

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

at Treborth Playing Fields, Bangor

Saturday, November 21st 2009

**SENIOR MEN**

1	N Swinburn		Bangor U	26m33s
2	T Davies		Maldwin	27m24s
3	R Roberts		Eryri	36s
4	W Dilling	U20	Menai	28m12s
5	I Coupland		Shrewsbury	42s
6	A Walling		Menai	56s
7	L Jones		Deeside	29m02s
8	P Middleton		Shrewsbury	16s
9	R Hughes		Telford	26s
10	D Damiani		Wrexham	31s
11	G Norgrove	M40	Tri Club	46s
12	I Morton		Eryri	30m06s
13	S Lovatt		Eryri	07s
14	T Annable	M45	V. Royal	14s
15	P Jones		Oswestry	25s
16	D Weston		Wrexham	26s
17	R Owen	M50	Eryri	48s
18	S Ratcliffe		Bangor U	52s
19	G Hughes	M40	Abergele	56s
20	M Robbins	M45	Wrexham	31m08s
21	A Mackay		Bangor U	10s
22	I Richards		Meirionnydd	12s
23	J Ogden	U20	Oswestry	13s
24	G Jones	M50	Shrewsbury	14s
25	E Davies	M50	Maldwyn	15s
26	D Beales	M45	Shrewsbury	22s
27	H Brassington		Meirionnydd	25s
28	A Clague	M40	W. Cheshire	28s
29	S Ellis	M40	Tattenhall	33s
30	S Sayer		Menai	34s
31	A Norgrove	M45	Wrexham	43s
32	G R Williams	M40	Menai	49s
33	J Sanders	M45	Telford	56s
34	A Lewis	M50	Eryri	32m00s
35	M Anwyl		Prestatyn	04s
36	J Kettle		W. Cheshire	09s
37	D Cottier	M40	V. Royal	13s
38	R Edwards		Menai	15s
39	R Godwin	M40	C. Bay	18s
40	A McNay		Tattenhall	19s
41	P Hancock		Tattenhall	23s
42	C Pierce		Eryri	32m34s

43	G Nicholls	M40	Prestatyn	35s
44	J Woodcock	M55	Menai	38s
45	H Jones	M45	Maldwyn	40s
46	C Yorke	M40	C.Bay	40s
47	R Jones	M45	Maldwyn	41s
48	G Owens	M60	Prestatyn	43s
49	S Waters		Shrewsbury	44s
50	A Gouda	M45	Tattenhall	46s
51	P Clarke	M50	Shrewsbury	47s
52	A Jones		C.Bay	50s
53	M Aston		Abergele	58s
54	D Jury		V.Royal	33m00s
55	C Talbot		Telford	05s
56	R. O'Donnell		Eryri	13s
57	T Jones	M45	Eryri	17s
58	R Sharam		Whitchurch	25s
59	M Simms		Prestatyn	27s
60	R Garbett		Oswestry	27s
61	P Stinton		Buckley	39s
62	P Williams	M45	Telford	41s
63	B Hunter	M45	C.Bay	43s
64	N Owen	M55	Prestatyn	53s
65	T Roberts		Meirionnydd	56s
66	N Bevan		Prestatyn	34m12s
67	G Nixon	M55	Prestatyn	14s
68	D Hollingsworth		Buckley	14s
69	P Davies	U20	Bangor U	27s
70.	S Roberts	M55	Oswestry	28s
71	I Mulligan	M40	C.Bay	29s
72	N Jones		C.Bay	31s
73	M Cortvriend	M55	Denbigh	39s
74	T Archer	M55	V.Royal	40s
75	M Atherton		Meirionnydd	45s
76	P Allingr	M50	Denbigh	56s
77	H Lewis	M50	Buckley	35m08s
78	C Wakeman	M50	Shrewsbury	16s
79	S Jenkinson	M40	Eryri	28s
80	D Davies	M45	Prestatyn	29s
81	T Harding	M45	C.Bay	32s
82	J Harold	M40	Eryri	33s
83	R Jones		Wrexham	38s
84	A Humphreys	M45	Denbigh	46s
85	M Dawes	M60	Telford	49s
86	A W Jones	M50	Prestatyn	52s
87	S Smith		Eryri	53s
88	A Corbett		Whitchurch	54s
89	M Whiteside	M60	Tattenhall	56s
90	C Evans		Wrexham	36m00s

91	D Williams	M65	Eryri	03s
92	J Williams	M55	Eryri	06s
93	S Phillips		Whitchurch	08s
94	C Hayes		Prestatyn	13s
95	M Hughes		Bangor U	16s
96	G Manson	M55	Oswestry	23s
97	D Jones	M40	Eryri	24s
98	R Bourne	M40	Eryri	24s
99	P English	M55	Denbigh	25s
100	I Taylor	M40	C.Bay	26s
101	J Pickering		Buckley	28s
102	P Roberts	M65	Buckley	29s
103	P Donoghue	M40	Buckley	33s
104	C Willman		Buckley	36s
105	A Egan	M65	Wrexham	42s
106	D Richards		Whitchurch	52s
107	G Dodd	M40	Denbigh	56s
108	G Buckley		Eryri	37m06s
109	F Vaughan	M50	Meirionnydd	09s
110	A Cabot		Bangor U	22s
111	C Jones		Whitchurch	27s
112	P Pilbeam		Eryri	28s
113	D Oldfield	M50	Tattenhall	37s
114	J Morgan	M50	Whitchurch	41s
115	D Hough	M60	W.Cheshire	48s
116	M Evans	M45	Eryri	52s
117	E Davies	M65	Eryri	56s
118	M Jones	M40	Buckley	38m00s
119	E Edwards	M55	Eryri	06s
120	C Baldwin	M55	Denbigh	11s
121	G D eid	M45	Abergele	20s
122	T Benton	M45	Denbigh	24s
123	P Nicholls	M55	Meirionnydd	27s
124	M Durant	M50	Tattenhall	28s
125	B Hastings	M60	W.Cheshire	29s
126	M Blake	M60	Eryri	42s
127	J Smith	M60	Meirionnydd	57s
128	J Morris	M65	Buckley	39m02s
129	D Jones	M55	Eryri	25s
130	S Hatfield	M60	Prestatyn	26s
131	R Healey		Bangor U	28s
132	R Griffiths	M55	B.Dysynni	37s
133	D Rose	M55	Shrewsbury	50s
134	K Evans	M45	Meirionnydd	40m11s
135	S Bell	M45	Denbigh	27s
136	D Davies	M50	Telford	50s
137	D A Williams	M60	Wrexham	40m59s
138	D Davies		Denbigh	41m00s

139	R D Clarke		Eryri	23s
140	A Goodson	M45	Abergele	26s
141	G Hughes	M60	Prestatyn	31s
142	N Ballad	M45	Oswestry	35s
143	A Stockwell		Shrewsbury	46s
144	R Spotswood	M50	Abergele	48s
145	P Whittle		Shrewsbury	42m02s
146	A Whitehouse		Prestatyn	09s
147	P Barrouclough		Denbigh	53s
148	S Pilbeam	M50	Eryri	58s
149	N Alford	M50	Bridgnorth	44m07s
150	C Barnett	M50	Denbigh	46s
151	A Lucas	M65	Abergele	46m15s
152	A Hodgkiss	M60	Telford	47m16s
153	J Thomas		Bangor U	48m13s

## **TEAMS**

### **DIVISION ONE**

1	Eryri Harriers	121 pts (923 pts)
2	Shrewsbury AAC	163 pts (625 pts)
3	Wrexham AAC	250 pts (695 pts)
4	Colwyn Bay AAC	343 pts (1011 pts)
5	Tattenhall Runners	362 pts (1164 pts)
6	Telford AAC	380 pts (524 pts)
7	Maldwyn Harriers	469 pts (939 pts)
8	Abergele Harriers	628 pts (1988 pts)

### **DIVISION TWO**

1	Menai T+F	154 pts (716 pts)
2	Bangor University AAC	314 pts (1291 pts)
3	Prestatyn RC	316 pts (1000 pts)
4	Oswestry Olympians AAC	330 pts (1541 pts)
5	Meirionydd RC	421 pts (1158 pts)
6	Buckley RC	512 pts (1414 pts)
7	Vale Royal AAC	529 pts (1640 pts)
8	Denbigh Harriers	559 pts (1900 pts)
9	Whitchurch Whippets	570 pts (2007 pts)
10	West Cheshire AAC	654 pts (2541 pts)
11	Deeside AAC	882 pts (2310 pts)
12	Wrecsam Tri Club	886 pts (2137 pts)
13	Bro Dysynni AAC	1007 pts (3213 pts)
14	Bridgnorth AAC	1024 pts (2812 pts)

### **MALE MASTERS TEAMS**

1	Shrewsbury AAC	35 pts (127 pts)
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2	Eryri Harriers	39 pts (169 pts)
3	Maldwyn Harriers	44 pts (156 pts)
4	Vale Royal AAC	47 pts (257 pts)
5	Colwyn Bay AAC	60 pts (252 pts)
6	Prestatyn RC	64 pts (222 pts)
7	Wrexham AAC	66 pts (163 pts)
8	Tattenhall Runners	73 pts (338 pts)
9	Telford AAC	77 pts (105 pts)
10	Denbigh Harriers	103 pts (407 pts)
11	West Cheshire AAC	132 pts
12	Buckley RC	135 pts (371 pts)
13	Abergele Harriers	145 pts (368 pts)
14	Meirionnydd RC	188 pts

### **MALE OVER 70**

1	D Hughes	M70	Prestatyn	27m48s
2	R Hird	M70	Eryri	33m06s
3	R Billington	M75	Wrexham	37m43s
4	J Tipping	M70	Wrexham	39m20s

### **UNDER 17 MEN**

1	W Sheridan		Menai	20m12s
2	A Lanz		Meirionnydd	26s
3	J Roberts		Wrexham	34s
4	G Oliver		Deeside	21m14s
5	O James		Menai	42s
6	T Roberts		Menai	25m04s

### **TEAMS**

1	Menai T+F	12 pts
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### **SENIOR LADIES**

1	A Lavender		Oswestry	20m37s
2	M Kitching	W40	Tattenhall	43s
3	R Pierce		Denbigh	21m52s
4	T Lewis-Jones	W35	C.Bay	57s
5	A Rowlands	W35	Eryri	22m13s
6	E Robinson		Buckley	23s
7	B Law		Eryri	30s
8	S Livett	U17	Menai	31s
9	D Sanders	W40	Telford	22m34s
10	J Heming	W35	Eryri	44s
11	C Evans	W45	Telford	51s
12	H MacArthur	W40	C.Bay	23m01s
13	C Jones		Oswestry	14s

14	A Williams	W45	Eryri	41s
15	A Tickner	W40	Oswestry	58s
16	M Grant		Eryri	24m06s
17	Y Hill	W45	Oswestry	07s
18	A Vaughan	W35	Meirionnydd	08s
19	L Peters	U17	Menai	23s
20	S Blandford		Bangor U	23s
21	B English	W50	Denbigh	27s
22	K Norgrove	W40	Tri Club	32s
23	T Williams	W45	Denbigh	38s
24	A Whitelaw	W50	Wrexham	41s
25	E Collins	W45	Denbigh	46s
26	J Hood	W40	Telford	47s
27	D Urquhart	W35	Buckley	55s
28	V Ronald	W40	C Bay	25m03s
29	A Smith		Tattenhall	08s
30	W Trimble		Eryri	40s
31	B Robinson		Prestatyn	45s
32	E Salisbury	W45	Eryri	50s
33	J Jarvis	W45	Oswestry	53s
34	A Hughes	W40	Abergele	58s
35	L Hampton-Jones	W40	Wrexham	59s
36	J Richards	W45	Abergele	26m04s
37	G Davies	W45	Prestatyn	05s
38	G Waring	W50	Prestatyn	08s
39	L Blagdon	W40	Telford	21s
40	P Davies	W55	V. Royal	46s
41	B Tiedtke	W45	Prestatyn	56s
42	J Edwards	W45	Merionnydd	27m04s
43	K Richardson		Bangor U	06s
44	M Ludden	W45	Buckley	11s
45	R Foster		Whitchurch	17s
46	E Goddard	W35	Prestatyn	29s
47	M Docking	W55	Wrexham	40s
48	E Davis		Bangor U	42s
49	A Donnelly	W40	Eryri	59s
50	S Hill	W35	Abergele	28m07s
51	M Oliver	W60	Eryri	16s
52	J Williamson		Eryri	40s
53	H Roberts		Bangor U	29m00s
54	A Edwards	W35	Meirionnydd	01s
55	S Bayliss	W40	Denbigh	02s
56	S Ridings	W50	Buckley	03s
57	E Sheekey		Shrewsbury	29m19s
58	S Rogers		Whitchurch	33s
59	E Rogers		Bangor U	40s
60	H Dirksen	W60	Buckley	42s
61	B Jones	W65	B. Dysynni	30m02s

62	K Waterson		Whitchurch	11s
63	G Smith		Meirionnydd	26s
64	V Edwards	W50	Menai	28s
65	S Calvert	W50	Abergele	31m44s
66	B Warwick		Denbigh	53s
67	J Phillips	W50	Menai	32m08s
68	M Evans	W40	B. Dysynni	22s
69	H Robbins	W55	Whitchurch	31s
70	V Cortvriend	W55	Denbigh	35m14s
71	F Bagnall	W50	Denbigh	52s
72	M Radford	W60	W. Cheshire	36m04s
73	S Richards	W55	Shrewsbury	37m21s

## **TEAMS**

### **DIVISION ONE**

1	Eryri Harriers	36 pts (174 pts)
2	Oswestry Olympians AAC	46 pts (235 pts)
3	Denbigh Harriers	72 pts (435 pts)
4	Colwyn Bay AAC	119 pts (210 pts)
5	Buckley RC	133 pts (392 pts)
6	Tattenhall Runners	181 pts (610 pts)
7	Wrexham AC	181 pts (392 pts)

### **DIVISION TWO**

1	Telford AAC	46 pts (85 pts)
2	Menai T+F	91 pts (281 pts)
3	Prestatyn RC	106 pts (343 pts)
4	Bangor University AAC	111 pts (284 pts)
5	Meirionnydd RC	114 pts (404 pts)
6	Abergele Harriers	120 pts (417 pts)
7	Whitchurch Whippets	165 pts (540 pts)
8	Wreccsam Tri Club	172 pts (536 pts)
9	Vale Royal AAC	190 pts (812 pts)
10	Bro Dysynni AAC	204 pts (681 pts)
11	Shrewsbury AAC	205 pts (598 pts)
12	West Cheshire AAC	222 pts (842 pts)

### **WOMEN MASTER TEAMS**

1	Eryri Harriers	16 pts (97 pts)
2	Telford AAC	27 pts (53 pts)
3	Colwyn Bay AAC	28 pts (64 pts)
4	Oswestry Olympians AAC	40 pts (140 pts)
5	Denbigh Harriers	42 pts (240 pts)
6	Wrexham AAC	71 pts (147 pts)
7	Meirionnydd RC	78 pts

8	Prestatyn RC	80 pts (249 pts)
9	Abergele Harriers	81 pts (291 pts)
10	Buckley RC	88 pts (252 pts)

Despite the weather another good turnout. Our thanks to Maggie Oliver, Arwel Lewis and Steve Livett who convinced Bangor University officials that we would look after their fields – I can tell you that earlier in the week it had looked as if we would have to cancel the meeting.

Congratulations to Griff Owens (Prestatyn) on winning the Over 60 male section at the British and Irish Cross Country International in Birmingham. Emyr Davies (Eryri) and Marilyn Kitching (Tattenhall) were also third in the M65 and W40 categories with Griff and Marilyn, aided by Denise Sanders (Telford) leading Wales to outstanding team victories. Our League was very well represented at the prestigious event with Wrexham pair, Bernard Jones and Alison Whitelaw, deserving praise as Welsh team managers for leading their country to a fine third place overall.

The winter's fourth Grand Prix Express North Wales Cross Country League fixture will be held at Ysgol Morgan Llwyd, Cefn Road, Wrexham (LL13 9NG) on Saturday, January 16<sup>th</sup> 2010.

*A Merry Christmas and a Happy New Year to you all!  
Nadolig Llawen a Blwyddyn Newydd Dda i bawb!*

