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**WELSH
FELL
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ASSOCIATION**

**2013 RHAGFYR
CYLCHGRAWN
NEWSLETTER
DECEMBER 2013**

inov⁸ WFRA Open Welsh Championships

LLYN Y FAN
Sunday, 19th November
5.5 miles / 2000'

In this final race in the Inov8 Open Welsh Fell Race Championships, Tim Davies and Felipe Jones slugged it out for all of the 8.8km and 600m of climb. On a lovely, sunny if rather cold day, Tim edged ahead towards the top of the first climb, but Felipe came back hard on the steep descent and chased Tim all the way to finish. "I think the hard chase must have taken the edge off Felipe's finishing kick, and I just managed to put a couple of seconds into him by the line" said Tim who consolidated his Open Welsh Champs award

The winning time of 42.30 was 40 seconds behind the 2006 record set by this year's fourth-placer and first M50 Mark Palmer.

First woman Mel Price was over three minutes ahead of Under23 Megan Carter Davies, with Emma Bayliss another two minutes adrift. Mel also confirmed herself as F40 Welsh Champion.

Ben Mitchell, Martin Cliffe, Martin Cortvriend, Rob West, Susan Howarth (Welsh F50 Champion) and Maggie Oliver (Welsh F60 Champion) took the other age category awards.

The Open Championship winners are Tim Davies and Mel Price both of Mercia. The WFRA Welsh Champions for 2013 are Tim Davies of Mercia and Louise Barker of Aberystwyth. Category prize winners -

Male : U/23 1. Huw Davies (Mercia), U/40 1. Tim Davies (Mercia), 2. Peter Ryder (Brycheiniog), 3. Karl Steinegger (Ambleside) O/40 1. John Hunt (Dark Peak) 2. Martin Cliffe (Eryri), 3. Jez Brown (Buckley), O/50 1. Paul Jeggo (Springfield), 2. Steve Toogood (U/A), 3. Glyn Fletcher (Maldwyn), O/60 Alan Duncan (Bowland) 2. Martin Cortvriend (Denbigh), 3. Rod Sutcliffe (Calder Valley).

Female : U/40 1. Louise Barker (Aberystwyth), O/40 1. Mel Price (Mercia), 2. Sandra Rowlands (Eryri) 3. Joanne Moore (Eryri), O/50 1. Sue Howarth (Mercia) 2. Juliet Edwards (Meirionnydd), 3. Ellie Salisbury (Eryri), O/60 1. Maggie Oliver (Eryri). *Dick Finch*



Some of the winners of the 2013 Open Welsh Championships taken after the Llyn y Fan race

NANT Y MOCH
Saturday 17th August

There was a good turnout as the race was a counter in the inov-8 /WFRA Open Welsh Championships, North Wales Series (sponsored by Cotswold Outdoor) and South Wales Series

Well, what fun we had in the mid-wales murk for the first running of this classic, forgotten since 2006. I always thought this route too good to lose, and so finally with so much help from my fellow organisers (that's right, the runners can't simply blame me this time!), Dave Powell & Louise Barker from Aber A/C, the day finally dawned.

The forecast was bad, but as the race started off both the wind and the rain got progressively worse, until the last half of the course sounded a complete nightmare. As a race organiser this is your worst-case scenario, but thankfully all runners got back in good shape, on the whole. Much talk about the raging gale battering Pumlumon, disco-dancing over tussock grass; some going in the rivers instead of through them and many & varied race lines, rang around the finish area. No one seemed too upset by what had gone before, all full of the joys we've all experienced from the sport we love.

Pete Ryder got the win, pounding round in a creditable 2.08.52. The real race came behind him with the next 4 dashing home with barely a minute separating them. It was great to watch through the mist as all 4 took a different line over the last tump to scramble home. The same could be said about the leading ladies,

Louise Barker edging it from Mel price by just 40 odd seconds. Fantastic running given the conditions. Throughout the field of 66 hardy souls, some good runs from the Mercia, Helsby and my own Maldwyn boys & girls. Well done all.

I simply cannot say a big enough thank you to all the Marshalls and Raynet radio boys for their endeavour, they were magnificent, enduring a truly foul day. Great thanks to Al Tye for turning out, the WFRA for putting this untested new-comer in their champs and once more to Dave & Lou for their enormous contribution.

We can't promise this one will be a yearly thing, but it will return once more.

Keep it Muddy Paul Beeson.

THE JUBILEE PLUNGE

29th December
Llangynhafal

**Entries will not be taken
at the summit**

You must enter at the Golden Lion, Llangynhafal before 12.45 pm on the day.

It is invariably a lot colder at the summit than in the pub car park so please take full body cover when you go up.

Finally - keep an eye on WFRA website as I'm likely to cancel the race in the event of inclement weather. *Martin Cortvriend*

BREIDDEN HILLS Sunday 13th October

The final race in the 2013 Cotswold Outdoor North Wales Series was well attended, the weather conditions were cool and drizzly.

The race was won by Tim Davies of Mercia in a time of 54 minutes and 20 seconds. Richard Roberts of Eryri was 2nd in 54.39 and Tim Werrett of Mercia was 3rd in 54.45 (also 1st over 40). Other category winners : Under 23 Huw Davies (Mercia) 63.27, Over 45 John Hunt (Dark Peak) 60.52, Over 50 Paul Jeggo (Springfield) 63.03, Over 55 Ed Davies (Mercia) 62.08, Over 60 Martin Cortvriend (Denbigh) 73.22, Over 65 John Morris (Buckley) 79.25, Over 70 Phillip Jones (Prestatyn) 95.50.

The ladies race was won by Mel Price of Mercia in 65.07 (also 1st over 40), Jayne Joy (Helsby) was 2nd in 67.22 and Lauren Jeska (Aberystwyth) was 3rd in 67.29. Other category winners : Under 23 Bess Robson (Mercia) 97.49, Over 45 Val Swingler (Shropshire Shufflers) 67.40, Over 50 Sally Newman (Calder Valley) 68.45, Over 55 Kim Braznell (Mercia) 77.42.

SUGAR LOAF WINTER RACE Saturday 26th October

30 years and 8 seconds separated the first two in this year's warm and windy Winter League counter.

Mark Palmer chased Jon Barnes to the summit, round the hairpin at the north corner, and eventually overhauled the youngster on the gradual climb back to the Deri ridge before building up an eight second lead down to the finish.

On the comeback trail, Katie Beecher finished 13th overall, three minutes ahead of second woman, the flying Finn Sari Nurmelo, and first F40 Niki Morgan.

Other age category winners were Warren Miles, Steve Littlewood, Rob West, Rona Davies and Jane Bayliss. *Dick Finch*

Thanks you to everyone who has contributed articles to this edition. Our next newsletter is due out in April. Please keep emailing your stuff to g7hgc@btinternet.com

Geoff Clegg

The Welsh 1,000 metres Race 2013

Nick Mead

After 20.5 miles of breathtakingly high mountains, steep descents and an airy scramble I clambered over the final few rocks at the top of Snowdon to finish the Welsh 1,000m peaks fell race – to a smile, a slate medal and a “well done” from the volunteer marshals ... and bemused looks from tourists swarming the trig point.

A 20-minute queue for coffee from the summit cafe, followed by a five-mile walk back to Llanberis and civilisation – the contrast with races in London and the south-east, with their masses of cheering spectators, could not have been greater.

The top of Wales's highest mountain is a strange place. Last Saturday it seemed a harsh environment – bitterly cold and whipped by strong winds – as you'd expect at 1,085m. Yet it was also crowded with hundreds of sightseers who'd walked or caught the Victorian railway to the summit station – some kitted out in the latest mountain gear but others in high street clothes and trainers – one dressed as a gingerbread man on a fundraising trip for charity, another clutching a can of super-strong lager.

Hours of gruelling racing and 9,500ft of ascent had taken us from the coastal village of Abergwyngregyn – over Carnedd Llewelyn, Carnedd Dafydd, Glyder Fawr and Carnedd Ugain – to Snowdon. The wild and remote route took in a Grade 1 scramble up the Gribin Ridge in trainers, a

bruising 2,100ft descent from the shattered rocks that make up the summit of Glyder Fawr to Pen-y-Pass – and a tough final climb up the crowded Pyg Track, where the only fast way round bottlenecks was to be brave and take a more exposed line, trying to ignore the plunge to the mountain lake of Glaslyn below.

My first fell race left me weather beaten, sweaty, caked in salt marks and a layer of slate dust – but inside I felt cleansed.

A Welsh classic

The Welsh 1,000m peaks started as a race for mountaineers in the 1970s around the time of decimalisation – ie the 1,000m peaks rather than the 14 3,000ft peaks – and was backed by the army, until they withdrew their support in the 1990s and it was rescued by the Gorphwysfa Club.

In Richard Askwith's Feet in the Clouds, Billy Bland recounts an anecdote of his 1985 win, where a Mars Bar and a gulp from a mountain stream gave him the energy to surge past Kenny Stuart on the zigzags approaching the summit.

A few years ago there were fears the popularity of the race was waning and another mention in Feet in the Clouds talks of only 18 finishers one year – although race director Harvey Lloyd says this must have been down to particularly bad weather.

In 2009 four runners got lost and eight were rushed to hospital in atrocious conditions and in 2007 a racer, Sgt Paul Upton, fell 150m to his death on cliffs near Carnedd Llewelyn. The route has changed since then, with the discovery that Glyder Fawr is 1.8m higher than previously thought, adding a fifth peak.

The 2013 A-class race was won – for an unbelievable 12th time – by 56-year-old fell-running legend Colin Donnelly, from Lochaber in



Photo Alistair Tye

Nick on his way up to the summit of Snowdon

Scotland. He left with a “well done”, a slate medal and a framed painting of a Snowdonian scene. But Lloyd is clear he doesn't want to offer prizes – just gifts – even if repeat winners might wonder what to do with their 12th painting. “People come because they love the route, or want to beat their mates, or have run it before and think they can do better,” he says. “You don't come here to earn money.”

The Welsh 1,000m peaks was the first off-road race for five-time Ultra-Trail du Mont Blanc winner cord holder Lizzy Hawker. She was the first female in the 2004 B class mountaineers event – where competitors wear long trousers, boots and carry a full rucksack – which she entered thinking her lack of experience would have stopped the organisers letting her enter the fell-running A class.

How does a flatlander train for a mountain race?

“When I started mountain running I was living in the flatlands,” says Hawker. “For the Welsh 1,000m race you need to be able to navigate as it's an unmarked route. No matter what your fitness, if you slow yourself down navigation-wise you just lose so much time. In good weather you might be able to get away with it by just following people – but the mists could be down and you could really be stuck.

“You need to get any weekends you

can in the hills, even if you're just walking, to get that time on your feet, and on rough terrain. The Welsh 1,000m race isn't even on trails for the most part – so it's trying to make sure you adapt your mind as well as your body to the kind of terrain you're going to be racing on. Any weekends I could, I'd be in the hills.”

I always search out the hills on my regular Saturday morning long run around Hampstead Heath – and the weekend before the race managed to find 750m of ascent over nearly 34 kilometres – but it's all on mud, steep grass and 24-hour road running world reared woodland trails with not a rock in sight.

I've also been running up the 275 steps at Guardian towers in training for the NSPCC Gherkin Challenge on 22 and 23 June, banging out the stairwell repeats and doing single leg squats, hops and plyometric lunges (see the Gherkin Challenge site for training tips) to prepare for the 590ft vertical sprint up the 30 St Mary Axe skyscraper in the City.

But while I've got a reasonable downhill technique on trails, leaning forwards slightly so gravity does the work and taking fast small steps, on the steep rocky fells I just didn't have the confidence in my footwork – and ended up wasting a lot of energy braking.

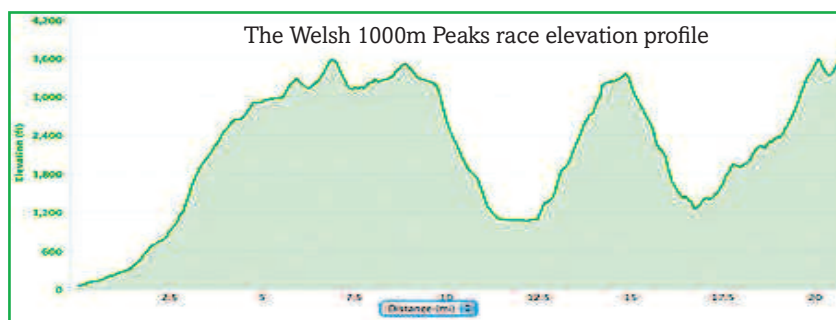
My woeeful descending technique left me with sore quads – a day wearing compression gear under my clothes sorted that out – but the Welsh 1,000m Peaks was the event where I finally learned to love racing uphill.

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Photo Alistair Tye

Colin Donnelly



Isle of Wight Fell Series

14-15 Sept 2013

Having moved to Hampshire leading to lengthy drives to compete in fell races, the chance to race just the other side of the Solent seemed a no-brainer. The Isle of Wight Fell Series, now in its 19th year, is composed of 3 races taking place over a weekend.

The St. Boniface Fell (3.8km 235m ascent, AS) is certainly a bit of a brute to start with. Beginning on the sea front and climbing straight up through the town of Ventnor and onto the hill behind it offers little let up. A lap round the radio masts is followed by a fast descent back the same way. The second race in the afternoon, the Ventnor Horseshoe (12km 443m ascent, BM), kept a nausea-inducing first climb, but followed a more civilised longer loop north of Ventnor. The route then climbs back up to the radio masts for a repeat of the descent back down to the finish.

The third, final and longest race, the Wroxall Round (21km 487m ascent, CL), follows on the Sunday morning. More of a hilly trail race, rather than an out-and-out fell race it offers something for everyone. There's an undulating first third along the sea front and into the farmland behind, a long flat stretch along an old railway cutting and a repeat of the final ascent and descent used in the

King John's Castle Saturday 21st September

There was a small but quality field for the race. A slightly longer course this year, run in the opposite direction. From the comments after the race I will use the same route again. Good weather rewarded the runners with fine views over the Vale of Clwyd at the highest point.

The race was won by Carl Steinegger & the first lady was Jayne Joy in a creditable 5th place.

Also of note was Martin Cortvriend over 60 in 9th place & Peter Roberts over 70 in 15th.

John Linley

second half of the Ventnor Horseshoe.

I had a good weekend, taking three 1st places to win the series. Les Croupiers runner, Katie Beacher, also had a successful weekend finishing first lady – a fine showing from South Wales.

I can thoroughly recommend the trip to the Isle of Wight. It's incredibly friendly, well organised and the chance to run somewhere a bit different from your usual stomping grounds. Maybe next year a Welsh club can give the London running clubs that turn up en masse a (fell) run for their money? *Hugh Aggleton*

THE BLORENGE

Saturday 30th Nov

Brilliant late Autumn sun and a crystal blue sky dazzled the 68 runners as they crested the Blorenges sharp edge after the 1,400 foot dark slog.

First-time fell racer Kit Ginson from down Devon way was first to the blockhouse turn-round, with past winner Paul Murrin of Chepstow leading club colleague Matt Stott and the rest of the chasing pack.

In a furious descent, places changed behind Kit but he stayed at the front with a final 10 second marshal over training partner Duncan Birtwhistle, and another half-minute over Matt.

Paul Murrin took the M40 prize in 4th place, while Mark Palmer claimed the M50 in 5th.

Katie Beecher took the lead very early and built up a fair margin over 2nd placer Niki Morgan (F40 winner) and Rona Davies (F50 winner).

Steve Littlewood in 24th place had to work hard for the M60 award ahead of Neil Grant, while ever reliable Rob West took the M70 category. *Dick Finch*

A Fell Running holiday weekend?

WFRA members may be interested to know that 2014 Waun Fach fell race in the Black Mountains (July 19th) is to continue to use the Riding Centre at Pengenford that was such a success in 2013, abandoning the pub that that had been something of a social minefield for Race Organisers for several years.

The Riding Centre staff showed themselves to be very much in tune with the runners, knowing what it is to hack around the mountains year round in all weathers, and went out of their way to be helpful. They also have

comfortable bunkhouse accommodation for groups with kitchen and lounge: might this be an inducement for some of the softies from the North to come down with club or family, show us how to descend the Dragon's Back on South Wales' highest mountain and do a recce for the Brecon Beacons (19 mile/4500ft, Aug.23rd) or the Black Mountains (17 miles/5200 ft; Sept.27th) on the following day?

Or go for a hack on a horse...

Book early with:
Cwmfforest Riding Centre,
email: riding@transwales.com

SECRETARY'S REPORT

The WFRA Committee has finalised its revised Safety Requirements document for 2014 – a copy of which now appears on the WFRA website. The document re-iterates the fact that the runner is primarily responsible for his/ her own safety when competing and sets out minimum standards, including kit requirements which must be complied with. The Committee believes that these Safety Requirements are proportionate and include a sensible set of standards and guidance that WFRA members will readily accept.

The main requirements to note are:

- Competitors must use/carry WINDPROOF full body cover for all Category 'A' Long and medium races and **Category 'B' Long** races, irrespective of the weather conditions. Other kit/equipment relevant to the weather conditions and nature of the race should also be used/carried.
- Headphones/ sound equipment which restricts hearing cannot be used by runner when competing at any WFRA race
- Organisers must use the WFRA race entry forms, (which now includes a strengthened disclaimer) or include an equivalent disclaimer on their race entry forms. Updated WFRA race entry forms are included in the latest Race Organisers Handbook (to be published in December).
- Prospective competitors should carefully consider their levels of fitness, fell running experience and navigational ability before entering any WFRA race. For those races designated as 'Experience Required' or 'Navigational Skills required', Race Organisers are specifically required to scrutinise prospective competitors and refuse entry to those who, in the Organiser's opinion, cannot complete the course safely and in a reasonable time
- Clarification of competitors' obligations at race checkpoints and the importance of obeying instructions from marshals/Race Organiser
- Race Organisers are discouraged from running in their own races, as the WFRA believes this constrains the Organiser's ability to deal with any incidents which may arise.

WFRA members are encouraged to read the Safety Requirements document carefully before competing in any WFRA race. It may be helpful if you could make your club mates/ others who are not WFRA members, but intend to compete in a WFRA race, aware of these revised Safety Requirements.

For WFRA members who intend competing in races insured/permitted by other bodies, e.g. FRA or Welsh Athletics, please pay particular attention to their respective safety requirements (specifically those relating to kit/equipment) as they may differ from those set by the WFRA.

The 2014 WFRA Calendar is currently being printed and will be posted imminently. We have a number of new races in the calendar this year but, as always, the WFRA Committee would be delighted to hear from any prospective Race Organisers who may be willing to put on a race – the Committee can provide as much assistance or support as required.

Andrew Blackmore, WFRA Honorary Secretary

**MERRY
CHRISTMAS**

The WFRA committee wish everyone a

*Merry Christmas
and a*

Happy New Year

WFR Open Welsh Championships - Final Table

Pos	Name	Club	Cat	Torpantau		Llangynhafal		Gamelin		Nant y Moch		Peris		Llyn y Fan		Total Score
				Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	
1	Louise Barker	Aberystwyth	F	86.59	72.56	50.38	71.91	93.16	71.02	158.55	80.00		0.00		0.00	295.49
2	Jackie Lee	Eryri	F		0.00		0.00	83.20	84.76		0.00	234.59	92.70		0.00	177.46
3	Lauren Jeska	Aberystwyth	F		0.00	45.00	86.16	83.52	84.02		0.00		0.00		0.00	170.18
4	Katie Beecher	Les Croupiers	F	87.04	72.44		0.00	86.40	80.15		0.00		0.00		0.00	152.58
5	Mary Gillie	Denbigh	F		0.00	49.16	75.37		0.00		0.00	274.09	74.82		0.00	150.19
1	Mel Price	Mercia	F40		0.00	45.59	83.67	90.04	75.44	159.32	79.54	261.59	80.38	54.02	75.76	319.03
2	Sandra Rowlands	Eryri	F40	87.59	71.09	55.04	60.70	98.39	63.57	180.50	63.45		0.00	64.51	50.89	258.82
3	Joanne Moore	Eryri	F40		0.00	53.57	63.52	99.05	62.97		0.00	301.39	62.26	61.56	57.59	246.35
4	Sasha Habgood	Mynydd Du	F40	94.14	61.94		0.00		0.00	201.40	47.72	342.04	43.81	61.46	57.98	211.44
5	Celia Mills	Mercia	F40	95.05	60.69		0.00	108.28	50.00		0.00	329.00	49.78		0.00	160.46
6	Lisa Morley	Wrexham	F40		0.00	54.05	63.18	94.56	68.71		0.00		0.00		0.00	131.90
7	Dawn Urquhart	Buckley	F40		0.00	55.14	60.27	101.37	59.47		0.00		0.00		0.00	119.75
8	Ali Thomas	Eryri	F40		0.00	55.05	60.65		0.00		0.00	321.51	53.04		0.00	113.70
9	Janet Robertson	Helsby	F40		0.00	57.50	53.70	104.29	55.51		0.00		0.00		0.00	109.20
1	Susan Howarth	Mercia	F50	88.30	70.34	55.16	60.19	101.17	59.93	178.56	64.89	316.34	55.45	63.48	53.30	255.35
2	Juliet Edwards	Meirionnydd	F50		0.00	56.05	58.12	105.32	54.05	206.38	43.97		0.00	65.46	48.78	204.93
3	Ellie Salisbury	Eryri	F50	93.57	62.35	58.39	51.63	109.45	48.22		0.00		0.00	71.11	36.32	162.21
4	Kim Braznell	Mercia	F50		0.00		0.00	104.48	55.07	239.30	19.15		0.00		0.00	74.22
5	Sharon Woods	Mynydd Du	F50	88.46	69.95		0.00		0.00		0.00		0.00		0.00	69.95
6	Linda Edmonson	Wrekin	F50		0.00	64.29	36.87		0.00	230.36	25.87		0.00		0.00	62.75
7	Jackie Keasley	Helsby	F50		0.00	65.05	35.36		0.00	240.56	18.07		0.00		0.00	53.43
1	Maggie Oliver	Eryri	F60	113.16	34.05	65.44	33.71	148.00	1.00		0.00		0.00	73.18	31.46	99.22
1	Tim Davies	Mercia	M	64.08	106.04	37.32	105.05		0.00	133.00	99.57		0.00	42.30	102.28	412.94
2	Peter Ryder	Brynchioniog	M	64.09	106.01	40.07	98.52	71.40	100.89	128.52	102.69		0.00	44.30	97.68	408.11
3	Huw Davies (u/23)	Mercia	M		0.00	45.12	85.66	79.04	90.66	145.47	89.92	238.12	91.24	46.56	92.08	363.89
4	Karl Steinegger	Ambleside	M	94.39	61.33	42.33	92.36	80.42	88.40	152.49	84.61	237.16	91.66		0.00	357.03
5	Chris B-Hughes	Helsby	M		0.00	44.52	86.50	84.28	83.19	152.58	84.50	260.02	81.27		0.00	335.45
6	John Phillips	U/A	M		0.00	44.45	86.79	80.48	88.26	160.49	78.57	269.25	76.98		0.00	330.60
7	Chris Atherton	Maldwyn	M		0.00	45.48	84.14	84.43	82.84	153.29	84.11	277.55	73.10		0.00	324.19
8	Felipe Jones	Aberystwyth	M		0.00		0.00		0.00		0.00	215.06	101.78	42.32	102.20	203.98
9	Matt Fortes	Eryri	M		0.00		0.00		0.00	133.11	99.43	217.45	100.57		0.00	200.01
10	Richard Roberts	Eryri	M		0.00		0.00		0.00	133.13	99.41	226.30	96.58		0.00	195.99
11	Jim O'Hara	Helsby	M		0.00	50.44	71.66	80.22	88.86		0.00		0.00		0.00	160.52
12	David Parker	Meirionnydd	M	95.51	59.57		0.00		0.00		0.00	223.39	97.88		0.00	157.45
13	Alan Jones	Meirionnydd	M		0.00	47.45	79.21	88.19	77.86		0.00		0.00		0.00	157.07
14	Paul Bowes	Shropshire S	M		0.00	48.38	76.97	89.58	75.58		0.00		0.00		0.00	152.55
15	Ian Ellis	u/a	M	87.25	71.92	51.38	69.38		0.00		0.00		0.00		0.00	141.31
16	Stuart McDonald	Eryri	M		0.00	61.55	43.37	108.04	50.55		0.00	365.51	32.95		0.00	126.87
1	John Hunt	Dark Peak	M40		0.00	41.09	95.90	74.56	96.37	133.54	98.89	222.18	98.50	47.38	90.47	389.66
2	Martin Cliffe	Eryri	M40	66.52	102.03	41.10	95.86	73.19	98.61		0.00	254.43	83.69	45.39	95.03	380.19
3	Jez Brown	Buckley	M40		0.00	41.44	94.43	74.25	97.09	153.50	83.84	231.03	94.50		0.00	369.85
4	Virgil Barton	Mercia	M40		0.00	47.48	79.08	86.04	80.98	164.36	75.71	276.27	73.77		0.00	309.54
5	Jeremy Randell	Clwydian	M40	83.56	77.03	48.06	78.32	90.50	74.38	161.01	78.42		0.00		0.00	308.15
6	Mark Atherton	Meirionnydd	M40		0.00	43.28	90.04	81.42	87.01	153.58	83.74		0.00		0.00	260.80
7	Simon Edwards	Buckley	M40		0.00	44.17	87.98	81.21	87.50	153.52	83.82		0.00		0.00	259.29
8	Simon Roberts	Buckley	M40		0.00	45.17	85.45	80.24	88.81		0.00	253.16	84.36		0.00	258.61
9	Richard Borne	Mysteruns	M40		0.00	54.10	62.97	93.14	71.06	179.58	64.11	321.52	53.03		0.00	251.18
10	Rob Martin	Maldwyn	M40	85.36	74.58	51.54	68.71		0.00	160.36	78.73		0.00		0.00	222.02
11	David Marham	Leighton	M40		0.00	50.33	72.12	92.26	72.17	162.49	77.06		0.00		0.00	221.35
12	Lloyd Taggart	Dark Peak	M40		0.00		0.00	68.54	104.72		0.00	204.5	106.47		0.00	211.19
13	Rob Grantham	Chester Tri	M40		0.00	43.45	89.32	73.15	98.70		0.00		0.00		0.00	188.02
14	Johnny Moore	Eryri	M40		0.00		0.00		0.00	160.30	78.81	238.21	91.17		0.00	169.97
15	Adair Broughton	Helsby	M40		0.00		0.00	85.46	81.39	152.43	84.68		0.00		0.00	166.07
16	Michael Kelly	Leighton	M40		0.00	49.59	73.56	88.26	77.70		0.00		0.00		0.00	151.26
1	Paul Jeggo	Springfield	M50		0.00	44.27	87.55	81.00	87.98	159.38	79.46	262.53	79.97	51.15	82.16	337.66
2	Steve Toogood	U/A	M50		0.00	47.29	79.88	86.10	80.84	159.57	79.22	276.16	73.85	53.56	75.99	315.93
3	Glyn Fletcher	Maldwyn	M50	86.03	73.93	49.46	74.10		0.00	158.14	80.52	271.04	76.23		0.00	304.78
4	Glen Davies	Mercia	M50		0.00	49.06	75.79	92.20	72.31	160.12	79.03	270.46	76.37	56.50	69.32	303.50
5	Kean Rowlands	Eryri	M50	83.08	78.20	51.57	68.58	93.07	71.23	159.50	79.31	323.27	52.31	57.33	67.67	297.32
6	Colin Lancaster	Mercia	M50		0.00	46.42	81.86	86.25	80.49	173.55	68.68		0.00		0.00	231.03
7	Ross Powell	Mercia	M50	88.00	71.07	57.09	55.43	107.26	51.43		0.00		0.00		0.00	177.92
8	Andy Robinson	Helsby	M50		0.00		0.00	91.53	72.93	186.05	59.49	356.04	37.42		0.00	169.84
9	Ian Lancaster	Tattenhall	M50		0.00	46.04	83.46	86.02	81.02		0.00		0.00		0.00	164.49
10	Ed Davies	Mercia	M50		0.00	45.32	84.81	88.27	77.68		0.00		0.00		0.00	162.49
11	Dave Powell	Aberystwyth	M50	86.00	74.00		0.00		0.00		0.00	261.32	80.58		0.00	154.58
12	Richard Davies	U/A	M50		0.00	57.24	54.79	108.48	49.54		0.00		0.00	70.18	38.35	142.68
1	Alan Duncan	Bowland	M60		0.00	47.54	78.83	93.10	71.16	160.02	79.16	272.28	75.59		0.00	304.73
2	Martin Cortvriend	Denbigh	M60	84.10	76.68	50.59	71.03	98.00	64.47	191.54	55.10		0.00	61.37	58.32	267.28
3	Rod Sutcliffe	Calder Valley	M60		0.00	54.34	61.96	106.08	53.22	204.18	45.73	306.36	60.00		0.00	220.92
4	Gary Gunner	Croft Ambrey	M60		0.00	53.25	64.87	103.37	56.70	203.54	46.04	343.29	43.16	80.13	15.55	210.77
5	John Currie	Mercia	M60	86.13	73.68	54.01	63.35	102.09	58.73		0.00		0.00		0.00	195.77
6	John Morris	Buckley	M60	92.55	63.87	55.20	60.02	105.00	54.79		0.00		0.00	65.25	49.58	178.68
1	Rob West	MDC	M70	114.40	32.00		0.00		0.00		0.00		0.00	76.46	23.48	55.48
2	Michael Edwards	Wrexham	M70		0.00	71.03	20.26		0.00		0.00		0.00		0.00	20.26

Ellie reports on OMM Iceland 2013



If you possess a keen sense of adventure, and wish to visit an exceptionally wild and beautiful country, then OMM Iceland is the one to put in your 2014 race diary. It's only a 2¼ hour flight to Keflavik, and there are numerous daily departures from the UK.

Adrian and I have recently returned from a fantastic week's trip to Iceland, where we enjoyed a great race and a wonderful holiday. We are already looking forward to returning next year to try to regain our 'Mixed' title, and make use of our prize – a snowmobile tour on Langjokull, Iceland's second largest glacier. OK, the satellite photo map took a bit of getting used to, there were very few features from which we were able to navigate - indeed, we spent long periods running across desolate, volcanic landscapes on a compass bearing - and most of

lighthouses outnumber villages

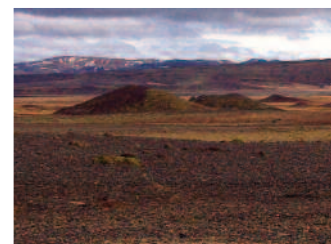


and where arguably the best sunsets in Iceland can be enjoyed'. From here we were able to look out to Eldey Island, where the last Great Auk hunt took place on 3rd June 1844, when the last breeding pair was thoughtlessly slaughtered, thus rendering the species extinct.



The race finished on a small footbridge at the world-famous Blue Lagoon Spa, located in a lava field near Grindavik. Here we basked in the warm (98–102°F) geo-thermal water, rich in minerals like silica and sulphur to ease away the strain of 2 days of running.

Nothing is too much trouble for



the place names seem to be devoid of vowels and therefore impossible to pronounce. However, on the positive side:

We visited controls that you could hear from over 1k away (surrounded by hot rocks), on a point where the Euro-Asian and American tectonic plates divide, on a black sandy beach, on a lonely crag of volcanic rock set in a dramatic lunar landscape.....

The over-night camp was on a soft, grassy slope on a cliff top on the Reykjanes Peninsula, a 'surf-pounded, rocky coast where

the organiser, Dave Annundale, himself an experienced adventure racer and passionate lover of Iceland, and his co-event promoter, Jorunn Jonsdottir, whose company - All-Iceland - <http://www.all-iceland.co.uk>, can help with all your travel/tour logistics if necessary. All the Icelandic people we met were polite, friendly, easy-going, spoke excellent English and were always eager to please, which made conversation and dealing with them an absolute pleasure.



Even if you only stay in the country for a day either side of the event, it's still just about feasible to see the 'Big 5' whales, the f a m o u s

geyser - Strokkur - which erupts every 8 minutes throwing a column of water and steam to a height of 20 metres or so, bubbling mud-pots, geothermal pools, stunning waterfalls, volcanoes, remains of Viking settlements.... The list goes on.

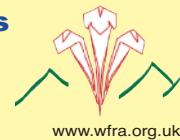


Not only is the landscape constantly changing/evolving, the weather conditions in Iceland vary enormously. In less than 24 hours, we experienced rain, sun, snow and the most severe gales I've ever endured (yes, worse than Borrowdale OMM 2008), which made the cliff walks and snow-slope treks exhilarating, if a little dangerous, so the opportunities for serious adventure are endless.....

My advice is that competing in OMM Iceland, and using the opportunity to explore the country further, is a must for all those who wish to 'do something different.'

Ellie Salisbury

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Fell
Runners
Association**

www.wfra.org.uk

2014 CALENDAR

If you have paid your 2014 subs and payment has appeared on WFRA December bank statement your calendar will be posted (2nd class) to you by the 18th December in time for Christmas reading.

The WFRA committee have agreed that the membership subs for 2014 should remain at £10.00.

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 membership form from www.wfra.org.uk and send together with the fee to:

Membership Secretary: Sandra Rowlands Y Gorlan, Ffordd Uchaf, Gwynfryn, Wrexham LL11 5UN

Extra copies of the calendar can be obtained from the Membership Secretary by sending a cheque for £5 (payable to WFRA). Please include sae (Size C5 162x229mm) only basic postage is needed, 1st or 2nd class.

**Calendr 2014 Race
Râs £5.00 Calendar**

WFRA South Wales Series-2013 Final Table

Pos	Name	Club	Torpantau		Llanbedr		Steam B.		Cwm Du		Guto Nyth		Waun Fach		Nant y Moch		Four Fans		Total Score	
			Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score		
FEMALE u/40																				
1	Louise Barker	Aberystwyth	86.59	72.56	173.49	79.53		0.00	98.39	78.05		0.00		0.00	158.55	80.00		0.00	310.14	
2	Katie Beecher	Les Croupiers	87.04	72.44		0.00	71.38	85.50	0.00	0.00	0.00		0.00		0.00	0.00	146.48	77.89	235.83	
3	Helen Marshall	Swansea							100.45	75.45		0.00	63.15	81.99		0.00		0.00	157.44	
4	Emma Bayliss	Mynydd Du			185.5	71.21		0.00	102.07	73.76		0.00		0.00		0.00		0.00	144.97	
FEMALE o/40																				
1	Lou Summers	Mynydd Du			178.16	76.45	74.28	80.97	120.53	50.56		0.00				0.00		0.00	207.98	
2	Niki Morgan	Chepstow				0.00	71.24	85.87	94.40	82.97		0.00		0.00		0.00		0.00	168.84	
3	Nichola Gething	Mynydd Du							100.49	75.37	52.26	82.32		0.00		0.00		0.00	157.69	
4	Sasha Habgood	Mynydd Du	94.14	61.94	200.38	60.95		0.00	0.00	0.00		0.00		221.40	32.62		0.00	155.50		
5	Sandra Rowlands	Clwydian	87.59	71.09		0.00		0.00		0.00		0.00		180.50	63.45		0.00	134.55		
6	Jan Richards	Mynydd Du							134.14	34.06	68.05	47.20		0.00		0.00	188.38	43.10	124.36	
7	Naomi Law	Mynydd Du							115.45	56.91		0.00	71.20	66.91		0.00		0.00	123.82	
8	Karen Elvers	Chepstow							141.30	25.08		0.00	84.03	43.18		0.00	204.40	29.76	98.02	
9	Sian Roberts	TROT							96.08	81.16		0.00		0.00		0.00		0.00	81.16	
10	Vanessa Lawson	Chepstow											65.34	77.67		0.00		0.00	77.67	
FEMALE o/50																				
1	Sharon Woods	Mynydd Du	88.46	69.95	196.59	63.48	79.24	73.08	112.23	61.07		0.00		0.00		0.00		0.00	267.58	
2	Ellie Salisbury	Eryri	93.57	62.35		0.00		0.00		0.00		0.00	76.03	58.11		0.00		0.00	120.46	
3	Susan Howarth	Mercia	88.30	70.34		0.00		0.00		0.00		0.00		0.00		0.00		0.00	70.34	
4	Alice Bedwell	MDC											69.40	70.02		0.00		0.00	70.02	
5	Gill Stott	MDC									70.36	41.55		0.00		0.00		0.00	41.55	
6	Christine Vorres	Mynydd Du									77.15	26.63		0.00		0.00		0.00	26.63	
FEMALE o/60																				
1	Maggie Oliver	Eryri	113.16	34.05		0.00		0.00		0.00		0.00		0.00		0.00		0.00	34.05	
2	Jane Bayliss	Chepstow				0.00	109.53	24.36		0.00		0.00		0.00		0.00		0.00	24.36	
MALE u/40																				
1	Hugh Aggleton	MDC	64.08	106.04	135.18	106.23		0.00	77.16	104.48		0.00		0.00		0.00	108.42	109.58	426.33	
2	Matt Stott	MDC			151.38	94.91	57.01	108.86	77.42	103.95	42.59	103.53		0.00		0.00		0.00	411.25	
3	Alex Lewis	Neath	104.17	47.21	184.47	71.93	66.25	93.84	92.52	85.20	49.52	88.08	61.12	85.81	161.26	78.10	133.39	88.83	356.56	
4	Gavin Brace	n/a	86.50	72.78	206.58	56.56		0.00	100.11	76.15	53.36	79.70	61.24	85.44		0.00	169.05	59.36	314.08	
5	Peter Ryder	Brynchieniog	64.09	106.01		0.00		0.00		0.00	43.09	103.16		0.00	128.52	102.69		0.00	311.86	
6	Sean Taylor	Mynydd Du			154.28	92.94		0.00	100.36	75.64	44.49	99.42		0.00		0.00		0.00	268.00	
7	Ben Gibbison	Mynydd Du	86.21	73.49	152.26	94.35		0.00	86.11	93.46		0.00		0.00		0.00		0.00	261.30	
8	Tim Davies	Mercia	64.08	106.04		0.00		0.00		0.00		0.00		0.00	133.00	99.57		0.00	205.61	
9	Edward Dickson	MDC			207.01	56.52		0.00	103.31	72.03		0.00		0.00		0.00	157.29	69.01	197.56	
10	Ben Moon	MDC			160.51	88.52		0.00		0.00		0.00		0.00		0.00	127.42	93.78	182.30	
MALE o/40																				
1	Richard Johnson	Mynydd Du	94.56	60.91	157.41	90.72	61.45	101.29	0.00	0.00	46.06	96.54		0.00		0.00	128.12	93.37	381.91	
2	Mark Palmer	Mynydd Du			140.45	102.45		0.00	78.23	103.10		0.00		0.00		0.00	112.39	106.30	311.85	
3	Ian Travis				201.41	60.22	67.52	91.52		0.00		0.00	60.13	87.65		0.00	157.14	69.22	308.60	
4	Dave Austin	Chepstow	81.59	79.88	185.42	71.30		0.00	98.11	78.63		0.00		0.00		0.00	147.20	77.45	307.26	
5	Julian Boon	FODAC				0.00	70.33	87.23	96.56	80.17		0.00	60.02	87.99		0.00		0.00	255.39	
6	Dominic Shields	San Domenico	84.13	76.61		0.00		0.00		0.00	61.34	61.82	70.41	68.12	211.30	40.30		0.00	246.85	
7	Adrian Gwilliam	Fairwater	117.58	27.16	204.38	58.18	74.00	81.71	103.05	72.57		0.00		0.00		0.00		0.00	239.62	
8	Matthew Lawson	Chepstow	101.46	50.90	179.57	75.28		0.00	0.00	0.00		0.00		0.00		0.00	136.56	86.10	212.28	
9	Simon Davies	n/a	91.20	66.18	194.28	65.22		0.00	106.03	68.90		0.00		0.00		0.00		0.00	200.31	
10	Steve HARRY	Llisswerry	87.42	71.51	214.06	51.61		0.00		0.00	54.55	76.75		0.00		0.00		0.00	199.87	
MALE o/50																				
1	John Aggleton	MDC	92.19	64.74	171.31	81.13	67.54	91.46	92.31	85.63		0.00	60.30	87.12		0.00		0.00	345.34	
2	Peter Osborne	Llanelli				0.00	71.13	86.16	99.52	76.55	52.07	83.03	59.58	88.11		0.00		0.00	333.86	
3	Colin Lancaster	Mercia			165.18	85.44		0.00	92.25	85.75		0.00	58.48	90.29	173.55	68.68		0.00	330.16	
4	Andy Stott	MDC	83.04	78.30	194.1	65.43	72.45	83.71	0.00	0.00	54.37	77.42	63.58	80.65		0.00	152.44	72.96	320.08	
5	Peter Williams	MDC				0.00	71.18	86.03		0.00	55.54	74.54	64.44	79.22	178.23	65.30	158.46	67.94	307.73	
6	Adrian Woods	Mynydd Du			163.35	86.63	64.06	97.54	89.42	89.11		0.00		0.00		0.00		0.00	273.28	
7	Carl Brancher	Mynydd Du	98.50	55.20		0.00		0.00	121.38	49.64		0.00	72.53	64.02		0.00	182.26	48.25	217.10	
8	Stewart Thomson	Mynydd Du			210.08	54.36	83.14	66.95	113.05	60.20		0.00		0.00		0.00		0.00	181.53	
9	Kevin Hagley	SWRR											59.15	89.45		0.00	142.27	81.51	170.96	
10	Steve Littlewood	Hereford					72.05	84.77		0.00	54.59	76.60		0.00		0.00		0.00	161.38	
MALE o/60																				
1	Gary Gunner	Croft Ambrey			206.09	57.12	76.09	78.28	112.50	60.52	55.56	74.47	67.35	73.90	203.54	46.04	161.30	65.67	292.32	
2	Steve Herington	Hereford			216	50.30	82.26	68.23		0.00	54.34	77.53	63.40	81.00		0.00		0.00	277.06	
3	Les Williams	Eryri	93.20	63.25		0.00		0.00	114.38	58.29	61.13	62.61	71.11	67.19		0.00		0.00	251.34	
4	Tom Davies	Croft Ambrey			249.49	26.86	90.11	55.85		0.00	64.49	54.53	77.39	55.12	240.36	18.32	187.06	44.37	209.87	
5	John Darby	Mynydd Du	93.22	63.21		0.00		0.00	115.13	57.57	74.45	32.24	76.45	56.80		0.00		0.00	209.81	
6	Martin Cortvriend	Denbigh	84.10	76.68		0.00		0.00		0.00		0.00		191.54	55.10		0.00	131.78		
7	Dick Finch	MDC	111.53	36.08		0.00	94.39	48.71		0.00		0.00		0.00		0.00	184.02	46.92	131.71	
8	Gareth Jones	MDC					91.40	53.47	141.31	25.06		0.00	0.00		0.00		0.00	0.00	78.53	
9	Neil Grant	Chepstow				0.00	77.36	75.95		0.00		0.00		0.00		0.00		0.00	75.96	
10	John Currie	Mercia	86.13	73.68		0.00		0.00		0.00		0.00		0.00		0.00		0.00	73.68	
MALE o/70																				
1	Rob West	MDC	114.40	32.00		0.00	103.41	34.27	134.56	33.20	74.04	33.77	81.08	48.62		0.00		0.00	149.85	

WFRA South Wales Series

Dick Finch

A nice even 222 runners took part in this popular series of eight mountain races in the Southern region of Wales, 48 of them women, but only 23 completed the minimum four races that counted towards the Championship awards.

Neath's Alex Lewis was the only athlete to run all eight, his best four giving him third place in the

FOUR FANS

Sunday 1st September

A new race touring the quieter hills to the west of Storey Arms deserved a larger field than the 31 runners that came to pit their navigational skills against Andy Blackmore's challenging 18km/1,200m.

A fresh clear sunny morning made the navigation that much easier, and it was interesting to discover which route would be favoured to bridge the long stretch between the first summit, Fan Frynach, and checkpoint 2 on Fan Nedd. A goodly number did go for the radical Beacons Way route which involved retracing steps back south-east for half a mile before striking westward.

At the sharp end MDC's Hugh Aggleton opened out a 95-second lead by the Nedd trigpoint over Mynydd Du's Mark Palmer who on the eve of his 50th birthday continues to be the man to beat. The consensus was that Hugh's finish time of 1.48 – just four minutes faster than Mark's – will take some beating in future runnings.

Pete Gardner took third place and the M50 prize, while Gary Gunner had a good run for the M60 category.

Chepstow's Judith Austerberry in her first 'serious' fell race was a creditable 8th overall to win the Women's prize nine minutes ahead of Katie Beecher (Les Croupiers) who was a further 10 ahead of Mynydd Du's Natalie Taylor, also a relative newcomer to mountain races. Jan Richards of Mynydd Du scooped the F40 prize.
Dick Finch

WFRA ANNUAL DINNER

Committee members have been asked on several occasions why we do not organise an annual social evening.

John Linley has volunteered to organise one in 2014 if enough people are interested.

Please email John (john-linley@tiscali.co.uk) if you are interested

Senior Men's category behind MDC duo Hugh Aggleton and second place Matt Stott.

Louise Barker of Aberystwyth was the sole Senior Women to emerge with four races in her bag, while Mynydd Du's Sharon Woods matched that in the F50 class.

Richard Johnson of Mynydd Du celebrated his move up to the M40 category by running five races and accumulating a best-four total that put him on top of the podium with silver and bronze going to Ian Travis and Chepstow's Dave Austin.

Hugh Aggleton's dad, John, emulated junior with gold in the M50 class ahead of Llanelli's Peter Osborne and Colin Lancaster of Mercia.

Of the five sixty-year-olds who ran at least four events, Gary Gunner of Croft Ambrey pipped perennial rivals Steve Herington (Hereford) and Les Williams (Eryri) for top spot.

And congratulations finally to Forest of Dean's Rob West for another M70 trophy.



Prize winners of the 2013 Cotswold outdoor North Wales Series

White Mugs!

Winners of the coveted WFRA white mug for the 2013 South Wales Fell Series are:

Senior Women

1. Louise Barker

Senior Men

1. Hugh Aggleton MDC

2. Matt Stott MDC

Male over 40

1. Richard Johnson

2. Ian Travis

3. Dave Austin

Male over 50

1. John Aggleton

2. Peter Osborne

3. Colin Lancaster

Male over 60

1. Gary Gunner

2. Steve Herington

3. Les Williams

Male over 70

1. Rob West

Mugs are only awarded to the top three placers who completed at least four race and are WFRA members.

Race retirement - Runners beware!

The FRA disciplinary sub committee have decided on a 6 month ban, expiring on 2 May 2014, on Richard Wells, unattached, for failing to report to the finish at the 3 Shires race having retired earlier in the race. Race organisers are asked to note this decision.

'Race retirement - runners – please read.

You are all keyed up at the start of a race and the organiser starts wittering on about retirements and the need to report in at the end if you drop out. Later you are injured or timed out, you're possibly cold and probably for the first time. The checkpoint marshal knows you are out of the race and you make your way back to the finish.

You forget to tell the organiser you have retired as you want to get changed and get warm.

The organiser is rushing round getting increasingly worried that the number of runners back doesn't add up and knowing that his/her responsibility is to account for all runners at the finish.

Where are you? Sat in your car having a coffee or the pub with your club mates.

Recently the FRA has investigated a similar situation after the 3 Shires race where, unusually 38, runners retired or were timed out in bad weather with 4 runners

failing to report to the race organiser.

Selwyn Wright and his team had enough to do without trying to find the whereabouts of the missing runners.

In this case 3 of the runners were very contrite; holding their hands up. They messed up. The race organiser and the FRA committee members investigating the issue have decided not to take any further action in relation to them; this time.

However Selwyn and the committee members involved do want all runners to know that the requirement to report to the race

organiser if you drop out is mandatory; no if's and but's.

Missing runners can lead to mountain rescue being called out; marshal's unable to stand down and frantic race organisers.

So please, if you drop out of a race, let the organiser know; if your club mate drops out make sure that they report in at the finish. You know it makes sense. You could be injured on the fells whilst Mountain rescue is out looking for a runner who is driving down the M6.

Nick Harris, FRA Secretary

This article first appeared on the FRA website and has been reproduced with permission.

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.

COTSWOLD outdoor

Betws y Coed

BENARD'S GALLERY

Craig y Don, Llandudno

BLACKS

Llandudno

PETE BLAND SPORTS

Kendal

Y WARWS

Beddgelert

JOE BROWN SHOPS

Llanberis and

Capel Curig

RUN AND BECOME

Cardiff

RUNNING BEAR

Alderley Edge, Cheshire

SK9 7JT

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

