

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

at Eirias Park, Colwyn Bay

Saturday, September 26th 2009

SENIOR MEN

1	C Davies		Telford	28m37s
2	R Samuel		Bangor U	52s
3	T Davies		Maldwyn	30m01s
4	R Roberts		Eryri	13s
5	G Owen		Eryri	48s
6	G Wilson	M50	Telford	55s
7	D Rowlands	M40	Wrexham	32m01s
8	D Damiani		Wrexham	11s
9	S Cale		Shrewsbury	19s
10	L Jones		Deeside	20s
11	P Butler		Oswestry	32s
12	G Norgrove	M40	Tri Club	46s
13	A Walling		Menai	58s
14	T Annable	M45	V Royal	33m00s
15	D Weston		Wrexham	04s
16	W Dashper		Telford	09s
17	A Woodcock	U20	Menai	13s
18	R Lucock		Telford	24s
19	J Sanders	M45	Telford	29s
20	A Clague		W Cheshire	31s
21	I Richards		Meirionnydd	46s
22	A Bromley	U20	Deeside	55s
23	H Brassington		Meirionnydd	56s
24	P Jones		Oswestry	34m00s
25	M Robbins	M45	Wrexham	03s
26	R Owen	M50	Eryri	06s
27	D Roberts	M40	Abergele	07s
28	R Watson		C Bay	18s
29	G Roberts	M40	Abergele	24s
30	G Hughes	M40	Abergele	31s
31	P Taylor		Tattenhall	37s
32	D Beale	M45	Shrewsbury	39s
33	R Jones	M45	Maldwyn	44s
34	M Rose		Buckley	52s
35	D Longley		Prestatyn	56s
36	S Sayer		Menai	57s
37	M Anwyl		Prestatyn	35m00s
38	E Davies	M50	Maldwyn	01s
39	P Plant	M45	Telford	03s
40	K Francis	M40	Shrewsbury	05s
41	G Jones	M50	Shrewsbury	09s
42	A Lewis	M50	Eryri	12s

43	A Jones		C Bay	35m14s
44	G Nicholls	M40	Prestatyn	17s
45	P Williams	M45	Telford	19s
46	B Hunter	M45	C Bay	23s
47	P Ball		Shrewsbury	25s
48	S Ellis	M40	Tattenhall	27s
49	S Waters		Shrewsbury	32s
50	S Roxburgh		C Bay	34s
51	A Norgrove	M45	Wrexham	39s
52	J Evans		Eryri	49s
53	A Sudlow		Tattenhall	54s
54	H Jones	M45	Maldwyn	36m00s
55	C Evans		Eryri	02s
56	G Owens	M60	Prestatyn	03s
57	K Jones	M45	Meirionnydd	04s
58	J Woodcock	M55	Menai	05s
59	M Welsh		Deeside	10s
60	A Bowyer	M45	Tri Club	17s
61	C YTorke	M40	C Bay	18s
62	G Fletcher	M45	Maldwyn	22s
63	M Atherton		Meirionnydd	23s
64	G R Williams	M40	Menai	24s
65	A Gouda	M45	Tattenhall	28s
66	D Jury		V Royal	29s
67	P Hancock		Tattenhall	31s
68	A Woodall		Eryri	32s
69	G Nixon	M55	Prestatyn	34s
70	R Dunn		Tattenhall	38s
71	D Wilde	M50	Bridgnorth	41s
72	D Hollingworth		Buckley	43s
73	P Clarke	M50	Shrewsbury	44s
74	M Plant		Wrexham	48s
75	S P Jones	M50	Eryri	50s
76	L Coathup	M55	Buckley	52s
77	M Harrington		V Royal	55s
78	J Montgomery	M40	Clwydian	56s
79	R O'Donnell		Eryri	57s
80	N Bevan		Oswestry	58s
81	J Hardway		Bangor U	37m01s
82	N Owen	M55	Prestatyn	04s
83	D Boothroyd	M45	Buckley	10s
84	R Sharan		Whitchurch	19s
85	E Evans	M50	Eryri	26s
86	R Jones		Wrexham	28s
87	A Preston		Meirionnydd	30s
88	S Roberts	M55	Oswestry	32s
89	P Agnew	M45	Denbigh	39s
90	B Jones		Denbigh	41s

91	N Blake	M50	Oswestry	37m54s
92	G Williams		Eryri	57s
93	J Pickering		Buckley	38m00s
94	N Jones		C Bay	02s
95	M Ashton		Abergele	07s
96	G Porter-Jones	M40	Eryri	18s
97	C Wakeman	M50	Shrewsbury	20s
98	D Doyle-Howson		C Bay	24s
99	T Archer	M55	V Royal	29s
100	R Hayes		Tri Club	30s
101	A Pryce		Maldwyn	37s
102	K Brinston		C Bay	38s
103	P Donoghue	M40	Buckley	42s
104	A Corbett	M45	Whitchurch	47s
105	M Whiteside	M60	Tattenhall	49s
106	J Atherton		Bangor U	52s
107	E Davies	M65	Eryri	54s
108	D Griffin		Bridgnorth	56s
109	I Mulligan	M40	C Bay	57s
110	G Richards	M55	Wrexham	39m01s
111	M Cortvriend	M55	Denbigh	07s
112	S Needs	M50	Telford	10s
113	O Gallop	U20	Meirionnydd	15s
114	C Williams	M45	C Bay	19s
115	D Williams	M65	Eryri	22s
116	A Mackay		Bangor U	25s
117	N Rowlands		Clwydian	31s
118	T Harding	M45	C Bay	40s
119	D Oldfield	M50	Tattenhall	42s
120	M Smith		Tattenhall	49s
121	M Vaughan		Tattenhall	52s
122	R Edwards		Menai	40m00s
123	T Roberts		Meirionnydd	01s
124	C Evans		Wrexham	02s
125	P Roberts	M65	Buckley	03s
126	M Crompton	M40	V Royal	19s
127	M Hughes	U20	Bangor U	23s
128	G Dodd	M40	Denbigh	24s
129	T Charnley	M40	Tattenhall	25s
130	D Haines		V Royal	28s
131	D Jones	M50	Denbigh	31s
132	D Richards		Whitchurch	38s
133	C Williams		Buckley	39s
134	M Davies	M60	Telford	43s
135	I Taylor	M40	C Bay	48s
136	G Manson	M55	Oswestry	50s
137	H Jones	M40	Abergele	55s
138	P Jenkinson	M40	Eryri	41m07s

139	D Rose	M55	Shrewsbury	41m12s
140	J Harold	M40	Eryri	13s
141	D Seabourne	M55	Meirionnydd	16s
142	J G Evans	M60	Aberystwyth	17s
143	P Brooks	M55	C Bay	19s
144	A Egan	M65	Wrexham	22s
145	S Phillips	M40	Whitchurch	23s
146	G Bailey		Prestatyn	31s
147	C Jones		Whitchurch	31s
148	P English	M55	Denbigh	31s
149	S Edwards		Eryri	45s
150	S Paul	M45	Tri Club	51s
151	C Baldwin	M55	Denbigh	42m00s
152	T Benton	M45	Denbigh	01s
153	N Williams	M60	Wrexham	10s
154	D Owen	M55	Shrewsbury	19s
155	E Edwards	M55	Eryri	21s
156	R Griffiths	M55	B Dysynni	22s
157	J Morris	M65	Buckley	29s
158	G Davies	M40	C Bay	35s
159	J Hancock	M55	Oswestry	51s
160	D Hughes	M40	Oswestry	43m05s
161	T Sinnett	M45	Tri Club	08s
162	M Blake	M60	Eryri	14s
163	A Forrester		Whitchurch	23s
164	R Webster	M50	Tattenhall	24s
165	S Hatfield	M60	Prestatyn	29s
166	P Mitchel	M40	Tri Club	38s
167	G Hughes	M60	Prestatyn	44m10s
168	S Oliver	M45	Shrewsbury	16s
169	D Roberts	M45	Aberystwyth	21s
170	N Alford	M50	Bridgnorth	36s
171	J Davies	M60	V Royal	58s
172	B Hastings	M60	V Royal	45m02s
173	A Gauton	M50	Denbigh	39s
174	A Goodson	M45	Abergele	40s
175	S Parsons	M50	Whitchurch	50s
176	D A Williams	M60	Wrexham	47m10s
177	R Mackey	M60	Buckley	52s
178	A Lucas	M76	Abergele	48m10s
179	C Barnett	M50	Denbigh	20s
180	K Robbins	M55	Whitchurch	29s
181	S Pillbeam	M50	Eryri	33s
182	C Rathbone	M65	V Royal	42s
183	A Stockwell		Shrewsbury	47s
184	A Hodgkiss	M65	Telford	50m05s
185	T Thakaray	M60	W Cheshire	30s
186	I Roberts	M65	Eryri	42s

187	M H Edwards	M65	Wrexham	52m27s
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TEAMS

DIVISION ONE

1	Telford AAC	99 pts
2	Wrexham AAC	180 pts
3	Eryri Harriers	184 pts
4	Shrewsbury AAC	218 pts
5	Maldwyn Harriers	291 pts
6	Colwyn Bay AAC	322 pts
7	Tattenhall Runners	334 pts
8	Abergele Harriers	492 pts

DIVISION TWO

1	Menai T + F	310 pts
2	Prestatyn RC	323 pts
3	Meirionnydd RC	364 pts
4	Oswestry Olympians AAC	430 pts
5	Buckley RC	461 pts
6	Vale Royal AAC	512 pts
7	Bangor University AAC	532 pts
8	Wrecsam Tri Club	649 pts
9	Deeside AAC	691 pts
10	Denbigh Harriers	697 pts
11	Whitchurch Whippets	775 pts
12	Bridgnorth AAC	949 pts
13	West Cheshire AAC	977 pts
14	Clwydian Range Runners	995 pts
15	Aberystwyth AAC	1111 pts
16	Bro Dysynni AAC	1156 pts

MEN OVER 70

1	R Harrison Jones	V70	Prestatyn	21m58s
2	P Norman	V70	Wrexham	22m32s
3	D Hughes	V70	Prestatyn	23m30s
4	E Williams	V70	Shrewsbury	25m56s
5	R Hird	V70	Eryri	28m09s
6	R Billington	V70	Wrexham	52s
7	J Tipping	V70	Wrexham	32m29s

UNDER 17 MEN

1	A Lantz	Meirionnydd	16m12s
2	O James	Menai	17m40s
3	J Roberts	Wrexham	18m03s

SENIOR LADIES

1	C Martin	V35	Telford	16m27s
2	I Redfern	V35	C Bay	17m37s
3	M Kitching	V40	Tattenhall	38s
4	D Welsh		Deeside	49s
5	E Parry	V35	Wrexham	54s
6	A Rowlands		Eryri	57s
7	R Roxburgh		C Bay	18m07s
8	D Sanders	V40	Telford	09s
9	J Brierley		Bangor U	23s
10	T Lewis Jones	W35	C Bay	23s
11	E Robinson		Buckley	28s
12	R Pierce		Denbigh	38s
13	B Law		Eryri	44s
14	S Livett	U17	Menai	55s
15	H MacArthur	W40	C Bay	59s
16	L Morley	W35	Wrexham	19m03s
17	A Williams	W45	Eryri	04s
18	H Davies	W40	Tri Club	06s
19	C Evans	W45	Telford	12s
20	A Smith		Tattenhall	16s
21	J Heming	W35	Eryri	34s
22	A Tickner	W40	Oswestry	44s
23	D Urquhart	W35	Buckley	46s
24	S McRobie		Menai	53s
25	A Darlington	U20	C Bay	54s
26	J Penrhyn-Jones	W45	Prestatyn	57s
27	J Hoad	W40	Telford	20m07s
28	A Vaughan	W35	Meirionnydd	15s
29	E Collins	W45	Denbigh	17s
30	K Norgrove	W40	Tri Club	22s
31	Y Hill	W45	Oswestry	24s
32	T Williams	W45	Denbigh	30s
33	E Salisbury	W45	Eryri	31s
34	J Jarvis	W45	Oswestry	31s
35	L Peters	U17	Menai	34s
36	B English	W50	Denbigh	40s
37	S Blandford		Bangor U	40s
38	H Burrows		Eryri	43s
39	L Hampton Jones	W40	Wrexham	45s
40	V Ronald	W40	C Bay	21m07s
41	E Lister		Telford	08s
42	L Blagden	W40	Telford	09s
43	S Beck		Prestatyn	11s
44	J Lindley	W40	Buckley	12s
45	G Waring	W50	Prestatyn	14s
46	S Hancock	W45	Oswestry	21s

47	S Montgomery	W40	Clwydian	21m23s
48	C Willgoose	W50	Abergele	25s
49	J Richards	W45	Abergele	30s
50	S Ward	W35	Prestatyn	32s
51	L Stothart-Wilde		Tattenhall	34s
52	S Ellis	W45	Tattenhall	46s
53	R Riddings		Menai	47s
54	R Foster	W40	Whitchurch	22m07s
55	G Davies	W45	Prestatyn	11s
56	S Hughes	W55	Eryri	22s
57	E Goddard	W35	Prestatyn	33s
58	J Chambers		Tattenhall	34s
59	E Jones	W35	Prestatyn	38s
60	C Riley	W40	Denbigh	40s
61	A Bagnall	U17	Prestatyn	43s
62	M Docking	W55	Wrexham	45s
63	S Hall	W35	Abergele	46s
64	M Ludden	W45	Buckley	48s
65	T Colligan	W35	Prestatyn	58s
66	M Oliver	W60	Eryri	23m00s
67	H Ashworth		Prestatyn	20s
68	S Bayliss	W40	Denbigh	32s
69	K Richardson		Bangor U	42s
70	S Ridings	W50	Buckley	42s
71	E Sheekey	W35	Shrewsbury	50s
72	S Rogers	W40	Whitchurch	24m02s
73	G Csizmadia	W45	Wrexham	09s
74	J Preston	W35	Meirionnydd	09s
75	K Harrison		Wrexham	10s
76	S M Jones		Meirionnydd	21s
77	H Baxendall	W45	Prestatyn	26s
78	S Calvert	W50	Abergele	43s
79	J Phillips		Menai	46s
80	S Basford		Tattenhall	50s
81	B Frain	U20	C Bay	54s
82	J Blakemore	W40	Eryri	55s
83	V Edwards	W50	Menai	56s
84	S Harding		C Bay	25m03s
85	B Jones	W65	B Dysynni	08s
86	J Dodd	W40	Tri Club	16s
87	J Hunt		Whitchurch	17s
88	E Dines		Whitchurch	30s
89	H Robbins	W55	Whitchurch	39s
90	Y Marconi-Nolan	W60	B Dysynni	26m06s
91	F Coleman	W45	C Bay	19s
92	A Sutton		Shrewsbury	52s
93	L Jones	W50	Abergele	27m10s
94	M Evans	W40	B Dysynni	10s

95	M Radford	W60	W Cheshire	27m27s
96	M Baugh	W50	Denbigh	40s
97	M Bartley	W35	Denbigh	51s
98	K Hopwood		Deeside	28m03s
99	S Richards	W50	Shrewsbury	29m13s
100	M Griffiths	W60	B Dysynni	25s
101	F Bagnall	W50	Denbigh	53s
102	R Morrell	W55	Denbigh	30m14s

TEAMS

DIVISION ONE

1	Colwyn Bay AAC	34 pts
2	Eryri Harriers	57 pts
3	Denbigh Harriers	109 pts
4	Wrexham AAC	122 pts
5	Tattenhall Runners	126 pts
6	Oswestry Olympians AAC	133 pts
7	Buckley RC	140 pts

DIVISION TWO

1	Telford AAC	28 pts
2	Menai T + F	73 pts
3	Prestatyn RC	114 pts
4	Bangor University AAC	115 pts
5	Wreccsam Tri Club	134 pts
6	Abergele Harriers	160 pts
7	Meirionnydd RC	178 pts
8	Whitchurch Whippets	213 pts
9	Deeside AAC	227 pts
10	Shrewsbury AAC	261 pts
11	Bro Dysynni AAC	269 pts
12	Clwydian Range Runners	297 pts
13	West Cheshire AAC	345 pts

WOMEN MASTERS TEAMS

1	Colwyn Bay AAC	15 pts
2	Telford AAC	17 pts
3	Wrexham AAC	37 pts
4	Eryri Harriers	43 pts
5	Oswestry Olympians AAC	56 pts
6	Denbigh Harriers	63 pts
7	Prestatyn RC	78 pts
8	Buckley RC	86 pts
9	Wreccsam Tri Club	86 pts

10	Abergele Harriers	108 pts
11	Whitchurch Whippets	145 pts
12	Bro Dysynni AAC	177 pts

What a great start to the 2009 -2010 season !! A total of 299 athletes completed their races with the women setting a new record for their section. The 102 finishers was 15 more than had finished at Bangor last November – well done, ladies.

Thank you to the clubs who have paid their £ 40 affiliation fees –PLEASE remember that they are due by the date of the next meeting.

PLEASE note that the next meeting on Saturday, October 10th, 2009. will **NOT** be held at Lilleshall but at Oldbury Wells School, Bridgnorth (post code WV16 5JD). I enclose travel directions.

The North Wales clubs should note that our Championships will now be held on Saturday, January 30th, 2010 and not as previously advertised. Welsh Athletics, again without consultation, have decided that their Championships will be held on the weekend of February 20th/21st, 2010, leaving our preferred date free. The Rhug Organic North Wales Cross Country Championships will be held at the Rhug Estate just to the west of Corwen on the A5. Prestatyn RC will host the event BUT all Clubs will be expected to help with the Marshalling – names to be submitted to Gareth Hughes (01745 888078).

