**GRAND PRIX EXPRESS**

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

At Aberystwyth University, Aberystwyth Saturday 30th November 2024

FINAL RESULTS 1/12/24

**SENIOR MEN**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | 888 | JANOS VRANEK | Aberystwyth Uni AC | 00:29:59 | SM | 1 |
| 2 | 1019 | DANIEL KASHI | Meirionnydd RC | 00:30:00 | SM | 2 |
| 3 | 987 | MATT BENSON | Maldwyn Harriers | 00:30:45 | UM20 | 1 |
| 4 | 1016 | ADAM JONES | Meirionnydd RC | 00:31:21 | SM | 3 |
| 5 | 1023 | BEN HARDING | Meirionnydd RC | 00:31:22 | MV 35 | 1 |
| 6 | 1113 | DANIEL ELLIOT | Shrewsbury ac | 00:31:29 | SM | 4 |
| 7 | 1024 | GAVIN THOMAS STUART | Meirionnydd RC | 00:31:32 | MV 35 | 2 |
| 8 | 1294 | MARTIN SUNDERLAND | Bangor Uni AC | 00:31:38 | UM20 | 2 |
| 9 | 1119 | PAUL JONES | Shrewsbury ac | 00:31:45 | M50 | 1 |
| 10 | 1380 | JOE LEAHY | Shrewsbury ac | 00:32:01 | UM20 | 3 |
| 11 | 1354 | OWAIN SCHIAVONNE | Aberystwyth AC | 00:32:07 | MV 40 | 1 |
| 12 | 938 | GWION SCHIOVANE | Denbigh Harriers | 00:32:37 | MV 35 | 3 |
| 13 | 1226 | JOEL GOMES | Wrexham ac | 00:32:40 | MV 40 | 2 |
| 14 | 900 | DAVE HUGHES | Colwyn Bay AC | 00:32:40 | MV 35 | 4 |
| 15 | 1272 | CHRIS MYLES | Buckley Runners | 00:32:46 | SM | 5 |
| 16 | 893 | JONATHAN TYLER | Betsi Runaways | 00:32:47 | MV 40 | 3 |
| 17 | 1026 | ALUN WILLIAMS | Meirionnydd RC | 00:32:52 | MV 45 | 1 |
| 18 | 1364 | THOMAS HANCOCK | Shrewsbury ac | 00:32:55 | SM | 6 |
| 19 | 1291 | ED SLAUGHTER | Bangor Uni AC | 00:32:56 | UM20 | 4 |
| 20 | 1031 | MARTIN GREEN | Meirionnydd RC | 00:33:06 | MV 50 | 2 |
| 21 | 1313 | SCOTT THOMPSETT | Aberystwyth AC | 00:33:15 | MV 45 | 2 |
| 22 | 1027 | WILLIAM DUNN | Meirionnydd RC | 00:33:24 | MV 45 | 3 |
| 23 | 950 | TONY WOOD | Denbigh Harriers | 00:33:25 | MV 35 | 5 |
| 24 | 1088 | TOM CARTER | Prestatyn Running Club | 00:33:32 | MV 40 | 4 |
| 25 | 1108 | DANIEL NEWMAN | Shrewsbury ac | 00:33:38 | UM20 | 5 |
| 26 | 994 | CARL PHILLIPS | Maldwyn Harriers | 00:33:41 | MV 40 | 5 |
| 27 | 1166 | RICHARD PRICE | Shropshire Shufflers | 00:33:54 | MV 40 | 6 |
| 28 | 862 | EDWARD LAND | Aberystwyth AC | 00:33:57 | MV 45 | 4 |
| 29 | 1359 | JOE SUTCLIFFE ROBSON | Aberystwyth Uni AC | 00:34:01 | SM | 7 |
| 30 | 1377 | NIC BROOK | Eryri Harriers | 00:34:11 | MV50 | 3 |
| 31 | 1153 | JAMES STUART | Shrewsbury ac | 00:34:15 | MV 45 | 5 |
| 32 | 1078 | JONAH ARMSTRONG | Prestatyn Running Club | 00:34:23 | SM | 8 |
| 33 | 1222 | ALLY HUGHES | Wrexham ac | 00:34:31 | MV 35 | 6 |
| 34 | 1013 | IEUAN PUGH JONES | Meirionnydd RC | 00:34:43 | SM | 9 |
| 35 | 1243 | DAVID BRILLEY | Buckley Runners | 00:34:47 | MV 35 | 7 |
| 36 | 963 | DARREN OWEN | Eryri Harriers | 00:34:57 | MV 45 | 6 |
| 37 | 1318 | DAVID BARLOW | Oswestry Olympians | 00:35:01 | MV 45 | 7 |
| 38 | 1162 | ANDREW WAKEFIELD | Shropshire Shufflers | 00:35:17 | MV 35 | 8 |
| 39 | 880 | MATHIAS PAVLIDES | Aberystwyth Uni AC | 00:35:18 | UM20 | 6 |
| 40 | 1125 | RICH BREAKWELL | Shrewsbury ac | 00:35:20 | MV 35 | 9 |
| 41 | 1361 | OSCAR JOLLY | Bangor Uni AC | 00:35:31 | UM20 | 7 |
| 42 | 1374 | ERIK FRANCIS | Cybi Striders | 00:35:38 | SM | 10 |
| 43 | 1042 | JOSH GOOLDEN | Oswestry Olympians | 00:35:38 | SM | 11 |
| 44 | 890 | LLYR EINION | Aberystwyth Uni AC | 00:35:38 | SM | 12 |
| 45 | 1146 | ROBERT KERR | Shrewsbury ac | 00:35:42 | MV 45 | 8 |
| 46 | 1068 | IAN LOWE | Oswestry Olympians | 00:35:46 | MV 50 | 4 |
| 47 | 1240 | SAM BELLIS | Buckley Runners | 00:35:54 | MV 35 | 10 |
| 48 | 1121 | ANDREW PRICE | Shrewsbury ac | 00:36:12 | SM | 13 |
| 49 | 1063 | TIM TANSLEY | Oswestry Olympians | 00:36:21 | MV 50 | 5 |
| 50 | 1230 | JAMES MILES | Wrexham ac | 00:36:22 | MV 45 | 9 |
| 51 | 1043 | EWAN JAMES | Oswestry Olympians | 00:36:23 | SM | 14 |
| 52 | 885 | MARK GREENWOOD | Aberystwyth Uni AC | 00:36:34 | SM | 15 |
| 53 | 918 | NICK BARTLEY | Deeside ac | 00:36:46 | MV 40 | 7 |
| 54 | 899 | JARED ROBERTS | Colwyn Bay AC | 00:36:50 | SM | 16 |
| 55 | 1054 | STJOHN ASHWORTH | Oswestry Olympians | 00:36:59 | MV 45 | 10 |
| 56 | 1357 | OLIVER JAMES CLEGG | Aberystwyth Uni AC | 00:37:05 | SM | 17 |
| 57 | 1179 | ROB ARDEN | Tattenhall Runners | 00:37:09 | MV 45 | 11 |
| 58 | 869 | SHELLEY CHILDS | Aberystwyth AC | 00:37:15 | MV 50 | 6 |
| 59 | 889 | NATE DAVENHILL | Aberystwyth Uni AC | 00:37:17 | SM | 18 |
| 60 | 1302 | JULIEN BRUN | Aberystwyth AC | 00:37:19 | SM | 19 |
| 61 | 968 | MICHAEL COYNE | Eryri Harriers | 00:37:20 | MV 50 | 7 |
| 62 | 1297 | ADAM FAIRBANKS | Bangor Uni AC | 00:37:40 | UM20 | 8 |
| 63 | 1053 | CHARLIE WOOLCOCK | Oswestry Olympians | 00:37:40 | MV 40 | 8 |
| 64 | 1033 | ALEC RATTRAY | Meirionnydd RC | 00:37:40 | MV 60 | 1 |
| 65 | 1005 | GARRY JONES | Maldwyn Harriers | 00:37:46 | MV 50 | 8 |
| 66 | 1030 | RHODRI AP DYFRIG | Meirionnydd RC | 00:37:47 | MV 45 | 12 |
| 67 | 860 | RHYS JEREMIAH | Aberystwyth AC | 00:37:49 | MV 40 | 9 |
| 68 | 952 | JOHN EDWARD DAVIES | Denbigh Harriers | 00:37:51 | SM | 20 |
| 69 | 949 | HUW EURON WILLIAMS | Denbigh Harriers | 00:37:54 | MV 35 | 11 |
| 70 | 947 | DAFYDD KILFORD EVANS | Denbigh Harriers | 00:38:01 | MV 35 | 12 |
| 71 | 932 | TIM WOODHEAD | Deeside ac | 00:38:06 | MV 55 | 1 |
| 72 | 1381 | ADAM JONES | Shrewsbury ac | 00:38:11 | SM | 21 |
| 73 | 995 | DEAN THOMAS | Maldwyn Harriers | 00:38:13 | MV 40 | 10 |
| 74 | 341 | BRIAN WILLS | Betsi Runaways | 00:38:21 | MV 50 | 9 |
| 75 | 1164 | KEITH BARROW | Shropshire Shufflers | 00:38:47 | MV 40 | 11 |
| 76 | 1252 | EDDIE DAVIES | Buckley Runners | 00:39:01 | MV 55 | 2 |
| 77 | 1064 | ASHLEY GRAY | Oswestry Olympians | 00:39:03 | MV 50 | 10 |
| 78 | 921 | STEVEN CROWE | Deeside ac | 00:39:08 | MV 45 | 13 |
| 79 | 1293 | DAN PARRIS | Bangor Uni AC | 00:39:16 | UM20 | 9 |
| 80 | 1261 | LEE JONES | Buckley Runners | 00:39:19 | MV 35 | 13 |
| 81 | 992 | PETER JERVIS | Maldwyn Harriers | 00:39:25 | MV 35 | 14 |
| 82 | 1087 | GARETH JONES | Prestatyn Running Club | 00:39:43 | MV 40 | 12 |
| 83 | 857 | DAN BACK | Aberystwyth AC | 00:39:45 | MV 35 | 15 |
| 84 | 1238 | CHARLES BARTON | Buckley Runners | 00:39:58 | MV 35 | 16 |
| 85 | 906 | RUSSELL GODWIN | Colwyn Bay AC | 00:40:07 | MV 55 | 3 |
| 86 | 1383 | ROGER MATTHEWS | Aberystwyth AC | 00:40:18 | MV 55 | 4 |
| 87 | 879 | DAMIAN SIDNELL | Aberystwyth AC | 00:40:44 | MV 60 | 2 |
| 88 | 886 | JAMES PRICE | Aberystwyth Uni AC | 00:40:47 | SM | 22 |
| 89 | 1379 | OWEN CONRY | Denbigh Harriers | 00:40:47 | MV 55 | 5 |
| 90 | 865 | RICHARD ANTHONY | Aberystwyth AC | 00:40:57 | MV 45 | 14 |
| 91 | 1223 | TONY FORSTER | Wrexham ac | 00:41:17 | MV 40 | 13 |
| 92 | 887 | JAMES SHEPHERD | Aberystwyth Uni AC | 00:41:32 | SM | 23 |
| 93 | 1335 | DAVID RICHARDS | Aberystwyth Uni AC | 00:42:06 | SM | 24 |
| 94 | 904 | GREG GRUNDY | Colwyn Bay AC | 00:42:31 | MV 50 | 11 |
| 95 | 871 | IAIN BARBER | Aberystwyth AC | 00:42:35 | MV 50 | 12 |
| 96 | 1102 | MARC JONES | Prestatyn Running Club | 00:42:43 | MV 60 | 3 |
| 97 | 863 | STEPHEN THOMAS | Aberystwyth AC | 00:42:52 | MV 45 | 15 |
| 98 | 1072 | RICHARD PULLIN | Oswestry Olympians | 00:43:08 | MV 55 | 6 |
| 99 | 1274 | ALISTAIR ROBERTS | Buckley Runners | 00:43:10 | SM | 25 |
| 100 | 907 | IAN TAYLOR | Colwyn Bay AC | 00:43:10 | MV 55 | 7 |
| 101 | 919 | PHIL HAYES | Deeside ac | 00:43:25 | MV 40 | 14 |
| 102 | 1362 | ADAM MCDONNELL | Denbigh Harriers | 00:43:30 | MV 50 | 13 |
| 103 | 892 | ELWYN SHARPS | Betsi Runaways | 00:43:45 | MV 40 | 15 |
| 104 | 1171 | TIM JONES | Shropshire Shufflers | 00:43:50 | MV 55 | 8 |
| 105 | 940 | TONY BENTON | Denbigh Harriers | 00:43:55 | MV 60 | 4 |
| 106 | 1358 | SAM BELCHER | Aberystwyth Uni AC | 00:44:00 | SM | 26 |
| 107 | 878 | MEL HOPKINS | Aberystwyth AC | 00:44:39 | MV 60 | 5 |
| 108 | 881 | SAUL ASHTON | Aberystwyth Uni AC | 00:44:50 | UM20 | 10 |
| 109 | 908 | IAN MULLIGAN | Colwyn Bay AC | 00:45:10 | MV 55 | 9 |
| 110 | 939 | DAVID BAUGH | Denbigh Harriers | 00:45:16 | MV 60 | 6 |
| 111 | 1231 | IAN GRIMSHAW | Wrexham ac | 00:45:23 | MV 45 | 16 |
| 112 | 1106 | DAN BURTON | Run Free | 00:45:29 | MV 35 | 17 |
| 113 | 1254 | PAUL DONOGHUE | Buckley Runners | 00:45:41 | MV 55 | 10 |
| 114 | 1260 | CRAIG HUNTER | Buckley Runners | 00:45:45 | MV 45 | 17 |
| 115 | 1034 | PAUL LIDDLE | Meirionydd RC | 00:46:45 | MV 60 | 7 |
| 116 | 1237 | JAMES ROGERS | Wrexham ac | 00:49:45 | MV 50 | 14 |
| 117 | 1035 | RICHARD HANKINSON | Meirionnydd RC | 00:50:59 | MV 60 | 8 |
| 118 | 933 | PAUL MITCHELL | Deeside ac | 00:52:01 | MV 55 | 11 |
| 119 | 1382 | MICHAEL HARRIS | Aberystwyth AC | 00:52:26 | MV 40 | 16 |
| 120 | 1081 | NEM JAMES | Prestatyn Running Club | 00:53:28 | SM | 27 |
| 121 | 1378 | KEVIN CHALLINOR | Buckley Runners | 00:55:19 | MV 60 | 9 |

**TEAMS**

**DIVISION ONE (6 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 3**  **Points** | **Total Race 3 Points** | **Race 3**  **Position** | **OVERALL POINTS** | **OVERALL POSITION** |
| Meirionnydd | 2, 4, 5, 7, 17, 20 | **55** | **1** | **136** | **1** |
| Shrewsbury | 6, 9, 10, 18, 25, 31 | **99** | **2** | **371** | **2** |
| Oswestry | 37, 43, 46, 49, 51, 55 | **281** | **4** | **710** | **3** |
| Buckley | 15, 35, 47, 76, 80, 84 | **337** | **7** | **872** | **4** |
| Bangor Uni | 8, 19, 41, 62, 79, 122 | **331** | **6** | **901** | **5** |
| Denbigh Harriers | 12, 23, 68, 69, 70, 89 | **331** | **5** | **1010** | **6** |
| Eryri | 30,36, 61, 122, 122, 122 | **493** | **8** | **1027** | **7** |
| Aberystwyth Uni | 1, 29, 39, 44, 52, 56 | **221** | **3** | **1191** | **8** |

**DIVISION TWO (4 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 3**  **Points** | **Total Race 3 Points** | **Race 3**  **Position** | **OVERALL POINTS** | **OVERALL POSITION** |
| Wrexham AC | 13, 33, 50, 91 | **187** | **3** | **417** | **1** |
| Aberystwyth AC | 11, 21, 28, 58 | **118** | **1** | **490** | **2** |
| Deeside AC | 53, 71, 78, 101 | **303** | **7** | **761** | **3** |
| Shropshire Shuff | 27, 38, 75, 104 | **244** | **5** | **764** | **4** |
| Prestatyn | 24, 32, 82, 96 | **234** | **4** | **878** | **6** |
| Colwyn Bay | 14, 54, 85, 94 | **247** | **6** | **954** | **7** |
| Betsi Runaways | 16, 74, 103, 122 | **315** | **8** | **1083** | **8** |
| Maldwyn | 3, 26, 65, 73 | **167** | **2** | **951** | **9** |
| Tattenhall | 57, 122, 122, 122 | **423** | **9** | **1421** | **10** |
| Cybi Striders | 42, 122, 122, 122 | **408** | **10** | **N/A** | **N/A** |
| NWRRC | 86, 119, 122, 122 | **449** | **11** | **N/A** | **N/A** |
| Run Free Fell | 112, 122, 122, 122 | **478** | **12** | **N/A** | **N/A** |

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

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| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 3**  **Points** | **Total Race 3 Points** | **Race 3**  **Position** | **OVERALL POINTS** | **OVERALL POSITION** |
| Meirionnydd RC | 1, 2, 9 | **12** | **1** | **34** | **1** |
| Shrewsbury ac | 3, 19, 25 | **47** | **3** | **118** | **2** |
| Wrexham ac | 6, 20, 30 | **56** | **4** | **141** | **3** |
| Eryri Harriers | 18, 22, 35 | **75** | **6** | **179** | **4** |
| Aberystwyth AC | 4, 11, 17 | **32** | **2** | **160** | **5** |
| Denbigh Harriers | 5, 13, 41 | **59** | **5** | **181** | **6** |
| Oswestry Olympians | 23, 27, 29 | **79** | **7** | **184** | **7** |
| Buckley Runners | 21, 28, 47 | **96** | **9** | **252** | **9** |
| Shropshire Shufflers | 16, 24, 46 | **86** | **8** | **286** | **10** |
| Deeside ac | 31, 43, 49 | **123** | **11** | **416** | **11** |
| Prestatyn RC | 14, 52, 63 | **129** | **13** | **458** | **12** |
| Colwyn Bay AC | 7, 55, 61 | **123** | **12** | **532** | **13** |
| Maldwyn Harriers | 15, 38, 44 | **97** | **10** | **N/A** | **N/A** |

**MALE OVER 65**

|  |  |  |  |  |  |  |
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| **Position** | **Number** | **Name** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | 381 | GORDAN JONES | Prestatyn RC | 00:24:29 | MV65 | 1 |
| 2 | 372 | ANDY CLARKE | Oswestry Olympians | 00:25:43 | MV65 | 2 |
| 3 | 1360 | TOM ROWLANDS | Maldwyn Harriers | 00:26:30 | MV65 | 3 |
| 4 | 402 | PETE HOUGH | Shropshire Shufflers | 00:27:16 | MV70 | 1 |
| 5 | 422 | ARWEL LEWIS | Eryri Harriers | 00:28:21 | MV65 | 4 |
| 6 | 364 | DAVID WRIGHT | Meirionydd RC | 00:28:29 | MV65 | 5 |
| 7 | 418 | ALLEN SMITH | Buckley Runners | 00:29:05 | MV65 | 6 |
| 8 | 366 | DAVID WHITTY | Meirionydd RC | 00:29:07 | MV65 | 7 |
| 9 | 420 | SIMON NIXON | Denbigh Harriers | 00:29:15 | MV65 | 8 |
| 10 | 350 | MIKE SNELL | Eryri Harriers | 00:29:49 | MV65 | 9 |
| 11 | 396 | GRAHAM EVANS | Shropshire Shufflers | 00:29:55 | MV65 | 10 |
| 12 | 400 | PAUL HARRISON | Shropshire Shufflers | 00:30:05 | MV70 | 2 |
| 13 | 394 | ANDREW LEWIS | Shrewsbury ac | 00:30:16 | MV65 | 11 |
| 14 | 377 | REG JONAS | Prestatyn RC | 00:31:01 | MV65 | 12 |
| 15 | 368 | PAUL WELSH | Meirionydd RC | 00:31:35 | MV65 | 13 |
| 16 | 421 | DAVID PASSE | Denbigh Harriers | 00:31:37 | MV70 | 3 |
| 17 | 365 | NEIL GRANT | Meirionydd RC | 00:31:39 | MV65 | 14 |
| 18 | 413 | EMYR DAVIES | Hebog | 00:31:42 | MV80 | 1 |
| 19 | 370 | NICHOLAS BRADLEY | Meirionydd RC | 00:31:59 | MV70 | 4 |
| 20 | 419 | DUNCAN JONES | Denbigh Harriers | 00:32:04 | MV65 | 15 |
| 21 | 1371 | ARWEL JONES | Prestatyn RC | 00:32:29 | MV65 | 16 |
| 22 | 398 | PAUL STONE | Shropshire Shufflers | 00:32:41 | MV65 | 17 |
| 23 | 416 | CHRIS HIGGINS | Buckley Runners | 00:33:13 | MV65 | 18 |
| 24 | 374 | RAY PICKETT | Oswestry Olympians | 00:33:38 | MV65 | 19 |
| 25 | 380 | MARK DAKEYENE | Prestatyn RC | 00:34:50 | MV65 | 20 |
| 26 | 353 | MALCOLM JONES | Eryri Harriers | 00:35:05 | MV70 | 5 |
| 27 | 426 | CHARLES ASHLEY | Wrexham ac | 00:35:15 | MV65 | 21 |
| 28 | 384 | GEORGE NIXON | Prestatyn RC | 00:35:34 | MV70 | 6 |
| 29 | 403 | CHRIS CLARKE | Shropshire Shufflers | 00:35:37 | MV75 | 1 |
| 30 | 406 | PAUL HUMPHRIES | Tattenhall Runners | 00:35:52 | MV65 | 22 |
| 31 | 404 | IAIN DAY | Shropshire Shufflers | 00:36:03 | MV75 | 2 |
| 32 | 347 | RODERICK DAVE | Deeside ac | 00:37:01 | MV70 | 7 |
| 33 | 414 | DON WILLIAMS | Eryri Harriers | 00:38:39 | MV80 | 2 |
| 34 | 1368 | ALWYN OLIVER | Eryri Harriers | 00:41:16 | MV75 | 3 |
| 35 | 1343 | STEVE ORRELLS | Maldwyn Harriers | 00:49:32 | MV70 | 8 |
| 36 | 412 | JOHN TIPPING | Wrexham ac | 01:06:49 | MV85 | 1 |

**TEAMS (3 TO SCORE)**

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| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 3**  **Points** | **Total Race 3 Points** | **Race 3**  **Position** | **OVERALL POINTS** | **OVERALL POSITION** |
| Eryri Harriers | 5, 10, 26 | **41** | **4** | **92** | **1** |
| Prestatyn RC | 1, 14, 21 | **36** | **3** | **128** | **2** |
| Meirionnydd RC | 6, 8, 15 | **29** | **2** | **128** | **2** |
| Denbigh Harriers | 9, 16, 20 | **45** | **5** | **148** | **4** |
| Shropshire Shufflers | 4, 11, 12 | **27** | **1** | **N/A** | **N/A** |

**UNDER 17 MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Number** | **Name** | **Club** | **Time** |
| 1 | 328 | CAI DAFYDD | Eryri Harriers | 00:21:56 |
| 2 | 317 | CHRIS BENSON | Maldwyn Harriers | 00:22:14 |
| 3 | 314 | ELIS JONES | Deeside ac | 00:22:46 |
| 4 | 306 | ELIS MARTIN | Deeside ac | 00:22:48 |
| 5 | 315 | TED CONRY | Deeside ac | 00:23:21 |
| 6 | 305 | DANIEL IFAN WARRENDER | Aberystwyth AC | 00:23:25 |
| 7 | 312 | DAN MITCHELL | Deeside ac | 00:23:47 |
| 8 | 324 | TOMOS MORGAN | Menai T & F | 00:23:59 |
| 9 | 1323 | ARTHUR JONES | Denbigh Harriers | 00:25:23 |

**TEAMS (3 TO SCORE)**

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| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 3**  **Points** | **Total Race 3 Points** | **Race 3**  **Position** | **OVERALL POINTS** | **OVERALL POSITION** |
| Menai T&F | 8, 10, 10, 10 | **38** | **2** | **57** | **1** |
| Deeside AC | 3, 4, 5, 7 | **19** | **1** | **64** | **2** |
| Maldwyn | 2, 10, 10, 10 | **32** | **3** | **N/A** | **N/A** |
| Aberystwyth AC | 6, 10, 10, 10 | **36** | **4** | **N/A** | **N/A** |
| Denbigh H | 9, 10, 10, 10 | **39** | **5** | **N/A** | **N/A** |

**SENIOR WOMEN**

|  |  |  |  |  |  |  |
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| **Position** | **Number** | **Name** | **Club** | **Time** | **Age** | **Cat Pos** |
| 1 | 1336 | MADELINE WILLIAMS | Shrewsbury ac | 00:23:15 | SW | 1 |
| 2 | 1369 | MADDISON HUGHES | Maldwyn Harriers | 00:24:24 | FU17 | 1 |
| 3 | 553 | GEMMA MOORE | Eryri Harriers | 00:24:32 | FV40 | 1 |
| 4 | 709 | RUTH CALCRAFT | Run Free | 00:24:46 | FV40 | 2 |
| 5 | 548 | ANNA DRINKWATER | Eryri Harriers | 00:25:02 | SW | 2 |
| 6 | 550 | BRYONY NORTH | Eryri Harriers | 00:25:15 | FV35 | 1 |
| 7 | 779 | CLAIRE HARRIS | West Cheshire AC | 00:25:16 | FV35 | 2 |
| 8 | 727 | JAN COOK | Shrewsbury ac | 00:25:35 | FV50 | 1 |
| 9 | 484 | JENNIFER RAMBALDI | Buckley Runners | 00:25:50 | FV35 | 3 |
| 10 | 1367 | JAYNE DICKENS | Maldwyn Harriers | 00:25:55 | FV55 | 1 |
| 11 | 574 | HANNAH THOMAS | Maldwyn Harriers | 00:26:07 | FV40 | 3 |
| 12 | 851 | HELEN STOKES | Shrewsbury ac | 00:26:51 | FV40 | 4 |
| 13 | 503 | EMMA CROWE | Cheshire Dragons | 00:27:16 | FV50 | 2 |
| 14 | 816 | KATY BAUGH | Denbigh Harriers | 00:27:24 | SW | 3 |
| 15 | 577 | NESTA MCCLUSKEY | Maldwyn Harriers | 00:27:24 | FV45 | 1 |
| 16 | 467 | ASTRA HOLDER | Aberystwyth Uni AC | 00:27:31 | SW | 4 |
| 17 | 1376 | SARA AVERY | Cheshire Dragons | 00:27:31 | FV55 | 2 |
| 18 | 472 | FFION EVANS | Betsi Runaways | 00:27:40 | SW | 5 |
| 19 | 430 | SALLY HUGHES | Aberystwyth AC | 00:27:42 | SW | 6 |
| 20 | 464 | CHLOE PIGGOTT | Aberystwyth Uni AC | 00:27:43 | SW | 7 |
| 21 | 803 | AMANDA BAILEY | Wrexham ac | 00:27:57 | FV50 | 3 |
| 22 | 753 | ALLI ARDEN | Tattenhall Runners | 00:27:59 | FV45 | 2 |
| 23 | 445 | LOUISE BARKER | Aberystwyth AC | 00:28:01 | FV45 | 3 |
| 24 | 1363 | NIA TEIFI REES | Aberystwyth Uni AC | 00:28:05 | SW | 8 |
| 25 | 810 | MEL MORRIS | Denbigh Harriers | 00:28:46 | FV50 | 4 |
| 26 | 780 | ANEST MULLER | West Cheshire AC | 00:28:48 | FV40 | 5 |
| 27 | 334 | ELLIE EVANS | Cybi Striders | 00:28:49 | FV40 | 6 |
| 28 | 809 | EMMA COLLINS | Denbigh Harriers | 00:28:54 | FV60 | 1 |
| 29 | 778 | EMMA NUTT | West Cheshire AC | 00:29:16 | SW | 9 |
| 30 | 817 | SIAN ELENOR PRITCHARD | Denbigh Harriers | 00:29:18 | SW | 10 |
| 31 | 613 | DEBBIE CATTERMOLE | Meirionydd RC | 00:29:22 | FV60 | 2 |
| 32 | 811 | VICTORIA WHITEHEAD | Denbigh Harriers | 00:29:24 | FV50 | 5 |
| 33 | 1326 | HORSFIELD ALICE | Bangor Uni AC | 00:29:26 | FU20 | 1 |
| 34 | 737 | HEATHER FRAS | Shropshire Shufflers | 00:29:27 | FV40 | 7 |
| 35 | 672 | YVONNE HILL | Oswestry Olympians | 00:29:39 | FV60 | 3 |
| 36 | 534 | CHRISTINE CAMMILLAIRE | Deestriders | 00:29:40 | FV40 | 8 |
| 37 | 545 | EMMA WILLIAMS | Dolly Mixtures | 00:29:43 | FV55 | 3 |
| 38 | 840 | LARA EDWARDS | Meirionydd RC | 00:29:45 | SW | 11 |
| 39 | 812 | LEE MICHELLE EVANS | Denbigh Harriers | 00:29:47 | FV45 | 4 |
| 40 | 743 | SUE SNOOK | Shropshire Shufflers | 00:29:47 | FV60 | 4 |
| 41 | 490 | GWENNAN HENSTOCK | Buckley Runners | 00:29:56 | FV45 | 5 |
| 42 | 455 | MAGGIE COLLINGBORN | Aberystwyth AC | 00:29:59 | FV60 | 5 |
| 43 | 786 | PUCHAREE MAI SIRIBUD | Whitchurch Whippets | 00:30:01 | FV45 | 6 |
| 44 | 604 | ELEANOR DAVIES | Meirionydd RC | 00:30:06 | FV45 | 7 |
| 45 | 1330 | JOY HUNTER | Buckley Runners | 00:30:07 | FV40 | 9 |
| 46 | 1327 | EMMA GITTINS | Bangor Uni AC | 00:30:09 | FU20 | 2 |
| 47 | 480 | KATHRYN HOPWOOD | Buckley Runners | 00:30:10 | FV35 | 4 |
| 48 | 835 | CERI COOK | Buckley Runners | 00:30:18 | FV55 | 4 |
| 49 | 513 | HAYES ROSE | Deeside ac | 00:30:22 | FU17 | 2 |
| 50 | 819 | ELEN LISA BAUGH | Denbigh Harriers | 00:30:35 | SW | 12 |
| 51 | 483 | ELEANOR FRANCIS | Buckley Runners | 00:30:36 | FV35 | 5 |
| 52 | 675 | SUSIE HANCOCK | Oswestry Olympians | 00:30:40 | FV60 | 6 |
| 53 | 509 | ANNE MYNOTT | Colwyn Bay AC | 00:30:42 | FV60 | 7 |
| 54 | 1370 | KIRSTEN HUGHES | Aberystwyth AC | 00:30:43 | FV40 | 10 |
| 55 | 526 | HIBBERT BRIONY | Deeside ac | 00:30:47 | SW | 13 |
| 56 | 436 | LYNDSAY WHEELER | Aberystwyth AC | 00:30:48 | FV35 | 6 |
| 57 | 616 | JULIET EDWARDS | Meirionydd RC | 00:30:48 | FV60 | 8 |
| 58 | 435 | ANGHARAD DAVIES | Aberystwyth AC | 00:30:55 | FV35 | 7 |
| 59 | 647 | LIZZIE BARLOW | Oswestry Olympians | 00:30:57 | FV40 | 11 |
| 60 | 443 | ANITA SAYCELL | Aberystwyth AC | 00:31:10 | FV45 | 8 |
| 61 | 712 | JESSICA GUNNER | Shrewsbury ac | 00:31:12 | SW | 14 |
| 62 | 828 | HENRIETTA DUFFY | Bangor Uni AC | 00:31:22 | FU20 | 3 |
| 63 | 1334 | SOPHIE TATTON | Telford ac | 00:31:22 | FU20 | 4 |
| 64 | 804 | LINDA JONES | Wrexham ac | 00:31:22 | FV55 | 5 |
| 65 | 593 | SARAH EDWARDS | Meirionydd RC | 00:31:32 | SW | 15 |
| 66 | 542 | LISA ASHWORTH | Dolly Mixtures | 00:31:40 | FV45 | 9 |
| 67 | 975 | HAYLEY TURNER | Gog Triathlon | 00:31:46 | FV35 | 8 |
| 68 | 529 | BARRACLOUGH DAWN | Deeside ac | 00:31:56 | FV45 | 10 |
| 69 | 1332 | ALISON WILLIAMS | Buckley Runners | 00:31:57 | FV35 | 9 |
| 70 | 606 | ADELE FLETCHER | Meirionydd RC | 00:31:57 | FV45 | 11 |
| 71 | 441 | LINA LAND | Aberystwyth AC | 00:32:11 | FV40 | 12 |
| 72 | 586 | RACHEL BUTLER | Maldwyn Harriers | 00:32:23 | FV60 | 9 |
| 73 | 468 | ELLIE KEVERN | Aberystwyth Uni AC | 00:32:23 | SW | 16 |
| 74 | 473 | MADDIE TRACEY | Betsi Runaways | 00:32:29 | SW | 17 |
| 75 | 556 | HELEN BLAIR | Eryri Harriers | 00:32:32 | FV55 | 6 |
| 76 | 457 | MADDIE MALPAS | Aberystwyth Uni AC | 00:32:32 | FU20 | 5 |
| 77 | 496 | FENELLA HIGGINS | Buckley Runners | 00:32:38 | FV55 | 7 |
| 78 | 1372 | ALISON BARTON | Buckley Runners | 00:32:38 | FV65 | 1 |
| 79 | 695 | ALLY REID | Prestatyn RC | 00:32:46 | FV50 | 6 |
| 80 | 618 | JEAN ASHLEY | Meirionydd RC | 00:32:53 | FV65 | 2 |
| 81 | 452 | KAREN DAVIES | Aberystwyth AC | 00:32:55 | FV55 | 8 |
| 82 | 337 | RACHEL ARHUR | Dolly Mixtures | 00:33:05 | SW | 18 |
| 83 | 797 | KIM JONES-NORGROVE | Wrecsam Tri | 00:33:08 | FV55 | 9 |
| 84 | 498 | JANE LINDLEY | Buckley Runners | 00:33:12 | FV55 | 10 |
| 85 | 530 | WYN JONES CHRISTINE | Deeside ac | 00:33:32 | FV65 | 3 |
| 86 | 707 | SUSAN HUGHES | Prestatyn RC | 00:33:32 | FV65 | 4 |
| 87 | 449 | CERIS WILLIAMS | Aberystwyth AC | 00:33:36 | FV55 | 11 |
| 88 | 846 | LINE MACAIRE | Aberystwyth AC | 00:33:37 | SW | 19 |
| 89 | 802 | SARAH GRIMSHAW | Wrexham ac | 00:33:38 | FV45 | 12 |
| 90 | 710 | YRICKA GARDNER | Run Free | 00:33:45 | FV50 | 7 |
| 91 | 440 | MICHELLE TOTTERDELL | Aberystwyth AC | 00:33:52 | FV40 | 13 |
| 92 | 665 | LIZ PARK | Oswestry Olympians | 00:33:55 | FV50 | 8 |
| 93 | 453 | ELAINE ROWLANDS | Aberystwyth AC | 00:33:59 | FV55 | 12 |
| 94 | 697 | JO LEWIS | Prestatyn RC | 00:34:15 | FV50 | 9 |
| 95 | 507 | EMMA MACARTHUR | Colwyn Bay AC | 00:34:16 | FV50 | 10 |
| 96 | 585 | RACHEL WILLIAMS | Maldwyn Harriers | 00:34:18 | FV55 | 13 |
| 97 | 641 | ASHLING DONOHOE-HARRISON | Oswestry Olympians | 00:34:28 | FV35 | 10 |
| 98 | 830 | HOLLY JONES | Bangor Uni AC | 00:34:31 | FU20 | 6 |
| 99 | 454 | WENDY JAMES | Aberystwyth AC | 00:34:34 | FV60 | 10 |
| 100 | 494 | SIAN MEIRION | Buckley Runners | 00:34:37 | FV50 | 11 |
| 101 | 614 | MARGARET ROBERTS | Meirionydd RC | 00:34:43 | FV60 | 11 |
| 102 | 651 | LOUISE WOOLCOCK | Oswestry Olympians | 00:35:06 | FV40 | 14 |
| 103 | 741 | MOYNA RICHEY | Shropshire Shufflers | 00:35:17 | FV50 | 12 |
| 104 | 495 | EVELYN AINDOW | Buckley Runners | 00:35:36 | FV55 | 14 |
| 105 | 589 | JILL HILLMAN | Maldwyn Harriers | 00:35:49 | FV65 | 5 |
| 106 | 839 | ALEX FLETCHER | Eryri Harriers | 00:36:09 | FV40 | 15 |
| 107 | 1373 | ANNA HUWS | Meirionydd RC | 00:36:11 | FV45 | 13 |
| 108 | 438 | THERESA SHARLAND | Aberystwyth AC | 00:36:21 | FV40 | 16 |
| 109 | 448 | LINDA PAASMAN | Aberystwyth AC | 00:36:28 | FV50 | 13 |
| 110 | 1347 | HELEN COX | Prestatyn RC | 00:36:32 | SW | 20 |
| 111 | 446 | HANNAH DEE | Aberystwyth AC | 00:36:33 | FV50 | 14 |
| 112 | 691 | LIZ MARTIN | Prestatyn RC | 00:36:42 | FV45 | 14 |
| 113 | 612 | HELEN JONES | Meirionydd RC | 00:37:01 | FV55 | 15 |
| 114 | 1375 | ANNA BATES | Aberystwyth AC | 00:37:12 | FV40 | 17 |
| 115 | 756 | LIZ HUMPHRIES | Tattenhall Runners | 00:37:17 | FV60 | 12 |
| 116 | 808 | MENAI BAUGH | Denbigh Harriers | 00:37:33 | FV65 | 6 |
| 117 | 450 | LUCY BARRATT | Aberystwyth AC | 00:37:41 | FV55 | 16 |
| 118 | 500 | SUSAN RIDINGS | Buckley Runners | 00:38:05 | FV65 | 7 |
| 119 | 592 | ELEN WILLIAMS | Meirionydd RC | 00:38:46 | SW | 21 |
| 120 | 588 | CAROLINE ORRELLS | Maldwyn Harriers | 00:39:16 | FV65 | 8 |
| 121 | 787 | MANDY LEWIS | Whitchurch Whippets | 00:39:56 | FV45 | 15 |
| 122 | 501 | IRENE BLOUNT | Buckley Runners | 00:41:07 | FV65 | 9 |
| 123 | 693 | JO EDWARDS | Prestatyn RC | 00:41:15 | FV50 | 15 |
| 124 | 700 | EMMA BIRCHALL | Prestatyn RC | 00:41:29 | FV50 | 16 |
| 125 | 615 | RACHEL WRIGHT | Meirionydd RC | 00:44:29 | FV60 | 13 |
| 126 | 698 | CLAIRE MANLEY | Prestatyn RC | 00:45:30 | FV50 | 17 |
| 127 | 538 | BEVERLEY GOODSON | Deestriders | 00:50:25 | FV55 | 17 |
| 128 | 705 | JULIE EVANS | Prestatyn RC | 00:50:26 | FV60 | 14 |
| 129 | 510 | MAUREEN SINGLETON | Colwyn Bay AC | 00:59:59 | FV80 | 1 |

**FEMALE TEAMS**

**DIVISION ONE (4 to SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 3**  **Points** | **Total Race 3 Points** | **Race 3**  **Position** | **OVERALL POINTS** | **OVERALL POSITION** |
| Eryri | 3, 5, 6, 75 | **89** | **2** | **189** | **1** |
| Shrewsbury AC | 1, 8, 12, 61 | **82** | **1** | **237** | **2** |
| Denbigh | 14, 25, 28, 30 | **97** | **3** | **321** | **3** |
| Deeside AC | 49, 55, 68, 85 | **257** | **7** | **487** | **4** |
| Meirionnydd | 31, 38, 44, 57 | **170** | **5** | **588** | **5** |
| Oswestry | 35, 52, 59, 92 | **238** | **6** | **708** | **6** |
| Aberystwyth Uni | 16, 20, 24, 73 | **133** | **4** | **748** | **7** |
| Menai T&F | N/A | **N/A** | **N/A** | **N/A** | **8** |

**DIVISION TWO (3 TO SCORE)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 3**  **Points** | **Total Race 3 Points** | **Race 3**  **Position** | **OVERALL POINTS** | **OVERALL POSITION** |
| Maldwyn | 2, 10, 11 | **23** | **1** | **200** | **1** |
| West Cheshire | 7, 26, 29 | **62** | **2** | **236** | **2** |
| Buckley | 9, 41, 45 | **95** | **4** | **245** | **3** |
| Bangor Uni | 33, 46, 62 | **141** | **5** | **460** | **4** |
| Cheshire Dragons | 13, 17, 131 | **161** | **6** | **534** | **5** |
| Shropshire Shuff | 34, 40, 103 | **177** | **8** | **590** | **6** |
| Tattenhall | 22, 115, 131 | **268** | **13** | **591** | **7** |
| Aberystwyth AC | 19, 23, 42 | **84** | **3** | **608** | **8** |
| Wrexham AAC | 21, 64, 89 | **174** | **7** | **652** | **9** |
| Colwyn Bay | 53, 95, 130 | **278** | **14** | **699** | **10** |
| Whitchurch Whippets | 43, 121, 131 | **295** | **16** | **740** | **11** |
| Prestatyn | 79, 86, 94 | **259** | **12** | **766** | **12** |
| Dolly Mixtures | 37, 66, 82 | **185** | **9** | **799** | **13** |
| Run Free Fell | 4, 90, 131 | **225** | **11** | **874** | **14** |
| Betsi Runaways | 18, 74, 131 | **223** | **10** | **897** | **15** |
| GOG Tri Club | 67, 131, 131 | **329** | **19** | **987** | **16** |
| Deestriders | 36, 128, 131 | **295** | **17** | **991** | **17** |
| Telford | 63, 131, 131 | **325** | **18** | **1036** | **18** |
| Wrecsam Tri | 83, 131, 131 | **345** | **20** | **1246** | **19** |
| Cybi Striders | 27, 131, 131 | **289** | **15** | **N/A** | **N/A** |

**FEMALE MASTERS TEAMS**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Club** | **Race 3**  **Points** | **Total Race 3 Points** | **Race 3**  **Position** | **OVERALL POINTS** | **OVERALL POSITION** |
| Eryri Harriers | 1, 3, 52 | **56** | **3** | **105** | **1** |
| Denbigh Harriers | 16, 19, 21 | **56** | **2** | **155** | **2** |
| Buckley RC | 6, 28, 32 | **66** | **4** | **174** | **3** |
| Meirionnydd | 20, 31, 40 | **91** | **6** | **245** | **4** |
| Oswestry Olympians | 23, 36, 42 | **101** | **7** | **256** | **5** |
| Shropshire Shufflers | 22, 27, 76 | **125** | **9** | **359** | **6** |
| Prestatyn RC | 55, 61, 68 | **184** | **10** | **458** | **7** |
| Wrexham AC | 13, 44, 63 | **120** | **8** | **490** | **8** |
| Colwyn Bay | 37, 69, 101 | **207** | **11** | **618** | **9** |
| Maldwyn | 7, 8, 11 | **26** | **1** | **N/A** | **N/A** |
| Aberystwyth AC | 15, 29, 38 | **82** | **5** | **N/A** | **N/A** |

After a gap of 30 years it was great to be back in Aberystwyth! I checked my records and the last time a North Wales League race visited Aberystwyth was Penglais Farm on 26th February 1994 when Colin Jones, Eryri and Lyn Maddison, Colwyn Bay were the winners. To be fair though that looked to be a one-off in the 1990’s and it was back in the 1960’s and 70’s when the league was regularly held in Aberystwyth. Indeed I can remember running in Aberystwyth as a 15 year old and the course going across the main road!! A bit safer these days, although there wasn’t much traffic about back then!!

A big thank you to both Aberystwyth AC and Aberystwyth University who combined to put on this historic event, and especially to Ian Brandreth and Owain Sciavone who both coordinated everything. As usual we are indebted to all of the volunteers who make the league happen.

The next North Wales Cross Country League race will be at the PGL Centre, Baschurch on Saturday 11th January 2025. Don’t forget to use the postcode: SY4 2EZ and follow the signs for the PGL Centre, Boreatton Park when you get near Baschurch. Please follow all of the instructions from the marshalls when you get to Boreatton Park.

Before that we’ve got the North Wales Championships which are being held at the Treborth Track. Bangor on Saturday 4th January 2024 with Menai and Eryri jointly hosting. Entries can be made via the following link: [www.entrycentral.com/NorthWalesCCChamps](http://www.entrycentral.com/NorthWalesCCChamps)