



2008 Championships get off to a rough start

In last year's Pen Cerrig Calch report, I finished with "but be warned, the weather WILL be awful!" And it was. It's a strange thing about this race, but since the first one in (I think) 1992, odd numbered years have been lovely, even ones awful. We've had rain, gales, fog, snow and hail in the past. This year we got them all on the same day. Partially for this reason, I will start with what normally comes last, immense thanks to the marshals and helpers, without whom it would have been impossible.

Shirley was fortunately snug in the barn managing the paperwork, of which more later. Jess Taylor, though unprepared, was out in the rain parking cars. Our normal parking field was a quagmire; thankfully Cliff, our friendly farmer, allowed us to use his yards, even though we blocked in his tractors and stopped him from working. K Lucas bravely volunteered for marshalling "on top" and was absolutely correct to shorten the race by a considerable distance. The summit of Pen Cerrig-calch was no place to be on a day like this, even for a runner "passing through", let alone for a marshal who would have had to stand there for an hour or more. This leads me to the first of my grumpy old man bits. One or two runners were heard to complain about the race being shortened. Whilst I have sympathy with the disappointment of a shorter race

after some had travelled a fair distance, I have attended one inquest too many after fell racing tragedy, and I'm not going to do it again. It is not only the safety of runners with which I am concerned, but also the safety of the marshals, who can often be in more danger and discomfort than the runners. Without people like K and Clive, who was manning the gates onto the open mountain, there would be no fell racing. Maybe more runners should swap their Walshes and lightweights for Zamberlans and heavy gear and try doing some marshalling some time.

I would also like to place on record my indebtedness to John Chidlow, who turned up and said that he was a qualified timekeeper. I did wonder what one did, but he was brilliant! Every race should have one; he's got all the kit and gets it all right whilst the organiser just goes and hurls abuse at



Runners at the start heading off into the wind and rain

the runners. Speaking of which, you may notice some strange things about the results. Some lines do not have name, because runners covered up their numbers (with waterproofs – understandable in the conditions) but, despite my exhortations, did not shout their numbers as they crossed the line. John is good, but he's not a mind reader. You may also notice that some runners do not have an age category and some do not even have a gender assigned. It might come as a surprise, but if you don't tell me male or female,

agegroup or eligibility (space provided on the bi-lingual entry form) I am not allowed to guess.

As for the racing, everyone just ran off into the rainy mist and then came back again. That's all I know. Sorry.

It all cheered up again down the Red Lion thanks to Maz and her staff, so maybe we will all be back on the last Saturday of March 2009 (if we're spared). At least it will be lovely weather I might be in good mood.

Derek Thornley

Llangynhafal Loop - 5th April

MORE THAN 5 MILES/MORE THAN 1500'

OK the course was slightly different - well why not - a bit longer, a bit tougher, a bit higher - isn't this what all the girls and boys have been crying out for in the North East Wales calendar so no apologies from the organising committee.

Some miles away at at Aintree the assembled punters were ready

to place their bets – a hushed expectancy was in the air. Similarly a few miles away across the Welsh Border the throngs of racegoers were waiting with bated breath. Racegoers from miles around gathered – the parking attendants scrambled to fit everyone in. This was one of the major events of the racing calendar. The thoroughbreds paced up and down, their impatience obvious to all. Eager fillies snorted through their nostrils champing at the bit.

The junior chase was underway, promising newcomers from the Menai, Eryri and Deeside stables fiercely contesting the early entertainment. All awaited the big race. The going was firm in parts but soft elsewhere – just the type of ground to let the shire horses catch up on those long run-ins. They were under starter's orders and off. A strong field of 69 runners surged toward the first major hurdle, the Stony Gulley, the Becher's Brook of the Clwydians but no-one faltered! The course stewards marvelled at the game

ness of the runners, no fair weather course was this today! Stan Charles the local punter's hot tip pushed the race favourite, Tim Davies strongly in the early stages but Davies held the firm ground well sticking tight to the rails on Offa's Dyke. Surviving all the early trials Davies surmounted the heights of the final hurdle, a recently introduced obstacle devised by the sadistic clerk of the course to hurtle towards the finish over a minute clear. A Southern Belle, Yvonne Hill from Ranelagh Harriers shocked the Welsh ladies by producing a Foinavon performance to lead the fillies home by a clear two minutes. The roars of the crowd died down, the entertainment was grand, now the post race hospitality was to begin. Record times were secured due to the extended nature of the course, in the sanctuary of the punter's local, the Golden Lion, the calculations began for next year's event. Let's have your bets please ladies and gents!!!

Martin Cortvriend

JUNIOR NORTH WALES SERIES Llangynhafal Results - 1st Race in series

UNDER 18 MALE (Senior Course)		Time	Pts
1. Philip Edge	Deeside	43.34	12
2. James Ellis	West Cheshire	43.42	10
3. Thomas Snowdon	Deeside	50.16	9

JUNIOR COURSE		Time	Cat	Pts
1. Jamie Wright	Deeside	6.11	u16m	12
2. Owain Llyr James	Eryri	7.56	u14m	12
3. Sarah Livett	Menai	8.33	u14f	12
4. Rhys Llwellyn James	Menai	8.54	u12m	12

The next race is Y Garn on Sunday 4th May.
Enter on day only.

New Mid-Wales Winter Series

Having successfully now staged four Source of the Severn races in the Hafren forest, and with more of our club members enjoying the off-road experience, we have decided to try and expand the format this winter. We are convinced there is an opening in the calendar for a few more events based in mid-wales over the winter months. There are hardly any west of the Mynd, so Maldwyn Harriers and Rhayader AC are going to give it a go.

The series comprise of three races of a different nature and challenge. The first being the Source/Severn on the first Sunday in September, up in the Hafren forest over nine deceptively tough miles (so I am told anyway.) to the rivers origin and back. There will be a hot brew and cake waiting at the end.

Next comes a November shot at the revival of a forgotten gem the Corndon 3 Peaks Challenge. This used to be sponsored by Harry Tuffins and run out of Old Churchstoke over Corndon to Roundton Hill and back via Lon Fawr, a 6-7 mile rollercoaster, hopefully back to the Miners Arms at Preist Weston.

We get together with Rhayader club for the last event in February. This 8+mile wander begins from Carndeyddr Hall at the start of the Elan Vally trail and ranges over the stunning Elan fells, through woods on a circular route back to the Hall for soup and prizes

Having ran all three routes I think they all hold great promise, but only time and the punters will tell on that count. So watch out for our flyers with more information.

Paul Beeson, Maldwyn Harriers

LLANTYSILIO

6.2 miles/2100'

The Llantysilio race was the second counter in the North Wales Series and, perhaps due to this, we saw a record number of entries (105), well above last year's number. The weather was also very different to the extreme heat of last year, with hail and sleet showers passing through which may have assisted a fast winning time of 48' 54" by Richard Roberts (Eryri) who took the lead on the last descent from second place Gilbert of Wrexham Tri (49' 20"). The O40 category was won by Michael Johnson of Kenilworth in a time of 54' 34", while Edward Davies of Mercia showed that its all in the genes as he improved his O50 winning time from last year by finishing in 55' 38". The O/60

race was won by Peter Roberts (Buckley) in 64' 01".

Anna Bartlett (Shrewsbury AC) was just outside her course record time by 19 seconds, winning this year in 57' 32". The ladies O40 category was won by Yvonne Hill (Ranelagh) in 67' 50", with Stephanie Charmen (Helsby) winning the O50 race in 83' 15". The O60 ladies category was won by Margaret Oliver (Eryri) in a time of 77' 28".

The under 23 category was won by Ben Aitchison (U/A), sliding his way in slick soles to the finish in 104' 13".

The race survived an unfounded rumour posted on the FRA forum suggesting the Sun Inn was closed due to refurbishment - happily this was not the case! Nick Holmes

Race the Train up Snowdon!

INTERNATIONAL TORCH RELAY TO RUN SNOWDON ON MAY 4th

The world's longest relay run, the "World Harmony Run" is coming to Wales in May 2008. Runners may have heard about this event though Runner's World magazine, who recently featured it as one of their ten new experiences for runners to try in 2008! This international torch relay travels thousands of miles through every continent, and includes a European section that crosses every single country in Europe.

As part of the Welsh leg, the international relay team (made up of runners from a number of different European countries) will be carrying the torch to the summit of Snowdon on the morning of May 4th. The team will be racing against the Snowdon train - hoping to outpace the train from Llanberis to the summit station. A ceremony will be taking place at the summit, dedicating the mountain to

World Peace - similar ceremonies have taken place at the Matterhorn and Niagara Falls. The organisers are really keen to have some Welsh fell runners taking part in this run (which is not a race against each other - just all of us racing against the train!). There will be space on the train coming back to Llanberis for anyone that doesn't want to run back down.

If you would like to meet a team of runners from other countries and welcome them to Wales, joining them in this special run to the country's summit, please contact Roger Chamberlain at Run and Become on 02920 232346. The run is planned to start at 8am on Sunday May 4th at the mountain railway station in Llanberis. More info on the World Harmony Run relay can be found online at www.worldharmonyrun.org

International Festival of Downhill Running

The Jubilee Plunge

2.5m / 1400' descent

Arriving late as usual at race 3 at Llangynhafal, December 30th 07. I was just in time to make the walk/jog up Moel Famau alongside the organiser Martin Cortvriend, a man who knows the Clwydian Hills very well. As we walked up the hill I sought to gain some knowledge from Martin, thinking he'd impart some tips along the way as to the fastest way down. He gave a very good impression of a man who though knowing the hill well, couldn't say for certain which route was fastest. In fact I seem to recall him saying, "there's nothing in it".

Assembled at the top was the usual bunch of heavily dressed walkers out for a xmas weekend stroll, plus a crowd of scantily clad individuals hopping about trying to keep warm whilst waiting for the off.

Minutes later we were away, and knowing that the whole crowd would head for the same path initially I stormed away to avoid

getting tangled. What a laugh, as we attacked the initial drop before having to make the first choice. A mad storming dash took us to a split where I made my choice. A number followed me; the rest went the other way.

I throw myself down the mountain, having a great time, and great fun, that is until I reach the point where I look further along the path to see Mr Cortvriend appearing 50 yards ahead of me followed by a few others!

A few minutes later and it's all over. A beer and a chat in the pub with like minded people. During this I happen to overhear that Cortvriend chap telling someone, "oh yes, there's a good one minute difference". The blighter!!!

Martin has stated he'll be running this race again, and I would certainly recommend it as a great mid-xmas break. And I know which way I'll be going next year!

Craig Jones.

Book Review by Sheila M Lloyd

Navigation for Off-road Runners

by Stuart Ferguson and Keven Shevels

Trailguides Ltd £12.99 (www.trailguides.co.uk)

Both of the authors have been involved in outdoor activities for many years, learning their navigational skills at an early age. They have both competed in events ranging from long distance fell and mountain running, to orienteering, to mountain marathons, many of these events requiring a high degree of navigational skills.

This training guide is one of a series produced in collaboration with the Run Off-Road Organisation. The series is designed to promote the sport of off-road running and to encourage participants to improve and develop their abilities and skills.

All books in the series are available from www.trailguides.co.uk.

For those runners wishing to add an extra dimension to their running, by just exploring more of the open countryside, or perhaps graduating to competing in mountain marathons, being

able to confidently find your way around by reading a map is a fundamental requirement, particularly in bad weather.

In this book Stuart and Keven cover in considerable depth, the numerous elements of navigation, from describing the individual parts of a standard compass and their purpose progressing through to the more advanced skills and techniques of fine navigation.

The descriptive text is supported by easy to understand diagrams together with photographs, making it ideal for both the beginner and more advanced user.

I would suggest that for those members who have recently attended one of our Navigation Courses, this book would be particularly useful as a backup to the skills they have already attained.

THE GREAT ARETE 15th MID WEEK SERIES

All races start at 7.15p.m.

Entry fee :£1.50 Juniors £1.00

April 8	NEW RACE - Bron y Foel School, Y Fron
April 15	FOEL LUS - Dwygyfylchi Inn
April 22	MYNYDD MAWR - Bron y Foel School, Y Fron
April 29	ELIDIR NEW ROUTE - Vaynol Arms, Nant Peris
May 13	MOEL Y GEST - Tyddyn Llwyn, Camp Site
May 27	NEW ROUTE LLANBERIS- Royal Victoria Hotel
June 10	MOEL FABAN - Rachub
June 24	ABER - Hen Felin

Best four results count

Junior races at all events sponsored by Caernarfon Discount Tyres

Competitors must bring full kit and be prepared to carry it

Series Presentation after Aber race

Series co-ordinator: Mike Blake, Telephone 01286 831115

South Wales Winter Hill Series Review

October: Fan Fawr: 2 m/1000'

A glorious autumn day at Storey Arms meant that car parking was very restricted as the 40+ runners vied for space with the Saturday afternoon walkers and burger-eaters. However, most of the hikers were bound for the tourist track up Penyfan, leaving us to play undisturbed on the other side of the road.

The ideal conditions made for a very fast race, with Mynydd Du runners Harry Matthews, Rob Gordon and Andrew Jones taking

the first three places. Harry and Rob had a close battle on the steep descent, with Harry just missing out on Graham Patten's long-standing record and with Rob just 5 seconds behind. Mike Duxbury of Stroud made his intentions for the M40 class clear with a solid fourth place, with Daniella Woodbridge of Fairwater being the first and only lady. Thanks to the mighty Brycheiniog club for the organisation. I understand the start may be moved to the next layby north next year to avoid the parking problems.

November: Sugarloaf 4.5 m/1500'

It was another wonderful sunny day in the Black Mountains and a huge field by south Wales standards of 95 runners stretched the organisers, Doug and Sarah, to the limits. The race starts on the steepest bit of tarmac in Wales, but after that the climbs are gradual with brilliant views from the summit and a long flying descent. Local boy Matt Collins (MDC) made one of his occasional visits to the League and revelled in the fast conditions, seeing off Austin Davies for first place and leaving Harry Matthews and Rob Gordon a minute behind in third and fourth. Helen Fines (Calder Valley) made her League debut with an impressive win in the Ladies category. We relaxed outside the pub, watching the last rays of the sun illuminating the summit of the Skirrid, and reflected that these winter races weren't so bad....

managing to interrupt the flow of black and white vests by finishing third in front of Martin Shaw and Rob Gordon. Helen Fines again made her presence felt with a top ten finish.

January: Kymin 3.5 m/1000'

Moving this race from the last weekend in December to the second in January paid off for organiser Rod Jones, with 66 runners having a crack at the only race this year with two climbs. It's not a mountainous course in the Fan Fawr sense, but there's enough climb and mud (oh yes!) to satisfy the winter leaguers while also appealing to cross country runners. The sunshine brought out a few road runners as well, and a thin cover of snow on the top of the Kymin gave the race an (almost) wintry atmosphere.

Mark Palmer showed once again that races can be won as a veteran, whilst Rob G got one back on Harry M in second and third. Helen Fines continued to improve with sixth place overall and was opening an unassailable lead in the Ladies' championship.

February: Darran 2.5 m/1200 ft

This is a real lung-buster with an unrelenting climb on road, track and open hill to the 'pimple' on Twmbarlwm and back. Another large field were not distracted by six nations rugby on the box, and Rob G evened up his battle with Harry M to take the race, ahead of Pat Wooddisse (MDC) in third and Mike Duxbury as first vet in fourth. Chris Taylor (Mercia) worked his way to a strong position in the over-50's championship.

continued on page 5

Chairmans Jottings . . .

2008 WFRA Championships and Series

Pen Cerrig Calch was the first race in the 2008 WFRA Open / Welsh Championship and South Wales Series. Unfortunately, the weather on the day was wet and windy causing the route to be shortened. However, the results will still be included in the WFRA Champs and Series.

There have been two races to date in the North Wales Series – Ras yr Aran and Llantysilio. As at Pen Cerrig the route had to be shortened at Ras yr Aran due to adverse weather. Again the results will still be included in the Series. The latest Table after 2 races is shown elsewhere in this Newsletter (sorted into Age Categories). The Table on the website also shows the overall positions and positions based on average scores.

The next race in the WFRA Open / Welsh Champs and North Wales Series will be Y Garn on Sunday 4th May.

The Welsh 1000 Metre Peaks Race (long race) is included in the WFRA Champs and North Wales Series this year. Please note that this race is pre entry only. This is an arduous race and should only be attempted by fit and experienced fell runners who are good navigators. The Carneddau can be difficult to navigate in poor visibility. Take special care when descending from the Carneddau down to Llugwy reservoir.

An under 23 category has been added to the WFRA Champs and Series.

NAVIGATION COURSE

The WFRA organized another successful Navigation Course on 16th March 2008. The course was run by Sarah and Iain Ridgway of Snowdonia Running Guides (www.runsnowdonia.co.uk).

Eight people registered for the course and seven attended on the day.

The next course will be on Sunday 16th November in Llanberis. For more information visit WFRA website or contact Geoff Clegg. A course can also be arranged in South Wales if there is sufficient interest.

Calendar Update FOEL FRAS Sat 10th May

Please note that the course has been changed. The route is the same as previous years up to the summit of Foel Fras. From here the new course continues to Garnedd Uchaf summit, then to Moel Wnion summit before dropping down to the sheepfolds. The route from the sheepfolds to the finish is the same as previous. The distance / climb is now 12.3m / 3600 feet. Organiser is now Hywel Thomas 01248 681536 hywelthomas@supanet.com.

CARNEDDAU Sat 31st May

The course will be the same as last year but with most of the road sections removed. The start will be near the bus turn around area in Gerlan (GR 633662). The finish will be by Tan y Foel cottages (GR 630672). Registration will be at the George Pub in Carneddi (GR 625671). Please arrive early as it is nearly 1 mile to the start. The distance / climb is now 9.2 miles / 4200 feet.

NORTH WALES JUNIOR CHAMPIONSHIPS Sat 13th September

Venue – Summit Café, Great Orme, Llandudno. From 12.00 noon. £2 Pre entry or EOD. Age categories from U/8 to U/18. Organiser Mike Blake (01286) 831115. For the latest information on races check website – www.wfra.org.uk.

December: Bloreng 3 m/1300'

...but then there's the north face of the Bloreng in December. It was a vile day with cloud down to nothing, heavy rain and a southerly gale but there were League points at stake so I wasn't totally surprised to see over 40 runners signing on. Amazingly the rain stopped 10 minutes before the start and visibility improved but underfoot conditions were treacherous, and there were the usual numbers of slides and tumbles on the descent – but no hospital cases this year!

Mark Palmer of Mynydd Du beat clubmate Harry Matthews by almost a minute, with Matt Collins

Members Discounts

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

You must show your WFRA membership card.

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

Y WARWS

Beddgelert

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

WFRA NORTH WALES SERIES

Pos	Name	Club	Cat.	Ras yr Aran		Llantysilio		Total
				Time	Score	Time	Score	
1	Anna Bartlett	Shrewsbury	F	73.52	77.71	57.32	86.38	164.09
2	Andrea Roberts	Eryri	F	74.58	75.89	59.5	81.84	157.73
3	Hannah Toberman	Eryri	F	79.18	68.72	65.57	69.76	138.47
4	Helen Fines	Calder Valley	F	66.22	90.13		0.00	90.13
5	Sarah Ridgway	Eryri	F	79.48	67.89		0.00	67.89
6	Mary Gillie	Clwydian	F	81.50	64.52		0.00	64.52
7	Louise Barker	Aberystwyth	F	83.56	61.05		0.00	61.05
8	Dawn Urquhart	Buckley	F		0.00	70.5	60.11	60.11
9	Jenny Ewels	Clwydian	F	89.04	52.55		0.00	52.55
10	Amanda Wilde	u/a	F	91.10	49.07		0.00	49.07
11	Judy Howells	Wharfedale	F	93.38	44.99		0.00	44.99
12	Sandra Montgomery	Clwydian	F		0.00	80.53	40.27	40.27
1	Sandra Rowlands	Clwydian	F40	83.33	61.68	69.37	62.52	124.20
2	Yvonne Hill	Ranelagh	F40		0.00	67.5	66.04	66.04
3	Annie Williams	Eryri	F40		0.00	68.46	64.20	64.20
4	Alison Tickner	Oswestry	F40		0.00	69.28	62.81	62.81
5	Ali Thomas	Eryri	F40	83.12	62.26		0.00	62.26
6	Susan Davies	Presteigne	F40	84.07	60.74		0.00	60.74
7	Lisa Garside	Telford	F40	84.22	60.33		0.00	60.33
8	Celia Mills	Calder Valley	F40		0.00	71.55	57.98	57.98
9	Vanessa Griffiths	Helsby	F40		0.00	71.56	57.94	57.94
10	Janet Jeffreys	Oswestry	F40		0.00	72.19	57.19	57.19
11	Janet Robertson	Helsby	F40		0.00	73.17	55.28	55.28
12	Kate O'Sullivan	Aberystwyth	F40	89.27	51.91		0.00	51.91
1	Stephanie Charman	Helsby	F50		0.00	83.15	35.59	35.59
2	Leslie Smith	Oswestry	F50		0.00	84.05	33.95	33.95
1	Maggie Oliver	Eryri	F60	100.43	33.26	77.28	47.01	80.27
1	Richard Roberts	Eryri	M	58.17	103.51	48.54	103.43	206.94
2	Roland Stafford	Mercia	M	62.34	96.42	51.44	97.83	194.25
3	Jon Bowie	Oswestry	M	64.51	92.64	54.06	93.16	185.80
4	Scott Butterworth	Eryri	M	66.27	89.99	53.55	93.52	183.51
5	Craig Jones	WFRA	M	65.26	91.67	55.47	89.84	181.51
6	Justin McIlveen	Abergele	M	67.49	87.73	57.48	85.85	173.58
7	Neil Parry	u/a	M	74.16	77.05	58.1	85.13	162.18
8	Nigel Rowlands	Clwydian	M	74.23	76.86	61.07	79.30	156.16
9	Craig Walker	Calder Valley	M	75.28	75.06	62.52	75.85	150.91
10	Paul Stinton	Clwydian	M	78.44	69.65	65.09	71.34	140.99
11	Shaun O'Keefe	Wrexham Tri	M	85.25	58.59	69.03	63.64	122.23
12	Dilwyn Rowland	Eryri	M	87.26	55.25	68.53	63.97	119.22
13	Tim Davies	Mercia	M	58.16	103.54		0.00	103.54
14	Matt Gilbert	Wrexham Tri	M		0.00	49.2	102.57	102.57
15	Stanley Charles	Clwydian	M		0.00	51.17	98.72	98.72
16	Anthony Smith	Ambleside	M		0.00	51.56	97.44	97.44
17	Matthew Roberts	Eryri	M	63.03	95.62		0.00	95.62
18	Chris Near	Eryri	M	64.06	93.88		0.00	93.88
19	Stuart Edmonson	Horwich	M		0.00	53.57	93.46	93.46
20	Tim Higginbottom	Eryri	M	65.09	92.14		0.00	92.14
1	Paul Beeson	Maldwyn	M40	68.32	86.54	56.47	87.86	174.40
2	Colin Lancaster	Telford	M40	73.43	77.96	56.32	88.35	166.31
3	Elwyn Davies	u/a	M40	72.34	79.86	58.02	85.39	165.26
4	Michael Kelly	u/a	M40	74.04	77.38	59.52	81.77	159.15
5	Glyn Fletcher	Maldwyn	M40	74.27	76.75	60.26	80.65	157.40
6	Charles Ashley	Wrexham	M40	78.40	69.76	62.32	76.51	146.27
7	David Marham	WFRA	M40	78.15	70.45	63.25	74.76	145.22
8	Darryl Evans	Maldwyn	M40	83.57	61.02	68.3	64.72	125.74
9	Mike Fanning	Borrowdale	M40	59.51	100.92		0.00	100.92
10	Steve Gilliland	Bro Dysynni	M40	63.46	94.43		0.00	94.43
11	Neil Ashcroft	Ambleside	M40	64.01	94.02		0.00	94.02
12	Ian Hughes	Shrewsbury	M40	64.47	92.75		0.00	92.75
13	Michael Johnson	Kenilworth	M40		0.00	54.34	92.24	92.24
14	John Atyeo	Witney	M40	66.30	89.91		0.00	89.91
15	Simon Eillis	Tattenhall	M40		0.00	56.22	88.68	88.68
16	Matthew Clewes	Mercia	M40	68.13	87.06		0.00	87.06
17	Paul Howarth	Eryri	M40	68.16	86.98		0.00	86.98
18	John Montgomery	Clwydian	M40		0.00	57.38	86.18	86.18
19	Nick Stringer	Sparkhill	M40	69.17	85.30		0.00	85.30
20	Paul Jenkinson	Eryri	M40	69.41	84.64		0.00	84.64
1	Graham McAra	Cheshire	M50	70.30	83.28	56.58	87.50	170.78
2	Kean Rowlands	Clwydian	M50	76.36	73.19	64.44	72.16	145.35
3	Jim Bennell	Eryri	M50	78.49	69.52	62.59	75.62	145.13
4	Martin Cortvriend	Denbigh	M50	82.12	63.91	62.45	76.08	139.99
5	Ian Rothery	Cybi	M50	84.23	60.30	66.07	69.43	129.73
6	Rick Robson	Mercia	M50	83.08	62.37	68.09	65.41	127.78
7	Ian Blakemore	Eryri	M50	94.15	43.97	77.21	47.25	91.21
8	Edward Davies	Mercia	M50		0.00	55.38	90.13	90.13
9	Iwan Edgar	Eryri	M50	73.30	78.32		0.00	78.32
10	Charles Ashley	Wrexham	M50		0.00	62.32	76.51	76.51
1	John Morris	Buckley	M60	82.32	63.36	64.17	73.05	136.41
2	Don Williams	Eryri	M60	76.06	74.01		0.00	74.01
3	Peter Roberts	Buckley	M60		0.00	64.01	73.58	73.58
4	Yiannis Tridimas	Bowland	M60	78.06	70.70		0.00	70.70
5	Emyr Davies	Eryri	M60		0.00	72.02	57.74	57.74
6	Andy Todd	Helsby	M60		0.00	72.13	57.38	57.38
1	Peter Norman	Wrexham	M70	107.37	21.84		0.00	21.84

PEN CERRIG CALCH

	Name	Club	Cat	Time
1	Harry Matthews	Mynydd Du	MS	15.38
2	Matthew Collins	MDC	MS	15.53
3	Patrick Wooddisse	MDC	MS	16.16
4	Matthew Roberts	Eryri	MS	16.27
5	Matt Stott	Chepstow H	M23	16.35
6	Mike Duxbury	Stroud	M40	16.54
7	Iain Ridgway	Eryri	MS	17.10
8	Craig Jones	WFRA	MS	17.16
9	Stuart Moore	Wye Valley	MS	17.20
10	Gareth Hurst	SW Road R	MS	17.22
11	Helen Fines	Calder Valley	FS	17.25
12	Gavin Fisher	u/a	M40	17.27
13	Colin Lancaster	Telford	M40	17.47
14	Dave Austin	Bristol & W. AC	MS	18.01
15	Chris Taylor	Mercia	M50	18.23
16	Kate Bailey	Merionnydd	FS	18.26
17	Neil Lewis	MDC	M40	18.41
18	Andy Broad	u/a	MS	18.46
19	Dimitri Vorres	Griffithstown	M40	18.53
20	Donald Williams	Eryri	M60	18.57
21	James Creaser	Eryri	MS	19.00
22	Michael Keddle	U/a	MS	19.02
23	Mark Paviour	Presteigne P	M40	19.05
24	Doug Adlam	MDC	M40	19.07
25	Nigel Rowlands	Clwydian	M40	19.09
26	Kean Rowland	Clwydian	M50	19.15
27	Craig Walker	Calder Valley	MS	19.18
28	Andrea Roberts	Eryri	FS	19.20
29	Andrew Blackmore	MDC	M40	19.23
30	Jos Jones	Aberystwyth AC	MS	19.38
31	Jon Barnes	Hereford & Cty	MJ	19.42
32	Steve Littlewood	Hereford C	M50	19.43
33	Brian Hardcastle	WFRA	M50	20.06
34	Ross Powell	WFRA	M50	20.11
35	Allan Hodgkinson	MDC	MS	20.11
36	Martin Cortvriend	Denbigh	M50	20.12
37	Jason Wilkins	Cardigan RC	MS	20.17
38	Martin Woodhead	Mynydd Du	M40	20.18
39	Emma Bayliss	Mynydd Du	FS	20.22
40	Kevin Betts	Fairwater	M40	20.23
41	Gareth Griffiths	MDC	M40	21.15
42	Martin Clarke	u/a	MS	21.22
43	Gary Gunner	Croft Ambrey	M60	21.36
44	Steve Brown	MDC	M50	21.36
45	Helen Bennett	MDC	FS	21.46
46	Sandra Rowlands	Clwydian	F40	21.52
47	Martin Lucas	MDC	M50	21.55
48	Andy Stott	MDC	M40	22.02
49	Damian Evans	u/a	MS	22.21
50	Sue Ashton	Chepstow	F50	22.30
51	Ellie Salisbury	Eryri	F40	22.30
52	Kevin Barnes	Hereford C	M40	22.54
53	Roger Boswell	u/a	M50	23.03
54	Julie Davies	Griffithstown	FS	23.32
55	John Sweeting	MDC	M60	23.35
56	Gerry Ashton	Chepstow	M50	23.38
57	Robert West	MDC	M60	23.42
58	Emma Hitchin	South West RR	FS	23.43
59	John Darby	MDC	M50	23.49
60	Peter Norman	Wrexham AC	M70	24.07
61	Rich Harding	u/a	MS	24.11
62	Adrian Moir	MDC	M40	24.32
63	Daniela Woodbridge	Fairwater	FS	24.35
64	Mike Harris	MDC	M50	24.47
65	Alexandra Allott	Eryri	FS	24.50
66	Jodie Broad	u/a	FS	24.51
67	Valentina Rusckivc	u/a	FS	24.53
68	Fiona Glen	Islwyn	FS	25.16
69	Christine Vorres	Griffithstown	F40	25.25
70	Hanneke Van Der Werf	Wye Valley R	F40	25.25
71	Dick Finch	MDC	M60	25.38
72	Les Pugh	MDC	M60	29.30
73	Ian Payton	MDC	MS	35.49

Comments on the April Navigation Course

Since completing the navigation course, I take every opportunity in telling my friends how much I enjoyed the day and how much was taught to me in such a short space of time, so much so that people are now beginning to avoid me when I'm out. I was very apprehensive about doing the course, never having looked at a map since my school days, (well over 40 yrs ago) and was sure I would end up as the classroom dunce, I needn't have worried, both Sarah and Iain took great pains to ensure that everybody had one to one tuition, guiding us all, quite painlessly through every stage. They are both true professionals, who obviously love what they do and are at one with their surroundings. As for myself, I haven't yet had the opportunity to put in to practice all that I learned on the day,

only because my workload has increased and my Son is getting married in a couple of weeks (I'll have no problem finding the Church now). I have now been given the confidence to go out on my own (which I will do shortly), my first run using my navigation skills will be Loggerheads/ Moel Fammau/ Cilcain back to Loggerheads, only because I am familiar with the area. I then intend to return to the Pen y Gwryd Hotel area and run up to Glyder Fawr and Fach and back again. I would recommend the course to anyone, it has certainly changed my outlook on running altogether. Should another course be held I would appreciate the opportunity to attend again. *Hugh*

The navigation course I went on in April was fantastic, though I knew the basics of navigation I often got confused. The course really clarified and consolidated the knowledge I had and took me further too - I now have the confidence to use a map to find my way and this is a great breakthrough for me. The tutors were excellent, it seemed to me that each group members needs were taken into account and catered for with out any of the group losing out because of it. They were obviously extremely knowledgeable and experienced, and very good at encouraging us all. I would thoroughly recommend this day course. I would love to know about any further advanced courses that are being run - particularly if it includes



'Navigators' taking a break somewhere on Moel Siabod

Photo A Tye

night navigation or navigation in no visibility conditions (we had a really clear day - all be it cold!) *Emma*

I found the course very useful, in the morning session I liked the method we were shown to get an accurate compass bearing from a

map, in the afternoon session we were shown how to use a map to identify physical features and how maps could be wrong. The only let down for me was a blister which meant the afternoon session was cut short for me..... but there is always another time. *Al*

South Wales Winter Hill Series Review

continued from page 3

onship with a 9th place finish, just ahead of Helen Fines in tenth.

Again we were treated to being awful...able to sit outside the pub in the sunshine (global warming ain't all bad!) but as Derek reminded us it's an even-numbered year so Pen Cerrig Calch is bound to be awful...

March: Llanthony: 2m/1150'

Yet another glorious Black Mountains day, but an unexplained footpath closure meant a last-minute change to the course to a direct blast up to the cairn on the Offa's Dyke ridge and back.

MAJOR PRIZE WINNERS

Men:	1 Rob Gordon	Mynydd Du	519.12
	2 Harry Matthews	Mynydd Du	517.68
Men O/40:	1 Mike Duxbury	Stroud	481.80 3rd overall
	2 Max Suff	Hereford	448.79 6th overall
Men O/50:	1 Chris Taylor	Mercia	430.68 8th overall
	2 Steve Littlewood	Hereford	386.87 13th overall
Men O/60:	1 Gary Gunner	Croft Ambrey	334.16 20th overall
	2 John Sweeting	MDC	279.41 28th overall
Ladies:	1 Helen Fines	Calder Valley	453.85 4th overall
	2 Sue Ashton	Chepstow	307.28 22nd overall
	Sue was also first Lady O/40 and first Lady O/50.		

This is a fine race for spectators, with the runners being in view for almost the whole course, and was favourably received by the competitors as well (although one runner asked if it was normal to have to use your hands on the climb...obviously hasn't been to Abergwynfi!) so it may become an instant classic. The only problem was it was St David's Day and the race clashed with a pilgrimage to our patron saint's chapel, which just happens to be in the car park!

Rob G beat Harry M by almost a minute to open what was to prove a decisive lead in the League, but the best performance of the day had to be Helen F in sixth overall, scoring what I think is a ladies' league record 95.21 points in the process.

March 9: Pen Cerrig Calch: 2m/1100'

Prophet of doom Derek was right as usual and we were treated to heavy rain and another southerly gale (but it'll be OK in 2009 as that's an odd-numbered year). Conditions were bad enough for the long-suffering summit marshal Kay Lucas to be blown over, so after consulting with the organiser the race was

turned at the foot of the slippery-rocks just below the summit plateau.

Apparently some people complained: to quote Derek 'whilst I have sympathy with the disappointment of a shorter race after some had travelled a fair distance, I have attended one inquest too many after a fell racing tragedy and I'm not going to do it again. It is not only the safety of the runners with which I am concerned but also the safety of the marshals'. Perhaps those who complained would like to volunteer to stand on the hill and count heads sometime?

That said, 75 runners were mad enough to turn out on an awful day. Perhaps it was the lure of Welsh Championships points as well as the Winter League or perhaps it was just the free Easter eggs - who knows? Anyway, Harry M took advantage of Rob G's dodgy hamstring to win narrowly from Matt Collins, but the margins of Rob's wins in earlier races meant that Harry's points here were just not enough to take the title. By the time we had all dried off in the pub I had worked out the major prize winners in the league. *Old Greybeard*

Red Kite Challenge

21st - 22nd June

Dic Evans, a Welsh International, running coach and veteran runner who has represented Britain at Marathon, invites you to take part in the sixth Red Kite Challenge. The event is building its reputation as a tough annual summer endurance weekend event, being held 21/22nd June.

An opportunity to test your trail running skills over two days, experiencing some of Ceredigion's most stunning scenery over farmland, moorland and through forests.

Saturday's 'Sialens y Barcud Coch' (the Red Kite Challenge) covers 11+ miles and incorporates the UK short course Trail Running Championship. Classified as a BM course.

Sunday's event - 'Ras y Diafol' (The Devil's Race) is 18 miles and can be run as a three stage relay event, with the shortest section being 5 miles. The full 18 mile course is classified as BL.

It's a testing course east of Aberystwyth. Sunday's race comes hard on the legs after Saturday's faster, shorter Championship race. In essence day two follows an undulating course first following the picturesque Ystwyth valley before climbing the final ascent onto the hills above Devil's Bridge. The event is designed to attract runners of all levels and abilities. The trails are well marshalled throughout, with strategic drink stations (well stocked with jelly baby's) to help cope with the midsummer heat.

Each event incorporates a walk for those who aspire to a gentler pace over a shorter distance.

Entry fee: £8.00 per race; £5.00 per walk

Further information / application form on website www.redkite-barcud-coch.org.uk or write to Yr Siop, Abermagwr, Aberystwyth, SY23 4AR or telephone Dic Evans 0777 3435073

HIGHLANDER MOUNTAIN MARATHON

Torridon 5-6th April

This was the second ever Highlander Mountain Marathon and was based in the stunning mountains between Torriddon Village and Loch Carron The coach driver was clearly not Scottish as he had the heater on blazing for the entire journey leaving everyone feeling pretty ill !) but it was not until 10 minutes prior to the start that we would be given our control sites and descriptions for the first day. The format was different this year – all the A class teams had to collect all bar one of the controls on the sheet. This meant that rapid calculations were made on the way to the start in order to try to minimise the distance and climb.

Last years event, held in Strathconon, was blessed with absolutely perfect weather. No-one could quite believe it was happening at Easter in the highlands or could actually see it happening two years running either !

So, as the event approached and Scotland had enjoyed its best winter conditions for many years the hills were still laden with high level snow and lots of it. In the days before the event temperatures rose and began to lull everyone into a false sense of security. But, a MWIS forecast for the NW highlands for the weekend of the event showed a completely different picture. Winter, it would seem, was not quite done Northerly winds, significant snow storms and a wind chill of -25 on the summits.

As we waited for our buses to the start everyone seemed to be eyeing each other nervously looking at the kit being worn and carried. Most seemed to be dressed sensibly for the predicted weather but I guess you'll always get one or two who will only run in shorts – My god they must have been freezing !

As we sat on the bus we tried to

study the map (not easy on the twisty single track road to Loch Carron The coach driver was clearly not Scottish as he had the heater on blazing for the entire journey leaving everyone feeling pretty ill !) but it was not until 10 minutes prior to the start that we would be given our control sites and descriptions for the first day. The format was different this year – all the A class teams had to collect all bar one of the controls on the sheet. This meant that rapid calculations were made on the way to the start in order to try to minimise the distance and climb.

Once we were on our way there was no way of changing the plan. A mere 10 minutes after the start we reached the snowline and stayed in it pretty much for the next 2 days. The first day's route took us 27km through remote and rough terrain to the overnight camp in the Coulin Valley. There was deep snow and some very impressive drifting in places so our route tried to maximise the use of footpaths in the area. This was my 4th mountain marathon partnered with Tim Higginbottom and I was once again being given a brilliant display of his navigational skills which was faultless (a real feat in these tough conditions). We knew we were going well and the day felt fast but due to the "score" nature of the first day we had no way of measuring ourselves against the other teams. As we arrived at the overnight camp we were delighted to be first in and then the waiting began A full 50 minutes until the second A Class team appeared !

Wanting to make this a sociable event and also aware that the



Jenny Ewels and Pilar Near having just crossed the Torriddon river (in the background) on day two, only 30 minutes from the finish

weather may be horrible (it was), organisers HANDS ON EVENTS laid on a marquee at the camp, some hot food for all runners and the best bit A Ceilidh band and bar !

Whilst you still have to carry all the kit and plenty of food to be

cooked it does make a pleasant change to be able to socialise with other runners rather than spending 15 hours face down in a puddle in your tent. There aren't many races where you stop half way for a Ceilidh and few beers before continuing the next day.

Terra Nova had kindly given us a new Photon tent to try for the event. A double skinned tent for 750 grams – sounds great ! But, the weather was going to be a real test as was fitting in it I thought. Tim is 6'5 and I'm 6 foot so you wouldn't imagine it was going to be too easy but we were both pleasantly surprised by the size of the tent and also the design which allows you to both sit up at the same time and cook in the porch – oh, and at 750 grams you barely knew you had it on your back.

Day 2 dawned with evidence of much overnight snow. There was some concern that the first teams may literally not be able to find the controls as they'd be buried under fresh snow. Those concerns turned out to be totally correct as we arrived at the first control site and Tim shouted " It's here somewhere so get digging !".

RESULTS OF THE OTHER NORTH WALES TEAMS

A CLASS

Yiannis Tridimas and Alan Duncan

8th overall in a time of 14hrs 41mins 31 secs.

C CLASS

Jenny Ewels & Pilar Near
1st Female, 9th overall, -
14hrs 34mins 41secs.

D CLASS

Kean & Sandra Rowlands
1st overall -
10hrs 34mins 41 secs.

The next 5 hours were spent zig-zagging our way back to Torriddon through some really tough terrain. Long contour legs on snow covered heather and slippery rocks made it seem as if we were making little progress. We were up high the

whole time and were relieved to be making the final descent to the village, thoughts only of copious cups of tea. We once again arrived back first and managed to add to our overnight lead to win by 2 hours 20 minutes. Clearly the energy sapping second day had taken its toll on the other teams more than we imagined. For the second year running the Highlander Broadsword Trophy was coming back to North Wales.

Everyone who managed to complete their given courses will have felt huge satisfaction at having endured an incredibly tough 2 days in some remote and wild country. This was real winter mountaineering conditions and to take runners on a MM in these conditions was bold for organisers but a real adventure for competitors.

As we drove back to North Wales we reflected on the weekend – overall impression was once again of a well organised event for mountain folk by mountain folk. It may be along way to travel but it's worth it when you get there – not many MM's are run in such wild and beautiful country. Hope to see more of you there in 2009.

Chris Near

RAS YR ARAN

Saturday 22nd March

There was a record turnout for the Aran Race starting from Llanuwchllyn, near Bala This race was the first counter in the 2008 Welsh Fell Runners Association North Wales Series as well as being the final counter in the Meirionnydd Winter Series.

Weather conditions were sunny intervals and hail showers. The course had to be shortened due to high winds, sheet ice and snow on the summits.

The race was won by Tim Davies of Mercia in a time of 58 minutes and 16 seconds. Richard Roberts of Eryri was 2nd in 58.17 and Mike Fanning of Borrowdale

3rd (also 1st over 40) in 59.51. The over 50 category was won by Graham McAra of Cheshire in 1.10.30 and first over 60 was Don Williams of Eryri in 1.16.06. The over 70 category was won by Peter Norman of Wrexham in 1.47.37

The ladies race was won convincingly by Helen Fines of Calder Valley in a time of 1.06.22. Anna Bartlett of Shrewsbury was 2nd in 1.13.52 and Andrea Roberts of Eryri 3rd in 1.14.58. First over 40 was Ali Thomas of Eryri in 1.23.12 and the over 60 category was won by Maggie Oliver of Eryri in 1.40.43.