

SOUTH WALES WINTER HILL SERIES 2003-2004
CYNGRHAIR GAEAF DE CYMRU 2003-2004

RACE 3: ABERGWYNFI AVALANCHE 6TH DECEMBER 2003
RESULTS

1. Andrew Jones	SM	MDC	Welsh	28.27	course record
2. Andrew Keron	SM	MDC	English	30.47	
3. Douglas Adlam	SM	MDC	W	31.03	
4. Chris Taylor	VM	Mercia	E	31.30	
5. Mark Saunders	VM	MDC	W	32.09	
6. Glyn Griffiths	VM	Hebog	W	32.36	
7. John Darby	SVM	MDC	W	34.20	
8. Rhys Williams	SM	MDC	W	35.04	
9. Richard Self	SM	Casino	W	35.18	
10. Peter Burch	SM	unattached	W	35.32	
11. Martin Lucas	SVM	MDC	W	35.43	
12. John Korowajczyk	SM	Cheltenham	E	36.00	
13. Alice Bedwell	VF	MDC	W	36.38	
14. David Cudlip	SVM	Stroud AC	E	39.45	
15. Eric Meredith	SDVM	MDC	W	39.47	
16. Gareth Edwards	SVM	Blaenavon J	W	40.33	
17. Dave Gilbert	SVM	MDC	W	41.40	
18. Julie Davies	SF	unattached	W	44.40	
19. Cledwyn Jones	SDVM	MDC	W	45.41	
20. Les Pugh	SVM	MDC	W	50.40	

Not the biggest turnout ever for a winter league race but about average for the various events I've put on from Blaengwynfi, the unrivalled Jewel of the Valleys ©™.

Perhaps the English were scared off by tales of the inmates of the Blaengarw Pit Bull Academy lying in wait for navigationally-challenged runners from across the border or perhaps they were still celebrating their success in the rugby World Cup, but for whatever reason they failed to raise a team of 6 for our International Challenge. For this race only, therefore, the first four from each country scored international points (making up the rules as I go along!).

Andrew Jones had a storming run in clear but cold conditions to easily beat the course record time with what I think is the highest score in Winter League history in winning by over two minutes. The rest all got round in very respectable times, although a few newcomers to the course seemed a little surprised by the degree of vertical challenge presented by the Bunny climb.

Despite warnings and ample flags, various runners were saved from the embarrassment of returning via 'Littlewood's Folly' only by sustained bellowing from the marshals. Many thanks to Kay, Fred, Clive and Derek for braving the icy winds on the course and to Jess for braving the inside of a warm car on the start/finish line.

Also thanks to John and Gemma in the Great Western for making us welcome and supplying the sandwiches. They are leaving soon to take on a new pub in Carmarthenshire, and apparently the GW may be turned into an Indian restaurant. Anyone for the Blaengwynfi Bhoona race next year?

OGB