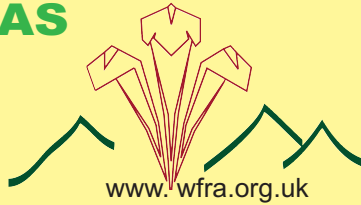


**CYMDEITHAS
RHEDWYR
MYNYDD
CYMRU**



**WELSH
FELL
RUNNERS
ASSOCIATION**

**2008 AWST
CYLCHGRAWN
NEWSLETTER
AUGUST 2008**



Photo; Gwynfor James

Start of the final of the WFRA 2008 Junior North Wales Series at Moel Siabod in July

The inaugural WFRA Junior North Wales Series finished with the Moel Siabod race on 19th July. Trophies were awarded to all those listed below. Full results Table is available on the WFRA website.

Male U/16 - 1st Tecwyn Evans (Menai), Male U/14 - 1st Owain James (Eryri), 2nd Morgan Evans (Menai), Male U/12 - 1st Rhys James (Menai), Female U/16 - 1st Sarah Livett (Menai), 2nd Lisa Peters (Menai), Female U/14 - 1st Elin James (Eryri), Female U/12 - 1st Bronwen Jenkinson (Eryri). We hope to organise a similar Series in 2009. RP

Calendar Updates

Ras y Mynydd (20th August)
Please note that this race has been cancelled.

***Source of the Severn** (Sunday 7th September) - 9 miles. Multi terrain. Start time 11.00am. EOD £5 (£7 u/a). From picnic area, Hafren Forest, Llanidloes (GR 858869). Further details Paul Beeson (01686) 411354).

Goodrich Hill Race (Sunday 19th October) - 6.5 miles / 1250 feet ascent. Start time 2.30pm. From Ye Hostellerie Pub, Goodrich (2 m W of Ross on Wye). Pre entry £8 (£10 u/a). EOD £2 extra. Further details from Martin Green, 16 Park Road, Five Acres, Coleford, Glos, GL16 7QS. Tel 01594 836408.

***Three Peaks Corndon Classic** (Sunday 16th November) - 6 miles. Start time 11.00am. EOD £5 (£7 u/a). From Miners Arms, Priestweston. Further details Paul Beeson 01686 411354.

***Rhayader Rant** (Sunday 8th February 2009) - 8 miles. Start time 11.00am. EOD £5 (£7 u/a). From Carmdeydr Hall, Rhayader. Further details Paul Beeson 01686 411354.

* These 3 races comprise the new Mid Wales Winter Off Road Series. Ross

South Wales Reporter

If you feel that the website and Newsletter is North Wales biased this is only because we receive little copy from the south. We need a South Wales reporter to write Race Reports for the Press, WFRA website and WFRA Newsletter. If you can help please contact any Committee member. If you are a Race Organiser please send us Race Reports for the website and Newsletter.

2009 Format Change WFRA Championships and Series Races

Do you think we should make any changes for 2009?

Is the present system of scoring fair? The longer races result in a lower points score for most runners. Should we use a points system based on positions?

Should the Open/Welsh Champs become 3 from 4 (2 short and 2 medium) and have a separate long race Championship?

Please let us have your views on any of the above or your own proposals for change.

Contact ross@wfra.org.uk.

Rhinogs Race 11th October

Please note that this race is only suitable for experienced fell runners who are also good Navigators.

Gill Harris

We are sad to report that Gill Harris of Mercia Fell Runners has died. The WFRA would like to send their condolences to all family and friends.

CONGRATULATIONS

Congratulations to the following:

Liz Tristram and Mark who recently got married.

Andrea Roberts and Nigel Rowlands who recently got engaged.

New Race . . .

TAVERN TRIAL 8miles 1900'

Sat. 30th August
Start time 2.30pm.

**Kinmel Arms Tavern
Llandyrnog**
GR109652

Over 18.

Entry on day £4.00

Further details:
MARTIN CORTVRIEND
01824 790534

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

JOE BROWN SHOPS
Llanberis and Capel Curig

COTSWOLD

Betws y Coed

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

?! *x! to Eurovision!

Sat. 24th May 2008

An account of an attempt on the Paddy Buckley Round

Duncan Elliott

Huw and Moo are whooping and we are off heading down the road from the Pinnacle Café at Capel Curig.

The sun is out and the skies clear. Snowdon opens its jaws to the south and as we pound over the footbridge behind Plas y Brenin, the waves on Llynau Mymbyr are ominously lively. On Mayday weekend on my last big run the lake was a millpond mirroring an azure sky. Today we have the sky but the waters are choppy. Little do I realise what part the wind will have to play in my big day out.

The Bowland machine had cranked itself into action and on this leg I have seven supporters with Steve navigating and Leigh as my wingman.

Why have so many turned out to run today? Perhaps it is the thought of a Saturday with Eurovision that has lured them to the fleshpots of Snowdonia.

Soon we are walking and trotting through the forest. I know the pace has to be faster than a Bob Graham so I try to run on every possible section. I probably lose time pointing out mountains to the others, for whom Snowdonia is all a new experience. I get told to shut up – it won't be the first time!

As we reach the summit we are eight minutes up and Steve runs ahead to get us across to the grass. We have discussed tactics before the start – he will just get ahead and navigate leaving the party atmosphere behind to follow.

On the grass now and we are running well in bright sunshine. The wind is at our backs and pushes us along. Later on I would happily trade this benefit for what it had lined up for me on Snowdon.

We are soon at the next top where I proudly point out my new summit post on the anonymous top. Clogwyn Bwlch y Maen is so anonymous that Leigh does not even record my time. It would not get a mention in any of his runs in the Lakes.

Now we are running into the heart of bog land an area I have only just discovered on my Paddy reccies after 30 years of walking in Snowdonia. The bogs have shed their winter coat and are just mud cracked hollows, even the one before Moel Meirch, normally a grim looking sphagnum trifle, lets us round it safely.

Steve stops to ask me when to turn off right on the long drawn out de-

scent of Carnedd y Gribau and we are soon contouring on grass and dropping off to Bwlch Rhediad. I point out the crags behind us that we have missed and we stampede on.

The party atmosphere is still with us as we carve our way through the heather up to Moel Meirch. I. It does not even seem tedious with a gang of mates and the sunshine, and we are soon running off and past the sparkling waters of Llyn Edno.

I have to warn Leigh what tops are coming up so he can be ready to record the little rocky tops that this part of the Paddy throws at you. It has taken a few reccies and consultation with Yiannis to actually establish which is which. Even the bible of the Nuttalls has Ysgafell Wen marked where the Paddy calls Unnamed or we have called Three Tops. Today it's easy. We can see them all and they are quickly ticked off. The wind cranks up from the east.

Soon we are on Allt Fawr and I have the feeling that we now heading back to the core of the round. No one could describe a view down to Blaenau as being full of eastern promise but today the slate almost shines in the hot sun. The wind keeps us deceptively cool and it is only as we descend into the quarries that we realise how hot it actually is. It still does not trigger any warning bells that I should get a hat on and we are quickly over the electric fence and heading down to the lake outflow. On my first reccy this was another clueless moment. After consultation with Goat Guiding Services (Yiannis to his mates) I located the descent from the outflow and on my third visit I finally got it right. It saves a lot of time and as the others fill up from the stream I run on ahead. A couple of lads are ahead of us as, it transpires later, on an attempt that started at Ogwen but they go up and over and we leave them behind. Steve and I are consulting each other as we go. I don't locate the ruined hut I have used as a guide but I soon see Andy Farmer waving from the quarries ahead. A bemused walker looks on as we cross the stream and lead an assault on the cake. I grab a cup of tea, banana and cake and shout that I am running through. My briefest conversation ever at a checkpoint, leaving Pam and Andy bemused. I want to keep my momen-

tum going up Foel Ddu. Not a good idea to stop flying ballast in full flow!

It is a steady trudge up but we are soon heading across to Moel yr Hydd and off to the tramway. In the autumn I had completely lost it here and wandered around on a package tour for the bewildered, before finally dropping onto the tramway. I had a GPS with me but it was little use in the clag and it got even more useless later on on the ascent of Cnicht.

Andy Farmer and Dave Cottam have run up from the quarries to meet us and there are now nine of us jogging along the traverse to Moelwyn Bach. Eurovision evasion kicks in again! The lake is below us and in the hot sun and out of the wind you could perhaps believe there was a Costa Blaenau (if you were very gullible). Andy points out where Wynn has brought them up to the dam, as he had no idea of where he was going to get to my quarry support-clueless in a caring sort of way.

At the col we head up at a much better pace than when we had reccied in April, and on the windswept summit Steve has paused. That is the last I will see of him. Huw finds us a good grassy line before we drop onto the slaty path, which I had dithered on in April, and soon I am then leading the way up Craigysgafn the rocks bleached in the sun. We do not feel the heat in the jet stream that is now blowing in from the northeast. I do not need my navigator to spot the first and actual summit and I am ahead leading us off. Finally we reach the summit of Moelwyn Mawr mown by a mistral like wind.

I descend right on grass my eyes, weeping in the wind. I am ahead now and I feel strong and confident. I feel alone and focus on the route down to Llyn Croesor until Leigh catches me and tells me that Steve is suffering and is going back to the quarries. He tells me that Steve says I know the way. I do, but it is still a bit of a shock on this next section, which always seems tricky. Never mind – it's as clear a day as I could wish for and we run between the lakes and across to the dam. Except that the dam is just a dry stonewall with no obvious purpose and most of the lake is dry. A shadow of the swamp I have become used to through the winter. I cut right and then left with a lot more confidence than when I tried to follow the GPS route in the clag of last October. For some reason it thinks that you can walk in a dead straight line in this case down wet sloping rock slabs and I gave it up as a bad job.

Cutting right on grass today it is easy and we are soon at the tramway and



Duncan arriving at the summit of Moel Siabod

the cairn I have built. Now for the tricky bit that you really do not want clag for. Even Leigh would not welcome it here as we head up through the anonymous crags. I had sadly watched this on a PowerPoint the night before but it is still difficult to pick out anything conspicuous to guide you. We reach the edge of Llynau Diffwys so I know we are slightly too far right. Will makes for the lake to cool off but

I do not realise that he is suffering in the sun.

I am now telling Leigh where the route is and he uses all his feral instincts to sniff the lines and trods out. Today he is brilliant on a route he has never seen before. We descend to the dam and I tell him the way up and across to the wall. Normally this is one of those climbs that you try to push to the back of your mind like that of Yewbarrow Today it holds no fears and we push up at a good pace. I tell Leigh to traverse when we are up the first gully after the wall but Huw thinks there is a crag ahead. Leigh runs ahead to check but the route is clear and we drop onto the screes and cut up to the diagonal path. Last time we had hit a diagonal path further east and it had taken us into the crags. Today this one delivers us at the steep grassy rake going up to the col.

Huw and Moo are singing with no fear of a psychiatric snatch squad. As we climb the steep grassy rake Huw and have a good rant about jobs, Huw points out 'that rant has just got us to the top of Cnicht'. It is 48 minutes since we were kite flying on Moelwyn Mawr and the fastest I have ever managed. More confidence radiates through my overheated head and I am off down the crags telling the lads behind what a smashing little mountain this is.

Huw and Moo have done this leg before but to the others it is all undiscovered country on a beautiful afternoon. It doesn't get much better than this and I know I am well up on schedule.

Leigh runs ahead and sniffs out the grassy trods and we are soon down on the track. I spoil the scenery by taking my shirt off and Ian pours water over me. Which would be great if I had windscreens wipers on my glasses? There are no Scousers about to offer

continued on page 7

NAVIGATION COURSE

A one day course has provisionally been arranged in Llanberis

SUNDAY, 16th NOVEMBER, 2008

Commence 09.00 to 17.00hrs. approx

WFRA MEMBERS £15 - NON MEMBERS £20

To reserve your place send your details and cheque payable to 'Welsh Fell Runners Association' to Geoff Clegg, West Point, 19 Deganwy Road, Deganwy LL31 9DL

The course will be held in Petes Eats Meeting Room, where bunkhouse accommodation is also available.

John Linley's . . .

Joss Naylor Challenge

15th June 2008

Over the years many friends of mine have attempted many long distant challenges and I have supported quite a few.

Many times I had to dodge the "press gang" in the pub afterwards, as I was not confident that I could finish any one of these manic tasks. It was not lack of confidence in myself that made me hold back, but a badly broken heel bone, now some 20 years ago.

After 7 or 8 hours of running my foot becomes swollen and is extremely sore.

Not only that, but right from the start of any race I face being overtaken by lots of people on each descent. It was to rely on working hard on the climbs and then just hanging on downhill.

When I broke my foot the doctors told me that I would probably never be able to climb a ladder ever again. So I accept what I can now do as a blessing.

Approaching 60 I started to think that if I were to have a go at anything it was a JNC. The 18 hours allowed at 60, in my mind is a lot easier than 12 hours at 50. I had the idea that if I could get more than half way round in good time, then I would face the pain and try to make it to the finish even if I did it on hands and knees!

So I got a little team together and a sponsor. Then got down to training, easing back each time my foot got too sore.

On one Sunday in June, I found myself stood on Pooley Bridge, as if transported in a dream, checking my watch, waiting for 4am. Dead on the dot I started, telling my two helpers that it was time and we were off. In my haste I did not see the stile into the fields and we had to climb, not one fence but three before gaining the fell at the back of a caravan site.

Calming myself and walking the first incline I told myself that I had plenty of time to Arthur's pike without run-

ning anything uphill. Arthur's Pike came up well within the time envelope I had given myself.

I was in good company having a close friend, Ian Coles carrying for me and Rob Woodall to give me confidence. We continued to make good time, Rob even reminding me to walk when we reached one uphill section!

I chose to be in charge of my own destiny for as long as I was of sound mind and after weeks of planning decided against simply running to a schedule. Instead I laid out 2 sets of times on the recording sheets. One either side of the column for "recorded time". A 16hr schedule and a 17 ¾ hr schedule, giving me an opening "window of opportunity".

That way I had only to keep somewhere between these times and there should be no pressure on me.

We arrived at Kirkstone only 4 minutes slower than the fast schedule and I took what proved to be a wise decision and took whatever time needed to sit and eat some hot food.

I had being eating and drinking a little on almost every climb, even at 5am in the morning!

I said goodbye to my 2 helpers and together with Vic Belshaw, set off up Red Screes, arriving on top exactly on my quickest projected time. All went well until the descent to Dunmail where we had chosen to descend more to the left than the normal path, as we had both found a grassy line there on separate recces. We hadn't reckoned on an early growth of bracken obscuring the clear line. We struggled down through hidden rocks, losing time and not doing my poor foot any good at all!

Again I chose to dine in style, more soup, and then a pot noodle, poured from a flask (nothing was going to put me off even when we had to moisten the noodles with a drop of soup). I rounded it off with a peach and cus-

tard desert. I applied some strapping to my weak foot and even though my helper Dave Stephens was still assembling my food for the next leg, I set off along the road to the normal crossing place where I found Yiannis lying down on the back seat of his car. He could not work out why I was alone and

telling him to also play catch up, as I set out up Steel Fell. Looking round I saw a third person trying to catch me. It was Wayne Percival wishing me good luck before returning to his car and hoping to see me later in the day. All went well, with Yiannis taking an amazingly economic route to High Raise, until the descent of Great End down to Sty Head. It was the first time I dropped behind my fastest schedule, but by this time the envelope was more than an hour wide and I was still nearer the faster end.

At Sty Head Dave handed me over to Andy Worthington who with Yiannis, was to accompany me to the very end. Again I took hot soup and rice pud. I asked for my second peach and custard dessert of the day only to be told that there was no spoon! I was devastated; I had been having dreams of that very tasty item all the way from Rossett Pike!! The disappointment took my mind off my by now, very sore foot. Small mercy.

We set off to ascend Gable and I was still climbing well, but the descent was another matter. I was starting to wobble and loose coordination, stumbling all the way down to the start of Kirk Fell. My strength and coordination returned and my only problem with energy in the whole day had passed. As we approached the top of Kirk Fell I started to realise that I had lots and



John Linley (centre) pictured at Kirkstone Pass, with helpers Ian Coles, Dave Stephens, Vic Belshaw and Rob Woodall

lots of time to finish and only needed to get the last of the rocks on Pillar behind me and then nothing would stop me finishing in good time.

I realised going up Haycock that I was dehydrated for the first time in the day, even though I had taken water every few minutes. I struggled down Haycock; even grass descents were now very painful. Yiannis had his head down a hole in the ground, having found a spring. I insisted on having 5 minutes lying down. Sheer bliss! I drank ½ litre of water and we set off again. I was following Yiannis and Andy towards Seatallan when I spotted a faster line out of their sight, taking me ahead. Laughing as they spotted me I put on a little extra speed and made them work to catch me. With only 2 tops to go it was time to relax and enjoy the rest of the day. We used our hands to come backwards down Seatallan and ran together up the last few yards to the top of Middle Fell. Andy led us down the last descent until we hit the stony path and I had to walk due to my foot. They graciously let me lead the way onto the bridge to finish in a time of 16hrs 43mins, well inside the 18hrs allowed.

Yiannis went to knock on Joss' door whilst I did the thing I had been looking forward to for hours; taking off my shoes! I had done it well within the time and I still had energy left.

We stood for ages just talking until the midgets drove us into Andy's camper van where we talked and talked until the light started to go and we realised that it was well after 11pm.

It was as if we didn't want the day to end. I had sent a sleeping bag and slippers to the finish making good use of the slippers, but not the sleeping bag, insisting that I rode shotgun all the way home in the front passenger seat. One o'clock in the morning saw us eating bacon and egg in a motorway services, me still wearing my smelly running clothes (and the slippers) the only other diners were a pair of traffic police. I tried in vain to catch them looking, but I'm sure they did.

The day was made by the excellent support and company that I was treated to by those already mentioned. Sue Powell who could not run with us due to injury, drove us to the start, made flasks of hot food for me, broke camp and drove others back to their cars after they had finished a section and was just as important to the success. Also Alan Morris who provided sponsorship for me and took away me having to ask others for sponsorship and collect it afterwards. Thank you all for having faith in me. *John Linley*

CROAGH PATRICK

Having run in four or five hundred fell races over the last sixteen years I feel that I'm well placed to comment on the attributes, positive or otherwise, of the various races that I've been involved with. I've run in the Highlands of Scotland, the Mourne Mountains, the Lakes and the Pennines, I've run on Dartmoor, Bodmin Moor and even found a fell race in Surrey! Since moving to Wales six years ago I've begun to appreciate the Welsh mountain races, after running the Moelwyns four times I'm finding it's beginning to grow on me and there are some wonderful downhills around. Jumping off the topat Llyn y Fan or Cynghorion is particularly exhilarating.

Having said all that if I had to pick a favourite it would be Croagh Patrick in County Mayo which I returned to earlier this month. I first ran this about ten years ago

and try to get back every couple of years or so. It's close to the fine coastal town of Westport which is packed with good restaurants and pubs (including the famous original Matt Molloy's.) Croagh Patrick is the mountain from the top of which St Patrick cast out the snakes of Ireland, he spent forty days and forty nights fasting up there and every July twenty thousand pilgrims, many of them barefoot, make their way from sea level up to the summit.

A week later the same trip is made by members of the Irish Mountain Running Association – yes it's a fell race! The route follows the pilgrim's path which has been worn down over the years and the steep final mile consists of very rough scree which is great for surfing down if you've got the nerve – it's over 2500 feet of climb, all tough and technical and,

perhaps not surprisingly, not everybody gets back in one piece! This final steep climb, as you can imagine, seems to go on forever until the top of the mountain appears with the unexpected sight of a church on top – goodness knows how that got there! Round the church to hurtle back down dodging the pilgrims who missed last week's tramp and where does it all end? At Campbell's pub where the ancient Mr Campbell himself, looking straight out of a James Joyce novel, serves pints of Guinness in a tiny bar that has obviously remained unchanged in his lifetime.

It's a tough race, unlike any other, the climbing is fierce, the descent amazing and the 'craic' at the finish is great fun. Almost 80 participated this year, a surprisingly high percentage were ladies and you can look at the details at www.imra.ie. Try google images to look at Croagh Patrick and you'll get some idea of what I've been talking about.

Martin Cortvriend

Brecon Beacons and Rhobell Fawr to follow

Open Welsh Championships

Complete table on www.wfra.org.uk

Pos	Name	Club	Cat.	Nat.	Pen Cerrig		Y Garn		W1000M		Waun Fach		Total
					Time	Score	Time	Score	Time	Score	Time	Score	Score
1	H Fines	Calder Valley	F	x	17.25	92.25	32.59	86.04		0.00	59.43	88.64	266.93
2	A Roberts	Eryri	F	w	19.20	80.39	34.49	79.71	286.24	82.06		0.00	242.15
3	M Gillie	Clwydian	F	x		0.00	39.13	64.51	313.23	70.95	65.05	78.64	214.09
4	K Bailey	Merionnydd	F		18.26	85.96	34.12	81.84		0.00		0.00	167.79
5	J Heming	Eryri	F	w		0.00	35.38	76.89	312.05	71.48		0.00	148.37
6	E Bayliss	Mynydd Du	F	w	20.22	73.99		0.00		0.00	68.55	71.49	145.48
7	H Toberman	Eryri	F			0.00	36.48	72.86	316.43	69.57		0.00	142.43
8	D Woodbridge	Fairwater	F	w	24.35	47.91		0.00		0.00	77.59	54.58	102.49
9	J Lee	Eryri	F			0.00		0.00	266.50	90.12		0.00	90.12
10	A Bartlett	Shrewsbury	F	w		0.00	34.23	81.20		0.00		0.00	81.20
1	S Rowlands	Clwydian	F40	w	21.52	64.71	40.15	60.94	331.00	63.69		0.00	189.34
2	E Salisbury	Eryri	F40	w	22.30	60.80	43.46	48.78		0.00	77.44	55.05	164.63
3	A Thomas	Eryri	F40	w		0.00	38.40	66.41	335.58	61.65		0.00	128.05
4	H V D Werf	Wye Valley	F40		25.25	42.75		0.00		0.00	83.14	44.79	87.54
5	N Spinks	Penistone	F40			0.00		0.00	306.36	73.74		0.00	73.74
6	L Peter	Eryri	F40	w		0.00	37.55	69.00		0.00		0.00	69.00
7	E Wood	Eryri	F40	w		0.00	51.48	21.03	379.29	43.73		0.00	64.76
8	A Williams	Eryri	F40	w		0.00	39.11	64.62		0.00		0.00	64.62
9	S Woods	Mynydd Du	F40	w		0.00		0.00		0.00	74.54	60.33	60.33
10	C Vorres	Griffithstown	F40	w	25.25	42.75		0.00		0.00	98.16	16.76	59.51
1	S Ashton	Chepstow	F50	w	22.30	60.80	43.16	50.51	410.35	30.92		0.00	142.23
1	M Oliver	Eryri	F60	w		0.00	44.02	47.86	407.00	32.40		0.00	80.26
1	H Matthews	Mynydd Du	M	w	15.38	103.28	29.49	96.98	258.1	93.69	55.46	96.01	389.96
2	R Roberts	Eryri	M	w		0.00	28.36	101.19	253.20	95.68	50.06	106.58	303.44
3	M Roberts	Eryri	M	w	16.27	98.23	29.47	97.10	274.10	87.10		0.00	282.42
4	C Jones	WFRA	M	w	17.16	93.17	32.00	89.44	277.23	85.77		0.00	268.39
5	N Rowlands	Clwydian	M	w	19.09	81.52	36.09	75.10	298.20	77.14		0.00	233.77
6	M Collins	MDC	M	w	15.53	101.73		0.00		0.00	51.53	103.25	204.98
7	S Charles	Clwydian	M	w		0.00	29.17	98.83	252.15	96.12		0.00	194.95
8	I Ridgway	Eryri	M	w	17.10	93.79		0.00	240.07	101.12		0.00	194.91
9	M Stott	Chepstow (u/23)	M		16.35	97.40		0.00		0.00	58.16	91.35	188.75
10	S Moore	Wye Valley	M		17.20	92.76		0.00		0.00	60.02	88.05	180.81
11	D Austin	Bristol	M	x	18.01	88.53	34.52	79.53		0.00		0.00	168.07
12	J McIlveen	Abergele	M	w		0.00	35.00	79.07	280.27	84.51		0.00	163.58
13	S Davies	U/A	M	w		0.00	35.06	78.73		0.00	62.31	83.42	162.15
14	M Keddle	U/a	M	w	19.02	82.24		0.00		0.00	66.01	76.90	159.14
15	S Roberts	Buckley	M	w		0.00	35.25	77.63	309.40	72.48		0.00	150.11
16	R Armstrong	Eryri	M	w		0.00	38.09	68.19	385.00	41.46		0.00	109.65
17	M Shaw	Mynydd Du	M	w		0.00		0.00		0.00	52.07	102.82	102.82
18	T Davies	Mercia	M			0.00		0.00	238.58	101.59		0.00	101.59
19	M Gilbert	Wrexham Tri	M	w		0.00	28.46	100.61		0.00		0.00	100.61
1	N Lewis	MDC	M40	w	18.41	84.41	35.52	76.08	352.04	55.02	63.21	81.87	297.37
2	P Beeson	Maldwyn	M40	w		0.00	31.27	91.34		0.00	59.45	88.58	179.92
3	D Vorres	Griffithstown	M40	w	18.53	83.17		0.00		0.00	58.26	91.04	174.21
4	C Lancaster	Telford	M40	x	17.47	89.98	33.51	83.05		0.00		0.00	173.02
5	G Fletcher	Maldwyn	M40	w		0.00	35.12	78.38		0.00	64.00	80.66	159.04
6	A Lewis	Eryri	M40	w		0.00	34.26	81.03	302.40	75.36		0.00	156.39
7	A Blackmore	MDC	M40	w	19.23	80.08		0.00		0.00	67.29	74.16	154.24
8	A Donnelly	Mercia	M40	x		0.00	39.14	64.45	303.47	74.90		0.00	139.35
9	A Stott	MDC	M40		22.02	63.68		0.00		0.00	68.34	72.14	135.82
10	J Davis	Clwydian	M40	w		0.00	37.36	70.09	352.05	55.01		0.00	125.10
11	C Donnelly	Lochaber	M40			0.00		0.00	231.30	104.67		0.00	104.67
12	D Taylor	Dark Peak	M40	x		0.00	28.17	102.28		0.00		0.00	102.28
13	M Duxbury	Stroud	M40		16.54	95.44		0.00		0.00		0.00	95.44
14	S Gilliland	Bro Dysynni	M40	w		0.00	31.04	92.66		0.00		0.00	92.66
15	G Fisher	u/a	M40		17.27	92.04		0.00		0.00		0.00	92.04
16	S Ellis	Tattenhall	M40			0.00		0.00	264.56	90.90		0.00	90.90
17	I Hughes	Shrewsbury	M40	w		0.00	31.44	90.36		0.00		0.00	90.36
18	M Suff	Hereford Cour	M40			0.00		0.00		0.00	59.03	89.89	89.89
1	R Powell	WFRA	M50	w	20.11	75.13	37.14	71.36	323.44	66.68	68.39	71.99	285.16
2	M Cortvriend	Denbigh	M50	w	20.12	75.03	36.46	72.97		0.00	66.32	75.93	223.93
3	K Rowlands	Clwydian	M50	w	19.15	80.90	37.26	70.67	334.31	62.24		0.00	213.81
4	S Littlewood	Hereford C.	M50		19.43	78.02		0.00		0.00	65.23	78.08	156.09
5	B Hardcastle	WFRA	M50	w	20.06	75.64	37.24	70.78		0.00		0.00	146.43
6	J Williams	Eryri	M50	w		0.00	37.25	70.72	317.30	69.25		0.00	139.98
7	G Ashton	Chepstow	M50	w	23.38	53.78	43.49	48.61	411.27	30.56		0.00	132.96
8	I Rothery	Cybi	M50			0.00	37.05	71.88	370.35	47.39		0.00	119.27
9	R Boswell	u/a	M50	w	23.03	57.39		0.00		0.00	83.36	44.11	101.50
10	C Taylor	Mercia	M50		18.23	86.27		0.00		0.00		0.00	86.27
11	G McAra	Cheshire	M50	x		0.00	34.15	81.67		0.00		0.00	81.67
12	J Bennell	Eryri	M50	w		0.00	35.43	76.60		0.00		0.00	76.60
13	P Williams	MDC	M50	w		0.00		0.00		0.00	66.43	75.59	75.59
14	I Edgar	Eryri	M50			0.00		0.00	306.00	73.99		0.00	73.99
15	B Wells	NWRR	M50			0.00		0.00	308.18	73.04		0.00	73.04
16	C Ashley	Wrexham	M50	w		0.00	36.51	72.68		0.00		0.00	72.68
1	D Williams	Eryri	M60	w	18.57	82.76	35.33	77.17	313.40	70.83		0.00	230.76
2	G Gunner	Croft Ambrey	M60	w	21.36	66.36		0.00		0.00	73.27	63.03	129.40
3	J Sweeting	MDC	M60	w	23.35	54.09		0.00		0.00	92.54	26.77	80.86
4	D W Thomas	Eryri	M60	w		0.00	35.47	76.37		0.00		0.00	76.37
5	J Morris	Buckley	M60	w		0.00	37.33	70.26		0.00		0.00	70.26
6	E Davies	Eryri	M60	w		0.00	42.20	53.74		0.00		0.00	53.74
1	P Norman	Wrexham AC	M70	w	24.07	50.79		0.00		0.00	84.07	43.14	93.94

North Wales Series Cnicht, Arenig Fawr, Rhobell Fawr to follow

Extended table on www.wfra.org.uk

Pos	Name	Club	Cat.	Ras yr Aran		Llantysilio		Y Garn		Welsh 1000m		Gamelin		Gladstone 9		Total Score
				Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	
1	A Roberts	Eryri	F	74.58	75.89	59.50	81.84	34.49	79.71	286.24	82.06		0.00	89.04	86.38	405.87
2	H Toberman	Eryri	F	79.18	68.72	65.57	69.76	36.48	72.86	316.43	69.57		0.00	110.48	58.66	339.56
3	M Gillie	Clwydian	F	81.50	64.52		0.00	39.13	64.51	313.23	70.95	91.17	81.67		0.00	281.64
4	A Bartlett	Shrewsbury	F	73.52	77.71	57.32	86.38	34.23	81.20		0.00		0.00		0.00	245.30
5	J Heming	Eryri	F		0.00		0.00	35.38	76.89	312.05	71.48		0.00	109.15	60.63	209.00
6	H Fines	Calder Valley	F	66.22	90.13		0.00	32.59	86.04		0.00		0.00		0.00	176.17
7	K Bailey	Meirionnydd	F		0.00		0.00	34.12	81.84		0.00	86.59	87.24		0.00	169.08
8	S Ridgway	Eryri	F	79.48	67.89		0.00		0.00		0.00	89.22	84.15		0.00	152.04
9	J Ewels	Clwydian	F	89.04	52.55		0.00		0.00	340.13	59.90		0.00		0.00	112.44
1	S Rowlands	Clwydian	F40	83.33	61.68	69.37	62.52	40.15	60.94	331.00	63.69		0.00	98.44	74.05	322.87
2	A Thomas	Eryri	F40	83.12	62.26		0.00	38.40	66.41	335.58	61.65	101.05	68.96	110.15	59.36	318.63
3	E Wood	Eryri	F40		0.00		0.00	51.48	21.03	379.29	43.73	118.38	46.21	126.23	38.78	149.74
4	A Williams	Eryri	F40		0.00	68.46	64.20	39.11	64.62		0.00		0.00		0.00	128.82
5	J Robertson	Helsby	F40		0.00	73.17	55.28		0.00		0.00	99.31	70.99		0.00	126.27
6	A Tickner	Oswestry	F40		0.00	69.28	62.81		0.00		0.00	105.20	63.45		0.00	126.27
7	E Salisbury	Eryri	F40	92.42	46.53		0.00	43.46	48.78		0.00		0.00		0.00	93.32
8	J Edwards	Meirionnydd	F40	95.00	42.72		0.00	45.58	41.18		0.00		0.00		0.00	83.91
1	S Charman	Helsby	F50		0.00	83.15	35.59		0.00		0.00	116.18	49.24		0.00	84.83
2	S Ashton	Chepstow	F50		0.00		0.00	43.16	50.51	410.35	30.92		0.00		0.00	81.43
1	M Oliver	Eryri	F60	100.43	33.26	77.28	47.01	44.02	47.86	407.00	32.40	121.39	42.30		0.00	202.83
1	C Jones	WFRA	M	65.26	91.67	55.47	89.84	32.00	89.44	277.23	85.77	78.55	97.70	82.09	95.20	549.62
2	R Roberts	Eryri	M	58.17	103.51	48.54	103.43	28.36	101.19	253.20	95.68		0.00	76.52	101.94	505.74
3	M Roberts	Eryri	M	63.03	95.62		0.00	29.47	97.10	274.10	87.10	77.34	99.45	80.57	96.73	475.99
4	J McIlveen	Abergele	M	67.49	87.73	57.48	85.85	35.00	79.07	280.27	84.51	82.10	93.48		0.00	430.65
5	M Gilbert	Wrexham Tri	M		0.00	49.20	102.57	28.46	100.61		0.00	73.40	104.50	77.49	100.73	408.42
6	S Roberts	Buckley	M	74.59	75.86		0.00	35.25	77.63	309.40	72.48	84.34	90.37	90.30	84.55	400.90
7	N Parry	Clwydian	M	74.16	77.05	58.10	85.13		0.00	352.30	54.84	82.23	93.20	88.44	86.81	397.02
8	S Butterworth	Eryri	M	66.27	89.99	53.55	93.52		0.00		0.00	77.36	99.40	79.43	98.31	381.22
9	N Rowlands	Clwydian	M	74.23	76.86	61.07	79.30	36.09	75.10	298.20	77.14		0.00		0.00	308.40
10	S Charles	Clywdian	M		0.00	51.17	98.72	29.17	98.83	252.15	96.12		0.00		0.00	293.67
11	R Stafford	Mercia	M	62.34	96.42	51.44	97.83		0.00	251.20	96.50		0.00		0.00	290.75
12	J Bowie	Oswestry	M	64.51	92.64	54.06	93.16		0.00		0.00		98.67		0.00	284.47
13	J McQueen	Eryri	M	68.11	87.12		0.00		0.00		0.00	83.08	92.23	83.20	93.69	273.04
14	S Edwards	Buckley	M	69.46	84.50		0.00	33.33	84.08		0.00		0.00	84.06	92.72	261.30
15	T Davies	Mercia	M	58.16	103.54		0.00		0.00	238.58	101.59		0.00		0.00	205.13
16	I Ridgway	Eryri	M	65.26	91.67		0.00		0.00	240.07	101.12		0.00		0.00	192.79
17	H Mathews	Mynydd Du	M		0.00		0.00	29.49	96.98	258.10	93.69		0.00		0.00	190.67
18	H Trainor	Eryri	M	84.02	60.88		0.00	42.38	52.70		0.00		0.00	100.36	71.67	185.25
19	D Rowland	Eryri	M	87.26	55.25	68.53	63.97		0.00		0.00	105.07	63.73		0.00	182.95
1	P Beeson	Maldwyn	M40	68.32	86.54	56.47	87.86	31.27	91.34		0.00	82.44	92.75	83.43	93.20	451.70
2	M Kelly	Leighton B	M40	74.04	77.38	59.52	81.77	35.18	78.04		0.00	85.12	89.55	90.10	84.98	411.72
3	G Fletcher	Maldwyn	M40	74.27	76.75	60.26	80.65	35.12	78.38		0.00	87.08	87.05	91.28	83.32	406.14
4	D Marham	WFRA	M40	78.15	70.45	63.25	74.76	36.36	73.55		0.00	91.22	81.56	97.48	75.24	375.56
5	C Ashley	Wrexham	M40	78.40	69.76	62.32	76.51	36.51	72.68		0.00		0.00	96.11	77.30	296.25
6	N Craine	Eryri	M40	72.02	80.75		0.00		0.00	275.40	86.48	86.32	87.82		0.00	255.05
7	E Davies	u/a	M40	72.34	79.86	58.02	85.39		0.00		0.00	87.48	86.18		0.00	251.44
8	C Lancaster	Telford	M40	73.43	77.96	56.32	88.35	33.51	83.05		0.00		0.00		0.00	249.36
9	A Lewis	Eryri	M40		0.00	59.42	82.10	34.26	81.03	302.40	75.36		0.00		0.00	238.49
10	P Jenkinson	Eryri	M40	69.41	84.64		0.00	32.43	86.96		0.00	105.55	62.70		0.00	234.30
11	C Miles	Shropshire S	M40	78.26	70.15		0.00		0.00	326.43	65.46	93.36	78.66		0.00	214.27
12	D Evans	Maldwyn	M40	83.57	61.02	68.30	64.72		0.00		0.00	97.22	73.78		0.00	199.52
13	J Davis	Clywdian	M40		0.00	64.49	72.00	37.36	70.09	352.05	55.01		0.00		0.00	197.10
14	S Gilliland	Bro Dysynni	M40	63.46	94.43		0.00	31.04	92.66		0.00		0.00		0.00	187.10
15	I Hughes	Shrewsbury	M40	64.47	92.75		0.00	31.44	90.36		0.00		0.00		0.00	183.11
16	S Ellis	Tattenhall	M40		0.00	56.22	88.68		0.00	264.56	90.90		0.00		0.00	179.58
17	S Jones	Clywdian	M40		0.00	62.20	76.90		0.00		0.00		0.00	98.43	74.07	150.97
18	R Borne	Eryri	M40		0.00	65.01	71.60		0.00		0.00		0.00	95.00	78.81	150.41
1	G McAra	Cheshire	M50	70.30	83.28	56.58	87.50	34.15	81.67		0.00	84.38	90.29	89.05	86.36	429.09
2	I Rothery	Cybi	M50	84.23	60.30	66.07	69.43	37.05	71.88	370.35	47.39	95.10	76.63	101.14	70.86	396.49
3	J Bennell	Eryri	M50	78.49	69.52	62.59	75.62	35.43	76.60		0.00	93.10	79.22	104.48	66.31	367.26
4	K Rowlands	Clwydian	M50	76.36	73.19	64.44	72.16	37.26	70.67	334.31	62.24		0.00	97.15	75.94	354.20
5	M Cortvriend	Denbigh	M50	82.12	63.91	62.45	76.08	36.46	72.97		0.00		0.00	96.30	76.90	289.86
6	C Ashley	Wrexham	M50		0.00	62.32	76.51	36.51	72.68		0.00		0.00	96.11	77.30	226.49
7	I Blakemore	Eryri	M50	94.15	43.97	77.21	47.25	40.46	59.15		0.00	108.02	59.95		0.00	210.31
8	R Powell	WFRA	M50	80.00	67.56		0.00	37.14	71.36	323.44	66.68		0.00		0.00	205.60
9	M Blake	Eryri	M50	85.34	58.34		0.00	37.53	69.11		0.00		0.00	101.15	70.84	198.29
10	B Wells	NWRR	M50		0.00		0.00		0.00	308.18	73.04		0.00	92.53	81.51	154.55
11	I Edgar	Eryri	M50	73.30	78.32		0.00		0.00	306.00	73.99		0.00		0.00	152.31
12	N Hindle	u/a	M50	77.48	71.20		0.00		0.00		0.00		0.00	94.26	79.53	150.73
13	J Williams	Eryri	M50		0.00		0.00	37.25	70.72	317.30	69.25		0.00		0.00	139.98
14	R Robson	Mercia	M50	83.08	62.37	68.09	65.41		0.00		0.00		0.00		0.00	127.78
15	N Bradley	Meirionnydd	M50	91.22	48.74		0.00	43.22	50.17		0.00		0.00		0.00	98.91
1	D Williams	Eryri	M60	76.06	74.01		0.00	35.33	77.17	313.40	70.83	89.38	83.80	92.01	82.62	388.44
2	J Morris	Buckley	M60	82.32	63.36	64.17	73.05	37.33	70.26		0.00	95.46	75.85	100.53	71.31	353.84
3	E Davies	Eryri	M60		0.00	72.02	57.74	42.20	53.74		0.00	93.00	79.44		0.00	190.92
4	M Potter	Clywdian	M60		0.00	75.28	50.96		0.00		0.00	109.47	57.68		0.00	108.65
7	V Gretton	Meirionnydd	M60	106.28	23.74	92.44	16.87	51.42	21.38		0.00	145.00	12.03		0.00	74.01
1	M Ward	u/a	M70		0.00		0.00		0.00		0.00	125.22	37.48		0.00	37.48
2	P Norman	Wrexham	M70	107.37	21.84		0.00		0.00		0.00		0.00		0.00	21.84

South Wales Summer Hill Series Machen race to follow

Extended table on www.wfra.org.uk

Pos	Name	Club	Cat.	Pen Cerrig		My'dd Troed		Coity		Guto N. Bran		Waun Fach		Llanthony		Total Score
				Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	
1	E Bayliss	Mynydd Du	F	20.22	73.99	76.06	90.61	54.27	72.88	51.30	83.26	68.55	71.49			320.75
2	H Bennett	MDC	F	21.46	65.33	87.49	73.77	59.20	61.48	0.00	0.00	38.18	78.41			278.99
3	F Glen	Islwyn	F	25.16	43.68	110.35	41.04	0.00	66.27	49.38		0.00	45.12	56.51		190.60
4	H Fines	Calder Valley	F	17.25	92.25		0.00		0.00		0.00	59.43	88.64		0.00	180.89
5	D Woodbridge	Griffithstown	F	24.35	47.91		0.00		0.00		0.00	77.59	54.58	42.57	63.65	166.14
6	N Law	Mynydd Du	F		0.00		0.00	56.30	68.09		0.00	73.02	63.81		0.00	131.90
7	A Speight	UWIC	F		0.00	76.22	90.23		0.00		0.00		0.00		0.00	90.23
8	K Bailey	Merionnydd	F	18.26	85.96		0.00		0.00		0.00		0.00		0.00	85.96
9	A Roberts	Eryri	F	19.20	80.39		0.00		0.00		0.00		0.00		0.00	80.39
10	M Gillie	Clwydian	F		0.00		0.00	0.00	0.00		0.00	65.05	78.64		0.00	78.64
11	F Brown	Australia	F		0.00		0.00	0.00	0.00		0.00		0.00	42.13	65.98	65.98
12	A Carwardine	Hereford	F		0.00		0.00	0.00	0.00	63.53	55.19		0.00		0.00	55.19
13	J Davies	Griffithstown	F	23.32	54.40		0.00		0.00		0.00		0.00		0.00	54.40
14	E Hitchin	SWRR	F	23.43	53.27		0.00		0.00		0.00		0.00		0.00	53.27
15	J Suff	Hereford	F		0.00		0.00	0.00	0.00	64.48	53.12		0.00		0.00	53.12
1	S Woods	Mynydd Du	F40		0.00		0.00	60.27	58.87	59.30	65.13	74.54	60.33	39.24	74.92	259.25
2	H V D Werf	Wye Valley	F40	25.25	42.75	97.06	60.42	65.10	47.86		0.00	83.14	44.79	44.58	57.25	210.32
3	C Vorres	Griffithstown	F40	25.25	42.75	99.27	57.04	65.44	46.54	69.04	43.45	98.16	16.76		0.00	189.78
4	E Salisbury	Eryri	F40	22.30	60.80		0.00		0.00		0.00	77.44	55.05		0.00	115.84
5	J Jenkins	Fairwater	F40		0.00		0.00	0.00	0.00	66.43	48.77		0.00	47.42	48.57	97.34
6	A Cooke	Hereford	F40		0.00		0.00	0.00	0.00	56.17	72.42		0.00		0.00	72.42
7	M Jones	Islwyn	F40		0.00		0.00	0.00	0.00	59.15	65.70		0.00		0.00	65.70
8	S Rowlands	Clwydian	F40	21.52	64.71		0.00		0.00		0.00		0.00		0.00	64.71
9	W Rees	Griffithstown	F40		0.00		0.00	74.48	25.37		0.00	99.03	15.30		0.00	40.67
10	A Morgan	N/A	F40		0.00		0.00	0.00	0.00	71.38	37.63		0.00		0.00	37.63
1	S Ashton	Chepstow	F50	22.30	60.80		0.00		0.00		0.00		0.00		0.00	60.80
2	G Stott	Chepstow	F50		0.00		0.00	0.00	0.00	63.38	55.76		0.00		0.00	55.76
1	M Collins	MDC	M	15.53	101.73		0.00	41.00	04.28	41.31	05.89	51.53	103.25		0.00	415.16
2	H Matthews	Mynydd Du	M	15.38	103.28	63.06	109.30	43.16	98.99	43.20	01.78	55.46	96.01		0.00	413.34
3	M Stott (U/23)	Chepstow	M	16.35	97.40		0.00		0.00	47.11	93.05	58.16	91.00		0.00	281.00
4	S Moore	Wye valley	M	17.20	92.76		0.00	0.00	0.00	48.27	90.18	60.02	88.05		0.00	270.99
5	T Robson	Pennine	M		0.00		0.00	48.09	87.59	48.25	90.25	60.44	86.75		0.00	264.59
6	P Wooddise	MDC	M	16.16	99.36		0.00		0.00		0.00		0.00	31.52	98.84	198.20
7	P Ryder	CRB	M		0.00		0.00	44.27	96.23	43.32	01.32		0.00		0.00	197.55
8	J Creaser	Eryri	M	19.00	82.45		0.00		0.00		0.00		0.00	34.45	89.68	172.13
9	J Barnes	Hereford (J)	M	19.42	78.00		0.00	0.00	0.00		0.00		0.00	34.52	89.31	167.00
10	M Kettle	U/a	M	19.02	82.24		0.00		0.00		0.00	66.01	76.90		0.00	159.14
11	N Walsh	Griffithstown	M		0.00		0.00	56.09	68.91	56.35	71.74		0.00		0.00	140.65
12	R Roberts	Eryri	M		0.00		0.00	0.00	0.00		0.00	50.06	106.58		0.00	106.58
13	C Flower	Mynydd Du	M		0.00	65.31	05.82		0.00		0.00		0.00		0.00	105.82
14	J Dent	Australia	M		0.00		0.00	0.00	0.00		0.00		0.00	29.53	05.13	105.13
15	M Shaw	Mynydd Du	M		0.00		0.00	0.00	0.00		0.00	52.07	102.82		0.00	102.82
1	M Suff	Hereford	M40		0.00	68.53	00.98	47.49	88.37	46.51	93.80	59.03	89.89	32.12	97.78	382.45
2	D Vorres	Griffithstown	M40	18.53	83.17		0.00	47.44	88.56	48.09	90.86	58.26	91.04		0.00	353.63
3	P Williams	MDC	M40		0.00	75.34	91.38	53.22	75.41		0.00	66.43	75.59	35.27	87.46	329.83
4	K Betts	Unattached	M40	20.23	73.89	80.10	84.76	50.24	82.33	51.38	82.96		0.00		0.00	323.95
5	A Blackmore	MDC	M40	19.23	80.08	79.46	85.34		0.00	55.24	74.42	67.29	74.16	37.50	79.89	319.73
6	M Woodhead	Mynydd Du	M40	20.18	74.41	78.24	87.30	54.53	71.87	53.39	78.39		0.00		0.00	311.97
7	G Fisher	WFRA	M40	17.27	92.04		0.00	47.07	90.00	45.21	97.20		0.00		0.00	279.24
8	N Lewis	MDC	M40	18.41	84.41		0.00	51.05	80.74		0.00	63.21	81.87		0.00	247.02
9	A Stott	MDC	M40	22.02	63.68		0.00		0.00	54.27	76.58	68.34	72.14		0.00	212.40
10	A Williams	Fairwater	M40		0.00		0.00	0.00	0.00	49.33	87.68		0.00	35.30	87.30	174.99
11	R Chamberlain	Sri Chinmoy	M40		0.00		0.00	48.43	86.26	49.59	86.70		0.00		0.00	172.97
1	S Littlewood	Hereford	M50	19.43	78.02	75.49	91.02	52.25	77.63	51.44	82.74	65.23	78.08	35.42	86.67	338.49
2	J Darby	MDC	M50	23.49	52.65	93.27	65.67	59.28	61.17	59.02	66.19	103.42	6.63	42.23	65.45	258.47
3	R Boswell	u/a	M50	23.03	57.39	99.55	56.37		0.00		0.00	83.36	44.11	40.47	70.53	228.40
4	P Morris	Hereford	M50		0.00		0.00	58.08	64.28	58.18	67.85	72.51	64.15		0.00	196.28
5	C Rowberry	Hereford	M50		0.00		0.00	0.00	0.00	64.48	53.12	74.18	61.45	40.14	72.28	186.84
6	P Miles	Park Bryn Bach	M50		0.00		0.00	51.35	79.57	51.59	82.17		0.00		0.00	161.74
7	B Hardcastle	WFRA	M50	20.06	75.64	82.03	82.06		0.00		0.00		0.00		0.00	157.70
8	M Cortvriend	Denbigh	M50	20.12	75.03		0.00		0.00		0.00	66.32	75.93		0.00	150.96
9	R Powell	WFRA	M50	20.11	75.13		0.00		0.00		0.00	68.39	71.99		0.00	147.11
10	T Davies	Croft Ambrey	M50		0.00	95.32	62.67		0.00		0.00	76.47	56.82		0.00	119.49
11	C Good	Ludlow	M50		0.00	94.13	64.57		0.00		0.00	80.11	50.48		0.00	115.04
1	G Gunner	Croft Ambrey	M60	21.36	66.36		0.00	56.38	67.78	55.44	73.67	73.27	63.03	39.10	75.66	283.48
2	L Williams	Eryri	M60		0.00	91.21	68.69	61.14	57.04	60.55	61.92	79.40	51.44		0.00	239.09
3	J Sweeting	MDC	M60	23.35	54.09	95.18	63.01		0.00		0.00	92.54	26.77	42.54	63.81	207.68
4	D Williams	Eryri	M60	18.57	82.76		0.00		0.00		0.00		0.00		0.00	82.76
5	R West	MDC	M60	23.42	53.37		0.00		0.00		0.00		0.00		0.00	53.37
6	L Pugh	MDC	M60	29.30	17.49		0.00		0.00		0.00		0.00	52.34	33.12	50.61
7	D Finch	MDC	M60	25.38	41.41		0.00		0.00		0.00		0.00		0.00	41.41
1	P Norman	Wrexham	M70	24.07	50.79		0.00		0.00		0.00	84.07	43.00		0.00	94.00
2	J Battersby	MDC	M70		0.00		0.00	85.00	1.56		0.00		0.00	58.44	13.54	15.10

The current Championship Tables are included elsewhere in this Newsletter. These show results sorted by Age Category. The Open/Welsh Championship Table shows positions after four races. By the time you read this the 5th race (Brecon Beacons) may have taken place. For latest Tables visit the website www.wfra.org.uk or contact Ross Powell. The next race in the North Wales Series is Cnicht on Sunday 24th August. The final race in the South Wales Series is Machen on Monday 25th August.

The presentations for the WFRA Championships and Series will be after the Rhobell Fawr race on Saturday 8th November. This will be followed by the WFRA AGM.

Y Garn

The Y Garn race took place from Rhyd Ddu, near Beddgelert on Sunday 4th May 2008. Numbers were up threefold this year as the race was a counter in the Welsh Fell Runners Association Open / Welsh Championships and North Wales Series. Weather conditions were mild, mostly dry (during the race) and overcast. The mist came down on the summit just as the runners approached but visibility was still good enough to follow the flags. First to the top was Matt Gilbert of Wrexham Tri but he was passed on the descent by Dave Taylor of Dark Peak who went on to win a time of 28 minutes 17 seconds (also 1st over 40). Richard Roberts of Eryri was 2nd in 28.36 and Matt Gilbert of Wrexham Tri 3rd in 28.46. Other category winners : Under 18 - Tom Budesha (Eryri) 33.55, Under 23 - Rob Samuel (UCNW) 32.15, Over 50 - Graham McAra (Cheshire) 34.15, Over 60 - Don Williams (Eryri) 35.33.

The ladies race was won by Helen Fines of Calder Valley in a new record time (for this course) of 32.59. Kate Bailey of Meirionnydd was 2nd in 34.12 and Anna Bartlett of Shrewsbury was 3rd in 34.23. Other category winners : Under 23 - Rebecca Law (UCNW) 36.55, Over 40 - Libby Peter (Eryri) 37.55, Over 50 Sue Ashton (Chepstow) 43.16, Over 60 - Maggie Oliver (Eryri) 44.02. RP

Waun Fach

This year the race was included in the WFRA Open / Welsh Championships and South Wales Series. Rain before the race made conditions slippery underfoot but it was dry with sunny intervals for the race.

The race was won by Richard Roberts of Eryri in a time of 50 minutes and 6 seconds. Mathew Collins of MDC was 2nd in 51.53 and Martin Shaw of Mynydd Du 3rd in 52.07. Other category winners - Under 23 Matthew Stott (Chepstow) 58.16, Over 40 Dimitri Vorres (Griffithstown) 58.26, Over 50 Steve Littlewood (He-

Welsh Championships/Series

reford) 65.23, Over 60 Gary Gunner (Croft Ambrey) 73.27, Over 70 Pete Norman (Wrexham) 84.07.

The ladies race was won by Helen Fines of Calder Valley in 59.43. Mary Gillie of Clwydian was 2nd in 65.05 and Emma Baylis of Mynydd Du 3rd in 68.55. The over 40 category was

won by Sharon Woods of Mynydd Du in 74.54.

Welsh 1000mtrs.

The 38th year the Welsh 1000 metre Peaks Race was a big success, helped by being selected as a WFRA Open Championship event. A little cloud on the Carneddau added to the excite

Duncan's Paddy Buckley Round . . . from page 2

to wash them. They are all waiting in ambush at Aberglaslyn!

As I run in to the changeover Neil Shepherd shouts something about getting my zits out -maybe I have misheard. This scouse wit will be with me on the next leg with his constant banter guaranteed to perk me up as I fade into the evening.

I sit down and eat my own made vegetable stew and am sponged down. Some of it goes into my tea and I can taste it all the way up through the forest. At least I have a good excuse for any altitudinal induced fits, or allergic reactions to Scousers, who will be in profusion on this leg.

We are up into the forest and I confirm to Kev that we go over the footbridge where we had made our mistake in the gloom of Alan Lucker's attempt last August. I tell them to keep to the path as this is a section where it can easily go badly wrong if not recided.

We emerge from the forest into afternoon sunshine but the climate of my stomach is far from sunny. I feel that something is not right. I should be a bit slow digesting my feed from the changeover but not as weak as this. It feels like I have been disconnected from the mains and I feel nauseous. I carry on and expect it to pass. Maybe it is the sun or even the soap in my tea?

This section is always tedious as you vainly search for any sign of a trod and find nothing. All you can see is the diagonal wall stretching up Bryn Branog and just keep heading for it.

Once over the fence the climb steepens and I should be feeling better by now. I don't, and we reach the ridge top three minutes behind. Not really a disaster if this is a bad patch and we trot off down and across to Hebog I should be running well here as I did on the last section but my legs feel weak and lethargic. This is not what I should be feeling like only 8 hours in and as I trudge up Hebog I cannot imagine getting round. The lads keep feeding me and are very patient waiting for me to come back up to speed. I just plod on and we finally reach the summit. Kev says we are only two minutes over but I cannot believe it and ask him again. The wind is now strong from the east but not yet the buffeting storm surge it will become later.

At last I speed up on the descent but on the next ascent of Moel Yr Ogof we pick our way through the crags ponderously. Only on the descent do I speed up and ahead we can see a figure stood on the south summit of Moel Lefn. We contour round (the hill not the figure!) and Yiannis runs down to guide us up. At this point Neil realises that the figure on the summit is Wayne. 'How did you get him up

here? Chinook?' he shouts and we are running off following the Greek Goat. I stick with him as he flows off the mountain.

At the col we are heading up through the knee deep heather. I find it difficult to eat a new potato and hold onto the shrubbery we are clambering through until we eventually hit the wall and are up on the summit. Yiannis leads us off left but there is no trod and I see Neil and Wayne trotting along to the right so it must be much easier running. I mention to Alan that I am glad to be back on a path as we head up the fence but Yiannis is soon removing this luxury and we are hacking cross to the most nondescript summit of the round. Paddy must have been a forensic contour scientist to put this one in.

The next summit of Trum is just a long plod and I chat to Wayne who I have not seen since my BG last year. Once on the ridge it is easy running and still the wind is strong but I am not entertaining any thoughts that it might be Round threatening.

We chat with Kev about his 'character building experience' coming off Mynydd Drws y Coed in horizontal stair rods at night last August on the last leg of Alan Duncan's Round. Not a pleasant thought even now in the evening sunshine with the whole of Snowdonia stretched around us. At last we are back on grass and over to the massive cairn on Y Garn. I turn and am heading for the stile. Yiannis leads us off left but I ask if I can follow my own line to the stream and he lets me go on ahead. I hit the trod at the bottom through the sedge spot on and am soon heading down for the forest gate. Alan is going to run on ahead and sort his kit out for the night section and put in my food order for soup and bacon butties. I should be able to run a lot of this but barely manage a trot. Having listened all day I finally hear a cuckoo to our left. Neil says he has never seen one and then suddenly it's there on top of a spruce sounding off. If it has been brought out by Wayne's gravity it is soon spooked by it, as Neil shouts to him and then tells him he has scared it off.

At last I can see the change over and smell the bacon. Bliss and I sit down. I eat two bacon butties, which seem to contain the saline contents of the Dead Sea and Ally tries to get my leggings on over my shoes. Wynn lets me finish my food before we are off. On this section Alan Lucker is carrying on with Alan Duncan navigating and as a bonus Baggins is with us. I have not met him before today and expected an eleventyfirst year old nutter. He is much younger but I know from his exploits still a nutter.

As we climb Craig Wen we stick to the left side of the wall and it is much easier going. Apart from the wind

ment of an otherwise sunny day. 2008 will be remembered as the year of the dibber. Technology took off and it proved to be successful., except perhaps for the competitors who did not return them on retirement, there is a charge of £27 for a missing dibber, and the balance sheet that is now £700+ the lighter.

I am pleased to write that the orga-
continued on page 8

which now seems venomous. But we reach the top two minutes under schedule and set off along the ridge. I should be running this and although my stomach is now settled with more salt in it than a de-iced motorway I find it hard to make any headway. By now it is dusk and the wind is a much bigger problem. Whether it is because I am weakened I don't know. Even in the winter I have never had a problem here but tonight it feels like I am being battered. Alan asks which way I want to descend Yr Aran and I tell him the fence and wall. We reach the top and we descend the cliff face and not my pleasant grassy descent. Now in the gloom Baggins is ahead with the torches and I stumble, slide and swear my way down. By now Eurovision will be in full swing watched by the farmed flocks of television audiences. So there are worse places I could be!

Finally we reach the col and I am worried. The wind has cranked itself up and is constantly stopping me in my tracks. This is a wind capable of cosmetic surgery. I call ahead to Alan Lucker and sit Snowdon, weakened and battered by the wind and end up a liability. They feed me and talk me round and we carry on. There really is no option to get out here. So off we plod. Away from the cliffs on the east it is better but whenever we venture right the gale hits us. Alan Duncan has his head torch blown to the ground and we stop to fix it. On a bare rocky platform Alan Lucker pushes me ahead. This is not a viable tactic for the next eight hours. To our right the gale crashes like angry breaking surf against the cliffs. We even end up all linking arms and fighting across one section. Finally we reach the summit where a jacuzzi of a wind has blown over some of the security fencing. The top summit platform has all the qualities of a 747 wing and on the way off I have to hang onto the steps. The lads are running ahead to Crib Y Disgyl but I make my decision as the wind stops me running down hill. I jump down onto the tracks and shout ahead to Baggins. It's over. I am binning it. Elidir Fawr, the Glyders and then Tryfan in this wind are not realistic or safe. I know the wind will only strengthen into the night. Then another three hours into the teeth of it on the Carnedd makes it an easy and realistic decision. I will not get round battling against this. It will eventually weaken me enough to sweep me off the hill even with my ballast. There is a wind in Patagonia called 'La Escoba de Dios' (The Broom of God) Today the 'La Escoba de Taffy' has stopped me. But at least I have missed Eurovision and have not been mentally culled, just physically for a while! Even if the Greek Jury in Llanberis give me null points! *Duncan Elliott 12/6/08*

THE POST RUN

Yiannis Tridimas

"A postal service between Stornoway and Poolewe was started in 1756 and the postal route onwards to Inverness by way of Loch Maree, had been established by the end of the 18th century". "The post runners made their journeys in all weathers carrying their loads of up to 50lbs over rough and boggy ground through wild and lonely hills. Their route went along the east side of Loch Maree, giving them one of the most spectacular journeys in the Highlands. Their greatest achievement however, was to establish a regular route across Creag Tharbh - the Bull Rock - a line of steep crags so difficult and complicated, that very few travellers in modern times have been able to retrace their footsteps"[1]

It was some years ago when Paddy Buckley, the author of "In the Steps of Big John" gave me a copy of his article, published in the Scottish Mountaineering Club journal. I found the idea of the post run interesting and a good excuse for a little expedition to Scotland. The idea was to do the part of the post runners' journey between Poolewe and Kinlochewe, along the east shore of Loch Maree, a distance of approximately 30km and in the process find the passage through Creag Tharbh.

A short break from work at the end of May 2008 found me heading for Kinlochewe with the intention to retrace the route and then run the distance. The trip north was made even more worthwhile by throwing in a local fell race, the Slioch horseshoe.

From the car park at Incheril, near Kinlochewe, I followed the path through Letterewe and reced as far as the Bull Rock. Approaching the Bull Rock from the South, I came to Dorus a chois, a ravine with a rock wall on one side, which appeared uncrossable. I climbed high above the crags and found an old stalkers' path that misses out Creag Tharbh.

A local farmer I spoke to the next day before the Slioch fell race, who some years ago used to take ponies from Ardlair to Letterewe along the stalkers' path, knew about the post run and was adamant that the post runners followed the same path as he did.

My second reccie, the following day, started from Poolewe at the coast. I followed the path through Ardlair and took the stalkers' route as far as the top of the Bull Rock. I made no attempt to find a route through the Bull Rock as I was by now convinced that the post runners followed the stalkers' path.

As I headed back to Poolewe, I was sure in my mind that I had uncovered the post runners' route between the coast and Kinlochewe and planned to run it, fell-running style, in one attempt in both directions, the following day.

I already had three long days out and was by now feeling the strain but was determined to complete my plan.

I woke up very early and at 4:37am I set off from the bridge over the Kinlochewe river on the lane from the A832 to Incheril. It was overcast but mild. I made good progress apart from the stretch through the woods between Letterewe and the top of Creag Tharbh. I got to Poolewe at the bridge over the river Ewe in 5hrs 19min and after a stop of 5 minutes to pick up some water, I set off for the return journey. It remained overcast for most of the way apart from the last few miles when the sun broke through the thin cloud and it felt hot. This took me 5hrs 43min giving a total time of 11:07. The total cumulative ascent is around 2100m.

And so my brief holiday ended and I returned home wondering about the path through Creag Tharbh, which I never found. I read Paddy's article again and took particular note of the passage: "The stalkers avoid the steepest part of Creag Tharbh by keeping above the tree line" "Their variant leaves the original on the hillside above Funeral Point (opposite Isle Maree) and climbs to a broad sloping terrace which leads to the top of the zig-zags overlooking Rubha Chailleach (Witch's Point) and thence by overgrown but beautifully made woodland paths to Ardlair. The zig-zags and the woodland paths were constructed in the latter half of the 19th century, and thus were unknown to Big John".

It then became clear that I would have to make another trip to this delightful part of the Highlands

not to run the distance but to spend some time searching for that elusive passage through Creag Tharbh.

A chance for a second visit to the Scottish Highlands came soon. Stephen Pyke's plan to attempt a record number of munros climbed in 24 hours was a good enough excuse to spend a few more days in Scotland. This time I was determined to find the passage through the Bull Rock.

In order to maximise the time spent exploring Creag Tharbh I cycled from Poolewe to Ardlair and then walked through the fields looking for signs of old paths as I made slow progress towards the Bull Rock. After a careful search, the route of the path became obvious.

I crossed the stream that flows down Dorus a chois and started my search for a way through the rock wall. The lower slopes of the rock were extremely exposed and unsafe. Higher up the wall was very precipitous. Concentrating around the middle section I managed to find a point on the rock that could be climbed in reasonable safety.

I climbed up and standing at the top I realised that I was at the same point above the rock wall as in my first visit when I approached the rock from the south. From this position the climb is out of view but the way forward along a heathery ledge is quite obvious. After spending some time investigating possible routes to Letterewe through the dense woods, I returned to the rock and climbed down without too much difficulty, convinced that this was the only point the rock could safely be climbed up and down by a man carrying a big bag.

Historical evidence: The post runners' route through the Bull Rock is shown on an OS map published in 1881 [2], which I became aware of after I found the way through the rock. The map agrees with what I observed on the ground.

The route: The south end of the pasture land at Ardlair is enclosed by a stone wall with a couple of gates. The path could have gone through either gate. About 400m from the wall where the ground near the shore is uneven the path follows a line away from the shore. It then descends and follows a line close to the shore. Beyond Allt Rhuba Chailleach (Witch's Point) the path cannot be followed due to the deep bracken but the map clearly shows it following a line straight across to the shore on the other side of Witch's Point. It then

follows an obvious line behind the first line of trees near the shore to the first stream. At this point it ramps up at about 30o to an elevation of 30m in order to pass above steep rocks rising from the shore and then follows obvious terraces to Dorus a chois. There it crosses the stream at an elevation of around 60m where a rock slab lies across it and immediately after it turns left steeply up between the stream and the rock wall and ascends 20m to the foot of the climb.

The climb itself consists of a short pitch with reasonably good holds leading to a narrow ledge exiting to the right, followed by a ramp to the top. A pine tree marks the top of the climb. A heathery ledge between crags leads away from the Bull Rock.

The precise route from there to Funeral Point can only be a matter of speculation. The ground between the Bull Rock and Funeral Point is rough with many rocky outcrops and steep slopes. The 1881 map shows the path rising to the top of the woods before dropping down close to the shore and to Letterewe.

Note: It is best to approach the Bull Rock from Ardlair. The land near Witch's Point has been enclosed by a deer fence. This calls for a small detour along the shore, visiting Witch's Point, one of the most delightful locations in the area. *Yiannis Tridimas. July 2008*

[1] Paddy Buckley, *In the Steps of Big John*, Scottish Mountaineering Club Journal, 1981, pp 134-139.

[2] 'Scotland - Ross & Cromarty: 058', Ordnance Survey 1:10,560 - Epoch 1 (1881).

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1000mtrs. continued from page 7

nization of the race was not held responsible for the dreadful accident last year. Paul Upton will be remembered by the race in future by a fine Trophy presented by his unit. This year, the race again had an added challenge. With the Snowdon Summit building having been demolished, the powers that be have not got round to completing the rebuilding! Len Forman and his team took on the challenge of erecting a shelter on the summit. The overall winner in Class 'A' was again Colin Donnelly. He has now won the 'A' Class ten times, an amazing achievement! His name first went on the trophy 18 years ago. Also special congratulations to Maggie Oliver, L60, the first female over 60 years to complete the event - 06:47:00 was a brilliant result.

A special thanks to alister and others who have brought together a brilliant photographic gallery, now on the Gorphwysfa web site. For all involved it is quite a complex event we have put a lot of effort into bringing together the regulations rules, they should be read by competitors, it is all about having a good day and accident prevention. *Harvey Lloyd*

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Thanks . . .

to everyone who has contributed to this newsletter. Please keep your articles, coming. Also suggestions on the way forward for WFRA and newsletter in particular. *Geoff Clegg*