



WREXHAM ATHLETICS CLUB



WEEKLY REPORT 35 / 2016

FINAL FLING THROWS MEETING, Wrexham, 24 & 25 Sept.

U11B	Leo Wright	JT 1 st 19.47 ; DT 1 st 13.85 ; SP 2 nd 4.79
U13B	Taylor Williams	JT 3 rd 21.96 ; DT 6 th 12.30
	Luke Dillon	JT 6 th 15.14 ; DT 4 th 16.85 ; SP 2 nd 6.60 ; HT 1 st 21.07 rank 15 th UK: (Throwathon 2 nd)
	Reuben Rees-Slawson	JT 5 th 16.36 ; DT 5 th 14.32 ; SP 5 th 5.99 ; HT 2 nd 20.16 ; (Throwathon 3 rd)
U13G	Grace Meredith	DT 4 th 20.84 ; JT 6 th 16.71 ; SP 2 nd 6.33
	Josie Sanders	JT 3 rd 26.19 PB rank 2 nd Wales
	Lizzie Mackenzie	JT 8 th 14.76
U15B	Ben Williams	JT 11 th 21.16 ; HT 10 th 16.44 ; SP 13 th 7.68 ; DT 7 th 25.72 (Throwathon 9 th)
	Isaac Lecki	SP 6 th 10.65 ; DT 3 rd 31.51 PB rank 4 th Wales
	Elliot Odunaiya	JT 2 nd 44.25 PB rank 2 nd Wales ; DT 12 th 23.33
U15G	Holly Pemberton	SP 14 th 6.34 ; HT 14 th 18.74 ; JT 2 nd 31.03 ; DT 3 rd 26.22 (Throwathon 8 th)
	Niamh Collins	SP 8 th 7.55
	Isabelle Collins	SP 6 th 8.75 ; HT 11 th 30.08 ; JT 4 th 25.23 ; DT 11 th 19.07 (Throwathon 7 th)
	Hannah Warwick	SP 13 th 6.68 ; DT 14 th 13.21
	Ella Hunter	SP 15 th 6.21 ; DT 15 th 11.73
U17M	Max Holland	JT 3 rd 49.47 PB rank 2 nd Wales
U17W	Holly Pemberton	JT 6 th 29.62 (ranked 3 rd Wales U15G)
U20W	Ellie Collins	SP 5 th 9.26 PB rank 6 th Wales; JT 6 th 30.62 PB rank 5 th Wales
SW	Manon Edwards	HT 1 st 35.53 (ranked 2 nd Wales U23W)
SM F36	Martin Chadwick	SP 1 st 8.24
M35	Neil Edwards	SP 1 st 9.97 ; HT 2 nd 27.63 ; JT 1 st 40.67 ; DT 1 st 28.40 (Throwathon 1 st)ranked 1 st Wales
M45	Stephen Warwick	SP 1 st 9.50 ; DT 1 st 27.13 (ranked 1 st Wales M45 at SP & DT)
M60	Geoff Ward	DT 3 rd 35.74 (rank 1 st Wales, 11 th UK); HT 2 nd 29.54 (rank 3 rd Wales)
M65	Paul Brooks	SP 1 st 7.33 (rank 2 nd Wales); DT 1 st 28.65 (rank 3 rd Wales)
M70	Bob Frost	SP 2 nd 6.35 PB (rank 3 rd Wales); JT 1 st 21.92 PB (rank 1 st Wales, 12 th UK)

ERDDIG PARKRUN, 17 Sept.

Jonny Hudson	4 th	20.08
Joseph Hancock	7 th	20.51
Peter Sussex	25 th	23.18
Alison Whitelaw	32 nd	24.29
Martin Cartwright	46 th	26.11
Jeremy Davies	50 th	26.32
Hazel Platt	88 th	29.46
Janet Bancroft	96 th	31.00
Alex Edwards	104 th	31.46
Paul Holland	105 th	31.46
Tony Vesty	120 th	32.43
Rob Barber	149 th	35.49
Kathryn Bannister	152 nd	36.03
Melanie Gilliver	176 th	40.17

CHESTER PARKRUN, 24 Sept.

Phoebe Norfolk	104 th	26.17
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FUTURE EVENTS

Sat 1 Oct	12noon	North Staffs Cross Country League, Winsford (all ages)
Sat 1	2.00pm	Ceiriog Canter Fell Race, Glyn Ceiriog
Sun 2	9.00am	Chester Marathon
Sun 2	10.00am	Sandstone Trail Races, Cheshire
Sat 8	10.00am	Bangor 10k & Half Marathon
Sat 8	10.30am	North Wales Junior Cross Country League, Bangor
Sun 9	11.00am	Borders Road Race League, Caernarfon

ERDDIG PARKRUN, 24 Sept.

Jonny Hudson	6 th	20.10
Joseph Hancock	10 th	20.49
Haruun Abdulqadir	12 th	21.22
Peter Hughes	20 th	22.36
Shaun Breeze	27 th	23.46
Alison Whitelaw	32 nd	24.27
Jonathan Davies	38 th	25.09
Rosalind Adams	50 th	26.08
Nicola Vesty	125 th	32.53
Tony Vesty	126 th	32.54
Alex Edwards	205 th	57.39 sweeper

WEPRE PARKRUN, 24 Sept.

Mike Robbins	3 rd	21.44
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