

MALDWYN HARRIERS NEWS AND RESULTS UPDATE

AUGUST 2014

The culmination of the Summer Race Series, latest club championship action and much more besides – here is a round-up of members' athletics activities for the month of August.

RACE SERIES AND CLUB CHAMPIONSHIP

Neil Howells Memorial Race, Montgomery, 15th August 2014

A super turnout of 89 runners – which could be a record for this event - hopefully weren't too disheartened at the closure of the local chippie (there were cakes aplenty) as Dominic Jones of Shropshire Shufflers claimed his second successive victory in this traditional finale to our annual race series. **Jamie Loxam** (2nd) and **Roland Stafford** (3rd) took the “minor medal” places while **Ed Davies** also went top 10 with his 8th place finish which also ensured him the MV55 trinket.

The sizeable entry was no doubt buoyed by the appearance of a number of Forden FC players who had been challenged by the aforementioned Ed to enter and to see if they could beat him. So sure was Ed of the outcome that he had promised to buy beer for all Forden FC entrants should even one of them finish ahead of him. We think they should return the favour by challenging Ed to a penalty shoot-out.

Mel Price (Mercia), who was 5th overall, won the women's race ahead of a couple of Shropshire Shufflers, Nic Davies and Catherine Voyce. Well done **Jacqui Loxam** (WV35), **Sharon Lloyd** (WV45) and **Rachel Butler** (WV50) on their age category wins.

Full results can be found here:

<http://www.maldwynharriers.org.uk/results/2014/monty14.pdf>

All of which brings us to the outcome of the race series...

Congratulations to Ian Lowe of Oswestry and our own **Jacqui Loxam** who secured the men's and women's overall titles and to all age group winners and especially our Harriers. Details of all winners can be found at <http://www.maldwynharriers.org.uk/results/2014/series2014.pdf>

Ellesmere 10k, 24th August 2014

On what was an otherwise indifferent Bank Holiday weather wise the sun shone on a capacity 500 entry in this hugely popular event in the local summer road race calendar. As it counted as a race in our club championship series it was inevitable that a number of Harriers should make the short journey over the border.

Thankfully in view of the requirement to run six plus miles, a few clouds blew over the course just before the race taking the edge off temperature that were threatening to make things a bit uncomfortable.

It's as well the race is chip timed as the fast starters were out of the school field and off on to the roads before the backmarkers have crossed the start line. The course itself snakes through the town then loops out along roads and lanes, returning to town via the picturesque Mere and along a stretch of canal before re-entering the school field and back to the finish (which seems longer than the 200 meters signposted but that could be just the effect of rubber legs). It is mostly flat with a few gentle undulations and a couple of nasty little canal bridges between 8 and 9k for which there were remarkably few words of thanks emanating from the by now weary masses.

With last year's winner Andrew Davies not running it was unlikely that any of the Harriers would be able to repeat Andy's achievement. However Old Maldwynian, Gwynant Jones (Cardiff/St Mary's University) ran splendidly for 9th place in a time of 34:01, just seconds off his best ever time for the distance set in Telford in 2012. The honour of first Harrier home and therefore chief claim on Championship bragging rights went to hardy perennial **Ed Davies** (39:00 for 49th spot) who also won the MV55 age group (by the way we won't be able to cut and paste that in for much longer as Ed moves up to the MV60 age group next year).

Behind Ed in reasonably short order were **Martin Copus** (56th in 39:23) and **Haydn Jones** (39:40 for 60th). **Chris Copus** was the next Maldwynite to feature in a time of 46:18 and, like Haydn, was third in his age category. **Ifan Jones** underlined his solid progress in the past 12 months with a 48:48 clocking, while **Andre Hutchinson** (48:52) not only edged out **Helen Owen** (50:17) for the honour of first clubwoman home but was our other of age group winners on the day – well done to her.

The other Harriers to trouble the chip mat were **Dave Manuel** (49:11); **Ian Fraser** (52:26); **Steve Orrells** (54:47); **Sue Carroll** (58:13); **Diane Jones** (60:11) and **Caroline Orrells** (68:14).

The following photos of athletes out on the course and at the presentation are courtesy of Bryan Dale (www.racephotos.org.uk) while those taken at the finish line have been kindly supplied by Melanie Fraser.

TRACK AND FIELD

Chris is back with news of a Shropshire League meeting from July (they are a bit slow to post results) and a plea for more participation from our large and talented crop of youngsters.

17th of July, and a glorious sunny evening it was too. A shame, therefore, that so few athletes were available for the trip to Shrewsbury. The 4th and final leg of the Shropshire Young Athletes League awaited those who ventured across the border. Although low in numbers we weren't short of quality. Everyone who came had impressed in at least one of the previous meetings this year.

*U11.. **Lois Tudor** is a promising all round athlete, happy to try her hand at most events. This time she plumped for the 600m and the U11 cross between shot and javelin- throwing the rounders ball. A powerful run for a good 4th place in the 600. A position repeated in the throw for a good evenings work. A multi-eventer of the future? I wouldn't be surprised. **Josh Wynne** fancied a sprint and a bit longer, **Tomas Owen** thought a jump and a bit longer would suit him. Josh was edged into 6th in the 50m - close race, could've been 3rd. Tomas was his usual ebullient self in the long jump - 5th with 2.86. That was a really close contest too. The pair went head to head in the 600m. Both battled really hard, particularly in the final 150. Eventually Josh emerged on top, 5th in the 'A' race just 4 seconds ahead of Tomas who claimed 5th in the 'B'.*

*U13.. Our sole representative being **Oscar Crutchley**. This season Oscar has demonstrated that he is a fine athlete in his own right. He has answered the Maldwyn call at every opportunity and I, for one, have liked what I have seen. Oscar secured good points for the team with two 4th places in the 200m and the long jump. Oscar is starting to look the part with his jumping. A bit more work and who knows?*

U15.. Contrasting fortunes for the two young ladies in the yellow and blue of Maldwyn. **Shannon Walker** ran a terrific 1500m for 4th in a PB 5.33.8 performance. Shannon has improved steadily throughout this summer. It certainly augers well for the forthcoming cross country season. Another long jump PB (3.84) for 6th in the 'A' section completed a fine evening's work. Unfortunately poor **Lowri Evans** was feeling unwell when we arrived at the track. Despite that she still bravely attempted the long jump. Not surprisingly she couldn't do herself justice and was unable to take any further part in the proceedings. A great shame. Happily Lowri was feeling a lot better by the end of the evening. **Kaya Saul** had run a hill race the previous evening. Consequently he restricted himself to one event; the 1500m. 4th with a 5.08.3 PB showed there was still plenty in his legs. Kaya too is improving all the time and must be looking forward to the cross country season.

U17. **Huw Weaver** has benefited from **Caspar Donnison's** presence at the club. The pair have worked well together in recent weeks. Huw again had two good runs, finishing 4th in both the 100m and 200m. We all felt he looked strong in the latter. Completing the Harriers line-up we had **Florence Turley** and **Margo Martin**, two athletes who acquitted themselves splendidly. The 100m was a real cracker and Florence powered through to snatch 3rd with a perfectly timed dip. Florence also enjoyed a good series of jumps in the long jump, eventually finishing 2nd with 4.52. The best Maldwyn result of the evening. It never ceases to amaze me how often a gap will open up on the inside in middle distance races. Why do people drift across? Anyway, Margo took advantage of this phenomenon in the 800m, holding her line to burst through to claim 3rd with a sprinter style dip. A 2.28.1 PB to boot. Splendid. In good spirits following her run Margo made her way to the shot put circle where another PB (6.91) secured another 3rd spot.

This was our first season in this league and the overall standard has been very good. Those of us that have been able to compete have, generally, found it beneficial. Sadly numbers have been a bit disappointing. If we compete in this league next year we really will need more support from our athletes. If you are asked to compete, please do all you can to make yourself available.

ROAD

Brecon Lions 10, 3rd August 2014

Sean Clarke recorded a fine 28th place from 200 in a time 67:24 over undulating country roads and in warm sunshine. Sean's next outing is likely to be a post-holiday Source of the Severn race on 7th September which should indicate how much relaxation he allowed himself while away with the family and whether or not he has been able to recover.

Rock and Roll Half-Marathon, Dublin, 4th August 2014

Working on the adage that "running takes you places" **Claire Abel** treated herself to a long weekend across the Irish Sea and came home with another sub-1.50:00 time (1.49:52 to be precise). Claire is now looking for a "fun" and "interesting" challenge in order to make good use of all her training. We are sure she won't be short of options but if anyone has any suggestions...

FELL/TRAIL/SAND

Clun Carnival Canter, 1st August 2014

Ed Davies and **Steve Orrells** ran Clun's 5 or so mile equivalent of the Monty Run. Maybe others did as well but we don't know as the results are thus far proving elusive. More next time, hopefully.

Ras Arenig Fawr, 3rd August 2014

Paul Beeson was 14th and Glyn Fletcher 27th from 53 in this taxing test of legs and lungs (8 miles and 3,300 ft of climb) billed as "not for novices". 1.47:14 and 2.02:10 were their respective clockings.

Borth Beach 10k, 10th August 2014

Run in the teeth of Hurricane Bertha (by now downgraded from hurricane to just plain awful), this year's Borth Beach run still attracted a near record entry and, by some miracle, it remained dry. However the cross-wind coming in off the Irish Sea was so fierce that some lighter framed runners were at risk of being blown into Powys. This certainly meant that the runners were able to test their fortitude but few other than

first-timers would have been able to claim PBs. In fact the high number of DNFs for this type of race (10 out of a field of 119) indicates how tough the conditions were.

Maldwyn runners were present in reasonable numbers and, as usual, gave a good account of themselves. **Jamie Loxam** finished as runner-up in 39:07 followed by Dad-in-law **Ed Davies** who was 15th in 42:32. Keeping with the family theme, **Jacqui Loxam** continued her rich run of form with a 35th place 48:06 clocking and was first woman back to base. Here is how the rest fared:

Reece Moles 51:53

Ifan Jones 53:08

Andre Hutchinson 55:36

David Johnson 60:48

Diane Jones 64:55

Ragleth Inn Fell Race, Little Stretton, 27th August 2014

Ed Davies went two places better than last year finishing in 10th place (32:05) in this gnarly old lung buster of a race while David Steer, credited to Maldwyn Harriers, was 38th in 38:43. 88 survived.

Maesgwm Muddle, Llanberis, 30th August 2014

Off to North Wales, then, for this final counter in this year's British Championship (and also a scorer in the ongoing Welsh champs) hence the sizeable and extremely high class entry. **Tim Davies** (Mercia) who has been concentrating less on running during past months was the first Harriers-linked runner to finish in 17th place (1.35:20) followed by **Paul Beeson** (1.56:03 for 80th) and **Glyn Fletcher** (103rd in 2.02:42). 179 finishers did themselves credit over 8.7 miles distance and 2,789ft of climb.

If anyone wishes to share a recent athletics experience (either as a participant, official or observer) or send 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 Ian in advance. Thanks