

After last year's modest success at Penyfan the Hard Way I thought I'd invite anyone who's interested to join me on a similar but subtly different Grand Day Out this spring...

## ...from the Mountains to the Sea

Not just a reversal of Penyfan etc, this will consist of:

Start:	Cwm Llwhch
Run	via Penyfan to the A470 (toilet track car park)
Cycle	to Blaenrhondda gr 925030
Mountain bike	via the 600 metre trig point to the A 4107 at the Werfa track junction gr 921952
Run	via trigs at 568, 535 and 356 metres to the Llangeinor Arms gr 925880
Cycle	to Merthyr Mawr (car park at the end of the road)
Run	to the sea via the top of the Big Dipper.

I've no idea how far it is but about 4 hours might be a reasonable guess.

The date: **Saturday 7<sup>th</sup> May 2005**. The time: **10.00 am** for me but Tom Gibbs says he can give me 90 minutes start and still beat me! We shall see.

This will be run in the established 'not a race' tradition under Transfan rules – ie you're on your own and you must have your own backup to transport the bike(s) and patch up any wounds.

Lunch afterwards in the Pottery Tea-rooms, Ewenny. No beer but fine bacon butties!

If you're interested let me know so that we have some idea how many to expect.

**Martin Lucas**      01656 880009

Who at his age really should know better and will probably regret it, especially as his mountain bike has been in bits in the shed for the last 10 years.