With previous three-time winner Rob Samuel still wearing a surgical boot to protect his injury, he settled for starting the race and presenting the awards after the event. So it was the perfect opportunity for his Cub-mate and double Welsh marathon champion Alun Vaughan (Eryri), to run a perfectly-paced race to win at the first attempt. As an M35, he also picked up gold in the Welsh championships for Masters, as well as gold senior man and M35 in the Regional championships. This was an emotional day for Vaughan, a Llanberis lad, who was tackling the tough 26.2 miles course for the first time. There was glory too for his Club mate, Andrea Rowlands, who won the women’s event at the sixth time of asking, picking up gold F40 in the Masters and the same in the Regional for senior woman and F40. With the highest-ever Welsh entry in the event, the North had a very successful day with other Masters medals being won by the following: M35: 3. H. Wharton (Cybi) 2.45.26; M40: M. Green (N.W.R.R.C.) 2.53.3, 2. J. Parkinson (Eryri) 2.53.42; M45: 1. J. Ford (N.W.R.R.C.); M55: 3. Iwan Edgar (Eryri) 3.35.44; M60: 1. Alan French (Wrexham) 3.52.54; M70: 1. I. Roberts (Eryri) 5.48.09; F35: 1. J. Jennions (Deestriders) 3.30.54; F40: 3. H. Teasdale (Eryri) 3.37.48; F55: 2. D. Richards (Prestatyn) 4.20.49. North Wales championships results on page 2.
REGIONAL MARATHON CHAMPIONSHIP RESULTS


RESULTS ROUND-UP

Flintshire 10km, 12/10: Unusually, the first 3 finishers were all masters. 1. M. Green (N.W.R.R.C.) 36:36, 2. D. Blazier (Abergele) 37:04, 3. S. Roberts (Buckley) 37:26. Helen Davies (W.Tri) continued her fine run of form, by winning the women’s race in 40:48. Bangor 10km, 18/10: Russell Bentley (Eryri), winner of the recent Porthmadog Mile race, won in 33:06, ahead of teammate and former winner Brendan Rothery in 34:57. Most notable performance came from former Colwyn Bay athlete Georgina Outten (Birchfield) in the women’s race: she was 4th across the line in a fine new p.b. of 36:20 (chip time), winning by over 5 minutes! Outten was also part of the 4-girl team that won silver for Birchfield at the National relays recently. Farndon 10km, 19/10: back after a 2 years absence, the race was won by former Deeside athlete Ricky Challinor (Liverpool) in 32:42, with former team-mate Lee Jones taking 2nd (and 1st M45) in 33:00.

Photo: Michelle Outten.
Having travelled to Cheshire and Staffordshire, separately, for the last few years, the North hosted both Counties for our match at the Abergele 5 miles on 2/11. Despite being the weaker team on paper, the young Regional men’s side were comfortable winners. Best performance of the day came from Ricky Challinor, who was first to finish in the Inter County race, in a fine 25:59. Tomos Roberts (captain for the day) 4th in 26:27, Daniel Kashi 6th in 26:57, Dean Longley 7th in 27:14, Alex Lanz 9th in 28:40 and John Morris 12th in 29:32. N. Wales 18, Cheshire 28, Staffs incomplete team. The North’s women’s team, apart from captain for the day Edith Gruber, were all under 23 and despite some good performances, were well beaten. Georgina Outten ran a superb race, finishing first in the Inter County race, in 28:41. Abbie Cheetham was 8th in 34:40, Amie Bagnall was 10th in 37:44 and Edith Gruber was 11th in 38:22.

Postscript: The women’s N.W.R.A.C. 5 miles record was set in 1998 by former Welsh international Lynn Maddison, 28:56. Despite nearly falling to Marilyn Kitching in 2010, who recorded 29:00, the record has stood virtually unchallenged. That was until Ms. Outten took it on and removed 15 seconds at Abergele. She tells us that for now she will concentrate on cross country and track, but hopes to do more road as a senior. So we have two year to wait until she reaches 20 y.o.a. Photo: Gareth Brooks Photography. L to r: back row, Lanz, Challinor, Roberts, Kashi, Brooks, Longley and Morris. Front row: Gruber, Outten, Cheetham and Bagnall. PPS: Congratulations to Tomos Roberts who made his debut for the National team against England in the Betwys-y-Coed trail race on 8/11.
REGIONAL 5 MILES CHAMPS RESULTS CTD:


MORE NEWS

A big welcome back to Marilyn Kitching. Marilyn, a Welsh 10km champion in 2010 and a former international, had been out from competitive athletics for more than 2 years with an injury that seemingly would not be treated. However, she made her comeback in the Sutton 6 (10km) in Guilden Sutton, near Chester on 21/9, recording a modest 40:45. At the first Borders League match of the season, she placed 4th in 37:15, helping her Club, Tattenhall, to win the women’s race.... Meanwhile in the U.S.A., 54 year-old Doug Fernandez, won the Harrisburg marathon in 2:40:23. It was his 17th attempt at the distance, following age-group victories previously. He was quoted as saying “When I run, I never try to beat anyone in my age group, I try to beat everybody. I think I am just a 25-year-old wolf,” an interesting concept and one for all our masters to consider... The final standings in the Run4Wales series of race organised by Welsh Athletics, show Tomos Roberts placed 4th and Abbie Cheetham 5th. Both of them will receive a cash prize and some kit. In the master categories, Gordon Jones (Prestatyn) was 3rd M55, Carol Willgoose (Abergele) was 3rd F55 and Chris Birch (Abergele) won the F65’s, with Sheila Symonds 2nd and Brenda Jones 3rd (Both Bro Dysynni); these athletes will get kit prizes. The catch? Only our National Body would expect runners from the North to attend prizegiving at Cardiff Stadium on Wednesday December 3rd—yes, midweek. Let’s hope that they are quicker at posting the awards than they have been with our senior women’s Inter Region gold medals from Caerphilly—at the time of writing still not received from 13th July! ... Lots of Northern entries for the Leeds Abbey Dash 10km on 16/11, running for Wales were Regional 5 miles champion Andrew Davies (12th in 29:57), Ricky Challinor (106 in 32:05) and Emma Crowe (442 in 36:53). Also there: Russell Bentley (50th in 30:55), Matthew Roberts (82 in 31:41), Richie Roberts (93 in 31:48 p.b.) and Daniel Kashi (166 in 33:09 p.b.). Incidentally, the first 17 men all broke 30 minutes!

N.W.R.A.C. 5 MILES RECORDS (SINCE 1998)


A HAPPY AND A PROSPEROUS NEW YEAR TO ALL OUR READERS