

# MYNYDD DU

## Mountain Runners

### Editors Bit

*Ade Orringe*

This is probably going to be pretty thin but I'd promised to get a Newsletter out so 'yer 'tis. Apologies for missing the Christmas deadline and as the next edition will probably be in May may I wish you a Happy Easter!

Articles were a bit scarce to say the least so you'll have to put up with my rambling. Included in this edition are some fixtures and some results. The fixture calendar still causes confusion as some organisers refuse to advertise WIDER than the WFRA and I haven't been informed.

I repeat my warning of last year to runners entering non-Welsh/UK permitted events to check that the appropriate insurance is in place. Welsh/UK insurance will only cover events organised by Welsh/UK clubs or affiliated bodies. I understand the WFRA insurance expires on 31<sup>st</sup> December and I'm unaware of a new policy or details (I'm not saying their races won't be insured but advise you to

check). The Kymin on 14<sup>th</sup> January has been permitted and is insured by UK Athletics.

As is traditional this time of year I look back on 2005 and plan ahead for 2006. My highlights in 2005 had to be seeing Mynydd Du establish itself as a club growing to 24 members. Then there were the inaugural races we organised: Sugar Loaf, Hay Bluff and Table Mountain – good races, well organised, positive feedback from all concerned. And of course, the success of individuals and club teams in a number of Welsh races (more details later).

In 2006 the club will be holding an inaugural weekend away to the Langdales in February courtesy of Dave Finn. No pressure but Tom Morgan is looking at the possibility of organising a trip to the World Masters, Switzerland (WMRA grand prix the following day) in September. There's the FRA Relays which I think is in October that we ought to enter and maybe another weekend late summer / early autumn.

Personally I've looked back over the past 15 years and realised I've got into a bit of a rut, doing the same races year on year. I've also had to accept that my legs cannot cope with fast or rocky races anymore. So it's time for a break and change of pace. Therefore: Abergavenny 3 Peaks in March, Black Mountains Roundabout in April, the Red Kite weekend in June, Brecon Beacons in August, Talybont Trial and Black Mountains in September and Snowdonia marathon in October. I'm looking for something in May (Fairfield Horseshoe?) and July (Kentmere Horseshoe?).

P.S. Mum's the word, Mrs Orringe thinks we're having a number of cosy weekend breaks with our holiday in September – Switzerland!

What are your plans for 2006?

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## WELSH LOCAL OR NOTABLE FIXTURES 2006

SAT. JAN 14. KYMIN WINTER RACE. AS. 2.00pm. 3.5 miles/900' from Monmouth School Sports Centre (GR 513127). Entry on day £1.50. Junior race incorporated in main event (over 14). New race. Details: R. Jones, 7 Troy Gardens, Monmouth NP25 5DB. Tel. 01600 772400.

SUN. FEB 5. WELSH 10 MILE ROAD CHAMPIONSHIPS (Pontypridd 10 mile race route). 10.00am from Treforest Industrial Estate, Pontypridd. Registration at the Potteries Pub on the industrial estate at 8.00am. Entry £8 or £9 on the day. Details: John Hiscox, 12 Campbell Terrace, Mountain Ash CF45 4AE. Tel. 01443 473502. Email. [www.hiscoxnonny@aol.com](mailto:www.hiscoxnonny@aol.com).

SAT. MAR 25. SOUTH WALES THREE PEAKS TRIAL. 20 miles/5,000' from Abergavenny. This is a challenge walk that allows runners to participate. Full details not yet available.

SUN. MAR 26. WELSH HALF-MARATHON CHAMPIONSHIPS (Islwyn half-marathon route). 10.00am from Pontllanfraith Leisure Centre, Blackwood. Entry £7 or £8 on the day. Details: Mike Heare, 5 Farm Road, Swffryd, Crumlin NP11 5HX. Tel. 01495 254430. Email. [nikeair@farmrd.fsnet.co.uk](mailto:nikeair@farmrd.fsnet.co.uk).

SAT. APR 1. LLANBEDR-BLAENAVON RACE. AL. 12.00 noon. 15miles/4500' from Llanbedr Village (GR 240203); registration and finish at Blaenavon Leisure Centre. £6 on day only. Teams free. NS/LK/ER. Over 18. Records: 1.59.01 J.McQueen 1999; f. 2.10.03 M.Angharad 1996. Welsh Championship Race. No toilets at start. Details: Gareth Buffett, Broadhurst, The Park, Blaenavon, Torfaen NP4 9AQ. Tel. 01495 791454. Email: [rhodri@buffett.freeserve.co.uk](mailto:rhodri@buffett.freeserve.co.uk)

SAT. APR 8. BLACK MOUNTAINS ROUNDABOUT. 8.00am. 25 miles/6,500' from Crickhowel Youth Centre (GR 216185). This is a challenge walk that allows runners to participate. Entry £6 or £8 on the day. Details: Martyn Rogers, 122 Stow Hill, Newport NP20 4GA. Tel. 01633 257632. Website under Newport Outdoor Group, YHA.

SAT. APR 22. SUGAR LOAF. BM. 11.00am. 7m/1725' from Abergavenny Leisure Centre (GR 298153). £3 on day only. NS/LK/PM. Over 18. Incorporating East Wales Region Championships. Records: M 51.29 M.Collins (2005); F 70.13 S.Woods (2005). Changing, showers, toilets and ample parking. Details: Adrian Orringe, 6 Edinburgh Close, Greenmeadow, Cwmbran, Torfaen NP44 5HR. Tel. 01633 873577. Email. [adrianandpat@orringe.freeserve.co.uk](mailto:adrianandpat@orringe.freeserve.co.uk) Website: [mynydd-du.org.uk](http://mynydd-du.org.uk)

SAT. APR 22. MOELWYN THREE PEAKS RACE. AM. 2.00pm. 11 miles/2800' from Football Field, Ysgol-y-Moelwyn (GR 695460). £3 on day only. Teams free. ER/LK/NS. Over 18. Records: M 1.14.39 J.McQueen 1999; F 1.36.02 T.Ambler 2000. British and Welsh Championship counter. Junior races: U12/U14/U16/U18. Details: Ifan Roberts, Bron Eryri, Cae Clyd, Blaenau Ffestiniog, Gwynedd, tel. 01766 830840.

TUE. APR 25. PENTYRCH HILL RACE. BM. 7.00pm. 6.5 miles/1600' from Pentyrch Rugby Club (GR 100316). £5 attached, £6 unattached. PM. Over 18. Changing and shower facilities, bar open. Records: M 44.14 J.Baker 2004; F 50.54 R.Pickvance 2003. Details: John Gough, 45 Maes y Sarn, Pentyrch, Cardiff CF15 9QQ. Tel. 02920 891721. Email. [johngoughpentyrch@btinternet.com](mailto:johngoughpentyrch@btinternet.com) Website: [pentyrch.org.uk](http://pentyrch.org.uk)

SAT. MAY 27. CADER IDRIS. AM. 2.00pm. 10.5m/3000' from Dolgellau Free Library. £5 pre-entry or £6 on day. Teams free. PM. Over 18. Records: 1.21.18 C.Donnely 1996; f.

1.43.29 A.Bedwell 1992. Junior races 11.00am. Details: Graeme Stringer, Garreg Lwyd, Arthog, Gwynedd, LL39 1AX. Tel. 01341 251061. Website: brodysynniac.co.uk.

SAT. JUNE 3<sup>rd</sup> WELSH 1000 METRE PEAKS RACE AL 22 miles/8000' 9:30 am. Full race from Aber Foreshore (GR647732) £9 to entries secretary - address below. Teams free. ER/NS/PM. Over 18. Records 3:27:20 M G.Bland 1999 F 4:02:39 A.Mudge 1999. Also short race with junior class; 11:00 am from Ogwen (GR 650604); over 15. Send SAE for entry form to Mrs Jean Hall, 81 Brook Street, Wymeswold, Loughborough, Leics LE12 6TT. E:mail: jean.hall1@btinternet.com.

SAT. JUN 10. MAN v HORSE MARATHON. BL. 11.00am. 22 miles/4000' from the Square, Llanwrtyd Wells, (GR 879467). £18 entry. £2,000 prize for runner who beats first horse. Momento for all finishers. Teams free. Relay teams of 3. Over 18 or over 16 for relay team. Records: M 1.57.05 M.Croasdale (1990); F 2.30.38 M.Horton (2004). Details: Gordon Green, Green Events Ltd., Elenedd, Victoria Road, Llanwrtyd Wells, Powys LD54 4SU. Tel. 01591 610270. Website: green-events.co.uk

WED. JUN 14. COITY FELL RACE. BS. 7.30pm. 5m/1000' from the Whistle Inn, Garn yr Erw, Blaenavon (GR 229100). £2.50 on night only. PM/LK. Over 16. Records: 37.57 D.Lambeth 2001; f. 45.37 A.Jones 2001. Junior races if sufficient demand. Details: Gareth Buffett, Broadhurst, The Park, Blaenavon, Torfaen NP4 9AQ. Tel. 01495 791454. Email: rhodri@buffett.freeseve.co.uk

SAT. JUN 17. THE RED KITE CHALLENGE. 2.00pm. 11 miles from Nant-yr-Arian Visitor Centre nr Ponterwyd 10 miles east of Aberystwyth. Entry £7 pre-entry or £8 on day. Incorporating the UK Trail Running Championships. Details: Race Secretary, Y Siop Abermagwr, Aberystwyth, Ceredigion SY23 4AR. Tel. 07773 435073. Email. rhedwr@gmail.com.

SUN. JUN 18. DEVIL'S RACE. 11.00am. 18 miles multi-terrain from Woodlands Caravan Park, Devil's Bridge. Part of Red Kite Weekend, £7 pre-entry or £8 on day, £10 for this and Red Kite Challenge combined. Details as Red Kite Challenge.

SAT. JUL 23. 30<sup>TH</sup> INTERNATIONAL SNOWDON RACE. AM. 2.30pm. 10m/3300' from Padarn Park, Llanberis. £14 pre-entry only on official form (unaffiliated £15). Teams free. Over 18. ER/PM/LK. Records: 1.02.29 K.Stuart 1985; f. 1.12.48 C.Greenwood 1993. Details: G.Clegg, West Point, 19 Deganwy Road, Deganwy LL31 9DL. Tel. 01492 582631 Email. g7hgc@btopenworld.com Website: snowdonrace.com

SAT. JUL 29. PEN Y FAN. AS. 11.00am. 3.5 miles/1700' from Cwm Llŵch, nr Brecon (GR 006244). £3.50 on day only. Teams free. ER/LK/NS. Over 18. Records: 30.00 K.Anderson 1992; f. 38.15 P.Calder/C.Crofts 1990. Details: Crispin Flower, 5 Fronwen Terrace, Cradoc Road, Brecon. Tel. 01874 622000. Email. crispin.flower@ntlworld.com. Website mynydd-du.org.uk

SAT. AUG 19. BRECON BEACONS. AL. 10.30am. 19miles/4,500' from campsite below Talybont Reservoir (GR 105209). Entry £4. Records: M 2.28.32 N.Sharp 2003; F 2.59.23 L.Gould 1991. Details: Tom Gibbs, 11 Greenlands Way, Henbury, Bristol BS10 7PR. Tel. 0117 3307815. Email. tom.gibbs@blueyonder.co.uk.

SAT. SEP 16. PERIS HORSESHOE. AL. 11.00am. 17.5miles/8,500' from Llanberis Community Centre. British Championship Race. Entry £4 or £6 on the day. Records: M

3.02.49 G.Bland 1994; F 3.28.14 A.Angharad 1996. Details: Mike Blake, Cartref, 1 Garreg Fawr, Lon Garreg Fawr, Groeslon, Gwynedd LL54 7EB. Website: eryri.org.uk.

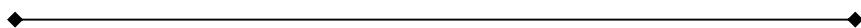
SAT. SEP 30. BLACK MOUNTAINS. AL. 12.00 noon. 17 miles/5200' from Llanbedr nr Crickhowell (GR SO239203). £3.50 pre-entry or £4 on day. Teams free. ER/LK/NS. Over 18. Records: M 2.16.01 K.Anderson (1993); F 2.40.10 M.Angharad (1996). Details: John Darby, Garnwen Farm, Trevethin, Pontypool, Torfaen NP4 8TR. Tel. 01495 750491. Website: mynydd-du.org.uk

SUN. OCT 15. BREIDDEN HILLS RACE. AM. 11.00am. 7m/2300' from Criggion Village Hall (GR 296149). £4 on day only. PM. Over 16. Records: M 50.54 T.Davies (2002); F 57.49 P.Gibb (1999). Junior race 2m/350', 10.45am. Details: Rick & Jan Robson, Little Corner, Wollaston, Shrewsbury SY5 9DN. Tel. 01743 884786 Email. rick.robson@tiscali.co.uk Website: merciafellrunners.co.uk

SAT. OCT 21. RHINOG HORSESHOE. AL. 11.00am. 15.5 miles/5200' from Victoria Hotel, Llanbedr (GR 25863268). Pre-entry £3.50 or £5.50 on day. LK/PM. Over 18. Soup and roll at finish, accommodation on website. Records: M 2.58.20 P.Vale (2005); F 3.19.24 J.Lee (2004). Details: Jane Yuill, Gellilan, Ffordd Cwm Bychan, Llanbedr, Gwynedd LL45 2PE. Tel. 01341 241282. Email. mail@rhinogfellraces.f9.co.uk

SUN. OCT 29. SNOWDONIA MARATHON. Details: National Trust Snowdonia Marathon, Tan y Celin, Ty'n y Maes, Bethesda, Gwynedd, LL57 3LX. Website. www.nationaltrust.org.uk.

SUN. NOV 5. WREKIN WRECKER. AM. 11.00am. 8.1 miles/2400' from Wrekin Old Firing Range (GR 627092). £4 entry. Race #2 Shropshire Winter Fell Series. Records: M 1.02.24 A.Yapp (2003); F 1.15.56 S.Hammond (2003). Details: Glen MacDonald Jones, Lancaster House, Norbury, Stafford ST20 0PD. Tel. 01785 284740 Email. macdonaldjones@btinternet.com.



## **RESULTS**

Again not a full round-up as I didn't have all the results sent in but here are ones I received, with winners and club members highlighted.

### **Welsh Championships 2005**

The original six race series was reduced to four races due to two organisers refusing to permit their races via Welsh Athletics and therefore had to be withdrawn at short notice. Only six people actually completed three out of the four race series, things weren't much better with the WFRA 'open' with only 15 people completing four out of the six race series. This is fairly typical of previous years Welsh Championship Series and I wonder why we bother to put on a six race series at all, it's obviously not supported by Welsh runners! The repercussions will be felt into 2006 when deciding the format for any domestic championships within Wales. I for one favour either one race or two, one short-course and one long-course, as Welsh Championships. Maybe that will generate interest and not be onerous on race organisers?

Senior Men:

- 1<sup>st</sup> Ian Houston, Wrexham
- 2<sup>nd</sup> Tom Morgan, Mynydd Du
- 3<sup>rd</sup> Alwyn Oliver, Eryri

Senior Women:

- 1<sup>st</sup> Jackie Lee, Eryri
- 2<sup>nd</sup> Angela Jones. Mynydd Du
- 3<sup>rd</sup> Margaret Oliver, Eryri

Vet Men:

- 1<sup>st</sup> M40 Tom Morgan, Mynydd Du

Vet Women:

- F40 No one completed the series

- M50 No one completed the series

- F50 No one completed the series

- 1<sup>st</sup> M60 Alwyn Oliver, Eryri

- 1<sup>st</sup> F60 Margaret Oliver, Eryri

Congratulations to Tom and Angela and apologies (I seem to be saying that a lot lately?) that once again the medals weren't available following the final race. I understand they're on their way. Congratulations also to Crispin for winning the unofficial Welsh series.

**Sorry John, I've lost the Black Mountains results you sent me! But it was very well organised and we did really well ...**

**TABLE MOUNTAIN RESULTS - 5th November 2005. 4.2miles/1210feet.**

1.	Mark Palmer	u/a	v40	31.25
2.	David Finn	Mynydd Du	sm	32.55
5.	Crispin Flower	Mynydd Du	sm	33.47
16.	Geoff Oldrid	Aberystwyth	v50	37.07
25.	Jessica Turnbull	Cheltenham H.	sf	40.30
30.	Emma Bayliss	Mynydd Du	sf	41.23
38.	Sue Ashton	Chepstow H.	fv50	45.19
39.	Naomi Law	u/a	sf	46.20
57.	Neil Lewis	Mynydd Du	sm	65.59

**And finally,**

Not really sure how to go about this, but I am interested in doing an ultra race in France, end of next August 2006 (date to be confirmed).

It's 158k (approx), 3 countries and 8,500 metres. Starts on a Friday at 7pm and finishes on Saturday night/Sunday- continuous running!

If you want more details <http://www.ultratrailmb.com/accueil.php>

As its a long way to go, it obviously won't be much fun on my own! I would just like to gauge interest. Entries are not open yet, but don't fill up until March anyway. If anyone is interested or know of anyone who might be interested please let me know.

I'm happy to organise/help organise (never done much like this before) it just looked like a challenging weekend, with some great scenery!

Emma Bayliss