

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

### 2025 Race Report

Kate Worthington – Race Organiser

info@welsh1000m.org



### Dydd Sadwrn 31 Mai – Saturday 31 May 2025

*O'r môr i gopa Cymru, dros 5 mynydd 1000m...From the sea to the summit of Wales, over five 1000m mountains...54<sup>th</sup> edition of the race*

**SETTING THE SCENE** This is my second year as Race Organiser for this classic, long mountain race – with its history etched into the minds and legs of so many local runners and communities, including a strong military link, based on its history of running since 1971. When the legendary Cumbrian-born fell runner, Joss Naylor, passed away on 28 June 2024, it was poignant to remember the many times Joss had also run in the race over many years from 1972 – 1979 with many notable wins.

I love the process of organising logistics and solving puzzles to create mountain journeys that challenge and inspire people...so I do relish the challenge of volunteer 'Race Organiser' for this route and I am proud that the race is still affiliated to the Welsh Fell Runners Association and recognised as an Eryri Harriers 'club race'. My personal membership of the WFRA and supporting its ethics and principles is very important to me. And I thank all runners for the support of this race to enable it to continue in this context.

The weather conditions for the 2025 race were challenging, there is no doubt. Initially, the visibility above 800m was very poor, with driving SW winds consistently blowing at 35mph, with gusts over 45-50mph in the morning specifically – and some heavy bursts of rain over various parts of the course. Yr Wyddfa was hit with very strong showers and gusts in the morning, which curtailed Race Marshal access at times, including getting kit and equipment up on the Snowdon Mountain Railway Service Train, which had to stop at 'Rocky Valley' station due to high winds (3/4 way up). After that, it was a 'big, heavy bag walk' for 1 x intrepid Race Marshal! Race Marshals were briefed regarding their own well-being and safety in terms of accessing their marshal points and summit race kit and equipment available to them was improved from last year – including ALL mountain Race Marshals having access to emergency shelters for their own use, and more kit to support any retired/injured/fatigued runners. Thankfully, there was no lightning forecast and all the race safety procedures and Risk Assessments for Race Marshals and runners, provided a strong infrastructure to support the race going ahead. It was tough conditions for Race Marshals to be out in for lengthy periods of time, and runners are right to be very thankful for their positive presence along the course. No Race Marshals, no race! A heartfelt thanks to each and every Race Marshal (there were 40 Race Marshals involved in this race, with some covering 2-3 different duties across Friday eve/Saturday); from valley registrations, water provision, sweeping last runners, summit checkpoints, mountain safety and overseeing runners and results at Padarn Hotel.

**Long Course – actual start time – 08:03:12**

**148 Starters (incl Pairs) – 14 Retired – 1 Cut Off Glan Dena/3 Cut Off Pen y Pass**

**Short Course – actual start time – 12:00:03**

**44 Starters (incl Pairs) – 2 Retired – 0 Cut Off Pen y Pass**

**ABOVE AND BEYOND** Between Race Marshal and runners there were probably many instances of people looking out for others and offering kind words, advice and practical support if necessary – this happens in many races, we know this already. But, the weather conditions did dictate that some runners/Race Marshals took extra steps to ensure fellow runners did not succumb to the conditions in some situations. Many thanks to WFRA and Eryri Harriers club member and V70 runner, John Mainwaring, for taking time out from his race to ensure a disorientated runner on Glyder Fawr kept themselves warm and protected

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

### 2025 Race Report

Kate Worthington – Race Organiser

info@welsh1000m.org



from conditions, as the runner worked out a descent route to Pen y Pass. John's input here definitely made a positive impact to the fellow runner's well-being and progress at this point – with John ensuring the runner kept him insight on their descent. John chose to retire at Pen y Pass this year; John won the V70 category last year.

I'm thinking on introducing an 'Above and Beyond' special prize for next year's race. Some runners would certainly have wanted Greg Grundy (Race Marshal at Garnedd Ugain/summit before Yr Wyddfa) nominated for this...as I think this summit position was probably the most exposed/had the least shelter and Greg ably looked after his summit position throughout the race with gusto! Diolch Greg.

**IN STEVE'S FOOTSTEPS** I would like to acknowledge the achievement of Long Course Pair – Russell Mather and Edward Chamberlain who were amongst the final finishers of the race. Last August, Edward tragically and suddenly lost his dad, Steve Chamberlain, in a traffic collision whilst Steve was out running. Steve loved running and racing and would have trained over similar ground in Eryri for his (two!) Dragon's Back Races in 2021 and 2023. This was Edward's first time running in Eryri, ably paired with Russell. They made an excellent team and this journey was a fitting celebration of Steve's legacy and memory.

### CREDIT TO LOCAL ORGANISATIONS

Aber Falls Distillery – *Long Course Registration/start location and prize donations*

Bws Peris – *Long and Short Course transport*

Bathing Beauty – *Prize suppliers/donations*

Charles Ashley – Wrexham AC – *Original oil paintings for prizes*

Community/neighbours of Aber Falls Distillery and Abergwyngregyn

Crib Goch Outdoor – *Prize suppliers/donations*

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

Fabian4 Online Entry Service and Racetek Live – *Pre-event/on the day support*

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*

Ogwen Valley Mountain Rescue Organisation – *Bryn Poeth access advice*

Open Tracking – *Race safety tracking and advice*

Padarn Hotel – *Long/Short Course Registration and race day function room/food*

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

Purest Green Prints – *Race certificates*

RAW Adventures – *Sponsors of radio/comms kit, vehicle, specific Race Marshals*

SportpicturesCymru – *Y Gribin photographs*

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

Sweet Snowdonia - *Prize suppliers/donations*

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

Wuffler – *Race headwraps*

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

Cont'd

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

### 2025 Race Report

Kate Worthington – Race Organiser

[info@welsh1000m.org](mailto:info@welsh1000m.org)



**'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 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 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 recycled/re-used. I collected rubbish from Aber Falls and Ogwen (missed Pen y Pass, sorry) and sorted through for 'soft/hard plastic recycling', fruit peel/food etc.

Prizes were carefully considered for practical use, recyclable consumables and materials, as well as using local suppliers. 'Snack' supplies at Water Point and Pen y Pass Checkpoint were suitable for vegans and other diets, by default. 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 – diolch yn fawr iawn. Gabriel Muskett was awarded a 'spot prize' for collecting cans and an old shoe on her descent...which was probably not overly pleasant in the conditions!

**ENTRY DONATIONS** Many thanks to so many runners who opted to generously donate a minimum of £1 to Ogwen Valley Mountain Rescue Organisation through their race entry process. The race raised £306 for OVMRO and an extra £10 donated by a runner receiving a lift back to Llanberis from a Race Marshal - diolch yn fawr iawn! Next year, I would like to repeat this process and divide any kind donations 2/3 to OVRMO and 1/3 to Llanberis Mountain Rescue Team, considering the split of 'MRT patches' the race route covers.

**CUT OFFS** For the Long Course, a 1215 Cut Off time was actioned at 're-positioned' CP4 Glan Dena (moved from behind Ogwen MRT Rescue Base). 1 x runner was cut off here, based on some navigational challenges around Carnedd Llewelyn, and going for a run towards Y Elen – but ably making their way back on course. This Cut Off time seems reasonable, with a few runners making it through with only 5 x mins to spare. A 1430 Cut Off at Pen y Pass caught a couple of runners out on the Long Course, and this is a reasonable time to curtail their journey, 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.

**RESULTS** Are printed below, and can be found here [https://www.racetek-live.co.uk/website/public\\_results/1903/complete\\_results/](https://www.racetek-live.co.uk/website/public_results/1903/complete_results/)

**PHOTOS** Photos from Y Gribin were captured by Sport Pictures Cymru and are viewable below:

<https://www.sportpictures.cymru/Galleries/Galeri-2025-Gallery/Welsh-1000m-Peaks-Race>

Thank you for your coverage, with some variable visibility to deal with! Further/other photos are on the Welsh 1000m Peaks Race, Eryri Harriers or WFRA Facebook pages.

Cont'd

Ras Copaon 1000m Cymru – Welsh 1000m Peaks Race

2025 Race Report

Kate Worthington – Race Organiser

[info@welsh1000m.org](mailto:info@welsh1000m.org)



**REGRETTABLY** Post-race I was made aware that a minority of runners were seen to relieve themselves within the grounds of Aber Falls Distillery, against building/perimeter walls. I communicated this feedback to all runners, with a plea for us all to uphold WFRA ethics of respecting the property, privacy and livelihoods of local residents and landowners as we enjoy our local races.

**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. I'm always keen to adopt ideas for improvements, including increased Race Marshal support and signage at Registration areas, ideas of prizes and ways of communicating information before the race. Much appreciation to every runner that entered and thus supported the 2025 race to make it happen!

**Diolch o galon – a heartfelt thank you!**

**Keep the date free next year – Saturday 30 May 2026!**

**Entries open 1 December 2025**

Cont'd for RESULTS

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

## 2025 Race Report

Kate Worthington – Race Organiser

info@welsh1000m.org



## RESULTS 2025

### LONG COURSE - Female and Male/Open

🥇 Joanne Henderson 5:12:41	🥇 Gavin Roberts 4:05:11
🥈 Katie Ironside 5:32:14	🥈 Ben Porter 4:13:15
🥉 Mel Price 5:32:23	🥉 Jacob Hiom 4:25:19

### SHORT COURSE - Female and Male/Open

🥇 Miranda Grant 2:12:12	🥇 Elis Jones 1:46:36
🥈 Katy Baugh 2:28:24	🥈 Calum Muskett 1:56:04
🥉 Kasia Osipowicz 2:30:09	🥉 Kieran Barnes 2:01:40

### LONG COURSE – Pairs

🥇 Dafydd Williams and Ross Roberts 5:43:29
🥈 Trish Smith and Virgil Barton 6:12:54
🥉 Alun Brown and Jim Lewis 6:28:24

### SHORT COURSE – Pairs

🥇 Jake Ratcliffe and Seb Kinsey 2:10:45
🥈 Lily Roberts and Dylan Watson 2:38:26
🥉 Steven Fenney and Luis Alonso 3:31:42

### SHORT COURSE – Adult/Junior Pair

🥇 Anwen Hockley and Deri Hockley 2:41:11
--

### LONG COURSE – Vet Categories

FV40 Natalie Taylor 5:38:22	MOV40 Ally Hughes 4:31:45
FV50 Rhian Probert 5:37:15	MOV50 Pete Vale 4:36:10
FV60 Flora Gunner 7:33:43	MOV60 Dave Powell 5:39:40
FV70 N/A	MOV70 N/A

### SHORT COURSE – Vet Categories

FV40 N/A (Miranda Grant*)	MOV40 Chris Smith 2:05:40
FV50 N/A	MOV50 Martin Cliffe 2:03:05
FV60 Ellie Salisbury 2:55:26	MOV60 Burt Luiten 3:24:35
FV70 N/A	MOV70 N/A

### LONG COURSE – Mixed Team

🥇 Oliver Perratt, Pete Vale, Mel Price	Mercia Fell Runners
--	---------------------

### SHORT COURSE – Mixed Team

🥇 Chris Smith, Dafydd Evans, Miranda Grant	Eryri Harriers
--	----------------

*SHORT COURSE – FV40 With the only 2 x FV40 runners in the race placing in the First 3 Overall Females, Miranda Grant's 1<sup>st</sup> FV40 category is listed. Miranda received a prize for 1<sup>st</sup> Female.*