

Gladstone 9 Race Report 01/09/2018

Weather conditions lived up to what we normally expect for this cracking race in the Northern Carneddau, which this year was a WFRA N. Wales Champs race, so once again, we were graced with sunny, clear conditions, & absolutely stunning views throughout. 45 runners started the race, (not bad considering quite a few locals had gone up to Fort William for the Ben Nevis – British Champs – race), 2 retired, & 3 of the front runners somehow missed CP1 (something to do with running too fast to see the red & white tapes, & the race map having degenerated into a pulpy sweaty mess, apparently.....) As always, Elsi, the best Diabetic Assistance Dog in the world, also ran well, & wasn't needed for any hypoglycaemia rescuing activities. The feedback has all been excellent, with many comments about our fantastic marshals, the post-race homemade flapjacks & soup, & the amazing prizes. There was also great enthusiasm for Racetek, Fabian4's partner company, which provided the timing/tracking service, with the results on the computer screen at HQ as soon as the runners had passed over the line, as well as on the web for all to see.

The race was won by Dark Peak's Michael Corrales, in a time of 1:14:56, with Eryri's Gavin Roberts hot on his heels in 1:15:12, & Buckley's Jez Brown 3rd, & 1st MV40 in 1:16:08, nearly 5 mins faster than his time last year. Buckley's Rob Grantham was 4th overall & 2nd MV40, & Eryri's back-on-form James McQueen 5th, & 3rd MV40. Shrewsbury's Steve Turk was 1st MV50 & 8th overall. David Livsey was 22nd overall & 1st MV60, & Eryri's Brian Robbins was the 1st MV70 home, in 40th position overall. The first local's prize (very local – we practically run past his cottage as we're heading back up Moel Lus – the final sting in the tail – on the way to the finish) was awarded to Daf Lewis, who was 21st overall. It's interesting that there were only 6 senior men in the first twenty finishers. Where are all the 'youngsters'?!

The 1st lady across the line & a brilliant 11th overall was Buckley's Hayley Evans in 1:36:38, & 2nd was MDC's Claire Dallimore, just behind her & 12th overall in 1:36:44 Next to finish, & 1st FV40, was Eryri Harrier Megan Hughes in 1:44:27, then Chester Tri's Kirsty Seddon in 1:46:15. 5th lady to finish, & 1st FV40, was Deeside's Rebecca Massey in 1:46:23. The first FV50 in 1:52:34 was Celia Mills.

My sincere thanks go to my co-organisers, Maggie Oliver & Alex Fletcher, & to all the many marshals and helpers, who as always gave their time willingly, & without whom we would not have been able to safely organise the race. Particular mention needs to be made of Hazel & Sue who endured swarms of 'flying ants' on the summit of Moel Lus – they stuck to their marshal positions/jobs with grim determination – strength in the face of adversity, & all that... We are very grateful for the grant provided by Penmaenmawr Town Council, which, as well contributing to the prize fund, enabled us to provide the runners with soup & a roll after the race, & the marshals with a drink of their choice at the bar. The very-well received prizes compromised fresh produce bags, some of which was very generously provided FOC by Spar Penmaenmawr, & the rest at a kindly reduced rate, & apples & courgettes donated by friends. We were also very generously given a 'Breakfast for Two' voucher by Eryri's Paul Hodges, owner of Siabod Café, which was presented to Michael Corrales as the overall winner. We also owe a huge vote of thanks, as always, to the staff of the Gladstone pub for their hospitality & cooperation, & for providing a meal voucher as the first local's prize.

A small financial contribution will be given to Eryri Harriers, & also to the WFRA, with whom the race is insured & whose committee members do such a huge amount to support fell running in Wales. I'm pleased to announce that we will be able to donate about £300 to the Snowdonia Society <http://snowdonia-society.org.uk/>, which does such valuable work, for which those of us who enjoy the mountains on a regular basis are most grateful.

Ellie Salisbury (Race Organiser)