



Cylchlythyr Clwb Rhedeg

**PRESTATYN**

Running Club Newsletter

*Haf 2011*

ningclub.com

*Summer 2011*

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*Volunteers needed if the races are to go ahead including organisers!!!!*

*May 23<sup>rd</sup> 2012 Sun Centre  
5km*

*June 17<sup>th</sup> 2012 Riverbank*

*“As you may be aware, the Commonwealth ultra-distance, mountain-running and trail-running championships are being held in North Wales on September 23-25.*

The 24-hour race is in Llandudno, starting at noon on the 23rd, the mountain-race is in Llanberis on the 24th and the 50k trail race is in Newborough Forest, Anglesey, on the 25th.

In conjunction with the championship races there will be open races over shorter distances and junior events.

Welsh Athletics are very keen to put on a good show and need as many helpers as possible. Are you available to do a stint e.g. to marshal the 24-hour race, which is over a 1k course between North and West Shore? The stints will be broken up into 4-hour sessions.

It is a very prestigious event – only the second time the championships have ever been held – and clubs like ours should play a part in it. Please let me know a.s.a.p. if you can help in any way.

*Congratulations Column*

**Man v Horse**

Overall 3<sup>rd</sup> Ladies Team  
Shelly, Bren, Glenda

10<sup>th</sup> place  
Oliver, Gareth B, Andrew

1<sup>st</sup> M50 Team  
Paul B, Gareth H, Des

1<sup>st</sup> F40 Team  
Shelly, Brenda, Glenda

PRC 4<sup>th</sup> team  
John HR, Leah, Mike L

**Club Annual Handicap**  
Winner  
Paul Das

Guessing Finishing Time  
Mike Lindsay

**PRC Club  
Runner of the Month  
Award**

**2010**

**Jan** Steve Hatfield

**Feb** Dean Longley

**Mar**

**Apr** Glenda Davies

**May** Des Davies

**June** Arwel Jones

**July** Gareth Hughes

**Aug** Darrell Gavin

**Sept** Dave Hughes

**Oct** Shelley Ward

**Nov** John Hughes Roberts

**2011**

**Jan** Gordon Jones

**Feb** Matthew Anwyl

**Mar** Glenda Davies

**Apr** Sharon Jones

**May** George Nicholls

**June** David Owen

**July**

# ***Adroddiadau Aelodau y Pwyllgor /Committee Members Report***

## ***Ladies Captain Report***

Summer months seem to be quickly disappearing and it will soon be time to enjoy the (sometimes muddy) cross country courses. Will we be successful this year and be promoted back to Division 1?...time will tell...and what about the Border League. The ladies deservedly are back in Div 1 where we belong, so we need as many ladies as possible to run at *every* Border League race in order to stay there. I know we can do it.

When we didn't get in to the Castles Relay I was bitterly disappointed but thankfully another race was found on the same weekend. And what a race!! Man v Horse but I prefer Women v Horse as the ladies team of Shelly, Bren and myself finished 3rd Ladies Team overall and would have won 1st o/40 team if there had been a prize for that category. Brilliant experience and yes we did beat about 20 horses and no they weren't rocking horses or someone in fancy dress! It was also lovely to see Leah running club colours once again.

Park Hall 5km was one of few road races and Sharon was the only lady to venture out clocking 24.35. Jo had a great run to win Race for Life followed by Sian. Race the Train 5km saw Katie crossing the line in 21.47, followed by Amie winning u/18 and Julie claiming a P.B. At the Deeside Off Road Series 6 ladies have competed with me leading the o/50 class, Bren in the o/45, Shelly in the o/40 and Sharon having a PB in every race! On the fells Bren has been flying. At the Hot Foot Up Foel Fammau, The Druids and the Green Grass of Home she led the ladies home.

Last race to be mentioned has to be the very successful social run at the Gravy 6 where 13 ladies ran the course and others were there to support and cheer us on. Great day out with Bren winning o/45 and myself winning the o/50 class.

Please write the cross country dates and the Border League dates on your calendar. We need you there to cross the finishing line.

See you all soon

***Glenda Davies***

### **BORDERS LEAGUE FIXTURES**

16 Oct 2011	Prestatyn
13 Nov 2011	Wallasey
11 Dec 2011	Tattenhall
8 Jan 2012	Abergele
26 Feb 2012	Wrexham Tri
11 Mar 2012	Helsby
25 Apr 2012	Deestridders

### **CROSS COUNTRY**

#### **FIXTURES**

*Oct 1st Bangor*

*Oct 22nd Colwyn Bay (St*

*David's College, Llandudno)*

*Nov 12th Northop*

*Jan 14th Telford*

## ***Cross Country Captain Report***

### ***Fairy Freckled Cow Race***

It was always going to be hard to beat our turnout for the race from the previous year as we had 18 men running in 2010. In extremely hot conditions (as mine and dad's shoulders found out) 6 men turned out to take on the scenic trail route while the other PRC men no doubt basked in the glorious sunshine of North Wales. Myself and George had a fantastic race pushing each other all the way and he nearly caught me as I was posing for pictures for Eleri! I came 16th in 45:28 with George just yards behind finishing in 45:37 for 17th position. Next came Paul the "road warrior" Brandrick to take 57th place in a time of 51:59 slightly slower than last year but not surprisingly with the heat. Another battle was taking place between two PRC runners who seem to be going for the Guinness World Record for most races in a year! Ever present Steve Hatfield and David Owen who seems to have ran in every race in the area this year. Steve managed to edge this battle finishing in 85th position in a time of 57:20 with David only 7 seconds behind in 86th. Performance of the day undoubtedly went to my dad Duncan Longley who having shed over 2 stone in recent months (and even now fits into a PRC vest) knocked a whopping 11 and a half minutes of his time from last year. He completed the team finishing in 96th position in a time of 60:52.

### **Deestriders off Road Series**

Four men turned out for the opening fixture of the event with a slight change to last year's course involving more twisting, turning and having to duck under a tree branch! Gordon Jones in fabulous form won the M50's race leading the team home in 30:57 and just missing out on the top 10. Next came George "the machine" Nicholls in 32:05 to finish 15th position and 5th in the very competitive M40 field. Des Davies had a good run finishing in 36:09 for 44th place as did Steve Hatfield who crept under the 40 minute mark finishing in 39:46 for 67th position but 4th in the M60.

The second fixture of the series took place on July 7th with a similar outing from the PRC men with four men running again. I was really looking forward to chasing after Gordon but sadly he picked up an injury a few weeks before the race. George made me work hard to be first Prestatyn runner home staying on my shoulder for most of the race after a fast start. It was the second time we have had a close battle after the Alwen only days before. I managed to finish 18th in 32:21 with George not far behind taking 23rd place in 32:49. Next was Des Davies who seemed pleased with his run and rightly so as he managed to knock nearly 20 seconds off his previous outing having suffered with niggling injuries in between. His time of 35:52 earned him 44th place again! Coming in with a smile on his face as always to complete the men's team was Steve finishing in 80th position in 40:11 to finish 5th M60 keep him in contention for a prize at the end of the series.

### **Cross Country League**

With the cross country league fast approaching I hope you are all putting in some off road training. After missing every race last year and handing over commitments to Steve I will be more enthusiastic/annoying than ever and hopefully we can finally get promoted to Division one! I have already recruited one new member and am in the process of persuading the "non cross country" members to take part, it's far easier on the joints and feet and much more fun running in the mud than the boring tarmac all the time (no offence road captains).

*Dean Longley*

## ***Newyddion y Mynyddoedd/Fell Running News***

### **Fell Runners Beware**

I recently acquired a book by Richard Askwith called "Feet in the Clouds" which he headlines it as "A tale of fell running and obsession". This is an excellent book which manages to convey the exhilaration through the hard work and will power that fell runners come to experience..

He does mention one race that I had not heard of, which apparently is the most demanding challenge in the country, that is the Bob Graham Round of 42 peaks with an ascent of about 29 000 ft and a distance of approx 74 miles.

This is a race round 42 Lake District fells covered within 24 hours, the rules of which state that the round can be attempted either clockwise or anticlockwise provided that the start and finish is at Moot Hall, Keswick.

You enter by registering with the Bob Graham 24 hr Club via the membership secretary.

The top five biggest climbs are: Skiddaw 850 m, Clough Head 600m, Yewbarrow 560m, Blencathra 480m, and Dale Head 400m.

The fastest time to date is by Billy Bland in 1982 13 hrs 53 mins, the oldest person to complete was Brian Leathley at 66 years of age in 23 hrs 39 mins with the youngest person to complete was Ben Squibb at 13 years in 23 hrs 51 mins.

By the way Bob Graham made the round in 1932 at 42 years of age (hence the 42 peaks) and did it in tennis shoes, long shorts and pyjama jacket. His food was bread and bitter, a boiled egg and fruit. (Are we a little soft these days!!!)

Any offers to do the round?

*Philip*

# *Proffeil Aelod y Clwb / Members Profile*

**NAME:** Dean Longley

**D.O.B** 08/04/1983

**PLACE OF BIRTH:** St Asaph

**YEAR STARTED RUNNING:** Properly 2008 but I did a bit before then.

**HOW LONG BEEN A P.R.C MEMBER**

3 years

**FORMER CLUBS :** N/A



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

5km: 16:55 Park Run Cardiff (I did 16:17 in race the train but I don't count it)

5m: 28:18 Abergele borders league 2010 (the site says it was measured)

10km: 35:14 Cardiff 10k 2010

10m: 58:03 Sale 2009

Half Marathon: 1:18:26 Village Bakery Wrexham 2009

Marathon: 2:49:09 Chester 2010

**MAIN HONOURS:** Won 2 races last year. Llanfair TH 10k and Great Orme 15k Challenge. 3rd place in Anglesey Marathon 2010. 2nd Place in Deestridders Off Road Series 2010.

**PROUDEST MOMENT:** When Tomos (the future superstar of PRC) was born. Running wise breaking 2:50 in Chester Marathon or beating Darren Blazier to win the Great Orme Challenge after him winding me up all the way there in the car.

**FAVOURITE TRAINING SESSION/ROUTE:** My long run course. Duck pond reps as they are downhill so it makes it look like your running really fast!

**SPORTING HERO/HEROINE:** Usain Bolt so chilled out it's unbelievable / Gill Brandrick LEGEND!

**OTHER SPORTS ENJOYED:** Football, Athletics, Boxing.

**WHAT I WOULD WISH FOR THE CLUB:** That the men would get promoted in the Cross Country league! To keep the friendly fun atmosphere of the club. For Gareth to finally give in and join facebook.

**FAVOURITE RACE:** Er so many to choose from! Great North Run mainly because of the atmosphere.

**HARDEST RACE:** Hot Foot Up Moel Famau! My first fell race off only 3 weeks training I think I walked over half of it, saying that I will be doing it again next year.

**FAVOURITE RACE DISTANCE:** Marathon

:

**FAVOURITE SPORTING MOMENTS** Manchester United beating Bayern Munich to win the treble in 1999. Wales winning the six nations. Usain Bolt breaking the 100m and 200m world records. David Haye losing to Klitschko after mouthing off for about 3 months before it.

**PLACES YOU'D LIKE TO RUN:** The moon! Then my calves would not hurt. Failing that somewhere in Alaska.

**PREFERED SURFACE:** Dare I say it being Cross Country Captain? ROAD

**FAVOURITE T.V:** Used to be Heroes but they stopped it. Peppa pig is hilarious! The inbetweeners, I'm Alan Partridge.

**FAVOURITE FILM:** The Goonies (Hey you guys)

**FAVOURITE ACTOR:** Cristiano Ronaldo.

**FAVOURITE ACTRESS:** I will get back to you cannot think of one.

**FAVOURITE TV PERSONALITY:** Colin Jackson (only because I met him in Anglesey.

**FAVOURITE SINGER/GROUP:** Tinie Tempah / Linkin Park (they are on my playlist when I run)

**HATES/DISLIKES:** People who walk into your running path or let their dog chase you when you're running. Jennifer Lopez cannot stand her but don't know why!

**CRAZY MOMENTS:** Cannot say being a teacher, PRC wise the priceless moments involving Gays dog.

**FAVOURITE SCHOOL SUBJECT:** Being a primary teacher I have to say all of them (but we all know P.E is my favourite)

**WORST SCHOOL SUBJECT:** Probably art because I cannot draw (ask my class)

**OTHER HOBBIES:** Socialising, watching TV, playing chess yup I can sit still when I want.

**FAVOURITE QUOTE:** "You don't give up running because you get old, you get old because you give up running"

**MOST VISITED WEBSITE:** Running ahead.

**RINGTONES ON MY MOBILE PHONE:** Tinie Tempah, Written in the stars.

## Three Peaks Challenge

On the 8th of July a group of Prestatyn Club members and an added few took to the hills to complete the three peak challenge reaching Ben Nevis, Scarfel Pike and Snowdon. It all came about when Mel had set herself a new year challenge of completing the 3 peaks in 2011 before we knew it arrangements had been made and practise walks completed. The final team consisted of Dan Garnett as our mountain leader from Prestatyn climbing club his colleague Dave Prendergast, Mel, her husband Terri designated driver, Tracey, her partner Roy, Helen B, her daughter Cath, Chris, Jo, Claire and Helen A. Not forgetting Sandra who recently broke her arm and was unable to make it we were thinking of her.

The journey began at 7.00pm from Rhuddlan in the pouring rain we all had unsure faces and thinking is this bus going to get us to Scotland let alone home! Once on the excitement started and the journey began.

We arrived at Glen Nevis at around 3.30am the town was all peaceful amongst a morning mist and could only be described as looking like the village from Twin Peaks! We parked up got organised and set off at 4.00am. The path was generally a zig-zagging trail almost all the way to a plateau at the top. Once the mist settled the views were amazing all lush green with swirling lakes between the mountains, we also had a small amount of snow to cross before reaching the top a few snow balls couldn't be missed! Unfortunately the top was in cloud and not a thing could be seen! It was very cold so we didn't hang around and got off straight down. Coming down was a little tricky on a few scree fields; I think we all took falls! We then spent the rest of the time dodging people towards the bottom as so busy!

We arrived at Scarfel Pike some time on Saturday afternoon in blazing sunshine off we tottered in a totally different scenery exposed cliffs, gills and gullies following a river that just made us want to dip out tired feet in! We could never see the top on our ascent, around every corner we thought we were there, in the end we gave up asking put our heads down and got on with it! The route down was tiresome and long finally reached the mini bus and lots of zzzzz's on route to Wales.

It was around 2.30am Sunday morning when we started off from Pen-Y- Pass car park head torches to the ready and off we went for the final time. Mel and Jo were clock watching and when we took the first corner they had disappeared into the darkness not to be seen until we all reached the top! The Pyg track was just as busy as the day time which made it less scary in the darkness! Mel and Jo reached the top just within the 24 hrs mark while the rest of us plodding along reached the summit within 25 hrs, too tired to celebrate a quick photo and off we headed back down. It was only when we reached the bottom and the boots could come off did we celebrate! An amazing achievement all round! A huge thank you to Mel for organising the adventure and of course without Prestatyn running club we would not all be friends to enjoy such a challenge.

*Helen Ashworth*

## The Welsh 1000m Race 2011.

The Welsh 1000 Metres Race is always run on the first Saturday in June and this year celebrated its 40th Anniversary. The route passes over all the Snowdonia peaks that exceed 1000m in height. In 2010, following re-surveying, Glyder Fawr was reclassified from 999m to 1001m, adding a fifth peak to the race and further pressure to my training schedule.

On the day of the race, as we waited on the start line in Aber, I was nervous. The weather on the hills looked much worse than the forecast. Heavy mist obscured the mountains and it felt cold. The gun went off and the group set off steadily and quietly up through the village, along the path to the falls and towards the mountains. As we climbed up past Aber Falls we entered thick cloud and visibility dropped to almost nothing, my hopes of a straightforward, navigation-free race were dwindling and the atmosphere was heavy. However, as we pushed up the slopes of Bera Mawr, we suddenly popped out of the roof of the cloud into brilliant sunshine with fantastic views on all sides. As I moved up the hillside I turned to see runners emerging from a sea of cloud onto the green slopes, a fantastic sight.

As we moved up between the Beras towards the Carneddau ridge, the views opened up on all sides and Snowdon appeared, looming in the distance off to the West. It must be a unique feature of this race that the finish line is so visible from early in the race. From here it looked far away, high up, and I knew that I had two big valleys in between me and it to negotiate.

As we moved up over Foel Grach and onto the first of the 1000m peaks, Carnedd Llewelyn, we began to catch up with some of the competitors in the mountaineering class of the race, who had started earlier that morning. Many of the racers were teams of four from the armed forces who seemed to be wearing a lot of clothes considering the heat. I got into a steady pace and enjoyed the amazing views on all sides.

During the long stretch down from Carnedd Dafydd (the second thousand), and approaching the half way mark, my feet began to cramp up and by the time I reached the road I was in considerable pain. I was concerned about my ability to finish as I started the steep climb out of the Ogwen Valley onto the Glyderau, but Sandra was waiting for me by the side of Llyn Bochlwyd with refreshments and encouragement and I carried on. The climb up the Gribin Ridge onto the Glyder Plateau was arduous but enjoyable, with a great scrambling section right at the top where you are forced to use your hands to move up through steep rocks. It was nice to take some of the weight off my legs and feet!

With the third thousander surmounted I began the long descent down to Pen y Pass. Here the end began to feel attainable, and after stopping for a drink at Pen y Pass I began the long pull up the Pyg Track. I had run up this way a few weeks prior to the race with a friend. We had worried that all the walkers on this busy path would hold us up, but now, as my pace decreased with tiredness, it was looking more likely that I'd be holding them up!

The runners I encountered on this long final climb looked as exhausted as I felt. We leapfrogged each other occasionally at a comically slow pace - slow motion racing! I finally reached the top to be greeted by my father and some friends with their children. I was totally elated. The payoff for being able to see the summit of Snowdon from so far away at the start of the race was that I could now look back along the route I had just come, and it was wonderful - My God! I've come all that way?!

As I walked slowly back down the Pyg Track runners were still coming up, all looking exhausted and in considerable discomfort, as I had been fifteen minutes earlier. All, that is, except for David Owen, who was smiling and seemed to be enjoying himself! It was an amazing experience and now that the feeling is coming back into my feet I'm thinking about repeating the race next year. I hope I'm up for it again.

*Chris Hayes*

## Gravy Run 6, Glossop 17th July 2011

On a Sunny day that rained all day the elite Prestatyn Running Team of 20 competed in the Gravy Run in Glossop, their 2nd time competing in the run.

A 7.30 am start, although not too good for those who tasted the amber nectar the day before, and missed the picturess journey to the venue, well navigated by Duncan.

Upon arrival first stop the toilet, thankfully we didn't need to stop on the way there as Rhiannon was asleep!

The rain continued to persist it down, with the wisher runners not leaving the bus until 15mins before the start.

With a quality field, including, Glenda Davies, Ron Hill, Gareth Hughes, and Brenda the plank Tiedtke it was going to be a quality race, and it proved to be so.

First home for Prestatyn was Dean Longley in 00:35:13, followed by Gareth Brandrick 00:39:43, Paul Brandrick 00:41:43, Jo McDonough 00:42:23, Glenda Davies 00:42:57 1st V50 lady, Gareth Hughes 00:43:04, Sian Beck in her home stomping ground 00:43:54, Katie Brandrick 00:44:09, Brenda Tiedtke 00:44:26, Russ Cheetham hobbled through for 00:45:01, Shelly testosterone Ward 00:45:22, Duncan Longley 00:47:31, Eleri Goddard 00:47:38, Sharon Jones 00:49:20, Mel Hooper 00:51:19, Jason Burton 00:51:20 6 seconds in front of Ron Hill, Liz Martin 00:53:39, Gill Brandrick 00:56:25, Erin Rose 00:56:45, Bev Hendricks 01:05:14. A spectrum of runners all running well, Well Done.

Immediately following the run 1st in the pub was Duncan Longley followed closely by Jason Burton, quite an achievement considering Duncan finished some 12 mins behind his son, the landlady did say he must have been doing a 5min mile through the front door!

Glenda was late back having her photo taken with her heart throb, the Pierce Bronson of running,

After a using the dual sex changing facility (the bus) after the race, all were in the Anchor Pub by 12:45, and where sat for dinning at 1.00pm.

As we all waited to be fed, then it came, bang! We all turned, it was Brenda and Eleri, Plankings, and photos are available via Glenda,

For those not aware of Planking, it's when people randomly lie anywhere and a photo is taken, usually displayed on face book.

It got worse after that when in innocence she says Shelly in chatting up the locals raised the testosterone levels that much that Paul the village idiot passed a note to Shelly asking her for a date, well done Shelly.

Upon enjoying a fine meal, we headed off home, the highlights being Russ and Duncan short verse of American Pie, and yes Brenda Planking again, much to the delight of the lads sat at the front admiring her fine behind.

An enjoyable day had by all.

***Russ Cheetham***

## “Why am I doing this?”

When I moved over to Ruthin just over two years ago I felt I needed to improve my fitness. I was overweight, smoked and drank too much and my main exercise was getting in and out of my taxi!! So I decided to go along to the local Sports Centre to do some circuit training at least once a week.

One evening, having taken a wrong turning down a little used corridor, I came across a yellowing notice which said “keeping fit is much easier with a friend.” It mentioned “running” and gave a time and place to meet. Having turned up couple of times and finding no-one there, I tried to ring one of the fading numbers on the notice. I had just about given up when I got through to a lady called Chris who said she hadn’t been involved for ages, was surprised the notice was still there, but I could try a lady called Glenda who was probably still doing something.

She was!!!! And so I began to go out regularly round and about Ruthin, breathlessly trying to keep up. Thanks to Glenda and the crew, my fitness began to improve and I actually began to like running (downhill anyway) and after a year of “gentle” persuasion, I finally joined the club. Then of course I was under pressure to enter a race. I held off till last autumn when I entered a few of the series of shorter road and cross-country events recommended by Glen and Bren. After coming last, wet and muddy in Bangor and last, frozen to the marrow in Wrexham, I thought perhaps I would be better suited to something longer but slower.

And so on 19th March I entered Ras yr Aran- up and down Aran Fawddwy from Llanuwchllyn, a 10miler. Although my legs turned to jelly about 2miles from home, I didn’t come last because I managed to overtake the guy who had stopped to pick me up when my legs gave way. Buoyed up with not finishing last I entered Ras y Moelwyn which was very misty but as I didn’t get lost I gained few places on those who did. Finishing the races had been my only goal up to now but suddenly having passed one or two people I recognised from other races, an element of competition had crept into my psyche.

In particular, I had tried to keep up with Maggie Oliver Eryri (LV60) and failed miserably but on the Red Kite Challenge at the end of April near Aberystwyth I took her by surprise (and surprised myself!) right on the finishing line after a sprint. The next race was Moel Famau and I was left trailing in her wake again, and also on Moel Eilio in the middle of May, when I realised how competitive good runner can be.

However I had a disaster in Carnedd Dafydd at the end of May. The weather turned really foul on the summit ridge up to Llewelyn and hypothermia was a real possibility. I decided to abandon the race and drop down to the Ogwen (wrong) side and hitch a lift back to Bethesda. Fine for me but not of course for the frozen marshals waiting for me on the summit of Llewelyn, who included – Maggie Oliver!

Back to good weather and a good race up Cadair Idris on the way to Dinas Head in Pembrokeshire. Getting into the swing, I followed the Welsh 1000m which now includes Glyder Fawr with my best race to date – the circuit of Foel Fras, Up the Beast in Maeshafn was next, where I was a little surprised to see so few from the club in a quality race close to Prestatyn. And then on 16th June I won a prize for the first time – a £10 voucher for the Warws and a free ice cream in Beddgelert after Moel Hebog. OK, so I was the only M60 competitor but it was still nice.

The three hills from Dwygyfylchi was followed by Moel y Gamelin from the Ponderosa. There was a super turnout of the club for the Fairy Freckled at the Alwen where I had a real tussle with Steve (Hatfield).

A good run up Moel Siabod was followed by Moel Fammau where I actually passed Glenda having an off day. She said it was down to my improved fitness but I knew that’s not so – she left me for dust again two weeks later up Foel Fenni from Druids, Llanferres.

A reasonable run up Yr Aran (yet again) was followed by a poor effort up Elidir Fawr where I came in (almost) last. It would have been last but the two ahead of me took a wrong turn in the last few metres.

And so full circle back to finishing with the halt and the lame but I don’t mind because I no longer ask myself the question “Why am I doing this?” because as you can tell from my little tale I now know why.

*David Owen*

# Man versus Horse

What a great day!

Having made an early start, leaving at 6am the roads were clear and our arrival at Llanwrtyd Wells was brisk having made the much appreciated 'breakfast stop' for toast & Johns mandatory pre-race bowl of porridge topped with maple syrup. His slow release energy fuel!

There had been much anticipation of what the day had in store. Horses, runners, questionable terrain and unpredictable weather. Those hoping for all four seasons in one day wouldn't be disappointed.

Having left the car for registration in bright sunshine, only wearing a T shirt with 'tracky bottoms', I was soon back to the car for another 3 layers and waterproof given the sudden drop in temperature and torrential down pour that was soon to ensue.

John and I had agreed the team race strategy. Apart from getting round in one piece without additional injury or dispute with horse, we had decided the 3 stages should be split in consideration to injury, fitness and 'general feeling of well being'. Both John & Leah's injuries had obviously set a handicap, John with his dodgy knee and Leah earlier in the week having calf pain, would proceed to take the first two stages. These were assumed to be less hilly and probably more 'injury friendly'. I of course settled for the last stage, this being described as having the 2 mile steep ascent with steep undulating farm tracks.

From seeing the first stage runners & horses off, we soon took to the bus and were dropped at the third stage relay start point. Glenda, Des, Andrew and myself had almost 2 hours to kill before the 2nd stage runners were due to arrive. This went quickly, as we reflected on our aches & pains (the compulsive subject for runners) and our favourite fast food, much to the annoyance of Des, who had now become hungry during the long wait.

With the sun out again, the 3 layers and waterproof were now coming off. The 2nd stage runners would soon be here to exchange the 'baton' (well actually a sweaty wrist band, to be honest!) so we should be ready standing at the exchange point. I can't remember who went first or next from our group, but can recall being the 'last man standing'. The injuries had obviously taken their toll on our team.

Leah arrived and I was off! The initial ½ mile stretch was downhill so it was a great warm-up and really set my stride. I was making great headway and hoping for a good time, but on reflection, pressing the start button on my stop watch may have been a good idea at this point much to my annoyance later.

Approaching the 2 mile steep ascent, I had now overtaken a handful of runners and wasn't really out of breath. Perhaps the thick layer of mud around their legs and shorts should have been the dead give away. They were doing the full 22 miles rather than the measly 7 miles I was attempting. Not much point in feeling embarrassed, it was just a matter of getting well muddied up just to blend in. This wasn't to be a problem, as I was quickly to find out.

The steep 2 mile climb was now with me. I was making steady progress regardless of being hampered by slow runners, some walking through the narrow sections only to have limited passing places. Needless to say, you could work your way past when the opportunities occurred, and when exhaustion didn't 'kick-in'.

Having made it to the top, it was easy to make a steady pace along the so called undulating tracks. By this point, I wasn't being passed by many horses. Either the team had made exceptional progress, or the horses had long since made their way to the finish. Judging by the state of the track, it was probably the latter.

The higher ground was now becoming very boggy with one particular ~1 mile stretch offering a real opportunity to lose a trainer or two. Tight laces, good balance and keen eye for every available dry patch was key to avoiding the head on 'mud bath' which I'm sure happened to few others.

Having tackled this section, the course now led onto a short section of tarmac road. It's surprising how easy this seemed after the earlier boggy terrain. 'A great rest bite'. This of course was short lived, only to be met by another gate and back into the open countryside. Yet another steady uphill climb, but this time shattered to see so many other runners struggling up the field in the far off distance. Not very good for motivation.

Back on the farm tracks for a reasonable distance the going was more comfortable. The course now led downhill, through a small stream and back into some open country side where again the bogs were out to take the odd trainer and maybe an ankle for those less careful.

The track now led out to the road. You could hear crowd at the finish line in the near distance. The best was yet to come – the river crossing! Only a short spans to cross and not very deep. Having taken the plunge, it was a case of keeping my footing and not slipping on the river bed of rocks. Great for the final clean up and cool down!

Heading up to the finish line I could see the result at 3hrs 16. I'm still not too sure what my personal time was, but who cares, it was great fun to take part & a race to be highly recommended.

*Mike Lindsay*

# *Newyddion / News*

## **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.

## **Fancy something different?**

Fancy something different? On August 10th and September 7th Marsh Tracks, the cycling facility in Marsh Road, Rhyl, is staging the latest in their duathlons, involving 2 x 3k runs, with a 20k bike ride in-between.

It costs £5 for adults and £3 for juniors (payable on the night), and with no prizes as it's just a timed event on a traffic-free course. Starts at 7pm.

Griff Owens had a go last month and the gym work obviously paid off as he came second.

## **IMPOTANT NOTICE:**

**As you probably know, the Rhuddlan Riverbank Run didn't go ahead this year as no-one came forward to take over the organisation from Phil, who had done it for many years.**

**Jason has also given notice that he will not be organising the Sun Centre 5k next year.**

**Despite this, we are optimistic that both events will go ahead in 2012 but what we need is members who are prepared to learn the ropes and work alongside the main organisers, so that the load can be spread in future. As is so often the case, most of the organising of any events is left to the usual small handful of people.**

**It does not have to be a committee member who helps out, but if we do not want to find ourselves in the same situation in future years we must have more volunteers.**

**"Think not what the club can do for you, but what you can do for the club"**

## **IDEAS NEEDED:**

**Have you any ideas how we can celebrate the club's 30th anniversary next year? The trip to the Gravy 6, which we instigated last year, has proved very enjoyable but we are considering a more ambitious trip next year, possibly involving an overnight stay, though not as expensive as the Dublin trip we did a few years ago.**

**It's also likely that ex-members will be invited to the annual social, the venue for which is yet to be decided.**

**The committee would welcome any suggestions.**

## **Grand Prix Latest**

Glenda Davies	7 Races	114 Points
Gordon Jones	5	92
George Nichols	6	77
Brenda Tiedtke	5	63
Shelly Ward	3	49
Dean Longley	3	45
Griff Owens	3	45
Des Davies	4	40
Sharon Jones	4	35
Steve Hatfield	5	35
David Owen	4	34

## **Next Grand Prix Races**

Aug 29	Moel Famau	Cilcain
Sept 4	Caernarvon	10km
Sept 11	Llanddoged	8.5 mile Road Race Nr Llanrwst
Oct 1	NWCC League	Bangor
Oct 9	Flintshire	10 km
Oct 22	NWCC League	Colwyn Bay
Nov 6	Abergele	5
Nov 13	Border League	Wallasey
Nov 20	Conway Half Marathon	
Dec 11	Border League	Tattenhall

## Dyddiadau / Fixtures

Sat 20 Aug	1.00pm	Craig Y Rhiw Hill Race (4m/1000')	Rhydycroesau, Oswestry
Sat 20	2.30pm	Lletty Mountain Race (9m/2900')	Llangynhafal
Sat 20		Y Garn Llanfairynghornwy	Anglesey
Sun 21	10.30am	Birchwood 10k Road Race	Warrington
<u>Wed 24</u>	<u>6.45pm</u>	<u>PRC SOCIAL RUN</u>	<u>Rhewl, Ruthin</u>
Wed 24?	7.00pm	Capenhurst 5k Road Race	Capenhurst
Sun 28	11.00am	Ellesmere 10k	Ellesmere
Sun 28		<i>Cnicht</i>	<i>Beddgelert</i>
Mon 29	1.00pm	Moel Famau Fell Race (5m/1273')	Cilcain
Thurs 1 SEPT	7.00pm	Deestriders Off Road Grand Prix (4)	Shotton
Sat 3	10.30am	Peris Mountain Race (8.5m/4500' Welsh Champs)	Llanberis
Sun 4	11.00am	Caernarfon 10k (NW Champs)	Caernarfon
Sun 11		Llanddoged 8.5mile	Llanrwst
Sun 11	1.00pm	Lake Vyrnwy Half Marathon	Vyrnwy
Sat 17		NW Junior fell running Champs	Great Orme
Sat 17	1.00pm	Llyn Brenig trail Race	Cerrigydrudion
Sat 17		Fox Trot Fell Race	Colwyn Bay
Sun 18?	11.00am	Sutton 10k Road Race	Guilden Sutton
<i>Fri 23-Sun 25 Commonwealth Ultra Mountain and Trail Running Championships</i>			
23-24		24 hour race	Llandudno
24		Mountain Running	Llanberis
25		50km Trail Running Newborough Forest	Anglesey
NB: At each event there will also be shorter, open races. Helpers are needed at all events. See Gareth			
Sat 1 OCT	2.00pm	North Wales Cross Country League(1) Bangor	
Sat 1	10.30am	North Wales Junior XC League(1)	Bangor
2?		<i>Arenig Fawr</i>	<i>Bala</i>
Sun 2	10.00am	Sandstone Trail Race (17m/2150')	Duckington
Sat 8	12noon	Penmaenpool 10 mile Trail Race	Penmaenpool
Sun 9	12.00nn	Flintshire 10k Road Race	Mold
9		Possible Rhyl 10km	Rhyl
Sun 9	9.00am	Chester Marathon / Liverpool Marathon(9.30am)	Chester / Birkenhead
Sat 15	2.00pm	Ceiriog Canter Fell Race	Glyn Ceiriog
Sun 16	11.00am	Borders Road Race League(1)	Prestatyn
Sun 16		Cardiff Half Marathon (Welsh Champs)	Cardiff
Sat 22	10.30am	North Wales Junior XC League(2)	Colwyn Bay/Llandudno
Sat 22	2.00pm	North Wales Cross Country League(2) Colwyn Bay/Llandudno	
Sat 29	9.30am	Snowdonia Marathon	Nant Peris
Sun 6 NOV	11.00am	Clwydian Hills Race (10m/3100')	Cilcain
Sun 6	1.00pm	Abergele 5 Mile Road Race(N.Wales Champs)	Abergele
Sat 12	10.30am	North Wales Junior XC League(3)	Northop
Sat 12	2.00pm	North Wales Cross Country League(3)	Northop
Sun 13	11.00am	Borders Road Race League(2)	Wallesey
Sun 13	12noon	Rhobell Fawr Fell Race	Llanfachreth, Dolgellau
Sat 19	10.30am	Penmaenmawr Fell Race(10m/1950')	Capelulo
Sun 20	12noon	Conwy Half Marathon	Conwy
22		AGM of Welsh Athletics	Llandrindod Wells.

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

Next newsletter due October

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

Please send articles for the newsletter to Glenda on [glendagelli@aol.com](mailto:glendagelli@aol.com) or give her a call on 07833 791 325

