



DENBIGH HARRIERS NEWSLETTER

FEBRUARY 2010

WELCOME:

Ladies Gents and fellow athletes, Welcome to the **DENBIGH HARRIERS** newsletter.

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

ARTICLES: 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.

HI VIS VESTS: Just to remind all Club Members that when we run as a club in the evenings everyone is required to wear a HI VIS VEST, this is for everyone's safety especially as we are running in a large group, please don't get caught out as we don't need the good name of Denbigh Harriers down.

SOCIAL EVENTS;

Watch this space for more Social events in 2010.

NICKBEER 10KM ; Please see the results of the Denbigh Harriers that took part in the recent race.

Race Number	First Name	Surname	Gender	Gender Position	Category	Category Position	Club	Gun Time	Overall Position
321	Paul	Ballinger	Male	74	M50+	6	denbigh harriers	00:41:58	80
286	Emma	Collins	Female	14	F45+	1	DENBIGH HARRIERS	00:45:40	14
17	Stephen	Bell	Male	137	M45+	20	Denbigh Harriers	00:46:04	15
253	David Alan	Jones	Male	162	M55+	12	Denbigh Harriers	00:47:35	18
208	Colin	Barnett	Male	260	M50+	30	Denbigh Harriers	00:52:41	30

X-COUNTRY: More Championship success

The 2010 North Wales Cross Country Championships was run over a magnificent course on the Rhug estate in bright sunshine but very cold conditions. Due to the cold, most people had gone home by the time the prize giving got under way and, as Cross Country Captain, Chris was deputised to stay in case somebody won something. Of course his first concern was for the team positions, but from the list below you can see that it got embarrassing going up to the podium so often. But after a bit he got used to doing the acceptance speeches.

Team awards:

2nd Senior Women's team (4 to count. Silver medals to Rhian, Tracey, Emma, Ffion)

3rd Veteran Women's team (3 to count. Bronze medals to Budge, Sarah, and either Menai or Vicky depending on who won their personal battle which I missed at the end)

3rd Senior Men's team (6 to count. Bronze medals to Martin, Peter A, Paul, Chris, Steve, Tony)

Individual awards:

Rhian 3rd Senior Woman

Tracey 2nd W45

Budge 1st W50

Menai 3rd W50

Vicky 1st W55

Martin 3rd M55

Oswestry and the end of 2009/10 season

An excellent turnout on a cold day which turned foggy, so that a tactic in the Men's race was to put in a kick and disappear from rivals in the mist. The women actually ran in sunlight and our best four (Rhian, Tracey, Emma, and Budge) duly impressed with very fast performances on a tough course. They were ably supported by Vicky, Becky, and a very fast finishing Lindall. Unfortunately the fact that the Wrexham race was cancelled meant that our girls had one less race to compensate for the poor turnout at Bridge north (although the team we had there enabled the stars to fight another day). And so the Eryri team which we beat last week was able to win the League Division one Championship. Never mind, this was still a really good day, with Budge (26th) cementing her top rank status as W50 champion by a very long way. She attempted to run away from Tracey (22nd) and Emma (24th) in the early stages but paid the price over the final mile as their younger legs swept past. They actually got away from several close rivals from previous races in a nicely judged finish. Ahead was our other star, Rhian, who stayed with the pace at the front apart from that of the Telford runner who actually won it (who is English international 5000m runner). Official results to come, of course.

HANDICAP: New Season, new Course

The first Noel Morris Memorial handicap race of 2010 will be on the Sunday morning of 7th March starting at 10.30am.

The course has had to change due to the "enclosure" of the High School fields. So, after much deliberation and a couple of trial runs, Chris has decreed that the start will be at the side gate of Goblin Farm, where the public footpath joins Ystrad road opposite the cemetery. The first mile is then the same as the Johnson's Monument course up to the top of the field before the narrow track which leads to the hospital road. Instead of following that, we plunge downhill to Ystrad Road i.e. in the opposite direction to the previous course, and continue round back up to the field with the horses and up to the stone steps, and round again. On the second lap we turn sharp right just before the stile into that field (i.e. round the hedge) and head for the kissing gate into what was the second field on the way out, diagonally across that to the next kissing gate, and back to where we started. I reckon it is about 4 miles (awaiting Ken's expert measurement).

Start List

10.30.....Rachel, Frances, Becky
10.32.....Vicky, Menai, Claire
10.33.....Maureen, Ken
10.37.....Richard, Ffion T, Ron
10.37.30.....Sarah
10.39.....Ffion O
10.39.30.....Peter B
10.40.....Colin, Roger
10.42.....Keith, Bob, Dave
10.42.30.....Peter E, Budge, Ed
10.43.....Steve, Geraint, Emma, Arwel
10.43.30.....Tracey, Chris, Martyn
10.44.....Duncan, Alun
10.45.30.....Paul B, Peter A, Rhian
10.46.....Martin C, Brett

Anybody else is welcome if a prospective member of the club. A Start Time will be allocated on the day.

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.

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 VESTS: Any member who has received a club running vest from Alun, but hasn't paid for it yet is to do so by the end of Feb, Ladies Gents this is VERY important this happens as accounts need to be brought up to date before AGM, cost of vest is £12 and cheques can be made payable to Denbigh Harriers.

ANNUAL GENERAL MEETING (AGM): The AGM will take place on Wednesday 24th March 2010 at 7.30pm at the Brook house Mill.
All members are encouraged to attend this meeting, to put forward any ideas they may have to move the club forward, it is also a chance to take up a post among the committee.

CLUB LONG SLEEVE TOPS: The club long sleeve tops that were ordered before Xmas (Rachells House after Johnson's run) have now arrived.
They will be on sale at the AGM price of £10.
If you are not sure what size you ordered I have a copy of the order.

COMMITTEE MEMBERS; Please see the list of the Club Committee Members.

Chairman – Martin Cortvriend

Club Secretary – Roger Snaith

Membership Secretary – Sarah Bayliss

Treasurer – Alun Humphreys

Social Secretary – Duncan Jones

Welfare Secretary – Tracey Williams

X- Country – Chris Baldwin

Press Secretary – Rachell Morrell

Committee Members – Ken Jones

Menai Baugh

Maureen Bartley

FAIRY FRECKLED COW RACE 2010; This year's race will take place on Sunday 4th July at the Alwen.

Entry form and further information to follow watch this newsletter.

BRITISH INTER COUNTIES FELL RACE; This year fellow members under the watch full eye of our chief organiser Martin C, Denbigh harriers are organising a top event in our back garden the (Clwydian Hills) with a top class of fell runner.

The runners will come from the four corners of the UK and this is a good time for us as a small club, to show other clubs we can put on a top event.

The date of the event is Saturday 22nd May, so we will be looking for volunteers to help out with a number of jobs from, marshalling, carparking, etc.

More details to follow.

DATES FOR DIARY;

Sunday March 7th – Club Handicap Race leisure centre

Wednesday March 24th – AGM Brookhouse

Saturday March 27th – Llangynhafal Loop- Local Fell Race (Martins)

Sunday April 4th – Chirk Castle 10km Race

Wednesday April 7th – Spring 5 mile Road Race Chester

NOTICE BOARD: I have recently updated the Clubs Notice board which is located inside Denbigh Leisure Centre.

If any body has information regards future races or photos, they would like to place on the notice board, then please speak to a member of staff for the key to open the notice board.

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.

Cheers

Happy Running

Roger Snaith Club Secretary