



Cylchlythyr Clwb Rhedeg **PRESTATYN** Running Club Newsletter

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Autumn 2008

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2008 Castles Relay



www.prestatynrunningclub.com

Congratulations Column

Jo McDonough
For winning her 1st
North Wales Vest

Tracy Colligan
Winning PRC
summer handicap
races

Brenda Tiedtke
Winning her 1st fell
race

Gareth Hughes
North Wales o/60
10km Champion

Chris Kelly
For breaking the
summer handicap
course record

Croeso i Aelodau Newydd / Welcome to New Members

Hector Outeiral
Sarah Roberts

Nina Donohoe
Glenys Wood

Simon Jones
Shabana Anwar

Janine Holmes

Jayne Penrhyn Jones
Hawys Dafis

Adroddiadau aelodau y pwyllgor / Committee Members Reports

Chairman's Report

Before we get the cross country shoes out, yes, it is that that time of the year again, let look back on the summer with so many events. Castles Relay, thanks to Phil was succesful and enjoyable again and I look forward to next year.

We had many good results on the road, fell and off road. Well done to everyone who won awards and had good runs, and let carry it on to the winter. The Handicap race reached it conclusion with Tracy winning all her three races. Every time I gave her a tougher handicap she proved me wrong by coming first. Congratulations to Chris Kelly on breaking the course record which had stood for three years. I would like to thank you all for taking part this year, and it has given some of you first taste of competition. Thanks also to Gill Brandrick and helpers for organising an indoor barbecue at the Saints after the last race.

That's enough about the summer as there is also plenty on this winter - Cross Country with The British Vets to organise at Ruthin in March. This is going to be the largest event we have put on and we will need a lot of volunteers and helpers. We also have the Cross Country League. Please have a go if you have not run cross country, you will probably enjoy it. We had a few new runners last winter and hopefully we will get plenty of mud this year as the last few years the weather has been very kind to us. The Border League also start in October and with many new women members, it looks for the first time that the women will out number the Men this season. Both our teams are in Division one and we will need good turnout to remain in the division. Please give your support to the captains,

And finally, I did not realise that our Newsletter is read in the Middle East. They must have read my profile in the last edition about my favourite Football club and bought them out and made them the wealthiest club and looking to forfill my dream of winning the Premiership and Champions League

Arwel Jones

Mens Captain Report

The Border League season 07/08 came to a close with the final race at Deeside. For this fixture we had the club's best turnout in numbers with 18 men and 17 ladies competing. The number of club members turning out to run in the league has been very good throughout the season., and I would like to thank everyone for their support.

The Men's Team who were relegated to Div2 last season have performed well and gained promotion to Div1 for the forthcoming season. Again two members picked up category awards, George Nixon 2nd V55 and Martin Cortivriend 3rd V55. Congratulations to both.

This coming season will be as tough as the last one, but if we can field a strong team throughout, we have a chance of staying up in Div1.

Paul Brandrick

Cross Country Captain's Report

The new season is nearly upon us and the forthcoming fixtures are as follows:

Saturday 27 Sept 2008 Colwyn Bay
Saturday 11 Oct 2008 Lilleshall
Saturday 22 Nov2008 Bangor
Saturday 17 Jan 2009 Wrexham
Saturday 7 Feb 2009 Oswestry

Ladies start at 2.00pm
Men start at 2.45pm

I hope to see all of our regular runners at Eirias Park on the 27th. Several of our new members, both male and female, have expressed interest in trying cross country this season and you will all be very welcome to join us. You will find a great spirit of friendliness at the races with everyone shouting for each other. If you need any further information please ring me on (01745 856672).

Steve Hatfield

Ladies Captain Report

Summer months have proved quite successful for our ladies runners, with PRC being represented in at least 10 races and at least 15 different individuals competing at the events. Although no team prize was won, we did see many individuals receiving awards.

At Race the Train in Caernarfon Helen Baxandall won 2nd o/45; in Gobowen 5 miler Brenda Tiedtke won 3rd 0/45 along with Eleri Goddard 2nd o/35; at the end of the Off-Road series at Deeside Brenda won 1st o/45, I was 2nd o/45, and Eleri Jones was 3rd o/35; in Llyn Brenig Tracy Colligan took 3rd o/35; and after the last race of Doug Morris Pentarathon Rebecca Robinson was 2nd senior lady for the series, Brenda was 1st o/45, Eleri Goddard 1st o/35, and Eleri Jones was 2nd o/35.

In her first ever fell race at the Tavern Trail Llandyrnog Brenda had an excellent run and completed the course as the first lady home.

The last race to be covered is the Caernarfon 10km when Jo McDonough was to proudly wear her first North Wales Vest. She had an excellent run, especially after her mishap the previous weekend and I'm glad to report that she helped the senior ladies team to secure gold in the inter- region championship.

We shall now look forward to the Cross Country and the Border League season. Every member counts in these events therefore I ask all our ladies to have a go. Cross country races may be hard but it is the fun we have whilst supporting the men that you will remember! Border League races are on the road and again we need a good turn out to make sure we stay in Div 1. So high number of PRC ladies runners means higher team placing.

Mwynhewch eich rhedeg/Enjoy your running

Glenda Davies

Proffeil aelod y Clwb / Member Profile

NAME: *Philip Jones*

D.O.B: 14/07/1942

PLACE OF BIRTH: Believe it or not but I was born in Chester, only because my mother had to be hospitalised, I was difficult at birth and many say ever since.



YEAR STARTED RUNNING: Although I used to run cross-country for the school back in the dark ages!! I started running in 1989 with an attempt to getting a bit healthier after been diagnosed with high cholesterol.

HOW LONG BEEN A P.R.C MEMBER Introduced to the club by Steve (then my near neighbour) in 1993

FORMER CLUBS: Late starter only PRC.

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

5km: Too short.

5m: Again short.

10km: About 39 mins I think . (In my dreams 29 mins 59 secs when I was 65)

10m: 68 mins Llandudno 10 1997.

Half Marathon: 1 hr 28 mins Vyrnwy 1996.

Marathon: 3 hrs 20 mins London 1997 .

MAIN HONOURS: Although represented my school (Dolgellau grammar) and home county of Merioneth in rugby and cross country my main honours have come much later in my running races especially fell and mountain running. Pleased to have won my age group for the mature end of the age gap over last 10/15 years in various mountain and fell races e.g. Snowdon/Cader Idris/ Moel Siabod

PROUDEST MOMENT: Any race that I am fortunate to win, age related of course.

FAVOURITE TRAINING SESSION/ROUTE: Any way as long as it is away from roads.

SPORTING HERO/HEROINE: Emil Zatopek who achieved legendary status in winning the 5000 M, 10000M, and the Marathon during the 1952 Olympic games in Helzinki.

Gareth Edwards the greatest scrum half ever and had the pleasure of seeing him playing many times.

Seb Coe the most balanced runner I have seen.

OTHER SPORTS ENJOYED: Rugby union and football (up the reds)

WHAT I WOULD WISH FOR THE CLUB: To keep going as a happy club.

FAVOURITE RACE: Cader Idris mountain. (Overlooking my home town) biased yes, but still an excellent race which has a bit of everything, road/cross country/fell and mountain proper.

HARDEST RACE: To date -Ras y Moelwyn 10.5 miles/2800 ft.

FAVOURITE RACE DISTANCE: On the road 10 miles and over, on the fells and mountains any distance. (Haven't done any over 17 miles, not mad just yet)

FAVOURITE SPORTING MOMENTS : When Wales won the grand slam, and passing our Club chairman on the final descent in the Moelwyn Race.

PLACES YOU'D LIKE TO RUN: Anywhere as long as it is off road.

PREFERED SURFACE: Anywhere as long as it is not Tarmac or concrete.

FAVOURITE T.V: Life on Mars, New Tricks and documentaries on all things mechanical.

FAVOURITE FILM: Seven Samurai. A film by Akira Kurosawa in 1954 and regarded as one of the best ever made. Truly amazing and regarded as the yardstick by which all other action movies should be measured.

FAVOURITE ACTOR: Anyone that has genuine talent to be convincing.

FAVOURITE ACTRESS: Julie Walters

FAVOURITE TV PERSONALITY: Ken Dodd

FAVOURITE SINGER/GROUP: Has to be Katherine Jenkins./Rolling Stones.

HATES/DISLIKES: Those who pretend to be different.

CRAZY MOMENTS: Dare not mention them.

FAVOURITE SCHOOL SUBJECT: Physics.

WORST SCHOOL SUBJECT: English Language.

OTHER HOBBIES: Collecting old bonds, Talking Newspaper for the blind, tracing family history, although with a surname of Jones it could be a never ending task.

FAVOURITE QUOTE: "In North Wales we measure a man from his chin up" by Lloyd George

MOST VISITED WEBSITE: www.wfra.org.uk

RINGTONE ON MY MOBILE PHONE: The Man with the Harmonica by Ennio Morricone from the film One upon a time in the West, another of my favourite films

Favourite Music: On a desert Island they would have to include Elvis Presley 'Jail House Rock'/ David Lloyd 'My little Welsh Home'/Sidney Bechet 'Tiger Rag'.

My Music Passion: Traditional Jazz. Especially Benny Goodman/Sidney Bechet

Favourite Male Singer: Numerous but would include Ray Charles and Nat King Cole.

Favourite Entertainer Ever: Has to be Sammy Davies Junior, lucky enough to have seen him live.

Favourite Story: The Bricklayer by Gerard Hoffnung.

Favourite Moments not associated with running: to be with my Grandchildren.

Favourite Food: Baked Beans.

Favourite Car: Modern- Maserati, Classic- Jaguar XK 120.

Favourite Holiday to date: Touring the national parks in America.

My Favourite Places: On top of Cader Idris, Monument Valley and the Amalfi Coast seen from Ravello.

Favourite Person: Elaine my wife, to put up with me she must be very special and I can't cook!

Regrets: Started Smoking.

Best Decision Made: To give up smoking.

WFRA Members Discounts

The shops listed below have confirmed that they will give WFRAmembers a discount on purchases. This may not be on all items (eg sale items). Discount is normally 10% unless indicated otherwise.

You must show your WFRA membership card.

BENARD'S GALLERY

Craig y Don, Llandudno

BLACKS

Betws y Coed and Llandudno

CONWY OUTDOOR SHOP

Conwy

ULTIMATE OUTDOORS

Betws y Coed, Skipton, Keswick and Lancaster

JOE BROWN SHOPS

Llanberis and Capel Curig

COTSWOLD

Betws y Coed

RUN AND BECOME

Cardiff

RUNNING BEAR

Altrincham

A Running Record

Chapter One of the 'Jones the Jog' running record in a recent Newsletter ended in August 1985. Chapter Two takes us up to 1990 – with a few thousand miles, one or two confessions and a few PBs thrown in. You will all be relieved to hear that Chapter Three later this year will bring this Bible like record (i.e. large not saintly!) to a close.

I was with Prestatyn in 1985 when I embarked on my first big charity run from Denbigh to London. Gareth Hughes was a great contact with the Daily Post and I even managed a short slot on the HTV news – I'd like to say that if you'd nipped out for a cuppa you might have missed it, but it was more a case of if you'd blinked. However, any publicity is good publicity. I also had a short slot on Radio Cymru that was so staged managed even I cringed (I had to 'surprise' the DJ by rattling my tin for a donation – mind, he did put a pound coin in!).

I can remember bits from the first day of the charity run. My 'back up' (good friend Steve from Liverpool) nearly knocking himself out as he walked in to a road sign in the Nant-Y-Garth pass, two old dears waiting patiently with water for me in Coedpoeth when they had no idea of my time of arrival, and standing in the pouring rain in Wrexham with a collecting box for an hour or two before heading off to pitch a tent somewhere in the back and beyond for the night.

The idea was to collect in the big towns on the way to London, to add to the money raised from individual sponsors before I'd set off. 'Back up Steve' was in my sky blue Citroen 2CV6 adorned with Welsh flags and SENSE (deaf / blind children's charity) posters. I cannot recall the exact route but it included Bridgenorth, Kidderminster, Oxford, Henley and on to London. I still have a lovely card from the Prestatyn members showing a stack of books with the names of various towns along my route written on them.

I did suffer a little from Oxford onward and ended limping in to 311 Gray's Inn Road, London, the HQ of SENSE. Mostly through individual sponsorship and collecting in towns we were able to hand over £2,000 to SENSE. It was quite an experience!

I can't say it did my racing much good though as the next race result was a cross country at Newtown in the October when I came in 57th, followed by Colwyn Bay in December (an improving 25th). It was also the time I did my one and only Prestatyn handicap race in December. On a windy 5.25 miles, so reporter Gareth Hughes writes, I managed to hold off Richie Robson, with Richard Washbrook 3rd. On Boxing Day I did a rare (for me) 10k in Speke (39th in 33.46).

I obviously moved back down to South Wales in 1986 as the results show that I am back in the Gwent League cross country races and running for Bridgend – the first at Barry (28th) in a race won by Ieuan Ellis (a classy runner who later moved to the NE), with a certain Steve Jones 2nd. Steve Brace, who I had beaten in my first ever Gwent League, had improved a little by now (!), putting in a remarkable 50.25 for the Bridgend 10 (to my 53.40). I shan't bore you with the Gwent League results but I achieved my best placing in early 1987 (13th) on the way to running all five cross country races. In March I achieved a couple of PBs (at the time) at the Woking 10 (53.28) - the day after doing a road relay race and seeing Seb Coe in action for the first and only time – and the Fleet half marathon (70.54). In the same month Steve Brace did a 2.14.33 in Barcelona and a 65.40 for a half marathon in Portsmouth!! Er, did I say 'moved on'? More like disappeared over the horizon!

In June I did my first Great North Run, running for SENSE once more. I was fortunate to have an elite entry and was off with the leaders with my collection box. Little did I realise that I was the first charity collector and the crowds were ten deep in places. By three miles I'd filled my collection box that now felt like a lump of concrete. I stopped and asked an elderly man if I could empty my box in to his flat cap – he happily obliged and I left him with my bank account number (he not only banked the money but added a few pounds to round it up to £100!). At seven miles the box was full again so this time it was a fireman's helmet! I managed to finish with the final full box in 1.31.56. The following year I decided on a bucket!

At some point in early 1987 I'd come up with another mad cap idea. How was I to follow the Denbigh-London run? I know – run to Bridgend's twin town. Where is it? Germany – yes, I could manage that. Only after I'd publicised the run did I see that it was actually rather a long way in to Germany (south of Stuttgart, near Ulm) – mind, it did take me two attempts to pass my Geography O-level! The training was 'interesting' e.g. running the Ruthin half marathon one way in time to start the official half marathon race running it the right way, and running from Nantglyn to Denbigh to Mold to Ruthin and back to Nantglyn – oh to be young and fit!

The plan was to run from Bridgend to London (to gain publicity) then up to Felixstowe, across to Zeebrugge, through Belgium and head for Bonn. Then follow the Rhine all the way down to Stuttgart and finally the small market town of Langenau. As with the previous run I had friends acting as back up to London, but was on my own from London to Felixstowe (arriving at unknowing Civil Service colleagues homes for an overnight stay). Poor Steve was sanctioned (sectioned?) once again to back me up from Felixstowe to Langenau. I also repeated the collecting in major towns (in this country) as this had raised several hundred pounds last time.

I can recall running over the Severn Bridge on day two against what seemed a like a Force 8 gale and getting to the other side absolutely shattered, thinking 'only just under 800 miles to go'! Bath and Windsor were gold mines for collecting, with one kind soul leaving a five pound note under the windscreen wiper at Bath. All was going well as I arrived in London for some great publicity. Only slight hiccup was that no press or TV/radio turned up! Ian Botham had just done one of his charity walks and no one was that interested! Back in Wales Gareth was doing a wonderful job keeping the Daily Post readers in the picture, but at SENSE HQ – nothing. As I was about to leave a lone reporter finally turned up – a scruffy looking chap on a bicycle! Next day I was on the front page of Marxism Today! Bear in mind I'd detoured to London for this! Up the workers!

I then ran up the East coast to Felixstowe. Most of this is a blur, running on my own with an army belt containing a spare shirt and shorts and toothbrush/razor. I do recall one bureaucrat stopping me from collecting for an hour in Ipswich because I didn't have a licence! At Felixstowe port I was asked by the boarding staff probably the most popular question about this run, both at the time and since, "Are you going to carry on running on the ferry?" A very clear "no" was the answer!

Belgium was lovely – long, straight and, most importantly, flat roads. Abroad my back-up (poor Steve) simply stopped ahead of me towards the end of each day and asked the nearest house with a large garden if we could pitch a tent there for the night. We were never refused, and often these wonderful strangers went to extraordinary lengths to make our one night stay memorable. Frequently we were invited to the family dinner table, and on one occasion I had a cold beer and hot bath waiting for me as I arrived, and a package of home made food handed to us on the morning for our departure. Amazing!

All went well, though there were one of two slight disagreements with my faithful, but disgruntled back up – a non runner as you will discover. On one occasion I had run 40 miles in Belgium when Steve went off to find a place to stay. I was getting worried when he had not returned as I hit 44 miles, but thankfully there he was ahead, beaming. Fantastic place, wonderful people (it was the bath and beer stay), great location and "only 5 miles up the road"!! Steve just couldn't understand why I was so annoyed - 'You've run 44 miles, what's another 5?'

There was also a funny episode in Bonn. Steve had friends there so I had a very welcome bath and evening not under canvass. We arranged that I would set off early as usual but I didn't know the way from their apartment. Steve arranged for the elderly Mrs Voit to cycle ahead of me to lead me to the Rhine. Slight problem was Mrs Voit didn't speak English, but all I had to do was follow the bike. We set off and I was soon struggling as Mrs Voit upped the pace. I dug in and still Mrs Voit went quicker. By the time we reached the Rhine I was flat out with a whole day of running ahead of me! When Steve caught me up later in the morning, he asked what had gone on. Mrs Voit had arrived back at her apartment clearly distressed and sweating profusely. Apparently, she was pedalling like fury because she thought I was catching her!

The only disagreement I had with Steve, remarkably, was outside Stuttgart. Back-up is an awful job – put tent up, cook, do the dishes, take tent down, find accommodation, provide water, etc, etc. I think Steve was expecting a nice free holiday abroad. Anyway, we arrived for the night after I'd run 40+ miles and Steve wanted a game of football! I cooked my own dinner that night and I set off without agreeing where we were to meet. To this day I swear Steve went past me at 90 miles an hour, but he denies it! Anyway, we lost each other (and no mobile phones then). I was stuck running to Stuttgart in shorts and running vest with no money, no passport, nothing. This was the infamous occasion that I, a civil servant and vegetarian at the time, ate leftovers at McDonalds in the centre of Stuttgart to keep me going.

We had agreed an emergency meeting the other side of Stuttgart, problem was Steve was on one side of the river and I was on the other. As he was driving up and down trying to find me I was trying to book myself in to the local police station for the night. The armed police insisted on going out in two cars to find Steve – a needle in a haystack I thought, but they did actually manage it. I have to admit I got a lot of pleasure seeing Steve's face as he got out of the car after being chased by two flashing police cars!

Eventually I arrived just outside Langenau only to find that they were expecting me on the Sunday, and I had planned to finish on the Saturday as I had to get back to Wales to be in work on the Monday. Apparently it was planned that I would finish running on to the football pitch at half time during the local derby game, with a brass band, reporters, etc. The locals did a fine job bringing most of this forward a day at 12 hours notice (but not the footy match). Several local 'runners' came out to meet me, but couldn't keep up (and I was jogging!). Alas, it absolutely bucketed down, but nothing could dampen our sense of achievement. The final total raised was over £6,000 – a princely sum then. The following month I was running in a Gwent League in Swansea and back in to the race routine, ending 1987 with a decent run in Neath 10 (54.32).

1988 started well. Myself, Steve Brace, Greg Newhams and an excellent vet - Jim O'Brien, travelled up to the North East to compete as a team in the Morpeth to Newcastle race on New Years Day. Not having been away with such exalted company before I reluctantly went along with their idea of morning 'jog' before the race. I was in a state of panic when we got back having 'run' 5 miles! The race itself went well, but it was freezing. Steve was 7th in a very high quality field, in 70.05 for the 14.1miles (Paul Davies-Hale won in 68.33), Greg was 9th and I finished one ahead of Jim in 48th (78.40). We won the massive team trophy (the first Welsh team to do so in its 73 year history), but I felt for Jim as only three counted for the team.

There followed more Gwent League cross country races but my records jump a little here to 1989 – my PB year. In March I did the Bath half marathon (68.38), then two weeks later followed this up with another PB at Reading (68.30) and two weeks later had another good run on a hilly Bristol half marathon course (69.00). The following day I was doing an 18 mile training run (!) with Steve and Greg and pulled up at 15 miles with sciatica. I was out for 9 months, then changed jobs, met my future wife, saw our lovely daughter born and never recaptured this golden run of form.

In 1990 we moved to North Wales and I started running for Prestatyn once more – but that's another chapter!

Gordon Jones

Mary Meredith, one of clubs prolific ladies runner, recently started to make a come back but unfortunately her injury just won't go away therefore she has decided to hang up her running shoes. She would like to thank all who has helped her recently and to the club members support and friendliness.

Club's Summer Handicap

		Race Time	Actual time
1	Tracy Colligan	28.23	22.53
2	Chris Taft	28.58	19.58pb
3	Matt Sims	28.59	17.29pb
4	Steve Hatfield	29.19	21.49
5	Helen Baxandall	29.19	25.31
6	George Nichols	29.37	18.07
7	Shelly Ward	29.39	22.39
8	Gareth Bailey	29.47	18.47
9	John H Roberts	29.58	21.28
10	Paul Brandrick	30.00	20.30
11	Sandra Mayers	30.30	28.00
12	Karen Bancroft	30.34	28.04
13	Donna Curley	30.43	30.43pb
14	Julie Logan	30.48	27.18
15	Gareth Jones	31.50	22.50
16	Mike Doolan	d.n.f	

Another good run by Tracy with a stiffer handicap but she still came home first ahead of Chris Taft who ran a pb to gain third in the overall handicap with last years winner Helen finishing second There was also good run by Matt who becomes the third fastest on the course falling short of the course record, unfortunately Mike Doolan had to pull out with injury .which hampered his chances of finishing in the first three.

		RACE 1	RACE 2	RACE 3	RACE 4	POINTS
1	Tracy Colligan	-	1	1	1	3
2	Helen Baxandall	2	4	2	5	8
3	Chris Taft	5	6	5	2	12
4	Steve Hatfield	12	8	4	4	16
5	Jo Mc Donough	4	3	10	-	17
6	George Nichols	11	9	6	6	21
7	Julie Logan	1	12	9	14	22
8	Shelly Ward	13	7	-	7	27
9	Gareth Bailey	14	8	-	8	30
9	Gareth Jones	-	13	11	15	39
11	Paul Brandrick	17	17	-	10	44

Latest Grand Prix results after the Brenig Race

	Races	points
1	George Nicholls	9 93
2	Steve Hatfield	8 64
3	Gordon Jones	4 57
4	Glenda Davies	5 57
5	Tracy Colligan	5 49
6	Des Davies	7 49
7	Chris Kelly	4 46
8	Matt Sims	5 45
9	Paul Brandrick	5 44
10	Brenda Tiedtke	4 43
11	Arwel Jones	6 37
12	Eleri Goddard	4 31
13	Mike Doolan	4 20

Next Races in the Grand Prix Series

Sept 21	Flintshire 10km
Sept 27	N.W.C.C League Colwyn Bay
Oct 11	N.W.C.C League Telford
Oct 12	Border League Chester
Nov 2	Abergele 5 Abergele
Nov 9	Border League Hoylake
Nov 22	N.W.C.C League Bangor
Dec 14	Border League Mold
Jan 4	Border League Eryri
Jan 17	N.W.C.C League Wrexham

Welsh Castles Relay June 2008

The beginners guide to early bird racing



My day started in a very warm and sunny Cricceth for a marshalling slot with Julie. I'd been provided with a very comprehensive set of directions: a car park next to a patch of grass. However it soon became apparent that there is, in fact, more than one car park next to a patch of grass in Cricceth and coupled with my reputation for bad navigation- Julie and I were soon lost in a town the size of a village!

We stumbled upon a handsome Dutch chap in running attire who spoke very little English (under normal circumstances this would have been a most fortunate finding but I did have a marshalling duty to fulfil). For all his hand gestures and eyebrow raising we were no more orientated and so we wandered, then jogged, and then ran around the quiet backstreets.

Turning another corner, we appeared to have stepped into an entirely different world. This one was bursting with crowds and colours and costumes, the air filled with cheers and horns and whistles, here was the relay- I wondered how we had missed it!

Marshalling is a dangerous sport. Precariously placed after a bend in the road, my duty was to direct runners to move to the other side of the road and to stop traffic as necessary. Unfortunately, some traffic will move in any direction to avoid stopping, even if it means mowing a polite marshal down. And so I discovered the "art of marshalling" in the middle of the road that day. A few nifty Kung foo style chops and kicks soon had all racing cars, runners and rabbits brought to an abrupt halt by the sight of a mad woman in lycra and plastic (apologies to anyone with higher than expected times on that leg).

Despite initially feeling a bit lost in all the carnival chaos, I soon got into the swing of car hopping, stopping and cheering and the friendly rivalry between clubs, similar to the atmosphere at the cross country races- except that here there was talk of letting tyres down amongst other misdemeanours! And despite a bit of grumbling from some of my passengers about my enthusiasm for braking distances and lack of enthusiasm for hard cornering (and a suggestion of a blue hair rinse), the atmosphere was great.

The first day ended in a local pub with a hot pasta buffet to refuel and relax.



The next day began very early. I was to run 12.3 miles from Newtown to Llanbadarn Fynydd at 7am. I was lucky enough to have found a nearby B&B owned by a very attentive landlady who was determined not to let us leave without breakfast regardless of the time. I tiptoed downstairs at 5am to find landlady and husband waiting, bright and cheery, aprons, tablecloth and teapot at the ready! Over breakfast, they recounted stories of their 'pranks on guests', which included placing holly between the mattress and sheet. I suspect we had a lucky escape from being their next victims on account of them feeling sorry for our early start!

I'm fond of early morning runs when I should be hiding under a duvet. The air is fresh and I can watch the day unfold free from noise and traffic. Later in the day is better suited for guitar tuning and sampling speciality beers, which answers the question of what I did with my time before I took up running 15 months ago! Phil and Steve had assured me that it was a nice steady climb and they are usually very right (unless it's a fell race, where Steve leaves out the important bits until I've paid up and the ten second countdown has begun, "watch out for loose boulders, an active volcano and a hungry bear, see you at the finish.... oh and good luck").



At the starting line with the hula hula girls.....

7am in Newtown

But no-one hid under their duvets that morning. With clear skies outside, the team were waiting at the start, ready to see me off. As the race commenced, the competitors were chatty during the initial few miles and those who had raced the course before offered advice on the course.

The first three miles were the hardest, but once warmed up the climb was very steady. The views were fabulous and as another gloriously sunny day unfolded, it was very tempting to hop off road and run alongside in the grass. I did ponder along the way about how great an off-road version of the castles would be- imagine the organisation and marshalling involved!

At about 8 or 9 miles I reached some hairpin bends which were a bit tough on the knees, though thankfully still uphill at this stage. After this the road began to level and then drop down. With hindsight this should be the spot to pick up some speed and sprint down to the finish (take note any future contenders). Being the first race of the day, I was lucky to be spoilt with attention. Our club and others were fantastic along the way and I must mention St. Anne Lythams with great green hair who, despite trying to take me out with their minibus at one point, made me laugh so much I could barely run (hmm....a clever tactic perhaps?). After seeing some of the steep knee busting road descents on the other stages I reckon I had one of the best races going!

At the end of the race it was a quick re-fuel and rest and then swiftly on to track the rest of the days races. I would like to offer a very big thank you to Steve who, not only followed me for the whole of my race but kindly volunteered himself as chauffeur for the rest of the day and was especially thoughtful with planning toilet stops.

My highlight of the weekend was watching our coach Jo at Drovers arms. I'm sure captain would agree that she made us ladies extremely proud with a fabulous performance.

We had an unexpected torrential downpour at the finish in Cardiff but it was thankfully short lived and the sun soon returned!

Someone said that it's difficult to explain what it's like at the castles relay without being there and how true. We were constantly on the move for two days. If you're not running then you're driving and looking out for your runner and a place to stop, hop out and cheer them on, cheering other teams on, handing out drinks, it's exhausting but great fun! It's impossible for everyone to see our runner on every stage but support is organised and shared along the way.

We have some great ideas for next year's team. I think the 'red devil' costumes are a firm favourite. Horns and a strap of elastic with a tail attached for each runner. We could even have our very own paparazzi vehicle, now that Julie has perfected the art of hanging out of car windows with a camera!

For anyone thinking about doing some training and putting themselves forward for next year- do it! The relay is exactly what sport should be, a bit of healthy competition and a whole lot of fun.

Tracy Colligan

Hysbysfwrdd / Noticeboard

<p style="text-align: center;">Website Message board</p> <p>By popular request, Bill has installed a link to a message board for a trial period. If members want it to stay then please use it or contact Bill Scriven for more information about it.</p>	<p style="text-align: center;">NORTH WALES JUNIOR CROSS COUNTRY LEAGUE 2008</p> <p>18th October – Welsh College of Horticulture, Northop Local organiser: Sue Sayer 01244 550690</p> <p>1st November – Millbank Playing Fields, Holyhead Local organiser: Alan Slinn 01407 860093</p> <p>22nd November – Treborth Track, Bangor Local organiser: Steve Livett 01248 853067</p> <p>6th December – Eirias Park, Colwyn Bay Local organiser: Diane Ray 01492 548893</p> <p style="text-align: center;">Series presentation will take place following this fixture</p>	
<p style="text-align: center;">Club Trailer</p> <p>PRC have purchased a trailer to transport all the equipment needed when putting on a race. If another organization needs to borrow the trailer & pegs etc then please pass on Gareth Hughes contact details – they would need to sort out the insurance and a number plate for their vehicle.</p>	<p style="text-align: center;">FOR SALE</p> <p style="text-align: center;">PRC RED HOODED SWEATSHIRTS</p> <p style="text-align: center;">£10</p> <p style="text-align: center;">see Glenda or Steve Hatfield</p>	
<p style="text-align: center;">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 style="text-align: center;">March 21st 2009</p> <p style="text-align: center;">BRITISH MASTERS CROSS COUNTRY CHAMPS at RUTHIN</p> <p>We need volunteers. Please let Gareth know whether you can help before, during or after the races</p>	<p style="text-align: center;"><i>Weds December 17th 2008</i></p> <p style="text-align: center;"><i>6.30pm</i></p> <p style="text-align: center;"><i>PRC Xmas Run & Social Evening From The Saints</i></p> <p style="text-align: center;"><i>Gill Brandrick will have more details</i></p>
<p style="text-align: center;">March 27th 2009</p> <p style="text-align: center;">Prestatyn Running Club AGM 7.30pm</p>	<p style="text-align: center;">March 28th 2009</p> <p style="text-align: center;">Prestatyn Running Club Presentation & Social Evening</p>	
<p>Track session have restarted at Colwyn Bay Track every Tuesday, 6.45pm start. Go down and have a go – you'd be surprised how it might help your running.</p>	<p>Did you know – that by showing your AAW card and mentioning you are a member of Prestatyn Running Club, you could have a good discount at the Nike Shop at Cheshire Oaks. Ask Mike Doolan for more details.</p>	

Dyddiadau / Fixtures

<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Venue</u>
Sat 27 Sept	2.00pm	North Wales Cross Country League(1)	Colwyn Bay
Sun 28		Macclesfield Half Marathon	Macclesfield
Sat 4 Oct	12.00nn	Penmaenpool 10 mile Trail Race	Penmaenpool, Dolgellau
Sun 5	11.00am	Wirral Seaside Run 3 mile	Leasowe
Sun 5	10.00am	Liverpool 10k road race	Sefton Park, Liverpool
Sat 11	2.00pm	North Wales Cross Country League(2)	Llilleshall
Sat 11	11.00am	Rhinog Horseshoe Fell Race (14m/5060')	Llanbedr
Sun 12	11.00am	Borders Road Race League(1)	Christleton
Sun 12	11.00am	Briedden Hills race (7m/2300')	Criggion, Powys
Sun 12	10.00am	Sandstone Trail Race (17m/2150')	Duckington
Sat 18		North Wales Junior XC League(1)	Northop
Sun 19	10.30am	British Fell Relays	Llangynhafal, Nr. Denbigh
Sat 25	9.30am	Snowdonia Marathon	Nant Peris
Sun 26			
Sat 1 Nov		Langley 7 Mile Road Race	Langley, nr. Macclesfield
Sat 1		North Wales Junior XC League(2)	Holyhead
Sun 2	1.00pm	Abergele 5 mile Road (N.Wales Champs)	Abergele
Sun 2	11.00am	Chwydian Hills Race(10m/3100')	Cilcain
Sat 8			
Sun 9	11.00am	Borders Road Race League(2)	Hoylake
Sat 15		BMAF Home International X Country	Swansea
Sat 15	10.30am	Penmaenmawr Fell Race(11m/1500')	Capelulo
Sun 16			
Sat 22	2.00pm	North Wales Cross Country League(3)	Bangor
Sat 22		North Wales Junior XC League(3)	Bangor
Sat 29		UKA Cross Challenge	Liverpool
Sat 6 Dec		North Wales Junior XC League(4)	Colwyn Bay
Sun 7	11.00am	Helena Tipping Memorial 10k Road Race	Wrexham
Sat 13	1.00pm	Welsh Inter Regional & Masters XC Champs	Wrexham
Sun 14	11.00am	Borders road Race League(3)	Mold
Sat 20?	12.00nn	Club Road Race & Junior Track	Wrexham
Fri 26	11.00am	Chester Walls Race	Chester

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

Please double check race details before setting out

Cross Country Fixtures

Saturday 27 Sept 2008 Colwyn Bay
 Saturday 11 Oct 2008 Llilleshall
 Saturday 22 Nov 2008 Bangor
 Saturday 17 Jan 2009 Wrexham
 Saturday 7 Feb 2009 Oswestry

Border League Dates and Fixtures :

12 October 2008	West Cheshire AC
9 November 2008	Wirral AC (Hoylake)
14 December 2008	Buckley Runners (Mold)
4 January 2009	Eryri Harriers
22 February 2009	Ellesmere Port RC
15 March 2009	Deeside AAC
29 April 2009 (Wed eve)	Wrexham AAC

**PRESTATYN RUNNING CLUB
COMMITTEE**

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Katie Brandrick

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Committee members

Pete Blundell
Jason Burton
Mike Doolan
Dave Henley
Matt Sims
Brenda Tiedtke

Newsletter Editor

Glenda Davies

Welfare Officer

Gabby Waring

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

**October 25th
Welsh Athletics AGM at Abergele**

Anyone interested in attending please contact Gareth Hughes

Nov 22nd fellow runners from Cheltenham will be in Prestatyn area looking for routes for when other club members come for a visit in Jan 22-26 2009.

Again ask Gareth for more details if you are interest to help them/ or to show them an interesting route.

March 21st 2009

*Prestatyn Running Club will be hosting the
**British Masters Cross Country
Championships***

Make a note in your diary of the date. It is a huge honour to be asked to host the event and we need as many supporters, volunteers, helpers possible in order for it to be successful. Ask Gareth Hughes for more details

Articles for the next newsletter by

December 7th