

NEWS ROUND-UP

JONES ROMPS TO MOLD VICTORY



Deeside A.C.'s **Lee Jones** was a comfortable winner of the Flintshire 10km on 14/10. The current B.A.F. M40 5km champion, he took an early lead and was never headed, finishing in 33:06. Runner-up was fellow Club member and R.A.F. man **David Lemon** in 34:23, with Cybi's **Harvey Wharton** third in 34:29. In the women's race, Colwyn Bay's **Isabel Redfern** took third place in 39:28. Pictured: Lemon, Jones, Wharton (l to r).

David Mountford, now a member of Liverpool Harriers, ran yet again for Wales in the Swansea Bay 10km on 23/9, finishing in a fine 31:58. David had further good news when a ballot of North Wales' Clubs voted him the winner of the Sherion shield for best under 23 road runner for the second successive year. He receives the shield and a cheque for £50 from the anonymous donor. In another ballot by our Clubs, **David A. Williams** and **Anne Lewis & Sharon Owen** were declared the joint winners of the P. Brooks trophy for Services to Road running; they will each hold the shield for 6 months. Recommended highly: **Gareth Hughes'** website; since the Daily Post decided to produce it's athletics columns in-house, Gareth has set up his own news

pages, which are an excellent source of results and info. G o t o :

[www.http://athleticsnorthwales.blogspot.co.uk/](http://athleticsnorthwales.blogspot.co.uk/) Wrexham's intrepid marathon man, **Ian James**, won the M50 class of the National masters marathon championships at Chester on 7/10 in 2:48:17. Remarkably, this followed a 2:47:32 in the Berlin marathon the week before and he has now completed 5 races at the 26.2 miles distance this year!

SAMUEL UNTOUBLED IN SECOND LLANBERIS VICTORY

Eryri's GB international **Rob Samuel** led from start to finish in the 30th edition of the Snowdonia marathon on 27/9, in an event that included the Regional championships for the first time. S4C coverage clearly showed Rob in the lead from gun to tape and his time, a P.B., was a superb 2:35:42. Silver went to teammate **Matthew Roberts** (2:42:43) and bronze to N.W.R.R.C.'s **John Ford** (2:58:45). Eryri collected 2 further medals in the women's race with **Tammy Lewis-Jones** taking gold (3:30:08) and **Kate Worthington** bronze in 4:00:52. The silver went to Wrexham's **Cath Hewitt**, who was less than a minute behind Tammy in 3:31:04. Other results: can be found on our website: www.nwrab.com.

