

MALDWYN HARRIERS AUGUST 2012 ROUND-UP

Borth Beach 10km 5th August 2012

Andy Davies won the Borth Beach 10km in a time of 34:05, more than two minutes ahead of his nearest rival. Dad Edward was 8th overall and first MV50 to finish while Harriers Sean Clarke and Bernie Jones were 22nd and 27th respectively out of 102 finishers.

Brecon Beacons Race 11th August 2012

Another weekend, another “B and B” win for Andy – this time the Brecon Beacons Race, all 19 miles of it, not to mention a climb of 1372m / 4501ft. Andy, representing Mercia on this occasion, led them home to record a time of 02:49:18. Glyn Fletcher finished in 29th position (3:57:00)

Neil Howells Memorial Race, 17th August 2012

More than 70 runners braved a soggy Montgomery for this year’s slightly rerouted “Monty Run”. Maldwyn’s Tim Davies was the clear winner in a time of 27:57 ahead of last year’s victor (and brother-in-law) Jamie Loxam of Stockport Harriers (28:35) with Andy Yapp of Mercia bagging bronze in 30:24. Harriers Ed Davies and Haydn Jones also recorded top 10 finishes and in doing so won their respective age categories, as did Paul Beeson who placed 11th. Sian Powell (Kidderminster) won the women’s event in 35:30 ahead of Nicola Davies (Shropshire Shufflers) in 35:38 and Penny Leach (36:29). Alex Cawthra was the first Maldwyn woman home.

Haydn Jones and Rachel Butler (both Maldwyn) scooped the Maldwyn Harriers men’s and women’s summer series trophies. Well done to both.

For full results of this race see results page.

Ras Glyndwr, 18th August 2012

Andy Davies won this inaugural race at Machynlleth over a short but testing 3 and a bit miles in a time of 19:58, almost two minutes ahead of old rival Ifan Richards of Meirionnydd, and laying down the standard for years to come. Glyn Fletcher was 7th, bagging the Men's Over 50 title.

Ellesmere 10k, 26th August 2012

Maldwyn Harriers were well represented at the third annual Ellesmere 10km held on August Bank Holiday Sunday. Andy Davies finished second in a PB of 31:08 to round off an excellent month of competition for him, while Ed Davies and Haydn Jones finished in 25th and 26th positions respectively with Haydn winning the M50-54 age category despite the handicap of wearing a suspicious looking Welshpool vest. Bernie Jones, Dave Manuel and Diane Jones also competed in what is fast becoming a popular and prestigious event.

Andy's Alpine Adventure

Congratulations and best wishes to Andy Davies who has been selected to represent Wales in at the World Long Distance Mountain Running Challenge in Interlaken, Switzerland. The event takes place on Sunday, 9th September and is the equivalent of the marathon distance (approximately 13 miles on the flat followed by a rather testing 13 miles uphill).

Visit <http://www.jungfrau-marathon.ch/en/> for more details.