

Craig yr Allt Winter Fell Race 2024 – Race Report

Photos by Nick Dallimore:

<https://www.flickr.com/photos/54538464@N03/albums/72177720314204976/>

I am delighted to report that 49 (43%) females ran the tenth Craig yr Allt Winter Fell Race which greeted 115 runners in total. The race was also the first fell race experienced by many of the runners which included a huge contingent (36) from Chepstow Harriers as the race featured in their championship series. We also had the youngest ever runner too in Seth Lawson who was 15.

At the other end of the age spectrum, it was great to see 21 runners in the Over 60, 70 and 75 categories! Truly inspirational for the rest of us.

It's fair to say that my wife Dawn and I were grinning with joy immediately after the finish and makes all the hard work worth it. Like Gary said at the pre-race briefing, the race was created as an "way in" for those that wanted to give fell running "a go". Gary hopes that the experience will encourage the newcomers to try other fell races. Like in previous years, I had signed the 6.3km course to enable those that cannot read a map to participate.

A combination of dry and cold days immediately before the race led to firm ground conditions across the majority of the course with very few isolated slippery sections. A truly different course to the wettest on record the previous year. The firm ground led Gary to believe that the course record might be at risk of being broken but Pete Ryder managed to keep hold of this for at least another year. A bitterly cold wind made the 6 deg C feel far colder, particularly for the marshalls that were stood still on the hill.

The race organiser and other volunteers spent approximately 8 hours leading up to the race day, cutting back the dense vegetation which had advanced onto the race route to enable this race to go ahead. The mild winters in recent years is causing race organisers another challenge!

Wyndham Turner (Mynydd Du) won the race in 29m 40s and continues to dominate the race after wins in 2023 and 2022. He is getting faster year on year and is now only 30s from matching Pete Ryder's course record from 2016. Canadian Josh Tremblay (MDC) was over a minute behind (30m 58s) and young Tomas Black (MDC) finished third in 31m 27s and also winning the Under 23 category. The male team prize (top 4) was given to CDF Runners on the day but it was later determined that it should have been awarded to Mynydd Du (Wyndham Turner, Jonathan Ford, Tom Turner & Matthew Farrer) with MDC in second.

Katie Ironside (MDC) was the first lady with 37m 45s and improved on her third place from 2023 although with a similar time. Lisa Jeffrey (Chepstow) wasn't far behind in 38m 46s. Briony Latter (MDC) continues to impress with her continuing climb up the results tables year-on-year as she finished third lady in a time of 39m 56s. The ladies team prize (top 3) was awarded to Chepstow Harriers (Lisa Jeffrey, Niki Morgan & Cherry Fowler), just pipping MDC (Katie Ironside, Briony Latter & Donna Grant).

Category winners included:

Category	Name	Club
W40	Vicki Wilson	
W50	Lisa Jeffrey	Chepstow Harriers
W60	Nikki Childs	Mynydd Du
W70	Jane Bayliss	Chepstow Harriers

Category	Name	Club
MU17	Seth Lawson (15yrs)	Chepstow Harriers
MU19	Reuben Lawson	Chepstow Harriers
MU23	Tomas Black	MDC
M40	Ben Lowe	Stroud & District AC
M50	Paul Murrin	Chepstow Harriers
M60	Simon Darke	MDC
M70	Don Powell	Basingstoke & Mid Hants
M75	Gary Gunner	Croft Ambrey

The race organisers would like to thank all the marshalls, volunteers, landowner and Mountain View Ranch for their time and generosity.

Gary & Dawn Davies