

**CYMDEITHAS  
RHEDWYR  
Mynydd  
CYMRU**



**WELSH  
FELL  
RUNNERS  
ASSOCIATION**

**2010 EBRILL  
CYLCHGRAWN  
NEWSLETTER  
APRIL 2010**



## **Corndon - First Race in 2010 WFRA Open Welsh Championships**

There was a good turnout from runners all over Wales for the first race in the Championships - the Corndon 3 Peaks Classic. The event was well organised by Paul Beeson and Maldwyn Harriers. Alistair Tye and Peter Douglas were there and, as usual, took

some excellent photos. The race was also a counter in the WFRA North and South Wales Series. The Open / Welsh Championships are now sponsored by inov-8 and we should be able to award a pair of fell shoes to the first 3 in most age categories. This

is conditional on runners completing a minimum of 4 races, one at each distance.

If you were at Corndon just to compete in the North or South Wales Series why not consider the Open / Welsh Champs. The next race in the Championships is

Cribyn on 15th

May. This is an excellent route and thoroughly recommended. Please note that good navigational skills can be needed in any race in bad weather. Foel Fras is a race that requires good navigational skills if visibility is poor.

<b>Paul Beeson Race Organiser Comments ..</b>					
A quality field of 96 boys & girls came out to play for the Easter Bank Holiday WFRA Triple counter round at the Corndon Classic. A warm welcome was extended at the Miners Arms (and a cracking pint.) on a perfect afternoon for a bumble over 3 lovely hills. Tim Davies was first home in a new record time, with Anna Bartlett taking the ladies honours.  My sincere thanks to all who supported the first champs round ever in this area, and all at the club, pub and marshalls who helped me out on the day. These things would not happen without you all.	1	Tim Davies	Maldwyn	M	39.50
	2	Hugh Aggleton	MDC	M	42.29
	3	Steven Cale	Shrewsbury	M	43.13
	4	Ifan Richards	Meirionnydd	M	44.17
	5	Martin Shaw	MDC	M	44.22
	6	Martin Cliffe	Eryri	M	44.54
	8	Simon Edwards	Buckley	M	47.56
	9	Dylan Lewis	UWA Harriers	M	48.02
	10	James Blore	Chepstow	M	48.07
	7	Paul Jones	Oswestry	M40	44.58
	11	Kevin Hagley	SWRR	M40	48.10
	13	Max Suff	Hereford	M40	48.35
	16	Dave Powell	Aberystwyth	M40	48.57
	17	Craig Jones	Eryri	M40	49.12
	19	Paul Beeson	Maldwyn	M40	49.20
	23	Haydn Jones	Maldwyn	M40	50.11
	25	Glyn Fletcher	Maldwyn	M40	51.32
	26	Michael Kelly	Leighton	M40	51.41
	28	Peter Agnew	Clwydian	M40	51.48
	15	Pete Gardner	WFRA	M50	48.50
	20	Arwel Lewis	Eryri	M50	49.29
	30	Peter Williams	MDC	M50	52.06
	38	Russell Mapp	Mercia	M50	53.37
	39	Steve Bajic	Telford	M50	53.45
	40	Martin Cortvriend	Clwydian	M50	55.01
	43	Steve Littlewood	Hereford	M50	55.22
	45	Kean Rowlands	Clwydian	M50	55.31
	51	Ross Powell	Mercia	M50	56.55
52	John Currie	Mercia	M50	56.59	
48	Mike Blake	Eryri	M60	56.14	
53	John Morris	Buckley	M60	57.03	
62	Gary Gunner	Croft Ambrey	M60	58.32	
63	Les Williams	Eryri	M60	58.42	
65	Steve Herrington	Hereford	M60	58.54	
14	Helen Fines	Vegan Runners	F	48.45	
21	Phoebe Webster	Aberystwyth	F	49.32	
27	Andrea Rowlands	Eryri	F	51.45	
34	Jenny Heming	Eryri	F	52.58	
12	Anna Bartlett	Shrewsbury	F40	48.16	
66	Sandra Rowlands	Clwydian	F40	58.54	
68	Jean Turner	Telford	F40	59.52	
75	Ellie Salisbury	Eryri	F40	64.20	
49	Annie Williams	Eryri	F50	56.31	
86	Kate Havers	WFRA	F50	70.26	
88	Susan Ridings	Clwydian	F50	73.38	
84	Maggie Oliver	Eryri	F60	68.39	

**Column One  
indicates  
overall  
position**

### **NAVIGATION**

Names are now being taken for the **2010 NAVIGATION COURSES**. Dates will be arranged when we have sufficient numbers. If you are interested please contact Ross Powell for the North Wales area or John Sweeting for South Wales area

### **CALENDAR UPDATES**

#### **Two New Races CRYCHAN FOREST TRAILS**

**Sunday, 11th July. 2.00 pm**

BM 8-9miles/1500feet PM/NS/LK

£5.00 in advance or on day Over 18

Also short race (4.5miles) plus junior races

Venue: From Cefn Farm entrance to Crychan Forest. A483 north from Llandovery; turn right at Glan Bran Arms, Cyng-hordy; follow signs to venue (GR SN 812387).

Organiser: John Sweeting

Lower Lodge Cyng-hordy Llandovery Carmarthenshire SA20 0LD

01550 721086 07929 021897

Lower Lodge@phonecoop.coop

www.wfra.org.uk www.crychanforest.org.uk

#### **THE FOX TROT**

**Saturday, 7th August. 12.00 pm**

BM 7miles

Ascent 1050ft

Entry fee £5 On day only. Includes free drink and cake

Venue: Newfield Pavilion, Walshaw Avenue, Colwyn Bay, LL29 7YA

Toilets/changing facilities Terrain: Woodland Tracks,

Public Footpath, Bridleways (95% off-road)

Organiser: Richard Watson.

6 Gregory Avenue, Colwyn Bay, LL29 7ND

richard.watson@james-fisher.co.uk Tel 07894 860299

#### **BLACK MOUNTAINS**

**25th September (British Championships)**

Please note that EOD will only be available if entry limit of 400 has not been reached. Entry forms will be available on website mynydd-du.org.uk from July

#### **MIDWEEK SERIES**

**RACE 7 - TUESDAY 8th JUNE**

Please note that the race and venue have been changed. The race is now Yr Aran and will start from the car park in Rhyd Ddu. All other details unchanged

# 2010 High Peak Marathon

5th - 6th March

Yiannis Tridimas

This year's HPM was expected to be a hard one due to the large amount of snow that had been falling on and off for a long period and the persistently cold weather since mid December. A few sunny days during the week preceding the event disposed of much of the snow in the Dark Peak and frosty nights ensured that what was accumulated in the gullies and over the soft bogs was reasonably firm.

The HPM challenge is for teams of four. Walkers' teams start from 10pm and runners' teams start from 11pm at minute intervals. My team, Poles Apart, welcomed back Ranulph Fiennes after an absence of a few years. Ranulph was initially reluctant to join the team fearing that his running pace could not match that of the rest of the team. He decided to join us after he was reassured that we were not interested in speed; we had a fast race last year, having set a vets handicap time record. Ray Baines and Alan Duncan were the other two regular members of the team.

On Friday night we assembled at the Edale village hall for the

## Ras Pen Cerrig-calch 27th March, 2010 Derek Thornley

The curse is broken! For 16 years, it's been odd numbered years fine weather, even numbered ones awful. This year the sun shone no rain, a bearable (if chilly) breeze and perfect visibility. What more could anyone want? How about 18 clubs providing 50 entrants, close racing and all over in not much more than an hour!

Pete Ryder did an 8 mile training run before deciding to turn up and run the race, but still managed to hold off strong and determined challenges from Paul Murrin and Hugh Aggleton. It was a bit too windy and a bit too slippery to get close to Tim Davis's record, but good racing all the way. For the ladies Sharron Woods was never going to lose, despite some close pursuits.

I've got so used nowadays to

*continued on back page*

pre-race formalities, socializing and preparation. Our team strategy was to run a steady race that matched the running style of Ranulph Fiennes, i.e. starting and finishing at more or less the same pace. Three of us would carry all the gear including most of Ran's food and drink. Ran has a problem with his hands and in cold weather he needs to wear heavy gloves. This makes it difficult for him to get things out of his sack and to handle food. We would avoid wasting time by offering him food and drinks on the move as well as handling his clothes.

Having finished fifth overall the previous year, our team set off fifth from the end at 11:41pm. Aware that our present speed did not correspond to our high ranking, we were not surprised to see the four faster teams that started behind us, overtake us soon. We made steady progress and it was about two hours later when we started catching up with slower teams.

The big surprise of the night was the unexpectedly settled weather. There was no wind and hardly any snow on the ground until we reached Derwent Edge. There was very little cloud and even the moon made a few appearances throughout the night. There was some ice on the paved sections of the paths and soft snow over vegetation. The northern section along Featherbed Moss was well covered with powdery snow. We were thankful to be behind a large number of teams who had beaten a firm trail through the soft snow, which we happily followed. It must have been hard work for the frontrunners, as we found out whenever there was no trail to follow. We decided not to take any of our time saving shortcuts around Bleaklow due to large amounts of accumulated snow in the gullies and stayed on high ground. It was for that reason that we came upon the misplaced Bleaklow Stones checkpoint purely by luck rather than by design. Had we been following our usual route, we would have missed it; the leading team took a more direct line and spent some time looking for the errant checkpoint in the dark.

The attraction of such long challenges is that you have time to observe events unfolding slowly. You catch up with teams,



Poles Apart Team  
Left to right: Ranulph Fiennes, Yiannis Tridimas,  
Ray Baines, Alan Duncan.

you come across teams in which one member is struggling behind the rest of the team, you see teams of three pressing on out of contention.

Most of the Pennine Way from Bleaklow to Snake was completely filled with snow which was soft in places, so we had to stay on the side of it. Kinder Scout, unlike the previous sections, was shrouded in thick mist. As we approached Kinder Low I set my compass for our usual direct line descent off it but with lots of soft snow on the ground I opted to follow a line in the direction of Edale Cross. In the short time it took me to check the map my companions had gone some distance along the well paved path to Kinderlow End. I called them back but by the time we regained the correct line we had lost some time and had performed a small detour.

As we passed Rushup Edge I made some calculations of our handicap time and knowing that the leading team were also veterans but with a small handicap, I estimated that they would need to finish more than four hours ahead of us in order to beat us. Having checked at Snake on their progress, I estimated that they would be finishing close to 9 hours, around three and a half hours ahead of us, which seemed ok.

And so we descended to Edale and were immediately told that we had secured the veterans tro-

phy by a good margin. That was good news and rewarded us for maintaining a steady pace. We had finished in the middle of the field in 23rd position. Ran was very pleased with the result as he always had doubts about his fitness. The moderate pace did lead to some impatience among some team members. At times Alan ran his own race out in the front, eager to press on and occasionally going wrong.

A notable presence from Wales was that of the Ridgeways, who had entered the event as substitutes with two different teams. Sarah had a great run, her team finishing quite high up the list. Iain was not so lucky; his team lost a member and finished in a very fast time but out of contention.

After food and drinks and a rest we went off home. Unfortunately the good news didn't last long. A phone call from Ran's wife said that Ran had crashed his car on the way home in Manchester but was not injured although people in other cars were. The media made a big story of it and so did the fellrunning forums.

Our "Poles Apart" team had a number of successes over the years winning the vets handicap trophy and often finishing in a high position. This was its last appearance in its established form with all the regular members. I personally would like to enter this great race again, probably with a new team.

Yiannis



# South Wales Winter League 1992 - 2010

## Martin Lucas

Despite it being the hardest winter for many years we had a very successful season with 193 runners doing at least one race. Many thanks to our race organisers and marshals for giving up so much time and getting wet and cold so that we could have our fun.

Peter Ryder retained his title. Eight dedicated people did all seven races to qualify for a coveted Walter Winterleague mug.

### For the record

There have now been 110 Winter League races since 1992, with an average of 42 runners. 17 runners have clocked up over 50 ap-

pearances, but with only two commemorative sweatshirts being awarded this year, to Chris Taylor and Les Pugh.

However of the 923 runners that have taken part since 1992 an amazing 509 have only run once! I wonder what put them off?

Following comments that the age profile is getting older, I have done a comparison of results from 1993 - 94 (the first year age categories were recorded), 2003 - 2004 and 2009 - 2010 which shows:

### Percentage Participants

<b>1993-94</b>	Senior Men.....67
	Men 40 and over.....28
	Ladies.....12
<b>2003-04</b>	Senior Men.....34
	Men 40 and over.....47
	Ladies.....17
<b>2009-10</b>	Senior Men.....24
	Men 40 and over.....63
	Ladies.....21

...so point proved I think. Ideas to stop the rot before we become extinct on a postcard please. On a brighter note the percentage of ladies taking part has increased from 12% in 1993-94 to 21% in 2009-10.

### Prize fund

Following the presentation after PCC the Winter League is now essentially skint. Contrary to the belief of some, the League is run independently of MDC or any other club and has no income apart from race organisers' donations. Unfortunately we have had to dip into our reserves (sounds posh but actually it's the tin box under John's bed) to cover the prizes and the Walter mugs for the past two years and now there's just a threepenny bit and a couple of buttons left. We may therefore have to ask race organisers for a fixed per-runner contribution in future to ensure we can carry on giving decent prizes for the series. Nothing is definite yet - we might find a generous corporate sponsor! - but if race entry fees go up a bit next year that could be the reason

### Commemorative sweatshirts

These seem to be very popular but you can only get one for running 50 races! The cost of these has never come out of the League funds and has been privately sponsored by us (OGB and Mrs GB). Having thought carefully we have to advise that we can no longer continue to fund these as the numbers doing 50

races are increasing in inverse proportion to our disposable income. However, if you are approaching your 50th appearance and want to order one we will be happy to arrange but you will have to pay (probably around £15 and I should think there would be a choice of colours if you don't like green). The official presentation and adulation of your peers at the appropriate time will come at no extra charge.

Being a sad Old Greybeard I keep a list of who's done what since 1992. Runners who are currently active and who could qualify for a 50-appearances jumper in 2010-11 are:

Dick Finch (48), Steve Brown (47), Andy Stott (45), Matt Collins (44) and Mike Harris (44) so they may want to consider the options and let me know in good time.

### 2010-2011 series

We kick off on 2nd October with Fan Fawr, Sugarloaf on 30th October and the mighty Blorlange on November 27th. Fixtures for the 2011 part of the season will be announced later. Have a good summer and we'll see you in October!

## PIPE DREAM

5miles 1,700'  
6th March

Fifty-one athletes from various clubs across North Wales and beyond lined up for the 6th annual running of the Pipe Dream Fell-race at Dolgarrog. With clear skies, cool air and firm ground, the conditions were as good as perfect, although at a distance of 5 miles and 1700 feet of ascent and descent covering rough and technical terrain, this is a tough hill run for anyone.

Coming off the back of an excellent win at Moel Y Ci a fortnight earlier, Menai Track & Field runner Tim Lloyd showed his strong current form by forging a clear lead from the rest of the field as they climbed the first mile beside the large water pipes rising steeply from the village.

Despite a strong run by second placed Matthew Fortes of Eryri Harriers, he led throughout the race to take the win in 37 minutes and 25 seconds. Neal Hockley followed up a minute later in third slot. Being over 40years, Lloyd was also the veteran winner, comfortably beating vet clubmates Craig Jones and Paul Jenkinson, finishing 4th and 5th overall respectively.

The ladies' turnout was low this year, but that didn't stop a solid performance from previous three times race winner Andrea Rowlands of Eryri in 41.19. However the result wasn't exactly guaranteed as she was beaten to the summit by Eryri newcomer Tammy Lewis-Jones, who despite many years experience as a runner, was taking part in her first fellrace.

## RAS YR ARAN - 20th March

The race was the final counter in the Meirionnydd Winter Series and the first counter in the 2010 WFRA North Wales Series. The weather conditions were damp, low cloud and rain at times. There were snowdrifts to contend with on the summit which made the times slower than normal.

The race was won by Tim Higginbottom (U/A) in a time of 1 hour 38 minutes and 35 seconds. Chris Near of Eryri was 2nd in 1.39.54 and Ifan Richards of Meirionnydd 3rd in 1.40.51. Other category winners - Over 40 David Carson (Sutton) 1.49.11, Over 50 Arwel Lewis (Eryri) 1.52.40, Over 60 Tony Hodgson (Meirionnydd) 2.05.15.

The ladies race was won by Helen Fines of Calder Valley in 1.48.37. Andrea Rowlands of Eryri was 2nd in 1.57.17 and clubmate Jenny Heming 3rd in 2.02.21. Other category winners - Over 40 Sandra Rowlands (Clwydian) 2.19.37, Over 50 Annie Williams (Eryri) 2.11.19, Over 60 Maggie Oliver 2.52.10.

The overall winners of the Aran Organic Lamb Meirionnydd Winter Series were Ifan Richards of Meirionnydd and Jenny Heming of Eryri. RP

**Welsh**  
1000 mtrs.  
have a new  
website:  
[www.welsh1000m.org](http://www.welsh1000m.org)

### 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.

<p><b>BENARD'S GALLERY</b> Craig y Don, Llandudno</p> <p><b>BLACKS</b> Betws y Coed and Llandudno</p> <p><b>CONWY OUTDOOR SHOP</b> Conwy</p> <p><b>ULTIMATE OUTDOORS</b> Betws y Coed, Skipton, Keswick and Lancaster</p>	<p><b>JOE BROWN SHOPS</b> Llanberis and Capel Curig</p> <p><b>COTSWOLD</b> Betws y Coed</p> <p><b>PETE BLAND SPORTS</b> Kendal</p> <p><b>RUN AND BECOME</b> Cardiff</p> <p><b>RUNNING BEAR</b> Altrincham</p> <p><b>Y WARWS</b> Beddgelert</p>
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If there are other retailers members would like to be included please contact any Committee member



**WFRA NORTH WALES SERIES**

Full Table on website  
Statistics Ross Powell

Pos	Name	Club	Cat.	ARAN		CORNDON		Total
				Time	Score	Time	Score	
1	<b>Helen Fines</b>	<b>Calder Valley</b>	<b>F</b>	<b>108.37</b>	<b>93.60</b>	<b>48.45</b>	<b>86.20</b>	<b>179.80</b>
2	Andrea Rowlands	Eryri	F	117.17	85.11	51.45	79.19	164.30
3	Jenny Heming	Eryri	F	122.21	80.15	52.58	76.35	156.50
4	Joanne Moore	U/A	F	131.23	71.30	58.18	63.90	135.20
5	Phoebe Webster	Aberystwyth	F		0.00	49.32	84.37	84.37
6	Tammy Lewis-Jones	Eryri	F	127.28	75.13		0.00	75.13
7	Helen Marshall	Aberystwyth	F		0.00	55.12	71.14	71.14
8	Jennifer Williamson	Eryri	F	151.01	52.07		0.00	52.07
9	Nicola Richards	Mercia	F	153.24	49.73		0.00	49.73
10	Cheryl Hughes	Aberystwyth	F		0.00	66.19	45.19	45.19
1	<b>Sandra Rowlands</b>	<b>Clwydian</b>	<b>F40</b>	<b>139.37</b>	<b>63.23</b>	<b>58.54</b>	<b>62.50</b>	<b>125.73</b>
2	Anna Bartlett	Shrewsbury	F40		0.00	48.16	87.32	87.32
3	Jean Turner	Telford	F40		0.00	59.52	60.24	60.24
4	Ellie Salisbury	Eryri	F40		0.00	64.20	49.82	49.82
5	Julie Laverock	Salford	F40	171.58	31.54		0.00	31.54
6	Dawn Davies	U/A	F40		0.00	73.12	29.12	29.12
7	Rachel Butler	Maldwyn	F40		0.00	74.03	27.13	27.13
1	<b>Annie Williams</b>	<b>Eryri</b>	<b>F50</b>	<b>131.19</b>	<b>71.36</b>	<b>56.31</b>	<b>68.06</b>	<b>139.43</b>
2	Susan Ridings	Clwydian	F50	174.37	28.95	73.38	28.11	57.05
3	Kim Braznell	Halesowen	F50	150.22	52.70		0.00	52.70
4	Kate Havers	WFRA	F50		0.00	70.26	35.58	35.58
5	Gill Collen	Warrington	F50	193.44	10.22		0.00	10.22
1	<b>Maggie Oliver</b>	<b>Eryri</b>	<b>F60</b>	<b>172.10</b>	<b>31.35</b>	<b>68.39</b>	<b>39.74</b>	<b>71.09</b>
1	<b>Ifan Richards</b>	<b>Meirionnydd</b>	<b>M</b>	<b>100.51</b>	<b>101.21</b>	<b>44.17</b>	<b>96.62</b>	<b>197.83</b>
2	Martin Cliffe	Eryri	M	104.50	97.31	44.54	95.18	192.49
3	Simon Edwards	Buckley	M	108.27	93.76	47.56	88.10	181.87
4	Dylan Jones	Bro Dysynni	M	115.42	86.66	50.13	82.77	169.43
5	Stewart Bellamy	Mercia	M	106.15	95.92	56.04	69.12	165.03
6	Dylan Cole-Jones	Skelmersdale	M	128.00	74.61	53.20	75.50	150.11
7	Nigel Rowlands	Clwydian	M	131.18	71.38	57.51	64.95	136.33
8	Tim Davies	Maldwyn	M		0.00	39.50	107.01	107.01
9	Tim Higginbottom	U/A	M	98.35	103.43		0.00	103.43
10	Chris Near	Eryri	M	99.54	102.14		0.00	102.14
11	Hugh Aggleton	MDC	M		0.00	42.29	100.82	100.82
12	Steven Cale	Shrewsbury	M		0.00	43.13	99.11	99.11
13	Martin Shaw	MDC	M		0.00	44.22	96.43	96.43
14	Jez Brown	Buckley	M	107.18	94.89		0.00	94.89
15	Joshua Dixon	Abergele	M	107.28	94.73		0.00	94.73
16	Adam Preston	Meirionnydd	M	108.42	93.52		0.00	93.52
1	<b>Paul Beeson</b>	<b>Maldwyn</b>	<b>M40</b>	<b>118.26</b>	<b>83.98</b>	<b>49.20</b>	<b>84.83</b>	<b>168.82</b>
2	Glyn Fletcher	Maldwyn	M40	116.07	86.25	51.32	79.70	165.95
3	Peter Agnew	Clwydian	M40	117.09	85.24	51.48	79.08	164.32
4	Dave Powell	Aberystwyth	M40	126.23	76.20	48.57	85.73	161.92
5	Michael Kelly	Leighton	M40	120.32	81.93	51.41	79.35	161.27
6	David Malia	Cobra	M40	123.33	78.97	52.57	76.39	155.36
7	Jeremy Randell	Clwydian	M40	127.34	75.04	56.12	68.80	143.84
8	Glyn Jones	Maldwyn	M40	137.01	65.78	58.53	62.54	128.32
9	Paul Jones	Oswestry	M40		0.00	44.58	95.03	95.03
10	David Carson	Sutton	M40	109.11	93.04		0.00	93.04
11	Ed Harmer	Eryri	M40	114.38	87.71		0.00	87.71
12	Kevin Hagley	SWRR	M40		0.00	48.10	87.56	87.56
13	Max Suff	Hereford	M40		0.00	48.35	86.58	86.58
14	Craig Jones	Eryri	M40		0.00	49.12	85.15	85.15
1	<b>Arwel Lewis</b>	<b>Eryri</b>	<b>M50</b>	<b>112.40</b>	<b>89.63</b>	<b>49.29</b>	<b>84.48</b>	<b>174.12</b>
2	Kean Rowlands	Clwydian	M50	117.24	85.00	55.31	70.40	155.40
3	Russell Mapp	Ludlow	M50	126.57	75.64	53.37	74.83	150.48
4	Stephen Bajic	Telford	M50	131.49	70.87	53.45	74.52	145.40
5	Richard Paddock	Shropshire S	M50	149.07	53.93	66.05	45.73	99.66
6	Pete Gardner	WFRA	M50		0.00	48.50	86.00	86.00
7	David Johnston	Mercia	M50	117.47	84.62		0.00	84.62
8	Dave Whittey	Meirionnydd	M50	122.12	80.29		0.00	80.29
9	Chris Wilcox	Clwydian	M50	124.09	78.38		0.00	78.38
10	Peter Williams	MDC	M50		0.00	52.06	78.38	78.38
11	Martin Cortvriend	Clwydian	M50		0.00	55.01	71.57	71.57
12	Steve Littlewood	Hereford	M50		0.00	55.22	70.75	70.75
1	<b>Mike Blake</b>	<b>Eryri</b>	<b>M60</b>	<b>139.25</b>	<b>63.43</b>	<b>56.14</b>	<b>68.73</b>	<b>132.15</b>
2	Gary Gunner	Croft Ambrey	M60	144.01	58.92	58.32	63.36	122.28
3	Francis Uhlman	WFRA	M60	150.41	52.39	66.36	44.53	96.92
4	Tony Hodgson	Meirionnydd	M60	125.15	77.31		0.00	77.31
5	Don Williams	Eryri	M60	127.17	75.31		0.00	75.31
6	John Morris	Buckley	M60		0.00	57.03	66.82	66.82
7	Les Williams	Eryri	M60		0.00	58.42	62.97	62.97
8	Steve Herrington	Hereford	M60		0.00	58.54	62.50	62.50
9	Colin Williamson	Shropshire S	M60		0.00	59.50	60.32	60.32
10	Alwyn Oliver	Eryri	M60		0.00	64.26	49.58	49.58
11	Dick Finch	MDC	M60		0.00	65.04	48.11	48.11
12	John Sweeting	MDC	M60		0.00	68.17	40.60	40.60
13	Raymond Migocz	U/A	M60	170.47	32.70		0.00	32.70
14	Dave Hill	NWRR	M60		0.00	74.51	25.27	25.27

*Helen reviews the*  
**SOUTH WALES**  
**WINTER HILL SERIES**  
**2009/10**

This year's series included some old favourites- Fan Fawr, Sugar Loaf, Bloreng and Pen Cerrig Calch, plus the return of last year's new race Longtown, and two new-for-2010: the Garth uphill-only, and the Blaenbran race. This provided some great racing and very competitive battles over the season.

In the senior men, 28 year old former junior steeplechase international Pete Ryder (Brycheiniog) ran all seven races, winning five. His overall score puts him second on the all-time winter series scoring table. Although beaten by Matt Collins in the icy Garth race, and Martin Shaw on the Bloreng, he showed consistent class, and will now turn his attention to road and track racing for the summer. Hugh Aggleton was a close runner up for MDC, also producing consistent performances all winter while training for the London Marathon and a crack at the Open Welsh Fell Championships.

The Aggleton family went one better in the supervet category, with Hugh's father John being officially "bloody chuffed" with his win in the MV50, edging out MDC clubmate Peter Williams. With a preference for climbing he took full advantage of points gained at the Garth, but still flew down PCC for the finale.

The MV40 races were even closer, going down to the final stages of the final race. Mike Fawcett of Wye Valley Runners managed to hold onto his series lead, though second placed Max Suff (Hereford) beat him in the final race. The same applied to the MV60s, where Eryri's Les Williams beat Gary Gunner from Croft Ambrey overall.

The women's series was down on quantity but not quality. Previous senior winner, and many times vets winner Sue Ashton (Chepstow) had only run 4 races going into the final one of the series, and was carrying a serious injury. She bravely made it round PCC without conceding enough points to Gill Stott to be overtaken. Knee surgery follows for Sue, and a long term plan of return for the Black Mountains on September 25th. Both Sue, and second placed Gill are FV50s, but filled first and second place overall, followed by under-23 Naomi Prosser of Hereford. HF



# South Wales Navigation course

Andrew Blackmore

We had to postpone the inaugural, WFRA organised S Wales Navigation course due to the mountain roads being inaccessible, but fortunately we were able to re-arrange the course for 23 January and 15 fellrunners, with a range of abilities and experiences, pitched up at Llangynidr for an intensive day of class room

based tuition and practical exercises. Mark Saunders was our course tutor for the day, who kindly provided his services free of charge, and led us through the intricacies of fine navigation, route choice and map reading. By mid morning we all had itchy feet so it was a quick trip in the cars up to a rather cold and wind

blown Llangatwg mountain for the first practical exercise which involved us navigating our way to a series of controls cunningly hidden in some complex terrain - quite a test of our fine navigational skills.

It was then back to Llangynidr Hall for a hot drink, lunch and a short de-brief on the morning's practical exercise followed by a further classroom session. By this stage we were keen to put all this theory into practice - we needn't have worried as Mark had been busy in the week preparing six courses on the nearby hills to test our skills. Yet again, some of the controls were fiendishly difficult to find requiring some very careful map reading and the application of techniques such as 'aiming off' and 'slowing down', which sounded easy in the classroom, but was a bit more involved out on the hills. To round the day off, Mark had devised a team relay game which played to our competitive streaks and got our adrenaline well and truly going.

Based on feedback received, the course was well received and I would hope we can organise another navigational type event in the summer. Many thanks to Mark and all participants for their enthusiasm and good humour.

See you on the hills. Andrew

## RAS PEN CERRIG-CALCH

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over 40s and over 50s making up most of the field, I was not at all surprised to see some close racing in these categories. Mention must be made of John Battersby completing what he said would be his last race at the age of 75. Despite his own opinion of himself, John (who has been a Winter League stalwart for many years does not hold the record for the slowest time (Rowdy Yates, 72:10 2006) and he has never been last in this race. This year, admittedly, he was saved from that ignominy by Alan Stone referring himself to the committee for standards in public fell-running and declining to record a time because he had been pulled all the way uphill and into the wind by his dog Harry.

As always, thanks to K Lucas for summit duties, to Shirley Thornley for registration and to Jess Taylor for finish duties. Also, thanks very much for the excellent gate-work of the complete Blackmore family.

The race can only go ahead because of the remarkable forbearance of Cliff, whose farm we clutter up at lambing time each year, and it's all the more bearable (particularly on the bad days) because Mas keeps an excellent pub and manages to at least hide an aversion to fell-runners. You should visit the Red Lion in Llanbedr and see what I mean.

### SNOWDONIA JUNIOR SERIES - ROSS POWELL

#### RAS Y MOELWYN - Saturday 17th April

Conditions were glorious this year being sunny dry and warm.

The race was won by Richard Roberts of Eryri in a time of 1 hour 19 minutes and 20 seconds. Ifan Richards of Meirionnydd was 2nd in 1.26.58 and Martin Cliffe of Eryri 3rd in 1.27.45. Other category winners - Over 40 Roger Lamb (Mercia) 1.31.50,

Over 50 Arwel Lewis (Eryri) 1.32.39, Over 60 Don Williams (Eryri) 1.44.56.

First home in the ladies race was Andrea Rowlands of Eryri in a time of 1.38.05. Rebecca Law (Eryri) was 2nd in 1.45.18 and Joanne Moore (u/a) was 3rd in 1.47.30. The over 60 category was won by Maggie Oliver (Eryri) in 2.19.20.

#### RESULTS

##### Under 18

1st	Tecwyn Evans	(Eryri)	35.00
2nd	Tom Thomas	(Calder Valley)	38.00

##### Under 16

1st	Megan Withers	(Pembrokeshire)	23.58
2nd	George Oliver	(Deeside)	24.38
3rd	Megan Turner	(Aberystwyth)	24.40
4th	Haydn Jenkins		25.00
5th	Dion Roberts	(Bro Dysynni)	25.30
6th	Rhodri Roberts		26.00
7th	Morgan Evans	(Menai)	27.21
8th	Robert Davies		28.21
	Nicola Berry		DNF
	Owain Jarvis		DNF

##### Under 14

1st	Gerwyn Roberts	(Blaenau)	21.55
2nd	Aaron Roberts	(Blaenau)	22.50
3rd	Osian Williams	(Blaenau)	23.15
4th	Bronwen Jenkinson	(Eryri)	24.10
5th	Stephen Williams	(Aberystwyth)	25.05
6th	Ceri Jones	(Blaenau)	26.10
7th	Alun Hughes	(Blaenau)	27.35
8th	Zack Shaw	(Blaenau)	27.40

##### Under 12

1st	Mael Evans	(Bala)	18.40
2nd	Aaron Jones		19.00
3rd	Aron Roberts		21.58
4th	Elen Morris	(Tregarth)	22.30
5th	Non Angharad Hughes		22.30
6th	Morgan Thomas	(Blaenau)	26.30
7th	Lowri Jones	(Blaenau)	26.44
8th	Sioned Williams	(Blaenau)	28.10
9th	Stacey Wilburn	(Blaenau)	28.11
10th	Shauna Doherty	(Blaenau)	31.57
11th	Awel Haf Jones	(Blaenau)	31.57

The next race in the Snowdonia Junior Series will be the Carneddau race on Saturday 8th May. Junior course will be 2 miles long with 360 feet of ascent. Start time 12.30pm approx. Enter on day only before 11.45am (£1). Registration at George Inn, Bethesda (GR 625 672). Further info on website ([www.wfra.org.uk](http://www.wfra.org.uk)) or contact Series Coordinator Ross Powell (tel 01286 881491 or e mail [ross@wfra.org.uk](mailto:ross@wfra.org.uk))

### CLWYDIAN JUNIOR SERIES - MARY GILLIE

#### Run Around Rhes y Cae - 21 M arch

We had bright sunny weather for the first of the three Clwydian junior series at Rhes y Cae. It was great to welcome new runners and see previous runners tackling longer runs as they go up the age groups. Freya Davis stormed home 3:31 in an all female field. In the 8-9 year old race, Kes Thomas just beat Martha Owens who took the girl's prize. There was a fight to the finish between Tom James and Tom Holmes in the 10-11 year olds' race, Tom James coming in first. Lily Davis' time was very impressive given her rather circuitous route choice. Eleanor Partington did very well in her first fell run but didn't quite do the full route so first prize went to Madison Davis in the 12-13 category.

6-7 years		0.73km, climb 10 mtrs.	Time	Pts.
1	Freya Davis	girl	03:31	10
2	mogen Owen	girl	04:35	9
3	Cadi Pears	girl	04:59	8
8-9 years		1.6km, climb 30metres		
1	Kes Thomas	boy	07:22	10
1	Martha Owen	girl	07:25	9
2	Billy McCorkell	boy	08:23	8
2	Megan Partington	girl	08:26	7
10-11 years		2.88km climb 40metres		
1	Tom James	boy	08:40	10
2	Tom Holmes	boy	08:42	9
1	Lily Davis	girl	12:57	8
12-13 years		3.61km climb 70 metres		
1	Madison Davis	girl	16:28	10
2	Eleanor Partington	girl	14:08	9

Points are awarded for each race in the series of three.

**The next race will be on Sunday, 9th May**