

MALDWYN HARRIERS NEWS AND RESULTS UPDATE JULY 2013

We've a bumper news update for you this month – including news of much international activity involving our Harriers and, of course, the BBQ (less) 5km, the fourth race in this year's summer series.

But first, and amidst much contriteness, is an overlooked report from "The Travelling Harrier" from the **UKYD U13/15** Match held at Leigh, Lancashire and the **U17/20** Meet at Brierley Hill, during the first weekend of June. Apologies to Chris Copus and to all the athletes and coaches who strived so hard and who may have thought their endeavours had been overlooked.

"Saturday 1st of June and Maldwyn's U13/U15 headed North to Leigh for the second round of the Youth Development League. A stronger team than went to Oldham and a better result too. 6th of 8, comfortably clear of Oldham and Bury.

It's hard to pick the top performance in the U15 girls. Sara Jones again threw splendidly, posting a new personal best of 22.59 in winning the javelin by almost 2 metres. Meg Randell, also in fine form, came home 1st in the 100m as well as finishing 3rd in the 800m. We also witnessed an exciting 4x100 relay in which the team of Megan Davies, Athea Shuker, Sara and Meg narrowly failed to beat the Isle of Man. Alex Austin and Lauren Teasdale both notched PBs in the 800m and long jump respectively. I put it to Sara that given her proficiency on both field and track she might consider multi eventing. Her response suggested I shouldn't hold my breath!

Our sole U13 girl, Kate Jerman, looks a good middle distance prospect, running well in the 1200m. Talking of good prospects James Tetrios (U15B) looks very quick, logging 26.2 in the 200m. Niall Thomas bagged 1st place in the 100m 'B' race. James and Niall, along with Kaya Saul and Joseph Crutchley came through spectacularly to win their 4x100 relay.

Our U13 boys team of Oscar Crutchley, Elliott Howse, Owen Randell and Nat Jenkins missed out on 2nd place in the 4x100 relay by just 0.1 of a second. There was also an excellent inter Harriers battle in the 800m between Elliott and Owen. Elliott won that particular tussle by 1.3 seconds, a result which saw Owen placed 1st in the 'B' race.

The following day the U17/U20s were at The Dell in Brierley Hill. Sadly we were hampered by multiple withdrawals due to athletes having various other commitments. The 3 athletes who made the trip to the Midlands performed well but had no chance of preventing us finishing in 7th (of 7) place. Walter Meredith produced two PB performances to take maximum points in the 800m (2.07.9) and 1500m (4.47.5). Isla Meredith also came up with a PB in the 200m (30.1) in what was probably the day's most exciting race, coming 3rd behind two girls from Gloucester, placing 2nd in her age group. There were also some solid performances in the throws from Millie Woolley, the best being 15.45 in the javelin, not far short of a PB.

Cheeky postscript...I don't know if anybody thought that either of these meetings ran more smoothly than usual? If so that could be due to the fact that Chris and Martin are now properly qualified officials (and have certificates to prove it).

What better way to lead into our latest round-up, then, where we start with...

TRACK AND FIELD

30th June - UKYDL U17/U20 at a sweltering Stourport (and once more it's over to Chris)

Five athletes made the trip to the heart of the Midlands. Again this was a slightly disappointing turnout, although it did represent an increase on Brierley Hill. A 'Three Line Whip' next time methinks!

The famous 5 in Maldwyn yellow were Jack Day, Chloe Evans, Vicky Gittins plus Isla and Walter Meredith. Where would we have been without 'Team Meredith' this year?

Given the heat, Jack's decision to run 2 short races (100 & 200m) seemed eminently sensible. Both races produced blanket finishes with Jack right in the mix with 12.2 and 25.1 respectively. Vicky blasted the field apart to win the 300 hurdles in a canter (46.8) before joining Chloe in the discus where both girls logged PB's with throws in excess of 17m. There were no other competitors in the girls 3000m so Chloe agreed to take on the boys. She certainly gave it a good go, finishing 2nd of 3. Seven and a half laps in that heat, rather you than me, Chloe!

We'd already seen a couple of decent 400's from Isla and Walter before we came to the highlight of the day. If the 2 helpers are middle distance coaches (Martin and self) then the 1500 better be good - and it was!

Walter ran his heart out to register a PB in 4.44.9 - a performance that earned a deserved victory in the U20 age group. Now, I'm not sure if I've seen a Maldwyn 1,2,3 before. Well I certainly have now. Chloe is in great form and her confidence is high. Despite having a tough 3000 in her legs she decided to take the 1500m race by the scruff of the neck and lead from the start. She built up enough of a lead to, just about, hold off a challenge from a fast finishing Vicky (that's right, Vicky the sprinter!!). While all this was going on Isla was steadily picking off opponents and earned herself a cracking 3rd place. So that was 1st U17(a), 1st U17(b) and 1st(U20)- top stuff. To finish the day with 4 wins was indeed as good as it gets.

However Vicky tells me she has no plans to take up middle distance running, shame.

6th July - WELSH SCHOOLS CHAMPIONSHIPS, CARDIFF

The Harriers were amply and ably represented in Cardiff with the highlights being Vicky Gittins and Sarah Williams respective 2nd place performances in the U17W 300m Hurdles and Triple Jump, which earned their selection for Welsh Schools at the Schools' International Athletics Board (SIAB) International Track and Field Meeting in Dublin on 20th July.

Vicky also won a berth in the 4 x 100m relay team thanks to her 3rd place in the individual 100m event in which she recorded a new personal best time of 12.76 seconds. As well as setting a PB in the Triple Jump Sarah also set a new best mark for the High Jump in which she finished 4th, both remarkable achievements when considering that Maldwyn Harriers currently lack any jumps facilities.

There were also new PBs for George Reynolds (U15M 300m), Megan Davies (U15W 300m) and Joseph Crutchley (U15M 1500m).

However Rosie Unwin can consider herself unlucky to miss out on Long Jump selection for Dublin. Despite finishing 2nd in the U17W event the

selectors went with the winner of the U15 competition who jumped remarkably

Other Harriers competing included Margo Martin, Hannah Owen and Lauren Williams, all of whom put in spirited performances.

13th July – UKYDL U13/15 MANCHESTER – DAVE’S LAST OUTING

He’s here again, folks.

“A baking hot Saturday and the 4th and final UKYDL U13/U15 match at Sportcity Manchester and a momentous day in the history of Maldwyn Harriers - the last time Dave Peters will be involved with the team. Dave seems to have been around for ever and is going to leave a big gap to fill.

14 athletes made the trip, not a bad turnout. Many of the athletes had taken part in the triathlon the previous Sunday. I know this because they still had their numbers written on their arms! To be fair, the girls had made a better fist of removing them than the boys. I'll say no more. Our U15 girls have been strong this year and this time was no exception. Sara Jones has been a revelation this season with some excellent throwing in javelin, discus and shot. Sara is also an integral part of the 4 x 100 relay squad. Sara dominated the javelin, winning by almost 2 metres as well as finishing 2nd in the discus. It must be noted that Hannah Powell had the temerity to beat Sara in the shot though. With good performances in the 100m and 200m it was also a good day for Hannah.

Boxed in 500m into the 800m Meg Randell genuinely received an instruction from yours truly this time (see Bury report). 'Get out and go'. Meg responded magnificently. By the time the rest of the field realised what was happening, Meg was gone. One or two tried to catch her- to no avail. A spectacular victory and a PB lowered to 2.30.6. 2nd in the 100m and 3rd in the hurdles, an all round athlete in good form. Also in good nick was Meg Davis, 2nd in the high jump (1.46) Meg also came 2nd in her hurdles race.

A busy day too for Lauren Teasdale, who scored valuable points in the discus and long jump before a battling 3rd in the 800m. 1500m is a

tough task in those temperatures, so well done to Olivia Sofianos who worked really hard for a PB 5.49.5. A little bit more self belief and Olivia could become a really good runner.

4 U15 boys and all had cause to be pleased with their day's work. Huw Weaver, top man, good points in the sprints again. Joseph Crutchley couldn't quite come through to win the 1500m but did notch a PB in the 200m. Niall Thomas and Kaya Saul both achieved PBs in the 800m. A good run, with a negative split, as Kaya brought his best time down to 2.52. Niall has come on in leaps and bounds in recent weeks and can now boast a top showing of 2.22.6.

We also had 4 U13 boys. Harrison Higgins had his first go at javelin the previous evening and threw 16.44 on his debut in the event, whilst he and Nat Jenkins both ran really well in the 800m. Oscar Crutchley, like Huw in the upper age group, weighed in with some good points in the sprints. Owen Randell had a brilliant day with new best times in both 200m and 75m hurdles. There was also an excellent high jump competition which Owen narrowly failed to win, having to settle for 2nd place.

We had a 4 x 100 relay team in each of the 3 age groups. They all came 3rd - how did you manage that guys?

On the day we finished 7th team, just ahead of Bury which is also where we came in the overall standings”.

20th July – SIAB International U17 Track and Field Meeting, Dublin

Vicky Gittins was the winner of a superb bronze medal as part of the women's 4x100 team. She also recorded a personal best time of 45:34 in finishing 7th in the 300m hurdles (an event she has only recently taken up) while Sarah Williams also achieved a PB (10.34 metres) jumping to 6th place in the Triple Jump.

Very well done to both girls, who did themselves, their club and their country proud

21st July – Veterans Inter-Area Match, Solihull

Continuing with our international theme, our sprints coach Mark Saunders showed he still has what it takes on the track when he represented Wales over 400m at the Veterans Inter-Area Match. Mark's excellent time of 57:12 was good enough for 3rd place and what's more he anchored Wales to victory in the medley relay.

Rumours that doors the length and breadth of Newtown have since had to be widened at head-height in honour of Mark's fine achievement are, we are told, greatly exaggerated.

28th July – UKYD U17/20, Newport

Chris' last T and F report of the season, then, unless he can wangle a press or in-field pass to the World Championships in Moscow. Honestly if the BBC had any sense at all...

"Have you heard the one about the athlete who ran more than 3 times as far as the rest of her team? Well pin back your lugholes, as Cyril Fletcher might have said(a job for Google, younger readers), and I'll tell you.

7 athletes were joined on the minibus by Mark, Martin and Chris for the trip to Newport for the final match of the season. Chloe Evans, Vicky Gittins, Jaz Pugh, Florence Turley, Rosie Unwin and Sarah Williams were accompanied by a face from our recent past. Enter Bertie Brock, a welcome addition to our number.

In the YDL, and the Young Athletes League before it, it can sometimes happen that you find yourself the only competitor in an event. In order for points to be awarded it is still necessary for the event to take place. Chloe had the misfortune to find herself in this position twice. First the 3000m - 7 1/2 laps on your own, not easy. Generous applause though. Next came Chloe's debut in the 1500 steeplechase - another good solo run. Sub 6 minutes, no alarms at the water jump either - cue more generous applause. Vicky has been in fantastic form of late, so it was no surprise that she managed 3 wins in her 3 events the.300 hurdles, 200m and 100m, no problem. Vicky could probably have done with slightly tougher races to have pushed her to quicker times. Still, 3 wins is 3 wins.

The rest of the girls shared the jumps and sprints around between them. Jaz - good high jump, triple jump and 200m. Florence won the U20 B long jump; had a decent 100m and equalled her PB in the 200m. Victory, too, for Rosie in the 80m hurdles, reward for having had to warm up during the day's heaviest shower. Good points too for the team from Rosie's long and high jumps. Sarah opted exclusively for jumps on the day, winning both the U20 long jump and high jump plus 3rd in the triple jump. In fact it should be noted that all 3 of our high jumpers came 1st in their respective categories.

Have you been doing the maths? That's Chloe 4500m, sprinters and jumpers 1180m.

Bertie also weighed in with some good points with PB's in both the long jump and the 200m. We then finished with a 4 x 300 relay. Sadly no other club elected for that event so I'm afraid it was also uncontested. Pity.

The result on the day saw Maldwyn 6th, ahead of Hereford. Coincidentally this was also the overall result after the 4 events. Well done, then, to all those who competed this year."

Thanks Chris, and we look forward to more entertaining and informative reports during the Shropshire Young Athletes Cross-Country League 2013, details of which can now be found on our Other Events page. No pressure then, mate.

If anyone else fancies themselves as a budding Fell Follower or Road Reporter then we would love to hear from you!

31st July – Welsh Athletics International, Cardiff

Congratulations to Chloe Evans who followed up her herculean effort in Newport on the weekend with a bronze medal in the U17W 3000m in a time of 11:18.3. Gwynant Jones (Cardiff, but Maldwyn to his core) was the sole U20 competitor in a combined Senior Men/U20 3000m and so took the gold, but just as importantly his 5th place 8:56.79 meant he took some useful senior scalps which bodes well for the future. A huge "well done" to both athletes, then.

FELL/TRAIL RUNNING

6TH July - World Trail Running Championships 10km, Llanrwst

Andrew Davies made a winning start to what turned out to be an untypically warm and dry July in this 10km home international event, which acted as an appetiser for the following day's 77km (!) world championship main draw

Andy spearheaded a Wales 1,2,3 ahead of old mates/rivals Rob Samuel and Alun Vaughan. His battle with Samuel was a right old ding-dong with the lead changing several times before Davies finally gained the ascendancy in the last 100m to win in 33:50, just three seconds ahead of his fellow Wales international. Andy's brother Tim, 11th overall, was the first M35 to finish, in a time of 37:08.

Pictures of the event can be viewed at:

<http://www.fellrunningpictures.co.uk/llanrwst10k2013.html>

16th July – Gwastedyn (Rhayader Carnival) Hill Race, Rhayader

Gwynant Jones came up trumps in the middle of the July heatwave winning this tough yet incredibly popular little race in a time of 27:40. Gwynant loves Rhayader – this was his fourth win there in as many races this year after his series clean sweep in the 5ks – and they really ought to consider giving him the freedom of the city or whatever it is they do in those parts.

In the junior race there was victory for Joseph Crutchley in 30:54 with younger brother Oscar finishing a hugely impressive 16th (37:56) in a large field. This explains why Joseph wasn't able to pick up his award for Young Athlete of the Year (Cross-Country Male) in person that evening. On this performance I am sure he will be excused!

17th July – Stiperstones

Tim Davies claimed the bragging rights with Ed Davies in 10th, Chris Atherton 11th and a returning Roland Stafford, 12th (not sure if Roly is still on our books but we don't mind name-checking old colleagues). Dave Manuel also conquered the course.

Photos are on Al's site:

<http://www.fellrunningpictures.co.uk/stiperstones2013.html>

20th July – Snowdonia Super Cup and International Challenge

As if running up and down the highest peak in England and Wales wasn't hard enough the 500 plus contestants had to endure some of the hottest conditions in the 38 year running of the International Challenge.

First up though was the demonstration Super Cup uphill only race in which Andrew Davies, representing Wales but flying the patriotic colours of Maldwyn Harriers, came through with a late charge to finish in an excellent 4th place behind Ethiopian Wegene Tafese, the UK's premier mountain runner Steve Vernon and Ireland's King of the Climbs, Brian MacMahon. Andy again had the satisfaction of finishing one place ahead of Rob Samuel - what a great tussle those two have had this summer.

Says Andy; "It was a bit of a toughie! The heat didn't help and times were down slightly as a result. I'm delighted with 4th though, got some good scalps and wasn't too far behind the leaders. A good race with some great runners to run against".

In the main event, Paul Beeson took a top-100 place not to mention most of the skin off the soles of his feet to finish 97th in 1:33:12, Chris Atherton was not too far behind with 1:34:28 (109th) with Gyn Fletcher, despite admitting to have struggled on the climbs, also bagging a top-200 slot in 1:41:16 (178th). Haydn Jones (271st) and Bernie Jones (302nd) also dealt bravely with the conditions.

Huge thanks to Alastair Tye at www.fellrunningpictures.co.uk for his permission to use his photos on or site

ROAD RUNNING

5th July – Maldwyn Harriers BBQ 5km, Newtown

Really, it's only a matter of time before they get us under the Consumer Protection Act for continuing to trade under this name.

With Maldwyn's big guns firing elsewhere and young Gwynant on his hols in some Mediterranean rave capital (and soon to be featured on high-brow BBC3 series "Sun, Sex and Suspicious Parents") this year's race was wide open. As it was, Oswestry Olympians scored a notable double first. The in-form Ian Lowe took the overall/mean's accolade ahead of the ever consistent Gethin Holland of Aberystwyth. Martin Copus led the Maldwyn charge in 5th place (18:47) one place ahead of Harriers Old Boy – figuratively speaking – Haydn Jones (18:51) who only just held off Ed Davies (18:52). Chris Atherton (8th) and Lenny Hughes (9th) also bagged top 10 spots while first woman Lauren Davies (Oswestry) finished just outside the top 10 in a time of 20:53. Lauren must now be a shoe-in for a series win having twice won, come second on another occasion and secured an age group victory at the Chocaholics. Second woman was Our Rach in 23:41 while Sharon Lloyd was rewarded for her improvement this year with a fine 3rd place and a new PB of 24:37.

Full results and quite a few photos can be found on our results page:

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

As you may have gathered, despite the flagstone splitting weather there was again no sign of the Lesser-Spotted Burger Flipper, now believed to be extinct. Luckily, an impromptu Plan B courtesy of the football club meant that hungry punters were able to avail themselves of reasonably priced sausage and chips. Maybe this points to what needs to be done next year or maybe not. One for the committee to think about, then.

If there is anything we have missed or you would like us to cover in future then please contact Ian at fraserman1@hotmail.co.uk