

## MAY

### TUE 1 Pen Dinas AS 3.5km/446m 2 miles/1463ft

**Details:** 7.15 pm £2 on day only  
**Venue:** Nant Peris, near Llanberis Race 5 in Midweek Series.  
**Age limit:** Also Junior race (£1)  
**Records:** Ifan Richards 25:36 2011 Miranda Grant 30.41 2017  
**Organiser:** Mike Blake 01286 831115 07778 145144 [mikejohnblake@yahoo.co.uk](mailto:mikejohnblake@yahoo.co.uk)

### SAT 5 Steam Bunny (\*) BM 11km/447m 6.9miles/1466ft ER/NS/LK/PM

**Details:** 2.00 pm £5.00 on day only Teams of 3  
**Venue:** Lamb Inn, Mountain Road, Penyrheol, Pontypool, NP4 5XS (GR ST 282990) No toilets (Lamb Inn closed).  
**Age limit:** Over 18  
**Records:** Matt Stott 57.01 2013 N Morgan 1.11.24 2013  
**Organiser:** Dimitri Vorres 01495 758831 [dimitri.vorres@btinternet.com](mailto:dimitri.vorres@btinternet.com) [www.pontypoolrunners.co.uk](http://www.pontypoolrunners.co.uk)

### SAT 5 Ras y Moelwyn (\*) AM 16.9km/853m 10.5miles/2800ft ER/LK/NS/PM

**Details:** 2.00 pm £8.00 in advance ([fabian4.co.uk](http://fabian4.co.uk)) or £10 on day Teams free  
**Venue:** Clwb Rygbi in Blaenau ( Llwyn Gell Ind Est, Blaenau Ffestiniog LL41 3NE)  
**Age limit:** Over 18 Also junior races: U12, U14, U16, U18  
**Records:** Tim Davies 1.15.58 2009 Jackie Lee 1.31.55 2009  
**Organiser:** Gonks Hughes 07814842689 [gonks1972@hotmail.co.uk](mailto:gonks1972@hotmail.co.uk) [facebook](https://www.facebook.com/RasMoelHebogRace)(Ras Moel Hebog Race)

### SAT 5 Red Kite Challenge - Sialens y Barcud Coch (\*) BM 21km/650m 13miles/2200ft

**Details:** 1.00 pm Long Course £15, Short £12, Juniors £6 Teams :Yes  
**Venue:** Woodlands Caravan Park, Devil's Bridge, Aberystwyth, SY23 3JW (GR SN 745733) There will be a supporting 10K race which starts with main race at 13.00 and an opportunity to walk either the long or short course starting at 11.00.  
**Age limit:** Over 18 Junior races: u20, u17, u15. All start at 11.15  
**Records:** Jonathan Barnes 1.26.49 2014 Kate Beecher 1:46:42 2014  
**Organiser:** Dic Evans 07773 435073 [rhedwr@gmail.com](mailto:rhedwr@gmail.com) [www.redkite-barcudcoch.org.uk](http://www.redkite-barcudcoch.org.uk)

### SUN 6 South Mynd Tour AL 23.5km/1230m 14.6 miles/4035ft ER/PM/LK/NS

**Details:** 10.00 am £6.00 on day only  
**Venue:** Ragleth Inn, Little Stretton, nr Church Stretton (GR 444919 on OS sheet 137)  
**Age limit:** Over 18  
**Records:** Pete Vale 2:05:31 2017 Amy Partridge 2:26:49 2017  
**Organiser:** Tim Parker 01743 718598 [tim.parker@nhs.net](mailto:tim.parker@nhs.net) [www.merciafellrunners.org.uk](http://www.merciafellrunners.org.uk)

### TUE 8 Craig yr Allt Summer (\*) BS 6.3km/215m 3.91miles/705ft PM

**Details:** 7.00 pm £5 on day only Male and Female teams - first 3 to count.  
**Venue:** Start: Blackbrook Road (GR ST142852) Registration & parking: Mountain View Ranch (ST142845).  
Registration 18.00-18.40 only due to the distance to the start.  
**Age limit:** Over 16  
**Records:** Ben Mitchell 27.09 2017 Helen Brown 35.50 2017  
**Organiser:** Gary Davies 02920 652251 [garydavies44@hotmail.com](mailto:garydavies44@hotmail.com) [www.fellrace.com](http://www.fellrace.com)

### TUE 8 Moel y Gest AS 5.9km/349m 3.7 miles/1145ft

**Details:** 7.15 pm £2 on day only  
**Venue:** Tyddyn Llwyn Camp Site, Porthmadog Race 6 in Midweek Series.  
**Age limit:** Also Junior race (£1)  
**Records:** Math Roberts 32:33 2017 Miranda Grant 38:41 2016  
**Organiser:** Gonks Hughes 07814842689 [gonks1972@hotmail.co.uk](mailto:gonks1972@hotmail.co.uk)

### WED 9 Wrekin Streak AS 4.5km/247m 2.8miles/810ft PM

**Details:** 7.30 pm £5 on night only  
**Venue:** Forest Glen, Wellington, Telford (GR 638093) Shropshire Summer Series. No toilets. No pins.  
**Age limit:** Over 14 Junior races (over 10)  
**Records:** Tim Davies 16.38 2003 K Hill 19.21 1991  
**Organiser:** Simon Daws 01952 433753 [fellrunner2004@yahoo.co.uk](mailto:fellrunner2004@yahoo.co.uk) <http://dawsy.byethost5.com>

**WED 9** **Ras yr Hafod (\*) BS 9.6km/305m 6miles/1000ft**  
**Details:** 7.30 pm Entry fee £5, Juniors £2  
**Venue:** Hafod Estate, 15 miles from Aberystwyth, on B4574 between Pontrhydygroes and Cwmystwyth (GR SN 768736)  
**Age limit:** Over 16 Junior races from 6.00 pm for school years 3+4, 5+6, 7+8, 9+10+11)  
**Organiser:** Dic Evans 07773 435073 [rhedwr@gmail.com](mailto:rhedwr@gmail.com)

**WED 9** **Ysgol Dinas Bran (\*) AS 6.9km/350m 4.3miles/1150ft PM**  
**Details:** 7.15 pm £4.00 on day only  
**Venue:** Ysgol Dinas Bran School, Llangollen (GR 215423) Refreshments. Showers and changing available  
**Age limit:** Over 16 Junior race: 1 mile fun run - minimum age 8  
**Records:** Lloyd Taggart 28.55 2013 Jayne Joy 35.32 2014  
**Organiser:** Warren Renkel 07540470631 [wgrenkel@googlemail.com](mailto:wgrenkel@googlemail.com) **facebook**(Dinas Bran Hill Race)

**SAT 12** **Preseli Beast (\*) AL 37.7km/1418m 24 miles/4652ft ER/NS/PM**  
**Details:** 10.30 am £13. Entry via website. (includes cawl, tea/coffee, cake, slate coaster, goody bag). A £3 discount will be given back to those who bring proof that they are WFRA/FRA members - details on website. Teams of 3  
**Venue:** Maenclochog Community Hall, SA66 7LA (GR 084274). Race has tougher 2nd half. Water every 5 miles. Teams to register on separate forms on the day  
**Records:** Dan Doherty 3.05.35 2017 Katie Beecher 3.28.31 2015

**Preseli Ultra Beast (\*) AL 51.6km/1834m 32 miles/6017ft ER/NS/PM**  
**Details:** 9.00 am £16 Entry via website. (includes cawl, tea/coffee, cake, slate coaster, goody bag).  
**Venue:** Maenclochog Community Hall, SA66 7LA (GR 084274). 1km to start. Tough ultra on fell terrain. Water stations approx. every 5miles.  
**Records:** Gancho Slavo 4.56.26 2015 Ali Grundy 6.04.58 2016

**Beast Bach (\*) BM 16.5km/540m 11 miles/1,700ft ER/NS/PM**  
**Details:** 12.30 pm £10. Entry via website. (Inc goody bag, slate coaster, cawl, tea & cake)  
**Venue:** Maenclochog Community Hall, SA66 7LA (GR 084274).  
**Age limit:** Over 18. No junior races  
**Records:** Gareth Payne 1:18:01 2016 Claire Cleathero 1:31:51 2017  
**Organiser:** Carwyn Phillips 01437 532401 07985 782 772 [carwynfarwyn@hotmail.co.uk](mailto:carwynfarwyn@hotmail.co.uk)  
[www.Preselibeast.com](http://www.Preselibeast.com)

**SAT 12** **Cwmdu (\*) AM 15.9km/920m 9.9miles/3020ft PM/ER/NS**  
**Details:** 1.00 pm £5.00 on day only (includes tea and cakes)  
**Venue:** Cwmdu Village Hall, near Crickhowell (GR 180240). No dogs  
**Age limit:** Over 18  
**Records:** Harry Jones 76.29 2015 Jackie Lee 88.27 2014  
**Organiser:** Dick Finch 01291 627569 07828 102680 [dickfinch@talktalk.net](mailto:dickfinch@talktalk.net) [www.fellrace.com](http://www.fellrace.com)

**TUE 15** **Mynydd Mawr AS 6.7km/450m 4.2 miles/1476ft NS/LK**  
**Details:** 7.15 pm £2 on day only  
**Venue:** School, Y Fron, near Caernarfon (GR 507548). Race 7 in Midweek Series.  
**Age limit:** Over 16 Junior races £1  
**Records:** Nick Swinburn 30.04 2008 Angela Carson 36.11 1989  
**Organiser:** Mike Blake 01286 831115 07778 145144 [mikejohnblake@yahoo.co.uk](mailto:mikejohnblake@yahoo.co.uk)  
[www.eryriharriers.org.uk](http://www.eryriharriers.org.uk)

**SAT 19** **Cader Idris (\*) AM 16.9km/915m 11 miles/3000ft ER/NS/PM/LK**  
**Details:** 1.00 pm Pre-entry online £15. Entry on the day £20. Limit of 325 maximum. Teams of 3  
**Venue:** Eldon Square, Dolgellau. Registration in Free Library. Chip timing. Full kit essential. Sorry no dogs.  
**Age limit:** Over 18 Also fun run 11:00am; u18 1.00 pm; u12, u14 & u16 from 1:15pm  
**Records:** Colin Donnelly 1.21.18 1996 Mary Wilkinson 1.33.58 2006  
**Organiser:** Graeme Stringer 07917 001173 [www.cader-race.co.uk](http://www.cader-race.co.uk)

**SUN 20** **Sarn Helen (\*) BL 26.4km/915m 16.5miles/3000ft PM**  
**Details:** 11.00 am £12.00 in advance or on day  
**Venue:** Lampeter rugby club, North Road, Lampeter, Ceredigion.  
**Age limit:** Over 18 Junior race(s) - 10.30 am  
**Records:** A Cole 1.34.29 1982 Dawn Kenwright 2.00.18 1990  
**Organiser:** Carwyn Davies 07971 606508 [Carwyn@tesco.net](mailto:Carwyn@tesco.net) [www.sarnhelen.org.uk](http://www.sarnhelen.org.uk)

**TUE 22** **Great Orme (\*) AS 6.6km/398m 4.1 miles /1240ft**

**Details:** 7.15 pm £2 on day only  
**Venue:** Ski Centre, Great Orme, Llandudno, LL30 2QL (access via Happy Valley Road) Race 8 in Midweek Series.  
**Age limit:** Also Junior race (£1)  
**Records:** Mathew Roberts 30.04 2016 Miranda Grant 34.30 2016  
**Organiser:** Craig Jones 07815 292213 rowlyn@yahoo.co.uk [www.eryriharriers.org.uk](http://www.eryriharriers.org.uk)

**WED 23 Mynydd Pen y Fal (\*) BS 7.8km/300m 4.8 miles/980ft PM**

**Details:** 6.30 pm £4.00 on day only Teams of 3  
**Venue:** Start and finish: National Trust car park at GR268167 Course suitable for beginners; novices welcome! Please bring full kit in case of bad weather  
**Age limit:** Over 16  
**Records:** Iwan Morton 41:13 2016 45:09 Emma Bayliss 2016  
**Organiser:** Ed Dickson [dickson.ed@googlemail.com](mailto:dickson.ed@googlemail.com)

**WED 23 Batch Bash AS 4.8km/305m 3miles/1000ft ER/PM/LK/NS**

**Details:** 7.30 pm £5.00 on night only Teams free  
**Venue:** Yew Tree pub, All Stretton SY6 6HG (GR 459954) Shropshire Summer Series  
**Age limit:** Over 14 No Junior races  
**Records:** Tim Davies 25.14 2012 Mel Price 30.12 2014  
**Organiser:** Tim Parker 01743 718598 [tim.parker@nhs.net](mailto:tim.parker@nhs.net) [www.merciafellrunners.org.uk](http://www.merciafellrunners.org.uk)

**SAT 26 Moel Eilio AM 12.8km/915m 8miles/3000ft LK/NS**

**Details:** 1.00 pm £5.00 minimum donation on day only (all money goes to Tenovus) Teams free  
**Venue:** Start outside Plas Garnedd care home. Registration at Padarn Lake Hotel from 11:00  
**Age limit:** Over 18 Also junior races, subject to demand on day  
**Records:** Mark Croasdale 58.36 1993 Menna Angharad 72.44 1996  
**Organiser:** Jayne Lloyd 01286 677785 [snowdoniamarathon@btinternet.com](mailto:snowdoniamarathon@btinternet.com) **facebook**(Ras Moel Eilio Race)

**SUN 27 Mynydd Myfyr Hill Run (\*) CS 6.5 km/150m 4 miles/500ft**

**Details:** 11.30 am £6 on the day  
**Venue:** Venue: Trefonen Village Hall, SY10 9DY Mixed terrain through farmland and wooded areas and country lanes Supporting the delightful Trefonen Hill Walk Weekend.  
**Age limit:**  
**Records:** Tim Davies 19:53 2003 Amanda Wright 22:58 2005  
**Organiser:** Ray Pickett 01691 600635 [raypickett@btopenworld.com](mailto:raypickett@btopenworld.com) <http://www.oswestryolympians.com/>

**TUE 29 Y Garn AS 4 km/410m 2.5 miles /1345ft**

**Details:** 7.15 pm £2 on day only  
**Venue:** Railway Car Park, Rhyd Ddu. Race 9 in Midweek Series.  
**Age limit:** Also Junior race (£1)  
**Records:** Ifan Richards 26:24 2010 Lauren Jeska 30:03 2015  
**Organiser:** Gonks Hughes 07814842689 gonks1972@hotmail.co.uk