



Mynyddwyr De Cymru

www.mdcwales.org.uk

Newsletter - September 2007

Editorial

Welcome to the latest edition of the newsletter under fresh editorial direction. Rhys will be a hard act to follow. I will try to keep the same format and appearance as I don't want to reinvent the wheel. As with all newsletters it requires active support, not just of the editor but also of you, the members. Please keep me informed of what you've been doing. All contributions will be gratefully received. So, unless you want to see the next edition full of my holiday snaps then get writing!

This summer has seen a flurry of activity on the long distance challenges front. In June I supported MDC member Dan Booth for an attempt at the Bob Graham Round in the Lakes. I'm sure most of you know that this is considered to be England's Everest and involves 42 peaks to be ascended in 24 hours. Approximately 66 miles in length and 28,000 feet of height gained. The official website (www.bobgrahamround.co.uk) says 74 miles, but most people reckon it's shorter. As usual Dan started well and we finished the first leg in the dark 20 minutes ahead of a 22 hour schedule. My night was "made" watching Dan disappear into a 6 foot deep peat hole which was hidden under the heather! He kept pace on the second leg from Threlkeld to Dunmail Raise. Unfortunately he blew up in spectacular fashion on the third leg from Dunmail Raise to Wasdale and tried to single handedly redecorate Scafell with a technicolour yawn or five.

Dan made another attempt 2 weeks later but was again unsuccessful. He got as far as Robinson in poor weather but ran out of time as he wasn't going to complete in under 24 hours. Rumour has it he's planning another go.....

Former MDC member Roy Ruddle made his 7th attempt at the Paddy Buckley round on 11th August, assisted by MDC members, John Syms, Alan Stone and Dan Booth. This is generally considered to be a lot tougher than the Bob Graham. It has more miles and greater climb. It is also a lot rockier and makes the going slow in poor weather. He started well in clear weather and was 14 minutes up after the first leg. However, the weather deteriorated and heavy wind and rain meant he just got very cold and he decided to retire at the end of the 3rd leg before he got into difficulty. For information on this route visit; http://www.aqvi55.dsl.pipex.com/run_pb/paddy_buckley.htm.



Dan Booth running off Seat Sandal

John Darby has been sited wearing a Mynydd Du running vest, yet is still appearing in the race listings as MDC. Are you swinging both ways, John?

Welcome to El Presidente, Derek Thornley who is taking over the onerous task of keeping us in order. Gold braid and epaulettes have been ordered. Thank you to Martin who has stepped down after many years of faithful service. Your sweaty daps will be hard to fill.....

Contents:

Editorial	page 1
Results	page 2 & 3
AGM	page 4
4 Summits in a day	pages 5 & 6
Bob Smith Traverse	pages 7 & 8
Miscellaneous Dribblings	page 8

Results

Note: only runners entered as MDC listed in the results tables here. For full results, consult the internet (<http://www.wfra.me.uk/results.htm>) or the race organiser

Llyn y Fan 9th September 2007 5.4miles 2000feet

Is this the best fell race in world? Surely it has the most stunning setting in the remotest corner of the Brecon Beacons. It is even worth risking the frequent displeasure of the hostile natives of Llandeusan (this be a local village for local people – as in the League of Gentlemen). Those of us hanging around at the end even had the spectacular sight of dozens of Red Kites being fed at the nearby feeding station at Cross Inn. We had near perfect conditions. A warm day dawned with thin cloud well above the peaks. A light breeze on the top wicked the sweat away. This encouraged many to travel light with consequences for some later.

John Sweeting's organisation was impeccable as usual. The race starts up the track towards Llyn y Fan. This is a nice steady gradient for 2 kilometres. The lake is steeped in myth and legend and the natural amphitheatre that surrounds it adds to the atmosphere. After the lake the ground gets steeper and the field begins to stretch out. The entire route is runnable for the leaders and never so steep that it gets dispiriting. Once you break onto the ridge there's a nice undulating run around the escarpment to Fan Brycheiniog and then the steep descent off the side of the nose back to the car park and the finish.

It can be a bit confusing here in bad weather and runners in the past have accidentally veered off onto the wrong ridge on the return. With this in mind John placed a marshal (Kay Lucas) at the cairn on the tip of the nose to ensure the correct line. He had also arranged a line of marker flags leading off the side of the nose to ensure people headed the right way. On a clear day, such as this, the finish was visible from there. Two runners asked her for directions. 1 of those then went and ignored her advice and failed to follow the flags and headed due north off the tip of the nose. He nearly made it to Anglesey before he had the sense to stop at a farm house and ask for directions. I won't embarrass him by naming him (though for £20 and a SAE I am easily bribed).

It seems to me that if you are in a race and are in a long procession of runners where the person ahead or behind is never more than 100yards away, that if you drop over the edge of a steep descent where there is clear visibility in all directions for miles, then if you can't see anyone ahead of you then;

- the Star Ship Enterprise is overhead and has just beamed everyone else except you aboard
- the Vogan constructor fleet is visiting planet earth and is welcoming hitchhikers or
- you are no longer on the planned route.

To our hapless hero none of the above occurred to him and he sprinted on like a greyhound after the

rabbit, presumably thinking of the great stealth route he had unearthed and the glories of finishing in first place that would follow. Four hours later he was found by chance on the long walk back from Trecastle on the road. By which time search parties were out on the mountain, police and mountain rescue had been called and I'd been responsible for a rise in global temperature of a further degree by the amount of carbon emissions from my car doing circuits of the small lanes that litter that part of the world. Carrying a map and compass would have averted this incident and leaving an emergency contact number in the box on the entry form marked "emergency contact number" would have enabled him and the organiser to communicate.

Steve Littlewood had an exciting end to his race. Having survived the fearsome descent of excessive gravity, rocks, rabbit holes, ankle twisting tussocks and navigational challenges he tripped over a pebble 100 yards from the finish on the flat section of gravel track and gave himself a bad case of gravel rash. He was last seen washing sheep s**t out of the wounds in the stream. He claimed the series M50 first place.

11	Alan Stone	MDC	M40	56.34
13	John Darby	MDC	M50	57.15
15	Andy Stott	MDC	M40	58.26
18	John Sweeting	MDC	M60	60.19
21	Martin Lucas	MDC	M50	61.31
	Douglas Adlam	MDC	M40	dnf
	Neil Lewis	MDC	M40	dnf

SOUTH WALES SUMMER HILL SERIES 2007 (BEST 4 RESULTS TO COUNT)

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

[2007 WFRA North Wales Series Table \(after 7 races\)](#)

64	Neil	Lewis	MDC	M	207.17
198	Adrian	Moir	MDC	M40	88.18

Machen Mountain Run 27th August

53:43:00	39	Blackmore	Andrew	M	O40	MDC
54:39:00	44	Burne	Peter	M	U40	MDC
55:39:00	52	Jones	Norman	M	O40	MDC
55:48:00	53	Stott	Andy	M	O40	MDC
57:14:00	65	Griffiths	Gareth	M	O40	MDC
58:23:00	76	Sweeting	John	M	O60	MDC

Breacon Beacons Race 18th August 2007 19miles / 4500 feet

12	John Darby	MDC	M50	33.11
16	Rhys Williams	MDC	MS	39.38
31	Dave Gilbert	MDC	M50	28.03
	Andrew Blackmore	MDC	M40	DNF

Waun Fach Race Sunday August 5th 2007 7miles / 2000feet

10	John Syms	MDC	MS	62.4
11	Dan Booth	MDC	M40	64.23
14	John Darby	MDC	M50	71.06
15	Rhys Williams	MDC	MS	72.4
16	Martin Lucas	MDC	M50	74.11

Snowdon International Race 28th July 2007 10 miles / 3300 feet

Neil Lewis M40 01:37:37 163 MDC

Fan Y Big Horseshoe Race Sunday 22nd July 2007 10.1 miles / 2,200 feet

http://flowerhome.no-ip.info/FanYBigRace/FanYBig_Results2007.htm

12	Rhys Manning	SM	MDC	1.27.44
13	Mark Saunders	O/40	MDC	1.27.44
25	Alan Stone	O/40	MDC	1.37.38
32	Alice Bedwell	O/40	MDC	1.46.05
45	Dave Gilbert	O/50	MDC	2.00.32

Gus was the leading contender from London Frontrunners - "London's gay and lesbian running club" - who had as many runners in the race as Mynydd Du, and posted some pretty good results considering they do their training in Hyde Park!

Pen Y Fan Race 21st July 2007 3.5 miles / 1,930 feet

http://flowerhome.no-ip.info/PenYFanRace/PenYFan_Results2007.htm

Despite being organised by the dark forces this was an efficiently run race. The poor weather and heavy rain prevented many from attending. This was the weekend of the floods. Congratulations to Alice for being the second open female. I overtook 5 runners

on the way down sliding on my a**e! (nothing against it in the rules!)

Mark Saunders	MDC	MV40	00:43:22	11
Alan Stone	MDC	MV40	00:47:33	17
Rhys Williams	MDC	MS	00:47:49	18
Alice Bedwell	MDC	FV40	00:49:23	22
Andy Stott	MDC	MV40	00:52:44	24



Alan Stone and Alice Bedwell of MDC on a very wet Pen Y Fan race. Photo; Mike Law

TABLE MOUNTAIN 2007 Sunday July 15th

13	John Darby	MDC	M50	42.52
14	Andy Stott	MDC	M40	42.58
21	Les Pugh	MDC	M60	64.13

Guto Nyth Bran Saturday July 7th

1	Matthew Collins	MDC	MS	41.08
6	John Syms	MDC	MS	48.49
14	Neil Lewis	MDC	M40	51.45
19	Andrew Blackmore	MDC	MS	54.38
24	Mick Learoyd	MDC	M40	56.29
26	John Shanahan	MDC	M50	57.13
28	Peter Burne	MDC	MS	57.25
30	Tim Jones	MDC	MS	58.2
33	John Darby	MDC	M50	59.46
34	John Sweeting	MDC	M60	60.54

Tyn-y-Groes Hill Race June 30th 2007

7 Dave Ormerod MDC M60 22.12

Carneddau Race 24th June 2007

85 Adrian Moir MDC M40 2.52.46

AGM

MDC ANNUAL GENERAL MEETING 31ST MARCH 2007 HELD AT THE RED LION LLANBEDR

PRESENT;

Martin Lucas
Kay Lucas
Derek Thornley
Shirley Thornley
Clive Horsfield
Andrew Blackmore
Eric Meredith
Mark Bryant
Rhys Williams

APPOLOGIES;

Doug Adlam
Fred Parry
John Sweeting
Jules Carter
John Battersby

MINUTES OF AGM FOR 2006;

These were approved

MATTERS ARISING;

Martin raised the point that Tuesday evening runs were not insured, but this was thought not to be a problem

OFFICERS' REPORTS;

President. Martin said that the club's resignation from Athletics Wales had caused no problems for the club. Tuesday evening turnout continues to be very good.

Treasurer. Receipts for the year amounted to £332 whilst expenditure was £317. The closing balance being £1429.94

A point was made that more members' e-mail addresses could be given to the officers to reduce postage costs.

Secretary. No report received

Newsletter Editor. Rhys Williams said that he had completed 8 issues but did not wish to continue after a further 2. The meeting expressed their appreciation to Rhys for his production of excellent newsletters.

Club website reported to be going very well. Jules Carter indicated his willingness to continue to manage the website.

ELECTION OF OFFICERS;

President. Martin Lucas indicated his intention to stand down as President.

Derek Thornley accepted the position having been proposed by Clive Horsfield and seconded by Rhys Williams. The meeting expressed its gratitude to Martin for the work he has put into the club during his Presidency.

Secretary. Douglas Adlam has indicated his willingness to continue as Club Secretary.

Treasurer. Fred Parry has also said he is happy to continue as Treasurer

Membership Secretary. It is understood that John Sweeting will continue in this post

Newsletter Editor. As already mentioned Rhys Williams will produce two more issues of the newsletter so a replacement Editor will be needed later in the year.

A.O.B. ;

Eric Meredith reported that he was not now organising the Blorange race and a replacement would be required

The meeting agreed that the club should pay for the refreshments at this A.G.M. Derek and Fred. will settle up with the Red Lion.

4 Summits 2007 - The 4 principle summits of Wales in 1 day

Not content with having completed the run from Snowdon to Pen Y Fan over 5 days, (doing the Dragons Back) the fiendish mind of "Toffa" Gildersleve had not been idle. What new punishment should he inflict on his friends? Riding the crest of an endorphin fuelled high his next plot was hatched to do the same journey – in one day – linking the 4 principle summits of Wales by human power.

The fact that he had tried and failed, to do this the year before over 2 days was not to daunt him. Excuses about too much whisky on route and too large a breakfast in Pete's Eats left the rest of us unconvinced. So it was with some surprise that seven of us found ourselves at Pen Y Pass at 5.30am on a misty and damp morning this summer. The clag was down and we started with a brisk pace up Snowdon on the Pyg track passing a few early morning walkers in the rain. We reached the top in thick cloud and were glad to witness the death throes of the summit café as it lost its battle with the bulldozers. No tears were wept as we said good bye to that carbuncle. Then it was down the Rhyd Ddu path to meet with the support crew carrying the bicycles.



Haydn Griffiths was paying the penalty for a dodgy curry the night before and was disappearing behind bushes and rocks every few minutes. Those of us on stricter training diets (fish and chips) chuckled smugly. Then it was onto the bikes for the cycle to Cadair Idris via the coastal route and Barmouth bridge. Alan Stone was to lag far behind on this leg. He dropped off the back of the peleton and his plaintive wails of pain were treated with the due respect they deserved – none whatsoever. It was to take him 28 miles to notice that his brakes were jammed on. We took the slightly longer road by the youth hostel to avoid the really steep hill up to the base of Cadair, but were still to find this a vicious climb that turned the legs to jelly. John and Huw Aggleton led the way up this, despite or because they didn't have a 3rd ring on their front chainsets.

At each stopover we couldn't help but notice the huge quantities of calories we were having to consume to keep up with energy expenditure. Cake, rice pudding and crisps were the favourites. It was

tough, but someone had to do it. The long trudge up the Pony path to the top of Cadair was tedious and we disappeared into the clag again. It was a relief to lose sight of the hoards of walkers. We came down the steep gully via the Fox's path and Llyn Cau, a stunningly beautiful part of the world.

On arrival at Minffordd we were met with the bad news that one of our support crew cars had hit a rock in the road and blown out two tyres. The 4th emergency service may have been on its way but "Old Grey Beard" Martin Lucas felt he had to retire at this juncture to show support for his wife, the driver. It turned out that Kay had been quite badly shaken by the experience. He was to take no further part, a shame, as he was on course to take the senior vets record for the course (no senior vet ever having done this course before).



We were psychologically unprepared for the "short" ride down to Plynlunon. It was longer than it seemed on the map. The countryside around Machynlleth is stunningly beautiful and we made fast progress to Tal Y Bont. We turned left heading up towards the mountain and then the work began. This is a long climb at a steady pace in bottom gear, however low that was. It's never very steep but continues at the same gradient for mile after mile. The only light relief was the site of some Duke of Edinburgh hikers flaked out by the roadside.

Then it was off bikes again and into muddy daps. The transitions were getting smoother as we rehearsed on the job. There was no path up Plynlunon, just a steady wade through the bilberries to the top. The sun was shining now and we had clear views from the top to our destination in the distance. The distinctive summit of Pen Y Fan was seen 43 miles away as the crow flies. But we weren't crows and we had to run down to the mad barking dogs of Eisteddfa Gurig. Our remaining support crews were waiting for us. Sarah and Andy were beginning to complain about the high odour from the heaps of wet and sweaty kit that were making prolonged forays into the cars untenable. Both were seen to be driving with all windows open.



If you haven't cycled the road from Eisteddfa Gurig down to Rhayader, you must. Downhill for mile after smiling mile and with the added bonus that day, of the wind behind. You know how it is when you're cycling, you can peddle in a complete circle and the wind will always be in your face? Well that day was the exception that proved the rule. It didn't seem to matter which way we turned the wind seemed kind to us despite the forecast of an adverse south westerly all day. We had the peleton cracked now and were taking mile long turns to pull at the front before peeling off to let fresher legs take the strain. The time seemed to slip past as we ate the miles. As runners I am sure we've all come across odd reactions from others not understanding our sport. Well boys and girls, feel sorry for the cyclists. I was dumbfounded by the reactions of motorists as we peddled away. Abuse, revved engines and gesticulations of a most unladylike and ungentlemanly manner were flicked our way. I only hope 2 million watching the Tour de France in Kent will re-educate the ignorant – but I don't hold high hopes. Backs, knees and necks were beginning to ache and painkillers were needed by some. Brecon eventually hove into view and then there was the short pull up to Cwm Llŵch and the final transition. It was now getting dark and there was a rave going on this normally tranquil corner of the Beacons. The sound of pumping acid house bass was audible over the pumping of our hearts and the haze of whacky backey (mwig ddrwg in Welsh) was fogging our already blurred vision. We steeled ourselves for the final climb up the Fan.

Climbing the Fan that night was slow by anyone's standards. We looked like geriatric cripples after a night on the tiles. We stopped to catch breath (I blame the cannabis haze for having upset our finely tuned athletic lungs), but at last the top came into view. No sense of elation, just a sense of job done and get off this b*****y mountain as fast as possible. We rolled down the hill to our final meeting with the support vehicles. 122 miles of cycling with 12,500 feet of climb and 19 miles of run with 8,400 feet of ascent were over. We finished in a time of 17hrs 57mins. Not the fastest time for this route but we had had to do a lot of the loading and unloading of bikes ourselves as well as deal with cycle and car punctures. We did have the consolation of hearing from our support crew about a group of walkers who

set off to do the 3 peaks with a minibus to transport them between the hills. They started off at the same time as us from Pen Y Pass and trundled into the Storey Arms barely half an hour ahead of us!



The following morning we unloaded the fetid, stinking piles of detritus from Toffa's car as his children had refused to get into it until it was cleaned and fumigated. We reflected on the previous day's journey and decided this wasn't a fisherman's tale. There was no need for it to get bigger in the telling – no one would believe it if we told it as it was.

The runners and riders were; Martin Lucas, Doug Adlam, Toffa Gildersleve, Haydn Griffiths, Alan Stone and Huw and John Aggleton. Thanks to "Boy Wonder" aka Andy Mullett for use of his cottage again and support and thanks to Sarah Smith and Kay Lucas for their support. Without their active involvement this wouldn't have been possible.

AMS

Tuesday Evening Runs

Tuesday evening runs continue to attract between 10 to 16 runners plus 2 to 4 walkers. As you can see from this picture taken at the BBQ after the Cwm Llŵch evening run, they're fairly relaxed affairs. The list of locations and times is on the MDC website;

www.mdcwales.org.uk



All are welcome to come along and run or walk and join us in the Muddy Dap for a pint and chicken curry arf'n'arf afterwards. Runs are usually about 70 to 80 minutes in length and we do wait for stragglers at all path junctions. We haven't lost anyone.....yet.

Legal Disclaimer

Please note that whilst MDC club runs are open to all, participation is entirely at your own risk. Fell runs may go down as well as up and you should be aware that the terrain can be rough and remote. Please come prepared with adequate clothing and equipment for the likely conditions. MDC, its officers and members bear no responsibility for loss, injury or damage sustained to you or your possessions during our runs.

The Bob Smith Traverse:

11th and 12th August 2007

It sounds easy – find the six summits over 800 metres high in south Wales and run up and down them. To make it a little more testing, cycle between them. Repeat on an annual basis as a 'challenge' named after the first person to complete it – 'Eponymous' Bob Smith from Gower. It's something in the order of 45 to 50 miles, depending on route choice, with about 6000 ft of climbing and it splits not very neatly into three running and two cycling sections, starting from the Llynfan car park at Llanddeusant and finishing at the gate at the end of the public road in the Grwyne Valley. By the way, the six peaks are Bannau Brycheiniog on Mynydd Du, Duwynt, Corn Du and Penyfan in the central Beacons and Waun Fach and Pen y Gader Fawr in the Black Mountains.

As it's not a race, the 2007 contenders took advantage of a wide range of start times on the weekend of 11th and 12th August, with Tom Gibbs aiming to stay in front by starting on the Saturday whilst the others had a longer lie-in and started at various times on Sunday. Conditions varied from 'scorchio' on Saturday to tipping with rain and blowing hard for Mike Wells, the early starter on Sunday. Obviously Tom's run went unobserved apart from by our strategically-placed sheep-cams, but he commented:

'It was very warm coming off Penyfan and for all of the last run. I really struggled over Pen y Gader Fawr and then sat in the river for about 10 minutes to cool off! As for sub – 4 hours – it's a possibility. I was held up for a couple of minutes in the lanes by two tractors which actually made me back up for 200 metres so they could pass so I really did 4:07. I think with some more speedwork and a cooler day I could perhaps do a sub-4 but it would be a big ask. I was on the rivet the whole time'.

He finished in 4:09, a major improvement over his own previous record of 4:36. Apart from running and cycling really quickly, it's interesting to note that his four transitions took a total of only 3 minutes!

A very wet and windy Sunday saw Mike Wells set off in pursuit apparently just after first light, with support from Ol' Eponymous himself, who was unable to take part as he had injured his arm falling off his bike following an over-exuberant 70th birthday celebration the week before! The remainder of the field gave Mike a respectable 2½ hour head start and set off in light mist up the head-on approach to Brycheiniog. Doug Adlam and John Aggleton made their intentions clear with a brisk start up the increasingly steep sharp end of the hill, while the rest of us compared age-related infirmities at a more comfortable pace. The cloud cleared once over the summit to give a superb day with fine visibility and a helpful tailwind, which increased in strength over the higher summits.

There is little to report by way of incident: the sheep on Sheepsh*t Alley stayed out of the way of the 45 mph cyclists and apart from us all having to elbow the Sunday afternoon amblers on Penyfan aside and Doug suffering a puncture after the Cwm Gwdi change (to find he had left his pump in the car) and then having to fight his way through the Jazz Festival crowds in Brecon all went smoothly. Various route choices were tried on the bike section between Brecon and Pengenfordd, with a consensus that the shorter but navigationally trickier route through the lanes via Llangorse is quicker than the main road via Talgarth. Robert West had an impressive crossing of Penyfan etc to pass me on the descent to Cwm Gwdi and Phil Holder showed he was recovering well from a long term injury by speeding up throughout and passing Doug on the last section. John Aggleton showed that all that training with no. 1 son (unfortunately unavailable this year) was paying off with a fine run that brought the supervets' record into line with Astrid Wheatcroft's best girly time of 2006 and missed Phil's 2005 0/40's record by only 2 minutes. Robert took about 45 minutes off Bob Smith's previous 0/60 record and he treated us to an impressive Jim Peters-style collapse at the finish by way of celebration. Personally I seemed to be lacking any strength up the hills and faced with the long drag up from Talgarth on the discredited A40/A479 route I decided to call it a day. Next year I go via the lanes...and do some training!

This event traditionally concludes with champagne and cream cakes at the finish, and Phil's mother-in-law's sticky cream sponge was washed down by several bottles of Chateau Gwynfi *cru coureur* while contemplating the results, which were:

Tom Gibbs	SM	MDC	4:09 Record
John Aggleton	0/50	MDC	5:16 0/50 record
Phil Holder	0/40	H'quins	5:34
Doug Adlam	0/40	MDC	5:41
Robert West	0/65	MDC	6:04 0/60 and 0/65 record
Mike Wells	0/65	u/a	8:40
Martin Lucas	0/50	MDC	dnf Talgarth

Thanks as ever to the supporters (Astrid, Jane, Lorraine, Sarah, Dee, Bob and Kay) without whom we couldn't have our fun days out. Next year? Maybe...

Martin Lucas

And Finally.....



My daughter on holiday in Zimbabwe..... nothing to do with fell running but it made me laugh.

Editor:

Alan Stone
5 Church Road
Whitchurch
Cardiff, CF14 2DX
Email; alan_stone at talk21.com

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

Deadline for next issue: 1.12.07

You can never
have too many
Chicken Curries
arf'n'arf

