**GRAND PRIX EXPRESS**

**NORTH WALES CROSS COUNTRY LEAGUE**

(Supported by Welsh Athletics Ltd)

At Shrewsbury Saturday 11th January 2020

 DRAFT RESULTS 11/1/20

**SENIOR MEN**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** | **Age** | **Age Pos** |
| 1 | Matt | Hall | Shrewsbury AC | 28-29 | SM |  |
| 2 | Oli | Blake | Oswestry O | 28-56 | SM |  |
| 3 | Tom | Wood | Eryri Harriers | 29-18 | SM |  |
| 4 | Thomas | Vaughan | Shropshire S | 29-23 | SM |  |
| 5 | Jim | Hickinbottom | Shrewsbury AC | 29-38 | M35 | **1** |
| 6 | Paul | Jones | Shrewsbury AC | 29-42 | M45 | **1** |
| 7 | Adam | Allinson | Shropshire S | 29-51 | SM |  |
| 8 | Dan | Elliot | Shrewsbury AC | 29-54 | SM |  |
| 9 | Sam | Bellis | Buckley RC | 29-55 | SM |  |
| 10 | Elliot | Smith-Rasmussen | Bangor Uni | 30-12 | U20M | **1** |
| 11 | Rob | Weston | Whitchurch Whippets | 30-21 | SM |  |
| 12 | Pete | Middleton | Shrewsbury AC | 30-49 | M35 | **2** |
| 13 | Gabe | Morrison | Shrewsbury AC | 30-58 | M35 | **3** |
| 14 | Stephen | Skates | Prestatyn RC | 31-08 | M40 | **1** |
| 15 | Jamie | Evans | Meirionnydd RC | 31-17 | SM |  |
| 16 | Joel | Gomes | Wrexham AC | 31-21 | M40 | **2** |
| 17 | Robert | Fox | Shrewsbury AC | 31-30 | M35 | **4** |
| 18 | Jez | Brown | Buckley RC | 31-35 | M45 | **2** |
| 19 | Carwyn | Owen | Maldwyn AC | 31-38 | U20M | **2** |
| 20 | Craig | Connor | Tattenhall | 31-40 | SM |  |
| 21 | Richard | Lee | Shropshire S | 31-41 | M35 | **5** |
| 22 | Andrew | Normand | Shropshire S | 31-45 | SM |  |
| 23 | Simon | Barkley | Oswestry O | 31-48 | M45 | **3** |
| 24 | Matt | Fortes | Eryri Harriers | 31-53 | M40 | **3** |
| 25 | David | Alexander | West Cheshire AC | 31-55 | M50 | **1** |
| 26 | Samuel | Wadsworth | Bangor Uni | 31-58 | SM |  |
| 27 | Chris | Callaghan | Buckley RC | 32-01 | M40 | **4** |
| 28 | Euros | Evans | Meirionnydd RC | 32-02 | SM |  |
| 29 | Richard | McKenna | Shrewsbury AC | 32-03 | M40 | **5** |
| 30 | Phil | Jones | Shropshire S | 32-04 | M40 | **6** |
| 31 | Dyfed | Whiteside Thomas | Eryri Harriers | 32-07 | M40 | **7** |
| 32 | Alun | Brown | GOG Tri | 32-08 | M35 | **6** |
| 33 | Tim | Joy | Buckley RC | 32-22 | SM |  |
| 34 | Ryan | Stokes | Oswestry O | 32-30 | SM |  |
| 35 | Tom | Wilde | Oswestry O | 32-40 | U20M | **3** |
| 36 | Geran | Hughes | GOG Tri | 32-46 | M50 | **2** |
| 37 | Ian | Edwards | Eryri Harriers | 32-52 | M35 | **7** |
| 38 | Gary | Norgrove | Wrexham AC | 33-01 | M50 | **3** |
| 39 | Gwion | Roberts | Meirionnydd RC | 33-05 | SM |  |
| 40 | Andy | Bromley | Prestatyn RC | 33-07 | SM |  |
| 41 | David | Lemon | Buckley RC | 33-16 | M40 | **8** |
| 42 | Steve | Waters | Shrewsbury AC | 33-19 | M35 | **8** |
| 43 | Ryan | Morrison | Cadence Tri | 33-23 | M40 | **9** |
| 44 | Rich | Davies | Oswestry O | 33-25 | SM |  |
| 45 | Paul | Bewes | Shrewsbury AC | 33-29 | M50 | **4** |
| 46 | Stuart | Smith | Shropshire S | 33-36 | SM |  |
| 47 | Ben | Lee | Aberystwyth Uni | 33-42 | SM |  |
| 48 | Rob | Alexander | Prestatyn RC | 33-44 | M35 | **9** |
| 49 | Rob | Arden | Tattenhall | 33-50 | M40 | **10** |
| 50 | Graham | Jones | Shrewsbury AC | 33-58 | M60 | **1** |
| 51 | Andrew | Wood | Shropshire S | 34-02 | SM |  |
| 52 | Pete | Gray | Cadence Tri | 34-06 | M35 | **10** |
| 53 | Andrew | Wakefield | Shropshire S | 34-08 | SM |  |
| 54 | Andrew | Clague | West Cheshire AC | 34-10 | M50 | **5** |
| 55 | James | Pickering | Oswestry O | 34-12 | SM |  |
| 56 | Adam | Tatton | Telford AC | 34-23 | U20M | **4** |
| 57 | Richard | Watson | Colwyn Bay AC | 34-29 | M35 | **11** |
| 58 | Stephen | Gill | Wrekin RR | 34-32 | M50 | **6** |
| 59 | Brian | Rothera | Oswestry O | 34-39 | M50 | **7** |
| 60 | Joseph | Welch | Denbigh H | 34-42 | M35 | **12** |
| 61 | Greg | Williams | Shropshire S | 34-44 | M35 | **13** |
| 62 | Tom | Leather | Tattenhall | 34-54 | SM |  |
| 63 | Pete | Jones | Oswestry O | 35-06 | M40 | **11** |
| 64 | Ben | Beachell | Eryri Harriers | 35-10 | M40 | **12** |
| 65 | Rob | Sharam | Whitchurch Whippets | 35-13 | M45 | **4** |
| 66 | Andy  | Jones | Wrexham AC | 35-19 | M40 | **13** |
| 67 | Jimmy | Carter | Meirionnydd RC | 35-33 | M40 | **14** |
| 68 | James | Jenkin | Tattenhall | 35-36 | M60 | **2** |
| 69 | Paul | Brown | Whitchurch Tri | 35-39 | M45 | **5** |
| 70 | Glen | Price | Denbigh H | 35-44 | M45 | **6** |
| 71 | Andrew | Carter | West Cheshire AC | 35-45 | M45 | **7** |
| 72 | Saul | Mellor | Whitchurch Whippets | 35-46 | SM |  |
| 73 | Calvin | Wright | Shropshire S | 35-55 | M50 | **8** |
| 74 | Dean | Richards | Whitchurch Whippets | 36-03 | SM |  |
| 75 | Paul | Shannon | Tattenhall | 36-12 | M60 | **3** |
| 76 | Adam | Burgoyne | Shrewsbury AC | 36-14 | SM |  |
| 77 | Jared | Roberts | Colwyn Bay AC | 36-16 | SM |  |
| 78 | Dave | Card | Oswestry O | 36-22 | M35 | **14** |
| 79 | Christopher | Wood | Wrekin RR | 36-30 | M45 | **8** |
| 80 | Warren | Nuttall | Lawley RC | 36-34 | M40 | **15** |
| 81 | Owen | Conry | Denbigh H | 36-36 | M50 | **9** |
| 82 | Rees | McIvor | Shropshire S | 36-38 | SM |  |
| 83 | Stephen | Adams | Wrekin RR | 36-40 | M35 | **15** |
| 84 | Karl | Williams | Buckley RC | 36-42 | M45 | **9** |
| 85 | Nick | Pollock | Shropshire S | 36-43 | M40 | **16** |
| 86 | Jeff | Gifford | Buckley RC | 36-44 | M55 | **1** |
| 87 | Ali | Hunter | Whitchurch Whippets | 36-51 | SM |  |
| 88 | Huw | Euron Williams | Denbigh H | 36-54 | SM |  |
| 89 | David | Baugh | Denbigh H | 37-02 | M55 | **2** |
| 90 | John | Simpson | Prestatyn RC | 37-18 | M50 | **10** |
| 91 | Sam | Jones | Lawley RC | 37-23 | M40 | **17** |
| 92 | Joe | Matthews | Betsi Runaways | 37-27 | M40 | **18** |
| 93 | Ian | Mulligan | Colwyn Bay AC | 37-36 | M50 | **11** |
| 94 | Jonny | Coate | Shropshire S | 37-38 | M35 | **16** |
| 95 | Callum | Queen | Bangor Uni | 37-42 | SM |  |
| 96 | Shon | Jones | Colwyn Bay AC | 37-42 | M50 | **12** |
| 97 | Simon | Phillips | Whitchurch Whippets | 37-48 | SM |  |
| 98 | Alun | Roberts | Oswestry O | 37-54 | M40 | **19** |
| 99 | Neil | Rochester | Oswestry O | 37-58 | SM |  |
| 100 | Andy | Jones | Eryri Harriers | 38-00 | M45 | **10** |
| 101 | Alistair | Potter | Lawley RC | 38-04 | M50 | **13** |
| 102 | James | Rodgers | Prestatyn RC | 38-05 | M45 | **11** |
| 103 | Steve | Bellis | Buckley RC | 38-17 | M60 | **4** |
| 104 | Dale | Walton | Oswestry O | 38-20 | M40 | **20** |
| 105 | Haydn | Jones | Shrewsbury AC | 38-26 | M55 | **3** |
| 106 | Paul | Phillips | Oswestry O | 38-28 | M50 | **14** |
| 107 | Russell | Godwin | Colwyn Bay AC | 38-32 | M50 | **15** |
| 108 | James | Watkins | Eryri Harriers | 38-41 | M50 | **16** |
| 109 | Steve | Weedman | Prestatyn RC | 38-43 | M50 | **17** |
| 110 | Nick | Blake | Oswestry O | 38-47 | M60 | **5** |
| 111 | Ian | Bayliss | Buckley RC | 38-50 | M55 | **4** |
| 112 | Mathew | Jones | Denbigh H | 39-06 | M50 | **18** |
| 113 | Ian | Jackson | Shropshire S | 39-07 | M40 | **21** |
| 114 | Matthew | Smith | Bangor Uni | 39-19 | SM |  |
| 115 | Steve | Stennett | Shropshire S | 39-23 | SM |  |
| 116 | Neil | Vicars-Harris | Eryri Harriers | 39-31 | M50 | **19** |
| 117 | Harvey | Morgan | Oswestry O | 39-36 | M55 | **5** |
| 118 | Arren | Roberts | Oswestry O | 39-40 | M45 | **12** |
| 119 | Matthew | Clarke | Wrekin RR | 39-43 | SM |  |
| 120 | Tim | Jones | Shropshire S | 39-45 | M50 | **20** |
| 121 | Nick | Holmes | Tattenhall | 39-49 | M60 | **6** |
| 122 | Max | Williams | Wrecsam Tri | 39-52 | M45 | **13** |
| 123 | Martin | Witty | Deestriders | 40-02 | M50 | **21** |
| 124 | Simon | Meredith | Shropshire S | 40-07 | M55 | **6** |
| 125 | Michael | AraMayo | Shropshire S | 40-19 | M40 | **22** |
| 126 | Graeme | Alexander | Whitchurch Tri | 40-24 | M35 | **17** |
| 127 | Rafal | Dasko | Shropshire S | 40-40 | M40 | **23** |
| 128 | Robert | Pritchard | Betsi Runaways | 40-45 | M45 | **14** |
| 129 | Duncan | Jones | Denbigh H | 40-50 | M60 | **7** |
| 130 | Neal | Jones | Colwyn Bay AC | 40-57 | M35 | **18** |
| 131 | Ian | Hopkins | Telford AC | 41-08 | M50 | **22** |
| 132 | Ian | Taylor | Colwyn Bay AC | 41-12 | M50 | **23** |
| 133 | Tony | Benton | Denbigh H | 41-16 | M55 | **7** |
| 134 | John | Short | Shropshire S | 41-31 | M55 | **8** |
| 135 | Mike | Arthur | Shropshire S | 41-36 | M50 | **24** |
| 136 | Brynley | Little | Shropshire S | 41-58 | SM |  |
| 137 | Sean | McCarthy | Shropshire S | 42-10 | M35 | **19** |
| 138 | Bob | Wilson | Whitchurch Tri | 42-17 | M45 | **15** |
| 139 | Des | Davies | Prestatyn RC | 42-20 | M55 | **9** |
| 140 | Richard | Hankinson | Meirionnydd RC | 42-22 | M55 | **10** |
| 141 | Ian | Teague | Shropshire S | 42-48 | M45 | **16** |
| 142 | Andy | Goater | Betsi Runaways | 42-53 | M45 | **17** |
| 143 | Matthew | Wright | Lawley RC | 42-57 | M35 | **20** |
| 144 | Ben | Harrison | Prestatyn RC | 43-12 | SM |  |
| 145 | Pete | McGuiness | Shropshire S | 43-13 | M55 | **11** |
| 146 | Chris | Huss | Shropshire S | 43-22 | M60 | **8** |
| 147 | Juan | Reyes-Monter | Shropshire S | 43-28 | M45 | **18** |
| 148 | Neil | Jones | Shropshire S | 43-30 | M45 | **19** |
| 149 | Steve | Brown | Prestatyn RC | 43-35 | M45 | **20** |
| 150 | Tim | Jones | Shropshire S | 43-43 | M55 | **12** |
| 151 | Ray | Pickett | Oswestry O | 43-54 | M60 | **9** |
| 152 | Ian | Lowe | Oswestry O | 44-34 | M45 | **21** |
| 153 | Michael | Finnie | NWRRC | 44-42 | M60 | **10** |
| 154 | Simon | Hodgson | Cadence Tri | 45-23 | M50 | **25** |
| 155 | Harry | Chamberlain | Bangor Uni | 45-54 | SM |  |
| 156 | John | Humphries | Eryri Harriers | 46-38 | M60 | **11** |
| 157 | Steffan | Owen | Betsi Runaways | 47-30 | SM |  |
| 158 | Nigel | Tatton | Telford AC | 49-16` | M50 | **26** |

**TEAMS**

**DIVISION ONE (6 TO SCORE)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club** | **Race 4****Points** | **Race 4 Position** | **Overall Points** | **Overall****Position** |
| Shrewsbury | **45** | **1** | **599** | **1** |
| Buckley | **212** | **3** | **767** | **2** |
| Oswestry | **193** | **2** | **1,071** | **3** |
| Eryri Harriers | **315** | **4** | **1,158** | **4** |
| Meirionnydd | **448** | **6** | **1,269** | **5** |
| West Cheshire | **627** | **8** | **1,600** | **6** |
| Wrexham AC | **597** | **7** | **1,626** | **7** |
| Prestatyn | **403** | **5** | **1,806** | **8** |

**DIVISION TWO (4 TO SCORE)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club** | **Race 4****Points** | **Race 4 Position** | **Overall Points** | **Overall****Position** |
| Shropshire Shufflers | **54** | **1** | **464** | **1** |
| Denbigh Harriers | **299** | **6** | **970** | **2** |
| GOG Tri Club | **276** | **5** | **1,063** | **3** |
| Whitchurch Whippets | **222** | **3** | **1,168** | **4** |
| Tattenhall | **199** | **2** | **1,232** | **5** |
| Cadence Tri Club | **408** | **9** | **1,254** | **6** |
| Bangor University | **245** | **4** | **1,283** | **7** |
| Colwyn Bay | **323** | **7** | **1,316** | **8** |
| Aberystwyth University | **524** | **15** | **1,560** | **9** |
| Wrekin RR | **339** | **8** | **1,766** | **10** |
| Betsi Runaways | **519** | **14** | **1,884** | **11** |
| Telford AC | **504** | **13** | **1,928** | **12** |
| Wrecsam Tri Club | **599** | **16** | **2,190** | **13** |
| Whitchurch Tri Club | **492** | **11** | **2,207** | **14** |
| Deestriders | **600** | **17** | **2,369** | **15** |
| Maldwyn | **496** | **12** | **N/A** | **N/A** |
| NWRRC | **630** | **18** | **N/A** | **N/A** |
| Lawley RC | **416** | **10** | **N/A** | **N/A** |

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club** | **Race 4****Points** | **Race 4 Position** | **Overall Points** | **Overall****Position** |
| Shrewsbury | **6** | **1** | **70** | **1** |
| Eryri Harriers | **46** | **2** | **185** | **2** |
| Buckley | **85** | **7** | **198** | **3** |
| Shropshire Shufflers | **58** | **3** | **271** | **4** |
| Wrexham AC | **64** | **4** | **328** | **5** |
| GOG Tri Club | **97** | **9** | **350** | **6** |
| West Cheshire | **84** | **6** | **388** | **7** |
| Denbigh Harriers | **124** | **11** | **512** | **8** |
| Cadence Tri Club | **162** | **14** | **551** | **9** |
| Prestatyn RC | **85** | **71** | **559** | **10** |
| Tattenhall | **111** | **10** | **597** | **11** |
| Colwyn Bay | **148** | **13** | **736** | **12** |
| Oswestry Olympians | **77** | **5** | **819** | **13** |
| Betsi Runaways | **244** | **17** | **N/A** | **N/A** |
| Whitchurch Tri Club | **222** | **16** | **N/A** | **N/A** |
| Lawley RC | **167** | **15** | **N/A** | **N/A** |
| Wrekin RR | **128** | **12** | **N/A** | **N/A** |

**MALE OVER 65**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** | **Age** | **Age Pos** |
| 1 | Steve | Jones | Eryri Harriers | 24-41 | M65 | **1** |
| 2 | Steve | Roberts | Oswestry Olympians | 24-47 | M65 | **2** |
| 3 | Peter | Hough | Shropshire Shufflers | 26-18 | M65 | **3** |
| 4 | John | Mainwaring | Eryri Harriers | 26-47 | M65 | **4** |
| 5 | George  | Nixon | Prestatyn RC | 27-03 | M65 | **5** |
| 6 | Colin | Hunt | Wrecsam Tri Club | 27-28 | M65 | **6** |
| 7 | Fred | Jones | Denbigh H | 27-36 | M65 | **7** |
| 8 | Emyr | Davies | Hebog | 27-50 | M75 | **1** |
| 9 | Eurwyn | Edwards | Eryri Harriers | 27-57 | M65 | **8** |
| 10 | Mike | Whiteside | Tattenhall | 29-14 | M70 | **1** |
| 11 | Iain | Day | Shropshire Shufflers | 29-53 | M70 | **2** |
| 12 | Gareth | Hughes | Prestatyn RC | 30-07 | M70 | **3** |
| 13 | Bob | Neale | Denbigh H | 30-22 | M65 | **9** |
| 14 | John | d'Albuquerque | GOG Tri Club | 30-41 | M70 | **4** |
| 15 | Christine | Baldwin | Denbigh H | 30-47 | M65 | **10** |
| 16 | Geoff | Fielding | Eryri Harriers | 31-16 | M65 | **11** |
| 17 | Neville | Simpson | Shropshire Shufflers | 31-30 | M65 | **12** |
| 18 | Christine | Clarke | Shropshire Shufflers | 32-04 | M70 | **5** |
| 19 | Jeff | Jones | Denbigh H | 33-12 | M65 | **13** |
| 20 | Roger | Harrison-Jones | Prestatyn RC | 35-21 | M80 | **1** |
| 21 | John | Nolan | Bro Dysynni | 35-42 | M70 | **6** |
| 22 | John | Hickman | Prestatyn RC | 35-48 | M75 | **1** |
| 23 | Arthur | Egan | Wrexham AC | 37-33 | M75 | **2** |
| 24 | Steve | Hatfield | Prestatyn RC | 37-56 | M70 | **7** |
| 25 | John | Tipping | Wrexham AC | 41-48 | M80 | **2** |
| 26 | Peter | Norman | Wrexham AC | 42-05 | M80 | **3** |
| 27 | David | Hughes | Prestatyn RC | 44-24 | M80 | **4** |
| 28 | Brian | Forster | Wrexham AC | 52-57 | M85 | **1** |

**TEAMS (3 TO SCORE)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club** | **Race 4****Points** | **Race 4 Position** | **Overall Points** | **Overall****Position** |
| Eryri Harriers | **14** | **1** | **114** | **1** |
| Prestatyn  | **37** | **4** | **156** | **2** |
| Denbigh Harriers | **35** | **3** | **158** | **3** |
| Wrexham AC | **74** | **5** | **264** | **4** |
| Shropshire Shufflers | **31** | **2** |  |  |

**UNDER 17 MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** |
| 1 | Huw | Wynne-Jones | Deeside AC | 20-09 |
| 2 | Tyler | Cartlidge | Deeside AC | 20-38 |
| 3 | Joe | Gilling | Shrewsbury AC | 20-46 |
| 4 | James | Smith | GOG Tri Club | 21-08 |
| 5 | James | Jones | Deeside AC | 21-16 |
| 6 | Evan | Roberts | Oswestry Olympians | 22-09 |
| 7 | Kai | Walsh | Wrexham AC | 23-09 |
| 8 | Theo | Hughes | Deeside AC | 23-30 |

**TEAMS (3 TO SCORE)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club** | **Race 4****Points** | **Race 4 Position** | **Overall Points** | **Overall****Position** |
| Deeside AC | **8** | **1** | **4** | **1** |

**SENIOR WOMEN**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Position** | **Forename** | **Surname** | **Club** | **Time** | **Age** | **Age Pos** |
| 1 | Sarah | Willhoit | Shrewsbury AC | 21-37 | SW |  |
| 2 | Gemma | Moore | Eryri Harriers | 22-15 | W35 | **1** |
| 3 | Lucy | Williamson | Bangor University | 22-39 | SW |  |
| 4 | Boe-Celyn | Jones | Menai T&F | 22-45 | U17W | **1** |
| 5 | Miranda | Grant | Eryri Harriers | 22-56 | W35 | **2** |
| 6 | Beth | Jones | Oswestry Olympians | 23-12 | U17W | **2** |
| 7 | Bev | Whitfield | Shrewsbury AC | 23-13 | W40 | **1** |
| 8 | Bronwen | Jenkinson | Eryri Harriers | 23-25 | SW |  |
| 9 | Andrea | Rowlands | Eryri Harriers | 23-32 | W45 | **1** |
| 10 | Lauren | Morley | Shrewsbury AC | 23-41 | SW |  |
| 11 | Rachel | Coupe | Telford AC | 23-47 | W45 | **2** |
| 12 | Katie | Reynolds | Eryri Harriers | 23-53 | SW |  |
| 13 | Nicola | Davies | Shropshire Shufflers | 24-01 | W35 | **3** |
| 14 | Jasmin | Dobson | Bangor University | 24-02 | SW |  |
| 15 | Jennifer | Rambaldi | Buckley RC | 24-07 | SW |  |
| 16 | Jan | Cooke | Shropshire Shufflers | 24-13 | W45 | **3** |
| 17 | Jennifer | Charlton | Eryri Harriers | 24-15 | W40 | **2** |
| 18 | Ellie | Small | Deeside AC | 24-19 | U17W | **3** |
| 19 | Hannah | Dodwell | Telford AC | 24-22 | SW |  |
| 20 | Rhian | Pierce | Denbigh H | 24-29 | W35 | **4** |
| 21 | Ali | Grundy | Tattenhall | 24-36 | W40 | **3** |
| 22 | Claire | McCarthy | Shropshire Shufflers | 24-48 | SW |  |
| 23 | Alice | Walton | Oswestry Olympians | 24-54 | SW |  |
| 24 | Lucia | Pyne | West Cheshire | 24-57 | U17W | **4** |
| 25 | Louise | Williamson | Oswestry Olympians | 25-03 | W40 | **4** |
| 26 | Emma | Collins | Denbigh H | 25-05 | W55 | **1** |
| 27 | Claire | Harris | West Cheshire | 25-14 | SW |  |
| 28 | Mel | Morris | Denbigh H | 25-19 | W45 | **4** |
| 29 | Helen | Blair | Eryri Harriers | 25-26 | W50 | **1** |
| 30 | Nicola | Bishton | Shropshire Shufflers | 25-34 | SW |  |
| 31 | Christine | Symms | Wrekin RR | 25-38 | W35 | **5** |
| 32 | Tammy | Lewis-Jones | Eryri Harriers | 25-43 | W45 | **5** |
| 33 | Eleanor | Robinson | West Cheshire | 25-45 | W45 | **6** |
| 34 | Donna | Welsh | Deeside AC | 25-53 | W35 | **6** |
| 35 | Claire | Hanson | Dolly Mixtures | 25-57 | W40 | **5** |
| 36 | Christine | Cammillare | Deestriders | 26-00 | W35 | **7** |
| 37 | Anest | Muller | West Cheshire | 26-19 | W35 | **8** |
| 38 | Louise | Woolcock | Oswestry Olympians | 26-20 | W35 | **9** |
| 39 | Katy | Baugh | Denbigh H | 26-21 | SW |  |
| 40 | Helen | MacArthur | GOG Tri Club | 26-29 | W50 | **2** |
| 41 | Heather | Fras | Shropshire Shufflers | 26-32 | SW |  |
| 42 | Libby | Dudleston | Whitchurch Whippets | 26-41 | W40 | **6** |
| 43 | Jacqui | Gears | Oswestry Olympians | 26-54 | W40 | **7** |
| 44 | Gwennan | Henstock | Buckley RC | 26-55 | W40 | **8** |
| 45 | Elen | Baugh | Denbigh H | 27-00 | SW |  |
| 46 | Lisa | Johnson | Prestatyn RC | 27-18 | SW |  |
| 47 | Hayley | Turner | Eryri Harriers | 27-21 | SW |  |
| 48 | Chelle | Bateson | Dolly Mixtures | 27-25 | W35 | **10** |
| 49 | Hazel | Pollock | Shropshire Shufflers | 27-26 | W40 | **9** |
| 50 | Yvonne | Hill | Oswestry Olympians | 27-27 | W55 | **2** |
| 51 | Victoria | Addison | Shropshire Shufflers | 27-29 | SW |  |
| 52 | Alaw | Medi | Denbigh H | 27-48 | SW |  |
| 53 | Helen | Ashworth | Prestatyn RC | 27-51 | W35 | **11** |
| 54 | Kimberley | Jones-Norgrove | Wrecsam Tri Club | 28-09 | W50 | **3** |
| 55 | Mari | Williamson | Denbigh H | 28-12 | SW |  |
| 56 | Fenella | Higgins | Buckley RC | 28-16 | W50 | **4** |
| 57 | Alison | Tickner | Oswestry Olympians | 28-18 | W50 | **5** |
| 58 | Danielle | Walton | Lawley RC | 28-20 | SW |  |
| 59 | Ann | Scott | Dolly Mixtures | 28-24 | W45 | **7** |
| 60 | Alison | Preece | Telford AC | 28-27 | W45 | **8** |
| 61 | Angela | Tegg | West Cheshire | 28-28 | W45 | **9** |
| 62 | Mel | Barker | Tattenhall | 28-32 | W40 | **10** |
| 63 | Carys | Davies | Denbigh H | 28-37 | W40 | **11** |
| 64 | Sasha | Hayes | Deeside AC | 28-40 | U17W | **5** |
| 65 | Mari | Jones | Betsi Runaways | 28-41 | W40 | **12** |
| 66 | Ellie | Salisbury | Eryri Harriers | 28-42 | W55 | **3** |
| 67 | Jayne | Jones | Dolly Mixtures | 28-48 | W35 | **12** |
| 68 | Michelle | Harris | Dolly Mixtures | 28-58 | W50 | **6** |
| 69 | Alex | Fletcher | Eryri Harriers | 29-00 | W35 | **13** |
| 70 | Briony | Hibbert | Deeside AC | 29-01 | SW |  |
| 71 | Trish | Smith | Dolly Mixtures | 29-04 | W40 | **13** |
| 72 | Carrie | Jenkins | Dolly Mixtures | 29-08 | W35 | **14** |
| 73 | Sarah | Pearce | Dolly Mixtures | 29-21 | W40 | **14** |
| 74 | Laura | Smith | Shropshire Shufflers | 29-30 | SW |  |
| 75 | Claire | Bishop | Betsi Runaways | 29-32 | W35 | **15** |
| 76 | Anna | Shimali | Cadence Tri Club | 29-35 | W45 | **10** |
| 77 | Niki | Wilkinson | Shropshire Shufflers | 29-38 | SW |  |
| 78 | Helen | Griffith | Betsi Runaways | 29-57 | SW |  |
| 79 | Mimi | Owen | Whitchurch Whippets | 30-00 | W60 | **1** |
| 80 | John | Brown | Whitchurch Tri Club | 30-03 | W45 | **11** |
| 81 | Ann | d'Albuquerque | GOG Tri Club | 30-35 | W70 | **1** |
| 82 | Kimberley | Kent | Lawley RC | 30-42 | W40 | **15** |
| 83 | Menai | Baugh | Denbigh H | 30-50 | W60 | **2** |
| 84 | Vikki | McBride | Lawley RC | 31-00 | W40 | **16** |
| 85 | Liz | Park | Oswestry Olympians | 31-07 | W45 | **12** |
| 86 | Jennifer | Willott | Lawley RC | 31-15 | SW |  |
| 87 | Louise | Griffiths | Cadence Tri Club | 31-20 | W55 | **4** |
| 88 | Lisa | Blagdon | Telford AC | 31-26 | W50 | **7** |
| 89 | Alison | Henderson-Owen | Betsi Runaways | 31-28 | W55 | **5** |
| 90 | Liz | Martin | Prestatyn RC | 31-33 | W40 | **17** |
| 91 | Emma | Wilde | Maldwyn AC | 31-35 | W45 | **13** |
| 92 | Lisa | Ashworth | Dolly Mixtures | 31-38 | W40 | **18** |
| 93 | Moyna | Richey | Shropshire Shufflers | 31-55 | W45 | **14** |
| 94 | Amelie | Roberts | Colwyn Bay | 32-01 | U17W | **6** |
| 95 | Alex | Duffey | West Cheshire | 32-06 | W45 | **15** |
| 96 | Alison | Holmes | Whitchurch Tri Club | 32-14 | W55 | **6** |
| 97 | Nia | Edwards | Eryri Harriers | 32-22 | W35 | **16** |
| 98 | Liz | Featherstone | Whitchurch Whippets | 32-24 | W50 | **8** |
| 99 | Cara | Jones | Prestatyn RC | 32-36 | W45 | **16** |
| 100 | April  | Tatton | Telford AC | 32-45 | U17W | **7** |
| 101 | Julia | Evans | Prestatyn RC | 32-48 | W50 | **9** |
| 102 | Lisa | Bearpark | Whitchurch Tri Club | 32-51 | W35 | **17** |
| 103 | Sally | Withington | Wrekin RR | 33-07 | W45 | **17** |
| 104 | Sue | McIndoe | Deestriders | 33-21 | W50 | **10** |
| 105 | Gill | Csizmadia | Wrexham AC | 33-28 | W55 | **7** |
| 106 | Pauline | Eccles | Wrekin RR | 33-39 | W35 | **18** |
| 107 | Amanda | Cooke | Dolly Mixtures | 33-55 | W45 | **18** |
| 108 | Tracey | Wilson | Whitchurch Tri Club | 33-56 | W35 | **19** |
| 109 | Sharon | Davies | Dolly Mixtures | 34-00 | W40 | **19** |
| 110 | Jackie | Tanner | Shropshire Shufflers | 34-15 | W50 | **11** |
| 111 | Angie | Cathrow | Shropshire Shufflers | 34-28 | W45 | **19** |
| 112 | Maggie | Oliver | Eryri Harriers | 34-29 | W70 | **2** |
| 113 | Dee | Hancock | Shropshire Shufflers | 34-47 | W60 | **3** |
| 114 | Sarah | Ho | Dolly Mixtures | 34-49 | W35 | **20** |
| 115 | Viv | Edwards | Eryri Harriers | 34-55 | W60 | **4** |
| 116 | Esther | Griffiths | Dolly Mixtures | 35-03 | W40 | **20** |
| 117 | Diane | Gill | Shropshire Shufflers | 35-05 | W55 | **8** |
| 118 | Ceri | Crabbe | Wrekin RR | 35-15 | W45 | **20** |
| 119 | Abigail | Cammillare | Deestriders | 36-27 | SW |  |
| 120 | Les | Millington | Whitchurch Tri Club | 37-08 | SW |  |
| 121 | Samantha | Hall-Davies | Wrekin RR | 37-17 | SW |  |
| 122 | Nicola | Wright | Lawley RC | 37-23 | W40 | **21** |
| 123 | Kelly | Clarke | Oswestry Olympians | 37-37 | W40 | **22** |
| 124 | Phoebe | Barnett | Lawley RC | 38-01 | SW |  |
| 125 | Megan | Jones | Dolly Mixtures | 38-21 | U17W | **8** |
| 126 | Alison | Forster | Wrexham AC | 39-25 | W55 | **9** |
| 127 | Kate | Bentham | Shropshire Shufflers | 40-00 | W45 | **21** |
| 128 | Elaine | Dean | Shropshire Shufflers | 40-00 | W55 | **10** |
| 129 | Katie | Scrimshaw | Dolly Mixtures | 40-27 | SW |  |
| 130 | Yolanda | Marconi-Nolan | Bro Dysynni | 40-53 | W70 | **3** |
| 131 | Michelle | Flannery | Cadence Tri Club | 40-57 | W50 | **12** |
| 132 | Bev | Goodson | Deestriders | 41-06 | W50 | **13** |
| 133 | Marjorie | Griffiths | Bro Dysynni | 41-43 | W70 | **4** |
| 134 | Marie | Sierra | Shropshire Shufflers | 44-52 | W35 | **21** |
| 135 | Claire | Aslett-Round | Lawley RC | 45-55 | W40 | **23** |
| 136 | Karen | Roberts | Prestatyn RC | 47-25 | W45 | **22** |
| 137 | Julie | Evans | Prestatyn RC | 47-26 | W55 | **11** |

**FEMALE TEAMS**

**DIVISION ONE (4 to SCORE)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club** | **Race 4****Points** | **Race 4 Position** | **Overall Points** | **Overall****Position** |
| Eryri Harriers | **24** | **1** | **84** | **1** |
| Oswestry Olympians | **92** | **2** | **358** | **2** |
| West Cheshire | **121** | **4** | **409** | **3** |
| Denbigh | **113** | **3** | **497** | **4** |
| Buckley RC | **253** | **6** | **642** | **5** |
| Deeside AC | **186** | **5** | **734** | **6** |
| Colwyn Bay | **508** | **7** | **1,094** | **7** |

**DIVISION TWO (3 TO SCORE)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club** | **Race 4****Points** | **Race 4 Position** | **Overall Points** | **Overall****Position** |
| Shropshire Shufflers | **51** | **2** | **477** | **1** |
| Bangor Uni | **155** | **5** | **538** | **2** |
| Prestatyn RC | **189** | **6** | **556** | **3** |
| Dolly Mixtures | **142** | **4** | **627** | **4** |
| Tattenhall | **221** | **9** | **889** | **5** |
| Telford AC | **90** | **3** | **916** | **6** |
| GOG Tri Club | **259** | **11** | **948** | **7** |
| Whitchurch Whippets | **219** | **8** | **962** | **8** |
| Betsi Runaways | **218** | **7** | **1,081** | **9** |
| Wrekin RR | **240** | **10** | **1,111** | **10** |
| Wrecsam Tri Club | **330** | **14** | **1,200** | **11** |
| Deestriders | **355** | **15** | **1,201** | **12** |
| Wrexham AC | **369** | **17** | **1,295** | **13** |
| Whitchurch Tri Club | **306** | **13** | **1,379** | **14** |
| Maldwyn | **367** | **16** | **1,481** | **15** |
| Bro Dysynni | **401** | **18** | **1,736** | **16** |
| Shrewsbury | **18** | **1** |  |  |
| Menai T&F | **280** | **12** |  |  |

**FEMALE MASTERS TEAMS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Club** | **Race 4****Points** | **Race 4 Position** | **Overall Points** | **Overall****Position** |
| Eryri Harriers | **7** | **1** | **25** | **1** |
| Denbigh Harriers | **34** | **2** | **186** | **2** |
| Oswestry Olympians | **76** | **5** | **237** | **3** |
| West Cheshire | **74** | **4** | **261** | **4** |
| Dolly Mixtures | **80** | **6** | **366** | **5** |
| Prestatyn RC | **165** | **10** | **462** | **6** |
| Whitchurch Whippets | **139** | **8** | **664** | **7** |
| Wrekin RR | **173** | **11** | **750** | **9** |
| Betsi Runaways | **144** | **9** | **770** | **10** |
| Shropshire Shufflers | **41** | **3** | **720** | **8** |
| Deestriders | **184** | **13** |  |  |
| Telford | **97** | **7** |  |  |
| Whitchurch Tri Club | **183** | **12** |  |  |
| Lawley | **192** | **14** |  |  |

A big thank you to Steve Oliver, Kevin Francis and Graham Jones for putting together a new course due to the unavailability of the usual Baschurch course. I’m sure you’ll agree a great course. As usual Shrewsbury had a great turnout of volunteers as well as runners with not only an emphatic win in the Men’s race but Sara Wilhoit becoming their first ever female league winner. A great day for Shrewsbury.

In the first race there was a great tussle between Deeside youngsters Huw Wynne-Jones and Tyler Cartlidge with Huw’s strength paying off in the end. As indicated above Sarah Wilhoit had agreat race to win the Women’s category. As usual Eryri dominated the team race and as long as they turn up at Oswestry will retain their title. There’s a tight battle on for second place and whilst Colwyn Bay look doomed for relegation Deeside and Buckley look to fight it out on the last day. In Division 2 Shropshire Shufflers (who had an unbelievable turn-out of 50 runners on the day) are leading going into the last fixture but it looks close for the second promotion spot. In the grand older gentlemans race it was great to see Stephen Jones, Eryri back racing and having just turned 65 he was delighted to get a win under his belt. It was also fantastic to see 87 year young Brian Forster complete the challenging course.

In the Men’s race Matt Hall, Shrewsbury got revenge on Oli Blake, Oswestry who beat him in the county champs last week and Shrewsbury were dominant with their 6 counters in the first 13 finishers-well and truly putting the other teams back in their place and looking on target to retain their title. Prestatyn look destained to relegation but there looks like there will be a good battle between Wrexham and West Cheshire to retain their place in Div 1. Shropshire Shufflers were rewarded with their fantastic turn out and look certain to be crowned champions of Div2 with Denbigh on target for a quick return to Div 1. In the Masters Shrewsbury are well clear but there looks a good race between Eryri and Buckley for the minor places.

**Don’t forget the final league race on 1st February 2020. As usual Oswestry Olympians will be hosting at the Marches School, Oswestry,** [**SY11 2AP**](http://www.multimap.com/maps/?qs=SY11+2AP&countryCode=GB).

**PLEASE NOTE THE WOMEN’S RACE WILL START AT 1-00PM & THE MEN’S RACE AT 1-45PM**

Please can clubs ensure that all of the perpetual trophies are returned to the clubhouse BEFORE the race and can I ask that Team Managers get their envelopes in as quickly as possible **after each race** at Oswestry.

Unfortunately, my flights from Grenoble have been transferred to Bristol and sadly I will not get back from my family holiday in time for the race/presentations. Russ Godwin, North Wales Cross Country Association Chairman, and League sponsor will be coordinating results and doing the presentations. If there any experienced results volunteers available can they let me or Russ know in advance.

**Bernie Jones**

**Referee/Secretary**