

## St. David's Day 5K Run – Sunday 2<sup>nd</sup> March 2008

On a crisp and sunny Mothering Sunday morning, 15 students and staff from the Military Preparation College participated in the St David's Day 5km Fun Run at Bute Park, which included an International and National field as well as us 'Fun Runners'.

Prior to the race the students, staff and other runners conducted a 'Warm Up' session taken by Physical Training Instructors from British Military Fitness. With the 5-minute call bestowed upon us, runners moved to the Start Line and congregated at the rear of the 400 strong field with young and old alike. Mr Huw Lewis MBE, Managing Director of The Military Preparation College, started the race with a blast on an air horn.

Within an instant the International Runners from Wales, Scotland and England as well as the National Runners were off like lighting, whilst the remainder chatted, laughed and joked until they crossed the start line and broke into a steady jog!

The more competitive students also set off at a roaring pace leaving a jet stream in their wake! The 1km marker came and went, as did the 2, 3 and 4km markers. A group of four students and staff member Allan Peet maintained a comfortable pace passing a steady stream of runners as the metres clocked by.

With less than 800m to go one of the students stopped to encourage a runner that had broken into a walking pace. In a manner of politeness expected by all students at the College, the student encouraged the runner to join us to the finish line.

Approaching the finish line there was a good crowd of spectators cheering and clapping all the finishing runners; students Kamara Bristo, Leah Huston, Alexander Tshinakis and staff member Allan Peet crossed the finish line with arms raised in under 32 minutes. Medals, a bottle of water and a hearty cheeseburger followed. Not content with completing 5kms some of the students still oozing bags full of enthusiasm then took part in the Family 1km Run.

A big congratulations to Nathan Jenkins from Barry Boys Comprehensive School for completing the run in 19 minutes, bearing in mind the first International Runner finished in 13 minutes 59 seconds.

Also a fantastic 'Well Done', to Alexander Tshinakis from St Richards Gwyn RC Comprehensive School and to all remaining students that attend the above schools as well as Stanwell, St Cyres and Bryn Hafren Girls Comprehensive Schools. The students helped raised over £500 for charity.