

MARCH

SAT 3 Pipe Dream (*) AS 8.2km/518m 5miles/1700ft PM/LK
Details: 12.00 noon £3 on day only
Venue: Register at Dolgarrog Community Centre (GR SH 769676). Toilets, food and hot drinks available.
Age limit: Over 18
Records: Mathew Roberts 33.16 2015 Lauren Jeska 37.58 2012
Organiser: Craig Jones 07815 292213 rowlyn@yahoo.co.uk

SAT 3 Carding Mill Canter AS 7.8km/580m 4.8miles/1900ft ER/LK/NS/PM
Details: 2.00 pm £5.00 on day only
Venue: Carding Mill Valley Pavilion, Church Stretton (GR 445944) Note start one hour later than pre-2016
Age limit: Over 16 Junior race (over 16)
Records: Tim Davies 37.35 2005 Lauren Jeska 46.36 2013
Organiser: Mark Bollom 01694 724561 07960744008 mpbollom@gmail.com
www.merciafellrunners.org.uk

SAT 10 Tour of Torpantau (*) AM 12.8km/760m 8miles/2500ft ER/NS/LK
Details: 11.00 am £7 on day only (WFRA members discounted price £2)
Venue: Upper Blaen y Glyn car park (GR SO 056176) on Pontsticill - Aber Village road. Full kit and good navigational skills required
Age limit: Over 18
Records: Dan Doherty 1.03.35 2017 Hayley Evans 1.22.44 2017
Organiser: Andrew Blackmore 01633 882558 07809 404181 andrew@wfra.org.uk
www.fellrace.com

SUN 11 Wrekin Fell Race AS 8.8km/519m 5.5miles/1700ft PM/LK
Details: 11.00 am £6.00 on day only
Venue: Ercall Wood School, Golf Links Lane, Wellington, Telford (GR SJ 653106)
Age limit: Over 16 Plus junior races: u12, u14, u16
Records: John Wild 34.27 1980 Carol Greenwood 40.47 1986
Organiser: Paul Sanderson 07715 347587 jpsanderson_tac@hotmail.com
www.telfordathleticclub.co.uk

WED 14 Blorenghe Night Roundabout (*) AS 9.5 km/600m 6 miles/1970ft ER/PM
Details: 7.30 pm £5 on the night
Venue: Llanfoist Village Hall, Church Ln, Abergavenny, NP7 9LP GR: SO 286133
Partially marked, Night Race, Headtorch essential
Age limit: Over 18
Records: Paul Murrin 48:31 2017 Helen Brown 57:53 2017
Organiser: Paul Dodd 01594 562275 07977 912558 paul@balloonbed.com
www.fellrace.com

SAT 17 Ras Yr Aran (*) AM 16.1km/945m 10miles/3100ft LK/PM/NS/ER
Details: 1.00 pm £7.00 on day only Teams free (3 to count)
Venue: Llanuwchllyn Village Hall LL23 7NA SH872261 3rd and final race in Meirionnydd Winter Series. Full kit required. Showers available. Sorry no dogs.
Age limit: Over 18 Junior race: Garth Fawr, 1.05 pm, 3.5km / 150m, over 12, £2.00
Records: Tim Davies 1.23.26 2009 Kate Bailey 1.41.14 2009
Organiser: Nicholas Bradley 01341 423297 07831 604759 nich.bradley@icloud.com

www.run-meirionnydd.co.uk

SUN 18 **Tor y Foel (*) AS 7.4km/350m 4.6miles/1150ft** **PM**
Details: 2.00 pm £5 on day only
Venue: Talybont Reservoir Dam (GR SO 105209)
Age limit: Over 16
Records: Iwan Morton 33.25 2017 Katie Beecher 37.53 2015
Organiser: Les Williams 01874 676568 07754 840966 lrweryri@hotmail.com

SAT 24 **Llantysilio Mountain Race (*) AS 9.9km/640m 6.2miles/2100ft** **PM/LK**
Details: 11.00 am £6 on day only
Venue: Sun Inn on B5103 at Rhewl near Llangollen (GR 179448) Limited parking, please share transport.
Age limit: Over 16
Records: Jon Bowie 53 53 2016 Mel Price 59 46 2016
Organiser: Nick Holmes 01829 782711 07515288545 nicholas@gingerbeer.plus.com
www.tattenhallrunners.com

TUE 27 **Moel Tryfan BS 4.5km/160m 2.8 miles/525ft**
Details: 7.00 pm £2 on day only
Venue: Fron School, Y Fron, near Caernarfon. Race 1 in Joe Brown/Caernarfon Tyres Midweek Series. Best 5 results to count.
Age limit: Junior races £1.
Records: Math Roberts 17:33 2017 Miranda Grant 20:57 2017
Organiser: Mike Blake 01286 831115 07778 145144 mikejohnblake@yahoo.co.uk

~~**SAT 31** **Fron Four AM 11.4km/716m 7.1miles/2350ft** **ER/PM/LK/NS**~~
CANCELLED – School not available
Details: 1.00 pm £3.50 on day only (includes panad)
Venue: Register at Fron School, near Caernarfon. Start village green (GR 505548) Bring own map
Age limit: Over 18 Possible junior races - 6 and over.
Records: Rob Grantham 1.08.47 2012 Andrea Rowlands 1.24.20 2011
Organiser: Mike Blake 01286 831115 07778 145144 mikejohnblake@yahoo.co.uk
www.eryriharriers.org.uk

SAT 31 **Llanbedr-Blaenafon (*) AL 25.4km/1341m 15.8miles/4400ft** **ER/PM/LK/NS**
Details: 12.00 noon £10.00 on day only (includes shower and food) Teams of 3
Venue: Registration and Finish at Blaenafon Rugby Club, NP4 9DU (GR 257088), from 10.30 to 11.15 am. Start from Llanbedr village (GR 240203). Toilets at registration. None at start. Ad hoc transport to start, or back after race. Limited parking at start.
Age limit: Over 18
Records: James McQueen 1.59.01 1999 Menna Angharad 2.19.03 1996
Organiser: Ruth Pickvance info@element-active.co.uk www.mynydd-du.org.uk/llanbedr-to-blaenafon-race