

## MALDWYN HARRIERS NEWS AND RESULTS UPDATE – DECEMBER 2014

Our last 2014 update then, rounding off what has been an eventful year for the club in which we held our first Senior Club Championships, supplied a Wales international to the Commonwealth Games and joined the Herefordshire League X-C. At the same time our exciting crop of junior athletes continues to grow in stature while Chris Copus' junior match reports become ever more eloquent and insightful.

Of course, they all get a look in this month...

### #LOVEYOURCLUB

Welsh Athletics has asked clubs to send in their photos to help them celebrate them having reached 8,000 members. We duly obliged to help set the ball rolling and they can be seen here:

<https://www.facebook.com/media/set/?set=a.10152621112950369.1073741890.52398355368&type=1>

It means that **Reece's** shorts have now achieved national notoriety.

(Thanks by the way to **Diane Jones** for bringing this initiative to our attention)

### CLUB CHAMPIONSHIPS

Final results of the inaugural Club Champs together with photos from the club dinner/awards by **Sharon Lloyd** can be found here:

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

Congratulations to **Ed Davies** and **Hannah Owen** on winning the overall titles and to all the category winners.

Big thanks to everyone who competed and particularly those who completed at least 7 of the qualifying races and which helped make the series a success. Each of these members will have received a special commemorative t-shirt in recognition of their achievement.

*If they were Wimbledon champions they would have been obliged to lead the dancing. **Ed Davies** and **Hannah Owen** with their thoroughly deserved Club Championship Overall Winners' trophies (photo: Sharon Lloyd).*





Our own Dave Peters and Alan Owen of Constructiv Clothing with the limited edition Club Championship t-shirt (photo: IF)

Thanks, too, to everyone who has taken the time to comment on the club championships and how they would like to see this develop next year. We had an extremely good response to the questionnaire at the club meal as regards which races you would like to see included next year and we will be announcing the results of this soon.

## ROAD

### Aberystwyth Charity 10k, 7<sup>th</sup> December 2014

**Sean Clarke** targeted this one for a PB and duly delivered with his first sub-40 minute performance – 39:26 in fact - to claim 38<sup>th</sup> place from 495 finishers. A good run, then, to end a fine year for Sean.

### Telford 10k, 14<sup>th</sup> December 2014

Well done **Ifan Jones** who clocked 47:57 for a 2014 best over 10k.

Honourable mention too for **Andrew Davies**, who despite no longer being eligible to represent the Harriers in races since his switch to Stockport continues to be actively involved with the club through volunteering. Andy won the **Stockport 10** on 7<sup>th</sup> December in a time of 50:25, a rather brutal hill putting pay to his chances of breaking 50 minutes, something which must surely be near the top of Andy's bucket list.

## CROSS-COUNTRY

### Herefordshire Cross-Country League Race 3, Ufton Court, Dinedor, 7<sup>th</sup> December 2014

Instructions were clear to those travelling in convoy from Newtown – 7.45 a.m. at the Maldwyn Leisure Centre for an 8.00 a.m. start, destination someplace the other side of Hereford. As if that wasn't enough the weather was not at its best and, as it turned out, a peculiar micro-climate ensured that whilst all around

seemed to be basking under clear skies, the course itself lay under a heavy pall. The mud and a strategically placed hill near the finish meant that what had promised to be kinder – or at least flatter – conditions following Fforest Fields and Croft Castle turned out to be just as challenging if not more so.



*Every picture tells a story: Hypothermic Harriers brave the team shot prior to getting down to business: L-R Chris Atherton; Chris Copus; Martin Copus; Reece Moles; Dave Johnson; Jill Hillman; Dan Owen; Andre Hutchinson; Rachel Butler; Georgina Fletcher; June Jones (partially hidden); Rachel Williams; Kelly Davies; Steve Orrells; Sue Carroll; Ifan Jones; Keri Orrells; Alun Roberts. Front: Rochelle Plumb (well-insulated non-combatant) Missing, presumed somewhere warm: Phil Bullock; Tim Davies and Roland Stafford (photo: Caroline Orrells)*

**Tim Davies** scored his second successive League win (39:15) while good support from **Roland Stafford** (10<sup>th</sup>), **Chris Atherton** (21<sup>st</sup>) and **Martin Copus** (24<sup>th</sup>) helped secure a third place finish for Maldwyn men's A team. With three events in this season's five race campaign now completed, the men occupy second spot in the team championship and will look to be pushing for both individual and team honours when action resumes on 11th January.

Meanwhile, Maldwyn women's A team, led home by **Rachel Butler** complemented by **Andre Hutchinson** and **Jill Hillman**, finished in 9th place as they did at Croft Castle in November to cement their position in mid-table.

Next up is Monkhall, details of which were disseminated to the faithful just before Christmas. Please contact **Ifan** should you require further information and to confirm whether or not you intend running.

## **A Captain Speaks**

*"Well they were cold and difficult conditions to be sure and apologies to those who turned up expecting something hillier. If only you'd come along to the first two. However the sticky going made for a testing course and one or two people even managed to get a bit of Herefordshire dirt on them this time, although it still amazes me how some seem to just glide over such conditions when the rest of us spend the next month cleaning six inches of mud and stone from our shoes! That big climb up to the woods came as something of a surprise. I remember seeing Tim finish and thinking "not far to go now" only to be directed upwards and away from the funnel. Ah! The joys of real cross-country.*

*Two more to go, the next on 11<sup>th</sup> January at Monkhall and I look forward to seeing as many as possible (meeting up and travel details to follow). Remember, we've got a good chance of medals both in the individual and team events so there's something positive to think about in the days and weeks ahead. Meanwhile have a very Happy New Year and, to borrow the words of the Club Chair, "keep it muddy".*

## **Ifan**

### **Shropshire Young Athletes League, Bridgnorth, 7<sup>th</sup> December 2014**

Here, for the last time in 2014, is the one, the only, Travelling Harrier...

*"In a year when cross country running is enjoying resurgence at senior level, it is truly disappointing that we are experiencing the opposite at junior level. It's true that our ranks were depleted by injury/illness and Terpsichorean commitments (no, not 'Strictly').*

*I think it's also true that indifference seems to be playing a role and that's a shame. We should have no trouble fielding a team of 15-20 runners. We managed 7, 5 of whom claimed a top 10 spot. The quality is there, we just need more commitment from some of our other athletes.*

*Martin and I had run for the seniors in the morning then dashed from Hereford to Bridgnorth for the afternoon's sport. I was pretty stiff at first. No matter, I've had worse.*

*The two girls, **Shannon Walker** (U15) and **Margo Martin** (U17) both celebrated their call-up to the North Wales squad with a couple of fine runs. Shannon was struggling at first and I wouldn't have blamed her for stepping out. She's made of sterner stuff, though and worked really hard to get through her difficulties. It was a great run for 5th place in the end. Super stuff! Margo also claimed 5th spot in her race, working hard from gun to tape in an impressive display. That was Margo's best run to date. She is starting to find some real form now.*

***Connor Owen** (U11) seems to have boundless energy and attacked the course with relish. There were a lot of good young lads in there and I thought 8th was more than creditable. Last time out U13 **Dan Stones** (or Dwight, as Dave calls him) impressed on his debut. It was clearly no flash in the pan as he finished one place higher this time in 8th. Definitely looks promising. **Amren Stephenson** (U13) continues to improve at this distance - a dogged effort for 27th this time out.*

*The two U15 boys had a couple of completely different races. **Joseph Crutchley** and Oswestry's Cameron van Onselen soon pulled away from the rest of the field and battled it out for number one spot. There was certainly no quarter given as the pair vied for supremacy. Ultimately Cameron emerged victorious but it had been a tough contest. Back in the main body of the field was **Kaya Saul**. Carrying a bit of an injury Kaya stuck stoically to his task and did really well to finish 11th.*

*That was a great day's athletics from those who made the trip. They deserve more support from their team mates. See you at Packwood?"*

Thanks Chris. We look forward to hearing more from him in 2015. In the meantime let us hope that Santa and indeed the New Year deliver his heartfelt wish for more representation over the country from our many gifted younger athletes.

### **Welsh Inter-Regional and Masters Championships, Builth Wells, 13<sup>th</sup> December 2014**

We were extremely pleased that 11 of our Harriers together with various past members had been chosen to represent North Wales. In the event, injury and other commitments meant that not everyone could compete but those who did featured prominently, helping North Wales to second place in the overall team results.

Performance of the day came courtesy of Forden's **Esme Hughes** who finished in the individual bronze medal position in the U13 girls' race with **Kate Jerman** having a gutsy run to finish 23rd in the same race.

In the U13 boys' race, Welshpool's **Dillon Gill** occupied one of the top two positions for most of the race but did not quite have the legs in the final few hundred metres, eventually finishing 5th, just one agonising second outside of the individual medals. Also 5th was **Tim Davies** who claimed a number of very useful scalps in the Senior Men's race.

Elsewhere, **Shannon Walker** put in a typically spirited performance for 37th spot in the U15 girls' event while team mates **Chloe Evans** and **Margo Martin** battled to 12th and 13th places respectively in the U17 race.

Congratulations to everyone on their achievements.

### **FELL**

#### **Cardington Cracker, 7<sup>th</sup> December 2014**

With a number of usual names missing due to other commitments (not least the cross-country) it was left to **Bernie Jones** to fly the Maldwyn flag (although **Haydn Jones** was in action for Shrewsbury, finishing in 1 hr 42:09). A typically solid run saw Bernie round in 1 hr 48:35.

#### **Mortimer Forest, (17km/488m) 14<sup>th</sup> December 2014**

**Glyn Fletcher** made up for having to miss the Cracker with a 57<sup>th</sup> place finish from 283 in a time of 76:52.

#### **Corndon "Three Peaks" Classic (9.3km/565m), Priestweston, 21<sup>st</sup> December 2014**

The shortest day and a truncated morning for racers as the start time had, at short notice, been brought forward an hour from the advertised 12 noon. No matter, because while a few disappointed (and a couple of relieved looking) would-be competitors arrived expecting the later start and to whom we apologise, 72 made it to the starting line in time for the off, a turnout that compares well with previous years.

Maldwyn Harriers' **Tim Davies** underlined his recent excellent form over the tough cross-country courses of the Herefordshire League by taking the win in a time of 45:43 with team mate **Roland Stafford** in third place (47:22) behind Dominic Jones of Mercia (46:00). In fact as both Tim and Rolie also swear allegiance to Mercia, our West Midlands friends might be forgiven for assuming a clean sweep were we magnanimous enough to let them do that on our home soil. As if!

Young Billy Sterling of Mercia claimed the Men's u23 award, an achievement all the more remarkable as he still has about eight years of competition left in that age group. His time of 47:47 was good enough for 5<sup>th</sup> overall, 16 seconds adrift of Simon Rowley (Clapham Chasers) who took the Senior Men's accolade. At the other end of the age spectrum, Croft Ambrey's Guy Whitmarsh scooped the M70 gong (62:46).

Mercia's Mel Price won the women's race in a time of 49:25 for 13<sup>th</sup> place overall, ahead of Louise Barker (Aberystwyth) in 56:58 and Helen Skelton, representing Hangar 18 ORR (58:30). **Jackie Loxam** was our sole female representative finishing in 4<sup>th</sup> place (60:10) and taking the senior women's prize.

Harriers' performances in full are as follows:

1 <sup>st</sup>	Tim Davies (45:43)
3 <sup>rd</sup>	Roland Stafford (47:22)
11 <sup>th</sup>	Chris Atherton (49:13)
14 <sup>th</sup>	Todd Langley-Tanner (50:20)
16 <sup>th</sup>	Ed Davies (51:19)
20 <sup>th</sup>	Sean Clarke (52:43)
26 <sup>th</sup>	Rob Martin (54:40)
32 <sup>nd</sup>	Haydn Jones (56:51)
38 <sup>th</sup>	Jake Tanner (58:17)
40 <sup>th</sup>	Bernie Jones (58:41)
45 <sup>th</sup>	Jacqui Loxam (60:10)

Photos from this, our last race of 2014, taken by Charlie Leventon can be found here:

<https://www.flickr.com/photos/11502741%40N03/sets/72157649452976290/>

Thanks once more to the Miners Arms and locals for their warm welcome (especially those log fires)

### **Devil's Dash or Dawdle, Stiperstones Inn, nr. Minsterley, 26<sup>th</sup> December 2014**

What probably started years ago as a fairly low key affirmation of the abstemious and penance for the remorseful has by now grown into something of a major attraction. Witness not only the fact over 400 entrants registered but that the first woman home was none other than 2012 Olympian, Julia Bleasdale, who managed to give Jo Pavey two damned good races during those epic games. Still, **Tim Davies** recorded his 5<sup>th</sup> win over the course (a fast 22:22) with Brother Andrew finishing 10<sup>th</sup> (25:15). Other Harriers spotted on the results page and in the pix showed an age span approaching 50 years (from young Harvey to young Ed):

11 <sup>th</sup>	Chris Atherton
14 <sup>th</sup>	Todd Tanner
20 <sup>th</sup>	Ed Davies
21 <sup>st</sup>	Paul Beeson

38<sup>th</sup> Jake Tanner  
59<sup>th</sup> Bernie Jones  
77<sup>th</sup> Dillon Gill  
89<sup>th</sup> Glyn Fletcher  
234<sup>th</sup> Harvey Gill

Apologies to anyone who has been left off the list and well done to everyone on their seasonal endeavours.

#### **POSTSCRIPT**

However we give the last word of 2014 to **Andy Davies** for winning the traditional Nos Galan 5k race in Mountain Ash (31<sup>st</sup> December of course) in a fast 14:40, with just six seconds separating the first six places.

**Please remember to send any news, results, photos and anything else involving the athletic pursuits of Maldwyn Harriers members to Ian at [fraserman1@hotmail.co.uk](mailto:fraserman1@hotmail.co.uk) and in the meantime have a very happy New Year**