

## Ras Copaon 1000m Cymru – Welsh 1000m Peaks Race

### 2026 Race Report

Kate Worthington – Race Organiser

info@welsh1000m.org



## Dydd Sadwrn 30 Mai – Saturday 30 May 2026

*O'r môr i gopa Cymru, dros 5 mynydd 1000m...From the sea to the summit of Wales, over five 1000m mountains...55<sup>th</sup> edition of the race*

**SETTING THE SCENE** This is my third year as Race Organiser for this classic, long mountain race and I am really proud to be carrying this race onward year on year, whilst upholding and respecting the values and ethics of the Welsh Fell Runners Association, under whose insurance the race operates. The race is also recognised as an Eryri Harriers 'club race' and I am thankful to the Eryri Harriers Committee and club members for vital resources, including volunteer marshal time, race kit items and financial support.

The week before the race saw some very hot (too hot!) temperatures in Eryri – so much so that my thoughts turned to options for an Adverse Weather course, to mitigate against heat-related hazards. But the forecast did switch about a few days before the race – from wind/rain incoming at 1300 to a much drier and calmer day in the end. Actually, 'nearly perfect' for running (and definitely much easier for Race Marshalling than last year's windy washout). Winds were fairly light at apx 20mph on the summit, with some varied visibility in the morning, but mostly clear skies, a high veil of cloud and dry underfoot. Temperatures were back to apx 10 deg C on the summits, feeling like 6 deg C in the wind. Although runners did report warm conditions heading out of the Ogwen Valley and on to Y Gribin, for example...that seemed like a crux point of people's races temperature wise. Runners still had to manage themselves well in terms of heat and hydration, but the term 'manageable' was the win for the day. And I was thankful that no thunderstorms/lightning were forecasted to bubble up – given the ferocious electrical storm experienced just a few nights before the race.

**DIOLCH RACE MARSHALS** I will never tire of extending thanks from myself and on behalf of runners to the 40 volunteer Race Marshals and a few professional Mountain Leaders who made up our wonderful delivery team on the day. Yes, there is a lot of planning and organisation that I manage in the many months leading up to the race, but it is this strong team of Eryri Harriers club members, friends, work colleagues and the wider local community that help the race set sail on the Saturday morning. No Marshals, no race...

I also thank local mountain activities provider, RAW Adventures, for sponsoring the cost of 3 x professional Mountain Leaders, who were able to support the robust number of experienced volunteer Race Marshals in more specific, technical locations or responsibilities on the day.

### Long Course – Start Time 07:30

Entrants: 128

Starters (incl Pairs): 78 (23% female)

Retired or Cut Off: 12

### Short Course – Start Time 11:30

Entrants: 98

Starters (incl Pairs): 71 (31% female)

Retired or Cut Off: 0

**RACE RESULTS** Check the summary of race results at the end of this Race Report, with links to full results, provided by Open Tracking. One of my aims for this race is that it continues to provide varied and rewarding challenges to a breadth of runners, in terms of their personal running experiences and ambitions and diversity in the field, based on differences in age, gender, club affiliation, home locality and race class (Solo, Pairs, Adult/Junior Pairs). I love to see competitive racing at the front of the field, as well as runners enjoying (?!) the race route for the first time. My request to runners is to galvanise fellow club

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members/friends/their networks to come and give the race a go sometime – whether that's for challenging competition at the front of the field, or time out with friends working through this stunning course and its Checkpoints, as a Pair or informal team. The 'Cut Offs' are reasonable and fair, in the context of a long day's running for some, and they protect Race Marshals from extended periods in potentially exposing locations – this is important.

Huge congratulations to Sam Gunning/Cybi Striders who finished his LONG Course in 4:17:33 and celebrated 1st place - with some excellent competition and differences in splits with Pete Vale, Graig Lowe and Matthew Fortes along the way. Heather Tait/Helm Hill Runners led the women's race in the LONG Course from the first Checkpoint, and gained a lead of 30 mins to take her 1st place. The race was on for 2nd and 3rd place for Mel Price and Andrea Rowlands, respectively.

An equally competitive SHORT Course saw changes in the lead a few times, with Rhys Jones/Rhedwyr Hebog climbing to Yr Wyddfa to 1st place in 1:42:30, ahead of Chris McLean/Meirionnydd and Harry Kneen/Dark Peak. The women's race saw current Course Record holder Jackie Lee/Eryri Harriers working her way through to 1st place in 2:08:18, with Suzie Richards/Eryri Harriers and Jessica Evans/GOG Triathlon providing excellent competition.

**FULL RESULTS** Thanks to Open Tracking for live tracking, timings and results on the day:

**LONG** - <https://results.opentracking.co.uk/event/longwelsh1000m2026>

**SHORT** - <https://results.opentracking.co.uk/event/shortwelsh1000m2026>

**ABOVE AND BEYOND** I heard reports of many Race Marshals and runners looking out for others and offering kind words, advice and practical support if necessary. Many thanks to Eryri Harriers club members (and winning SHORT Course PAIR) Mabli and Efa Baines who, just at the end of their race on Yr Wyddfa, stopped to make sure a fellow young club member made it safely to the summit, too. Young runners with big hearts and a love for the ethics of fell running.

**ENTRY DONATIONS** Many thanks to so many runners who opted to generously donate a minimum of £1 to Ogwen Valley Mountain Rescue Organisation and Llanberis Mountain Rescue Team, through their race entry process. With an added donation of £127 from the race, the total amount donated was £400, split between the 2 x teams - £200 each.

**'RUN GREENER'** I am grateful to runners for supporting car sharing where possible. With limited public transport in the area and early start times for the Long Course, there is some restriction on options available for some runners, granted. 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 could bring a re-usable bottle on the Long Bus with them, to be returned to them at Padarn Hotel. Some 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 have re-used inherited kit resource /borrowed kit resource to save creating new supplies, where possible. Any Race Bibs returned/unused were recycled in soft plastic recycling or will be reused. Race Mugs replaced Race Medals this year, which meant we could reduce the amount of single use cups used at Padarn Hotel. I am still

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working with Padarn Hotel to reduce use of single-use packets etc, and suggesting alternatives where I can. Prizes were carefully considered for practical use, recyclable consumables and materials, as well as using local suppliers. Sweets at CP5 Glan Dena and CP7 Pen y Pass were suitable for vegans/gluten free. 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. I can't tell you how heartening this was to see this support of this amongst runners. A few runners were awarded 'spot prizes' for collecting various items and handing them in – diolch!

### CREDIT TO LOCAL ORGANISATIONS (A-Z)

- Bangor University/Henfaes – Long Course Race Start
- Bws Peris – Long and Short Course transport
- Caffi Alma, Abergwyngregyn – Long Course Registration
- Ceirios Coffee – Prize suppliers/donations
- Coffi Dre – Prize suppliers/donations
- Community/neighbours of Abergwyngregyn
- Crib Goch Outdoor – Prize suppliers/donations
- Eryri Harriers – Loan of race kit, Race Marshal provision and support
- Fabian4 Online Entry Service – Pre-event advice/entries
- Halen Mon – Prize suppliers/donations
- Llangollen Fell Race – Prize suppliers/donations
- Marathon Eryri – Loan of race kit
- Menna Jones and family/Bodesi Farm – Bryn Poeth access advice
- Midland Association of Mountaineers – Glan Dena, Ogwen hut access
- National Trust – Landowner liaison and advice
- Nick Livesey Mountain Images – Original photography for prizes
- North Wales Gift Company – Finisher Race Mugs
- Ogwen Valley Mountain Rescue Organisation – Bryn Poeth access advice
- Open Tracking – Race safety tracking and results
- Padarn Hotel – Short Course Registration and race day function room/food
- Pair Ups Kit Repair – Prize suppliers/donations
- Parc Cenedlaethol Eryri - Eryri National Park – Event liaison and advice
- Poblado Coffi – Prize suppliers/donations
- RAW Adventures – Sponsors of radio and race kit, vehicle, ML Race Marshals
- Ras Pedol Peris – Prize suppliers/donations
- Sawna Bach – Prize suppliers/donations
- Snowdon Mountain Railway – Support with kit access/reserved emergency seating
- Snowdonia Gear Repair – Prize suppliers/donations
- SportpicturesCymru – Y Gribin photographs
- Tesco Bangor – Prize suppliers/donations
- The Jam Lady – Prize suppliers/donations
- Tour de Yr Wyddfa – Prize suppliers/donations
- Waterloo Hire – Long Course Portaloos
- WFRA – Advice, support and insurance (very important!)
- Wuffler – Race Headwraps
- YHA Snowdon Pen-y-Pass – Checkpoint and water access

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**PHOTOS** Photos from Y Gribin were captured by Sport Pictures Cymru and are viewable here: <https://sportpicturescymru.photohawk.com/galleries/welsh-1000m-peak-race-2026>

Further photos will be posted on the Welsh 1000m Peaks Race, Eryri Harriers or WFRA Facebook pages, if not already.

**WFRA ETHICS** 1 x runner was removed from final Race Results for failing a Spot Kit Check on Yr Wyddfa summit. Spot Kit Checks were carried out at the start of the Long Course and Short Course and it was made clear in race information that Spot Kit Checks would be carried out for either course. Spot Kit Checks were made for leading runners, also. Over and above these safety checks, I fully believe that the ethics of any WFRA race (and the agreement to the WFRA Declaration upon entering a WFRA race) puts the onus of responsibility to follow rules and guidelines set out by the WFRA and Race Organiser for any particular race, towards the individual runner. This includes carrying the Mandatory Kit items that are requested, regardless of personal judgement on mountain conditions. I am grateful I was able to have an open and useful conversation with the runner in question, and for their quick acceptance of my decision, and reflection on the values and rules of the race.

I will review how information on Mandatory Kit is presented, to ensure it can be even clearer, going forward. I will also increase volunteer Race Marshal presence at Registrations to carry out more consistent Kit Checks going forward, regardless of weather conditions. There is an element of 'trust' that is implicit in the WFRA Declaration. But if I need to, I will employ Mandatory Kit Checks for all runners, over and above Spot Kit Checks, regardless of any other factors or planning considerations.

I am also going to explore the concepts of 'Self Support' and 'Support' in terms of runners choosing to 'cache' water/food at locations along the course. Does this provide a runner with an unfair advantage, as this resource is not available to all? Do I need to enforce a rule to dissuade runners from doing this (which can also add to litter and left items in valley locations, also). Race Marshals did pick up on a few instances of this in the Ogwen Valley, for example. If more runners did this, how much litter and impact would this leave? Do I need to address this before any further issues ensue? Discuss.

**ONWARDS TO 2027** 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. I'm always keen to adopt ideas for improvements, including increased Race Marshal support and signage at Registration areas, ideas for prizes and finishers' souvenirs and keeping to time for Prize Givings 😊

**I look forward to seeing many runners again next year. Diolch o galon – a heartfelt thank you!**

**Keep the date free next year Saturday 5 June 2027**

(not Saturday 29 May as originally suggested, apologies for error)

**Entries open 1 December 2026**

PTO Results

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## 2026 RESULTS

### LONG COURSE - Female and Male/Open

🥇 Heather Tait	5:10:25	🥇 Sam Gunning	4:17:33
🥈 Mel Price	5:40:59	🥈 Peter Vale	4:32:55
🥉 Andrea Rowlands	5:46:13	🥉 Craig Lowe	4:36:32

### SHORT COURSE - Female and Male/Open

🥇 Jackie Lee	2:08:18	🥇 Rhys Jones	1:42:30
🥈 Suzie Richards	2:12:12	🥈 Chris McLean	1:46:55
🥉 Jessica Evans	2:15:30	🥉 Harry Kneen	1:48:41

### LONG COURSE – Pairs

🥇 Justina Berskyte and Neil Swan	5:57:56
🥈 Mared Llywelyn and Lowri Owen	6:28:57
🥉 Tony Harris and Neil Jones	7:12:48

### SHORT COURSE – Pairs

🥇 Mabli Baines and Efa Baines	2:24:57
🥈 Ben Thomas and Nikki Triggs	3:35:30
🥉 Steve Whitlock and John Pelton	3:49:11

### SHORT COURSE – Adult/Junior Pair

🥇 Tamsin Sequin and Nikolas Seguin	2:29:25
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### LONG COURSE – Age Categories

F40 Liz Bradshaw	5:48:32	MO40 Joel Gomes	4:41:06
F50 Louise Emery	7:59:00	MO50 Martin Webb	5:32:44
F60 N/A		MO60 David Bland	7:42:32
F70 N/A		MO70 N/A	

### SHORT COURSE – Age Categories

F40 Ruth Calcraft	2:21:29	MO40 Ally Hughes	1:50:42
F50 Rhian Probert	2:21:42	MO50 Chris Near	2:03:12
F60 Sarah Barnwell	2:29:30	MO60 Russell Owen	2:28:32
F70 N/A		MO70 Nich Bradley	2:59:59
F80 N/A		MO80 Brian Robbins	3:56:07

### LONG COURSE – Mixed Team

🥇 Pete Vale, Joel Gomes, Mel Price	Mercia Fell Runners
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### SHORT COURSE – Mixed Team

🥇 Adam Harper, Jackie Lee, Suzie Richards	Eryri Harriers
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