

# MYNYDD DU

## Mountain Runners

### Editors Bit

So my New Year plans seem to have gone the same way as previous ones. My dreams of early retirement and gentle walks/jogs are now mere figments of an over vivid imagination. Shocked back to reality following a simple weekend stumbling over the boulder field of Scafell I'm now contemplating such horrors as the Lakeland Classics and joining the Over the Hill Club. Is it mid-life crisis or dementia – no it's just Ade O. with an out of control gob!

Moving swiftly on, it's the start of a new financial year which means it's time to renew your membership. I've included a spreadsheet in this edition to show current members, please correct me if I've made any mistakes. To renew drop me a line or send me a membership form together with £5.

Elsewhere you may have heard that the FRA (or British as it's now called) Fell Relays are taking place on Saturday 14<sup>th</sup> October. It would be nice to enter a team/s so I'll

circulate details when they're published in June or see the next 'Fell Runner'.

Training runs have kept going each Sunday throughout the winter. To be honest they've become longer and tougher but as it's been mainly me and the mad marine what do you expect? I doubt that I'll advertise the routes in future. If you want company or to join in then give me a bell beforehand and I'll tell you where we are or contact other club members and do your own thing.

Alternatively if you fancy organising something yourself whether a social or race, etc. then feel free. There's a tremendous amount of enjoyment to be found by joining in.

On that note don't forget my race on Saturday 22<sup>nd</sup> April on the Sugar Loaf, helpers for the road crossing still needed! Good luck too for Crispin Flower who's organising Pen y Fan on Saturday 29<sup>th</sup> July.

Finally, you are invited to another club training

weekend by me and Dave. Usual format of long day/s on the mountains, brilliant social atmosphere and a head full of memories for later years. We can't promise the standard of accommodation we had in February (*Sharon: "Who's had the water?"*). If camping isn't your thing then you could make your own arrangements and meet up. Anyway the next date we have in mind is 28/30 April, to recce Duddon Valley and Kirk Fell/Great Gable (dependent on weather!) Suggest you make sure you have someone of your level of fitness/ability before committing yourself.

Thanks for the contributions to this edition and please send me anything for the next.

Ade O.



A winter(?) training run

## The Lakeland Classic Trophy – Dave Finn

How many times do you hear fell runners' discussing how tough a certain race is, height gain and problems with route choice. Well if you want all those in abundance then The Lakeland Classic Trophy will suite you down to the ground! They all have massive amounts of height gain, they all test your navigational skills out to the maximum (especially knowing Lakeland weather) and the terrain you cover is generally testing to say the least.

Surely any self-respecting fell runner should attempt these races at least once in their lifetime!!! Of all these Wasdale has the most hardest reputation as the further you get into the race the harder the terrain and assents get, finishing on Scafell. The race distance is 21 miles and total assent over 8500ft (double Llanbeder / Blenavon!!) In 2005 of the 238 runners that started only 144 completed the course in times ranging from 3hr 49mins to 6hrs 30mins.

The Infamous Wasdale Landscape



Listed below are the six races that make up the series and you have to complete a minimum of 3 Super Long A Series Races or 2 Super Long A Series Races and 1 Long A Series race.

### Super Long A Series

<b>3<sup>rd</sup> June</b>	<b>Duddon Valley</b>	<b>20m/6000'</b>
10 <sup>th</sup> June	Ennerdale Horseshoe	23m/7500'
<b>8<sup>th</sup> July</b>	<b>Wasdale</b>	<b>21m/9000'</b>

### Long A Series

<b>5<sup>th</sup> August</b>	<b>Borrowdale</b>	<b>17m/6500'</b>
16 <sup>th</sup> Sept.	Three Shires	12m/4000' } not sure which one or
7 <sup>th</sup> October	Langdale Horseshoe	14m/4000' } maybe both?

This year Ade Orringe and I are planning on running in 4 of the series (*Ade: "Depends on how the first one goes"*) and are wondering if there are any other loonies out there, who would like to join us and make 2006 a year to remember! Or maybe one to forget! First up on our hit list is the DUDDON VALLEY FELL RACE SAT 3rd JUNE 2006 followed by music and raffle at the Newfield Inn.

More details of these races can be found on Cumberland Fell Runners Association web site [www.cfra.co.uk](http://www.cfra.co.uk) including maps, grid references, etc. *Ade: surprising what you agree to after a few pints of Old Peculiar! I/we will also be doing recce training weekends and will circulate details beforehand – you can do shorter runs as we tend not to stop!!*

## Club Weekend – Ade O.

You wouldn't believe if from the photos but this was February in the Lake District. We were certainly spoilt by the weather and by the whole experience that weekend.

Me, Dave, Tom, Ade & Sharon travelled up on Friday into the heartland of the Langdale Valley. The hut where we were staying was on the back road (they're all back roads!) from Great Langdale to Little Langdale next to Blea Tarn. A converted two-storey brick barn complete with gas, toilet, running water but no electricity so Sharon's hairdryer stayed in her bag.

A quick reconnaissance of the New Balance Shop in Keswick turned into a rescue mission as Sharon quickly disappeared armed with Ade's flexible friend but luckily Sharon had only been able to buy about five items before we pinned her down or we may have been buying his beer all weekend.



Half-way on Bow Fell

Dave & Tom found time to go over Lingmoor Fell whilst the rest of us had a brew. Friday evening was spent at The Old Dungeon Gill with good grub, good company and lots of Old Peculiar. The walk back took

us a little longer but we slept well.

Saturday morning and thick heads, were we really going to go over to Scafell Pike? It wasn't too bad at first but then the long climb up Bow Fell then Esk Pike began to tell. The scenery was exceptional, clear visibility, dry underfoot and no wind. I was dressed for colder conditions and soon began to overheat so was glad that I had taken water with me.



A breather at Scafell

Esk Pike over Broad Crag and up to Scafell Pike was hard going due mainly to the amount of rock underfoot, which twisted your feet every step. We had planned to descend to Wasdale but changed our minds, it was a long way back from there! So we doubled back over Broad Crag dropped off down Esk Hause and came back via Angle Tarn to the head of Langdale Valley. We could see the hut from where we descended but it was a long way off so I'm not sure that was a good thing.

We arrived back at the hut and took turns to scrub up using the hot water from the kettles or the water heater. A quick bite to eat and cup of tea and all was well with the world. It would have been two

cups of tea but I pinched one of the kettles to have a wash – much to Sharon's disgust.



Are you sure?

Back down the pub, this time New Langdale but not too much beer this time, again excellent food and talk of our adventure. A longer walk back to the hut, avoiding the ditches this time and another brew.

I couldn't believe it when we got up, it only seemed like a couple of hours since I crashed out and I could hardly move. Dave and Tom were up like larks and ready to go, why hadn't they warned me before I scoffed all that breakfast! Ade and Sharon decided to give it a miss as we set off for a morning run.

I suffered all the way round but the first hour was the worse. I'd thought it a good idea to do the horseshoe over Wetherlam, me and my big ideas! The visibility had drawn in with thick mist, winds and drizzle. The ascent was hard going, steep and rocky but the descent wasn't too bad. On the way back we found Ade W. jogging on the road and later met with Sharon who'd also been out for a jog.

And that was about it really, we packed up and came

home. I drove back with Sharon asleep in the back, not too happy that I wouldn't stop at Ambleside for more shopping. There are a few stories about things we did and people we met together with the usual in-jokes and then of course there were the 50+ sheep that the farmer put downstairs ...

But you'll have to wait for those. Why don't you join us next time we have a weekend away. If the route or distance is daunting then feel free to do your own thing. We can always meet up somewhere to socialise. You'll see elsewhere in this edition that Dave and me are spending some time in the Lake District, usually camping. Just let us know if you're interested.

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### Race Results

#### **South Wales Winter Hill Series**

I'm afraid I wasn't sent the results for this but understand Dave Finn came 2<sup>nd</sup> overall so well done to him. Like most series you have to complete a minimum of 4 races out of 6. The routes are designed as tough up and down short races. Quite a few took part in one or more but numbers dwindle when you look for those who completed four or more. Maybe next year Mynydd Du can put more of a presence in, after all we are the premier club.

#### **Llanbedr – Blaenavon**

We'd trained over this course a few times during the winter. So it was no surprise to race in the wind, hail and wet underfoot conditions. I found myself trapped at the front of the start line so sped off in the lead just for the fun of it – until I hit the climb from the first stile!

Unfortunately I hadn't realised a chest infection was as bad as it was and I jarred an old injury on Sugar Loaf so I was disappointed with my time. I'd trained over the route in 2:50 so expected to do 2:30. Anyway I got round and felt strong on the Blorenge.

I saw Mark Palmer going off strong as usual but with Andy and Dave for company so knew that was going to be tough up front. Ruth Pickvance ("I'm going to go really slow because I haven't been training") went passed on Crug Mawr with several blokes in tow. Ade W. was putting in a good run, as usual, with all three there or thereabouts at the top of Crug Mawr.

By the top of Sugar Loaf Mark, Andy and Dave were still together. Tom was just in front of Ade W. and he was just in front of Ruth. The times here though are inaccurate as the marshal was struggling to keep not in the strong winds. I understand Tom sped off Sugar Loaf, which may have

been his later undoing compounded by refusing water from Mrs F. at the bottom of the lane.

I nearly dropped out at Abergavenny but put my brave soldier face on and fortunately recovered by the Blorenge. We all know what the Blorenge is like and once again it took casualties. I passed two laid up on the slopes, one being Tom who was not looking happy and he later struggled home a long way behind.

It was also here that the three leaders sorted themselves out with Mark pulling away from Andy and Dave bringing up third spot.

It was good to see everyone at the prize giving in the local rugby club. Everyone commented that it was a sociable end to a good day out.

#### Senior Men

2 <sup>nd</sup>	Andrew Jones	2-16-02
3 <sup>rd</sup>	Dave Finn	2-19-20

#### V40

3 <sup>rd</sup>	Ade Woods	2-36-44
6 <sup>th</sup>	Tom Morgan	3-01-33

#### V50

2 <sup>nd</sup>	Ade Orringe	2-44-46
4 <sup>th</sup>	John Darby	2-56-18

#### Senior Women

3 <sup>rd</sup>	Sharon Woods	3-10-02
5 <sup>th</sup>	Emma Bayliss	3-15-58

Not forgetting Crispin Flower who arrived late but still ran round in a time of about 2-28.