



FESTIVAL: There will be a trail of short stories around Cilgerran Castle.

Follow the trail of the thimble story

GREAT things come in small packages when it comes to the Festival of British Archaeology at Cilgerran Castle.

They have a series of activities based around a 16th century thimble found during an excavation a few years ago.

Visitors to the castle until this Sunday, July 29th, will be able to follow a trail of very short stories of up to 20 words written on stones around the castle. The stories have been composed by local authors, children,

Cadw staff, Twitter followers and AM Paul Davies, pictured adding the finishing touches to his story.

Visitors will also be able to try their hand at embroidery with a series of designs ready and waiting for experienced and novice stitchers alike – with help on hand if required.

This afternoon (Wednesday) younger visitors will be able to enjoy storytelling in the castle from midday.

For more information call 01239 621339.

Rowers plan for an oarsome challenge

A DINAS man who is planning to row the Atlantic next year will be bringing his boat to Newport next weekend.

Ed Curtis, along with friend Nick Rees, is planning the oar-some adventure to raise money for Breakthrough Breast Cancer.

The pair will be testing the limits of their strength and endurance during the 2013 Talisker Whisky Atlantic Challenge. They will row 24 hours a day in two hour shifts covering 2,600 nautical miles from La Gomera in the Canary Islands to English Harbour in Antigua.

During the crossing they will row unsupported and self-sufficiently, battling unpredictable and extreme weather, with waves sometimes over 40 feet high.

The journey takes on average 50 days to complete. The pair will burn 8,000 calories a day, losing 20% of their bodyweight.

Ed and Nick hope to raise £250,000 for Breakthrough Breast Cancer. They were inspired to take on the lung-busting challenge after Nick's wife and Ed's lifelong friend, Ellen, was diagnosed with the condition at the age of 33. Ellen had to go through

By Becky Hotchin

treatment while taking care of her two children, who were just one and three years old at the time.

"Following Ellen's breast cancer treatment we had to do something to fight this disease which affects so many," said 37-year-old Ed, who now lives in north Wales.

"I love a challenge and there are few bigger challenges than this. We have to be a bit mad to take this on, but we should get through it because we are both very determined and, more important, close friends."

The pair have already bought the winning boat from last year's race and renamed her Breakthrough Atlantic. They will be bringing her to Newport Boat Club, as part of the Dinas Head rowing race, at around 12.30pm on Saturday, July 28th.

"We want to show her off and hopefully raise some money," said Ed.

To find out more about Ed and Nick's challenge visit www.breakthroughatlantic.com. To donate £10 text 'ROWA88 £10' to 70070.

becky.hotchin@westerntelegraph.co.uk



CHALLENGING: Dinas native, Ed Curtis, will test the limits of his strength and endurance when he rows the Atlantic next year.



ON VIEW: Ed will be bringing the Breakthrough Atlantic to Newport Boat Club this Saturday.

OAPs travel back in time

OUTING: Members of the Ambleston and Tufton senior citizens group (pictured) enjoyed an outing to Llancaiach Fawr Manor, near Nelson, Treharris recently. The group was transported back in time to 1645 by the servants of Colonel Edward Pritchard, then sheriff of Glamorgan. The group's 2012 programme is part-funded by a grant from the Big Lottery fund through Awards for All Wales.



Carnival royalty chosen

SITTING PRETTY: Fishguard's carnival queen Jessica George, pictured second from right is sitting pretty in preparation for the town's carnival on August 25th. Jessica's attendants are from left to right Lily Cox, Becky Watson and Angharad Evans.

Pic by Johnny Morris.

Ambleston:

100 CLUB

THE winners of the June draw of the Ambleston 100 Club were: £20 Julian Harries, Woodstock; £10 David Bushell, Walton East; £10 Mrs D. Rees, Woodstock; £10 Sally Evans, Little Newcastle; £10 Mona Morris, Letterston. The winners of the July draw were £50 Lowri Moffett, Crundale; £10 Val Smith, Crundale; £10 Margaret Lewis, Ambleston; £10 Mostyn Phillips, Clarboston Road; £10 Eric Harries, Woodstock.

St Davids:

RED CROSS

TWO Red Cross members carried out a two-day collection at Tesco in Milford Haven during Red Cross Appeal Week. They raised £592.18.

Newport:

BRIDGE CLUB

Newport and Dinas Bridge Club results for July 4th. 1, Anthony Stevens and Phil Roberts; 2, Rosemarie Barr and Chris Draper; 3, Annie Washbrook and Tony Mitchell.

Produce your own publication

Prices start from as little as £51!



Ideal for:

- **Businesses**
- **Schools**
- **Associations**
- **Internal Newsletters**
- **Special Occasions**
- **Support existing Marketing Campaigns and much, much more.**
- **Print from 1 copy to thousands**
- **Full Design Service available**

Visit: www.my-newspaper.co.uk

my-newspaper.co.uk is brought to you by Newsquest Media Group Limited.