

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

at Eirias Park, Colwyn Bay

Saturday, September 27<sup>th</sup> 2008

**SENIOR MEN**

1	C Davies		Telford	28m26s
2	M James		Shrewsbury	30m07s
3	R Samuel		Bangor U	31m05s
4	R Roberts		Eryri	30s
5	I Coupland		Shrewsbury	32m21s
6	D Rowlands	M40	Wrexham	32m25s
7	G Wilson	M50	Telford	33s
8	D Mountford	U20	Deeside	34s
9	L Jones		Deeside	36s
10	M Roberts		Eryri	59s
11	D Blazier		Abergele	33m01s
12	S McCormack	M45	Abergele	12s
13	G Norgrove	M40	Tri Club	19s
14	F Downs		Bangor U	23s
15	R Lucock		Telford	27s
16	D Weston		Wrexham	28s
17	R Watson		C Bay	35s
18	R Hailey	M50	Telford	38s
19	T Watson		C Bay	41s
20	J Ogden	U20	Oswestry	42s
21	M Robbins	M45	Wrexham	49s
22	T Annable	M45	Vale Royal	34m04s
23	P Edge	U20	Deeside	21s
24	D Beale	M45	Shrewsbury	28s
25	K Francis	M40	Shrewsbury	31s
26	A Clague	M40	W Cheshire	32s
27	G Jones	M50	Shrewsbury	37s
28	M Byrne		Wrexham	41s
29	S Bagguley		Wrexham	44s
30	M Pierce	U20	Menai	50s
31	M Gilbert		Tri Club	35m05s
32	S Ellis	M40	Tattenhall	07s
33	G R Williams	M40	Menai	08s
34	G Jones	M50	Prestatyn	12s
35	A Walling		Menai	20s
36	J Hayes		Deeside	23s
37	A Campbell		Tri Club	27s
38	P Wathan	U20	Eryri	28s
39	G Nicholls		Prestatyn	35s
40	C Kelly		Prestatyn	41s
41	H Jones	M45	Maldwyn	42s

42	S Hatton	M45	Shrewsbury	42s
43	S Waters		Shrewsbury	35m42s
44	J Davies		Telford	46s
45	D Kirby		Shrewsbury	52s
46	L Coathup	M55	Buckley	55s
47	R Godwin	M40	C Bay	57s
48	T Cahill	M45	Abergele	36m12s
49	R Williams		Eryri	15s
50	G Nixon	M55	Prestatyn	18s
51	A Jones		C Bay	18s
52	A Lewis	M50	Eryri	20s
53	P Williams		Tri Club	24s
54	A Leonard		C Bay	26s
55	D Owens		Menai	27s
56	G Belcher	M45	Maldwyn	27s
57	M Harrington		Vale Royal	29s
58	P Davies	M40	Oswestry	31s
59	M Simms		Prestatyn	42s
60	R Edwards		Tri Club	45s
61	S McCormack	U20	Abergele	54s
62	G Rowlands		Menai	37m00s
63	J Todd	M45	Vale Royal	02s
64	M Cortvriend	M55	Denbigh	09s
65	S Bellis	M50	Buckley	14s
66	N Blake	M50	Oswestry	33s
67	S Turk	M40	Shrewsbury	34s
68	R Hayes		Tri Club	36s
69	J Hardway	U20	C Bay	37s
70	E Davies	M45	Maldwyn	42s
71	C Wakeman	M50	Shrewsbury	44s
72	G Innes		Tattenhail	45s
73	A John		Bangor U	47s
74	D Henley	M45	Prestatyn	49s
75	R Sharam		Whitchurch	57s
76	S Wolstenholme		Wrexham	58s
77	E Davies	M65	Eryri	38m03s
78	P Ballinger	M50	Denbigh	13s
79	C Yorke	M40	C Bay	15s
80	P Beason	M40	Maldwyn	18s
81	E Evans	M50	Eryri	21s
82	B Owens		C Bay	25s
83	G Richards	M55	Wrexham	27s
84	A Bronley	U20	Deeside	29s
85	D Wilde	M45	Bridgnorth	44s
86	A McKay		Bangor U	50s
87	G Bailey		Prestatyn	50s
88	J Bennell	M55	Eryri	56s
89	M Crompton	M40	Vale Royal	39m01s

90	G Manson	M55	Oswestry	04s
91	S Hammond	M50	Tattenhall	39m05s
92	R Bourne	M40	Eryri	06s
93	T Parry	M50	Wrexham	12s
94	C Talbot		Telford	23s
95	D Davies	M45	Prestatyn	35s
96	T Cowans		C Bay	41s
97	A Humphreys	M45	Denbigh	45s
98	S Nicholls	M45	Oswestry	51s
99	T Harding	M45	C Bay	55s
100	D Williams	M65	Eryri	40m04s
101	P Brandrick	M50	Prestatyn	18s
102	A Pryce		Maldwyn	29s
103	M Whiteside	M60	Tattenhall	35s
104	S Phillips		Whitchurch	42s
105	S L Jones	M50	Eryri	45s
106	M Otway		Bangor U	52s
107	C Williams	M45	C Bay	53s
108	D Sykes		Tattenhall	58s
109	G Davies	M40	C Bay	41m01s
110	C Evans		Wrexham	02s
111	D Jones	M45	Denbigh	03s
112	J G Evans	M60	Aberystwyth	05s
113	D Rose	M50	Shrewsbury	08s
114	P Hooson	M45	Tri Club	20s
115	S Botham	M45	Tri Club	22s
116	G Shone	M55	Abergele	23s
117	T Burnett		Tri Club	27s
118	P Walker	M55	Wrexham	39s
119	D Richards		Whitchurch	41s
120	B Nash		Shrewsbury	42s
121	A Bryan		Wrexham	42s
122	K Elliott	M45	Abergele	46s
123	I Mulligan	M40	Menai	53s
124	A Egan	M60	Wrexham	54s
125	I Jones	M60	Tri Club	42m00s
126	R Griffiths	M55	B Dysynni	14s
127	D Owen	M55	Shrewsbury	24s
128	M Durrant	M50	Tattenhall	32s
129	M Williams	M45	Eryri	36s
130	P English	M50	Denbigh	37s
131	D A Jones	M55	Denbigh	41s
132	R Edwards		Menai	46s
133	G Hughes	M60	Prestatyn	43m00s
134	C Rathbone	M60	Vale Royal	07s
135	T Benton	M45	Denbigh	09s
136	N Alford	M50	Bridgnorth	10s
137	J Morris	M60	Buckley	12s

138	D Clarke	M50	Tattenhall	14s
139	N Ballard	M45	Oswestry	43m23s
140	P Mitchell	M40	Tri Club	28s
141	C Bird	M40	C Bay	37s
142	C Baldwin	M50	Denbigh	52s
143	D Fleetwood		Shrewsbury	44m07s
144	P Thomas	M50	Abergele	17s
145	S Hatfield	M60	Prestatyn	21s
146	J J Thomas	M65	Buckley	24s
147	D Davies	M50	Telford	32s
148	D Edwards	M50	Abergele	35s
149	E Edwards	M50	Eryri	38s
150	S Bell	M45	Denbigh	39s
151	R D Frost	M60	Wrexham	42s
152	C Lewis	U20	Telford	50s
153	S Edwards		Eryri	58s
154	R Webster	M45	Tattenhall	45m00s
155	S Oliver	M45	Shrewsbury	20s
156	P Jones	M40	Deeside	21s
157	P McCullough		Maldwyn	36s
158	S Spires		Wrexham	44s
159	J Nolan	M55	B Dysynni	46m04s
160	J Murray-Crisp	M40	Tri Club	31s
161	B Jackson	M65	B Dysynni	35s
162	J Davies	M60	Vale Royal	42s
163	A Lucas	M60	Abergele	47m20s
164	D A Williams	M60	Wrexham	33s
165	J Hunter	M55	Tri Club	48m02s
166	S Parsons	M50	Whitchurch	30s
167	K Robbins	M55	Whitchurch	50m02s
168	R Mackey	M60	Buckley	51m30s
169	M H Edwards	M65	Wrexham	52m28s
170	S Ward	M55	Abergele	60m51s

## TEAMS

### **DIVISION ONE**

1	Shrewsbury AAC	125 pts
2	Wrexham AAC	176 pts
3	Telford AAC	179 pts
4	Eryri Harriers	230 pts
5	Colwyn Bay AAC	257 pts
6	Abergele Harriers	370 pts
7	Tattenhall Runners	534 pts
8	Buckley RC	737 pts

## DIVISION TWO

1	Wreccsam Tri Club	262 pts
2	Prestatyn RC	296 pts
3	Deeside AAC	316 pts
4	Menai T+F	338 pts
5	Bangor University AAC	457 pts
6	Oswestry Olympians AAC	471 pts
7	Maldwyn Harriers	506 pts
8	Vale Royal AAC	527 pts
9	Denbigh Harriers	611 pts
10	Whitchurch Whippets	806 pts
11	West Cheshire AAC	901 pts
12	Bridgnorth AAC	921 pts
13	Bro Dysynni AAC	971 pts
14	Aberystwyth AAC	987 pts

## MALE MASTERS TEAMS

1	Shrewsbury AAC	28 pts
2	Wrexham AAC	44 pts
3	Prestatyn RC	65 pts
4	Maldwyn Harriers	66 pts
5	Vale Royal AAC	71 pts
6	Abergele Harriers	82 pts
7	Eryri Harriers	89 pts
8	Oswestry Olympians AAC	91 pts
9	Colwyn Bay AAC	100 pts
10	Denbigh Harriers	104 pts
11	Tattenhall Runners	105 pts
12	Buckley RC	119 pts
13	Wreccsam Tri Club	121 pts
14	Bro Dysynni AAC	256 pts

## OVER 70 MALE MASTERS

1	R Birch	M70	Denbigh	23m53s
2	D Hughes	M70	Prestatyn	25m03s
3	E Williams	M70	Shrewsbury	26m16s
4	R Billington	M70	Wrexham	31m37s

## UNDER 17 MEN

1	J Wright	Deeside	16m35s
2	G Jeffreys	Wrexham	18m50s

## SENIOR LADIES

1	I Redfern	W35	C Bay	16m58s
2	A Bartlett	W35	Shrewsbury	17m05s
3	A Roberts		Eryri	18m00s
4	M Kitching	W40	Tattenhall	10s
5	D Welsh		Deeside	34s
6	T Lewis-Jones	W35	C Bay	49s
7	H Davies	W40	Wrexham	51s
8	J Stokes		Oswestry	57s
9	E Schmid		Buckley	19m04s
10	R Pierce		Eryri	25s
11	A Tickner	W40	Oswestry	30s
12	J Heming	W35	Eryri	35s
13	S McRobie		Menai	43s
14	L Morley	W35	Wrexham	47s
15	A Davies		Tattenhall	20m01s
16	J Jarvis	W45	Oswestry	04s
17	J Brierley		Bangor U	06s
18	Y Hill	W45	Oswestry	08s
19	A Williams	W45	Eryri	12s
20	J Lindley	W40	Buckley	14s
21	E Collins	W45	Denbigh	27s
22	H MacArther	W40	C Bay	32s
23	D Urquhart	W35	Buckley	35s
24	A Whitelaw	W50	Wrexham	40s
25	J McDonough		Prestatyn	50s
26	K Norgrove	W40	Tri Club	59s
27	L Stothart-Wilde		Tattenhall	21m03s
28	B English	W50	Denbigh	13s
29	S Hancock	W45	Oswestry	20s
30	G Morgans	U20	Eryri	22s
31	R Adams	W50	Wrexham	24s
32	B Riddings		Menai	33s
33	M Taverner	W45	Vale Royal	37s
34	H Roberts		Bangor U	39s
35	V Ronald	W40	C Bay	48s
36	L Morley		Oswestry	54s
37	S Blandford		Bangor U	22m11s
38	G Davies	W45	Prestatyn	13s
39	J Richards	W45	Abergele	20s
40	R Pearson		Wrexham	25s
41	H Dirksen	W60	Buckley	28s
42	A Hughes	W40	Abergele	38s
43	M Oliver	W60	Eryri	40s
44	S Hughes	W55	Eryri	23m05s
45	M Bartley	W35	Denbigh	41s
46	A Guillemin	W40	Abergele	48s

47	P Davies	W55	Vale Royal	24m00s
48	E Goddard	W35	Prestatyn	02s
49	E Johnsone		Tri Club	05s
50	H Ashworth		Prestatyn	13s
51	K Brandrick		Prestatyn	17s
52	B Jones	W65	B Dysynni	42s
53	C Willgoose	W50	Abergele	25m19s
54	H Dafis		Prestatyn	27s
55	S Harding		C Bay	30s
56	F Coleman	W40	C Bay	44s
57	J Blakemore	W40	Eryri	26m20s
58	J Dodd	W40	Tri Club	40s
59	V Edwards	W50	Menai	45s
60	C Williams	W55	Vale Royal	55s
61	L Clague	W65	Tattenhall	27m26s
62	Y Marconi-Nolan	W55	B Dysynni	26s
63	J McGibbon	W50	Buckley	29s
64	M Griffiths	W60	B Dysynni	28m04s
65	S Wignall	W35	Abergele	11s
66	S Richards	W55	Shrewsbury	31s
67	G Wood	W55	Tri Club	48s
68	M Radford	W60	W Cheshire	29m07s
69	A Begley	W40	Abergele	16s
70	A Hill	W55	Menai	30m57s

## **TEAMS**

### **DIVISION ONE**

1	Eryri Harriers	44pts
2	Oswestry Olympians AAC	53pts
3	Colwyn Bay AAC	64pts
4	Wrexham AAC	76pts
5	Buckley RC	93pts
6	Tattenhall Runners	107pts
7	Abergele Harriers	180pts

### **DIVISION TWO**

1	Bangor University AAC	88pts
2	Denbigh Harriers	94pts
3	Menai T+F	104pts
4	Prestatyn RC	111pts
5	Wrecsam Tri Club	133pts
6	Vale Royal AAC	140pts
7	Shrewsbury AAC	143pts
8	Deeside AAC	155pts
9	Bro Dysynni AAC	178pts
10	West Cheshire AAC	219pts

## WOMEN MASTERS TEAMS

1	Colwyn Bay AAC	19pts
2	Oswestry Olympians AAC	25pts
3	Wrexham AAC	32pts
4	Eryri Harriers	44pts
5	Buckley RC	51pts
6	Denbigh Harriers	58pts
7	Abergele Harriers	77pts
8	Vale Royal AAC	88pts
9	Wreccsam Tri Club	97pts
10	Bro Dysynni AAC	114pts

Thank you to the clubs who have paid their affiliation fees – PLEASE remember they are due on, or before, the date of our second fixture.

I am sure that we are all pleased to welcome Whitchurch Whippets as new members – we hope they will enjoy taking part in League fixtures.

Enclosed are entry forms for races organised by Abergele Harriers and Shrewsbury AAC – if any other club has a race which they want to advertise PLEASE give me copies and I will include them in the envelopes.

Confirmation to North Wales clubs that the Welsh Inter Regional Cross Country Championships will be held at Wrexham on Saturday, December 13<sup>th</sup> 2008.

The next meeting of the Grand Prix Express North Wales Cross Country League will be hosted by Telford AC at Lilleshall on Saturday, October 11<sup>th</sup> 2008.

