

## RUNNERS' ROUTES

Some time back our **Caroline Orrells** came up with the super idea for club members to share their favourite training runs which would in turn give each other new experiences and fresh stimulus from the “tried and tested” (or in the case of some of us, “tired and testy”). Caroline’s intention was to compile these into a newsletter to be shared throughout the membership. Unfortunately due to other commitments Caroline has not been able to take this forward. However we thought it was too good an idea to pass up and so “yours truly” has had a bash at describing one such run in the hope it might encourage others to follow suit.

### **“Over The Top” (Tregynon – Bwlchyfridd – Tregynon)**

*This is run along roads and is a bit of a favourite but isn't without its challenges – there are plenty of dips and climbs to satisfy the more hill-hardy among you and although it's less than 9 miles it helps with half-marathon training. I also like to do it a day or two before Christmas as a way of atoning for the excess to follow! For variation you can also try running the reverse route which works just as well.*

From Tregynon Community Centre turn left onto the main road and then first left and up into the Old Village. Bear right at St Cynon’s Church and take the steep road up and out of the village. After a little less than a mile you will pass an old barn on your right which signals that you are near the top of this stretch of road. Bear left, signposted Adfa, and follow the undulating road for another couple of miles until you come to a T-junction (you will see a telephone box at the end of the road).

Turn left at the T-junction (signposted, Bwlchyfridd) and continue on this road to Bwlchyfridd. Once you have negotiated the sharp descent into the village head straight out the other side and up another steep hill. This is the most demanding section of the course – in parts if you lean into the hill and reach out you can practically touch the road in front of you. At the top of the hill (about  $\frac{3}{4}$  mile) you will come to another junction. Turn left, signposted Tregynon and Bettws. After about half a mile turn

left again, signposted Tregynon, and follow this road, skirting the old Hall School, and onto the Newtown – Tregynon road where you turn left.

Depending on traffic you can either follow the road back to the village, passing the car sales lot and garage/post office and finishing back at the community centre, or, you can take the next left into Gregynog Hall Grounds and then first right, and after a few hundred yards you come out into Tregynon by the sawmill and car sales lot and follow the footpath along the main road and back to the community centre..

*(Approx 8 ½ - 9 miles)*

*There are a number of shorter routes and deviations that you can follow if you so choose. For example at around 3.7 miles you can leave the Bwlchyfridd road and follow the road sign posted “Tregynon 2 miles” back to the community centre. You can also leave the road at either the top or bottom of the sharp descent into Bwlchyfridd and take any one of a number of routes through Gregynog and back to the village and which makes for a bit of off-road variety)*

**(Ian Fraser)**

It is difficult to grade routes without some form of independent assessment. One person’s “moderate” will be someone else’s “you expect me to run THAT !!??”, so if someone wishes to volunteer to test out and give a ranking to these routes in true “Runner’s World” tradition then please let us know.

By the way the route described here I would class as somewhere between “moderate and “you expect me to run THAT!!??”. There again there are probably plenty among you that are thinking “if he can do it, pretty much anyone can”, so why not test out that particular theory and try it for yourself?