

A person in a red jacket and black pants is running along the ridge of a grassy mountain. The background features rolling hills and mountains under a blue sky with scattered white clouds. The overall scene is bright and scenic, suggesting a high-altitude or rural landscape.

RUNNING CHALLENGES

100 OF THE BEST
RUNS IN ENGLAND,
SCOTLAND AND WALES

KERI WALLACE





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Introduction

Per aspera ad astra – through suffering to the stars

Since the earliest civilisations, mankind has known the value of a struggle – for developing our mental and emotional toughness, for enabling us to come back stronger from setbacks and make meaningful progress. We achieve little success without failures along the way and it is through our hardships that we acquire greatness. In these ways, running is a valuable metaphor for life – in both, there is no growth without challenge.

What is a ‘challenge’, and why is it so important?

Taking on a challenge means something different to each and every person, but ultimately it involves an effort (often a struggle) which advances us in some way, whether that be physically, emotionally or spiritually. Just as people run for different reasons, we all have different strengths and weaknesses, so choosing or designing a running ‘challenge’ is a very personal process. For some, it is about chasing a record or a personal best, while for others it might be about exploring a new place or understanding themselves. Some of us are curious about our limits, while others crave solitude or a spiritual journey. Some people chase challenges as a way of raising money for charity while others need these experiences for healing, mental health or well-being in a frantic world. In truth, we often get more than we’ve bargained for with running challenges, ending up with much of the above rolled into one.

In my experience, I’ve found that the more you invest personally in a challenge, the more you get out of it – which is a great reason to dream big and push hard! Challenges are important because they involve self-learning and provide a way for us to expand our life experience. Only by doing things that stretch us beyond our familiar comfort zone are we able to push back against our limitations. The more we do this, the bigger our comfort zones become. And who knows what is possible. You simply don’t know what you can do – until you give it a try.

The ethos of this book

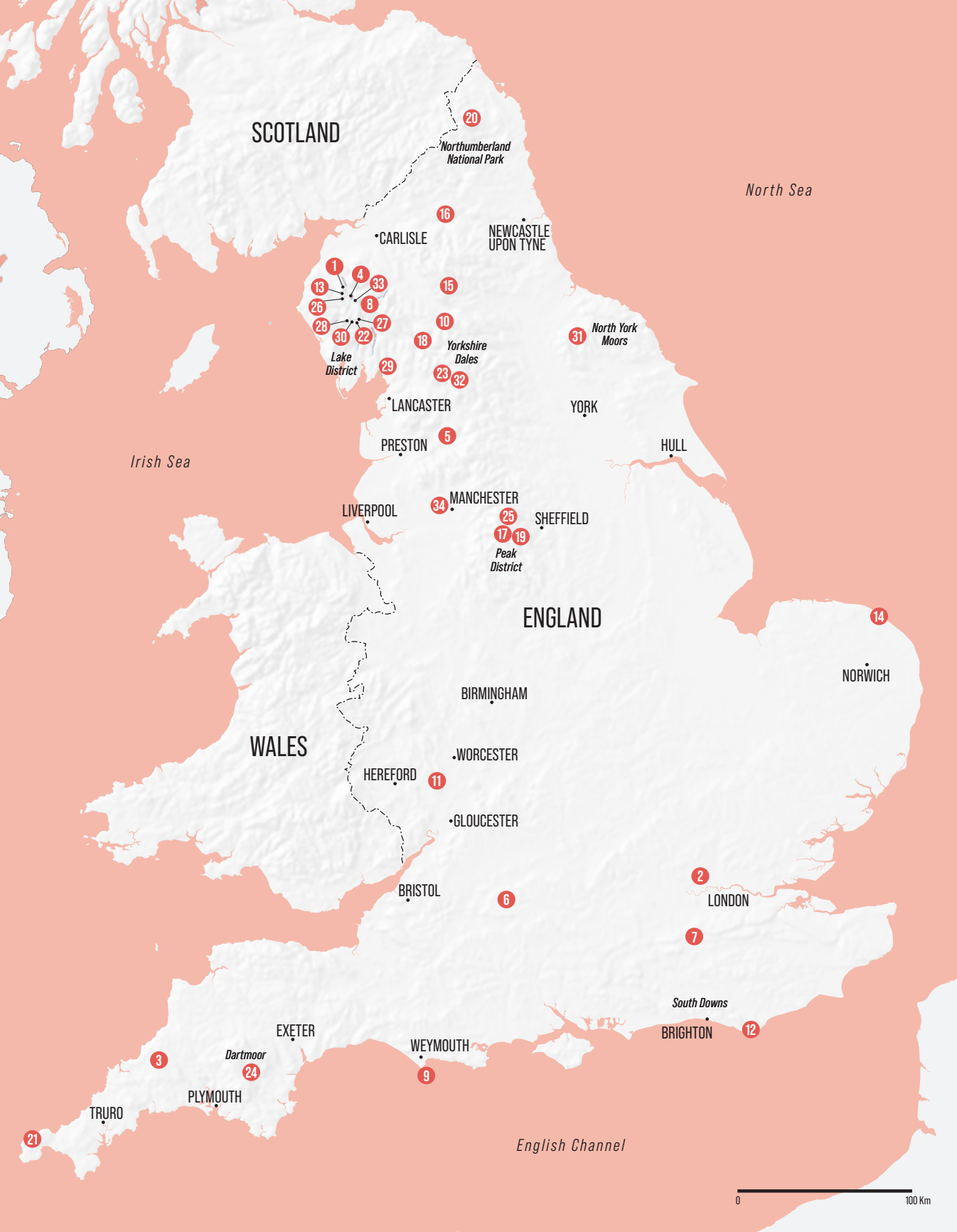
If somebody gives you an idea for a running challenge, shows you the way and gives you all the important advice you need to complete it, is it a challenge any more? Will it still be rewarding? I believe that much of the intrigue and motivation we derive from running challenges (and ultimately the satisfaction we feel on completing them) comes directly from the time and effort we put into their conception. Researching, planning, training for and orchestrating a big personal challenge is in many ways the essence of the challenge itself. With each failure we learn something new and become more determined to reach our goal. For this reason, this book is not an exhaustive ‘how to’ guide but rather a source of inspiration; a compilation of ideas. I have deliberately kept detail to a minimum to allow room for you to find out more and to personalise your adventure.

Another way to embed yourself in your chosen running challenge is to find out about its origin and history. Understanding how a challenge came to be and how it has developed over the years helps to foster a connection with the route and to create a respect for those who have gone before, as well as for the trail and the landscape through which it passes.

To get the most out of a running challenge, you need to do the legwork, in more ways than one!

Route selection

Whatever your fitness, ability or background, there is a running challenge out there for you. But something that is a challenge for one person may not be challenging at all for another. For this reason, this book includes a range of routes that will stretch runners from beginners to seasoned mountain athletes. Some of the challenges are recognised trails, rounds or routes with established records or fastest known times (FKTs), but others are simply popular routes that might be considered a rite of passage for developing



SCOTLAND

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*Northumberland
National Park*

North Sea

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UPON TYNE

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ENGLAND

- 01 **Whinlatter Forest Parkrun**
5km | TRAIL | NAVIGATION 1
- 02 **Hampstead Heath**
10km | TRAIL | NAVIGATION 2
- 03 **Brown Willy**
9km | TRAIL | NAVIGATION 3
- 04 **Cat Bells**
6km | TRAIL | NAVIGATION 3
- 05 **Pendle Hill**
8km | TRAIL | NAVIGATION 2
- 06 **Avebury to Ogbourne St George**
15km | TRAIL | NAVIGATION 1
- 07 **Westhumble to Merstham**
17km | TRAIL | NAVIGATION 1
- 08 **Helvellyn Edges**
14km | FELL | NAVIGATION 3
- 09 **Isle of Portland**
20km | TRAIL | NAVIGATION 1
- 10 **Nine Standards Rigg**
19km | FELL | NAVIGATION 4
- 11 **Malvern Hills**
20km | TRAIL | NAVIGATION 2
- 12 **Beachy Head and the Seven Sisters**
24km | TRAIL | NAVIGATION 2
- 13 **Coledale Horseshoe**
15km | FELL | NAVIGATION 3
- 14 **Sheringham to Sea Palling**
37km | TRAIL | NAVIGATION 1
- 15 **Middleton-in-Teesdale to Dufton**
33km | FELL | NAVIGATION 1
- 16 **Chollerford to Greenhead**
31km | TRAIL | NAVIGATION 1
- 17 **Edale Skyline**
33km | FELL | NAVIGATION 4
- 18 **Howgill Fells**
21km | FELL | NAVIGATION 4
- 19 **Nine Edges**
36km | FELL | NAVIGATION 3
- 20 **Chevy Chase**
31km | FELL | NAVIGATION 4
- 21 **Sennen Cove to St Ives**
37km | TRAIL | NAVIGATION 1
- 22 **Langdale Skyline**
32km | MOUNTAIN | NAVIGATION 4
- 23 **Yorkshire Three Peaks**
39km | TRAIL | NAVIGATION 2
- 24 **Chagford to Ivybridge**
50km | TRAIL | NAVIGATION 1
- 25 **Derwent Watershed**
69km | FELL | NAVIGATION 4
- 26 **George Fisher's Tea Round**
47km | FELL | NAVIGATION 4
- 27 **Old County Tops Fell Race**
57km | FELL | NAVIGATION 4
- 28 **Cumbrian Traverse**
50km | FELL | NAVIGATION 4
- 29 **Bay Limestone Round**
90km | TRAIL | NAVIGATION 4
- 30 **Gerry Charnley Round**
62km | FELL | NAVIGATION 4
- 31 **Hardmoors 55**
86km | FELL | NAVIGATION 1
- 32 **The Fellsman**
97km | FELL | NAVIGATION 4
- 33 **Bob Graham Round**
103km | FELL | NAVIGATION 4
- 34 **Offroad JOGLE**
over 1,400km | TRAIL | NAVIGATION 3

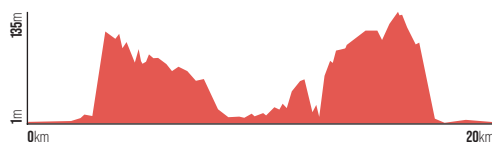
09

ISLE OF PORTLAND

20km | TRAIL | NAVIGATION 1 fully waymarked
DORSET

A clifftop loop around this limestone island which marks the southernmost tip of the stunning Jurassic Coast, a World Heritage Site.

DISTANCE **20km** ASCENT **300m** TIME **2-3 hours**
START/FINISH **Portland Harbour** GRID REF **SY 669 754**
GPS **50.5780, -2.4686** PUBLIC TRANSPORT The island is accessible
by bus from Weymouth, which also has train connections
PARKING Chesil car park, Portland (parking charges apply)



The tied island of Portland is connected to the mainland by Chesil Beach – a 29-kilometre strip of shingle which is one of the most iconic landmarks in Dorset. The Portland Coast Path is an extension of the waymarked South West Coast Path, so is easy to follow. This route can be tackled in either direction, but heading anticlockwise means that you finish along the less industrial eastern side of the island.

This route offers unfailing views of the English Channel and passes some fascinating sights as it undulates along the cliffs, including an Olympic Rings sculpture as well as coastal fortifications from throughout the island's history – 19th-century Verne Citadel, 20th-century Blacknor Fort, and 15th-century Rufus Castle. At the southern tip of the island stands the distinctive Portland Bill Lighthouse; you can climb the 153 steps for panoramic views at top. You can also visit Church Ope Cove, a sheltered beach that was once sandy but is now covered with rounded pebbles. Just don't mention the long-eared furry things – mentioning the word 'rabbit' is frowned upon on the island!



BOTH © DAVID MILLER

OTHER OPTIONS This coastal loop can be cut short by linking roads and trails that bisect the island at numerous points. A shorter challenge would be a 5-kilometre loop around Portland Bill, passing three lighthouses.

RACE The island is home to the Portland Coastal marathon, half marathon and 10K (from BustinSkin Events) and the Jurassic Extinction Ultra event from Climb South West, which includes a full loop of Portland.

WHAT NEXT? Other memorable areas of the Jurassic Coast include sections of the South West Coast Path around Lulworth Cove, Durdle Door; the sea stacks of Ladrham Bay and Old Harry Rocks. Other impressive coastal routes can be found around Hartland in Devon; Tintagel in Cornwall; Beachy Head and the Seven Sisters (see page 17); the Castlemartin Peninsula in Pembrokeshire; and sections of the Isle of Anglesey Coastal Path including around Bwa Gwyn.





BOTH PHOTOS © KEN DOUGLAS

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CRATHES CASTLE PARKRUN

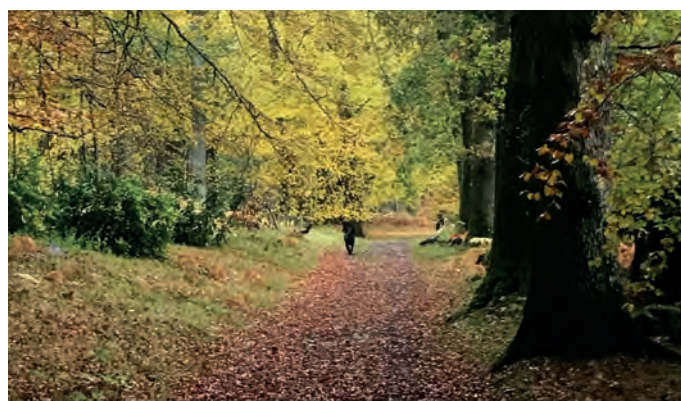
5km | TRAIL | NAVIGATION 1 fully waymarked
EASTERN SCOTLAND AND THE CAIRNGORMS

A beautiful short trail run, winding through ancient woodland around Crathes Castle near Banchory.

DISTANCE **5km** ASCENT **80m** TIME **0:20-0:40 hours**
RECORDS **(F) 0:18.42; (M) 0:16.17** START/FINISH **Crathes Castle**
GRID REF **NO 734 968** GPS **57.0614, -2.4402** PUBLIC TRANSPORT **Regular buses run to the castle entrance on the A93 from Banchory and Aberdeen, www.travelinescotland.com** PARKING **Crathes Castle car park (parking charges apply)**

Crathes Castle was built in the 16th century and is home to some beautiful grounds and a historic walled garden. The site hosts the Crathes Castle parkrun every Saturday which is marked and marshalled. The route is only marked on parkrun days, though there are a number of waymarked trails through the grounds.

The parkrun forms a rough figure-of-eight, with the larger loop at the start. From the castle, the larger loop follows a tarmac path downhill towards the West Lodge but turns right uphill through the trees just before it. At the top of the hill, it swings right then heads downhill across the main tarmac path, turning left into the woodland. From here it proceeds beside the main drive, diverts right on to the smaller loop though the woods, then returns beside the main drive.



The finish sends runners uphill to re-join the tarmac path adjacent to the walled gardens. This steeper section takes runners back to the castle to finish. The views are excellent throughout but beware the hilly finish.

If you visit the castle, keep your eyes peeled, as it is said to be haunted by the Green Lady.

OTHER OPTIONS There are several waymarked trails suitable for running which explore the beautiful grounds – maps are all available from the estate.

RACE For further information or to register for the parkrun here, visit www.parkrun.org.uk/crathescastle

WHAT NEXT? For a tough course check out Drumchapel parkrun in Glasgow. Other popular courses in Scotland are Vogrie in Midlothian; Mount Stuart on the Isle of Bute; and Faskally Forest in Perthshire. For great views try Lews Castle parkrun in the Outer Hebrides. Elsewhere in Great Britain, Whinlatter Forest and Dolgeallau parkruns (see pages 2 and 120) are worth travelling for.

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LOCH CORUISK

7km | TRAIL | NAVIGATION 3 no waymarking
SKYE

A lap of Scotland's most scenic loch, nestled within the dramatic Black Cuillin.

DISTANCE 7km ASCENT 60m TIME 0:50-1:30 hours
START/FINISH Landing stage next to Loch na Cuilce GRID REF NG 486 195 GPS 57.1976, -6.1630 ACCESS By boat from Elgol (www.mistysisleboattrips.co.uk, www.bellajane.co.uk) or via the coastal path from Elgol (see below) PARKING Roadside parking is available in Elgol MORE INFO Loch Coruisk is sheltered by the eastern foothills of the infamous Cuillin Ridge

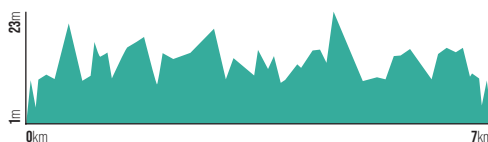
The appeal of this challenge lies in the incredible majesty of the surroundings and the remote location of the freshwater loch, which is most easily accessed by boat. The unique adventure and spectacular setting outweighs the quality of the trail itself, which can be wet and boggy in places. The boat from Elgol drops you into the heart of the Cuillin (often after a spot of seal-watching).

The trail crosses the Scaavaig River (said to be Britain's shortest river at a few hundred metres long) and follows the lochshore, avoiding the higher trail which climbs over the pass towards Glen Sligachan. You'll weave through boggy and rocky sections, as well as some giant grey boulders, to reach the head of the loch, where you can enjoy fantastic views of the mountains. The trail along the opposite shore has boggy sections which can be negotiated by linking protruding slabs and leads pleasantly back to the Scaavaig River.

OTHER OPTIONS The easiest way back from Loch Coruisk is by boat. To extend the adventure, run out to Elgol via the trail leading south-east from the outflow of the loch towards Loch nan Leachd. The route leads via 'the bad step' (easily negotiated by confident scramblers) and past Camasunary bothy before hugging the coastline to reach the village of Elgol.

WHAT NEXT? For similar short but rugged trails on Skye you could try nearby Coire Lagan or a circuit of the Quiraing. Alternatively visit Corrie Fee in the Cairngorms; run a loop around Stac Pollaidh in Assynt;

© JOHN COFFIELD



or visit the island of Kerrera in Argyll and Bute. For something longer and slightly more runnable (but equally remote), try the trails around Loch Affric or Loch Ossian in Highland; or Loch Muick in the Cairngorms. Elsewhere in Great Britain, try Llyn Idwal in Eryri (see page 120); Cheddar Gorge in Somerset; Beachy Head and the Seven Sisters in East Sussex (see page 17); Ynys Gybi (Holy Island) (see page 150), the Lizard Point Loop in Cornwall; or the Jurassic Coast sections of the South West Coastal Path.

57

RUM CUILLIN

22km | **MOUNTAIN** | **NAVIGATION 4** difficult self-navigation or complex terrain
INNER HEBRIDES

A demanding circular mountain run which visits all five of the major peaks on Rum, with incredible views of the Hebrides.

DISTANCE 22km **ASCENT** 1,430m **TIME** 4-6 hours **START/FINISH** Kinloch Castle, Kinloch **GRID REF** NM 401 995 **GPS** 57.0132, -6.2829
PUBLIC TRANSPORT Rum can be reached by a ferry from Mallaig on the mainland. The start of the route is a short walk from the ferry terminal

Rum is the largest of the Small Isles of the Inner Hebrides. Its rugged peaks would surely be more popular if they weren't so close to the larger Skye Cuillin. By comparison, the Rum Cuillin offer a wilder, quieter and more esoteric adventure, with equally splendid scenery.

Once on the main ridge, easy scrambling leads to a 518-metre top, then up rocky ground beloved by snacking eagles to the main 722-metre summit of Hallival. You then follow the ridge down to a broad bealach before climbing a grassy ridgeline to meet the wall of Askival's Pinnacle. Most of the difficulties can be avoided to the left (east) – the trail is sometimes exposed but not difficult, though there is an 'interesting' move to reach the summit itself. The holes in the ground are the nesting burrows of Manx shearwater, and you may hear them shrieking underground. Norse settlers thought the noise was trolls, giving Trollabhal its name. Its rocky twin peaks give a fantastic easy scramble and the out-and-back detour to the west summit offers impressive views to Harris Bay.

There's a steep descent via a small gully and scree before you can weave up the ridge to summit Ainshval. Not far beyond, a grassy ridge leads to Sgùrr nan Gillean. Save some brainpower for the steep descent to Dibidil bothy, as care is needed to avoid the crags. It is then necessary to ford the Dibidil River, which is dangerous in spate. The damp path back to the village is compensated by exceptional views out to Eigg and Skye.

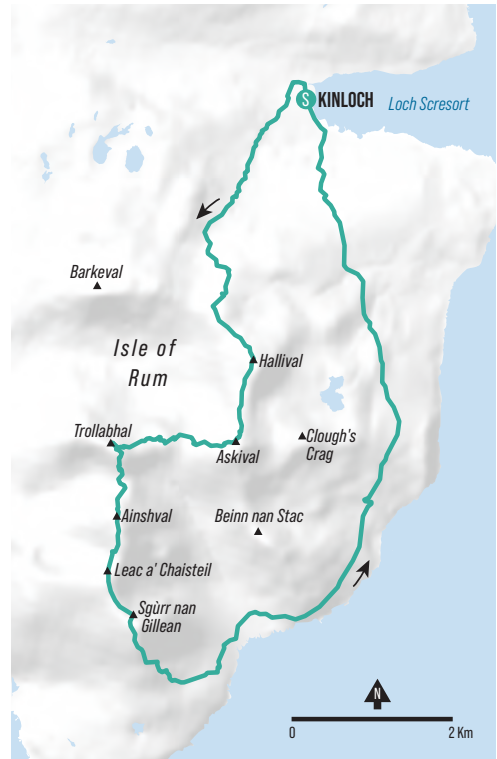
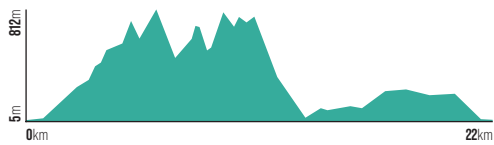


GOOD TO KNOW The route can be completed as a day trip but requires careful planning around the limited ferry timings – it is more relaxed to have an overnight stay on the island. The scrambling is mostly grade 1 or 2, but there is a section of moderate climbing if the Askival ridge is taken direct (it is mainly avoidable – see left).

OTHER OPTIONS This committing route has little water and limited escape routes after the dam in Coire Dubh. One possibility is to drop west from Bealach an Fhuarain towards Loch Fiachanais. From here you can reach Harris Bay and run via road back to the start.

Descend to Glen Dibidil from Bealach an Oir to refill on water or break the route into two shorter days, perhaps bivvying or descending to Dibidil bothy, a Mountain Bothies Association refuge, www.mountainbothies.org.uk

WHAT NEXT? If you enjoyed the Rum Cuillin then why not try the Paps of Jura (see page 78) or some of the mountains in the Skye Cuillin. Other great mountain running days out with grade-2 scrambling in Scotland include the Aonach Eagach traverse in Glen Coe and the Liathach traverse or the An Teallach ridge (grade 2 but 3 if taken directly) in Wester Ross. Elsewhere, try the Rab Pinnacle Ridge Extreme race route (Pinnacle Ridge is a grade-3 scramble) in the Lake District; and the Snowdon SkyRace route or the Bochlwyd Horseshoe (including Tryfan and Bristly Ridge) in Eryri.



BOTH PHOTOS © PAUL WEBSTER





64 LOCHABER TRAVERSE

30km | MOUNTAIN | NAVIGATION 4 difficult self-navigation or complex terrain
WESTERN HIGHLANDS

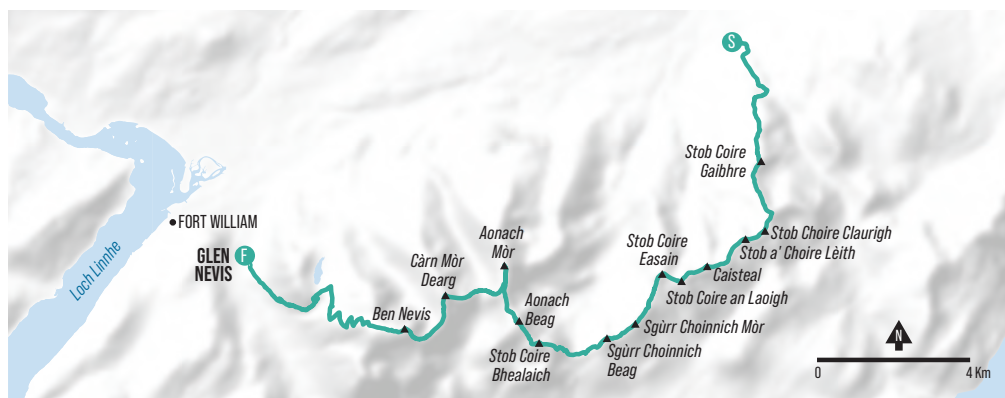
The ultimate high-level traverse in the Western Highlands crossing six Munros before a spectacular finale on the seventh – Ben Nevis.

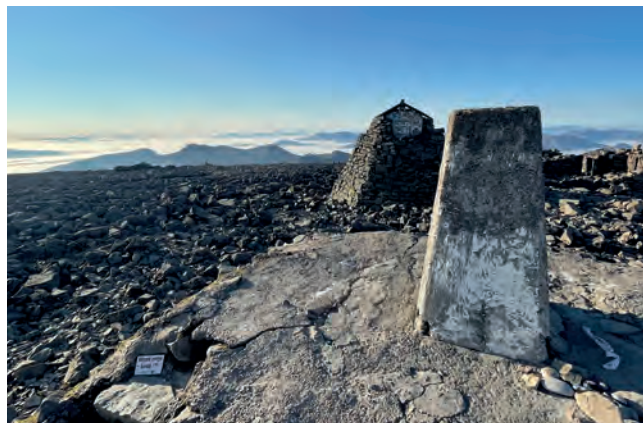
DISTANCE **30km** ASCENT **2,370m** TIME **5-7 hours** RECORDS (F) Georgia Tindley 5:33.29 in 2020; (M) Finlay Wild 3:23.53 in 2023 START Wee Minister sculpture near Corriechoille FINISH Glen Nevis GRID REF NN 257 787/NN 125 729 GPS 56.8668, -4.8610/56.8104, -5.0717 PUBLIC TRANSPORT **No practical options** PARKING **Limited lay-by parking near Corriechoille and some lay-by parking in Glen Nevis; park considerably – do not block any gates or farm tracks**

The Lochaber Traverse offers fantastic technical running and scrambling, culminating with the UK's highest peak. Although this challenge can be completed in either direction, the east-west traverse is most popular due to the aesthetic appeal of finishing with Ben Nevis.

The route crosses the rooftop of the West Highlands, traversing the Grey Corries, the two Aonachs and Ben Nevis, which is reached via the popular grade 1 scramble up the Carn Mòr Dearg Arête, which gives stunning views of the mountain's corrugated north face, a climbers' paradise.

Clock-chasers can stop their watches on the bridge over the River Nevis in order to avoid sprinting across the busy road.





ALL PHOTOS © KERI WALLACE



This route was done as a 'rest day' by the famous Scottish climbing partnership of Robin Smith and Jimmy Marshall, in the week that they transformed Scottish winter mountaineering by climbing several new cutting-edge routes on Ben Nevis's north face.

OTHER OPTIONS The Grey Corries Traverse makes for a great horseshoe in its own right. Ben Nevis and Càrn Mòr Dearg also form a popular horseshoe route (descend over Càrn Dearg Meadhonach and then down to the CIC Hut track).

The two low-level bealachs separating Ben Nevis from the Aonachs, and the Aonachs from the Grey Corries, provide the most obvious bail-out options.

RACE Ben Nevis is home to the historic Ben Nevis Race, first held in 1951. Race records belong to (F) Victoria Wilkinson with 1:43.01 in 2018 and (M) Kenny Stuart with 1:25.34 in 1984.

WHAT NEXT? For a similar challenge in the same area try the Mamores Round or combine the two to make a full Tranter's Round. For a more technical challenge, consider the Glen Coe Skyline race route or the traditional Glen Coe Round. Another great option is the Martin Moran Round. Elsewhere, the Welsh 3000s (see page 156), the Lake District 3000s and Cumbrian Traverse (see page 42) are comparable great challenges.

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RACE THE TRAIN

23km | TRAIL | NAVIGATION 1 fully waymarked
ERYRI/SNOWDONIA

Race your heart out cross-country, along the line of the historic Talyllyn Railway, and beat that train!

DISTANCE approximately 23km **ASCENT** approximately 460m
TIME 2-3 hours **START/FINISH** Tywyn Wharf station **GRID REF** SH 585 004
GPS 52.5837, -4.0892 **PUBLIC TRANSPORT** Tywyn mainline railway station is a short walk from the start. Tywyn also has good bus links with surrounding towns and villages **PARKING** There is a car park adjacent to the Wharf station. Note that on race day there will be a one-way system in operation and a diversion around road closures

This unique and acclaimed race, known as the Rotary Challenge, was conceived by local dentist Godfrey Worsey and was first run in 1984. The aim of the challenge is to race along the line of the Talyllyn narrow-gauge steam railway from Tywyn to Abergynolwyn and back. It is the first preserved railway in the world and is one of the Great Little Trains of Wales.

Runners will cross a mixture of public roads, lanes, unmetalled roads, tracks, agricultural land and rough grazing pastures – much of which is private land and very muddy! On race day the route is well signed, running along both sides of the railway line at various points. While some elite runners stay ahead of the train for the full distance, the train stops in various locations to take on water and pass other trains. It also has to turn around at Abergynolwyn. These delays and handicaps allow other runners to overtake the train and add to the uncertainty of the outcome!



BOTH PHOTOS © BARBARA FULLER



GOOD TO KNOW The challenge is predominantly on private land and **must not be run at any other time**. Failure to comply with this request could result in cancellation of future events.

OTHER OPTIONS As well as the 23-kilometre Rotary Challenge, there are four other challenge events on the same day (they are all 10 kilometres or less; some are suitable for children): the Quarry Challenge, the Dolgoch Challenge, the Tynllwynhen Challenge and the Toddlers Trot.

RACE For details of the event and to enter, visit www.racethetrain.com

WHAT NEXT? If you're looking for another equally strange but captivating race in Wales, check out the historic Man versus Horse race in Llanwrtyd Wells (35 kilometres), where runners compete against riders on horseback!





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PADDY BUCKLEY ROUND

104km | FELL | NAVIGATION 4 difficult self-navigation or complex terrain
ERYRI/SNOWDONIA

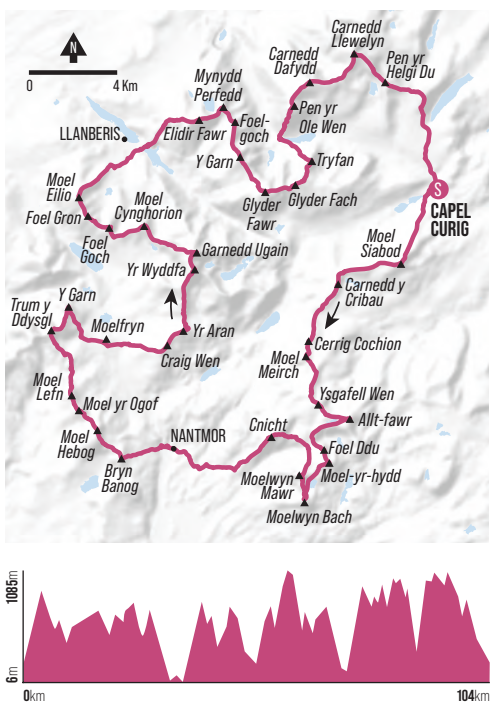
The Welsh answer to the Bob Graham Round is arguably the toughest of Great Britain's 'Big Three' mountain rounds. Rough terrain and tricky navigation make this a hard-earned classic.

DISTANCE **104km** ASCENT **7,260m** TIME **24-36 hours**
 RECORDS **(F)** Lizzie Richardson **17:22.54** in **2023**; **(M)** Finlay Wild **15:14.45** in **2022** START/FINISH **Capel Curig** GRID REF **SH 720 582**
 GPS **53.1058, -3.9130** PUBLIC TRANSPORT **To travel around Eryri by bus visit www.traveline.cymru or www.sherparwyddfa.wales**
 PARKING **Capel Curig car park (free)** MORE INFO **While we've listed the start as Capel Curig, the round may be started at any point and can be completed in either direction**

Paddy Buckley's 'Welsh Classical' round was conceived in 1977 to 1978 – with input from Chris Brasher and members of the Rucksack Club – as a Welsh equivalent to the Lake District's Bob Graham Round and to showcase the Welsh hills he loved. It takes in 47 summits in Eryri, including Yr Wyddfa (Snowdon). The route traverses the well-known high mountain ranges of Yr Wyddfa, the Glyderau and the Carneddau as well as the slightly less visited ranges of Moel Siabod, the Moelwynion, Moel Hebog and the Nantlle Ridge.

It was first completed in 1982 by Wendy Dodds in 25 hours and 35 minutes; the first sub-24-hour round was completed in 1985 by Martin Stone (23 hours and 26 minutes) and fell-running legends Lizzie Richardson and Finlay Wild hold the current records for women and men, respectively.

Unlike the Bob Graham Round, the Paddy Buckley Round doesn't need to be completed within 24 hours to be considered a 'completion' – it just has to be done in one continuous push (although many people will aim to complete it in under 24 hours). There are no rules about how it should be attempted, and completions are recorded by Paddy Buckley himself. While Capel Curig forms a logical start and finish point for the round, it can actually be started anywhere along the route and be completed in either a clockwise or anticlockwise direction.



© JACIE PHILLIPS



OTHER OPTIONS The round naturally breaks into five distinct legs, which start and finish where the route meets roads; these make for excellent shorter challenges in their own right. Going clockwise: Capel Curig to Nantmor (leg 1), Nantmor to Pont Cae Gors (leg 2), Pont Cae Gors (via Yr Wyddfa) to Llanberis (leg 3), Llanberis to Llyn Ogwen (leg 4) and finally Llyn Ogwen to Capel Curig (leg 5).

RACE As with all classic long rounds, this route takes in several summits that are part of established fell races, including Yr Wyddfa, Moel Hebog, Moel Siabod and Moelwyn Mawr. There are a number of ultras too, including the Yr Wyddfa Ultra 100 and Yr Wyddfa Ultra 50 from GB Ultras, www.gbultras.com, and the Ultra Trail Snowdonia/Eryri series from UTMB, snowdonia.utmb.world

WHAT NEXT? The Paddy Buckley Round is one of Great Britain's 'Big Three' mountain rounds, so the other two rounds – the Bob Graham Round (see page 48) and the Charlie Ramsay Round (see page 114) – are natural next steps. An alternative within Wales would be the more southerly Meirionnydd Round (see page 124) or, for a shorter introduction to North Wales, consider the Welsh 3000s (see page 156).



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