



Llangollen Fell Race 2023

The Llangollen Fell Race is now in its fifth year, hosted by Run Free Fell Runners, this year saw the Race Director reigns handed over from Warren Renkel to Howard Jones, with a team of committee members put together to assist.

Unlike the Llangollen Trig Race and Trail by Torchlight (yes just a little promotion there) also organised by the club, this one takes a little more planning and preparation and started as early as six months ago.

A month or so before the race despite the promotion the entry numbers were still very low which was causing some concern. However with a further promotion by Ellie on the Fabian4 Facebook page and our own last promotion run we managed to hit 153 entrants, still down from last year, but a good entry none the less. A surprising number of those came in during the last two weeks, so it definitely pays to keep promoting your race till the last week. All runners received a goodie bag produced by a local business Brownie Queen.

We managed to get some sponsorship prizes this year, a very generous donation of a Steam Railway trip for a family of four from Llangollen Railway for our overall male winner (and age category winner). Verve sponsorship for the first female winner (and age category winner) which was used for a large box of fruit and veg from Dee Valley Produce. Greg King Personal Trainer and Stubbs Fitness each provided personal training sessions which went to the male and female winners of the over 40 category. Then Run Llangollen Running Coach provided two massage treatments for the male and female winners of the over 50 category. So a big thank you from the Run Free Fell Runners Club for their generosity in providing sponsorship and gifts, it was very much appreciated.

The course was marked by four of us the day before, two younger more athletic models marking the larger loop in the morning and the two wiser models marking the smaller top section in the afternoon. One of our tail runners mentioned that some markers in the larger section had gone by the time they came to sweep, so either the sheep took objection, or the wiser models doing the top loop chose a better time and places to attach tape. None the less nobody (to the best of our knowledge) got lost and many of you advised that the course was well marked and easy to follow, so all was good. During marking the terrain was relatively dry, the odd muddy section but nothing exceptionally bad, unfortunately though mother nature decided to bless us with rain during the night making the course somewhat muddier than the day before, but adds to the challenge and fun. The weather on the day greeted us with rain first thing, but by the time competitors were arriving for registration it had dried up, whilst not sunny the conditions were ideal, cool enough for running and clear enough to see and admire the views. A thank you to all our helpers and our marshals as without you the race isn't achievable but a special shout out to Jackie Lee, Tony Vesty both of whom are members of other run clubs but kindly gave up their time to come and help us out.





The course records were not broken this year, potentially this could have been due to the rain we ordered overnight to make the course more muddy for our competitors, but still some impressive times and not just from the spritely youngsters.

We are currently still awaiting final profit figures for the overall race, and whilst it won't be as much as last year due to our entries being down, we still anticipate it to be a substantial amount. The donation will also include £100 which came from everyone's generosity donating to have tea/coffee and cake, so thank you to all those who entered, helped and bought cakes as these proceeds go to the Mountain Rescue.

We hope everyone enjoyed the race and to see you back again next April, perhaps with a few more of your club mates ;)

Overall Male / Female Winner

Tom Adams MV40 (1:53:24) / Alice Walton Open (2:36:40)

Top Male / Female

Open : Jamie Pugh (2:12:02) / Alice Walton

V40 : Tom Adams / Susan Fourie (2:43:56)

V50 : Virgil Barton (2:24:32) / Deborah Millington (2:41:14)

V60 : John Langton (2:36:27) / Flora Gunner (3:30:14)

