Chris Cripps's Paddy Attempt. 21st & 22nd July 2006

The Paddy Buckley is the Welsh equivalent of the Bob Graham, it is 61 miles with around 30,000ft of climb. It consists of 47 peaks over 6 mountain groups, Snowdon, the Glyders, the Carneddau, the northern Moelwyns, the southern Moelwyns and the Eifionydd. The start place is up to the individual but over time there has become recognised night sections thus determining start place by the start time. While much of the BG is on reasonable paths and runable ridges the Paddy is considerably rougher with many miles off the beaten path, which also makes route choice substantially more critical. There is also nowhere near the amount of walkers about either. I probably saw 20 people on the hills in the 24 hours where as there were probably a few dozen on Scafell Pike alone on the BG. It take's in many of the well know hills, Snowdon of course, Glyder Fawr and Glyder Fach, Tryfan, Moel Eilio and Cnict but also many even the locals don't know!! The current records are held by Mark Hartell and Anne Johnston (Stentiford) with 18hrs10 and 19hrs19 respectively. There are around 40 sub 24 completes and a further dozen or so recorded completions but over the 24 hrs.

My original attempt was mid May. The idea was to get it done and out the way to enjoy the rest of the summer. The weather the previous week was great and I was looking forward to the challenge, in the days leading up the weather turned for the worst. I travelled down the day before with Polly Lander and Steve Steele. We spend hours Friday morning looking out of the camper window as the rain belted down. The forecast was for heavy rain and 50 mph winds. There were several calls made around the country and then crunch time. What the hell I thought to myself, everyone's already committed so I may as well go for it and the weather seemed to have subsided. We set off in the dry although the clag was well down. I started from Pont Cae'r Gors just south of Rhyd Dhu. I navigated this section with Peter Ferris, David Buck and Chris Armour supporting. We completed the first leg making up 40 minutes on the schedule. Great I though, good start, although this would come back to bite me in the ass later on. Yiannis Tridimas navigated the next leg with Tony Shanley and Steve Steele supporting. Yiannis navigation was excellent but we arrived at the Glyders too early and had to find the second summit in the dark and mist. The crossing to Tryfan was just as bad with a rough decent and greasy climb. By the time we arrived at Ogwen we'd lost a fair bit of time but were still well up on schedule and it was getting light. All this time I'd been really struggling to eat due to nerves and tried to force food down. Yiannis continued on, Alistair Hornsby and Wayne Percival joined us. The leg went without a hitch, bang on schedule although I was still having trouble eating. My leg was beginning to play up and I wasn't descending very quickly. After a brief stop I set off with the Macc contingent. Phil Cheek, Mandy Calvert and Martin Rands. This is where thing started going really down hill. The weather hadn't improved and every time I tried to eat I felt like I was going to throw up. To make matters worse all I could do was shuffle. The weather had taken its toll and as we approached the quarries we made the decision the pack in. Thanks to Chris Rhodes, Allan Greenwood and Dave Lee who were to help on the last two legs. I was gutted but what was the point as I'd lost all the time I had in hand and still had 2 legs to go. What made it worse was as soon as we got back to the car I got my appetite back and ate like a horse.

The next month was spent kicking myself for stopping. I ran Ennerdale but dropped out at Green Gable, as my heart just wasn't in it. Midsummer saw a few of us back in Wales on Chris Armour's attempt. Chris had slightly more luck with the weather and got round in 23:29. Then it was time for the Hebridean Challenge. I'd paired up with Alistair again after our successful Full Monty event in the February. A week of adventure racing in the Outer Hebrides, involving over 700 km of cycling, mountain biking, running, swimming and kayaking from Barra in the south to the lighthouse at the Butt of Lewis in the north. Our aim was complete the event without missing any checkpoints. Due to logistical problems beyond our control it very nearly all

went pear shaped on the last day but in the end it all went well and we had a great week. Back home and the following weekend was spent out with Polly and Jane Hornsby who were walking the Bob Graham over 3 days.

Before I knew it I was back in Wales for another go with many of the original support crew. Bill Johnston who had been ill on my previous attempt couldn't make it as he was busy with planning the course for the FRA relays and Yiannis was on holiday. I'd re-jigged the schedule and decided to start with the previous leg. Starting from Bwlchg wernog and running the road section first (which turned out to be a great move) This time I wanted to get to the Glyders in daylight. I'd only looked at the start of the first leg once so was happier when the weather was spot on. Joined by Peter and Dave Lee we set off at 17:45 and got the first leg under the belt with out a hitch. Looking across the valley, Snowdon was clear and the forecast was good. We arrived at Pont Cae'r Gors 5 minutes up. Dave then carried on and Tony, Steve Steele and Saffron (Steve's dog) joined us. As we set off Tony went off in a strange direction, "trust me" he cried after a puzzled yell from me. Indeed he'd been down for a recce the week before and took me up an easier route. As we dropped off Yr Aran darkness fell and we began the climb up Snowdon. There must have been a dozen people bivvying on the summit and a couple of guys in what looked like a lounge in the building. There was a bit of mist on the summit but as we dropped down towards Moel Cynghorion it cleared. Over the rolling hills to Moel Eilio and soon the lights of Llanberis came into view. We dropped into the cross over with more time in hand. My only worry for the rest of the round was the next leg. Firstly finding the summit of Elidir Fach and Elidir Fawr then getting across the Glyders. Alistair would be navigating, Peter rejoined us, and Chris made up the support. We found the first summit without any hassle and continued to knock off the tops. I felt good still but was conscious I wasn't eating as I should be. As we came down Y Garn towards Devils Kitchen dawn arrived. The Glyder Fawr wasn't a problem but then, in the one place I didn't want mist, and we had it, we lost a few minutes but eventually found Glyder Fach. Then sods law as we left the summit the mist cleared. We arrived on Tryan having sent Chris down to set off up the next hill with the Jenny Grindley and Becks Weston. As we neared the top there was a group of goats out on one of the ledgers munching on the dew covered grass. No jumping between Adam an Eve this morning though. Down we went and in to Ogwen. I was 28 minutes up and still felt good.

I set off up Pen-yr-Ole-Wen with Alistair. Half way up we met Tony coming down (he'd also wandered up with the girls) and had another good drink and more food. Before long we'd got to the summit and re-grouped. The sun was rising and this was a leg that even Chris, who agrees he's incompetent where navigation is involved can get round with out any hassle. Becks and Jenny did a grand job force feeding me egg butties and bars and off loading the liquids they were carrying. As we dropped into Capel for my last road crossing I was disappointed to find I was now only 11 minutes up. The next time I was to hit tarmac would hopefully be the finish. Phil would be taking me on from here to the finish. We were joined by Mike Nelson and Digby Harris both Macc runners and Allan Greenwood. Mike had done his BG a few weeks previous and this was to be Digby's baptism of fire. His first major fell challenge support. The first climb up Moel Siabod went well, and then we picked up the fence, which we would follow for the next couple of hours. It was about half way along this section I started to worry. I knew we were loosing time and when Phil was telling me was not to worry I wouldn't listen. I thought I'd blown it again, but my mind was taken off this as I kept nodding off on my feet! There were a couple of times Digby pointed me back in the right direction. At one point I could have sworn there was a chest-freezer in front of me and I was just about to climb in to cool down when I was rudely awoken! Allan fed me dried fruit but didn't warn me the dates still had the stones in. As we neared the quarries Phil turned round and in they way which was becoming as regular speech of his said "This is do-able but you ain't stopping and your going to have to dig in" So straight through we went 15 minutes down. I had no slack left and had to go quicker than the schedule if I was to make it.

As we passed we left Allan and picked up Polly and Annette Morris. Round the Moelwyns we went. Returning back to the quarry we'd lost only 3 minutes. Here Annette would

go back to the finish and the rest of us crossed to the Dam and headed up the last and possibly steepest climb of Cnict. Again Phil gave me the talking to, “right, if you want it you’ve got to go for it. Don’t worry about the time, its going to be bloody close, just hopefully the right side of 24”. So down went the head and I dug in with all I had. This also meant Polly had to stop singing so she could keep up which was great as she was starting drive me crazy. (Next time you see her I’m sure she’ll give you a rendition if you ask nicely!) We reached the ridge and followed it to the summit. 17:07. I had 38 minutes to get to the road. “Take it easy you don’t want to fall over now,” said Phil. I knew the top was rough and even with Phil’s warning the adrenaline kicked in and I hared off. 5 yards later I was flat on my back. “I told you so, take it easy” Moments later we reached the grass and we set off running. Looking for the best line and as each moment went by we got nearer to the finish. As we reached the first gate Chris A. and Tony were waiting. God knows what the families walking up the path must have thought as 7 runners hared past yelling. Allan later told me he said it sounded like a riot was on it’s way down the hillside, hearing us long before we came into view. I kept glancing down at my watch, 10 minutes, 9 minutes, 8 minutes. I was thinking which would be worse, finishing seconds over the 24hours or having to go through this again. Through the next gate we went, still the minutes ticked by, and then finally we reached the last gate. There was a cheer as we ran past and then down hill, round the last corner to reach the post I’d set off from. Looking at my watch as I stopped, it read 17:43 and 45 second. I’d made it with 75 seconds to spare. I was so relieved and happy to have done it. As I sat down I looked up and the buzz from everyone was fantastic. I glanced up at Phil, I think he was more relieved than I was.

Thanks to all those who have given up their time to help me out and I hope to see you all sometime in Scotland in 2008.

Chris.



Chris Cripps - Paddy Buckley attempt - 21st and 22nd July 2006

		Grid Ref	miles	ft	CALC	ETA	Actual Splits	Actual Time
1: Eifionydd								
Bwlchgwernog dep						17:45		**17:45**
01	Bryn Banog	576,457	1.7	1700	01:02	18:47	00:53	**18:38**
02	MoelHebog	565,469	1.1	1100	00:33	19:20	00:33	**19:11**
03	MoelyrOgof	556,479	0.9	400	00:18	19:38	00:18	**19:29**
04	MoelLefh	553,485	0.4	200	00:11	19:49	00:10	**19:39**
05	YGyrn	553,501	1.1	400	00:22	20:11	00:26	**20:05**
06	Mynydd-y-ddwy-elor	549,504	0.4	200	00:11	20:22	00:10	**20:15**
07	TrumyDdysgl	545,516	0.9	800	00:28	20:50	00:20	**20:35**
08	Mynydd Drws-y-coed	549,518	0.4	200	00:10	21:00	00:08	**20:43**
09	YGarn	551,526	0.5	100	00:12	21:12	00:11	**20:54**
Pont Cae'r Gors			1.4		00:25	21:37	00:27	**21:21**
Total			**8.8**	**5100**	**03:52**	**21:37**	**03:36**	**03:36**
rest					00:05		00:06	
2: Snowdon								
Pont Cae'r Gors dep						21:42		**21:27**
10	CraigWen	597,508	2.5	1400	00:40	22:22	00:35	**22:02**
11	YrAran	604,515	0.6	600	00:21	22:43	00:15	**22:17**
12	Cribau Tregalan	605,536	1.4	1400	00:45	23:28	00:46	**23:03**
13	YrWyddfa (Snowdon)	609,543	0.6	600	00:18	23:46	00:15	**23:18**
14	Carnedd Ugain	610,551	0.5	200	00:12	23:58	00:14	**23:32**
15	Moel Cynghorion	587,564	2	600	00:40	00:38	00:39	**00:11**
16	Foel Goch	571,563	1.2	500	00:27	01:05	00:23	**00:34**
17	Foel Gron	560,569	0.5	400	00:15	01:20	00:17	**00:51**
18	Moel Eilio	556,577	0.9	400	00:21	01:41	00:14	**01:05**
Llanberis arr			2.9		00:41	02:22	00:36	**01:41**
Total			**13.1**	**6100**	**04:40**	**02:22**	**04:14**	**07:56**
rest					00:05		00:13	
3: Glyders								
Llanberis						02:35		**01:54**
19	Elidir Fach	603,616	1.8	2300	01:00	03:35	01:05	**02:59**
20	Elidir Fawr	612,613	0.5	500	00:20	03:55	00:16	**03:15**
21	MynyddPerfedd	623,619	0.9	200	00:15	04:10	00:20	**03:35**
22	Foel-goch	629,612	0.5	400	00:15	04:25	00:15	**03:50**
23	YGarn	631,596	1.2	600	00:22	04:47	00:25	**04:15**
24	Glyder Fawr	642,579	1.4	1000	00:38	05:25	00:37	**04:52**
25	Glyder Fach	656,583	0.9	300	00:18	05:43	00:25	**05:17**
26	Tryfan	664,594	0.9	600	00:40	06:23	00:41	**05:58**
Ogwen arr			1.2		00:35	06:58	00:32	**06:30**
Total			**9.3**	**5900**	**04:23**	**06:58**	**04:36**	**12:45**

		Grid Ref	miles	ft	CALC	ETA	Actual Splits	Actual Time
4: Carneddau								
Ogwen dep						07:05		**06:37**
27	Pen yr Ole Wen	656,619	1.1	2300	00:57	08:02	01:02	**07:39**
28	Carnedd Dafydd	663,631	0.9	400	00:18	08:20	00:19	**07:58**
29	Carnedd Llewelyn	684,644	1.9	400	00:30	08:50	00:35	**08:33**
30	Pen yr Helgi Du	698,630	1.3	400	00:23	09:13	00:25	**08:58**
31	Pen Llithrig y Wrach	716,623	1.2	600	00:25	09:38	00:27	**09:25**
Joe Browns arr			3.1		00:36	10:14	00:38	**10:03**
Total			**9.5**	**4100**	**03:09**	**10:14**	**03:26**	**16:18**
rest					00:05		00:04	
5: Northern Moelwyns								
Joe Browns dep						10:18		**10:07**
32	Moel Siabod	705,546	2.2	2300	01:07	11:25	01:09	**11:16**
33	Clogwyn Bwlch-y-maen	678,542	1.7	100	00:22	11:47	00:21	**11:37**
34	Carnedd yGribau	676,537	0.5	200	00:10	11:57	00:13	**11:50**
35	Cerrig Cochion	662,510	1.9	600	00:43	12:40	00:48	**12:38**
36	MoelMeirch	662,503	0.5	400	00:14	12:54	00:17	**12:55**
37	YsgafelWen	664,488	1	300	00:24	13:18	00:25	**13:20**
38	Mynydd Llynnau'r Cwn	664,485	0.2	100	00:04	13:22	00:05	**13:25**
39	Unnamed (672m)	667,481	0.4	100	00:07	13:29	00:08	**13:33**
40	Moel Druman	671,476	0.5	200	00:10	13:39	00:10	**13:43**
41	Allt-fawr	682,475	0.6	300	00:13	13:52	00:14	**13:57**
Bwlch Cwmorthin arr			1.1		00:20	14:12	00:30	**14:27**
Total			**10.6**	**4600**	**03:54**	**14:12**	**04:20**	**20:42**
rest					00:03		00:00	
6: Moelwyns & Cnicht								
Bwlch Cwmorthin dep						14:12		**14:26**
42	FoelDdu	669,459	0.4	500	00:14	14:26	00:15	**14:41**
43	Moel-yr-hydd	672,454	0.3	300	00:12	14:38	00:14	**14:55**
44	Moelwyn Bach	660,437	1.5	700	00:35	15:13	00:33	**15:28**
45	Craigysgafn	660,443	0.5	300	00:15	15:28	00:17	**15:45**
46	Moelwyn Mawr	658,448	0.4	300	00:14	15:42	00:15	**16:00**
Bwlch Cwmorthin (near) inc. 3 min stop			1.1		00:19	16:01	00:18	**16:18**
47	Cnicht	645,466	1.4	1000	00:50	16:51	00:49	**17:07**
Bwlchgwernog arr			3.7	200	00:45	17:36	00:36	**17:43:45**
Total			**10.6**	**4600**	**03:24**	**17:36**	**03:17**	**23:58:45**
rest								

Chris Cripps - Paddy Buckley attempt - 19th 20th May 2006

Start at Road Juncton (Bwlch Gwernog), Grid Ref. 612,453 at 17:45
My mobiles - 0788 155 6173 or 0789 659 0592

1. Aberglaslyn to Pont Cae'r Gors (Eifionydd)

Navigator	Me
Support	Dave Lee
Support	Peter Ferris

2. Pont Cae'r Gors to Llanberis (Snowdon)

Navigator	Tony Shanley
Support	Dave Lee
Support	Steve Steele

3. Llanberis to Ogwen (Glyders)

Navigator	Alistair Hornsby
Support	Peter Ferris
Support	Chris Armour

Road Support

Polly (Vodafone)
Linda
Annette Morris
Polly (Orange)

4. Ogwen to Capel (Carneddau)

Navigator	Alistair Hornsby
Support	Chris Armour
Support	Becks & Jenny

5. Capel to Quarry (N. Moelwyns)

Navigator	Phil Cheek
Support	Mike Nelson
Support	Digby
Support	Allan Greenwood

6. Quarry to Aberglaslyn (Moelwyns & Cnict)

Navigator	Phil Cheek
Support	Mike Nelson
Support	Digby
Support	Annette & Polly

		Grid Ref.	Time Due
Rhyd Ddu change at Pont Cae'r Gors Track end		575,508	
Llanberis change at end of road		586,600	
Ogwen change at entrance to Car Park		650,603	
Capel change behind Café in-front of Joe Browns		720,581	
Quarry's refuelling at	(1) adj. to main building	665,462	
	(2) Gate next to bike crossing	663,462	

Finish at Bwlch Gwernog. 612,453