

# MYNYDD DU

## Mountain Runners

### Hot News

The clubs first AGM will be held on 18<sup>th</sup> September at Abergavenny Leisure Centre. Probably last an hour starting about 11am or asap after a training run up the Bloreng. Main purpose is to elect a club committee and agree a constitution (more in this newsletter). Any other agenda items to me please.

*Ade Orringe*

#### Data Protection Act

The above Act requires us to tell all members that their personal details will be maintained on a computer. This allows us to send you material. You have the right to request that your details be removed from the computer database and you should contact the Secretary if this is your wish.

**Don't Forget**

Send articles to:  
Adrian Orringe  
6 Edinburgh Close  
Greenmeadow  
Cwmbran  
Torfaen NP44 5HR  
Tel. 01633 873577  
Email.  
adrianandpat@orringe.  
freeserve.co.uk

### Editors Bit

*Ade Orringe*

Hello one and all, thanks for the positive feedback on my efforts within this Newsletter.

It's always busy around this time of year due to the number of fixtures, people doing daring deeds or just getting about in relatively good weather.

You'll see within this edition a sample of what we've been getting up to but suffice to say the club fully participates at all levels of the sport. A brief round-up of what our club has been doing lately includes:

- Organising club races.
- Hosting the East Wales and South Wales Championship Fell Races.
- Hosting a British Championship Fell Race.
- Organising international trial races.
- A programme of weekly training runs.
- Supporting local fell / hill races.
- Participating in events in North Wales, English Borders & Cumbria.
- Junior Development through coaching, organising junior races

and liaising with other agencies.

- Development of the club website.
- Purchase of a comprehensive amount of equipment.

That's not bad for a relatively small club that only started up 9 months ago. So well done to you and a big thank you on behalf of those runners who took part in our activities over recent months.

Of course that doesn't mean to say we can rest on our laurels ... far from it! Let's get more members, teams travelling to events, etc. etc.

The picture in the last edition – remember? Well it was me finishing the Snowdon Race 2004. So where was this editions picture captured?



## Who's Who in Fell

### Running

The first of a series of profiles initiated by an old friend well known on the local scene, John Darby. He sent this on the back of an old envelop so come on have a go, don't be shy. It's always interesting knowing a little of the background as to how and why people took to the sport. For those who don't know this character John goes under several pseudonyms – William, Billy and more famously Puffing Billy (he's puffing even more these days!). Organiser of The Black Mountains Fell Race (24<sup>th</sup> September) for many years; famed for his knowledge of the local area and local weather conditions (or so he says!).

This follows an original format posed by Dave Woodhead of 'Compass Sport' to John's brother, Andy Darby, way back in 1985. Andy at that time being one of the top fell runners in the country with several famed exploits to his credit. The replies now reflect John's answers.

*When and where did you first start to take up running?*

I did a little bit of x-country in school. Then

after my school days I started work at Newport Golf Course where I did a lot of walking behind motor mowers – sometimes 70 miles a week. But I only gradually took up running in the late 1970's to try and keep fit!!

*Have you done any other sports?*

I used to play a lot of golf in my school days. I got down to a 5 handicap and spent a short spell as an assistant pro, at Boyce Hill, Essex – long hours and low pay. Giving up golf in the late 1980's solved all my golf problems! My favourite sport has been snow skiing ...



and, of course, fell running since 1981.

*What was your first fell race?*

Machen Race 1981 – still my favourite short race.

*How does working as a greens keeper affect your running?*

It helps me a lot, as pushing a loaded wheelbarrow uphill is

great strength training for the legs. But tiredness at the end of a working day means I don't feel like running too far!

*Being a heavy person how does this impair you?*

(Ed: John made me put this in). Well up until 2003 when I was running at 12 stone, no problem, I always felt I could push it uphill. But since then my weight has gone to 12¾ and I'm struggling nowadays.

*Best achievement in fell running?*

Winning the Welsh 1000 metres 1989, but as I tell everybody, only because Colin Donnely wasn't there.

*Do you follow any diet?*

Yes the seafood diet, I see food and will it at all costs! Seriously, I do try and eat at least 50% healthy foods but junk food does taste so good, doesn't it?

*Training schedule?*

Usually every other evening 35 – 45 minutes of hilly terrain. Always two days off prior to races. Nowadays no LSD training I just rely on long races to get me fit for something like the Karrimor.

*Hobbies?*

Studying the weather, it has always fascinated me. Watching comedy on the TV especially 'Laurel & Hardy' (Ed: John must have a black and white set).



I like listening to pop music of the 60's and 70's especially The Beatles and The Rolling Stones.

*Best times anywhere?*

78 minutes for the ½ marathon; 2 hours 51 minutes for the marathon; 7 hours for 53 miles; 21 hours 11 minutes for the 80 mile South Wales Traverse.

*Ambitions?*

To keep running until they screw the coffin down!

*Thanks again John, 52 and still going strong.*

---

**Ed: John sent me a photo but regrettably I don't have a scanner but I do need photo's so please send me any good ones via email or on disc. I appreciate not everyone**

**has access to a computer or internet but it's the best I can do at the moment.**

---

### **Club Equipment**

The club has been able to buy a fair amount of equipment, the sort of stuff a race organiser would need. This includes:

- ✓ Water containers
- ✓ Tape
- ✓ Canes
- ✓ First aid kits
- ✓ Survival bags and blankets
- ✓ Weatherproof clipboards
- ✓ Waterproof signs
- ✓ Marshal bibs
- ✓ Waterproof numbers
- ✓ Safety pins

We also hope to buy a tent (family frame type) to use at events but if you know anyone who wants to sell/get rid of one let me know.

Ade O.

We also plan to get a club banner and T-shirts, etc. If you have any ideas let me know – what about a logo?

We need to re-order some club vests again so we'll look into getting ladies crop tops and larger sized men's vests.

---

## **ROLL OF HONOUR**

I mentioned earlier some achievements by the club. Here I shall mention achievements of our individual members. Apologies at the outset if I miss anyone but I can only go on my memory. Please let me know what you're up to and, if it's printable, I'll mention you next time!

### **Home Countries**

#### **International, Knockdhu.**

Andrew Jones, SM

Angela Jones, SL

Nicky Cornock, Jnr

#### **Marco Germanetto Junior**

#### **International, Italy.**

Nicky Cornock, Jnr

Bethan Woods, Jnr

#### **International Snowdon Race.**

Andrew Jones, SM

Angela Jones, SL

#### **World Masters Mountain Running Championship, Keswick.**

Adrian Orringe, V50

#### **World Mountain Running Trophy, New Zealand.**

Andrew Jones, SM

#### **Bob Graham Round, Cumbria.**

Dave Finn

And in addition:

Adrian Woods as International Senior (Men's) Team Manager for Great Britain and Welsh National Event Coach.

Sharon Woods as International Senior (Women's) Team Manager for Wales.

Andrew Jones, organiser of the British, Welsh and South Wales Champs at Pen y Fan.

Modesty forbids me mentioning the organiser of the East Wales Champs on the Sugar Loaf.

John Darby, organiser of The Black Mountains Race, a Welsh Champ. Series.

Neil Lewis, organiser of the Table Mountain Race.

And lastly ...

To Tom Morgan for falling off Snowdon (you knew I'd print it!).



## **Bob Graham Round**

*by Dave Finn*

The Bob Graham Round of 42 Lake District fells traversed within 24 hours is probably the most demanding test of physical fitness available to British athletes or mountaineers. The rules for the Bob Graham 24 Hour Club state that the round can be attempted either clockwise or anti-clockwise. Provided that the start and finish is at Moot Hall, Keswick. So after months of training, driving thousands of miles up the M5/M6 for numerous reces, here I was standing by the Moot Hall in Keswick ready to go. The weather on that Friday evening was almost perfect, clear, mild and so at 2359hrs I set off with my 2 guides for that leg, Gordon Heggs and Mark Copper.

The route to the bottom of Skiddaw went smoothly and so we began the 1<sup>st</sup> of many climbs! We hit the top of Skiddaw slightly behind schedule, and so we pushed the pace as we descended down towards Great Calva. The heather had grown considerably since I had last been here, but we had soon reached the Cumbria Way path and picked up the posts that

mark the ascent up to the summit of Great Calva.

From here we had a no problems making our way towards Blencathra. As we moved across Mungrisdale Common we could see three head torches coming off Skiddaw, so another attempt was being made on that night. (Ed: but they never caught our intrepid hero).

Blencathra Summit was reached and we found the descent of Halls Fell went very quickly. Threkled was reached on schedule. After a quick cup of tea we departed for Clough Head, the weather at this stage was good still and dawn was nearly upon us. I found the climb up Clough Head hard going, and was relieved to reach the summit, this leg is my least favourite and so a beautiful sunrise improved my spirits.



Mungrisdale Common

Over the next few summits I slowly gained a few

minutes and by the time I reached Helvellyn I was about 7 minutes up. As I reached the summit of Helvellyn, the weather started to deteriorate and the visibility was reduced to 50m or so. By the time I had reached the summit of Fairfield visibility had reduced even more. I made a very quick decent of Fairfield and was soon over Seat Sandal and on my way down to Dunmail for a cup of tea and a quick break.



Up to Seat - Sandal from Hause

My next running guides were to strong runners from the Achile Ratti Climbing Club, Dave Makin and Colin Jones. After a change of clothes and footwear we began the climb up to Steel Fell. I felt really strong and so we picked up the pace, with Dave and Colin's local knowledge we soon were past Steel Fell and Calf Crag and climbing up towards High Raise. The

visibility was right down now and we were running on compass bearings at all times, (Ed: it's what I've been saying about the benefits of fell runners being able to navigate) although the weather was poor the temperature was still quite warm which made for good running conditions.

The Langdales soon came and went (Ed: how can he say that!!) and then it was a bit of a slog over to Rossett Crag. By now we were well up on my schedule and so we slowed the pace slightly, summits came and went and soon we were on the top of Scafell with all the crowds. We arrived at Broadstand to find Brian and Pete were there with a rope in place (?); luckily they had received a message that we were well up on schedule. Broadstand was streaming with water and without the rope it would have been too dangerous to attempt. But with the rope there we were soon on the summit and on our way down to Wasdale. We arrived in the car park an hour ahead of schedule.

The support team sorted me out with food, drink and another change of clothes and soon I was

soon on my way to the one climb that I had been dreading, Yewbarrow.



I now had the company of James Batchelor (Batch), we put our heads down and soon enough Yewbarrow was beaten, for the first time I felt confident that I could complete the round. As we started the long climb up to Red Pike the wind picked up and the rain really set in. There were a few people from the Lancashire

Mountaineering Club, on the next few summits and as we reached them we were given sandwiches, fig rolls and various drinks.

My left knee was now getting sore on descending and the descent from Pillar towards Kirkfell seemed to take an age. Climbing I was still fine and soon the to big climbs were out of the way and we were on our way over towards Brandreth and Grey Knotts. The decent down to Honister was horrendous and my knee was really playing up. The rain had now eased up and

after a final rest and with still well over an hour up we began the last leg. Gordon Heggs was my helper on this leg and soon we were moving up onto Dalehead.



Great Gable

I now had a huge smile on my face as, even though my knee was playing up, I knew it was in the bag. On top of Robinson there were a few more people from the Lancashire Mountaineering Club and after a quick chat and a few photographs we descended down to the small reservoir and along to the car park where about 10 people were waiting to greet me. A quick change of foot wear and then accompanied by three people I began a slow run back to Keswick along the Newlyn Valley.

Strangely, I really enjoyed this last bit the rain had stopped and it was a warm evening. Arriving back in Keswick High Street was a

surreal experience, two years of planning, etc. and it was now almost all over. I decided to really take in the last few moments and so walked up the High Street and as I arrive all the people who had helped during the last 24hrs gave me a big round of applause! 21hrs and 36mins and I had loved every bit of it. (Well almost).

A big thanks must go to all who helped and met me on summits in poor weather, without them I could not have achieved my BGR. On the way back to South Wales the conversation soon turned to what's next, perhaps a winter BGR or a Paddy Buckley, but first a few weeks off, after the Sugar Loaf, Snowdon and Pen-y-Fan!!

And who was Bob Graham? Well read more about him and the Round at:

[www.bobgrahamround.co.uk](http://www.bobgrahamround.co.uk)

but to give you an idea Bob devised & completed the Round in 1932 aged probably 42 years. Bob did his round in tennis shoes, long shorts, and pyjama jacket. His food was bread and butter, a lightly boiled egg and

plenty of fruit and sweets for energy.



---

And now back to reality with some local race information.

**6<sup>th</sup> August Llanthony Show Race** 12.15pm AS 3.5 miles / 1100'. Dick Finch 01291 627569.

**24<sup>th</sup> September Black Mountains** 12 noon AL 17 miles / 5200'. John Darby 01495 750491.

**22<sup>nd</sup> October (I think, check with Neil) Table Mountain.** Neil Lewis 01981 550328.

## Race Results

It's a bit of a pain typing all the results so I'll confine it to a report of the race followed by club member positions.

### Moelwyn Peaks 23.04.05

I thought that, as it was a British Champ. and in Wales, it would be a good idea. How wrong can you be! Though it's not held in the prettiest of places it's certainly rough and rugged. The ascent was OK but I lost my way across the rocky top, then there was the rocky / marshy descent which wrecked by legs. Not the best of descenders and thorough knackered I lost a fair bit of time. Tom Morgan faired better but he also admitted to suffering on the descents and was likewise disappointed with his time.



77 <sup>th</sup>	Tom Morgan	1.32:35
132 <sup>nd</sup>	Adrian Orringe	1.42:20

---

### Llangorse Loop 28.05.05

Cool, breezy, overcast, good visibility, very firm underfoot. Only 13 runners with just the one lady, and no-one under 40! Tom Morgan, up from Somerset, was up Mynydd Troed in a twinkle, and led throughout (except when he had to slow down to take directions from the second and third placers!). Thanks to Graham

Cheshire and John Darby for marking the route, and to John Battersby for collecting the flags from the first hill.

*Dick Finch*

1 <sup>st</sup>	Tom Morgan	50:18
6 <sup>th</sup>	John Darby	55:50

---

### Hay Bluff 05.06.05

Fortunately the weather broke and we had a fine morning for the inauguration of this AS race situated on the north-facing escarpment of the Black Mountains in South East Wales. The Junior Race saw a good tussle with the lads forming one group and lasses another, all excelled putting in 100% on a steep course. In the Senior Race Dave Finn was in good form due to his preparation for the BGR and went storming off from the start impressing spectators by running Hay Bluff bottom to top. My thanks to Ade, Sharon and Pat for their help on the day. Runners' feedback was very positive about the course and race so I'll keep it in the calendar for next year.

*Ade Orringe*

Junior Race

1 <sup>st</sup> Girl	Bethan Woods	14:29
----------------------	--------------	-------

Senior Race

1 <sup>st</sup>	Dave Finn	35:56
6 <sup>th</sup>	John Darby	45:26
7 <sup>th</sup>	Neil Lewis	53:26

---

### Llanberis Uphill 19.06.05

An unusual race for Wales as it's uphill only going from The Spar, Llanberis, over Bwlch Maesgwm and finishing at Snowdon Summit via the Snowdon Ranger Path. Incorporating the British Team Trial for the European Champs it attracted a top field. Still, I had to have a go and wasn't put off as the field sped away. Most of the time I was on my own with no-one in sight (I never look behind) but it was quite enjoyable. As you finish at the summit you have, naturally, to run/jog back down the tourist track to return to the village. Imagine my surprise when I got to the road at the bottom to find Tom sat in the farm café having a pot of tea and a slice of cake!

*Ade Orringe*

#### Mens Race

17 <sup>th</sup>	Tom Morgan	69:11
26 <sup>th</sup>	Adrian Orringe	75:31

#### Womens Race

10 <sup>th</sup>	Angela Jones	78:20
------------------	--------------	-------



---

### Guto Nyth Bran 02.07.05

An evening race held at Bedwas and established as a favourite of local fell runners. It's a fast start followed by a long, long slog uphill before it speeds up again along the top of Bedwas. A descent

through a fern covered path before jumping over the bridge into the stream (!) before finally running through the fields and descending to the finish. A re-appearance of Ade W. masquerading as Mr Blobby who put in a sprint finish before collapsing on the green. Good turnout by the club and an excellent result for Andrew Jones showing his good form. Good results all round, be there next year.

*Ade Orringe*

1 <sup>st</sup>	Andrew Jones	41:31
8 <sup>th</sup>	Adrian Orringe	49:41
16 <sup>th</sup>	Angela Jones	51:52
18 <sup>th</sup>	John Darby	52:33
19 <sup>th</sup>	Adrian Woods	53:32
22 <sup>nd</sup>	Emma Turner	54:07
29 <sup>th</sup>	Sharon Woods	57:50

---

### Sugar Loaf 17.07.05

This also incorporated the East Wales Champs. The 7 mile route over the Sugar Loaf mountain attracted 43 competitors from around the Wales and Borders regions. The event attracted those new to this type of running discipline but all completed the course and appeared to have enjoyed the challenge. The event will be moved forward in future years to avoid a busy fixture calendar but it is hoped that the East Wales Regional Athletic Board will continue to approve its championship status. The venue has excellent facilities, particularly for fell running, and our gratitude is extended to the Leisure Centre for their support. It is hoped that this will become an established fixture attracting larger numbers and a higher profile over the years to come.

Of particular note was the Junior Race that attracted a small, but perfectly formed, field with competitors travelling from Cardiff, Barry and Aberystwyth. This

clearly sends a message to fell running fixture organisers.

4 <sup>th</sup>	Dave Finn	56:31
21 <sup>st</sup>	Sharon Woods	70:13
26 <sup>th</sup>	Andrew Blackmore	75:06

---

### **Snowdon International 23.07.05**

A classic and one not to be missed, who cannot be inspired to run up and down Snowdon? Well OK you saw the photo of Tom earlier (bravely continuing to finish the race) and yes there were other nasty injuries and yes it is getting costly and yes I did bonk on the way down losing 5 or 6 mins and yes I couldn't run for a week after and no there isn't any goodie bag/momento and no I won't do it again ...but don't be put off by such trivialities, it really is the one to do in Wales.

*Ade Orringe*

23 <sup>rd</sup>	Andrew Jones	1.15:40
52 <sup>nd</sup>	Dave Finn	1.22:06
74 <sup>th</sup>	Tom Morgan	1.25:35
148 <sup>th</sup>	Adrian Orringe	1.36:40
179 <sup>th</sup>	Angela Jones	1.39:23

