

## **Children in Need update/Junior Athletes Awards**

Firstly an update on the Children in Need Floodlit Cross-Country fundraising event on 21<sup>st</sup> November. With all the money now counted, you collected £272.93. Very well done and big thanks to all!

There was also an opportunity to present the Young Athlete Awards for 2012 as part of this special occasion. Here are the results:

Cross Country (Boys) - Harry Owen.

Track and Field (Boys) - Joseph Crutchley.

Cross Country (Girls) - Chloe Evans.

Track and Field (Girls) - Vicky Gittins.

The Overall Performance Award went to Alex Cawthra for winning both the North Wales Cross Country Championship and becoming the first Maldwyn Harrier to be selected to run in the London Mini-Marathon.

The Outstanding Contribution Award went to Megan Varley for her invaluable assistance to all the coaching team, who would be lost without her expertise in the throwing events!

Congratulations to all these athletes on their thoroughly deserved awards.

## **Cardington Cracker, Sunday, 2<sup>nd</sup> December 2012**

Eddie Davies (representing Mercia) was 31<sup>st</sup> in a time of 1:29:39, Glyn Fletcher finished 61<sup>st</sup> (1:35:30) and Bernie Jones 141<sup>st</sup> (1:47:41) from 278 runners who completed this popular but tough event.

Photos can be seen at:

<http://www.fellrunningpictures.co.uk/cardingtoncracker2012.html>

## **Welsh Inter-regional and Masters Cross-Country Championships, Builth Wells, 8<sup>th</sup> December 2012**

A number of our younger athletes represented the North Wales region or their schools region in this inter-area event.

In the primary school boys' race Oscar Crutchley (year 6, Llanidloes) finished 7<sup>th</sup> in a time of 3:35. We stand to be corrected but suspect that Ben Randell of Montgomery school and who finished in 17<sup>th</sup> position in the same race may be a member of another Harriers family!

In the U13 girls' event the ever reliable Chloe Evans finished in 13<sup>th</sup> place, while Alex Cawthra was 5<sup>th</sup> in the U17 race. For the boys, Joseph Crutchley capped a fine year with 2<sup>nd</sup> place in the U13 event, in which he recorded the same time as the winner and helped North Wales to a clean sweep of the medal positions. Our new Welsh senior international Gwynant Jones finished 7<sup>th</sup> in the men's U20 event, another impressive performance considering he is still only 17 years of age.

## **Shropshire Young Athletes Cross-Country League, Bridgnorth, 9<sup>th</sup> December 2012**

As with the previous month's event at Much Wenlock this 4<sup>th</sup> and final meeting of the 2012 series saw the Harriers field a somewhat depleted team. Once again pride of place went to our U15 girls in which our star athlete Chloe Evans ran a superbly judged race to clinch 3<sup>rd</sup> place ahead of Margo Martin (7<sup>th</sup>) and the fast finishing Abi Roberts (8<sup>th</sup>). Three in the first eight meant they were the leading team on the day, all the more impressive given that Chloe ran the Welsh Inter-Regional event the previous day and this was Margo's first outing as a Harrier - where have you been Margo?

In the U15 boys Huw Weaver finished 13<sup>th</sup> whilst in the U13 age group Amy Flanagan Jones was 23<sup>rd</sup> girl and Kaya Saul 19<sup>th</sup> boy. In the U11 girls' race Mary Saul (24<sup>th</sup>) just pipped Ella Flanagan Jones (26<sup>th</sup>). For the boys Jake Beeson (23<sup>rd</sup>) came home ahead of Amren Stephenson (28<sup>th</sup>).

In the final standings there was further success for our U15 girls. Chloe

Evans can feel very proud of finishing as overall runner up, a just reward for all the hard work she has put in. Well done Chloe. The team also finished in the medals coming 3rd overall, the successful athletes being; Chloe, Margo, Abi, Meg Randell and Lauren Williams. Good work girls!

Finally, a big word of thanks is due to the stalwarts who competed in all four meetings. Take a bow Mary Saul, Ella Flanagan Jones, Amren Stephenson, Kaya Saul and, of course, Chloe Evans.

### **Aberystwyth Charity 10k, Sunday, 9<sup>th</sup> December 2012**

A number of our women took the trip west for the annual battle against the elements on Aber seafront.

Here's how they got on (we're hoping one of the runners will agree to give us their account of the day).

<b>Rachel Butler</b>	<b>49.25 3rd LV45</b>
<b>June Jones</b>	<b>56.16 6th LV40</b>
<b>Haf Leonard</b>	<b>1hr 04.13 5th LV50</b>
<b>Claire Rowlands</b>	<b>1 hr 06.25 40th SL</b>
<b>Alwena Gentle</b>	<b>1 hr 07.40 2nd LV55</b>
<b>Michelle Cartwright</b>	<b>1 hr 08.03 13th LV45</b>
<b>Mandy Mullett</b>	<b>1 hr 14.25 10th LV50</b>
<b>Sylvia Price</b>	<b>1 hr 14.29 16th LV40</b>
<b>Caroline</b>	<b>1 hr 14.32 4th LV55</b>

### **Mortimer Forest Hill Race, Nr Ludlow, Sunday 9<sup>th</sup> December 2012**

Glyn Fletcher was 32<sup>nd</sup> (3<sup>rd</sup> MV50) in a time of 85:51 and Rob Martin 82<sup>nd</sup> in 96:05 in this 10 miler with a climb of 1600ft. Harriers Roland Stafford (8<sup>th</sup> in 77:46) and Ed Davies (15<sup>th</sup> in 81:08) represented Mercia. Ed won the MV55 category and can be seen clutching his prize bottle of medicinal tincture here.

<http://www.fellrunningpictures.co.uk/mortimersforest2012.html>

## **Maldwyn Harriers Christmas Meal and Awards, Waggon and Horses, Newtown, Saturday, 15<sup>th</sup> December 2012**

This year's meal was again held at the Waggon and Horses and a good time seems to have been had by all 27 attendees. The food was of high quality and was well presented, we had a couple of quizzes between courses and nobody sang, so a pretty decent night all round!

Big thanks to June Jones for organising the meal and for ensuring that everyone was reminded of what they'd ordered.

### ***Now to the awards...***

Martin Copus and Janice Thomas were the lucky recipients of the club's two London Marathon places for 2013. Best of luck to both in their preparations for the big day and we'll be rooting for them on race day.

Rachel Butler received the trophy for Best Female Athlete of 2012, while Gwynant Jones was anointed Best Male Athlete after a fantastic year during which he won his first Wales senior vest. Well done to both.

Club Secretary Dave Peters was the deserved recipient of the Chairman's Award in recognition of all his years of dedication and hard work on behalf of Maldwyn Harriers. Dave also presented a special award to Paul Beeson in appreciation of his tireless organisation of the race series and his unfailingly cheerful chairmanship of an unruly Harriers committee.

## **Telford 10km, Sunday 16<sup>th</sup> December 2012**

In a race in which Olympians Andy Baddeley and Nick McCormick were first and second, Andrew Davies ran impressively to finish in 11<sup>th</sup> place in a time of 30:46. This has been a remarkable year for Andy during which he has set personal best times at distances from 3000m to the Marathon.

Another Harrier capping a glorious year with a fine run was Gwynant Jones, who set a new PB of 33:21. Not only was this good enough for him to take 3<sup>rd</sup> position in the U20 category but meant that Gwynant finished as the highest placed 17 year old.

At a more senior level, Richie Jones recorded a season's best of 37.08 and was 5<sup>th</sup> fastest in the MV45 age bracket.

### **Corndon Classic, Priestweston, 16<sup>th</sup> December 2012**

The curtain came down on the Harriers' 2012 race series in dramatic fashion as local favourite Tim Davies suffered a rare defeat on "home soil". In a race that went down to the wire, Tim was edged out by Russell Bentley of Kent AC but who has newly relocated to the Porthmadog area. Roland Stafford was 4<sup>th</sup> and Ed Davies, who made the starting line with seconds to spare having earlier been to watch youngest son Andrew compete in the Telford 10km, finished 8<sup>th</sup>. Chris Atherton, Jill Hillman, Jacqui Lloyd and Caroline Orrells (recovering from illness) also ran heroically over a course that some of us were pleased just to be marshalling!

Here's Caroline's personal account of the race:

*"It is amazing what good company and a laugh can make you do. Saturday night at our Maldwyn Harriers Christmas Meal still sober I agreed to run in Corndon Classic the next day. Now I am not one for running up big mounds of grassy hills but this was three hills. What would I have agreed to if I had taken up drinking?"*

*All dawned on a lovely day for a ramble in the hills. Jacqui and myself stood clutching our lovely warm Maldwyn Harriers Hoodies while everyone else looked splendid in their vests and tops, full of energy knowing what lay ahead. Off we went after a pep talk by Paul. Round the first corner I was puffing and panting but made it to the cattle grid, saw the first mound and thought my walking is quicker than my running. I could just about see Jacqui in the distance striding on, everyone else just a mirage far ahead.*

*Lovely scenery on the top, smile for the photographer but don't look up as you can see the snakelike mob of runners ploughing up the top of the first big hill. Made it at last – I must apologise to Paul as he patiently waited for me to get to the top and the bystanders including a young child who no doubt got up the hill a lot quicker than I did! Paul pointed me in the direction – go between the posts, easier said than done. Got to the posts and then wandered around with Jacqui for a bit trying to*

*figure out what direction we should be going in – there was no-one in sight not even a whiff of a green coat. Just then we heard pounding steps, a runner who started late we decided to follow him. He didn't know the route but we followed him down to the patiently waiting Glyn who had a smile on his face (but it could have been a grimace!). Out then along the road to Ian, pointing us upwards to the next hill. Bit easier this one although Jacqui had to have a massage by Rob the marshal at the top and a pin stuck in her leg to help the cramp (I knew a safety pin would come in handy one day).*

*Off down this one bit easier but still got lost again, down to the bottom and back along the road to a waiting smiling Lenny and a happy band of gentlemen (Glyn, Dave and Ian) who I am sure must have got very cold waiting for me.*

*Back up to the last hill slog, up in the distance Alastair with his camera ready for action. Again we lost our sense of direction, which path to follow to get back down. Glyn to the rescue again, Jacqui flying ahead down the steady path to the finish.*

*I am sure there were many shouts of “where are they” and “what is taking them so long”. I apologise for keeping everyone waiting as I was enjoying a Sunday run in the sunshine.*

*Many thanks to everyone who helped in the race and no doubt I will be back again next year but maybe I can start earlier so at least I can find the proper route around.”*

Full results for Corndon can be found on the results page.

Photos of the event (including a caption contest quality shot of Ed with his MV55 award) can be found at

<http://www.fellrunningpictures.co.uk/corndonclassic2012.html>