



DENBIGH HARRIERS NEWSLETTER

MARCH 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.

1. HANDICAP: *March 2010 Handicap results*

Cold! 1.5C but bright, still, and dry, so actually these times may be difficult to beat if we have a wet or windy summer. 3.39 miles (on Paul's Garmin watch) with lots of gates and stiles, and one large bull. Obviously, new course records were set and, perhaps less obviously, some remarkable performances from the middle order surprised the handicapper who was relying for his predictions on the longer distance results of the winter cross country races. Naturally there will be radical revisions to the start list, but in general the finishing order was fairly tight and most people didn't get lost. Sympathy cards are needed for Tracey who injured her calf and could not finish - which robbed her of the inaugural women's record, and this goes instead to Menai* who kept her head while the first four men charged past so that she stayed in front of the new course record holder: Peter A**. Take a moment to think about the implications if Rhian had run - who was due to start with Peter, and who has beaten Duncan in the past by over 2 minutes over this distance (if more hilly). A girl holding the absolute course record?? 'Might have to go out and shoot myself. Anyway, it didn't happen, so that is heartening isn't it?

| | Finishing time..... | Actual time..... | Points |
|---------------------|---------------------|------------------|--------|
| 1st....Peter B..... | 38m18..... | 28m18..... | 1/1 |
| 2nd....Roger..... | 38m30..... | 28m30..... | 2/1 |
| 3rd....Dave..... | 38m39..... | 26m39..... | 3/1 |
| 4th....David..... | 38m53..... | 31m23..... | 4/1 |
| 5th....Menai..... | 39m12..... | 37m12*..... | 5/1 |
| 6th....Peter A..... | 39m35..... | 24m05**..... | 6/1 |
| 7th....Mike..... | 39m38..... | 27m08..... | 7/1 |
| 8th....Duncan..... | 39m42..... | 25m42..... | 8/1 |
| 9th....Steve..... | 39m45..... | 26m45..... | 9/1 |
| 10th..Alun..... | 39m49..... | 25m49..... | 10/1 |

| | | | |
|----------------------------|------------|------------|------|
| 11th..Frances..... | 40m04..... | 40m04..... | 11/1 |
| 12th..Arwel..... | 40m54..... | 27m54..... | 12/1 |
| 13th..Tony..... | 40m56..... | 27m26..... | 13/1 |
| 14th..Martin C..... | 41m14..... | 25m14..... | 14/1 |
| 15th..Paul..... | 41m47..... | 26m17..... | 15/1 |
| 16th..Vicky..... | 42m06..... | 40m06..... | 16/1 |
| 17th..Rachel..... | 42m27..... | 42m27..... | 17/1 |
| 18th= Ron and Richard..... | 43m12..... | 36m12..... | 18/1 |

The next race will be on Tuesday evening 6th April at 6.30pm. Thank you for all the positive comments about the new course.

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.

ANNUAL GENERAL MEETING (AGM); A big THANK YOU to everyone who turned up for this years Club AGM.

CLUB LONG SLEEVE TOPS; The club long sleeve tops that were ordered before Xmas (Rachel's House after Johnson's run) have now arrived. They can be picked up from me price of £10, or if paying by cheques please make them payable to' Denbigh Harriers.

CLUB HOODYS Any club member interested in a Denbigh Harrier Hoody please let me know your size and quantity.

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 – Rachel 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 now on website 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, car parking, etc.

More details to follow.

DATES FOR DIARY,

1. Very good listing of races courtesy of Helsby Running Club is at <http://www.distantmoons.com/running.html>

Tuesday April 6th – Club Handicap 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