

## Dringo'r Garth / Up the Garth

Ionawr 15 January 2011

1.5 m/950 ft

<b>1</b>	<b>Chris Edis</b>	<b>M</b>	<b>Keswick AC</b>	<b>14.53</b>
2	Gareth Hurst	M	Royal Marines	15.03
<b>3</b>	<b>Richard Samuel</b>	<b>M40</b>	<b>Harlequins</b>	<b>15.35</b>
4	Jaron Rowley	M	Clevedon AC	15.42
5	Mark Bryant	M40	MDC	15.54
6	Matthew Lawson	M	Chepstow H	15.58
7	Mike Fawcett	M40	Wye Valley	15.59
8	Justyn Rowley	M	Clevedon AC	16.01
9	Haydn Hartnell	M40	Islwyn	16.04
10	Mark Cason	M40	u/a	16.21
11	Rhys Williams	M	MDC	16.24
12	Richard Everson	M40	SWRR	16.30
13	John Syms	M	MDC	16.36
14	James Richards	M	Fairwater	16.42
15	Paul Chester	M	u/a	16.43
<b>16</b>	<b>Steve Davies</b>	<b>M50</b>	<b>Griffithstown</b>	<b>16.45</b>
17	Kevin Hagley	M40	SWRR	16.47
18	Andy Blackmore	M40	MDC	16.54
19	Steve Harrhy	M40	Lliswerry	16.55
20	Chris Powell	M	SWRR	17.21
21	Andrew Armitage	M40	u/a	17.25
22	Mark Richmond	M	Pegasus	17.26
23	Gary Davies	M	MDC	17.37
24	Andy Creber	M50	Chepstow H	17.39
25	Wheeze	M50	Mighty Brycheiniog	17.43
26	Kevin Betts	M40	MDC	17.44
27	Graham Colvin	M40	Celtic Tri	17.45
<b>28</b>	<b>Libby O'Duffy</b>	<b>F40</b>	<b>Les Croupiers</b>	<b>17.47</b>
29	Peter Williams	M50	MDC	17.49
30	Katie Beecher	F	Les Croupiers	18.03
31	Philip Holder	M50	Harlequins	18.12
<b>32</b>	<b>Steve Herrington</b>	<b>M60</b>	<b>Hereford</b>	<b>18.22</b>
33	Dominic Shields	M40	San Domenico	18.33
34	Nick Dallimore	M50	MDC	18.40
35	Chris Gurney	M40	Mynydd Du	18.45
36	Pete Morfey	M50	Harlequins	18.56
37	Becki Law	F	Rhedwyr Eryri	18.57
38	Les Williams	M60	Rhedwyr Eryri	18.59
39	Jonathan Williams	M40	Fairwater	19.24
40	Julia Esser	F	u/a	19.25
41	Alan Gillard	M40	Harlequins	19.26
42	Glyn Sansom	M40	San Domenico	19.29
43	Shane Goodman	Mu15	Westbury Harriers	19.34
44	Stewart Thomson	M40	Griffithstown	19.47

45	Martin Lucas	M50	MDC	20.04
46	Janet Richards	F40	Griffithstown	20.24
47	Richard Mordey	M40	Up & Under	20.31
48	Mike Harris	M50	MDC	20.46
49	Naomi Prosser	Fu19	Hereford	20.51
50	David Thomas	M	u/a	20.58
51	Norman Jones	M50	MDC	21.25
52	Roy Silver	M50	Les Croupiers	21.36
53	Gareth Jones	M60	MDC	21.46
54	John Sweeting	M60	MDC	22.45
55	Gareth Griffiths	M40	MDC	23.46
56	Dave Gilbert	M60	MDC	25.34
dnf	Niki Morgan	F40	Chepstow	

The surprising number of competitors who made their Winter League debuts at this short but brutal race seems - to me at least – to show that there is a market for continental style short uphill only races. Our only problem is a lack of suitable hills where the non-competitive jog back down does not risk hypothermia. Anyway, the chance to race to the highest point in our capital city brought out a decent number for the second running of the Garth Uphill race.

The absence of some of south Wales' faster descenders meant that a new name would have been engraved on the magnificent trophy, if only we had one. As it was, Chris Edis of Keswick had to make do with a bottle of mediocre French wine and a chocolate Golden Dap like our other prize winners. However, Matt Collins' 2010 record was never threatened in muddy conditions with a serious westerly wind headwind to contend with over the last relatively flat half mile.

Special mentions must go to Richard Samuel of Cardiff Harlequins who celebrated his 40<sup>th</sup> birthday with race number 1 and a victory on his first day in his new age category and to Shane Goodman of Westbury who just a few days after his 14<sup>th</sup> birthday saw off some very experienced (and much older) runners including his Grandpa Mike Harris. Libby O'Duffy, another League debutante, won the Ladies' race convincingly but left before collecting her prize, which instead was enjoyed later by the organisers (hic!). As they say in the Eskimo Lottery, you have to be Inuit to Winuit..

Despite my repeated instructions about finishing procedures some confusion arose in the scrum at the trig point with the result that positions 46 to 56 are best estimates. Any hard evidence to the contrary will be considered.

On that note we must give huge thanks must go to our marshals, particularly Kay and John the Watch on the summit and to the spectators who gave impromptu assistance in the scrum at the finish. Thanks also to all those who gave up their afternoon to make sure you went the right way and weren't mown down on the main street of Gwaelodygarth (Caroline, Delboy, Toffer,

Alan, Haydn and anyone else I've forgotten). We hope to see you all next year.

Martin and Kay Lucas