



Mynyddwyr De Cymru

Newsletter March 2010

www.mdcwales.org.uk

Editors Rambles

Hello to all and sundry. Welcome to another edition of the newsletter. I apologise for the rather smaller edition than you may have become accustomed to. (Phew I hear you all sigh with relief). I apologise but you will have to find something else to cure your insomnia – the budget speech perhaps? The reason being is that my wife has been seriously ill and I have had to attend to general nursing duties, remembering such tender phrases as; “if you want a cup of tea, go get it yourself” and so on. Fortunately she is now making a good recovery and is able to get down the stairs by herself to make me my breakfast, dinner and tea.

Congratulations to Harlequins running club for getting promoted to the 2nd division of the Gwent League this year. Nothing to do with MDC, but we have had historic connections with them and have done many joint adventures together. Well done to Phil and the boys.

I know it's short notice but don't forget it's Pen Cerrig Calch on Saturday at 2.00pm. Meet at Ty Mawr Farm, nr. Llanbedr (GR SO 234206). Afterwards is the AGM in the Red Lion;



Please attend, support your club, contemplate a beer or two and ask not what your club can do for you but what can you do for your club etc. Remember, if your not there you will be unable to vote against your promotion to a senior position on the committee.

The Agenda will be:-

1. Apologies/attendance
2. Minutes AGM 2009 (draft already circulated by newsletter)
3. Matters arising
4. Officers' reports
5. Election of Officers
6. AOB

Volunteers are as ever encouraged to step forward for club officers' and other positions. In particular, Dougie is querying the merit of having an 'absentee' secretary.

Club kit holder and new stock if there is interest may need to be considered in view of the level of interest in cycling tops. If anyone has any other specific issues for the AGM please let Dougie know so that they can be dealt with where appropriate rather than all under AOB.

Garth Uphill Race 16th January 1.5 miles/915 ft uphill only

Fell races may go down as well as up' says the entry form for one of the other Winter League races. Well not this one. No way. Up, up and up again from the foaming waters of the glorious Taff to the summit of Cardiff's only mountain. Flat out effort and heavy breathing all the way

but all over in a shorter time than it takes to write this report and the rest of the afternoon in the pub to discuss wild schemes for the summer. What's not to like?

Despite minimal publicity for the first running of the race 41 runners nevertheless parked their sanity in Gwaelod y garth and lined up on the footbridge over the Taff. I dismissed the fleeting thought that this was probably the heaviest load the bridge had supported in the last hundred years.

Whilst the upper part of the course was entirely under snow 24 hours before the start, a rapid overnight thaw gave clear but very (very) muddy paths. The mud didn't stop Matt Collins and Peter Ryder putting on a masterclass in uphill running – it's just a shame the rest of us didn't see it! Full results are attached but it's interesting to note that most people scored higher league points than they have on up and down courses. This seems to demonstrate that not only are the top boys and girls better than the rest of us on the way up but that they are better again on the way down. Personally I'd vote for more uphill-onlys please...

Thanks as ever to our long suffering marshals (particularly those who rang to volunteer and who didn't have to be press-ganged), to John the timekeeper who at last reached the top of a mountain and to the Village Hall people for use of the car park. We might even do it again!
Martin Lucas

Results

As usual I only list declared MDC runners. For full results please see WFRA website or rece organiser.

Garth Uphill race 16th January 2010 1.5 miles/915 ft uphill only

1	Matt Collins	MDC	13.13
3	Hugh Aggleton	MDC	13.50
9	John Aggleton	MDC	15.51 M50
11	Mark Bryant	MDC	16.39 M40
18	Ben Moon	MDC	18.05
20	Andy Stott	MDC	18.28 M50
23	Martin Lucas	MDC	18.50 M50
27	Leighton Anthony	MDC	19.41 M40
29	Gareth Griffiths	MDC	20.22 M40
30	Dick Finch	MDC	20.38 M60
32	Mike Harris	MDC	20.53 M50
35	Roy Silver	MDC	21.40 M50
36	Ian Payton	MDC	22.05

39	John Sweeting	MDC	23.11 M60
40	Andy Creber	MDC	23.12 M50
41	Les Pugh	MDC	25.26 M60

Kymin Winter Race 9th Jan

1.	TomGibbs	SM	Chepstow Harriers (MDC)	34.41
39.	Gareth Griffiths	M40	MDC	48.26
49.	Philip Jenkins	M40	MDC	53.52
53.	Dave Gilbert	M60	MDC	57.14

Rhayader Rant Sat 14th February

10	Antony Leighton	MDC	48	MV40	1.05.18
12	Benjamin Moon	MDC	30	SM	1.09.06

Blaenbran Blast 4 Feb 2010

2	27.29	Hugh Aggleton	sm	MDC
3	29.24	Tom Gibbs	v40	MDC
11	33.19	John Aggleton	v50	MDC
13	33.5	Peter Williams	v50	MDC
23	37.18	Andrew Blackmore	v40	MDC
24	38.1	Leighton Anthony	v40	MDC
32	39.38	Dick Finch	v60	MDC
35	39.58	Martin Lucas	v50	MDC
36	40.01	Mike Harris	v50	MDC
39	41.11	Gill Scott	v50	MDC
52	53.17	Les Pugh	v60	MDC





Blaenbran Blast (Photos by Gill)

Longtown Fell Race

2	Hugh Aggleton	MDC	U40	00:24:04
8	Ben Moon	MDC	U40	00:28:29
9	John Aggleton	MDC	O50	00:28:32
10	Peter Williams	MDC	O50	00:28:46
20	Alice Bedwell	MDC	O40	00:32:53
21	Leighton Anthony	MDC	O40	00:32:57
23	William Darby	MDC	O50	00:33:59
24	Martin Lucas	MDC	O50	00:34:11
25	Gareth Griffiths	MDC	O40	00:34:37
29	Dick French	MDC	O60	00:35:08
30	Mike Harris	MDC	O50	00:35:20
31	Gill Stott	MDC	O50	00:35:43
35	Robert West	MDC	O60	00:38:40
36	John Sweeting	MDC	O60	00:38:58
37	Ian Payton	MDC	U40	00:40:39
42	Les Pugh	MDC	O60	00:44:44
43	John Battersby	MDC	O70	00:53:50

Kymin Winter Race 9th Jan 2010

At his third attempt Tom Gibbs won this short but difficult race with a time 5 minutes off the record.

The race was held in snowy and bright weather on the Kymin Hill just outside Monmouth for the 58 runners who signed on at the Monmouth Boys School Sports Centre. From the start in a snow covered Mayhill Lane, Tom was always in control and pulled out a commanding lead by the head of the first climb. His closest rival and

Chepstow Harriers club mate Matt Stott was chasing hard but couldn't get close to the leader. Next up were Rob Sage and Stuart Crees, road runners from promoting club Les Croupiers but, unused to mountain race taped markings, they took the wrong route on the first descent and lost several minutes and places.

After crossing the tarmac Mountain Road the route descended through steep snow with several people losing their footing and sliding down on their backsides ! All survived to reach the bottom and the second climb up Wyesham Lane and the knee deep powder snow on the top. Heavy going and great fun but not many had raced in these conditions before. The final climb took the runners past the Tower at the top of the Kymin where those not contesting the leading places were able to take in the views across to The Black Mountains and The Sugar Loaf with the leaders starting the long sprint down through Beaulieu Wood and down to the finish. Things at the front stayed the same with Tom Gibbs eventually winning by nearly 2 minutes.

Ladies winner, English International fell runner Kate Bailey had less than 20 seconds advantage over namesake Kate Beecher from the promoting club. Local man, Simon Blease took M50 first place as he did last year.

After hot showers in the Sports Centre, it was awards, sandwiches and a pint in The Mayhill Pub warmed by a welcome open fire. Most agreed at the finish, it was a great day out in the snow! (Report courtesy of WFRA website)

Llanbedr_Blaenavon

Don't forget this classic on Saturday 10th April 12.00 noon. Registration and finish at Blaenavon rugby club. GR 257088. Start at Llanbedr GR 240203. The hardest 15 miles of your life.....

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Deadline for next issue: 30.09.12.09

The Theory of Intelligence

(According to latest research)



Well it's like this guys. A herd of Buffalo can only move as slowly as the slowest Buffalo. When the herd is hunted it's always the slowest weaker members of the herd that are killed first. It's the law of natural selection and it's good for the herd as a whole because the speed of the herd as a whole is improved by the regular culling of its weakest members. In much the same way the human brain can only function as fast as the slowest brain cells. Now, as we know, drinking excessive amounts of alcohol kills brain cells. Naturally the slowest and weakest cells get killed first. In this way regular consumption of beer eliminates the weaker brain cells, making the brain a faster and more efficient machine. That, my dear friends, is why you always feel a lot smarter after a few beers!

Membership Renewal

Don't forget it's time to renew your subscriptions for this year's membership. The best value £5 you'll ever spend. This gives you 10% discount in Run and Become – you'll get your money back on your first pair of daps. Please complete the membership form at the back and post or email back to Jessica.

Your Questions Answered

Back by popular demand is the regular column where you can ask our resident expert, the well known former polar explorer, Sir T. Fayed-Insane your burning fell running questions.

Q. What was your toughest adventure of all?

Sir T. It was the time I ran the Marathon De Sable at the age of 73. By the time I had run 100 miles I'd had Double Pneumonia, Dysenteric Diarrhoea, Filariasis, Diphtheria, Henoch Schonlein purpura and Poliomyelitis.'

Q. What did they give you for that?

Sir T. Ten out of ten for spelling. But in all seriousness that is where I discovered the difference between Depression and Gastroenteritis.

Q. What's the difference between Depression and Gastroenteritis?

Sir T. . In the former the bottom falls out of your world and in the latter the world....

Sir T. I didn't feel as bad that time as I did when I was mugged by a very clean thug.

Q. A clean and tidy thug?

Sir T. Yes, he really wiped the floor with me.

Q. What was your most painful injury?

Sir T. On my third polar trip I had severe frost bite to my left ear. The whole thin turned black and dead. After amputating it myself I transplanted the ear from one of my pet pigs onto it. Did the stitching myself, and if I say so myself I did a rather neat job.

Q. Were there any side effects?

Sir T. Not really, no, the right ear is fine but in the left all I can hear is this crackling.

MDC Chocolateers proudly present
The Tuesday Night Run Selection Box
“Probably the best collection of Tuesday Night Runs in South Wales”

30 years of uphill struggle. Accept no alternatives!

Always looking to set the standard of running confectionary, we have 10 new venues for this year's selection. So put on your running shoes/walking boots on and delve into the box of assorted crème's that is the **MDC 30th 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 of heavy breathing on the most scenic terrain South Wales can offer. Also there are a few **weekend epics** for you to work up to...

March

- 30 Tynant Inn, Radyr**, Grid Ref ST127819 – for the Toblerone of Valley's, The Garth

April

- 6 Church Inn, Mynyddislwyn**, Grid Ref ST193939 – An Easter Egg of delights
13 The Star Inn, Mamhilad, Grid Ref SO305033 – Like Fruit and Nut, a real mixture
20 Llangeinor Ridge, Grid Ref SS925879 – the Caramel of ridges (goes down smooth), then onto Fox & Hounds, Blackmill (if still open) for grub afterwards
27 Pentyrch Hill Race, Pentyrch Rugby Club, Grid Ref ST099816 – Details from johnoughpentyrch@btinternet.com or 02920 891721

May (bluebell season)

- 4 Tom's Birthday Run from Wynd Cliff Woods Car Park, Nr Chepstow**, Grid Ref ST526972 – A Celebration(s) of great running then onto Tom and Astrid's – call first please (01291 628807)
11 Caerphilly Mtn Car Park for Wenallt, Grid Ref ST139805 – a Strawberry Crème of a run then Travellers Rest for food
18 Bargain Wood Car Park, Llandogo, Grid Ref SO522028 – Black Magic from deepest Wye Valley, then onto Matt's house for BBQ or Sloop Inn if forecast is bad
25 Margam Park, Margam, Grid Ref SS800863 – Citrus Crème like contrast to the run then onto Prince of Wales, Kenfig for food

June

- 1 Keeper's Ponds, Blorenge**, Grid Ref SO254107 – then onto The Whistle Inn (Grid Ref SO228101) for food and their Quality Street selection of interesting ornaments
8 Farmer's Arms, St Brides, Grid Ref SS896743 – A Toffee Penny of a run (tough but flatish)
15 Grand Canyon of South Wales, from Abersychan Common, Grid Ref SO233027 – the Hazelnut Cluster of runs followed then onto Star Inn Cefn-y-Crib (Grid Ref ST233992) for grub
22 Neuadd Reservoirs, North of Pontsticill, Grid Ref SO031179 – like a Diam Bar, quite hard but tasty run, then a midsummer BBQ (rain optional)
29 Farmer's Arms, Cwmyoy, Grid Ref SO180239 – A (Turkish) Delightful run on Mynydd Llangorse

July

- 6 Pantygelli Inn, nr Abergavenny**, Grid Ref SO302179 – The Ferrero Rocher of Pubs, for a trot up Sugarloaf then award winning nosh
13 Gwynne Arms, Glyn Tawe, Grid Ref SN846166 – a Bounty of good running potential
20 Storey Arms, heading west, Grid Ref SN982202 – then Nant Ddu for grub (like a Champagne Truffle – posh and expensive)
27 The Trefil Quarries – as far as the road can go (and we can park), Grid Ref SO099149 – Definitely a Whole Nut experience! followed by an “atmospheric” BBQ if weather ok !

August

- 3 The Angel, Pontneddfechan**, Grid Ref SN899075 – The Whisky Liquer of runs around the infamous waterfalls run with optional swim – maybe it will be sunny for a change.

- 10 **Car park at Torpantau, (just east of the highest point on Pontsticill – Talybont road),** Grid Ref SO054175 – Like a chunky Kitkat, a classic, BBQ if weather good (otherwise no food)
- 17 **Coach and Horses, Llangynidr,** Grid Ref SO146198 –All Gold run up Tor-y-foel
- 24 **The Queen Inn, Cwmbran,** Grid Ref ST277968– Thought we would give this a Twirl
- 31 **Brynffynon Inn, Llanwonno,** Grid Ref ST030956 – A Double Decker of treats with a visit to see Guto's Grave and a top class run.

September

- 7 **Mynydd Machen Car Park,** Grid Ref ST230897 – a descent as smooth and fulfilling as a bar of Galaxy ! then onto The Hollybush in Draethen

-
- 11 (Sat)provisional date **TRANSFAN: 21 miles/8500 feet/navigation** over the wildest parts of the beacons. *Not a race but.....* Champagne BBQ at finish with the awesome and magnificent **Transfan Trophy** being awarded for the best sporting performance. Details: Martin Lucas 01656 880009.

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- 13 **Skirrid Car Park, Nr Abergavenny,** Grid Ref SO328164 – The Ferrero Rocher of Pubs, The Crown, Pantygelli for top notch grub
 - 21 **Cwmcarn Forest Drive,** Grid Ref ST230936 – The Dairy Milk of runs (everyone likes it) then onto the Darren Inn for Grub
 - 28 **At home with Kay and Martin, St Brides,** Grid Ref SS896752 – like Bourneville, getting dark now – call beforehand please 01656 880009

October

- 5 **Llantrisant Forest Park, Llantrisant,** Grid Ref ST024847 – Darker still (60% Cocoa) – then onto The Barn Inn for grub – Hopefully still ½ price curries !
- 12 **Storey Arms for Pen-y-Fan in the dark,** Grid Ref SN982202 –Torch and high lunacy threshold essential, just like Dark Chocolate with Chilli ! – Nant Ddu for grub
- 19 **Maenllwyd Inn, Rudry,** Grid Ref ST201866 – 75% Cocoa (even darker)
- 26 **Merthyr Mawr Village Green,** Grid Ref SS883774 – 85% Cocoa (very dark) and the big dipper– Followed by end of season feasting for all Heroes at the Farmers Arms, St. Brides Major

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

'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*

One thing that will happen this year – date tbc but expect either July or August

Pembrokeshire Coast Path Relay, A social jaunt around a very special area, legs available for all levels of fitness. BBQ planned for finish, and an overnight camp at some scenic spot, so come along, have a run and enjoy the craic. Contact Tom or Martin if you want to get involved.

Other standing challenges that you can do at any time.....

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*

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

More Confectionist than Perfectionist

Mynyddwyr De Cymru



2010 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

(Please note that receiving newsletter by post is more expensive and less environmentally friendly than email)

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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