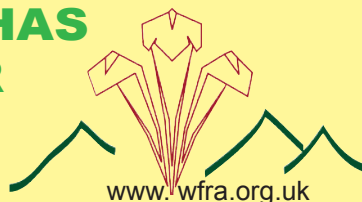


**CYMDEITHAS  
RHEDWYR  
MYNYDD  
CYMRU**



**WELSH  
FELL  
RUNNERS  
ASSOCIATION**

**2009 AWST  
CYLCHGRAWN  
NEWSLETTER  
AUGUST 2009**

## **British Fell and Hill Running Championships Final Race - Y Garn**

The Welsh Fell Runners Association hosted the final race in the British Fell and Hill Running Championships at Y Garn on Saturday 1st August. After a wet and windy night, race day was very pleasant with mild, dry, light winds and sunny intervals. The summit was clear. Conditions were good for racing, but the overnight rain had made it a bit slippery on the descent. It was a relatively low turnout for a British Championship race but this may be explained by most of the categories having already been decided. However, it was still a very strong field - both the men's and ladies records were broken. Nick Swinburn of Northumberland Fell Runners (and Bangor University) won the men's race in a time of 25 minutes and 44 seconds. This was 21 seconds inside Colin Donnelly's record from 1989 (CD's

record was on a longer course that started and finished in the village).

The ladies race was won by Clare Whitehead of Cosmic Hill-bashers in a time of 32.08 breaking Helen Fines record of 32.59 from 2008.

The award for services above and beyond the call of duty goes to summit marshal Debbie Evans. While ascending Y Garn, she encountered some riders on horseback near the base of the mountain. Stepping to one side, she slipped on a wet rock gashing her leg in the process. Undaunted, she carried on up to the summit and fulfilled her marshalling duties. Only then did she go to hospital for treatment. The gash required no fewer than 15 stitches! Thanks Debbie, we hope you recover from your injury soon.

Thanks also to the following - Team Dolly, Aberglaslyn Mountain Rescue, Forest Enterprise Wales, the farmer Mr Hughes, Meirionnydd Running Club for the use of their clock, the marshals and everyone who helped on the day.

Full results are on the WFRA website [www.wfra.org.uk](http://www.wfra.org.uk). Photos of the race by Alastair Tye are on website [www.fellrunningpictures.co.uk](http://www.fellrunningpictures.co.uk) and photos / video by Peter Douglas are on [www.prdouglas.co.uk](http://www.prdouglas.co.uk).

It was a very enjoyable and successful day and the WFRA received some excellent feedback on the event. RP



Photo:  
Pete  
Douglas

Nick Swinburn

### **Snowdonia Junior Series**

There was a good turnout for the junior race at Y Garn on 1st August. It was the final counter in the Snowdonia Junior Series. Congratulations to all the Award winners listed below.

Snowdonia Junior Series Award Winners

**Male U/12** : 1. John Spill (Menai) 36pts, 2. Aaron Roberts (u/a) 34pts, 3. Alex Hearle (Merica) 29 pts.

**Male U/14** : 1. Gerwyn Roberts (u/a) 34pts, 2. Morgan Evans (Menai) 31pts, 3. Rhys James (Menai) 28pts.

**Male U/16** : 1. Owain James (Menai) 30pts.

**Female U/12** : 1. Bronwen Jenkinson (Eryri) 36pts.

**Female U/14** : 1. Nicola Berry (Stockport) 36pts.

**Female U/16** : 1. Sarah Livett (Menai) 36pts.

### **Remembering Doug Morris**

The unveiling of the 'Remembering Doug Morris' bench will take place on Saturday, 29th August at 11:30am in Llanwddyn, just close to where the half marathon starts. It will be an informal affair although a few words will be said. If any WFRA members would like to attend (or even say something) they would be most welcome.

### **WFRA OPEN/WELSH CHAMPIONSHIPS**

The latest Table (after 4 races) is printed elsewhere in this Newsletter. If you have already completed two races in this Champs (including one long race) then you could be in contention for a prize. Prizes will probably be awarded to the first 3 in each age category as long as they have completed 4 races (which must include one at each distance). The remaining races are Arenig Fawr (medium) on Sunday 4th October and Bloreng (short) on Saturday 28th November. The presentations for WFRA Champs and Series will be made after Bloreng. This will be followed by the WFRA AGM.

### **CALENDAR UPDATES CHANGE OF DETAILS**

#### **THE TAVERN**

**Saturday 22 August**

2.30 p.m. 9m/2900' AM

£4.00 Over 18.

From Lletty Farm,

Llangwyfan, Denbighshire. Lletty farm is at GR 128647 on the road between Llangwyfan and Llangynhafal.

Details: Martin Cortvriend, Dol-y-Caeau, Llangynhafal, LL16 4LN. Tel: 01824 790534.

Email:

[martincortvriend@yahoo.co.uk](mailto:martincortvriend@yahoo.co.uk)

#### **LLANFEST FELL RUN Saturday 12th Sept.**

6.5miles/1366' Start 12.30

£3.00 o.d.o. o/18yrs.

Full kit to be carried

Organiser: Neil Grew, 4 Mount Pleasant, Llanfairfechan LL33 9UL. Tel. 01248 680683

#### **PUMLUMON CHALLENGE Saturday 12 Sept.**

27miles/5500' Start 10a.m. Entries close 5th September. Starts and finishes at the Nant yr Arian Forestry Centre. Organiser Wynne Jones, Lisburne House, Pontrhydygroes SY25 6DQ. Tel 01974 282581

### **NAVIGATION COURSE**

The next WFRA Navigation Course will be on Sunday 15th November 2009 in Llanberis. After the 'adventures' by some competitors in the Foel Fras and Welsh 1000m races this year the importance of being able to navigate competently cannot be stressed too highly. More details are on the WFRA website or contact Ross Powell tel 01286 881491 or e mail [ross@wfra.org.uk](mailto:ross@wfra.org.uk). A Navigation Course can also be arranged in south Wales if there is sufficient demand.

## **2009 WFRA Championships and Series Presentations**

Will take place after the  
**BLORENGE RACE**

**on Saturday, 28 November**

**Followed by the WFRA  
Annual General Meeting**



# A most challenging challenge

After helping with Chris Armour's Ramsay attempt on Saturday I moved across to Glenmore on Sunday, to get some rest and prepare for the Rigby round. I had planned to go for it on Monday 10:30pm from the Ski Centre car park, anticlockwise so as to get the darkness out of the way at low level by the time I reached Braeriach. After a rest I started thinking of an earlier start, such as Sunday night but a downpour that lasted for a few hours put a stop on that thought. The weather forecast for Monday sounded quite bad, rain and flood warnings, becoming sunny on Tuesday. My aversion to hot weather made me change my plans; I would go early on Monday. In the morning the cloud was down to the forest and there was light rain falling on and off. With no knowledge at all of the area, I decided that the best bit to do in the night would be the middle bit, west of Glen Dee. For that I calculated that I would need around 12 to 13 hours going clockwise (mid-morning start) and around 10 hours (mid-day start) going anticlockwise.

The cloud was lifting slowly and by 9am I could see the top of Chalamain. The decision was taken, anticlockwise, start time 09:46, layby at NH957096, by Loch Morlich. It was mild and there was a cooling drizzle - ideal running conditions. As I passed the ski lifts on my way up Cairngorm, I got into the thick mist and from there on visibility was extremely limited, 20 yards most of the time, apart from a few occasions when I was low in the glens. I had to make constant use of map and compass and that limited the speed of movement

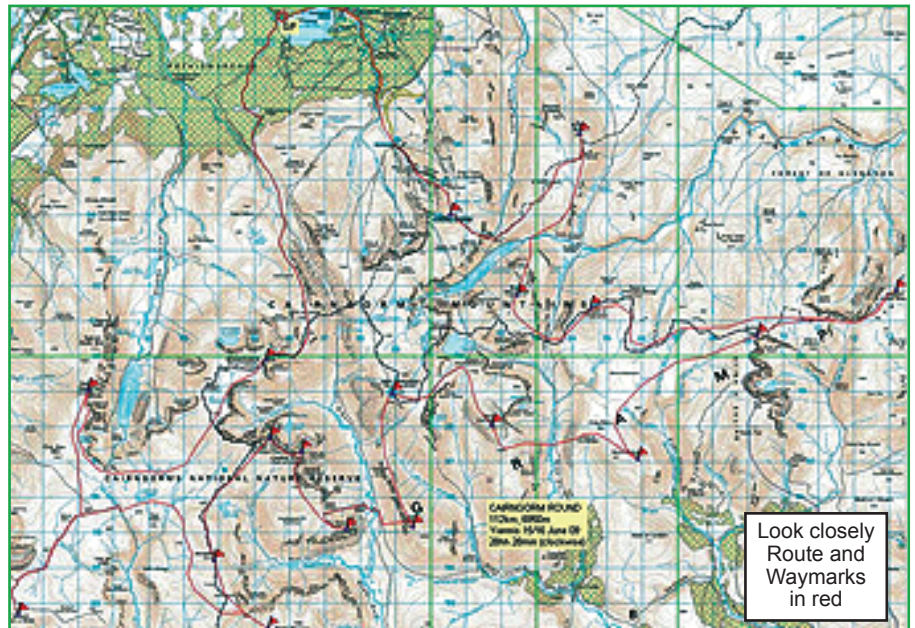
since I could not see the ground features around me. In such conditions the big drawback is that you cannot choose the best running line and every so often you are forced to change direction to avoid crags, boulder fields etc, etc. I had a GPS with me with the 18 summit points stored and only turned it on to make sure I was heading for the right cairn. The ground was waterlogged from yesterday's heavy rain and the steady drizzle/rain that was almost continuous.

I was feeling good and was making steady progress but felt frustrated by the almost complete inability of being able to see where I was heading to and pick short-cuts.

During the whole adventure I saw a couple on Bynack More and walkers heading for Braeriach in the sunshine on Tuesday; not a soul anywhere else.

I made my only serious mistake descending Ben Macdui by carrying on down on a SW bearing, in fading light, and following the spur on the wrong side of the burn. You might say I should have heard the sound of the water rushing down the burn but there was so much water about, there

**Completion of Mark Rigby's Cairngorm round on 15/16th June 09 by Yiannis Tridimas in a time of 28hrs 38mins**



were streams and torrents everywhere. As I got low I caught a glimpse of the meandering river Dee below and I knew I was in trouble as I spotted a massive rock wall rising on my left and disappearing into the cloud. After a quick reassessment of the situation I climbed back up and traversed across to gain the ridge to Carn a' Mhaim, having lost around half an hour and disappointed at not being able to get to Rob Woodall's gully descent from Carn a' Mhaim in decent light conditions. Thanks to Rob's meticulous surveying, I found that gully in the dark by counting 300 steps back from the cairn and double-taps - good work Rob, the gully is a gem!

It was a bit after midnight when

I got to Corru bothy. I sat outside briefly to get food out of my sack. There was a tent nearby and I could see sacks inside through the window so I kept quiet and carried on up the path checking the distance with the . I had done 10 summits and more than half the distance so there was a chance I might do it in time. Daylight came on the wet wilderness to Monadh Mor and with it the thought that 24 hours was probably not feasible. My feet had ab

sorbed so much water, they were feeling sore and running was getting uncomfortable; so I walked most of the remaining distance, content to get round (I never give up without a good reason). For anyone having a go, I would recommend anticlockwise. The western section has most of the runnable ground and it is best to get the running done while the legs and feet are in good working order.

Tuesday morning brought brighter weather with it and I managed to get glimpses of some impressive crags on Sgor Gaoith and most of Braeriach. The long trek to Loch Morlich via Rothiemurchus Lodge seemed interminable at mostly walking pace.

I am happy enough to have completed the whole circuit - it took me 28hrs 38mins. I am completely free of injury, I just need to catch up with a bit more sleep. My only regret is that having for the first time been round the Cairngorms, I still have very little idea what they look like!

I carried my mobile/camera and started taking photos of every summit cairn until after a while it got so wet, it gave up completely.

The route:

Loch Morlich, Cairn Gorm, Bynack More, Beinn Mheadhoin, Beinn a' Chaorainn, Ben Avon, Beinn a' Bhuid, Beinn Bhreac, Derry Cairngorm, Ben Macdui, Carn a' Mhaim, The Devil's Point, Cairn Toul, The Angel's Peak, Monadh Mor, Beinn Bhrotain, Mullach Clach a' Bhlairst, Sgor Gaoith, Braeriach, Loch Morlich.

Yiannis Tridimas 17/06/09



Loch Avon



# Mary Gillie's Paddy Buckley Round

I finished my Paddy Buckley Round on the 27th/28th June in 21 hours 43 minutes, the third fastest female. Stats over, I won't bore you with a blow by blow description of the route – there are plenty on the web. Instead I'll try to convey some of the buzz, thoughts along the way, the highs and lows.

The nerves the day before were so bad I started wondering if I had a stomach bug. Thankfully however, I did manage to sleep the night before. Paul Oldfield took me up the road but sadly couldn't support me as his shoulder had frozen the night before. Anne Stentiford stepped into the breach. It meant setting off with two people, Rob Woodall and Anne, that not only I didn't really know but also both had awesome reputations for long distance running – I only realised Anne holds the woman's record for the PB the night before. I felt rather daunted but there was no need to worry. Having set off to cheers of good luck, I soon got to know them and felt in very good hands. Does fell running create wonderful people or just attract them? The great thing about the pace for something like the PB is that you aren't too out of breath to chat.

Having climbed Siabod, it was time to tackle the heather and bogs of the ridge meandering to Alt Fawr. The bogs had grown in my imagination and weren't that bad. Rob led me expertly, showing me a few improvements on the route (yes, even after all the

reccies). Anne 'mothered' me feeding me regularly and making sure I drank enough. The mist didn't impede route finding and kept the temperature down. By this time I was absolutely buzzing, my only worry was that I'd burn out as I was going faster than my schedule.

As we came down to the first lot of quarries, between Alt Fawr and Foel Ddu, Anne's husband Bill was waiting with their children to cheer us on, which was a lovely surprise. There is something about children's support that really makes me feel great. It was a strange mix with the loneliness of the old buildings and their whispers of a bygone era. We continued on however and coming over the Moelwyns the mist first blew around atmospherically and then lifted.

Coming into Aberglaslyn we were 40 minutes ahead and most of the support team for the next leg weren't there. Ben Amesbury, Kean and Sandra Rowlands, Bill and his children were on hand to stuff me with cake and give me a good drink. Bill and I set off, and I got the chance to get to know another great fellrunner. All my support just gave me such energy. Despite the heat, I was glad of the clear skies to navigate up Banog and Hebog, especially as the bracken had grown since my last reccie. Bill somehow seemed to inspire with me confidence to find a good way through.

Unsurprisingly Jackie Lee caught us up easily. With her happy nattering, she literally chatted me up the hills. Topics covered training, the Isle of Man, biking, horses and races. I was over the hills before I'd realised. By the way, whoever nicked her boyfriend, Lloyd's new Walsh fell-shoes at Jura, give them back if you haven't trashed them.

Having fought through the heather on Y Gyrn, it was great to see Mike Blake and Chris Amour waiting for us. Given Mike's terrible throat infection, I was touched he had come up at all. Chris took over from Jackie for the rest of the leg and we finished the ridge drinking in amazing views.

I was slightly concerned I wasn't tired but on the other hand I didn't waste energy protesting when Ben kindly took off my disgusting socks and put dry ones on my equally disgusting feet – a real labour of love. More cake and water and warmer clothes for the night. Chris, Rob and Kean set off with me up the ridge to Craig Wen. Kean's precision route

finding provided an excellent line and gave me great confidence as he showed me the easiest route round each curve and boulder. All the way up Y Aran and to Snowdon we drank in the best views I've ever had on Snowdon. The sunset was stunning. Someone was looking after me as far as the weather was concerned. Amongst other food, I enjoyed a packet of mini cheddars. Together with hula hoops on the first leg, these were 'forbidden fruit' as a child that my mother wouldn't buy. It gave me a great naughtily but good feeling!

As we climbed, I felt my father with me, although he died when I was young, he is often with me on challenges and races. I thought of when I conquered my first mountain as a little girl climbing hand in hand with my Daddy up the Old Man of Coniston. What a long way I've come from then, could he have imagined the seed he had sown!

I really did feel on top of the world on Snowdon, with a blanket of cloud bathed in pink sunlight below me. It was just great to be alive. We had a good descent stopping only to fix head torches. Sandra led me expertly over Moel Elio with equally excellent route finding down across the fields into Llanberis. Again it was just wonderful that so many of the support team were still out to cheer me on. It was a nice sur-



Mary Gillie

prise to see Ed Proctor who I wasn't expecting. After more cake and tea, Ed Lofill and I set off for the Glyders. Being ahead of time, it meant most of it would be in the dark which was rather daunting.

The Glyder started OK. Could the miners who made such inclines and staircases ever have imagined what they would be used for years later? Life started to get tough over Glyder Fach and Glyder Fawr. An internal war was going on between my head demanding sugar and my stomach that was on strike. I resorted to Ed's Jelly Babies and Lucozade (I can't stand either normally but desperate times lead to desperate measures). The mist was down now and the rock wet. Torchlight just bounced back meaning that visibility was down to a couple of metres. Tiredness meant I was

*continued on page 8*

## Waun Fach 11th July

Conditions were good for Waun Fach (7m/2000') in the Black Mountains and Martin Shaw (Mynydd Du) made the best of them to win by 3 min 32 sec – all the more impressive with this being just a week after knocking 9 minutes off Lloyd Taggart's Rhinogs record.

Griffithstown Harriers were well represented and successful, with Dimitri Vorres taking overall 2nd and 1st MV40, and Steve Davies, who started fell running just 3 months ago, 1st M50 and 8th overall. Chepstow were also out in force. Improving junior Matthew Stott finished 3rd overall.

Senior women were outnumbered 7 to 1 by vets- Angela Jones (FV40) from Brecon AC was the first woman home and Sue Ashton suffered a rare FV50 defeat from her Chepstow club-mate Gill Stott.

## Clywdian Junior Series

After two out of three races in the series, the Clywdian Junior Series will be tight. A 100 points are awarded for the first finisher, 90 for the second etc.

The first race in March was held at Gweryd Lakes and we had a record turn out. There was some excellent performances despite the route for the 10-11 and 12-13 year old being rather steep. The next race at the end of May suffered from the fact it clashed with half term which reduced numbers but we were blessed with lovely weather. In contrast to the first race these routes were longer and smoother. Glyn Dickerson and Tom Holmes who did both races demonstrated that they could perform well on different terrain.

		G.G.	Pts	RAH	Pts	Total
<b>12-13 year olds</b>						
Madison Davis	girl	07:59	70			70
Glyn Dickerson	boy	07:02	90			90
Grant Leach	boy	06:15	100	13:52	100	200
Eben James	boy	07:08	80			80
<b>10-11 year olds</b>						
Sion Artobus	boy	04:44	100			100
Lewis Brown	boy	07:16	70			70
Lucia Hughes	girl			13:14	100	100
Lilly Davis	girl	05:08	90			90
Tomos James	boy	05:56	80			80
<b>8-9 year olds</b>						
Miles Agnew	boy	02:17	60			60
Joshua Hall	boy			09:43	90	90
Tom Holmes	boy	01:58	100	09:15	100	200
Sian James	girl	02:10	70			70
Martha Owen	girl	02:01	90			90
Libby Purchase	girl	02:10	80			80
Tom Purchase	boy	02:30	50			50
<b>6-7 year olds</b>						
Freya Davis	girl	01:47	80			80
Justin Edwards	boy	01:32	100			100
Adam Lester-Owen	boy	01:36	90			90
Billy McCorkell	boy			03:23	100	100
Morgan Roberts	boy	01:59	70			70
Lisa Williams	girl			04:52	90	90

The last race will be on 20th September at 2pm from the Ponderosa cafe, Horseshoe Pass. Do pass on the information. It would be nice to have record number for the last race of the year. More information Email: marygillie1@yahoo.co.uk

## A personal view . . . Lymes Disease

With reference to the article about Lyme disease in your last Newsletter. Quite independently, another article about Lyme disease was published in the *Fellrunner* (the third such article in the *Fellrunner* in the past ten years). In both articles, diagnosis of Lyme Disease was presented as a fait accompli, whereas in fact diagnosis of Lyme Disease is apparently problematical and difficult. Indeed I have heard Lyme Disease described as "the most frequently mis-diagnosed disease in the UK", with the result that some patients are treated for Lyme Disease who may actually be suffering from something worse (or may not be suffering from any disease at all). False negatives in Lyme Disease tests are as common as false positives. The nocebo effect comes into play: if told you can develop Lyme Disease after a tick bite, symptoms may develop which mimic the disease, even to the extent that you fool yourself into believing you are ill (and probably fool your doctor, too). The nocebo effect almost becomes an illness in its own right.

The statistics don't seem to me to add up. There are currently around 700 new cases of Lyme disease per annum in the UK, apparently mostly in Scotland. Of these, roughly 20% (140) are believed to have been contracted abroad. This means that there may be only one new case of Lyme disease per annum (contracted within the UK) per 107,000 members of the population (currently around 60,000,000). I believe there are about 3,000 fellrunners in the whole of the UK. In other words, the likelihood of even a single case of Lyme disease per annum amongst the entire fellrunning community is fairly small. I think it would be making a conservative guess to assume that roughly

one person in ten gets bitten by a tick once each year. That would indicate a minimum 6,000,000 tick bites (the actual figure could be many times more than that....I got bitten 14 times last year). If the figure of 560 new cases of Lyme disease per annum is correct, that would indicate one case of Lyme disease per 10,700 tick bites. The question, therefore, is not why there are so many cases of Lyme disease, but why relatively so few. Perhaps the comparative rarity of Lyme Disease goes to explain why the few chronic sufferers of the disease are attempting to widen the statistical net by alleging that other diseases may have tick-bites as a possible contributory factor: MS, ME, rheumatoid arthritis, alzheimers, motor-neurone disease and fibromyalgia....amongst others. There seems to be no evidence to back up these claims.

I don't have a scientific background or any statistical expertise, so my qualifications for writing this article are nil. But I wonder if I am alone in being annoyed by the simplistic advice to remove the tick with tweezers (what else are you supposed to do: suck it? lick it? stroke it? leave it to grow fat and drop off?). I'm equally annoyed by the advice to wear boots, thick socks and trousers fastened tightly at the ankle (and long-sleeved jackets fastened at the wrist) when walking through heather or bracken. We are even advised not to wear open-toed sandals! Rather than accentuating the rare risk of Lyme disease, wouldn't it be more sensible for fellrunners (or any other member of the public who enjoy the countryside) to relax and to remove any ticks quietly and efficiently (preferably with plastic tick removers which cost about £2 from your vet or pet shop)? Better still, if you are that worried, why not go out and buy



Francis Uhlman

a few packs of tick removers and give them to friends as presents? Surely it's better to be practical and pragmatic rather than spread messianic alarm, especially when the disease is apparently subject to such frequent and potentially dangerous mis-diagnosis? Does anyone actually know of any confirmed and proven cases of Lyme disease amongst fellrunners? Personally (and selfishly), given the number of cases of prostate cancer and bowel cancer in men of my age, I'm more than happy to risk accusations of bigotry and irresponsibility in accepting the very long odds of contracting Lyme Disease with equanimity.

Yours, sceptically, unscientifically and probably stupidly

Francis Uhlman

## Cribyn

16 May  
5.5miles/3100'

A field of 55 runners contested the first running of the Cribyn race since 2004. Conditions were quite poor with rain and strong winds, but visibility was good. This was lucky for Lancashire raider Shaun Godsmen of Calder Valley Fell Runners who enjoyed his first race in South Wales. Having no prior knowledge of the area, he successfully led from start to finish, recording a fantastic time of 55.18, over 5 minutes clear of his nearest rival Mike Duxbury (Stroud) who was first MV40. Nigel Bunn of Tring was 3rd, just 3 seconds behind.

It was a double for Calder Valley as Helen Fines took women's first prize in a new course record after a battle with clubmate Anne Johnson, who was first FV40. Chepstow's Liz Francis was 3rd.

It was an unusually small field on the veteran front- perhaps they were saving themselves for Sarn Helen the next day? First MV50 was Mark Saunders, and John Sweeting (MDC) got the better of Gary Gunner by 2 minutes for MV60 honours. Of the two U23 men, Christopher Worley came out on top.

Many thanks to the awesome marshalling team of Del Thornley, Kay Lucas, Jessica and Chris Taylor, timekeepers Gerry and Sue Ashton and all round troubleshooter Fiona Turner.

## CLWYDIAN SUMMER TROTS

Yet another successful series of races this year in what was the fifth year of Summer Trots. Numbers were up in the eighties for each race and we had six different winners from six different clubs in Ian Houston, Sarah Hammond, Tim Higginbottom, Lisa Morley, Tim Davies and Mary Gillie. Once again we were very well supported by club runners from far and wide, Tattenhall Runners, Wrecsam Tri Club and Clwydian Range Runners were especially noticeable. As always our helpers and marshalls are much appreciated and all races were mishap-free.

The final event, The Green, Green, Grass of Home is normally over a convoluted route which is changed every year. This year there were a plethora of taped sticks over our side of the mountain to indicate where bracken spraying was to take place; in order to avoid these areas we devised an up and down race to the summit of Moel Famau. The helicopter has now done its job, the bracken has been attacked and hopefully next year we'll have a lot more green, green grass!

Footnote: Mary Gillie is not only good at the shorts but she also won a classic long race on August 2nd this being the Borrowdale Fell Race – a famous victory – congratulations!

Martin Cortvriend

## BEACON BATCH NORTH SOMERSET 23 June, 095 miles/1000ft

We were blessed with a beautiful summer's evening on one of the longest days of the year to enjoy fantastic views across the Mendips. 98 runners took on the 1000 feet climb over 2 miles to the Beacon Batch summit which was followed by a glorious mile along the top of the Mendips, before the 1000 feet descent to complete the 5 mile circuit.

Local runner, Jason Rowley was first home improving on his 4th place from 2008 and taking nearly 30 seconds off his previous time. Congratulations to Marianne Gittos from

Chepstow Harriers who broke the long standing female record of 14 years. Marianne was closely followed by Weston AC runner Phil Richards. Well done also to Patrick Scallan who improved his 2008 time by nearly 4 minutes to take the Junior Male Title. A special mention goes to all Chepstow Harriers who had 21 entries and won 3 of the 10 categories.

Many thanks to all the brilliant helpers and the Langford Inn in Lower Langford where many enjoyed a good meal and drink after the race.

Rob Skeen

## MARK LEAR

The WFRA would like to offer their condolences to the family and friends of Mark Lear, who tragically died of a heart attack whilst competing in the Snowdon race on Saturday 18th July.



## WFR A North Wales Series

Half Peris September 5th and  
Arenig Fawr October 4th to follow

Best 6 from  
9 to count

Pos	Name	Club	Cat.	Tarren Hendre		Pipe Dream		Llangynhafal		Foel Fras		Stretton Hills		Rhinogs		Y Garn		Total
				Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	
1	Andrea Rowlands	Eryri	F	59.46	91.21	40.32	94.38	45.22	90.45	151.58	66.55	62.15	82.14	222.26	74.99	33.47	84.09	517.27
2	Anna Bartlett	Shrewsbury	F	57.24	95.52		0.00		0.00	135.20	81.16	57.21	91.42		0.00		0.00	268.10
3	Helen Fines	Calder Valley	F		0.00		0.00		0.00		0.00	57.05	91.92		0.00	33.40	84.49	176.41
4	Rebecca Law	Eryri	F		0.00	41.41	91.38		0.00		0.00				0.00	36.15	75.63	167.01
5	Phoebe Webster	Aberystwyth	F	65.00	81.69	0.00		0.00		0.00		0.00	230.28	70.48			0.00	152.17
6	Louise Barker	Aberystwyth	F	66.00	79.87		0.00		0.00		0.00		0.00	237.20	66.62		0.00	146.49
7	Alexandra Fletcher	Eryri	F		0.00	56.20	53.21	65.29	41.88		0.00		0.00		0.00	49.14	31.08	126.17
8	Joanne Moore	u/a	F		0.00		0.00	55.11	66.75		0.00		0.00		0.00	42.21	54.70	121.45
9	Jennifer Williamson	Eryri	F	83.52	47.35	57.15	50.82		0.00		0.00		0.00		0.00		0.00	98.17
1	Juliet Edwards	Meirionnydd	F40	74.35	64.25	50.57	67.24	57.27	61.28		0.00		0.00	253.51	57.34	44.18	48.01	298.11
2	Sandra Rowlands	Clwydian	F40	69.44	73.07	48.43	73.06	54.18	68.88	206.39	18.53		0.00		0.00	42.02	55.79	289.33
3	Ellie Salisbury	Eryri	F40	76.34	60.64	50.41	67.93	56.46	62.93	202.14	22.41		0.00		0.00	43.54	49.38	263.29
4	Ali Thomas	Eryri	F40		0.00	49.14	71.71		0.00		0.00		0.00	237.01	66.80	40.39	60.53	199.04
5	Yvonne Hill	Oswestry	F40		0.00	46.53	77.83	53.28	70.90		0.00		0.00		0.00		0.00	148.73
6	Annie Williams	Eryri	F40		0.00		0.00	53.29	70.85		0.00		0.00		0.00	40.13	62.02	132.87
7	Emily Wood	Eryri	F40	78.42	56.75	53.55	59.51		0.00		0.00		0.00		0.00		0.00	116.26
8	Yvonne Amesbury	Clwydian	F40	81.35	51.50		0.00	66.33	39.30		0.00		0.00		0.00		0.00	90.81
9	Linda Edmondson	Wrekin	F40	84.38	45.95		0.00	67.03	38.10		0.00		0.00		0.00		0.00	84.05
1	Kath Harvey	Pennine	F50		0.00		0.00	52.28	73.31		0.00		0.00		0.00		0.00	73.31
2	Gill Stott	MDC	F50		0.00		0.00		0.00		0.00	71.04	65.45		0.00		0.00	65.45
3	Sue Ashton	Chepstow	F50		0.00		0.00		0.00		0.00	74.03	59.80		0.00		0.00	59.80
1	Maggie Oliver	Eryri	F60	79.57	54.48		0.00	60.16	54.48		0.00	81.07	46.42		0.00		0.00	155.37
1	Scott Butterworth	Eryri	M		0.00	38.05	100.76	44.32	92.47		0.00		0.00	194.27	90.72	34.10	82.78	366.73
2	Simon Edwards	Buckley	M	57.02	96.19	39.37	96.77	44.57	91.46	140.25	76.69		0.00		0.00		0.00	361.11
3	Nigel Rowlands	Clwydian	M	64.20	82.90	44.09	84.96	51.21	76.01		0.00	68.18	70.68		0.00		0.00	314.55
4	Craig South	u/a	M		0.00	44.40	83.61	50.07	78.98	179.19	42.53		0.00	204.37	85.01		0.00	290.13
5	Craig Jones	Eryri	M		0.00	37.50	101.42	43.11	95.73		0.00		0.00		0.00	33.27	85.24	282.38
6	Martin Cliffe	u/a	M		0.00		0.00	44.24	92.79		0.00	56.08	93.72		0.00	32.12	89.52	276.03
7	Rory O'Donnell	u/a	M		0.00	40.56	93.34		0.00	135.09	81.32		0.00	207.16	83.52		0.00	258.17
8	Huw Trainor	Eryri	M	65.47	80.26	44.14	84.74		0.00	145.30	72.23		0.00		0.00		0.00	237.23
9	Tim Davies	Mercia	M		0.00		0.00		0.00		0.00	47.06	110.82		0.00	26.49	107.99	218.82
10	Martin Shaw	Mynydd Du	M		0.00		0.00		0.00		0.00		0.00	161.37	109.17	28.21	102.73	211.91
11	Richard Roberts	Eryri	M	51.22	106.50		0.00		0.00	108.36	104.63		0.00		0.00		0.00	211.14
12	Matthew Roberts	Eryri	M		0.00		0.00		0.00		0.00	50.24	104.58	167.05	106.10		0.00	210.68
13	Iain Ridgway	Eryri	M	52.01	105.32		0.00		0.00		0.00		0.00		0.00	30.22	95.81	201.14
14	Chris Near	Eryri	M		0.00		0.00	43.07	95.89	110.09	103.27		0.00		0.00		0.00	199.16
15	Anthony Smith	Ambleside	M		0.00		0.00	42.09	98.22		0.00	52.49	100.00		0.00		0.00	198.22
16	Roland Stafford	Mercia	M		0.00		0.00		0.00		0.00	50.58	103.50		0.00	31.35	91.64	195.14
17	James McQueen	Eryri	M		0.00		0.00		0.00	113.40	100.18		0.00		0.00	32.19	89.12	189.31
18	Gareth Williams	Cybi	M	62.22	86.48	41.02	93.08		0.00		0.00		0.00		0.00		0.00	179.56
19	Mark Atherton	u/a	M	63.32	84.36		0.00		0.00		0.00		0.00		0.00	34.33	81.46	165.82
20	Cai Pierce	Eryri	M	65.35	80.63	44.05	85.13		0.00		0.00		0.00		0.00		0.00	165.76
1	Paul Jenkinson	Eryri	M40	60.16	90.30	39.06	98.12	44.05	93.55	125.03	90.19	57.58	90.25	196.22	89.64	31.55	90.50	552.91
2	Ed Harmer	Eryri	M40	73.02	67.07	46.58	77.62	52.09	74.07	160.02	59.47		0.00	208.39	82.74	35.39	77.69	438.65
3	Michael Kelly	Leighton	M40		0.00	41.15	92.51	47.48	84.58	135.26	81.07	61.03	84.41		0.00	35.59	76.54	419.12
4	Graham Davies	Colwyn Bay	M40		0.00	51.44	65.20	51.17	76.17	146.56	70.97	69.16	68.85	267.35	49.62	40.13	62.02	392.83
5	John Montgomery	Clwydian	M40	60.25	90.03	38.24	99.94	43.26	95.12	128.34	87.10		0.00		0.00		0.00	372.19
6	Paul Beeson	Maldwyn	M40	62.19	86.57		0.00	45.39	89.77		0.00	58.16	89.68	203.31	85.62		0.00	351.65
7	Noel Craine	Eryri	M40	59.27	91.79	40.30	94.47		0.00	135.20	81.16		0.00		0.00	37.23	71.74	339.16
8	John Hunt	Dark Peak	M40		0.00		0.00	41.39	99.43		0.00	50.38	104.13		0.00	30.38	94.90	298.46
9	Geran Hughes	Abergele	M40		0.00	38.42	99.16	46.15	88.32	131.37	84.42		0.00		0.00		0.00	271.90
10	Glyn Fletcher	Maldwyn	M40	60.40	89.58		0.00		0.00		0.00	60.10	86.08		0.00	34.42	80.95	256.61
11	Steve Marham	Leighton	M40	66.11	79.54	44.27	84.17	51.06	76.61		0.00		0.00		0.00		0.00	240.32
12	Huw Lewis	Buckley	M40	66.27	79.05	45.23	81.74	51.09	76.49		0.00		0.00		0.00		0.00	237.28
13	Neil Elias	Eryri	M40	65.22	81.02	43.07	87.65		0.00	150.09	68.15		0.00		0.00		0.00	236.82
14	David Marham	Leighton	M40		0.00	44.03	85.22	49.31	80.43		0.00		0.00		0.00	43.03	52.30	217.95
15	Neil Ashcroft	Ambleside	M40		0.00		0.00	42.13	98.06		0.00	54.06	97.57		0.00		0.00	195.63
16	Simon Ellis	Tattenhall	M40		0.00	40.08	95.42	45.49	89.37		0.00		0.00		0.00		0.00	184.79
17	Dave Soles	Pennine	M40		0.00		0.00	45.16	90.70		0.00	58.45	88.77		0.00		0.00	179.46
18	Dave Powell	Aberystwyth	M40	61.35	87.91		0.00		0.00		0.00		0.00	217.12	77.93		0.00	165.84
19	Peter Agnew	Denbigh	M40		0.00		0.00	49.14	81.12	133.47	82.52		0.00		0.00		0.00	163.64
20	Gary P Jones	Eryri	M40		0.00	44.23	84.35		0.00	150.10	68.13		0.00		0.00		0.00	152.48
1	Peter Browning	Clayton	M50	65.42	80.41	44.21	84.43	49.54	79.51	142.38	74.75	64.35	77.72	224.24	73.89	35.48	77.17	474.00
2	Arwel Lewis	Eryri	M50		0.00	41.30	91.86		0.00	134.44	81.68	60.10	86.08	200.2				

## Gladstone 9

The Sinclair Steel / Conwy Outdoor Shop Gladstone 9 race took place from Dwygyfylchi, near Conwy on Saturday 8th August. The weather was dry with sunny intervals and the summits were clear.

The race was won by Chris Near of Eryri in a time of 1 hour 16 minutes and 45 seconds. Tim Higginbottom of Eryri was 2nd in 1.18.31 and club-mate Scott Butterworth 3rd in 1.21.12. Other category winners - Over 40 Neil Hardman (Clayton) 1.24.12, Over 50 Arwel Lewis (Eryri) 1.21.23, Over 60 Don Williams (Eryri) 1.33.23.

The ladies race was won by Andrea Rowlands of Eryri in a new record time of 1.24.45. Ruth Metcalfe of Eryri was 2nd in 1.30.14 and Val Swinger of Shropsire Shufflers was 3rd in 1.36.57. *Ross Powell*

## Rhinog Horseshoe

The Rhinog Horseshoe race took place from Llanbedr, near Harlech on Saturday 4th July. This gruelling race is 15.5 miles long and with 5200 feet of climb. Weather conditions were mild, overcast, humid, breezy and with showers at times. The summits were clear. The race was a counter in the Welsh Fell Runners Association Open / Welsh Championships and North Wales Series.

The race was won by Martin Shaw of Mynydd Du in a new record time of 2 hours 41 minutes and 37 seconds. Matthew Roberts of Eryri was 2nd in 2.47.05 and Alan Ward of Dark Peak 3rd in 2.52.05 (also 1st over 40). Other category winners - Over 50 Ross Powell (WFRA) 3.20.19, Over 60 John Marsh (Tarren Hendre) 3.49.58.

The ladies category was won by Andrea Rowlands of Eryri in a time of 3.42.26. Phoebe Webster of Aberystwyth was 2nd in 3.50.28 and Ali Thomas of Eryri was 3rd in 3.57.01 (also 1st over 40). *Ross Powell*

Beca - 29th August and Llyn y Fan - 19th Sept.  
Best 4 from 7 to count

## WFRA S. Wales Summer Hill Series

Beca - 29th August and Llyn y Fan - 19th Sept.  
Best 4 from 7 to count

Pos.	Name	Club	Cat.	Mynydd T.		Cribyn		Stretton H.		Coity		Llanthony		Total Score
				Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	
1	Stuart Moore	Wye Valley R.	MS	65.55	93	64.29	93			48.16	93	32.36	104	383
2	Peter Williams	MDC	M50	71.02	84			62.27	82	52.44	83	36.09	93	342
3	Gary Gunner	Croft Ambrey	M60	86.30	59	79.25	68	68.21	71	60.05	67	39.47	82	289
4	Max Suff	Hereford C.	M40			66.59	89			49.11	91	34.57	97	277
5	Clive Rowberry	Hereford	M50	85.30	61	82.05	64			60.52	65	40.37	80	270
6	Helen Fines	Calder Valley	FS	71.16	84	64.34	93	57.05	92					269
7	John Darby	Mynydd Du	M50	88.34	56	85.32	58			60.10	67	42.28	75	255
8	Dave Austin	Calder Valley	MS	72.51	81	70.23	83	61.44	83					248
9	Steve Herington	Hereford	M60	80.37	69					54.56	78	40.39	80	227
10	Andy Stott	Chepstow	M50	82.56	65			66.21	74	54.45	79			218
11	Rob Gordon	Mynydd Du	MS							44.58	100	30.39	109	210
12	John Sweeting	MDC	M60	82.56	65	77.04	72			63.38	59			196
13	Dimitri Vorres	Griffithstown H.	M40							47.23	95	34.55	97	192
14	Les Williams	Eryri	M60	86.10	60					66.23	53	44.12	69	182
15	Gill Stott	Chepstow	F50	90.13	53			71.04	65	63.47	59			177
16	Paul Beeson	Maldwyn	M40	71.52	83			58.16	90					173
17	James Blore	Chepstow	Mu23	68.47	88			61.49	83					171
18	Matthew Lawson	Chepstow	MS	71.52	83			60.35	85					168
19	Ross Powell	WFRA	M50	72.26	82			60.17	86					168
20	Neil Lewis	Hereford	M40	77.52	73							37.04	91	164
21	Angela Jones	Brecon AC	F40							54.06	80	39.38	83	163
22	James Creaser	Eryri	MS							55.51	76	38.24	87	163
23	Glyn Fletcher	Maldwyn	M40	78.59	71			60.10	86					157
24	Don Williams	Eryri	M60	71.54	83			66.30	74					157
25	Simon Blease	Brycheiniog	M50					63.38	80	56.11	76			155
26	Russell Mapp	Mercia	M50	76.22	76			64.40	78					153
27	Martin Cortvriend	CRR	M50	75.54	76			65.23	76					153
28	Andy Blackmore	MDC	MS	79.45	70							40.16	81	151
29	Julie Davies	Griffithstown H.	FS							57.20	73	44.06	70	143
30	Chris Good	Ludlow	M50	78.45	72			68.06	71					143
31	Richard Wall	Hereford C.	M40					67.23	72	59.19	69			141
32	Sharon Woods	Mynydd Du	F40							62.59	61	41.20	78	138
33	Liz Francis	Chepstow H.	F40			79.18	69			60.42	66			134
34	Stuart Thompson	Griffithstown H.	M40	113.14	54					70.07	45	46.17	63	124
35	Sue Ashton	Chepstow	F50	88.16	56			74.03	60					116
36	Shaun Godsman	Calder Valley	MS			55.18	108							108
37	Mathew Collins	MDC	MS							41.35	108			108
38	Martin Shaw	Mynydd Du	MS	56.35	108									108
39	Matthew Roberts	Eryri	MS					50.24	105					105
40	Mark Palmer	Mynydd Du	M40	58.35	105									105
41	John Hunt	Dark Peak	M40					50.38	104					104
42	Hugh Aggleton	MDC	MS	59.58	102									102
43	Alistair Murray		MS							44.33	101			101
44	Anthony Smith	Ambleside	MS					52.49	100					100
45	Mike Duxbury	Stroud & District	M40			60.31	100							100
46	Nigel Bunn	Tring	M40			60.34	100							100
47	Neil Ashcroft	Ambleside	M40					54.06	98					98
48	Gerry Ashton	Chepstow	M50	95.45	44			77.38	53					97
49	Gareth Craft	MDC	MS			62.14	97							97
50	Adrian Woods	Mynydd Du	M40							47.20	95			95
51	Thomas Roo	Mercia	MS			63.18	95							95
52	Adam Stirk	Guildford & G.	MS			63.43	94							94
53	Roy Silver	WFRA	M50							75.48	32	46.43	62	94
54	Martin Cliffe	u/a	MS					56.08	94					94
55	Stephen P Jones	Eryri	M50					56.33	93					93
56	Ian Travis	FRA	M40	65.46	93									93
57	Andy Sears	Eynsham R	MS									36.20	93	93
58	Steve Cummins	Brecon Multi.	MS			65.26	92							92
59	Anna Bartlett	Shrewsbury	FS					57.21	91					91
60	Scott Butterworth	Eryri	MS	66.39	91									91
61	Ifor Powell	Westbury H.	M40			65.43	91							91
62	Matt Stott	Chepstow	MS	66.48	91									91
63	Mark Agnew	Mercia	M40			65.44	91							91
64	Matt Morris	Brecon Multi.	MS			65.46	91							91
65	Steve Davies	Griffithstown H.	M50							49.13	91			91
66	Patrick Wooddisse	Bristol & West	MS			66.01	91							91
67	Owen Rees	Bro Dysynni	MS			66.10	90							90
68	Paul Jenkinson	Eryri	M40					57.58	90					90
69	John Syms	MDC	MS	67.27	90									90
70	Bill Johnson	Calder Valley	M40			66.27	90							90
71	Russell Ashdown		MS	67.51	89									89
72	Dave Soles	Pennine	M40					58.45	89					89
73	Colin Lancaster	Telford	M40	69.05	87									87
74	Lyndon Gwilym	Blaenafon J.	M50							50.58	87			87
75	Anne Johnson	Calder Valley	F40			68.18	87							87
76	Graham McAra	Cheshire	M50					59.47	87					87
77	Tim Clarke	Hereford	M40	69.30	87									87
78	Ian Warhurst	Pennine	M50					59.53	87					87
79	Haydn Jones	Maldwyn	M40					60.08	86					86
80	Arwel Lewis	Eryri	M50					60.10	86					86
81	Maggie Oliver	Eryri	F60	98.25	40			81.07	46					86
82	Sebastian Bullock	Cheltenham Coll.	M40			69.09	85							85
83	Mark Worthing	MDC	MS									38.57	85	85
84	Mike Christy		MS									38.57	85	85
85	Kevin Hagley	SWRR	M40							52.02	85			85
86	Glyn Williams	Presteigne	MS					60.53	85					85
87	Michael Kelly	Leighton	M40					61.03	84					84
88	Mike Noble	Pennine	M60					61.12	84					84
89	Mark Saunders	U/A	M50			70.08	84							84
90	Joe Pickles	U/A	MS			70.47	83							83
91	Andrea Rowlands	Eryri	FS					62.15	82					82
92	Michael Wardle	Calder Valley	M50			71.18	82							82
93	Robert Taylor	Pennine	M50					63.10	80					80
94	Rod Sinclair	U/A	MS			72.33	80							80
95	Dave Gilbert	MDC	M60	98.04	40	97.12	39							79
96	Sam Weale		MS									41.01	79	79
97	Peter Browning	Clayton	M50					64.35	78					78

# WFRA Open Welsh Championships

Arenig Fawr Oct 4 and  
Blorengue Nov. 28 to follow

Best 4 from  
6 to count

Pos	Name	Club	Cat	Nat	Mynydd T.		Sarn Helen		Rhinog H		Y Garn		Total Score
					Score	Time	Score	Time	Score	Time	Score	Time	
1	Helen Fines	Calder V.	F		71.16	83.86		0.00		0.00	33.40	84.49	168.35
2	Andrea Roberts	Eryri	F	W		0.00		0.00	222.26	74.99	33.47	84.09	159.08
3	Phoebe Webster	Aberystwyth	F			0.00	132.16	78.87	230.28	70.48		0.00	149.35
4	Rebecca Law	Eryri	F			0.00		0.00		0.00	36.15	75.63	75.63
5	Jenny Heming	Eryri	F	W		0.00		0.00		0.00	38.46	66.99	66.99
6	Louise Barker	Aberystwyth	F			0.00		0.00	237.20	66.62		0.00	66.62
7	Lisa Morley	Wrexham	F	W		0.00		0.00		0.00	42.08	55.44	55.44
8	Joanne Moore	u/a	F			0.00		0.00		0.00	42.21	54.70	54.70
9	Caryl Davies (U/23)	Sarn Helen	F			0.00	160.28	53.05		0.00		0.00	53.05
10	Sally Wilson	Ingli	F			0.00	163.55	49.89		0.00		0.00	49.89
1	Ali Thomas	Eryri	F40	W		0.00		0.00	237.01	66.80	40.39	60.53	127.33
2	Juliet Edwards	Meirionnydd	F40	W		0.00		0.00	253.51	57.34	44.18	48.01	105.35
3	Shan Roberts	Ingli	F40			0.00	126.56	83.76		0.00		0.00	83.76
4	Clare Phillips	Swansea	F40			0.00	139.34	72.19		0.00		0.00	72.19
5	Annie Williams	Eryri	F40	W		0.00		0.00		0.00	40.13	62.02	62.02
6	Sandra Rowlands	Clwydian	F40	W		0.00		0.00		0.00	42.02	55.79	55.79
7	Sue Lloyd	Pembrokeshire	F40			0.00	162.34	51.12		0.00		0.00	51.12
8	Ellie Salisbury	Eryri	F40	W		0.00		0.00		0.00	43.54	49.38	49.38
1	Gill Stott	Chepstow	F50		90.13	52.98	153.43	59.23		0.00		0.00	221
2	Sue Ashton	Chepstow	F50	W	88.16	56.16	158.40	54.70		0.00		0.00	110.85
3	Monica Barlow	Sarn Helen	F50			0.00	162.25	51.26		0.00		0.00	51.26
4	Helen Walker	Ingli	F50			0.00	162.53	50.83		0.00		0.00	50.83
5	Gudrun Jones	Sarn Helen	F50			0.00	205.12	12.08		0.00		0.00	12.08
6	Stephanie Charman	Spectrum	F50			0.00		0.00		0.00	61.32	1.00	1.00
1	Maggie Oliver	Eryri	F60	W	98.25	39.62	172.11	42.32		0.00		0.00	81.93
1	Martin Shaw	Mynydd Du	M	W	56.35	107.79	111.45	97.66	161.37	109.17	28.21	102.73	417.36
2	Scott Butterworth	Eryri	M	W	66.39	91.38	120.03	90.06	194.27	90.72	34.10	82.78	354.94
3	Matthew Roberts	Eryri	M	W		0.00	105.31	103.37	167.05	106.10		0.00	209.47
4	Iain Ridgway	Eryri	M			0.00	116.30	93.31		0.00	30.22	95.81	189.13
5	Dave Austin	Calder V	M		72.51	81.28		0.00		0.00	36.39	74.26	155.54
6	Paul McCullough	Maldwyn	M	W	83.30	63.93		0.00		0.00	40.03	62.59	126.52
7	Tim Davies	Mercia	M	W		0.00		0.00		0.00	26.49	107.99	107.99
8	Hugh Aggleton	MDC	M	W	59.58	102.28		0.00		0.00		0.00	102.28
9	Steve Rees	Port Talbot	M			0.00	108.30	100.64		0.00		0.00	100.64
10	Sam Smith	Eryri	M	W		0.00		0.00		0.00	29.34	98.56	98.56
11	Stuart Moore	Wye Valley	M		65.55	92.58		0.00		0.00		0.00	92.58
12	Roland Stafford	Mercia	M	W		0.00		0.00		0.00	31.35	91.64	91.64
13	Matt Stott (U/23)	Chepstow	M		66.48	91.14		0.00		0.00		0.00	91.14
14	Matthew Hulley	Dark Peak	M			0.00		0.00	194.27	90.72		0.00	90.72
1	Paul Beeson	Maldwyn	M40	W	71.52	82.88	139.33	72.20	203.31	85.62		0.00	240.71
2	Glyn Fletcher	Maldwyn	M40	W	78.59	71.29	126.01	84.60		0.00	34.42	80.95	236.83
3	Paul Jenkinson	Eryri	M40	W		0.00		0.00	196.22	89.64	31.55	90.50	180.14
4	Dave Powell	Aberystwyth	M40			0.00	127.21	83.38	217.12	77.93		0.00	161.31
5	Ed Harmer	Eryri	M40			0.00		0.00	208.39	82.74	35.39	77.69	160.43
6	Colin Lancaster	Telford	M40		69.05	87.42	141.19	70.59		0.00		0.00	158.00
7	Neil Lewis	Hereford	M40	W	77.52	73.11	137.54	73.71		0.00		0.00	146.82
8	Andy Blackmore	MDC	M40	W	79.45	70.04	150.47	61.92		0.00		0.00	131.95
9	Graham Davies	Colwyn Bay	M40			0.00		0.00	267.35	49.62	40.13	62.02	111.64
10	Mark Palmer	Mynydd Du	M40	W	58.35	104.53		0.00		0.00		0.00	104.53
11	Alan Ward	Dark Peak	M40			0.00		0.00	172.05	103.29		0.00	103.29
12	Julian Baker	Les Croupiers	M40			0.00	108.09	100.96		0.00		0.00	100.96
13	Michael Davies	Sarn Helen	M40			0.00	112.04	97.37		0.00		0.00	97.37
14	Glyn Price	Sarn Helen	M40			0.00	112.31	96.96		0.00		0.00	96.96
15	John Hunt	Dark Peak	M40	W		0.00		0.00		0.00	30.38	94.90	94.90
16	Ian Travis	FRA	M40		65.46	92.82		0.00		0.00		0.00	92.82
17	Jonathan Moore	Calder V.	M40			0.00		0.00		0.00	32.03	90.04	90.04
1	Ross Powell	WFRA	M50	W	72.26	81.96	132.19	78.83	200.19	87.42		0.00	248.21
2	Arwel Lewis	Eryri	M50	W		0.00		0.00	200.56	87.08	33.32	84.95	172.03
3	Peter Williams	MDC	M50	W	71.02	84.24	132.10	78.96		0.00		0.00	163.21
4	Martin Cortvriend	Clwydian	M50	W	75.54	76.31	131.47	79.32		0.00		0.00	155.63
5	Geoff Oldrid	Aberystwyth	M50			0.00	138.24	73.26	212.52	80.37		0.00	153.63
6	Peter Browning	Clayton	M50			0.00		0.00	224.24	73.89	35.48	77.17	151.06
7	Brian Hardcastle	MDC	M50	W	75.11	77.48	139.49	71.96		0.00		0.00	149.44
8	Andy Stott	Chepstow	M50		82.56	64.85	153.17	59.63		0.00		0.00	124.48
9	Gerry Ashton	Chepstow	M50	W	95.45	43.96	166.51	47.20		0.00		0.00	91.16
10	Graham McAra	Cheshire	M50			0.00		0.00		0.00	35.11	79.29	79.29
11	Russell Mapp	Mercia	M50		76.22	75.55		0.00		0.00		0.00	75.55
12	Tony Hall	Sarn Helen	M50			0.00	137.36	73.99		0.00		0.00	73.99
13	Jeremy Williams	Eryri	M50	W		0.00		0.00		0.00	36.47	73.80	73.80
14	Bernard Henderson	Port Talbot	M50			0.00	139.50	71.94		0.00		0.00	71.94
1	Alwyn Oliver	Eryri	M60	W	83.28	63.98	157.13	56.02	237.46	66.38	41.54	56.24	242.62
2	Don Williams	Eryri	M60	W	71.54	82.83		0.00	231.22	69.97	36.18	75.46	228.26
3	Steve Herington	Hereford	M60		80.37	68.62	138.54	72.80		0.00		0.00	141.42
4	Francis Uhlman	WFRA	M60	W	93.30	47.63		0.00	281.50	41.61	44.10	48.47	137.71
5	Mike Blake	Eryri	M60	W		0.00		0.00	240.46	64.69	37.38	70.88	135.57
6	Emyr Davies	Eryri	M60	W	81.20	67.46		0.00	265.34	50.75		0.00	118.21
7	John Sweeting	MDC	M60	W	82.56	64.85		0.00	295.26	33.97		0.00	98.82
8	Dic Evans	Cardiff	M60	W		0.00		0.00		0.00	36.27	74.94	74.94
9	Dafydd W Thomas	Eryri	M60	W		0.00		0.00		0.00	36.29	74.83	74.83
10	John Marsh	Tarren Hendre	M60			0.00		0.00	229.58	70.76		0.00	70.76
11	John Morris	Buckley	M60	W		0.00		0.00		0.00	38.29	67.97	67.97
12	John Nixon	Borrowdale	M60			0.00		0.00	242.00	64.00		0.00	64.00
13	Les Williams	Eryri	M60	W	86.10	59.58		0.00		0.00		0.00	59.58
14	Gary Gunner	Croft Ambrey	M60	W	86.30	59.04		0.00		0.00		0.00	59.04
1	Peter Norman	Wrexham	M70	W		0.00		0.00		0.00	49.11	31.26	31.26
2	Cledwyn Jones	MDC	M70	W	113.13	15.50		0.00		0.00		0.00	15.50
3	Ron Hird	Eryri	M70	W		0.00		0.00		0.00	57.35	2.44	2.44



Harvey Lloyd 1000mtrs Race Organiser says. . .

## Main problem for competitors was Hypothermia

I suppose the first thing to be said on this 1000mtrs race is that the day wasn't as bad as reported in the press. "33 Runners Rescued in Storm" reads the headline in 1 ½ inch high letters on the front page of the North Wales national newspaper, The Daily Post\*. There may have been that number of people lost and injured on the mountains that day but they were not all involved in the race; The forecast for the day was not promising but it is a tough race and the organizers are very aware of the safety problems/aspect of bad weather conditions; a carefully considered decision was taken at the start to go ahead with the event, and the results of the event show that it was the right decision.

Some competitors were poorly equipped and also poorly prepared for the conditions; dare I say that hopefully the experience they went through will have been far greater value to them than all the regulations that we write down and insist must be conformed with. At least one competitor who was hospitalised was involved in a genuine accident which emphasises the seriousness of the event. But the main problem for competitors in trouble was Hypothermia. This is not an unknown problem in the

hills and reasonable kit, with some food, and a fair level of fitness should keep it at bay. We probably always consider that it is something that happens to other people, who generally have been totally lost / benighted in the hills. It becomes a lot more real when one realises that a 2 degree drop in body temperature sees its onset; bringing about thought pattern changes, followed by irrational behaviour causing a response similar to a downward a condition which is difficult to get out of/control. Several competitors suffered various levels of exposure, at least one case being treated successfully by the marshals at a race control.

We are thankful for all the support that the Ogwen Valley Mountain Rescue Team, together with 22 squadron, and the hospital in Bangor gave to the event. Only on one other occasion, in the 38 years of the race, have we needed their help; this time it was essential and a life was saved through their professionalism. A very big THANK YOU to everyone!

I must also thank all who volunteered, club members and friends, who were involved in organising and marshalling the event. It was not a lot of fun being "chained" to a control for a number of

hours, in conditions that left a bit to be desired! The dedication is total; the sport of Mountain Events and fell running seems to brings out qualities from volunteers that few other sports can call upon.

One point that many of the responses has brought forward is the threefold responsibility the individual competitor has to himself / herself, the fellow competitors and the race officials. Clearly the race organisers / officials take our responsibilities to the competitors seriously; we now must ensure that this is a two way equation, and the competitors do behave in a responsible manner.

The organisers (The Gorphwysfa Club) had a debriefing session following the race and intend to look closely at some of the existing procedures, but the nature of this type of event will always throw up unplanned for, unexpected and even life threatening situations. Despite all this it would be a tragedy to use these potential problems to call it a day – to throw in the towel.

The Chairman of the Gorphwysfa, Sir Brian Smith, was one of the marshals' (being an old man we gave him a soft spot on the Glyders!) enjoying himself on

the day. He writes: "The conditions for those of us marshalling were rough-six hours standing in the wind and rain was challenging. However, the enthusiasm of the competitors kept us cheerful. The experienced outdoor types seemed to take it in their stride. However, I do believe that some less experienced people crept in, in spite of all the dire warnings we gave them. I got the impression that some were experiencing the not untypical mountain conditions for the first time. We must not let this detract from the performance of the many that finished with excellent times and clearly thoroughly enjoyed themselves".

Congratulations to all finishers there were some fantastic performances. Yes, just for a change I thank you, the entrants, for supporting this classic event, there are not many on the calendar to challenge it! The journey from Aber to the summit of Snowdon is a bit special at any time. To share it with the other competitors and marshals puts it in a league of its own, the weather sometimes, like this year, has to be contended with – but success at the finish is worth every second of stress on the way!

Harvey

## Mary's Paddy Buckley Round

*continued from page 3*

losing my normally good sense of balance. Finding a very large pile of boulders should have been easy but under these conditions we had to literally walk into them to find them. Scrambling isn't my forte at the best of times and wet rock, darkness and tiredness made it all rather scary. It took me two attempts to find the gully of Tryfan. Oddly it was a particular shaped foothold I'd used before that gave me confidence I'd found it second time round. Bad enough conditions for me but Ed had the extra problem of getting a now rather hysterical woman over the Glyders and Tryfan. He resisted what must have been a rather strong urge to shake some sense into me and calmed my panics enough to get me over the peaks and down to Ogwen. Ed, if that doesn't show you deserve your Mountain Leadership Qualification I don't know what will.

Friendly faces and the safety of the road calmed me and I was soon able to laugh a bit. Ben who'd been at every road crossing must have been exhausted

gave me tea and cake and a new top. I was especially glad to see Zoe, she's been there for me through so many things, good and bad: finals, break-up with boyfriends, white outs, munros and endless scrapes good and bad. Here she was again, there for me. She had the advantage of knowing what I'm like when I'm tired so I didn't have to explain to her.

The last leg and the end in sight, I was rather ratty and a bit panicked at times but I knew I was almost there. Shane and Martin realised that there wasn't much they could do about my very low levels of tact and diplomacy so developed very thick skins and concentrated on getting as much food and drink down me as possible. The climb up Pen yr Ole Wen was not as bad as I'd imagined and Carneddau arrived fairly quickly. Carnedd Llewelyn got me down rather thanks to the swirling mist that meant the end of the ridges and tops were tan

talisingly hidden which was rather demoralising. The mist cleared as we climbed the last top. Suddenly with home in sight, my pace started accelerating the whole way down. Shane commented 'a sprint finish was a joke', Zoe couldn't believe I could keep up the speed but then neither could I. Kean, Sandra, Rob and Ed Proctor were waiting for me as I hugged the pole of the canopy over the Pinnacle cafe and collapsed in a heap. Wow what a great feeling. After a sip of buck fizz and trying to eat I realised I had to lie down. The cool slate pavement was great. The tourists step round me without comment (British reserve has its advantages). Once I'd recovered enough to move, it was back to the hut for a shower and home. The adrenaline high lasted 48 hours!

Many thanks to all of the support team who really made it such an amazing experience – much better than I ever could have imagined. *Mary Gillie*

## MEMBERS DISCOUNTS

The shops listed below have confirmed that they will give WFRA members a discount on purchases. This may not be on all items (eg sale items). Discount is normally 10% unless indicated otherwise. You must show your WFRA membership card

### BENARD'S GALLERY

Craig y Don, Llandudno

### BLACKS

Betws y Coed and Llandudno

### CONWY OUTDOOR SHOP

Conwy

### ULTIMATE OUTDOORS

Betws y Coed, Skipton, Keswick and Lancaster

### JOE BROWN SHOPS

Llanberis and Capel Curig

### COTSWOLD

Betws y Coed

### RUN AND BECOME

Cardiff

### RUNNING BEAR

Altrincham

Y WARWS

Beddgelert



## New Course Record at Darrens Dash

Matthew James of Hereford Couriers set a new course record by the narrowest of margins - 1 second - over the testing 5 mile course. 53 runners from as far afield as Portland, Cardiff and Northampton were attracted to Longtown on Saturday 20th June for the fourth 'Darrens Dash' charity fell race based at Longtown Outdoor Education Centre and hosted jointly by the Outdoor Centre and Wye Valley Runners. Conditions were ideal with a light, cooling wind and firm ground un-

derfoot. The run began with a 900 ft ascent of the zig-zag path between the Red and Black Darrens up to the Offa's Dyke path. Most runners were forced to walk at least part of their way due to the steep ascent. After turning south the runners were rewarded with 2 miles of level running and great views across the Black Mountains. The descent to the Olchon Valley was fast and furious and James pulled away strongly on the descent from Tim

Hindle of Brecon A.C. Having crossed the Olchon River, a steep finishing section led up to the finish field where spectators watched Hindle try in vain to gain ground on James who crossed the finish line in the new record time of 34.12. Third over the line was in-form Tim Iveson of Builth & District runners. The first lady home in 9th place was Ann Dixon of Forest of Dean A.C., whilst the first junior runner home in 17th place was Daniel King of host club Wye Valley Runners. Places were also fiercely contested in the parallel event - the Courthouse Canter, a Family fun run on an undulating multi-terrain course in the centre grounds. Thanks to the efforts of everyone involved more than £700.00 was raised for St. Michael's Hospice and the Longtown O.E.C. Bursary Fund.

Results:

1st Male Matthew James (Hereford C.) 34.12, 2nd Male Tim Hindle (Brecon A.C.) 34.39, 3rd Male Tim Iveson (Builth and District)

35.00, 1st Female Ann Nixon (Forest of Dean A.C.) 38.58, 2nd Female Angela Jones (Brecon A.C.) 40.30, 3rd Female Claire Conway (Wye Valley) 42.07, 1st Vet Male 40 Tim Hindle (Brecon A.C.) 34.39, 1st Veteran Male 50 Lyndon Gwillym (u/a) 39.08 1st Veteran Male 60 Gary Gunner (Croft Ambrey) 41.48, 1st

ATHLETICS - Veteran Female 40 Angela Jones (Brecon A.C.) 40.30, 1st Veteran Female 50 Ann Nixon (Forest of Dean A.C.) 38.58, 1st Junior Daniel King (Wye Valley Runners) 40.43, 1st Local MalHarry Franklin (Wye Valley Runners) 46.15, 1st Local Female Laurianne McKenzie (Wye Valley) 1.02.50

**1 km** 1st Holly Porter 6.25, 2nd David Pritchard 6.50, 3rd Tom Smith 6.53,

**2 km** 1st Arum Jones 9.05, 2nd Cameron Morgan 9.34, 3rd Iona Prosser 10.02

**5 km** 1st Ellie Jones 23.19

Full results can be viewed online at [www.runnerswebuk.com](http://www.runnerswebuk.com).

### LLANTHONY

1st August 2009 10miles/2200'

The wettest Llanthony Show Hill Race in living memory - and the event goes back at least four years - was nevertheless enjoyed by a record 32 mud-spattered entrants. In the local primary school geog text book the Honddu Valley is now designated sub-tropical rain forest, and the organiser and his glamorous assistant had to sharpen their machetes more keenly than ever before to hack through the head-high bracken.

Hence the delayed start, but it gave enough time for the monsoon to pass over, and Rob Gordon led the pack in sticky but rain-free heat through the horse boxes, beer tent and fast food stalls and out of the quaggy show field. And it was Rob who led them back 30 minutes later, but with his lead extended to two minutes over Stuart Moore.

On the come-back trail, Di Vorres led the over 40s in third place, with first over 50 Pete Williams in 5th and first 60+ Garry Gunner in 12th, just nine seconds behind first woman, Angela Jones. Also on the come-back was second woman Sharon Woods, while third-placer Julie Davies also picked up a prize the next day in the Brecon 10 road race.

Sweet sixteen and never been kitted out in anything but a Hereford Couriers vest, Naomi Prosser ducked under the 45 minute barrier for first junior. You read it here first folks - a fell star in the making!

In the Junior race, winner 13 year-old Charlie Sapwell is also tipped for great things.

Grateful thanks to chief bracken-slayer Lou Summers (and sons Joe & Jake), and knee-deep marshals Louise Blackmore and Jane Rymer (just dig out the receipt and I'll reimburse you for those jeans Jane. £4.99 from Primark I would guess from the look of them).

Dick Fench

1	Rob Gordon	Mynydd Du	M	30.39
2	Stuart Moore	Wye Valley R	M	32.36
3	Di Vorres	Griffithstown	M40	34.55
4	Max Suff	Hereford C.	M40	34.57
5	Peter Williams	MDC	M50	36.09
6	Andy Sears	Eynsham R	M	36.20
7	Neil Lewis	Hereford C.	M40	37.04
8	James Creaser	Eryri	M	38.24
9	Mark Worthing	MDC	M	38.57
10	Mike Christy		M	38.57
11	Angela Jones	Brecon	F40	39.38
12	Garry Gunner	Croft Ambrey	M60	39.47
13	Andy Blackmore	MDC	M	40.16
14	Clive Rowberry	Hereford C.	M50	40.37
15	Steve Herrington	Hereford C.	M60	40.39
16	Sam Weale		M	41.01
17	Sharon Woods	MDC	F40	41.20
18	John Darby	Mynydd Du	M50	42.28
19	Keith Grey	Fairwater	M50	42.48
20	Nathan Robinson	Bolton H.	M	43.16
21	Julie Davies	Griffithstown	F	44.06
22	Ross Owen		M	44.10
23	Les Williams	Eryri	M60	44.12
24	Naomi Prosser	Hereford C.	JF	44.59
25	Stuart Thompson	Griffithstown	M40	46.17
26	Roy Silver	WFRA	M50	46.43
27	Eric Meredith	MDC	M60	46.48
28	Rob Summers	Chepstow H	M40	46.59
29	Nigel Jones	Brecon	M50	47.51
30	Chris Vorres	Griffithstown	F50	54.11
31	Les Pugh	MDC	M60	56.17
32	John Battersby	MDC	M70	64.39

## 2009 North Wales Navigation Course

A one day course has provisionally been arranged in Llanberis

**Sunday, 15th November**

09.00 to 17.00hrs. approx

**WFRA MEMBERS £15 NON MEMBERS £20**

To reserve your place send your details and cheque payable to 'Welsh Fell Runners Association' asap to

Ross Powell,

Pen y Buarth Farm, Upper Llandwrog Caernarfon LL54 7RD

Tel 01286 881491 Email [ross@wfra.co.uk](mailto:ross@wfra.co.uk)

The course will be held in Petes Eats Meeting Room, where bunkhouse accommodation is also available



## 2009 South Wales Navigation Course

John Sweeting has finally managed to organise an instructor to take a Navigation Course in the South Wales area

If you are interested in attending a course please contact John Sweeting,

Lower Lodge, Cynhordy, Llandovery SA20 0LD  
Email: [john@wfra.org.uk](mailto:john@wfra.org.uk) Tel. 01550 721086



## Snowdonia Junior Fell Racers



Junior competitors ready for the start of the Hebog race

This year's Pen Y Fan Race clashed with Snowdon, Ingleborough and Moel Siabod, not to mention swine flu and rubbish weather, so it was great to see 62 seniors and 11 juniors lined up. And lovely to see so many familiar faces from far flung corners. If Snowdon has its Italians, well Pen Y Fan has regulars from the eastern flatlands - the Springfield Striders and Cambridge Harriers - along with a healthy smattering of northerners (English and Welsh). Last year's 3rd man Will Horsley from Northumberland was back, and this time he had brought his Dad! He threatens to bring the whole club next year.

But at the start line everyone was eyeing up the tall dark stranger in the black top - strangely familiar... of course, the cover model for the latest Fellrunner magazine, Simon Coldrick.

Meanwhile I was keeping an eye on the "Valleys" posse - who were these guys with the shades, tattoos and bleached mops? Ah that would be Afan Humphreys and Mark Davies and support crew, top roadies venturing into the rough stuff. Well they showed some class on the climb, but racing flats are never going to work on a wet 45 degree slope, and this

## PEN Y FAN

18th July 3.5miles/1930'

showed in their descent times. Wear studs next year guys!

Simon Coldrick led from the start, and had a 40 second lead at the summit. But Will Horsley is a great descender and knows the route, and by the time they reached the stile the gap was down to about 5 seconds. Simon took the track, Will took the field, and watching from the finish we thought Will was going to nick it, but a powerful sprint brought Simon home in 35:15, 3 seconds clear.

In the ladies race, Angela Heeley had hung in with Helen Fines on the climb, but the moment they leapt off the edge of Pen y Fan it was all over - Helen pulled out the second fastest descent of the day, faster than Simon, to win for the third time in 40:50 (5th overall); Angela held second in 43:35. This knocked over 3 minutes off Helen's PB but is still a couple of minutes shy of the record - maybe next year.

Other notable performances included Kevin Hagley, who may have done Pen y Fan more than anyone else (including some blustering times) with the 4th fastest

descent, and Clifford Berry, who still beat Kevin to the V40 prize.

Further down the field, marshals reported that Laura Gray re-appeared at the summit, saying she couldn't go down the precipitous slope! Horsley senior came to the rescue and showed her the way.

With Mynydd Du fielding only Puffing Billy, it was left to a highly experienced MDC team to show what South Walians are made of, just pipping Springfield Striders to the team prize.

In the junior race, running for its second year, Charlie Jenkins smashed the record with 7:48, and Ellie Jones led the girls in 8:58, also a new record. It was great to see some fearsome sprint finishes!

The records were safe and sound, and the prize fund on the men's record will rise to £500 for next year.

Thanks to Mark Palmer and Mike Law on the summit, Tom Harrison, Colin Cottell and David McCoy, Tony and Nadia Pettitt, Steve Ellwood and thingy, Hanneke van der Werf, Kate Short and Sally Law, and to anyone else I've forgotten. Thanks to the sponsors who helped us provide great prizes (Cotswold, Breconshire Brewery) and food for all (St. Mary's Bakery). Crispin and Naomi

## MOEL SIABOD

18th July  
5.8miles/2300'

There was a good turnout for the Moel Siabod race which took place in Capel Curig on Saturday 18th July. The weather was dry with sunny intervals and the summit was clear. Although there had been heavy rain the previous day the senior runners were still able to run through the river approaching the finish which was entertaining for the spectators.

The race was won by Lloyd Taggart of Dark Peak in a good time of 49 minutes and 18 seconds. Craig Jones of Eryri was 2nd in 55.48 and Chris Edis of Keswick 3rd in 55.55. Other category winners - Over 40 Roger Lamb (Mercia) 55.59, Over 50 Graham Jones (Shrewsbury) 59.33, Over 60 Mike Blake (Eryri) 66.36.

The ladies race was won by Jackie Lee of Eryri in a time of 62.18. Ruth Metcalfe of Eryri was 2nd in 65.58 and Sandra Rowlands of Clwydian 3rd in 73.32 (also 1st over 40).

The junior race was a counter in the Welsh Fell Runners Association Snowdonia Series. Results -

Under 14 : 1. Angus Lamb (u/a) 13.30, 2. Gerwyn Roberts (u/a) 13.45, 3. Joe Hearle (Mercia) 14.42, 4. Osian Williams (u/a) 18.12.

Under 12 : 1. John Spill (Menai) 14.36, 2. Alex Hearle (Mercia) 15.38, 3. Aaron Roberts (u/a) 15.58, 4. Ross Kirby (Shrewsbury) 16.46, 5. Montague Lamb (u/a) 21.35.

Under 16 : 1. Sarah Livett (Menai) 14.56. 1st FV60.

## Phew!! it's finished!!

This edition been a mammoth task to complete. Thanks to everyone who has contributed articles and photos.

It should have been out by the end of July, but copy was late coming in but we have finally got there, Thanks again to everyone

## NEXT NEWSLETTER

The next newsletter is due out in November Please send articles, photos, etc by the end of October

Geoff, Ed,