

MALDWYN HARRIERS FEBRUARY 2014 UPDATE

Welcome to the latest news and results round-up.

Please see our home page for information on/links to

- Our brand new Club Championship for 2014.
- Assistant Club Coach Course scheduled for 22/23 March.
- Montgomeryshire Sports Awards
- London Marathon training blogs
- Details of Sports Relief events
- A brand new race – the Attingham Park Relays on 22nd May

BREAKING NEWS – HARRIERS WITHDRAW FROM YOUTH DEVELOPMENT LEAGUE

We have withdrawn from the Youth Development League as some of the travelling required to take part in meetings was becoming problematic. However we have been accepted to compete in the Shropshire Young Athletes Track & Field League and have also been invited to compete as guests in the Cheshire League so there will still plenty of competition for our young athletes to enjoy and somewhat closer to home.

BREAKING NEWS – MALDWYN YOUNGSTERS GAIN REGIONAL HONOURS

We are delighted to announce that the following athletes have been selected to represent North Wales in the Inter Counties cross country in Birmingham on 8th of March.

U13 boy - Dillon Gill

U15 boy - Joseph Crutchley

U15 girls -.Meg Randell & Olivia Sofianos

U17 women -.Chloe Evans & Margo Martin.

Well done, richly deserved and good luck to all.

BREAKING NEWS – BELINDA’S CHARITY RUN

We bring you news of another Harrier prepared to risk blisters and blackened toenails in pursuit of charitable purposes. **Belinda Bryant** will be running **Manchester Marathon** on **6th April** in aid of the Stroke Association. Her “just giving” page on which you can also track her progress in training is:

<http://www.justgiving.com/Belinda-Bryant2>

Belinda is now running over 17 miles on the all-important long Sunday morning runs and is starting to believe that she can crack that 26.2 mile distance. Like so many other Harriers who have trained for long-haul races over the past couple of years Belinda is indebted to **Rachel Butler** for helping her build up her miles and her confidence ahead of the big event.

Good luck, Belinda, in your preparation for Manchester and hope the fund raising goes well (oh, and mind those toe nails!).

On to the results then and what a busy month February turned out to be:

FELL

The first weekend of February saw an abundance of action over the lumpy bits (think of all that wind and boggy ground) as Mercia held their back-to-back **Titterstone Clee** and **Long Mynd Valleys** events on **1st** and **2nd February** while in Meirionnydd the annual **Tarren Hendre** fell race also brought out the hardy on **1st February**.

At **Titterstone Clee**, **Chris Atherton** was 7th in 23:02 with **Ed Davies** (representing Mercia) 13th in 24:01 over a distance/climb of 4.1km/229m.

Meanwhile at **Tarren Hendre**, **Glyn Fletcher** was second placed in the MV50-54 category and 15th (48:16) overall. Glyn will no doubt have been better pleased with this performance following his and others’ experience in foggy conditions last year.

Onto the Sunday and Chris and Glyn were again in action at the testing **Long Mynd Valleys** race with Chris negotiating the course in 2:07:48 while Glyn, who is returning from injury, clearly found racing on consecutive days a tough proposition, finishing in 2:26:32. Further up the field **Tim Davies** and **Roland Stafford** (both Mercia) were 3rd (1:45:59) and 14th (1:59:09) respectively.

In the other Fell action for February, **Chris Atherton** ran well to finish in 13th place (four better than last year) in a time of 43:59 at **Ras Moel y Ci, Tregarth** on **22nd February**.

CROSS COUNTRY

Welsh Schools Cross-Country Championships, Brecon, 1st February 2014

In what have been described as “Somme-like conditions”, **Joseph Crutchley**, who was recently voted runner up in the U18 Sports Personality of 2013 category of the Montgomeryshire Sports Awards, was a highly creditable 5th placed in the Junior Boys race. **Niall Thomas** finished 49th in the same race out of a field of 75 runners.



Joseph Crutchley (714) on his way to an impressive 5th place in the boys' U15 race at the Welsh Schools Cross-Country Championships (photo: John Thomas)

The Year 7 Boys race also featured a couple of Harriers, namely **Rob Williams** (33rd) and **Oscar Crutchley** (68th).

Alex Cawthra, who attends school in Colwyn Bay but retains Maldwyn membership, finished 9th in the Senior Girls race, while in the Middle Girls event **Margo Martin**, **Abi Roberts** and **Meg Randell** packed the middle order (24th, 34th and 39th respectively).

Savannah Evans ran well to place 22nd in the Junior Girls with Olivia Sofianos (52nd) and Meg Davies (65th) also in the mix.

Well done to **Kate Jerman**, too, on her encouraging 17th place finish in the Year 7 Girls race

North Wales Cross-Country League, Oswestry, 8th February 2014

The final race of the 2013/14 winter series saw yet another lone Maldwyn Harrier trying his hand over the Country. **Chris Atherton** completed the course in a time of 43:22 which earned him 46th place. This was behind former team mate Richie Jones and ahead of Haydn Jones, both now running for Shrewsbury AC, who ended up with team silver over the five race series.

As well as Chris, Harriers **Ed Davies**, **Ifan Jones** and **Kevin Owen** have also competed in this year's series but never in the same race. In the event that we can muster all interested parties at once then Maldwyn would be perilously close to fielding a full team, something which we haven't done consistently for some time (hence individuals have tended to look elsewhere).

Something to consider for 14/15?

Welsh Cross-Country Championships, Llandeilo, 15th February 2014

Despite the woeful weather, this year's "National" went ahead although understandably numbers were down in most races.

Hats off to **Joseph Crutchley** on his typically gutsy 8th place in the U15 Boys race, in which he clocked 16:05. Joseph moves up to the senior

year in this age group next season and will no doubt be looking to capitalise on his good racing this term.

TRACK AND FIELD

Non Thomas Open, Welsh Grand Prix Series, Cardiff, 2nd February 2014

Dave Johnson and **Reece Moles** performed strongly in the Heats of the 60m for senior men, recording 7.71 and 7.60 respectively. Reece later achieved a time of 25.88 for the 200m.

Caspar Donnison who runs for Aberystwyth AC, but trains with Maldwyn Harriers was first in his 400m Heat for senior men in a personal best indoors of 53.81 secs. He also achieved 25.24 secs in his 200m Heat.

Competing in the Welsh Masters Indoors Championships, **Mark Saunders** retained his 400m (MM40) title with a time of 59.57. He also achieved second place in the 60m in 8.22.



L-R Dave Johnson, Caspar Donnison, Mark Saunders and Reece Moles all ran well at the Non Thomas Open in Cardiff

(Thanks to Mark for providing race information and photo).

DUATHLON

Or, “severe winter duathlon” as it says on the Mud Runner website, which sounds pretty daunting and definitely not for the fainthearted or indeed those of us who prefer the feel of terra firma below our usually presentable looking running shoes.

Step forward, then, the redoubtable **Hillmans**, Montgomeryshire Sports Awards’ Coach of 2013 **Jill** and husband **Paul** (a former winner of the same award), never ones to shirk a challenge.

Jill completed the 10km classic Mud Runner course, 20km off-road mountain bike challenge and short sharp 3km finishing run in 4:23:05.85 while Paul negotiated the sharp test in 4:47:53.43. Faced with these stats it isn’t hard to imagine why Jill wasn’t doing very much running at circuits the following day! Well done to both.

ROAD

Alsager 5, Cheshire, 2nd February 2014

Andrew Davies turned in series of sub-5 minute miles in preparation for the Wrexham Half-Marathon. His time of 24:55 set in blustery conditions was slightly down on last year’s PB but it secured him 6th spot (6 places higher than in 2013)



Andy Davies closes in on the finish at Alsager (photo courtesy of <http://www.racephotos.org.uk>)

Nick Beer 10km, Llandudno, 9th February 2014

Despite the ferociously windy conditions and the prospect of some wet stuff, eight of our women braved the annual trek around the Great Orme in what has become one of the most popular events in the road running calendar.

Rachel Butler was the first across the line in a time of 51:17, not a bad performance considering that on occasions Rachel thought she was reduced to running on the spot due to the strength of the breeze. **Jenny Evans** (53:09) **June Jones** (57:13), **Georgina Fletcher** (57:17) and **Rachel Williams** (58:38) all cracked the hour mark. Our other gallant Harriers in action were **Michelle Beeson** (62:39), **Jacqui Lloyd** (63:57) and Marathon girl **Belinda Bryant** (66:13).

Village Bakery Wrexham Half Marathon, 16th February 2014

The Wrexham Half-Marathon seems to be in the habit of making headlines for the wrong reasons.

Two years ago some prankster(s) switched the signs around as a result of which a number of runners ran under the distance. On that occasion **Andrew Davies**, having run the correct route, was eventually declared winner in what was then a PB of 68:45.

This year, with the route having been changed at short notice due to flooding, all but six of the field, including the unlucky Andy, were sent the wrong way by marshals, which meant they covered at least half a mile in addition to the official 13.1 mile distance. This unscheduled detour cost Andy victory as he lost out to one of the runners who were fortunate enough to have been able to follow the designated route. He finished in 2nd place in an official time of 70:14, but which was worth inside 67:30 over the correct distance.

However, his second place still meant that Andy won the North Wales Championship.

Andy is targeting the Liverpool Half Marathon in March and the Manchester Marathon on 6th April in a bid for a Marathon place in the Wales team for the Commonwealth Games in Glasgow later this year.

Our other Maldwyn interest in the event came courtesy of **Jenny Evans** who was credited with a time of 1:56:07, although her “true” performance was probably closer to 1:51:00 which would have given Jenny a well-deserved PB.

Who knows what Wrexham holds in store for next year?



Jenny Evans heads for “home” (eventually!) at Wrexham (photo courtesy of <http://www.racephotos.org.uk>)

Great North West Half Marathon, Blackpool, 23rd February 2014

Lenny Hughes (M55) ran 1:43:44 in what were doubtless difficult conditions given the battering sustained by coastal areas that weekend (and what seems like forever).

Rhyl 10 Mile Road Race, 23rd February 2014

Rachel Butler and **Vicky Morris** joined more than 600 entrants who braved a blistering wind for this inaugural Rhyl 10. Rachel came home in 1:27:11 while Vicky, who was using the race as part of her preparation for the London Marathon, recorded 1:33:22.

Remember if there is anything you'd like us to cover or point out that we've missed, or indeed have any suggestions for improving our coverage, then please contact Ian at fraserman1@hotmail.co.uk