

MALDWYN HARRIERS NEWS AND RESULTS UPDATE

SEPTEMBER 2014

More Club Championship action, the final track and field fixture of the year and the first of the autumn half marathons...here is the September 2014 update.

First though, here's news of a couple of jollies, courtesy of June, our Social Sec.

Junior Athletics Awards Presentation Evening

This year we will be presenting the Junior Athletics Awards at a presentation evening on **Friday 24th October 2014** at **Newtown Football Club 7pm - 10pm**.

All members, family and friends are invited and there will be a buffet and disco. Entry will be free but contributions towards the buffet would be gratefully appreciated.

Maldwyn Harriers Christmas Dinner

This will be held on **Friday 12th December 2014** at **Newtown Football Club, 7pm**.

We will be having a Hog Roast with deserts, followed by our normal Club trophy presentations along with the club championship presentations and finishing with a disco.

The cost will be £15 per person.

If you would like to attend either of the events would you please email/text June Jones on junejones8@hotmail.co.uk / 07846 352674 as soon as possible so that we can anticipate numbers.

Source of the Severn, Hafren Forest, 7th September 2014

A new name and something of a find we think, **Alex Kendall** was running his first race as a ratified Maldwyn Harrier having been training with the men's group on Wednesdays and putting in some very decent performances at the Monty Run, Race the Train and the Brecon

Beacons during August. Alex took a victory in gloriously warm sunny conditions ahead of clubmate **Ed Davies** with youngster Todd Langley-Tanner (Mercia) in third place. **Jacqui Loxam** took the women's honours with Jane Moore in second and **Hannah Owen**, who has been something of a revelation this year, in third. **Helen Owen** and **Rachel Butler** bagged age group wins as did the inspirational V70 Gordon Orme of Cardigan who finished 11th overall in a superb 70:31.

Overall, 45 runners took part and all were accounted for at the finish, with seemingly fewer thrills and spills than last year. This was two better last year with several first-timers, including a few friends of Alex who turned up and made a very decent go of things – testimony to the power of “word of mouth” it seems. Thanks to everyone who helped out with registration, marshalling, time-keeping, results and refreshments and to all who took part. Honestly folks, Cross Country should be very doable after this!

Full results can be found here:

<http://www.maldwynharriers.org.uk/results/2014/sos2014.pdf>

Penmaenpool Trail Race, Meirionnydd, 20th September 2014

Maldwyn's women recorded “one-two-three” clean sweep at this second running of the 8.9 mile Pen Trail Race. **Hannah Owen** took the laurels in a time of 1.15:14 with **Rachel Butler** second in 1.25:07 and **Jill Hillman** in third (1.37:07).

In the overall race, **Sean Clarke** was our first finisher in 6th place (1.07:01), a single slot ahead of **Paul Beeson** (1.09:33) with **Steve Orrells** in 19th and **Michelle Beeson** in 20th.

After the race Hannah said “I really enjoyed the course, especially the challenge of the loops up through the woods. The end stretch beside the estuary was the most challenging but it was a great race, beautiful scenery and really well organised”. Indeed although it was by most standards a small turnout the feedback has been remarkably positive so here's hoping this newish event goes from strength to strength.

Results can be accessed via the following link:

<http://www.run-meirionnydd.co.uk/downloads/Pentrail%20long%202014.html>

Some photos by Rod Davies can be found here:

<https://plus.google.com/photos/101373295265755676288/albums/6062357628659132833>

Our remaining Club Championship races are as follows:

Mad Jack 5, Shrewsbury 8th November

http://www.shrewsburyac.org.uk/2014/01/mad-jacks-5_31.html

Elan Valley 10, 22nd November

<http://www.rhayaderac.org.uk/10mile.htm>

Meanwhile the championship standings after 12 events can be viewed here:

<http://www.maldwynharriers.org.uk/results/2014/champs250914.pdf>

ROAD

Lake Vyrnwy Half Marathon, 14th September 2014

Our local 13 miler attracted a fair contingent of Maldwyn Harriers thanks in part to a couple of late entries. You don't usually associate **Tim Davies** with flat, tarmac surfaces and indeed Tim has been somewhat sparing in his racing of late. Good, then, to see him return in a splendid 11th place and a fast time of 73:55. Our next Maldwyn accredited runner (although Haydn Jones finished 110th in 87:49) was **Rob Martin** who dipped under 90 minutes with 89:55. First of our women to finish was sprinter-turned-endurance runner, Loughborough University student **Catrin Thomas** who knocked a big chunk off her best with a 1.45:58 clocking. **Claire Abel** can lay claim to being Ms Consistency over the half marathon distance – 1.49:17 gave her yet another sub-1.50 clocking

- while **June Jones** and **Jacqui Lloyd** paced each other to 2.12:29 and 2.12:30 respectively and **Rachel Williams** also ran well to finish in 2.18:51.

Photos of the race can be viewed and, if so desired, purchased by visiting Mick Hall's website <http://www.mickhall-photos.com>.

OFF-ROAD

Leighton Show Race, 6th September 2014

This tie-in with the Leighton show was organised by our own **Haydn Jones**. Despite the best efforts of several distinguished Harriers including **Roland Stafford** (2nd), **Ed Davies** (3rd) and **Haydn** himself (4th) they were unable to best local boxer Warren Sinden who was definitely punching above his weight in such company. Jaz Maddox won the women's event ahead of **Jacqui Loxam**.

Trailfest Half Marathon, Porthmadog, 20th September 2014

Bernie Jones took part in this new event in the race and was rewarded with 43rd place (2.09:02) from 164 finishers.

British and Irish Junior Mountain Running Championships, Co. Wicklow, Ireland, 20th September 2014

Very well done to **Joseph Crutchley**, who in his first international appearance over the mountains finished in 10th place against some older opposition in the U17 men's race and helped the Wales team to a silver medal.

Bury Ditches Hill Race, Lydbury North, 28th September 2014

Mercian **Ed Davies** (7th/42:24) and **Bernie Jones** (22nd/49:44) were on active duty over this almost 10k off roader with around 400m of climb.

Apparently the organisers served Monty's Beer and bacon butties (news of which should attract a few new entries next time).

TRACK AND FIELD

What better way to end this month's results round-up than with more eye-witness accounts from trackside and indeed on track from the **Travelling Harrier**, soon to be donning his galoshes and deer stalker (maybe his X-C spikes?) and reporting on our youngsters' cross-country activities. Take it away, Chris...

Cheshire League, Macclesfield, 7th September 2014

Another glorious sunny day and its back to Macclesfield for the 4th and final leg of this year's Cheshire League. Again, not as many made the trip as we would have liked. Shame, we had a fantastic day in the Cheshire sunshine.

*I'm going to start with young **Harvey Gill** in the U11's. He epitomised what it's all about - get your name down and have a go. A little overawed on his debut Harvey showed no such reticence here. A battling 5th in the 75m, followed by a strong run in the 600m, in which he left plenty in his wake as he finished in 9th (2.18) in a large field. For good measure he also had a go at the soft javelin. Good man, Harvey, we could do with a few more like you.*

*U13's...**Dillon Gill** favours the 1500m and that was his chosen event for the afternoon. Despite a decent start Dillon became a little detached from the leading group, finding himself in 'no man's land' for much of the race. Effectively a solo run, 6th in 5.18 was a tidy effort. **Oscar Crutchley** went for the 100m and the long jump. 100m is a little short for Oscar I think. He still did well – 6th in 15.5. A good couple of jumps (and 1 very close no jump) saw Oscar 8th with 3.38 in a large pool of athletes. I still reckon that with a bit of work Oscar can do really well at this event.*

*U15's...Maldwyn debutante **Bethan Davies** looks to be quite a prospect for next season. Eased into the 'A' race by Meg, Bethan ran a great bend and remained in contention right to the end, eventually settling for 3rd in 29.0. **Meg Davies** found herself pushed all the way in the 'B' race.*

*In a really exciting contest Meg ultimately emerged victorious in a PB time of 27.4. The pair then went head to head in the long jump. This time Bethan came out on top in the battle of the Harriers – 4th with 4.23 to Meg's 5th with a season's best 4.12. **Shannon Walker** has had a great season on the track. She has worked hard and her times have steadily improved. Shannon ran a really positive 800m, ending up 3rd of 13. A PB 2.38 was her reward for having a go.*

*U17's... **Chloe Evans** came to Macclesfield off the back of a hard week's training. That effort paid off as Chloe was the 1st lady home in a very competitive 3k. Chloe then entered the 800m. With 3k in her legs we adjusted our expectations accordingly. I felt 2.40 was on and, sure enough, 2.40.5 was delivered. A season's best in 5th place. **Huw Weaver** just went for a 200m blast. Another smashing effort from Huw as he came home 4th in 31.8, a mere 0.1 seconds off a season's best.*

*Seniors... Like Huw before him **Reece Moles** restricted himself to the 200m. In yet another exciting race Reece had to settle for 2nd in 24.7, tantalisingly 0.1 second away from a PB. Regular readers will doubtless recall that last time we came to Macclesfield **Martin Copus** left the skin from his knee on the track. This time he arrived with it ready skinned, the result of some enthusiastic fielding at cricket the previous day. Despite this Martin thought he'd probably be ok in the 1500m. 5th in a PB 5.01.5, Martin seemed happy enough. Also falling into the 'happy enough' category was yours truly with a 6 second PB in the 3k – albeit nearly a minute behind Chloe.*

Just the relays to go, then. Bethan, Meg and Shannon all stepped up an age group to join Chloe in the U17's 4 x 100. Victory was never very likely but 3rd in 57.0 was certainly respectable.

The U17 women's relay team at Macclesfield – Bethan, Megan, Shannon and Chloe

We now come to the most improbable sporting quartet since the Jamaican Bobsleigh team. Huw, Reece, Martin and me! My last relay was in 1969, running for Molyneux in the inter house games at Haywards Heath Grammar School. I had a blue baton that day as well.

CROSS-COUNTRY

No sooner than we mention Cross-Country then this arrives from Chris...our first action from the Shropshire Young Athletes League

Shropshire Young Athletes League, Oswestry, 21st September 2014

*The cross country season has started. I'll say that again **'the cross country season has started'**. The message clearly hasn't got out to many of our youngsters. A mere 8 made the short trip to Oswestry for the opening round of the Shropshire Young Athletes Cross Country League. Although short in numbers we certainly weren't lacking in quality, there were some good performances to enjoy.*

*U11's..**Phoebe Carter** and first timer **Olivia Robson** both had excellent runs, finishing 14th and 15th respectively. The sight of a club mate's vest just ahead was all the encouragement Phoebe needed for a big finish. Come on, we've all done it!*

*U13's.. What a cracking run from **Kate Jerman**. In the leading group throughout Kate looked really strong all the way round. She eventually finished 6th - a few seconds outside the top three. A great advance on last season's performances.*

***Dillon Gill** also produced a stand out performance. Never outside the top 3, Dillon was in determined mood coming through for a battling 2nd place. This could be an interesting competition as the season progresses. Admired by the coaches for his tenacity young **Amren Stephenson** kept working right to the end for his 30th place. This was a big step up in distance for him. Well done.*

*U15's.. **Kaya Saul** was our sole representative in this age group. Undaunted by the strapping on his leg Kaya put in a typically hard working performance. He made his way steadily through the field to finish 11th. Another good effort.*

*U17's.. **Chloe Evans** and **Margo Martin** complete the line up of Harriers at Oswestry. In a much larger field than usual both young ladies really grafted for top 10 places. Early leader Chloe had to settle for 5th at the end. We'll have to work on tactics Chloe. Margo's reward for some hard work in the autumn sunshine was 10th. I think Margo was happy to see the finish!*

*All in all some terrific performances, just a shame we were so few in number. **12th October at Packwood School is the next one.** It's a great course, come and have a go.*

Remember, if you have any news, views and photos you would like us to feature then please get in touch with Ian at fraserman1@hotmail.co.uk