



WREXHAM ATHLETICS CLUB



WEEKLY REPORT 42 / 2016

BRITISH & IRISH MASTERS XC INTERNATIONAL, Glasgow, 12 Nov.

W55	Alison Whitelaw	17 th	27.22	Wales
W65	Margaret Docking	15 th	29.57	Wales
M50	Mike Robbins	29 th	29.54	Wales

BETWS Y COED 10K TRAIL RACE, 13 Nov.

Michelle Henderson	189 th	65.05
Hazel Platt	190 th	65.05

CESHIRE 10K, Arley Hall, 12 Nov.

Anna Moccia	500 th	50.59
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ERDDIG 5K PARKRUN, 12 Nov.

Samuel Sussex	1 st	18.44
Daniel Weston	2 nd	20.19
Hugo Freudmann	15 th	22.31
Peter Sussex	21 st	22.48
Jonathan Davies	22 nd	22.54
Richard James	36 th	24.07
Deb Pugh	43 rd	24.38
Ellie Williams	53 rd	25.24
Phoebe Norfolk	59 th	25.57
Paul Evans	61 st	26.03
Grace Meredith	100 th	29.40
Angie Meredith	101 st	29.41
Rob Barber	147 th	35.39

CHESTER 5k PARKRUN, 12 Nov.

David Ford	10 th	19.59
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FUTURE EVENTS

Sat 19 Nov		North Staffs XC League, Keele (all races cancelled)
Sat 19	10.30am	Penmaenmawr Fell Race, Capelulo
Sun 20	10.00am	Conwy Half Marathon
Sun 20	9.00am	Tatton Park 10k & Half Marathon, Knutsford
Sat 26	2.00pm	North Wakes Senior XC League, Bangor
Sun 27	10.00am	Vale of Clwyd Half Marathon, Llandyrnog
Sun 27	9.00am	Chirk Castle 10k Trail run
Sat 3 Dec	10.30am	North Wales Junior XC League, Wrexham
Sun 4	11.00am	Borders Road Race League, Birkenhead Park

CLUB WEBSITE

Our new club website is up and running and can be found at www.wrexhamac.club. Besides the usual information on membership, contacts and fixtures etc there are weekly reports (under news and archives) and club records. If you want any more info adding, let me know details and I'll see what we can do.

RUNNING SHOES

Look up www.gooutdoors.co.uk website for a decent selection of trail shoes with Asics gel at cheaper end or visit the Saltney shop and see the lovely Alison Forster. I tried Sports Direct at

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