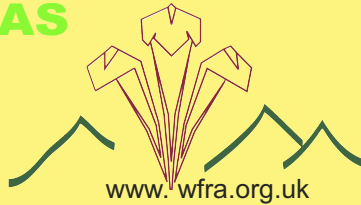


**CYMDEITHAS  
RHEDWYR  
MYNYDD  
CYMRU**



**WELSH  
FELL  
RUNNERS  
ASSOCIATION**

**2007 RHAGFYR  
CYLCHGRAWN  
NEWSLETTER  
DECEMBER 2007**

## 2008 Junior North Wales Series

The WFRA are planning a Junior North Wales Series in 2008. Provisional details as follows.

There will be 5 races.

Age categories U/18, U/16, U/14, U/12 (Age as at 1st January). Minimum age is 10. Best 3 results from 5 to count. Points system -1st 12 points, 2nd 10 points, 3rd 9 points, etc down to 1 point for 11th position. For more information visit the WFRA website or contact Ross Powell.

**April 5th**

**LLANGYNHAFAL LOOP**

**May 4th**

**Y GARN**

**May 24th**

**CADER IDRIS**

**June 21st**

**MOEL HEBOG**

**July 19th**

**MOEL SIABOD**

## 2007 WFRA Championships

The WFRA Open / Welsh Championships and Series have again been a success in 2007. The Final Tables are shown elsewhere in this Newsletter. The Presentations took place after the Sugar Loaf race in south Wales on 3rd November. Congratulations to all the prizewinners. All the Open / Welsh Championship category winners that completed a minimum of 4 races (except me!) received a pair of fell shoes courtesy of Ultimate Outdoors and Innovate. The male and female winners of the South Wales Series also received a pair of fell shoes. The winners of the North Wales Series received framed limited edition prints of Moel Siabod courtesy of Benard's Gallery in Llandudno.

If you intend to run in a race for the first time you are advised to obtain a map of the course well in advance and study the route (especially the longer races). As you may be aware there was a tragedy in

the Welsh 1000m race in 2007 and many people got lost in the Rhinog Horseshoe race. The Welsh 1000m is part of the Championships in 2008. I would urge anyone undertaking this race for the first time to recce the route, particularly the section from Aber to Ogwen. The Carneddau can be very difficult in misty conditions. If you are lacking confidence with navigation then put your name down for the next WFRA Navigation Course.

When deciding which races to include in the WFRA Championships and Series the following is apparent -

We could do with more long races (ie >12 miles) all over Wales.

We could do with more week-end races in North East Wales, mid Wales and south Wales (all distances).

If anyone has ideas for new races please contact us. We can give help and guidance if needed.

*Ross Powell*

## Illegal Off Roding

### Can Fell Runners help?

This photograph shows the damage caused by illegal Off-Roding, taken on Moel Tryfan near Caernarfon. "A Site of Special Scientific Interest"



*See article on page 3*

## 2008 OPEN WELSH CHAMPIONSHIPS

Sat 29th March	PEN CERRIG CALCH (S)	Sat 12th July	WAUN FACH (M)
Sun 4th May	Y GARN (S)	Sat 16th August	BRECON BEACONS (L)
Sat 7th June	WELSH 1000m (L)	Sat 8th November	RHOELL FAWR (M)

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.

## SOUTH WALES SERIES 2008

Sat 29th March	PEN CERRIG CALCH
Sun 25th May	MYNYDD TROED
Sun 29th June	COITY
Sat 5th July	GUTO NYTH BRAN
Sat 12th July	WAUN FACH
Sat 2nd August	LLANTHONY
Mon 25th 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 2008

Sat 22nd March	RAS YR ARAN
Sat 12th April	LLANTYSILIO
Sun 4th May	Y GARN
Sat 7th June	WELSH 1000m
Sun 6th July	MOEL Y GAMELIN
Sat 9th August	GLADSTONE 9
Sun 24th August	CNICHT
Sun 28th September	ARENIG FAWR
Sat 8th November	RHOELL FAWR

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.

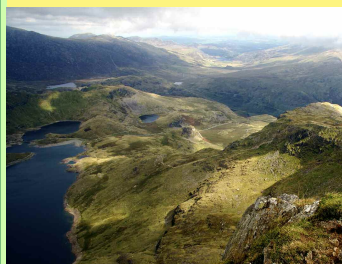
**Cymdeithas  
Rhedwyr  
Mynydd  
Cymru**



## Have you received your calendar?

If you have paid your subs for 2008 you should have received next years calendar by now. If you have not yet renewed please download form from our website and send with C5(162x229 basic postage applies) sae to Geoff Clegg, 19 Deganwy Road, Deganwy LL31 9DL.

*If you are not on the Internet a form will be included with this newsletter*



**Calendr  
Râs** 2008 **Race  
Calendar**  
£2.50

# Dave Hancock tries for the WFRA marshalling badge

Fell racing is about minimalism – titanium safety pins, Kevlar shoe laces and a club vest carefully moth-lightened over many years. Marshalling is about maximalism. You want to wear every item of clothing you possess. You then need a rucksack full of extra socks, gloves, hats, scarves, jumpers, trousers and yak skins. You must also carry food sufficient for a banquet and flask of coffee the capacity of a petrol tanker. Just in case, arrange to have extra clothing, food and supplies airlifted in each hour

I lost my marshalling virginity

on the Penmaenmawr Fell Race (called 'The Pen' by those who struggle with words of more than one syllable). At 11 miles in length, this is way beyond my running/walking/crawling distance. I also discovered that the apparently moderate ascent of 1500 feet is mostly accomplished in the first mile. Steep – I was surprised not to see Sir Chris Bonington and a load of Sherpas.

While the runners headed into the wilds of an area so wild it isn't named on my Readers Digest globe, I was plodding slowly to my marshalling spot. It was near the finish and the front-running gazelles would be there in about an hour. Looking like Michelin Man before he lost 10 kilo, my progress was so slow that a rendezvous was by no means guaranteed. I blame the organisers. Cruelly, they had made me wear a bin bag. Not a rather fetching black one but a yellow version emblazoned with Race Marsh (or, if I pulled it taut, Race Marshal). Not only did it make my bum look big, I could only breath if I held my arms horizontally.

The key to successful marshalling is to be where you should be. Initially, I was surprised that my spot appeared to be in a house next to a roaring fire. Where was the gate I'd been promised? Fortunately, I'd secreted a GPS about my person – hoping it wouldn't be spotted and result in a torrent of ridicule from any Mountain Marathoner, live-for-six-weeks-on-a-Mars-bar, types. I found my gate at GR SH 7295474908 (beat that for accuracy). This was clearly the point at which the race would be won or lost. I'd been given a huge responsibility. I opened the gate. I shut it again. I oiled the hinges. I mended the catch. I gave it a quick coat of Hammerite. I photographed it from several angles. I cut the grass leading



Dave making sure no one jumps his fence

to it and made arrows on the track with flowers. Then I opened it 36 degrees and ran through the gap. Not enough. I tried 43 degrees. Still not quite enough. Finally, I settled on 47 degrees and secured it with the special rock I'd brought with me.

Suddenly, a gazelle, I mean runner, was approaching, apparently out of control. I flailed my arms vaguely in the direction of the gate, he executed a skid worthy of a rally driver, charged through the gap and headed into the distance – leaving a heat haze and smoking grass. More came and two took a shortcut to the gate. Ah ha, so that's how they beat me in fell races.

I took up a different position and directed others along the shortcut. Still they kept coming. Young ones, old ones, thin ones but no fat ones. I began to feel confident. I shouted inane phrases: "Keep going. Not far now. All downhill."

Some acknowledged my presence with tremendous Doppler effect. "Thank yooooooooo, mar-

shaaaaal." Some just grimaced (I do that, it makes marshals think you're in real pain and can't spare the breath to say anything). Some paused for a chat but I wasn't really in the mood for a discussion about Nietzsche's perspective on eternal recurrence.

Then I remembered the jelly babies. Fellow Eryri Harriers club member, Ellie Salisbury, had urged me to bring a bag. I began to offer them to runners. Many took them and were still shouting their gratitude as they disappeared over the horizon. Such simple pleasures. Ellie

arrived, swallowed the handful and almost jumped the gate (they were all black ones).

Eventually the flow of runners ebbed. They began asking how far to the finish. Encouragingly, I said: "Two miles and all downhill." Best not to mention the swamp and crocodiles, I thought. Then along came Nikki Wallis accompanied by the sweeper. I wanted to stop him, to tell him he'd left me behind. "But I'm always last," I wanted to say.

## 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

### 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.

## Six reasons to marshal . . .

1. You can shout abuse at the runners and they won't stop to hit you.
2. You qualify for boasting rights: "Of course, I was marshalling when Gwyn Wynn won by 10 minutes. My shortcut saved him easily a second.
3. You can offload three-year old jelly babies.
4. If at the start, you're accused of being a wimp for not entering, you can respond piously that you're marshalling.
5. You learn what it takes to win fell races (assuming running fast hadn't occurred to you).
6. Somebody else finishes last.

# Illegal Off-Roading is Wrecking the Hills

Jenny Ewels

If, like me, you have felt anger and sadness at seeing motorbike tyre tracks carving deep, ugly scars through the bog on an otherwise beautiful mountainside, then read on because there is hope. Many organisations are working together to try and tackle illegal off road motorbikes, quad bikes and 4X4s, and more importantly there is something we as fell runners can do to help.

Illegal recreational off-roaders are causing long-term damage in National Parks, Sites of Special Scientific Interest (SSSIs), and many other mountain and moorland areas across England and Wales. Moelwyn Three Peaks fell racers may recognise the lake in the photograph, taken in Cwmorthin above Tanygrisiau (by Mal Creasey, Mountain Leader Training England). This graphically shows the damage off roading can do.

Unfortunately, the sight of wide waterlogged tracks across peaty moorland, or grass scraped away to rocks and gravel on the hillside by motorbikes and other motorised vehicles is all too familiar to fell runners. Just locally to me I have seen extensive damage in the Llantisilio and Clwydian hills. Sergeant Pete Charleston, Wildlife and Environmental Officer for North Wales Police says the Carneddau and Berwyns are of particular concern in North Wales, "it is however not only a problem confined to the mountains; it is also an issue on some of our sand dune systems in particular Morfa Harlech and some areas of Anglesey."

I have come across bikers face to face on several occasions. Last year when I was running along a tiny, vague footpath that crossed a bog in the Eastern Fells of the Lake District, I encountered a group of a dozen off road bikers going in the opposite direction to me along the same route. I didn't have the courage to tell them what I thought of them, and was horrified as I continued my run to find the remainder of the path across the bog had been utterly destroyed by their bikes, with the grass and peat all churned up in an area several feet across.

On another occasion, I was furious to see a group of trail bikers on the Clwydian Hills next to the Offa's Dyke Path near Moel Arthur on a very vulnerable steep section. This area has been eroded by walkers so

\*A **Bridleway** is a highway for pedestrians, horse riders and cyclists (who must give way to people on foot or on horseback) – marked by blue arrows.

\*A **Footpath** is a highway over which the right of way is on foot only – marked by yellow arrows.



Cymorthin above Tanygrisiau

has received extensive work by conservationists and had been fenced off to allow the vulnerable section to regenerate. On confronting the group they claimed not to know what they were doing was illegal, and I felt there was nothing much I could do other than point out the damage they were doing.

During a different run I was able to take action – on seeing a gang of motorbikes on the Llantisilio Hills (which has been wrecked by their wheels) I was able to phone the police number and report the details (including the registration number of the van, at least I hope it was their van!) as there is a wooden post with the police number to call.

Not being an ecologist I cannot tell you the length of time it takes for the land to recover, or speculate on the impact to flora and fauna – there are soil specialists, botanists and a plethora of conservationists writing papers on erosion due to walkers, horse-riders, mountain bikers and motorised vehicles. What is clear is that the increase in numbers using the countryside for leisure (including us fell runners) has taken its toll. You only have to compare photos of paths in the Lake District now

with twenty years ago to see the erosion that footfall causes.

However, the difference here is the speed and extent of erosion. Wheels have a completely different effect on surfaces compared to walkers' and runners' footsteps. Braking on downhill slopes and wheel-spinning on uphill carve ruts, which then lead to erosive water-flows.

In response, the Government is updating and strengthening legislation and agencies are working in partnerships to come up with solutions. For example, in

Wales there is the "Wales off Road Motorcycling Steering Group" with members including the Forestry Commission and the Countryside Council, local authorities, police and other agencies. Also the snappily titled 'NWAIMOR' (North Wales Alliance to Influence the Management of Off-Roading) has a similar membership including the British Mountaineering Council Cymru.

The Countryside and Rights of Way Act 2000 and the Police Reform Act 2002 have changed the law to make it easier for the police and other authorities to prosecute. The term motor vehicles has been replaced by

'mechanically propelled vehicles' so that riders of unlicensed or untaxed motorbikes and quad bikes are also committing an offence if they drive on "land not forming part of a road or on a road that is a footpath, bridleway or restricted byway". Such an offence can lead to a £1000 fine on conviction or an immediate fixed penalty of £30.

The police also now have the power to seize vehicles that are being driven in a way that causes, or is likely to cause, alarm, distress or annoyance. And anyone who, "without reasonable excuse, intentionally or recklessly destroys or damages any of the fauna, flora or geological or physiographical interest features of a SSSI or recklessly disturbs the fauna" could be fined up to £20,000 in the magistrates court or even more in a higher court.

There is the sensitive area of landowners who allow off-roading in delicate mountain environments. Of course I am not referring to farmers on quad bikes accessing their land or making a living through registered recreational use, which requires planning permission and is closely regulated. But there are landowners who perhaps turn a blind eye to damaging activity. As Sgt Charleston says, "a landowner can give permission for vehicles to use any of his land. If he owns the side of a mountain he can generally give people permission to ride/drive all over it." However, the off-roaders might still be committing an offence if they are a public nuisance or if they or their vehicle are not road legal for all public roads, even if their use involves only a short section of road.

Police across England and Wales are employing a range of tactics to tackle illegal off-roaders, such as investing in all terrain bikes, as well as using horses and helicopters, running vehicle targeting operations and joint 'education days' with some success. Other activities partnerships are using include multi-agency education and enforcement campaigns, stopping garages selling fuel to underage motorcyclists, enforcing seasonal bans on motor vehicles, and developing alternative sites that off-roaders can use legally and without damaging the environment. Legal off-roading organisations are very much part of these efforts and

*continued on page 8*

**We can help stop them:  
report off-roading**  
**Store these telephone  
numbers on your mobile**  
**North Wales**  
**0845 6071002**  
**South Wales:**  
**01656 655555**



## 2007 South Wales Summer Hill Series - Final Positions

Pos.	Name	Cat.		MYNYDD TROED		COITY		GUTO NYTH BRAN		TABLE MOUNTAIN		RAS BECA		MACHEN		LLYN Y FAN		TOTAL POINTS
				Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	
1	Helen Fines	Bristol & West AC	F		86*	40.40	91											177
2	Emma Bayliss	Mynydd Du	F	81.39	69	67.20	19							53.26	77			165
3	Julie Davies	Griffithstown Harriers	F			55.02	52							56.57	68			121
4	Karen Davison	Dark Peak	F									43.05	89					89
5	Tasha Sexton	Ingli Runners	F								43.39	88						88
6	Hannah Jarvis	Mynydd Du	F										51.51	80				80
7	Kelly Morgan	Pontypridd Rodents	F										52.10	79				79
8	Kat Driver	Pembs Harriers	F								48.49	75						75
9	Dorian Jones	Unattached	F								49.53	72						72
10	Charlotte Jefferies	Rudgeleys Army	F								50.14	71						71
1	Sharon Woods	Mynydd Du	F40			53.31	56							58.57	64	67.01	53	173
2	Mandy Jones	Islwyn	F40					57.17	73					56.09	70			144
3	Christine Vorres	Griffithstown Harriers	F40			76.32	1	67.59	50					67.51	43			94
4	Amanda Lindsay	Newport Boat Club	F40							42.58	90							90
5	Angela Jones	Brecon AC	F40			42.57	85											85
6	Alison Harding	Tring	F40	82.59	67													67
7	Judith Llewellyn	Chepstow Harriers	F40										58.39	65				65
8	Rebecca Harris	Unattached	F40										60.01	61				61
9	Mandy Bonthron	Tring	F40	87.27	60													60
10	Jane Buck	Cardigan	F40									55.18	58					58
1	Alison Cooke	Hereford Couriers	F50					57.13	73									73
2	Helen Walker	Pembs Harriers	F50									51.41	67					67
3	Fiona Davies	Bridgend AC	F50											58.20	65			65
4	Sue Ashton	Chepstow Harriers	F50	84.22	65													65
1	Clare Johnson	Unattached	F60											74.12	29			29
1	Harry Matthews	Mynydd Du	M	61.45	101	36.43	101			31.52	108					43.58	103	414
2	Tony Robson	Pennine Fell Runners	M	71.41	85	40.59	90	49.05	91	40.18	84					51.17	87	354
3	Matthew Collins	MDC	M			35.58	103	41.08	109	31.53	108							321
4	Andrew Blackmore	MDC	M	79.30	73	48.02	71	54.38	79					53.43	76			299
5	Crispin Flower	Mynydd Du	M			39.31	94			34.56	99					46.53	97	290
6	Matthew Stott	Chepstow Harriers	M			41.39	88	46.40	97					44.44	97			282
7	Andrew Jones	Mynydd Du	M			38.05	98	42.54	105									203
8	Martin Shaw	Mynydd Du	M	63.37	98											44.27	102	201
9	Stan Charles	Unattached	M			36.58	101									48.27	94	194
10	John Syms	MDC	M			43.19	84	48.49	92									176
11	Haydn Lloyd	Sarn Helen	M									42.30	91			53.14	83	174
12	Greg Dainty	Unattached	M					51.21	86					49.45	85			172
13	Michael Keddle	Unattached	M	74.29	81							39.57	85					166
14	John Korowajczyk	Cheltenham	M	75.44	79											57.15	74	153
15	Peter Burne	MDC	M					57.25	73					54.39	74			147
16	Tim Jones	MDC	M					58.20	71					56.30	69			141
17	Huw Evans	Tonbridge AC	M									36.26	107					107
18	Ian Wellock	Hunters Bog Trotters	M	59.54	104											44.00	103	104
19	Carwyn Thomas	Sarn Helen	M															103
20	Jason Scanlon	Pontypridd Rodents	M											42.34	102			102
1	Gavin Fisher	Unattached	M40					47.55	94			40.51	95	45.19	95	48.57	93	377
2	Max Suff	Hereford Couriers	M40	73.43	82	42.15	86	47.31	95					47.41	90	50.19	90	361
3	Neil Lewis	MDC	M40	73.09	83	44.18	81	51.45	86	40.27	84	46.30	81					333
4	Andy Stott	MDC	M40			48.52	69	55.01	78	42.58	76			55.48	71	58.26	72	297
5	Kevin Betts	Fairwater	M40	73.26	82					38.52	88			47.21	91			261
6	Richard Wall	Hereford Couriers	M40					50.36	88	37.54	91			53.18	77			256
7	Gareth Griffiths	MDC	M40	77.07	77	47.51	71							57.14	68			216
8	Simon Blease	Brycheiniog	M40	70.15	88													181
9	Stephen Jones	Islwyn	M40					58.13	71	37.05	93			57.22	67			139
10	Norman Jones	MDC	M40			50.19	65							55.39	71			136
11	Martin Woodhead	Unattached	M40											59.20	63	62.42	62	125
12	Jon Morgan	Dark Peak	M40											36.59	105			105
13	Stephen New	100 Marathon Club	M40					67.59	50					63.20	54			103
14	Kevin Harding	Tring	M40	61.16	102													102
15	John Atyeo	Unattached	M40											42.52	101			101
1	Steve Littlewood	Hereford Couriers	M50	75.06	80	46.12	76	52.01	85	38.20	90	45.53	82			56.07	77	337
2	Steve Herington	Hereford Couriers	M50			45.00	79	50.14	89	40.00	85	45.22	84					336
3	John Darby	MDC	M50	79.18	73	47.26	73	59.46	68	42.52	77	52.26	79					301
4	Clive Rowberry	Hereford Couriers	M50			50.07	65	55.41	77	43.00	76			62.04	57	68.13	50	275
5	Pete Morfey	Harlequins	M50	84.41	64									61.10	59	64.07	59	182
6	Mike Harris	Westbury Harriers	M50					55.10	78	45.39	69							147
7	John Shanahan	MDC	M50					57.13	73					55.55	71			144
8	Gareth Evans	Blaenafon Joggers	M50			56.28	48	61.22	64									113
9	Geoff Oldrid	Aberystwyth AC	M50									43.23	89					89
10	Chris Taylor	Mercia Fell Runners	M50			41.46	88											88
1	Gary Gunner	Croft Ambrey	M60	85.59	62	48.42	69					49.23	73	55.35	72	63.47	60	276
2	John Sweeting	MDC	M60					60.54	65			52.04	66	58.23	65	60.19	68	264
3	Gordon Orme	Cardigan RC	M60									47.07	79					79



# Bob Smith Traverse: 11th/12th August 2007

Martin Lucas

It sounds easy – find the six summits over 800 metres high in south Wales and run up and down them. To make it a little more testing, cycle between them. Repeat on an annual basis as a ‘challenge’ named after the first person to complete it – ‘Eponymous’ Bob Smith from Gower. It’s something in the order of 45 to 50 miles, depending on route choice, with about 6000 ft of climbing and it splits not very neatly into three running and two cycling sections, starting from the Llynfan car park at Llanddeusant and finishing at the gate at the end of the public road in the Grwyne Valley. By the way, the six peaks are Bannau Brycheiniog on Mynydd Du, Duwynt, Corn Du and Penylan in the central Beacons and Waun Fach and Pen y Gader Fawr in the Black Mountains.

As it’s not a race, the 2007 contenders took advantage of a wide range of start times on the weekend of 11th and 12th August, with Tom Gibbs aiming to stay in front by starting on the Saturday whilst the others had a longer lie-in and started at various times on Sunday. Conditions varied from ‘scorchio’ on Saturday to tipping with rain and blowing hard for Mike Wells, the early starter on Sunday. Obviously Tom’s run went unobserved apart from by our strategically-placed sheep-cams, but he commented:

‘It was very warm coming off Penylan and for all of the last run. I really struggled over Pen

y Gader Fawr and then sat in the river for about 10 minutes to cool off! As for sub – 4 hours – it’s a possibility. I was held up for a couple of minutes in the lanes by two tractors which actually made me back up for 200 metres so they could pass so I really did 4:07. I think with some more speedwork and a cooler day I could perhaps do a sub-4 but it would be a big ask. I was on the rivet the whole time’.

He finished in 4:09, a major improvement over his own previous record of 4:36. Apart from running and cycling really quickly, it’s interesting to note that his four transitions took a total of only 3 minutes!

A very wet and windy Sunday saw Mike Wells set off in pursuit apparently just after first light, with support from Ol’ Eponymous himself, who was unable to take part as he had injured his arm falling off his bike following an over-exuberant 70th birthday celebration the week before! The remainder of the field gave Mike a respectable 2\_ hour head start and set off in light mist up the head-on approach to Brycheiniog. Doug Adlam and John Aggleton made their intentions clear with a brisk start up the increasingly steep sharp end of the hill, while the rest of us compared age-related infirmities at a more comfortable pace. The cloud cleared once over the summit to give a superb day with fine visibility and a helpful tailwind, which increased in strength over the higher summits.

There is little to report by way of incident: the sheep on Sheepsh\*t Alley stayed out of the way of the 45 mph cyclists and apart from us all having to elbow the Sunday afternoon amblers on Penylan aside and Doug suffering a puncture after the Cwm Gwdi change (to find he had left his pump in the car) and then having to fight his way through the Jazz Festival crowds in Brecon all went smoothly. Various route choices were tried on the bike section between Brecon and Pengenfordd, with a consensus that the shorter but navigationally trickier route through the lanes via Llangorse is quicker than the main road via Talgarth. Robert West had an impressive crossing of Penylan etc to pass me on the descent to Cwm Gwdi and Phil Holder showed he was recovering well from a long term injury by speeding

up throughout and passing Doug on the last section. John Aggleton showed that all that training with no. 1 son (unfortunately unavailable this year) was paying off with a fine run that brought the supervets’ record into line with Astrid Wheatcroft’s best girly time of 2006 and missed Phil’s 2005 0/40’s record by only 2 minutes. Robert took about 45 minutes off Bob Smith’s previous 0/60 record and he treated us to an impressive Jim Peters-style collapse at the finish by way of cel

ebation. Personally I seemed to be lacking any strength up the hills and faced with the long drag up from Talgarth on the discredited A40/A479 route I decided to call it a day. Next year I go via the lanes...and do some training!

This event traditionally concludes with champagne and cream cakes at the finish, and Phil’s mother-in-law’s sticky cream sponge was washed down by several bottles of Chateau Gwynfi cru coureur-while contemplating the results, which were:

TOM GIBBS	SM	MDC	4:09	record
JOHN AGGLETON	o/50	MDC	5:16	o/50 record
PHIL HOLDER	o/40	Harlequins	5:34	
DOUG ADLAM	o/40	MDC	5:41	
ROBERT WEST	o/65	MDC	6:04	o/60 & 65 record
MIKE WELLS	o/65	Unattached	8:40	
MARTIN LUCAS	o/50	MDC	dnf	Talgarth

Thanks as ever to the supporters (Astrid, Jane, Lorraine, Sarah, Dee, Bob and Kay) without whom we couldn’t have our fun days out. Next year? Maybe Martin Lucas

Members of the committee wish everyone

*A Merry Christmas and  
A Happy New Year*

## SOUTH WALES WINTER HILL SERIES 2007 - 2008

7 RACES (best 5 results to count)

SATURDAYS, starting at 2.00 p.m.

ENTRY FEES: £1.50 per race (Fan Fawr £1.00)

### OCTOBER 6

**FAN FAWR** 2m/1000ft (GR SN 983203)

From lay-by near Storey Arms on A470 Merthyr Brecon Rd

Organiser: Chris Gildersleve (029 2062 4143)

e-mail: chris@steambunny.demon.co.uk

### NOVEMBER 3

**SUGAR LOAF** 5m/1400ft (GR SO 302179)

From The Crown, Pantyggelli, nr Abergavenny

Organiser: Douglas Adlam (07950 106886)

### DECEMBER 8

**THE BLORENGE** 2.5m/1400ft (GR SO 286133)

From Llanfoist Inn, Llanfoist, nr. Abergavenny

Organiser: Eric Meredith (01873 858979)

### JANUARY 12

**THE KYMIN** 3.5m/900ft (GR SO 513127)

From Monmouth Boys School Sports Centre.

Organiser: Rod Jones (01600 772400)

e-mail: rod@rodjonesmountain.fsnet.co.uk

### FEBRUARY 9

**THE DARREN** 3m/1070ft (GR ST 235913)

From the Darren pub, Risca, nr. Newport

Organiser: Robert Benjamin (01495 756806)

### MARCH 1

**LLANTHONY** 3m/1000ft (GR SO 289278)

From Llanthony Abbey car park

Organiser: Dick Finch (01291 627569)

e-mail: DFinch@uk.terrainindustries.com

### MARCH 29

**PEN CERRIG CALCH** 3m/1500ft (GR SO 234206)

From Ty Mawr Farm, nr. Llanbedr

Organiser: Derek Thornley (029 2089 1172)

e-mail: derek@dtltd.com

Further details: John Sweeting

tel: 01550 721086 mobile: 07929 021897

e-mail: lowerlodge@phonecoop.coop



**AIR AMBULANCE  
CHARITY EVENT**

**Sunday 20 April**

**WELSH COLLEGE OF  
HORTICULTURE**

**Northop**

**Start 11.00a.m.**

**Choice of up to 4 laps**  
(Approx 2.5miles/lap)

**Also Junior event (14+)**

Full details from organiser  
John Morris  
Heatherdene,  
Ruthin Road  
Gwynmynydd, Mold  
01352-755198

or [www.wfra.org.uk](http://www.wfra.org.uk)

## Race Reports

### Moel Famau

The Moel Famau Mountain Race took place from Cilcain, near Mold on Monday 27th August. This year the race was a counter in the Welsh Fell Runners Association North Wales Series. Weather conditions were dry with sunny intervals.

The race was won by John Hunt of Dark Peak (also 1st over 40) in a time of 29 minutes and 39 seconds. Ian Houston of Wrexham was 2nd in 30.31 and Matthew Roberts of Eryri 3rd in 31.23. First over 50 was Tom McGaff of Cheshire in 32.19 and the over 60 category was won by Peter Roberts of Buckley in 37.25.

The ladies race was won by Andrea Roberts of Eryri in a time of 34.44. Sarel Redfern of Colwyn Bay was 2nd in 37.42 and Rebecca Hannah of Wirral AC 3rd in 38.27 (also 1st under 18). Ellie Salisbury of Eryri won the over 40 category in 42.54.

### Rhinog Horseshoe

The Rhinog Horseshoe race took place from Llanbedr, near Harlech on Saturday 27th October. This year the race was the final counter in the Welsh Fell Runners Association North Wales Series and penultimate race in the Open / Welsh Championships. Conditions were challenging for the runners with low cloud, periods of rain and strong winds on the summits.

The race was won by Harry Mathews of Mynydd Du in a time of 3 hours 10 minutes and 28 seconds. He was closely followed by Roland Stafford of Mercia who finished in 3.10.30. Stephen Gilliland of Bro

Dysynni was 3rd (also 1st over 40) in 3.11.08. The over 50 category was won by Geoff Oldrid of Aberystwyth in 3.50.03 and first over 60 was Don Williams of Eryri in 4.28.21.

The ladies race was won by Sarah Kleeman of Eryri in a time of 3.29.20. Anna Bartlett of Shrewsbury was 2nd in 3.45.56 and Andrea Roberts of Eryri 3rd in 3.58.49. The over 40 category was won by Juliet Edwards of Meirionnydd in 5.33.40.

### Arenig Fawr

The Arenig Fawr race, took place near Bala on Sunday 30th September. There was a high turnout as the race was a counter in the Welsh Fell Runners Association North Wales Series. Weather conditions were cool, overcast and dry. The summits were clear.

The race was won by Richard Roberts of Eryri in a new record time of 56 minutes and 44 seconds. Ben Mounsey of Calder Valley was 2nd in 56.49 and Roland Stafford of Mercia 3rd in 59.00. Other category winners - O/40 Steve Gilliland (Bro Dysynni) 59.25, O/50 Leigh Warburton (Bowland) 65.36, O/60 Peter Roberts (Buckley) 75.09.

The ladies race was won by Anna Bartlett of Shrewsbury who took 5 minutes off her own record to win in a time of 65.01. Aly Raw of Bingley was 2nd (also 1st over 40) in 68.59 and Andrea Roberts of Eryri 3rd in 69.43.

## Snowdonia Navigation Course



One of the groups pictured on Siabod with Sarah Kleeman  
Left to right: Paul Howarth, Arwel Lewis and Maldwyn Evans  
(Apologies to Iain and members of the other group who were on the other side of the mountain - too far for ageing photographer to travel!!)

The WFRA organised a successful Navigation Course on Sunday 25th November in Llanberis.

The course was run by Iain Ridgway and Sarah Kleeman of Snowdonia Running Guides. Eight members registered for the course and six attended on the day

The morning session was held in the meeting room at Pete's Eats In the afternoon the group moved to Moel Siabod and split into two groups receiving excellent one on one tuition from Sarah and Iain. Everyone found the day educational and enjoyable.

## 2008 Navigation Course

A COURSE HAS BEEN ARRANGED FOR  
**Sunday, 16th March**

We can all benefit from further instruction in navigation. Members are urged to consider taking part in this course (even as a refresher course). First class guidance and instruction from qualified instructors for only £15.00.

Visit WFRA website for more details or contact Geoff Clegg.

## Illegal Off-Roading

continued from page 3

many promote environmental awareness to their membership.

The police want to prevent the damage by prosecuting the culprits, but the difficulty is catching people doing it. It is potentially very resource intensive and doesn't seem the most efficient use of our police officers; having them hanging about in the most remote areas of the mountains waiting for off-road-ers whilst people are being burgled and robbed in the towns! This is where we come in - as fell runners we have a love and respect for the mountains and moors, and perhaps share a responsibility to protect them for future generations. We are also ideally placed to help in that we are out there in all weathers, and see the bikers or the legacy they leave.

We can collect the information needed by authorities - evi-

dence of the damage and report the perpetrators. The groups mentioned above are collating a picture of where the problem areas are to inform where resources need to be focused. So send in photos and details of where you see this damage happening (either to your local police or to me and I will ensure it gets sent to the relevant authorities). In addition if you see the bikers themselves, remember as many details as you can (of their vehicles and clothing, registration of the bikes or vans they came in, etc.) and report any off-roading you see in by phoning the police on the numbers displayed on page 3

Do not approach illegal bikers directly; members of the public do not have any powers to stop a highway user and may put themselves at risk, both physi-

cally and legally (for obstructing the highway). Anyone can ask questions, but there is no obligation for a motorist to respond except when an accident has occurred.

Meanwhile, for those of you who just cannot resist the need for motorised speed out there on the fells, there are two legal options left for you. For the purposes of the Road Traffic Act, 'mechanically propelled vehicle' does not cover invalid carriages or lawnmowers controlled by pedestrians - so dust off that sit on mower and head for the hills!!

\*Regulating the use of motor vehicles on public rights of way and off road: A guide for Local Authorities, Police and Community Safety Partnerships', December 2005: DEFRA, www.defra.gov.uk

\*The BMC Cymru October 2007 bulletin

## LOST

The 1000 Metres have lost the Club Trophy for class 'A' the Fell Runners. It was last seen about 3 years ago, and is a framed picture of Tryfan. Very distinctive etching, with a 1000m medal set in the frame, which is natural wood and it is awarded to the fastest Club (not the designated team) in Class

A. We would love to have it back - it has a certain sentimental value and was presented to the event by a family from Anglesey in commemoration of their father, who did the etching

If you have the trophy or know where it is please contact Race Organiser,  
Harvey Lloyd