

Chepstow Harriers Club Fell Running Series

This is a new race series for the club. It is not just aimed at the die-hard fell runners, but is set as a challenge to all harriers. Many of you have done some fell running, perhaps Dick's race – Mynydd Troed – as a Club Champs race in 2007 or Sugar Loaf from the 2008 championships. The series can be taken as a challenge to complete the required number of races, or perhaps just to do a few to get a taste for the hills.

For more information on the series please contact Sue Ashton –

[sueoashton at btinternet dot com](mailto:sueoashton@btinternet.com)

There are of course a few others who can give you guidance on what to expect and what preparations and kit you will need.

The series has 6 races, 2 short, 2 medium and 2 long.

The series competition will be based on your best 4 out of 6 to count. This does not mean you have to include every distance as you could do 2 long and 2 medium and miss out on both the short races – or conversely miss out on both the long races.

Your score will be based on your time as a percentage of the average of the top 5 runners in the race. Some jiggery pokery gives a score with the top runners achieving close to the 100% and Welsh Ladies over 50 champion Sue aiming for 60%+.

- The scoring is not dependent upon the other Chepstow Harriers competing, but upon the quality of the leaders in the field. This is generally quite consistent so you get a good measure of just how good you really are.
- The scoring system gives you your own personal target, and a measure of any improvement you can achieve.
- Prizes may be on offer... to be confirmed...

Races:

Mynydd Troed

12th April

Medium, 7 miles, 2,700ft

This is in the Black Mountains, not too far from Crickhowell. It is, in Sue's opinion the toughest of the series with steep ups and downs. It already has a history with Chepstow as a Club Champ's race in 2007 and is organised by Head Coach, Dick Finch. I'm sure you can find a few club members that have run (at least some of) this race. There is a good, friendly pub at the bottom

Sarn Helen

17th May

Long, 16.5 miles, 3000ft

This is the furthest away from Chepstow, but is arguably the least severe of the South Wales long races. We think is probably marked, and will try to find out more.

Beacons Batch

23rd June

Short, 5miles, 1000ft

This is an evening race in the Mendips. If you have run the Mendip Muddle you will recognise the terrain, though this race finds a big hill to climb. Note that this is also a Club Champs Race 2009, so go for points in both series at the same time – what a bargain!

CHANGE to JULY RACE

Any medium fell race listed on the FRA or WFRA website (this covers Charmouth, the three welsh fell races and a few other in England and Scotland)

AUGUST - NO RACE

Black Mountains

26th September

Long, 17miles, 5,200ft

A well established favourite for Chepstow Harriers. It is tough, long and not too far away. It's well worth doing a recce before the race, The start and finish are in Llanbedr, just a few miles north of Crickhowell. The small school there is the race centre with welcome tea and biscuits at the finish. The route has a stiff climb at the start, 2 stiff climbs in the middle and a stiff climb a few miles from home. In between there are a few nice ridge runs where there are no excuses for idling.

Sugar Loaf

31st October

Short, 5miles, 1455ft

This was a popular Club Champ's race in 2008. It is a classic route with a nice pub at the finish. There is a really steep lane to start with before you hit the fell side. Once this climb is over the angle eases as you follow a ridge to the final summit climb. Once past the trig point the descent follows a slightly devious route before reaching the track used for the ascent. Thankfully the finish is before the nasty lane meaning you can run hard all the way.

In previous years sandwiches have been provided in the pub after the race.