

# LLANWRTYD WELLS

EVENTS & ACTIVITIES  
2018 - 2020

Free



# Date Activities Venue

January 12th 2019	Saturnalia	Neuadd Arms
February 2nd 2019	Lord Crawshaw Walk	Llanwrtyd Wells area
Date 2019 TBC	Walks Beer Music	Neuadd Arms Base
27th May 2018/28th 10.30 am	Welsh Open Stone Skimming Championship	Abernant Lake
26th May 2019	Welsh Open Stone Skimming Championship	Abernant Lake
28th May 2018 10.30 am	World Guinness Book Records Challenge Stone skimming	Abernant Lake
9th June 2018	Man v Horse	Llanwrtyd Wells
16th June 2018	Drovers Walks	Llanwrtyd area
Friday 10th August from 5.00 p.m. and 8.00 p.m.	Opening Ceremony World Alternative Games Twmpath Band Di Enw perform, followed by	From Llanwrtyd Wells
Universal Translators	Fountain in town square from 5.00 p.m.	Royal Welsh Show
Stonecroft Inn 8.00 p.m.	Slow Bicycle Race	Ysgol Dolafon
Saturday 11th August 10.00 am	Fountain town square/ from 5.00 p.m. Stonecroft Inn from 8.00 p.m.	Ysgol Dolafon
	Summer Cider Cycle	From Llanwrtyd Wells
Saturday 11th August 10 – 4 pm	Wheelchair Rugby 7's Match	Royal Welsh Show New Food Hall
Saturday 11th August 6.00 pm	Slow Bicycle Race	Ysgol Dolafon
Saturday 11th August 6.00 pm	Bicycle wrong way race	Ysgol Dolafon
Saturday 11th August 6.00 pm	Mountain Bike Bunny Hop (categories)	Ysgol Dolafon
Sunday 12th August 10 – 4 pm	4 Square	Ysgol Dolafon
Sunday 12th August 10.30 am	Worm Charming	Ysgol Dolafon
Sunday 12th August 11.15 am	Space Hopper Race	Ysgol Dolafon
Sunday 12th August 11.45 am	Egg Throwing	Ysgol Dolafon
Sunday 12th August 10 – 4 pm	Finger Jousting	Victoria Hall
Sunday 12th August 1.00 pm	Backward Running	Dolwen fields
Sunday 12th August 1.30 pm	Wheelbarrow Racing	Dolwen Fields
Sunday 12th August 2.00 pm	Gravy Wrestling	Dolwen fields
Monday 13th August 10 – 4 pm	Young Children's Day. Will include mini squash and baseball slide, basketball and other fun activities for the children	Ysgol Dolafon
Monday 13th August 4pm – 5 pm	Pooh Sticks	Wooden Bridge
Monday 13th August 5 – 6 pm	Zombie Race	Loop Dol Y Coed
Wednesday 15th August 8.00 pm	Music Quiz	Stonecroft Inn
Thursday 16th August 7.00 pm	Games night, come and play our brand new dice game created by Jon at The Historic Games Shop, plus other games e.g. beer mat tossing.	Stonecroft Inn
Friday 17th August 10.30 am	Crempog Race	Ysgol Dolafon
Friday 17th August 11.00 am	Welsh Open Corinthian Conker Championship	Ysgol Dolafon
Friday 17th August 11.30 am	Russian Egg Roulette	Ysgol Dolafon
Friday 17th August 1.00 pm	Multi Sport Time Trial	Ysgol Dolafon
Friday 17th August 3.00 pm	Barrel Rolling	Ysgol Dolafon
Friday 17th August 4.00 pm	Toe Wrestling	Ysgol Dolafon
Saturday 18th August	Llanwrtyd Wells Agricultural Show Day	Llanwrtyd Show Field
Saturday 18th August 1.00 pm	Hay Bale Tossing	Llanwrtyd Show Field
Saturday 18th August 2.00 pm	Woolsack Carrying	Llanwrtyd Show Field
Saturday 18th August 3.00 pm	Horseshoe Throwing	Llanwrtyd Show Field
Sunday 19th August 2018 10.30 am	Heritage Walks	Start at Square Llanwrtyd Wells
Sunday 19th August 10.30 am	Horse shoe throwing	Plas Y Cadno
Sunday 19th August 10.30 am	Pea Shooting	Plas Y Cadno

Sunday 19th August	11.00 am	5 KM run	Plas Y Cadno
Sunday 19th August	11.30 am	Running with Dogs	Plas Y Cadno
<b>Sunday 19th August</b>	<b>1.00 pm</b>	<b>Water Slide</b>	<b>Plas Y Cadno</b>
Sunday 19th August	3.00 pm	Dyke Jumping	Plas Y Cadno
Monday 20th August	10.30 am	Scooter Slalom	Ysgol Dolafon/Bromsgrove
Monday 20th August	11.30 am	Snail Racing	Ysgol Dolafon/Bromsgrove
Monday 20th August	1.00 pm	Hoop 2 Hoop	Ysgol Dolafon/Bromsgrove
Monday 20th August	3.00 pm	Pingpongo	Bromsgrove Hall
Wednesday 22nd August	8.00 pm	Tippit	Stonecroft Inn
Thursday 16th August	7.00 pm	Games night, come and play our brand new dice game created by Jon at The Historic Games Shop, plus other games e.g. beer mat tossing.	Stonecroft Inn
Friday 24th August	10.30 am	Stiletto Race	Ysgol Dolafon
Friday 24th August	11.15 am	Mad Shopper	Bromsgrove
Friday 24th August	1 – 3pm	Office Chair Racing	Ysgol Dolafon
Saturday 25th August	10.30 am	World Bog Triathlon	Waen Rhydd Bog
Saturday 25th August	10.30 am	Heritage Walks	Start at Square Llanwrtyd
Saturday 25th August	2.00 pm	Corinthian World Mountain Cycle Bog Snorkelling	Waen Rhydd Bog
Saturday 25th August	3.30 pm	Corinthian Belly Flopping	Waen Rhydd Bog
Saturday 25th August	10.30 am	Corinthian Stone Skimming Championship	Abernant Lake
Saturday 25th August	2.00 pm	Corinthian Mountain Bike Chariot Race	Abernant Lake
Saturday 25th August	10.30 am – 4 pm	Manor Adventure Children's day	Abernant Lake
Saturday 25th August		Plank Racing – combined with Manor Adventure Children's Day	Abernant Lake
Saturday 25th August	9.00 pm	Sean Saye	Stonecroft Inn
Sunday 26th August	10.00 am	World Bog Snorkelling	Waen Rhydd Bog
Sunday 26th August	10.00 am	Children's World Bog Snorkelling	Waen Rhydd Bog
Sunday 26th August	11 – 3 pm	Ditch Racing	Waen Rhydd Bog
Sunday 26th August	11.00 am	Wife Carrying	Waen Rhydd Bog
Sunday 26th August	1.00 pm	Husband Dragging	Waen Rhydd Bog
Sunday 26th August	9.00 p.m.	Disco	Stonecroft Inn
Monday 27th August	10.30 am	Single Boat Tug of War	Abernant Lake
Monday 27th August	1.00 pm	Quadathlon	Abernant Lake
Monday 27th August	3.00 pm	Closing Ceremony	Town
Thurs – Sunday		Heritage – open from Thurs – Sun 10 – 4	Heritage centre
February 2019 Date TBC		Underwater Rugby	Llanelli LeisureCentre
19th – 22nd September		4 Day' Walks	From Neuadd Arms
21st October	11.00 am	Ron Skilton 1/2 Marathon	From Neuadd Arms
17th – 18th November		Real Ale Wobble	Llanwrtyd Wells
24th – 25th November		Real Ale Ramble	Llanwrtyd wells
31st December		New Year Walk In	Neuadd Arms
31st December		New Year Walk In	Neuadd Arms
31st December		New Year Walk In	Neuadd Arms
26th – 27th November		Real Ale Ramble	Llanwrtyd wells
31st December		New Year Walk In	Neuadd Arms

Every two years established Bog Events, the Man v Horse Marathon, Stone Skimming and Chariot Racing are run in conjunction with and alongside the World Alternative Games in August.

# Llanwrtyd Wells

The smallest town in Britain

Llanwrtyd Wells lies at the heart of one of the last remaining wilderness areas in Great Britain. Official figures have proven that the area has the cleanest air in the land, and the low light pollution levels make it one of the few remaining places in which you can still observe the Milky Way and other constellations at night. It lies astride the River Irfon on the A483 between Builth Wells and Llandovery. The River Irfon begins in a Site of Special Scientific Interest (SSSI) and is an upper tributary of the River Wye, to which salmon return to spawn each year. The river flows through mountains, hidden valleys and many conservation sites surrounding Llanwrtyd, which provide habitats for many rare species of flora and fauna. If you are lucky enough you may have the privilege of spotting a rare red squirrel.

With the successful re-population of the Red Kite following its near extinction, they are frequently to be seen soaring wild and free in the skies above the town, the area in which the few remaining birds in the middle of the last century survived. If you enjoy the outdoors, Llanwrtyd Wells is a fantastic centre for activities such as mountain biking, walking, fishing and bird watching. We have miles of unspoilt scenery and wonderful hills and river valleys to walk. Many of the routes you can follow are old Drovers' roads, used for over 500 years by farmers to 'drove' their flocks of cattle, sheep, geese and other livestock to sell in the profitable markets of England.

For the more leisurely inclined, the mountains, valleys and surrounding villages can be explored by scenic car tour or using the Heart of Wales railway line. In close proximity there are old Roman roads, ancient standing stones, tiny chapels and churches to discover, as well as small market towns and local farmers' markets. For the visitor with an interest in history, why not explore our links with Bromsgrove in the west Midlands, Česky Krumlov in the former Czechoslovakia, and Meriel in France.

## A Short History Of Llanwrtyd Wells

Llanwrtyd Wells began its life as a tiny hamlet called Pont-Rhyd-y-Fferau (Bridge over the ankle deep ford). The original Llanwrtyd, known today as Old Llanwrtyd, is centred around the church of St David's a mile or so up the valley towards Abergwesyn. It was the discovery of the mineral waters in 1732 that originally brought fame to Llanwrtyd. Today the town is better known for eccentric sports such as The World Bog Snorkelling Championships, The Man V Horse Marathon and The Real Ale Wobble! There were numerous mineral springs in the ancient volcanic area around Llanwrtyd Wells, but it was not until 1732 that the benefits of the sulphur spring waters at Dolycoed were discovered by the Rev. Theophilus Evans, vicar of Llangammarch Wells.

The Rev. Evans suffered from scurvy, and whilst walking through the Dolycoed Park, he saw an extremely healthy looking frog in the spring. Supposing that, despite its foul smell, the water in the spring might have helped the frog, he decided to take the water himself, and his scurvy was cured. From then on the fame of such treatments spread until a group of four wells dominated Llanwrtyd: Dolycoed, Victoria, Abernant and Henfron.

The Dolycoed Wells have in recent years undergone extensive renovation and can be viewed by the public. The Victoria Wells opened in 1897 to celebrate the Diamond Jubilee of Queen Victoria and the site still remains as a log cabin holiday centre. This is currently being updated.

There is very little remaining of the Henfron Wells on the Llandovery side of town, which were only opened in 1922, but burnt down in the 1950s. The Abernant Lake Hotel still stands and is now an outdoor adventure holiday centre for school groups who can benefit from the lake, which was created by damming an ox-bow lake of the Irfon in 1903.

The arrival of the railway turned the town into a fabulous holiday centre attracting huge numbers from the mining communities of South Wales. Trains began to run through Llanwrtyd Wells, along what is now the Heart of Wales Line, on 8th June 1868. Prior to this the town was on a stagecoach route (now A483) between Swansea and Llandrindod Wells. Some of the visitors formed entertainment committees and held Eisteddfodau. One of these resulted in the composition of Sosban Fach – now heard at every rugby match the Welsh team plays.

Famous sons of Llanwrtyd include Rev. Williams of Pantecelyn, who served as curate here for 3 years in the 18th century. It is said that whilst walking over the Epynt Mountains to preach in Llanwrtyd, the words of his most famous hymn came to him, 'Guide me O thou Great Jehovah'. This hymn is sung the world over to the tune of Cwm Rhondda. He lies at rest in Llanfair ar y Bryn on the northern outskirts of Llandovery.

Another famous preacher, Rev. Kilsby Jones, built a school here in the mid-19th century, but his controversial policy of educating children in English made him unpopular. He was also instrumental in setting up the Commission of 1848 into Welsh Education, known as 'The Treachery of the Blue Books'. Another luminary from Llanwrtyd was Thomas Powell, the first Professor of Welsh at Cardiff University, who was born in Glanirfon Farmhouse.

**GREEN EVENTS** - was founded by Mr. Gordon Green but since his active retirement from the hotel industry, it is now run by Mr Lindsay Ketteringham, who is the current owner of the Neuadd Arms which is in the heart of the town. Originally all events were organised under the umbrella of the Llanwrtyd Wells Tourist Association but this changed in 2001 when Green Events Ltd was formed. Prior to this the events were organized by an individual or a committee.

It was considered that Llanwrtyd should be an Event led Tourist Destination by adding a different event every year. The first was in 1980 the Man v Horse Marathon, the Welsh International Four Days walks were held in 1981 and the Drovers Walks in 1982. The Mid Wales Beer Festival was held in 1983 and in 1985 the first Mountain Bike Centre in Britain was opened and the events have grown in number since then to be an impressive all year round activity destination.

## Y Dref Leiaf ym Mhrydain

**M**ae Llanwrtyd yng nghanol un o'r ardaloedd gwyllt olaf ym Mhrydain. Mae ffigyrau swyddogol yn profi bod gan yr ardal awyr lanach nag unrhyw le arall yn y wlad, ac mae lefel isel y llygredd golau yn ei gwneud hi'n un o'r llefydd prin lle gellir gwyllo'r Llwybr Llaethog o hyd a hefyd gweld ffurfiau'r cytserau liw nos. Fe'i lleolir ar draws yr afon Irfon rhwng Llanellwedd a Llanymddyfri ar yr A483. Tardd yr afon Irfon mewn Safle o Ddiddordeb Gwyddonol Arbennig (SDGA) ac mae'r afon uchel hon yn llifo i mewn i Afon Gwy. Mae'r eog yn dychwelyd iddi bob blwyddyn i gladdu. Mae'r afon yn llifo drwy'r mynyddoedd, y cymoedd cudd a llawer o warchodfeydd natur o gwmpas Llanwrtyd sydd yn darparu cynefinoedd i lawer o rywiogaethau prin, yn blanhigion ac yn anifeiliaid. Os ydych chi'n ffafriol, o bosib y cewch chi'r fraint o weld y wiwer goch.

Yn dilyn adfer poblogaeth y Barcud Coch, ar ôl iddi wynebu difodiant llwyr, cawn weld yr adar yn chwyrlio'n rhwydd a gwyllt yn yr awyr uwchben y dref, ardal lle goroesodd yr ychydig adar oedd ar ôl o ganol y ganrif ddiwethaf. Os ydych chi'n mwynhau'r awyr agored mae Llanwrtyd yn ganolfan wych ar gyfer gweithgareddau fel beicio mynydd, cerdded, pysgota a gwyllo adar. Mae gennym ni olygfeydd godidog a milltiroedd o fryniau ac afonydd mewn dyffrynoedd i'w cerdded. Cewch ddilyn nifer o hen lwybrau teithio y Porthmyn, a ddefnyddid dros 500 o flynyddoedd gan y ffermwyr i yrru praidd a diadell, gyroedd o wartheg, gwyddau a mathau eraill o dda byw i'w gwerthu yn y marchnadoedd cyfoethog yn Lloegr.

I'r sawl sydd am fywyd mwy hamddenol, mae'r mynyddoedd, cymoedd a phentrefi agos i'w darganfod drwy gyfrwngteithiaucar neu reilffordd Calon Cymru. Yn agos i'r pentref mae gweddillion Rhufeinig i'w darganfod, meini hir cynhanesyddol, capeli bychain ac eglwysi, yn ogystal â marchnadoedd y ffermwyr lleol. I'r ymwelydd sydd â diddordeb mewn hanes, beth am edrych i mewn i'n cysylltiadau â Bromsgrove yng Nghanolbarth Lloegr, Česky Krumlov yn Hen Wlad Tsieic, a Meriel yn Ffrainc?

### Hanes Fer Llanwrtyd

Dechreuodd Llanwrtyd ei bywyd fel anedde bach a elwid yn Pont Rhyd y Fferau. Canolbwynt y Llanwrtyd gwreiddiol, a elwir heddiw yn Hen Lanwrtyd, yw Eglwys Dewi Sant ryw filltir uwch y cwm tuag at Abergwesyn. Daeth enwogrwydd i Lanwrtyd gyntaf ar ôl darganfyddiad y dyfroedd llesol yn 1732. Heddiw mae mwy o glod ar y dref am ei champau rhyfedd fel y Pencampwriaeth Byd mewn Snorclo yn y Gors, y Marathon Dyn yn erbyn Ceffyl a'r Cam Igam-ogam Cwrw Go lawn! Roedd nifer o ffynhonnau mwyn yn yr hen ardal folcanig o gwmpas Llanwrtyd, ond nid oedd lles y dŵr swlffwr wedi'i darganfod tan y flwyddyn 1732 a'r Parchedig Theophilus Evans, ficer Llangamarch.

Dioddefai Y Parchedig Evans o ddiffyg fitamin C, ac wrth iddo gerdded drwy Barc Dolycoed gwelai frogia iachus yr olwg yn y ffynnon. Tybiai, er ei ddredod, bod dŵr y ffynnon wedi gwneud lles i'r broga Penderfynodd gymryd y dŵr ei hunan, a gwelodd ei ddiffyg. O hynny ymlaen lledodd enwogrwydd triniaethau o'r fath nes bod pedair ffynnon yn dod i'r brig yn

Llanwrtyd: Dolycoed, Victoria, Abernant a Henfron.

Yn y blynyddoedd diwethaf mae gwaith atgyweirio mawr wedi ei gwblhau ar ffynhonnau Dolcoed a gall y cyhoedd eu gweld. Agorwyd Ffynhonnau Victoria yn 1897 er mwyn dathlu Pen-blwydd Diamwnt Teyrnas Victoria, acerys y safle heddiw yn ganolfan cabanau pren i ymwelwyr.

Nid oes llawer ar ôl o ffynhonnau Henfron, ar ochr Llanymddyfri y dref. Cawson nhw eu hagor yn 1922 ond fe'i llosgwyd yn ulw yn y 1950au. Saif Gwesty Llyn Abernant yno, yn ganolfan gwyliau antur awyr agored i grwpiau o blant ysgol sydd yn elwa o'r llyn a gafodd ei ffurfio wrth godi argau ar dro pedol yn yr Irfon yn 1903.

Newidwyd y dref gan ddyfodiad y rheilffordd a'i throi'n ganolfan wyliau fendigedig, yn denu nifer fawr iawn o bobl o gymunedau'r glawr yn Ne Cymru. Ar 8ed o Fehefin 1868 dechreuodd y trenau redeg drwy Lanwrtyd ar hyd y lein a elwir Calon Cymru erbyn hyn. Cyn hynny roedd y dref ar lwybr Lon Bost y Goets Fawr (nawr yr A483) rhwng Abertawe a Llandrindod. Gwnaeth rhai o'r ymwelwyr ffurfio pwyllgorau adloniant a chynnal eistedfodau. Cyfansoddwyd Sosban Fach yn sgil un o'r rhain - i'w chlywed nawr ym mhob cystadleuaeth y tîm rygbi cenedlaethol.

Ymhlith meibion enwog Llanwrtyd mae Williams Pantycelyn a fu'n gwasanaethu fel curad yma am 3 blynedd yn y 18ed ganrif. Dywed iddo feddwl am eiriau ei emyn enwocaf, 'Wele'n Sefyll Rhwng y Myrtwydd' tra'n cerdded dros yr Epynt i bregethu yn Llanwrtyd. Cenir yr emyn drwy'r byd i'r dôn Cwm Rhondda. Fe'i gladdwyd yn Llanfair ar y Bryn tua'r gogledd o gyrion Llanymddyfri.

Gwnaeth pregethwr enwog arall, Y Parch. Kilsby Jones, sefydlu ysgol yma yng nghanol y 19eg ganrif, ond roedd ei bolisi dadleuol o addysgu drwy'r Saesneg godi gwrychyn y bobl. Roedd hwn hefyd yn allweddol wrth sefydlu'r Arolwg Addysg a gyhoeddwyd yn 1848, Brad y Llyfrau Gleision. Yn o ddysgedion Llanwrtyd oedd Thomas Powell, Athro cyntaf y Gymraeg ym Mhrifysgol Caerdydd. Fe'i aned yn ffermdy Glanirfon.

**GREEN EVENTS** - Fe'i sefydlwyd gan Mr Gordon Green, ond ers ymddeoliad brysur hwnnw o'r diwydiant gwestai, caiff y busnes ei rhedeg gan Mr Lindsay Ketteringham, perchennog presennol Gwesty'r Neuadd Arms yng nghanol y dref. Yn wreiddiol trefnwyd y digwyddiadau oll dan ymbarél Cymdeithas Ymwelwyr Llanwrtyd ond yn 2001 newidwyd hyn pan ffurfwyd Green Events Cyf. Cyn hynny roedd y gweithgareddau wedi'u trefnu gan unigoion neu bwyllgorau.

Meddylid y gallai Llanwrtyd fod yn Gyrcfan Ymwelwyr yn rhinwedd ei Ddigwyddiadau gan ychwanegu digwyddiad gwahannol bob blwyddyn. Marathon y Dyn yn erbyn y Ceffyl oedd y cyntaf yn 1980, wedyn y Teithiau Cerdded Pedwar Diwrnod Cymru Rhyngwladol a gynhalwyd yn 1981, a Theithiau Cerdded y Porthmyn yn 1982. Cynhalwyd Gwyl Gwrw Canolbarth Cymru yn 1983 ac yn 1985 agorwyd y Ganolfan Beicio Mynydd cyntaf ym Mhrydain, ac mae nifer y digwyddiadau wedi cynyddu ers hynny fel bod Llanwrtyd nawr yn gyrcfan sylweddol i weithgareddau drwy gydol y flwyddyn.



## Camping in Llanwrtyd

We will again have the availability of camping at George Davies's in 2018. Plas - Y - Cadno Farm, which is situated on the outskirts of Llanwrtyd Wells will be the perfect opportunity to stay in a beautiful spot with amazing views, and what better way to unwind following an energetic day at our events.

With all of the unique events on your doorstep you can thoroughly enjoy your stay in the smallest town in Great Britain.

## Gwersylla yn Llanwrtyd

Byddwn eto yn 2018 yn cael ardal i wersylla gyda George Davies. Fferm Plas - Y - Cadno , sydd wedi ei leoli ar gyrion Llanwrtyd fydd y cyfle perffaith i aros mewn man prydferth gyda golygfeydd anhygoel , a pha ffordd well i ymlacio ar ôl diwrnod egniol yn dilyn y digwyddiadau .

Gyda'r holl o'r digwyddiadau unigryw ar garreg drws , gallwch fwynhau eich arhosiad yn y dref leiaf ym Mhrydain.

## Disclaimer

World Alternative Games accept no responsibility and reserves the right to change or amend any events, venues and dates due to unforeseen circumstances, but we will endeavour to promote any alterations in advance of the events.

## Communications

For further information on how to enter all of the events and how to book accommodation please refer to:-

**Website:** [www.worldalternativegames.com](http://www.worldalternativegames.com);  
[www.green-events.co.uk](http://www.green-events.co.uk)

**Facebook:** World Alternative Games 2014;

**Twitter:** @worldaltgames;

**Email:** [kalworldaltgames@gmail.com](mailto:kalworldaltgames@gmail.com); [party@stonecroft.co.uk](mailto:party@stonecroft.co.uk);  
[gordon88green@btopenworld.com](mailto:gordon88green@btopenworld.com)

**Telephone numbers:** 01591610836, 01591610332,  
01591610270

During the World Alternative Games you can find cups of locally brewed tea in our shop on the main street in town, and you may also meet other like minded competitors there. Also visit all of the hostleries in town, and discuss the fun and zany events over a drink or two... These places are where the ideas come from, who knows you may be able to contribute to new events.....!!!

## Gwadiad

Ni chymer Chwaraeon Amgen y Byd unrhyw gyfrifoldeb ac mae gan y pwyllgor yr hawl i newid neu gywiro unrhyw ddiwyddiad, y lle a'r dyddiad o ganlyniad i amgylchiadau heb eu rhagweld, ond fe wnawn ein gorau i gywiro unrhyw newid cyn y digwyddiadau.

## Cyfathrebu

I gael gwybodaeth bellach ynglŷn â chofrestru ar gyfer y digwyddiadau i gyd a sut y gallwch archebu llety trowch at:-

**Gwefan:** [www.worldalternativegames.com](http://www.worldalternativegames.com);  
[www.green-events.co.uk](http://www.green-events.co.uk)

**Facebook:** World Alternative Games 2014;

**Twitter:** @worldaltgames;

**Email:** [kalworldaltgames@gmail.com](mailto:kalworldaltgames@gmail.com); [party@stonecroft.co.uk](mailto:party@stonecroft.co.uk);  
[gordon88green@btopenworld.com](mailto:gordon88green@btopenworld.com)

**Rhifau ffôn:** 01591610836, 01591610332, 01591610270

Yn ystod Campau Amgen y Byd byddwch yn dod o hyd i de wedi ei baratoi'n lleol yn ein siop ym mhrif stryd y dre, a gallwch o bosib gyfarfod cystadleuwyr o'r un anian â chi yno. Yn ogystal, ewch i ymweld â thafarndai y dref a thrafod yr hwyl a'r digwyddiadau anhygoel dros wydrad neu ddau... O'r llefydd hyn y daw'r syniadau. Pwy a wŷr, gallwch chi gyfrannu at ddiwyddiadau newydd sbon.....!!!

## Getting Here

### By Road:

Llanwrtyd Wells is on the A483. Leave the A40 either at Crickhowell, and take the A479 joining the A470, or at Brecon and take the A470, both joining the A483 at Builth Wells. From the North pick up the A483 from Chester. From the East take the A44 from Worcester, A481 to Builth Wells and the A483 to Llanwrtyd.

### By Rail:

Llanwrtyd Wells is on the scenic Heart of Wales railway line between Swansea and Shrewsbury. Contact Arriva Trains Wales for more details.

If you require any further information regarding the events in this brochure, please contact us through our websites.

Why not come and holiday in Wales and see what we have got to be proud of. Episodes of 'Natural Born Winners' and 'Weekend Escapes' with the Warwick's were filmed in and around Llanwrtyd Wells in 2014 and 2015 respectively. More recently the last episode of Play Abusrb has been filmed here showcasing Wife Carrying and Husband Dragging with the stars of Gogglebox demonstrating their spirit and enjoyment for everything we do in the smallest town in Great Britain. You will be able to enter on the day but pre-entry would allow us to ensure we are covering any health and safety issues that may arise.

Please also visit our websites at [www.worldalternativegames.com](http://www.worldalternativegames.com) or [www.green-events.co.uk](http://www.green-events.co.uk) where you will find up to date event information, please also visit our facebook page World Alternative Games 2014.

**Email:** [info@llanwrtyd.com](mailto:info@llanwrtyd.com)  
**Telephone:** +44 (0)1591 610666  
[www.llanwrtyd.com](http://www.llanwrtyd.com)



Welcome to our most recent brochure giving a flavour of our small town. If you are reading this it has probably already done its job. When you have finished please pass it on to someone else so they too can see what an unusual place we are.

We are hoping that this brochure goes a little bit further than our annual Green Events and the quirky bi-annual World Alternative Games and will give you an insight into the many other events, clubs and activities which go to make this town special.

World Alternative Games ... was voted Europe's most fun event to take part in 2014 and since then many awards and accolades including The Coolest Place to visit!! Lonely Planet.

**This will take place over three long week-ends ( Fri-Mon ) from 10th - 27th August 2018**

We are now into our fourth Games with over 2000 competitors taking part in each of our previous games and we expect 2018 to be our biggest ever with new events being added at new venues all the time.

Already famous for its unusual and quirky events, listed here in this brochure, Llanwrtyd Wells is now proud to present: The World Alternative Games 2018.

The idea for the Games was born after it was announced that London would be hosting the Olympics in 2012. As one of the greatest sporting events on the calendar, it seemed a wasted opportunity not to hold some sort of celebration in Llanwrtyd to commemorate this.

And so, with this in mind, a small group of people came up with an idea – what about holding Llanwrtyd's very own version of the Olympic Games, but with all the normal events thrown out of the window and replaced with an array of unrecognised and different events that are not part of the official Olympic calendar.

These events have competitors who are just as dedicated to their unusual sports as their Olympian counterparts, and what better time to promote as many of these exciting and imaginative events as possible.

## Sponsors

Our events and those of our partner event organisers are sponsored by Powys County Council, Castell Howell Foods Ltd, Manor Adventure, Nâkd, Cotswold Outdoor, Carling, Little Dragon Stones, Whole Earth Foods, Running Imp and Heart of Wales Brewery.

We thank all of our sponsors very much, because without you, our events would be very difficult to put on and ultimately achieve the success that we do.

## Enter the World Alternative Games.

The first Games held in 2012 proved a great success with over 2000 competitors taking part in 35 events, from Worm Charming to Chariot Racing, from the Bathtubbing Championships to the Wife Carrying Championships.

Media coverage was exceptional, with coverage in countries such as Australia, Russia, Argentina, U.S.A., Canada and New Zealand as well as all over Britain.

The event was awarded with runners up spots in both the Powys Business Awards and best event in the Welsh National Tourism Awards.

The 2018 Games is set to become even bigger and better with some 67 events now being planned for the two weeks.

There will be days designed purely for the youngsters, with child-friendly events such as Pooh Sticks and Rock, Paper, Scissors and taster sessions by courtesy of Manor Adventure.

Events that are held every year in Llanwrtyd, such as the World Bog Snorkelling Championships and the Man v Horse Marathon will also be part of the World Alternative Games again in 2018 and there are a variety of cycling and walking events to participate in.

The Games will be run under the ethos of the 'Corinthian Spirit'. Although there are no plans to take away the competitive edge of the Games, with gold, silver and bronze medals being awarded for first, second and third placed competitors, it was agreed from the start that taking part should be what really counts, and that everybody who visits Llanwrtyd, either as a competitor or a spectator, should have fun and get as involved as much as possible. Everybody who takes part in an event will get a Corinthian medal too.

We are also in the process of showcasing what Wales can offer with its Culture, Heritage and Hospitality with a series of evening activities to compliment the day's competitions.

Whether you come as a spectator or to take part, we encourage you to help raise money for charity, either one of our official partners or a charity of your choice and we will have official World Alternative Games sponsor forms available for downloading off our website.

Why not come and holiday in Wales and see what we have got to be proud of. Episodes of 'Natural Born Winners' and 'Weekend Escapes' with the Warwick's were filmed in and around Llanwrtyd Wells in 2014 and 2015 respectively. More recently the last episode of Play Abusrb has been filmed here showcasing Wife carrying and Husband Dragging with the stars of Gogglebox demonstrating their spirit and enjoyment for everything we do in the smallest town in Great Britain.

We look forward to seeing you there!

You will be able to enter on the day but pre-entry would allow us to ensure we are covering any health and safety issues that may arise.

Please also visit our websites at [www.worldalternativegames.com](http://www.worldalternativegames.com) or [www.green-events.co.uk](http://www.green-events.co.uk) where you will find up to date event information, please also visit our facebook page World Alternative Games 2014.

# Forewords

Welcome to wonderful Llanwrtyd Wells!

Llanwrtyd Wells's fame spreads ever further and wider as each year passes. In no small measure this is because of the efforts by the town and its marvellous people to create a range of fabulous, quirky, off-the-wall events and competitions, the like of which one will not find anywhere else. Reading the list of this year's events provokes smiles and laughter even before anyone experiences the delight of actually watching or taking part in them.

Britain's smallest town has one of its biggest hearts. Its reach across the world belies its size, proving that you do not have to be big to be either beautiful or powerful. Size really is not everything.

Llanwrtyd Wells proves that, given the will and imagination, anything and everything is possible. What more could one want? To experience the stunning beauty of the town and its surroundings and the hospitality of its people, with the magic of being at unique events one will never forget. Enjoy.

Kirsty Williams  
(Aelod Cynulliad | Assembly Member)

Is it really six years since I first stepped into The Stonecroft, in Llanwrtyd Wells, in search of the organisers of the first ever World Alternative Games? I'd gone to discuss the idea of working with them to help promote what seemed to me like a fantastic event to be involved with; right up my street: great sport, but with the sound of laughter ringing all around. It didn't take me long to be hooked in. Probably no more than a few minutes! And I've been hooked ever since.

So what makes the World Alternative Games such a special event to be a part of? There are many reasons, and I'll try to condense them for the purpose of this article.

First of all, it is all about having great fun for all. It doesn't matter in the slightest how young or old you are, how fit or otherwise you may be, everyone can enjoy the World Alternative Games in some way or other. Sure, some people come along and are very competitive, and there's nothing wrong with that. But to us, the taking part is more important than where or when you finish.

To us, it doesn't matter if you take a minute and a half to complete the Bog Snorkel Challenge, or five and a half minutes. It doesn't matter if you are the fastest of those taking part in the backward running, or the slowest. The most important thing is that you have done it, and contributed to the occasion. No one thinks any more or less or anyone for finishing first, second, or last.

The spirit of the World Alternative Games is fun; laughter; even, dare I say, making a fool of yourself, as I did back in 2012, when I was determined to win the scooter slalom. I even had a TV camera fixed to me, and was adamant I was going to show the youngsters who was boss. So imagine my embarrassment when, after negotiating just one obstacle, I tumbled in one direction, and my scooter when whizzing off in another. Alas, our fantastic event photographer Chris Prichard captured the moment, and my family have never since allowed me to forget the moment ever since!

Talking of my family, so many have had great fun at the

World Alternative Games. As have many of my friends. A weekend in Llanwrtyd Wells is a must in a 'WAG' year, as we call it. We make so many memories, have fantastic fun, and make great friends in doing so. For me and my family, Llanwrtyd Wells is our spiritual home: we love it; the people, the pub, the guesthouses, the views, and more - they are so warm in their welcome, and, more often than not, as eccentric and off-beat as the events and activities they host. And we love them for it!

But visiting the World Alternative Games can be much more of an overall experience than just having great fun indulging in whacky and fun activities. Llanwrtyd Wells and its surrounding areas are beautiful, be it to drive through, go cycling, or walking, whatever your fancy. The scenery is spectacular, and there are so many fantastic places to visit, enjoy, have lunch, maybe. We love it, and so do the visitors we bring with us every other year.

You can come to Llanwrtyd Wells as a family, a group of friends, a lads' or girls' weekend; whatever, you'll have fun during the World Alternative Games. Obviously the final weekend, when activity is centred around the Waen Rhydd Bog, is the one that attracts visitors in their thousands, and quite right too: over two days, on Saturday and Sunday, it is a fantastic experience, and if you don't fancy a dip in the Bog for a snorkel challenge (be it on a mountain bike, or paddling up and down the Bog), then can I recommend the wife carrying, the husband dragging and the famous Ditch Race, which is terrific fun, though have a spare set of shorts, socks, and running shoes! And a towel!

But everything about the World Alternative Games is fun, whenever you pay a visit. Worm charming, Russian Egg Roulette, the mountain bike chariot challenge, stone skipping, finger jousting... just take a look through this brochure to see just how much fun you can have taking part in so many activities. Whether you pop by for half a day, be it that you join us for a long weekend; whatever: I challenge you not to leave having had an awesome experience.

And finally, a special word for the Organising Committee, who work so hard week in, week out, to make the World Alternative Games the success it has become. And to the wonderful volunteers from in and around town who also give their time to make the event such brilliant fun. I know their reward is seeing everyone coming to Llanwrtyd Wells and enjoying themselves so much, but in return, on behalf of the thousands of visitors: 'THANK YOU'!

I love the World Alternative Games, and all that goes with it; without doubt a perfect day out, cum weekend away. For me and my gang, the World Alternative Games is laughter and memories. I commend it to all!

Peter Jones – PR/Media Consultant for the World Alternative Games

The World Alternative Games have now become an important part of the events calendar in Wales. There is nothing better than enjoying the sunshine and the excellent hospitality provided by the good people of Llanwrtyd Wells during this biennial event. The organising committee work hard to ensure that the event caters for people of all ages and abilities. The World Alternative Games celebrates the Corinthian spirit and highlights the importance of community. Pob lwc!

Dr John Harris, Associate Dean Research, GSBS, Glasgow Caledonian University, Scotland.

It gives my great pleasure as Mayor of Llanwrtyd Wells for the 6th time to welcome all visitors to our wonderful Little Town with Big Heart.

I hope you enjoy the forthcoming programme of events for 2018/19 and enjoy our beautiful countryside our local community our history and culture.

Llanwrtyd Wells was built on tourism back in the years when visitors used to come to take the waters and is always up for a challenge bringing new and inspirational events. Please take the opportunity to come and see our Heritage Centre which gives a potted history of our Town through the ages.

As Mayor it is fantastic to see visitors taking the path of past visitors and contestants who will receive a true Welsh Welcome.

I hope you embrace the spirit of Sportsmanship and participation.

I would like to wish the best of luck to all competitors.

Mayor Peter R. James MBE  
Drovers Rest Restaurant,  
Llanwrtyd Wells

"This will be another great opportunity for UK Wheelchair 7s (UKW7s) and the home nations to demonstrate the great game of W7s. We at UKW7s are looking forward to being a part of the World Alternative Games (WAG) format again. At this competition we will have nations Wales, Scotland and reigning WAG W7s champions England. Also at the competition we will be inviting people to come and take part in mini game's ('Come Try 7s Games'). These game are open to anyone and everyone. So if you, or a group of friends, family, work-mates or team-mates, would like to be a part of Come Try 7s Games; please contact either Karen Perkins at World Alternative Games - [kalworldaltgames@gmail.com](mailto:kalworldaltgames@gmail.com) or email UKW7s - [ukw7@outlook.com](mailto:ukw7@outlook.com) (Using the subject title - WAG Come Try 7s). If you are an individual who would like to participate please do register your name, age, gender and whether you have a disability or not. If you are a group let us know the same information on one email. (Group sizes between 2-5 people). All participants must be over 14 years old. Each Come Try 7s team will aim to have 5 first time players, and at least 1 national player from England, Scotland or Wales. They will be refereed, equipment provided, all good fun and absolutely free. So why not come watch national competition for free and come and have a go too. We hope to see you there." Ireland may also be joining us. Keep your eye on updated social media and website [www.worldalternativegames.com](http://www.worldalternativegames.com)

Stuart Williams,  
Secretary of UKW7S, Wales W7s and Mold W7s





## Accreditation to Photography

Yet again extensive work has been carried out by Mr. Chris Prichard who has provided us with a huge amount of photographs which have not only been used within this brochure and our website but have been requested globally by many different bodies. Thank you very much Chris.

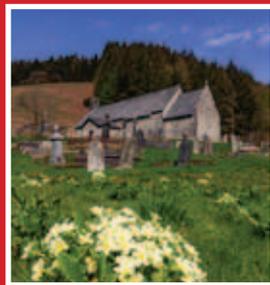
We thank Mark Turnbull who has taken and supplied us with many photographs and videos over the years and also to Graham Mchardy and Emma Garey for their valuable contributions.

Photographers Martin Pigott and Peter Barnett, residents of Llanwrtyd Wells, have provided photographs of events for this publication.

Peter Barnett is a professional commercial photographer who has covered Green Events for a couple of years. Thank you also to Alfie Budjanovcanin for providing photographs for this publication.

Further images by Martin Pigott of Llanwrtyd and the Cambrian mountain area can be followed on his Instagram account: [martin.pigott\\_green\\_caru](https://www.instagram.com/martin.pigott_green_caru).

We also thank, World Alternative Games, Peter Jones from Red Alert Media, Green Events and Green Dragon Activities, together with all other event organizers, competitors and spectators who have all contributed to providing images for this brochure.



Chris Prichard is now creating wonderful postcards portraying the beauty of our little town of Llanwrtyd Wells, and the surrounding countryside. Whilst in town why not visit and support the Heritage Centre, and buy a couple of these to send to your friends and family so that they can see the fantastic scenery in which the events are held. Thanks very much again Chris for the fantastic work you do for us, highly commended by us all.



## Acknowledgements

Zoe Gladwin, Artistic Designer at Welsh Country Design for her hard work and talent, and also to Mr. Ian Mole at Welsh Country Magazine who produce high quality magazines such as this one. To all Welsh Government bodies for their continuing support, Whole Earth Foods, Onduline, Running Imp, Little Dragon Stones, Manor Adventure, Green Dragon Activities, Castell Howell Foods Ltd, Powys County Council, for their involvement, support and sponsorship.

Thanks very much also to Chris Prichard who turns up in all types of weather to capture our events on camera! Also to Martin Pigott and Peter Barnett who contribute photographs of Green Events.

We also thank all of our community groups within the town, and special thanks go to Ysgol Dolafon, The Town Council, Heritage Centre, Twinning Committee, Merched Y Bont, and Taste Llanwrtyd.

We thank Mr. Peter Jones of Red Alert Media for his on-going support and expertise regarding our PR, and Mr. Iwan Price and Mr Joseph Mitchell, both for doing a wonderful job translating our English copy into our Welsh language. Thanks also go out to our web master Mr Graham Solomon.

A big thank you also to our Fire Service who are always on hand to assist everybody, whether within an emergency or by involving themselves in raising money for various charities.

We give a huge thank you to Mr David Edwards of the Heart of Wales Railway and Arriva Trains Wales for their ongoing support, marketing and promotion. Nakd and Cotswold Outdoor for providing product sponsorship, and last but certainly not least, all of our committee members and volunteers without whom we would not be staging a fourth games in 2018.

We appreciate the work of the Wales Air Ambulance and our local Co-Responders and we would welcome any donations towards both. Also Keep Wales Tidy have supported us and we are very aware of keeping our environment clean and tidy so this is another charity close to our hearts. Wheelchair Rugby 7's are to be registered officially as a charity and whilst their event is ongoing and during other times before, during and after the games, donations would be very welcome for England Wheelchair 7s Rugby, Help The Heroes, Testicular Cancer, and Invictus together with our aforementioned supported charities.



### Farmers Market

#### Llanwrtyd Wells Farmers and Craft Market

An opportunity to buy or sell locally grown and home made food, drinks and crafts. The Market is in Victoria Hall on the 2nd Saturday morning of every 2nd month. Any profits made by the Market Café go to local good causes.

#### Llanwrtyd Wells Gardening Club

We are a friendly group who meet every month for evening talks and events in Winter and garden visits in Summer that are open to all. The club look after the town gardens and friends of the club look after the planted boxes around Llanwrtyd. We organise Llanwrtyd in Bloom annually, and take part in the local carnival and Christmas Tree Festival.

### World Alternative Games and the Twinning Association

The Llanwrtyd Wells Twinning Association has taken an active role in the Alternative Games since their inauguration in 2012. We have taken responsibility for organising some of the activities on a specific day. In 2012, friends from our twin town of Meriel in France played a very active part in the days' activities which included croquet, horseshoe quoits, a slow bicycle race and marbles. We were delighted when one of our guests, Claude Cabon was the Games Marbles Champion.

Guests from our other twin town of Cesky Krumlov have also attended and participated in events organised by the W.A.G. Committee.

We wish the Games every success in 2018.

# Saturnalia

## Winter Warmer Beer Festival



### Saturnalia Real Ale Ramble

The Real Ale Ramble is exactly the same concept as the Wobble, but this time for walkers. It starts from the Town Square between 8am and 9.30am and follows way marked routes of 12 or 20 miles with free real ales available at the checkpoints! There are also shorter guided walks for less hardy souls (or those nursing hangovers). Walks take place on both the Saturday and Sunday, with live entertainment in the pubs on the Friday and Saturday evenings. Enter online via our website, or on the day for a small surcharge.

Saturday 24th - Sunday 25th November 2018  
12th January 2019

### Mid Wales Beer Festival

The Mid Wales Beer Festival has taken place annually in Llanwrtyd Wells since 1983. Originally it was started as a replacement for the "Ffair Bont", the winter fair held across the town bridge, when farmers would come down from the remote hills to settle their accounts for the previous 12 months, and hire and fire labour for the coming year. From humble beginnings it has grown to become one of the town's major events, now lasting for ten days (possibly the longest beer festival in Britain) and incorporating the Real Ale Wobble

and Ramble. Held in the various free houses in the town, it offers one of the widest selections of real ale and cider in one place at the same time, in a venue with its own unique atmosphere. There are no entry fees, you simply pay for your ales as you drink them. With over 100 different ales served during the ten days, there is plenty of choice, ranging in colour from pale wheat beers through to inky black stouts, and from a mere 3.0% up to a staggering (literally!) 10.5% alcohol. It makes the ideal setting for both the seasoned ale enthusiast, the newly converted, or those simply curious to sample and enjoy brews not only from Wales but from around the whole of the United Kingdom. There is live entertainment at the weekends, and the Real Ale Wobble and Ramble for those wishing to work up a thirst, so what better way could there be of brightening up a damp and dreary November, than by paying a visit to the Mid Wales Beer Festival?

For more details contact: Neuadd Arms Hotel 01591 610236  
Stonecroft Inn 01591 610332 Belle Vue Hotel 01591 610237

Friday 16th - Sunday 25th November 2018  
15th - 24th November 2019

## Lord Crawshaw of Aintree Memorial Walk

Part of our Annual Challenge Walks Programme, this event is in memory of Lt. Col. The Lord Crawshaw of Aintree O.B.E., T.D., D.L., who was a great friend and fellow walker of Llanwrtyd Wells Walking Club. This annual memorial walk has been organised in his honour to recognise his contribution to walking in Wales. He established a world non-stop walking record of 255.8 miles in 1972. Our walk does not attempt to challenge that record but offers 2 different lengths of walk - 12 or 20 mile way marked routes - through the hills and forests surrounding our town. There are also shorter guided walks of 5 & 8 miles for a more gentle way to see our lovely countryside. There is a certificate for all who finish plus spectacular scenery, good company, and the warmest of welcomes from the Llanwrtyd community. For this winter walk entrants must be properly equipped with warm clothing and sturdy footwear. Online entries close 7 days before the event, but you can enter on the day for a small surcharge. Walks start at 8am.

2nd February 2019



## Drovers' Walks

These walks follow in the footsteps of the Drovers of old that used to drive their sheep, cattle, pigs and geese across the mountains to the market towns of England. There is a choice of 12 or 20 mile way marked routes through the beautiful summer countryside around Llanwrtyd Wells, using, where possible, some of the old Drovers' trails that still criss-cross the area. One of the checkpoints will be sited at the location of an old Drovers' inn, which is 're-opened' for the day, serving locally brewed traditional ale and other refreshments. There is also shorter guided walk of around 5 miles and an 8 mile scenic/photographic guided walk. Registration takes place at the Neuadd Arms in the town square from 8am to 9.30am, and there is a briefing for all participants at 9am, after which you can set off, up until 10am. Livestock for droving is not provided. Online entries via the website close 7 days before the event. It is possible to enter on the day, but there is a small surcharge for doing so.

Saturday 16th June 2018

15th June 2019





## Welsh Open and Corinthian Stone Skimming Championships

Stone Skimming is the art of skimming a stone across the surface of a body of water much as many of us have attempted in the past. Barnes Wallace's bouncing bomb was said to have been developed from his childhood love of skimming stones.

Because of the difficulty in counting the number of skims once the stone begins to aquaplane stone skimming is measured in distance covered providing the stone has had at least three skims. Competitors may use their own stones or as at both our competitions we use manufactured trial-standard stones giving every competitor the same chance. The Welsh Open Championships take place every year on the last bank holiday Sunday in May with the Corinthian Championships taking place every two years during the World Alternative Games on the last Saturday in August 2018.

Championships are held all over Europe and many of the top competitors take part in the Games and the Welsh Open Championships which have taken place since 2011.

Don't be put off however there are different categories for juniors, youth, female and male competitors, previous competition winners and those of us who just like having a go.

Both events take place at the Abernant Lake by kind permission of Manor Adventure Ltd. and are popular with spectators and competitors alike.

Registration is from 10.30am. The official World Record is 107.4m

Anyone requiring further details  
please contact Peter Brown 01591 610332  
or refer to our websites

[www.worldalterativegames.com](http://www.worldalterativegames.com)  
[www.green-events.co.uk](http://www.green-events.co.uk)

Welsh Open Stone Skimming Championships 2018:  
Sunday 27th May 2018 at the Abernant Lake, Llanwrtyd Wells  
Corinthian Stone Skimming Championships 2018:  
Saturday 25th August 10.30 a.m.

Adult Entry: £5.00 which includes the stones  
Children's Entry: £3.00 including the stones

## Guinness World Record Attempt 2018

This year we are attempting to achieve a new Guinness World Record and a Ladies World Record on Monday 28th May following the Welsh Open with competition winners from all over Europe being invited to take part.

Kurt 'Mountain Man' Steiner the current World Record Holder for Stone skipping. (Number of bounces = 88) is coming over from the USA hoping to beat our current Stone skipping (distance covered = 107.4m) record holder Dougie 'The Flying Scotsman' Isaacs.

The event begins at 10.30 with Spectators welcome

Monday 28th May 2018  
26th May 2019



## The Whole Earth Man v Horse Marathon

First run in 1980, the Man v Horse race has become internationally renowned and attracts competitors from all over the world. Started as a result of a discussion in the bar of the Neaudd Arms between the owner Gordon Green and the local huntsman Glyn Jones regarding the merits of horses and runners over longer distances, they decided to put the proposal to the test over a 22 mile route involving over 4000ft of ascent and descent. With a field of 15 horses & riders, a handful of individual runners, and 3 teams from the army and RAF, Glyn Jones won by a comfortable margin of just over ½ an hour, but the enterprising Gordon saw the potential for an annual contest, and 39 years later we have a world-famous event involving over 1000 participants which attracts interest from all over the globe. The course has changed slightly over the years, but still covers the same ground as the original race, and on two occasions a runner has finished ahead of the first horse and rider. In 2004 Huw Lobb became the first to triumph over the horse, and Florian Holtinger won again in 2007. To enable more people to be able to enjoy the event, relay teams of three people running around 7 miles each are allowed, though of course they are not included in the “head to head” contest. Online entries open in January, and the event can be sold out in 3 weeks, so you’ll need to be prompt if you want to take part!

Follow the Facebook page for up to date information: [www.facebook.com/ManVersusHorse/](https://www.facebook.com/ManVersusHorse/) [www.green-events.co.uk](http://www.green-events.co.uk)

Saturday 9th June 2018  
8th June 2019





**Coleg Elidyr**  
Specialist college for  
young people with learning  
difficulties and disabilities.

The only college in Wales to be accredited by the National Autistic Society and judged as 'Excellent' by Estyn, the Education and Training Inspectorate for Wales, Coleg Elidyr provides young adults with moderate to severe learning difficulties and disabilities with the opportunity to build skills and knowledge to improve their lives.

An on-site multi-disciplinary Therapy Centre includes Speech and Language, Counselling, Occupational Therapy and a Clinical Psychologist.

*Informal visits are welcome.  
We are also happy to visit you.*



Please call 01550 760400 or email [admissions@colegelidyr.ac.uk](mailto:admissions@colegelidyr.ac.uk)  
For more information, including parent testimonials please visit [www.colegelidyr.ac.uk](http://www.colegelidyr.ac.uk)



## Walk, Beer and Music

Easter weekend of guided and way marked walks and great musical entertainment - musical jams and sing alongs, folk music, blues and rock.

Walk Situated at the edge of the southern Cambrian

Mountains, we are surrounded by some of the finest walking country in Britain, and we'd just love to show it off to you.

There are guided walks each day with a choice of distances. Beer With nine real ale pumps we love to showcase the award winning ales brewed in Llanwrtyd Wells at the Heart of Wales Brewery. There are also several farmhouse ciders on offer for those who prefer, and mass produced beverages for the unconverted. Well known as a local live music venue, the weekend's entertainment will be an 'open mic' format, organised and hosted by our good friends Dangerous Dave, Catrin O'Neill and Dana Conlin. Bring your instruments and show us what you can do, or simply sit back and enjoy!



# Guest house Bryncelyn Llanwrtyd Wells



Comfortable Accommodation for Groups of up to 14

### Bed & Breakfast

In the heart of town overlooking the square providing ideal accommodation while attending one of the many events

Telephone: 01591 610242 Mobile: 07789 147557

Web: [www.bryncelyn-guesthouse.co.uk](http://www.bryncelyn-guesthouse.co.uk)

Email: [info@bryncelyn-guesthouse.co.uk](mailto:info@bryncelyn-guesthouse.co.uk)

Single, Double, Twin & Family Rooms

Prices from £35.00 per person per night.

Prices include a full Welsh breakfast

## UNIVERSAL TRANSLATORS

### GREAT MUSIC FOR GREAT NIGHTS!

Three piece covers band playing numbers from the 60's to the present day.

Available for any occasion be it a wedding, party or just a great night out!



FOR BOOKINGS AND FURTHER INFORMATION INCLUDING SET LISTS ETC:

CONTACT: 07460 839247

 UNIVERSAL TRANSLATORS

EMAIL: [mchunut@keme.co.uk](mailto:mchunut@keme.co.uk)



AMBIWLANS AWYR CYMRU  
WALES AIR AMBULANCE

Arbed amser - Arbed bywydau  
Saving time - Saving lives

## Wales Air Ambulance



Wales Air Ambulance is funded by the people of Wales. The charity operates three of the most advanced air ambulances in the UK, saving precious time and lives – all thanks to you.

We rely entirely on your charitable donations to raise £6 million every year to keep each helicopter flying in Mid, North and South Wales.

Since the charity was launched in 2001, it has been our mission to help relieve illness and injury with an air ambulance service that is available to everyone in Wales, 365 days a year. We are on standby for the people of Wales, whenever and wherever they need us.

Donate online at [walesairambulance.com](http://walesairambulance.com)

0844 85 84 999

Rhif Elusen Gofrestredig  
1083645  
Registered Charity Number

## Wheelchair Rugby 7's

Wheelchair rugby 7's is an inclusive sport – and is played indoors over a 40 x 20 metre course and is played over 80 minutes to replicate the running game. anyone can play: Men, women, disabled, non disabled, youths and adults all participating together. It replicates the rules of running rugby with try scoring, passing backwards, conversions (punched off a raised tee), drop goals, mauls, line outs and scrums (Yes, even wheelchair scrums!) whilst keeping the exciting, big smashing tackles of the Paralympic murderball version.

Wheelchair rugby 7's (which was invented by Wally Salvan from France) also differs to murderball further as W7's uses an oval shaped rugby ball. There are countries all over the world playing including African countries like Mali and Cameroon plus there's our own six nations. Three of these teams will be competing in this year's competition, Wales, England and Scotland - Ireland may yet also be present but to date of the brochure going out this has not yet been confirmed - come along and support the home nations please.

## Rygbi Cadair Olwyn 7 bob ochr

Camp gynhwysol ydi Rygbi Cadair Olwyn 7 bob ochr - a gaiff ei chwarae ar faes 40 x 20 metr a thros 80 munud i adllwyrchu'r gêm redeg. Mae'n gêm i unrhyw un: Dynion, merched, yr anabl, rhai sydd ddim yn anabl, ieuencud ac oedolion i gyd yn cyd-chwarae. Mae'n adlewyrchu'r gêm rygbi rhedeg yn ei ffordd o sgorio cais, pasio yn ôl, trosi (yn bwrw â llaw oddi ar T uchel) goliau adlam, sgarmesi, llinellau a sgrymiau (Ie wir, hyd yn oed sgrymiau cadair olwyn!) ac yn cadw'r tacllo tarw mawr cyffrous o'r gêm Paraolympaidd murderball.

Mae rygbi Cadair Olwyn 7 bob ochr (ddyfeiswyd gan y Ffrancwr Wally Salvan) yn wahannol i murderball eto gan bod y bêl hirgron yn cael ei defnyddio. Bydd gwledydd tramor

led-led y byd yn chwarae, gan gynnwys timoedd o Affrica fel Camerŵn a Mali, yn oystal â'r 6 Gwlad.





## Bunny Hop Competition

The rider who can hop themselves and their bike over the bar is the winner. Each rider has three attempts at each height; if they do not get a 'clear' then they are out. The bar is raised and the remaining riders attempt the new height.

## Cystadleuaeth Naid Cwningen

Y beiciwr sy'n gallu neidio eu hunain a'u beic dros y bar yw enillydd. Mae gan bob beiciwr tri chynig ar bob uchder; os nad ydynt yn 'clirio' y bar yna maent allan. Mae'r bar yn cael ei godi ac mae'r reidwyr sy'n weddill ceisio uchder newydd.



## Four Square

Four square ace or 'four square' is a ball game played by at least four players on a square court divided into quadrants. It is a very popular game in schools as it requires very little equipment, is easy to learn and can be played by boys and girls of any age with staff joining in.

Four square is usually played with a football / netball sized rubber ball. The objectives of four square are to eliminate other players so that you rotate around the court towards the service area. The game teaches an appreciation of tennis net wall games understanding (e.g. hitting the ball in to space) whilst developing players reactions times.

There are a world individual championships in Maine, USA and a world team championships near London, UK. The current world champions come from Virginia and Maine (individual) and from Gravesend, Kent (team). Jason Owen, originally from Knighton in Mid Wales who introduced the popular game to schools across Britain and invented the rules for the team competition is thrilled that 4 square is at the World Alternative Games, "The World Alternative Games is the perfect event for 4 square ace to be part of".

## Pedwar Sgwâr

Mae Âs Pedwar Sgwâr neu 'pedwar sgwâr' yn gêm bêl i o leiaf bedwar o chwaraewyr ar gwrst sgwâr wedi'i rhannu'n bedwar chwarter. Mae'n boblogaidd iawn yn yr ysgolion gan nad oes angen llawer o offer, mae'n hawdd ei dysgu ac yn addas i fechgyn a merched o unrhyw oedran a caiff staff ymuno hefyd.

Fel arfer caiff 'pedwar sgwâr' ei chwarae gyda phêl rwber yr un maint â phêl droed neu bêl rwyd. Nôd 'pedwar sgwâr' yw bwrw'r chwaraewyr allan er mwyn troi o gwmpas y cwrst tuag at yr ardal cychwyn. Mae'r gêm y dysgu dealltwriaeth o gemau tenis wal (ee. bwrw'r bêl i mewn i ofod gwag) tra'n datblygu cyflymder ymateb y chwaraewyr.

Mae pencampwriaeth y byd unigol yn Maine, UDA a phencampwriaeth y byd i dimoedd ger Llundain, DU. Mae'r pencampwyr byd presennol yn dod o Virginia a Maime (unigol) ac o Gavesend, Kent (tîm). Mae Jason Owen, y dyn a gyflwynodd y gêm boblogaidd i ysgolion ar draws Prydain, a lluniodd y rheolau ar gyfer y gystadleuaeth tîm, wrth ei fodd bod 'pedwar sgwâr' yn Chwaraeon Amgen y Byd, "Mae Chwaraeon Amgen y Byd yn ddigwyddiad perffaith i 'âs pedwar sgwâr' fod yn rhan ohono."



## Worm Charming Championships

The Worm Charming Championships have taken place since 1980 and boast a World Record of 567 worms collected from a 3m square in 30 minutes (2009).

The Worm Charming event was first devised by Mr John Bailey who was the deputy headmaster of Willaston County Primary School, Nantwich, Cheshire from 1961 to 1983.

It is governed by the IFCWAP (International Federation of Charming Worms and Allied Pastimes) and their rules will be adopted by the World Alternative Games and include rule 18 which state that 'worms will be released back to site only after the birds have gone to evening roost'.

Rules are available in over thirty different languages and the organisers are always interested in adding to this total. For further rules, please visit [www.wormcharming.com](http://www.wormcharming.com).



## Pencampwriaethau Hudo Mwydod

Mae'r Pencampwriaethau Hudo Mwydod wedi cymryd lle ers 1980 ac yn ymffrostio mewn Record Byd o gasglu 567 mwydyn o 3m sgwâr mewn 30 munud (2009). Dyfeisiwyd y digwyddiad Hudo Mwydod gyntaf gan Mr John Bailey oedd yn ddirprwy bennaeth Ysgol Gynradd Willaston, Nantwich, Swydd Caer o 1961 i 1983.

Fe'i rheolir gan IFCWAP (Ffederasiwn Rhyngwladol Hudo Mwydod a Difyrion Cysylltiedig) a bydd eu rheolau yn cael eu defnyddio gan Chwaraeon Amgen y Byd gan gynnwys rheol 18 sy'n dweud 'y bydd y mwydod yn cael eu gollwng yn ôl i'r ddaear dim ond ar ôl i'r adar fynd i glwydo yn yr hwyr'.

Mae'r rheolau ar gael mewn dros tri deg o ieithoedd gwahanol ac mae'r trefnwyr bod amser â diddordeb mewn ychwanegu at y cyfanswm hwn. Am fwy o reolau, ewch i [www.wormcharming.com](http://www.wormcharming.com)

## Space Hopper Racing

You all know what a space hopper looks like – a big colourful bouncy ball with funny ear-like handles and a silly grinning face painted on. Kids love them, adults pretend they don't love them, but secretly play on them the first chance they get... Well now, thanks to the World Alternative Games, you'll have a chance to play on one to your heart's content in Space Hopper Racing!

The rules are simple – you must bounce along a marked course and whoever reaches the finish first, wins! There will be heats, and the ultimate winner will be the individual who beats off all competition to finish first every time!

Cue grass-stained knees, a few bruises and grazes and lots of fun! Children and adults are welcome to join in.

## Rasio Sponciwr Gofod

Rydych i gyd yn gwybod sut olwg sydd ar sponciwr gofod – pêl fawr sbonciog a lliwgar gyda dolenni digrif fel clustiau ac wyneb gwirion wengar wedi ei baentio arni. Mae plant wrth eu bodd gyda hwy, oedolion yn esgus nad ydynt yn eu hoffi ond yn gyfrinachol maent yn chwarae arnynt pob cyfle ddaw.... Wel nawr, diolch i Chwaraeon Amgen y Byd, fe gewch gyfle i chwarae ar un, faint a fynnoch wrth Rasio Sponciwr Gofod! Ciw, pengliniau wedi'u staenio gan borfa, rhai cleisiau a chrafiadau a llawer o hwyl! Mae croeso i blant ac oedolion ymuno





## Egg Throwing

An 'egg'-centric, 'egg'-hilarating and 'egg'-citing contest of throw and catch – with an eggy twist! Keep your fingers crossed you don't end up with egg on your face.

You will compete in pairs and the objective is to throw and catch a raw egg between you without breakage; however, there's a snag – after each round, teams must move further apart until there is just one team left standing with a whole, unbroken egg.

Teams must wear safety goggles and may opt for waterproofs to protect them against the worst of the splatts. Teams start close together, with eggs being thrown cautiously between thrower and catcher. In this early stage, egg breakage is at a minimum as the missiles are carefully caught.

As the rounds progress and the teams become further and further apart, breakage becomes more widespread, with more and more teams becoming splattered with egg. Various techniques can be adopted to try to avoid becoming covered in egg, but invariably the egg breaks anyway.

The winners are those who manage to throw and catch the egg at the furthest distance apart. The winning team must smash their egg to prove that there has been no 'fowl' play.

The World Alternative Games is bringing this great event to Llanwrtyd again in 2018 for all the family – just make sure you bring spare clothes!

## Taflu Wyau

Cystadleuaeth hwnod, bywiocaol a chynhyrfus o daflu a dal gyda throad y wyau! Croeswch eich bysedd na chewch wy ar eich wyneb...

Byddwch yn cystadlu mewn parau a'r bwriad yw taflu a dal wy amrwd rhyngddoch heb unrhyw doriad; serch hynny, mae yna drafferth – ar ôl pob rownd, rhaid i aelodau'r timau symud yn bellach oddi wrth ei gilydd nes bod dim ond un tîm ar ôl gydag un wy cyfan, heb ei dorri.

Rhaid i'r timau wisgo sbectol ddiogelwch a gallant ddewis dillad glaw i'w arbed rhag y tasgu. Mae'r timau'n dechrau yn agos at ei gilydd, gyda wyau'n cael eu taflu yn ochelgar rhwng y taflwr a'r daliwr. Yn y camau cynnar hyn, ychydig o wyau sy'n torri achos mae'r teflynnau'n cael eu dal yn ofalus.

Fel mae'r rowndiau'n mynd yn eu blaen a'r timau'n dod yn bellach a phellach oddi wrth ei gilydd, mae'r toriadau'n mynd yn fwy cyffredin, gyda mwy a mwy o dimau yn cael eu ysgeintio â wyau. Gellir defnyddio technegau amrywiol i geisio osgoi bod ag wy drosoch, ond yn ddi-ffael mae'r wy yn torri beth bynnag.

Yr enillwyr yw'r rheini sy'n llwyddo i daflu a dal yr wy gyda'r pellter mwyaf rhynddynt. Rhaid i'r tîm buddugol smasio'u wy i brofi nad oes dim chwarae brwnt wedi cymryd lle.

Mae Chwaraeon Amgen y Byd yn dod â'r digwyddiad campus hwn i Lanwrtyd eto yn 2018 ar gyfer y teulu cyfan – ond byddwch yn sicr o ddod â dillad spâr!



## Finger Jousting

Finger jousting, is a sport where two consenting players square off in an attempt to prod their opponent with their lancing (right) index finger before the opposing player can.

The competitors must keep their right hands locked in an arm wrestling fashion and not use their legs or latent (left) arm in an offensive manner. The competitors are known as jousters, and the act of touching the other person's body with the index finger is known as lancing.

The sport is governed by the World Finger Jousting Federation, formed in 2005 in LaGrange, Georgia. The Federation is known for its encouragement of healthy competition and exercise, philanthropic nature, and dedicated online community. Against performance enhancing drugs and all forms of cheating inside and outside of the arena, the WFJF has made continuous efforts to make sure that matches are played honourably, and events are a safe environment for the whole family.

For more information about the WFJF, the rules of the game and history of finger jousting please visit the World Finger Jousting Federation website at [www.fingerjoust.com](http://www.fingerjoust.com)

## Ymryson Bysedd

Camp i ddau gystadleuydd ydi ymryson bysedd, lle bydd y gwrthwynebwyr yn ceisio trywanu ei gilydd â'u bys picell, bys hir (dde) cyn y gall y gwrthwynebydd gwneud felly.

Rhaid i'r ymrysonwyr gadw eu dwylo ar glo yn debyg i reslo braich a pheidio â defnyddio'u coesau na braich segur (chwith) yn ymosodol. Gelwir y cystadleuwyr yn 'ymrysonwyr', a'r weithred o gyffwrdd â chorff y gwrthwynebydd yn 'trywanu'.

Rheolir y gamp gan Ffederasiwn Ymryson Bysedd y Byd, a ffurfwyd yn 2005 yn LaGrange, Georgia. Mae gan y Ffederasiwn enw am hyrwyddo cystadleuaeth iach ac ymarfer corff, gweithiau dyngarol a chymuned ar lein weithgar. Yn gwrthwynebu cyffuriau gwella perfformiad a phob math o dwyll y tu fewn a tu allan i faes y chwarae, mae'r FfYBB wedi ymdrechu yn barhaus i sicrhau bod cystadleuthau yn cael eu chwarae yn glodwiw a bod y digwyddiadau yn cynnig amgylchedd diogel i'r teulu oll.

Am fwy o wybodaeth am y FfYBB, rheolau'r gamp a hanes ymryson bysedd, ymwelch os gwelwch yn dda â gwefan Ffederasiwn Ymryson Bysedd y Byd ar [/www.fingerjoust.com](http://www.fingerjoust.com)



## Backward Running Race

The Corinthian Backward Running Race offers a fun new race to try out, with backward running experiences suitable for absolutely everyone. No other sport could possibly lay claim to be as humorous, tough, exciting, contagious, healthy and entertaining all at once!

Backward running, also known as reverse running and retro running, has amazing health benefits and is considered a super-exercise. Research shows that backward running has massive potential in areas of fitness, well-being and rehabilitation, and if you are not looking to run backwards for health reasons, you could just give it a go because it's so much fun!

The World Alternative Games is proud to bring backwards running back to Llanwrtyd a fourth time round, with a set course in place and the winner being the individual who reaches the finish line first!

## Pencampw riaethau Rhedeg ar yn ôl

Mae'r rês ar yn ôl Corinth yn cynnig rês hwyliog newydd i'w phrofi gyda phrofiadau rhedeg ar yn ôl yn addas i unrhyw un. Ni allai unrhyw un o'r mabolgampau eraill hawlio bod mor ddoniol, mor galed, mor gyffrous, mor heintus, mor iach na mor ddifrif i gyd gyda'i gilydd. Mae gan rhedeg ar yn ôl neu wrth rhedeg neu rhedeg yn ôl, fuddiannau iachusol, ac fe'i cyfrifir fel uwch-ymarfer.

Mae ymchwil yn dangos fod rhedeg ar yn ôl yn meddu ar bosibiliadau enfawr ar gyfer ffitrwydd, lles ac adferiad, ac os nad ydych yn bwriadau rhedeg ar yn ôl am resymau iechyd, fe allech chi fentro arni achos ei bod yn gymaint o hwy!

Mae Chwaraeon Amgen y Byd yn falch o ddod â rhedeg ar yn ôl i Lanwrtyd am yr ail pedwaredd, gyda chwrs parod yn ei le a'r enillydd fydd yr unigolyn sy'n cyrraedd y llinell derfyn yn gyntaf.

## Gravy Wrestling

Another crazy event to be held at the World Alternative Games in Llanwrtyd 2018. This is one of the world's self-styled 'craziest' events, whereby contestants wrestle in a pool full of gravy! There is no other way of explaining it, and the title sums up the event... perfectly!

Contestants must wrestle in bouts of two minutes in the gravy. They are scored by audience applause and on their various different movements. Entrants must be over the age of 18. The event is kept separate – men and women do not compete against one another. Contestants are encouraged to wear fancy dress.

Points are added to your score for take downs, escapes, reversals, falls or near falls and the 'fun factor'. Points are deducted if there is serious aggressiveness, roughness or unsportsmanlike behaviour whilst wrestling. Nobody under the influence of alcohol can participate. Dangerous holds e.g. locking hands or gripping clothing/headgear are illegal and not allowed.

## Ym aflyd Codwm Mewn Gwl ych

Cystadleuaeth gwirion arall fydd yn cymryd lle yn Chwaraeon Amgen y Byd 2018 yn Llanwrtyd. Mae hon yn un o'r cystadleuthau mwyaf gwirion y byd, lle mae cystadlewyr yn ymaflyd codwm mewn pwll o wlych! Does dim ffordd arall o'i ddisgrifio, ac mae'r teitl yn crynhoi'r gystadleuaeth... i'r dim.



chwaraeon  
sport powys

5\*60  
Ewch gyda'r lliw  
Get with it

## Young Children's Day

Bring your children (up to the age of 11) to Bromsgrove Hall, where we will be organising a fascinating day of indoor and outdoor events which will be fun and quirky. They will be supervised by experienced teachers throughout, and at the end of the day they will be given a Corinthian Medal which states that 'Taking part is more important than winning'.

Light refreshments will be provided throughout the day.

## Diwrnod i'r Plant

Dewch â'ch plant (oedran hyd at 11) i Neuadd Bromsgrove ble byddwn ni'n trefnu diwrnod pleserus o weithgareddau dan do ac yn yr awyr agored a fydd yn hwyliog ac yn wahanol. Trwy gydol yr amser, bydd athrawon profiadol yn cadw golwg ar y plant ac ar ddiwedd y dydd, byddant yn derbyn Medal Corinthiaidd sydd yn datgan bod 'cymryd rhan yn bwysicach nag ennill'.

Darperir lluniaeth ysgafn trwy gydol y dydd.

# Young Children's Day

## Mini-Squash

Mini-squash is a game that was originally created to help children from the ages of 5 to 11 try squash without needing to go on the squash courts. Mini-squash uses specialised equipment designed to help children learn the basic skills as well as develop coordination and balance, providing the ideal introduction to squash. The rackets are smaller, with bigger and softer balls, with the primary piece of equipment being an assembled mini-squash wall. It is an ideal piece of equipment for going into schools, allowing people to play squash without playing on a squash court.

## Sboncen Mini

Mae sboncen mini yn gêm a grewyd yn wreiddiol i helpu plant o oedran 5-11 i drio sboncen heb fod angen iddyn nhw fynd i'r cyrtiau sboncen. Mae sboncen mini yn defnyddio offer arbenigol wedi ei ddylinio i helpu plant i ddsygu'r sgiliau sylfaenol yn ogystal â datblygu eu cytgordd llaw a llygad, a'u cydbwysedd, sydd yn eu cyflwyno i sboncen yn rhywdd iawn. Mae'r racedi yn llai, gyda pheli mwy o faint a mwy meddal, gyda'r prif ddarn o'r offer, y wal, yn cael ei chodi iddyn nhw. Mae'r offer yn ddelfrydol ar gyfer ymweliadau i ysgolion gan alluogi chwarae sboncen heb chwarae ar gwrst sboncen.



## Pooh Sticks Championships

Pooh sticks were first mentioned in 'The House at Pooh Corner' by A.A.Milne, in which Winnie-the-Pooh invents the game when he accidentally drops a pine cone into the stream and so devises the rules of pooh sticks. Of course, classic pooh sticks involved a bear, a piglet and a child called Christopher Robin throwing pine cones into a stream on one side of a bridge and rushing to the other side to see whose stick appears first. Whoever's cone appeared first was the winner. Simple.

In Llanwrtyd, during the World Alternative Games, pooh sticks is played a little differently. It is done differently not least for safety reasons. The main bridge crossing the River Irfon, which flows through Llanwrtyd, is a busy main road and it would not be practical to have adults and children rushing backwards and forwards across it to see whose stick has come under the bridge first.

Therefore, competitors throw their sticks into the Irfon from the wooden footbridge a little further upstream. The sticks then float downstream past the aforementioned road bridge, and with the help from our friends in the fire brigade, who wade in to catch the sticks and then we announce the winners.

This is a family-friendly event and adults and children can have as many goes as they like. There is a medal for everyone who takes part, and gold, silver and bronze medals for the winners to take home.

## Pencampwriaethau Ffyn Pooh

Crybwyllir am ffyn Pooh am y tro cyntaf yn 'The House at Pooh Corner' gan A A Milne, ble mae Winnie-y-Pooh yn dyfeisio'r gêm pan, ar ddamwain, mae'n disgyn côn pîn i mewn i'r nant ac felly'n creu rheolau ffyn Pooh. Wrth gwrs, roedd ffyn Pooh clasurol yn cynnwys arth, porchell, a phlentyn o'r enw Christopher Robin yn taflu conau i mewn i nant ar un ochr i bont a rhedeg i'r ochr arall i weld côn pwy oedd yn ymddangos gyntaf. Côn pwy bynnag oedd yn ymddangos gyntaf, oedd yr enillydd. Syml.

Yn Llanwrtyd, yn ystod Chwaraeon Amgen y Byd, chwaraeir ffyn pooh ychydig yn wahanol. Fe'i gwneir yn wahanol yn bennaf am resymau diogelwch. Mae'r prif bont sydd yn croesi'r Irfon, sy'n llifo drwy Llanwrtyd, yn briffordd prysur ac ni fyddai'n ymarferol i gael oedolion a phlant yn rhuthro yn ôl ac ymlaen drosti i weld ffon pwy sydd wedi dod dan y bont yn gyntaf. Felly, bydd cystadleuwyr yn taflu eu ffyn i'r Irfon o'r bonpren ychydig yn uwch i ffyn'r afon. Bydd y ffyn wedyn yn arnofio i lawr heibio i'r prif bont y soniwyd amdani eisioes, a gyda chymorth ein ffrindiau yn y Brigâd Dàn, fydd yn mynd i'r dŵr i ddal y ffyn, byddwn yn cyhoeddu'r enillwyr.

Digwyddiad teuluol cyfeillgar yw hwn a gall oedolion a phlant ymgeisio mor aml ag yr hoffent. Bydd medal i bob un sy'n cymryd rhan, a medalau aur, arian ac efydd i'r enillwyr i'w cymryd adref.



## Zombie Fun Run

The Zombies are coming to Llanwrtyd Wells in many shapes and forms, and what better place to have a fun run than in the unique Welsh town written about in 'Alice Hearts Welsh Zombies'. The theme will be that anybody can enter and there will be many different categories – you must of course all be dressed up as a zombie!!! Start thinking about what you will come as, and remember that the best zombie will win.....we look forward to seeing you with your outfits on and make it scary!!!!!!!



## Wheelbarrow Racing

No! Have no fear: there will be no need for you to walk on your hands! This is the modern version.

Competitors will start with an empty wheelbarrow and have to negotiate a course which will lead to four areas, from each of which an item must be added to the wheelbarrow load before it is returned to the starting point.

This will be a timed event. The competitor completing the course in the fastest time and with the full load will be the winner.

## Rasio Berfa

Na! Peidiwch â becsio ni fydd rhaid i chi gerdded ar eich dwylo!!!! Dyma'r fersiwn fodern. Bydd cystadleuwyr yn dechrau gyda berfa wag a rhaid iddynt ddilyn cwrs fydd yn arwain at bedwar man, a rhaid ychwanegu eitem o bob un man i'r berfa cyn ei ddychwelyd i'r man cychwyn. Bydd hon yn gystadleuaeth wedi'i hamseru, yr enillydd fydd y cystadleuydd fydd yn gorffen y cwrs yn yr amser cyflymaf gyda llwyth llawn.

## Râs Hwyl Sombi

Mae'r Sombis yn dod i Lanwrtyd mewn llawer siap a ffurf a pha le gwell i gael râs hwyl nag yn y dref Cymreig un igryw yr ysgrifennir amdani yn 'Alice Hearts Welsh Zombies'. Y thema fydd fod unrhyw un yn cael ymaelodi ac mi fydd llawer o wahanol gategorïau – wrth gwrs bydd rhaid i chi i gyd wisgo i fyny fel sombis!!! Dechreuwch feddwl fel beth y byddwch yn dod a chofiwch mai'r sombi gorau fydd yn ennill.... edrychwn ymlaen at eich gweld yn eich gwisgoedd a chofiwch ei wneud yn dddrychnllyd!!!!!!!



Sponsored by Castell Howell Foods

## Russian Egg Roulette

This is a variation of Russian roulette with eggs replacing bullets, six in all, five half boiled and one fresh. Competitors sit at opposite ends of the table and receive their eggs. Each player takes it in turn to crack an egg on their forehead until one unlucky competitor, to his dismay, finds he has the fresh one as the yellowy slime trickles down over his face and body and the winner jubilantly progresses to the next round. A family friendly event with no skill required, just good luck. You will enjoy competing or spectating in this event.

## Rwlet y Rwsiaid â Wyau

Amrywiaeth ar Rwlet y Rwsiaid gyda wyau yn lle bwledi, chwech i gyd, pump wedi'u hanner berwi ac yn ffres. Mae'r cystadleuwyr yn eistedd bob pen i'r bwrdd ac yn derbyn eu wyau. Mae pob chwareuwr yn cymryd ei dro i gracio wy ar ei dalcen tan i un cystadleuydd anffodus, er ei syndod, ddarganfod fod ganddo'r un ffres, wrth i'r llysnafedd melyn redeg lawr dros ei wyneb a'i gorff. Gornest gyfeillgar deuluo, heb angen sgil, dim ond lwc dda. Gornest mwynhaol iawn i wylwyr a chystadleuwyr.

## Barrel Rolling

At the World Alternative Games yet again in 2018! The race consists of four competitors pushing a firkin of beer around a loop course with the winner progressing to the next round.

Gloves must be worn as the kegs can have sharp edges, but apart from that, we encourage fancy dress for this quirky event. There will be junior, senior and ladies only sections to compete within.

## Rowlio'r Gasgen

Mae pedwar cystadleuydd yn gwthio ffircyn o gwrw o amgylch cwrs dolennog gyda'r enillydd yn symud ymlaen i'r rownd nesaf



## Welsh Crempog

Welsh pancakes - Crempog - are that bit different to the traditional British 'crepe' which we normally eat on Pancake Day every year. The pancakes are thicker, slightly risen and cooked on a griddle.

How about joining us in a Crempog race? Yes during our World Alternative Games we are going to have a race around a scheduled course in our little town. If you fancy your chances beating (pun!!) your friends, then get your frying pan or griddle out and come and join in the fun.

Don't just wait for Pancake Day to come around again next February!!

## Râs Crempog Cymreig

.....Beth am ymuno â ni mewn râs Crempog - ie, yn ystod ein Chwaraeon Amgen y Byd rydym yn mynd i gael râs o gwmpas cwrs arbennig y nein tref fechan. Os ydych yn meddwl fod gennych siawns i guro eich ffrindiau yna cymrwch eich padell ffrio neu radell allan a dewch i ymuno yn yr hwyl.



Grant Mills competing for and winning his first Gold medal in this sport

## Toe Wrestling

This sport is running again following the success of the event in 2014 and 2016. This event was originally devised by Staffordshire landlord George Burgess in 1976 and the matches involve players locking big toes to try to force their opponent's digit to the floor over a number of rounds. This sport is in its 40th year and the World Toe Wrestling Championship take place every year at the Bentley Brook Inn in Fenny Bentley. There will be an alternative strategy employed when this takes place in Llanwrtyd Wells in 2018.

## Ymgodymu Bys Troed

Mae'r gamp hon yn newydd i Chwaraeon Amgen y Byd. Dyfeisiwyd yr digwyddiad yn gyntaf gan dyfarnwr o Swydd Stafford, George Burgess yn 1976, ac mae'r gornestau'n golygu fod cystadleuwyr yn cloi bysedd bawd eu troed a cheistio gwthio bys y gwrthwynebydd i'r llawr dros nifer o rowndiau. Mae'r gamp yma yn ei 40ain flwyddyn ac mae Pencampwriaeth Ymgodymu Bys Troed y Byd yn digwydd bob blwyddyn yn Nhafarn Bentley Brook yn Fenny Bentley. Bydd strategaeth gwahanol yn cael ei defnyddio fan fydd hwn yn digwydd yn Llanwrtyd yn 2018.



## Hay Bale Rolling

A fun event much loved by everybody, the aim is to roll a hay bale the furthest. A pre-selected pitchfork must be used by all contestants – they cannot bring their own. This event is traditional in Scottish highland games and is common at country fairs and shows.



### Multi Sport Time Trial

Each competitor will commence with a 25 yds run from the start to the first challenge (Football) where they will have three attempts on goal, they then proceed to (Cricket) three throws at stumps, (Rugby) three passes to a target, (Golf) three pitch shots, (Tennis) three shots at a target, (Netball) three shots at the hoop, (Hockey) three shots at a target and then a sprint to the finish.

This will be a timed event and each missed target will cost an addition of 10 seconds to the finish time.

### Prawf Amser Aml Gamp

Bydd pob cystadleuydd yn dechrau gyd rhediad o 25 llathen o'r dechrau i'r sialens cyntaf (Pêl-Droed) ble byddant yn cael tri chais am y gôl. Yna maent yn symud ymlaen at (Criced) tri thafliad at y stympiau, (Rygbi) tri phas at darged, (Golff) tri thrawiad at rhywbeth, (Tennis) tri thrawiad at darged, (Pêl Rhwyd) tri chais at y cylch, (Hoci) tri chais at y targed yna rês at s at diwedd.

Byd hon yn ornest wedi'i hamseru a bydd pob targed a fethir yn costio 10 eiliad ychwanegol at yr amser gorffen.



## Woolsack Carrying

Our country show will act as host for the Woolsack Carrying competition where competitors will carry a woolsack around a designated course, aiming to achieve a Corinthian Gold Medal.

Categories include men, women and junior team events. The aim of the event is for individuals (and/or teams) to demonstrate their strength and fitness by racing whilst carrying a sack full of wool – up and down a hill with a gradient that reaches around 1 in 4.

- Woolsacks generally weigh about 60lb for men and 35lb for women.
- A course of about 240 yards is run by the competitors.
- The competitors run in heats – the winner of each heat goes through to the quarter-finals, then the semi-finals and lastly, the finals. The overall winner receives a gold medal.

This event originated in the 17th century when it was thought that young drovers carried heavy woolsacks to impress young women. Today, an annual woolsack championships takes place in Tetbury, where the race is accompanied by street stalls, a funfair and entertainment such as music. The race has been run for 30 years in Tetbury.

NB: A 1 in 4 gradient hill usually needs to be found for this event to take place! Not hard in Wales... Although for our event, the course will be held on flat and more even terrain in the show field.

## Summer Cider Cycle

Started in 2013, the Summer Cider Cycle is one of the latest additions to the Green Events and Llanwrtyd Wells calendar. A fun bike ride through the surrounding hills, forests and valleys in this delightful part of mid Wales, there is a choice of distances, from around 14 miles to 25 miles, and with chicken runs for those who don't fancy the more technical sections. At the checkpoints we will be providing Strongbow keg cider and Ralph's traditional farmhouse cider and perry for your refreshment, and at the finish there are more Ralphs. As usual, there will be live music in the evening, and the town's pubs will have a good range of ciders for you to continue your enjoyment, as well as the usual full range of beverages.

The ride starts at 10am from the Bromsgrove Hall, with registration from 8.00 until 9.30am. Pre-enter online, or on the day for a £5 surcharge.

Saturday 11th August 2018  
10th August 2019





## Pencampwriaethau Concyrs

Mae'r ornest hon yn dychwelyd i Chwaraeon 2018, a bwriad yr ornest yw fod cystadleuwyr yn mynd i'r afael â brwydr concyrs, a dangos eu sgiliau a'u gallu yn yr ornest drwy chwalu concyr eu gwrthwynebwr.

Rhaid i drefnwyr yr ornest ddarparu lasys ac ni ddylai'r cystadleuydd eu clymu nac ymyrryd â hwy mewn unrhyw fodd.

Ar ddechrau pob gêm, rhoddir lasen newydd a choncyr i bob cystadleuydd. Mae'r gêm yn dechrau wrth daflu ceiniog, gydag enillydd y taflid yn penderfynu p'un ai taro neu dderbyn trawiad yn gyntaf.

Yna mae pob chwaraewr yn cymryd tair trawiad am yn ail ar goncyr ei wrthwynebydd.

Penderfynir yr enillydd pan fo un o'r concyrs yn cael ei chwalu.

Mae'r cystadleuwyr yn rhedeg mewn rhagbrofion ac mae enillydd pob rhagbrawf yn mynd drwyddo i'r rownd gogynderfynol, yna'r cynderfynol ac yn olaf y rownd derfynol. Bydd yr enillydd yn derbyn medal aur.

Mae'r cystadleuwyr yn cael eu rhannu mewn grwpiau o ddyinion, merched a phlant.

Mae tri swyddog allweddol: y Prif Ddyfarnwr, Meistr y Cylch a'r Stiwardiaid neu Ddyfarnwyr.

Mae'r Prif Ddyfarnwr yn sicrhau fod yr holl ddyfarnwyr yn gyfarwydd â'r rheolau a threfn y chwarae. Hwy sydd â'r penderfyniad olaf os oes unrhyw anghydweld.

Mae Meistr y Cylch yn cadw at gyflymder y chwarae a gytunwyd ac yn sicrhau fod oedi cyn lleied â phosibl.

Mae'r dyfarnwyr eraill yn helpu gyda gorchwylion anghenrheidiol eraill i helpu gwne

## Conker Championships

This event returns for the 2018 Games, with the aim of the event being competitors engaging in a conker battle and demonstrating their skill and ability in the event by smashing their opponents conker.

Laces must be provided by the organisers of the event and must not be knotted by the competitor or tampered with in any way.

At the start of each game, each competitor will be given a new lace and conker.

The game commences at the toss of a coin, the winner of the toss decides whether they will strike or receive first.

Each player then takes three alternate strikes on the opponent's conker.

The game is decided when one of the conkers is smashed.

The competitors run in heats and the winner of each heat goes through to the quarter-finals, then the semi-finals and lastly, the finals. The overall winner receives a gold medal.

Competitors are split into groups of men, women and children.

There are three key officials: the Chief Umpire, the Ringmaster and the Stewards or Referees.

The Chief Umpire ensures all referees are familiar with the rules and order of play. They have the final decision should there be any disputes.

The Ringmaster maintains the agreed rates of play and ensures hold-ups are kept to a minimum.

Referees help with all other necessary tasks to help make the event run smoothly and easily.





## Ditch Racing

A fun race taking place at the Waen Rhyd Bog. This will be the shortest race of the World Alternative Games, and the ditch, which is an overflow from our world famous bogs, runs into the River Cledan (which is also the finish line).

Competitors race in pairs with the winners passing into the next knockout round. Competitors failing to stop could find themselves via the Rivers Irfon and Wye ending up in the Bristol Channel.

This is a fun race with many categories including a fancy dress section – but we do strongly suggest that you do not wear your favourite elite trainers!!!!

## Râsio Ffos

Dyma rês llawn hwyl fydd yn cymryd lle ar Gors Waen Rhydd. Hon fydd rês fyrraf Chwaraeon Amgen y Byd, ac mae'r ffos, sydd yn orlfiad o'n Corsydd byd enwog yn llifo i Afon Cledan (fydd hefyd yn fan gorffen y rês).

Bydd cystadleuwyr yn rasio mewn parau, gyda'r enillwyr yn symud ymlaen i'r rownd ddileu nesaf. Medrai cystadleuwyr sy'n methu stopio gael eu hunain yn mynd gyda'r Irfon a'r Gwy ac yn gorffen ym Môr Hafren.

## Dyke Jumping

A new event in 2016 and we have brought back again for 2018. An exciting dyke jump for both children and adults to see if they can master – come and have a go..... as you can see by the photographs it is brilliant fun!!!! We dare you????





## Scooter Slalom

Are you skilled on the push along scooter? If so, this could be the event for you! The race will be simple - get from A to B along Victoria Road and the winner of the heat goes through to the final. The winner of the final of course receives a gold medal.

The event requires some skill, and the going won't be easy when your pushing leg begins to ache! However, it's a simple and easy event to participate in, and a lot of fun, and children are welcome to enter too, as they have their own category to compete in!

## Slalom Sgwter

Ydych chi'n fedrus ar wthio sgwter? Os felly, gall hon fod yr ornest i chi! Bydd y ras yn syml - mynd o A i B ar hyd Heol Fictoria ac mae enillydd yr ornest rhagbrofol yn mynd ymlaen i'r rownd derfynol. Bydd enillydd y rownd derfynol wrth gwrs yn derbyn medal aur. Mae'r ornest yn gofyn am rhywfaint o fedr, ac ni fydd yn hawdd pan fydd eich coes gwthio yn dechrau anafu! Serch hynny, mae'n ornest syml a hawdd i gymryd rhan ynddi ac yn llawer o hwyl, ac mae croeso i blant gystadlu hefyd, achos mae ganddynt eu dosbarth eu hunain i gystadlu ynddo!

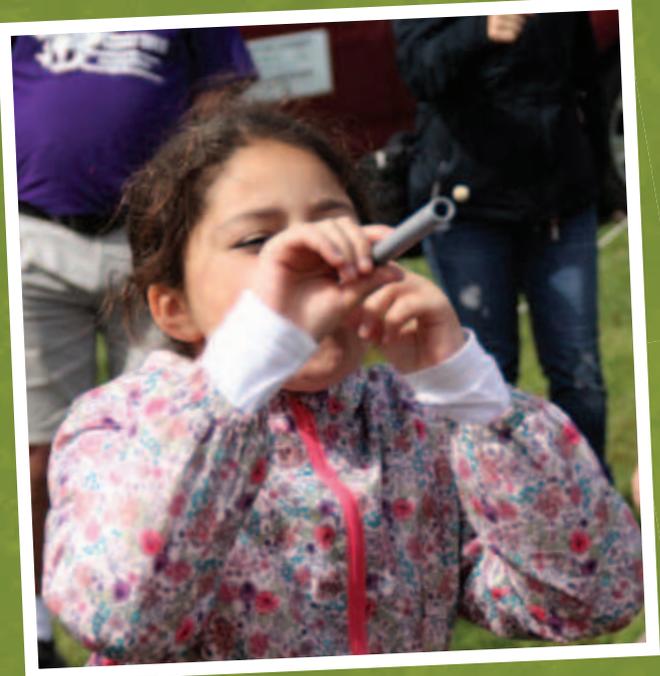


## Pea Shooting

In this competition contestants require accuracy and a steady hand as they shoot five dried peas towards a target twelve feet away, using only their lungs for power. Competitors use a variety of techniques. The highest sixteen scores progress to the knockout stage where competitors go head to head. Tension builds until the final pea has been shot. A great family friendly event where children have a great advantage. You can bring your own shooters, but laser shooters are banned! Or you can purchase plastic shooters on the day!!!

## Saethu P^ys

Yn y gystadlueaeth hon mae cystadleuwyr ag angen cywirdeb a dwylo sad wrth iddynt saethu pump pysen wedi'i sychu at darged deuddeg droedfedd i ffwrdd gan ddefnyddio dim ond yr ysgyfaint fel pŵer. Bydd yr un sgor ar bymtheg uchaf yn symud ymlaen i'r rownd ddileu, pan fydd y cystadleuwyr yn mynd benben a'i gilydd. Mae'r tensiwn yn cynyddu tan i'r pysen olaf gael ei saethu. Cewch ddod â'ch saethydd pys eich hun neu gellwch brynu saethyddion plastig ar y diwrnod, ond dalier sylw, ni chaniateir saethyddion laser. Dyma ornest deuluol gyfeillgar, gyda mantais arbennig i blant.





## The Waterslide

This event was suggested by one of our local schools who took part in a project following our Games in 2012.

The equipment is simple. We will have a sheet of DPC set on a gentle slope. Water will run gently down the slope with the possible addition of a well-known brand of washing liquid to lower friction.

Competitors will then run from the starting point and launch themselves from take-off point onto the sheet. The competitor achieving the furthest distance will be declared the winner.

Another fun, quirky and outdoor event to add to the portfolio which make up the Games and make it attractive to all ages.

## Y Sglefr-Dd<sup>^</sup>wr

A wgrymwyd y gamp yma gan un o'n hysgolion lleol a fu'n cymryd rhan mewn prosiect yn dilyn Chwaraeon 2012.

Mae'r cyfarpar yn syml. Bydd gennym shiten o DPC wedi'i gosod ar lethr esmwyth. Bydd dŵr yn rhedeg yn ysgafn i lawr y llethr gyda ychwanegiad posibl o hylif golchi llestri enwog i leihau ffrithiant.

Yna bydd cystadleuwyr yn rhedeg o'r man cychwyn ac yn taflu eu hunain o'r pwynt dechreuol ar y shiten. Yr enillydd fydd y cystadleuydd fydd yn cyrraedd y pellter mwyaf.

Gornest hwyliog awyr agored hynod arall i'w ychwanegu at y portffolio sy'n gwneud y Chwaraeon ac yn eu gwneud yn ddiadodol i bob oed.



## Running With Dogs

This is a running with your dog sport, which can be of any breed, size or shape. When running you are linked to your dog with a long lead which is attached to your body with a special harness. Demonstrations of this technique will be shown and runs of approximately 5kms will take place during the games.

Dyma gornest rhedeg gyda'ch ci, all fod o unrhyw fríd, maint neu siâp. Pan yn rhedeg, fe'ch cysylltir at eich ci gyda thenyn hir wedi'i glymu at eich corf gyda harnais arbennig. Bydd arddangosfeydd o'r dechneg hon, a bydd arhediadau tua 5 cilometr yn digwydd yn ystod y chwaraeon.



## 5K Run

A regular 5K run will take place that will be available for all ages to enter, categories will be finalised before the day but will include children, young adults and adults.

## Râs 5 C

Bydd râs 5cilometr cyffredj n yn digwydd a bydd ar gael i gystadleuwyr o bob oedran. Cwblheir Cwblheir categorïau cyn y diwrnod ond bydd yn cynnwys plant, oedolion ifanc ac oedolion.

## Snail Racing

One of our more leisurely events and of particular interest to the children, and I have to admit it receives good media coverage.

Giant snails are encouraged to race down a short course by providing tit bits of food after the finishing line. The game is run, walked or even slid in heats, with competitors streaking into the final round on merit.

Certainly a spectacle to watch, albeit with a beverage in hand and suitable seating for spectators, but nevertheless offering a chance to become a medal winner.

## Rasio Malwod

Un o'n campau mwy hamddenol ac o ddi-ddordeb arbennig i'r plant a rhaid i mi gyfaddef sy'n derbyn sylw da gan y cyfryngau.

Mae malwod anferth yn cael eu hannog i rasio i lawr cwrs byr drwy ddarparu tameidiau blasuso fwyd y tu hwnt i'r llinell derfyn. Mae'r gêm yn cael ei rhedeg, ei cherdded neu hyd yn oed ei sgelfrio mewn rhag-rasys gyda chystadleuwyr yn gwibio i'r râs derfynol are u haeddiant.

Yn sicr dyma olygfa i edrych arni, er hwyrach gyda rhywbeth i'w yfed yn eich llaw a lleoedd eistedd pwrpasol i'r gwylwyr ond er hynny yn cynnig siawns i ddod yn enillydd medal.

Bydd y gamp yn digwydd ar y cyd â champau hwyliog eraill.



## Horseshoe Throwing

Horseshoe Quoits is played on a bed of clay where a hob (stakes) are the target for horse shoes thrown over a distance of 11 yards and you will be able to test your own skills and expertise in this brilliant event in 2018.

## Taflu Pedolau

Caiff Coetio Pedol ei chwarae ar wely o glai. Defnyddir polion fel targedau ar gyfer pedolau a caiff eu taflu dros bellter o 11 llathen. Yn ystod y digwyddiad arbennig hwn yn 2018 gallwch brofi eich sgiliau personol yn ogystal â'ch gallu.





## Ping Pongo

A new event for the Games and originally developed in Argentina, but one that is certainly fun and quirky if not always outdoors in our lovely weather in Llanwrtyd.

As the name suggests ping pongo is a variation of ping pong which you may know as table tennis, but with the introduction of obstacles either material or mental adding unexpected dynamics to the game. The game can be played by both male and female in the same section of competition with players playing 1, 3 or 5 sets of 11 points. The rules basically follow those of table tennis with the full set being available on the official website: [www.PingPongo.com](http://www.PingPongo.com)

The choice of material objects to add can be agreed beforehand and proposed by each player.

The standard option is to add ping pong bats on each side but square blocks and cylinders can also be used. Other objects that have been used are bottles, sandals, glasses, spoons with grains of rice etc. The choices are limitless but confined to 3 similar objects each side.

Occasionally it is played with the table covered in salt!

The game is fun to play with the obstacles adding to spectator enjoyment.

Please try this at home and remember this could be your big chance to become a Corinthian Champion. Practice the imperfect.

## Ping Pongo

Camp newydd i'r Chwaraeon a ddatblygwyd yn wreiddiol yn yr Ariannin ond un sydd yn sicr yn hwyl ac yn hynod os nad bob amser yn yr awyr agored y neid tywydd braf yn Llanwrtyd.

Fel mae'r enw yn awgrymu mae ping pongo yn amrywiaeth ar ping pong rydych yn ei adnabod efallai fel tenis bwrdd ond gyda chyflwyno rhwystrau maaterol neu feddyliol yn ychwanegu deinameg annisgwyladwy i'r gêm. Gall ddynton a marched chwarae'r gêm yn yr un adran o'r gystadleuaeth gyda chwaraewyr yn chwarae 1, 3 neu 5 set o 11 o bwytiau. Mae'r rheolau yn dilyn mwy neu lai rhai Tennis Bwrdd gyda'r set cyfan ar gael ar y wefan: [www.PingPongo.com](http://www.PingPongo.com)

Mae dewis gwrthrychau materol i'w hychwanegu i'w cytuno cyn dechrau a'u cynnig gan pob chwaraewr,

Y dewis arferol yw ychwanegu batiau ping pong ar y ddwy ochr ond gellir defnyddio blociau sgwar a silindrau hefyd. Gwrthrychau eraill sydd wedi cael eu defnyddio yw poteli, sandalau, gwydrau, llwyau gyda gronynau reis ayyb. Mae'r dewis yn ddi-ddiwedd ond wedi'u cyfyngu i 3 gwrthrych tebyg i bob ochr.

Weithiau, mae'n cael ei chwarae ar fwrdd wedi'i orchuddio â halen!

Mae'r gêm yn hwyl i'w chwarae gyda'r rhwystrau yn ychwanegu at fwynhad ysblennydd

Triwch hwn adref a chofiwch gall hyn fod yn gyfle da i chi fod yn Bencampwr Corinthiad... Ymarferwch yr amherffaith.



## Hoop 2 Hoop

We are creating a fun and alternative hula hooping scenario which incorporates shooting a ball into basket whilst continuing to hula hoop.

The objective is to create a fun and memorable event that people of all ages can participate in and enjoy. To take part you must continue to hula hoop whilst catching a netball and promptly throwing it into a designated basket. Both organisers of the event will give a brief demonstration on the hoop before competitors take part. The hoop must be in full motion when the competitor shoots the netball into the basket which will be situated at a set distance away from the person hula hooping.

Each person will have 10 attempts, and remember if the hula hoop drops below the waist at any point during the shoot it will not count! Good luck and get practising – see you in the summer!!!

## Cylch i Gylch

Rydym yn gobeithio creu scenario cylch hwla gwahanol llawn hwyl sy'n cynnwys saethu pêl mewn i fasged tra'n dal i ddawnsio'r hwla.

Y r amcan yw creu gornest hwyliog gofiadwy y gall pobl o bob oed gymryd rhan ynddi a'i mwynhau. I gymryd rhan rhaid i chi gario ymlaen i ddawnsio'r hwla tra'n dal pêl rhwyd a'i daflu ar unwaith i mewn i fasged penodol. Bydd y ddau drefnydd yr ornest yn rhoi arddangosiad byr ar y cylch cyn i'r cystadleuwyr gymryd rhan. Rhaid i'r cylch fod yn symyd yn llawn pan fo'r cystadleuydd yn saethu'r bêl rhwyd mewn i'r fasged fydd wedi'i lleoli ar belter penodedig oddi wrth y person fydd yn dawnsio'r hwla.

Bydd pob person yn cael 10 cais, a chofiwch os yw'r cylch hwla'n disgyn islaw'r canola ar unrhyw bwynt yn ystod y saethu ni fydd yn cyfrif! Pob hwyl a dechreuwch ymarfer – welwn ni chi yn yr haf!!!



## Llanwrtyd & District Heritage and Arts Centre



Don't leave town without popping into Llanwrtyd's new Heritage and Arts Centre. There you will learn about the exciting and fascinating story of the town through memories of local people. With our traditional and modern interactive displays there is something for everyone – young and old.

The Centre is open 10-4 pm Thursdays to Sundays from April to October - also at other times during events. Entry is free - donations welcome.

Also look out for one of the guided heritage walks if you are here for the World Alternative Games..

**FIND US OPPOSITE THE GARAGE**

Tel: 01591 610067 [www.history-arts-wales.org.uk](http://www.history-arts-wales.org.uk)

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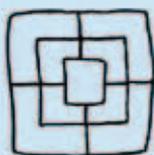


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[cafc.cymru](http://cafc.cymru)  
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## Office Chair Slalom

You probably thought as you zipped around your office, from desk to water dispenser and back, seated aboard your office chair in a bid to amuse your workmates, that indeed this is great fun and a way to kill time whilst waiting for the working day to finish. But not for one moment did you think it might be your way to sporting fame!

But now, the World Alternative Games bring office chair racing to Llanwrtyd and gives you the opportunity to put all your seemingly useless training into good use. The event will be run over two rounds and the competitor with the fastest accumulated time will be declared the winner.

Each competitor should sit astride their chair and by use of their feet only propel themselves over Course A. The times will be recorded, in order. The next round over Course B will then be started by the slowest competitor over Course A, then the second slowest etc, until all those taking part have completed both courses. To make sure you win, just go your fastest!

## Cadair Swyddfa

Mae'n siwr eich bod yn meddwl wrth i chi wibio o amgylch eich swyddfa, o ddesg i gyflenwr dŵr, gan eistedd yn eich cadair swyddfa gan geisio diddanu eich cydweithwyr fod hyn yn eitha hwyl ac yn fodd i ladd amser tra'n aros i'r diwrnod gwaith i orffen. Ond ni wnaethoch feddwl am eiliad mai dyma eich ffordd i enwogrwydd mewn mabolgampau.

Ond nawr, mae Chwaraeon Amgen y Byd yn dod â rasio cadair swyddfa i Lanwrtyd ac yn rhoi cyfle i chi roi eich holl hyfforddiant diwerth i bwrpas da. Bydd yr ornest yn cymryd lle dros ddwy rownd a'r cystadleuydd gyda'r amser cronodig uchaf yn cael ei gyhoeddi'n enillydd.

Dylai pob cystadleuydd eistedd ag un goes bob ochr i'w gadair a thrwy defnyddio eu coesau yn unig eu gwthio eu hunain dros Cwrs A. Bydd yr amseroedd yn cael eu recordio, yn eu trefn. Bydd y rownd nesaf dros Cwrs B yn dechrau gyda'r cystadleuydd mwyaf araf dros Cwrs A, yna'r ail mwyaf araf ayyb, nes bod pawb sy'n cymryd rhan wedi gorffen y ddau gwrs. I sicrhau eich bod yn ennill, ewch mor gyflym ag y gallwch.



## Mad Shopper

Have you always thought that pushing a buggy, with a pile of shopping is a piece of cake? Well, we challenge you to come and try it at this year's World Alternative Games. We have a few conditions, however, such as wearing heels and carrying odd shaped consumables... This, together with pushing a pram with a 'life-size' baby/child therein and without tipping them out!

Are you up for this challenge? You could even compete as a team in fancy dress and raise money for one of our this year's various sponsored charities.

**Idea of this activity inspired from Peter Cook, proprietor of Llanwrtyd's most interesting shop, so much variety to choose from - a must for your holiday souvenir shop.**

## Y Siopwr Ynfyd

Oeddech chi bob amser yn meddwl fod gwthio bygi gyda llwyth o siopa yn hawdd fel baw? Wel, rydym yn eich herio i ddod i'w brofi eleni yn Chwaraeon Amgen y Byd.

Medrwch hyd yn oed gystadlu fel tîm mewn gwisg ffansi a chodi arian at un o'n elusenau noddedig amrywiol eleni.



## Stiletto Racing

You will be racing whilst wearing high heeled court shoes. The distance is 60yds. Can you do it?

There will be heats through to the final stages with the winner picking up a gold medal. Racers must provide their own footwear for the event, with the shoes having a minimum three inch heel and a heel base a maximum one quarter of an inch across. Boots are not allowed – only open toe shoes please.

And yes, before you ask, men are permitted to race too!

## Rasio Sawdl Pigfain

Byddwch yn rasio tra'n gwisgo esgidiau ysgafn sawdl pigfain. Y pellter yw 60 llath. Allwch chi ei wneud e?! Bydd rasy rhagbrofol hyd at y rowndiau olaf gyda'r enillydd yn pigo lan medal aur. Rhaid i'r rhedwyr ddod â'u esgidiau eu hunain i'r ornest a rhaid iddynt for â sodlau o leiaf tair modfedd o uchder a gwaelod sawdl, chwarter modfedd o led ar y mwyaf. Ni chaniateir esgidiau - dim ond esgidiau ffrynt agored os gwelwch yn dda. O ie, cyn i chi ofyn, mae dynion yn cael cystadlu hefyd!



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## Llanwrtyd Wells Store



Your local  
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1 meat topping - choose from	Any veg toppings of your choice	
Ham	Fresh Tomato	Red Onion
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DIAL --- ORDER --- COLLECT  
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## Bogsnorkelling Triathlon

The Bog Triathlon first ran in 2005, following a demand for more dirty fun around our famous Waen Rhydd Bog. The event - the most unusual in the Triathlon calendar - starts with an 8 mile mixed terrain run followed by a 12 mile mountain bike ride and then a 60 yard snorkel in the peat bog trench. The event is open to individuals and relay teams of three (one discipline each). In order to make the events accessible to a wider audience, we have introduced a "Bite Size" Triathlon. This will comprise a 3 mile run and a 6 mile mountain bike ride, again followed by a 60yd bog snorkel. This also is open to individual competitors or relay teams of three, and is a great way to get to know the local terrain and sample bog snorkelling.

Race start time is 11am, with set up and briefing from 10am.

Saturday 25th August 2018  
24th August 2019

[www.green-events.co.uk](http://www.green-events.co.uk) 12





## Corinthian World Mountain Bike Bog Championship

One of the events in the Llanwrtyd Wells Bog series is the madcap cycle through a trench in the peat bog. The competitor will have to aim for, and go around a mortar post and then cycle back.

The event has to be completed on a specially prepared bike (the frame is lead weighted and it has water filled tyres), while wearing a snorkel, mask and cycle helmet. A lead belt and weighted backpack are also worn to avoid buoyancy.

Entrants have to complete the length of the bog – no easy feat! Whilst keeping their head under water.

This event is now run as part of the World Alternative Games.

Previous celebrities who have taken part include World Champion Dan Bent and Paddy McGuiness, host of Take Me Out.

All competitors will receive a Corinthian medal and of course the coveted gold, silver or bronze on placement.

**Start time will be 2.00 p.m.**

## Pencampwriaeth Corinthian y Byd mewn Beicio Mynydd yn y Gors

Un o gyfres o ddiwyddiadau Gors Llanwrtyd yw'r beicio i'r dewr a hanner call drwy ffos yn y mawndir. Bydd rhaid i'r cystadleuydd anelu at bostyn mortar a seiclo nôl o'r fan honno.

Rhaid cwblhau'r gamp ar feic sydd wedi ei baratoi yn arbennig (mae pwysau plwm yn y ffrâm ac mae'r teiars wedi eu llenwi â dŵr) tra'n gwisgo mwgwd, snorcel a helmed seiclo. Gwisgir gwregys blwm a bag cefn hefyd er mwyn osgoi arnofio.

Rhaid i'r cystadleuwyr gwblhau un hyd y gors – nid peth hawdd! Tra'n cadw'r pen o dan y dŵr. Cynhelir y gamp nawr fel rhan o Gampau Amgen y Byd.

Ymhlith yr hoelion wyth sydd eisioes wedi cystadlu yn y gamp mae'r Pencampwr Byd Dan Bent a Paddy McGuiness, cyflwynydd Take Me Out.

Bydd pob un sy'n cystadlu yn derbyn medal Corinthian ac wrth gwrs yr aur, arian neu efydd yn eu trefn.

**Yr amser cychwyn bydd 2.00 p.m.**

## Children's Day at Manor Adventure

Manor Adventure are a company who seek to bring out the best in people through exciting outdoor activities and have a centre at the Abernant Lake Hotel on the outskirts of Llanwrtyd Wells. They provide adventure holidays and cater for school and community groups (see advert in this brochure).

They are also a venue for some of the activities of the World Alternative Games and annual Green Events.

During the Stone Skimming Championships in May (every year) and August (during the games years 2016/2018/2020 +) they provide taster sessions for a number of their activities for children at the same time as these events take place which makes it an ideal family day out whether you are competing or just spectating.

The committees of both the Green Events and the World Alternative Games are very grateful for their assistance and help and trust this will enhance the experience of the games. The experienced instructors are on hand to assist everybody and manage the activities with gusto.

## Antur i Blant, Manor Adventure

Cwmni sydd a'i bryd ar ddod â'r gorau allan o bobl drwy wethgareddau awyr agored cyffrous yw Manor Adventure ac mae ganddyn nhw ganolfan yng Ngwesty Llyn Abernant ar gyrion Llanwrtyd. Maen nhw'n darparu gwyliau antur ac yn gweithio i grwpiau ysgol a chymuned (gweler yr hysbyseb yn y daflen hon)

Maen nhw hefyd yn lleoliad i rai o weithgareddau Campau Amgen y Byd ac i'r Green Events blynyddol.

Yn ystod Pencampwrieth Troelli Cerrig mis Mai (yn flynyddol) ac ym mis Awst (yn ystod blynyddoedd y campau 2016/2018/2020+) maen nhw'n darparu sesiynau rhagflas i blant ar gyfer nifer o'u gweithgareddau, tra bod y prif-weithgareddau yn cael eu cynnal, sydd yn ei gwneud hi'n gyfleus iawn i deuluoedd, os ydych chi'n cystadlu neu'n gwyllo.

Mae pwyllgorau Green Events a Champau Amgen y Byd fel ei gilydd, yn dra-ddiolchgar am y cymorth hyn ac maen nhw'n gobeithio y bydd hynyn gyfrwng i gyfoethogi profiad pobl yn y campau.

## Plank Racing

A new fun race involving a team of four on two planks, each 6 feet long x four inches wide.

A loop of rope from each plank (sic) are attached to the participant. The team of four then have to coordinate their efforts to move themselves the pre-set distance.

## Rhedeg y Planc

Ras ddifyr newydd yn cynnwys tîm o bedwar ar ddwy ystyllen, 6 troedfedd o hyd a 4 modfedd o led.

Mae dolen o raff yn cysylltu pob ystyllen i'r sawl sydd yn cystadlu. Rhaid i'r pedwar yn y tîm o gydweithio yn eu hymdrechion i symud rhyw bellter penodol.



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No one does School Residentials better!

Abernant Lake Hotel activity centre offers exceptional facilities within a 55 acre site. Our 5 acre lake and adjoining river provides a lovely backdrop for our range of outdoor pursuits.

One of the venues for the World Alternative Games

[www.manoradventure.com](http://www.manoradventure.com)



## World Mountain Bike Chariot Racing Championships

To brighten up what could be a very dull month following Christmas and New Year, we have for the past 26 years been celebrating the ancient Roman festival of Saturnalia with a Winter Warmer mini beer festival. A selection of strong winter ales are available, meals are prepared using original Roman recipes, and a choice of activities are available on Saturday. Being unable to find owners willing to allow their horses to be used for good old fashioned chariot racing, we have instead settled for creating the World Mountain Bike Chariot Racing Championships. Teams of 3 compete against the clock and against each other to find the fastest in the world. If racing chariots doesn't appeal, why not spend some time enjoying the self-guided Saturnalia Walk. Taking you to the route of the Roman road which passed near to Llanwrtyd Wells, it is an opportunity to enjoy the beautiful surrounding countryside and work up an appetite and thirst for the evening festivities. Simply pick up the leaflet for a route description and map. There are options for 8, 15 or 18 mile routes. The evening sees a toga party in the Neuadd Arms, with feasting on authentic dishes from recipes by the Roman gourmet Apicius, followed by live music and cavorting into the early hours. Chariot racing starts at noon, with practice available from 11am.

Online entry is available via our website.

During the World Alternative Games we hold a further Corinthian Chariot Race in the August.

Saturday 25th August at 2.00 pm

2018 Corinthian Chariot Race starts at 2 pm





## Belly Flopping

Contestants stand on the edge of a mud pool, put their heads in the air and jump like gymnasts in to the mud whilst trying to create the largest splash. A panel of judges decide on the winners.

## Bolgwympo

Mae cystadleuwyr yn sefyll ar ymyl pwll o fwd, rhoi eu pennau'n yr awyr a neidio fel mabolgampwyr i'r mwd gan geisio gwneud y sblash mwyaf. Bydd panel o feirniaid yn penderfynu ar yr enillwyr



## The Neuadd Arms Hotel

### Llanwrtyd Wells

Proprietors: Lindsay & Catherine Ketteringham  
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At the Heart of Britain's Smallest Town

Our 20 bedroom family run hotel offers you

- Comfortable accommodation
- Excellent home cooked food
- Log fires
- Real Ales from our own microbrewery

- All rooms en-suite
- Guided walking or biking holidays
- Ideally situated for exploring this beautiful and remote area of mid Wales
- From 1 to 42 people
- Warm and friendly welcome
- Launderette open to the public

We also have available a 3 bedroomed self contained cottage behind the hotel, available for long or short breaks.



#### Brewing Experience Weekends

- Stay at the Neuadd Arms
- Brewing day with the brewer
- Matched food and ales meal
- A case of personalised beer  
[www.heartofwalesbrewery.co.uk](http://www.heartofwalesbrewery.co.uk)

[www.neuaddarmshotel.co.uk](http://www.neuaddarmshotel.co.uk)

# 'Gwedd y Glyn' Holiday Barn

Llanwrtyd Wells, Powys



'Gwedd y Glyn' is a beautifully and sympathetically restored traditional stone barn with a wealth of oak beams and many contemporary touches.

- 5-Star rating by 'Visit Wales'
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[www.holidayletmidwales.co.uk](http://www.holidayletmidwales.co.uk)





## Childrens Bog Snorkelling

An excellent new event was added into our 2016 World Alt Games, and is now run as a yearly event under the banner of The World Alternative Games. This event is a natural competition for those children wishing to compete in the same sport that their parents, grandparents, older brothers or sisters have competed in for years. By the time the children reach the adult category they will surely be future world champions in this unique and world renowned sport.

- Children must be accompanied by an adult or guardian at all times.
- Child must be 8 years old.
- Categories 8-10 and 11-13 years old.
- The bog is 2.5 feet deep and 40 yards long.
- 8 -10 yrs old to swim 40 yards, 11-13 yrs old to swim 80 yards.
- Children must wear goggles and snorkel, fins optional but recommended. It is not necessary to wear a wet suit.
- Breast stroke swimming not allowed, but doggy paddle is fine
- Children should try to keep their head underwater, but may look up to see where they are going.
- No child should swim the length of the bog without an adult present following on the bank who will be carrying a safety rod to help a child in difficulties.
- No child should swim without a first aid person present.
- Competitors will be timed. Children on the 80 yds swim may rest at the half way turn.
- All competitors will receive a Corinthian Medal which states that ' taking part is more important than winning'.
- Gold, Silver and Bronze medals will be presented to winners in categories which include male, female and fancy dress.

## World Bog Snorkelling Championships

This date sees the 33rd annual World Bog Snorkelling Championships in Llanwrtyd Wells - an event that Lonely Planet described as one of the top 50 "must do" things from around the world. Hundreds of participants from across the globe and plenty of spectators are expected once again. The current World Record was set in 2014 by Kirsty Johnson from Lightwater in Surrey, and stands at an amazing time of 1 minute 22.56 seconds. The 2017 World Champion was Neil Rutter with a time of 1 minute 26.15 seconds. In the past we have had bog snorkelers from Sweden, Eire, Australia, France, Germany, USA, Canada, Japan, Czech Republic and South Africa, making this a truly international world championship. There are always plenty of fancy dress entries, with the first prize in 2017 going to a lobster. World Alternative Games events run alongside the Bog snorkelling weekend, including Children's Bog snorkelling, Bog Belly Flopping, Ditch Racing, Bog Dredging, Wife Carrying and Husband Dragging. There are food and drink stalls, crafts, a bouncy castle, live music and a real ale and cider bar on the site, so it's a great day out even if you don't fancy taking the plunge.

Online entries close 7 days before the event, so don't leave it too late! Registration is also possible on the day for a small surcharge.

[www.green-events.co.uk](http://www.green-events.co.uk)

For World Alternative Games events please contact Karen on [kalworldaltgames@gmail.com](mailto:kalworldaltgames@gmail.com), our website [www.worldalternativegames.com](http://www.worldalternativegames.com) or other contacts within this brochure.

Sunday 26th August 2018  
25th August 2019





## Husband Dragging

This is a new event and sees women taking their revenge on the Wife Carrying. It involves the wife running over a slippery surface to a makeshift bar where their husbands are drinking. They then drag their man along the ground before making him complete household duties, after which he returns to the bar.

Congratulations to Singleton NSW Australia where the event first took place.

## Llusgo Gw^yr

Dyma Gornest newydd ble byddwn yn gweld marchod yn dial ar y Cario Gwagedd. Mae'n golygu fod y wraig yn rhedeg dros arwynebedd lliithrig tuag at far dros dro ble mae eu gwŷr yn yfed. Yna meant yn llusgo eu dyn ar hyd y llawr cyn gwneud iddo gyflawni gorwyllion cartre, ac yna mae e'n dychwelyd at y bar.

Llongyfarchiadau i Singleton De Cymru Newydd Awstralia ble gymrodd yr ornest le am y tro cyntaf.





## Wife Carrying / Cario Gwragedd

### Wife Carrying: The Sport of Zeus and Athena Cario Gwragedd: Difyrrwch Zeus ac Athena

Hey Gentlemen – Do you fancy hot women and cold beer?  
*Hei Ddynion – Dych chi'n ffansio marchod poeth a chwrw oer?*

Hey Ladies – Ever dream of being swept off your feet?  
*Hei Ferched – Wedi breuddwydio cael eich 'sgubo oddi ar eich traed?*

If you answered, "Hell yes!" then we have the sport for you!  
The World Alternative Games (WAG) presents Wife Carrying  
like you've never seen it!

*Os ydych wedi ateb, "Diawch do!" yna mae gennym y gamp i chi! Mae Chwaraeon Amgen y Byd (ChAB) yn cyflwyno Cario Gwragedd fel erioed o'r blaen*

Wife carrying is a sport that originated in Finland a long time ago. As legend has it, a bandit named Rosvo Ronkainen led groups of men to steal women and other treats from neighbouring villages. The damsels in distress normally

wouldn't go willingly so they had to be carried. In preparation for the raids, Mr Ronkainen would make his minions prove their worth; that is, display how fast they could run while carrying a woman. The fastest carriers were allowed to join the gang and participate in the raids. From this tradition of plunder and pillage, we now have the sport of the Gods!

#### The WAG rules are simple:

- The course is 255 metres long and the winning couple is the one who completes the course in the shortest amount of time.
- There will be heats and finals.
- The prize for the fastest couple is the wife's weight in beer!
- Couples do not need to be married and same sex couples are allowed.
- There is no minimum weight for the 'wife.' Little people and dwarf carry is encouraged!
- Bonus prize for the husband who completes the course with the heaviest wife!
- Special prizes for fancy dress!

The wife carrying party will include live music, loads of booze, and wife carrying enthusiasts from around the globe! Join us in Wales!



## Underwater Rugby Match

Underwater Rugby will be held at some point during this year with date and time TBC. We had a very successful first game in 2015, this was held in Llanelli, and was a match between Wales and England. Wales won that time around!!! This sport is played underwater, with two teams of six players trying to score goals with a slightly negatively buoyant ball (filled with saltwater) into the opponents' goal. It is a fast and exhausting game – therefore, there are six subs on hand to replace their players on the fly.

[Keep watching our website/facebook for details.](#)

## Gêm Rygbi Tanddwr

Cynhelir Rygbi Tanddwr rywryd yn ystod y flwyddyn gyda'r dyddiad a'r amser i'w cadarnhau. Cawsom gêm gyntaf llwyddiannus iawn yn 2015. Fe'i gynhalwyd yn Llanelli Rhwng Cymru a Lloegr a'r tro hyn roedd Cymru yn fuddugol!!! Camp danddwr yw hon gyda'r ddau dîm o chwech yn ceisio sgorio yng ngôl y llall â phêl (wedi'i llenwi a dŵr hallt) sydd yn suddo yn araf. Mae hi'n gêm gyflym a chaled – felly mae chwech i bob tîm ar y fainc yn rhydd i ymuno lle bo angen.

Cadwch lygad ar ein gwefan/tudalen Facebook am y manylion.



## Boat Tug of War

We've all seen a traditional tug of war, but you probably haven't seen one in a rowing boat... enjoy THIS SPECTACULAR event at our fourth World Alternative Games.



## The Welsh International Four Days' Walks

The aims of the walks are to provide a focal point for people who enjoy walking, encourage physical activity, provide a challenge and show off some of the picturesque countryside surrounding Llanwrtyd Wells. The Festival is a qualifying event towards the award scheme promoted by the IVV (International Federation of Popular Sports). Running since 1980, this 4-day long event attracts entrants from Europe and further afield. The non-competitive walks offer a great social opportunity for likeminded people, some interesting and technically challenging walks and some of the finest scenery in Great Britain. There is walking available on any or all of the four days and each day offers way marked routes of 12 or 20 miles long as well as shorter, 5 and 8 mile family-friendly guided walks. The routes are designed to ensure you experience for yourself the magnificent area in which we live, taking in mountains, moorland, streams, forests and rivers. Certificates are presented to every individual completing their chosen routes. There is entertainment each night and the week culminates with the "Blister Ball" on the Saturday night with live music at the Neuadd Arms Hotel.

Wednesday 19th – Saturday 22nd September 2018  
18th-21st September 2019



## Quadrathlon

This is another new event for the Games and still in the process of development. It will consist of a competition of four disciplines;

- Cycling (*please bring own bikes, not a road bike due to the terrain*)
- Running
- Canoeing (*using sit on top kayaks*)
- Archery

Come along to the Manor Adventure's Centre and take part in this fantastic new event in 2016.

## Cwadrathlon

Dyma Gornest newydd arall i'r Chwaraeon sy'n dal i fod yn y broses o'i datblygu.



## Ron Skilton Memorial Half Marathon

Following the sad death of our Treasurer and good friend, Ron Skilton, to Motor Neurone Disease in December 2005, this event was added to our Green Events calendar. In his younger years Ron was a keen runner and cyclist so we felt that a half marathon would be a fitting tribute and a way to remember him and celebrate his life. The route for the half marathon is a figure of 8, mainly off-road and approximately 13 miles long. The scenery is magnificent and the course challenging as the area is mountainous. Feedback from previous years is that it is great fun, well marked and marshalled, and people are keen to come back and do it again! The competition is open to individual runners and 2 person relay teams, and the event is used to raise funds for the Motor Neurone Disease Association in Wales. Entry is possible in advance via the website or on the day for a small surcharge, and the race starts at 11am from the Town Square.

Sunday 21st October 2018  
20th October 2019

## Real Ale Ramble

The Real Ale Ramble is exactly the same concept as the Wobble, but this time for walkers. It starts from the Town Square between 8am and 9.30am and follows way marked routes of 12 or 20 miles with free real ales available at the checkpoints! There are also shorter guided walks for less hardy souls (or those nursing hangovers). Walks take place on both the Saturday and Sunday, with live entertainment in the pubs on the Friday and Saturday evenings. Enter online via our website, or on the day for a small surcharge.

25th November 2018  
23rd - 24th November 2019





## Real Ale Wobble

In conjunction with Mid Wales Beer Festival

Whether you are a hardened mountain biker or a fun rider who happens to like a drop of real ale, The Real Ale Wobble will be right up your street. The wobble is a non-competitive event marking the beginning of the 10-day Mid Wales Beer Festival. With courses for both serious bikers and enthusiastic amateurs, anyone can give the event a go. Routes are way marked and marshalled, with 2 check points along the way and one at the finish where beer tokens can be exchanged for locally brewed real ale (water, hot drinks and soft drinks are also available). The scenery is superb, with routes through some of the most delightfully unspoilt mountains and forestry in this hidden gem of a location in the heart of Mid Wales. Evenings offer an opportunity to try out many of the Real Ales, Ciders and Parries from the extensive selection available across the festival venues, and enjoy some excellent local bands that provide entertainment on the Saturday evenings. Pre booking is advisable - online entry up until 7 days before the event. Friday night pre-entry will also be available from 6pm until 9pm at the Bromsgrove Hall, and entry on the day is available at a £5 surcharge. For safety all participants MUST check in on the [www.green-events.co.uk](http://www.green-events.co.uk) 17 mornings at the Bromsgrove Hall from 8 until 9.30am. At check in you will receive your number board and (perhaps more importantly for you) your beer tokens. There is a choice of routes ranging from

15 miles to 25 miles approx. All will have technical sections, but these will be marked with easier options available - the ride will be suitable for all abilities Mass start from the Hall at 10am with a short briefing just before. Please 'like' our Face book page 'The Real Ale Wobble' for more updates.

Saturday 17th November 2018  
16th November 2019

## New Year Walk In

You are invited to take part in a short walk leaving the town square at 10:30pm on New Year's Eve (there is no pre-entry - just turn up suitably dressed). Carrying burning torches to light the way, the procession follows the "Mari", a decorated horse's skull carried on a pole by the leader, to the Abernant Lake Hotel on the outskirts of town. Here there is a re-enactment of the ancient Welsh tradition of "Mari Lwyd", where there is an exchange of challenges and banter in verse between the bearer of the "Mari" and the occupants, in an endeavour to gain admission and refreshment. The bar is open for swift sustenance before returning to the town square in time for the midnight celebrations. On New Year's Day to help you recover from the excesses of the night before and to shake off those hangovers, we offer a 6 mile guided walk starting at 11am on New Year's Day from the town square.

Monday 31st December 2018  
31st December 2019

## New exciting road race for Wales The Devil's Staircase Road Race

A new running road race will take place in September 2019 (precise date to be confirmed) from Llanwrtyd Wells to Tregaron. The following year the route will be reversed. The distance will be 22 miles and the route will take in Abergwesyn, the iconic Devils Staircase and the most isolated chapel in Wales the Soar y Mynydd.

Look out for more information on the Green Events website and Facebook.

## SPONSORSHIP OPPORTUNITIES

All of our events are a wonderful opportunity to promote your club, charity, event or anything at all so please keep this in mind when entering for any of our events or activities.

Also if anybody would like to sponsor one of our events please contact Karen on 01591610836 or [kalworldaltgames@gmail.com](mailto:kalworldaltgames@gmail.com)



### Universal Translators

The Universal Translators 3 piece band members come from Brecon, Hay on Wye and Llanwrtyd Wells. "We like to play all sorts of music which range from the Rolling Stones through Police, Queen, David Bowie to Blur, Maroon 5 and the Stereophonics. We try to find the great songs that other bands don't do but everyone loves". Tony Egan

Daw aelodau Band 'The Universal Translators' o Aberhonddu, Y Gelli Gandryll a Llanwrtyd. "Dyn ni'n hoffi chwarae pob math o gerddoriaeth o'r Rolling Stones i Police, Queen, David Bowie i Blur, Maroon 5 a'r Stereophonics. Dyn ni'n ceisio dod o hyd i ganeuon arbennig mae pawb yn eu hoffi ond sy ddim yn cael eu perfformio gan fandiâu eraill". Tony Egan



### Dangerous Dave

Back once again by popular demand is Dangerous Dave and his band. Always on song, meets everyone's taste. Not to be missed.

### Sean Saye

Capturing the retro vibe with classic songs from the 50's 60's and 70's. Sean is well known at the Stonecroft for creating a great party atmosphere, with plenty of songs to dance or just sing along to.

An accomplished guitarist and singer, Sean brings his own style to well-loved songs.

Catch Sean Saye (singer/songwriter) on youtube and [www.seansaye.com](http://www.seansaye.com)

### Sean Saye

Gyda chaneuon clasurol o'r 50au, 60au a'r 70au. Mae Sean yn adnabyddus yn y Stonecroft am greu awyrgylch hapus a gellir dawnsio neu ganu gydag e wrth iddo berfformio ei bentwr caneuon. Yn gitarydd ac yn ganwr medrus, daw Sean â'i ddull unigryw i ganeuon poblogaidd.

[www.seansaye.com](http://www.seansaye.com)



### Di Enw

Di Enw is a community twmpath band who play a variety of folk tunes to get you dancing or just foot tapping!

Members who are all local will entertain you at your special occasion - we also have a dance caller to help you enjoy the dancing.

