

GLOUCESTER



GLOUCESTER V LONDON WASPS



ZURICH PREMIERSHIP FIXTURE

SATURDAY 10TH FEBRUARY 2001 KICK-OFF 3.00 PM

GLOUCESTER RFC OFFICIAL PROGRAMME
2000-2001 SEASON

ISSUE 14 - £2.00



WWW.GLOUCESTERRUGBYCLUB.COM

TODAY'S TEAMS

SATURDAY FEBRUARY 10TH, 2001

GLOUCESTER* 3

	CHRIS CATLING	15
	RORY GREENSLADE-JONES	14
(I)	TERRY FANOLUA	13
(I)	JASON LITTLE	12
(I)	TOM BEIM	11
(I)	BYRON HAYWARD	10
(I)	ANDY GOMARSALL	9
(I)	TREVOR WOODMAN	1
	CHRIS FORTEY	2
	ANDY DEACON	3
(I)	ROB FIDLER	4
(I)	IAN JONES	5
	JAKE BOER	6
(I)(C)	KINGSLEY JONES	7
(I)	JUNIOR PARAMORE	8

LONDON WASPS* 28

	JOSH LEWSEY	(I)
	PAUL SAMPSON	(I)
	MARK DENNEY	
	ROB HENDERSON	
	KENNY LOGAN	(I)
	KIRK KING	(I)
	MARTYN WOOD	(I)
	DARREN MOLLOY	
	TREVOR LEOTA	(I)
	WILL GREEN(I)	
	ANDY REED	(I)
	SIMON SHAW	(I)
	JOE WORSLEY	(I)
	PAUL VOLLEY	(I)
	LAWRENCE DALLAGLIO (C)(I)	

UNIPART

REPLACEMENTS

LOST BOYS 

(I)	SIMON MANNIX	16	MATTHEW LEEK	
	CHRIS YATES	17	PHIL GREENING	(I)
(I)	PHIL VICKERY	18	FRASER WATERS	
(I)	STEVE OJOMOH	19	SHANE ROISER	
(I)	JAWAD DJOUDI	20	MARK LOCK	
	MARK CORNWELL	21	JOE BEARDSHAW	
	ANDY HAZELL	22	RICHARD BIRKETT	

TODAY'S OFFICIALS

REFEREE: ROBIN GOODLIFE RFU
TOUCH JUDGES: BRIAN CAMPSALL RFU
DAVID BROADWELL RFU

(I) DENOTES INTERNATIONAL
(C) DENOTES TEAM CAPTAIN

*TEAMS CORRECT AT 07-02-01

Ball boys now sponsored by: **Marlborough Stirling**

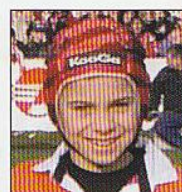


RHYS PRESTON-ALLEN AGE 12

Today's mascot is Rhys Preston-Allen. Rhys attends Olbury On Severn School. Rhys has two brothers, Kiel aged 18 and Lloyd age 12. He also has a sister Bianca aged 19. Rhys is keen on all sports, including rugby, Tennis, Golf and Karate. His favourite Gloucester player is Big Serge Simon. Rhys is also an animal lover and has his own 14 stone Newfoundland called Arnie.

APOLOGY

The club would like to apologise to Dorian Jones who was the mascot against Cardiff. Dorian, son of our own Kingsley Jones, is 9 years old. He plays rugby for Ebbw Vale and can play either scrum-half and fly-half. We hope you enjoyed your day.



'THIS IS KINGSHOLM'

THE DEMOLITION OF CARDIFF IN THE HEINEKEN CUP QUARTERFINALS WAS REMINISCENT OF THE OLD DAYS HERE AT KINGSHOLM, WHEN GLOUCESTER WERE INDOMITABLE.

Teams that came here may have scored more points and won the odd game or two, but they never won the battle of the mind.

These Gloucester teams of the past were mentally hard and they had a way of absorbing whatever their opponents threw at them. They were indifferent to discomfort and nothing would stop them from doing what they had set out to do and then, more often than not, winning the match.

From the first whistle, there was a tangible feeling of inevitability about the Cardiff game, as the much-fancied Welshmen were first confronted and then overcome by the collective will power of the Gloucester 'underdogs'. Cardiff were mentally and physically overwhelmed and their defeat never seemed in doubt.

(During the post match press conference, the still shocked Cardiff coach was asked how far did he think Gloucester could go in the competition? He laughed, as if bemused by it all, and said, 'They can go all the way, if they can take the Shed and their supporters with them').

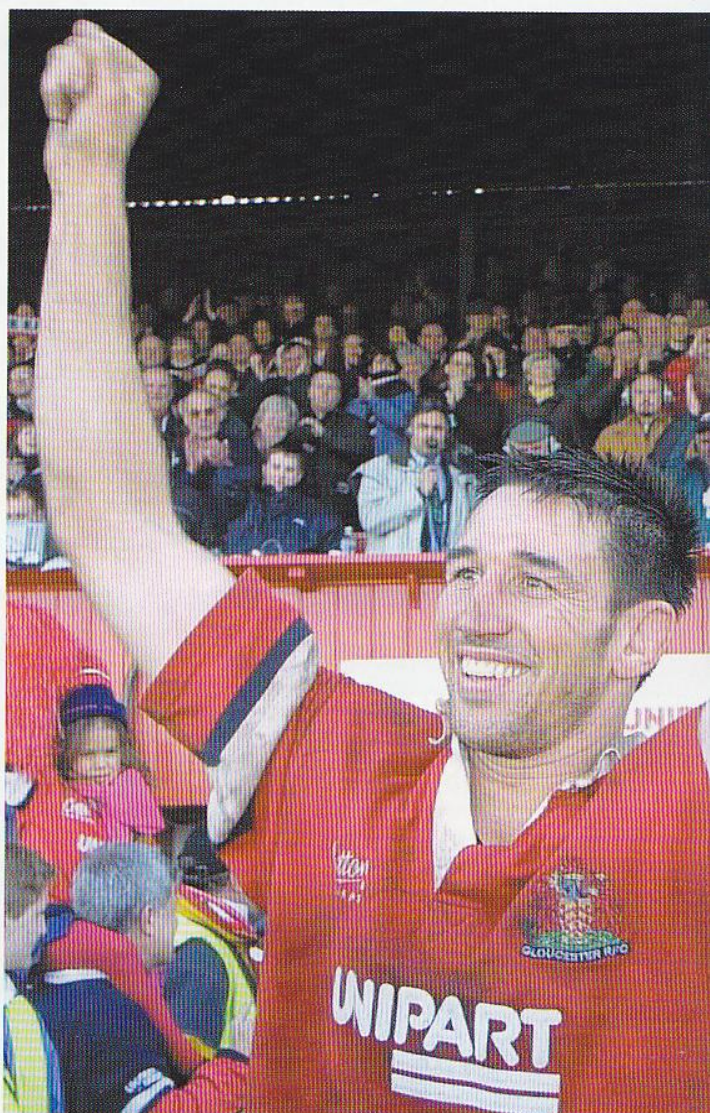
In the old days the resolute Gloucester spirit was put down to the bloodline of the players and their attachment to the City itself, but, against Cardiff, it was as if every Australian, New Zealander and Cornishman, etc. that was wearing the Gloucester shirt had been born and bred here and was ready to give everything for this club and these supporters. How come?

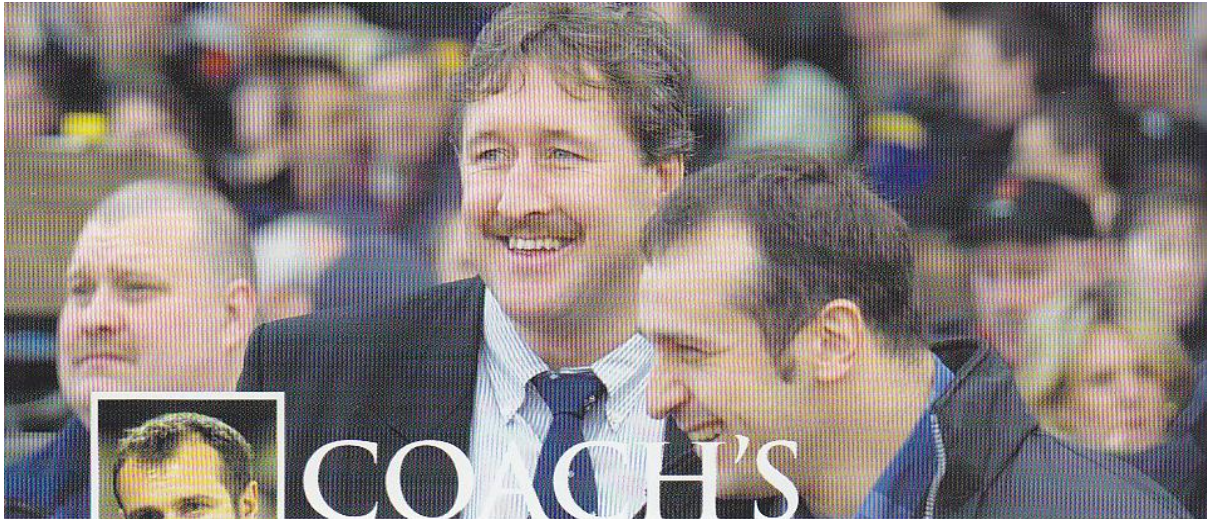
Perhaps it is because of Kingsholm itself and its unique rugby heritage. Perhaps there is a sort of continuity about the place that connects the current players with the Teagues, the Burtons and the Bayliss's of the past, once they put on the Gloucester shirt

and come out of the players tunnel, under the sign that says 'This is Kingsholm'.

When these players run out onto the pitch today to face London Wasps, they will become a part of something very special that has been going on here for over a hundred years and they will be cheered on by loyal supporters who have, in effect, stood in the same place for generations.

"THEY CAN GO ALL THE WAY, IF THEY CAN TAKE THE SHED AND THEIR SUPPORTERS WITH THEM."





COACH'S CORNER

WITH PHILIPPE SAINT-ANDRE

THE GAME AGAINST CARDIFF WAS VERY GOOD. IT WAS GOOD FOR THE CLUB TO PLAY AGAINST A TEAM LIKE CARDIFF IN THE QUARTER FINAL OF THE EUROPEAN CUP.

ABOVE: PHILIPPE SAINT-ANDRE SHARES A JOKE WITH MIKE TEAGUE DURING THE CARDIFF FIXTURE

In winning that game we have shown that against one of the best teams in the European Cup, we were able to control the game and we totally dominated against them.

Tuesday, against Harlequins, we fell back to the reality of the English Championship. We can almost consider yesterday's game as a third division game.

"IT IS VERY SAD BECAUSE WE ARE ABLE TO BEAT THE BEST TEAMS IN EUROPE AND WE ARE NOT ABLE TO WIN AGAINST A TEAM WHICH I THINK WAS VERY WEAK."

We took 15 minutes to get into the game. They had already scored two tries although we were playing with the wind. Then, we had the control of the game all along. We had five chances to score tries, we had overlaps of five against two or five against three, but we gave forward passes or knocked the ball on. We made handling errors and we missed balls. On top of that, some of the referee's decisions were completely illogical.

We lost in the 85th minute so it begins to be too much. We have lost three games in the English Championship during injury time. That equals ten or twelve lost points.

Now we need to win today against Wasps. We have to win if we want to reach a top-eight

place and qualify for the play-offs. We have to win our remaining three home games against Wasps, Leicester and Rotherham and among the away games left against London Irish and Bath and Sale, we need to win at least one or two games.

The goal now is to fight to reach the 6th or 7th or 8th place. We know that we are 6th for the moment but that is not significant because Sale have three games in hand and London Irish have two, so we are more like 10th than 6th.

It is unbelievable and understandable considering the players we have and the effectiveness we have. It is very sad because we are able to beat the best teams in Europe and we are not able to win against a team which I think was very weak. We have the ability to control matches but we lack the "killer instinct" to kill the game and win it easily.

The draw on Wednesday night gave us the chance to take on Leicester again. The best we could have hoped for would have been Munster in a home tie down at Bristol. However, it could have been worse. We will get to play in England, at a neutral venue, where our supporters will be able to follow us and give us around 50% of the capacity. Of course Leicester has been considered the best team in England for the last 10 years but we caused them many problems at their ground until the eighty-fourth minute when they scored a try in the corner.

I am looking forward to the challenge.



WITH KINGSLEY JONES

CAPTAIN

ABOVE: KINGSLEY JONES IS STOPPED BY HARLEQUINS
BY PAUL BURKE.

"IF WE DON'T BEAT WASPS I DON'T THINK WE DESERVE TO BE IN THE EUROPEAN CUP, ALTERNATIVELY IF WE WIN IT THEN THE ARGUMENT WILL GO THE OTHER WAY."

TO BEAT CARDIFF AND TO REACH THE SEMI-FINAL OF THE HEINEKEN CUP AT THE FIRST ATTEMPT WAS A GREAT ACHIEVEMENT.

And of course on a personal level to beat a Welsh team was great as well. As the week went on I was more and more confident that we could win. The guys in training were very focused and very determined. When I first heard it was Cardiff I knew it would be a very tough game but as the week progressed I felt we had it in the bag.

We were given the tag of underdogs all week, which suited us all along. I think with the company we are in, in the top four teams in Europe, we will probably be given the underdogs tag again. Leicester have an excellent domestic record. Stade Francais are a great French team and Munster boast about eleven full Irish internationals in their starting line-up. The home draw may have a great bearing on the result but on paper we would have been the away tie every one wants. But again that suits us.

We knew that whoever we came up against at this stage of the competition would be tough. And it's a great achievement to be here. On the day it's a one-off game and anything can happen. The draw has given us the unenviable task of travelling away, against Leicester. It could have been worse, we will play in England and with our travelling support, it could make it seem like a home game. Leicester are a great team, their achievements in the league have proven

that, but we will take confidence from the fact that we scored three try's against them. I am looking forward to making the most of the day. We have a great chance if we play well.

On a different note our league form has been very disappointing. It is very frustrating, the boys have now all had a taste of the Heineken Cup and what it's like to play in, but the league is our bread and butter, and we need to do well in it to qualify for Europe next season. We are all aware of that and I think Tuesday's fixture was a potential banana skin waiting to happen. Having said that we should have got a result at the Stoop. We didn't start well enough, and didn't get going until after they had scored. That is very disappointing for me. We had a period of dominance for the last fifteen minutes and could have scored a lot of points.

Before the Quins game we had set ourselves the target of securing five wins in our next seven games, now we have lost one we are looking at winning five from six, it's as simple as that. If we don't beat Wasps I don't think we deserve to be in the European Cup, alternatively if we win it then the argument will go the other way.

We know have to forget the Heineken Cup for the next two months and concentrate however hard on getting to the play-offs. We have a side capable of beating anyone and we know it we just haven't put it together.

To get to the play-offs we have to start making it happen.

GLOUCESTER RUGBY CLUB ACADEMY



ALTHOUGH CLEAR FAVOURITES TO WIN THIS GAME, GLOUCESTER WERE TAKING NO CHANCES AND WERE DELIGHTED WHEN FOUR OF THEIR PLAYERS WHO HAD THEIR SOUTH WEST DIVISIONAL MATCH AT CASTLECROFT POSTPONED RUSHED BACK IN TIME TO SIT ON THE BENCH FOR THE SQUAD IN THIS CUP TIE!

The home team got off to a great start scoring a converted try after three minutes of play. A powerful break by Duncan Murray, playing on the wing, led to scrum half Ollie Sills racing over under the posts. John-Paul Goatley converted for a 7-0 lead.

This seemed to send Gloucester into "relax mode" and for the next twenty minutes they stopped playing basic rugby. Tring were able to pressurise Gloucester into making basic errors, turn over ball and drive Gloucester back around the fringes. If their passing outside the forwards had been of a higher quality, they would have certainly got on to the score sheet before half time, but these errors combined with the home sides defence kept them at bay!

On only their second sortie into the Tring half, Gloucester scored again as some excellent handling by the backs allowed winger Jonny Walder to force himself over in the corner for an unconverted try and increase the lead to 12-0.

This was Gloucester's wake up call and they maintained the pressure on the Tring side. From the restart kick, Gloucester forced a lineout deep inside the Tring half. A subsequent catch and drive released Simpson-Daniel to send in Duncan Murray for Gloucester's third try. The conversion missed and the half-time whistle blew, Gloucester now led 17-Nil.

Half time saw Gloucester ring the changes. They brought on Clive Stuart-Smith and Brad Davis at half back with Ryan Peacey coming on for openside Ben Olsen.

The coaches half time talk had immediate effect as Gloucester, now playing down the slope, began to play like a Premiership Academy team with some aggressive rucking and clever interplay

behind the scrum. A good break by Simpson-Daniel, now playing at outside centre, created the space for winger Duncan Murray to score his second try. The conversion by J-P Goatley gave the home side a comfortable lead of 24-0.

More team changes followed. Rob Tipper at prop, Tryfan Edwards on the wing and Ben Durham at No8, had an immediate effect as a break by Clive Stuart-Smith led to full back Adrian Hand scoring an unconverted try in the corner to lead 29-0.

The home team was now in complete command and dictating all phases of play. Further scores followed at regular intervals through M.Rimmer, Jason Skidmore, Simpson-Daniel and, after a great run by prop Rob Tipper, replacement back row player James Baker scored underneath the post.

The match was completed with Simpon-Daniel scoring his hat-trick try and gave Gloucester a deserved 60-0 victory and earned them the right to play Exeter in the next round of the Cup.

Men of the Match : James Simpson-Daniel for his hat-trick of tries and Duncan Murray back after an operation on his wrist and playing out of position on the wing.

**Report by John Haines,
Academy Team Manager.**

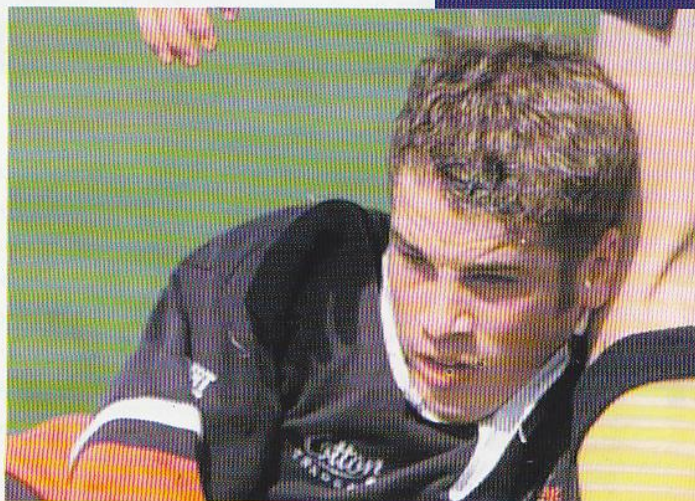
MATCH REPORT:
**GRFC ACADEMY
VERSUS
RING U19'S
NATIONAL KO CUP
COMPETITION.**
VENUE: OXSTALLS
**DATE: 28TH
JANUARY 2000**

RESULT:
WON 60-0.

**BELOW JAMES
SIMPSON-DANIEL
IN ACTION FOR
THE ACADEMY.**

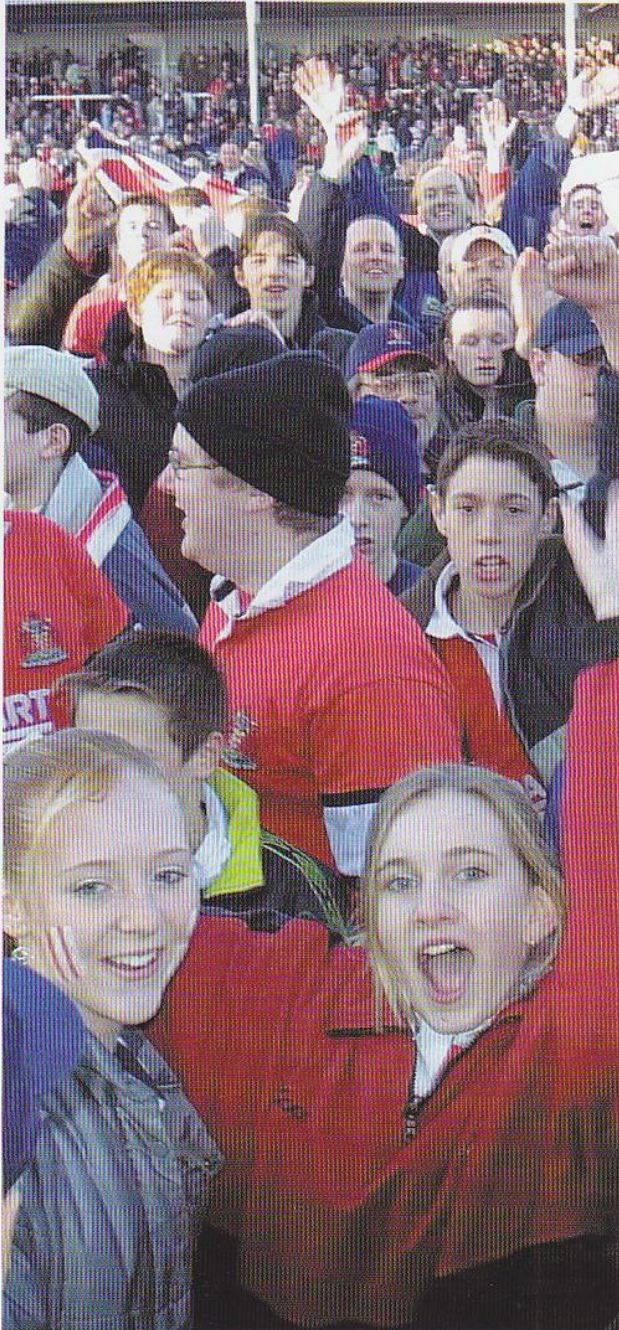


DUNCAN MURRAY



BY IAN RANDALL

FROM THE COMME



SAVOUR THE MOMENT. IT MAY ONLY BE THE SECOND SATURDAY IN FEBRUARY, BUT THERE ARE ONLY TWO MORE HOME GAMES AFTER TODAY, BOTH NEXT MONTH AGAINST SIDES AT OPPOSITE ENDS OF THE TABLE, ROTHERHAM AND LEICESTER.

The imbalance of the fixture list has been one of "our Ken's" favourite hobby horses this season, so it will be interesting to see what the survey on season ticket rates shows come the end of March.

The ground has been bulging at the seams for the last two home games, but the equation to try and attract (and keep) the more casual fan is as difficult as Philippe's job in trying to ensure the team wins on a regular basis. Kingsholm has been barely half full for some Premiership games this season, and though I'm no economist, the club has to look at not only what the hard core support will pay, but what the local economy says the choosy fan will stand.

Surprisingly perhaps, Manchester United and Liverpool, both with wide fans bases, charge among the lowest prices in football's Premiership, and similarly, Gloucester's support isn't only drawn from the city itself. I'd suggest average salaries in Gloucester and the Forest of Dean are lower than elsewhere - and the take-up of discounted tickets for the Llanelli match highlighted the fact that for some fans, £15 is just too much on a regular basis.

Clearly better spacing of fixtures would help those who pay "on the gate", and cannot afford to buy a season ticket in the closed season, but psychologically there's a huge difference in paying £15 and paying £10, or even £12. Moreover, IF Gloucester are considering doing special deals for certain games, inevitably they must be all-pay matches, or season ticket holders lose out, and they would have every right to question why they bought one in the first place. I would be surprised if prices were cut for next season, but perhaps the way forward would be to load a few extras into the price of a season ticket to benefit those who pay up front

NTARY BOX



"I WOULD BE SURPRISED IF PRICES WERE CUT FOR NEXT SEASON, BUT PERHAPS THE WAY FORWARD WOULD BE TO LOAD A FEW EXTRAS INTO THE PRICE OF A SEASON TICKET TO BENEFIT THOSE WHO PAY UP FRONT."

And so to matters beyond the touchline. Next weekend marks Philippe's second anniversary in charge as Coach, with 15 months of his contract still to run. I'm sure you would agree that the Heineken Cup success has masked what so far has been a disappointing League season, where strangely the side has sometimes played better with what has looked a weakened team.

On the face of it, winning 2 games in the Heineken Cup looks a more likely way into next season's competition than putting seven straight wins together in the Premiership, but if Philippe and John Brain can get the tactics as spot-on as they did against Cardiff, then who's to say it isn't possible. The irony was that the driving forward play and limited ball to the backs couldn't have been further removed from the flair we associated with Philippe as a player.

Today's opponents have had a mixed season. Wasps failed to qualify from the group

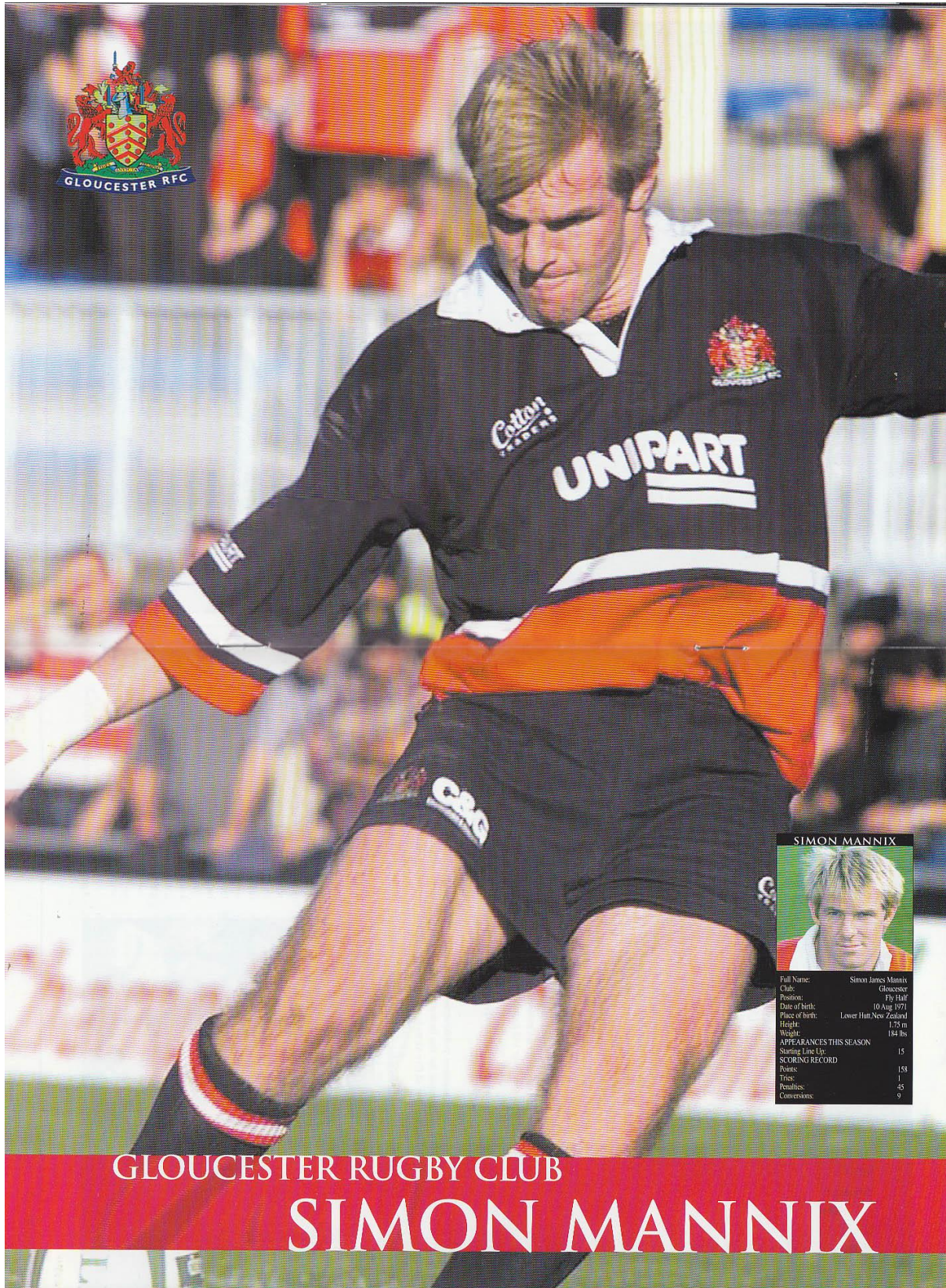
stages of the Heineken Cup, and yet currently lie in third place in the Premiership. They trail Leicester by only five points, but have lost both matches against the Tigers so finishing as Champions now looks unlikely, although they are well placed to be back in the Heineken Cup next season - by which time they'll almost certainly have a new owner. Last week's resignation by Chris Wright, the Chairman of Loftus Road plc, won't aid their stability, though in truth it had more to do with the goings-on on the football side - Wasps are reported to be close to a break-even situation this year.

On the pitch, there promises to be some fascinating personal duels as Gloucester look to maintain the dominance of the home team in recent matches between the two - eight of the last nine meetings having been won by the hosts. Anything other than a win and we can say goodbye to a top four finish.


C'mon Glaws !!!

LEFT: A FIELD FULL OF SUPPORTERS AFTER THE CARDIFF VICTORY

ABOVE: A HAND FULL OF SUPPORTERS IN THE SHED.



SIMON MANNIX



Full Name:	Simon James Mannix
Club:	Gloucester
Position:	Fly Half
Date of birth:	10 Aug 1971
Place of birth:	Lower Hutt, New Zealand
Height:	1.75 m
Weight:	184 lbs
APPEARANCES THIS SEASON	
Starting Line Up:	15
SCORING RECORD	
Points:	158
Tricks:	1
Penalties:	45
Conversions:	9

GLOUCESTER RUGBY CLUB

SIMON MANNIX

PLAYER SPOTLIGHT

SIMON



SIMON MANNIX

Full Name Simon James Mannix
Place of Birth New Zealand
Date of Birth 10 Aug 1971
Height (m) 1.75 m
Weight (lbs) 184 lbs
Position Fly Half

PHOTOGRAPH BY
MANNIX IS A MEMBER
OF THE RUGBY FOOTBALL
ASSOCIATION

OUR FRONT LINE GOAL KICKER HAS COME IN FOR A BIT OF FLACK FROM SOME QUARTER'S RECENTLY, SO WE THOUGHT WE WOULD TAKE THE OPPORTUNITY TO LEARN ABOUT THE REAL SIMON MANNIX.

You have enjoyed an up and down relationship with the fans throughout your career, do you think that is just a goal kicker's lot?

I don't think it has much to do with goal kicking at all really. I think people appreciate that a goal kicker's job is very important to the team and I think they should all understand that no-one misses kicks intentionally. Some days they go over and some days they don't. I'm very happy with my record of goal kicks this season although also disappointed by a few performances.

At the moment you have around an 80% success rate for the first part of the season. Four out of five kicks is a very good return?!

Yes, you can see it represents a good return for

a goal kicker at any level.

Growing up in New Zealand was Grant Fox a good person for you to model your style on?

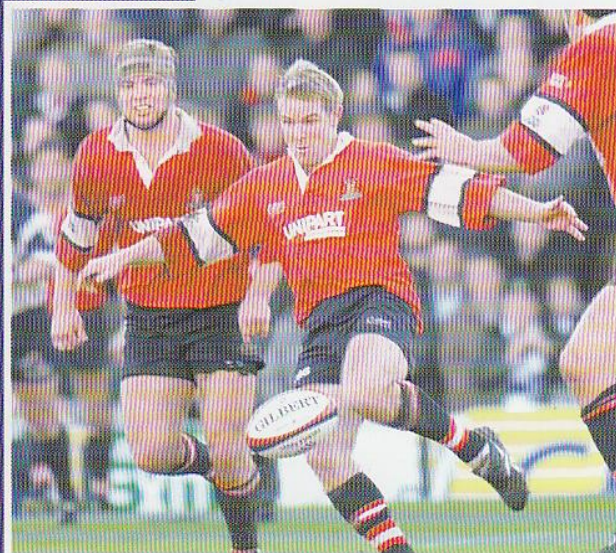
I just developed my own goal kicking style really. You have a look around to see what other people are doing, but it's important that you do what is comfortable for you. So for me it's something that has developed over time, it doesn't follow the current trend or the way Dave Alred coaches the English kickers, but it's something that has been pretty effective for me.

Every one has an individual rhythm and a tempo at how they like to do things. It's like a golf swing, it can be unique to one person, although there are a couple of fundamental aspects that are key to everyone. If you get those in the right position, at the right time then you give yourself a good chance.

What goes through your mind when you are faced with a kick. You have thirty seconds to remove yourself from the game and focus entirely on a kick that could decide the result of the match?

I think kicking gets easier the older you get. You draw on the experiences of when you have kicked in front of seventy, eighty thousand, or five or six thousand, it doesn't really matter. You apply yourself the same when you train in the rain and the mud here on a Wednesday, when no one is around, as you do on a Saturday. Different guys deal with it in different ways. The hardest challenge is to deal with missed kicks. If you miss the first two or three, that's when kickers can go to pieces. I had that experience this year when for the first time in my career against Northampton I didn't know what to do! Before the Northampton game my practice hadn't gone so well. It unsettled me. But you have to learn to cope very quickly, the game of rugby doesn't hinge on one missed kick. If you miss one you have seventy minutes to make up for it.

Against Northampton you replied in the



MANNIX



best fashion by scoring a great try. Is that a part of your game you have worked a lot on as well?

It's difficult, with defences as strong as they are now you rarely see tens making breaks. I've always said I would rather let the guys outside me play well and give them the opportunity to do all that. I haven't been doing that of late and the back line hasn't been playing well, I have to take that on my shoulders.

Was Rugby the only sport for you?

I played cricket for New Zealand U18's, then I stopped playing cricket to concentrate on my rugby. I also played a lot of golf, at one time playing to a very low handicap.

Do you still get much time to pursue that?

I don't play golf during the rugby season, it tends to distract my focus, and I should be kicking goals not hitting golf balls. I have to remind myself what pays my wages; rugby not golf.

So how does Simon Mannix unwind and get away from it all?

I tend to spend a lot of time on the farm where I live. It's nice and quiet. I tend to stick to myself really.

Would you describe yourself as an introverted sort of character?

I think people off the field would maybe say yes. Those who don't know me very well, but then there are few who know me that well. I keep to myself and have a few close friends, and that's how I like it. I love being part of a team and part of a successful team but also I like my own time.

Do you think it's essential, in this era where we play so many games each week, that you spend every day living out of each other's pockets, to have some personal space?

Yes I don't like to be saturated mentally by a

rugby club or the people so a break away means that when you come back you are ready to give 100% again.

What brought you to England in the first place?

I was twenty-three, or twenty-four. I had been playing top level rugby for six years in New Zealand and I was fed up really. I wasn't getting a break with the All Blacks, I'd toured and got my one and only cap against Philippe's French team and I wanted a new challenge. England presented itself, and it's turned out to be a very good move.

Things went a bit sour at Sale and I wanted a move, I was very impressed with Gloucester and knowing Tom Beim's family was from Gloucestershire helped.

You mention your cap does it disappoint you not to have more?

Yes people don't understand what it means to play for the All Blacks and getting dropped is never easy.

To only play one game when I think I could have played more is disappointing. But that's how selection goes, it's a personal opinion. That aside it's great to say I've played for the All Blacks.

So what targets have you set yourself for the next two, five ten years?

Well goals as an individual are hard to set, because they are determined by what happens with the other fourteen players on the pitch. All anyone can strive for is to be the best they can and achieve success. And I think the two go hand in hand. If you have fifteen guys all trying to be the best they can then you will be successful. I don't have international aspirations as there is no avenue open to me.

It's disappointing as I would have liked to play more internationals, but now I just take every game I get as an international and try to perform all the time.

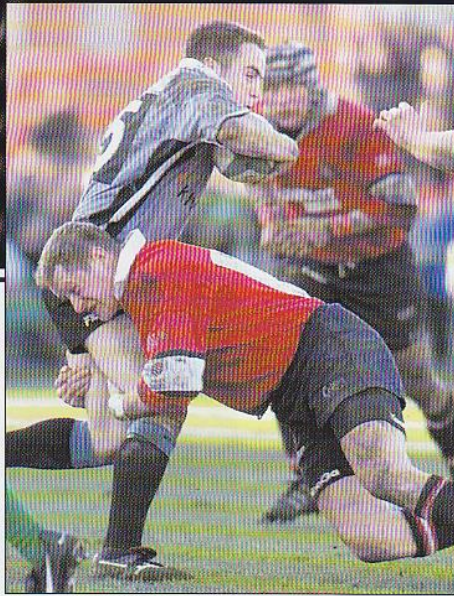
"THE HARDEST CHALLENGE IS TO DEAL WITH MISSED KICKS. IF YOU MISS THE FIRST TWO OR THREE THAT'S WHEN KICKERS CAN GO TO PIECES."

BELOW: SIMON MANNIX IN ACTION AGAINST MERTONHAMPTON SALEM

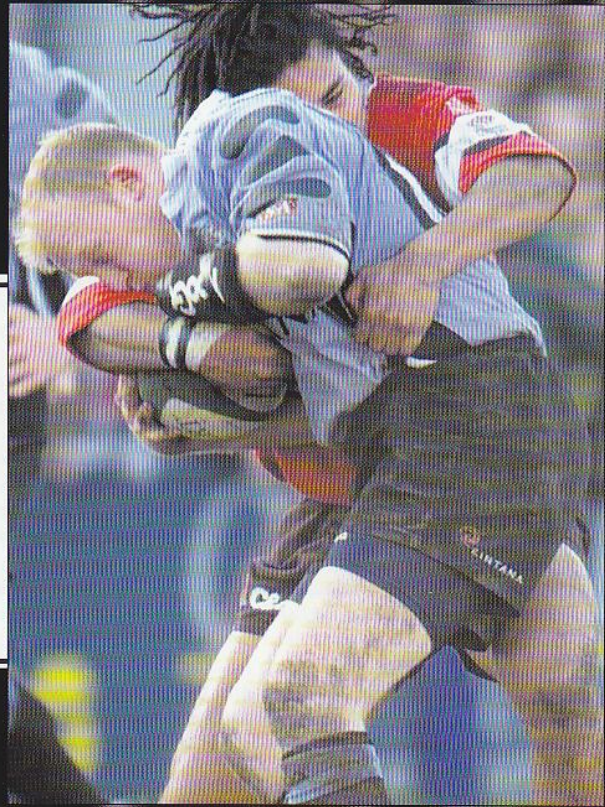


MATCH ACTION

GLOUCESTER 21-15 CARDIFF



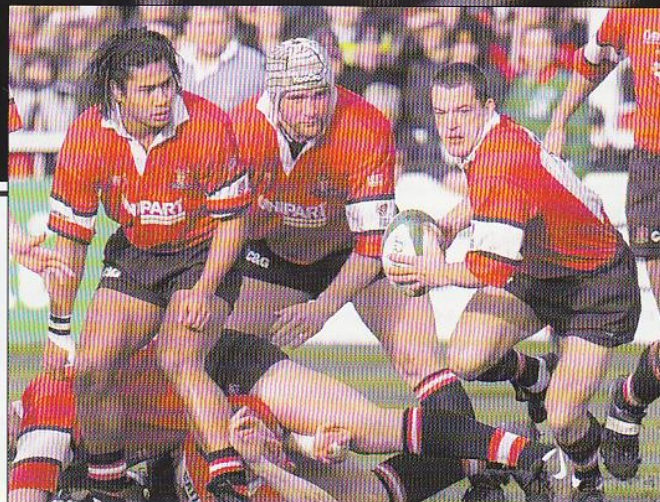
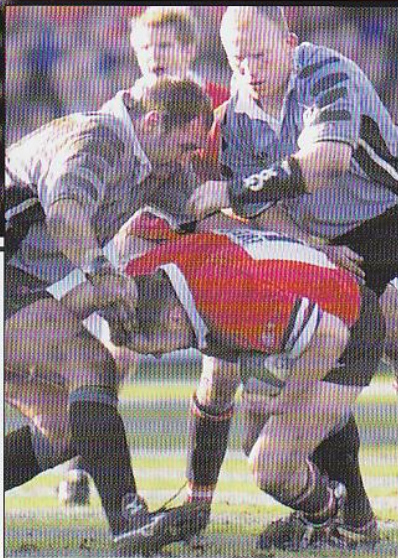
TOP LEFT: Chris Catling tackles Cardiff's Rhys Williams.



TOP RIGHT: Terry Fanolua stops Cardiff's Neil Jenkins.

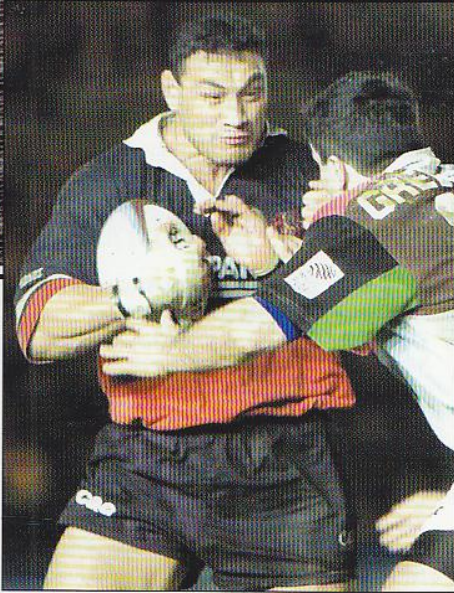
BOTTOM RIGHT: Elton Moncrieff gets the ball away.

BOTTOM LEFT: Joe Ewens breaks out of a tackle from Cardiff's defence.



MATCH ACTION

HARLEQUINS 21-19 GLOUCESTER



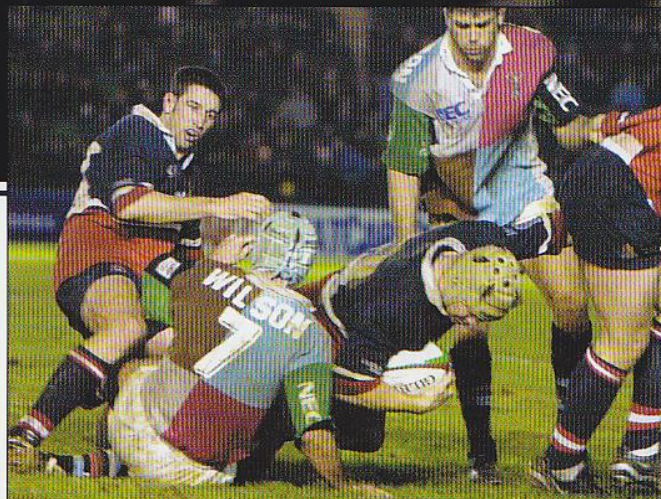
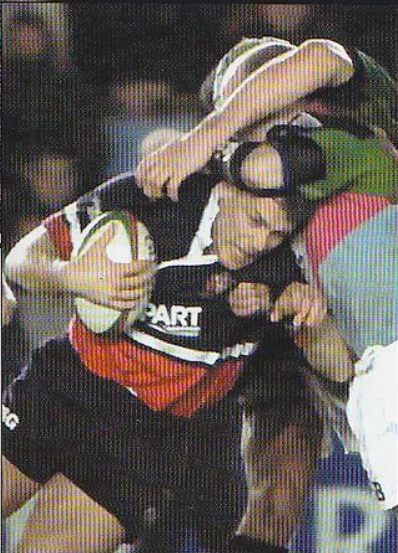
TOP LEFT: Junior Paramore pushes aside a tackle from Harlequins Nick Greenstock.



TOP RIGHT: Andy Gomarsall gets the ball away.

BOTTOM RIGHT: Jake Boer breaks out of a tackle from Harlequins captain David Wilson.

BOTTOM LEFT: Jason Little has his run stopped by Harlequins Paul Burke.



PICTURES SUPPLIED BY THE GLOUCESTER CITIZEN

PARALLELS

I DON'T EXPECT I'M ALONE AMONG MY CONTEMPORARIES IN COMPARING THE EPIC WIN OVER CARDIFF WITH THE EQUALLY FAMOUS CUP QUARTER FINAL VICTORY OVER LONDON WELSH ALMOST EXACTLY THIRTY YEARS AGO.

"THEY SAY THAT WHAT GOES AROUND COMES AROUND, AND INDEED, THE PARALLELS BETWEEN THE TWO GAMES ARE ALMOST UNCANNY."

They say that what goes around comes around, and indeed, the parallels between the two games are almost uncanny. Of course, the London Welsh game was played away from home, but there the differences cease.

Putting things into context, London Welsh were arguably the best side in the British Isles at that time. They had beaten just about everyone, and had almost walked into the RFU Knock-Out Competition without raising a sweat.

Understandably, no one outside the City gave Gloucester a ghost of a chance before the game. Just like the other Saturday when Cardiff arrived. And that's where the parallels start.

Both times Gloucester faced Welsh sides which were positively stuffed with Internationals and British Lions. In fact, I believe that, thirty years ago, only one opposition player had not won Caps for Wales.

It was the Gloucester pack which wreaked the mayhem on both occasions, with the two No. 8's - Mike Potter and Junior Paramore - playing a pivotal role each time, being

aided in that endeavour by clinical and awesome scrummaging.

Both Gloucester sides benefited from highly charismatic and motivational captains in Mike Nicholls and Kingsley Jones.

And after both games the Gloucester side didn't get the credit it deserved.

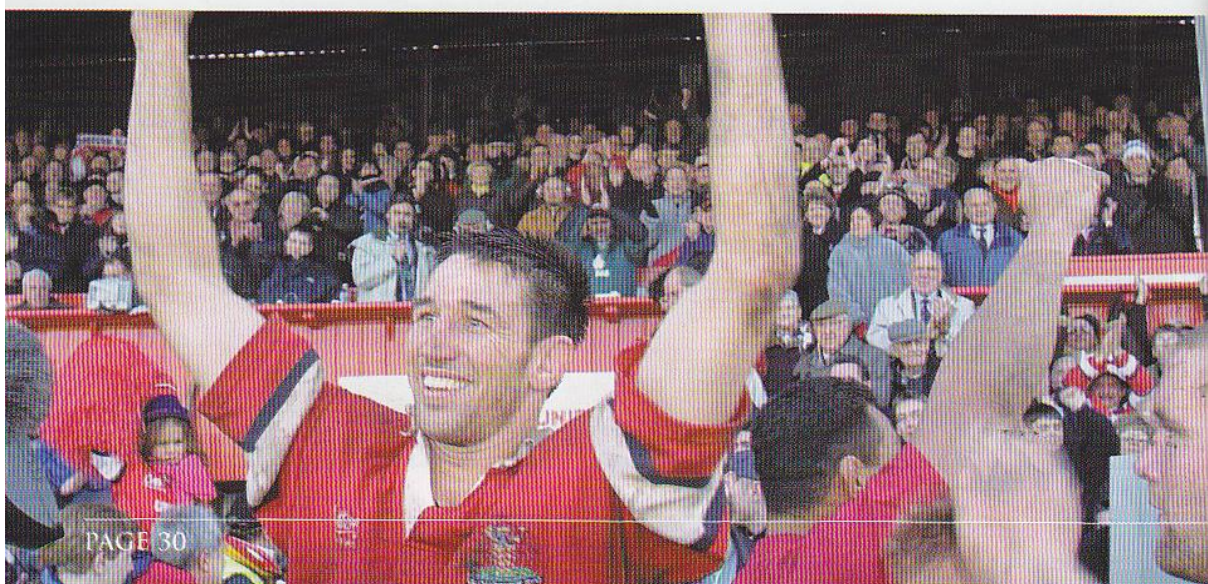
Indeed, the London Welsh captain, John Dawes, rubbished the team's performance something rotten, using the term '10-man Rugby' as though it were some sort of insult.

Incidentally, that was a theme taken up by various sections of the press at the time, although when, a few years later, England won a Grand Slam by using almost the same strategy, they were curiously silent on the subject.

However, the much-respected (until then) London Welsh and British Lions skipper's derogatory comments do point up one welcome contrast between the two occasions. I haven't heard a word of whinge from anyone in the Cardiff camp. Indeed, both Lyn Howells and Robert Norster were as generous as one could expect in their congratulations after their team had disappointed them so badly. We thank them for that, and could wish that some other commentators had been as fair-minded.

Of course, after the London Welsh game, Gloucester went on to win the first-ever RFU Knockout Cup. Do you believe in omens, and is history really repeating itself?

**BELOW:
IAN JONES
CELEBRATES
GLOUCESTER'S
WIN OVER CARDIFF**



COME OFF IT, JON !

IPROMISED MYSELF I WOULDN'T VENT MY SPLEEN ON THE PREDICTABLY LUKEWARM RECEPTION WHICH GLOUCESTER'S HEINEKEN WIN RECEIVED FROM SOME SECTIONS OF THE MEDIA, BUT ONE COMMENT IS MORE THAN FLESH AND BLOOD CAN BEAR.

There, before the watching millions, Jonathan Davies described the first half of the game as "Rubbish". Now, that shouldn't go unchallenged, should it ?

The fact was that the game was being played exactly the way Gloucester wanted. Slow it may have been. From the point of view of a Welsh outside-half, or anyone else who can't see any further than the ball being flung around among the backs every ten seconds, it may also have been boring. Which suited Gloucester fine. They weren't going to take

that lot on in a running game outside the scrum if they could help it, were they ?

But 'rubbish' it certainly was not. You would have thought that the systematic demolition of the great 'Dai' Young by Trevor Woodman, and the sight of the heavier Cardiff front eight being escorted backwards for around thirty yards might have given clues in that direction.

Still, I suppose that an outside-half who spent half of his career playing Rugby League can't be expected to know very much about the dark and mysterious world of the front five. Neither can you blame a proud Welshman for getting the hump while watching the best side in the Principality being so conspicuously out-thought and out-played on such an important occasion.

Hope he feels better now.

BAD WEEKEND

IAM INDEBTED TO MIKE PHILLIPS, SOMETIME OLD CRYPTIAN PROP FORWARD AND NOWADAYS PERFORMING A GREAT SOCIAL SERVICE BY ACTING AS BAR MANAGER IN BARTON STREET'S "ONE EYED JACKS" FOR THE FOLLOWING SAD TALE.

You have to feel sorry for one of his regulars on the weekend of January 27th. Having been born in Cardiff, he turned up at the pub, along with the usual suspects, to watch the quarter final on the big screen, and confidently anticipated a little session of gloat after the final whistle.

As you can imagine, he got something of a going over by the locals both during and after the game. All good clean fun. Next day, he was back. It appears that, for some reason best known to himself, he is also a Manchester United supporter, and had no misgivings at all about the probable result of the F.A.Cup encounter with West Ham.

He was obviously looking forward to getting some of his own back on the boys who

were also gathered around the big screen for that occasion.

Again, he was to be disappointed, but before the lads could really start in on him, one of his mates piped up and asked "Go easy on him, lads. He smashed his car up this morning !"

So, for any Cardiff supporters reading this - there's always someone worse off than you are.



ABOVE: CHRIS CATLING IN ACTION AGAINST CARDIFF.

BELOW: TOM WALKINSHAW SPRAYS CHAMPAGNE TO CELEBRATE GLOUCESTER'S WIN.

"SO, FOR ANY CARDIFF SUPPORTERS READING THIS - THERE'S ALWAYS SOMEONE WORSE OFF THAN YOU ARE."



BY PETER ARNOLD

THE WASHINGTON

ED ARCHER, ONE OF OUR FITNESS AND CONDITIONING COACHES, SPENT A WEEK IN WASHINGTON D.C. IN MID JANUARY TO MEET WITH CONDITIONING COACHES IN PROFESSIONAL SPORTS IN THE U.S.



These included John Philbin- former strength coach with the Washington Redskins and now president of the National Strength Professionals Association, and Jeff Friday, head conditioning coach to the 2001 Superbowl Champions, the Baltimore Ravens.

Ed described the intention of the trip as an opportunity to view professional training methods and facilities in the U.S. The idea is to incorporate some of these methods and facilities to developing our own training practices here at Kingsholm. "The purpose of going out to the States is that they are so far ahead of Britain in Professional sport. Sport in the States is massive. It is such a big successful industry and with any successful business so much money is spent on research and development. And conditioning is a big part of that. Conditioning the athletes is a key part of developing the sport".

Over the years, the conditioning coaches in the U.S. have formulated very effective methods of developing the player's fitness. This in turn helps improve a player's performance.

As a learning experience Ed has described the trip as a great success. "I was able to view different training facilities and also got to meet with people who are involved with conditioning in top level sports in America. I've been able to learn a lot from them, not just from looking at the training facilities but listening to the training protocols. The methods of training that can be applied to athletes in a real situation".

It is testament to the work of Ed Archer and his colleague Peter Finch, (described as a cross between a Bush Tucker man, and a Marathon runner by one our local scribes); that the Gloucester team have come a long way since Philippe took the helm. Fichy and Ed are of the opinion however that their work in the

past has just laid the platform for the players to take the next step. "The guys have now reached a level where a new path is open to them. They have all reached a level where they can take a big step forward as individual athletes but also as a team".

From his time in the States, Ed feels the specific conditioning protocol that has been most valuable to him is the Americans approach to strength training. "This is very effective for athletes who use it in conjunction with a lot of other types of training, and who are involved in contact sports". Ed often expunges the benefits of good quality training. "My specific area of expertise is strength training and it's not just for improving performance. The greatest value that strength training has is in injury prevention. If we can get this sort of training to athletes of a younger age the benefits will be reaped throughout their rugby career and beyond into other phases of their life.

The biggest difference between our domestic athletes and their counterparts across the Atlantic is their attitude. Ed has described their approach to all aspects of training as a breath of fresh air. It comes from the history of professionalism that British rugby is still coming to terms with. "Americans are more 'professional'", says Archer, "They know what is required long before they get any where near a professional franchise. It's engrained in their culture from such a young age, and they want it. They want their lives to evolve around football". The average life span of a pro footballer is anywhere from two years to eight years depending on who you ask and Americans it seems just love it.

The guys involved are very happy to make the sacrifices needed to succeed. They spend a lot of time away from their families, but it comes with the job. They are very disciplined, and the training they go through is very structured. The coaches are very professional and everything is pre-planned weeks, almost months in advance. Of course the governing body of the sport starts that sort of structure, and until we have some sort of parity in rugby we can never plan in that way. We should be able to plan next season, this season".

"OVER THE YEARS, THE CONDITIONING COACHES IN THE U.S. HAVE FORMULATED VERY EFFECTIVE METHODS OF DEVELOPING THE PLAYER'S FITNESS. THIS IN TURN HELPS IMPROVE A PLAYER'S PERFORMANCE."

EXPERIENCE

In order to reach professional status a young player would have had to go through the draft. Each season the NFL's big wigs have their pick of the best college talent. In a situation similar to the one our domestic academies are striving for, young athletes with talent enter institutions to continue their education. "To have got to a college on a scholarship and to make one of the college teams, because of the high standard there is a good chance professional sport is what that young player will be doing with his or her life".

On the way forward Ed highlights the need for Americans to maximise the potential of all the good athletes in the country. "The programmes are so extensive. And people love to see the finished products of guys with a great physical presence who are very quick and very strong, performing in a highly skilled contact sport. The athletes that play rugby now like those in the NFL are great role models".

"Over the last two years since Philippe has been involved both Finchy and myself have tried very hard with the help of the medical staff and the coaching staff to professionalise our department.

We have come a long way and the players themselves must take a lot of credit for the improvement by knuckling down and adhering to the programmes set for them. Finchy and myself can now start to look at achieving player's genetic potential. That is our next goal. The guys are all very fit but we want them to be as good as they can be".

This next step to bionic athletes will need more disciplined lifestyles and more focus training and more attention to recovery. The third aspect is key. Ed agrees "To balance any increased training regime the players need to have more recovery periods. The benefits of training are not felt directly after but in the recovery time away before the next session".

"PEOPLE LOVE TO SEE THE FINISHED PRODUCTS OF GUYS WITH A GREAT PHYSICAL PRESENCE WHO ARE VERY QUICK AND VERY STRONG PERFORMING IN A HIGHLY SKILLED CONTACT SPORT."

BELOW: ANDY DEACON GETS READY TO CHARGE THE BATH DEFENCE.

