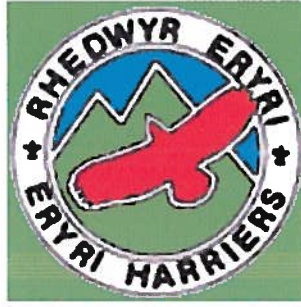


Initial	Name
PJ	Paul Jenkinson
SMcD	Stuart McDonald
DWT	Dyfed Whiteside-Thomas
EW	Emily Wood
EG	Emma Green
AL	Arwel Lewis
BL	Becki Law
SR	Stoned Rowlands
MB	Mike Blake
ES	Ellie Salisbury
DK	Dave Kirkby
DR	Dihwyn Rowlands
EO	Emlyn Owen
GF	Geoff Fielding
KW	Kate Worthington

## RHEDWYR ERYRI HARRIERS COMMITTEE MEETING MINUTES

<b>Date</b>	<b>Tuesday 1<sup>st</sup> Nov 2016 at 7pm</b>	
<b>Venue</b>	<b>Llanfairfechan Fire Station</b>	
<b>1</b>	<b>Present – PJ, SMcD, DWT, AL, SR, MB, ES, GF, EG, EO, BL</b>	
<b>2</b>	<b>Apologies:</b> DK, KW, DR, EW	
<b>3</b>	<b>Review of minutes of previous meeting</b>	
<b>4</b>	<b>Actions from previous minutes</b>	
<b>4.1</b>	<i>Highest placed Eryri runner out of all three weekend races will win cycle tops - Emily Wood &amp; Gary Porter Jones won.</i>	<b>ES</b>
<b>4.3</b>	<i>Additional first aid kit to be ordered. ES to make up first aid kit for club.</i>	<b>ES</b>
<b>4.4</b>	<i>Potential dates for club relays in Parc Padarn to be submitted. Date to be confirmed provisional month January.</i>	<b>DWT</b>
<b>4.5</b>	<i>Venue &amp; food for AGM. Padarn Hotel for booked Tues 8 November at a cost of £10 per person. Committee to feedback on time to KW so that she can confirm with the venue. Food choices detailed in e-mail circulated to committee.</i>	<b>KW</b>
<b>4.6</b>	<i>Reminder to be communicated to members to keep their London Marathon rejection. Additional communication to be added to Xmas run e-mail notices in case they want to be considered for the Eryri 'lottery' as part of Xmas race.</i>	<b>EO</b>
<b>4.7</b>	<i>Male team required for fell relays in Scotland. Done V40 team ran relay. Refer to mountain report for full details.</i>	<b>PJ</b>
<b>5</b>	<b>Section reports</b>	
<b>5.1</b>	<b>5.1 Mountain – See attached report.</b> <b>Additional notes:</b> Pedol Peris to be held on the 9 <sup>th</sup> of Sep in 2017. <b>British fell running relays:</b> Potentially to be held by Eryri on the 15 <sup>th</sup> of October 2017 if the Glyn Rhonwy site is available to use.	<b>SMcD</b>
<b>5.2</b>	<b>5.2 Road – See attached report for details.</b>	<b>AL</b>
<b>5.3</b>	<b>5.3 Cross country</b> – Updated cross country dates are: 15th October 2016 - Mold 5th November 2016 - Llandudno 26th November 2016 - Bangor 14th January 2017 – Shrewsbury 28 <sup>th</sup> January 2017 – North Wales Championships 4th February 2017 – Oswestry <b>Results so far:</b> <i>Senior men 5<sup>th</sup>, Senior women 2<sup>nd</sup>, Mens vets 11<sup>th</sup>, Womens vets 2<sup>nd</sup>.</i> <i>Subscription to the cross country league be paid this week £50.</i> <i>Request for cakes for Bangor cross country race.</i>	<b>BL</b>
<b>6</b>	<b>Officers' reports</b>	
<b>6.1</b>	<b>Membership</b> – <i>three runners ran Eryri Marathon claiming to be Eryri runners, but were not. List of registered runners to be sent out to committee. Proposal of putting names on the website to be raised at AGM. Welsh Athletics form to be removed from website.</i>	<b>EG</b> <b>DK</b>
<b>6.2</b>	<b>Treasurer</b> – all cheques, financial info. to be submitted asap	<b>EW</b>
<b>6.3</b>	<b>Welfare &amp; Youth</b> – PJ required to go on a welfare course	<b>SR</b>
<b>6.4</b>	<b>Equipment</b> – no update	<b>MB</b>
<b>6.5</b>	<b>Kit</b> – <i>stock of new-shaped vests &amp; 9 bike tops have been ordered from Teejak. No response from provider. Process of ordering clubs vests &amp; other clothing to be changed to be direct with supplier.</i>	<b>ES</b>
<b>6.6</b>	<b>Website</b> – Currently experiencing a problem with the website. It only relates to the posting of new events. For some reason they don't show in the category, i.e fell or road	<b>DK</b>

	<p>and in the archive they show as Jan 1970.</p> <p>I've tried to contact Matrix 10 but have had no reply. I'm currently trying to find a solution via wordpress.org on the help forums. Ultimately we might need to look to another web development company.</p> <p><b>Review of contract with Matrix 10 to be required. EO to try and contact matrix 10. SMcD to contact CJ to get information on initial contract set-up</b></p>	<b>EO / SMcD</b>
<b>6.7</b>	<p><b>Training – Monday night training now re-started &amp; led by mixed group of Eryri runners. In excess of 20 runners now attending Tuesday night training (SBS) with very positive feedback.</b></p>	<b>KW / DR / DWT</b>
<b>6.8</b>	<p><b>Press &amp; Welsh Language – EO organised Emyr Gibson and Ruth Williams to be interviewed by Radio Wales prior to the Eryri Marathon. Eiliw Haf, Emyr Gibson, Math Roberts, Eryn Williams, Jennifer Charlton &amp; many other Eryri runners interviewed / appeared as part of the S4C covered as part of the marathon coverage.</b></p>	<b>EO</b>
<b>7</b>	<p><b>Any other business</b></p> <p>British Championship Fell Race for 2017 – Maesgwm Muddle August 12<sup>th</sup>, Medium category race.</p> <p>Hosting of fell relays for 2017 – covered under mountain report</p> <p>CJ retirement from Eryri committee</p> <p>AGM – Copy of last year's AGM to be reviewed. AGM to be promoted on social media and during training runs.</p> <p>Track &amp; field registration to be discussed at AGM.</p> <p>Training office role to be reviewed at AGM.</p>	<b>PJ / EO</b>
<b>8</b>	<p><b>Next meeting – to be agreed at AGM</b></p>	<b>Open</b>



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## RHEDWYR ERYRI HARRIERS

**FORMED:** at the Royal Victoria Hotel, Llanberis, on the 7th September 1977.

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### COMMITTEE MEETING TUESDAY 1<sup>st</sup> NOVEMBER 2016

#### ROAD RUNNING REPORT

##### RACE REPORTS:

**4<sup>th</sup> Sept - Caernarfon 10k – North Wales Championships:** 160 athletes completed the race of which, 23 were Eryri Harriers led home by 6<sup>th</sup> placed Dewi Owen in a time of 36:36. Dewi also won the MV/35 title while 11<sup>th</sup> placed Steffan Williams won the Under 20 title in a time of 38:08. The event was run in a clockwise direction this year.

##### **Great North Run/Lake Vyrnwy H/M & Cardiff 10k:**

Three notable Eryri performances on the roads on Sunday 21<sup>st</sup> September spread around the country:

At the Great North Run, Brendan Rothery finished the iconic Half Marathon event in a time of 74:36.

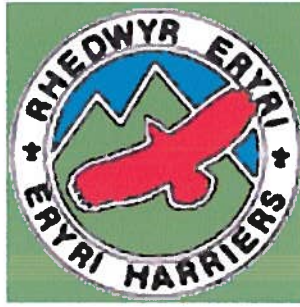
In the Lake Vyrnwy Half Marathon, Richard Roberts finished 5th overall in a time of 72:19 while down in Cardiff, Russell Bentley representing North Wales in the Welsh 10k Inter Regional Championships finished 15th in a time of 31:50.

##### **Abersoch Half Marathon – 25<sup>th</sup> September:**

Russell Bentley won the event in a time of 73:24, two minutes and 18 seconds clear of the 2<sup>nd</sup> placed runner. There were 248 finishers.

##### **Ras 30k Pedwar Llyn/4 Lakes 30k – 2<sup>nd</sup> October:**

In glorious sunny weather with very little wind, 35 runners completed the scenic route around Snowdonia with Eryri making it a double success as Dewi Owen won the race overall in a time of 2:05:42 and Miranda Grant finishing 7<sup>th</sup> overall and 1<sup>st</sup> female in a time of 2:16:51 which was just 35 seconds off the course record.



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### Caernarfon 10k – Borders Road Running League. Sunday 9th October:

The first race of the Borders Road Running Season brought a record number of runners (318) to the Caernarfon 10k race route on a glorious sunny day with very little wind. There were 17 Eryri Harriers competing led home by 11<sup>th</sup> placed Dewi Owen 35:39 as both Eryri's men and women won their respective 2<sup>nd</sup> Divisions on the day.

### Manchester H/M – 16<sup>th</sup> October:

Rob Samuel finished 17<sup>th</sup> overall in a time of 68:42.

Snowdonia Marathon – Saturday 29<sup>th</sup> October: A superb win for Russell Bentley in a time of 2:35:05 as he was one of 33 Eryri Harriers who completed the Marathon with Andrea Rowlands not far off winning the women's title (1mis 01secs behind the winner) as she finished 32<sup>nd</sup> overall in a time of 3:05:00. There were 2131 finishers.

### Farndon 10k – Sunday 16<sup>th</sup> October:

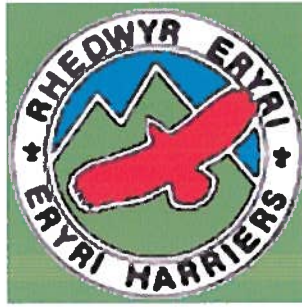
Arwel Lewis finished 45<sup>th</sup> overall and 1<sup>st</sup> MV/55 at a wet and windy Farndon in a time of 41:22.

### Abergele 5 Mile (North Wales Championships) Sunday 30<sup>th</sup> October:

#### North Wales Title for Rob

In the 30th running of the Abergele 5 mile road race on Sunday 30th October, despite finishing 3rd overall in a very good time of 24:41 for the tough undulating course. Rob Samuel won the North Wales Title. Liverpool Harrier John Ashcroft won the event in a course record time of 24:21 ahead of Philip Sesemann (Blackheath & Bromley Harriers) 24:36. In all, as well as Rob, there were 7 Eryri Harriers competing. 7th & 1st Male U/20 Owen Roberts 28:47. 59th & 3rd MV/55 (1st North Wales) Arwel Lewis 33:06. (Arwel won the inaugural event in 1986). 60th Tim Watson 33:15. 77th & 3rd Senior Female Gemma Morgans 34:42. 83rd Steffan Evans 35:22 and 100th Maldwyn Evans 36:28. Eryri's men just missed out on the team title by two positions to Buckley Runners - 121 to 123.

A well organised event by Sean McCormack and his Abergele Harriers Team.



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### ParkRun Updates:

**Conwy:** 10<sup>th</sup> September – Matt Roberts won in a time of 16:26.

17<sup>th</sup> September – Matt Roberts won again in a time of 16:21.

22<sup>nd</sup> October – Paul wathan won in a time of 17:44.

Penrhyn: 17<sup>th</sup> September – 1<sup>st</sup> John Parkinson 17:44

1<sup>st</sup> October – 1<sup>st</sup> Ali Chant and Dog! 17:19.

8<sup>th</sup> October - 1<sup>st</sup> Matt Roberts 15:57.

### Forthcoming Events:

Sunday 6<sup>th</sup> November at 10:00am – Borders League 5 mile race at Upton, Cheshire.

Saturday 12<sup>th</sup> November at 09:30am – Cheshire 10k at Arley Hall

Sunday 20<sup>th</sup> November at 10:00am – Conwy Half Marathon.

Sunday 27<sup>th</sup> November at 10:00am – Vale of Clwyd Half Marathon at Llandyrnog, Denbighshire.

Sunday 4<sup>th</sup> December at 11:00am – Borders League at Birkenhead Park.

Sunday 11<sup>th</sup> December at 10:45am – Telford 10k.

Finally: My sincere appreciation to all who have supported and assisted me with my events this year without whose help I would have struggled to have put them on. If there is one thing that Eryri are very good at, it is putting events on and supporting one another. We should congratulate one another for being so pro-active.

**ARWEL LEWIS – ROAD RUNNING SECRETARY**

## Mountain Report

Races since last meeting:

### September

1st Elidir Fawr - run as an evening race with new organiser DWT. 1st leg of triple weekend. 48 runners - Gareth Hughes and Sarah Ridgeway were the winners. Eryri - Sam Orton 3rd, Rhys James 1st U20, Jen Charlton 1st LV40, Ellie Salisbury 1st LV50. Great club turnout (too many to list everyone!) 2 to mention - Gary Porter-Jones & Emily Wood (see below).

3rd Gladstone 9 - 38 runners - poor weather - 2nd leg of triple weekend. Math Roberts 1st (just after another detour! First Eryri man home Jonny Moore in 6th followed by Russell Owen, James McQueen & GPJ in 8th, 9th and 10th. Megan Oliver first Eryri lady followed by Ellie Salisbury & Emily Wood. Again a decent turnout from the club.

Final leg of triple Caernarfon 10k - Gary Porter-Jones & Emily Wood winners - New Eryri Cycling top is their prize!

10th Peris Horseshoe - think we have settled on a start & finish now! Another change to the route with a new descent off Moel Cynghorion. Reasonable turnout - struggled for marshals - all summits covered but 2 spots to sort for next year - Steffans cafe & end of track after descent from Cynghorion.

Half Peris - 25 runners - Top 3 Men all Eryri - John Parkinson, Shaun Davies & Craig Jones. Kate Worthington & Jenny Heming 2nd & 3rd ladies (Jenny with half a shoe!).

Full Peris - 55 starters - Winner was Pete Vale by 18 minutes! Andrea Rowlands won the ladies finishing 12th overall and 16 mins ahead of Mel Price. First Eryri man home was Chris Near (4th) and special mention to Alwyn Oliver completing another Full Peris and 1st V70 home.

Date for next year?? - 9th September

17th Merrick (Brit Champs) Rich Roberts 31st, Lou B 9th (35+)

24th N.W. Junior Champs - windiest day of the year!!! Whereabouts of registration sign unknown, last seen taking flight over Cumbria!! Another top job by Mike Blake and a merry band of helpers.

### October

8th Trefriw Mill - 39 runners for and old race brought back to life. Lloyd Taggart 1st with Matt Fortes 2nd (1st Eryri Man). Miranda Grant was 1st lady (10th Overall). Jackie Lee 2nd lady & 1st FV40.

9th Breidden Hills - 103 runners. 1 Eryri runner Steve Jones in 79th.

23rd Clwydian Hills - final round of Welsh Champs so big field of 175 started! 1st Eryri runner home was Miranda Grant in a seriously impressive 20th overall! Miranda was 3rd lady with just 23 seconds covering the first 3 ladies. Paul Jenkinson was first Eryri man home in 30th.

## Champs Results

**World Mountain Running Champs** - Bronwen Jenks Bronze medallist in Bulgaria. Only GB athlete to medal, 4th team.

**British** - Bronwen Jenks 1st U23 & 4th Open

Lou Beetlestone 12th Open

Rich Roberts 20th Open

**British Relays** - Superb performance from Ladies to finish 7th. Bronwen Jenks (leg 1 and 1st lady), Miranda Grant and Sarah Harley (leg 2), Lou B and Tina McQueen (leg 3) & Annabelle McQueen (leg 4). A great team bookended by two superb young ladies. 60th Overall

Mens V40 team - 9th Male V40 team. Cracking legs from Emlyn Owen (leg 1), Dyfed Whiteside-Thomas & Russell Owen (leg 2), Paul Jenks & James McQueen (leg 3) and finished off by fat lad at the back!!! (Me!). =64th Overall.

Points of note:

- Bronwen fastest lady on leg 1.
- 3 members of same family racing.
- Leg 3 was James McQueen v Tina McQueen!! James & Jenks beating Tina & Lou by 12 seconds!!
- I told you I needed 20 mins!!!
- No Men's Open team
- Back in North Wales next year

**Welsh** - Bronwen Jenks 1st U23

Lou B 1st Open, Miranda Grant 5th

Ellie Salisbury 5th V50

Maggie O 4th V60

Owen Roberts 2nd U23

Paul Jenks 5th V40

Geoff Fielding & Alwyn Oliver 4th & 5th V70

**North Welsh** - Bronwen Jenks 1st U23

Miranda Grant 1st Open

Lou B 4th Open

Megan Oliver & Andrea Rowlands 4th & 5th V40

Ellie Salisbury 2nd V50

Maggie Oliver 3rd V60

Owen Roberts 1st U23

Martin Cliffe & Craig Jones 5th/6th V40

Kean Rowlands & Iwan Edgar 4th/6th V50

Geoff Fielding, Don Williams & Alwyn Oliver 2nd, 4th & 5th V70

Suggestion for next year - bus to Welsh Series Champs Races & North Wales?

## Races Coming Up

November

5th Rhobell Fawr

11th Dash in the Dark Series (1)

19th Pen Fell Race

December

4th Cardington Cracker

9th Dash in the Dark Series (2)

Please Note: Other races are available!!!

## British Champs 2017 (Provisional)

April 8th –Donard Challenge– short - Ireland

May 6th – Stuc a Chroin – long- Scotland

June 17th – Tebay – medium (joint English and British counter)

August 12th – The Maesgwm Muddle –short- Wales

## Welsh Champs 2017 (Provisional)

Sat 6/5	Preseli Beast	AL	
Sat 24/6	Moel Hebog	AS	
Sat 9/7	Pen y Fan	AS	
Sat 12/8	Maesgwm Muddle		AM British
Sat 7/10	Trefriw Mill	AM	
Sat 11/11	Llyn y Fan	AS	

## North Wales Champs 2017 (Provisional)

Sat 28/1	Tarren Hendre	S/M	
Sat 11/2	Moel y Ci	S	
Sat 18/3	Ras y Aran	M	
Sat 15/4	Moelwyn	M	
Sat 24/6	Moel Hebog	S	Open Welsh
Sat 29/7	Push up the Pincyn	S/M	
Sat 12/8	Maesgwm Muddle	M	Open Welsh / British
Sat 9/9	Peris Horseshoe	L	
Sat 7/10	Trefriw Mill	M	Open Welsh