

Rhys Griffiths and Plymouth Argyle in talks

PLYMOUTH Argyle retain an interest in Port Talbot Town striker Rhys Griffiths, although no contract has been offered to the Welsh fire-fighter.

Pilgrims boss Carl Fletcher is set to have further talks with the 32-year-old over the weekend.

Griffiths played as a trialist for Argyle in their 1-0 pre-season win against Truro City at Treyew Road on Tuesday, and scored the only goal of the game.

He did not train with the Pilgrims at UCP Marjon yesterday because he has returned to work in south Wales.

But Fletcher admitted: "I will speak to Griff in the next couple of days."

While Fletcher seems to be keen on Griffiths, who he describes as an 'old-fashioned target man', it is by no means certain the striker would accept a contract from Argyle.

Griffiths, who has been the top scorer in the Welsh Premier League for the last seven seasons, would have to consider whether to quit as a fire-fighter and playing part-time football to sign for the Pilgrims.

He has had the opportunity to make the move into the professional ranks in the past, with Wrexham among the clubs linked to him, but Griffiths has not done so.

However, the fact Griffiths has trained, on and off, with Argyle over the past two weeks suggests there is some interest on his part.

Fletcher said: "To be honest, he didn't need to go on trial to a club. He has got a good job and he plays football.

"In terms of the Welsh Premier League, he's a big deal, but he has come down and wants to do it.

"We want people who want to prove things to themselves and to other people, and want to do well.

"There are so many people out there these days, especially in football, who are just plodding along and going through the mill, and maybe not doing themselves justice.

"Those are the kind of players we don't want at the football club."

Bala sign Ex-Llanelli keeper



Bala Town have this afternoon announced the signing of goalkeeper Ashley Morris who left Llanelli on the eve of their Europa League campaign this summer.

"Bala Town are delighted to announce the signing of shot stopper Ashley Morris," said a club statement this afternoon.

"Today we are pleased to welcome goalkeeper Ashley Morris to Town's ranks. The Tredegar-born keeper joins from Llanelli where he made 93 appearances in his three seasons at Stebonheath."

Morris was a Merthyr Town youth product who gained Wales Under 21 and Wales Semi-Pro recognition in 2008 whilst playing for the Martyrs.

He then joined Llanelli on loan in January 2009 before making the move permanent that summer and he had been a regular in the Reds team ever since. Morris did lose his place in the team towards the end of last season to Craig Richards, who has also since left Llanelli for Port Talbot.

He was a notable absentee from the Llanelli Europa League squad and the free-agent's move to Bala was completed this afternoon at the FAW.

Saints fail to progress

Welsh champions The New Saints failed to progress past the second qualifying round of the Champions League after losing to Helsingborg of Sweden.

A goalless first leg had given TNS hope against the Swedish champions, but two early goals proved their undoing.

Walid Atta settled any potential Helsingborg nerves when he headed in an eighth-minute corner.

Thomas Sørum pounced on poor defending to stab home 19 minutes later, and Alvaro added a late third.

"We knew it was going to be tough in the second leg but we weren't good enough in the first half an hour of the game.

"We knew they were going come out firing because I think they had a point to prove because they've had a lot of bad press in Sweden about how bad their result was in the first leg.

"But we didn't defend well. It would have been interesting if it had been 0-0 after 30 minutes."

www.bbc.co.uk

Aize happy with pre-season performances



Mark Aizlewood the manager of Carmarthen Town has expressed his delight at the progress his team are making as they prepare for the new season.

Following Saturdays excellent 3-1 win at Richmond Park against a full strength, full time Newport County Aizlewood spoke in glowing terms about the fitness levels of his squad who have worked extremely hard since they returned to training on the 20th June.

Last year I was forced to implement a certain way of playing that to be honest was totally against my personal "coaching philosophy" but had to do this as my corporate responsibility to my employers to get results had to come before any personal beliefs. A coaching philosophy is based on personal beliefs but to get results at League of Wales level you have to have a game plan that suits the players you have at your disposal.

Since 20th June whilst working hard on physical fitness it has all been conducted working with the ball, I find it amazing that some clubs are still using road runs etc as a way of preparing players for the new season. Reflecting on Saturdays performance against Newport Aizlewood said I asked the players to play in a certain way which was foreign to many of them but they adapted well and implemented what was asked of them, this way of playing will attempt to buck the trend in the League of Wales and it remains to be seen if we can be successful with it.

Aizlewood added, we will continue to work on the technical skills of the players with particular emphasis on "receiving skills" which all players need to work on if we are to play in a certain manner. Finally Aizlewood added a word of caution about styles of play stating that whatever style of play you attempt, fitness levels of players have to be at their highest as irrespective of style the tempo of the game plan you which to implement is the key to success..

Women's League workshop held by national coach Matikainen

Representatives of eight out of the twelve Welsh Premier Women's League clubs took part in a workshop aimed at women's football coaches today in Cardiff.

Coaches from Aberystwyth Town, Caernarfon Town, Cardiff City FC, Newcastle Emlyn, Northop Hall, Port Talbot Town, Swansea City and Wrexham Ladies clubs attended the workshop, run by National Women's Teams Manager Jarmo Matikainen.

The morning session gave the coaches the opportunity to observe a training session of the Wales Women's under 19 squad taken by Athletic Development Coach Sam Huggins and senior player-turned coach Loren Dykes, under the guidance of Matikainen. The women's under 19 squad is currently in camp for two friendly matches against Estonia, the first of which they won 5-0 last night at Ynys Park, Ton Pentre, and the second of which will be played tomorrow (26th June) at the Genquip Stadium, Port Talbot (kick off 6pm). These matches form part of the preparation for next year's UEFA Women's Under 19 Championship finals which Wales will take part in as hosts.

This session was followed by discussions on match analysis and how the best practices of elite international women's football can be incorporated into Welsh domestic football, with Matikainen sharing the benefit of his experience at UEFA and FIFA final tournaments, which he has attended both as a coach and a technical expert. Some of the club representatives also shared their own European experiences. The coaches then had the chance to put the theory into practice when watching this afternoon's Olympic Women's Football match between Great Britain and New Zealand.

Following the workshop Matikainen shared his thoughts on its success: "The day was very good, very useful and very important. You have to give credit to all the coaches and clubs who attended and showed that they take care of Welsh women's football and Welsh players. The feedback was very positive and I found the day extremely rewarding."

This workshop took place as part of the "Pro Women's Top Football 2016" Project, which the FAW is running in order to strengthen the links between domestic and international football in Wales, thanks to funding from the UEFA Women's Football Development Project. Since the start of the project earlier this year, Jarmo has already travelled around Wales visiting the Welsh Women's Premier League clubs, and hosted a coaching workshop in Wrexham to coincide with the UEFA Women's Championship qualifying match between Wales and Israel in June. Further events are being planned early in the new season.

Neath's Final Act of Goodwill

The last action of Neath FC was to donate their last three kits, as used in their final season, to a very worthy cause in Africa - www.kitsforkenya.co.uk. Former club secretary Tony Melding said; "After being contacted I was only too pleased to agree to donate the three playing kits we used last year to a very good cause and hopefully contribute to brightening the lives of people who are not as fortunate as ourselves in having football kits and equipment readily available.



“At a time of great sadness at the mismanagement of the Neath FC, it is timely reminder that some people have to endure serious hardship in their lives and we hope that this donation will go some way to assist in their happiness and allow them to arrange the football tournament that goes a long way to raising hope and peace within the area of Miwani in Kenya. It is a good cause that people can easily contribute to as most teams change their kits every season and any club wishing to get involved can visit the website and make a difference by donating unwanted kit.”

Jolly bids goodbye to Seaside

Popular striker Steve 'Jolly' Rogers will not be re-signing for the Seaside for the coming Welsh Premier League campaign. Jolly had become something of a cult hero on and off the field with supporters during his three-year stay at Bastion Gardens but announced his departure for family and work commitments earlier this morning.

During his Town career Jolly made 72 + 15 Welsh Premier League appearances scoring 17 times.

Everyone at Prestatyn Town wishes Steve all the best for the future and he will always be a welcome guest at Bastion Gardens.

Wales first with FIFA Medical Centre of Excellence

As result of recent collaborative work between the Football Association of Wales and the Cardiff School of Sport at Cardiff Metropolitan University the Welsh Football Medicine Institute has been created to manage and provide a range of sports medicine services to footballers of all ages, abilities and genders across Wales. The Institute has been accredited as a FIFA Medical Centre of Excellence and in so doing has become the first such Centre in the UK.

The Welsh Football Medicine Institute (WFMI) is a partnership between the Football Association of Wales and the Cardiff Sport and Exercise Medicine Centre (opened by Carwyn Jones in January 2011) at Cardiff Met. It was created to service the needs of the Welsh football family and the services offered to players and clubs are co-ordinated through the Institute. The FAW and its partners have identified injury prevention and the health and wellbeing of football players of all ages and levels across Wales as key strategic priorities and as such the Institute's aim is to co-ordinate and provide sports medicine and science services, education and research to male and female footballers of all levels across the country.

FIFA Medical Centres of Excellence

FIFA wants players of all levels and standards to have access to expert help and education regarding their health and wellbeing and thus, when players are injured, returning to fitness as soon as possible is a priority. This process needs to be monitored and controlled to prevent re-injury as a result of returning too soon, and good sports medicine support allows players to return after appropriate recovery to ensure they can enjoy playing for many more years.

Optimum care for football players requires a lot of experience not only in state-of-the-art diagnosis and treatment of injuries, but also in recovery planning and aftercare. Further, expertise in prevention of injuries and disease, mental training, diet as well as in anti-doping matters is needed.

FIFA therefore accredits established Centres that have demonstrated their leadership in football medicine. These Centres offer a team of specialists from different fields working together to protect players' health and wellbeing.

All Centres have to undergo a strict selection process. Accreditation is granted for a period of five years during which all Centres report annually on their activities. Andy Miles, Director of Enterprise at Cardiff Metropolitan University's Cardiff School of Sport, said: “This is another remarkable first for Cardiff Met.

“We're delighted that the Welsh Football Medicine Institute has become the UK's first FIFA Medical Centre of Excellence. It's a high accolade and one that will help attract more positive attention to the Cardiff Sport and Exercise Medicine Centre along with high quality students, staff and associates. The WFMI was created to service the needs of the Welsh football family and this new step illustrates that the health of the nation's football playing public is a key concern for the FAW and Cardiff Met.

“Cardiff Met has a proud sporting history and having a FIFA Medical Centre of Excellence here can only strengthen our vision for the future.”

Jonathan Ford, Chief Executive of the Football Association of Wales, went on to say:

“We have an excellent relationship with Cardiff Metropolitan University School of Sport and we're proud to have worked alongside them on this project. This is yet another example of a world class sporting and medical facility coming to Wales. The selection process is tough and the fact that this is the first such facility in the United Kingdom is a tremendous achievement for all concerned.” FIFA Chief Medical Officer, Jiri Dvorak, added:

“I am very happy to be in Cardiff for the first accredited FIFA Medical Centre of Excellence in Great Britain. This is a very well established and respected medical institution. I am really looking forward to working together with the Football Association of Wales and Cardiff Metropolitan University, particularly on FIFA's 11+ programme at the grassroots level in Wales.”

Photo: (From l-r) Andy Miles (Cardiff Met), Dr Mark Ridgewell (FAW), Jiri Dvorak (FIFA) and Dr Singh (FIFA)



SCORECARD

UEFA Champions League Second Qualifying Round 1st leg

The New Saints 0 -

Helsingborgs IF 0 -

The New Saints

Paul Harrison, Simon Spender, Chris Marriott, Phil Baker, Steve Evans, Greg Draper (Nicky Ward 89'), Christian Seargeant (Sam Finley 68'), Craig Jones, Chris Jones (Scott Ruscoe 86'), Alex Darlington, Aeron Edwards

Subs not used: Alex Ramsay (gk), Kai Edwards, Connell Rawlinson, Scott Quigley

Red cards: None **Yellow cards:** Finley 90'+2

Referee: Sébastien Delferiere (BEL)

Helsingborgs IF

Pär Hansson, Loret Sadiku, Walid Atta, May Mahlangu, Ardian Gashi, Thomas Sørum (Erik Sundin 79'), Rachid, Bouaouzan (Daniel Nordmark 46'), Erik Edman, Alfred Finnbogason, Christoffer Andersson, Erlend Hanstveit

Subs not used: Daniel Andersson (GK), Álvaro, Joseph Baffo, Erik Wahlstedt, Jere Uronen

Red cards: None **Yellow cards:** None

Attendance: 1048

UEFA Europa League First Qualifying Round 2nd leg

Llanelli AFC 1 **Luke Bowen 50'(p)**

KuPS 1 **Alexi Paananen 59'**

Llanelli AFC

Craig Morris, Chris Thomas, Lloyd Grist, Chris Venables, Ashley Evans, Lee Surman, Jason Bowen, Antonio Corbisiero, Martin Rose, Luke Bowen (Geoff Kellaway 64'), Craig Williams (Scott Evans 71')

Subs not used: Ryan Batley, Mamadou Diallo, Dafydd Jones (gk), Andy Legg, James Secker

Red Cards: None **Yellow Cards:** Venables 80'

Referee: Thoroddur Hjaltalin (ISL)

KuPS

Mika Hilander, Joni Nissinen, Pyry Karkkainen, Antti Hynynen, Markus Joenmaki, James Christopher (Aleski Paananen 46'), Mikka Ilo, Etchu Tabe, Paul Obeifule, Ilja Venalainen

Subs not used: Joonas Pontinen, Jerry Voutilainen, Vnateslav Zahovaiko, Sami Rasanen, Sander Puri, Jan Berg

Red Cards: None **Yellow Cards:** Obeifule 82' Ilo 85' Nissinen 90'+3

Attendance: 534

MyPa-47 5 **Nongotamba A Lody 25' Ville Saxman 37' Olijade Williams 44'**

Riley O'Neill 47' David Opoku 70'

Cefn Druids 0 -

MyPa-47

Antti Kuismala, Hassan Sesay, Tommi Vesala, Niko Kukka, David Opoku, Riley O'Neill (Marko Selin 66'), David Ramadingaye (Patrick O'Shaughnessy 66'), Antti Koskinen, Nongtotamba A Lody (Joni Vuorinen 59'), Ville Saxman, Olijade Williams

Subs not used: Ville Iiskola (gk), Xhevdet Gela, Ville Oksanen, Pyry Soiri

Red Cards: None **Yellow cards:** Kukka 15' Lody 55'

Referee: Ioannis Anastasiou (Cyprus)

Attendance: 1820

Zimbru Chisinau 2 **Oleg Molla 29' 31'**

Bangor City 1 **Mark Smyth 44'**

Zimbru

Nicolae Calancea, Oleg Şişchin (Levan Korgalidze 71'), Daniil Nicolaev (Serghei Gafina 82'), Ilie Bălaşa, Volodymyr Zastavnyi (Janko Tumbašević 55'), Serghei Cuznetov, Oleg Molla, Radu Catan, Andriy Derkach, Akhmet Barakhoev, Eugen Gorceac

Subs not used: Ghenadie Moşneaga (gk), Alexandru Cucu, Constantin Iavorschi, Andrei Marina

Red cards: None **Yellow cards:** Bălaşa 56' Calancea 90'+3

Referee: Ognjen Valjić (BIH)

Bangor City

Lee Idzi, Chris Roberts, Jamie Brewerton, Michael Johnston, Chris Jones (Chris Simm 60'), Craig Garside (David Morley 66'), Les Davies, Sion Edwards (Alan Bull 55'), Mark Smyth, Liam Brownhill, Damien Allen

Subs not used: Kyle Clancy (gk), Peter Hoy, Clive Williams, John Owen

Red cards: None **Yellow cards:** Davies 76' Brownhill 82'

Attendance: 2700

UEFA Champions League Second Qualifying Round 1st leg

Helsingborgs IF 3 **Walid Atta 8' Thomas Sørum 27' Álvaro 89'**

The New Saints FC 0 -

Helsingborgs IF

Pär Hansson, Loret Sadiku, Walid Atta, Daniel Nordmark, May Mahlangu, Mattias Lindström, Ardian Gashi (Erik Wahlstedt 85'), Thomas Sørum (Erik Sundin 46'), Alfred Finnbogason (Álvaro 70'), Christoffer Andersson, Jere Uronen

Subs not used: Daniel Andersson (gk), Rachid Bouaouzan, Erik Edman, Joseph Baffo

Red cards: None **Yellow cards:** Sundin 56'

Referee: Alain Bieri (SUI)

The New Saints

Paul Harrison, Simon Spender, Chris Marriott, Phil Baker, Steve Evans, Greg Draper (Ryan Fraughan 75'), Christian Seargeant (Sam Finley 69'), Craig Jones, Chris Jones, Alex Darlington (Kai Edwards 87'), Aeron Edwards

Subs not used: Alex Ramsay (gk), Scott Ruscoe, Nicholas Ward, Connell Rawlinson,

Red cards: None **Yellow cards:** Evans 56' Mariott 87'

Attendance: 5613

Pre-Season Friendlies

Sat	23	June	The New Saints	v	Cefn Druids	5-0
Tue	26	June	Cefn Druids	v	Bangor City	0-2
Sat	30	June	Linfield FC	v	Bangor City	1-1
Sat	30	June	The New Saints	v	Conwy Borough	2-0
Sat	30	June	Llanelli AFC	v	Monmouth Town	4-1
Sat	7	July	Blacon FC	v	Gap Connah's Quay	0-6
Sat	7	July	Prestatyn Town	v	Eagle Sports	P-P
Sat	7	July	The New Saints	v	Wingate & Finchley	2-1
Tue	10	July	The New Saints	v	Bridgnorth Town	4-0
Tue	10	July	Gap Connah's Quay	v	Runcorn Town	3-1
Tue	10	July	AFC Porth	v	Port Talbot Town	0-3
Fri	13	July	The New Saints	v	Nuneaton Town	1-1
Sat	14	July	Airbus UK Broughton	v	Barrow FC	2-1
Sat	14	July	Ballymena United	v	Port Talbot Town	1-1 (in Dublin)
Sat	14	July	Aberystwyth Town	v	Wrexham	1-2
Sat	14	July	Afan Lido FC	v	Cambrian & Clydach B&G	3-1
Sat	14	July	Barry Town	v	Carmarthen Town	2-3
Sat	14	July	Caernarfon Town	v	Gap Connah's Quay	0-3
Sat	14	July	Glossop North End	v	Bala Town	0-1
Sat	14	July	Porthmadog FC	v	Newtown AFC	1-4
Sat	14	July	Prestatyn Town	v	Wingate & Finchley	2-0
Sun	15	July	Port Talbot Town	v	Bohemian FC	6-0 (in Dublin)
Tue	17	July	Colwyn Bay	v	Bangor City	3-2
Tue	17	July	Gap Connah's Quay	v	Vauxhall Motors	4-1
Tue	17	July	Airbus UK Broughton	v	Cammell Laird FC	4-1
Thu	19	July	Trefelin	v	Afan Lido FC	
Sat	21	July	Aberystwyth Town	v	Goytre United	3-4
Sat	21	July	Airbus UK Broughton	v	Southport	0-0
Sat	21	July	Barmouth & Dyffryn	v	Bala Town	0-3
Sat	21	July	Carmarthen Town	v	Newport County	3-1
Sat	21	July	Prestatyn Town	v	Dukinfield Town	6-2
Sat	21	July	Port Talbot Town	V	Swansea City	0-5
Sat	21	July	Wellington Amateurs	v	Newtown AFC	1-2
Sat	21	July	Stockport Sports	v	Gap Connah's Quay	2-1
Tue	24	July	Airbus UK Broughton	v	Buckley Town	3-0
Tue	24	July	Port Talbot Town	v	Cheltenham Town	1-1
Tue	24	July	Bala Town	v	Wrexham	1-3
Tue	24	July	Bridgend Town	v	Afan Lido FC	3-2
Tue	24	July	Gap Connah's Quay	v	Glantraeth	4-1
Tue	24	July	Holywell Town	v	Prestatyn Town	0-0
Tue	24	July	Conwy Borough	v	Bangor City	1-1
Wed	25	July	Aberystwyth Town	v	Swansea City	1-2
Fri	27	July	Ely Rangers	v	Port Talbot Town	1-5
Sat	28	July	Aberystwyth Town	v	Tata Steel	5-0
Sat	28	July	Bangor City	v	Ashton Athletic	8-0
Sat	28	July	Briton Ferry Llansawel	v	Llanelli AFC	2-3
Sat	28	July	Carmarthen Town	v	Swansea City XI	1-1
Sat	28	July	Gap Connah's Quay	v	AFC Fylde	0-2
Sat	28	July	Newtown AFC	v	Llanidloes Town	4-1
Sat	28	July	Prestatyn Town	v	Rochdale Town	1-0
Sat	28	July	Runcorn Town	v	Bala Town	0-2
Sat	28	July	The New Saints	v	Leeds United	3-1
Sat	28	July	Trafford FC	v	Airbus UK Broughton	1-0
Sat	28	July	West End FC	v	Afan Lido FC	1-7
Tue	31	July	Airbus UK Broughton	v	Chester FC	19:00
Tue	31	July	Newtown AFC	v	AFC Telford United	19:30
Tue	31	July	Prestatyn Town	v	Nantwich Town	19:30
Tue	31	July	Llanelli AFC	v	Yeovil Town	19:45
Thu	2	Aug	Aberaman Athletic	v	Afan Lido FC	19:30
Thu	2	Aug	Tata Steel FC	v	Port Talbot Town	18:45
Fri	3	Aug	Salford City	v	Gap Connah's Quay	19:30
Sat	4	Aug	Aberystwyth Town	v	Cambrian & Clydach	14:30

Sat	4	Aug	AFC Porth	v	Afan Lido FC	14:30
Sat	4	Aug	Bamber Bridge	v	Bala Town	15:00
Sat	4	Aug	Clitheroe FC	v	Airbus UK Broughton	15:00
Sat	4	Aug	Newtown AFC	v	Guilsfield FC	14:30
Sat	4	Aug	Taffs Well FC	v	Carmarthen Town	14:30
Sun	5	Aug	Llanelli AFC	v	Swansea City	14:30
Tue	7	Aug	Goytre United	v	Port Talbot Town	19:15
Tue	7	Aug	Holyhead Hotspur	v	Bangor City	19:30
Tue	7	Aug	Rhyl FC	v	Airbus UK Broughton	19:30
Tue	7	Aug	Tata Steel FC	v	Afan Lido FC	18:30
Fri	10	Aug	Llanelli AFC	v	Truro City	19:30
Sat	11	Aug	Airbus UK Broughton	v	Colwyn Bay	15:00
Sat	11	Aug	Bridgewater Town	v	Afan Lido FC	15:00
Sat	11	Aug	Chester FC	v	Bangor City	15:00
Sat	11	Aug	Cwmbran Town	v	Carmarthen Town	14:30
Sat	11	Aug	Gap Connah's Quay	v	Trafford FC	14:30
Sat	11	Aug	Nantwich Town	v	Bala Town	15:00
Sat	11	Aug	Newtown AFC	v	Hednesford Town	14:30
Sat	11	Aug	Porthmadog FC	v	Aberystwyth Town	15:00
Sat	11	Aug	Prestatyn Town	v	Rhyl FC	14:30



Kick Off!
Teamwork is everything to Mitre.
We're the brand that gives
you the confidence to play
- whatever your goal.

Mitre football

official suppliers of match footballs to the Corbett Sports Welsh Premier League

Show Racism the Red Card

S4/C Calon Cenedl
Heart of the Nation

Sgorio
Bob dydd Sadwrn
a nos Lun
Saturdays and
Mondays

Gemau byw o Uwch Gynghair
Cymru a gwasanaeth
cantyniadau di-dor.
Live Welsh Premier League
football with extensive minute-
by-minute results service.

S4C.CO.UK

Noddir gan
Sponsored by



CYMRUWYLES.CO.UK
FRESHWELSHWYLES.CO.UK

New Customer?

corbettsports.com

The Sports Fans Sportsbook Since 1947

Bet On Your Mobile ...



£10 Matched Bet



corbett

WELSH PREMIER LEAGUE

Best Odds Guaranteed!



Follow us on Twitter @corbettsports

New customers only. Free bet stake is not included in any returns and cannot be withdrawn, valid for 7 days and Corbett Sports rules apply. The free bet promotion applies to the first bet for Sportsbook only and must be a stake of at least £5 on mobile, internet only. Except in exceptional circumstances, free bet stakes will be available in your account within 24 hours of qualifying bet being settled. Corbettsports will credit your account with a free bet of the equivalent stake up to a maximum of £10 on settlement of your first qualifying bet. The odds, or combined odds of the selection(s) used for your qualifying first bet must be evens or greater. The free bet offer cannot be used in conjunction with any other offer, please visit www.corbettsports.info/Help.html for the full terms and conditions. Strictly over 18's and UK residents only. Please gamble sensibly, for help go to www.gambleaware.co.uk or call 0808 802 0133.

Compiled by Mel Thomas at Soccerfile Wales

mel@soccerfilewales.com Tel/Fax: 01766 830805

POSTAL COPIES distributed from WPL, 11 / 12 Neptune Court, Cardiff CF24 5PJ

Contact: Lucy Kelly via lkelly@faw.co.uk or 02920 435 847