

AUGUST NEWSLETTER



Welcome

Ladies, Gents and fellow athletes, welcome to our newsletter.

This newsletter will be a Monthly newsletter published by the Club Secretary.

If any Club member has an article, a social event, a race they feel others members would like to run, or any idea they feel may benefit the Club, please e-mail or phone me and I will make sure it will be mentioned the newsletter.

Roger Snaith

Committee Members

Chairman
Martin Cortvriend

Club Secretary
Roger Snaith

Membership Secretary
Sarah Bayliss

Treasurer
Alun Humphreys

Social Secretary
VOLUNTEER NEEDED

Welfare Secretary
Tracey Williams

X- Country
Chris Baldwin

Press Secretary
Rachel Morrell

Committee Members
Ken Jones
Menai Baugh
Maureen Bartley

COACHING

Any member interested in attending any coaching course or other course they feel will benefit the club, please let me know and I will sort out the arrangements.

AFTER SCHOOL CLUB

The next after school club will start in September.

Any member is more than welcome to come along and help out and pass on their experiences.

CLUB FLYERS

I have made a number of Club Flyers, so if any member would like to place one in their place or work or any local notice board please let me know.

RACE RESULTS

Club members in August were out and about in various races:

Gobowen 5 mile race 6th August

23rd Peter Barraclough 34.45
39th David Alan Jones 38.40

Meerbrook 15K 8th August

Julian Page clocked 97 mins in this tough Staffordshire race.

Debdale 7K 8th August

Mary Jeal got a time of 39.07 in this trail race near Stockport.

Saddleworth 6 11th August

Mary Jeal did 54.09 in this hilly road race.

The Ponderosa 11th August

Fun at the Horseshoe Pass

30th Duncan Jones 32.10, 3rd V50
45th Peter Barraclough 33.39
50th Emma Collins 34.46, 2nd L45
52nd Alun Humphreys 35.09

CLUB ADVERTISING

Just to inform all the new members I have a number of Denbigh Harrier car stickers. VERY SMART.

If you haven't received one please let me know.

CLUB T-SHIRTS AND HOODIES

Any club member interested in a Denbigh Harrier Hoodie or please let me know your size. £10 Bargain!!!!!!!!!!!!!!

CLUB LONG SLEEVE TOPS

I still have number of tops left over, Size Medium so anybody who hasn't received their top please let me know.

They can be picked up from me price of £10, or if paying by cheques please make them payable to' Denbigh Harriers.

Craig y Rhiw 21st August

Going back to his roots near Oswestry 2nd V50 was:

18th Duncan Jones 32.32

Birchwood 10K 22nd August

Top class 10K with nearly 800 finishers.

70th Paul Ballinger 38.29

133rd Peter Barraclough 42.12

522nd Mary Jeal 53.37

The Cilcain Show Race 30th August

Up to Moel Famau – the Bank holiday favourite! Photos are at

<http://www.flickr.com/photos/davepinno/sets/72157624726764817/>

24th Peter Agnew 38.49

38th Vic Belshaw 40.28, 3rd V50

40th Martin Cortvriend 40.43

48th Duncan Jones 41.12

51st Paul Ballinger 41.25

54th Peter Barraclough 41.48

88th Michael Owen 46.10

111st Tracey Williams 48.02

156th Julian Page 57.49

167th Caroline Page 63.11

In addition, star of the future Sasi Williams got second in the junior girls' race.

In addition, on 25th August, Emma Collins won the Ladies prize at **Ras Y Mynydd** whilst Martin Cortvriend arrived nearly 10 minutes late and still managed to get the V50 prize! David Alan Jones ran the **Ellesmere 10K** in 49.55 on 29th August.

On 14th August Martin Cortvriend came last in the **Y Garn** fell race in Snowdonia having missed the last checkpoint and having gone back for it! On 21st August, also in Snowdonia Martin had a steady race to come in 42nd in 82.45 in the formidable **Elidir Fawr** race, however new member Marco Calatafimi achieved a time of 68.01 in 18th despite turning an ankle and losing a number of places on the way down.

Just a couple of late results from July. On 28th July Clare Riley won the **Green Green Grass of Home** fell race at Llangynhafal – she was first lady home in 56.02. Alun Humphreys ran superbly also to come in 5th in 51.57, Martin Cortvriend was 8th overall in 52.08, Duncan Jones was 13th in 52.32 and Peter Barraclough was 19th in 54.02.

Vic Belshaw did the short race! However tragedy struck just 3 days later in the **Push up the Pincyn** Race at Clawddnewydd, Clare was in 2nd place but fell badly gashing her knee and was out of the race. Alun Humphreys claimed 17th in 55.14 with Vic Belshaw and Martin Cortvriend close behind in 19th and 20th

If you've raced this month and your result isn't here why not let Roger know about it!!! Just e-mail your result to him and he'd be happy to put you into the report!!!