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www.wfra.org.uk

**WELSH
FELL
RUNNERS
ASSOCIATION**

**2011 RHAGFYR
CYLCHGRAWN
NEWSLETTER
DECEMBER 2011**



WFRA 2011 Open Welsh Championships

There was an excellent turnout for the Breidden Hills on Sunday 9th October as the race was the final counter in the inov-8/WFRA Open Welsh Championships and North Wales Series. (Race organiser's report on page 2) Weather conditions were dry, overcast and windy. The Presentations for the inov-8/WFRA Open Welsh Championships, the North Wales Series (sponsored by planetFear) and the south Wales Series (sponsored by Run and Become) took place after the race.

The inov-8/WFRA Welsh Champions for 2011 are Tim Davies of Mercia and Andrea Rowlands of Eryri. Other category Champions -

Male : Under 23 Karl Steinegger (Ambleside), Over 40 Simon Roberts (Buckley), Over 50 Dave Powell (Aberystwyth), Over 60 John Morris (Buckley).

Female : Over 40 Joanne Moore (U/A), Over 50 Ellie Salisbury (Eryri), Over 60 Maggie Oliver (Eryri).



Photograph by Alastair Tye

A group of 2011 prizewinners taken after the Breidden Hills race

The winners of the WFRA North Wales Series (sponsored by planetFear) were Ifan Richards of Meirionnydd and Andrea Rowlands of Eryri.

Other category winners:
Male : Over 40
Simon Edwards (Buckley),

Male: Over 50
Adam Haynes (Eryri),
Over 60
Tony Hulme (Wilmslow).

Female : Over 40 Joanne Moore (U/A), Over 50 Ellie Salisbury (Eryri), Over 60 Maggie Oliver (Eryri).

Protect your Race Organiser

The rights and wrongs of what kit fell runners need to carry during races have long been debated.

It seems like on many occasions that runners resent race officials who insist on making them carry what could be life-saving items, not many people argue with the objective dangers that we put ourselves through every time we set foot onto the hills, maybe it's a case of thinking "It will never happen to me"

But, maybe you are not carrying that kit just for you. We are all aware that there are people who are a little bit reckless, it could be the speed they come downhill or the line they

choose to take over the rocks, there is always somebody who isn't sure of their navigation or who turns up in road running slicks.

continued on page 3

2012 WFRA OPEN WELSH CHAMPIONSHIP RACES

Sponsored by
inov

Sunday 29th April
Mynydd Troed (Medium)

Sunday 17th June
Ras y Berwyn (Long)

Saturday 14th July
Pen y Fan (Short)

Saturday 11th August
Brecon Beacons (Long)

Saturday 8th September
Moel Wnion (Short)

Saturday 10th November
Rhobell Fawr (Medium)

Forestry Commission Charging Policy

Following criticism from WFRA, and others, Forestry Commission Wales have reviewed their charging policy. For 2012 there will still be an administrative charge of £50, but for non commercial races there will not be a charge per runner. For commercial races there will be a charge of £1 per runner.

Membership Subscriptions

The 2012 Membership Subs will remain at £10 and are payable now.

Standing Order Mandates have been sent out to all members, if you wish to pay by this method and have not received a mandate please contact the membership secretary. Standing Orders for 2012 subscriptions must be set up by 28th November.

Race organiser are reminded that if they want to insure their 2012 race with WFRA they must pay their membership subs by the end of January or they will not qualify for insurance cover..

**RACE UPDATE
CORNDON CLASSIC
HAS MOVED
FROM
Sunday 27th November
TO
SUNDAY
18th DECEMBER
11.00am**

South Wales Navigation Course

The WFRA's third annual navigational course for fell runners, and would be fell runners, took place on a stunningly beautiful day on the first Saturday in November. The course was based in the picturesque village of Llangynidr and was led by the ever enthusiastic Mark Saunders, ably supported by Alice Bedwell who was banished to the nearby hills to set up and take down the controls used for the practical exercises during the day.

Fifteen delegates with a range of abilities and experiences, pitched up at Llangynidr Village Hall, after faultlessly navigating their way there, for an intensive day of class room and practical based exercises. After a brief session designed to familiarise delegates with the basics of using a map and compass it was then off for a short car drive to Llangatwg mountain for the first practical exercises involving some distance judgement exercises using pacing techniques followed by a navigation exercise requiring delegates finding a series of controls cunningly hidden in swallow holes in the tussocky hillside. The scale of the map used for this navigation exercise, 1:10,000 caused some delegates to mis-judge distances between controls with some individuals running off into the horizon, some several hundred metres past the controls - after some

5th November, 2011

shepherding all returned safely, albeit somewhat more tired than they should have been.

It was then back to Llangynidr Hall for a hot drink, lunch and a short de-brief on the morning's practical exercise followed by a further classroom session focusing on route choice and feature recognition. After an hour or two of this, everyone was keen to put all this theory into practice - we needn't have worried as Alice had been busy preparing six courses on the nearby hills to test our navigational, route choice and tactical skills. Some of the controls were quite difficult to

find requiring some very careful map reading and the application of navigational techniques which sounded easy in the classroom, but was a bit more involved out on the hills.

To round the day off, Mark had devised a team relay game which played to everyone's competitive streaks and got the adrenaline well and truly going.

Based on feedback received, the course was well received and I would hope we can organise another navigational event next year. Many thanks to Mark and Alice for giving of their time so freely and to the delegates for their enthusiasm and good humour.

Preseli Bluestone Fell Race - Apology

We would like to apologise to everyone who had hoped to run in the Preseli Bluestone race, and especially those who had a wasted journey. We were incredibly disappointed to have to cancel on the morning, but the National Park ranger drove the course on his ATV between 9am and 10am and advised us that it really would be too risky. Even we locals who know the course well could easily have got lost up there even though, on the evening before the race, we did considerably more marking than in previous years.

We plan to hold the race on the same weekend in 2012 so please put it in your diaries, but do keep an eye on our website for updates. Our Club secretary is busy sending out refunds to those of you who pre-paid. Thank you for your patience and understanding.

Ingli Runners

RACE REPORTS

Llyn y Fan

17 Sept

Some wit reckoned it was harder to find the start of this race than to get round the course itself, and there were a couple of red-faced late arrivals. Despite hail, thunder and lightning all seemed to enjoy the stunning views while negotiating one of the steepest descents in the race calendar.

The Jones brothers made a rare appearance at a fell race: Felipe prevailed but failed to threaten Mark Palmer's 2006 record of 41.50. Paul Murrin took third and sealed first

place in the South Wales Fell series.

Angela Jones came back in the second half and overhauled Vanessa Lawson and Anne-Marie Harris for first place and duly clinched the F40 category in the series.

Credit to marshals Kay, Ian and Martin for standing their ground in the electric storm to see all the runners safely through.

D Finch

Breidden Hills

9 October

This year's race was the final counter in the Welsh Championship as well as being the opening round of the Shropshire Winter series. Good job that extra samosas and soup were available, as the admin team ran out of fresh race numbers because of the extra large field of 150 runners.

Conditions underfoot were good and the winner Steve Cale was able to fly around the course with a comfortable cushion between him and Tim Davies. Anna Bartlett had a similar excellent run. Unfortunately, the course had been tampered with and some visitors had a frustrating time on a detour: disappointment for all. Three juniors completed their race and enjoyed the

chocolate. Donations of £100 to Parkinsons UK, Youngsters in the Mountains (High Sports), Mercia Fell Runners and an orphanage in Nepal. Our thanks to all marshals, kitchen team and fell running pictures as well as the land owners and lastly the competitors who all had their kit. Look forward to seeing you next year.

Rick and Jan

Sugar Loaf

29 October

MDC's Matt Collins followed up his win in the opening round of the South Wales Winter League at Fan Fawr with first place in the second race at the Sugar Loaf. Here's hoping he completes the series for the first time in some years. Young Johnathan Barnes from Wye Valley Runners chased him hard, with 40 year-olds Paul Jones and Mark Palmer pressing the front two all the way.

In 15th SWRR's Emma Hitchens was well clear of Fan Fawr winner Sally Wilder and Emma Bayliss in the women's race.

Threatening purple skies luckily didn't deliver and the 96 entries got round the five mile course without being rained upon.

D Finch

Members Discounts

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

BENARD'S GALLERY

Craig y Don, Llandudno

BLACKS

Betws y Coed and Llandudno

CONWY OUTDOOR SHOP

Conwy

PETE BLAND SPORTS

Kendal

Y WARWS

Beddgelert

JOE BROWN SHOPS

Llanberis and Capel Curig

COTSWOLD

Betws y Coed

RUN AND BECOME

Cardiff

RUNNING BEAR

Altrincham

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

New AL Race to grace NE Wales in 2012

Just when you thought that we couldn't fit any more races into the ever expanding treasure trove that is the WFRA Race Calendar, along comes a blisteringly 12 mile creation designed to take in the best of the sublime, but often overlooked Berwyn range.

Ever since discovering the delights of fell running, around three years ago, I have come to use the Berwyns as an alternative to the Clwydians for evening and weekend solo runs, from my home in Ruthin, marvelling at their ease of access (just off the A5, to the south of Corwen) and their isolation (you can run all day without meeting another walker, let alone a runner). This range desperately needs a race and I was lucky that not only my club, Clwydian Range Runners agreed, but those stalwarts of Welsh fell running, John Linley, Ross Powell and Yiannis Tridimas, who kindly agreed to join forces to make the dream a reality.

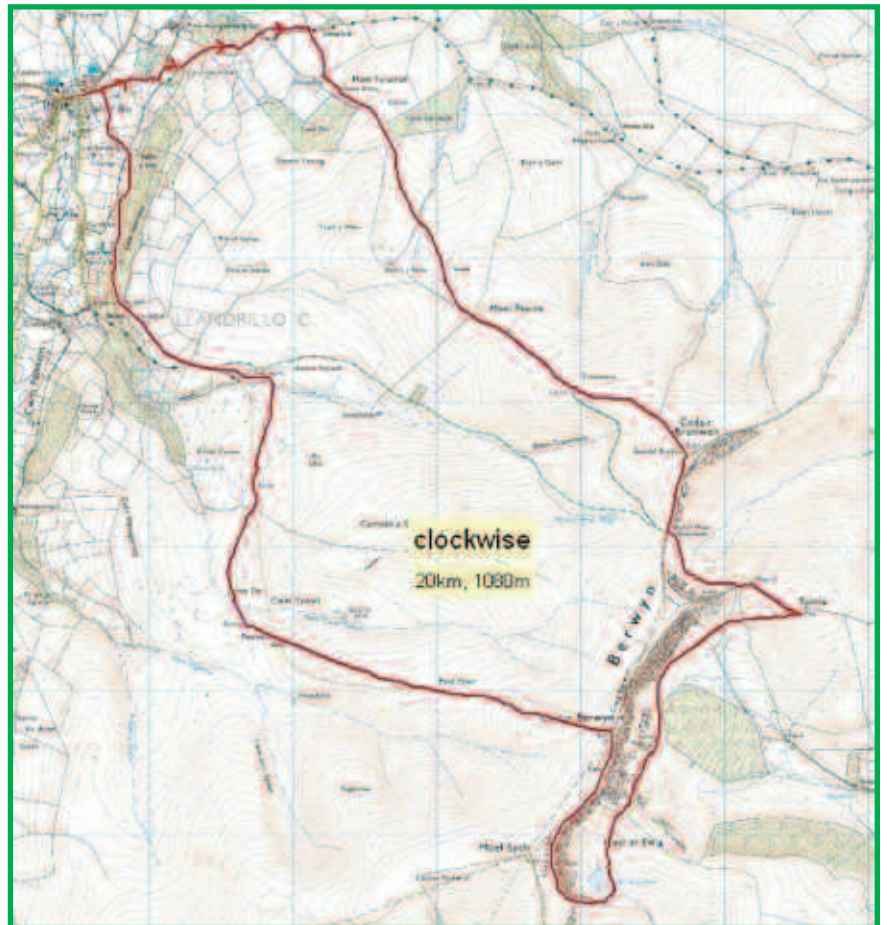
So it was, that one fine day in October, I met up in the village of Llandrillo with Ross, Yiannis, Karl and Wayne Steinegger, Wayne Percival and Alan Duncan to recce the proposed route. Llandrillo itself is a dream of a village, nestling between the River Dee and the Western flanks of the Berwyns in the picturesque Cynwyd valley. It has all the ingredients for a race base: car park, village hall, café, shop, pub, friendly locals and a river in which to wash those tired feet.

The race will not be for the faint hearted, since the route climbs steeply up a bridleway to the NE of the village, gaining 200 metres

in the first mile.

After gaining the broad ridge of Cadair Bronwen, a good path is followed SE to the summit, where after taking in the views, the runners will descend to the col some ½ mile to the south, which then affords access to a narrow sheep path contouring under the lowering mass of Cadair Berwyn to the West. Pausing to tag the summit of Tomle, the route continues contouring until a descent is made to Llyn Llunclaws. Fighting the urge to immerse themselves in this lucent jewel, the tired runner has to power up the SW ridge of the cirque before arriving on the summit of Moel Sych.

Now we anticipate that the race will really lift off, since the route from Sych to the last of the day's four summits, Cadair Berwyn, is flat, firm underfoot and is followed by a smooth, grassy path leading down the NW ridge back to Llandrillo. This is four minute mile country and it gets better, as a



short boggy section leads to a well marked bridleway and a thundering finish, in the village itself.

All those who came on the recce agreed that 'Ras y Berwyn', weighing in at 20.5km with 1080m of ascent is a classic in the making and Ross immediately tagged it as an AL 'Counter' in

both the Welsh and North Wales championships. The race date is set for 17th June 2012 at 12pm. If you fancy a peerless day out in stunning scenery on fast terrain, why not give it a whirl. You will not be disappointed with what these neglected hills have to offer!

Peter Agnew

PROTECT YOUR RACE ORGANISER

continued from page 1

Race Organisers have to take responsibility for all these people and it is only common sense that he/she will take out some form of insurance to cover themselves for the day that it all goes badly wrong. Part of that Insurance Policy states that every runner must carry the designated kit for that particular race and if the runner starts a race without kit then they are jeopardising any insurance that the Race Organiser might have.

So, the next time you turn up at a race and are questioned, please remember he doesn't think it's about to happen to you nor does he just want to be pernickety, he just has to play by the rules and protect himself, anyone who does injure themselves, and the

reputation of fellrunning in the face of possible devastating proceedings.

There have, unfortunately been deaths and there have been court cases

So, would you organise a race when you knew there could be litigation that could leave your family in terrible circumstances? – I don't think so!

Protect your Race Organiser and put your bumbag in the car for every event and remembering that even at a short race the Race Organiser's discretion may mean "Full Kit".

It's a bit like asking for credit at the Pub – don't do it, because refusal often offends

Pauline and Keith Richards

GLORIOUS GLADSTONE!

Sunday 14th August

After several soggy days, the weather was ideal, and rather glorious for the first running of this race under the new trio of organisers. Many Eryri runners came in for their share of the glory, with exceptional results being achieved by first man Llyr Pierce in a new record time of 1.15.24 and first lady (and 11th overall) Andrea Rowlands in 1.26.05. James McQueen was 2nd in 1.20.01 (also 1st over 40) and Johnny Moore was 3rd in 1.20.03. Other category winners –

Male : Over 50 Adam Haynes 1.21.50, Over 60 Tony Hulme (Wilmslow) 1.34.12.

Female : Over 40 Val Swingler (Shropshire Shufflers) 1.30.00, Over 50 Pat Peers (Pensby) 1.49.30.

Congratulations to all 84 finishers (& 2 dogs!!) and thanks to Team Dolly and all the marshals and helpers. We were very grateful for the generous sponsorship from XrayMins and Fletcher Poole estate agents which enabled excellent photo prizes, framed by Scott Butterworth of Bernards, to be presented. We also owe a huge vote of thanks to the staff of Gladstone pub for their hospitality and cooperation. We are pleased to be able to report that the Snowdonia Society and Diabetes UK will benefit from our profit! Finally a reminder, that since this was medium category race, there were full kit requirements as well as a responsibility for runners to possess navigation skills.

Ellie Salisbury

Full Table on
www.wfra.org.uk

2011 Open Welsh Championships - Final Positions

Pos	Name	Club	Cat	Llanbedr/B.		Llangynhafal		Welsh 1000m		Ras Yr Aran		Ras Beca		Breidden Hills		Total Score
				Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	
1	Andrea Rowlands	Eryri	F	150.05	92.15	46.44	84.16	281.29	90.57	109.28	73.35		0.00	68.11	80.56	347.44
2	Louise Barker	Aberystwyth	F	174.35	74.54		0.00	374.19	54.47		0.00	46.20	73.95	76.23	66.20	269.16
3	Melanie Price	Mercia	F		0.00		0.00		0.00	103.16	80.52		0.00	66.15	83.95	164.47
4	Emma McWilliams	Mynydd Du	F	167.13	79.84		0.00		0.00		0.00	44.20	79.39		0.00	159.22
5	Helen Fines	Calder Valley	F	174.21	74.71		0.00		0.00	107.07	76.07		0.00		0.00	150.77
6	Phoebe Webster	Aberystwyth	F		0.00		0.00	335.14	69.67		0.00	44.29	78.98		0.00	148.65
7	Clare Dallimore	WFRA	F	200.24	55.99		0.00	355.22	61.84		0.00		0.00		0.00	117.83
8	Wendy Trimbel	Eryri	F		0.00		0.00	391.37	47.75		0.00		0.00	76.52	65.35	113.10
1	Joanne Moore	U/A	F40		0.00	52.18	70.36		0.00	129.17	50.42		0.00	75.46	67.28	188.06
2	Fenella Higgins	Buckley	F40	215.34	45.09	60.15	50.66		0.00	149.42	26.80		0.00	90.50	40.89	163.43
3	Emily Wood	Eryri	F40		0.00	66.29	35.21	413.12	39.36	145.11	32.02		0.00	91.06	40.42	147.00
4	Sandra Rowlands	Clwydian	F40	197.02	58.41		0.00		0.00		0.00		0.00	79.56	59.98	118.39
5	Juliet Edwards	Meirionnydd	F40		0.00	57.48	56.73		0.00	131.09	48.26		0.00		0.00	104.99
6	Linda Edmondson	Wrekin	F40	217.26	43.75	73.41	17.36		0.00		0.00		0.00	94.15	34.90	96.01
7	Janet Richards	Griffithstown	F40	196.49	58.56		0.00	431.31	32.24		0.00		0.00		0.00	90.80
1	Ellie Salisbury	Eryri	F50	216.42	44.28	58.56	53.92		0.00	150.46	25.56		0.00	88.25	45.12	168.88
2	Sharon Woods	Mynydd Du	F50	176.08	73.43		0.00		0.00		0.00		0.00		0.00	73.43
3	Gill Evans	Shepshed	F50		0.00		0.00		0.00		0.00		0.00	78.32	62.43	62.43
4	Kate Hovers	Brecon Tri	F50	247.42	22.00	67.53	31.74		0.00		0.00		0.00		0.00	53.74
1	Maggie Oliver	Eryri	F60		0.00	61.11	48.34		0.00	167.50	5.82		0.00		0.00	54.16
1	Tim Davies	Mercia	M		0.00	37.48	106.30	246.13	104.28	84.05	102.72		0.00	55.16	103.19	416.48
2	Matthew Heywood	U/A	M		0.00	45.04	88.29	289.50	87.32	99.57	84.36		0.00	75.41	67.42	327.39
3	Richard Johnson	Islwyn	M	174.52	74.34		0.00		0.00	110.00	72.73	42.43	83.79	61.49	91.71	322.57
4	Steve Cale	Mercia	M		0.00		0.00	252.36	101.79	86.37	99.78		0.00	53.18	106.63	308.21
5	Ifan Richards	Meirionnydd	M		0.00	39.39	101.72		0.00	89.53	96.00		0.00	59.48	95.25	292.97
6	K Steinegger (U/23)	Ambleside	M		0.00	50.05	75.86		0.00	109.27	73.37	42.59	83.06	57.10	68.33	232.28
7	Tim Werrett	Mercia	M		0.00		0.00		0.00	93.37	91.68		0.00	65.12	85.79	177.47
8	Pete Vale	Mercia	M		0.00		0.00		0.00	109.57	72.79		0.00	59.59	94.93	167.71
9	David Morris		M	183.39	68.03		0.00	352.39	62.90		0.00		0.00		0.00	130.92
10	Paul Chester	WFRA	M	169.39	78.09		0.00	428.04	33.58		0.00		0.00		0.00	111.66
1	Simon Roberts	Buckley	M40	157.21	86.93	45.52	86.31	285.56	88.84		0.00	41.02	88.36	62.06	91.22	355.34
2	Paul Beeson	Maldwyn	M40		0.00	44.18	90.19	322.23	74.66	105.46	77.63		0.00	64.15	87.45	329.94
3	Glyn Fletcher	Maldwyn	M40	159.06	85.67	48.44	79.20	320.51	75.26	111.06	71.46	44.22	79.30	69.45	77.82	321.99
4	Ed Harmer	Eryri	M40		0.00	48.53	78.83	309.55	79.51	110.10	72.54		0.00	70.11	77.06	307.94
5	Mark Atherton	Meirionnydd	M40		0.00	46.24	84.99	335.35	69.53	104.27	79.15		0.00	75.56	66.99	300.66
6	Michael Kelly	Leighton	M40		0.00	49.25	77.51	326.16	73.15	114.11	67.89		0.00	69.46	77.79	296.34
7	Paul Jones	Mercia	M40		0.00	41.02	98.29		0.00	98.38	85.88		0.00	57.05	100.01	284.18
8	David Marham	Leighton	M40		0.00	51.59	71.15	374.25	54.44	122.44	58.00		0.00	70.37	76.30	259.88
9	Peter Agnew	Clwydian	M40		0.00	47.16	82.84	305.14	81.33	109.18	73.54		0.00		0.00	237.71
10	Richard Borne	Eryri	M40		0.00	50.56	73.75	406.39	41.90	124.10	56.34		0.00	76.56	65.23	237.23
11	Andy Blackmore	MDC	M40	157.42	86.67		0.00		0.00	127.56	51.98	43.49	80.79		0.00	219.45
12	David York	Tattenhall	M40	200.27	55.95	57.48	56.73		0.00	133.38	45.39		0.00	80.44	58.58	216.65
13	Jim Kelly	Eryri	M40		0.00	51.02	73.50	353.33	62.55	119.30	61.74		0.00		0.00	197.79
14	Simon Edwards	Buckley	M40		0.00	44.03	90.81		0.00		0.00		0.00	60.40	93.73	184.54
15	Martin Cliffe	Eryri	M40		0.00	42.15	95.27		0.00	104.31	79.07		0.00		0.00	174.35
16	Nigel Rowlands	Clwydian	M40		0.00	54.12	65.65		0.00	133.52	45.12		0.00	79.18	61.09	171.86
17	Connor Carson	Kenilworth	M40		0.00		0.00	334.01	70.14	96.52	87.92		0.00		0.00	158.07
18	David Wilcox	FRA	M40		0.00		0.00	329.20	71.96		0.00	42.35	84.15		0.00	156.11
19	Hayden Hartnell	Islwyn	M40	160.44	84.49		0.00		0.00	112.56	69.34		0.00		0.00	153.83
20	Stephen Jones	Clwydian	M40	155.36	88.18		0.00	346.54	65.13		0.00		0.00		0.00	153.32
21	Alan Heath	Clwydian	M40		0.00	48.40	79.37		0.00		0.00		0.00	73.03	72.04	151.41
22	Jeremy Randell	Clwydian	M40		0.00	52.08	70.78		0.00		0.00		0.00	70.58	75.69	146.46
23	David Malia	Mercia	M40	178.37	71.64		0.00	322.25	74.65		0.00		0.00		0.00	146.30
1	Dave Powell	Aberystwyth	M50	158.16	86.27		0.00	326.47	72.95		0.00	42.39	83.97	64.47	86.52	329.71
2	Vic Belshaw	Clwydian	M50	169.50	77.96	48.26	79.95	350.22	63.79		0.00	43.19	82.15	68.37	79.80	319.86
3	Neil Hindle	FRA	M50	171.23	76.84	49.38	76.97	355.06	61.95	124.29	55.97		0.00	75.20	68.04	283.80
4	Ross Powell	Mercia	M50	178.42	71.58	50.39	74.45		0.00	132.18	46.93	48.27	68.19	76.33	65.91	280.13
5	Rod Sutcliffe	Calder Valley	M50		0.00	53.15	68.01	379.08	52.60	128.15	51.61	49.02	66.60	75.13	68.24	255.45
6	John Currie	Mercia	M50	187.35	65.20	54.05	65.94		0.00	128.46	51.02		0.00	77.56	63.48	245.64
7	Charles Ashley	Wrexham	M50	167.07	79.91	47.44	81.68		0.00	126.13	53.97		0.00		0.00	215.56
8	Chris Higgins	Buckley	M50	181.31	69.56	52.55	68.83		0.00	151.27	24.77		0.00	90.51	40.86	204.02
9	Adam Haynes	Eryri	M50		0.00	43.57	91.06		0.00		0.00		0.00	63.51	88.15	179.21
10	Kean Rowlands	Clwydian	M50	190.03	63.43	50.49	74.04		0.00	136.52	41.64		0.00		0.00	179.11
11	Ian Rothery	Cybi	M50		0.00	51.51	71.48	411.38	39.97	127.09	52.89		0.00		0.00	164.33
12	Alan Duncan	Bowland	M50		0.00	47.27	82.38	320.46	75.29		0.00		0.00		0.00	157.68
13	Stephen Bajic	Telford	M50		0.00		0.00	421.28	36.14	127.37	52.35		0.00	76.08	66.64	155.13
14	Stephen Jones	Eryri	M50		0.00		0.00	323.39	74.17	110.49	71.78		0.00		0.00	145.96
15	Chris Wilcox	Clwydian	M50		0.00		0.00	333.32	70.33		0.00		0.00	71.12	75.28	145.61
16	Nich Bradley	Meirionnydd	M50		0.00	56.14	60.61	424.23	35.01	130.19	49.22		0.00		0.00	144.85
17	Iwan Edgar	U/A	M50		0.00		0.00	319.36	75.75	113.22	68.83		0.00		0.00	144.58
18	Neil Owen	Prestatyn	M50		0.00	52.43	69.33		0.00	122.59	57.71		0.00		0.00	127.04
19	Roy Silver	Les Croupiers	M50	214.36	45.79		0.00		0.00		0.00	50.07	63.65		0.00	109.44
1	John Morris	Buckley	M60	176.16	73.33	52.50	69.04		0.00	125.28	54.83	49.33	65.19		0.00	262.40
2	Gary Gunner	Croft Ambrey	M60	188.54	64.25	53.16	67.97		0.00	130.51	48.61	49.11	66.19		0.00	247.02
3	Tony Hulme	Cheshire	M60		0.00	51.16	72.92		0.00	120.26	60.66		0.00	76.35	65.85	199.43
4	Rod Sutcliffe	Calder Valley	M60		0.00		0.00		0.00	128.15	51.61	49.02	66.60	75.13	68.24	186.46
5	David Owen	Prestatyn	M60		0.00	61.34	47.39	409.02	40.98	146.49	30.13		0.00	88.15	45.41	163.91
6	Willem van Prooijen	Clwydian	M60		0.00	61.47	46.86	475.45	15.04	149.22	27.18		0.00	92.18	38.32	127.39
7	Yiannis Tridimas	Bowland	M60	202.29	54.49		0.00	338.51	68.26		0.00		0.00		0.00	122.76
8	John Sweeting	MDC	M60	228.37	35.71		0.00		0.00		0.00	51.13	60.66		0.00	96.37
1	Phil Martin	Bowland	M70		0.00		0.00		0.00		0.00		0.00	104.20	17.24	17.24
2	Peter Norman	Wrexham	M70		0.00		0.00		0.00	198.00	1.00		0.00		0.00	1.00



6 CYMDEITHAS RHEDWYR MYNYDD CYMRU RHAGFYR 2011 DECEMBER WELSH FELL RUNNERS ASSOCIATION

Full Table on
www.wfra.org.uk

2011 WFRANorth Wales Series - Final Positions

Pos	Name	Club	Cat.	Tarren H		Pipe Dream		Llangynhafal		Welsh 1000m		Gameln		Yr Aran		Gladstone 9		Half Peris		Breidden Hills		Total Score
				Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	
1	Andrea Rowlands	Eryri	F	61.41	74.33		0.00	46.44	84.16	281.29	90.57	88.31	84.47	109.28	73.20	86.05	91.82		0.00	68.11	80.56	505.90
2	Wendy Trimbel	Eryri	F		0.00	49.15	65.72		0.00	391.37	47.75	106.15	61.32		0.00	103.56	69.39	168.26	52.29	76.52	65.35	361.81
3	Jenny Heming	Eryri	F	70.49	55.72	44.41	78.17		0.00		0.00		0.00	122.50	57.72		0.00	150.40	67.87		0.00	259.47
4	Lisa Grantham	Wyrall	F		0.00		0.00	52.17	70.40		0.00	97.54	72.22		0.00	93.56	81.95		0.00		0.00	224.58
5	Louise Barker	Aberystwyth	F	66.13	65.09		0.00		0.00	374.19	54.47		0.00		0.00		0.00		0.00	76.23	66.20	185.77
6	Melanie Price	Mercia	F		0.00		0.00		0.00		0.00		0.00	103.16	80.38		0.00		0.00	66.15	83.95	164.33
7	Clare Dallimore	U/A	F		0.00		0.00		0.00	355.22	61.84		0.00		0.00		0.00	147.02	71.05		0.00	132.90
8	Becki Law	Eryri	F	64.31	68.56		0.00		0.00		0.00		0.00	118.36	62.62		0.00		0.00		0.00	131.18
9	Mary Gillie	Clywdian	F		0.00		0.00		0.00	339.35	67.98	105.21	62.50		0.00		0.00		0.00		0.00	130.47
10	Alexandra Fletcher	Eryri	F		0.00	57.41	42.72	65.39	37.27		0.00		0.00		0.00		0.00				0.00	80.00
1	Joanne Moore	U/A	F40	71.00	55.35	45.57	74.72	52.18	70.36		0.00	103.00	65.56	129.17	50.25		0.00	142.33	74.99	75.46	67.28	408.25
2	Juliet Edwards	Meirionnydd	F40	75.30	46.18	50.36	62.04	57.48	56.73		0.00	110.05	56.32	131.09	48.08	113.56	56.82		0.00		0.00	326.17
3	Ellie Salisbury	Eryri	F40	74.52	47.47	48.06	68.85	58.56	53.92		0.00	121.12	41.81	150.46	25.36	114.45	55.79		0.00	88.25	45.12	312.97
4	Emily Wood	Eryri	F40	83.27	29.98	52.48	56.04	66.29	35.21	413.12	39.36		0.00	145.11	31.83	125.36	42.16	175.29	46.10	91.06	40.42	259.28
5	Fenella Higgins	Buckley	F40	80.45	35.48	52.22	57.22	60.15	50.66		0.00	131.16	28.67	149.42	26.60		0.00		0.00	90.50	40.89	239.51
6	Linda Edmondson	Wrekin	F40	83.07	30.66	56.41	45.45	73.41	17.36		0.00		0.00		0.00	121.05	47.83	180.33	41.66	94.15	34.90	217.87
7	Sandra Rowlands	Clywdian	F40		0.00		0.00		0.00		0.00		0.00		107.44	64.61	155.09		63.94	79.56	59.98	188.53
8	Anna Bartlett	Shrewsbury	F40	59.11	79.42		0.00		0.00		0.00		0.00		0.00		0.00		63.26	88.88		168.31
9	Yvonne Amesbury	Clywdian	F40		0.00	53.05	55.27	61.23	47.85		0.00		0.00		0.00		0.00		0.00	0.00		103.11
10	Linda Jones	Wrexham	F40		0.00		0.00		0.00		0.00	112.32	53.12	140.30	37.25		0.00			0.00		90.37
1	Ellie Salisbury	Eryri	F50		0.00	48.06	68.85	58.56	53.92		0.00	121.12	41.81	150.46	25.36	114.45	55.79		0.00	88.25	45.12	290.86
2	Susan Howarth	Mercia	F50		0.00	49.07	66.08		0.00		0.00		0.00		0.00		0.00		0.00		0.00	66.08
3	Gill Evans	Shepshed	F50		0.00		0.00		0.00		0.00		0.00		0.00		0.00		78.32	62.43		62.43
4	Pat Peers	Pensby	F50		0.00		0.00		0.00		0.00		0.00		109.30	62.39			0.00		0.00	62.39
5	Stel Farrar	Eryri	F50		0.00		0.00		0.00	379.04	52.63		0.00		0.00		0.00		0.00		0.00	52.63
6	Susan Ridings	Clywdian	F50		0.00	64.32	24.05	71.46	22.11		0.00		0.00		0.00		0.00		0.00		0.00	46.16
1	Maggie Oliver	Eryri	F60	86.54	22.95	55.14	49.40	61.11	48.34		0.00		0.00	167.50	5.59		0.00				0.00	126.29
1	Ifan Richards	Meirionnydd	M	50.34	96.98	35.03	104.44	39.39	101.72		0.00	75.52	100.98	89.53	95.88		0.00	109.38	103.85	59.48	95.25	603.85
2	Tim Davies	Mercia	M	48.53	100.41		0.00	37.48	106.30	246.13	104.28		0.00	84.05	102.60		0.00		0.00	55.16	103.19	516.78
3	K Steinegger (U/23)	Ambleside	M	58.58	79.86		0.00	50.05	75.86		0.00		0.00	109.27	73.22	87.06	90.54	128.20	87.45	75.10	68.33	475.26
4	Matthew Fortes	Eryri	M	54.06	89.78		0.00		0.00		0.00	80.55	94.39	97.02	87.60	81.04	98.12		0.00	0.00	0.00	369.89
5	Matthew Heywood	FRA	M		0.00		0.00	45.04	88.29	289.50	87.32		0.00	99.57	84.22		0.00		75.41	67.42		327.26
6	Steve Cale	Mercia	M		0.00		0.00		0.00	252.36	101.79		0.00	86.37	99.67		0.00		53.18	106.63		308.10
7	Roland Stafford	Mercia	M	54.03	89.88		0.00		0.00		0.00		0.00	100.45	83.30		0.00		61.10	92.85		266.03
8	Lifon Foulkes	Eryri	M	61.28	74.77	40.28	89.67		0.00	333.39	70.28		0.00		0.00		0.00		0.00	0.00		234.72
9	Andres Jones	Aberystwyth	M	50.18	97.52		0.00		0.00		0.00	72.36	105.24		0.00		0.00		0.00	0.00		202.76
10	Richard Roberts	Eryri	M	48.55	100.34		0.00		0.00		0.00		0.00	86.07	100.25		0.00		0.00	0.00		200.59
11	Sam Smith	Eryri	M	51.55	94.23		0.00		0.00	248.22	103.44		0.00		0.00		0.00		0.00	0.00		197.67
12	Felipe Jones	Aberystwyth	M	49.45	98.64		0.00		0.00		0.00	77.35	98.74		0.00		0.00		0.00	0.00		197.38
13	Rob Grantham	E Port	M		0.00		0.00	41.30	97.13		0.00	77.05	99.39		0.00		0.00		0.00	0.00		196.52
14	Rory O'Donnell	Eryri	M		0.00	36.53	99.44		0.00	279.19	91.41		0.00		0.00		0.00		0.00	0.00		190.84
15	Jez Brown	Buckley	M		0.00		0.00	43.34	92.01		0.00	79.57	95.65		0.00		0.00		0.00	0.00		187.66
16	Adair Broughton	Helsby	M		0.00		0.00		0.00		0.00	85.58	87.80		0.00	83.03	95.63		0.00	0.00		183.43
17	Tim Werrett	Mercia	M		0.00		0.00		0.00		0.00		0.00	93.37	91.56		0.00		65.12	85.79		177.35
18	Aled Edwards	Eryri	M		0.00	40.00	90.94		0.00		0.00		0.00		0.00		0.00	131.00	85.11		0.00	176.05
19	Pete Vale	Mercia	M		0.00		0.00		0.00		0.00		0.00	109.57	72.64		0.00		59.59	94.93		167.57
1	Simon Edwards	Buckley	M40	58.34	80.68	38.49	94.17	44.03	90.81		0.00	82.27	92.39		0.00	82.24	96.45		0.00	60.40	93.73	548.22
2	Mark Atherton	Meirionnydd	M40	61.42	74.30	40.32	89.48	46.24	84.99	335.35	69.53	88.02	85.10	104.27	79.01	82.25	96.43	117.00	97.39	75.56	66.99	532.40
3	Paul Beeson	Maldwyn	M40	59.28	78.85		0.00	44.18	90.19	322.23	74.66	86.10	87.54	105.46	77.49		0.00		64.15	87.45		496.18
4	Peter Agnew	Clywdian	M40	64.38	68.32	41.42	86.30	47.16	82.84	305.14	81.33	91.46	80.23	109.18	73.39	89.58	86.94		0.00	0.00		491.03
5	Michael Kelly	Leighton	M40	62.42	72.26	41.39	86.44	49.25	77.51	326.16	73.15	95.07	75.85	114.11	67.74	88.55	88.26		69.46	77.79		479.00
6	Ed Harmer	Eryri	M40	64.59	67.61		0.00	48.53	78.83	309.55	79.51		0.00	110.10	72.39	94.41	81.01	134.15	82.26	70.11	77.06	471.07
7	Michael Belshaw	BACOC	M40		0.00	47.09	71.44	50.11	75.61	334.10	70.08	95.17	75.64		0.00	90.30	86.27	129.37	86.33		0.00	465.37
8	Glyn Fletcher	Maldwyn	M40	59.52	78.03		0.00	48.44	79.20	320.51	75.26	89.44	82.88	111.06	71.31		0.00		69.45	77.82		464.50
9	Martin Cliffe	Eryri	M40	54.16	89.44	36.12	101.30	42.15	95.27		0.00	83.45	90.69	104.31	78.93		0.00		0.00	0.00		455.64
10	Richard Borne	Eryri	M40		0.00	44.09	79.62	50.56	73.75	406.39	41.90	100.53	68.33	124.10	56.17	94.36	81.12	145.27	72.44	76.56	65.23	440.49
11	Jeremy Randell	Clywdian	M40	65.26	66.69	44.45	77.99	52.08	70.78		0.00		0.00		0.00	98.45	75.90	150.58	67.60	70.58	75.69	434.64
12	David Marham	Leighton	M40	65.22	66.83	43.50	80.49	51.59	71.15	374.25	54.44		0.00	122.44	57.83	94.28	81.28		0.00	70.37	76.30	433.87
13	Paul Jones	Mercia	M40	52.08	93.79		0.00	41.02	98.29		0.00		0.00	98.38	85.75		0.00		57.05	100.01		377.83
14	Nigel Rowlands	Clywdian	M40	75.02	47.13		0.00	54.12	65.65		0.00	111.33	54.41	133.52	44.94	109.10	62.81	149.34	68.83	79.18	61.09	359.92
15	Jim Kelly	Eryri	M40		0.00	44.51	77.72	51.02	73.50	353.33	62.55		0.00	119.30	61.58	95.49	79.59		0.00	0.00		354.93
16	Graham Davies	Mysteruns	M40		0.00	44.04	79.85	52.08	70.78		0.00	103.26	65.00		0.00	98.09	76.65		0.00	0.00		292.28
17	Simon Roberts	Buckley	M40		0.00		0.00	45.52	86.31													

Rick Robsons day in the mountains

Sometimes it is only a small idea that captures one's imagination, such as an occasion occurred when Graham Spencer told me about the Four Cardinal Summits route that Tom Gibbs had just completed in the amazing time of 10.57 hours.

The route starts at Pen y Pass Youth Hostel and ends at Storey Arms car park having travelled across Snowdon, Plynlimon, Cader Idris and Pen y Fan on foot and the bits in between on a bike.

Wow-that sounds like a good one, I thought. So having given it careful consideration (about 5 seconds) and working out what time the pub shuts the hard work was completed. Or so I thought.

An open invitation to Mercia members and other friends only resulted in Mark Bollom, Simon Daws and Sam putting themselves forward. (Sam 'enjoying' his 19th birthday on the actual day).

This is obviously a route that has gone unobserved as only Tom (who has done it twice) and the lads from MDC have completed it. Plenty of praise on the FRA forum for the record holder and I shall be lavishing my share as well. (At least as no other records exist.)

We started at 04.00 on Saturday 28th June 2009 from Pen y Pass car park having tried to get some kip, but being repeatedly interrupted by 3 Peakers or 3000ft. summiters as they were disgorged from their coaches and cars.

Thick clag meant that the head torch was necessary for 20mins as we commenced along the Miners Track at 04.02am. We summited at 05.15 and enjoyed the view and tranquillity before setting off down to Rhyd Ddu; the descent took longer than predicted due to the slippery rocks which resulted in us pulling into the first transition at 06.10, ten minutes down. The midges assisted in a swift move onto the bikes and down we scooted to Beddgelert and onto Dollegau again changing back into running kit and we tackled the Foxes Path, unfortunately going slightly off course brought about by poor visibility and unfamiliarity of the route (and not using my specs!). Stupidly I pointed out the wrong way off on the map to Mark which led to a loss of time and a

revised descent into the Minffordd carpark.

Once again the stalwart support team had all our kit ready. We set off 20minutes down, Sam decided to join the roadside team, so Mark and I chased down to Machynlleth and on through to Tal y Bont.

The roads had become much busier by now and so this bit has little to recommend. Tom had opted to go due South using his mountain bike, for the final 11miles to Nant y Moch. The account by MDC had warned us of a hilly climb, this is certainly was a superb ascent that would certainly not disgrace any road race as a potential 'sprint' -sprinting was by now out of the question, but scooting along the shores of Nant y Moch was lovely albeit that we had a circuitous route weaving alongside the watersedge.

Another speedy transition with plenty of food and drink available and we set off up one of the few tracks until forced right to follow a stream that flowed from the Northern flanks of Plynlimon.

Gentle trog off the top and down the track through the farm to find that the team once again were all ready for us.

There now began the last, but hardest biking with 50miles off Brecon as the crow flies. The route to Upper Chapel was certainly challenging over Myndd Epynant; then cruise into the streets of Brecon and the final flogging to Clwn Lliw was murder. Virtually falling off my bike, it was a quick shoe change and off; with Sam joining in and checking the route; by now my brain had gone and it was a big enough effort to get legs working. Reaching the summit in lovely bright sunlight at 19.46 and no time to look at the views, it was time to start the cracking descent track to Storey Arms car park. We sliced through the groups of walkers (why do they leave it so late?) like a hot knife through butter, as we charged down the hill; not daring to look at the watch. A wave to he girls who had come to walk down with us and then across the ford.

There we had it 20:01; damn it, I wanted to get under 16 hours;

then Mark said we had started at 04:02 so that settled it: at 15:59.

A bottle of bubbly and a midge attack were enjoyed before we retreated down to the pub to rehydrate and smile.

Although we had had a relaxed pace throughout the day; it had neverth'less been a long and arduous one. We could not have achieved it without such a good support crew, so thanks to Jan and Rachel for roadside stops and to Sam on the hills.

A well recommended day out; but do go North to South! Some years ago (1990) I did the Deepest pothole to highest peak South to North-now there was another good outing with mates...

What next.....?

KING JOHN'S CASTLE

24th September

This was the first running of this race and organised after the WFRA calendar was published.

We had 29 runners and the race was hotly contested with the ever improving Neil Parry getting the better of Jez Brown. The Ladies race was not so closely fought with Lisa Grantham being a comfortable winner.

Starting at the Raven Inn, Llanarmon yn Ial, which is now a village co-operative after being closed for some time. The co-operative were keen to host us and provided freshly made soup which all were thankful for.

Thank you to those who helped me, Yiannis, Ben, Andy, Fred, Ruth, also the evergreen Joe Beswick who always turns up to our races without being asked. We raised £30 for the South Wales mining disaster fund. I look forward to putting it on again next year and listing it in the Calendar to raise even more money for a worthy cause. *John Linley*

Results

1	33.07	Neil Parry	Clwydians	M
2	34.23	Jez Brown	Buckley	MV40
3	35.14	Adair Broughton	Helsby	M
4	35.25	Karl Steinegger	Ambleside	U/23
5	38.28	Andrew Bromley	Deeside	U/23
6	38.51	Tim Knight	U/a	MV45
7	38.57	Lisa Grantham	Wirral	F
8	39.20	Jeremy Randell	Clwydians	MV45
9	39.43	Chris Jones	Clwydians	MV40
10	41.12	John Montgomery	Clwydians	MV40

ARENIG FAWR - 3rd October



Yiannis at the Arenig refreshment stall with his Lady Chefs displaying their range of homemade cakes together with the choice of three different delicious soups, coffee and tea.

This was the 6th anniversary of the race in its present form. Participation was by far the lowest ever, just 32 runners! It would appear that not even the plentiful prizes and the masses of drinks, soup and cakes can tempt many fell runners to venture into wild Wales for a race. Perhaps the remoteness of the place and lack of facilities are strong factors. Martin Cliffe won the race closely pursued by Ed Gamble. Not far behind was Jackie Lee, who came in

less than a minute from Helen Fines' record time.

The weather was mild with high cloud cover and a pleasant breeze that made for ideal race conditions. Team Dolly, as always, were out in force manning the checkpoints. My thanks to them and all the helpers and also to Running Bear for providing prizes at a generous discount. Next year the race will take place on Sunday 7th October.

Yiannis Tridimas

Merry Christmas
The WFRA Committee
would like to wish all our
members a very Merry
Christmas and a Happy
New Year.

Some thoughts about clothing for mountains

I have left of "Mountain Running" from the heading and this is deliberate, as whilst you may be hot and in a good state whilst running you must think about what happens when you have to stop for any reason. That is a big leveller and you need to think about surviving when you are not generating heat through exertion and how quickly you will cool when wet with sweat, due to injury, shock, loss of energy, being lost or stopping to help another runner who needs help or support.

Warm day.

This all depends on the conditions, as the idea is to regulate your body temperature so that you are comfortable running. In very good conditions a running

vest is adequate, allowing your sweat to evaporate from your skin, cooling you as you need.

Cooler.

Or windy conditions a tee shirt worn under your vest will keep out the wind and get wet from sweat as you run and again evaporate moisture to regulate your body temperature.

Cooler.

If it is cold enough to need a wickable base layer but windy, the next thing to consider is to wear a base layer with a tee shirt over the top to cut down the wind penetration.

Cold.

Or very windy conditions you will need a wind and water resistant layer on top of everything

and this is where it starts to get complicated. There are a lot of stories about breathable fabrics such as G****x, P****x etc not living up to their claims and none of these criticisms are justified. They do breathe, letting body moisture out whilst keeping rain from getting in. But, letting moisture out takes place a lot slower than you will produce sweat when running. Think about it, you get wet with sweat on bare skin so why would you expect to be drier inside any coat?

Experience will tell you what to wear, but it is easy to be caught out by changing conditions.

I once ran a race in cold conditions, but could not decide what to wear. The air temperature was cold and I needed to get to the start warm. So I pinned my number to my shorts so that I could change clothing as I ran. I slipped a Helly top over my tee shirt and vest and set off on the race, planning to whip off my Helly as I warmed up. As I crested the first climb it was colder than I thought and I kept the Helly on. After about 2 hours I started to feel very cold, but looking at other runners I noticed that they were not wearing coats and all seemed to be warm enough. Then it dawned that I had a wet tee shirt next to my skin and it was not wicking my sweat away. I stopped and stripped off my top layers; put the Helly back on next to my skin and the tee shirt back on top. Within minutes of running again I was warm.

Races and regulations.

It may seem excessive to have to carry full body kit, summer or winter in any fell race over 6 miles long. This has been determined by the governing bodies and the insurance companies approving the race. This takes the pressure from organisers having to make a decision on the day and getting an ear bashing from the runners.

Again think what would happen if you were to be badly injured and could not continue. Even on a sunny day it is quite possible that you would go into shock and exposure that would set in. If you are not carrying something warm then another runner may have to give up their warm layer for you and get cold them self whilst looking after you.

A little thin coat would not keep you warm on its own if you have to stop. A base layer as well will be far better and if possible take off your vest or tee shirt and get the dry base layer next to your skin.

I was once asked if it is advisory to have sex after an accident.

After giving it some thought I said yes, it will give you something to do until the mountain rescue team arrives.

On a more serious note, no matter how well races are organised we are all personally responsible for our own safety. *John Linley*

RAS BECA 27th August

There was a record turnout this year as the race was a counter in the inov-8 / WFRAs Open Welsh Championships and WFRAs South Wales Series. Weather was dry, sunny intervals, breezy and the summit was clear. Underfoot conditions were a 'bit boggy' on the lower slopes after rain earlier in the week.

The race was won by Felipe Jones of Aberystwyth in a time of 35 minutes 38 seconds. His brother and clubmate Andres was 2nd in 35.45 and Jonathan Barnes of Wye Valley was 3rd (also 1st under 23) in 36.35. Other category winners - Over 40 Glyn Price (Sarn Helen) 40.02, Over 50 Dave Powell (Aberystwyth) 42.39, Over 60 Richard Marks (Sarn Helen) 46.14.

The ladies race was won by Katie Beecher of Les Croupier in a time of 43.51, Emma Bayliss of Mynydd Du was 2nd in 44.20 and Phoebe Webster of Aberystwyth was 3rd in 44.29. Other category winners - Over 40 Lisa Bennett (Team Bath) 53.50, Over 50 Helen Walker (Ingli) 55.16. RP

PEDOL PERIS 3rd September

Conditions were wet and windy this year. Consequently, the bad weather route was used for the long Course.

The Half Peris was a counter in the WFRAs North Wales Series (sponsored by planetFear).

Half Peris results - The race was won by Ifan Richards of Meirionnydd in a new record time of 1 hour 49 minutes 38 seconds. Calum Muskett (also 1st under 23) was 2nd in 1.50.30 and Paul Jenkinson of Eryri 3rd in 1.53.45 (also 1st over 40). Other category winners - Over 50 Adam Haynes (Eryri) 1.59.15, Over 60 Tony Hulme (Wilmslow) 2.30.55.

The ladies race was won by Ali Thomas of Eryri in a time of 2.17.51 (also 1st over 40). Jo Moore (U/A) was 2nd in 2.22.33 and Clare Dallimore (Eryri) was 3rd in 2.27.02. RP

CLWYDIAN JUNIOR SERIES

MARY GILLIE

The 2011 junior Clwydian series went well. We started by teaming up with the Llantysillio race and 18 runners were blessed with lovely weather. We finished with the Cilcain Caper before the Moel Famau Mountain race on the August Bank holiday Monday where we had 47 runners. As ever thanks to all who turned out to help.

I was very pleased to see some of the young runners who first tried out fell running in the Clwydian junior

series venturing further a field. Matty Blackwell went to a training week in Keswick and trialled for the Welsh team. Meanwhile Bella Bailley came second in her race in the North Wales Junior Championship. Well done to both of them.

In the 2012 series we will have two races. The first will be at the end of March or beginning of April - for more details please email either gaz.jag@hotmail.com or marygillie1@yahoo.co.uk.

**Cymdeithas
Rhedwyr
Mynydd
Cymru**



**Welsh
Fell
Runners
Association**

2012 CALENDAR

It was agreed at the AGM that membership subs for 2012 should remain at £10.00. If you have already paid your subs your calendar will be posted to you during the first week in December.

If you have not yet renewed your membership remember that we have introduced a Standing Order option, contact membership secretary for S/O Mandate otherwise download the renewal form from our website and send together with the fee to:

Geoff Clegg, West Point (Ground Floor)
19 Deganwy Road, Deganwy LL31 9DL.
Please include sae (Size C5 162x229mm)
only basic postage 1st or 2nd class needed.
If you are not on the Internet a form will be included with this newsletter

**Calendr 2012 Race
Râs £5.00 Calendar**