



Mynyddwyr De Cymru

Newsletter January 2011

www.mdcwales.org.uk

Editors Shambles

Happy New Year to you all. I hope you've all been out in the snow getting cold feet and learning to pick your feet up! Welcome to the latest edition. I hope you've been getting up to lots. If you have, you haven't been telling me about it. I'm a bit thin on stories of daring do this month. Please keep me informed and I can include it in the next edition. Even if you're not overly literate then a few pictures are more than welcome. Keep them coming. I do have some sad news to impart. Our team captain, Tom Gibbs is leaving us to go and live in the Lake District. His contribution to Tuesday night runs and his excellent planning of the odd epic adventure or 3 will be sorely missed and his muddy daps will be hard to fill. Even more unfortunately he's taking his

charming wife, Astrid, with him and her gentle wit and charm will be missed even more. I am sure you will join with me in wishing them both all the best for their future up there. If I told you what he was working on up there he'd have to kill me.

Membership Benefits

Just a reminder that we have successfully negotiated a 10% discount at Cotswold Outdoors for club members. Please quote code;

AF-TMSW-F8

This can be used in-store, by telephone or online. Remember the motto, abuse it and we'll lose it - so please don't go passing this onto your friends outside the club. The usual exclusions apply, sale items, gift vouchers etc.

South Wales Winter League 20 – 2011

Message from John Sweeting about this year's winter league. Here are the rest of the seasons races not included in the last Newsletter. I hope to see you at some or all of them. Starting us off in 2011 is the short but brutal Martin Lucas organised race straight up the Garth. Anyone who doesn't throw up at the top clearly wasn't trying.

January 15	THE GARTH 1m/900ft	£2.00	Over 14	From Gwaelod y Garth Primary School, Gwaelod y Garth, Cardiff Organiser: Martin Lucas (01656 880009)
January 29	CRYCHAN WINTER 5m/1250ft	£3.00	Over 16	From Glan Bran Arms, 5 miles NE of Llandoverly on A483 (GR SN 810396) Organiser: John Sweeting (07929 021897) e-mail: john@wfra.org.uk
February 26	BLAENBRAN BLAST 3.6m/935ft	£2.50	Over 16	From The Square, Upper Cwmbran, Torfaen Organiser: Matt Collins (07904 004393) e-mail: Handlebartash@aol.com http://sites.google.com/site/blaenbranst

March 26

LLANTHONY WINTER
3.4m/1250ft

£2.50

Over 16

From Llanthony Abbey car park (GR SO 289278)
Organiser: Dick Finch (01291 627569)
e-mail: DickFinch@talktalk.net

Further details: www.wfra.org.uk
John Sweeting,

www.mdcwales.org.uk
tel: 01550 721086 mobile: 07929 021897 email: john@wfra.org.uk

Blorengel Race Report

Winner Scores on the Tea Urn

Blorengel winner Mark Palmer may not have beaten his course record this year, but he got back down the snow-sprinkled mountain quick enough to keep Chepstow's Paul Murrin behind him, and in time to serve tea and coffee to the rest of the runners as they trailed behind him into the village hall.

Jess and Chris Taylor laid on the usual well-marked and marshalled course, as well as the tasty sandwiches and seasonal stollen cake to accompany Mr Palmer's welcome hot drinks.

Women's winner, Helen Fines, dedicated her run to her recently departed dog, George, of whom your humble reporter also has fond memories of a shared van seat to a distant fell race in the summer.

John Sweeting

Sugar Loaf Race Report

Organiser Douglas Adlam has got himself a winning formula with the Winter version of the Sugar Loaf race, especially when he can say "Numbers were a bit down at 97 – wasn't the OMM on this weekend?"

Indeed it was: with a dozen runners from Chepstow alone roaming over Dartmoor.

To accommodate almost 100 runners in the first steep, narrow lane, Douglas brought the start back to race HQ, the Crown Inn at Pantigelli, to allow half a minute of wider road for the field to thin out some.

Sunny Autumn weather with good views for those who took the opportunity to look around at the summit, and a well-marked course bore many favourable comments from the 97.

They also enjoyed the Crown's "yummy" (the Organiser's words) hot sausage rolls and other post-race treats.

A ding dong battle at the front had old rivals Mark Palmer and Matt Collins never more than a few seconds apart over the five miles, with the M40 Mynydd Du man prevailing over his younger Mynyddwyr de Cymru rival. "I worked hard to take advantage of Matt not being on top form" said Mark afterwards.

Helen Fines regained her title just 80 seconds behind her record on the slightly shorter course, and admitted that despite the fulsome course-marking "I still went wrong in the bracken – what a dizzy blonde! But now the English and British championships are over, it was a pleasure to enjoy the outing on one of my favourite courses."

John Sweeting

Cardiff Burn

Despite the overpriced entry fee (in my own personal humble opinion) a fell running chum, Alan Stone, somehow persuaded me to enter this event. The format is a run (8km) then urban orienteer (2km) around the Bay, followed by a bike section which involves dashing up the Taff Trail (but avoiding running over dogs, children and fellow walkers also enjoying the fine weather) then following an 8km mountain bike route around Castell Coch woods before heading back to the Bay for 3km canoeing. Entry was a hefty £49 but as it was local I was somehow persuaded to take part.

Event day proved perfect – cold, clear and with little wind. We cycle down the trail to the start in the Ronald Dahl Plaza in the Bay. Here we registered, racked bikes and risked the Portaloos. Just over a hundred teams are taking part, some in very scary fancy dress. Prior to the start some 'trainers' from a local gym start to try and get us to prance around as a warm up – something we avoided!

The start was at the bridge across the plaza. We dash off for the run over the barrage and around the bay. This was going to be the slowest section for us. Alan is more at home on the hills and is a not a road runner. We arrive back at transition in a position somewhere in the high teens. The orienteering is quickly ticked off and it's off on the bikes. Here we got our secret weapons out – cyclo cross bikes - however they only had limited value as the multiple moving obstacles on the Taff Trail limited our top speed! Nevertheless we have a good spin up the trail, successfully managing not to upset too many people by gaily ringing bells and saying 'thankyou' a lot.



Jules Carter with team mate Alan at his (right) elbow

The mountain bike section was an 8km marked trail winding through the woodland at Castell Coch with a couple of check points to make sure you didn't cut corners. Despite the recent rain the riding was very pleasant and we were helped by the fact we were cycling in an area we knew extremely well. This helped as some of the tape marking was not obvious (plus the organisers had problems with some of the marking tape being removed). It was then back down our beloved Taff Trail and back to the Bay.

It is then a dash into transition to dump the bikes and excess gear before running off to the pontoons for a bit of canoeing. Quickly we grabbed buoyancy aids and paddles and jump into the double sit-on-top tubs. We power off, Alan at the back, quickly setting up a reasonably sensible rhythm. Ahead I can see eight teams on the water and we set about chasing a few down. The canoe section is about 3km long with two checkpoints to dib. The canoeing goes well and by the time we get back to the pontoons we have overtaken three teams. A quick sprint to the finish check-point and its game over after 2hrs 39mins supposedly in 6th place. However it's soon clear that a number of the teams ahead of us had missed the route on the mountain bike stage and had opted to cycle back rather than retrace their route. Thus the end result was a podium third place for 'Team Mongrel' (i.e. me and Alan), a mere 13 seconds behind the second place team of NEWT! (The first team home contained club captain Tom Gibbs demonstrating why he's a former world champion, We won about 20 quids worth of Inov8 socks and free entry to next year's event so made up some of the entry fee!

Jules carter

Tuesday Night Winter Runs

All runs will start at 6.30pm and last for 1 to 1 ¼ hours. We hope to enjoy a meal at a local pub or with a club member after the run for those interested. Please bring a decent head torch as all these runs will be in the dark from start to finish. Please bring suitable clothing to cope with the likely weather conditions. We will try to stick to main paths so as to minimise the trip risk. Please note that all runs are at individual risk and are not formally recognised club runs. Please telephone the host beforehand to let them know you're coming to make sure that we get the catering numbers right.

Tuesday 18th January – Meet at Ty Nant in Morganstown (ST127819) for a run up the Garth. After to Gary Davies's house for grub (32 Foreland Road, Whitchurch). Please telephone Tel; 07921 838 558

Tuesday 15th February Meet at Storey Arms. Run up Pen Y Fan or Fan Fawr. After at Nant Ddu Lodge, Hotel, Bistro and Spa - if they'll have us! We had an epic run in a blizzard on this one last winter. Not to be missed!!

Tuesday 15th March – Cwmcarn Forrest Drive Grid Ref ST230936 for a run around the Mountain Bike Trail and optional trip to the top of Twmbarlwm. Afterwards to the Darren pub.

If you have any queries please telephone me, Alan Stone on 02920691045.

further afield let me know and then I can ensure that I put the results in the newsletter.

LEJOG 2011

The group of MDC members thinking of cycling from Lands End to John O'Groats next May have paid their deposits on the accommodation on route so all we need now are some snow free days to actually do some training on. I can't say I'm keen to do a "Toffer" sliding on ice and ending up in casualty. Below is a picture of the route. It doesn't look very long does it?



Results

As usual I only list declared MDC runners. For full results please see WFRA website or race organiser. If you are not listed it is probably because you didn't declare yourself as MDC! I only tend to keep the local races on the radar, so if you're doing something

Fan Fawr 2nd October 2miles 1000ft

1	Matt Collins	MDC	SM	17.51
14	John Aggleton	MDC	V50	20.45
20	Kevin Betts	MDC	V40	21.15
21	Steve Brown	MDC	V50	21.26
24	Peter Williams	MDC	V50	21.53
33	Brian Hardcastle	MDC	V50	23.23
35	Alan Stone	MDC	V50	23.36
39	Martin Lucas	MDC	V50	24.12
43	Gareth Griffiths	MDC	V40	24.29
51	Mike Harris	MDC	V50	26.06
53	Dick Finch	MDC	V60	26.48
56	John Sweeting	MDC	V60	27.17
57	Robert West	MDC	V70	27.30
65	Les Pugh	MDC	V60	34.20
66	John Battersby	MDC	V70	40.13

Long Mynd Hike 2nd-3rd October 50miles 8000ft

6 381 DAN BOOTH BATH 9:51

The Ceiriog Canter Sunday 24th October 2010

27	Dick Finch	V60	MDC	60.02
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Sugar Loaf 30th October 5miles 1455ft

2	Matt Collins	MDC	M	39.08
22	Rhys Williams	MDC	M40	47.18
23	John Aggleton	MDC	M50	47.28
27	Gary Davies	MDC	M	48.14
43	Peter Williams	MDC	M50	50.58
47	Kevin Betts	MDC	M40	51.30
61	Martin Lucas	MDC	M50	53.49
71	G Jones	MDC	M60	56.11
73	Gareth Griffiths	MDC	M40	56.35
79	Dick Finch	MDC	M60	58.42
87	Robert West	MDC	M70	63.30
91	Eric Meredith	MDC	M60	69.55
92	Les Pugh	MDC	M60	71.26
96	John Battersby	MDC	M70	88.12

Blorenge 27th November 2.5miles 1400ft

13	John Aggleton	MDC	M50	32.02
16	Pete Williams	MDC	M50	32.31
19	Andrew Blackmore	MDC	M40	32.58
23	Helen Bennett	MDC	F	35.29
26	Andy Stott	MDC	M50	35.52
37	Dick Finch	MDC	M60	38.21
39	Ute Meister	MDC	F40	39.08
40	Martin Lucas	MDC	M50	39.28
43	Mike Harris	MDC	M50	40.36
48	Gareth Jones	MDC	M60	42.53
50	John Sweeting	MDC	M60	43.25
52	Gill Stott	MDC	F50	44.07
57	Dave Gilbert	MDC	M60	51.12
59	Les Pugh	MDC	M60	56.20
60	Ian Payton	MDC	M	61.58

Winter Hill Series After 3 Races

4	John Aggleton	MDC	M50	262
7	Peter Williams	MDC	M50	246
15	Matt Collins	MDC	M	211
17	Martin Lucas	MDC	M50	202
26	Dick Finch	MDC	M60	180
32	Kevin Betts	MDC	M40	163
41	Gareth Griffiths	MDC	M40	134
45	Mike Harris	MDC	M50	118
46	Gareth Jones	MDC	M60	111
50	John Sweeting	MDC	M60	102
51	Robert West	MDC	M70	101
66	Steve Brown	MDC	M50	87
69	Rhys Williams	MDC	M40	85
72	Andy Blackmore	MDC	M40	83
73	Gary Davies	MDC	M	83
86	Brian Hardcastle	MDC	M50	77
89	Alan Stone	MDC	M50	76
91	Helen Bennett	MDC	F	74
94	Andy Stott	MDC	M50	73
116	Ute Meister	MDC	F40	61
130	Les Pugh	MDC	M60	47
140	Eric Meredith	MDC	M60	30
142	Dave Gilbert	MDC	M60	18
144	John Battersby	MDC	M70	2
145	Ian Payton	MDC	M	1

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. How efficient are the lungs at exchanging oxygen?
Sir T. It has been calculated that if you spread out the lining of your lungs it would cover the area of two tennis courts - and that you'd be dead.

Q. My knee hurts when I run, what is causing it?
Sir T. The pain in your knee is probably just due to old age.

Q. Well, my other leg is just as old and that doesn't hurt.

Q. I went to see my doctor the other day and he told me to drink my medicine after my evening bath. Do you think this is good advice?

Sir T. I don't think you'll have much room for the medicine after you've drunk the bath.

Q. Do you ever smoke after making love?

Sir T. I don't know, I've never looked.

Q. What's the best treatment for a cold?

Sir T. A Cold can be both a positive and negative experience, sometimes the eyes have it, sometimes the nose.

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