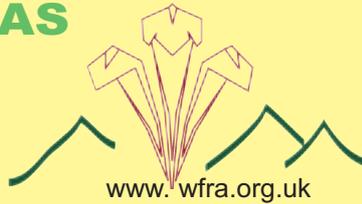


**CYMDEITHAS
RHEDWYR
MYNYDD
CYMRU**



**WELSH
FELL
RUNNERS
ASSOCIATION**

**2007 EBRILL
CYLCHGRAWN
NEWSLETTER
APRIL 2007**

2007 WFRA Championships get under way

Ross Powell

The 2007 Open/Welsh Championships started with the Llanbedr to Blaenafon race (15 miles / 4500 feet) on Saturday 24th March. Weather conditions were perfect - dry, clear, hazy sunshine and a nice cool breeze. This is a deceptively tough race with 3 major climbs. The final climb up Blorenge is regarded as the steepest in south Wales! The race was won by Mark Palmer of MDC (also 1st over 40) in a time of 2 hours 6 minutes and 38 seconds. The ladies race was won by Jessica Woodisse of Cheltenham in 3.02.30, closely followed by Mary Gillie of Clwydian in 3.04.40. Full results on page 5.

The second race in the Open / Welsh Champs is the Llangynhafal Loop on 6th May

Note that it is pre entry only. The Open/Welsh Championship concludes with the Sugar Loaf race in south Wales on 3rd November. This will be followed by the WFRA Presentations and AGM. Transport and accommodation can be organized for this race (subject to demand). Places are first come first served. Contact Ross asap if you are interested.

Full details of the Championships are contained in the Race Calendar. This race is also included in the British Championships.

BRITISH CHAMPIONSHIPS

This year two WFRA races are included in the British Championship series. The Llangynhafal Loop and Carneddau race on Sunday 24th June. Carneddau is pre entry preferred (and cheaper), so get



Organiser Gareth Buffet checking the runners through the start of the 2007 Llanbedr Blaenavon race

not running in either of these races please offer to help. Contact Martin Cortvriend if you can help at Llangynhafal

and Dewi Sinclair/Sheila Lloyd if you can help at Carneddau. Contact details in Race Calendar.

CALENDAR UPDATE

**Holyhead Race
26th April
Race is cancelled**

**Pumlumon
Race
June 10th
Race is cancelled**

**Pumlumon
Challenge '07**

(25 miles/5000')

22 SEPTEMBER

Entry fee £9.00

Pre entry only

Open to runners and walkers

Further details

www.pumlumon.org.uk/challenge.php
or tel 01974 282581

For the latest information on races check our website www.wfra.org.uk

Tarren Hendre off to a good start

The number of competitors was up by more than 50% for the Tarren Hendre race from Abergynolwyn. This race was the first counter in the Welsh Fell Runners Association 2007 North Wales Series. Weather conditions were perfect being cold, clear and sunny.

Leading home the athletes at the conclusion of the six mile event, which included 2,000 feet of climbing was Lancastrian, Ricky Graham of Horwich Harriers, who crossed the line in 50 minutes 01seconds. His excellent performance was outshone by the ladies winner, as the female course record was broken for the second year in succession as New Zealand international, Anna Frost, now running for Wrexham A.C., sliced 1 minute and 14 seconds off the existing record finishing in 55 minutes 53 seconds.

The organisers would like to express their gratitude to local landowners and the Forestry

Commission for their ongoing assistance and support. Special mention must also go to the

Railway Inn for the excellent pre and post race refreshments, continued on page 5

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. Remember to show your WFRA membership card.

ATHLETES FEET

Rhuddlan

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

PETE BLAND SPORTS

Kendal

RUN AND BECOME

Cardiff

RUNNING BEAR

Altrincham

FRONTIER

Llandudno

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

Winter in South East Wales

Simon Blease

Thank heavens for the winter league! It gives us all something to stay focussed upon through the dark winter months as well as something to write about for the newsletter.

With only one race left to go, (at time of writing) the championship prize looks to be heading east over Offa's Dyke, leaving the Celts to do the cooking in the Cake baking department.

Bloreng was snatched from a strong Mynydd Du challenge by Rob Gordon of Westbury and Mark Palmer took the honours at a very blustery Tor Y Foel race.

Some honour was restored by Matthew Collins, coming out of hibernation to take victory at a very slippery Darren but normal service was resumed by Mike Duxbury and David Austin who made it an English 1-2 at Tumble. With just Pen Cerrig Calch to go, the chances of a Welsh win look about as bleak as the possibility of the national team avoiding the wooden spoon at the Rugby. Yet

again, only the English stand in the way of ignominy! Consistent running from Patrick Woodisse, Mike Duxbury and Martin Shaw mean that they are holding down 1st, 2nd and 4th places in the league table making an English win look very likely. Strong Welsh contenders from previous years such as David Finn, Matthew Collins, Douglas Adlam and Kevin Betts have, for various reasons, seen their challenge blunted this year. That being said, Ian Richards (1st M40, 7th place in table) and Martin Lucas (1st M50 8th place in table) have put in sterling performances to salvage some pride. Dick Finch may hold onto his place as 1st M60, despite being laid up with a bad back and Ian Turnbull (1st M70) looks comfortably ahead of the evergreen John Battersby.

Over in the X Chromosome camp it is a very similar story with Helen Bennett holding 1st overall place for England with Welsh honour stacked into the

more senior levels (Eluned Salisbury 1st F40 and Sue Ashton 1st F50). The Land of the Dragon could do with some Dragonettes!

The character of the Winter League is, fortunately, safe from the predations of progress and the recent Tumble race is a good example of this. Convening next to Dead Dog Pond outside a blustery Blaenavon with the hailstorms lashing past, there was the typical confusion about the exact location of the start with runners shivering in a huddle whilst Birthday Boy John Sweeting eventually surmounted his first navigational challenge of the day and discovered the start line. A shambolic rendition of 'Happy Birthday' was followed by an equally rambling race brief (essentially 'Over by there, down by there and up by yur'!) after which the pack set off onto a course that had been sabotaged by the local hermit who cheerfully removed markers at critical points. In the

end, it all came out in the wash (the route was very wet!) and everyone got back to happily convene in the Lamb and Fox pub in the company of mining memorabilia from yesteryear plus a real coal fire...most welcome.

If the Summer Series is half as much fun, then a good time is guaranteed for all. But of course, Summer is also time for another form of madness and readers may wish to note that the Gentleman's Fell running, Cycling and Epicurean Adventure will be happening again this year in July (hopefully with a course completion this year!). But before that, an intrepid group of SE Wales runners (with help from Bath and Radnorshire) will be sallying forth on a resurrected Dragons Back Run, to be held over the May Day Weekend. Expect to hear more about this in these pages.

To finish, let no-one say that SE Wales is a backwater of Fell Running. Nothing could be further from the truth as a result of a World First in the annals of this great sport. Yes, the region is home to the first Virtual Fell Racing Club with the launch of Clwb Rhedwyr Brycheiniog as a Google Group. Interested parties are directed to <http://groups.google.co.uk/group/Brycheiniog?hl=en> where you can find out all about this new venture.

An Introduction to Trail and Fell Running

by Keven Shevels

Book Review

Reviewed by
Sheila M Lloyd

This booklet is very much aimed at the runner wishing to take up trail or fell running for the first time.

In an easy to read style Kevin describes the different types of terrain you may expect to experience when participating in trail, fell and mountain running. He also, includes a brief summary of the nature of each of the different types of off-road events (eg. Fell, trail, long distance walking, mountain marathons and orienteering) so that you can familiarize yourself with what to expect in each type of event.

He goes on to consider the different running styles required for the various types of terrain; identifying the limbs and muscles used and the impact on these as a consequence of running off-road.

The importance of stretching is emphasized giving examples with diagrams of

Keven Shevels, a runner for over thirty years and has been involved in off-road running for most of those years. A founder member of the Quakers Running Club and Durham Fell Runners, two of the most enthusiastic off-road running clubs in the North East. He has been a qualified UK Athletics Level 3 coach for the past nine years, specializing in Fell and Hill Running.

This training guide is one of a number in a series produced in collaboration with the Run Off-Road organization. "The series is designed to promote off road running and to encourage runners to improve and develop their abilities and skills" All books in the series are available from Trailguides Ltd. £6.99 www.trailguides.co.uk

some of the basic exercises which will need to be done. A more detailed analysis can be found in a sister booklet 'Strength and Conditioning for Off-Road Runners'.

Basic details of specific training, encompassing Endurance, Uphill, Downhill, Speed, Terrain and Strength work are described and an example of a four week training schedule is included as a general guide, together with diagrams of basic circuit training exercises.

The technical aspects such as types of footwear and clothing to be worn, kit require

ments, survival bags, navigational aids and safety considerations are covered in some depth.

The importance of ensuring that you do not stray off course and lose your way is explained, as is the need for navigational skills in some races. However, for more detailed information on navigation and map reading see a sister publication 'Navigation for Off-road Runners'.

This is a good comprehensive booklet, which should prove useful to anyone setting out on the wonderful and enjoyable journey of discovering off-road running.

2007 WFRA CALENDAR

This year's calendar has now been sent out to all members. If you have not received your copy it means that you have not paid your membership subs for 2007. The calendar has been distributed not only in Wales but also in England and Scotland. Many favourable comments have been received on the quality and readability of the booklet. Thankyou to everyone who helped in the production, and to members who sent in the photographs. Unfortunately I lost some of the photos sent in together with the names of people who took them (put in wrong folder) please accept my apologies. Please keep your cameras rolling for next years calendar.
Geoff Clegg

First Aid for Fell Runners

By Jenny Ewels

One sunny Sunday afternoon in Snowdonia I find myself trapped under a canoe with a broken leg, slipping into unconsciousness with hypothermia. Soon a group of five remove the canoe and carry me out of the path of an imminent flash flood. Nearby someone is clutching a stick which is 'impaled' in their chest, and a third canoeist has serious head injuries. Steve shouts, "the helicopter's here, but there is only room for one! Who should go?"

Just another weekend at Plas y Brenin; the centre where no one will come to your aid if you scream for help, because they are so used to hearing the blood curdling cries and panic stricken calls of their first aid students participating in training scenarios. We were on a 3-day REC course, 'Rescue Emergency Care' or mountain first aid. Compulsory for some qualifications (mountain guides, instructors, leaders and others) and simply good practice for those who spend time in the hills.

The premise of the course is that in the mountains, on rivers and other wild places, traditional first aid with CPR and sterile bandages ('carpet first aid') may simply be impossible. It could be several hours before help can arrive, in difficult weather conditions and with only the clothing and outdoor gear on you to treat the illness or injury and prevent further deterioration. The REC course uses a mixture of theory sessions and practical scenarios to train and assess students. Taking turns, participants are asked to act as casualties with particular injuries or illnesses. The rest of the group then have to go and find a casualty and practice the skills they have learnt. This is followed by joint feedback and discussion.

On the first day we covered the basics; accident procedure, casualty examination, vital signs, levels of consciousness and managing a group situation. This is practiced repeatedly until it begins to feel automatic, in the hope that if things go wrong for real, it won't be forgotten due to stress and adrenalin. As the course progressed we practiced CPR, and covered breathing problems, bleeding and shock, fractures, dislocations, soft tissue damage, poisoning, common medical emergencies (angina, asthma,

diabetes, epilepsy, anaphylactic shock, stroke), cold injuries (hypothermia, frostbite), hot injuries (burns, heat exhaustion, heat stroke), eye injuries and the effects of altitude. The final sessions were on casualty care, leadership skills and triage, although these had been a thread running through the whole course and developed during the mock incidents.

Although initially people felt slightly self-conscious pretending to suffer from injuries and examining each other to work

broken ankle or suspected heart attack, an injured rock climber or a fell runner with heatstroke. We might provide the only opportunity for saving a life or preventing further injury, even if we don't have more than a bum bag on us. Or we could be out on our own and have an accident or illness and need to know how to make ourselves safe. I have always left the first aid courses feeling more confident about my ability to cope with an emergency when out running, driving or anywhere

explain everything you are doing) and what not to do (don't wave at a helicopter unless you are an injured group, don't stop shouting if you get a signal from a search party until they reach you, don't expect CPR to restart someone's heart, don't worry about moving a casualty if leaving them there is a bigger risk).

As well as learning potentially life saving skills, the mountain first aid courses can be a fun weekend. To maintain your qualification it must be renewed every three years as protocols are continually updated, so there is a huge range of experience across the group which makes it even more interesting. Students on the course we attended were outdoor instructors, teachers running D of E courses, army expedition leaders, scout leaders, and me! People were from Canada, New Zealand, Ireland, Switzerland, Bulgaria and all over Britain. As well as listening to tall stories from other students and the tutors, Plas y Brenin have lectures in the evening that are open to everyone at the centre.

Plas y Brenin, the National Mountain Centre, is a great location for any course. Not only are the tutors amongst the most experienced in the country, but the food is great, the rooms are comfortable and sitting in the bar you have spectacular views across the Lake to the Snowdon horseshoe. We managed some lovely runs up Moel Siabod first thing in the morning, watching the sun rise and the moon set from the summit before running back down to the centre for a big breakfast and good company.

One more thing – no one has ever been sued for giving first aid, so fear of legal action is no reason not to help someone in trouble. It isn't a cheap weekend but it could save your, or someone else's life. First aid courses at Plas y Brenin start from £147 each for two days, full board. See their website for more details: www.pyb.co.uk. Other centres also offer REC courses.

ACCIDENT PROCEDURE

If you come across an accident, use the following procedure, Dr. ABCDE. Each step is a higher priority than the last, so if you forget where you got to or the situation changes, go back to the beginning.

D – Danger: check for any dangers to yourself, your party or bystanders before approaching the accident or casualty.

R – Response: Talk to the casualty as you approach and assess their level of consciousness (Alert, Vocal, Pain or Unresponsive). Shout or send for help.

A – Airway: if unresponsive check airway for blockages / fluid. Open their airway by tilting their head back or if you need to leave them put in Safe Airway Position.

B – Breathing: check this (mouth, chest, colour). If they are not breathing go straight to

CPR (2 breaths and 30 heart compressions). Phone for help.

C – Circulation: look for bleeding, colour and temperature. If there is bleeding, check wound, apply direct pressure (where possible) and ensure against shock.

D – Damage: do a head to toe examination searching for pain, loss of function, swelling, medi-alerts, bleeding, asymmetry. Ask bystanders about the accident.

E – Emotion / Evaluate / Environment: reassure the casualty, repeat the process evaluating any changes, protect the casualty from the environment.

Information for Rescue Services

- Location of accident – be accurate, give grid references and description.
- Number of casualties
- Brief history of accident (collision, fall or collapse)
- Time of accident
- Serious injuries (unconscious, breathing problem, big bleed)
- Sex and approximate age of casualties
- Terrain and conditions

Helicopters can't fly in fog so you may need to move down to where it is clear.

Remember if you can't get enough signal to make a call on your mobile you still might be able to send a text.

out the problem, we all soon got over our coyness and could learn from each exercise whether being the casualty or the first aider. The feedback gave an opportunity for people to question what others would do, how their response could have been improved or shared real life examples of similar incidents. These practical sessions help you to develop confidence in decision making and working out solutions using what is available in those circumstances.

Out running in the hills, there is always the possibility we might come across an incident; whether it is a walker with a

else. I hope I never have to use those skills, but at least I now have a procedure to fall back on if I find myself in a worse case scenario. It also provided me with lots of tips such as really useful emergency kit to carry (gaffer tape, aspirin, sweets, blizzard blanket), what to do (make your own safety the priority, use the casualty's equipment first, tell a casualty you are there to help and

BRITISH CHAMPIONSHIP RACES LLANGYHAFAL 6 MAY CARNEDDAU 24 JUNE

If you are not running can you help on the day?
Race organisers would be pleased to hear from you
Contact details in calendar

South Wales Winter Hill Series 2006 – 2007

Martin Lucas

As the glaciers retreat from the hills above Blaenavon and the Abergwynfi mammoth hunt draws to a close for another year, we can look back at another successful Winter Hill Series season. 130 runners took part in at least one race, with 25 doing at least five out of the seven races to maximise their League points. Final positions in several categories were in doubt right up to the last race, and eventually only 10 points covered the top three places. Here's a few notes on how things went...

Fan Fawr . . . the sunny one

It was a glorious autumn day in the Beacons and the car park at Storey Arms was overflowing with a record turnout for this short sharp blast to the summit, exchange of pleasantries with the marshal ('Number please!' 'Eurgh-spit' 'Thank you!') and straight back down. League newcomer Robert Gordon set a fine standard with a flying 17.42, over a minute clear of a close bunch including Mick O'Doherty (first vet) Robert Mullett, Peter Ryder and Mike Fawcett. Steve Littlewood resumed where he left off last season with a convincing 0/50 win, with Helen Bennett holding off Emma Bayliss for the Ladies' prize.

Sugarloaf . . . the long one

A huge field by South Wales standards assembled at the foot of the steepest tarmac road in Monmouthshire for the third running of this fine race. After the initial lung-busting climb there is a level(ish) section across the open hill before a steep climb to the summit. A couple of nasty undulations on the way back can take their toll but at least we don't run back down that road! Last year's League champion Mark Palmer made his season's debut and the Pontypridd firefighter comfortably saw off the challenge of Mullett, O'Doherty and Martin Shaw. Steve Littlewood decided to let others have a chance by getting hopelessly lost and scoring a glorious 1 point, but more excitingly Helen Fines of Bristol and West had a fine run as first Lady in eight place overall.

Blorenge . . . the steep one

The nub, crux and scariest part of the series, this climbs ever more steeply to the blockhouse on the summit, from where the descent route is slightly easier – but mind your head on the canal tunnel just before the finish! Robert Gordon returned for his second win of the season, closely followed by Martin Shaw and Dave Finn. Helen Fines scored another top 10 finish and to the best of my knowledge is the first lady to score over 90 points in a winter league race. There were no hospital cases this year, perhaps due to the relatively dry slopes and less bracken than usual. The legs still hurt until the Wednesday though!

Tor y Foel . . . the stormy one

January in the Beacons was always going to be tough, and the exposed nature of the higher slopes with a westerly gale driving spray over the Talybont dam and low cloud meant that the marshal turned the race about 50 feet below the summit – without any complaints. Mark Palmer returned to beat Dave Finn by 42 seconds, but with Martin Shaw scoring 98 the championship was still wide open. A third excellent run by Helen Fines consolidated her lead in the Ladies' category.

The Darren . . . the snowy one

Heavy snow from the night before was just starting to thaw, but the icy steep climb to the Twmbarlwm hill fort caused problems for many on the way up and again the way down. The Gwent League on the same day was cancelled – wimps – and the fell race picked up a few extra entries as a result. Local hero Matt Collins showed how it should be done, beating Robert Gordon by a clear minute with Pat Wooddisse close behind in third. Helen Bennett took advantage of the other Helen's absence to make up ground in the Ladies', closely pursued by first 'Lady of a certain age', Sue Ashton. Martin Shaw missed this one – his assumption that it would be

cancelled underestimated the tenacity of the Winter Leaguers!!

The Tumble . . . the 'down and up' one

Now this was a strange result. With a few of the leading contenders absent, Mike Duxbury took advantage of some uncertainties over the precise route over the moorland to the top of the long descent to open a large lead which was never challenged, and which took him to the top of the table with one to run. The never-ending climb to the finish, though, caused the rest of the field to bunch closely, with very high scores being recorded even as far down as me! Young Ms Bennett wheezed past me in the last few yards to take the girls' prize, with a fine run from an improving Sue Ashton very close behind in second.

Pen Cerrig Calch . . . the last one

It was an odd-numbered year so the weather was OK, but with an easterly gale which just about helped the runners up the long climb. League newcomer Harry Matthews and Robert Gordon opened up a large lead by the summit over Martin Shaw and Mike Duxbury, which did not close on the very fast descent. Max Suff was first veteran, concluding a very consistent series, but the race for first 0/50 was hotly contested right down to the line between Steve Littlewood (running with a wooden leg apparently), John Darby (returning from skiing), yours truly (recovering from...well, you don't want to know) and John Collins, who at 69 should be taking things a little easier by now. Modesty prevents me from mentioning who prevailed. Helen Fines had another excellent run, but as this was only her fourth race of the series her chances of catching Helen Bennett in the overall standings were very remote.

So to the pub and the presentation of awards. Due to the pressure of time and trying to work it all out before everyone went home I'm afraid there were a couple of errors on the day so apologies to Peter Williams for missing him out of the second vet prize – entirely my fault and the correct prize will be awarded when I see you. Also to Mike Duxbury for confusing you and Pat Wooddisse in second and third overall – this was not entirely my fault as Mike didn't put his surname on his entry form at PCC. Only a fell runner...

We hope those who did all seven races enjoy their special Walter Winterleague mugs. Many thanks to all our organisers for volunteering their races for the League and to their generous donations to the prize fund, and to the long-suffering marshals for freezing their bits off through the winter so we can have our fun. We hope to see you all at Fan Fawr for the start of the 2007-2008 season: tell your friends! The full results and places will be on mdcwales.org.uk or the wfra website or can be obtained from me.

The major results were:

Senior Men

1. Martin Shaw Mynydd Du 489pts
2. Mike Duxbury (Stroud) 484
3. Pat Wooddisse (MDC) 479

Ladies

1. Helen Bennett (MDC) 374
2. Sue Ashton (O/50) (Chepstow) 350
3. Helen Fines (B&W) 342

Vets O40

1. Max Suff (Hereford) 451
2. Peter Williams (MDC) 426
3. Ian Richards (Sospan) 396

Vets O/50

1. Steve Littlewood (Hereford) 438
2. Martin Lucas (MDC) 382
3. Chas Ryder (CRB) 362

Vets O/60

1. Ian Turnbull (O/70) (FoDAC) 290
2. Eric Meredith (MDC) 251
3. John Collins (Swansea) 215

Thank you . . .

Thank you to members who have submitted copy for this newsletter.

The next issue is due out in August. Please send in any articles, reports, photos etc. by 20th July.

Ras Pen Cerrig-calch

Derek Thornley

It's all a bit lost in the mists of antiquity, but I think that this is the thirteenth year of Pen Cerrig-calch Winter League racing, and the weather (just about) lived up to the odd-good even-bad rotation that always seems to happen. This being an odd numbered year, the sun shone. (OK, there was a chilly wind and it did chuck it down with hail when we were in the pub, but this is March in South Wales.)

There was some close racing at the front with runners fighting for Winter League points. Harry Matthews, Robert Gordon and Martin Shaw were neck-and-neck at the summit, but Harry managed to gain about 45 seconds from Robert on the one-and-one-half mile descent, and Martin needs to brush up his descending technique, losing out by almost four minutes at the end. (It's alright Martin, just have your brain removed; that'll do it.)

Max Suff gained valuable Winter League points with an excellent run as 1st Vet in 7th place overall. Helen Fines became only the second woman (after the legendary Angela Brand-Barker) to come within 6 minutes of Ann Nixon's 10-year-old (and unbeatable?) course record. Old Greybeard Lucas managed finally to beat

Steve Littlewood to first S/Vet, but Steve claimed to be running with a wooden leg. (Although Martin claimed to have a range of virulent diseases picked up in foreign parts, so maybe it was even-Steven.)

John Collins had a bit of a battle for first over 60, but eventually eclipsed the valiant efforts of Francis Uhlman by more than 3 minutes. Sue Ashton had a great run, taking the prize for "ladies of a certain age", and Ian Turnbull followed 5 minutes behind (in a very creditable 31st place) as first over 70. One of our regular over 70s, John Battersby, was too ill to run but had made a special prize for whoever, as he put it, came in his last place. Checking the record, John has never actually been last, so his special "nisse-maen" (look it up on Google - I had to) was awarded to Ian for taking John's place as the oldest runner in the race.

Thanks to K (back to her usual summit duties), to Shirley and Clive for entry and finish recording, Cliff for the use of his fields and facilities, and to Mas at the Red Lion for the beer, cider and food. If the Winter League still wants it, and we're all spared, then we'll be back on the last Saturday in March 2008, but be warned; the weather WILL be awful!

FULL RESULTS

1	Harry Matthews	Mynydd Du	28:39	SM
2	Robert Gordon	U/a	29:23	SM
3	Martin Shaw	Mynydd Du	32:26	SM
4	Mike Duxbury	Stroud	32:48	SM
5	Ifor Powell	Westbury H	33:07	SM
6	Matt Stott	Chepstow H	33:45	SM
7	Max Suff	Hereford C	33:51	VM
8	Neil Lewis	MDC	34:41	SM
9	Mark Bryant	MDC	34:57	VM
10	Peter Williams	MDC	35:25	VM
11	Michael Keddie	U/a	35:46	SM
12	Martin Groves	U/a	36:02	SM
13	Rhys Williams	MDC	36:13	SM
14	Helen Fines	Bristol	36:35	SF
15	Gareth Griffiths	MDC	37:14	VM
16	Ian Richards	Sospan	37:21	VM
17	Gwynon Jenkins	Sospan	38:18	VM
18	Peter Burne	MDC	38:19	SM
19	Andrew Blackmore	MDC	38:23	SM
20	Martin Lucas	MDC	38:27	SVM
21	Steve Littlewood	Hereford C	38:33	SVM
22	Ward Linney	U/a	39:51	SM
23	John Darby	MDC	39:56	SVM
24	Helen Bennet	MDC	40:07	SF
25	John Collins	Swansea	40:30	SSVM
26	Sue Ashton	Chepstow H	41:11	SVF
27	Emma Bayliss	Mynydd Du	41:27	SF
28	Martin Clarke	WFRA	41:43	SM
29	Mike Harris	Westbury H	42:31	SVM
30	Francis Uhlman	WFRA	43:50	SSVM
31	Ian Turnbull	FODAC	46:27	SSSVM
32	Eric Meredith	MDC	46:36	SSVM
33	Gareth Evans	Blaenavon J	46:46	SSVM
34	Rod Jones	Les Croupi'rs	50:49	SSVM
35	Roger Howell	MDC	51:27	SSVM
36	Les Pugh	MDC	53:43	SSVM
37	Laura Hurst	U/a	55:16	SF

And just for the record, in MY races the age categories are as follows and are the same for both male (M) and female (F):

J is 17 & under S is 18 - 39 V is 40 - 49 SV is 50 - 59 SSV is 60 - 69 SSSV is over 70

As I've yet to have an entrant in a fell race who is over 79, I haven't yet had to think up a category.

Course records are 26:30 (Tim Davies, 2003) and 33:11 (Ann Nixon, 1997). Something for the youngsters to go for!

Tarren Hendre

continued from page one

with the post race soup now achieving almost legendary status!

Results

Men

1. Ricky Graham Horwich 50.01
2. Matt Gilburt Wrexham 50.52
3. Richard Roberts Eryri 51.31

Men O/40

1. John Montgomery Clwydian 54.10
2. Steve Gilliland Bro Dysynni 54.25

3. Paul Howarth Clwydian 58.58

Men O/50

1. Ed Davies Mercia 57.30
2. Geoff Oldrid Aberystwyth 59.10
3. Jeremy Williams Eryri 61.30

Men O/60

1. Don Williams Eryri 62.15
2. John Morris Buckley 67.09
3. Emyr Davies Eryri 72.02

Men O/70

1. John Carson Eryri 94.53

Ladies

1. Anna Frost Wrexham 55.53
2. Anna Bartlett Shrewsbury 58.37
3. Phoebe Webster Aberystwyth Univ. 61.17

Ladies O/40

1. Sandra Rowlands Clwydian 72.33
2. Kate O'Sullivan Aberystwyth 73.58

3. Angie Hughes Abergele 82.1

Ladies O/50

1. Sheila Bennell Eryri 96.56

Ross Powell

Llanbedr/Blaenavon Results

				Crug Mawr	Sugar Loaf	Blorngne	Total
1	Mark Palmer	V	MDC	24-10	1-05-39	1-47	2-06-38
2	Martin Humphreys		Stroud AC	25-05	1-07-29	1-49	2-10-45
3	Martin Shaw		Mynydd Du	24-14	1-07-25	1-52	2-13-35
4	Martin Beale			27-05	1-10-59	1-56	2-18-20
5	Crispin Flower		Mynydd Du	26-12	1-10-41	1-57	2-18-50
6	Dave Finn		Mynydd Du	25-40	1-09-19	1-56	2-21-50
7	Martin Pengilly	V	Chepstow H.	27-06	1-13-18	2-02	2-24-31
8	Matt Scriven		Mercia	26-10	1-12-07	2-02	2-24-40
9	Adrian Orringe	SV	Mynydd Du	28-46	1-16-46	2-06	2-29-39
10	Owen Rees		Bro Dysynni	28-30	1-15-29	2-08	2-31-46
11	Julian Carter	V	MDC	27-15	1-14-43	2-06	2-32-40
12	Craig Jones		WFRA	28-00	1-14-06	2-07	2-34-36
13	Matthew Lawson		Chepstow H.	30-56	1-17-49	2-10	2-37-38
14	Chris Gildersleeve	V	Brycheiniog	30-12	1-20-06	2-13	2-39-00
15	Dave Austin		Bristol&West	30-55	1-19-39	2-10	2-39-56
16	Ian Travis	V	FRA	30-11	1-19-49	2-15	2-47-42
17	John Syms		MDC	30-10	1-21-01	2-17	2-49-10
18	Pete Gardner	V	FRA	29-15	1-19-53	2-19	2-49-35
19	Chris Kelsey	SV	Wells H.	32-38	1-24-47	2-23	2-50-27
20	Martin Groves			31-50	1-24-14	2-22	2-52-18
21	Gareth Griffiths	V	MDC	32-39	1-28-23	2-25	2-54-40
22	Alun Williams	V	Fairwater R.	34-10	1-27-56	2-28	2-55-00
23	Neil Lewis		MDC	32-35	1-20-06	2-26	2-56-01
24	Max Suff		Hereford C.	32-36	1-25-59	2-24	2-56-02
25	Kevin Betts	V	Fairwater R.	28-45	1-20-40	2-22	2-56-18
26	Jessica Woodisse	F	Cheltenham	31-30	1-26-36	2-32	3-02-30
27	Andrew Blackmore		MDC	32-30	1-28-30	2-30	3-02-50
28	Mary Gillie	F	CRR	33-00	1-29-53	2-35	3-04-40
29	Richard J Wall	V	Hereford C.	32-37	1-16-59	2-32	3-06-33
30	Alan Stone	V	MDC	34-11	1-31-29	2-37	3-09-35
31	Pete Morfe	SV	Cardiff H.	35-40	1-35-02	2-42	3-14-30
32	Sue Ashton	FSV	Chepstow H.	34-13	1-35-56	2-43	3-14-31
33	Robert Willis	SV		33-50	1-32-44	2-44	3-14-31
34	Gary Gunner	SSV	Croft Ambrey	34-15	1-33-11	2-43	3-14-31
35	Michael Keddie		Brecon	34-12	1-28-54	2-36	3-15-00
36	Ross Powell	SV	WFRA	36-40	1-37-15	2-46	3-17-35
37	Gerry Ashton	SV	Chepstow H.	37-55	1-42-00	2-47	3-20-40
38	Neil Collins	SV	Ludlow Ru.	33-10	1-32-49	2-48	3-22-42
40	Ellie Salisbury	FV	Eryri	37-30	1-40-10	2-50	3-30-20
41	Martyn Richards			31-51	1-31-18	2-52	3-37-50
42	Adrian Moir	V	MDC	37-56	1-41-32	2-57	3-38-10
43	Roger Canavan	SSV	Amazing Feet	40-10	1-49-26		3-53-25
	John Sweeting	SSV	MDC	39-05	1-41-51	dnf	
	Patrick Woodisse		Cheltenham	28-01	1-26-03	dnf	
	Kevin Barnes	V	Hereford C.	37-20	1-40-41	dnf	
	*William J Darby	SV	MDC	38-10	1-42-54	2-52	3-24-34
	*Non comp. (No kit)						

Dave Recommends . . .



Following the excellent WFRA Navigation Course I attended in November, I've purchased a romer. This is a clever device for helping you accurately transfer grid references to/from maps. I've used it on walks and it's very good – much easier than trying to estimate the tenths from the northing and eastings (see, I did learn something on the course). It's a thin strip of plastic 95mm by 48mm and I bought two for £4.99 from www.claritas-online.co.uk. The full specification is below. Weight-obsessed WIMM and WAMM types will of course want to compensate for the extra load by cutting their toenails shorter.

Garford Metric Map Romer manufactured to slide-rule standards of accuracy. For 1:50,000 and 1:25,000 maps. Quick reference measures. Scale in tenths of a mile to 1:50,000 scale. Scale in yards to 1:50,000 scale. Protractor. *Dave Hancock*

Dash in the Dark Winter Night Series

We had the full range of weather for second winter series. Race one was run in atrocious freezing rain, race two was cold and clear and the final race was warm and damp (it was winter, after all).

To see thirty or more people heading off into the woods on a friday evening, when most of the population are busy relaxing after a hard week is a true demonstration of how weird we all really are, but in a nice way.

The idea for the series popped into our heads in the autumn of 2005, seeing as we were facing the usual five months of training with a head-torch and not many races to get together at. It appears that after this second series there's about thirty five other folk who feel the same way.

Races were run on forest tracks and mountain bike paths in Llandegla forest, on the moors above Wrexham.

All events were run on a friday night, timed to clash with your favourite soaps but finish early enough to allow you to go clubbing afterwards. Courses varied from about 1.5 to about 4 miles with differing mounts of ascent. The emphasis was on having a bit of fun and a beer afterwards, but that doesn't mean to say there weren't some fierce battles on the course. It just means that the prizes were pants (literally, in some cases). Gilbert and Anna's new records will take some beating.

Special mention must go to those hardy souls who made it to all three races, despite some very busy weekends of road and XC to tempt them away. It's good to see new faces on the top of the results sheets.

Many thanks to all the marshals and helpers for their time and coldness, and to the Plough Inn for hosting us at very short notice.

Tim Higginbottom

Colomendy Christmas Run

7m/1500' 17th December 2006

This was a multi-purpose event! Run from The Colmendy Arms at Cadole to the summit of Moel Famau and back. We ran in memory of Alastair Couper who died suddenly early in 2006 - Alastair and friends regularly ran this route finishing with a convivial chin wag back at the pub. This was also a tryout for a possible future race. And of course it was an excuse for a group of like minded individuals to build up a thirst and given the festive season this included Santa Claus and an Angel (or was it a fairy?) Vic and Martin set off like express trains, Vic reaching the trig point in 33.59 with a 12 second lead however he was hauled back on the long downhill. Santa Claus was third and Dawn stuck with the mid pack gang to set a useful record time. There were mince pies galore

and excellent ale to quaff and all agreed that this was a most excellent race! Whether we continue with the event and take entries for this coming Christmas will very much depend on the mood of the Colomendy Friday night running crew as the dark days of winter approach once more. We're still figuring out when to put on the International Festival of Downhill Fellracing!!

RESULTS

- 1 Martin Cortvriend
Macclesfield Harriers 58.48
- 2 Vic Belshaw Eryri H 59.49
- 3 Huw Lewis, Buckley 65.33
- 4 Pete Roberts, Buckley 67.01
- 5 Will James, CRR67.02
- 6 Paul Stinton, CRR 67.06
- 7 Alan Heath, Deestridders 67.08
- 8 Chris Jones, Deestridders 67.11
- 9 Dawn Urquhart, Buckley 67.31
- 10 John Linley, CRR 68.11
- 11 Jim Davies, CRR 70.12
- 12 Paul Oldfield, CRR 76.42
- 13 John Morris, Buckley 85.53
- 14 Julian Page, Denbigh 85.54
- 15 Ian Coles, u/a 94.01
- 16 Sue Coles, u/a 94.02

Martin Cortvriend

Record turnout at this years Aran

Another record turn out for the race saw 103 competitors run Meirionnydd's highest peak in glorious spring sunshine. The race was won by Chris Waters of Ambleside in 1.31.54, just 28 seconds outside the course record, with the quickly improving Andrea Roberts of Eryri winning the ladies title in 1.50.29. Age group records were set in both the male 0/40 and 0/50 categories. A thrilling battle was seen in both the male and female sections of the Meirionnydd Winter Series for the overall titles. Steve Gilliland took a 1 second lead into the final race but was beaten on the day by nearly 2 mins by his closest competitor, which saw Roland Stafford of Mercia take this years title, and a half Aran Organic Lamb prize, in an overall time of 3.20.07. An even more dramatic finale to the ladies series saw Phoebe Webster of Aberystwyth lose a near 10 minute lead to Andrea Roberts of Eryri who beat her on the day and won the overall series by a mere 39 seconds in 4.01.54. Full race results, course records and Winter Series results now available on-line. The junior race was won by Luke Burrows of Newtown in 16.40 with Sarah Thomas of Bala first girl in 20.32.

Graeme Stringer

14th Peak N. Wales Mid Week Series

All races start at
7.15p.m.

Entry fee

£1.50 Juniors £1.00

APRIL

- 3 Foel Lus
Dwygyfylchi Inn
- 10 Aber
Hen Felin Aber
- 24 Mynydd Mawr
Y Fron School

MAY

- 15 Moel y Gest
Tyddyn Llwyn
- 22 Moel Fabon
Rachub
- 29 Padarn Park
Dinorwig Bus Stop

JUNE

- 5th Ras Dau Lyn
Nantlle-Ffridd Farm
- 12th Moel Eilio
Padarn Lake Hotel

Best four results count
Junior races at all events
except Moel y Gest
Competitors must bring full
kit and be prepared to
carry it

Series Presentaion after
Moel Eilio race
Series co-ordinator
Mike Blake, Telephone
01286 831115