

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

at Oldbury Wells School, Bridgnorth

Saturday, October 10th 2009

SENIOR MEN

1	C Davies		Telford	29m38s
2	R Samuel		Bangor U	30m23s
3	A Davies		Maldwyn	55s
4	T Davies		Maldwyn	56s
5	P Ward	M40	Telford	57s
6	I Coupland		Shrewsbury	32m57s
7	G Wilson	M50	Telford	59s
8	D Damiani		Wrexham	33m14s
9	W Dashper		Telford	17s
10	R Hughes		Telford	24s
11	A Walling		Menai	26s
12	L Jones		Deeside	27s
13	C Bagshaw		Telford	29s
14	G Norgrove	M40	Tri Club	50s
15	R Lucock		Telford	59s
16	R Stafford		Maldwyn	34m02s
17	D Weston		Wrexham	04s
18	D Mansbridge	M45	Telford	22s
19	J Hockey		Telford	35s
20	J Anderson		Telford	40s
21	T Annable	M45	V Royal	52s
22	A Woodcock	U20	Menai	35m00s
23	D Cole		Meirionnydd	02s
24	M Robbins	M45	Wrexham	05s
25	A Bromley	U20	Deeside	08s
26	J Sanders	M45	Telford	14s
27	D Longley		Prestatyn	20s
28	T Lloyd	M40	Menai	22s
29	I Richards		Meirionnydd	30s
30	M Anwyl		Prestatyn	36s
31	J Bradshaw		Buckley	42s
32	R Watson		C Bay	44s
33	G Jones	M50	Shrewsbury	46s
34	R Owen	M50	Eryri	49s
35	A Clague	M40	W Cheshire	51s
36	A McNay		Tattenhall	57s
37	H Brassington		Meirionnydd	36m01s
38	R Jones	M45	Maldwyn	03s
39	G Nicholls	M40	Prestatyn	04s
40	D Beales	M45	Shrewsbury	07s
41	R Dunn		Tattenhall	08s
42	P Plant	M45	Telford	10s

43	A Lewis	M50	Eryri	36m13s
44	S Sayer		Menai	14s
45	G Hughes	M40	Abergele	20s
46	S Waters		Shrewsbury	22s
47	P Williams	M45	Telford	27s
48	S Wolstenholme		Tri Club	28s
49	A Norgrove	M45	Wrexham	47s
50	S Mochan		Bangor U	48s
51	J Garmson	M45	Telford	51s
52	B Hunter	M45	C Bay	52s
53	A Jones		C Bay	53s
54	S Roxburgh		C Bay	54s
55	R Hailey	M55	Telford	57s
56	E Davies	M50	Maldwyn	37m01s
57	D Jury		V Royal	06s
58	P Ball		Shrewsbury	08s
59	J Woodcock	M55	Menai	13s
60	A Mackay		Bangor U	15s
61	K Francis	M40	Shrewsbury	19s
62	H Jones	M45	Maldwyn	24s
63	P Clark	M50	Shrewsbury	27s
64	J Hardway		Bangor U	37s
65	S Jones	M50	Telford	44s
66	N Bevan		Oswestry	49s
67	G Fletcher	M45	Maldwyn	50s
68	D Wilde	M50	Bridgnorth	53s
69	A Sudlow		Tattenhall	55s
70	C Evans		Eryri	38m05s
71	J Montgomery	M45	Clwydian	07s
72	C Yorke	M40	C Bay	21s
73	R Sharam		Whitchurch	29s
74	A Campbell		Tri Club	50s
75	D Hollingsworth		Buckley	58s
76	R Jones		Wrexham	39m02s
77	P Stinton		Buckley	07s
78	O Gallop	U20	Meirionnydd	08s
79	N Owen	M55	Prestatyn	09s
80	L Coathup	M55	Buckley	11s
81	G Lloyd		Shrewsbury	13s
82	B Jones		Denbigh	22s
83	N jones		C Bay	23s
84	T Roberts		Meirionnydd	26s
85	G Nixon	M55	Prestatyn	39s
86	H Lewis	M50	Buckley	54s
87	I Mulligan	M40	C Bay	40m01s
88	R Edwards		Menai	14s
89	T Archer	M55	V Royal	19s
90	M Cortvriend	M55	Denbigh	23s

91	G Richards	M55	Wrexham	40m33s
92	P Donoghue	M40	Buckley	39s
93	E Davies	M65	Eryri	42s
94	M Long		Bangor U	45s
95	P Roberts	M65	Buckley	52s
96	S Hammond	M50	Tattenhall	54s
97	C Williams	M50	C Bay	55s
98	G Manson	M55	Oswestry	41m01s
99	A Pryce		Maldwyn	02s
100	M Vaughan		Tattenhall	03s
101	A W Jones	M50	Prestatyn	11s
102	C Williams	U20	Buckley	17s
103	J Morgan	M50	Whitchurch	20s
104	P Bandrick	M50	Prestatyn	23s
105	R Borne	M40	Eryri	30s
106	P Griffin		Bridgnorth	35s
107	D Williams	M65	Eryri	43s
108	D Jones	M50	Denbigh	47s
109	M Dawes	M60	Telford	51s
110	N Rowlands		Clwydian	52s
111	D Richards		Whitchurch	42m02s
112	P English	M55	Denbigh	03s
113	M Crompton	M40	V Royal	11s
114	J Harold	M40	Eryri	15s
115	A Egan	M65	Wrexham	16s
116	M Whiteside	M60	Tattenhall	16s
117	D Oldfield	M50	Tattenhall	24s
118	S Needs	M50	Telford	34s
119	T Charnley	M40	Tattenhall	37s
120	D Owen	M55	Shrewsbury	40s
121	S Phillips	M40	Whitchurch	50s
122	F Vaughan	M50	Meirionnydd	54s
123	M Gregory	M40	Whitchurch	56s
124	I Taylor	M40	C Bay	43m15s
125	C Baldwin	M55	Denbigh	19s
126	E Edwards	M55	Eryri	32s
127	T Benton	M45	Denbigh	44s
128	A Martin		Oswestry	59s
129	M Jones	M40	Buckley	44m05s
130	C Higgins	M50	Buckley	05s
131	A Forrester		Whitchurch	08s
132	C Jones		Whitchurch	12s
133	D Rose	M55	Shrewsbury	20s
134	P Brooks	M55	C Bay	34s
135	S Oliver	M45	Shrewsbury	36s
136	D Fincham	M45	Telford	40s
137	S Hatfield	M60	Prestatyn	46s
138	J D Smith	M60	Meirionnydd	45m33s

139	D Hughes	M40	Oswestry	45m42s
140	N Alford	M50	Bridgnorth	59s
141	G Hughes	M60	Prestatyn	46m14s
142	M Williams	M45	Eryri	29s
143	D A Williams	M60	Wrexham	58s
144	C Rathbone	M65	V Royal	47m19s
145	P Mitchell	M40	Tri Club	23s
146	J Hunter	M55	Tri Club	54s
147	D Davies	M50	Telford	48m12s
148	A Goodson	M45	Abergele	25s
149	R Snaith	M40	Denbigh	49m06s
150	A Lucas	M60	Buckley	51m13s
151	R Mackey	M60	Buckley	52m23s
152	A Hodgkiss	M65	Telford	38s
153	M H Edwards	M65	Wrexham	53m56s

TEAMS

DIVISION ONE

1	Telford AAC	45 pts (144 pts)
2	Maldwyn Harriers	179 pts (470 pts)
3	Shrewsbury AAC	244 pts (462 pts)
4	Wrexham AAC	265 pts (445 pts)
5	Colwyn Bay AAC	346 pts (668 pts)
6	Eryri Harriers	432 pts (802 pts)
7	Tattenhall Runners	468 pts (802 pts)
8	Abergele Harriers	868 pts (1360 pts)

DIVISION TWO

1	Menai T + F	252 pts (562 pts)
2	Prestatyn RC	361 pts (684 pts)
3	Meirionnydd RC	373 pts (737 pts)
4	Buckley RC	441 pts (902 pts)
5	Bangor University AAC	445 pts (977 pts)
6	Vale Royal AAC	599 pts (1111pts)
7	Wreccsam Tri Club	602 pts (1251 pts)
8	Denbigh Harriers	644 pts (1341 pts)
9	Whitchurch Whippets	662 pts (1437 pts)
10	Deeside AAC	737 pts (1428 pts)
11	Oswestry Olympians AAC	781 pts (1211 pts)
12	Bridgnorth AAC	838 pts (1788 pts)
13	Clwydian Range Runners	881 pts (1876 pts)
14	West Cheshire AAC	910 pts (1887 pts)

MALE MASTERS TEAMS

1	Telford AAC	7 pts (28 pts)
2	Shrewsbury AAC	48 pts (92 pts)
3	Maldwyn Harriers	61 pts (112 pts)
4	Wrexham AAC	65 pts (97 pts)
5	Eryri Harriers	68 pts (130 pts)
6	Prestatyn RC	81 pts (158 pts)
7	Colwyn Bay AAC	90 pts (192 pts)
8	Vale Royal AAC	98 pts (210 pts)
9	Buckley RC	111 pts (236 pts)
10	Denbigh Harriers	145 pts (304 pts)
11	Tattenhall Runners	161 pts (265 pts)
12	Wrecsam Tri Club	172 pts (284 pts)
13	Whitchurch Whippets	176 pts (403 pts)
14	Abergele Harriers	193 pts (223 pts)

MALE OVER 70

1	P Norman	M70	Wrexham	24m57s
2	D Hughes	M70	Prestatyn	25m33s
3	R Hird	M70	Eryri	28m59s
4	E Williams	M70	Shrewsbury	29m19s
5	R Billington	M70	Wrexham	33m30s

UNDER 17 MEN

1	A Lantz		Meirionnydd	17m53s
2	W Sheridan		Menai	18m11s

SENIOR LADIES

1	C Martin	W35	Telford	18m04s
2	A Lavender		Oswestry	36s
3	M Kitching	W40	Tattenhall	19m02s
4	M Clarke	W35	Telford	30s
5	I Redfern	W35	C Bay	37s
6	D Sanders	W40	Telford	39s
7	E Parry	W35	Wrexham	50s
8	A Rowlands	W35	Eryri	20m03s
9	J Brierley		Bangor U	07s
10	T Lewis-Jones	W35	C Bay	15s
11	E Robinson		Buckley	25s
12	S Livett	U17	Menai	44s
13	H MacArthur	W40	C Bay	45s
14	H Granfield	U17	Telford	47s

15	C Jones		Oswestry	21m12s
16	A Williams	W45	Eryri	13s
17	L Morley	W35	Wrexham	30s
18	A Tickner	W40	Oswestry	45s
19	C Evans	W45	Telford	22m02s
20	A Vaughan	W35	Meirionnydd	04s
21	Y Hill	W45	Oswestry	20s
22	S Blandford		Bangor U	31s
23	C Burgoyne		Shrewsbury	32s
24	D Urquhart	W35	Buckley	34s
25	J Jarvis	W45	Oswestry	37s
26	W Trimble		Eryri	41s
27	H Roberts		Bangor U	41s
28	B English	W50	Denbigh	45s
29	V Ronald	W40	C Bay	56s
30	K Norgrove	W40	Tri Club	56s
31	E Salisbury	W45	Eryri	23m01s
32	A Whitelaw	W50	Wrexham	07s
33	L Hampton-Jones	W40	Wrexham	18s
34	S Hancock	W45	Oswestry	19s
35	G Davies	W45	Prestatyn	26s
36	S Montgomery	W40	Clwydian	28s
37	J Richards	W45	Abergele	33s
38	G Waring	W50	Prestatyn	34s
39	J Lindley	W40	Buckley	47s
40	R Riddings		Menai	53s
41	J Cole	W35	Meirionnydd	24m00s
42	A Hughes	W40	Abergele	10s
*43				
44	R Foster	W40	Whichurch	31s
45	F Higgins	W40	Buckley	37s
46	M Ludden	W45	Buckley	45s
47	P Davies	W55	Y Royal	54s
48	A Donnelly	W40	Eryri	58s
49	S Hughes	W55	Eryri	25m02s
50	E Goddard	W35	Prestatyn	07s
51	A Price	W40	Meirionnydd	14s
52	A Bagnall	U17	Prestatyn	37s
53	S Ward	W35	Prestatyn	39s
54	E Sheekey	W35	Shrewsbury	26m06s
55	C Parry	W40	Shrewsbury	25s
56	S Rogers	W40	Whitchurch	43s
57	K Harrison		Wrexham	52s
58	S Calvert	W50	Abergele	57s
59	H Dirksen	W60	Buckley	27m02s
60	J Blackmore	W40	Eryri	04s
61	B Jones	V65	B Dysynni	06s
62	K Waterhouse		Whitchurch	14s

63	A Edwards	W35	Meirionnydd	27m18s
64	S Ridings	W50	Buckley	43s
65	V Edwards	W50	Menai	55s
66	J Philips	W50	Menai	28m00s
67	G Csizmadia	W45	Wrexham	30s
68	E Dines	W35	Whitchurch	43s
69	M Evans	W40	B Dysynni	29m00s
70	L Jones	W50	Abergele	14s
71	C Williams	W55	V Royal	23s
72	S Jones		Meirionnydd	30s
73	M Baugh	W50	Denbigh	34s
74	S Richards	W55	Shrewsbury	31m33s
75	M Radford	W60	W Cheshire	32m04s
76	R Morrell	W55	Denbigh	46s
77	F Bagnall	W50	Denbigh	33m24s
78	S Symonds	W75	B Dysynni	39m21s

(*If you know the name of finisher No 43 PLEASE let me know)

TEAMS

DIVISION ONE

1	Oswestry Olympians AAC	56 pts (189 pts)
2	Colwyn Bay AAC	57 pts (91 pts)
3	Eryri Harriers	81 pts (138 pts)
4	Wrexham AAC	89 pts (211 pts)
5	Buckley RC	119 pts (259 pts)
6	Denbigh Harriers	254 pts (363 pts)
7	Tattenhall Runners	303 pts (429 pts)

DIVISION TWO

1	Telford AAC	11 pts (39 pts)
2	Bangor University AAC	58 pts (173 pts)
3	Meirionnydd RC	112 pts (290 pts)
4	Menai T + F	117 pts (190 pts)
5	Prestatyn RC	123 pts (237 pts)
6	Shrewsbury AAC	132 pts (393 pts)
7	Abergele Harriers	137 pts (297 pts)
8	Whitchurch Whippets	162 pts (375 pts)
9	Bro Dysynni AAC	208 pts (477 pts)
10	Wrecsam Tri Club	230 pts (364 pts)
11	Clwydian Range Runners	236 pts (533 pts)
12	West Cheshire AAC	275 pts (620 pts)

WOMEN MASTERS TEAMS

1	Telford AAC	9 pts (26 pts)
2	Colwyn Bay AAC	21pts (36 pts)
3	Eryri Harriers	38 pts (81 pts)
4	Wrexham AAC	39 pts (76 pts)
5	Oswestry Olympians AAC	44 pts (100 pts)
6	Buckley RC	78 pts (164 pts)
7	Meirionnydd RC	83 pts
8	Prestatyn RC	91 pts (169 pts)
9	Abergele Harriers	102 pts (210 pts)
10	Whitchurch Whippets	128 pts (273 pts)
11	Denbigh Harriers	135 pts (198 pts)
12	Shrewsbury AAC	141 pts
13	Bro Dysynni AAC	163 pts (340 pts)

Another good afternoon with a fine turnout. Many thanks to you all for your support despite the problems leading up to this particular meeting. Happily everything turned out fine with Margaret Kelcher and Paul Sanderson of Telford AAC and our Chairman, George Tudor, deserving our thanks in ensuring the fixture went ahead. It would be interesting to know your thoughts about the venue – would you prefer a return to Lilleshall or is the course at Oldbury Wells School a better option?

We continue to have concerns about cross country runners and supporters bringing their dogs with them to our meetings. As a result of an incident at Bridgnorth on Saturday we will be writing to the club of the person concerned asking them to remind their member of the resolution passed at the AGM. Remember that if dogs are not controlled properly we could lose venues so if you must bring them with you PLEASE take care.

As secretary I am asking clubs to take more care in putting correct veteran categories on their team sheets. A number of runners have been entered in different age groups at Bridgnorth than they were at Colwyn Bay. REMEMBER veteran ages are determined by your age on the day of the winter's first meeting so this season it will be September 26th 2009. Thank you.

I'm pleased to tell the technical people who take part in our activities that the Grand Prix Express North Wales Cross Country League has a new web site. This has been set up to publish results, notices and details about venues. The web site could also be a good place for discussion in the forum and for sharing photographs (although there is a limit on storage space). PLEASE take a look and feel free to comment about anything else you would wish to add to the site. The site address is www.northwalesxc.webs.com For any further information contact Tom Annable (Vale Royal AAC) at tom.annable@sky.com Could clubs please publicise the new website on their own club websites. Thank you.

The third meeting of the season will be hosted by Eryri Harriers at Bangor University's Treborth Playing Fields on Saturday, November 21st 2009. A map is enclosed.

