

**Ras Copaon 1000m Cymru – Welsh 1000m Peaks Race
2024 Race Report**

Kate Worthington – Race Organiser

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Dydd Sadwrn 1 Mehefin – Saturday 1 June 2024

O'r môr i gopa Cymru, dros 5 mynydd 1000m...From the sea to the summit of Wales, over five 1000m mountains...

SETTING THE SCENE/THANKS - This date has been etched in my mind since I volunteered to take on the Race Organiser role of this long-standing, classic mountain race over the highest mountains of Eryri, in November 2023. I've been inspired and apprehensive of the challenge, in equal measure; this being more palpable than the times I have run in the Short and Long Courses, for sure.

The first recognised race took place in 1971 and in 1974 Harvey Lloyd became Chief Marshal and took over as Race Organiser in 1984, supported by local running club Eryri Harriers. By 1990, Clwb Gorphwysfa took on full race organisation, with Harvey Lloyd continuing as Race Organiser until the race celebrated its 50th year, in 2021. Club member, Sarah Hargreaves, who was heavily involved in the organisation of so many previous editions of the race, returned to volunteer her expertise and time this year. It was an honour to have Sarah involved again and her experience, insight and feedback from the day itself is so valuable.

In 2022 and 2023, Warren Renkel took responsibility as Race Organiser. Warren was supported by many familiar and new volunteer Race Marshals and local running club, Run Free Fell Runners. Myself and Warren discussed the transition of Race Organising at some length and I am indebted to his support and advice during this time. In January 2024, club Eryri Harriers had agreed to support the race (again) and the 2024 Short Course was included in the Club Fell Championships. Diolch yn fawr iawn for the club's support, including experienced and supportive Race Marshals and access to club kit.

EVEN MORE THANKS - So here I am as Race Organiser to steer an intricate planning journey and the execution of a long and quite complex race route...but the race would not exist without the presence of the 35+ volunteer Race Marshals supporting the day itself. Some are Eryri Harriers club members, some have volunteered for the race for a number of years, under the direction of Harvey Lloyd and Warren Renkel (I had a level of expectation to live up to!) and some were new to offering support of the race, and snapped up for their general mountain/race experience and skills that would be perfect for various Race Marshal roles. A heartfelt thanks to each and every one; from valley registrations, water provision, sweeping last runners, summit checkpoints to managing a bustling finish area Yr Wyddfa.

ABOVE AND BEYOND - Here I must make mention that the 6 x Race Marshals spread between CP7 Garnedd Ugain and the Finish on Yr Wyddfa worked extremely hard not only to monitor all aspects of the race and runners as planned, but to also give time and physical assistance to two Mountain Rescue call outs on the summit, including helping to safeguard a crashed paraglider who required immediate assistance from LLMRT and the Search and Rescue helicopter. The Race Marshals also dealt with managing runners and the public when the SAR aircraft was circling above (which creates a lot of noise and down drafts) and keeping themselves safe and focused at all times. They worked impeccably.

CREDIT TO LOCAL ORGANISATIONS - Ras Copaon 1000m Cymru/Welsh 1000m Peaks Race is indebted to the following for their professional support and/or generosity of supplies and services; without which many aspects of the race would not be possible. In A-Z order:

Aber Falls Distillery – *Long registration/start location and prize donations/suppliers*

Bws Peris – *Long and Short Course transport and extra stand-by*

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Charles Ashley – *original paintings for prizes*

Cymdeithas Eryri Snowdonia Society – *loan of race kit and prize donations*

Community/neighbours of Aber Falls Distillery and Abergwyngregyn

Eryri Harriers – *loan of race kit, Race Marshal support*

Fabian4 Online Entry Service – *Adrian and Ellie - ongoing insight and support*

Filmuphigh.com - Rob Johnson – *drone footage and edit*

Joe Brown's Shops – *prize donations*

Marathon Eryri – *loan of race kit*

Menna Jones and family/Bodesi Farm – *Bryn Poeth access advice*

National Trust – *landowner liaison and advice*

Ogwen Valley Mountain Rescue Organisation – *Checkpoint/Water Stop land access*

Padarn Hotel – *Short registration and race day function room/food*

Parc Cenedlaethol Eryri - Eryri National Park – *event liaison and advice*

Racetek Live – *Adrian and Ellie - timing and results, and more super advice*

Raven Eve Designs – *prize items local supplier*

RAW Adventures - *sponsorship of website development and radio/comms equipment*

SportpicturesCymru – *Y Gribin photographs*

Snowdon Mountain Railway – *support with kit access/reserved emergency seating*

Vertebrate Publishing – *prize donations and race discount code*

Veloforte – *race discount code*

WFRA – *advice, support and insurance (very important!)*

YHA Snowdon Pen-y-Pass – *Checkpoint and water access*

'RUN GREENER' - I am grateful to runners for supporting the concept of reducing single car journeys to the race, and sharing where possible. With limited public transport in the area and early start times for the Long Course, there is some restriction on how much I can dissuade runners from car travel, but I will think on further incentives for increased car sharing where possible. The use of larger transport vehicles to facilitate the linear route at least reduces multiple cars accessing the race start locations. Many runners are locally based so travel miles are limited for them. Runners bought their own safety pins to the race, to save always using new resource for an item we runners must have plenty of at home! I re-used inherited kit resource to save creating new supplies, if not necessary. Any race bibs given back are to be recycled/re-used. I am grateful to Vertebrate Publishing for donating 5 x copies of Damian Hall's book, *'We Can't Run Away From This: Racing to improve running's footprint in our climate emergency'* for prizes. I hope recipients value the sharing of this book, applicable to the whole running community.

Prizes were carefully considered for practical use, recyclable consumables and materials, as well as using local suppliers. All discarded items from the Water Point, Pen y Pass Checkpoint and a lot from Padarn Hotel were sorted into recyclable/non-recyclable/food waste after the race. 'Snack' supplies at Water Point and Pen y Pass Checkpoint were suitable for vegans and other diets, by default – with any kept/found packaging recycled. Runners were asked if they could pick up a few discarded items on their Yr Wyddfa descent, to help keep the busy paths on Yr Wyddfa clear of dropped items. Many runners took this sentiment on board and came back to Padarn Hotel with bags of the stuff, or items jammed into their running bags! I can't tell you how heartening this was to see this result and support – diolch yn fawr iawn. Spot prize for the most carried down next year?! Every little helps...

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ENTRY DONATIONS - Many thanks to so many runners who generously donated a minimum of £1 to local conservation charity, Snowdonia Society. One aspect of their work is to help support volunteer efforts of keeping Yr Wyddfa's paths clear of litter and repairing drainage culverts – hence we have asked the race's donation to be used towards these projects, helping to maintain paths on a very busy mountain. The race raised £220 for this cause – diolch yn fawr iawn!

ON RACE DAY

Long Course – actual start time – 08:32:51

139 Entries – 126 Starters – 5 Retired – 5 Cut Off Bryn Poeth

Short Course – actual start time – 11:02:32

46 Entries – 40 Starters – 1 Retired – 0 Cut Off Pen y Pass

Race Marshals and runners benefitted from fair weather conditions, with 10-20mph northerly winds on the summits, and no rain forecast. There were variable amounts of mid to high-level cloud at times, especially up until 1400. The afternoon on Yr Wyddfa was clearer with more sun, feeling hot at times. Summit temperatures were forecasted at 7-9 deg C, but felt warmer, although the wind had a very cooling effect at least – and quite cold for static Race Marshals! Visibility was poor at times on some slope aspects on the Carneddau, especially around midday on Carnedd Dafydd.

MINOR INCIDENTS AND COMMUNITY SPIRIT - There were four minor incidents that resulted in two runners making their way to Ysbyty Gwynedd for treatment, one of them self-rescuing from Carnedd Llywelyn, showing great resilience and independence. Another runner was collected by a Race Marshal in Ogwen Cottage. One runner was helped by others descending to Pen y Pass, who stopped their races to assist, passing over First Aid supplies and their generous time. Thanks to Abby Carter and Mared Llywelyn as a minimum, in this instance. A fine show of fell-running spirit from these and other runners on race day. Seats on Snowdon Mountain Railway services were reserved, and one used for an injured runner descending to Llanberis, the other being used to ferry race kit and Race Marshal to Yr Wyddfa and back down.

CUT OFFS - A new 1230 (12:32:51) Cut Off time was actioned at CP4 Bryn Poeth, and 5 x runners stopped here, apx 20-30 mins after this time. This Cut Off time was correlated from 2023 race data/timings at Pen y Pass and Yr Wyddfa and was a suggestion from the 2023 race review. Final runners who passed CP4 Bryn Poeth just before 1230 also made it through the established 1500 (15:02:32) Cut Off at Pen y Pass, with 1 minute to spare – the timings worked appropriately. These Cut Offs uphold the general progress of the race, over a long day, with consideration of volunteer Race Marshal presence on high mountain summits and the general well-being and fatigue levels of runners working hard to maintain pace on challenging mountain ground. Runners who stopped at CP4 Bryn Poeth after 1230 were returned to Llanberis in race vehicles.

RESULTS - I would like to mention that in the Short Course, the fastest to the summit were an Adult/Junior Pair – Neal and Deri Hockley of Eryri Harriers. They came ahead of any individual runners, and adult Pairs, which is an inspiring running performance – hopefully with many more to come from Deri! Full Race Results on Page 5. I am in possession of a few un-claimed prizes, and will make contact with recipients directly.

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PHOTOS - Photos from Y Gribin were captured by Sport Pictures Cymru and are viewable below: <https://sportpicturescymru.photohawk.com/galleries/1000m-race> Thank you for your coverage, with some variable visibility to deal with! Further/other photos are on the Welsh 1000m Peaks or WFRA Facebook pages.

REGRETTABLY – After the race I was made aware that one runner used offensive language and tone towards another runner, on two occasions during the race. I was very shocked to learn of this, and feel behaviour like this, towards fellow runners, is totally unacceptable. I am acting upon information given and gaining advice from the WFRA in terms of how to proceed with this feedback.

ONWARDS TO 2025 – I have been collating feedback from runners and Race Marshals alike, and this will inform planning for next year's race. I am keen to keep the strong reputation of Ras Copaon 1000m Cymru/Welsh 1000m Peaks Race as being one of Wales' true classics in fell-running; a race I have enjoyed running in and which I want to see stay a Welsh Fell Runner Association fell race – nothing more, nothing less. Yet, I am aware of some operational adjustments I would like to explore. Including improving the flow for runners at registration/s and also the management of communications and runner monitoring for Race Marshals in high, exposed locations. I would also like to improve Welsh/English bilingual communications via the website and emails to runners.

I love meticulous logistical puzzles to solve and I'm already on to plans for 2025. Thank you to every runner that entered and thus supported the 2024 race to help make it happen!

Diolch o galon – a heartfelt thank you!

Keep the date free next year – Saturday 31 May 2025!

Entries open by January 2025

(possibly before – and you will be the first to know!)

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Race Results



🏔️🏔️🏔️ LONG COURSE - Female and Male

- | | |
|---------------------------|-------------------------|
| 🥇 Suzie Richards 5:08:02 | 🥇 Craig Lowe 4:35:05 |
| 🥈 Jo Meek 5:12:23 | 🥈 Tom Leather 4:35:35 |
| 🥉 Andrea Rowlands 5:18:05 | 🥉 David Jackson 4:38:44 |

🏔️🏔️ SHORT COURSE - Female and Male

- | | |
|--------------------------|---------------------------|
| 🥇 Anwen Hockley 2:21:45 | 🥇 Peter Eccleston 2:03:14 |
| 🥈 Mared Llywelyn 2:25:41 | 🥈 Heddwyn Bye 2:03:46 |
| 🥉 Mandy Peffers 2:39:36 | 🥉 Russell Owen 2:25:05 |

🏔️🏔️🏔️ LONG COURSE – Pairs

- | | |
|------------------------------------|---------|
| 🥇 Jacob Hayes and Spencer Bunn | 5:31:05 |
| 🥈 Adam Mitchell and Jamie Williams | 5:54:57 |
| 🥉 James Cook and Nathan Jones | 6:29:23 |

🏔️🏔️ SHORT COURSE – Pairs

- | | |
|-----------------------------------|---------|
| 🥇 Phil Roberts and Dylan Watson | 2:34:14 |
| 🥈 Ruby Bye and Phil Jennings | 2:37:28 |
| 🥉 Richard Mead and Dave Coleshill | 2:40:17 |

🏔️🏔️ SHORT COURSE – Adult/Junior Pairs

- | | |
|---------------------------------|----------|
| 🥇 Neal Hockley and Deri Hockley | 1:59:36* |
| 🥈 Sal Chaffey and Sarah Chaffey | 3:34:06 |

🏔️🏔️🏔️ LONG COURSE – Vet Categories

- | | |
|-------------------------------|------------------------------|
| FV40 Jenny Hartley 6:19:47 | MV40 Tim Woodier 5:01:16 |
| FV50 Debbie Stenner 7:06:57 | MV50 Tim Lenton 4:59:02 |
| FV60 Janette Gledhill 7:26:45 | MV60 Dave Powell 5:51:28 |
| FV70 N/A | MV70 John Mainwaring 7:41:11 |

🏔️🏔️ SHORT COURSE – Vet Categories

- | | |
|------------------------------|----------------------------|
| FV40 Rebecca Owen 3:32:26 | MV40 Trevor Lawler 3:03:39 |
| FV50 N/A | MV50 Richard Borne 2:47:47 |
| FV60 Ellie Salisbury 2:58:53 | MV60 Mike Snell 2:37:57 |
| FV70 Maggie Oliver 4:39:51 | MV70 Bob Hind 2:56:21 |

🏔️🏔️🏔️ LONG COURSE – Mixed Team

- 🥇 Craig Lowe, Suzie Richards, Andrea Rowlands Eryri Harriers

🏔️🏔️ SHORT COURSE – Mixed Team

- 🥇 Anwen Hockley, Russell Owen, Mike Snell Eryri Harriers

SHORT COURSE Adult/Junior Pair – Neal Hockley and Deri Hockley reached the finish ahead of all Individual/Pairs runners in the Short Course – a fantastic Adult/Junior achievement of the day!