



WFRA Hon. Secretary's Notes: Fell Safety Requirements

I hope you are all enjoying the Summer weather – certainly down here in South Wales I don't think the hills have ever looked so beautiful.

A couple of matters which I would like to draw to your attention:-

You may already be aware of the FRA consultation on proposed revisions to the fell racing safety requirements in England, see: http://fellrunner.org.uk/pdf/committee/13/13_draft_safety.pdf. Concurrently we in the WFRA have been refreshing our safety policy and have considered the extent to which we should incorporate the FRA's proposals into our policy.

Whilst the WFRA Committee has yet to conclude its deliberations, I would encourage all WFRA members – especially Race Organisers to review the FRA's proposals carefully. Speaking from a personal perspective, I am very supportive of the move to making 'full waterproof body cover' (not windproofs) – as the minimum standard for all Category A medium/long and Category B long distance races, (with 'waterproof' meaning a garment marketed as 'waterproof' with taped seams and of breathable fabric; the waterproof jacket to include an attached hood and the trousers to reach to the ankles). Consequently, I will be recommending to the Committee that we adopt this minimum standard, alongside some other changes, from 1 January 2014.

I anticipate that the revised 2014 WFRA Safety Policy will be communicated to all WFRA members later in the year, recognising that compliance with the Safety Policy is both a condition of WFRA race insurance (for Race Organisers), and a condition of race entry (for competitors).

Following a specific incident

earlier this year, I would politely remind Race Organisers to ensure that all competitors fully complete the race entry form and, for those races designated, 'Experience Required/ ER', suitable enquiries are made of competitors to assess the competitor's level of fell running experience. Race entry should be withheld if the Race Organiser feels that the prospective competitor lacks the experience or skills to complete the course safely.

* * *

I note Ross Powell's continuing health issues after collapsing at the Moel Siabod Race and, along with many others, wish him a full and speedy recovery.

* * *

A number of long standing Committee members are, for a variety of reasons, looking to step down/ reduce their involvement with the Committee. As a consequence we have asked for volunteers, see <http://www.wfra.me.uk/index.htm>. I note that some kind (foolish?) people have heeded the call, but we would welcome some additional assistance.

* * *

As mentioned previously, money continues to be tight, and if there is any generous benefactor out there who is able to sponsor one of the WFRA Race Series, then please let me know.

* * *

I would be delighted to receive any comments or thoughts on the above points, (andrew@wfra.org.uk) or alternatively talk to me, or any other Committee member.

Andrew Blackmore

WFRA Hon. Chairman comments on the proposed

Fell Safety Requirements . . .

A couple of years ago I would not have been supportive of the idea of proper waterproofs for races in the category AL/AM/BL. However several things have happened since then which make me much more inclined to agree with your suggestion:

1. The Lake District incident from early 2012 where a runner died in very poor conditions - as you know the inquest is yet to be held and there is quite likely to be fallout from that which will affect race organisation in the UK.

2. An incident at Mynydd Troed May 2012 - John M was wearing windproofs which did not stop him getting hypothermia.

3. Since Mynydd Troed and in the light of that (I too was wearing windproofs only) I purchased a properly waterproof/breathable jacket (waterproof to a minimum of 10,000mm hydrostatic head) and ran wearing it all the way round in fairly appalling conditions at the 'long Mynd Valleys in February (only an AM!), I'm now absolutely convinced that there is a huge ad-

vantage with proper waterproofs that is potentially a life saver. (I shall now get the trousers to go with the jacket.)

Yes there will be race organisers who think this is OTT but they/us have a duty to protect runners. Once carrying waterproof kit at AL/AM/BL becomes standard practice I feel sure that the vast majority will be accepting of the rule. Of course there will be gripes from those who only compete once or twice a year and who turn up without the right gear, but these are the most vulnerable due to lack of experience or the likelihood that they'll be at the back of the field, out the longest, lost, etc.

Martin Cortvriend

WANTED

Do you have any Photographs that we could use on the cover of 2014 Race Calendar? or to use inside if required

Please email:
geoff@wfra.org.uk

WFRA CHAMPIONSHIPS AND SERIES PRESENTATIONS

will take place after

LLYN Y FAN RACE

on

SUNDAY 10th NOVEMBER

followed by the

WFRA Annual General Meeting

Items for inclusion on the agenda

should reach the Secretary

by 20th October

Preseli Beast and Beast Bach

BL/ 36.2km/1442m. 27.4.13

It was a bright but breezy day that greeted the 47 runners who faced the wrath of the inaugural 23mile Preseli Beast, who were challenged to 'Tame the Beast'. Whilst 58 runners thought they'd take on the 'easier' 10 mile option of the Beast Bach, only to find it not so easy! The Preselis themselves aren't mountainous by any standards, but the runners were amazed at just how challenging both routes were, with many commenting that it was the hardest thing they'd ever done! Maybe I should have classed the race as an AL after all, except that most of those comments came from those doing the Beast Bach! Conditions were ideal for runners new to this area and it gave them a chance to enjoy their new surroundings. I've been itching to organise a different kind of race on the Preselis for a while, as one of this distance hasn't been done here before. And although this was my first attempt at organising any race, it seemed to go down a storm and I was happy with how things turned out. Many thought

I was mad organising two races on the same day, but I don't do things by half as most of them know! I couldn't have done it though without the support from everybody else and a massive thank you goes to those helpers.

The first half of the Preseli Beast race saw the lead change several times with Sam Hawking leading the charge downhill, only to relinquish his lead on the ups to Mike Evans who'd run in London the week before in 2hr 39mins. Sam's lack of long distance training gave way to a strong finishing Stewart Bellamy, who, if the race had gone a little further, might have claimed the overall 'stained glass panel' trophy over Mike! The ladies race saw Katie Beecher, from Cardiff, take the other stained glass panel by a comfortable margin over her nearest rival Sarah Tagg who was new to this sort of thing, but was enjoying herself immensely on this tough course. The tough course meant that the wiser heads fared better as they'd paced themselves wisely with



Competitors approaching the summit of Foel Feddau

many of the earlier 'keen youngsters' dropping back down through field rapidly as the race went on. Guess we all learn this at some point or another!

The Beast Bach race was won by Robert Dyde of Pembrokeshire Harriers. Whilst the ladies category was won comfortably by Shan Roberts, Trots who was 5th overall and was running in her backyard

All the runners commented on

the many cheerful marshals who'd come out in their droves with hooters, whistles, vuvuzelas and even a cow bell sounding out over some of the hills! "Never seen the like of it before at a fell race" was one comment from a seasoned fellrunner. Other comments were, "Good fun yesterday doing the Preseli Beast. Toughest race I have done, the support from the marshals was brilliant, I've done many crazy races over

the years and this has got to be the best". Andrew, Llanelli. Preseli Beast. "I may have come 40th in the time league, but in the enjoyment standings I was definitely top ten, if not top five." Neil, Frome. Preseli Beast.

All the runners received a welcoming bowl of Cawl (welsh broth), cheese and a roll, T-shirt, slate coaster, goody bag, tea/coffee and many variations of home-made cake which took a lot of deciding over for some!!

Next years' race will hopefully not clash with so many other races, but it's already agreed that it will go ahead as.....'Return of the Beast'! The day finished with an aftermath party with hot food and live music, with many of the runners struggling to do much dancing!!

Massive thank you to Valero, Cotswold Outdoors, Carmarthen; Princes Gate water, on-line results; Fossa sports; Stephen Roberts photography; and to all the runners, marshals, villagers, and the northern crew who travelled down, to make this first event such a success.

Gary (Caz the hat) Davies



Anwen Darlington

Under warm and sunny skies and with a good turnout of 90 runners this classic race got underway at 14:00. From here on however things did not go entirely to plan as less than 10 minutes later Ali Thomas came into view running back to us at the start line. It soon became clear that we had a major incident on our hands. Ross Powell who had done such a good job all week in helping me take over the race organizing from him had collapsed less than a mile up the route and was in a

serious condition. My thanks here to Ellie Salisbury who later clarified the full sequence of events up on the track, I will keep these brief but put simply: Thanks to Mark Wright (Clwydian Range Runner and a Paramedic), Kate Worthington (Eryri Runner and a First Aider), Ellie Salisbury (Vet) and Maggie Oliver for staying with Ross for 25 Minutes until he had stabilized. Also to Dei Jones and Maldwyn Evans and another guy who stayed at the incident for 20 minutes in case they could be of help. Thanks to Ali Thomas who ran for assistance and is a DNF of the best possible kind and to Joanne Moore who wasn't racing but helped by running back to us at the start to co-ordinate the MR Vehicle and Ambulance. I am pleased to say that two days on Ross is reported as being home and in good health but facing some more tests as an outpatient, we all wish him and Sheila the very best.

Back to the race itself it was won by Felipe Jones of Aberystwyth in an excellent time of 48:12, Felipe was a Welsh National as a Junior and is of course well known to us all. The women's race was won by

Moel Siabod

Anwen Darlington from Sheffield AC, Anwen is an under 23 year old, an Orienteer and apparently has a talent for descending overtaking at least six runners on her way down from the summit. Other category winners were Martin Cliffe of Eryri (last year's winner) Male O.40, Steve Toogood Male O.50, Martin Cortvriend Male O.60 (finishing in the top half), Jayne Joy Female U.40, Helen Teasdale Female O.40, Emma Collins Female O.50 and Maggie Oliver Female O.60.

To round off a superb effort in hot conditions (here the wondrous support given to Ross just highlights what a great community Fell Running is) many runners were seen bathing in the river before enjoying a somewhat chaotic prize giving in the late afternoon sunshine.

My thanks to all the Marshalls, Team Dolly Radio Support, Ogwen MR, Paramedic, Ambulance crew for their help, fortunately instances like these are rare but when they were needed they were there and did a great job. Finally my thanks to all the runners who turned up, for their patience and words of support for what was a great day in Capel Curig.

Paul Hodges

NEW RACE

Two Hillforts Multi-Terrain
8.7mils/2071ft. ascent
18 AUGUST 1p.m.
From Kinmel Arms
Llandyrnog. Email:
joe.fitness@yahoo.com

Best 6 of 9 races to count Four races remain:

Nant y Moch, August 17th. Peris Horeseshoe, September 14th.

Breiden Hills, October 13th. Clwydian Hills, November 3rd.

WFR A North Wales Series

Sponsored by Cotswold Outdoor

| Pos | Name | Club | Cat. | Tarren H | | Llangynhafal | | Moel Hebog | | Gamelin | | Tal y Fan | | TOTAL SCORE |
|-----|--------------------|---------------|------|----------|--------|--------------|-------|------------|--------|---------|--------|-----------|--------|-------------|
| | | | | Time | Score | Time | Score | Time | Score | Time | Score | Time | Score | |
| 1 | Lauren Jeska | Aberystwyth | F | 59.26 | 94.38 | 45.00 | 86.16 | 58.19 | 86.95 | 83.52 | 84.02 | 76.13 | 99.10 | 450.61 |
| 2 | Jayne Joy | Helsby | F | 65.06 | 84.31 | | 0.00 | 67.12 | 69.73 | 90.30 | 74.84 | | 0.00 | 228.89 |
| 3 | Louise Barker | Aberystwyth | F | 66.10 | 82.41 | 50.38 | 71.91 | | 0.00 | 93.16 | 71.02 | | 0.00 | 225.34 |
| 4 | Hayley Turner | Eryri | F | | 0.00 | 58.36 | 51.76 | 76.25 | 51.87 | | 0.00 | 109.32 | 54.99 | 158.62 |
| 5 | Helen Fines | Calder V. | F | | 0.00 | | 0.00 | 55.31 | 92.38 | | 0.00 | | 0.00 | 92.38 |
| 6 | Jackie Lee | Eryri | F | | 0.00 | | 0.00 | | 0.00 | 83.20 | 84.76 | | 0.00 | 84.76 |
| 7 | Anwen Darlington | U/A | F | | 0.00 | | 0.00 | | 0.00 | | 0.00 | 88.12 | 83.24 | 83.24 |
| 8 | Katie Beecher | Les Croupiers | F | | 0.00 | | 0.00 | | 0.00 | 86.40 | 80.15 | | 0.00 | 80.15 |
| 9 | Alex Fletcher | Eryri | F | | 0.00 | | 0.00 | 84.57 | 35.33 | | 0.00 | 118.16 | 43.43 | 78.76 |
| 1 | Joanne Moore | Eryri | F40 | 71.49 | 72.37 | 53.57 | 63.52 | 70.35 | 63.18 | 99.05 | 62.97 | | 0.00 | 262.04 |
| 2 | Mel Price | Mercia | F40 | | 0.00 | 45.59 | 83.67 | | 0.00 | 90.04 | 75.44 | | 0.00 | 159.12 |
| 3 | Lisa Morley | Wrexham | F40 | | 0.00 | 54.05 | 63.18 | | 0.00 | 94.56 | 68.71 | | 0.00 | 131.90 |
| 4 | Sandra Rowlands | Clwydian | F40 | | 0.00 | 55.04 | 60.70 | | 0.00 | 98.39 | 63.57 | | 0.00 | 124.27 |
| 5 | Dawn Urquhart | Buckley | F40 | | 0.00 | 55.14 | 60.27 | | 0.00 | 101.37 | 59.47 | | 0.00 | 119.75 |
| 6 | Victoria Whitehead | Denbigh | F40 | | 0.00 | 58.16 | 52.60 | | 0.00 | | 0.00 | 107.34 | 57.60 | 110.20 |
| 7 | Janet Robertson | Helsby | F40 | | 0.00 | 57.50 | 53.70 | | 0.00 | 104.29 | 55.51 | | 0.00 | 109.20 |
| 8 | Lucy Aphramor | Mercia | F40 | 70.01 | 75.57 | | 0.00 | | 0.00 | | 0.00 | | 0.00 | 75.57 |
| 9 | Sarah Barnwell | Eryri | F40 | | 0.00 | | 0.00 | | 0.00 | | 0.00 | 94.56 | 74.32 | 74.32 |
| 10 | Maria Spurling | Mercia | F40 | 92.10 | 36.21 | 64.05 | 37.89 | | 0.00 | | 0.00 | | 0.00 | 74.09 |
| 1 | Juliet Edwards | Meirionnydd | F50 | 74.55 | 66.86 | 56.05 | 58.12 | 75.48 | 53.06 | 105.32 | 54.05 | | 0.00 | 232.10 |
| 2 | Ellie Salisbury | Eryri | F50 | 80.07 | 57.62 | 58.39 | 51.63 | 78.22 | 48.09 | 109.45 | 48.22 | | 0.00 | 205.56 |
| 3 | Sue Haworth | Mercia | F50 | | 0.00 | 55.16 | 60.19 | | 0.00 | 101.17 | 59.93 | | 0.00 | 120.12 |
| 4 | Mary Jeale | Denbigh | F50 | 90.59 | 38.31 | 69.42 | 23.68 | | 0.00 | 145.53 | 1.00 | | 0.00 | 62.99 |
| 1 | Maggie Oliver | Eryri | F60 | 02.40 | 17.55 | 65.44 | 33.71 | | 0.00 | 148.00 | 1.00 | 124.23 | 35.33 | 87.59 |
| 1 | Huw Davies (u/23) | Mercia | M | 57.19 | 98.14 | 45.12 | 85.66 | 56.37 | 90.25 | 79.04 | 90.66 | 75.17 | 100.34 | 465.04 |
| 2 | K Steinegger | Ambleside | M | 57.01 | 98.67 | 42.33 | 92.36 | 60.31 | 82.69 | 80.42 | 88.40 | | 0.00 | 362.12 |
| 3 | Jason Phillips | U/A | M | | 0.00 | 44.45 | 86.79 | 60.17 | 83.14 | 80.48 | 88.26 | 87.23 | 84.32 | 342.51 |
| 4 | Alan Jones | Meirionnydd | M | | 0.00 | 47.45 | 79.21 | 63.38 | 76.65 | 88.19 | 77.86 | 85.46 | 86.46 | 320.17 |
| 5 | Adair Broughton | Helsby | M | 64.14 | 85.85 | | 0.00 | 80.40 | 43.63 | 85.46 | 81.39 | 81.41 | 91.86 | 302.73 |
| 6 | Chris Atherton | Maldwyn | M | | 0.00 | 45.48 | 84.14 | 61.05 | 81.59 | 84.43 | 82.84 | | 0.00 | 248.57 |
| 7 | Steven Clucas | U/A | M | | 0.00 | 46.38 | 82.03 | | 0.00 | 90.44 | 74.52 | 89.03 | 82.11 | 238.66 |
| 8 | Ifan Richards | Meirionnydd | M | 57.22 | 98.05 | | 0.00 | 50.18 | 102.49 | | 0.00 | | 0.00 | 200.55 |
| 9 | Peter Ryder | Brychieniog | M | | 0.00 | 40.07 | 98.52 | | 0.00 | 71.40 | 100.89 | | 0.00 | 199.41 |
| 10 | Stuart McDonald | Eryri | M | | 0.00 | 61.55 | 43.37 | 83.11 | 38.75 | 108.04 | 50.55 | 110.41 | 53.47 | 186.14 |
| 11 | Chris B-Hughes | Helsby | M | | 0.00 | 44.52 | 86.50 | | 0.00 | 84.28 | 83.19 | | 0.00 | 169.69 |
| 12 | Jim O'Hara | Helsby | M | | 0.00 | 50.44 | 71.66 | | 0.00 | 80.22 | 88.86 | | 0.00 | 160.52 |
| 13 | Rob Armstrong | Abergele | M | | 0.00 | 48.41 | 76.84 | | 0.00 | | 0.00 | 91.14 | 79.22 | 156.06 |
| 1 | Simon Edwards | Buckley | M40 | 58.00 | 96.93 | 44.17 | 87.98 | 56.54 | 89.70 | 81.21 | 87.50 | 76.01 | 99.36 | 461.46 |
| 2 | Martin Cliffe | Eryri | M40 | 53.36 | 104.74 | 41.10 | 95.86 | 51.43 | 99.75 | 73.19 | 98.61 | | 0.00 | 398.96 |
| 3 | Jez Brown | Buckley | M40 | | 0.00 | 41.44 | 94.43 | 55.55 | 91.61 | 74.25 | 97.09 | 74.25 | 101.48 | 384.60 |
| 4 | David Marham | Leighton | M40 | 65.47 | 83.09 | 50.33 | 72.12 | 65.43 | 72.61 | 92.26 | 72.17 | 87.59 | 83.52 | 383.52 |
| 5 | Rob Grantham | Chester Tri | M40 | 56.41 | 99.27 | 43.45 | 89.32 | 57.49 | 87.92 | 73.15 | 98.70 | | 0.00 | 375.21 |
| 6 | Mark Atherton | Meirionnydd | M40 | | 0.00 | 43.28 | 90.04 | 54.18 | 94.74 | 81.42 | 87.01 | 79.41 | 94.51 | 366.31 |
| 7 | Michael Kelly | Leighton | M40 | | 0.00 | 49.59 | 73.56 | 65.25 | 73.19 | 88.26 | 77.70 | 87.09 | 84.63 | 309.07 |
| 8 | Jeremy Randell | Clwydian | M40 | 66.31 | 81.79 | 48.06 | 78.32 | 64.58 | 74.06 | 90.50 | 74.38 | | 0.00 | 308.56 |
| 9 | Steven Marham | Leighton | M40 | 68.09 | 78.89 | 52.44 | 66.60 | 71.47 | 60.85 | 96.20 | 66.78 | | 0.00 | 273.11 |
| 10 | Richard Borne | Mysteruns | M40 | | 0.00 | 54.10 | 62.97 | 73.17 | 57.94 | 93.14 | 71.06 | 95.04 | 74.15 | 266.12 |
| 11 | Arfon Hughes | Meirionnydd | M40 | 66.22 | 82.06 | 50.26 | 72.42 | 68.23 | 67.44 | | 0.00 | | 0.00 | 221.91 |
| 12 | Graham Davies | Mysteruns | M40 | | 0.00 | 50.55 | 71.19 | 68.44 | 66.76 | | 0.00 | 87.52 | 83.68 | 221.63 |
| 13 | Adair Broughton | Helsby | M40 | | 0.00 | | 0.00 | 80.40 | 43.63 | 85.46 | 81.39 | 81.41 | 91.86 | 216.88 |
| 1 | Glen Davies | Mercia | M50 | 64.51 | 84.75 | 49.06 | 75.79 | 60.35 | 82.56 | 92.20 | 72.31 | 87.01 | 84.80 | 400.21 |
| 2 | Ian Lancaster | Tattenhall | M50 | 59.43 | 93.87 | 46.04 | 83.46 | | 0.00 | 86.02 | 81.02 | 86.27 | 85.55 | 343.91 |
| 3 | Colin Lancaster | Mercia | M50 | 61.07 | 91.39 | 46.42 | 81.86 | | 0.00 | 86.25 | 80.49 | 86.37 | 85.33 | 339.07 |
| 4 | Vic Belshaw | Denbigh | M50 | 64.35 | 85.23 | 48.37 | 77.01 | | 0.00 | | 0.00 | 91.41 | 78.62 | 240.86 |
| 5 | Steve Toogood | U/A | M50 | | 0.00 | 47.29 | 79.88 | 62.13 | 79.39 | 86.10 | 80.84 | | 0.00 | 240.11 |
| 6 | David York | Tattenhall | M50 | | 0.00 | | 0.00 | 72.37 | 59.23 | 100.42 | 60.74 | 97.17 | 71.21 | 191.18 |
| 7 | Duncan Jones | Denbigh | M50 | 78.53 | 59.81 | 54.37 | 61.83 | | 0.00 | 100.15 | 61.36 | | 0.00 | 183.01 |
| 8 | Ross Powell | WFRA | M50 | 73.20 | 69.68 | 57.09 | 55.43 | | 0.00 | 107.26 | 51.43 | | 0.00 | 176.53 |
| 9 | Paul Jeggo | Springfield | M50 | | 0.00 | 44.27 | 87.55 | | 0.00 | 81.00 | 87.98 | | 0.00 | 175.54 |
| 10 | Ed Davies | Mercia | M50 | | 0.00 | 45.32 | 84.81 | | 0.00 | 88.27 | 77.68 | | 0.00 | 162.49 |
| 1 | John Morris | Buckley | M60 | 71.11 | 73.50 | 55.20 | 60.02 | 73.11 | 58.14 | 105.00 | 54.79 | 103.33 | 62.91 | 309.36 |
| 2 | Martin Cortvriend | Denbigh | M60 | 68.22 | 78.50 | 50.59 | 71.03 | | 0.00 | 98.00 | 64.47 | 92.13 | 77.92 | 291.92 |
| 3 | John Currie | Mercia | M60 | 72.00 | 72.05 | 54.01 | 63.35 | | 0.00 | 102.09 | 58.73 | 101.47 | 65.25 | 259.38 |
| 4 | Mario Foschi | Helsby | M60 | 65.44 | 83.18 | 50.51 | 71.36 | | 0.00 | | 0.00 | 93.05 | 76.77 | 231.32 |
| 5 | Alan Duncan | Bowland | M60 | | 0.00 | 47.54 | 78.83 | | 0.00 | 93.10 | 71.16 | | 0.00 | 149.98 |
| 6 | Tony Hulme | Cheshire | M60 | 71.28 | 72.99 | 55.00 | 60.87 | | 0.00 | | 0.00 | | 0.00 | 133.86 |
| 7 | Gary Gunner | Croft Ambrey | M60 | | 0.00 | 53.25 | 64.87 | | 0.00 | 103.37 | 56.70 | | 0.00 | 121.58 |
| 8 | Mike Blake | Eryri | M60 | | 0.00 | 56.27 | 57.20 | 72.54 | 58.68 | | 0.00 | | 0.00 | 115.88 |
| 1 | Emyr Davies | Eryri | M70 | | 0.00 | | 0.00 | | 0.00 | | 0.00 | 96.07 | 72.75 | 72.75 |
| 2 | Peter Roberts | Buckley | M70 | | 0.00 | | 0.00 | | 0.00 | | 0.00 | 96.23 | 72.40 | 72.40 |
| 3 | Philip Jones | Prestatyn | M70 | 83.22 | 51.85 | | 0.00 | | 0.00 | | 0.00 | | 0.00 | 51.85 |
| 4 | Michael Edwards | Wrexham | M70 | | 0.00 | 71.03 | 20.26 | 100.23 | 5.41 | | 0.00 | | 0.00 | 25.67 |

Celtman Scottish Extreme Triathlon

Saturday July 6th 2013

Yiannis Tridimas

My knowledge of triathlons had until recently been limited to watching Olympic triathlons on the television. Some months ago I was asked to support a friend of a friend in the Celtman extreme triathlon in Torriddon. This was the second running of the Celtman. Its event centre is the community hall in Torriddon village. It is quite an extreme event; it consists of a 3km swim in the cold waters of Loch Shiealdaig, a 202km cycle ride from Shiealdaig to Achnashealach via Kinlochewe, Gairloch, Poolewe, Dundonnell, the picturesque Corrieshalloch gorge, Garve and Achnasheen, and a 42km run, half of which is on mountain terrain in the Torriddon forest.

Competitors must race with a support team accompanying them in a vehicle. Support duties include transporting the athlete to the start, helping at the transitions, providing sustenance and emergency assistance during the cycle leg and accompanying the athlete in the running leg.

Eivor, the Norwegian female athlete I was to support, was a relative novice, having done one other similar event in Norway, the Norseman, on which the Celtman was based.

Registration and briefing took place on Friday and the rest of the day was spent organising food and drink and sorting out race details. It was a 2am rise on Saturday and after some early breakfast I drove Eivor to the swim/bike changeover point at Shiealdaig. At 4am the athletes were taken by bus to the start at



the west side of the loch while the supporters got the bikes and the cycling gear ready in the transition pen.

The swim started at 5am to the sounds of bagpipes. I watched the leaders complete the swim in well under an hour. Until my athlete arrived I grabbed the opportunity to observe good transition practices: wet suits were peeled off, cycling attire put on and drinks taken with the minimum waste of time. I picked up hints such as using a towel to partly cover up nudity and dousing the athlete with fresh water in order to remove salt. I put all that into practice when Eivor completed the swim. She was feeling quite cold at the end of all this and was glad to blast off up the steep road at the start of the cycle leg in order to warm up. A number of competitors had to be taken out of the water because of the cold. I collected all the wet gear from the floor and set off after the procession of cyclists, catching up with Eivor around Kinlochewe. After an initially unsuccessful attempt to hand over food, I revised and soon perfected the technique: I waited by the roadside in uphill sections where bike speed was moderate and where I could run briefly alongside the bike if necessary. Handing over food from a moving car was not allowed.

The day was dry with a strong south-westerly wind, which for the most part assisted the cyclists all the way to Garve, some 160km from the start. From Garve the road turns W-SW and from there on the athletes were cycling into a strong head wind. By the time we reached Achnasheen the weather closed in and begun to rain. The last 40km of the cycle leg were tough. At the transition point in Achnashealach I left the car to friends and helped Eivor change into running gear. We ran together along good tracks through Coulin forest and along the Torriddon road to the checkpoint at the foot of Beinn Eighe. Athletes arriving at that point within 11 hours continued the run over two Munros, Spidean Coire

nan Clach and Ruadh stac Mor and descended to the road to finish in Torriddon village. Those arriving at that checkpoint in a time of over 11 hours would run along a mountain path that climbs up Coire Dubh Mor, circles round Liathach and descends to the road via Coire Mhic Nobuil. The former were presented with a blue T-shirt, the latter with a white one. Due to the severity of the weather, the high level route was abandoned after the first 11 athletes had gone through and everyone else used the low level route. Most of the 'low level' route was rough underfoot with numerous bogs. The rain was heavy and the streams in spate. Eivor was strong and so we made good progress, overtaking many runners. We arrived at the finish in an overall time of 15:29 which placed Eivor mid-field. This placing was beyond her expectations and she was elated.

Sunday was a clear and sunny day. After presentation of results and photo sessions we took the long way home.

I found this a very interesting experience. In a truly international field the athletes were mostly unknown to me but I did spot a couple with fellrunning background and met up with some fellow Greeks; they were keen to hear about fellrunning in the UK. Like in any race, the pace was intense. Compared with fell racing, it is complex logistically and very expensive both in equipment and entry fee. I would not mind supporting again though, it is good fun!

Team Dolly

Those of you that attend fell races in North Wales will probably be aware that Team Dolly very often assist race organisers by providing radio cover. This is an invaluable service to fell racing. Pedr Williams, who was one of the people that set up Team Dolly several years ago, has recently announced his retirement from the Team.

The WFRA would like to take this opportunity to wish Pedr all the very best in his retirement. It is hoped that the remaining members of Team Dolly will be able to continue providing this service. They are however, always looking for new members, so please contact them if you can help.

WFRA North Wales Series 2013

MOEL Y GAMLIN

9.4m/2380ft ascent

Sunday 23rd June

There was a large turnout as the race was a counter in both the inov-8 / WFRA Open Welsh Championships and the WFRA North Wales Series (sponsored by Cotswold Outdoor). The runners had to contend with gale force winds and driving rain on the outward leg along the ridge. Fortunately, the rain relented on the return (although the wind remained strong).

The race was won by Lloyd Taggart of Dark Peak in a new record time of 1 hour 8 minutes and 54 seconds (also 1st over 40). Pete Ryder of Brycheiniog was 2nd in 1.11.40 and Rob Grantham of Chester Tri was 3rd in 1.13.15. Other category winners: Under 23 Huw Davies (Mercia) 1.19.04, Over 50 Paul Jeggo (Springfield) 1.21.00, Over 60 Alan Duncan (Bowland) 1.33.10.

The ladies race was won by Jackie Lee of Eryri in 1.23.20 closely followed by Lauren Jeska of Aberystwyth in 1.23.52. Katie Beecher of Les Croupiers was 3rd in 1.26.40. Other category winners: Over 40 Mel Price (Mercia) 1.30.04, Over 50 Sue Hawthorn (Mercia) 1.41.17, Over 60 Maggie Oliver (Eryri) 2.28.00.

WFRA North Wales Series 2013

MOEL HEBOG

4.2m/2460ft ascent

Saturday 8th June

There was a large turnout as this was the third race in the 2013 WFRA North Wales Series (sponsored by Cotswold Outdoor). The weather was dry and warm with sunny intervals.

The race was won by Ifan Richards of Meirionnydd in a time of 50 minutes and 18 seconds. Alex Whitem of Calder Valley was 2nd in 50.30 and Martin Cliffe of Eryri was 3rd in 51.43 (also 1st over 40). Other category winners: Under 23 William Neill (Mercia) 52.21, Over 50 Glen Davies (Mercia) 60.35, Over 60 Mike Blake (Eryri) 72.54, Over 70 Michael Edwards (Wrexham) 100.23.

The ladies race was won by Helen Fines of Calder Valley in 55.31, Lauren Jeska of Aberystwyth was 2nd in 58.19 and Jayne Joy of Helsby 3rd in 67.12. Other category winners: Over 40 Joanne Moore (Eryri) 70.35, Over 50 Juliet Edwards (Meirionnydd) 75.48.

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
Llandudno
CONWY OUTDOOR SHOP
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PETE BLAND SPORTS
Kendal
Y WARWS
Beddgelert

JOE BROWN SHOPS
Llanberis and
Capel Curig
COTSWOLD
Betws y Coed

RUN AND BECOME
Cardiff

RUNNING BEAR
Alderley Edge, Cheshire
SK9 7JT

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

South Wales Traverse New Female Record

By Gary Davies

I regularly hear great stories about the challenges that current and past members of the Mynyddwyr De Cymru (MDC) Running Club have done in the past; some of the tales are folklore in the pub after the Tuesday night training runs! The South Wales Traverse (aka Brecon Beacons Traverse) is one such challenge which was established by Derek Fisher and Andrew Lewsley in July 1983 (30 years ago) when they were considering a 24 hour challenge in the style of the Bob Graham Round.

They consulted George Bridge's book, "The Mountains of England and Wales" which classed 31 of the tops and peaks over 2000 feet (610m) within the Brecon Beacons National Park as summits. The area split naturally into sections:

Carmarthen Fan (five summits)

Fforest Fawr (six)

Brecon Beacons (eight)

Black Mountains (twelve).

The length and ascent in the challenge varies depending on route choice but we covered over 75 miles and a total ascent of 5150m.

Stories from previous attempts were legendary with tales of hypothermia, sheer exhaustion, golf ball sized hailstones and exhilaration. So I had little difficulty in persuading two other members from the club to partake in the challenge! Both Chris Jones and Katie Roby were enthusiastic and we soon fixed a date a few months in advance of the weekend of 20/21 July. Advice was sought from our friends in the club on potential routes between the summits and we started doing reces of some of the trickier sections, particularly those that involved going through old woodland rides and those that we'd do in the dark. *Route map below.*

We planned to start at 0400 on Saturday 20th July from Pen Rhiw Wen (Black Mountain) at the western end. Some of our closest friends suggested that we postpone the challenge to a later date due to the heatwave leading up and forecast for that date. However we decided to continue with the event but to start at 1900 on Friday

19th July with a run through the evening whilst it was cooler.

Derek Thornley was our Chief Supporter and would meet us at the major road crossing along the route. His task was to restock us with food supplies and water. We also had five other members from MDC who would support us on foot on each of the legs. These included Matt Stott, David Powlsland, Steve Ironside, Alan Stone and Andy Blackmore.

After a countdown from our supporters, we headed south-east towards Garreg Lwyd (#1). We headed over Foel Fraith instead of around it as advised by our club friends. Some had contoured around it in the past and regretted it. This section was unfamiliar to me but our navigation was good and we successfully found Garreg Las (#2) which had two large stone piles at the peak. I had decided to buy a bumbag for this challenge instead of my normal rucksack to enable my back to breathe and avoid the dreaded sweat in the heat. It was new to me and the two 800ml bottles kept falling out until I discovered a thin bungee cord that kept them secure.

The next section was familiar to me because it's similar to part of the Transfan route which I'd done three times previously. We ran above Llyn y Fan Fach and summited Bannau Sir Gaer (#3) then managed to find a good sheep trod/path to the summit of Fan Brycheiniog (#4). This was much drier than my three Transfan attempts and we managed to keep up a fast walking pace to the summit. The out-and-back to Fan Hir (#5) was swift however we may have wasted a little time because we weren't sure which point marked the summit so we ran to all the indistinct high points just in case.

The view of Llyn y Fan Fawr on the descent was stunning in the sunlight but the first of the many rocky stepped descents didn't allow us to get into a free flowing rhythm until we ran parallel to Nant y Llyn to the first road crossing in the River Tawe valley. The climb over the "hill with no name" was tough as ever but was faster than running around it.

Derek met us at the A4067 road



Katie, Gary and Chris on Pen y Fan summit

crossing and we relieved Matt Stott of his running support duties. The Carmarthen Fans were behind us and Dave Powlsland led us up Fan Gyhirych (#6) to start the Fforest Fawr section. This climb always seems never-ending and it was no better this time either. However the view northwards of the Cray Reservoir reflecting the light from the three-quarter moon was stunning and it seemed to numb the burning sensation in my legs. The hillside gradually got steeper as we got closer to the top and all of us used our arms and legs to crawl up. The run to Fan Nedd (#7) seemed longer than I had remembered too. We summited in the dark and donned our head torches ready for the descent down to the Maen Llia Road. We found no path or sheep trods on this descent but plenty of tussocky "babies heads" which was a potential hazard for our ankles. We took it easy and headed for Derek's car on the road who'd purposefully left on his hazard lights! Good thinking Derek.

Derek handed over some food and water and off we headed up Fan Llia (#8). I used my compass regularly on this section because I normally end up too far south on the ridgeline. I tend to go up hills perpendicular to the contours but this was not the best route on this ascent.

David never stopped talking at us whilst supporting us which was great. He kept us in good spirits even though we were a little hot and sticky in the hot night. It was 21 deg C during the night so we only had shorts and t-shirts on. I was consuming

vast quantities of water too and supplemented them with double doses of electrolytes.

After the descent from Fan Llia and Fan Dringarth, we managed to find a good dry trail beside the fenceline to just south of Fan Frynych (#9). We dropped our bags for this out-and-back and managed to find the trig point effortlessly. We returned and picked off Rhos Dringarth (#10) with ease as it was only 250m from where we'd left our bags.

The run to the foot of Fan Fawr is normally boggy however the recent dry spell made it a very quick run that evening. We managed to find a good path and started ascending using the compass this time. We had earmarked a rock outcrop as a sighting feature on our reces but we couldn't see it in the dark. I remember a lovely fresh breeze at the top of Fan Fawr (#11) but we couldn't hang around long so we headed off. (David was still full of chat here too!)

The descent off Fan Fawr was easier than normal. The grass and soil is normally slippery on the steep slopes but not this time! I sometimes slide down on my bottom on this descent as it's faster and safer when wet! We got to Storey Arms with no trouble and Chris had a cup of his Polish beetroot soup. He claimed that it was rocket fuel so we all had a sip!

The Fforest Fawr section was behind us and Steve Ironside took over from David as our running supporter to start the Brecon Beacons section. He led us effortlessly to Y Gyrn (#12) but we failed to see the stile in the fence afterwards. We ran back and forth a few times until we managed to find it further south than we'd anticipated. We all took slightly different routes from there. I traversed up the hill through tussocks whilst others contoured on sheep trods and then climbed on the main path up to Bwlch Duwynt. We picked off the next three points with relative ease as they were the most familiar to us. They were Duwynt (#13), Corn Ddu (#14) and Pen y Fan (#15).

I hadn't descended off the south-east of Pen y Fan for many years and I'd forgotten

continued on page 7



Source: www.gofar.org.uk

WFRA Open Welsh Championships

BEST FOUR FROM SIX RACES TO COUNT

Llyn y Fan (S) - November 10th

Peris Horseshoe (L) September 14th

Three races remain: Nant y Moch (L) - August 17th

| Pos | Name | Club | Cat | Torpantau | | Llangynhafal | | Gamelin | | Total Score |
|-----|-------------------|---------------|-----|-----------|--------|--------------|--------|---------|--------|----------------|
| | | | | Time | Score | Time | Score | Time | Score | |
| 1 | Louise Barker | Aberystwyth | F | 86.59 | 72.56 | 50.38 | 71.91 | 93.16 | 71.02 | 215.49 |
| 2 | Lauren Jeska | Aberystwyth | F | | 0.00 | 45.00 | 86.16 | 83.52 | 84.02 | 170.18 |
| 3 | Katie Beecher | Les Croupiers | F | 87.04 | 72.44 | | 0.00 | 86.40 | 80.15 | 152.58 |
| 4 | Jackie Lee | Eryri | F | | 0.00 | | 0.00 | 83.20 | 84.76 | 84.76 |
| 5 | Liza Barry | CLC | F | | 0.00 | 48.15 | 77.94 | | 0.00 | 77.94 |
| 6 | Mary Gillie | Denbigh | F | | 0.00 | 49.16 | 75.37 | | 0.00 | 75.37 |
| 7 | Jayne Joy | Helsby | F | | 0.00 | | 0.00 | 90.30 | 74.84 | 74.84 |
| 8 | Clare Page | u/a | F | | 0.00 | | 0.00 | 100.10 | 61.48 | 61.48 |
| 9 | Hayley Turner | Eryri | F | | 0.00 | 58.36 | 51.76 | | 0.00 | 51.76 |
| 1 | Sandra Rowlands | Clwydian | F40 | 87.59 | 71.09 | 55.04 | 60.70 | 98.39 | 63.57 | 195.36 |
| 2 | Mel Price | Mercia | F40 | | 0.00 | 45.59 | 83.67 | 90.04 | 75.44 | 159.12 |
| 3 | Lisa Morley | Wrexham | F40 | | 0.00 | 54.05 | 63.18 | 94.56 | 68.71 | 131.90 |
| 4 | Joanne Moore | Eryri | F40 | | 0.00 | 53.57 | 63.52 | 99.05 | 62.97 | 126.50 |
| 5 | Dawn Urquhart | Buckley | F40 | | 0.00 | 55.14 | 60.27 | 101.37 | 59.47 | 119.75 |
| 6 | Celia Mills | Mercia | F40 | 95.05 | 60.69 | | 0.00 | 108.28 | 50.00 | 110.69 |
| 7 | Janet Robertson | Helsby | F40 | | 0.00 | 57.50 | 53.70 | 104.29 | 55.51 | 109.20 |
| 8 | Maria Spurling | Mercia | F40 | 111.19 | 36.91 | 64.05 | 37.89 | | 0.00 | 74.79 |
| 9 | Sasha Habgood | Mynydd Du | F40 | 94.14 | 61.94 | | 0.00 | | 0.00 | 61.94 |
| 10 | Ali Thomas | Eryri | F40 | | 0.00 | 55.05 | 60.65 | | 0.00 | 60.65 |
| 1 | Susan Howarth | Mercia | F50 | 88.30 | 70.34 | 55.16 | 60.19 | 101.17 | 59.93 | 190.46 |
| 2 | Ellie Salisbury | Eryri | F50 | 93.57 | 62.35 | 58.39 | 51.63 | 109.45 | 48.22 | 162.21 |
| 3 | Juliet Edwards | Meirionnydd | F50 | | 0.00 | 56.05 | 58.12 | 105.32 | 54.05 | 112.18 |
| 4 | Sharon Woods | Mynydd Du | F50 | 88.46 | 69.95 | | 0.00 | | 0.00 | 69.95 |
| 5 | Kim Braznell | Mercia | F50 | | 0.00 | | 0.00 | 104.48 | 55.07 | 55.07 |
| 6 | Rachel Arnold | Helsby | F50 | | 0.00 | 60.55 | 45.90 | | 0.00 | 45.90 |
| 1 | Maggie Oliver | Eryri | F60 | 113.16 | 34.05 | 65.44 | 33.71 | 148.00 | 1.00 | 68.76 |
| 1 | Peter Ryder | Brynchieniog | M | 64.09 | 106.01 | 40.07 | 98.52 | 71.40 | 100.89 | 305.42 |
| 2 | Karl Steinegger | Ambleside | M | 94.39 | 61.33 | 42.33 | 92.36 | 80.42 | 88.40 | 242.08 |
| 3 | Tim Davies | Mercia | M | 64.08 | 106.04 | 37.32 | 105.05 | | 0.00 | 211.09 |
| 4 | Huw Davies (u/23) | Mercia | M | | 0.00 | 45.12 | 85.66 | 79.04 | 90.66 | 176.31 |
| 5 | Jason Phillips | U/A | M | | 0.00 | 44.45 | 86.79 | 80.48 | 88.26 | 175.05 |
| 6 | Chris B. Hughes | Helsby | M | | 0.00 | 44.52 | 86.50 | 84.28 | 83.19 | 169.69 |
| 7 | Chris Atherton | Maldwyn | M | | 0.00 | 45.48 | 84.14 | 84.43 | 82.84 | 166.98 |
| 8 | Jim O'Hara | Helsby | M | | 0.00 | 50.44 | 71.66 | 80.22 | 88.86 | 160.52 |
| 9 | Alan Jones | Meirionnydd | M | | 0.00 | 47.45 | 79.21 | 88.19 | 77.86 | 157.07 |
| 10 | Paul Bowes | Shropshire S | M | | 0.00 | 48.38 | 76.97 | 89.58 | 75.58 | 152.55 |
| 11 | Ian Ellis | u/a | M | 87.25 | 71.92 | 51.38 | 69.38 | | 0.00 | 141.31 |
| 12 | Paul Donoghue | Buckley | M | | 0.00 | 55.44 | 59.01 | 100.34 | 60.92 | 119.93 |
| 13 | Huw Aggleton | MDC | M | 64.08 | 106.04 | | 0.00 | | 0.00 | 106.04 |
| 14 | Stuart McDonald | Eryri | M | | 0.00 | 61.55 | 43.37 | 108.04 | 50.55 | 93.92 |
| 1 | Martin Cliffe | Eryri | M40 | 66.52 | 102.03 | 41.10 | 95.86 | 73.19 | 98.61 | 296.50 |
| 2 | Jeremy Randell | Clwydian | M40 | 83.56 | 77.03 | 48.06 | 78.32 | 90.50 | 74.38 | 229.73 |
| 3 | John Hunt | Dark Peak | M40 | | 0.00 | 41.09 | 95.90 | 74.56 | 96.37 | 192.27 |
| 4 | Jez Brown | Buckley | M40 | | 0.00 | 41.44 | 94.43 | 74.25 | 97.09 | 191.51 |
| 5 | Rob Grantham | Chester Tri | M40 | | 0.00 | 43.45 | 89.32 | 73.15 | 98.70 | 188.02 |
| 6 | Mark Atherton | Meirionnydd | M40 | | 0.00 | 43.28 | 90.04 | 81.42 | 87.01 | 177.06 |
| 7 | Simon Edwards | Buckley | M40 | | 0.00 | 44.17 | 87.98 | 81.21 | 87.50 | 175.47 |
| 8 | Simon Roberts | Buckley | M40 | | 0.00 | 45.17 | 85.45 | 80.24 | 88.81 | 174.26 |
| 9 | Virgil Barton | Mercia | M40 | | 0.00 | 47.48 | 79.08 | 86.04 | 80.98 | 160.05 |
| 10 | Michael Kelly | Leighton | M40 | | 0.00 | 49.59 | 73.56 | 88.26 | 77.70 | 151.26 |
| 11 | David Marham | Leighton | M40 | | 0.00 | 50.33 | 72.12 | 92.26 | 72.17 | 144.29 |
| 12 | Rob Martin | Maldwyn | M40 | 85.36 | 74.58 | 51.54 | 68.71 | | 0.00 | 143.29 |
| 13 | Richard Borne | Mysteruns | M40 | | 0.00 | 54.10 | 62.97 | 93.14 | 71.06 | 134.04 |
| 14 | Steven Marham | Leighton | M40 | | 0.00 | 52.44 | 66.60 | 96.20 | 66.78 | 133.38 |
| 15 | Paul Jones | Mercia | M40 | 114.40 | 32.00 | 40.41 | 97.08 | | 0.00 | 129.08 |
| 1 | Kean Rowlands | Clwydian | M50 | 83.08 | 78.20 | 51.57 | 68.58 | 93.07 | 71.23 | 218.01 |
| 2 | Ross Powell | Mercia | M50 | 88.00 | 71.07 | 57.09 | 55.43 | 107.26 | 51.43 | 177.92 |
| 3 | Paul Jeggo | Springfield | M50 | | 0.00 | 44.27 | 87.55 | 81.00 | 87.98 | 175.54 |
| 4 | Ian Lancaster | Tattenhall | M50 | | 0.00 | 46.04 | 83.46 | 86.02 | 81.02 | 164.49 |
| 5 | Ed Davies | Mercia | M50 | | 0.00 | 45.32 | 84.81 | 88.27 | 77.68 | 162.49 |
| 6 | Colin Lancaster | Tattenhall | M50 | | 0.00 | 46.42 | 81.86 | 86.25 | 80.49 | 162.35 |
| 7 | Steve Toogood | U/A | M50 | | 0.00 | 47.29 | 79.88 | 86.10 | 80.84 | 160.72 |
| 8 | Glen Davies | Mercia | M50 | | 0.00 | 49.06 | 75.79 | 92.20 | 72.31 | 148.10 |
| 9 | Glyn Fletcher | Maldwyn | M50 | 86.03 | 73.93 | 49.46 | 74.10 | | 0.00 | 148.03 |
| 10 | Duncan Jones | Denbigh | M50 | | 0.00 | 54.37 | 61.83 | 100.15 | 61.36 | 123.20 |
| 1 | Martin Cortvriend | Denbigh | M60 | 84.10 | 76.68 | 50.59 | 71.03 | 98.00 | 64.47 | 212.18 |
| 2 | John Currie | Mercia | M60 | 86.13 | 73.68 | 54.01 | 63.35 | 102.09 | 58.73 | 195.77 |
| 3 | John Morris | Buckley | M60 | 92.55 | 63.87 | 55.20 | 60.02 | 105.00 | 54.79 | 178.68 |
| 4 | Alan Duncan | Bowland | M60 | | 0.00 | 47.54 | 78.83 | 93.10 | 71.16 | 149.98 |
| 5 | Graham Spencer | Mercia | M60 | 87.21 | 72.02 | 56.38 | 56.73 | | 0.00 | 128.75 |
| 6 | Gary Gunner | Croft Ambrey | M60 | | 0.00 | 53.25 | 64.87 | 103.37 | 56.70 | 121.58 |
| 7 | Rod Sutcliffe | Calder Valley | M60 | | 0.00 | 54.34 | 61.96 | 106.08 | 53.22 | 115.19 |
| 8 | Mario Foschi | Helsby | M60 | | 0.00 | 50.51 | 71.36 | | 0.00 | 71.36 |
| 9 | Alan French | Wrexham | M60 | | 0.00 | | 0.00 | 95.42 | 67.65 | 67.65 |
| 10 | Les Williams | Eryri | M60 | 93.20 | 63.25 | | 0.00 | | 0.00 | 63.25 |
| 1 | Rob West | MDC | M70 | 114.40 | 32.00 | | 0.00 | | 0.00 | 32.00 |
| 2 | Michael Edwards | Wrexham | M70 | | 0.00 | 71.03 | 20.26 | | 0.00 | 20.26 |

South Wales Traverse

continued from page 5

how hard it was to run due to the steps. We were glad to get to the saddle and then walk up to Cribyn (#16) followed by an easier descent down to the Gap. Surprisingly, Fan y Big is not included in the SWT and I was glad to miss it out and traverse diagonally up to the path which follows the ridge-line.

We were still in darkness and summited Waun Rydd (#17) at 0308. We weren't entirely sure which of the rolling tops was the highest summit so we ran over both of them to make sure. Our GPS log later confirmed that we'd summited the right one! I thoroughly enjoyed the run to Allt Lwyd (#18) where we had to take a bearing to find the right track through the woodland approximately 800m away in the dark. The hillside ferns were far more dense than our recesses and it was very slow going. Our progress was hindered further when we got to the woodland where the indistinct path was even less distinct and now full of nettles and brambles! Ow ow ow.

We met Derek at Abercynafon at 0352 who reported that we were doing well and soon dispatched us for the next summit which was 5.8km away and included a climb of 445m. We'd reconnoitred this several times and were very pleased with ourselves when we managed to manoeuvre through the quarry, summit Chwarel y Fan (#19) and get back out and down to Pyrgad with no dramas. Chwarel y Fan marked the half-way point in the race and we covered it in just over 10 hours.

The sun blessed us with its presence and we started worrying that the day would get unbearably hot like in previous weeks; but we were lucky as the clouds kept the sun at bay.

Each of us had sleepy moments during the night but continued to move well. My favourite memory was of Katie slapping herself in the face to stay awake!

Derek had made us some hot food by the time we'd met him at Pyrgad. We sat down in his deck chairs and changed to road running shoes for the next section which was a 10km long road section. We tried to stay positive about the hard road section by re-

minding ourselves that our speed would increase and that the miles would pass faster. But being fell/mountain runners, we really disliked this section.

The running supporter duties were taken up by Alan Stone from the north side of the Glanusk Estate and he started us on the Black Mountains leg.

The ascent of Pen Cerrig Calch (#20) was the largest of the 31 summits and included over 500m ascent. The bracken and fern at its foot were far denser than on our recesses and again slowed our progress. Katie and I being "gravitationally challenged" couldn't be seen in the high undergrowth but Chris "the long legged one" Jones was visible throughout.

I had printed off paper copies of the SWT route on 11 pages of A4 paper at 1:25,000 scale. For a morale boost I announced to the others that I'd just flicked onto page eight when we summited Pen Cerrig Calch. We soon picked off Pen Allt-mawr (#21), Mynydd Llysiau (#22), Waun Fach (#23) and Pen y Gadair Fawr (#24) but took the wrong path off the summit. Alan recognised that we were descending too far and corrected our route before it was too late. He also took a better route than our recesses to the summit of Pen Twyn Mawr (#25).

We'd recce'd the descent down into the Grwyne Valley several times. Maps from attempts made over a decade ago showed a wide ride/break through the forest but this no longer existed on the ground nor recent OS maps. However our club mates had informed us that a line did exist and we had managed to find it after a few unsuccessful recesses. The gravel track crossings were far more overgrown however due to the recent heatwave. We lost several minutes due to this but gained several scratches to our legs!

Derek supplied us with sustenance in the Grwyne Valley car park and Andy Blackmore took over the supporter duties to the finish. Poor Andy was lugging a large pack full of water for us on this leg in case the sun should decide to break out from behind the clouds and increase our thirst. We left the car park at 1116 and scrambled up through the woods. We hit the open moorland and seemed to summit Chwarel y Fan (#26) faster than on our recesses because we were able to see the paths and sheep trods on the clear day. By this time, the majority of the ascent seemed behind us and we only had a simple trot to the finish along ridge-lines. Oh boy was I wrong! I looked at my watch which showed that it was 1313 and 18hrs 13mins had passed since we started.



Llanthony Priory

We ran over Twyn Talycefn and summited Rhos Dirion (#27) then headed north-east to Twmpa (#28) which is more affectionately known as Lord Hereford's Knob to the English! We soon met Derek again at Gospel Pass where we grabbed a re-supply of food and water. I looked at my watch which showed that 1313 and 18hrs 13mins had passed since we started. I quickly did some maths in my head and realised that we could potentially complete the challenge in less than 20 hours if we could increase our pace in the subsequent 12km to the finish.

Chris had very sore feet by this point (we later saw very large blisters on his toes) but managed to keep moving quickly after a quick shoe change. He soon caught Katie and I before Hay Bluff (#29) where we changed direction and headed south-east along Offa's Dyke to Black Mountain (#30). We kept moving at a good pace and passed the final summit Pen y Garn Fawr (#31) at 1426 and only had 4km to the finish. However our knees and quads were incapable of running down the steep rocky ascent at speed and I kept glancing at my watch to see if we'd make it to Llanthony Priory in less than 20 hours.

We touched the outside wall of the Llanthony Priory and completed the South Wales Traverse in a time of 19hrs 53m 29s. It was a far cry from the 14hr 42m record set by Mike Hartell in 1993 (reference www.gofar.org.uk) however Katie reduced the female record set by Debbie Cooper in 1990 (reference www.gofar.org.uk) by 2hrs 40m. An excellent run.

All three runners would like to thank friends, family and like-minded individuals who supported them in their first and successful SWT attempt.

Gary Davies, MDC

Thanks . . .

Ross and Sheila would like to pass on their sincere thanks to everyone who helped attend to Ross after his collapse at Moel Siabod, and for the many kind messages of support received during the last few weeks.

Ross has spent several weeks in hospital and has had one operation. He is now at home and will have another operation in a few weeks time.

Ross has been told that he will not be able to race again but should be able to mountain walk and jog in due course.

Tal Y Fan

8m/2580ft ascent
Saturday 13th July

There was a large turnout as the race was a counter in the 2013 WFRA North Wales Series (sponsored by Cotswold Outdoor). The weather was warm, dry and sunny.

The race was won by Jez Brown of Buckley in a time of 1 hour 14 minutes and 25 seconds (also 1st over 40). Huw Davies of Mercia was 2nd in 1.15.17 (also 1st U/23) and Chris Near of Eryri was 3rd in 1.15.45. Other category winners: Over 50 Ian Lancaster (Tattenhall) 1.26.27, Over 60 Martin Cortvriend (Denbigh) 1.32.13, Over 70 Emyr Davies (Eryri) 1.36.07.

The ladies race was won by Lauren Jeska of Aberystwyth in a new record time of 1.16.13. Anwen Darlington (U/A) was 2nd in 1.28.12 (also 1st U/23) and Sarah Barnwell of Eryri was 3rd in 1.34.56 (also 1st O/40). Other category winners: Over 50 Pat Peers (Pensby) 1.44.32, Over 60 Maggie Oliver (Eryri) 2.04.23.

Llanthony Show Hill Race

3.5miles 1100ft ascent

A record turn-out of 57 runners enjoyed a cool showery start between rounds of the gymkhana in the show's arena. There were wet spots at points on the course following heavy overnight electrical storms, but otherwise the going was firm and fast.

The event had been nominated by Chepstow Harriers as its club championship and members and families travelled up to the Vale of Ewyas in numbers. Their runners made up over a third of the field and duly provided the winners Paul Murrin and Samantha Harris, as well as two of the age category winners Teresa Tranter and Niki Morgan.

At the sharp end Paul had an initial

tussle with Jon Barnes but gradually drew away on the long climb to the Offa's Dyke ridge and the English border, finishing just 15 seconds outside the record. Sam Harris beat hubby Steve to the ridge and completed a rare outing on the fells with a time just 17 seconds short of the record. Less than a minute behind, two other Chepstowites tussled for second: Judith Austerberry, also not a regular on the hills, finally prevailing over fell specialist Niki Morgan.

Stuart Moore, Pete Gardner, Dai Smout and Sharon Woods completed the age group winners' roster, while C J Jones and Aderyn Carter took the Junior race honours.

Dick Finch

CANCELLED RACES

RAS Y BERWYN

1st September

MOEL WNION

7th September

GARN

23rd August

Dick Finch reports on South Wales Races

Sugarloaf - 13 April

Drizzle, poor visibility and a snow-melt surface made this year's Sugarloaf a more 'interesting' contest. Keeping your feet was a major challenge in places as was staying on route for more than a few.

Young Tom Burden and the more experienced Martin Shaw took up the early running, with Martin edging away along the Deri ridge run hoping to build a big enough lead to keep off the expected threat from last year's winner Mark Palmer. Martin reported:

"I reached the summit about 15 seconds clear but knew what was going to happen soon after - Mark came flying past on the treacherous early part of the descent with a 'Hiya Martin, long-time-no-see, are you keeping well?' "

Martin put Mark under pressure on the lower slopes and the run-in through the Abergavenny lanes but Mark had paced it well enough to keep a six second cushion at the finish. Rich Johnson had a solid run to take third, while Tom Burden went a bit off-course among the criss-cross paths on the grassy part of the descent.

The women's race was also a cracker with the first three well up

in the finishing order. Liza Barry finally got back ahead of Helen Marshall and Sharon Leech with less than a minute between them. Helen described her descending experience:

"Once up on the top it was a hop, skip and a slip down the hillside. The snow had all gone leaving a very muddy path. I went with my guts, and kept running following the path I was on, roughly heading in the same direction from the summit. Upon entering the woods it became apparent that I was being chased down by a runner...Liza Barry came charging past having got lost on the descent from the summit."

Naomi Law, Caroline Dallimore, Jonathon Gledson, Steve Davies and Steve Littlewood took the age category honours.

The race incorporated the East Wales Championships whose gold medallists were Martin Shaw, Rich Johnson, Steve Davies, Dai Smout, Samantha Toop and Naomi Law.

Thanks to Emma Bayliss and team for a fine race and to the sponsors, Abergavenny's Tudor Brewery, for the bottle of ale handed to each runner as they crossed the finish line!

Steam Bunny Stomp 11 May

The weatherman was right about the short sharp showers and gusting winds, but none of the promised sunny intervals were experienced by the 46 starters. It was also pretty wet underfoot after recent rain, but both the records set last year were well beaten by the Chepstow winners.

Matt Stott led all the way, but Niki Morgan had quite a tussle with Les Croupiers' Katie Beecher before drawing away on the halfway climb 'up the gully'.

M40 Richard Johnson of Mynydd Du and Cardiff Ajax's Krzystof Chrosieh followed Matt, while another Chepstonian Lou Summers was third woman.

Mr and Mrs Woods (Ade & Sharon) took the age 50 trophies while other category winners were Steve Littlewood, Rob West and Jane Bayliss.

Pen y Fan Horseshoe 13 July

48 entrants found their way to Race HQ by the Neuadd Dam in time (4 more finally arrived rather later) for the start of this inaugural 7 miler taking in the traditional Brecon Beacons peaks.

The July heatwave had abated for the day and it was comparatively cool with light rain towards the end.

Young Jon Barnes was so keen to get to the finish that he missed out the first summit Fan y Big, freeing Mark Palmer to cruise round in 64 minutes, six minutes ahead of Dave Williams and Rich Johnson.

First woman Niki Morgan finished in 79.25, three minutes ahead of Helen Marshall, with first F50 Alice Bedwell a further five minutes back.

Other age winners were Crispin Flower, Dimitri Vorres and Chas Ryder.

First three in the competition for the fastest descent from Corn Du were Mark Palmer, Crispin Flower and Dave Williams.

A successful first running but organiser Andy Creber is mulling over whether the event may be modified in future years.

CRIBYN RACE 27 April

A fresh clear day on the Brecon Beacons, a bottle of Cribyn beer for every runner courtesy of the Breconshire Brewery, and two course records added up to a successful event. Organiser Helen Fines, who found time to compete and break her own record from four years back, regretted afterwards that she would have to hand over ownership of this rugged 5.5 miles/3,100 feet race due to the difficulties of managing it at long range from her Yorkshire home.

The men's race developed into a two-hander with Simon Barnby finally getting away from Matt Stott on the tricky descent from Pen y Fan, with young Jon Barnes a couple of minutes behind. Simon said later that it was his first attempt at the event and wasn't aware that he'd edged inside Colin Donnelly's time set in 1999.

Fourth-placer Martin Shaw was the M40 winner, while Kevin Hagley, Steve Littlewood and Rob West took the other age group prizes.

An impressive sixth overall, Organiser Helen was followed in the women's race by Niki Morgan and Vanessa Lawson, with Sharon Woods again claiming the F50 bottle of wine.

Thanks to Kay and Martin Lucas for marshalling the peaks of Cribyn and Pen y Fan, to Gill Stott and Andy Creber for guiding on the lower slopes, and to John Chidlow and Sue Ashton on start and finish duties.

Cwmdu Race 25 May

On the first warm sunny day for a long time, the two leading South Wales mountain running teams - Mynyddwyr de Cymru and Mynydd Du - vied for the top places in the first running of this transformation of the old Mynydd Troed race.

MDC's Hugh Aggleton and Matt Stott, and MD's Mark Palmer set the pace and eventually built an eight-minute lead by the finish. Though Hugh stayed out in front from two thirds up the first climb, second place wasn't settled until Matt pulled away on the tricky final descent to the finishing 400 metres of lane.

Aberystwyth's Lauren Jeska made a rare journey South to take control of the women's contest but Chepstow's Niki Morgan kept the gap to a minute and a half at the end. Sian Roberts from TROTS was a further minute and a half back in third.

Age group winners were Mark Palmer, Niki Morgan, Ade Woods, Sharon Woods, Gary Gunner and Rob West.

NANT Y MOCH Saturday 17th August 2013. **START 13.00hrs.**
Category AL 20.8km/1190m 13 miles/3900ft. ER/LK/NS/PM



This race is over difficult terrain much of which is trackless, in poor visibility this can be a very challenging course.

Most competitors should expect to be out on the hill for 2 hours 45 minutes or more. There are sources of water en route but you should carry some food.

Kit check will be carried out:

NO KIT, NO RUN!!

Venue Nant y Moch Dam, north of Ponterwyd, most easily accessed from the A44 Llangurig - Aberystwyth road. If approaching from the north via Machynlleth take the mountain road from the A487 at Tal-y-bont.

A more precise route with tips is available as a Google Earth file. Clicking on the info symbols will give some route finding tips.

If you do not have Google Earth on your computer the software is available for free here: www.google.co.uk/intl/en_uk/earth/index.html

WFRA South Wales Series

Best four from eight races to count
Two races remain: Nant y Moch - 17 August
Four Fans - 1st September

| Pos | Name | Club | Cat. | Tour of Torpantau | | Llanbedr Blaenavon | | Steam Bunny | | Cwm Du | | Guto Nyth Bran | | Waun Fach | | Total Score |
|-----|--------------------|---------------|------|-------------------|--------|--------------------|--------|-------------|--------|--------|--------|----------------|--------|-----------|--------|-------------|
| | | | | Time | Score | Time | Score | Time | Score | Time | Score | Time | Score | Time | Score | |
| 1 | Louise Barker | Aberystwyth | SF | 86.59 | 72.56 | 173.49 | 79.53 | | 0.00 | 98.39 | 78.05 | | 0.00 | | | 230.14 |
| 2 | Katie Beecher | Les Croupiers | SF | 87.04 | 72.44 | | 0.00 | 71.38 | 85.50 | 0.00 | 0.00 | | 0.00 | | | 157.93 |
| 3 | Helen Marshall | Swansea | SF | | | | | | | 100.45 | 75.45 | | 0.00 | 63.15 | 81.99 | 157.44 |
| 4 | Emma Bayliss | Mynydd Du | SF | | | 185.50 | 71.21 | | 0.00 | 102.07 | 73.76 | | 0.00 | | 0.00 | 144.97 |
| 5 | Lauren Jeska | Aberystwyth | SF | | | | | | | 93.04 | 84.95 | | 0.00 | | 0.00 | 84.95 |
| 1 | Lou Summers | Chepstow H. | F40 | | | 178.16 | 76.45 | 74.28 | 80.97 | 120.53 | 50.56 | | | | 0.00 | 207.98 |
| 2 | Niki Morgan | Chepstow H. | F40 | | | | 0.00 | 71.24 | 85.87 | 94.40 | 82.97 | | 0.00 | | 0.00 | 168.84 |
| 3 | Nichola Gething | Mynydd Du | F40 | | | | | | | 100.49 | 75.37 | 52.26 | 82.32 | | 0.00 | 157.69 |
| 4 | Naomi Law | Mynydd Du | F40 | | | | | | | 115.45 | 56.91 | | 0.00 | 71.20 | 66.91 | 123.82 |
| 5 | Sasha Habgood | Mynydd Du | F40 | 94.14 | 61.94 | 200.38 | 60.95 | | 0.00 | 0.00 | 0.00 | | 0.00 | | 0.00 | 122.88 |
| 6 | Jan Richards | Mynydd Du | F40 | | | | | | | 134.14 | 34.06 | 68.05 | 47.20 | | 0.00 | 81.26 |
| 7 | Sian Roberts | TROT | F40 | | | | | | | 96.08 | 81.16 | | 0.00 | | 0.00 | 81.16 |
| 8 | Vanessa Lawson | Chepstow H. | F40 | | | | | | | | | | | 65.34 | 77.67 | 77.67 |
| 9 | Sandra Rowlands | Clwydian | F40 | 87.59 | 71.09 | | 0.00 | | 0.00 | | 0.00 | | 0.00 | | 0.00 | 71.09 |
| 10 | Karen Elvers | Chepstow H. | F40 | | | | | | | 141.30 | 25.08 | | 0.00 | 84.03 | 43.18 | 68.26 |
| 1 | Sharon Woods | Mynydd Du | F50 | 88.46 | 69.95 | 196.59 | 63.48 | 79.24 | 73.08 | 112.23 | 61.07 | | 0.00 | | 0.00 | 267.58 |
| 2 | Ellie Salisbury | Eryri | F50 | 93.57 | 62.35 | | 0.00 | | 0.00 | | 0.00 | | 0.00 | 76.03 | 58.11 | 120.46 |
| 3 | Susan Howarth | Mercia | F50 | 88.30 | 70.34 | | 0.00 | | 0.00 | | 0.00 | | 0.00 | | 0.00 | 70.34 |
| 4 | Alice Bedwell | MDC | F50 | | | | | | | | | | | 69.40 | 70.02 | 70.02 |
| 5 | Gill Stott | MDC | F50 | | | | | | | | | 70.36 | 41.55 | | 0.00 | 41.55 |
| 6 | Christine Vorres | Mynydd Du | F50 | | | | | | | | | 77.15 | 26.63 | | 0.00 | 26.63 |
| 1 | Maggie Oliver | Eryri | F60 | 113.16 | 34.05 | | 0.00 | | 0.00 | | 0.00 | | 0.00 | | 0.00 | 34.05 |
| 2 | Jane Bayliss | Chepstow H. | F60 | | | | 0.00 | 109.53 | 24.36 | | 0.00 | | 0.00 | | 0.00 | 24.36 |
| 1 | Matt Stott | MDC | SM | | | 151.38 | 94.91 | 57.01 | 108.86 | 77.42 | 103.95 | 42.59 | 103.53 | | 0.00 | 411.25 |
| 2 | Alex Lewis | Neath | SM | 104.17 | 47.21 | 184.47 | 71.93 | 66.25 | 93.84 | 92.52 | 85.20 | 49.52 | 88.08 | 61.12 | 85.81 | 352.93 |
| 3 | Hugh Aggleton | MDC | SM | 64.08 | 106.04 | 135.18 | 106.23 | | 0.00 | 77.16 | 104.48 | | 0.00 | | 0.00 | 316.75 |
| 4 | Gavin Brace | n/a | SM | 86.50 | 72.78 | 206.58 | 56.56 | | 0.00 | 100.11 | 76.15 | 53.36 | 79.70 | 61.24 | 85.44 | 314.08 |
| 5 | Sean Taylor | Mynydd Du | SM | | | 154.28 | 92.94 | | | 100.36 | 75.64 | 44.49 | 99.42 | | 0.00 | 268.00 |
| 6 | Ben Gibbison | Mynydd Du | SM | 86.21 | 73.49 | 152.26 | 94.35 | | 0.00 | 86.11 | 93.46 | | 0.00 | | 0.00 | 261.30 |
| 7 | Peter Ryder | Brynchieniog | SM | 64.09 | 106.01 | | 0.00 | | 0.00 | | 0.00 | 43.09 | 103.16 | | 0.00 | 209.17 |
| 8 | Rhys White | n/a | SM | 92.06 | 65.06 | 242.57 | 31.62 | 79.08 | 73.51 | | 0.00 | | 0.00 | | 0.00 | 170.19 |
| 9 | Edward Dickson | MDC | SM | | | 207.01 | 56.52 | | 0.00 | 103.31 | 72.03 | | 0.00 | | 0.00 | 128.56 |
| 10 | Duncan Birtwhistle | Harrogate H. | U23 | | | | | | | | | | | 50.18 | 106.15 | 106.15 |
| 11 | Tim Davies | Mercia | SM | 64.08 | 106.04 | | 0.00 | | 0.00 | | 0.00 | | 0.00 | | 0.00 | 106.04 |
| 12 | Simon Barnby | | SM | | | 141.19 | 102.06 | | 0.00 | | 0.00 | | 0.00 | | 0.00 | 102.06 |
| 1 | Richard Johnson | Mynydd Du | M40 | 94.56 | 60.91 | 157.41 | 90.72 | 61.45 | 101.29 | 0.00 | 0.00 | 46.06 | 96.54 | | 0.00 | 349.46 |
| 2 | Julian Boon | FODAC | M40 | | | | 0.00 | 70.33 | 87.23 | 96.56 | 80.17 | | 0.00 | 60.02 | 87.99 | 255.39 |
| 3 | Adrian Gwilliam | Fairwater | M40 | 117.58 | 27.16 | 204.38 | 58.18 | 74.00 | 81.71 | 103.05 | 72.57 | | 0.00 | | 0.00 | 239.62 |
| 4 | Ian Travis | | M40 | | | 201.41 | 60.22 | 67.52 | 91.52 | | 0.00 | | 0.00 | 60.13 | 87.65 | 239.39 |
| 5 | Dave Austin | Chepstow H. | M40 | 81.59 | 79.88 | 185.42 | 71.30 | | 0.00 | 98.11 | 78.63 | | 0.00 | | 0.00 | 229.81 |
| 6 | Dominic Shields | San Domenico | M40 | 84.13 | 76.61 | | 0.00 | | 0.00 | | 0.00 | 61.34 | 61.82 | 70.41 | 68.12 | 206.56 |
| 7 | Mark Palmer | Mynydd Du | M40 | | | 140.45 | 102.45 | | 0.00 | 78.23 | 103.10 | | 0.00 | | 0.00 | 205.55 |
| 8 | Simon Davies | n/a | M40 | 91.20 | 66.18 | 194.28 | 65.22 | | 0.00 | 106.03 | 68.90 | | 0.00 | | 0.00 | 200.31 |
| 9 | Steve HARRY | Llswerry | M40 | 87.42 | 71.51 | 214.06 | 51.61 | | 0.00 | | 0.00 | 54.55 | 76.75 | | 0.00 | 199.87 |
| 10 | Andrew Dickens | Mynydd Du | M40 | | | 195.15 | 64.68 | | 0.00 | 111.40 | 61.96 | 59.54 | 65.56 | | 0.00 | 192.20 |
| 11 | Crispin Flower | Mynydd Du | M40 | | | | | | | 89.47 | 89.01 | | 0.00 | 57.51 | 92.06 | 181.07 |
| 12 | Jonny Lam | San Domenico | M40 | | | | | | | | | 54.23 | 77.95 | 61.52 | 84.57 | 162.52 |
| 13 | Mark Cason | | M40 | | | | 0.00 | 72.40 | 83.84 | 103.05 | 72.57 | | 0.00 | | 0.00 | 156.41 |
| 14 | Matthew Lawson | Chepstow H. | M40 | 101.46 | 50.90 | 179.57 | 75.28 | | 0.00 | 0.00 | 0.00 | | 0.00 | | 0.00 | 126.18 |
| 15 | Paul Symmonds | Mynydd Du | M40 | 104.27 | 46.97 | | 0.00 | | 0.00 | | 0.00 | | 0.00 | 70.21 | 68.74 | 115.71 |
| 1 | John Aggleton | MDC | M50 | 92.19 | 64.74 | 171.31 | 81.13 | 67.54 | 91.46 | 92.31 | 85.63 | | 0.00 | 60.30 | 87.12 | 345.34 |
| 2 | Peter Osborne | Llanelli | M50 | | | | 0.00 | 71.13 | 86.16 | 99.52 | 76.55 | 52.07 | 83.03 | 59.58 | 88.11 | 333.86 |
| 3 | Andy Stott | MDC | M50 | 83.04 | 78.30 | 194.1 | 65.43 | 72.45 | 83.71 | 0.00 | 0.00 | 54.37 | 77.42 | 63.58 | 80.65 | 320.08 |
| 4 | Adrian Woods | Mynydd Du | M50 | | | 163.35 | 86.63 | 64.06 | 97.54 | 89.42 | 89.11 | | 0.00 | | 0.00 | 273.28 |
| 5 | Colin Lancaster | Mercia | M50 | | | 165.18 | 85.44 | | 0.00 | 92.25 | 85.75 | | 0.00 | 58.48 | 90.29 | 261.48 |
| 6 | Peter Williams | MDC | M50 | | | | 0.00 | 71.18 | 86.03 | | 0.00 | 55.54 | 74.54 | 64.44 | 79.22 | 239.79 |
| 7 | Stewart Thomson | Mynydd Du | M50 | | | 210.08 | 54.36 | 83.14 | 66.95 | 113.05 | 60.21 | | 0.00 | | 0.00 | 181.53 |
| 8 | Carl Brancher | Mynydd Du | M50 | 98.50 | 55.20 | | 0.00 | | 0.00 | 121.38 | 49.64 | | 0.00 | 72.53 | 64.02 | 168.85 |
| 9 | Steve Littlewood | Hereford C. | M50 | | | | | 72.05 | 84.78 | | 0.00 | 54.59 | 76.60 | | 0.00 | 161.38 |
| 10 | Dave Powell | Aberystwyth | M50 | 86.00 | 74.00 | 172.21 | 80.55 | | 0.00 | | 0.00 | | 0.00 | | 0.00 | 154.55 |
| 11 | Simon Blease | Brynchieniog | M50 | | | | | 71.53 | 85.10 | 105.42 | 69.33 | | 0.00 | | 0.00 | 154.43 |
| 12 | Martin Simmons | WFRA | M50 | 91.53 | 65.38 | | 0.00 | | 0.00 | | 0.00 | | 0.00 | 69.53 | 69.61 | 134.99 |
| 13 | Philip Griffiths | | M50 | | | | | | | | | 67.14 | 49.11 | 80.06 | 50.55 | 99.66 |
| 14 | Gerry Ashton | Chepstow H. | M50 | | | | 0.00 | 87.24 | 60.29 | 130.39 | 38.49 | | 0.00 | | 0.00 | 98.79 |
| 1 | Gary Gunner | Croft Ambrey | M60 | | | 206.09 | 57.12 | 76.09 | 78.28 | 112.50 | 60.52 | 55.56 | 74.47 | 67.35 | 73.90 | 287.16 |
| 2 | Steve Herington | Hereford C. | M60 | | | 216.00 | 50.30 | 82.26 | 68.23 | | | 54.34 | 77.53 | 63.40 | 81.21 | 277.28 |
| 3 | Les Williams | Eryri | M60 | 93.20 | 63.25 | | 0.00 | | 0.00 | 114.38 | 58.29 | 61.13 | 62.61 | 71.11 | 67.19 | 251.34 |
| 4 | John Darby | Mynydd Du | M60 | 93.22 | 63.21 | | 0.00 | | 0.00 | 115.13 | 57.57 | 74.45 | 32.24 | 76.45 | 56.80 | 209.81 |
| 5 | Tom Davies | Croft Ambrey | M60 | | | 249.49 | 26.86 | 90.11 | 55.85 | | 0.00 | 64.49 | 54.53 | 77.39 | 55.12 | 192.36 |
| 6 | Dick Finch | MDC | M60 | 111.53 | 36.08 | | 0.00 | 94.39 | 48.71 | | 0.00 | | 0.00 | | 0.00 | 84.78 |
| 7 | Gareth Jones | MDC | M60 | | | | | 91.40 | 53.47 | 141.31 | 25.06 | | 0.00 | | 0.00 | 78.53 |
| 1 | Rob West | MDC | M70 | 114.40 | 32.00 | | 0.00 | 103.41 | 34.27 | 134.56 | 33.20 | 74.04 | 33.77 | 81.08 | 48.62 | 149.85 |