



# Mynyddwyr De Cymru

Newsletter – October 2005

## Editorial:

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

[www.mdcwales.org](http://www.mdcwales.org)

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Deadline for next issue:

Jan 7<sup>th</sup> 2006



I've been promoted! After two issues as sub-editor, I've achieved my lifetime ambition of becoming the fully-fledged editor of the MDC newsletter. Bill has handed the role over to me due to his other commitments and a general lack of available time. He will continue to look after the website though and concentrate his efforts on that. Thanks for the great work you've done so far Bill.

So, let's get on with it...

Traditionally, club newsletter editors have a moan about the lack of material coming in to publish and I'm keeping up that tradition. It's going to be a relatively thin edition this time, but I'm determined to produce four newsletters a year and keep the momentum going. However, I'm the editor not the author - I'm sure you don't want the newsletter to become "Rhys' personal running diary" - so send me your news, articles, results/race reports (that includes you, race organisers!), adverts, photos, cartoons etc. Equally, for the website to remain an interesting and useful resource for you and fell runners across the region, it needs you lot to send stuff in.

Enough of the moaning. So what has been going on? There's no shortage of races in the region, with the old classic routes being joined by newer ones. Entry numbers seem to be quite healthy at many events. We've also been able to enjoy a number of race series and championships. We've got the "official" Welsh Championships from Welsh Athletics, the Open Welsh Championship from the WFRA, a South Wales Summer Series and the South Wales Winter Series that has just got underway again – see the final page of this newsletter. These developments can surely only generate a bit more enthusiasm for our races, which is a good thing. As I write this, the MDC Tuesday night training run series comes to an end for this year. This seems to be as popular as ever; last week there were no fewer than 12 runners with headtorches and two walkers braving the elements on a really foul wet, windy and dark night – madness! Roll on March and it'll all start again.

*Rhys*

## Results:

Note: only MDC members listed in the results tables here. For full results, consult the internet or the race organiser. Apologies if I've missed you out. Perhaps you didn't sign in as MDC that day? Some organisers haven't included clubs in the results so I've had to do a bit of guessing and detective work. It's not easy keeping track of all these Joneses!

### **Guto Nyth Brân BM 6miles/1300feet. 2<sup>nd</sup> July 2005.**

Posn.	Name	Cat.	Time	
2	Matthew Collins	SM	42:38	
5	Julian Carter	SM	47:46	
18	John Darby	M50	52:33	
30	Tim Jones	SM	59:14	
43 finish				

### **Pen-y-Fan AS 3.5miles/1700feet. 31<sup>st</sup> July 2005.**

The Pen-y-fan race was moved to a summer date this year and became a British championship counter as well as an "official" Welsh championship race. Because of the expected numbers, ladies and gentlemen ran separately this year. Just a hand full of MDC members took the opportunity to run against Britain's finest on home ground.

Posn.	Name	Cat.	Time	
70	Andy Stott	M40	48:39	
78	William Darby	M50	52:14	
86	David Gilbert	M50	58:36	
87	Steve Brown	M50	59:22	
88	Cledwyn Jones	M60	62:59	
90 finish (men's race)				

### **Llanthony show hill race AS 3.5miles/1100feet. 6<sup>th</sup> August 2005.**

Posn.	Name	Cat.	Time	
1	Patrick Wooddisse	SM	30:09	
7	John Darby	M50	37:14	
11 finish				

Report from organiser Dick Finch: A damp morning evolved into a dry but overcast day. Instead of a shortened junior race, six local juniors were walked halfway up the mountain for a handicap start. This gave them the

satisfaction of gaining the ridge, and gave the senior runners on scratch something to chase. Patrick Wooddisse won by 2½ minutes and missed George Thomas' record by just 30 seconds. Young Simon Rogge over from Belgium, accompanied by his fell-running father, did well for 6th place. Thanks to Eric Meredith, Anne Masters, Vanessa and Matthew Lawson for route clearing and marking and marshalling.

**Waun Fach AM 7miles/200feet.  
13<sup>th</sup> August 2005.**

Posn.	Name	Cat.	Time	
1	Matthew Collins	SM	52:12	1 <sup>st</sup> man
2	Patrick Wooddisse	SM	54:16	
18	Dan Booth	SM	62:48	
20	John Syms	SM	63:59	
22	John Darby	M50	65:50	
30	Ken Jones	M40	68:23	
33	Dick Finch	M60	69:24	1 <sup>st</sup> M60
37	David Malatynski	M50	71:21	
46	Adrian Moir	M40	81:00	
47	Dave Gilbert	M50	81:10	
53	Eric Meredith	M60	87:31	
54	Cledwyn Jones	M60	88:54	
57	Gareth Buffett	M50	92:55	
58 finish				

**Ras Beca BS 5miles/1050feet.  
27<sup>th</sup> August 2005.**

Posn.	Name	Cat.	Time	
12	Rhys Williams	SM	42:24	
46	John Sweeting	M50	50:17	
81 finish				

Pembrokeshire wouldn't normally be considered fell running country, but Ras Beca is a gem of a race on the Preseli mountains. The run out from the starting field is across very wet and boggy terrain, up to the knees in places. Once on the ridge, however, the going is fast and runnable. A rapid descent brings you back to the bog that must be crossed again, then a few zig-zags through gorse and a leap across a stream provide the spectators with a bit of excitement before the finish line. The race is well supported by local running clubs and is a real community event with children's races, catering, a raffle etc. Give it a go next year!

**Machen Mountain Run BM  
6.2miles/1100feet. 29<sup>th</sup> August 2005.**

Posn.	Name	Time	
1	Matthew Collins	39:44	1 <sup>st</sup> man
19	Ken Jones	51:31	
24	William Darby	52:32	
27	Gareth Jones	52:53	
32	Andy Stott	53:45	
36	Andrew Blackmore	55:02	
38	David Malatynski	55:37	
66	Les Pugh	1:11:45	
74 finish			

**Brecon Beacons AL 19miles/4500feet.  
3<sup>rd</sup> September 2005.**

Posn.	Name	Cat.	Time	
7	John Darby	M50	3:41:11	
8	John Syms	SM	3:44:12	
10	Rhys Williams	SM	3:46:32	
19	Mark Saunders	M40	4:04:06	
20	Alan Stone	M40	4:04:06	
22	Dick Finch	M60	4:18:44	1 <sup>st</sup> M60
DNF	John Sweeting	M50	-	
DSQ	Tom Gibbs	SM	-	
23 finish				

The Beacons race took its usual number of casualties this year. A number of runners bonked out in the second half of the race as is customary given the lack of water sources en-route and the hot weather. John Darby was back on form, sneaking past many of us in the final stages. Race organiser Tom Gibbs disqualified himself for chatting up one of the checkpoint marshals.

**Llyn-y-fan AS 5.5miles/2000feet.  
17<sup>th</sup> September 2005.**

Posn.	Name	Cat.	Time	
1	Douglas Adlam	SM	48:54	1st man
2	Julian Carter	SM	49:51	
4	Gareth Craft	SM	52:07	
5	Dai Richards	M40	55:06	
10	John Darby	M50	59:12	
13	Martin Lucas	M50	63:51	
18	Eric Meredith	V60	75:54	1st M60
20	John Battersby	M70	82:50	1st M70
20 finish				

**Black Mountains AL 17miles/5200feet.  
24<sup>th</sup> September 2005.**

Posn.	Name	Cat.	Time	
20	Dan Booth	SM	3:10:44	
26	Stephen Jones	SM	3:14:47	
28	John Darby	M50	3:15:56	
42	Dick Finch	M60	3:27:23	
48	Ken Jones	M40	3:35:53	
49	Gareth Jones	M50	3:38:45	
63	Andrew Blackmore	SM	4:14:26	
=68	Cledwyn Jones	M60	4:35:55	
=68	Dave Gilbert	M50	4:35:55	
70 finish				



**World Mountain Running Trophy - Wellington, New Zealand 13.5 K.  
25<sup>th</sup> September 2005.**

With the honour of wearing a Wales vest and competing against the World's finest, Matthew Collins came 56th out of 105 finishers, crossing the line with a time of 1:01:24.

Photo: Matthew Collins in New Zealand.  
Image off t'internet. Copyright - Rowan Greig



**Longmynd Hike BL 50miles/8000feet. 1<sup>st</sup> /2<sup>nd</sup> October 2005.**

Posn.	Name	Cat.	Time	
5	Rhys Williams	SM	9:55	
21	Alwyn Nixon	M50	11:32	
276 finish				

## Fan Fawr AS 2miles/1000feet. 8<sup>th</sup> October 2005.

Well, Fan Fawr was the place to be on the 8<sup>th</sup> October. The race was the penultimate in the WFRA open championship, the final counter in the South Wales summer series and the first in the South Wales winter series! I was painting my bathroom.

Full results for the South Wales Summer series are not available yet.

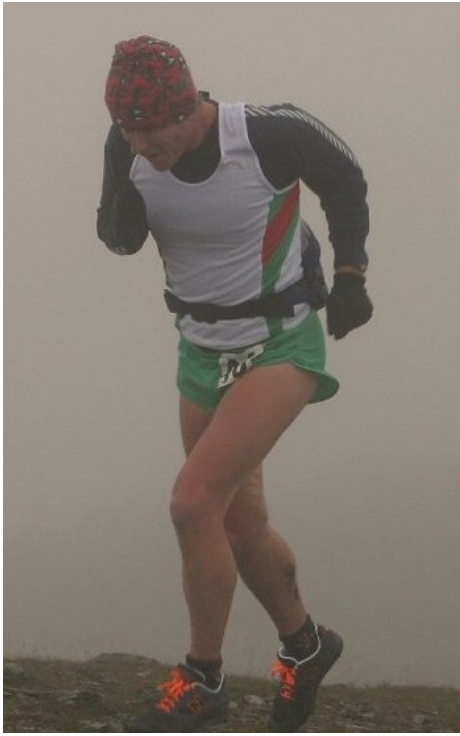
Posn.	Name	Cat.	Time	
2	Patrick Wooddisse	SM	18.42	
3	Gareth Craft	SM	18.56	
10	Douglas Adlam	SM	20.45	
15	John Syms	SM	21.01	
18	Mark Bryant	M40	21.28	
20	Dan Booth	SM	21.40	
21	John Aggleton	M50	21.46	
22	John Darby	M50	22.21	
23	Peter Burne	SM	22.36	
25	Chris Thomas	M50	24.03	
26	Martin Lucas	M50	24.10	
28	John Sweeting	M50	24.25	
32	Steve Brown	M50	25.13	
40	Eric Meredith	M60	28.55	1st V60
42	John Battersby	M70	33.04	
45 finish				

## Mendip Muddle BM 12.4miles/1400feet. 9<sup>th</sup> October 2005.

Posn.	Name	Cat.	Time	
4	Tom Gibbs	SM	1:26:37	
43	Astrid Wheatcroft	SF	1:46:33	
134 finish				

Photo: Astrid Wheatcroft on the Mendip Muddle.  
Image from - westonac.co.uk





### **The Open Welsh Championship:**

After 5 of the 6 races, MDC's Dan Booth is still at the head of the leader board. With the final race being in North Wales, at Rhobell Fawr on 12<sup>th</sup> November, surely no-one can take the position he's held right through the season. Best of luck Dan! Meanwhile, Patrick Wooddisse sits in a very healthy third position.

**Photo:** Dan Booth emerging from the clag at Arenig Fawr in October.  
Image from - [eryri.org.uk](http://eryri.org.uk) gallery

### **Adventure racing:**

In the multi-discipline adventure racing world, two club members have come away with prizes this season. Congratulations! Jules Carter won the Questars series in the solo-male category and Tom Gibbs was top solo-male in the ACE races two day series. Haven't these guys got any friends to play with?!

**Photo:** The editor struggling up Ragleth at the Stretton Skyline in September.  
Image from - [telfordrunning.co.uk](http://telfordrunning.co.uk)



### **Ffordd y Bryniau race cancelled.**

This Cardiff Harlequins race that was due to take place on 6<sup>th</sup> November is apparently cancelled. No other details available.



# Wliadwyr De Cymru?

**Greybeard Promotions is pleased to announce...**  
***The Return of the WLIAD!***

Yes, due to popular demand by those who missed it last time and thanks to the passage of time dulling the memories of those who were there, we are having another attempt at the WLIAD – or the **Winter League In A Day!**

Yes, **all seven** (count 'em!) of this year's Winter Hill Series of short and seriously steep fell races, to be completed between sunrise and sunset on the last day of winter – **Saturday March 18<sup>th</sup> 2006**, like this:

1. 0630: **Abergwynfi**. 3.5m /1300ft from the Great Western Hotel, Abergwynfi
2. 0830: **Fan Fawr**. 2 miles/1000ft from Storey Arms
3. 1030: **Table Mountain** 4.2miles/1210ft from White Hart Inn, Crickhowell
4. 1200: **Pen Cerrig Calch**. 3 miles/1500ft from Llanbedr, nr. Crickhowell.
5. 1330: **Blorenge** 2.5 miles/1400ft from Llanfoist, nr. Abergavenny
6. 1530: **Kymin** 3.5 miles/900ft from Monmouth Boys' School, Monmouth (subject to permission)
7. 1730: **Sugarloaf** 4 miles/1200ft from the Crown Inn, Pantygelli, Abergavenny

Total distance: **23 miles**. Total climb: **8510 feet**.

Times and order of races are provisional and will be confirmed closer to the date

Rules: This is an **individual challenge** and is not an official MDC event but is just a fun (?) day out. 'Transfan rules' apply- i.e. each participant is responsible for his/her own safety and each person must arrange for their own transport between venues, food, drink etc. It ~~may~~ will be cold/wet/misty/dark so bring sufficient gear to complete the courses safely. There are no marshals (as it's not a race) or course markings so satisfy yourself you know the routes before starting. We may have a timekeeper/starter but there will be no backup on the hills. Each course must be followed by the official race route.

All routes will have a mass start at as close as we can to the times stated and you may wish to compare your cumulative time with others as the day progresses. No prizes but maybe the T-shirt fairy will attend. Hopefully the start times give sufficient 'recovery' for transit to the next location without speeding but we need to be fairly prompt to avoid having to climb the Sugarloaf in the dark. There are no prizes for being the first to each venue.

By the date of the event you will have had the opportunity to do all the races (except PCC) in a competitive situation so you should have an idea of what's involved. Afterwards we'll all pile into the Crown Inn for fine ales and tall tales. Further details (there aren't any but you might want to tell me to expect you) from Martin Lucas 01656-880009 or [greybeard@chestnutview.freeserve.co.uk](mailto:greybeard@chestnutview.freeserve.co.uk) but Mrs G asks not during Robot Wars or Sgorio please.

*For the details and dates of the "normal" race series, see the next page. Rhys*



# SOUTH WALES WINTER HILL SERIES

## 2005 - 2006

**7 RACES (best 5 results to count)**

**SATURDAYS, starting at 2.00 p.m.**



**ENTRY FEES: £1.50 per race (Fan Fawr £1.00)**

**INDIVIDUAL PRIZES**

**AWARDS FOR RUNNERS COMPLETING ALL RACES**

October 8	FAN FAWR 2m/1000ft	From lay-by near Storey Arms on A470 Merthyr Brecon road (GR SN 983203) Organiser: Chris Gildersleve (029 2062 4143) e-mail: <a href="mailto:chris@steambunny.demon.co.uk">chris@steambunny.demon.co.uk</a>
November 5	TABLE MOUNTAIN 4.2miles/1210ft	From the White Hart Inn Crickhowell (GR SO 214191). Please park at Crickhowell Primary School, NOT AT INN! Organiser: Neil Lewis (01981 550328) e-mail: <a href="mailto:neilericlewis@tiscali.co.uk">neilericlewis@tiscali.co.uk</a>
November 26	ABERGWYNFI 3.5m/1300ft	From the Great Western Hotel, just north of the A4107 at Abergwynfi (GR SS 895963) Organiser: Martin Lucas (01656 880009) e-mail: <a href="mailto:greybeard@chestnutview.freeserve.co.uk">greybeard@chestnutview.freeserve.co.uk</a>
January 14	THE KYMIN 3.5m/900ft	From Monmouth Boys School Sports Centre, on east bank of River Wye, left off A466 (GR SO 512127) Organiser: Rod Jones (01600 772400) e-mail: <a href="mailto:rod@rodjonesmountain.fsnet.co.uk">rod@rodjonesmountain.fsnet.co.uk</a>
February 11	THE BLORENGE 2.5m/1400ft	From Llanfoist Inn, Llanfoist, nr. Abergavenny (GR SO 286133) Organiser: Eric Meredith (01873 858979)
February 25	SUGAR LOAF 4m/1200ft	From The Crown, Pantygelli, nr Abergavenny (GR SO 302179) Organiser: Douglas Adlam (07950 106886)
March 25	PEN CERRIG CALCH 3m/1500ft	From Ty Mawr Farm, nr. Llanbedr (GR SO 234206)  Organiser: Derek Thornley (029 2089 1172) e-mail: <a href="mailto:delboy@thethornleys.fsnet.co.uk">delboy@thethornleys.fsnet.co.uk</a>

Further details: contact individual race organisers,  
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