

New Edition Information

THE WELSH THREE THOUSAND FOOT CHALLENGES A Guide for Walkers and Hill Runners, 2nd edition

Authors: Roy Clayton & Ronald Turnbull

ISBN: 978-1-902017-02-0 **Cordee Code:** CWW090

Imprint & Rights: Grey Stone Books; World Rights

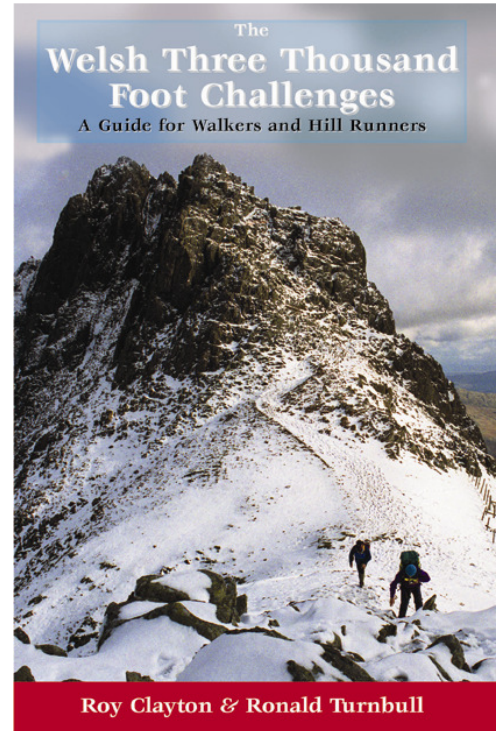
Retail Price: £11.95

Publication Date: 1st May 2010

Classification: Walking & Hill Running (WSZC & WSKC)

Format: Paperback; 208 pages; 178mm x 116mm; 110 full colour photos and diagrams, 20 line drawings

Previous Edition: 1st edition 1997 with several reprints.
Revisions were made in 2000 and 2003. ISBN 0-9515996-6-6



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.

Ronald Turnbull is an all-weather walker and writer, with a special interest in multi-day walks, challenge walks and scrambling. He has completed nineteen different coast-to-coast crossings of Britain, and slept in bivy-bag on over fifty summits. In 1994 he won the Fell Running Association's Long-distance Trophy for a ten-day run over all the hills of Southern Scotland.

Roy Clayton is a writer/photographer based in Blackpool. He co-wrote *Lakeland Mountain Challenges* with Ronald Turnbull.