

GRAND PRIX EXPRESS
NORTH WALES 10 MILE CHAMPIONSHIPS 2010
 Incorporating Wrexham Open 10
 By kind permission of the Club House Ltd

Saturday 24th April 2:00pm

POS	CAT POS	CHAMPS POS	NUMBER	TIME mm : ss	NAME	CLUB	AGE GROUP	CHAMPIONSHIPS
1	1	1	68	55 : 31	Brendan Rothery	Eryri Harriers	SM	Y
2	1	2	6	55 : 45	Desi Damiani	Wrexham AAC	M35	Y
3	2	3	28	57 : 4	Daniel Weston	Wrexham AAC	SM	Y
4	1		33	59 : 0	Darren Washington	City of Stoke AAC	M40	N
5	3	4	66	59 : 30	Arthur Connell	Eryri Harriers	SM	Y
6	1		79	59 : 33	Ted Partridge	Unattached	M45	N
7	4	5	78	59 : 43	Dean Longley	Prestatyn RC	SM	Y
8	2	6	26	60 : 0	Dewi Roberts	Abergele Harriers	M40	Y
9	2	7	7	60 : 7	Jeز Brown	Buckley RC	M35	Y
10	1	8	37	60 : 43	Andrew Bromley	Deeside AAC	JM	Y
11	2	9	101	61 : 58	Mike Robbins	Wrexham AAC	M45	Y
12	1	10	51	62 : 2	Marilyn Kitching	Tattenhall Runners	W40	Y
13	1	11	73	62 : 12	Arwel Lewis	Eryri Harriers	M50	Y
14	1	12	90	62 : 20	Griff Owens	Prestatyn RC	M60	Y
15	3	13	91	63 : 1	Shaun Hooson	Buckley RC	M40	Y
16	3		81	63 : 16	Nick Thomas	Telford Harriers	M45	N
17	3		59	63 : 37	James Simpson	South Cheshire Harriers	M35	N
18	5	14	69	63 : 55	Robert Jones	Wrexham AAC	SM	Y
19	4	15	89	64 : 3	George Nicholls	Prestatyn RC	M40	Y
20	4		99	64 : 18	Russell Williams	Cheadle	M45	N
21	1	16	67	64 : 50	Jim Woodcock	Menai T & F	M55	Y
22	5		88	64 : 54	Terry Barker	South Cheshire Harriers	M40	N
23	6		102	67 : 21	Tom Armstrong	Vale Royal AC	SM	N
24	7	17	85	67 : 45	Angus Mackay	Bangor University AAC	SM	Y
25	4		41	68 : 4	Robert Wilson	Whitchurch Whippets	M35	N
26	6		87	68 : 32	Nick Dunning	South Cheshire Harriers	M40	N
27	1		96	68 : 39	Allison Cole	Ellesmere Port RC	W35	N
28	5	18	105	69 : 0	Lliffon Foulkes	Eryri Harriers	M35	Y
29	2	19	83	69 : 23	Des Davies	Prestatyn RC	M50	Y
30	5		49	69 : 47	Terry Hellings	Lytham St Annes R.R.	M45	N
31	2		60	69 : 59	Moses Tutesigensi	Portsmouth AC	JM	N
32	2	20	94	70 : 19	Geoff Richards	Wrexham AAC	M55	Y
33	1		52	70 : 26	Anne Sweeney	Preston Harriers	W50	N
34	3	21	72	70 : 36	Arwel Jones	Prestatyn RC	M50	Y
35	3	22	8	70 : 58	Vernon Pownall	Abergele Harriers	M55	Y
36	4	23	98	71 : 10	Paul Brandrick	Prestatyn RC	M50	Y
37	8		95	71 : 41	Jonathan Cole	Ellesmere Port RC	SM	N
38	9		62	71 : 49	Ian Stanton	Vale Royal AC	SM	N
39	2		54	73 : 45	John Gwynn Evans	Aberystwyth AAC	M60	N
40	4	24	65	73 : 48	Ian M Rothery	Cybi Striders	M55	Y
41	3		40	73 : 49	Derek Poole	Holme Pierrepont RC	M60	N
42	1		46	73 : 59	Rachael Blight	Stockport Harriers	SW	N
43	10	25	21	74 : 19	Michael Owen	Denbigh Harriers	SM	Y
44	1	26	5	75 : 10	Emma Collins	Denbigh Harriers	W45	Y
45	5	27	1	75 : 30	Chris Baldwin	Denbigh Harriers	M55	Y
46	2		18	75 : 42	Donna Macloskey	Unattached	W45	N
47	3	28	56	76 : 24	Glenda Davies	Prestatyn RC	W45	Y
48	2		31	76 : 59	Liz Turton	Stockport Harriers	W50	N
49	6	29	86	78 : 6	Maldwyn Evans	Eryri Harriers	M45	Y
50	3	30	74	78 : 19	Alison Whitelaw	Wrexham AAC	W50	Y
51	5		92	78 : 53	Phil Bransby	Unattached	M50	N
52	2		76	79 : 5	Liz Merrifield	Les Croupiers	SW	N
53	6		30	79 : 12	David Turton	Stockport Harriers	M55	N
54	4	31	55	79 : 26	Yvonne Hill	Oswestry Olympians AAC	W45	Y
55	1		61	79 : 39	Helen Todd	Stockport Harriers	W55	N
56	7	32	58	80 : 5	Andrew Gannon	Menai T & F	M45	Y
57	11	33	104	82 : 1	Jonathan Davies	Wrexham AAC	SM	Y
58	12		75	82 : 1	Piotr Sananowicz	Unattached	SM	N
59	5	34	9	82 : 9	Brenda Tiedtke	Prestatyn RC	W45	Y
60	2		12	82 : 59	Lisa Grantham	Ellesmere Port RC	W35	N
61	3	35	84	83 : 3	Andrew Cabot	Bangor University AAC	JM	Y
62	3		53	83 : 38	Laura Ashworth	Lytham St Annes R.R.	SW	N
63	1		80	83 : 39	Ronnie Jones	Wirral AC	M70	N
64	6	36	13	84 : 29	Leonard Jackson	N.W.R.R.C.	M50	Y
65	6		82	84 : 34	James Royd	Unattached	M35	N
66	7	37	70	85 : 58	Charles Ashley	Wrexham AAC	M50	Y
67	1		39	86 : 35	Sandra Poole	Holme Pierrepont RC	W65	N
68	4	38	29	86 : 42	John Tee	Bro Dysynni AAC	M60	Y
69	7		34	87 : 9	Chris Jones	Unattached	M40	N
70	8	39	64	87 : 30	Huw Jones	Eryri Harriers	M45	Y
71	4		48	87 : 59	Katie Waterhouse	Whitchurch Whippets	SW	N
72	2	40	11	91 : 2	Brenda Jones	Bro Dysynni AAC	W65	Y
73	5	41	20	91 : 16	Lisa Pope	Denbigh Harriers	SW	Y
74	2		50	92 : 9	Sara Rogers	Whitchurch Whippets	W40	N
75	3	42	63	92 : 15	Eleri Goddard	Prestatyn RC	W35	Y
76	5	43	38	97 : 4	Rob Mackey	Buckley RC	M60	Y
77	8		15	98 : 34	Hiram Evans	Unattached	M40	N
78	3		103	99 : 44	Sushila Manilal	Unattached	W40	N
79	2		47	100 : 30	Helen Robbins	Whitchurch Whippets	W55	N
80	1	44	27	103 : 48	Ray Billington	Wrexham AAC	M75	Y
81	4	45	97	105 : 49	Gill Brandrick	Prestatyn RC	W50	Y
82	1		77	113 : 0	Mary Radford	West Cheshire	W60	N

GRAND PRIX EXPRESS
NORTH WALES 10 MILE CHAMPIONSHIPS 2010
 Incorporating Wrexham Open 10
 By kind permission of the Club House Ltd

Saturday 24th April 2:00pm

Senior Men	1. B. Rothery	2. D. Damiani	3. D. Weston
	4. A. Connell	5. D. Longley	6. D. Roberts
Masters Men	M35 1. D. Damiani	2. J. Brown	3. Ll. Foulkes
	M40 1. D. Roberts	2. S. Hooson	3. G. Nicholls
	M45 1. M. Robbins	2. M. Evans	3. A. Gannon
	M50 1. A. Lewis	2. D. Davies	3. A. Jones
	M55 1. J. Woodcock	2. G. Richards	3. V. Pownall
	M60 1. G. Owens	2. J. Tee	3. R. Mackey
	M75 1. R. Billington		
Junior Men	1. A. Bromley		
Senior Women	1. M. Kitching	2. E. Collins	3. G. Davies
Masters Women	W35 1. E. Goddard		
	W40 1. M. Kitching		
	W45 1. E. Collins	2. G. Davies	3. Y. Hill
	W50 1. A. Whitelaw		
	W65 1. B. Jones		

TEAMS

Men

1)	Wrexham AAC	34 pts
2)	Eryri Harriers	47 pts
3)	Prestatyn RC	69 pts

Women

1)	Stockport Harriers	24 pts
2)	Prestatyn RC	40 pts
3)	Whitchurch Whippets	58 pts

MASTERS MEN

1)	Wrexham AAC	28 pts
2)	Prestatyn RC	39 pts
3)	South Cheshire Harriers	43 pts
4)	Buckley RC	53 pts
5)	Eryri Harriers	54 pts

Congratulations to Desi Damiani (M35) and Marilyn Kitching (W40) who set new course records in their age groups. Marilyn's time of 62m 02 sec was also the best ever by a female athlete in the North Wales Closed section. Well done also to Sandra Poole who, being the first to complete the course since it was measured in 1999, has set the standard for the age group.

Our thanks to the many officials and marshals who, as always, gave up their Saturday afternoon to ensure the event went smoothly - we all know the race could not go on without their support. Thanks also to the St John Ambulance volunteers for their presence

Thank you yet again to Linda and her staff at the Club House for their warm welcome and the use of their excellent facilities.

Russell Godwin of Grand Prix Express is thanked for his generous sponsorship and for his and his continued genuine interest in all our activities.

And Finally, my thanks to all the athletes for taking part in this years Grand Prix Express North Wales 10 mile Championships. We are all pleased with your support and hope you can come again for the 49th. Running of the event on April 30th, 2011

David Alun Williams
 Hon. Secretary, North Wales Cross Country Association