

On The Road

Road running in North Wales

In association with

October 2012



WELSH TITLES FOR EMMA AND DAVID

The Welsh championships came to Caernarfon in the annual 10km race, in an event which also included the Regional champs and the Welsh Inter Region champs. It was a victory for *David Mountford* (Liverpool) as he swept all opposi-

tion aside to win in a fine 32:43, over the challenging course. Team-mate *Ricky Challinor* took the silver in 33:23. The women's race also saw a dominant performance from Wrexham's *Emma Parry*, the current National 10 miles champion, in 38:46. Other National titles went to Deeside's *Lee Jones* (M40) in 33:57, Wrexham pair *Ted Partridge* (M50) in 36:02 & *Mike Robbins* (M45) in 37:49, Maldwyn pair *Gwynant Jones* (JM) in 35:37 & *Richard Jones* (M45) in 38:02, Eryri's *Iwan Edgar* (M55) in 39:41, Menai's *Jim Woodcock* (M60) in 38:49, *Roger Harrison-Jones* (Prestatyn M75) in 49:11, Prestatyn's *Amie Bagnall* (JL) in 51:46, Abergele's *Rachel Shipley* (U/23) in 47:55, Eryri's *Tammy Lewis-Jones* (F40) in 42:12, Wrexham's *Alexia Hamilton-Morris* (F50) in 40:54, Abergele's *Chris Birch* (F60) in 47:25 and Bro Dysynni's *Sheila Symonds* (F75) in 90:10. David and Emma also took gold in the U/23 and F35 categories respectively. The Inter Region champs were a formality as the other 3 Regions did not attend, but debuts for the North were given to *Lee Jones*, *Helen McArthur* (44:04) and *Chris Evans* (34:18), while development athlete *Andy Edwards* ran a p.b. for 9th in 34:28. Local teams also picked up a host of Welsh team medals with Eryri winning gold in the Senior men, gold and silver in the master men and gold in the senior women, with Cybi collecting silver in the senior men, and bronze in the master men. All in all a good day's work by the North's athletes. Next year the championships (National and Inter Region) go to the West Region, where we hope that we will at least have some competition!

Photo: Back row: *Chris Evans*, *Darren Blazier*, *Lee Jones*, *Brendan Rothery*, *Andy Edwards*, *Jez Brown*, *Simon Roberts*, *Ricky Challinor*, *David Mountford*: Front row: *Helen McArthur*, *Jay Jennions*, *Jo McDonough*, *Isabel Redfern*, *Emma Parry*, *Tammy Lewis-Jones*; front: *Alexia Hamilton-Morris*. Photo: *Paul Brooks*.