

**CYMDEITHAS
RHEDWYR
MYNYDD
CYMRU**



**WELSH
FELL
RUNNERS
ASSOCIATION**

**2010 RHAGFYR
CYLCHGRAWN
NEWSLETTER
DECEMBER 2010**

inov8 Sponsor WFRA Open Welsh Championships for a second year

The presentations for the inov8 WFRA Open Welsh Championships and North/South Wales Series took place after the Clwydian Hills race.

All the prize winners in the Open Welsh Championships received a voucher for a pair of fell shoes courtesy of inov8. This generous sponsorship has resulted in increased participation (from all over Wales) in the Open Welsh Championships, with strong competition in most age categories. This also seems to have had a positive affect on the North and South Wales Series. We are pleased to announce that inov-8 will again be sponsoring the WFRA Open Welsh Champs in 2011.

Scoring System

A competitor's best results from up to 4 of the 6 races will be counted in the Championship. If 4 races are used this must include one race at each distance.

For 2011 over 70's are not required to do a long race. Their results from up to 3 from the 4 short and medium races will be counted in the Championships.

The Welsh 1000m race is long and arduous (22 miles and with 8000 feet of ascent). Good navigational skills, kit and fitness are necessary, especially in poor weather. This race is pre entry only (enter early as it has an entry limit). If access issues can be resolved it will include the summit of Glyder Fawr. If you are undertaking this race for the first time it is strongly recommended that you reconnoitre the sections Aber to Ogwen and the new section over the Glyders. If your navigational skills are not up to scratch then go on a Navigation Course. The next WFRA Navigation course in North Wales will be in the Spring. For more information on courses in North and South Wales check the WFRA website www.wfra.org.uk.

If you feel that the Welsh 1000m is too tough then the Llanbedr to Blaenafon race is an easier long option



Photo: Alastair Tye

A group of prizewinners taken after the 2010 annual prizegiving at Cilcain Village Hall on Sunday 7th November

**The 2011 inov8
WFRA Open Welsh
Championships
will comprise the
following races:**

Llanbedr-Blaenafon	(L) Sat 2nd April
Llangynhafal Loop	(S) Sat 7th May
Welsh 1000m	(L) Sat 4th June
Ras Yr Aran	(M) Sat 9th July
Ras Beca	(S) Sat 27th August
Breidden Hills	(M) Sun 9th October

Merry Christmas

The WFRA Committee would like to wish all our members a very Merry Christmas and a Happy New Year.

**Cymdeithas
Rhedwyr
Mynydd
Cymru**



**Welsh
Fell
Runners
Association**

CALENDAR AVAILABLE NOW

It was agreed at the AGM that membership subs for 2011 should remain at £10.00. If you have already paid your 2011 subs and you sent a sae your calendar was posted to you on 7th December. No sae and it will be posted over the next week. If you have not yet renewed your membership please download the form from our website and send together with the fee to membership secretary:

Geoff Clegg, West Point (Ground Floor)
19 Deganwy Road, Deganwy LL31 9DL.
Please include sae (Size C5 162x229mm)
basic postage 1st or 2nd class applies.

If you are not on the Internet a form will be included with this newsletter

**Calendr 2011 Race
Râs £3.00 Calendar**

Duncan Elliott's Welsh 3000's from Gerlan

For the last two years I had attempted the Paddy Buckley Round only to be thwarted by bad weather and injuries. This year was to be my third attempt but injury meant I cancelled at Easter and set my sights lower.

I looked at the 3000's as a linear route and decided to park at Gerlan above Bethesda. Then a short run down into Bethesda and a taxi to Pen y Pass would get me started.

At May Day Bank holiday I booked my taxi only to arrive at Capel Curig to see the whole of the Horseshoe covered in snow. Finally at Spring Bank I finally got the weather I was looking for and rang the Bethesda Taxi.

'Bank Holiday rates' How much? £30. I paused. I was going to have to part with the GNP of a small African country. But it was my one chance to do an idea I had planned for years. Sod it. 'Ok' I said and booked it.

On Bank Holiday Monday I set off from Llangollen at 4.50 am and was in Ogwen by 6 am dropping off water and rice pudding under a crag at the foot of Pen yr Ole Wen.

Then off to Gerlan. There was plenty of space to park and I got my kit ready setting off at 7.40 am down the quite lane to the Spar.

The taxi turned up at 6.55 and dropped me at an already bustling Pen y Pass. The car park was £10 so I had saved a bit. Then I was off on a blue-sky morning. There were walkers going up already and I gradually overtook them to get to the ascent under Bwlch Coch.

I had recced this section over Crib Goch in the wet in October and spent most of my time perfecting an impression of a disabled arthropod on the slippery rocks above the quartz band. So today I ran through Bwlch y Moch and then headed up on grass for Bwlch Coch. I was soon on the Pinnacles and at Crib Goch summit in under the hour.

Then on up into the clag and a lower line below the top of the Clogwyn y Person arête which I then had to hack up to Garnedd Ugain.

As I ran up the steps to the summit it was quiet and the morning train wheezed up towards the cafe. It was a pleasure to have the summit to myself and then a lovely run off along the railway to Clogwyn Station.

I had looked at the descent



Duncan taking a breather on Crib Goch

route and much preferred the grassy route down from the 613m spot height below Llechog.

The descent right into the cwm has a lovely grassy path which tends to disappear in the wetter bits and further down it is best to keep right and down to the stream below a waterfall. Then over the wall down to a gap in the cliffs left and zig zag down and through the hole in the wall. From here a good path eventually emerges and you follow it to the bridge over the river and arrive at Nant Peris.

I made the mistake of filling my water bottle from the hosepipe used by the Mountain Rescue. They must be very fastidious about the cleanliness of their landrovers as it contained detergent, which I could taste all the way up Elidir Fach!

By now it was a warm sunny day and after filling up and eating at the stream crossing by the old metal bridge it was a long steady climb to the summit crags, which on my Paddy's I have only ever seen in the dark and often wet.

Off the summit I picked up the Paddy route I often follow in the dark, bypassing the crags by descending right.

Then a long slog up to Y Garn where I had met some lads doing a 3000's attempt at Easter and I had envied them.

The run off right of the rocks was easy today and I headed to the right of Llyn Cwn. I have started using this route as you can mostly ascend on grass and avoid the horrific erosion on the main ascent towards the north. There is also a good clean source of water on this side.

I was soon at the summit of Glyder Fawr and across the rock desert of the Glyders. It was here that I dislocated my finger 2 years ago and my days as a concert pianist ended!

Castle of the Winds is a lovely scramble up the western side and I pass a party of lumbering walkers. This is a genetic route now with the names and directions from the named boulders and I am soon up on the tumbled pack of cards that is Fach.

Off on dry sticky rock and I see the crowds queuing for the descent east of Bristly. I make my mind up and go right following grass and then heading left to meet the path. I realise it is longer as I traverse across the top of Cwm Tryfan but its safe and I cannot practice my arthropod descent!

I stop and snack by the wall and then another genetically programmed ascent to the bustling top of Tryfan. It is a bank holiday and consequently it is busy so no stopping until I have descended into the gully and it's quieter.

Although I am slow on this section it holds no fears as I am soon on the paved path and keeping up a good rhythm down to Ogwen. No injuries and food is waiting.

I get a cup of very expensive tea and manage to spill it as I sit down to eat the can of rice pudding hidden under an overhand at the base of Pen yr Ole Wen.

Its 22 minutes before I set off and I leave my hat but am sure I put my gloves and balaclava in. I never see them again and up on Carnedd Llewellyn it is a cold icy wind blowing in from Spitsbergen.

As I ascend Pen yr Ole Wen I meet a party of walkers sat down and ask them what it's like to be stationary. A South African girl replies and asks why I am not running (On Pen yr Ole Wen!!) I reach the top in 58 minutes including a stop to practice putting on my jacket with hands in sus-

pended animation! After the summit I carry on along the main path to include the contour ring at Carnedd Fach before Carnedd Dafydd. Here I meet my last walker. Ahead I am alone on the tops until I am back in Bethesda. A no mates dream! It's a long run to the col at Bwlch Cyfryw - drum and then the traverse to Yr Elen.

At the summit there are two tops so I bag them both and at the col above Ffynnon Caseg stop for a feed under sheep surveillance. It's a lonely plod to the summit of Carnedd Llewellyn and the wind has dropped its temperature and increased its speed. I search for my gloves and balaclava but they have gone and I look northwards. It looks a long way to Foel Fras from here with legs suffering from hypothermia.

I descend north to Foel Grach on what seem like unrunnable rocks and a buzzard lifts off as I approach the hut after the summit. I waste more time peering inside at its refurbished conditions. The last time I was here it smelt like a venue for incontinence parties! Its here I probably lose the chance to go under 12 hours but I am mentally cabbaged and do not really care.

I run all the way to Garnedd Uchaf and its stegosaurus like summit. Then onwards to Foel Fras. As I reach the wall I can see the rocky spires ahead and finally the trig comes into view. I click the movie button and describe my feelings. Mike Cudahy's 'running into your dream' cannot be bettered and I savour the moment as I negotiate the final boulders and

I've done it. Its gone 7 pm and a cold wind sieves through the wall from the east. I celebrate and sit down in the lee of the wall and eat, describing the moment onto yet another movie clip. A Partial Paddy perhaps and I have been out on a fantastic day over a wonderful route. The sun is sinking in the west as I head off past the wild ponies, back dropped by Dafydd. The doubts about the logistics and my fitness and navigation have all been dispelled. The elation of the completion of this fantastic route matches the trepidation and financial disablement of the start!

As I descend on the grassy track towards Gyrn Wigau a line of ponies ambles up along the skyline into the sunset. A magic moment to ice the cake of elation I am gorging on. I run off the ridge and down to Gerlan and into the embers of a day that I will keep with me for a long time to come, and be able to relive in the inner eye of old age (allegedly!)

SOUTH WALES WINTER HILL SERIES 2010 - 2011 RACES

Best 5 results to count

**SATURDAYS
at 2.00 p.m.**

OCTOBER 2

FAN FAWR

Organiser: Chris Gildersleve

(029 2062 4143)

e-mail: gildersleve@ntiworld.com

OCTOBER 30

SUGAR LOAF

Organiser: Douglas Adlam

(07950 106886)

NOVEMBER 27

BLORENCE

Organisers: Chris & Jessica Taylor

(01386 443200)

E: taylor.jessica75@yahoo.co.uk

JANUARY 15

THE GARTH

Organiser: Martin Lucas

(01656 880009)

JANUARY 29

CRYCHAN WINTER

Organiser: John Sweeting

(07929 021897)

e-mail: john@wfra.org.uk

FEBRUARY 26

BLAENBRAN BLAST

Organiser: Matt Collins

(07904 004393)

e-mail: Handlebartash@aol.com

MARCH 26

LLANTHONY WINTER

Organiser: Dick Finch

(01291 627569)

e-mail: DickFinch@talktalk.net

Martin Cortvriend reviews Jim Kelly's latest book

A Mountain Runner's Guide to Snowdonia

There are dozens of guides for walkers in Snowdonia lining the bookshelves of outdoor stores from Betws y Coed to Caernarfon to Conwy not to mention hundreds of B & B's and guest houses in between. Not many on running in Snowdonia - they're rarer than hen's teeth, although I did read an excellent book on the Welsh 1000's some years ago (which will have to be rewritten in the light of the remeasuring of Glyder Fawr!) Jim Kelly's book is therefore a very welcome production and he's clearly had a most enjoyable time putting it together. His chapters consist of a list of 25 routes in Snowdonia, most of them traversing much the same ground as some of the many mountain races in the area. This includes classic routes such as the Carneddau and the Peris Horseshoe but Jim has also included some shorter circuits based on Mike Blake's Tuesday night race series. Maps are included with grid references and a detailed description of each route and the type of information included is just what a runner would want to know about the terrain, etc. The format is easy to follow and, being used to the 'A', 'B' and 'C' categorisation of fell races, I was interested to see the more detailed Ferguson Grading System applied to each run.

So often during races I have wished that I'd previously reced the route and although this book does refer to many specific races it should not be relied on as an authoritative guide to race routes. Race organisers (including me!) have a habit of changing routes for various reasons. In some cases Jim has described the specific race route as with the Snowdon Mountain Race, in others he has, understandably, devised an alternative more interesting circuit than the straightforward up and down race route (e.g. Nchit, Moel Hebog and Moel Siabod). Furthermore the Moel Wnion route follows a quite different circuit to that of James McQueen's race in March and Jim has managed to shorten the Tal-y-Fan route by a couple of miles. Nevertheless the various routes stand on their own as excellent runs in their own right and I'm sure even the most travelled runner will find

something new in this book. I'm particularly tempted to try the alternative descent of Cadair Idris!

In short it's an excellent book full of useful and detailed information about the varied and beautiful running terrain to be found in Snowdonia. It's amply illustrated with plenty of photos taken by Julia Kelly - quite a lot depict Jim himself either racing the race or in a more relaxed mode with a grin on his face. If only I'd known in advance I could have sent him one or two photos of me to include as well!

Trail Guide Publications
ISBN 978-1-905444-42-7
192 pages £18.99

Run and Become are offering a free copy of this book

To celebrate the launch of Jim Kelly's "A Mountain Runner's Guide to Snowdonia", we are giving away a free copy - all you need to do is email garga@runandbecome.com with your answer (and membership number) to the following question before December 19th. All members sending in a correct answer will be placed in a hat and the first one drawn out will receive the book in time for Christmas.

Question: What is the height above sea level of the summit of Snowdon/Yr Wyddfa?

Run and Become, Cardiff's specialist running shop, stock a range of products for Fell Runners. WFRAs members receive a 10% discount on most of our stock, including the 'Trailguides' series of off-road running books which include:

An Introduction to Trail and Fell Running
Downhill Techniques for Off-Road Runners
Uphill Techniques for Off-Road Runners
Terrain Training for Off-Road Runners
Navigation for Off-Road Runners
Mountain Marathon Preparation
Long and Ultra Distance Off-Road Running

To be published in 2011 'The Mountain Marathon Book'

Members Discounts

The shops listed below have confirmed that they will give WFRAs 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 WFRAs 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

If there are other retailers members would like to be included please contact any Committee member

JOE BROWN SHOPS

Llanberis and

Capel Curig

COTSWOLD

Betws y Coed

PETE BLAND SPORTS

Kendal

RUN AND BECOME

Cardiff

RUNNING BEAR

Altrincham

Y WARWS

Beddgelert

SUGAR LOAF - Saturday 14th August

A field of 84 runners turned up at Abergavenny Leisure Centre after a few years break from the Sugar Loaf fell race. A cloudy start to the day soon turned into patches of blue sky as the runners headed across the sports field and up the road on to the Deri. The start of the climb saw a few of the leader's head the wrong way in the ferns, making Martin Shaw work harder for his race win. With a nice ridge run after the Deri then the sharp climb on the final ascent, Tom Gibbs (MDC) arrived at the trig first in 36min. He was shortly followed by Martin Shaw (Mynydd Du) then Hugh Aggleton (MDC). Martin now had a race on his hands due to his navigational error at the start of the run, he ran an excellent descent to reclaim his first place in a time of 53.03. Second place went to Tom

in 53.57 and third to Hugh in 54.11. Neil Lewis (Mynydd Du) who has also been achieving some good results recently, finished in 4th place overall, first V40 in 56.23.

The ladies race was also exciting, with the first 2 beating the previous course record. Helen Marshal (Aberystwyth AC) had a strong run to the top and arrived at the trig in 15th place, 41min. She was closely followed to the summit by Jenny Hemming (Eryri) 42min. Jenny however had the edge on the descent and won with an impressive new course record of 60.10. Helen was 2nd with a time of 60.37. Joanne Thatcher (Aberystwyth AC) was first V40 in a time of 64.06 and third overall lady.

Thanks to all the Marshals and helpers, see you all next year. EB

2010 OMM - Dartmoor

30-31 October

Yiannis Tridimas

This year the OMM was staged in Dartmoor, an area I had never visited before. The event centre was an army training camp. On the map Dartmoor Forest appears as a circular area of hills with army bunkers, shooting ranges and tors. The highest hills rise to just over 600m and the ground is covered by grass, tussocks, some heather and bogs.

My partner was Emma Gregory, who was doing her second mountain marathon and her first OMM. We had entered the B class, which, although not the most demanding of classes, offers a substantial challenge in distance and climb and is good value for money. We chose a linear class as opposed to a score one, as this requires less planning and strategy and it would give Emma a good chance to practice her navigation. We both are fairly competitive and hoped to do well and contest the mixed team category. With a combined age above 90 years, 102 to be precise, we also had a claim to the veterans' handicap (Emma is not even 40 yet!).

We travelled to Dartmoor on Friday afternoon and pitched a tent at the event centre. After registering and the usual socialising we had food and settled down for the night. The weather was fairly mild and mainly dry. There were to be two starts on Saturday, one from the event centre at the north end of Dartmoor and one some distance to the south. This was done in order to reduce the

impact of a few thousand runners starting from the same point. From very early on Saturday morning, coaches were ferrying teams nearly an hour's drive away to the SW end of Dartmoor. We were given a late, almost midday, start. This concerned us a bit since at best the most favourable spots at the overnight camp would have been taken by the time we arrived and at worse we could end up finishing in the dark.

And so we were off. The weather was dry and mild. A strong south westerly breeze was helping us along and we were covering the distance quickly. Navigation was not a problem in clear conditions and the gentle slopes meant that almost the whole course was runnable. On the way to the first checkpoint we had an encounter with an angry cow, which was protecting two very small calves. There were large numbers of ponies and horses about. Emma, who in the previous 24 hours was showing symptoms of a cold, was galloping along in the front, overtaking just about everything that was moving and I had to try hard to keep up. Setting off late as we did had one beneficial effect for us: there were runners' trods in the many stretches of tussocky grass and we made maximum use of them wherever possible. The early part of the course had plenty of good streams for drinking but later on the water was quite murky and we both suffered



Yiannis with Emma at the start of their weekend run

dehydration. We arrived at the overnight camp in good spirits well before dark. It was not the best of places to pitch a tent but at least it was dry and although quite windy it was not cold. Small lightweight tents, such as our Terra Nova laser, offer little comfort but they do keep the wind and the rain out. We rested and fed ourselves and pondered as to what our day 1 result might be. While Emma took a rest, I went to find out. We lay in 18th position out of around 200 teams in our class and much to my delight we were first mixed team by 7 minutes and a very close second on the vets handicap. Emma was pleased to hear the good news. We had a target for day 2: to defend our position. I promised to run faster on Sunday than I did on Saturday, something that I always do in mountain marathons anyway.

With the clocks going back, Saturday night is a very long night in the tent. The weather had turned wild. Gale force winds and heavy rain pounded and shook the tent all night long. Despite that, we were very warm in our sleeping bags. I had quite a good sleep, Emma didn't.

The rain stayed off while we were preparing for the day 2 start but the rest of the day was very wet and we were heading into a strong wind most of the time. The ground was waterlogged and the streams in spate. Visibility was clear to start with but later on the land was covered by a blanket of thick mist. I prefer this condition as it slows down the field and calls for careful navigation. We kept up a good pace and finished day 2 in 11th position, a considerable improvement on day 1. This gave us an overall 14th position, first mixed team and first vets. We were delighted. In our previous mountain marathon, the Lowe Alpine, we came close to the prizes but a bad day 2 decision and lack of fitness prevented us getting the result we had

hoped for. This good result came as a partial compensation to Emma, who had recently lost most of her outdoor gear in a burglary. We left Dartmoor with happy memories and looking forward to the next marathon.

Black Mountains

Saturday 25th September

It was a glorious sunny day for this race which was a counter in both the British Fell Running and WFRA Open / Welsh Championships.

The race was won by Tim Davies of Mercia in a time of 2 hours 19 minutes and 35 seconds. His brother, and clubmate, Andrew was 2nd in 2.19.37, and Lloyd Taggart of Dark Peak 3rd in 2.22.09 (also 1st over 40). Other category winners: Under 23 Matt Stott (Chepstow) 2.45.14, Over 50 Steve Oldfield (Calder Valley) 2.47.04, Over 60 Ken Taylor (Rossendale) 2.53.34.

The ladies race was won by Helen Fines of Calder Valley in a time of 2.46.23. Philippa Madams of Keswick was 2nd in 2.47.35 and Jackie Lee of Eryri 3rd in 2.51.56. Other category winners: Over 40 Judith Jepson (Dark Peak) 2.53.32, Over 50 Gill Myers (Wharfedale) 3.13.59, Over 60 Maggie Oliver (Eryri) 4.53.03.

This race win for Tim Davies meant that he had become both the British Champion and WFRA Open / Welsh Champion for 2010.

NAVIGATION COURSES

The WFRA held successful Navigation Courses in North and South Wales in the Autumn. The North Wales course was over subscribed. We hope to organize another course in north Wales in the Spring. Check WFRA website for more information or contact Ross Powell (E mail ross@wfra.org.uk or tel 01286 881491). For details of south Wales Navigation Courses contact John Sweeting. RP

CLWYDIAN HILLS RACE

Sunday 7th November

Race numbers were up by 50% at the Clwydian Hills race, near Mold, as the race was the final counter in the inov-8/WFRA Open Welsh Championships and North Wales Series. Weather conditions were dry with sunny intervals and light winds. It was very muddy, wet and slippery underfoot due to the rain in recent days.

The race was won by Steven Cale of Shrewsbury in a time of 72 minutes and 38 seconds. Matt Gilbert of Wreham Tri was 2nd in 74.02 and Tim Higginbottom of Clwydian 3rd in 74.25. Other category winners - Over 40 Paul Jones (Oswestry) 76.06, Over 50 Peter Gardner (MDC) 82.08, Over 60 Don Williams (Eryri) 94.11, Over 70 Peter Norman (Wrexham) 127.32.

The ladies race was won by

Anna Lupton of Radcliffe in 83.03. Andrea Rowlands of Eryri was 2nd in 90.12 and Sarah Hammond of Tattenhall 3rd in 92.31 (also 1st over 40). Other category winners Over 50 Sue Ellis (Tattenhall) 112.23, Over 60 Maggie Oliver (Eryri) 129.30.

The inov-8/WFRA Welsh Champions for 2010 are Tim Davies of Mercia and Andrea Rowlands of Eryri. Tim Davies is also the British Fell Running Champion for 2010. Other category Champions -

Male: Over 40 Paul Jones (Oswestry), Over 50 Peter Gardner (MDC), Over 60 Don Williams (Eryri), Over 70 Peter Norman (Wrexham).

Female: Over 40 Sandra Rowlands (Clwydian), Over 50 Annie Williams (Eryri), Over 60 Maggie Oliver (Eryri).

2010 Open Welsh Championships - Final Positions

For Full Table go to www.wfra.org.uk				Corndon		Cribyn		Foel Fras		Moel Siabod		Black Mts		Clwydians		Total
Pos	Name	Club	Cat	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	
1	Andrea Rowlands	Eryri	F	51.45	79.19		0.00	123.40	85.88	61.56	74.50	180.23	78.74	90.12	78.35	318.32
2	Phoebe Webster	Aberystwyth	F	49.32	84.37	69.32	77.58	125.26	84.25		0.00	192.48	70.40		0.00	316.59
3	Jenny Heming	Eryri	F	52.58	76.35	69.00	78.52		0.00	58.57	80.55	182.03	77.62	94.44	72.24	313.04
4	Helen Marshall	Aberystwyth	F	55.12	71.14	79.33	59.95	133.07	77.16		0.00		0.00		0.00	208.24
5	Joanne Moore	U/A	F	58.18	63.90		0.00		0.00	69.00	60.18		0.00	103.20	60.64	184.72
6	Helen Fines	Vegan Runners	F	48.45	86.20		0.00		0.00		0.00	166.23	88.16		0.00	174.35
7	Sioned Jones		F		0.00		0.00	136.09	74.36	65.34	67.14		0.00		0.00	141.50
8	Ruth Metcalfe	Eryri	F		0.00		0.00		0.00	65.49	66.63		0.00	94.03	73.16	139.79
9	Clare Dallimore (u/23)	WFRA	F		0.00		0.00	148.15	63.19	66.56	64.37		0.00		0.00	127.56
10	Sarah Ridgway	Eryri	F		0.00		0.00	114.58	93.91		0.00		0.00		0.00	93.91
1	Sandra Rowlands	Clwydian	F40	58.54	62.50	82.08	55.40	138.27	72.24		0.00		0.00	100.11	64.88	255.02
2	Linda Jones	Wrexham	F40		0.00	94.07	34.30	150.21	61.25	76.42	44.58		0.00	109.41	52.07	192.21
3	Ellie Salisbury	Eryri	F40	64.20	49.82	86.34	47.59		0.00	72.38	52.82		0.00	114.47	45.19	150.23
4	Ali Thomas	Eryri	F40		0.00		0.00		0.00	68.41	60.82	229.25	45.78		0.00	106.61
5	Anna Bartlett	Shrewsbury	F40	48.16	87.32		0.00		0.00		0.00		0.00		0.00	87.32
6	Sarah Hammond	Tattenhall	F40		0.00		0.00		0.00		0.00		0.00	92.31	75.22	75.22
7	Niki Morgan	Chepstow	F40		0.00		0.00		0.00		0.00	202.19	64.00		0.00	64.00
8	Beverley Chapman	Heathfield	F40		0.00		0.00		0.00		0.00	203.59	62.88		0.00	62.88
1	Annie Williams	Eryri	F50	56.31	68.06		0.00	137.48	72.84	68.49	60.55		0.00		0.00	201.45
2	Kate Hovers	Brecon	F50	70.26	35.58	98.08	27.23		0.00		0.00	274.53	15.22	157.33	1.00	79.03
3	Susan Ridings	Clwydian	F50	73.38	28.11	104.47	15.52	206.30	9.44	93.51	9.83		0.00	129.30	25.35	78.41
4	Gill Stott	MDC	F50		0.00	87.45	45.51		0.00		0.00	248.36	32.89		0.00	78.40
5	Sharon Woods	Mynydd Du	F50		0.00		0.00		0.00		0.00	209.36	59.11		0.00	59.11
6	Sue Ellis	Tattenhall	F50		0.00		0.00		0.00		0.00		0.00	112.23	48.43	48.43
1	Maggie Oliver	Eryri	F60	68.39	39.74		0.00	170.32	42.63		0.00	293.03	3.01	129.30	25.35	107.71
1	Tim Davies	Mercia	M	39.50	107.01	54.40	103.76		0.00	46.47	105.20	139.35	106.17		0.00	422.14
2	Steven Cale	Shrewsbury	M	43.13	99.11		0.00		0.00	47.10	104.42	153.37	96.74	72.38	102.04	402.32
3	Hugh Aggleton	MDC	M	42.29	100.82		0.00		0.00	50.00	98.68	154.26	96.19	74.27	99.59	395.29
4	Martin Shaw	Mynydd Du	M	44.22	96.43	57.32	98.71		0.00		0.00	156.34	94.75	83.45	87.05	376.94
5	Matthew Fortes	Eryri	M	49.17	84.95		0.00	111.49	96.81	54.04	90.44	165.22	88.84	76.22	97.01	373.10
6	Jos Jones	Aberystwyth	M	49.35	84.25	67.10	81.75	114.19	94.51	58.09	82.17		0.00		0.00	342.67
7	Dylan Cole-Jones	Skelmersdale	M	53.20	75.50		0.00	136.44	73.82	63.37	71.09		0.00	93.58	73.27	293.68
8	Matthew Roberts	Eryri	M		0.00	60.27	93.57	99.51	107.86		0.00	161.26	91.48		0.00	292.91
9	Simon Edwards	Buckley	M	47.56	88.10		0.00	112.40	96.03		0.00		0.00	81.08	90.58	274.71
10	Matt Gilbert	Wrexham Tri	M		0.00		0.00		0.00	64.07	70.08	164.15	89.59	74.02	100.15	259.82
11	James Blore (u/23)	Chepstow	M	48.07	87.67	66.16	83.33		0.00		0.00	214.03	56.11		0.00	227.12
12	Andrew Davies	Mercia	M		0.00	55.38	102.05		0.00		0.00	139.37	106.15		0.00	208.20
13	Ifan Richards	Meirionnydd	M	44.17	96.62		0.00		0.00		0.00		0.00	75.12	98.58	195.20
1	Paul Jones	Oswestry	M40	44.58	95.03		0.00	110.05	98.41	52.26	93.75		0.00	76.06	97.37	384.56
2	Crispin Flower	Mynydd Du	M40		0.00	63.01	89.06	109.58	98.52		0.00	166.29	88.09	82.58	88.10	363.77
3	Paul Jenkinson	Eryri	M40		0.00	63.05	88.94	120.45	88.57	57.37	83.25		0.00	86.10	83.79	344.54
4	Paul Beeson	Maldwyn	M40	49.20	84.83		0.00	120.06	89.17	56.47	84.94		0.00	86.48	82.93	341.88
5	Dave Powell	Aberystwyth	M40	48.57	85.73	71.22	74.35	114.15	94.57	62.14	73.89	180.02	78.98	89.06	79.83	334.48
6	Max Suff	Hereford	M40	48.35	86.58	67.48	80.63		0.00	59.16	79.91	191.45	71.10	86.35	83.23	321.55
7	Peter Agnew	Clwydian	M40	51.48	79.08		0.00		0.00	59.43	78.99	187.32	73.94	87.13	82.37	314.38
8	Glyn Fletcher	Maldwyn	M40	51.32	79.70	74.21	69.10		0.00	61.29	75.41	185.44	75.15	91.23	76.75	307.01
9	Michael Kelly	Leighton	M40	51.41	79.35		0.00	125.43	83.99	66.45	64.74		0.00	95.47	70.82	298.89
10	Kevin Hagley	SWRR	M40	48.10	87.56	68.14	79.87	113.53	94.91		0.00		0.00		0.00	262.33
11	Stephen Jones	Clwydian	M40	53.28	75.18		0.00	120.53	88.45		0.00	187.12	74.16	84.45	85.70	249.33
12	Craig Jones	Eryri	M40	49.12	85.15		0.00		0.00	59.27	79.53		0.00	86.30	83.34	248.02
13	David York	Tattenhall	M40	62.29	54.14		0.00	141.27	69.47	69.10	59.84		0.00	102.03	62.37	245.81
14	Gary P Jones	Eryri	M40		0.00		0.00	123.09	86.35	61.40	75.04		0.00	89.52	78.80	240.20
15	David Malia	Cobra	M40	52.57	76.39		0.00		0.00	61.52	74.64		0.00	92.44	74.93	225.96
16	Richard Borne	Eryri	M40		0.00		0.00	127.21	82.48	64.54	68.49		0.00	94.53	72.03	223.00
17	Andrew Blackmore	MDC	M40	52.20	77.83	71.43	73.74		0.00		0.00	195.22	68.67		0.00	220.24
18	David Marham	Leighton	M40		0.00		0.00	135.49	74.67	66.48	64.64		0.00	99.00	66.48	205.79
1	Pete Gardner	WFRA	M50	48.50	86.00		0.00	114.29	94.35	56.33	85.41	167.55	87.12	82.08	89.23	356.12
2	Arwel Lewis	Eryri	M50	49.29	84.48		0.00	111.55	96.72	60.43	76.97	181.54	77.73		0.00	335.90
3	Peter Williams	MDC	M50	52.06	78.38	72.57	71.57	121.46	87.63		0.00		0.00	95.44	70.89	308.46
4	Chris Wilcox	Clwydian	M50		0.00	75.06	67.78	126.16	83.48	62.30	73.35		0.00	91.59	75.94	300.56
5	Ross Powell	Mercia	M50	56.55	67.13	70.26	76.00	128.19	81.59		0.00		0.00	96.27	69.92	294.64
6	Kean Rowlands	Clwydian	M50	55.31	70.40	74.41	68.52	135.43	74.76		0.00		0.00	95.45	70.86	284.54
7	John Currie	Mercia	M50	56.59	66.98		0.00	133.33	76.76	70.05	57.99		0.00	96.48	69.45	271.17
8	Peter Browning	Clayton	M50		0.00		0.00	123.55	85.65	62.39	73.05	223.51	49.53	104.38	58.88	267.11
9	Dave Powell	Aberystwyth	M50		0.00		0.00		0.00	62.14	73.89	180.02	78.98	89.06	79.83	232.71
10	Brian Hardcastle	MDC	M50	58.27	63.55	74.01	69.69	135.42	74.77		0.00		0.00		0.00	208.01
11	Martin Cortvriend	Clwydian	M50	55.01	71.57	77.31	63.53		0.00		0.00		0.00	95.19	71.45	206.54
12	Huw Lewis	Buckley	M50		0.00	85.37	49.27	149.28	62.07		0.00		0.00	89.54	78.75	190.09
1	Don Williams	Eryri	M60		0.00	73.24	70.77	136.48	73.76	65.14	67.81		0.00	94.11	72.98	285.32
2	Mike Blake	Eryri	M60	56.14	68.73	79.44	59.62	142.45	68.27	66.09	65.96	217.29	53.81	97.59	67.85	270.80
3	John Morris	Buckley	M60	57.03	66.82	76.34	65.20	148.10	63.27	72.06	53.90		0.00	96.55	69.29	264.58
4	Gary Gunner	Croft Ambrey	M60	58.32	63.36	77.45	63.12		0.00		0.00	225.12	48.62	108.31	53.65	228.74
5	Les Williams	Eryri	M60	58.42	62.97	81.37	56.31		0.00		0.00	235.41	41.57		0.00	160.85
6	Dick Finch	Chepstow	M60	65.04	48.11	84.47	50.73		0.00		0.00	219.38	52.36		0.00	151.20
7	Francis Uhlman	WFRA	M60	66.36	44.53	88.30	44.19	156.01	56.02		0.00		0.00		0.00	144.74
8	Peter Roberts	Buckley	M60		0.00	76.34	65.20	137.05	73.50		0.00		0.00		0.00	138.70
9	Yiannis Tridimas	Bowland	M60		0.00		0.00		0.00	64.59	68.32		0.00	98.26	67.25	135.57
1	Pete Norman	Wrexham	M70		0.00	102.46	19.07		0.00	91.35	14.42		0.00	127.32	28.00	61.49
2	William Murphy	Ford	M70		0.00		0.00		0.00	92.34	12.43		0.00		0.00	12.43

2010 North Wales Series - Final Positions

For Full Table go to www.wfra.org.uk			Ras Yr Aran		Corndon		Llantysilio		Lletty		Foel Fras		Moel Siabod		Cnicht		Arenig Fawr		Clwydian Hills		
Pos	Name	Club	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Total
FEMALE																					
1	Andrea Rowlands	Eryri	117.17	85.11	51.45	79.19	59.1	88.44	98.11	78.73	123.40	85.88	61.56	74.50	48.00	74.96	71.33	83.09	90.12	78.35	500.44
2	Jenny Heming	Eryri	122.21	80.15	52.58	76.35		0.00	101.23	74.77		0.00	58.57	80.55	46.04	79.99		0.00	94.44	72.24	464.05
3	Joanne Moore	U/A	131.23	71.30	58.18	63.90	65.35	76.34		0.00		0.00	69.00	60.18	53.17	61.19	79.16	70.48	103.20	60.64	403.85
4	Ruth Metcalf	Eryri		0.00		0.00		0.00	105.59	69.09		0.00	65.49	66.63		0.00	77.09	73.94	94.03	73.16	282.82
5	Helen Fines	Calder Valley	108.37	93.60	48.45	86.20		0.00	93.24	84.63		0.00		0.00		0.00		0.00		0.00	264.43
6	Phoebe Webster	Aberystwyth		0.00	49.32	84.37		0.00	98.46	78.01	125.26	84.25		0.00		0.00		0.00		0.00	246.62
7	Helen Marshall	Aberystwyth		0.00	55.12	71.14	66.16	75.05		0.00	133.07	77.16		0.00		0.00		0.00		0.00	223.35
8	Jennifer Williamson	Eryri	151.01	52.07		0.00		0.00	129.40	39.84		0.00	75.16	47.48		0.00	93.24	47.39		0.00	186.77
9	Wendy Trimble	Eryri		0.00		0.00	72.44	62.86		0.00		0.00		0.00	62.02	38.40		0.00	115.35	44.12	145.38
10	Sioned Jones			0.00		0.00		0.00		0.00	136.09	74.36	65.34	67.14		0.00		0.00		0.00	141.50
FEMALE 40																					
1	Sandra Rowlands	Clwydian	139.37	63.23	58.54	62.50	68.06	71.60	123.59	46.86	138.27	72.24		0.00		0.00	80.54	67.81	100.11	64.88	402.26
2	Ellie Salisbury	Eryri		0.00	64.20	49.82	77.11	54.47	128.16	41.57		0.00	72.38	52.82	62.01	38.44		0.00	114.47	45.19	282.31
3	Sarah Barnwell	Eryri		0.00		0.00		0.00		0.00		0.00	70.33	57.04	52.17	63.80	81.17	67.18		0.00	188.02
4	Anna Bartlett	Shrewsbury		0.00	48.16	87.32		0.00	95.28	82.08		0.00		0.00		0.00		0.00		0.00	169.41
5	Val Swinger	Shropshire S		0.00		0.00	61.33	83.95	99.43	76.83		0.00		0.00		0.00		0.00		0.00	160.78
6	Linda Jones	Wrexham		0.00		0.00		0.00		0.00	150.21	61.25	76.42	44.58		0.00		0.00	109.41	52.07	157.91
7	Andrea Vaughan	Merionnydd		0.00		0.00	70.34	66.95		0.00		0.00		0.00		0.00		0.00	110.03	51.58	118.53
8	Juliet Edwards	Meirionnydd		0.00		0.00		0.00		0.00	149.40	61.88		0.00	58.42	47.08		0.00		0.00	108.97
FEMALE 50																					
1	Annie Williams	Eryri	131.19	71.36	56.31	68.06	64.52	77.69	107.12	67.59	137.48	72.84	68.49	60.55		0.00		0.00		0.00	418.10
2	Susan Ridings	Clwydian	174.37	28.95	73.38	28.11	90.00	30.31	147.41	17.58	206.30	9.44	93.51	9.83		0.00		0.00	129.30	25.35	140.12
FEMALE 60																					
1	Maggie Oliver	Eryri	172.10	31.35	68.39	39.74	81.58	45.45	147.05	18.33	170.32	42.63		0.00		0.00	96.59	41.53	129.30	25.35	226.04
MALE																					
1	Ifan Richards	Meirionnydd	100.51	101.21	44.17	96.62	51.17	103.31	92.40	85.54		0.00		0.00	37.15	102.96	60.24	101.31	75.12	98.58	603.98
2	Martin Cliffe	Eryri	104.50	97.31	44.54	95.18	52.59	100.10	94.15	83.58		0.00		0.00	40.43	93.93	65.20	93.25	80.41	91.18	570.95
3	Matthew Fortes	Eryri		0.00	49.17	84.95		0.00		0.00	111.49	96.81	54.04	90.44	42.15	89.94	64.51	94.04	76.22	97.01	553.18
4	Simon Edwards	Buckley	108.27	93.76	47.56	88.10	56.18	93.85	90.02	88.79	112.40	96.03		0.00	45.17	82.03	67.17	90.06	81.08	90.58	553.07
5	Steven Cale	Shrewsbury		0.00	43.13	99.11		0.00	80.25	100.67		0.00	47.10	104.42		0.00	56.10	108.22	72.38	102.04	514.47
6	Rory O'Donnell	Eryri	110.58	91.30		0.00		0.00		0.00	116.27	92.54		0.00	41.41	91.41	65.43	92.62	83.31	87.36	455.23
7	Jos Jones	Aberystwyth		0.00	49.35	84.25	58.48	89.13	94.47	82.93	114.19	94.51	58.09	82.17		0.00		0.00		0.00	432.98
8	Jez Brown	Buckley	107.18	94.89		0.00		0.00	88.02	91.26	110.50	97.72		0.00		0.00		0.00	78.01	94.78	378.65
9	Dylan Cole-Jones	Skelmersdale	128.00	74.61	53.20	75.50		0.00		0.00	136.44	73.82	63.37	71.09		0.00		0.00	93.58	73.27	368.29
10	Dylan Jones (U/23)	Bro Dysynni	115.42	86.66	50.13	82.77		0.00		0.00		0.00		0.00		0.00	68.46	87.64	84.01	86.69	343.76
11	Adrian Williams	Eryri		0.00		0.00		0.00		0.00	120.25	88.88	59.50	78.76	45.01	82.73	69.26	86.55		0.00	336.91
12	Adair Broughton	Helsby	124.18	78.24		0.00	60.16	86.37	100.57	75.31		0.00		0.00		0.00		0.00	91.02	77.23	317.14
13	Tim Davies	Mercia		0.00	39.50	107.01		0.00	80.13	100.92		0.00	46.47	105.20		0.00		0.00		0.00	313.13
14	Hugh Aggleton	MDC		0.00	42.29	100.82		0.00		0.00		0.00	50.00	98.68		0.00		0.00	74.27	99.59	299.10
15	Martin Shaw	MDC		0.00	44.22	96.43		0.00	81.57	98.78		0.00		0.00		0.00		0.00	83.45	87.05	282.25
16	Dylan Jones	Eryri		0.00		0.00		0.00		0.00		0.00	56.19	85.88	41.13	92.63	65.55	92.29		0.00	270.80
MALE 40																					
1	Paul Jones	Oswestry		0.00	44.58	95.03	53.58	98.25	93.47	84.16	110.05	98.41	52.26	93.75		0.00	60.40	100.87	76.06	97.37	583.68
2	Paul Beeson	Maldwyn	118.26	83.98	49.20	84.83		0.00		0.00	120.06	89.17	56.47	84.94		0.00	67.55	89.03	86.48	82.93	514.88
3	Peter Agnew	Clwydian	117.09	85.24	51.48	79.08	61.14	84.55	104.16	71.21		0.00	59.43	78.99	44.37	83.77	68.11	88.59	87.13	82.37	503.59
4	Glyn Fletcher	Maldwyn	116.07	86.25	51.32	79.70	60.00	86.87	102.14	73.72		0.00	61.29	75.41	46.37	78.56	72.37	81.35	91.23	76.75	489.48
5	Michael Kelly	Leighton	120.32	81.93	51.41	79.35	60.43	85.52	105.29	69.71	125.43	83.99	66.45	64.74	46.57	77.69	72.57	80.80	95.47	70.82	489.27
6	Dave Powell	Aberystwyth	126.23	76.20	48.57	85.73		0.00	107.03	67.77	114.15	94.57	62.14	73.89		0.00		0.00	89.06	79.83	477.99
7	Richard Borne	Eryri		0.00		0.00	65.00	77.44	108.00	66.60	127.21	82.48	64.54	68.49	49.43	70.48	76.53	74.37	94.53	72.03	445.30
8	David Marham	Leighton	132.04	70.63		0.00	65.49	75.90	105.44	69.40	135.49	74.67	66.48	64.64	50.29	68.49	77.31	73.34	99.00	66.48	432.42
9	Gary Porter-Jones	Eryri	123.23	79.13		0.00		0.00		0.00	123.09	86.35	61.40	75.04		0.00	70.55	84.12	89.52	78.80	403.45
10	David Malia	Cobra	123.33	78.97	52.57	76.39		0.00		0.00		0.00	61.52	74.64		0.00	72.59	80.75	92.44	74.93	385.68
11	Paul Jenkinson	Eryri		0.00		0.00		0.00		0.00	120.45	88.57	57.37	83.25	42.37	88.98		0.00	86.1	83.79	344.59
12	Craig Jones	Eryri		0.00	49.12	85.15	57.20	91.90		0.00		0.00	59.27	79.53		0.00		0.00	86.30	83.34	339.92
13	Stephen Jones	Clwydian		0.00	53.28	75.18	61.43	83.63		0.00	120.53	88.45		0.00		0.00		0.00	84.45	85.70	332.96
14	Graham Davies	Mysteruns	142.46	60.15		0.00	68.15	71.32	114.53	58.10	137.40	72.96	69.02	60.11		0.00		0.00		0.00	322.63
15	Ed Harmer	Eryri	114.38	87.71		0.00		0.00		0.00		0.00	60.59	76.43	49.32	70.96	75.51	76.06		0.00	311.16
16	Jeremy Randall	Clwydian	127.34	75.04	56.12	68.80		0.00	108.36	65.86		0.00		0.00		0.00		0.00	92.45	74.91	284.61
MALE 50																					
1	Arwel Lewis	Eryri	112.40	89.63	49.29	84.48		0.00	90.32	88.18	111.55	96.72	60.43	76.97		0.00	70.40	84.53		0.00	520.51
2	Peter Browning	Clayton		0.00		0.00	62.33	82.06	102.25	73.50	123.55	85.65	62.39	73.05	47.24						

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Pos	Name	Club	Cat.	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Total
1	Helen Marshall	Aberystwyth.	FS	55.12	71	79.33	60	37.42	86			64.15	79	60.37	90	57.26	59	326
2	Vanessa Lawson	Chepstow H.	FS			80.08	59	43.36	68			70.54	67	70.10	72	57.16	59	266
3	Anne Marie Harris	Mynydd Du	FS							57.53	66	73.27	62	70.55	71			258
4	Jenny Heming	Eryri Harriers	FS	52.58	76	69.00	79							60.10	91			245
5	Naomi Law	Mynydd Du	FS			89.58	42					74.51	60	73.25	66	57.55	57	225
6	Helen Fines	Vegan R. UK	FS	48.45	86											45.44	87	174
7	Phoebe Webster	Aberystwyth.	FS	49.32	84	69.32	78											162
1	Angela Jones	Mynydd Du	F40					39.39	80	52.25	79	65.50	76			51.15	74	309
2	Nicki Morgan	Chepstow H.	F40					41.35	74			69.25	70	67.45	77	54.44	65	286
3	Lou Summers	Chepstow H.	F40					41.15	75			71.42	65	69.19	74	55.38	63	278
4	Ellie Salisbury	Eryri Harriers	F40	64.20	50	86.34	48							74.36	64			162
5	Joanne Thatcher	Aberystwyth .	F40									69.56	69	64.06	83			152
6	Sandra Rowlands	CRR	F40	58.54	63	82.08	55											118
7	Anna Bartlett	Shrewsbury.	F40	48.16	87													87
8	Alice Bedwell	MDC	F40													53.47	68	68
9	Rosina Rowland	Thornbury RC	F40					45.34	62									62
10	Nicky Turvey	Croft Ambrey	F40									74.21	61					61
11	Jean Turner	Telford Harriers	F40	59.52	60													60
12	Jane Goodwin	Westbury Harriers	F40					48.10	54									54
13	Vanessa Turnbull	Womans Running N.	F40													60.10	52	52
14	Lisa Cleary	Penarth & Dinas	F40													60.12	52	52
1	Gill Stott	MDC	F50			87.45	46			60.01	61	74.43	60			61.04	50	216
2	Kate Hovers	Brecon	F50	70.26	36	98.08	27	48.01	55	65.49	48	85.47	39	80.46	53	63.09	45	200
3	Sharon Woods	Mynydd Du	F50							57.11	68	70.43	67					135
4	Caroline Dallimore	MDC	F50											75.12	63	60.38	51	114
5	Christine Vorres	Griffithstown H.	F50							71.57	33	92.43	26			68.02	33	92
1	James Blore	Chepstow H.	Mu23	48.07	88	66.16	83							60.34	90	47.40	83	343
2	Matthew Stott	Chepstow H.	Mu23									56.02	95			43.10	94	189
1	Hugh Aggleton	MDC	MS	42.29	101							51.33	103	54.11	101	40.49	100	405
2	Martin Shaw	Mynydd Du	MS	44.22	96	57.32	99					50.13	106	53.03	103			404
3	Jos Jones	Aberystwyth.	MS	49.35	84	67.10	82	34.56	94	46.43	92	58.42	90	57.43	95			371
4	Richard Johnson	Islwyn	MS			75.41	67			49.13	86	61.42	84	59.45	91	46.46	85	346
5	Ben Moon	MDC	MS			74.32	69			46.26	92			57.47	95	47.23	83	340
6	Dave Austin	Calder Valley	MS	52.00	79							60.56	86	59.28	92	48.37	80	336
7	Matthew Collins	MDC	MS					30.11	109	39.02	110					39.21	103	321
8	Adam Smith	Cardiff Harl.	MS			72.49	72			51.43	80					49.19	79	231
9	Tim Davies	Maldwyn H.	MS	39.50	107	54.40	104											211
1	Gavin Fisher	Unattached	M40					33.35	98	45.22	95	56.11	95			44.38	90	378
2	Neil Lewis	Mynydd Du	M40	53.01	76	67.44	81	37.09	88	47.34	90	57.11	93	56.23	97	45.44	87	368
3	Max Suff	Hereford C.	M40	48.35	87	67.48	81	34.16	96			58.38	90	58.25	94	46.56	85	367
4	Dimitri Vorres	Neath H.	M40							46.19	93	57.55	91	58.55	93	45.34	88	365
5	Steve Harry	Llisswerry	M40					38.52	82	49.59	84	61.15	85			48.24	81	333
6	Andrew Blackmore	MDC	M40	52.20	78	71.43	74	37.24	87							49.47	77	316
7	Dominic Shields	San Domenico	M40			83.50	52			51.59	80	67.27	73	66.40	79	51.42	73	305
8	Graham Colvin	Celtic Tri	M40							54.47	73	71.00	67	67.54	76	54.03	67	283
9	Kevin Hagley	SWRR	M40	48.10	88	68.14	80					60.14	87					254
10	Glyn Fletcher	Maldwyn H.	M40	51.32	80	74.21	69					61.54	84					233
11	Richard Hudson	Avon Valley	M40			76.21	66	38.26	84			62.55	82					231
12	Martin Woodhead	Mynydd Du	M40			75.30	67					66.00	76			51.23	74	217
13	Richard Wall	Hereford C.	M40	57.47	65							69.01	71	67.07	78			213
14	Crispin Flower	Mynydd Du	M40			63.01	89									43.16	94	183
15	Stewart Thompson	Griffithstown H.	M40			93.17	36			56.49	68	72.25	64					168
16	David Egglestone	Shropshire S.	M40	52.15	78									61.30	88			166
17	Dave Powell	Aberystwyth .	M40	48.57	86	71.22	74											160
1	Pete Gardner	WFRA	M50	48.50	86			35.38	92	46.44	92	56.25	94	57.13	96	44.28	91	374
2	Andy Creber	Chepstow H.	M50					38.52	82			61.54	84	63.28	85	49.10	79	330
3	Peter Williams	MDC	M50	52.06	78	72.57	72	37.36	86	50.17	84							320
4	Andy Stott	MDC	M50			77.57	63			54.39	73	68.51	71			51.28	73	280
5	John Darby	Mynydd Du	M50	64.12	50					57.07	68	71.49	65	72.35	68	57.12	59	260
6	Gwyn Lloyd	Pontypridd	M50							51.49	80			65.07	82	50.29	76	237
7	Gerry Ashton	Chepstow H.	M50			93.24	36	42.28	71			72.05	65			57.56	57	229
8	Clive Rowberry	Hereford C.	M50	74.42	26					58.26	65	73.38	62	70.31	72			224
1	Steve Herington	Hereford C.	M60	58.54	63	86.10	48	39.10	81	52.59	77	67.13	74	66.55	78			311
2	Gary Gunner	Croft Ambrey	M60	58.32	63	77.45	63			54.58	73	68.42	71	67.42	77	56.56	60	284
3	Les Williams	Eryri Harriers	M60	58.42	63	81.37	56							71.14	70	57.40	58	248
4	Dick Finch	MDC	M60	65.04	48	84.47	51	42.46	71			75.50	58	77.48	58	59.26	54	240
5	Rob Brown	Chepstow H.	M60					49.37	50	67.59	43	83.45	43	82.51	49	64.30	41	185
6	John Morris	Buckley R.	M60	57.03	67	76.34	65											132
7	Jim Stewart	Unattached	M60							58.10	65					55.29	63	129
8	Mike Blake	Eryri Harriers	M60	56.14	69	79.44	60											128
9	Tom Davies	Croft Ambrey	M60									77.24	55	75.09	63			118
1	Pete Norman	Wrexham	M70			102.46	19											19
2	Errol Alexis	Les Croupiers	M70													73.55	18	18

NEWSAR

As you run past us on the last race of the season, you may well wonder who the people placed in strategic points on the Clwydians and dressed in red are. Hopefully, this will give you the answer!

We are the North East Wales Search and Rescue team (or as we like to call ourselves – NEWSAR). We have been organising fell races on behalf of the WFRA since it was set up back in 2005 but even before then, we organised races for a number of years under the FRA.

NEWSAR was formed in 1980 (in those days we were known as the Clwyd Rescue Team) and is the mountain rescue team that covers an area that stretches from the Conwy valley to the M6 and from the Welsh coast down to the Newtown area in Powys. We can be called out by the Police or Ambulance Service 24 hours a day, 7 days a week, 356 days a year and also by other Teams if the need arises.

We are a registered charity that does not receive any funding from the government. Our running

costs have to be raised by team members and it is donations from groups and organisations and events such as the fell race and street collections that help us meet the £17,000 needed to remain operational each year.

What type of person gets involved in mountain rescue? The simple answer is anyone that has a love of the outdoors and wants to help their local community. Members of NEWSAR come from all walks of life – we currently have a taxman, driving instructor, probation officer, cabinet maker, outdoors instructor and a coat hanger designer among our membership. We are all volunteers and are not paid for any of the work that NEWSAR does.

A lot of people have a misconception of mountain rescue, believing it to be a service that is only offered to people who go out on the hills and suffer an injury or get lost and whilst this could be true of some of the Teams based in more mountainous terrain, it isn't the case for NEWSAR. A high proportion of our callouts are based in local communities, searching for missing people who have potentially gone to harm themselves or are vulnerable suffering from illness or in poor health. But whatever the reason we are called (and the time of day!), we will try our best to find the missing person. The number of callouts for the Team has risen considerably since 2006 when we experienced just 23 incidents. In 2007, we were involved in 48 incidents, 36 in 2008, a record breaking 57 in 2009 and as at 21st November, 55 in 2010.

What does the future hold for NEWSAR? 2011 will see us celebrating the 30th anniversary of our first call out. There are a number of members of NEWSAR with more than 10 years service (a couple have more than 20!) who have seen a great deal of change over their time with the Team, including the type of equipment that we use, the introduction of computers to assist in the management of searches and the development of a corporate image. Not forgetting the commitment of our team members, these have all helped the team become what it is today. The keys to our success in the future are to continue the development of NEWSAR, to increase our professionalism further and to appreciate our team members. We find that the enthusiasm of the trainees that we take on every year and their desire to learn help us achieve these.

As we are completely self funding, under the current economic



Photo: Gerald Davison

Members of NEWSAR Team

climate it is going to be a challenge to raise the money needed to remain operational. We also need to replace our aging vehicle fleet which is being kept on the road by the efforts of our Equipment Officer who can often be found late at night fixing various faults so that if we are called out overnight, we can get the equipment to where it needs to be.

Time pressure on team members is increasing – the number of callouts, fundraising events and training all require a heavy time commitment from our members (and their families). To help relieve some of this pressure, NEWSAR has just launched its Supporters Group where is hoped that people who are unable to commit to being an operational

member can assist in other ways, for example with fundraising or in organising team events.

We look forward to seeing you next November and we hope you have a good season in 2011.

If you want to know more about NEWSAR or keep up to date with our activities, you can keep an eye on our website at www.newsar.org.uk

LLYN Y FAN

18 September, 2010

This is one of the most scenic short fell races around, and only its remoteness in the wilds of the Black Mountain (not to be confused with its plural version in south-east Wales) can account for a field of just 21.

Two other potential entrants found their way to the start well after Race Organiser, John Sweeting, had sent the mighty few on their way up the track to the lake. The latecomers weren't to be denied their run though, and enjoyed their own race arriving at the finish to the applause of the waiting 21.

Women's record holder Helen Fines found herself in the lead by the top of the track. "This was a new experience for me, and I thought I'd make it a special training run by pushing hard up the hills, and cruising on the downs – the opposite to my usual style," she recalled.

Over three minutes behind, Pontypridd's Rhodri Evans and Cardiff Harlequins' Adam Smith did their best to keep Helen's rear from disappearing over the grassy horizon. I imagine that she'd let her dogs out of the van by the time the second and third placers had reached the finish line.

As he handed out the prizes, John wondered whether this had been the first fell race won by a woman. We'd be interested to hear of any others. DF

MACHEN MOUNTAIN

The traditional August Bank Holiday run up to the mast on the Machen Mountain and back to the Welfare drew over 200 runners from all over South Wales and beyond. It was fine and warm and the views from the summit over the Sirhowy Valley were there to be savoured by those who looked up from the dusty track.

Then it was all eyes on the narrow woodland paths that led back to the steep stomp down the village roads and the endless circuit of the rugby field. Winner Matt Collins kept his Cardiff AC colleague Pete Ryder twelve seconds behind, and barely two minutes ahead of M40 winner Mark Palmer, and five ahead of first M50 Pete Gardner.

Another minute saw Helen Fines over the line a couple of minutes before Marianne Gittoes and Shan Morgan.

This 10k race increases in popularity yearly, and your reporter has learnt that you need to get back after the run quite sharpish if you don't want to find the buffet wiped clean. DF

SOUTH WALES SUMMER HILL SERIES 2010

A very strongly contested series was typified by the 152 Senior Men who were finally headed by Hugh Aggleton by the very narrowest of margins. Right up to the last of the seven races, Hugh and Martin Shaw strove neck and neck, and it was Hugh's 100% at Machen Mountain that finally swung it.

The 100+ M40s also gave us a photo finish with just 13 points covering the first four. Gavin Fisher emerged with the trophy at the post-Blorengre presentation.

Altogether 471 athletes took part in this very successful campaign. A big thank-you to all the race directors and the series organizers. DF

CEIRIOG CANTER

On a fine day in the beautiful Ceiriog valley Oswestry Olympians provided the male and female winners of the second running of the Ceiriog Canter Fell Race. Under 23 runner Josh Ogdon beat team mate Paul Jones by five seconds to win overall and slightly older Sarah Grover took the honours in the ladies race. In fifth place was the unfortunate Ian Houston who took a slight detour but charged gallantly back through the field to make up a lot of ground - at least one more marshal will be provided next year! Thanks to all who turned up to run and to all who helped on the day.