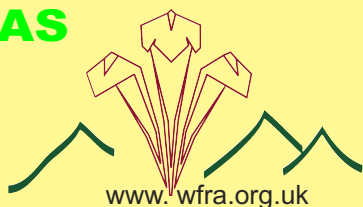


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**2007 AWST
CYLCHGRAWN
NEWSLETTER
AUGUST 2007**

Don't Cry for me Argentina!

Martin Cortvriend

It was in the dark days of January, sitting in the Golden Lion, Llangynhafal, we were plotting marshalling locations for the British Championship race in May. Old Esmor Williams was half asleep at the bar in front of his half of mild when he startled us 'You know about the Jenkins boys don't you?' I wasn't quite sure who he was talking to until he said 'Those boys can run up mountains I tell you!' We then realised he was in fact addressing us. 'And who are they?' I said. 'Oh it's Gonzales and Carlos and Gabriel.'

And that comment had our immediate attention. It seems that these three brothers were distant relatives of Esmor and were from Argentina. They were descended from some of the origi-

nal Welsh settlers in Patagonia and were sheep farming in an area called Cwm Hyfryd close to the Chilean border in the high Andean mountains. And recently they had inherited a farm in the Vale of Clwyd. Apparently after years of shepherding at altitude (without quad bikes I might add) they could run like the wind up and down the steepest of slopes!

I just had to find out more and two days later I was standing with Esmor outside an old stone farmhouse being confronted by three short slim suntanned brothers. The problem was – they spoke no English – but then Esmor intervened in Welsh of course! Were they keen on running? Yes very much so! Had they ever raced against anyone? No never. Would they be interested in competing? (you can see where my train of conversation was heading.) Well to cut a long story short the following morning we were up on the Clwydians and boy could they run. After an hour of hurtling down (and up) scree slopes and sprinting along the tops it was clear that the three of them were astonishingly powerful runners and they thoroughly enjoyed themselves. They were very well matched although Carlos Jenkins was the best climber and Gabriel Jenkins was a manic descender.

Now the test – I had them race round the Llangynhafal Loop route. James McQueen's record from 2000 is 36.40, how would they compare? At first as they were laughing and joking I thought they wouldn't take it at all seriously but then they were off sprinting like greyhounds up the mountain leaving me with stopwatch in hand waiting and wondering. I didn't have to wait long all three of them, close together, came rushing back with hardly a sweat on their foreheads, Gonzales Jenkins first followed seconds later by his brothers side by side. I looked down at my watch – 28.09!

They'd beaten the record by over 8 minutes.

Yes they'd enter the Llangynhafal Loop and yes they'd love to compete against the best British runners – I registered them with numbers 1, 2 and 3 and put them down as Denbigh Harriers our little local club which I joined for the cross country league.. Over the coming weeks they were busy on their farm and I was busy organising the race so I saw very little of them, but then another chance meeting really got me going again. As chairman of Denbigh Harriers I got to meet with the visiting mayor of Denbigh's twin town, Pietersberg, South Africa at a town hall reception. We chatted about running of all things. Pietersberg of course is the home town of Hendrick Ramaala the famous marathon runner but according to the mayor Henrick's first love is mountain running. Hendrick was also going to be in England for the London Marathon just one week before our race at Llangynhafal. Several phone calls and e-mails later Denbigh Harriers had a team for the race – they would surely beat the favourites for the team prize from Yorkshire namely Pudsey and Bramley.

Meanwhile race organisation was getting more frantic, the day before the race Scottish and Irish runners poured into the village looking for sustenance. Fellrunners from far and wide were receiving the course and I was trying to put up a tent. I managed to sneak away from the scene to get to Hendrick's hotel in Llangollen

to discuss appropriate footwear but he was nowhere to be found – must be out running I thought. I hadn't seen the Jenkins boys for a couple of weeks – lambing time!

And the day dawned, Team Dolly had been whisky sampling at the Golden Lion at four in the morning – at five in the morning I was up and out marking the course. The cars started pouring into the farmer's field, the ladies turned up and ran their race. Anna Bartlett from Shrewsbury but a Welsh international ran the race of her life to come in second overall. Tim Davies, Lloyd Taggart, Rob and Danny Hope, Rob Jebb, all the big names in the men's race were warming up. But where were the Jenkins boys, where was Hendrik? Juggling with my mobile phone I made frantic calls here there and everywhere to no avail, reluctantly I assembled the men's field and they were off minus the glorious Denbigh Harriers winning team.

Yes it was a great race. Tim Davies came oh so close to catching the leader (the unheralded Joe Symonds from Kendal) but it wasn't to be a Welsh victory – there were several Denbigh Harriers running but they were left in the wake of the classy team from Pudsey and Bramley. And what happened to my dream – Hendrick Ramaala had a blister following his 5th place at London and went back to South Africa to a specialist blister clinic and the Jenkins boys apparently got homesick and went back to Argentina. So close yet so far!!

Race Organising Fatigue

You may have noticed that it is often the same few people organising and helping at fell races.

As a result, many of these people are suffering from 'Race Organising Fatigue'.

Instead of enjoying your racing week in, week out; once in a while think about what you can put back into your sport. If you are injured (or not as the case may be) perhaps you could make a conscious effort to help out occasionally.

Offer your services willingly, don't wait to be asked. Ideally, offer at least a week before the race so that the Organiser can plan ahead.

Be prepared to carry out the more mundane tasks as well as marshalling on mountain summits.

If we all make a concerted effort, then perhaps this 'chronic condition' can be overcome before a number of fell races disappear from the Calendar!

It is with great sadness that we have to announce the death of WFRA member Doug Morris. Doug continued to run and compete well into his 70's and died whilst out on a training run.

Doug was a prolific race organiser and among the many events he organised over the years were the Gyrn Gallop, Dinas Bran, Craig Y Rhiw and Mynydd Myfyr fell races, the Lake Vyrnwy Half Marathon and the Oswestry Pentathlon Series.

Doug will be a great loss to our sport and we send our commiserations to his wife Margaret who was a staunch supporter of his various endeavours.



Simon
Blease

The Dragons Back Challenge 2007

The man staggered into the town square, stumbled and collapsed into a sobbing heap. Between gasps he seemed to be trying to say something. A concerned colleague sat down next to him and bent over to hear what was so urgent. That the only words were 'Someone take my photograph' came as no surprise to the colleague for it was clear that the poor unfortunate sod had been bitten by the Dragon and was no longer in possession of his faculties.

But which Dragon was this, whose bite was so venomous? Only a Dragon with a 160 mile long back, stretching from Pen-Y-Pass in Snowdonia to Cwm Llwh in the Brecon Beacons. Only a Dragon whose spiny back added up to 42,000 feet of climbing. And only a Dragon who took 5 days to vanquish and conquer. For thus was the task that faced 5 runners as they optimistically joshed in the Pen-Y-Pass car park at 8 a.m. on the Friday before the early May Bank Holiday.

There have been multiple contenders for the name of the Dragons Back. There has been an organised race and several long distance attempts. There is even a mountain bike route

that claims the name. But we are mounting a claim for the name as a route that links the highest points in North Wales and South Wales, covering all the principal summits in between. We don't go Coast to Coast (the Dragons neck and tail respectively) but we think we have come up with the purest route in mountain running terms. The full route and schedule will appear in the Fell Runner for anyone who wants to emulate this challenge. And make no mistake, this is a tremendous challenge. The collapsing man (Matt Hand or Molehill') reached the end of his

tether due to a combination of exhaustion brought on by a punishing schedule (40 miles on Day 4) and a dietary indiscretion that messed up his metabolism. The whole 5 day event is an exercise

in balancing effort against exhaustion, of eking out diminishing reserves day by day and staving off the effects of cumulative minor injuries and nigglings. Added to this is the continual need to maintain proper nutrition and hydration, concentrate on route finding and cope with awildly changing weather and underfoot conditions. In

sum, it tests all facets of successful mountain running and craft with the exception of speed.

The rewards are magnificent. I cannot think of another ultra-long distance route that allows such a clear perspective of the scale of the challenge. Standing on the top of Waun Oer towards the end of a clear and hot spring day gave an unforgettable vista. To the North it was just possible

to make out the peaked summit of Yr Wyddfa that marked our first objective in day one followed by a helping of Cnicht and the Moelwyns. Those craggy summits spilled down towards the

unbelievable terrain of day 2 that had thus far included the Rhinogs (with the dramatically steep bwlch between them), the airy Y Llethr and Diffwys and the walker-infested summits of the Cadair range. To the South, the land swept ever onwards, gentler now but even more spread out, past our day 2 objective of Dinas Mawddwy, over Maen Llia and onto the concatenating ridges that led to the indistinct hump of Plynlymon, our final objective for day 3. It looked a hell of a long way but courage could be taken from the fact that our view North proved

we had already come a long way. Nevertheless, none of us had ever run anything like the of distances required; averaging 32 miles a day (with a maximum of 40 miles) and none of us were in much of a position to train to those distances. So we religiously employed 'Ruddles Rule' named after long distance guru Ray Ruddle who maintains that success on such events depends on walking any up gradient and only running on level or down gradients. It turned out to be good advice and it helped us maintain a 3.3 mile per hour average for the whole event.

We were lucky with the weather. The abnormally dry April meant the boggy heartland Mid Wales had lost its fearsome reputation as a man-swallower. The technically challenging terrain of Snowdonia was crossed in superb sunshine with enough breeze to keep cool. The weather broke down on day 3 but not the extent that it seriously hampered progress. In fact, I would rather the windy cold conditions for the trackless wastes of Mid Wales than toiling along through a haze of sweat and flies. Although we had the wind to our faces on day 3 along the Plynlymon massif, we had it to our backs for our last day on the gruelling West/East traverse of the Black Mountain and Brecon Beacons ranges.

Underfoot conditions varied wildly from the pavement like paths on Snowdon, Cadair Idris and Pen-y-Fan to the boggy morass of the land surrounding the unspectacular Plynlymon massif. The most ridiculous terrain is that insignificant looking stretch from Maentwrog to Cwm Bychan over Moel Ysgarfarnogod.



(left to right) Douglas Adlam (Duracell), Alan Stone (Falling), Chris Gildersleve (Toffer), Matt Hand (Molehill) and Simon Blease (Wheeze) atop a sunny Yr Wyddfa, the first summit of the Dragons Back Challenge.

An undistinguished expanse, it guards a nightmare on the route from its summit to Cwm Bychan. A chaotic jumble of granite boulders is concealed by a scratchy covering of heather, successfully defeating any decent path formation, with the threat of a twisted ankle, or worse, ever present as feet stum-

ble into unexpected gaps or trip over unseen projections. Truly horrible, but even this pales into insignificance compared to the worst stretch of all...the 20 or so miles of tarmac before and after

Llandovery marking the end of day 4 and the start of day 5. The wise lunch of pineapple rings topped off by stale, over salted sports drink in his camelback. There's not much that can be done about this unfortunate low level section which features, in some way or another, in any of the North to South routes. Blame it on the Geology if you must, but all in all, it makes Day 4 (which starts at Eisteddfa Gurig and ends at Llandovery) somewhat of a trial.

A possible way to alleviate the suffering is to extend day 3 to Cwmystwyth to cut down day 4 mileage but that depends on a smooth crossing of Plynlymon, which we didn't get

due to the weather.

And speaking of trials, due credit must be given to the support crew who had to endure hours of hanging around in a

continued on page 4



The fabulous view to Y Llethr from the flanks of Rhinog Fach



The dramatic Fan Brycheiniog ridge which brings back some proper mountain scenery for the end of the journey.



Descending into the beautiful Doethie valley which marks the end of the desperate mid-Wales slog



A triumphant group on the cairn at journeys end, Pen Y Fan.

A Diabetic Runners Diary

Ellie Salisbury

The Newsletter Editor has asked me to write 'A Diabetic's Diary of 2006 Events' and the effects Diabetes has on my running, so here it is, in a nutshell:

30 fell races, 4 cross-country races, 3 road races, 4 mountain bike events, 4 mountain marathons, 3 skiing trips, the 14 peaks, and a traverse of Corsica's high-level GR20 (including climbing the Country's highest mountain at almost 9,000ft)

Bearing in mind that I undoubtedly ran these races at a much slower pace than most of you reading this article did, I'd like to think that because I'm an insulin dependent diabetic, with all that entails, it makes the achievement slightly more noteworthy!!

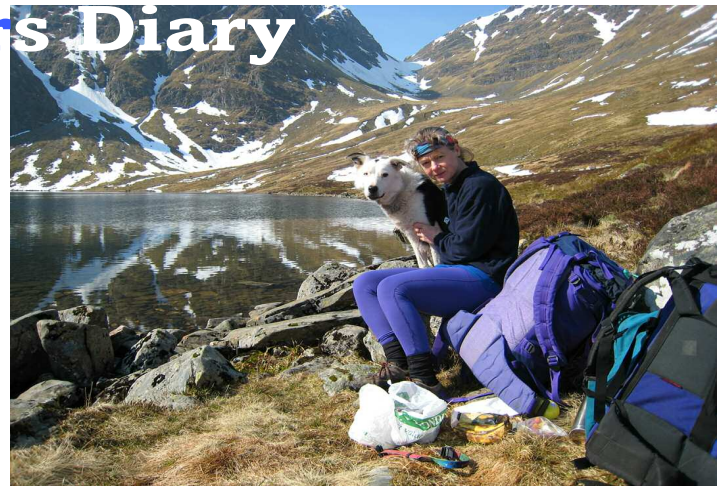
After my diagnosis in 1986, I vowed that my condition wouldn't cramp my style, and despite various problems along the way, I feel blessed that I've managed to do most of the things I wanted to before reaching 50.

Over the years, I've built up a huge database of pre, mid and post exercise blood glucose levels for short fast runs, and sustained endurance runs in the mountains. Since those early days, I've completed 51 moun

tain marathons, 6 of them in the Alps, and, with my partner, winning our class in at least 7 of them, completed the London Marathon, 3 x Three Peaks Races, 2 x 24hour mountain bike races, trekked in the Alps, Dolomites and Pyrenees, climbed Mount Kenya and Kilimanjaro (with all the inherent problems of trying to stop my insulin from getting too hot), and been high-altitude mountaineering in the Andes and Himalayas, where I reached my ascent ambition of 20,000ft (with all the inherent problems of trying to stop my insulin and blood testers from freezing while camping for two weeks at -20).

There are three important factors which have enabled me to survive, enjoy, and be reasonably successful in these physical challenges:

- 1) the availability of medium/long-acting carbohydrate drinks, which can easily be made up with river water or melted snow
- 2) tiny, reliable quick blood glucose monitors - my Abbott FreeStyle Mini fits in my pocket, and has a countdown of only a few seconds, which therefore won't make a huge difference to my race times



Ellie and Mot Scotland March 2007

- 3) fantastically supportive family/friends/running mates who've helped and encouraged me along the way (thanks, all of you).

Managing diabetes involves the never-ending and huge commitment of balancing carbs. eaten, with insulin injected and exercise/rest undertaken. For me, it means an average of 6 blood tests and 4 injections daily, and a constant struggle to keep blood glucose levels high enough for my muscles to be able to function efficiently, but not so high as to cause massive thirst/dehydration/breathing difficulties and the feeling of complete lethargy. Experiencing

these sensations on the start line of a few recent races should have discouraged me from competing on that day, because, if anything, these feelings get worse as normal physical and mental tiredness set in. All this then results in another personal battle - is it better to 'give up/feel a failure', or to be distressed throughout the race, which causes extreme anxiety before the next race, and a resultant rise in the levels of the stress-hormones (cortisone and adrenalin) which then interfere with the action of insulin. COMPLICATED OR WHAT??!

It's understandable that my parents often ask why I don't give up running and take up embroidery, and sometimes, I ask myself the same question. The answer, of course, lies in the indescribable feelings of elation and freedom I still often experience when running effortlessly along a high ridge, with a very special black and white dog at my side.....

Yianni Tridimas
April 2007

PENNANT SKYLINE

11 miles 3600ft

Afon Dyfi (river Dovey) originates in the highlands east of Arran Fawddwy where Craiglyn Dyfi hides in majestic isolation. The young Dyfi then plunges down to the Pennant valley, one of the most scenic dead-end Welsh valleys, completely dominated by steep-sided hills.

This was to be my first real outing on the hills since my knee operation four and a half weeks earlier. The weather was sunny and warm. I planned to walk on the level, run uphill and take the downhill carefully. My starting point was the lay-by at Bwlch y Groes. At 545m, this point on the road between Bala and lake Vyrnwy is an excellent vantage point to enjoy the scenery.

I dropped off my wife by lake Vyrnwy and then returned to Bwlch y Groes. Kath was to walk round the lake while I explored the beautiful skyline around Pennant.

I set off following the fence south and visiting the cairn at spot height 589, the cairn at

height 585 and the top of Carreg y Fran. I then descended to the top of Cwm Pen-y-gelli by the waterfalls and followed sheep trods along the edge of the precipice. The views from there were spectacular and as I was not rushing by I had time to enjoy them.

I descended the steep grassy slope to the valley and at the hamlet of Llanymawddwy I left the road to begin the steep ascent of Pen Foel-y-ffridd. This is a gem among hills, free standing and quite independent form its surroundings. The higher slopes are well covered with bilberries and there is no sign of a path. Perhaps it is visited rarely as it probably is too steep for the ordinary visitors to the valley. Having enjoyed the views from the summit I descended W-NW towards the corner of the forest and was surprised by the steepness of the descent. Following the edge of the forest overlooking the wild Cwm Dyniewyd, I crossed the stream above the waterfalls.

I had intended to go as far as Arran Fawddwy but time was passing and although feeling quite comfortable I was careful not to over-exert my newly re-

continued on page 4

Discounts

The shops listed below have confirmed that they will give WFR members a discount on purchases. This may not be on all items (eg sale items). Discount is normally 10% unless indicated otherwise. Remember to show your WFR membership card.

ATHLETES FEET

Rhuddlan

BENARD'S GALLERY

Craig y Don

Llandudno

BLACKS

Betws y Coed and

Llandudno

CONWY OUTDOOR SHOP

Conwy

ULTIMATE OUTDOORS

Betws y Coed, Skipton,

Keswick and Lancaster

JOE BROWN SHOPS

Llanberis and

Capel Curig

COTSWOLD

Betws y Coed

PETE BLAND SPORTS

Kendal

RUN AND BECOME

Cardiff

RUNNING BEAR

Altrincham

FRONTIER

Llandudno

If there are other retailers members would like to be included please contact any Committee member

**Dave
Hancocks**

Tactics for coming last

While many runners aim to cross the line first, Dave Hancock believes coming last is more meritorious.

To those of you who have finished last in recent fell races, I apologise. I wasn't right behind you. I wasn't even a long way behind you. I wasn't even there. The Callow race in July at Little Stretton, Shropshire, put things right. I finished at least 10 minutes later than the penultimate runner in company with the sweeper.

Those of you who race to win should reflect on the glory you deny your fellow competitors. By contrast, finishing last is noble and unselfish. It gives even the weediest, most pathetic competitor the opportunity to boast: "At least I wasn't last."

Being a backmarker is not easy. First, you have to get out of bed. Then you must arrive at the race and sign on. If you are recognised for the loser you are, a witty retort is called for. "I thought we had to do two laps," is my favourite response to the question of why I'd finished so far behind in the last race.

Even with the muscle development of Minnie Mouse and the lung capacity of Mickey, it's important to warm up before a race. I use the Jon Forplay* method, or rather, phase one – Long & Slow. I don't do phases two or three – Rapid Repeats and Peaking. Don't overdo it and don't do anything such as stretches and bunny hops as

these will draw attention to yourself. Try to look cool. It's unfair on fellow runners if they spot you as the loser before the race has begun.

Wear lots of clothes and carry loads of gear – being over-dressed and weighed down will earn you sympathy at the finish. Also, you should remember that the stripped-to-the-waist runner who will drink his (or her) own sweat and who 'accidentally' loses his (or her) number in the first 100 metres to save weight will be at the finish while you're still struggling up the first hill. Be prepared for a long day – pyjamas weigh very little.

The more you wear and carry, the greater the number of excuses to stop and adjust things. A little Vaseline on the adjusters will ensure that bum bags or rucksacks continually work loose. Nick shoelaces with a sharp knife and they should break within the first mile. A heart rate monitor can be referred to constantly. Bring your water bottle to your lips often (without drinking, of course – an empty water bottle provides no excuse for delays).

Start the race slowly but with runners behind you. Your tactics should be to gradually fade throughout the course of the race. Running at the front for 100 metres and then collapsing in a heap is too obvious, as is tripping at the start and limping along 50 metres behind the rest of the field.

On moderate inclines, walking is acceptable – especially if you look as though you're about to break into a jog at any moment. When things get steeper, you can proceed one tiny step at a time with frequent pauses. Steeper still, and the experienced loser comes into his (or her) own by dropping to all fours. Crawling up hillsides is satisfyingly pedestrian without looking like time wasting. I have done this over considerable distances.

Watch out when crawling for the incline moderating. Nothing feels sillier than approaching a summit marshal eyes level with his (or her) knees. If you make this mistake, give a barking noise and try to pass it off as misguided humour brought on by imminent mental breakdown.

Downhill sections are the most

difficult for tail-end Charlies. It's all too easy to go quite fast. On steep bits, weave from side to side as this wastes a lot of time yet looks impressive. With practice, you can cover three miles on a half-mile descent.

Shallow descents are more difficult again as running is almost unavoidable. There is often a considerable danger of overtaking someone. The experienced loser will bring all his (or her) skills to bear on these sections. Running in a particularly jerky manner should see bum bags, caps, glasses, water bottles and heart rate monitors flying in all directions – thus yielding the perfect excuse to stop and collect them.

With practice, it's possible to throw yourself to the ground and roll over several times in a

very convincing manner. You can then spend several minutes apparently checking for broken bones.

When the finish is in sight, run to cross the line and then collapse in a heap. Ask repeatedly whether you're last – and groan in mock disbelief when it is confirmed that you are.

While it is acceptable to receive the commiserations of your fellow runners – especially the person who finished in the penultimate position – do not wait for the prize giving. Some organisers give an award to losers. Genuine tail-enders eschew such things as the reward is in the achievement itself. Only mere winners take prizes.

**Jon Forplay was a little-known Dutch fell runner who trained by running along dykes*

DRAGONS BACK CHALLENGE

continued from page 2

reeking minibus, fighting off rampant socks and boredom in equal measure! Martin Lucas and Andy Mullett at least had the occasional respite of accompanying us on alternate legs but poor Kay Lucas had to resort to occasional escapades on her mountain bike to clear the fug out of her system. As for Sarah Smith, she only had Doug Adlams gear (and a worsening cold) to contend with as she took the wise decision to support in their car. But, however support was rendered, the event could not have happened without it. The glory belongs to them as much as to the runners. We were also blessed with the generosity of Andy, who provided a base camp at his house outside Tremadoc for the first 2 nights of the venture. The less said about some impromptu panel-beating the minibus to get to said residence, the better!

Other 'scrapes' included a face off with a farmer in his 4x4 who was determined that we were not going to continue in our chosen direction somewhere in deepest Mid-Wales (a discreet retreat was the only tactic possible), an absence of map for the only section non of us had recied, with clag and rain closing in (thank god for GPS!) and a very lucky escape for some FRA Forum Friends, Judy and Bryan (Daleside and Dominion), who had come to join us for our last day, only for Daleside's car to be

written off as Dominion drove it from Llandduesant to Storey Arms. Other than that, and barring a few blisters and dicky tummies, the whole thing passed off remarkably straightforwardly. That's not to say it did not hurt or that it took no effort...it did on both counts! But a determined endeavour to keep plodding on, maintained by good support and good team work can eventually wear down even the most recalcitrant of Dragons!

For the record. In 5 days from May 3rd to May 8th 2007, Douglas Adlam, Simon Blease, Christopher Gildersleve and Alan Stone ran 160.2 miles with 42,160 of climbing from Pen-Y Pass Carpark, Llanberis to Cwm Llwch Campsite, Brecon passing over all the principal summits in between in a total run time of 47 hours 53 minutes. Matthew Hand completed 4 days and the last leg of day 5 (having been incapacitated at the end of day 4). Road and running support was rendered by Martin Lucas and Andy Mullett with road support from Kay Lucas and Sarah Smith. A full itinerary will appear in the Fell Runner Long Distance section.

Footnote: In 1986, Toffer got me into fell running. Since the early 90's we have been battling this idea around but it's due to his persistence that we finally got around to doing it. Thanks mate, it was utterly brilliant!.....and it's all your fault!

PENNANT SKYLINE

continued from page 3

paired knee. Besides, I was to pick Kath up from lake Vyrnwy and did not want her to have to wait.

I went north via Gwaun Lydan, descended to the stream junction below Ceunant y Bridell and tackled the very steep ascent to Llechweidd Du. Then along the fence and back to Bwlch y Groes.

This is a great little skyline mostly on grass, runnable with some very steep ascents and descents, typical of the beautiful valleys E/SE of the Arans.

A much longer skyline would cross the valley near Dinas Mawddwy.

Yiannis Tridimas

Martin Cortvriend reports on the 2007

Clwydian Range Races

Llangynhafal Loop 6th May 2007

Lots has already been discussed about what was a very successful undertaking. There were 215 runners in total and a report of the race has already appeared on the website but I'd like to take this opportunity to point out that the support and infrastructure that we had was crucial to the success of the event. A small army of over 30 helpers were marshalling, car parking, time keeping, tent erecting etc, etc. Our local farmer Meirion Jones was critical in providing the venue – we did charge £1 per car in the field but Meirion's wife donated all the income to charity when she ran the Race for Life at Rhyl the following Sunday. The refreshment van, Stop'n'Stuff made a donation to St Kentigern's Hospice which was also where the remaining proceeds of the race went. We've had plenty of good feedback about the course, the organisation and WFRa in general so all in all it was a major success. I'd be very happy to do it again in 10 years time!

The Druid Llanferres, 20th June 2007

An astonishing performance from Anna Frost of Wrexham AC who came in 5th overall taking a big chunk off the ladies record. Ian Houston now racing for Mercia was just outside his record and Ian Greenwood a newcomer from Eryri Harriers was not far behind. This was the first of the Clwydian Summer Trots which are becoming increasingly popular especially with clubs on either side of the North East Wales border. A modest investments in beery clocks produced some of the

Hotfoot up Famau Moel Famau 4th July 2007

After 3 years I got a chance to race myself – as a race organiser I highly recommend it (if you can get the back up and support to allow it, which I realise is difficult for a lot of organisers.) The thing is you see things that would not have occurred to you when marking out the course. And so it was at this race, scrambling down to the stream at the foot of the first valley runners were going down like ninepins! Clearly I need to vary that one slightly. On the next downhill after Moel Gaer I was getting ready to charge down one of my favourite training slopes when I realised everyone was drifting off to the left – our marshal had followed instructions and opened the gate at the bottom but he'd found a gate that I didn't know existed. However I was right to wear long shorts - up the next valley the bracken was thick and high as a consequence of the constant rain of this glorious high summer and this lush bracken hid a mass of nettles. I did explain at the finish that

after the tingling wears off you can relax benefiting from the anti arthritic properties of nettle stings. This year's Hotfoot race featured another fine run from 'King of the Clwydians' Ian Houston who was just a few seconds behind his record for this race. However he was chased hard by young Jason McGonigle of Warrington AC. And another amazing run came from Anna Frost who smashed the ladies record finishing 5th overall. The race was well attended by Tattenhall Runners many of whom had been supporting Mark Smith at the weekend in his



successful Bob Graham round. It didn't seem to do them any harm several of them posting excellent times – and there was Mark at the top of the stony gully cheering us all on and even attempting to jog back to the finish. Great support again from John L, Andy W, Yiannis T, Jim D, Bryn etc.

The Very Green Grass of Home Llangynhafal 25th July 2007

The dusty brown of last year was a distant memory, the incessant rain providing us with a lush emerald sward to gallop over - wasn't our weather so much more predictable before global warming. The Brown Green Grass of Home had become The Very Green Grass of Home! I had thought that numbers would be down significantly with Snowdon coming up on Saturday but we had 68 standing at the start line including an astonishing 23 entries from Tattenhall Runners resplendent in their yellow and blue – much easier to see from a distance against the bracken than the green and red of Eryri (but there again a bit of camouflage might come in useful sometimes?)

Youth was to the fore on the night with Adam Peers of Liverpool Harriers and Jason McGonigle of Warrington AC streets ahead of the usual suspects. Sarah Hammond repeated her win of last year and there was

an excellent run from Scots visitor 70 year old Jim Buchanan of Annan and District AC. However times were noticeably down, the reason being that this was the third course variation in three years – the thing about a 2 lap 2 loop course is that there are plenty of options that we can explore over the next 20 years or so without any repetition – variety is the spice of life!. Big vote of thanks to the marshals Ian H, Yiannis T, Freddy A and John M and to Max T whom I press ganged to help at the finish – great atmosphere in the Golden Lion afterwards. This is the Vale of Clwyd CAMRA pub of the year and I was looking forward to a pint of Facer's Avalanche after the prize giving – this is a wonderful light coloured 4.9 ale brewed just over the mountain but an avalanche of thirsty runners had drunk the barrel dry – I had to settle for Joey Holts (this is the only regular outlet in Wales for this (in)famous Manchester ale.)

John Sweeting

MYNYDD TROED 2007

The second running of this elongated version of the old Llangorse Loop suffered from high winds and persistent rain, but the virgin fell runners from Tring in darkest Hertfordshire and from Chepstow Harriers weren't daunted. Nor were the would-be entrants who arrived an hour late due to confusion about the start time for which the race organiser apologises humbly. Ian Wellock, a

Hunters Bog Trotter based in Somerset, did well to keep his feet and break the hour despite the conditions. Good times too

Runners who arrived late will have their result from Waun Fach included in the Series Table.

from Kevin Harding, first M40, and Harry Matthews from just down the hill in Talgarth.

First woman was also a local, Emma Bayliss, 80 seconds ahead of another Tringer, Alison

Harding (how often do husband and wife both come second?). Another minute or so behind was Chepstow's Club Cham-

pion Sue Ashton, who coincidentally was born in Hertfordshire (as was the organiser – but why would you want to know that?).

One more Hertfordshire family

snippet – Mandy Bonthron beat her teenage son Callum by 81 seconds.

Many thanks to cold and wet marshals John Sweeting – who also flagged the second mountain – and Andy Stott. And to John Darby who marked the first mountain and also finished the race as third M50. And thanks to the Tring kids who helped the miserable organiser at the finish

Chairman Reviews the 2007 Championships

MOEL SIABOD

The 'Ultimate Outdoors' Moel Siabod race took place from Capel Curig on Saturday 21st July. Despite the heavy rain and floods in the previous 24 hours, there was a good turnout as the race was a counter in the Welsh Fell Runners Association North Wales Series. The weather during the race was mild, light winds and with occasional rain. With the cloud level hovering around the summit and very wet and slippery conditions underfoot, this made for a very challenging race. Unfortunately, with the river in spate it was not possible to have the usual run through the river at the finish which most of the runners and spectators look forward to.

The men's race was won by Richard Roberts of Eryri in a time of 53 minutes and 36 seconds. Steve Gilliland of Bro Dysynni was 2nd (also 1st over 40) in 57.26 and Peter O'Brien of Eryri 3rd in 58.10. First over 50 was Stephen Bellis of Buckley in 61.34 and the over 60 category was won by Don Williams of Eryri in 63.50.

In the ladies race, Anna Frost of Wrexham won with a stunning run finishing 2nd overall in 55.47. Andrea Roberts of Eryri finished 2nd in a time of 65.22 and Ruth Metcalfe of Eryri was 3rd in 68.33. The over 40 category was won by Sandra Rowlands of Clwydian in 75.31 and first over 50 was Maggie Oliver of Eryri in 80.52.

Junior race results -

Male Under 14 - 1st Calum Muskett (Eryri) 14.22, 2nd Owain James (Menai) 15.30.

Male under 12 - 1st Rhys James (Eryri) 16.20, 2nd Barney Broatch (Eryri) 19.16.

Female under 12 - 1st Bronwen Jenkinson (Menai) 35.37.

Calendar Update

Rhinnog Horseshoe

Please note that the date of this race has changed from Saturday 20th October 2007 to

Saturday 27th October 2007.

All other details unchanged.

This is due to factors beyond the control of the WFRA. The race is still to be included in the WFRA Open / Welsh Championships and North Wales Series. Apologies for any inconvenience.

WFRA OPEN/WELSH CHAMPIONSHIP

With 4 of the 6 races completed current positions are as the Table on Appendix 1. Martin Shaw of Mynydd Du is leading with Craig Jones (WFRA) second and Ian Wellock (Hunters Bog Trotters) third. Other category leaders - O/40 Chris Gildersleve (Brycheiniog), O/50 Ross Powell (WFRA), O/60 Gary Gunner (Croft Ambrey).

Anna Bartlett (Shrewsbury) is leading the ladies category. Fiona Maxwell of Mourne is first over 40 and Sue Ashton (Chepstow) leads the over 50 category.

There was some confusion over the start time at Mynydd

Troed. The race actually started at 11.00am but a number of runners turned up later for a 12.00 noon start. As this race was included in the WFRA Open / Welsh Championships and South Wales Series it was decided by the WFRA Committee that those who missed the start at Mynydd Troed would have a second chance to score points at Waun Fach. Please note that the Table shows the 'points' position prior to Waun Fach.

SOUTH WALES SERIES

Current positions are as shown in the Table on page 7

The Llanthony race was cancelled due to a waterlogged showfield it has been decided that this race will be replaced by Llyn y Fan on 9th September.

MOELWYN THREE PEAKS

The Moelwyn 3 Peaks race took place on Saturday 21st April from Blaenau Ffestiniog. There was a high turnout as the race was a counter in the Welsh Fell Runners Association North Wales Series. Weather conditions were warm, dry and with hazy sunshine. Fortunately, there was a breeze to make conditions bearable!

The race was won by Tim Higginbottom of Eryri in a time of 1 hour 22 minutes and 47 seconds. Francis Blunt of Cumbria was 2nd in 1.25.23, and James McQueen of Eryri 3rd in 1.26.12. The over 40 category was won by Roger Lamb of Mercia in 1.27.37, and first over 50 was Steve Jones of Eryri in 1.30.49. Don Williams of Eryri won the over 60 category in 1.42.55.

The ladies race was won by Jackie Lee of Eryri in 1.33.14. This was nearly 3 minutes inside the previous record! Hannah Toberman of Eryri was 2nd in 1.47.55, and Louise Barker of Aberystwyth 3rd in 1.49.09. The over 40 category was won by Sandra Rowlands of Clwydian in 1.54.46, and first over 50 was Maggie Oliver of Eryri in 2.03.25.

NORTH WALES SERIES

With six of the nine race Series completed current positions are as the Table on Appendix 2. Richard Roberts of Eryri is leading, with Don Williams of Eryri second (also 1st over 60), and Roland Stafford (Mercia) third. Other category leaders - O/40 Steve Gilliland (Bro Dysynni), O/50 Neville Boler (Dark Peak).

Andrea Roberts (Eryri) is leading the ladies category, with Anna Bartlett (Shrewsbury) second and Jenny Ewels (Clwydian) third. Sandra Rowlands of Clwydian is first in the over 40 category and Maggie Oliver (Eryri) leads the over 50 category. The next race is Moel Famau on Monday 27th August.

MOEL Y GAMELIN

The Moel y Gamelin race took place near the Horseshoe Pass near Llangollen on Sunday 1st July. There was a good turnout as the race was a counter in the Welsh Fell Runners Association North Wales Series. Weather conditions were mild, overcast and showers.

The race was won by Richard Roberts of Eryri in a new record time of 1 hour 10 minutes and 45 seconds. Karl Gray of Calder Valley was 2nd in 1.12.50 and Harry Mathews of Mynydd Du 3rd in 1.14.05. Other category winners: O/40 - Nick Stringer (Sparkhill) 1.27.40, O/45 - Steve Gilliland (Bro Dysynni) 1.17.51, O/50 - Graham McAra (Cheshire) 1.23.52, O/55 - Martin Cortvriend (Macclesfield) 1.29.09, O/60 - Don Williams (Eryri) 1.26.30, O/65 - Peter Roberts (Buckley) 1.32.26.

The ladies race was won by Anna Frost of Wrexham also in a new record time of 1.22.07. Anna Bartlett of Shrewsbury was 2nd in 1.26.25 and Andrea Roberts of Eryri 3rd in 1.28.02.

CARNEDDAU

The Carneddau race took place from Bethesda, Gwynedd, on Sunday 24th June. This year the race was included in the British Championships. It was also a counter in the Welsh Fell Runners Association Open / Welsh Championships and North Wales Series. Weather conditions were overcast, light winds, mild and with periods of rain - which made it very slippery underfoot. The later runners had to contend with a torrential downpour. The summits were shrouded in mist which made the navigation tricky between Carnedd Llewellyn and Yr Elen. However, most runners seemed to enjoy the challenging course and conditions. They certainly enjoyed the hot pasties and cakes back at the Rugby Club.

The race was won by Rob Hope of Pudsey and Bramley in a time of 1.38.24. Rob Jebb of Bingley was 2nd in 1.38.34 and Ricky Lightfoot of Ellenborough 3rd (also 1st U/23) in 1.38.47. The over 40 category was won by Jim Davis of Borrowdale in 1.41.44. The over 50 category was won by Mike Egner of Dark Peak in a time of 1.56.18. First over 60 was Dave Tait of Dark Peak in 2.08.33.

The ladies race was won by Janet McIver of Dark Peak in 1.57.37. Sharon Taylor of Bingley and Anna Bartlett of Shrewsbury had a sprint for the finish line with Sharon winning in 2.06.53 and Anna finishing one second behind. The first over 40 was Fiona Maxwell of Mourne in 2.07.59 and the winner of the over 50 category was Wendy Dadds of Clayton in 2.32.16.

Thanks to everyone who helped out on the day (some 40+ people in total), Team Dolly for Radio cover, St John for First Aid, Bethesda Rugby Club for an excellent venue and the Race Sponsors - Sinclair Steel and Kendley Ltd.

ANNUAL GENERAL MEETING

The third Welsh Fell Runners Association AGM will be on

SUNDAY 3rd NOVEMBER

after the SUGAR LOAF

IN THE CROWN INN

Any nominations or items for inclusion on the Agenda must be notified to the Secretary by 7th October.

The meeting will commence as soon as possible after the race and will follow the

WFRA Championships presentations

Chairman continues from page six

WFRA AGM

This will take place after the Sugar Loaf race in South Wales on 3rd November. Sugar Loaf is the last race in the 2007 WFRA Open / Welsh Championships.

MOEL HEBOG

The Moel Hebog race on 4th August became a casualty of the terrible weather this Summer. During the morning of the race, the Organiser decided to call off the race due to the poor visibility, relentless driving rain and strong winds. It was not an easy decision to make. Notice of the cancellation was posted on the website as soon as was possible. Unfortunately, some twenty disappointed runners turned up for the race, but were very understanding of the decision made. It was later reported that some two inches of rain fell in North West Wales that day. One or two ardent runners who went up the mountain as a training run, reported back that to cancel the race was indeed the right decision as weather conditions made the going very precarious. Regrettably, the race will not now take place this year.

The AGM will commence asap after the race prize giving and WFRA Presentations. Please make every effort to attend the Presentations and AGM. We need a quorum of at least 10% of the membership for the AGM. Many of the Committee Officers have been in post for 3 years. Under the WFRA Constitution they should not continue for more than 3 consecutive years in the same post (unless there are no other candidates). If you are interested in standing for any of the Committee positions please contact Ross Powell to discuss what is involved.

Some members travelling down from the North have booked into the Monmouth Travelodge for the Saturday night. Travelodge sometimes have special deals. Visit their website for the latest information (www.travelodge.co.uk). It would be nice if all those staying down could meet up to go out for a meal in the evening. If there are enough people interested in travelling down on the Saturday and returning Sunday then a minibus can be booked. Contact Ross asap if you are interested.

BRITISH CHAMPIONSHIPS

Two WFRA races were included in the British Championships this year – Llangynhafal and Carneddau. Both races went well and should have enhanced the reputation of the WFRA. A big thank you to Race Organisers Martin Cortvriend (Llangynhafal), Dewi Sinclair (Carneddau) and to everyone who helped on the day(s).

WELSH 1000M PEAKS RACE

You may have heard that there was a tragic accident in the W1000M race this year. A competitor in the Mountaineering Class, Sgt Paul Upton of the 1st Battalion The Parachute Regiment, had a fatal fall while descending from the Carneddau down to Llugwy Reservoir. The WFRA would like to send their condolences to his family and friends.

NAVIGATION COURSE

A Navigation Course may be organized this Autumn. If you are interested please give your name to any Committee member.

LEG END 9

Leg End 9 Race took place from Dwygyfylchi near Penmaenmawr on Sunday 12th August. Weather conditions were dry with sunny intervals.

The race was won by Justin McIlveen of Abergele in a time of 1 hour and 21 minutes. James McQueen of Eryri was 2nd in 1.21.05 and Pete Gardner of FRA 3rd (also 1st over 40) in 1.22.29. The over 50 category was won by Eilir Evans of Eryri in 1.27.41 and 1st over 60 was Don Williams of Eryri in 1.26.12.

The ladies race was won by Andrea Roberts of Eryri who took 4 minutes off her own record to finish in a time of 1.25.21! Val Swingle of Shropshire Shufflers was 2nd (also 1st over 40) in 1.36.57 and 3rd was Heather Dawe of Ilkley in 1.39.37. The over 50 category was won by Maggie Oliver of Eryri in 1.52.34.

Thanks to race sponsors

SINCLAIR STEEL

and

CONWY OUTDOOR SHOP

WFRA SOUTH WALES SERIES

Pos.	Name	Club	Cat	Mynydd Troed		Coity		Guto Nyth Bran		Table Mountain		TOTAL
				Time	Score	Time	Score	Time	Score	Time	Score	
1	Tony Robson	Pennine FR	MS	71.41	85.26	40.59	89.89	49.05	91.47	40.18	83.97	350.60
2	Matthew Collins	MDC	MS			35.58	103.37	41.08	109.05	31.53	108.21	320.62
3	Harry Matthews	Mynydd Du	MS	61.45	101.16	36.43	101.35			31.52	108.25	310.77
4	Andrew Blackmore	MDC	MS	79.3	72.75	48.02	70.95	54.38	79.20			222.90
5	Andrew Jones	Mynydd Du	MS			38.05	97.68	42.54	105.14			202.82
6	Crispin Flower	Mynydd Du	MS			39.31	93.83			34.56	99.42	193.25
7	Matthew Stott	Chepstow H.	MS			41.39	88.10	46.4	96.82			184.91
8	John Syms	MDC	MS			43.19	83.62	48.49	92.06			175.68
9	Michael Keddle	Unattached	MS	74.29	80.78					39.57	84.98	165.76
1	Neil Lewis	MDC	M40	73.09	82.92	44.18	80.98	51.45	85.58	40.27	83.54	333.01
2	Max Suff	Hereford C.	M40	73.43	82.01	42.15	86.49	47.31	94.94			263.43
3	Andy Stott	MDC	M40			48.52	68.71	55.01	78.35	42.58	76.30	223.36
4	Simon Blease	Brycheiniog	M40	70.15	87.56					37.05	93.23	180.79
5	Richard Wall	Hereford C.	M40					50.36	88.12	37.54	90.88	179.00
6	Kevin Betts	Fairwater	M40	73.26	82.46					38.52	88.10	170.56
7	Gareth Griffiths	MDC	M40	77.07	76.57	47.51	71.44					148.01
1	Steve Littlewood	Hereford C.	M50	75.06	79.80	46.12	75.87	52.01	84.99	38.2	89.64	330.29
2	John Darby	MDC	M50	79.18	73.07	47.26	72.56	59.46	67.85	42.52	76.58	290.07
3	Steve Herington	Hereford C.	M50			45	79.10	50.14	88.93	40	84.84	252.86
4	Clive Rowberry	Hereford C.	M50			50.07	65.35	55.41	76.88	43	76.20	218.43
5	Mike Harris	Westbury H.	M50					55.1	78.02	45.39	68.57	146.59
6	Gareth Evans	Blaenafon J.	M50			56.28	48.29	61.22	64.31			112.60
1	Gary Gunner	Croft Ambrey	M60	85.59	62.38	48.42	69.16					131.53
2	John Sweeting	MDC	M60					60.54	65.34			65.34
3	Les Pugh	MDC	M60			67.2	19.09			64.13	15.12	34.21
1	Helen Fines	Bristo.l& W AC	FS		86.00	40.4	90.74					177.00
2	Emma Bayliss	Mynydd Du	FS	81.39	69.31	67.2	19.09					88.40
3	Julie Davies	Griffithstown H.	FS			55.02	52.14					52.14
4	Helen Duffield	Chepstow H.	FS	95.28	47.20							47.20
5	Vanessa Lawson	Chepstow H.	FS	98.16	42.71							42.71
1	Angela Jones	Brecon AC	F40			42.57	84.61					84.61
2	Mandy Jones	Islwyn	F40					57.17	73.34			73.34
3	Alison Harding	Tring	F40	82.59	67.18							67.18
4	Mandy Bonthron	Tring	F40	87.27	60.03							60.03
5	Daniela Woodbridge	Fairwater	F40							48.4	59.88	59.88
1	Alison Cooke	Hereford C.	F50					57.13	73.49			73.49
2	Sue Ashton	Chepstow H.	F50	84.22	64.96							64.96

Alan Stone

4 Summits 2007

Not content with having completed the run from Snowdon to Pen Y Fan over 5 days, (doing the Dragons Back) the fiendish mind of "Toffa" Gildersleve had not been idle. What new punishment should he inflict on his friends? Riding the crest of an endorphin fuelled high his next plot was hatched to do the same journey – in one day – linking the 4 principle summits of Wales by human power.

The fact that he had tried and failed, to do this the year before over 2 days was not to daunt him. Excuses about too much whisky on route and too large a breakfast in Pete's Eats left the rest of us unconvinced. So it was with some surprise that seven of us found ourselves at Pen Y Pass

at 5.30am on a misty and damp morning this summer. The clag was down and we started with a brisk pace up Snowdon on the Pyg track passing a few early morning walkers in the rain. We reached the top in thick cloud and were glad to witness the death throes of the summit café as it lost it battle with the bulldozers. No tears were wept as we said good bye to that carbuncle. Then it was down the Rhyd Ddu path to meet with the support crew carrying the bicycles.

Haydn Griffiths was paying the penalty for a dodgy curry the night before and was disappearing behind bushes and rocks every few minutes. Those of us on stricter training diets (fish and chips) chuckled smugly. Then it was onto the bikes for the cycle to Cadair Idris via the coastal route and Barmouth bridge. Alan Stone was to lag far behind on this leg. He dropped off the back of the peleton and his plaintive wails of pain were treated with the due respect they deserved – none whatsoever. It was to take him 28 miles to notice that his brakes were jammed on.

We took the slightly longer road by the youth hostel to avoid the really steep hill up to the base of Cadair, but were still to find this a vicious climb that turned the legs to jelly. John and Huw Aggleton led the way up this, despite or because they didn't have a 3rd ring on their front chainsets.

At each stopover we couldn't help but notice the huge quantities of calories we were having to consume to keep up with energy expenditure. Cake, rice pudding and crisps were the favourites. It was tough, but someone had to do it. The long trudge up the Pony path to the top of Cadair was tedious and we disappeared into the clag again. It was a relief to lose site



of the hoards of walkers. We came down the steep gully via the Fox's path and Llyn Cau, a stunningly beautiful part of the world.

On arrival at Minffordd we were met with the bad news that one of our support crew cars had hit a rock in the road and blown out two tyres. The 4th emergency service may have been on its way but "Old Grey Beard" Martin Lucas felt he had to retire at this juncture to show support for his wife, the driver. It turned out that Kay had been quite badly shaken by the experience. He was to take no further part, a shame, as he was on course to take the senior vets record for the course (no senior vet ever having done this course before).

We were psychologically unprepared for the "short" ride down to Plynlunon. It was longer than it seemed on the map. The countryside around Machynlleth is stunningly beautiful and we made fast progress to Tal Y Bont. We turned left heading up towards the mountain and then the work began. This is a long climb at a steady pace in bottom gear, however low that was. It's never very steep but continues at the same gradient for mile after mile. The only light relief was the site of some Duke of Edinburgh hikers flaked out by the roadside.

Then it was off bikes again and into muddy daps. The transitions were getting smoother as we rehearsed on the job. There

was no path up Plynlunon, just a steady wade through the bilberries to the top. The sun was shining now and we had clear views from the top to our destination in the distance. The distinctive summit of Pen Y Fan was seen 43 miles away as the crow flies. But we weren't crows and we had to run down to the mad barking dogs of Eisteddfa Gurig. Our remaining support crews were waiting for us. Sarah and Andy were beginning to complain about the high odour from the heaps of wet and sweaty kit that were making prolonged forays into the cars untenable. Both were seen to be driving with all windows open

If you haven't cycled the road from Eisteddfa Gurig down to Rhayader, you must. Downhill for mile after smiling mile and with the added bonus that day, of the wind behind. You know how it is when you're cycling, you can peddle in a complete circle and the wind will always be in your face? Well that day was the exception that proved the rule. It didn't seem to matter which way we turned the wind seemed kind to us despite the forecast of an adverse south westerly all day. We had the peleton cracked now and were taking mile long turns to pull at the front before peeling off to let fresher legs take the strain. The time seemed to slip past as we ate the miles. As runners I am sure we've all come across odd

reactions from others not understanding our sport. Well boys and girls, feel sorry for the cyclists. I was a s d u m b -

founded by the reactions of motorists as we peddled away. Abuse, revved engines and gesticulations of a most unladylike and ungentlemanly manner were flicked our way. I only hope 2 million watching the Tour de France in Kent will re-educate the ignorant – but I don't hold high hopes. Backs, knees and necks were beginning to ache and painkillers were needed by some. Brecon eventually hove into view and then there was the short pull up to Cwm Llŵch and the final transition. It was now getting dark and there was a rave going on this normally tranquil corner



of the Beacons. The sound of pumping acid house bass was audible over the pumping of our hearts and the haze of whacky backey (mwg ddrwg in Welsh) was fogging our already blurred vision. We steeled ourselves for the final climb up the Fan.

Climbing the Fan that night was slow by anyone's standards. We looked like geriatric cripples after a night on the tiles. We stopped to catch breath (I blame the cannabis haze for having upset our finely tuned athletic lungs), but at last the top came into view. No sense of elation, just a sense of job done and get off this b*****y mountain as fast as possible. We rolled down the hill to our final meeting with the support vehicles. 122 miles of cycling with 12,500 feet of climb and 19 miles of run with 8,400 feet of ascent were over. We finished in a time of 17hrs 57mins. Not the fastest time for this route but we had had to do a lot of the loading and unloading of bikes ourselves as well as deal with cycle and car punctures. We did have the consolation of hearing from our support crew about a group of walkers who set off to do the 3 peaks with a minibus to transport them between the hills.



They started off at the same time as us from Pen Y Pass and trundled into the Storey Arms barely half an hour ahead of us!

The following morning we unloaded the fetid,

stinking piles of detritus from Toffa's car as his children had refused to get into it until it was cleaned and fumigated. We reflected on the previous day's journey and decided this wasn't a fisherman's tale. There was no need for it to get bigger in the telling – no one would believe it if we told it as it was.

The runners and riders were; Martin Lucas, Doug Adlam, Toffa Gildersleve, Haydn Griffiths, Alan Stone and Huw and John Aggleton. Thanks to "Boy Wonder" aka Andy Mullett for use of his cottage again and support and thanks to Sarah Smith and Kay Lucas for their support. Without their active involvement this wouldn't have been possible. AMS

Thanks . . .

to everyone who has contributed articles for this edition.

Next copy deadline is November 10th