



# Mynyddwyr De Cymru

[www.mdcwales.org.uk](http://www.mdcwales.org.uk)

Newsletter - December 2007

## Editorial

Welcome to yet another rendition of the MDC newsletter. Despite being close to Christmas there will be no festive sentiment in this edition. The editor is firmly in the school of Bah Humbug! The only seasons greetings you will get from this hardened cynic is to have a good run whenever you're out running this winter. – Oh and yes, see in casualty after a few good bevies!



Congratulations to Dan Booth, who on the 15<sup>th</sup> September completed the Bob Graham Round in a time of 23 hours and 20 minutes. This was his third attempt, all of them this year. Methinks his Missis likes him out of the house..... Of course this was only achieved with the help of an excellent support crew, John Symonds and Rhys Williams of MDC, Roy Ruddle – a former MDC member and someone else absolutely brilliant – forgot the name – ooh, ehr, me! The photo shows him at the Moot Hall on an earlier unsuccessful attempt.



As we are affiliated to the Welsh Fell Running Association we would like as many as possible to support the WFRA. The website and application forms to join can be found at;

[www.wfra.org.uk](http://www.wfra.org.uk)

Don't forget to renew your membership of MDC and WFRA early next year. If you join the WFRA after 1st October your membership will last until the end of the following year! What a bargain. MDC membership renewal form is on page 6

Don't forget that you can claim a 10% discount at Run and Become by being a member of MDC. I get back my membership costs every year by just buying one pair of trainers there. Just please don't tell the missis about all the other essentials that just happen to slip into the same yellow plastic bag while I'm there.

The OMM has been and gone. This was formerly known as the KIMM but since Karrimor went bust they have started using the title "Original Mountain Marathon". The club was reasonably well represented this year despite the long drive to Scotland to take part. For full report see page 4.

By the time you read this the Winter League should be well under way. I hope that as many of you as possible can get out there and represent your country and club. As old Grey beard is not fond of buying cakes for our English brethren your performances will be greatly appreciated this year. If you run more than one race you do have the satisfaction of seeing many people (who've only run one race) behind you in the standings. This does wonders for poor morale and make up for a lot of lack of race fitness. Of course you are now too late to claim the prize for those completing all the races but there is always next year to look forward to.....



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## Presidential Ramblings

Since coming to live in God's own country (23 years, 11 months and days ago as I write) I've had a lot of fun from fell running. From the early days of trailing around behind Les "Lost" Williams as we went to see what was on the other side of the next hill, through those times of the (almost) dreaded Friday night telephone calls; "I've been looking at a map....."

I've been honing my talents for making excuses for so long that I don't even have to bother running any more. Just put on a race or two, amble up a hill to marshal someone else's race and the odd Tuesday night when I let everyone else run off at high speed and then have lie down behind the nearest rock until they come back exhausted. A fair bit of beer and the occasional chicken curry arf'n'arf as the basis for a healthy diet. Oh yes. I'm an athlete me (as I was saying to someone at the end of The Three Peaks as he took a picture of me clutching a can of beer, a bottle of whisky and a roll-up).

MDC is the only organisation that I have ever joined (apart from the AA, that is) and it has been a privilege to be a member of the most social and sociable sports (should that be in inverted commas too?) club. No, it is a sports club. We have had some great athletes running with MDC and, wherever I've been running in distant parts (my work takes me all over the UK) an astonishing number of people recognise the kit and tell me that they know MDC club members. Anyway, as work permits, I have occasionally tried to put something back into the club; helping out with events, editing the newsletter when it ("the bfp") was on paper and in trying to support wherever my limited talents permit. Which is why, when Old Greybeard made it clear that he wanted to stand down as Chairman, I was happy to stand and you lot decided to let me be elected unopposed (apathy rules OK!) Trouble is, maybe I've got it all wrong, but there's nowt to do. Occasionally Mr Treasurer Fred asks what we should do with the club millions and I have musings about supporting some promising young athletes, but apart from that, nowt.

But then I had an e-mail from Andrew Blackmore about the 2008 FRA relays to be held in Wales. He wants to put on an MDC team or teams and quite probably has a request for volunteers somewhere else in this communication. (And he's happy to do the organising!) I happen to think that this is a damn good idea, it provides the opportunity for a grand day out or two, and it may be an appropriate use for some club funds to help out. (I'm not sure in what way, but there could be a need.) I also think that whilst, lets face it, most of us in MDC are old gits well past our prime and not nearly as good as we thought we once were, we have some good young athletes and some members quite capable of finishing a race with more to celebrate than "see 'ow I nearly overtook that supervet on the last descent? Another hundred yards and I'd 'ave got 'im!" It is *my* opinion (note the italics) that perhaps a good use for club funds would be to assist any such member wanting sponsorship for travel costs etc.

As I put in my reply to Andrew, this club belongs to its members, not its officers. (I'm sure that there are some organisations where people take office for personal aggrandisement and to help achieve their own ends, but MDC ain't one of them.) And so to the point of these ramblings; what do you think? I am sure that the club officers will have ideas and will consider other people's ideas kindly, but we need to know what they are. You'll see me on top of hill during a race; you'll see me in the pub at the end (I'm the one in the corner, on my fourth pint of cider, telling someone about how I nearly won a prize in a race in the 1980s.) If there are too many old folk doing that (and it's quite likely) ask for Del or Delboy or Spit or Old Leadlegs (I don't know, you might as well ask a dog why it's called Rover). If you don't see me, e-mail me on [derek@dtltd.com](mailto:derek@dtltd.com), but whatever, if you have an idea, get in contact. As far as I am aware (and I *am* the president!) we don't need an Extraordinary General Meeting to decide so we can move fairly quickly. Otherwise, we could always blow it all on a club evening in the Muddy Dap.

I hope that I haven't got it all wrong and that I'm not missing out some important presidential (alright, chairmanly) function, but don't forget the first sentence of the previous paragraph. Custom and practice dictates that the club AGM will be in the Red Lion, Llanbedr after Pen Cerrig-calch on 29<sup>th</sup> March 2008 (won't it, Mr Secretary?). You'll be there, because PCC is not only a great course but it seems to be part of so many series and championships I've lost count. So come along and vote, stand for office, tell us what we should be doing, eat the free sandwiches. See you there.

Sorry, I've got to go. Matron says I must lie down; otherwise I can't go up the Garth later. Sorry about the rambling, but I can't use that thing that puts a green squiggly line under everything I type. No wonder that there is a world shortage of apostrophes, parentheses, semi colons and exclamation marks: (I've used 'em all up!)

## SOUTH WALES WINTER HILL SERIES

**2007 - 2008**

**7 RACES (best 5 results to count)**

**SATURDAYS, starting at 2.00 p.m.**



**ENTRY FEES: £1.50 per race (Fan Fawr £1.00)**

**INDIVIDUAL PRIZES**

**AWARDS FOR RUNNERS COMPLETING ALL RACES**

October 6	FAN FAWR 2m/1000ft	From lay-by near Storey Arms on A470 Merthyr Brecon road (GR SN 983203) Organiser: Chris Gildersleve (029 2062 4143) e-mail: <a href="mailto:chris@steambunny.demon.co.uk">chris@steambunny.demon.co.uk</a>
November 3	SUGAR LOAF 5m/1400ft	From The Crown, Pantygelli, nr Abergavenny (GR SO 302179) Organiser: Douglas Adlam (07950 106886)
December 8	THE BLORENGE 2.5m/1400ft	From Llanfoist Inn, Llanfoist, nr. Abergavenny (GR SO 286133) Organiser: Eric Meredith (01873 858979)
January 12	THE KYMIN 3.5m/900ft	From Monmouth Boys School Sports Centre. Take A4136 across Wye Bridge at Monmouth. After 100m turn left into Hadnock Rd (not Old Hadnock Rd) then left into Leisure Centre car park (GR SO 513127) Organiser: Rod Jones (01600 772400) e-mail: <a href="mailto:rod@rodjonesmountain.fsnet.co.uk">rod@rodjonesmountain.fsnet.co.uk</a>
February 9	THE DARREN 3m/1070ft	From the Darren pub, Risca, nr. Newport (GR ST 235913) Organiser: Robert Benjamin (01495 756806)
March 1	LLANTHONY 3m/1000ft	From Llanthony Abbey car park (GR SO 289278) Organiser: Dick Finch (01291 627569) e-mail: <a href="mailto:DFinch@uk.terrainindustries.com">DFinch@uk.terrainindustries.com</a>
March 29	PEN CERRIG CALCH 3m/1500ft	From Ty Mawr Farm, nr. Llanbedr (GR SO 234206) Organiser: Derek Thornley (029 2089 1172) e-mail: <a href="mailto:derek@dtltd.com">derek@dtltd.com</a>

**Further details:** [www.wfra.org.uk](http://www.wfra.org.uk)

[www.mdcwales.org.uk](http://www.mdcwales.org.uk)

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## Longmynd Hike BL 50 miles/8000 feet. Saturday 6th October 2007

Despite early initial signs that we might field a strong team in the hike this year, only three keen MDC members gathered on the start line. Injury, oversubscribed entry, the Polaris mountain bike event and hair washing were excuses mentioned for the lack of any others. Unperturbed, Dan Booth, Alwyn Nixon and myself set off into the Shropshire hills for a full day of suffering. As a novice on the event, Dan had been hoping to tag along with me to be shown the way, however, despite his successful Bob Graham completion a few weeks before and a bad cold that week, I couldn't keep up with him! The weather was perfect; clear, fairly cool and dry. It was stunningly beautiful with the sun setting as I ran over the top of Corndon Hill (the only Welsh peak on the course) shortly before being grouped for the darkness section. Competition was hot at the front, with a number of fast runners taking part in the event as it was the last counter in the Montrail ultra running

series. In the end, Dan made other friends and chundered his way around to finish 14th in 9:36. I came 17th in 9:59. Unfortunately Alwyn didn't complete this time, so our team didn't get a placing (not that we had a hope of getting near the Montrail/Mercia teams anyway). I did bump into Stanley Charles from Ogmores-by-Sea out on the course; he's been out running with MDC this summer, and if we'd known beforehand that he was taking part we might've been able to recruit him for the team, but never mind! Altogether, it was a successful year for the 40th anniversary of the hike, a couple of people did two laps of the course just to prove that they could and the men's and women's records were both broken, now 7:51 and 10:01 respectively. I didn't better my personal best, but I suppose there's always next year...

Rhys Williams

## OMMmmmmmmmmmm

The 40<sup>th</sup> Original Mountain Marathon was held in the Lowthian Hills. For those none the wiser this is one hours drive north of the border in Scotland and then go left a bit. The scenery is mile after mile of rolling hills somewhat similar to the Brecon Beacons but much larger in area. The peat bogs and tussocky grass certainly seemed very familiar to those of us from the MDC who ventured north in the Stone Mobile. 6 runners from MDC attended (that I know about). If you don't appear in name here it's because you didn't tell the editor. The weather was not as bad as predicted on the first day. Low cloud sorted the good navigators from the cross country runners. The course was very well designed this year with a wide variety of route choices in the score events. Both the A and B classes were taxing and many competitors finished their runs in the dark. John Darby and Mark Saunders had an excellent first day in the A class and were lying in 3<sup>rd</sup> position overnight. The heavy rain and gale force winds came in on Saturday night and many who had chosen to travel light regretted their decision. Many competitors retired overnight after their tents became waterlogged or simply blown down. It was a sobering sight lying in the warmth of my sleeping bag, with a belly full of warm food, looking out into a dark night with rain pelting across the sky, to see head torches descending down the hill sides.

Alice Bedwell's nephew, Matthew was amongst those forced out after his tent flooded and he and his running partner became mildly hypothermic. Sunday dawned bright and the sun soon flooded the valley. Those in the chasing starts started before sunrise. Putting on wet clothes over aching limbs never gets any less unpleasant. John and Mark were unable to maintain their performance of the previous day but still finished a very creditable 6<sup>th</sup> overall. They took the 1<sup>st</sup> MV prize.

Haydn and Alan in the Long Score had a poor day 1, making a number of route choice errors. They were reduced to a forced march back to the overnight camp having been tempted out too far by a juicy 60 pointer. The last half hour included a desperate scramble down a series of gully waterfalls against the clock to avoid too many time penalties. The end result was a disappointing 114<sup>th</sup> at the overnight stop. They did better on the second day and made some good decisions that increased their overall ranking to 58<sup>th</sup>. They were the 25<sup>th</sup> MV finishers. John Syms and Dan Booth did the Elite and finished a creditable 29<sup>th</sup>. The Elite runners wore race numbers this year which made following the people in front an option for some. The organisers will need to watch this one as it may give some an advantage. Alice Bedwell, running with her brother, finished 34<sup>th</sup> in the B class (3<sup>rd</sup> MIXV).

## 2008 WFRA Fell Relays

The 2008 British Fell Relays, organised by Martin Cortvriend, are being held on 19 October 2008 in the Clwydian Hills, N Wales. Details are being finalised, but for reference the 2007 event was open to teams of 6 runners who ran 4 legs, (as either pairs or solos) over a course of c22 miles in some pretty rough terrain. Information and pictures of 2007 Relays are at:

<http://forum.fellrunner.org.uk/forumdisplay.php?f=3>

<http://www.bowlandfellrunners.org.uk/>

The Relays usually prove highly popular and attract teams with a range of abilities. Andrew Blackmore is interested in being part of an MDC team for 2008 Relays..... so is looking for some likeminded individuals to join

him. No minimum requirements in terms of fitness etc. He's spoken to Chairman Derek and he's willing to offer support, be it financial or otherwise. So get in touch if you want to be involved

Andrew Blackmore [Andrew.blackmore@uk.zurich.com](mailto:Andrew.blackmore@uk.zurich.com) 01793 502351 (work) 01633 882558 (home)

## **Fan Fawr results 6.10.07 2miles 1000ft** - Full race results

<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Category</b>	<b>Time</b>	<b>Nat</b>	<b>Comment</b>
1	Harry Mathews	Mynydd Du	SM	16.32	W	
2	Rob Gordon	Unatt	SM	16.49	W	
3	Andrew Jones	Mynydd Du	SM	18.00	W	
4	Mike Duxbury	Stroud	V40	18.43	E	1st V40
5	Tony Robson	Pennine FR	SM	19.00	E	
6	Gareth Hurst	SW Road Runners	SM	19.06	E	
7=	Max Suff	Hereford Couriers	V40	19.40	E	
7=	Peter Ryder	Brycheiniog	SM	19.40	W	
9	Wheeze	Brycheiniog	V40	20.35	W	
10	Michael Keddle	Unatt	SM	20.41	W	
11	Neil James	Brecon Multisport	SM	20.43	W	
12	Neil Lewis	MDC	V40	20.45	W	
13	Mark Bryant	MDC	V40	20.52	W	
14	Kevin Betts	Fairwater	V40	21.08	W	
15	Steve Littlewood	Hereford Couriers	V50	21.14	E	1st V50
16	Peter Williams	MDC	V40	21.22	W	
17	W J Darby	MDC	V50	21.29	W	
18	Barry Freney	Brecon Multisport	SM	21.52	W	
19	Chris Gurney	SW Road Runners	SM	22.05	E	
20	Andrew Blackmore	MDC	V40	22.08	W	
21	Rick Skinner	Unatt	SM	22.17	W	
22	Michael Case	Unatt	V50	22.24	E	
23	Martin Lucas	MDC	V50	22.26	W	
24	Peter Burne	MDC	V40	22.28	E	
25	Clive Davies	Sospan RR	V40	22.31	W	
26	Steven Epstein	Brecon Multisport	SM	22.35	W	
27	Peter Tracey	Unatt	SM	22.41	W	
28	Martin Woodhead	Unatt	V40	22.50	E	
29	Andrew Thomas	Sospan RR	V40	23.09	E	
30	Clive Rowberry	Hereford Couriers	V50	23.59	E	
31	Gwyon Jenkins	Sospan RR	V40	24.03	W	
32	John Sweeting	MDC	V60	24.08	W	1st V60
33	Chris Thomas	MDC	V50	24.45	W	
34	Chas Ryder	Brycheiniog	V50	25.06	W	
35	Robert West	MDC	V60	25.35	W	
36	Richard Harding	Unatt	SM	27.10	W	
37	Michael Billington	MDC	SM	27.13	E	
38	Ian Turnbull	FODAC	V70	27.33	E	1st V70
39	Daniela Woodbridge	Fairwater	LV40	28.07	W	1st L
40	Roger Howell	MDC	V60	31.27	W	
41	Les Pugh	MDC	V60	31.43	W	
42	Ian Payton	MDC	SM	37.33	W	

**Please keep your news and articles coming in to me. If you've been doing something interesting in the hills then why not share it!**

## WRFA Welsh Championships (Final results)

Note: only runners entered as MDC listed in the results tables here. For full results, consult the internet or the race organiser

9	Neil	Lewis	MDC	M	296.56
15	Andrew	Blackmore	MDC	M	255.15
16	Gareth	Griffiths	MDC	M40	253.02
72	Martin	Groves	MDC	M	155.66
86	John	Darby	MDC	M50	142.95
105	Alan	Stone	MDC	M40	121.84
119	Mathew	Collins	MDC	M	102.30
149	Patrick	Wooddisse	MDC	M	90.23
164	Mark	Saunders	MDC	M40	85.76
165	Julian	Carter	MDC	M40	85.75
201	Peter	Williams	MDC	M40	76.31
210	John	Syms	MDC	M	73.40
218	Steve	Brown	MDC	M50	71.98
230	Peter	Burne	MDC	M	69.40
232	Alice	Bedwell	MDC	F40	69.22
234	Andy	Stott	MDC	M40	69.01
235	Martin	Lucas	MDC	M50	68.61

## 2007 WFRANorth Wales Series Table (after 9 races)

68	Neil	Lewis	MDC	M	207.17
215	Adrian	Moir	MDC	M40	88.18

## Peris Horseshoe 16.9.06 17½ miles / 8500 feet

145	6.09.58	Adrian Moir	MDC	M40
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## Sugarloaf – Saturday 3<sup>rd</sup> November

1	Matthew Collins	MDC	MS	37.13
10	Patrick Wooddisse	MDC	MS	41.49
19	Mark Saunders	MDC	M40	43.31
20	Chris Gildersleve	Brycheiniog	M40	43.40
24	Simon Blease	Brycheiniog	M40	44.20
33	Neil Lewis	MDC	M40	45.50
35	Peter G Williams	MDC	M40	47.07
37	Ed Whiting	C'diff H'quins	MS	48.24
38	Steve Brown	MDC	M50	48.46
43	John Darby	MDC	M50	49.34
45	Andrew Blackmore	MDC	M40	49.43
46	Peter Burne	MDC	MS	49.45
47	Alice Bedwell	MDC	F40	49.49
48	Andy Stott	MDC	M40	49.54
49	Martin Lucas	MDC	M50	50.03
51	Alan Gillard	C'diff H'quins	M40	50.30
59	Alan Stone	MDC	M40	51.55
64	John Shanahan	MDC	M50	53.13

67	Gareth Griffiths	MDC	M40	53.58
68	Pete Morfey	C'diff H'quins	M50	54.01
74	Robert West	MDC	M60	56.01
76	Dave Gilbert	MDC	M50	57.43
81	Cledwyn Jones	MDC	M60	62.37
84	Eric Meredith	MDC	M60	63.56
90	Roger Howell	MDC	M60	71.46

Turnout for the Sugarloaf race was excellent with MDC being well represented. Running conditions were ideal, a clear day with sunshine and a cooling breeze. The race counted towards the WFRANorth Wales / Open Championship. This race has cruel twist in the tail – just when you think it's all downhill to the finish there is a mile long run out to a spur with more uphill than it looks on the map. Afterwards, presentations were made for race and championship winners.

## SOUTH WALES SUMMER HILL SERIES 2007

(BEST 4 RESULTS TO COUNT)

7	Neil Lewis	MDC	M40	<b>333</b>
8	Matthew Collins	MDC	MS	<b>321</b>
9	John Darby	MDC	M50	<b>301</b>
10	Andrew Blackmore	MDC	MS	<b>299</b>
11	Andy Stott	MDC	M40	<b>297</b>
16	John Sweeting	MDC	M60	<b>264</b>
19	Gareth Griffiths	MDC	M40	<b>216</b>
26	John Syms	MDC	MS	<b>176</b>
33	Peter Burne	MDC	MS	<b>147</b>
35	John Shanahan	MDC	M50	<b>144</b>
37	Tim Jones	MDC	MS	<b>141</b>
39	Norman Jones	MDC	M40	<b>136</b>
71	Dan Booth	MDC	M40	<b>90</b>
90	Mark Saunders	MDC	M40	<b>85</b>
92	Martin Groves	MDC	MS	<b>85</b>
125	Peter Williams	MDC	M40	<b>79</b>
129	Alan Stone	MDC	M40	<b>76</b>
137	Mick Learoyd	MDC	M40	<b>75</b>
195	Martin Lucas	MDC	M50	<b>65</b>
304	Les Pugh	MDC	M60	<b>34</b>

### Editor:

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Please substitute **at** with the **@** symbol – no spaces (I don't want webcrawlers to find my email address – I get enough offers of member enlargement and dodgy Nigerian business deals as it is!)

**Deadline for next issue: 1.3.08**

# Mynyddwyr De Cymru



## 2008 Membership Application Form

[www.mdcwales.org](http://www.mdcwales.org)

NAME

ADDRESS

TELEPHONE

MOBILE

FAX

E-MAIL

OTHER CLUB MEMBERSHIP

HOW WOULD YOU PREFER TO RECEIVE CLUB NEWSLETTERS?

E-MAIL

POST

MALE/FEMALE

DATE OF BIRTH

SIGNATURE

DATE

### **DATA PROTECTION ACT (If you have NO objections, leave blank).**

These details are stored by the secretary on computer. If you object to your details being stored in this way, please state below:

I DO NOT WISH TO HAVE THE ABOVE INFORMATION STORED ON COMPUTER BY THE CLUB MEMBERSHIP SECRETARY \_\_\_\_\_ (signature)

These details may also be circulated amongst club members. If you have any objection to this, please state below:

I DO NOT WISH TO HAVE THE ABOVE INFORMATION CIRCULATED TO OTHER CLUB MEMBERS \_\_\_\_\_ (signature)

Membership fee £5.00 (make cheques payable to M.D.C.)

Return form and subscription to:

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