

RHEDWYR ERYRI HARRIERS MEETING MINUTES

Initial	Name
PJ	Paul Jenkinson
SMcD	Stuart McDonald
DWT	Dyfed Whiteside-Thomas
AL	Arwel Lewis
BL	Becki Law
SR	Stoned Rowlands
MB	Mike Blake
ES	Elle Salisbury
DK	Dave Kirby
JC	Jennifer Charlton
EO	Emlyn Owen
GF	Geoff Fielding
LB	Lou Beeststone
GPJ	Garry Porter-Jones
NA	Nia Albiston
JH	Jenny Hemling
MF	Mathew Forbes

Date	Wednesday 6th December 2017	
Venue	Celtest, Bangor	
1	Present – EO, SR, MF, JH, DWT, ES, GF, LB NA, MB, JC	
2	Apologies: AL, PJ, BL, GPJ, SMcD	
3	Review of minutes of previous meeting	
4	Actions from previous minutes	
4.1	Christmas Fun Run arrangements - booked for Sunday, 17th December – Ann & Sharon at registration. Raffle tickets to be dropped off by MB with AL. ES to assist AL with coordinating race in-lieu of MB. Marshalls to be requested by MB & names to be given to AL.	
4.2	Club Presentation Evening arrangements - 3rd March 2017 - at Lodge Dinorwic – ES to book. Award nominations for above evening: A) <i>Best contributor to club</i> B) <i>Most outstanding junior</i> C) <i>Overall outstanding athlete</i> D) <i>Angela Brown Barker award</i> Nominations for a, b & c to be sent individually (i.e. without copying anyone else in on the email) to the club secretary who will collate the results.	
4.3	All committee members to bring any proposals for potential improvements to website to next meeting. Meeting will review proposals and generate list in order of importance. <ul style="list-style-type: none"> • Suggested that it is time for an update for the website and review our communication methods. To discussed further at this meeting. • Teejac shop - DWT to arrange for hats to be added 	
4.4	Club championship results <i>required from all secretary's (XC, Road, Mountain)</i>	
4.5	ES to arrange for Adrian Williams to be given access to club e-mail list via Fabian4 – to be done by next meeting.	
4.6	Races that club wants to support for 2018 Castle Relays – team placed to be on a “1 st come, 1 st served provision” Lee Mills - team(s) placed to be on a “1 st come, 1 st served provision” Morbeno – Snowdon & Snowdon twilight to be selection races for team Hodgson Relays - team(s) placed to be on a “1 st come, 1 st served provision” British Champions – Northern Ireland 1 st race being coordinated by LB. Action to be extended to the remaining races during the rest of the year. British Champions relay - team(s) placed to be on a “1 st come, 1 st served provision”	
4.7	Support/suggestions for 1000m - Action as PJ not present to be discussed at next meeting if it can be a Club Championship race for 2018.	
5	Section reports	
5.1	5.1 Mountain – Refer to appended report	PJ

5.2	5.2 Road - Refer to appended report	AL
5.3	5.3 Cross country – Refer to appended report	BL
I	Officers' reports	
6.1	Membership No updates for this meeting, handover from EG to take place by next meeting	MF
6.2	Treasurer – no updates for this meeting, handover from EW to take place by next meeting	JH
6.3	Welfare & Youth MB and DWT still needs to be sorted. MB requires password to access portal. NA and HB also require DBS checks.	SR / MB / DWT / NA
6.4	Equipment – No updates for this meeting.	MB
6.5	Kit – No updates for this meeting.	ES
6.6	Website – See point 4.4 above.	DK
6.7	Training – Monday - have started back and is going well. Tuesday - now being hosted from Y Felinheli alternating with Bangor every other week Thursday - still going well and start location changed to Electric Mountain. Sunday Morning - have started backed, being hosted from various locations and is going well.	SER / DWT
6.8	Press & Welsh Language – No updates for this meeting	EO
7	Any other business <ul style="list-style-type: none"> • Affiliated - for our road running need to ask for WA/UK Membership required and clarification to be provided. Action - DWT to discuss with AL. • British Relays in Llanberis – accounts summary required from SMcD. • Request Ribble Valley team prizes from British Fell relays to returned due to disqualification from British Relays race. • SMcD to report on funds given to Park Run to obtain defibrillator. 	Open
8	Next meeting: Wednesday 24th Jan 2018, 7pm at Celtest	

Mountain Running Report December 2017

Mountain Running Report Dec 2017

Rhobell Fawr – Matt Fortes -3rd , Dyfed – 1st v40 (after top three!)

Llyn Y Fan - 27th Ellie Salisbury 3rd fv50

Dash in the Dark – Matt Fortes 4th (1st v40), Becki Law 6th female

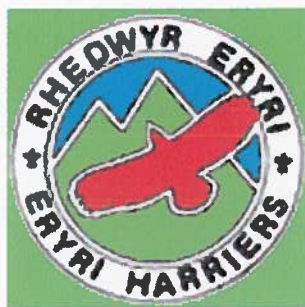
Blorenge – Ellie ran but not found results !

Cardington Cracker – Rich Roberts 4th , SPJ 30th (1st v60), Mike Blake 232nd

Penmaenmawr – more eryri runners than you can count.

Top results: Rich Roberts 1st, Matt F 4th (1stv40), Adrian 9th(2nd v40), Paul Jones 11th , SPJ 15th (1stv60)

Johnny 17th (1stv50), Andrea 1st Female, James Macqueen 1st local, Iwan Edgar 2ndv60, Derek Weaver 3rd v60.



RHEDWYR ERYRI HARRIERS

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

RACE REPORTS:

CONWY HALF MARATHON – Sunday 19th November: 23 Eryri Harriers were amongst the 2555 finishers in the scenic event run in dry and sunny conditions. Eryri were led home by 48th placed Dylan Jones in a time of (All Chips Times) 1:26:31 followed by Matt Leonard 1:27:03. 73rd Emlyn Owen 1:27:34. 91st Nic Brook 1:29:34. 116th Steffan Evans 1:31:10. 128th Arwel Lewis 1:31:41. 166th John Davies 1:33:28. 171st Tomos Jones 1:33:53. 282nd Rhys Guto 1:37:51. 309th Dilwyn Rowlands 1:38:41. 310th Tony Davies 1:38:41. 311th Dylan Huws 1:38:42. 580th Cara Williams 1:46:05. 862nd Llinos Greenhaigh 1:52:32. 875th Chris Hoult 1:51:47. 1122nd Fiona Owen 1:54:54. 1126th Rogers Roderick 1:58:45. 1229th 1:57:46. 1415th Hugh Morgan 2:03:07. 1592nd Ceri Pritchard 2:04:52. 1717th Math Llwyd 2:09:57. 2063rd Arwyn Williams 2:23:11 & 2343rd Iorwerth Roberts 2:31:37. The race was won by Swansea Harrier Phil Matthews in a very good time of 1:08:58 and 1st female Hayley Kuter (Salford Harriers) who finished 10th overall in a time of 1:18:41. Another fantastic event organised by RunWales.

BORDERS ROAD RUNNING LEAGUE – RACE 2: BIRKENHEAD PARK. Sunday 3rd December - 8 Eryri Harriers represented the club in the 5.5mile race. Eryri were led home by League debutant Nic Brook in 110th position in a time of 35:24 followed by 145th Arwel Lewis 36:29. 187th Ashley Wager 38:13. 205th Helen Blair 39:12. 242nd Becki Law 40:42. 256th Jenny Heming 41:18. 274th Lesley Lawson 41:56 & 360th Allison Donnelly 48:25. There were 390 finishers. After two events, Eryri's men currently languish 8th of the 10 teams in Division 2 while the women are a much more respectable 4th in their respective 2nd Division while also leading the Improvers Trophy table. The next two Border League races are much closer to home at Pensarn, nr Abergele (5 Miles) on Sunday 14th January 2018 followed by a "Home" fixture at Caernarfon (10km) on Sunday 18th February. Both races start at 11am.

Parkruns – Update: Eryri broke the 1000 barrier at the recent Penrhyn Parkrun on Saturday 2nd December. Eryri athletes have competed 1003 times in the event with Don Williams leading the way with 97 Penrhyn Parkruns, 102 in total. Paul Wathan added another couple of wins to his impressive Conwy Parkrun total of 34 in all as well as 10, 2nd place finishes out of the 47 he has competed in. Paul won the November 18th – 17:48 and November 25th – 18:32 Conwy Parkruns.

FORTHCOMING EVENTS:

Essar Chester Round the Walls Race 4.2 miles – Boxing Day @ 10:30am. Entry Details: <http://wcac.niftyentries.com/>

Twin Piers 10k – Saturday 13th January 2018 @ 1:00pm. Closing date for entries: 8th January (No Entries on the day) Entry Details: <https://colwynbayac.niftyentries.com/Twin-Piers>

Borders League – Sunday 14th January 2018 @ 11:00am.

Essar Four Villages Half Marathon – Sunday 21st January 2018 @ 10:30am. Entry Details: <https://helsbyrunningclub.niftyentries.com/35th-ESSAR-Four-Villages-Half-Marathon>

Nick Beer 10k (Welsh Championships) – Sunday 11th February 2018 @ 12:00 Noon. Entry Details: <http://www.nwrrc.co.uk/nick-beer-10km-event.html>

Virgin London Marathon – 22nd April 2018. Club Entries. Eryri Harriers have two club entries for the event. Ballot draw for all Eryri Harriers with 2018 Virgin London Marathon Ballot Entry Rejection Letters which must be produced at the club's Christmas Fun Run at Llanberis on Sunday 17th December 2017. (386,050 entered the ballot!!) Note: Club Members must be present at the ballot and Please note the deadline for runners to complete and pay for their entries is 17:00 on Friday 26th January 2018. There will be no extension to this deadline under any circumstances.

ARWEL LEWIS

ROAD RUNNING SECRETARY



Cross country update for committee meeting: 6th December 2017

Three league events down, two to go. Many thanks to everyone for the help at Bangor – it was very muddy and a hole appeared in the ground (reported) but went well. We had 28 Eryri Harriers running and 18+ helpers. Brilliant turnout and a successful day, many many thanks to everyone who was involved.

Team results are as follows:

Men's seniors: 4th on the day, 5th in the league

Men's masters: 4th on the day, 4th in the league

Women's seniors: won on the day, 3rd overall

Women's masters: won on the day, 2nd overall (closing on Oswestry)

Standout performance from Callum O'Donnell who won the first race of the day – fantastic! Great running from many others too, including some who had their first cross country race - Geoff Fielding(?) and Eiliw Haf.

Great photos from Karl Midlane (cheers Lou!) and Craig Jones and some others.

First aid provided by Medi-tech (contact via Arwel) was very excellent – only needed to keep an eye on a Prestayn runner who was unsteady but still running!

Refreshments fantastic as usual, brill cakes from the club and after paying for the first aid out of the tea money (£175) we made £134.10.

Next XC fixture is the North Wales Champs - PRE ENTRY ONLY – on 6th January. Form is on Facebook and website.

15 Eryri Harriers have been selected to run for North Wales in Brecon this Saturday 9th December. The following are planning to run: Matthew Fortes, Arwel Lewis, Becki Law, Helen Blair, Lesley Lawson, Annabelle McQueen, Bronwen Jenkinson.

Next League fixtures are: Shrewsbury on 20th January and Oswestry on 3rd January. Free buses to be arranged. Welsh XC champs are in Swansea on 24th February and the British Inter-counties will be on 10th March in Loughborough.

Thinking about trying an alternative venue for our league fixture for next year....to be discussed another time...

Cheers!

Becki ☺