

### **Longtown Llanthony Loop race 2022**

53 runners took part in this year's race on 23<sup>rd</sup> April 2022 which was also a selection race for the East Wales region fell running team. Runners were treated to sunshine, cool south easterly winds and good visibility.

The challenging course took runners up the 'fall line' through Cayo Farm, up a long traversing ascent with a switch back to join the Offa's Dyke path and then a section of Offa's Dyke north to Loxidge Tump. There was an exciting and technical descent to the Llanthony field boundary in Cwm Siarpal before runners started the stiff climb up towards the 552m trig point. Runners could choose their own route on this section and some took maximum advantage of their recce to gain seconds or even minutes on their opponents. From the top a fast and furious descent to the Olchon Brook followed.....oh yes and there was the sting in the tail of an up-hill finish. Runners had to visit 7 checkpoints on the route.

Full credit to all runners for finishing this tough course. Congratulations to local runner Wyndham Turner of Mynydd Du running club who completed the course in 57:04, over a minute faster than James Blore of Chepstow Harriers in 58:07. First lady home was the impressive FV50 Rhian Probert of Mynydd Du running club in 1:09:40, more than a minute ahead of second placed Claire Patterson FV40 (also of Mynydd Du running club). There was good competition for each category prize throughout the field. A special mention should be made to Nikki Childs of Wye Valley Runners and Sharon Woods of Mynydd Du both FV60 who were only separated by 10 seconds at the finish line for their category prize. An example to us all.

A big thank you to Jean Price for the use of her land, to Castell Howell who provided the prizes and to the cheerful volunteer marshals from Longtown Outdoor Learning Centre and Longtown Mountain Rescue Team.

Hope to see you next year,  
Mike Fawcett  
Race organiser