



WREXHAM ATHLETICS CLUB



WEEKLY REPORT 2 / 2017

ENGLISH/WELSH INDOOR HEPTATHLON CHAMPS, Sheffield, 7/8 Jan.

SM Neil Edwards 60m 8.58; 1000m 4.34.38; 60H 14.73; HJ 1.45; PV 2.91; LJ 4.66; SP 10.06
2nd Welsh : 1960 pts

NORTH WALES INDOOR CHAMPS, Deeside, 7 Jan.

U11G Seren Evans 50m 5th 9.36 PB
 U13G Grace Meredith 60m ht 9.97 PB ; SP 1st 6.29 ; LJ 4th 3.50 ;
 Isobel Gunn 60m ht 9.53 PB ; LJ 1st 4.05 PB
 U15G Ella Hunter 60m ht 9.44 ; 60H 4th 11.32 ; SP 5th 6.23 ;
 Nia Curphey 60m ht 8.88 PB ; LJ 6th 3.88 ;
 Rosie Blaze 60m ht 8.89 PB ; LJ 8th 3.61 PB ;
 Lowri Jarvis PV 2nd 2.10 PB ;
 U15B Isaac Lecki SP 1st 9.99 ;
 James Evans SP 3rd 6.95 PB ;
 Evan Williams 60m 4th 8.36 PB ; HJ 1st 1.45 PB ;
 U17W Isabelle Collins SP 1st 9.71 PB ;
 Erin Wynne 60m ht 9.50 PB ; SP 3rd 4.92 PB ; LJ 6th 2.89 PB ;
 Georgia Roberts 60m ht 8.82 PB ; 60H 3rd 11.90 PB ; LJ 1st 4.25 ;
 Caitlyn Hassell LJ 5th 3.84 ;
 Megan Hunter 60H 2nd 10.29 ;
 U17M Rhys Jones 60H 2nd 9.73 PB ; HJ 1st 1.60 ; LJ 2nd 5.36 ;
 U20W Ellie Collins PV 1st 2.60 ; SP 3rd 9.25 ;
 Alice Odunaiya 60m 1st 8.15 PB
 U20M Thomas Walley TJ 1st 14.44 PB, New Record; LJ 1st 6.59 ; PV 4.15 PB
 M45 Steve Warwick SP 2nd 10.59 PB ; LJ 2nd 3.67 PB ; 60m 2nd 9.37
 M45 Paul Evans 60m 3rd 9.10 PB
 M45 Martin Chadwick F36 SP 1st 8.88 ;
 M50 Brian Collins SP 2nd 7.11 PB ; 60m 9.82 PB ; LJ 1st 3.77
 M50 David James 60H 1st 12.18 PB ; TJ 1st 8.91 ; 60m 2nd 8.95 ;
 M65 Paul Brooks SP 1st 7.44 ;
 M70 Bob Frost SP 1st 6.88 PB;

Full results at www.thepowerof10.info/results

CHESHIRE XC CHAMPS, Birchwood, 7 Jan.

U13B	Joseph Hancock	8 th	11.25
	Ted Bolton	19 th	11.59

SALE INDOOR OPEN MEETING, Sport City, 8 Jan.

U20W	Alice Odunaiya	60m	8.26 PB
U20M	Thomas Evans	600m	1.26.85 PB

ERDDIG 5K PARKRUN, 7 Jan.

Matthew Willis	1 st	16.43
Andy Jones	5 th	19.48
Gwyneth Parry	6 th	19.50
Michael Roberts	31 st	23.21
Ger Collins	43 rd	24.33
Sion Davies	64 th	25.39
Alan French	68 th	25.58
Karl Moore	101 st	28.22
Louise Ward	171 st	32.03
Peter Norman	264 th	39.02

CHESTER PARKRUN, 7 Jan.

David Ford	8 th	20.30
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			and John Tipping	290 th	41.07
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CLUB XMAS HANDICAP ROAD RACE, 8 Jan.

Daniel Weston	1 st	21.34	M35
Tanguy Chassard	2 nd	21.41	SM
Christian Smith	3 rd	22.30	U20M
Lewis Parry	4 th	23.03	U17M & 1 st Junior Award
Andy Jones	5 th	23.35	M40 1 st (1 st vet award)
Gareth Chaloner	6 th	24.09	SM
David Millington	7 th	24.41	M45 (2 nd vet award)
Rob Barber	8 th	25.43	M40 (3 rd vet award)
Peter Hughes	9 th	25.55	M50 (1 st super vet award)
Peter Sussex	10 th	26.54	M50 (winner of Club Male Handicap award)
Gerard Collins	11 th	28.27	M45
Richard Westwood	12 th	29.13	M40 (1 st Male T&F award)
Charles Ashley	13 th	30.11	M55
Alan French	14 th	31.22	M60 (1 st Supersonic vet award)
Arthur Egan	15 th	32.06	M70 (1 st Cyberspace vet award)
Lynda Rowlands	16 th	32.59	W45 (1 st Lady award)
Nicola Chaloner	17 th	36.18	SW (2 nd Lady award & 1 st Lady T&F award)
Lisa Collins	18 th	36.43	W40 (3 rd Lady award)
Vicky Bishop	19 th	39.22	W35 (1 st Lady vet award)
Alexis Baty	20 th	39.38	W50 (winner of Club Lady Handicap award)
Melanie Gilliver	21 st	39.59	W55 (1 st Lady Supervet award)

CLUB XMAS JUNIOR TRACK RACE, 8 Jan. (distance 1640m approx)

Ted Bolton	1 st	6.21	U13B 1 st & winner of Les Baldwin Shield
Ryan O'Malley	2 nd	6.46	U11B 1st
Joe Collins	3 rd	7.08	U11B 2nd
Olivia Davies	4 th	7.21	U13G 1 st & winner of Jean Baldwin Shield
Seren Evans	5 th	7.25	U9G 1st
Cameron Williams	6 th	8.11	U11B 3rd
Lucy Jones	7 th	8.16	U9G 2nd
Owen Chaloner	8 th	8.28	U11B 4 th

As usual the events were enjoyed by all participants and the presentations went well despite problems with the computer assisted results service which failed totally. All the youngsters got a medal at the very least, and we tried to ensure that most of the seniors got an award of some description. The raffle was a success with plenty of prizes donated and enabling a profit overall of £136.20. This amount will be forwarded to the Stroke Ward at the Wrexham Maelor Hospital in accordance with the wishes of our Club Vice President, Glyn Davies.

FUTURE EVENTS

Sat 14 Jan	2.00pm	North Wales Senior XC League, Walford College, Baschurch SY4 2HL
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, Connahs Quay
Sat 28	11.30am	North Wales XC Champs, Corwen
Sun 29	10.30am	Manchester Indoor Open, Sport City
Sat 4 Feb	2.00pm	North Wales XC League, Oswestry
Sun 5	11.00am	Alsager 5 Road Race

COACHING COURSES

A Leadership in Running Fitness course will be held in Wrexham at Glyndwr Uni. on 25 March 2017 (cost £110 which the club will pay), subject to a minimum of 8 candidates. Registration via the Welsh Athletics website.

ECO NEWS

In Northern Ireland the Renewable Heat Incentive scheme which keeps empty sheds warm and may cost £billions, may be replicated over here under an initiative by the government and UK Athletics from 1st April. It involves runners attaching plastic bags to their shorts and catching methane emissions; the bags are then sent to gas recycling centres. The bags only cost 5p from most stores but unfortunately have holes in them due to health & safety, and so defeats the whole purpose. Donald Trump says he is 'behind' the scheme, the PM says she 'May' give it a go; JC says it will be a miracle if it works, and WRU could give it a 'try'. As they say in panto, "it's

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