

# MYNYDD DU

## Mountain Runners

### *Editors Bit*

There's been some slight delay in completing this Issue but I've been busy and the postie hasn't exactly been beating a path to my door laden with snippets from you guys. I'll try to make it interesting and cover the club scene over the past few months. Apologies if I miss anyone's heroic exploits or interesting events but I can't print what I don't know.

So in no particular order other than what pops into my head lets kick-off with forthcoming club events.

**Black Mountains** fell race on 30<sup>th</sup> September organised by our own Puffin' Billy (John Darby)



He needs our help with marshals, finish team, etc. so please give him a call on 01495 750491 or see him at a local event – he'll be wearing the worn out Welsh shorts! I helped marshal last year, still had a training run and good view of the race.

**Sunday training runs** will be re-starting for the winter months. I've been asked to put a series together from various locations and publish details well in advance so see elsewhere in this issue for details. Don't be put off by the distances there will always be shorter options but you may wish to make sure there's someone your standard there or better still bring a friend.

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### **British Fell Relay Champs**

14<sup>th</sup> October  
Calder Valley, South  
Pennines

Based on your requests I've entered a men's team (6 runners). Entry paid for by the club and a 17 seater mini-bus has been booked. The plan is to get 12 people travelling @ £10 per head plus petrol cost which will leave empty seats for kit, etc. A number of you have said you're interested but I now need firm commitments – ***please confirm you'll be going and reserve your space in the bus and in the team, supporter's welcome.***



The relay comprises of 4 legs:  
Leg 1 AS solo 5.8 miles  
Leg 2 AM pairs 9.1 miles  
Leg 3 navigation/pairs 7 miles  
Leg 4 AS solo 5.8 miles  
If I get more than 6 runners then Dave Finn & myself will select the team.

Lets make this an annual event for the club. It'll be a good crack, relaxed atmosphere and social get together.

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And so to the main part of the Newsletter with snippets of information, interesting articles (well I wrote them!) and general ramblings on about all things to do with fell running.

The next Issue may be released onto the unsuspecting world in December.

Ade Orringe

## AGM

This was held following the Pen y Fan race. It was good to see new members & Nic Pow came up with some good ideas following our meeting. The committee volunteered to carry on & were voted in:  
Chair – Tom Morgan  
Secretary – Ade Orringe  
Treasurer – Dave Finn

Tom reported that the club has a lot of enthusiasm & is doing well. Ade reported that members support all South Wales races and others in Scotland & England. We also organise 3 races a year & intend entering the British Relay Champs for the first time. Dave produced an account sheet that showed club funds in a healthy position.

It was agreed to purchase a club day tent for use at events. It was later agreed to purchase marshal bibs & consider other equipment useful for race organisers.

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### Club Kit

The club now has a day tent, first aid kits, bivvy bags/foil blankets, numbers, pins, water carriers, tape, marshal bibs and weather proof clipboard. This is held by Ade Orringe, if you're organising a race let Ade know what you want. If we haven't got what you

need ask anyway and we may be able to purchase it.

On that note we get our funds mainly from profits made from our club races as it is expected that organisers put on races on behalf of the club. This also fulfils legal obligations regarding Permit application and insurance cover.

If you'd like to organise a race (just as rewarding as running in one) then talk to Ade Orringe.

Dave Finn has a number of club vests left. It's always good to have a spare – vest that is!

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### Members Details

I've been asked to circulate members contact details to help with car sharing, training sessions, etc. Pse see attached spreadsheet.

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### Race Kit

A reminder that when you enter any race you must comply with the safety requirements & rules of competition. The main rule covers equipment:

'Competitors should arrive at races prepared to carry any or all of the following equipment:-

a) Windproof whole body cover

- b) Other body cover appropriate for the weather conditions
- c) Map and compass suitable for navigating the course
- d) Whistle
- e) Emergency food (long races)'

This is strictly enforced and rightly so by race organisers so be prepared.

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### Website

Visit the club website regularly to keep up to date with changes & information at [www.mynydd-du.org.uk](http://www.mynydd-du.org.uk)

A surprising number of our members have been recruited through the site. There's a forum for members to use which has dropped off lately – let's try and re-start it.



Ade Woods at Knockdhu. You'll notice two things, firstly that he's running and secondly he's got a competitors number on. A rare sight these days – well done Ade, get over

the injury & get back onto the fells.

Ade continues to be the fell running national coach for Wales & the main organiser for Welsh teams on the international scene as well as the British team leader. He recently organised Welsh teams for:

- Home Countries International Fell Running Champs in Knockdhu
- Marco Germanetto International Youth Team Mountain Race in Italy
- European Mountain Running Champs in Czech Republic
- International Snowdon Race
- Trial race for Welsh and English team selection held in Llanberis

A busy schedule with two more to go:

- World Mountain Running Trophy 10<sup>th</sup> Sept. in Bursa, Turkey
- Junior Hill Running Champs 9<sup>th</sup> Oct. in Belfast

It's not an easy task on top of your day job so if you think you can help in some way please give Ade W. a bell. He's particularly looking for people to help out with team management and selection.

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## What fell shoes do you wear?

I thought I'd start off an occasional series on the type of kit most suited for fell running. Where better to start than with suggestions as to the right type of shoes.

People seem to get hung up over shoes especially road runners. Maybe it's because there are so many makes out there these days, there seems as many different types & make of shoe than there are runners. I remember seeing the Ghurkhas running in Green Flash daps round the Three Feathers Race one year and they did alright.

Lets start with the basics:

- ✓ The sole unit must be able to grip when descending steep hard or soft surfaces. Narrow studs are best suited for soft surfaces and wider studs or lugs for hard surfaces.
- ✓ The upper shoe must be durable but light. It should have a toe box or protector to save your toes getting a bashing. It should not have an achilles tab on the heel or high ankle collar as both of these can cause rubbing injuries.
- ✓ Lacing should ideally have an extra set of eyes at the top to lace the shoe more securely. Don't get

the triathlon type elastic laces.

- ✓ Make sure they fit both feet comfortably and try them on with a pair of your running socks.
- ✓ You can expect to pay £60 for a pair but some retailers will give discount if you're a club or FRA member.
- ✓ Keep them clean otherwise they stink and rot. But don't clean them in the washing machine just use cold water and small amount of mild detergent.

OK so you knew all that so now let me offer up some suggested makes. These are my personal views & are not necessarily shared by other fell runners:

**Walsh** – a good shoe and one of the original specifically designed for fell running. They may be too narrow and I found the stud unit susceptible to wear especially once the outer studs begin to grind down. The PB Trainer is probably the most popular and suits most runners.

**Inov8** – the new kid on the block with a mixed variety of reviews from experienced runners. The new models have received better reports. Personally I find the range of models confusing, some are said to be designed for rock,

others for grass and others for trail. I've recently bought a pair of the new Mudclaw. It has a robust rugged sole unit with deep studs and durable upper. They fitted me fine in the shop feeling very comfortable and supportive. Unfortunately they slipped on my heels when out training in Borrowdale and again in the Brecon Beacons. Perhaps they need breaking in but I have to admit that my heels have always had this problem with shoes.

To be fair most of the runners in the Lake District (and I've seen hundreds) are wearing them so that must say something.

**New Balance** – again a good shoe similar in design to Walshes with a narrow stud unit. The advantage here is that you can get them fairly cheaply (£35) especially from one of their factory shops ie Keswick. I found they were a better fit for my feet and especially good on grass. Unfortunately they were no good in the Borrowdale Race, which is rough rocky terrain, and I've now thrown them out.

**New Balance** another mention here for this firm but this time for their trail shoes. I use trail shoes for training in as it saves the more expensive shoes for races. This

shoe has a good lugged sole unit, durable upper and fits the ankle well. A good all rounder but not for racing down steep descents.

**Addidas Swoop** – I bought a pair in a sale as the new Swoop II has been released. The sole unit has a series of lugs rather than studs, which I though might be better for rock. The fit is quite tight but still comfortable maybe supportive would be a better description. So far I've used them on two long training runs and in the Wasdale Race. I'm very impressed with them and have been surprised by the lack of heel rubbing that I normally get. They grip more firmly than I thought they might though they don't grip too well on wet rock but there again what does? Used by Mark Palmer when he came 2<sup>nd</sup> at Wasdale and 2<sup>nd</sup> at Borrowdale – nuff said.

So if I had to recommend a shoe what would it be. Well not one shoe but at least two and probably three:

- 1) Any good trail shoe for general off-road training and even fell races that use paths, trails, etc.
- 2) Addidas Swoop for comfort, support and all round grip.
- 3) Inov8 Mudclaw for rock and rugged terrain for support and grip. Even though these presently rub

my heels they are very popular with Northern folk.

I hope you found this useful. Why not write something similar for other kit or join a debate on shoe preference?



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### Pen y Fan Race

Crispin Flower organised his first fell race and didn't he do well. No only is it a classic short race but he had sponsorship as well! The club rallied round and most of us were there to support Crispin by running or marshalling. I thought it was one of the best and I've been to a few around the country. You may have seen his website (there's no end to his talents) at [www.flowerhome.no-ip.info/penyfan](http://www.flowerhome.no-ip.info/penyfan) and I reproduce his race report and photos:

The recent heat wave was rudely interrupted for the Pen y Fan Race, with a welcome respite from sweltering temperatures, but with rain and high winds making things very tricky on the steeper and rockier parts of the course. A storming run from Mark Palmer made light of these minor irritations, and he won by

the unbelievable margin of 4½ minutes. Matthew Collins was in contention at the top, leading for some of the steep Corn Du ascent, but kit choices let him down... racing flats on a steep wet descent, plus dark glasses in low visibility and rain, allowing Andy Jones to take second spot. Andy was disappointed with his time, but it was solid result after a fall and DNF at Snowdon the week before.



Mark Palmer of MDC, Andy Jones of Mynydd Du, and Matthew Collins of MDC.

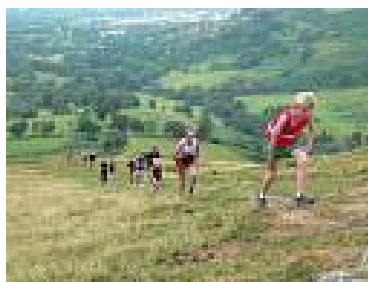
Of only two female entries, one bizarrely set off 20 minutes before the start, and had to be retired by the summit marshals. The other, Helen Fines, had a steady climb and a superb descent (4<sup>th</sup> fastest) to finish 10<sup>th</sup> overall. The team contest was very close, but MDC couldn't convert their 1<sup>st</sup> and 3<sup>rd</sup> places into an overall result, as Mynydd Du's 2<sup>nd</sup>, 8<sup>th</sup> and 13<sup>th</sup> places just pipped MDC's total of 26.

Mark's 34:37 was a good time in the conditions, but with dry ground and a bit more competition on the descent, I think he could

go under 32 minutes. But will anyone challenge Keith Anderson's 30 minute record? Maybe next year!

Huge thanks to marshals who were soaked and blasted on the tops, to the photographers, and to everyone who helped in any way. All appreciated the great prizes and free food and drink for all, generously sponsored by St. Mary's Bakery, Barry Tomlinson Architectural Services, Breconshire Brewery, and Gibb's Sports, Brecon.

This was our first attempt at race organising, so we weren't too upset at the modest turnout of 29. And it was great to see several local unattached runners braving one of Britain's classic fell races. Hope to see a few more next year!



Puffing Billy of Mynydd Du, chasing a small child (Robert Morgan, 12), and being chased by the small child's younger brother (David Morgan, 11) - they started a while after the main race, and just ran part of the ascent - serious future potential!

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### South Wales Winter Hill Series

No I'm sorry but no information on this yet, I'll let you know when I do. Usually well represented by the club but please ensure the organiser enters you as Mynydd Du as some still put MDC and it'll effect the results.

Personally I gave up doing this series several years ago as I found it clashed with my cross-country league which I enjoy and I also got too many injuries as it involves racing over short, fast, steep straight up and down courses.



I'm also planning on continuing with my long training runs and travelling to longer races especially up north. Who knows maybe ultra-distance next year?

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### Sunday Training

These are designed to be long distance runs but there will always be shorter options. Please be prepared for the weather conditions and bring food/water. I also suggest a map of the area and whistle – a compass is only as good as the user.

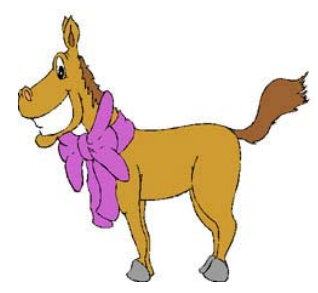
This first lot will take us through to January; I'll publish another list in the December issue. If you have any favourite routes or suggestions please let me know. Any gaps are because of races and as yet I don't know the cross-country fixtures.

**Start 9.30am sharp!**

29<sup>th</sup> October  
Storey Arms 15 miles  
5<sup>th</sup> November  
Llanbedr Village 17 miles  
19<sup>th</sup> November

Abergavenny LC 12 miles  
26<sup>th</sup> November  
Cwm Lwch 20 miles  
10<sup>th</sup> December  
Storey Arms 20 miles  
17<sup>th</sup> December  
Talybont Res. 15 miles  
24<sup>th</sup> December  
Abergavenny LC 10 miles  
31<sup>st</sup> December  
Llanbedr Village 20 miles  
7<sup>th</sup> January  
Crickhowell Car Park 26 miles

Who do you think would be daft enough to follow local runners knowing that they were going the wrong way and then lost 25 mins at the Borrowdale Race? Ask Dave Finn ...



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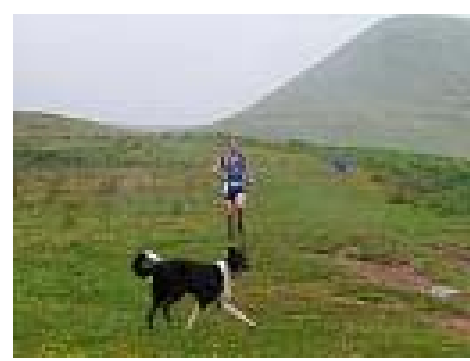
**A Day Out For the Club! – Dave Finn**

Would anybody be interested in a day out in Somerset to run a fantastic Multi-Terrain Race? I have run this a couple of times and it is a tough but great course! If interested then you will need to pre-enter as the limit of 250 is always reached by early November. Entry forms can be found on the Crewkerne Running Club Website [www.crewkernerc.org.uk](http://www.crewkernerc.org.uk).

It would be great to get a club team down to this event and also visit the Club Chairman's local terrain. Anybody interested then let me know on: [mickey43finn@yahoo.co.uk](mailto:mickey43finn@yahoo.co.uk) or 01600 772302

**THE FULL MONTY 'CUTE'**

**Sunday 3rd December 2006**  
Start and finish at Montacute House,  
a National Trust property at Montacute, near Yeovil, Somerset  
**APPROX. 10 MILES, MOSTLY OFF ROAD.**



I couldn't get a photo of Dave Finn (still lost on Borrowdale?) but here's his dog.