

MALDWYN HARRIERS NEWS AND RESULTS UPDATE – JUNE 2015

Headline news, first. Congratulations to **Lauren Williams** who is the new Welsh 300m hurdles champion (u17) having won her prestigious title in Cardiff on the last Saturday in June.

Lauren's time of 44.99 might not have been her quickest but was still faster than the one she recorded in setting a new Shropshire Young Athletes League record in May. It also means that she emulates another talented young local runner, Abigail Bowers, who won this title in 2014. Well done Lauren!

RACE SERIES AND CLUB CHAMPIONSHIP EVENTS

Here's a round-up of races six and seven in this year's club championship (and also race 3 of the summer race series). Well done if you've raced all seven as it means you've already qualified for the club championship, can sit back and let the rest catch up. Then again...

Park Hall 5k, Oswestry, 10th June 2015

There was a great turnout of Harriers for this fast 5k especially when you consider the lure of the last of the Rhayader 5ks which was on the same night.

Martin Copus again took bragging rights with another new PB, 17:52 for 8th spot. We are already beginning to lose count of the Martin's PBs at various distances this year. Hot on Martin's heels was **Sean Clarke** in 12th and another PB of 18:09, while **Ed Davies** (MV60) **Kaya Saul** (MU15) and **Chloe Evans** (FU17) all bagged age group gongs.

Here's the time trail:

8 th	Martin Copus	17:52 (PB)
12 th	Sean Clarke	18:09 (PB)
21 st	Haydn Jones	18:49 (Shrewsbury)
22 nd	Ed Davies	18:52 (1 st MV60)
28 th	Kaya Saul	20:09 (1 st MU15 and new PB)
37 th	Dave Manuel	21:08
40 th	William Evans	21:26
61 st	Chris Copus	23:20

62 nd	Chloe Evans	23:47 (1 st FU17)
65 th	Nikki Grainger	23:52
78 th	Andre Hutchinson	25:24
80 th	Rachel Williams	25:40
81 st	Ben Wood	25:43
94 th	Jan Shanahan	27:53

137 finished the course.

Gregynog Trail Race, 14th June 2015

Those young Davies' did it again – another double first for teenage siblings Luke and Heidi from Brecon AC following their Chocoholics wins in April.

Luke's winning time of 30:06 put some daylight between himself and Roger Farrington (U/A) in 30:23 and Oswestry's Ian Lowe in 31:20

First Maldwyn Harrier was again **Martin Copus** – what a good race series and club championship he's having – 5th in a time of 31:41 ahead of Sean Clarke (7th in 32:11), while, **Todd Tanner, Bryan Arthur** and **Anthony Powell** bagged the remaining three top 10 places.

Meanwhile Heidi's winning time of 31:05 in the women's race gave her fourth place overall, with Nic Davies (Shropshire Shufflers) and our own **Jacqui Loxam** taking the "minor medals" with 34:46 and 38:20 respectively.

There were a host of age group firsts for what was a bumper turnout of Harriers (40 in all). They were:

Todd Tanner (MU20)
 Martin Copus (M Senior)
 Darren Jarman (MV35)
 Jacqui Leary (WV35)
 Sean Clarke (MV40)
 Sharon Lloyd (WV45)
 Rachel Butler (WV50)

Full results to be found here:

<http://www.maldwynharriers.org.uk/results/2015/greg2015.pdf>

Great performances and a smashing event, captured for posterity by a convalescing **Jill Hillman** who swapped her daps for her camera. Thanks Jill.

So at the end of June and following 7 events the Club Championship table looked a bit like this:

Martin Copus led the men's section with 562 points having completed 6 races ahead of **Dave Manuel** (459 from 6) and **Chris Copus** (439 from 6). **Jan Shanahan**, meanwhile, heads up the women's table with 443 points from a full house of 7 races which puts her 3rd overall, followed by **Rachel Butler** (436 from 6) and **Nikki Grainger** (386 from 5). Of course by the time you read this things may have changed following the BBQ 5k and with a busy month of championship action in June it's all to run for.

CROSS-COUNTRY – HEREFORDSHIRE SUMMER LEAGUE

Ok, so the idea of XC in the middle of a hot summer might seem as strange to some as holding the World Cup in Qatar but it's a popular Herefordshire pastime and one that quite a few of ours have taken to despite the prospect of late evenings and sore legs. Not one but two events to report on this month, starting with:

Kinnersley, 3rd June 2015

11 Harriers headed out on the first Maldwyn Harriers excursion into the Herefordshire Summer League, with **Ed Davies** leading the way home in 17th place (35:55). He was followed by **Phil Bullock** who made the trip in the other direction from Worcestershire while **Sarah Hamer** was our first woman in 43:49.

Here are the Maldwyn results in full:

17	Ed Davies	35.55
30	Phil Bullock	37.31
65	Phil Byrne	41.08
75	Dave Manuel	41.39

82	Martin Green	42.17
96,	Sarah Hamer	43.49
119	Ifan Jones	46.01
160	Jan Shanahan	54.50
163	Diane Jones	57.38
166,	Georgina Fletcher	61.02
169	Kelly Davies	64.05

Abbeydore, 24th June 2015

Just three weeks later and our lot were back for more mudless cross-country, this time with doughnuts.

Phil Bullock had another good one to lead home the Maldwyn Massive ahead of a returning **Gwynant Jones**, while **Rachel Butler** guided our women to the finish:

36	Phil Bullock	42.52
50	Gwynant Jones	44.40
55	Phil Byrne	44.52
57	Martin Green	45.15
102	Dave Manuel	50.21
104	Rachel Butler	50.34
107	Ifan Jones	50.58
116	Helen Owen	51.44
154.	Jan Shanahan	64.02.

A Captain Speaks

Of course, just as with Match of the Day, no XC fixtures involving the club would be complete without the gaffer's "post-match analysis". Here's Ifan then:

"First of all thanks to all those who have given up their evenings to trek down country lanes not known to the Tom-Tom. This is what happened the first time at Kinnersley, a couple of wrong turns (in fairness we weren't that far away) and we made it with just 20 minutes to spare. Then it was two laps of the course and twice around the orchard – very nice you might think, except you could often see other runners. That's not too bad if you are pulling away from them but not if they are doing the same to you.

The second race was better in terms of the course, just the one lap but you start and finish uphill. Given that it was the same man who organised the winter league fixture just next door, that's no surprise. There were two brooks, a style and a couple of fallen trees to negotiate which gives some idea of the variation and the challenge.

I've found out two things though. The first is that you are better off wearing flats over the hard terrain even though it is uneven. My feet didn't half hurt after that first race. Secondly you can give as many captain's briefings as you like, Ed Davies will do it his way! But then again his success speaks for itself so carry on Ed.

We've 6 men and 4 women down to run the next race which gives us a couple of teams. Please get in touch with me if you'd like to run, as it's always good to see a few more"

The remaining fixtures are at Westhope on 8th July and Shobdon on 22nd July.

FELL/MOUNTAIN/TRAIL/UPS/DOWNS

Continuing with news of a busy month of off-road activity and pride of place must go to Llanidloes' **Joseph Crutchley** who represented Wales in the World Mountain Running Association (WMRA) International Youth Cup in Bulgaria. Joseph finished 29th out of 61 and helped Wales to a very solid 9th place in the team competition.

Mynydd Myfyr Hill Run, Trefonen, 24th May 2015

Oswestry Olympians were justly rewarded with a huge field for this year's hill run (4 miles and 500ft of ascent) among which were **Ed Davies** (13th in 24:14) and **Bernie Jones** (27:38 for 31st).

Welsh 1000 Metre Peaks, 6th June 2015

This one's for the real Hard Knocks! Maldwyn's men were competing in the Class A category – where else?- and this is how they fared:

24 th Chris Atherton	4 hrs 57:47
41 st Paul Beeson	5 hrs 30:20

68th **Anthony Powell** 5 hrs 57:45

82nd **Rob Martin** 6 hrs 14:34

Rodney's Pillar, Criggion, 10th June 2015

Ever seen this from the main Welshpool to Shrewsbury road and fancied running up to it? No? Me neither. However **Bryan Arthur** and **Ian Ellis** slugged it out, with Bryan prevailing for 10th place in a time of 25:43 one place ahead of Ian in 25:54. A little further back was **Todd Tanner**, 16th in 26:31.

Dysynni Trail Fest, Saturday 13th June 2015

A new event which would have clashed with our own Gregynog Trail Race had we not have been obliged to re-arrange it. As it was it gave young **Connor Owen** to show mum **Helen Owen** the way home in the 5k race which Connor won in 23:02 with Helen a fine 10th in 26:35 (1st WV40). **Heather Kelly** also took on the challenge and was 24th in a time of 32:15.

In the 15k race **Dan Owen** (definitely a relation) was a commendable 7th in 58:02, probably a PB given that this is a distance so rarely run.

British Fell Running Championships (Race 2), Durisdeer, 13th June 2015

Ed Davies was chuffed with his performance in this major gathering of the hill-hardy up in Scotland. Ed's 1hr55:33 assured him of 101st from 269.

Trail Marathon Wales, Coed y Brenin, 20th June 2015

One week later and Ed's boy Andrew Davies (ex-Maldwyn and thought to be pretty good) took half-marathon laurels in a time of 1hr21:41 while our other interest included **Dan Owen** (43rd in 1hr50:03); **Paul Beeson** (55th in 1hr52:17) and **Dan George** (65th in 1hr54:30).

In the full marathon, **Glyn Fletcher** was our first man home in a time of 3hr57:06 (52nd) with **Ian Ellis** 70th in 4hr01:56.

Pontesbury Fell Race, 24th June 2015

There was a good turnout of Maldwyn/Mercia runners for the annual Pontesbury Fell Race. Here is how they got on:

3 rd	Tim Davies	20:50
11 th	Roland Stafford	22:41
17 th	Ed Davies	23:22 (1 st MV60)
20 th	Todd Langley-Tanner	23:58
64 th	Kaya Saul	28:45
66 th	Jacqui Loxam	29:02

Callow, Shropshire Hills, 28th June 2015

Nothing Callow about either **Ed Davies** or **Glyn Fletcher** of course. Ed finished 6th (1hr05:41) and Glyn 26th (1hr20:21).

TRACK AND FIELD

We move from up and down to straight and left and it's what you've all been waiting for, the latest from Our Man at Trackside, the Travelling Harrier, Chris Copus.

Shropshire Young Athletes League, Cosford, 4th June 2015

'Heavens to Murgatroid! What's that noise'?

'It's the Maldwyn Juggernaut rolling into town'.

To be honest, it wasn't that much of a juggernaut. More a small band of itinerant travellers, accompanied by 6 of Maldwyn's finest.

We had a pair of track debutantes in our party;- sisters Chloe and Sally Murton Davies, U11 and U13 respectively. It would be fair to say that, initially, Chloe was slightly nervous. Loads of big people milling about and a very loud starter's pistol. A few minutes pre race practice at starting, using the gun as a cue and Chloe was ready to go. BANG! 10.7 seconds later and Chloe was an excellent 5th in the 60m(A) race. No time to rest on her laurels as she had to make her way across the infield to the long jump. 6th with 2.55, and well short of the board, indicates Chloe could well become an important member of the Maldwyn team for the remainder of the season. Big sister Sally has already impressed the coaches with her cross country performances. Not a natural sprinter, Sally still 'gave it her best shot' at 100m and finished 6th in a creditable 16.8. Much happier with the longer stuff Sally's 5th place in the 1500m(A) race had all the coaches, even Dave, saying just how well she had done. All the more impressive given that Sally was the youngest in the race.

Our U15 girl was Shannon Walker who, in recent weeks, has produced some really encouraging performances. 5th in the 800m (2.42.4) was Shannon's effort this time out. Shannon is running consistently well at this early stage of the season. Just a little bit of patience and some big PB's are just around the corner.

For the boys I'm giving top billing to Dan Stones in the U13's. The level of competition in the Shropshire League is of a high standard and Dan is benefiting from this. Having recently set a new club record Dan was keen to impress. 3rd in 2.35.6, in a highly competitive 800m, shows he clearly has what it takes.

In the U11's we had Will Owen who did very well in the strange sport of 'throwing the cricket ball' with an effort of 17.18. There's no truth in the rumour that Martin has tried to enlist him for Newtown Cricket Club. 6th in the 600m(A) race in 2.37.7 and Will had, once again, had a good evening in the Shropshire League.

Huw Weaver is, without doubt, 'Mr Maldwyn'. It's very rare for there to be an event that Huw doesn't attend. He put together a good series of jumps to snatch 5th with a leap of 3.43 in the long jump. As all sprinters will attest, get a good start and you've got a chance. Huw's start in the 200m was as good as any we've seen in recent times. He looked good down the home straight, too and was rewarded with a SB 31.5 in 5th.

That's it. Exit, stage left.

Shropshire Young Athletes League, Shrewsbury, 25th June 2015

No official results and therefore no Travelling Harrier report just yet. However we can report that we had a few more debutants in bright yellow – **Neave Wright-Cooke, Leo Smith** and **Perry Jolly** - and a couple of noteworthy performances not least a club record for the mixed relay in the U11s (congratulations to **Neave, Ollie Jones, Phoebe Carter and Harvey Gill**, the latest in a line of legendary if somewhat unorthodox relay quartets).

We are also pleased to have received some super snaps from John Thomas, to whom and for which we indebted, and which we will feature with Chris' report next time. Meanwhile here is a taster featuring a couple of real club stalwarts:

ROAD

OK, occasionally we miss one or two. In our defence this particular omission took place when most attention was on Market Drayton 10k and various heroics at the Cheshire League fixture on the same day. Also not everyone likes to shout about their achievements but then we don't mind doing it for them...so step up **Zoe Edwards**, who turned in an excellent 13.1 mile debut at the **Hereford Half Marathon, 10th May**, clocking 1hr47:17. Start shouting, Zoe.

Brecon 5, Llanfrynach, 2nd June 2015

Ifan and Diane Jones were given freedom of the city of Brecon (or should have been) for completing this year's Brecon 3/4/5 series with Ifan finishing on another high note in a PB of 38:35 and Diane in 48:41. Well done to them both.

Rhayader 5k series (race three), Elan Valley, 10th June 2015

OK so it clashed with the Park Hall 5k but that didn't stop a good contingent of Harriers either determined to either complete the series or unconcerned about championship points. **Glyn Fletcher**, usually found running up and down steep hills and over boulders and stuff, made it three sub-20:00 clockings in the series but couldn't get the better of **Phil Byrne** on this occasion. In what the commentators would term "excellent packing" if it were a team race, Phil was 18th in 19:37, Glyn 20th in 19:56 with **Nick Williams** and **Paul Beeson** bagging the next two places in 20:28 and 20:29 respectively.

Steve Orrells and Pete Hogarth both improved over the three races with Steve stopping the clock on a season's best 25:04 this time and Pete (not a member nor does he always claim to be but still wears the vest, hence his nickname "The Phantom Harrier") at 27:26. They were separated by **Sarah Hamer**, our first woman on the night, in 26:46 ahead of **Jayne Breeze** (29:34) and **Charlotte Bloor** (30:04) who were both having rare competitive outings and acquitted themselves admirably.

However with respect to our seniors, the real highlight was the one mile or thereabouts fun run. Thanks to the endeavours of new Welsh Athletics Development Officer Maggie Walby, who has been working closely with our coaches and young athletes since her recent appointment a coach full of Maldwyn youngsters and their supporters were enticed down to take part. In fact 15 of ours took part, many having their first races as Maldwyn Harriers. Here is how they did:

- 5. Connor Owen 5.57
- 8. Jake Beeson 6.19
- 17. Aled Breeze 6.49
- 27. Oliver Jones 7.23
- 30. Caitlyn Bloor 7.32
- 33. Will Owen 7.36
- 34. Carys Breeze 7.36
- 35. Tirion Wilson 7.36
- 40. Piper Lloyd 8.08
- 43. Jenson Jarman 8.37
- 48. Erin Clark 8.57
- 49. Hope Evans 9.19
- 52. Daisy McCullough 10.10
- 53. Isabel Perry 10.14
- 54. Anya Bentley 10.37

Sensational turnout and lots of great performances -well done to each and every one!

Rock 'n Roll Weekend, Liverpool 13/14 June 2015

One city, two races, one woman – our Claire to be precise. On the Saturday, **Claire Abel** took a big chunk out of her 5k best to record 23:09 and as a result had what was by her standards something of a “roll” at the following day’s half marathon, posting a time of 1hr57:44.

Shrewsbury Half-Marathon, 21st June 2015

Or, as it transpired, not quite a half-marathon, as a marshalling error trimmed upwards of half a mile off the length of the course and so making it ineligible

for record purposes. Many Harriers made the short trip and here is how we reckon they did:

Haydn Jones 1.24.55

Becky Latham 1.49.42

June Jones 1.53.54

Emma Roberts 1.55.03

Karen Bebb 2.01.13

Kirsty Jones 2.07.51

Jan Shanahan 2.11.59

Next month:

Not one but four club championship races to report on plus Track and Field and unseasonal Cross-Country and lots more besides. Remember if you have any news, results, race/meeting reports and photos you wish to share with us then please contact Ian at fraserman1@hotmail.co.uk