



# Mynyddwyr De Cymru

Newsletter - January 2009

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

## Editors Rambles

I am sure many of you will by now have heard of the tragic death of a local fell runner in a cycling accident on Caerphilly Mountain. Although not a member of MDC, Kate Auchterlonie was a promising runner who was making her presence felt on the local fell running scene. She recently finished 3rd female on the Kymin race and was doing exceptionally well in the Winter League. She died on 17<sup>th</sup> February after being struck by a car whilst cycling up Caerphilly Mountain. You can read further information about the accident and her many sporting achievements at; <http://kateauchterlonie.blogspot.com/>. Her life may have been short but she squeezed into more than most do in a full lifespan. I am sure you will join me in sending her family our heartfelt condolences at what must be, for them, a very difficult time.

In this edition we have the details of the Tuesday night runs for the summer. Tom has put together a fine itinerary and I hope to see as many of you there as possible.

We also have a new regular feature hosted by an esteemed member of MDC, the well known former Arctic explorer, Sir T. Fayed-Insane. Sir T. will try to answer your burning fell running question in his own inimitable style.

There is also an update on the preparations of the MDC team members in their preparations for the 3 Peaks Yacht Race.

I have received an email from Andy Blackmore requesting help with marshalling this year's Offa's Oror - he would be really grateful for volunteers. For those of you not familiar with the race it's a 20k off-road event run from Tintern Abbey and along Offa's Dyke. There are several road crossings where further marshals are needed - family and friends are welcome. For further info or to volunteer please email Andrew Blackmore; [andrew.blackmore@uk.zurich.com](mailto:andrew.blackmore@uk.zurich.com). Come on, you know there's nothing you love more than standing on a cold, wet hillside in a custom fit, sexy, bright fluorescent yellow jacket watching all that bare blue flesh pant and wheeze its way past you.

News has come in of a relatively new addition to the fell running calendar. The Preseli Blue Stone Challenge Fell Race takes place on 19<sup>th</sup> July 2009. It is 14 miles and 2500 feet of ascent along the Preseli ridge. For further information visit their website; [www.preselibluestonechallenge.com](http://www.preselibluestonechallenge.com). It would be nice

if MDC were well represented at this race. I'm sure Tom and Jules have fine memories of the ridge on the East-West traverse last year.

## WFRA SOUTH WALES SERIES 2009

Dates for your diary;

Sun 12th April	Mynydd Troed
Sat 16th May	Cribyn
Sat 6th June	Stretton Hills
Sun 28th June	Coity
Sat 1st August	Llanthony
Sat 29th August	Beca
Sat 19th September	Llyn y Fan

## Mayhill Massacre

Sunday 1st February 2009, ~8.5miles

Not strictly a fell race, but a popular hilly, multi-terrain affair on the edge of the Forest of Dean. The race starts from the village of Huntley, which is where my wife Mandie grew up, so it seemed a good idea to do the local race while visiting the in-laws. The race raises funds for Cystic Fibrosis and has now taken place three times.

The morning of the race was bitterly cold with light flurries of snow (the next week would see the UK fully "snowed-in!") and after 10 minutes or so waiting on the start line I was really chilled and the feeling didn't fully come back to my fingers until after about 6 or 7 miles. The route has a reputation for being muddy, but thankfully, the cold weather meant that the early parts of the route were pretty well frozen. I managed to keep South Wales' current top lady fell runner, Helen Fines, in my sights as we climbed the hill and was right behind her at the summit. Her victory the

day before at Llanthony didn't slow her down though as she pulled away when we dropped into the woods.



Rhys enjoying every minute of his run.....

The route then got nastier as we got onto some of the lower lying ground; long relentless sections of track in deep mud with no easy bypass - it was just a case of putting the head down and grinding through it. There was a killer uphill towards the end before completing a loop and heading back to the finish on the route we'd set out on. I was feeling quite drained by this point, I'd somehow convinced myself that the race was "about 6 miles" and paced myself accordingly. Never the less I was very pleased with my finish time after not having raced for nearly a year.

According to the results:

Pos	Name	Club	Age	Group	Time
35	Rhys Williams	MDC	M		01:07:02
103	Kelsham Hanna	MDC	M		01:13:44

Overall, great fun and a well organised race. So, if you're at a loose end next year, I'd definitely recommend giving this one a go. If you've never heard of Mayhill, it's the very distinctive hill just west of Gloucester with an obvious clump of trees on the summit.

## 3 Peaks Update



The 5 members of MDC's entry for this years 3 Peaks Yacht Race have been busy training hard, hoisting the main brace and splicing the halyards. Here is a photoshop image of them standing in front of the yacht that they haven't actually seen yet – let alone sailed. Some practice has been had out in the Bristol Channel on an altogether larger and more comfortable boat than the one they'll be doing the race in.

News has come in of the opposition, which includes the army entry with members of the SAS and SBS as crew and runners – so no pressure there then. Rob West will be skipper and joined by Andy Blackmore, Dave Ewing, Haydn Griffiths and Alan Stone. Their objective? – To finish in time for the party!



Dopey, Salty and Crusty all at sea.....

## Cycling Jerseys

Andy Blackmore has asked me to send out an invitation to order a second round of MDC cycling jerseys. The first round has already sold out and we need a minimum order of 10 if we want any more. Please contact Andy, if you would like one on; [andrew.blackmore@uk.zurich.com](mailto:andrew.blackmore@uk.zurich.com) Please state you size – the truth now – I know you all like to think yourself as "Large" – doesn't mean you are!

## Any Questions?

A new feature for this and subsequent newsletters will be this 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. Which running shoe is best for ascending the north face of the Bloreng, the PB Walsh or the Inov8 Mudclaw?

Sir T. On the steep north face of the Bloreng I always use ice-axes and crampons.

Q. Now I'm getting older, my moobs are causing more problems with joggers nipple. Any suggestions?

Sir T. A double D cup works well for me.

Q. I keep tripping over a dog called Harry while running on Tuesday nights, am I getting paranoid or is it out to get me?

Sir T. Paranoid hallucinations are a sign you experimented too much with psychedelic substances in the 60's. I think you'll find they're shouting "Hurry!" at you due to your extreme lack of fitness.

*Ed. – please keep your questions coming. Sir T.'s advice is priceless.*

## The Tuesday Night Runs

29 years of uphill struggle. Accept no alternatives!

Yes, it's **Mynyddwyr De Cymru's 2009 Season**, which means that it's time for all lovers of good pub food to get their running shoes/walking boots on and tuck in to curry and skip loads of chips. This will be **MDC's 29th 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 scenic terrain South Wales can offer. Also there are a few **weekend epics** for you to work up to...

### March

31 **Sirhowy Valley Country Park, Risca**, Grid Ref ST213913 – onto The Darren pub for grub

### April

7 **Great Barnets Wood Car Park, Nr Chepstow**, Grid Ref ST512943 – then onto at home with Tom and Astrid, bring your swim togs for the Hot Tub! call first please (01291 628807)

14 **End of the road/civilisation aka Gilfach Goch**, Grid Ref SS979904 – onto The Barn Inn, nr Llantrisant for grub.

21 **Goytre Wharf, Nr Pontypool**, Grid Ref SO312063 – Restaurant at Wharf

28 **Pentyrch Hill Race, Pentyrch Rugby Club**, Grid Ref ST099816 – Details from [johnoughpentyrch@btinternet.com](mailto:johnoughpentyrch@btinternet.com) or 02920 891721

### May

5 **Cardiff Harlequins RFC, Whitchurch**, Grid Ref ST139805 – Joint run with Harlequins Runners to see the lovely bluebells, Classic Harlequins curry to follow.

12 **Sloop Inn, Llandogo**, Grid Ref SO525040 – The deepest Wye Valley, hopefully some bluebells

19 **Skirrid Car Park, Nr Abergavenny**, Grid Ref SO328164 – onto The Crown, Pantygelli for top notch grub

26 **Taff Bargoed Country Park, Glantaff**, Grid Ref ST103993 – onto Quakers Yard or Glantaff Inn, both in Quakers Yard for Grub

---

**30/31 May or 6/7 June: Tom's attempt on the Paddy Buckley – if you want to support me (you do really) – please get in contact – 01291 628807 !**

---

### June

2 **Farmer's Arms, St Brides**, Grid Ref SS896743 – For a run on the beach

9 **Tynant Inn, Radyr**, Grid Ref ST127819 – then onto Chez Snakebite for Adder and Chips, contact Alan beforehand to book your spot

16 **Llangeinor Ridge**, Grid Ref SS925879 – Fox & Hounds, Blackmill for grub afterwards

23 **Neuadd Reservoirs, North of Pontsticill**, Grid Ref SO031179 for midsummer BBQ (rain optional)

30 **Fan Gihyrch from Tafarn-y-Garreg Inn, Glyn Tawe**, Grid Ref SN850170

### July

7 **Cycle path car park, Llanfoist**, Grid Ref SO286133 - a run up the Bloreng followed by Grub in the Kings Arms Abergavenny (they have a microbrewery in the pub!)

---

**10-13 Toff's Tour de Galles, no running just biking, taking in the most Northerly, Westerly, Southerly and Easterly points in Wales whilst going over at least the 10 highest passes – a few days of fun ! Contact Toff if you want to join in (for all or part of it)**

---

14 **Mynydd "Alice" Bedwellte from Mountain Ash Inn, above Tredegar**, Grid Ref SO140064

21 **The New Inn, Bwlch**, Grid Ref SO148220 – for a cracking run over Mynydd Llangorse and Allt y Esgair

28 **Car park at Torpantau, (just east of the highest point on Pontsticill – Talybont road)**, Grid Ref SO054175 – BBQ if weather good (well probably if weather is bad as well)

### August

4 **The Angel, Pontneddfechan** Grid Ref SN899075 – The infamous waterfalls run

with optional swim – it can't be wetter than last year (can it ?)

- 11 **The Whistle Inn, Blaenavon**, Grid Ref SO228101 – For a run over Coity Mountain
- 18 **Storey Arms, heading west**, Grid Ref SN982202 – Nant Ddu for grub
- 25 **Pantygelli Inn, nr Abergavenny**, Grid Ref SO302179 – for a trot up Sugarloaf then top nosh

### September

- 1 **Margam Park, Margam**, Grid Ref SS800863 – then onto Prince of Wales, Kenfig for food

5 (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.**

- 8 **The Darren, Risca**, Grid Ref ST234914
- 15 **Llantrisant Forest Park, Llantrisant**, Grid Ref ST024847 – onto The Barn Inn for grub
- 22 **Fridge Mountain from Rose & Crown Inn, Eglwysilan above Abertridwr**, Grid Ref ST107889 – If pub shut then down to Fagins for grub
- 29 **At home with Kay and Martin, St Brides**, Grid Ref SS896752 – call beforehand please 01656 880009

### October

- 6 **Caerphilly Mtn Car Park, Caerphilly**, Grid Ref ST155852 – Black Cock for food
- 13 **Storey Arms for Pen-y-Fan in the dark**, Grid Ref SN982202 – Torch and high lunacy threshold essential!! – Nant Ddu for grub
- 20 **The Aggletons for a run in the dark, Whitchurch**, Grid Ref ST149805 – call beforehand please 02920 615362
- 27 **Merthyr Mawr Village Green** for the sand dunes in the dark Grid Ref SS883774 – Followed by end of season feasting for all survivors at the Farmers Arms, St. Brides Major

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

'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*

Other challenges that might or might not happen are below. Contact your local friendly madman for

details.....

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 (*See if you can beat Tom's time of 10hrs 57mns – Ed*)

## Mont Blanc Mountain Marathon

Rumour has it that Doug Adlam is going International with an attempt at the Mont Blanc Mountain Marathon in June. Further details of the race can be found here;

[www.montblancmarathon.net/index.php?rub=32](http://www.montblancmarathon.net/index.php?rub=32)

## Fan Fawr 2008 report

With the onset of October and the arrival of the South Wales wind and rainy season earlier even than the most doom-laden of global warming prophecies might have predicted the monthly gathering of the Winter League aficionados kicked off with a bog-snorkelling approach to the summit of Fan Fawr and back. On a traditional bracing autumn day a 2 mile yomp and hurtle, on race day, well it would have drier to swim the River Tawe.

Nevertheless, there being no end to the madness of the dedicated winter league crew and with rebukes such as "you must be barking" a ringing endorsement in their collective soggy ears, the 1000ft swim up Fan Fawr's eastern flank began.

With Kay Lucas, hermetically sealed as summit marshal, co-conspirator Wheeze nobly offered to forgo the opportunity for nirvana by mud and rain and debunked with me to the safety of the Golf GTi race vehicle as the runners and swimmers disappeared into the gloom and clag.

Quite what happened in the intervening 18 minutes or so is entirely a matter for conjecture however the finish line team bravely emerged into the elements as the leading pair of Andy Jones and Peter Ryder squelched out of the mid-section boglands and into view down the finish schuss. Neck and neck they slipped, slithered and hurtled toward the finish line sheep trod where we cowered beneath umbrellas and cags wringing out the results sheet every minute or so. Empirically separated by a second in the results in reality it was a lot closer, the width of a Brycheiniog vest separating Peter from his maiden Winter League win. With young Aggleton H., completing a youthful 1,2,3, a bevy of newly aged

vets jostled several youngsters to the lower reaches of the top 10, Mike Duxbury prevailing for a second year in a row. Youthful Aggleton senior, John, Hugh's father, continued his fine summer form with 11<sup>th</sup> position and first in the V50 category. Comeback queen Liz Francis nailed the ladies categories and we were delighted to see the return of prodigal Les Williams, one of the original members of the South Wales fell running scene, to home turf after a decade or so in the northern wilderness as he carted off the V60 crown. Last home was V70 John Battersby demonstrating that even in the autumn of his running career a more than modest touch of seasonal rain would not put a dampener on his racing programme.

My thanks to evergreen Kay Lucas for braving the awful conditions at the summit and to Simon Blease for calling them in through wind and rain at the finish. Toffer (*For Steam Bunny productions Inc.*)



3 Peaks crew displaying a very dirty bottom in a force 8 gale in the Channel

## Results;

As ever, only people listed as having run for MDC are included here. For full listings go to WFRA website or race organizer's web pages.

### Forest of Dean Half Marathon 15<sup>th</sup> March

Hugh Aggleton position 2nd, time 1.18.59  
John Aggleton position 106th, time 1.31.36  
Allan Hodkinson position 315th time 1.42.12

1393 finishers

### Longtown Fell Race- 28.02.09

3	Matthew Collins	MDC	MS	22.39
4	Hugh Aggleton	MDC	MS	23.18
13	John Aggleton	MDC	MV50	27.09
19	Mark Bryant	MDC	MV40	27.55
20	Peter Williams	MDC	MV50	28.14
21	Steve Brown	MDC	MV50	28.48
22	Alan Hodkinson	MDC	MS	29.04
25	Brian Hardcastle	MDC	MV50	30.00

26	Helen Bennett	MDC	FS	30.09
27	Alan Stone	MDC	MV40	30.17
30	John Sweeting	MDC	MV60	30.54
33	Mike Harris	MDC	MV50	31.04
34	Martin Lucas	MDC	MV50	31.06
38	Ian Lee Payton	MDC	MS	35.18
39	Robert West	MDC	MV60	35.27
40	Dave Gilbert	MDC	MV60	40.27
46	John Battersby	MDC	MV70	49.09

### Llanthony Fell Race 31/01/09

5	Hugh Aggleton	MDC	M	30.45
13	Mark Saunders	MDC	M40	35.00
16	Gareth Craft	MDC	M	35.38
21	John Aggleton	MDC	M50	35.30
22	Mark Bryant	MDC	M40	36.14
24	Douglas Adlam	MDC	M40	36.48
25	Peter Williams	MDC	M50	36.53
26	Kevin Batts	MDC	M40	36.58
29	Allan Hodkinson	MDC	M	37.40
30	Alan Stone	MDC	M40	38.08
34	Alice Bedwell	MDC	F40	38.49
40	Helen Bennett	MDC	F	40.11
43	Martin Lucas	MDC	M50	41.28
44	John Sweeting	MDC	M60	41.38
49	Rob West	MDC	M60	45.20
50	Dave Gilbert	MDC	M60	48.21
57	John Battersby	MDC	M70	66.32
4	Tom Gibbs	MDC/Chep	M	30.39
41	Mike Harris	MDC/Westb'y	M50	40.16

### PenCerrig Calch 28<sup>th</sup> March

1	<b>Matt Collins</b>	<b>MDC</b>	<b>29:47:00</b>	<b>SM</b>
2	Hugh Aggleton	MDC	29:57:00	SM
5	<b>Jules Carter</b>	<b>MDC</b>	<b>32:13:00</b>	<b>VM</b>
9	John Aggleton	MDC	35:39:00	SVM
10	P G Williams	MDC	36:15:00	SVM
11	Mark Bryant	MDC	36:37:00	VM
14	Kevin Betts	MDC	37:36:00	VM
15	Allan Hodkinson	MDC	37:57:00	SM
17	Helen Bennett	MDC	38:15:00	SF
18	Brian Hardcastle	MDC	38:26:00	SVM
19	Alan Stone	MDC	38:56:00	VM
21	Steve Brown	MDC	39:35:00	SVM
22	Andy Stott	MDC	39:52:00	VM
25	Martin Lucas	MDC	41:08:00	SVM
40	Les Pugh	MDC	54:44:00	SSVM
45	John Battersby	MDC	65:12:00	SSSVM

## Help Needed

Hello

Its my 30th birthday this year on Sunday July 5th, and I was thinking about ways the celebrate... a big party for family and friends and get really drunk and pass out.... or as an unmarried girl about to hit 30 maybe hide away not tell anyone and drink wine like Bridget Jones until I pass out.... OR

### "A Really Long Day Out"

The plan is to do as much of the Bob Graham Round as I can in the 24hrs of my 30th birthday. I don't think Im fit enough to get around the whole thing in under 24hrs as the classic challenge but I would like to try and jog/walk as much as I can.

I aim to leave Keswick at midnight on the 5th and go clockwise. I am aiming to get to at least somewhere on leg 4!!! I have a few friends that have offered to help 'on the ground' but I only have one person who has actually committed to jogging with me.... so I am in need of some more support!!

**\*\*ANY help will be very gratefully received\*\***

I am planning a couple of days in the Lakes over the weekend of 24-26th April if anyone is interesting in coming up for that as well.

Please email at; [helenpbennett@googlemail.com](mailto:helenpbennett@googlemail.com)  
Helen

## Ras Pen Cerrig-calch Race 2009

Well, maybe not perfect weather, but as good as it gets in South Wales in March. As we drove to the race, traffic news was about blizzards "up North" and as we returned, the England match was taking place at Wembley in a monsoon. But PCC? Slightly on the cool side, but the sun shone, the views were fabulous and the ground was rock hard (important when you park in a field). And welcome to a proper fell-race.



The start.....

A beautiful true mountain setting, minimum prizes and everybody charged the same thirty-bob entry fee regardless of club attachments. The joys of a WFRA race - even the English are welcome! I was dreading a large turnout, but fortunately only 45 ran. Some organisers may think that I'm mad, but large fields are incredibly difficult to park, manage and record. I like races this size.

Every time I look at the race stats, I see Anne Nixon's ladies record of 33:15, set 12 years ago, and think that I must have it wrong. I remember the day well (an odd-numbered, and therefore hot, year) and I check the figures recorded at the time and it all seems to be correct, so it stands. Helen Fines had a great run and recorded (by a long chalk) the second fastest time ever, but the blokes couldn't get within three minutes of Tim Davies' record.



Hugh and Paul's battle for 2<sup>nd</sup> position.....

Maybe this was because Matt Collins decided to ignore the markers at the top of the main descent and invent a new route which stayed high and then dropped down a steep, rocky face to rejoin the path. If Hugh Aggleton hadn't decide to follow him and take a few more with him, the result could have been very different. The whole field were pretty quick this year, but special mention must be made of Harry Franklin who finished in 44:41, a respectable time for anyone; but he is 73 years old!

Thanks to K and Jess for summit duties, Shirley for entry recording, Clive and Andy for gate duties and to the massed ranks of CRB for taking over finish control whilst I sorted out the prizes. Particular thanks to Cliff for the use of his fields and facilities

(without who's patient cooperation the race could not take place) and to Mas at the Red Lion for the beer, cider and food. If the Winter League still wants it, and we're all spared, then we'll be back on the last Saturday in March 2010 when the curse of the even-numbered years will mean arctic conditions.

And just for the record, in **MY** races the age categories are as follows and are the same for both male (M) and female (F):

- J is 17 & under
- S is 18 – 39
- V is 40 – 49
- SV is 50 – 59
- SSV is 60 – 69
- SSSV is over 70

As I've yet to have an entrant in a fell race who is over 79, I haven't yet had to think up a category. Course records are 26:30 (Tim Davies, 2003) and 33:15 (Ann Nixon, 1997). Something for the youngsters to go for!

El Presidente



Matt Collins in winning form on PCC.

## Presidential Appeal

Our president has asked me to point out that we do some have spare dosh earning very little interest in a bank account. Before some \*anker goes and gives him/herself a nice annual bonus with it, Derek has asked me to write to you asking for suggestions on what to spend it on. Ideas such as helping sponsor junior club members attend an International race meeting or similar would be warmly welcomed. All sensible suggestions will be carefully considered for

www.mdcwales.org.uk - Mynyddwyr De Cymru - Apr 2009 Newsletter

their merits. *(Those proposing a club funded individual pub crawl can get in the queue behind me – Ed.)* (\*=b above – any other interpretation is a reflection on your dirty mine not mine – Ed)

## Walk this way

Run MDC does the High Peak Marathon

The 2009 outing of the High Peak Marathon saw our intrepid Tom Gibbs organise a few vagabonds together to form team 'Run MDC' comprised of his better half, Astrid, young Hugh Aggleton and my good self. This little outing is roughly 40 miles of bog trotting around the Derwent watershed in teams of four, with the added joys of being held in early March and starting late at night.

We prepare in true MDC style with a big nosh up in a pub, before making our way to the event base in Edale where we begin the final preparations of trying to decide what to wear, food to carry and what sac to shove it all in. The weather is not bad, but neither is it brilliant, with the former beautiful evening clagging over and becoming drizzly. The mountain tops are moving into low cloud which is going to make navigation to each of the checkpoints a bit trickier. Unfortunately temperatures are above freezing, meaning the bog monster will be waiting for us high on the watershed!

After Tom has tried three different rucksacks and packed and repacked numerous times we go to the kit check. After which its back to the van for a final faff and some more tea, whilst waiting for our start time. At 11.41pm we're off up the first climb up to Hollins Cross, and then into the clag as we climb further to gain the top of Lose Hill. Some of the keen teams behind us have already caught up but we keep it steady and plough on. The next climb up is Win Hill and its here more of the fast boys such as the ultra boys of 'Vasque North' pass but is also where we start meeting some of the teams that had started before us. The descent of Win Hill is slippery but fast and takes us to the main bit of road on the course that winds up to the great grit edge of Stanage Edge. Here things get a bit chaotic as we catch numerous teams. We 'dib' the Stanage checkpoint and run on. A team of four blokes decide to keep with us and cause us chaos by not properly overtaking and constantly breaking our little group up. This proves annoying to say the least but within a few km the road checkpoint at Moscar is reached which marks around quarter of the way round. The place is chaotic with many teams as here you can pick up food and water. We quickly 'dib' and fill up all the water bottles before rushing off down the mile of road to the next checkpoint at Cutthroat Bridge. From here it's back onto the high fells and onto the hardest and remotest section of the race.

Along the ridge edge we plough on, ticking off various checkpoints, and moving ever closer to the waiting bog monster. As we moved from Sheepfold

Clough and onto the hill leading to Cut Gate another mixed team chose a better path and nip in front of us. Obviously armed with local knowledge Tom realises its worth following them. However they must have played the game of tactics and realised our game as they seemed to just disappear on us. We now start to meet proper bogs and as we move onto the northern most section the bogs get worse. At one point Astrid disappears up to her thighs and is not amused! The slog across to Bleaklow stones becomes pretty miserable as we attempt to follow the poled route through the bog and peat hags. Daylight arrives just before we reach Bleaklow Stones. Teams are appearing and disappearing all over the place amongst the peat hags. At Bleaklow we see the all girl team we passed hours ago. Somehow in the bog section they had passed us but we hadn't seen them! We push on keen to get to Snake Pass for a refuel stop and some tea.

At Snake Astrid has a major low point. The night section has been tough and she has been feeling shite for ages. Despite the low point Astrid proves what a tough cookie she is. The single emergency gel is put to use and a cup of tea drunk and suddenly she's off again! The competitive instinct has been fired and we chase down the all girlie team and grind up the short steep climb onto Kinder Scout. The last few miles are pretty tough, not helped by Tom taking a serious attack by the bog monster and unexpectedly disappearing into some peaty mire above his hips. He is obviously not amused and looking distinctly smeggy!

The finish is a welcome sight and we almost manage a sprint finish. Our time is 10 hours 41 mins and we are in 8<sup>th</sup> place overall – a sterling effort. I personally thoroughly enjoyed the event. It was great to do as part of a team of MDC members and I felt we worked well together. Astrid has though vowed never, ever to do it again!

Jules Carter

## WFRA

Don't forget to rejoin the WFRA this year

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



## Winter League – Final Results

Here are the winners of the different age categories in the 2008-2009 Winter League. For the full results and race-by-race breakdown see the WFRA website

Name	Cat.	Points
Peter Ryder	SM	512.94
Mike Duxbury	M40	480.54
Helen Fines	SF	440.85
Chris Taylor	M50	413.08
Liz Francis	F40	357.13
Gary Gunner	M60	337.53
James Blore	JM	329.52
Sue Ashton	F50	318.22
Robert West	M65	256.6
John Collins	M70	94.04
Naomi Prosser	JF	35.86
Clare Johnson	F60	28.09

### Contents:

Editors Rambles	Page 1
South Wales Summer Series 2009	Page1
Mayhill Massacre	Page 1-2
3 Peaks	Page2
Cycling Jerseys	Page 2
Any Questions	Page 3
Tuesday Night Runs	Page 3-4
Fan Fawr Report	Page 5
Results	Page 5
Help Needed	Page 6
Mont Blanc Mountain Marathon	Page 6
Pen Cerrig Calch	Page 6
Race Report	Page 6
Presidents Appeal	Page 6
Walk This Way	Page 7
Winter League	Page 8

### Editor:

Alan Stone  
5 Church Road  
Whitchurch  
Cardiff  
CF14 2DX

Email; [alan\\_stone@talktalk.net](mailto:alan_stone@talktalk.net)

**Deadline for next issue: 31.06.09**