

JULY

| | | |
|---------------------------|---------------------|------|
| Friday 1st | BBQ 5k* | ROAD |
| Tuesday 12 th | Gwastodyn Hill Race | MULT |
| Saturday 23 rd | Dolgellau 5 mile | ROAD |

AUGUST

| | | |
|-------------------------|-----------------------|-------|
| Friday 19 th | Neil Howells Memorial | MULTI |
| Sunday 28 th | Ellesmere 10k | ROAD |

SEPTEMBER

| | | |
|------------------------|-----------------------|------------|
| Sunday 4 th | Source of the Severn* | TRAIL/FELL |
|------------------------|-----------------------|------------|

OCTOBER

| | | |
|-------------------------|------------------------|-------|
| Sunday 9 th | Two Rivers (Presteigne | TRAIL |
| Sunday 16 th | Hereford X/C | X/C |
| TBC | Aberystwyth Peaks | MULTI |

NOVEMBER

| | | |
|---------------------------|----------------|------|
| Saturday 19 th | Elan Valley 10 | ROAD |
|---------------------------|----------------|------|

CHAMPIONSHIP CRITERIA

- You must be a member of Maldwyn Harriers
- There are 20 races of which you must complete at least 7 to be part of the championship
- Your best 7 races, scored as a percentage of the race winner's time, will be counted
- For new members joining the club in mid-season only those races run after membership has been ratified will be counted
- There will be awards for overall Male and Female club championships as well as in each category

Road Race Series

We also host an Open Road Race series - the events are:

| | | | |
|--------|-------------------------|-------------------|-------|
| March | Friday 25 th | Chocoholics 5k | ROAD |
| MAY | Sunday 1 st | Newtown 10k | ROAD |
| JUNE | Sunday 5 th | Gregynog | TRAIL |
| JULY | Friday 1 st | BBQ 5k | ROAD |
| AUGUST | Friday 19 th | Neil Howells Race | MULTI |

These are open to club and non club members and to be eligible for a series prize then athletes must complete 4 out of 5 races.

Track and Field

We are part of the Cheshire League in which athletes from the age of 9 to veterans can compete –

These fixtures are:

Sunday 10th April at Warrington

| | | |
|---------------------------------|----|---------------|
| Sunday 4 th June | at | Eccles |
| Sunday 10 th July | at | Connah's Quay |
| Sunday 4 ^h September | at | Colwyn Bay |

For our junior athletes we are also in the Shropshire Young Athletes League for both Track and Field and Cross Country. The dates for the 2016 Cross Country events are below.

The Cross Country Fixtures are:- (to be confirmed)

| | | |
|----------------------------|---|-----------------------|
| Sunday 25 Sept | - | Oswestry |
| Sunday 9 Oct | - | Bridgnorth |
| Sunday 13 Nov | - | Much Wenlock |
| Sunday 4 th Dec | - | Packwood Haugh School |

We also enter regional and National events and again we inform the athletes of the dates which are also available on the Welsh Athletics website.

Cross Country

The seniors of the Club are in the Herefordshire Cross Country League, Summer and Winter. For more information contact **Ifan Jones** or email to **enquiries@maldwynharriers.org.uk**

Contacts

All below can be contacted through

enquiries@maldwynharriers.org.uk or

The position followed by @maldwynharriers.org.uk

E.g. chairman@maldwynharriers.org.uk

| | | |
|-------------------|-----------------|-------------|
| Chairman | Mark Saunders | chairman@ |
| Treasurer | Chris Copus | |
| Secretary | Carole Williams | enquiries@ |
| Publicity | Ian Fraser | |
| Junior athletes | Martin Copus | juniors@ |
| Ladies | Jill Hillman | ladies@ |
| Men | Glyn Fletcher | seniormen@ |
| Membership | Rachel Williams | membership@ |
| Junior Membership | Chris Copus | juniors@ |

Web site www.maldwynharriers.org.uk

Facebook <https://www.facebook.com/maldwynharriersmidwales>



Welcome to Maldwyn Harriers Athletics Club



Objectives:

- To promote all sections of athletics as defined by UK Athletics.
- To encourage individuals and groups to participate in health-related activities pertinent to athletics and to promote pleasurable companionship.
- To foster links with other athletic bodies at British and International levels.
- In furtherance of the aims described above to affiliate to the national association i.e. Welsh Athletics, and the regional association i.e. North Wales Region

Organisation:

The club is an entirely voluntary organisation with all officials, coaches, team managers and others providing many hours of their time entirely free of charge.

Members are charged an annual subscription and these, together with other fund raising activities, are used to meet running costs. Additional help is always needed and volunteers will receive a warm welcome.

Help is always needed! This is particularly the case when the club hosts home fixtures at Maldwyn Leisure Centre, and willing volunteers are always made welcome.

The club Annual General Meeting is held in

March. The general club committee officers are elected at the AGM, and the following officers were elected in March 2016.

There is a full supporting committee also in place.

Chairman: Mark Saunders

Treasurer: Chris Copus

Secretary: Carole Williams

Membership:

Membership Secretary: **Rachel Williams**

Membership Fees 2016:

Membership to the club gives the athlete insurance cover, membership to the Welsh Athletics but most importantly membership to a friendly group of athletes all prepared to help each other.

For senior members the cost of yearly membership is £27.50 which covers insurance and Welsh Athletics registration.

For Juniors the membership fee is £15 which also includes insurance and Welsh athletics registration.

If there are more than one junior athlete from one family then the membership charge is £15 for the first family member and £10 for subsequent family members.

Membership fees are due as from 1st April each year

Please remember that you cannot compete without having first completed your forms and submitted you fees. All membership forms and payment should be sent to:

Rachel Williams - **Seniors**

Chris Copus - **Juniors**

The club is aimed at all ages above 8 years old and structured training is available for all athletes through the qualified coaches within

the club on a variety of evenings and at a variety of venues . Whilst we are keen to see our athletes to progress to a high standard the aims of the club are for enjoyment, fitness and a healthy lifestyle.

Men

The men's group generally meet at an agreed date and time and venue and their current regular session is at 6pm on a Wednesday from the Leisure Centre.

Ladies

Maldwyn Harriers Ladies is a highly motivated group who enjoy the social side as well as the fitness benefits and competitiveness of running.

The Ladies group meet on Wednesday evenings at 6pm from Maldwyn Leisure Centre - it is advisable that you have some previous running experience but if in doubt contact Jill or Caroline (07870 170906)

The Beginners Walk to Run group meet on Thursday evenings at 6pm from Maldwyn Leisure Centre. For this you must be 16 or over and all abilities are catered for. These courses run for 10 weeks at a time - please check with ladies@maldwynharriers.org.uk or on their Facebook page (Maldwyn Harriers Ladies) for course dates.

Juniors

The main training night for the juniors is on Wednesday evenings. The Primary school age group meet between 5.45 and 6.45 on the track during good weather and at the High School Gym during dark winter evenings. The older age group meet at the track between 6.30pm and 8.00pm throughout the year. For the older athletes there is also a session on Friday evenings between 6pm and 7pm to improve their technique.

Circuits

In addition to the training sessions for each section there is also the chance for a circuits session which is held on Monday evenings between 6pm and 7pm at Newtown High School boys gym. This is for athletes of all abilities and provides the opportunity to improve all areas of fitness.

Extra groups

Sunday Striders 9am from Maldwyn Sports Centre - facebook page - Sunday Striders - all abilities

Sunday Strollers 2pm from Maldwyn Sports Centre - facebook page - Sunday Strollers

(Both contacts will be Caroline on 07870 170906 and venues can change depending on date)

Club events for 2015

Maldwyn Harriers Club Championship 2015.

A series of different types of running races over a variety of terrains. This season there are 20 races and the athlete must complete a minimum of 7 races to be eligible for the club championship.

The races are:

(* denotes Maldwyn Harriers event)

MARCH

| | | |
|--------------|--|------|
| Saturday 5th | Rhayader "Round the Lakes" 5 mile OR 20 mile (will be scored separately) | ROAD |
| Friday 25th | Chocoholics 5k* | ROAD |

MAY

| | | |
|-------------------------|--------------|-------|
| Sunday 1st | Newtown 10k* | ROAD |
| Wednesday 11th | Rhayader 5k | ROAD |
| Sunday 15 th | Powys 10k | TRAIL |

JUNE

| | | |
|--------------------|-----------------|-------|
| Sun 5 ^h | Gregynog | TRAIL |
| Thurs 9th | Park Hall 5k | ROAD |
| Sun 19th | Shrewsbury Half | ROAD |
| Wed | Pontesbury | FELL |