



WELCOME TO PORTHCAWL RUNNERS!

An Introduction

Porthcawl Runners was founded in 2010 and welcomes runners of all abilities of 16 years and over, from elite experienced runners to those new to running. We also welcome members to our Walking Group. The Club helps to improve the physical and mental health of members, their fitness and confidence, and provides an opportunity to make new friends and enjoy the social side of the Club!

We provide a fun, social, non-competitive environment, but our dedicated Welsh Athletics coaches and Run Leaders can also assist individuals to achieve their personal goals and are instrumental in improving team performances.

Training

Porthcawl Runners is for road running, cross country and trail athletes of all abilities. We generally hold 2 formal training sessions per week:

- **Club Days - Monday and Wednesday 6.30pm meeting at Porthcawl Rugby Club, South Road, CF36 3DA**

Once a month we hold an optional session at Bridgend Running Track.

Many members enjoy running locally every Saturday morning at the Porthcawl Parkrun. This is a free event run by volunteers and starts at the Harbour at 9am.

Members also meet informally on Sunday mornings, again meeting at the Harbour. (This is not a Club organised session)

Club Management

The Club is managed by a small committee with the support of the membership. Our committee members are:

Chair	<i>Nick Lewis</i>
Secretary	<i>Laura Richards</i>
Treasurer	<i>Steven Sleep</i>
Coaches Rep	<i>Louise Mordue</i>
Events Officer	<i>Zoe Bluck</i>

The success of the Club relies on the support of its Members and there are many opportunities for Members to get involved in Club activities.

Member Welfare

The welfare of all our members is important to us. Should you have any questions or concerns please speak to our Welfare Officers:

Huw Jenkins

Marny Mainwaring

Louise Mordue

Jodie Price

Coaching

We have 26 Welsh Athletics qualified coaches. They are all either Leaders in Running Fitness or Coaches in Running Fitness.

Coaches in Running Fitness (CIRF Level 2)

Zoe Bluck

Wilfy Edwards

Julian Jones

Louise Mordue

Gareth Roper

Leaders in Running Fitness (LIRF)

David Bennett

Nick Lewis

Josephine Shirley

Hannah Bowen

Marny Mainwaring

Alwyn Thomas

Andrew Davies

Nicky Middleton

Helen Thomas

Megan Hopkins

Rhys Mumford

Susan Thomas

Mark James

Stephane Ollivier

Charlotte Watkins

Lucy Jones

Steve Picton

Alun Williams

Sylke King

Jodie Price

Ellis Wyn

How to join

Membership forms are available to download from the Porthcawl Runners webpage (www.porthcawlrunners.com) or by asking a coach. Membership is payable by BACS. The annual charge for joining is £45 per person, £35 for a second family member living at the same address.

Club membership includes your registration with Welsh Athletics and makes you a fully affiliated member. This also entitles you to a Member's vote and also includes many shopping deals and also discounted race entries.

Social media

Once you join, we will add you to our closed Facebook page. This is our main communication platform. We use it to inform members of the training sessions and social events taking place. It is also used by members to ask questions, upload event photos or just arrange a get-together.

We also have a Strava Running Club, a Twitter account (@porthcawlrunner) and an Instagram account (@porthcawlrunners) and encourage members to use these.

Club Kit

Porthcawl Runners Running Tops (Vests and T-shirts) are available from club on most training nights. To make sure there is someone available to help you though, please post on Facebook or let your coach know and we will try and arrange someone to meet you. Running tops are priced at £17.50 each.

A wide range of branded kit is available via Eurologo – please see the Club website for more information.

Events

As a member of Porthcawl Runners, you will be entitled to join many different events, tourism trips, Bridgend County Running League events and West Glamorgan Trail running events whenever possible. Each event is optional but the Club encourages full participation. We also arrange transport to a number of key races for a small cost.