

SOUTH WALES GROUP



"LEEKIE'S BLETHER"

OCTOBER 2022

A NEWSLETTER FOR SOUTH WALES LDWA GROUP MEMBERS WRITTEN BY SOUTH WALES LDWA GROUP MEMBERS.







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In This Issue

"Chair's Update" p3

"Walk Secretary's Update" p3

"Merchandise" p4

"LDWA 50th Anniversary Walks" p5

"The Rhondda Rollercoaster" p6

"Leekie's Travels" p9

"Special Trees & Woodlands" pll

"Snowdonia Slate Trail" pl3

"Leekie Meets" pl7

"Photo Caption Competition Result" pl8

"Three Circles Of Monmouth" p19



The South Wales LDWA Group <u>ALWAYS</u> needs walk leaders. No walk leaders = no walks = ????

Please contact Sara Down if you want to lead a walk for this wonderfully supportive group at: southwales.walksec@ldwa.org.uk



Chair's Update

The other day I was looking back through the walks programme and we've had a really good year. There has been an obvious shift with walks, from where we planned months ahead, to being more ad hock, which is interesting to see, but this works well for both the programme and the walk leaders, so I'm very grateful for all of the efforts the walk leaders have made, thank you very much. I also noticed a change in the weather, it's now much cooler, autumnal; we now have cooler days and it's still at 8pm. This is perfect transitioning for winter. There is still a lot to look forward to for this year and into next year. I have a few walks still to shake out of my sleeve for 2022, and I reckon a few of you will be thinking the same.

We have the AGM on the 29th October, this time we are meeting up at Machen Village Hall 10:00am for a walk, then the AGM afterwards for 15:00pm, so things will be back to normal with a walk prior to the meeting and hopefully some treats in the hall. The AGM is one of the most important dates in the calendar, so I look forward to seeing you there putting best foot forward to kick us into 2023.

Thank you to the members and thank you to the walk leaders and Committee for making our South Wales club the very best there is in the LDWA.

See you on the hill sometime soon @

Jason





Walk Secretary's Update

What a fantastic summer we've had; climate change issues aside, I've loved the long days of sunshine, which have been perfect for longer walks on the hills. And I've really appreciated the fact that I don't need to clean muddy boots or hang up dripping wet kit to dry.

We've had some fantastic walks on our programme, thank you walk leaders, and lots of wonderful photos from people's walking travels around the UK and abroad. A quick review of "Leekie's Travels" later on in the newsletter is testament to the range of places people are getting out to.

Challenge events feel like they've got back into their rhythm this year. I'm sure many of you have been getting out there clocking up the miles on your chosen event. I've done 6 challenges so far and apart from one of them, they have all been undertaken in gloriously dry weather, with firm ground under foot. I'm anticipating much wetter days ahead as we approach autumn (and my next challenge looms), but this is one of my favourite seasons as the colours change and the cooler mornings often bring a light dusting of frost.

I completed the White Cliffs 50 in August. For anyone who hasn't done this event yet, I highly recommend it. It's a beautiful route, with the first third taking you along the costal path from Deal to Folkestone, ocean views all the way, and then it meanders inland (for quite a while) to loop you back to Deal. After struggling through my previous 50, it was a relief that this one felt altogether smoother and a lot less painful. Have you conquered any particular challenges this year, not necessarily an event but it might be a long distance path? If you have, we'd love to hear about it for the next newsletter.

I'm looking forward to seeing everyone out on the hills soon. Get your waterproofs ready!





South Wales LDWA has an active WhatsApp page. Why not get involved and keep up to date with local matters? Email southwales@ldwa.org.uk and join!



MERCHANDISE

Gear up for the summer "Challenge Walk" scene with Leekie merchandise. Replace that faded, ripped, snagged and much loved T-Shirt!
Wear "Leekie" with pride and be smart for Leekie's Travels!

Our items include:

- T-Shirts (large badge)
- T-Shirts (small badge on left chest) out of stock
- Multi Functional Head Tube
- South Wales LDWA Oval Badge
- Rhondda Rollercoaster Badge
- Leekie Mugs (too expensive to post so only available in person from Judith)

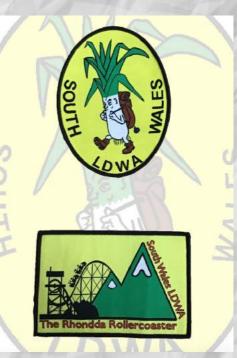
Prices

T-Shirts £12.00 (+£1.64 P&P) Head Tubes £6.00 (+£1.64 P&P) Badges £2.00 (+76p P&P)

To place your order, email Judith Fox (<u>treasurer@southwalesIdwa.org</u>) and she'll provide details on how to pay.







LDWA 50th Anniversary 'The Big Walk'

The South Wales LDWA Group led two walks during the weekend of 18th & 19th June to celebrate the LDWA's 50th anniversary. The Group walked 50 miles over the two days by making use of our very own Taith Torfaen Anytime Challenge route.

This route was created by Gerry Jackson and Dan Hadfield and remains very popular amongst South Wales LDWA Group members and it was wonderful to see so many out and taking part in this celebratory weekend!



"THE RHONDDA ROLLERCOASTER"

By Jamie Lewis



Most of us know the Gwyn Matthews Rhondda Rollercoaster. It has a special place in the hearts of many a South Wales LDWA member and is spoken of with a mixture of trepidation and admiration by people who have cursed and panted up its savage slopes. The walk was put together to showcase some of the beauty (not to mention 'high' points) of the Rhondda, but as you will see, it also takes in some impressive history, spanning from the Neolithic right up to the modern post - industrial era.

The walk starts in Trehafod. The word 'hafod' itself is a clue to the pre-industrial past of the Rhondda and means 'summer dwelling', or a place where livestock was moved in summer months from the more lowland winter dwellings (in contrast to 'hendre/hendref' which often denoted a winter dwelling). Indeed, before the industrial mining of coal in the Rhondda, the population of the valley was estimated at less than 1000, living mostly in scattered farmsteads. Some evidence of these will be seen on the route.

As we enter Barry Sidings, we see evidence of the dramatic change in the valley as a result of coal mining. What you are now passing through is actually an abandoned rail siding, designed to break the monopoly of the Taff Vale Railway Company and Cardiff docks by allowing coal from the Rhondda pits to be transported directly to Barry docks. The line first ran minerals in 1889 and as you pass near the café, you can see a small section of the original track on your left. The old sidings are now reclaimed and Barry Sidings Country Park is home to various aquatic birds and is the base for hiking and mountain biking trails.



Climbing through the woods of Mynydd Gelliwion keep an eye out in the woods. Here you might spot Jays flitting through the trees, or even some Herons, their nests teetering high in the trees. The Herons have returned to fish the Rhondda rivers as the pollution of the coal era has subsided. You might also notice the remains of some of the farmhouses that dotted the hills before the advent of coal, and later, the commercial forestry plantations. All that now remain

are a few house platforms and drystone walls that criss-cross the woods like moss covered ghosts.

Once out of the woods and on the track to Trebannog, keep your eye out on the left hand side for a memorial stone to the people of Porth who fought in the First World War. The stone was originally further down the hillside near Cymmer ('confluence'), but when the area was threatened with housing development, a local farmer moved the stone to its current location. Trebannog was where the Welsh singer Dorothy Squires ended her days. Once married to Bond actor Roger Moore, after a serious of ruinous court cases she found herself homeless and

bankrupt and was offered shelter by a fan who lived in Trebannog and lived out the rest of her life there.

The first checkpoint on the 26 mile route takes you to Gilfach Goch. This means 'little red hollow' in Welsh and there are a few possible etymologies for the name. One derives from a legend that during the occupation of Britain, the Roman army sent a cavalry unit to attack the nearby settlement of Dinas. The druids got wind of this and managed to unite the local tribes to send warriors to defend the settlement. The resulting bad day



in the office for the cavalry explains the red. Another, slightly less fanciful, explanation notes that the name Gilfach Goch was originally attributed to an area a little further away, where there is indeed a 'narrow hollow' containing a stream that contains iron ore, thus staining the rocks red. I'll let you make up your mind as to which version is true...



As you leave Gilfach you walk into Wales' modern energy era and the spinning shadows cast by the Pen y Cymoedd wind farm. This is the largest onshore windfarm in Wales and England. The farm currently has 76 turbines and generates enough electricity to power 188,000 homes per annum, or around 15% of Welsh homes. This is only a fleeting visit to the modern era though as your descent off Mynydd Willaim Meyrick takes you past old defensive earthwork enclosures on the Bwlch ('mountain pass') and an iron age fort containing an even older bronze age cairn near the prominent phone mast.

Ton Pentre. Half way! You have just strolled past the Phoenix theatre – once a miner's institute, the building was paid for and run off the subscriptions of local miners in 1895. It had a library and newspaper reading rooms and was developed to allow the miners access to education ('Libraries gave us power' anyone?), to better themselves, and as a meeting space to organise labour activities.

At the top of the climb out of Ton Pentre, you are looking down on Ferndale, the birthplace of Stanley Baker of 'Zulu' fame. To the left up the valley is Maerdy, once so closely associated with the communist part of Great Britain that is was known as 'Little Moscow'. To the right is Penrhys who's well (Fynnon Fair/Mary's Well) was a site of holy

pilgrimage in the late middle ages, a practice that continued right up until the dissolution of the monasteries in the 16th century.

The last major climb of the route takes you to the top of Tylorstown Tip. Another legacy of the Rhondda's mining heritage, the tip itself is made of industrial spoil from the pits that once operated below. The tip was levelled and capped following the 1966 Aberfan disaster that saw a similar spoil heap slip, killing 144 people, 116 of them children. This however didn't stop the tip from sliding in 2020 in the aftermath of Storm Dennis, spilling 60,000 tons of material into the valley below. Thankfully no one was injured this time, but it has been estimated that the cost to make the tip safe will cost between £12 and £14 million and has raised questions about the safety of all such tips in Wales.



You are about to enter Daerwynno Woods the approach checkpoint Llanwynno. Llanwynno means 'the enclosed ground of Gwynno' and Llan is cognate with the roughly 'lawn/land' - both meaning 'enclosed ground'. St Gwynno was a 6th century Welsh saint and in the church yard lay the remains of legendary runner Guto Nyth Brân. Legend says that he completed the



run from his home to Pontypridd and back (7miles) before his mother's kettle boiled. He is reputed to have died following a congratulatory slap on the back after winning a gruelling race. Nearby Mountain Ash commemorates his feats in the annual Nos Galan races that begin with a wreath laid on his tomb and a celebrity runner carrying a torch from the church to the start of the race. The final descent to the finish also passes close to Nyth Brân ('Crow's nest') farm, the childhood home of Guto.

On the home straight now. Crossing Cefn Gwyngul you will pass more ancient burial cairns while in the distance you will see the chimney tower and mining wheels of the Rhondda

Heritage park, a stone's throw from the finish. As you descend into Trehafod for a well-earned bowl of soup, keep your eyes out in the wooded section. This was once known as 'Cwm George' and the steep valley once had a number of houses. All that now remains are the rough steps you are walking down, and two houses near the train station and bridge.

You are now back in Trehafod and Barry Sidings. Seem familiar? Well, it's all just a little bit of history repeating...







Leekie's Travels

Promote "The Leek"! Send in photos of yourself wearing Leekie when on your travels and we'll collate a montage of them here in the Blether!





"SPECIAL TREES AND WOODLANDS"

By Hugh Woodford



In recent years, trees and woodlands have featured on, and been incorporated into the title of, group walks led by myself and others. We are fortunate to have some special woodlands and individual trees in Wales – woodlands such as Lasgarn Wood, Wentwood, St Mary's Vale, Cwmcarn, and a number of heritage trees across the Principality. Just over the border there is the Forest of Dean, Wye Valley, Haugh Wood, Dymock woods, Westonbirt.

The quintessential British tree is the oak. In the 16th century the oaks in the Forest of Dean near Parkend were grown specifically for use in the construction of British ships, as they grew large and strong, and some were nurtured to be bowed, so as to form the shape of the boat's hulls. In July 2017 Simon Pickering's 'Declaration of sports' walk visited the Curley Oak in Wentwood. It is likely to be one of the oldest trees in the forest. For the past hundred years or



so the 3000 acres have been mostly conifer. In 2006 the Woodland Trust purchased 900 acres of Wentwood for £1.5 million with the intention of returning it to its original broadleaf structure. Larch die back since then has resulted in large areas being felled and re-planted with native broadleaf. How the tree acquired its name is not known. Thinning out of the conifers surrounding the Curley Oak has had to be done gradually as sudden or dramatic changes to an ancient tree's habitat could cause trauma and result in its demise. Although hollow, there is still life in what remains.

Associated with Christian symbolism, many churchyards have one or more yew trees, some dating back hundreds, if

not thousands, of years. In December 2016 my walk entitled 'Here's looking at yew' visited St Aeddan's Church, Bettws Newydd. There are 3 significant yew trees in the churchyard, each measuring more than 20 feet in girth, which indicates they are more than 1000 years old.

The largest, with a girth of more than 30 feet is believed to be over 2000 years old and is one of the largest and oldest yews in Wales. Within its hollow centre a new stem is growing and becoming a new trunk. In the Church porch a piece from the tree has been carved and inscribed by a local artist. It reads:

"The Bettws Yew"

The star which shone on Bethlehem shone on this noble tree It stood here still when Norman knights claimed their victory As King Charles lost his royal head this tree made growth anew Thanks be to God that we still have our mighty Bettws yew N.N. 2009



In March 2017 my 'Alright me old chestnut?' walk featured a huge sweet chestnut at Millbrook bridge near Glangrwyney. With the fast flowing Gwryne Fawr passing underneath the bridge, a number of trees downstream have fallen into the river. All the surrounding trees pale into insignificance when compared to this sweet chestnut. In August 2017 its girth was estimated at approximately 7.5 metres and its height around 18 metres. It certainly has some age to it. Best viewed in the Winter months, its remaining branches curve mainly towards the water.

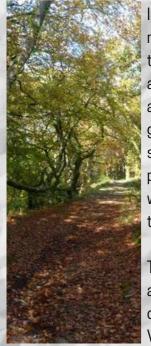


Although I am more of a fan of broadleaf trees, some conifers do grab my attention from time to time. On Heather's 'There's an estate to get into' walk in November 2018 there were a couple of decent sized sequoias about a quarter of a mile from St Mary's Church, Llanfair Kilgeddin. Standing close to each other in a field close to the river Usk, they cannot be accessed from the Church as the gate to the right of it states 'private land' and there is no public right of way in a direct line. The easiest access is from Pant y Goitre bridge across the river Usk (approx 1 mile). There are other decent sized conifers in the locality, on both sides of the river, which, I guess, are associated with the nearby Clytha Park estate. By British standards, these sequoias are of a reasonable size. However, compared to those in California's Giant

Forest in the Sequoia National Park, they are mere babes. The world's largest living organism is a sequoia named General Sherman.

Back in 2004, it was 261 feet high, its trunk volume 52,500 cubic feet, trunk 30 foot thick at shoulder height, 17 foot thick at a height of 120 feet. Oh how I would love to see itup close! Recent studies have shown that climate change is causing numbers in California to decline. This is forcing scientists to search for other areas around the world where sequoias could survive and, indeed, thrive. Parts of the UK are considered suitable, so there are likely to be more planted here in the years to come. Because of the long time they take to grow and mature, we won't see the benefits in our lifetimes, unfortunately!





In November 2016 my 'Autumn spleandour in Lasgarn Wood' was timed to make the most of the Autumn colours of the leaves on the large beech trees that abound there. Best accessed from Abersychan, an old tram road ascends gently northwards through this fabulous woodland. The beech trees are large and old and, as with beech in general, their leaves turn yellow, golden and brown in Autumn to show them at their finest, especially when sunlight shines through the woodland canopy. One of Autumn's greatest pleasures is shuffling through dry beech leaves as you walk along. A word of warning, however, from Ray Mears is not to camp underneath beech trees as their branches can snap and fall without warning. Oak trees are safer.

There are other trees and woodlands that have featured on our walks, such as the Much Marcle yew, 2 large oak in the Forest of Dean, avenue of sweet chestnuts at Llanvihangel Court, the wonderful ancient trees in St Mary's Vale on the lower slopes of Sugar Loaf, to name a few.

"SNOWDONIA SLATE TRAIL"

By Tony Alcock



The Snowdonia Slate Trail is an 85 mile trail around the Snowdonia National Park. It links places where the quarrying and mining of slate were carried out from the eighteenth to twentieth centuries with areas of wilderness and outstanding beauty. The official trail begins at Bangor on the North Wales coast and leads south for about six miles to Bethesda where the slate trail truly begins its circular course.



Simon and I began our walk at its southernmost point at Llan Festiniog and followed an anticlockwise direction via Betws y Coed leaving out the Bethesda to Bangor arm of the walk. This amounts to roughly an 80 mile circular walk which took us four days of leisurely walking to complete. This also meant that we were able to visit any interesting features that we came across off track without the need to rush.

As a personal supporter of the mild camping fraternity nightly stays were in various B& B accommodation along the way. We split the four days into walks of Llan Festiniog to Betws y Coed (approx 20 miles), Betws y Coed to Llanberis (approx 24 miles), Llanberis to Beddgelert (21 miles) and Bedgellert to Llan Festiniog (approx 15 miles).

The beauty of the Slate Trail is that it circumvents the usual Snowdonia honeypot spots and allows you to visit lesser known areas and ranges. For example, on previous visitis to



Snowdonia I had never really noticed the Cnicht as a solitary prominence so it was nice to see the nature of its lonely majesty as a singular peak.

The route is extremely well signposted and we rarely needed the aid of mapping or the GPS.

We walked the trail in the last week of April 2022 and luckily we didn't see a drop of rain apart from our showers at the end of the day. In wet conditions some boggy areas could be a little challenging, especially over the top between Bethesda and Llanberis and some parts between Llan Festiniog and Cwm Penmachno. However, even with wet conditions, the terrain is manageable. There is a total ascent of about 13,200 feet with most of the climbing generally in the southern parts of the trail.

Llan Festiniog to Betws y Coed

Our walk started with a visit to the beautiful Cwm Cynfal and Cynfal Falls nature reserve before winding up through the valley and out onto the open moorland as far as Rhaedr y Cwm waterfalls. The continuing moors are boggy in parts but the tracks and paths eventually lead to the first encounter with the slate industry at the Rhiwbach and Rhiw Fachno quarries.



The actual Trail footpath follows the long incline plane down into the old winding house that powered the trams out of the quarry. Most of the buildings are in semi ruin but one can easily understand the scale and footprint of this once working industrial site. Slate heaps are in abundance as, in fact, nearly 90% of all slate quarried in the Snowdonia region was actually unusable. The path through the quarries eventually descends to Cwm Penmachno village where some of the old terraced houses of the workers have been upgraded and are still lived in today. From here the route becomes a leisurely stroll along forest tracks and open hillside above the Afan Machmo before reaching the village of Betws y coed.

Betws y Coed to Llanberis

The day begins with a long pleasant stretch out of the village through shady woods and meadows alongside the Afon Llugwy. This leads onto forest tracks and paths and eventually out onto open moorland all the way to Capel Curig.



At this point the views across to the Glyderau mountains are wonderful. Here we met our first comrades in arms walking the Slate Trail, one bizarrely in a kilt, but there is no prescribed dress code so all power to the kilt. The four miles to Llyn Ogwen is along an easy, flat track followed by a more challenging scramble around the north side of the lake to the Visitor Centre at the head of the waters. This is a good place for coffee, tea and cold drinks.

The view north down the Nant Ffrancon Valley is stunning. Strolling and talking all the way down to Penrhyn Quarries at Bethesda sees the miles evaporate with ease. Climbing out of Bethesda to Mynydd Llandegan is initially easy followed by a sometimes boggy crossing of the moors at Gwaun Gyfni. But once through this, the paths and tracks become gentler and end with a downhill stroll through the woods to Llanberis. The National Slate Museum of Wales is situated here but we arrived late in the afternoon when unfortunately it was closed.

Llanberis to Beddgelert

The early morning climb out of the town to Cefn Du gets the limbs quietly warmed up and the views back to Llanberis give a true indication of the scale and complexity of these once working quarries. The route via Waunfawr is pleasant and undulating arriving at the small village of Y Fan and a welcoming community shop where we sipped cold drinks in the warm sunshine.



The path continues down through the middle of Nantlle Quarries which gives a true indication of the sheer size of these workplaces and the vast heaps of slate and workings left behind. The lake at Llyn Nantlle Uchaf is a pleasant place for a stop and then the walk continues along a wild valley up to the boggy but beautiful area around Cloggwyn Garreg before descending through the forest to Rhyd Du. From here the route to Beddgelert is low level and mostly through forest, a pleasant way to finish the day.

Beddgelert to Llan Ffestiniog

This is the shortest leg but with the most climbing, 3,700 feet. It starts by walking past the grave of Gelert and then following the Afon Glas Lyn southwards. This is followed by a climb on tracks and paths over the top to the village of Croesor. This is an interesting area where scrubland and trees have been allowed to grow unfettered to encourage an abundant diversity of fauna and flora. Alien plants such as rhododendrons have been gradually eradicated and the area now possibly looks akin to what it once did years ago. There is a steep ascending path up Cwm Croesor leading to the famous Cymorthin Slate Quarries, probably the most photographed of the Snowdonia quarries. The ruins of the workers terraced houses and the chapel in the quarry are still standing, the last of the residents of these houses leaving in 1935. The abiding feeling of grimness and the hardship of this place is difficult to ignore. Living in slate and working in slate could not have made for an easy life. Blaenau Ffestiniog is a little distance away and then the last leg of the walk follows Cwm Bowydd south through fields and woods to a final climb up to Llan Ffestiniogwhere the pub was shut!



We would thoroughly recommend the Slate Trail as a future project for any interested SWLDWA members. The terrain and scenery are diverse and there are many unexpected discoveries. There is an abundance of flora and fauna. In the springtime the wildflowers are particularly beautiful.

There are many species of birds such as, pipits, wagtails, stonechats, wheatears and ring ouzels (well spotted Simon) to observe. The official **Snowdonia Slate Trail online site** is an invaluable guide to the walk and offers a lot of helpful information and facts for walking the route. Otherwise, all you need do is pack a bag and get the boots ready.

Tony and Simon, April 2022.



Did you enjoy this article
that was written by fellow
South Wales LDWA
members?
Have you walked a trail that
you loved?
Could you share your
experience to inspire
others?
If so, please email
southwalesIdwa@live.co.uk
with your article!



Leekie Meets Sian Knight



1 How long have you been an active member of the South Wales LDWA Group?

I joined the group in October 2018 and apart from the obvious covid gap have been walking regularly since then.

2 Where did you hear about the Group?

Whilst taking part in the Chepstow Walking Festival, Dave Morgan was leading a 15 mile walk from Tintern to Monmouth. We got talking about the LDWA and longer distances generally so I was hooked. Due to a path closure that walk then became a Jason 17 (ish) mile walk!

3 What do like best about the Group?

I wish I had joined at a younger age as I have learnt a great deal about our area and walking in general. We are very lucky to have so many people with a wealth of knowledge and have enjoyed listening to the stories, particularly the back packers amongst us.

4 Where is your favourite walking area in the South Wales LDWA Group area?

Has to be the Black Mountains.

5 How many LDWA 100 mile walks have you completed?

Two plus one unofficially on my own during the first lock down in May 2020 when Sir Fynwy Y 100 should have taken place. I walked a circular route in different directions 5 (ish) miles radius from my house. I had to disqualify myself as I went to bed for 5 hours in the middle of the two days.

6 What is your favourite challenge event?

Not really why I joined therefore have not competed in many. Have enjoined taking part in the Twisted Wye Kanter a couple of times.

7 You arrive at a LDWA checkpoint. What cake would you like to eat?

Norma's iced slices.

8 What is your favourite piece of walking equipment?

I wear my toe socks on every walk now. They work for me, no blisters on the Trans Pennine 100. May have to be a convert to walking poles though the way I actually finished!

9 What is your favourite sandwich filling on a walk?

Egg, tomato and spinach.

10 What's your ideal walking distance?

18 to 24 miles. I like to stop more often and admire the view rather than trying to get miles under my belt.

Photo Competition Result

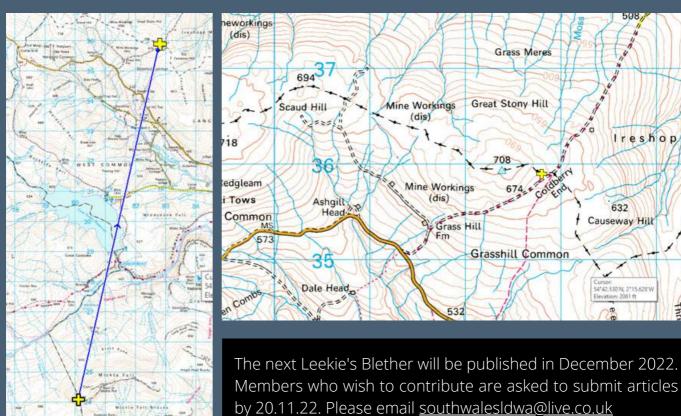
One person entered the competition

The answer was: NY 828 359 on Great Stony End in the Western Pennines near Cowshill, hence why I suggested that Hadrian Hundred entrants would have an advantage as the route passed this very spot! This is denoted on the map as a yellow cross. The closest was the only entry and was 7.4 miles away!!

> Congratulations Andrew Clabon. The Kit-Kat is yours next time I see you! "You've got to be in it to win it!"



Ireshope



Three Circles of Monmouth

It seems an age ago when a few of us discussed the prospect of creating a challenge event that used three specific locations. And were any entrant to complete all three events, then they would receive a special commemorative badge. And so, Crickhowell, Machen and Monmouth were the chosen locations and three superb events were hosted by the South Wales LDWA Group. Thank you to all that have volunteered that has ensured that the events were as successful as they were!

