

MALDWYN HARRIERS NEWS AND RESULTS UPDATE – JUNE 2014

With the summer race series and club championship in full swing there's no shortage of news this month. In fact most of our active current senior membership has been in competitive action while many of our junior stars continue to shine at track and field.

RACE SERIES AND CLUB CHAMPIONSHIP

Gregynog Trail Race, Tregynon 14th June 2014

There was a good turnout for the third annual Gregynog Trail Race, in very fine weather, for what doubled up as a race series and club championship fixture. **Tim Davies** won for the second successive year covering the 4 and a bit mile (mostly) off-road course in 26:44, followed by Brecon's teen sensation and this year's Chocoholics winner Luke Davies. Ian Lowe of Oswestry was his usual consistent self. His third place finish ensures that he currently leads the overall race series ahead of **Ed Davies** who was fourth on this occasion. **Jacqui Loxam** won the women's race ahead of Croft's Sue Davies and Nicola Davies of Thornbury and currently heads the women's race series.

There was considerable success for our Harriers in the age group categories with **Kaya Saul** (M under 20); **Sean Clarke** (M40); **Ed Davies** (M55); **Steve Orrells** (M60); **Margo Martin** (F under 20); **Jenny Evans** (F senior); **Claire Abel** (F35); **Helen Owen** (F40); **Sharon Lloyd** (F45); **Rachel Butler** (F50); **Jill Hillman** (F55) and **Jacqui Lloyd** (F60) all victorious

Full results are available via the results page.

Shrewsbury Half Marathon, 22nd June

Another weekend and another club championship fixture! Harriers were again out in force in the heat of midsummer with **Sean Clarke** first to dock in a very useful time of 1.39:12. **Phil William** (1:41:50) was next ahead of **John Murphy** (1.43:13) and an injured **Martin Copus** (1.45:39) whose post-race comments are unprintable even in redacted format. **Jenny Evans** led home the women in yet another PB for her, 1.48:21, heading off a strong challenge from **Andre Hutchinson** (1.53:02), **Helen Owen** (1.53:27) and **Rachel Butler** (1.56:08). Over the

2-hr mark and the next Harrier to finish was **Sharon Lloyd** in 2.07:24 followed by **Georgina Fletcher** (2.08:08) and **Steve Orrells** (2:13:24). **June Jones, Jacqui Lloyd** and **Jeanie O'Neill** all finished within five places and one second of each other on the chip timing (2.17:27 or 2.17:28). **Sue Carroll** (2.19:08), **Diane Jones** (2.23:54) and **Sylvia Price** (2.59:15) were our other redoubtable combatants. Well done to everyone on their achievements.

Photos can be viewed/obtained here:

<http://www.digitaldownloads.prodarkroom.com/49/Y/Y/eventsplash.html>

Mud Runner Oblivion, Eastnor Castle, 29th June 2014

The enthusiasm of some of our members for Mud Runner is well documented and this time its inclusion as part of the club championship ensured that there was more of a competitive edge than might have been the case previously.

Congratulations then to **Rachel Butler** who was not only top Harrier on the day but won her age group in a time of 1.29:00. **Chris Copus** (1.31:14) in his debut Mud Runner was next to finish with **Georgina Fletcher** (1.31:33) just four places behind Chris completing the Maldwyn medal positions. In all some 26 senior athletes ran with a Maldwyn tag, too many to name check here. However, special mention must be made of **Jill Hillman** who, like Rachel, won in her age group – very well done to her – and **Sharon Lloyd** and **Keri Orrells** who also took part in the junior event supporting their young 'uns.

In the junior event **Connor Owen** (U11) was first to finish for Maldwyn in a time of 35:19 ahead of **Rueben Lloyd** (U13) in 43:50. Other juniors competing included **William Owen** (U9), **Piper Lloyd** (U9), **Reuben Lloyd**, **Rochelle Plumb** (U7) and **Samuel Lloyd** (U7)

Full results for both senior and junior races can be found at

<http://www.chipresults.co.uk/>

ROAD

Brecon 5 mile Road Race, Llanfrynach, 3rd June 2014

The Brecon 3/4/5 race series concluded and congratulations to **Ifan Jones** for participating in all three events, concluding his endeavours with a 55th placed 39:02.

Rhayader 5km series (race 3), 11th June 2014

Similarly this year's Rhayader 5km series reached its conclusion and boy, did the Harriers pull out the stops with several runners recording either personal, season or series bests. **Jenny Evans** narrowly missed out on a women's podium place with a best ever time of 21:53 just one slot and a little daylight ahead of **Ifan Jones** who also recorded a fastest mark of 22:12. A further two places back and with Ifan firmly in her sights was **Andre Hutchinson** who not only set a new best of 22:26 but was rewarded with a series win in her age group. Well done Andre.

Steve Orrells, on the comeback trail, was targeting 25 minutes for this race and nailed it with a 24:58. **Michelle Beeson** was next with 26:45 – another PB – ahead of **Peter** “the phantom harrier” **Hogarth**, whose 26:59 meant that he too dipped inside his goal time (27:00). **Diane Jones** rounded off a thoroughly rewarding night for the Maldwyn contingent as she also lowered her best 5k time to 27:08.

Zwolve Half Marathon, Holland, 15th June 2014

Andrew Davies continued his preparations for the Commonwealth Games in Glasgow where he is due to compete for Wales in the Marathon by turning in a nippy 68:24.

TRAIL/FELL

Big Welsh Trail 10k and Half Marathon, Wrexham, 7th June 2014

It's hard not to think of the old Sly and The Family Stone classic “Family Affair” as you read through the top end of the finishing order for the Big Trail 10k. First and by some considerable margin was Jamie Loxam, whose familial ties to the Running Davies' makes him a virtual honorary member. Jamie's dad-in-law **Ed Davies** was 3rd in 46:49 while wife **Jacqui Loxam** was 18th overall and 3rd placed woman in 52:49. **Claire**

Abel underlined her continuing progress by dipping under the hour in 59:32, ahead of **Julia Ellis** (62:15) and **Rachel Williams** (67:50).

Hats off to **Bernie Jones** who not only took 36th place from 116 over the longer route but was also 1st placed MV50-59 in time of 1.56:42

Photos from the events can be found here:

<http://www.sportpicturescymru.co.uk/pages/gallery/2014-gallery.php>

Rodney's Pillar Fell Race, Criggion, 18th June 2014

Kaya Saul (MU16) was our sole entrant this year completing the up and downer in 33:01 and leaving a lot of experienced fell runners in his wake.

Trail Marathon and Half Marathon Wales, Dolgellau, 21st June 2014

Despite struggling over the last few miles, **Paul Beeson** turned in a commendable performance to finish 68th from 309 finishers (4.14:44). The number of DNFs suggests that conditions over 26.2 miles on the hottest weekend of the year so far were pretty testing.

In the 13.1 mile race, **Glyn Fletcher** suggested that he is recapturing form after a long lay-off by finishing 39th from 389 finishers in a time of 1.54:05. **Bernie Jones** (2.04:30); **Claire Abel** (2.19:40) and **Julia Ellis** (2.23:02) also turned in good performances.

Photos from the events can be found at

<http://www.sportpicturescymru.co.uk/pages/gallery/2014-gallery.php>

Pontesbury Fell Race, 25th June 2014

Tim Davies (Mercia) finished third in this short but tough annual run which seems to attract the hill hardy in their droves. Tim's 20:28 was just over three minutes quicker than dad **Ed Davies** (23:55) while **Bernie Jones** (29:33) and 15 year old **Kaya Saul** (31:50) also toughed it out and did themselves proud in the process.

Callow, Ragleth Inn, 29th June 2014

Well done **Paul Beeson** on his 6th place (65:03) performance over this notoriously testing 762m climb/8.1km long course. Paul was well

supported courtesy of some solid running from **Rob Martin** (76:03), **Glyn Fletcher** (80:49) and **Bernie Jones** (83:06)

TRACK AND FIELD

Sit back and enjoy the first of two missives from our man at trackside, Chris "The Travelling Harrier" Copus

Shropshire Young Athletes League Round 2, Cosford, 5th June 2014.

5th of June and it's off to Cosford for the 2nd SYAL meeting of the season. A new venue for yours truly - I'll have to tot them up one day. Those who know me will probably be astonished that I haven't already! A pleasant sunny evening to enjoy and much more besides.

*U11 boy **Josh Wynne** looked more confident following his success at the North Wales championships and performed accordingly. A good effort for 6th in the 60m sprint plus a determined 5th place in the 600m in which he put in a strong finish to hold onto his place. Now you may think that this hard bitten, curmudgeonly old cynic has seen it all when it comes to athletics. Well I honestly don't think I've ever seen two more excited Maldwyn debutantes in all my years with the club. The sights and sounds of an athletics meeting;- spectators, a grandstand, dozens of athletes going through their pre event rituals etc, all were there. It all proved a heady brew for two 9 year old girls who couldn't wait to get stuck in. Step forward **Daisy McCullough** and **Tilly Lloyd Jones** who must have asked me, and others, the time at 5 minute intervals. Once the hurdles were removed from the home straight - their cue to make their way to the start, they shot off to report in. If Santa is anticipated with such relish Christmas must be quite a time in their respective households! They both finished 6th in their 60m sprints, 2 decent efforts. Tilly went on to have a crack at the 600m, looking very good in 5th with Daisy claiming 6th in the long jump. 'Hard work', she told me.*

*U13's and we just had one in each category. **Oscar Crutchley** did really well to finish 4th in the 75m hurdles before metaphorically shooting himself in the foot in the 800m. Oscar elected to run in the 'B' race despite Maldwyn having no 'A' runner. Not allowed!! Like Accrington Stanley in 1962, Oscar's efforts were expunged from the records. **Kate Jerman** is becoming one of the club's stalwarts - rarely missing training or an event. She had a good couple of races - 5th in the 100m - not her*

speciality before thundering round the 1500m in 5.52 for 4th place. Kate is on the verge of seeing a large chunk come off of that sort of time.

U15's saw two fine, well matched athletes in the yellow and blue of Maldwyn. **Joseph Crutchley** came home 5th in the 200m 'A' race (29.6), before an in form **Niall Thomas** eclipsed that mark with 26.2 to snatch 2nd in the 'B' race. The pair then went head to head in a fiercely contested 800m. Shoulder to shoulder they battled down the home straight with Niall ultimately pipping Joseph by a short head - 2.16 to 2.16.5. Niall 3rd in the 'A' race with Joseph triumphing in the 'B'.

For the girls **Shannon Walker** put in a great effort (2.44) for 5th in the 800m. I'm sure that Shannon, too, is about to see her pb's come tumbling down. Great, too, to see **Amber Owen** in action for the team. A really promising athlete. She backed up her 5th in the 100m with 2nd in the high jump. Amber was a little disappointed with 1.35 but it's early in the season. I wouldn't worry, Amber.

U17's, as I'm sure you are aware, meant more action for the prodigious **Huw Weaver**. 5th place in the long jump backed up by 3rd in the 200m - probably Huw's best run to date. A surprise late addition to the squad, very welcome nonetheless, was **Meg Randell** who had made her own way to Cosford. Meg is a very strong all round athlete who can turn her hand to most disciplines. She currently favours 200m and 800m which, propitiously, both happened to be in the programme. 2nd in the 200, beaten only by Abi Bowers, Meg also ran really hard for 2nd place in the 800. Meg is currently working very hard at the 800m - watch this space.

A PLEA FROM THE COACHES:

This was our 2nd outing in the SYAL, we haven't done too badly but we could really do with a little more support from some of our athletes. We haven't taken as many as we would have liked so far. We have a great bunch of athletes at training - let's show everyone what we are made of. If we ask you it's because you are good enough.

Welsh U17/U20 Championships, Wrexham, 14th June 2014

Our young women did us proud with a fine medal haul at the Welsh “junior” champs.

Sarah Williams won a splendid gold in the U17 women’s Triple Jump with a leap and a bound of 10m and 16cm while in the same age group **Lauren Williams** finished third in the 80m hurdles and one place better for silver in the 300m hurdles. Not to be outdone, **Hanna Owen** claimed bronze in the U20 women’s Triple Jump and also jumped a PB in the Long Jump event. A very well done to all three!

Cheshire League, Macclesfield, 15th June 2014

It’s back to Chris for our final event report this month including a thrilling account of some relay heroics.

Fixtures are coming thick and fast now. 15/6/14 saw Maldwyn head off to the leafy Cheshire stockbroker belt, Macclesfield to be precise. Those of you who think we ‘had a lovely day for it’ couldn’t be more wrong. The sunny Mid Wales weather of that weekend was certainly not replicated in Cheshire. Dull and overcast with intermittent drizzle was our lot. The few that made the trip had a good day though.

*Surprisingly, not much female representation this time round. **Meg Davies** (U15) restricted herself to the 200m. Meg powered round the bend and hit the home straight in the lead. Despite considerable pressure it was a lead she would not relinquish. A stand out performance for a 27.8 PB. Also impressing at 200m was **Meg Randell** (U17) with an imposing victory in 27.1. Such has been Meg’s progress in recent weeks that she was a little disappointed with her 3rd in 2.30.8 in the 800m. The race didn’t quite develop as we’d hoped and Meg spent a fair bit of time in ‘no man’s land’. A great effort under the circumstances I thought.*

*Following on from his great run at Cosford **Huw Weaver** (U17) ran a season’s best 31.7 for 4th place in his 200m. **Kaya Saul** (U15) ran his usual solid race to claim 9th place in a large field in the 800m. A 2.41.3 PB represented a fair return for his efforts. Chastened by his experience in Cosford (don’t go on about it Chris) **Oscar Crutchley** (U13) raced to*

3rd in the 100m with a PB which he backed up with another PB (3.76) in the long jump. A good day.

*The Cheshire League has the advantage that it also offers the opportunity for the seniors to compete. **Mark Saunders, Reece Moles, Dave Johnson and Martin Copus** all decided to accept the challenge (I'm injured, maybe next time). Martin opted for the 3000m. A bit short but the longest they had. 6th in 10.30.9 which, being his first track 3k, constitutes a personal best. The other 3 lads decided to try their luck at the 200m. Mark drew the short straw and went into the 'A' race. 4th in 26.8, not bad. What about the other two? Reece found the 'B' race to his liking and registered 2nd in 24.6 (PB) with Dave 2nd in the 'C' race clocking 25.6. Play the seniority card next time Mark.*

All of which brings me round to our final event of the day; the 4 x 400 relay. Allow me to set the scene for those who have never attempted a 400m race. It is a brutal event. It's too far to sprint, but that is what you have to do. By about 350m everything hurts and you are hanging on for grim death. You just want it to be over. With 3 sprinters, plus Martin, it was decided to 'lose Martin in the middle'. Mark took the 1st leg against some classy opposition. To hand over to Dave in 2nd place, just a few metres down, was indeed a valiant effort. Dave manfully stuck to his task and Martin too received the baton in 2nd place. Despite looking very much like a middle distance runner sprinting Martin made a decent fist of it. Just as he was about to hand the baton to Reece, disaster struck. Martin, still in 2nd place, didn't calculate on Reece's running start. His forward momentum quickly turned into downward momentum and Martin crashed onto the track. Ever the professional, a prone Martin still got the baton to Reece. The game was up and 2nd place was now lost. Reece blasted round in his own inimitable style but was just unable to wrest back 2nd place. 3rd then in 4.05.6. In the absence of any information to the contrary, this is believed to be a club record. One of the team might have left half the skin of one knee on the track, but they are record breakers! Roy Castle would be so impressed!!

In other news...

You may wish to check out an in-depth interview with **Andy Davies** on www.marathontalk.com while on My Welshpool there is a very nice article on young **Dillon Gill**, one of our rising stars <http://www.mywelshpool.co.uk/newsviewer/tabid/1387/ArticleId/7463/School-record-broken-after-34-years.aspx>

Also the latest **Club Championship** positions (as of the 5th event) are there in full on the website (see Home Page).

Remember if you have any news, results, reports or photos involving Maldwyn Harriers please get in touch with Ian at fraserman1@hotmail.co.uk