

Maldwyn Harriers November 2012 Update

Mad Jack's 5, Attingham Park, Shrewsbury, 10th November 2012

The wading women of Maldwyn were at it again, this time at the annual Mad Jack's 5. Congratulations to Rachel Butler who was second WV45 which meant she bagged yet another prize bottle of wine (if there's anyone out there who can tell us the last time Rachel had to pay for her own drink, can they please get in touch). Honourable mentions, too, to Georgina Fletcher, Becky Hillman and Jill Hillman who can all be seen enjoying the pond at www.fellrunningpictures.co.uk/mj5-2012.html

Ras Rhobell Fawr, Dolgellau, 10th November 2012

Some great performances by Harriers albeit some flying the Mercia flag as their want on the fells – Tim Davies was overall winner, completing the 6 mile course with 1990 ft ascent in 51:57. Roland Stafford finished 8th (56:39) while Paul Beeson grabbed 11th in 57:59 and Ed Davies 15th place in 59:23. Glyn Fletcher (28th), Bernie Jones (48th) and Rob Martin (52nd) also distinguished themselves.

Cardiff Parkrun 5km, 10th November 2012

Gwynant Jones continued his great run of form with a 2nd place in the latest Cardiff Parkrun event in the more than respectable time of 16:38.

To find out more about the weekly 5km Park Run series which take place across the UK (our nearest event is Aberystwyth), and which attracts many top athletes, visit www.parkrun.org.uk

INOV-8/WFRA Open Welsh Championship

Well done to Tim Davies, who was this year's Welsh Fell Runners Association Open Champion following the six race series, and to both Paul Beeson, who was 1st MV40 and sixth overall, and Glyn Fletcher, 3rd placed MV50. Glyn also scooped 2nd place in the MV50 category of the WFRA North Wales series.



INOV-8/WFRA Open Welsh Championships Awards

Glyn Fletcher (third from left, middle row), Paul Beeson (centre, middle row), Tim Davies (fourth from right, middle row). Picture courtesy of Esyllt Richards www.cliccllic.co.uk



Gwynant Jones sets out on the second leg of the Trofeo Ezio Vanoni international mountain relay event (see October update for further details)

Elan Valley 10, 17th November 2012

Martin Copus ran superbly to finish in 13th place in a time of 66:54 over the testing Elan Valley route. Chris Copus (1:20:23) and Jill Hillman (1:34:57) also bettered their times for last year and all three declared themselves satisfied with their performances, as well they might. In Chris' case, this clearly followed a period of reflection (see photo)



The elder Copus contemplates retirement after negotiating the demanding Elan Valley 10. Actually, we expect to see him troubling race organisers for years to come.

Welsh Inter-Schools Cross-Country Championships, Brecon, 17th November 2012

Several young Harriers were representing their schools or colleges of whom Joseph Crutchley (Llanidloes High School) turned in the most notable performance, winning the U14 Boys title. Owen Randell (Welshpool) finished 53rd in the same event. Alex Cawthra (Welshpool) was 9th in the U20 Women's race - a remarkable performance considering she is still only 15 years of age – while Gwynant Jones (Coleg Powys) was 20th in the Men's equivalent. In the U16 boys, Liam Lees (Llanidloes) was 43rd while Meg Randell (Welshpool) was 26th in the U16 girls race. Amy Flanagan-Jones (Caereinion) finished 51st in an

U14 girls event which attracted the largest field of the day. Well done to all these junior club athletes on their fine performances.

Shropshire Young Athletes Cross-Country League, Much Wenlock, 18th November 2012

A much depleted Maldwyn Harriers team travelled to Much Wenlock for the third meeting of the Shropshire Young Athletes Cross-Country League. Performance of the afternoon came from the U15 girls with all three finishing in the top 10 to secure joint 2nd place, just one point behind the leaders. Chloe Evans led the team home in a strong 4th place with Meg Randell 8th and Abi Roberts 10th. Meg's performance was all the more impressive as she had run for her school in Brecon at the Welsh Inter-Schools Championships the previous day.

Bertie Brock came 12th in the U15 boys with Kaya Saul 17th in the U13's and Amren Stephenson 39th in the U11's. Mary Saul (32nd) was first U11 girl home with Ella Flanagan-Jones just behind in 34th. Unfortunately Seren Meyer picked up an injury and was unable to complete the course.

The last race in this year's series will take place at Bridgnorth on 9th December.

The Wrekin Wrecker, 18th November 2012

The unambiguously named Wrecker saw Haydn Jones come 45th in 1:15:08 and Bernie Jones 90th in 1:21:45 out of 209 hardy finishers

See www.fellrunningpictures.co.uk for photos of the event.

Children in Need Floodlit Cross-Country Fund-Raising Event, Maldwyn Leisure Centre, 21st November

Congratulations and thanks to all those who helped organise and took part in this year's fund-raiser for Children in Need, including the cooks

who sustained everyone with hotdogs and burgers. We collected £243, with youngsters donating their £1.50 Wednesday night training fee while adults also gave generously. The event consisted of four races of 1, 2, 3 and 4 laps of around 800m around the soggy perimeter of the track and surrounding area, some in their pyjamas and others wearing fancy dress. A good night's work, and all in a good cause.

North Wales Senior Cross-Country League, Wrexham, 24th November 2012

Our redoubtable pair of Richie Jones and Haydn Jones again flew the team flag in the third race of the 2012/13 series and were as consistent as ever – Richie finishing 33rd in 33:23 and Haydn 64th (35:21) from 146 as the two-man team claimed 9th spot from 16 teams in Division 2.

The next race in the series is due to take place at Lilleshall on 12th January with the final fixture on 2nd February at Oswestry, should any of our men fancy joining Richie and Haydn.

Maldwyn Harriers Newtown “Walk to Run Group”

Well done to all all who completed the latest - would you believe it, the eighth – “Walk to Run” class, in which women with little or no running experience are supported at their own pace to run 5km/3 miles event by the end of the course.

Pictured here are the successful athletes with their well-deserved medals



Meanwhile the ninth Newtown “Walk to Run” class is due to start in January 2013 and here is the flyer with all the information should you wish to pass on to any (female) friends, relations or work colleagues.

If anyone has any information about results featuring Harriers athletes or any upcoming events which might be of interest to club members please get in touch with Ian Fraser at fraserman1@hotmail.co.uk