



Clwb Rhedeg **MEIRIONNYDD** Running Club

Newsletter

February 2013

Tra Môr tra Meirion.

AGM 2013

A very successful AGM was held in the Rugby Club on Friday night. The evening started with a fascinating talk from Alastair Tye from <http://www.fellrunningpictures.co.uk> on how he selects positions to take shots of the runners.

Trophies were awarded as follows:-

Billy goat trophy for male runner of the year - Ifan Richards.

Nanny goat trophy for female runner of the year - Juliet Edwards.

Goatherd trophy for volunteer of the year - Epyllt Richards.

Sheilah Vaughan trophy for best new runner - Glyn Griffin.

Runners Runner trophy - Christine Owen.

Following the presentations an excellent Buffet was laid on with rolling pictures from Alistair Tye of MRC runners in action on the fells. Many thanks to the Rugby Club for the use of their room and the chefs for the excellent cakes. During the meeting the following were elected to committee positions:

Chair - Nich Bradley

Vice Chair- Sue Nicholls

Secretary- Kevin Jones

Treasurer - Jude Evans

Membership - Epyllt Richards

Junior Coordinator - Jan Preston

Welfare Officer - Andrea Vaughan

Social Sec - Katie Woods

Club Captains - Clive Edgington, Juliet Edwards

Website - Arfon Hughes

Course Director - Kevin Evans

Club Publicity/Press Officer - Ashley Charlwood

Race Registration

/Controller - Sue Thomas



Special Interest Articles:

- WFRA Champion 2012.
- The Challenge: Snowdon Marathon .
- Carrot Cake for all.

Individual Highlights:

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Meirionnydd Lead WFRA 2012

Following the Rhobell race, the WFRA held their presentation ceremony for the overall Welsh Champions and N. Wales Champions.

A very good day for Meirionnydd RC, and a good season with consistent racing over the year and regular top 3 & 5 placing in the counting races.

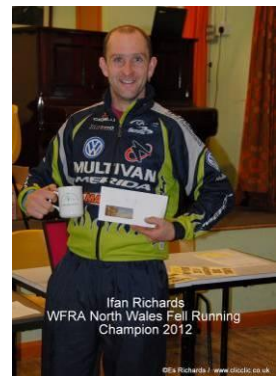
Dave Parker capped off a tremendous first season for

the club by claiming 2nd overall in the Welsh Championships behind Welsh & GB international Tim Davies.

Very satisfying was the next award for the N. Wales Championships as Meirionnydd took a clean sweep, with Ifan Richards defending his N. Wales Championship trophy for the 3rd year in succession.

It didn't end there as Dave

Parker took the 2nd place & Glyn Griffin 3rd on the N. Wales podium in the senior category.



Conwy Half

17 November.

Conwy Half-Marathon

Sandra Williams and Jacqueline Fowler ran at Conwy.

Sandra finished in 1 hour 55 mins 11 secs and Jacqueline in 1 hour 56 mins 29 secs to set a new F45 club record.

"I do not run to add days to my life – I run to add life to my days."

Ronald Rook

New Runner



16 December: Cordon classic

9 December: Aberystwyth Charity 10k

David Elliot ran the Cordon classic on coming in 26th in a time of 57:10.

And out again in the Aber 10k as sole MRC runner on the day completing the race 75th, in 43:31.

Triplet at Twins

14 October:

Aberystwyth Twin Peaks.

Three Club members ran here, Dave Elliot leading them home in 56mins 17secs, followed by Ricky Francis in 58mins 28secs and getting back into the swing of it after a long injury, Graeme Stringer in 63mins 21secs.

Winter Series Started – Rhobell fawr Race.



Juliette on Rhobell

11 November.

Eighty three runners took part in the race from Llanfachreth in the autumn sunshine.

No less than 14 members of Mercia Fell Runners made the journey and duly claimed the first 2 places; with Tim Davies winning in 51 mins 27 secs quickly followed by Paul Jones in 51 mins 32 secs.

Third was Jez Brown of Buckley Runners in 53mins 45 secs.

Lauren Jeska of Aberystwyth AC won the women's race in 61mins 14 secs, followed by Andrea Rowlands of Eryri in 65mins 17secs and Louise Barker of Aberystwyth AC in 66mins 36secs.

Seven Meirionnydd runners took part, with Dave Parker leading them home, 4th overall, in 53mins 56secs, followed by Alan Jones in 64mins 40secs, Dave Elliot in 64mins 54secs, Arfon Hughes in 66mins 50secs, Juliet Edwards in 75mins 31secs, Kevin Evans in

82mins 43secs and Dai Rice in 90mins 24secs.

☺ Juliet's time was a club F50 record. Which is almost 3mins faster than her club F40 record.



Welsh XC Championship

8 December.

Welsh inter-Regional & Masters XC champs.

Well done to the two Meirionnydd runners who ran a very muddy course down at Builth.

Clive Edgington in the Masters, finished 2nd in M55 in 37:07 min.

In the Seniors David Parker came in 22nd with a time of 41:37 min.

More Champs

U18 Welsh Indoor Rowing Champion

Congratulations to Jamie Evans on winning the U18 Welsh Indoor Rowing Championships in Cardiff in December. His winning time over 2,000 meters was 6 minutes and 38 seconds.

"The only place success comes before work is in the dictionary."

Vince Lombardi

Trofeo Vanoni Mountain Relay Race, Morbegno

25 October.

Ifan headed off to north Italy as part of the Welsh team to race in the prestigious Trofeo Vanoni Mountain relay race.

The race takes place in the town of Morbegno in north Italy, not far from the Swiss border and twinned with Llanberis, the Vanoni race is also twinned with the Snowdon international race.

This year's race was also the final round of the Italian mountain running championships. As well as the International teams, (including the Swiss, French, Slovenian, Finish, and Danish), the finest clubs

from Italy were there to battle it out.

The race started at 2pm in the centre of Morbegno with 134 runners ready for leg 1 of the relay, the main street was closed off for the event.

The entire course of 4.2 miles with 1600ft of ascent was lined with 4000 screaming fanatical Italian and European mountain running fans.

The Welsh team consisted of Josh Griffiths (Swansea Harriers), Ifan Richards (Meirionnydd RC) and Alun Vaughan (Eryri Harriers) and it was in this order that the Welsh took on the race.

After a race-long battle the Welsh lads finished a very impressive 15th out of the 134 teams, beating the Czechs, Finns, Danes and Portuguese, in a time of 01:41:12. Ifan ran his leg in 00:34:39 with a fantastic 9th place split time of 00:9:19 for the 1.2 mile 1600ft technical descent.

A fantastic race and experience and a big eye opener as to how big and popular mountain running is in mainland Europe.



"People rarely succeed unless they have fun in what they are doing."

Dale Carnegie

National Hill Running Relays

An excellent day out in the sunshine at Church Stretton for the relays organised by Mercia Fell Runners.

In a world-class field the Meirionnydd senior team finished in 43rd position out of 151 finishers.

Dave Parker ran a brilliant first solo leg to finish in 11th place; Kevin Jones and Mark Atherton then ran the pairs leg to finish in 53rd place, Arfon Hughes and Alan Jones then ran the navigation leg finishing in 86th place, Ifan Richards then ran the last solo leg to storm home in 13th place.

The club over 50's team comprised Clive Edgington for the first solo leg, Kevin Evans and Dave Seabourne for the pairs, Dai Rice and John Smith for the navigation, and Dylan Evans for the final solo leg.



Many thanks to Ifan and Es for providing the hospitality tent.

Mercia's organisation was very impressive and we are now looking forward to next year's event which is to be organised by Eryri and takes place in the Llanberis Pass.



Meirionnydd Relay teams Senior & Masters

Snowdon, My Second Attempt



"I've failed over and over and over again in my life and that is why I succeed."

Michael Jordan



After a failed attempt in 2010, I was slightly apprehensive about running this again. But with training having gone well, I was ready to have another go.

The day dawned with clear blue sky, no wind and just a little chilly, almost perfect running condition.

The registration was quick and easy with plenty of parking in easy walking distance and the start just up the road.

The first couple of miles were a little faster than planned but as the climb up Pen y Pass began I soon slowed down and found myself with a really nice group of people. That was one of the best things about the race, especially at the slower end, everyone was so friendly and encouraging.

The last bit of the climb was quite tough but didn't last long then after taking in the amazing view down the valley it was a nice run down to the off road downhill section. I managed to pass quite a few people on this bit 😊.

The race is quite gentle from here to Beddgelert and I made good time crossing the halfway point in about 2hrs 35.

But I underestimated the next climb. Even though I was expecting it to be tough I confess to a little wobble on this section as it slowed me and everyone around to a walk and panic about the cut off time.

But then about 2/3's up I

came across the MRC cheering squad of Sue Nicholls and Juliet and they marched me up the hill with words of encouragement, hugs and snacks (thanks girls) and then I was off running again.

The girls kept up the support every couple of miles until I went through the cut-off point at 18 miles then dashed off to the last hill to try to catch the other Club runners.

Once through the cut-off I was on a complete high though I did get a little confused at mile 20 when I discovered Waunfawr had been moved?!?

Guess I was a little tired at this point. Happily I found the village, Sue and Juliet at mile 22 and realised I only had 4 miles to go.

The 3 of us set off up the hill with Sue grabbing gels for future use off the kids as we went.

With a final hug they went off to get to the finish and I began to power walk the steep hill and managed to pass a few people too. It was a tough climb but I really did enjoy it and the view from the top was amazing.

Refusing a cuppa from the summit marshals. I found I could run again on the down and began passing people again. Which was a brilliant feeling but not as good as turning the last corner onto the high street and seeing the finish line.

I ran through with a huge grin on my face because

"I'D DONE IT!"

In 5hr 36 mins.

If you only ever do one marathon forget London do this one it's well worth the extra effort.

Chris x

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Editor: Congratulations to all 4 club members who completed the marathon at the weekend.

The other three were Mark Atherton home in 3 hours 26mins, followed by Sandra Williams in 4 hours 22mins and Jacqueline Fowler in 5 hours 10mins.



Oswestry Ends XC season

The last race in this year's North Wales Cross country League was Oswestry on the 2nd February. Five MRC runners took part. Barrie Jackson ran in the first race to claim his 2nd Place for the season in the M70 category.

In the sub 70 category leading Men's team home was Dave Parker in 18th closely followed by Alex Lanz 23rd, Clive Edgington 57th and finally Arfon Hughes in 71st.

More end of season podium places were won by Clive Edgington 2nd in M55 and

Alex Lanz 3rd in the U20.

The end of season Final season score saw Meirionnydd Men finish in 5th position in Division 1: Eryri 783, Shrewsbury 1,273, Telford 1,275, Deeside 1,309, Meirionnydd 1,633, Wrexham 1,705, Tattenhall 1,874, Colwyn Bay 2,002 (were relegated to Division 2)

Despite being a small club we managed to turn out a considerable number of runners: Bangor 14, Llandudno 14, and Wrexham 5

Telford 5 & Oswestry 5.

During the last three races we acquired heavy penalties for not fielding a team of six. The challenge for next year is to maintain a team of throughout the season. I am sure that the new Team Captain Clive Edgington will relish the challenge.

Looking at the records for last year there didn't appear to be any ladies running in the series. The gauntlet has been thrown for the new Ladies team Captain Juliet Edwards.

Thank you everyone and good luck next year



Alex and Glyn at Bangor.

Winter Series Second race – Tarren Hendre.

Tarren hendre produced another great race and an excellent challenge for all who took part.

With three steep challenging climbs, immediately followed by difficult navigation in the mist on the slopes off the main hill.

Several runners strayed away from the fence line and attempted the faster route along the contoured track but only to fall too far down and struggle to regain their positions.

Two runners, including Alan Jones (MRC) DNF as

they ended up in Pennal. Luckily they were given a lift back to race HQ. Alan has agreed to stick to the fence during Ras yr Aran.

The race was won by Mens Martin Cliffe, 53:36, Eryri & Ladies: 1.Lauren Jeska, 59:26, Aberystwyth AC.

New course records: Men Junior 57.19, Huw Davies, Mercia. M70 83.22 Philip Jones, Prestatyn.

Meirionnydd had a good day with eight runners completing the race. Leading home was Dave

parker 3rd overall in 56:44; Ifan Richards 6th 57:22; Alex Lanz 9th 58:27; Jamie Evans 27th 1:06:07 and Arfon Hughes 29th 1:06:22.

Congratulations to Juliet Edwards who came in 50th in 1:14:55 to take 1st F50.

Close behind in 51st was Tony Hodgson 1:15:22. Kevin Evans finished 66th in 1:23:04 shepherding the strays.

Thirty seven runners have completed the first two races, one more to go.

Pictures of runners [here](#).



Alan on his way to Pennal.

*"I am building a fire,
and everyday I train, I
add more fuel.
At just the right moment,
I light the match".*

Mia Hamm

Dyfi 8

21 October

Two members ran in the Dyfi 8 trail race. Ashley Charlwood finished in 62mins 15secs and Glyn Rowlands followed in 63mins 25secs.

Half-marathon & Marathon

22 October

Ricky Francis and Martin King took part in the 18,000 field at the Birmingham half-marathon.

Ricky finished in a PB of 1hour 34mins 44secs, followed by Martin in 1hour 43mins 44secs, setting a club M40 record 😊.

10 October

Juliet Edwards completed in the Chester Marathon finishing the race in 3hours 52 minutes to set a new club F50 record 😊 😊.

Jubilee Plunge

20th December

Seventy five hardy runners travelled to LLangynhafal to race down from the top of Moel Fammau.

A strong Meirionnydd team entered with all three Meirionnydd Runners finishing in the top ten.

Leading the way was Ifan Richards, who despite a long

rest due to injury and concerns over his waist line, crossed the line in first place in 11:44, followed by Dylan Jones 7th 12:12 and Dave Parker 9th in 12:19.



Ifan Richards 1st Jubilee Plunge

Telford Cross Country

12 January Saturday.

Five runners travelled to Lilleshall to race in the fourth race in the North Wales Cross Country League. The weather was fine, but with a cold wind and sodden ground made for some hard running. Despite this the club runners put in a good effort with Dave Parker leading the pack

coming in 20th, Ifan Richards, returning from injury, in 30th. Hot on his heels Dylan Jones in 33rd, Clive Edgington in 54th and finally Arfon Hughes in 67th.

"To catch the reader's attention, place an interesting sentence or quote from the story here."

Arenig Fawr Fell Race

Less than 24hrs after racing the N. Wales XC league at Bangor, Dave Parker and Ifan Richards took to the fells for the Arenig race.

The 7 mile 2000ft race was the penultimate round of the N. Wales fell running champs. So a good run was needed by both to stay in the top 2 places, with Ifan leading and Dave second, also Glyn Griffin third. (Meirionnydd dominating the N. Wales fells!).

It was a good day for the race with no wind and a nice dry afternoon.

Dave, pictured right, produced a storming run and a very strong ascent to claim an excellent third place in a time of 01:00:43 and cemented his place in the top 2 with only Rhobell Fawr as the final round of the series.

Ifan started strongly and was 3rd to the summit but some serious

nutritional issues quickly put a spanner in the works and he faded in the last 3.5 miles to crawl over the line in 37th!

So some exciting prospects for the Rhobell Fawr race, with Dave in a strong position to take the title and Ifan with it all to do!

As well as being the final round of the N. Wales champs Rhobell was also the final round of the WFRA Welsh champs and the Welsh Athletics mountain champs so should produce a quality field.

All eyes were on Dave and Ifan to see who will prevail, and also if Glyn can hold on to his 3rd spot.

The N. Wales title will definitely be staying home in Meirionnydd, which will be great for the club.



Dave Parker, having a good run.

“Go faster carrot cake” from Dave Parker

You'll need a 20 cm square tin or 23 cm round tin (spring form), greased or lined with greaseproof paper.

For the cake

250g unsalted butter
375g sugar (half caster, half demerara)
Zest of 2 oranges
4 eggs
450g carrots, peeled and grated
100g walnuts, roughly chopped
Juice of 1 orange
250g self raising wholemeal flour, sifted
150g mix of raisins and dried cranberries
1 tsp bicarbonate of soda
1 ½ tsp mixed spice
1 tsp salt
Small handful whole or chopped walnuts to decorate

For the icing

225g full-fat soft cheese
40g unsalted butter, at room temperature
80-100g icing sugar
Squeeze of lemon or lime juice

1. Pre-heat the oven to 170 / gas mark 3-4.
2. Cream the butter, sugar and orange zest together till light and fluffy.
3. Add the eggs, beating well as you add each one.
4. Fold in the grated carrots, raisins, cranberries, nuts and orange juice.
5. Fold in the flour, bicarbonate of soda, spice and salt.
6. Takes about 1 hr and 15 mins (depending on juiciness of carrots).
7. Cake is done when skewer comes out clear from cake middle.
8. Turn cake onto wire rack to cool.
9. Cream the cheese and butter together. Add icing sugar and lemon juice and beat till smooth. Spread icing on cake generously.
10. Decorate with whole or chopped walnuts.
11. Most importantly share with others or you won't be getting any faster! I also prefer to just use a pinch of the orange zest as I find it little overpowering personally.



Compiled by
Arfon Hughes

Any news, stories, recipes
or travel-logs to races etc
please E-mail to:
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We're on the Web!

website:

www.run-meirionnydd.co.uk

Blog:

www.Meirionnydd.blogspot.co.uk

Photographs curtesy
of:
Es Richards
cliclic.co.uk

Al Tye
fellrunningpictures.co.uk

Gwynfor James
sportpicturescymru.co.uk

Diolch yn fawr,
Thank you very much.

Good News

As usual the best is kept to last.

I am sure you will all be glad to hear that Pete Nicholls is back after his operation. On the Wednesday night training as he sat there in the leisure centre's comfy seats wishing us all a good run on a Freezing January night his parting comment was "I will get back to running".

We all wish you a speedy recovery.



Pete the Mountain goat!

About Our Club...

Meirionnydd Running Club's objective is to arrange races and promote amateur athletics open to members from the age of 11 years and upwards. The Club is affiliated for Road, Fell and Cross Country. We hold championships, enter leagues and team competitions, arrange social runs, training sessions, talks, demonstrations and social events. Publish standards, print newsletters, arrange travel and other things which are conducive to, the encouragement of jogging and running.

If you are interested in joining.....