

RUNNERS' ROUTES

A while back we invited people to share with us their favourite runs. Here, Club Life President **Trefor Pugh** describes in lyrical and evocative detail a run which may be largely familiar to those of you who have had legs and lungs tested by the annual Neil Howells Memorial Race (named in memory of Trefor's stepson). The Wales Tourist Board or whatever it calls itself these days could do a lot worse than to use this in one of its brochures.

RAVE RUN

MONTGOMERY, POWYS

"The town of Montgomery has always fascinated the numerous visitors passing through, for the great sense of history that pervades, for its architecture, its ambience and the accessible scenery.

Following a repeated exposure to the rigours of the annual Montgomery Show Race in August, my favourite training challenge meanders over sections of the varied terrain, which commences from the lower reaches of the town, with a climb up a precipitous path to Ffridd Faldwyn, an ancient Celtic fort. Immediately from the earthen ramparts, wonderful views over the Severn Valley are revealed. From this prominence and along a country road, access is gained to the Town Hill with a demanding ascent to the turning point, the County War Memorial. The site of this landmark has a 360 degree panoramic vision over spectacularly scenic countryside, ranging from the western perspective of the Welsh hills and mountains, with Cader Idris, Aran Mawddwy and Arenig Fawr in up-thrusting evidence, to the eastern outlook with the Stiperstones, Corndon, the Long Mynd and Clee Hill on the English side dominating. Incidentally it was on the Town Hill that John Donne, the metaphysical poet, found a source of inspiration to compose his poem *The Primrose* in 1613.

On the downward plunge, the environs of Montgomery Castle are reached with fleeting glimpses of the town and the immediate countryside. The almost impregnable castle was constructed on a great rocky outcrop through the orders of Henry III and it was here that the renowned hymn writer and poet George Herbert was born. After a circuit

of the grassy outreaches of the castle a carefully negotiated descent on a winding narrow path ensures a return to the upper reaches of the Royal Borough of Trefaldwyn.

A transcending experience altogether”.

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