

MALDWYN HARRIERS NEWS AND RESULTS UPDATE AUGUST 2013

August then, and a much more streamlined but hopefully still informative update, with news of more international success for the brothers Davies; the final race of our 2013 series and other snippets.

TRACK AND FIELD

With the Youth Development leagues having wound down for another summer there is little to report except that we are delighted with Hanna Owen's 3rd place in the U18 women's Triple Jump at the **Celtic Games, Colwyn Bay on 4th August**. Hannah mark of 10:41 was not quite a season's best but not too far off. Well done to her.

FELL/TRAIL

WMRA World Long Distance Mountain Running Challenge 2013,
Poland, 3rd August 2013

Huge congratulations to Andrew and Tim Davies on their medal winning performances at this international event. Andy and Tim finished 2nd and 11th respectively and as a result spearheaded the Wales team to a bronze medal, while Andy's individual run of course bagged him an excellent silver.

Bridges or Bust, 4th August 2013

Roland Stafford (56:12) and Ed Davies (57:05), representing Mercia Fell Runners, were fifth and eighth respectively

Ras Glyndwr, Machynlleth, 10th August 2013

For the second running of this quick up and down fixture, winner of the inaugural race and recently decorated WMRA silver medallist Andy Davies was on hand to dish out the prizes. Perhaps this is an early foretaste of celebrity status for the Maldwyn Harrier. Supermarket and fete openings must surely be just around the corner.

In the main action, Ed Davies (Mercia) was 9th while David Manuel finished 34th and Sharon Davies in 50th.

Nant y Moch Skyline, 17th August

Run the day after the Monty Race and much less fortunate in terms of weather, this counter in the Inov 8/WFRA Open Welsh Championships North and South Wales Series saw Tim Davies finish in 2nd place, Chris Atherton in 12th, Glyn Fletcher 16th (and 1st M50 – well done Glyn) and Rob Martin 26th. Roland Stafford, representing Mercia on this occasion, finished one place behind Rob.

However what better way to sum up the day than to hear from Head Organiser, our very own Paul Beeson (reproduced with just some minor editing from the WFRA website)

“Well, what fun we had in the Mid-Wales murk for the first running of this forgotten classic, since 2006. I always thought this route too good to lose and so finally with so much help from my fellow organisers (that’s right, the runners can’t simply blame me this time!), Dave Powell & Louise Barker from Aber A/C, the day finally dawned.

The forecast was bad, but as the race started off both the wind and the rain got progressively worse, until the last half of the course sounded a complete nightmare. As a race organiser this is your worst-case scenario, but thankfully all runners got back in good shape on the whole. Much talk about the raging gale battering Pumlumon, disco-dancing over tussock grass; some going in the rivers instead of through them and many & varied race lines, rang around the finish area. No one seemed too upset by what had gone before, all full of the joys we’ve all experienced from the sport we love.

Pete Ryder got the win, pounding around in a creditable 2:08.52. The real race came behind him with the next 4 dashing home with barely a minute separating them. It was great to watch through the mist as all 4 took a different line over the last tump to scramble home. The same could be said about the leading ladies Louise Barker edging it from Mel Price by just 40 odd seconds. Fantastic running given the conditions. Throughout the field of 66 hardy souls, some good runs from the Mercia, Helsby and my own Maldwyn boys & girls. Well done all.

I simply cannot say a big enough thank you to all the Marshals and Raynet radio boys for their endeavour - they were magnificent, enduring a truly foul day. Great thanks to Al Tye for turning out; the WFRA for putting this untested new-comer in their champs and, once more, to Dave & Lou for their enormous contribution.

We can't promise this one will be a yearly thing, but it will return once more.

Keep it Muddy

Paul Beeson."

Do you know, I think we've found our Fell Running equivalent of the "Travelling Harrier"!

Ragleth Inn, Little Stretton, 28th August

In a race that makes your legs ache just looking at the photos, a number of Harriers, some wearing their Mercia disguise, gave it their best shots. Here's the roll call:

4th Roland Stafford 30:08

12th Ed Davies 31:09

15th Paul Beeson 31:48

19th Chris Atherton 33:02

39th Bernie Jones 37:57

76th David Manuel 45:06

Photos of this and other fell races described here can be found on Al's site www.fellrunningpictures.co.uk

PARK

In a return to what might loosely be described as competition following a lengthy lay-off due to injury, idleness and a catalogue of lame excuses Ian Fraser clocked 23:29 at the **Plascrug Parkrun 5km, Aberystwyth** on **10th August**. What might otherwise have been an entirely unremarkable result gains a footnote as it was somehow good enough for an age group best. We don't expect this to be repeated any time soon as we are now clean out of blue moons.

ROAD

Neil Howells Memorial Race, Montgomery, 16th August 2013

Despite a number of Maldwyn Harriers choosing to sit this one out due to other commitments in what was a busy weekend, fixture-wise, a very healthy contingent of runners – 64 – started and finished the Neil Howells Memorial Race in Montgomery on 16th August, with a further 36 taking part in the “fun run”, which must be something of a record entry.

In glorious evening weather, Dominic Jones (Shropshire Shufflers) was victorious over the demanding 4.5 mile course in a time of 29:01, just five seconds ahead of Ian Lowe (Oswestry) who has been in excellent form this summer. Roland Stafford, recently returned from injury, led the Maldwyn Harriers challenge - his 29:19 earned him third place – while veteran Ed Davies finished fifth following a thrilling sprint finish with young Todd Tanner from Ludlow. Paul Beeson also bagged a top ten place for the host club.

For the women, Sian-Louise Powell of Kidderminster repeated her win of 12 months ago, finishing 13th overall in a time of 33:31 with Maldwyn's Jacqui Loxam second in 35:50 and Alice Walton in third, just six seconds adrift of second place.

The race concluded the 2013 Maldwyn Harriers summer race series, in which Ed Davies (Maldwyn) won the Men's Trophy and Lauren Davies (Oswestry) the Women's Trophy for the best all-round performances during the series.

Full results for the Neil Howells Memorial Race and Fun Run together with details of all the series winners can be found at

<http://www.maldwynharriers.org.uk/results.htm>

Ellesmere 10km, Ellesmere, 25th August 2013

Andrew Davies continued his excellent form by going one place better than last year and winning this fast and popular event which attracted a record entry in excess of 500.

Andy's time of 31:15 was only a few seconds slower than last year but put him almost two minutes ahead of nearest rival Richard Roberts

In what was a good turn-out from Harriers past and present this is how they fared in terms of chip times:

Haydn Jones 39:36

Elwyn Davies 41:13

John Murphy – 43:36

David Manuel 47:28

Ifan Jones 50:54

Ian Fraser 52:14

Steve Orrells 54:11

Diane Jones 58:39

Read Ian's personal account of the race [here](#).

Ellesmere 10km - A view from the back of the field

"How do you choose where to run your first ever 10km road race? Not for me the usual (and I think brave) approach of having your first try-out as part of the club series and under the microscope of club colleagues and lots of people you know. The Ellesmere 10km, though, seemed to be the next best thing, though. Popular and friendly to the extent of almost being a mass participation event but serious (and fast) enough to attract a good quality line-up including the odd international and even odder members of Maldwyn Harriers, some of whom it seems rarely venture into the competitive arena these days, it was also within an hour or so travelling distance of base camp and on a bank holiday weekend, too (cue thoughts of pub lunch on the return trip).

So it was that half a bottle of wine later the commitment is made and is confirmed shortly afterwards by email confirming my number as 36. Blimey that makes me look keen. Anyway, plenty of time to prepare for this one then, as the eight week training plan is sourced from the internet, printed off, placed in a prominent location and then completely

ignored. .All of a sudden it's August but the event is still a few weeks away. I've set myself a B standard of 55 minutes and an A standard of 50. I'll even buy myself a club vest if I crack 50 minutes I thought. And then following two less than satisfactory ill-paced training sessions in the week leading up to the race I felt obliged to revise my forecasts to read "B standard – finish race; A standard – get as near to 55 minutes as you can and hope for a tail wind".

So it was then that Steve Orrells and I (-plus Caroline and Mel in support) made the trip to Lakeside School, negotiated the busy registration and passed the time in conversation with a good turn-out of Harriers and a few other old acquaintances from further afield. We then ambled to the start and took up a position a respectful four-fifths of the way down the field so as not to get in too many people's way. And then we were off, Dave Manuel, Steve and I packed well for the first hundred yards or so before Dave tore off into the distance, not to be seen until the finish and I settled into what I'd hoped would be a sensible pace, weaving patiently past a few runners. At about two miles I was joined by a young woman and we kept each other company until the 3.5 mile mark when she tailed off and the serious business of the "second half" needed to be negotiated in earnest. This was also the most interesting part of the course taking you firstly past the Mere and then down to and along the canal. There was plenty of support here although the temptation to join a few of the barge dwellers enjoying their bacon butties and cuppas was a very real one. A couple of canal bridges injected a bit of variety into the flat terrain and all of a sudden we were into the last mile or so. Some tiredness was beginning to set in now but was tempered by the fact that I was still picking off runners on a regular basis and only occasionally being passed. We were now in familiar territory approaching the school field on which we'd started and the last quarter of a mile or so of running. As I caught a couple of lads I suggested we go for the Mo Farah finish. Their reaction, whilst polite if slightly breathless, suggested I could go and "Mo Farah" to my heart's content. Now we were on the school field and picking up the support of the spectators and the lucky blighters who had already finished (some of whom were even showered and changed). A modest but gratifying injection of pace meant I picked up a few more places on the run-in and then it was all over.

“You don’t even look tired” said Mel a couple of minutes later after I’d rejoined her and Caroline and we watched Stevie come over the line. Well appearances can be deceptive although I have to admit there was a fair bit in hand at the finish. The time of 52:14 suggested that the original “A standard” might not have been beyond the bounds of possibility after all. There again had I pushed myself more in the early stages would I have paid the price later in the race? No good ever comes of such thoughts, though, so I contented myself with it having been a good training run as part of the preparation for Cardiff Half-Marathon in October. Next year it will be for real. There’s always a next year, but for now that club vest is going to have to wait.”

Next month: News of Source of the Severn, Stretton Skyline, Lake Vyrnwy Half Marathon and more.

If anyone wishes to write about their race experience (either as a participant official or observer) or send us photos then we’d be delighted to hear from you – drop lan a line at fraserman1@hotmail.co.uk

Likewise if we’ve missed any results or performances this time around then let us know and we’ll add them to next month’s update. Even better, to stop us missing anything in future, why not feed lan in advance. Thanks