

## **Maldwyn Harriers September Update**

### **Jungfrau Marathon/World Long Distance Mountain Running Championships, Interlaken, Switzerland, 9<sup>th</sup> September 2012**

Andrew Davies, representing Wales, finished 13<sup>th</sup> in a time of 3 hrs 11 minutes 49 seconds in this prestigious event held in the most spectacular alpine setting.

Andy was the second highest placed Briton behind Scotland's Robbie Simpson, beating last year's Snowdonia Marathon winner Rob Samuel and this year's Snowdon Race winner, the in-form Murray Strain of Scotland. In doing so he recorded the second fastest climb of the day from just past the half-way point to the finish.

Andy's performance helped Wales to 5<sup>th</sup> place in the team championship, one place behind a very strong Scotland team and three ahead of England.

Commenting on his achievement, Andy said "I was 50<sup>th</sup> at half way and had to pick my way through the pack. Maybe I could have gone out a bit harder on the flat, but may have blown up later on, so it was about trying to get the balance right. The event was unbelievable - the best organised race I have done and in one of the most stunning locations. I would urge any runner to go and do it one day! To finish just below a glacier with the sun shining was such a great experience. To come 13<sup>th</sup> out of more than 6100 finishers and be the second fastest UK athlete was just incredible"

### **Lake Vyrnwy Half Marathon, 9<sup>th</sup> September 2012**

Harriers turned out in numbers in support of the annual loop of Lake Vyrnwy:

Richie Jones was first home in 49<sup>th</sup> in a fast 1:21:51 while other Maldwyn runners (give or take the odd late name replacement not reflected here) fared as follows:

Haydn Jones	1:29:05
Bernie Jones	1:37:35
Rachel Butler	1:47:55
Becky Hillman	1:50:28
Ian Fraser	1:51:57

Sarah Hamer	1:53:42
Julia Ellis	1:55:18
Phil Martin	1:58:37
Georgina Fletcher	2:00:06
Joanne Lewis	2:01:16
Janice Thomas	2:06:49
Dave Manuel	2:13:55
Sioned Thomas	2:19:40
Diane Paul	2:39:36

### **Home Countries Mountain Running International, Cumbria, 22nd September 2012.**

Gwynant Jones finished in 10th place to help Wales secure a fine victory in the U18 Men's team race.

Making her Welsh mountain running debut at the same championships, Maldwyn's Alex Cawthra impressed with her 17th place in the U16 girls event in which she was the third highest placed Welsh athlete.

### **Shropshire Young Athletes Cross-Country League (Round 1), Newport, 23<sup>rd</sup> September 2012**

Maldwyn youngsters got off to a promising start in this year's cross-country league series. In the U15 girls race the ever-improving Chloe Evans finished in 2nd place with Meg Randell 6th and Lauren Williams 8th. The team is currently in 1st position in the league after round one.

In the U15 boys race Harry Owen was 5th while Amy Flanagan-Jones finished 12th in the U13 girls event.

Welsh age-group 1500m track champion Joseph Crutchley dominated the U13 boys race to win by a clear margin, while good support from Owen Randell and Kaya Saul saw the team home in 4th place.

Most of the U11 athletes were making their Maldwyn Harriers cross-country debuts. Top 10 finishes by Rob Williams (8th) and Oscar Crutchley (9th) plus good runs from Jake Beeson and Amren Stephenson helped the boys to 5th place, while the girls' team of Libby

Isaac, Ella Flanagan-Jones, Emily Dee, Aurora Carter and Mary Saul finished in 6th position to cap a good weekend for the young Harriers.

### **Anglesey Island Trail Half Marathon, Newborough, 30<sup>th</sup> September 2012**

Revisiting the scene of his silver medal winning performance in last year's 55km Commonwealth Trail Championships, Andy Davies finished off the month with a win in the Anglesey Island Trail Half-Marathon, his 77:34 ensuring that he finished almost a minute ahead of Welshpool-based Richard Roberts of Eryri.