



included some unusual and carefully thought-out exercise plus some interesting cross floor stepping sequences.

Jazz

The second section of the workshop focused on Jazz Dance. A straightforward energetic jazz warm up sequence and then a short jazz dance were taught and danced several times with plenty of enthusiasm.

Welsh Arts Council and West Wales Arts, the Project exists to enable a wide range of people of all ages and abilities to participate in and experience the creative and recreational aspects of dance.

Last Saturday's workshop is part of the Project's outreach programme in which dance sessions and workshops



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Carmarthen Journal

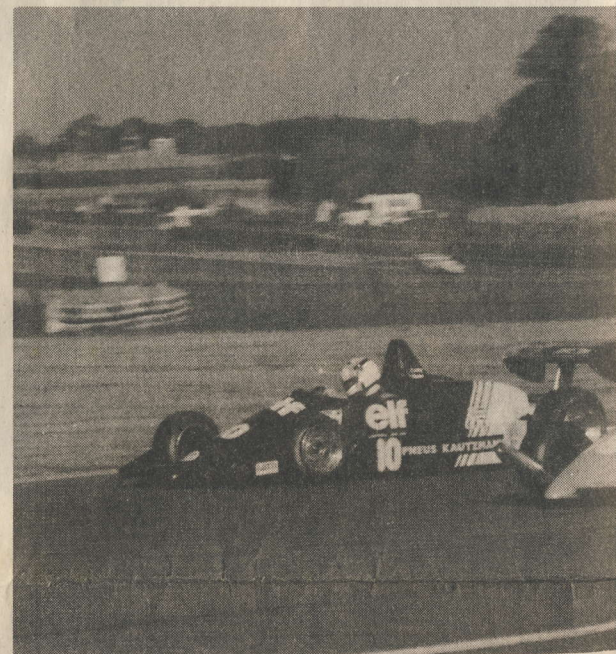
Hairy times at atchets Hair pin

and finally along Park Straight.

An exhilarating few laps of the one-and-a-half mile circuit then followed, tearing towards bends it didn't seem possible we could emerge from without being in the adjoining fields!

Canadian-born Del had an excellent 1989, winning ten saloon class races and coming second in a further six.

With the news that multi-million pound improvements are set to begin at the Pembrey Motor Circuit this year, Journal reporter Gary Marlow spent a day with drivers and marshals as they prepare for



Action packed racing as Formula Libre drivers battl