



# *Cylchlythyr Clwb Rhedeg* **PRESTATYN** *Running Club Newsletter*

*Haf 2008*

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**April 1<sup>st</sup>**

## **PRC membership fees due**

**It is now June and the club is  
still waiting for payment from  
some members**

**PLEASE PAY STEVE  
ASAP**

*Summer 2008*

*Congratulations  
Column*

**N.Wales  
5km  
O/55 Champion  
Irene Taylor**

**Border League  
George Nixon  
2<sup>nd</sup> O/55  
Martin Cortivriend  
3<sup>rd</sup> O/55  
Brenda Tiedtke  
3<sup>rd</sup> O/45**

**Mens Team  
promoted to Div 1**

**Mob Match with  
Abergele  
Ladies won**

### **Club Social Run**

On Friday, August 29th, we are holding a social run at Loggerheads which will be followed by a meal at Caffi Florence, the restaurant in the park. We need at least 30 to make it viable for the restaurant to open specially for us, so the invitation is extended to Denbigh Harriers, any other runners who would like to join us, and families and friends who could either just go for a walk or wander around the park.

It's a very pleasant place, especially if the weather is good.

We need definite numbers and food orders by Friday, August 15th at the latest, and to simplify things we have chosen just three hot the menu, all costing £5.50. Sweets may be bought on

The choices are: Welsh lamb hotpot, fish pie or vegetable charlotte.

Please let Gareth Hughes know what you want - if possible, along with the money by August 15th. He'll be away after that so you won't be able to contact him!

Call him on 01745 - 888078 or 07920 515408 if you want more details.

Times and transport arrangements will be sorted out later.

*Croeso i Aelodau  
Newydd /  
Welcome to New  
Members*

Richard Handoll  
Irene Taylor  
Tracy Howarth  
Mladenka Hooper  
Tom Laugharne

Chris Taft  
Gareth Jones  
Hector Outeiral  
Sian Beck  
Sharon Hulett

# *Adroddiadau aelodau y pwyllgor / Committee Members Reports*

## **Chairman's Report**

Summer is here again and that means a very busy period for the club.

First let congratulate everyone on our effort in the Border League The Men winning promotion to Division one and the Women finishing fourth in Division one. Also George, Martin and Brenda on winning individual awards and what tremendous turnout we had - thirty five in the last race at Deeside

I would also like to congratulate the six women who completed the London Marathon for the first time, unfortunately I was the only Male It was my fifth and the slowest but I am pretty pleased considering the training I did hampered with calf problem all winter. One gripe I have got against the London Marathon is they have made it very hard for club athletes to enter and with entering on online, the entries were full in a week!

First Event of the summer was Suncentre 5km, which was very well organized by Jason, and thanks to everyone for their work in making it so successful. Next event will be the Riverbank 10km and with everything in place and hoping that we will have good weather it too will also be a success.

Other events we've got is the Castles Relay I would also like to thank Phil and Steve for organising and no doubt it will go smoothly again. I hope the ones who are doing it for the first time will enjoy it,

The handicap on Wednesday night is proving very competitive with our young runners and I can see the course records going this summer. It is also proving to be a good event for newcomers having their first taste of competitive running.

We also have social runs on Mondays at different venues. A very relaxing runs with nice scenery and a chat. See whether you can come and support the next one. Thanks Gareth for finding these routes.

**Arwel**

## **Ladies Captain Report**

Since the last newsletter 6 ladies completed the gruelling London Marathon and the Ladies team finished 4<sup>th</sup> in Div 1 of the Border League, with the number of ladies runners wll into double figures for most of the league races.

During the last month PRC ladies have competed in at least six races, covering the road, the fells and off roads. At Erddig Jo was sixth lady with Helen and Gill making up the rest of the team. The short fell race of Mynydd Myfyr outside Oswestry saw Becky, Glenda(2<sup>nd</sup> O/45) and Eleri Jones (2<sup>nd</sup> O/35) tackling the course.

The fast Sun Centre 5km race saw 8 ladies running. Jo was 1<sup>st</sup> Senior Lady in the Open Race, Brenda was 2<sup>nd</sup> O/45 in the Open Race and the highlight of the evening has to go to our new member Irene Taylor. Irene was to win the O/55 category in the Open Race and also became the North Wales Champion in her age group. The three award winners were supported by Sharon, Julie, Tracy, Diane and Wendy.

In the Race for Life Jo was second over the finishing line and there were numerous other club runners who competed. Huge thanks must go to Gill Brandrick for organising this event and to all of you who helped on the day. It was a great success again this year.

At the fells Tracy and Julie have been again carrying the flag and are obviously getting stronger and stronger with each race. At the first Off Road race 5 club members ran the distance – Glenda, Brenda, Shelley, Eleri Goddard and Eleri Jones.

It is great to see so many ladies competing at various events. Well done to each one of you.

Enjoy your summer running .  
Mwynhewch eich rhedeg dros yr Haf

**Glenda**

# *Proffeil aelod y Clwb / Member Profile*

**NAME:** ARWEL JONES  
**D.O.B:** 16/08/59  
**PLACE OF BIRTH:** DENBIGH



**YEAR STARTED RUNNING:** Competed all my life started at Primary School  
**HOW LONG BEEN A P.R.C MEMBER** 19 YEARS  
**FORMER CLUBS :** WREXHAM AC

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

**5km:** 16.18 Chester 1997  
**5m:** 25.46 Birkenhead 1982  
**10km:** 32.55 Manchester 1982  
**10m:** 52.21 Llandudno 1984  
**Half Marathon:** 1.11.57 Denbigh 1984  
**Marathon:** 3.07.41 London 2003

**MAIN HONOURS:** Won Welsh Schools 1500m with a new welsh u/15 Record 4.22.6 1974  
Won A Welsh vest 1975 home international match at Colwyn Bay  
Racing the 1500m steeplechase. Finished third 4.33 beaten by Colin Reitz who went on to represent Britain at 1984 olympics  
1980 finished sixth in NWCC Champs Senior Men and represented North Wales six times at British inter counties at cross country  
Completed more than 100 NWCC League races  
Won three individual awards Border League since 1995

**PROUDEST MOMENT:** Being the Manager of Nantglyn F.C, where I was brought up, when we won the Summer League title for the first time 2005.

We celebrated for the whole month with a crowd of over 700 watching the final match at Rhewl

**FAVOURITE TRAINING SESSION/ROUTE:** Use to be track now it is Off road. I run mostly on footpaths around Denbigh

**SPORTING HERO/HEROINE:** Steve Ovett / Paula Radcliffe

**OTHER SPORTS ENJOYED:** Football, Cricket, Rugby, Snooker and Darts

**WHAT I WOULD WISH FOR THE CLUB:** To increase our membership and carry on being a friendly club that caters for all abilities.

**FAVOURITE RACE:** Castle Relays

**HARDEST RACE:** London Marathon

**FAVOURITE RACE DISTANCE:**

10 km on the Road

**FAVOURITE SPORTING MOMENTS :**

Manchester City winning Premiership and Champions League ( I can only dream for now) but realistically a British athlete that wins a gold medal at track and field

**PLACES YOU'D LIKE TO RUN ABROAD:** never done a race abroad not including Ireland

**PREFERED SURFACE:** Road for racing

**FAVOURITE ACTOR:** David Jason , Harrison Ford  
**FAVOURITE ACTRESS:** Reece Witherspoon Dawn French  
**FAVOURITE TV PERSONALITY:** Gary Lineaker  
**FAVOURITE SINGER/GROUP:** I like music from the seventies. My latest cd was the Hoosiers and Girls Aloud  
**FAVOURITE T.V:** Match of the Day , most sport programmes, soaps and good comedy programmes  
**FAVOURITE FILM:** I enjoy superhero and disaster movies occasionally go to the cinema to watch the blockbusters

**HATES/DISLIKES:**Bad losers

**CRAZY MOMENTS** falling into the water in a steeplechase race also when warming up for a race and Dally tripped over a sleeping Policeman

**FAVOURITE SCHOOL SUBJECT** Geography

**WORST SCHOOL SUBJECT** Chemistry

**OTHER HOBBIES** Watching Football Man City

**FAVOURITE QUOTE** You've got to be in it to win it

**MOST VISITED WEBSITE** B.B.C .CO.UK /SPORT

**RINGTONES ON MY PHONE** Blue Moon

### Hall of Fame

All clubs have been asked to notify members of the Welsh Athletics' Hall of Fame annual dinner to be held at the Vale Hotel Golf and Spa Resort, in the Vale of Glamorgan, on September 19. Anyone can attend the event, which was by invitation only last year.

The annual awards to individuals and clubs will be made on the night.

The catch is that tickets are £35 each and dress is "black tie" (but it doesn't say whether that includes the ladies).

Anyone interested should let Gareth Hughes know a.s.a.p. - with the money!

### August 13<sup>th</sup>

Denbigh Harriers have invited PRC members for a social run on their Johnsons Monument 6 mile route. Bar meals at Brookhouse Mill will follow the run.

### PRC website

Just a reminder that I am looking for any news for the website. This includes stories about members, their races and experiences during the races. It would be great if members sent personal 'interest' stories.

Finally what do the members want? I'm just the webmaster doing the IT side of things and could do with some feedback from club members.

So if members have any ideas, even if it is about the design let me know and I will see if I can oblige!

*Bill Scriven*

### Race for Life

Many thanks for each and everyone of you that help to stage this great event. The race has grown so much over the years and so has the positive feedbacks.

Thanks for your time and help in all areas.

*Gill Brandrick*

# A.G.M

THE man who set up Prestatyn Running Club's highly successful beginners' sessions was rewarded for his efforts when he was named as the club's Member of the Year for 2007.

At the annual meeting Jason Burton was thanked for his initiative and hard work, and also for taking over as organiser of the annual Sun Centre 5k race. He received the Pat Evans Memorial Plate.

Jason completed a "double" by also being presented with the Men's Captain's Award by Paul Brandrick.

Others nominated for the award were Jo McDonough, Arwel Jones, Glenda Davies, Matt Sims and George Nicholls.

Glenda Davies chose as the recipient of the Ladies' Captain's Award Helen Baxandall, who has turned out regularly at cross-country and Border League.

Once again prolific racer George Nicholls took the trophy for overall winner of the club's Grand Prix, but it was a close-run thing, beating George Nixon by just four points. In close third was Gay Waring.

Nixon, despite being one of the most experienced athletes in North Wales, won the award for the most improve male after a superb cross-country season in which he won the North Wales championship, North Wales League and Welsh titles in the M55 class.

The most improved female award went to Eleri Goddard who is now looking forward to her first London Marathon.

Age-group winners in the club's Grand Prix were:- Senior lady: Katie Brandrick (89 points from 11 races); L35: Eleri Goddard (118/17). L40: Helen Baxandall (78/13). L45: Gay Waring (183/12). L50: Gill Brandrick (73/9). U20 men: Gareth Bailey (70/12). Senior men: MattSims (114/14). M35: George Nicholls (203/21). M40: Shane Hughes (53/8). M45: John Hughes-Roberts (88/16). M50: Paul Brandrick (127/18). M55: George Nixon (199/12). M60: Steve Hatfield (100/18)

Cross-country medals, for competing in four of the five North Wales League fixtures, went to Glenda Davies, Eleri Goddard, Julie Logan, Joanna Edwards, Katie Brandrick, Gay Waring, Steve Hatfield, George Nixon, George Nicholls, Paul Brandrick, Gordon Jones, Mike Doolan and John Hughes-Roberts.

The club will resume its weekly track sessions in Eirias Park, Colwyn Bay, on Tuesday, April 8th.

## *Adroddiadau Rhedwyr / Race Reports*

### **Pisa Half Marathon Sunday 11<sup>th</sup> May 2008**

The start was way out of the city and the start time was 8.30 am, so it was a early breakfast and then find our way to the start. As I picked up my number and electronic tab it was in the high 20's and very very humid. I was already sweating heavily. I was hoping to run a sub 1hr 45 mins have done 1.49 in the Livorno Half, six months ago but in much cooler conditions. I thought I would be lucky to do 2hrs in the conditions.

I set off and did a slow first 5km. People were already walking. The next 5km I felt ok so I upped the pace a bit. I tried to run under the trees for shade when I could and I managed to get to 16km before starting to feel tired. The sun was burning my neck, and I was being attacked by insects who seem to be attracted to the fair skin runners! The last two miles I was hanging on, and by now most people were walking. I managed to keep going and I lost count of the number of runners I passed. Coming into the city, the welcome site of the Leaning Tower of Pisa spurred me on a bit, as the finish was next to it.

I crossed the line in 1.53.08, well pleased, but with blisters and bites for my efforts. Looking at the number of people in the first aid tents told me I had done the right thing: starting off slower than usual and trying to pick up the pace later on a bit. On this run I did run in my bright new multi coloured vest and shorts AND dark shades to blend in with the Italians.

Runners from 42 countries entered the Half and full marathons.(Did I say a full marathon....must be mad or have a great sense of humour to survive that heat) I shall pass on that one.

Till the next run then.

*Mike Doolan*

*Editors note: Any chance of a photo of you in your new kit, Mike?*

#### **Manchester Run**

On Saturday May 17, I took part in the Great Manchester Run. It was 2.4 km. Just before the race it started to rain so the ground was very slippery. When I started the race I kept my pace, I was coming 5th all the way until I slipped down into the splits. I couldn't get up my legs were aching. I couldn't run as fast. I finished coming 66th my time was 12.08. My race number was 2043. I was still impressed but I wish I never fell. I was stupid.

Amie Bagnall  
Age 14

#### **Manchester Run**

Me and my family went to Manchester to do the Manchester run on the 17th of May. I did it in 13.28 seconds and it was a 1 and a half mile run. The weather was bad because it was raining.

By Kimberley Cheetham

*Editors note: Thanks Girls*

Keep up with your running and I look forward For more pieces for the newsletter from our Junior members.

## *Hysbysfwrdd / Noticeboard*

<p style="text-align: center;"><b>Club's oldest star</b></p> <p>Spare a thought for the club's oldest member, Eddie Naisby, who failed in his application to run this year's London Marathon just a couple of weeks after his 80th birthday. The committee wrote a letter to the organisers supporting his plea but it was rejected.</p> <p>To rub salt into the wound, the winning time in the M80 category was 5:20.20, whereas Eddie would have hoped to do it in 4.30, which was realistic with a 2-hour half-marathon behind him.</p> <p>Oddly enough, one 80-year-old, Ken Clarke (Eastern Vets) did finish in 4:17, having done the first 13.1 miles in 2:46.54, which meant that he did the second half in 90 minutes. Strangely enough, he took only 33 minutes for the 15k from 20k to 35k, but failed to register a time at 25 or 30k!</p> <p>Apparently he's been known to produce similar amazing and inexplicable times in the past.</p> <p>Entries for next year's London are now being taken on-line only, and only the first 120,000 will be considered, so get them in now!</p>	<p style="text-align: center;"><b>Donated T-Shirts</b></p> <p>Many thanks to those members who donated T-shirts which have been very warmly welcomed by the schoolkids in Ghana where Bob Munden Jones of Rhuddlan took them. It's very gratifying to see such a small gesture meaning so much to them.</p> <p>Bob's current appeal is for old trainers - any sizes so long as they are not too tatty and are clean. If you have any which you no longer wear and think might be suitable then please let Gareth have them. There's plenty of time as Bob will not be returning to Ghana for some time.</p>
<p style="text-align: center;"><b>Asthmatic?</b></p> <p>Please make sure you have filled a form by the Welsh Athletics:</p> <p><a href="http://www.welshathletics.org">www.welshathletics.org</a>          -click on Downloads          -click on Inhaler Registration Form</p>	<p style="text-align: center;"><b>Track sessions</b></p> <p>It would be nice to see more members attending the track sessions at Colwyn Bay on Tuesdays. There is a small core who attend regularly and are feeling the benefits. It is appreciated that it doesn't fit in with all the midweek races at this time of year but if at all possible it's worth doing, as I'm sure those who do attend with confirm.</p>
<p style="text-align: center;"><b>Riverbank 10km June 22</b></p> <p>If you are not running then please give some of your time to help our organisers. See Phil Jones</p>	<p style="text-align: center;"><b>Club fees</b></p> <p>There are still many members who have not yet paid this year's subs, which are due since April. Apart from the fact that you are not covered by insurance until you pay up there is a club rule that anyone who has not paid by June is not eligible to enter the London draw the following year.</p>
<p style="text-align: center;"><b>Loggerheads Social Run</b></p> <p>It's been agreed to have another social run on Friday, August 29th at Loggerheads, between Ruthin and Mold. There was a disappointing turnout of Prestatyn members for the first run in Abergele, while some from Denbigh, Ruthin and Caerwys made the effort.</p> <p>At Loggerheads it's planned to have a meal after the run but we need at least 30 to justify the restaurant opening for us. We hope Denbigh Harriers will join us and that wives/husbands/partners/children will also come along.</p> <p>More details of the menu etc nearer the time.</p>	<p style="text-align: center;"><b>FOR SALE</b></p> <p style="text-align: center;"><b>PRC RED HOODED SWEATSHIRTS</b></p> <p style="text-align: center;"><b>£10</b></p> <p style="text-align: center;"><b>see Glenda or Steve Hatfield</b></p>

**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.

# *Newyddion y Mynyddoedd / Fell Running News*

## **Tuesday 15th April/15th Midweek Series/Foel Lus 4 miles/1000ft**

Excellent conditions, the start from the Dwygyfylchi Inn is quite steep which really puts you into the groove!!, continuous undulating with the final climb along a narrow track, the downhill is on hard rough ground with the final descent through coarse undergrowth and hard track.

Time 34 mins 02 secs  
Steve 34m 24 secs

## **Saturday 21st April/Ras y Moelwyn/10.5 miles/2800 ft**

Whilst last year it was run under warm conditions this year although dry there was a strong bitter wind, the temperature may have been 8 Deg C at the start, but I'm sure at the top of the first climb,( above the snow line) with the biting wind it must have close to zero., (well my legs were testimony to that)

Three major peaks to negotiate. Moelwyn Mawr, Moelwyn Bach with a final climb fro Llyn Stwlan up to Moel yr Hydd with numerous boggy areas. This race is probably one of the hardest in the area, well organised with plenty of marshals who deserve much credit for suffering the cold bitter winds for hours.

I was very pleased with my run, considering the conditions, I was only 3mins down on last years time.

Time 2 hrs 3 mins/ 3rd M60.

## **The Great Arete Midweek Series.**

### **April 29 /Elidir**

Before the race started the mist came down with the rain, however this cleared just before the start to the relief of all, still quite cold with many of us deciding to run in waterproof covers as the start which eventually came off as the race progressed.

The race started opposite the Vaynol Arms Nant Peris up a rough road until we turned up on to a rough track which was quite treacherous in parts the rain having made the stones quite slippery. The race then progressed on thro bogs which could leave you up to your knees in parts, the bogs went on and on until the final steep climb, the return was to use whichever route you chose with the final run in through a stream (which came very usefull to clean down), Steve fell culprit to the slippery stones but was OK.

Time 46 mins 50secs  
Steve 51 mins 50 secs.

### **Saturday 5th/Llangynhafal Loop/5 miles/1500ft**

Good clear conditions breezy in parts, with the infamous gully to climb up to the top of Moel Famau, but this was not only the stiff climb, with the course modified, the race this year had more than a sting to its tail, with quite a severe climb before the final descent to the finish.

Credit to Martin and his helpers to ensure the course well marked, and to the numerous prizes awarded.

Time 59 mins

## **Saturday 24th May Cader Idris/10.5 miles/3000ft**

Conditions were very good other than a few strong gusts of wind towards the summit.

The race left the town square and followed the steep Cader road, and after approximately 1.5 miles followed a footpath around the rear of Gwernen lake until the mountain proper, with the return the same route.

There are numerous legends about Cadair Idris (Chair of Idris). Some nearby lakes are supposed to be bottomless and anyone who sleeps on its slopes will supposedly wake up either a madman or a poet, certainly on the turn and down from the summit on Saturday I felt like putting this legend to the test.

Having a dispute with a wooden four cornered post on the Friday previous which resulted in a thigh injury, made the downward part of the race very uncomfortable, the agony showing on the official photo. I eventually arrived back in the square relieved with a time of 2hrs 19 mins, ah well there is always next year, madman or poet "to be or not to be" !!!!!!!

## *Hill Technique*

If you are planning to race on a hilly course, it makes sense to train on hilly terrain.

Whether going uphill or downhill, there is a technique whereby you can gain or lose valuable ground on your rivals.

Don't ease off and save yourself because you know a hill is coming up, on an uphill, don't leave it too late to bring your hill technique into play. Attack it from the start because you will find it difficult to move up a gear when you are in mid climb.

Settle into a rhythm with even effort, pump the arms and lean into the hill. Don't look up too far, it may demoralise you to see there is still quite a long way to reach the top. Downhill running is also about technique and to a certain extent, nerve and confidence.

Lean forward and let gravity take you down-the more you lean forward the faster you will go, but don't lean so far you are out of control!

## Dyddiadau / Fixtures

Sun 22nd June 08 - 11:00am	Riverbank Run 10k Multi-terrain	Rhuddlan
Sat 28th - Sun 29th June 08	British Masters Track & Field Championships	Birmingham
<i>Sat 28th June 08 - 12.00pm</i>	<i>Ty'n y Groes Hill Race, Ganllwyd (2.1m/700ft)</i>	<i>Dolgellau</i>
<i>Weds 2nd July 08 - 7:30pm</i>	<i>Hotfoot up Fammau Fell Race (3.5m/1200')</i>	<i>Moel Fammau</i>
Weds 2nd July 08 - 7:00pm	Vaenol 10km Race	Bangor
<b>Thurs 3rd July 08 - 7:30pm</b>	<b>Deestridders Off Road Grand Prix</b>	<b>Shotton</b>
<i>Sun 6th July 08 - 11:00am</i>	<i>Moel y Gamelin Fell Race (9.5m/2380')</i>	<i>Horseshoe Pass</i>
<b>Sun 6<sup>th</sup> July 08 - 11.30am</b>	<b>The Fairy Freckled Cow Trail Race</b>	<b>Llyn Alwen</b>
<i>Sat 19th July 08 - 2:00pm</i>	<i>Moel Siabod Fell (6.2m/12300 ft)</i>	<i>Capel Curig</i>
<i>Sat 12th July 08 - 2.00pm</i>	<i>Waun Fach Med Fell Race Welsh Champs@Pengenffordd</i>	<i>Talgarth Powys</i>
WED 16 <sup>TH</sup> JULY 08	PRC MID WEEK HANDICAP RACES	
Fri 18th July 08 - 7.15 pm	Packwood 10km	Packwood
Wed 23rd July 08 - 7.30pm	Caernarfon Race th Train 5km	Caernarfon
<b>Weds 23rd July 08 - 7:30pm</b>	<b>Green Grass Fell Race (5m/1800')</b>	<b>Llangynhafal</b>
Sat 26th July 08	Dolgellau 5 Mile Road Race	Dolgellau
<b>Sat 26th July 08 2.0 pm</b>	<b>International Snowdon Mountain Race (10m/3250')</b>	<b>Llanberis</b>
Fri 1st Aug 08 - 7.00pm	Gobowen 5m	Gobowen
Sun 3rd Aug 08	Borth Beach 10k	Borth
Sun 3 <sup>rd</sup> Aug 08 - 10.30am	Brecon 10 mile	BreconBrecon
<b>Weds 6th Aug 08 - 7:00pm</b>	<b>Ponderosa Fell Race (4m/951')</b>	<b>Horseshoe Pass</b>
<b>Thurs 7th Aug 08 - 7:30pm</b>	<b>Deestridders Off Road Grand Prix</b>	<b>Shotton</b>
<i>Sat 9th Aug 08</i>	<i>Gladstone 9 Fell Race @ Dwygyfylchi (9m/2890ft)</i>	<i>Conway</i>
13 <sup>th</sup> Aug 08	<u>Denbigh Harriers invites us to Johnsons Monument 6 mile social run + meal @ Brookhouse</u>	
Sat 16th Aug 08	Race The Train Multi Terrain Races	Tywyn
Sun 17th Aug 08	Birchwood 10k Road Race	Warrington
<i>Sun 24<sup>th</sup> Aug 08 - 11.00am</i>	<i>Cnicht Fell Race NW Champs @ Croesor (4.5m/1850ft)</i>	<i>Croesor</i>
<i>Mon 25th Aug 08 - 1:00pm</i>	<i>Moel Fammau Fell Race (4m/1237')</i>	<i>Cilcain</i>
<u>Fri 29<sup>th</sup> Aug 08</u>	<u>Loggerheads PRC Social Run</u>	<u>Loggerheads</u>
<b>Sun 31st Aug 08 - 11:00am</b>	<b>Caernarfon 10k Road Race (Welsh Champs)</b>	<b>Caernarfon</b>
WED 3 <sup>RD</sup> SEPT 08	PRC MID WEEK HANDICAP RACE	
Fri 5th Sept 08 - 7:00pm	Deestridders Off Road Grand Prix	Shotton
<i>Sat 6th Sept 08 - 2:00pm</i>	<i>Elidir Fawr Fell Race (5m/2800')</i>	<i>Nant Peris</i>
<b>Sat 6th Sept 08 - 1:00pm</b>	<b>Llyn Brenig 9m Mt.</b>	<b>Llyn Brenig</b>
Sat 6th Sept 08 - 2.30pm	Nescliffe Nasty 5m	Nescliffe
Sun 14th Sept 08 -11:30am	Dyfi 8 - hilly race on forest paths	Machynlleth
<i>Sun 14th Sept 08 - 11:00am</i>	<i>Ras Fawr Llanddoged 12.5k</i>	<i>Llanddoged</i>
<i>Sun 14th Sept 08</i>	<i>North Wales Mountain Running Champs</i>	<i>Llandudno</i>
Sun 21st Sept 08 - 11:00am	Sutton 10k Road Race	Guilden Sutton
Sun 21 <sup>st</sup> Sept 08	Flintshire 10km NW Champs	Mold
Sun 21st Sept 08 - 10am	Anglesey Marathon	Anglesey
<i>Sun 28<sup>th</sup> Sept 08 - 1.00pm</i>	<i>Arenig Fawr NW Champs (6.7m/1900ft)</i>	<i>Bala</i>

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

Please double check the above fixtures before setting out to the race.

### PRC mid week summer Handicap Races 2008

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

### Grand Prix Handicap Series Races

June 5 Deeside off road  
 June 18 Druid run fell  
 July 3 Deeside off road  
 July Alwen Trail Race  
 July 23 Green Green Grass of Home fell  
 Aug 7 Deeside off road  
 Aug 31 Caernarfon 10km  
 Sept 6 Brenig Race

**PRESTATYN RUNNING CLUB  
COMMITTEE**

***Chairman***

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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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**PRC Social Run**

On Friday, August 29th, we are holding a social run at Loggerheads which will be followed by a meal at Caffi Florence, the restaurant in the park. We need at least 30 to make it viable for the restaurant to open specially for us, so the invitation is extended to Denbigh Harriers, any other runners who would like to join us, and families and friends who could either just go for a walk or wander around the park.

It's a very pleasant place, especially if the weather is good.

We need definite numbers and food orders by Friday, August 15th at the latest, and to simplify things we have chosen just three hot meals from the menu, all costing £5.50. Sweets may be bought on the night.

The choices are: Welsh lamb hotpot, fish pie or vegetable charlotte.

Please let Gareth Hughes know what you want - if possible, along with the money by August 15th. He'll be away after that so you won't be able to contact him!

Call him on 01745 - 888078 or 07920 515408 if you want more details.

Times and transport arrangements will be sorted out later.

**Articles for the next newsletter by  
August 23rd**