

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

at The National Sports Centre, Lilleshall

Saturday, January 12th 2013

**SENIOR MEN**

|    |                |     |             |     |     |
|----|----------------|-----|-------------|-----|-----|
| 1  | J Brocklehurst |     | Shrewsbury  | 33m | 24s |
| 2  | N Jones        | U20 | C. Bay      | 34m | 42s |
| 3  | P Jones        | M40 | Oswestry    | 35m | 24s |
| 4  | D Alexander    | M40 | W. Cheshire |     | 51s |
| 5  | E Partridge    | M50 | Wrexham     | 36m | 05s |
| 6  | G Norgrove     | M45 | Tri Club    |     | 21s |
| 7  | W Sheridan     | U20 | Deeside     |     | 30s |
| 8  | J Hudak        | U20 | Bangor U    |     | 37s |
| 9  | D Kashi        |     | Bangor U    |     | 47s |
| 10 | A Walling      |     | Menai       |     | 53s |
| 11 | S Sayer        |     | Menai       |     | 55s |
| 12 | D Lemon        |     | Deeside     | 37m | 00s |
| 13 | J Brown        | M40 | Buckley     |     | 12s |
| 14 | D Kirby        |     | Shrewsbury  |     | 16s |
| 15 | P Taylor       |     | Tattenhall  |     | 22s |
| 16 | M Cliffe       | M40 | Eryri       |     | 25s |
| 17 | S Garmson      | U20 | Telford     |     | 33s |
| 18 | A Campbell     |     | Tri Club    |     | 37s |
| 19 | A McNay        |     | Tattenhall  |     | 43s |
| 20 | D Parker       |     | Meirionnydd |     | 59s |
| 21 | I Lowe         | M40 | Oswestry    | 38m | 13s |
| 22 | E Campbell     | M45 | Buckley     |     | 29s |
| 23 | G Jones        |     | Whitchurch  |     | 32s |
| 24 | A Hatton       | U20 | Bangor U    |     | 33s |
| 25 | R Sharam       |     | Whitchurch  |     | 36s |
| 26 | A Gray         | M40 | Shrewsbury  |     | 39s |
| 27 | R Jones        | M45 | Maldwyn     |     | 40s |
| 28 | T Roo          |     | Shrewsbury  |     | 49s |
| 29 | A Sudlow       |     | Tattenhall  | 39m | 00s |
| 30 | I Richards     |     | Meirionnydd |     | 19s |
| 31 | A Bethell      | M45 | Eryri       |     | 21s |
| 32 | A Williams     | M40 | Eryri       |     | 24s |
| 33 | D Jones        |     | Meirionnydd |     | 35s |
| 34 | T Cahill       | M50 | Abergele    |     | 36s |
| 35 | N Popple       |     | Bangor U    |     | 37s |
| 36 | S Ellis        | M45 | Tattenhall  |     | 50s |
| 37 | A Beeston      |     | Shrewsbury  |     | 59s |
| 38 | J Woodcock     | M60 | Menai       | 40m | 09s |
| 39 | M Robbins      | M45 | Wrexham     |     | 14s |

|    |              |     |             |     |     |
|----|--------------|-----|-------------|-----|-----|
| 40 | A Lewis      | M50 | Eryri       | 40m | 16s |
| 41 | E Davies     | M40 | Buckley     |     | 21s |
| 42 | N Thomas     | M45 | Telford H   |     | 24s |
| 43 | J Gifford    | M45 | Buckley     |     | 26s |
| 44 | R Godwin     | M45 | C. Bay      |     | 33s |
| 45 | G Nicholls   | M40 | Prestatyn   |     | 39s |
| 46 | S Turk       | M45 | Shrewsbury  | 41m | 07s |
| 47 | S Green      |     | Bangor U    |     | 08s |
| 48 | J Hancock    | M55 | Oswestry    |     | 13s |
| 49 | T Tansley    | M40 | Oswestry    |     | 29s |
| 50 | M Cortvriend | M60 | Denbigh     |     | 37s |
| 51 | H Morgan     | M45 | Oswestry    |     | 41s |
| 52 | H Jones      | M50 | Maldwyn     |     | 48s |
| 53 | S Eardley    | M40 | C. Bay      |     | 58s |
| 54 | C Edgington  | M55 | Meirionnydd |     | 59s |
| 55 | R Arden      |     | Tattenhall  | 42m | 00s |
| 56 | N Bevan      | M40 | Oswestry    |     | 04s |
| 57 | R Armstrong  |     | Abergele    |     | 08s |
| 58 | D Taylor     |     | Bangor U    |     | 12s |
| 59 | J Ashcroft   | M45 | Shrewsbury  |     | 21s |
| 60 | S Phillips   | M40 | Whitchurch  |     | 23s |
| 61 | D Baker      | M45 | Denbigh     |     | 25s |
| 62 | N Owen       | M55 | Prestatyn   |     | 35s |
| 63 | S Jones      | M50 | Telford     |     | 39s |
| 64 | L Coathup    | M60 | Buckley     |     | 52s |
| 65 | G Blackwell  | M45 | Deeside     | 43m | 14s |
| 66 | N Jones      |     | C. Bay      |     | 19s |
| 67 | A Hughes     | M40 | Meirionnydd |     | 43s |
| 68 | I Hopkins    | M45 | Telford     |     | 50s |
| 69 | R Oliver     | M45 | Deeside     |     | 52s |
| 70 | D Rowlands   | M40 | Eryri       |     | 56s |
| 71 | M Smith      |     | Tattenhall  |     | 58s |
| 72 | A Gauton     | M50 | Denbigh     | 44m | 00s |
| 73 | C Wakeman    | M50 | Shrewsbury  |     | 03s |
| 74 | I Maxwell    | M45 | Telford H   |     | 13s |
| 75 | P Jenkinson  | M40 | Eryri       |     | 24s |
| 76 | T Charmley   | M45 | Tattenhall  |     | 29s |
| 77 | G Nixon      | M60 | Prestatyn   |     | 31s |
| 78 | N Holmes     | M55 | Tattenhall  |     | 34s |
| 79 | I Bayliss    | M50 | Buckley     |     | 37s |
| 80 | S Davies     | M45 | Telford     |     | 47s |
| 81 | P Ballinger  | M55 | Denbigh     |     | 55s |
| 82 | N Quinlan    |     | Tattenhall  | 45m | 03s |
| 83 | R Cheetham   | M45 | Prestatyn   |     | 14s |
| 84 | M Whiteside  | M60 | Tattenhall  |     | 28s |
| 85 | D Jones      | M50 | Denbigh     |     | 42s |

|     |              |     |             |     |     |
|-----|--------------|-----|-------------|-----|-----|
| 86  | B Hickson    |     | Whitchurch  | 45m | 44s |
| 87  | M Bicknell   |     | C. Bay      |     | 44s |
| 88  | T Benton     | M50 | Denbigh     |     | 49s |
| 89  | D Rose       | M55 | Shrewsbury  | 46m | 05s |
| 90  | I Newsham    | M45 | V. Royal    |     | 18s |
| 91  | C Higgins    | M55 | Buckley     |     | 25s |
| 92  | A Tomlinson  |     | C. Bay      |     | 47s |
| 93  | D Hopkins    | M60 | Telford     |     | 53s |
| 94  | P Butler     | M55 | Shrewsbury  |     | 59s |
| 95  | S Hammond    | M55 | Tattenhall  | 47s | 16s |
| 96  | D Owen       | M60 | Shrewsbury  |     | 23s |
| 97  | R Webster    | M50 | Tattenhall  |     | 29s |
| 98  | G Bridge     |     | Telford     |     | 44s |
| 99  | M Durrant    | M55 | Tattenhall  |     | 52s |
| 100 | D Griffith   | M40 | C. Bay      |     | 52s |
| 101 | J Cooper     |     | Denbigh     | 48m | 00s |
| 102 | N Tatton     | M45 | Telford     |     | 18s |
| 103 | M Mayers     | M40 | Abergele    | 49m | 02s |
| 104 | C Baldwin    | M55 | Denbigh     |     | 23s |
| 105 | J G Evans    | M65 | Aberystwyth |     | 39s |
| 106 | D Fincham    | M50 | Telford     |     | 44s |
| 107 | A Egan       | M65 | Wrexham     |     | 50s |
| 108 | J Walker     |     | Whitchurch  | 50m | 00s |
| 109 | A Howe       |     | Abergele    |     | 12s |
| 110 | D Wilde      | M50 | Bridgnorth  |     | 24s |
| 111 | D A Williams | M60 | Wrexham     | 51m | 05s |
| 112 | G Hughes     | M65 | Prestatyn   |     | 14s |
| 113 | S Jolly      | M45 | Deeside     |     | 49s |
| 114 | P Dobson     | M55 | Whitchurch  | 52m | 56s |
| 115 | J Nolan      | M60 | B Dysynni   | 53m | 56s |
| 116 | D Owen       | M60 | Prestatyn   | 54m | 10s |
| 117 | A Zamitt     | M40 | Telford H   | 55m | 27s |
| 118 | R Mackey     | M60 | Buckley     | 57m | 07s |
| 119 | A Hodgkiss   | M65 | Telford     | 64m | 28s |

## **TEAMS**

### **DIVISION ONE**

|   |                    |     |     |       |      |
|---|--------------------|-----|-----|-------|------|
| 1 | Shrewsbury AAC     | 152 | Pts | (1104 | Pts) |
| 2 | Tattenhall Runners | 225 | Pts | (1581 | Pts) |
| 3 | Eryri Harriers     | 264 | Pts | (674  | Pts) |
| 4 | Meirionnydd RC     | 329 | Pts | (1214 | Pts) |
| 5 | Colwyn Bay AAC     | 344 | Pts | (1648 | Pts) |
| 6 | Deeside AAC        | 391 | Pts | (1071 | Pts) |
| 7 | Telford AAC        | 419 | Pts | (1102 | Pts) |

|   |             |     |     |       |      |
|---|-------------|-----|-----|-------|------|
| 8 | Wrexham AAC | 512 | Pts | (1392 | Pts) |
|---|-------------|-----|-----|-------|------|

## DIVISION TWO

|    |                        |     |     |       |      |
|----|------------------------|-----|-----|-------|------|
| 1  | Bangor University AAC  | 181 | Pts | (702  | Pts) |
| 2  | Oswestry Olympians AAC | 228 | Pts | (1101 | Pts) |
| 3  | Buckley RC             | 262 | Pts | (1010 | Pts) |
| 4  | Whitchurch Whippets    | 416 | Pts | (1783 | Pts) |
| 5  | Menai T+F              | 434 | Pts | (2634 | Pts) |
| 6  | Denbigh Harriers       | 427 | Pts | (2149 | Pts) |
| 7  | Prestatyn RC           | 495 | Pts | (2020 | Pts) |
| 8  | Wreccsam Tri Club      | 524 | Pts | (2433 | Pts) |
| 9  | Anergele Harriers      | 553 | Pts | (2785 | Pts) |
| 10 | Maldwyn Harriers       | 579 | Pts | (2631 | Pts) |
| 11 | Telford Harriers       | 608 | Pts | (3284 | Pts) |
| 12 | West Cheshire AAC      | 629 | Pts | (2594 | Pts) |
| 13 | Vale Royal AAC         | 715 | Pts | (3447 | Pts) |
| 14 | Aberystwyth AAC        | 730 | Pts | (3530 | Pts) |
| 15 | Bridgnorth AAC         | 755 | Pts | (3507 | Pts) |
| 16 | Bro Dysynni AAC        | 740 | Pts | (3556 | Pts) |

## MALE MASTERS TEAMS

|    |                        |     |     |      |      |
|----|------------------------|-----|-----|------|------|
| 1  | Eryri Harriers         | 29  | Pts | (167 | Pts) |
| 2  | Buckley RC             | 31  | Pts | (139 | Pts) |
| 3  | Oswestry Olympians AAC | 32  | Pts | (213 | Pts) |
| 4  | Shrewsbury AAC         | 64  | Pts | (275 | Pts) |
| 5  | Wrexham AAC            | 91  | Pts | (359 | Pts) |
| 6  | Denbigh Harriers       | 103 | Pts | (470 | Pts) |
| 7  | Prestatyn RC           | 105 | Pts | (362 | Pts) |
| 8  | Tattenhall Runners     | 110 | Pts | (484 | Pts) |
| 9  | Colwyn Bay AAC         | 116 | Pts |      |      |
| 10 | Telford AAC            | 127 | Pts | (283 | Pts) |
| 11 | Telford Harriers       | 144 | Pts |      |      |
| 12 | Deeside AAC            | 155 | Pts | (355 | Pts) |

## MEN OVER 70

|   |                      |     |            |     |     |
|---|----------------------|-----|------------|-----|-----|
| 1 | Roger Harrison-Jones | M70 | Prestatyn  | 31m | 52s |
| 2 | Peter Norman         | M70 | Wrexham    | 36m | 06s |
| 3 | Bob Walters          | M70 | Bridgnorth | 38m | 15s |

## UNDER 17 MEN

|   |             |         |     |     |
|---|-------------|---------|-----|-----|
| 1 | I Hughes    | Menai   | 20m | 31s |
| 2 | T Henry     | Deeside | 22m | 32s |
| 3 | J Griffith  | C. Bay  |     | 49s |
| 4 | M Blackwell | Deeside | 24m | 21s |

|   |           |  |           |     |     |
|---|-----------|--|-----------|-----|-----|
| 5 | B Harmson |  | Prestatyn | 29m | 08s |
|---|-----------|--|-----------|-----|-----|

**SENIOR WOMEN**

|    |             |     |            |     |     |
|----|-------------|-----|------------|-----|-----|
| 1  | A Lavender  |     | Oswestry   | 22m | 17s |
| 2  | G Garner    | U17 | C. Bay     |     | 55s |
| 3  | S Caskey    |     | Bangor U   | 23m | 21s |
| 4  | E Parry     | W35 | Wrexham    |     | 35s |
| 5  | I Redfern   | W35 | C. Bay     | 24m | 05s |
| *6 | P Griffin   |     | Denbigh    |     | 14s |
| 7  | B Taylor    | U20 | Bangor U   |     | 34s |
| 8  | E Collins   | W50 | Denbigh    | 25m | 37s |
| 9  | C Jones     | W35 | Oswestry   |     | 44s |
| 10 | S Mackness  |     | Telford    |     | 45s |
| 11 | E Baker     |     | Tattenhall |     | 53s |
| 12 | L Morley    | W40 | Wrexham    | 26m | 16s |
| 13 | T Williams  | W45 | Denbigh    |     | 29s |
| 14 | S Atkinson  | W45 | Tattenhall |     | 31s |
| 15 | H MacArthur | W40 | C.Bay      |     | 35s |
| 16 | A Smith     | W35 | Tattenhall |     | 46s |
| 17 | D Urquhart  | W40 | Buckley    |     | 53s |
| 18 | D Tickner   | U20 | Oswestry   |     | 55s |
| 19 | J Hoad      | W45 | Telford    |     | 58s |
| 20 | A Tickner   | W40 | Oswestry   | 27m | 05s |
| 21 | B Jenkinson | U17 | Eryri      |     | 09s |
| 22 | T Brandon   | W45 | Oswestry   |     | 22s |
| 23 | J Harndon   | W35 | Wrexham    |     | 29s |
| 24 | L Blagden   | W40 | Telford    |     | 35s |
| 25 | G Evans     | W50 | Shrewsbury |     | 39s |
| 26 | J Moore     | W40 | Eryri      |     | 48s |
| 27 | S Rowlands  | W45 | Clwydian   | 28m | 01s |
| 28 | E Salisbury | W50 | Eryri      |     | 04s |
| 29 | L H Jones   | W45 | Wrexham    |     | 10s |
| 30 | Y Hill      | W45 | Oswestry   |     | 15s |
| 31 | J Smith     | W35 | Oswestry   |     | 18s |
| 32 | F Higgins   | W40 | Buckley    |     | 21s |
| 33 | S Hancock   | W50 | Oswestry   |     | 39s |
| 34 | C Birch     | W65 | Abergele   |     | 47s |
| 35 | R Roberts   |     | Prestatyn  | 29m | 00s |
| 36 | J Lindley   | W45 | Buckley    |     | 12s |
| 37 | H Turner    |     | Eryri      |     | 23s |
| 38 | J Harvey    |     | Telford H  |     | 25s |
| 39 | A Whitelaw  | W50 | Wrexham    |     | 28s |
| 40 | K Norgrove  | W45 | Tri Club   |     | 38s |
| 41 | A Bagnall   | U20 | Prestatyn  |     | 41s |
| 42 | S Greaves   | W55 | Oswestry   |     | 49s |
| 43 | S Ellis     | W50 | Tattenhall | 30m | 06s |

|    |                 |     |            |     |     |
|----|-----------------|-----|------------|-----|-----|
| 44 | S Tatton        | U17 | Telford    |     | 18s |
| 45 | M Jeal          | W50 | Denbigh    | 30m | 27s |
| 46 | E Goddard       | W40 | Prestatyn  |     | 30s |
| 47 | L Griffith      | W40 | C. Bay     |     | 33s |
| 48 | Y Ronald        | W45 | C. Bay     |     | 46s |
| 49 | E Davies        |     | Whitchurch | 31m | 17s |
| 50 | A Cheetham      | U17 | Prestatyn  |     | 25s |
| 51 | S Clayton       | W45 | Telford    |     | 45s |
| 52 | S Ridings       | W50 | Buckley    |     | 46s |
| 53 | S Bayliss       | W40 | Denbigh    | 32m | 14s |
| 54 | GCsizmadia      | W50 | Wrexham    |     | 23s |
| 55 | G Hart          | W50 | Tattenhall |     | 25s |
| 56 | A Davies        | W35 | Denbigh    |     | 25s |
| 57 | R Shipley       |     | Abergele   |     | 33s |
| 58 | N Tomlinson     |     | C. Bay     |     | 41s |
| 59 | S Rowlands      |     | Eryri      |     | 44s |
| 60 | E Jones         | W40 | Prestatyn  | 33m | 03s |
| 61 | M Baugh         | W50 | Denbigh    |     | 13s |
| 62 | B Jones         | W70 | B Dysynni  | 34m | 07s |
| 63 | M Oliver        | W60 | Eryri      |     | 12s |
| 64 | C Gardner       | W35 | Telford H  |     | 35s |
| 65 | J Chambers      | W40 | Tattenhall | 35m | 20s |
| 66 | Y Marconi-Nolan | W60 | B Dysynni  |     | 43s |
| 67 | L Dodd          |     | Bangor U   |     | 55s |
| 68 | D Newsham       | W45 | V Royal    | 36m | 01s |
| 69 | J Cooper        |     | Denbigh    |     | 10s |
| 70 | M Hunt          | W45 | Oswestry   | 37m | 36s |
| 71 | S Richards      | W55 | Shrewsbury | 38m | 05s |
| 72 | V Cortvriend    | W55 | Denbigh    | 40m | 02s |
| 73 | J Morgan        | W60 | Denbigh    | 42m | 44s |
| 74 | H Clarke        | W45 | Telford H  |     | 53s |
| 75 | C Lewis         | W60 | Telford H  | 44m | 54s |

## **TEAMS**

### **DIVISION ONE**

|   |                        |         |           |
|---|------------------------|---------|-----------|
| 1 | Oswestry Olympians AAC | 48 Pts  | (333 Pts) |
| 2 | Wrexham AAC            | 68 Pts  | (343 Pts) |
| 3 | Colwyn Bay AAC         | 69 Pts  | (242 Pts) |
| 4 | Tattenhall Runners     | 84 Pts  | (755 Pts) |
| 5 | Eryri Harriers         | 112 Pts | (302 Pts) |
| 6 | Denbigh Harriers       | 119 Pts | (421 Pts) |
| 7 | Buckley RC             | 137 Pts | (589 Pts) |

## DIVISION TWO

|    |                        |         |            |
|----|------------------------|---------|------------|
| 1  | Telford AAC            | 53 Pts  | (165 Pts)  |
| 2  | Bangor University AAC  | 77 Pts  | (249 Pts)  |
| 3  | Prestatyn RC           | 122 Pts | (459 Pts)  |
| 4  | Telford Harriers       | 176 Pts | (1054 Pts) |
| 5  | Abergele Harriers      | 191 Pts | (745 Pts)  |
| 6  | Shrewsbury AAC         | 196 Pts | (525 Pts)  |
| 7  | Clwydian Range Runners | 227 Pts | (1056 Pts) |
| 8  | Bro Dysynni AAC        | 228 Pts | (975 Pts)  |
| 9  | Wreccsam Tri Club      | 240 Pts | (981 Pts)  |
| 10 | Whitchurch Whippets    | 249 Pts | (930 Pts)  |
| 11 | Vale Royal AAC         | 268 Pts | (1140 Pts) |

## LADY MASTERS TEAMS

|   |                        |         |           |
|---|------------------------|---------|-----------|
| 1 | Wrexham AAC            | 20 Pts  | (113 Pts) |
| 2 | Oswestry Olympians AAC | 29 Pts  | (236 Pts) |
| 3 | Denbigh Harriers       | 40 Pts  | (156 Pts) |
| 4 | Colwyn Bay AAC         | 43 Pts  | (180 Pts) |
| 5 | Tattenhall Runners     | 46 Pts  |           |
| 6 | Buckley RC             | 59 Pt   | (234 Pts) |
| 7 | Telford AC             | 61 pts  | (131 pts) |
| 8 | Eryri Harriers         | 80 Pts  | (163 Pts) |
| 9 | Telford Harriers       | 152 Pts |           |

Many thanks to everyone at Telford AAC for providing a fine course for the fourth meeting of this winter season.

The fifth and final gathering will take place at The Marches School, Oswestry, SY11 2AR, on Saturday, February 2<sup>nd</sup>, 2013. If you require directions ring me on 01978 820612.

If your club won a trophy last season PLEASE bring it with you so it can be presented at the awards ceremony immediately after the final race.

May I also remind you that every club will receive two team envelopes at this meeting - one will be for the senior womens/Over 70 men/Under 17 men race which will be returned immediately after the race so we can begin working out the final results. The second envelope with your senior men's results will be collected after their race.

The Annual General Meeting of the Grand Prix Express North Wales Cross Country League will be held at 7.15pm at Ysgol Morgan Llwyd, Wrexham, LL13 1RD on Friday, April 12<sup>th</sup> 2013. Everyone is invited to attend but voting is, one vote per club. If you have any motions/changes to rules, etc., you want discussed PLEASE bring them with you to Oswestry. Thank you.