

## **News from MDC: January 2005**

Hi to everybody and Happy New Year! We apologise that regular newsletter service has been lacking recently, but unfortunately Ade Orringe has resigned. Bill Fear is going to take over editorial duties (one volunteer being better than any number of pressed men), but while he tries to get his head round the MDC email and postal address lists I thought a few words about forthcoming attractions would be in order to get the enthusiasm going to work off the Christmas pud.

### **Llanbedr – Blaenavon**

Attached to this you will find a letter and entry form from Doc Buffett in respect of this year's Llanbedr race. Amazingly it's 25 years since a brave group of runners, most of whom has never run a fell race before, gathered in Llanbedr for the first race to Blaenavon. I recall kicking steps in the snow up the Bloreng and thinking I had never done anything as hard in my life. It shows you've been running too long when the effects of climate change are noticeable in races, and it's unlikely but not impossible that conditions will be the same this year, but having since run all sorts of strange races in various parts of the world the thought of Llanbedr in the spring still gives me that little kick of adrenalin that says 'Hmmm...maybe just one more year.'

The 25<sup>th</sup> Llanbedr race also marks MDC's 25<sup>th</sup> birthday so it would be nice to see a good turnout for the traditional season-opener. Gareth and Kate are planning something special this year with an anniversary dinner after the race and a 'fun' handicap race on the Sunday morning, so put the weekend of 19<sup>th</sup> March in your diary and come and run the original South Wales A Long race.

### **Winter League**

Just time to mention the Darren race on Saturday 15<sup>th</sup> at 2 pm from Risca. There was a record turnout for the December race in Abergwynfi so the League is maintaining momentum, and can anyone challenge Andy Jones's dominance? This will also be the first ever race under WFRA rules, which brings me on to...

### **Welsh Fell Runners' Association**

As most of you know, the English FRA will no longer insure races outside England, and for reasons that are too complex to mention there is a great deal of dissatisfaction with the Athletics Wales set up. So following a lot of hard work by determined individuals the WFRA was established at a very well attended meeting in Penmaenmawr. An independent insurance scheme, which we are advised is superior to the old FRA scheme, is in place and it looks as though a good majority of Welsh races will be held under WFRA rules (which are essentially very similar to the FRA and SHRA) this year. Races are open to all with no supplementary fees. An open championship and hopefully northern and southern regional champs will be established shortly and we are promised a calendar within the next couple of weeks and a newsletter. A website has already been set up ([www.wfra.org.uk](http://www.wfra.org.uk) I think or something like that). Individual membership is £10 for the year and speaking personally I hope it is a success. The new organisation will not be involved in international matters, which rightly belong to Athletics Wales.

### **Summer Runs**

The 25<sup>th</sup> annual series of MDC Tuesday night runs will be prepared and circulated by the time of the Llanbedr race: all welcome from walkers to the fast men (and women). As has become traditional there will also be a few 'non-competitive' challenges which will include another chance to test yourself over the Transfan and the Bob Smith Traverse. Following the success of Penyfan the Hard Way last year watch out as well for something called From the Mountains to the Sea in the spring – probably not as simple as a reverse of P the HW. There are also stirrings from the Brycheiniog camp of various possibilities on the South Wales Traverse, and if there is sufficient interest the Thursday cycling group will reform once the evenings draw out. Ask Doug nicely and he might repeat the Big Bad Bwlch Bike Bash. The Wliad (Winter League In A Day) has also been mentioned but might be difficult to fit in.

Anyway, enough from me. Welcome to the MDC Silver Jubilee Season, and I hope to see you all at Llanbedr if not before.

Martin