

MALDWYN HARRIERS SEPTEMBER 2013 UPDATE

In this edition we feature news of the Source of the Severn; half marathon action (including yet another PB for You Know Who) and the first Cross-Country action of the season with an eye-witness report from – brace yourselves – the “Travelling Harrier”.

First off, though, we need to correct an oversight and mention Lenny Hughes’ performance at the phenomenally popular **Race the Train, Tywyn** event which took place on 17th August. Lenny’s 1:54:52 over the 14 mile Rotary Challenge (there are four races in all from 3.5 to 14 miles) earned him 319th place from 935 finishers and meant he was six and a half minutes behind the train!

What better way to start the September roll-call, proper, than on the first of the month and with a club race to boot. Onward to the fells, then...

FELL

Source of the Severn, Hafren Forest, 1st September 2013

This year’s **Source of the Severn** race featured thrills and spills and enough spilling of “claret” to prompt the smug wags in charge of the stopwatches and clipboards to suggest a renaming to Sauce of the Severn. Duff jokes aside, such is the rough and tumble and excitement of off-road terrain.

Felipe Jones (Aberystwyth) was the clear race winner, the Welsh international fell runner finishing four minutes clear of 18 year old local man Gwynant Jones (Cardiff) with Dylan Lewis of Sarn Helen in third. Helen Marshall (Swansea) won the women's race ahead of Dee Jolly (Sarn Helen).

Roland Stafford was first to finish for the host club, taking fourth spot overall. Congratulations, too, to Sharon Lloyd and Rachel Butler who collected the WV40 and WV50 prizes respectively (incidentally this was the first time that anyone can remember Rachel not choosing the wine from the prizes available. Maybe there’s no more room in the cellar at Chateau Butler).

Full results can be found on our results page while there are photos of the day on Alastair Tye's site via the following link

<http://www.fellrunningpictures.co.uk/sos2013.html>

Incidentally we were sorry to learn that Al has been unwell and, at the time of writing, was receiving treatment in hospital. Our best wishes go out to him for a full and speedy recovery

Stretton Skyline, Little Stretton, 8th September 2013

Run over a distance of 23 miles and featuring climbs of 1,357 metres this is not so much a walk in the park (or for that matter a Parkrun, more of which later) as an off-road marathon and is definitely not for the faint hearted. Our boys packed well, with Roland Stafford (Mercia) finishing 26th (2:59:28), Chris Atherton 28th (3:01:05) and Glyn Fletcher just one place behind (3:05:37). Glyn was also second placed MV50.

Pedol Peris/Peris Horseshoe, Llanberis, 14th September 2013

Glyn Fletcher's preparations for the Chester Marathon in October didn't get any easier with an assault on this gnarly 17.5 mile (8500 ft ascent) decider in the British fell championships decider which drew a record entry of more than 200 runners from across the UK. Glyn was first Harrier home in 4:31:04 with Chris Atherton not far behind in 4:37:55.

Arenig Fawr Fell Race, 29th September 2013

When the race organiser warns "this race is tough and NOT suitable for novices and requires good navigational skills" you have a pretty good idea of what to expect. This daunting new course may have resulted in a more modest turnout than in previous years despite the great conditions. Hats off to Harrier Bernie Jones, who cracked it in a time of 2:10:22.

ROAD

Cardiff 10km, 8th September 2013

On their family day out in the Capital Gwynant Jones recorded a time of 36:54 while dad Ifan, who only took up running fairly recently, broke 50 minutes for the first time (49:36).

BUPA Great North Run, Tyne and Wear, 15th September 2013

Andrew Davies (who we are informed could be seen grinning at the TV cameras behind Mo Farah at the start of the race) recorded yet another PB – 66:15 – and was the 8th placed British runner in this the largest mass participation running event in the UK. Andy battled a headwind for the first few miles before taking advantage of slightly more favourable conditions later on and was able to capitalise on the famous downhill stretch and finish. More modest but still gratifying performances came from Jo Lewis and Kelly Jones, both running for charity, and who clocked under two hours (Kelly 1:59:10 and Jo 1:59:11).

Lake Vyrnwy Half Marathon, Llanwddyn, 15th September 2013

In sharp contrast to last year's benign conditions the 1,500 entrants in this year's race had to battle inclement wind and rain. John Murphy was first Maldwyn runner to finish in 1:35:14 while Rachel Butler led home our women in 1:48:47. Andre Hutchinson (1:54:29) and Janette Graham (1:56:45) also had the satisfaction of breaking the two hour barrier while, Georgina Fletcher missed out on that milestone by a matter of a few seconds. Liz Williams (2:07:41) and Sue Callery (2:20:20) also deserve our congratulations.

PARKRUN

Inaugural Shrewsbury Park Run, The Quarry, 28th September 2013

Shrewsbury has finally joined the growing ranks of free, Saturday morning Parkrun 5km events. This inaugural run attracted an impressive 265 entrants of all ages and abilities in what is billed as a run against the clock and a way of promoting physical activity and well being rather than competition (although every run seems to include a hard core of good club runners who are nothing if not competitive!).

A few of our Harriers supported the launch with Chris Atherton finishing 13th in 18:50. Jacqui Mellor (22:57), Ifan Jones (24:27), Andre Hutchinson (24:37); Lindsay Sweetman (24:43) and Diane Jones (27:49) also took part.

For more information about Parkrun, including details of venues and how to register, go to <http://www.parkrun.org.uk/>

CROSS-COUNTRY

Shropshire Young Athletes Cross-Country League, Oswestry 29th September 2013

Don't say you weren't warned! He's back and this time he's muddy! It's the irrepressible "Travelling Harrier" (Chris Copus) in winter mode...

"With 15 Harriers in action, a win, 2 seconds plus 4 more top 12 placings represents a splendid start to the season.

For the 1st time in ages (ever?) we had a full team of U17 ladies. They certainly meant business as all 3 attacked the course and finished in the top 5 places. Chloe Evans led the trio home, comfortably picking up 2nd place whilst Vicky Gittins eventually shook of a determined challenge from Margo Martin for 4th and 5th respectively. With 3 in the top 5 it goes without saying that the team currently sit in 1st place.

U15 boys and Joseph Crutchley picked up where he left off last season - in 1st place. A beautifully judged race from a really talented athlete - come and watch him some time. The ever dependable Huw Weaver came home in 25th. Our sole U15 representative in the girls' race was Meg Randell who also ran a really well judged race. Moving steadily through the field Meg appeared to be finishing 3rd. However a spectacular burst of pace saw her snatch 2nd place on the line. Great effort.

U13 boys. Dillon Gill is a recent recruit to our ranks and a welcome addition he is too. He works hard at the track and he certainly worked hard on Sunday. 6th place his reward. Oscar Crutchley ran well to finish in 20th position and our solitary U13 girl, Kate Jerman, also did well to come 28th in her race.

U11 boys, and the 'Eddie Davies award for cutting it fine' goes to Tomas Owen who arrived as everyone was lining up to start (pesky Newtown traffic). Grabbing the nearest vest he set off. It was huge and Tomas isn't, it came down to his knees! He still ran the entire race with a huge grin on his face. 1st boy home was Ben Randell in 31st, one place ahead of Tomas with an ever present from last year, Amren Stephenson 41st. Particularly impressive in the U11 girls was Cerys Ward who had an outstanding run to finish 12th. A little further back and sibling rivalry as Aurora and Phoebe Carter traded places several times, Phoebe ultimately triumphant - 33rd versus 35th.

A highly satisfactory start and with several likely lads and lasses still to come into the team I'm hopeful we can have a good year this time round. Next up is Packwood Haugh School on 20th October."

Remember, if you have any news or views (photos, too) you wish to share please contact Ian at fraserman1@hotmail.co.uk