



Cylchlythyr Clwb Rhedeg

PRESTATYN

Running Club Newsletter

Gwanwyn 2008

Spring 2008

Inside This Issue

- 1....AGM
BL Mob Match
Congrats column
New members
- 2...Chairman report
Ladies captain
- 3...X country report
Mens team photo
Mens captain
- 4+5 .Member's profile:
Gabby Waring
- 6Livorno Half
Marathon
- 7+8....Gordon Jones
memories!
- 9...X country
converted member
Ladies team photo
HELP needed with
Junior training
sessions
- 10..Castles Relay
- 11....Fell Running
Mid week series
North Wales series
Moel y Ci
- 12....Noticeboard
- 13...Fixtures
- 14...Committee
members
Gabby's favourite
quote

March 28th
**Club's AGM &
prizegiving**
North Wales Bowls Centre
7 p.m

Anyone wishing to have any matters placed on the agenda is asked to notify club secretary Gareth Hughes by March 21st

Border League Mob Match

In the penultimate fixture of the Border League at Helsby on **April 6th** the club is taking part in the annual Mob Match against Abergele Harriers.

There will be separate competitions for the men and women, with a trophy for each winning team. What it means is, that if we have 12 men out and Abergele 14, only their first 12 will count, with the trophy going to the team with least points. Similarly, an equal number of women in each team will count.

It just adds a bit of spice to the event, **so please make a special effort to turn out**, and remember it's not just those at the sharp end who will count.

Brilliant new website for you to use:
www.prestatynrunningclub.com

Croeso i Aelodau Newydd / Welcome to New Members

Lawrence Kidd

Eleri Jones

Colin Barnett

Congratulations Column

**Welsh o/55
Cross-country
champion**
George Nixon

**North Wales
Cross-country
Champs**

Gold to
George Nixon O/55
George Nicholls O/35

Silver to
Gabby Waring O/50

Bronze to
Brenda Tiedtke O/45

Senior Ladies team
Rebecca, Gabby,
Brenda, Eleri

**Cross Country
League**
Gold to
George Nixon O/55
Silver to
Gabby Waring O/50

Adroddiadau aelodau y pwyllgor / Committee Members Reports

Chairman's Report

Time to put the cross country shoes away until next autumn, this season was disappointing for both Ladies and the Men team, the men being relegated. With injuries and too many of our top runners being missing prove we aren't good enough to be with the elite. For the Ladies it was a good effort to come second but to lose to our closest rivals was a bitter pill however on the plus side our numbers for turning out were up this season and it was great to see so many new faces. If there were trophies for tuning out we would have won them which means with this season experience, better seasons are ahead of us. Congratulations to our individual o/55 champion George Nixon who had a clean sweep this season Welsh Masters, North Wales and League champion which is a tremendous achievement, also Gay Waring 3rd o/50 in the League.

London marathon is coming up soon and good luck to all, that are running this year- many for the first time. My advice is to enjoy it tremendous atmosphere but unfortunately it can be very painful, as for my past experience reminds me but if you get the training right you will be very successful and you will treasure that medal.

The club are planning track sessions again in the spring at Colwyn Bay. These are very beneficial for your running and you will benefit by knocking lumps off your pbs. They are likely to be on a Tuesday evening so give it a go.

I would like to thank Jo Mc Donough on volunteering and taking the juniors over in the Spring and for passing her coaching certificates. A big thank you to Steve Wellington, who sadly is leaving us, for his work with the juniors and other tasks he did for the club. Good luck for the future

Well, with the spring here now there is so much to do. You can try fell running with Phil. The fell races on the Tuesday night, short and scenic races on the snowdonia and the coast between Conway and Bangor. There is also the Club Handicap races from the Saints from May approx three mile with the killer hill at the end..

Keep on running

Arwel Jones

Ladies Captain Report

Since our last committee meeting there have been at least one if not two races each weekend and I am glad to report that Prestatyn Ladies have been out in force.

In all the three cross-country races, 9 ladies have turned out to compete at each venue. This season Becky Robinson has lead the team home on many occasion with Gabby Waring close on her heels. Gabby went on to win 3rd in her o/50 age group at the league end of season presentation. In her first season at cross country Julie Logan must have a mention after her huge effort of competing at Oswestry after completing an 18mile training run in the morning prior to the race! Gabby has also won her age group in the British Police cross-country Championship which was held over a very tough course at Pontypridd.

At the North Wales Championships it was great to see 9 runners again. Brenda Tiedtke won 3rd o/45 and Gabby Waring was 2nd o/50. The senior ladies team of Rebecca Robinson, Gabby, Brenda and Eleri Goddard took the silver medal. This year Prestatyn had a Ladies B team consisting of Glenda, Fiona Brown, Julie Logan, Joanna Edwards and Helen Baxandall who finished 5th place.

On the road we have had one Border League race at Abergele and couple 10km and half marathons. At Abergele we had 12 ladies out with Isobel Redfern winning the ladies race. At Twin Piers Brenda and Eleri took on the challenge with Brenda just outside her age category placings. At Nick Beer we had 5 ladies competing, where Jo McDonough had a P.B in 46.21. Although we had 7 ladies starting the Helsby Half, unfortunately Katie Brandrick suffered an asthma attack and I do sincerely hope that when things have settled for her she will not have to wait too long for her running form to return. At the Wrexham Half the 5 PRC ladies were led home by Eleri Goddard who had a cracking run to cross the finishing line in 1-49.26.

Mwynhewch eich rhedeg/Enjoy your running

Glenda

Mens Cross-Country Captain Report

The last two fixtures of the season saw 13 men turning out at Wrexham and 10 at Oswestry, where at least we got plenty of mud to satisfy the cross-country purists. After last seasons promotion to the 1st Division, it was disappointing to see our rapid return to the second tier. This became inevitable after our failure to get all our "top" runners out on a consistent basis. All credit to the runners who did turn out however. Although healthy competition is no doubt a good thing, what I like most about cross country is the friendly atmosphere and excellent team spirit it fosters.

The star of our team has to be George Nixon who deservedly won the tough V55 category for the season. George also won his category in the North Wales Championships at Northop where we had 6 male runners out. In addition he is the current Welsh Master Champion in his age group. George accepted his awards with typical modesty.

The following runners, having run at least 4 of the 5 League races for the season, qualify for club cross-country medals to be presented at the AGM:

George Nixon
George Nicholls
Gordon Jones
Arwel Jones
John H. Roberts
Steve Hatfield
Mike Doolan
Paul Brandrick

Gabby Waring
Glenda Davies
Julie Logan
Joanna Edwards
Katie Brandrick
Eleri Goddard

I look forward to seeing you all next season. Dates to follow. First race probably Colwyn Bay at the end of September.

Steve Hatfield



Mens cross country team at Colwyn Bay Oct 2007

Back L to R: Aaron Aspall, Dave Henley, George Nicholls, Phil Jones, Mike Doolan, John Hughes Roberts, Gordon Jones, George Nixon
Front L to R: Steve Hatfield, Arwel Jones, Gareth Hughes, Chris Kelly, Neil Halliday

Mens Captain Report

We have now completed five races with two left, the men have put in a good solid performance and we have had more senior men running, than we have had in previous years. It is good to see the younger people coming through and some of these guys have really improved over the past few months.

At present the men are lying second in Div two, trailing Wallasey and are on target to be promoted to Div one for next season.

Well done and thanks to everyone. If anyone requires results for this seasons Border League, please let me know.

The next Border League at Helsby we will be staging a mob match with Abergele, same as last year. I know they have a strong mens team, but I sure we can give them a reasonable run for their money, if we can field as many of the sharper men as possible.

Best Regards

Paul

Mens Captain

Proffeil aelod y Clwb / Member Profile

NAME: *Gabrielle Maria Waring*

D.O.B: 21/09/1957

PLACE OF BIRTH: Luanshya Zambia.

YEAR STARTED RUNNING: Well it would be fair to say that I started to run the year I joined the Police, thirty years ago to be exact, in 1978. As I weighed in at a hefty twelve stone I was ordered to lose the weight or lose the job! So followed endless jogs around the Marine Lake with my favourite pal, Dexter, and my love of running began.



HOW LONG BEEN A P.R.C MEMBER over ten years.

FORMER CLUBS: Well none if we're talking of running apart from the NWP running club. However I also belong to the Prestatyn tennis club and St Melyd golf club.

RACE HISTORY: P.B's, YEAR and EVENT ACHIEVED. Having started competitive running rather late, I can honestly say that I must be the only runner who never wears a watch so consequently I never remember any times. My idea of running races is to enjoy them, finish them to the best of my ability and if that happens the rest is incidental!

Marathon: However I will say that I can remember my best marathon times, probably because you are reminded of the time all the way around! My P.B. for a marathon is 3hrs 15.06 in London in 2003. I ran my very first marathon for the Police in Belfast in 1999 and completed it in 3hrs 33. This was with the help of the Pakistani man from the corner shop at the 20 miler marker. He could see that I was on my last legs and promptly ran out and stuffed a piece of cake and a black mixture from a milk bottle into my mouth. I was only too pleased to oblige and set off at some speed to overtake our front runner! I don't know who was the more surprised, him seeing me or me seeing him! Obviously I was hoping that this shop trader would have a relative on the London route, but no such luck!

I ran the Belfast Marathon again in 2004 and won the Open veteran ladies' prize of £400 in a time of 3hrs 23. I hasten to add without any help!

I have run the Glasgow Marathon with Jimmy Saville, the London Marathon with Gordon Ramsey, Charlie Dimmock and Steve Redgrave and the New York Marathon with B.A. from the 'A' team.

PROUDEST MOMENT: In 2001 receiving the Welsh Police Athletic Association Shield for my contribution to tennis and athletics.

In 2003 being presented with the 'Waring' cup for winning the Police cross country every year for 25 years.

In 2004 being crowned NWP Sports Personality of the year.

Having always run in the mixed team for the Police Snowdon Sevens race, a gruelling 25 mile event encompassing the seven peaks of Snowdon, I finally got a ladies team together in 2006 and we won the event by an hour. Being the Captain was the icing on the cake!

FAVOURITE TRAINING SESSION/ROUTE: Straight out of the house, down onto the beach, over the golf course through the caravan site to Talacre lighthouse and back along the tops, through the fields and the old Abbey and into the woods. This route has to be run in conjunction with singing 'the hills are alive....' ask Mary Meredith!

SPORTING HERO/HEROINE: Bruce Fordyce for his record wins in the 'Comrades'. Zola Budd for running barefoot and reminding me of home!

OTHER SPORTS ENJOYED: Tennis / Squash / Swimming / Golf and the odd triathlon.

WHAT I WOULD WISH FOR THE CLUB: For good health for all members/ new young blood/ and a lottery win to but a clubhouse!

FAVOURITE RACE: The New York marathon. For the feeling of euphoria running through Central Park and being kissed by half a dozen marshalls at the end and thinking I had won! Phoning my brother later and being told that he had plotted my route on the internet and at halfway when I disappeared off the screen, didn't know if I had got the bus or had a heart attack! Thankfully neither!

HARDEST RACE: Has to be the Snowdon Sevens, a race open to all Police Forces. Charging up and down seven mountains, Snowdon, Crib y Ddysgl, Glwyd y Fach, Glyd y Fawr, Y Garn, Foel Goch and Elidir Fawr in all weathers and cunningly trying to outwit the opposition! In 2006 we did! And beat the record in a time of 6hrs 15mins.

FAVOURITE RACE DISTANCE: Having turned 50 recently the longer distances have lost their appeal – I wonder why? And I now find myself enjoying the short cross country runs and the friendly battles with the girls for first place.

FAVOURITE SPORTING MOMENTS:

Centre Court watching the late Arthur Ashe win Wimbledon.

Any international rugby matches where Wales are victorious – as long as it's not against the Springboks!

Running in the same marathon, won by Paula Radcliffe in world record time.

Watching the Fonz and Eddie the Eagle allegedly 'skiing' in Aspen for charity.

PLACES YOU'D LIKE TO RUN:

Lake Tahoe in California.

PREFERRED SURFACE; Off road and the muddier the better!

FAVOURITE T.V. ETC. As I do not follow T.V. or the latest films I would prefer to list my favourite experiences meeting personalities:

Sneaking into St Peter's Sq, Rome without a ticket, to see Pope John Paul 11. I was pushed over towards the side, by the garages, when suddenly the shutter went up and the Pope emerged in his Pope mobile. As it shuddered out, the Pontiff lost his balance and fell outwards onto me! He steadied himself leaning on my shoulders, blest me and without more ado took off. The nun beside me kept on kissing my hand, telling me that I was truly blessed. I was sorry it hadn't been her.

Being picked to protect Lady Diana, on her walkabout in Rhyl and receiving a pressed rose and letter for my trouble.

At a luxury hotel complex on the Isle of Langawi, arguing with a punter over a sun bed and when he finally gave in, finding his book under the bed and realising that it was his bed after all. I chased after him, to hear him say that I had made his day not recognising him. It was then that I glanced at the book and saw that it was Phil Collins' autobiography and I was staring at him! Needless to say we became good pals and I shared a pedicure with him the following day!

Learning to sail a topper in Malta and out at sea was invited onto a cruiser named 'Shadow' by the deck hand in a peaked cap, who asked if I could guess who owned it. Having no idea I badgered the chap to say and he eventually removed his cap and I realised it was Cliff Richard. I had no idea... My sister, who loves him, never let me forget it!

HATES/DISLIKES:

Swearing and blaspheming.

Children, the disabled and the elderly having a raw deal.

Leaving the cross country early without verbally encouraging and abusing the lads!

White wine without ice!

CRAZY MOMENTS; WHERE DO I START?

Early part of my Police career being asked to guard the Capsule that had supposedly become detached from the shuttle in space and had landed on the beach beside the Lido. I was shocked but dutifully guarded it for four hours, instructing all dog walkers to stay clear. Finally to be told that it was the buoy from Mostyn docks, that had been washed ashore! You can see how busy the Cops were in those days!!

Swimming with my brother, out to sea in the Isle of man, when four men clad in wet suits and goggles joined us to report that a 'basking shark' was on it way. With no time to spare the fin appeared and it was Jaws all over, ding ding ding ding ding.....I froze knowing the 'basking shark' would be focused on the four pink legs in front of him. I madly tried to think what 'basking' meant...lying in the sun/nice and friendly. And thought how the cops back home would howl when I hopped back into work on one leg telling the story. Thankfully the shark circled us and swam off. I have got the scar on my arm to prove it, as he brushed past!

A boiling hot day in Africa and the garden boy topped up the water tank ready for us all to have a swim. We climbed up the ladder and jumped into the tank only to realise that the snake in the tree above, was also feeling the heat. The boom slang flopped in on top of us. What followed was a frenzied fight, every man for himself, to get out. The garden boy nowhere to be seen!

Diving on the isle of Gozo and driving back to port to return to Malta. I was late and mistakenly thought the Maltese boat was leaving. On seeing the ramp for the cars starting to ascend, I drove furiously and landed on it. I drove into the hold and was surprised to see no other cars. After some time on deck realising nobody else spoke English, the Captain informed me that the boat was in fact a cargo boat bound for Sicily! That was some holiday!

I could go and on but realise I have to stop somewhere.

I have enjoyed this opportunity to share some of my life with you all.

I am at the point of retirement after thirty wonderful years and there opens another exciting chapter.....

Gabby Waring.

Livorno Half Marathon

Italy Nov 07

I first decided to run the Livorno Half Marathon in August, when I was over in Tuscany visiting my sister, who has lived in the beautiful Tuscany mountains for the last twelve years. My niece's husband who is Italian had done the race a few times before, so we decided to enter. I knew I had to up my training and get a longer run in each week, for the next twelve weeks, so I trained with Brian Eckersly each Sunday morning. Our runs were at a steady pace and ranged between 10 and 12 miles. I hadn't run a half marathon since 1999, previous to that I had done well over 100 half marathons and 15 full marathons (seems a long ago now). I try to blank out the times I used to do and just concentrate on what I am doing right now and my capabilities now as I want to keep running.

My training went well, and it came round soon enough for the big day. I flew to Pisa the day before and arranged to meet Andre at the hotel, which he had booked for us close to the start. I got to Livorno (only 40 mins on the train from Pisa) just as it was getting dark. Andre wasn't due at the hotel until 7.30 and then we would go out to eat. I decided to sit in reception with a couple of beers and wait. I picked a race magazine up to read and knew it was a big event with runners from all over the globe. Runners were checking in at the hotel from different clubs, all with their bright coloured tracksuits on! We went out that night to a local restaurant and had a pasta dish. I don't know what I ordered but in Italy they like to keep bringing you different courses. We went to bed about 11.30 but didn't sleep much. As I was getting ready in the morning I heard this noise outside the window. When I opened the shutters a horse racing course was next to the hotel with jockeys training at first light! On the other side of the course was the sea. I went down for coffee, and then we had to walk 6000 meters or so down to the football stadium to pick our number up. Each runner was given an electronic band that you had to put around your ankle, so you would register at different parts of the course. First time in my life I was electronically tagged (felt as though I was on the run). The race started at 9.00am, so I jogged back to the hotel and got changed. The temperature was perfect 15°C with a gentle breeze. The runners doing the full marathon had different markings on their numbers. There were over 2000 runners in the half and 500 in the full marathon.

We jogged down to the start on the other side of the football stadium. I stood out like a sore thumb because the Italians like to pose with their flash running strips, dark shades and beaks trainers (it was like a fashion show). I started in the middle of the field and we headed for the old part of the town with its narrow streets and shops on either side. I wanted to run 1hr 50mins so I had to work my splits out in km's. The first 6km went quick and I was bang on schedule. Andre told me to go on as he was struggling a bit, so now I was on my own. The course then wended through an industrial area. Livorno is a major port town. The round about 12kms we ran through the Naval base. We had to run along a red carpet with a guard of honour and a band playing. It was a bit like running around the Cutty Sark. We passed some big war ships and then the ferries. WE then turned onto the sea front and into a light wind. The views were stunning as I could see the Isles of Capri and Monte Christo and Gilio. The beaches looked very inviting. We moved down the sea front then made a U-turn coming back on the other side of the carriageway. I was at 17km and could see the stadium in the distance when I heard all sirens coming up behind me. Several police vehicles came passed pushing us over to the side and TV crew. It was the leaders of the marathon who were doing two loops of the last part of the course. The first 7 or 8 were Ethiopians and Algerians. After a couple of minutes I said to myself "what am I doing?" (I had upped my pace) so I dropped down again. We came to the last km and I was bang on target, running through the crowds outside the stadium I came onto the track. Automatically I went for it knowing now that I was going to finish. I came home in 1hr 49.30 but the pleasing thing was, I felt very comfortable with the pace. I finished about half way up the field and runners were still coming in over 1 hour later. Back to the hotel then, change and then a two-hour drive (lift off Any) to my sister's village for 3 or 4 days.

We did our training run there through the woods on a 7km or 10km trail. It's about the only flattish bit for miles around. There we planned our next half marathon, Pisa, which is in May. It would be a similar course to Livorno. It had been an experience I wouldn't forget and a thoroughly enjoyable one. Just one point of note, if the Italians see you drinking a couple of beers (especially the night before a race) they don't half give you strange looks, as they only have a glass of wine all night, if at all. Next time I will have to wear flash shorts and vest to blend in though!

Mike Doolan

Where to start? Well, at the beginning of course.

A raw 23 year old moving to Cardiff from Ruthin after a couple of seasons with Ruthin Town football club, doing a little extra running to keep fit. After joining the T.A. I did a 3 mile run to secure my annual bounty, finishing second and being spotted by Graham Finlayson, then of Cardiff AC. I remember turning up at Cardiff's old Maindy Stadium with my baseball boots, football socks, shorts and shirt (QPR kit for some unknown reason!) and heading out with the Cardiff AC lads on my first training run. Within a couple of miles of a proposed 10 mile run I was hopelessly behind and soon lost in a foreign city. About 2 hours later I arrived back at Maindy much to the amusement of everyone, all changed and showered and waiting for me!

Runners at Cardiff at the time included Bernie Plain (Commonwealth Games medallist), Bernard Hayward (another class act in the steeplechase) and Dennis Fowles. I saw little of them though as they were so far in front of me!

I went away and trained a bit harder, bought a real pair of trainers and returned to run my first race – a Gwent League cross-country fixture in 1982. I was a distant 73rd in a race won by Kenny Davies, with another regular – Paul Wheeler – 2nd. Mick McGeoch that stalwart from Les Croupiers who seems to have been running forever was 20th.

So started a long and enjoyable (sometimes) running career – the races were hard, the training harder. The Mickey Morris Relays followed, and my second Gwent League at Bridgend in 1983 saw me jump up to 45th, then 48th at Cardiff. In June 1983 I ran two races that were to set the scene for what was to follow in years to come – runs that were invariably long and 'different'. First the Welsh 1000 (T.A. and Regular Army race), over approx. 20 miles (Aber Falls to Snowdon), then the Three Peaks (Snowdon, Scafell and Ben Nevis) Yacht Race.

We trained for 2 weeks up and around Snowdon for the Welsh 1000. The early morning start (typical army!) told a story. Some entrants had obviously been 'volunteered' the week before and were in no condition to tackle 2 miles, never mind 20+ over the mountains. This did not stop them sprinting off at the start. We caught them within a mile as they sat exhausted, eating their emergency rations – and we hadn't reached Aber Falls yet! This race gave me my first sight of Ghurkha's floating over mountains as they ran away with the prizes. Our T.A. team were all athletic club runners, but we were no match for the incredible Ghurkhas.

The Three Peaks Yacht race was one of those incredible experiences I was fortunate to have not once but twice. A crew of five, two runners (myself and Graham Finlayson) and three sailors, and a 32ft fixed rudder yacht, starting off at Barmouth (would you believe rowing in absolute calm weather!) and heading for Caernarfon. Not being able to swim I can't say I was too overjoyed at the yachting bit! Soon we were at Caernarfon and off running towards Snowdon. I don't have my times, but I know it was a hot afternoon on the way back, with Graham suffering heatstroke and me therefore having to run with two backpacks.

Then it was off to Ravenglass and our claim to fame – our names in one of the national running magazines. You just set off running whenever you arrived, day or night. We set off for Scafell in the late afternoon. It's a long run (35+ miles) and much of this is just to reach Scafell. Fortunately we were on the way down when the dark descended on us. With a T.A. landrover lighting the way we headed back to Ravenglass trying desperately to catch the tide to get out of the port. After a five hour slog we jumped in the dinghy and reached the yacht. Later the crew captain said he felt the yacht touch the bottom as we clambered aboard. We made several efforts to get out over sand banks before finally giving up and sitting back as the tide retreated leaving our yacht stranded. In the end we could have walked up and down Scafell as we sat and waited for the next tide. This Herculean, but ultimately unsuccessful effort, got our name in the Running magazine together with a famous shot of a competitor running over the brow of the mountain – though few knew that the spec in the distance was me!

We then headed off to Fort William to tackle Ben Nevis, at approx. 18 miles the shortest, but steepest, of the three runs. There were many wonderful experiences during this challenging race, but none more so than the sight of us with the oars out once more trying to row a 32ft yacht along a becalmed loch on a misty morning. A local fishing boat came alongside to ask if we needed a tow, or help with our on-board engine. Well that's what we think they asked as none of us could understand a word they were saying with their broad Scottish accents! Clearly bemused by the fact that we had a perfectly good working engine that we were not using, they nevertheless offered to trade with us as we had run out of food a couple of days earlier, except for army supplies of dry biscuits and blackcurrant jam (I've never eaten either since!), though in true army style we did have plenty of beer. Communications being a slight problem we agreed a trade for some food, not quite knowing what we were getting for our dozen cans of lager. Over came a bucket full of clams! No one knew what to do with them, so we were back on the dry biscuits and blackcurrant jam!

We finished a very respectable 10th and celebrated, courtesy of the wives and support team, with a clam supper! Quite an experience.

Later in 1983 I did my first of many Castles Relay runs – the first of the Castles Relay races. The T.A. sponsored the event. The race was not as we know it today. Runners set off from Caernarfon and passed on to their next member as soon as they arrived. So you had massive gaps between runners, and the race was run through the night with an army landrover assigned to each runner! I did the second leg for the T.A. from Llanllyfni to Criccieth, finishing second (but a pleasing first overall for the leg) in 55.40.

Races up and down Pen Y Fan (highest mountain in South Wales), more Gwent Leagues cross country and a rare 10k race at Barry that provided me my PB at this distance (31.39 – won by Mick McGeogh in 30.10) followed. One of the Gwent Leagues provided another little claim to fame – beating Steve Brace (Barry 1983 – 45th to Steve's 51st). It was a one off as Steve soon moved on, eventually becoming a GB international. Either he was just starting out, or he had a leg in plaster!

At the end of a busy 1983 I entered the Barnsley Marathon after reading a very moving article about a small charity (SENSE) helping deaf-blind children. Why Barnsley? After reading the SENSE article I wanted to help out and my only ability seemed to be with my legs, and this was the latest marathon on the calendar. So, on a cold November morning I set off to raise money, via hundreds of sponsors, finishing in 28th in a time of 2.40.51 (my PB as it is the only marathon I've ever raced). I made a big mistake though that I was not to repeat. Having obtained hundreds of sponsors I seemed to have forgotten that I'd have to go knocking on all the same doors again to collect the £1,000 sponsorship money! I notice in the Welsh yearly rankings that year, some way ahead of me, George Nixon (2.25.07) and Richard Robson (2.31.58) – both running for Wrexham at the time (and both ahead of Steve Brace) - and behind were Colin Davies (2.52.48), John Jackson (2.53.42), Peter Roberts (2.56.50) and Stephen Grube (2.58.33) – all Prestatyn RC.

More racing in 1984, including a 10 mile PB (52.28), yet another Gwent League (44th) and, in May, my first of two runs in the Man versus Horse race at Llanwtrtyd Wells 11th in 2.16.08). Next, in May 1984, came the Castell Dinas Bran 7 mile race (8th in 37.25) and, on the same day (!), another leg in the Castles Relay (2nd leg again in 55.45) as part of training for another Welsh 1000 and Three Peaks Yacht race in June. The latter didn't last too long though. After a good Snowdon run we flew up to Ravenglass in our 30ft trimaran – too quick, with little time for recovery between runs and very cramped. We reached Ravenglass just in time to catch a Force 8 gale that prevented us from entering the port and eventually lead to our retirement to Barrow with leaks springing up here, there and everywhere. I can't say myself and fellow runner Graham Finlayson were too disappointed!

In 1984 I returned to North Wales to live and joined Prestatyn RC for the first time, making my debut in a Deeside cross country race (6th), with M Allen (18th) and John McKenna (27th) there too. My first North Wales cross country race was at Newtown in October 1984 (17th), quickly followed by Wrexham (22nd). The Wrexham race was notable for the fact that the following day I started the Snowdon Marathon after getting a nice photo of the start. The intention was to do a training run with a friend for 10 miles (I hadn't even entered the race). At 12 miles he asked me to stay on for a while longer, and at 22 miles I thought I may as well finish the race!

In 1985 I'd got my half marathon time down to 1.12.10 (Stafford), competed in the Ruthin half marathon (6th) for the first time, run my second Man versus Horse (5th in 2.16.44) and run another Castles Relay (2nd leg again in 54.11).

In August 1985 another chapter opened – a 200+mile charity run. But that's another story

Gordon Jones

Well seasoned cross country newbie

Does anyone know why the sun always shines on the ladies races (or at least all the ones that I've been to)?

I was a reluctant newbie, enticed (and sometimes dragged) by fellow runners to participate and support the club. I managed to cross the finish at four of the races (I really couldn't manage the fifth since I was at a wedding in Cardiff and the bride had hidden my running shoes).

Much sunblindness, bogs of doom and hurdling over stiles later, I am a fully inducted and addicted cross country fan. So much so, that even following a grueling 18 mile training run for the London Marathon, I couldn't bear to miss the season finale and so, swiftly drove myself, team mates, kids and gerbil to Oswestry to again cross the finish of the muddiest course of the season.

My favourite pick of the bunch was the North Wales Championship held at Northop. The course was more than just a boggy field this time, and led us down a fabulous mudslide through forest tracks so good that I didn't mind doing it twice. I ran my best on this particular course and (I think) even managed to gain a few places.

It's just a shame that the cross country season has ended just as I've begun to like it. Still, I've all summer to train for the next season and to get myself better equipped with some big lug trainers to help me wade through the mud.

Julie Logan



Ladies cross-country team at Colwyn Bay 2007
Gabby Waring, Joanna Edwards, Fiona Brown, Eleri Goddard,
Glenda Davies, Julie Logan, Tracy Colligan, Helen Baxandall

HELP NEEDED WITH THE JUNIORS

If anyone has got some spare time or would like to help on juniors training nights, please get in touch with Jo McDonough as soon as possible.

Castles Relay

See attached Route/Timetable for the Relay, (I don't think it will change at all for this year) this will give all the members some idea of the whole route, hopefully will encourage a massive response to run legs!!! The dates are Saturday 14th and Sunday 15th June, and this will be the 26th running of the race. This year they are going to accept 55 entries, keep our fingers crossed.

For info as well the following are the mountain stages: Stages 3,7,10,11,14 and 16 with Stages 7,10, and 14 being the hardest.

With our new breed of women fell runners coming on, the mountain stages could be a nice challenge.

Steve and I need to know by the *end of March* all those with a ***firm commitment*** that they will run and which leg. If anybody needs transport we will be arranging a mini bus to travel from the first leg to Cardiff and back.

Overnight accommodation is available in Newtown at the sports centre, sleeping bag routine as long as you don't mind the snorers, but other more civilised accommodation is available but this has to be arranged pretty quickly. There is no charge for running- can't wait-the best weekend of the year- don't tell the boss !!! (Elaine) but tell all the members.

Stop Press: Just heard within minutes of this newsletter going to print that **WE ARE IN** the relay.

Philip

Route, Mileages, Stage Records, Cut-Off times and Estimated Timetable

Stage	From	To	Stage Mileage	Stage Record	Cut Off Time (mins)	Estimated Start
1	Caernarfon Castle	Penygroes	9.1	52:37 (2005)	91	10:30
2	Penygroes	Criccieth Castle	10.7	55:34 (2005)	107	11:30
3	Criccieth Castle	Maentwrog	12.1	62:23 (1996)	121	12:25
4	Maentwrog	Harlech Castle	9.4	50:07 (2003)	94	13:30
5	Harlech Castle	Barmouth	9.6	55:38 (2002)	96	14:20
6	Barmouth	Dolgellau	10.7	59:03 (2004)	107	15:10
7	Dolgellau	Dinas Mawddwy	9.75	55:07 (2005)	98	16:05
8	Dinas Mawddwy	Foel	11.2	55:14 (1992)	112	16:55
9	Foel	Llanfair Caereinion	8.6	45:08 (2004)	86	17:40
10	Llanfair Caereinion	Newtown	13.3	70:51 (2006)	133	18:20

Overnight stop at Newtown Leisure Centre

Approx. 9.00 pm - 6.30 am

11	Newtown	Llanbadarn Fynydd	12.3	64:14 (1995)	123	07:00
12	Llanbadarn Fynydd	Crossgates	11.2	53:33 (1993)	112	08:05
13	Crossgates	Builth Wells	10.6	52:19 (1999)	106	09:00
14	Builth Wells	Drovers Arms	11.0	58:00 (2005)	110	09:55
15	Drovers Arms	Brecon	12.4	66:05 (2005)	124	10:55
16	Brecon	Beacons Reservoir	9.0	44:35 (1988)	90	11:55
17	Beacons Reservoir	Cyfarthfa Castle	9.2	47:53 (2005)	92	12:40
18	Merthyr (Rhyd-y-Car Centre)	Abercynon (Navigation Park)	9.1	50:07 (2005)	91	13:40
19	Abercynon (Navigation Park)	Caerphilly Castle	10.4	62:07 (2002)	104	14:25
20	Caerphilly Castle	Cardiff Castle	10.4	55:02 (2005)	104	15:10

Finish at Cardiff Castle at approx. 4.00 pm

Newyddion y Mynyddoedd / Fell Running News

Series of short fell races
15th MIDWEEK SERIES

Race	Date	Venue
New race	April 8	Bron y Foel School, Y Fron
Foel Lus	April 15	Dwygyfylchi Inn
Mynydd Mawr	April 22	Bron y Foel School Y Fron
Elidir new route	April 29	Vaynol Arms, Nant Peris
Moel y Gest	May 13	Tyddyn Llwyn Campsite
New route	May 27	Llanberis Victoria Hotel
Moel Fabon	June 10	Rachub
Aber	June 24	Hen Felin Aber Series Presentation

All races start 7.15pm

Fee £1.50

Remember your bum bag. You might need it!!!

Best 4 results to count.

WFRA NORTH WALES SERIES 2008

Read the [Safety Notice](#) before competing in any fell race.

The following races are to be included in the Series.

Sat 22nd March	Ras Yr Aran
Sat 12 th April	Llantysilio
Sun 4th May	Y Garn
Sat 7th June	Welsh 1000m
Sun 6th July	Moel y Gamelin
Sat 9th August	Gladstone 9
Sun 24 th August	Cnicht
Sun 28th September	Arenig Fawr
Sat 8th November	Rhobell Fawr

**Presentations for the Series will be made after Rhobell Fawr.
This will be followed by the WFRA AGM.**

A competitors best results from up to 6 of the 9 races will be counted in the Series. The competitor with the lowest score will score points. Scores are based on the competitors time behind the average of the other competitors. Your score will then be taken away from 100 to make a positive score. If you do not complete a race you will score zero.

This is an Open Series. You do not have to have membership of any particular organization or have any special qualification to participate. There will be awards for at least the winner in each category. Age categories as follows – Open, O/40, O/50, O/60 Male and female and O/70 Male. Other categories can be introduced if there is demand.

Moel y Ci Tregarth

TWO of Prestatyn Running Club's recent recruits took on a new challenge at the weekend when they competed in the Moel y Ci fell-race at Tregarth, near Bangor. Hill-running is never easy, but Julie Logan made it an even tougher challenge by taking part the day after a 22-mile training run for the London marathon. Only two weeks ago she competed in a cross-country league race only about four hours after an 18-mile run.

The weather was very windy with a slight drizzle, the course had a bit of everything, road/track/rough track thro the forestry (avoiding the roots was challenging)/ with the usual undulating climb to 950 ft. Julie was joined by Tracy Colligan and the club's most experienced mountain runner, super-veteran Phil Jones, It was great to have the club represented by more than Phil, both Tracy and Julie thought it was brill and can't wait for more.

Phil completed the 4-mile course, which included 950 feet of ascent, in 57.06, and he was followed by Tracy in 65.14 and Julie in 66.43.

Hysbysfwrdd / Noticeboard

<p>The web site http://www.running-log.com.</p> <p>Its basically does what its title suggests by allowing you to log your runs to help asses progress. Its a great site so find time to have a look.</p> <p>Jason</p>	<p>"I write this not as club secretary but merely as an observer and occasional race organiser.</p> <p>Having attended countless race prizegiving ceremonies I find it increasingly annoying when so many winners do not stay to collect their awards. I know that sometimes runners do not expect to pick up a prize but others who win regularly often fail to attend.</p> <p>"I personally feel that this is discourteous to the organisers and sponsors, especially as runners are only too quick to complain if there are not enough prizes up for grabs in their own categories.</p> <p>"Why should the organisers or a club colleague have to go to the trouble of ensuring that an award reaches its destination? Perhaps all organisers should reach agreement that if an athlete is not present to collect his/her prize it should be forfeited.</p> <p>"OK, there are sometimes genuine reasons why runners cannot stay behind but explanations are seldom given, and it is usually the same ones who are missing each time.</p> <p>"Do you agree or am I just being cantankerous?"</p> <p>Gareth Hughes</p>	
<p>Thanks Jo</p> <p>Thanks Jo for organising our xmas doo at the Talardy. It was a great evening for socialising among club members</p>		
<p>FOR SALE</p> <p>PRC RED HOODED SWEATSHIRTS</p> <p>£10</p> <p>see Glenda or Steve Hatfield</p>		
<p>Asthmatic?</p> <p>Please make sure you have filled a form by the Welsh Athletics:</p> <p>www.welshathletics.org -click on Downloads -click on Inhaler Registration Form</p>	<p>After a break of several years the club is to resume its weekly track training sessions at Colwyn Bay. The date when the Tuesday sessions will begin has not yet been finalised ...but it is going to be soon!</p>	<p>SO you think you're fit</p> <p>On March 31 - his last night before he gives up being in charge of the juniors - Steve Wellington is having another "bleep test" session at Prestatyn Sports Centre and seniors are welcome to come along from 6pm onwards.</p> <p>Our very sincere thanks to Steve for all his work for the club, especially since taking over the junior section from Sarah Friday.</p> <p>Unfortunately he's moved out of the area and does not plan to renew his subs but he would be welcome to join us for a run if he finds himself back in the area.</p>
<p>Riverbank 10km June 22</p> <p>If you are not running then please give some of your time to help our organisers. See Phil Jones</p>	<p>Sun Centre 5km May 28th</p> <p>(including the North Wales championships)</p> <p>Jason Burton would welcome any offers of help both before the event and on the day.</p>	

Dyddiadau / Fixtures

Fri 21 MARCH	9.00am	Hot X Buns social run start from the Saints	
Sat 22nd	1.00pm	Ras Yr Aran - 10m/2500'	Eagles Inn Llanuwchllyn Bala
Sun 23 rd	12.00pm	Welsh 10m Championships	Teifi
Sat 29 th	2.00pm	Pen Cerrig Calch welsh champs short	Llanbedr Crickhowell
Sun 30 th		Wilmslow half marathon	
Wed 2nd APRIL	7.00pm	Chester Spring 5m	Chester
Sat 5 th	1.00pm	Llangynhafal Loop - 5m/1500'	Llangynhafal
Sun 6th	11.00	Border League mob match v Abergele	HELSEBY
Sun 6 th	9.30am	Chirk 10k Multiterrain Race	Chirk
Sat 12th	11.00am	Llantysilio - 6.2m/2100'NWales champs	Rhewl Llangollen
Sun 13 th		London marathon	
Sat 19 th	2.00pm	Ras y Moelwyn welsh champs10.5/2800ft	BlaenauFfestiniog
Sat 26th	2.00pm	Wrexham 10miles NWales champs	Wrexham
Wed 30th	7.00pm	Border League Deestridders	
Sun 4 th MAY	1.00pm	Y Garn fell race NWales champs3m/1500ft	Rhyd Du Caernarfon
Sun 4 th		5m road race	Telford
Wed 7 th		PRC mid week series	Prestatyn
Fri 9th		5km Christleton road race	Christleton
Sun 11 th	11.30am	10km road race	Newtown
Sat 17 th	1.00pm	Moel Eilio - 8m/3000'Welsh&British champs	Llanberis
Mon 12 th	6.45	Gwrych Castle Social Run	
Sun 18th	9.30am	Chester half marathon	Chester
Sat 24 th	2.00pm	Cadair Idris fell race10.5m/3000ft	Dolgellau
Sun 25 th		Erddig trail race	Wrexham
Mon 26th	11.00am	Mynydd Myfyr Hill Run	Oswestry
Wed 28 th	7.00pm	RHYL SUNCENTRE 5KM	RHYL
Sat 31 st	12.00pm	Carneddau fell race 10m/4000'	T.B.C.
Sat 7 th JUNE	9.30am	Welsh 1000m fell race N Wales& welsh champs	Aber Foreshore
Mon 9 th		Abergwynnregyn social run details to follow	
Tues 10 th		Trail Race up the Beast - 4m/1200'	Miners Arms, Maeshafn, Mold
Wed 11 th		PRC mid week series	Prestatyn
Wed 11 th	7.30pm	Park Hall	Oswestry
Sat 14 th	11.00am	Man v Horse Challenge	Llanwrtyd Wells
Sat 14 th & 15 th		Castles Relay	Cymru / Wales!
Weds 18th		The Druid - 5m/1200'	Llanferres
Sat 21 st & 22 nd		Red Kite Challenge weekend 11 & 18 miles	Nant yr Arian
Sun 22 nd	11.00am	EDDIE FAURE RIVERBANK RUN	RHUDDLAN
Sat 28 th	12.00pm	Tyn y Groes fell race 2.1m/700' short	Ganllwyd, Dolgellau

Club's Grand Prix Races in Bold Red
Fell Races in Italics Green
Social run in Blue and underlined

**PRC mid week summer
Handicap Races 2008**

May 7th
June 11th
July 16th
Sept 3rd

Grand Prix Handicap Series Races

Mar 10 Border League
Apr 2 Chester spring 5
Apr 6 Border League
Apr12 Llantysilio Mountain race Rhewl
nr Llangollen
Apr 26 North Wales 10
Apr 30 Border League
May 9 Christleton 5km
May 18 Chester half marathon
May 26 Mynydd myfyr Hill run Oswestry
June Deeside off road
June 18 Druid run Llanferres

**PRESTATYN RUNNING CLUB
COMMITTEE**

Chairman

Arwel Jones 01745 815 518
user@jonesm16.fsnet.co.uk

Secretary

Gareth Hughes 01745 888 078
Gareth-anwen@talktalk.net

Treasurer

Steve Hatfield 01745 856 672
Stephen_hatfield@hotmail.co.uk

Ladies Captain

Glenda Davies 01490 412 608
glendagelli@aol.com

Men Captain

Paul Brandrick 01745 853 356
pbrandrick@aol.com

Cross Country Captain

Steve Hatfield

Fell Running

Phil Jones

Social Organiser

Jo McDonough
Brenda Tiedtke

Juniors Representative

Committee members

Pete Blundell
Gill Brandrick
Jason Burton
Dave Henley

Newsletter Editor

Glenda Davies

Welfare Officer

Gabby Waring

Thanks to Bill Scriven for our new brilliant website.

www.prestatynrunningclub.com

Cylchlythyr Clwb Rhedeg

PRESTATYN

Running Club Newsletter

This is your newsletter and I would like as many individuals to contribute, so please send any articles for the next copy to:

Glenda Davies

Hendre

Gwyddelwern

Corwen

Denbighshire

LL21 9SD

Email: glendagelli@aol.com

This edition profile member's favourite quote:

“Here's to the health of your blood
And here's to the blood of your health
And if your health is good
And your blood is good
Here's to your bloody good health.”

Found on the front page of all guide books on the well known vineyards wine routes at Capetown, South Africa and was originally written by an 88 year old Lady.

Gabby Waring

Articles for the next newsletter by

May 23rd