

LLANGOLLEN TO BARMOUTH (LEVENTON'S LINE) – HILL CHALLENGE COMPLETION LOG

Date	Name(s)	Time taken	Route notes i) whether Y Foel (first) and Pen y Garn (last) included ii) any other embellishments to the minimum (= Moel Fferna, Cadair Berwyn, Foel Cwm-Sian LLwyd, Foel y Geifr, Aran Fawddwy, Waun-Oer, Cadair Idris)	Weather notes	Helpers / support	Other notes <i>Including any reference to additional information</i>
May 1990	Charlie Leventon & Rick Robson	2 x 9hr days	Visited Y Foel as first summit with Cadair Idris the final one.	Rain day 1; better day 2	Monitored at Milltir Gerrig by Stuart Cathcart (High Sports).	Devised as a 'dry' run introducing Rick to mountain marathon running. Self supporting – carried lightweight tent, food etc. Several sections (Arans) had at the time no official access arrangements.
2 nd May 2005	Yiannis Tridimas & Ray Baines	18 hrs 17 mins	Included Y Foel and Pen y Garn	Head wind, mild, dry initially, wet later, severe thunderstorm early pm.	Wayne Percival - driver and helper at road crossings. Met by Alan Duncan on Foel y Geifr	First non-stop completion. Informative article in Fellrunner magazine for June 2005
17 th June 2006	Lawrie Jones & Alan Duncan	20+ hrs?		Hot hot hot!	Yiannis at the road crossings & from last summit	The hottest day of the 2006 heatwave – LJ suffered in the heat & was v slow. Ended up finishing in the dark with no headtorch, no moon & feeling their way from Cader along the ridge. "If Yiannis hadn't met us on the last summit we would never have found our way down until dawn."

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26 th April 2008	Rob Woodall	15 hrs 23 mins	Included Y Foel and Pen y Garn plus most 2000ers en route (see linked article)	Fine, clear; strong headwind	Roadside and occasional hill support by: Alan Duncan, Yiannis Tridimas, Lawrie Jones	Go to http://www.highsports.co.uk/blog/leventons-line-excursion-to-barmouth/ to see Rob's account of his run - article also in Summer 2008 Fellrunner magazine
5 th May 2012	Andy Davies	13 hrs 52 mins	Included Y Foel and Pen y Garn Y Foel, Vivod mtn., Moel Fferna, C.Bronwyn, C. Berwyn, "Pt830m", Moel Sych; Foel Cwm Sian Llwyd, Y Groes Fagl, Pen y BoncynTrefeilw; Foel y Geifr, Moel y Cerrig Duon; Foel Hafod Fynydd, Aran Fawddwy, Waun Camddwr, Glasgwm, Pen y Brynfforchog; Cribin Fawr, Waun Oer, Mynydd Ceiswyn; Mynydd Moel, Penygadair, Craig Las, Craig y Llyn, Pen y Garn.	Cold for the time of year – but clear	Hill support: Mark Bollom, Helen Skelton, Adrian Donnelly, Rob Hughes	Started 5:30am Photos at http://www.flickr.com/photos/11502741@N03/sets/72157630280354960/
24 th June 2012	Helen Skelton	15 hrs 27 mins	Included Y Foel and Pen y Garn	Rain to start, mist, cool	Running support: Mark Bollom (leg 1); Andy Davies (2, 3 & 4); Adrian Donnelly & Clive King (5 & 6)	First female completion Started 5:00am An article by Helen is accessible at http://www.highsports.co.uk/blog/llangollen-to-barmouth-leventons-line-helen-skelton-24th-june-2012/ Photos at http://www.flickr.com/photos/11502741@N03/sets/72157630280354960/

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9/10 th June 2013	Matthew 'Moley' Hand	21 hrs 50 mins	Included Y Foel and Pen y Garn.	Hot first evening, clear night with no moon, thick mist from dawn turning hot and sunny later.	None, entirely solo with no food or water drops.	First entirely solo / self-sufficient completion. Dry running conditions underfoot, started 6.30pm – don't try sections 2 & 3 in the pitch black! By June the heather and tussocks are well grown and long - a spring run better? "I jumped on the bus at Barmouth and handed the driver my bus pass, 'A single to Llangollen please, I'll be running back' I told him." Moley's account can be seen at http://www.highsports.co.uk/blog/leventons-line-solo-unsupported-run-by-matt-moley-hand/ <i>An exemplar for a self sufficient crossing (CL)</i>
27 th June 2013	Chris Myles	20 hrs 23 mins	Included Y Foel and Pen y Garn.	Supermoon (Y Foel); overcast (Vivod Mntn to Milltir Gerrig); slight mist (Foel Cwm-Sian Llwyd); overcast (Bwlch y Groes to Erw y Ddafad Ddu); slight mist (Aran Fawddwy); sunny (Glasgwm to Cader Idris); getting dark (Pen y Garn to Barmouth) Ground: Wet, Wet, Wet, Tough	Solo with road crossing support from Sharon Williams	Chris had made a previous and unheralded solo attempt on 5 th May 2013 getting as far as the road at Bwlch Oerddrws. No previous recce knowledge of the section from Bwlch Oerddrws to the road crossing at Mynydd Gwerngraig. Extracted from Chris' GPX plot: Distance = 60.7 mi Elevation = 13,118 ft Pace = 18m 07s per mi

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29 th March 2014	Stewart Bellamy	14 hrs 12 mins	Included Y Foel Vivod mtn., Moel Fferna, C. Bronwyn, C. Berwyn, "Pt830m", Moel Sych; Foel Cwm Sian Llwyd, Y Groes Fagl, Pen y Boncyn Trefeilw; Foel y Geifr, Moel y Cerrig Duon; Foel Hafod Fynydd, Aran Fawddwy, Waun Camddwr, Glasgwm, Pen y Brynfforchog; Cribin Fawr, Waun Oer, Mynydd Ceiswyn; Mynydd Moel, Penygadair, Craig Las, Craig y Llyn, Pen y Garn.	Very brisk South easterly, sometimes helpful but mostly a cross wind and making it feel much cooler than it was. No visibility for the whole of the Berwyn's nor the horrid first half of leg 2, hazy sunshine from Bwlch y Groes onwards.	Solo with road support from Rucha Eldridge.	Cold and windy over the Berwyn's, 5 degrees minus wind chill. Full waterproofs for the first 5 hours then waterproof top, hat & gloves for the rest. I suffered from stomach ache and nausea for much of route from Bwlch y Groes onwards, eating less than half the food I had planned and surviving on a surprisingly small amount of gels, honey & banana sandwiches and jaffa cakes. Superb finish over the Cader range as the sun was setting, with the light unexpectedly holding out all the way in. No previous recce of legs 2 & 3, Milltir Cerrig –Bwylch y Groes. Stewart's schedule can be seen on the High Sports information pages at http://www.highsports.co.uk/wp/wp-content/uploads/L2B_SBellamyNotes.pdf
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