



Cylchlythyr Clwb Rhedeg

PRESTATYN

Running Club Newsletter

Hydref 2009

Autumn 2009

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September Runner of the Month

Jayne Penrhyn Jones

For winning her age group in the Deeside off road
1st lady Brenig
4th out of 86 in her age group
1hr 34 Vyrnwy half marathon
3rd N.W.C.C.League lady vet45
and 1st Prestatyn Lady.

Good luck to everyone in October
Arwel.

*Congratulations
Column*

**New North Wales Records
Griff Owens**

10m M60record in 60.47
10km M60 record in 37m

George Nicholls

3rd overall in Ceiriog Valley
10km

Andrew Jones

Beating the train at Tywyn

**10km North Wales
Champions**

M40 George Nicholls
M55 George Nixon
M70 Roger Harrison-Jones

F45 Glenda Davies

Relays Yellow Team

Chris Taft
Helen Ashworth
Leon Bagnall
Shelley Ward
John Hughes Roberts
George Nicholls

Treasure Hunt

Gill & Paul Brandrick

Summer Handicap

Helen Ashworth

Jayne Penrhyn Jones

1st lady at Llyn Brenig

Glenda Davies

2nd lady at Llanddoged

Thanks to Gareth
Hughes & Mike
Doolan for
organising the
Relays

Thanks to Dean
& Shelley for
creating the
Treasure Hunt

www.prestatynrunningclub.com

Croeso i Aelodau Newydd / Welcome to New Members

Stevie Purnell

Elan Morris

Terri Davies

Adroddiadau aelodau y pwyllgor / Committee Members Reports

Chairman's Report

Before we look ahead to the autumn I would like to congratulate all race prize winners during the summer on the road, trail and the fells. Also, thank for the support I had during the Handicap series, where we had an average of twenty runners per race. This gave some members taste of competition for the first time and hopefully be carried on to do some more races.

Well I hope you are looking forward to the months ahead with cross country and Border League season. We can do with as many members as possible doing these races. We all count and it always a good sight when we outnumber the other teams. Our priority is for the men and women to win promotion from the second division.

It won't be easy as there are some good teams, so we will need a good turnout. This season could be special for Steve Hatfield as he will become the first runner to complete a hundred cross country league races for Prestatyn, all been as veteran, well done Steve.

Since we joined the Border League in October 1995 we have competed in ninety five races, this season we will top the hundred in our fifth fixture at Wrecsam Tri in March. The race to be the first club runner to do hundred Border league races is currently led by David A Jones (Dally) on eighty five, which is remarkable as he missed the first season seven races because he was not a member but since then he has only missed three races in thirteen years as a second claim member. We thank him for his loyalty. Both teams are currently in division one and will also need good turnout again by our runners to maintain our position. I know some runners have been training hard for the Snowdon marathon, the hardest in Britain. Good luck to you and hopefully the weather will be kind.

Finally we have two social events to look forward before Christmas a Barn dance at the Masonic Hall Meliden and Xmas fancy dress run on our Xmas social night on December 16th. Prize will be given to the best fancy dress runner.

Keep running **Arwel**

Mens Captains Report

Throughout the summer months several men have been actively competing and have picked up awards in their respective age categories.

In the Caernarfon 10k we had 3 North Wales champions, George Nicholls M40, George Nixon M55 and Roger Harrison-Jones M70.

In the Deeside Off-Road Series Griff Owen won the M60 category with Steve Hatfield taking 2nd place. Des Davies was 2nd M45 and Phil Jones was 2nd M65.

In the Birchwood 10k Griff took the limelight by winning his age category, M60 in a very quick time of just over 37mins, setting a new North Wales record in this age group.

On a training note, a club relay session which was organized by Gareth Hughes and Mike Doolan took place in August on a Wednesday evening and proved to be quite a success, with 22 members taking part, including 3 juniors, it was meant to be a bit of fun but turned out to be very competitive. There were 4 teams with each runner doing a 1500m leg.

We are yet again approaching that time of year when another Borders League season gets under way. The first one is on October 18th hosted by Chester Tri, the venue details (not Helsby) can be found on the Border League website.

The club did well last season in this very competitive league and I hope that we can build on that, so please run if you can, even if you can't make all of the races.

Paul.

Ladies Captain Report

Again, I am proud to report that the ladies have been successful in a variety of races.

We start with Helen Baxandell completing the 10km Race the Train at Tywyn.

At the Caernarfon 10km three ladies ran. Eleri Goddard, Gill Brandrick – who won 3rd o/50 and myself who won the o/45 North Wales 10km title.

In the Deestridders off-road series Jayne won the o/45 category and I was second. Eleri Goddard was 3rd 0/35 and Eleri Jones 4th o/35.

After the last race of the Doug Morris Pentathlon series, the Nescliffe Nasty, I was to win the o/45 category on the day and the series, Eleri Goddard won 3rd o/35 and Eleri Jones 4th o/35 in the series. A mention must go to Eleri Jones for her courage and determination since she had a bad fall on the course last year and she was to suffer another fall during this year's race but she completed the course.

It is great to see Helen Ashworth running well and she was to win the clubs summer handicap, closely followed by Magdah and Helen Baxandall. I do believe the ladies were out in force for this year's handicap. On the fells Tracy Colligan has been busy. At the Ponderosa she was joined by Gabby, myself and Helen Baxandell. Tracy also competed in the Tavern Race and at Cilcain.

I was great to see that Jayne Penrhyn Jones won the Ladies Race at Llyn Brenig and Gabby and Sian Beck had good solid runs at the Police Championships on the Great Orme.

Glenda

Proffeil aelod y Clwb / Member Profile

NAME: *Paul Brandrick*

D.O.B: 20/03/56

PLACE OF BIRTH: Prestatyn

YEAR STARTED RUNNING: Approx 1985

HOW LONG BEEN A P.R.C MEMBER Around 20yrs

FORMER CLUBS :Athletic clubs none,But was a member of Rhyl and District Motor Club during my rallying days.



RACE HISTORY: P.B's, YEAR and EVENT ACHIEVED

5km: 17:20 Chester Zoo

5m: 29:10 Spring 5

10km: 36: 40 Twin Piers

10m: 58:55 Wrexham, achieved this 1 week after completing London Marathon.

Half Marathon: 1:20:04 Wilmslow

Marathon: 2:56:54 North Wales Marathon

MAIN HONOURS:

PROUDEST MOMENT: Being present at the birth of Gareth and Kate.

FAVOURITE TRAINING SESSION/ROUTE: 7/8 mls of undulating road/off road route around the tops of Prestatyn

SPORTING HERO/HEROINE: Gabriel Salasi,Paula Radcliffe

OTHER SPORTS ENJOYED: Athletics,Motor Sport especially WRC.and some Football.

WHAT I WOULD WISH FOR THE CLUB: To continue being the friendly club we all know,welcoming newcomers of all standards,whilst still being competitive in competition such as Border League and Cross Country League.

FAVOURITE RACE: Was probably the first time I did the Cross Gates to BUILT leg on the Welsh Castles Relay It was one of those few races where everything felt right on the day and I had a cracking run.

HARDEST RACE: First time when I broke the 3hour barrier in London.

FAVOURITE RACE DISTANCE: Half Marathon, but now more so 10k

FAVOURITE SPORTING MOMENTS : When Paula Radcliffe won London and smashed course record

PLACES YOU'D LIKE TO RUN:

PREFERED SURFACE: Always used to be tarmac, now a mix of road/off road will do.

FAVOURITE T.V:

FAVOURITE FILM: The Mask, also Close Encounters.

FAVOURITE ACTOR: Anthony Hopkins for his acting ability.

FAVOURITE ACTRESS: No one in particular.

FAVOURITE TV PERSONALITY: Again no particular favourite.

FAVOURITE SINGER/GROUP: Catherine Jenkins and Queen

HATES/DISLIKES: Individuals who lack respect and consideration for others.

CRAZY MOMENTS: Being in a rally car in a forest stage surrounded by trees, doing 80mph +

FAVOURITE SCHOOL SUBJECT: P.E.

WORST SCHOOL SUBJECT: Dare I say Welsh,but it was not the subject,more the teacher,she was a dragon.

OTHER HOBBIES: Following Motor Sport/Ahletics,D.I.Y,keep Koi Pond Fish[I am no expert thou}

FAVOURITE QUOTE: You are only as good as your last race.

MOST VISITED WEBSITE: No site in particular.

RINGTONE ON MY MOBILE PHONE: Just a simple telephone ringing tone,nothing fancy,but I am used to it.

Adroddiadau Rhedwyr / Race Reports

The Peris Horseshoe

18 miles 8500' and takes in the summits of Elidir, Y Garn, Glyder, Lliwedd, Snowdon and Moel Cynghorion.

The race starts in Llanberis just off the parking lot by Llyn Padarn, Mike Blake gave his rundown of the course, and how we will probably feel at the finish, which didn't help matters and slightly worrying for me is that everyone looked like a seasoned fell runner.

The race goes over the bridge up the inclines and winds its way up through the slate quarries and onto the mountain.

Elidir is the first checkpoint 924m very rocky and the mist is down.

The route passes Foel Goch, its becoming clear that a good recce of the route would have helped as a lot of time and energy is taken up jostling back and forth between path and mountain, both very stony.

Over to the next checkpoint "Y Garn" always trying to keep someone in view and again very rocky.

Down we go to "Glyder", the route goes to the left of Llyn Cŵn and up a steep rocky gully which tapers off to the top of Glyder, the marshall kindly points me in the general direction of "Pen y Pass".

This steep downhill section is quite hard running, rocky and grassy with back jarring holes.

Down to Pen y Pass, a quick 2 cups of water and half a Mars bar before heading up the Miners Track to Lliwedd. Now Lliwedd didn't look that high the last time I saw it!

Big steps and some scrambling up this section, over the top and down to join the Watkin Path that leads to the top of Snowdon (A hard slog) and with great relief head down the railway line to the junction with the Ranger Path, left here and down towards the turnoff for "Moel Cynghorion", up again, not too steep but everyone looks like they've run out of steam,

And to the checkpoint which is a tent and where the dedicated ladies patiently wait for us, and down the last steep descent over the stream and onto the "Maesgwm" path...the last checkpoint...and the last 1 ½ miles to the finish, which is through the woods and to the gate opposite the Victoria Hotel.

So back to the van and "cramp". Never had that before, must have been the big steps at Lliwedd.

All in all a very good, well organized race and lo and behold no rain.

Predicted time 5.00.00

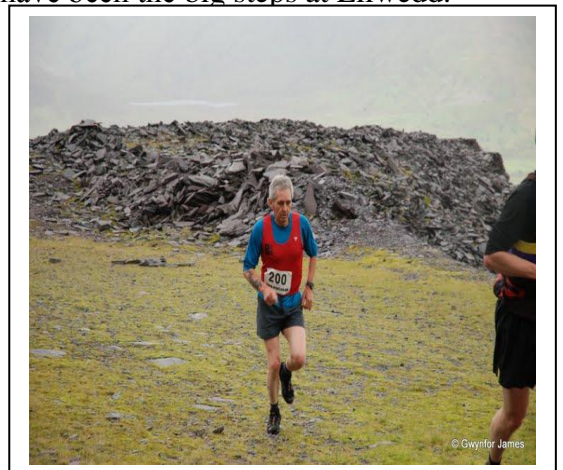
Actual time 4.59.59

Neil Owen

Editors question:

Big questions is Neil.

Will you do it again next year!!!



Push up the Pincyn fell race Clawddnewydd 25th July

Myself, Des and Arwel tested the new fell race at the Clawddnewydd village show. Despite all the recent monsoon outbursts, the weather couldn't have been better, well perhaps a little cooler!

The six mile course may not have boasted the severe gradients normally waiting for us but it was still surprisingly tough. The route up to Clocaenog forest included grassy hills, tracks, water, mud and a forest scramble. They had even thrown in a compulsory climb over a hay bale for good measure!

I took an unfortunate tumble coming down through the forest when my two left feet got stuck in the mud, sending me crashing down; I caught my side on a branch and then somehow managed to land on both knees on a tree root- ouch!

But I did prove my usefulness after the race when I saved a showman's hand from his pet bird of prey, prevented Des from being run over by an 8 year old boy racer on a mountain bike, detangled the cables of another boy's bike and finished off by catching a bag of sweets which dropped from the sky! (It was actually one of the fell race's spot prizes being tossed into the crowd but I was so busy nattering that I only knew about it when it hit me on the head!)

The event had plenty going on to entertain all the family. Chainsaws, tractors, animal shows, sports races for the kids and a pub just down the road. What more can I say? Put it on your calendar now folks!

A lightly bruised *Tracy Colligan*

The 26th Annual Race the Train in Tywyn.

This is a race which continues to grow in popularity with runners from across the UK and from around the world. The main race is the 14 miler the others being the 10 K Quarry Challenge and 5 mile Dolgoch Challenge and the Tynllwynhen Challenge for 12/15 years.

Although the day started with heavy rains and a strong wind, the rain died away mid morning, but the strong wind remained which showed on the results which in the main added a few minutes to the 10K which was all run against the wind. In the main race at least the wind was an assistance on the outward 6 miles of the race.

The races are mainly undulating off road with narrow tracks, fields and boggy areas with the train hounding you all the way..

Andrew had an excellent race in the top 50 (Out of a total no of runners about 900) in 1 hr 39 mins beating the train, this being about 20 minutes faster than he did a few years ago.

For my sins I did the 10K. Quarry Challenge, had a good race finishing in 59 mins although not beating the train I managed 1st M65.

See you soon. **Philip**

Trawsgwlad / Cross Country

Having narrowly missed out on promotion to division one last season (being pipped by Maldwyn Harriers on the last two races) I am sure that the team are eager to go one better this season and move up to the top division in the cross country league. The number of people who turned up to represent the club on each of the races last year shows the excellent commitment our members have. The improvement of the regular members was noted last year and with new additions such as Griff Owens, Matt Anwyl and the return from injury of Chris Kelly; the team will go from strength to strength. With the fantastic support from our ladies team at each race I am confident our men will be right up their fighting amongst the best cross country runners in the area, and come February be crowned Division 2 champions.

Dean Longley

Newyddion y Mynyddoedd / Fell Running

Fell Running a Quick Guide.

Running up and down rugged terrain is not what you think. It is not for the hardy stupid athlete, anyone who has a reasonable level of fitness can take part with a highly satisfying feeling of exhilaration and satisfaction of conquering the hill or mountain which you believed was at one time beyond your capability.

Getting Started

Important to join with other runners and take notice of their advice, but prepare to meet conditions of running over slippery grassy tracks, rocky paths, through wooded areas with high rooted area, boulders, streams, stiles, scree and severe gradients.

The easiest way to start is to take part in the spring/summer mid week series with each race in itself presenting various challenges but not of a high category of difficulty and distance.

Kit

The most important item of kit is a good pair of fell shoes, with studs on the sole with ensuring that they are a snug fit (to avoid coming off when you run thro the bogs)

Actual running gear should depend on the conditions, in the middle of winter in freezing conditions and a howling wind a good under vest is essential under your normal club running vest, with a fleece type tights, otherwise a standard running shorts and vest are sufficient.

The final bit of kit has to be a bum bag to hold a waterproof top and bottom/whistle and compass, all this in the event of being hampered by the weather, which can change dramatically as you negotiate the higher climbs. This is a requirement by the Fell Running Association and if don't meet these requirements you will be disqualified from the race.

Technique

It is essential that you train powering up the hills; the downhill part of any fell race is down to experience and confidence, which comes with practice. Close you stride on the ascent and open your stride on the descent ensuring you are constantly watching where your feet are going to land, adjusting your pace and effort to suit your confidence.

Races

Fell races take part throughout the year, mostly at weekends; check the FRA and WFRA websites for fixtures or the club newsletter. Most races are graded according to difficulty and distance.

Race Categories

Category A – should average not less than 250 ft climb/mile.

Category B- should average not less than 125 ft climb/mile.

Category C- should average not less than 100 ft climb/mile.

Race Length Categories.

'L' (long) race is 12 miles or over.

'M' (medium) race is 6 miles or over but under 12 miles.

'S' (short) race is less than 6 miles.

Some abbreviations are used on the race fixtures e.g.

ER= Experience required.

NS= Navigation skills required.

LK= Local knowledge an advantage.

PM= course partially marked.

Lastly.

Relish and enjoy the views (but stop to do this) and savour the rush of thrill at the finish.

Good Running

Phil Jones.

Tudalen Data /Data Page

PRC Summer Handican

	Race time	Actual time	Points
1st Magdah Fattah	26.48	24.48pb	13pts/3races
2nd Helen Ashworth	27.12	24.12pb	6/3
3rd Holly Moynahan	27.19	26.49pb	26/3
4th Nicola Hannah.....	27.20	26.50pb	19/3
5th Angel Alonso.....	27.48	23.48pb	13/3
6th Helen Baxendall.....	28.02	25.02	13/3*
7th Mel Hooper.....	28.07	27.37pb	33/3
8th Steve Hatfield.....	28.20	21.20sb	28/3*
9th John H Roberts.....	28.31	20.31sb	25/3*
10th Jane P Jones.....	28.40	20.40pb	22/2
11th Chris Taft.....	28.46	20.16pb	35/3*
12th Gareth Bailey.....	28.47	18.47	32/3*
13th Paul Brandrick.....	28.48	20.18sb	47/3
14th Griff Owens.....	28.52	18.52pb	43/3
15th Sian Beck.....	29.20	22.20	15/1
16th Gabriel Waring.....	29.30	22.30	16/1
17th Dean Longley.....	29.53	18.23	30/3
18th Bev Hendricks.....	29.59	29.59	34/2
19th Gareth Hughes.....	33.00	25.00	45/3

* 4 Races worst one deducted

winner : Helen Ashworth 6pts

joint 2nd Magdah Fattah 13pts

Angel Alonso 13pts

Helen Baxandall 13pts

Prizes presented Xmas Social December

Border League Races completed

Runner	08/09	Total
David Alan Jones	7	85
Paul Brandrick	5	83
Steve Hatfield	5	83
Arwel Jones	4	81
Glenda Davies	5	65
Gill Brandrick	7	62
Shane Hughes	2	56
Gareth Brandrick	2	42
Gabby Waring	4	39
George Nixon	7	38
Jo McDonough	5	33
Martin Cortivriend	7	32
Katie Brandrick	1	31
Brenda Tiedtke	6	31
Gareth Hughes	5	28
George Nicholls	6	26
Gareth Bailey	6	23
Dave Henley	5	20
Eleri Goddard	4	18
Andrew Jones	2	17
Helen Baxandall	5	17
Matt Simms	6	15
Aarron Aspinall	1	15
Gordon Jones	7	13
Dean Longley	7	11
Colin Barnett	1	9
Eleri Jones	3	7
Magdah Fattah	1	7
Shelley Ward	2	6
Tracy Colligan	2	6
Des Davies	4	5
Neil Owen	5	5
Jayne P Jones	4	4
Chris Kelly	1	3
Hawys Dafis	2	2
Helen Ashworth	2	2
Sharon Hullet	1	2
Griffith	2	2
Hannah Bunn	2	2
Karen Bancroft	1	1
Blair Gardner	1	1
Non Hughes	1	1
Lorraine Wynne	1	1
Rachel Lees	1	1
Mathew Anwyl	1	1
Griff Owen	1	1
Andrew Whiteside	1	1
Paul Vas	1	1

Grand Prix Results

after **Brenig**

	Races	Points
Steve Hatfield	11	113
George Nicholls	8	112
Glenda Davies	8	111
Des Davies	8	87
Jayne P Jones	6	86
Brenda Tiedtke	6	84
Eleri Goddard	7	60
Arwel Jones	7	59

After Colwyn Bay Sept 26
Races Points

George Nicholls	9	120
Steve Hatfield	12	118
Glenda Davies	9	116
Jayne P Jones	7	103
Des Davies	8	87
Brenda Tiedtke	6	84
Griff Owens	5	66
Eleri Goddard	8	65
Arwel Jones	7	59
Tracy Colligan	5	27
Eleri Jones	5	27
Helen Baxandall	5	27

PRC Ladies:

Can you please contact Ladies Captain Glenda on glendagelli@aol.com or on 07833 791 325 with your email address contact number and preferred method to be contacted.

Really important info for me to keep in touch with any races coming up.

Diolch/Thanks

Grand Prix Races

Sept 26 Xcountry Colwyn Bay
Oct 10 X Country Bridgnorth
Oct 18 B League Chester Tri
Nov 1 Abergele 5
Nov 15 B League Wallasey
Nov 21 X Country Bangor
Dec 6 Helena Tipping

Hysbysfwrdd / Noticeboard

CONGRATULATIONS to **Griff Owens**. It's been confirmed that his time of 60.47 in the Sale 10 is a new North Wales M60 record, smashing the 63.02 record set by Emyr Davies (Eryri) in 2003.

Books

Pam Smith, who ran the club's junior section so successfully and enthusiastically for many years, has kindly given the club a number of excellent text books on conditioning, training and other related subjects. Also among them was Paula Radcliffe's autobiography.

At the moment they are in Gareth Hughes' possession but they are available to any member who would like to borrow them. Gareth's number is 01745 – 888078.

PRC Social Event

Barn Dance/Ceilidh
with the band Mooncoin
Saturday, November 28th

at St Melyd Masonic Hall (next to Saints).

The arrangement will be for everyone to bring an item of food (cold, as we won't have access to the kitchen).

Tickets £10 each from Gareth Hughes

FOR SALE

**PRC RED HOODED
SWEATSHIRTS**

£10

**see Glenda or
Steve Hatfield**

Asthmatic?

Please make sure you have filled a form by the Welsh Athletics:

www.welshathletics.org

-click on Downloads

-click on Inhaler Registration Form

Thanks

Dean and Shelley would like to thank all those who took part in the treasure hunt, and that a good time was had by all.

There are no forms for the Helsby Half this year, its only online entry as of 4th October

Online entries are done from fabian4.co.uk but all other info and links here

<http://www.helsbyrunningclub.org.uk/halfmarathon/index.htm>

Well done to our Juniors

In the club's relay held a few weeks ago 3 of our juniors attended, **Josh Ablett, Amie Bagnall and Leon Bagnall**, all thoroughly enjoyed it and ran really well.

London Marathon 2010

The Gwynn Jones Cancer Appeal (who raise money for the North Wales Cancer Treatment Centre) has a guaranteed Gold Bond place for a runner in the next London Marathon (April 2010)

If you would like to run on their behalf, and raise funds for the Cancer Centre too, register your interest now and I will submit names to their Secretary.

Further places will become available via Ron Smith Appeal later in the year - watch this Bulletin Board for further details of these.

Ray Pritchard, Fundraising Manager,
Tel: (WHTN 1817) Ext. 3768; DDI (01745) 589768
<mailto:ray.pritchard@cd-tr.wales.nhs.uk>

Help needed

Please pass this message on to a parent or anyone interested in helping at the Junior sessions on Monday evenings 5-6pm. PRC will help by paying for the checks needed and training courses. See Shelley for more details

Dyddiadau / Fixtures

<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Venue</u>
Oct			
Sat 10	11.00am	North Wales Junior XC League(2)	Northop
Sat 10	2.00pm	North Wales Cross Country League(2)	Bridgnorth
<i>Sun 11</i>	<i>11.00am</i>	<i>Briedden Hills race (7m/2300')</i>	<i>Criggion, Powys</i>
Sun 11	11.00am	Penny Lane 10k Road Race	Liverpool CC
Sat 17			
Sun 18	11.00am	Borders Road Race League(1)	Chester Tri
Sat 24	9.30am	Snowdonia Marathon	Nant Peris
Sun 25	11.00am	Wirral Seaside 3m Run	Leasowe Lighthouse
Sat 31	11.00am	North Wales Junior XC League(3)	Wrexham
Nov			
Sun 1	1.00pm	Abergele 5 mile Road (N.Wales Champs)	Abergele
<i>Sun 1</i>	<i>11.00am</i>	<i>Clwydian Hills Race(10m/3100')</i>	<i>Cilcain</i>
<i>Sat 7</i>	<i>12noon</i>	<i>Rhobell Fawr Fell Race(6m/1900')</i>	<i>Llanfachreth, Nr.Dolgellau</i>
Sun 8	12.00nn	Conwy Castle Half Marathon	Conwy
<i>Sat 14</i>	<i>10.30am</i>	<i>Penmaenmawr Fell Race(11m/1500')</i>	<i>Dwygyfylchi</i>
Sun 15	11.00am	Borders Road Race League(2)	Wallasey
Sat 21	11.00am	North Wales Junior XC League(4)	Bangor
Sat 21	2.00pm	North Wales Cross Country League(3)	Bangor
<i>Sun 22</i>	<i>11.00am</i>	<i>Wrekin Wrecker Fell Race((8m/2400')</i>	<i>Wellington CC</i>
Dec			
Sun 6	11.00am	Helena Tipping Memorial 10k	Wrexham
<i>Sun 6</i>	<i>11.00am</i>	<i>Cardington Cracker Fell Race(9m/2600')</i>	<i>Nr Church Stretton</i>
Sun 13		Welsh Inter Regional & Masters XC Champs	Builth Wells
<u>Wed 16</u>		<u>PRC FANCY DRESS XMAS RUN</u>	<u>SAINTS</u>
Sun 20	11.00am	Telford 10k Road Race	Telford
Sat 26	11.00am	Chester Walls Race	Chester
<i>Sat 26</i>	<i>12.00</i>	<i>Ty'n y Groes</i>	<i>Dolgellau</i>
<i>Sun 27</i>	<i>2.00pm</i>	<i>Jubilee Plunge Fell Race(2.5m/1350')</i>	<i>Moel Famau/Llangynhafal</i>
<u>Year 2010</u>			
Jan			
Sun 3	11.00am	Borders Road Race League(3)	Tattenhall
Sat 16	2.00pm	North Wales Cross Country League(4)	Wrexham
Sun 17	11.00am	Four Villages Half Marathon	Helsby
Sat 23	1.00pm	Twin Piers 10k Road Race	Colwyn Bay
Sat 30	12.00nn	North Wales Cross Country Champs	Rhug Est., Corwen
Feb			
Sat 6	2.00pm	North Wales Cross Country League(5)	Oswestry
Sun 7	12noon	Nick Beer 10k road	Llandudno
<u>Mar 27</u>		<u>PRC PRESENTATION EVENING</u>	

Please, please check details(preferably with race organisor), BEFORE setting off for a race.

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

**PRESTATYN RUNNING CLUB
COMMITTEE**

Chairman

Arwel Jones 01745 815 518
arweljones123@live.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

Dean Longley
dean_longley@hotmail.com

Fell Running

Phil Jones 01745 852 829
jones_philip@btinternet.com

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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:

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Here's a thought.....

We all know that Haile Gebrselassie's world marathon record of 2-03.59 is absolutely phenomenal but when you break it down it becomes even more mind-boggling.

Athletics Weekly recently revealed that the Ethiopian's time is the equivalent of 105 x 400 metres in 70 seconds, all without a single break in-between – or 8 x 5k in 14.40 or 4 x 10k in 29.20. Or have you ever tried to do 422 consecutive 100-metre reps, all in 17.5 seconds? Unbelievable, and even more incredible is that, as usual, he was still smiling at the end of it!

Articles for the next newsletter by

December 12th