
SEPTEMBER NEWSLETTER



**NEW ARTICLES ANY ONE WITH
ANY INFORMATION THEY
WOULD LIKE TO PLACE ON
THE NEWSLETTER PLEASE
EMAIL ME**

ROGER SNAITH

A reminder to everyone that after the Johnson's Monument Handicap race on Sunday 20th November, a celebration lunch will take place at Plas Pigot Country Club, Ruthin Road from 12 until 4 pm. Families welcome.

We want to make sure everyone, old members and anyone ever involved with the Denbigh Harriers, are aware of this celebration as we would like to see them there.

Please let me know if you are coming, and how many of you there will be so we can arrange the food.

RSVP by 5th November 2011

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DATES FOR DAIRY & FUTURE RACES

Title:

Cardiff Half Marathon

Date and Time:

Sunday 16th October 2011 at 9am

Location:

Cardiff (Wales)

Races:

13.1 mile road race

To view full details for this event, visit

<http://www.runningdiary.co.uk/go/view.cgi/7463>

RACE RESULTS**Birchwood 10K***21st August*443rd Mary Jeal 54.17**Capenhurst 5K***24th August*113rd David Alan Jones 22.48**Ras Beca***27th August*21st Vic Belshaw 43.19 (2nd V50)**Ellesmere 10K***28th August*180th David Alan Jones 48.19**Moel Famau***29th August*33rd Martin Cortvriend 40.2039th Duncan Jones 40.5560th Emma Collins 42.1594th Tony Benton 44.55128th Michael Owen 48.57153rd Lisa Pope 55.31**Deestriders Off Road 4***1st September*25th Martin Cortvriend 34.27 (1st V55)35th Duncan Jones 35.1838th Tony Benton 35.5062nd Keri Jaques 42.07 (1st JF)**Peris Horseshoe***3rd September*11th Peter Agnew 3.44.31 (3rd V40)**Half Peris Horseshoe***3rd September*10th Vic Belshaw 2.10.27 (2nd V50)**Caernarfon 10K***4th September*25th Paul Ballinger 40.04 (3rd V50)39th Emma Collins 42.51 (1st F45)**Alexandra Park 5K***4th September*29th Mary Jeal 26.17**Lake Vyrnwy Half Marathon***11th September*113rd Paul Ballinger 1.27.49188th Emma Collins 1.33.00263rd Tony Benton 1.37.22

296 Michael Owen 1.38.46

364th Bob Neale 1.41.35**Llyn Brenig***17th September*11th Brett Jones 1.00.2924th Vic Belshaw 1.04.0032nd Michael Owen 1.09.4538th Tracey Williams 1.12.0139th Chris Baldwin 1.12.05**Sutton 10K**122nd David Alan Jones 45.43**Bridge Run Grand Rapids USA***18th September*48th 1.07.53 (2nd V55)**Llandudno 5k Commonwealth Open***23rd September*47th Emma Collins 20.39**King John's Castle, Llanarmon***24th September*12th Duncan Jones 41.26 (1st V50)**Wild Thing, Ashbourne***25th September*50th Emma Collins 53.29 (1st lady)51st Ashley Gauton 53.30