

**Snowdon**  
**Sunday 14 October 2012**  
**Report by Kay Farrow of Beverley Athletic Club**



After a disappointingly slow performance at Snowdon in the Three Peaks Challenge recently Alan Flint and Carla Stansfield of Beverley Athletic Club returned to the highest peak in Wales last weekend to complete the ascent and descent without getting lost and in a more respectable time.

This time they managed to take the right path and with the advantages of daylight and not having climbed Ben Nevis and Scafell Pike immediately beforehand they slashed 2 hours and 6 minutes off their previous time for the ascent. They were also faster coming down and they would have been even faster had they not been slowed down by other people on the path. It took them only 59 minutes for the ascent and 45 minutes for the descent, a total of 1 hour and 44 minutes compared with 3 hours 55 minutes the first time.

Satisfied with having done themselves justice they can now concentrate on the next events in a very full club race calendar.

**Photos taken the first time they climbed Snowdon during the night of 2 September**