



## Llangollen Fell Race April 12<sup>th</sup> 2026 breaks all records, again!

2026 saw the 9<sup>th</sup> Llan Fell Race (LFR) and it was a belter of an occasion. 347 entrants was a huge record, probably as they had three races to choose from (18, 11 or 6 miles). With a new finish (less road, more hill) and a dramatic climb up and over Dinas Bran Castle towards the finish, all times were of course new records. The winning times for the 6 and 11 mile races in particular are stellar!

The new 6 mile race was subsidised by Run Free Fell Runners club to encourage people to experience fell running and to do their first ever fell race and what a success that was with 97 entrants!

Record entrants of course mean extra effort and the RFFR race organising machine did not disappoint, ably assisted by Fabian4 as ever. Thank you as always to all helpers. If anyone is interested in joining the club please email [membership@runfreefellrunners.co.uk](mailto:membership@runfreefellrunners.co.uk), or contact me.

Dinas Bran School allowed the extended race numbers to utilise their car park, without which the race could not have been as big. Wrexham Lager sponsored all the prizes again, these being lager kits and bobble hats, perfect for fell runners of course. LFR26 also had a raffle with generous prizes donated from other local races, as well as the International Eisteddfod and Llangollen Wharf.

Despite only charging £1 a mile we still made a profit which has allowed generous donations to NEWSAR (who were in attendance on the day) and to the Llangollen food bank.

Full results are available via [Racetek](#) but selected results are below.

LFR 2027 will be the tenth anniversary for the race and we have some ideas to make it even more special, watch this space. Put Sunday April 11<sup>th</sup> 2027 in your diary now.

Howard Jones RFFR race organiser

### Race 18 miles 3,500 feet of ascent

Category	Name	Club	Time
Male winner	Ally Hughes	Mercia	2:30:08
Female winner	Eden O'Dea	Deeside AAC	2:47:44
Male O 40	Tristan Evans	Meirionydd	2:31:06
Female O 40	Cathy Shaw	Run Free FR	3:06:03
Male O 50	Jez Brown	Buckley Run	2:38:24
Female O 50	Julie Dala	Pensby	3:12:01
Male O 60	Bill Johnson	Calder Valley	2:51:57
Female O 60	Celia Mills		3:40:50

**Race 11 miles 2,600 feet of ascent**

Category	Name	Club	Time
Male winner	Sam Gunning		1:22:36
Female winner	Lois Lee	Penny Lane	1:43:57
Male O 40	Lawrence Eccles	Penny Lane	1:38:34
Female O 40	Michelle Farrell	GOG Tri	2:03:59
Male O 50	Paul Jones		1:33:26
Female O 50	Jackie Lee	Eryri	1:51:59
Male O 60	Ian Gregory		2:03:57
Female O 60	Jo Grandfield	Chester Tri	2:24:28

**Race 6 miles 1,400 feet of ascent**

Category	Name	Club	Time
Male winner	Kieran Manchester	Calder Valley	40:57
Female winner	Jodi Bemand	West Chesh	52:45
Male O 40	Andrew Pearson		57:53
Female O 40	Louisa Williams	Oswestry O	55:29
Male O 50	Dave Cragg		1:02:27
Female O 50	Sarah Ryder		1:01:03
Male O 60	Paul Crisp	Delamere S	1:01:36
Female O 60	Emma Collins	Denbigh H	59:13



**Ally Hughes winner of the 18 mile race.**



**Eden O'Dea first female 18 mile race**



**Kieran Manchester (on the right) winner of the 6 mile race and the NEWSAR cup (I forgot to give him the cup)**

Very Happy with his Wrexham lager first prize



**New finish, cuts out the road, welcomed by most!**



**Paul Jones first over 50 in the 11 mile race, receiving his Wrexham Lager hat from Ellie (Fabian4)**



**On the Offas Dyke path, heading to the water station**



Howard Jones 13042026