



WREXHAM ATHLETICS CLUB



WEEKLY REPORT 1 / 2017

ERDDIG 5K PARKRUN, 31 December 2016

| | | |
|------------------|-------------------|-------|
| Matthew Willis | 1 st | 17.09 |
| Daniel Weston | 2 nd | 17.31 |
| Andy Jones | 7 th | 20.03 |
| David Millington | 14 th | 20.59 |
| Sophie Paxton | 26 th | 22.10 |
| Rob Barber | 44 th | 23.31 |
| Peter Hughes | 45 th | 23.34 |
| Deb Pugh | 62 nd | 24.33 |
| Alison Whitelaw | 80 th | 26.18 |
| Richard Westwood | 87 th | 26.38 |
| Karl Moore | 88 th | 26.39 |
| Phoebe Norfolk | 92 nd | 26.54 |
| Grace Meredith | 97 th | 27.42 |
| Lynda Rowlands | 100 th | 28.11 |
| Craig Heard | 101 st | 28.13 |
| Debbie Dodd | 143 rd | 31.11 |
| Louise Ward | 165 th | 32.58 |
| John Tipping | 227 th | 40.25 |
| Sarah Wynne | 257 th | 49.51 |

CHESTER 5K PARKRUN, 31 December

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| David Ford | 9 th | 20.18 |
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FUTURE EVENTS

| | | |
|-----------|---------|---|
| Sat 7 Jan | 11.00am | North Wales Indoor Champs, Connahs Quay |
| Sun 8 | 12noon | Club Road Race Champs & Junior Track |
| Sat 14 | 2.00pm | North Wales XC League, Baschurch |
| Sun 15 | 11.00am | Four Villages Half Marathon, Helsby |
| Sat 21 | 1.00pm | Twin Piers 10k, Colwyn Bay |
| Sun 22 | 11.00am | Borders Road Race League, Deeside |
| Sat 28 | 11.30am | North Wales XC Champs, Corwen |
| Sat 28 | 11.00am | Welsh Senior Indoor Champs, Cardiff |