



# WREXHAM ATHLETICS CLUB



## WEEKLY REPORT 46 / 2016

### WELSH INTER REGIONAL XC CHAMPS, Brecon, 10 Dec.

SM	Mike Robbins	73 <sup>rd</sup>	36.28	North Wales M45 team 2 <sup>nd</sup>
U17M	Ifan Oldfield	20 <sup>th</sup>	19.01	
U13B	Ioan Oldfield	21 <sup>st</sup>	7.49	North Wales U13B team 3 <sup>rd</sup>
U17W	Sophie Paxton	15 <sup>th</sup>	17.33	
	Ellie Williams	29 <sup>th</sup>	19.05	
U15G	Gwyneth Parry	10 <sup>th</sup>	11.19	

### TELFORD 10K, 11 Dec.

Daniel Weston	94 <sup>th</sup>	33.03 PB
Tony Vesty	861 <sup>st</sup>	62.21
Nicola Vesty	862 <sup>nd</sup>	62.21

### NORTHERN ATHLETICS OPEN, Sheffield, 3 Dec.

U15G	Ella Hunter	60m 9.32 PB ; 60H 11.23 ; LJ 3.64 PB
U17W	Megan Hunter	60m 8.61 PB ; 60H 10.05 PB
SM	Liam McGivern	60m 7.42 PB ; 300m 35.54 PB

### ERDDIG 5K PARKRUN, 10 Dec.

Daniel Weston	4 <sup>th</sup>	20.41
Rob Barber	9 <sup>th</sup>	21.26
Alex Bush	16 <sup>th</sup>	22.26
Peter Hughes	27 <sup>th</sup>	23.52
Paul Evans	32 <sup>nd</sup>	24.39
Deb Pugh	33 <sup>rd</sup>	24.49
Karl Moore	61 <sup>st</sup>	26.39
Cara Frank	62 <sup>nd</sup>	26.43
Steven Gunn	80 <sup>th</sup>	28.27
Craig Heard	90 <sup>th</sup>	29.30
Debbie Dodd	101 <sup>st</sup>	30.43
Peter Norman	180 <sup>th</sup>	43.16

### CHESTER 5K PARKRUN, 10 Dec.

David Ford	23 <sup>rd</sup>	22.45
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### SNEYD STRIDES 10 MILE PUDDING RUN, Bloxwich, 11 Dec.

Richard Westwood	154 <sup>th</sup>	81.07
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### DASH IN THE DARK, Llandegla, 9 Dec.

Karen Owens	84 <sup>th</sup>	59.18
Alison Perrins	89 <sup>th</sup>	62.20
Peter Norman	95 <sup>th</sup>	70.01

### FUTURE EVENTS

Sat 17 Dec	12noon	North Staffs XC League, Stafford Common
Mon 26	10.30am	Round the Walls, Chester
Tues 27	2.00pm	Jubilee Plunge. Llangynhafal
Sun 1 <sup>st</sup> Jan 2017	10.00am	Chirk Castle 10k Trail
Sat 7	11.00am	North Wales Indoor Champs, Deeside
Sun 8	12noon	Wrexham AAC Club Road Champs & Junior Track(4 laps)
Fri 13	7.00pm	Dash in the Dark, Llandegla