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 Peffers FV50 Clwydian Range Runners 23 10 80.57 Alan Bryson MV50 Delamere Spartans 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 Pensby Runners 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 Fufford MV50 Mercia Fell Runners 31 3 84.27 Mickey Jones MSEN 33 | 22 | 51 | 80.39 | Mandu | Peffers | E\/EO | Churchian Dange Dunnan |
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