

## **ROSE'S SUB-LIME RESULT AT CAERNARFON**

Warm, but not too warm with almost no breeze, that was the weather facing the runners in the Regional 10km championships at Caernarfon on 4/9 and on a course that is nothing if not scenic, it was the current North Wales 5km champions Matthew Rose and Erika Robinson who took the honours. An early group of 6 men, went down to 3 by the 4km mark and by 6km it was a one-horse race as the open race leader, Welsh international mountain runner Richard Phillips (Serpentine), pushed on to win in 33:02. Rose, who hung on after Phillips' break, also opened up a big gap on third-placed Wales international Gwyn Owen (Eryri), taking the champion's title in 33:16, with Owen silver in 33:39. New father and Regional men's captain Brendan Rothery (Eryri) took bronze in 33:49. The women's race however, was a different story. Robinson went straight to the front and had opened up a 1:43 gap at the finish, winning the championship and the open race in 37:07; she was also 11th finisher. Erika was in the Wales team, for the fifth successive time, that competed in the Cardiff 10km, an Inter Area match, on 11/9. She recorded a fine 36:54, while David Mountford finished in 31:32. Silver went to Emma Parry (and 1st F35) in 38:50, a good result as she is still recovering from a long-standing leg injury. Emma had been the Regional 10km champion in 2001, 2005, 2006, and 2007. Bronze went to 2009 winner Andrea Rowlands (Eryri) who had competed in a 14 mile fell race the previous day; she recorded 39:57. 2010 winner Emma Collins (Denbigh) had to be satisfied with first F45, while Rose and Robinson's coach, Les Coathup (Buckley) won the M55 in 38:37 and race organiser Arwel Lewis ran in the event and won the M50 in 39:19. Other results: M35: 1. Owen, 2. Desi Damiani (Wrexham) 34:16; M40: Chris Yorke (N.W.R.R.C.) 38:34; M45: 1. Thomas da Luca (Eryri) 37:33 2. Rhys ab Elwyn (Eryri) 37:53; M50: 1. Lewis 2. Paul Ballinger (Denbigh) 40:04; M55: 1. Coathup 2. Phil Jones (Eryri) 43:17; M60: Griff Owens (Prestatyn) 38:47; M65: John Evans (Aberystwyth) 45:24; M70: 1. Roger Harrison-Jones (Prestatyn) 49:28 2. Ron Harrison-Jones (Prestatyn) 49:59; M80: Cliff Wilkinson (N.W.R.R.C.) 73:38. F35: 1. Parry 2. Rowlands; F40: Lisa Morley (Wrexham) 43:02; F45: Emma Collins (Denbigh) 42:51; F50: Lorraine Jones (Cybi) 48:39; F55: Vivienne Edwards (Menai) 56:22; F75: Sheila Symonds (Bro Dysynni)

As ever, a well-organised event by Eryri Harriers, but where were the young athletes? For the first time since N.W.R.A.C.'s inception in 1997, the championships featured more medals for Masters. Using the National Body's formula saw silver presented in the M35, M45, M50, M70, and F35 categories. In fact, more medals could have been won if several Masters had paid the 50p surcharge to enter the championships, a fact I hope will persuade our more senior runners to take note of! The next championships are at the Abergele 5 on November 6th; see you there!