**GRAND PRIX EXPRESS**

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

At Marches School, Oswestry Saturday 8th February 2025

FINAL RESULTS 10/2/25

**SENIOR MEN**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | 888 | JANOS VRANEK | Aberystwyth Uni AC | 00:28:16 | SM | 1 |
| 2 | 1019 | DANIEL KASHI | Meirionnydd RC | 00:28:31 | SM | 2 |
| 3 | 1021 | RHODRI OWEN | Meirionnydd RC | 00:28:51 | MV 35 | 1 |
| 4 | 1294 | MARTIN SUNDERLAND | Bangor Uni AC | 00:29:22 | UM20 | 1 |
| 5 | 1128 | DANIEL HUSBANDS | Shrewsbury ac | 00:29:27 | MV 35 | 2 |
| 6 | 1113 | DANIEL ELLIOT | Shrewsbury ac | 00:30:05 | SM | 3 |
| 7 | 1049 | OLI BLAKE | Oswestry Olympians | 00:30:22 | MV 35 | 3 |
| 8 | 1291 | ED SLAUGHTER | Bangor Uni AC | 00:30:24 | UM20 | 2 |
| 9 | 1024 | GAVIN THOMAS STUART | Meirionnydd RC | 00:30:49 | MV 35 | 4 |
| 10 | 1119 | PAUL JONES | Shrewsbury ac | 00:30:54 | MV 50 | 1 |
| 11 | 1022 | TOMOS ROBERTS | Meirionnydd RC | 00:31:03 | MV 35 | 5 |
| 12 | 1354 | OWAIN SCHIAVONNE | Aberystwyth AC | 00:31:03 | MV 40 | 1 |
| 13 | 938 | GWION SCHIOVANE | Denbigh Harriers | 00:31:25 | MV 35 | 6 |
| 14 | 1025 | RUSSELL BENTLEY | Meirionnydd RC | 00:31:43 | MV 40 | 2 |
| 15 | 1415 | DREW DARLINGTON | Buckley Runners | 00:31:48 | SM | 4 |
| 16 | 1046 | RYAN STOKES | Oswestry Olympians | 00:31:50 | SM | 5 |
| 17 | 1226 | JOEL GOMES | Wrexham ac | 00:31:50 | MV 40 | 3 |
| 18 | 1026 | ALUN WILLIAMS | Meirionnydd RC | 00:31:57 | MV 45 | 1 |
| 19 | 1108 | DANIEL NEWMAN | Shrewsbury ac | 00:31:58 | UM20 | 3 |
| 20 | 1414 | SCOTT THOMPSETT | Aberystwyth AC | 00:32:20 | MV 45 | 2 |
| 21 | 853 | JAMIE LLOYD | Aberystwyth AC | 00:32:26 | SM | 6 |
| 22 | 854 | ANDREW GITTINS | Aberystwyth AC | 00:32:27 | SM | 7 |
| 23 | 1243 | DAVID BRILLEY | Buckley Runners | 00:32:30 | MV 35 | 7 |
| 24 | 1166 | RICHARD PRICE | Shropshire Shufflers | 00:32:44 | MV 40 | 4 |
| 25 | 1304 | MIKE WHYATT | Eryri Harriers | 00:33:02 | MV 60 | 1 |
| 26 | 1078 | JONAH ARMSTRONG | Prestatyn RC | 00:33:03 | SM | 8 |
| 27 | 893 | JONATHAN TYLER | Betsi Runaways | 00:33:05 | MV 40 | 5 |
| 28 | 862 | EDWARD LAND | Aberystwyth AC | 00:33:10 | MV 45 | 3 |
| 29 | 1029 | STEPHEN SKATES | Meirionnydd RC | 00:33:12 | MV 45 | 4 |
| 30 | 994 | CARL PHILLIPS | Maldwyn Harriers | 00:33:14 | MV 40 | 6 |
| 31 | 1112 | THOMAS BROWN | Shrewsbury ac | 00:33:18 | SM | 9 |
| 32 | 1027 | WILLIAM DUNN | Meirionnydd RC | 00:33:20 | MV 45 | 5 |
| 33 | 1222 | ALLY HUGHES | Wrexham ac | 00:33:20 | MV 35 | 8 |
| 34 | 1419 | LUKE NORTHALL | Wrexham ac | 00:33:33 | MV 35 | 9 |
| 35 | 1249 | GERARD COLEMAN | Buckley Runners | 00:33:35 | SM | 10 |
| 36 | 1146 | ROBERT KERR | Shrewsbury ac | 00:33:53 | MV 45 | 6 |
| 37 | 1318 | DAVID BARLOW | Oswestry Olympians | 00:34:03 | MV 45 | 7 |
| 38 | 1263 | TIM JOY | Buckley Runners | 00:34:09 | MV 35 | 10 |
| 39 | 1162 | ANDREW WAKEFIELD | Shropshire Shufflers | 00:34:19 | MV 35 | 11 |
| 40 | 1322 | CAMERON MORRIS | Bangor Uni AC | 00:34:23 | SM | 11 |
| 41 | 1198 | PAUL MORRISON | West Cheshire AC | 00:34:28 | SM | 12 |
| 42 | 880 | MATHIAS PAVLIDES | Aberystwyth Uni AC | 00:34:35 | UM20 | 4 |
| 43 | 1068 | IAN LOWE | Oswestry Olympians | 00:34:38 | MV 50 | 2 |
| 44 | 1121 | ANDREW PRICE | Shrewsbury ac | 00:34:51 | SM | 13 |
| 45 | 950 | TONY WOOD | Denbigh Harriers | 00:34:59 | MV 35 | 12 |
| 46 | 1063 | TIM TANSLEY | Oswestry Olympians | 00:35:05 | MV 50 | 3 |
| 47 | 1418 | MICHAEL REED | Shrewsbury ac | 00:35:13 | MV 35 | 13 |
| 48 | 1353 | ROBERT ALEXANDER | Buckley Runners | 00:35:20 | MV 40 | 7 |
| 49 | 1230 | JAMES MILES | Wrexham ac | 00:35:35 | MV 45 | 8 |
| 50 | 1273 | ANDREW PEERS | Buckley Runners | 00:35:37 | MV 35 | 14 |
| 51 | 1297 | ADAM FAIRBANKS | Bangor Uni AC | 00:35:37 | UM20 | 5 |
| 52 | 1179 | ROB ARDEN | Tattenhall Runners | 00:35:38 | MV 45 | 9 |
| 53 | 899 | JARED ROBERTS | Colwyn Bay AC | 00:35:42 | SM | 14 |
| 54 | 949 | HUW EURON WILLIAMS | Denbigh Harriers | 00:35:42 | MV 35 | 15 |
| 55 | 866 | MARK WHITEHEAD | Aberystwyth AC | 00:35:44 | MV 45 | 10 |
| 56 | 887 | JAMES SHEPHERD | Aberystwyth Uni AC | 00:35:46 | SM | 15 |
| 57 | 1043 | EWAN JAMES | Oswestry Olympians | 00:35:59 | SM | 16 |
| 58 | 1421 | GLYN REES | Denbigh Harriers | 00:36:04 | MV 40 | 8 |
| 59 | 1275 | SIMON ROBERTS | Buckley Runners | 00:36:08 | MV 50 | 4 |
| 60 | 1087 | GARETH JONES | Prestatyn RC | 00:36:11 | MV 40 | 9 |
| 61 | 1054 | STJOHN ASHWORTH | Oswestry Olympians | 00:36:16 | MV 45 | 11 |
| 62 | 1413 | CARL CLACK | Shropshire Shufflers | 00:36:23 | MV 45 | 12 |
| 63 | 1053 | CHARLIE WOOLCOCK | Oswestry Olympians | 00:36:31 | MV 40 | 10 |
| 64 | 881 | SAUL ASHTON | Aberystwyth Uni AC | 00:36:32 | UM20 | 6 |
| 65 | 1292 | TOM BALSHAW | Bangor Uni AC | 00:36:43 | UM20 | 7 |
| 66 | 952 | JOHN EDWARD DAVIES | Denbigh Harriers | 00:36:51 | SM | 17 |
| 67 | 1204 | JEFF GIFFORD | West Cheshire AC | 00:36:52 | MV 60 | 2 |
| 68 | 1400 | ROBIN TURNER | Oswestry Olympians | 00:37:09 | MV 55 | 1 |
| 69 | 1416 | RHODRI AP DYFRIG | Meirionnydd RC | 00:37:10 | MV 45 | 13 |
| 70 | 885 | MARK GREENWOOD | Aberystwyth Uni AC | 00:37:11 | SM | 18 |
| 71 | 995 | DEAN THOMAS | Maldwyn Harriers | 00:37:11 | MV 40 | 11 |
| 72 | 932 | TIM WOODHEAD | Deeside ac | 00:37:11 | MV 55 | 2 |
| 73 | 1412 | FELIX FRENCH | Shropshire Shufflers | 00:37:15 | SM | 19 |
| 74 | 958 | SAMUEL DRINKWATER | Eryri Harriers | 00:37:26 | SM | 20 |
| 75 | 1151 | MARK SMITH | Shrewsbury ac | 00:37:26 | MV 45 | 14 |
| 76 | 1295 | JANAK SUBBERWAL | Bangor Uni AC | 00:37:28 | UM20 | 8 |
| 77 | 1293 | DAN PARRIS | Bangor Uni AC | 00:37:43 | UM20 | 9 |
| 78 | 894 | JOSEPH MATTHEWS | Betsi Runaways | 00:37:43 | MV 45 | 15 |
| 79 | 1397 | JASON WALSH-MCDONALD | Denbigh Harriers | 00:38:35 | MV 35 | 16 |
| 80 | 972 | ANTHONY DAVIES | Eryri Harriers | 00:38:42 | MV 55 | 3 |
| 81 | 1257 | PETE GRAY | Buckley Runners | 00:38:50 | MV 40 | 12 |
| 82 | 957 | JOE SYMONDS | Eryri Harriers | 00:38:50 | SM | 21 |
| 83 | 902 | NEAL JONES | Colwyn Bay AC | 00:39:02 | MV 40 | 13 |
| 84 | 1349 | HARRY BATTY | Meirionnydd RC | 00:39:24 | SM | 22 |
| 85 | 992 | PETER JERVIS | Maldwyn Harriers | 00:39:37 | MV 35 | 17 |
| 86 | 1335 | DAVID RICHARDS | Aberystwyth AC | 00:39:48 | SM | 23 |
| 87 | 1417 | GLYN WISE | Wrexham AC | 00:40:05 | MV 35 | 18 |
| 88 | 1223 | TONY FORSTER | Wrexham AC | 00:40:07 | MV 40 | 14 |
| 89 | 906 | RUSSELL GODWIN | Colwyn Bay AC | 00:40:13 | MV 55 | 4 |
| 90 | 1215 | BEN GILLIN | Wrexham ac | 00:40:30 | SM | 24 |
| 91 | 1165 | MATTHEW COX | Shropshire Shufflers | 00:41:14 | MV 40 | 15 |
| 92 | 1242 | DAVE BOOTHROYD | Buckley Runners | 00:41:32 | MV 60 | 3 |
| 93 | 1102 | MARC JONES | Prestatyn RC | 00:42:05 | MV 60 | 4 |
| 94 | 1072 | RICHARD PULLIN | Oswestry Olympians | 00:42:19 | MV 55 | 5 |
| 95 | 1274 | ALISTAIR ROBERTS | Buckley Runners | 00:42:48 | SM | 25 |
| 96 | 871 | IAIN BARBER | Aberystwyth AC | 00:43:03 | MV 50 | 5 |
| 97 | 1404 | JAMES MASON | Aberystwyth AC | 00:43:19 | UM20 | 10 |
| 98 | 1034 | PAUL LIDDLE | Meirionnydd RC | 00:43:51 | MV 60 | 5 |
| 99 | 1420 | ANDREW BENNETT | Wrexham ac | 00:44:07 | MV 40 | 16 |
| 100 | 939 | DAVID BAUGH | Denbigh Harriers | 00:44:25 | MV 60 | 6 |
| 101 | 1239 | IAN BAYLISS | Buckley Runners | 00:44:34 | MV 60 | 7 |
| 102 | 1106 | DAN BURTON | Run Free | 00:44:41 | MV 35 | 19 |
| 103 | 1254 | PAUL DONOGHUE | Buckley Runners | 00:44:42 | MV 55 | 6 |
| 104 | 940 | TONY BENTON | Denbigh Harriers | 00:44:48 | MV 60 | 8 |
| 105 | 907 | IAN TAYLOR | Colwyn Bay AC | 00:45:36 | MV 55 | 7 |
| 106 | 873 | IAN BRANDRETH | Aberystwyth AC | 00:46:03 | MV 55 | 8 |
| 107 | 1260 | CRAIG HUNTER | Buckley Runners | 00:46:10 | MV 45 | 16 |
| 108 | 969 | STEVEN BROWN | Eryri Harriers | 00:49:18 | MV 50 | 6 |
| 109 | 1035 | RICHARD HANKINSON | Meirionnydd RC | 00:52:34 | MV 60 | 9 |

**TEAMS**

**DIVISION ONE (6 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 4**  **Points** | **Total Race 4 Points** | **Race 4**  **Position** | **OVERALL POINTS** | **OVERALL POSITION** |
| Meirionnydd | 2, 3, 9, 11, 14, 18 | **57** | **1** | **193** | **1** |
| Shrewsbury | 5, 6, 10, 19, 31, 36 | **107** | **2** | **478** | **2** |
| Oswestry | 7, 16, 37, 43, 46, 57 | **206** | **3** | **916** | **3** |
| Buckley | 15, 23, 35, 38, 48, 50 | **209** | **4** | **1081** | **4** |
| Bangor Uni | 4, 8, 40, 51, 65, 76 | **244** | **5** | **1145** | **5** |
| Denbigh Harriers | 13, 45, 54, 58, 66, 79 | **315** | **6** | **1325** | **6** |
| Eryri | 25, 74, 80, 82, 108, 110 | **479** | **7** | **1506** | **7** |
| Aberystwyth Uni | 1, 56, 64, 70, 110, 110 | **411** | **8** | **1602** | **8** |

**DIVISION TWO (4 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 4**  **Points** | **Total Race 4 Points** | **Race 4**  **Position** | **OVERALL POINTS** | **OVERALL POSITION** |
| Wrexham AC | 17, 33, 34, 49 | **133** | **2** | **550** | **1** |
| Aberystwyth AC | 12, 20, 21, 22 | **75** | **1** | **565** | **2** |
| Shropshire Shuff | 24, 39, 62, 73 | **198** | **3** | **962** | **3** |
| Deeside AC | 72, 110, 110, 110 | **402** | **9** | **1163** | **4** |
| Prestatyn | 26, 60, 93, 110 | **289** | **4** | **1167** | **5** |
| Maldwyn | 30, 71, 85, 110 | **296** | **5** | **1247** | **6** |
| Colwyn Bay | 53, 83, 89, 105 | **330** | **7** | **1284** | **7** |
| Betsi Runaways | 27, 78, 110, 110 | **325** | **6** | **1408** | **8** |
| Tattenhall | 52, 110, 110, 110 | **382** | **8** | **1803** | **9** |

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

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| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 4**  **Points** | **Total Race 4 Points** | **Race 4**  **Position** | **OVERALL POINTS** | **OVERALL POSITION** |
| Meirionnydd RC | 1, 4, 6, | **11** | **1** | **45** | **1** |
| Shrewsbury ac | 2, 5, 22 | **29** | **4** | **148** | **2** |
| Wrexham ac | 10, 21, 22 | **53** | **3** | **194** | **3** |
| Aberystwyth AC | 7, 12, 17 | **36** | **2** | **197** | **4** |
| Oswestry Olympians | 3, 24, 27 | **54** | **5** | **238** | **5** |
| Denbigh Harriers | 8, 28, 35 | **71** | **7** | **252** | **6** |
| Eryri Harriers | 15, 51, 73 | **139** | **10** | **318** | **7** |
| Buckley Runners | 13, 25, 31 | **69** | **6** | **321** | **8** |
| Shropshire Shufflers | 14, 26, 41 | **81** | **8** | **367** | **9** |
| Colwyn Bay AC | 53, 57, 70 | **180** | **11** | **712** | **10** |
| Maldwyn Harriers | 19, 46, 54 | **119** | **9** | **N/A** | **N/A** |

**MALE OVER 65**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | 372 | ANDY CLARKE | Oswestry Olympians | 00:19:50 | MV65 | 1 |
| 2 | 393 | JOHN JONES | Shrewsbury ac | 00:20:09 | MV65 | 2 |
| 3 | 381 | GORDAN JONES | Prestatyn RC | 00:20:19 | MV65 | 3 |
| 4 | 1499 | TOM ROWLANDS | Maldwyn Harriers | 00:21:16 | MV65 | 4 |
| 5 | 422 | ARLWEL LEWIS | Eryri Harriers | 00:22:01 | MV65 | 5 |
| 6 | 364 | DAVID WRIGHT | Meirionnydd RC | 00:22:42 | MV65 | 6 |
| 7 | 366 | DAVID WHITTY | Meirionnydd RC | 00:22:57 | MV65 | 7 |
| 8 | 352 | JOHN MAINWARING | Eryri Harriers | 00:23:39 | MV70 | 1 |
| 9 | 420 | SIMON NIXON | Denbigh Harriers | 00:23:44 | MV65 | 8 |
| 10 | 373 | NICK BLAKE | Oswestry Olympians | 00:23:48 | MV65 | 9 |
| 11 | 419 | DUNCAN JONES | Denbigh Harriers | 00:23:51 | MV65 | 10 |
| 12 | 365 | NEIL GRANT | Meirionnydd RC | 00:24:08 | MV65 | 11 |
| 13 | 367 | CLIVE EDGINGTON | Meirionnydd RC | 00:24:30 | MV65 | 12 |
| 14 | 377 | REG JONAS | Prestatyn RC | 00:24:42 | MV65 | 13 |
| 15 | 370 | NICHOLAS BRADLEY | Meirionnydd RC | 00:24:59 | MV70 | 2 |
| 16 | 394 | ANDREW LEWIS | Shrewsbury ac | 00:25:05 | MV65 | 14 |
| 17 | 396 | GRAHAM EVANS | Shropshire Shufflers | 00:25:11 | MV65 | 15 |
| 18 | 398 | PAUL STONE | Shropshire Shufflers | 00:25:18 | MV65 | 16 |
| 19 | 1371 | ARWEL JONES | Prestatyn RC | 00:25:30 | MV65 | 17 |
| 20 | 346 | CHRIS WILLIAMS | Colwyn Bay AC | 00:25:38 | MV65 | 18 |
| 21 | 421 | DAVID PASSE | Denbigh Harriers | 00:25:46 | MV70 | 3 |
| 22 | 1399 | NEIL DAVIDSON | Prestatyn RC | 00:25:48 | MV65 | 19 |
| 23 | 368 | PAUL WELSH | Meirionnydd RC | 00:25:51 | MV65 | 20 |
| 24 | 369 | FRANK VAUGHAN | Meirionnydd RC | 00:26:33 | MV70 | 4 |
| 25 | 380 | MARK DAKEYENE | Prestatyn RC | 00:26:52 | MV65 | 21 |
| 26 | 353 | MALCOLM JONES | Eryri Harriers | 00:28:06 | MV70 | 5 |
| 27 | 403 | CHRIS CLARKE | Shropshire Shufflers | 00:28:53 | MV75 | 1 |
| 28 | 384 | GEORGE NIXON | Prestatyn RC | 00:29:03 | MV70 | 6 |
| 29 | 426 | CHARLES ASHLEY | Wrexham ac | 00:29:21 | MV65 | 22 |
| 30 | 406 | PAUL HUMPHRIES | Tattenhall Runners | 00:30:01 | MV65 | 23 |
| 31 | 404 | IAIN DAY | Shropshire Shufflers | 00:30:02 | MV75 | 2 |
| 32 | 414 | DON WILLIAMS | Eryri Harriers | 00:30:47 | MV80 | 1 |
| 33 | 1405 | ANTHONY POPPER | Oswestry Olympians | 00:31:04 | MV75 | 3 |
| 34 | 1368 | ALWYN OLIVER | Eryri Harriers | 00:32:32 | MV75 | 4 |
| 35 | 412 | JOHN TIPPING | Wrexham ac | 00:50:45 | MV 85 | 1 |

**TEAMS (3 TO SCORE)**

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| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 4**  **Points** | **Total Race 4 Points** | **Race 4**  **Position** | **OVERALL POINTS** | **OVERALL POSITION** |
| Eryri Harriers | 6, 9, 27 | **42** | **3** | **135** | **1** |
| Meirionnydd RC | 7, 8, 13 | **28** | **1** | **158** | **2** |
| Prestatyn RC | 3, 15, 20 | **38** | **2** | **170** | **3** |
| Denbigh Harriers | 10, 12, 22 | **44** | **4** | **193** | **4** |
| Shropshire Shufflers | 18, 19, 28 | **65** | **6** | **N/A** | **N/A** |
| Oswestry Olympians | 1, 11, 34 | **45** | **5** | **N/A** | **N/A** |

**UNDER 17 MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** |
| 1 | 261 | DAFYDD CAI | Eryri Harriers | 00:16:57 |
| 2 | 314 | ELIS JONES | Deeside ac | 00:17:17 |
| 3 | 318 | BEN GETHIN | Maldwyn Harriers | 00:17:48 |
| 4 | 311 | RYAN CLOUGH | Deeside ac | 00:18:34 |
| 5 | 306 | ELIS MARTIN | Deeside ac | 00:18:57 |
| 6 | 1379 | ARTHUR JONES | Denbigh | 00:20:18 |

**TEAMS (3 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 4**  **Points** | **Total Race 4 Points** | **Race 4**  **Position** | **OVERALL POINTS** | **OVERALL POSITION** |
| Deeside AC | 2, 4, 5 | **11** | **1** | **75** | **1** |

**SENIOR WOMEN**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | 523 | OWEN MARTHA | Deeside ac | 00:18:03 | SW | 1 |
| 2 | 813 | JOANNE HENDERSON | Denbigh Harriers | 00:18:32 | FV45 | 1 |
| 3 | 709 | RUTH CALCROFT | Run Free | 00:19:03 | FV40 | 1 |
| 4 | 1346 | FLORENCE ROBERTS | Shrewsbury ac | 00:19:37 | SW | 2 |
| 5 | 779 | CLAIRE HARRIS | West Cheshire AC | 00:19:40 | FV35 | 1 |
| 6 | 548 | ANNA DRINKWATER | Eryri Harriers | 00:19:43 | SW | 3 |
| 7 | 844 | MABLI BAINES | Eryri Harriers | 00:19:44 | FU20 | 1 |
| 8 | 574 | HANNAH THOMAS | Maldwyn Harriers | 00:19:50 | FV40 | 2 |
| 9 | 847 | ELIN HAF ROBEERTS | Eryri Harriers | 00:20:07 | FV35 | 2 |
| 10 | 1500 | A UNKNOWN |  | 00:20:16 |  |  |
| 11 | 1367 | JAYNE DICKENS | Maldwyn Harriers | 00:20:29 | FV55 | 1 |
| 12 | 577 | NESTA MCCLUSKEY | Maldwyn Harriers | 00:20:55 | FV45 | 2 |
| 13 | 836 | CLAIRE DONNELY | Eryri Harriers | 00:21:04 | SW | 4 |
| 14 | 816 | KATY BAUGH | Denbigh Harriers | 00:21:10 | SW | 5 |
| 15 | 727 | JAN COOK | Shrewsbury ac | 00:21:12 | FV50 | 1 |
| 16 | 827 | TIEGAN WARD | Bangor Uni AC | 00:21:23 | SW | 6 |
| 17 | 511 | KISSANE ORLA | Deeside ac | 00:21:28 | FU17 | 1 |
| 18 | 1327 | EMMA GITTINS | Bangor Uni AC | 00:21:32 | FU20 | 2 |
| 19 | 600 | ELEN EVANS | Meirionnydd RC | 00:21:35 | FV35 | 3 |
| 20 | 739 | ALISON HOPKINS | Shropshire Shufflers | 00:21:39 | FV50 | 2 |
| 21 | 492 | JANE DOUGHTON | Buckley Runners | 00:21:39 | FV50 | 3 |
| 22 | 803 | AMANDA BAILEY | Wrexham ac | 00:21:42 | FV50 | 4 |
| 23 | 753 | ALLI ARDEN | Tattenhall Runners | 00:21:42 | FV45 | 3 |
| 24 | 1326 | HORSFIELD ALICE | Bangor Uni AC | 00:22:03 | FU20 | 3 |
| 25 | 555 | MEGAN HUGHES | Eryri Harriers | 00:22:11 | FV45 | 4 |
| 26 | 445 | LOUISE BARKER | Aberystwyth AC | 00:22:18 | FV45 | 5 |
| 27 | 840 | LARA EDWARDS | Meirionnydd RC | 00:22:21 | SW | 7 |
| 28 | 811 | VICTORIA WHITEHEAD | Denbigh Harriers | 00:22:23 | FV50 | 5 |
| 29 | 834 | LEAH HUGHES | Prestatyn RC | 00:22:26 | FV40 | 3 |
| 30 | 780 | ANEST MULLER | West Cheshire AC | 00:22:28 | FV40 | 4 |
| 31 | 658 | CHARLOTTE JONES | Oswestry Olympians | 00:22:29 | FV45 | 6 |
| 32 | 819 | ELEN LISA BAUGH | Denbigh Harriers | 00:22:30 | SW | 8 |
| 33 | 514 | HODGSON JESSICA | Deeside ac | 00:22:34 | FU17 | 2 |
| 34 | 513 | HAYES ROSE | Deeside ac | 00:22:44 | FU17 | 3 |
| 35 | 604 | ELEANOR DAVIES | Meirionnydd RC | 00:22:47 | FV45 | 7 |
| 36 | 809 | EMMA COLLINS | Denbigh Harriers | 00:22:48 | FV60 | 1 |
| 37 | 812 | LEE MICHELLE EVANS | Denbigh Harriers | 00:22:56 | FV45 | 8 |
| 38 | 835 | CERI COOK | Buckley Runners | 00:23:01 | FV55 | 2 |
| 39 | 672 | YVONNE HILL | Oswestry Olympians | 00:23:04 | FV60 | 2 |
| 40 | 757 | GEORGINA ROSS | Tattenhall Runners | 00:23:05 | FV45 | 9 |
| 41 | 810 | MEL MORRIS | Denbigh Harriers | 00:23:14 | FV50 | 6 |
| 42 | 1334 | SOPHIE TATTON | Telford ac | 00:23:14 | FU20 | 4 |
| 43 | 545 | EMMA WILLIAMS | Dolly Mixtures | 00:23:19 | FV55 | 3 |
| 44 | 1330 | JOY HUNTER | Buckley Runners | 00:23:22 | FV40 | 5 |
| 45 | 782 | ELEANOR ROBINSON | West Cheshire AC | 00:23:25 | FV50 | 7 |
| 46 | 490 | GWENNAN HENSTOCK | Buckley Runners | 00:23:26 | FV45 | 10 |
| 47 | 483 | ELEANOR FRANCIS | Buckley Runners | 00:23:29 | FV35 | 4 |
| 48 | 828 | HENRIETTA DUFFY | Bangor Uni AC | 00:23:29 | FU20 | 5 |
| 49 | 1406 | CHRISTINE CAMILAXE | Deestriders | 00:23:30 | FV40 | 6 |
| 50 | 526 | HIBBERT BRIONY | Deeside ac | 00:23:33 | SW | 9 |
| 51 | 368 | DONNA WELSH | Deeside AC | 00:23:36 | FV40 | 7 |
| 52 | 541 | SARAH PEARCE | Dolly Mixtures | 00:23:46 | FV45 | 11 |
| 53 | 509 | ANNE MYNOTT | Colwyn Bay AC | 00:23:59 | FV60 | 3 |
| 54 | 466 | CARYS BREEZE | Aberystwyth Uni AC | 00:24:03 | SW | 10 |
| 55 | 508 | HELEN MACARTHUR | Colwyn Bay AC | 00:24:05 | FV55 | 4 |
| 56 | 651 | LOUISE WOOLCOCK | Oswestry Olympians | 00:24:12 | FV40 | 8 |
| 57 | 786 | PUCHAREE MAI SIRIBUD | Whitchurch Whippets | 00:24:13 | FV45 | 12 |
| 58 | 1408 | JAY JENNIONS | Dee Striders | 00:24:15 | FV45 | 13 |
| 59 | 1396 | CHARLOTTE DOBSON | Denbigh Harriers | 00:24:33 | SW | 11 |
| 60 | 525 | SIRKINA LUBA | Deeside ac | 00:24:34 | SW | 12 |
| 61 | 556 | HELEN BLAIR | Eryri Harriers | 00:24:36 | FV55 | 5 |
| 62 | 542 | LISA ASHWORTH | Dolly Mixtures | 00:24:38 | FV45 | 14 |
| 63 | 675 | SUSIE HANCOCK | Oswestry Olympians | 00:24:43 | FV60 | 4 |
| 64 | 499 | MARGARET LUDDEN | Buckley Runners | 00:24:45 | FV60 | 5 |
| 65 | 441 | LINA LAND | Aberystwyth AC | 00:24:51 | FV40 | 9 |
| 66 | 457 | MADDIE MALPAS | Aberystwyth Uni AC | 00:24:57 | FU20 | 6 |
| 67 | 1325 | SARAH NICHOLAS | Aberystwyth AC | 00:24:57 | FV40 | 10 |
| 68 | 455 | MAGGIE COLLINGBORN | Aberystwyth AC | 00:25:13 | FV60 | 6 |
| 69 | 695 | ALLY REID | Prestatyn RC | 00:25:17 | FV50 | 8 |
| 70 | 710 | YRICKA GARDNER | Run Free | 00:25:22 | FV50 | 9 |
| 71 | 1409 | HANNAH MAYBURY | Shropshire Shufflers | 00:25:25 | SW | 13 |
| 72 | 606 | ADELE FLETCHER | Meirionnydd RC | 00:25:25 | FV45 | 15 |
| 73 | 1407 | YIZI WALLS | Shropshire Shufflers | 00:25:32 | FV40 | 11 |
| 74 | 745 | MAURA QUILL | Shropshire Shufflers | 00:25:34 | FV60 | 7 |
| 75 | 498 | JANE LINDLEY | Buckley Runners | 00:25:42 | FV55 | 6 |
| 76 | 784 | JOY HICKMAN | West Cheshire AC | 00:25:50 | FV55 | 7 |
| 77 | 797 | KIM JONES-NORGROVE | Wrecsam Tri | 00:26:03 | FV55 | 8 |
| 78 | 741 | MOYNA RICHEY | Shropshire Shufflers | 00:26:06 | FV50 | 10 |
| 79 | 609 | NIA EVANS | Meirionnydd RC | 00:26:07 | FV45 | 16 |
| 80 | 663 | SARA ROBINSON | Oswestry Olympians | 00:26:12 | FV50 | 11 |
| 81 | 494 | SIAN MEIRION | Buckley Runners | 00:26:20 | FV50 | 12 |
| 82 | 830 | HOLLY JONES | Bangor Uni AC | 00:26:21 | FU20 | 7 |
| 83 | 665 | LIZ PARK | Oswestry Olympians | 00:26:33 | FV50 | 13 |
| 84 | 586 | RACHEL BUTLER | Maldwyn Harriers | 00:26:35 | FV60 | 8 |
| 85 | 357 | LIZ EVANS | Gog Triathlon | 00:26:42 | FV70 | 1 |
| 86 | 641 | ASHLING DONOHOE-HARRISON | Oswestry Olympians | 00:26:45 | FV35 | 5 |
| 87 | 440 | MICHELLE TOTTERDELL | Aberystwyth AC | 00:26:54 | FV40 | 12 |
| 88 | 707 | SUSAN HUGHES | Prestatyn RC | 00:27:00 | FV65 | 1 |
| 89 | 507 | EMMA MACARTHUR | Colwyn Bay AC | 00:27:02 | FV50 | 14 |
| 90 | 1402 | LAUREN MORLEY | Shrewsbury ac | 00:27:10 | FV35 | 6 |
| 91 | 829 | RACHEL SANDERS | Bangor Uni AC | 00:27:15 | SW | 14 |
| 92 | 1410 | JO LEWIS | Prestatyn RC | 00:27:16 | FV50 | 15 |
| 93 | 530 | WYN JONES CHRISTINE | Deeside ac | 00:27:23 | FV65 | 2 |
| 94 | 533 | AMANDA SCOTTER | Deestriders | 00:27:25 | FV40 | 13 |
| 95 | 333 | HANNAH GRIMSHAW | Wrexham ac | 00:27:51 | SW | 15 |
| 96 | 639 | HANNAH MOSFORD | Oswestry Olympians | 00:28:23 | FV35 | 7 |
| 97 | 754 | GRACE HART | Tattenhall Runners | 00:29:00 | FV55 | 9 |
| 98 | 808 | MENAI BAUGH | Denbigh Harriers | 00:29:08 | FV65 | 3 |
| 99 | 536 | CLAIRE HARPER | Deestriders | 00:29:09 | FV45 | 17 |
| 100 | 744 | LOUISE BALDWIN | Shropshire Shufflers | 00:29:21 | FV60 | 9 |
| 101 | 589 | JILL HILLMAN | Maldwyn Harriers | 00:29:29 | FV65 | 4 |
| 102 | 746 | ROSE FOX | Shropshire Shufflers | 00:29:49 | FV65 | 5 |
| 103 | 756 | LIZ HUMPHRIES | Tattenhall Runners | 00:30:04 | FV60 | 10 |
| 104 | 1411 | JILL GRAHAM | Oswestry Olympians | 00:30:09 | FV60 | 11 |
| 105 | 573 | COLLEEN MOSELEY | Maldwyn Harriers | 00:30:27 | SW | 16 |
| 106 | 531 | HUGHES JEAN | Deeside ac | 00:30:58 | FV65 | 6 |
| 107 | 691 | LIZ MARTIN | Prestatyn RC | 00:31:31 | FV45 | 18 |
| 108 | 781 | ALEXANDRA DUFFEY | West Cheshire AC | 00:31:55 | FV50 | 16 |
| 109 | 1403 | SUE RIDINGS | Buckley Runners | 00:32:12 | FV65 | 7 |
| 110 | 698 | CLAIRE MANLEY | Prestatyn RC | 00:33:53 | FV50 | 17 |
| 111 | 538 | BEVERLEY GOODSON | Deestriders | 00:34:52 | FV55 | 10 |
| 112 | 833 | MAGGIE OLIVER | Eryri Harriers | 00:37:13 | FV75 | 1 |
| 113 | 539 | FIONA ROBINSON | Deestriders | 00:37:37 | FV55 | 11 |
| 114 | 700 | EMMA BIRCHALL | Prestatyn RC | 00:39:55 | FV50 | 18 |
| 115 | 705 | JULIE EVANS | Prestatyn RC | 00:40:37 | FV60 | 12 |
| 116 | 510 | MAUREEN SINGLETON | Colwyn Bay AC | 00:47:26 | FV80 | 1 |

**FEMALE TEAMS**

**DIVISION ONE (4 to SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 4**  **Points** | **Total Race 4 Points** | **Race 4**  **Position** | **OVERALL POINTS** | **OVERALL POSITION** |
| Eryri | 6, 7, 9, 12 | **34** | **1** | **223** | **1** |
| Denbigh | 2, 13, 27, 31 | **73** | **2** | **394** | **2** |
| Shrewsbury AC | 4, 15 90, 117 | **226** | **6** | **463** | **3** |
| Deeside AC | 1, 17, 33, 34 | **85** | **3** | **572** | **4** |
| Meirionnydd | 19, 27, 35, 72 | **153** | **4** | **741** | **5** |
| Oswestry | 31, 39, 56, 80 | **206** | **5** | **914** | **6** |
| Aberystwyth Uni | 54, 66, 117, 117 | **354** | **7** | **1161** | **7** |
| Menai T&F | N/A | **N/A** | **N/A** | **N/A** | **8** |

**DIVISION TWO (3 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 4**  **Points** | **Total Race 4 Points** | **Race 4**  **Position** | **OVERALL POINTS** | **OVERALL POSITION** |
| Maldwyn | 8, 10, 11 | **29** | **1** | **229** | **1** |
| West Cheshire | 5, 30, 45 | **80** | **3** | **316** | **2** |
| Buckley | 21, 38, 44 | **103** | **4** | **348** | **3** |
| Bangor Uni | 16, 18, 24 | **58** | **2** | **518** | **4** |
| Tattenhall | 23, 40, 97 | **160** | **7** | **751** | **5** |
| Shropshire Shuff | 20, 71, 73 | **164** | **8** | **754** | **6** |
| Aberystwyth AC | 26, 65, 67 | **158** | **6** | **766** | **7** |
| Wrexham AAC | 22, 95, 117 | **234** | **11** | **886** | **8** |
| Colwyn Bay | 53, 55, 89 | **197** | **9** | **896** | **9** |
| Prestatyn | 29, 69, 88 | **209** | **10** | **901** | **10** |
| Dolly Mixtures | 43, 52, 62 | **157** | **5** | **956** | **11** |
| Whitchurch Whippets | 57, 117, 117 | **291** | **14** | **1093** | **12** |
| Run Free Fell | 70, 117, 117 | **304** | **15** | **1178** | **13** |
| Deestriders | 49, 94, 99 | **242** | **12** | **1233** | **14** |
| GOG Tri Club | 85, 117, 117 | **319** | **17** | **1306** | **15** |
| Telford | 42, 117, 117 | **276** | **13** | **1312** | **16** |
| Wrecsam Tri | 77, 117, 117 | **311** | **16** | **1557** | **17** |

**FEMALE MASTERS TEAMS**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 4**  **Points** | **Total Race 4 Points** | **Race 4**  **Position** | **OVERALL POINTS** | **OVERALL POSITION** |
| Eryri Harriers | 5, 14, 40 | **59** | **3** | **167** | **1** |
| Denbigh Harriers | 1, 16, 21 | **38** | **2** | **193** | **2** |
| Buckley RC | 11, 23, 28 | **62** | **4** | **236** | **3** |
| Meirionnydd | 9, 20, 49 | **78** | **5** | **323** | **4** |
| Oswestry Olympians | 19, 24, 37 | **80** | **6** | **336** | **5** |
| Shropshire Shufflers | 10, 50, 51 | **111** | **8** | **470** | **6** |
| Prestatyn RC | 17, 47, 64 | **128** | **9** | **586** | **7** |
| Colwyn Bay | 35, 36, 64 | **135** | **10** | **754** | **9** |
| Maldwyn | 4, 6, 7 | **17** | **1** | **N/A** | **N/A** |
| Aberystwyth AC | 15, 44, 45 | **104** | **7** | **N/A** | **N/A** |

Firstly a big thank you, to Brian Rothera, Dave Newton and all their volunteers, helpers and officials for not only putting on a great course but booking some great weather and of course providing their usual array of cakes in the canteen afterwards. Thank you Oswestry Olympians.

Apologies with trying to do the results quickly a few mistakes were made on the day. Apologies to Meirionnydd M65 team who finished second. I will sort their medals out.

It was a great end to the season and some fantastic running throughout the season. Well done to all the winners. After last year when they were pipped at the post it was great to see Meirionnydd come back even stronger and dominate the Men’s title and break Shrewsbury’s stranglehold for the past 10 years. For good measure they also dominated the masters (M35>M64) title and even got amongst the medallists in the M65+ category. Having missed out last year, Eryri’s women’s team came back stronger and regained their title. The individual and team winners are listed below and a full list of the overall standings will be published on the website later in the week.

The AGM will be held at the beginning of May and I am looking for host venues for next season, so can clubs please let me know if they are prepared to host a fixture next season..

**Bernie Jones**

**Secretary/Referee**

**2024/25 OVERALL**

**WOMEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **CATEGORY** | **1ST** | **2ND** | **3RD** | |
| **OVERALL** | Madeline Williams, Shrewsbury AC | Martha Owen, Deeside AC | Joanne Henderson,  Denbigh |
| **U17 WOMEN** | Maddie Hughes, Maldwyn | Rose Hayes, Deeside AC |  |
| **U20 WOMEN** | Mabli Baines, Eryri | Emma Gitten, Bangor Uni | Alice Horsfield, Bangor Uni | |
| **SENIOR** | Madeline Williams, Shrewsbury AC | Martha Owen, Deeside AC | Anna Drinkwater, Eryri | |
| **W35** | Claire Harris, West Cheshire | Jen Rambaldi, Buckley RC | Eliw Haf Roberts, Eryri | |
| **W40** | Gemma Moore, Eryri Harriers | Ruth Calcraft, Run Free Fell | Hannah Thomas, Maldwyn | |
| **W45** | Joanne Henderson,  Denbigh | Nesta McCluskey, Maldwyn | Ali Arden, Tattenhall | |
| **W50** | Jan Cook, Shrewsbury | Jane Doughton, Buckley RC | Amanda Bailey, Wrexham AC | |
| **W55** | Helen McArthur, Colwyn Bay  Ceri Cook, Buckley RC | | Helen Blair, Eryri |
| **W60** | Emma Collins, Denbigh Harriers | Yvonne Hill, Oswestry O | Susie Hancock, Oswestry O | |
| **W65** | Christine Wyn Jones, Deeside AC | Susan Hughes, Prestatyn RC | Jill Hillman, Maldwyn | |
| **W70** | Liz Evans, GOG Tri Club |  |  | |
| **W75** | Maggie Oliver, Eryri |  |  | |
| **W80** | Maureen Singleton, Colwyn Bay |  |  | |
|  |  |  |  | |
| **DIVISION 1** | **Eryri Harriers** | **Denbigh Harriers** | **Shrewsbury AC** | |
| **DIVISION 2** | **Maldwyn Harriers** | **West Cheshire AC** | **Buckley RC** | |
| **MASTERS** | **Eryri Harriers** |  |  | |
| **\*** Promoted Maldwyn H & West Cheshire AC  \*\* Relegated: Menai T&F & Aberystwyth Uni | | | |

**MEN**

|  |  |  |  |
| --- | --- | --- | --- |
| **CATEGORY** | **1ST** | **2ND** | **3RD** |
| **OVERALL** | Daniel Kashi, Meirionnydd | Janos Vranek, Aberystwyth Uni | Martin Sunderland, Bangor Uni |
| **U17 MEN** | Cai Dafydd, Eryri | Ellis Jones, Deeside AC | Ryan Cough, Deeside AC |
| **U20 MEN** | Martin Sunderland, Bangor Uni | Ed Slaughter, Bangor Uni | Daniel Newman, Shrewsbury AC |
| **SENIOR** | Daniel Kashi, Meirionnydd  Janos Vranek, Aberystwyth Uni | | Dan Elliott,  Shrewsbury AC |
| **M35** | Oli Blake, Oswestry O | Ben Harding, Meirionnydd | Gwion Schiavone, Denbigh H |
| **M40** | Owain Schiavone, Aberystwyth AC | Joel Gomes, Wrexham AC | Carl Phillips, Maldwyn H |
| **M45** | Alun Williams, Meirionnydd | Ed Land, Aberystwyth AC | William Dunn, Meirionnydd RC |
| **M50** | Paul Jones, Shrewsbury | Martin Green, Meirionnydd RC | Ian Lowe, Oswestry O |
| **M55** | Tim Woodhead, Deeside AC | Anthony Davies, Eryri  Russ Godwin, Colwyn Bay | |
| **M60** | Mike Whyatt, Eryri | Jeff Gifford, West Cheshire | Mark Jones, Prestatyn RC |
| **M65** | Gordon Jones, Prestatyn RC | Andy Clarke, Oswestry Olympians | Graham Jones, Shrewsbury AC |
| **M70** | Peter Hough, Shropshire Shufflers | John Mainwaring, Eryri Harriers | David Passe, Denbigh H & Nicholas Bradley, Meirionnydd |
| **M75** | Iain Day, Shropshire Shufflers | Chris Clarke, Shropshire Shufflers | Alwyn Oliver, Eryri |
| **M80** | Emyr Davies, Hebog | Don Williams, Eryri Harriers |  |
| **M85** | John Tipping, Wrexham AAC |  |  |
|  |  |  |  |
| **DIVISION 1** | **Meirionnydd RC** | **Shrewsbury AC** | **Oswestry Olympians** |
| **DIVISION 2** | **Wrexham AC** | **Aberystwyth AC** | **Shropshire Shufflers** |
| **MASTERS** | **Meirionnydd RC** | **Shrewsbury AC** | **Wrexham AC** |
| **MASTERS 65+** | **Eryri Harriers** | **Meirionnydd RC** | **Prestatyn RC** |
|  | **\*** Promoted Wrexham AC & Aberystwyth AC  \*\* Relegated: Eryri Harriers & Aberystwyth Uni | | |
| **TUDOR FRIENDLY SHIELD**  **(OVERALL SHIELD)** | **Meirionnydd RC** |  |  |
|  |  |  |  |
| **ARTHUR BEBBINGTON TROPHY** | **Emma Collins, Denbigh**  **&**  **Emyr Davies, Hebog** |  |  |