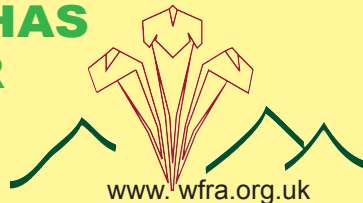


**CYMDEITHAS
RHEDWYR
MYNYDD
CYMRU**



**WELSH
FELL
RUNNERS
ASSOCIATION**

**2009 EBRILL
CYLCHGRAWN
NEWSLETTER
APRIL 2009**

2009 Open Welsh Champs begin at Mynydd Troed

The first of the Open Welsh Championship races of 2009 was over this AM course (7m/2700') from the Castle Inn, Pengenffordd. Racing conditions were excellent - a warm windless day, dry underfoot, and this resulted in both course records being revised this time. Although this race is only 4 years old, it is a superb route, requiring all the skills a good fellrunner should possess. If you haven't done this race you don't know what you're missing! A shame that only 62 runners started, though this a relatively large field for South Wales. Alas 2 of these were disqualified before the race began for having no kit. (AM- compulsory).

Martin Shaw (Mynydd Du) continued his good form with a superlative run leading from start to finish to come home well clear of clubmate Mark Palmer (1st MV40), and beat Matthew Collins 2006 record by 7 seconds. Martin's fell running career began at this race 3 years ago and he has improved ever since. An injury-free period has allowed for consistent quality training so he is sure to improve further. Hugh Aggleton (MDC) was 3rd, making it a clean sweep for the Southern clubs. Peter Williams, also MDC, was 1st MV50 and 13th overall, closely followed by 1st MV60 Don Williams from Eryri harriers. Not forgetting a great run by youthful-looking 71 year old Cledwyn Jones, yet another MDC member.

The women's field was disappointingly low in number but Helen Fines (Calder Valley) won despite poor route choice towards the end of the race. Sue Ashton (1st FV50) limped home 2nd with a twisted ankle, still beating all the other younger women for Chepstow. Maggie Oliver (Eryri) was 1st FV60.

The next race in the Open Welsh series is Sarn Helen, Carmarthenshire (BL) on Sun 17th May. Mynydd Troed was also the first in the WFRA South Wales Summer Series, for which the second fixture is the Cribyn (AS) on Sat 16th May - see www.cribynrace.org.uk. Doing both could make for a great weekend!

Thanks to marshalls Ed, Tim and Emily of the Stott clan who also supplied three of the runners. Thanks to Lou Summers and John Darby who each marked half of the course and got back in time to run. And thanks to Louise Blackmore and the little Blackmores for doing entries and helping at finish.

Helen Fines

RESULTS

1	Martin Shaw	Mynydd Du	M	56.35	W
2	Mark Palmer	Mynydd Du	M40	58.35	W
3	Hugh Aggleton	MDC	M	59.58	W
4	Ian Travis	FRA	M40	65.46	
5	Stuart Moore	Wye Valley R.	M	65.55	
6	Scott Butterworth	Eryri	M	66.39	W
7	Matt Stott	Chepstow	M	66.48	
8	John Syms	MDC	M	67.27	W
9	Russell Ashdown		M	67.51	
10	James Blore	Chepstow	M	68.47	
11	Colin Lancaster	Telford	M40	69.05	
12	Tim Clarke	Hereford	M40	69.30	
13	Peter Williams	MDC	M50	71.02	W
14	Helen Fines	Calder Valley	F	71.16	
15	Paul Beeson		M40	71.52	W
16	Matthew Lawson	Chepstow	M	71.52	W
17	Don Williams	Eryri	M60	71.54	W
18	Ross Powell	WFRA	M50	72.26	W
19	Dave Austin	Calder Valley	M	72.51	
20	Brian Hardcastle	MDC	M50	75.11	W
21	Martin Cortvriend	CRR	M50	75.54	W
22	Russell Mapp	Mercia	M50	76.22	
23	Mark Harvey	Chepstow	M	77.30	W
24	Neil Lewis	Hereford	M40	77.52	W
25	Andy Broad		M	78.20	W
26	Chris Good	Ludlow	M50	78.45	
27	Andy Creber	Chepstow	M50	78.54	
28	Martin Walsh		M	78.50	
29	Glyn Fletcher	Maldwyn	M40	78.59	W
30	Kevin Betts	MDC	M40	79.22	W
31	Andy Blackmore	MDC	M	79.45	W
32	Steve Herington	Hereford	M60	80.37	
33	Emyr Davies	Eryri	M60	81.20	W
34	Mike Link	Hereford	M	82.45	W
35	Andy Stott	Chepstow	M50	82.56	
36	John Sweeting	MDC	M60	82.56	W
37	Alwyn Oliver	Eryri	M60	83.28	W
38	Paul McCullough	Maldwyn	M	83.30	W
39	Martin	WFRA	M40	83.40	
40	Clive Rowberry	Hereford	M50	85.30	
41	Les Williams	Eryri	M60	86.10	W
42	Gary Gunner	Groft Ambrey	M60	86.30	W
43	John Darby	Mynydd Du	M50	88.34	W
44	Adam Smith	Cardiff Quins	M	88.15	W
45	Sue Ashton	Chepstow	F50	88.16	W
46	Tom Davies	Croft Ambrey	M60	88.31	W
47	Ken Wright		M60	89.53	
48	Gill Stott	Chepstow	F50	90.13	
49	Luke Malzar	Chepstow	M	93.32	W
50	Francis Uhlman	WFRA	M60	93.30	W
51	J Merfyn Williams	Eryri	M40	95.41	W
52	Gerry Ashton	Chepstow	M50	95.45	W
53	Dave Gilbert	MDC	M60	98.04	W
54	Maggie Oliver	Eryri	F60	98.25	W
55	Lou Summers	Chepstow	F40	100.48	W
56	Jane Mapp	Ludlow	F40	108.29	
57	Cledwyn Jones	MDC	M70	113.13	W
58	Stewart Thomson	Griffithstown	M40	113.14	

WANTED

WFRA Sponsor

We are still looking for a main Sponsor for the WFRA Open / Welsh Championship and North Wales Series. If you can help please contact Ross, or any Committee member.

CALENDAR UPDATES

HAUGHMOND HANDICAP CHASE Monday 4th May

9 miles (multi-terrain).
Start 11.00am.

From Sundorne Sports Village
Shrewsbury

Pre entry only by 28th April
(£8 affiliated, £10 u/a).

Organiser

Alan Morris, Southholme,
Rodington, Shrewsbury, SY4
4QX. Tel 01952 770321.

More details and entry form on
WFRA website

MOEL HEBOG Saturday 13th June

The race route at the start and finish has been changed to avoid crossing the railway. The start time will be 1.00pm as indicated in the Race Calendar.

PRESELI BLUESTONE CHALLENGE Sunday 19th July

14 miles / 2500 ft ascent.
Start 12.00 noon.

From Crymych Leisure Centre.
£15 pre entry or £18 on day.

Entries to Shan Roberts,
5 Parc Yr Efail, Felindre
Farchog, Crymych, SA41 3UW.
Tel 01239 821070

www.preselibluestonechallenge.com.

HELEN FINES

South Wales Winter League

“THE MOUSE THAT ROARED”

The tiny club Brycheiniog punched above its weight again this year by producing the overall series winner Peter Ryder. Although only winning one of the 7 races, Llanthony, his overall consistency, including several close seconds, was enough to seal the win by 7 points over Hugh Aggleton of MDC. It might have been a different story though, had Hugh not been injured during the Kymin race in January while holding a commanding lead.

The closest fought category this year was the MV50, which was undecided until the last moments of the last race. John Aggleton, father of Hugh and also of MDC, worked heroically to pull out a lead on Chris Taylor by the summit of Pen Cerrig Calch. But, as so often in fell races, the descent was decisive- Chris's superior descending tactics enabled him to win the series by just one point. Possibly, following a female athlete off-course into the long bracken cost John the title- better luck next year!

Helen Fines, still unbeaten in winter league races, won the female series comfortably, representing Calder Valley Fell Runners. Her attempt to break the long standing PCC record ended in failure though- this time! Liz Francis was second overall and first FV40 for Chepstow Harriers, with her best run probably coming at the Kymin race. Another MDC athlete, the 06-07 winner Helen Bennett was 3rd.

Sue Ashton, who rarely misses a race, was unchallenged in retaining her FV50 title, in a clean sweep for women vets from Chepstow Harriers. Another repeat winner, MV40 Mike Duxbury (Stroud AC) had a 18 point cushion over Mike Fawcett by the end of the series, and didn't need to run the last race. Gary Gunner beat John Sweeting relatively easily overall to be top

MV60, although John got the better of him at Longtown this time.

All in all this year's winter series was a great success- a new race on the calendar at Longtown was met with enthusiasm, and no races were lost to bad weather as occurred the previous winter. Only one new course record is confirmed- the womens' Sugar Loaf, previous reports of a new men's record at the Kymin may have been incorrect! Next year's league starts, as ever, with Fan Fawr the first weekend in October. See you there!

KYMIN 10/01/09

There was an excellent turnout for the fourth race in the South Wales Winter Hill series, at the Kymin in Monmouth. Although the Kymin is only about 600ft in overall height, an inventive and challenging course comprises 1150 feet of ascent in just under 4 miles.

After the early leader Hugh Aggleton was forced to retire with an ankle injury, the race turned into a fascinating battle between 17 year old Kristian Jones of Swansea Harriers, and Tom Gibbs (MDC/Chepstow). Gibbs, who performs better in longer races, tracked the youngster and caught him at the top of the final climb to the Observatory Tower. However, orienteer Jones had the superior descending skills, and despite the two being neck and neck with a quarter mile to go, his finishing speed gave him a 14 second advantage at the finish. A new record of 30.34 was written into the books. Mike Duxbury of Stroud AC, always a consistent performer on the fells, was third in 31.25.

In the womens race Helen Fines achieved a comfortable win, though slower than her record set last year after being affected by stomach pains. Alice Bedwell, representing MDC, was second (and first FV40) in 38.57. She was

chased all the way to the line by unattached runner Kate Auchterlonie who worked hard to catch Bedwell along the final road section, only to be outsprinted at the line.

The veteran categories were competitive, with Simon Bleas taking the MV50 in 34.59 and Gary Gunner (Croft Ambrey) the MV60 in a fast 39.22. For the women, Sue Ashton (42.05) continued to dominate the FV50 category, and Clare Johnson was first FV60 in 53.44.

LLANTHONY FELL RACE 31/01/09

The Llanthony winter race took place over a new course for 2009 of 3.3m/1150ft, hence records were set in all categories. The deep mud underfoot in the lower fields leaves them open for improvement in years to come though. This year, in lieu of prizes, organizer Dick Finch opted to donate the race profits to humanitarian aid in Gaza.

The men's race was as exciting as has been seen in recent times, with Pete Ryder and Paul Murrin fighting it out to the final yards. Murrin, running for Chepstow, led for most of the long diagonal climb to the ridge and along the Offa's Dyke path, only to be passed by Ryder (Brycheiniog) on the steep descent. After the final stile into the fields the mountain-bike specialist regained the lead, and the race looked to be over, until a final sprint by Ryder in the last 40m denied him. Just a minute behind them Stroud AC's Mike Duxbury took 3rd and 1st MV40. Chris Taylor and Gary Gunner continued their streak of good form by taking the 1st MV50 and 1st MV60 respectively.

The women's race was a less close affair, with Helen Fines 1st female and 8th overall for Yorkshire club Calder Valley. Liz Francis of Chepstow had an excellent run in 2nd place, beating Alice Bedwell (MDC). Both were 1st and 2nd FV40s, and close behind was 1st FV50 Sue Ashton

LONGTOWN FELL RACE 28.02.09

This was the first running of this new race on the calendar, and the only one of the South Wales winter series this year to start in England. An out-and-back course over 3.2m/1150ft ascent provided a bit of tarmac, a good steady climb and a fast descent.

The men's race was another ex-

citing affair, and the closest winning margin this season. Crispin Flower, representing Mynydd Du, won by just 1 second after passing Pete Ryder (Brycheiniog) in the final fields. The winner was in great form after a recent top 10 finish in the Welsh National Cross Country Championships. Ryder looks to have the winter series sewn up providing he can maintain his form at the final fixture. Welsh International Matthew Collins was 3rd, returning from injury.

The MV40 winner was again Mike Duxbury of Stroud AC, and John Aggleton was very excited to take the MV50 award for MDC. His son Hugh was 4th overall. Another on the comeback trail after injury was Hereford's Steve Herrington, first MV60. John Collins (Swansea) won the MV70 prize to complete a good day for veterans.

In the women's field Helen Fines made it 5 out of 5 this series for Calder Valley Fell Runners, with Helen Bennett 2nd and Daniella Woodbridge 3rd (both Mynydd Du).

However, it was a sad day for fell running in Wales as news arrived of the death of 28 year old Kate Auchterlonie, after being hit by a car whilst cycling up Caerphilly Mountain. Kate, who recently came 3rd at the Kymin, was not only a gifted runner, but excelled at cycling, rowing and polo, as well as being a talented musician and Oxford graduate.

LLANGYNHAFAL LOOP

28 March 4.75miles 1750'

Great race today with 113 runners - big thanks to all the marshalls and helpers - couldn't have done it without you! Big table full of prizes in the pub - Easter eggs for the marshalls, etc, etc. Very pleased that they were on hand to enable me to run the race for a change.

Adam Peers made his occasional trip over from the Wirral to win comfortably - Andrea Roberts took the ladies prize (for some strange reason she seemed in a very celebratory mood!) Some great performances from younger runners- James Ellis and Sam Tosh (3rd and 4th overall) were both under 18 as were Leo Harvey and Owain Morris. Other good runs from Laura Bestow of West Cheshire AC (first outing on the fells for 2nd overall lady) and Kate Tetlow from Warrington for 3rd lady.

NORTH WALES MIDWEEK SERIES

ALL RACES START 7.15P.M.

April 7	Moel Tryfan	Bron y Foel School, Y Fron
April 14	Foel Lus	Dwygyfylchi Inn
April 21	Mynydd Mawr	Bron y Foel School, Y Fron
April 28	New Route	Vaynol Arms, Nant Peris
May 12	Moel Y Gest	Tyddyn Llwyn, Camp Site
May 26	Aber	Hen Felin, Aber
June 9	Moel Fabon	Rachub
June 23	Three Hills	Penmaenmawr, Craig Llwyd Kennels
June 30	Llanberis	The Heights. Food and Presentation

SERIES CO-ORDINATOR: MIKE BLAKE 01286 831115

Yiannis Tridimas

HIGH PEAK MARATHON

6th-7th March 2009

The High Peak Marathon is a seriously tough challenge for teams of four in the heart of the Dark Peak district. There are interval starts for walkers' teams from 10pm on Friday and runners' teams from 11pm.

As with most long distance races nowadays, such is the popularity of this event among fell runners that only three walkers' teams out of a total of 50 started.

I have for a number of years taken part in the challenge with a variety of partners. Our present team, 'Poles Apart', so named by Ran Fiennes, who was one of the original team members, included two regulars, Ray Baines and Alan Duncan and a new member, standing in for Fiennes, Adrian Dixon. Adrian has a proven ultra-distance record from the Mon-trail/Vasque series.

'Poles Apart' has won the vets trophy on a number of occasions. Following last year's disappointment when Fiennes's substitute retired early on leaving us out of contention and handing the vets trophy to the overall winners, we were determined to do better this time.

On Friday night the village hall at Edale was a lively place with around 200 people organising themselves for the start of the challenge. Among the many familiar faces there was that of Ian Ridgeway who had crossed the border to join one of the top teams as a substitute.

We set off at 11:37pm. It was a mild night with light drizzle, moderate wind and cloud cover on the hills. We kept a comfortable pace in the early stages and made steady progress through the field. Descending from Win Hill to Yorkshire Bridge, we decided to follow the conventional route down the steps rather than any of

the other two or three variations, all of which we have tried in the past. It became apparent that just about every other team was doing one of the alternative descends, as we seem to be on our own.

At the first feeding stop at Moscar on the A57 we spent a few minutes restocking in food and drink and then set off down the road for an unpleasant mile on tarmac before heading up to Derwent Edge. There was an impressive procession of torchlights as teams were strung up along the path. In order for the team to stay together we had to call out names every so often as it was impossible to see faces. We made steady progress down Sheepfold Clough, up Featherbed Moss and along Howden Edge towards Cut Gate. The persistent drizzle and light wind made it feel quite cold now in the small hours of Saturday morning.

The short distance from Cut Gate to Outer Edge has some of the worst bogs in the Dark Peak. Soon after the checkpoint at Cut gate I went straight into one of those man-eating muddy pools. Chest deep and unable to get out I was given a helping hand by Alan. A few hundred yards further on the bog monster caught me again but I managed to get out unaided as my feet had touched the bottom of the pit. My running tights were soaked and my jacket pockets were full of water.

The long trek along the watershed to Swains head is classic Dark Peak territory with soft peat mounds and lots of water. It is one of the hardest sections and it is here that the relentless effort starts to take its toll.

Between Swains Head and Bleaklow Stones there is some route choice and determined not to be followed up an intricate

gully, we turned our torches off. The hill fog kept us out of sight of others as we picked our special route from Bleaklow Stones to Wain Stones that misses out most of the peat hags. This was a new route for us and it saved us time. I found out later that a couple of leading teams took this route but our time in that section was the shortest, perhaps due to the fact that they arrived there much earlier than us and had to do it in the dark.

The Second feeding station is at Snake and this is usually much quieter than Moscar as by now the teams are spread out. After taking food and hot drinks we set off for the final leg of the challenge, first along the unpleasant paved Pennine Way to Mill Hill and then over Kinder Scout. The drizzle had now stopped and the day was getting brighter and warmer all the time. Fatigue was the biggest problem from now on.

Mindful of the fact that the top team of Mark Hartell and Spyke was the team that won the vets last year (they are all in their early forties), I was anxious to find out how they were doing. At the Edale Cross check point I asked the marshal how far ahead the leading team was and she replied that they had reached Edale 45 minutes ago. Not knowing the exact aggregate age of that team I guessed that they would need to finish ahead of us by at least 2 hours in order to beat us on handicap. With the best part of one and a half hours left to the finish and the 45 minutes added to that, I started thinking that they would probably win the vets. I told my team the possible bad news and urged them to push on. From now on there was no slackening at all. We all went as fast as we could manage. We overhauled a couple of teams that had passed us before and closed in on a team in front.

After the final descent from Hollins Cross there is a one third of a mile road section to the finish that I always dread. Alan, a first class road runner, was speeding up in the front. He was followed by Adrian and Ray. Eventually we reached the finish. We were the 5th team back behind three elite teams and Nicky Spinks's youthful mixed team. We were the oldest team in the competition with an aggregate age of 244 years and were elated when we were told that we had scored a record handicap time of under seven hours, the second time our 'Poles Apart' team had set a



YIANNIS TRIDIMAS

handicap time record. Our actual time of 10:28 had surpassed my expectations. For years I had thought we were capable of doing ten and a half hours but hadn't quite managed it. This year we realised our dream. I was that happy with the result that I said perhaps this would be my last HPM at the age of 64. Needless to say, a few days later I was planning route improvements for next year!

Yiannis Tridimas

S. WALES TRAVERSE

Sat/Sun 28/29th March

Yiannis and Rob Woodall successfully completed the South Wales Traverse. We started at different times and ran solo. The weather included snow, gales and frost at night.

Transport and road support was provided by Wayne Percival. My time: 22:07; Rob's time: 20:45.

LLANBEDR BLAENAFON

Saturday 4th April

The weather we ordered in especially for the event arrived, and it was a fantastic day.

We had 61 entrants, and what's more, 61 finishers.

Mark Palmer won it comfortably in 2.07.01 Second Man home was Hugh Aggleton, 2.12.45, followed by Martin Humphreys in 2.22.55

Although Mark Palmer's category is Male Vet, he was awarded 1st Overall position. This meant that Dimitri Vorrés, (5th man home), took 1st Vet category prize. His time was 2.27. 2nd VM was Steve Long, 2.28.58, and 3rd was Max Suff, 2.29.57. Steve Davies, in his first off-road race won 1st SV in a time of 2.37.03

Gary Gunner retained his 1st prize trophy for a 3rd year running in the MSSV category, his time was 3.06.09

Julie Davies was first lady, her time was 2.48.06, followed by Helen Bennett, 2.51.53 and then Emma Bayliss, 2.54.17

Jan Richards won first Lady Vet, her time was 3.51.47. Griffithstown won the team prize. Dimitri, Steve and Julie were all home within the first 15 finishers.

MEMBERS DISCOUNTS

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

BENARD'S GALLERY

Craig y Don, Llandudno

BLACKS

Betws y Coed and Llandudno

CONWY OUTDOOR SHOP

Conwy

ULTIMATE OUTDOORS

Betws y Coed, Skipton, Keswick and Lancaster

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

JOE BROWN SHOPS

Llanberis and Capel Curig

COTSWOLD

Betws y Coed

RUN AND BECOME

Cardiff

RUNNING BEAR

Altrincham

Y WARWS

Beddgelert

Secretary Ross writes:

WFRA Champs and Series 2009

The WFRA Open / Welsh Championships and South Wales Series commenced on Easter Sunday with the Mynydd Troed race. With 3 stiff climbs and 3 good descents this race is an absolute cracker. There were no fewer than 11 male over 60 taking part making this category one of the most competitive. Race report and results are elsewhere in this Newsletter.

Information on forthcoming races in the Open / Welsh Championships –

Rhinog Horseshoe – Please note that this is an arduous race in very remote terrain. All entrants must be fit, experienced fell runners with good navigational skills. If you are not familiar with the route you are recommended to reconnoitre the section from the summit of Rhinog Fawr down to the Bwlch. From the summit of Rhinog Fach the safest route is to follow the wall to Llethr and beyond. More information on www.rhinogfellraces.co.uk

Sarn Helen – If you do not feel confident enough to attempt the Rhinog Horseshoe race, but would still like to complete a long race in the Championship, then consider this race. Be aware that there is a significant amount of road – probably best to wear trail shoes or road shoes (with some grip) rather than studs. However, the route is very scenic.

Y Garn – Because this race is included

in the British Championships this year it is pre entry only (by 30th June). See Calendar for entry details. Lots of help on the day will be needed to ensure that everything runs smoothly. If you are not running please offer your services well in advance so jobs can be allocated. (Help is also needed at Carneddau and Moel Hebog).

NORTH WALES SERIES

Already 3 races in the 9 race series have taken place. For current positions see the latest edited Table in this Newsletter. Visit the website for the complete Table (which is on 3 separate pages showing - overall positions, positions by age category and positions by average score). The next race in the Series is Foel Fras on 9th May.

Stretton Hills – This race is included in the WFRA North and South Wales Series. It is also part of the English Championship. Because of this, a limit of 400 has been set and they are now accepting pre entries. Use standard FRA Entry form and send form and cheque (£5 payable to Mercia Fell Runners) to race organiser. Details in Race Calendar.

Y Garn (British Champs) and Stretton Hills (English Champs) will attract very high quality fields. This will mean that local runners will achieve a lower than

normal points score in the Champs / Series. Because of this it is proposed that only those runners that have completed at least one race in the 2009 Champs and/or North Wales Series, prior to the above races, will be included in the Tables (unless they request to be included).

UNDER 23 CATEGORY

Please note that there is an under 23 category (age on the day) in all the WFRA Champs and Series. This is not always picked up on race entry forms, so if you qualify for this age group and you have not already been identified on the Tables, please let the Statisticians know (Ross Powell or John Sweeting).

NAVIGATION COURSE

Unfortunately, the Navigation Course scheduled for 29th March had to be cancelled.

Although a number of people had enquired about the Course only two had committed to attending which was insufficient to make it viable. This is very disappointing as there must be many fell runners out there who could benefit from improving their Navigational skills. The next course is scheduled for 15th November. Further details are on the WFRA website or contact Ross Powell 01286 881491 or email ross@wfra.co.uk. If you are interested please submit your name asap. We may be able to organise a course earlier if there is sufficient demand.

SNOWDON RACE

The Organisers of the Snowdon race have moved the race a week earlier to 18th July. As a consequence, it now clashes with the Moel Siabod race. This has been done without any consultation with the WFRA or the Capel Curig Carnival Committee. The Capel Curig Carnival date is fixed and the Moel Siabod race is one of the main attractions. The Moel Siabod race will therefore go ahead on the same date and time as indicated in the Race Calendar. If you do not have an entry for the Snowdon race (which is now full) you may wish to consider supporting the Moel Siabod race and the Carnival. It is hoped that there will be added attractions at the Carnival this year. It is possible that food will be included with race entry and an improved prize list.

FRA RULE CHANGE

At a recent FRA (England) Committee meeting it was decided to scrap their rule which prohibited anyone competing in the English Champs if they competed in another National Championship. This is with immediate effect.

SNOWDONIA JUNIOR SERIES

The first race in the WFRA Junior Snowdonia Series 2009 took place on Saturday 18th April in Blaenau Ffestiniog. There was a good turnout in most age categories. Unfortunately there were no entrants in the U/18 category. Results table on page 6. Please report any errors to Series Coordinator.

Forthcoming races

Carneddau 24th May - Register at George Inn, Carneddi, Bethesda (GR 625672) by 12.00 noon. Race Start / Finish above Tan y Foel Cottages (GR 630672) from 12.30pm. Organiser Ross Powell

Moel Hebog 13th June - Register at Tourist Office, Beddgelert. Start time 1.05pm. Organiser Ross Powell

Moel Siabod 18th July (2m/275') - Register at Carnival Field, Capel Curig. Start time 2.05pm. Please note that U/18's will compete in the Senior race which starts at 2.00pm. Organiser Russell Gill (tel 01756 799819)

Y Garn 1st August - Register at Outdoor Centre, Rhyd Ddu, (GR569527). Start time 1.05pm. Please note that under 18's will compete in the Senior races which start at 1.00pm (Female) and 2.15pm (Male). Organiser Ross Powell

Age categories U/18, U/16, U/14, U/12 (Age as at 1st January 2009). Minimum age is 10. Best 3 results from the 5 races to count. Points system -1st 12 points, 2nd 10 points, 3rd 9 points, etc down to 1 point for 11th position. No specific kit requirements in junior races but running shoes with some grip are recommended. All races are enter on day only (£1).

All course distances will be within fell running guidelines ie : Under 12 – 2 miles, Under 14 – 3 miles, Under 16 – 4 miles, Under 18 – 6 miles

Presentations for the Series will take place after the Y Garn race.

Clwydian Junior Series

On the 22nd March Clwydian Range Runners held the first of three 2009 junior fell runs. The weather was kind to us and I think the day was a success, we had a good atmosphere with a bit of fun and healthy competitiveness. There is a medal for each finisher as well as prizes for the winner of each category and some spot prizes. There is of course chocolate for all runners (and younger brothers and sisters).

The runs are for 6-13 year olds with different races for each age range. I know I wouldn't have wanted to run in the same race as my big brother when I was little so different races seemed to be a good idea. It also means children can progress to more challenging races as they get older.

I want to keep the events fun and not too competitive so any child can have a go. If they walk up the hills or don't have the confidence to go fast downhill that is fine as long as they enjoy it and get out into the hills. On the other hand, hopefully we can find some new talent that otherwise would not before be discovered.

Finding routes is difficult as there needs to be four routes that aren't too long or too steep. There also needs to be shelter and loos close by. This rules out most of the Clwyds! There also need to be plenty of marshalls (preferably with eyes in the back and front of their heads). I am really grateful to the other Clwydians who turn out to marshal, help me lay out the courses and fill in insurance forms. It is especially good of them as they mostly don't have children themselves. It has been a steep learning curve for me but I do enjoy it even if I do run off adrenaline during the event.

The next event will be on the 31st May.

Mary Gillie

COURSE RECORDS SMASHED AT ARAN

A warm sunny Spring day in Llanuwchllyn created perfect conditions for the 107 runners who took part in this years Aran Organic Lamb fell race and course records fell like cherry blossom.

In the main race Tim Davies of Mercia and Richard Roberts of Eryri battled all the way to the summit of the 3000ft Aran Fawddwy and were still only 8 seconds apart when they got back to the finish line at the end of the 10 mile race. The victory went to Davies in 1.23.26 a full 8 minutes inside the course record while Roberts time of 1.23.34 was 15mins faster than his previous best for the course. Roland Stafford of Mercia came home third in 1.31.41 Age group wins, and new records were set by both Alan Ward of Dark Peak (0/40) in 1.34.02 and Adam Haynes of Eryri (0/50) in 1.38.42 Mike Blake of Eryri was first man 0/60 in 2.00.19

The results in the ladies race were even more spectacular with the first four runners finishing inside the previous record. Kate Bailey, of host club Meirionnydd RC, and Anna Bartlett of Shrewsbury were neck and neck toward the top of the mountain but Bailey managed to pull out a lead on the descent and crossed the line first in 1.41.14 seven minutes inside the course record and a magnificent 9th place overall. Bartlett came home in 1.44.10 and Andrea Roberts of Eryri was third in 1.46.07

Age group wins went to Sandra Rowlands of Clwydian RR (0/40) breaking her age record with a time of 2.05.00 while Maggie Oliver of Eryri shattered the 0/60 course record by a phenomenal 28mins finishing in 2.20.25

There was also a good turn out of local athletes, mainly from the Meirionnydd Running Club. Kevin Jones, despite his dislike for down hill running, romped home in 1.49.24 with new club mate Ifan Richards not far behind in 1.54.58 Next home was Hedd Evans, who chose to run in trainers instead of his traditional hiking boots, and he duly took the first local prize in 2.07.44 Next in was John D Smith in 2.12.38 while a struggling Iori Jones completed the course in 2.29.24

The Garth Fawr junior race was won by Owain Llyr James in 14.13 and first girl was Elin Edwards in 23.53 Ras yr Aran was the final counter in the Meirionnydd winter race series, an accumulation of times from the Aran, Tarren Hendre and Rhobell Fawr races. Richard Roberts second place today was more than enough to secure him the Race Series, finishing with a cumulative time of 3.04.49 a new series record, nearly half an hour ahead of his nearest competitor. The ladies race however was a far far closer affair but Kate Baileys win on the day wasn't by a big enough margin over Anna Bartlett, and the series win went to the latter by a mere 12 seconds. Bartlett's finishing time of 3.42.27 was also a series record.

The organisers would like to express their thanks to all of the Aran landowners and the Eagles Inn and Aran Organic lamb who made the race possible.

Congratulations

Congratulations to Andrea Roberts and Nigel Rowlands who recently got married. Also congratulations to Helen Fines and Dave Austin who got married at the end of last year.

Ras Pen Cerrig-calch

Saturday, 28 March

Well, maybe not perfect weather, but as good as it gets in South Wales in March. As we drove to the race, traffic news was about blizzards "up North" and as we returned, the England match was taking place at Wembley in a monsoon. But PCC? Slightly on the cool side, but the sun shone, the views were fabulous and the ground was rock hard (important when you park in a field). And welcome to a proper fell-race. A beautiful true mountain setting, minimum prizes and everybody charged the same thirty-bob entry fee regardless of club attachments. The joys of a WFRA race - even the English are welcome! I was dreading a large turnout, but fortunately only 45 ran. Some organisers may think that I'm mad, but large fields are incredibly difficult to park, manage and record. I like races this size.

Every time I look at the race stats, I see Anne Nixon's ladies record of 33:15, set 12 years ago, and think that I must have it wrong. I remember the day well (an odd-numbered, and therefore hot, year) and I check the figures recorded at the time and it all seems to be correct, so it stands. Helen Fines had a great run and recorded (by a long chalk) the second fastest time ever, but the blokes couldn't get within three minutes of Tim Davies' record. Maybe this was because Matt Collins decided to ignore the markers at the top of the main descent and invent a new route which stayed high and then dropped down a steep, rocky face to rejoin the path. If Hugh Aggleton hadn't decide to follow him and take a few more with him, the result could have been very different. The whole field were pretty quick this year, but special mention must be made of Harry Franklin who finished in 44:41, a respectable time for anyone; but he is 73 years old!

Thanks to K and Jess for summit duties, Shirley for

RESULTS

Pos.	Name	Club	Time	Cat.
1	Matt Collins	MDC	29:47	SM
2	Hugh Aggleton	MDC	29:57	SM
3	Paul Murrin	Chepstow H	30:02	SM
4	Peter Ryder	CRB	30:02	SM
5	Jules Carter	MDC	32:13	1st VM
6	M S Fawcett	Wye Valley R	33:19	VM
7	Helen Fines	Calder Valley	34:19	1st SF
8	Chris Taylor	Mercia	35:15	1st SVM
9	John Aggleton	MDC	35:39	SVM
10	P G Williams	MDC	36:15	SVM
11	Mark Bryant	MDC	36:37	VM
12	Dave Austin	Calder Valley	37:02	SM
13	Michael Keddle	u/a	37:23	SM
14	Kevin Betts	MDC	37:36	VM
15	Allan Hodgkinson	MDC	37:57	SM
16	Andy Broad	u/a	38:09	SM
17	Helen Bennett	MDC	38:15	SF
18	Brian Hardcastle	MDC	38:26	SVM
19	Alan Stone	MDC	38:56	VM
20	Liz Francis	Chepstow H	38:13	1st VF
21	Steve Brown	MDC	39:35	SVM
22	Andy Stott	MDC	39:52	VM
23	Martin Clarke	WFRA	40:26	SM
24	Garry Gunner	Croft Ambrey	40:27	1st SSSVM
25	Martin Lucas	MDC	41:08	SVM
26	Sue Ashton	Chepstow H	41:32	1st SVF
27	John Darby	Mynydd Du	41:42	SVM
28	Paul Satchell	u/a	42:22	SVM
29	Tom Gibbison	u/a	42:38	SM
30	Les Williams	Eryri	43:06	SVM
31	Gill Stott	Chepstow H	43:28	SVF
32	Peter Tracey	u/a	43:57	SM
33	D Woodbridge	Griffithstown	44:29	VF
34	Harry Franklin	Wye Valley R	44:41	1st SSSVM
35	Paddy Nugent	Wye Valley R	44:52	VM
36	Gerry Ashton	Chepstow H	46:11	SVM
37	Philip Jenkins	u/a	46:18	VM
38	Dick Finch	Chepstow H	49:41	SSVM
39	Rod Jones	Les Croupiers	53:30	SSVM
40	Les Pugh	MDC	54:44	SSVM
41	Gemma Hardcastle	WFRA	55:02	SF
42	Stewart Thomson	Griffithstown	56:38	VM
43	Janet Richards	Griffithstown	56:59	VF
44	Sarah Jenkins	u/a	57:57	VF
45	John Battersby	MDC	65:12	SSSVM

entry recording, Clive and Andy for gate duties and to the massed ranks of CRB for taking over finish control whilst I sorted out the prizes. Particular thanks to Cliff for the use of his fields and facilities (without who's patient co-operation the race could not take place) 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 2010 when the curse of the even-numbered years will mean arctic conditions.

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 33:15 (Ann Nixon, 1997). Something for the youngsters to go for!

Thanks to everyone who contributed to this newsletter.

The next edition is due out in August.

Please send articles/photos etc by third week in July

Ticks and Lyme Disease are you at risk?

Dr. Mark Greenfield

You and your dog may be at risk from Lyme Disease when you visit the countryside. Lyme Disease is a relatively uncommon infection (in the UK,) but it has recently started to occur more frequently. It is caused by a bacterium carried by ticks. People who walk/run in the countryside, especially through grass, rough vegetation or wild areas such as heathland, are more at risk. Some simple precautions which you should take when out running on the hills.

What is Lyme Disease?

Lyme Disease is an infection which can affect the skin and occasionally cause serious illness of the nervous system, joints or heart. It is caused by a spiral-shaped bacterium, transmitted by the bite of an infected tick.

Ticks are tiny spider-like creatures which live in woodland, moorland and grassy areas. Unlike spiders, however, they press themselves close to the skin of the host as they crawl. The highest risk was thought to be from April to October when the tick was most active and feeding, but

research has now shown that, in certain areas, ticks may be active most of the year.

Can it be prevented?

Yes. The ticks cling to ends of vegetation and wave their legs around hoping to latch on to a passing animal or person - so your first defence is to keep your skin covered. If a tick attaches itself to your clothing, it may crawl around for some time before making contact with your skin. Wear leg cover, tucked into socks if possible, and long-sleeved vests. Light coloured clothes will help you spot ticks and brush them off. Inspect for ticks every few hours and, if possible, at the end of your day's outdoor activity, undress and completely check your body for ticks. Insect repellent on clothing and repellent collars for pets may help.

What if you are bitten?

Remove the tick as soon as possible by grasping it close to the skin with tweezers. Apply gentle pressure, twisting anti-clockwise upwards, repeating if necessary. Part of the tick may remain em-

bedded, but you will have prevented the tick transferring the infection to you. (Save the tick in a sealed container in case you develop symptoms later.) The disease may first show itself as an expanding reddish, round rash in the area of the bite. This rash starts three to thirty days later. Early symptoms may resemble influenza with swollen glands near the site, mild headaches, aching muscles and joints, and tiredness. If left untreated, the disease may develop over months and even years, when facial muscle weakness, meningitis-like symptoms, and/or arthritis symptoms may occur. If you have any of these symptoms and you suspect that you may have been bitten by a tick, inform your doctor. Lyme Disease is treatable with antibiotics and the earlier it is diagnosed, the better.

LIFE CYCLE

The tick is a tiny spider-like creature whose appearance changes with the different stages of its life cycle. The cycle includes three feeding sessions, usually over a three year period. However, in some areas, mild winters and cool summers can modify what is described here.



Rash pattern associated with Lyme Disease

but also sheep, horses or dogs.) Mating may then take place on the host; the male dies and the female drops off. The female then lays her eggs to complete the life cycle.

Infection of the tick takes place during one of the blood meals, at which, the tick may acquire or transmit the spirochaete *Borrelia burgdorferi* (the cause of Lyme Disease) to the host animal.

Lyme Disease is usually transmitted to humans by infected nymphs (during year three of their life cycle,) when they bite people. In the nymph stage, the ticks are quite small and will not be felt on the skin. Lyme Disease can also be transmitted by infected adult ticks to human beings when they emerge looking for larger hosts. As the tick feeds, it swells with the blood of the host and becomes more obvious on the skin.

Habitat of Ticks

Ticks are found where there is a combination of the following: dead vegetation or leaf litter, passing host animals

Removal

Do not panic, but remove the tick as soon as possible. They will crawl about before biting. An infected tick will not usually pass on the infection until it is fully engorged with blood. Not every tick carries Lyme Disease. Not every bite will transmit the disease, even if the tick is infected and not removed. Check your pets for ticks and remove them.

Seek Medical Help

Infection is unlikely unless the tick is attached for more than 24 hours. If a rash or 'flu-like illness develops after you have been exposed to ticks, or the site becomes infected, seek medical advice promptly.

One final piece of advice from Mark: be careful of ticks picked up by your dog. I contracted the disease after my pet labrador (who used to sleep on my bed) dropped the ticks which subsequently attached themselves to me overnight. So it's not just the walker/rambler who is in danger, it could be any member of the family if a dog has gone with the walker.

WFRA SNOWDONIA JUNIOR SERIES 2009

Results after first race - Moelwyns

Name	Club	Time	Points
MALE UNDER 16			
Tecwyn Evans	Menai	23.35	12
William Sheridan	Menai	23.40	10
Jake Sherriff	u/a Blaenau	25.41	9
Owain James	Menai	26.57	8
Carwyn Roberts	u/a Blaenau	28.00	7
MALE UNDER 14			
Hadyn Jenkins	u/a Blaenau	20.48	12
Rhodri Roberts	u/a Llan Ffest.	21.27	10
Rhys James	Menai	21.53	9
Morgan Evans	Menai	23.08	8
Calum Porter Jones	u/a Bangor	23.30	7
Zack Shaw	u/a Llan Ffest.	24.46	6
Iwan Jones	u/a Llan Ffest.	29.15	5
Osian Williams	u/a Blaenau	29.40	4
Arwen Hughes	u/a Blaenau	34.39	3
MALE UNDER 12			
Aaron Roberts	u/a Blaenau	17.58	12
Alex Hearle	Mercia	18.45	10
FEMALE UNDER 14			
Nicola Berry	Stockport	22.56	12
Elin James	Menai	29.33	10
Llinos Evans	u/a Blaenau	48.00	9
FEMALE UNDER 16			
Sarah Livett	Menai	27.38	12
FEMALE UNDER 12			
Bronwen Jenkinson	Eryri	18.05	12
Elle Porter Jones	u/a Bangor	22.00	10

WFRA NORTH WALES SERIES

Pos	Name	Club	Cat.	Tarren Hendre		Pipe Dream		Llangynhafal		Total
				Time	Score	Time	Score	Time	Score	
1	Andrea Roberts	Eryri	F	59.46	91.21	40.32	94.38	45.22	90.45	276.05
2	Jennifer Williamson	Eryri	F	83.52	47.35	57.15	50.82		0.00	98.17
3	Anna Bartlett	Shrewsbury	F	57.24	95.52		0.00		0.00	95.52
4	Alexandra Fletcher	Eryri	F		0.00	56.20	53.21	65.29	41.88	95.09
5	Jackie Lee	Eryri	F	58.46	93.03		0.00		0.00	93.03
6	Kate Bailey	Meirionnydd	F	59.38	91.46		0.00		0.00	91.46
7	Rebecca Law	Eryri	F		0.00	41.41	91.38		0.00	91.38
8	Phoebe Webster	Aberystwyth U	F	65.00	81.69		0.00		0.00	81.69
9	Louise Barker	Aberystwyth	F	66.00	79.87		0.00		0.00	79.87
10	Ruth Metcalfe	Eryri	F	66.31	78.93		0.00		0.00	78.93
11	Katrina Spinney	Eryri	F	68.42	74.95		0.00		0.00	74.95
1	Sandra Rowlands	Clwydian	F40	69.44	73.07	48.43	73.06	54.18	68.88	215.01
2	Juliet Edwards	Meiriondd	F40	74.35	64.25	50.57	67.24	57.27	61.28	192.76
3	Ellie Salisbury	Eryri	F40	76.34	60.64	50.41	67.93	56.46	62.93	191.49
4	Yvonne Hill	Oswestry	F40		0.00	46.53	77.83	53.28	70.90	148.73
5	Emily Wood	Eryri	F40	78.42	56.75	53.55	59.51		0.00	116.26
6	Yvonne Amesbury	Clwydian	F40	81.35	51.50		0.00	66.33	39.30	90.81
7	Linda Edmondson	Wrekin	F40	84.38	45.95		0.00	67.03	38.10	84.05
8	Nicole Grobden	Pennine	F40		0.00	48.21	74.01		0.00	74.01
9	Janet Robertson	Helsby	F40		0.00	48.55	72.54		0.00	72.54
10	Sarah Barnwell	u/a	F40		0.00	49.09	71.93		0.00	71.93
1	Kath Harvey	Pennine	F50		0.00			52.28	73.31	73.31
2	Alexis Dinsmor	Pennine	F50		0.00			60.29	53.95	53.95
3	Sheila Bennell	Eryri	F50	95.47	25.66			0.00		25.66
1	Maggie Oliver	Eryri	F60	79.57	54.48		0.00	60.16	54.48	108.95
1	Simon Edwards	Buckley	M	57.02	96.19	39.37	96.77	44.57	91.46	284.42
2	Nigel Rowlands	Clwydian	M	64.20	82.90	44.09	84.96	51.21	76.01	243.86
3	Craig Jones	Eryri	M		0.00	37.50	101.42	43.11	95.73	197.14
4	Scott Butterworth	Eryri	M		0.00	38.05	100.76	44.32	92.47	193.23
5	Gareth Williams	Cybi	M	62.22	86.48	41.02	93.08		0.00	179.56
6	Cai Pierce	Eryri	M	65.35	80.63	44.05	85.13		0.00	165.76
7	Huw Trainor	Eryri	M	65.47	80.26	44.14	84.74		0.00	165.00
8	Craig South	u/a	M		0.00	44.40	83.61	50.07	78.98	162.59
9	Roy Duffy	Clwydian	M	65.54	80.05		0.00	49.45	79.87	159.92
10	Arwyn Jones	Meirion'd	M	68.43	74.92	46.45	78.18	0.00	53.11	153.11
11	Dilwyn Rowlands	Eryri	M	71.27	69.95	48.03	74.79		0.00	144.74
12	Chris Jones	Clwydian	M		0.00	48.02	74.84	56.11	64.34	139.17
13	Graham McVey	u/a	M		0.00	54.42	57.47	60.11	54.68	112.14
1	John Montgomery	Clwydian	M40	60.25	90.03	38.24	99.94	43.26	95.12	285.09
2	Paul Jenkinson	Eryri	M40	60.16	90.30	39.06	98.12	44.05	93.55	281.97
3	Steve Marham	Leighton	M40	66.11	79.54	44.27	84.17	51.06	76.61	240.32
4	Huw Lewis	Buckley	M40	66.27	79.05	45.23	81.74	51.09	76.49	237.28
5	Ed Harmer	Eryri	M40	73.02	67.07	46.58	77.62	52.09	74.07	218.76
6	Geran Hughes	Abergele	M40		0.00	38.42	99.16	46.15	88.32	187.48
7	Noel Craine	Eryri	M40	59.27	91.79	40.30	94.47		0.00	186.26
8	Simon Ellis	Tattenhall	M40		0.00	40.08	95.42	45.49	89.37	184.79
9	Michael Kelly	Leighton	M40		0.00	41.15	92.51	47.48	84.58	177.09
10	Paul Beeson	Maldwyn	M40	62.19	86.57		0.00	45.39	89.77	176.34
11	Neil Elias	Eryri	M40	65.22	81.02	43.07	87.65		0.00	168.67
12	David Marham	Leighton	M40		0.00	44.03	85.22	49.31	80.43	165.65
13	Alan Heath	Clwydian	M40		0.00	49.05	72.10	51.11	76.41	148.51
14	Graham Davies	C/Bay	M40		0.00	51.44	65.20	51.17	76.17	141.36
15	Ian Williams	Cybi	M40	75.53	61.88	51.57	64.63		0.00	126.51
1	Stephen P Jones	Eryri	M50	59.31	91.67	39.23	97.38	44.28	92.63	281.67
2	Martin Cortvriend	Clwydian	M50	63.58	83.57	42.28	89.34	47.38	84.98	257.89
3	Ross Powell	WFRA	M50	62.05	87.00	43.09	87.56	48.57	81.80	256.36
4	Nick Holmes	Tattenhall	M50	64.53	81.90	43.43	86.09	49.01	81.64	249.63
5	Peter Browning	Clayton	M50	65.42	80.41	44.21	84.43	49.54	79.51	244.36
6	Kean Rowlands	Clwydian	M50	64.31	82.57	44.32	83.96	51.27	75.76	242.29
7	Neil Hindle	u/a	M50	61.38	87.82		0.00	48.49	82.12	169.94
8	Jim Bennell	Eryri	M50	66.41	78.63	44.59	82.78		0.00	161.41
9	Huw Lewis	Buckley	M50		0.00	45.23	81.74	51.09	76.49	158.23
10	Charles Ashley	Wrexham	M50		0.00	48.24	73.88	49.59	79.31	153.19
11	Dave Bowen	Pennine	M50		0.00	47.58	75.01	51.23	75.93	150.94
12	Stephen Bajic	Telford	M50	68.03	76.14		0.00	51.56	74.60	150.74
13	Nicholas Bradley	Meirion'd	M50	75.43	62.18	49.50	70.15		0.00	132.33
14	Adam Haynes	Eryri	M50	56.53	96.46		0.00		0.00	96.46
1	Don Williams	Eryri	M60	63.20	84.72	43.16	87.26	47.59	84.14	256.12
2	John Morris	Buckley	M60	69.25	73.65	46.13	79.57	51.55	74.64	227.86
3	John Linley	Clwydian	M60	78.28	57.18	51.26	65.98	56.58	62.44	185.60
4	Mike Blake	Eryri	M60	66.57	78.14	45.05	82.52		0.00	160.66
5	Philip Jones	Prestatyn	M60	76.25	60.91	51.34	65.63		0.00	126.54
6	Francis Uhlman	WFRA	M60		0.00	52.44	62.59	59.57	55.24	117.83
7	Victor Gretton	Meirion'd	M60	96.37	24.14	62.30	37.14	72.17	25.46	86.74
8	Mike Noble	Pennine	M60		0.00		0.00	50.16	78.62	78.62
9	Emyr Davies	Eryri	M60	72.43	67.64		0.00		0.00	67.64
10	Colin Davies	Altrincham	M60		0.00		0.00	54.51	67.55	67.55
11	John Smith	Meirion;d	M60	73.31	66.19		0.00		0.00	66.19
12	Andy Todd	Helsby	M60		0.00	51.54	64.76		0.00	64.76
13	Iorwerth Jones	Wrecca Tri	M60		0.00		0.00	57.11	61.92	61.92
14	Alwyn Oliver	Eryri	M60	76.54	60.03		0.00		0.00	60.03
15	Andrew McNab	u/a	M60		0.00		0.00	60.33	53.79	53.79
1	Peter Norman	Wrexham	M70		0.00		0.00	59.37	56.04	56.04
2	Ron Hird	Eryri	M70		0.00	63.59	33.28		0.00	33.28

PIPE DREAM
5miles/1700' 7th March

This was the 5th running of the Pipe Dream Race, and it turned out to be a record turnout with 101 taking part, no doubt helped by the fact it was a WFRA North Wales Series counter.

As an organiser I've been very lucky to be able to take part in four of the five races, and I've been able to do this because of the great help I've been given on race day by Sheila and Geoff who have managed the registration and timekeeping for me.

And what can I say about this year; with the absence of a few of the big guns some of us slightly lesser mortals were able to battle it out...and I find myself in the 'almost' embarrassing position of actually managing to win my own race!

Scott Butterworth and I had a great battle, which was decided in the final descent. John Montgomery took 3rd overall and 1st Vet 40; the three of us being less than a minute apart.

As ever we all seemed to choose various route combinations along the upper pipeline, this time into a difficult wind coming down from Llyn Cowlyd.

And so which is the best line to take along the pipe? That would be telling!!!

Eryri's Andrea Roberts managed to win the race for the second time, with a comfortable minute over clubmate Rebecca Law, with 3rd overall being Vet 40 Joanne Hill of Oswestry.

Vet 50 was won by Steve P Jones (Eryri), Vet 60 by Don Williams. Ron Hird took the Vet 70 prize

And thanks once again to Team Dolly for providing radio and safety cover, plus photographs of everyone. *Craig Jones*

LLANTYSILIO
MOUNTAIN RACE
Saturday 4th April
6.2 miles 2100'

The race was again run on a bright sunny day, and as usual, centred on the 14th century Sun Inn. The good running conditions were taken full advantage of by Tim Davies of Mercia, running the whole race clear of the field, knocking 44 seconds off the 2002 course record. Tim finished in 46' 46". Andrea Roberts (Eryri) was not very far behind the ladies record, winning in 57' 36". First home for the MV40 was Alan Ward from Dark Peak in 51' 49", Sandra Rowlands of Clwydian Range Runners winning the LV40 in 67' 00".

Martin Cortvriend (CRR) continues his good form by winning the VM50 prize in 60' 51", with Jackie Keasley of Helsby winning the LV50 in 79' 59". MV60 was won by the ever-present Don Williams (Eryri) in 62' 16", with Jan Atkins of Chorley Harriers taking the LV60 prize, finishing in 82' 18".

Thanks to all runners, always good to see a good spread of clubs represented.