

A belated Happy New Year to everyone!

It will be soon be time to start updating the January 2013 results, but in the meantime here's a brief round-up of some events that took place between Christmas and New Year and a couple more snippets of information which might interest you.

Devil's Chair Dash and Dawdle, 26th December 2012

First off, the annual *Devil's Chair Dash and Dawdle* took place at Stiperstones on Boxing Day and a number of club members had obviously behaved themselves well enough to be able to take on the challenge. Tim Davies registered his umpteenth victory in the event in a time of 22:58 with Dad Ed in 11th place in 25:19 (1st MV50). Chris Atherton (18th), Haydn Jones (37th) and Dave Manuel (128th) were among the other Dashers.

Jubilee Plunge, 30th December 2012

The annual downhill dash from the summit of Moel Farnau, known as the *Jubilee Plunge* saw Roland Stafford finish a close second place behind Meirionnydd's Ifan Richards. Chris Atherton was 4th and Ed Davies 11th.

Nos Galan Races, 31st December 2012

The prestigious annual *Nos Galan* races took place in Mountain Ash on New Years. In the highlight of the evening, the elite 5km race, Gwynant Jones ran a fine race to finish in 15th place overall in a time of 16:02. Elwyn Davies clocked a time of 18:59 to come 52nd out of 131 finishers.

The Morning After, 1st January 2013

No hangovers for the wicked, then, as a few familiar faces started the year as they mean to go on at this annual and inexplicably popular event at Church Stretton organised by Mercia Fell Runners. Ed Davies (35:02) and Chris Atherton (36:04) both turning out for Mercia were 12th and 16th respectively with Ed bagging the first MV50 slot. Haydn Jones (37:01) was 22nd and managed to get his photo on the WFRA site! Dave Manuel was 143rd.

Andrew Davies interview

Read Andy's interview with "My Welshpool" by visiting:-

<http://www.mywelshpool.co.uk/newsviewer/tabid/1387/ArticleId/4808/-2012-My-year-of-no-regrets.aspx>

Fixtures update

We've updated the fixtures on the Other Race Events page

<http://www.maldwynharriers.org.uk/events.html>

This is just a selection of races due to take place during the next few months and which may be of interest to club members. Track and Field fixtures will be uploaded soon.

The information is accurate as far as we are aware but please check the race details before setting out. If you become aware of any inaccuracies or wish to suggest further events for mention on this page then please contact Ian at fraserman1@hotmail.co.uk

Indoor Track and Field Update

Some of our younger Harriers were busy indoors during January.

At the Welsh Athletics Junior Open on 6th January, Rosie Unwin was equal 1st in the U17 women's High Jump with a best of 1.55 metres, and took 3rd place in the 60m Hurdles, clocking 9.6 seconds. In the U15 girls' equivalent of the hurdles, Lauren Williams finished second in her race in a time of 10.2 seconds.

A week later at the Welsh Athletics Grand Prix 2 event (incorporating the Welsh senior and U20 3000m championships), 17-year old Gwynant Jones took silver in the U20 men's 3k event in 9:01.64.

Then, on the weekend of 26/27 January, Harriers were again in action at Welsh Athletics Indoor Championships. Vicki Gittins finished 6th in the final of the U17 women's 60m (8.56 seconds) while in the men's event Jack Day recorded a time of 7.99 seconds in his Heat. Vicki also went on to finish 3rd in the 300m final in 42.01 seconds having set the fastest time in qualifying. Rosie Unwin also bagged 3rd place, this time in the U17

women's Long Jump (4.98 metres) to cap a very rewarding month for her while Gwynant Jones was 4th in the U20 men's 1500m (4:13.66).

Well done to all on their fine performances.

In other news...

North Wales Senior Cross-Country League, Telford, 12th January 2013

Richie Jones turned in one of his best performances of the winter finishing 27th (3rd MV45) in 38:40, ably supported by Haydn Jones in 52nd place (41:48). Unfortunately our two-man team will be further depleted with the news that Richie will in future be running for Shrewsbury. Any men interested in having a go over the country are welcome to contact Haydn via the club. In the meantime we wish Richie all the best and hope to still see him running in our race series this summer.

McCain Cardiff Cross Challenge, 20th January 2013

Alex Cawthra, running for Wales, finished in 16th place out 39 finishers in the U17 women's race at a snowy Bute Park, Cardiff. Alex's solid performance meant that she qualified as one of Wales' three scoring athletes and helped the team to 2nd place behind Ireland (and ahead of Scotland and Ulster) in the Celtic International Match.

At the same meeting, Gwynant Jones was 22nd in the U20 men's event.

2013 Mercia Hill Trial, Church Stretton, 20th January 2013

Chris Atherton, running for Mercia and partnered by Brian Crowther, was an excellent 2nd place in this annual test of fell running and orienteering skills in which contestants can run either as individuals or as same-sex or mixed pairs. Glyn Fletcher and Emily Millington, representing Maldwyn Harriers finished 18th overall but were the second highest placed mixed pair (Chris and Brian won the men's pair title). Photos of a very wintery Trial can be seen at Alastair Tye's site

<http://www.fellrunningpictures.co.uk/merciahilltrial2013.html>

Cwm Nant-y-Groes, Abertillery, 26th January 2013

Congratulations to Chris Atherton (representing Maldwyn on this occasion) who won in a time of 32:03 over a shortened-course due to the adverse weather.

And finally...

Andrew Davies, Montgomeryshire Senior Sports Personality of 2012

Very well done to Andy in winning the Montgomeryshire Sports Personality of the Year, and deservedly so. It caps a year in which Andy won the Welsh Trail Marathon and led the Wales challenge at the Jungfrau Marathon/World Long Distance Mountain Running Championships, Interlaken, Switzerland as well as setting personal bests at all distances from 3,000 metres to the Marathon. Andy emulates previous winners at the awards which include his brother Tim, Paul Hillman (both double winners), the Ladies' coaching team of Michelle Beeson, Jill Hillman and Caroline Orrells and Maldwyn Harriers (Club of the Year in 2011).

The club's Olympic torch-bearer, Caroline Orrells, presented the Club of the Year Award at this year's ceremony

If anyone has any information about results featuring Harriers athletes or of upcoming events and activities which might be of interest to club members please get in touch with Ian Fraser at fraserman1@hotmail.co.uk