

**GRAND PRIX EXPRESS NORTH WALES CROSS COUNTRY LEAGUE  
OVERALL RESULTS 2008-2009**

	<b>SENIOR MEN</b>			<b>MASTERS 0.40</b>	
1	Chris Davies	Telford	1	Darren Rowlands	Wrexham
2	Richard Roberts	Eryri	2	Clive West	Buckley
3	Darren Rowlands	Wrexham	3	Tom Annable	Vale Royal
4	Lee Jones	Deeside			
5	Clive West	Buckley		<b>MASTERS 0.45</b>	
6=	Phil Edge	Deeside	1	Mike Robbins	Wrexham
	David Mountford	Deeside	2	Duncan Beale	Shrewsbury
			3	Sean McCormack	Abergele
	<b>UNDER 20 MEN</b>				
1=	Phil Edge	Deeside		<b>MASTERS 0.50</b>	
	David Mountford	Deeside	1	Graham Jones	Shrewsbury
3	Paul Wathan	Eryri	2	Gordon Jones	Prestatyn
			3	Arwel Lewis	Eryri
	<b>TEAMS</b>				
	<b>DIVISION ONE</b>			<b>MASTERS 0.55</b>	
1	Shrewsbury AAC	627 pts	1	Les Coathup	Buckley
2	Eryri Harriers	886 pts	2	George Nixon	Prestatyn
3	Colwyn Bay AAC	1260 pts	3	Martin Cortvriend	Denbigh
4	Abergele Harriers	1495 pts			
5	Telford AAC	1499 pts		<b>MASTERS 0.60</b>	
6	Wrexham AAC	1534 pts	1	Mike Whiteside	Tattenhall
7	Tattenhall Runners	1960 pts	2	Malcolm Dawes	Telford
8	Buckley RC	2549 pts	3	Arthur Egan	Wrexham
	<b>DIVISION TWO</b>			<b>MASTERS 0.65</b>	
1	Maldwyn Harriers	1603 pts	1	Don Williams	Eryri
2	Prestatyn RC	1682 pts	2	Mike H Edwards	Wrexham
3	Deeside AAC	2138 pts			
4	Vale Royal AAC	2359 pts		<b>MASTERS 0.70</b>	
5	Bangor University AAC	2596 pts	1	David Hughes	Prestatyn
6	Wrecsam Tri Club	2861 pts	2	Ron Birch	Denbigh
7	Oswestry Olympians AAC	2980 pts	3	Evan Williams	Shrewsbury
8	Menai T+F	3078 pts			
9	Denbigh Harriers	3095 pts		<b>MALE MASTERS TEAMS</b>	
10	Whitchurch Whippets	3421 pts	1	Shrewsbury AAC	127 pts
11	West Cheshire AAC	3922 pts	2	Vale Royal AAC	280 pts
12	Bridgnorth AAC	4422 pts	3	Maldwyn Harriers	306 pts
13	Clwydian Range Runners	4652 pts	4	Abergele Harriers	311 pts
14	Bro Dysynni AAC	4723 pts	5	Eryri Harriers	367 pts
15	Aberystwyth AAC	4834 pts	6	Wrexham AAC	369 pts
16	BS Deestridders	4841 pts	7	Prestatyn RC	373 pts
			8	Buckley RC	386 pts
			9	Tattenhall Runners	467 pts
			10	Denbigh Harriers	633 pts
			11	Telford AAC	747 pts

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Chris Davies of Telford AAC won at Colwyn Bay, Lilleshall, Wrexham and Oswestry to win the senior mens individual section for a first time. Rob Samuel of Bangor University AAC won at Bangor but neither he, nor Mike James of Shrewsbury, managed to finish four races. Second place went to the consistent Richard Roberts of Eryri Harriers while leading master Darren Rowlands of Wrexham AAC, came third. Buckley RC's Clive West was another Over 40 athlete in fine form with Deeside AAC trio, Lee Jones, Phil Edge and David Mountford also in the prizes. Phil and David are Under 20 runners sharing the top award in that section ahead of Eryri Harriers' Paul Wathan in a season when a good number of juniors gave encouraging performances. As usual there were a number of impressive masters running the League with everyone of the age group winners needing to be at his best to take the top award. Five Over 70 veterans took part in our activities this winter – it is always pleasing to see them with David Hughes of Prestatyn RC finishing first in the category.

For a second successive year Shrewsbury AAC were worthy winners of the senior and master mens team titles. Eryri Harriers were a creditable second among the seniors with Colwyn Bay AAC, who had also done very well in the North Staffordshire CC League, coming third. Vale Royal AAC were runners up in the masters section to take team medals for the first time while Maldwyn Harriers just edged out Abergele Harriers in third place. Two fine performances at Wrexham and Oswestry took Maldwyn Harriers to the top of Division Two and they will replace Buckley RC in Division One next season.

If we include our Over 70 masters, 785 senior men took part in our five meetings which, although nine less than last year, is an extremely healthy number.

1	Geraint Jeffreys	Wrexham AAC
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Unfortunately Geraint Jeffreys of Wrexham AAC was the only Under 17 man to complete four races and he deserves praise for his efforts. Jamie Wright of Deeside AAC won at Colwyn Bay and Bangor with Menai T+F duo, Stephen Pierce and Andrew Woodcock, and Tom Csizmadia of Wrexham AAC winning one each of the other three races.

<b>SENIOR LADIES</b>			<b>MASTERS 0.35</b>		
1	Sian Davies	Telford	1	Isabel Redfern	Colwyn Bay
2	Isabel Redfern	Colwyn Bay	2	Anna Bartlett	Shrewsbury
3	Anna Bartlett	Shrewsbury	3	Jenny Heming	Eryri
4	Marilyn Kitching	Tattenhall			
5	Donna Welsh	Deeside		<b>MASTERS 0.40</b>	
6	Erika Schmid	Buckley	1	Marilyn Kitching	Tattenhall
			2	Alison Tickner	Oswestry
			3	Sarah Atkinson	Tattenhall
<b>UNDER 20 LADIES</b>					
1	Gemma Morgans	Eryri			
				<b>MASTERS 0.45</b>	
	<b>TEAMS</b>		1	Jackie Jarvis	Oswestry
	<b>DIVISION ONE</b>		2	Yvonne Hill	Oswestry
1	Tattenhall Runners	276 pts	3	Emma Collins	Denbigh

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2	Eryri Harriers	304 pts			<b>MASTERS 0.50</b>	
3	Oswestry Olympians	432 pts		1	Alison Whitelaw	Wrexham
4	Wrexham AAC	483 pts		2	Budge English	Denbigh
5	Colwyn Bay AAC	516 pts		3	Gabby Waring	Prestatyn
6	Buckley RC	697 pts				
7	Abergele Harriers	1339 pts			<b>MASTERS 0.55</b>	
				1	Margaret Docking	Wrexham
	<b>DIVISION TWO</b>			2	Pauline Davies	Vale Royal
1	Denbigh Harriers	456 pts		3	Sue Hughes	Eryri
2	Bangor University AAC	530 pts				
3	Prestatyn RC	583 pts			<b>MASTERS 0.60</b>	
4	Telford AAC	608 pts		1	Hazel Dirkson	Buckley
5	Shrewsbury AAC	777 pts		2	Maggie Oliver	Eryri
6	Wrecsam Tri Club	800 pts		3	Mary Radford	West Cheshire
7	Deeside AAC	882 pts				
8	Vale Royal AAC	888 pts			<b>MASTERS 0.65</b>	
9	Menai T+F	901 pts		1	Brenda Jones	Bro Dysynni
10	Bro Dysynni AAC	1005 pts				
11	West Cheshire AAC	1053 pts			<b>LADY MASTERS TEAMS</b>	
12	Maldwyn Harriers	1218 pts		1	Wrexham AAC	166 pts
13	BS Deestridders	1258 pts		2	Eryri Harriers	224 pts
				3	Denbigh Harriers	259 pts

Sian Davies of Telford AAC won the final three races at Bangor, Wrexham and Oswestry having finished second at Lilleshall to take the senior ladies individual title for the first time. Her team mate Claire Martin was first at Lilleshall while Isabel Redfern of Colwyn Bay AAC won on her home course and, with three more top four finishes, was second overall. Two more lady masters, Anna Bartlett of Shrewsbury AAC and Marilyn Kitching of Tattenhall Runners, were third and fourth with Donna Welsh of Deeside AAC and Erika Schmid of Buckley RC delighted to make the top six. There were a series of impressive performances among the lady masters but, as in Season 2007-2008, Gemma Morgans of Eryri Harriers was the only Under 20/Under 17 athlete to complete four races and fully deserved her reward.

Tattenhall Runners won the senior ladies team title in only their third season in the League with Eryri Harriers a close second and Oswestry Olympians AAC in third place. Only three teams completed the lady masters team section but Wrexham AAC were well clear of Eryri Harriers and Denbigh Harriers. Denbigh Harriers regain their place in Division One with Abergele Harriers relegated and back in Division Two next year.

An overall total of 358 finishes took part in the winter's five races which is 22 runners short of last season's record. However, the senior ladies did set a new record for the most runners in an individual race as 87 finished at Bangor on November 22<sup>nd</sup> 2008.

Chris and Sian Davies of Telford AAC became the first brother and sister to win the League's individual men and womens titles. This is an outstanding and very rare achievement – many congratulations to them both.

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Bangor University AAC's women also deserve praise for their performances this winter – it was unfortunate that the final League meeting at Oswestry clashed with the BUCS Cross Country Championships in Aberdeen.

Graham Jones of Shrewsbury AAC was a deserved winner of the Bebbington Trophy for Endeavour having revived his club's fortunes over recent years culminating in winning the senior mens team title last winter for the first time since season 1983-1984.

The five host clubs are thanked for providing us with fine facilities – their course builders, marshals, officials and tea ladies worked together to ensure that we all had five excellent afternoons. Our thanks also to the Referees – Les Baldwin, George Tudor and Helen Walling – for ensuring that all five meetings were run smoothly.

We are extremely grateful to our new sponsor, Russell Godwin of Grand Prix Express, for his support and we all know that no sponsor could have a greater interest in our activities. Thanks also to Jack Purdie of Charisma Trophies for once again providing us with top class medals and a generous discount.

Gareth Hughes, Paul Sanderson and many local correspondents continue to make sure our activities continue to receive coverage in the Daily Post, Shropshire Star and other newspapers – many thanks to you all.

Andy and Alison Whitelaw once again volunteered to help me by typing out all the results to keep everyone informed – thank you to both of them for their support.

Altogether 1157 athletes completed League races during the 2008-2009 which was only 52 less than last year. The adverse weather conditions at Oswestry made a difference but it was still a very successful season. We look forward to another good winter in 2009-2010.