

MALDWYN HARRIERS NEWS AND RESULTS UPDATE – JULY 2014

RACE SERIES AND CLUB CHAMPIONSHIP

BBQ 5k, Newtown, 4th July 2014

Well we said we would, didn't we? This year's running of the penultimate race in our summer series delivered up the BBQ as well as the 5k element and what's more, the weather just about held until near the end of the race. So no repeat of the biblical deluge of 2011 and the tempests of 2012 which caused the cancellation of the food and the disappointing no-show during last year's heat wave. Many thanks to everyone concerned in ensuring that we weren't hauled up by Trading Standards under the Consumer Protection Act for a fourth year of misleading advertising.

To the more mundane subject of running, then and Tom Roberts of Meirionnydd edged out Welshpool's Richie Roberts in a thrilling finish.

Roberts, recent winner of the prestigious Market Drayton 10k, recorded a time of 16:14 on the twisting out and back course along the River Severn, just two seconds ahead of his namesake who although based locally runs for the Eryri club. Jonathan Morgan of Newport Harriers completed the medal positions followed by Llandrindod's Wales junior international Rhianwedd Price (Cardiff) who won the women's event in an impressive 17:49.

Ian Lowe's fifth placed finish means the Oswestry man still leads the Maldwyn Harriers Summer Race Series after four events ahead of our own **Martin Copus** who was sixth on this occasion. **Jacqui Loxam** who finished second behind Price leads the women's Race Series with just one event to go – the **Neil Howells Memorial Race** in Montgomery on Friday 15th August.

The absence of several regulars due to injury or other commitments (we still managed 54 runners, not bad at all for a damp Friday night, and many of those not running either flipped burgers, marshalled or grabbed a clipboard) meant there were opportunities for others to shine as well as some of the more familiar names. There were some great finishes, the most dramatic of all featuring **Vicky Gittins** who overtook two runners in the home stretch and was travelling at such speed that she barely

stopped before hitting the barrier. **Jamie Dumayne** can also take pride in his epic last 100m tussle with some determined Rhayader opposition, while **Chris Copus** says that **Reece Moles** has asked us to mention that he was again overtaken by Chris on a slight incline, ensuring that the Travelling Harrier was able to assume post-race bragging rights (Chris' and Reece's uphill struggles are becoming something of a "running" gag). **Dave Johnson's** sprint for the last burger suggests that he too could soon join the growing ranks of Britain's sub-10 second 100m men.

Club winners included:

Martin Copus (M senior)

Haydn Jones (MV50)

Chris Copus (MV60)

Hannah Owen (F senior)

Vicky Gittins (FU20)

Claire Abel (FV35)

Stephanie Foster (FV45)

Rachel Butler (FV50)

For some good finish line photos visit Gareth Roberts' facebook page:

<https://www.facebook.com/pages/Cader-Sport-Photos/466804736785286>

Gwastedyn Hill Race, Rhayader, 15th July 2014

The decision to add the Rhayader Carnival race to the club championships was handsomely repaid by the appearance of a bumper crop of Harriers and some very good performances indeed. It's a funny old race being short and multi-terrain, something for everyone and, conversely, enough hill/road (delete as appropriate according to your predilection) to dislike as evidenced by many a post-race comment – see Martin's account (below) for one such view.

Joseph Crutchley underlined his dominance in this event by once again winning the junior event in an excellent time of 29.58. A few years Jo's junior, **Jake Beeson** also had a very good race to finish in 38.21. It should be pointed out that the juniors run the same course as the big 'uns but with a 10 minute head start. Joseph and a few other juniors made it to the finish before they could be overhauled by the senior winner, which is no mean achievement.

No mean achievement indeed, especially when you consider that the winner of the senior race for the second time was none other than Gwynant Jones (ex-Maldwyn, now Cardiff and St Mary's University and wearing a Guernsey vest which fooled a few of us). Gwynant's time of 26.47 put him almost a whole minute clear of the second place athlete although a prototype version of the results had **Steve Orrells** in first place – we should point out that no chips or beer changed hands in prompting Steve's temporary and misleading elevation to gold laurel status (or so Steve assures us).

Paul Beeson had a great run to finish 6th overall in a time of 29.27 and received able support from **Martin Copus** (11th in 31.18), **Sean Clarke** (13th in 32.12), **Haydn Jones** (16th in 32:42) and **Glyn Fletcher** (21st in 33:06). No doubt keen to avoid being on the wrong end of a second successive run-in, **Ifan Jones** put the hammer down to fend off a fast finishing rival to clock 38:04. A new name this season, **Hannah Owen**, was the first of our women to dock in a time of 39:58 ahead of **Rachel Butler** who edged out **Steve Orrells**. We are a little certain of Rachel's exact time and place as she and a few others have been left out of the results. However on the basis that Steve, despite his honorary "first place" is correctly credited with a time of 40:27 then from eyewitness accounts we calculate Rachel's time to be around five seconds quicker.

Our other finishers were:

Chris Copus – 40:49

Andre Hutchinson – 42:06

Sharon Lloyd – 42:51

Rachel Williams – 46:34

Diane Jones – 48:14

Georgina Fletcher – 49:30

Michelle Beeson – 52:20

Now read a first-hand account of the race courtesy of **Martin Copus** who may yet learn to love hills...

"It's safe to say when it comes to running I prefer road running, flatter the better. Sadly though, despite my protestations, the inaugural Club Championship does not consist of 14 flat road races. This means I have to occasionally wander out of my comfort zone like at Shobdon and now in Rhayader.

Only about 4 miles! How hard can it be? Dad has told me all about his glory days at this event over the years and at no stage of these stories does it sound like fun. Anyway, I'll have a crack at most things (except Mudrunners!) so off we go one pleasant July evening to Rhayader. I like

Rhayader, I've done a fair number of runs in and around there but it is safe to say I hadn't ever spotted the bloody great hill I was about to run up today.

At this stage I was told that I couldn't just sit in the Lamb and Flag with a pint and a burger so I had to get on with it. Team photo done and dusted, the comedy hooter sounds and off we all go. With my Dad's advice of "get to the hill quickly, places don't change much on the hill" I join a bunch of Maldwyn runners in the first 10 or 15 athletes and turn through the gate onto the hill.

Short, stabbing steps and I'm in a tidy rhythm for the early part of the ascent passing a few runners and some kids who set off before the main race. I thought this couldn't last and I was right. Soon it starts getting steep, and when I say steep I'm talking Wonga loan interest rate steep! At this stage this is becoming a very silly idea but striding up is still quicker than a few people that I overtake.

Soon I can see the summit and the monument which I feel could comfortably be moved much lower down the slope. Just before the top our distinguished Chairman and mountain runner goes by me. No matter, all downhill from here, plenty of boulders on the hill which make it tough to place your feet without falling over! Despite going downhill like a horse on the way to a glue factory not many others came past me. Bonus! More people from the junior race to avoid on the narrow paths of the descent all negotiated successfully.

What's this I see now? A sight for sore eyes, and calves, it is road! Real road that road runners run on!! Happy days, the final stretch is a slight drag up but compared to what I've just done it is absolutely nothing. Round the final loop corner and across the line. Speak to the two Maldwyn-linked race winners Joe Crutchley and Gwynant Jones to compare notes, safe to say they enjoyed it more than me!

The rest of the Maldwyn boys and girls finish with varying degrees of grimaces on their faces and it is time for the best bit of the evening: chippy and pub! Perhaps next times those two things will be essential for a place in the Club Champs?!"

He could well have a p(o)int there...

Dolgellau 5 mile Road Race, 26th July 2014

Other commitments (including an exodus in the direction of Glasgow to witness as certain Marathon event the following day) meant that numbers were slightly down on Gwastedyn but we still managed to field 10 athletes (so nearly a mini-bus, then) and earned a mention on the Meirionnydd website as a result.

Sean Clarke led home the faithful in a fine 32:48 for 13th spot while **Helen Owen** (W40), **Glyn Fletcher** (M50), **Jacqui Lloyd** (W60) and **Steve Orrells** (M60) all did superbly well to win their age groups. Jacqui also managed to set a course record for her age group – a great effort. Here's how all our Harriers fared.

Sean Clarke – 32:48 (13th)
Glyn Fletcher – 34:16 (16th)
Hannah Owen – 40:20 (40th)
Steve Orrells – 41:29 (44th)
Helen Owen – 41:32 (46th)
Andre Hutchinson – 41:36 (47th)
Rachel Butler – 42:24 (50th)
Sharon Lloyd – 44:23 (57th)
Jacqui Lloyd – 47:16 (64th)
Caroline Orrells – 60:14 (68th)

Photos of the event can be accessed via links on the Meirionnydd RC website homepage or here:

<https://plus.google.com/photos/101373295265755676288/albums/6040420472513821857>

and here:

<http://danwyrephotography.co.uk/dolgellau-5-road-race-2014/>

Full results available here:

<http://www.run-meirionnydd.co.uk/downloads/dol5%2014%20results.html>

TRAIL

Eastridge Trail Half-Marathon, Minsterley, 5th July 2014

A number of those who helped out at the previous night's BBQ 5km could be seen in action early the following morning. 13.1 miles is a pretty big ask under most conditions but add "off-road" and "2,324 ft of ascent" to the equation and throw in hot weather for good measure and it's enough to make the legs and lungs scream in anguish just typing this.

Tim Davies was a splendid second place behind young Welsh international Mike Kallenberg in a time of 1.22:06 whilst dad **Ed Davies** was his usual impressive self in 15th spot (1.40:49) just a couple of places behind our old mucker Chris Atherton now of Ambleside. However as Ed and Tim were both representing Mercia on this occasion, the supreme accolade for Best in Class (Maldwyn Harrier) went to **Paul Beeson** for his 1.45:16 in 22nd place. Just a few berths behind Paul was **Rob Martin** (25th in 1.46:09) with **Glyn Fletcher** a little further back (38th place in 1.50:37). **Bernie Jones** narrowly missed the magic two-hour mark with a 2.01:34 clocking, while **Jacqui Lloyd** (2.35:34) and **Michelle Beeson** (2.46:15) also ran well in testing conditions. 148 runners completed the course.

Wyre Forest Trail Half Marathon, Bewdley, 13th July 2014

Hats off to **Julia Ellis** who turned in a not-at-all shabby performance (2.04:36)

Stiperstones Fell Race, 16th July 2014

Tim Davies was victorious in this annual Mercia Fell Runners bash, coming home in 27:34, over one and half minutes ahead of his nearest rival. **Ed Davies** was a spirited 17th in 33:02 while the only other currently Maldwyn-linked runner (and the only one thus badged on the day) was teenager **Kaya Saul** who is developing into a very good runner over the lumps, this time recording 42:13.

Snowdon International Race, 19th July 2014

Bernie Jones was our sole representative in this year's race which had to be shortened due to poor visibility at the summit. Bernie managed a

very creditable 1.16:45 in the difficult conditions which included a slippery downhill section.

Bridges or Bust, Ratlinghope, 27th July 2014

In our final fell action this month, **Bernie Jones** concluded a busy July finishing in 30th spot in a time of 1.08:13 over 12.2km and 470m of climb.

ROAD

Wales Marathon, Tenby, 13th July 2014

Despite having cursed the half marathon course here last year, **Lenny Hughes** was back again with his bucket and spade. This time there were no half measures as Lenny tackled the full 26.2 mile event which he accomplished in a time of just a few seconds outside of 4 hrs over what is known to be a tough and undulating route. We would love to hear from Lenny on his experiences this time out.

Women's Running 10k, Liverpool

Three cheers for **Belinda Bryant** who negotiated this annual Sefton Park run in a time of 62:32.

Commonwealth Games Marathon, Glasgow, 27th July 2014

Congratulations to **Andrew Davies** who did himself and everyone associated with him very proud by finishing 17th in a very competitive field in a time of 2.18:59, just a minute outside his best time which he set in qualifying for the Games back in April.

Says Andy; *"I was pleased with my time and performance. It was quite windy in places and there were quite a few hills too. Legs weren't as fresh as I'd have liked them to have been at half way so it was a tough second half. I worked well with Ross Houston (Scotland) all the way round and hoped I'd be able to overtake more towards the end but they seemed to hang in well. The times were fast this year for a Commonwealth Games, my time would usually have given me a top 10 finish but I'll settle for 17th".*

A tremendous achievement indeed.

We may be writing a little less about Andy in future as he has joined the mighty Stockport Harriers with whom he has connections through his coach, Steve Vernon (ex-UK mountain running champion and national cross country captain), and brother-in-law Jamie. Hopefully this will give him the support he requires to move on to even bigger and better achievements. We wish him all the very best.

TRACK AND FIELD

Shropshire Young Athletes League, Shrewsbury, 29th June 2014

(Note: Results for this meeting were not available in time for the June update hence we held it over)

Here's Chris with a typical edge-of-seat account of the action...

"29th June and it's off to Shrewsbury we go. The 3rd round of the Shropshire Young Athletes League and yet another new venue for me (no, I haven't totted them up yet). The level of competition is very good and I think we are benefiting from it. 19 made the short trip across the border, our best showing to date.

*U11's.. **Lois Tudor** looks very comfortable at this level. 6th in the 50m - a very close race followed up with 4th in the long jump represented a good night's work. The irrepressible pair of **Tilly Lloyd Jones** and **Daisy***

McCullough ran the 600m which was followed very closely by the 150m. Tilly just edged both encounters. 6th in the 'A' race to Daisy's 4th in the 'B' at 600 then both 3rd in 'A' and 'B' at 150m, separated by just 1/10th of a second. I've never found chatting as you race particularly beneficial but it seemed to get these two round. A couple of stars! We had a couple of young men making their track debuts for us. **Tomas Owen**, once again resplendent in enormous vest (see report on Oswestry x/c) came 5th in both 50m and 600m. All the way round he sported a smile as big as his vest. **Harvey Gill** got off to a good start in the 150m but, seemingly overawed by the occasion, faded a little for 6th place. It'll be better next time, I'm sure.

U13's..A little depleted in terms of numbers, if not quality. **Mary Saul** was 6th in a fiercely contested 100m and put in a decent series of jumps for another 6th in the long jump. **Dillon Gill** found himself in a very high quality field in the 1500m. He used the competition to his advantage and thoroughly deserved a 5.10.5 PB in 4th place. I was delighted with his application. Cross country stalwart **Amren Stephenson** also made his Maldwyn track bow in this race. 3rd in the 'B' race, not bad. Once Amren moves up to the older training group I think he'll do well. **Oscar Crutchley** has enjoyed a good track season so far. Another good evening for him with 5th place in the 100m and 4th in the 200m with a 32.3 PB. Well done.

U15's.. More great work from **Meg Davies** in the sprints. 2nd in both the 200m and 100m(13.5 PB). Meg has relished the challenge in this league and has consistently impressed. Lining up in the 100m 'B' race was another Maldwyn debutante in **Lowri Evans**. Happier hurdling or jumping, Lowri gave it her best shot and came home 6th in 15.2. In the long jump Lowri also put in a good series of jumps for 5th in the 'B' competition with 3.54, a good start. It was a mark slightly eclipsed by **Shannon Walker** (3.62) who demonstrated the benefit of a good warm up. She ran a storming PB of 2.42.6 in the 800m before dashing across to take just one jump as the event closed. **Joseph Crutchley** and **Kaya Saul** both finished 2nd in their respective 1500m races. Joseph (4.31.9) was narrowly pipped in an exciting finish, whilst Kaya logged 5.18.4. Kaya then strolled across to have a crack at the shot. 4th with 5.57 was his effort.

U17 - Life is sometimes about choices. **Sarah Williams** had an important appointment that evening but chose to represent her club in the triple jump before rushing off. 10.05 made Sarah the sole Maldwyn victor on the night. **Meg Randell** had little preparation prior to launching

into the 300m. Second in 42.7 at the expense of a niggling little injury. For Meg that was the evening done. **Chloe Evans** and **Margo Martin** just had time for one throw in the javelin before heading off to the 1500m. Margo's throw landed 'tip down' for 4th with 10.87 whereas Chloe's effort was deemed a 'no throw'. Chloe was unconvinced. Both then had excellent runs to finish 2nd in their respective races. Chloe 5.21.8 in the 'A' race with Margo 5.34.6(PB) in the 'B'. As ever, flying the flag for the men was Huw Weaver. He blasted out a couple of quick sprints, 100m and 200m, coming 4th in both.

We're back here in a couple of weeks for the final event of the season. Should be good”.

Cheshire League, Deeside, 6th July 2014

The Travelling Harrier is back with another trackside (and indeed first hand) account of the action from Connah's Quay.

“On the weekend that your correspondent slid ignominiously from the top 100 in the UK 5k rankings we headed off to Connahs Quay. 17 souls in total. A good number but we could, and should, do better - particularly with the opportunity for us seniors to lace up our spikes.

'Twas a glorious, sunny day when we arrived and set up camp in the stand. Soon after the competition started Chloe and Margo remarked that it was getting a bit dark. They weren't wrong. Before long the glowering skies produced a torrential downpour of epic proportions, complete with accompanying thunder claps. Competition suspended. I wasn't due on for another 45 minutes so I couldn't see what all the fuss was about! After about half an hour we restarted - I think we all had a decent day.

*We all had a run and 4 of our number had a jump. **Lois Tudor** (U11) was 2nd in her long jump pool and registered the 5th longest jump (2.75) of all 26 competitors. **Florence Turley** (U17) declared herself pleased with her 1.30 PB in the high jump. Good competition too in the U15's with **Meg Davies** (1.45) victorious ahead of 4th placed **Amber Owen** (1.35).*

*Plenty of action for the sprinters. **Lois Tudor** led the way with a good run for 6th in the 75m. Meg, in great form at the minute, had a fantastic run to win her 100m with a PB 13.4, the fastest time of all 4 races. 3rd for Amber and 5th for Florence, a good afternoon for all 4 girls. **Huw***

Weaver (U17) benefiting from a pre race warm up, and a few tips from, Caspar Donnison posted a 14.7 PB performance. Some exciting racing too from the seniors. **Reece Moles** (12.1) 3rd in the 'A' race. All the finishers in that race separated by just 0.3 of a second. **Dave Johnson** (12.1) was 2nd in the 'B' race ahead of Caspar (12.4) in 4th. 100m is a bit short for **Mark Saunders** but 5th in 13.4 in the 'C' race is hardly 'hanging about'.

Trying their luck at the longer sprints (200m) were **Niall Thomas** (U15) and **Oscar Crutchley** (U13). Both have had good seasons and made good progress. Niall (26.5) was 2nd in his race whilst Oscar (30.9) notched another PB in 4th. Relays apart, here endeth the sprinting.

Moving on to the 800m and possibly the middle distance performance of the day came from **Elliott Howes** (U13). He ran a really strong race but still had enough in the tank to blast down the home straight for a big PB (2.39.1) in 5th, ahead of Oscar who's 2.54.9 was a season's best. The 3 seniors who raced this distance all went home with a PB under their belts - Caspar (2.05.7) 3rd, Mark (2.30.6) 9th and Reece (2.36.8) 12th.

Up to 1500m and U15 **Kaya Saul's** dogged run saw him home in 5.18. This time last year Kaya would have been happy just to break 6 minutes. Excellent progress. Undaunted by having already run 3000m (I'm coming to that) U17's **Chloe Evans** and **Margo Martin** put in a couple of solid performances for 7th and 8th respectively.

4 of us lined up for the 3000m. **Chloe, Margo, Martin Copus** and **self**. Telling people what they should do and doing it yourself is completely different. This was my 1st 'competitive' track appearance for a couple of years. Obviously, I set off too fast. My sub 11.00 minute pace was clearly unsustainable. Thankfully I settled down. Martin led from the gun for 2875m before Joe Perry, an 800m runner from Colwyn Bay, put in the kick that Martin knew was coming. Unable to respond Martin had to settle for 2nd in a 10.30.5 PB and the satisfaction of having lapped his hapless father. Next Harrier home was Chloe in 5th (11.52.4), a tidy effort. In 8th place, delighted to have survived unscathed, came the Travelling Harrier in 12.29.7. Given that this was my 1st track outing as a V60 I was credited with a PB! Determined not to let her coach get away from her Margo was next across the line in a 12.56.3 PB. The pre race target was to break 14 minutes, so a magnificent effort from Margo.

4 x 100 relays this time and the 2 3k runners in the seniors were mightily relieved that we had 4 'proper' sprinters. Dave, Caspar, Reece and Mark

had a thankfully uneventful race for 3rd in 48.4. Best leg of the race, as voted for by the 3k runners, was Dave Johnson (who didn't do the 800m). 'nuff said. We only had 3 U17 ladies so Meg stepped in to complete the team. With 2 middle distance runners we were never going to win but 3rd in 56.5 was an outstanding effort. Florence's opening leg was stupendous, I'd love to know what her time was, she flew! Margo and Chloe certainly weren't disgraced against real sprinters but Meg was left with a bit too much to do. It didn't stop her trying though. Splendid entertainment!"

We've one more to come - Macclesfield in September. Come and have a go - it's a blinding day.

There will be a report from Chris in next month's update of the most recent Shropshire League meeting for which the results have yet to be published.

Before we go...

Please take time to read Glyn's account of his, Paul and Rob's "training trip" to the Pyrenees in our latest Runners' Tales feature entitled "The Three Amigos on Tour". Let's hope the entente is still cordiale between our two great nations.

Please send any news, results, photos or features to Ian at fraserman1@hotmail.co.uk and we'll do our best to publish them.