

**GRAND PRIX EXPRESS NORTH WALES CROSS COUNTRY LEAGUE
OVERALL RESULTS 2009-2010**

	SENIOR MEN			MASTERS O.40	
1	Richard Roberts	Eryri	1	Gary Norgrove	Wreccsam Tri
2	Tim Davies	Maldwyn	2	Andrew Clague	West Cheshire
3	Ian Coupland	Shrewsbury	3	Geran Hughes	Abergele
4	Greg Wilson	Telford			
5	Lee James	Deeside		MASTERS O.45	
6	Desi Damiani	Wrexham	1	Tom Annable	Vale Royal
			2	Mike Robbins	Wrexham
	UNDER 20 MEN		3	John Sanders	Telford
1	Andrew Bromley	Deeside			
				MASTERS O.50	
	TEAMS		1	Greg Wilson	Telford
	DIVISION ONE		2	Graham Jones	Shrewsbury
1	Telford AAC	605 pts	3	Edward Davies	Maldwyn
2	Shrewsbury AAC	726 pts			
3	Wrexham AAC	1058 pts		MASTERS O.55	
4	Eryri Harriers	1215 pts	1	Jim Woodcock	Menai
5	Colwyn Bay AAC	1420 pts	2	Neil Owen	Prestatyn
6	Maldwyn Harriers	1421 pts	3	George Nixon	Prestatyn
7	Tattenhall Runners	1449 pts			
8	Abergele Harriers	2551 pts		MASTERS 0.60	
			1=	Malcolm Dawes	Telford
	DIVISION TWO			Mike Whiteside	Tattenhall
1	Menai T+F	953 pts	3	Stephen Hatfield	Prestatyn
2	Prestatyn RC	1370 pts			
3	Meirionydd RC	1465 pts		MASTERS 0.65	
4	Oswestry Olympians AAC	1805 pts	1	Emyr Davies	Eryri
5	Buckley RC	2011 pts	2	Don Williams	Eyyri
6	Bangor University	2041 pts	3	Peter Roberts	Buckley
7	Vale Royal AAC	2175 pts		MASTERS 0.70	
8	Denbigh Harriers	2376 pts	1	Peter Norman	Wrexham
9	Whitchurch Whippets	2511 pts	2	David Hughes	Prestatyn
10	Wreccsam Tri Club	2628 pts	3	Ron Hird	Eryri
11	Deeside AAC	2882 pts		MASTERS 0.75	
12	West Cheshire AAC	3291 pts	1	Ray Billington	Wrexham
13	Bridgnorth AA	3513 pts			
14	Clwydian Range Runners	3616 pts		MALE MASTERS TEAMS	
15	Aberystwyth AAC	3961 pts	1	Telford AAC	
16	Bro Dysynni AAC	3963 pts	2	Shrewsbury AAC	
17	BS Deestridders	4050 pts	3	Maldwyn Harriers	
			4	Eryri Harriers	
			5	Wrexham AAC	
			6	Prestatyn RC	
			7	Colwyn Bay AAC	
			8	Tattenhall Runners	
			9	Abergele Harriers	
			10	Denbigh Harriers	
			11	Buckley RC	

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A fine winning contribution by Eryri Harriers' Richard Roberts at Oswestry clinched his first senior mens individual title head of Maldwyn Harriers' Tim Davies and Ian Coupland of Shrewsbury AAC. Chris Davies of Telford AAC won at Colwyn Bay and Bridgnorth with Bangor University AAC's Nick Swinburn finishing first at Bangor. Greg Wilson of Telford AAC was the best of the masters finishing fourth overall and first in the Over 50 section while Lee Jones of Deeside AAC and Desi Damiani of Wrexham AAC did well to make the top six.

There were a number of close battles for supremacy in various masters categories, especially among the Over 60 athletes with Mike Whiteside of Tattenhall Runners and Telford AAC's Malcolm Davies unable to be separated and sharing the gold medal. Andrew Romley of Deeside AAC was the only Under 20 men to complete three races and deserved his reward but Andrew Woodcock of Menai T+F impressed everyone at the opening two races. It was encouraging to see seven Over 70 men taking part in our activities this winter with Wrexham AAC pair Peter Norman and Ray Billington winning the Over 70 and Over 75 sections respectively.

Telford AAC dominated the team sections winning the senior and master mens titles with Shrewsbury AAC a good second in both. Wrexham AAC and Maldwyn Harriers took the bronze team medals. Menai T+F were top of Division Two and replacing Abergele Harriers in Division One next winter, but praise also for Meirionnydd RC who finished a fine third in their first season of League action.

If we include our Over 70 masters, 628 senior men took part in our four meetings which is only five more than in season 2006-2007 when we had to cancel the fixture at Oswestry.

UNDER 17 MEN		
1	William Sheridan	Menai T+F

Congratulations to William Sheridan of Menai T+F for showing great promise in winning this section but the turnout among the Under 17 men is extremely disappointing. Joe Morris of Oswestry Olympians AAC won on home ground while Alex Lanz of Meirionnydd RC led them in at Colwyn Bay and Bridgnorth. Unfortunately we found out in early February that Alex was too young – by just one day!! – and we had to delete his performances from our records but we're sure he will make a big impression in the years to come.

SENIOR LADIES			MASTERS 0.35		
1	Claire Martin	Telford	1	Claire Martin	Telford
2	Alison Lavender	Oswestry	2	Tammy Lewis-Jones	Colwyn Bay
3	Marilyn Kitching	Tattenhall	3	Andrea Rowlands	Eryri
4	Andrea Rowlands	Eryri			
5=	Erika Robinson	Buckley		MASTERS 0.40	
	Tammy Lewis-Jones	Colwyn Bay	1	Marilyn Kitching	Tattenhall
			2	Denise Sanders	Telford
			3	Helen MacArthur	Colwyn Bay

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	UNDER 17 LADIES				
1	Sarah Livett	Menai			
2	Lisa Peters	Menai			MASTERS 0.45
3	Aime Bagnall	Prestatyn		1	Annie Williams
				2	Cheralyn Evans
				3	Yvonne Hill
	TEAMS				
	DIVISION ONE				
1	Eryri Harriers	223 pts			MASTERS 0.50
2	Oswestry Olympians	288 pts		1	Budge English
3	Colwyn Bay AAC	346 pts		2	Alison Whitelaw
4	Buckley RC	504 pts		3	Gabby Waring
5	Denbigh Harriers	520 pts			
6	Wrexham AAC	595 pts			MASTERS 0.55
7	Tattenhall Runners	669 pts		1	Helen Robbins
				2	Sheila Richards
	DIVISION TWO				
1	Telford AAC	126 pts			MASTERS 0.60
2	Menai RC	450 pts		1	Maggie Oliver
3	Prestatyn RC	463 pts		2	Mary Radford
4	Bangor University AAC	509 pts			
5	Meirionydd RC	524 pts			MASTERS 0.65
6	Abergele Harriers	593 pts		1	Brenda Jones
7	Wrecsam Tri Club	658 pts			
8	Shrewsbury AAC	685 pts			
9	Whitchurch Whippets	752 pts			LADY MASTERS TEAMS
10	Bro Dysynni AAC	887 pts		1	Telford AAC
11	Deeside AAC	908 pts		2	Colwyn Bay AAC
12	Clwydian Range Runners	941 pts		3	Eryri Harriers
13	Vale Royal AAC	1019 pts		4	Oswestry Olympians
14	West Cheshire AAC	1067 pts		5	Wrexham AAC
				6	Denbigh Harriers
				7	Buckley RC
				8	Prestatyn RC
					76 pts
					103 pts
					117 pts
					189 pts
					232 pts
					288 pts
					324 pts
					332 pts

Claire Martin of Telford AAC won at Colwyn Bay, Bridgnorth and Oswestry to take the senior women's individual title for the fifth time and was also, for the first time, winner of the masters Over 35 section. Alison Lavender of Oswestry Olympians AAC won at Bangor and was a good second overall with leading woman, Marilyn Kitching, master Over 40 taking third place. Two more Over 35 women, Andrea Rowlands of Eryri Harriers and Colwyn Bay AAC's Tammy Lewis-Jones, were also in the top six together with the consistent Erika Robinson of Buckley RC. There were many impressive performances in the various masters categories but special congratulations to Over 55 champion Helen Robbins who secured Whitchurch Whippets' first League medal. Sarah Livett of Menai T+F had three fine outings to win the Under 17 section ahead of team mate Lisa Peters and Aime Bagnall of Prestatyn RC while Abbie Oliver of Deeside AAC maws a good sixth at Oswestry.

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Eryri Harriers were deserved senior womens team champions ahead of Oswestry Olympians AAC and Colwyn Bay AAC but Division Two winners, Telford AAC, were also the best among the women masters teams. Telford AAC will replace Tattenhall Runners in Division One next season.

An overall total of 319 finishers took part in this winter's four races which is 11 more than in 2006-2007. The senior women did set a new record for the most runners in an individual race as 102 finished at Colwyn Bay on September 26th, 2009.

The Bebbington Trophy for Endeavour was presented to George and June Tudor for their 'service and friendship' over the period 1985-2010. George has been the chairman of the League since our first Annual General Meeting on March 9th 1985, and has also acted as one of our Referees for the last 25 years. June helps out whenever and wherever she is needed – timekeeping, recording, etc. while this season at Bridgnorth she was responsible for ensuring the cows did not wander on the course. A delightful couple and a well deserved award.

The four host clubs are thanked for providing us with excellent facilities – their course builders, officials, marshals and tea ladies have done us proud and make certain we had four enjoyable afternoons. Our thanks also to our referees George Tudor and Helen Walling, and everyone who helped them in any way to ensure that all four meetings ran smoothly.

We are extremely grateful to our sponsor, Russell Godwin of Grand Prix Express, for his generous support and his great interest in all our activities – thank you. Thanks also to Jack Purdie of Charisma Trophies for providing us with top class trophies and medals with an exceptionally generous discount.

We thank everyone who makes sure that our activities receive coverage in various newspapers with Gareth Hughes and Paul Sanderson deserving special thanks for ensuring we are mentioned in the Daily Post and the Shropshire Star.

Andy and Alison Whitelaw have again done all the typing in order to keep everyone informed and this year Tom Annable has helped by setting up our website www.northwalesxc.webs.com – thank you for your willing support.