

Llangollen Fell Race 2024

For the sixth year Run Free Fell Runners hosted the Llangollen Fell Race, with Howard Jones for a second year at the helm as race director, with many of the club members helping either bake, marshal, mark the course, tail run, or provide much needed drinks at the end.

This year Howard decided that both a long and short race would be a good idea! As the shorter route already forms part of the longer course this wouldn't involve extra marking, or marshalling, so made sense to offer the 10 miles and see how the entries went. There was of course a little wager between him and another club member as to how popular it would be, possibly for the first time ever see's Howard needing to put his hand in his pocket and hand over some cash...Yes you got it, he lost the wager on his own race, the new 10-mile route pulled in a cracking online entry of 88 plus 3 EOD, although 4 no show, the long course had an online entry of 159, 3 EOD and a total of 130 running on the day, so in total we had 227 runners out on the Llangollen hills.

The local Llangollen Horse Draw Boats/Llangollen Warf kindly donated the first prize of a Horse Drawn Boat trip with afternoon tea and prosecco for 2, we can't thank them enough for their generosity. It was very much appreciated by the winner. We again purchased a lovely fruit and veg box from the local Dee Valley shop, and Brownie Queen made the awesome chocolate brownies again.

Saturday afternoon a group of merry men and a woman went out and between them marked the course, we hope that not too many sheep, or walkers decided to remove these. Whilst marking the trails they were looking good and appeared to be starting to dry out nicely, apart from the section near Sir Watkins Tower which even in the height of summer never seems to dry out.

The profit figures will enable us again to donate £1000 to NWSAR, with some further monies being donated to the local Llangollen Food Bank. Thank you to everyone who entered and so generously gave donations for tea, coffee, and cakes.

Having the long race as a North Wales Champs qualifier could well have helped boost our numbers, but we hope everyone enjoyed the race and we look forward to seeing you back again next April, why not bring a few more of your club members or friends with you.

Overall Male / Female Winner - 17 Mile Race

Wyndham Turner Open (2:04:49) /Joanne Henderson V40 (2:20:25) – Breaking the female record.

Top Male / Female – 17 Mile Race

Open : Wyndham Turner /Sally Ellis (2:37:57)

V40 : Joel Gomes (2:10:26)/ Joanne Henderson

V50 : Jez Brown (2:20:19) /Julie Dala (2:48:10)

V60 : John Langton (2:35:01)/Felicity Airies (4:10:30)

10 Mile Race - Open Male: Paul Jones (1:16:28)

Open Female: Florence Roberts (1:26:33)

