



Mynyddwyr De Cymru

Newsletter - December 2007

www.mdcwales.org.uk

Editorial

I have not heard from many of you this winter so have been a bit short of stories. Either you've been lying on your couches swigging lager all winter or have lost the ability to put pen to paper and remember the sequences of movements to write a short note or two.

However, what I've missed in quantity has been made up by the ripping yarn sent in by Jules Carter of his very unique feat, travelling from Western Europe's deepest point to its highest summit in what is probably a world record time. Over a kilometre underground to 4.8 kilometres above sea level entirely by human power. This is probably also the first time it's ever been done. A remarkable achievement and a must read article for all those who think they've ever done something remarkable – you haven't.

Tom Gibbs has also sent me a story of even more pain and suffering that only he seems to enjoy..... and he came first!



John Sweeting making running up hill on the Darran Race look easy..... Picture Helen Bennet

Notice of Mynyddwyr de Cymru AGM 2008

The AGM will be held on 29 March 2008 after the Pen Cerrig Calch race concluding the Winter League in the Red Lion at Llanbedr.

The Agenda will be:-

1. Apologies/attendance
2. Minutes AGM 2007 (draft already circulated in September's newsletter)
3. Matters arising
4. Officers' reports
5. Election of Officers
6. AOB

If there is still interest in entering the FRA relays or any other club scheme for running further afield after Derek's article in the newsletter, the AGM may be a good moment to present an outline package requesting financial support from the club (this is purely my view, not a statement of the committee's position)

Douglas Adlam, Secretary

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Gouffre Berger to Mont Blanc

So what's this article about then? Well it's about a little trip involving some caving, bike riding and mountaineering. The Gouffre Berger is a cave system in the Vercors region of France. It is famous for being the first cave to go beyond the 1000m mark in depth and is hence an icon in the world of caving. Mont Blanc is the highest mountain in Western Europe at a little over 4800m. Linking them is 100 miles of road. The challenge? To go from the bottom of the Berger at -1122m, to the top of Mont Blanc in a continuous journey. Why? Well a friend called Paul Mackrill came up with the idea to celebrate his 50th year and raise some cash for a friend paralysed in a climbing accident, and it seemed a good way to celebrate my 40th year!

The journey begins on the Vercor plateau south of Grenoble. The trip is part of my caving clubs summer expedition for which we have booked the Gouffre Berger. Over 30 people have joined the trip for the caving, with partners and families also taking part in the 'holiday'. The trip starts well with good weather and low water conditions, and within a few days we have the cave rigged to the bottom. This involves almost a 1000 meters of rope, plus additional equipment such as emergency food, sleeping stuff for Camp 1 (in case of flood conditions or for some to break up the caving trip), and boats for a lake that appears if it rains!

Now that the cave is rigged we check the weekend forecast. It is good both in the Vercor and on the Mont Blanc Massif. The challenge is on! At 6.00am on a Saturday morning myself and Paul Mackrill meet at the Molières carpark at sunrise. A quick photo and we scurry off to the Berger entrance on a pair of old rigid mountain bikes. These will also be our transport down to the road once out of the cave. The bikes are



hidden off the tracks before heading to the Berger itself. At 7.10am we set off down the cave making excellent progress. The caving is superb. The entrance series drops to -240m within 400m of horizontal distance with a series of fine fluted shafts. This then pops out in huge cave passage with a river. Various small pitches and steep boulder strewn

descents see us arrive at what is known as Camp 1. Just beyond is the Hall of Thirty with its huge stalagmite bosses. Here we carry out a radio check with the surface and head on into the cave. The



caving remains big until we arrive at a section called the Canals. Here an assortment of tatty rope can be used to keep you out of the deep water. The cave then becomes an active streamway that's very dangerous in flood conditions. Further pitches are met and then it's a steep descent down the 'Grand Canyon' which is just stupidly big! Here the final series of deep pitches are met. The caving is wild and many of the bolt belays for the rope are past their best. The pitch drops are exhilarating, with waterfalls plummeting into the chambers. The final pitch is 'Hurricane' which is a 44m drop down a very 'airy' pitch with water cascading down next to you. By 11.00am we arrive at the pseudo-syphon – as far as we can go without swimming! A few pictures and its back to the surface meeting a number of other bottoming teams on the way out, one of which includes my partner Sue. By 4.30pm we are out of the cave – a very impressive 9hours 20 minutes in and out.

We spend some time drinking tea and eating before heading up to retrieve the mountain bikes. The ride



down is hilarious and somewhat shaky on the old bikes. We meet the road at the village of Engins and its here we pick up the road bikes. By around 6.30pm we are cycling the 160km towards Mont Blanc. The

first few miles are straight down into Grenoble through sweeping hairpin bends followed by a scurry through various back roads to get through Grenoble itself. Fortunately Paul knows the route well as he lives and works in the area. Before long we are on the 'route nationale' roads pacing along at a steady pace but stopping for pizza at a mobile van after about 35km! From here darkness started to fall so lights are fitted to bikes and helmets. The route took us to Albertville, which proved to be a soulless grind along flat straight roads in the dark. Paul's wife Gillian was acting as support and following in the car, and this enabled us to have regular stops to break up the journey, feed and drink tea. After Albertville the cycling changed character as we faced a hard grind up to the ski town of Megeve followed by fast descent to St Gervais. Close to the end of the cycle ride we were then faced with the hardest section. With only 5km to go we had to gain around 600m of ascent to reach the car park at the alpine hamlet of Bionnassay nestled at about 1400m. In the early hours and after almost 24 hours on the go the climb was brutal. Paul had a granny ring on his chainset and was able to grind slowly up through the hairpins. I was on a compact chainset and had to be more brutal with the climbs requiring a bit of a recovery stop now and again! At around 3.30am we trundled into the car park.

The plan was now to get a bit of sleep. Paul squeezed into the back of the support car, I find the luxury of a picnic table to sleep on. After around an hours worth of sleep I'm aroused by a bursting bladder and simultaneous need to crap! A quick dash to the newly installed 'eco-turd' box in the car park and normal bowel service returns. Some more food and tea is consumed before packing sacks for the mountain section. With the morning light I now look up and suddenly before me is a huge snow-capped mountain. I have been up the Blanc before but that was now over 20 years ago and I had forgotten the size of this brooding mountain.



At around 6.30am we begin the slog up the mountain. The walk up steadily gains height and after a few hours we cross the snowfield before the Tete Rousse refuge at 3167m. Here we met two friends of

Paul's who had kindly carried up our boots and ice axes, and who feed us on French sausage and cheese. I realise I'm ravenous and attempt to stuff as many calories as I can. I also realise I have not carried up nearly enough food. Refuelled and now more suitably equipped it was time to start the climb up to the Gouter Refuge at 3817m. We entered the refuge with trainers on our feet but we leave with proper mountain boots. However Paul had previously been up to the Gouter refuge in just a pair of Walsh's (classic fell running shoes) but not to be recommended!

The route to the Gouter involves crossing a notorious



gully which has constant rock fall both from parties ascending the ridge to the Gouter hut and from snowmelt. We cross the gully without incident and begin the ascent up the loose rocky ridge. On beginning this ascent I watch horrified as a rock fall comes down the gully whilst someone is crossing. He has to stay put and watch the rocks, looking out in case one comes towards him. He makes it across okay. However when I was last here I did see someone knocked off by a rock. The next stop is the crevassed glacier below.....

During this part of the ascent Paul got ahead of me and I arrived at the refuge about 25minutes behind. The altitude and tiredness was starting to hit me and I needed to stop for food and drink. Paul meanwhile was conscious of the time and wanted to press ahead for the summit. This challenge was his idea and was down to his organisation plus the fact he was using it to raise money. We quickly decided that Paul should continue on his own, with me to follow if I felt good enough. I stopped in the refuge for tea and coffee, and some food. After about 50 minutes I set off towards the Blanc. I'd come this far, I should at least get onto the final slopes of the mountain. The altitude was the one factor I could not prepare for on this trip. Pen y Fan doesn't quite get enough height. Thus I knew the summit was a long shot but I did want to break that magic 4000m mark. I trudge up away from the refuge onto the rounded Gouter ridge itself then onto the long snow slope stomp towards the Blanc itself. Steadily I gained height in fantastic calm and clear weather conditions. For a while I was alone on the slopes of the Blanc. My target was to

get at least as far as the Dome du Vallot and hopefully meet Paul on his return. On reaching the summit of the Dome, the Vallot refuge at 4362m came into view the other side of the col. This became my next goal and I made my way towards this, but found the final 100m of ascent tough as the altitude started to hit me hard. Here I tried to find a comfortable spot to wait for Paul but this wasn't possible. Thus I returned to the Gouter refuge. Paul made it back to the Gouter refuge at around 6.30pm. Looking pale and tired he had given his all to make the summit. His time from the bottom of the Berger to the top of the Blanc was 29hrs and 29mins – a superb achievement.

The original vague plan was to get back off the Blanc on the same day. However Paul was trashed and needed some recovery time. We had to spend the night at the Gouter refuge which we hadn't planned on. As we were travelling light we didn't carry sleeping bags but I did have a credit card. The bunks in the refuge were typically full thus we initially slept on the floor or on a bench in the dining area, paying 25 Euros for the privilege and not even getting a blanket! However we did jump into bunk space when the first teams left for the summit at 1.00am, but only after raiding their leftover bits of breakfast! We slept well and made our way back down the rubble heap at around 9.00am meeting Paul's wife Gillian at the Tete Rousse hut on the way back down. We even stopped for a beer at a café close to the station for the mountain train.



Overall it was a superb trip that was well worth the effort. If I attempted it again, acclimatisation at altitude is a must before hand, but I simply didn't have the time to do so for the trip. It was basically carried off on the back of the caving expedition which came first. It was good doing such a challenge with Paul. Despite the arduous nature of the challenge both our spirits remained high. A big thanks also goes to all who helped us in the challenge particularly Paul's wife Gillian, but also to the SWCC expedition for allowing us the luxury of a fast lightweight trip to the bottom of the Berger, and to Sue, Barbara and Haley (the suffering wives of friends on the caving expedition) for looking after my daughter Emily whilst

both myself and my partner Sue were in the cave at the same time! I think Paul has managed to raise in excess of 3000 Euros which will fund an all terrain wheel chair for their paralysed friend.

RESULTS

Only MDC runners are listed - see web link for full results

Llanthony Winter Hill Race

[Llanthony Show](#) Saturday March 1st 2008

New Course - 2 miles/1150 feet

3	Patrick Wooddisse	MDC	MS	23.55
10	Neil Lewis	MDC	M40	28.16
14	Peter Williams	MDC	M40	28.54
16	Douglas Adlam	MDC	M40	29.20
18	Andrew Blackmore	MDC	M40	29.59
26	Steve Brown	MDC	M50	31.45
27	Andy Stott	MDC	M40	32.01
29	Martin Lucas	MDC	M50	32.25
31	Helen Bennett	MDC	FS	32.56
38	Robert West	MDC	M60	36.29
40	John Sweeting	MDC	M60	37.09
45	Dave Gilbert	MDC	M50	41.10
49	Les Pugh	MDC	M60	45.55
50	John Battersby	MDC	M70	50.05

[Ras Moel y Ci](#) - 23rd February 2008

54	Adrian Moir	MDC	M40	55.55
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[The Darren](#)

Saturday February 9th 2008

4	Patrick Wooddisse	MDC	MS	21.29
5	Mark Bryant	MDC	M40	24.50
6	Rhys Williams	MDC	MS	26.00
7	Peter Williams	MDC	M40	26.32
8	Steve Brown	MDC	M50	27.04
9	Andrew Blackmore	MDC	M40	27.07
10	Martin Lucas	MDC	M50	28.19
11	John Sweeting	MDC	M60	31.35
12	Robert West	MDC	M60	31.50
13	Dave Gilbert	MDC	M50	34.01
14	Les Pugh	MDC	M60	40.46
15	John Battersby	MDC	M70	44.02

[Llyn Llydaw Fun Run](#) 1st January 2008

10	Dan Booth	MDC		0:54:50
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[Ras-y-Mast](#) - 25th November 2007

19	Neil Lewis	MDC	M40	49.55
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[The Kymin](#)

Saturday January 12th 2008

4	Tom Gibbs	MDC	MS	31.33
8	Mark Saunders	MDC	M40	33.39
17	Mark Bryant	MDC	M40	36.38
18	Peter Williams	MDC	M40	37.08
20	Neil Lewis	MDC	M40	37.17
29	Alice Bedwell	MDC	F40	38.57
30	Andrew Blackmore	MDC	M40	39.04
36	Steve Brown	MDC	M50	39.54
41	Andy Stott	MDC	M40	41.33
42	Gareth Griffiths	MDC	M40	41.46
44	Helen Bennett	MDC	FS	41.58
48	John Sweeting	MDC	M60	43.10
49	Martin Lucas	MDC	M50	43.40
56	Robert West	MDC	M60	49.24
61	Dave Gilbert	MDC	M50	56.57
62	Les Pugh	MDC	M60	56.57
65	Ian Payton	MDC	MS	64.32

[The Bloreng](#)

Saturday December 8th 2007

3	Matthew Collins	MDC	MS	26.59
12	Neil Lewis	MDC	M40	31.31
13	Peter Williams	MDC	M40	31.57
20	Rhys Williams	MDC	MS	34.13
23	Helen Bennett	MDC	FS	34.49
25	Gareth Griffiths	MDC	M40	37.14
27	Martin Lucas	MDC	M50	37.54
29	Norman Jones	MDC	M40	38.47
32	John Shanahan	MDC	M50	41.00

33	Peter Burne	MDC	MS	41.05
39	Eric Meredith	MDC	M60	47.00
40	Les Pugh	MDC	M60	51.07
41	Roger Howell	MDC	M60	53.47

Christmas Pudding Run, Merthyr Mawr

16th December 2007

(Sorry if you're not listed but being an AAW event many chose to run as Anon E Mouse)

16	Hugh	Aggleton	SM	MDC	39.30
82	John	Aggleton	VM	MDC	44.44
123	Alan	Stone	VM	MDC	46.34
129	Martin	Lucas	VN	MDC	46.42
134	Alice	Bedwell	VF	MDC	47.12
183	John	Shanahan	VM	MDC	49.50
278	Duncan	Aggleton	SM		54.45



Martin Lucas on the Darran Race. Picture Helen Bennet

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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: 30.6.08

Tuesday Night Runs

'Yet another timely reminder that in these complicated days of risk assessments, focus groups and target-driven initiatives there still exists that group of straightforward and hardy individuals who require nothing but a lot of hills and a bit of time to themselves'

- *The Fellrunner, February 2003*

Yes, it's **Mynyddwyr De Cymru's 2008 Season**, and the first for me as "co-ordinator of the runs" which means that it's time for all keen fell runners, walkers and lovers of good pub food to chip the winter mud off their daps and enjoy **MDC's latest season of Tuesday night training runs**. As ever, we shall be meeting at **6.30 p.m. sharp** from the following venues for an hour or so's heavy breathing on the most challenging terrain south Wales can offer. Also there are a few **weekend epics** for you to work up to...

Some types also like to get out on Thursday's for some cycle. However these dates have not been included in this calendar. So we'll see you at:

April

- 1 **Tynant Inn**, Morganstown – G Ref ST 127819
- 8 **at home with Dougie and Sarah**, Cardiff – contact 07950 106886 / 02920 565750
- 15 **Sirhowy Valley Country Park**, Risca G Ref ST 212913– The Darren pub for grub
- 22 **Llangeinor Arms**, Llangeinor – G Ref SS 925879 – Fox & Hounds Blackmill for grub
- 29 **Pentyrch Hill Race**, Pentyrch – G Ref ST 101821

May

- 6 **Cardiff Harlequins RFC**, Whitchurch, Cardiff. Joint run with Harlequins Runners

11 (Sat) **Provisional - Sea to Summit: Pen y Fan from the coast – start in Port Talbot, finish on the top PYF.**
Details (to be finalised) from Tom Gibbs (contact details below)

-
- 13 **Sloop Inn**, Llandogo (in the deepest Wye Valley for the bluebells) – G Ref SO 525040
 - 20 **The Castle Inn**, Pengenffordd – G Ref SO 173296
 - 27 **At home with Rob West**, Caerphilly Mtn let Rob know in advance on

June

- 3 **at home with Rhys and Mandy**, Parc Seymour - Please let them know in advance on Rhys_JW@hotmail.com or 01633 400337

6 (Sat) **Bob Smith Traverse: The annual attempt at 45-50 miles of running over and cycling between the six 800 metre summits of south Wales, from Llanddeusant to the Grwyne Valley. Not a race but a grand and rather demanding day out. Details (to be finalised) from Martin Lucas on 01656 880009**

-
- 10 **Farmer's Arms**, St Brides for a run on the beach – G Ref SS 894744
 - 17 **Red Lion Inn**, Llanbedr – G Ref SO 239203
 - 24 **Car park at Torpantau** (just east of the highest point on Pontsticill – Talybont road) – BBQ if weather good – G Ref SO 054175

July

- 1 **At home with Tom and Astrid** – bring your swim togs for the Hot Tub !, call first please.

5/6th **East to West Relay Traverse of Wales**, running relay from Monmouth to St Davids via a few hills, to be run in Cambrian Way tradition. Details from Tom Gibbs (contact details below)

-
- 8 **Rock and Fountain Hotel**, Clydach North – G Ref SO 220127
 - 15 **Storey Arms**: heading west – Nant Ddu for grub – G Ref SN 982202
 - 22 **Pantygelli Inn** outside Abergavenny for a trot up Sugarloaf – G Ref SO 301178
 - 29 **Coach and Horses**, Llangynidr for a jaunt up Tor-y-foel – G Ref SO 149198

August

- 4 **Pont Melin Fach Car Park, above Pontneddfechan.** The infamous waterfalls run with optional swim and BBQ if weather fine – from the north for a change – G Ref SN 907104

9 (Sat) **4 Principal Summits of Wales:** Another chance to visit the 4 summits of wales (Pen y Fan, Plynlimon, Cadair Idris and Snowdon) in 1 glorious day. Lots of miles of running and cycling. South to North or North to South not yet decided, but a skip load of chips at the end guaranteed. Details (to be finalised) from Tom Gibbs (contact details below)

- 12 **Goytre Wharf**, Nr Pontypool, Restaurant at Wharf – G Ref SO 312063
19 **Mountain Ash Inn**, Tredegar – G Ref SO 140064
26 **Neuadd reservoirs**, north of Pontsticill – G Ref SO 031179

September

- 2 **Prince of Wales**, Ton Kenfig – G Ref SS 801860
9 **Cycle path car park Llanfoist**, a run up the Blorengue ! pub TBD – G Ref SO 286133
16 **Cwmcarn Forest Drive**, pop round to the Darren for grub – G Ref ST 229936
23 **End of the road/civilisation**, Gilfach Goch – Fox & Hounds for grub – G Ref SS 979904
30 **at home with Martin and Kay**, St Brides

October

- 7 **Caerphilly Mtn Car Park**, Caerphilly – Black Cock for food.
14 **Storey Arms** for Penylan in the dark. Torch and high lunacy threshold essential!! – Nant Ddu for grub – G Ref SN 982202
21 **Fagin's Ale & Chop House, Taffs Well**, The Garth in the dark – G Ref ST 119840
28 **Merthyr Mawr Village Green** for the sand dunes in the dark followed by end of season feasting for all survivors at the Farmers Arms, St. Brides Major. – G Ref SS 883774

If you need more information phone me (Tom Gibbs) on **01291 628807 (eve)** or **0117 9363591 (day)** or find me at Thomas.gibbs@airbus.com or tom@tomgibbs.wanadoo.co.uk

MDC: 28 years of uphill struggle. Accept no alternatives!

Dynamic Adventure – Cranbourne Chase 08 03 2008

The weather forecast all week was for heavy rain on Saturday – just in time for the Dynamic Adventure race in the Cranbourne Chase region – so I was pleasantly surprised by the relatively dry drive down to the event centre in Sixpenny Handley.

Having done a Polaris here a few years ago, I knew that the area is a mix of steep-sided Downland and chalk stream valley's, potentially very fast if dry, and very muddy and claggy if wet.

Simon greeted all the competitors as in his usual friendly manner as we arrived at the Village Hall. Though Flossie's kitchen was already doing good business, I was saving that for after the race.

As I always do, I choose to run first – easier to cycle on tired legs and the run would allow me to get an idea of how wet it was out there. After getting the pre-marked map from Nicky, I sat down to work out routes for the run then bike. As usual I started by looking at a route round all the controls, then working out the ones that would be a pain to get. For the run there was a bunch of controls in the centre that could

be done in a multitude of ways, these options were reduced following Simon's briefing that the local hunt would be out and sticking to rights-of-way outside of common land was mandatory.

I quickly had a look at the bike route and had a rough plan sorted out – this was driven by two factors – the strong South Westerly wind and the good drove roads on the top of the downs. I tried to plan a route to get a tailwind along the drove roads and to keep my height as much as possible, even if it meant extra distance.

At the previous Dynamic I'd gone off a little too hard on the run, this time I vowed to go a bit slower. I started off, like a lot of people heading east and past a campsite at a farm, only to get confused by the change in footpaths and doing a lap of the field – to the amusement of the farmer! Back on track I tried to keep a lid on the effort for the first 2 hours, picking up controls over Pentridge Hill and the very impressive Bokerley Ditch. The control in wood of Vernditch Chase looked like it would be tricky and I concentrated hard to not make a mistake, something that caught out one of my main rivals in the solo category, the very quick Matt Leathwood. Happy that I had taken 5 minutes out of him with no effort, I tried not to react to him upping the pace, instead focussing

on staying at a steady pace and saving strength for the bike. A couple of controls later I took a different route which meant I didn't see Matt again until the transition.

The rest of the run went pretty well, until the last control, which was slightly in the wrong place, this wasn't helped by the fact the farmer had diverted the footpath slightly. Luckily with the help of some other competitors the control was found, and Simon and Nicky promised to credit any lost time.

After the marathon (literally) run at the New Forest, Simon had promised to shorten the run here – he did so, but only by just over a mile! I was happy to get the 25 mile run out of the way and still have over 4 hours to complete the bike. As I arrived Matt was just leaving on the bike, the race was on! I tried to do a quick transition and got out about 7 minutes after Matt. Another rival, Alan Goldsmith, had biked first and he hadn't come back yet, so I knew the bike would be about four hours minimum.

Getting out on the bike, I headed northwest through Chase Wood, spotting signs of the hunt whilst heading ever uphill to the Ox Drive on the ridge. A small out and back led to my first biking encounter with the hunt, two large horses galloping towards me, followed by a man in camouflage – at first I thought this was a hunt saboteur, but catching him up I realised he was an official trail layer for the hunt – so good on them.

After this I was a lot more polite to the hunt and soon met the main bunch along the rooty, muddy Ox Drive. Getting past the hunt I put my foot down, now starting to feel good on my Whyte 19, benefiting from the earlier steady running pace. I headed north, making good use of small lanes and hitting the headwind in the sheltered valley of the river Ebbel. A steep climb out of the valley brought me up to the most Northerly drove road. It was here on short, but very steep, out and back that I met Matt, coming back up the hill. This allowed me to gauge that I was catching him up. With renewed vigour I picked up the pace and flew along the excellent drove road with mainly a good tailwind. Soon I had to leave the byway to drop south back into the Ebbel valley and through the charming village of Knapp. Next up was potentially a nasty climb back up to the Ox Drove, expecting a muddy field I was delighted to find a tarmac track leading back up to the ridgeline. A couple of out and backs, including a drop into the lovely Church Bottom soon led me back to the Bokerley Ditch that I had run along earlier.

With only 4 controls left to get and 90 minutes left I knew that I would clear it, however, Matt had disappeared off doing the controls in a different order, so I still had to keep the hammer down to get home as quickly as possible.

The last climb was a muddy affair, leading up onto Pentridge Hill. Starting to feel a bit tired I tried to get some more food down me and focus on pushing the pace on. Soon I was over climb and on the descent, heading for home through the last few controls. All that was left was an out and back to the last control. By now I needed to put my light on. Since only the last hour would potentially be in the dark, I'd go minimalist on the light and only had a USE Joystick, however it was more than up to the task.

In Time trial pose I raced back down the lanes to the event centre and the finish, relieved that Matt and Alan were not there.

After getting changed and packing my kit away, I settled down to the best part of the race, tucking into some of Flossie's grub – a Chilli, slice of pizza and a huge slab of Apple Pie were duly dispatched, a great way to finish of another superb Dynamic Adventure in style.

Tom Gibbs



Christmas Pudding Run 2007 – the top 50 runners towards the top of the big dipper. In the middle of the picture can be seen father and son team Aggleton pursuing (and soon to overtake) Alan Stone in the red hat and green MDC shorts. I find the eye of faith works better than a magnifying glass to visualise this!

Mynyddwyr De Cymru



2008 Membership Application Form

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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Tel: 01550 721086

Mobile: 07929 021897

E-mail: john@grottoview.demon.co.uk