

Trail by Torchlight 16/12/2022 Race Report

Run Free Fell Runners (RFFR) might only be a small little fell run club, but we aim to organise some awesome races in our beautiful hills in the Vale of Llangollen. The third and last race of the year that we organise. The RFFR gazibo was set up and ready for registration at 18:30hrs, the RFFR marshals were pulling on their bob hats ready to head out to their post, which this year had a couple more places being covered after feedback from last year.

Just under five miles and 750 feet elevation the course is marked with a mix of reflective flags and ticker tape. The route leaves the playing fields and takes you down onto the canal tow path for around a mile, where you then leave the path, cross the road and head through a bit of woodland before heading into the hills. The climbs in our view have just the right amount of a challenge whilst remaining achievable, the route finishes with a short stretch of road, before you head back across the field to the finish.

The briefing starts, are you listening, head-torch lit, all a glistening, a beautiful night, We're happy and light, Running in a winter wonderland. Well sort of, there was certainly a heavy frost still which did make some areas slippery, but the cold crisp air was perfect conditions for running in the hills.

At the first marshal point on the bridge there were a few head-torches that came into sight, however further on the front runner Jon Shield gained more distance, and wasn't long before he was heading in to the finish, quick but not quite quick enough to break the male record, almost 2 minutes later second and third males headed in. The first lady Alice Walton came in five minutes after the first male, setting a new female record of 41:03.

Prizes going to first male and female under 50 and over 50, were colourful veg boxes supported by our very own local Dee Valley Veg, and a Sports Massage voucher from Warren Renkel. Homemade mince pies (vegan, GF, and full fat), jam tarts and some very sticky smores, all ready for the runners to buy, and wash down with Ribena, and socialising. making a profit of just £200 which will go to the local mountain rescue that the club support.

Below are the results for the race:

Forename	Surname	Entry Class	Gender	Club	Bib number	Start	Finish	Race Time
Jon	Shield	Men Open	M		178	19:00:00	19:35:42	00:35:42
Dave	Gittins	Men Open	M	Run Free Fell Runners	59	19:00:00	19:38:05	00:38:05
Richard	Price	Men Open	M	Sedgley Striders	88	19:00:00	19:38:06	00:38:06
George	Winter	Men Open	F	Run Free Fell Runners	104	19:00:00	19:39:11	00:39:11
Alice	Walton	Women Open	F	Run Free Fell Runners	132	19:00:00	19:41:03	00:41:03
Stuart	White	Men Open	M	Run Free Fell Runners	98	19:00:00	19:41:04	00:41:04
Allan	Mckeown	Men Open	M	Run Free Fell Runners	91	19:00:00	19:42:36	00:42:36
Ruth	Jefferis	Women Open	F	Run Free Fell Runners	159	19:00:00	19:43:13	00:43:13
Daniel	Hickey	M50+	M	Run Free Fell Runners	148	19:00:00	19:43:19	00:43:19
Karl	Vickers	Men Open	M	Run Free Fell Runners	77	19:00:00	19:45:24	00:45:24
Rhys	Hughes	Men Open	M		125	19:00:00	19:45:36	00:45:36
Christine	Cammillare	Women Open	F	Deestridders RC	52	19:00:00	19:45:36	00:45:36
Gareth	Jaggard	Men Open	M	Clwydian Range Runners	87	19:00:00	19:46:52	00:46:52
Ian	Jones	M50+	M	Eryri Orienteers (ERYRI)	119	19:00:00	19:47:25	00:47:25
Neil	Owen	M50+	M	Run Free Fell Runners	139	19:00:00	19:48:00	00:48:00
Tom	Holmes	Men Open	M	Llangollen Running Club	94	19:00:00	19:48:21	00:48:21
Simon	Moralee	Men Open	M	Run Free Fell Runners	60	19:00:00	19:49:27	00:49:27
Neil	McAndrew	M50+	M	Run Free Fell Runners	149	19:00:00	19:50:02	00:50:02
Zuzana	Nemeckova	Women Open	F	Kent AC	167	19:00:00	19:52:35	00:52:35
Mark	Tipuric	M50+	M		97	19:00:00	19:52:46	00:52:46
Jess	Byrne	Women Open	F	Run Free Fell Runners	102	19:00:00	19:54:15	00:54:15
Daniel	Burton	Men Open	M	Run Free Fell Runners	83	19:00:00	19:54:23	00:54:23
Alex	Carpenter	W50+	F	Run Free Fell Runners	81	19:00:00	19:54:42	00:54:42
Stephen	Coe	Men Open	M		129	19:00:00	19:55:50	00:55:50
Brown	Steven	M50+	M	Prestatyn RC	116	19:00:00	19:55:51	00:55:51
Caroline	Caffery	Women Open	F	Buckley	112	19:00:00	19:56:09	00:56:09
Jan	Turley	W50+	F	Llangollen Running Club	109	19:00:00	20:00:51	01:00:51
Charles	Ashley	M50+	M	Wrexham Amateur AC	130	19:00:00	20:05:16	01:05:16
Ian	Moss	Men Open	M	Run Free Fell Runners	54	19:00:00	20:05:28	01:05:28

Entry Class	Name	Race Time
1st Male	Jon Shield	00:35:42
2nd Male	Dave Gittins	00:38:05
3rd Male	Richard Price	00:38:06

1st Female	Alice Walton	00:41:03
2nd Female	Ruth Jefferis	00:43:13
3rd Female	Christine Cammillare	00:45:36

1st M50+	Daniel Hickey	00:43:19
2nd M50+	Ian Jones	00:47:25
3rd M50+	Neil Owen	00:48:00

1st W50+	Alex Carpenter	00:54:42
2nd W50+	Jan Turley	01:00:51
3rd W50+		

** New ladies' course record*