

Rob and Alun Fight it Out

The well established and ever popular Elim/Madoc Felinheli 10K race, part of the Gŵyl y Felinheli Festival, had yet another evening of perfect weather to ensure a good time was had by all runners and spectators.

The clear winner for the 5th time in succession was North Wales' 'top dog', Eryri Harrier Rob Samuel, with 6 time previous winner (2002-7), local man and team mate of Samuel, Alun Vaughan chasing him hard all the way. Another Eryri man in good form at present is Dylan Wynn Jones who came in 3rd overall, winning the over 40s. The next category winner home was 17 year old Rhys Llewelyn James from Deiniolen who took the under 18 prize in 40m 23s. Runner-up was 15 year old Llandegfan's Garn Owain Jones having a very impressive run in his 1st Felinheli 10K and less than a minute behind James, beating the ubiquitous over 50 winner Arwel Lewis. Cracking his ribs whilst training on Snowdon only 10 days earlier didn't prevent Eurwyn Edwards winning the over 60's prize in under 45 minutes. Whilst over 70 winner Emyr Davies' time of 47m 32s was just as impressive.

Eryri's dominance of the category winners was assisted by 1st overall Lady Helen Teasdale with Cybi Striders' Tracey Llewelyn in 2nd (both over 35). Under 35 winner (and 3rd overall), Eilw Haf from Caernarfon finished strongly, nearly catching Llewelyn on the line.

Abergele Harriers' Chris Birch showed that age doesn't have to slow you down too much by winning the ladies over 60 category, beating 1st over 50 lady NWRR's Kay Hatton.

Local winners were Gwion Williams who was 13th overall and Lauren Hasset the 10th lady home from the 123 who competed. Total number of runners completing the race was 277, including the hard working 'Mr Gwyl Felinheli' and chairman, Islwyn Owen who wore number 1 and was participating in the event for the 1st time in its long history. It was also great to see so many of the successful Felinheli Football Club running the race.

The organisers wish to thank all the helpers on the night and the marshals on the course and to thank Elim/Madoc Garage who supported us again.

Eilir Evans