

**CYMDEITHAS  
RHEDWYR  
Mynydd  
CYMRU**



**WELSH  
FELL  
RUNNERS  
ASSOCIATION**

**2012 RHAGFYR  
CYLCHGRAWN  
NEWSLETTER  
DECEMBER 2012**

## **inov8 WFRA Open Welsh Championships**

The Presentations for the inov-8 WFRA 2012 Open Welsh Champs took place after the Rhobell Fawr race on 10th November.

The champions for 2012 are Tim Davies of Mercia and Andrea Rowlands of Eryri.

Other category winners who were presented with a voucher for a free pair of inov-8 fell shoes were:

Male : U/23 Karl Steinegger (Amble-side), Over 40 Paul Beeson (Maldwyn), Over 50 Paul Jeggo (Springfield), Over 60 Martin Cortvriend (Denbigh).

Female : Over 40 Ali Thomas (Eryri), Over 50 Ellie Salisbury (Eryri), Over 60 Maggie Oliver (Eryri). There was a large turnout for Rhobell Fawr race being the final counter in both the inov-8/WFRA Open Welsh Championships and the North Wales Series (sponsored by planetFear). Weather conditions were dry, sunny intervals and the summit was clear. It was very

wet and slippery underfoot after rain the previous day.

The race was won by Tim Davies of Mercia in a time of 51 minutes and 27 seconds. Clubmate Paul Jones was 2nd (also 1st over 40) in 51.32, and Jez

Brown of Buckley was 3rd in 53.45. Other category winners : Over 50 Paul Jeggo (Springfield) 58.57, Over 60 Martin Cortvriend (Denbigh) 67.38, Over 70 Philip Jones (Prestatyn) 85.53.

First home in the ladies race was Lauren Jeska of Aberystwyth in 61.14. Andrea Rowlands of Eryri was 2nd in 65.17 and Louise Barker of Aberystwyth 3rd in 66.36. Other category winners – Over 40 Ali Thomas (Eryri) 71.20, Over 50 Ellie Salisbury (Eryri) 74.26, Over 60 Maggie Oliver 92.11.

### **\*2013 OPEN WELSH CHAMPIONSHIPS**

We are pleased to announce that inov-8 will again be sponsoring the WFRA Open Welsh Championships in 2013.

The Championships will comprise the following races

Tour of Torpantau (M) Sun 3 March  
Llangynhafal Loop (S) Sat 4 May  
Moel y Gamelin (M) Sun 23 June  
Nant y Moch (L) Sat 17 August  
Peris Horseshoe (L) Sat 14th Sept  
Llyn y Fan (S) Sun 10 Nov

Please note that both Nant y Moch and Peris Horseshoe are long and arduous races. Good navigational skills, kit and fitness are necessary, especially in poor weather. It is advisable to recce both these routes prior to race day.

A competitor's best results from up to 4 of the 6 races will be counted in the Championship. If 4 races are used this must include one race at each distance.

### **SOUTH WALES SERIES**

The presentations for the WFRA South Wales Series took place after the Blore race on Saturday 1st December. The winners of the south Wales Series are Peter Ryder of Brycheiniog and Nicki Morgan of Chepstow (also 1st over 40).

Other category winners –

Male: U/23 James Blore (Chepstow), Over 40 David Wilcox (FRA), Over 50 Peter Williams (MDC), Over 60 Steve Herington (Hereford).

Female : U/40 Emma Bayliss (Mynydd Du), Over 50 Caroline Dalimore (MDC)

### **NORTH WALES SERIES Sponsored by planetFear**

The winners of the North Wales Series are Ifan Richards of Meirionnydd and Lauren Jeska of Aberystwyth. Other category winners -

Male : U/23 Karl Steinegger (Amble-side), Over 40 Paul Jones (Mercia), Over 50 Michael Belshaw (Eryri), Over 60 Martin Cortvriend (Denbigh).

Female : Over 40 Ali Thomas (Eryri), Over 50 Ellie Salisbury (Eryri), Over 60 Maggie Oliver (Eryri).

### **2013 North Wales Series**

We are pleased to announce that Cotswold Outdoor will be sponsoring the Series in 2013.

### **\* Important changes to eligibility rules for Championships and Series races**

Please note that there have been some changes to the eligibility requirements for 2013 WFRA Champs and Series races.

To be eligible for an award/prize you must be a paid up member of WFRA by the end of May. Also, there are other changes specific to each Championship and Series. Please check your Race Calendar for more information.

### **Insurance:**

### **Why it matters**

Many of us begrudge the insurance premiums we pay, whether it be for house, motor or health related policies and only ever really think about the protection insurance offers when we need to make a claim, (or someone claims against us). Similarly, many of us would have paid scant attention to the insurance arrangements for the last fell race we competed in – maybe not understanding or caring why insurance is required. Well, you may be re-assured to know that the WFRA understands and cares, and spends significant amounts of time and effort in arranging and administering insurance cover.

So why do we care? Well, before granting permission for a fell race, landowners generally require that the Race Organiser has sufficient civil liability insurance/ can offer sufficient financial guarantees so that in the unlikely event of an incident occurring, there is opportunity for financial redress to be made. Of equal, but perhaps greater importance, is that insurance offers our hardworking, volunteer Race Organisers a financial safety net and peace of mind in the event of a claim being brought. Put overly simply, no insurance = no races.

On behalf of its members, the WFRA organises £10m civil liability insurance cover, (with no policy excess) which Race Organisers, subject to compliance with the WFRA Safety Code, can apply to use for their races. We do not charge, nor do we receive any recompense for offering this insurance – it has traditionally been a benefit of WFRA membership. Our insurance premium for 2012 was £2,500 calculated as a function of the number of races insured and overall number of members. It will not surprise you to know that our insurance premium continues to rise each year and we have now reached the stage that our membership subscriptions barely cover this premium – let alone all the other costs WFRA incurs.

Consequently, we are examining options to balance our books. Options include requesting a donation from Race Organisers, (each race currently costs WFRA £13.38 to insure), to increasing membership fees generally from 2014 onwards.

I am happy to receive any relevant comments or suggestions on this matter (e-mail: Andrew@wfra.org.uk) and of course our Treasurer would be delighted to receive any donations – whether from Race Organisers or generous benefactors, (please send c/o Sheila Lloyd, Pen y Buarth Farm, Upper Llandwrog, Caernarfon LL54 7RD

Andrew Blackmore, Hon Sec. WFRA

### **Members Discounts**

The shops listed below have confirmed that they will give WFRA members a discount on purchases. This may not be on all items (eg sale items). Discount is normally 10% unless indicated otherwise. You must show your WFRA membership card.

<b>BENARD'S GALLERY</b> Craig y Don, Llandudno	<b>JOE BROWN SHOPS</b> Llanberis and Capel Curig
<b>BLACKS</b> Llandudno	<b>COTSWOLD OUTDOOR</b> Betws y Coed
<b>CONWY OUTDOOR SHOP</b> Conwy	<b>RUN AND BECOME</b> Cardiff
<b>PETE BLAND SPORTS</b> Kendal	<b>RUNNING BEAR</b> Altrincham
<b>Y WARWS</b> Beddgelert	

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



# Dragons Back Race - 2012

Steve (SPJ) Jones

7am on Sept 3rd and after a year of training for the event I was finally on the start line for the 2012 Dragon's Back race. It seemed strange heading out from Conwy on a run which would take us over most of the Welsh mountains on a route approximately 180 miles long which would end 5 days later at Carreg Cennen castle just north of Swansea. Well, at least I was hoping it would end 5 days later but having viewed the first day route just a few minutes before the start I couldn't help thinking that just completing the first day within the cut-off time was going to be quite a challenge! But I am jumping ahead, my first challenge, having entered the event in October 2011, was to actually make it to the start line in Conwy without getting injured as a result of the high mileage I was planning to do over the next year.

The Dragon's Back race had only been organised once before in 1992 and having missed an opportunity to do it then I felt 'compelled' to enter the 2012 race when I first heard about it in Sept 2011. Having spent an evening writing up my running 'CV' for the past 30 odd years I submitted my entry and heard back within a few days that it had been accepted. With just short of a year to get myself prepared it seemed I had plenty of time but I started to build up my mileage fairly quickly and by Nov/Dec my long runs were already 3/4hr outings every other weekend. I also decided to cut back on racing as my recovery time from a hard fast fell race seems to be the best part of a week these days and there was also the increased potential

for an accident or injury which may put an end to training all together. However, I did compete in some of the longer races including a few trail marathons and a 40 mile ultra over the Brecon Beacons and did some longer training runs which included an 8hr run in mid-Wales in May and an 11hr run from Blaenau Ffestiniog to Rowen early July. Although I really enjoyed these long 'exploring runs' over new routes the bulk of my training was fairly local running the hills around Conwy and Rowen and the woods around Betws when the weather was poor. I also used these opportunities to try out new kit and experiment with different running food so that by late August 2012 I felt fairly confident about the forthcoming challenge.

The weekend before the event was spent sorting food and kit and trying to arrange it into three different bags which was quite a logistical nightmare. Besides a 'running' bag which had to be carried each day containing spare clothes, waterproofs, food and safety equipment, we were also allowed a 22L 'resupply' bag which we could access each day at approximately half way. Our other bag was a 50L drybag which contained campsite clothes, sleeping bag and thermarest together with any other spare gear and this was transported between campsites each day. About 30-40 tents were put up each day by an army of volunteers for our overnight 'accommodation' and hot food was provided each evening and breakfast from 5am. Although our main meals were sorted it was still a dilemma trying to organise enough

running food for 5 days and make sure it was distributed correctly within the 3 bags we were using; making sure you had the right clothes in each bag was also a challenge so being organised and looking after yourself each day was an essential part of this event. The briefing in Conwy on the evening before the event was interesting - the organiser, Shane Ohly, informed us that there were 91 people registered to start but when he also mentioned that Day 1 included all of the Snowdonia 15 peaks I was tempted to shout 'only 90 now'.

## Day 1: 52k. 4468m. ascent

Optimum route - the hardest day in terms of climb and a tough start to the event. We gather at Conwy Castle as the sun is rising and being local I have a small support team of wife, son, sister and friend who all gather round to look at the first day map, issued at 6.50am, whilst a choir sings in background - quite an atmosphere really. My sister says it looks hard, thinking that this is the complete 5 day route! This is only Day one, I tell her. A few minutes later we are off, running along the castle walls to the actual timed start on Sychnant Pass road and then over Conwy Mountain towards the first checkpoint above Dwygyfyllchi and on to Talyfan - feels just like a local training run except I'm not alone today! Weather is clear and warm as we climb up Drum and Foel Fras and spectacular views unfold of the route ahead. All going well until descending Pen yr Ole Wen where I catch a foot jumping down some rocks, leave my leg behind me and then feel a spasm



SPJ at the finish

of cramp as I continue down. Not particularly concerned I reach the resupply point at Ogwen and quickly consume a small pork pie, a rice pudding and various drinks before heading on direct route up Tryfan. About half way up and both legs (quads) start to cramp up to the extent that I can hardly bend my legs and climbing over rocks becomes really painful. Two friends running with me at this time stop to give me some 'Elite' which is a concentrated salt drink and seems to work as I struggle on to the top. However, although the cramp has eased I'm left with painful quads which certainly do not want to descend at any speed and my progress becomes rather 'snail-like!' I manage to stay with my two friends across the Glyders, working together to find the checkpoint on Glyder Fach which is now in thick mist but as the mist clears they continue at their own pace and are soon well ahead of me on the contour route around to Elidir. My poles

*continued on page 5*



## Arenig Fawr - New route for 2013

Race statistics:

Distance 13km. climb 1000m. (8 miles, 3300ft) Cat. AM

The race is tough and NOT suitable for novices and requires good navigational skills. A reconnaissance is recommended. The route is flagged from the start up to the foot of the gully (1.3km) and from the gate at CP6 to the finish (0.5km). The flagged sections are compulsory. The rest of the route is unmarked and offers the possibility of route choices.

The race starts and finishes at the disused Arenig quarry, elevation 350m. The route follows an uphill quarry track for 1200m to a height of 470m. It then crosses a stone wall and climbs up a steep gully and emerges onto a grassy hillside. The gully can be avoided by skirting round the crags to the right.

CP1: elevation 697m, is a cairn by a pond above the Simdde Ddu crags. This is the same as CP1 in the original race.

CP2: top of 712m knoll on the S ridge.

CP3: the summit of Moel Llyfnant, 751m.

CP4: the trig pillar on Arenig Fawr, 854m

CP5 is a cairn on the W ridge, elevation 790m and is reached through a nearby fence gate. Runners must not attempt to follow a straight line route between CP5 and CP6 as the north side of the west ridge is rocky and dangerous.

CP6: is a wall gate. From there the route is flagged to the finish.

The map shows the checkpoints and an 'optimum' route between them. Runners must have their own map for the race and be able to navigate.

Equipment and emergency food are mandatory 'WFRA safety requirements'.

Visit [www.yiannistridimas.webs.com](http://www.yiannistridimas.webs.com) for photographs of the route



## The 'Vertical Kilometre'

Simon Gwyn Roberts

Imagine, for a moment, living in a sunny town characterized by beautiful medieval architecture, surrounded by steep green hills and rammed with superb restaurants and bars. Lest you think that sounds a bit like Llanberis, imagine if all the training and refueling possibilities that delicious combination of hills and food implies were to be improved by the council laying out a marked and accurately measured 'vertical kilometre' running route up the local mountain – specifically designed as a training aid to improve the fitness and speed of all the residents.

This town is not a figment of my fevered imagination: it exists, and is located in the heartland of the French Maritime Alps above Nice. It's a place that I have visited every summer for over two decades, and I wrote about the area's running and peak-bagging potential in the August 2010 edition of the WFRA newsletter. However, I've generally always concentrated on the higher peaks and modest Alpine climbing possibilities that the range abounds in, rather than bothering to run up the grassy lower hills which have always seemed like poor 'aperitifs' compared to the 'main courses' further up the valley.

So you can imagine my surprise last summer, when I descended to the town (it's called St Martin Vesubie, if you want to find it on a map) after a climb up the 3059m Cime de la Maledie to find it had transformed itself into a 'trail running centre'. Several large information boards were scattered around the town, complete with coloured run route markers, maps and difficulty grades.

Now, normally I'd be more than a little cynical about this sort of thing. I'm a bit of a purist, and believe we should make our own ways up mountains using those old-fashioned devices called compasses and maps. But, after a week's slow-paced Alpine mountaineering, I was in the mood for something a little quicker and more intense, so mere minutes after our arrival I packed wife and children off to an appealing café while I got changed into my Inov8s and shorts.

Essentially, the local council has decided that the hills around St Martin are perfect for off-road running, and has begun to develop and mark

out a range of different hill running routes from the town centre – trying to brand it as a kind of French capital of mountain running. I'd made my own way round some of the more obvious routes in the past, so my eye was immediately caught by the very novel sounding 'Vertical Kilometre Race Route': an irresistible challenge if ever there was one.

After following the signs to the start, which is well marked and accompanied by various pace guides (and, according to my basic French, well-placed warnings about the dangers of cardiac arrest) I started my stopwatch and set out up the route. Each 100m of ascent is precisely marked, so you can gauge your progress up the mountain. I initially went for a reasonably comfortable 4.5 minutes per 100m. This worked quite well as a tactic, as the first 300m of climbing were very steep, through thick pine forest. It then leveled off slightly, but of course that means you are also covering extra distance to gain the next 100m of altitude.

In general, however, the aspect of the slope was remarkably consistent throughout, which is what makes this such an effective and relentless work-out. You can tick off each section in your mind, with the obvious challenge being to eke out your energy and keep a good pace up to the finish just below the summit of Cime de la Palu - a 2200m peak that towers above St Martin.

It is inevitably tempting to break into a walk on the steeper sections, but I just managed to maintain a reasonable pace up to a more runnable section as I emerged from the tree-line at the 700m mark. A subsequent steep section left me gasping for oxygen, and I slowed slightly before digging in for the final 300 metres of climbing. Breaking the hour seemed like an obvious target but I had three disadvantages. First, no caffeine: I'd had no time for a coffee and had packed the family off to the café as recompense for my absence. Second, some fatigue after the last two days among the higher Alpine peaks. Third, midday heat: which is quite intense in mid-August, although thick tree cover lower down eased this slightly.

It all seemed like valuable training for the Welsh hills, though, especially after a lazy holiday on the coast, and I even enjoyed the effort in a few places - which is obviously quite an intense session with an average gradient of 27% over 4.5km or so. I couldn't quite decide whether it was a psychological advantage or disadvantage to have your progress marked out so precisely. The 1000m mark arrives abruptly, sadly just below the true summit of Palu, and I stopped my watch rather earlier than expected on 53:31.

Above this, gentle zigzags lead to a broad col below Tete du Marre, the next peak on the ridge, and I jogged over to the true summit of Cime de la Palu to enjoy excellent views up the Cougourde valley, the next destination on our family holiday. The Caire

du Cougourde is a magnificent pyramid of rock from this point, a tremendous peak, and I began to think that it would make a nice trip from the eponymous hut if I could find the time (I did just about squeeze it in before breakfast the next morning, but that's another story). The Prefous and Agnel peaks also look superb from up here, as did the area I'd visited in 2010 around Lac d'Allos further north.

The run back down to St Martin, in warm sunshine, was a delight. More by accident than design, I took a different route in descent, which extended the fun with some steep and rocky sections, and I eventually met the family back in the town for a picnic of local ham sandwiches and myrtle tart. We watched the local boules players for a while, their girths suggesting that the town council might have its work cut out persuading some of the residents to record their times up the Vertical Kilometre. In general, however, St Martin Vesubie is quite a 'sporty' town, but it lacks the frenzied commercial feel of Alpine resorts further north like Briancon and Chamonix. It feels like a real place, in other words, and is far more pleasant as a result: there are no ski lifts, no modern apartments, just bakeries, cafes and winding, ancient alleyways to explore.

It's also worth noting that it looks like they run the Vertical Kilometre route as a race each May and, looking at the times, it doesn't seem to be hugely competitive, so may well be worth a trip for those keen on foreign pot-hunting. As far as I can tell, this is just one in a series of races organized by the local council around St Martin Vesubie, so I'll certainly try to coordinate our next holiday in the area with a race...or two, or three.

## STEAM BUNNY STOMP 23 September

This welcome revival of Wheeze & Toffer's classic on the Mynydd Maen ridge above Pontypool was blessed with clear blue skies and a gentle breeze.

Mynydd Du's Sean Taylor led all the way with only Lliswerry's M40 Chris Harry able to keep in contact. Returning from injury, Ade Woods, Mynydd Du, was delighted to take the M50 prize.

Apparently only the first six failed to miss the subtly-placed arrow leading to the first checkpoint, but the remaining 24 eventually twigged that they'd missed the left turn. Among them were women's prizewinners Sue Tagg, Parc Bryn Bach and Maria Richards from Islwyn, and M60 leader Rob Brown of Chepstow.

Encouraged by its success, Race Organiser Dimitri Vorres plans to put it on in May next year.

Dick Finch



Simon Roberts

### New Race

## CWM PENNANT 24km/1700m 15miles/5600ft (AL)

After a few, short, years of fell racing and running and after many, many years of trudging around the stunning Cwm Pennant and it's associated Nantlle Ridge I finally decided to give something back to fell running and organise a race along possibly one of the UK's most stunning but little frequented skylines - Cwm Pennant.

Following many recce's and thence some cracking lengthy interactions with the local farmers and landowners and following a few days of phone calls to the 20+ landowners I decided to get the race down in paper for Saturday June 15th, 2013. Clearly this is a busy time of the year with the 1000 metres only two weeks before, but there's nothing on that Saturday so you have no excuse! Hopefully with time it'll establish itself at a regular spot in the calendar.

Anyway, briefly - only briefly - the route. The race will hopefully start at the Cwm Pennant youth hostel (great accommodation for anyone wishing to stay over) heading north-east towards the mighty Cwmystradlyn. At some stage you'll head up Moel Hebog before traversing the ridge line of Moel yr Ogof and Moel Lefn before a rough descent to Bwlch y Ddwy Elor. From here another tough and steep climb up Trym y Ddysgl with cracking views to Nantlle, Caernarfon and Ireland. From here a stunning ridge run with one tricky notch to the summit of Tal y Mignedd. Another rough descent follows before a big climb up Craig Cwm Silyn, along the lunar like plateau to the summit of Garnedd Goch before a wild descent through the remote Cwm Ciprwith and trails and a little sting in the tail back to the youth hostel. *Matthew Roberts*

### LAST NEWSLETTER

Due to ever increasing printing and postage costs it has been decided that in future the Newsletter will only be available electronically

If you receive a hard copy this will probably be the last one you receive. Please try and provide an e mail address.


**WFRA Open Championships - Final Table**

Pos	Name	Club	Cat	Troed		Berwyns		Pen y Fan		Beacons		Moel Wnion		Rhobell		Total
				Time	Score	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	
1	Andrea Rowlands	Eryri	F		0.00	132.16	76.93	43.38	79.17		0.00		0.00	65.17	76.74	232.84
2	Lauren Jeska	Aberystwyth	F		0.00		0.00		0.00		0.00	43.40	89.07	61.14	84.39	173.45
3	Louise Emery	Eryri	F		0.00	149.48	60.62		0.00		0.00	52.53	65.65		0.00	126.27
4	Jenny Williamson	Eryri Harriers	F		0.00		0.00		0.00		0.00	55.33	58.88	73.31	61.19	120.07
5	Samantha Toop	Mynydd Du	F		0.00		0.00	53.17	52.44	251.46	58.22		0.00		0.00	110.66
6	Clara Evans (U/23)	Hereford	F	69.25	54.96		0.00	53.27	51.98		0.00		0.00		0.00	106.94
7	Sarah Ridgway	Inov-8	F		0.00	123.44	84.87		0.00		0.00		0.00		0.00	84.87
1	Ali Thomas	Eryri	F40		0.00	145.37	64.51		0.00		0.00	54.27	61.67	71.20	65.32	191.50
2	Celia Mills	Mercia	F40	68.32	56.80	161.17	49.94		0.00		0.00	60.19	46.77		0.00	153.51
3	Niki Morgan	Chepstow	F40	65.09	63.87		0.00	48.06	66.80		0.00		0.00		0.00	130.67
4	Joanne Moore	Eryri Harriers	F40		0.00		0.00		0.00		0.00	54.34	61.38	72.49	62.51	123.89
5	Sandra Rowlands	Clwydian	F40		0.00		0.00	50.01	61.49		0.00	55.59	57.78		0.00	119.27
6	Kate O'Sullivan	Aberystwyth	F40		0.00		0.00		0.00	273.00	46.26		0.00	74.07	60.06	106.32
7	Mel Price	Mercia	F40		0.00		0.00		0.00		0.00	45.54	83.39		0.00	83.39
8	Sharon Leech	Carmarthen	F40		0.00		0.00	47.31	68.41		0.00		0.00		0.00	68.41
9	Emily Wood	Eryri	F40		0.00	171.00	40.90		0.00		0.00	67.56	27.42		0.00	68.32
1	Ellie Salisbury	Eryri	F50	69.13	55.38	169.18	42.48	54.07	50.13		0.00	62.29	41.27	74.26	59.46	207.45
2	Juliet Edwards	Merionnydd	F50		0.00	159.30	51.60		0.00		0.00		0.00	75.31	57.42	109.01
3	Susan Ridings	Clwydian	F50	87.09	17.91	198.41	15.14	64.47	20.59		0.00		0.00	89.45	30.54	84.18
4	Susan Howarth	Mercia	F50		0.00		0.00	51.39	56.96		0.00		0.00		0.00	56.96
5	Joc Dodd	Chepstow	F50	73.07	47.23		0.00		0.00		0.00		0.00		0.00	47.23
6	Gill Stott	MDC	F50		0.00		0.00	61.20	30.15		0.00		0.00		0.00	30.15
1	Maggie Oliver	Eryri	F60		0.00	173.35	38.49	59.40	34.76		0.00	66.55	30.00	92.11	25.95	129.21
1	Tim Davies	Mercia	M	46.33	102.74	99.25	107.50	34.11	105.34		0.00	38.27	102.32	51.27	102.86	418.43
2	David Parker	Meirionnydd	M		0.00	111.28	96.29	38.05	94.54		0.00	40.21	97.49	53.56	98.17	386.48
3	Peter Ryder	Brycheiniog	M	48.31	98.63	111.26	96.32	38.08	94.40	186.40	94.88		0.00	62.48	81.43	384.22
4	Jez Brown	Buckley	M	53.36	88.01	113.20	94.55		0.00	200.24	87.14	43.25	89.70	53.45	98.51	370.77
5	Richard Johnson	Mynydd Du	M	55.16	84.52	119.53	88.46	39.45	89.92	216.08	78.28	44.16	87.54		0.00	350.44
6	K Steinegger (U/23)	Ambleside	M	57.03	80.80	121.42	86.77		0.00		0.00	46.33	81.74	61.07	84.61	333.91
7	Huw Davies (U/23)	Mercia	M		0.00	129.50	79.20		0.00	225.53	72.79	48.53	75.82	57.47	90.90	318.70
8	Matt Stott	Chepstow	M	50.28	94.55		0.00	37.39	95.74	194.15	90.61		0.00		0.00	280.90
9	Roland Stafford	Mercia	M	50.05	95.35		0.00	40.12	88.67		0.00	43.45	88.86	56.39	93.04	277.25
10	Jon Barnes (U/23)	Mynydd Du	M	53.27	88.32		0.00	38.55	92.23	184.17	96.22		0.00		0.00	276.77
11	Ben Moon	MDC	M	55.30	84.04		0.00	40.18	88.40	214.26	79.24		0.00		0.00	251.67
12	Nick Radnedge	u/a	M	55.37	83.79		0.00	42.38	81.93	214.50	79.01		0.00		0.00	244.74
13	Stephen Old	u/a	M	59.21	75.99		0.00	42.27	82.44	214.27	79.23		0.00		0.00	237.67
14	Luke James	Monross	M	59.05	76.55		0.00	49.43	62.32	222.44	74.57		0.00		0.00	213.43
15	Felipe Jones	Aberystwyth	M		0.00		0.00	34.20	104.92		0.00	38.51	101.30		0.00	206.22
16	Hugh Aggleton	MDC	M	47.19	101.14		0.00		0.00	170.51	103.78		0.00		0.00	204.92
17	Daniel Hooper	Sarn Helen	M		0.00		0.00	38.50	92.46	215.07	78.86		0.00		0.00	171.31
18	Jason Phillips	U/A	M		0.00	133.55	75.40		0.00		0.00	46.50	81.02		0.00	156.42
1	Paul Beeson	Maldwyn	M40	54.55	85.26	123.01	85.54	40.48	87.01		0.00		0.00	57.59	90.52	348.33
2	Paul Jenkinson	Eryri	M40		0.00	126.19	82.47	40.34	87.66		0.00	44.25	87.16	59.56	86.84	344.13
3	Stewart Bellamy	Mercia	M40	57.14	80.42	120.04	88.29	41.57	83.83		0.00		0.00	60.05	86.56	339.08
4	Simon Roberts	Buckley	M40	62.54	68.58	119.47	88.55	40.21	88.26		0.00	45.47	83.69		0.00	329.07
5	Matthew Lawson	Chepstow	M40	58.10	78.46	129.06	79.88	46.04	72.43	224.24	73.63		0.00		0.00	304.40
6	Paul Jones	Mercia	M40		0.00	112.46	95.08		0.00		0.00	40.10	97.96	51.32	102.70	295.74
7	Simon Edwards	Buckley	M40		0.00	118.25	89.82	40.56	86.64		0.00		0.00	57.17	91.84	268.31
8	David York	Tattenhall	M40	66.27	61.16	145.14	64.87	48.5	64.77	262.36	52.11	51.58	67.98	75.24	57.64	258.77
9	Andy Davies	Mercia	M40		0.00	121.45	86.72	41.48	84.24		0.00		0.00	61.45	83.41	254.37
10	Kevin Hagley	SWRR	M40	57.07	80.66		0.00	43.57	78.29		0.00	48.03	77.93	61.02	84.76	243.71
11	Jeremy Randell	Clwydian	M40		0.00	137.53	71.71		0.00		0.00	51.01	70.40	65.41	75.98	218.09
12	Richard Borne	Mysteruns	M40	66.02	62.03	165.4	45.86		0.00		0.00	60.50	45.46	73.15	61.70	215.04
13	Richard Davies	U/A	M40	68.06	57.71	160.44	50.45	54.49	48.20		0.00	60.16	46.90	76.43	55.15	211.50
14	Mark Palmer	Mynydd Du	M40	48.25	98.84		0.00		0.00	176.45	100.46		0.00		0.00	199.30
15	Martin Cliffe	Eryri	M40		0.00		0.00		0.00		0.00	40.26	97.28	54.26	97.22	194.51
16	Peter Sowerby	Brecon	M40	60.39	73.28		0.00	47.22	68.83	276.00	44.57		0.00		0.00	186.67
17	Chris Harry	Llswerry	M40	52.00	91.35		0.00	39.56	89.41		0.00		0.00		0.00	180.76
18	Craig Jones	Eryri	M40		0.00	127.13	81.63		0.00		0.00		0.00	60.15	86.24	167.88
1	Paul Jeggo	Springfield	M50	57.51	79.13		0.00	42.42	81.75	215.52	78.43	45.07	85.38	58.57	88.70	334.26
2	Glen Davies	Mercia	M50		0.00	123.42	84.91	44.18	77.32	214.46	79.05	49.16	74.84	64.28	78.28	319.56
3	Glyn Fletcher	Maldwyn	M50	58.18	78.19	129.52	79.17	46.23	71.55	237.00	66.53		0.00	63.24	80.29	309.20
4	Edward Davies	Mercia	M50		0.00	123.44	84.87		0.00		0.00	45.00	85.68	59.23	87.88	258.43
5	Michael Belshaw	Eryri	M50		0.00	123.22	85.22		0.00	214.39	79.12	47.32	79.24		0.00	243.58
6	Ross Powell	Mercia	M50	65.15	63.66	161.38	49.61	51.04	58.58		0.00	59.13	49.56	72.21	63.40	235.25
7	Vic Belshaw	Denbigh	M50	58.27	77.87	130.21	78.72	45.46	73.26		0.00		0.00		0.00	229.85
8	Colin Lancaster	Mercia	M50		0.00	136.09	73.32	46.42	70.67		0.00		0.00	61.34	83.76	227.75
9	Kean Rowlands	Clwydian	M50		0.00		0.00	45.09	74.97		0.00	52.09	67.52	66.59	73.53	216.01
10	Andrew Brooks	Mercia	M50		0.00	152.55	57.72	48.41	65.18		0.00		0.00	68.51	70.00	192.91
1	Martin Cortvriend	Denbigh	M60	63.40	66.97	148.18	62.02		0.00		0.00	53.23	64.38	67.38	72.30	265.67
2	John Morris	Buckley	M60	74.50	43.64	147.08	63.10	49.28	63.01		0.00	54.56	60.45	72.17	63.52	250.08
3	Gary Gunner	Croft Ambrey	M60		0.00	161.44	49.52	49.56	61.72	261.49	52.56	56.18	56.97	72.10	63.74	234.99
4	David Owen	Prestatyn	M60	89.32	12.93	162.14	49.05	54.50	48.15	296.00	33.31	61.02	44.95	81.22	46.37	188.52
5	Emyr Davies	Eryri	M60		0.00	150.44	59.75		0.00		0.00	58.20	51.81		0.00	111.56
6	Steve Herington	Hereford	M60	74.48	43.71		0.00	50.11	61.03		0.00		0.00		0.00	104.74
7	Tom Davies	Croft Ambrey	M60	75.04	43.15		0.00	59.57	33.98		0.00		0.00		0.00	77.13
8	Ken Wright	FRA	M60		0.00	169.10	42.60		0.00	301.00	30.49		0.00		0.00	73.09
1	John Marsh	Tarren Hendre	M70		0.00	147.21	62.90		0.00		0.00		0.00		0.00	62.90
2	Philip Jones	Prestatyn	M70		0.00		0.00		0.00		0.00		0.00	85.53	37.84	37.84
3	Robert West	MDC	M70		0.00		0.00	61.05	30.84		0.00		0.00		0.00	30.84



# Dragons Back Race - 2012

*continued from page 2*

have to come out to help with the long slow descent off Elidir and I reach Nant Peris knowing that I have another long climb up Crib Goch ahead. Checking the map as I leave the road at Ynys Ettws I note that the checkpoint is close to the north end of Crib Goch so I opt to climb up the 'north ridge' which is a route I have never been up before and proves to be interesting in places as I clench my map in my mouth using both hands to hold on. I posed for a quick photo on top and then continued on along the ridge taking it very steady with tired and aching legs and not wanting any mishaps here! I reached Snowdon as the cloud envelops the top and the light fading, but it's all downhill from here to Nant Gwynant where I arrive without use of head torch, but it's a close call. Total time 13hrs 38mins, very tired, legs hurting and not sure I can even start next day. A meal, 6hrs sleep and I'll think about it!

## **Day 2: 58k and only 3719m. ascent**

Easy then?! Maybe so on fresh legs but mine were certainly not feeling good as we set off along the Nantmor road in early morning mist and drizzle. The first check point was on top of Cnicht and running along with Simon Ellis we opted for a safer but slightly longer route around to the main path rather than the direct route. The top was in thick mist and Simon suggested that we follow the Paddy Buckley route across to the Moelwyns and in

doing so dropped off the top fairly quickly, much to the surprise of a large Spanish contingent who were left wondering where on earth we were going! I managed to keep fairly close to Simon until climbing up Moelwyn Mawr and then decided his legs were obviously feeling much better than mine and so told him not to hold back for me. It was the right decision as I was forced to slowly descend off the top using my poles for support as my quads started to hurt again. I was quickly caught by another group which included Wendy Dodds and was just about able to keep up with them. A 'team' decision was made to follow a longer but flatter route into the Rhinogs via Trawsfynydd including a long road section which I was at least able to jog along slowly. At the top of a col above Cwm Bychan, the next supply point, I must have caught my foot on the stile as I managed to break a toe nail which was rather painful and had to be submerged in cold water for a while to ease the pain. What a state I was descending to the checkpoint, it was a very slow jog/walk down again with the help of my poles – good job I had them with me. I must admit that by this time I was feeling that it was pointless going on as I was going to get back so late that I might be timed out. However, I didn't want to retire and preferred the option whereby someone else said I had to stop. The doctor at the resupply point didn't oblige as I was still a good hour within the cut-off time but he still wasn't that keen on me heading off on the next section by myself as there was no easy way off if I got into trouble. I therefore decided that I had to try and keep up with Wendy Dodds' group and set off on the long climb up the Roman steps and then up Rhinog Fawr. I might not have been climbing very fast but could at least keep up and as the first descent down a steep gully was very slow for everyone it meant I was still with them, or at least within sight of them, as we headed towards the last two summits of Llethr and Diffwys. However, I was again left by myself as the group shot off on the final long descent off Diffwys heading into the forest and eventually to the main road. Unfortunately it was dark as I got towards the road and I struggled to find the correct route which ran parallel to the road in the woods; it's all rather different in the dark! I therefore dropped to the road and slowly jogged along feeling very tired and rather despondent as there was no way I could possibly start the next day feeling as I did at that time. Over the final mile or so I decided to warn Judith that she might

have to pick me up the next day but as she was out I left a message; how it all might have been different if she had been in! I also read a few text messages from friends and family encouraging me to carry on which kept me moving along. However, arriving at the Llanelltyd campsite in the dark after being out for nearly 15hrs and being too late to take advantage of the hot showers I really didn't think I was going to start the next day. I just about had time to get changed and have a meal before collapsing into my sleeping bag. Still, wasn't as bad as some – Matt Fortes had taken a nasty fall and the gash in his leg required a few stitches thus making him very doubtful for starting next day.

## **Day 3: 67k and 3772m.**

Managed a few hours sleep but up at 5am so I could have a hot shower (only one of the week) in the hope I might feel more like running. My legs actually felt slightly better so after breakfast I teamed up with Simon Ellis again and we set off out of Dolgellau on the long ascent up Cadair Idris. I seemed to be able to climb ok and we even managed to keep ahead of a faster group which included Helene Whitaker, mainly by better route choice. I couldn't quite maintain Simon's pace to the top and slowly dropped behind but the good news was that my legs had recovered enough for me to be able to run downhill again and I was feeling much better. The weather at this time was clear and bright with great views towards the coast and for the first time I actually felt like I was enjoying the run! There followed a good ridge run and a descent to the road at Dolgoch and then another long, hot climb up Tarenhendre and on along this ridge, initially following the race route but then continuing to Tarren y Gesail where I met Matt Ward out watching the race and taking photos. Soon after this I got confused by all the forest road junctions on the descent to Machynlleth and promptly added another mile or so to my total for the day! Arriving in the town I couldn't resist popping into a café for a cold drink even though the resupply point was only another half mile away. Refuelled and cooled down I headed off with Joe Faulkner and Chi Trinh on the long approach and climb up Plynlimon and finally over to the far side of the hill to the overnight camp where the Spanish team had got together to cheer everyone in – the bonus was I finished in daylight for once, only 12hrs and 30mins! The 'campsite' was a huge barn with the tents put up inside which added to a more convivial atmosphere. I had more time to eat, recover and also get my broken toe-nail dressed properly so by the time I hit my sleeping bag I was feeling much more confident, 3 down only 2 to go – I had to start next day now!

## **Day 4: 74k and 2800m.**

Set off at 7am with Simon again crossing the Wye and into the forest beyond. We then made a poor route choice and ended up losing 20-30mins in very poor, boggy terrain whilst those 'in the know' (having been out receiving this part of route) stuck to the forest roads. We were soon caught by

a faster group with Helene and Sam Smith but by better route choice and steady running we managed to stay with them for most of the morning and arrived at the resupply point in the Elan Valley just behind them. There followed a long road section around Caban-coch Reservoir and a long climb over to Abergwesyn. We then had another long, boggy climb eventually coming out on the road above Llyn Brianne. At this point I let Simon loose as his legs were working much faster than mine and we had a 6mile road section into the campsite. Arrived at the camp in the sunshine and was able to have a wash in the river and have some tea and cake before the evening meal – all seemed much more civilised! Time out that day was 10hrs and 37mins.

## **Final Day: 56k and 2400m.**

Was supposed to be 67k but Shane decided to make it a bit easier; I wasn't complaining! Set off by myself at 7am and in fact spent most of the day running alone, either being passed by faster people or catching slower people, not very often though! This was the last day and there was now no way I was not going to finish this so I

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## **Arenig Fawr**

### **Sunday 7th October**

The 8th anniversary of this race was blessed with fine weather and a good turnout of 71 runners, who enjoyed the fine views and the refreshments and food at the finish. The venue is quite Spartan with no facilities but, judging from many participants' comments, this adds to the character of the event: a race in wild Welsh countryside.

The race was won by Richard Roberts in a time of 58:10, which is slower than his previous best due to heavy conditions underfoot and the fact that the challengers couldn't put sufficient pressure on him to stimulate a faster pace. Second at the summit was the 3rd finisher Dave Parker of Meirionnydd and third was local runner Ifan Richards, who had a bad second half and finished in 42nd place. Runner up was Hugh O'Donnell of Ambleside.

In the women's race, British and English champion Lauren Jeska, making her first appearance in this race, won comfortably from previous winner Andrea Rowlands. Third woman was Jayne Joy of Helsby.

Team Dolly were as always out in force, providing radio communications at various points on the course with Alastair Tye stationed at the summit with his camera

My sincere thanks to all who help make the race a success and especially to the participants. *Yiannis Tridimas*

## **LLYN Y FAN 17th September**

Déjà vu at the front of this year's Llyn y Fan as the 2011 winners, brothers Felipe and Andres Jones from Aberystwyth, again took the first two places. The weather was mild and dry underfoot with some mist on the tops, and there was no obvious explanation for the low turnout of 21, with just three women.

Sarn Helen's Daniel Hooper took third followed by first M40 Richard Johnson of Mynydd Du.

Sasha Habgood just headed Sharon Woods in the women's race, but with no sign of the remaining lady after all the others had finished, Race Organiser John Sweeting sent out a search party who finally rounded up the lost sheep making her way to the finish from an unexpected direction. Grateful thanks to all who kindly went back out on the mountain. *Dick Finch*

## **2013 Membership Subscriptions**

The membership year runs from  
1st January to 31st December.  
Subscriptions are now due

Subscriptions are to remain unchanged at £10. If you received a hard copy of this Newsletter then you should have also received a membership renewal form. If you received your Newsletter by email then membership renewal forms are available on the WFRA website – [www.wfra.org.uk](http://www.wfra.org.uk). Click on 'Join' and print off the 2013 form.

## **Junior Races**

There will be no  
Snowdonia Junior Series  
or  
Clwydian Junior Series  
in 2013.

## WFRA North Wales Series - 2012 Final Table

Pos	Name	Club	Moel y Ci		Llantysilio		Moelwyns		Cader Idris		Berwyns		Y Garn		Moel Wnion		Arenig Fawr		Rhebell Fawr		Total Points
			Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	
<b>FEMALE UNDER 40</b>																					
1	Lauren Jeska	Aberystwyth		0.00	53.35	91.09	88.31	94.96	101.14	87.88		0.00		0.00	43.4	89.07	68.44	87.73	61.14	84.39	535.13
2	Andrea Rowlands	Eryri	44.46	77.59		0.00	102.44	78.10		0.00	132.16	76.93		0.00		0.00	73.07	80.57	65.17	76.74	389.93
3	Jenny Williamson	Eryri	59.05	38.44	74.19	48.95	123.00	54.05		0.00		0.00		0.00	55.33	58.88	82.04	65.96	73.31	61.19	327.46
4	Mel Price	Mercia		0.00	56.47	84.59		0.00	110.54	77.18		0.00		0.00	45.54	83.39		0.00		0.00	245.16
5	Louise Barker	Aberystwyth		0.00		0.00	115.08	63.38	123.18	63.45		0.00		0.00		0.00		0.00	66.36		201.08
6	Sarah Jodgway	Mercia		0.00		0.00		0.00		0.00	123.44	84.87	35.13	86.36		0.00		0.00		0.00	171.24
7	Jayne Joy	Helsby		0.00		0.00		0.00	120.21	66.71		0.00		0.00		0.00	80.17	68.87		0.00	135.58
8	Clare Dallimore	Eryri		0.00		0.00		0.00	128.04	58.17		0.00	39.45	71.73		0.00		0.00		0.00	129.90
9	Helen John	Eryri		0.00		0.00	112.47	66.17	126.37	59.77		0.00		0.00		0.00		0.00		0.00	125.94
10	Amy Jones	u/a	50.46	61.18	67.41	62.43		0.00		0.00		0.00		0.00	0.00		0.00		0.00	0.00	123.61
11	Wendy Trimbel	Eryri	49.28	64.73		0.00		0.00		0.00	156.25	54.46		0.00		0.00		0.00		0.00	119.20
<b>FEMALE OVER 40</b>																					
1	Ali Thomas	Eryri	51.23	59.49		0.00	112.40	66.31		0.00	145.37	64.51		0.00	54.27	61.67	81.50	66.34	71.20	65.32	383.64
2	Joanne Moore	Eryri	50.38	61.54		0.00	118.00	59.98	128.38	57.54		0.00	42.34	62.64	54.34	61.38		0.00	72.49	62.51	365.60
3	Louise Emery	Eryri	53.18	54.25		0.00		0.00		0.00	149.48	60.82		0.00	52.53	65.65		0.00		0.00	180.53
4	Sandra Rowlands	Clwydian	50.49	61.04		0.00		0.00		0.00		0.00		0.00	55.59	57.78	84.45	61.57		0.00	180.39
5	Anna Bartlett	Mercia	42.39	83.37		0.00		0.00	107.07	81.37		0.00		0.00		0.00		0.00		0.00	164.74
6	Emily Wood	Eryri	58.09	40.99		0.00	134.55	39.91		0.00	171.00	40.90		0.00	67.56	27.42		0.00		0.00	149.21
7	Celia Mills	Mercia		0.00	74.11	49.22		0.00		0.00	161.17	49.94		0.00	60.19	46.77		0.00		0.00	145.93
<b>FEMALE OVER 50</b>																					
1	Ellie Salisbury	Eryri	52.29	56.49	71.19	55.05	120.47	56.68	157.20	25.75	169.18	42.48	43.07	60.87	62.29	41.27		0.00	74.26	59.46	331.02
2	Nicola Davies	Borrowdale		0.00		0.00	111.25	67.79	122.39	64.16		0.00		0.00	0.00	0.00		0.00	0.00	0.00	131.96
3	Juliet Edwards	Merionnydd		0.00		0.00		0.00		0.00	159.30	51.60		0.00	0.00	0.00		0.00	75.31	57.42	109.01
4	Jackie Keasley	Helsby		0.00		0.00		0.00	150.37	33.19		0.00		0.00	0.00	0.00	103.51	30.38		0.00	63.57
5	Sarah Haines	Ilkley		0.00		0.00		0.00	135.41	49.73		0.00		0.00	0.00	0.00		0.00		0.00	49.73
6	Susan Fiddings	Clwydian		0.00		0.00		0.00		0.00	198.41	15.14		0.00	0.00	0.00		0.00	89.45	30.54	45.68
7	Debbie Hill	Congleton		0.00		0.00		0.00	140.39	44.23		0.00		0.00	0.00	0.00		0.00		0.00	44.23
8	Lon Morgan	Emlyn		0.00		0.00		0.00	144.55	39.50		0.00		0.00	0.00	0.00		0.00		0.00	39.50
<b>FEMALE OVER 60</b>																					
1	Margaret Oliver	Eryri	68.56	11.50	85.35	26.05	150.46	21.10		0.00	173.35	38.49	48.20	44.04	66.55	30.00		0.00	92.11	25.95	185.63
<b>MALE UNDER 40</b>																					
1	Ifan Richards	Meirionnydd	36.59	98.87	49.11	100.03	81.37	103.15	92.27	97.61		0.00	29.41	104.22	39.00	100.92	82.50	64.70		0.00	604.81
2	David Parker	Meirionnydd	40.22	89.62	54.38	88.96		0.00	99.21	89.97	111.28	96.29	30.59	100.02	40.21	97.49	60.41	100.88	53.56	98.17	582.82
3	Glyn Griffin	Meirionnydd	41.00	87.89	52.33	93.19	87.28	96.21	104.42	84.04		0.00	32.10	96.20	41.13	95.29		0.00		0.00	552.83
4	K Steinegger U/23	Ambleside	42.34	83.60	54.17	89.67	92.00	90.83		0.00	121.42	86.77		0.00	46.33	81.74	69.30	86.48	61.07	84.61	521.95
5	Huw Davies u/23	Mercia	47.58	68.84		0.00	103.06	77.66		0.00	129.50	79.20	36.25	82.49	48.53	75.82	68.10	88.66	57.47	90.90	494.72
6	Jezy Brown	Buckley		0.00		0.00		0.00	100.26	88.77	113.20	94.55		0.00	43.25	89.70	61.44	99.17	53.45	98.51	470.71
7	Richard Roberts	Eryri	35.10	103.84		0.00		0.00		0.00	102.18	104.82		0.00	0.00	0.00	58.10	104.99		0.00	313.65
8	Tim Davies	Mercia		0.00		0.00		0.00		0.00	99.25	107.50		0.00	38.27	102.32		0.00	51.27	102.86	312.68
9	Felipe Jones	Aberystwyth		0.00	48.28	101.49		0.00	89.05	101.34		0.00		0.00	38.51	101.30		0.00		0.00	304.13
10	Matthew Roberts	Eryri	35.45	102.24		0.00	95.37	86.54	88.43	101.75		0.00		0.00	0.00	0.00		0.00		0.00	290.53
11	Alan Jones	Meirionnydd	49.32	64.55		0.00	112.59	65.93		0.00		0.00		0.00	50.27	71.84		0.00	64.40	77.90	280.22
12	Richard Johnson	Mynydd Du		0.00		0.00		0.00	108.07	80.26	119.53	88.46		0.00	44.16	87.54		0.00		0.00	256.26
13	Ali Chant	Eryri	45.05	76.72		0.00		0.00		0.00	123.36	85.00		0.00	49.33	74.12		0.00		0.00	235.84
14	Jason Phillips	U/A		0.00		0.00		0.00	126.15	60.18	133.55	75.40		0.00	46.50	81.02		0.00		0.00	216.60
15	Andres Jones	Aberystwyth		0.00	48.28	101.49		0.00	89.02	101.40		0.00		0.00	0.00	0.00		0.00		0.00	202.89
16	Matthew Fortes	Eryri	38.43	94.13		0.00	88.39	94.81		0.00		0.00		0.00	0.00	0.00		0.00		0.00	188.94
17	Iwan Morton	u/a	40.08	90.26		0.00		0.00		0.00		0.00	31.35	98.09	0.00	0.00		0.00		0.00	188.34
18	Chris Near	Eryri		0.00		0.00	87.54	95.70		0.00	115.23	92.64		0.00	0.00	0.00		0.00		0.00	188.34
<b>MALE OVER 40</b>																					
1	Paul Jones	Mercia	37.37	97.14	50.54	96.54	83.39	100.74	101.54	87.15	112.46	95.08		0.00	40.10	97.96		0.00	51.32	102.70	590.16
2	Martin Cliffe	Eryri	38.46	93.99	51.49	94.68	87.00	96.76	98.37	90.78		0.00	36.22	82.65	40.26	97.28	64.58	93.89	54.26	97.22	573.83
3	Simon Edwards	Buckley		0.00	55.41	86.82		0.00	101.00	88.14	118.25	89.82	33.45	91.09		0.00	65.45	92.61	57.17	91.84	540.33
4	Jeremy Randall	Clwydian	47.06	71.21	62.33	72.87	108.58	70.70	124.28	62.15	137.53	71.71		0.00	51.01	70.40		0.00	65.41	75.98	432.86
5	David Marham	Leighton	47.20	70.57	63.57	70.02	111.49	67.32	119.42	67.43	139.46	69.96	39.28	72.65		0.00	78.38	71.56	68.26	70.79	425.55
6	Paul Beeson	Maldwyn		0.00	56.18	85.57		0.00	116.28	71.01	123.01	85.54		0.00	66.24	91.54	57.59	90.52	90.52		424.19
7	Steven Marham	Leighton	50.00	63.28	66.53	64.06	118.34	59.31	131.16	54.62	143.49	66.19	40.44	68.56		0.00	80.00	69.33	69.09	69.44	400.85
8	Graham Davies	Mysteruns	49.33	64.51	65.30	66.87	117.55	60.08	131.55	53.90		0.00		0.00	52.57	65.48	80.49	68.00	71.54	64.25	389.18
9	Richard Borne	Mysteruns	50.05	63.05	65.58	65.92	111.36	67.57	141.54	42.85	165.40	45.86	42.27	63.02	60.50	45.46	81.08	67.48	73.15	61.70	388.74
10	Arlon Hughes	Merionnydd	50.06	63.00	66.14	65.38	114.14	64.45	124.47	61.80		0.00		0.00	56.07	57.44		0.00	66.50	73.81	385.88
11	Michael Kelly	Leighton	49.07	65.69	63.04	71.82		0.00	136.34	48.75	173.14	38.82	38.48	74.80							

# WFRA South Wales Series - 2012 Final Table

Posn	Name	Club	Sugar Loaf		Troed		Sirhowy		Guto Nyth		Pen y Fan		Waun Fach		Beacons		Ras Beca		Bk Mountains		Total
			Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Time	Score	Points
<b>FEMALE UNDER 40</b>																					
1	Emma Bayliss	Mynydd Du		0		0.00	81.47	77.33	52.39	81.69	0	0.00	0	0.00	216.12	78.25		0.00	199.36	87.97	325.23
2	Clara Evans (U/23)	Hereford	66.10	78.23	69.25	54.96		0.00	0	0.00	53.27	51.98	0	0.00		0.00		0.00	0.00	0.00	185.17
3	Naomi Law	Mynydd Du	74.28	62.95	67.52	58.20		0.00	0	0.00	0	0.00	75.49	61.35		0.00		0.00	0.00	0.00	182.50
4	Samantha Toop	Mynydd Du		0		0.00		0.00	58.38	68.24	53.17	52.44	0	0.00	251.46	58.22		0.00	0.00	0.00	178.90
5	Andrea Rowlands	Eryri									43.38	79.17	0	0.00		0.00		0.00	182.18	97.68	176.84
6	Rebecca Reynolds	Mynydd Du		0		0.00	101.38	47.56	67.08	49.14	63.54	23.04	84.46	44.99		0.00		0.00	0.00	0.00	164.72
7	Helen Bennet	MDC	68.45	73.47		0.00		0.00	0	0.00	0	0.00	0	0.00		0.00		0.00	0.00	0.00	205.05
8	Naomi Prosser u/23	Cardiff Uni	77.58	56.51		0.00		0.00	0	0.00	55.22	46.67	85.56	42.85		0.00		0.00	0.00	0.00	146.04
<b>FEMALE OVER 40</b>																					
1	Niki Morgan	Chepstow	65.50	78.84	65.09	63.87	75.46	86.36	53.45	79.21	48.06	66.80	67.32	76.50		0.00	47.58	75.98		0.00	463.69
2	Vanessa Lawson	Chepstow		0	65.32	63.07	79.09	81.28	0	0.00	0	0.00	71.12	69.80		0.00		0.00	0.00	0.00	214.15
3	Angela Price	Hay Hotfoot	76.21	59.49	72.51	47.79		0.00	0	0.00	0	0.00	82.42	48.77		0.00		0.00	0.00	0.00	156.04
4	Lou Summers	Chepstow	69.20	72.40		0.00	84.24	73.41	0	0.00	0	0.00	0	0.00		0.00		0.00	0.00	0.00	145.81
5	Sandra Rowlands	Clwydian									50.01	61.49	0	0.00		0.00		0.00	223.11	74.73	136.22
6	Celia Mills	Mercia		0	68.32	56.80		0.00	0	0.00	0	0.00	0	0.00		0.00		0.00	233.21	69.02	125.83
7	Jan Edwards	Pontypridd		0		0.00	91.27	62.83	66.02	51.61	0	0.00	0	0.00		0.00		0.00	0.00	0.00	114.44
8	Julie Roche	Fairwater		0		0.00	96.19	55.53	66.39	50.22	0	0.00	0	0.00		0.00		0.00	0.00	0.00	105.76
<b>FEMALE OVER 50</b>																					
1	Caroline Dallimore	MDC	78.26	55.65		0.00	90.46	63.86	0	0.00	0	0.00	82.12	49.68		0.00	55.08	57.45	259.42	54.23	280.87
2	Sharon Woods	Mynydd Du	70.58	69.39	68.11	57.54		0.00	61.31	61.76	0	0.00	0	0.00		0.00		0.00	228.07	71.96	260.65
3	Ellie Salisbury	Eryri		0	69.13	55.38		0.00	59.05	67.23	54.07	50.13	68.37	74.52		0.00		0.00	0.00	0.00	247.26
4	Gill Stott	MDC	81.48	49.46		0.00		0.00	67.37	48.05	61.20	30.15	0	0.00		0.00		0.00	0.00	0.00	127.66
5	Joc Dodd	Chepstow	75.03	61.87	73.07	47.23		0.00	0	0.00	0	0.00	0	0.00		0.00		0.00	0.00	0.00	109.11
<b>MALE UNDER 40</b>																					
1	Peter Ryder	Brycheiniog		0	48.31	98.63		0.00	43.33	102.13	38.08	94.40	55.10	99.12	186.40	94.88	39.10	98.73		0.00	587.89
2	Matt Stott	Chepstow	56.25	96.17	50.28	94.55	67.42	98.46	0	0.00	37.39	95.74	56.37	96.46	194.15	90.61		0.00		0.00	571.99
3	Ben Moon	MDC		0	55.30	84.04	67.53	98.18	45.49	97.04	40.18	88.40	59.41	90.86	214.26	79.24		0.00	181.11	98.30	556.81
4	Richard Johnson	Mynydd Du		0	55.16	84.52	68.39	97.03	0	0.00	39.45	89.92	0	0.00	216.08	78.28	42.56	88.99	184.28	96.46	535.21
5	Stephen Old	Unattached	56.33	95.93	59.21	75.99	67.47	98.33	47.42	92.81	42.27	82.44	0	0.00	214.27	79.23		0.00	222.39	75.03	524.73
6	Nick Radnedge	Unattached	59.23	90.71	55.37	83.79	72.36	91.11	49.21	89.10	42.38	81.93	0	0.00	214.50	79.01		0.00	0.00	0.00	515.66
7	Luke James	Manross	60.26	88.77	59.05	76.55		0.00	51.07	85.13	49.43	62.32	66.09	79.03	222.44	74.57		0.00	0.00	0.00	466.38
8	James Blore (u/23)	Chepstow		0	68.21	57.19		0.00	50.23	86.78	0	0.00	62.43	85.31		0.00		0.00	186.45	95.18	324.45
9	Tim Davies	Mercia		0	46.33	102.74		0.00	0	0.00	34.11	105.34	51.52	105.15		0.00		0.00	0.00	0.00	313.22
10	Hugh Aggleton	S Wales		0	47.19	101.14		0.00	0	0.00	0	0.00	52.11	104.57	170.51	103.78		0.00	0.00	0.00	309.49
11	Sean Taylor	Mynydd Du		0		0.00	64.30	103.25	43.29	102.28	38.55	92.23	0	0.00		0.00		0.00	0.00	0.00	297.77
12	Jon Barnes	Mynydd Du		0	53.27	88.32		0.00	0	0.00	38.55	92.23	0	0.00	184.17	96.22		0.00	0.00	0.00	276.77
13	Daniel Hooper	Sam Helen									38.50	92.46	0	0.00	215.07	78.86		0.00	182.17	97.69	269.00
14	Felipe Jones	Aberystwyth									34.20	104.92	0	0.00		0.00	36.53	104.64		0.00	209.56
15	Paul Murrin	Chepstow		0	48.30	98.66		0.00	0	0.00	0	0.00	0	0.00		0.00		0.00	165.27	107.13	205.80
<b>MALE OVER 40</b>																					
1	David Wilcox	FRA		0		0.00	72.22	91.46	0	0.00	41.08	86.09	60.00	90.28	218.34	76.91	43.06	88.56	190.50	92.89	526.18
2	Matthew Lawson	Chepstow	61.03	87.64	58.10	78.46	73.39	89.53	0	0.00	46.04	72.43	66.53	77.69	224.24	73.63	45.51	81.45	184.53	96.23	511.01
3	Chris Harry	Llswerry	54.32	99.64	52.00	91.35		0.00	45.41	97.34	39.56	89.41	57.35	94.70		0.00		0.00	0.00	0.00	472.44
4	Steve Harry	Llswerry	63.00	84.06	62.12	70.04	78.44	81.91	52.59	80.94	47.29	68.50	67.04	77.35		0.00		0.00	0.00	0.00	462.79
5	Mark Palmer	Mynydd Du	53.21	101.82	48.25	98.84	65.29	101.78		0.00	0	0.00	0	0.00	176.45	100.46		0.00	0.00	0.00	402.89
6	Dominic Shields	San Domenico	69.45	71.63		0.00		0.00	56.07	73.90	51.07	58.44	74.51	63.12		0.00	49.24	72.27		0.00	339.37
7	Kevin Hagley	SWRR	60.38	88.41	57.07	80.66		0.00	0	0.00	43.57	78.29	64.17	82.44		0.00		0.00	0.00	0.00	329.80
8	Neil Lewis	Hereford		0	60.13	74.18		0.00	51.12	84.94	45.52	72.98	64.44	81.62		0.00		0.00	0.00	0.00	313.73
9	Andrew Johnson	Mynydd Du	76.20	59.52		0.00	89.03	66.43	60.06	84.94	55.20	46.76	88.12	38.71		0.00		0.00	0.00	0.00	276.37
10	Paul Symmons	Unattached	77.04	58.17		0.00	92.33	61.18	61.09	62.58	57.09	41.73	80.58	51.94		0.00		0.00	0.00	0.00	275.60
11	Johnny Lam	San Domenico		0		0.00	78.07	82.83	0	0.00	47.15	69.15	70.49	70.50		0.00		0.00	0.00	0.00	222.48
12	Andy Blackmore	MDC		0		0.00		0.00	54.27	77.64	48.00	67.07	67.22	76.81		0.00		0.00	0.00	0.00	221.52
13	Andrew Dickens	Pontypool	70.17	70.65	68.14	57.43	84.15	73.63	0	0.00	0	0.00	0	0.00		0.00		0.00	0.00	0.00	201.71
14	Peter Sowerby	Brecon		0	60.39	73.28		0.00	0	0.00	47.22	68.83	0	0.00	276.00	44.57		0.00	0.00	0.00	186.67
15	Gavin Fisher	WFRA		0		0.00		0.00	46.30	95.51	0	0.00	60.39	89.09		0.00		0.00	0.00	0.00	184.59
16	Stephen Caldwell	Chepstow	57.50	93.56		0.00		0.00	0	0.00	0	0.00	60.10	89.97		0.00		0.00	0.00	0.00	183.54
17	Patrick Woodisse	MDC											61.58	86.68		0.00		0.00	193.10	91.58	178.26
18	David York	Tattenhall		0	66.27	61.16		0.00	0	0.00	48.50	64.77	0	0.00	262.36	52.11		0.00	0.00	0.00	178.04
<b>MALE OVER 50</b>																					
1	Pete Williams	MDC		0	62.15	69.93	79.55	80.13	55.25	75.47	48.18	66.24	69.22	73.15	252.32	57.78		0.00	215.29	79.05	443.97
2	Simon Blease	Bryncheiniog	63.31	83.11	62.05	70.28		0.00	53.27	79.89	0	0.00	66.39	78.12		0.00		0.00	0.00	0.00	311.39
3	Nick Dallimore	MDC	65.48	78.90		0.00	78.12														



## RAS BECA

### Saturday 25th August

Earlier in the day heavy mists threatened the running of this eighth counter in the WFRA South Wales series. Toward midday as visibility improved at lower levels, organiser Glyn Vaughan was minded to shorten the course to avoid the higher points, but by the start of the junior races all had cleared nicely.

The 8km/320m route was cheerfully marshalled by quad bike riders who had also helpfully marked the course with a series of stout white wooden posts. So navigation wasn't the problem but what was difficult were the one mile out and one mile back stretches of bog that lead to and from the hills on the far horizon. "The wettest ever!" seemed to be the view of old hands of the event, and very few if any runners managed to stay on two feet in the deep sumps of the run in.

The Jones brothers of Aberystwyth, Felipe (first by one second) and Andres, finished over a minute ahead of CRB's Peter Ryder, while in the women's race TROT's Shan Roberts finished 2½ minutes ahead of Amanda Lindsay, with Chepstow's Niki Morgan a further minute back. *Dick Finch*



## Black Mountains Fell Race

Saturday 29th September 2012

64 runners set off from Llanbedr on a balmy Autumn day and enjoyed marvellous conditions for this final race of the South Wales Fell Series. Chepstow's Paul Murrin drew away steadily over the four major climbs and had a 14 minute lead at the finish by St Peter's church.

Dark Peak's Ben Gibbison just ducked under the three hour mark, followed by MDC's Ben Moon.

In fifth place overall Eryri's Andrea Rowlands was 17 minutes ahead of 2nd woman Emma Bayliss.

Sandra Rowlands and Sharon Woods took the age group categories.

New to the veteran ranks Richard Johnson was 6th overall, while the first 50+ was Dave Powell down from Aberystwyth.

As predicted the leading 60 year-old in the Championships, Steve Herington and Gary Gunner, fought out a very close race,

with Gary pipping Steve by 46 seconds, but failing to overhaul Steve's lead in the Series.

Winner Paul Murrin also lead the Team prize winners Chepstow Harriers with Matthew Lawson and James Blore. *Dick Finch*

Some of 2012 WFRA Champs /Series prize winners taken after Rhobell Fawr race.

Photo: cliclic1981@gmail.com

## Dragons Back Race - 2012

*continued from page 5*

started to feel more confident about actually completing the event, only another 30 miles to go! The first ridge along and down to Llandovery was very enjoyable but was followed by a few miles of road as we headed towards the resupply point at the Usk Reservoir. We then had a long climb across open land heading for our last major summit, Fan Brycheiniog, but from there I looked across and far in the distance I could see the last few summits and our final destination ( couldn't really see the castle, still too far away but I liked to imagine I could!). I made one or two slight navigation errors on this leg, nothing that cost me much time but just poor running line across open country, tired and not paying attention to the map I guess. From the last checkpoint I could look across and just see the castle which stands in a very imposing location high on a rock outcrop with a considerable descent and climb to get to it. However much I wanted to run up the last climb to the castle my legs wouldn't have it so I had to be content with a fast walk. Approaching the castle entrance a number of marshals and 'retired' competitors were on hand to give quite a rousing welcome and I finally managed a slow run into the castle and across the finish line. Time today was 9hrs and 55mins. The finish was a bit of an anticlimax to be honest, not sure what I expected after running for 5 days across Wales but a massed band and choir were not at hand to welcome me, just a few helpers handing out water and taking photos, just like any fell race I guess! I went slowly down to the visitor centre to download run details and have an ice-cream, it still didn't feel like I had finished. Judith arrived soon after and we chatted about the race and I introduced her to a few of the friends I had made over the last few days - the

camaraderie over these five days was significant and played a major role in keeping everyone going. The prize-giving and meal later was a good evening with Wendy Dodds, the oldest competitor, arriving at 11pm. Think I got to my sleeping bag (yes, still camping!) about 1-2am, not sure how I stayed awake that long, think the beer helped! I was the second oldest finisher and oldest male in a total time of 61hrs and 33mins, 14th overall out of the 35 people who completed the whole route.

Next day both ankles were very badly swollen and there was no way I could have started for a 6th day; think it must have been the rough and rocky terrain on the final day as a number of people had the same problem. The long coach journey home had a great ending as my family gathered in Conwy to welcome me back with balloons and champagne. It took me a while to recover from the race and I must admit to a continued lack of enthusiasm when it comes to taking part in other races; perhaps a longer rest required!

For anyone interested, it looks like the Dragon's Back will be run again in 2015 but perhaps speak to me before you decide to enter! Would I do it again I'm asked - no definitely not, well 99.9% certain but you never know.....

Thanks to everyone who supported me and kept me going and most of all to Judith who let me get on with hours of running on the hills and held the fort with shopping, cooking, gardening, cleaning etc etc - I could not have done it without her support. Her turn next time perhaps?

PS Sorry this has turned out to be a long write up but it was an epic event and deserved a decent report, hope you are still awake?! *SPJ*

Merry Christmas  
The WFRA Committee  
would like to wish all our  
members a very Merry  
Christmas and a Happy  
New Year.

Cymdeithas  
Rhedwyr  
Mynydd  
Cymru



Welsh  
Fell  
Runners  
Association

www.wfra.org.uk

### 2013 CALENDAR

If you have paid your 2013 subs and payment has appeared on WFRA December bank statement your calendar has already been posted to you.

It was agreed at the 2012 AGM that membership subs for 2013 should remain at £10.00.

If you have not yet renewed your membership remember that we have introduced a Standing Order option, contact membership secretary for S/O Mandate otherwise download the renewal form from our website and send together with the fee to: Geoff Clegg, West Point 19 Deganwy Road, Deganwy LL31 9DL.

Please include sae (Size C5 162x229mm) only basic postage 1st or 2nd class needed.

If you are not on the Internet a form will be included with this newsletter

Calendr 2013 Race  
Râs £5.00 Calendar