



# FIXTURES EDITION JANUARY 2010

Regular ACE readers will probably have already noticed a difference. With ACE now being on-line, much of the information which we've previously provided for you in our annual statistical round-up is accessible by logging into [www.lescroupiersrunningclub.org](http://www.lescroupiersrunningclub.org)

So, if you want to check out the annual ranking lists at 5km., 10 km., 10 miles, half marathon or marathon, please simply click on Club Statistics under Race Pages. Similarly, if you want to view how you fared in any of our club championships, the information is already there for you. Naturally, the provision of this information is due to a lot of hard work by certain members, so a special thank you to Jeff Aston, Mike Davies, Graeme Donnan and Dave Weeden. However, there are lots more people who have helped out in a variety of ways. Parkrun, for example, a major success story for Les Croupiers over the past two years, is a major source of statistics, as well as the goodwill and numerous other important competitive and social factors. So a huge thank you to Phil Cook and all the Parkrun team. There are a huge number of people who contribute to club statistics, so I hope you've forgive me if I simply say thanks to everyone.

Therefore, the main reason for producing this slimline edition of ACE is provision of information regarding fixtures. For this, I've extracted data from the Welsh Athletics Fixture list, some of which relates to disciplines and age groups which don't really apply to us. Please remember that any information is only as good as when it was produced, so all dates should be checked before deciding to actually compete. Our own club championships for 2010 are also included in this edition.

ACE is nearly as old as the club itself, having been first produced in March 1982. One of the great advantages of having a newsletter on line is that not only can anyone view what's going on now, but it also gives us the opportunity to look back in time. Matt Townsend kindly scanned the very first ACE, which is available and makes interesting reading. The editor of that edition was Maurice Prendergast and he kindly wrote in with the following:

## **ACE Across the Years**

Congratulations on the electronic ACE. A whole technology span from the first one featured. This certainly brought back memories. Not only of typewriters and photocopies but;

Of John Thomas chatting to Woody and me in the Sports Centre. He told us, with a completely straight face about his plans for a Castles Run. John was a quiet man, a real gentleman and it was only after listening to his plan that we realised he was either completely mad or a true visionary. Luckily Woody and I were slightly mad anyway so it flew.

Then there was the snippet from Rob Atkinson wondering if anyone may be interested in Fell Running!

Then the piece from Jacqueline celebrating that the women's team were 6<sup>th</sup> at Woking. We had arrived!!!

Finally, did Jeff Aston ever qualify for a club badge by running all the Gwent Leagues in one season? Incidentally I never found out who Stroller was, I suspect Paul (Boffo) Kennedy. If anyone knows please let me know.

(Mad) Maurice, Editor ACE No 1

# Les Croupiers Long Road Race Championships, 2010

Participants will score points in a maximum of any **six** events from the following fourteen:

|   |                                  |            |
|---|----------------------------------|------------|
| Sunday 10 January   | Richard Burton Memorial 10 kms   | Cwmafan    |
| Sunday 24 January   | Handicap 10 Miles                | Cardiff    |
| Sunday 31 January   | Lliswerry 8 Miles                | Lliswerry  |
| Saturday 20 March   | Rhayader 20 Miles                | Rhayader   |
| Sunday 21 March   | Atlantic College 10 kms          | St. Donats |
| Sunday 2 May  | Castles Relay 10 mile time trial | Cardiff    |
| Sunday 20 June  | Llanelli 10 kms                  | Llanelli   |
| Sunday 1 August   | Brecon 10 Miles                  | Brecon     |
| Sunday 22 August  | Merthyr Police 10 Kms.           | Merthyr    |
| Sunday 5 September  | KRUF 10 Kms.                     | Cardiff    |
| Sunday 12 September   | Chippenham Half Marathon         | Chippenham |
| Sunday 26 September   | Swansea Bay 10 Kms.              | Swansea    |
| Sunday 17 October   | Cardiff Half Marathon            | Cardiff    |
| Your best (chip) time in a marathon, provided it is on a certified road course, and there is an electronic link to results to make your performance verifiable. |                                  |            |

# Les Croupiers Short Road Race Championships, 2010

Participants will score points in a maximum of any **five** events from the following twelve:

|                           |                         |                      |
|---------------------------|-------------------------|----------------------|
| Tuesday 11 May            | Rose Inn 4 Miles        | Redwick              |
| Friday 14 May             | Run & Become 2 Miles    | Cardiff              |
| Wednesday 19 May          | SSAFA 5 Kms             | Cardiff              |
| Wednesday 26 May          | Merthyr Mawr Lane 5 km. | Bridgend (Mob Match) |
| Friday 4 June             | Run & Become 3 Miles    | Cardiff              |
| Tuesday 8 June            | Rose Inn 4 Miles        | Redwick              |
| Wednesday 23 June         | SSAFA 5 Kms             | Cardiff              |
| Friday 9 July             | Run & Become 4 Miles    | Cardiff              |
| Tuesday 13 July           | Rose Inn 4 Miles        | Redwick              |
| Wednesday 21 July         | SSAFA 5 Kms             | Cardiff              |
| Tuesday 10 August         | Rose Inn 4 Miles        | Redwick              |
| Thursday 19 August (prov) | Club 5 Km. Time Trial   | Cardiff              |

**PLUS:** Your fastest time achieved in a Parkrun 5 km during 2010.

NB. In the case of the Marathon (long course) and Parkrun (short course), points will be allocated on the same scale as in the other events, but by the use of the club ranking lists – so it is in your interest to inform us of when and where you've run.

The above championships were drawn up using information about races which we've used in the past, but also using suggestions by members on the forum – we like to think we're a listening organisation! Please note that all information supplied is as correct as we've had at the time of compilation (17 December) – but we will try to give you advance warning if any changes become necessary.

NB. As a bonus and an incentive, the Chippenham Half Marathon will be an official club "Awayday" and free transport to the race will be provided.

## Off-road championship races for 2010

Remember there are 13 races and 5 to count. The 5 highest scores for an athlete will be used to consider them for an award. However the athlete must complete at least 4 races for an award to be made.

| Race                         | Distance   | Location                 | Day & date                  |
|------------------------------|------------|--------------------------|-----------------------------|
| Kymin Winter Race            | 4 miles    | Monmouth                 | <b>Saturday 9 January</b>   |
| Gwent Cross Country League   | 6K and 10K | Brecon                   | <b>Saturday 13 February</b> |
| Forest of Dean Half Marathon | 13.1 miles | Parkend, Forest of Dean  | <b>Sunday 28 March</b>      |
| Porthkerry Plod              | 6 miles    | Porthkerry, Barry        | <b>Sunday 18 April</b>      |
| Pentyrch Fell Race           | 6.5 miles  | Pentyrch                 | <b>Tuesday 27 April</b>     |
| Sirhowy Challenge            | 10 miles   | Crosskeys, Ynysddu       | <b>Sunday 16 May</b>        |
| Magic Roundabout             | 10K        | Nr Hay-on-Wye            | <b>Sunday 6 June</b>        |
| Tintern Trot                 | 6 miles    | Tintern, Wye Valley      | <b>Thursday 1 July</b>      |
| Coytrahen Canter             | 3K         | Coytrahen, nr Bridgend   | <b>Saturday 10 July</b>     |
| Machen Mountain Fell Race    | 10K        | Machen, Nr Caerphilly    | <b>Monday 30 August</b>     |
| Mendip Muddle                | 20K        | Charterhouse, nr Bristol | <b>Sunday 10 October</b>    |
| Sospan Road Runners MT 10    | 10 miles   | Llanelli, Pembrey Park   | Sunday 21 November??        |
| Merthyr Mawr Xmas Pudding    | 10K        | Merthyr Mawr             | Sunday 19 December??        |

## Les Croupiers Cross Country Championships, 2009 / 10

The procedure for determining the annual club cross country championship was outlined in last year's Fixtures and Rankings edition of ACE. For those who haven't yet seen the format:

This consists of the 5 Gwent League cross country races and the appropriate national championship.

For seniors (under 35 years) this is the Welsh Cross Country Championship usually held in February. For Masters (over 35 years) this is the Welsh Masters Championship incorporated within the Welsh Inter-Regional Championship held in December.

Please note that these championship races are open to club members, and whilst we would always encourage participation, we need to know of your intentions to compete.

From the six appropriate races, five will count.

|                           |                      |                                      |
|---------------------------|----------------------|--------------------------------------|
| Sunday 11 October 2009    | Gwent League (1)     | Newbridge Fields, Bridgend           |
| Sunday 8 November 2009    | Gwent League (2)     | University of Bath                   |
| Sunday 6 December 2009    | Gwent League (3)     | Hestercombe Gardens, Taunton         |
| Sunday 13 December 2009   | Welsh Masters Champs | Royal Welsh Showground, Builth Wells |
| Saturday 13 February 2010 | Gwent League (4)     | Penlan Leisure Centre, Brecon        |
| Saturday 20 February 2010 | Welsh Seniors Champs | Singleton Park, Swansea              |
| Saturday 6 March 2010     | Gwent League (5)     | Blaise Castle, Bristol               |

N.B. The Welsh Seniors Champs are open to all ages over 18 years.

| <b>2010</b>   | <u>Athletics Events</u>                       | <u>Domestic Events</u>                  |
|---------------|---|---|
| Jan-Sat-02-10 |   |   |
| Jan-Sun-03-10 |   | Old Father Time (WMAA) 5 miles -Cardiff |
| Jan-Mon-04-10 | <b>Closing Date Senior Champs &amp; 800's</b> |   |
| Jan-Tue-05-10 |   |   |
| Jan-Wed-06-10 |   |   |
| Jan-Thu-07-10 |   |   |
| Jan-Fri-08-10 |   |   |
| Jan-Sat-09-10 | <b>Welsh Indoor Champs 3000m (U15 to U20)</b> | Kymin Winter Race (Monmouth)            |
| Jan-Sun-10-10 |   | Richard Burton 10k                      |
| Jan-Mon-11-10 | <b>Closing Date 13 to 20 Champs</b>           |   |
| Jan-Tue-12-10 |   |   |
| Jan-Wed-13-10 |   |   |
| Jan-Thu-14-10 |   |   |
| Jan-Fri-15-10 |   |   |
| Jan-Sat-16-10 |   | North Wales XC League- Wrexham          |
| Jan-Sun-17-10 | <b>West Wales Indoor Champs</b>               | Cardiff Cross Challenge                 |
| Jan-Mon-18-10 |   |   |
| Jan-Tue-19-10 |   |   |
| Jan-Wed-20-10 |   |   |
| Jan-Thu-21-10 |   |   |
| Jan-Fri-22-10 |   |   |
| Jan-Sat-23-10 | <b>Welsh Senior Indoor Championships</b>      | Twin Piers 10km- Colwyn Bay             |
| Jan-Sun-24-10 |   | Handicap 10 miles & AGM                 |
| Jan-Mon-25-10 |   |   |
| Jan-Tue-26-10 |   |   |
| Jan-Wed-27-10 |   |   |
| Jan-Thu-28-10 |   |   |
| Jan-Fri-29-10 |   |   |
| Jan-Sat-30-10 | <b>North Wales XC Championships</b>           |   |
| Jan-Sun-31-10 | <b>Welsh Indoor Champ Senior 3000m</b>        | Lliswerry 8 miles                       |

| 2010          | Athletics Events                 | Domestic Events                   |
|---------------|----------------------------------|-----------------------------------|
| Feb-Mon-01-10 |                                  | Selection Celtic International    |
| Feb-Tue-02-10 |                                  |                                   |
| Feb-Wed-03-10 |                                  |                                   |
| Feb-Thu-04-10 |                                  |                                   |
| Feb-Fri-05-10 |                                  |                                   |
| Feb-Sat-06-10 |                                  | North Wales XC league – Oswestry  |
|               |                                  |                                   |
| Feb-Sun-07-10 | European Clubs (Bilbao)          | SUPER 8 - Meeting I               |
|               |                                  |                                   |
| Feb-Mon-08-10 |                                  |                                   |
| Feb-Tue-09-10 |                                  |                                   |
| Feb-Wed-10-10 |                                  |                                   |
| Feb-Thu-11-10 |                                  |                                   |
| Feb-Fri-12-10 |                                  |                                   |
| Feb-Sat-13-10 |                                  | Gwent XC League 4 – Brecon        |
| Feb-Sun-14-10 |                                  | UWIC Open/GP III                  |
| Feb-Mon-15-10 |                                  |                                   |
| Feb-Tue-16-10 |                                  |                                   |
| Feb-Wed-17-10 |                                  |                                   |
| Feb-Thu-18-10 |                                  |                                   |
| Feb-Fri-19-10 |                                  | Vault Cardiff & Supporting Events |
| Feb-Sat-20-10 | <b>Welsh XC Champs - Swansea</b> | UKA Indoor GP – Birmingham        |
| Feb-Sun-21-10 | Wokingham Half Marathon          | Reverse 10 mile – Pontypridd      |
| Feb-Mon-22-10 |                                  |                                   |
| Feb-Tue-23-10 |                                  |                                   |
| Feb-Wed-24-10 |                                  |                                   |
| Feb-Thu-25-10 |                                  |                                   |
| Feb-Fri-26-10 |                                  |                                   |
| Feb-Sat-27-10 | <b>Welsh Schools XC – Brecon</b> | Super 8 – Meeting II              |
| Feb-Sun-28-10 |                                  | St David Day 10km-Cardiff         |

| 2010          | Athletics Events                    | Domestic Events                            |
|---------------|-------------------------------------|--|
| Mar-Tue-02-10 |                                     |  |
| Mar-Wed-03-10 |                                     |  |
| Mar-Thu-04-10 |                                     |  |
| Mar-Fri-05-10 |                                     |  |
| Mar-Sat-06-10 |                                     | Gwent XC League 5 – Blaise Castle, Bristol |
| Mar-Sun-07-10 |                                     | Llanelli Waterside Half Marathon           |
| Mar-Mon-08-10 |                                     |  |
| Mar-Tue-09-10 |                                     |  |
| Mar-Wed-10-10 |                                     |  |
| Mar-Thu-11-10 |                                     |  |
| Mar-Fri-12-10 |                                     |  |
| Mar-Sat-13-10 |                                     | BUCS Indoors                               |
| Mar-Sun-14-10 |                                     | Barry 40 Miles                             |
| Mar-Mon-15-10 |                                     |  |
| Mar-Tue-16-10 |                                     |  |
| Mar-Wed-17-10 |                                     |  |
| Mar-Thu-18-10 |                                     |  |
| Mar-Fri-19-10 |                                     |  |
| Mar-Sat-20-10 |                                     | Rhayader Round the Lakes 20                |
| Mar-Sun-21-10 |                                     | Atlantic College 10 km                     |
| Mar-Mon-22-10 |                                     |  |
| Mar-Tue-23-10 |                                     |  |
| Mar-Wed-24-10 |                                     |  |
| Mar-Thu-25-10 |                                     |  |
| Mar-Fri-26-10 |                                     |  |
| Mar-Sat-27-10 | HC XC International - Mansfield     | SIAB XC – Truro                            |
| Mar-Sun-28-10 | Richard Burton 10 km (re-scheduled) | Forest of Dean Half Marathon               |
| Mar-Mon-29-10 | Half Term                           |  |
| Mar-Tue-30-10 | Half Term                           |  |
| Mar-Wed-31-10 | Half Term                           |  |

| 2010          | Athletics Events          | Domestic Events                       |
|---------------|---------------------------|---------------------------------------|
| Apr-Thu-01-10 | Half Term / Good Friday   |                                       |
| Apr-Fri-02-10 |                           | Maldwyn Harriers Chocoholics 5km      |
| Apr-Sat-03-10 |                           |                                       |
| Apr-Sun-04-10 |                           |                                       |
| Apr-Mon-05-10 |                           |                                       |
| Apr-Tue-06-10 | Half Term / Easter Monday |                                       |
| Apr-Wed-07-10 | Half Term                 |                                       |
| Apr-Thu-08-10 | Half Term                 |                                       |
| Apr-Fri-09-10 | Half Term                 |                                       |
| Apr-Sat-10-10 |                           |                                       |
| Apr-Sun-11-10 |                           | Offas orror-Chepstow                  |
| Apr-Mon-12-10 |                           |                                       |
| Apr-Tue-13-10 |                           |                                       |
| Apr-Wed-14-10 |                           |                                       |
| Apr-Thu-15-10 |                           |                                       |
| Apr-Fri-16-10 |                           |                                       |
| Apr-Sat-17-10 |                           | National 12 and 6 Stage RR Birmingham |
| Apr-Sun-18-10 | Porthkerry Plod           | <b>Senior League 1 – Swansea</b>      |
| Apr-Mon-19-10 |                           |                                       |
| Apr-Tue-20-10 |                           |                                       |
| Apr-Wed-21-10 |                           |                                       |
| Apr-Thu-22-10 |                           |                                       |
| Apr-Fri-23-10 |                           |                                       |
| Apr-Sat-24-10 |                           | <b>U15 Lge 1 - West – Carmarthen</b>  |
| Apr-Sun-25-10 |                           | LONDON MARATHON                       |
| Apr-Mon-26-10 |                           |                                       |
| Apr-Tue-27-10 |                           | Pentyrch Fell Race                    |
| Apr-Wed-28-10 |                           |                                       |
| Apr-Thu-29-10 |                           |                                       |
| Apr-Fri-30-10 |                           |                                       |

| 2010          | <u>Athletics Events</u>       | <u>Domestic Events</u>                         |
|---------------|-------------------------------|--|
| May-Sat-01-10 |                               | Red Kite Challenge (inc UK Trail Champs)       |
| May-Sun-02-10 |                               | Castles Relay 10 mile time trial               |
| May-Mon-03-10 | Bank Holiday                  |  |
| May-Tue-04-10 |                               |  |
| May-Wed-05-10 |                               | Rhostryfan 10km- Gwtnedd                       |
| May-Thu-06-10 |                               |  |
| May-Fri-07-10 |                               |  |
| May-Sat-08-10 |                               | <b>South &amp; East Wales Reg Champs (Cdf)</b> |
| May-Sun-09-10 |                               | <b>West Wales Reg Champs - (Swansea)</b>       |
| May-Mon-10-10 |                               |  |
| May-Tue-11-10 |                               | Rose inn series 1- Chepstow                    |
| May-Wed-12-10 |                               | Elan Valley 5km                                |
| May-Thu-13-10 |                               |  |
| May-Fri-14-10 |                               | Self-Transcendence 2miles- Cardiff             |
| May-Sat-15-10 |                               | <b>BMAF Road Relays at Sutton Park</b>         |
| May-Sun-16-10 |                               | Sirhowy Challenge 10 miles                     |
| May-Mon-17-10 |                               |  |
| May-Tue-18-10 |                               |  |
| May-Wed-19-10 |                               | SSAFA 5km- Cardiff                             |
| May-Thu-20-10 |                               |  |
| May-Fri-21-10 |                               |  |
| May-Sat-22-10 |                               | <b>U15 League -2 East – Hereford</b>           |
| May-Sun-23-10 | Loughborough International    | <b>U15 League - 2 West – Neath</b>             |
| May-Tue-25-10 |                               |  |
| May-Wed-26-10 | Merthyr Mawr Lane 5 km (prov) | Elan Valley 5km                                |
| May-Thu-27-10 |                               |  |
| May-Fri-28-10 |                               |  |
| May-Sat-29-10 |                               | <b>Senior League - 3 – Newport</b>             |
| May-Sun-30-10 |                               | CAU  |
| May-Mon-31-10 | Bank Holiday                  | CAU  |

| 2010          | Athletics Events                    | Domestic Events                                   |
|---------------|-------------------------------------|---|
| Jun-Tue-01-10 |                                     |   |
| Jun-Wed-02-10 |                                     | St Marys Classic                                  |
| Jun-Thu-03-10 |                                     | Deestridders Off Road Grand Prix- Deeside         |
| Jun-Fri-04-10 |                                     | Self-Transcendence 3miles- Cardiff                |
| Jun-Sat-05-10 | Hengelo                             | BAL - 1 / UKWL - 1                                |
| Jun-Sun-06-10 |                                     | <b>Magic Roundabout10km (Nr Hay)</b>              |
| Jun-Mon-07-10 |                                     |   |
| Jun-Tue-08-10 |                                     | LC Swansea Bay 5km/Rose Inn series 2-<br>Chepstow |
| Jun-Wed-09-10 |                                     | Neath Harriers open meeting Elan Valley<br>5km    |
| Jun-Thu-10-10 |                                     |   |
| Jun-Fri-11-10 |                                     | Maldwyn Harriers Newtown Carnival 5km             |
| Jun-Sat-12-10 | <b>Welsh Castles Relays - Day 1</b> |   |
| Jun-Sun-13-10 | <b>Welsh Castles Relays - Day 2</b> |   |
| Jun-Mon-14-10 |                                     |   |
| Jun-Tue-15-10 |                                     |   |
| Jun-Wed-16-10 |                                     |   |
| Jun-Thu-17-10 |                                     |   |
| Jun-Fri-18-10 |                                     |   |
| Jun-Sat-19-10 | European Team Champs                |   |
| Jun-Sun-20-10 | European Team Champs                | Llanelli 10km                                     |
| Jun-Mon-21-10 |                                     |   |
| Jun-Tue-22-10 |                                     |   |
| Jun-Wed-23-10 |                                     | SSAFA 5km- Cardiff                                |
| Jun-Thu-24-10 |                                     |   |
| Jun-Fri-25-10 | UK TRIALS ?                         |   |
| Jun-Sat-26-10 | UK European Trials ?                | CYP Athletics- Cwmbran                            |
| Jun-Sun-27-10 | UK European Trials ?                | Hare & Tortoise ladies only 3 miles -Oakdale      |
| Jun-Mon-28-10 |                                     |   |
| Jun-Tue-29-10 |                                     |   |
| Jun-Wed-30-10 |                                     |   |

| 2010          | Athletics Events                     | Domestic Events                              |
|---------------|--------------------------------------|--|
| Jul-Thu-01-10 |                                      | Tintern Trot 6 miles                         |
| Jul-Fri-02-10 |                                      |  |
| Jul-Sat-03-10 | British Masters T&F Champs (Cardiff) | BAL - 2 / UKWL - 2                           |
| Jul-Sun-04-10 | British Masters T&F Champs (Cardiff) | The Fairy Freckled Cow Trail Race-           |
| Jul-Tue-06-10 |                                      |  |
| Jul-Wed-07-10 |                                      |  |
| Jul-Thu-08-10 |                                      |  |
| Jul-Fri-09-10 |                                      | Self-Transcendence 4 miles- Cardiff          |
| Jul-Sat-10-10 | <b>Welsh Championships U17/U20</b>   | Coytrahen Canter 3km                         |
| Jul-Sun-11-10 |                                      | Ammanford 10km                               |
| Jul-Mon-12-10 |                                      |  |
| Jul-Tue-13-10 |                                      | Rose Inn Series- Chepstow LC Swansea bay 5km |
| Jul-Wed-14-10 |                                      | Scenic 7- Cwmcarn                            |
| Jul-Thu-15-10 |                                      |  |
| Jul-Fri-16-10 |                                      |  |
| Jul-Sat-17-10 | Schools International (SIAB)         |  |
| Jul-Sun-18-10 |                                      | UK YAL - 4                                   |
| Jul-Mon-19-10 |                                      |  |
| Jul-Tue-20-10 |                                      |  |
| Jul-Wed-21-10 |                                      | SSAFA 5km- Cardiff                           |
| Jul-Thu-22-10 |                                      |  |
| Jul-Fri-23-10 |                                      | Self-Transcendence 3 x miles -Cardiff        |
| Jul-Sat-24-10 |                                      | BAL - Semi Final                             |
| Jul-Sun-25-10 | European Champs - Barcelona          |  |
| Jul-Mon-26-10 | European Champs - Barcelona          |  |
| Jul-Tue-27-10 | European Champs - Barcelona          |  |
| Jul-Wed-28-10 | European Champs - Barcelona          |  |
| Jul-Thu-29-10 | European Champs - Barcelona          |  |
| Jul-Fri-30-10 | European Champs - Barcelona          |  |
| Jul-Sat-31-10 | European Champs - Barcelona          | Llanfair Mountain race- Llanfair             |

| 2010          | Athletics Events                        | Domestic Events  |
|---------------|---|--|
| Aug-Sun-01-10 | European Champs - Barcelona             | Brecon 10 miles Magor Marsh 10km                       |
| Aug-Mon-02-10 |   |  |
| Aug-Tue-03-10 |   |  |
| Aug-Wed-04-10 |   |  |
| Aug-Thu-05-10 |   | Deestridders Off Road Gran Prix- Deeside               |
| Aug-Fri-06-10 |   | Murder Mile- Newbridge                                 |
| Aug-Sat-07-10 | CELTIC GAMES / Dublin                   | <b>U13/U20 PLATE &amp; CUP QUAL (Cardiff)</b>          |
| Aug-Sun-08-10 |   |  |
| Aug-Mon-09-10 |   |  |
| Aug-Tue-10-10 |   | Rose Inn series 4-Chepstow                             |
| Aug-Wed-11-10 |   | Neath Harriers Open                                    |
| Aug-Thu-12-10 |   |  |
| Aug-Fri-13-10 |   |  |
| Aug-Sat-14-10 |   | Mayors 10km -Cadigan                                   |
| Aug-Sun-15-10 |   | Ingli Runners-Fishguard                                |
| Aug-Mon-16-10 | COM GAMES SELECTION DATE ?              |  |
| Aug-Tue-17-10 |   |  |
| Aug-Wed-18-10 |   |  |
| Aug-Thu-19-10 |   | Club 5km time trial (prov)                             |
| Aug-Fri-20-10 |   | Maldwyn Harriers Neil Howells Memorial race-Montgomery |
| Aug-Sat-21-10 |   | Race The train -Gwynedd                                |
| Aug-Sun-22-10 | Merthyr Police 10 km                    | <b>U13/U20 Cup Final – Brecon</b>                      |
| Aug-Mon-23-10 |   |  |
| Aug-Tue-24-10 |   |  |
| Aug-Wed-25-10 |   |  |
| Aug-Thu-26-10 |   |  |
| Aug-Fri-27-10 |   |  |
| Aug-Sat-28-10 | Zurich Golden League                    | UK SCHOOL GAMES ?                                      |
| Aug-Sun-29-10 | <b>Welsh Inter Reg Champs (Cardiff)</b> | UK SCHOOL GAMES ?                                      |
| Aug-Mon-30-10 |   | Machen Mountain Race                                   |

| 2010          | Athletics Events       | Domestic Events                          |
|---------------|------------------------|--|
| Sep-Wed-01-10 |                        |  |
| Sep-Thu-02-10 |                        |  |
| Sep-Fri-03-10 |                        | Deestridders Off Road Gran Prix- Deeside |
| Sep-Sat-04-10 | Brussels Golden League | BAL - Cup Final – Copthall               |
| Sep-Sun-05-10 |                        | <b>Cardiff 10 km</b>                     |
| Sep-Mon-06-10 |                        |  |
| Sep-Tue-07-10 |                        |  |
| Sep-Wed-08-10 |                        |  |
| Sep-Thu-09-10 |                        |  |
| Sep-Fri-10-10 |                        |  |
| Sep-Sat-11-10 |                        |  |
| Sep-Sun-12-10 |                        | Chippenham Half Marathon                 |
| Sep-Mon-13-10 |                        |  |
| Sep-Tue-14-10 |                        |  |
| Sep-Wed-15-10 |                        |  |
| Sep-Thu-16-10 |                        |  |
| Sep-Fri-17-10 |                        |  |
| Sep-Sat-18-10 |                        | BAL - UKWL Qualifier                     |
| Sep-Sun-19-10 |                        | 2 Rivers Run-Presteigne                  |
| Sep-Mon-20-10 |                        |  |
| Sep-Tue-21-10 |                        |  |
| Sep-Wed-22-10 |                        |  |
| Sep-Thu-23-10 |                        |  |
| Sep-Fri-24-10 |                        |  |
| Sep-Sat-25-10 |                        | North Wales XC League-TBC                |
| Sep-Sun-26-10 |                        | Admiral Swansea Bay 10km                 |
| Sep-Mon-27-10 |                        |  |
| Sep-Tue-28-10 |                        |  |
| Sep-Wed-29-10 |                        |  |
| Sep-Thu-30-10 |                        |  |

| 2010          | Athletics Events              | Domestic Events           |
|---------------|-------------------------------|---------------------------|
| Oct-Sat-02-10 |                               |                           |
| Oct-Sun-03-10 | Com Games - Delhi             |                           |
| Oct-Mon-04-10 | Com Games - Delhi             |                           |
| Oct-Tue-05-10 | Com Games - Delhi             |                           |
| Oct-Wed-06-10 | Com Games - Delhi             |                           |
| Oct-Thu-07-10 | Com Games - Delhi - Athletics |                           |
| Oct-Fri-08-10 | Com Games - Delhi - Athletics |                           |
| Oct-Sat-09-10 | Com Games - Delhi - Athletics | North Wales XC League-TBC |
| Oct-Sun-10-10 | Com Games - Delhi - Athletics | Mendip Muddle             |
| Oct-Mon-11-10 | Com Games - Delhi - Athletics |                           |
| Oct-Tue-12-10 | Com Games - Delhi - Athletics |                           |
| Oct-Wed-13-10 | Com Games - Delhi - Athletics |                           |
| Oct-Thu-14-10 | Com Games - Delhi             |                           |
| Oct-Fri-15-10 |                               |                           |
| Oct-Sat-16-10 |                               |                           |
| Oct-Sun-17-10 |                               | Cardiff Half Marathon     |
| Oct-Mon-18-10 |                               |                           |
| Oct-Tue-19-10 |                               |                           |
| Oct-Wed-20-10 |                               |                           |
| Oct-Thu-21-10 |                               |                           |
| Oct-Fri-22-10 |                               |                           |
| Oct-Sat-23-10 |                               |                           |
| Oct-Sun-24-10 |                               |                           |
| Oct-Mon-25-10 | Half Term                     |                           |
| Oct-Tue-26-10 | Half Term                     |                           |
| Oct-Wed-27-10 | Half Term                     |                           |
| Oct-Thu-28-10 | Half Term                     |                           |
| Oct-Fri-29-10 | Half Term                     |                           |
| Oct-Sat-30-10 |                               |                           |
| Oct-Sun-31-10 |                               |                           |

| 2010          | <u>Athletics Events</u> | <u>Domestic Events</u>           |
|---------------|-------------------------|----------------------------------|
| Nov-Mon-01-10 |                         |                                  |
| Nov-Tue-02-10 |                         |                                  |
| Nov-Wed-03-10 |                         |                                  |
| Nov-Thu-04-10 |                         |                                  |
| Nov-Fri-05-10 |                         |                                  |
| Nov-Sat-06-10 |                         |                                  |
| Nov-Sun-07-10 |                         | Abergele 5                       |
| Nov-Tue-09-10 |                         |                                  |
| Nov-Wed-10-10 |                         |                                  |
| Nov-Thu-11-10 |                         |                                  |
| Nov-Fri-12-10 |                         |                                  |
| Nov-Sat-13-10 |                         |                                  |
| Nov-Sun-14-10 |                         | Llys y Fran MT-Cardigan          |
| Nov-Tue-16-10 |                         |                                  |
| Nov-Wed-17-10 |                         |                                  |
| Nov-Thu-18-10 |                         |                                  |
| Nov-Fri-19-10 |                         |                                  |
| Nov-Sat-20-10 |                         | Elan Valley 10                   |
| Nov-Sun-21-10 |                         | Sospan Multi-Terrain 10 miles ?? |
| Nov-Tue-23-10 |                         |                                  |
| Nov-Wed-24-10 |                         |                                  |
| Nov-Thu-25-10 |                         |                                  |
| Nov-Fri-26-10 |                         |                                  |
| Nov-Sat-27-10 |                         |                                  |
| Nov-Sun-28-10 |                         |                                  |
| Nov-Mon-29-10 |                         |                                  |
| Nov-Tue-30-10 |                         |                                  |

| 2010          | Athletics Events | Domestic Events              |
|---------------|------------------|------------------------------|
| Dec-Wed-01-10 |                  |                              |
| Dec-Thu-02-10 |                  |                              |
| Dec-Fri-03-10 |                  |                              |
| Dec-Sat-04-10 |                  |                              |
| Dec-Sun-05-10 |                  | Helena tipping 10km-Wrexham  |
| Dec-Tue-07-10 |                  |                              |
| Dec-Wed-08-10 |                  |                              |
| Dec-Thu-09-10 |                  |                              |
| Dec-Fri-10-10 |                  |                              |
| Dec-Sat-11-10 |                  |                              |
| Dec-Sun-12-10 |                  | Merthyr Mawr Xmas Pudding ?? |
| Dec-Tue-14-10 |                  |                              |
| Dec-Wed-15-10 |                  |                              |
| Dec-Thu-16-10 |                  |                              |
| Dec-Fri-17-10 |                  |                              |
| Dec-Sat-18-10 |                  |                              |
| Dec-Sun-19-10 |                  |                              |
| Dec-Tue-21-10 |                  |                              |
| Dec-Wed-22-10 |                  |                              |
| Dec-Thu-23-10 |                  |                              |
| Dec-Fri-24-10 |                  |                              |
| Dec-Sat-25-10 |                  |                              |
| Dec-Sun-26-10 |                  | Glynneath Boxing Day 5       |
| Dec-Tue-28-10 |                  |                              |
| Dec-Wed-29-10 |                  |                              |
| Dec-Thu-30-10 |                  |                              |
| Dec-Fri-31-10 |                  |                              |

## **Mud, sweat but no tears**

Two years ago I found myself in Belfast, on a soggy field, surrounded by scarily fit looking, skinny ladies of a certain age. The run was terrifying, tackling 6km of mud, legs driven by pure fear. Three hours later we were dressed up in our posh frocks, sipping bubbly. As with most presentation evenings there was an intense and somewhat prolonged period of prize giving. Clapping repeatedly for the English, who seemed to win almost everything, became a little repetitive after a while. Still, the Welsh may not have won as many medals, but the few they did were received with applause that was almost as enthusiastic as the team's efforts on the dance floor later. We had fun!

It was with both apprehension and excitement that this November I was back amongst a similar bunch of runners, this time in a very wet and windy Birmingham. Unlike the Gwent leagues where a good proportion of the youngsters can be guaranteed to speed off at the start, then flag towards the end, no chance of that here – the 'youngsters' were 35+. The gun went off and we're into a frenzy of mud/fear/fear/mud. What was I thinking? The Welsh support around the course gave a very welcome distraction from the bodily discomfort. The last lap seemed endless, but at last, up a cheeky little hill and the joy/relief of finally crossing the finish line. One of the experienced runners in the team (Ann Thomas) kept saying to me 'we're all in' 'we're all in'. I wasn't capable of much thought at the time anyway, but if I had been, I'd have probably assumed she was just relieved that none of us had got lost.

It was then time to get several layers of kit on, jog around the course watching and supporting the other races, eat, cheer and try to keep warm. The Welsh men did us proud and there were a good few men and women in the open race, still battling the wind and rain. It was only later that afternoon that I realised the significance of Ann's earlier remark, when someone told me the results were up – the W40 team had beaten the English AND all the rest. How did that happen? I couldn't believe it. I went to that race, just hoping to do my best and enjoy the event. I never expected anything more. To be part of such a strong team and experience that was just the icing on the cake. The feeling was amazing. And to have a good few Croups there on the day made the moment even more special. This time, I was unable to attend the presentation evening, but instead went home, had a big glass of wine with my family and sat on the sofa grinning like the village idiot!

I make no apology for repeating what I said when Mick presented the medal a few weeks later. This is all down to the club. I know it's only a small personal achievement, but for someone with absolutely no sporting background, who only started running rather late in life, it's something I wouldn't have ever even imagined when I took up this superb hobby. All those people who have been part of this journey (OK, I know that's a bit cheesy!), getting me to run with the club (Sandra C) dragging me to my 1<sup>st</sup> Gwent league (Clare J) and many more who I've trained with along the way, most recently Katie with her relentless 5:30 alarm clock (I may complain, but hey, it seems to be doing me some good) – thank you all! And not forgetting all those who have helped, inspired and advised me.

For those of you who perhaps are relatively new to running, or to the club, you never know where you might end up, or what you might achieve and experience. Set goals and go for it, or just keep running, keep enjoying it, stick with Les Croups and see what happens. Expect the unexpected!\*

\*If you read the article on the Liverpool cross country, you will see how soon the sentiments of this statement were held true.

Ed: Congratulations to Libby, not just on the Birmingham run, but also on being part of the squad that secured qualification for the European Clubs XC in Bilbao on 7<sup>th</sup> February, and on successfully defending her Old Father Time title. A true inspiration!