

2nd Commonwealth Mountain & Ultra Distance Championships

MOUNTAIN RACE

The Commonwealth Mountain Races started in Llanberis and ran over Moel Eilio, a Grassy peak opposite Snowdon. I'd been lucky enough to get the day off on the Thursday before so drove straight over to Llanberis to have a look at the course. I'd intended to get out the car and have a gentle jog up the path a little way, but it was so nice I ended up going all the way round. The course had a short section on flat road before climbing quite steeply, along a track then up a grassy spur to the top of the mountain. The views from the top were brilliant so I had a little sit down for ten minutes to take a look round and of course recover from the jog up!

The teams were staying in Llandudno a very nice town by the sea. The weekend started with a fantastic opening ceremony, half in English, half in Welsh with an athlete from each nation carrying the flag up to the front. Competing nations included: England, Ireland, Scotland, Wales, Australia, Kenya, New Zealand, Malawi and Canada.

At noon the Commonwealth Ultra Distance 24 Hour Race started, so we went down to give the athletes some support. The route went round a tarmac based dual carriageway with Lizzie Hawker from England completing 240 laps setting a world best and beating all the men too! I spent the rest of the day chilling out by the sea and eating ice cream, so it was a good weekend so far.

On the Friday the organisers also hosted an open 5k race along the seafront which caused some entertaining rivalry between the England team management: Greg Hull, Bashir Hussain and Alan Barlow. Greg, who was seen doing plenty of strides earlier in the day looked up for the win. Unfortunately for Greg, Bashir had been doing lots of secret training and took the win after a close scuffle between the pair. A nice trophy designed by Thomas Cornthwaite out of Llandudno beer mats was presented to Bashir, which I'm sure he will treasure for years to come.

On the day of the mountain race we got the bus to Llanberis, I was glad I had been to look at the course already allowing me time to relax and try and digest all the free hotel breakfast that I'd taken too much advantage of.

Team England were very strong in both the mens and womens, the womens team was made up of Yorkshire lasses, Mary Wilkinson, Vic Wilkinson and me and non Yorkshire lasses, Sarah Tunstall and Olivia Walwyn Bush, but we all got along very well and didn't fight too much during the weekend.

The womens race was led out speedily by

one of the Kenyan athletes, but as it started to climb Sarah, Olivia and I took the lead up the track towards Moel Eilio. As it started to really steepen Tracey Brindley of Scotland came past strongly with Olivia in second and myself in third at the top. I had planned to start steadily so as long as I could keep my breakfast

down I was feeling reasonably confident for a strong finish. Tracey was really flying down the mountainside and I wasn't sure whether I'd be able to get past her, but all the Lake District downhill running paid off and I managed to pull past her as the descent started to become more gradual and then into the road at the end. I was



Photo © CMUDC2011

Men's top 3, left-right: Robbie Simpson, James McMullan and Joe Symonds

MEN'S TOP 20

1	James McMullen (England)	50:03
2	Robbie Simpson (Scotland)	50:20
3	Joe Symonds (Scotland)	50:31
4	Francis Khanje (Malawi)	51:54
5	Rob Samuel (Wales)	51:56
6	Andres Jones (Wales)	52:02
7	Tom Cornthwaite (England)	52:25
8	Chris Smith (England)	52:30
9	Billy Burns (England)	52:44
10	Richard Phillips (Wales)	53:06
11	Alastair Anthony (Scotland)	53:21
12	Gary Priestley (England)	53:28
13	Nicholas Wrightman (Australia)	53:36
14	James Gosselin (Canada)	53:45
15	Richard Roberts (Wales)	53:57
16	Lloyd Taggart (Isle of Man)	54:12
17	Sam Hesling (Scotland)	54:39
18	Sanneh Lamin (Gambia)	54:53
19	Tim Davies (Wales)	54:57
20	Evanze Nyazule (Malawi)	55:21

MEN'S TEAM RESULT

1	England	16 pts (win on countback)
2	Scotland	16 pts
3	Wales	21 pts

WOMEN'S TOP 20

1	Lizzie Adams (England)	43:37
2	Tracey Brindley (Scotland)	43:56
3	Mary Wilkinson (England)	44:15
4	Olivia Walwyn-Bush (England)	44:41
5	Victoria Wilkinson (England)	45:15
6	Sarah Tunstall (England)	45:17
7	Catriona Buchanan (Scotland)	45:36
8	Vivian Kiplagat (Kenya)	45:44
9	Jackie Lee (Wales)	47:34
10	Claire Ward (Scotland)	47:52
11	Anna Barlett (Wales)	47:59
12	Susan Ridley (Scotland)	48:19
13	Bronwyn Humphrys (Australia)	48:46
14	Hubertien Wichers (Australia)	49:06
15	Emma Bayliss (Wales)	49:18
16	Doris Fishar (Malawi)	49:27
17	Clare Derrant (Australia)	50:14
18	Christina Rankin (Scotland)	50:29
19	Annabell Wilson (Australia)	51:12
20	Syl Corbett (Canada)	51:16

WOMEN'S TEAM RESULT

1.	England	8 pts
2.	Scotland	19
3.	Wales	35



Photo © CMUDC2011

Left-right: Olivia Walwyn-Bush, Mary Wilkinson and Lizzie Adams, English team winners

really chuffed to win and help England get gold medals in the team. After being interviewed by Channel 4 and Welsh Channel S4C, I did about 100m of cool down before spending the rest of the afternoon in drug testing.

In the senior mens race James McMullan had a brilliant run to lead the England team to gold medals.

After the race we went back to Llandudno to celebrate and clear the Welsh dance floors with the help of Billy Burns' breakdancing and Tom Cs and Gary Ps trouser ripping moves.

On the Sunday we went to Newborough Forest on Anglesey to watch the Commonwealth Trail race and go for a run. The whole area was very beautiful and it was good fun watching the races. We ran out along the beach then back through the trees on a B line to the sea to ice our legs, which were starting to give way with DOMS from the day before. Well mine were anyway! We ended the afternoon with a trip to Pete's Eats in Llanberis, which I would thoroughly recommend for a good cup of tea. Vic Wilkinson then rally drove Sarah, Olivia, Mary and I back to Llandudno with some excellent driving which put the boys to shame.

The closing ceremony was as good as the opening ceremony and it was a brilliant experience to stand on the podium with the rest of the team and sing the National Anthem.

Lizzie Adams on her way to gold



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Martyn with Calder Valley's Yorkshire golden girls & Yorkshire team champions, Bingley Harriers

