

Gladstone 9 Race Report 02/09/2017

Well, after last year's wind, rain, mist & poor visibility across the 'bog of doom', weather conditions reverted to what we normally expect for this cracking race, so once again, we were graced with sunny, clear conditions, & absolutely stunning views. 58 runners started & finished the race (as of course did Elsi, the best Diabetic Assistance Dog in the world – shame she doesn't have the treatment of her owner's cramp in her repertoire, as well as low blood sugars.....). As always, the feedback has all been excellent, with many comments about our fantastic marshals, the post-race homemade flapjacks & soup, & the amazing prizes. There was also great enthusiasm for Racetek, Fabian4's partner company, which provided the timing/tracking service. The results were on the computer screen at HQ as soon as the runners had passed over the line, as well as on the web for all to see. No hand-writing names & times on sheets of A4 paper or even filling in spread sheets this year – long may it last!

The race was won by GOG Tri's Gavin Roberts, in a time of 1:18:16, with Helsby's Max Wainwright hot on his heels in 1:18:48, & NWRRs' Mark Davies third, & first MV40 in 1:21:04, only 3 seconds slower than his time last year, so obviously fully recovered from his successful escapades on the Dragon's Back Race. There were two Eryri finishers in the top ten, with MV40 Johnny Moore finishing in fifth place in 1:25:01, & James McQueen tenth, & first local in 1:31:05. Fourth overall & second MV40 was Buckley's Simon Edwards in 1:24:14, first MV50 in 1:36:03 was Eryri's Emlyn Roberts, & first MV60 was back-on-form Eilir Evans, beating all the MV50s in a great time of 1:33:18. It's interesting that like last year, & the year before, there were only 6 senior men in the first twenty finishers. Where are all the 'youngsters'?!

The first lady across the line nineteenth overall was NWRRs' Gemma Moore in 1:37:49. The next two ladies to finish, both Eryri FV40s, were Megan Hughes in 1:41:37 & Lesley Lawton in 1:44:53. There were three Eryri finishers in the top ten, the third being local Becki Law, in 1:51:27. The first FV50 in 1:55:27 was Helsby's Janet Robertson. Mention must be made of the most successful family of the day, who scooped three prizes between them: fifth lady overall & second senior was Denbigh Harriers' Katy Baugh in 1:50:10, second MV50 in 1:37:59 was Dad - David Baugh, & second FV50 was Mum - Menai Baugh in 2:12:47.

My sincere thanks go to my co-organisers, Maggie Oliver & Alex Fletcher, & to all the many marshals and helpers, who as always gave their time willingly, & without whom we would not have been able to safely organise the race. We are very grateful for the grant provided by Penmaenmawr Town Council, which, as well contributing to the prize fund, enabled us to provide the runners with soup & a roll after the race & the marshals with a drink of their choice at the bar. The very-well received prizes comprised fresh produce bags, some of which was very generously provided FOC by Spar Penmaenmawr, & the rest at a kindly reduced rate by Spar & Pen's Becws Alun, & apples & runner beans donated by friends. Fletcher & Poole Estate Agents kindly printed our maps, & we were also very generously given a 'Breakfast for Two' voucher by Eryri's Paul Hodges, owner of Siabod Café, which was presented to Wirral AC's Anne Rosbottom – the 40th runner to arrive at Tal y Fan summit. This seemed an appropriate way to use the voucher with its being Eryri Harriers' 40th anniversary year. We also owe a huge vote of thanks, as always, to the staff of the Gladstone pub for their hospitality & cooperation, & for providing a meal voucher as a prize for the first local runner.

A small financial contribution will be given to the WFRA, & I'm pleased to announce that we will be able to donate £370 to the Snowdonia Society <http://snowdonia-society.org.uk/>, which does such valuable work, for which those of us who enjoy the mountains on a regular basis are most grateful.

Ellie Salisbury (Race Organiser)