

# LLANGOLLEN TO BARMOUTH – a successful completion of ‘Leventon’s Line’

## STEWART BELLAMY - 29TH MARCH 2014

Stewart Bellamy’s traverse from Llangollen to Barmouth in **14 hours 12 minutes** sets a challenging target for an unaccompanied run. His schedule is therefore set out below for the benefit of others who might be planning their trip.

At the time of Stewart’s completion only Andy Davies of Church Stretton has been faster (13h 52m - with accompaniment on the hill). Rob Woodall completed in 15h 23m with limited support on the hill and Helen Skelton completed in 15h 27m with running support. The register of all known completions including other solo achievements (of Moley Hand and Chris Myles) can be found at <http://www.gofar.org.uk/LeventonsLine.html>

		Leg time	Time of day	Cumulative elapsed time
<b>START:</b> Llangollen: River Dee Bridge			05:00	
Δ Y Foel		00:46	05:46	0:46
Vivod Mountain		00:15	06:01	1:01
Δ Moel Fferna		00:42	06:43	1:43
Δ Cadair Berwyn		01:19	08:02	3:02
B4391 Milltir Cerrig	<b>arr</b>	00:45	08:47	3:47
	<b>dep</b>	00:05	08:52	3:52
Δ Foel Cwm-Sian Llwyd		00:31	09:23	4:23
Y Groes Fagl		00:34	09:57	4:57
Pen y Boncyn Trefeilw		00:25	10:22	5:22
Minor road (SH946273)		00:10	10:32	5:32
Δ Foel y Geifr		00:17	10:49	5:49
Moel y Cerrig Duon		00:41	11:30	6:30
Bwlch y Groes	<b>arr</b>	00:18	11:48	6:48
	<b>dep</b>	00:07	11:55	6:55
Foel Hafod-fynydd		00:48	12:43	7:43
Δ Aran Fawddwy		00:34	13:17	8:17
Waun Camddwr				
Glasgwm		00:39	13:56	8:56
Pen y Brynnfforchog		00:25	14:21	9:21
A470 Bwlch Oerddrws	<b>arr</b>	00:13	14:34	9:34
	<b>dep</b>	00:02	14:36	9:36
Cribin Fawr		00:29	15:05	10:05
Δ Waun-Oer		00:13	15:18	10:18
Mynydd Ceiswyn		00:13	15:31	10:31
A487 (SH757139)	<b>arr</b>	00:18	15:49	10:49
	<b>dep</b>	00:07	15:56	10:56
Mynydd Moel		00:56	16:52	11:52
Δ Penygadair		00:15	17:07	12:07
Craig-las		00:28	17:35	12:35
Craig-y-llyn		00:23	17:58	12:58
Δ Pen y Garn		00:33	18:31	13:31
<b>FINISH:</b> Barmouth Railway Station		00:41	19:12	<b>14:12</b>

# **LLANGOLLEN TO BARMOUTH – a successful completion of ‘Leventon’s Line’**

**STEWART BELLAMY - 29TH MARCH 2014**

## **STEWART’S ADDITIONAL NOTES:**

**Route:** 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.

**Weather:** 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.

**Helpers/support:** Solo with road support from Rucha Eldridge.

**Other notes:** 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.