

MAY 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

A big thank you!

I would like to thank Martin C and all members of the club who helped out at last weekends Inter-Counties Fell Race held at Fferm Lletty, Llanghanfals.

As we Denbigh Harriers were the organisers under our Chief Martin, the feedback from all the runners and spectators said, it was very well organised.

I would also like to mention all members that entered this race on this tough course that they were also running against the best fell runners in the country as well as the warm weather.

WELL DONE EVERYONE!

CLUB 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.

FAIRY FECKLED COW RACE

I have only had one member let me know with regards running the above race, Please could you all like a your diaries and let me know, whether you are running or available to marshals, as the race committee need to look at marshals for the day, your help in this matter would be much appreciated

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

Every Thursday after school, I and a few members of the Club will be running an after school running club at Denbigh High school. Any member is more than welcome to come along and help out and pass on their experiences.

CLUB ADVERTISING

Just to inform all the new members I have a number of Denbigh Harrier car stickers, If you haven't received one please let me know.

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.

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.

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

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

DATES FOR DIARY

Very good listing of races courtesy of Helsby Running Club is at:

<http://www.distantmoons.com/running.html>

Wednesday 26th May – Sun Centre 5km Race Rhyl – see me for entry form.

Sunday 20th June- Rhuddlan Riverbank 10km – see me for entry form.

Sunday 4th July – Fairy Freckled Cow Race Alwen.

