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Data Protection Act

The above Act requires us to tell all members that their personal details will be maintained on a computer. This allows us to send you material. You have the right to request that your details be removed from the computer database and you should contact the Membership Secretary if this is your wish.

Editors Bit

So you weren't satisfied with the bumper edition I sweated over last month eh? You want even more do you? Well come on dude bring it on, I can type as fast as you can write. One mega edition coming up double quick time – with photo's! It's keyboards at dawn and I'll be waiting fer' yer'.

Yes the secret came out at Llanbedr-Blaenavon I'm a SVM (50) who'd of thought it! This is where you go up an age bracket and try even harder at having a coronary during that first year in a new competitive group. So not to disappoint you over 50's ...

The AGM's come and gone with no great changes, we ate the English losers cakes, have Fred Parry as Treasurer and now turn to doing what we do best – dragging aching limbs up and down big chunks of countryside.

Finally, thanks to OGB for organising what looks to be an eventful summer. Read later of his 'Race the Train' exploits, he's definitely gone off the rails!

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Club Bash

The not to be missed occasion of the year. Put 25th September in your diary for a social function at the Norwegian Church, Cardiff Bay. Precise format to be determined but possibly buffet and bar but definitely with guest speaker Dr Mike Stroud who will be known to many as a TV personality, participant in 7 marathons 7 days 7 continents etc. His appearance fee will be in the form of a donation to his nominated charity HOPE which is a medical research outfit.

Please communicate interest via email or phone to committee members for costing/subsidy/invitations to selected others. Douglas Adlam email douglas.adlam@morgan-cole.com or tel: 02920576968 or Martin Lucas details elsewhere in this newsletter.

Tuesday Night Training Runs - O.G.B.

'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

To which some of us might add the need for a glass of something restorative in the back bar of the Muddy Dap after the run, but otherwise it sums up MDC's approach to an evening outing on the hills. So it's time for all keen fell runners, walkers and lovers of good pub food to chip last year's mud off their daps and enjoy **MDC's 24th 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 challenging terrain South Wales can offer. Also there are a few **weekend epics** for you to work up to...

After last year's modest success, we have thrown in some *cycling evenings* on Thursdays in midsummer. These will be about an hour (?) of undulating (oh yes) roads as practice for the Bob Smith Traverse, but any serious cyclists should bear in mind we're runners really!

May

4 Cardiff Harlequins RFC, Whitchurch, Cardiff. Joint run with Harlequins Runners

8 (Saturday) **Penyfan the hard way**: 40 miles of running and cycling from the sea at Aberavon via Glynccorwg and Blaenrhondda to Penyfan. 2 x bike, 2 x run with set changeovers. Not a race but a good early-season day out. Details as Transfan below.

11 Torpantau (highest point on Pontsticill – Talybont road)
18 At home with the Lucases, St. Brides Major (01656 880009 for directions)
25 Cardiff Harlequins RFC, Whitchurch, Cardiff. Joint run with Harlequins Runners

June

1 Storey Arms: heading west?
3 *Cycling from the Fox & Hounds, Blackmill*

5 (Sat) provisional date **The 20th Anniversary TRANSFAN: 21 miles/8500 feet** over the wildest parts of the Beacons. After 20 years the classic route is still unchallenged as the toughest day's run in Wales. *Not* a race but run/walk/limp at your own pace. Champagne bbq at finish with the awesome and magnificent Transfan Trophy (holder: Alice Bedwell) being awarded for the best sporting performance. Details: Martin Lucas 01656 880009

8 Maesteg Leisure Centre
10 *Cycling from the Nant Ddu Lodge, on A470 n of Merthyr.*
15 Bargoed Leisure Centre
16 (Wed) Coity Race. 7.30 from the Whistle Inn nr Blaenavon. Doc Buffett 01495 791454
17 *Cycling from the Fox & Hounds, Blackmill*
22 Cwm Llŵch (north side of Penyfan) gr 006245 – maybe BBQ if fine
24 *Cycling from Castell Coch, Tongwynlais*
29 Gwynne Arms, top of Swansea Valley nr Fan Gihyrich

July

1 *Cycling: venue to be decided*
6 Red Lion, Llanbedr, Crickhowell
8 *Cycling: venue to be decided*
13 Neuadd reservoirs, north of Pontsticill

- 15 *cycling: venue to be decided*
 20 Llangeinor Arms, on the hill between Llangeinor and Ogmere Vale

24 (Sat) Bob Smith Traverse: 45-50 miles of running and cycling over the six 800 metre summits of south Wales. *Not* a race but a grand day out. Details as Transfan.

- 27 Storey Arms: eastwards this time?
 29 *whether cycling continues depends on interest after the BST: ask for details*

August

- 3 Angel Inn, Pontneddfechan. The infamous waterfalls run with optional swim.
 10 Llanthony Priory
 17 Llantrisant Forest car park
 24 Dare Valley Country Park
 31 Maen Llwyd Inn, Rudry

September

- 7 Cwmcarn Forest Drive
 14 At home with Alan ‘Falling’ Stone, Whitchurch Cardiff (sorry I haven’t got a number!)
 21 Sirhowy Valley Country Park
 28 Southerndown beach, nr. Bridgend

October

- 5 Caerphilly Mountain car park
 12 Storey Arms for Penyfan in the dark. Torch and high lunacy threshold essential!!
 19 Fagin’s, Taffs Well
 26 Merthyr Mawr Village Green for the sand dunes in the dark followed by end of season feasting for all survivors at the Farmers Arms, St. Brides Major.

If you need more information phone me (Martin Lucas) on **01656 880009** or greybeard@chestnutview.freeserve.co.uk



A Fan Too Far

What had seemed like a good idea in the pub after a few bebies, suddenly seemed a lot less attractive. It was 6.15 in the morning and John Syms, Mick Leroy and I, were off to try to run the Transfan in winter.

Because we didn’t think this was hard enough and (partly) because we only had one car we were going to do it without support. Just to liven it a little further we were also going to attempt 2 Transfans back to back – well, we had to get back

to the car! (*Ed. nutters, absolute nutters*) We left the car at Storey Arms and headed off into swirling mist. Mick was doing his impersonation of the terminator with mechanical arms that creaked and clanked with

every plant in the soft turf.

Pace was everything and we were taking it slowly. The Fans came and went in an adrenaline fuelled blur. Navigation was courtesy of the US military and their satellite systems. Faultless technology, with pinpoint accuracy to within 8 metres. Unfortunately nobody had told the poor sod reading it and we took a slight detour over the nameless hill between Fan Gihyrych and Fan Brycheiniog. We made good time and arrived in Llandeusan in 5 hours 12minutes. A quick stop in the Youth Hostel to blag some water and it was time to turn back.

By the time we reached Bannau Sir Gaer, Mick was beginning to struggle. Rivulets of sweat were pouring off him and significantly adding to the flooding problem in the Neath Valley below. Mick decided he would be unable to complete the event and would just

make it back to the car. In the true spirit of Christian charity that these occasions demand, John and Alan made the decision to abandon him to his fate. We headed off Eastwards leaving the clanking of R2D2 behind. Fan Gihirydh reared its ugly head again and we knew that this was where the men would be sorted from the boys. We were found to be sadly pre-pubertal.

The up hills proved harder and down hills not much easier after that. Things began to ache that had previously only been descriptions in obscure anatomy textbooks. John became dehydrated and was stupid enough to believe the good doctor who told him that the water on the hills didn't really contain sheep shit.

Storey Arms limped into view after 11 hours and 20minutes on them thar hills. The oil splattered tarmac suddenly became the most luxurious sofa to lie on and recuperate.

Then it was time to whip tired flesh and take the motorway over the last Fan, over to Cwm Llwh and back. 50 yards up the track and John's calf finally gave out. Alan then decided it was time to quit his Long John Saliva impersonation and we reluctantly called it a day.

What did we learn? (*Ed. Your answers pse on a postcard*) That good ideas in the pub rarely translate into practical reality – possibly. That a frontal lobotomy is less painful – probably. That this trip was spectacularly beautiful and well within the grasp of mere mortals – definitely. The gauntlet has been thrown down. Who will pick it up.....

AMS

Ed. I would but my arms are too short and besides I was looking the other way at the time.



You know you're getting too old for this running business when...

(no. 86 in a short series)

'Peep peep!' Thomas the Tank Engine was enjoying his Easter holiday in south Wales, taking excited children to the seaside at Barry Island. His blue paint had

been specially polished, and Annie and Claribel, his favourite carriages who followed him everywhere, gleamed in the spring sunshine.

Just as Thomas's happy train was crossing the causeway that joins Barry to Barry Island, the Fat Controller leaned out of

the guard's van (ignoring Health and Safety Regulations) and called to Thomas, 'Look, Thomas: there's a white-haired old jogger down there on the road. Let's see if we can catch him up and perhaps shower him with cinders before we reach the station!'

Secretly, Thomas was getting a bit bored with trundling to and fro at a steady 10 mph, and was keen to show his passengers what a Proper Engine could do. So with a big puff of white steam and a sharp 'peep, peep!' he accelerated away to catch the jogger. 'I think I can, I think I can', puffed Thomas. But Old Greybeard (for it was he) heard all the whistling and puffing behind him and thought, 'I may not be as quick as I used to be but I'm not going to be overtaken by a cartoon railway engine and subjected to abuse from the kids from Barry on the train', and picked up his pace. 'Oh no you won't, oh no you won't', he muttered to himself.

'I think I can, I think I can'.

'Oh no you won't, oh no you won't'. OGB accelerated to a flat out sprint (which didn't last long).

'I know I can, I know I can!'

'Perhaps you're right, perhaps you're right!'

With which Thomas steamed past an exhausted OGB with a deafening 'PEEP!!' on his whistle. As the carriages rumbled past the defeated runner, all the children joined in with a merry chorus of '118, 118!', with a shower of egg sandwiches and apple cores directed at our hero. Even the Fat

Controller couldn't resist a hearty '192, 192!' from the guard's van as the train pulled into the station and OGB collapsed on to the beach to recover his breath.

'Well', said Thomas to Annie and Claribel once the children had got off the train, 'that really raised my steam pressure. Fancy a quick threesome behind the goods shed?'

And that was (mostly) a true story.



The FRA, England wish the statement below to receive the widest circulation.

INTERNATIONAL FELL/MOUNTAIN RUNNING

The selection and organisation of fell runners competing for England is by an International Sub-Committee, which reports to the FRA Committee.

The opportunity has arisen to re-establish this committee, which is currently suspended, to be made up of:

- Chairman: sits on and reports to the FRA Committee on selection, budget matters, etc.
- Team Manager: is the main contact with the athletes and normally travels with them to international events.
- Asst Team Manager: assists the Team Manger as above.
- Junior Co-ordinator: primary contact with junior athletes travels with teams, etc.
- Co-opted Members: provide general support and have a vote on athlete selection.
- Team Coach: advise athletes on achieving peak performance, travels with the team, etc.

Anyone interested in playing a role in the selection of fell runners for international races should telephone Alan Barlow (FRA Chairman) for an informal discussion on 0161 483 9330.

P&O KNOCKDHU CLASSIC 24th April 2004

Although the Noon Stone Fell Race was intended to be the selection race for the above international event because of the current suspension of the International Sub-Committee no runners will be selected to run for England at the P&O Knockdhu Classic.

FUTURE INTERNATIONAL EVENTS

Until volunteers come forward to serve on the International Sub-Committee (see above) no further English representation at

International events will be arranged, e.g. World Masters, World Cup.

The next international event is the International Snowdon Race (24th July) and on the assumption that a new International Sub-Committee can be formed soon, team selection will be based predominantly, but not exclusively, on results in the Skiddaw Race (4th July).

Until a new Selection Committee is formed, any athlete who wishes to be considered for International selection and cannot attend the trial race should contact Graham Breeze (01943 874046 or Breezeuplands@aol.com) who is currently co-ordinating matters on behalf of the FRA Committee.

28th March 2004

Ed: I circulated this, to those on email, on as soon as I received it (5th April). I don't have the full details of what's gone wrong but the FRA, England clearly have some internal difficulties.



Better News:-

Crispin Flower has set up a club chatroom on the internet. Join by contacting www.smartgroup.com/joingroup or crispin@cutstraw.vispa.com it's easy, full of club info. and it's free!



Pen y Fan the hard way – O.G.B.

Since I put this in the list of MDC runs there has been a fair amount of interest in what is involved. So to get you excited I can confirm that the event (not a race but go at your own pace) is **ON** for **Saturday May**

8th, with the basic route being:

Start: Aberavon beach SS 747892 on the west side of the dock breakwater. Run up the beach, collect your bike and cycle to:

Glyncorrwg SS 875992 where the road crosses the river. Then run to:

The Rhigos viewpoint and car park SN 927032 **via the 600 metre trig point**

at SN 905032 (the highest point in Glamorgan). Then back on the bike to: **The 'toilet track' car park**, south of Storey Arms at the foot of the main Penyfan path.

Finally run/walk/stumble to the top of **Penyfan to finish.**

The jog back down is optional. Then we'll go to the pub!

Start time: 11.00 a.m.
Record time: 3 hrs 18 mins (a younger and fitter OGB, 1993). Total distance: about 40 miles with about 4000 feet of climb. Obviously you will need a support crew to transfer your bike as necessary and to take you home!

Route notes: From Aberavon to Pontrhydyfen there's a choice of the A or B roads on opposite sides of the valley. I really don't know which is quicker. I haven't investigated the cycle path from Afan Argoed to Glyncoerrwg: although the gradient may be easier than the road I don't know what the

surface is or about any gates/obstacles.

"Re Cycle path - I ran the top half of the cycle path between Afan Argoed and Cymmer on the Afan Argoed side of the river last Friday, they have started to tarmac the top end of the track and are working their way towards Pontrhydyfen, they haven't got very far (about half a mile) but the rest of the track on that side is rideable anyway on a road bike although there are 2 or 3 gates to be negotiated. - smile on"
Dai Richards

The crux of the day is finding a way through the forest to the trig point. There has been a lot of felling and an attempt last Saturday to walk the bridlepath marked on the 1:25000 map as a direct line was not a great



success. I got lost here on the 1993 effort and careful navigation will be needed.

The rest of the route is straightforward and the plummet to Hirwaun should be exciting!

Any queries ring me on **01656 880009**. We'll see you there!

Martin Lucas

Independent Welsh Fell Running Association

There appears to be a great deal of support throughout Wales for a body to be formed, independent of the Athletic Association of Wales, to look after the interests of domestic / grass roots fell running in Wales. A meeting is to be arranged to discuss this matter further, anyone with an interest is welcome to attend. This will probably be after the Nant y Moch race on 26th June at a venue near to the race start. Once details have been confirmed they will be publicised.

Geoff Clegg, Eryri

MDC – Winter League Results 2003/4

		Fan Fawr	Bloreng	Abergwynfi	The Darren	Llanthony	The Tumble	Pen Cerrig Calch
Number of Runners		36	42	20	45	36	32	33
Name	Cat.	Time	Time	Time	Time	Time	Time	Time
1. Andrew Jones	SM	18.10	26.35	28.27	21.24	35.54	21.40	33.20
2. Mike Duxbury	SM	18.58	29.23	0.00	22.21	36.30	22.51	35.32
Pat Wooddisse	SM	19.35	27.51	0.00	22.43	36.04	0.00	33.38
4. Kit Edwards	SM	18.56	29.00	0.00	22.53	37.08	22.33	0.00
5. Doug Adlam	SM	19.50	29.02	31.03	0.00	0.00	23.37	35.46
6. Chris Taylor	VM	0.00	29.48	31.30	23.41	38.17	23.40	37.16
7. Tom Morgan	VM	20.36	31.29	0.00	23.56	38.18	23.28	0.00
8. Steve Littlewood	SVM	20.46	31.19	0.00	25.19	41.58	26.19	41.52
9. Matthew Collins	SM	0.00	26.29	0.00	20.44	35.34	0.00	36.23
10. Steve Brown	SVM	0.00	33.45	0.00	24.24	41.47	25.19	47.03
11. Martin Lucas	SVM	22.23	33.28	35.43	27.04	46.18	28.01	44.32
12. Mark Bryant	VM	0.00	32.11	0.00	23.50	39.06	23.17	0.00
13. Dave Cudlip	SVM	23.45	35.39	39.45	28.28	46.56	28.31	46.05
14. Simon Blease	VM	21.00	0.00	0.00	24.54	0.00	26.44	39.10
15. Eric Meredith	SVM	23.51	36.17	39.47	30.52	49.55	30.44	48.45
16. Peter Burch	SM	22.00	31.35	35.32	26.39	0.00	0.00	0.00
17. Phil Holder	VM	21.54	32.03	0.00	26.12	42.38	0.00	0.00
18. Andy Stott	VM	21.57	33.27	0.00	26.54	0.00	0.00	44.00
19. Robert West	SVM	0.00	37.41	0.00	31.58	51.45	31.07	46.46
20. Andrew Keron	SM	19.12	28.37	30.47	0.00	0.00	0.00	0.00
21. Neil Lewis	SM	20.06	0.00	0.00	22.10	37.08	0.00	0.00
22. Dave Gilbert	SVM	0.00	40.05	41.40	31.17	54.23	32.25	0.00
23. Paul McCartney	SVM	29.09	42.15	0.00	31.44	51.12	30.39	47.51
24. Julie Davies	SF	27.52	41.20	44.40	31.16	54.29	32.59	0.00
25. John Aggleton	VM	20.51	0.00	0.00	0.00	0.00	26.08	40.13
26. David Burton	VM	21.26	32.56	0.00	24.30	0.00	0.00	0.00
27. John Darby	SVM	21.16	0.00	34.20	0.00	0.00	0.00	42.50
28. Rhys Williams	SM	22.19	0.00	35.04	0.00	0.00	27.40	0.00
29. Paul Lewis	VM	0.00	0.00	0.00	27.16	43.10	27.19	0.00
30. John Karowajczyk	SM	0.00	34.02	36.00	26.44	0.00	0.00	0.00
31. Gareth Evans	SVM	0.00	43.09	40.33	30.33	0.00	31.21	0.00
32. Dick Finch	SVM	22.50	34.08	0.00	0.00	0.00	0.00	45.31
33. Gary Davies	VM	0.00	34.16	0.00	29.09	46.45	0.00	0.00
34. Sue Ashton	VF	24.19	0.00	0.00	0.00	50.04	29.51	0.00
35. Gareth Buffet	SVM	0.00	0.00	0.00	32.08	52.48	32.19	55.15
36. Crispin Flower	SM	18.29	0.00	0.00	0.00	0.00	0.00	34.07
37. Tom Gibbs	SM	18.49	0.00	0.00	22.01	0.00	0.00	0.00
38. Ifor Powell	SM	18.42	27.54	0.00	0.00	0.00	0.00	0.00
39. Julian Bass	SM	0.00	27.21	0.00	22.40	0.00	0.00	0.00
40. Glyn Griffiths	SM	0.00	30.34	32.36	0.00	0.00	0.00	0.00
41. Adrian Woods	VM	0.00	0.00	0.00	0.00	42.49	23.22	0.00
42. Les Pugh	SVM	31.32	48.32	50.40	35.32	60.05	36.07	0.00
43. Cledwyn Jones	SVM	0.00	41.28	45.41	38.04	0.00	36.10	0.00
44. Alan Stone	VM	22.22	36.05	0.00	0.00	0.00	0.00	0.00
45. Lynne Handley	SVF	30.45	0.00	0.00	36.46	62.11	34.46	0.00
46. Ian Turnbull	SVM	24.42	36.19	0.00	0.00	0.00	0.00	0.00
47. Sharon Woods	VF	0.00	0.00	0.00	0.00	49.57	29.57	0.00
48. Gerry Ashton	VM	25.37	0.00	0.00	0.00	0.00	30.30	0.00
49. Rodney Jones	SVM	0.00	48.57	0.00	38.49	63.34	38.50	58.36
50. John Proudlock	SM	0.00	39.45	0.00	30.49	0.00	0.00	0.00
51. Dylan Wynn Jones	SM	0.00	0.00	0.00	0.00	0.00	0.00	32.15
52. Jeff Lewis	VM	0.00	0.00	0.00	31.13	56.13	0.00	0.00

53. Martin Humphreys	SM	0.00	27.06	0.00	0.00	0.00	0.00	0.00	0.00
54. Tim Taylor	VM	0.00	0.00	0.00	0.00	0.00	0.00	0.00	34.13
55. Mark Saunders	VM	0.00	0.00	32.09	0.00	0.00	0.00	0.00	0.00
56. Colin Wilson	SM	0.00	0.00	0.00	23.51	0.00	0.00	0.00	0.00
57. John Griffiths	SVM	0.00	0.00	0.00	0.00	0.00	0.00	0.00	37.26
58. Tim Reynolds	SM	0.00	0.00	0.00	24.29	0.00	0.00	0.00	0.00
59. R. Wooddisse	SM	0.00	0.00	0.00	0.00	41.26	0.00	0.00	0.00
60. Richard Self	SM	0.00	0.00	35.18	0.00	0.00	0.00	0.00	0.00
61. Haydn Jones	VM	0.00	0.00	0.00	0.00	0.00	0.00	0.00	38.30
62. Mick Learoyd	VM	21.29	0.00	0.00	0.00	0.00	0.00	0.00	0.00
63. S Mc Robie	SF	0.00	0.00	0.00	0.00	42.41	0.00	0.00	0.00
64. Alice Bedwell	VF	0.00	0.00	36.38	0.00	0.00	0.00	0.00	0.00
65. Astrid Wheatcroft	SF	22.30	0.00	0.00	0.00	0.00	0.00	0.00	0.00
66. Pete Morphey	VM	22.32	0.00	0.00	0.00	0.00	0.00	0.00	0.00
67. Jane Lloyd	SF	0.00	0.00	0.00	0.00	0.00	0.00	0.00	40.37
68. John Battersby	SVM	0.00	0.00	0.00	38.14	61.34	0.00	0.00	59.13
69. Ian Ashton	SM	0.00	0.00	0.00	0.00	0.00	27.59	0.00	0.00
70. Phil Manning	VM	0.00	33.25	0.00	0.00	0.00	0.00	0.00	0.00
71. Matthew Gould	SM	0.00	0.00	0.00	26.56	0.00	0.00	0.00	0.00
72. Adrian Moir	VM	23.37	0.00	0.00	0.00	0.00	0.00	0.00	0.00
73. David Jones	SM	0.00	0.00	0.00	0.00	0.00	0.00	0.00	42.34
74. Mike Blake	SVM	0.00	0.00	0.00	0.00	0.00	0.00	0.00	42.44
75. Victoria Musgrove	VF	0.00	0.00	0.00	0.00	0.00	0.00	0.00	42.55
76. M Kenny	VM	0.00	0.00	0.00	0.00	46.30	0.00	0.00	0.00
77. Pat Llewellyn	SVF	0.00	0.00	0.00	35.39	60.50	0.00	0.00	0.00
78. Ellie Salisbury	VF	0.00	0.00	0.00	0.00	0.00	0.00	0.00	44.32
79. Simon Berry	SM	0.00	36.00	0.00	0.00	0.00	0.00	0.00	0.00
80. Ed Whiting	SM	0.00	0.00	0.00	29.49	0.00	0.00	0.00	0.00
81. Caroline Morton	SF	0.00	0.00	0.00	0.00	0.00	31.54	0.00	0.00
82. Tessa Gould	VF	0.00	0.00	0.00	30.59	0.00	0.00	0.00	0.00
83. Paul Newbould	SVM	0.00	39.49	0.00	0.00	0.00	0.00	0.00	0.00
84. P Ormerod	SVM	0.00	0.00	0.00	0.00	53.35	0.00	0.00	0.00
85. Joy Williams	VF	0.00	0.00	0.00	33.25	0.00	0.00	0.00	0.00
86. Derek Thornley	SVM	0.00	0.00	0.00	0.00	55.50	0.00	0.00	0.00
87. Andrew Bray	VM	0.00	47.04	0.00	0.00	0.00	0.00	0.00	0.00
88. David Stubbs	VM	0.00	0.00	0.00	0.00	0.00	0.00	0.00	59.15
89. Peter Williams	SM	0.00	0.00	0.00	0.00	0.00	0.00	0.00	59.15
90. Judith Powell	SDVF	0.00	0.00	0.00	42.41	0.00	0.00	0.00	0.00
91. Richard Davies	VM	0.00	59.58	0.00	0.00	0.00	0.00	0.00	0.00

And the result of the annual England v Wales bun fight saw a Welsh win by 73.85 points. Wales in fact won 5 out of the 6 races losing the last in the series at PCC. Special thanks to OGB and Mrs OGB (!) for working out the scoring system and compiling the results. I had to do a bit of 'cut & paste' from the Excel spreadsheet to get it into the right format, so any mistakes blame me. I also thought it'd be interesting to show how many runners took part in each race.

**The rest of the race results show category winners and MDC members only
(it saves space).**

Llanbedr – Blaenavon 27th March 2004

No organisers report but as Max Boyce said ‘I was there’ so I’ll give you a brief run down. The leading group had navigational difficulties with several going wrong off Crug Mawr and again off Sugar Loaf, which worked in my favour. Puffing Billy pushed me

round all the way but I dug deep pulling up and over the relentless Blorenge. Crispin ran well all the way leading from the front but one or two early contenders ran out of steam from Abergavenny. New prizes this year and new venue for grub after

the race, which is included in the entry fee – bargain. Race entries were exceptionally low this year, it’s a well organised and established race so give it a go next year which is it’s 25th year (one of the oldest in Wales).

Ade Orringe

Posn	Name	Club	Class	Crug Mawr		Sugar Loaf	Llanfoist	Blorenge Hut	Finish
				Top	End				
1	Crispin Flower	MDC		12.25	12.34	13-13	13.35	13.58	2-18-25
5	Adrian Orringe	MDC	SV	12.27	12.36	13-18	13.45	14.12	2-35-55
8	John Darby	MDC	SV	12.27	12.36	13-19	13.46	14.14	2-39-47
10	Tom Morgan	Welsh City Harriers	V	12.27	12.37	13-19	13.45	14.15	2-43-22
12	Angela Jones	Caerleon RC	F	12.28	12.38	13-24	13.55	14.23	2-49-38
13	Rhys Williams	MDC		12.29	12.39	13-25	13.56	14.24	2-52-36
14	John Aggleton	MDC	V	12.29	12.40	13-25	13.55	14.26	2-57-46
15	Mark Bryant	MDC	V	12.27	12.37	13-20	13.52	14.27	2-58-35
16	Richard Hooley	MDC	SV	12.29	12.38	13-27	13.59	14.31	2-59-31
18	Dick Finch	MDC	SV	12.31	12.42	13-31	14.03	14.36	3-06-09
19	Martin Lucas	MDC	SV	12.30	12.40	13-29	14.00	14.36	3-09-18
20	Eric Meredith	MDC	SSV	12.35	12.45	13-40	14.10	14.45	3-14-27
22	Robert West	MDC	SSV	12.33	12.44	13-36	14.12	14.49	3-24-42
23	Cledwyn Jones	MDC	SSV	12.36	12.48	13-46	14.20	unknown	3-30-13

Start at the Llanbedr-Blaenavon Race



Ras Pen Cerrig-calch Race 2004 - Del Boy

Phew! I've been out in all sorts of weather on some of the world's biggest mountains, but never in wind like that. Still, it made for a race to remember; one about which tales will be told in years to come by the old codgers in the back bar of *The Muddy Dap*. It was touch and go, but as people had travelled a long way, we put out a lot of marshals and a lot of flags and cut the junior race to half distance. If there had been any narrow ridges to negotiate or precipices near the course, I would have called it off, but (almost) everyone was keen to run. For once, there was no argument about kit requirements – I generally like runners to take responsibility for their own safety and, without exception, they did.

Just as the field set off, Kay Lucas, the summit

marshal called in to say that she couldn't reach the summit. She had been blown over and couldn't get up again! Fortunately the wind eased slightly before the runners got there, and she was able to crawl the rest of the way just in time. Even in rough slippery conditions, there was some close racing all round the course. Dylan Wynn Thomas perfected the "plummet" descent to get one better place than last year, although 3 minutes and 9 seconds slower. Judging by the mud caked look, many runners developed unorthodox descent methods; understandable as the storm force winds were behind them on the slippery slope. Most people were around 5 minutes behind their normal times, but Steve Brown lost over 13 minutes of last year's time because his glasses kept blowing off!

The juniors had an excellent close race, with Daniel just out-sprinting Sarah in the last few yards. James, Sarah and Lizzy all made a good enough effort to get selected for the Welsh team – a great future for all is in prospect.

As usual, 60% of the field were over 40 and 15% over 50, but all seemed to have a good time, enjoying the extreme conditions. Many thanks to Kay, Brian, Fred, Benjy, Ade, Angie, Lizzy's dad and Shirley for their presence around the course, ensuring a safe day out for all. Many thanks also to Cliff Jones for use of his farm – sorry about the state of the field after all the cars had slithered out of it.

It will be back to the last Saturday in March next year, and therefore back to our normal beautiful weather.

Senior Race Results

Pos.	Name	Club	Time	Cat.	Comment
1	Dylan Wynn Jones	Eryri	32:15	SM	1 st Man
2	Andrew Jones	MDC	33:20	SM	
3	Patrick Woodisse	MDC	33:38	SM	
4	Crispin Flower	MDC	34:07	SM	
5	Tim Taylor	Mercia	34:13	VM	1 st VM
7	Doug Adlam	MDC	35:46	SM	
8	Matt Collins	MDC	36:23	SM	
10	John Griffiths	Sarn Helen	37:26	SVM	1 st SVM
13	John Aggleton	MDC	40:13	VM	
14	Jane Lloyd	Eryri	40:37	SF	1 st Lady
18	John Darby	MDC	42:50	SVM	
19	Victoria Musgrove	Eryri	42:55	VF	1 st VF
20	Andrew Stott	MDC	44:00	VM	

22	Martin Lucas	MDC	44:32	SVM	
23	Dick Finch	MDC	45:31	SVM	
25	Robert West	MDC	46:46	SSVM	1 st SSVM
26	Steve Brown	MDC	47:03	VM	
28	Eric Meredith	MDC	48:45	SVM	
29	Gareth Buffett	MDC	55:15	SVM	
30	Rod Jones	MDC	58:36	SVM	
31	John Battersby	MDC	59:13	SSSVM	1 st SSSVM

Junior Race Results

Pos.	Name	Club	Time	Cat.	Comment
1	Joe Thomas	Cardiff	18:26	JM	1 st JM
2	Daniel James	Pontypridd	19:46	JM	
3	Sarah McRobie	Menai	19:50	JF	1 st JF
4	Lizzy Goodband	Aberystwyth	21:19	JF	

Pen Y Fan Race 10th

April

Again no organisers report so the roving reporter stands in. A Welsh Champ race ensured good turn out on a misty, drizzly day. Visibility poor from about 1800' resulting in some

losing their way. I haven't a clue where James McQueen went but there again neither does he! Unfortunately I fell victim to the mist and lost my way on the descent, my fault, compass bearing next time. Well done to Crispin and other

category winners. Thanks to Andrew Jones for organising and his team of marshals. Not many MDC runners?

Ade Orringe

Pos	Name	Time	Cat	Club
1	Crispin Flower	37:07	SM	MDC
4	Colin Lancaster	41:29	VM	Ludlow
5	John Griffiths	41:31	SVM	Sarn Helen
10	Angela Brand-Barker	43:34	VW	Keswick
13	John Darby	45:36	SVM	MDC
14	Adrian Oringe	45:40	SVM	MDC
15	Russ Williams	45:46	SM	MDC
20	Jackie Lee	47:30	SW	UA
28	Emyr Davies	51:02	SSVM	Eryri
43	Lyne Handley	141:54	SVW	MDC

Just a bit of space to use up here so I thought I'd use the opportunity to thank you for the numerous kind comments I've received on the content/format of the Newsletter. This is the 9th edition I've done and am still enjoying every minute of it! Any thoughts on the Newsletter pse let me know particularly if you think it can be improved upon. What about smaller font (10 like the results?) Less gaps on the page and more condensed format? I'm limited to MicroSoft Office, no fancy/expensive software as I find it complicates things for me and for those on email.

Knockdhu 2004

Report. Rod Jones.
Mountain Running Team
Manager

Wales' mountain runners took the P & O Knockdhu Classic Home Countries International in Larne, Northern Ireland by storm! First senior man, first senior woman and team prizes, whilst the Under 20 girls and boys teams took a second and a third together with team prizes in their respective categories.

Tim Davies ran an unchallenged race over a course of 7km with a climb of 420metres to win in a time of over a minute quicker than last year's winner. Second senior man Alun Vaughan equalling the 2003 winning time. Our third athlete home was Andrew Jones with cross-country specialist Rob Jones completing the team to challenge for the best men's team. They lost out to Scotland by the 'count back' rule after scoring the same number of points as Scotland.

In the women's race our team had what proved to be unbeatable form and experience, all had run in 2003 World Trophy in Alaska and brought all that experience to bear, dominating the women's results. Angela Brand-Barker finishing two minutes clear of her nearest challenger taking 59 seconds off her 2003

time in a great win, with Jayne Lloyd taking third place. Our third and fourth scoring athletes were Angela Jones and Sharon Woods securing a clear first team prize for Wales.

Our men's 'B' team lost their chance to go for a team prize when Rob Jones was drafted into the senior Men's 'A' team as a late replacement. Hadyn Jones, running for the first time in a Welsh vest just getting the better of Adrian Woods who was running in his 11th Knockdhu race.

The under 20 races were over a 4.2km course with a climb of 210metres. A tough course but it suited Rhodri Buffett who finished third in this International race ahead of Ian Williams, Dafydd Dylan, running for our 'B' team (and surprising quite a few including the selectors!), new vest Kit Williams, then 'B' team's Joe Thomas with another first timer in a Welsh vest, Daniel James, finding out just how tough mountain racing can be.

The girls, Sarah McRobie, Lizzie Goodband and Sian Kirk took an unopposed team win in their race on the same course as the boys.

A lively evening awards presentation, where P & O's generosity as a sponsor meant our successful athletes had a very profitable weekend,

was followed by a disco and celebrations with the odd glass of Guinness!

Full results are on www.nimra.org.uk

Senior Men

1st Tim Davies 35mins
07secs

3rd Alun Vaughan 36mins
13secs

9th Andrew Jones 39mins
15secs

15th Rob Jones 42mins
05secs

Senior Women

1st Angela Brand-Barker
45mins 00secs

3rd Jayne Lloyd 47mins
30secs

5th Angela Jones 49mins
11secs

9th Sharon Woods 55mins
02secs

Senior Men B

7th Hadyn Jones 44mins
51secs

9th Adrian Woods 46mins
16secs

Under 20 Men

3rd Rhodri Buffett
23mins 34secs

6th Ian Williams 24mins
53secs

8th Dafydd Dylan 25mins
05secs

10th Kit Edwards 25mins
58secs

12th Joe Thomas 28mins
55secs

13th Daniel James 37mins
16secs

Under 20 Women

2nd Sarah McRobie
32mins 26secs

3rd Lizzy Goodband
33mins 25secs

4th Sian Kirk 34mins
06secs

Membership renewal & Calendar information - John Sweeting

Both of these processes are well behind schedule. To remedy the situation, the following steps are being taken:

- details below of races taking place over the next six weeks
- race details for remainder of 2004 will be included with membership renewal correspondence
- AAW Registration – forms will be sent to all members who have asked for them, plus those who registered with AAW last year through MDC. Anyone else who wishes to register should contact me (contact details on membership renewal forms).
- full fixtures calendar for 2004 – will be circulated when available

MAY 1 SAT	Dinas Bran Hill Run 5miles/800feet	Start: 1.00 pm Over 16 Jnr race(s)	Entry: £3.50 on day only From Llangollen Sports Centre	Doug Morris 01691 653338
MAY 8 SAT	Foel Fras 13.5miles/3000feet	Start: 1.00 pm Over 18	Entry: £3.00 on day only From Abergwyngregyn, Gwynedd	Wyn Griffith 07767 778683 hywelthomas@supanet.com
MAY 12 WED	Caradoc Classic 3.5miles/880feet	Start: 7.30 pm Over 14	Entry: £3.00 on night only From Church Stretton Social Club in Essex Road (turn right over railway bridge on entering Church Stretton from A49).	Simon Daws 01952 433753 dawsy@lineone.net
MAY 15 SAT	Moel Eilio 8miles/3000feet	Start: 1.00 pm Over 18 Junior races if demand	Entry: £4.00 on day only. From Llanberis Youth Hostel (GR SH 574597). Registration in Llanberis Community Centre (GR SH 582599) from 11.00 am	Tim & Jayne Lloyd 01286 677785 timjayne.caeathro@virgin.net
MAY 23 SUN	Elidir Fawr 5miles/2800feet	Start: 2.00 pm Over 16	Entry: £3.50 on day. (includes refreshments). From Vaynol Arms, Nant Peris (GR SH 606583).	Mike Blake 01286 831115
MAY 29 SAT	Llangorse Loop 5.5miles/1900feet	Start: 1.00 pm Over 16	Entry: 50p on day only From col between Mynydd Troedd and Mynydd Llangorse (GR 161283)	Dick Finch 01291 627569
MAY 29 SAT	Ras Cader Idris 10.5miles/3000feet	Start: 2.00 pm Over 18 Jnr race(s)	Entry: £5 in advance or £6 on day. Entry limit 250 From Eldon Square, Dolgellau	Graeme Stringer 01341 251061 andreagoode@onetel.net.uk
MAY 31 MON	Mynydd Myfyr Hill Race 4miles/500feet	Start: 11.00 am Over 15 Jnr race(s)	Entry: £3 on day only From Trefonen village hall, nr Oswestry	Doug Morris 01691 653338
JUN 2 WED	Pontesbury Fell Race 3miles/1160feet	Start: 7.30 pm Over 16	Entry: £3.00 on night only From Pontesbury Sports Ground (GR 406058)	Graham Jones (Shrewsbury AC) 01743 361564/352387 keithrichards01@btinternet.com
JUN 5 SAT	Welsh 1000 Metre Peaks 22miles/8000feet	Start: 9.30 am Over 18 Short/junior race	Entry: £9.00 in advance. Send SAE to Entries Secretary: Richard Sills, The Map House, Vernon Avenue, Harcourt Hill, Oxford, OX2 9AU (01865 721644). No entry on day.	Harvey Lloyd 01865 721644 richardsills@btinternet.com
JUN 12 SAT	Man v Horse 22miles/4000feet	Start: 11.00 am Over 18	Entry: £16.00 to organiser From the Square, Llanwrtyd Wells	Gordon Green 01591 610270 tic@celt.ruralwales.org
JUN 12 SAT	Carneddau 10miles/3500feet	Start: 12.00 noon Over 18	Entry: £4.00 on day only. From the George Inn, Carneddi, Bethesda (GR SH 625672).	Dewi Sinclair 01492 582616