

# 2012 messages

Subject: Bwystfil y Bryn 2012

## facebook

Hi Graham,

Lowri Morgan Jones also commented on her photo.

Lowri wrote: "Count me in please Graham. Will send you a text. Would love to be back to face the Bwystfil! Such a great race and the camaraderie was the best. Thanks again"

**Thanks to Anthony Powell for the following report--**Two Porthcawl Runners Sharon Ford and Anthony Powell took part in what were very tough racing conditions. Despite all the wind and rain it certainly didn't dampen the spirits at this scenic yet challenging trail race. For Sharon and Anthony it was their first time to tackle the 'Beast'. The hills came thick and fast, and with gusting headwinds made it even harder. Both runners were eventually relieved to reach the finish line. Hopefully in 2013 the sun may come out and make this event even more enjoyable. Sharon competed in the 15 mile race, whilst Anthony Powell ran in the 6.8 mile race. Sharon finished in 36th place overall in a time of 2:14:13. Anthony finished in 11th place overall in a time of 57:17 and was accompanying Jessica Jacques, one of the athletes he coaches at Bridgend AC who finished in 10th place overall and was also 2nd Lady finisher.  
Well done to the pair of you.

**Name: Graham Rowland:-** Message: **Subject: Beast Race.** To all residents and former residents of Bryn. The video of this year's event is on the race web site, go to photos page for the link. See the village at its best.

**Name: Meinir Jones:-** Message: Just wanted to say thank you for a fantastic experience. Today's race has to be THE toughest wettest windiest hilliest roughest run I have ever done-it was fantastic. Weather was not particularly on the runners side, but the organisation and entertainment and welcome by Bryn residents throughout the whole day more than made up for it. I thoroughly enjoyed!! thank you to all that helped in the organisation and to the mountain rescue who made their presence felt without interfering with the race at all. I am aching like an octogenarian but I assure you I have a smile on my face! Diolch yn fawr i chi gyd- Meinir

**Name: Stephen Harriett:-** Message: Just got home after completing the 15mile.Great race. The weather just made it more of a challenge. Well done to organisers and well done Bryn

**Name: Sharon leech:-** Message: Hi, I'd just like to say thanks again for a great race yesterday - the people we met were lovely - especially the staff at the community centre, also at the marquee - it all adds up to making the race and the atmosphere great. Well done and hopefully you'll keep organising the race!

**Name: Sarah Joseph:-** Message: Just want to thank you for the Beast on Saturday. Without doubt THE most challenging race EVER :) I loved it!!!! can you tell me when the results will be out please? Thank you

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**Subject:** Bwystfil y Bryn,

I'd just like to say a big thank you from the Cystic Fibrosis Trust to everyone on the organising committee for putting on such a great event. I was there on the day and saw a fantastic community pulling out all the stops to make the day the well deserved success it was. May you go from strength to strength?

I'd also like to thank you for helping to raise funds for the Cystic Fibrosis Trust. Right now we are faced with the devastating news that our research into a gene therapy treatment may be stopped due to lack of funds. This treatment aims to put a correct copy of the gene into the lungs of those who suffer from Cystic Fibrosis thereby helping to clear the lungs of the thick sticky mucus which causes repeated infections and ultimately lung damage.

Thank you for helping us to raise the funds we so desperately need.

Regards Carolyn

**Carolyn Holt**

Regional Fundraising Manager - Wales

Cystic Fibrosis Trust

PO Box 94, Caldicot, Gwent, NP26 5WT

0300 373 1028 (Direct) 07971 891 977 (Mobile) [www.cftrust.org.uk](http://www.cftrust.org.uk)

Plus check out our Great Strides walks, Great Swims and Tandem Skydives across the UK too.

For details contact our Events Team on 0300 3731100 [events@cftrust.org.uk](mailto:events@cftrust.org.uk) or visit

[www.cftrust.org.uk/help/events](http://www.cftrust.org.uk/help/events)

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**Subject: Bwystfil-y-Bryn**

I would like to congratulate everyone involved in Saturday's event.

The atmosphere was wonderful and more than compensated for the indifferent weather!

I sincerely hope that the event will become an annual feature as it serves as an excellent example to all communities in Wales of just what can be achieved with imagination and hard work. The recreational and educational potential of the Bryn area and indeed all the Welsh valleys is enormous; however, it takes foresight, energy, and determination to embrace this. The community of Bryn demonstrated, last weekend, that it has these attributes—in abundance. Sincere congratulations and good wishes to a community Alan Powis, (Keep Wales Tidy)

Posted by Sandra Pinkham on 18/06/2012

Thanks to everyone who organized such a great event. The weather may not have been good for the marshals, Guess we are the lucky-ones Who are able to go out and run in such a beautiful environment for a worthy cause. Many Thanks again to the organizers, Marshalls, Mountain Rescue and St.Johns They were of great help to one of our Port Talbot Harriers who needed some assistance. A big thank you to all in the community centre. A nice cup of coffee, sandwich and a chat with the local community Greatttttttttttttt! This Race is definitely one of my favourites and looking forward to next year. Well Done All who helped out and A Big Thanks

Posted by Ceri Stephens on 18/06/2012

Diwrnod gwyach, trefniant arbennig. Diolch Yn Fawr / Great Day, excellent organisation. Thank you so much.

Posted by Phil Protheroe on 17/06/2012

Tremendous well done to you all for putting on such a great event again. Such a shame the weather stopped the field activities. A special mention to all your marshals who had to stand out in that weather for hours and still retained a sense of humour! Here's hoping next year will be third time lucky weather wise. thanks again- Bryn should be proud of all of you

Posted by Fran Knight on 17/06/2012

Brilliant event, Shaun and Graham!!! Superb organisation and with the weather being so inclement, the Beast will soon have the reputation of Snowdon!!! Which is good? Well done guys.

Posted by peter on 15/01/2012

WILL PUT NOTICE ON FRONT PAGE WHEN ENTRY IS OPEN. IT WILL BE BOTH POSTAL AND WEBB. THANKS FOR INTEREST SEE YOU THERE

Posted by Graham Rowland on 11/01/2012 **Email**

This year's event will be even bigger and better. All you runners out there enter the Beast and feel the spirit of Wales.