

ROAD RUNNING REPORT, DECEMBER 2011

Colleagues,

In line with the policy adopted at the last N.W.R.A.C. meeting, I am circulating this report in advance of our December 2nd meeting to enable you to raise any points with me beforehand and to enable the meeting to progress swiftly.

National report:

- Erika Robinson and Marilyn Kitching were in the Wales team at the Home International within the Plymouth 10km (6/11), recording 36:49 & 37:1 respectively. Josh Dixon made his senior debut for Wales in the Inter Area match at the Great South run (23/10) in 54:38 and Erika also ran for Wales there, recording 61:51. David Mountford (31:32) and Erika ran for Wales in the Inter Area match in Cardiff (11/9), finishing in 31:32 & 36:54 respectively. David and Ricky Challinor were in the Wales U/23 team at the Leeds 10km, recording 30:52 (P.B.) and 31:43 (P.B.), respectively. Brenda Rothery won bronze S.M. at the Cardiff half marathon, 16/10.
- Emma Parry has been selected to run for Wales in the Marrakech half marathon (29/1/2012).
- The 2012 Welsh championships are: 5km: St. David's day 5km, Cardiff, 4/3; 10km: Caernarfon 10km, 2/9 – this event will also include the Inter Region championships; 10 miles: Llandudno 10, date t.b.c.; Half marathon: Cardiff, 21/10; Marathon (Seniors): London, 22/4; Marathon (Masters): Chester (t.b.c.); Relays: Llandow, 25/3, t.b.c.; Inter Area match: Swansea 10km, 23/9. There may also be a Home International within the Swansea Bay race. The Anglo Celtic Plate 100k will be held in Cardiff on 22/7/2012; the venue is to be confirmed, but probably in Bute Park, Cardiff.

Regional report:

- The Regional 5 miles championships were held at Abergele on 6/11, David Mountford (25:43) and Emma Parry (30:30) taking the gold medals. It was necessary to amend the results for some masters' categories post-event, for which I take responsibility. I have e-mailed all Club secretaries to explain and apologise. I was pleased to see a good turn out of young athletes, especially Sarah Livett who set a new JL C.B.P. in finishing second and U/17 Georgia Garner who finished third. C.B.P.'s were also set by Chris Birch (F60) and Brenda Jones (F70).
- I took Matthew Rose (33:41) and Andy Edwards (36:27) to the Accrington 10km on 30/10, as a development event. Matthew won the race and Andy was 6th.
- Plans to take development athletes to the Leeds 10 km were cancelled after the entries closed 6 weeks before the race. The next likely event is the Alsager 5 in February.
- A reminder that athletes must complete either a 5km or 5 miles, plus 2 from 10km, 10 miles and half marathon, to count in the road runner of the year rankings. Several of our top athletes have not qualified under these criteria to date, so Club secretaries may want to pass on this information. I will be distributing a rough draft of the rankings in early January, with a closing date of 22/1/2012 for amendments and the inclusion of any missed performances.

Paul Brooks