



WREXHAM ATHLETICS CLUB



WEEKLY REPORT 38 / 2016

NORTH WALES XC LEAGUE, Mold, 15 Oct.

U11B	Max Freudmann	24 th	13.00	
U13B	Ted Bolton	7 th	11.15	
	Ioan Oldfield	8 th	11.23	
	Louis Lermite	12 th	12.29	
U15G	Gwyneth Parry	2 nd	10.45	
	Ella Oldfield	9 th	12.51	
U15B	Hugo Freudmann	10 th	17.37	
SW	Sophie Paxton	15 th	22.40	2 nd U17W
	Lisa Morley	16 th	22.55	2 nd W45
	Ellie Williams	34 th	24.04	U17W
	Linda Jones	41 st	25.05	
	Alison Whitelaw	49 th	25.26	3 rd W55
	Ros Adams	72 nd	27.16	2 nd W60
	Margaret Docking	86 th	29.13	2 nd W65
	Gillian Csizmadia	92 nd	30.06	
M70	Arthur Egan	4 th	29.01	
	Bob Frost	5 th	29.38	
	Peter Norman	9 th	40.09	2 nd M75
	John Tipping	10 th	43.17	3 rd M75
	Brian Forster	11 th	45.08	1 st M80
SM	Christian Smith	9 th	29.53	2 nd U20M
	Mike Robbins	55 th	33.22	3 rd M50
	Phil Walker	165 th	40.20	1 st M65
	David A Williams	196 th	51.39	(now in his 50 th year of running in the NWXCL)

Full results at www.northwalesxc.com and www.thepowerof10.info/results

FARNDON 10K, 16 Oct.

Daniel Weston	3 rd	34.12		Wrexham AAC 1 st Men's team
Tanguy Chassard	5 th	35.27	1 st U21M	
Gareth Chaloner	22 nd	39.50		
David Millington	39 th	40.58	3 rd M45	
Lisa Morley	68 th	43.43		
Peter Sussex	90 th	45.26		
Deb Pugh	151 st	48.26	1 st W50	
Charles Ashley	156 th	48.36		
Richard Westwood	178 th	50.04		
Hazel Platt	271 st	55.23		
Jan Bancroft	323 rd	59.37		
Suzanne Griffiths	329 th	59.59		
Kathy Bannister	342 nd	60.41		
Anthony Vesty	352 nd	61.41		
Lisa Collins	363 rd	62.26		
Alex Edwards	390 th	65.33		
Gillian Breeze	412 th	74.40		
Melanie Gilliver	413 th	74.43		
Wendy Holland	413 th	74.43		
Sarah Wynne	424 th	99.59		

Full results at www.thepowerof10.info/results and www.cutefruitevents.com

MANCHESTER HALF MARATHON, 16 Oct.

Tristan Thomas	1474 th	1.41.08
Sion Davies	2825 th	1.50.22

BORDERS ROAD RACE LEAGUE, Caernarfon, 9 Oct.

Tanguy Chassard	7 th	35.09
Mike Robbins	59 th	38.43
David Millington	108 th	41.44
Charles Ashley	210 th	47.23
Linda Jones	222 nd	47.52
Richard Westwood	245 th	49.26
Gillian Csizmadia	299 th	57.16
Suzanne Griffiths	308 th	60.16
Kathy Bannister	309 th	60.46
Alex Edwards	314 th	66.17

Full results at www.bordersleague.org.uk

LAKELAND TRAILS 15K CHALLENGE, Coniston, 1st Oct.

Gillian Csizmadia	257 th	1.49.38
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ERDDIG 5K PARKRUN, 15 Oct.

Joseph Hancock	7 th	20.50
Peter Hughes	24 th	23.31
Shaun Breeze	26 th	23.54
Nicola Vesty	118 th	32.46
Michael Edwards	129 th	33.47

FUTURE EVENTS

Sun 23 Oct	10.00am	Flintshire 10k Road Race, Mold (3k at 9.00am)
Sun 23	11.00am	Clwydian Hills Race, Cilcain
Sun 23	12noon	Welsh XC Relays, Monmouth
Sat 29	10.30am	Snowdonia Marathon, Llanberis
Sat 29	12noon	North Staffs XC League, Parkhall, Stoke on Trent ST3 5BH
Sun 30	12noon	Abergele 5 Road Race (North Wales Champs)
Sat 5 Nov	10.30am	North Wales Junior XC League, Llandudno
Sat 5	2.00pm	North Wales Senior XC League, Llandudno
Sun 6	10.00am	Borders Road Race League, Upton by Chester (note early start)

CLUB NEWS

The **North Staffs XC** League fixture at Keele on Sat 19 November will have races for **Seniors only** as it has been found by the organisers that the venue will not be suitable junior athletes.

Subject to confirmation at our monthly Club Committee this Wednesday, the **transport** to **North Staffs XC League** fixtures will be **discontinued** due lack of support, and athletes will need to make other arrangements to get to the venues (info at www.nsccl.org.uk)

Our club will be hosting the **North Wales Junior XC League** fixture on Sat 3 December at Ysgol Morgan Llwyd playing fields on Cefn Road, Wrexham. **Volunteers** to help that morning will be most welcome.

Matthew Willis (Junior Award), **Daniel Weston** (Senior Award) and **Ian Robinson** (Coach Award) have been short listed for the Wrexham County Borough Council Sports Awards 2016 at Brymbo on Thursday 3rd November, in addition to **Sabrina Fortune** of Wrexham Special Olympics (Disability Award).

The **North Wales Indoor Track & Field Champs** will be held on Sat 7 January 2017 at Deeside, and entry forms will be available in due course.

Wrexham AAC **Club Road Race Champs & Junior Track** 1600m race (with proceeds to a charity) will hopefully take place at Queensway on Sunday 8 January 2017 at 12noon and more info will appear later.