

GRAND PRIX EXPRESS**NORTH WALES CROSS COUNTRY LEAGUE**

(Supported by Welsh Athletics Ltd)

At Cefn Road, Wrexham

Saturday 5th October 2019**DRAFT RESULTS 6/10/19****SENIOR MEN**

Position	Forename	Surname	Club	Time	Age
1	Alex	Lanz	Meirionnydd RC	30-13	SM
2	Joseph	Morrison	West Cheshire	30-15	1 U20M
3	Ryan	Davis	Wrexham AC	30-30	SM
4	Dan	Weston	Wrexham AC	30-38	1 M40
5	Martin	Green	NWRRC	30-45	1 M45
6	Aled	Jones	Menai T&F	30-49	2 U20M
7	Jim	Hickinbottom	Shrewsbury AC	30-56	1 M35
8	Peter	Butler	Oswestry Olympians	31-00	SM
9	Steve	Skates	Prestatyn RC	31-12	2 M40
10	Darren	Rowlands	Wrexham AC	31-28	1 M50
11	Sam	Bellis	Buckley RC	31-42	SM
12	Steve	Hayes	Deestriders	31-44	3 M40
13	Rob	Weston	Whitchurch Whippets	31-48	SM
14	Joel	Gomes	Wrexham AC	31-49	2 M35
15	Shaun	Hughes	Denbigh Harriers	31-54	SM
16	Cristian	Evans	Telford AC	32-00	2 M45
17	Luke	Northall	Wrexham AC	32-05	SM
18	Craig	Connor	Tattenhall	32-08	SM
19	Ross	Walsh	Meirionnydd RC	32-14	SM
20	Tobias	Barthelmes	Bangor Uni	32-20	SM
21	Steve	Waters	Shrewsbury AC	32-24	3 M35
22	Joshua	Cerefice	Prestatyn RC	32-29	SM
23	Jez	Brown	Buckley RC	32-35	3 M45
24	Ifan	Richards	Meirionnydd RC	32-40	4 M40
25	David	White	Buckley RC	32-41	SM
26	Phil	Jones	Shropshire Shufflers	32-42	5 M40
27	Ben	Goodfellow	Wrecsam Tri Club	32-43	SM
28	James	Farmer	Aberystwyth Uni	32-46	3 U20M
29	Matthew	Fortes	Eryri Harriers	32-53	6 M40
30	Tomos	Land	Colwyn Bay AC	33-23	4 U20M
31	Rich	Davies	Oswestry Olympians	33-31	SM
32	Euan	Coney	Deeside AC	33-33	5 U20M
33	Mario	Jimenez-Munoz	Colwyn Bay AC	33-37	6 U20M
34	Alun	Brown	GOG Tri	33-41	4 M35
35	Stuart	Smith	Shropshire Shufflers	33-43	SM
36	Stewart	Farley	Shrewsbury AC	33-52	5 M35
37	Gary	Norgrove	Wrexham AC	34-01	2 M50
38	Adrian	Leonard	GOG Tri	34-05	6 M35

39	Elliott	Cox	Buckley RC	34-07	SM
40	Euros	Evans	Meirionnydd RC	34-12	7 U20M
41	Graham	Jones	Shrewsbury AC	34-17	1 M60
42	Paul	Morrison	West Cheshire	34-23	8 U20M
43	Leon	Bagnall	Prestatyn RC	34-26	SM
44	Matt	Cox	Telford AC	34-28	SM
45	Pete	Gray	Cadence Tri	34-35	7 M35
46	Andrew	Peers	Buckley RC	34-37	SM
47	Kevin	Francis	Shrewsbury AC	34-38	3 M50
48	David	Lemon	Buckley RC	34-39	7 M40
49	Jack	Westwood	Aberystwyth Uni	34-40	SM
50	Simon	Edwards	Buckley RC	34-41	4 M45
51	Andy	Jones	Wrexham AC	34-42	8 M40
52	Neil	Hershaw	West Cheshire	34-47	1 M55
53	Tim	Gears	Oswestry Olympians	34-48	9 M40
54	Dyfed	Whiteside-Thomas	Eryri Harriers	34-49	5 M45
55	Tom	Wilde	Oswestry Olympians	34-50	9 U20M
56	Geran	Hughes	GOG Tri	34-51	4 M50
57	Arthur	Connell	Eryri Harriers	34-55	8 M35
58	Ben	Beachell	Eryri Harriers	34-56	6 M45
59	Andrew	Clague	West Cheshire	34-57	5 M50
60	Gareth	Chaloner	Wrexham AC	35-00	9 M35
61	Gregory	Williams	Shropshire Shufflers	35-09	10 M35
62	David	Lyth	Buckley RC	35-15	11 M35
63	Sam	??????	GOG Tri	35-31	SM
64	Alan	Latham	Buckley RC	35-32	10 M40
65	Calvin	Wright	Shropshire Shufflers	35-34	6 M50
66	Rob	Arden	Tattenhall	35-37	11 M40
67	Daniel	Jones	Denbigh Harriers	35-41	SM
68	Isaac	Ayres	Aberystwyth AC	37-19	10 U20M
69	Jon	Seymour	GOG Tri	35-51	12 M35
70	Paul	Parkinson	Whitchurch Whippets	35-57	7 M45
71	Dave	Graham	Cadence Tri	36-07	12 M40
72	Stephen	Gill	Wrekin RR	36-08	7 M50
73	Christopher	Wood	Wrekin RR	36-12	8 M45
74	Eddie	Davies	Buckley RC	36-19	8 M50
75	Richard	Hayes	West Cheshire	36-24	9 M45
76	James	Pickering	Oswestry Olympians	36-28	SM
77	Emyr	Evans	GOG Tri	36-30	10 M45
78	Saul	Mellor	Whitchurch Whippets	36-35	SM
79	Gary	Blackwell	Buckley RC	36-37	9 M50
80	Steven	King	West Cheshire	36-46	11 M45
81	Tim	Hargreaves	Buckley RC	36-49	10 M50
82	Dean	Richards	Whitchurch Whippets	36-51	SM
83	George	Nicholls	Prestatyn RC	36-52	11 M50
84	Paul	Shannon	Tattenhall	37-05	2 M60
85	Dan	Thurston	Wrekin RR	37-08	13 M40

86	Karl	Williams	Buckley RC	37-12	12 M45
87	Nick	Holmes	Tattenhall	37-15	3 M60
88	Hadyn	Jones	Shrewsbury AC	37-18	2 M55
89	Vincent	Bomber	Cadence Tri	37-19	SM
90	Andrew	Carter	West Cheshire	37-20	13 M45
91	Jimmy	Carter	Meirionnydd RC	37-21	14 M40
92	Adam	Tatton	Telford AC	37-25	11 U20M
93	James	Williamson	Prestatyn RC	37-26	13 M35
94	Dave	Tiernan	West Cheshire	37-28	3 M55
95	Dave	Card	Oswestry Olympians	37-31	14 M35
96	Peter	Hughes	Shrewsbury AC	37-35	15 M35
97	Steve	Haimes	Prestatyn RC	37-37	14 M45
98	Andrew	Jones	Buckley RC	37-39	15 M40
99	Stuart	Thomas	Buckley RC	37-42	16 M40
100	Jared	Roberts	Colwyn Bay AC	37-44	SM
101	Keith	Billington	Wreccsam Tri Club	37-49	15 M45
102	Jeff	Gifford	Buckley RC	37-50	4 M55
103	Simon	Roxburgh	GOG Tri	37-54	16 M45
104	Dave	Newton	Oswestry Olympians	37-57	5 M55
105	Huw	Euron	Denbigh Harriers	38-03	SM
106	Dave	Millington	Wrexham AC	38-06	17 M45
107	Russ	Godwin	Colwyn Bay AC	38-08	12 M50
108	Joe	Matthews	Betsi Runaways	38-13	17 M40
109	David	Baugh	Denbigh Harriers	38-17	6 M55
110	Ian	Mawdesley	Wrexham AC	38-25	18 M40
111	Bleddyn	Evans	GOG Tri	38-32	18 M45
112	Kris	Williams	Wrekin RR	38-33	19 M40
113	Steve	Bellis	Buckley RC	38-40	4 M60
114	Mathew	Jones	Denbigh Harriers	38-46	13 M50
115	Dave	Boothroyd	Buckley RC	38-58	7 M55
116	James	Rogers	Prestatyn RC	39-00	19 M45
117	Simon	Bonfield	Abergele H	39-18	14 M50
118	Nick	Blake	Oswestry Olympians	39-23	5 M60
119	Ian	Mulligan	Colwyn Bay AC	39-26	15 M50
120	Simon	Phillips	Whitchurch Whippets	39-28	16 M50
121	Stephen	Weedman	Prestatyn RC	39-43	17 M50
122	Ian	Jackson	Shropshire Shufflers	39-47	20 M40
123	Philip	Heyes	Denbigh Harriers	40-02	16 M35
124	Ian	Hopkins	Telford AC	40-07	18 M50
125	Jim	Chaliner	Buckley RC	40-11	8 M55
126	Peter	Hughes	Wrexham AC	40-30	19 M50
127	Chris	Garbett	Oswestry Olympians	40-38	20 M50
128	Paul	Phillips	Oswestry Olympians	40-40	21 M50
129	Robert	Wilson	Whitchurch Tri Club	40-44	20 M45
130	Neil	Vicars-Harris	GOG Tri	40-50	22 M50
131	Tony	Benton	Denbigh Harriers	40-58	9 M55
132	Nick	Roberts	Cadence Tri	41-04	21 M45

133	Allen	Smith	Buckley RC	41-11	6 M60
134	Matt	Smith	Bangor Uni	41-22	SM
135	Matthew	Knapper	Oswestry Olympians	41-27	21 M40
136	John	Short	Shropshire Shufflers	41-32	10 M55
137	Graham	Evans	Shropshire Shufflers	41-40	7 M60
138	Ian	Taylor	Colwyn Bay AC	41-45	23 M50
139	Paul	Donoghue	Buckley RC	41-48	24 M50
140	Mike	Arthur	Shropshire Shufflers	41-50	11 M55
141	Richard	Westwood	Wrexham AC	41-55	22 M40
142	Charlie	Eldred	Tattenhall	42-07	25 M50
143	Gareth Rees	Jones	Denbigh Harriers	42-14	23 M40
144	Paul	Sanders	GOG Tri	42-24	17 M35
145	Des	Davies	Prestatyn RC	42-47	12 M55
146	Gary	Marsh	Shropshire Shufflers	43-05	13 M55
147	Juan	Reyes-Montes	Shropshire Shufflers	43-30	22 M45
148	Robert	Pritchard	Betsi Runaways	43-42	23 M45
149	Ian	Jones	Shropshire Shufflers	43-53	14 M55
150	Steve	Brown	Prestatyn RC	44-07	24 M45
151	Arwel	Jones	Prestatyn RC	44-38	8 M60
152	Mick	Finney	NWRRC	44-51	9 M60
153	Owen	Williams	Oswestry Olympians	45-15	12 U20M
154	Mark	Jones	Denbigh Harriers	45-17	18 M35
155	Shaun	Terry	Deestriders	45-31	25 M45
156	Billy	Brown	Wrexham AC	46-29	10 M60
157	Niki	Neale	Bangor Uni	47-00	SM
158	Christopher	Williams	Colwyn Bay AC	47-12	11 M60
159	Gerald	Cooper	Meirionnydd RC	48-18	15 M55
160	Martin	Lambert	Cadence Tri	48-58	24 M40
161	Nigel	Tatton	Telford AC	50-25	26 M50
162	Stuart	Quayle	Prestatyn RC	52-03	25 M40

TEAMS

DIVISION ONE (6 TO SCORE)

	Club	Race 1 Points	Race 1 Position
1	Wrexham AC	85	1
2	Buckley	192	2
3	Shrewsbury	240	3
4	West Cheshire	310	4
5	Meirionnydd	334	5
6	Prestatyn	347	6
7	Oswestry	390	7
8	Eryri Harriers	522	8

DIVISION TWO (4 TO SCORE)

	Club	Race 1 Points	Race 1 Position
1	Shropshire Shufflers	187	1
2	GOG Tri Club	197	2
3	Whitchurch Whippets	243	3
4	Tattenhall	255	4
5	Colwyn Bay	270	5
6	Telford AC	276	6
7	Denbigh Harriers	296	7
8	Cadence Tri Club	337	8
9	Wrekin RR	342	9
10	Bangor University	374	10
11	Aberystwyth University	401	11
12	Wreccsam Tri Club	452	12
13	NWRRC	481	13
14	Deestriders	491	14
15	Menai T&F	492	15
16	Deeside AC	518	16
17	Aberystwyth AC	575	17
18	Betsi Runaways	580	18
19	Abergele Harriers	603	19
20	Whitchurch Tri Club	615	20

MALE MASTERS TEAMS (3 TO SCORE)

	Club	Race 1 Points	Race 1 Position
1	Wrexham AC	13	1
2	Shrewsbury	27	2
3	Buckley	53	3
4	GOG Tri Club	58	4
5	Eryri Harriers	67	5
6	West Cheshire	97	6
7	Shropshire Shufflers	79	7
8	Prestatyn RC	108	8
9	Wrekin Road Runners	131	9
10	Tattenhall	137	10
11	Oswestry Olympians	149	11
12	Cadence Tri Club	151	12
13	Meirionnydd	183	13
14	Telford AC	212	14
15	Denbigh Harriers	229	15
16	Colwyn Bay	246	16

MALE OVER 65

Position	Forename	Surname	Club	Time	Age
1	Peter	Savill	Shrewsbury AC	24-35	1 M65
2	Steve	Roberts	Oswestry Olympians	25-34	2 M65
3	George	Nixon	Prestatyn RC	26-05	3 M65
4	Peter	Hough	Shropshire Shufflers	27-22	4 M65
5	Fred	Jones	Denbigh Harriers	27-30	5 M65
6	Emyr	Davies	Hebog	27-36	1 M75
7	Eurwyn	Edwards	Eyri Harriers	28-04	6 M65
8	David	Bowie	Whitchurch Whippets	29-23	7 M65
9	Colin	Hunt	Wrexham Tri Club	29-35	8 M65
10	Graeme	Shone	Abergele Harriers	30-03	9 M65
11	Mike	Whiteside	Tattenhall	30-06	1 M70
12	Chris	Baldwin	Denbigh Harriers	30-19	10 M65
13	Phil	Walker	Wrexham AC	30-22	2 M70
14	Iain	Day	Shropshire Shufflers	30-27	3 M70
15	Duncan	Rose	Shrewsbury AC	30-45	11 M65
16	Mike	Davies	Prestatyn RC	31-28	4 M70
17	Don	Williams	Eryri Harriers	31-43	1 M75
18	Bob	Habnes	Meirionnydd	31-52	12 M65
19	John	d'Albuquerque	GOG Tri Club	32-40	5 M70
20	John	Morris	Buckley RC	32-41	2 M75
21	Geoff	Fielding	Eryri Harriers	32-47	3 M75
22	John	Hickman	Prestatyn RC	33-24	4 M75
23	Roger	Harrison-Jones	Prestatyn RC	33-46	1 M80
24	Jack	Thomas	Buckley RC	33-57	5 M75
25	John	Nolan	Bro Dysynni	34-45	6 M70
26	Jeff	Jones	Denbigh Harriers	34-48	13 M65
27	Arthur	Egan	Wrexham AC	36-47	6 M75
28	Steve	Hatfield	Prestatyn RC	37-07	7 M70
29	Bob	Frost	Wrexham AC	40-01	7 M75
30	John	Tipping	Wrexham AC	42-45	2 M80

TEAMS (3 TO SCORE)

	Club	Race 1 Points	Race 1 Position
1	Prestatyn	41	1
2	Denbigh Harriers	43	2
3	Wrexham AC	69	3

UNDER 17 MEN

Position	Forename	Surname	Club	Time
1	Mike	Spill	Menai T&F	19-57
2	Bryn	Woodall	Colwyn Bay	20-35
3	Louis	Guest	Eryri Harriers	21-07
4	James	Jones	Deeside AC	21-17
5	Tyler	Cartlidge	Deeside AC	21-28
6	Huw	Jones	Deeside AC	21-49
7	James	Smith	GOG Tri Club	21-54

8	Matt	Anthony	Deeside AC	22-11
9	Cameron	Shaw	Menai T&F	22-19
10	Theo	Hughes	Deeside AC	23-07
11	Evan	Roberts	Oswestry Olympians	23-34
12	Troy	Kettle	NWRRC	24-27
13	Dion	Griffith	Menai T&F	24-28
14	Josh	Peevor	Eryri Harriers	24-45
15	Harrison	Evans	Colwyn Bay	25-27

TEAMS (3 TO SCORE)

	Club	Race 1 Points	Race 1 Position
1	Deeside AC	15	1
2	Menai T&F	23	2

SENIOR WOMEN

Position	Forename	Surname	Club	Time	Age
1	Ali	Lavender-Rawlinson	Oswestry Olympians	22-04	SW
2	Samia	Jones	Menai T&F	22-52	1 U17W
3	Miranda	Grant	Eryri Harriers	23-10	1 W35
4	Gemma	Moore	Eryri Harriers	23-25	2 W35
5	Catherine	Connell	Eryri Harriers	23-38	SW
6	Bethan	Jones	Oswestry Olympians	23-59	2 U17W
7	Andrea	Rowlands	Eryri Harriers	24-03	1 W45
8	Boe-Celyn	Jones	Menai T&F	24-07	3 U17W
9	Eliw	Haf	Eryri Harriers	24-20	SW
10	Rheagan	Edwards	Deeside AC	24-33	4 U17W
11	Beccy	Lewis	Wrecsam Tri Club	24-43	3 W35
12	Jennifer	Rambaldi	Buckley RC	24-52	SW
13	Emma	Crowe	Deeside AC	24=57	2 W45
14	Clare	McCarthy	Shropshire Shufflers	25-09	SW
15	Helen	Davies	Wrecsam Tri Club	25-18	1 W50
16	Becki	Law	Eryri Harriers	25-32	SW
17	Lucia	Payne	West Cheshire	25-37	5 U17W
18	Louisa	Woolcock	Oswestry Olympians	25-41	4 W35
19	Rachel	Coupe	Telford AC	25-42	3 W45
20	Lauren	Watchorn	Deeside AC	25-44	1 U20W
21	Jasmin	Dobson	Bangor University	25-52	SW
22	Deborah	Millington	Wrekin RR	25-53	4 W45
23	Bethan	Davies	Colwyn Bay	25-56	6 U17W
24	Rhiannon	Kamink	Aberystwyth Uni	26-03	SW
25	Jennifer	Charlton	Eryri Harriers	26-04	1 W40
26	Alice	Walton	Oswestry Olympians	26-06	SW
27	Kerry	Riley	West Cheshire	26-11	SW
28	Louisa	Williams	Oswestry Olympians	26-14	2 W40
29	Clare	Hanson	Dolly Mixtures	26-16	3 W40
30	Jane	Doughton	Buckley RC	26-21	5 W45

31	Ellie	Small	Deeside AC	26-22	7 U17W
32	Jessie	Richards	Dolly Mixtures	26-25	5 W35
33	Melina	Morris	Denbigh Harriers	26-27	6 W45
34	Alaw	Medi Evans	Denbigh Harriers	26-28	SW
35	Tammy	Lewis-Jones	Eryri Harriers	26-46	7 W45
36	Megan	Hughes	Eryri Harriers	26-52	4 W40
37	Anest	Muller	West Cheshire	26-56	6 W35
38	Helen	Blair	Eryri Harriers	27-03	2 W50
39	Ellie	Robinson	West Cheshire	27-04	8 W45
40	Libby	Dudleston	Whitchurch Whippets	27-13	5 W40
41	Carys	Watchorn	Deeside AC	27-15	8 U17W
42	Tracey	Sian Williamson	Denbigh Harriers	27-18	1 W55
43	Linda	Jones	Wrexham AC	27-19	3 W50
44	Anne	Mynott	Colwyn Bay	27-20	2 W55
45	Helen	Ashworth	Prestatyn RC	27-21	7 W35
46	Helen	MacArthur	GOG Tri Club	27-31	4 W50
47	Chris	Cammillare	Deestridders	27-33	8 W35
48	Milly	Jones	Deeside AC	27-42	9 U17W
49	Clare	Mallon	West Cheshire	27-50	9 W45
50	Joy	Hickman	Prestatyn RC	27-51	5 W50
51	Victoria	Hall	Oswestry Olympians	27-52	9 W35
52	Elen	Baugh	Denbigh Harriers	27-54	SW
53	Amanda	Mountford	Buckley RC	28-00	SW
54	Geninia	Grose	Bangor University	28-07	SW
55	Christine	Symms	Wrekin RR	28-14	10 W35
56	Jude	Hughes	Oswestry Olympians	28-18	10 W45
57	Fenella	Higgins	Buckley RC	28-22	6 W50
58	Yvonne	Hill	Oswestry Olympians	28-37	3 W55
59	Victoria	Whitehead	Denbigh Harriers	28-46	11 W45
60	Juliet	Edwards	Meirionnydd	29-04	4 W55
61	Anna	Smith	Cadence Tri Club	29-08	6 W40
62	Heather	Fras	Shropshire Shufflers	29-12	11 W35
63	Tania	Brandon	Oswestry Olympians	29-14	7 W50
64	Ellie	Salisbury	Eryri Harriers	29-24	5 W55
65	Ellen	McMahon	West Cheshire	29-25	SW
66	Jules	Lloyd-Evans	Oswestry Olympians	29-28	12 W45
67	Carys	Davies	Denbigh Harriers	29-30	7 W40
68	Nicola	Eatherington	Prestatyn RC	29-31	12 W35
69	Michelle	Harris	Dolly Mixtures	29-32	13 W45
70	Sasha	Hayes	Deeside AC	29-37	10 U17W
71	Debra	Bemand	West Cheshire	29-41	14 W45
72	Jo	Granfield	Whitchurch Whippets	29-48	6 W55
73	Angela	Tegg	West Cheshire	29-50	15 W45
74	Mary	Warner	Bangor University	29-51	SW
75	Liz	Park	Oswestry Olympians	29-00	16 W45
76	Mel	Barker	Tattenhall	30-01	8 W40
77	Kim	Jones-Northall	Wrecsam Tri Club	30-02	7 W55

78	Carrie	Jenkins	Dolly Mixtures	30-04	13 W35
79	Jane	Lindley	Buckley RC	30-05	8 W50
80	Lola	Smallwood	Deeside AC	30-07	9 W40
81	Rachael	Foster	Whitchurch Whippets	30-18	9 W50
82	Lea	Hulson	Tattenhall	30-24	14 W35
83	Vicky	Ronald	Colwyn Bay	30-28	10 W50
84	Sarah	Pearce	Dolly Mixtures	30-35	10 W40
85	Henni	Yli-Sirnio	Bangor University	30-42	SW
86	Claire	Bishop	Betsi Runaways	30-44	15 W35
87	Niamh	Fegan	Bangor University	30-45	SW
88	Ashling	D-Harrison	Oswestry Olympians	30-57	SW
89	Alison	Tucker	Oswestry Olympians	31-07	11 W50
90	Sarah	Quinlaw	Tattenhall	31-13	16 W35
91	Briony	Hibbert	Deeside AC	31-21	SW
92	Grace	Hart	Tattenhall	31-27	12 W50
93	Lisa	Bearpark	Whitchurch Tri Club	31-29	17 W35
94	Ann	d'Albuquerque	GOG Tri Club	31-36	1 W70
95	Lisa	Ashworth	Dolly Mixtures	31-37	11 W40
96	Lisa	Blagden	Telford AC	31-59	13 W50
97	Chris	Birch	Abergele Harriers	32-00	2 W70
98	Rachel	Boothman	Whitchurch Tri Club	32-04	17 W45
99	Emma	Wilde	Maldwyn	32-14	18 W45
100	Amelie	Roberts	Colwyn Bay	32-19	11 U17W
101	Kate	Wilson	Denbigh Harriers	32-25	SW
102	Liz	Martin	Prestatyn RC	32-34	12 W40
103	Alex	Fletcher	Eryri Harriers	32-43	18 W35
104	Katie	Bonfield	Abergele Harriers	32-44	13 W40
105	Alison	Preece	Telford AC	32-45	19 W45
106	Helen	Bainbridge	Wrecsam Tri Club	32-50	14 W40
107	Alex	Duffey	West Cheshire	32-56	20 W45
108	Menai	Baugh	Denbigh Harriers	33-02	1 W60
109	Sarah	Greaves	Oswestry Olympians	33-03	2 W60
110	Hannah	Evans	Tattenhall	33-06	19 W35
111	Helen	Griffith	Betsi Runaways	33-13	SW
112	Sue	Formstone	Buckley RC	33-14	14 W50
113	Maria	Spurling	Shropshire Shufflers	33-23	SW
114	Emma	MaCarthur	Colwyn Bay	33-25	15 W40
115	Rebecca	Howarth	Aberystwyth Uni	33-26	SW
116	Alison	Harper	Oswestry Olympians	33-27	16 W40
117	Helen	Boxendall	Prestatyn RC	33-39	15 W50
118	Cara	Jones	Prestatyn RC	33-40	21 W45
119	Amanda	Garner	Buckley RC	33-44	20 W35
120	Mandy	Cooke	Dolly Mixtures	33-50	22 W45
121	Debbie	Bellis	Buckley RC	33-58	8 W55
122	Sally	Withington	Wrekin RR	34-00	23 W45
123	Jenny	Williamson	Eryri Harriers	34-24	21 W35
124	Linda	Rowlands	Wrexham AC	34-33	16 W50

125	Alison	Holmes	Whitchurch Tri Club	34-38	17 W50
126	Sarah	Massey	GOG Tri Club	34-39	17 W40
127	Sian	Meirion	Buckley RC	34-40	24 W45
128	Marianne	Mulder	Cadence Tri Club	34-41	18 W40
129	Vivienne	Edwards	Eryri Harriers	34-42	3 W60
130	Helen	Alefounder	Prestatyn RC	34-43	25 W45
131	Ceri	Crabbe	Wrekin RR	34-52	26 W45
132	Tracey	Wilson	Whitchurch Tri Club	34-55	22 W35
133	Siobhan	Henn	Wrecsam Tri Club	35-03	23 W35
134	Maggie	Oliver	Eryri Harriers	35-20	3 W70
135	Diane	Gill	Shropshire Shufflers	35-24	9 W55
136	Sarah	Marriott	GOG Tri Club	35-27	19 W40
137	Sharon	Davies	Dolly Mixtures	35-57	24 W35
138	Llinos	Davies	GOG Tri Club	36-06	10 W55
139	Nicole	Van Den Wittenboer	Buckley RC	36-32	18 W50
140	Alice	Frost	Wrexham AC	36-34	25 W35
141	Bex	Smith	Cadence Tri Club	36-49	SW
142	Abigail	Cammillare	Deestriders	37-09	SW
143	Elaine	Dean	Shropshire Shufflers	37-19	11 W55
144	Lisa	Jones	Shropshire Shufflers	37-49	19 W50
145	Bev	Goodson	Deestriders	37-50	20 W50
146	Alexandra	James	Betsi Runaways	38-16	SW
147	Leanne	Matthews	Betsi Runaways	38-39	26 W35
148	Vicki	Barlow	Betsi Runaways	38-40	27 W35
149	Brenda	Jones	Bro Dysynni	38-41	1 W75
150	Ann	Ablett	Buckley RC	38-49	1 W65
151	Clare	Manley	Prestatyn RC	38-53	27 W45
152	Emma	Birchall	Prestatyn RC	39-10	28 W45
153	Megan	Jones	Dolly Mixtures	39-12	12 U17W
154	Jayne	Bateson	Whitchurch Tri Club	39-42	20 W40
155	Debbie	Jones	Prestatyn RC	40-00	29 W45
156	Alison	Foster	Wrexham AC	41-26	12 W55
157	Marjorie	Griffiths	Bro Dysynni	42-21	4 W70
158	Maureen	Singleton	Colwyn Bay	42-22	2 W75
159	Yolanda	Marconi-Nolan	Bro Dysynni	42-32	5 W70
160	Julie	Evans	Prestatyn RC	44-02	13 W55

FEMALE TEAMS**DIVISION ONE (4 to SCORE)**

	Club	Race 1 Points	Race 1 Position
1	Eryri Harriers	19	1
2	Oswestry Olympians	51	2
3	Deeside AC	74	3
3	West Cheshire	120	3
5	Buckley RC	152	5
6	Denbigh	161	6
7	Colwyn Bay	250	7

DIVISION TWO (3 TO SCORE)

	Club	Race 1 Points	Race 1 Position
1	Wreccsam Tri Club	103	1
2	Dolly Mixtures	130	2
3	Bangor Uni	149	3
4	Prestatyn RC	163	4
5	Menai T&F	171	5
6	Shropshire Shufflers	189	6
7	Whitchurch Whippets	193	7
8	Wrekin RR	199	8
9	Telford AC	220	9
10	Tattenhall	248	10
11	GOG Tri Club	266	11
12	Aberystwyth Uni	300	12
13	Wrexham AC	307	13
14	Whitchurch Tri Club	316	14
15	Cadence Tri Club	330	15
16	Deestriders	334	16
17	Abergele Harriers	362	17
18	Betsi Runaways	363	18
19	Meirionnydd	382	19
20	Maldwyn	421	20
21	Bro Dysynni	463	21

FEMALE MASTERS TEAMS

	Club	Race 1 Points	Race 1 Position
1	Eryri Harriers	6	1
2	Oswestry Olympians	48	2
3	Wreccsam Tri Club	60	3
4	West Cheshire	66	4
5	Dolly Mixtures	70	5
6	Denbigh Harriers	72	6
7	Prestatyn RC	97	7
8	Buckley	98	8
9	Whitchurch Whippets	121	9
10	Wrekin RR	126	10
11	Telford AC	145	11
12	Colwyn Bay	159	12
13	Tattenhall	164	13
14	GOG Tri Club	179	14
15	Wrexham AC	215	15
16	Whitchurch Tri Club	218	16
17	Shropshire Shufflers	242	17
18	Betsi Runaways	275	18
19	Bro Dysynni	346	19

What a great start to the 2019-20 season. Firstly a big thank you to Wrexham for hosting the first fixture and even booking the dry weather and firm conditions under foot. The Council had even cut the grass for the first time in weeks!!

There was a record turn-out in the opening race with 206 completing the race and it was fantastic again to see 15 Under 17 men competing. Equally the decision a couple of years ago to reduce the distance for the 65+ men has also seen a resurgence in these numbers and thirty 65+ men completed the course.

Classy Mike Spill dominated the opening race and won comfortably but it was great to see many young men giving Ali Lavender-Rawlinson something to chase on the course as she started the season again with a good win, especially after only recently completing a fine marathon. She was chased home by Menai youngster Samia Jones who clearly is a talent to watch in the future. Eryri Harriers started emphatically in Division 1 and in the Masters category, but it was also good to see Wreccsam Tri Club at the top of Division 2, being chased by Dolly Mixtures.

There was also a great race in the Men's race with Meirionnydd's experienced Alex Lanz having a race long tussle with West Cheshire youngster Joseph Morrison. On this occasion experience got the better of youth, but only just. There was a surprise in the teams with Shrewsbury for once struggling to get a team out, and host club Wrexham took full advantage by not only topping Division 1 by a healthy 107 points but also topping the Masters table. Shropshire Shufflers have set out their stall in Division 2, closely followed by GOG Tri Club and Whitchurch Whippets.

The next race is at Fox Hills, Colwyn Bay. Parking is at Eirias Park (LL29 7SP) and the course is across the road.

Bernie Jones

Referee

WELSH INTER REGIONS

As you may be aware Welsh Athletics have decided to incorporate the Welsh Inter Regions into the Welsh Inter Schools event to try and reduce the amount of racing for youngsters. The date of the Welsh Inter Regions has sadly therefore been changed to Saturday 16th November which clashes with the Masters International at which I hope a number of North Wales athletes will be taking part.

Eric Campbell has agreed to be Team Manager for the Senior and Master Teams and we will be picking the teams in the next couple of weeks. If you are interested in running in the Welsh Inter Regions, please contact **Eric Cambell** (07507 671337 or edegzee@gmail.com) or myself (07919 043117 or Bernie-jones@sky.com). Steve Livett and John Messum will be sorting out the junior teams.

Bernie Jones,