUISE WOOLCOCK | Oswestry Olympians | 00:21:43 | FV40 | 1 |
| 28 | 321 | RACHAEL HANDLEY | Shrewsbury ac | 00:21:43 | FV35 | 4 |
| 29 | 106 | CHRISTINE CAMMILLARE | Deestriders | 00:21:48 | FV35 | 5 |
| 30 | 210 | NESTA MCCLUSKEY | Maldwyn Harriers | 00:21:57 | FV45 | 4 |
| 31 | 135 | EMMA COLLINS | Denbigh Harriers | 00:21:59 | FV60 | 1 |
| 32 | 127 | KATY BAUGH | Denbigh Harriers | 00:22:03 | SW | 12 |
| 33 | 353 | ALLISON GRUNDY | Tattenhall Runners | 00:22:09 | FV45 | 5 |
| 34 | 152 | ANWEN HOCKLEY | Eryri | 00:22:11 | FU17 | 5 |
| 35 | 320 | LAUREN MORLEY | Shrewsbury ac | 00:22:22 | FV35 | 6 |
| 36 | 397 | EMILY GRANDFIELD | Whitchurch Whippets | 00:22:27 | SW | 13 |
| 37 | 385 | EMMA NUTT | West Cheshire | 00:22:44 | SW | 14 |
| 38 | 14 | AMANDA MOUNTFORD | Buckley Runners | 00:22:48 | SW | 15 |
| 39 | 73 | ELLA GRUNDY | Colwyn Bay | 00:22:53 | FU17 | 6 |
| 40 | 965 | CHLOE PIGGOTT | Aberystwyth Uni | 00:22:54 | FU20 | 4 |
| 41 | 2 | NIA REES | Aberystwyth Uni | 00:23:02 | SW | 16 |
| 42 | 221 | ELEANOR DAVIES | Meirionydd | 00:23:02 | FV40 | 2 |
| 43 | 389 | ANEST MULLER | West Cheshire | 00:23:04 | FV40 | 3 |
| 44 | 369 | CHARLOTTE PARNELL | Telford ac | 00:23:04 | SW | 17 |
| 45 | 393 | ELEANOR ROBINSON | West Cheshire | 00:23:04 | FV50 | 2 |
| 46 | 156 | EFA BAINES | Eryri | 00:23:15 | FU20 | 5 |
| 47 | 132 | MEL ( MELINA) MORRIS | Denbigh Harriers | 00:23:22 | FV45 | 6 |
| 48 | 22 | GWENNAN HENSTOCK | Buckley Runners | 00:23:25 | FV40 | 4 |
| 49 | 155 | MABLI BAINES | Eryri | 00:23:29 | FU20 | 6 |
| 50 | 134 | JENI RICHARDS | Denbigh Harriers | 00:23:30 | FV55 | 2 |
| 51 | 174 | TAMMY LEWIS-JONES | Eryri | 00:23:31 | FV50 | 3 |
| 52 | 979 | ALICE TREVOR-JONES | Oswestry Olympians | 00:23:32 | FV35 | 7 |
| 53 | 329 | HEATHER FRAS | Shropshire Shufflers | 00:23:36 | FV35 | 8 |
| 54 | 1 | KATIE BRAZIER | Aberystwyth Uni | 00:23:46 | FU20 | 7 |
| 55 | 75 | ANNE MYNOTT | Colwyn Bay | 00:23:50 | FV55 | 3 |
| 56 | 430 | LINDA JONES | Wrexham ac | 00:23:57 | FV55 | 4 |
| 57 | 238 | CADI EDWARDS | Menai T&F | 00:24:00 | FU17 | 7 |
| 58 | 187 | RACHEL COOK | Gog Triathlon | 00:24:03 | SW | 18 |
| 59 | 281 | HELEN ASHWORTH | Prestatyn | 00:24:07 | FV40 | 5 |
| 60 | 226 | DEBBIE CATTERMOLE | Meirionydd | 00:24:14 | FV55 | 5 |
| 61 | 190 | HELEN MACARTHUR | Gog Triathlon | 00:24:26 | FV50 | 4 |
| 62 | 395 | JOY HICKMAN | West Cheshire | 00:24:30 | FV55 | 6 |
| 63 | 84 | HOLLY KEMP | Deeside ac | 00:24:35 | FU17 | 8 |
| 64 | 322 | YVONNE GAJNY | Shrewsbury ac | 00:24:35 | FV45 | 7 |
| 65 | 189 | MICHELLE FARRELL | Gog Triathlon | 00:24:39 | FV40 | 6 |
| 66 | 265 | YVONNE HILL | Oswestry Olympians | 00:24:47 | FV55 | 7 |
| 67 | 31 | MARGARET LUDDEN | Buckley Runners | 00:24:53 | FV60 | 2 |
| 68 | 351 | MEL BARKER | Tattenhall Runners | 00:25:04 | FV45 | 8 |
| 69 | 131 | LEE EVANS | Denbigh Harriers | 00:25:13 | FV45 | 9 |
| 70 | 175 | HELEN BLAIR | Eryri | 00:25:19 | FV50 | 5 |
| 71 | 82 | MAISY PARRY | Deeside ac | 00:25:21 | FU17 | 9 |
| 72 | 98 | BRIONY HIBBERT | Deeside ac | 00:25:22 | SW | 19 |
| 73 | 943 | ALI TICKNER | Oswestry Olympians | 00:25:23 | FV50 | 6 |
| 74 | 17 | ELEANOR FRANCIS | Buckley Runners | 00:25:24 | FV35 | 9 |
| 75 | 313 | HANNAH PEASE | Shrewsbury ac | 00:25:25 | SW | 20 |
| 76 | 402 | JO GRANDFIELD | Whitchurch Whippets | 00:25:29 | FV60 | 3 |
| 77 | 975 | THOMAS CEINWEN | Meirionydd | 00:25:36 | FU20 | 8 |
| 78 | 333 | LAURA SMITH | Shropshire Shufflers | 00:25:41 | FV35 | 10 |
| 79 | 973 | ELLIE KEVERN | Aberystwyth Uni | 00:25:46 | FU20 | 9 |
| 80 | 326 | LYDIA BROMWICH | Shropshire Shufflers | 00:25:48 | FV45 | 10 |
| 81 | 201 | OLIVIA GARROD | Maldwyn Harriers | 00:26:23 | FU17 | 10 |
| 82 | 123 | GWENNO PRICE | Denbigh Harriers | 00:26:24 | FU20 | 10 |
| 83 | 181 | ELLIE SALISBURY | Eryri | 00:26:33 | FV60 | 4 |
| 84 | 376 | ALISON PREECE | Telford ac | 00:26:37 | FV50 | 7 |
| 85 | 283 | SOPHIE JOHNSON | Prestatyn | 00:26:41 | FV40 | 7 |
| 86 | 207 | CARYS BREEZE | Maldwyn Harriers | 00:26:50 | FU20 | 11 |
| 87 | 38 | STEPHANIE HUGHES | Cadence Tri | 00:27:00 | FV35 | 11 |
| 88 | 264 | LIZ PARK | Oswestry Olympians | 00:27:10 | FV45 | 11 |
| 89 | 35 | LIZ GOODAIRE | Cadence Tri | 00:27:21 | SW | 21 |
| 90 | 136 | MENAI BAUGH | Denbigh Harriers | 00:27:31 | FV60 | 5 |
| 91 | 225 | HELEN JONES | Meirionydd | 00:27:55 | FV50 | 8 |
| 92 | 23 | CAROLINE CAFFERY | Buckley Runners | 00:27:56 | FV45 | 12 |
| 93 | 282 | MANDY CARTWRIGHT | Prestatyn | 00:28:06 | FV40 | 8 |
| 94 | 357 | GRACE HART | Tattenhall Runners | 00:28:30 | FV50 | 9 |
| 95 | 405 | REBECCA GOODALL | Wrekin Road Runners | 00:28:38 | SW | 22 |
| 96 | 74 | EMMA MACARTHUR | Colwyn Bay | 00:28:41 | FV45 | 13 |
| 97 | 284 | LIZ MARTIN | Prestatyn | 00:28:41 | FV45 | 14 |
| 98 | 279 | NICKI TRIGGS | Prestatyn | 00:28:51 | SW | 23 |
| 99 | 305 | YRICKA GARDNER | Run Free Fell | 00:28:57 | FV50 | 10 |
| 100 | 111 | DEBBIE PARRY | Deestriders | 00:28:58 | FV45 | 15 |
| 101 | 967 | REBECCA ENGLAND | Oswestry Olympians | 00:29:05 | FV40 | 9 |
| 102 | 347 | JEANNE RAYMOND | Tattenhall Runners | 00:29:15 | FV40 | 10 |
| 103 | 330 | MOYNA RICHEY | Shropshire Shufflers | 00:29:36 | FV50 | 11 |
| 104 | 966 | NELL MILTON | Aberystwyth Uni | 00:29:44 | SW | 24 |
| 105 | 415 | PAULINE KESEK | Wrekin Road Runners | 00:29:49 | FV60 | 6 |
| 106 | 32 | SUSAN RIDINGS | Buckley Runners | 00:30:39 | FV60 | 7 |
| 107 | 433 | GILLIAN CSIZMADIA | Wrexham ac | 00:31:05 | FV60 | 8 |
| 108 | 294 | JULIA EVANS | Prestatyn | 00:31:55 | FV55 | 8 |
| 109 | 148 | VIVIENNE EDWARDS | Eryri | 00:32:01 | FV65 | 1 |
| 110 | 141 | MAGGIE OLIVER | Eryri | 00:32:23 | FV70 | 1 |
| 111 | 5 | AIMÉ TONKIN | Aberystwyth Uni | 00:32:26 | SW | 25 |
| 112 | 360 | CLAIRE REALFF | Tattenhall Runners | 00:32:30 | FV55 | 9 |
| 113 | 443 | ILONA KURTA | Betsi Runaways | 00:33:25 | FV55 | 10 |
| 114 | 292 | EMMA BIRCHALL | Prestatyn | 00:33:52 | FV50 | 12 |
| 115 | 297 | JULIE EVANS | Prestatyn | 00:34:32 | FV60 | 9 |
| 116 | 114 | BEVERLEY GOODSON | Deestriders | 00:35:09 | FV50 | 13 |
| 117 | 976 | SEREN WOODALL | Colwyn Bay | 00:35:28 | FU20 | 12 |
| 118 | 325 | MARILYN HUNT | Shropshire Shufflers | 00:36:19 | FV50 | 14 |

**FEMALE TEAMS**

**DIVISION ONE (4 to SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 2**  **Points** | **Total Race 2 Points** | **Race 2**  **Position** | **Overall Points** | **Overall Position** |
| Deeside AC | 8/10/15/23 | **56** | **1** | **143** | **1** |
| Eryri | 4/14/34/46 | **98** | **3** | **151** | **2** |
| Oswestry | 11/20/27/52 | **110** | **4** | **172** | **3** |
| Buckley | 6/9/26/38 | **79** | **2** | **196** | **4** |
| Denbigh | 31/32/47/50 | **160** | **6** | **243** | **5** |
| West Cheshire | 16/25/37/43 | **121** | **5** | **247** | **6** |
| Telford AC | 22/44/88/119 | **269** | **7** | **471** | **7** |

**DIVISION TWO (3 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 2**  **Points** | **Total Race 2 Points** | **Race 2**  **Position** | **Overall Points** | **Overall Position** |
| Shrewsbury AC | 1/18/21 | **40** | **2** | **126** | **1** |
| Aberystwyth Uni | 12/13/40 | **65** | **3** | **137** | **2** |
| Menai T&F | 2/7/57 | **66** | **4** | **293** | **3** |
| Meirionnydd | 42/60/77 | **179** | **6** | **325** | **4** |
| Colwyn Bay | 39/55/96 | **190** | **8** | **358** | **5** |
| GOG Tri Club | 58/61/65 | **184** | **7** | **363** | **6** |
| Prestatyn | 59/85/93 | **237** | **12** | **377** | **7** |
| Tattenhall | 33/68/94 | **195** | **9** | **436** | **8** |
| Deestriders | 29/100/116 | **245** | **13** | **479** | **9** |
| Shropshire Shuff | 53/78/80 | **211** | **10** | **489** | **10** |
| Wrexham AC | 56/107/119 | **282** | **14** | **595** | **12** |
| Maldwyn | 3/5/30 | **38** | **1** | **N/A** | **N/A** |
| Cheshire Dragons | 17/19/119 | **155** | **5** | **N/A** | **N/A** |
| Whitchurch Whippets | 36/76/119 | **231** | **11** | **N/A** | **N/A** |
| Cadence Tri Club | 87/89/119 | **295** | **15** | **564** | **11** |
| Wrekin Road Runners | 95/105/119 | **319** | **16** | **N/A** | **N/A** |
| Betsi Runaways | 113/119/119 | **351** | **17** | **N/A** | **N/A** |
| Run Free Fell | 99/119/119 | **337** | **18** | **N/A** | **N/A** |

**FEMALE MASTERS TEAMS**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 2**  **Points** | **Total Race 2 Points** | **Race 2**  **Position** | **Overall Points** | **Overall Position** |
| Oswestry O | 6/9/23 | **38** | **3** | **56** | **1** |
| Buckley | 2/8/20 | **30** | **1** | **65** | **2** |
| Eryri | 1/22/37 | **60** | **5** | **78** | **3** |
| Denbigh Harriers | 13/19/23 | **38** | **4** | **110** | **4** |
| West Cheshire | 17/18/30 | **60** | **6** | **138** | **5** |
| Meirionnydd | 16/28/49 | **93** | **7** | **184** | **6** |
| Prestatyn | 27/45/51 | **123** | **10** | **262** | **7** |
| Shropshire Shufflers | 24/41/42 | **107** | **9** | **292** | **8** |
| Deestriders | 11/56/70 | **137** | **11** | **294** | **9** |
| Shrewsbury AC | 7/10/15 | **32** | **2** | **N/A** | **N/A** |
| Tattenhall | 14/35/52 | **101** | **8** | **N/A** | **N/A** |

So if doing the chip timing and sorting out the results isn’t enough, Dave Peters along with his Maldwyn club mates, agreed to host the first ‘David Alun Williams’ North Wales Cross Country League at Newtown since January 1992! During the 1980’s Newtown regularly hosted the North Wales League and Eryri athletes will be keen to know the last senior winner here was Emlyn Roberts.

So a massive thanks to Dave Peters and all his club mates for hosting both the junior and senior leagues. We hope it won’t be another 30 years before we are back!! By the positive comments I received after the races, I’m sure it wont be long.

So to the races!! The Women, Under 17 Men and 65+ Men kicked off proceedings and once again the Under 17 Men showed the way with yet another good race and whilst Noah Vaughan got the better of the Bangor race winner Callum Morgan, it was Callum’s Maldwyn Clubmate Aled Breeze who took the spoils. Noah pushed hard early on but in the end Aled got the better of him. The women’s race was once again dominated by Sara Wilhoit, Shrewsbury, despite the GB Mountain runner not being a fan of flat, fast courses! However, her talent clearly shone through. The top of Division 1 looks like its going to be a close run thing and it is good to see a young Deeside team doing well again. Likewise the Female Masters Teams look like being a close run thing as well.

The Men seemed to enjoy the fast conditions and the race went off at a hell of a pace! There was a great race tussle between home Club Maldwyn’s Deri McCluskey and Aberystwyth Uni’s Janos Vranek which wasn’t settled until halfway round the last lap. Shrewsbury didn’t dominate quite as much as normal but still won by a huge distance and already look set to retain their title. Its good to see Aberystwyth Uni giving Meirionnydd a good run for the team title in Division 2. In the Masters, Shrewsbury and Buckley appear to be in a class of their own.

The next race is being hosted by Prestatyn RC at a new fantastic course in Mostyn, (CH8 9AN) on **Saturday 26 November 2022**. The simplest way to get to the course is to leave the A55 at Junction 31 (Caerwys/Prestatyn) and follow the signs for Prestatyn and then after about 600metres at the next roundabout go straight ahead (signposted Whitford), then immediate right onto Fachallt Road. Whitford is about a mile further on. Reaching the village centre turn left and the course at Upper Park is about 200metres along on the right (behind stone entrance). Parking is inside the gates. Though the land is part of the Mostyn Estate, **DO NOT GO TO MOSTYN OR MOSTYN HALL.** It is farmland so dogs MUST be kept on a lead and please try to share transport. PLEASE NOTE THERE ARE NO CHANGING ROOMS.