



LES CROUPIERS RUNNING CLUB NEWSLETTER No. 2

If you think you're beaten you are;
If you think you'll lose, you've lost;
If you think you're outclassed you are;
Lifes battles don't always go to the stronger or faster man;
But sooner or later the man who wins is the man who thinks
he can.

April 82

EDITORIAL

During the recent campaign for a new running track in Cardiff a councillor stated that there was no demand for such a facility. (What he meant was that there was little political gain in it for the council). I wonder where this councillor was when 4,000 ran in the Cardiff Marathon and 1,500 in the Barry Half Marathon.

Public and press support and cash are poured in to prop up a third possibly soon fourth rate football club when on our own doorstep Cardiff AAC has one of the finest collection of track and field talent in Britain training in conditions that would lead steptoe to take up darts.

Perhaps it is not surprising that the offer of a running track by a developer was turned down because of its legal ramifications on the planning permission but it was full marks to Bernie Plain for spearheading the lobbying of councillors. Cardiff must be forced to do something off their own back or the boom in professional athletics seen on the horizon with its money spinning athletics circus will pass the capital by. We must remember that if the council were to decide tomorrow to go ahead on the venture it would be four to five years before it would be completed.

Ed

CROSSROADS TWO

Allow Stroller to take the reader behind the scenes before a big race. The ancient spartans would preen themselves before battle, so it is with the modern warriors of Les Croupiers Running Club. The dressing room is heady with the efflurium of Wintergreen, Bengars Balsam, Deep heat, Lily of the Valley..... well, each to his own. Sean bridles as another runner mistakes his nose for a coathook. Tarquin McDonald is seen sprinkling Baby Bio onto his latest bouffant. Each athlete has his own ritual before the start of the race.

"Scattercash" Brown has finished looking under the benches for coins dropped by the cleaners. "Scattercash" is to Barclays, what Ronnie Biggs was to National Giro. He raises a quizzical eyebrow and looks deeply into the mirror.... Why? Why so much? Jeff Aston is seen puzzling over a hot calculator, according to figures gleaned from Dennis Mileage, Wales is the same size as Argentina! "Mayfair Gullidge, ex transport officer and potential Welsh ballet cap, adjusts his racing cravat and checks his life-line to Maldwyn.

Jeff Wood focuses his kamikaze optics, (knicker elastic optional) and casts a look of malevolence in the direction of "Mad" Prendergast. "Mad" feigns insouciance and continues joining the dots in his library book. "Private" Wheeler, running mercenary

and aide-de-camp to the great Errol, hesitates over his choice of running vest - MacAlpines Fusilliers? Sea Scouts? Roedean Reserves?

At fifteen minutes to go everyone heads for the door, the biggest exodus since "Minder" Galloway gave the half eight curfew at junction eighteen (Your Noooo Stopping)!!!

Several PB's were recorded when the bus stopped near the Off Licence.

Against all the odds, will Dennis ever dance again? Will John Thorn be the only papal steward playing a flute? Will the first person to appear at a funeral in the club tracksuit get into the Guinness book of Records? The public demands to know!

Stroller

CLUB CHAMPIONSHIPS

As well as competition outside the club we have 3 Championships within the club. These are:

- a. Road Championship
- b. Cross-Country Championship
- c. Most Improved Championship

Of these the most improved is probably the least known.

The aim of the competition is really what our sport is all about - personal improvement. The competition has been designed to give everyone a fair chance to do well in it. It is based on the improvements made in times for 3 specified distances namely 10 miles, half marathon and marathon. For each of these distances there is a 'target time' towards which improvement is made. Any improvement is related to the progression towards this target time.

The target times are:

10 miles - 45 mins
 $\frac{1}{2}$ marathon - 60 mins
marathon - 2:05

Athlete A 1981 PB 50 mins, runs 49.30 in 1982. Actual improvement = .30
Possible improvement = 5.00 mins
Score = 10 points 10% of possible

Athlete B 1981 PB 65 mins, runs 62.00 in 1982. Actual improvement = 3.00
Possible improvement = 20 mins
Score = 15 points 15% of possible

Previous PB's are taken at each 31 December and the Champion is the athlete whose total improvement score is the greatest.

In order that the competition works properly I must request that any results from road races that you have taken part in should be forwarded to me. The information I need is:

Date
Event
Distance
Position
Time

In the next issue I shall explain the other two club competitions and give current positions.

... AND NOW FOR SOMETHING COMPLETELY RELEVANT

The 1981-2 Cross Country season kicked off in traditional weather at Barry last October (when Rob Atkinson was a runner). Continuous rain the previous week had left rivers pouring across the course and narrow gateways thick with pools of mud. Despite the conditions our senior men ran in a best ever 6th. The monsoons were still testing us at the end of the month. This time, at Bristol, the protection of

our newly acquired tent was appreciated and with a much weakened team we pushed ahead of some of the more established clubs into 5th position overall. Newport were one of the clubs that spotted the danger of finishing the season below the Les Croupiers upstarts and rounded up their "stars" for their home fixture in December. Even with our largest ever turnout (10% of the field belonged to this club) we were unable to match such power, dropping to 7th place. Westbury, Cardiff and Swansea filled the first 3 places in the league at this stage, while the real battle was being closely contested by Les Croupiers, Westbury B, Newport and Bridgend and Dursley. The strength of our club has always been the large number of bodies we can put on the start line for any race. In the Gwent League this has meant that any other team failing to turn up in strength will finish the season below us. This policy has paid off in the last two fixtures when we overhauled Dursley at Bridgend, and Westbury B in the final confrontation at Swansea. We also withstood the competition of Bridgend to finish just 311 points behind Newport in a creditable 5th position out of the 50 teams that took part. 47 athletes contributed to the club's success in the Gwent League, from Paul Wheeler scoring a total of 1149 points to Phil Saunders who helped out with 29.



Photo: Roger Hackney, wearing Les Croupiers colours, tracking Steve Jones in the Welsh Cross Country Championships. The rest of our team is in close attendance, but unfortunately slightly obscured by the trees.

Our famous blitz tactics were again in evidence at Heath Park in the South Glamorgan Championships just after Christmas. Despite missing the first team prize our three teams finished 2nd, 3rd and 4th places. Though obviously under age, Brian Lee took the 1982 county veteran title, succeeding John Thorne, who was content to come back to the same venue and pick up a prize in the Welsh Championships a month later. As a result of their performances Paul Wheeler, Mick McGeoch and Ray Addis were selected to represent South Glamorgan on the country.

Jeff Aston, Howard Brown and John Thorne all played valuable roles by running in every race in which Les Croupiers took part. Unfortunately nobody ran quite as fast as our worthy 1982 club cross country champion, Paul Wheeler, who ran in all 8 races last winter and together with Mick McGeoch provided the spearhead of our attack on the Gwent League.

3 senior ladies ventured out into the mud for the first time last season, Sonya Moore being the most successful. Hopefully they enjoyed the experience and will form the nucleus of a regular team next October.

Finally a lesson in determination. One of the more important aspects of team racing is the ability to 'pack' well. A fine example was shown by this club at Newport when we put 5 men in the last 9 of the Gwent League. Surely the most outstanding performance of the season. Tipton eat your heart out.

LOST, FOUND, NOTICES, FOR SALE ETC

For Sale: Nike intervalle spikes. British size 9. Good heel support. Worn Twice
Retail Price £21-99
Sale Price £16-95
Sell for £10

Contact G Berwick 19 Northlands, Rumney, Cardiff Tel 793820

For Sale: Nike internationalist. Contact Paul Wheeler Tel 33356

For Sale: Lady Boston Vest and Shorts. Two sets brand new.
Retail Price £12.70
Sell for £8.50 per set

Contact Jacqueline Hulbert 21 Carmarthen Close, Boverton, Llantwit Major
Tel: LM 6259

LONDON MARATHON

The London Marathon party are booked in at the London House Hotel at Kensington Square Gardens W2 for the nights of 8th and 9th May. A full itinerary will be sent to all concerned well in advance.

ENTRY FEES - Will not be refunded for races after 1 Jan 82. Refunds for races entered in the clubs name will be made against the cost of the tracksuit. Let John Thorne know when you have purchased your suit.

TRACKSUITS - now available in two attractive colours (?) from Phoenix Sports at the price of £10.35. Kazoos extra.

FEAR IN BLACKWEIR - A TOME

There has been a lot of controversy lately over the City Councils proposal to put plastic dinosaurs in Bute Park. Because of adverse public reaction the plan has been withdrawn. Obviously the thought of dinosaurs in Bute Park was ridiculous.....

We met one Sunday morning to go out for a run. It was overcast and misty, there was not any sun. Our departure was delayed because we had to wait for Fred in the luxurious environs of Maindy changing shed. We eventually set out when the fog was coming down and we ran towards Blackweir led off by 'Tiger' Brown.

As we ran along the river bank we noticed something strange. The oaks and elms and willows had all begun to change. From the misty forest came the weirdest sounds and huge shapes could be made out in the Castle Grounds. The mist cleared for a while, two shapes came into focus. It was a Tyrannosaurus Rex and a little Diplodocus!!!

Something strange had happened, back in time we had slid, back to prehistoric times when John Thorne was a kid. Our running kit had also changed. 'Tiger' looked quite cute, clad in black and yellow fur, a brand new romper suit. Dave Galloway broke the silence "How could this occur?" As he travelled through the jungle in his kilt made out of fur. David showed no fear, he has nerves of iron. Unlike Machiavelli Prendergast who as usual was cryin'. We told him to shut up in case a dinosaur came for us. A Pteradactyl then swooped down and scared a Brontosaurus. We crept among the giant ferns which really was quite scary. One of the lads had a strange style, he ran just like a fairy.

Suddenly we were spotted by the Tyrannosaurus Rex. We all sprinted off just to save our necks. Boffo Kennedy shouted out "You know that I'm no coward, but to save the rest of us let's throw the creature Howard". How could he even think of leaving Howard all alone. He wouldn't stop the creature, no meat, no skin, no bone.

The sun burst on the scene, the creatures disappeared, the castle grounds looked quite normal it really was quite weird.

Our clothes were back to normal, in shorts and singlet dressed. Dennis Mileage in his tutto with sequins on his vest.

Had it really happened? Are things quite what they seem? Do we know which is reality fantasy or dream?

The Dinner Dance

The dinner dance is to be held at the BP Club in Sully on 21 May 82. A three course meal consisting of roast beef or roast turkey (optional) for the main course. The bar is open until 12.30 and dancing until 1am. Tickets will be priced at £5.50 each. Limited to one member plus their partner. Tickets will be on sale on a first come first served basis. It is hoped to put on a bus from Cardiff, dropping off at the districts on the return coach journey. When purchasing tickets please let Mel James know choice of main course and if requiring coach from Cardiff. Sale initially limited to club members and their partners.

France Trip

There are two proposed trips to France that are at present being investigated. One is a trip to Paris for a 12½ mile race together with 3 nights bed and breakfast. Alternatively, Mick McGeoch is finding out about a smaller race (beer race, no doubt) away from the French capital. Whatever trip is chosen, it will be in October.

THE CASTLES RELAY RUN

Midnight Saturday, 17th July, 1982, will inaugurate the first of many (we hope) round the castles race. The committee and I have met the director of the "Castles 1983 Festival", who was very enthusiastic about our plans. He has promised full support from the Welsh Tourist Board, I.E. publicity - TV, radio and the newspapers, also a reception at each castle will be arranged; a celebrity will be at the start of the run and at the finish. Four mini buses have been promised from British Telecom; sponsor forms for Dr. Barnardds will also be available.

The team will consist of the 20 fastest ten milers. We want two good photographers, for pictorial records (The club will pay for the films and processing). An efficient reporter is required to write a report of the run; photographs and report will then be submitted to National Running magazines to promote our venture.

The planned route is as follows:

Cardiff Castle: Caerphilly Castle: Merthyr Castle: Builth Wells Castle: Welshpool Castle (Powis): Barmouth, Harlech Castle: Criccieth Castle: Caernarvon Castle:

Next year we hope to have two teams running a fast team and a vets team.

John Thomas

DOW CORNING ½ MARATHON - 28th MARCH

The normally deserted Sunday streets of Barry town centre vibrated to the sounds of over 1500 runners as each prepared in his or her own way for the inaugural Dow Corning ½ Marathon.

At 11am the starters gun fired and athletes of all abilities set off at all speeds through the streets of Barry. Within a few hundred yards the initial fear of being trampled to death by green flash died away and I was able to relax from the early frenzy of a fast start. Already the leaders established themselves each running relaxed despite their running speed. Les Croupiers vests were visible everywhere on bodies of varying degrees of fitness. The red and green vest of Mike McGeoch disappeared into the distance, all our hopes on him to do the club justice at the "sharp end".

From the start the people of Barry played a big part in the race as they cheered one and all - some with a little more sympathy than others. The magnificent co-operation of the police evident all the way and I feel that we all would like to extend thanks to them for contributing to a great day.

Five miles came quickly - 31 minutes. I was surprised to have gone so quickly being very uncertain about my form at the moment. Ten miles - "67 minutes" shouted Dave Crudass (I liked him once). No way, I thought. There is no way I had slowed that much. I was angry with myself as I accepted the time. (It appears afterwards that the marker was in fact at about 10½ miles). I was feeling pretty deflated and thought my chance of a good time had gone. The steep hill appeared all too soon and the agon-

ising expressions of many runners were all too evident. I was reaching the top of the hill when one of my bloody third years took a picture of me as leaden legged I topped the brow (I "got" him on Monday afternoon in the Geog room).

The finish appeared very quickly after this and as we turned left towards the sports centre the finish came in sight. I managed a sprint finish passing about half a dozen on the run in. I crossed the line - 1.25. Too tired to worry about this being a good or bad time, I was just glad to have run in such a fine race.

Our 'A' team got 2nd team - a fine achievement and the 'B' team a very creditable 4th team place. Individual placings were: Mick McGeoch 5th, Dave Walsh 8th and a fine run from our top vet, Gordon McIlroy in 10th place. We took all the vet categories-

1st vet 0/40 - Gordon McIlroy

1st vet 0/45 - Brian Lee

1st vet 0/50 - John Thorne

Not forgetting Jacqueline Hulbert who finished a fine 2nd in the Ladies race.

For me the highlight of the day was the Moore boys running in their Les Croupiers vests. I think the future of our club is assured if we have little characters who run their hearts out like this. Well done to everyone.

Sean Tresilian

DOW CORNING HALF MARATHON
RESULTS

5	M McGeoch	1:07:23	221	L Beames	1:27:02
8	D Walsh	1:10:17	225	A McNaughton	1:27:18
10	G McIlroy	1:10:51	232	J Underwood	1:27:43
12	S Griscti	1:11:36	246	P Charles	1:28:16
17	S Johnston	1:12:24	262	J Woodhouse	1:28:51
22	J Aston	1:13:11	263	E John	1:28:56
33	N Webb	1:15:28	266	R Hamer	1:29:00
34	C Ruck	1:15:31	279	P Saunders	1:29:15
43	L Latchford	1:16:12	286	K Masters	1:29:31
44	J Cleall-Harding	1:16:17	293	D Galloway	1:29:46
45	H Brown	1:16:22	303	R Mann	1:30:06
46	J Higgins	1:16:31	315	P Moore	1:30:24
50	M Davies	1:16:50	326	L Williams	1:30:35
58	E Tapper	1:17:46	331	A Moore	1:30:43
66	G Prescott	1:18:24	347	D Kaler	1:31:19
88	B Lee	1:20:20	363	T Fudge	1:31:29
90	J Wood	1:20:07	391	H Reynolds	1:33:01
106	J Hulbert	1:21:15	431	D Gullidge	1:34:23
107	J Thorne	1:21:22	456	P Kennedy	1:34:57
110	M James	1:21:30	465	R Brant	1:35:14
113	T Johnson	1:21:39	519	J Rees	1:36:54
118	P McDonald	1:21:45	520	S Moore	1:36:56
123	B Evans	1:21:54	525	R Addis	1:37:05
130	D Mends	1:22:32	527	J Thomas	1:37:09
131	C Stuart	1:22:33	618	R Cush	1:40:00
149	F Hooper	1:23:24	650	T Moore	1:40:59
153	M Prendergast	1:23:41	710	D Harvey	1:42:49
155	A Jones	1:23:44	731	M Anderson	1:43:31
168	E Alexis	1:24:40	800	S Daunt	1:45:40
175	C Luty	1:25:17	867	M Owen	1:47:50
177	T Smith	1:25:18	901	S Manship	1:49:24
186	D Davies	1:25:35	929	L Rook	1:50:36
187	S Tresilian	1:25:36	954	J Taylor	1:51:46
189	G Berwick	1:25:39	1038	T Williams	1:56:43
191	J Griffiths	1:25:42	1114	D Erickson	2:04:12

PERSONAL

Wendy, can we sleep in separate rooms until my hip gets better? - Rob

Sean, you're wrecking our marriage - Mrs Pshcho-Analyst

Sean, I'm jealous!!! - Jacqueline

ICH HATT'EINEN KAMERADEN - FUEHRER Wood

£10 Phoenix voucher for sale - Bernie

Wanted - someone to massage my injured leg - Jacqueline

Mal, Is your place licenced yet? - Ed

Wanted - A woman for Paul Wheeler!!!

Congratulations to:

Jerry and Joan Cleall-Harding and Mr and Mrs Gil John on the birth of their babies in March.

Jeff and Lynn Aston (who should have been congratulated in our first newsletter) on the birth of Amy. This omission was due to a statistical error.

MEDICAL CORNER

Training for competitive sport is now more intense than ever. Therefore it is no surprise that a large number of athletes are presenting with overuse injuries to their doctors. There are many causative factors which produce injuries in runners and joggers:

1. Rapid increase in the intensity of training. For example, some inexperienced joggers may up their mileage from 20 in one week to 40 in the next, causing knee and ankle complications.
2. Anatomical factors - causing defects in the knees, feet and spine.
3. Surface factors - an abrupt transition from running in sinking sand to running on road, will cause injury to lower leg muscles (especially the anterior tibial muscles).
4. Terrain - hills can cause many injury problems. Running downhill can put extra strain on the knee and patella. For the unfit, uphill running can put unnecessary strain on the heart.
5. Injury is easily caused by the simple mechanics of running. In contrast to walking when weight is evenly distributed on both legs, running imposes all body weight onto one leg at a time.
6. Shoes - injuries caused by worn shoes or merely unsuitable shoes (eg wellies or mocassins).
7. Premature resumption of training after injury.
8. Exercise addiction - this may produce similar psychological problems to drug or tobacco addiction, and withdrawal symptoms occur during enforced rest.

Paul McDonald

GREAT EXPECTATIONS

Recently, Paul McNaughton, a bit of a dark horse runner in the club, ran a superb race in the Cyprus AAA approved marathon. He took the lead after 5 miles and went through 10 miles in 55.20. Then, still leading now by 5 mins he raced past the 15 mile mark in 1:23:15. By 20 miles he had been caught up by the second runner who was now only 300 metres behind, but by 26 miles Paul had pulled clear by 2 mins and won the race in 2:29:13. This was a 20 min improvement on his 5 months previous marathon in Hereford which he also won in a time of 2:49:56. Paul had only expected a 10 min improvement. Surely this must be an incentive for every budding marathoner and marathoness to improve just as greatly in the forthcoming London Marathon.

Andrew McNaughton

Notices continued

Club Badges - have been designed. Prices are being obtained.

Mug of the Month - This will be awarded each month to the person who has performed an outstanding feat for the club.

Subscriptions - For 1982 are now overdue. Get in touch with John Thorne immediately. People who joined after 1st October 81 are OK for 82.

Bar-B-Q - A coming event in the summer on Porthkerry beach - Watch for it (Please don't have it in July. I am already missing the Castle's run by being in Canada - Jacqueline)

Barry Fun Fair - One summer evening (Mick is behind this and the Bar-B-Q)

BARRY ½ MARATHON

It was nice to see the Barry ½ marathon go off so well. Les Croupiers were there in force and everybody seemed to have a good time. Sincere thanks must go to our members that did so much for the event: Jeff Aston, Mick McGeoch, Maurice Prendergast and Dave Walsh. Well done lads.

Paul McDonald

Thanks must also go to the wives and runners not participating on the day but quite willingly helped out with late entries etc.

Jacqueline

THE FESTIVAL RUNNER

The long dark nights are behind us, summer is on it's way, and with it comes the era of the town or village carnival, so many with their own carnival race. (Does that let you drink more Mick? No wonder you like the summer races!!! - Jacqueline). It may not be the race itself that attracts the crowds - usually it's own carnival procession or fairground that does that, but there's no doubt that a large crowd at the finish can make a race all the more memorable and can make every finisher feel like an Olympic champion. First or last - a carnival race can be an uplifting experience, and it's associated "high" can last for days afterwards leaving you hungry for the next carnival event. Here then is a list of just some of the festival-type races in the near future:

MAY

BREAM BEER RACE (near Lydney - 6½ miles) - first one last year on a very hilly course of 3 laps. Well organised, 87 finishers, changing at Bream rugby ground. Morning race, so plenty of drinking time afterwards.

ELDERSFIELD BEER RACE (near Gloucester - 4½ miles) See article in Ace No 1. Another Terry Haines special - don't be put off by last year's Gloucester 19½ or Churchdown 9½. Changing at the Greyhound Inn - if you're in the bar before me after the race I'll have a pint of bitter - thank you!

JUNE

UNIVERSITY 10, WARWICK - Quite a classy race this one, the year I ran it Andy Holden won from Trevor Wright, 200 plus starters. Very scenic course around Kenilworth, pretty fast - one nice feature is that they film the race so you can watch yourself on TV at the presentation. On the other hand, if you've had a bad run you may not want to see yourself....

BRYNMAWR 6 - Not always held and when it has been there have been organisational problems eg one year the start was one round a field and the starter forgot to open the gate! Another tip - mind the cattle grind - if you miss that you could find your running career coming to an abrupt end. Still, there's a cheery festival atmosphere that one would expect from a valleys town. Well worth an evening out (usually a Wednesday) and the beer is cheap.

Q. Why did the chicken cross the road?

A. To get the bend in his favour!!!

NEW FIXTURES

The following list is to be added to the fixtures in Issue No 1.

May 23rd	Vets Inter Counties 10k
May 29th	Newport 15
June 13th	Blaise Castle $\frac{1}{2}$ marathon
June 30th	Open Track Meet - Swansea
July 7th	Open Track Meet - Neath + $3\frac{1}{2}$ mile road race
July 18th	Aberdare $\frac{1}{2}$ marathon
July 21st	Open Track Meet - Swansea
July 28th	Open Track Meet - Barry
July 31st	Barry Carnival 6
August 19th	Open Track Meet - Barry
August 14th	Gwent Marathon - Chepstow
August 18th	Open Track Meet - Swansea
August 21st	Newport 10k road race
August 25th	Open Track Meet - Cwmbran
August 28th	Welsh Inter Counties Track Champs - Powys
September 8th	Open Track Meet - Cwmbran
September 15th	Open Track Meet - Swansea
September 26th	Cardiff Marathon
October 2nd	Gwent League 1
October 3rd	Swansea Bay 10k
October 10th	Bridgend and Welsh Champs 10
October 23rd	Gwent League 2
October 24th	Afan $\frac{1}{2}$ marathon
November 7th	Mike Sully Cross Country
November 13th	Welsh 10k Cross Country
November 20th	Micky Morris Cross Country
November 21st	Neath 10
November 27th	Vets Inter County Cross Country Champs
November 28th	Rhymney Valley $\frac{1}{2}$ marathon
December 4th	Gwent League 3

Newsletter

Postage costs for the newsletter are becoming prohibitive; help if you can by collecting for friends and deliver in your area or on your running routes. We apologise to anyone with articles who missed this newsletter but this issue was brought forward because of the Dinner Dance. All copy for the next newsletter must be in by 17 June to Maurice Prendergast - 161 Heol Llanishen Fach, Rhiwbina, Cardiff.

Newsletter Team

Paul McDonald tel 78674
Maurice Prendergast tel 613402
Sean Tresilian (Fixtures) tel 492667
Jacqueline Hulbert (Production) tel 6259

Change of Address

Please note that John Higgins has changed his address to 131 Cathedral Road, Cardiff.

LADIES CORNER

Well ladies, let us show the men what we can do !!! They have improved considerably in the last year and have left us standing in our wake. It is about time we woke up and showed them what we are capable of. I can officially compete for Les Croupiers as a team member in July. There is nothing to stop us entering races and doing well. What we need now are more ladies. If any of you know anyone you think might like to join, approach them, but make sure that they are not a member of another club first. Perhaps you have some friends who like to go out for a run once in a while, bring them along. I am sure they will like it as there is always somepne for them to run with.

Les Croupiers has been men orientated for too long and it is about time we stood on our own two feet and have as much a say as they do.

Let us look to the cross country season which is only 6 months away. If we can get more ladies now to join us, we have a few months to train hard for the next season. (I had no intention of running cross country next season, but after reading the mens report I have changed my mind). We can do just as well as the men and might even be a force to reckon with as far as Cardiff are concerned. Let's work at it and see what we can do.

Jacqueline

Well! That's all folks. See you next month.