

On The Road

Road running in North Wales

In association with

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Special 3 page edition



RECORDS FALL AT ABERGELE

Dry and cold with blue skies, the Regional 5 miles championships within the Abergele 5 miles on 4/11 saw many records fall in the near-perfect weather conditions for running. At the forefront was Menai's **Sarah Livett**, (Pictured) who not only beat pre-race favourite and Welsh international **Emma Parry**, but her superb 29:47 beat the course record, her own C.B.P. (Championship Best Performance) U/20 record (31:09) and the long-standing senior C.B.P. set by Alexia Hamilton-Morris in 2004 (29:48). Her recent form and rapid progress on both road and mountain has earned her selection to the Wales senior women's team competing in the Inter Area match within the Abbey Dash 10km on 18/11 and all this at seventeen years of age! Emma took first F35 and silver SL in 30:28, with another of our most promising youngsters, Colwyn Bay's **Georgia Garner** the bronze SL in a fine 31:35. Georgia was another breaking records,

as she set a new U/17 C.B.P., which she had previously recorded in 2011 (34:23). Other record breakers: **Emma Collins** (Denbigh), a new C.B.P. for F50, 33:45, which beat the longest-standing record, Mary Meredith's 34:48 set in 1998; **Chris Birch** (Abergele), a new F65 C.B.P. of 36:17, beating Brenda Jones' 41:18 from 2008; **Brenda Jones'** 43:53 a new F70 C.B.P., beating her own 44:04 from 2011—and this after she ran the Snowdonia marathon the previous week! The men's race saw **David Mountford**, now running for Liverpool, set a new course record and break his own C.B.P. U/23 record, as he ran an untroubled race to finish in an excellent 25:35. Silver and 1st M40 went to Deeside's **Lee Jones**, who recorded a fine 26:43, with Regional men's team captain **Brendan Rothery** (Eryri) taking bronze in 27:00. Cybi's **Harvey Wharton** set a new M35 C.B.P. in winning that age-group, his 28:07 beating John Ford's previous record of 28:23 from 2007. Welsh fell team manager **Arwel Lewis**, who had picked up the bronze M50 at the Regional marathon champs the previous week (3:20:24), collected gold in his age-group with 31:05, **Paul Ballinger** (Denbigh) won M55 in 33:15, Prestatyn's **George Nixon** won M60 in 33:07, **Gareth Hughes** (Prestatyn) took M65 in 35:52 and N.W.R.R.C.'s **David Gardner** the gold M70 in 37:47. Other winners: F40: **Lisa Morley** (Wrexham) 34:43; F45: **Kay Hatton** (N.W.R.R.C.) 38:47; F55: **Viv Edwards** (Menai) 45:27. **Full results are at our website: www.nwrab.com**

