



Mynyddwyr De Cymru

Newsletter – July 2005

What's cycling got to do with it?

**Probably the best
independent fell
running club in the
world**

www.mdcwales.org

Contents:

1. Introduction
2. Editor's letter
2. Mountains to the Sea
4. South Wales Traverse
7. Run reminders
7. LAMM
9. Other results

Editor

Bill Fear
3 St Augustines Place
Penarth
CF64 1BJ
029 20310174
w.fear@ntlworld.com

Sub-editor and publisher:

Rhys Williams
10 Beda Road
Canton
CARDIFF
CF5 1LW
029 20650796
rhys_jw@hotmail.com



It seems only yesterday that OGB was saying that it didn't seem like many club members were taking part in races over the summer months when Rhys sent me a whole clutch of results. But then this really is the weather to be out on a bike isn't it. I mean, look at the Tour de France and Lance Armstrong's continuing ride into history. Although, I have to say, it did seem a little unjust for Hinault to comment that 'You cannot place him in the pantheon...' and '..If Eddy Merckx had raced the way Armstrong does...[he] might have won 10 or 15 tours.' This is, of course, rubbish. The world has changed and we don't know how Merckx would perform under matched conditions. He may not have performed to the same standard. He may not have won any tours. And, as Merckx himself readily acknowledges, Merckx didn't nearly die from testicular cancer. So, following Hinault's rather sour comment we could say, 'If Lance Armstrong hadn't had testicular cancer he may have obliterated Merckx's standing absolutely and won 20 or 30 tours as well as every other race he entered into.'

Now, the thing is, what strikes me about all of this, sore comments aside, is how much we have to learn from cycling as runners. Most of us see running as an individual achievement, orienteering and noted team events such as adventure racing aside. We also tend to gasp in admiration and amazement every time a Kenyan or an Ethiopian wins yet another race and assume that this is due to some sort of magic physiology. It's not. Physiology undoubtedly plays a role. And I'm never going to run a sub-6 mile, but, actually, I don't care anyway. What most runners, and the commentators are equally remiss here, tend to ignore is that in most races there are teams of Kenyans and Ethiopians running as teams. The Americans are cottoning on to this as we begin to see in the sprints where they still dominate. Of course, the governing bodies of Athletics in the UK can't even get it together to support the country's top runners, let alone grasp the underlying strategy of working a race as a team or the inherent problems of devastating our young athletes by forcing them to over-participate.

What's even more interesting is that a number of interested non-runners I know have observed the same thing – runners working as teams. Of course, you're scoffing even as you read this because you know that running is not a team sport

unless we talk about relay races, which are not actually team events but co-ordination events. So, a few quick examples to excite the mind. Gabr Saillasse's last track race where the rest of the team actually slowed down to let him catch up. Tegla Lourupe setting the world record for the marathon in Berlin being paced by men (before Paula took her rightful crown which she's earned time and time again despite UK Athletics). And my own experience in the Madrid Marathon where the third lady was paced by something like eight men who formed a complete circle around her as she was bombing out.

So, what has this to do with Fell Running you might be asking yourself. Simply this. We're still runners, and we could, as stated earlier, learn a lot from cycling in terms of team work, pacing, strategy, etiquette, and so on. I daresay all of these are more inherent for Fell Runners anyway than for road runners because of the risks of being out on the mountains. But imagine how much further we might be able to take things if we applied some cross-disciplinary learning.

Editor's letter

Welcome to a rather late July edition of MDC news, but better late than never, even for a Fell running club newsletter.

We've got some good write ups for you in here, so thanks to all contributors. And thanks to Rhys for keeping up with results and ferreting them out from obscure places.

We hope to see the newsletter continue to grow with more contributions over the coming years and with an increasing variety of contributions. Don't be shy. Use it as your forum to have your say.

We also load all contributions onto the website as we receive them so you'll have double the exposure.

We really could do with some good jokes and stories as well. Some of you guys must have some juicy stories to tell? If you want to remain anonymous that can be arranged without your having to leave

the country. So send them on and send them up.

From the Mountains to the Sea

What's your favourite three-word phrase? Perhaps it's "Mine's A Pint" or "Half and Half", or for the more competitive it could be "It's All Downhill" or "Llanbedr To Blaenavon" (only joking!). Mrs. G's love of the national summer sport is such that "Rain Stopped Play" is music to her ears. The Gogs of course have "Dead Dog City", but that's another story. Anyway, for me the words "All Day Breakfast" always get the saliva running, and nowhere does a better ADB than the Pottery Tearoom in Ewenny, which is where a group of runners could be found one recent Saturday afternoon tucking into the aforesaid after one of our better Grand Days Out.

Which is a convoluted way of introducing From the Mountains to the Sea, the 2005 follow-up to Penyfan the Hard Way. The fevered brain of yours truly had come up with a multi-sport crossing of South Wales, starting in Cwm Llwyd and finishing on the beach at Merthyr Mawr and with the small matters of Penyfan, the Rhigos and the Big Dipper to cross en route. Amazingly, eight people and several back-up teams could think of no better way to spend a fine and sunny spring Saturday, and precisely just after the stroke of 9.43 they were away!

The day hadn't started well for Team Greybeard, as I realised halfway up the A470 that I'd forgotten my cycle helmet, and it was a rather bemused Kiwi bike shop owner in Brecon who had a very quick first sale of the day on our way to the start.

On the basis of 'ladies first', Helen Bennett took an early advantage by starting the event a few minutes before the main group, but by taking the Penyfan race route via the lake and over Corn Du to the summit of Penyfan rather than the 'Transfan finish' route direct up the north ridge favoured by the others, she lost her

early lead. An attempted Superman (Supergirl?) flying descent of the toilet track, assisted by tripping over a rock, didn't help her chances either but the amount of blood produced did win the sympathy vote.

Dai Richards, who so narrowly lost Penyfan the Hard Way to Tom Gibbs in 2004, sportingly waited at the start for his rival, and the pair of them set off in hot pursuit 31 minutes in arrears. All this meant that Alan Gillard was first over the top and down to the transition to the road bike, closely followed by Chris Blackmore, Phil Holder and Mark Bryant, and not so closely by me and Helen.

The first half of the road cycle to Blaenrhondda, via Penderyn and Hirwaun, was superb, with a strong tailwind most of the way and liberal use of top gear. Things changed after the Rhigos roundabout though, and the long drag round the hairpins on the 1000 foot-plus climb was probably the most testing part of the whole day. I found myself in bottom gear depressingly early on the climb, and I was spurred to greater effort only by a cheery 'Hello!' from Helen as she caught me up. Mark, meanwhile, had caught Alan, who was doing the whole thing on a mountain bike, but his advantage was lost at the Rhigos transition where Alan sailed serenely on in the direction of the 600 metre trig while Mark swapped bikes. Helen and I caught Phil and Chris at the changeover, which for the latter pair turned out not to be a changeover at all as their back-up driver, Brian, had decided that he didn't fancy the ice creams from the van and had headed for the Bwlch instead! Consternation from his team, who decided that the only way

to continue would be to miss out the MTB leg from Blaenrhondda to Werfa and instead to carry on via the roads to the Bwlch – thereby having an additional huge climb from Treorci to the top. Amazingly, following a 47 mph descent into Treherbert they lost very little time and rejoined at the start of the next running leg.

With some lucky route choices through the forest I managed to gain a temporary advantage over Mark and Helen, but such was my lack of mtb practice that it wasn't long before Mark and then Tom, having made up the 31 minute deficit, came past at speed. Another changeover at the Werfa mast saw us all stumbling back into running mode for the run via three trig points to the Llangeinor Arms. This was

mostly downhill, and with a clear sky and a following wind it was a pleasure to be on the hills, with views down to Cardiff and across to England. My legs were feeling the strain though, and with Mark becoming a speck on the far horizon I

Mountains to the Sea results:

Name	Club	Cat.	Time	Note
Tom Gibbs	MDC	SM	3:30	
Dai Richards	MDC	V40	3:50	
Mick Learoyd	MDC	V40	4:09	
Alan Gillard	Harlequins	V40	4:20	Cycled Storey Arms to Merthyr Mawr
Phil Holder	Harlequins	V40	4:20	Cycled on road Storey Arms to Werfa
Chris Blackmore	Harlequins	SM	4:20	Cycled on road Storey Arms to Werfa
Mark Bryant	MDC	M40	4:20	
Martin Lucas	MDC	M50	4:34	
Helen Bennett	?	SF	5:13	

didn't have to wait long before Chris and Phil came past looking fresh, whilst I just managed to hold off Dai (also having made up 31 minutes) to the fourth changeover.

It seems that at this point Mark, Chris, Phil, Dai and Alan were all within sight of each other, with Alan having lost his earlier advantage by cycling rather than running the Llangeinor ridge. With Mark's local knowledge the complicated road ride through Bridgend was accomplished without problems, but although Tom took a longer route to Merthyr Mawr that didn't involve ignoring several no right turn signs he couldn't be caught. Helen, meanwhile, decided to go house hunting in the

remoter Bridgend suburbs, which delayed her arrival. Phil and Chris managed to lose their backup again though, but fortunately Doug Adlam was on hand with two pairs of spare daps so they were spared a barefoot finish.

For those who don't know, the Big Dipper at Merthyr Mawr is reputedly the highest sand dune in Europe, so it was just the thing to climb after 40-plus miles. After that it was a steady mile through loose sand to the sea. Complaints were heard that the tide was out, adding a good couple of minutes to times as we had to finish with feet in the sea, but as I pointed out the tide had been in when we started so it wasn't my fault! And so to the aforementioned café for the ADB with added bacon, sausage and toast while sitting in the sunshine. Definitely another Grand Day Out.

As a postscript, Mick Learoyd gave us all rather too much of a head start by setting off on the Sunday on his own, but he got round in a very creditable time as can be seen in the results.

This could not have been done without the long-suffering support teams, so thanks to Kay, Doug, Brian the Lion, Phil, Gareth, Lisa and Dai's and Mick's entire families for 'enjoying' another Greybeard special. Next year's Spring Challenge may be a revival of the Winter League In A Day, but watch this space!

Old Greybeard

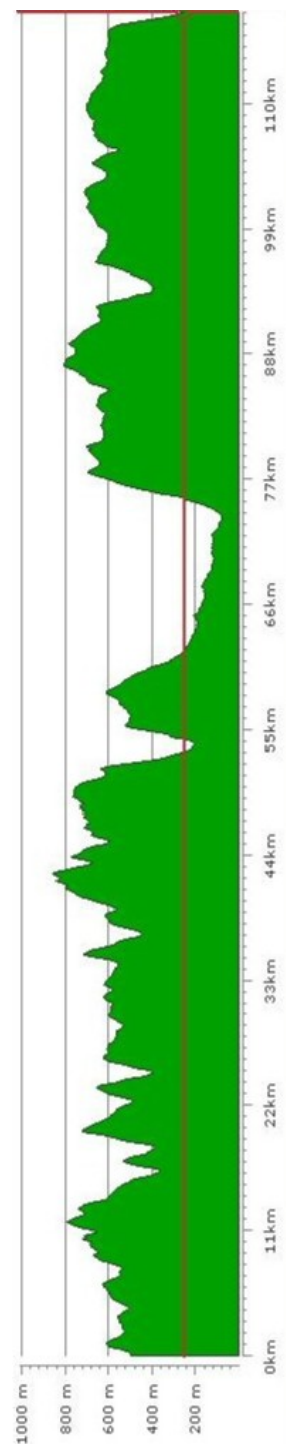
South Wales Traverse 2005 (21st/22nd May)

It was early in the morning, a typical South Walian day. The clag was down, temperatures were barely above freezing, visibility was 100 yards and 7 grinning idiots were looking forward to a day of pain, misery and hardship. The day was not to disappoint.

Rumour had gone around that Pete Morfey was to make his 4th attempt at the South Wales Traverse. Before his wife had a chance to yell, "Divorce" he was

joined by fellow Harlequin, Ed Whiting and 5 from MDC (John Syms, Alan Stone, Rhys Williams, Jules Carter and Dan Booth). The Traverse is one of those great ideas thought up by someone after imbibing too much fermented hops. Kent must have run dry that particular year. It involves a run over the 2000 foot peaks of South Wales. It totals 73 miles and 18,500 foot of ascent. Before the early morning start, two arrived by car, three opted to spend the night under canvas and two to sit on the veranda of a motorhome sipping Gin and Tonics complaining about the view being spoilt by the tent city.

Despite the protestations that this was not a race, Dan, Rhys and Jules, kicked their heels and disappeared into the swirling mists. Older heads, being carried by even older legs bumbled along behind. But the older heads had listened to the words of the great sage, philosopher and consumer of the odd chicken curry or two – Martin Lucas. Martin had said go over Foel Fraith not around it. Those who did had the great satisfaction of seeing the young 'uns passing them again before heading up Garreg Las.



Traverse route profile generated by Tracklogs digital mapping software.

Fans appeared and passed in the blink of an eye (the eye in question having had a bad accident with superglue).

Thanks to Jo and Algy who did the sterling work of handing out the food and drink and making the obligatory comments of, "you're looking good" to those who didn't. Thanks to Ruth for moving the motorhome to Storey Arms to pamper the afflicted and hand out cups of tea to complete strangers. The sun was shining, all was well with the world, the runners stripped off and headed up Pen Y Fan. Mother Nature was watching and carefully chose the moment to release the thunder, lightening, hail and strong winds. As the day trippers, following the motorway to the top, piled on the thermals, fleeces and waterproofs, the runners surged past them. The problem is trying to look "real 'ard" while shivering uncontrollably. Pete and Ed wisely headed for sunnier climes to put on more layers. By Abercynafon Alan was seen to shamelessly steal the shirt off another man's back (thanks Phil). Ed decided to retire on the grounds that he had not yet passed on his genetic material to the next generation. Pete, after dropping down to the Neuadd reservoir to re-clothe himself, rejoined the battle with the elements. Thanks to Sam and Melissa for patching the running wounded and supplying hot drinks.

On going up to Merthyr common (Cefn yr Ystrad) Alan and John were heard to sing the praises of Del Man (Del Boy lost the claim to his former title after electing to drive a Volvo). His directions proved spot on. However, the advantage was soon lost as they got hopelessly lost amongst the shake holes and quarries on the way out. Next stop was the Red Lion Inn, Llangynidr. While the support party



(thanks Chris and Zsuzsa) were watching the footie and getting legless inside, the

Traverse route map generated by Tracklogs digital mapping software. Mapping data copyright Ordnance Survey.

runners were last seen trying to break into their car to retrieve night lights and clothing.

After that, Pen Cerrig Calch loomed. It has only one redeeming feature, that being it is the last major climb on the route. The rain and wind set in again and despite the extra layers, "suffering" took on a new meaning. We swam our way to the top. Waun Fach lived up to its reputation as the boggiest summit in Wales. The trig point at the top is desperately trying to join its cousin in Australia. As darkness fell the rain fell heavier. The descent down to the Grwyne valley through the forest kept the local wildlife amused as Alan and John were seen to trip over every bit of bramble, branch and bracken. I hope we enriched their understanding of the beautiful and descriptive power of the English language. Thanks to Sam who went beyond the call of duty to give fresh supplies and look after the seriously hypothermic Dan (I run lighter than anyone) Booth.

Nearing the top of Rhos Dirion, John and Alan thought that the cold was making them hallucinate when they saw a revolving lighthouse on the top of Lord Hereford's Knob (don't snigger – this is a serious article). It was then joined by a second and we realised it was Rhys and Jules telling us to catch them if we could.

We couldn't – we were too busy shivering. The ridge back to Llanthony never seemed to end in the dark and rain. Alan and John ended up water skiing down to the priory.

Dan after sleeping for 5 hours and defrosting his gilets carried on alone to finish. Pete, after his detour down to the Neuadd reservoir re-climbed Cribyn to continue the route and with the support of Ed and Martin Lucas finished in a remarkable time (considering the extra miles and climbing he did) and was still in a fit state to run the entire length of the ridge back to Llanthony.

Score for the day: 7 starters, 6 finishers, 4 within 24 hours.

Finishers' times:

Name	Club	Time
Rhys Williams	MDC	21h 06m
Jules Carter	MDC	21h 06m
John Syms	MDC	21h 51m
Alan Stone	MDC	21h 51m
Dan Booth	MDC	25h 10m
Pete Morfey	Harlequins	25h 58m

Alan Stone

Footnote: On the 25th/26th June, Ed and Dan made a second attempt at the Traverse. Sadly, Ed had to pull out feeling unwell on Pen Cerrig Calch (after completing well over half the course at a good speed). Dan went on to finish in 22 hours and 09 minutes.
Rhys

The route: The 31 2000ft (610m) peaks that must be visited on the Traverse are listed in the table opposite. Keen peak baggers will note that the list doesn't entirely coincide with any published summit tables – some not really being peaks in their own right but subsidiary tops or high points on a ridge. But, that's not important – those were the points selected when the route was devised, so those are the ones that must be visited!
Rhys

South Wales Traverse route:

	Location	Grid ref.	Alt. (m)
	Pen Rhiw-wen - A4069	SN 730184	495
1	Garreg Lwyd	SN 740179	616
2	Garreg Las	SN 777203	635
3	Bannau Sir Gaer	SN 811218	749
4	Fan Brycheiniog	SN 825218	802
5	Fan Hir	SN 830209	761
	Trecastell minor road	SN 853203	369
	A4067	SN 870195	387
6	Fan Gyhirych	SN 880190	725
7	Fan Nedd	SN 913184	663
	Sarn Helen/minor road junction	SN 925185	400
8	Fan Llia	SN 938186	632
9	Fan Frynych	SN 957227	629
10	Rhos Dringarth (Craig Cerrig-gleisiad)	SN 960217	629
11	Fan Fawr	SN 969193	734
	Storey Arms	SN 983203	445
12	Y Gyrn	SN 988215	619
13	Duwynt	SO 005207	824
14	Corn Du	SO 007213	873
15	Pen y Fan	SO 012215	886
16	Cribyn	SO 023213	795
17	Waun Rydd	SO 062205	769
18	Allt Lwyd	SO 078189	654
	Abercynafon	SO 083177	212
19	Cefn yr Ystrad	SO 086137	607
	Pyrgad	SO 101159	260
	Llangynidr - Red Lion	SO 155194	127
	Cwm-gu	SO 200209	190
20	Pen Cerrig-calch	SO 217223	701
21	Pen Allt-mawr	SO 206243	719
22	Mynydd Llysiâu	SO 207279	663
23	Waun Fach	SO 215299	811
24	Pen y Gadair Fawr	SO 229287	800
25	Pen Twyn Mawr	SO 242267	658
	Grwyne Fawr (minor road)	SO 252285	407
26	Chwarel y Fan	SO 258294	670
27	Rhos Dirion	SO 211334	713
28	Twmpa	SO 224350	690
	Gospel Pass	SO 235352	550
29	Hay Bluff	SO 244366	677
30	Black Mountain	SO 255350	703
31	Pen y Garn Fawr	SO 277311	616
	Llanthony Priory	SO 287279	241

Reminder of Runs

Hi Chums! Just a quick note from Greybeard Towers to remind you of some forthcoming attractions on the mountainous front.

August 2nd: the high spot of the MDC Tuesday night season, with the ever-popular and infamous **waterfalls run** from the Angel Inn, Pontneddfechan. It's about 90 minutes running including the traverse behind the Sgwd yr Eira fall and a swim in the river at the finish.

August 6th: another opportunity to test yourself over the **Bob Smith Traverse**: 45 miles or thereabouts running over and cycling between the six 800 metre summits of South Wales. The start is in the Llynfan car park near Llanddeusant and the finish is at the end of the road in the Grwyne Valley where champagne and cream cakes (BYO) will be scoffed. This is **not a race** and not an MDC promotion and you take entire responsibility for your own safety, refreshment and bike transport but is generally agreed to be a Grand Day Out. You can also change from foot to bike and vice versa wherever you like and there is complete freedom of route choice provided you visit the 6 summits. Go on, you know you want to! Details such as start time and route hints from me on 0165688009 or greybeard@chestnutview.freeserve.co.uk

August 13th: Waun Fach Race. 8m/2000ft or thereabouts from Pengefnordd. A chance to rattle up some WFRA championship points on home territory. Details from John Sweeting 01550721086 or John@grottoview.demon.co.uk Full safety gear must be carried regardless of the weather so come prepared.

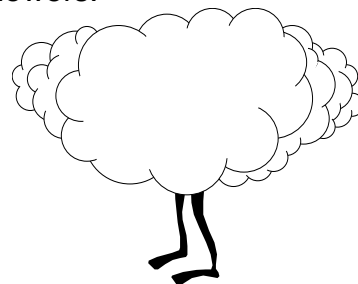
I hope to see you at all of the above.
Martin Lucas

[Editors comment: You have been summoned!]

The mists of Mull - LAMM 2005 (18th/19th June) – Julian Carter and Simon Nurse

Although we had never done a LAMM before, one thing was clear with a Martin Stone organised event, expect the unexpected! The released destination was Oban, but it was no surprise that on arrival at Oban we were promptly given ferry tickets and told to go to Mull. Fortunately we made the 8:30pm sailing, and the off loading of the boat was great fun as hundreds of rucsac clad mountain marathoners gathered on the car deck forming a hotchpotched invasion force. The fun didn't end there though, as we were herded in a line, our rucsacs loaded on a lorry and ourselves loaded onto a narrow gauged steam train! This trundled slowly along taking us to the event centre where we registered, put up the tent whilst being feasted upon by the midges (I love DEET), and then ate for ourselves at the excellent Wilf's catering van. We then attempted to sleep.....

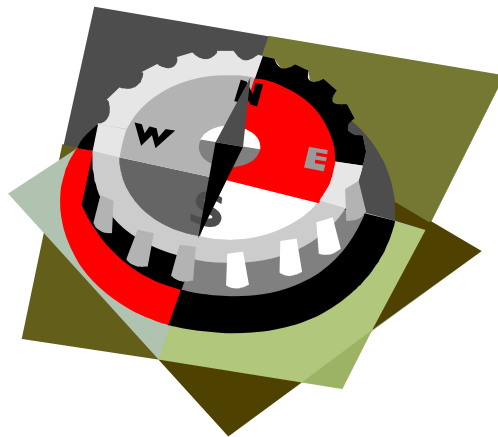
5:00am and the bloody bagpiper starts up.....grrrrh! A frantic dash is then made to the porta-loo block to attempt to beat the morning queues. Breakfast then utilised the convenience of Wilf's, before the final pack of the event sac and a final bowel evacuation (for Simon). We then grab our maps and make our start time. Our start point is actually a coach that buses us around the end of the island. We are eventually dropped off and have a further km or two to make the actual start. As we trudge along the road we are treated to the fine sight of a large eagle flying low overhead. An omen? The weather's not looking too good with low clag on the hills and the threat of drizzle and showers.



We make the start and are issued the controls. Whilst other Elite teams mark the first control and rush off we actually stop and plot the lot – we're not going to get a podium spot so why rush! Besides we shouldn't really be attempting the Elite class, Simon has been fighting road injuries and illness and I'm just knackered, both from previous events and too much socialising at a London conference during the week. Still we're here now, and off we go. The first check point is simple enough, but the next is a long way off and we are warned of magnetic rock. There are a few teams around us and two head off up the side of the hill. We don't follow and risk the boulders and scree on the flanks to skirt round to a col. This feels a good choice when elite class stalwart Jim Davies and partner bound past us. We're soon in the mist and the navigation requires some care. We move along steadily and teeter over a peak at 860m, finding fell shoe scrambling a bit iffy in places, and gain the col with the control. Somewhere ahead in the mist is Ben More but we're not going there. And so the day continues with the mist lying at around 200m. There is a mix of long legs and short technical navigation sections, especially so in the low visibility. Every so often the compass goes a bit erratic with the magnetic rock, but generally the navigation is pretty spot on. However one control is overshot and we lose time. It's a relief to hit the overnight camp. It's been a long slow day.

Morning arrives. Thunder and heavy rain hit the camp in the night but despite that we slept well. The slit trench is risked for the morning dump. It has the advantage of less queuing but you really wish the person in front would squat properly! We go for the 7:30 start and once again we are soon in the mist. The first few controls require good navigation in the poor visibility, and fortunately all goes well. A

long leg then drops us down below the clag before another hard slog up. The day goes pretty well. We're moving faster and generally feeling better than we thought we would. Just as we start to drop off the ridge we have been following to gain the last set of controls the cloud starts to lift and we are treated to our first views of the event! A few short controls later, which sees all the classes converging and used a mixture of shared and different controls all quite closely spaced, and we are in the final dash for home and completion of our first LAMM. It's been a great event and in the end we manage 9th place which we're very pleased with. After food and tick removal we quickly pack and walk to the ferry (its probably quicker than the train!). There's even time for a beer in the pub on the way. On the ferry back to Oban it is sunny and hot, and the views of the mountains we had spent two days on were superb – Mull teases us!



Julian Carter

Footnote: Meanwhile, in the D class, Mary Claydon made her mountain marathon debut, finishing in 49th position and club member Adrian Moir took part in the B class finishing 66th. Apologies if I've missed mentioning any of you. If you don't tell me you took part I might not spot your name in the results list!

Rhys

Other results Note: only MDC members listed in the results tables here

Pentyrch Hill Race BM 6.5miles/1600feet. 26th April 2005

Posn.	Name	Cat.	Time	
1	Matthew Collins	SM	44:35	1 st man
10	Tom Gibbs	SM	49:03	
16	Julian Carter	SM	51:00	
18	Rhys Manning	SM	51:22	
24	Rhys Williams	SM	52:57	
42	Mick Learoyd	M40	57:59	
47	Alice Bedwell	F40	58:40	
49	John Shanahan	M40	58:51	
51	Andy Stott	M40	59:07	
67	Norman Jones	M40	63:4	
74	Tim Jones	SM	66:59	
84	Gareth Buffett	M50	69:50	
85	Cledwyn Jones	M50	70:37	
87	Dave Gilbert	M50	71:24	
88	Mary Claydon	SF	71:59	
90	John Sweeting	M50	73:15	
99	Les Pugh	M50	79:08	
101 finish				

A well attended race this year and a good turnout from MDC, with runners spread throughout the field. Conditions were muddy, but the rain stayed away for the duration. Congratulations to Matthew Collins for winning this fast-paced and highly competitive race.

Foel Fras AL 12miles/3100feet. 7th May 2005

This was the third race in WFRA open championship. Dan Booth again combined a trip to visit relatives in North Wales with a good race, maintaining his lead position on the league table.

Posn.	Name	Cat.	Time	
15	Dan Booth	SM	1:56:30	
42	Adrian Moir	M40	2:29:59	
51 finish				

Râs Cader Idris AM 10.5miles/3000feet. 28th May 2005

Having completed the South Wales Traverse the weekend before, I was feeling rather sluggish and had very sore ankles. I decided to take it steady and jog around with my girlfriend Mandie. We had a very enjoyable run. At the start and finish in Dolgellau it was warm and sunny, but gale force winds on the summit caused the organisers to shorten the course on the summit ridge for the second time in the last few years. We finished joint 149th out of 160 in a stunning time of 1:52:37! Unusually, no other MDC members made it to this classic race.

Llangorse Loop AS 5.5miles/1900feet. 28th May 2005

Posn.	Name	Cat.	Time	
6	John Darby	M50	55:50	
7	Andy Stott	M40	61:36	
10	John Sweeting	M50	68:12	
13	John Battersby	M70	91:55	1 st M70
13 finish				

“Cool, breezy, overcast, good visibility, very firm underfoot. Only 13 runners with just the one lady, and no-one under 40! Tom Morgan, up from Somerset, was up Mynydd Troed in a twinkle, and led throughout

(except when he had to slow down to take directions from the second and third placers!). Thanks to Graham Cheshire and John Darby for marking the route, and to John Battersby for collecting the flags from the first hill.”

Dick Finch

Trial race for World Mountain Running Trophy in Wellington New Zealand At Sugarloaf 4th June 2005

Posn.	Name	Cat.	Time	
3	Matthew Collins	SM	59.32	
14	Rhys Manning	SM	70.55	
15 finish				

Hay Bluff AS 4miles/1292feet. 5th June 2005

Posn.	Name	Cat.	Time	
6	John Darby	M50	45:26	
13	John Battersby	M70	1:09:08	1 st M70
13 finish				

Just two MDC members took part in this new race in the calendar:

Coity Race BS 5miles/100feet. 15th June 2005

Weather conditions during the day threatened to be unpleasant, but in the end the clag and rain stayed away and it was pleasantly cool for this evening race. A good run by Mark Saunders, coming second only to a speedy Mark Jennings of Cardiff AC. Mark Saunders' better half Alice held up the household honour coming home as first lady.

Posn.	Name	Cat.	Time	
2	Mark Saunders	M40	39.28	
8	Rhys Williams	SM	46.11	
9	Andy Stott	M40	47.17	
10	Alice Bedwell	F40	47.25	1 st lady
11	Norman Jones	M40	48.42	
12	William Darby	M50	51.10	1 st M50
20	Cledwyn Jones	M60	58.12	1 st M60
21	Dave Gilbert	M50	58.27	
27	Leslie Pugh	M50	64.09	
30 finish				

Transfan. 18th June 2005

No official report this time, but I believe a smaller group than last years 20 odd people tackled this epic 20ish mile training run from Llanddeusant to Cwm Llwh. Conditions were stifflingly hot and the Transfan Trophy was awarded to Doug Adlam for completing in under 5 hours – quite an achievement given the conditions.

Snowdon uphill-only AM 6.8miles/3563feet. 19th June 2005



Congratulations to Matthew Collins for a cracking 11th position in this, the trial race for the GB Mountain Running Team and a counter in the Welsh Athletics championship. Matthew continues to “fly the flag” for MDC at the elite end of our sport.

Photo: Matthew Collins in action at the Snowdon uphill-only race - on the one section that is actually downhill! Photo from nothernboyslovegravy.co.uk

Saunders Lakeland Mountain Marathon 2nd/3rd July 2005

Alice Bedwell and Gill Manning took part in this one putting their orienteering skills to good use and finishing with an impressive 14th place in the Harter Fell class. Adrian Moir was competing again with his LAMM partner Ellie Salisbury in the Bowfell event. Dave Gilbert and Cledwyn Jones also travelled up to the Lakes for this and completed the Kirkfell class.

Sugarloaf BM 7miles/1725feet. 17th July 2005

Posn.	Name	Cat.	Time	
1	Matthew Collins	SM	51:29	1 st man
14	Rhys Williams	SM	66:30	
16	John Darby	M50	67:58	
20	Andy Stott	M40	69:58	
43 finish				

Matthew Collins again doing the business for MDC up at the front on a sweltering hot run up the Sugarloaf and back from Abergavenny leisure centre (a new race this year). The race was also the “official”

championship for the East Wales region; Matthew coming away with the gold medal – Congratulations! I underperformed on the day allowing myself to be beaten by a number of people I’d usually leave behind. I blame a tough outing on the mountain bike the day before (and I’m sticking to that story)!

International Snowdon Race BM 7miles/1725feet. 23rd July 2005

Representing Wales, Matt Collins came in 14th – well done!

Rhys Williams



MDC =

25 years of uphill struggle.

Accept no alternatives!