



DENBIGH HARRIERS **NEWSLETTER**

JANUARY 2010

WELCOME: Happy New Year to You All.

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: I would like to take this opportunity to thank our Social Secretary Duncan and all his helpers for organising a fantastic Annual Club Party in the Brook house Mill. All members I have spoken to told me they really enjoyed the night and once again the food was first class. Watch this space for more Social events in 2010.

X-COUNTRY: North Wales Championships Saturday 30th Jan 2010 at Rhug Estate Corwen, Meet in the Leisure Centre Car Park 11.45 dressed ready to go. **NO SHOWERS OR CHANGING FACILITIES.**

HANDICAP: New races start March Watch this space for date.

RESULTS: Five Denbigh Harriers braved the cold weather on Saturday to take part in this year's Twin Piers race along with almost 400 other runners. In the absence of any of the club's "big guns" Tony was first home in 85th place with a time of 43.42 but only after fighting off a very determined challenge from Dave who ran a very quick PB of 44.04 in 92nd place. Colin finished in a creditable 51.34 in 204th with both Ffion's not far behind in 53.00 and 53.14 (232nd and 234th).

Ffion O may have moved up a few places had she not stopped 200yds before the finish to tidy her hair just in case there was photographs at the finish. And Ffion T, well, she was chatting so much during the race that I'm surprised she had enough breath left to arrive at the finish line at all.

Overall we all enjoyed ourselves, particularly as this was effectively the first race (certainly for me) since the Christmas break, and are looking forward to the next one.

Full results are posted on the result page of the Abergele Harriers website www.abergeleharriers.co.uk

