



Cylchlythyr Clwb Rhedeg
PRESTATYN
Running Club Newsletter

Gaeaf 2008

Winter 2008

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**Biwyddyn Newydd
Dda**



Happy New Year

Next PRC social evening is a

Bowls Evening

at the North Wales Indoor Bowls Centre on

January 22.

Anyone interested must let the committee know in advance
and lanes and meals must be booked.

www.prestatynrunningclub.com

Croeso i Aelodau Newydd / Welcome to New Members

Dave Hughes Rhian Williams Neil Owen
Julia Perrin Holly Moyniha

*Congratulations
Column*

Welsh Reserves
Gordon Jones
George Nixon

**5 mile North Wales
Champions**

o/50 Gordon Jones
o/55 George Nixon

o/45 Glenda Davies

**North Wales call up
for the Welsh
Inter-counties
Championships**

George Nicholls(M35)
Gordon Jones (M50)
George Nixon (M55)

Brenda Tiedtke(o/45)
Glenda Davies(o/45)
Gabby Waring(o/50)

**Bachelor of Nursing
with Honours**

Julie Logan

Adroddiadau aelodau y pwyllgor / Committee Members Reports

Mens Captain Report

Abergele 5 – Good turnout from the men with 8 competing. 1st home and in good form was Gordon followed closely by Matt, George Nicholls and George Nixon all in 40secs. Dean also gained a P.B.

Award winners were: George Nicholls 2nd v/35 in both open and N.W Champs.

Gordon 1st v/50 in the open and N.W Champs.

George Nixon 1st v/55 also in the open and the N.W Championship.

Border League race 2. Wirral

This second race of the league saw another fine team performance by the club. Conditions being far from perfect with headwind and rain on the return loop. The men finished 4th in Div 1 and 7th vets. Excellent result. My man of the day goes to Dean who climbed 33 places from the previous fixture at Christleton to finish 52nd. However excellent performances by everyone and it is good to see the younger guys competing more and improving.

Paul Brandrick

Mens Cross Country Captain's Report

After three races of the 2008/09 season we currently lie second in Division two, only seven points behind Bangor University. Our veterans are fourth overall.

At Bangor on a very heavy course 9 men turned out with Gordon Jones second M50 and George Nixon first M55. We were, on the day, outshone by our ladies who turned out 11 runners. The first time in the history of the club's participation in the North Wales League that we have been outnumbered.

The race at Bangor surely proved another record, the longest ever North Wales League race, over seven miles for the men – an extra lap somehow being deemed necessary!!!!

The weekend before Bangor George Nixon travelled to Swansea as reserve for the Welsh M55 team at the British and Irish Masters' Cross country international. George proved he should have been in the first team by winning his age group in the open race with a better time than some of the times recorded in the international race.

Gordon Jones, George Nicholls and George Nixon have been selected to represent North Wales in the inter regional event at Wrexham on 13 December. Gordon, who was also a reserve for the Swansea event, cannot run due to other commitments.

George Nicholls will make what I believe is his first representative appearance, something that is well deserved.

The next league race is at Wrexham on 17 January, followed by Oswestry on 7 February.

Please ring me if you need any more details (01745 856 672)

Steve Hatfield

Chairman's Report

First I would like to thank all the runners that has contributed to our good start in the cross country and Border League so far this season. Currently the men are second in division 2 in the cross country with a tremendous chance of promotion and the ladies are near the top and have been turning out in numbers, I would also to congratulate the runners for being selected for North Wales at Wrexham George Nichols, Brenda Tiedtke for the first time George Nixon, Gordon Jones, Glenda Davies and Gabriel Waring in the Welsh inter counties on December 13th.

Due to my injury and missing the first two cross country races I was delighted to hear how well David Hughes has done. I use to train a lot with David in the eighties and took a lot of advice off him but the only advice I have not taken off him is to have a twenty five year rest from racing! Nice to see you back Dave.

In the Border league the racing has been very intense between the Prestatyn runners, pushing each other to higher positions especially the younger ones. Currently the Men are fourth in Division one, our highest for a few years but the Ladies have some work to do to hold on to their top division, which they have been for a few years. Come on ladies you can do it. The race to become the first Prestatyn centurion Border league is hotting up at the moment tied on eighty appearances is Paul Brandrick and David A Jones, Steve Hatfield seventy nine, myself seventy seven and Glenda Davies sixty one the highest lady.

On the social front we have got the Christmas run on Dec 17th followed with a buffet at the Saints please make an effort to attend. It will be our last club gathering of the year why not share your successes of the year with a drink among your fellow runners.

Also on the social front we have got an evening of playing bowls at the bowling centre in January followed with a hot pot. We did have one about five years ago and I thoroughly enjoyed it. So why not put your running trainers to rest and hire some bowling shoes for the night and slow things down and enjoy a game of bowls.

Next year is going to be a busy year for the club with the Vets championship in Ruthin in March, and how encouraging to know we have over one hundred members at present and hopefully we will continue to grow in the new year.

Happy New Year

Arwel .

Ladies Captain Report

Since the last newsletter PRC ladies have competed in races ranging from 5km to a full marathon. At Colwyn Bay cross country, we had 6 ladies running with two being newcomers to the sport – Helen Ashworth and Hawys Dafis. We ended 4th on the day but unfortunately we are out of the vets competition due to lack of ladies vets runners on the day.

At Lilleshall, 8 ladies ran and Tracy Howarth joined Helen & Hawys as a newcomer to cross country racing. I managed a 3rd in my age group and the team finished 4th on the day and are now lying 4th in the league after 2 races.

On the following day at Christleton in the Border League, 5 ladies ran, Jo, myself and Eleri Goddard having competed on the previous day. Jo led us home, I managed a 2nd in the o/45 and Eleri, Gill and Helen Baxandall ran well to ensure 5th place in Div 1.

At the Flint 10km Gill Brandrick won 3rd o/50, I was 3rd o/45 and with the help of Jo, Helen Baxandall and Tracy Howarth we won 3rd in the team prize.

Sharon Hulett had an excellent run in her first marathon clocking 4.38 at Anglesey.

Shelly had a brilliant run at Dublin Marathon – completing it in 4.01.

At Abergele 5 we had 12 ladies out enough for three full teams. I won the o/45 class which gave me the N.Wales Championship title for 5 miles, Brenda was 2nd in the o/45 category. Gill won 3rd o/50 and Irene Tayler won 0/55 category.

At the Border league at Hoylake, 8 ladies battled the conditions. Gill was 3rd o/50 after Jo had led the team home.

In the cross country race at Bangor the ladies for the first time in club history outnumbered the men. We had 11 runners with Shelley and Nene turning out for their first ever cross country. On this occasion Brenda led the team home and as a result we have three ladies selected to run for North Wales at the inter counties championships at Wrexham – Brenda Tiedtke, Gabby Waring and myself.

Glenda Davies

Welsh Athletics are putting on Welfare Workshops for all clubs in the near future at the following venues: Kinmel Manor, Abergele 9th January 2009
Rhayader Leisure Centre 14th January 2009

Welfare officers are expected to attend a course, however if you have attended one in the last 2 years it is not compulsory that you attend this year. If there are *any coaches* you feel would benefit from attending the course please let me know.

Please contact me to confirm which course you would like to attend.

Jacqueline Brace Administration and Registration Clerk Cardiff
International Sports Stadium
Leckwith Road, Cardiff CF11 8AZ
T 02920 644 870 (Office) F 02920 342 687

LONDON MARATHON PLACES

PRESTATYN Running Club's oldest member, who was unlucky not to be awarded a place in this year's London Marathon, will be on the start line in 2009. Eighty-year-old Eddie Naisby, from Clocaenog, was understandably frustrated not to be accepted for the 2008 race and, had he run to form then, he could well have won his age-group by almost 45 minutes. He was rejected again this time, but was lucky to win one of the two club places following a draw made at the club's Christmas social last week. At the moment, however, Eddie is recovering from an Achilles injury sustained during the gruelling multi-terrain race in Delamere Forest in October. The second club place went to Donna Curley, who joined the club last year and who made a huge improvement during the summer handicap series. She is now looking forward to training with a couple of the club's other women who have gained charity places in the marathon.

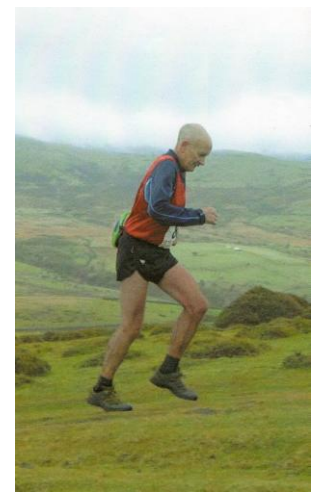
At the Christmas social club chairman Arwel Jones presented the awards to the three leading runners in the handicap series, Chris Taft, who was third, second-placed Helen Baxandall, who had won it for the past two years, and Tracy Colligan, who won all four races.

Proffeil Aelod / Members Profile



NAME: *Steve Hatfield*

D.O.B: 4/9/46



PLACE OF BIRTH: Rotherham, Yorkshire although regard Cleethorpes Lincolnshire as my home town where I went to live aged 2.

YEAR STARTED RUNNING: 1980 training for my first London Marathon

HOW LONG BEEN A P.R.C MEMBER : 21 years

FORMER CLUBS : Hillingdon AC(living in Ruislip), Frodsham Harriers(living in Frodsham) and I am also a second claim member of Cleethorpes AC and Northern Vets

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

5km: 18.24 Wrexham 1991

5m: 29.55 Prestatyn 1991

10km: 36.59 Backford(Chester) 1985

10m: 63.10 Wrexham 1991 have also done 10m in about 61minutes two or three times within half marathons

Half Marathon: 1.21.13 Warrington 1986

Marathon: 2.58.08 London 1990

MAIN HONOURS: Have been lucky to pick up occasional age group prize when the favourites haven't bothered to turn up!

BEST MOMENT: Breaking 3hours in Grimsby at end of Humber Bridge Marathon in 1985.

FAVOURITE TRAINING SESSION/ROUTE: The long Sunday off road run. Phil, myself and our dear friend Eddie Faure started this together in 1994. All our knowledge of local footpaths came from Eddie. We now have a small group of enthusiastic runners leaving the Saints at 8.30 sharp apart from Sundays when there is a Border League or other important race. Everyone is welcome.

SPORTING HERO/HEROINE: Bill Shankly – Grimsby Town manager 1951-1954. I believe he later found success with another club! As a student in Liverpool 1965-1968 and a football fan I was in the right place at the right time to witness many memorable Anfield moments, for example the time when Gary Sprake, the Leeds keeper, threw the ball into his own net at the Kop End.

OTHER SPORTS ENJOYED: Grimsby Town football club supporter since the age of six. Grimsby's ground is actually in Cleethorpes and have been proud to support my home town through good and (often) bad times. Have also watched a lot of cricket over the years.

WHAT I WOULD WISH FOR PRC CLUB: To continue to be the friendly club that it is, full of really nice people.

FAVOURITE RACE: Has to be the Castles Relay which I have been lucky enough to compete in 15 times. More locally I would choose the Sandstone Trail Race, a 17 mile jaunt through the Cheshire countryside.

HARDEST RACE: Must be the Snowdonia Marathon 2008. Thank you Tracy, Jo and Glenda and family for your much needed support!

FAVOURITE RACE DISTANCE: On the road the Half Marathon(82 completed) off road cross country, preferably not flat.

FAVOURITE SPORTING MOMENTS : Sorry for all the Grimsby Town references but I would choose watching Grimsby at the Old Wembley twice in 1998 with sons James and Matthew.

I was also at Headingley Leeds in 1981 when Ian Botham destroyed the Australian bowling and set up an England test victory.

PLACES YOU'D LIKE TO RUN: Just happy still to be running.

PREFERRED SURFACE: Definitely off road, although cross country, even at school, has always been my favourite type of running. Phil has converted me to fell running, provided it doesn't involve the type of race where you walk up a very steep hill for half an hour then turn round and run down. Probably disliked because of my inability to run down hill quickly.

OF FAVOURITE T.V: Too many reality shows for my liking in the style of I'm a nonentity, get me in there! Too many kicooking programmes, make overs, talent shows with karaoke singers, celebrity dancing, property programmes etc .
b Apologise for the grumpy old man bit!

Do enjoy comedy shows. Best recent one Peter Kay's spoof of X Factor. Favourite old show Blackadder but I really prefer the wireless to tv, Radio 4 by choice, which I can listen to while working.

FAVOURITE FILM: The Godfather part 2 or Once upon a time in America

FAVOURITE ACTOR: Robert de Niro

FAVOURITE TV PERSONALITY: Peter Kay

FAVOURITE SINGER/GROUP: The Dirty Dogs – Prestatyn covers band got me interested in "modern" groups, eg Kaiser Chiefs, Snow Patrol, Kings of Leon.

Have been a pop music fan since the late 1950's starting with Elvis, Buddy Holly and Eddie Cochran, Beatles in the 1960's and ELO and Pink Floyd in 1970's In later years my children kept me up to date with the likes of Oasis, Keane, Coldplay, Stereophonics and The Verve. Even got to enjoy some of the songs of Take That!

HATES/DISLIKES: In spite of what has happened to our family I try to retain a positive attitude to life.

FAVOURITE SCHOOL SUBJECT: History

WORST SCHOOL SUBJECT: Science

OTHER HOBBIES: Member of Ramblers Association and RSPB. Enjoy feeding Badgers in my garden and also like to visit steam railways(get the anorak out!)

FAVOURITE QUOTE: "some people think football is a matter of life and death.....I can assure them it is much more serious than that" Bill Shankly

MOST VISITED WEBSITE: HM Revenue & Customs!

RINGTONE ON MY MOBILE PHONE: Same as home phone. Boring I know.

Glenda has kindly allowed me some extra space to say a few words about my dear son Matthew. I wasn't altogether too happy about doing this profile in the circumstances, but including Matthew makes me feel a bit better about it. Matthew was a member of the club from 1991 (age 6) until he was around age 11. His first race ,aged 6, was the Tetra Pak 3km in Wrexham where he ran with his brother and sister. My training diary tells me that I did the accompanying 10km. I have many happy memories of taking Matthew with James and Becky to Deeside to run the Sunday cross-country series. I usually bribed him with a promise of sweets after his run! Matthew always ran with a lot of determination and this quality stood him in good stead when he became more interested in playing football than running. He was also a very keen football fan, naturally supporting Grimsby Town. Over the years Matthew,

his brother James and myself travelled many miles supporting Grimsby home and away. When James and I followed Grimsby to the new Wembley Stadium in May 2008 we were keenly aware that Matthew couldn't be there with us. We all miss him terribly.



Adroddiadau Aelodau/ Race Reports

Sale 10 Sunday August 3rd

I regularly run 10+ miles so I thought I would enter a 10 mile race to see how I got on. I did some research into the race and thought "Not too bad, flat, fast, round Wythenshawe Park-I can do that!" On the day the first thing we did was get lost coming off the M62-not a great place to be at 8am on a hot Sunday morning-driving round Sale looking for the race start. Anyway, eventually we got there with 20 minutes to go, got our numbers and had a little warm up-LOTS of serious runners, saw George Nicholls then we made our way to the start. At that point, I heard someone say it was 4 laps of the park-I struggle doing 2 laps in races-this was going to be soul destroying. Started off quite well, we reached the 1 mile marker, on the next lampost was the 3 mile marker and on the next lampost was the 6 mile marker. That was a bit deflating. After about two miles, I could hear serious huffing and puffing behind me and I realised I was lapped-oh well-nice to see the front runners in a race but usually I only ever see them at the start! The lapping continued throughout the race until the third lap when most people had finished. The third lap was definitely the hardest; I'd lost my motivation to keep going. I perked up a bit by the fourth lap because I knew the end was near. I crossed the line according to my watch in 100 minutes and 40 seconds-I was quite pleased I'd averaged 10 min miles because that was my aim. I didn't come last which was another bonus; there were a grand total of eight people behind me! I can not fault the race organisation, excellent marshalling and a mug at the end. I don't think I would do it again though!

Tracy Howarth

Anglesey Marathon

On Sunday the 21st September I ran the Anglesey Marathon. A few months ago, when I decided I was going to do this it seemed like a really good idea. As the time drew nearer I was starting to have second thoughts. My friend, Lorraine, decided she was going to run it with me, which gave me a boost as I thought we would encourage each other on the day. Unfortunately she had to pull out a few weeks before due to an injury. I managed three 20 mile runs in the months before the race.

On the day the weather was fantastic. The organisation at the race was brilliant. We all received a t-shirt from the Anglesey tourist board before the race along with some free energy gels. I knew the race was going to be tough as people had kept telling me how hilly it was going to be but it didn't seem to be quite as bad as I thought it would be. The encouragement we received on the route was great. People were sat in their gardens and on the side of the road cheering us on. People hooted and cheered from their cars and passing cyclists were very supportive. The volunteers at the drink and sponge stations were lovely but some of the marshals could have been a bit more cheerful.

At mile 23 I was starting to feel the pain. My legs were tired and my knees were sore. Just at that point my family drove passed in the car. My children were shouting and waving and I knew they would be waiting at the finish line. I was so relieved when I got back onto the showground and the sign said 400 metres to go. My children ran the last few metres with me along the other side of the fence which was great except they kept shouting for me to run faster!

At the finish we were given our medals, a drink and a Mars bar (which my son ate). A lovely bowl of vegetable soup was very welcome in the runners enclosure and stories and experiences were exchanged.

I had a wonderful day, although a lot of my friends thought it was a bit of a mad way to spend a Sunday and I would definitely do it again. I even got to meet and have my photo taken with Colin Jackson!

Sharon Hulett

Mrs B Gets Muddy

I arrived at the Cross Country Fixture in Bangor on a cold winters day after what had been a particularly wet week.

Within 10 minutes of walking across the grass with Paul towards the start, I had been asked by at least 6 fellow runners "You're not here to have a go are you?" and several more had looked on open mouthed astonished that I had put in an appearance. "Yes", was the answer, "I'm here but don't be fooled into thinking I'm competing".

And was I glad I'd made that decision.

I have great respect for our wonderful ladies team who battled the mud, slippery grass and more mud to race that course. They had a look of women possessed as they ran round fighting off other runners for hard earned places and then charging to the finish to get their position tickets.

The mens race was something else. How they managed to run on a course that was getting ever more churned up and slippery as the race continued I'm not really sure, and I really would not like to be the official who decided to put in the extra lap. They all did really well, it's just as well that the race didn't start any later as the light was beginning to fail as we walked off the field.

Yes, I did get muddy but that had more to do with minding Gays' dog while she ran than anything else.

I feel sure that Cross Country is a marvellous sport and you never know one day you may find me lining up and raring to go, but don't hold your breath in the meantime!!

Gill Brandrick

PRC Grand Prix latest

	Races	Points
George Nichols	14	142
Gordon Jones	9	131
Glenda Davies	10	126
Matt Sims	10	97
Jo Mc Donough	8	90
Paul Brandrick	11	80
Des Davies	11	77
George Nixon	7	78
Steve Hatfield	10	74
Brenda Tiedtke	6	68
Chris Kelly	6	60
Eleri Goddard	8	59
Gill Brandrick	7	52
Tracey Colligan	5	49
Arwel Jones	7	42
Helen Baxendall	6	40
Gareth Hughes	5	35
Gareth Brandrick	5	34
Gareth Bailey	6	34

A Running Record.....part three

Chapter Two of this running record covered 1985 to 1990 when I was mostly running in South Wales for Bridgend, gaining never to be experienced again PBs, before moving, marrying and acquainting myself with Thomas the Tank, Barbie dolls and Duplo – no, not a secret sideline, but entertaining our lovely daughter Sarah (18 in December – oh dear!).

My first run back in Prestatyn colours was the Castell Dinas Bran race in Llangollen in 1991 (3rd in 37.35) – surprisingly not another Prestatyn runner to be found on the ‘top 100’ results sheet. In July 1991 I did my one and only track race for my dept in the Civil Service – well two actually. A 400m (58.5) – I thought I was doing quite well until everyone passed me on the final bend - and a slightly more friendly (for me) 3,000m (9.44.00). The times for these awfully short races (at the time I lived and breathed 10 mile plus races) mean absolutely nothing to me.

I was now back running the North Wales cross country league races (15th at Shrewsbury and 16th at Bangor), the Tavern Trail at Llandrynog (10th in 1.48.14) with Paul Crable winning the short course, and 2nd in the Anglesey 30k (1.40.51) in March 1992 with Gareth giving me a nice little mention in the Daily Post, though I could have done without ‘the Stretford winner was a long way ahead’ bit, even if it was true.

In June I was back doing the Welsh Castles after a gap of 7 years (the second leg for the fourth time – 3rd in 59.48 for the 10.6 miles). I can see lots of familiar names for the other legs including Arwel Jones, Paul Brandrick, Steve Hatfield, Paul Hooson, Vic Gulliver, Frank Reilly and Paul Robson. In August I did the Ruthin half marathon (3rd in 75.37) with some guy called George Nixon right behind me (76.41)! Steve Hatfield was first V45 in 85.23, a little head of Paul Brandrick (88.06). Later in the month it was my one and only run of the Denbigh Flower Show 5 (26.25) – I was 2nd to Wrexham’s Bernie Jones (an experience I would repeat at Bala).

In September came the Llyn Brenig ‘fun run’ (3rd in 55.55) with Denise Meldrum, Eileen Williams, June Cooke, Sheila Jones and Daphne Challoner the other Prestatyn finishers. I managed 15th in the Majestic Travel – them were the days – cross country league in Shrewsbury in the same month, with Frank Reilly 33rd, Peter Roberts 36th, Paul Robson 48th, Alan James one behind in 49th and Paul Crabbe 59th. The ladies were lead home by Jean Hodgson (45th), with Mary Robson (49th) and Wyn Mullen (52nd) in close support.

I was also racing for my employer – the Health and Safety Executive (HSE) - at this time, with the bonus that there were a few runners out at lunch times for training runs. Though I don’t do the Civil Service races anymore I still train with colleagues when I’m in Bootle. The company is good and the terrain even better – flat!

1993 dawned and I was still racing regularly. More cross country - Moss Valley (14th), Aberystwyth (12th) and Oswestry (7th) - with the Llyn Tegid race at Bala somewhere in between where I finished 2nd (yet again) to Bernie Jones (again) in 59.02. Paul Hooson was 23rd in 65.12 (taking an amazing 6mins off his best time).

In April Gareth put the kiss of death on me for the North Wales 10 mile championships with the headline ‘Gordon a good title tip’. In fact an Irish World Championship runner turned up on the day and belted round in 50.24, followed by Neil Haskins and myself (53.33). An unfit Simon Shiels was 4th.with Paul Hooson again in the top 25 with an 18th finish in 59.10. Paul Brandrick was 33rd in 63.12, Gareth was 42nd (65.24) and Steve Whitfield 71st (70.59).

Next came a defining moment for me in my third Dinas Bran 7 at Llangollen. I finished 8th (compared to 3rd the year before). However, it was a real struggle from start to finish and I didn’t enjoy it. I can remember deciding there and then that I’d have a break from racing, though I didn’t know that it was going to be for a full five years!

Apart from killing myself in the Ruthin School Hillfort race (up Moel Famau) - just for a change I was 2nd - my first race back was, fittingly, the Welsh Castles Relay in 2002. Just for a change I had a new leg - Criccieth to Maentwrog - finishing in 19th (76mins) on too little training. Not for the first time (or the last) I did my Douglas Bader impression for a few days afterwards.

It was back to the cross country at Colwyn Bay (29th), with Shane leading us home in 24th and Arwel 3rd scorer in 61st. Steve Hatfield was our fifth scorer in 97th, this time edging out Gareth (110th). Wrexham (36th) and Oswestry (38th) followed in early 2003. In the latter Shane (29th) and George (30th) had excellent runs, as did Arwel (51st).

In June 2003 I did the Dolgellau to Dinas Mawddwy leg in the Castles (16th in 65.59). Either I experienced another period of hibernation or I didn't keep my records up to date, but it all gets a bit sketchy thereafter. The Castles continued with Dinas Mawddwy to Foel in 2004 (10th in 68.25), Criccieth to Maentwrog again in 2006 (14th in 81.45) - I'd nearly forgotten about THAT up hill finish - the infamous BUILT WELLS to the Drovers Arms (33rd in 77.45) and ending recently with Caerphilly to Cardiff (15th in 67.44) - my 10th Castles. I'd now got Douglas Bader off to a fine art.

The cross country also continued with a 3rd overall in the V45 category and a rather fortunate 1st a couple of years later. I also managed a rare Border League (my second) at Prestatyn in 2006 somehow finishing 12th. Also there were Andrew Jones (19th), Martin Cortvriend (37th), Chris Kelly (43rd) and Arwel (57th), amongst others.

2006-07 was a disappointing season. I set out to do all of the Border League and cross country races, managing Prestatyn (now back in 53rd), Birkenhead (37th) and Tattenhall (28th), and two 48th finishes in the cross country before being injured at Wrexham (138th). I did though manage to get back for the last Border League at Deeside (53rd).

In the Summer of 2008 I ran my first Deeside 5 open meetings (7th, 11th and 10th) finishing first V45 despite arriving for the last race just in time to see the winners coming in (I was stuck on a flooded M56). The Castles followed in June when I was honoured to be given the final leg. The Dolgellau 5 (8th in 28.03) was another new race for me, with race machine George Nichols and Paul and Gill Brandrick welcome, familiar faces. It was my first V50 race.

2008 has in fact been my most prolific year for some time - must be something to do with turning 50 (the start of Chapter Four??). Three cross country races to date (35th, 31st and 41st) and two Border Leagues (33rd and 38th) with the Abergele 5 sandwiched in between (16th in 29.41). The aim is to do all of the cross country and Border League races, if I can stay fit. The Abergele result was a nice bonus as I achieved my first 'championship' - North Wales 5 mile V50 champion. Mind, I'm glad no one told me about the 'undulating' course beforehand! It was also nice to be selected recently for the Wales V50 team - even if it was as an unused reserve. I've got my county vest (South Glamorgan) and was sorry to have to turn down a chance to run for North Wales in December. I was reserve for a Wales Senior Men team back in the 1980's, but I've never quite managed to put on the Welsh vest.

This long - sorry - very long record has brought back many happy (and a few painful) memories, and also a few of mysteries. I ran the Barnsley half marathon in the 1980s so my records tell me, but do I remember anything at all about this race? Absolutely nothing. It has also enabled me to put all my running records in order - I've even found a few more races that had slipped off the radar, but I'll spare you those!

I've enjoyed running for Cardiff, Bridgend, Prestatyn (now in my second spell), HSE and even, for a short while, second claim for 'Pontypridd Rodents'. Fortunately I've not had too many injuries despite the big mileage over the years. I'm not sure how long I'll keep it going, but watching some of my elders at Prestatyn I think I'll feel guilty if I stop before my 65th! I'm even trying to enjoy it a bit more and not kill myself at every race.

Happy running one and all.

Gordon Jones

Hysbysfwrdd / Noticeboard

<p style="text-align: center;">PRC website</p> <p>These days many, many people use the website as a means to discover info about a club and since we are a friendly and successful club we need to portrait that, so please send information to Bill. It could be anything of interest e.g how you fared in a race, your views about a course,etc Please contact Bill at BCarbonari@aol.com</p>	<p>Some members may recall that a few years ago there was an exchange visit between PRC and a Dutch club.</p> <p>Alan and Win James have remained friendly with the Dutch and over the first weekend in May, 2009, about 40 of their members are coming over.</p> <p>They are hoping to find a race somewhere in the area (Any suggestions ? – it’s a quiet weekend) and will probably be staying at the Marine Holiday Park in Rhyl. On the Bank Holiday Monday we shall probably be joining them for a social run, probably followed by a meal. Details are yet to be arranged so watch this space.</p>		
<p style="text-align: center;">FOR SALE</p> <p style="text-align: center;">PRC RED HOODED SWEATSHIRTS</p> <p style="text-align: center;">£10</p> <p style="text-align: center;">see Glenda or Steve Hatfield</p>	<p style="text-align: center;">Next social evening</p> <p style="text-align: center;">Bowls evening</p> <p style="text-align: center;">at the North Wales Indoor Bowls Centre</p> <p style="text-align: center;">on January 22</p> <p>Anyone interested must let Gareth or a committee member know in advance so that lanes and meals can be ordered</p>		
<p style="text-align: center;">Asthmatic?</p> <p>Please make sure you have filled a form by the Welsh Athletics:</p> <p>www.welshathletics.org -click on Downloads -click on Inhaler Registration Form</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; padding: 5px;"> <p>“Congratulations to Julie Logan on gaining her Bachelor of Nursing degree with Honours – the result of three years’ hard work.</p> <p>Now the trivialities are out of the way she can get on with some serious running.”</p> </td> <td style="width: 50%; padding: 5px;"> <p>AN APPEAL – If any of you have trophies since the last AGM which need to be engraved could you please ensure that the work is done before the next presentation which, for the first time, will be at the club’s social instead of the AGM.</p> <p>Thanks Gareth</p> </td> </tr> </table>	<p>“Congratulations to Julie Logan on gaining her Bachelor of Nursing degree with Honours – the result of three years’ hard work.</p> <p>Now the trivialities are out of the way she can get on with some serious running.”</p>	<p>AN APPEAL – If any of you have trophies since the last AGM which need to be engraved could you please ensure that the work is done before the next presentation which, for the first time, will be at the club’s social instead of the AGM.</p> <p>Thanks Gareth</p>
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<p>The Sun Centre 5k which is organised by the club has again been awarded the North Wales championship status for 2009. The race will be held on May 27.</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; text-align: center; padding: 5px;"> <p>MARCH 28TH 2009</p> <p>Prestatyn Running Club Presentation & Social Evening</p> </td> <td style="width: 50%; text-align: center; padding: 5px;"> <p>MARCH 27th 2009</p> <p>Prestatyn Running Club</p> <p>AGM</p> <p>7.30pm</p> <p>at the North Wales Bowling Centre</p> </td> </tr> </table>	<p>MARCH 28TH 2009</p> <p>Prestatyn Running Club Presentation & Social Evening</p>	<p>MARCH 27th 2009</p> <p>Prestatyn Running Club</p> <p>AGM</p> <p>7.30pm</p> <p>at the North Wales Bowling Centre</p>
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Dyddiadau / Fixtures

<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Venue</u>
Sat 3 Jan			
Sun 4	11.00am	Borders Road Race League(4)	Caernarfon
Sat 10			
Sun 11			
Sat 17	2.00pm	North Wales Cross Country League(4)	Wrexham
Sun 18	11.00am	Four Villages Half Marathon	Helsby
Sat 24	1.00pm	Twin Piers 10k Road Race	Colwyn Bay
<i>Sat 24</i>	<i>12.00 non</i>	<i>Ras Tarren Hendre 6m/2000ft</i>	<i>Abergynolwyn</i>
Sun 25			
Sat 31	12.00nn	North Wales Cross Country Champs	Northop
Sun 1 Feb			
Sat 7	2.00pm	North Wales Cross Country League(5)	Oswestry
Sun 8	12noon	Nick Beer 10k road	Llandudno
Sat 14			
Sun 15	11.00am	Village Bakery Half Marathon	Wrexham
<i>Sat 21</i>	<i>11.00 am</i>	<i>Ras Moel y Ci 5m/950ft</i>	<i>Environmental Centre, Tregarth</i>
Sun 22	11.00am	Borders Road Race League(5)	Ellesmere Port
Sat 28			
Sun 1 Mar	1.00pm	Farndon 10k road race	Farndon
Sun 1			
Sat 7		UK Inter Counties XC Champs	Nottingham
Sun 8			
<i>Sat 14</i>	<i>1.00pm</i>	<i>Ras Moel Wnion 4m/1600ft</i>	<i>Rachub nr Bethesda</i>
Sun 15	11.00am	Borders Road Race League(6)	Deeside
Sat 21		BRITISH MASTERS CROSS COUNTRY CHAMPIONSHIPS RUTHIN	
<i>Sun 21</i>	<i>1.00pm</i>	<i>Ras yr Aran 10m/2500ft</i>	<i>Llanuwchllyn</i>
Fri 27		<u>PRC AGM at the NW Bowls centre</u>	<u>Prestatyn</u>
Sat 28		<u>PRC Presentation & Social Evening</u>	
<i>Sat 28</i>	<i>1.00pm</i>	<i>Llangynhafal Loop 4.75m/1750ft</i>	<i>Llangynhafal</i>
Sun 29	11.00am	Asics Wilmslow Half Marathon	Wilmslow
Wed 1 ? Apr	7.00pm	Spring 5 mile Road Race	Upton by Chester
<i>Sat 4</i>	<i>11.00am</i>	<i>Llantysilio Mountain Race 6.2m/2100ft</i>	<i>Rhewl nr Llangollen</i>
Sun 5	9.30 am	Chirk 10k Road Race	Chirk
Fri 10		Good Friday Races	Southport/Salford
<i>Sat 18</i>	<i>2.00pm</i>	<i>Ras y Moelwyn 10.5m/2800ft</i>	<i>Blaenau Ffestiniog</i>
Sun 19			
Sat 25?	2.00pm	North Wales 10 mile Road Champs	Wrexham
Sun 26		London Marathon	London
Wed 29	7.15pm	Borders Road Race League & presentations(7)	Wrexham

*Note: 'Great Arete' Midweek Series Dates: 7th, 14th, 21st, 28th April.
All at 7.15pm Check with Phil on venues*

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

Please double check dates , times & venue BEFORE starting out so that you arrive at the right place on the correct DAY!!!

**PRESTATYN RUNNING CLUB
COMMITTEE**

Chairman

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user@jonesm16.fsnet.co.uk

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Gareth_anwen@talktalk.net

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Jo McDonough
Katie Brandrick

Juniors Representative

Committee members

Pete Blundell
Jason Burton
Mike Doolan
Dave Henley
Matt Sims
Brenda Tiedtke

Newsletter Editor

Glenda Davies

Welfare Officer

Gabby Waring

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

Email: glendagelli@aol.com

March 21st

**BRITISH MASTERS
CROSS COUNTRY
CHAMPIONSHIPS**

at RUTHIN

organised by

Prestatyn Running Club

**It is a huge honour
and we need volunteers.**

**Please let Gareth Hughes
know if you can help
before, during or after
the races.**

Articles for the next newsletter by

March 1st