

North Wales' road running team manager, Paul Brooks of Leeswood, took some of the region's best distance athletes down to Cardiff for the K.R.U.F. 10km road race, which also included the Welsh national and Inter Regional championships. Also included in the race was a Home International. The course was flat and fast albeit in warm conditions, and most of the squad returned with personal best (PB) times.

The ever-improving junior, David Mountford of Deeside AAC, led the Regional charge with an incredible 31.47 (PB), finishing in 16th position and winning the U/23 championship. Daniel Weston of Wrexham, who was having his first run in the regional team, was next in 23rd spot, giving everything for a fantastic 33.22 (PB), with the always excellent Brendan Rothery (Eryri) close behind in 28th with 33.38. The Buckley Runners duo of Simon Roberts and Jez Brown had a close paced battle for sub-35 P.B.'s of 34.45 and 34.57 respectively. Simon, another athlete making his Regional team debut, just missed out on a medal, finishing 4th over-40. Prestatyn's Dean Longley has had injury issues recently but did not let this stop him attaining a massive PB of his own (35.14) and next in was Darren Blazier of Abergele (36 minutes) who is returning to form following a long injury layoff. Not far behind was Wrexham's Mike Robbins in a very good 36.21. Debutant 19 year old Andy Edwards (Deestridders), showed he is already one to watch in the future with a brilliant PB of 38.25, which has earned him a place in the North Wales development squad.

Tattenhall's unstoppable Marilyn Kitching, who also represented Wales in the international match, had earlier in the week considered not running this race, having recently developed a calf problem. However it was just as well she did, as she stormed home in a near-best 36.31, winning the Welsh title. Another Welsh international, Erika Robinson of Buckley, took the bronze in a tremendous 37.43. Jay Jennions (Deestridders) is seeing months of hard work pay off as she finally broke the 40 minutes barrier with 39.15 (PB). Prestatyn's Jo McDonough was next woman in with a strong 44.15. 21 year old Gemma Morgans (Eryri), who ran a sub-4 marathon in San Francisco at the end of July, had not felt well before the race and battled round in a courageous 46.35. Jane Lindley of Buckley, who has represented Wales, sadly suffered a nasty lower leg injury in the race but managed to finish in 48.20 and everyone wishes her well for a speedy recovery.