



# Mynyddwyr De Cymru

Newsletter - December 2009

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

## Editors Rambles

Welcome to the next edition of your favourite bed time read. Yes, I do know that this is guaranteed to be a cure for insomnia. In this eye riveting newsletter (your eyes will so tightly closed they'll feel riveted shut), we'll be having our usual mixture of tall tales, daring do, gratuitous gossip and mediocre results.

One result that was far from mediocre was the stunning victory of our Club Captain, Tom (I'm too busy to plan new routes in work time) Gibbs in the World Championships of Adventure Racing. Yes we have a Global Champion in our midst. Join me in getting on your knees and saying "We're not worthy". Prepare to vote in the Welsh Sports personality of the year awards! A little of that later.....

In other breaking news another long distance challenge has been set and you are all expected to have a go at beating the Editor's time .....which shouldn't be too difficult.

## World Adventure Race World Champions

Club Captain, Tom Gibbs led Team Helly Hansen Prunesco to victory in the World Adventure Race Championship held in Portugal In October this year. They crossed the finish line on a beach near Peniche in Portugal just after 9.30 in the morning, uncertain of the result and not daring to believe that they were the World Champions. The other members of the team were Nic MacLeod, an army doctor, Nick Gracie and Warren Bates. I'm sure everyone has heard of Helly Hansen, but who are Prunesco? They turn out to be a Chilean prune exporting company. Adds new meaning to phrases like keep on *going* Tom, or you're a real *regular* guy, Tom. I'll stop before I embarrass myself. Here's Tom's report;

The World Champs had become my bogey race. In my previous 3 attempts I'd never finished, a sore point in more ways than one. Firstly in Switzerland in 2001, teammate Ski Sharp retired after 1 day with a serious injury. In 2006, whilst on for a top 5 finish in Sweden, I dislodged a large boulder which crushed my right foot. Scotland in 2007 was to be our year for a top notch result, put the bad luck behind us, but this was ruined by a hidden Rockledge which teammate Helen Jackson landed on whilst

canioning, she was lucky to come away with only severe bruising. So I approached Portugal in 2009 feeling like my chance of a good result was probably past and just hoping for once to finish the World Champs. Little did I realise what was going to happen...

Preparations didn't go well, Nicola Macleod coming onboard only a month beforehand to join myself Warren Bates and Nick Gracie. We also sorted out a (top notch) support crew with only 2 weeks to go, the excellent Nicola Wiseman and Open Adventure impresario James Thurlow. The Nicola's then volunteered to drive to Portugal to get a load of our kit there, with an epic journey via a 36-hour ferry journey. Expectations weren't high, so we all seemed pretty chilled before the race, certainly Warren and I seemed pretty philosophical about this event, sharing so much disappointment in previous races. This seemed to help take any pressure off and soon we were lining up on Sunday morning for Stage 1 – a pseudo prologue around the Estoril/Cascais area.



The race started with an urban race, very much in the Rat Race mould - running around the streets, performing some daft challenges. It was good for us to do something familiar. This was followed by a skate, then a foot section over dramatic coastline to the most westerly point in mainland Europe. Then a bike and final short run back to Cascais. Straightforward, but still took 7 hours. We got all the controls and were about 50 minutes behind the charging Scandinavians who always seem to go off very fast.

The race was to start properly near the town of Lousa. 8.00am on Monday came round far too

quickly. Instead of being at work behind a desk; I was standing by Lousa Castle ready for the first of many foot sections. Being near the front early on in these races is crucial; it gives you momentum and the sense that you are in the mix. We had a great start, tucked in behind favourites Nike up the first narrow climb. A few good navigation choices and we spent most of the section around the lead bunch, getting to the canyoneering in 4<sup>th</sup> place. Just the start we wanted. Then we had the hardest section of the race, a saw-toothed horror of a bike ride, over 100km with nearly 6000m of climb. The mist was down on the tops and navigation was very hard, not helped by the fact that tracks on Portuguese maps look like fence lines on UK maps. The soundtrack for the stage was provided by massive wind turbines, heard but not seen, eerily swooshing above our heads.

This race had a different format from the usual, first to finish, with the winners being the ones with the most compulsory controls (CP's). A tie in CP's would bring Bonus Points (BP's) into play. If teams were still tied then fastest to finish would be the winner. A lot of teams, including us, were expecting the course to be cleared (how wrong we were) so midway through the bike we headed off for a tough 2 hour diversion to claim a BP on the bike stage – in hindsight we need not of bothered. The bike took us until dawn, and we were pretty tired, but happy to discover we were only an hour or so down on past champions, Nike and Orion (who had missed the BP), but actually in 2<sup>nd</sup> on CP's and BP's. The next section had a lot of tarmac, very hard on the feet, but gave me a chance to rest the grey cells, Nick taking my pack for a while so I could mentally recover. After clearing this stage, we got to the first supported transition. It was great to see Nic and James and have them help us (unlike the non-supported transitions), but it was daylight and we wanted to get the next bike leg out of the way before dark, so we had a quick transition and soon arrived at the kayak leg. We knew we would miss the cut off and would have to do the alternative trek, but crucially it would not mean missing any CP's. It was more pounding for the feet, but not as bad as we expected. Getting into the next transition we found out that Orion were sleeping. As it was only 8pm, we felt it was a bit early to sleep, preferring to do so between 12 and 4 am when the body is at it's lowest ebb. We struck out on the bike and onto a long hike-a-bike section that seemed to take forever. This culminated in a massive slog up to a 1200m high peak. On the cold and misty descent I made my first navigation error, missing a junction to head off for a BP. I didn't realise until the bottom of the hill, when I told the team, my team mates were rightly cursing me.

We were well overdue for sleep and were starting to slow up, so here we had our first sleep of the race, a cold hour in a derelict "haunted" house on some filthy mattresses – who said AR is all glamour! After the sleep I burnt off the anger of my mistake by focussing on the navigation. The adrenalin was pumping and

we passed half a dozen teams whilst scorching a line across the flatter more rideable terrain. I was in the groove and loving it. Daylight brought the end of the section and the second, and last, skating section. This was a hilly skate (300m of descent!) and for this very reason before the event we had decided to take the organisation's loan of a couple of trikes (3 wheeled scooters). Nicola and I were on trikes whilst Nick and Warren were on skates and we buddied up, Nick towing me like something out of Ben Hur and me providing the braking and stability on the downhill. It worked well for us and we even caught a few teams, a lot of them walking with their skates downhill as we sailed past.

After the skate I think we started to understand the race and sow the seeds of our success. Trekking to the kayak we then put in the water with all our kit. We decided to drop our first CP to make sure we hit the cut off at the end of the paddle. This was an excellent decision that saw us arrive at the next supported transition 90 minutes before the cut off. Little did we know that the next hour would see us make crucial decisions that would win us the race. For some reason we had been expecting a short trekking stage, so were surprised when James said that we had a 60km trek, followed by a 160km bike before the next cut off in only 27 hours time. With the need to sleep as well, we knew we wouldn't clear both sections so needed to cut something out. We laid the maps out on the floor and quickly saw the run wasn't easy to shorten, so it had to be the bike.

This led to good decision number one. I saw a good option of retracing our steps on the run route then cutting across on road to pick up the bike route after the early climbs, saving a net 60km and over 1500m of ascent, but missing 3 CP's. Then good decision number two, Warren suggested missing the Jumar CP at the beginning of the next trek. Rope work always takes time and there might be a queue. Good idea we all said. It wasn't until we bumped into Nike later and heard that they queued for 3 hours in the cold that we realised how great an idea it was. In the meantime we trekked on, running as much as we could and found a hay barn for a sleep. It was fantastic, so good we overslept, getting 4 hours instead of 2. It's funny how things can go your way, the extra sleep recharged our batteries and we were now flying, passing all our rivals, Nike, Orion, Lundhags etc and by midday we were at the end of the trek.

We found out that Orion had missed a number of run CP's and Buff had missed all of them, cementing out top 3 position. Spirits were high and we quickly set out on the Bike leg. After 90 minutes of roads we reached the first CP on our shortcut and we were back on route, we despatched the remaining controls by 9 pm getting us in to the supported transition 3 hours before the cut off. After a bit of pasta and pizza we were out on the next short trek and down to the

last long paddle. Unfortunately a mis-placed control meant we lost 20 minutes and were fortunate to find it. However once we got onto the water we enjoyed a paddle in the dark. It was a complicated lake with lots of spurs, and we were conscious that it would be difficult to navigate in the dark. However it was a bit easier than we expected and we picked up 3 CP's out of the 4 available, confident we would pull one back on the other teams. We also slipped in a BP to bring us level with Nike and ahead of some other teams, in case we drew level on CP's. Finishing the paddle at 7 am we got on our bikes for a short ride to the last long trek. By now it was Friday morning and we had slept for only 5 hours since Monday morning and had none in the last 27 hours. Mentally the wheels started to fall off and we stopped at a café for me to have a nap and some food. A 30 min break was just the ticket and we left feeling better, finishing the bike and still being 2 hours in front of the cut-off.

We had heard that both Nike and Orion had just made the previous cut-off with minutes to spare and Lundhags had missed it. Some people were saying that they wouldn't make the cut off we had just made – perhaps we could win this we thought! Jubilant, we set off on the next trek, careful to follow the instructions of the organisers to stick to "Marked Trails". After the first set of hills we dropped into a small town, we were thirsty and hungry so stopped at a café to eat all his cakes and drink some Cola. We wouldn't make all 4 CP's on this route. The last CP was a good one to drop, so after one more hill and some of the notorious "Stone Walls" the organiser warned us about, we got to the next transition.

We had been told that Nike had made the cut-off against the odds so the elation of earlier had gone and we knew that we were reliant on a mistake, but Nike doesn't make those, right? So we were stunned to be told that they were already at transition and had missed all the CP's on the last trek, this put us in the lead. Our melted brains couldn't cope so we sought confirmation. We left the transition not sure, but immediately I felt my Brain was mush and needed sleep. Back we went to the amazement of some, an astonished Michael Lindstrom from Team Explore said "You are leading the World Champs, you cannot sleep!", "That is why we sleep" we replied.

After an hour's useful rest and we headed out on the tough last bike. Navigation was hard, as it had been all race and with the mist down again, progress slow. Then it decided to rain (just as we got to a late night café), after too many hours we got to the last stage having dropped a CP to make sure we had time for the coastering. In the end we had plenty of time, as it was just a walk along a beautiful beach to the finish line. Even along here we convinced ourselves that we hadn't won. It was only in the last few hundred metres that we got confirmation and the emotion could flood out. We were World Champions, the first Brits to do it, and against a strong field including

many ex-champions. Nike congratulated us on the finish line, showing what great racers they are. With the score format there was a crowd of Brits at the finish, Team AR Mag and Gill Watson to name just a few. With the Union Jack in hand this was all too much for us chaps and we were blubbing away, only Nicola being made of stronger stuff. This was truly a team effort, with our aces being some strategic heads, stout hearts and the best support crew in the race.

In the past 12 years of racing, nothing can compare to the emotion I felt having finally achieved what I thought was an unachievable goal. Just goes to show what you can do if you stick at it...

## The Stone Circle

Martin Lucas was talking a few years ago about linking the trig points of the old South Glamorgan. This set the wheels inside my head into very slow motion (even slower than I run) and many moons later a plot was hatched. How about linking the existing trig points of the City and County Cardiff. How many of them are there? - I hear you ask. Five I reply, I bet you can't name them! Fortunately for those of us with things to do there are websites listing every trig point that has ever existed. Do these people really not have anything better to do with their time? Clearly not.



The challenge? To start and finish a run from Mardy trig point on the sea wall running around the 4 other trig points. Hence the name – a circular run around 5 lumps of stone – well concrete – the first round being by a Stone. You can have free choice of route and even decide whether to go in a clockwise or anti-clockwise direction. The route is surprisingly varied run on road or path most of the way. It is 27.5 miles in length and has 2824 feet of climb in it. Approximately 12 miles of it are off road, The 2 major climbs are up Lisvane hill after 6 miles and up the Garth after 14 miles (on the anti-clockwise direction). I chose this way of doing it as this left the return back to the start on flat street roads for when you are tired. For the observant there are 2 extra flags on the above map showing trig points that no longer exist.



Lisvane Hill

On Sunday 8<sup>th</sup> November I enlisted the help of Ute, Linda and Haydn to support me on this adventure. The day was crisp cool and dry – perfect running weather. We drove down to Lamby way to sample the delightful piquance of the land fill site. There is a short walk to the start to visit what must be one of Britain's lowest lying trig points. At only 2 metres above sea level you aren't going to be troubled by vertigo. Trig point bagging for the vertically challenged. There was only time for a quick photo and then I was off. Haydn witnessed the start time but I was going to run this leg on my own. I had found a few short cuts across Llanrumney to get me across to Lisvane.



Rhiwbina Hill

I met Haydn after 6 miles as he was going to accompany me on the off road section along the ridgeway above Cardiff. We had stunning views across to Somerset as the weather was so clear. My helpers kept me fed and watered and we made good time along the ridge knocking off Lisvane hill and Rhiwbina hill before descending down to Tongwynlais. Next was the short road section over the A470 before heading up the Garth. This was surprisingly quick. I had taken the precaution of clearing the brambles on this section a couple of days previously. Those of you who ran the Ffordd Y Briniau two weeks later had me to thank for ensuring you arrived at the top scratch free (but only if you found my secret stealth route –heh heh).



The Garth

We next met the car in Pentyrch to swap runners and Linda accompanied me down the country lanes heading in the direction of Pentrebane. This small hill was the last significant climb and then we headed across Cardiff to get back to the start/finish 8miles away.



Ty Bronna

Ute took over from Linda and we ran the shortest route on road almost all the way. We dodged the Christmas shoppers in Queen Street and ignored the odd looks cast our way. By this time my legs were aching and I was counting off the last few miles. Running with a pacer was definitely a morale booster. I finally finished in a time of 4hours, 31 minutes and 49 seconds.

For those interested in these things here are the splits;

Mardy (start)	ST232776	0:00.00
Lisvane Hill	ST 189850	1:04.20
Rhiwbina Hill	ST 145824	1:48.59
The Garth	ST103835	2:34.55
Ty Bronna	ST129775	3:18.55
Mardy (finish)	ST232776	4:31.49
Average speed; 6mph		

A big thanks to my support crew, without whom this would not have been possible. I am sure this is not going to be a difficult time to beat for you racing snakes – who's up for it? Email me with any successfully completed rounds and I'll keep a tally and records; [alan\\_stone@talktalk.net](mailto:alan_stone@talktalk.net)



Ute, Linda, Alan and Haydn – posing in the only shot possible of the Mardy trig point that doesn't have the landfill site in the background.

Alan Stone

## Rab Mountain Marathon Sept 26<sup>th</sup>/ 27th 2009

After an enjoyable Highlander Mountain Marathon the Les Croups off road team of Tim, Graeme, Nick and myself were keen to do another event – the Rab fitted the bill. It was to be held “somewhere in the North”, therefore easy to get to and would be a good warm up event for the OMM in October.

A week before the event it was announced that we would be heading for the Howgill fells near Sedburgh. Lifts were arranged, hotels booked and then disaster struck, Nick wrecked his legs and couldn't run. Despite emailing around no one wanted to be my partner- I'm don't smell that bad - really!

Rather than miss the event I decided to try the Solo class which is an option at the Rab and Nick came along for the fun of it (and did most of the driving).

The experience was brilliant (despite not having a Sherpa to carry my tent and cooking stuff as well as all of the normal kit).

My plan for the weekend was to get to the overnight camp in the 6 hours allowed and find as many control points on the way without getting too lost or tired. It took a little while to get used to the map scale on Saturday (comment from Nick later – Where on earth were you going at the start!!).

Fortunately the weather was hot and sunny and the ground was either runnable or vertical. I couldn't resist one detour to a high scoring point which involved a brilliant run down a gentle spur and then a not quite so brilliant run back up again, but it was worth it for the view!

Amazingly I was in joint 1<sup>st</sup> position with 3 others in the Female over 40s (Solos and Pairs) after Saturday so there was no pressure on Sunday especially when we woke to find the cloud down!

After the usual steep climb up out of the camp I kept low to avoid the cloud. I made good progress and with 5 hours to fill decided to add an extra loop, this almost ended in disaster as it was a long way back to

the finish! Luckily the last two controls were taped so it was a case of switch off the brain and leg it, I reached the finish with 5 minutes to spare!

After our free meal at the legendary Wilfs, we headed for the M6 and had an uneventful trip back to Cardiff.

Conclusion- The Rab is a well-organised friendly, low-key event (only 500 competitors). It has a score format so you decide how many or how few of the controls you want to visit and how you get to them (the prizes are good too!). Definitely one for the calendar next year!

Caroline dallimore

## Evidence for Nutritional Supplements to Enhance Athletic Performance

I recently overheard a fell runner at a local race meeting berating all GP's for lack of knowledge on nutritional supplements to enhance her performance in her fell running. As a GP and a fell runner I thought this a little unfair. GP's are after all, there to diagnose and treat the sick and the ill. Their training is not in how to enhance performance in elite athletes. I was too knackered to argue the case (or admit I'd been eaves dropping on her conversation).

It also set me thinking about what, if any, evidence existed about the use of nutritional supplements in sport. I'm sure we've all seen the tins of various powders stacked on the shelves of our local sports stores and seen the adverts in the back of the various running magazines. I've been to friends houses and seen the pill pots lining the bathroom shelves. Lots of claims are made – but is there hard proof?

I set about conducting a literature search of the entire medical literature published since 1950. Fear not fellow fell runner I was not to be seen brushing the dust off ancient tomes, but did it all from the comfort of my own home and logged into the British Medical Association electronic library. Millions of articles from thousands of journals at the press of a button.

The results were confusing. There were a lot of small scale trials just involving a limited number of athletes. The margins of error on these trials were often greater than the difference between winning and not qualifying for an international event. Many were clearly sponsored by the manufacturers and of poor quality.

There was universal agreement about the need to maintain adequate hydration during exercise. Carbohydrate mixed with your fluid was better than water alone. What a surprise! So far so obvious. What was of interest was that it doesn't seem to matter if the carbohydrate is in the form of gels, jelly babies or special powders.

Keeping an adequate protein intake was also considered essential. This is to repair muscle damage sustained during exercise. However there was no evidence that I could find to suggest that amino acid supplements were any better than a good

steak. The evidence that protein improves performance is at best equivocal.

There was some evidence that bicarbonate helped improve performance in short burst high intensity exercise. Not very applicable to fell running!

Creatine supplementation was associated with an increase in muscle mass and other parameters of measurable muscle function in the laboratory. There is some evidence of increase in power and delayed build up of lactic acid in intense anaerobic exercise. There was some evidence that creatine may be useful in some power sports or those where maximal activity occurs in very short bursts. It would appear to be totally ineffective in endurance events .

Caffeine did improve muscle performance in doses well above those found in your average cup of coffee<sup>(12)</sup>. This would have been sufficient to cause side effects such as palpitations, tremor, nightmares, irregular heart rhythms etc

Iron supplements in adults who aren't iron deficient appeared to make no difference to performance in swimmers.

Alcohol impairs performance during consumption and during its metabolism afterwards – as my wife keeps telling me!

Minerals have not been shown to improve performance. Vitamin supplementation in athletes with an adequate vitamin status has no effect on physical working capacity. Possible exceptions may be the use of vitamin E at high altitudes and for the use of vitamin C and multiple B-vitamin supplements in hot climates.

What about the older athlete? I hear you cry. For the older athlete who is competing in high-intensity endurance exercise little evidence supports the use of ergogenic aids, such as supplements and unusual food products

The American Dietetic Association, Dietitians of Canada, and the American College of Sports Medicine thought that Vitamin and mineral supplements are not needed if adequate energy to maintain body weight is consumed from a variety of foods. However, athletes who restrict energy intake, use severe weight-loss practices, eliminate one or more food groups from their diet, or consume unbalanced diets with low micronutrient density may require supplements.

One of the problems of nutritional supplements is that some of them are contaminated with banned substances and other ingredients not listed on the packaging. Sometimes this may be "accidental" and at other times is deliberate. Several international standard athletes have tested positive for banned substances after consuming supplements they thought were safe.

One study gave participants a starch pill telling them it was performance enhancing. Not surprisingly they did well in ergonomic tests afterwards. This shows the strong effect of beliefs when it comes to the whole science of nutritional supplements. If you believe it's doing you good then it probably will make you run faster. Dumbo's magic feather does work –

but it only enables you to do what you were already capable of!

So – do I take any supplements? The answer is yes, one, Glucosamine. This substance has been shown to reduce the rate of loss of joint space in people with established osteoarthritis of the knee. I take it on the basis that osteoarthritis only starts to produce symptoms once it is relatively far advanced. It is likely that as a near 50 year old athlete, that I already have some arthritis that is not yet producing symptoms and by taking glucosamine I hope to prolong my fell running career. Is there evidence for this? Unfortunately not. At least it's cheap and unlikely to cause harm.

So, in summary, there are no short cuts, you have to train, drink plenty of fluids, take a carbohydrate of your choice with your fluids and afterwards head to the pub for a chicken curry arf'n'arf. The science supports you!

Alan Stone

(A list of references used to write the above article is available on request)

## Any Questions?

Back by popular demand is the regular column by our resident expert, the well known former polar explorer, Sir T. Fayed-Insane. Here he informs us of his latest running adventure.

I was running a long distance event through the Australian outback with my friend Bruce last month. One evening as we were climbing into our sleeping bags a snake bit Bruce on the tip of his genital "AAAAAAHHHHHHIIIIIIII!" I hear him yell. Bruce is panicking. "What can we do?" he shouted at me.

"We should call for a doctor," I reply. As luck would have it we had only just passed a 'phone booth a couple of miles back down the highway. I raced back as fast as I could and called the Australian flying doctor service.

I informed them "My friend has been bitten by a snake. What do I do?" The doctor replied, "What kind of snake was it?" I answered "I don't know. A one meter long, brown one with a pattern on it back." The doctor then said "That's an Australian Brown, they are very dangerous, highly poisonous."

I asked "What can we do?" The doctor replied "The only thing you can do, is to suck the poison out. Otherwise your friend will be dead within half an hour." I hung up and sprinted back to my friend.

Bruce was already pale looking and was sweating profusely in the chill evening air. He asked what the doctor had said. I replied, "It's like this mate - you'll be dead within half an hour."

## Results

Fan Fawr October 3<sup>rd</sup> 2 miles 1000 feet  
Sugar Loaf 31<sup>st</sup> October

3	Hugh Aggleton	MDC	SM	17.41
9	Mark Bryant	MDC	V40	20.49
10	John Aggleton	MDC	V50	20.52
12	Chris Taylor	MDC	V50	21.16
13	Kevin Betts	MDC	V40	21.19
15	Peter Williams	MDC	V50	21.45
22	Helen Bennett	MDC	L	24.09
29	Martin Lucas	MDC	V50	24.51
31	Norman Jones	MDC	V50	25.54
33	Mike Harris	MDC	V50	26.13
36	Dick Finch	MDC	V60	27.00
38	Robert West	MDC	V60	27.25

Sugar Loaf 31<sup>st</sup> October 5miles 1400feet

3	Hugh Aggleton	MDC	MS	38.35
6	Matthew Collins	MDC	MS	39.07
16	Neil Lewis	MDC	M40	44.35
21	John Aggleton	MDC	M50	45.54
22	Chris Taylor	MDC	M50	46.22
34	Nick Dallimore	MDC	M50	49.30
36	Allan Hodkinson	MDC	MS	49.46
42	Andy Stott	MDC	M50	50.42
43	Andrew Blackmore	MDC	M40	50.51
47	Steve Brown	MDC	M50	51.39
50	Mike Harris	MDC	M50	52.01
54	Kevin Betts	MDC	M40	52.26
74	Gill Stott	MDC	F50	55.49
81	Dick Finch	MDC	M60	57.20
83	Caroline Dallimore	MDC	F50	58.11
87	Robert West	MDC	M60	59.09
89	Gareth Jones	MDC	M60	60.05
92	Dave Gilbert	MDC	M60	62.16
100	Eric Meredith	MDC	M60	65.51
104	Les Pugh	MDC	M60	72.26

Blorenge 28<sup>th</sup> November 2.5miles 1400ft

2	Matt	Colklins	MDC	24.51	
16	Neil	Lewis	MDC	30.31	MV40
18	Chris	Taylor	MDC	30.58	MV50
21	John	Aggleton	MDC	31.21	MV50
27	Alan	Hodkinson	MDC	33.07	-
35	Andy	Stott	MDC	35.35	MV50
44	Gareth	Griffiths	MDC	36.33	MV40
55	Martin	Lucas	MDC	38.47	V50
56	Mike	Harris	MDC	39.06	V50
61	John	Sweeting	MDC	40.19	V60

62	Robert	West	MDC	40.25	V60
74	Les	Pugh	MDC	52.18	V60

## SOUTH WALES WINTER HILL SERIES

Apologies for late circulation of this info, but it's not long since we finalised the 2010 races. If you're like me and missed the first 2 you can still get the maximum 5 races you need, and if you're lucky no-one will notice you climbing up the table until you come storming through at Pen Cerrig Calch. That's the plan anyway!

There are 2 new races:

- The Garth is a bit of a novelty - a double uphill race (using 2 different routes up the Garth), with a jog downhill in between. Your time will be the sum of the 2 uphill times, so there's no need to rush back down after the first one.
- Blaenbran Blast is one of Matthew Collins' favourite training routes - using bits of the old Mynydd Maen course.

Finally, an early announcement, to make sure nobody misses out next year - the first 3 races of the 2010 -2011 Winter Series will be:

- October 2nd - Fan Fawr
- October 30th - Sugar Loaf
- November 27th - Blorenge John Sweeting



Photos by Alastair Tye

**2009 - 2010****7 RACES (best 5 results to count)****SATURDAYS, starting at 2.00 p.m.**

DATE	RACE	ENTRY FEE	AGE LIMIT	DETAILS
October 3	<b>FAN FAWR</b> 2m/1000ft	£1.00	Over 16	From lay-by near Storey Arms on A470 Merthyr Brecon road (GR SN 983203) <b>Organiser:</b> Chris Gildersleve (029 2062 4143) e-mail: <a href="mailto:gildersleve@ntlworld.com">gildersleve@ntlworld.com</a>
October 31	<b>SUGAR LOAF</b> 5m/1400ft	£2.50	Over 16	From The Crown, Pantygelli, nr Abergavenny (GR SO 302179) <b>Organiser:</b> Douglas Adlam (07950 106886)
November 28	<b>THE BLORENGE</b> 2.5m/1400ft	£2.00	Over 16	From Llanfoist Inn, Llanfoist, nr. Abergavenny (GR SO 286133) <b>Organisers:</b> Chris & Jessica Taylor (01386 443200) e-mail: <a href="mailto:taylor.jessica75@yahoo.co.uk">taylor.jessica75@yahoo.co.uk</a>
January 16	<b>THE GARTH</b> 2 x 1m/900ft	£2.00	Over 14	From Gwaelod y Garth Primary School, Gwaelod y Garth, Cardiff <b>Organiser:</b> Martin Lucas (01656 880009)
January 30	<b>BLAENBRAN BLAST</b> 3.6m/935ft	£2.50	Over 16	<i>From The Square, Upper Cwmbran, Torfaen</i> <b>Organiser:</b> Matt Collins (07904 004393) e-mail: <a href="mailto:Handlebartash@aol.com">Handlebartash@aol.com</a> website: <a href="http://sites.google.com/site/blaenbranblast">http://sites.google.com/site/blaenbranblast</a>
February 27	<b>LONGTOWN</b> 3.2m/1150ft	£2.00	Over 14	<i>From The Crown, Longtown, Herefordshire</i> <b>Organiser:</b> Hanneke Van Der Werf (01873 860401) e-mail: <a href="mailto:hanneke3@btinternet.com">hanneke3@btinternet.com</a>
March 27	<b>PEN CERRIG CALCH</b> 3m/1500ft	£1.50	Over 16	From Ty Mawr Farm, nr. Llanbedr (GR SO 234206) <b>Organiser:</b> 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)**John Sweeting, tel: 01550 721086**

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