



43	A McNay		Tattenhall	36m56s
44	D Beales	M40	Shrewsbury	37m04s
45	R Edwards		Menai	05s
46	A Lewis	M50	Eryri	06s
47	C Talbot		Telford	17s
48	G Williams	M40	Vale Royal	19s
49	H Jones	M45	Maldwyn	29s
50	E Davies	M55	Maldwyn	34s
51				40s
52	C Smith		Tri Club	42s
53	P Williams	M40	Telford	44s
54	K Smith	M50	Whitchurch	52s
55	R Hailey	M55	Telford	53s
56	S Waters		Shrewsbury	56s
57	S P Jones	M50	Eryri	38m00s
58	S Roberts	M55	Oswestry	04s
59	A Preston		Meirionnydd	06s
60	R Godwin	M40	C. Bay	09s
61	A Woodall		Eryri	12s
62	O Harrison Jones	U20	Prestatyn	13s
63	C Yorke	M40	C.Bay	17s
64	G Nicholls	M40	Prestatyn	18s
65	S Wheatley		Bangor U	21s
66	S Turk	M40	Shrewsbury	22s
67	T Archer	M55	Vale Royal	22s
68	G P Jones	M40	Eryri	26s
69	P Davies		Bangor U	27s
70	G R Williams	M40	Menai	30s
71	R Wilyman		Abergele	42s
72	J Hayes	M40	Deeside	44s
73	R Lee	M45	Abergele	47s
74	P Balingier	M50	Denbigh	48s
75	D Talbot	M45	Telford	51s
76	A Harold	M40	Eryri	57s
77	A Campbell		Tri Club	39m10s
78	T Cahill	M45	Abergele	11s
79	L Coathup	M55	Buckley	12s
80	R Sharan		Whitchurch	16s
81	N Bevan		Oswestry	23s
82	E Roberts	M45	Eryri	27s
83	J Davies		Telford	28s
84	B Hunter	M45	C.Bay	31s
85	N Halliday	M55	Prestatyn	38s
86	T Vine		Shrewsbury	54s
87	C Jones	M40	Eryri	40m07s
88	C Wakeman	M50	Shrewsbury	12s
89	G Jones		Whitchurch	31s
90	M Cortvriend	M55	Denbigh	36s

91	M Witty	M40	Deestridders	40m42s
92	D Davies	M50	Prestatyn	44s
93	D Jones	M50	Denbigh	44s
94	H Lewis	M50	Buckley	47s
95	R Borne	M40	Eryri	51s
96	P Baraclough		Denbigh	58s
97	I Mulligan	M40	C.Bay	41m01s
98	D Haines	M40	Vale Royal	04s
99	C Hayes		Prestatyn	09s
100	E Reid	M45	Abergele	24s
101	S Hammas	M50	Tattenhall	27s
102	D Hollingworth		Buckley	29s
103	G Nixon	M55	Prestatyn	34s
104	P Roberts	M65	Buckley	46s
105	G Richards	M55	Wrexham	48s
106	N Blake	M50	Oswestry	57s
107	K Rowlands	M50	Clwydian	57s
108	C Jones		Whitchurch	42m11s
109	D Davies		Denbigh	13s
110	R Oliver		Vale Royal	15s
111	M Dawes	M60	Telford	21s
112	S Livett	M45	Eryri	25s
113	S Green		Bangor U	30s
114	M Smith		Tattenhall	34s
115	G Bailey		Prestatyn	37s
116	S Nicholls	M50	Oswestry	39s
117	G Shone	M60	Abergele	46s
118	M Whiteside	M60	Tattenhall	56s
119	P Mitchell	M40	Tri Club	59s
120	A W Jones	M50	Prestatyn	43m01s
121	J Hughes Roberts	M50	Prestatyn	10s
122	I Taylor	M40	C.Bay	14s
123	D Williams	M65	Eryri	16s
124	C Taft	M45	Prestatyn	19s
125	R Oliver	M40	Deeside	21s
126	M Learmonth	M40	C.Bay	26s
127	I Jones	M60	Tri Club	27s
128	M Durrant	M50	Tattenhall	30s
129	C Williams	M50	C.Bay	34s
130	A Howe		Abergele	38s
131	S Phillips	M40	Whitchurch	39s
132	J Halliday		Bangor U	49s
133	R Rogers	M50	Eryri	57s
134	J Williams	M50	Eryri	58s
135	T Benton	M45	Denbigh	44m00s
136	P Nichols	M55	Meirionnydd	13s
137	S Edwards		Eryri	20s
138	P Sanderson	M55	Telford	27s

139	E Edwards	M55	Eryri	44m37s
140	I Lowe		Oswestry	38s
141	S Oliver	M50	Shrewsbury	42s
142	R Chambers		Tattenhall	45s
143	P Thomas	M50	Abergele	50s
144	D Hough	M60	W Cheshire	45m00s
145	D Wilde	M50	Bridgnorth	09s
146	G Hughes	M60	Prestatyn	16s
147	M O'Brian	M50	Deestridders	19s
148	J Morris	M65	Buckley	29s
149	F Vaughan	M55	Meirionnydd	41s
150	S Hatfield	M60	Prestatyn	42s
151	M Gregory	M40	Whitchurch	53s
152	D Owen	M55	Shrewsbury	54s
153	W Price		Denbigh	46m00s
154	P Brooks	M55	C.Bay	02s
155	J Davies	M65	Vale Royal	07s
156	K Evans	M45	Meirionnydd	21s
157	S Bell	M40	Denbigh	33s
158	A Egan	M65	Wrexham	38s
159	C Rathbone	M65	Vale Royal	47m04s
160	N Alford	M50	Bridgnorth	16s
161	B Neale	M55	Denbigh	42s
162	D Gavin	M55	Prestatyn	50s
163	S Smith	M60	Tri Club	48m30s
164	A Williams		Whitchurch	49m07s
165	I Blakemore	M50	Eryri	25s
166	B Hickson		Whitchurch	38s
167	P Jones	M65	Prestatyn	45s
168	R Spotswood	M50	Abergele	50m23s
169	M H Edwards	M65	Wrexham	53s
170	D A Williams	M60	Wrexham	51m04s
171	R Mackey	M65	Buckley	53s
172	C Barnett	M55	Denbigh	52m05s
173	D Owen	M60	Prestatyn	37s
174	S Partington		Wrexham	58m56s

(if anyone knows who finished 51<sup>st</sup>, please let me know)

## **TEAMS**

### **DIVISION ONE**

1	Telford AAC	87 pts
2	Eryri Harriers	111 pts
3	Shrewsbury AAC	161 pts
4	Wrexham AAC	342 pts
5	Colwyn Bay AAC	451 pts
6	Maldwyn Harriers	475 pts

7	Menai T+F	493 pts
8	Tattenhall Runners	549 pts

## **DIVISION TWO**

1	Oswestry Olympians	208 pts
2	Meirionnydd RC	227 pts
3	Prestatyn RC	440 pts
4	Wreccsam Tri Club	549 pts
5	Buckley RC	553 pts
6	Abergele Harrers	569 pts
7	Deeside AAC	582 pts
8	Denbigh Harriers	587 pts
9	Whitchurch Whippets	613 pts
10	Vale Royal AAC	637 pts
11	Bangor University AAC	679 pts
12	BS Deestridders	938 pts
13	Clwydian Range Runners	982 pts
14	Bridgnorth AAC	1005 pts
15	West Cheshire AAC	1019 pts

## **MALE MASTERS TEAMS**

1	Telford AAC	20 pts
2	Eryri Harriers	39 pts
3	Shrewsbury AAC	46 pts
4	Wrexham AAC	68 pts
5	Oswestry Olympians AAC	80 pts
6	Colwyn Bay AAC	82 pts
7	Vale Royal AAC	88 pts
8	Deeside AAC	100 pts
9	Prestatyn RC	105 pts
10	Abergele Harriers	113 pts
11	Denbigh Harriers	116 pts
12	Tattenhall Runners	121 pts
13	Buckley RC	132 pts
14	Wreccsam Tri Club	133 pts
15	Meirionnydd RC	172 pts
16	Whitchurch Whippets	178 pts

## **OVER 70 MEN**

1	P Norman	M70	Wrexham	23m29s
2	D Hughes	M70	Prestatyn	59s
3	R Hird	M70	Eryri	27m14s
4	R Griffin	M70	Bridgnorth	37m34s

## UNDER 17 MEN

1	H Williams	Eryri	16m12s
2	T Earley	C.Bay	16s
3	N Jones	C.Bay	32s
4	W Sheridan	Deeside	41s
5	A Lanz	Meirionnydd	48s
6	O James	Menai	17m07s
7	J Roberts	Wrexham	29s
8	G Oliver	Deeside	51s
9	G Backshall	C.Bay	18m58s
10	C Smith	Prestatyn	20m35s

## TEAMS

1	Colwyn Bay AAC	14 pts
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## SENIOR LADIES

1	C Martin	W35	Telford	17m03s
2	M Kitching	W40	Tattenhall	40s
3	A Lavender		Oswestry	18m11s
4	E Robinson		Buckley	14s
5	A Dalkins	W35	Telford	25s
6	A Bartlett	W40	Shrewsbury	28s
7	C Burgoyne		Shrewsbury	34s
8	A Rowlands	W35	Eryri	38s
9	J Brierley		Bangor U	42s
10	I Redfern	W35	C.Bay	45s
11	D Williams		Menai	59s
12	E Parry	W35	Wrexham	19m13s
13	R Pierce		Denbigh	24s
14	S Livett	U17	Menai	28s
15	S Hammond	W45	Tattenahll	29s
16	J Heming	W35	Eryri	34s
17	B Law		Eryri	43s
18	E Baker		Tattenhall	20m17s
19	A Williams	W50	Eryri	19s
20	D Tickner	U17	Oswestry	20s
21	C Evans	W45	Telford	20s
22	J Hoad	W40	Telford	21s
23	H MacArthur	W40	C.Bay	24s
24	E Collins	W45	Denbigh	27s
25	Y Hill	W45	Oswestry	38s
26	A Tickner	W40	Oswestry	43s
27	A Whitelaw	W50	Wrexham	48s
28	L Davies		Oswestry	57s
29	S Rowlands	W40	Clwydian	21m02s

30	D Urquhart	W35	Buckley	21m10s
31	A Lewis		Prestatyn	16s
32	T Williams	W45	Denbigh	20s
33	S Atkinson	W40	Tattenhall	20s
34	J Richards	W45	Abergele	31s
35	E Salisbury	W45	Eryri	33s
36	A Vaughan	W40	Meirionnydd	39s
37	S Barnwell	W45	Tattenhall	47s
38	L Hampton Jones	W45	Wrexham	48s
39	A Griffiths		Menai	52s
40	W Trimble		Eryri	54s
41	L Renondeau		Tattenhall	55s
42	C Wilgoose	W50	Abergele	58s
43	S Hancock	W50	Oswestry	22m00s
44	K Norgrove	W40	Tri Club	01s
45	L Morley	W35	Wrexham	08s
46	S McKness		Telford	15s
47	R Adams	W50	Wrexham	16s
48	C Birch	W60	Abergele	19s
49	J McDonough		Prestatyn	24s
50	L Peters	U20	Menai	28s
51	B Johnson		Meirionnydd	30s
52	G Davies	W45	Prestatyn	31s
53	R Houston		Shrewsbury	41s
54	B English	W50	Denbigh	44s
55	S Ellis	W50	Tattenhall	45s
56	S Ward	W40	Prestatyn	47s
57	A Davies		Tattenhall	49s
58	S Messum	U17	Deeside	57s
59	B Tiedtke	W45	Prestatyn	59s
60	G Waring	W50	Prestatyn	23m05s
61	S Chilton	U17	Deeside	09s
62	V Ronald	W40	C.Bay	14s
63	P Roberts		C.Bay	30s
64	J Cole	W40	Meirionnydd	30s
65	R Foster	W40	Whitchurch	36s
66	P Davies	W55	Vale Royal	40s
67	G Hart	W40	Tattenhall	46s
68	A Donnelly	W40	Eryri	47s
69	K Frankland	W40	Tattenhall	49s
70	J Salem	W35	Whitchurch	53s
71	C Edwards	U17	Deeside	24m01s
72	R Pearson		Wrexham	04s
73	J Chambers		Tattenhall	13s
74	E Goddard	W35	Prestatyn	16s
75	M Oliver	W60	Eryri	29s
76	S Hall	W35	Abergele	38s
77	B Carter		Bangor U	38s

78	E Jones	W40	Prestatyn	24m43s
79	A Bagnall	U17	Prestatyn	50s
80	J Preston	W35	Meirionnydd	54s
81	S Basford	W35	Tattenhall	59s
82	L Griffiths	W40	C.Bay	25m10s
83	S Ridings	W50	Buckley	11s
84	E Sheekey		Shrewsbury	20s
85	S Calvert	W50	Abergele	28s
86	V Edwards	W50	Menai	35s
87	C Williams	W55	Vale Royal	37s
88	B Jones	W65	B. Dysynni	40s
89	C Richards	W35	Abergele	26m35s
90	D Dodd	W50	Wrexham	36s
91	B Dines		Whitchurch	36s
92	J Phillips	W55	Menai	38s
93	G Csizmadia	W45	Wrexham	42s
94	K Harrison		Wrexham	42s
95	S Rogers	W40	Whitchurch	27m03s
96	M Evans	W45	B. Dysynni	04s
97	D Kemp	W50	C.Bay	25s
98	E James	U17	Menai	40s
99	L Jones	W50	Abergele	48s
100	H Robbins	W55	Whitchurch	28m22s
101	M Radford	W60	W. Cheshire	47s
102	S Wignal	W35	Abergele	53s
103	A Parry		Wrexham	29m40s
104	R Hunter	W45	C.Bay	30m00s
105	A Ablett	W55	Buckley	21s
106	M Griffiths	W65	B. Dysynni	57s
107	V Cortvriend	W55	Denbigh	31m54s
108	S Richards	W50	Shrewsbury	33m49s

## **TEAMS**

### **DIVISION ONE**

1	Telford AAC	48 pts
2	Eryri Harriers	60 pts
3	Oswestry Olympians	74 pts
4	Wrexham AAC	122 pts
5	Denbigh Harriers	123 pts
6	Colwyn Bay AAC	158 pts
7	Buckley RC	222 pts

### **DIVISION TWO**

1	Tattenhall Runners	35 pts
2	Menai T+F	64 pts

3	Shrewsbury AAC	66 pts
4	Abergele Harriers	124 pts
5	Prestatyn RC	132 pts
6	Meirionnydd RC	151 pts
7	Deeside AAC	190 pts
8	Bangor University AAC	211 pts
9	Whitchurch Whippets	226 pts
10	Vale Royal AAC	278 pts
11	Clwydian Range Runners	279 pts
12	Bro Dysynni AAC	290 pts
13	Wrecsam Tri Club	294 pts
14	West Cheshire AAC	351 pts

### **LADY MASTERS TEAMS**

1	Telford AAC	15 pts
2	Eryri Harriers	24 pts
3	Tattenhall Runners	31 pts
4	Wrexham AAC	50 pts
5	Colwyn Bay AAC	58 pts
6	Oswestry Olympians AAC	59 pts
7	Denbigh Harriers	68 pts
8	Abergele Harriers	81 pts
9	Prestatyn RC	106 pts
10	Meirionnydd RC	115 pts
11	Buckley RC	144 pts
12	Whitchurch Whippets	150 pts
13	Bro Dysynni AAC	194 pts

Another great start to the season by our ladies – in 2009 a record 102 finished the race but in 2010 this has increased to 108. Well done to you all.

But it was a good day all round. 127 youngsters entered the Energy Solutions North Wales Junior League in the morning and 296 finished the two races in the Grand Prix Express North Wales League in the afternoon. A total of 423 athletes enjoying (!!)

cross country running and spectators seeing it all for no cost!!

Congratulations to Tim Davies (Maldwyn) on winning this summer's British Fell Running Championships' senior mens title and to Eryri Harriers who finished a great first in the senior womens team section.

Well done also to Gareth Hughes (Prestatyn) who was recently awarded the Welsh Athletics Off Road Official 2010 award – we very much appreciate his support for cross country running in North Wales over the years.

Gareth, and Prestatyn RC, together with volunteers from other North Wales clubs will work together to host the Rhug Organic North Wales Cross Country Championships at Corwen on Saturday January 29<sup>th</sup> 2011.

