

The Llantysilio Mountain Race, 16th March 2024

This year the weather was typically Welsh starting with beautiful sunshine before clouding over and raining the second the bell rang for the start! The Sun Inn, local residents and farmers are always so welcoming and generous in their support - the race could not run without them.

59 runners started, with 58 finishers. Conditions were challenging, especially on the ridge, due to the weather both on the day and the weeks of rain leading up to the event. At the end there were definitely a few runners that were not impressed with the gorse! Lawrence Eccles (Penny Lane Striders) won the men's race in a time of 58minutes and 42 seconds and Ruth Calcraft (Run Free Fell Runners) taking the prize for first women in a time of 1hour 8 minutes 13 seconds. Special mention also to John Morris who took the MV80 prize in exactly 100mins.

The race is run and supported by Tattenhall Runners, with excellent support from many of the club members and their families marshalling the course ensuring all runners get around safely. I particularly was impressed with parking jenga that was required due to inaccessibility of farmers' fields for parking this year.

After the race it was great to see so many runners staying around to catch up, supporting the Sun Inn with some local refreshment as well as supporting the cake and coffee sale organised by the kids which raised an incredible £150 for the Llantysilio Church roof fund, which shows how generous the fell racing community is (and how much they like cake!). I really look forward to seeing you all again next year.

Please see the attached results.

Simon Duckett

Results

Finishing position	Race Number	Finishing time	Participant - First Name	Participant - Last Name	Participant - Class	Entry Details - Club
1	22	58.42	Lawrence	Eccles	MV40	Penny Lane Striders
2	67	58.56	Lloyd	Taggart	MV50	Manx Fell Runners
3	33	59.06	Ally	Hughes	MSEN	Wrexham Amateur Athletic Club
4	9	61.19	Jez	Brown	MV50	Buckley Runners
5	42	64.23	Saul	Lovatt	MSEN	Staffs Moorlands
6	69	65.12	Stuart	White	MV40	Run Free Fell Runners
7	6	65.17	Tom	Booth	MSEN	West Cheshire AC
8	45	65.28	Alex	Mason	MV40	Runners-Next-the-Sea
9	60	66.37	John	Sammut	MV40	
10	41	67.27	Tom	Levitt	MV40	
11	12	68.13	Ruth	Calcraft	FV40	Run Free Fell Runners
12	16	70.57	James	Cripps	MV40	
13	55	72.45	Richard	Price	MSEN	SEDGLEY STRIDERS
14	52	73.01	Will	Platts	MSEN	Pensby Runners
15	48	74.05	Bernie	Morris	MV50	Buckley Runners
16	21	74.39	Chad	Dixon	MV40	Keswick AC
17	72	76.09	Susan	Fourie	FV50	
18	62	76.34	Luke	Sherratt	MSEN	
19	15	76.49	Sarah	Cordingley	FV40	Maldwyn Harriers
20	19	77.53	Nick	Davis	MV40	Chester Road Runners
21	70	79.59	Tom	Wiggans	MV40	Unattached

22	51	80.39	Mandy	Peffer	FV50	Clwydian Range Runners
23	10	80.57	Alan	Bryson	MV40	Run Free Fell Runners
24	27	81.03	Alyn	Foulkes	MV50	Delamere Spartans
25	29	81.16	Neil	Gooding	MV50	Pensby Runners
26	31	81.57	David	Green	MV40	Pensby Runners
27	59	82.01	Paul	Robertson	MV60	Pensby Runners
28	56	83.07	Noel	Privat	MV40	
29	46	83.28	Neil	McAndrew	MV50	Run Free Fell Runners
30	35	83.31	Sal	Jefford	FV40	Run Free Fell Runners
31	28	84.09	Ryan	Fulford	MV50	Mercia Fell Runners
32	36	84.27	Mickey	Jones	MSEN	
33	5	84.36	Craig	Beaton	MSEN	
34	1	84.58	Jeff	Adams	MV60	Pensby Runners
35	37	85.20	Anthony	Kay	MV60	Thames Hare & Hounds
36	68	86.39	Karl	Vickers	MV40	Run Free Fell Runners
37	13	87.06	Joanne	Cliffe	FV50	FRA
38	50	88.53	Andy	Peffer	MV50	Clwydian Range Runners
39	32	89.01	Neil	Hindle	MV60	WFRA
40	25	89.09	Jenny	Ewels	FV50	Clwydian Range Runners
41	71	91.13	Tim	Williams	MV50	Chester Triathlon Club
42	24	91.24	Louise	Emery	FV40	Eryri Harriers
43	11	94.26	Caroline	Caffery	FV40	Buckley Runners
44	74	95.28	Alexandra	Fletcher	FV40	
45	17	95.47	Nigel	Crompton	MV60	Pensby Runners
46	8	99.51	Steven	Brown	MV50	Eryri Harriers
47	47	100.00	John	Morris	MV80	Buckley Runners
48	23	100.23	Linda	Edmondson	FV60	WFRA
49	65	105.27	Karen	Smith	FV50	Chester Triathlon Club
50	54	109.01	Jayne	Price	FSEN	Pensby Runners
51	53	109.05	Elizabeth	Powell	FSEN	
52	73	110.15	Mark	Jones	MV50	
53	63	110.21	John	Simpson	MV50	Pensby Runners
54	38	111.22	Catherine	Lancaster	FV60	Pensby Runners
55	39	111.55	Alison	Leatherbarrow	FV40	Pensby Runners
56	4	114.17	Charles	Ashley	MV60	Wrexham Amateur Athletic Club
57	14	116.25	Victoria	Consterdine-Tilley	FV40	
58	18	126.09	Susan	Davies	FV60	Pensby Runners
DNF	75		Jim	Westwood	MV40	