

Maldwyn Harriers News and Results Update – May 2014

The 2014 Race Series continues in full swing with news of the Newtown 10km as well as another busy competitive month for our Harriers across a range of distance and disciplines as well as age groups. There's also the welcome return, track side, of ace reporter the Travelling Harrier.

TRACK AND FIELD

And so what better place to start, then, than with the man in the trilby with his press accreditation card displayed in the hat band?

Shropshire Young Athletes League, Telford 1st May 2014

1st of May and it's the opening round of the Shropshire Young Athletes League at Telford. It's our first go at this following our withdrawal from the national Youth Development League. Newtown's notorious evening traffic nearly caused us to arrive late. That would have been a good start!

*In order to ensure a respectable finish time there is a restricted timetable. Sometimes this will work in your favour, sometimes it won't. Our sole U13 representative was **Oscar Crutchley**. He seemed perfectly happy with his lot as a 100m sprinter and 5th placed long jumper.*

*The U15's, boys and girls, were largely middle distance runners. Fair play, therefore, to **Lauren Teasdale** and **Alex Austin** for having a crack at the 200m. They certainly weren't disgraced, both finishing 5th in their respective races in respectable times. Far happier over the shorter distances are **Meg Davies** and **Athea Shuker**. Meg ran a storming 100m, narrowly pipped on the line by the fast finishing runner from Telford. Athea also had good run over the 75m hurdles, coming home 5th. A good trainer and a hard worker. Contrasting fortunes for our 1500m runners. **Shannon Walker** ran really strongly to notch 4th in the 'A' race whereas **Olivia Sofianos** never got going. She suffered a difficult start and just couldn't get into the race. Shannon also had a crack at the javelin. I won't tell you how far she threw it. All I will say is that she laughed when she told me! Every point counts, Shannon.*

*For the boys **George Bebb** drew the short straw and had to contest the 100m. He gave it his best shot but was always likely to finish 6th. Good effort George, we owe you one. **Joseph Crutchley** and **Niall Thomas***

both performed well in the 800m, Joe's 2.20 securing 2nd in the 'A' race with Niall's 2.32 good enough for 2nd in the 'B'. Joe and **Kaya Saul** also tried their luck at the long jump. 3.75 and 3.54 respectively saw both lads 5th in their groups.

Huw Weaver was our sole male U17 representative. Huw likes the shorter stuff so was delighted there was a 100m in his age group. A quick blast - 4th place and Huw's work for the evening was done.

Our U17 ladies are quite a strong group at present. No surprise then to see some really impressive performances. **Vicky Gittins** is carrying a really nasty injury at the moment so she is unable to push herself as hard as she would like. 4th in the 100m was very respectable under the circumstances. **Florence Turley** also put in a great effort for 3rd in the 'B' race. **Chloe Evans** ran in the 1500m. She got off to a quick start, making it a 2 horse race after just 300m. She couldn't quite hang on to the lead but was safe in 2nd place. **Sara Jones** demonstrated her increasing versatility with the second longest discus throw of the evening (17.89) plus 1st place in the 'B' long jump (3.78). 2 PB's to kick off the season, a great start. Vicky also had a go at the discus and landed 1st place in the 'B' competition. 14.23 the distance. Florence's leap of 4.46 was good enough for 3rd in the 'A' event to almost complete the evening's competition.

The evening finished with relays under the lights. Very exciting it was too. Alex, Athea, Lauren and Meg got the baton round the 4x100 in 5th. George, Joseph, Kaya and Niall went one better, 4th in their relay. There was then a terrific medley relay. Florence and Sara ran 200m each before handing the baton to Vicky - 400m is a long sprint. This left Chloe with 800m to complete. A marvellous team effort saw the girls win in spectacular style. 4.51.9 was the time. Those who weren't running were hoarse by the end - great stuff.

Next up is Cosford - hope to see you there.

Cheshire League Connah's Quay, 11th May 2014

(No Chris this time so you'll have to make do with an editorial "desktop analysis")

Harriers are competing as guests in this year's Cheshire League, which provides a good opportunity for seniors and juniors to hone their track and field skills while getting in some useful competition.

Reece Moles, David Johnson and **Casper Donnison** took a clean sweep of the "medal positions" in their senior men's 100m race. They were joined by **Vicky Gittins** in the "men's" 4 x 100 team where they finished second to Deeside. Casper was also 4th in the javelin competition.

In the U17 men's 100m, the seemingly ever-present **Huw Weaver** finished in 5th and in so doing gained some valuable early season race practice.

Moving on to the U15 boys and **Joseph Crutchley** was his usual impressive self, coming home in a clear second spot in the 1500m whilst **Niall Thomas** confirmed his encouraging progress with a solid 9th from 16 finishers in the same race. In the other 1500m event **Kaya Saul** also finished an emphatic second.

Oscar Crutchley and **Jake Beeson** both made a very decent fist of things finishing in 6th and 8th place respectively in a large U13 boys' 800m field. Better still, Jake won his 200m race with Oscar a very creditable 3rd in his.

On then to the girls and how good it is to see **Vicky Gittins** competing well despite injury concerns. Her 13.6 was good enough to edge out some strong Crewe and Nantwich opposition to take victory in the U17 100m. In the U15 equivalent **Meg Davies** stormed to victory while **Shannon Walker** lost out by the thickness of a vest to a couple of Deeside runners in a blanket finish for 3rd place. Shannon showed her versatility by taking an excellent 3rd place in the 1500m race, while Meg came 5th in the High Jump. We even had a U11 representative, young **Lois Tudor**, who placed 5th in both her Long Jump and 75m events – well done to her!

The next Cheshire League fixture is due to take place in Macclesfield on 15th June. Anyone interested in competing should contact Dave Peters or speak with one of the coaches.

North Wales Championships, Deeside, 24th May 2014

With normal service resumed, it's over to Chris for news of considerable success for our youngsters at the regional champs.

24th May and it's off to Deeside we go for the North Wales Championships. Last year it was held on a baking hot day. This year it certainly wasn't. Dull with light showers when we arrived, absolutely tipping it down by the time we left. Despite the unhelpful conditions there were still plenty of good performances from our athletes.

*Let's start with the triple jump, for no other reason than I was one of the officials so had a ringside seat, so to speak. U20 **Hanna Owen** had a good series of jumps and managed an outdoor PB of 10.90 to clinch gold. Also atop the podium was U17 **Sarah Williams** with a leap of 10.22. Top jumping in the circumstances. Later in the proceedings Hanna picked up another gold in the long jump. It really had become an awful afternoon by then. Well done for sticking with it Hanna.*

***Lauren Williams** (U17) picked up a pair of silvers from her efforts over the hurdles (300m & 80m). They were 2 very good races and it needed 2 championship records from the excellent **Abi Bowers** (Oswestry) to deny Lauren gold. 45.27 and 12.51 would certainly have done the job most years.*

*As the only U17 woman in the 3000m field **Chloe Evans** knew she only had to get round to pouch the gold medal. Chloe's not that sort of athlete, though. She had no qualms about mixing it with the quicker men in the early stages. She eventually came home in 12.02.5 having worked very hard. Also flying the Maldwyn flag at U17 level was the dependable **Huw Weaver**. Huw narrowly failed to make the podium with a couple of 4th's in the 200m and the long jump. Huw also managed to miss the 100m start but we'll gloss over that!*

*Into the U15's and **Kaya Saul** clearly had a plan in the 1500m. I think granddad (Dave Peters) may have had some input. Kaya executed the plan to perfection and ended up with an enormous PB (5.11.52) and a silver medal to show for his efforts. A brace of bronzes for **Niall Thomas** at 800m and 100m. Niall is developing into a cracking middle distance runner. His 800 was a pretty sharp (2.18). A bit more tactical nous in the latter stages and he could be on to something. Our other U15 competitor*

was **Athea Shuker** who has been working very hard of late. Athea was certainly 'there or thereabouts' until she clattered the final hurdle in the 75m. Although over a second quicker than her previous outing Athea had to settle for 5th place.

Middle distance medals all round in the U13's. That's what I like to see! The 800m was very competitive and it's great credit to **Elliot Howes** that he survived the early 'argy-bargy' to remain in contention throughout. He didn't quite have the pace in the final 150 to win the race but was certainly a worthy recipient of silver in 2.42.89. Double gold for Maldwyn in the 1500m. **Dillon Gill**, as usual, ran his socks off. You know you've done well if you beat DG in a race. Dillon dominated the latter stages of the race to emerge triumphant in 5.17.95. Rather less comprehensive, but still thoroughly merited, was **Kate Jerman's** victory. Very sensibly letting somebody else do all the work Kate stayed just off the lead until it mattered, powering down the home straight for a narrow victory in 5.42.24. It was a busy afternoon for Kate who qualified through the heats for the 100m final and also had a crack at the long jump. Sadly she didn't quite make the medals in these events. I'm pretty sure it was 1500 Kate was after, well done.

All of which brings me to **Josh Wynne** at U11. A stand out performer in the younger training group, it was no surprise to see him make his mark here. Not entirely satisfied with his high jump, despite winning, Josh had a storming run in the 600m. A second gold medal was the reward. Good work, Josh. Stick with it.

The final medal haul for the boys and girls in yellow and blue was 8 gold, 4 silver and 2 bronze. I'm impressed.

A large part of my afternoon was spent officiating - high jump, triple jump and 2 lots of javelin. It therefore follows that I may have missed a performance or two, although I've done my best. If I haven't done justice to your efforts, or missed you off the results, I apologise unreservedly."

Thanks Chris and thanks, too, to John Thomas (father of Niall) for some cracking photographs from this month's track and field meetings.

FELL/TRAIL/OFF-ROAD GENERALLY

Red Kite Challenge/Ras y Diafol, Devil's Bridge, 3rd May 2014

Our sole senior representative over this new and reputedly much tougher course at Devil's Bridge, moved due to works at Nant yr Arian, was Mr Half Marathon himself **Lenny Hughes** who got home in 1.59:23. **Joseph Crutchley** came second in the U15 race behind Brecon's Luke Davies in a time of 16:21.

Caradoc Classic, 14th May 2014

Ed Davies representing Mercia was 14th in 28:16 while the returning **Bernie Jones** got round in 32:57, with young **Kaya Saul** acquitting himself well with a time of 36:24.

Ras y Gader, Dolgellau, 17th May 2014

If your idea of fun is running up and down one of the highest peaks in Wales then this one will be right up your mountain. In conditions that were warm and sunny but with a cold breeze atop Cader Idris, **Rob Martin** stepped up to the challenge finishing a fine 55th from 213 in a time of 1.53:35 with **Bernie Jones** mastering the course in 2.10:44.

Crocodile 8, Badnage, Herefordshire, 25th May 2014

It's testimony to the persuasive powers of Mr and Mrs Orrells that they were able to tempt a number of other Harriers to this annual test of strength and endurance which this year seemed to combine steep climbs with mudrunner type conditions. It's also longer than previous due to the requirement to reroute part of the course and may therefore need to be renamed the Crocodile 9. **Ed Davies** led the Harriers home in 18th (64:48 on the chip) and claimed his usual MV55 title. In the Battle of Midway, **Andre Hutchinson** (85:15) edged **Rachel Butler** (86:48) in what is shaping up to be a series of close encounters between those two. **Steve Orrells** who is able to put together a good series of races for the first time in quite a few years, recorded 98:56 (Steve ran 65:00 over the previous course back in 2004). Diane Jones (1.48:30); Sue Carroll

(1:57:49); Caroline Orrells (2:01:23) Sylvia Price and Mandy Mullet (both 2:26:40) also won out over the tough conditions.

Batch Bash, 28th May 2014

Ed Davies (Mercia) was 18th for the second time in successive races in a time of 31:19. A few slots behind Ed was **Paul Beeson** (24th) in 32:2, while **Glyn Fletcher**, returning from a lengthy injury, finished in 37:37. One of our U15s, **Kaya Saul**, again proved himself unafraid of big climbs over rough ground, recording 40:38 ahead of a considerable number of older and more seasoned competitors.

ROAD

We kick off our road coverage with the second race in our summer series

Newtown 10k, 4th May 2014

As Chris was on active duty we have to fall back on another report from the “Unravelling Harrier” (who was also on timekeeping/recording duties hence the lack of race snaps)

Our second race in this year’s Summer Race Series (aka on a one-off basis the “Freddo Frog Classic” as a result of the surfeit of said delicious product left over from the Chocoholics) passed off without major incident despite clashing with a rearranged football tournament (and a pool competition) which meant that the start and finish had to be re-measured and took place outside of Latham Park. Furthermore having been denuded of several members of our Elite Race-day SWAT team a number of other volunteers found themselves on a steep learning curve or else doubling up (in Glyn’s case, race organiser/MC/lead bike – who said men can’t multi task?).

In the event we had 55 starters in the main race and 9 in the fun run. The main race number was slightly down on last year’s entry which may have been affected by a number of regulars opting to run the previous day’s Red Kite Challenge with which our race periodically clashes. However we were very privileged to have attracted a large and competitive contingent from Aberystwyth University Harriers.

Winner in a time of 35:55 was Scott Hudspith from the aforementioned Aberystwyth University Harriers ahead of Ian Lowe (Oswestry) who claimed his second “silver” placing in successive races, a result which currently puts him in pole position as far as series honours are concerned. Claiming third was Maldwyn’s **Ed Davies** ahead of fellow host club member **Martin Copus** (who incidentally concurred with the timekeepers’ recording on this occasion, so that’s ok then!). They say that fourth is the worst place to finish in a race in which case Martin appears to be making a habit of it. Still, it puts him right up there in contention in terms of the race series.

Jacqui Loxam built on her third place at the Chocoholics by leading the rest of the women home in 44:50. Jacqui was shadowed over the line by **Lenny Hughes** who was using the race as a recovery run having tackled the Red Kite Challenge the previous day and which due to works at Nant yr Arian had been moved to another location, which Lenny reckoned was a lot harder (not his precise words but then we try and cater for a family audience here at Maldwyn). Nonetheless Lenny’s performance earned him the MV55 accolade.

Jenny Evans, like Martin Copus and Claire Abel, has been knocking chunks off her PBs over a range of distances this year and on this occasion she really surpassed herself crashing through the 50 minute barrier for the first time with an emphatic 45:48. Jenny puts her remarkable improvement down to Weetabix, a brand of cereal also endorsed by Martin. Perhaps we need to make it the “official breakfast cereal of the 2014 race series” (whilst at the same time tapping Nabisco for some hefty sponsorship). Aby Sampson from Aber Uni was third woman in 46 flat.

Other Maldwyn registered category wins included in the women’s event **Helen Owen** (FV40); **Sharon Lloyd** (FV45) and **Rachel Butler** (FV50). For the men, **Martin Copus** took the senior prize, Dad Chris collecting a box of Freddos on his behalf, while “**The Travelling Harrier**” himself scooped the MV60 award having just missed out at the Chocoholics. Strange, though, that his presentation photo has him looking almost disconsolate. Chris, you should have picked those Freddos. **Rob Martin** (MV45) was the other best in class along with Lenny:

Full results are available here

<http://www.maldwynharriers.org.uk/results/2014/10k14.pdf>

Thanks to all the volunteers and marshals who stood firm under testing conditions and in the absence of Dave, Paul and Michelle, and especially to Amber Dumayne and Danny Beeson for holding it together on the results despite power failure at one point. Young Danny also has the makings of a fine MC – the performing streak evidently runs in the family

Our next series race and indeed club championship event is the Gregynog Trail Race on 14th June.

Of course, ours is not the only race series taking place during the summer months, with both Brecon and Rhayader hosting a series of three fortnightly events – the Brecon 3/4/5 and Rhayader 5k series (more of which later)

Brecon 3 and 4 mile races, Llanfrynach, 6th and 20th May 2014

First to Brecon, then and **Ifan Jones** made the journey south for the first two evening races in the Brecon 3/4/5 series. In the 3 miler he recorded a time of 22:45 and 29:55 in the 4 miler where he was joined by son Gwynant (4th in 21:54).

Market Drayton 10km, 11th May 2014

Here's a smashing report from Caroline about this tremendously popular race (and no wonder, judging by the goody bag!)

***Report from a plodder** - the day dawned early for a trip out to Market Drayton for their very popular 10k. People were milling around the field all shapes, sizes and ages, just hoping for a good run. The first queue was standing in line for the lovely t shirt which was a really good quality. On offer nearby were refreshments including some lovely looking cupcakes but first a 10k to run. Out on the field the more energetic runners were taking part in a warm up, the rest of us were joining the second queue of the day to use the toilets. Although there were plenty of toilets you never knew which line to stand in.*

Everyone lined up according to their predicted time, watches ready and shoelaces tight. Why when you are in the middle of a crowd does someone who is much taller than you come and stand in front of you? I measured up to his waist so could see nothing in front, with crowds all around me.

We were chip timed but I believe that the mat on the one side was not recording properly so some may not have got a correct time if they were at the back. Off we went around a field. It was a lovely sight to see so many runners streaming in front of you and behind you. The course had a few twists and turns around the town and nearby streets with people on the course all clapping and shouting encouraging words. There were an elderly couple sitting on chairs enjoying the scenery of all the runners streaming past on a Sunday morning, There were also a few hardy runners in slimline costumes running for charity.

Although the course is flat there is a little sting in the tail near the end a short uphill section which leads up into the town and back along the lanes to the field. All along the course there are plenty of other runners to set your sights on or as I was told when I was near the finish I have been following you all along the way as they smiled and then passed me by. It is a lovely friendly race with encouragement from runners and spectators all along the route, with a fun run for the children beforehand, even a band playing along the route, lots of things for the children to do on the field along with food vans. Once you have crossed the very welcome line you are handed the first of your goodies, a bag full of lovely items with the much needed mars bar in, then next you are handed pies, sausage rolls, Shropshire star newspaper and plenty of yoghurts to keep you going for a whole week.

This 10k is rated one of the best and I can see why, best to enter early although as I discovered you may be able to buy a race transfer nearer the time. Would I take part again - yes of course I would.

We are also reliably informed that they were handing out beer vouchers after the race which will widen the appeal of this race even more for some of our members!

Andre Hutchinson was the first of our Harriers to claim bragging rights on the abundance of post-race produce with a chip-timed 48:39, another PB, with Web Queen **Claire Abel** less than a minute behind in 49:27 – another best for her. **Steve Orrells** is getting back into the run of things, recording 52:57 as he edges back to fitness, while Rachel Williams came home in 56:36 and our on-the-spot reporter **Caroline Orrells** in 65:20. We anticipate there could be more of our lot at the start next year!

Rhayader 5km series, races 1 & 2, Elan Valley, 14th & 28th May 2014

In addition to some of our more regular racers, Rhayader has thus far benefited from some Maldwyn IVF treatment (Irregular Veteran Force). The first race took place on a glorious if increasingly darkening evening (hence the quality of the snaps) and it was Ifan Jones who first crossed the finish for the Harriers in a time of 22:37, a best for the distance – well done Ifan.

Just three places behind and also with a new best time was **Andre Hutchinson** in a time of 22:59.

Steve Orrells and **Peter Hogarth** have talked of this series for a while and our redoubtable old campaigners have managed to avoid illness and injury for long enough to realise their goal this year. Good on ‘em we say although we should point out that while he still wears the vest Peter is currently stateless in terms of club membership. Anyway, Steve had his own personal battle with a woman from Builth (which he narrowly lost), completing the run in 25:57, while Pete was pretty chuffed with his 27:29 having not raced the roads for a long time. **Diane Jones** finished just behind Peter in 27:41.

In the second race of the series the conditions were a bit less forgiving, Andre (23:20), Steve (25:53), Peter (27:15) and Diane (28:28) all ran again and Steve had the satisfaction of reversing his defeat to the woman from Builth last time out. The final race in the series is on 11th June.

**BUPA Great Manchester 10k
Chester Half Marathon, both 18th May 2014**

To the North West of England, then, and **Andy Davies** put in a more than useful performance to finish 14th (and one of the leading Brits) in a time of 30:30. A sharpener, perhaps, in advance of what we hope will be a Commonwealth Games Marathon race.

Meanwhile in the Chester Half, **Diane Jones** got round in 2:21:59 while **Belinda Bryant** managed the same achievement in 2:27:16. You may recall Belinda had to withdraw from the Manchester Marathon due to illness and was targeting this race and Cardiff Half Marathon as a way of honouring her charity fund-raising commitments.

Attingham Park Relays, Shrewsbury, 22nd May 2014

No Maldwyn teams at this inaugural and hugely well-supported 3 x 2 mile relay event organised by Shropshire Shufflers. However **Chris Atherton**, in possibly his last race as a Maldwyn registered runner, bagged the second place spot in the men's team race in partnership with Tom Roo (Mercia) and Paul Bowes (Shropshire Shufflers). Meanwhile **Claire Abel** and her Dolly Mixtures team mates finished a hugely creditable fourth from more than 30 women's teams. Claire reckoned that it was a lovely event except for the weather which of course cannot be attributed to the organisers.

If you have any archive photos you wish to share, or any news items, results, photos or reports for us to cover then please contact Ian at fraserman1@hotmail.co.uk