



Cylchlythyr Clwb Rhedeg

PRESTATYN

Running Club Newsletter



Gaeaf 2011 2009

Winter 2011

www.prestatynrunningclub.com

Congratulations

Column

10km North Wales Champions

Griff Owens M60

Roger Harrison Jones M70

5m North Wales Champions

Griff Owens M60

Ron Harrison Jones M70

Gabby Waring O/50

2011 North Wales Cross Country Team

Mathew Anwyl

Griff Owens,

Amie Bagnall,

Katie Brandrick

Jo McDonough

Brenda Tiedtke

Ladies Winning Team at Abergele 5

Jo, Sian, Gabby, Shelley

Senior Sportsman of the Year in Conwy's Annual Sports Awards nominee

Dave Hughes

Meritorious Award from Welsh Athletics.

Gill Brandrick

100 Border League Races

David Alan Jones



***Nadolig Llawen
Pawb***

***Happy
Christmas
Everyone***

Inside this issue:

1.. Congrats Column

2.. Ladies Captain
Mens Captain Reports

3..XCcountry Report

4..Chester Marathon
Age & Running

5..Yesterdays
30th Aniv Party

6..If you were a car!
Gill's Award
Eddie's Train Race
Marsh Track
London Marathon

7..Scientific Perspective
Grand Prix races
Grand Prix table

8..2012 NW Champs
Masters XC
5m NW Champs
100 B L Races

XC Fixtures
BL Fixtures

9.. Fixtures



*Blwyddyn Newydd Dda
Mwynhewch eich Rhedeg
2012
Happy New Year
Enjoy your Running*

Prestatyn Running Club 30th Anniversary Party

Saturday 14th April 2012

At The Bod Erw, St Asaph

More details to follow

If members have any ideas for other events they would like to take place in our 30th year, please contact Bren on 07732440168 / brentiedtke@yahoo.co.uk or Rhian on 07765294277

Thank You

Adroddiadau Aelodau y Pwyllgor /Committee Members Report

Ladies Captain Report

At Lake Vyrnwy Half Marathon Anna Lewis had a great run to complete the distance in 1-38.40. Praise must also go to Eleri Goddard for finishing in a time of 1-58.55 after overcoming many up and downs in her training. Sharon was our club lady runner at Caernarfon 10km on Sept 4th and in the Deeside Off Road Series Shelly won 1st o/40 and Sharon 2nd o/40, Brenda was 1st o/45 and I claimed 1st o/50.

Chester Marathon saw Sharon smashing 18minutes off her p.b time, finishing in 4-08.36. June Cooke crossed the line in 4-46.35 and Jenny Martin 5-27.30. Well done ladies, excellent performances, something I can only dream about! Flintshire 10km Leah, Katie, Sian, Myself and Gill won the team prize along with individual prizes.

Snowdon Marathon, the toughest of the toughest road race especially when the elements are against you, but five PRC completed the 26.2 miles brilliantly. Anna Lewis crossed the finishing line in 3-51.39, Sandy Roberts 4-40, Helen Ashworth and Julie Logan 4-37.44 and Claire Gadsby 5-21.11. Well done girls.

Then it was time for the Border League & Cross Country Season. First Border League Race was at Prestatyn. With many volunteering to marshal I was very pleased to see 8 lady members competing with Jo leading the team home. In Birkenhead 12 ladies competed and we are currently lying second in Div 1. Emma Collins led the team home in an excellent 15th position. Well done team.

Oct 1st saw the XCcountry Races starting at Bangor. Katie led the club home with 8 members tackling the course. On a lovely new course in Llandudno Jo was to lead 10 ladies home. Brilliant team effort with each finishing position important. Again at Northop the ladies did the club proud with 10 runners competing.

Finishing this report I must congratulate Gill Brandrick for her special Meritorious Award from Welsh Athletics for her endless work in the road running races organisation. Thoroughly deserved award for you Gill and I am so proud of you and what you have done for the club over the years.

Enjoy your xmas and best wishes to you all for the New Year.

Glenda Davies

Mens Captain Report

The 2011/12 Borders League season got underway with the first fixture on our home ground and hosted by the club, many thanks to those members who turned out to marshal and help make it a good race on the day.

For the mens team it was a good result with a team score of just 448 pts just 6 adrift of Eryri in Div 2. We had 5 counters in the first 70 with Dean having a superb run in 7th O/A.

In the second fixture at Birkenhead Park we did not do as well scoring 726pts, placing us 6th in Div 2 on the day, with no one finishing in the top 40 it does make a big difference on the points. However we still had a good turnout with 11 men and some had run cross country the day before, also to mention congratulations to Dave Jones for making this his 100th Border League Race.

In the third fixture at Tattenhall we again had depth in numbers with 10 men out, but only had one scoring in the first 100, this made a significant difference on the score with a total of 828pts. Come on you fast guys where are you?. Many thanks to those who keep turning out to support the club in the League it is much appreciated.

Regards

Paul Brandrick

Cross Country Captain Report:

The first fixture in the Cross Country league in Bangor took place on October 1st and although the turnout was slightly disappointing some great individual performances made up for this. We had a strong contingent as always in the M70 section with Roger, Ron and Dave all running. Dave's race was sadly cut short when he hurt his ankle which was a real shame as he was leading the group when he did it. Ron and Roger continued to battle it out with the former edging out his brother on this occasion to win the M70 section, with Roger taking second place making it a one two for PRC. We all wish Dave a speedy recovery and hope to see him back soon.

In the men's race 9 men took part on a revised course. I led the team home in 17th position and George Nichols had a fantastic run to finish 49th putting him in good shape for the Chester Marathon. Next was Griff in 53rd not surprisingly winning the M60 by some margin. Less than a minute separated our next two runners with the vastly experienced George Nixon taking 79th place and

debutant Lee Bailey finishing 82nd, credit must go to Lee who on the morning of the race found out that his lift was unable to make it but still drove himself. Road captain Paul Brandrick was our final counter and ran well to finish 90th position. Gareth Hughes currently in training for the Cardiff Half marathon had a good outing finishing in 107th place but more importantly second in the M65. It was great to see Arwel back running after a long layoff due to injury and even though his position of 117th was further back than normal he will no doubt just be glad to be running again. Completing the men's team was David "Duracell" (he just never stops running) Owen finishing in 124th position yet still managed to complete the Arenig Fawr Fell race the next day! I take my hat of you Dave.

The men currently lie 5th in Division 2, with Oswestry and Deeside looking like very strong contenders this season we have to be at our best over the next few races to have any chance of getting promoted. So to all the men in our club no matter what ability or if you have never ran cross country before, show your support to the men's team, if we are going to miss out on promotion yet again then so be it but there is no way we are giving up without a fight!

Thank you to all those who did travel to Bangor and showing your support for the club. The dedication of our more senior members puts us in good stead with the British Masters looming a competition where we have had enormous success in the past. Also approaching quickly is the North Wales champs, so to those who may be injured, returning from injury or just plain LAZY! This could be a great race for a comeback as January still gives you three months to train for it.

Hope to see you all soon

Dean Longley

Congratulations are due to super-vet Dave Hughes who was among the nominees for Senior Sportsman of the Year in Conwy's Annual Sports Awards. Dave, who lives in Betws-yn-Rhos, has had an excellent two years, winning the M70 class in the North Wales Cross-Country League, representing Wales and helping the club win team bronze in the British Masters' championship.

Welsh Athletics Registration Fees

Be prepared! At the recent AGM of Welsh Athletics Ltd it was agreed to put up the individual registration fee for members next year to £15 (a £10 rise). For U17/U20 it will be £10 and for U13/U15 £7.50. The main reason is that various sources of funding e.g. the "Legacy Fund" from UK Athletics have now run out and the Sports Council for Wales doesn't have the same money to share out. The one bit of good news is that compared with many other sports e.g. hockey, judo, etc, it's still very cheap to affiliate to the parent body.

Chester Marathon 2011

On the 9th October I ran the Chester Marathon. This is only the second year that this event has taken place.

The organisation was excellent. We had regular e-mails prior to the race and monthly training runs for us to attend. On the day, the start was delayed by a few minutes because people were still driving onto the route but we were treated to a rousing motivational speech by the town crier.

The route took us out from the racecourse and followed parts of the half marathon course. The race is run partly in England and partly in Wales and we passed through so many lovely villages. To be honest a lot of the time I had no idea where I was.

The support along the route was fantastic. There were so many people out we felt uplifted all the way round. People had set up drink and jelly baby stands outside their homes and some of the pubs. All the runners had their names on their race numbers and the children were shouting out our names as we passed and holding out their hands to be tagged.

Over 4000 runners took part which meant you were always running along side others but not tripping over each other. We had lots of chats about the rugby that was taking place at the time but no one seemed to know who had won the Formula 1 Grand Prix! The volunteers at the drink stations were sometimes in fancy dress costumes. One particular one had signs that read "Beach Party This Way" and the volunteers had on Hawaiian shirts and grass skirts.

I ran with my friend Debbie and this was her first marathon. We had a great day out and finished together in 4 hours 6 minutes. If I do another marathon this one would be on my list. It's pretty flat with good potential for a pb and a great atmosphere. (Maybe next year!)

Sharon Jones

SYSTEM EFFECTS OF AGEING ON RUNNING PERFORMANCE

1. Cardiovascular system. Heart becomes less efficient and works against increased resistance. A decrease of 8-10% per decade in the ability of the heart and lungs to supply oxygen to the muscles occurs with ageing.

2. Aerobic capacity. Moderate decline in maximal heart rate and stroke volume. Oxidative enzyme activity decreases by 10-15% in older runners.
3. Lactate threshold. May actually increase with age when expressed as a % of VO₂max.
4. Respiratory system. Less efficient, primarily due to stiffening and loss of elasticity of lung tissue and chest wall. Decreased ability to clear air passages. Maximum breathing capacity decreases by about 60% between aged 30 and 80.
5. Muscular system. Progressive loss of muscle tissue starting at age 40. Rate of muscle protein synthesis is reduced. Decrease in number and size of muscles, therefore decreased strength and endurance.
6. Running economy. Stays approximately the same, but we have to run with faster leg turnover to maintain our racing pace because of shorter stride length.
7. Body composition. Muscle tissue declines, fat percentage increases, 8-12% decrease in basic metabolic rate.
8. Flexibility. Decreases with age. Connective tissues between muscles and bones become more rigid with ageing, thus our stride length decreases.

ALL OUR YESTERDAYS

Running has been around as long as life itself, but as an organised sport it is still very young. But looking back to the ancient Olympics' for its competitive roots has shaped the sport many of us enjoy today. Some moments in the sport are worth a mention and we all know of the four-minute mile barrier broken by Sir Roger Bannister in 1954, but with the next Olympic year nearly upon us, some exceptional moments you may not remember are worth listing.

1908

An Italian confectioner, Dorando Pietri, entered London's Olympic Stadium first in the marathon, but collapsed and was helped to his feet by officials several times before crossing the finish. After Pietri was disqualified for receiving aid, American Jonny Hayes became the winner in 2:55:19. The race from Windsor to White City is 26 miles 385 yds, which came the standard distance for the marathon.

1924

Paris Olympic sprinter Eric Liddell the son of a Scottish missionary, passed up his best event, the 100m, because it was run on a Sunday, but entered the 400m and won the gold medal.

1952

Emil Zatopek of Czechoslovakia became the first and only athlete to win the Olympic distance triple of 5000m, 10000m, and marathon (his debut) at the Helsinki Games.

1960

Running barefoot, Abebe Bikila of Ethiopia won the Olympic Marathon in Rome in a time of 2:15:17 equalling the world record time, he was also the first black African to win an Olympic title.

1964

Anne Packer won a gold medal in the 800m in a world record time of 2:01:1

1968

David Hemery won the 400m hurdles and set a new world record of 48.12 at the Mexico City Olympics. This Olympics' also signalled the beginning of the Kenyan distance-running era, Kip Keino beat Jim Ryun in the 1500m (3:34:91). Kenyans also won the steeplechase and the 10000m.

1980

At the Moscow Olympics' Seb Coe was beaten by Steve Ovett in the 800m but won the 1500m.

1984

At the Los Angeles Olympics', Carl Lewis equalled Jesse Owens feat of winning four gold medals, 100m, 200m long jump and 4 x 100m relay.

Prestatyn Running Club
30th Anniversary Party

Saturday 14th April 2012

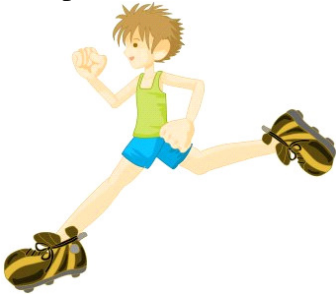
At The Bod Erw, St Asaph

More details to follow

If members have any ideas for other events they would like to take place in our 30th year, please contact Bren on 07732440168 / brentiedtke@yahoo.co.uk or Rhian on 07765294277

Thank You

Philip



Gill Brandrick, one of the club's most loyal servants over many years, is to receive a Meritorious Award from Welsh Athletics.

The awards are given for outstanding service over at least 15 years, not only to one's own club but to the sport in general, and Gill was nominated in particular for acting as race secretary to so many events including club races, regional, national and international championships.

IF YOU WERE A CAR.....

Land Rover: Phil – at its best off-road, subject to niggles on tarmac

Range Rover: Gareth Brandrick – would probably perform well off-road if given a go.

Morgan: Griff - minimalist and may look dated but watch it go.

Skoda: Gareth H – was liable to break down but slowly rebuilding a name

Volvo: Steve – shuns gimmicks in favour of reliability

Countryman: David Owen – need we say more? Hill-starts a speciality

Ford: Roger H-J - A long history but bodywork still a little ropey

Audi: Des – ticks over nicely but consumes a lot of poor quality fuel

Mini: Duncan – after being in decline new sleeker model can suddenly be seen everywhere

Subaru Imprezza: Brenda – goes very well when fine-tuned and can be heard a long way off.

Morris Minor: Arwel – a golden past but now wheels keep falling off

Renault Scenic: Glenda – has carried the women's team for so long

Hot Rod: Gareth Bailey – Tends to swerve uncontrollably in sprint finishes until 'chute opens

If any of the above ever break down they should contact Paul Das – the club's resident car-jack consultant!

OF all the recent race results involving members of Prestatyn Running Club the one which will have pleased members most came in Race the Train in Tywyn.

For although he finished 897th out of 918 the mere fact that 83-year-old Eddie Naisby was able to complete the course was a triumph in itself.

For last year the super-vet suffered a serious illness and underwent surgery at Glan Clwyd Hospital. However, his determination not to give up running never waned and in June he ran in the Mersey Tunnel 10k with his two sons, who acted as chaperones.

The 14-mile Race the Train event was a much tougher challenge, however, and the rain made it even more difficult on the slippery multi-terrain course.

“I wanted to show that I wasn’t ready for the coffin yet,” joked Eddie, who admitted that he found it tougher than any of the numerous marathons he has completed.

His time was 3-01.06, half-an-hour slower than that of two years ago but still remarkable in the circumstances.

Now for something different.

Marsh Tracks

Following the success of the recent trial on the Marsh Tracks course in Rhyl it has been decided to hold a 5k race at the venue on March 2. In fact there will be two races the same evening, the first for runners expecting to finish under 22 minutes and the second for the rest of the entrants.

London Marathon Club Places

The draw for the club’s two places in the 2012 London Marathon took place after the social run on December 14

Winners were Arwel Jones & Paul Brandrick.

A Scientific Perspective.

How likely are you to getting hurt, and what it takes to avoid the risks.

All runners especially those who venture on the Hills and Mountains want to lower the chances of incurring any injuries, at the end of the day injuries reduces your participation in the sport you enjoy, it lowers fitness, downgrades performance and can lead to long term problems, but there are general rules for injury avoidance.

It is suggested by those in the know that injury rates can be reduced by up to 30% if runners took simple preventative steps.

It is also recognised that a good indicator of any future injury is a past history of injury; this in itself is an excellent predictor.

The following tips may be common sense but are we blessed with this sense when we put our running gear on and shoot off at the gun, I wonder!

- 1) Avoid training when tired, tired muscles provide inadequate support for tendons and ligaments.
- 2) Ensure levels of fuel are adequate pending the severity of training.
- 3) Treat very minor injuries with respect; don't forget the RICE== rest, ice, compression and elevation.
- 4) Don't forget your Physio/Doctor
- 5) If you experience pain during a training run or a race, stop.
- 6) If you want to toughen your training without raising the risk of injury too much, a good strategy is to raise slightly the training intensity (speed) instead of additional mileage

7) One of the most telling remarks was by Bruce Tulloh (those of a mature age will remember him- I wish!) who said “Athletes, like most have a sense of invulnerability which is positively dangerous”. i.e. Injuries happen to others not to me.

Preventing injuries is always preferable to curing them.

Grand Prix Update

1	George Nicholls	15 Races	204
2	Glenda Davies	13	177
3	Dean Longley	11	170
4	Griff Owens	8	129
5	Shelly Ward	8	125
6	Brenda Tiedtke	10	123
7	Sharon Jones	11	99
8	Gordon Jones	5	92
9	Des Davies	8	78
10	David Owen	9	74
11	Jo Mc Donough	5	67
12	Russ Cheetham	8	66
13	Sian Beck	5	60
14	Gabriel Waring	5	57
15	Katie Brandrick	5	56

I don't pretend to be an authority on sport injuries, what I have written above are only based on those that have been written by experts, and we all know how the definition of an expert goes!

Happy injury free running.

Philip Jones (Thank you Dr Jones Wise words indeed)

● Next Grand Prix Races

- Jan 8th Border League Abergele
- Jan 14 XCountry Lilleshall
- Jan 21 Twin Piers Colwyn Bay
- Feb 4 XCountry Oswestry
- Feb 19 Village Bakery Wrexham
- Feb 26th Border League Wrexham Tri
- March 11th Border League Helsby
- Wed April 25th Border League Deestridders
- Feb 12 Nick Beer Llandudno

Meritorious Award from Welsh Athletics.

Gill Brandrick

The awards are given for outstanding service over at least 15 years, not only to one's own club but to the sport in general, and Gill was nominated in particular for acting as race secretary to so many events including club races, regional, national and international championships.

British and Irish Masters' International cross-country at Bellahouston
PRESTATYN Running Club's three super-vets all came away from Glasgow with medals after enduring what they agreed were some of the worst conditions they had ever run in.

The course for the British and Irish Masters' International cross-country at Bellahouston was a mixture of deep mud and standing water, with steep, slippery ascents and descents.

In the M60 class Griff Owens was seventh overall but the first Welshman home and the team claimed bronze. Ronald Harrison-Jones and his brother Roger – the latter having taken the place of clubmate Dave Hughes - both had good runs and helped Wales take second in the M70 team competition.

2012 North Wales Championships Races

are as follows: 5k - Rhyl Sun Centre; 5m - Abergele; 10k - Caernarfon; 10m -

Wrexham; Half-marathon – Wrexham. As yet there is no North Wales marathon championship but it may be incorporated in the Anglesey Marathon, details of which are not yet finalised.

100 Border League Races Completed

The race to become the first Prestatyn runner to complete one hundred Border League races is nearly over
On November 13th If David A Jones (Dally) completes the race at Wallasey it will be his hundredth.
David missed the first season in Border League but has been very consistent since 1996 and missed only three races
which is a remarkable record from him. *Well done Dally*

Border league completed races after Prestatyn race

David A Jones	99
Paul Brandrick	92
Steve Hatfield	92
Arwel Jones	92
Glenda Davies	79
Gill Brandrick	71
John H Roberts	59
Shane Hughes	56
George Nixon	49
Gabriel Waring	47
Gareth Brandrick	43
George Nicholls	40

5m North Wales Champions

THREE champions, one team prize and six other individual awards was the very satisfactory outcome for Prestatyn Running Club from Abergele 5, which incorporated

the North Wales championships.

The three winners of the regional titles were Griff Owens (M60), Ron Harrison-Jones (M70) and Gay Waring (L50), while the ladies quartet of Jo McDonough, Sian Beck, Gay Waring and Shelley Ward won the ladies team prize.

Prestatyn Running Club have once again become North Wales champions.

100th B.L.Race

Congratulations David A Jones (Dally)

He successfully completed his 100th Border League Race for Prestatyn Running Club at Wallasey on November 13th 2011

Cross Country Dates

Jan 14 Lilleshall
Feb 4 Oswestry

NWChampionships
Jan 28 Rhug Corwen

BORDERS LEAGUE FIXTURES

Jan 8th Abergele
 Feb 26th Wrexham Tri
 March 11th Helsby
 Wed April 25th Deestridders

Dyddiadau / Fixtures

Date	Event	Distance	Time
January			
<i>Sun 1</i>	<i>Hangover Hobble, Llandegla</i>	<i>6miles</i>	<i>12.00</i>
Sun 8	Border League Abergele	5 mile	11.00am
Sat 14	XCountry, Lilleshall	various	2pm
<i>Fri 20</i>	<i>Dash in the Dark (1) Llandegla</i>	<i>4miles</i>	<i>7pm</i>
Sat 21	Twin Piers, Colwyn Bay	10km	
<i>Sat 28th</i>	<i>XCountry, NW Championships, Rhug, Corwen</i>		
February			
Sat 4th	XCountry, Oswestry	various	2pm
<i>Fri 10th</i>	<i>Dash in the Dark (2) Llandegla</i>	<i>4miles</i>	<i>7pm</i>
<i>Sat 11th</i>	<i>Ras Tarren Hendre, Abergynolwyn</i>	<i>6miles</i>	<i>12.00</i>
Sun 12th	Nick Beer, Llandudno	10km	12.00
Sun 19th	Village Bakery, Wrexham	Half Marathon	
<i>Sat 25th</i>	<i>Ras Moel y Ci, Tregarth, Bangor</i>	<i>5miles</i>	<i>12.00</i>
Sun 26th	Border League Wrexham Tri		11am
March			
Fri 2 nd	Marsh Track	5km	
Sun 11th	Border League, Helsby		11am
Sat 17th	Rhayader	20miles	
Sat 24 th	Llandyrnog, Denbigh, Clwyd	10km	
<i>Sat 31st</i>	<i>Llantysilio</i>		
April			
SAT 14TH	PRC 30TH ANNIVERSARY PARTY	Bod Erw,	St Asaph
Fri 20 th	Chocoholics, Newtown	5km	
<i>Sat 21st</i>	<i>Ras y Moelwyn, Ffestiniog</i>		
Wed 25th	Border League Deestridders		
Sat 28th	Wrexham Ten(NW Champs)	10miles	

Club's Grand Prix Races in Bold Red
Fell Races in *Italics Green*

PRC Club
Runner of the Month Award

2011

Jan Gordon Jones
Feb Matthew Anwyl
Mar Glenda Davies
Apr Sharon Jones
May George Nicholls
June David Owen
July Duncan Longley
Aug Griff Owens
Sept Eddie Naisby
Oct
Nov
Dec

REMEMBER : all these dates/times are provisional and you need to check nearer the time for the correct information

Next newsletter due March

Please send articles for the newsletter to Glenda on glendagelli@aol.com or give her a call on 07833 791 325

PLEA FROM CLUB TREASURER:

CLUB FEES WILL BE DUE IN APRIL.

PLEASE TRY **NOT TO BE LATE!**