

Maldwyn Harriers May 2013 Update

Sheinton Steeple Chase, 1st May 2013

In this midweek sharpener over the Shropshire Hills, Chris Atherton finished 7th in 21:56 while one of our young stars, Chloe Evans (U16), acquitted herself brilliantly in 28th place (25:35) from 68 finishers.

It was a busy May Day Bank Holiday weekend for many of our athletes

Llangynhafal Loop, Denbigh, 4th May

Congratulations to Tim Davies (Maldwyn/Mercia) who won this counter in the WFRA Open Welsh Champs and the WFRA North Wales Series and run over 7.6km/4.7m (533m/1749ft) in a time of 37:32.

Ed Davies was 22nd in 45:32, just a single berth in front of Chris Atherton (45:48).

Despite sustaining a serious fall, Glyn Fletcher did well to finish in 46th position in 49:46 while Rob Martin made a welcome return to competition with a time of 51:54 (59th)

139 runners completed the race.

Red Kite Challenge, Nant yr Arian, 4th May

This year's Red Kite Challenge (or Sialens y Barcud Coch if you prefer) was extended by 1.5m making it a bona fide half-marathon. Rising to the challenge was Lenny Hughes who has become something of a club specialist at the distance of late having run at least four this year already. Lenny duly finished in 30th place out of 97 in 1:49:34 and declared himself to be pleased with the new course.

In the Junior Event, Llandinam's Gwynant Jones, now representing Cardiff, was 2nd in the U18 category (18:16) while 13 year old Joseph Crutchley was 4th in the U16 race (21:27)

UK Youth Development U1/15 League Division Northern West 4, Oldham, 5th May

Maldwyn Harriers struggled to field enough runners to secure a particularly strong team performance but our youngsters did us proud with their commitment and some fine individual performances especially from Meg Randell and Lauren Williams – the latter winning in the 800m. For the boys, our three representatives Kaya Saul, Huw Weaver and Niall Thomas had a most unenviable job but stuck well to their task to pick up valuable points. Our girls were equally valiant and industrious, particularly in the throws where Sara Jones and Zoe Marston performed well.

Caradoc Classic, 8th May

Chris Atherton was 13th (27:34) and Bernie Jones (31:27) finished 39th from 91 while our old mate Haydn Jones, now running for Shrewsbury, was 26th.

Rhayader 5k, 8th May

Diane Jones ran a PB for the distance to clock 27:45 in the first of the 2013 Rhayader 5k series (see Other Race Events page for further details. Son Gwynant (Cardiff) was the impressive winner in 16:36.

Bluebell Run/Run for the Wild, 12th May

Several runners donned interesting if somewhat impractical fancy dress as Tim Davies won comfortably in 30:44 ahead of Richie Roberts of Eryri (but based in Welshpool). Bernie Jones was 16th and Andy Pryce 17th with just four seconds between them (40:19 and 40:23 respectively) while Julia Ellis registered 49th place with 52:33. Pictures of the event, including those costumes, can be viewed at www.fellrunningpictures.co.uk/runforthewild2013.html

Moel Eilio, 11th May

Chris Atherton finished in 14th place in a time of 1:21:15.

Newtown 10k, 12th May

Well done Gwynant Jones, who won the second race in the 2013 Maldwyn Harriers Race Series.

The 17-year old Llandinam prodigy, who now runs for Cardiff, looked to have plenty in hand as he held off the strong Aberystwyth challenge of Gethin Holland and Shelley Childs to breast the tape in 35:48.

Ed Davies was 4th in 38:09 just ahead of Thornbury's Andrew Davies (38:49).

Heidi Davies (Brecon) was the first woman home in 9th place (41:03) ahead of Lauren Davies (Oswestry) and Diane Hurley.

Gwynant and Heidi's victories mean that the men's and women's winners in both the first two races of this year's series have all been under-20 years of age.

Visit our results page for full results together with some photos of the event.

Inter-Counties Fell Running Championships, Settle, 19th May

Tim Davies spearheaded a strong North Wales challenge – his individual 5th place helping the team to second place in the team championship, just one point behind the winners, Yorkshire.

Rhayader 5km series (race 2), 22nd May

In a rare outing over tarmac, Paul Beeson finished a commendable 11th place in 18:44 while Diane Jones clocked 27:58. Diane's son Gwynant made it two from two with a winning time of 16:27.

North Wales Championships, Colwyn Bay

Maldwyn athletes turned in some great performances including a brace of wins each for Rosie Unwin and Chloe Evans and new championship records for Chloe in the U17W 3000M and for Mark Saunders in the 400m Masters.

More on this from our on-the-scene Track and Field reporter, Chris Copus at <http://www.maldwynharriers.org.uk/tf20131.html>

Batch Bash, 29th May

Chris Atherton, modelling the new Maldwyn vest no less, rounded off a prolific month's racing and took the Harriers bragging rights by finishing 11th, just one place and two seconds ahead of Paul Beeson, in a time of 30:39. Ed Davies was 19th, Bernie Jones 51st and Glyn Fletcher in his first race since sustaining a heavy fall earlier in the month, was 61st. Al Tye captured the soggy action which can be found at <http://www.fellrunningpictures.co.uk/batchbash2013.html>

If you have any news about races or events which you think would be of interest to club members or if you wish to follow Chris' example and provide eye-witness race reports then please contact Ian at fraserman1@hotmail.co.uk.

Also, we would be delighted to hear from any of you who wish to share your athletics stories, whether it's about your recent marathon or half-marathon exploits, your first ever competition or just what inspires you to run/throw/jump. Please get in touch with Ian (contact details above) if you'd be interested in sharing your experiences with us.