



# LES CROUPIERS RUNNING CLUB NEWSLETTER No 1

THE SLOB WHICH REGULARLY FIELDS AN ENTHUSIASTIC TEAM  
WILL BEAT A TEAM OF INDIFFERENT ELITISTS

1 March 1982

## EDITORIAL

One of the best features of our club is that it is far more of a "club" than any other running club I have observed. In fact if we didn't all meet to run together we would have to have formed as a bingo or bowls club. However, we are growing as a healthy club should with a membership of over 100 spread quite far afield. This can present communication problems so the point of the newsletter is to let everyone know what is going on and let people air their views on things they like/dislike, or air new ideas. One of the first major decisions we have to face is whether we should actively encourage children into the club for cross-country teams. Let me have your views.

Since our formation we have had many outstanding individual and team successes and our cross country team now lies 5th in the Gwent League. Outside recognition shows in the fact that we have been asked to organise the Barry Half Marathon and the Barry Carnival Race.

We are looking into the possibility of producing a club badge. The probable cost would be under £1. This could be awarded to members for either:

- a. Running all Gwent Leagues in one season.
- b. Running "X" number of 10's, half marathons etc.
- c. Running a 2hr 10min marathon !!!

Any suggestions on this will be welcomed. I've got to go now to catch the bus to Woking. Oh! the results from Birchfield have just arrived: M. McGeoch's British Bulldogs - 4  
R. Evans - injured

Have a good run.

Ed

## CROSSROADS

To be in the company of such fine athletes felt good. Les Croupiers Running Club; a sort of camera with daps. How the intellect flowed..... Quintin Crisps running secrets, how Lady Diana lost Howard, who was the subscriber for a membership of E.X.I.T. for Woodie? What Brendan Foster said to Sean and how it was physically impossible. Had Arthur Angus commented on Dennis's legs? Such fine minds at work.

I gazed through the haze of "Mad" Morris's third cork tipped woodbine, and noted the redundant glassware that bespoke of Kennedy's presence, and relaxed. Howard rose, several members gulped their beer.... new members obviously. After monosyllabic grunts of Celtic encouragement from "Svengali" Galloway, Brown addressed the throng. Despite his explanation, it became clear that the topic was hotel accommodation for the London Marathon. He braved the banter. Was it built yet? Why did the staff wear Salvation Army uniforms?

Cont'd..

Would Mike McGeoch need a hammer and nails to make his bed? "Ghengis" Wood bared his fangs into a thin smile.

"Tiger" Brown (to the footballing cognoscenti) remained cool, and only once glanced at Seans jugular. "Morganstown" Gullidge however had dropped the Radyr Gazette and looked troubled. Then "Tiger", the same man that had sent begging letters to the Samaritans, asked for money! Even Mad Morris stopped giggling behind his copy of 'Sunny Stories' I could sense the unsaid questions. How much was the air fare to Barbados? Eyes squinted as they tried to picture Tiger in a Hawaiian Shirt and mink daps. Woody's unwavering inquisitive gaze had all the dangers implicit in a bag of ferrets down Maldwyns combinations. Howard looked defensive, but after prising open his wallet and looking at that wonderful photograph of him climbing the north face of Cefn-On, colour returned to his cheeks. The twinkle in the eye, that reminded Old Ladies from the Sunshine Homes of Paul Newman, returned "And its three to a room".

Stroller

#### A RACE WITH A DIFFERENCE

Eldersfield - where's that I hear you ask. The fact is it's a tiny farming village in rural Gloucestershire about 10 miles north of Gloucester. Not perhaps the ideal spot for a race, but for those of us who enjoy a pint or two after a run - and let's face it, who doesn't - the Eldersfield Beer Race is indeed a race with a difference.

It's a race without glamour, there are no medals to be won - just beer, which every finisher receives. Changing facilities - if you can call them that- are just in the form of a barn at the back of the Greyhound Inn, and if you fancy a shower after the race you'll be disappointed, for a couple of buckets of cold water with sponges are all that will be provided.

The course itself is two laps of narrow twisting farm lanes,  $4\frac{1}{4}$  miles in all, boarded by hedges, narrow enough for me to have to jump into a ditch last year to avoid two horses!

This year will be the 10th Eldersfield Beer Race and despite its humble surroundings, past winners include John Graham and Julian Goater. It is traditionally held on Spring Bank Holiday Monday, this year May 30th, at 11.30am - in other words early enough to be able to enjoy a few pints afterwards. And while you rest your aching feet, a group of local Morris dancers perform in the road outside the pub to give the day a real festive air.

That for me is what makes the Eldersfield Beer Race so special - it's more of a carnival than a race and its atmosphere is unique. So if you enjoyed Birchfield, reserve May 30th in your diary for Eldersfield - a race with a difference.

Mike Mc Geoch

#### THE VET SET

Congratulations to John Thorne for being 1st over 50 vet in the Welsh Cross-Country Championships.

**Veteran:** grown old in service; experienced by long practice; car: Car of date before 1904.

**Runner:** Runner of date before 1942 (man) or 1947 (woman).

We now have 22 veterans in the club. Most of these compete on a regular basis. For those who do not know, a man becomes a veteran at the age of forty and a woman at the age of thirty five. They are then graded as follows:

Men 1a: 40 - 44 years

1b: 45 - 49 years

2a: 50 - 54 years etc

Ladies 1a: 35 - 39 years

1b: 40 - 44 years

2a: 45 - 49 years etc

## Vet's in Profile

Our president Gordon McIlroy is the present Welsh Veterans marathon champion. He won this title last August at Newport. Gordon has been running competitively for about 9 years. His first race was the 'Pencoed Four' in a time of 22mins 30 secs. His first 'ten' was at Epsom with a time of 58mins 40 secs. His present p.b's are:

10 miles - 50 mins 51 secs  
½ marathon - 70 mins 08 secs  
marathon - 2h 28m 03 secs

He was the first veteran runner home in the recent Cardiff marathon.

Another popular vet is Errol Alexis (code 1b). He was born in St. Vincent, West Indies. At the time of the Moscow Olympics his marathon time was faster than the representative from St. Vincent who was to run for his country. Errol has pb's of

10 miles - 61 mins 40 secs  
½ marathon - 83 mins 23 secs  
marathon - 2h 59m 47 secs

He was also a member of the winning T.A. team in the British Army Marathon Championships.

In the over 50's we have John Thorne who is the Welsh O/50 10 mile champion, a title that he won at Bridgend last year. His pb's are:

10 miles - 61 mins 45 secs  
½ marathon - 84 mins 32 secs  
marathon - 3h 14 mins

John, during the recent Welsh Cross Country Championships, was first man over 50 home for which he won a shield.

Not forgetting the ladies, Ruth Mann won the ladies race in the Tredegar/Caerphilly ½ marathon. She has only been running about nine months. Her time was 1 hour 34 mins 25 secs. Her first race was the Cardiff Marathon which she finished in a time of 3 hours 35 mins. She also runs in the Gwent Cross Country League.

Are you a Vet? Have you any news for Vets? We will be interested to hear from you. Remember - 'When the going get's tough,

The tough get going'

Cheers,

Geri Atric

Members address list - please amend D. Gullidge address to read:  
51 Pentwyn and phone number to 842907.

Personal. We also have a personal column. Let us have your messages (anonymous or otherwise. I'll print anything unless it's about me).

Maurice - Congrats on coming 140th in the Welsh X-C Champs - Steve Jones

Sean - Contact me immediately! - Your Psycho- Analyst

Denis Gulleridge - Your position as 'MOLE' has been discovered. Return to HQ - Wedgey B

Howard - Is your leg for sale? - A. Negus

Alex - How old are you REALLY? - Ed

Woody - I love your bum - Anon

PHOENIX SPORTS - is located in Rhiwbina village. It is a well stocked sports shop, catering for all sports but particularly specialises in road running gear. Discount is given to all members of Les Croupiers, so any new members wishing to purchase new running shoes etc. would find it worthwhile to visit the shop which always has a relaxed, friendly atmosphere!!

## CASTLE TO CASTLE

It was after euphoria of a too long run in the snow a couple of Thursdays ago that we were sitting in the bar of the Sports Centre listening to Howards plan to run the length of every river in Wales wearing inflated water bottles on his feet when John Thomas's record run was conceived. Johns plan is to set a record run from Caernarvon to Cardiff Castle with a relay of runners each completing 10 miles. Next year is the 'Year of the Castle' which helps from the publicity point of view. John has already made approaches to the 'Castle People' and they seem enthusiastic. Johns route which will probably be run in June is:

### Caernarvon Castle - Cardiff Castle

Caernarvon A4085  
Beddgelert  
Pont Aberglaslyn A4085 (To join A470)  
Dolgellau  
Fork at Commaes Road  
Carno  
Llangurig  
Rhanyadader  
Builth Wells  
Brecon  
Merthyr Tydfil  
?  
Cardiff Castle

Anyone interested contact Maurice

## ROB ATKINSON'S BIT

It was suggested at the AGM on Sunday, 31st Jan that another training night should take place on Tuesdays at 6.30pm at the National Sports Centre. As a start a dozen of us turned up on Tuesday last and had a very enjoyable run. If anyone else would care to come along there will always be someone else to run with. We met exactly the same way as on Thursdays.

Also, I believe some members are interested in fell running ie running on the mountains. There are a number of events in Wales although the majority are in the North of England. Also there are events in orienteering, which is a little bit more technical but not too difficult to learn as a relaxing change to the monotony of road running. If anyone is interested in fell running/orienteering could they please let me know as I would like to set up a small section aside from road running. I don't want to circulate fixture lists etc. to those who are not interested so it is imperative I know the names of interested members.

Bob Atkinson

## LONDON MARATHON

If you are in let me know - Jeff Wood tel Cardiff

Anybody wishing to raise money for a worthwhile cause, contact Dave Galloway, who will give you a sponsorship form for Dr Barnado's.

## LOST, FOUND, NOTICES, FOR SALE ETC

Birmingham Marathon - 2nd May - I've got a guaranteed entry that I want to dispose of -  
Tel Ruth Mann - Cardiff 612277

Anyone wanting to sell anything let me know - Ed

## WANTED

Non-running volunteers to provide a backup team for 'Caernarvon - Cardiff Relay'.  
Tel Rob Evans - Penarth 705286

TRAINING WEEKENDS. Is anyone interested? If so, contact Jacqueline.

## MEET THE COMMITTEE

If you have any ideas, comments or grumbles get in touch with any committee member.

Dave Walsh - Chairman  
Jeff Wood - Secretary  
Maurice Prendegast - Publicity  
John Thorne - Treasurer  
Jeff Astor - Statistician  
Ruth Mann - Ladies Representative  
Mike Davies - Junior Liaison  
Dennis Gullidge - Vets Representative  
Mel James - Committee Member  
Rob Evans - Captain  
Wendy Evans - Committee Member

## NEWSLETTER TEAM

Paul McDonald Tel 78674  
Maurice Prendegast - Editor Tel 613402  
Sean Tresilian - Fixtures Tel 492667  
Jacqueline Hulbert - Production Tel 6259

Newsletter Copy. The newsletter is bi-monthly. All news for the next newsletter must be in by Thursday April 29th.

Fixtures. Sean Tresilian - Let me know of any fixtures you want included.

Savings. We are starting a "Savings Club" for a club trip later this year. The alternative trips suggested at present are a half marathon in France on 14-15 August 1982, or the Dublin Marathon on 26th October 1982. If you would like to deposit some money for a club trip see Mel James or Clive Luty.

## MY EXPERIENCE OF THE 'WOKING 10'

This was my first race away with Les Croupiers and a thoroughly enjoyable one. For me, the fun started on the bus having a race with Rob Evans to sell raffle tickets (I think I sold the most!!!). Everyone was in good spirits and looking forward to running on a course that is conducive to fast times. I was more nervous than usual because I wanted a good time and knew that I had not done the training for it.

We stopped for 30 mins at a service station and I thought to myself "Ah! look at those fresh cream cakes". Mike McGeoch was watching me and made me feel guilty so I settled for a scone and butter. My fresh cream cakes give me energy to run Mike.

We arrived in plenty of time only to see the start jam-packed with athletes. I took one look at the programme and panicked when I saw all the ladies that had entered. I knew I would be lucky to get in the top 15.

The gun fired, and a mass of runners and joggers made their way across bodies sprawled on the ground. People had fallen before they even reached the start line. It took me 42 secs and I was not far from the line at the start. After a mile or so I could see Jeff Wood, but I must have overtaken him because he passed me again after 3 miles. I lost sight of him but then he was 80m or so ahead of me. I knew I had to chase him because he was one person I wanted to beat. The miles passed us by and I was 8th lady with Jeff still 80m in front. After 8m I passed Mel struggling along and I could see a lady just in front of him. I chased her and passed her realising that she had passed me after 2 miles. Knowing I was 7th lady I was desperate to get in the top 6 but there were no other ladies in sight. 9½ miles gone and I saw a lady struggling about 20m in front of me so I knew I had to work hard as I had already sped up. I came around the corner and the tape was upon me without realising I was so near. Just in front I saw Eric Tappin just two places ahead of me (3 secs). I was mad with myself because he beat me in the Handicap 10.

Well I did not catch Jeff (this time) but the highlight of my day was beating Lesley Watson for the first time, not to mention being 6th lady.

Did I hear somebody shout "Les Croupiers, 6th team"? What a shock to us all. That really gave us something to celebrate. Now we have left our mark on the London fraternity which will certainly give Cardiff something to think about!!!

Jacqueline

FORTHCOMING FIXTURES MAY - NOV 1982

March 13th	Gwent League	Swansea
March 21st	$\frac{1}{2}$ marathon	Neath
	$\frac{1}{2}$ marathon	Bath
March 28th	$\frac{1}{2}$ marathon	Barry (organised by us)
	7 $\frac{1}{2}$ mile road race	Llanelli
April 3rd	British Breweries 10.5k	Major
April 4th	Welsh Road Relays	Cardiff
April 10th	Newport 10	Newport
April 12th	Bath 10	Bath
	Pencoed Road Races	Pencoed
April 18th	Aberdare Road Races	Aberdare
April 19th	Finchley 20	Finchley
May 2nd	Peoples Marathon	Birmingham
May 3rd	May Day Road Races	Cardiff
May 9th	London Marathon	London
May 23rd	Kingswood Festival Marathon	Bristol
	$\frac{1}{2}$ marathon	Peterborough
May 30th	4.2km Beer Race	Eldersfield
June 5th	Saru Helen Hill Race 16 $\frac{1}{2}$ m	
June 12th	Poly Marathon	Windsor
June 19th	Dursley 10	Dursley
June 20th	Offas Dyke 15m X-C	Offas Dyke
July 3rd	Churchdown 10	Churchdown
July 18th	Masters & Maidens 15	
July 25th	Bristol Marathon	Bristol
August 22nd	Pony Marathon	Bolton
Sept 4th	S L H 30	London
October 2nd	Wimbledon 10	Wimbledon
October 9th	Masters & Maidens Marathon	
November 17th	Salisbury Plain 15	Salisbury
November 14th	Tipton 10	Tipton
	London RRC 25k	London
November 21st	Vale of Neath 10	Neath
	Rhymney Valley $\frac{1}{2}$ marathon	Rhymney

Sean Tresilian  
Fixtures Ed

If anyone knows of any races that they think the club might be interested in please contact Sean.