

**GRAND PRIX EXPRESS**  
**NORTH WALES CROSS COUNTRY LEAGUE**  
 (supported by Welsh Athletics Ltd)

at The Marches School, Oswestry

Saturday, February 2<sup>nd</sup>, 2013

**SENIOR MEN**

1	J Brocklehurst		Shrewsbury	33m	50s
2	N Jones	U20	C Bay	35m	07s
3	S Boynton		Deeside		30s
4	R Roberts		Eryri		36s
5	P Butler		Oswestry	36m	11s
6	D Alexander	M40	W Cheshire		12s
7	P Middleton		Shrewsbury		22s
8	R Heath	U20	Telford		25s
9	G Norgrove	M45	Tri Club		30s
10	LI Pierce		Eryri		33s
11	T Partridge	M50	Wrexham		48s
12	D Lemon		Deeside	37m	10s
13	D Weston		Wrexham		27s
14	M Cliffe	M40	Eryri		29s
15	A McNay		Tattenhall		30s
16	S Sayer		Menai		32s
17	W Sheridan	U20	Deeside	38m	01s
18	D Parker		Meirionnydd		21s
19	P Taylor		Tattenhall		40s
20	A Bethell	M45	Eryri		44s
21	A Williams	M40	Eryri		50s
22	A Campbell		Tri Club	39m	00s
23	A Lanz	U20	Meirionnydd		08s
24	S Garmson	U20	Telford		10s
25	D Tatton		Telford		25s
26	A Clague	M40	W Cheshire		29s
27	R Jones	M45	Maldwyn		30s
28	T Roo		Shrewsbury		31s
29	R Sharam		Whitchurch		32s
30	A Gray	M40	Shrewsbury		36s
31	I Lowe	M40	Oswestry		39s
32	S Eardley	M40	C Bay	40m	02s
33	J Garmson	M45	Telford		08s
34	E Campbell	M45	Buckley		16s
35	N Thomas	M45	Telford H		25s
36	T Cahill	M50	Abergele		42s
37	I Lancaster	M50	Tattenhall		49s
38	G Blackwell	M45	Deeside		50s

39	J Davies		Telford		53s
40	C Jones	M40	Eryri	41m	00s
41	G Jones	M50	Prestatyn		04s
42	T Gears		Oswestry		06s
43	D Richards		Whitchurch		07s
44	A Slater		Telford		09s
45	E Davies	M40	Buckley		15s
46	A Lewis	M50	Eryri		17s
47	M Robbins	M45	Wrexham		20s
48	R Godwin	M45	C Bay		29s
49	E Roberts	M50	Eryri		30s
50	S Turk	M45	Shrewsbury		33s
51	N Eyke	M50	Oswestry		36s
52	T Tansley		Oswestry		39s
53	A Beeston		Shrewsbury		46s
54	J Gifford	M45	Buckley		52s
55	G Nicholls	M40	Prestatyn		55s
56	J Hancock	M55	Oswestry	42m	02s
57	C Edgington	M55	Meirionnydd		25s
58	R Oliver		V Royal		27s
59	M Whitehead	U20	Denbigh		32s
60	N Owen	M55	Prestatyn		37s
61	G Lloyd		Shrewsbury		41s
62	H Jones	M50	Maldwyn		44s
63	V Belshaw	M50	Denbigh	43m	02s
64	M Cortvriend	M60	Denbigh		16s
65	S Phillips	M40	Whitchurch		19s
66	J Davies		Wrexham		23s
67	S Jones	M50	Telford		37s
68	J Ashcroft	M45	Shrewsbury		45s
69	L Coathup	M60	Buckley	44m	00s
70	S Waters		Shrewsbury		16s
71	A Hughes	M40	Meirionnydd		33s
72	G Nixon	M60	Prestatyn		46s
73	E Edmondson		Tattenhall		49s
74	M Smith		Tattenhall		53s
75	N Holmes	M50	Tattenhall	45m	09s
76	I Bayliss	M50	Buckley		14s
77	M Bicknell		C Bay		17s
78	I Maxwell	M45	Telford H		19s
79	R Oliver	M45	Deeside		25s
80	C Ashley	M50	Wrexham		29s
81	P Jones	M60	Eryri		35s
82	I Newsham	M45	V Royal		59s
83	T Benton	M50	Denbigh	46m	15s

84	D Jones	M50	Denbigh		16s
85	R Foggin	M45	Oswestry		20s
86	B Hickson		Whitchurch	46m	21s
87	R Cheetham	M45	Prestatyn		22s
88	M Whiteside	M60	Tattenhall		50s
89	K Challinor	M50	Deeside		55s
90	C Higgins	M55	Buckley	47m	03s
91	I Taylor	M45	C Bay		05s
92	J Dillon	M55	Whitchurch		06s
93	M Mayers	M40	Abergele		38s
94	W Price		Denbigh		41s
95	D Rose	M55	Shrewsbury		42s
96	P Evans	M40	Wrexham	48m	18s
97	C Baldwin	M55	Denbigh		23s
98	S Hammond	M50	Tattenhall		25s
99	P Butler	M55	Shrewsbury		26s
100	S Jones	M55	Eryri		42s
101	J Jones	M45	W Cheshire	49m	03S
102	D Edwards	M50	Abergele		11s
103	J G Evans	M65	Aberystwyth		17s
104	A Tomlinson		C Bay		20s
105	A Howe		Abergele		22s
106	D Owen	M60	Shrewsbury		31s
107	D Griffith	M40	C Bay	50m	05s
108	J Marsh		Whitchurch		46s
109	S Jolley	M45	Deeside		55s
110	P Oldfield	M50	Clwydian	51m	11s
111	C Eldred	M45	Tattenhall		40s
112	A Egan	M65	Wrexham		57s
113	N Tatton	M45	Telford	53m	08s
114	D Owen	M60	Prestatyn	54m	00s
115	J Nolan	M60	B Dysynni	58m	07s
116	R Mackey	M60	Buckley	60m	32s

## **TEAMS**

### **DIVISION ONE**

1	Eryri Harriers	109	Pts	(783	Pts)
2	Shrewsbury AAC	160	Pts	(1273	Pts)
3	Telford AAC	173	Pts	(1275	Pts)
4	Deeside AAC	238	Pts	(1309	Pts)
5	Tattenhall Runners	293	Pts	(1874	Pts)
6	Wrexham AAC	313	Pts	(1705	Pts)
7	Colwyn Bay AAC	354	Pts	(2002	Pts)

8	Meironnydd RC	419	Pts	(1633	Pts)
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## DIVISION TWO

1	Oswestry Olympians AAC	237	Pts	(1338	Pts)
2	Buckley RC	368	Pts	(1378	Pts)
3	Whitchurch Whippets	423	Pts	(2206	Pts)
4	Prestatyn RC	429	Pts	(2449	Pts)
5	Denbigh Harriers	447	Pts	(2596	Pts)
6	West Cheshire AAC	508	Pts	(3102	Pts)
7	Wreccsam Tri Club	531	Pts	(2964	Pts)
8	Abergele Harriers	586	Pts	(3371	Pts)
9	Maldwyn Harriers	589	Pts	(3220	Pts)
10	Telford Harriers	613	Pts	(3897	Pts)
11	Vale Royal AAC	640	Pts	(4087	Pts)
12	Menai T+F	641	Pts	(3275	Pts)
13	Aberystwyth AAC	728	Pts	(4258	Pts)
14	Clwydian Range Runners	735	Pts	(4271	Pts)
15	Bro Dysynni AAC	740	Pts	(4296	Pts)

## MALE MASTERS TEAMS

1	Eryri Harriers	15	Pts	(182	Pts)
2	Buckley RC	60	Pts	(199	Pts)
3	Oswestry Olympians AAC	65	Pts	(278	Pts)
4	Wrexham AAC	70	Pts	(429	Pts)
5	Shrewsbury AAC	71	Pts	(346	Pts)
6	West Cheshire AAC	72	Pts		
7	Prestatyn RC	78	Pts	(440	Pts)
8	Colwyn Bay AAC	89	Pts		
9	Tattenhall Runners	109	Pts	(593	Pts)
10	Deeside AAC	114	Pts	(469	Pts)
11	Denbigh Harriers	115	Pts	(585	Pts)
12	Telford AAC	119	Pts	(402	Pts)
13	Abergele Harriers	137	Pts		

## MEN OVER 70

1	Roger Harrison-Jones	M75	Prestatyn	29m	43s
2	D Hughes	M70	Prestatyn		56s
3	P Jones	M70	Prestatyn	30m	09s
4	P Norman	M75	Wrexham	33m	36s
5	B Walters	M70	Bridgnorth	36m	11s

6	B Jackson	M70	Meirionnydd	40m	06s
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#### TEAM

1	Prestatyn			6	Pts
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#### MEN UNDER 17

1	I Hughes		Menai	19m	04s
2	J Kershaw		Oswestry	20m	13s
3	J Griffith		C Bay		40s
4	T Henry		Deeside	21m	37s
5	B Harrison		Prestatyn	27m	23s

#### SENIOR WOMEN

1	C Martin	W35	Telford	20m	13s
2	G Garner	U17	C Bay	21m	58s
*3	P Griffin		Denbigh	22m	15s
4	I Redfern	W35	C Bay		38s
5	E Renondean		Tattenhall		46s
6	R Pierce		Denbigh		51s
7	A Backshall	U17	C Bay		51s
8	E Dove		Whitchurch	23m	15s
9	S Mackness		Telford		18s
10	C Jones	W35	Oswestry		50s
11	M Clarke	W40	Telford	24m	09s
12	L Morley	W40	Wrexham		30s
13	B Jenkinson	U17	Eryri		35s
14	S Atkinson	W45	Tattenhall		43s
15	H MacArthur	W40	C Bay		52s
16	D Tickner	U20	Oswestry	25m	00s
17	T Williams	W45	Denbigh		02s
18	D Urquhart	W40	Buckley		03s
19	A Tickner	W40	Oswestry		12s
20	T Brandon	W45	Oswestry		27s
21	M Ludden	W50	Buckley		37s
22	A Smith	W35	Tattenhall		37s
23	J Moore	W40	Eryri		46s
24	S Van Olsen	W40	Oswestry		51s
25	Y Hill	W45	Oswestry		56s
26	J Smith	W35	Oswestry		59s
27	J Harnden	W35	Wrexham	26m	14s

28	L Blagden	W40	Telford		23s
29	G Evans	W50	Shrewsbury		31s
30	V Whitehead	W35	Denbigh		47s
31	S Hancock	W50	Oswestry		51s
32	G Waring	W55	Prestatyn	27m	01s
33	E Salisbury	W50	Eryri		08s
34	C Birch	W65	Abergele		13s
35	H Turner		Eryri		26s
36	R Roberts		Prestatyn		28s
37	S Tatton	U17	Telford	27m	32m
38	J Lindley	W45	Buckley		35s
39	A Bagnall	U20	Prestatyn		40s
40	K Norgrove	W45	Tri Club		44s
41	M Jeal	W50	Denbigh		47s
42	A Whitelaw	W50	Wrexham		52s
43	S Ellis	W50	Tattenhall		56s
44	S Greaves	W55	Oswestry	28m	13s
45	V Ronald	W45	C Bay		32s
46	E Goddard	W40	Prestatyn		35s
47	Y Sobczak	W45	Wrexham	29m	01s
48	S Clayton	W45	Telford		15s
49	A Cheetham	U17	Prestatyn		31s
50	N Tomlinson		C Bay		41s
51	N Robertson		Prestatyn		46s
52	S Ridings	W50	Buckley		47s
53	A Davies	W35	Denbigh	30m	15s
54	L Park	W35	Oswestry		28s
55	M Baugh	W50	Denbigh		36s
56	M Docking	W60	Wrexham		48s
57	E Sheekey		Shrewsbury	31m	45s
58	R Shipley		Abergele	32m	13s
59	M Oliver	W60	Eryri		50s
60	J Chambers		Tattenhall	33m	01s
61	B Jones	W70	B Dysynni		48s
62	Y Marconi-Nolan	W60	B Dysynni	34m	09s
63	D Newsham	W45	V Royal		15s
64	M Evans	W45	B Dysynni	36m	06s
65	V Cortvriend	W55	Denbigh		21s
66	M Hunt	W45	Oswestry		29s
67	S Richards	W55	Shrewsbury		36s
68	M Griffiths	W65	B Dysynni	39m	17s
69	H Clarke	W40	Telford H		38s

(\*denotes an athlete not qualified to run in the team section)

## TEAMS

### DIVISION ONE

1	Colwyn Bay AAC	28	Pts	(270	Pts)
2	Oswestry Olympians AAC	65	Pts	(398	Pts)
3	Tattenhall Runners	84	Pts	(839	Pts)
4	Denbigh Harriers	94	Pts	(406	Pts)
5	Eryri Harriers	104	Pts	(406	Pts)
6	Wrexham AAC	128	Pts	(471	Pts)
7	Buckley RC	129	Pts	(718	Pts)

### DIVISION TWO

1	Telford AAC	21	Pts	(186	Pts)
2	Prestatyn RC	107	Pts	(566	Pts)
3	Shrewsbury AAC	153	Pts	(678	Pts)
4	Whitchurch Whippets	158	Pts	(1088	Pts)
5	Abergele Harriers	167	Pts	(912	Pts)
6	Bro Dysynni AAC	187	Pts	(1162	Pts)
7	Wreccsam Tri Club	190	Pts	(1171	Pts)
8	Vale Royal AAC	213	Pts	(1353	Pts)
9	Telford Harriers	219	Pts	(1275	Pts)

### LADY MASTERS TEAMS

1	Oswestry Olympians	24	Pts	(260	Pts)
2	Telford AAC	24	Pts	(155	Pts)
3	Colwyn Bay AAC	41	Pts	(221	Pts)
4	Buckley RC	47	Pts	(281	Pts)
5	Tattenhall Runners	49	Pts		
6	Wrexham AAC	52	Pts	(165	Pts)
7	Denbigh Harriers	57	Pts	(213	Pts)
8	Eryri Harriers	79	Pts	(242	Pts)
9	Bro Dysynni AAC	130	Pts		Pts)

Thank you to everyone at Oswestry for organising the fifth, and final meeting of this particular winter. Despite the conditions on part of the usual course they provided an excellent challenge for the athletes by making a few changes here and there and we are grateful to everyone who helped on a dry and enjoyable afternoon.

Once again the Oswestry folk ensured that everyone had a good time at the presentation ceremony which followed. Great cakes and a marvellous welcome – thank you to all concerned and it was extremely pleasing that so many stayed behind to be part of the event.

PLEASE remember that the Annual General Meeting of the Grand Prix Express North Wales Cross Country League will be held at the Ysgol Morgan Llwyd Sports Centre, Cefn Road, Wrexham on Friday, April 12<sup>th</sup>, 2013 at 7.15pm. Everyone is welcome to come but voting is, one vote per club.

The Grand Prix Express North Wales 10 mile Running Championships, incorporating the Wrexham Open 10, will be run from The Club House on the Wrexham Industrial Estate on Saturday, April 27<sup>th</sup> 2013 at 2.00pm. Entry forms are now available on our website.