



Successful Year For WFRA Championships

The WFRA Open/Welsh Championships and Series have again been a success in 2006. The North Wales Series in particular was well supported. Congratulations to all the prizewinners, including Joe Blackett (Male Open / Welsh Champion) and winner of the South Wales series, who travelled all the way from the North East of England (by public transport) to participate! Andrea Roberts was the Ladies Open / Welsh Champion. Helen Bennett was the ladies winner of the South Wales Series. All received a pair of fell shoes courtesy of Ultimate Outdoors and Innovate. The winners of the North Wales Series were Steve Gilliland and Anna Bartlett. Both received framed pictures of Cader Idris courtesy of Benard's Gallery in Llandudno.

The 2007 Championships formats will be the same as 2006. If you have taken part in all the races in your area, why not travel further afield in 2007 and have a go at the Open/Welsh Championship. This starts with the Llanbedr to Blaenafon race on 24th March. The Championship concludes with the Sugar Loaf race on 3rd November. This will be followed by the WFRA AGM. It is proposed that there will be a minibus trip to this race with an

overnight stay, probably in a bunkhouse. Places are first come first served. Contact Ross for more details.

2007 OPEN WELSH CHAMPIONSHIPS

- Sat 24th March
LLANBEDR/BLAENAFON (L)
- Sun 6th May
LLANGYNHAFAL LOOP (S)
- Sun 27th May
MYNYDD TROED (M)
- Sun 24th June
CARNEDDAU (M)
- Sat 20th October
RHINOG HORSESHOE (L)
- Sat 3rd November
SUGAR LOAF (S)

A competitor's best results from up to 4 of the 6 races will be counted in the Championship. If 4 races are used this must include one race at each distance.

Every finisher will score points. Scores are based on the competitor's time behind the average of the first five finishers. Your score will then be taken away from 100 to make a positive score. If you do not compete in a race you will score zero.

This is an Open Championship. You do not have to have membership of any particular organization or have Welsh qualification to participate. There will be awards for at least the winner in each category and the first Welsh qualifying finisher if different.

BRITISH CHAMPIONSHIPS 2007

There will be two races in Wales included in the 2007 British Championships. These are Llangynhafal Loop on Sunday 6th May and Carneddau on Sunday 24th June. If you have not competed in the British Championships before this may be the incentive you need to give it a go. If you are not competing in either of the above races please offer your assistance to the appropriate race organiser. They will need all the help they can get to ensure the events run smoothly.

The full list of British Championship races is as follows:

- | | |
|--|---|
| Saturday 31 March
DONARD-COMMEDAGH
(Irish, Medium) | Sunday 24 June
CARNEDDAU
(Welsh, Medium) |
| Sunday 6 May
LLANGYNHAFAL LOOP
(Welsh, Short) | Saturday 14 July
ANGUS MUNRO
(Scottish, Long) |
| Saturday 2 June
DUDDON VALLEY
(English, Long) | Saturday 6 October
GREAT WHERNSIDE
(English, Short) |

Best results from up to 4 from the 6 to count. If 4 races are used must include one race at each distance.



Pictured are some of the 2006 prizewinners with Anna Bartlett and Steve Gilliland proudly displaying their awards. Photograph was taken after the Clwydian Hills race on November 5th

AGE CATEGORIES FOR ALL WELSH CHAMPIONSHIP AND SERIES RACES:

Open, O/40, O/50, O/60 Male and female and O/70 Male. Other categories can be introduced should there be demand.

To participate in any of the the Championships/Series races you do not have to have membership of any particular organization or have Welsh qualification. There will be awards for at least the winner in each category.

In the Open Welsh Championships there will also be an award for the first Welsh qualifying finisher if the winner is of a different nationality.

Presentation to the winners of the Series and Open championships will be made after Sugar Loaf race on 3rd November.

SOUTH WALES SERIES 2007

- Sun 27th May
MYNYDD TROED
- Wed 20th June
COITY
- Sat 7th July
GUTO NYTH BRAN
- Sun 15th July
TABLE MOUNTAIN
- Sat 4th August
LLANTHONY SHOW
- Sat 25th August
RAS BECA
- Mon 27th August
MACHEN

A competitor's best results from up to 4 of the 7 races will be counted in the Series.

Every finisher will score points. Scores are based on the competitor's time behind the average of the first five finishers. Your score will then be taken away from 100 to make a positive score. If you do not compete in a race you will score zero.

NORTH WALES SERIES 2007

- Sat 3rd February
TARREN HENDRE
- Sat 21st April
MOELWYNS
- Sun 6th May
LLANGYNHAFAL LOOP
- Sun 24th June
CARNEDDAU
- Sun 1st July
MOEL Y GAMELIN
- Sat 21st July
MOEL SIABOD
- Mon 27th August
MOEL FAMAU
- Sun 30th September
ARENIG FAWR
- Sat 20th October
RHINOG HORSESHOE

A competitor's best results from up to 6 of the 9 races will be counted in the Series.

Every finisher will score points. Scores are based on the competitor's time behind the average of the first five finishers. Your score will then be taken away from 100 to make a positive score. If you do not compete in a race you will score zero.

Perfect conditions for Fan Fawr

Small but perfectly formed. This would sum up this short Beacons classic which has now become the traditional kick-off for the South Wales Winter League. It's one of those 'race you to the top and back again' little races which you underestimate at your peril.

The route is unencumbered by fences, stiles or similar obstructions, leaving just two sharp lung busting pulls separated by a bog followed by a short blast across the summit plateau. For those with the time to look, the high point gives views as far as Camarthen Bay to the west and Plynlimon to the north whilst the whole western section of the South Wales Traverse is spread out around you. No matter, for the race back is absolutely helter-skelter, down a grassy gradient that is at the limit of traction in the dry and hootingly slippery after a downpour.

This year, conditions were nigh on perfect with the ground having that post rain tackiness that gives

mega-grip and a cool breeze blowing to keep the sweat out of the eyes. 51 runners obviously thought things looked good too, giving up their time to travel from far and wide for, at most, 25 minutes of hard exercise.

Not so many years ago, races like this would have been lucky to have pulled in 20 runners so the size of the fields in the last couple of years is testament to the hard work put in by the organisers of the South Wales Winter League. The annual Anglo-Welsh challenge seems to have fired the enthusiasm of runners and encouraged new competitors... several of the field this year were at their first fell race. This is all good news and it may of well mean a rethink for the minimalist approach to organisation as I got swamped a couple of times recording finishing places. This led to a bit of confusion at prize giving. Hopefully everyone got listed correctly.

English runners filled the first 3 places so the gauntlet is well and truly down for this years cake-baking competition. Robert Gordon of Westbury Harriers came home nearly a minute ahead of second place (and first vet 40) Mick O'Doherty in a very similar winning time to 2005 of 17.42. Previous winner, Andrew Jones, recorded 17.37 last year in slippery conditions, so it's a shame he succumbed to CBA syndrome this year, recording the only DNF of the day. Neither of these times were anywhere close to Graham Pattens record of 16.02 set in 1991. It was a similar story for the ladies where, despite improving her 2005 time by nearly two minutes, Eluned Salisbury was still over three minutes shy of Jill Teague's 1991 mark of 19.16. Obviously, tectonic shift has resulted in the damned hill getting bigger!

The hottest competition of the day came in the V60 race with Dick Finch and John Henry Collins locked in battle right to the line. They were so eyeballs-out that they damn near knocked the time-keeper over! With the nice weather, the ever dependable Kay Lucas had a much safer time as summit marshal.

So, thanks to all those who turned up, sorry about the traffic, lack of parking and slight confusion at prize giving. I think the running and the views made up for all that. With the rest of the league being finalised as I write, keep your eye on WFRA.org.uk for details of the next race and, of course, all the results as they happen. Wheeze.

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. Remember to show your WFRA membership card.

ATHLETES FEET

Rhuddlan

BENARD'S GALLERY

Craig y Don

Llandudno

BLACKS

Betws y Coed and

Llandudno

CONWY OUTDOOR SHOP

Conwy

COTSWOLD

Betws y Coed

JOE BROWN SHOPS

Llanberis and

Capel Curig

PETE BLAND SPORTS

Kendal

RUN AND BECOME

Cardiff

RUNNING BEAR

Altrincham

FRONTIER

Llandudno

ULTIMATE OUTDOORS

Betws y Coed, Skipton, Keswick and Lancaster

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

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CLWYDIAN RANGE RUNNERS PRESENTS

DASHES IN THE DARK

... full(ish) moon Friday Adventures

8th DECEMBER 2nd FEBRUARY 2nd MARCH

Night time trail races starting from

THE PLOUGH INN RUTHIN RD, LLANDEGLA

Registration from 6pm. Start 7pm

This is only 1.2miles from the Llandegla Mountain Bike Centre on the A525 Wrexham to Ruthin Road

STUDED SHOES ADVISED!

As this is a night time race in winter there will be a strictly enforced minimum kit requirement:
Torch with minimum 2 hrs GOOD lighting (head torch preferable) Full waterproof body cover (i.e Jacket , Gloves, Compass, Whistle.

Do not skimp on equipment – it's for your safety!

ENTRY ON NIGHT ONLY. £2 PER PERSON.
(over 16 only)

Prizes: Those that came last year know the quality of prizes up for grabs – there will be many more spot prizes than category prizes! There might be half decent series prizes – total cumulative time of all 3 races! No promises though.

Any questions? Tel. Tim Higginbottom 01352 779073

South East Wales Winter Report

Simon Blease

Something strange and quite wonderful is happening down in South Wales. The Winter League has got off to a flying start with numbers well up on previous years (51 at Fan Fawr and 70 at Sugar Loaf). But this is happening despite a continuing downturn in the numbers of 'old regulars' who packed the fields of 30-40 of yesteryear. The difference is being more than made up for by an influx of runners from 'over the border', notably Bristol, Hereford and Westbury and also by runners from Brecon. What this means is that, for the first time in many years, the balance of power is shifting in the annual Anglo-Welsh Cake Baking Challenge whereby the losing nation bakes the cakes for the end-of-league party. If things carry on as they are, we are gonna have to wash down the bake-stones, grind some flour and dig out the old Delia recipe book! (or nip down to Kwik Save!!).

The cause of all this is anybody's guess but, importantly, it has happened with no overt advertising by the fell running fraternity. Quite possibly, the surge in interest and profile of adventure racing has pushed fell running into the minds of more people. The vital thing is that when peo-

ple do turn to the sport they find a well established, well administered series of races which is a great justification for all the hard work that goes into putting on the Winter and Summer series. The message here would seem to be 'Put on good races, make a meaningful competition and people will come to you rather than you having to seek for them'. Anyway, with several of the South Wales big guns missing from one or other of the first 2 races, there is time to pull the challenge out of the fire yet, but we are going to have our work cut out!

Bloreng will have been run before Christmas and then the New Year will see a new race, Tor Y Foel. This will be a familiar hill for anyone who has run the Brecon Beacons race as it is the first climb in a clockwise year or the punishing last decent to the Talybont dam in an anticlockwise year. There should be ample parking and the race itself should not present too much in the way of navigational difficulty. Underfoot conditions are grassy all the way and it should be an ideal day out for the speed merchants. Best of all, post race recovery can take place in the

spiritual home of South Wales fell running, The Muddy Dap (otherwise known as the Star Inn in Talybont-on -Usk). The series winds up with the established Darren and Tumble races before the traditional herald of Spring, Pen Cerrig Calch. Spit Thornley usually arranges for the weather to alternate between 'orrible and luvverly but, since I missed the 2006 race, I cannot recall what is in store for 2007. I think it is due to be a nice one, but you'll have to turn up to find out!

The (in)famous WLIAD (Winter League In A Day) may or may not occur in 2007. It all depends on enough interest I guess. Definitely a good day out. If you are interested, keep

an eye on the Fell Races section on the FRA Forum. It's already been mooted there in the South Wales Races thread and we can keep up to date with interested runners quite efficiently that way.

It has been great to see new races being introduced over the last couple of years. Sugar Loaf (both of them) and Mynydd Troed spring to mind as good examples, especially the latter. That has all the makings of a British Classic. It just goes to show that you can teach old hills new tricks! What with that and the new blood in the races, the feeling is one of invigoration. It just goes to show what an organisational shake up can do. Wheeze

Words from our new Hon. Secretary

Fell into it didn't I - OK I'm very pleased to be the new Hon Sec for WFRA! Still not sure what 'Hon' means - at first I thought it meant Honourable then I suspected that Honorary might be what they meant.

However after a bit of thought I realised that it means Honest

Secretary which puts an end to any devious short cuts in races that I might have benefited from in the past. Not being quite sure what the job entails I nevertheless found myself voted in at the AGM.

So....a brief bit of background for those who haven't run over me in a muddy stream on the Moelwyns. I moved over to Wales 3 years ago from the Peak District where I'd organised a number of fell races for some time - I'm still a member of my old club Macclesfield Harriers and I run in their colours on the hills. I'm not totally averse to other forms of running though and you may see me running for Denbigh or Prestatyn in the North Wales Cross Country and Border Leagues. Fell running is my first love however and I'm delighted to be living in a region where running on the hill has so many enthusiastic (and eccentric) devotees and I've been an ordinary committee member of WFRA for the past 2 years.

Living in the Clwydians hills with our pigs and sheep and horses, I've been well placed to coordinate the Clwydian Summer Trots race series which has had a very successful first two years and I'm also organising the Llangynhafal Loop race in 2007 which will be a British Championship event. This race is on May 6th and if you're not contemplating running yourselfgo on get in touch 'cos I'll definitely find you a job to do!!!

Martin Cortvriend

Book Review

DOWNHILL TECHNIQUES FOR OFF ROAD RUNNERS

Reviewed by
Sheila M Lloyd

Trailguides Ltd. £4.50
(www.trailguides.co.uk).

conditioning - strength and suppleness and describes in depth how both of these can be achieved.

Technical Aspects-

In this section Keven considers the various techniques that will, if applied, lead to improvement in ability when descending. These encompass a wide range of factors - balance, angle of lean, stride length, foot plant, stamina-lactic build up, pace judgement, improving lactic tolerance, transition (i.e. moving from one type of terrain to another), running with a rucksack, footwear and mental attitude. Each one of these factors is considered in depth and where appropriate, exercises are suggested.

Training Sessions for Improvement-

A useful table showing the appropriate type of downhill

session for each different type of event, over various distances, encompassing Cross Country through to Mountain Marathons, is given. An example of a training plan for a four week cycle is also included.

Keven expels the myth that the ability to run well downhill is something that one is born with. He maintains that with the correct conditioning and practice, it is a skill that can be prepared for and learnt.

Other titles in the series are:-

- * Uphill Techniques for Off-Road Runners
- * Terrain Training for Off-Road Runners
- * Strength and Conditioning for Off-Road Runners
- * Special Training for Off-Road Runners
- * Mountain Marathon Preparation.

As well as being a helpful guide for those new to off-road running, this could also prove useful to those of us who have still not mastered the art of descending.

Author Keven Shevels has been a runner for over thirty years and been involved in off-road running for most of those years. A founder member of the Quakers Running Club and Durham Fell Runners, two of the most enthusiastic off-road running clubs in the North East. He has been a qualified UK Athletics Level 3 coach for the past nine years, specializing in Fell and Hill Running.

This guide is one of six in a series produced in collaboration with the Run Off-Road organization. "The series is designed to promote off road running and to encourage runners to improve and develop their abilities and skills"

The contents of the book are subdivided as follows:-

Physical Aspects-

Here Keven explains what happens to our muscles causing soreness and how this can be overcome with correct training and conditioning of the body.

He identifies two aspects of

4 CYMDEITHAS RHEDWYR MYNYDD CYMRU RHAGFYR 2006 DECEMBER WELSH FELL RUNNERS ASSOCIATION

South Wales Summer Series - Final Positions

				Sam Helen Time Score	M. Troed Time Score	Blaengwynfi Time Score	Pumlumon Time Score	Callow Time Score	Machen Time Score	Llyn y Fan Time Score	Total points							
1	Joe Blackett	DPFR	M40	110.06	101	65.32	97	69.17	104	44.59	101	0	0	0	404			
2	Tony Robson	Pennine F R	MS	122.52	89	70.09	90	100.18	62		0	0	0	52.08	92	333		
3	Matthew Collins	MDC	MS	105.17	105	56.42	111	0	0	0	0	0	40.00	108	0	324		
4	Andrew Blackmore	MDC	MS		0	78.40	77	86.21	81		0	0	51.31	81	61.37	73	311	
5	Richard Hooley	MDC	M50		0	79.15	76	87.55	79	54.46	80	0	0	0	60.07	76	310	
6	John Darby	Mynydd Du	M50	171.28	45	78.47	77	87.27	79		0	75.35	77	53.34	76	59.34	77	310
7	Neil Lewis	MDC	MS		0	0	0	0	0	54.15	81	82.34	65	52.09	79	59.01	78	303
8	Roger Chamberlain	Sri Chinmoy A C	MS	137.21	76	76.59	79	98.40	64	52.49	84	0	0	0	0	0	0	303
9	Crispin Flower	Mynydd Du	MS		0	0	0	69.16	104	46.37	97	0	0	0	0	49.09	99	300
10	John Syms	MDC	MS		0	0	0	77.23	93	52.12	85	0	0	0	0	53.38	89	268
11	Gary Gunner	Croft Ambrey	M60	148.55	66	86.56	64		0		0	85.36	60	0	0	66.52	62	252
12	Helen Bennett	MDC	F S		0	95.34	50	98.55	64	58.43	71	0	0	0	0	66.24	63	248
13	Andy Stott	MDC	M40		0	79.30	76	0	0	0	0	0	52.00	80	57.37	81	236	
14	Paul Edwards	U/A	M40	131.11	82		0	0	0	56.28	76	78.11	72	0	0	0	0	230
15	Mark Palmer	MDC	M40		0	56.54	111	0	0	0	0	0	0	0	41.50	114	225	
16	Ian Hughes	Shrewsbury	MS		0	0	0	70.27	103	0	0	62.11	98	0	0	0	0	201
17	Roland Stafford	Mercia	MS		0	0	0	0	0	49.18	92	60.07	102	0	0	0	0	193
18	Mark Saunders	MDC	M40		0	70.00	90	0	0	0	0	0	0	0	51.08	94	185	
19	Martin Shaw	Brecon	MS		0	73.47	84	0	0	50.06	90	0	0	0	0	0	0	174
20	Dave Powell	U/A	M40	127.24	85		0	0	0	52.02	86	0	0	0	0	0	0	171
21	Russell Mapp	Ludlow	M40		0	73.42	85	0	0	0	0	70.13	85	0	0	0	0	170
22	Graham Spencer	Mercia	M50		0	0	0	0	0	52.29	85	71.58	83	0	0	0	0	167
23	Stephen Jones	Islwyn	M40	135.51	77		0	0	0	0	0	0	0	51.47	80	0	0	158
24	Ross Powell	WFRA	M50		0	0	0	89.20	77	54.57	79	0	0	0	0	0	0	156
25	Alice Bedwell	MDC	F 40		0	79.32	75	0	0	0	0	0	0	0	59.47	77	152	
26	Chris Wride	Teignbridge Trots	M40	144.24	70		0	0	0	0	0	91.34	51	0	0	0	0	120
27	Kev Joyce	Pembs Harriers	M40	154.59	60		0	0	0	0	0	0	0	60.37	60	0	0	120
28	Clive Evans	Aberystwyth	M50		0	101.14	41	0	0	60.32	67	0	0	0	0	0	0	108
29	Daniel Gurmin	Abertillery Club	MS		0	0	0	0	0	0	0	0	0	42.15	102	0	0	102
30	Michael James	Shrewsbury AC	MS		0	0	0	0	0	44.30	102	0	0	0	0	0	0	102
31	Steve Rees	Port Talbot h	MS	108.59	102		0	0	0	0	0	0	0	0	0	0	0	102
32	Stephen Gilliland	Bro Dysynni	M40		0	0	0	0	0	44.50	101	0	0	0	0	0	0	101
33	Andrew Abbott	Sam Helen	MS		0	0	0	0	0	0	0	0	0	0	47.53	101	0	101
34	Mark Bollom	Mercia FR	MS		0	0	0	0	0	60.36	101	0	0	0	0	0	0	101
35	Edward Davies	Mercia FR	M50		0	0	0	0	0	61.24	100	0	0	0	0	0	0	100
36	Nichi Cornoch	Abertillery Club	MJ		0	0	0	0	0	0	0	0	43.35	99	0	0	0	99
37	Adam Hayes	Meirionydd RC	M40		0	0	0	0	0	61.58	99	0	0	0	0	0	0	99
38	Mat Gilbert	Wrecsam AC	MS		0	0	0	46.25	98		98	0	0	0	0	0	0	98
39	Michael Davies	UWA Harriers	M40	113.43	97		0	0	0	0	0	0	0	0	0	0	0	97
40	Andrew Carruthers	Halesowen A C	M40		0	0	0	0	0	63.46	96	0	0	0	0	0	0	96
41	Max Suff	Hereford Courier	M40		0	0	0	0	0	0	0	0	45.07	6	0	0	0	96
42	Mike Evans	Trots	MS	115.59	95		0	0	0	0	0	0	0	0	0	0	0	95
43	David Williams	Club 69	MS		0	0	0	0	0	0	0	0	45.17	95	0	0	0	95
44	Carwyn Thomas	Sam Helen	MS	116.12	95		0	0	0	0	0	0	0	0	0	0	0	95
45	Trefor Jones	Mercia FR	M40		0	0	0	0	0	64.14	95	0	0	0	0	0	0	95
46	Patrick Wooddisse	MDC	MS		0	0	0	76.06	95	0	0	0	0	0	0	0	0	95
47	Kevin Griffiths	Trots	MS	119.08	92		0	0	0	0	0	0	0	0	0	0	0	92
48	Pez Bullen	Keswick AC	M40		0	0	0	0	0	65.56	92	0	0	0	0	0	0	92
49	Douglas Adlam	MDC	M40		0	0	0	0	0	0	0	0	0	52.13	92	0	0	92
50	Les Hewitson	Inglis Runners	M40	120.11	92		0	0	0	0	0	0	0	0	0	0	0	92
51	Jason Scanlon	Pontypridd Roa.	MS		0	0	0	0	0	0	0	0	47.08	91	0	0	0	91
52	Chris Gildersleve	Brycheiniog	M40		0	0	0	0	0	0	0	0	47.14	91	0	0	0	91
53	Graham Jones	Shrewsbury AC	M50		0	0	0	49.46	91		91	0	0	0	0	0	0	91
54	Tom Morgan	Mynydd Du	M40	121.37	90		0	0	0	0	0	0	0	0	0	0	0	90
55	Langley Robert	Unattached	MS		0	0	0	0	0	0	0	0	47.57	89	0	0	0	89
56	Paul Cadman	Mercia FR	M40		0	0	0	0	0	67.57	89	0	0	0	0	0	0	89
57	Gary Pearson	Croft Ambrey	MS		0	70.52	89	0	0	0	0	0	0	0	0	0	0	89
58	Jeff Kettle	Swansea H	MS		0	0	0	0	0	0	0	0	48.06	89	0	0	0	89
59	Steve Turk	Shrewsbury AC	MS		0	0	0	50.40	89		89	0	0	0	0	0	0	89
60	David Burton	Tarren Hendre	M40		0	0	0	80.59	88		88	0	0	0	0	0	0	88
61	Glyn Price	Sam Helen	MS	123.51	88		0	0	0	0	0	0	0	0	0	0	0	88
62	Helen Fines	Bristol & W	F S		0	71.28	88	0	0	0	0	0	0	0	0	0	0	88
63	Simon Norwood	Ludlow	MS		0	71.32	88	0	0	0	0	0	0	0	0	0	0	88
64	Anna Bartlett	Shrewsbury AC	F S		0	0	0	50.58	88		88	0	0	0	0	0	0	88
65	Graham McAra	Cheshire HR	M50		0	0	0	51.00	88		88	0	0	0	0	0	0	88
66	Peter J Kellam	Les Croupiers	M40		0	0	0	0	0	0	0	0	48.31	88	0	0	0	88
67	Ann Thomas	Trots	F S	124.22	88		0	0	0	0	0	0	0	0	0	0	0	88
68	Colin Lancaster	Ludlow Runners	M40		0	0	0	0	0	68.53	88	0	0	0	0	0	0	88
69	Steve Littlewood	Hereford Cour.	M50		0	0	0	0	0	0	0	0	48.39	88	0	0	0	88
70	David Headon	Les Croupiers	M40	124.45	87		0	0	0	0	0	0	0	0	0	0	0	87
71	Owen Rees	Bro Dysynni	MS		0	0	0	0	0	0	0	0	0	54.41	87	0	0	87
72	Huw Lewis	Buckley	M40		0	0	0	51.28	87		87	0	0	0	0	0	0	87
73	Phil Adams	Neath Harriers	M40	125.32	87		0	0	0	0	0	0	0	0	0	0	0	87
74	Richard John Wall	Hereford Cour.	M40		0	0	0	0	0	0	0	0	49.08	86	0	0	0	86
75	Donald Williams	Eryri	M60		0	0	0	51.41	86		86	0	0	0	0	0	0	86
76	Mike Barne	Griffithstown H	M40		0	0	0	0	0	0	0	0	49.18	86	0	0	0	86
77	Dominic Pascoe	Unattached	MS		0	0	0	0	0	0	0	0	49.22	86	0	0	0	86
78	David Currie	Southampton	MS		0	72.56	86	0	0	0	0	0	0	0	0	0	0	86
79	Keegan Galleymore	U/A	MS	126.38	86		0	0	0	0	0	0	0	0	0	0	0	86
80	Martin Callaghan	Ludlow	MS		0	73.05	86	0	0	0	0	0	0	0	0	0	0	86
81	Noel Hogan	Newport & Dist	M40		0	0	0	0	0	70.11	85	0	0	0	0	0	0	85
82	Alun Williams	Fairwater R	M40		0	0	0	0	0	0	0	0	49.40	85	0	0	0	85
83	Daniel Regan	Ely Runners	MS		0	0	0	0	0	0	0	0	49.40	85	0	0	0	85
84	James Oakley	Worcester Tri	M40		0	0	0	0	0	0	0	0	49.40	85	0	0	0	85
85	John Diffey	Les Croupiers	M40		0	0	0	0	0	0	0	0	49.40	85	0	0	0	85
86	David Ralphs	Newburgh Nom'd	M40		0	0	0	0	0	70.24	85	0	0	0	0	0	0	85
87	Mark Fenn	Mercia FR	MS		0	0	0	0	0	70.32	85	0	0	0	0	0	0	85
88	Ben Gregory	Cheshire Hill R	M50		0	0	0	0	0	70.51	84	0	0	0	0	0	0	84
89	Martin Cortvriend	Macclesfield H	M50		0	0	0	52.43	84		84	0	0	0	0	0	0	84
90	Richard Harry	St. Albans Strid	MS		0	0	0	0	0	0	0	0	50.09	84	0	0	0	84
91	David Tomlin	Teignbridge Trot	MS		0	0	0	0	0	71.03	84	0	0	0	0	0	0	84

CYMDEITHAS RHEDWYR MYNYDD CYMRU RHAGFYR 2006 DECEMBER WELSH FELL RUNNERS ASSOCIATION 5

Extended Table on website
or available from Ross

North Wales Series - Final Positions

			Pipe Dream Time Score	Llantysilio Time Score	Cader Idris Time Score	Pumlumon Time Score	Y Garn Time Score	LegEnd 9 Time Score	Arenig Fawr Time Score	Rhinog H Time Score	Clwydian H. Time Score	Total Points
1	Stephen Gilliland	Bro Dysynni	M40	0	52.27	100	92.13	95	44.50	101	0	585
2	Richard Roberts	Eryri	M	40.25	101	0	99.06	87	0	31.19	103	561
3	Scott Butterworth	Eryri	M	43.39	93	56.51	92	0	35.25	90	80.59	556
4	Huw Lewis	Buckley	M40	43.45	92	58.20	89	113.01	72	51.28	87	540
5	Graham McAra	Cheshire	M50	45.31	88	58.44	88	109.29	76	51.00	88	538
6	Don Williams	Eryri	M60	44.06	92	58.05	90	109.57	75	51.41	86	533
7	Anna Bartlett	Shrewsbury	F	0	57.13	91	106.22	79	50.58	88	0	520
8	Dave Powell	Aberystwyth	M40	0	59.17	87	108.55	76	52.02	86	0	507
9	Kean Rowlands	Clwydian	M40	45.27	88	64.38	77	126.52	56	57.50	73	496
10	Andrea Roberts	Eryri	F	49.25	79	0	127.57	55	56.35	76	38.56	480
11	John Morris	Buckley	M60	46.34	86	65.37	75	121.52	61	55.02	79	476
12	Ross Powell	WFRA	M50	47.10	84	69.26	68	121.33	62	54.57	79	466
13	Nigel Rowlands	Clwydian	M	46.20	86	0	125.10	58	53.30	82	38.35	464
14	Mike Blake	Eryri	M50	0	0	135.06	46	73.26	39	37.44	83	463
15	John Linley	Clwydian	M50	50.35	76	65.31	76	121.33	62	54.43	80	457
16	Craig Jones	NW Police	M	41.09	99	0	103.01	83	0	0	0	456
17	Vic Belshaw	Eryri	M40	48.21	81	66.11	74	119.25	64	0	97.53	452
18	Robert Hutton	Dark Peak	M40	0	60.27	85	107.45	77	0	0	82.44	438
19	Gill Evans	Shepshed	F40	0	65.18	76	129.13	53	58.06	72	42.06	414
20	Neville Boler	Dark Peak	M50	0	63.02	80	119.46	64	0	0	86.54	405
21	Emyr Davies	Eryri	M60	47.03	84	62.50	81	118.49	65	53.38	82	403
22	Dawn Urquhart	Buckley	F	48.19	81	65.15	76	129.44	53	73.26	39	396
23	Sandra Rowlands	Clwydian	F	58.39	56	72.53	62	0	64.45	58	44.33	392
24	Joe Blackett	Dark Peak	M40	0	0	0	96.25	90	44.59	101	0	388
25	Rob Jones	Clwydian	M50	46.55	85	65.19	76	120.34	63	0	39.04	388
26	Roland Stafford	Mercia	M	0	52.21	101	95.39	91	49.18	92	0	379
27	Alwyn Oliver	Eryri	M60	0	0	0	0	57.54	73	0	0	373
28	Jeremy Williams	Eryri	M40	0	0	0	0	0	35.29	90	84.07	363
29	Maggie Oliver	Eryri	F50	53.35	68	71.58	63	0	68.47	49	0	351
30	Geoff Oldrid	Aberystwyth	M50	0	58.37	89	108.11	77	0	0	0	349
31	Ben Amesbury	Clwydian	M	42.51	95	56.43	92	117.47	66	0	35.39	342
32	Louise Barker	Aberystwyth	F	0	68.22	70	126.38	56	0	0	0	337
33	Graham Spencer	Mercia	M50	0	0	113.54	71	52.29	85	36.59	85	332
34	Lloyd Taggart	Dark Peak	M	0	0	82.36	106	0	0	0	0	319
35	Paul Stinton	Clwydian	M	0	56.06	93	124.02	59	0	0	90.03	318
36	Andy Morgan	Clwydian	M40	0	0	119.22	64	53.20	83	0	0	318
37	Charles Enston	Eryri	M	47.31	83	0	127.03	56	0	37.35	83	307
38	Ellie Salisbury	Eryri	F40	52.02	72	0	143.18	37	60.35	67	0	300
39	Tony Hodgson	Meirionnydd	M50	0	0	120.03	64	0	0	0	0	299
40	Darryl Evans	u/a	M40	0	0	0	57.36	73	39.26	78	0	292
41	Mathew Gilbert	Wrexham	M	0	53.01	99	97.53	89	46.25	98	0	286
42	Steve Turk	Shrewsbury	M	0	57.05	92	0	50.40	89	35.10	91	271
43	Jackie Lee	Eryri	F	0	0	104.02	82	0	0	0	0	268
44	Bryn Williams	Eryri	M	44.55	90	0	111.46	73	0	0	80.07	263
45	Graham Jones	Shrewsbury	M50	0	55.23	95	108.49	76	49.46	91	0	262
46	Tom Prytherch	NW Police	M	43.59	92	64.01	78	0	0	37.27	84	254
47	John Syms	MDC	M	0	0	0	0	52.12	85	0	0	254
48	Philip Jones	Prestatyn	M60	50.49	75	71.16	65	136.52	44	0	43.07	250
49	Martin Cortvriend	Macclesfield	M50	0	59.54	86	0	52.43	84	0	0	246
50	Martin Williams	Eryri	M50	51.55	72	70.58	65	136.11	45	0	0	239
51	Andrew Hearle	Mercia	M50	0	0	0	0	0	38.44	80	0	237
52	Chris Jones	Deestridders	M	45.28	88	65.05	76	0	0	0	0	235
53	Nick Iliiff	u/a	M	43.56	92	61.15	84	124.42	58	0	0	234
54	Jim Bennell	Eryri	M50	45.11	89	0	0	0	0	0	0	229
55	Jenny Ewels	Clwydian	F	0	66.03	75	0	0	0	0	79.50	217
56	Peter Roberts	Buckley	M60	0	0	122.05	61	0	0	0	77.08	217
57	Steve Li Jones	Eryri	M50	0	65.26	76	120.29	63	0	0	0	214
58	Kevin Evans	Meirionnydd	M40	0	0	151.02	28	0	0	0	84.22	214
59	Alan Heath	WFRA	M	45.02	89	77.42	52	0	0	0	0	210
60	Michael James	Shrewsbury	M	0	0	86.19	102	44.30	102	0	0	204
61	Stephen P Jones	Eryri	M50	41.32	98	0	0	0	0	0	0	196
62	Paul Oldfield	Clwydian	M40	48.37	81	0	0	0	0	0	0	194
63	Nich Bradley	Meirionnydd	M50	50.31	76	0	0	0	0	0	86.09	193
64	Ian Hughes	Shrewsbury	M	0	0	0	0	0	32.24	99	0	188
65	Adam Haynes	Meirionnydd	M40	0	0	0	0	0	32.22	100	0	188
66	Gary Gunner	Croft Ambrey	M60	0	71.05	65	0	0	0	0	0	185
67	Dylan Owen	Eryri	M40	44.04	92	0	0	0	34.41	92	0	184
68	William Helliwell	u/a	M50	0	66.02	75	0	0	0	0	0	181
69	Leigh Warburton	Bowland	M40	0	0	0	0	0	0	0	0	178
70	Richard Horsfield	Dark Peak	M40	0	0	111.53	73	0	0	81.44	99	171
71	Owen Rees	Bro Dysynni	M	0	0	102.45	83	0	0	0	0	168
72	Steve Bellis	Wrexham	M50	0	56.55	92	108.52	76	0	0	0	168
73	Neal Hockley	WFRA	M	0	61.11	84	101.46	84	0	0	0	168
74	John Amies	Congleton	M60	0	61.12	84	0	0	0	0	0	162
75	Pez Bullen	Keswick	M40	0	58.58	88	110.39	74	0	0	0	162
76	Iorwerth Roberts	Eryri	M60	57.48	58	80.22	47	180.19	1	0	116.13	162
77	Martin Potter	Clwydian	M50	0	69.25	68	0	0	0	0	0	161
78	Clive Edwards	WFRA	M50	0	0	0	0	0	0	74.56	83	159
79	Yiannis Tridimas	Bowland	M60	0	0	0	0	0	0	0	201.28	156
80	Walter Marsh	Bro Dysynni	M50	0	0	0	56.43	75	0	0	0	148
81	Robert Griffiths	WFRA	M50	0	0	142.46	38	66.29	54	0	0	146
82	Peter Hughes	u/a	M40	47.27	83	0	121.16	62	0	0	0	146
83	Neville Griffiths	Spectrum	M60	0	65.55	75	0	0	0	0	0	142
84	Pilar Near	Eryri	F	0	67.30	72	0	0	0	83.30	70	142
85	Paul Jones	u/a	M	54.29	66	0	0	0	0	101.21	74	140
86	Andy Price	Forde	M	0	65.36	75	118.47	65	0	0	0	140
87	Mary Gillig	Clwydian	F	0	0	0	0	0	0	0	228.59	139
88	Dave Whittey	Meirionnydd	M40	0	0	119.01	65	0	0	0	0	137
89	John Keyworth	Pensby	M40	0	68.15	70	0	0	0	0	0	135
90	Hugo Iffla	Bro Dysynni	M50	0	0	128.06	54	0	0	0	77.50	133
91	Hannah Toberman	Eryri	F	0	0	0	0	0	0	104.34	70	132
92	Peter Norman	Wrexham	M60	0	77.18	53	150.29	29	0	0	0	115

6 CYMDEITHAS RHEDWYR MYNYDD CYMRU RHAGFYR 2006 DECEMBER WELSH FELL RUNNERS ASSOCIATION

Open Welsh Championships - Final Positions

Pos	Name	Club	Cat	Nat	Blaengwynfi		Pumlumon		Y Garn		Brecon B		Rhinog H		Clwydian H		Pts.
					Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	
1	Joe Blackett	Dark Peak	M40		69.17	104	44.59	101		0		0	182.33	98	73.54	97	401
2	Ian Hughes	Shrewsbury	M	W	70.27	103		0	32.24	99	189.14	90		0	80.39	88	381
3	John Syms	MDC	M	W	77.23	93	52.12	85		0	221.32	71	206.33	84	83.56	83	347
4	Scott Butterworth	Eryri	M	W		0		0	35.25	90	205.21	81	199.04	89	83.40	84	344
5	Dave Powell	Aberystwyth	M40	W		0	52.02	85		0	196.13	86	202.11	87	87.36	78	338
6	Andrea Roberts	Eryri	F	W		0	56.35	75	38.56	79		0	221.46	76	88.00	78	309
7	Kean Rowlands	Clwydian	M40	W		0	57.50	72	37.15	84		0	228.53	72	95.29	67	297
8	Ross Powell	WFRA	M50	W	89.20	77	54.57	79		0	236.43	63	251.28	59	91.37	73	292
9	Stephen Gilliland	Bro Dysynni	M40	W		0	44.50	101		0		0	180.18	99	80.44	88	289
10	Gill Evans	Shepshed	F40	W		0	58.06	72	42.06	69		0	226.21	73	94.09	69	285
11	Mike Blake	Eryri	M50	W		0	73.26	38	37.44	82		0	205.23	85	89.54	75	282
12	Alwyn Oliver	Eryri	M60	W		0	57.54	72		0	235.57	63	223.20	75	93.47	70	282
13	Graham McAra	Cheshire	M50			0	51.00	87	35.18	90		0		0	81.17	87	265
14	Richard Roberts	Eryri	M	W		0		0	31.19	102		0	244.20	63	73.23	98	265
15	Anna Bartlett	Shrewsbury	F	W		0	50.58	87		0		0	201.39	87	83.21	84	260
16	Huw Lewis	Buckley	M40	W		0	51.28	86	35.43	89		0		0	84.21	83	259
17	Donald Williams	Eryri	M60	W		0	51.41	86	38.16	81		0		0	83.18	84	252
18	Sandra Rowlands	Clwydian	F	W		0	64.45	57	44.33	61		0	245.46	63	98.39	63	246
19	John Morris	Buckley	M60	W		0	55.02	78	39.22	77		0		0	91.53	72	229
20	Nigel Rowlands	Clwydian	M	W		0	53.30	82	38.35	80		0		0	96.08	67	229
21	Lloyd Taggart	Dark Peak	M			0		0		0		0	170.42	104	66.15	108	213
22	Darryl Evans	u/a	M40	W		0	57.36	73	39.26	77		0		0	100.15	61	212
23	Crispin Flower	Mynydd Du	M	W	69.16	104	46.37	97		0		0		0		0	202
24	Adam Haynes	Meirionnydd	M40	W		0		0	32.22	99		0	200.48	88		0	187
25	Jackie Lee	Eryri	F	W		0		0		0		0	182.18	98	80.51	88	186
26	Steve Turk	Shrewsbury	M			0	50.40	88	35.10	90		0		0		0	179
27	Leigh Warburton	Bowland	M40			0		0		0		0	192.00	93	83.05	85	178
28	Craig Jones	WFRA	M	W		0		0		0		0	197.48	89	81.21	87	177
29	Jeremy Williams	Eryri	M40	W		0		0	35.29	89		0	203.29	86		0	176
30	Geoff Oldrid	Aberystwyth	M50	W		0		0		0	207.03	80	193.32	92		0	172
31	Graham Spencer	Mercia	M50	W		0	52.29	84	36.59	85		0		0		0	169
32	Andy Morgan	Clwydian	M40	W		0	53.20	82		0		0	206.14	85		0	167
33	Dawn Urquhart	Buckley	F	W		0	73.26	38	43.02	66		0		0	100.20	61	166
34	Ellie Salisbury	Eryri	F40	W		0	60.35	66		0	264.06	47		0	107.56	50	164
35	Martin Cortvriend	Macclesfield	M50	W		0	52.43	84		0		0		0	89.43	75	160
36	Richard Hooley	MDC	M50		87.55	79	54.46	79		0		0		0		0	158
37	Martin Shaw	Brecon	M	W		0	50.06	89		0	229.40	67		0		0	157
38	John Linley	Clwydian	M50	W		0	54.43	79	39.36	77		0		0		0	156
39	Andrew Hearle	Mercia	M50			0		0	38.44	79		0		0	89.14	76	156
40	Yiannis Tridimas	Bowland	M60			0		0		0		0	201.28	87	95.37	67	155
41	Tony Hodgson	Meirionnydd	M50			0		0		0		0	214.43	80	90.18	75	155
42	Walter Marsh	Bro Dysynni	M50	W		0	56.43	75		0		0		0	91.52	72	148
43	Roger Chamberlain	SRI Chinmoy	M	W	98.40	64	52.49	83		0		0		0		0	148
44	John Darby	MDC	M50	W	87.27	79		0		0	235.45	63		0		0	143
45	Jim Bennell	Eryri	M50	W		0		0		0		0	230.59	71	95.14	68	139
46	Mary Gillig	Clwydian	F	W		0		0		0		0	228.59	72	96.47	66	138
47	Vic Belshaw	Eryri	M40	W		0		0		0		0	242.22	65	91.48	73	138
48	Louise Barker	Aberystwyth	F	W		0		0		0		0	237.46	67	95.17	68	135
49	Helen Bennett	MDC	F		98.55	63	58.43	70		0		0		0		0	134
50	Margaret Oliver	Eryri	F50	W		0	68.47	48		0	298.35	27		0	108.55	49	125
51	Gary Gunner	Croft Ambrey	M60			0		0		0		0	245.15	63	103.23	57	120
52	Kevin Evans	Meirionnydd	M40	W		0		0		0		0	256.47	57	101.20	59	116
53	Paul Oldfield	Clwydian	M40			0		0		0		0	269.34	49	99.00	63	112
54	Mark Palmer	MDC	M40	W		0		0		0	157.53	108		0		0	108
55	Robert Griffiths	WFRA	M50	W		0	66.29	53		0		0	261.29	54		0	108
56	William Helliwell	u/a	M60			0		0		0		0	270.18	49	103.20	57	106
57	Seb Shepley	Tarren Hendre	M			0		0		0	168.09	102		0		0	102
58	Michael James	Shrewsbury	M			0	44.30	102		0		0		0		0	102
59	Ben Beachell	Eryri	M	W		0		0	32.27	99		0		0		0	99
60	Dave Finn	Mynydd Du	M	W		0		0		0	174.42	98		0		0	98
61	Matt Scriven	Mercia	M			0		0		0	174.42	98		0		0	98
62	Paul Jenkinson	Eryri	M	W		0		0	32.36	98		0		0		0	98
63	Barry Wilkinson	u/a	M			0		0		0		0	182.01	98		0	98
64	Andrew Lamont	Macclesfield	M			0		0		0		0		0	73.48	97	97
65	Matt Gilbert	Wreccsam	M	W		0	46.25	97		0		0		0		0	97
66	Steve P Jones	Eryri	M50	W		0		0		0		0	183.27	97		0	97
67	Ian Houston	Wreccsam	M	W		0		0		0		0		0	74.17	97	97
68	Patrick Wooddisse	MDC	M		76.06	95		0		0		0		0		0	95
69	Francis Blunt	NFR	M			0		0		0		0	190.24	93		0	93
70	Anthony Smith	Ambleside	M			0		0		0		0		0	77.01	93	93
71	Martin Potter	Clwydian	M50			0		0		0		0	310.49	26	96.39	66	93
72	Neil Ashcroft	Ambleside	M			0		0		0		0		0	77.28	92	92
73	Trefor Jones	Mercia	M40	W		0		0	34.39	92		0		0		0	92
74	Dylan Owen	Eryri	M40	W		0		0	34.41	92		0		0		0	92
75	Roland Stafford	Mercia	M	W		0	49.18	91		0		0		0		0	91
76	Martin Beale	Unattached	M			0		0		0	189.10	90		0		0	90
77	Graham Jones	Shrewsbury	M50	W		0	49.46	90		0		0		0		0	90
78	Ben Amesbury	Clwydian	M	W		0		0	35.39	89		0		0		0	89
79	James Pearce	Congleton	M			0		0		0		0		0	80.29	88	88
80	David Burton	Tarren Hendre	M40	W	80.59	88		0		0		0		0		0	88
81	Lliffon Foulkes	Eryri	M	W		0		0	35.57	88		0		0		0	88
82	Andrew Carruthers	Halesowen	M40			0		0		0	192.55	88		0		0	88
83	Adrian Orringe	Mynydd Du	M50	W		0		0		0	193.14	88		0		0	88
84	Tom McGaff	Cheshire	M50			0		0		0		0		0	80.50	88	88
85	Ray Green	Saddleworth	M			0		0		0		0	200.54	88		0	88
86	Joseph Nuttall	Cheshire	M			0		0		0		0		0	81.09	87	87
87	David Pack	AGC	M			0		0		0		0		0	81.12	87	87

John Linley shares his thoughts on

Feeding before and during long races

I have been racing for nearly 20 years & during that time have done many long races.

By "long" I mean races lasting for me, more than 2 to 3 hours. The significance of this length of time is that you have to push on through the time when you "hit the wall" or in fell running terms "bonk out".

You stand on the line at a race and if you have prepared correctly then your muscles are full of glycogen and you have lots of energy stored as reserves within your body. So how can you make sure they are at a maximum when the whistle goes, and conserve these reserves to last as long as possible and replace energy as you use it?

You need to understand

1. How and when to feed before the event.
2. How and when to feed on the event.
3. Other factors on the race that will affect your blood sugar levels.

1) Before the event

Getting your energy levels to the max on the start line needs to be dealt with in two parts.

Firstly eat as much carbohydrate as you can the day and evening before the race.

Next on the morning of the race you will wake with all this food converted into energy and there is no need to top this up in the morning. In fact eating anything will trigger your body into starting to use up your reserves! (If you must eat then you must allow about four hours between eating and race start). So, you need only to keep your fluid levels topped up. Be careful here to avoid that dreaded sugar! Drinking tea or coffee with milk in it will trigger the production of insulin as milk contains lactose (sugar), fruit juice will have the same effect (fructose).

So just drink black tea or coffee and plenty of water.

2) On the race

EATING

Your body should now have enough energy to run for about two hours before your energy runs out. So you need to feed to extend this. The first problem you have is that the blood supply to your digestive tract will be reduced as the energy rich blood is needed to run. But at some stage you will run out of energy so you need to gently feed early on in the race.

Energy not for use at this time, but aimed at boosting your energy during the danger time when you are liable to bonk later in the race. So again avoid sugar in large quantities as this will only be wasted early on. Probably the best food at this stage is a cereal bar taken with lots of water. The time to take this is when it will not cost you by interrupting your running. So if the first walking climb comes at 40 minutes or so then this is ideal. Take climbs as an opportunity to eat & drink.

This food will take time to show an effect, you are aiming for it to kick in during the danger period near the end of the race.

As you get further into the race you can introduce food with sugar in it, but beware, the sugar will trigger off the production of insulin. A sudden shock of sugar will result in over production of insulin and after a short time your blood sugar may well drop below what it was before you took the sugar. You will be committing yourself to relying on regular shots of sugar until the end of the race. The level of intake to have this effect: 3-5 jelly babies and will take effect in about 10 to 15 minutes. So if you have enough jelly babies to eat one every ten minutes until the end of the race then go ahead and enjoy them.

A good tip is to put a few jelly babies in a bank change bag and pin it to your vest before the race, so you can feed easily.

If you get to within twenty minutes of the finish and you have not eaten the jelly babies or bonked out, then eat all the jelly babies and you are ensured of a good finish.

DRINKING

If you are not already dehydrated then the best drink is just water!

Electrolyte drinks will put back salt and trace elements that are depleted during the race, but if these elements are all intact at the start your body will replace these naturally after the race. The two main minerals that may affect your performance are salt and potassium. The way I replace salt as I run is to mix my own bottle.

A dash of sugar free orange cordial

Quarter level teaspoon of salt
Half level teaspoon of sugar
Half pint of water.

The orange is just to cover the taste of the salt. The sugar will

get your gut interested as the mixture passes through.

Remember, if you are not hydrated then any food you take will not be digested.

As for potassium, eat a banana each day.

3) Other factors

You need to avoid overheating, but also avoid losing heat due to not wearing enough clothes. I wear thermal bottoms on long races, which also reduce the possibility of leg cramps on descents late on the race.

ADRENALIN

Now this can be your saviour or your worst enemy.

Adrenalin will kick in in a dangerous situation causing you to react with either fight or flee (run). Run, is just the thing we need, but it can work against you.

If it dawns on you that you are lost in a race, adrenalin kicks in and you are liable to react by first checking map and compass, then tearing off in a new direction for a short time before rechecking and again running hard.

This adrenalin is not free. It triggers the production of insulin, mobilising blood sugar to replace the sudden surge of use. The effect will be that you will then bonk much earlier than expected.

I once ran an AM race with an expected finish time of 1.5 hours. I got lost. I was still running at an hour forty five and bonked. Being a medium race I should not have bonked at all certainly not within the time span of the race and unfortunately I had no food with me.

One final warning

Do not try out changes to the way you feed and drink on a race. Better to go on a long run and find out what works for you.

I found out that energy bars upset my stomach, half way through a 20 mile race!

Enjoy your running, John Linley

Ed. note: Some runners may not agree with John's thoughts, especially with all the power bars and liquid now available. Your comments on this article will be most welcome

This is John's way of doing things and he says by adhering to this routine he has always finished long races. At this years Peris he totally ignored his usual routine. Eating porridge in the morning, then forgetting to take his flask of black coffee. During the couple of hours before the start he drank about six cups of tea with milk and blames this for having to pull out halfway round!

FRA AGM

Ross Powell, Sheila Lloyd, Geoff Clegg and Dave Hill attended the FRA AGM, held in Kendal on the 18th November 2006. There were 61 FRA members present.

The following motion, put forward by Keith Burns, was discussed -

"That the Fell Runners Association secede from UK Athletics governance as soon as possible consistent with maintaining continuity of management of FRA affairs, but in any event, before Feb 1st 2007, and that FRA should independently manage fell racing on behalf of its members."

It was decided that the motion was received too late to be voted on. However, a discussion on the issue was allowed. There were a lot of Race Organisers present and a great deal of anger expressed by them. Some said that the top priority of the FRA should be to look after their [Race Organisers] interests. After all, if there are no races then there is no sport. The vast majority of those present wanted out of UKA NOW! However a sub committee, already set up, is due to report back to the main Committee in the Spring with the pros and cons of remaining with UKA. It was agreed that this information will then be sent out to members together with a ballot on whether to stay with UKA or not. Ross Powell and Sheila Lloyd were re elected Member Representatives on the FRA Committee.

On the journey home we were involved in an accident with a Jaguar on the M6. We came off worse - our car was written off. We were all badly shaken and bruised but, fortunately, were able to walk / limp away from the accident. Geoff was taken to hospital but released after a check up.

Merry Christmas

Members of the committee wish everyone
A Merry Christmas
and
A Happy New Year

Not Just For Gazelles!

I'm a fell racer. That means I walk, crawl, scabble and sometimes even run around the course – usually egged on by the sweeper, keen to finish before it gets dark! Others are fell runners. They leap up inclines like young gazelles and bound downhill in those special spring-soled PBs. It was, therefore, with some trepidation that I signed on for the WFRA navigation course in Capel Curig on 19 November.

My nervousness was not quelled when the instructor, Tim Higginbottom, started talking about the KIMMs, LAMMs, WIMMs and WAMMs he'd completed. You don't need to know what these acronyms mean – just that one M stands for Mountain, the other for Marathon! The next shock came with his introduction of orienteering maps. These are to such large (and weird) scales that even big boulders are marked! Stand on one virtual contour line and the next is just above your head.

Fortunately, the course was not a sweaty, gasping ascent of the mountain of orienteering knowledge but a gentle ride up in the train with a couple of breaks to stretch the legs. Games and puzzles gave us a feel for map symbols (what does BS stand for?) and scales (some of which sounded very fishy) before it was off into the woods, compass and map in hand. Control boards



Dave at the finish of the Wrekin Streak wondering if it was all worth while

were found but not by everybody and the stopwatch told a sorry tale for the self-professed fell racer.

After lunch, more of the mystical world of orienteering was revealed including valuable clues to getting from point A to point E via points B, C and D (although not necessarily in that order). We went down to the woods again and although no teddy bears' picnic, it was easier to find the control boards (different ones). This time we ran more confidently with our maps and compasses, changed direction with more conviction and (yippee) knocked some minutes from our morning times. A further demonstration that a little orienteering knowledge is a valuable thing was provided when Tim proved that the shortest route isn't always the quickest.

Now, I'm not about to enter anything with MM in its title and will still be in the guards van on fell races but at least I stand a better chance of getting off a mountain safely and perhaps not getting lost in the first place. And if that isn't enough to make you spend £10 on the next course – Tim also demonstrated a darned clever way of folding a two-sided map, which was worthy of magician, Paul Daniels. Dave Hancock

PS if, like me, you take a GPS to the course, like me, keep it hidden. G, P and S are rude initials in the world of orienteering...

RHINOG HORSESHOE

Records tumbled at this years Rhinog Horseshoe fell race in Llanbedr as both the male and female course records were broken in an event which attracted its best ever entry.

Having had 27 finishers in 2004, followed by 48 in 2005, this race had 63 finishers.

The 15.5 mile race which included a 5,200 foot of climbing taking in the peaks of Rhinog Fawr, Rhinog Fach, Y Llethr and Moelfre before finishing in the village of Llanbedr.

Lloyd Taggart of DPF created a new course record of 2.50.42 Steve Gilliland of Bro Dysynni finished in 2nd place and 1st v40 in a time of 3.00.18

Jackie Lee, Eryri beat her own course record by 17 mins finishing in 3.02.18.

Chairmans Jottings

WFRA Growing

Membership has risen steadily during 2006, The number of WFRA insured races is also up on last year.

Website

We have experienced delays updating the website during 2006. However, these problems are now behind us as we now have a new webmaster Bob Chilton who is currently updating the website almost before things happen!

Navigation Course

The WFRA held another successful Navigation Course on 19th November, in Capel Curig. The course was well attended, including some from South Wales. Thanks to Tim Higginbottom for instructing and to Geoff for organizing the course (and the soup!). We are hoping to organise a Spring Navigation Course possibly in the Clwydian Hills area. Send names to Geoff Clegg

Race Calendar

This is currently being prepared. We hope to have the 2007 WFRA Race Calendar ready before the end of the year. This will be sent to you together with your membership card once your membership renewal is received.

Membership Renewals

These are now due. The membership year runs from 1st January to 31st December.

Subscriptions are to remain unchanged at £10. Membership renewal forms are available on the website – www.wfra.org.uk. Click on 'Join' and print off the 2007 form. If you are renewing your membership you only have to indicate any changes to your details. If there are no changes then fill in your name, write 'no changes' then sign and date the form and return with your fee.

BOXING DAY RUN

TYN Y GROES HILL RUN - 12 noon

From Tyn y Groes Hotel, Ganllwyd. Register from 11am
Free entry 2.5m/700' No prizes just festive run
Details: Bob Chilton 01340 440611 onygena@onetel.com

JANUARY RACES

NEW YEARS DAY (Monday)

CYRN-Y-BRAIN HANGOVER HOBBLE

12.00noon

(BM) 6miles/800' PM £3.00 on day only Over 16
From Coed Llandegla Forest Visitors Centre, on A525, 7 miles west of Wrexham (GR SJ 227520, www.coedllandegla.com)
Organiser: Ben Amesbury 01824 707955 07740 580780
Ben.Amesbury@cruk.nestle.com

THE MORNING AFTER - 11.00am

(BS) 5miles/900' (PM) £3.00 individual, £5.00 family includes soup & a roll at the finish o/16 From Church Stretton Social Club, Essex Road, Church Stretton (GR 456935) No safety pins. Phil and Gill Harris 01694 771674
harris@wyeknot7.freereserve.co.uk

LLYN LLYDAW FUN RUN - 10.30 am

(CS) 5miles/594' Entry on day only From Pen-y-Pass Youth Hostel GR 647556 Over 12 Also short course junior race (1.8miles/300feet) Harvey Lloyd 01865 750067 harvey@rich-lloyd.fsnet.co.uk www.gorphwysfaclub.org.uk

SATURDAY 13th - TOR Y FOEL - 2.00pm

(AS/PM) £1.50 on day only
From Talybont Reservoir Dam; registration at Camp Site below dam (GR SO 105209) Over 16 Martin & Kay Lucas 01656 880009 greybeard@chestnutview.freereserve.co.uk

MEIRIONNYDD WINTER RACE SERIES

RHOBELL FAWR Sat. Nov. 11th 2006

6 Miles/1900'AS Start 12noon,
Village Hall, Llanfachreth, Nr.Dolgellau (OS 124 - SH756225)

TARREN HENDRE Sat. February 3rd 2007

6+ Miles/2000' AM, Start/12.00
Railway Inn, Abergynolwyn, Nr.Tywyn (OS 124 - SH677069)

RAS YR ARAN Saturday March 24th 2007

10 Miles/2500'Ascent AM, Start 13.00,
Eagles Inn, Llanuwchllyn, Bala (OS 124 - SH880297)
Entry on day only - £4.00

Min age for short races 16 years, 18 years for longer race.

Further Information Graeme Stringer 07917 001173

JUNIOR/SHORT RACES AT ALL EVENTS