

**CYMDEITHAS  
RHEDWYR  
MYNYDD  
CYMRU**



**WELSH  
FELL  
RUNNERS  
ASSOCIATION**

**2012 AWST  
CYLCHGRAWN  
NEWSLETTER  
AUGUST 2012**

## **inov** WFRA Open Championships Race Reports

### **RAS Y BERWYN 17th June 2012**

There was a good field for the race which was a counter in the inov-8/WFRA Open Welsh Championships and North Wales Series (sponsored by planetFear).

98 runners enjoyed a timely and welcome break in the weather for the inaugural running of the 12.3 mile Ras y Berwyn, organised by Clwydian Range Runners. Setting off from the beautiful village of Llandrillo, The downpour of the previous days provided a boggy and calf sapping slog up to Cadair Berwyn, where the going improved and the runners were provided with glorious views as they traversed the rim of the cliffs surrounding Llyn Lluncaws. From there, the route headed north before ascending Cadair Bronwen and then thundering down the ridge to Llandrillo.

Tim Davies of Mercia established an early lead, challenged closely by Richard Roberts of Eryri, to finish in 1.39.25, setting the course record. Sarah Ridgway of Inov8, provided a similarly impressive performance for the ladies, finishing in 2.03.44.

Thanks go to the marshals, to Newsar and to all the helpers who ensured that a memorable day was had by all. A special thanks must go to CCW (for allowing the race to proceed in the middle of the nesting season!) and to the ladies of Llandrillo WI, who worked tirelessly to put on a great spread after the race. *Peter Agnew*

#### **LATE NEWS . . .**

The WFRA would like to send their best wishes to Peter Douglas (photographer at many of the north/mid Wales races) who has not been well recently.

The WFRA would like to thank Gareth Hughes who has provided twice weekly sports reports for the Daily Post for the last 30 years. He has recently been told that his reports will no longer be used due to budget cuts. This is a bad news story for North Wales athletics.



**Pen y Fan start**

The forecast was dismal, most of Wales under water, and we woke up to drizzle and charcoal clouds... business as usual for the Pen y Fan Race, at least since we started organising in 2006. But as we put up the registration tent the clouds lifted, and by the start we could even see the tiny summit marshals and some dabs of blue sky.

Welsh Championship status attracted a fantastic turnout, somewhat stretching our logistics, particularly when several runners insisted on getting lost in the lanes and turning up at the last minute (sigh, Mercia boys!). So after a 5 minute delay the hooter honked, and 130 seniors and 6 juniors set off up the track.

A few minutes later Lois Flower re-appeared to take the Junior

### **PEN Y FAN - 14th July**

Race in 9:36, closely followed by two precocious 8-year olds who battled all the way, Patrick Deveney Billinge and Robin Flower (Robin insists he only lost this one because he stopped to admire the view half way down - I've used that excuse before now).

In the senior race, the Jones brothers were not finding things quite as easy as in 2011, and they found themselves a few yards behind Tim Davies at the summit. And while anything can happen on the Pen y Fan descent, Tim kept firm control, finishing 9 seconds ahead of Felipe, while Andres fell back a bit but held on to third place.

Fastest descender on the day was Roland Stafford, whose gravity-enhanced 08:52 descent time hauled him from 28th position at the summit to 13th at the line. "Roly" assures us that lard is not a banned substance.

A couple of minutes later we were treated to a fine sprint finish between Mynydd Du's Jon Barnes and Sean Taylor, and, with Richard Johnson not far behind, this secured the team prize for the home club.

Andrea Rowlands won the ladies race convincingly, leading Eryri to the ladies team prize, with Liza Barry in second place overall.

Times in most categories were better than 2011, but nobody came remotely close to the records, so the prize money goes up again for next year.

Huge thanks to Mike Law, Mark Palmer and Rona at the summit,

Sally Law for home baking, Jeff and Sylvia Tilbury for photography and registration duties, John Chidlow, Dimitri Vorres and Helen Flower at the finish, and Emma and Ricky for general help - it would be a shambles without you! *Crispin and Naomi*

### **Brecon Beacons 11th August, 2012**

The race is well established in the Welsh Fell Running calendar and entails running to seven mandatory checkpoints (including Tor y foel, Corn Ddu, Pen y Fan and Cribyn) from the dam at Talybont Reservoir. The race is approximately 30.6km long with 1372m ascent and qualifies as a long race.

The Brecon Beacons were blessed with sunshine and a welcome cool refreshing breeze and greeted 56 runners to the fourth round in the 2012 Inov-8/WFRA Open Welsh Championships. The dry and pleasant 18-22 deg C conditions were a welcome change to the wet and windy weather encountered in the previous two years.

Hugh Aggleton (MDC) took an early lead in the race and distanced himself by approximately a minute from a chasing pack which included Andrew Davies (Mercia), Mark Palmer (Mynydd Du) and Peter Ryder (Brycheiniog). He managed to increase the gap on the majority of the group but Andrew Davies gradually narrowed the margin to seven seconds by the fourth checkpoint at Corn Ddu which was full of walkers on the glorious day. Hugh managed to retain the lead to all the remaining manned checkpoints but Andrew overtook him on the descent from Carn Pica to the finish. Andrew finished in a time of 2hr 49m 18s. Hugh finished just over a minute and a half later with Mark Palmer filling the third

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**WFRA CHAMPIONSHIPS  
AND SERIES PRESENTATIONS**  
will take place after **RHOELL FAWR**  
on **SATURDAY 10TH NOVEMBER**  
followed by the  
**WFRA Annual General Meeting**  
*Items for inclusion on the agenda should reach  
the Secretary by 20th October*

# The First and Last Wilderness

A tour of the 12 trig points of West Penwith  
(51 miles cycling: 18 miles on foot)

The granite moors of West Penwith – the pointy bit of Cornwall lying to the west of the A30 road between Hayle and Penzance, that the TV weatherman always stands in front of – are largely neglected by walkers and runners. Perhaps this is because the area is bounded on three sides by the very well-tramped South West Coast Path, with its attractive villages and regular stops for cream teas, but the unpopulated interior has large areas of wild open country with dramatic granite tors and one of the greatest concentrations of prehistoric monuments in western Europe. Much of the region is an Area of Outstanding Natural Beauty and parts of the western coast form part of a World Heritage Site (think Pyramids, Taj Mahal and, er... Blaenavon Ironworks) due to the striking remains of copper and tin mining close to the steep and rugged cliffs. Also, the B3306 road from Sennen through St Just to St Ives along the north coast has been voted Britain's Best Drive – though I suspect the judges have never driven Thurso to Ullapool or Nantymoel to Blaengwynfi.

Ordnance Survey Explorer Map 102 (2007 edition) shows that there are 12 trig points in West Penwith so, inspired by previous articles in MDC News on similar expeditions (the Stone Circle, Cylch Casnewydd) I thought that a circuit of them all by bike and on foot would be a Grand Day Out.

Now an account of 11 bike rides and 10 runs to 12 trigs (two trig locations can be visited without getting off the bike) would be rather tedious, so let's take the physical part as read and instead I'll try to give a flavour of the locations of the trig points in the order visited. Start and finish was at the Trewellard Arms Hotel, which as well as being a convenient 200

yards stagger from our front door is on the direct circuit I had devised and, as our LeJoggers will testify from 2011, is an excellent venue for pre-challenge sustenance and post-challenge celebrations. It was a sunny but very breezy day, which made the westward leg from Castle an Dinas through Penzance to Land's End more difficult than I would have liked, but meant that the early and

late stages had a helpful following wind. Views were superb in the clear spring air.

So it's on to the bike and head for the hills, supported and encouraged as ever at the changeovers by Kay and trusty Saab, without both of whom the whole day would not have been possible...

Start: Trewellard Hotel GRSW375338

**1. Watch Croft SW421357 height 827 ft. Elapsed time 27.00**

A recently-cut path from the climbing hut at Bosigran climbs steeply to the trig, avoiding the knee-deep gorse that previously made access to this summit a painful business. The trig point is located in the centre of a large stone cairn that looks as though it may be very old. There is a standing stone a few yards away. This is the highest point of the whole circuit, and the sense of remoteness and wilderness is immediately apparent, with wide views up and down the coast and inland over hills to be climbed later in the day. The proximity of the sea and clarity of the air makes all these hills appear much higher than their maximum 800 feet/250 metre heights. The voices of climbers on the sea cliffs way below could be heard clearly, but while their view was of the six inches of granite in front of their noses I had the whole of Penwith and the infinite Atlantic to enjoy. The temptation to scramble up the superb exposed granite ridge of Can Galver immediately to the north was difficult to resist, but with one down and 11 to go I had to get back to the bike...

**2. Zennor Head SW449392 315 ft. Time 57.25**

The legend of the Mermaid of Zennor would take too long to relate here (a bit like the Physicians of Myddfai at Llynfan but with fish), but is explained in the village church which contains an ancient pew with a carving of the seductive submarine siren. Suffice to say that no self-respecting mermaid would risk their scaly bits through the shin-ripping gorse and brambles that surround the stone built trig point. Even the views aren't great from the trig, which is in the centre of a flat headland, but the coast path to north and south is well worth

exploring. Kay had remembered to pay the Zennor Witches (another long-standing local tradition that no-one is really sure has died out yet) via the car park honesty box, so we were assured of a plague-free day. Hoorah!

**3. Trendrine Hill SW 478387 810 ft. Time 1:32.30**

This was the only hill to be traversed rather than done up and down the same way, and once you know where the path is (from the Eagle's Nest, the highest point on the B3306) there is a fine run over remote moors to Towednack church. The route passes near the megalithic Zennor Quoit and Logan (rocking) Stone, known for strange light phenomena, and within sight of the remote Carn House, inaccessible except by footpath. The house is currently unoccupied and in a poor state, but is reputed to once have been the lair of Aleister Crowley, who allegedly got up to all sorts of diabolical (literally) activity here in the early 20th century. It certainly has a strange atmosphere. This is also ABC (Alien Big Cat) country, with numerous sightings of the Penwith Panther having been made over the years. It's a surprisingly remote area. Feeling phantom feline eyes on my back I picked up my pace...

**4. Trevega Cliff SW 477408 318 ft. Time 2:08.30**

Back to the cliffs and the relative civilisation of the coast path. This is an easy one to reach with extensive sea views but none of the atmosphere of the moors.

**5. Higher Burthallan SW 502438 302 ft. Time 2:35.45**

Hidden in a mass of brambles down a farm track on the outskirts of St Ives. Probably unapproachable without a machete/flamethrower in midsummer.

**6. Trink Hill SW 505373 695 ft. Time 3:11.25**

After a short but steep ride out of St Ives it was back to the high summits. Whilst not the highest of the day, this trig has superb views back to Trendrine, north-eastwards over St Ives Bay as far as Redruth and south to St Michael's Mount and Lizard Point. A bit brambly at the top but well worth the effort.



Martin at the start

**7. Castle an Dinas SW 485350 764 ft. Time 3:46.00**

The summit is marked by another Iron Age enclosure (serious megalithery seems compulsory on hilltops in these parts) with the trig point at its centre. The panoramic views are dominated by the eponymous granite quarry which is slowly working its way up the hill whilst simultaneously apparently trying to reach the centre of the earth, and which has necessitated successive lengthy diversions of the main bridleway from Castle Gate to the summit. Just to the south east of the summit is Roger's Tower, an 18th century granite folly that gives protection from the wind. Who Roger was we do not know, but he may be related in some way to the wonderfully-named Wild Harris, whose spectre allegedly haunts this spot. Mr Harris (he sounds the sort of chap you wouldn't address by his first name without a formal introduction) is doomed to count the blades of grass within the enclosure until he reaches the same total nine times consecutively before being assured of peace. What he did to deserve this fate is again unrecorded, probably for the best.

**8. Raginnis SW 483255 325 ft. Time 4:40.30**

The ride through Penzance, Newlyn and Mousehole reminded me that there is a 21st century Cornwall apart from the timeless high moors and craggy cliffs. For an Easter Tuesday Mousehole (pronounced Mowzle) was

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## MYNYDD TROED Sunday 29th April

Very strong winds, freezing rain and fallen trees caused the organisers to shorten the race by missing out the second hill, Mynydd Llangorse.

Runners, and certainly marshals, felt the benefit of the reduced exposure to the elements, although the short cut up a narrow lane was described by some runners as running against a river torrent with occasional diversions round or through fallen branches.

Chosen this year as the first race in the inov-8 WFRAs Open Welsh Champs, and also as the Welsh Inter Regional Champs, 81 runners from all over the Principality made the hazardous journey to the Black Mountains.

Representing the North, Tim Davies headed the South's Hugh Aggleton and Mark Palmer, with East's Paul Murrin in 4th. Against very strong opposition the South Wales boys, with Gareth Green and Rhodri Evans at 10th and 11th, took the Inter Regional Title ahead of the East and North teams.

Katie Beecher took the women's trophy and with her South Wales colleagues – Alyson Hayes, Julia Becker, Angharad Rees - collected the IR medals just one point ahead of the East team of 2nd and 3rd placers Niki Morgan and Vanessa Lawson, and Naomi Law.

Organiser's and Runners thanks and respect go to intrepid marshals Kay and Martin Lucas, and to John Darby who also flagged the tricky first descent.

Helpers Jess Taylor, John Chidlow, Andy Creber, Paul Symons and Mark Harvey are also heavily in the event's debt. *Dick Finch*

CLWYDIAN  
CHILDREN'S  
FELL RUN SERIES  
Monday 27<sup>th</sup> August  
CILCAIN CAPER  
6-15 years 0.5-2.0 miles  
Registration 11:00am,  
first race 12noon  
**AT THE CILCAIN SHOW**  
For more information, contact  
marygillie1@yahoo.co.uk

## Gogbatch Gallop

13th June, 2012

Without a doubt, everyone went home with a smile on their face. The organisers were bowled over by the numbers, which have stuck at single figures in past years. However, 31 teams entered this year- Oh dear, I only have 24 small bars of chocolate to give away to all the finishers and a BIG bar for the Boys and Girls winners.

Let me explain: this is a race designed as an introduction to Fell racing, with a course that has more downhill than up.....Runners have to be under the age of 16 and enter with someone over this age (hopefully their parent!) and enter as a pair. There is also a short course for the very young built in as well. Winners all round, I hear!

Starting above Gogbatch in a lovely location at the northern end of the Long Mynd, the runners follow the hedgerow till they veer to the right and take a well defined footpath into the valley; crossing the road there is a steep ridge facing them which leads

out to a knoll before descending into the stream which gently drops back to the finish.

Whilst the short course allows for the younger runners to cut back without climbing the ridge. The weather this year was warm and sunny for a change. We had brought the start time to 6.30pm which was definitely a good move. The ground swell of additional races in the Shropshire summer series has contributed to the numbers this evening.

The pictures really do say it all; see [www.fellrunningpictures.com](http://www.fellrunningpictures.com)

Congratulations to Rachael Pryce and Ben Houldsworth on their respective wins; but also well done to all who competed. Look forward to seeing you next year when sufficient stores of chocolate will be available.

The total entry fees of £88.00 were donated to

"The Charlie Waller Trust and The Human Givens Foundation. *Jan & Rick*

## Secretary's Notes

### HYPOTHERMIA

There is an excellent article on hypothermia via the following link.

<http://everythingoutdoors.co.uk/hypothermia-facts-causes-treatment/>

This is essential reading for all fell runners. This article, by Ian Winterburn, first appeared in the Summer 2012 Edition of the Fell-runner Magazine.

### BBNPA

The Brecon Beacons National Park Authority (BBNPA) are undertaking a consultation on the application procedure for organised events on BBNPA land. It is the WFRAs view that the procedure proposed is overly onerous for our events and has responded to BBNPA to this effect. For more information contact the Secretary.

### UNDERAGE

There has recently been an instance where a junior runner used a false date of birth in order to enter a senior race. This is a very serious matter as it could have implications for the competitors welfare, safety and the race organisers insurance cover. Please ensure that you enter the correct age category.

## GUTO NYTH BRAN 7th July

Inclement weather added to the excitement of this lovely evening race held on Saturday evening on 7 July. 75 competitors took part, some no doubt enticed by its inclusion in the South Wales summer fell series. Muddy conditions meant that times were slightly down on the previous year.

Just seconds separated Sean Taylor (1st) and Peter Ryder (2nd), with Stefan Simms taking 3rd and 1st MV40 – with Stefan cleaning up the prizes, claiming 3 beautiful trophies.

Emma Bayliss had a one minute 20 second lead on 2nd lady, Chepstow's Niki Morgan (also 1st LV40), with Mynydd Du's Samatha Toop in 3rd.

Fairwater claimed the men's team prize, and Mynydd Du won the women's team prize.

The prize-giving took place outside in the pouring rain, but there were many smiling faces as winners claimed their well deserved, lovely glass trophies and silver plated perpetual trophies.

The organisers did a fine job, putting on a hugely enjoyable race, and many thanks to the marshals for putting up with the soggy conditions.

## CADER IDRIS 26th May

Weather conditions were hot and sunny. There was a record turnout as the race was a counter in the Welsh Fell Runners Association North Wales Series (sponsored by planetFear).

The race was won by Matt Roberts of Eryri in a time of 1 hour 28 minutes and 43 seconds. Andres Jones of Aberystwyth was 2nd in 1.29.02 with brother and clubmate Felipe close behind in 1.29.05. Other category winners - Over 40 Dave Taylor (Dark Peak) 1.32.11, Over 50 Michael Belshaw (Eryri) 1.44.56, Over 60 Tony Hulme (Cheshire) 2.04.26.

The ladies race was won by Lauren Jeska of Aberystwyth in 1.41.14. Anna Bartlett of Mercia was 2nd in 1.47.07 (also 1st over 40) and clubmate Mel Price was 3rd in 1.50.54. The over 50 category was won by Nicola Davies (Borrowdale) in 2.02.39.

## THE FELLSMAN 2012

Weekend of 27/28th April saw Rick Robson reliving a truly great epic, the 2012 event that used to be called "The Fellsman Hike" and now to accommodate the number of runners who enter; is simply called "The Fellsman". This classic event celebrated its 50th year this year, taking place in the Yorkshire Dales this is a 62 mile (100k) annual gathering. In fact our own Long Mynd Hike is based upon this event. Nesting restrictions necessitated a change of date this year; for much of the route travels across private land which results in careful negotiations with the many landowners.

The weather the previous week had been unpleasant at best and dire was a better description! No blue sky had been seen in Shropshire and rain was heavily forecasted. I was not sure what kit to wear at all, given that this is much nearer to a 24 hour ultra than the Hike (albeit that the men's record now stands at 10hrs 6 mins) Dave Nicholls & I travelled up with the three Newport lads on Friday afternoon, rain accompanied us till Preston! On reaching the Event centre in Threshfield we were able to register and pass the kit check. Good to meet a few familiar faces; in particular some who had been "active" on the FRA forum prior to the event sharing their advice and comments. A change of route together with a fresh checkpoint on Middle Tongue had created a considerable number of posts- What was this "Blue cup" route that they were talking about? Dossing down on the floor of a magnificent Sports Hall was easier

than falling asleep to the musical accompaniment of the dulcet tones of the snoring community.

Up at 06.00 to catch the coaches which transport all over to Ingleton - even this is an hour away. The start was a chilly place for the 500 entrants, so we were allowed to stay on the buses till 15 mins before the final briefing. The skies were blue, but a brisk wind was blowing. No rain was forecast till 05.00; fingers crossed and we would be back safe and sound by then. It was time to go, following the wide track up Ingleborough; later that Saturday 900 runners in the iconic Yorkshire 3 Peaks race would be stomping up and over in the opposite direction as they came from Whernside - fortunately all, but the stragglers would be away and onto the next part of our course before the two races clashed.

As we turned on Whernside to run back along the ridge the wind was on our backs. Visibility was great with the Lakes and even Morecambe Bay being clearly visible. After Gorgeath, it was a long slog into the wind as we ran along a long limestone wall in a NE direction, but eventually traversing over Great Coum Hill and down to Dent for our first major checkpoint and food (14.00 and 20 miles down).

One third down, and so clear the brain and start afresh....that long walk up and across to Blea Moor used all the calories that had been recently taken on board; then looking down on the woods we set off towards Stonehouse. The skylarks tweeting were a

delightful distraction. Pasta and tomato sauce slipped down the gullet a treat along with a mug of tea which was slurped as we walked up the track under the viaduct, definitely runnable, but not after 30 miles unless you are an elite runner; once again as we strode across the moorland and up to Redshaw by 18.30. On arrival the marshals informed us that if we chose to immediately proceed we could do so; otherwise it was the time for the grouping of competitors. We elected to stay for a brew and rice pudding and chance our luck with the group;

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## Members Discounts

The shops listed below have confirmed that they will give WFRAs 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 WFRAs membership card.

### BENARD'S GALLERY

Craig y Don, Llandudno

### BLACKS

Llandudno

### CONWY OUTDOOR SHOP

Conwy

### PETE BLAND SPORTS

Kendal

### Y WARWS

Beddgelert

### JOE BROWN SHOPS

Llanberis and

Capel Curig

### COTSWOLD

Betws y Coed

### RUN AND BECOME

Cardiff

### RUNNING BEAR

Altrincham

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

## Snowdonia Junior Series

After three races current positions are:

Male under 14 :

1. Ryan Cain (Menai),
2. Ryan Owen (u/a).

Male under 12 :

1. Carl O'Hara (Menai),
2. Gwion Evans (Eryri),
3. Deio Jones (Eryri).

Female under 16 :

1. Bronwen Jenkinson (Eryri)

Female under 12 :

1. Sasha Galvin (u/a).

The next race will be at Cnicht near Porthmadog on Sunday, 26th August

This race replaces the Carneddau race which was cancelled due to bad weather.

## Welsh 1000mtrs - Saturday 9th June 2012.

# Only two out of the five summits!

Weather: A low entering from the SW from mid week and moving N-NE with gale force winds and heavy rain. For race-day morning the Met Office was predicting the odd shower with sunny spells developing and the cloud lifting and generally quite decent weather. This worried me. I had a bad Ennerdale the previous Saturday due to the heat – I do not do hot weather when racing!

On Friday the weather was quite bad in many parts of the country and the race organisers sent out this email: '... the race director has decided that the route ascending Glyder Fawr WILL NOT be used...'

Now, the highlight of this race is Glyder Fawr and its ascent via Y Gribin, introduced last year. Disappointment was the first feeling but the organisers have to weigh all options. Perhaps we would revert to the old route doing the four 1000s.

I set off from home early and got to

Llanberis with plenty of time. On the way there the weather was bad, rain, low cloud and wind. I got ready and joined a small group dodging the rain outside the Victoria hotel. A race official served out worse news: The Carneddau were out as well. The long route would take low level paths and roads via Bethesda to Ogwen and join the short race to Snowdon via Bwlch Goch and Pen y Pass. Admittedly the Carneddau were shrouded in thick cloud and it would have been pretty bleak up there for the race marshals. We were told to take the bus to Aber, register and then opt to do the short route instead of the long if we wished to miss out the low level part of the route. A few of us decided to do so. Registration took some time and when we finished, the bus that would have taken us to Ogwen for the short route had gone. So it was the long race. The first part of the low level route was quite nice along footpaths and farm tracks but there followed a couple of miles of tarmac lanes. After crossing the A5 at Bethesda, we followed a cycle track by the impressive Afon Ogwen, swollen and noisy and the old road along a flooded Nant Ffrancon. From Idwal cottage we followed the path to the outlet of Llyn Bochlywd where we crossed in thigh deep water and on to Bwlch Tryfan and the checkpoint at the miner's track. There we were told that we could not reach Pen-y-pass via Llyn Cwmffynnon due to the stream being dangerous and to follow the miner's path to Pen-y-Gwryd and then the road to Pen-y-pass. My question to the marshal was 'is the narrow and usually busy road safer than the stream?'

And so having safely arrived at Pen-y-pass we headed towards the only two 1000m summits left in the race. Despite the weather, the Pyg Track was quite busy although not half as bad as in better conditions. The young

## CRIBYN April 21st

Contrast was the theme of this year's Cribyn. It was either sunny intervals or hail showers overhead. And underfoot, 3,100 feet of climb crammed into 5 ½ miles doesn't leave much flat ground. So Cribyners are either slogging a stiff up or trying to get their jelly legs to get up to speed on the inevitable immediate down.

Unless your name is Paul Murrin and you're seen to actually run up those wicked slopes or swoop down the other side with your arms outstretched like a diving Spitfire. Paul headed the Race Organiser's squeeze Ed Gamble - down from Cheshire for the weekend and observant enough on the run to spot the smallest European bird, goldcrest don't you know, while fending off Mercia's Tom Roo and two other Chepstow boys, Pete Ward and Matt Stott.

Alice Bedwell's led Florence Haines up the first climb, but the U23 lass from Ilkley eventually made the finish just half a minute ahead of Alice, and four ahead of another youngster, Swansea's Katie Reynolds.

Martin Lucas.

Dick Finch

woman marshal on Carnedd Ugain seemed quite comfortable in a small tent. The top of Snowdon was its usual self, crowded, and the two lady marshals seemed unaffected by the weather.

Personally I enjoyed the weather and had quite a good run, much better than I would have had if it was warm and sunny. It was a pity that the Carneddau and Glyder Fawr were left out but the organiser has to consider the safety of the competitors as well as of the marshals. Perhaps he overreacted and part of the reason for this was explained by him at the prize giving when he said that in older times he would have allowed the full route to be run on the day but nowadays the thought of litigation is a strong factor.

Yiannis Tridimas

## Alive and Kicking in the North East

Fell running is positively thriving in North East Wales and recent midweek races such as the Clwydian Summer Trots series of races have seen a surge in entries. The Druid Race at Llanferres heading up Foel Fenlli attracted an astonishing 135 runners which came close to stretching the organiser's savoir faire. Fortunately we have a willing band of helpers who are happy to take the punters' money or loiter on the mountains and watch competitors attack the same stretch of hill more than once. (A cunning sub plot is that these races tend to be held on the Wednesday after a major strength sapper such as Snowdon or the Berwyn).

On a more serious note these low key events are great fun and a good way to introduce newcomers to fell running (some return, some we never see again!) and clubs in the area tend to persuade their members to try out on the Clwydians before attempting more demanding mountains over to the west. In fact a clutch of clubs across the border have selected North Wales races as club championship events and many Helsby, Pensby, Tattenhall and Spectrum vests have been seen meandering round the tops. I keep trying persuade more competitors from North West Wales or Shropshire to come and compete to little avail and it's often cross border raiders from Cheshire and Merseyside who have managed to do particularly well in claiming first prizes as can be seen in the summary below:

Hotfoot up Famau 20th June  
1st Gent Rob Grantham 1st Lady Laura Bestow  
The Druid 11th July  
1st Gent Jez Brown  
1st Lady Laura Bestow  
The Green Green Grass of Home 25th July  
1st Gent Adam Peers  
1st Lady Jayne Joy

And there's hope for us all for the future – the last race included three over 70 runners!!  
Martin Cortvriend

## The First and Last Wilderness

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surprisingly quiet, which suited me as my climb with (not only) bike up Raginis Hill was not one to attract admiring crowds or worry Bradley Wiggins. A quick diversion across two fields that aren't ...how to put it?...exactly on a right of way, bagged another unloved and unvisited trig point.

**9. Land's End SW343250 216 ft. Time 5:35.30**

The First and Last Inn, First and Last Shop, First and Last Chip Shop and First and Last House confirmed that I was approaching the westernmost point of mainland England. There's even a sign directing you to the First and Last Sign (photos £7.50 and watch out if you try to sneak your own snap while the concession kiosk is open). The hordes of waddling wide-bodied pasty-scoffing trippers clearly had no idea that the sweaty cyclist politely but repetitively ding-dinging his bell behind them was on a mission. At least the concentration of them here meant that other parts of the route were deserted. To cap it all, the trig point no longer exists, having been removed to allow extensions to the hotel and exhibition building. I turned and headed east, buffeted along by the amplified tones of a recorded Brian Blessed relating the fictional history of the place.

**10. Bartinney Downs SW 395295 768 ft. Time 6:16.40**

With some relief I re-entered 'real' Penwith and enjoyed the solitary jog (well, brisk walk) up to another prehistoric enclosure with, interestingly, a well of clear water right on the summit. The nearby Chapel Carn Brea is known as the First and Last Hill in England and hosts semi-pagan solstice celebrations twice-yearly, but Bartinney is higher, has superior views and of course has a trig point.

**11. Carn Gloose SW 35313 318 ft. Time 6:46.00**

A quick ride through the back lanes of St Just (First and Last Town as if you hadn't guessed) brought me back to the cliffs. The trig point is

conveniently located within touching distance of the road so there was no need to dismount. There are excellent views south along the coast to Land's End and north to Cape Cornwall (one of only two Capes in Britain, the other being...?) with its distinctive mine chimney on the summit, but it's worth crossing the road to inspect Bollowal Barrow, an enormous Neolithic chambered cairn that due to its prominent cliff-top location must have been a very important structure 3000 years ago. But they hadn't invented the bicycle...

**12. Roscommon SW 362337 321 ft. Time 7:05.30**

The trig point is in an area of shattered red rock on the cliff top, the remnants of the copper and tin mining industry which, together with fishing, was the mainstay of the economy of the far west in the 18th and 19th centuries. Perched in an improbable Tolkienesque location on the cliffs below the trig point are the two winding houses of Crowns, part of the Botallock mine. The entrance to the famous Diagonal Shaft can be seen just above the waves, from where trams of ore once appeared having been hauled from 1800 feet beneath the sea. Health and Safety? Not for another hundred years – but the Prince of Wales (not this one) was brave enough to go down the shaft in 1865.

**Finish: Trewellard Arms**

51.5 miles bike/18 miles run/1410 ft ascent on foot. Total time 7:22.06. (Distances are 'best estimates' off the map as my ancient Cornish bike has no mileometer.

A record? Well, I can't imagine anyone else having tried this but then there are some strange people about who enjoy maps and challenges. I'll claim a record for the fastest 58 year old on a Tuesday. I can thoroughly recommend parts of the route, but there are others I will probably not rush back to – at least not without a scythe. If anyone is interested in an attempt I would be happy to advise.

Best 4 from 6 races to count

Two remaining races:

Moel Wnion September 8th. Rhobell Fawr November 10th.


**WFRA Open Welsh Championships**

| Pos | Name               | Club          | Cat | Troed |        | Berwyns |        | Pen y Fan |        | Beacons |        | Total Points |
|-----|--------------------|---------------|-----|-------|--------|---------|--------|-----------|--------|---------|--------|--------------|
|     |                    |               |     | Time  | Score  | Time    | Score  | Time      | Score  | Time    | Score  |              |
| 1   | Andrea Rowlands    | Eryri         | F   |       | 0.00   | 132.16  | 76.93  | 43.38     | 79.17  |         | 0.00   | 156.10       |
| 2   | Samantha Toop      | Mynydd Du     | F   |       | 0.00   |         | 0.00   | 53.17     | 52.44  | 251.46  | 58.22  | 110.66       |
| 3   | Clara Evans (U/23) | Hereford      | F   | 69.25 | 54.96  |         | 0.00   | 53.27     | 51.98  |         | 0.00   | 106.94       |
| 4   | Sarah Ridgway      | Inov-8        | F   |       | 0.00   | 123.44  | 84.87  |           | 0.00   |         | 0.00   | 84.87        |
| 5   | Emma Bayliss       | Mynydd Du     | F   |       | 0.00   |         | 0.00   |           | 0.00   | 216.12  | 78.25  | 78.25        |
| 6   | Katie Beecher      | Les Croupiers | F   | 60.09 | 74.32  |         | 0.00   |           | 0.00   |         | 0.00   | 74.32        |
| 7   | Liza Barry         | CLC           | F   |       | 0.00   |         | 0.00   | 46.36     | 70.95  |         | 0.00   | 70.95        |
| 8   | Louise Emery       | Eryri         | F   |       | 0.00   | 149.48  | 60.62  |           | 0.00   |         | 0.00   | 60.62        |
| 9   | Julia Becker       | SW            | F   | 67.35 | 58.79  |         | 0.00   |           | 0.00   |         | 0.00   | 58.79        |
| 1   | Niki Morgan        | Chepstow      | F40 | 65.09 | 63.87  |         | 0.00   | 48.06     | 66.80  |         | 0.00   | 130.67       |
| 2   | Celia Mills        | Mercia        | F40 | 68.32 | 56.80  | 161.17  | 49.94  |           | 0.00   |         | 0.00   | 106.74       |
| 3   | Sharon Leech       | Carmarthen    | F40 |       | 0.00   |         | 0.00   | 47.31     | 68.41  |         | 0.00   | 68.41        |
| 4   | Ali Thomas         | Eryri         | F40 |       | 0.00   | 145.37  | 64.51  |           | 0.00   |         | 0.00   | 64.51        |
| 5   | Vanessa Lawson     | Chepstow      | F40 | 65.32 | 63.07  |         | 0.00   |           | 0.00   |         | 0.00   | 63.07        |
| 6   | Sandra Rowlands    | Clwydian      | F40 |       | 0.00   |         | 0.00   | 50.01     | 61.49  |         | 0.00   | 61.49        |
| 7   | Alyson Hayes       | SW            | F40 | 67.17 | 59.42  |         | 0.00   |           | 0.00   |         | 0.00   | 59.42        |
| 8   | Naomi Law          | Mynydd Du     | F40 | 67.52 | 58.20  |         | 0.00   |           | 0.00   |         | 0.00   | 58.20        |
| 9   | Angela Price       | Hay           | F40 | 72.51 | 47.79  |         | 0.00   |           | 0.00   |         | 0.00   | 47.79        |
| 10  | Kate O'Sullivan    | Aberystwyth   | F40 |       | 0.00   |         | 0.00   |           | 0.00   | 273.00  | 46.26  | 46.26        |
| 1   | Ellie Salisbury    | Eryri         | F50 | 69.13 | 55.38  | 169.18  | 42.48  | 54.07     | 50.13  |         | 0.00   | 147.99       |
| 2   | Susan Howarth      | Mercia        | F50 |       | 0.00   |         | 0.00   | 51.39     | 56.96  |         | 0.00   | 56.96        |
| 3   | Susan Ridings      | Clwydian      | F50 | 87.09 | 17.91  | 198.41  | 15.14  | 64.47     | 20.59  |         | 0.00   | 53.64        |
| 4   | Juliet Edwards     | Merionnydd    | F50 |       | 0.00   | 159.30  | 51.60  |           | 0.00   |         | 0.00   | 51.60        |
| 5   | Joc Dodd           | Chepstow      | F50 | 73.07 | 47.23  |         | 0.00   |           | 0.00   |         | 0.00   | 47.23        |
| 6   | Gill Stott         | MDC           | F50 |       | 0.00   |         | 0.00   | 61.20     | 30.15  |         | 0.00   | 30.15        |
| 1   | Maggie Oliver      | Eryri         | F60 |       | 0.00   | 173.35  | 38.49  | 59.40     | 34.76  |         | 0.00   | 73.26        |
| 1   | Peter Ryder        | Brycheiniog   | M   | 48.31 | 98.63  | 111.26  | 96.32  | 38.08     | 94.40  | 186.40  | 94.88  | 384.22       |
| 2   | Richard Johnson    | Mynydd Du     | M   | 55.16 | 84.52  | 119.53  | 88.46  | 39.45     | 89.92  | 216.08  | 78.28  | 341.18       |
| 3   | Tim Davies         | Mercia        | M   | 46.33 | 102.74 | 99.25   | 107.50 | 34.11     | 105.34 |         | 0.00   | 315.57       |
| 4   | Matt Stott         | Chepstow      | M   | 50.28 | 94.55  |         | 0.00   | 37.39     | 95.74  | 194.15  | 90.61  | 280.90       |
| 5   | Jon Barnes (U/23)  | Mynydd Du     | M   | 53.27 | 88.32  |         | 0.00   | 38.55     | 92.23  | 184.17  | 96.22  | 276.77       |
| 6   | Jeز Brown          | Buckley       | M   | 53.36 | 88.01  | 113.20  | 94.55  |           | 0.00   | 200.24  | 87.14  | 269.70       |
| 7   | Ben Moon           | MDC           | M   | 55.30 | 84.04  |         | 0.00   | 40.18     | 88.40  | 214.26  | 79.24  | 251.67       |
| 8   | Nick Radnedge      | u/a           | M   | 55.37 | 83.79  |         | 0.00   | 42.38     | 81.93  | 214.50  | 79.01  | 244.74       |
| 9   | Stephen Old        | u/a           | M   | 59.21 | 75.99  |         | 0.00   | 42.27     | 82.44  | 214.27  | 79.23  | 237.67       |
| 10  | Luke James         | Monross       | M   | 59.05 | 76.55  |         | 0.00   | 49.43     | 62.32  | 222.44  | 74.57  | 213.43       |
| 11  | Hugh Aggleton      | MDC           | M   | 47.19 | 101.14 |         | 0.00   |           | 0.00   | 170.51  | 103.78 | 204.92       |
| 12  | David Parker       | Meirionnydd   | M   |       | 0.00   | 111.28  | 96.29  | 38.05     | 94.54  |         | 0.00   | 190.82       |
| 13  | Roland Stafford    | Mercia        | M   | 50.05 | 95.35  |         | 0.00   | 40.12     | 88.67  |         | 0.00   | 184.03       |
| 14  | Daniel Hooper      | Sarn Helen    | M   |       | 0.00   |         | 0.00   | 38.50     | 92.46  | 215.07  | 78.86  | 171.31       |
| 1   | Matthew Lawson     | Chepstow      | M40 | 58.10 | 78.46  | 129.06  | 79.88  | 46.04     | 72.43  | 224.24  | 73.63  | 304.40       |
| 2   | Paul Beeson        | Maldwyn       | M40 | 54.55 | 85.26  | 123.01  | 85.54  | 40.48     | 87.01  |         | 0.00   | 257.81       |
| 3   | Stewart Bellamy    | Mercia        | M40 | 57.14 | 80.42  | 120.04  | 88.29  | 41.57     | 83.83  |         | 0.00   | 252.53       |
| 4   | Simon Roberts      | Buckley       | M40 | 62.54 | 68.58  | 119.47  | 88.55  | 40.21     | 88.26  |         | 0.00   | 245.38       |
| 5   | David York         | Tattenhall    | M40 | 66.27 | 61.16  | 145.14  | 64.87  | 48.5      | 64.77  | 262.36  | 52.11  | 242.91       |
| 6   | Mark Palmer        | Mynydd Du     | M40 | 48.25 | 98.84  |         | 0.00   |           | 0.00   | 176.45  | 100.46 | 199.30       |
| 7   | Peter Sowerby      | Brecon        | M40 | 60.39 | 73.28  |         | 0.00   | 47.22     | 68.83  | 276.00  | 44.57  | 186.67       |
| 8   | Chris Harrhy       | Llswerry      | M40 | 52.00 | 91.35  |         | 0.00   | 39.56     | 89.41  |         | 0.00   | 180.76       |
| 9   | Simon Edwards      | Buckley       | M40 |       | 0.00   | 118.25  | 89.82  | 40.56     | 86.64  |         | 0.00   | 176.46       |
| 10  | Andy Davies        | Mercia        | M40 |       | 0.00   | 121.45  | 86.72  | 41.48     | 84.24  |         | 0.00   | 170.96       |
| 11  | Paul Jenkinson     | Eryri         | M40 |       | 0.00   | 126.19  | 82.47  | 40.34     | 87.66  |         | 0.00   | 170.13       |
| 12  | David Wilcox       | FRA           | M40 |       | 0.00   |         | 0.00   | 41.08     | 86.09  | 218.34  | 76.91  | 163.00       |
| 13  | Kevin Hagley       | SWRR          | M40 | 57.07 | 80.66  |         | 0.00   | 43.57     | 78.29  |         | 0.00   | 158.95       |
| 14  | Richard Davies     |               | M40 | 68.06 | 57.71  | 160.44  | 50.45  | 54.49     | 48.20  |         | 0.00   | 156.35       |
| 15  | Neil Lewis         | Hereford      | M40 | 60.13 | 74.18  |         | 0.00   | 45.52     | 72.98  |         | 0.00   | 147.16       |
| 16  | Steve Harry        | Llswerry      | M40 | 62.12 | 70.04  |         | 0.00   | 47.29     | 68.50  |         | 0.00   | 138.54       |
| 17  | Richard Borne      |               | M40 | 66.02 | 62.03  | 165.4   | 45.86  |           | 0.00   |         | 0.00   | 107.89       |
| 1   | Glyn Fletcher      | Maldwyn       | M50 | 58.18 | 78.19  | 129.52  | 79.17  | 46.23     | 71.55  | 237.00  | 66.53  | 295.44       |
| 2   | Glen Davies        | Mercia        | M50 |       | 0.00   | 123.42  | 84.91  | 44.18     | 77.32  | 214.46  | 79.05  | 241.28       |
| 3   | Paul Jeggo         | Springfield   | M50 | 57.51 | 79.13  |         | 0.00   | 42.42     | 81.75  | 215.52  | 78.43  | 239.31       |
| 4   | Vic Belshaw        | Denbigh       | M50 | 58.27 | 77.87  | 130.21  | 78.72  | 45.46     | 73.26  |         | 0.00   | 229.85       |
| 5   | Ross Powell        | Mercia        | M50 | 65.15 | 63.66  | 161.38  | 49.61  | 51.04     | 58.58  |         | 0.00   | 171.86       |
| 6   | Michael Belshaw    | Eryri         | M50 |       | 0.00   | 123.22  | 85.22  |           | 0.00   | 214.39  | 79.12  | 164.33       |
| 7   | Dave Powell        | Aberystwyth   | M50 |       | 0.00   | 130.15  | 78.81  |           | 0.00   | 216.37  | 78.01  | 156.82       |
| 8   | Colin Lancaster    | Mercia        | M50 |       | 0.00   | 136.09  | 73.32  | 46.42     | 70.67  |         | 0.00   | 143.99       |
| 9   | Peter Williams     | MDC           | M50 |       | 0.00   |         | 0.00   | 48.18     | 66.24  | 252.32  | 57.78  | 124.03       |
| 10  | Andrew Brooks      | Mercia        | M50 |       | 0.00   | 152.55  | 57.72  | 48.41     | 65.18  |         | 0.00   | 122.90       |
| 11  | Adrian Moir        | MDC           | M50 | 72.25 | 48.69  |         | 0.00   | 56.58     | 42.24  |         | 0.00   | 90.93        |
| 1   | John Morris        | Buckley       | M60 | 74.50 | 43.64  | 147.08  | 63.10  | 49.28     | 63.01  |         | 0.00   | 169.75       |
| 2   | Gary Gunner        | Croft Ambrey  | M60 |       | 0.00   | 161.44  | 49.52  | 49.56     | 61.72  | 261.49  | 52.56  | 163.79       |
| 3   | David Owen         | Prestatyn     | M60 | 89.32 | 12.93  | 162.14  | 49.05  | 54.50     | 48.15  | 296.00  | 33.31  | 143.43       |
| 4   | Martin Cortvriend  | Denbigh       | M60 | 63.40 | 66.97  | 148.18  | 62.02  |           | 0.00   |         | 0.00   | 128.99       |
| 5   | Steve Herington    | Hereford      | M60 | 74.48 | 43.71  |         | 0.00   | 50.11     | 61.03  |         | 0.00   | 104.74       |
| 6   | Tom Davies         | Croft Ambrey  | M60 | 75.04 | 43.15  |         | 0.00   | 59.57     | 33.98  |         | 0.00   | 77.13        |
| 7   | Ken Wright         | FRA           | M60 |       | 0.00   | 169.10  | 42.60  |           | 0.00   | 301.00  | 30.49  | 73.09        |
| 1   | John Marsh         | Tarren Hendre | M70 |       | 0.00   | 147.21  | 62.90  |           | 0.00   |         | 0.00   | 62.90        |
| 2   | Robert West        | MDC           | M70 |       | 0.00   |         | 0.00   | 61.05     | 30.84  |         | 0.00   | 30.84        |





**RACE UPDATES**

**PRESELI  
BLUESTONE**  
1st Sept - Cancelled

**SOURCE OF  
SEVERN**  
2nd Sept - Cancelled.

**RON SKILTON**  
Date changed to  
Sunday 21st October

**WAUN FACH**  
21st July

2012 was our third year in charge of this race and it went really well. The weather was kind to us, possibly the first summer fell race of the year! This made things a bit warm (we are unused to this) and yet the ground was wet making the race perhaps a few minutes harder than last year.

With the parking problems we did not advertise and were not too upset with a clash with the Snowdon race. The sunshine brought out the crowds and there were over 70 runners.

The winner was Tim Davies of Mercia with a good time of 51:52. MDC gained the team prize with Hugh Aggleton (2nd), Ben Moon (7th) and Patrick Wooddissie (13th).

Sally Wilder was the first lady with a good time - 66:36.

Chepstow Harriers won the ladies team prize with Niki Morgan, Vanessa Lawson and Sam Harris

The course records set in 1995 (Mark Kinch and Ann Buckley) still hold, looking like they need some serious competition to be bettered.

The great support from marshals ensured there were no problems on the day, though parking remains one of the main issues for this and the Mynydd Troed races.

The Castle Inn has decided not to support the race in the future so this race hangs in the balance. Alternative parking and other facilities are being sought but no easy solution has come to mind. Look for updates in the WFRA calendar or on the [www.fell-race.com](http://www.fell-race.com) website. *Gerry and Sue Ashton*

**A NEW CHALLENGE**

**Sunday, 30th September 2012 - 10a.m. start**

This mountain triathlon will suit all round mountain athletes, as well as specialists who wish to enter as a team. The event is being organised by a team of seven local enthusiasts, all experienced race organisers and competitors, who have succeeded in putting together the three disciplines of open estuary kayaking, fellrunning and mountain biking, to create a magnificent journey from the sea to the mountains, all set in a stunning location on the edge of the Snowdonia National Park.

Leg 1 is a 13k open-estuary and river kayak which starts below the walls of Conwy Castle, and proceeds up the Conwy River on a fast rising tide, to the first transition at Dolgarrog Bridge.

Leg 2 is a 13k fell run, starting and finishing virtually at sea-level, but reaching an

altitude of almost 500m. It has a real feel with views to match, especially when crossing the high ridge between Llyn Cowlyd and Crafnant. The leg finishes along the 'Trefriw Trail' leading to the transition at Nant Conwy Rugby Club.

Leg 3 is an 18k mountain bike race, starting and finishing at the event centre. The route is mostly within Gwydir Forest above Llanwrst, and incorporates sections of the well-known Marin Trail mountain bike route.

The event centre, which offers great facilities, is Nant Conwy Rugby Club, Trefriw, North Wales LL26 0PW  
The profits will be donated to the Snowdonia Society.  
Further details at <http://www.map17events.org.uk>

continued from page 3  
hence we met up with 2 women who had lots of long distance experience and a fella who stated that he had done the event 10 times!  
Wow, could those 2 walk fast; I had to trot on to keep up. Although the ground was easy it continued to rise steadily; the setting sunlight produced wonderful pockets of golden light on the ground through the gaps in the stones. Up till now we had been travelling across primarily limestone countryside. High Dodds was bagged, but we erred en route to Fleet Moss. Time to get into warmer kit and prepare for the night section here, David enlisted a sixth member to the group who was a good navigator, and who had recceid the route to find the new location for the checkpoint over the moors. This had been a contentious issue for the landowner because of the nesting season (- do we shoot the grouse to kill them or just step on the eggs?)

Unfortunately, our navigator was a little wide of the mark; even though he had the route checked out together with his GPS. The "blue cup" route (see FRA forums) was eventually picked up and we finally made it to Middle Tongue.

The wind had taken its toll however, we were all cold; Dave needed to get off in a hurry, and so setting the compass for 80 East led off. I was at the back and observed that our navigator friend was experiencing some difficulty in the situation. His coat was open and he was stumbling over the tussocks- more than the rest of us; alarm bells started ringing loudly. It took a long time to assist him with the terrain, but eventually we caught the others up; it really was foul up there with no respite from the wind, so they had pushed on without realising that we were falling behind. When we had regrouped, there was some discussion about the best way off which delayed us even further, still in a very exposed position. One of the women had begun to find the terrain slightly difficult, so linking arms we walked down the steep bits together; she said that her eyes were sore from the wind. Finally, after what seemed an eternity, we reached the checkpoint at Hell's Gap to hear that Dave was OK as he had pressed on due to feeling too chilled to hang about; he had gone through 45 minutes earlier. I was relieved to hear that he was safely off

**THE FELLSMAN 2012**

the hill; another 20 minutes saw us at Cray (44 miles). Fresh food, warm tea and biscuits revived flagging spirits, decisions needed to be made about the following section; the navigator wanted to continue even though he had chucked up on reaching Cray! The woman with sore eyes now confessed that she had lost her vision and could not focus properly; however she was persuaded to carry on. Dave had retired and returned on a minibus back to base; a real shame for him.

Buckden Pike is a Sod (not eligible under the "little sods" section in the Mercia newsletter as it is too big! Soding steep at the beginning, we pressed on in a large group; amusing that so many runners got separated from their teams at this point. The navigator ran out of puff big time and so we had a very slow ascent; I was wondering why it was that no one else was coming up, however time to press on. Across the ridge in the early hours of the morning, the wind chill factor was considerable; resulting in the raindrops becoming frozen on the top steps of the stiles- perilous! On the other hand we had a clear sky and a half moon to gaze at; with clouds scudding across due to the jet winds. Eventually we found the route to Park Rash, via the Top Mere checkpoint. Felt sorry for the marshal out there on his own; but the tracks were good and as it was coming towards daybreak the visibility was improving all the time.

It was good to see the checkpoint tents, but on arrival at Park Rash we were stripped of the tally and told that the race had been abandoned; quickly bundled into the tent and given hot drinks. Slowly the story became clear that the support teams had been inundated by the number of retirements that had taken place due to the cold winds and consequent hypothermia. Although it was customary for teams to be disbanded at dawn, it was decided that it was too dangerous for the race to continue. Although we were obviously gutted at the news, it was the right decision to take under the cir-

cumstances. By the time we were on the bus and whistling away down to the valley I changed my mind about "...wishing that I could have carried on regardless..."; so fell asleep for five minutes before transferring to the coach and returning to the HQ.

This was the first time in 50 years that the race had been abandoned, so the decision had not been taken lightly. Comments on the FRA forum afterwards were mainly in favour of the organisers' decision.

We had been the last team to leave Cray, hence the reason why no one overtook us during that leg! My certificate (as a Finisher) came through the post some days later, so nice to get the recognition; on the other hand there is some unfinished business up north!

It is likely that the event will be moved to the end of April for future years, so keep an eye open for the date!  
*Rick Robson*

**Y GARN RACE**  
4th August

There was a quality field as the race was a counter in the Welsh Fell Runners Association North Wales Series (sponsored by planetFear). There were some heavy showers before the race which made it extremely wet and slippery underfoot.

The race was won by Ifan Richards of Meirionnydd in a time of 29 minutes and 41 seconds. Sam Smith of Eryri was 2nd in 30.32 and David Parker of Meirionnydd 3rd in 30.59. Other category winners : Under 23 Shane Jones (U/A) 35.32, Over 40 Mark Atherton (Meirionnydd) 33.10, Over 50 Adam Haynes (Eryri) 34.05, Over 60 Clive Hartfall (U/A) 38.55, Over 70 Peter Roberts (Buckley) 39.54.

The ladies race was won by Sarah Ridgway of Mercia in a time of 35.13. Clare Dallimore of Eryri was 2nd in 39.45 and clubmate Joanne Moore 3rd in 42.34 (also 1st over 40). Other category winners : Over 50 Ellie Salisbury (Eryri) 43.07, Over 60 Maggie Oliver (Eryri) 48.20.

**BRECON BEACONS**

*Continued from page 1*

male podium place with a time seven and a half minutes behind Andrew. The young Jon Barnes (MU23 Mynydd Du) impressed with a fourth place in his first outing and his first race over a half marathon distance - definitely one to watch for the future.

Emma Bayliss (Mynydd Du) comfortably won the ladies race in a time of 3hr 36m 12s which was over 35 minutes ahead of her club mate Samantha Louise Toop.

The male over 50 veterans put in a very strong performance with four athletes placed ahead of the majority of the male over 40 veterans. Those that impressed included Michael Belshaw (Eryri) and Glen Davies (Mercia). Gary Gunner (Croft Ambrey) continues to put in strong performances and finished with a win in the MO60 category.

The podium finishers and the winners in each age category were awarded with a souvenir photo mug and a selection of wines and ales which were provided by 'The Celt Ex-

perience' - a Caerphilly based fine brewery.

The race organisers, Gary and Dawn Davies would like to thank each of the ten volunteers. Without them, the race would fail to exist.

**SUGARLOAF  
SPRING RACE 2012**

This race was a late inclusion in the South Wales Winter Series, so Winter decided to make a comeback for the day. A snow flurry on the summit was enjoyed by some and endured by others, but made the rocky terrain a bit slippery and tended to slow race times.

At the sharp end eventual winner Mark Palmer was third to the top but his wily M40 descending skills gave him the edge over promising newcomer Eliot Taylor and Ian Gait in third.

Emma Hitchens had a fine uncontested over three minutes ahead of Niki Morgan and Clara Evans. Shame she missed too many of the series to challenge Sally Wilder for overall series winner.  
*Dick Finch*