

Trail by Torchlight 15th December 2023 Race Report

Trail by Torchlight started out in 2019 as an inter club race for Run Free Fell Runners, it was soon realised that this lovely little route may appeal to other clubs. So in 2020 RFFR tested the water by inviting a few clubs to the race and by 2021 it was opened fully to the wider running club community. This year the Race Organiser Howard Jones proposed to the club that rather than award prizes the money usually used, along with profits be used as a donation to the local Llangollen Food Bank. I am sure all those who entered and were generous giving additional donations will agree with the club that this was a good idea and in the spirit of Christmas.

The route is a smidge under 5 miles (depending on which watch you use) with 750 feet ascent, it is both marked and marshalled. The route starts with a fast flat along the canal, so runners need to be careful to not over-cook it too soon, once leaving the canal you head up the road a little before heading onto the trail and a sharp climb up velvet hill which on a clear night promises beautiful night views across Llangollen town. As always a sharp up is soon followed by a down and with the right weather conditions can be fast, thankfully the weather gods were with us this evening and despite all the rain conditions underfoot were just right.

The set-up now runs like clockwork with helpers from the club setting to work, the club gazebo is soon up, lit with probably the brightest light (thanks to one of our club members) and tables set out ready to welcome the runners for registration and EON. After a quick safety brief the runners are off. The winner and first male Dafydd Evans of Eryri Harriers was over the line with a time of 36:50, followed 45 seconds later by the first female Ruth Calcroft of Run Free Fell Runners in a time of 37:35 breaking the previous year's course record by 3:28 minutes. Both winners were given a Run Free Fell Runners mug to remember the event by.

Thank you to each and everyone who entered, we had a record entry of 66 runners on the night, which along with the cake purchases raised a fantastic £500 to be donated to the Llangollen Food Bank.

Next year's race will be held on Friday 13th December and again feature in the WFRA calendar.

Run Free Fell Runners would like to wish you all a Very Merry Christmas and prosperous New Year. See you on the fells and at the races in 2024..... oh and don't forget Llangollen Fell Race (long) is to feature in the North Wales Champs series!

Trail by Torchlight

15/12/2023

Start Time

19:00:00

Place	Forename	Surname	Entry Class	Gender	Club	Bib number	Start	Finish	Race Time
1	Dafydd	Evans	Men Open	M	Eryri Harriers	296	19:00:00	19:36:50	00:36:50
2	Ally	Hughes	Men Open	M		252	19:00:00	19:37:00	00:37:00
3	Alex	Mason	Men Open	M	Runners next-the-sea	261	19:00:00	19:37:31	00:37:31
4	Ruth	Calcraft	Women Open	F	Run Free Fell Runners	238	19:00:00	19:37:35	00:37:35
5	Derek	Boothby	Men Open	M	Wrexham Tri	235	19:00:00	19:37:40	00:37:40
6	Henry	Aron	Men Open	M		255	19:00:00	19:38:20	00:38:20
7	Stuart	White	Men Open	M	Run Free Fell Runners	271	19:00:00	19:38:30	00:38:30
8	Luke	Earnshaw	Men Open	M	Meirionnydd RC	279	19:00:00	19:39:10	00:39:10
9	Simon	Edwards	M50+	M	Buckley Runners	258	19:00:00	19:39:12	00:39:12
10	Gemma	Moore	Women Open	F	Eryri Harriers	293	19:00:00	19:39:15	00:39:15
11	Jamie	Wright	Men Open	M		236	19:00:00	19:39:18	00:39:18
12	Dave	Gittins	Men Open	M	Run Free Fell Runners	242	19:00:00	19:39:20	00:39:20
13	Oliver	Birch jones	Men Open	M	Prestatyn Running Club	269	19:00:00	19:40:10	00:40:10
14	Domenico	Galante	Men Open	M	Manx Fell Runners	275	19:00:00	19:40:15	00:40:15
15	Owen	Lovelock	Men Open	M	Run Free Fell Runners	297	19:00:00	19:40:30	00:40:30
16	Rhys	Hughes	Men Open	M		281	19:00:00	19:40:50	00:40:50
17	Ian	Jones	M50+	M	Eryri Orienteers (ERYRI)	557	19:00:00	19:41:10	00:41:10
18	Stephen	Coe	Men Open	M	Dadbods Factory racing	280	19:00:00	19:41:14	00:41:14
19	Jazmin	Maddocks	Women Open	F		237	19:00:00	19:41:20	00:41:20
20	Sally	Ellis	Women Open	F	Run Free Fell Runners	262	19:00:00	19:43:00	00:43:00
21	Ben	Thomas	Men Open	M	Prestatyn RC	270	19:00:00	19:43:10	00:43:10
22	Paul	Fitzsimmons	Men Open	M	Denbigh Harriers	257	19:00:00	19:43:30	00:43:30
23	Emily	Retallick	Women Open	F	Denbigh Harriers	248	19:00:00	19:43:45	00:43:45
24	Ben	Beachell	M50+	M	Eryri Harriers	247	19:00:00	19:44:30	00:44:30
25	Lisa	Lines	Women Open	F	Prestatyn Running Club	289	19:00:00	19:44:35	00:44:35
26	Dan	Hickey	M50+	M	Run Free Fell Runners	295	19:00:00	19:44:50	00:44:50
27	Keith	Quinton	Men Open	M		294	19:00:00	19:44:55	00:44:55
28	John Neil	Owen	M50+	M	Run Free Fell Runners	253	19:00:00	19:45:00	00:45:00
29	Karl	Vickers	Men Open	M	Run Free Fell Runners	244	19:00:00	19:46:40	00:46:40
30	Christine	Cammillare	Women Open	F	Deestridders RC	268	19:00:00	19:46:45	00:46:45
31	Katy	Baugh	Women Open	F	Denbigh Harriers	254	19:00:00	19:47:00	00:47:00
32	Neil	McAndrew	M50+	M	Run Free Fell Runners	239	19:00:00	19:47:20	00:47:20
33	Jamie	Brown	Men Open	M	Wrecsam Tri Club	243	19:00:00	19:47:40	00:47:40
34	Gareth	Evans	Men Open	M	Abergele Harriers	256	19:00:00	19:48:00	00:48:00
35	Linda	Jones	W50+	F	Wrexham Amateur AC	292	19:00:00	19:48:40	00:48:40
36	Sal	Jefford	Women Open	F	Run Free Fell Runners	259	19:00:00	19:49:25	00:49:25
37	Alan	Bryson	Men Open	M	Run Free Fell Runners	260	19:00:00	19:49:26	00:49:26
38	Paul	Lewtey	Men Open	M	Deestridders RC	267	19:00:00	19:50:27	00:50:27
39	Mark	Tipuric	M50+	M		285	19:00:00	19:51:00	00:51:00
40	Steven	Owen	Men Open	M	GOG TRIATHLON CLUB	283	19:00:00	19:52:20	00:52:20
41	Rebecca	Good	Women Open	F	Run Free Fell Runners	282	19:00:00	19:52:30	00:52:30
42	Huw	Jones	M50+	M		249	19:00:00	19:52:40	00:52:40
43	Zac	Jones	Men Open	M	Dirty Runners	274	19:00:00	19:53:45	00:53:45
44	Sammi	Maxwell	Women Open	F	Dirty Runners	272	19:00:00	19:53:50	00:53:50
45	Gemma	Evans	Women Open	F		555	19:00:00	19:54:20	00:54:20
46	Sarah	Tipuric	Women Open	F		284	19:00:00	19:54:40	00:54:40
47	Caroline	Caffery	Women Open	F	Buckley Runners	287	19:00:00	19:54:45	00:54:45
48	Tony	Capstick	M50+	M	Run Free Fell Runners	245	19:00:00	19:55:30	00:55:30
49	Rachel	Harding	Women Open	F	Run Free Fell Runners	241	19:00:00	19:56:10	00:56:10
50	Shaun	De Clancy	M50+	M	Eryri Harriers	556	19:00:00	19:56:30	00:56:30
51	Susie	Pear	W50+	F	Llangollen	276	19:00:00	19:57:30	00:57:30
52	Ann Claire	Jones	W50+	F	Prestatyn Running Club	288	19:00:00	19:58:00	00:58:00
53	Steven	Brown	M50+	M	Eryri Harriers	286	19:00:00	19:58:20	00:58:20
54	Alex	Carpenter	W50+	F	Run Free Fell Runners	240	19:00:00	19:59:30	00:59:30
55	Karen	Smith	W50+	F	Chester Triathlon Club	291	19:00:00	20:00:00	01:00:00
56	Felicity	Aries	W50+	F	Eryri Harriers	300	19:00:00	20:02:20	01:02:20
57	Stephanie	Conway	Women Open	F	GOG Triathlon Club	278	19:00:00	20:04:10	01:04:10
58	Simon	Blain	Men Open	M	GOG TRIATHLON CLUB	277	19:00:00	20:04:15	01:04:15
59	Charles	Ashley	M50+	M		266	19:00:00	20:05:00	01:05:00
60	John	Morris	M50+	M	Buckley Runners	246	19:00:00	20:05:40	01:05:40
61	Hiren	Joshi	Men Open	M	Run Free Fell Runners	251	19:00:00	20:08:55	01:08:55
62	Susan	Ridings	W50+	F	Buckley Runners	250	19:00:00	20:09:00	01:09:00
63	Claire	Harper	Women Open	F	Deestridders RC	263	19:00:00	20:10:35	01:10:35
64	Amanda	Scotter	Women Open	F	Deestridders RC	265	19:00:00	20:10:40	01:10:40
65	Debbie	Parry	W50+	F	Deestridders RC	264	19:00:00	20:10:45	01:10:45
66	Lucy	Smith	Women Open	F	Total run training	290	19:00:00	20:13:10	01:13:10
67	Gary	Pettigrew	Men Open	M	Dirty Runners	273	19:00:00	20:14:00	01:14:00