

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.