

Grand Prix Express North Wales Cross Country League

Division 2 - Men

2009-10

Pos Club	Colwyn Bay	Bridgnorth	Bangor	Wrexham	Oswestry	Total
1 Menai	310	1 252	1			562
2 Prestatyn	323	2 361	2			684
3 Meirionnydd	364	3 373	3			737
4 Buckley	461	5 441	4			902
5 Bangor Uni	532	7 445	5			977
6 Vale Royal	512	6 599	6			1111
7 Oswestry	430	4 781	11			1211
8 Wreccsam Tri	649	8 602	7			1251
9 Denbigh	697	10 644	8			1341
10 Deeside	691	9 737	10			1428
11 Whitchurch	775	11 662	9			1437
12 Bridgnorth	949	12 839	12			1788
13 Clwydian	995	14 881	13			1876
14 West Cheshire	977	13 910	14			1887
15 Aberystwyth	1111	15				#####
16 Bro Dysynni	1156	16				#####

Grand Prix Express North Wales Cross Country League

Division 2 - Women

2009-10

Pos Club	Colwyn B	Bridgnth	Bangor	Wrexham	Oswestry	Total
1 Telford	28	1 11	1			39
2 Bangor Uni	115	4 58	2			173
3 Menai	73	2 117	4			190
4 Prestatyn	114	3 123	5			237
5 Meirionnydd	178	7 112	3			290
6 Abergele	160	6 137	7			297
7 Wreccsam Tri	134	5 230	11			364
8 Whitchurch	213	8 162	8			375
9 Shrewsbury	261	10 132	6			393
10 Bro Dysynni	269	11 208	9			477
11 Clwydian	297	12 236	12			533
12 Deeside	227	9				#####
13 Vale Royal		218	10			#####
14 West Cheshire		275	12			#####

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Junior Men

2009-10

Pos Name/Club	Colwyn B	Bridgnth	Wrexham	Bangor	Total
1 Alex Lanz - Meirionnydd	1	1 1	1 0	0	2
2 Owain James-Menai	3	3 2	2 0	0	5
3 J Roberts-Wrexham	2	2			#####