

## RUNNERS' ROUTES

This month "Runners' Routes" comes from **Chris Copus** and extols the delights of the ups 'n downs around Mochdre.....

*"Sometimes you fancy a bit of hill work. Hill reps are ok but they can be a bit boring. I like to use the lanes around Stepside and Mochdre for a quick hill workout. It's a hard little session but it's certainly within the compass of most. I've had some of our juniors do it in the past so it can't be that bad.*

*Starting from the bottom of the Mochdre Industrial Estate, head past the Ambulance Station and G & T Evans, cross the Mochdre Brook and head on up to Stepside. A steady climb for a couple of minutes, just to get into the swing of things. Into Stepside the road flattens and then descends slightly. Take the lane on the left which drops sharply for 60/70 metres before veering right across a bridge. Barely 100 metres on and the lane climbs fairly steeply to the right. At the top turn left. Almost immediately the Dolau Inn will appear on your right. Opposite the Dolau's car park is a lane signposted 'Pentre 2'. A short climb gives way to a long sweeping descent across Rhyd-y-Cyrt bridge before climbing steadily for about ½ a mile. We then come upon a crossroads at which point we turn right down a seemingly innocuous lane. 100/150 metres or so further on and the road drops sharply (by that I mean 2 arrows on the OS map) where it fords Mochdre Brook. There is a footbridge for the faint hearted.*

*What goes down usually goes back up. Sure enough there is an equally steep climb back up to the Mochdre Lane. Cross straight over where the lane climbs fairly steeply to the left. This lane continues to climb as it arcs round to rejoin the road we've just crossed. Turn left and here comes some down! Keep on, past All Saints Church, Mochdre. By now the road has flattened out so just continue as if heading back to Newtown. After ¼ mile or so take the lane on the left. This drops quickly down to ford Llyfnant Brook (yes, there is a bridge). We then have the final climb up to the road that, when we turn right, runs down to Stepside. Into Stepside and right then left and it's back down the hill to our starting point.*

*It's probably only 3 to 4 miles at most but it's a nice little workout. Mast Race veterans will doubtless recognise the early and latter stages."*

**If anyone wishes to share with us a favourite training run or for that matter a race/throws/jumps event then please get in touch with Ian at [fraserman1@hotmail.co.uk](mailto:fraserman1@hotmail.co.uk)**