

Fell runners donate Thousands of pounds to local charities

Run Free Fell Runners is a fell running club based in the vale of Llangollen. Despite being fewer than 6 years old it's very active with an annual membership of around 80, it organises 4 races in the Welsh Fell Running Association (WFRA) calendar

The club expects over 400 runners to compete in these 4 races, two of which (Llangollen Fell race held in April) and (Welsh 1,000m race held in June) are two of the largest races in North Wales each year.

The club and races are run by volunteers who take no financial reward for their considerable efforts. As Warren Renkel (founder and chair) explains: "we want the club and races to be as inclusive as possible so set the fees as low as practicable , try to get prize donations from local concerns and the events are run by volunteers "

Despite the low fees the club has been able to run the races at a small profit and donates these profits to local charities accordingly. From 2018 to 2023 (to date) RFFR has donated £4,800 to local mountain rescue (NEWSAR) as well as £400 to the RAF association (where we used to meet up)

2022 to 2023 the Welsh 1,000m race has donated £450 to Ogwen rescue and £500 to Siabod Cafe Nepal appeal

In total £6,150 all from race profits over six years.

Thank you for all runners and volunteers for helping make this possible.



Warren Renkel and NEWSAR at Llangollen Fell Race 2022, Photographer: Steve Jeffries.