



WREXHAM ATHLETICS CLUB



WEEKLY REPORT 45 / 2016

NORTH WALES JUNIOR XC LEAGUE, Wrexham, 3 Dec.

U15G	Gwyneth Parry	2 nd	11.11	2 nd league overall & team silver
	Holly Pemberton	9 th	13.38	
U13G	Lucy Thomson	4 th	9.29	
U11B	Fin Thomson	4 th	9.24	
	Harvey Davis	11 th	10.20	

Full results will be available at www.northwalesxc.com

BORDERS ROAD RACE LEAGUE, Birkenhead Park, 4 Dec.

SM	Daniel Weston	4 th	29.01	SW	Linda Jones	38 th	40.27	3 rd
W50								
	James Mills	5 th	29.13		Lynda Rowlands	88 th	47.48	
	Darren Rowlands	12 th	30.08	2 nd M45				
	Tanguy Chassard	13 th	30.22					
	Mike Robbins	66 th	33.27					
	David Millington	108 th	35.36					
	David Ford	114 th	35.48					
	Charles Ashley	216 th	42.29					
	Richard Westwood	217 th	42.30					

Division 2 : Men : Wrexham 1st (& 1st Improvers) : Women 6th (& Improvers 3rd)

Full results at www.bordersleague.org.uk/results

ERDDIG 5K PARKRUN, 3 Dec.

Darren Rowlands	2 nd	17.46	Charles Ashley	52 nd	25.19
Thomas Evans	5 th	18.47	Phoebe Norfolk	60 th	26.24
Jonny Hudson	11 th	20.30	Alex Bush	81 st	28.09
Daniel Weston	12 th	20.42	Debbie Dodd	114 th	31.59
Rob Barber	17 th	21.28	Steven Freudmann	123 rd	32.19
Hugo Freudmann	18 th	21.32			

Full results at www.parkrun.org.uk/erddig/results/latestresults

DASH IN THE DARK TRAIL, Llandegla, 11 Nov.

Ifan Oldfield	9 th	30.02
Linda Jones	52 nd	38.05
Peter Norman	92 nd	67.01

Full results at www.wfra.me.uk

FUTURE EVENTS

Fri 9 Dec	7.00pm	Dash in the Dark Trail, Llandegla
Sat 10	12noon	Welsh Inter Region XC Champs, Brecon
Sun 11	10.45am	Telford 10k Road
Sat 17	12noon	North Staffs XC League, Stafford Common
Mon 26	10.30am	Round the Walls, Chester