

Ras Moel y Ci
Tregarth, Gwynedd
BS / 5m / 950ft 24.02.07

Fine weather and the prospect of a new route with interesting and varied terrain brought 86 runners to the Moelyci Environmental Centre this year. The new route rises up through fields at the Centre, circles and climbs with a long testing 'green lane' and a final pull up through heather and peat to Moelyci summit at 1300 feet. If runners can raise their heads, there are views to the Anglesey coast, Snowdon, the Glyders and the Carneddau.

Congratulations to Richard Roberts of Eryri who set the new course record of 37.03, passing first-to-the-top Colin Donnelly (2nd and 1st MV40 at 38.05) on the first steep descent off the summit. Third home was Dylan Jones in 39.31. Sarah Kleeman romped home as 1st woman in 43.37 and 14th overall, followed by Andrea Roberts at 46.37 and Jayne Lloyd (1st FV40) at 49.41. Maggie Oliver 1st FV50 at 56.26, Steve P Jones 1st MV50 at 41.54 and Don Williams 1st MV60 at 45.32 took the other class prizes.

The junior race winner was Rhys James in 10.23 in a sprint with Ben McPartland 2nd in 10.24. Lisa Peters was first girl at 11.49 and 3rd overall with Claire Donnelly 2nd girl at 12.25. Joseff Williams was 3rd boy at 12.57 and Bronwen Jenkinson 3rd girl at 13.40.

Projects at the Moelyci Environmental Centre focus on sustainability, local produce and local crafts. In consequence, race prizes included local honey and preserves, hazel sticks, wooden trinkets, compost and reclaimed wood window boxes. The soup, rolls and cakes were from organic local suppliers accompanied by Fair Trade tea and coffee.

Our thanks to the Centre staff, marshals, 'Team Dolly' radio network and the registration and finish team.

Jeremy Williams

1.	R. Roberts	Eryri	37.03
2.	C. Donnelly O/40	Lochaber	38.05
3.	D. Jones	Eryri	39.31
4.	G. Hughes O/40	Abergele	39.35
5.	R. Samuel	Bangor Uni	41.03
6.	M. Roberts	Eryri	41.05
7.	S. Jones O/50	Eryri	41.54
8.	P. Howarth O/40	Clwydian	42.11
9.	C. Jones	WFRA	42.20
10.	J. McIlveen	Abergele	42.27

VETERANS O/50

1. (7)	S. Jones	Eryri	41.54
2. (28)	J. Bennell	Eryri	48.02
3. (35)	P. Jones	Eryri	50.26

VETERANS O/60

1. (22)	D. Williams	Eryri	45.32
2. (60)	F. Uhlman	U/A	58.08
3. (68)	M. Edwards	Wrexham	62.05

LADIES

1. (14)	S. Kleeman	Eryri	43.37
2. (26)	A. Roberts	Eryri	46.37
3. (32)	J. Lloyd O/40	Eryri	49.41
4. (39)	L. Peter O/40	U/A	51.23
5. (43)	S. Rowlands O/40	Clwydian	53.16

(51)	M. Oliver O/50	Eryri	56.26
(62)	S. Hughes O/50	Eryri	59.15
(74)	S. Bennell O/50	Eryri	66.05

79 finishers