IT’S A HAT-TRICK OF TITLES FOR TRACEY

Tracey Llewellyn is living proof that hard work brings its own rewards. With the Regional 5km and 10 miles titles already in her bag, and superb runs both for the Region at the Swansea Bay 10km in the I.R. match and in a Cybi vest for a fine p.b. in the recent Cardiff half marathon, she added the 5 miles title to her collection with another quality effort at Abergele last month. For good measure, she also beat all the women in the North Wales team competing against Staffs County (see page 3). This was her first-ever 5 miles race, so her 33:28 goes down as a p.b.!

CHALLENGING DAY AT THE LLANBERIS MARATHON

The match with Staffordshire County within the Abergele 5 miles last month saw the honours shared as North Wales’ men won a very competitive men’s race and Staffordshire’s women took the ladies event. Ricky Challinor, captaining the team for the first time, duly returned a performance befitting the role, leading a trio of Gogs home: Ricky was 2nd, Gary Davies 3rd and John Morris 4th. Paul Wathan was 7th and 19 year-old Ben Harrison, making a late debut for the team, was 10th. Owen Roberts pulled out after just over 2 miles with hip trouble and we wish him a speedy recovery. So, our men finished on 16 points (2+3+4+7) and with Staffs placing 1st, 5th, 6th and 8th (total 20 points), it was enough to give us a hard-fought win. The ladies race gave us an opportunity to bring in two promising relative newcomers, Katy Baugh (whose parents are well known for their involvement as both runners and Denbigh Harriers officials) and Gwen Jones, who while a member of Bro Dysynni lives and works in Cambridge. The Staffs ladies, all very experienced runners, were a class apart and all 5 of their team finished before Gwen, our first across the line. However, this was good experience for our women, giving Rachel Shipley her second run in the vest, Amie Bagnall a new p.b., Gemma Morgans her first time as captain and Abbie Cheetham another opportunity to acclimatise to after her summer in the U.S.A. Further positives were Gwen, not only picking up her first Regional medal (see page 1) and Katy, both setting a new p.b. We thank Abergele Harriers for providing the annexe for our I.C. athletes, Spillane and Co. Wealth Management Ltd, for their sponsorship of the North Wales teams and Staffs for sending their athletes. At the time of writing, things look very positive for both Staffs and Cheshire sending teams to this fixture in 2016. Photo: back row: Morris, Wathan, Harrison, Roberts, Davies & Challinor; front row: Shipley, Baugh, Morgans, Bagnall and Cheetham.
STORMING WIN FOR THE MEN, WOMEN LOSE OUT

Our annual match with Cheshire County was this year held within the Langley 7 miles last month, over a hilly course more often the type found within the Region’s borders and one which our athletes found very much to their liking. The men’s team, a combination of 3 runners returning after injury, 2 current Welsh internationals and the debuting Ryan Roberts, took the race by the scruff of the neck and with 6 in the first 8 across the line were very comfortable winners. Daniel Weston, won the race outright in 40:06, with Brendan Rothery a close 2nd in 40:24. Dean Longley was 4th in 41:32 and Ryan Roberts 5th in 41:38. Captain-for-the-day was Paul Wa-than, 6th in 42:06 and Andy Edwards was 7th in 42:37. Scores: N. Wales 1+2+4+5= 12; Cheshire: 3+8+9+10= 30. The women’s race was a much closer-run affair (excuse the pun). Captain Jay Jennions was 3rd in 49:40, Anest Mul-ler was 4th in 49:57, so it all came down to the next 2 to finish and it was the Cheshire women who took the match, placing 5th and 6th. However, Amie Bag-nall in 7th in 51:28 and Gemma Morgans 8th in 53:43, ran very well in the difficult conditions. Scores: Cheshire: 1+2+5+6= 14; N. Wales: 3+4+7+8= 22. Posi-
tives to take from the match: Daniel looking strong in his win, Brendan (who won the Bangor half marathon in October) finally over his injury, Dean surprising more than one observer with his performance, Andy beginning to look like the athlete he was before his year-long absence, Ryan running with assuredness on his debut and Paul (who took bronze in October’s UK trail championships) finishing with more in his legs. As to the women, Jay ran a captain’s race, Anest is approaching her early 2015 form, Abbie continues to make progress and Gemma has to be commended for her grit in finishing despite a tight ham-
string. For 2016, it looks likely that we will meet Cheshire at home at Abergele, while—if finance allows—we will see a return to the Staffs relay in March, a race that both our men’s and women’s teams won in 2014.
AND FINALLY…

2016 Regional Road Championships:

5km: Date (May) and venue t.b.c. Hosted by Prestatyn R.C.
5 Miles: Sunday 30th October, Abergele 5.
10 km: Sunday 4th September, Caernarfon.
10 Miles: Saturday 30th April, Wrexham.
Half Marathon: Sunday 14th February, Wrexham.

TEAM MANAGER’S AWARDS 2016

These awards are presented to athletes for performances recorded while representing North Wales.

Best Male Performance: Daniel Weston (Pictured). Daniel won the open race and led the team home at the Langley 7 miles in the match with Cheshire County, in difficult weather conditions and on a tough course.

Best Female Performance: Tracey Llewellyn. Tracey ran a personal best by over a minute, 40:47, at the Inter Region 10km championships (W.I.R.) within the Swansea Bay race. She was also the first female of the 10 from the Region to finish.

Best Debut: Russell Bentley: Russell finished 8th at the W.I.R. in the open race and led the North’s team home in a fine 31:35.

Best Young Athlete: Amie Bagnall. (Pictured) Amie ran in all 4 of the competitive fixtures this year. Her best performance also came at the Swansea Bay 10km, where she set a new p.b. of 43:03, a time 5 minutes faster than she ran at the equivalent fixture last year in Caerphilly.