**GRAND PRIX EXPRESS**

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

At Eirias Park, Colwyn Bay Saturday 5th October 2024

DRAFT RESULTS 7/10/24

**SENIOR MEN**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | 1019 | DANIEL KASHI | Meirionydd RC | 00:27:41 | SM | **1** |
| 2 | 1025 | RUSSELL BENTLEY | Meirionydd RC | 00:28:07 | M40 | **1** |
| 3 | 956 | NOA VAUGHAN | Eryri Harriers | 00:28:25 | U20M | **1** |
| 4 | 1011 | MORGAN KENDALL | Meirionydd RC | 00:28:40 | SM | **2** |
| 5 | 1022 | TOMOS ROBERTS | Meirionydd RC | 00:28:51 | M35 | **1** |
| 6 | 888 | JANOS VRANEK | Aberystwyth Uni | 00:29:00 | SM | **3** |
| 7 | 1290 | ANDREW MOORE | Bangor Uni AC | 00:29:12 | U20M | **2** |
| 8 | 1140 | JIM HICKINGBOTTOM | Shrewsbury ac | 00:29:17 | M40 | **2** |
| 9 | 1049 | OLI BLAKE | Oswestry Olympians | 00:29:22 | M35 | **2** |
| 10 | 1023 | BEN HARDING | Meirionydd RC | 00:29:35 | M35 | **3** |
| 11 | 1018 | GWION ROBERTS | Meirionydd RC | 00:29:41 | SM | **4** |
| 12 | 1122 | ROBERT WESTON | Shrewsbury ac | 00:29:47 | SM | **5** |
| 13 | 1134 | MATTHEW LEE COSTELLO | Shrewsbury ac | 00:29:51 | M40 | **3** |
| 14 | 1291 | EDWARD SLAUGHTER | Bangor Uni AC | 00:29:57 | SM | **6** |
| 15 | 1113 | DANIEL ELLIOT | Shrewsbury ac | 00:30:02 | SM | **7** |
| 16 | 861 | OWAIN SCHIAVONE | Aberystwyth AC | 00:30:13 | M40 | **4** |
| 17 | 1031 | MARTIN GREEN | Meirionydd RC | 00:30:17 | M50 | **1** |
| 18 | 1294 | MARTIN SUNDERLAND | Bangor Uni AC | 00:30:35 | U20M | **3** |
| 19 | 1226 | JOEL GOMES | Wrexham ac | 00:30:44 | M40 | **5** |
| 20 | 1046 | RYAN STOKES | Oswestry Olympians | 00:30:46 | SM | **8** |
| 21 | 950 | TONY WOOD | Denbigh Harriers | 00:30:50 | M35 | **4** |
| 22 | 1109 | CHARLIE COSTELLO | Shrewsbury ac | 00:30:56 | U20M | **4** |
| 23 | 1026 | ALUN WILLIAMS | Meirionydd RC | 00:30:58 | M45 | **1** |
| 24 | 938 | GWION SCHIOVANE | Denbigh Harriers | 00:31:13 | M35 | **5** |
| 25 | 1304 | MIKE WHYMATT | Eryri Harriers | 00:31:18 | M60 | **1** |
| 26 | 909 | JACOB WELSH | Deeside ac | 00:31:30 | U20M | **5** |
| 27 | 1281 | SEAN TRUETT | Buckley Runners | 00:31:33 | SM | **9** |
| 28 | 1166 | RICHARD PRICE | Shropshire Shufflers | 00:31:48 | M40 | **6** |
| 29 | 862 | EDWARD LAND | Aberystwyth AC | 00:31:59 | M45 | **2** |
| 30 | 1027 | WILLIAM DUNN | Meirionydd RC | 00:32:05 | M45 | **3** |
| 31 | 1029 | STEPHEN SKATES | Meirionydd RC | 00:32:13 | M45 | **4** |
| 32 | 1020 | JOHN DAVIES | Meirionydd RC | 00:32:21 | SM | **10** |
| 33 | 1249 | GERARD COLEMAN | Buckley Runners | 00:32:23 | SM | **11** |
| 34 | 893 | JONATHAN TYLER | Betsi Runaways | 00:32:34 | M40 | **7** |
| 35 | 1141 | GABRIEL MORRIS | Shrewsbury ac | 00:32:39 | M40 | **8** |
| 36 | 891 | JACK CALLAGHAN | Betsi Runaways | 00:32:46 | SM | **12** |
| 37 | 965 | MATTHEW FORTES | Eryri Harriers | 00:33:12 | M45 | **5** |
| 38 | 1042 | JOSH GOOLDEN | Oswestry Olympians | 00:33:16 | SM | **13** |
| 39 | 1222 | ALLY HUGHES | Wrexham ac | 00:33:20 | M35 | **6** |
| 40 | 1062 | SIMON BARKLEY | Oswestry Olympians | 00:33:23 | M50 | **2** |
| 41 | 1243 | DAVID BRILLEY | Buckley Runners | 00:33:26 | M35 | **7** |
| 42 | 953 | IWAN EVANS | Denbigh Harriers | 00:33:35 | SM | **14** |
| 43 | 899 | JARED ROBERTS | Colwyn Bay AC | 00:33:36 | SM | **15** |
| 44 | 1244 | JEZ BROWN | Buckley Runners | 00:33:39 | M50 | **3** |
| 45 | 1275 | SIMON ROBERTS | Buckley Runners | 00:33:42 | M50 | **4** |
| 46 | 1296 | MALACHY BROMHAM | Bangor Uni AC | 00:33:44 | SM | **16** |
| 47 | 1224 | GARETH CHALONER | Wrexham ac | 00:33:45 | M40 | **9** |
| 48 | 890 | LLYR EINION | Aberystwyth Uni | 00:33:47 | SM | **17** |
| 49 | 1236 | PAUL MANINGTON | Gog Triathlon | 00:33:52 | M40 | **10** |
| 50 | 1278 | RICHARD SHEARER | Buckley Runners | 00:33:59 | M50 | **5** |
| 51 | 963 | DARREN OWEN | Eryri Harriers | 00:34:01 | M45 | **6** |
| 52 | 1087 | GARETH JONES | Prestatyn RC | 00:34:02 | M40 | **11** |
| 53 | 1068 | IAN LOWE | Oswestry Olympians | 00:34:11 | M50 | **6** |
| 54 | 1126 | BEN COCKER | Shrewsbury ac | 00:34:22 | M35 | **8** |
| 55 | 1240 | SAM BELLIS | Buckley Runners | 00:34:24 | M35 | **9** |
| 56 | 1063 | TIM TANSLEY | Oswestry Olympians | 00:34:25 | M50 | **7** |
| 57 | 923 | EDMUND MORTELL | Deeside ac | 00:34:28 | M50 | **8** |
| 58 | 1230 | JAMES MILES | Wrexham ac | 00:34:30 | M45 | **7** |
| 59 | 1205 | NEIL HERSHAW | West Cheshire AC | 00:34:32 | M60 | **2** |
| 60 | 1043 | EWAN JAMES | Oswestry Olympians | 00:34:40 | SM | **18** |
| 61 | 903 | RICHARD WATSON | Colwyn Bay AC | 00:34:42 | M40 | **12** |
| 62 | 1179 | ROB ARDEN | Tattenhall Runners | 00:34:47 | M45 | **8** |
| 63 | 885 | MARK GREENWOOD | Aberystwyth Uni | 00:34:50 | SM | **19** |
| 64 | 941 | GLYN REES | Denbigh Harriers | 00:35:04 | M40 | **13** |
| 65 | 1078 | JONAH ARMSTRONG | Prestatyn RC | 00:35:11 | SM | **20** |
| 66 | 880 | MATHIAS PAVLIDES | Aberystwyth Uni | 00:35:12 | U20M | **6** |
| 67 | 1167 | KARL CLACK | Shropshire Shufflers | 00:35:15 | M45 | **9** |
| 68 | 1160 | HAYDN JONES | Shrewsbury ac | 00:35:20 | M60 | **3** |
| 69 | 936 | ANTHONY WOODALL | Deestriders | 00:35:21 | M50 | **9** |
| 70 | 1168 | CHRIS RADFORD | Shropshire Shufflers | 00:35:23 | M45 | **10** |
| 71 | 918 | NICK BARTLEY | Deeside ac | 00:35:32 | M40 | **14** |
| 72 | 1198 | PAUL MORRISON | West Cheshire AC | 00:35:35 | SM | **21** |
| 73 | 1203 | ANDREW CLAGUE | West Cheshire AC | 00:35:38 | M55 | **1** |
| 74 | 1295 | JANAK SUBBERWAL | Bangor Uni AC | 00:35:43 | U20M | **7** |
| 75 | 1300 | CHARLES DIGBY | Aberystwyth Uni | 00:35:52 | SM | **22** |
| 76 | 970 | CRAIG JONES | Eryri Harriers | 00:36:01 | M50 | **10** |
| 77 | 889 | NATE DAVENHILL | Aberystwyth Uni | 00:36:02 | SM | **23** |
| 78 | 1262 | ANDREW JONES | Buckley Runners | 00:36:13 | M45 | **11** |
| 79 | 979 | GRAEME TUNSTALL | Gog Triathlon | 00:36:16 | M45 | **12** |
| 80 | 922 | ANDY CAMPBELL | Deeside ac | 00:36:21 | M45 | **13** |
| 81 | 952 | JOHN EDWARD DAVIES | Denbigh Harriers | 00:36:23 | SM | **24** |
| 82 | 1223 | TONY FORSTER | Wrexham ac | 00:36:27 | M40 | **15** |
| 83 | 1059 | TIM GEARS | Oswestry Olympians | 00:36:30 | M45 | **14** |
| 84 | 1204 | JEFF GIFFORD | West Cheshire AC | 00:36:34 | M60 | **4** |
| 85 | 1233 | GARY NORGROVE | Wrexham ac | 00:36:42 | M55 | **2** |
| 86 | 945 | GLEN PRICE | Denbigh Harriers | 00:36:44 | M50 | **11** |
| 87 | 881 | SAUL ASHTON | Aberystwyth Uni | 00:36:45 | U20M | **8** |
| 88 | 1164 | KEITH BARROW | Shropshire Shufflers | 00:36:58 | M40 | **16** |
| 89 | 1307 | JAMES WILLIAMSON | Prestatyn RC | 00:36:58 | M40 | **17** |
| 90 | 1214 | MAX WILLIAMS | Wrecsam Tri | 00:37:02 | M50 | **12** |
| 91 | 1121 | ANDREW PRICE | Shrewsbury ac | 00:37:02 | SM | **25** |
| 92 | 1292 | TOM BALSHAW | Bangor Uni AC | 00:37:03 | U20M | **9** |
| 93 | 1219 | GLYN WISE | Wrexham ac | 00:37:07 | M35 | **10** |
| 94 | 1302 | JULIEN BRUN | Aberystwyth AC | 00:37:07 | SM | **26** |
| 95 | 947 | DAFYDD KILFORD EVANS | Denbigh Harriers | 00:37:09 | M35 | **11** |
| 96 | 1297 | ADAM FAIRBANKS | Bangor Uni AC | 00:37:23 | U20M | **10** |
| 97 | 1151 | MARK SMITH | Shrewsbury ac | 00:37:27 | M45 | **15** |
| 98 | 1225 | STEVEN JONES | Wrexham ac | 00:37:30 | M40 | **18** |
| 99 | 1306 | RAYKO KOLEV | Deestriders | 00:37:30 | M40 | **19** |
| 100 | 906 | RUSSELL GODWIN | Colwyn Bay AC | 00:37:32 | M55 | **3** |
| 101 | 870 | NEIL GAMBLE | Aberystwyth AC | 00:37:35 | M50 | **13** |
| 102 | 882 | FREDDIE TRANTER | Aberystwyth Uni | 00:37:47 | U20M | **11** |
| 103 | 1257 | PETE GRAY | Buckley Runners | 00:37:55 | M40 | **20** |
| 104 | 865 | RICHARD ANTHONY | Aberystwyth AC | 00:37:57 | M45 | **16** |
| 105 | 887 | JAMES SHEPHERD | Aberystwyth Uni | 00:37:59 | SM | **27** |
| 106 | 972 | ANTHONY DAVIES | Eryri Harriers | 00:38:05 | M55 | **4** |
| 107 | 879 | DAMIAN SIDNELL | Aberystwyth AC | 00:38:12 | M60 | **5** |
| 108 | 917 | MIKE O'TOOLE | Deeside ac | 00:38:16 | M35 | **12** |
| 109 | 860 | RHYS JEREMIAH | Aberystwyth AC | 00:38:24 | M40 | **21** |
| 110 | 1064 | ASHLEY GRAY | Oswestry Olympians | 00:38:28 | M50 | **14** |
| 111 | 983 | ANDY JONES | Gog Triathlon | 00:38:36 | M50 | **15** |
| 112 | 932 | TIM WOODHEAD | Deeside ac | 00:38:37 | M55 | **5** |
| 113 | 995 | DEAN THOMAS | Maldwyn Harriers | 00:38:39 | M40 | **22** |
| 114 | 871 | IAIN BARBER | Aberystwyth AC | 00:38:43 | M50 | **16** |
| 115 | 1093 | DAN LIDDLE | Prestatyn RC | 00:38:47 | M50 | **17** |
| 116 | 1303 | WILLIAMS DANIEL | Prestatyn RC | 00:39:12 | M40 | **23** |
| 117 | 1270 | ALLAN MCKEOWN | Buckley Runners | 00:39:15 | M45 | **17** |
| 118 | 960 | MATT BARTLETT | Eryri Harriers | 00:39:24 | M35 | **13** |
| 119 | 895 | ANDY GOATER | Betsi Runaways | 00:39:38 | M50 | **18** |
| 120 | 896 | OGGY EAST | Betsi Runaways | 00:39:44 | M55 | **6** |
| 121 | 898 | JOSH MOTTRAM | Colwyn Bay AC | 00:39:56 | U20M | **12** |
| 122 | 942 | OWEN CONRY | Denbigh Harriers | 00:40:19 | M55 | **7** |
| 123 | 1299 | CALLUM MCGRATH | Bangor Uni AC | 00:40:19 | SM | **28** |
| 124 | 884 | THOMAS WOLLACOTT | Aberystwyth Uni | 00:40:21 | U20M | **13** |
| 125 | 1293 | DAN PARRIS | Bangor Uni AC | 00:40:37 | U20M | **14** |
| 126 | 897 | MATTY THOMAS | Colwyn Bay AC | 00:40:54 | U20M | **15** |
| 127 | 902 | NEAL JONES | Colwyn Bay AC | 00:41:04 | M40 | **24** |
| 128 | 1215 | BEN GILLIN | Wrexham ac | 00:41:15 | SM | **29** |
| 129 | 929 | JAMIE WILLIAMS | Deeside ac | 00:41:17 | M50 | **19** |
| 130 | 935 | PAUL LEWTEY | Deestriders | 00:41:25 | M45 | **18** |
| 131 | 1058 | GARY CLARKE | Oswestry Olympians | 00:41:33 | M45 | **19** |
| 132 | 1072 | RICHARD PULLIN | Oswestry Olympians | 00:41:39 | M55 | **8** |
| 133 | 984 | NEIL VICARS-HARRIS | Gog Triathlon | 00:41:49 | M55 | **9** |
| 134 | 919 | PHIL HAYES | Deeside ac | 00:41:59 | M40 | **25** |
| 135 | 940 | TONY BENTON | Denbigh Harriers | 00:42:04 | M60 | **6** |
| 136 | 1171 | TIM JONES | Shropshire Shufflers | 00:42:06 | M55 | **10** |
| 137 | 1305 | MICHEL ARTHUR | Shropshire Shufflers | 00:42:24 | M60 | **7** |
| 138 | 1231 | IAN GRIMSHAW | Wrexham ac | 00:42:37 | M45 | **20** |
| 139 | 1237 | JAMES ROGERS | Wrexham ac | 00:43:23 | M50 | **20** |
| 140 | 1191 | TONY PREECE | Telford ac | 00:43:30 | M50 | **21** |
| 141 | 1200 | ANDREW CARTER | West Cheshire AC | 00:43:42 | M50 | **22** |
| 142 | 1298 | TIM BEELEN | Bangor Uni AC | 00:43:51 | SM | **30** |
| 143 | 907 | IAN TAYLOR | Colwyn Bay AC | 00:43:56 | M55 | **11** |
| 144 | 988 | DANIEL THOMAS | Maldwyn Harriers | 00:44:12 | SM | **31** |
| 145 | 1073 | DAVE NEWTON | Oswestry Olympians | 00:44:24 | M60 | **8** |
| 146 | 1034 | PAUL LIDDLE | Meirionydd RC | 00:45:12 | M60 | **9** |
| 147 | 969 | STEVEN BROWN | Eryri Harriers | 00:46:03 | M50 | **23** |
| 148 | 967 | ALWYN PARRY | Eryri Harriers | 00:47:20 | M50 | **24** |
| 149 | 976 | BRYN PHILLIPS | Gog Triathlon | 00:47:44 | M40 | **26** |
| 150 | 1227 | KARL MOORE | Wrexham ac | 00:47:53 | M45 | **21** |
| 151 | 569 | PAUL HOOSON | Gog Triathlon | 00:49:00 | M60 | **10** |
| 152 | 1036 | GERALD COOPER | Meirionydd RC | 01:08:00 | M60 | **11** |

**TEAMS**

**DIVISION ONE (6 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 1**  **Points** | **Total Race 1 Points** | **Race 1**  **Position** | **OVERALL POINTS** | **OVERALL POSITION** |
| Meirionydd | 1, 2, 4, 5, 10, 11 | **33** | **1** | **33** | **1** |
| Shrewsbury | 8, 12, 13, 15, 22, 35 | **105** | **2** | **105** | **2** |
| Oswestry | 9, 20, 38, 40, 53, 56 | **216** | **3** | **216** | **3** |
| Buckley | 27, 33, 41, 44, 45, 50 | **240** | **4** | **240** | **4** |
| Bangor Uni | 7, 14, 18, 46, 74, 92 | **251** | **5** | **251** | **5** |
| Eryri | 3, 25, 37, 51, 76, 106 | **298** | **6** | **298** | **6** |
| Denbigh Harriers | 21, 24, 42, 64, 81, 86 | **318** | **7** | **318** | **7** |
| Aberystwyth Uni | 6, 48, 63, 66, 75, 77 | **335** | **8** | **335** | **8** |

**DIVISION TWO (4 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 1**  **Points** | **Total Race 1 Points** | **Race 1**  **Position** | **OVERALL POINTS** | **OVERALL POSITION** |
| Wrexham AC | 19, 39, 47, 58 | **163** | **1** | **163** | **1** |
| Deeside AC | 26, 57, 71, 80 | **234** | **2** | **234** | **2** |
| Aberystwyth AC | 16, 29, 94, 101 | **240** | **3** | **240** | **3** |
| Shropshire Shuff | 28, 67, 70, 88 | **253** | **4** | **253** | **4** |
| West Cheshire | 59, 72, 73, 84 | **288** | **5** | **288** | **5** |
| Betsi Runaways | 34, 36, 119, 120 | **309** | **6** | **309** | **6** |
| Colwyn Bay | 43, 61, 100, 121 | **325** | **7** | **325** | **7** |
| GOG Tri Club | 49, 79, 111, 133 | **372** | **8** | **372** | **8** |
| Prestatyn | 52, 65, 115, 153 | **385** | **9** | **385** | **9** |
| Deestriders | 69, 99, 130, 153 | **451** | **10** | **451** | **10** |
| Tattenhall | 62, 153, 153, 153 | **521** | **11** | **521** | **11** |
| Wrecsam Tri Club | 90, 153, 153, 153 | **549** | **12** | **549** | **12** |
| Maldwyn | 113, 144, 153, 153 | **563** | **13** | **563** | **13** |
| Telford | 140, 153, 153, 153 | **599** | **14** | **599** | **14** |

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 1**  **Points** | **Total Race 1 Points** | **Race 1**  **Position** | **OVERALL POINTS** | **OVERALL POSITION** |
| Meirionydd RC | 1, 2, 5 | **8** | **1** | 8 | **1** |
| Shrewsbury ac | 3, 6, 19 | **28** | **2** | 28 | **2** |
| Wrexham ac | 9, 21, 27 | **57** | **3** | 57 | **3** |
| Oswestry Olympians | 4, 22, 32 | **58** | **4** | 58 | **4** |
| Eryri Harriers | 13, 20, 30 | **63** | **5** | 63 | **5** |
| Denbigh Harriers | 10, 12, 41 | **63** | **6** | 63 | **6** |
| Buckley Runners | 23, 24, 25 | **72** | **7** | 72 | **7** |
| Aberystwyth AC | 7, 15, 66 | **88** | **8** | 88 | **8** |
| Shropshire Shufflers | 14, 42, 45 | **101** | **9** | 101 | **9** |
| Deeside ac | 36, 46, 51 | **133** | **10** | 133 | **10** |
| West Cheshire AC | 38, 47, 54 | **139** | **11** | 139 | **11** |
| Gog Triathlon | 28, 50, 74 | **152** | **12** | 152 | **12** |
| Betsi Runaways | 18, 82, 83 | **183** | **13** | 183 | **13** |
| Colwyn Bay AC | 39, 65, 85 | **189** | **14** | 189 | **14** |
| Deestriders | 44, 64, 87 | **195** | **15** | 195 | **15** |
| Prestatyn RC | 31, 58, 78 | **197** | **16** | 197 | **16** |

**MALE OVER 65**

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| **Position** | **Number** | **Name** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | 381 | GORDON JONES | Prestatyn RC | 00:19:33 | MV65 | **1** |
| 2 | 372 | ANDY CLARKE | Oswestry Olympians | 00:19:49 | MV65 | **2** |
| 3 | 349 | RUSSELL OWEN | Eryri Harriers | 00:20:02 | MV65 | **3** |
| 4 | 393 | JOHN JONES | Shrewsbury ac | 00:20:35 | MV65 | **4** |
| 5 | 417 | MARK WATLING | Denbigh Harriers | 00:20:52 | MV65 | **5** |
| 6 | 402 | PETE HOUGH | Shropshire Shufflers | 00:21:04 | MV70 | **1** |
| 7 | 405 | PAUL SHANNON | Tattenhall Runners | 00:21:14 | MV65 | **6** |
| 8 | 1264 | PAUL KIMPTON | Buckley Runners | 00:21:23 | MV65 | **7** |
| 9 | 422 | ALWYN LEWIS | Eryri Harriers | 00:21:38 | MV65 | **8** |
| 10 | 364 | DAVID WRIGHT | Meirionydd RC | 00:21:58 | MV65 | **9** |
| 11 | 420 | SIMON NIXON | Denbigh Harriers | 00:22:37 | MV65 | **10** |
| 12 | 391 | NEIL OWEN | Run Free | 00:22:48 | MV70 | **2** |
| 13 | 373 | NICK BLAKE | Oswestry Olympians | 00:23:08 | MV65 | **11** |
| 14 | 352 | JOHN MAINWARING | Eryri Harriers | 00:23:20 | MV70 | **3** |
| 15 | 350 | MIKE SNELL | Eryri Harriers | 00:23:46 | MV65 | **12** |
| 16 | 394 | ANDREW LEWIS | Shrewsbury ac | 00:23:51 | MV65 | **13** |
| 17 | 423 | MIKE HOPDAY | Denbigh Harriers | 00:24:05 | MV65 | **14** |
| 18 | 418 | ALLEN SMITH | Buckley Runners | 00:24:09 | MV65 | **15** |
| 19 | 368 | PAUL WELSH | Meirionydd RC | 00:24:35 | MV65 | **16** |
| 20 | 365 | NEIL GRANT | Meirionydd RC | 00:24:37 | MV65 | **17** |
| 21 | 425 | FRED JONES | Denbigh Harriers | 00:24:37 | MV70 | **4** |
| 22 | 370 | NICHOLAS BRADLEY | Meirionydd RC | 00:24:38 | MV70 | **5** |
| 23 | 377 | REG JONAS | Prestatyn RC | 00:24:45 | MV65 | **18** |
| 24 | 413 | EMYR DAVIES | Hebog | 00:24:57 | MV80 | **1** |
| 25 | 421 | DAVID PASSE | Denbigh Harriers | 00:25:12 | MV70 | **6** |
| 26 | 416 | CHRIS HIGGINS | Buckley Runners | 00:25:28 | MV65 | **19** |
| 27 | 369 | FRANK VAUGHAN | Meirionydd RC | 00:25:30 | MV70 | **7** |
| 28 | 378 | ARWEL JONES | Prestatyn RC | 00:25:34 | MV65 | **20** |
| 29 | 375 | STEVE ROBERTS | Oswestry Olympians | 00:25:57 | MV70 | **8** |
| 30 | 419 | DUNCAN JONES | Denbigh Harriers | 00:26:03 | MV65 | **21** |
| 31 | 1266 | HUW LEWIS | Buckley Runners | 00:26:44 | MV65 | **22** |
| 32 | 353 | MALCOLM JONES | Eryri Harriers | 00:26:48 | MV70 | **9** |
| 33 | 404 | IAIN DAY | Shropshire Shufflers | 00:27:10 | MV75 | **1** |
| 34 | 380 | MARK DAKEYENE | Prestatyn RC | 00:27:17 | MV65 | **23** |
| 35 | 384 | GEORGE NIXON | Prestatyn RC | 00:27:24 | MV70 | **10** |
| 36 | 347 | RODERICK DAVE | Deeside ac | 00:27:53 | MV70 | **11** |
| 37 | 411 | PHILLIP WALKER | Wrexham ac | 00:28:12 | MV75 | **2** |
| 38 | 388 | GARETH HUGHES | Prestatyn RC | 00:28:31 | MV75 | **3** |
| 39 | 406 | PAUL HUMPHRIES | Tattenhall Runners | 00:28:49 | MV65 | **24** |
| 40 | 414 | DON WILLIAMS | Eryri Harriers | 00:28:49 | MV80 | **2** |
| 41 | 359 | JOHN D'ALBUQUERQUE | Gog Triathlon | 00:29:24 | MV75 | **4** |
| 42 | 382 | DUNCAN LONGLEY | Prestatyn RC | 00:29:29 | MV65 | **25** |
| 43 | 410 | COLIN HUNT | Wrecsam Tri | 00:29:49 | MV70 | **12** |
| 44 | 385 | GRAHAME SHONE | Prestatyn RC | 00:29:52 | MV70 | **13** |

**TEAMS (3 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 1**  **Points** | **Total Race 1 Points** | **Race 1**  **Position** | **OVERALL POINTS** | **OVERALL POSITION** |
| Eryri Harriers | 3, 9, 14 | **26** | **1** | **26** | **1** |
| Denbigh Harriers | 5, 11, 17 | **33** | **2** | **33** | **2** |
| Oswestry Olympians | 2, 13, 29 | **44** | **3** | **44** | **3** |
| Meirionnydd RC | 10, 19, 20 | **49** | **4** | **49** | **4** |
| Buckley RC | 8, 18, 26 | **52** | **5** | **52** | **5** |
| Prestatyn RC | 1, 23, 28 | **52** | **6** | **52** | **6** |

**UNDER 17 MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** |
| 1 | 322 | MIGUEL JENKINS | Menai T&F | 00:17:01 |
| 2 | 328 | KAI DAFYDD | Eryri Harriers | 00:17:11 |
| 3 | 321 | ALFIE SHIRLAND | Menai T&F | 00:17:21 |
| 4 | 323 | SION WILLIAMS | Menai T&F | 00:17:41 |
| 5 | 314 | ELIS JONES | Deeside ac | 00:17:51 |
| 6 | 324 | TOMOS MORGAN | Menai T&F | 00:17:56 |
| 7 | 312 | DAN MITCHELL | Deeside ac | 00:18:01 |
| 8 | 315 | TED CONRY | Deeside ac | 00:18:06 |
| 9 | 305 | DANIEL IFAN WARRENDER | Aberystwyth AC | 00:18:16 |
| 10 | 329 | DERI HOCKLEY | Eryri Harriers | 00:18:56 |
| 11 | 311 | RYAN CLOUGH | Deeside ac | 00:19:09 |
| 12 | 325 | ARTHUR JONES | Denbigh Harriers | 00:19:27 |
| 13 | 310 | ISSAC WALKER | Deeside ac | 00:19:59 |
| 14 | 306 | ELIS MARTIN | Deeside ac | 00:20:01 |
| 15 | 316 | GRUFF ANDERSON | Eryri Harriers | 00:21:36 |

**TEAMS (3 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 1**  **Points** | **Total Race 1 Points** | **Race 1**  **Position** | **OVERALL POINTS** | **OVERALL POSITION** |
| Menai T&F | 1, 3, 4 | **8** | **1** | **8** | **1** |
| Deeside AC | 5, 7, 8 | **20** | **2** | **20** | **2** |
| Eryri Harriers | 2, 10, 15 | **27** | **3** | **27** | **3** |

**SENIOR WOMEN**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | 714 | MADELINE WILLIAMS | Shrewsbury ac | 00:17:29 | SW | **1** |
| 2 | 813 | JOANNE HENDERSON | Denbigh Harriers | 00:18:16 | FV45 | **1** |
| 3 | 523 | OWEN MARTHA | Deeside ac | 00:18:28 | SW | **2** |
| 4 | 571 | MADDIE HUGHES | Maldwyn Harriers | 00:18:43 | FU17 | **1** |
| 5 | 553 | GEMMA MOORE | Eryri Harriers | 00:18:45 | FV40 | **1** |
| 6 | 822 | BECA BOWN | Menai T&F | 00:18:50 | FU20 | **1** |
| 7 | 548 | ANNA DRINKWATER | Eryri Harriers | 00:19:09 | SW | **3** |
| 8 | 709 | RUTH CALCROFT | Run Free | 00:19:22 | FV40 | **2** |
| 9 | 607 | CHARLENE JACOBS-CONRADIE | Meirionydd RC | 00:19:35 | FV45 | **2** |
| 10 | 719 | FLORENCE ROBERTS | Shrewsbury ac | 00:19:38 | SW | **4** |
| 11 | 484 | JENNIFER RAMBALDI | Buckley Runners | 00:19:41 | FV35 | **1** |
| 12 | 832 | LUCY TRUETT | Buckley Runners | 00:19:42 | SW | **5** |
| 13 | 847 | ELIN HAF ROBEERTS | Eryri Harriers | 00:19:54 | FV35 | **2** |
| 14 | 779 | CLAIRE HARRIS | West Cheshire AC | 00:19:56 | FV35 | **3** |
| 15 | 502 | AMIE SMITH | Cheshire Dragons | 00:20:08 | SW | **6** |
| 16 | 823 | IZZY SHAW | Menai T&F | 00:20:13 | FU20 | **2** |
| 17 | 574 | HANNAH THOMAS | Maldwyn Harriers | 00:20:19 | FV40 | **3** |
| 18 | 554 | MIRANDA GRANT | Eryri Harriers | 00:20:23 | FV40 | **4** |
| 19 | 850 | KATIE REYNOLDS | Eryri Harriers | 00:20:30 | SW | **7** |
| 20 | 570 | OLIVIA MORGAN | Maldwyn Harriers | 00:20:31 | FU17 | **2** |
| 21 | 844 | MABLI BAINES | Eryri Harriers | 00:20:36 | FU20 | **3** |
| 22 | 843 | ESA BAINES | Eryri Harriers | 00:20:46 | FU20 | **4** |
| 23 | 818 | ELEANOR ASHCROFT | Denbigh Harriers | 00:20:50 | SW | **8** |
| 24 | 836 | CLAIRE DONNELY | Eryri Harriers | 00:20:55 | SW | **9** |
| 25 | 577 | NESTA MCCLUSKEY | Maldwyn Harriers | 00:20:59 | FV45 | **3** |
| 26 | 837 | CAITLYN DONNELY | Eryri Harriers | 00:21:08 | SW | **10** |
| 27 | 841 | CIARA CUST | Colwyn Bay AC | 00:21:12 | FU17 | **3** |
| 28 | 778 | EMMA NUTT | West Cheshire AC | 00:21:14 | SW | **11** |
| 29 | 504 | EIRA OWEN | Colwyn Bay AC | 00:21:15 | FU17 | **4** |
| 30 | 600 | ELEN EVANS | Meirionydd RC | 00:21:16 | FV35 | **4** |
| 31 | 469 | MATILDA WOLSTENHOLME | Aberystwyth Uni | 00:21:17 | SW | **12** |
| 32 | 664 | NICOLA SHIPP | Oswestry Olympians | 00:21:25 | FV50 | **1** |
| 33 | 851 | HELEN STOKES | Shrewsbury ac | 00:21:30 | FV40 | **5** |
| 34 | 528 | WELSH DONNA | Deeside ac | 00:21:33 | FV40 | **6** |
| 35 | 464 | CHLOE PIGGOTT | Aberystwyth Uni | 00:21:35 | SW | **13** |
| 36 | 753 | ALLI ARDEN | Tattenhall Runners | 00:21:39 | FV45 | **4** |
| 37 | 827 | TIEGAN WARD | Bangor Uni AC | 00:21:49 | SW | **14** |
| 38 | 492 | JANE DOUGHTON | Buckley Runners | 00:21:51 | FV50 | **2** |
| 39 | 572 | MIRANDA VERCOE | Maldwyn Harriers | 00:22:00 | SW | **15** |
| 40 | 555 | MEGAN HUGHES | Eryri Harriers | 00:22:09 | FV45 | **5** |
| 41 | 459 | ISABEL EDWARDS | Aberystwyth Uni AC | 00:22:11 | FU20 | **5** |
| 42 | 737 | HEATHER FRAS | Shropshire Shufflers | 00:22:12 | FV40 | **7** |
| 43 | 810 | MEL MORRIS | Denbigh Harriers | 00:22:17 | FV50 | **3** |
| 44 | 757 | GEORGINA ROSS | Tattenhall Runners | 00:22:19 | FV45 | **6** |
| 45 | 594 | ELLY BLACKWELL | Meirionydd RC | 00:22:22 | SW | **16** |
| 46 | 842 | ALISON CONNOLY | Buckley Runners | 00:22:25 | SW | **17** |
| 47 | 817 | SIAN ELENOR PRITCHARD | Denbigh Harriers | 00:22:27 | SW | **18** |
| 48 | 780 | ANEST MULLER | West Cheshire AC | 00:22:32 | FV40 | **8** |
| 49 | 845 | OLWEN BAINES | Eryri Harriers | 00:22:34 | FU17 | **5** |
| 50 | 816 | KATY BAUGH | Denbigh Harriers | 00:22:35 | SW | **19** |
| 51 | 819 | ELEN LISA BAUGH | Denbigh Harriers | 00:22:37 | SW | **20** |
| 52 | 534 | CHRISTINE CAMMILLAIRE | Deestriders | 00:22:43 | FV40 | **9** |
| 53 | 812 | LEE MICHELLE EVANS | Denbigh Harriers | 00:22:44 | FV45 | **7** |
| 54 | 834 | LEAH HUGHES | Prestatyn RC | 00:22:45 | FV40 | **10** |
| 55 | 490 | GWENNAN HENSTOCK | Buckley Runners | 00:22:46 | FV45 | **8** |
| 56 | 782 | ELEANOR ROBINSON | West Cheshire AC | 00:22:47 | FV50 | **4** |
| 57 | 809 | EMMA COLLINS | Denbigh Harriers | 00:22:49 | FV60 | **1** |
| 58 | 559 | AMANDA SELLENS | Gog Triathlon | 00:22:51 | FV35 | **5** |
| 59 | 840 | LARA EDWARDS | Meirionedd RC | 00:22:58 | SW | **21** |
| 60 | 715 | HANNAH PEASE | Shrewsbury ac | 00:22:58 | SW | **22** |
| 61 | 975 | HAYLEY TURNER | Gog Triathlon | 00:23:01 | FV35 | **6** |
| 62 | 786 | PUCHAREE MAI SIRIBUD | Whitchurch Whippets | 00:23:03 | FV45 | **9** |
| 63 | 803 | AMANDA BAILEY | Wrexham ac | 00:23:07 | FV50 | **5** |
| 64 | 513 | HAYES ROSE | Deeside ac | 00:23:08 | FU17 | **6** |
| 65 | 683 | NICKI TRIGGS | Prestatyn Running Club | 00:23:11 | SW | **23** |
| 66 | 552 | BECKI LAW | Eryri Harriers | 00:23:16 | FV35 | **7** |
| 67 | 672 | YVONNE HILL | Oswestry Olympians | 00:23:23 | FV60 | **2** |
| 68 | 716 | ELEANOR CROSSLAND | Shrewsbury ac | 00:23:24 | SW | **24** |
| 69 | 512 | HARRISON MLLIE | Deeside ac | 00:23:29 | FU17 | **7** |
| 70 | 811 | VICTORIA WHITEHEAD | Denbigh Harriers | 00:23:38 | FV50 | **6** |
| 71 | 675 | SUSIE HANCOCK | Oswestry Olympians | 00:23:39 | FV60 | **3** |
| 72 | 331 | LUCY O'DONNELL | Eryri Harriers | 00:24:03 | FV40 | **11** |
| 73 | 765 | SOPHIE TATTON | Telford ac | 00:24:03 | FU20 | **6** |
| 74 | 483 | ELEANOR FRANCIS | Buckley Runners | 00:24:05 | FV35 | **8** |
| 75 | 462 | ALLANAH CLAYTON | Aberystwyth Uni | 00:24:09 | FU20 | **7** |
| 76 | 616 | JULIET EDWARDS | Meirionydd RC | 00:24:12 | FV60 | **4** |
| 77 | 499 | MARGARET LUDDEN | Buckley Runners | 00:24:13 | FV60 | **5** |
| 78 | 835 | CERI COOK | Buckley Runners | 00:24:16 | FV55 | **1** |
| 79 | 508 | HELEN MACARTHUR | Colwyn Bay AC | 00:24:17 | FV55 | **2** |
| 80 | 825 | CADI FRENCH | Menai T&F | 00:24:21 | FU17 | **8** |
| 81 | 828 | HENRIETTA DUFFY | Bangor Uni AC | 00:24:28 | FU20 | **8** |
| 82 | 541 | SARAH PEARCE | Dolly Mixtures | 00:24:35 | FV45 | **10** |
| 83 | 701 | ANN CLAIRE JONES | Prestatyn RC | 00:24:40 | FV50 | **7** |
| 84 | 627 | KAY HATTON | NWRRC | 00:24:44 | FV60 | **6** |
| 85 | 542 | LISA ASHWORTH | Dolly Mixtures | 00:24:47 | FV45 | **11** |
| 86 | 514 | HODGSON JESSICA | Deeside ac | 00:24:47 | FU17 | **9** |
| 87 | 628 | KAREN BUTLER | NWRRC | 00:24:47 | FV65 | **1** |
| 88 | 985 | DEBBIE JONES | Gog Triathlon | 00:24:48 | FV60 | **7** |
| 89 | 556 | HELEN BLAIR | Eryri Harriers | 00:24:53 | FV55 | **3** |
| 90 | 611 | ANDREA VAUGHAN | Meirionydd RC | 00:24:57 | FV50 | **8** |
| 91 | 831 | LYDIA ROBINSON | Bangor Uni AC | 00:25:06 | SW | **25** |
| 92 | 849 | SORRELL BLOUNT | Colwyn Bay AC | 00:25:07 | FU17 | **10** |
| 93 | 687 | HELEN ASHWORTH | Prestatyn RC | 00:25:14 | FV40 | **12** |
| 94 | 846 | LINE MACAIRE | Aberystwyth AC | 00:25:23 | SW | **26** |
| 95 | 591 | GWENNO WILLIAMS | Meirionydd RC | 00:25:36 | SW | **27** |
| 96 | 496 | FENELLA HIGGINS | Buckley Runners | 00:25:38 | FV55 | **4** |
| 97 | 695 | ALLY REID | Prestatyn RC | 00:25:40 | FV50 | **9** |
| 98 | 789 | JANICE EASTWOOD | Whitchurch Whippets | 00:25:53 | FV50 | **10** |
| 99 | 468 | ELLIE KEVERN | Aberystwyth Uni | 00:25:56 | SW | **28** |
| 100 | 529 | BARRACLOUGH DAWN | Deeside ac | 00:25:59 | FV45 | **12** |
| 101 | 606 | ADELE FLETCHER | Meirionydd RC | 00:26:02 | FV45 | **13** |
| 102 | 829 | RACHEL SANDERS | Bangor Uni | 00:26:14 | SW | **29** |
| 103 | 665 | LIZ PARK | Oswestry Olympians | 00:26:14 | FV50 | **11** |
| 104 | 442 | CERI EVANS | Aberystwyth AC | 00:26:22 | FV40 | **13** |
| 105 | 839 | ALEX FLETCHER | Eryri Harriers | 00:26:23 | FV40 | **14** |
| 106 | 689 | SOPHIE JOHNSON | Prestatyn RC | 00:26:24 | FV45 | **14** |
| 107 | 783 | DEBRA BEMAND | West Cheshire AC | 00:26:24 | FV50 | **12** |
| 108 | 797 | KIM JONES-NORGROVE | Wrecsam Tri | 00:26:36 | FV55 | **5** |
| 109 | 641 | ASHLING DONOHOE-HARRISON | Oswestry Olympians | 00:26:38 | FV35 | **9** |
| 110 | 498 | JANE LINDLEY | Buckley Runners | 00:26:47 | FV55 | **6** |
| 111 | 747 | BEB BRUCE | Shropshire Shufflers | 00:26:49 | FV65 | **2** |
| 112 | 357 | LIZ EVANS | Gog Triathlon | 00:26:50 | W70 | **1** |
| 113 | 830 | HOLLY JONES | Bangor Uni | 00:26:51 | FU20 | **9** |
| 114 | 530 | WYN JONES CHRISTINE | Deeside ac | 00:26:56 | FV65 | **3** |
| 115 | 457 | MADDIE MALPAS | Aberystwyth Uni | 00:27:03 | FU20 | **10** |
| 116 | 707 | SUSAN HUGHES | Prestatyn RC | 00:27:03 | FV65 | **4** |
| 117 | 710 | YRICKA GARDNER | Run Free | 00:27:07 | FV50 | **13** |
| 118 | 802 | SARAH GRIMSHAW | Wrexham ac | 00:27:10 | FV45 | **15** |
| 119 | 774 | ALISON PREECE | Telford ac | 00:27:18 | FV50 | **14** |
| 120 | 507 | EMMA MACARTHUR | Colwyn Bay AC | 00:27:20 | FV50 | **15** |
| 121 | 618 | JEAN ASHLEY | Meirionydd RC | 00:27:28 | FV65 | **5** |
| 122 | 589 | JILL HILLMAN | Maldwyn Harriers | 00:27:33 | FV65 | **6** |
| 123 | 792 | ELIZABETH FEATHERSTONE | Whitchurch Whippets | 00:27:41 | FV55 | **7** |
| 124 | 694 | CARA JONES | Prestatyn RC | 00:27:53 | FV50 | **16** |
| 125 | 741 | MOYNA RICHEY | Shropshire Shufflers | 00:27:55 | FV50 | **17** |
| 126 | 668 | SANDRA TREVOR | Oswestry Olympians | 00:27:59 | FV55 | **8** |
| 127 | 614 | MARGARET ROBERTS | Meirionydd RC | 00:28:02 | FV60 | **8** |
| 128 | 330 | REBECCA ROBERTS | Eryri Harriers | 00:28:10 | FV40 | **15** |
| 129 | 807 | ALEX EDWARDS | Wrexham ac | 00:28:31 | FV60 | **9** |
| 130 | 544 | HELEN DAVIES | Dolly Mixtures | 00:28:33 | FV55 | **9** |
| 131 | 609 | NIA EVANS | Meirionydd RC | 00:28:34 | FV45 | **16** |
| 132 | 612 | HELEN JONES | Meirionydd RC | 00:28:44 | FV55 | **10** |
| 133 | 619 | GWENNAN CHARLTON | NWRRC | 00:28:46 | FV35 | **10** |
| 134 | 808 | MENAI BAUGH | Denbigh Harriers | 00:28:55 | FV65 | **7** |
| 135 | 848 | ALEX DUNCAN-PRICE | Tattenhall Runners | 00:28:57 | FV45 | **17** |
| 136 | 597 | DELYTH JONES | Meirionydd RC | 00:29:05 | FV35 | **11** |
| 137 | 622 | HELEN HANNAM | NWRRC | 00:29:15 | FV45 | **18** |
| 138 | 617 | JOAN REDMOND | Meirionydd RC | 00:29:36 | FV60 | **10** |
| 139 | 557 | VIVIENNE EDWARDS | Eryri Harriers | 00:29:45 | FV65 | **8** |
| 140 | 756 | LIZ HUMPHRIES | Tattenhall Runners | 00:29:49 | FV60 | **11** |
| 141 | 754 | GRACE HART | Tattenhall Runners | 00:29:58 | FV55 | **11** |
| 142 | 601 | NIA BRUNNING | Meirionydd RC | 00:30:06 | FV35 | **12** |
| 143 | 531 | HUGHES JEAN | Deeside ac | 00:30:13 | FV65 | **9** |
| 144 | 787 | MANDY LEWIS | Whitchurch Whippets | 00:30:17 | FV45 | **19** |
| 145 | 546 | CATHERINE WOOTTON | Dolly Mixtures | 00:30:25 | FV60 | **12** |
| 146 | 838 | ILONA KURTA | Betsi Runaways | 00:30:51 | FV55 | **12** |
| 147 | 537 | JANE BLACKWELL | Deestriders | 00:32:54 | FV50 | **18** |
| 148 | 539 | FIONA ROBINSON | Deestriders | 00:33:40 | FV55 | **13** |
| 149 | 566 | KATE ROE | Gog Triathlon | 00:34:44 | FV55 | **14** |
| 150 | 615 | RACHEL WRIGHT | Meirionydd RC | 00:34:54 | FV60 | **13** |
| 151 | 596 | GWENNO PUGH | Meirionydd RC | 00:35:15 | FV35 | **13** |
| 152 | 538 | BEVERLEY GOODSON | Deestriders | 00:35:32 | FV55 | **15** |
| 153 | 567 | DEBORAH ROBINSON | Gog Triathlon | 00:35:53 | FV55 | **16** |
| 154 | 833 | MAGGIE OLIVER | Eryri Harriers | 00:36:43 | FV75 | **1** |
| 155 | 698 | CLARE MANLEY | Prestatyn RC | 00:42:56 | FV50 | **19** |
| 156 | 510 | MAUREEN SINGLETON | Colwyn Bay AC | 00:48:22 | FV80 | **1** |
| 157 | 729 | GRACE HOUGH | Shrewsbury ac | 00:49:10 | FV75 | **2** |

**FEMALE TEAMS**

**DIVISION ONE (4 to SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 1**  **Points** | **Total Race 1 Points** | **Race 1**  **Position** | **OVERALL POINTS** | **OVERALL POSITION** |
| Eryri | 5, 7, 13, 18 | **43** | **1** | **43** | **1** |
| Shrewsbury AC | 1, 10, 33, 60 | **104** | **2** | **104** | **2** |
| Denbigh | 2, 23, 43, 47 | **115** | **3** | **115** | **3** |
| Meirionydd | 9, 30, 45, 59 | **143** | **4** | **143** | **4** |
| Aberystwyth Uni | 31, 35, 41, 75 | **182** | **5** | **182** | **5** |
| Deeside AC | 3, 34, 69, 86 | **192** | **6** | **192** | **6** |
| Menai T&F | 6, 16, 80, 158 | **260** | **7** | **260** | **7** |
| Oswestry | 32, 67, 71, 103 | **273** | **8** | **273** | **8** |

**DIVISION TWO (3 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 1**  **Points** | **Total Race 1 Points** | **Race 1**  **Position** | **OVERALL POINTS** | **OVERALL POSITION** |
| Maldwyn | 4, 17, 20 | **41** | **1** | **41** | **1** |
| Buckley | 11, 12, 37 | **60** | **2** | **60** | **2** |
| West Cheshire | 14, 28, 48 | **90** | **3** | **90** | **3** |
| Colwyn Bay | 27, 29, 79 | **135** | **4** | **135** | **4** |
| Prestatyn | 54, 65, 83 | **202** | **5** | **202** | **5** |
| GOG Tri Club | 58, 61, 88 | **207** | **6** | **207** | **6** |
| Bangor Uni | 37, 81, 91 | **209** | **7** | **209** | **7** |
| Tattenhall | 36, 44, 135 | **215** | **8** | **215** | **8** |
| Shropshire Shuff | 42, 111, 125 | **278** | **9** | **278** | **9** |
| Run Free Fell | 8, 117, 158 | **283** | **10** | **283** | **10** |
| Dolly Mixtures | 82, 85, 130 | **297** | **11** | **297** | **11** |
| NWRRC | 84, 87, 133 | **304** | **12** | **304** | **12** |
| Wrexham AAC | 63, 118, 129 | **310** | **13** | **310** | **13** |
| Cheshire Dragons | 15, 158, 158 | **331** | **14** | **331** | **14** |
| Deestriders | 52, 147, 148 | **347** | **15** | **347** | **15** |
| Telford | 73, 119, 158 | **350** | **16** | **350** | **16** |
| Aberystwyth AC | 94, 104, 158 | **356** | **17** | **356** | **17** |
| Wrecsam Tri | 108, 158, 158 | **424** | **18** | **424** | **18** |
| Betsi Runaways | 146, 158, 158 | **462** | **19** | **462** | **19** |

**FEMALE MASTERS TEAMS**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 1**  **Points** | **Total Race 1 Points** | **Race 1**  **Position** | **OVERALL POINTS** | **OVERALL POSITION** |
| Eryri Harriers | 2, 6, 9 | **17** | **1** | **17** | **1** |
| Denbigh Harriers | 1, 19, 23 | **43** | **2** | **43** | **2** |
| Buckley RC | 5, 16, 25 | **46** | **3** | **46** | **3** |
| Meirionnydd | 4, 11, 38 | **53** | **4** | **53** | **4** |
| West Cheshire | 7, 21, 26 | **54** | **5** | **54** | **5** |
| Oswestry Olympians | 12, 33, 35 | **80** | **6** | **80** | **6** |
| GOG Tri Club | 28, 29, 47 | **104** | **7** | **104** | **7** |
| Prestatyn RC | 24, 43, 50 | **117** | **8** | **117** | **8** |
| Tattenhall | 15, 20, 86 | **121** | **9** | **121** | **9** |
| Deeside AC | 14, 54, 60 | **128** | **10** | **128** | **10** |
| Whitchurch Whippets | 30, 53, 74 | **157** | **11** | **157** | **11** |
| Shropshire Shufflers | 18, 64, 76 | **158** | **12** | **158** | **12** |
| Dolly Mixtures | 42, 45, 81 | **168** | **13** | **168** | **13** |
| North Wales RRC | 44, 46, 84 | **174** | **14** | **174** | **14** |
| Wrexham AC | 31, 69, 80 | **180** | **15** | **180** | **15** |
| Deestriders | 22, 98, 99 | **219** | **16** | **219** | **16** |
| Colwyn Bay AC | 41, 71, 109 | **221** | **17** | **221** | **17** |

A big thank you to Russell Godwin and Vicky Ronald and all the helpers from Colwyn Bay for putting on a great first event for the start of the 2024-25 season. We are indebted to all the hard work done by the host clubs and all their volunteers. It was also good to be back at Eirias Park after the storms and floods prevented us from doing so last year and Colwyn Bay booking perfect weather conditions.

A good start to the season with numbers up again and the standard of racing continuing to improve. Race 1 in the afternoon broke our highest number ever in that race and overall we had nearly 500 athletes from Under 11 through to 80+years young competing on the day.

After winning the Welsh 12 Stage Relay title Meirionnydd showed that they are not going to give anyone a chance in the Men’s League with a dominant 6 runners in the first 12. Congratulations to Daniel Kashi on winning his first ever North Wales league race – its always good to see someone who had run for one of the Universities coming back and running well.

Likewise, Eryri Women were equally as dominant as they finished 9 runners in the first 26 and their ‘B’ team would have given everyone else a run for their money. Congratulations also to Madeline Williams of Shrewsbury, winning on her debut.

Any athletes interested in taking part in the

The next North Wales Cross Country League race will be at Ysgol Morgan Llwyd, Wrexham (postcode: LL139NG) on Saturday 19th October 2024.

Finally if you are interested in representing North Wales in the Welsh Inter Regions in Newtown on 16th November, please let Team Managers Eric Campbell or myself know asap or e mail me on [Bernie-jones@sky.com](mailto:Bernie-jones@sky.com). All ages up to 65+

**Bernie Jones**

Secretary/Referee

***PS. Polite notice to the following clubs that their fees for the 24/25 Season need to be paid for by the second fixture:*** Betsi Runaways, Cybi, Deeside AC, Deestriders, GOG Tri Club, Maldwyn, Meirionnydd, Menai T & F.