



Cylchlythyr Clwb Rhedeg

PRESTATYN

Running Club Newsletter

Haf 2009

Summer 2009

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Eddie Naisby London Marathon o/80 Champion



Gareth Hughes presenting Eddie with a special memento on behalf of PRC

Club website for you to use:
www.prestatynrunningclub.com

Croeso i Aelodau Newydd / Welcome to New Members

Georgia Haddon	Hannah Burns	Eleri Davies
Rachel Rees	Katie Ellis	Bethan Ward
Daniel Ward	Amy Evans	Griff Owens
Paul Das	James Jones	Angel-Luis Alonso
Lucy Moynihan	Amy Moynihan	Michael Harvey
Callum Logan	Jacob Pierce	Eleanor Carter
Penny Bateman	Andrew Whitehouse	

Congratulations Column

North Wales Champions at Half Marathon

Gordon Jones o/50
Steve Hatfield o/60

North Wales 10 miles Champions

Brenda Tiedtke o/45
Gay Waring o/50

Griff Owens o/60

London Marathon finishers

Dean Longley 2.59
Eddie Naisby 1st o/80

Tracy Howarth
Donna Curley
Linda Williams
Rhian Williams

North Wales 5km Champions

Griff Owens o/60
Roger Harrison-Jones
0/70

Brenda Tiedtke o/45

June 30th – 3 months
deadline after PRC
subs were due. If your
club subs haven't been
paid then please
contact Steve NOW or
do not run in PRC
club vest.

Adroddiadau aelodau y pwyllgor / Committee Members Reports

Chairman's Report

Halfway through the summer already!

First I would like to thank Jason Burton and Phil Jones on organizing the SunCentre 5km and the Eddie Faure Riverbank 10km and also to all the helpers who did their jobs at both races to make sure they were a success .

Unfortunately, this year I missed the Castles due to being on holiday , but once again it turned out a good event with some outstanding performances and as usual everyone enjoyed it. Thanks to Phil and Steve for their hard work again and nice to see Pete Blundell and John Mc Kenna back running in a Prestatyn vest again While on runners making comebacks, its nice to see Griff Owens and Roger H Jones, both former Welsh International runners who I used to train with in Rhyl in the eighties. Griff is running well and dominates his age group like he has never been away and Roger after countless laps of the Meadows in training he has found his form to win his age group at both Sun Centre and Riverbank. Well done and keep it up for the cross-country season and the rest of the year.

This summer more of us have ventured to do fell races which has pleased Phil. On average there is two races a week on the fells in North Wales and with the decline of road races in North Wales most races are now off road these days. It is becoming hard to find races on the road for our Grand Prix, back in the eighties I remember half marathon road races in every town in North Wales, town centre races with packed crowds watching but now it seems that we runners have been sent off the roads to some isolated mountains and even the Border League races ends up on the seafront in the middle of winter. In June this year there was not one road race in North Wales not counting the Castles.

Both the handicap and Grand Prix table so far has been dominated by our lady runners and they also have won many prizes this year, proving we have the strongest group of ladies in North Wales. Well done

Finally I would like to congratulate Eddie Naisby for his achievement in London, our cross country captain Dean on breaking three hours and the ladies who also completed the London Marathon, and good luck to Glenda on her first attempt at the Snowdon Mountain race.

Keep on running

Arwel

Mens Captain Report

A big thank you must go to Phil and Steve for organising another successful Welsh Castles Relay weekend. This event is a real logistical challenge making sure all 20 stages go smoothly with a runner at every start. Again the club did well ,we had 3 men finishing in the top ten, Andrew, Matt and George with several others finishing in the top 30. A special mention for the men who tackled the mountain stages, Steve ,Griff, Des and Gareth B.. After 20 stages, majority of which are tough going, the club finished 42nd out of 58 teams, a fine performance.

In other road events the men have been collecting awards, supervet Griff winning the M60 cat in both the Open and NW Champs at the SunCentre 5K, Roger Harrison-Jones claimed the o/70 title and George took 2nd M40. Griff did it again in the Park Hall 5K and won his age category with Gareth Hughes taking 3rd M60. In the Chester Half Marathon Steve was not to be out done and won the M60 category.

On a training note Dean has started cross country training sessions, try and turn up if you can, it may prove to be very useful. Friday 6.30pm, Seints.

Regards

Paul

Treasurer & Membership Secretary's Report

I shall be very grateful if those members who have still not paid their 2009/10 subscriptions can contact me as soon as possible. To be fair we are nearly three and a half months into the 2009/10 club year! If you do not intend to continue as a member please tell me. Sorry for the moan but I seem to have the same difficulty collecting subs year after year! On a more pleasant note we welcome the latest new members:

Seniors

James Jones

Angel – Luis Alonson

Juniors

Lucy Moynihan

Amy Moynihan

Michael Harvey

Callum Logan

Jacob Pierce

Eleanor Carter

Penny Bateman

Thanks for your support. In spite of the little difficulty mentioned above it has to be said that the club has not looked better for several years. I'm sure other reports will reflect this.

Steve Hatfield

Ladies Captain Report

Well where do I begin

Since the last newsletter the ladies have competed in many,many races starting with Jayne clocking 1-36 at Wilmslow Half Marathon. She then tackled the shorter distances at Chester Spring 5 and Chirk 10km. At Chirk she was 3rd lady and 1st o/45 and it was great to see Helen Ashworth back running in club colours. More success was seen at Chester Spring 5 where Jayne was 2nd o/45, Brenda ran a P.B in 36.18 and claimed 3rd o/45, Gabby won 2nd o/50, and Eleri Jones and Tracy Howarth also had a good run. The trio of Jayne, Brenda and Gabby were to win the ladies team event.

At the three fell races Tracy Colligan and Julie Logan battled against the elements at Moel Tryfan and I was to have a testing run at Llantysilio mountain race. Out of the 7 club members at Dwygyfylchi fell race Tracy, Julie, Helen Baxandell and myself thoroughly enjoyed the race as the views at the top on that evening were superb. Well worth all the pain!!

This year at the London Marathon four ladies were to complete the distance and all should be very proud of their achievements. Tracy Howarth clocked 5hours 28,Linda Williams 5-31.36, Donna Curley 5-31.48 and Rhian Williiams 5-54.12. Well done to them all.

Then there was the Wrexham 10 mile which incorporated the North Wales Championships. Brenda was 1st o/45 (open & close), Gabby was 2nd o/50 in the open and was 1st in the close, Eleri Goddard was 2nd o/35 (open&close) and I was 3rd o/45 (open & close).This gives us Brenda & Gabby are North Wales Champions at 10 miles in their age groups. The ladies team also won first prize.

The ladies team worked hard to secure their first division status in theBorder League. At the presentation, Jo was 6th senior lady, Brenda won 2nd o/45, I was 4th in the same age group and Gill won 2nd o/50.

In Christleton 5km I managed to break 21mins for the first time in many years and was placed 2nd o/45. Next race was the Chester Half Marathon and the ladies were out in force. 11 ladies completed the distance, Jo, Jayne, Brenda, Shelley,Eleri G, Tracy H, Eleri J, Helen B, Bev H, Karen B and Jenny H with at least three having pb's: with Jo knocking 5mins off her pb to finish in 1-31.54 and everyone completing the distance should be very proud of themselves.

There were no chance of pb's at Moel Eilio race when the weather was against the competitors but. I did manage to complete the course in a time of 1-46 and won 3rd o/40.PRC Ladies were also seen at Mynydd Myfyr and Abergwyngregyn fell races and ofcourse the Sun Centre 5km.There Brenda was to become the North Wales Champion in 0/45 category

9 Ladies competed in the first race of the Club's Summer Handicap and did very well indeed with Helen Ashworth at the top of the handicap.

My next mountain race was Cader Idris where I crossed the finishing line in 2-26.At the first of Deestridders Off Road race and again two of our ladies had pb's. Brenda led the ladies home in 1st o/45 and a pb in 35.14 , I was 2nd o/45 in 36.24, Eleri Goddard took 3rd 0/35 in 39.16 and Eleri Jones had a pb finishing in 39.39. At Park Hall another good turn out from Prestatyn with 4 ladies running.

We then turned up at the Castles Relay where Jo had a brilliant run up the Drovers, knocking 2minutes off her last year time and in the Riverbank 10km five ladies was to compete. Jayne was 2nd lady home and 1st o/45, Brenda 3rd o/45, Sian Beck was 2nd senior lady, Gabby 1st o/50 and Mdadenska Hooper completed the team.

I thought listing all the races PRC ladies have competed over the last three months would be interesting. Little did I know that it would take a full page. What a performance and every one of them are winners, perhaps not as trophy winner but achieving their own personal goals. Hopefully new names will appear in my next report! But the most important thing is for you to enjoy your running.

Glenda

Proffeil aelod y Clwb / Member Profile

NAME: ***Gordon Jones***

D.O.B: 17/7/58

PLACE OF BIRTH: Liverpool

YEAR STARTED RUNNING: First race – Gwent League cross country in Nov 1982

HOW LONG BEEN A P.R.C MEMBER Two stints, first was 1984-86 and back again in 1992

FORMER CLUBS : Cardiff AC; Bridgend AC

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

5km: Never raced one!!!

5m: 26.25 Denbigh 1992

10km: 31.39 Barry, S Wales 1983

10m: 52.28 Bridgend 1984

Half Marathon: 68.30 Reading 1989

Marathon: Only raced one - 2.40.51 Barnsley 1983



PROUDEST MOMENT: Either reaching the finish line at Langenau, Germany after 820 miles, or my half marathon PB achieved when running at my best.

FAVOURITE TRAINING SESSION/ROUTE: From home over the Tysilio mountain and down the other side towards Llangollen, then along the canal in to the centre. About 6 miles.

SPORTING HERO/HEROINE: I admire Paula Ratcliffe very much – such a gutsy performer

OTHER SPORTS ENJOYED: Football (Ruthin FC), badminton, golf – most really.

WHAT I WOULD WISH FOR THE CLUB: That it grows, but the friendly ‘small club’ atmosphere remains.

FAVOURITE RACE: Castles Relays

HARDEST RACE: Not my Reading PB but a Dinas Bran race in 1993. Finished 8th but found it ever so hard and decided there and then that I didn’t want to race for a while – it ended up being nearly 5 years!

FAVOURITE RACE DISTANCE: Was ‘longer the better’; now ‘shorter the better’!

FAVOURITE SPORTING MOMENTS : Liverpool FC winning anything; seeing Seb Coe, Ovett etc. in full flow

PLACES YOU'D LIKE TO RUN: I've never raced abroad and would like to give it a try

PREFERED SURFACE: Was cross country, mountains now flat (short) roads!

FAVOURITE T.V: Lived without a TV for 7 years so don't watch much at all – Match of the Day excepted.

FAVOURITE FILM: Casablanca

FAVOURITE ACTOR: I like a lot of Tom Hanks films

FAVOURITE ACTRESS: Ingrid Bergmann, Meryl Streep, Julia Roberts

FAVOURITE TV PERSONALITY: Struggling – can't think of one

FAVOURITE SINGER/GROUP: I'll have to go high brow here – Rosalind Plowright (opera singer)

HATES/DISLIKES: Sorry – don't have any (I asked my wife and she answered the same for me)

CRAZY MOMENTS: I said none – my wife says I have them every day because I've never grown up!

FAVOURITE SCHOOL SUBJECT: History

WORST SCHOOL SUBJECT: History – judging by my A-level result! Otherwise any of the sciences.

OTHER HOBBIES: I run a Fantasy Football competition which takes up 2 nights a week, has 140 managers across the country and raises £350 each year for a good cause. Reading – lots of.

FAVOURITE QUOTE: “Put it in perspective”. “Soon it will be time for sleep. Let us not lose our way in this solitude” (a bit morbid as it is about approaching death but lovely excerpt from the Four Last Songs - Richard Strauss)

MOST VISITED WEBSITE: Athleticsdata now Power 10

RINGTONE ON MY MOBILE PHONE: Carmen for my own phone; no idea for my work phone.

Welsh Castles Relay

Welsh Castles Relay June 2009

210 Miles/ 20 Stages



Few of the team members at Newtown

On route we passed within 2 miles of 22 Castles/16 Forts/2 Mottes & Bailey and 5 Mottes.

We did it again, whilst we had many withdrawals through injuries and illness, one of the smallest clubs to take part in the race fielded a full team and finished in a creditable 41 out of a total of 58 teams.

This only indicates the commitment and enthusiasm of our club members together with unbound friendship, which at the end of the day created a great fun filled weekend.

Many stories can be told, some can not be repeated in print (Pete!!) but Brenda did get excited on the Brecons, but not so the guy on the hill!!!. Brenda was never the same again all weekend.

My thanks to all who were involved, especially those who travelled under their own steam, a great credit to them, those who at the last minute agreed to run a stage, those who changed their original stage to accommodate others, Gareth for the use of his car for the whole weekend and arranging the Multi Purpose Carrier and not forgetting securing the sponsor for our shirts, Steve also for arranging the overnight accommodation and the reasonably priced meal!! on the Saturday night.

My personal thanks to Pete (Schumacher) Blundell for getting me to my stage 19 on time (just). No warm up, and thanks to Glenda and Brenda for registering me in.

Next year will not come soon enough.

Philip

Reply from Castles Relay race organizer:

Hi Philip

Thanks for your very kind message. I must admit I could do with 12 hours sleep first, before a holiday. The enthusiastic response of the runners makes all the hard work worthwhile. Also, the teams contribute significantly to the safe running of the race. It is a huge team effort and needs to be if it is to continue.

I am delighted that Prestatyn enjoyed the weekend. I understand that we did feature on S4C, but I didn't get to see it, but then I don't get to see much of the race either!

Hope to see you next year in Caernarfon on the start line.

All the best

Richard

The individual placings were: Stage 1: 28 John McKenna; Stage 2: 29 Paul Brandrick; Stage 3 (mountain): 51 Steve Hatfield; Stage 4: 50 Helen Baxandall; Stage 5: 47 Tracy Colligan; Stage 6: 7 Andrew Jones; Stage 7 (mountain): 24 Griff Owens; Stage 8: Peter Blundell (dnf); Stage 9: 28 John Hughes Roberts; Stage 10 (mountain): 49 Des Davies; Stage 11 (mountain): 55 Glenda Davies; Stage 12: 39 Brenda Tiedtke; Stage 13: 50 Shelly Ward; Stage 14 (mountain): 44 Jo McDonough; Stage 15: 9 George Nicholls; Stage 16 (mountain): 25 Gareth Brandrick; Stage 17: 29 Gareth Hughes; Stage 18: 7 Matt Sims; Stage 19: 52 Phil Jones; Stage 20: 19 Dean Longley.

Cross Country

Calling all cross-country runners!!!!

As discussed a few weeks back we are starting a cross-country training session once a week to add to the two nights we currently train at PRC. Thanks to all those who emailed me back giving me their preferences. At the last AGM we agreed that the sessions will be every Friday at 6:30 PM meeting at Saint's fitness club in Meliden (like the other training nights). They will begin on Friday July 3rd and I'm hoping for a big turn out so we can have different groups. Everyone is welcome to come as we will cater for everyone's needs whether you can run a 10k in 40 minutes or can't even run a 10k! We are a team not individuals so no one will get left behind.

Hope to see you there

Dean

Cross Country 2009-2010 season dates

Sept 26 Colwyn Bay
Oct 10th Telford
Nov 21st Bangor
Jan 16th Wrexham
Feb 6th Oswestry

DOGS

At the AGM of the North Wales Cross-Country League all clubs were asked to urge their members not to bring dogs with them to cross-country venues as they not only pose a potential hazard to livestock but can also be a nuisance to runners and spectators.

Border League

BORDERS ROAD RUNNING LEAGUE

Couple of points from the AGM, 6th July 2009

1. It was agreed that the date for determining the age group for runners would be the date of the first league race of the season (rather than age as at 1st October)
2. It was agreed to introduce two new veteran age groups : MV70+ and FV60+.
3. League dates and venues for the 2009/2010 season agreed at the meeting were :

18 October 09	Helsby
15 November 09	Wallasey
3 January 10	Tattenhall
14 February 10	Abergele
14 March 10	Wreccsam Tri
11 April 10	Prestatyn
28 April 10 (Wed)	Deestriders (+ presentation evening).

Since the meeting, Helsby who were not represented at the AGM have indicated they are unable to host a race on the date allocated. This is currently being discussed with Chester Tri as an alternative host.

Rhedeg Mynydd / Fell Running

4th Race /The Great Arete Midweek Series

On arriving at the Vaynol Arms Nant Peris we were expecting the route to be the same as last year and we therefore were suitably psyched up to meet the challenge of those horrendous bogs and precarious stone path, but all that was dashed when it was announced by the organiser Mike Blake(with a smile on his face) that the route this year would be the adjoining mountain, just follow to the right of the wall we were told, ah yes but the wall seemed to follow a vertical climb to the horizon.

The weather was kind, at least that was encouraging, a gentle gradient at the start was soon followed by that dreaded wall, it became an unrunnable climb to that horizon, but as if that was not enough it still carried on to the summit with the return now an Alton Towers type downhill run.

The indication of the gradients was shown by the split time, of 30 mins to the summit and only about 9 mins down to the finish.

Yours Truly 39 mins 33 secs
Steve 41 m 29 secs

Fron Fell Race

Three of the club's "oldies" took to the hills again last week when they travelled to Fron, near Caernarfon, for the third race in the Great Arete midweek series of fell-races.

Phil Jones, Steve Hatfield and Gareth Hughes were within seconds of each other reaching the summit of Mynydd Mawr but Phil, having "warmed up" by doing the tough Moelwyns mountain race four days earlier, pulled away to record virtually the same time as last year.

Their placings were: 66 Phil Jones 48.10, 67 Steve Hatfield 49.17, 69 Gareth Hughes 49.55.

Three members took part in the annual Ras y Gader on Cader Idris, with Neil Owen leading the way in a cracking time of 2-01.37, finishing in 78th place overall. Des Davies was 171st in 2-22.35 and Glenda Davies 11 places behind in 2-26.04.

There was a good turnout of club members in the Druids race at Llanferres, the first race in the Clwydian Hills series. Jayne Penrhyn – Jones, Brenda Tiedtke and Des Davies were among the prizewinners, and Steve Hatfield, Phil Jones, Julie Logan and Helen Baxandall also ran.

The joys of our countryside!

With my (aching/ageing) body not allowing me to run another marathon I needed a new challenge and for few years I have wanted to do the Snowdon Mountain Race – 5miles up and 5 miles down! Beginning of 2009 I felt I was running well enough to tackle it. Luckily I was accepted and the discovery of fell/mountain running was upon me.

My first race was Llantysilio Mountain – only about 6 and a half miles – but O! boy I couldn't walk properly for at least 3 days, and trying to get down the stairs was hilarious(to those watching me!). It was an eye opener but for some bizarre reason I loved it.

Next step up was Moel Eilio 8miles climbing 4 peaks highest nearly 3,000ft. Not only longer distance and higher climbs but the weather was horrendous, with continuous 80mph winds(and that is on the official race report) along the ridge with the added shower of hailstones. Can you imagine being on top of a mountain wearing shorts and having hailstones blasted on your bare skin at 70/80 mph!!! One side of my legs were black and blue for days.

Last big race was Cader Idris – 10.5miles 3,000ft on a blazing hot day. The views were fantastic but when I hit the flat fields after coming off the mountain it was a struggle to walk let alone try and run. Now on reading this so far, you must be asking why o why do people still run fell/mountain races. I used to admire Phil for his enthusiasm of fell running now I know he is one very fit person and I totally agree 100% about fell running. Yes it is very hard work but there hasn't been a single race where the views haven't been breathtaking.

I wasn't sure about writing this piece (in case it put people off fell running) but Phil's response was"and especially to show how tough it is and the conditions, hey we are not wimps !!."

There are plenty of shorter fell races for you to try which will give you the same great sense of achievement. Running free on top of a mountain appeals to me much more than running on a tarmac road, and yes if my body will allow me, I shall continue with the challenges of fell/mountain running for as long as possible.

Glenda

Club Summer Handicap Results and other running matters

May 2009

The results were: 1 James Jones 27.50 (23.50 nett), 2 Paul Das 27.52 (23.52), 3 Helen Ashworth 28.02 (25.02), 4 Helen Baxandall 28.15 (25.15), 5 Nicola Hannan 28.45 (27.45), 7 Gill Brandrick 29.18 (28.18), 8 Gareth Hughes 29.34 (21.34), 9 Steve Hatfield 29.38 (22.08), 10 Mel Hooper 29.43 (28.43), 11 Gareth Bailey 29.47 (19.47), 12 Chris Taft 30.02 (21.32), 13 John Hughes Roberts 30.11 (22.11), 14 Griff Owens 30.13 (20.13), 15 George Nicholls 30.30 (19.00), 16 Bev Hendricks 30.48 (29.48).

June 3rd

The placings were:

1 Helen Ashworth race time 26.48, actual time 24.48, 2 Amy Evans 26.52/25.52, 3 Katie Brandrick 27.14/26.14, 4 Helen Baxandall 27.52/24.52, 5 Angel Alonso 28.05/25.05, 6 Matt Sims 28.07/17.37, 7 John McKenna 28.46/20.46, 8 John Hughes Roberts 28.47/20.47, 9 Dean Longley 28.48/17.48, 10 Magda Fattah 28.55/26.55, 11 Jenny Harrowby 29.05/29.05, 12 Chris Taft 29.07/20.37, 13 Tracy Colligan 29.09/23.09, 14 Gareth Bailey 29.15/19.15, 15 Griff Owens 29.18/19.18, 16 Paul Das 29.20/23.20, 17 Gareth Jones 29.26/21.56, 18 Gareth Hughes 29.20/21.30, 19 Gill Brandrick 29.40/28.40, 20 Sandra Mayers 29.42/28.42, 21 Paul Brandrick 30.16/21.16, 22 Steve Hatfield 30.20/22.50, 23 George Nicholls 32.52/22.22.

YOU HAVE BEEN WARNED!

The club has been told to advise their members not to take part in races without permits like the recent Deganwy Dash as it didn't have an official permit. We are not aware of any PRC members having run in it but some other club members did – and they are now being told that if they do so again next year they could be barred from future events.....**so be warned!** If a race does not have a permit it is probably not insured, with the inherent risk that goes with it, so it's in everyone's interest to check that a race is permitted.

July 1st

	Race time	Actual time	points
1st Katie Brandrick.....	24.59	24.19	4/2
2nd Magda Fattah.....	26.16	25.46	12/2
3rd Angel Alonso.....	26.29	24.29pb	8/2
4th Dean Longley.....	27.10	16.40pb	13/2

Course record

5th Helen Baxendall.....	27.13	25.13	13/3
6th Matt Sims.....	27.31	17.31pb	12/2
7th Claire Gadsby.....	27.34	27.04	7/1
8th John H Roberts.....	27.35	20.35	29/3
9th Gareth Bailey.....	27.43	18.43	34/3
10th Nicola Hannah.....	27.44	27.14pb	15/2
11th Steve Hatfield.....	27.45	21.45	42/3
12th Jane Penrhyn Jones.....	27.57	20.57	12/1
13th Paul Brandrick.....	27.59	20.29	34/2
14th Paul Das.....	28.02	23.02pb	32/3
15th Chris Taft.....	29.01	21.31	39/3
16th Mel Hooper.....	29.11	28.41pb	26/2
17th Holly Moynanhan.....	29.12	28.42	23/2
18th Gill Brandrick.....	29.30	29.30	44/3
19th Rhian Williams.....	30.37	30.37	19/1
19th Linda Williams.....	30.37	30.37	19/1
21st George Nichols.....	32.38	22.28	59/3

Still in the series

Helen Ashworth.....	4/2
Griff Owens.....	29/2
Gareth Hughes.....	26/2

Lowest points scorer after

Border League 2008-2009 season

32 club members – 17 men and 15 women – turned out for the final Border League race at Wrexham

Seven members picked up awards at the annual prizegiving which followed the race. After the seven-race series Jo McDonough finished sixth senior lady and Gill Brandrick was second in the L50 class. Brenda Tiedtke and Glenda Davies were second and fourth respectively in the L45 section.

Gordon Jones was runner-up in the M50 category, while in the M55 section George Nixon and Martin Cortvriend were second and third.

The club also had the satisfaction of being presented with both the men's and women's trophies for the annual mob match against Abergele Harriers.

Hysbysfwrdd/Noticeboard

"We had a good chuckle the other night when it emerged that one of our members has a very real phobia about stinging nettles. Her screams when confronted by a patch blocking her path proved to everyone that it was a genuine problem for her.

However, it shouldn't be too surprising when you consider how many other members have different phobias of their own

Here are just a few:

Fear of grass – Gill Brandrick has clearly passed this on to Gareth

Fear of standing still – George Nicholls, who is forever on the move (just to add a few meters on his GPS?)

Fear of sheep – Gay Waring (why else keep such a big guard dog?)

Fear of tarmac – Steve Hatfield

Fear of flat surfaces – Phil "the Hill" Jones

Fear of cows – Jayne (seriously, even though she could outrun them!)

Fear of being handicapped – 3 or 4 of the ladies (this phobia surfaces once a month in summer)

Fear of getting lost in a forest – Helen Baxandall (but she is getting used to the experience)

But it's not all bad news. Paul Brandrick has obviously overcome his long-standing fear of mud and Arwel is receiving counseling to help him come to terms with being beaten by the club's ladies."

Club Juniors run in Manchester

On Sunday May 17th, I took part in the Bupa Great Manchester run, a 10km race round the city of Manchester. Before our race it was raining so the ground was slippery. I was aiming to get under 60 minutes and I did it in 56.04. Once I found out I had beaten my time I was happy.

My younger brother Leon Bagnall competed in the junior run. It was 2.5 km and he did it in 12.00

Amie Bagnall

Watch the Birdie! Club secretary Gareth Hughes was feeling a little under par when on a training run in the Clwydian Hills above Llandyrnog recently. As he was going along a bridle path on the mountainside he narrowly missed being hit by a golf ball which fell from the skies, presumably dropped by a bird which had mistakenly taken it for an egg. No – it wasn't an eagle but it headed for the woods, and Gareth still had a "fairway" to go. Sorry – that's enough.



Hysbysfwrdd / Noticeboard

<p style="text-align: center;">PRC Grand Prix rules</p> <p>How it works 1st male and female Prestatyn runner in a chosen race gets 12pts</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">2nd</td> <td style="text-align: right;">10</td> </tr> <tr> <td>3rd</td> <td style="text-align: right;">8</td> </tr> <tr> <td>4th</td> <td style="text-align: right;">6</td> </tr> <tr> <td>5th and all race finishers</td> <td style="text-align: right;">5</td> </tr> </table> <p>Extra 5pts if a category prize winner in the race</p>	2nd	10	3rd	8	4th	6	5th and all race finishers	5	<p style="text-align: center;">PRC Grand Prix</p> <p>Grand prix after Llanferres race</p> <table style="width: 100%; border: none;"> <thead> <tr> <th style="text-align: left;">Races</th> <th style="text-align: right;">Points</th> </tr> </thead> <tbody> <tr><td>1 Glenda Davies</td><td style="text-align: right;">6 79</td></tr> <tr><td>2 Steve Hatfield</td><td style="text-align: right;">7 70</td></tr> <tr><td>3 Brenda Tiedtke</td><td style="text-align: right;">5 67</td></tr> <tr><td>4 Des Davies</td><td style="text-align: right;">5 54</td></tr> <tr><td>5 Jane P Jones</td><td style="text-align: right;">4 52</td></tr> <tr><td>6 George Nichols</td><td style="text-align: right;">4 49</td></tr> <tr><td>7 Eleri Goddard</td><td style="text-align: right;">4 29</td></tr> <tr><td>8 Helen Baxendall</td><td style="text-align: right;">4 22</td></tr> </tbody> </table> <p>Next Races July 5th Llyn Alwen race July 22nd Green green grass of home fell run LLangynhafal Aug 6th Deeside off road Aug 30th Caernarfon 10km Sept 5th Llyn Brenig Sept 26th North Wales cc league Colwyn Bav</p>	Races	Points	1 Glenda Davies	6 79	2 Steve Hatfield	7 70	3 Brenda Tiedtke	5 67	4 Des Davies	5 54	5 Jane P Jones	4 52	6 George Nichols	4 49	7 Eleri Goddard	4 29	8 Helen Baxendall	4 22
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<p style="text-align: center;">FOR SALE PRC RED HOODED SWEATSHIRTS £12</p> <p style="text-align: center;">see Glenda or Steve Hatfield</p>	<p>Asthmatic? Please make sure you have filled a form by the Welsh Athletics: www.welshathletics.org -click on Downloads -click on Inhaler Registration Form</p>																										
<p style="text-align: center;">NEW RACE</p> <p style="text-align: center;">For the club to organize</p> <p>The club committee has agreed to take the lead role in staging next January's North Wales championships on a new course on the Rhug Estate near Corwen. We have done so on the understanding that other clubs will also provide 2/3 marshals each.</p>																											
<p style="text-align: center;">YOUR HELP IS NEEDED</p> <p>Spare a thought for the webmaster.I struggle to find news and keep the website alive and kicking.I need your help! I know some of you are modest,and do not like publicity,but rather than have me make things up,why not send some stuff in?What does the site need? How about personal interest stuff (race reports get a bit boring after a while).The club has grown quite a bit over the last few years,and not everybody can get down to club nights regularly.The result is some of the members may not know each other that well.Some photos would be welcome.The race photos I take can be rather unflattering (ask Tracy Colligan,whose wrath was inflicted on me when I put up a photo on the site :)) - only joking Tracy). My E-mail box is waiting!</p> <p><i>Bill Scriven</i></p>																											

Dyddiadau / Fixtures

DATE	TIME	EVENT	VENUE
JULY			
Fri 17	7pm?	Packwood 10km	Royton X1
Sat 18	2.00pm	Snowdon Mountain Race	Llanberis
Sun 19	12.30pm	Great Orme 5km Challenge	Llandudno
Wed 22	7.30pm	Green Green Grass of Home 5m/1800ft	
Wed 22	7.30pm	Race the Train 5km	Caernarfon
Sat 25	1.30pm	Dolgellau 5miles	Dolgellau
Sat 25		Llanfai Talhaiarn 10km	
<u>WED 29</u>	<u>6.30pm</u>	<u>PRC SOCIAL RUN GOLDEN LION</u>	<u>LLANGYNHAFAL</u>
Fri 31	7pm	Gobowen 5m	Gobowen
AUGUST			
Thurs 6	7.30pm	Off Road Series	Deeside
<i>Sat 8</i>	<i>1pm</i>	<i>Gladstone 9 9m/2890ft</i>	
<i>Wed 12</i>	<i>7pm</i>	<i>Ponderosa 4m/951ft</i>	
<u>THURS 13</u>		<u>CLUB SOCIAL TREASURE HUNT</u>	<u>PRESTATYN</u>
Sat 15		Race the Train	Tywyn
Sat 15		Glyn Ceiriog 10km	nr Chirk
<i>Sat 15</i>	<i>2pm</i>	<i>Elidir Fawr 5m/2800ft</i>	
<i>Sat 22</i>	<i>2pm</i>	<i>The Tavern 9.5/2500ft</i>	
<i>Mon 24</i>	<i>6.30pm</i>	<i>Tryfan Downhill Dash 1km/680ft</i>	
Sun 30	11.00am	Caernarfon 10km	Caernarfon
<i>Sun 30</i>	<i>11.00am</i>	<i>Cnicht 4.5m/1850ft</i>	
<i>Mon 31</i>	<i>1pm</i>	<i>Moel Famau 4m/1237ft</i>	<i>Cilcain?</i>
SEPTEMBER			
Fri	7pm	Off Road Series	Deeside
Sat 5	2.30pm	Nescliffe Nasty Doug Morris Series	Nescliffe
<i>Sat 5</i>	<i>11.00am</i>	<i>Peris Horseshoe 17.5/8500ft</i>	<i>Nant Peris</i>
Sat 5	1.00pm	Llyn Brenig 10miles	
Cerrigydrudion			
Sun 13		Lake Vyrnwy Half Marathon	Lake Vyrnwy
<i>Sun 13</i>	<i>11.30?</i>	<i>Ras Fawr Llanddoged 12.5km</i>	<i>Llanddoged</i>
Sun 20		Penmaenpool 10m	nr Dolgellau
Sat 26		CROSS COUNTRY LEAGUE	COLWYN BAY
OCTOBER			
Sun 4	12pm	Flintshire 10km	Mold
<i>Sun 4</i>	<i>1pm</i>	<i>Arenig Fawr 6.7m/1900ft</i>	<i>nr Bala</i>
Sat 10		CROSS COUNTRY LEAGUE	TELFORD
Sun 18	11am	BORDER LEAGUE	
Sat 24	9.30am	Snowdonia Marathon	Llanberis
NOVEMBER			
Sun 15	11am	BORDER LEAGUE	WALLASEY
Sat 21		CROSS COUNTRY LEAGUE	BANGOR

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

Please, please check race details
with the race organizer before
starting to a race.

**PRESTATYN RUNNING CLUB
COMMITTEE**

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Katie Brandrick
Jason Burton
Mike Doolan
Dave Henley
Duncan Longley

Newsletter Editor

Glenda Davies

CLUB MEMBERS

We think we have problems persuading people claiming to be members to keep up to date with their subs! Apparently in this year's London Marathon 53 of the 83 competitors who put their club down as "Serpentine Runners" were no longer recognized as members by the club. **BUT WE STILL EXPECT YOU TO PAY UP!!**

Cylchlythyr Clwb Rhedeg

PRESTATYN

Running Club Newsletter

This is your newsletter and I would like as many individuals to contribute, so please send any articles for the next copy to:

Glenda Davies
Hendre
Gwyddelwern
Corwen
Denbighshire
LL21 9SD

Articles for the next newsletter by

Sept 20th

Email: glendagelli@aol.com