



# Cylchlythyr Club Rhedeg

## PRESTATYN

### Running Club Newsletter

*Haf 2010*

www.prestatynrunningclub.com

*Summer 2010*

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**Jason Burton & Wendy Wood**

Would like to invite you to join them in celebrating their wedding on the 10th September at 8.00pm at the Royal Hotel, Llandudno

If you wish to join us them please confirm by e-mail [jasongt1972@hotmail.com](mailto:jasongt1972@hotmail.com) sowe can ensure you will have something to eat during the evening.

**Congratulations Column**

**For putting PRC 1<sup>st</sup>**  
Arwel Jones in the Castles Relay

**10km North Wales Vest**

Dean Longley  
Jo McDonough

**Race Winner**

Llanfair T.H 10km  
Dean Longley  
Great Orme 15km  
Dean Longley

**2<sup>nd</sup> lady**

Push Up Pincyn  
Brenda Tiedtke

**2<sup>nd</sup> lady**

Llanfair TalHaeearn  
Sian Beck

**2<sup>nd</sup> lady**

Llyn Alwen  
Glenda Davies

**Coaching Courses**

The latest Welsh Athletics newsletter contains details of forthcoming courses, which are as follows:

September 18 /19, and March 19/20, at Deeside – Coaching Assistant courses (i.e. for beginners)  
November 20/21, at Deeside – Level 2 Coaching course.

As usual, the club will pay the fees on condition that those attending then put their new-found knowledge and skills back into the club.

**BARN DANCE**

Venue – Meliden  
Masonic Hall (next to Saints) on Saturday, November 27<sup>th</sup> again featuring the excellent band Mooncoin. Cost £10 inc members buffet

**Get Well Wishes**

After a spell in hospital  
Eleri Goddard  
Jason Burton  
Glenda Davies

**Club Librarian**

Is anyone out there prepared to be a club librarian? Turn to page 7 for more details

**PRC Club**

**Runner of the Month Award**

- Sept** Jayne Penrhyn Jones
- Oct** Neil Owen
- Nov** Griff Owens
- Dec** Aimee Bagnall
- Jan** Steve Hatfield
- Feb** Dean Longley
- Mar**
- Apr** Glenda Davies
- May** Des Davies
- June** Arwel Jones
- July** Gareth Hughes

**Engagement Congratulations**

**Gareth Brandrick & Katrina Scott**

The notice on the Palace gates reads "The engagement is announced between Mr Gareth Brandrick and Miss Katrina Scott, both past and present members of Prestatyn Running Club" ..!!!!!!!!!!!!!!!!!!!!

**Croeso i Aelodau Newydd / Welcome to New Members**

Holly Roberts	Ron Harrison Jones
Claire Gadsby	Darrell Gavin

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

## **Chairman's Report/ Adroddiad y Cadeirydd**

Before we look forward to the winter lets look back at the summer , my two highlights was the turnout we had at LLyn Alwen when we had thirty three runners and we really showed our colours by representing quarter of the field. It was very encouraging to see so many Prestatyn vests.

The summer trip to the Gravy run was a huge success and a very enjoyable race in the Peak District. The lunch and drinks at the local public house afterwards with the added attraction in the Gents toilet before the football season start! My thanks go to Mike and Gareth for organizing the trip.

During the summer we had The Suncentre 5km and The Riverbank 10km. Thanks go to Jason and Phil race organizers and all the helpers, registration, results compilers and the marshals which made it a huge success again this year. Thanks should also go to Phil and Steve for the Castles Relay again this year but on the downside due to injuries and unavailability we were left two runners short and that would have left Abergele and Denbigh beating us . After running the mountain stage 13.3 mile in the morning I decided to do the nineteenth 11 mile stage in the afternoon knowing we did not have anyone on the final stage, I knew it had to be a decent run to make sure we stay ahead of our rival clubs - that what I did - collapsing on the grass after I finish Gareth jokingly said "you only did that to get a second tee shirt!" but no, I did it because I always want Prestatyn R C to stay ahead of our rivals.

Autumn is nearly with us again with Cross Country and Border league season about to start. Let us all support our enthusiastic captains Dean Glenda and Paul

With so many lady members why not try the cross country this winter. The distance is normally three mile long and the last few years the weather has been kind to us and you should not get your feet too dirty. For the Men after finishing second for the last two years we could finish first in Division two, if all our top runners turn out at every race this winter. Not forgetting the super vets, good luck, they could become the first team to compete the season in this category in the Leagues history. The Border League has always been well supported by our members in the past- let us carry on turning up in numbers. You never know we could be successful when spring come The Men have never won the League but with many of the young runners improving and supported by the veteran runners you never know Man City might not be the only champions this season! The Ladies could also make a quick return from the second division

Keep on running

## ***Arwel***

Editors note: What a hero!! PRC is so proud of you Arwel for completing the two stages- you deserved the ice cream at the finish!!

## ***Ladies Captain Report***

PRC Ladies have competed in many races over the summer months. At the Riverbank 10km 4 ladies ran in our club colours, Gabby, Sian, Aimee and Sharon. Gabby won 1<sup>st</sup> o/50 whilst Aimee took 1<sup>st</sup> junior lady. Caernarfon Race the Train 5km saw Katie leading the ladies home in 21.53 followed by Helen B and Mel .Sian and Gay travelled to West Cumbria with the North Wales police force to compete in the 10 mile race in memory of Bill Barker. Sian finished in 77.46 and Gabby won 2<sup>nd</sup> o/50 in 78.53.

Llyn Alwen Off Road race saw the best turnout of club runners for a long time as everytime you looked around you saw a club vest, very impressive. 16 ladies completed the course where I was 2<sup>nd</sup> lady overall and 2<sup>nd</sup> o/40 and Gabby won 1<sup>st</sup> o/50.

At the 2<sup>nd</sup> race of the Deeside Off Road Series I crossed the finishing line 3<sup>rd</sup> overall and 1<sup>st</sup> o/45; and Eleri Goddard took 2<sup>nd</sup> o/35. The successful trip to Derbyshire for the Gravy 6 trail race saw 13 ladies taking part. Aimee won 1<sup>st</sup> Junior Lady and I was 3<sup>rd</sup> o/45.

On the fells and mountains I tackled Up the Beast at Maeshafan, but unfortunately got lost in the woods, then I tried Moel Hebog from Beddgelert, which I did complete – but it is the only race I will definitely say I will never run/ no scramble/walk/climb, it again!! Then it was the Druids race up Moel Fenlli from Llanferres where I finished 3<sup>rd</sup> lady overall and 2<sup>nd</sup> o/45 and it was great to see Eleri Goddard and Tracy Colligan completing the course strongly. Moel Siabod in Capel Curig saw me climb 2400' and thoroughly enjoy the downhill bit of this race. I completed the 5.8m in 72.12 before competing the following week in the Snowdon Race. I just love this race...and yes I am mad..crossing the finishing line in 1.54 ..over 7 mins faster than last year and was 3<sup>rd</sup> o/45.

In August, Tracy completed Green Green Grass fell race comfortably whilst Sian Beck had a cracking run at Llanfair Talhaearn 10km to finish 2<sup>nd</sup> lady in 51.39. The same outcome can be said about Brenda Tiedtke come back run at Push Up the Pincyn fell race when she finished 2<sup>nd</sup> lady and Gay and Sian competed in Ponderosa race where Gay claimed 1<sup>st</sup> o/50.

I would like to finish this report by sending best wishes and speedy recovery to Eleri Goddard who had a little op recently.

## ***Glenda Davies***

**Cross Country & Borders League Seasons are about to start. Come on ladies, the club need you to have a go- the higher the number of club runners the better it is for the club's results.**

## Cross Country Captain Report:

The penultimate round of the Deestridders Off Road series provided more success for our men and we have many in line for prizes with just one race to go. I led the team home finishing second again in 29:13 but more importantly knocked over 40 seconds off my previous time and was on the heels of the leader Dave Alexander for the majority of the race. The battle for second PRC home was closely fought between George Nicholls and Des Davies who have provided great competition for each other recently mainly due to the progress made by Des over the last few months. This time George just edged it by 7 seconds finishing in 21<sup>st</sup> position in a time of 33:26 a similar time to his previous race. Des finished just one place behind in 33:33 taking 21 seconds of his previous race time. It is great to see our runners pushing each other to get the best out of our runners something which I am hoping a lot of us will do in the Cross Country this year. Next PRC runner in 38<sup>th</sup> place in a time of 35:42 was Arwel Jones who missed the second race but improved his time from the opening fixture by 8 seconds, with a minimum of 3 races to count Arwel is still in the running for a prize in the M50 category. Performance of the night must go to Darrell Gavin who sliced another 2 minutes off his best for the course in 35:57 for 45<sup>th</sup> place. Darrell has now reduced his pb for the course by nearly 5 minutes in just two months, Arwel, George and Des you have been warned! Next was the ever present Steve Hatfield who has been struggling with injury lately but that was never going to stop him as he romped home to record his best time for the course this year finishing 43rd overall in a time of 37:15 claiming 2<sup>nd</sup> M60. Completing the team was Phil 'the Fell' in 59<sup>th</sup> place who took 2<sup>nd</sup> M65 in a time of 41:21. After the first two races Phil was neck and neck with Brian Beattie of West Cheshire for the M65 title, although Brian managed to hold Phil off this race we all know Phil is capable of overturning the deficit as they go into the last race on September 3<sup>rd</sup>. With just one race to go our men have quite a few runners in line for prizes, and I am looking forward to writing my next report on a successful series of the Deestridders Off Road races.

### Dean Longley

My first Cross Country season as captain has been very enjoyable and successful thanks to the commitment and desire from the all of the team. Not only from those who have counted during races but everyone who has raced and helped to push other teams further down the field gaining valuable points in both the league and the North Wales championships. Our success at the North Wales Championships at the Rhug Estate (which we also hosted) was no doubt the highlight of the season a great effort from everyone who took part. It was great to see so many from our club selected to run for North Wales 6 men and 4 women were chosen to represent the area a huge achievement for such a small club. We even boast a British Champion amongst our ranks in Griff Owen. I am really looking forward to defending our North Wales title next year against some of the top teams from the region. Whilst we have a great team already it would also be nice to see some new faces amongst us no matter how slow or fast it's always nice to see members having a go at Cross Country and the majority really enjoy it. My main aim for this season is to finally gain promotion to Division 1 in the Cross Country league after narrowly missing out for the past two seasons and having to settle for second place. Meirionnydd will no doubt give us a strong challenge but I am confident with the team we had last season and with new comers such as Oliver Harrison Jones, Darrell Gavin and with Gordon Jones returning from injury it could be third time lucky for the club!

### Dean Longley

#### Grand Prix Update

Glenda Davies	7 races	119 points
Des Davies	9	95
Steve Hatfield	9	90
Dean Longley	6	82
George Nichols	7	59
Arwel Jones	8	59
Phil Jones	6	49
Eleri Goddard	5	47

#### Next Races

Sept 3rd	Deeside Off Road
Sept 5th	Caernarfon 10 KM
Oct 3rd	Flintshire 10KM
Oct 9th	NWCC League Colwyn Bay
Oct 24	Border League Eryri
Oct 30	NWCC League Bangor
Nov 7	Abergele 5
Nov 14	Border League Ellesmere Port
Nov 27	NWCC League Wrexham
Dec 5	Helena Tipping 10km
	Wrexham
Dec 12	Border League Wirral

#### Cross Country Dates

Oct 9 <sup>th</sup>	Colwyn Bay
Oct 30 <sup>th</sup>	Bangor
Nov 27 <sup>th</sup>	Wrexham
Jan 22	Llilleshall Telford
Feb 5	Oswestry
NWChamp	Jan 29 <sup>th</sup>

#### BORDERS LEAGUE 2010/11 – FIXTURES

24 October 2010	Eryri
14 November 2010	Ellesmere Port
12 December 2010	Wirral
13 February 2011	West Cheshire
13 March 2011	Buckley
27 March 2011	Deeside AC
27 April 2011	Wrexham

# *Proffeil Aelod y Clwb / Members Profile*

**NAME:** David Alan Jones

**O.B:** 20-10-51

**PLACE OF BIRTH:** Denbigh Infirmary

**YEARS RUNNING:** 27 years

**HOW LONG BEEN A P.R.C MEMBER:** First Claim 7 years  
Second Claim 15 years

**OTHER CLUBS :** Denbigh Harriers



**RACE HISTORY: P.B's**

	Senior	o/40	o/45	o/50	o/55
5km:	17.58	17.47	17.12	18.43	19.25
5m:	28.07	29.19	28.15	30.16	32.45
10km:	36.28	36.02	35.28	37.59	40.16
10m:	58.28	59.05	60.27	60.18	68.59
Half Marathon:	1.17.52	1.19.55	1.21.09	1.24.49	1.35.04
Marathon:	3.00.44	2.56.49	3.21.02	3.25.56	

**MAIN HONOURS:** 5 times North Wales Champion o/40

**PROUDEST MOMENT:** Getting my first North Wales vest

**FAVOURITE TRAINING SESSION:** 8X400 with 200 yards walk on school field

**FAVOURITE ROUTE:** Anywhere with a group of running mates

**SPORTING PEOPLE I HAVE MET:** Steve Jones, Ron Hill, Steve Brace, Roger Hackney

**OTHER SPORTS ENJOYED:** cycling Tour De France, Rugby Union, Winter Olympics

**FAVOURITE RACE:** The Last One

**HARDEST RACE:** The Next One

**FAVOURITE RACE DISTANCE:** 10km or less

**FAVOURITE SPORTING MOMENTS :** Wales winning The Grand Slam against Ireland in 2005. I was there with my son.

**PLACES YOU'D LIKE TO RUN:** Anywhere I have not raced previously

**PLACES I HAVE RAN:** St Andrew's Scotland on the same beach where they filmed Chariots of Fire; Dublin; all over England and every road race in North Wales

**PREFERED SURFACE:** Roads

**FAVOURITE T.V:** NCIS, Murdoch mysteries, Bones, and The Mentalist

**FAVOURITE SINGER/GROUP:** Anything from the 60's

**DISLIKES:** Rudeness and people who don't say please and thank you

**HATES:** Cross Country and Off Road Races!

**OTHER HOBBIES:** Reading – Thrillers and crime stories

**FAVOURITE QUOTE:** Don't worry be happy

**BEST PLACE VISITED:** Anywhere with my wife. It's not where you go but who you go with.

**MOST VISITED WEBSITE:** Oswestry Olympians John Schofield for the races

**RINGTONE ON MY MOBILE PHONE:** Don't know, nobody ever rings me and my phone is always switched off anyway!

**AMBITIONS:** To run a hundred Border Leagues and try and run a thousand races – on 758 so far.

# *Newyddion y Mynyddoedd/Fell Running News*

## **Moel Hebog/ 4 miles/2400ft**

From the boredom of running the road on the Castles Relay 12th & 13th June I thought it would have been sheer luxury to get back to the Fells and Mountains by taking part in the Moel Hebog Mountain race.

Perhaps I should have kept to the roads!, Moel Hebog must surely be one of the hardest short mountain race around.

Whilst the weather was perfect and the surroundings absolutely brilliant, the rocky face of this tremendous peak in Snowdonia is truly a test in technical endurance.

The last third to the summit is just a scramble over rocks and boulders, which in themselves requires great care and effort to overcome.

Glenda mastered the climb exceptionally well, whilst she was 1 min ahead of me at the summit, I just managed to pip her at the end by one minute.

The exhaustive appearance of us both at the end was testimony to our effort of completing the race.

My time : 1 hr 18 mins

Glenda: 1 hr 19 mins

Glenda and I are looking forward to next years race!!!.

p.s news from Glenda...Phil, you are on your own next year at this race!!!

## **Moel Siabod Capel Curig 5.8miles 2400'**

Lovely weather and a great course. I enjoyed the race and worked hard on my way down although my legs were like jelly on the final little climb to the finish. The refreshing bath in the river at the finish was enjoyed by the majority of the runners!!!!

Des Davies 71.25 and Glenda 3<sup>rd</sup> o/45 in 72.12

## **Tal y Fan. Saturday 10<sup>th</sup> 8 miles/2400ft**

Tal y Fan is an outlying peak of the Carneddau mountains in North Wales and lies mid-way between the Conwy valley to the east and Penmaenmawr to the north-west, and is the most northerly 2000ft plus summit in Wales.

The race is held each year from the Carnival Field in Rowen with the first mile upwards on a road which has a 25% gradient with not let up ( reminder of Gwaenysgor hill but twice as long) this must be the most severe start to any local fell race.

The remainder of the race was over undulating firm terrain with in parts long undergrowth which in itself are quite energy sapping, with the last mile a knee bursting downhill on that road again!.

Whilst the mountain was covered in mist during the morning this cleared for the race.

Time: 1 hr 45 mins

Although I was the oldest runner at least not last. ( No comments please)

## **The Fox Trot Fell Race 7 miles/1000ft**

This was a new race taking in the woodlands paths in Pwllcrochan Woods and Nant-y-Glyn Valley, and it certainly deserved a much larger field than the 45 entered. It was well marked and organised with the variety of free cakes after much to relish.

All profits raised was for the North Wales Cancer Treatment Centre.

Regrettably I could not catch the Fox! but managed to achieve 2nd M60.

Time: 71 mins

## **Push-up-the-Pincyn/6 miles/1300ft**

This is a race run in conjunction with the Clawddnewydd village show.

It may not be a true mountain race but it certainly made up for it with the hard undulating drag through fields, track,bogs into the forest and up to the peak of Pincyn Llys on a very steep and slippery stretch, we even had to negotiate a straw bale of huge proportions to get over a fence, thereafter downward through sections of the forest with its exposed roots, and very narrow tracks which in themselves presented a hazardous downward stretch until a final climb up to Clawddnweydd.

Des and Brenda had superb runs with Brenda 2nd lady.

My time 67 mins.

**Philip**

## *Ras yr Wyddfa/Snowdon Race*

March 1<sup>st</sup> the race organisers open the entries for the Snowdon race, by about March 14<sup>th</sup> they were full!..for me, I was lucky and had been accepted but others thought I was crazy to want to run it!!!! Unfortunately no matter how well your training plans are there is never a guarantee you will be able to complete them. Week before Wrexham 10miles my Achilles were playing up, rested all week and ran the 10 in 76.23 but ended up with the St Johns for icepack, complete rest before the last Border League on the Wednesday then it was visits to the physio and no running for weeks. Then as I was allowed to run I had bronchitis! So with my Castle Relay mountain stage being my only longish race and therefore with lack of endurance it was with some trepidation that I lined up at the starting line.

However I thoroughly enjoy this race. I love the challenge, the atmosphere, the support you get and the satisfaction of crossing the finishing line is really special for me. Although the weather was wet.. and windy at the top..I cope better than if it was hot and sunny..although I did feel for all the supporters...and what special supporters PRC produce. I must thank those of you who ventured out in that weather to stand, wait and to cheer the runners. It was very much appreciated and it meant a lot for me personally. I still can't believe that you were there. What a club we have here. The weather was sooo bad that I had to take my glasses off  $\frac{3}{4}$  of the way up and I didn't put them back on until I had crossed the finishing line! Have you ever tried running a mountain race in slippery wet conditions blind as a bat!

I'm glad to report that I finished in one piece in 1-54.20 better than last year's time of 2-01.52.Improvement of over 7 mins. I reached the summit in 1-13.44 and negotiated the tricky descent in 42mins. I was over the moon and I am still like a Cheshire Cat when I start talking about the race and the icing on the cake was, I found out I was 3<sup>rd</sup> o/45. ..yes in an International Race!! Sounds good!

Can't wait until next year!

*Glenda*

## **VOLUNTEERS WANTED FOR NSPCC**

I'm organising a NSPCC Big Bike Ride in Prestatyn.

It will be approximately 15 miles and I'm considering either straight along the prom from the Sands Hotel to the Blue Bridge in Rhyl and back or following the BHF bike ride course which is slightly more challenging. My proposal is to organise it for 4 p.m. on either Sunday 12th or 26th September depending on when the most people are available. Hopefully at that time of day it won't cause a problem for anybody that is racing earlier in the day.

Rather than asking people to get sponsorship, I would ask that any adult taking charge would pay £10. Children could take part free of charge but obviously if their parents wanted to donate anything then they could.

Anybody that can't participate for any reason could also donate to the NSPCC if they wanted to.

I've already set up a Justgiving fundraising page as shown below:

<http://original.justgiving.com/PrestatynBigBikeRide>

If anybody wants to take part, or simply want to support the NSPCC, then they can go to this page and donate their money accordingly.

Please let me know if you are interested and whether you could do either date or only one of them. Any other suggestions would also be appreciated.

P.S. Our Dean isn't as quick on a bike so it's an opportunity for me to see him during an event rather than just the beginning or the end!

Regards  
Duncan Longley  
01745 889756  
07760 106328

# CLUB LIBRARIAN WANTED

Is anyone out there prepared to be a club librarian?

Over the years several members have accumulated a collection of athletics-related books which others might like to read.

What I envisage is that anyone prepared to loan these books out could give details to the "librarian" who would act as a liaison officer and keep a check on who's borrowed what.

As an example, I have the following:

"A Global History of Running", "Funny Running Shorts", "The First Four-Minute Mile" and "The Heart-Rate Monitor Book".

Any volunteers?.....please contact Gareth Hughes

## CLUB MARSHALS/OFFICIALS WANTED

Have attached form on page 9 and please send them to Jason either through Gareth or by post.

**Jason Burton 7 Eden Avenue Prestatyn Denbighshire LL19 9DL**

## GRAVY 6 TRIP THOUGHTS

Following the trip to the Gravy 6, the following questions need to be answered. Only those who attended might make sense of them.

1. Which member (!) of the club scored a cracking goal in the Anchor, but used the "Hand of God" to do so?
2. Which member is now qualified to write a book titled "A Horticulturalist's Guide to Roadside Toilets"?
3. We know that Dean was disappointed not to be handed a jug of gravy after the Gravy Run, but we understand he was even more disappointed after the Virgin London Marathon!
4. Which member had former Olympic runner Jeff Norman pointed out to him, chatted to him at length and then realised on getting home that it wasn't Jeff Norman at all?

### Helpful advise to fellow runner

Dear Tracy,

Having read of your arthritis set-back in the last newsletter, may I offer you our sympathy and some advice based on my own case. Following the shock of a very heavy fall on ice, arthritis set in overnight making it impossible to even dress or feed myself at first and being unable to get into a bath for about a year.

I'll never manage another 3hr 15m marathon again but at least I'm moving and still enjoy anything up to 1/2 marathon distance.

The 'cure' has been to keep on moving and slowly increasing the distance run, starting with only a hundred yards.

The soft ground of Clocaenog forest has also helped. So if running is still important to you be your own doctor and listen to your body and take with a pinch of salt what the 'medical experts' advise.

Best wishes,

*Eddie Naisby*

### RunBritain website

MEMBERS are advised to check out the website [RunBritain.com](http://RunBritain.com), which is the official road-running site of UK Athletics. It contains useful details of forthcoming races, advice on avoiding and treating injuries, and, for race organisers, a special portal with forms to download etc

**Newspaper Results Plea** by the editor on behalf of Gareth Hughes PLEASE let him have your race results each Sunday evening- newspaper's deadline is on Monday morning!! One weekend it emerged that about 15 members competed in various races, some of them in a couple of races, but only one club member let Gareth Hughes know. It was by chance that he found out we had a race winner and several other prizewinners, and – too late on that occasion to include in his Press report that Griff had made a comeback.

As you can appreciate it's a hell of a job trying to gather results on a Sunday night when he has other things to do and it can mean he is having to work until midnight to get everything collected and written up. The official results are not always on line in time and he shouldn't have to check those to see which members, if any, have run. Don't assume that someone else will tell him.

Obviously for members it means a single phone call, text or e-mail, but for Gareth it means having to contact loads of people, including race organisers. Unless things improve he is going to stop doing the weekly reports then we'll see what the response is.

## Dyddiadau / Fixtures

<u>DATE</u>	<u>TIME</u>	<u>EVENT</u>	<u>VENUE</u>
<b>Sept</b>			
<b>Fri 3</b>	<b>7.00pm</b>	<b>Deestridders Off Road Grand Prix (4)</b>	<b>Shotton</b>
<b>Sun 5</b>		<b>Caernarfon 10km</b>	<b>Caernarfon</b>
Sun 12	1.00pm	Lake Vyrnwy Half Marathon	Vyrnwy
Sun 19	11.00am	Sutton 10k Road Race	Guilken Sutton
Sat 25			
Sun 26		Anglesey Marathon	Gwalchmai
<b>Oct</b>			
Sat 2			
<b>Sun 3</b>	<b>12.00nn</b>	<b>Flintshire 10k Road Race</b>	<b>Mold</b>
<b>Sun 3</b>	<b>1.00pm</b>	<b>Arenig Fawr</b>	<b>Bala</b>
Sun 3	10.00am	Asics Liverpool 10k road race	Sefton Park, Liverpool
Sun 3	10.00am	Sandstone Trail Race (17m/2150')	Duckington
Sat 9	10.30am	North Wales Junior XC League(1)	Colwyn Bay
<b>Sat 9</b>	<b>2.00pm</b>	<b>North Wales Cross Country League(1)</b>	<b>Colwyn Bay</b>
<b>Sun 10</b>	<b>11.00am</b>	<b>Breidden Hills race (7m/2300')</b>	<b>Criggion, Powys</b>
Sun 10	9.30am	Congleton Half Marathon	Congleton
Sat 16	Sun 17	Bells of Pattingham 7mile Road Race	Pattingham, nr Telford
Sat 23			
<b>Sun 24</b>	<b>11.00am</b>	<b>Borders Road Race League(1)</b>	<b>Caernarfon</b>
<b>Sun 24</b>	<b>12.00nn</b>	<b>Ceiriog Canter Fell Race</b>	<b>Glyn Ceiriog</b>
Sat 30	9.30am	Snowdonia Marathon	Nant Peris
<b>Sat 30</b>	<b>10.30am</b>	<b>North Wales Junior XC League(2)</b>	<b>Bangor</b>
<b>Sat 30</b>	<b>2.00pm</b>	<b>North Wales Cross Country League(2)</b>	<b>Bangor</b>
<b>Nov</b>			
Sat 6			
<b>Sun 7</b>	<b>11.00am</b>	<b>Clwydian Hills Race (10m/3100')</b>	<b>Cilcain</b>
<b>Sun 7</b>	<b>1.00pm</b>	<b>Abergele 5 Mile Road Race(N.Wales Champs)</b>	<b>Abergele</b>
Sat 13	12.00nn	Rhobell Fawr	Llanfachreth
Sat 13		Masters Home International X Country	Dublin
<b>Sun 14</b>	<b>11.00am</b>	<b>Borders Road Race League(2)</b>	<b>Ellesmere Port</b>
<b>Sat 20</b>	<b>10.30am</b>	<b>Penmaenmawr Fell Race(10m/1950')</b>	<b>Capelulo</b>
<b>Sat 20?</b>	<b>10.30am</b>	<b>North Wales Junior XC League(3)</b>	<b>Northop</b>
<b>Sun 21</b>	<b>11.00am</b>	<b>Wrekin Wrecker Fell Race((8m/2400')</b>	<b>Wellington</b>
<b>Sat 27</b>	<b>10.30am</b>	<b>North Wales Junior XC League(4)</b>	<b>Wrexham</b>
<b>Sat 27</b>	<b>2.00pm</b>	<b>North Wales Cross Country League(3)</b>	<b>Wrexham</b>
<b>Sat 27</b>		<b>European XC Trials/Cross Challenge</b>	<b>Liverpool</b>
Sun 28			
<b>Dec</b>			
Sat 4			
<b>Sun 5</b>	<b>11.00am</b>	<b>Helena Tipping Memorial 10k Road Race</b>	<b>Wrexham</b>
<b>Sun 5</b>	<b>11.00am</b>	<b>Cardington Cracker Fell Race(9m/2600')</b>	<b>Nr Church Stretton</b>
Sat 11			
<b>Sun 12</b>	<b>11.00am</b>	<b>Borders Road Race League(3)</b>	<b>Wirral</b>
<b>Sun 12?</b>	<b>12.00nn</b>	<b>Welsh Inter Regional &amp; Masters XC Champs</b>	<b>Builth Wells</b>
Sat 18			
Sun 19	10.30am	Telford 10k Road Race	Telford
Sun 26	11.00am	Chester Walls Race	Chester
<b>Mon 27</b>	<b>2.00pm</b>	<b>Jubilee Plunge Fell Race(2.5m)</b>	<b>Moel Famau/Llangynhafal</b>
Mon 27	10.30am	Severn Loop 5k Road race	Shrewsbury

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

**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

Next newsletter due date **OCTOBER 23rd**

**"I Am A Marshal" Application Form**

Name \_\_\_\_\_ Male / Female (circle appropriate)

E-mail \_\_\_\_\_

Phone \_\_\_\_\_ Mobile \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

D.O.B. \_\_\_\_\_

Running Club \_\_\_\_\_

Tick duties you are able to do: -

- |                         |                          |
|-------------------------|--------------------------|
| Remote area marshalling | <input type="checkbox"/> |
| Marshalling             | <input type="checkbox"/> |
| Easy access marshalling | <input type="checkbox"/> |
| Lead bike               | <input type="checkbox"/> |
| Back marshal            | <input type="checkbox"/> |
| Scribe                  | <input type="checkbox"/> |
| Finish line             | <input type="checkbox"/> |
| Drinks                  | <input type="checkbox"/> |
| Entries                 | <input type="checkbox"/> |
| Chief marshal           | <input type="checkbox"/> |

Please give details of experience if any: -

Please give any other details that may be useful: -

**The information on this form is correct and I agree to be informed of any upcoming races that need marshals and any relevant information to the 'I am a marshal' web site**

Signed \_\_\_\_\_ Print \_\_\_\_\_ Date \_\_\_\_\_

*The information on this form will not be passed onto anyone without prior permission*