



# WREXHAM ATHLETICS CLUB



## WEEKLY REPORT 40 / 2016

### SNOWDONIA MARATHON, Llanberis, 29 Oct.

Ian James	48 <sup>th</sup>	3.09.56	1 <sup>st</sup> M55 Welsh Masters Champs
John Davies	83 <sup>rd</sup>	3.18.13	
Gwyn Roberts	229 <sup>th</sup>	3.36.37	
Alan French	464 <sup>th</sup>	3.54.20	
Linda Jones	731 <sup>st</sup>	4.11.11	3 <sup>rd</sup> W50 Welsh Masters Champs
Jonathan Davies	1048 <sup>th</sup>	4.29.32	
Peter Hughes	1185 <sup>th</sup>	4.36.57	
Charles Ashley	1329 <sup>th</sup>	4.47.13	
Richard James	1330 <sup>th</sup>	4.47.13	

Full results at [www.thepowerof10.info/results](http://www.thepowerof10.info/results) and [www.tdlevntservices.com](http://www.tdlevntservices.com)

### NORTH STAFFS XC LEAGUE, Weston Coyney, 29 Oct.

U13B	Ted Bolton	16 <sup>th</sup>	9.54
U15B	James Evans	30 <sup>th</sup>	11.03
SM	Paul Evans	266 <sup>th</sup>	39.43
	Robin Frost	284 <sup>th</sup>	43.19
	Shaun Partington	291 <sup>st</sup>	47.13

Full results at [www.nsccl.org.uk](http://www.nsccl.org.uk) and [www.thepowerof10.info/results](http://www.thepowerof10.info/results)

### ERDDIG 5K PARKRUN, 29 Oct.

Matthew Willis	1 <sup>st</sup>	17.03
Daniel Weston	4 <sup>th</sup>	19.41
Jonny Hudson	8 <sup>th</sup>	21.02
Ellie Williams	29 <sup>th</sup>	23.51
Richard Westwood	36 <sup>th</sup>	24.43
Joe Collins	60 <sup>th</sup>	26.31
Ger Collins	61 <sup>st</sup>	26.33
Evan Meredith	84 <sup>th</sup>	28.31
Angie Meredith	95 <sup>th</sup>	29.29
Tony Vesty	98 <sup>th</sup>	29.39
Michael Edwards	143 <sup>rd</sup>	33.14
Peter Norman	172 <sup>nd</sup>	37.30
John Tipping	192 <sup>nd</sup>	40.15
Alex Edwards	215 <sup>th</sup>	46.35

### WEPRE 5K PARKRUN, 29 Oct.

Mike Robbins	7 <sup>th</sup>	22.36
--------------	-----------------	-------

### ABERGELE 5M (N.Wales Champs), 30 Oct

Thomas Spence	32 <sup>nd</sup>	30.36
Mike Robbins	36 <sup>th</sup>	31.23 2 <sup>nd</sup> M50

Results at [www.abergeleharriers.co.uk](http://www.abergeleharriers.co.uk)

### FUTURE EVENTS

Sat 5 Nov	10.30am	North Wales Junior XC League, Llandudno (Seniors 2pm)
Sun 6	10.00am	Borders Road Race League, Upton by Chester
Sat 12	1.00pm	Betws y coed 5k/10k Trail Challenge
Wed 16	7.00pm	Club AGM, Morgan Llwyd Sports Centre, Cefn Road, Wrexham

### NEWS

Our Club Chairman, David Alun Williams, received a **Lifetime Achievement Award** at the Welsh Athletics AGM last Saturday in Llandrindod Wells. During an interval, David was asked how he had managed to run for 50 years in the North Wales Cross Country League. Quick as a flash, he said it was just a matter of simple primary maths as he had done a couple of years in the league with Bangor Normal Teacher Training College XC team, before joining Wrexham AAC in 1969.

We have been allocated 2 places in the **2017 London Marathon** and members who wish to be considered should let me know by Friday 11 November. Alan French & Charles Ashley have already expressed an interest.