

**CYMDEITHAS
RHEDWYR
Mynydd
CYMRU**



**WELSH
FELL
RUNNERS
ASSOCIATION**

**2011 AWST
CYLCHGRAWN
NEWSLETTER
AUGUST 2011**

inov⁸ WFRA OPEN WELSH CHAMPIONSHIPS RACES

WELSH 1000m PEAKS SATURDAY, 4th JUNE

This was an important year for the race. It was the 40th Anniversary and the first time Glyder Fawr was included. The race was also a counter in the inov-8 / WFRA Open Welsh Championships and the WFRA North Wales Series (sponsored by planet-Fear). Consequently there was a large turnout. Weather conditions were hot and sunny. Fortunately, there was a breeze on the summits. Most runners thought that the new route over the Glyders was an improvement over the old course.

The race was won by Tim Davies of Mercia in a time of 4 hours 6 minutes and 13 seconds. Sam Smith of Eryri was 2nd in 4.08.22 and Steve Cale of Mercia was 3rd in 4.12.36. Other category winners - Over 40 Simon Ellis (Tattenhall) 4.43.52, Over 50 Philip Gwilliam (U/A) 5.06.57, Over 60 Yiannis Tridimas (Bowland) 5.38.51.

The ladies race was won by Andrea Rowlands of Eryri who finished 10th overall in a time of 4.41.29. Zoe Proctor of Bowline was 2nd in 5.32.05 and Phoebe Webster of Aberystwyth was 3rd in 5.35.14. Other category winners - Over 40 Kate O'Sullivan (Aberystwyth) 6.50.39, Over 50 Stel Farrar (Eryri) 6.19.04.

RAS YR ARAN SATURDAY, 9th JULY

This year the race was a counter in the British Championships and attracted a strong field from all over the UK. It was also a counter in the inov-8/WFRA Open Welsh Championships and the WFRA North Wales Series (sponsored by planetFear). Weather was good - dry, sunny intervals, cool breeze and the summit was clear. Underfoot conditions were boggy in places after the heavy rain of the previous day.

The race was won by Morgan Donnelly of Borrowdale in a record time of 1 hour 22 minutes 55 seconds. Tim Davies of Mercia was 2nd in 1.24.05 and Rob Jebb of Bingley 3rd in 1.24.34. Other category winners - Over 40 Lloyd Taggart (Dark Peak) 1.25.27, Over 50 Dave Neill (Staffs Moorlands) 1.30.49, Over 60 Ben Grant (Harrogate) 1.42.35, Over 70 Pete Norman (Wrexham) 3.18.00.

The ladies race was won by Philippa Maddams of Keswick also in a new record time of 1.39.08. Jo Buckley (Calder Valley) was 2nd in 1.42.24 and Melanie Price (Mercia) was 3rd in 1.43.16. Other category winners Over 40 Judith Jepsom (Dark Peak) 1.51.39, Over 50 Pat Goodall (Totley) 2.05.46, Over 60 Wendy Dodds (Clayton) 2.05.33.

LLANGYNHAFAL

SATURDAY, 7th MAY

101 finishers - good day for running but a strong wind meant a record time was unlikely. Tim Davies won in 37.48 a fair bit faster than his winning time of two years ago. 16 year old Nathan Jones of Colwyn Bay, a mere strip of a lad, broke the junior record coming in 5th overall in 41.44. Andrea Rowlands won the ladies race, not for the first time! Thanks to all who helped on the day and to those who took part especially those who travelled from further afield including the Leighton Buzzard boys from Bedfordshire who regularly support our races. MC

Dan Booth

We are sad to announce the passing of Dan Booth. Dan was a member of MDC and WFRA. The WFRA committee and members would like to pass on their condolences to his family and friends. The funeral was at Haycombe Crematorium, near Bath, Monday 18th July.

COITY FELL RACE

Running the race on a Saturday seemed to be a success judging by the numbers with an almost unanimous vote to continue with a Saturday rather than midweek race. Cliff at the Whistle Inn agreed to open specially for us, as he normally only opens at lunchtime on Sundays, so we had the place to ourselves which was just as well as we filled the bar.

Not sure if we were lucky or unlucky with the weather as Friday was very wet and Sunday very hot, so perhaps dry and very windy wasn't too bad and produced some very good times. Up front two newcomers took full advantage of the absence of the defending champion and race winner for the past 4 years Matt Collins with both bettering his old course record. In Richard Phillips case this was by nearly 20 seconds and Phillip Mathews in 2nd was also 3 seconds inside it. Stephan Sims comfortably won the Vets category only 20 seconds off Adrian Woods record. A remarkable 7th place for SV Steve Davies was also a new record by about 40seconds. While Steve Herrington in the over 60's took just over a minute off the old best time.

No record for the women I'm afraid, but Helen Fines amazing time of 40.40 in 2007 will take some beating. However Katie Beecher was a comfortable winner in 44.11, 1min 30sec ahead of Emma McWilliams in second place. Sharon Leech was the first FV and Caroline Dallimore the first FSV.

Gareth Buffett

MEMBERSHIP SUBS 2012

At the committee meeting held on July 9th it was decided to introduce a Standing Order method of paying WFRA subscriptions, starting next year. Many requests have been received from members asking for this kind of system.

Over the next few weeks we will email/post a Standing Order Mandate to all members. Please fill in your personal details and forward to your bank.

Your co-operation in being part of this system would be greatly appreciated.

After the initial set up, this will save many hours of work for our Membership Secretary and Treasurer.

It was also decided at the meeting to leave the annual subscriptions at £10.00.

CALENDAR UPDATE

Friday 19th August Garn (2m/600')

From Llanfairynghornwy Community Centre (between Llanfaethlu & Cemaes, Anglesey) - 7pm £3.00 (inc. entry to sports field). Also junior race 1.5m/400' (12-16yrs). Organiser: Steve Pilbeam 01407730963 stephenpilbeam418@btinternet.com . Part of Sports Day (commences at 5 pm).

Monday 29th August Machen This race is cancelled.

Saturday 10th September Llanfest Race 6.5m/1366'

From Ty'n Llwyfan Farm, Llanfairfechan (GR 694741) 12.00noon £3 EOD. O/18. Organiser Neil Grew 01248 680683

Saturday 17th September Foxtrot This race is cancelled.

Saturday 17th Sept. Llyn Brenig Trail Race 9m 1.00pm. Details www.denbighharriers.com/downloads/brenig.pdf

Sunday 18th September St Arvans Mt 10m/2065' From Village Hall, St Arvans, Chepstow. 10.30am, Pre Ent £10. £12 EOD. O/18. Organiser Lou Summers 01291 625073. summers363@btinternet.com. www.chepstowharriers.org.uk.

Saturday 24th September King John's Castle From Raven Inn, Llanarmon yn Ial (GR 190562). 11am. £4 EOD. Over 16. Organiser John Linley 01352 771543.

Saturday 1st October Pumlumon Challenge 26m/5000' Entry Fee £13 by 24th Sept. Organiser - Pentir Pumlumon Tel 01974 282581 More details on www.pumlumon.org.uk .

Sunday 13th November Rhobell Fawr This race has moved from Sat. 12th Nov. to Sun. 13th Nov.

2011 WFRA CHAMPIONSHIPS AND SERIES PRESENTATIONS

Will take place after the **BREIDDEN HILLS**
on Sunday, 9th October

Followed by the
WFRA Annual General Meeting

Items for inclusion on the agenda should reach the Secretary by 18th September

Highlander Mountain Marathon 2011 Dundonnell

Planetfear: 'The Highlander Mountain Marathon has just seen its fifth event and this small race organised by Hands on Events prides itself on being year on year one of the most stunningly scenic mountain marathons in the UK. A small team of dedicated staff undertake the organisation of the race and do so for the love of the event.'

The sandstone massif of An Teallach, situated to the south of Ullapool, was the focal point for this year's

event. It's often described as Scotland's 'great wilderness', comprising ten separate summits and rising to a highpoint of 1062m straight from sea-level. While none of the courses topped out on it, everyone passed over or round it, and so we all had the opportunity to admire it from close quarters. (Indeed, Adrian and I made the decision to go back during our 3 day recovery 'holiday', to climb all its

summits, thus fulfilling a 25 year ambition of mine. We were also able to tick off Slioch and Quinag during our mini post race holiday - both amazing peaks).

We all started the first day in very windy conditions, on the western shore of Little Loch Broom. Those of us on the Score class had a start choice (we were given 3 minutes to look at the event map before catching the bus to the starts, during which we had to decide whether we wanted to be dropped off at start 'A' closer to the overnight camp, but with fewer high-scoring controls, or start 'B' - further away, but offering the potential to gain more points - or penalties, depending on how you looked at it!!) We had a bad start - divorce was threatened when Adrian admitted he'd forgotten to bring a waterproof pen (or indeed any pen!) to mark his controls on the map, my spare insulin, and the glucagon injection, which is the only



Ellie and Elsi on An Teallach and Slioch

MYNYDD TROED 8 May 2011

The second counter in the WFRA South Wales Championships was contested in blustery, showery but fresh conditions. Chepstow's Paul Murrin obviously enjoyed the rapidly changing weather and put a minute and a half on MDC's Ben Moon with first 40 year-old Crispin Flower coming back well from an absence from the fells.

Mynydd Du's Angela Jones held off the rapidly improving Vanessa Lawson for first woman with Helen Marshall not very far back in third. Anne-Marie Harris, Pete Williams and Gary Gunner succeeded in the remaining age categories. Paul and Angela chose Air Ambulance and Ty Hafan Hospice as their favourite charities to receive all the proceeds of the race entry fees. *Dick Finch*

PONDEROSA POLKA 26th June

It was a hot afternoon for the Ponderosa Polka. We were down on numbers so all the competitors started together even though they ran different routes. Iolo Agnew finished 2nd overall, over taking all but one of those in the under 8 category despite running much further. Bella Bailey finished first overall, winning the under 8 category out right. Steffan Roberts was first boy in the under 8 category. Glyn Dickerson powered up the hill, finishing the longest route in an excellent 11:35. Many thanks to all the marshalls.

Under 8 0. 75km 40m climb

Isabella Bailey 4:58, Steffan Roberts 5:43, Amelia Bailey 6:07, Mae Tetlow 6:37

Under 10 1.19km 40m climb

Iola Agnew 5:05

Under 15 2.05km 115m climb

Glyn Dickerson 11:35

A big thank you to the Carneddau marshals

I never, ever get cold running. I always boil. So I started this year's Carneddau race wearing a thin cotton vest and shorts. What could possibly go wrong?

Half-way up Carnedd Dafydd it dawned on me that I was getting incredibly cold, with wind and rain ripping across the flank of the mountain. My fingers, normally fairly straight, had begun to clench shut. I tried get my gloves and windproof top out of my bum bag. I couldn't even open the zip. I'll carry on to the top, I thought, shelter behind the summit cairn and put on all my extra clothes.

Jim and Sheila Bennell were marshalling on the summit with Alan from Team Dolly on radio-control. I flopped down behind the sheltering wall. I couldn't even release the buckle of my bum bag, never mind open the zip. My mind was working OK, but my body was a shivering mess. I was for the first time (300 races in 30 years?) half-way (or more) to hypothermia. I wasn't tired and I wasn't physically exhausted...in fact I had overtaken four fellow-stragglers on the climb up Dafydd. I was just frozen to the bone. I could pinch my skin hard and yet feel absolutely nothing. I could feel my bones, but not my flesh. Sheila said "Francis, I don't think you're going any further, you can walk down with us when the last runner has gone through." After a ludicrous struggle in wild winds, Sheila managed to get me into my waterproof top and overtrousers and gave me a spare hat and spare thermal top. I was incapable of helping myself. Sheila had to pull my fingers open one by one to get my gloves on. Two fingers kept trying to get into one finger-space. Once the last runner had passed through, Sheila and Jim walked me (and two other retirees) off the mountain. Further on, Alwyn and Maggie Oliver on Carnedd Llewellyn helped another runner in a similar state. Even at the head of the race, a Pennine runner told me later that he, too, couldn't open the zip of his bum bag, and when he finally succeeded, couldn't get his gloves on because his fingers had contracted into claws.

So all praise to the marshals for helping out in deteriorating weather: Sheila and Jim Bennell on Dafydd, Maggie and Alwyn Oliver on Llewellyn, John Carson on the col between Llewellyn and Yr Elen, Katie (sister of race winner Richard Roberts) and husband David Wilby

on Yr Elen, Richard's father and mother Eric and Susan Roberts with daughter Rebecca at the sheepfold and Iorwerth Roberts and Dave Husband on Gyrn Wigau. John Carson found himself totally exposed to the wind on the col, and when the rain started, tried to get his waterproofs on. He managed to get one arm into the sleeve of his cagoule, but the rest ripped itself out of his grasp and flapped around wildly above his head. He eventually resigned himself to getting soaked. Leading runners witnessed a man apparently dancing with a cagoule above his head (in a Force 10 gale). Understated as ever, John later said: "I wouldn't describe it as the most pleasant experience of my life. Interesting, but not pleasant". The marshals, therefore, as well as the Team Dolly radio-control men and women, were themselves at risk of hypothermia after well over an hour standing still counting the runners through.

Once again, a massive thank you to all the marshals (and to Team Dolly, whose names were apparently Alan, Mark, Pete Eardley, Rhian Evans, Postie, Godfrey and Ron.... surnames mostly not known!). I apologise if I have got any names wrong or left anyone out. Stan Winstanley and Dave Hill marshalled the junior race.

PS. Ross Powell, race organiser, said at the very beginning of his online race info: This is a very tough race. Entrants must be fit, experienced fell runners and competent navigators. The race info. then went on to list all the exposed crags on the summits. Amen to that, and three cheers for the organiser. Imagine if there had been no-one marshalling on that first summit. There were three or four walkers passing by, desperately clinging to each other in the wind. Would they have risked ten minutes helping to sort out a gibbering idiot wearing only running vest and shorts? Would I even have had the humility to ask for help, rather than desperately heading off for the next summit?

Famous last words: "I never, ever, get cold running. I always boil". What a plonker! Guilty as charged.

Francis Uhlman



thing which will bring me round from a bad hypo. Thankfully, things quickly improved - the wind dropped, we were running well, and Adrian redeemed himself by planning a cracking route. We had a great day, visiting 13 check points, often without seeing any other competitors for a couple of hours. Because it's a small event, with only about 130 teams, one really gets a remote mountain experience. There are none of the long crocodiles that have become a feature even in the score classes of the bigger, higher-profile mountain marathons. The highlights of the day were a control high up on Sail Mhor, and then crossing a high bealach, with a steep snow slope below us, on the flanks of An Teallach.

The overnight camp location was fantastic - a dry field, stunning views and a nearby river. There was 'hot lunch on arrival' (you're still required to take food for supper, and the equipment to cook it), the opportunity to buy beer and cider, and then of course, the amazing ceiliidh in the evening. Yes, really - competitors still covered in dried mud, with their legs torn to shreds by dry gorse and heather, and nursing foot blisters, valiantly strip the willow and do the gay gordons treading on each others walshes!! It's a great feeling, retiring to your tent exhausted but happy, still listening to the man with the squeeze box playing jigs and reels in the marquee.

Day 2 was perhaps more technical but the visibility was good, and we piled on the points, while enjoying fantastic 360 degree views. We managed to visit a summit control on Beinn Ghobhlach in our last hour, before finally reaching the final check point on the beach, looking across Loch Broom to Ullapool on the other side. It would have been a very long run back round, but Hands on Events had organised a high-speed RHIB to transport us back, ten at a time, across the Loch to the event centre at Ullapool village hall. Speeding across the loch, being sprayed by glorious clean, cool water, was just the most perfect way to end a perfect weekend. (...and I hadn't needed the glucagon!)

Adrian and I were delighted to win the Mixed Vets category in the Score class, finishing 4th overall. Congratulations, however, must be reserved for Chris Near and Tim Higginbottom, who, once again, were the event's outright winners.

Ellie Salisbury

A 12 Corbett Sub-24 Hour Round

Corbetts are hills between 2500ft and 3000ft with a re-ascent of 500ft on all sides. There are 221 Corbetts in Scotland. "The re-ascent rule ensures that they are well-defined and fairly detached summits, in contrast to the Munros, where there is no obvious criterion for deciding on separate Munros" (Andrew Dempster, the Munro Phenomenon, 1995). "Where you can often climb three or four, or on one occasion seven Munros in one single walk, there are few Corbett groups where you can climb more than two or three on a single walk" (Cameron McNeish, the Corbett Almanac, 1999).

I first started thinking about a challenge involving Corbetts some years ago, after completing the Ramsay round (initially 24 Munros) and after doing detailed recceing of an extended Munro 24-hour record round (Broxap round, 29 Munros). I am not a Munro bagger and do not claim to be an expert on the various hill designations but the idea of a challenge involving individualistic hills such as Corbetts, had a strong appeal to me. "By their very nature, Corbetts rarely form themselves into self-contained and manageable groups" (Andrew Dempster, the Munro Phenomenon, 1995). A careful look at maps of the Scottish hills showed that there are indeed very few clusters of Corbetts that could be tackled in a single 24-hour challenge. Those areas are Adjour, the area around Loch Arkaig and that around Loch Lyon.

After drawing up some likely routes, it became obvious to me that around half as many Corbetts were sufficient to produce a manageable challenge as Munros. The area around Loch Lyon proved an attractive proposition as it is easily accessible. I also had advice that the terrain is less rough than that in other areas. There are a possible 13 Corbetts east of the A82 and another three close by on the west of the A82. This gave the option of attempting any number between 13 and 16 although the 13 Corbetts east of the road would produce a challenge with statistics similar to that of the Ramsay round. Similar statistics were obtained from the other areas as well.

Due to many other commitments, recceing of the area was out of the question. It was decided to attempt the challenge on spec, with no local knowledge as I have never visited any of those hills before. Maps and Google Earth were carefully studied and an extended 16 Corbett route was drawn up starting and finishing at Tyndrum.

It was to be a solitary expedition and completely self-supported. To my knowledge, no similar challenge has been attempted before, so I had the luxury of choosing how many of those 16 hills I would do during the actual attempt. About half of the Corbetts were adjacent. The remaining could be connected via high level routes involving other hills, including Munros, or low level routes through the glens. The latter was chosen as it offered less distance and cumulative climb. This produces the unique feature of this challenge in that no other hills would be visited apart from the Corbetts. The climbs appeared awesome! They varied between approximately 250m and 750m.

With many other things to do it was a problem finding the time to fit in this attempt, finally deciding on the weekend 18/19th June. I travelled to Tyndrum on Friday night and after a few hours sleep in the car I spent the best part of Saturday morning recceing the start/finish area and the possible transition across the A82. The weather was better than forecast on Saturday morning with Sunday predicted to be even better. As I had to return home for Monday, I decided to make an immediate start. I began getting things



Loch Lyon from Beinn nam Fuaran

out of the plastic bag and turning my back to the wind in order to protect it from the rain. Corbett no 3, Cam Chreag, was followed a beautiful ridge run and descent on grassy ledges between crags. Corbett no 4, Beinn nan Imirean, had two cairns, one being a few stones on top of a large round rock. Just to be sure, I visited both. The top of Corbett no 5 could have been a nightmare to find in an event such as a mountain marathon as there was thick mist and numerous knolls scattered around peat hags. Thanks to

modern technology my trusted gps pointed to it as I battled my way through quite rough ground. Descending from this hill I came out of the mist to enjoy a spectacular view of Glen Lyon. There was a change in the terrain between tops 6 and 7 where apart from grass there was some heather, tussocks and even bracken, all I might add on a small scale.

The night section lasted from no 6 through the hamlet of Camusvrachan to just after Beinn Dearg whose ascent I found particularly hard on soft grass, bilberry and dwarf heather. At this point the rain more or less stopped but being wet for about 12 hours gave me a rough chest and cough. From here on my appetite for food, particularly anything sweet, diminished and what I could have done with would have been a couple of hot drinks. I battled on through some heather and peat bogs, down a forest track and up an interminable and at times steep but useful track to top no 9, Cam Chreag, whose east side was thickly dressed in deep heather. The rest of the terrain was grassy apart from a small area of peat bogs between tops 10 and 11 and the very long tracks by lochs Lyon and an Daimh. Corbett no 11, Meall Buidhe, also had two large cairns both of

which I visited, having arrived at the lower one first.

On the long and hard climb on very soft grass to top no 12, I was aware that I would not manage the 13 Corbetts in 24 hours. I am a bit low on energy as have not managed to feed myself as well as I should and ponder over this dilemma: 13 Corbetts in over 24 hours or 12 Corbetts inside 24 hours? There was no spare time to waste thinking too much about it and when I started the very steep descent from the top of Beinn nam Fuaran to the bealach I reminded myself that

I set off to establish a 24 hour challenge. The grassy expanse ahead looked very runnable but time was tight and I was tired. I would head into Glen Coralan, down the farm track and on to the railway bridge. I would run a short distance along the railway and then take the West Highland Way to the finish. I had looked at these things in yesterday's recce as far as the railway bridge. And that is what I did and finished the run with 7 minutes to spare. The gps speed profile showed that I did some of my fastest running in that last section.

I would have liked to have done all 13 Corbetts and I like to believe that I would have managed them with a bit better preparation and more conducive weather. Those 13 Corbetts form a neat and natural circuit of hills and present a challenge probably equal in the degree of difficulty with the Ramsay round. Apart from the long connecting tracks in the glens the rest of the route is virtually pathless. I met no one, not even on Sunday when the sun came out, on any of those hills.

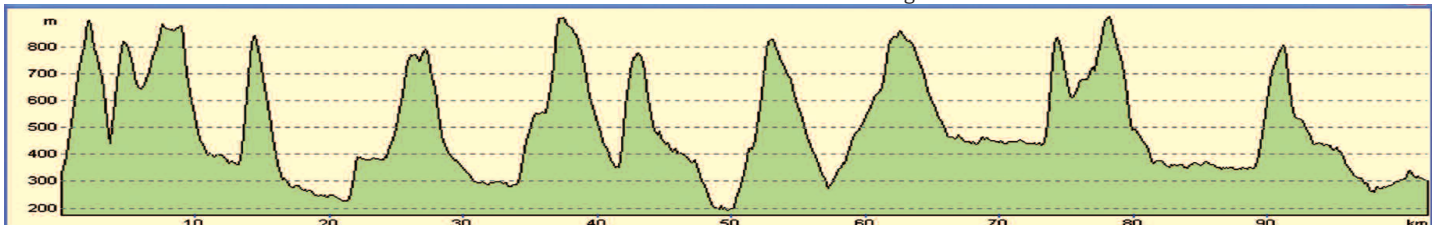
For those of us who are concerned about the ever rising popularity of the Bob Graham Round and the resulting overuse of the eroded paths in Cumbria, this challenge is an alternative. It can be supported at a few points accessible from roads and it ventures into truly wild Scotland. And for the younger and fitter there is scope for extended versions.

Yiannis Tridimas

Corbett No.	Name	Time	Cumulative Time	Notes
1	Beinn Odhar	00:47	00:47	Mild, rain, mist
2	Beinn Chaorach	00:44	01:31	Mild, rain, mist
3	Cam Chreag	00:33	02:04	Mild, rain, mist
4	Beinn nan Imirean	01:37	03:41	Mild, rain, mist
5	Meall nan Subh	02:31	06:12	Mild, rain, mist
6	Beinn nan Oigchreag	02:15	08:27	Mild, rain, mist
7	Meall nam Maigheag	01:45	10:12	Rain, dark, mist
8	Beinn Dearg	02:27	12:39	Dark, dry, mist
9	Cam Chreag 2	02:17	14:56	Pleasant, warm
10	Sron a Choire			
	Chnapanich	02:42	17:38	Pleasant, warm
11	Meall Buidhe	01:12	18:50	Pleasant, warm
12	Beinn nam Fuaran	03:14	22:04	Pleasant, warm
Finish: Rail bridge-WHW Tyndrum, NN332319		01:49	23:53	Pleasant, warm

ready when a steady drizzle started and clouds descended on to the hills. Hoping that this would not last long I took a gentle 15 minute walk to the start and began my challenge just after 2 pm.

The long ascent to Beinn Odhar was grassy almost to the top. The drizzle developed into rain that was to be continuous for the next 12 hours. There was intermittent mist on the tops and in the glens, only giving way when the sun broke through on Sunday morning. The first three hills came and went quickly and I was impressed to see that the whole area was covered with soft grass making the long steep descents pleasant but also making the climbs energy sapping. On every top I recorded the time and took photographs of the summit features. That involved taking my iPhone



MARK PALMER'S BG ROUND - Sub 15?

Most days in the fells are memorable, even the cold and wet ones are cherished in an insane way. Occasionally we are rewarded with an exceptional day when everything is perfect, the weather, the company and boundless energy. I was extremely fortunate that my reward came on 11th June 2011.

The dawn had already arrived as we departed Moot Hall at 4am. The overnight rain clouds were gradually dispersing to reveal patches of blue sky, whilst the cool morning air was welcomed as we made our ascent of Skiddaw. I had planned an 18:30hr schedule that would give my support teams and myself a comfortable day out on the fells, but secretly felt I might have a 17hr round in me.

With a Borrowdale trio of Steve Birkinshaw, Paul Cornforth and Chris Steel we were soon crossing the first summit of the day two minutes down on schedule, fast starts have never been my strength! The low cloud hanging around the tops was of no hindrance to Steve's navigational skills and Great Calva was bagged ahead of schedule. I'm not fond of the open grassy moorland between Calva and Mungisdale Common and was glad to reach the trod leading to Blencathra. All that separated me from my porridge was Halls Fell ridge and in the daylight it proved to be no problem.

A quick change of shirt and partners and we were heading up Cough Head. My Clayton duo of Dave Nuttal and Mike Wallis were not familiar with clockwise rounds but had little difficulty in adapting as we made good progress over the Dodds and up to Helvellyn. Reaching the top at 0840 ensured we had the mountain to ourselves, which is always a pleasure. With Nethermost and Dollywaggon ticked off it was a fast descent to the west side of Grisdale Tarn to start the climb up Fairfield. With summits 14 and 15 also safely in the bag it was time for a PBJ buttie at Dunmail.

Leg 3 has always been a favourite of mine, I have supported attempts in both directions and recied it on numerous occasions. Climbing up Steel Fell with fresh shoes and socks it felt like an old friend. My fresh support

legs belonged to old friends too, Andy Schofield and Tom Brunt. The clear visibility made navigation easy and sightseeing ideal, although the pace and concentration required for the rocky terrain allowed little time to enjoy the panoramic views. I felt strong on the climbs and comfortable on the descents, summits came and went until we were just three other people on a crowded Scafell Pike. With Broad Stand scaled and Scafell peaked we headed down to the Wasdale Valley, another favourite of mine.

I was now 2 hours up on my schedule. This was a big surprise for me but an even bigger one for my support team who had just arrived. Having supported countless runners before, this professional outfit soon had me fed, watered, cleaned and on my way with team 4: Ozzy Kershaw and Tim Whittaker. I had heard stories of Wasdale being a graveyard for many BG attempts so was glad to get the climb up Yewbarrow out the way. Reaching Red Pike at 1500 hrs it suddenly registered that I was now 11 hours into my BG; I had three legs in the bag, a comfortable 2-hour cushion and was still feeling relatively good. Perhaps a 16hr round was within grasp. That thought safely tucked away we push on to Steeple. On route to Pillar Mark Roberts and Mike and Hazel Robinson join us. They had planned a Wasdale rendezvous but arrived after my departure, undeterred they raced after me, Mark straight up Dore Head and the Robinson's up Wind Gap. Efforts like this and the support throughout was enormously humbling and formed a big part of my BG experience. With Pillar now a distant rock we ascended Kirk Fell and now my legs were starting to notice the steep climbs. Mentally I boxed this feeling and tuned into the wit and wisdom of my support team and before long Kirk Fell was just another mountain to view from the rocky lump of Great Gable. For me this was the end of leg 4, from here it was a homeward run back to Keswick. Running on enthusiastic encouragement from support team 4 we had soon knocked off the three remaining peaks of the penultimate leg and were heading for the slate mines.

Honister crew were ready and my

transition into dry top and trail shoes was complete before I'd finished my soup. I had mixed feeling as we climbed out of the valley, relieved to be on the final leg but sad that my fantastic day in the fells was drawing to an end. The good weather that prevailed though the pace and concentration was also ending as dark clouds loomed in the west. However, with fresh banter and subtle words of encouragement from my two anchor-men, Ben Abdelnoor and Paul Cornforth, Dale Head was behind us and we were running across to Hindscarth with only Robinson remaining. And so at 1759 I touched my 42nd peak, big smile, and big emotional gulp! With Paul finding all the grassy lines off the summit we had rapidly descended into the Newlands Valley. The rain finally came but did little to dampen the high spirits as we hit the tarmac, mission almost complete.

Crossing the River Dewent I asked Paul if "a sub 15 was possible". The informed reply was positive but came with conditions.

"Yes, but you need to pick the pace up!"

The fantastic effort of my support teams throughout the day was inspi-



Dave Nuttal with Mike close behind on Watson's Dodd

rational and without them I would not have had such a perfect day. And so for them I gladly picked my pace up, touching Moot Hall at 1859 to complete my 14:59 Bob Graham Round.

No man is an island and I am extremely grateful to the following for giving up their time and energy. Without them I would not have had such a successful day.

On the road - Jane and Richard Leonard, Janet and Dave Makin, Tony Chanely and Jeff Lea.

On the mountain - Steve Birkinshaw, Chris Steel, Paul Cornforth, Dave Nuttal, Mike Wallis, Andy Schofield, Tom Brunt, Ozzy Kershaw, Tim Whittaker, Mark Roberts, Mike and Hazel Robinson and Ben Abdelnoor.

Mike Palmer

South Wales Series still wide open

The 2011 South Wales Fell Series is proving as popular as always, with 182 runners having taken part so far in the four races to date. Most of the categories are still up for grabs and with three races still to go, current leaders may well change as more points are accumulated by those who haven't yet done the minimum four races.

Observant readers will spot that Chepstow Harriers' members hold top position in four of the age bands:

MU23 James Blore, SM Paul Murrin, F50 Joc Dodd (new to fell running), F60 Brenda Avery (a confirmed road runner but tempted on to the hills recently).

Leadership in other categories is nicely spread around: FU23 Caryl Davies (Sarn Helen), SF Katie Beecher (Les Croupiers), F40 Anne-Marie Harris (Mynydd Du).

M40 Haydn Hartnell (Islwyn), M50 Pete Williams (MDC), M60 Steve Herington (Hereford Couriers), M70 Rob West (Forest of Dean).

So, all to play for. Bring on the Llanthony Show Race - that'll sort the sheep from the boys! (table on page 6)

Dick Finch

Preseli Bluestone Fell Race

Sunday 3 September
Start: 12 noon

If you haven't tried this race before, don't miss it in this, our third year. And if you have run it before, you won't need persuading to enter again!

A challenging 13 mile course with some 2500 feet of climb plus terrain that is tough and varied from the start. The race follows a Bronze Age path along the Preseli Mountains in the heart of the Pembrokeshire Coast National Park with magnificent panoramic views.

For the less hardened fell runner, we offer a few creature comforts: changing rooms + showers, minibus to and from the Finish/Start, and tent for your kit bag at the Start.

Entry: £7 in advance, £10 on day
www.preselibluestonefellrace.co.uk

Member 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

ULTIMATE OUTDOORS

Betws y Coed, Skipton, Keswick and Lancaster

PETE BLAND SPORTS

Kendal

JOE BROWN SHOPS

Llanberis and

Capel Curig

COTSWOLD

Betws y Coed

RUN AND BECOME

Cardiff

RUNNING BEAR

Altrincham

Y WARWS

Beddgelert

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

New Race . . .

KING JOHN'S CASTLE

Saturday
24th September

AS 4.6 miles/865 feet PM

Start 11am from the Raven Inn, Llanarmon yn Ial (GR 190562)

£4.00 on day only Over 16

Further details: John Linley

Riversdale Ffordd y Felin

Treuddyn Mold CH7 4BD

Tel: 01352 771543

E-mail: johnlinley@tiscali.co.uk



Pos	Name	Club	Cat	Llanbedr/B.		Llangynhafal		Welsh 1000m		Ras Yr Aran		Total 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	340.22
2	Helen Fines	Calder Valley	F	174.21	74.71		0.00		0.00	107.07	76.07	150.77
3	Louise Barker	Aberystwyth	F	174.35	74.54		0.00	374.19	54.47		0.00	129.02
4	Clare Dallimore	WFRA	F	200.24	55.99		0.00	355.22	61.84		0.00	117.83
1	Fenella Higgins	Buckley	F40	215.34	45.09	60.15	50.66		0.00	149.42	26.80	122.54
2	Joanne Moore	U/A	F40		0.00	52.18	70.36		0.00	129.17	50.42	120.78
3	Emily Wood	Eryri	F40		0.00	66.29	35.21	413.12	39.36	145.11	32.02	106.59
4	Juliet Edwards	Meirionnydd	F40		0.00	57.48	56.73		0.00	131.09	48.26	104.99
5	Janet Richards	Griffithstown	F40	196.49	58.56		0.00	431.31	32.24		0.00	90.80
1	Ellie Salisbury	Eryri	F50	216.42	44.28	58.56	53.92		0.00	150.46	25.56	123.76
2	Sharon Woods	Mynydd Du	F50	176.08	73.43		0.00		0.00		0.00	73.43
3	Kate Hovers	Brecon Tri	F50	247.42	22.00	67.53	31.74		0.00		0.00	53.74
1	Maggie Oliver	Eryri	F60		0.00	61.11	48.34		0.00	167.50	5.82	54.16
1	Tim Davies	Mercia	M		0.00	37.48	106.30	246.13	104.28	84.05	102.72	313.30
2	Matthew Heywood	U/A	M		0.00	45.04	88.29	289.50	87.32	99.57	84.36	259.97
3	Steve Cale	Mercia	M		0.00		0.00	252.36	101.79	86.37	99.78	201.58
4	Ifan Richards	Meirionnydd	M		0.00	39.39	101.72		0.00	89.53	96.00	197.72
5	Karl Steinegger (U/23)	Ambleside	M		0.00	50.05	75.86		0.00	109.27	73.37	149.22
6	Richard Johnson	Islwyn	M	174.52	74.34		0.00		0.00	110.00	72.73	147.07
7	David Morris		M	183.39	68.03		0.00	352.39	62.90		0.00	130.92
8	Paul Chester	WFRA	M	169.39	78.09		0.00	428.04	33.58		0.00	111.66
1	Glyn Fletcher	Maldwyn	M40	159.06	85.67	48.44	79.20	320.51	75.26	111.06	71.46	311.59
2	Simon Roberts	Buckley	M40	157.21	86.93	45.52	86.31	285.56	88.84		0.00	262.07
3	Paul Beeson	Maldwyn	M40		0.00	44.18	90.19	322.23	74.66	105.46	77.63	242.48
4	Peter Agnew	Ciwydian	M40		0.00	47.16	82.84	305.14	81.33	109.18	73.54	237.71
5	Mark Atherton	Meirionnydd	M40		0.00	46.24	84.99	335.35	69.53	104.27	79.15	233.67
6	Ed Harmer	Eryri	M40		0.00	48.53	78.83	309.55	79.51	110.10	72.54	230.88
7	Michael Kelly	Leighton	M40		0.00	49.25	77.51	326.16	73.15	114.11	67.89	218.55
8	Jim Kelly	Eryri	M40		0.00	51.02	73.50	353.33	62.55	119.30	61.74	197.79
9	Paul Jones	Mercia	M40		0.00	41.02	98.29		0.00	98.38	85.88	184.17
10	David Marham	Leighton	M40		0.00	51.59	71.15	374.25	54.44	122.44	58.00	183.58
11	Martin Cliffe	Eryri	M40		0.00	42.15	95.27		0.00	104.31	79.07	174.35
12	Richard Borne	Eryri	M40		0.00	50.56	73.75	406.39	41.90	124.10	56.34	171.99
13	David York	Tattenhall	M40	200.27	55.95	57.48	56.73		0.00	133.38	45.39	158.07
14	Connor Carson	Kenilworth	M40		0.00		0.00	334.01	70.14	96.52	87.92	158.07
15	Hayden Hartnell	Islwyn	M40	160.44	84.49		0.00		0.00	112.56	69.34	153.83
16	Stephen Jones	Ciwydian	M40	155.36	88.18		0.00	346.54	65.13		0.00	153.32
17	David Malia	Mercia	M40	178.37	71.64		0.00	322.25	74.65		0.00	146.30
18	Michael Belshaw	BAOC	M40		0.00	50.11	75.61	334.10	70.08		0.00	145.69
19	Richard Green	Pensby	M40		0.00	54.59	63.71		0.00	128.29	51.34	115.06
20	Nigel Rowlands	Ciwydian	M40		0.00	54.12	65.65		0.00	133.52	45.12	110.77
21	Martin Cox	Team Bath	M40	128.20	107.78		0.00		0.00		0.00	107.78
22	Paul Donaghue	Buckley	M40	215.34	45.09	55.49	61.65		0.00		0.00	106.74
23	Mark Palmer	Mynydd Du	M40	130.49	105.99		0.00		0.00		0.00	105.99
24	Lloyd Taggart	Dark Peak	M40		0.00		0.00		0.00	85.27	101.13	101.13
25	Richard Davies		M40	216.06	44.71	60.11	50.82		0.00		0.00	95.53
1	Neil Hindle	FRA	M50	171.23	76.84	49.38	76.97	355.06	61.95	124.29	55.97	271.73
2	Vic Belshaw	Ciwydian	M50	169.50	77.96	48.26	79.95	350.22	63.79		0.00	221.69
3	Charles Ashley	Wrexham	M50	167.07	79.91	47.44	81.68		0.00	126.13	53.97	215.56
4	Ross Powell	Mercia	M50	178.42	71.58	50.39	74.45		0.00	132.18	46.93	192.96
5	John Currie	Mercia	M50	187.35	65.20	54.05	65.94		0.00	128.46	51.02	182.16
6	Kean Rowlands	Ciwydian	M50	190.03	63.43	50.49	74.04		0.00	136.52	41.64	179.11
7	Rod Sutcliffe	Calder Valley	M50		0.00	53.15	68.01	379.08	52.60	128.15	51.61	172.22
8	Ian Rothery	Cybi	M50		0.00	51.51	71.48	411.38	39.97	127.09	52.89	164.33
9	Chris Higgins	Buckley	M50	181.31	69.56	52.55	68.83		0.00	151.27	24.77	163.17
10	Dave Powell	Aberystwyth	M50	158.16	86.27		0.00	326.47	72.95		0.00	159.22
11	Alan Duncan	Bowland	M50		0.00	47.27	82.38	320.46	75.29		0.00	157.68
12	Stephen Jones	Eryri	M50		0.00		0.00	323.39	74.17	110.49	71.78	145.96
13	Nich Bradley	Meirionnydd	M50		0.00	56.14	60.61	424.23	35.01	130.19	49.22	144.85
14	Iwan Edgar	U/A	M50		0.00		0.00	319.36	75.75	113.22	68.83	144.58
15	Neil Owen	Prestatyn	M50		0.00	52.43	69.33		0.00	122.59	57.71	127.04
16	Adam Haynes	Eryri	M50		0.00	43.57	91.06		0.00		0.00	91.06
17	Stephen Bajic	Telford	M50		0.00		0.00	421.28	36.14	127.37	52.35	88.49
1	John Morris	Buckley	M60	176.16	73.33	52.50	69.04		0.00	125.28	54.83	197.21
2	Gary Gunner	Croft Ambrey	M60	188.54	64.25	53.16	67.97		0.00	130.51	48.61	180.83
3	Tony Hulme	Cheshire	M60		0.00	51.16	72.92		0.00	120.26	60.66	133.58
4	Yiannis Tridimas	Bowland	M60	202.29	54.49		0.00	338.51	68.26		0.00	122.76
5	David Owen	Prestatyn	M60		0.00	61.34	47.39	409.02	40.98	146.49	30.13	118.50
6	Willem van Prooijen	Ciwydian	M60		0.00	61.47	46.86	475.45	15.04	149.22	27.18	89.08

Remaining championship races: Ras Beca - 27th August Breidden Hills - 9th October
Best four from six to count Full table on website

Full table
on websiteBest four from
seven to count.Three remaining races in series:
Llanthony - 6th August, Beca - 27th August,
Llyn y Fan - 17th September

WFRA South Wales Summer Series

Pos	Name	Club	Cat.	Sugar Loaf		Mynydd Tr'd		Coity		Waun Fach		Total Score
				Time	Score	Time	Score	Time	Score	Time	Score	
1	James Blore	Chepstow Harriers	Mu23	57.32	94	66.47	99	41.12	89	59.23	92	374
2	Haydn Hartnell	Islwyn	M40	57.30	94	68.30	97	41.51	87	62.23	87	364
3	Matt Tyler	GWR	M	68.52	73	79.33	80	44.35	80	63.15	85	317
4	Peter Williams	MDC	M50	65.54	78	75.29	86	47.00	73	67.00	78	316
5	Paul Murrin	Chepstow Harriers	M	54.17	100	64.18	103		0	53.51	102	305
6	Anne-Marie Harris	Mynydd Du	F40	69.32	72	83.45	73	49.15	67	70.50	71	283
7	Ben Moon	MDC	M			65.44	101	41.20	88	59.38	92	281
8	Matthew Lawson	Chepstow Harriers	M40	60.31	88	69.08	96		0	60.20	90	274
9	Jos Jones	Aberystwyth AC	M	59.10	91	68.20	97	42.58	84		0	272
10	James Richards	Fairwater	M	60.38	88		0	41.19	89	60.13	90	267
11	Steve Harry	Llswerry	M40	59.42	90	74.01	88	44.01	81		0	259
12	Andy Blackmore	MDC	M40	62.21	85	72.48	90	45.23	78		0	252
13	Angela Jones	Mynydd Du	F40	63.30	83	76.54	84		0	67.34	77	244
14	Steve Herington	Hereford Couriers	M60	64.37	81		0	46.24	75	66.38	79	234
15	Andy Stott	MDC	M50	65.42	79	79.40	80		0	68.28	75	234
16	Graham Colvin	Celtic Tri	M40			82.22	76	47.08	73	69.10	74	223
17	Gary Gunner	Croft Ambrey	M60	67.10	76	83.43	74	48.17	70		0	219
18	Dominic Shields	San Domenico	M40			85.59	70	48.52	68	71.19	70	209
19	Crispin Flower	Mynydd Du	M40	56.27	96	65.50	101		0		0	196
20	Mike Harris	MDC	M50	72.20	66	88.04	67	50.59	62		0	196
21	Sean Taylor	Griffithstown Harriers	M				0	38.57	95	55.06	100	195
22	Les Williams	Eryri	M60			87.39	68	52.36	58	74.17	65	191
23	Matt Stott	Chepstow	M			71.48	92		0	55.37	99	190
24	Karl Steinegger	Ambleside AC	Mu23	58.22	92		0		0	60.07	91	183
25	Dave Austin	Chepstow Harriers	M	58.38	92		0		0	61.38	88	180
26	Richard Johnson	Islwyn	M	58.51	91		0	42.12	86		0	177
27	Roy Silver	Les Croupiers	M50	76.38	58		0	54.03	54	76.38	61	173
28	Kevin Hagley	SWRR	M40				0	43.40	82	61.02	89	171
29	Katie Beecher	Les Croupiers	F	60.47	88		0	44.11	81		0	169
30	Peter Sowerby	Brecon AC	M40	62.16	85	78.22	82		0		0	167
31	Stewart Thomson	Griffithstown Harriers	M40	73.16	65		0	57.12	46	79.47	55	165
32	Allan Hodgkinson		M	65.17	79	78.22	82		0		0	161
33	Vanessa Lawson	Chepstow Harriers	F	66.30	77	77.43	83		0		0	160
34	Glyn Sansom	San Domenico	M40	63.09	83		0	46.19	75		0	158
35	Roger Mills		M				0	47.04	73	70.27	72	145
36	David Smout	Parc Bryn Bach	M60	68.41	73		0	48.22	70		0	143
37	Caryl Davies	Sarn Helen	Fu23	79.24	53	100.29	48	60.55	36		0	137
38	Jan Richards	Griffithstown Harriers	F40	81.22	50		0	58.01	43	87.28	41	134
39	Joyce Dodd	Chepstow Harriers	F50	70.46	69		0		0	75.18	63	132
40	Maria Richards	Islwyn	F	72.15	67	88.59	66		0		0	132
41	Lou Summers	Chepstow Harriers	F40	66.36	77	97.25	53		0		0	130
42	Gerry Ashton	Chepstow Harriers	M50	78.55	54	83.15	74		0		0	128
43	Louise Massey	amazing Feet RC	F40	73.22	64		0	51.41	61		0	125
44	John Sweeting	MDC	M60				0	50.53	63	78.35	57	120
45	Helen Duffield	Chepstow	F			97.25	53		0	74.30	64	117
46	Naomi Law	Mynydd Du	F40				0	54.19	53	75.52	62	115
47	Ellie Salisbury	Eryri	F50	80.11	52		0		0	76.54	60	112
48	Tom Davies	Croft Ambrey	M60	81.39	49	92.26	60		0		0	110
49	Rob Gordon	Mynydd Du	M	51.42	105		0		0		0	105
50	Adrian Moir	MDC	M40	76.07	59		0		0	85.10	45	104
51	Mark Palmer	Mynydd Du	M40				0		0	52.31	104	104
52	Richard Phillips		M				0	35.39	104		0	104
53	Phillip Matthews		M				0	35.55	103		0	103
54	Matthew Collins	MDC	M	52.51	102		0		0		0	102
55	Rob Brown	Chepstow Harriers	M60	82.22	48	96.52	54		0		0	102
56	Michael Kallenberg		M				0	37.16	99		0	99
57	John Griffiths	Carmarthen	M				0	37.58	98		0	98
58	Ben Gibbison	Dark Peak	M	55.48	97		0		0		0	97
59	Matthew Gilbert	GWR	M			68.24	97		0		0	97
60	Matthew Symes		M	56.03	96		0		0		0	96
61	Stefan Simms		M40				0	38.31	96		0	96
62	Thomas Burden		M	56.31	96		0		0		0	96
63	John Darby	Mynydd Du	M50				0	61.19	35	76.39	61	95
64	Gavin Fisher	U/A	M40				0		0	57.48	95	95
65	Robert West	MDC	M70	83.38	46		0		0	82.51	49	95
66	Paul Dodd	Chepstow Harriers	M50	57.46	93		0		0		0	93
67	Dee Buchanan	San Domenico	M	58.35	92		0		0		0	92
68	Bertie Goffe		M	58.47	91		0		0		0	91
69	David Wilcox	FRA	M40				0		0	59.45	91	91
70	Stewart Bellamy	Mercia Fell Runners	M40				0		0	59.49	91	91
71	Rhodri Evans	Pontypridd Roadents	M	59.03	91		0		0		0	91
72	Matthew Waters		M	59.08	91		0		0		0	91
73	Rhys Williams	MDC	M			72.24	91		0		0	91
74	Steve Davies	Griffithstown Harriers	M50				0	40.33	91		0	91
75	John Aggleton	MDC	M50	59.18	90		0		0		0	90
76	Daryll Barnby		M				0	40.40	90		0	90
77	Gareth Green	San Domenico	M				0		0	60.26	90	90
78	Steven Harris	Chepstow Harriers	M	59.56	89		0		0		0	89
79	Mike Fawcett	Wye Valley	M40				0	41.04	89		0	89
80	David Wayland	Minehead RC	M	60.04	89		0		0		0	89
81	Dimitri Vorres	Griffithstown Harriers	M40	60.15	89		0		0		0	89
82	Simon Lewis	Parc Bryn Bach	M40	60.23	88		0		0		0	88
83	Neil Jones		M	60.43	88		0		0		0	88
84	Laurie Carter	Chepstow Harriers	M50	60.55	87		0		0		0	87
85	Sam Knile		F	61.15	87		0		0		0	87
86	Ken Ham		M40				0	41.57	87		0	87
87	Garga Chamberlain	Sri Chinmoy AC	M40	61.30	86		0		0		0	86
88	Geraint Evans		M40			75.34	86		0		0	86
89	Brian McCartney	Army Triathlon Assoc	M	62.28	85		0		0		0	85
90	Peter Gardner		M50	62.31	85		0		0		0	85
91	Martin Woodhead	Mynydd Du	M40	62.55	84		0		0		0	84
92	Kieran Gullick		M	63.10	83		0		0		0	83
93	Chris White		M50	63.21	83		0		0		0	83
94	Helen Bennett	MDC	F				0		0	64.44	82	82
95	David McCoy	Reading RR	M	63.49	82		0		0		0	82

The Beast

14 June 2011

Four and a half miles, fifteen hundred feet of climb with a 'Morris Surprise' thrown in welcomed runners to yet another beautiful evening race from the Miners Arms in Maeshafn North Wales.

This race is a 'tempter' without doubt, luring experienced and novice runners alike and offering both challenges and support a plenty. In addition to local clubs, numbers were swelled by colleagues from clubs further afield, Pennine, Bowland, Helsby and St. Helens to name a few.

A slight change to the original start fetched runners through undulating though steadily rising broadleaf woodland before a run down to the foot of the first climb across moor and upland grass. A couple of good steep styles heralded the promontory lime stone steps where only the brave and pretty 'blinking' fit managed more than elongated strides.

All passed safely to head toward the next pinnacle. A relatively 'flat' sheep tracked mile or so away before an inviting plunge down established pasture to the bottom of the next climb. Whatever you're standard; the use of feet and hands is probably a prerequisite on some sections of this ascent.

Breaching the rise and briefly back on to open moor, runners headed home back down some pretty decent and very runnable drops and of course to retrace those earlier light footed steps through the now perhaps seemingly more than 'undulating' woodland.

Seventy eight of the seventy nine starters completed the course, the lead being hard fought for all the way round between two local runners, Jez Brown and Neil Parry. At times the pair were as close as they usually are standing at the bar. However marshals' report Jez's increasing lead over the second half of the course he eventually winning the race in 35.25 ahead of Neil's second place time of 36.53.

The majority of runners stayed on for the prize giving often an event in its self and no disappointment this year. Lucky recipients were awarded collectables ranging from a bag of spuds to bars of chocolate. Richard Davies was awarded the 'spot prize' a 'pair of pound shop' binoculars apparently to ensure he doesn't lose sight of the distinguished grey pates of Morris, Roberts and Higgins when out on the fells.

I suspect the bins may be changing hands soon.

Chris Higgins

WFRA North Wales Series

Sponsored by www.planetFear.com
New shop now open in Betws y Coed

Remaining Races: Gladstone - 14th August
Half Peris - 3rd Sept. Breidden Hills - 9th Oct.
Best 6 from 9 to count. Full table on website

Pos	Name	Club	Cat.	Tarren H		Pipe Dream		Llangynhafal		Welsh 1000m		Gamelin		Yr Aran		Total
				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	406.72
2	Jenny Heming	Eryri	F	70.49	55.72	44.41	78.17		0.00		0.00		0.00	122.50	57.72	191.61
3	Wendy Trimbel	Eryri	F		0.00	49.15	65.72		0.00	391.37	47.75	106.15	61.32		0.00	174.79
4	Lisa Grantham	Wirral	F		0.00		0.00	52.17	70.40		0.00	97.54	72.22		0.00	142.63
5	Becki Law	Eryri	F	64.31	68.56		0.00		0.00		0.00		0.00	118.36	62.62	131.18
6	Mary Gillie	Clwydian	F		0.00		0.00		0.00	339.35	67.98	105.21	62.50		0.00	130.47
7	Louise Barker	Aberystwyth	F	66.13	65.09		0.00		0.00	374.19	54.47		0.00		0.00	119.57
8	Melanie Price	Mercia	F		0.00		0.00		0.00		0.00		0.00	103.16	80.38	80.38
9	Alexandra Fletcher	Eryri	F		0.00	57.41	42.72	65.39	37.27		0.00		0.00		0.00	80.00
10	Helen Skelton	Mercia	F		0.00		0.00	48.47	79.08		0.00		0.00		0.00	79.08
11	Helen Fines	Calder V.	F		0.00		0.00		0.00		0.00		0.00	107.07	75.92	75.92
12	Bethan D Jones	Eryri	F		0.00	46.33	73.08		0.00		0.00		0.00		0.00	73.08
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	316.24
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	269.35
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	237.41
4	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	198.63
5	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	192.41
6	Yvonne Amesbury	Clwydian	F40		0.00	53.05	55.27	61.23	47.85		0.00		0.00		0.00	103.11
7	Linda Edmondson	Wrekin	F40	83.07	30.66	56.41	45.45	73.41	17.36		0.00		0.00		0.00	93.47
8	Linda Jones	Wrexham	F40		0.00		0.00		0.00		0.00	112.32	53.12	140.30	37.25	90.37
9	Anna Bartlett	Shrewsbury	F40	59.11	79.42		0.00		0.00		0.00		0.00		0.00	79.42
10	T Lewis-Jones	Eryri	F40		0.00	44.55	77.53		0.00		0.00		0.00		0.00	77.53
11	Emma Collins	Denbigh	F40		0.00		0.00	53.11	68.17		0.00		0.00		0.00	68.17
12	Jacki Jarvis	Oswestry	F40		0.00		0.00		0.00		0.00	106.06	61.52		0.00	61.52
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	189.94
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	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	499.99
2	Tim Davies	Mercia	M	48.53	100.41		0.00	37.48	106.30	246.13	104.28		0.00	84.05	02.60	413.59
3	Matthew Fortes	Eryri	M	54.06	89.78		0.00		0.00		0.00	80.55	94.39	97.02	87.60	271.77
4	Matthew Heywood	FRA	M		0.00		0.00	45.04	88.29	289.50	87.32		0.00	99.57	84.22	259.83
5	Lliffon Foulkes	Eryri	M	61.28	74.77	40.28	89.67		0.00	333.39	70.28		0.00		0.00	234.72
6	K Steinegger (U/23)	Ambleside	M	58.58	79.86		0.00	50.05	75.86		0.00		0.00	109.27	73.22	228.94
7	Andres Jones	Aberystwyth	M	50.18	97.52		0.00		0.00		0.00	72.36	105.24		0.00	202.76
8	Steve Cale	Mercia	M		0.00		0.00		0.00	252.36	101.79		0.00	86.37	99.67	201.46
9	Richard Roberts	Eryri	M	48.55	100.34		0.00		0.00		0.00		0.00	86.07	00.25	200.59
10	Sam Smith	Eryri	M	51.55	94.23		0.00		0.00	248.22	103.44		0.00		0.00	197.67
11	Felipe Jones	Aberystwyth	M	49.45	98.64		0.00		0.00		0.00	77.35	98.74		0.00	197.38
12	Rob Grantham	E Port	M		0.00		0.00	41.30	97.13		0.00	77.05	99.39		0.00	196.52
13	Rory O'Donnell	Eryri	M		0.00	36.53	99.44		0.00	279.19	91.41		0.00		0.00	190.84
14	Jez Brown	Buckley	M		0.00		0.00	43.34	92.01		0.00	79.57	95.65		0.00	187.66
15	Roland Stafford	Mercia	M	54.03	89.88		0.00		0.00		0.00		0.00	100.45	83.30	173.18
16	Dan Loxton	Eryri	M		0.00	40.23	89.89		0.00	321.43	74.92		0.00		0.00	164.82
1	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	482.41
2	Peter Agnew	Clwydian	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	472.41
3	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	455.64
4	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	452.95
5	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	408.72
6	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	386.68
7	Simon Edwards	Buckley	M40	58.34	80.68	38.49	94.17	44.03	90.81		0.00	82.27	92.39		0.00	358.04
8	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	330.73
9	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	319.78
10	Ed Harmer	Eryri	M40	64.59	67.61		0.00	48.53	78.83	309.55	79.51		0.00	110.10	72.39	298.34
11	Michael Belshaw	BAOC	M40		0.00	47.09	71.44	50.11	75.61	334.10	70.08	95.17	75.64		0.00	292.77
12	Paul Jones	Mercia	M40	52.08	93.79		0.00	41.02	98.29		0.00		0.00	98.38	85.75	277.82
13	Jim Kelly	Eryri	M40		0.00	44.51	77.72	51.02	73.50	353.33	62.55		0.00	119.30	61.58	275.34
14	Darryl Evans	Maldwyn	M40	71.18	54.74	46.52	72.22	53.54	66.40		0.00	102.38	66.04		0.00	259.39
1	Vic Belshaw	Denbigh	M50	63.15	71.14	42.00	85.49	48.26	79.95	350.22	63.79	98.10	71.87		0.00	372.23
2	Neil Hindle	FRA	M50	63.56	69.75	43.36	81.12	49.38	76.97	355.06	61.95		0.00	124.29	55.81	345.59
3	Stephen P Jones	Eryri	M50		0.00	39.30	92.30		0.00	323.39	74.17		92.22	79.44	110.49	317.55
4	Ian Rothery	Cybi	M50		0.00	45.38	75.58	51.51	71.48	411.38	39.97	103.42	64.65	127.09	52.72	304.39
5	Chris Wilcox	Clwydian	M50	63.23	70.87	41.54	85.76		0.00	333.32	70.33	97.20	72.96		0.00	299.91
6	Adam Haynes	Eryri	M50	56.23	85.13	37.36	97.48	43.57	91.06		0.00		0.00		0.00	273.67
7	Ross Powell	WFRA	M50		0.00	44.37	78.35	50.39	74.45		0.00	99.31	70.11	132.18	46.75	269.67
8	Nich Bradley	Meirionnydd	M50	72.11	52.94	49.20	65.49	56.14	60.61	424.23	35.01		0.00	130.19	49.05	263.10
9	John Currie	Mercia	M50	72.23	52.53		0.00	54.05	65.94		0.00	100.55	68.28	128.46	50.84	237.60
10	Chris Higgins	Buckley	M50	70.11	57.01	44.57	77.44	52.55	68.83		0.00		0.00	151.27	24.57	227.86
11	Iwan Edgar	Eryri	M50	61.40	74.36		0.00		0.00	319.36	75.75		0.00	113.22	68.68	218.79
1	John Morris	Buckley	M60	69.51	57.69	46.07	74.26	52.50	69.04		0.00	101.58	66.91	125.28	54.67	322.57
2	Tony Hulme	Wilmslow	M60		0.00	44.13	79.44	51.16	72.92		0.00	98.12	71.83	120.26	60.50	284.69
3	David Owen	Prestatyn	M60		0.00	58.51	39.54	61.34	47.39	409.02	40.98	127.55	33.04	146.49	29.94	190.89
4	Willem v Prooijen	Clwydian	M60		0.00	53.06	55.22	61.47	46.86	475.45	15.04	118.00	45.99	149.22	26.98	190.08
5	Mike Blake	Eryri	M60	69.59	57.42	46.38	72.85		0.00		0.00		0.00		0.00	130.27
6	Gary Gunner	Croft Ambrey	M60		0.00		0.00	53.16	67.97		0.00		0.00	130.51	48.43	116.40
7	Dei Jones	CRMC	M60		0.00		0.00		0.00		0.00	112.55	52.62	137.06	41.19	93.81
1	Ron Hird	Eryri	M70		0.00	60.52	34.05		0.00		0.00		0.00		0.00	34.05
2	Peter Norman	Wrexham	M70		0.00		0.00		0.00		0.00		0.00	198.00	1.00	1.00

North to South



plies were brought to most of the gites by mule train. €8 for a simple omelette, €3 for a loaf, €3½ for a Coke and €6 for a beer being the norm.

The first stage has the most climb of any stage but was far from the toughest, it was mainly

on one of the few paths on the whole route. There was a fair amount of hands on scrambling and just one short section of chain to help with a short descent into a little gully. As we traversed round the head of a very big valley the gite could be seen in the distance on the other side, perched on a large sloping slab of rock. It seemed an age before we reached it and our first camping spot on the route. We had taken 5 hours and the book said 6½ so we were well pleased.

The second day began with a rough path which soon became very rocky and scrambling to the top of a small pass we were rewarded with a spectacular view over the Ladroncellu valand the imposing rocks and pinnacles that we would have to climb over the next day. The gite was very pleasant and we met some of the same people we had seen at the first gite. This pattern was to repeat itself each day with warm greetings all round.

The third day the real challenge began. Within minutes of starting we had to cross a swaying suspension bridge with open pressed steel treads through which we could see the river and valley floor below us. This was the place where my adrenalin was highest over the whole route. Immediately we were traversing steeply rising slabs with an occasional chain to grab for the steepest and most exposed sections. Suddenly Refuge d'Asco appeared way below us and after an hour's rough scrambling we arrived just before lunchtime to find a hotel and restaurant at a ski centre. It had only taken us 3¼ hours, so we bought food and decided to push on and "do a double" and onto the most challenging section over the Cirque de Solitude. We virtually had this section to ourselves and were able to enjoy the solitude more than most. There

were a lot of big drops to negotiate both into and out of the Cirque and the famous steel ladder set into the vertical rock. With arriving late in the afternoon, we struggled to find a flat area to pitch our tent on and spent a rather uncomfortable night. We found ourselves with a new group of equally friendly trekkers, some who would be with us at the end.

The next day saw us reach the highest gite at Refuge Mori (1991mtrs) after our shortest day. The camping area was very exposed to the wind and we woke in the night with a flat and ripped tent. We think the tent had been ripped by one of the dogs from the gite, as a bag of food containing a very tasty sausage was missing! We could not prove it so it was pointless even trying to complain to the gardien.

The next day started with a scramble along a high ridge with good view down to the coast and then descended into a lovely valley with a river tumbling from pool to pool. We were tempted to have a dip but time was passing and we were planning to "do a double" again. Lunch saw us at another ski lodge and we ate with a couple from Inverness.

The next day we arrived early at Refuge Piano only to be met with the only rude gardien who would only sell food if we bought a bed for the night and as it was early and we were short of food of our own we decided to press on to the next gite. We had been recommended to take an alternate "High Alpine" route from here and were rewarded with views to both coasts as we traversed high ridges. Being short of food we descended the long drop to the next stop. A very pleasant surprise waited for us as it was a large goat farm with a fully stocked shop selling everything from bread and goats cheese to beer and wine.

We looked forward to the following night's stop at Vizzavona, a rail halt, restaurant and gite. The railways were on strike and the place was like a ghost town from the Wild West. A big compensation was the excellent gite with a bar and big terrace where the owners could not do enough for us. The station had a very well stocked shop and we were able to restock our exhausted supplies. We felt sorry for the trekkers who had planned to leave the route here and this made us realise how committing the GR20 really is. A taxi from here to the nearest bus route would have cost at least €100!!

The next day we had a choice of two gites and unlike most, we chose the first, low level one and passed through the higher one before anyone was out of their tents. Later in the day we found ourselves on a high plateau with a large lake, wild horses and kites soaring above. The whole route was full of surprises at each turn.

The following day was Thursday and we found out that with three days to go there was no public transport on Sunday so we decided to try to "do a treble" the next day, but ran out of light an hour short of the gite. We found a rare flat wide bit of path, spread the tent on the ground and slept where we were.

By 11am on Saturday morning we were sat at the finish greeting the others who were also finishing that day. We were lucky enough to catch the afternoon bus north and were in Bastia by late afternoon and camped there.

We made lots of friends, Americans, French, Finns, Dutch, Brits, Alaskans, Belgians and Canadians. It took us 11 days with 7½ hours walking and the guide time is 15 days with 89 hours walking. On reflection it may have been better to take 15 days and meet up with the same people every evening. Each starting group built up a real team spirit even showing concern if anyone was late arriving at an overnight stop.

The route is very hard and harsh. I wore out or broke a lot of gear including a hole in my new rucksack, worn out (new) shoes, broken head torch, duff camera and ripped tent, but as someone said it's like doing a whole years trekking in just a couple of weeks.

I remember my first visit to the Cuillins many years ago before the masses found them. The rock was rough and sharp, now you just "follow the polish". The GR20 is not just still sharp but there are virtually no paths, just jumbled rocks which put big pressure on midsoles. We found abandoned boots at a lot of the gites and even though the gite stores were sparsely stocked some of them sold boots! What looks like grass on the photos is not, it is a jumble of thorn and juniper that is impassable. At the gites, small tent size areas have been hard won and if you are late in the day arriving, you can expect a very uncomfortable night! The only camping allowed is at these high gites and a big fine is threatened if you camp elsewhere. The gardiens offer about 30 pre-booked bunks and a dozen or so pre-pitched tents for rent. The rest of the camping area is full each night with 20 - 40 tents so the route is close to capacity during the summer months.

The whole area is a designated protected area and I think that a permit system will need to be introduced before long. So if you are thinking of it, go soon.

John Linley

2011 NORTH WALES NAVIGATION COURSE

A one day course has provisionally been arranged in Llanberis

Sunday, 20th November

09.00 to 17.00hrs. approx

WFRA MEMBERS £18 NON MEMBERS £23

To reserve your place send your details and cheque payable to 'Welsh Fell Runners Association' asap to Ross Powell, Pen y Buarth, Upper Llandwrog Caernarfon LL54 7RD Tel 01286 881491 Email: ross@wfra.co.uk

The course will be held in Petes Eats Meeting Room, where bunkhouse accommodation is also available

2011 SOUTH WALES NAVIGATION COURSE

If you are interested in attending a course please contact John Sweeting, Lower Lodge, Cynhordy, Llandovery SA20 0LD Email: john@wfra.org.uk Tel. 01550 721086

Clywdian Range Runners CHILDRENS FELL SERIES

Final Race of 2011 Series

Monday 29th August

CILCAIN CAPER

(0.5-2.0 miles)

at the

CILCAIN SHOW

Register 11:00am,

First race 12am

Ages: 6-15 years

Wear suitable shoes

You may get muddy!

For more information contact

marygillie1@yahoo.co.uk

Please car share