

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

at The Marches School, Oswestry

Saturday, February 7th, 2009

SENIOR MEN

1	C Davies		Telford	33m33s
2	R Roberts		Eryri	57s
3	M James		Shrewsbury	34m07s
4	T Davies		Maldwyn	41s
5	K Svendsen		Tattenhall	35m07s
6	D Rowlands	M40	Wrexham	22s
7	L Jones		Deeside	41s
8	D Alexander	M40	W Cheshire	48s
9	M Roberts		Eryri	52s
10	P Edge	U20	Deeside	52s
11	C West	M40	Buckley	36m12s
12	R Watson		C Bay	29s
13	D Mountford	U20	Deeside	38s
14	T Annable	M40	Vale Royal	43s
15	D Weston		Wrexham	52s
16	T Watson		C Bay	37m01s
17	J Kendall		C Bay	13s
18	M Robbins	M45	Wrexham	28s
19	G Hughes	M40	Abergele	52s
20	D Beale	M45	Shrewsbury	38m04s
21	P Wathan	U20	Eryri	21s
22	G Miles	M40	Vale Royal	25s
23	A Yapp	M40	Shrewsbury	26s
24	D Roberts	M40	Abergele	32s
25	K Francis	M40	Shrewsbury	34s
26	G Jones	M50	Shrewsbury	44s
27	T Cahill	M45	Abergele	48s
28	R Lurcock		Telford	49s
29	N Jones		C Bay	59s
30	P Howarth	M40	Eryri	39m05s
31	G Roberts	M40	Abergele	13s
32	S Ellis	M40	Tattenhall	18s
33	S McCormack	M45	Abergele	24s
34	J Castillo		Shrewsbury	35s
35	D Gough	M45	Vale Royal	37s
36	J Montgomery	M45	Clwydian	45s
37	A Clague	M40	W Cheshire	52s
38	T Woodall		Eryri	54s
39	I Lancaster	M45	Tattenhall	56s
40	S Waters		Shrewsbury	59s
41	S Bellis	M50	Buckley	40m02s

42	A Lewis	M50	Eryri	40m03s
43	G Jones	M50	Prestatyn	06s
44	A Jones		C Bay	07s
45	R Jones	M45	Maldwyn	09s
46	J Davies		Telford	13s
47	G Nixon	M55	Prestatyn	26s
48	S Vines		Telford	36s
49	S P Jones	M50	Eryri	46s
50	H Jones	M45	Maldwyn	52s
51	D Longley		Prestatyn	56s
52	A Campbell		Tri Club	58s
53	E Davies	M45	Maldwyn	41m02s
54	G Fletcher	M45	Maldwyn	08s
55	G Nicholls		Prestatyn	18s
56	C Yorke	M40	C Bay	33s
57	S Hatton	M45	Shrewsbury	39s
58	D Henley	M45	Prestatyn	46s
59	P Davies	M40	Oswestry	42m07s
60	D Wilde	M45	Bridgnorth	12s
61	S Roberts	M50	Oswestry	14s
62	N Rowlands		Clwydian	19s
63	M Cortvriend	M55	Denbigh	25s
64	P Beason	M45	Maldwyn	29s
65	M Sims		Prestatyn	34s
66	C Wakeman	M50	Shrewsbury	40s
67	K Blinston		C Bay	43s
68	R Sharam		Whitchurch	44s
69	N Blake	M50	Oswestry	43m10s
70	S McCormack	U20	Abergele	16s
71	D Williams	M65	Eryri	25s
72	J Hayes		Deeside	29s
73	D Davies	M45	Prestatyn	38s
74	M Dawes	M60	Telford	41s
75	C Williams	M45	C Bay	44s
76	D Richards		Whitchurch	45s
77	K Elliott	M45	Abergele	47s
78	G Richards	M55	Wrexham	53s
79	G Innes		Tattenhall	54s
80	S Phillips		Whitchurch	55s
81	M Smith		Tattenhall	44m02s
82	M Whiteside	M60	Tattenhall	04s
83	R Godwin	M40	C Bay	07s
84	P Donoghue		Buckley	10s
85	S Hammond	M50	Tattenhall	13s
86	A Beeston		Shrewsbury	34s
87	P Stinton		Buckley	43s
88	D Newton	M40	Oswestry	59s
89	A Egan	M60	Wrexham	45m10s

90	G Bicknell		C Bay	45m16s
91	J Morgan	M50	Whitchurch	34s
92	S L Jones	M50	Eryri	34s
93	P Roberts	M65	Buckley	35s
94	B Taylor		Oswestry	46s
95	G Jones	M45	C Bay	51s
96	J Hopwood	M45	Whitchurch	46m12s
97	C Ashley	M50	Wrexham	23s
98	A Blair	M40	Tattenhall	25s
99	E Reid	M45	Abergele	35s
100	D Oldfield	M50	Tattenhall	44s
101	T Benton	M45	Denbigh	53s
102	M Durrant	M50	Tattenhall	59s
103	H Jones	M45	Abergele	47m01s
104	M Blake	M60	Eryri	03s
105	C Baldwin	M50	Denbigh	07s
106	R Webster	M45	Tattenhall	22s
107	S Bell	M45	Denbigh	30s
108	C Rathbone	M60	Vale Royal	35s
109	D Edwards	M50	Abergele	42s
110	B Nash		Shrewsbury	43s
111	J Morris	M60	Buckley	46s
112	D Rose	M50	Shrewsbury	49s
113	P Mitchell	M40	Tri Club	59s
114	R Giriffiths	M55	B Dysynni	48m24s
115	N Ballard	M45	Oswestry	49m33s
116	I Taylor		C Bay	57s
117	D Davies	M50	Telford	50m07s
118	P English	M50	Denbigh	10s
119	P Clutterbuck	M40	Vale Royal	18s
120	A Stockwell		Shrewsbury	26s
121	S Hatfield	M60	Prestatyn	31s
122	S Samuels	M50	Wrexham	51m28s
123	A Lucas	M60	Abergele	49s
124	D Owen	M55	Shrewsbury	52m54s
125	S Oliver	M45	Shrewsbury	55s
126	D Davies		Denbigh	55m21s
127	R Mackey	M60	Buckley	24s
128	A Hotchkiss	M60	Telford	63m09s

TEAMS

DIVISION ONE

1	Shrewsbury AAC	131pts	(627pts)
2	Eryri Harriers	142pts	(886pts)
3	Colwyn Bay AAC	174pts	(1260pts)
4	Abergele Harriers	204pts	(1495pts)

5	Wrexham AAC	303pts	(1534pts)
6	Telford AAC	314pts	(1499pts)
7	Tattenhall Runners	318pts	(1960pts)
8	Buckley RC	427pts	(2549pts)

DIVISION TWO

1	Maldwyn Harriers	270pts	(1603pts)
2	Prestatyn RC	319pts	(1682pts)
3	Deeside AAC	402pts	(2138pts)
4	Vale Royal AAC	448pts	(2359pts)
5	Oswestry Olympians AAC	486pts	(2980pts)
6	Whitchurch Whippets	561pts	(3421pts)
7	Denbigh Harriers	620pts	(3095pts)
8	West Cheshire AAC	645pts	(3922pts)
9	Clwydian Range Runners	698pts	(4652pts)
10	Wrescam Tri Club	765pts	(2861pts)
11	Bridgnorth AAC	810pts	(4422pts)
12	Bro Dysynni AAC	864pts	(4723pts)

MALE MASTERS TEAMS

1	Shrewsbury AAC	27pts	(127pts)
2	Abergele Harriers	29pts	(311pts)
3	Vale Royal AAC	30pts	(280pts)
4	Wrexham AAC	52pts	(9369pts)
5	Eryri Harriers	64pts	(367pts)
6	Buckley RC	79pts	(386pts)
7	Maldwyn Harriers	82pts	(306pts)
8	Prestatyn RC	83pts	(373pts)
9	Tattenhall Runners	84pts	(467pts)
10	Oswestry Olympians AAC	110pts	
11	Colwyn Bay	123pts	
12	Denbigh Harriers	161pts	(633pts)
13	Telford AAC	201pts	(747pts)

OVER 70 MALE MASTERS

1	D Hughes	M70	Prestatyn	29m22s
2	E Williams	M70	Shrewsbury	37m23s

UNDER 17 MEN

1	T Csizmadia	Wrexham	20m39s
2	P Goggin	Deeside	22m04s
3	G Jeffreys	Wrexham	58s

SENIOR LADIES

1	S Davies		Telford	20m58s
2	D Welsh		Deeside	21m38s
3	A Bartlett	W35	Shrewsbury	41s
4	I Redfern	W35	C Bay	51s
5	L Beston		W Cheshire	22m52s
6	J Marsden		Tattenhall	23m02s
7	A Smith		Tattenhall	04s
8	S Evans		Eryri	05s
9	J Heming	W35	Eryri	09s
10	E Schmid		Buckley	19s
11	L Morley	W35	Wrexham	28s
12	S Hammond	W40	Tattenhall	51s
13	J Stokes		Oswestry	24m05s
14	A Darlington	U20	C Bay	16s
15	A Tickner	W40	Oswestry	22s
16	A Whitelaw	W50	Wrexham	28s
17	H MacArther	W40	C Bay	52s
18	A Austin		C Bay	53s
19	A Davies		Tattenhall	56s
20	T Williams	W40	Denbigh	58s
21	E Collins	W45	Denbigh	25m02s
22	J Jarvis	W45	Oswestry	05s
23	G Morgans	U20	Eryri	09s
24	L Morley		Oswestry	18s
25	Y Hill	W45	Oswestry	24s
26	S Atkinson	W40	Tattenhall	26s
27	A Williams	W45	Eryri	31s
28	V Ronald	W40	C Bay	36s
29	B English	W50	Denbigh	49s
30	G Davies	W45	Prestatyn	26m07s
31	E Salisbury	W45	Eryri	18s
32	B Tiedtke	W45	Prestatyn	25s
33	S Hancock	W45	Oswestry	27s
34	L Blagdon	W40	Telford	43s
35	L Bowes		Oswestry	27m03s
36	P Davies	W55	Vale Royal	19s
37	G Waring	W50	Prestatyn	31s
38	S Bayliss	W40	Denbigh	50s
39	M Docking	W55	Wrexham	28m06s
40	S Ellis	W45	Tattenhall	20s
41	S Hughes	W55	Eryri	29m30s
42	M Oliver	W60	Eryri	30m07s
43	G Csizmadia	W45	Wrexham	33s
44	C Williams	W55	Vale Royal	41s
45	R Pearson		Wrexham	55s
46	B Jones	W65	B Dysynni	31m37s

47	M Evans	W40	B Dysynni	32m39s
48	M Radford	W60	W Cheshire	36s 05s
49	S Richards	W55	Shrewsbury	22s
50	V Cortvriend	W50	Denbigh	37m56s
51	M Griffiths	W60	B Dysynni	38m20s

TEAMS

DIVISION ONE

1	Tattenhall Runners	44pts	(276pts)
2	Colwyn Bay AAC	53pts	(516pts)
3	Eryri Harriers	64pts	(304pts)
4	Oswestry Olympians AAC	74pts	(432pts)
5	Wrexham AAC	109pts	(483pts)
6	Buckley RC	235pts	(697pts)

DIVISION TWO

1	Denbigh Harriers	70pts	(456pts)
2	Prestatyn RC	97pts	(583pts)
3	Telford AAC	111pts	(608pts)
4	Shrewsbury AAC	127pts	(777pts)
5	West Cheshire AAC	128pts	(1053pts)
6	Bro Dysynni AAC	144pts	(1005pts)
7	Deeside AAC	152pts	(882pts)
8	Vale Royal AAC	155pts	(888pts)

WOMEN MASTERS TEAMS

1	Colwyn Bay AAC	25pts	
2	Oswestry Olympians AAC	29pts	
3	Denbigh Harriers	35pts	(259pts)
4	Eryri Harriers	35pts	(224pts)
5	Wrexham AAC	36pts	(166pts)
6	Tattenhall Runners	44pts	
7	Prestatyn RC	59pts	
8	Bro Dysynni AAC	99pts	

A dark blue medium top with the sport Trafford logo was left in the hall at Oswestry- if anyone knows who left it behind PLEASE give me a ring on 01978 820612

The Annual General Meeting of the Grand Prix Express North Wales Cross Country League will be held at Ysgol Morgan Llwyd, Wrexham , on Friday, April 3rd 2009 , at 7.15pm. I enclose an agenda –if there is any other matter which you want discussed PLEASE let me know as soon as possible.

The Grand Prix Express North Wales 10 mile Championships (incorporating the Wrexham Open 10) will be run from the Prysmian Club on Wrexham Industrial Estate on Saturday, April 25th 2009 at 2.00 p.m.

Before that the British Masters Cross Country Championships will be organised by Prestatyn RC at Ruthin School on Saturday, March 21st 2009. We hope that our League will be well represented – entry forms can be downloaded from the British Masters website but PLEASE note that entries must be in by Saturday, March 7th 2009.