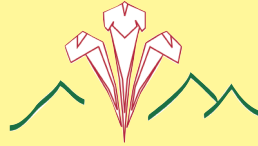


**CYMDEITHAS  
RHEDWYR  
MYNYDD  
CYMRU**



www.wfra.org.uk

**WELSH  
FELL  
RUNNERS  
ASSOCIATION**

**2014 HYDREF  
CYLCHGRAWN  
NEWSLETTER  
OCTOBER 2014**

## ***WFRA Chairman comments on the Race Acceptance Policy***

The need for the Race Acceptance Policy was created when we started receiving requests for calendar entries in the last couple of years from people who had clear commercial aims with regard to the organisation of their particular event. Some of these were blatantly being organised for large profit and they saw the WFRA calendar as a means of obtaining very cheap advertisement. This caused consternation for some in the committee, who for many years have been race organisers for the genuine love of the sport, and for no benefit for themselves.

It was also fair to say that other applicants for a calendar entry were borderline, and they were perhaps organising their particular event with the best of intentions but with the primary aim of raising money for charity, and aggressively advertising it as such. An event of this type is well known to attract a larger than normal field, plus a type of competitor who is perhaps not

prepared or sufficiently experienced for the rigours of fell-racing, and is entering as a one off fun-run challenge.

Much debate was had as to whether they should be included. The decision was to form a sub-committee of three, who agreed to vet any race which was felt to fall into the category of commercial, or organised for the primary purpose of raising money for charity.

Since that time we received other applications to for calendar entry form events which on the face of it might not appear commercial, but might have other aims and objectives than organising the race for pure and sole reason of putting on a race for the benefit of fellrunners, which is the reason for the WFRA to exist.

As a result of much deliberation it was felt a policy was needed to be published to people knew where we stood, and to that end I have tried to articulate what has been discussed by committee members and others who have made comment to me about the subject.

The Race Acceptance Policy aims to fairly state what we will and won't accept.

This subject, amongst others, will be debated at this year's AGM, to be held immediately following the Rhobell Fawr Race on 8th November. I recommend every try to be there and stay for the meeting. This is your opportunity to steer the future of fellracing in Wales.

*Craig Jones, Acting Chairman*

### **WFRA Race Acceptance Policy**

The WFRA is a not for profit organisation which exists in order to promote grass roots fellrunning In Wales.

The Organisation provides race organisers with a structure with regulations and a safety code. It arranges and provides insurance for race organisers and members.

Races are accepted on the following basis:

The organiser must be a current member of the Organisation.

- They are non-commercial.
- They are not for profit for any individual or organisation.
- They are not organised for the primary purpose of raising money for charity.
- They are not organised in order to promote any political or minority cause or demonstration.
- The organiser agrees to abide by the safety regulations of the Organisation.

#### **Additional Notes:**

- Races require financial planning and it is accepted that there will often be some degree of surplus funds remaining once expenses are defrayed. Charitable donations from this remaining balance are acceptable provided there was no prior intention to raise excessive funds which would infer that the race was organised for that purpose.
- Although the Organisation exists to serve organisers in Wales, it will accept races organised and taking place in other locations within the United Kingdom.

## **2015 RACE CALENDAR**

Do you have any photographs (copyright free) that could be used in next years calendar?

If so please email by 31st October to: g7hgc@btinternet.com

*Your contribution will be gratefully received*

## **2014 WFRA Championships and N. Wales Series Presentations**

Will take place after the  
**RHOBELL RACE**

**on Saturday, 8th November**

Followed by the WFRA

**Annual General Meeting**

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

## *Secretary's Ramblings . . .*

The penultimate race in this year's Inov-8 WFRA Open Welsh Championship, (and final race in the South Wales Series, sponsored by Paul Fosh Auctions) took place on an unseasonably warm day in the beautiful Black Mountains on Saturday 27 September.

Presentations and prizes for the category winners of the South Wales Series will be made after the Blorengre race on 29 November – please make every effort to attend.

For those of you keen to race over the winter months, the South Wales Winter Hill Series has recently been finalised (see WFRA website) with the first race being the classic Sugar Loaf race on 25 October.

We are busy contacting prospective race organisers to start developing the 2015 WFRA race calendar - this is always a time consuming and challenging task. I continue to be grateful for the hard work of my colleagues, especially John, Ross, Geoff and Linda for coordinating this activity. This neatly brings me on to a plea for your assistance.

We are always looking to include additional races to fill in the spare weekends throughout the year and, particularly in those parts of the country such as mid Wales, which have relatively few fell races. We would love to hear from WFRA members who feel able to organise some new races, or possibly even resurrect some classics -please get in touch and we will only be too glad to help.....

A number of committee members, especially those who have served on the committee since its formation, are looking to step down and I would wish to express my gratitude for their service over the years.

As a consequence, we are looking for some new blood. So if you feel strongly about supporting grass roots fell racing, share the WFRA's ethos and can spare a relatively little amount of time throughout the year, please get in touch with me or any other Committee member – details are on the website or collar us at any race.

Looking ahead, there are several challenges on the horizon for grass roots fell racing and the WFRA in particular. These include:

the perennial mismatch between our income and costs, especially the inexorable rise of the insurance premium. reducing participation this year in the Open Welsh Championship and some races in South Wales which struggle to get more than 20 runners. This is concerning in so far as race organisers may be struggling to cover their costs and may thereby be dissuaded from organising future races. Clearly there is a balance to be struck between aggressively promoting races whilst at the same time ensuring that competitors have the requisite skills and experience to stay safe in the hills

the increasing numbers of fell and trail races organised by commercial organisations and the potentially adverse consequential effects this has on landowners' attitude to granting permission for WFRA races

Whilst we are taking an increasingly firm line over refusing to insure events deemed as having 'commercial' characteristics, we do appreciate that these races are on the whole well run and can attract significant numbers of competitors who may use the events as a 'stepping stone' to participating in WFRA races.

A possibly more emotive issue is that of 'safety' which far too many people seem to equate solely with kit requirements rather than, the arguably, more important matters such as possessing appropriate navigational skills and experience of running in the hills and mountains. In my experience most fell runners fully accept and respect the WFRA's safety requirements and take whatever kit the race organisers specifies and listen to his/ her advice over what navigational skills and experience are required. Nonetheless we do recognise some anomalies in our safety requirements and are currently reviewing our safety requirements for 2015 in light of those recently published by the FRA and Scottish Hill Runners.

The important thing I'd like to emphasise is that the WFRA is your association - we on the committee are simply 'minding the shop'. Consequently we value your feedback on any of the above matters and/ or any other fell-running issue.

A good opportunity to air your views is at our AGM, (8 November after the Rhobell Fawr Race). It is rare for any non-committee member to attend our AGM's – I will let you judge why that may be, but it is a great opportunity to discuss matters with the committee in a relaxed atmosphere so please come along.

*Andrew Blackmore*

# South Wales Series Race Reports

There may have been some fun runners who paid over-much attention to weather forecasters and their symbols of donner und blitzen in the Beacons, (and we know who they are) but the hardcore (and we could see who they were) showed up on Saturday afternoon and were rewarded with excellent running conditions at Waun Fach - mild wind, a little mist on the top, no rain, uncertain sunshine – and good times across the board in this inov-8 / WFRA Open Welsh Championships counter.

Records are there to be broken: it's only last year since the course had to be shortened to start at the Cwm Treforest Riding Centre, but they took a tumble. Matt Stott won

## WAUN FACH 19 July

Chris Jones in a sizzling finish, pipping fellow MDC clubmate Matt Stott in a sprint up the final sharp climb to the finish on Castle Hill. Chris clearly thought Matt had not tried hard enough earlier to have kept these reserves untapped, but the spectators had seen Matt's somersault and recovery behind him on the last descent of the Dragon's Back.

First Lady home was Lauren Jeska from Aberystwyth, who also convincingly broke the 2013 record.

There were a few more final sprint finishes to come, but some runners, by now walkers, stopped, out of breath inches from the timing beam on the finishing line. This did not influence final standings, no more than the complaint

registered against an experienced runner who took a creative line at the first marshalling point, unheeding of vocal protest around him and in flagrant contempt of the Race Director's pre-start briefing. At the subsequent stewards' enquiry, it was accepted that the miscreant had probably lost time with this ploy, that overall placings were unaffected, and so it was decided that no disciplinary decision would be taken.

Few runners appreciate the final gasp up to the finish. It's a wonderful vantage point for spectators, however, to view the last downhill stretch and, surprisingly perhaps, to appreciate the audible sounds of laboured breathing and sometimes unsporting expletives from quite some distance away.

Prize for heaviest footfall goes to Mark Palmer, in third place.

Many thanks are extended to the Riding Centre, for their

continued hospitality. To the marshals, Alice Bedwell, Les Williams, Andy Bray and Dick Finch who struggled to his post while feeling very much under the weather; to Gareth Jones for sweeping and to Karen Elvers on registration, also many thanks.



Black Mountains race organiser John Darby pictured with Jackie Lee 2nd Lady (2.52.50)

## BLACK MOUNTAINS

27 September

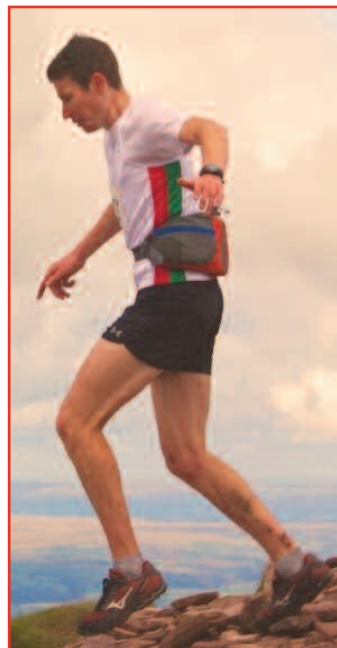
Well, what a shocking race it was – for some! Even Cliff the local farmer didn't know anything about the two-strand electric fence across all the face of the big climb to Checkpoint 2. Andrew Blackmore kindly offered to marshal the small gate so that only a few hardy runners took the risk of electric shock by taking on said fence.

Maybe Katie Beecher the first lady (and 5th place overall) took on the fence, as she shot round in 2 hours and 50 minutes, beating past multi-winner Jackie Lee by over two minutes.

First overall and prolific winner all this year was Hugh Aggleton ahead of Pete Ryder and ever-youthful Mark Palmer, first over 50.

Only three retired, but it could have been four when one brave man kept on to the finish despite a bad head wound and a bloodied vest.

Thanks to all helpers: Les



Black Mountains race winner (2:29:07) Hugh Aggleton

Williams, Chris & Jessica Taylor, Llanbedr Local Steve, John Battersby & Son, Dick Finch, John Chidlow, St Peters School, Nicki, and burger van guy for those tasty bacon butties, and anybody I've missed. *John Darby*

## LLANTHONY SHOW HILL RACE

3 August

Heavy overnight rain made going very wet in places, and may have put off a few faint-hearted runners when it was still hissing down at breakfast time.

41 started the long haul up from the showground, with a largish contingent from Cardiff's Les Croupiers who had nominated the event in their off-road championships.

It was indeed a Cardiff man who led the charge back into the arena, but Ben Moon is a Mynyddwyr de Cymru member. Second-place Richy Johnson is by contrast a member of the rival South Wales fell club, Mynydd Du. From somewhat further afield, Wesley Smith of Launceston was third.

Record-holder from 2008,

Fairwater's Angela Jones was 14th overall, and led in Les Croupiers' Caitlin Pearson and San Domenico's Marcia Gouveia.

Age group winners also included George Harris, Carl Brancher, Rona Davies, Gill Murphy and Mike Murphy.

*Dick Finch*

### CALENDAR UPDATE

#### MORTIMER FOREST RACE

has been moved from  
7th December to

**SUNDAY  
14TH DECEMBER.**

*The route has also been  
shortened to 8m/1400'*

Further details:  
coachcolin@hotmail.co.uk





# Steam Bunny Bluff

9th August

So it's done. A new AL race for Wales, conceived, nurtured and developed over 9 months of brainstorming, has been delivered, shiny, new and blinking in the sunlight, to an expectant group of 19 enthusiasts who turned out for this marathon in the Northern Black Mountains. A stern word with Mother nature ensured that Hurricane Bertha cooled her heels for 12 hours before she unleashed rains of biblical proportions the night following the race. As it was, conditions were sultry with occasional cooling downpours but perfect visibility for the stunning vistas of Mid Wales from the northern escarpments.

Some new ideas were trialled for this race. The runners wore trackers and Sportident dibbers to check through the summit checkpoints.

Marshals were stationed in valley floor 'Safety Refuges' in teams with vehicle support. Satellite phones were used to link the Safety Refuges to Race HQ. At Race HQ, the race progress was followed on a large screen showing the trackers display. Many thanks

to Scottish Hill Runners for accepting this race into their calendar.

James Blore set out at a determined pace that ensured he was never headed and he was unlucky not to break the 4 hours barrier, a failing he attributed to some faffing about finding a good route off Waun Fach. However, he was lucky to survive a stewards enquiry for self-administering an illegal stimulant after he was spotted grabbing an electric fence on the descent to Grwyne South. As Del-Boy tutted afterwards 'fell runners...they ain't very bright are they?'

Despite being more than twice James' age, Steve Long never gave up his vain chase and actually clawed back 4 minutes on the young buck ahead of him in the latter stages of the race ensuring that the honour of the Moderately Old Gits category of MV50 was upheld in second place. Not sure what they put in the water in Tring but perhaps Steve should think of bottling it and selling it to fell running hopefuls!

The next group of 3 runners

provided much entertainment to the organising team who were watching 'interesting' lines on the tracking website as all 3 of them cocked up the last descent from Hay Bluff, finally allowing the oldest of the group, David Powell, to hold off two younger, dafter runners. The tracking actually provided the organisers with an insight into a new sport as runners could be seen taking all kinds of lines during the event. The name Betfair was bandied about. Where is BOFRA when you need it??

'Retirement' has clearly suited Helen Fines who came home in 6th place, last of the sub-5 hour group, nearly an hour ahead of Susan Clapham who packed well with her two Glossopdale Harriers colleagues to shoo them in for the first team category.

'Puffing Billy' John Darby put his local knowledge and grinding ability to good use to convincingly win the Definitely Old Gits MV60 group.

On the whole, the new technology worked very well. The low numbers of competitors encouraged a cosy convivial atmosphere and allowed old school ideas like sticky labels on a board to be used alongside the new tech, which reinforced the ethos of a 'return to grass roots fellracing' for the



Mark Nelson first MV40 to finish (4:38:52)

runners. The organisers wish to thank the large party of willing and cheerful volunteers who manned safety refuges, swept the course and ran the IT. As ever, an event like this would be impossible without them. At times, it felt like a great family reunion!

*Simon Blease and Chris Gilder-sleve a.k.a The Steam Bunnies*

The next newsletter is due out in December.

This will be my last newsletter as editor. Thankyou to everyone who has supported me over the years.

Please email your stuff before the end of November

*Geoff Clegg*

## MAESGWM MUDDLE

30th August

There was a large turnout for his final counter in the British Championship. It was also a counter in the inov-8 / WFRA Open Welsh Championships and Cotswold Outdoor North Wales Series. Weather was cool, mostly dry and overcast. Moel Eilio summit was shrouded in mist.

The race was won by Rob Hope of Pudsey and Bramley in a time of 1 hour 24 minutes and 53 seconds (also 1st over 40). Morgan Donnelly of Borrowdale was 2nd in 1.25.05 and Simon Bailey of Mercia 3rd in 1.26.55. Other category

winner : Under 23 William Neill (Mercia) 1.30.29, Over 50 Stewart Whittle (Carnethy) 1.33.46, Over 60 Keith Holmes (Dark Peak) 1.54.44, Over 70 John Morris (Buckley) 2.15.10.

The ladies race was won by Victoria Wilkinson of Bingley in a time of 1.37.09. Jasmine Paris of Carnethy was 2nd in 1.40.53 and Helen Berry of Holmfirth was 3rd in 1.43.44 (also 1st over 40). Other category winners : Over 50 Gill Myers (Wharfedale) 1.59.35, Over 60 Wendy Dodds (Clayton) 2.13.25.

### CLWYDIAN RANGE RUNNERS

## DASH IN THE DARK

series of races is re emerging this winter!!

### FRIDAY EVENINGS

at Llandegla forest visitors centre  
(now One Planet Adventure)

7th November, 5th December  
and 23rd January 2015

6.5km. MARKED COURSE

Registration from 6pm Start 7pm

Entry fee £4.00 Age o/16





## ARENIG FAWR 3rd August



This was the tenth running of the Arenig Fawr race and the second year of the new and extended route. Arenig Fawr, like a number of other hills in south Snowdonia, is isolated and surrounded by wild lowlands. Race headquarters is at a disused railway siding, next to the old Arenig quarry. The lack of facilities is compensated for by a friendly and low key atmosphere with food, cakes and refreshments included in a low entry fee. Radio communications, as always, were provided by 'Team Dolly', the Welsh fell race radio cover group.

The weather was mild and clear with a strong wind blowing on the tops. Participation was about average with 53

runners registered. Lloyd Taggart was the race winner and Richard Roberts the runner up, both inside the record which was set last year for the new course. Jackie Lee won the women's race and runner up was Andrea Rowlands, both beating the previous record.

The extended course has been received very favourably by the participants, many of whom were surprised by the amount of climb involved and the complexity of the route. In conditions of poor visibility, the need for careful navigation makes this a race suitable only for experienced runners.

Next year the race will be run on Sunday August 2nd.

*Yiannis Tridimas*

## GLADSTONE 9 28th September

Perfect weather conditions and good visibility prevailed for this year's Gladstone 9 race, which had 45 finishers (and Gary P-J's dog), all of whom seemed to have enjoyed the route, the views and the post-race homemade flapjacks.

This year, there were only three Eryri finishers in the top ten. New Daddy Martin Cliffe was the first home in 1.15.40 (also 1st M40), new-on-the-scene youngster Sion Harlow was 5th overall (and 1st U23) in 1.21.06, and supermum Andrea Rowlands 10th overall and 1st lady (and 1st F40), breaking her own 2009 record by 35secs to finish in 1.24.10. Fred Maier (U/A) was second in 1.19.42 with Chris Donnelly and Stephen McCarron, both from Sale Harriers finishing 3rd and 4th in 1.20.08 and 1.20.47 resp. Paul Rowley, also from Sale, was 6th overall in 1.21.40. Eryri's Stuart McDonald finished in 11th place, winning the 1st local runner's prize, in 1.24.25. Next came the fiercely contended battle for the M50 prizes, with cat and mouse games being played all the way across the bog from Tal y Fan to Moel Lus. It culminated in an Eryri 1, 2 and 3, with Steve P Jones finishing in 1.26.08, despite still suffering from his fall on the Pedol Peris, Tim Watson, fit from his recent trip to the Himalayas, in 1.26.43, and Russel Owen, who'd driven all the way from sunny Darwin, in 1.27.13. Cybi's Irfon Rowlands tucked in behind SPJ to

finish 13th overall and 1st M40 in 1.26.38. Colwyn Bay's Mark Jones took the 2nd M40 in 1.36.05, with Mysteruns' Richard Borne 3rd in 1.39.26. Neil Hindle was 1st M60 in 1.42.12, Cybi's Ian Rothery 2nd in 1.47.00 but he was beaten by Buckley's John Morris 1st M70 in 1.44.20. Brian Robbins of Eryri completed the mens prize winners finishing 2nd M70 in 1.46.19.

2nd and 3rd ladies to finish were Eryri's Hayley Turner and Alex Fletcher in 1.45.22 and 1.45.32 resp., with Jill Riley, also from Eryri, taking 1st F50 in 1.58.51. Pip Thomas and Ruth Jackson, both unattached, finished 1st and 2nd F40 in 2.03.53 and 2.19.22.

Our sincere thanks go to Team Dolly, who provided radio communications. and the many marshals and helpers. Also the sponsorship provided by Fletcher and Poole Estate Agents, and X-Ray Minerals, Benards Gallery Craig y Don, and to Tony Hulme at Running Bear.

A small financial contribution will be given to Team Dolly, Eryri Harriers and the WFRA, Diabetes UK and the Snowdonia Society will also each receive a £50 donation.

*Ellie Salisbury*

### Welsh Fell Runners Association 2014 Sponsors



Sponsors of the  
WFRA Open Welsh  
Championships



Sponsors of the  
WFRA North Wales  
Championships



Sponsors of the  
WFRA South Wales  
Series

**Dont forget. . .  
2014 WFRA AGM  
After Rhobell Fawr  
8 November**

### 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.

**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 outdoor**  
Betws y Coed

**RUN AND BECOME**  
Cardiff

**RUNNING BEAR**  
Alderley Edge, Cheshire  
SK9 7JT

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

