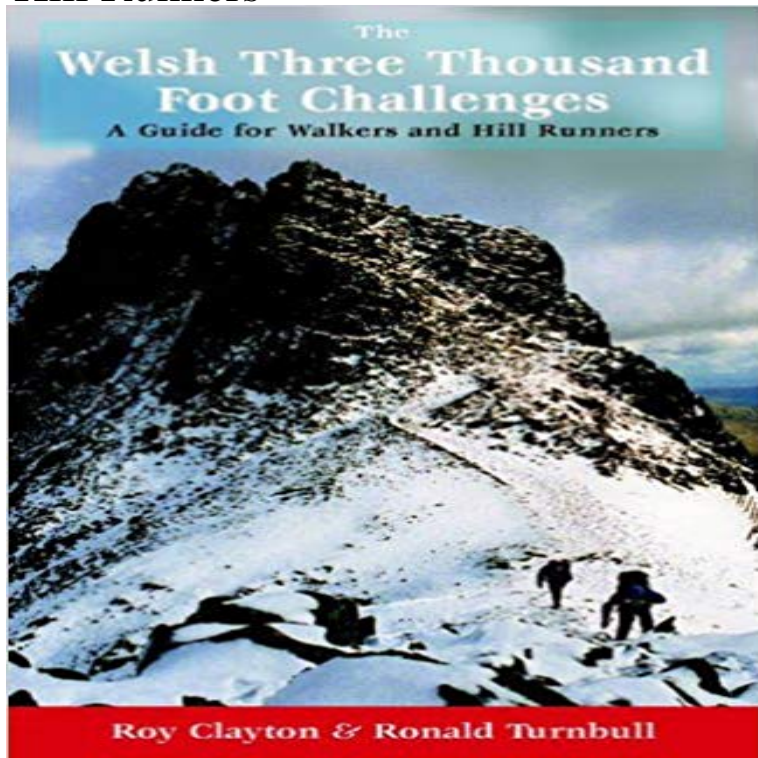


The Welsh Three Thousand Foot Challenges: A Guide for Walkers and Hill Runners



This is the 2010, 2nd edition of the full-colour handbook for walkers and runners in the Welsh 3000s traverse, the Paddy Buckley Round, The Snowdon Horseshoe, Snowdon Ascents and the Welsh 1000 metres race. Roy Clayton guides walkers through the route, while experienced fell runner, Ronald Turnbull, gives the necessary advice for runners, and for walkers who wish to step up the pace in the tradition of the greats like Joss Naylor, Eric Beard and Colin Donnelly. The original Welsh Three Thousand Foot Challenges book has already been a success, with several reprints. This new edition includes up-to-date information with colour photographs and maps bringing the stunning mountain scenery to life. If you want to do the Welsh Three Thousands and you want to know how to train to do a fast time, or you just want to make sure you have a good chance of a successful completion, this book is the only choice.

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